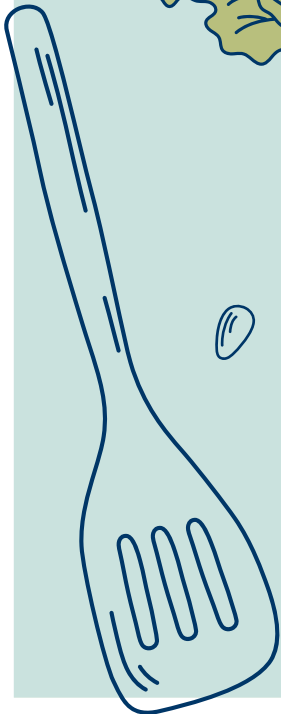
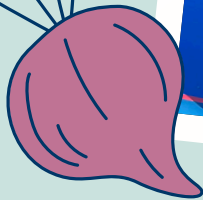
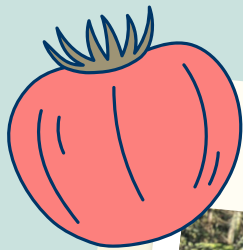
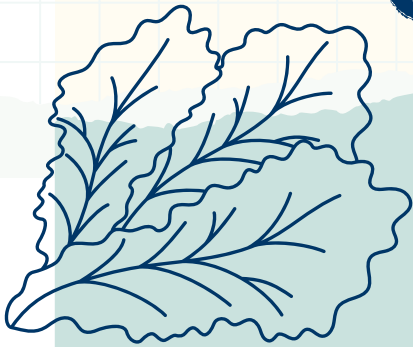
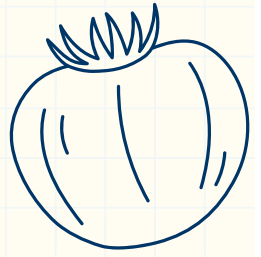




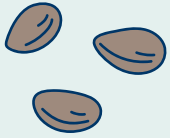
Immanuel
Lutheran
College

Cookbook



"We should look for someone to eat & drink with before looking for something to eat & drink."

Epicurus



Welcome to your Immanuel Valedictory 2025 Cookbook

There is an old saying that the way to a person's heart is through their stomach, which is an unromantic way of hinting that we love one another when we serve food that we prepare ourselves. Taking the time to learn to cook and tweaking your recipes and offerings to meet the tastes of the recipients, is a wonderful way of letting our light shine and sharing. Slow food movements and communion at church, all remind us that food is extremely important and worthy of respect.

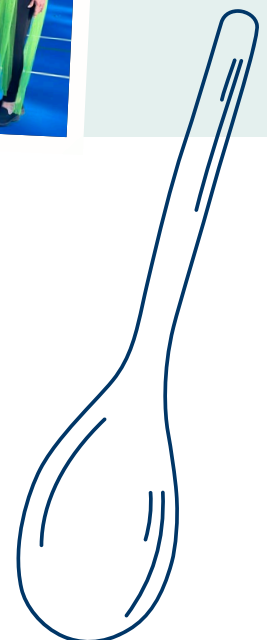
The ILC Community has taken pleasure in compiling our family favourites, and we share in the hope that you too, will find your new brf (best recipe forever).

Bon Appetit!

*Mrs Byrne and
the Library team*



*"We may live without friends,
we may live without books,
But the civilized person,
cannot live without cooks."*



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ABBREVIATIONS USED

T = Tablespoon

t = teaspoon

D = dessertspoon

C = cup

g = grams

mls = millilitres

All temperatures are in 0C

All measurements are in metric

1 cup = 250 mls

Basil Pesto Pasta

Mrs Craik

The basil pesto adds extra taste and vitamin content – yummy!

INGREDIENTS

- olive oil
- 1 clove or t garlic
- 1 onion
- 4 bacon rashers
- punnet cherry tomatoes
- 4 chicken thighs or 1 breast
- 1 or 2T basil pesto (if making fresh, garlic, olive oil, pine nuts, basil)
- 250g pasta



*Leave out
bacon & chicken
for vegetarian
dish*

METHOD

1. Heat olive oil in fry pan.
2. Place chopped up garlic, onion, cherry tomatoes, bacon into the pan until cooked, then cook the chicken.
3. Mix basil pesto into the chicken dish.
4. Cook pasta. Once everything is cooked, mix it all up together and serve.

BBQ Sausages and Bacon

Mrs Linda Cornell

Easy tasty recipe. Meant to wrap the bacon around snags and bake in oven. I reckon too hard unless toothpicks are used, so I have modified.

INGREDIENTS

- 8 Sausages
- 250g Bacon pieces (more if you like!!)
- C BBQ sauce
- 1t garlic or 2 cloves, crushed
- 1T brown sugar
- 3t mixed herbs (more if you like)
- ½C boiling water (may need to add more)



METHOD

1. Cook sausages and then cut into bite size pieces.
2. Cook bacon.
3. Combine bacon, sausages and all other ingredients.
4. I like to serve this with mashed potato and vegies.

*"You don't need a silver fork to eat good food."
Paul Prudhomme*

Beef Stroganoff

Mrs Byrne

INGREDIENTS

- 1 kg rump steak cut in strips
- 2T butter
- 200g sliced mushrooms
- Seasoned flour
- 2 sliced onions
- 2T tomato paste
- Paprika, salt and pepper
- 250g yoghurt or sour cream (or 1C milk or cream and 1T lemon juice or vinegar)
- 3T red wine
- Chopped parsley
- 250ml beef stock



METHOD

1. Dip beef strips in seasoned flour. Shake off surplus. Melt butter in frying pan.
2. Brown steak, onions and mushrooms & cook 5 minutes. Add remainder of ingredients heat through carefully but do not boil.
3. Keep warm in oven.

