

*RECIPES FROM  
THE PANTRY*

*Probus Club of Templestowe Valley*

Thank you to all those supplying the following recipes. The contributors have been noted below the recipe title.

## *Layered Salmon and Avocado Dip*

(Margaret Johnson)

Makes about 2 cups. Preparation 15 minutes plus chilling time.

125 gm cream cheese, at room temperature  
105 gm can pink or red salmon, drained, flaked  
Finely grated rind and juice of ½ lemon  
1 tbs tomato sauce  
2 teasp finely snipped chives  
Few drops Tabasco sauce  
Sprig of watercress, to garnish  
Crackers and crudités, to serve

### **AVOCADO CREAM**

1 avocado, seeded, peeled, coarsely chopped  
¼ cup watercress, coarsely chopped  
2 tbs sour cream  
2 tbs drained, chopped, char-grilled capsicum  
1 tbs coarsely chopped dill  
Finely grated rind and juice of ½ lemon

1. In a small bowl, using an electric mixer, beat cheese until smooth. Stir in salmon, lemon rind and juice, tomato sauce, chives and Tabasco.
2. AVOCADO CREAM. In a medium bowl, combine all ingredients. Season to taste.
3. Spoon the salmon mixture into a 10cm ring tin, leveling top. Layer avocado mixture over. Chill 30 minutes until ready to serve. Carefully remove ring.
4. Garnish dip with a sprig of watercress. Serve with crackers and crudités.

**TIP.** A 10 cm spring form pan without the base was used, or you can make your own using a double layer of foil.

## *Savoury Nibbles*

(Jennifer Eaton)

Cut a cucumber into slices and blot excess moisture.  
Add any toppings you like, and can be made hours in advance

Eg. Dips or pesto  
A dollop of dip and smoked salmon  
A dollop of dip and sundried tomato  
Cheese and smoked salmon  
Cheese and sundried tomato.

## Chilli Cheese Dip

(Jeni Moodie)

2 teaspoons of oil - 1 small red onion finely chopped  
1 garlic clove crushed - 1 tomato finely diced  
50gms of baby spinach leaves, roughly chopped  
250gms of cream cheese at room temperature  
1/4 cup of sweet chilli sauce - 2 tablespoons of chopped chives  
Mild paprika - Corn chips or biscuits to serve

1. Heat oil in fry pan on high
2. Sauté onion & garlic for 3-4 minutes until tender
3. Add tomatoes & spinach, cook 1-2 minutes until spinach has wilted
4. Reduce heat and add cream cheese, chilli sauce & chives
5. Cook 2 minutes until combined
6. Spoon into serving bowl & serve warm (or later cooler) with corn chips or biscuits.

## Basil Dip

1 bunch of fresh basil - 2 tsp minced garlic  
3/4 cup grated parmesan cheese - 1/4 cup of extra virgin olive oil

Blend all ingredients together and serve. Makes 1 cup.

## Sausage Rolls

(Irene Baird)

750 grams sausage mince – 1/4 teaspoon mixed herbs – mustard powder  
Season all salt (optional) - Chicken stock powder  
6 slices of bread (with crusts off) & soaked in hot water (barely covered)  
Packet of puff pastry sheets.

Leave the bread soaking for 10 minutes then squeeze out all excess water. Mix thoroughly with mince, herbs, mustard, stock powder place into a basin. Put this into refrigerator overnight. Next day thaw pastry sheets and make a sausage shape along the pastry strips. Seal, and cut into required size and brush with egg yolk. Cook mod hot oven until golden brown.

## *Tuna Pasta Bake*

250 gm spiral pasta - cooking oil - 1 stick celery sliced finely -  
1 onion chopped - 100 gm sliced mushrooms -  
1 teas curry powder - 1 tbs plain flour - 1 tin 425 gm tuna in springwater  
1 cup milk - ¼ cup yogurt - 2 tbs mayonnaise - breadcrumbs  
tasty cheese

Preheat the oven to 170 degrees.

Cook the pasta as per instructions, drain and set aside.

In a medium saucepan, add oil and sauté onions, celery and mushrooms. Add a little more oil add the curry powder and flour and cook for 1 minute. Gradually add the milk, stirring all the time and then add the yogurt and mayo, continually stirring. Add the flaked tuna and liquid and cook for 5 minutes. Mix the pasta through the tuna dish. Transfer to a greased casserole dish top with tasty cheese and breadcrumbs.

Cook at 170 degrees for 20 minutes or until cheese has melted and breadcrumbs browned.

## *Spinach and Salmon Roulade*

(Wendy Fishley)

60 gms butter  
½ cup plain flour  
1 cup milk  
4 eggs, separated  
250 gm packet frozen spinach

### **FILLING**

2 x 220 gm cans red salmon, drained  
4 shallots, chopped  
½ cup mayonnaise  
1 tbs chopped chives

Place frozen spinach in pan, cook over moderate heat until all liquid has evaporated.

Melt butter in separate pan, add flour, stir for 1 minute.

Add milk gradually, stir until mixture boils and thickens. Quickly stir in egg yolks and spinach, transfer mixture to large bowl.

Beat egg whites until soft peaks form, then fold lightly into spinach mixture.

Pour mixture into greased and greaseproof paper-lined swiss roll tin, measuring 25cm x 30cm.

Bake in hot oven 12 to 15 mins or until puffed and golden brown.

Remove from oven, turn onto wire rack covered with a tea towel. Carefully remove lining paper, spread evenly with filling. Holding the tea towel with both hands gently roll roulade.

### **FILLING**

Combine salmon, shallots, mayonnaise and chives and mix well.

# *Doug's Spinach Pie*

(Doug Hayne)

1 bunch fresh spinach - 1 onion - 125g Tasty Cheddar Cheese  
250g Feta Cheese - 6 eggs - 1 teasp freshly ground pepper  
8 or 10 sheets of filo pastry - 125g butter

1. Wash each spinach leaf separately and ensure there is no residual soil in the spinach.
2. Roll 5 or so leaves of the spinach together and slice it leaving strips of spinach about 2-3mm wide and 25mm long.
3. Let the sliced spinach drain for 30-60 minutes.
4. Chop the onion finely and mix it in well with the sliced spinach.
5. Spread freshly ground pepper throughout the mixture.
6. Grate the cheddar cheese and mix well with the spinach and onion.
7. Crumble the feta cheese into the mixture.
8. Give the mixture a final thorough mixing by hand.
9. Melt the butter in the microwave oven and spread some generously on the base of the pie dish.
10. Lay a sheet of filo pastry along one half on the bottom, up one side and over the ends.
11. Lay another sheet of filo on the other side of the dish, covering the side and ends.
12. Brush butter over the filo layer and place another layer of two sheets of filo side by side over this and brush butter over the second layer.
13. Place the spinach mixture into the dish over the filo pastry and evenly spread it throughout the dish.
14. Beat the six eggs until they just start to froth and pour the egg evenly into the spinach making sure to cover all the area of the mixture.
15. Lay two sheets of filo pastry across the top of the mixture and brush melted butter over it.
16. Make one or two more layers of two sheets of filo pastry brushing with butter between layers, and then spread all the remaining butter of the top of the pie.
17. Trim around the edges of the pie folding any excess over inside the dish around the edges and brush butter onto the folded edges.
18. Slice the pie carefully with a sharp knife into 16 pieces always cutting from the centre to the edge.
19. Heat a conventional oven at 180-200 degrees C for 15 minutes and then cook the pie until the top is just brown – about 45 minutes.
20. Cut out squares and serve warm.

## Casserole Meat (easy)

(Irene Baird)

1kg of bladebone steak – 1½ cup cold-water – 3 tbs tomato sauce  
1 tbs Worcestershire sauce – 1 tbs vinegar – pepper

Cut steak into 2 – 3 centimeter strips & roll in flour and place into casserole dish. Mix all other ingredients and put on top of meat and cook about 1½ hours.