Best Sausage Roll Outs

Mrs Byrne

INGREDIENTS

- 500g sausage mince
- 500g beef mince
- 250g frozen small sized vegetables e.g. peas, corn heated in boiling water and drained
- 4 slices stale bread, wet and squeezed dry then shredded into small pieces
- 2T Tomato, bbq or sweet chilli sauce
- 1T Mixed herbs e.g. parsley, sage, rosemary and thyme + salt and pepper
- 1kg 12 sheets puff pastry thawed for ½ hour
- 1 egg
- 2 finely diced onions

METHOD

1. Mill herbs if using fresh from garden. If using food processor, chop onions, add



all other ingredients and mix until thoroughly without chopping further.

2. Cut pastry sheets in half. With wet hands rolls standard sized 'sausages' of the meat mixture and place on each half of the sheet.
3. Roll up and cut to required length while holding round shape to avoid flattening. Place on baking paper for cooking with the seam side on the bottom to reduce popping open during cooking.
4. Cook approx. 25 minutes at 200 degrees. Can be frozen cooked or raw.

"Your brightest ideas won't work, unless you do."

Bibimbap

Lily Murphy (Class of 2021)

INGREDIENTS

- 1 carrot shredded
- 4-6 radishes finely sliced
- 1 small zucchini
(or ½ cucumber) finely sliced
- 1 spring onion cut into fine rings
- 3 cups fresh spinach 100g
- 1 cup sugar snap peas
- 1/2 cup mung bean sprouts
- 8,8 oz firm tofu 250g, diced
- ½ tsp umami spice or another Thai spice mix
- 1 tbsp soy sauce or tamari
- 2 tbsp peanut oil or other oil
- 5,3 oz mushrooms 150g, sliced
- 2 tbsp Gochujang paste or another pepper-chili paste
- 1 tbsp sesame oil
- 1 tbsp soy sauce or Tamari
- 1 tbsp agave syrup
- 2 tsp rice vinegar
- 1 garlic clove pressed
- 2/3 cup rice 125g, variety of your choice
- fresh limes optional
- sesame optional



METHOD

1. Cook the rice according to the packaging instructions. Then, drain and set aside. Preferably, fluff with a fork now and then to avoid sticking.
2. Prepare the vegetables and finely slice them (*as shown in the step-by-step pics above). I prefer using a grater for the carrots and a mandolin slicer for the zucchini and radishes.
3. Drain the tofu well, then wrap in kitchen paper and squeeze out to remove any excess liquid. Then cut the tofu into cubes and marinate with the umami spice and the soy sauce.
4. Heat 1 tablespoon of oil in a large pan and fry the tofu until crispy on all sides. Then remove from the pan and put aside.
5. Heat the remaining oil in the same pan and sauté the mushrooms until golden brown. Season with some umami spice or soy sauce to taste, then remove from the pan and combine with the tofu.
6. Finally, add the spinach to the frying pan and sauté briefly for 1-2 minutes until it is wilted.
7. Mix all ingredients for the sauce.
8. Put the rice into 2 bowls, add the fresh vegetables and the spinach and finally place the crispy tofu and mushrooms in the center. Sprinkle over fresh spring onions, sesame or other toppings. Serve with the Gochujang sauce and fresh limes on the side.

*"Give a man a fish and you feed him for a day,
Teach a man to fish and you feed him for all time."*

Enjoy!

*"Those who do what they please
are seldom pleased with what they do."*

Breakfast Bowl

Shannon White (class of 2020)

INGREDIENTS

For smoothie

- 1C of frozen mango's
- 1 banana
- 1C of vanilla/ mango yoghurt
- 100ml of milk (less if want thicker)

For toppings

- Strawberries
- Shredded coconut
- Dried apricots
- Chia seeds
- Anything you want tbh



Enjoy!

METHOD

1. Put banana, yoghurt, mango and milk in blender and blend until smooth.
2. Pour into bowl and place toppings on top.

Carrot and cheese salad

Mrs Byrne

INGREDIENTS

- Grated cheese
- Grated carrot
- Sultanas
- Orange juice

METHOD

1. Mix together and eat.



*"Good food is very often,
even most often, simple food."
Anthony Bourdain*

Cheese Souffle

Mrs Byrne

This is yummy for weekend lunches especially when teamed up with a crisp Caesar salad. Many cookbooks tell you souffle is hard to make, but this one has always worked for me.



INGREDIENTS

- 2T butter
- 3 eggs
- 2T flour
- ½C scalded milk (heated until it gets a skin on top)
- ¼C tasty grated cheese
- Pinch cayenne pepper
- Salt

METHOD

1. Melt butter add flour. When well mixed add milk salt, cayenne pepper.
2. Remove from heat and add egg yolks.
3. While cooling, beat egg whites until stiff in a clean bowl. Mix gently with a holey spoon (to avoid losing the egg white strength).
4. Pour into a buttered dish and bake twenty minutes at 180 degrees. Serve immediately.

"Hunger is the best sauce."

Cheesy Cob Delight

Mrs Kylie Johannessen

INGREDIENTS

- 1 cob loaf
- 250g Cream cheese
- 2C Grated cheese
- 1 cup cream
- 100g Onion finely chopped
- Bacon (chopped)

METHOD

1. Carefully cut a large hole around the top of the cob loaf. Remove the bread in chunks leaving the crust. Keep lid and bread aside.
2. In a bowl mix together cheeses, cream, onion and bacon
3. Place cob on a baking tray and pour in mixture.
4. Bake in oven 180 degrees for 30 minutes, stirring occasionally.
5. Place lid back on cob and bread chunks around it. Bake for another 10 minutes.
6. Dip crispy bread chunks into the mouthwatering cheesy / bacon dip.



Chicken Casserole

Mrs Byrne

INGREDIENTS

- 2 large onions sliced
- 3T butter
- ¼C flour
- Salt pepper and mixed herbs
- Seasoned flour (salt pepper and mixed herbs mixed through)
- 2C chicken stock (or 2C hot water and 2 stock cubes)
- Chicken pieces

METHOD

1. Brown onion in butter. Add ¼C flour and stir.
2. Add stock and seasoning and bring to boil.
3. Coat chicken in seasoned flour (easiest in a plastic bag).
4. Put in a heat proof casserole dish with 2T butter. Cook without cover ½ hour.
5. Add Gravy and cook until tender at 180 degrees.



Chicken Enchiladas

Georgia Phillips (class of 2019)

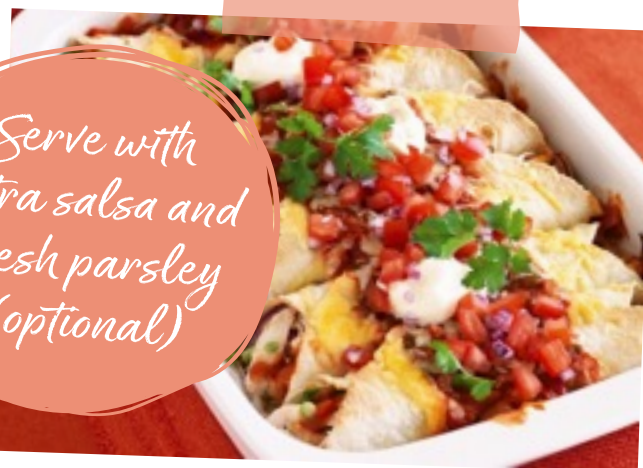
INGREDIENTS

- 1 red onion, finely diced
- ½ red capsicum, cut into small cubes
- ½ green capsicum, cut into small cubes
- 2 chicken breast fillets, cut into small pieces
- 6-8 tortillas
- Grated cheese of choice or sprinkling
- Salsa and sour cream to serve

METHOD

1. Brown chicken in a pan.
2. Dice onion and capsicum and set aside in a bowl.
3. Add a couple of spoonfuls of salsa to the chicken, as well as the onion and capsicum and stir to combine.
4. Curl tortillas and place in an oven tray.
5. In the middle of each tortilla, add a spoonful of chicken mix and fold over both sides.
6. Lay tortillas side by side and continue this until the tray is full.
7. Before putting in the oven, spoon over a little amount of salsa and a generous amount of cheese.
8. Bake in the oven until cheese has melted and tortillas are golden brown.

Serve with extra salsa and fresh parsley (optional)



Chicken Pasta

Julian Craik (class of 2019)



INGREDIENTS

- olive oil
- 3 cloves garlic
- 1 onion - chopped
- 4 chopped bacon rashers
- 100g green beans, washed and sliced
- 4 chicken thighs or 1 breast
- 1t chicken stock
- 135 ml cream
- 250g pasta

METHOD

1. Heat olive oil in fry pan.
2. Place chopped up garlic, onion, beans and bacon into the pan until cooked, then cook the chicken.
3. Mix chicken stock and cream and pour over chicken dish.
4. Cook pasta. Once everything is cooked, mix it all up together and serve.
5. Something different - Pour tomato pasta sauce into the cream. Hint - Leave out bacon and chicken for a vegetarian dish.

Chinese Wombok Salad

Mrs Byrne



INGREDIENTS

- ½ wombok sliced
- 2 grated carrots
- 2 spring onions finely sliced
- ½ packet fried noodles (from Asian aisle)

METHOD

1. Layer the vegetables in the order written above and top with noodles.

INGREDIENTS

- ¼C white vinegar
- ¼C castor sugar
- 1T soy sauce
- 2t sesame oil (optional)
- ½C olive oil

METHOD

1. Mix dressing and pour over salad immediately before serving.

"It's not the hours you put in but what you put in the hours."

Crispy Corn Chip Mince

Mrs Leanne Auricht

Serves 4



INGREDIENTS

- 2 large onions sliced
- 3T butter
- ¼C flour
- Salt pepper and mixed herbs
- Seasoned flour (salt pepper and mixed herbs mixed through)
- 2C chicken stock
(or 2C hot water and 2 stock cubes)
- Chicken pieces

METHOD

1. Brown onion in butter. Add ¼C flour and stir.
2. Add stock and seasoning and bring to boil.
3. Coat chicken in seasoned flour (easiest in a plastic bag).
4. Put in a heat proof casserole dish with 2T butter. Cook without cover ½ hour.
5. Add Gravy and cook until tender at 180 degrees.

Easy and Delish Pasta Marinara

Gayla Mathews

INGREDIENTS

- 300 mls cream
- 250g pasta (your favourite kind)
- 1t crushed garlic
- 500g marinara mix
(from Woolies or Coles)
- Salt and pepper



METHOD

1. Boil a large pot of water. Add dry pasta to boiling water. Boil for 5 – 10 minutes (until cooked). Drain water.
2. In a frypan, heat garlic and cream.
3. Place marinara mix into the cream and gently simmer for 5 minutes (until fish pieces are cooked).
4. Add cooked pasta and salt and pepper to taste.