## Mezetti

(Dorothy Macaulay)

450 gm beef minced - 450 gm pork minced - 1 large onion  
1 green pepper - 1 stalk celery - 450 gm shell noodles  
1 small can mushrooms - 2 cans tomato soup

Brown meat, chopped onion, chopped celery and sliced pepper in oil.  
Cook noodles as per instructions and drain. Add soup and mushrooms to the noodles.  
Mix with meat and vegetables and place in a casserole.  
Cover with grated tasty cheese. Cook at 180C degrees for 45 minutes.

## Salmon and Vegetable Frittatas

(Helen Armstrong)

6 eggs - 400 gm tinned red salmon - 1 bunch of spinach, washed and finely shredded  
1 red capsicum diced - ½ cup sweet corn kernels - 2 spring onions sliced  
black pepper to taste - 100g low-fat feta cheese diced.

Preheat the oven to 180C. Line large muffin tins with paper patty cases that have had a light spray. Beat together the eggs and mix through the salmon, spinach, capsicum, corn, spring onion, black pepper and cheese.  
Divide between the muffin tins and bake for about 20-25 minutes until cooked through, serve hot or cold.

## *Petite Baby Peas*

(Elsie Branchflower)

450grms frozen petite baby peas - 1 tbspn butter  
1 med. onion diced – 1 lettuce heart shredded - salt & pepper to taste.

Cook peas in a small amount of boiling water until tender, drain.

Melt butter in a small frying pan and sauté onion until soft, add the lettuce & cook over low heat for 1-2 mins.

Add the peas & toss season with salt & pepper.

Serve with roasted fillet of beef, baby carrots & steamed potatoes.

## *Broccoli and cauliflower with Cheese Sauce*

(Irene Baird)

1 kg broccoli & cauliflower – 60 grams butter – 1 ½ tbspn plain flour  
2/3-cup water - 2 chicken stock cubes – 1 spring onion  
1-½ tbspn grated Parmesan cheese – 2 tbspn cream

Wash & trim broccoli and cauliflower and cut into flowerets. Cook in a small amount of boiling water until just tender and still firm. Drain and keep warm or if using next day run cold water over to stop the cooking process.

Melt the butter in a saucepan, stir in the flour & cook for one minute. Gradually stir in the water. Add crushed stock cubes, stir while cooking until sauce boils and thickens. Reduce heat, add parmesan cheese, chopped spring onion and cream and mix well. Simmer on low heat for 1 minute. Place broccoli & cauliflower into a flat casserole dish and spoon over sauce. Sprinkle parmesan cheese on top. Heat through in the oven at 170C degrees until top is golden.

## *Three Bean Salad*

(Heather Bindon)

200 gm red beans, freshly cooked or tinned  
200 gm white beans „ „ „ „  
180 gm chick peas. „ „ „ „  
8 tbs finely chopped onions or spring onions. ½ teaspoon of finely chopped garlic  
2 tbs finely chopped parsley. 1 small open pepper, seeded and chopped.  
1teaspoon salt . Freshly ground black pepper  
3 tablespoons wine vinegar. 8 tablespoons olive oil.

Mix all ingredients together.

## Lemon-lime Cheesecake

(Mary Wilson)

250gms plain biscuits - 2 tablespoons soft brown sugar  
125 gms unsalted butter - 500 gms cream cheese  
200 gms castor sugar - 2 limes and 1 small lemon - ½ teasp vanilla  
3 eggs plus 1 egg yolk - ½ cup cream - whipped cream to serve  
Zest of limes as garnish

Preheat oven to 180C (160C fan)

Grease spring form tin 28cm line base with baking paper. Process biscuits, brown sugar in food processor. Melt butter and add.

Press biscuits into base of tin and use the base of a glass to compress the layer of biscuit.

Refrigerate for 1 hour.

Beat cream cheese and castor sugar and add lime and lemon zest and juice. Add vanilla and beat until smooth.

Add eggs one at a time then cream. Cover the outside of the spring form tin with foil.

Carefully pour cheese mixture into tin. Bake for about 45 minutes or until slightly browned. Allow to cool, then refrigerate for at least 4 hours. Serve with a little cream and a little lime zest. Enjoy!

## Pineapple Cake

(Jennifer Eaton)

2 cups S.R. flour, sifted (can be 1 cup wholemeal & 1 cup white)

1 cup sugar (can be raw caster sugar)

450 grams can crushed pineapple with the juice

Combine flour and sugar

Add pineapple and juice and mix well

Pour into greased cake tin

Bake at 180C degrees for 40 minutes

Dust with icing sugar when cooled.

Best done in a ring cake tin. The cake is moist, but you can try leaving the mixture in the oven for an extra 10-15 minutes for pineapple bread which is drier and nice with butter.

## *Date Loaf*

(Irene Baird)

1 cup dates - 1 cup boiling water - 1 scant teas carb soda  
¾ cup sugar - 1 large tbs butter - 1 well beaten egg  
2 cups S R flour - pinch of salt

Put sliced dates in basin with carb soda & boiling water. Allow to cool.  
Cream butter and sugar, add egg, then sifted flour & salt. Lastly add cooled date mixture.  
Bake in loaf tin about 40 minutes.

## *Banana Ring Cake*

(Irene Baird)

1-cup brown sugar - 1 egg - pinch of salt - 185 grams S R flour -  
½ teaspoon nutmeg - 1-teaspoon cinnamon - 90 grams butter  
4 tablespoons milk - 2 large mashed bananas - chopped nuts

Place sugar, egg & ½ of the sifted flour, salt & spices into bowl. Melt butter and add to milk. Pour this into dry ingredients & beat for 3 minutes. Add remaining flour & mashed bananas. Beat for another 3 minutes. Put into 20<sup>cm</sup> ring tin. Bake 45 minutes.

## *Blow away Sponge*

(Irene Baird)

3 eggs separated - 1 tablespoon S R flour - ⅔ cup cornflour  
½ teaspoon carb soda - 1 teaspoon cream of tartar  
¾ cup sugar - 3 tablespoons lemon juice

Grease 2 sponge tins and line with baking paper.  
Beat egg whites till stiff. Fold in egg yolks, one tablespoon at a time. When mixed, fold in sifted dry ingredients lightly and gently add in lemon juice. Bake at 180 degrees for 25-30 minutes.

## Boiled Fruit Cake

(Irene Baird)

2 cups mixed fruit – 1-cup brown sugar – 4 tablespoons butter  
1-teaspoon carb soda – 1 cup water - ½ cup plain flour  
1 ½ cups S R flour - 2 beaten eggs

Place fruit, sugar, butter, carb soda, water in a saucepan and bring to the boil. Simmer for 1 minute then cool. Add the plain flour, S R flour and the 2 beaten eggs. Line tin well and bake in moderate oven for 1½ hours.

## Boiled Fruit Cake (Pineapple)

(Irene Baird)

400-gram tin crushed pineapple – 125 grams butter – 1-cup sugar  
250 grams sultanas – 125 grams chopped dates – 125 grams glazed cherries  
1-teaspoon carb soda – 2 eggs - 1-cup plain flour - 1-cup SR Flour  
Pinch of salt

Simmer drained pineapple, butter, sugar and fruit in a saucepan for 15 mins. Add carb soda & allow to cool. Beat eggs and stir into cooled mixture then lightly but thoroughly fold in sifted flours & salt. Line tin with baking paper. Cook in a moderate oven for 45 minutes.

## Patty Cakes

(Irene Baird)

125 grams butter – ¾ cup caster sugar – 1 ¾ cups S R flour (500 grams)  
pinch of salt - vanilla essence - 2 eggs lightly beaten - ½ cup milk

Melt butter. Sift flour, sugar & salt in basin. Add melted butter, vanilla, eggs & milk, stir well and mix lightly. Cook in a moderate oven for 15 minutes.