Note

- If you like onion, chop an onion and fry it lightly before you add the cream and garlic in step 2.
- You can also add spinach or peas as the marinara mix is cooking to get some veggies into your diet.
- If you prefer a tomato sauce, use a jar of tomato pasta sauce instead of cream.

"Go placidly amid the noise and haste, and remember what peace there may be in silence."

Egg Thing

Mrs Minke

This recipe was a favourite when my kids were little. it's cheap, easy and filling – perfect for those moving out of home for the first time.

INGREDIENTS

- 3 packets of 2 minute noodles
- 4 bacon rashers (chopped)
- 1 brown onion (diced)
- 500g (1 bag) mixed frozen vegetables
- 5 eggs
- ½C milk
- 1C grated tasty cheese

METHOD

1. Preheat oven to 180 degrees.
2. Grease oblong pyrex/casserole dish and line with baking paper.
3. Cook 2 minute noodles according to packet Method (do not add flavouring or dried veg).
4. Put 1T oil in fry pan and fry bacon and onion for 2 mins, then add frozen vegetables and cook, stirring, until vegetables are slightly softened.
5. Drain water from noodles and mix noodles into veg/bacon mixture. Put into pyrex dish.
6. Beat milk and eggs together, season with salt and pepper and pour over noodle mix.
7. Top with grated cheese.
8. Bake 40-45 mins until set and golden brown. Cool slightly before cutting.



Serve with salad

"Everything I say and everything I do with anyone, makes a difference."

Gado-Gado (Vegetables with Peanut Sauce)

Mrs Byrne

INGREDIENTS

Peanut Sauce

- 1T oil
- 1 large onion finely diced
- 2 cloves garlic crushed
- 2 red chillies finely chopped
- 1t shrimp paste (optional but improves taste tremendously from Asian aisle in supermarket)
- 250g crunchy peanut butter
- 1C (250ml) coconut milk
- 1C (250 ml) water
- 2t kecap manis (sweet soy sauce from Asian aisle can use soy sauce and brown sugar instead)
- 1T tomato sauce

Vegetables – any combination of

- 250 g potatoes cut in wedges
- 2 medium carrots in 1cm sticks
- 200g green beans washed and trimmed
- ¼ shredded cabbage
- 3 hard boiled eggs quartered
- 200g bean sprouts, brown ends removed
- ½ cucumber sliced
- 150g firm tofu cubed
- ½ C roasted peanuts

METHOD

1. Simmer potatoes in boiling water for 6 minutes and just cooked.
2. Cook beans and carrots for 2-3 minutes, drain and plunge into cold water. Drain well.
3. Wilt cabbage for 20 seconds in hot water, drain and plunge into cold water.
4. Arrange vegetables onto a plate.

Peanut Sauce

1. Heat oil in a heavy based pan, add onion and garlic and cook over low heat for 8 minutes, stirring regularly.
2. Add chilli and shrimp past to pan and cook another minute.
3. Remove from heat and mix in peanut butter.
4. Return pan to heat and slowly stir in the combined coconut milk and water.
5. Bring sauce to the boil, stirring constantly over low heat and being careful the sauce does not stick and burn.
5. Reduce the heat, add the kecap manis and tomato sauce and simmer for another minute.



"Progress is impossible without change, and those who can't change their minds can't change anything."
Winston Churchill

German Cucumber Salad (gurkensalat)

Mr Fred Ade

INGREDIENTS

Dressing

- 2T sour cream
- 2T apple cider vinegar
- 2T finely cut onion / eschalot
- 2T chopped chives
- 2T chopped dill
- 2T parsley
- large cucumber or 2-3 Lebanese cucumber

METHOD

1. In a large bowl mix all the ingredients for the dressing. Add salt and pepper to taste.
2. Add extra amounts of the ingredients if you wish according to taste / preference.
3. Cut or grate the cucumber then place in bowl to mix with the rest of the dressing.
4. Serve cold



"Triumph is just umph added to try."

Jodie's Chicken Noodle Soup

Mrs Jodie Hayat

INGREDIENTS

- Child Friendly – Easy to make
- Ingredients
- 1 BBQ chicken
- 1 packet chicken noodle soup
- 1 handful linguini pasta pieces
- 1 can creamed corn

METHOD

1. Remove all chicken meat from bones – chop into bite size pieces.
2. Boil bones in water to make flavorsome stock.
3. Strain Stock and discard bones.
4. Make chicken noodle soup as per Method on packet (adding additional linguini noodles).
5. Add chicken meat and can of creamed corn and cook through (Add pepper to taste).
6. Add cooked diced bacon (if required) and a dash of sweet chilli sauce (if required)



"Happiness is a perfume. You cannot pour it on others without getting a few drops on yourself."

Kartoffelpuffer (German Potato Pancakes)

A favourite of Mr Fred Ade

INGREDIENTS

- 1.13kg starchy potatoes, peeled and very finely grated
- 1 small yellow onion, very finely grated
- 2 large eggs
- 31¼g all-purpose flour (or more if needed)
- 1t Sea salt
- 400mls neutral flavoured cooking oil

METHOD

1. Thoroughly wring out the liquid in the grated potatoes by placing them in a colander and squeezing them with your hands or by placing them in a clean dish towel and wringing out the liquid.
2. Place the drained grated potatoes in a medium-sized bowl with the grated onion, eggs, flour and salt and use your hands to work it into a tacky mixture. Add a little more flour if needed. Do not let the mixture sit for long before using it, use it immediately.
3. Heat a few tablespoons of oil in a non-stick pan over medium-high heat and place 1/3 to ½ cup of the mixture (depending on size preference) in the hot pan and flatten into pancakes with the back of a spoon. Fry on both sides for 3-5 minutes until the Kartoffelpuffer are golden. Place them briefly on paper towels.
4. Serve immediately while hot with applesauce, fruit compote or powdered sugar. For a savory version serve with herbed yogurt, quark or creme fraiche or with meat and gravy as part of a meal.



Kiwi Cheese Ball

Mrs Byrne

INGREDIENTS

- 250g cream cheese
- 250g grated tasty cheese
- ¼C finely chopped gherkins
- 2T finely chopped onion
- ¼C tomato sauce
- 1T Worcestershire sauce
- 70g packet walnuts, chopped

METHOD

1. In a bowl combine cream cheese, tasty cheese, gherkins, onion, Wattie's Tomato Sauce and Worcestershire Sauce. Divide mixture in half and form into 2 balls. The mixture will be quite sticky.
2. Roll balls in chopped walnuts. Wrap in cling film and refrigerate for 30 minutes before serving with crackers and vegetable crutons.



This recipe is a favourite that is easy to make

"We have two ears and one mouth so that we hear twice as much as we talk."

Mango Chicken

Mrs Dunham

A quick easy recipe, you can use ripe mangoes or frozen mangoes. You can also keep adding ingredients to make it for more people or cut the ingredients down if it is just for one or two people.

INGREDIENTS

- 1 (per person) chicken breasts or chicken thigh
 - 1 onion (diced up into small cubes)
 - 1T butter
 - 2-3T sour cream
 - ½C green beans (either fresh or frozen)
 - 3 mangoes either fresh mangoes or 1 cup of frozen mango
 - 1 Packet or 1C rice (can use a microwave pack of rice)
5. Add the sour cream.
 6. Keep stirring until all combined.
 7. Serve with cooked rice or microwaved rice.

METHOD

1. Cook the diced onion in a deep frypan.
2. Add in the chicken, make sure it is cooked through with no blood.
3. Add the beans and stir and cook.
4. Add the mangoes.



"Write it on your heart that every day is the best day of the year."

"Measure three times before you cut once."

Nikujaga

Sharon Crane

Nikujaga is such a common dish, that it is even used to be considered a way to flirt in Japan: if a single man asked a single woman if she could make nikujaga, it would imply that he was considering what kind of wife and mother she would be.

INGREDIENTS

- 150g shirataki (or you can substitute with any noodles)
- 300g wagyu beef sirloin, thinly sliced and cut into 6 cm lengths
- 400g potatoes, peeled and cut into irregular chunks
- 1 carrot, peeled and cut into irregular chunks
- 1 onion, cut into 1cm thick slices
- 15 snow peas
- steamed rice, to serve

Nikujaga stock

- 250ml (1 cup) dashi (or beef stock)
- 2T sake
- 2T mirin
- 60 ml (¼ cup) soy sauce
- 2T sugar

METHOD

1. To prepare the shirataki, rinse under cold running water and drain well. Bring a small saucepan of water to a rolling boil, then add the shirataki. Boil for 5 minutes, drain and set aside.
2. To make the nikujaga stock, combine all the ingredients in a large saucepan and bring to a simmer.
3. Add the beef and cook through for just a few seconds or until the beef changes colour. Remove the beef from the pan, cover the beef and set aside.
4. Return the stock to the boil and skim off any foamy scum that rises to the surface. Add the potato and carrot and cover with a drop lid or baking paper cartouche. Simmer for 10 minutes, then add the onion and shirataki. Replace the drop lid or cartouche, and simmer for a further 5 minutes or until the vegetables are tender and the liquid is nearly completely evaporated. Stir through the beef, cover again and allow to cool.
5. To serve, blanch the snow peas in boiling salted water for 1 minute. Reheat the nikujaga, and stir through the snow peas. Serve with rice.



"Nikujaga" literally means 'meat and potatoes'.

Serves 4-6

*"Honor your father and your mother,
so that you may live long in the land the
LORD your God is giving you."
Exodus 20:12*

"To err is human, to forgive divine."

Pikelets

Rachel Jonson (Secondary Teacher)

INGREDIENTS

- 1 cup SR Flour
- ¼ castor sugar
- ¼ tsp bicarb soda
- 1 egg
- ¾ cup milk
- 1 tsp white vinegar
- Approx 15g butter to melt

Makes approx 12-15 pikelets

METHOD

1. Stir flour, sugar and soda in a bowl, make a well in the middle.
2. Whisk egg, milk and vinegar in a separate jug.
3. Pour into flour mix and quickly stir to make a smooth batter.
4. Heat a pan – nice and hot! – melt butter and spread it out over the base to coat.
5. Use a soup ladle or big spoon to drop circles of batter into pan.
6. Only flip once bubbles appear but just before they burst – watch carefully it happens quickly!
7. Cook until just golden brown underneath then slide onto a plate and top with your favourite spread... Nutella, jam, joney, maple syrup etc!

Pumpkin Soup

Mrs Leanne Auricht

This recipe is from Lady Flo Bjelke-Peterson's 'Classic Country Collection' cookbook. My family enjoy this as an appetizer and a meal over many years.

INGREDIENTS

- 30g Butter
- 2 Onions
- 2 Medium potatoes
- 750g pumpkin
- 600ml chicken stock
- 1C milk
- Pinch salt and pepper
- 1C cream (optional)

METHOD

1. Chop onions, peel and dice potatoes and pumpkin.
2. Heat butter and sauté onions until golden brown.
3. Add potatoes, onions, stock and milk.
4. Cover and simmer gently for about 30minutes, or until vegetables are tender.
5. Puree in a blender or Nutri-bullet and add salt and pepper.
6. Add cream if desired and reheat gently.