## Cornflake Cookies 1

(Irene Baird)

3 cups cornflakes – 1 large tbs of honey – 2 large tabs butter  
90 grams sugar

Melt butter honey & sugar. Boil for 5 minutes & pour over cornflakes.  
Put into patty cases & set aside to cool.

## Cornflake Cookies 2

(Irene Baird)

125grms butter or margarine - ½ cup sugar or less - ½ teas vanilla  
1 egg lightly beaten - 1 ½ cups S R flour - ¾ cup raisins or sultanas  
2 ½ cups cornflakes

Cream the butter, sugar & vanilla. Beat in egg, then flour, fruit & cornflakes.  
Put a spoonful on greased tray fairly hot oven, cook until brown.

## Tania's Banana Choc Chip Muffins

(Jeni Moodie)

Makes about 10-12 depending on size of muffins.

1 cup of All Bran or Weeties or similar cereal  
¼ cup of castor sugar  
½ cup of polyunsaturated oil  
2 large soft & ripe bananas (mashed)  
1 egg lightly beaten  
1 teaspoon of vanilla essence  
¼ cup skim milk  
½ cup of choc chips  
1½ cups of S/R flour

Preheat oven 180°C

Combine cereal, sugar, oil, mashed bananas, egg, vanilla & milk in large bowl and stand for 5 minutes to soften

Fold in sifted S/R flour, being careful not to over mix

Fold in choc chips

Spoon the mixture into greased muffin trays (or baking paper lined muffin tray)

Bake 20-25minutes or until cooked.

Can be served warm or cold.

## Vanilla Biscuits

(Irene Baird)

185 grams butter –  $\frac{1}{3}$  cup icing sugar - 1 teas vanilla  
1 $\frac{1}{4}$  cups S R flour -  $\frac{1}{2}$  cup custard powder

Cream the butter & icing sugar until smooth & creamy. Stir in vanilla, custard powder & sifted flour and mix well. Drop teaspoonsful onto a tray lined with baking paper. Press with a fork and cook moderate oven until golden. Cool on a rack.

## Kiwi Crisps

(Irene Baird)

450g-margarine - 1-teaspoon salt - 100g sugar - 1 cup condensed milk  
1tablespoon vanilla essence - 450g-Flour - 1 tablespoon baking powder  
500g chocolate (tiny buttons are best)

Cream the margarine, sugar, salt and vanilla. Add the condensed milk. Add the sifted flour and baking powder. Stir in chocolate bits. Place in teaspoonsful on cold oven trays. Bake in a moderate oven for 15-20 minutes. Makes about 100.

## Hedge Hog Slice

(Irene Baird)

125 grams butter –  $\frac{1}{2}$  cup sugar – 2 level tabs coconut –  
2 level tabs cocoa - 1 beaten egg -  $\frac{3}{4}$  cup walnuts chopped -  
1 pkt Marie biscuits (crushed) - Chocolate to ice.

Place butter, sugar, cocoa & coconut into saucepan stir until butter is melted. Cook 2 mins and cool. Add egg, walnuts & biscuits. Press firmly into 11 x 7 greased tin. When cold ice with chocolate and cut into finger lengths.

## Chocolate Roughs

(Irene Baird)

4 cups bran flakes – 3 tablespoons cocoa –  $\frac{1}{2}$  cup coconut –  
500 grams icing sugar - 500 grams cophia

Mix all dry ingredients together. Melt cophia, add to dry ingredients and mix thoroughly. Put into patty cases.

## *Crispy Biscuits*

(Irene Baird)

125 grams butter or margarine – 125 grams sugar – 1 egg - ½ cup sultanas – vanilla  
1 ½ cups SR flour – 1 tabs coconut – cornflakes

Cream butter & sugar then add egg. Mix in coconut & sultanas then flour & vanilla.  
Drop in teaspoons & roll in cornflakes. Bake 10-15 mins.