Salmon Wellington

Serves 2

Puff Pastry Salmon, also known as Salmon Wellington, is an impressive dish perfect for a special occasion. A beautiful piece of salmon is wrapped in buttery puff pastry with a delicious filling of spinach, cream cheese, and herbs, resulting in a flaky and flavorful centerpiece.

INGREDIENTS

- 2 tablespoons butter
- 2 cloves garlic, chopped
- ½ medium onion, chopped
- 5 oz fresh spinach(140 g)
- 1 teaspoon salt, for spinach
- 1 teaspoon pepper, for spinach
- ½C breadcrumb(40 g)
- 4 oz cream cheese(110 g)
- ¼C shredded parmesan cheese(30 g)
- 2 tablespoons fresh dill, chopped
- 1 sheet puff pastry, softened to room temperature
- 1 salmon fillet
- 1 teaspoon salt, for salmon
- 1 teaspoon pepper, for salmon
- 1 egg, beaten



METHOD

1. Preheat oven to 425°F (220°C).
2. In a pan over medium heat, melt butter. Add the garlic and onions, cooking until translucent.
3. Add the spinach, salt, and pepper, cooking until spinach is wilted.
4. Add the breadcrumbs, cream cheese, parmesan, and dill, stirring until mixture is evenly combined. Remove from heat and set aside.
5. On a cutting board, smooth out the sheet of puff pastry. Place the salmon in the middle of the pastry and season both sides with salt and pepper.
6. Place several spoonfuls of the spinach mixture on top of the salmon, smoothing it out so that it does not spill over the sides.
7. Fold the edges of the puff pastry over the salmon and spinach, starting with the longer sides and then the shorter ends. Trim any excess pastry from the ends, then fold the ends on top. Flip the puff pastry-wrapped salmon over and transfer for a baking sheet lined with parchment paper.
8. Brush the beaten egg on the top and sides of the pastry. Score the top of the pastry with a knife, cutting shallow diagonal lines to create a crosshatch pattern.
9. Brush the top again with the egg wash.
10. Bake for 20-25 minutes, until pastry is golden brown.

*"A trouble may be an opportunity
hiding behind a shadow."*

Stargazy pie

Tom Lunny's favourite dish

INGREDIENTS

- 100g rolled short crust pastry
- 6 gutted Sardines
- 400gms Hake filets or diced Cornish fish
- 1 large chopped fennel
- 1 clove, peeled and chopped garlic
- 2 chopped tomato
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp cumin powder
- 1 egg
- 20ml vegetable oil
- A pinch of Cornish Sea Salt.

METHOD

1. Preheat the oven to 180 degrees.
2. Heat a frying pan, add the vegetable oil, and soften the fennel, garlic and tomatoes,



with spices and sea salt. Neatly arrange the diced up fish in a pie dish.

3. Lay the sardines on the mixture, with their heads facing skywards. Roll the short crust pastry to fit the size of the pie dish.
4. Cover the pie dish with short crust pastry, leaving the heads of sardines looking out of the pastry and seal the edges with egg wash.
5. Bake in a preheated oven for 20 - 30 minutes.
6. Serve Hot, with lots of dressed salad leaves and buttered potatoes.

Whitey's Tacos

Luke White (Class of 2022)

Serves 4

INGREDIENTS

- 400g mince beef
- 1 cup Old El Paso™ Thick 'n Chunky salsa
- 10 Old El Paso™ taco shells
- ½ head lettuce, shredded
- 1 medium tomato, chopped
- 1 cup shredded cheddar cheese

METHOD

1. Cook beef in 20cm pan over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
2. Stir salsa into beef. Heat to boiling, stirring constantly; reduce heat to



medium-low. Cook 5 minutes, stirring occasionally. Pour beef mixture into large serving bowl.

3. Heat taco shells as directed on package. Serve taco shells with beef mixture, lettuce, tomato and cheese.

Champion Texas Chilli

Mr Ken List (IT Technician)

Serves 8

INGREDIENTS

- 1 (per person) chicken breasts or chicken thigh
- 1-2kg steak and/or lamb cubed
- 5-6 sausages (your choice) cut into bite-size amounts (after cooking)
- 3 large diced brown onions
- 5 diced tomatoes or 2 cans of diced tomatoes
- 500g of mushrooms
- 2 x 400g cans of red kidney beans (drained)
- 140g tomato paste or 1-2 sachet/s
- ¼ cup oil (olive oil if possible)
- 4 teaspoons minced garlic
- 4 Tablespoons Mexican chilli powder
- 2 Tablespoons cumin powder
- ½ Tablespoon cayenne powder
- ½ Tablespoon paprika grounds
- 1 Tablespoon oregano
- 1 Tablespoon Liquid Smoke (if available)
- ½ glass water

Topping

- Shredded mozzarella cheese

Need: 1 large pan and 1 Slow cooker or large pot with lid.

METHOD

1. Brown meat. Drain, then put it into the slow cooker.
2. Dice and saute onions, then put it into the slow cooker.
3. Drain kidney beans, then put them into the slow cooker.
4. Add the rest of the ingredients.
5. Stir the pot well.
6. Add about ½ glass of filtered water on top of the mix.
7. Cover the pot and cook on low for 4-6 hours.
8. Keep covered and stir occasionally.
9. Chilli is done.
10. Use shredded mozzarella on top of a served bowl of chilli for extra goodness.