## *Lemon Biscuits*

(Irene Baird)

250 grams butter softened – lemon rind - Squeeze of lemon juice  
1 cup icing sugar (**pure**) - 2 cups plain flour

Cream butter & rind then beat in icing sugar. Stir in sifted flour to make a soft dough.  
Mix in the lemon juice, cover & chill for 30 mins.  
Take teaspoonsful & roll into balls and place well apart on a tray. Press with fork which  
has been dipped in cold water.  
Bake mod oven for 10-12 minutes.

## *Chocolate Balls*

(Irene Baird)

250 grams Marie Biscuits or similar - 1tablespoon cocoa  
1 tin sweetened condensed milk - Quantity of coconut

Crush the biscuits and mix in dry cocoa. Add the full tin of condensed milk. Roll into  
balls and coat in coconut.

## *Brandy Cream*

(Elsie Branchflower)

1 vanilla instant dessert - 1 cup cold- milk - 300 mls Thickened cream,  
1 teaspoons vanilla essence - 3-tbspn brandy

Pour cream and milk into a bowl, add vanilla essence & instant pudding. Slowly beat until  
thick. Chill in refrigerator. Just before serving add brandy. Serve over Christmas pudding.



RECIPE FOR Christmas Pudding 1960.

You will require - 1 large basin 9" (23 cm)  
a pan for steaming or 2 smaller ones  
1 med carrot grated 5 hrs. p<sup>r</sup> red & green cherries

INGREDIENTS

250g butter 4 eggs. Just chopped walnuts  
250g dark brown sugar 600g mixed fruit  
2 teaspoons grated orange rind 125g mixed peel  
" " lemon rind. 3 tablespoons brandy  
4oz (125g) soft bread crumbs  
6oz (180g) plain flour (chopped glacé ginger)  
1/2 teaspoon carb soda, 1 teaspoon nutmeg 1 mixed spice  
1 apple grated

METHOD

Now, it's time to prepare the basin - Grease well  
cut out a circle for base of basin grease it too (butter)  
The fruit has been prepared and has brandy poured  
cream butter and sugar also the rinds, add  
eggs one at a time, add the flour  
lastly the fruit and a dash more brandy.  
Place mixture into basin, cover top with a  
round of greased cooking paper & then the  
same type of paper followed by the foil  
Bris binding or string then it is used to tie it all

COMMENTS

It's easy when you have the fruit and down  
everything ready the day before. Tying it up is  
a job on its own. Place a saucer in base of pan  
place pudding on that - 1/3 fill the pan - add a  
little more hot water  
Time for a good cup of tea!! hourly

## *Good To Know*

(Lyn Hudgson)

Place a muffin tray from the oven onto a wet towel and the muffins will slide out without sticking.

Keep cut pumpkin fresh longer, remove seeds then sprinkle black pepper on the cut part put in fridge.

Place a layer of absorbent paper in your vegetable crisper to soak up any moisture and vegies will stay fresh longer.

Hard to clean oven racks can be soaked in NapiSan.  
The grime just wipes off and you are left with clean silver racks again.

Sharpen knives easily on the bottom of a ceramic mug.

Freshen your ironing board cover by spraying it with a mixture of white vinegar and water, then ironing while still damp.

Add red food colouring to weed killer to make it easy to see the areas where you have already sprayed.

If cats are a problem, place orange peel dipped in vinegar around the garden, they hate it.

### *Penny Wise*

Foil can extend the life of many household items. Steel wool can rust away quickly, but not if you store it on top of a crumpled ball of aluminium foil. For a longer life roll steel wool in foil and put it in the freezer.

Sharpen dull scissors by cutting through foil a few times.

Give metal objects a new shine. Line a large bowl with foil, fill it with cold water, add two teaspoons of salt, then place your tarnished metal in to soak, rinse under tap, dry with a soft cloth.

Next time batteries feel loose or fall out of the TV remote or the torch stops working, a tiny piece of foil folded and placed between the spring and the battery might get it going.