Thai Spring Rolls

Mrs Byrne



Use uncooked rice paper wrappers for a low fat version

INGREDIENTS

- Small packet dried rice vermicelli
- 3 cloves garlic chopped
- 2t grated galangal or ginger
- 3 finely chopped coriander roots
- 3 chopped spring onion
- 200g pork mince
- 2 sticks celery finely sliced
- 1C grated carrot (approx. 2)
- ½C chopped coriander leaves
- ¼C chopped cucumber
- 1T sweet chilli sauce
- 2t fish sauce
- 1t brown sugar
- Packet frozen spring roll wrappers

METHOD

1. Soak vermicelli in hot water until soft, drain and chop into shorter lengths.
2. Heat oil in wok and add aromatics (garlic, ginger, coriander and spring onions). Stir fry 2 minutes.
3. Add mince and celery and stir fry for 3 minutes until pork is brown and lumps broken up.
4. Add remaining ingredients and if time, cool.
5. Separate thawed spring wrappers. (If using rice paper, soak briefly in a dish of warm water, roll up and eat immediately)
6. Using tongs, put one 'grab' about 1½T on a corner of a wrapper. Fold in sides and roll up, using a little water to seal the last point.
7. Fry in a deep pan for 2-3 minutes.
8. Drain and serve with sweet chilli and soy sauce.

"By swallowing evil words unsaid, no one has ever yet hurt his stomach."

Tuna Pasta Mornay

James Christie (class of 2019)



INGREDIENTS

- 1 large tin (425g) tuna in springwater (Coles brand is fine)
- 1 heaped T margarine, melted
- 2 - 4T milk
- Half a block cheddar cheese full or low fat, around 1L
- 250g plain flour (can use wholemeal flour)
- Breadcrumbs
- Onion/garlic
- Pasta – any type e.g large shells/spirals

METHOD

1. Put on a saucepan of water to boil to cook pasta – around half a 500g packet.
 2. Turn on oven to 200 degrees (fan forced).
 3. Grease large, oven-safe dish with sides of 6-8cm high.
 4. Melt butter in a non-stick saucepan over low heat. When butter is melted, add flour, gradually, so the butter and flour thicken slowly into balls that roll around the saucepan.
 5. Add milk, slowly, and stir, continually. Keep adding milk as the sauce thickens.
 6. Add the tin of tuna (drained first) and a large, loose handful of grated cheddar cheese. If thick, add more milk and continue stirring.
 7. Once pasta is cooked, drain and place in the oven-safe dish.
 8. Spread the sauce over the pasta. Scatter breadcrumbs over the top and then cover with grated cheese.
 9. Cook uncovered for 35-40 minutes or until brown on top.
- To add more flavor, finely chopped onion and garlic can be added with the butter, right at the beginning.

Zucchini Slice

Mrs Leanne Auricht

This recipe is from Lady Flo Bjelke-Peterson's 'Classic Country Collection' cookbook. My family enjoy this as an appetizer and a meal over many years.

INGREDIENTS

- 2 zucchinis, grated
- 1C self-raising flour
- 1 large onion finely chopped
- ½C of oil
- 3 rashers bacon finely chopped
- 5 eggs
- 1C tasty cheese grated
- salt/pepper



METHOD

1. Preheat oven to 170°C. Grease and line a non-stick lamington tin.
2. Combine zucchini, onion, bacon, flour and cheese in a large bowl. Add oil and lightly beaten eggs, and mix. Season with a little salt and pepper. Pour into lamington tin.
3. Bake for 35-40 mins until golden and set. Allow to cool slightly before cutting.

Note: the vegetables can be substituted or added to – try corn kernels, grated carrot, shallots, shredded beans, and leave out the bacon for a vegetarian version.

DESSERTS



Absolutely Delicious Honey Nougat Slice

Mrs Cathy Forbes

INGREDIENTS

- Slice
- 200g milk chocolate melts
- 200g Peanut Butter
- 180g honey
- 190g oats
- 60g Shredded coconut
- 80g walnuts, crumbled
- 2t Vanilla Bean Paste

Topping

- 200g milk chocolate melts
- 20g coconut oil
- Coconut, to sprinkle on top



METHOD

1. Melt choc melts in a bowl over a saucepan of water.
2. Keep bowl over the heat and stir in peanut butter and honey.
3. Remove from heat and stir in all other ingredients.
4. Press into a slice tin lined with baking paper and refrigerate for an hour.
5. For the topping, melt the 200g of choc melts with either copha or coconut oil and pour over slice. Sprinkle on coconut if you wish.
6. Refrigerate again and slice up....

Apple Pie

Koen Willems (class of 2019)

*Serve
with cream
or icecream
if desired*

INGREDIENTS

For the Crust

- 1¼C all-purpose flour
- 4T cold unsalted butter (cut into small pieces)
- 4T vegetable shortening (chilled)
- ¼ t salt
- 2T ice-cold water

For the Streusel Topping

- ¾C all-purpose flour
- ⅓C firmly packed brown sugar
- 1t ground cinnamon
- ⅓C butter (slightly softened)

For the Filling

- 3 tablespoons butter (melted)
- 4 to 5 tart apples (such as Granny Smith)
- ¾C granulated sugar
- Optional ice cream or whipped cream to top

METHOD

1. Gather the ingredients.
2. In the bowl of a food processor, combine the flour, cold butter, vegetable shortening, and salt. Pulse several times until the mixture resembles coarse meal. With motor running, add two tablespoons of ice-cold water and process just until dough forms a ball. Add more water, 1 teaspoon at a time, if dough is too dry.
3. Press into a disk, wrap in plastic and rest 2 hours or up to 2 days
4. When ready to prepare the pie, heat the oven to 220 degrees. On a lightly-floured surface, roll pastry dough into circle 2 inches larger than 9-inch pie plate. Ease the pastry into the plate, pressing firmly against bottom and side while being careful not to stretch pastry. (This will cause it to shrink when baked.) Fold and roll the pastry under, making it even with the edge of the pie plate. Flute the edges as desired. Refrigerate while prepare the streusel topping and filling.
5. For the streusel topping, blend the flour, brown sugar, and ½ teaspoon of the cinnamon together in a bowl. Work in the ⅓ cup slightly softened butter until well blended. Set aside
6. Peel and slice the apples into a large bowl. Stir the melted butter into the apples. Toss until the apples are well coated
7. Add the granulated sugar and remaining ½ teaspoon of the cinnamon. Toss to combine. Set aside.
8. Remove the prepared pie shell from the refrigerator and fill with the apples.
9. Spoon the streusel over the apples. Bake for 20 minutes, covering lightly with foil if the crust browns too quickly. Lower the heat to 180 degrees and bake for an additional 35 to 40 minutes until the apples are tender and topping is brown.
10. Cool on a wire rack.

Banana Cake

Rachael Abnett (class of 2020)

INGREDIENTS

- unsalted butter 300g, softened, plus extra for the tins
- soft light brown sugar 300g
- eggs 4, large
- plain flour 300g, sifted
- baking powder 2T
- bicarbonate of soda 1T
- vanilla extract 2t
- bananas 4 ripe, mashed

Caramel Buttercream

- unsalted butter 150g, softened
- icing sugar 500g
- soft cheese 200g
- Carnation caramel 100g

Topping

- Carnation caramel 150g
- unsalted butter 25g
- bananas 2 ripe, sliced at an angle
- sea salt flakes a generous pinch, (optional)

METHOD

1. Heat the oven to 180C/fan 160C/gas 4. Butter and line 2 x 20cm deep springform cake tins with baking paper.
2. Beat the butter and sugar in a large bowl until light and fluffy. Crack in the eggs, one by one, and mix between each addition until combined. Mix in the flour followed by the baking powder and bicarbonate of soda. Stir in the vanilla extract and mashed bananas until just combined.
3. Divide the batter equally between the lined cake tins and bake for 35 minutes or until a skewer inserted into the middles comes out clean. Cool in the tins for at least 10 minutes, then transfer to a wire rack to cool completely.
4. To make the buttercream, beat the butter and icing sugar for 5 minutes or until light and fluffy. Add the soft cheese and beat for



another minute or until fully combined. Add the caramel and mix until the buttercream is thick yet spreadable.

5. Spread 50g of the topping caramel on top of one of the sponges, followed by a thick layer of the buttercream, then chill for 10 minutes. Put the plain sponge on top of the iced one and spread the remaining buttercream over the top and sides of the cake. Chill for at least 30 minutes.
6. In a bowl, whisk the remaining 100g caramel with 1 tbsp of cold water until smooth. Melt the butter in a frying pan and fry the bananas for 2-3 minutes or until they begin to caramelize. Cool and gently stir through ½ of the caramel.
7. Put the cake on a serving plate or stand. Pile the chopped bananas on top, then drizzle with the remaining caramel and sprinkle with a little sea salt, if you like.

“The secret of life is not to do what one likes, but to try to like what one has to do.”
King George V.

Berry and Chocolate Muffins

Mr Greg & Mrs Sarah Forrest

INGREDIENTS

- 2C of SR Flour
- ½C caster sugar
- 1C milk
- 1 large egg
- ¼C melted butter
- pinch salt
- ¼C brown sugar
- 1C of fresh berries
- ½C of white/milk/dark chocolate bits
- 3 tablespoons butter (melted)
- 4 to 5 tart apples (such as Granny Smith)
- ¾C granulated sugar

METHOD

1. Combine flour and sugar and make a well in the middle.
2. Add wet ingredients to dry ingredients.
3. Stir mixture minimally until just combined. Over stirring makes tough muffins!
4. Add berries and chocolate and combine.
5. Spoon into patty cases in muffins tins (makes approx. 12) and sprinkle brown sugar on top.
6. Cook for approx. 20 mins at 180 degrees in a fan forced oven or until nicely browned on top.

*Serve
with cream
or icecream
if desired.*



“The most important thing a father can do for his children is to love their mother.”

Best Fudge Ever

Mrs Gayla Mathews

INGREDIENTS

- 1 can condensed milk
- 2C chocolate pieces or buds
- Extras vanilla essence; nuts; lollies.

METHOD

1. Pour condensed milk into a glass jug or bowl.
2. Place in microwave on 'high' for 1 minute or until condensed milk is hot.
3. Mix in chocolate (can be white, milk or dark or even a mixture of them).



4. Keep mixing until all chocolate melts and the mixture is smooth. If the chocolate isn't melting, place mixture in microwave for another 30 seconds, then stir.
5. Add extra flavours of your choice eg. 1 teaspoon of vanilla essence or ½ of chopped nuts or lollies.
6. Pour it into a tray lined with baking paper and chill in fridge until it is set, or for as long as you can bear not to eat it!
7. Cut into small squares and enjoy!!

Carrot Walnut Cake

Mrs Byrne

This is moist, delicious and keeps really well. With or without cream cheese frosting! This has been in coffee shops for decades.

INGREDIENTS

- 2 eggs
- 1C caster sugar
- 1C flour
- ½t vanilla essence
- 1t baking soda
- ½t mixed spice
- ½t salt
- ½C chopped walnuts
- 1½C grated carrot (about 2 carrots peeled)

METHOD

1. Line a ring tin with baking paper.
2. Combine eggs, sugar, oil vanilla and sifted dry ingredients in a basin. Beat at low speed until smooth.
3. Stir in carrots and walnuts and mix well.
4. Pour into ring tin and bake 180 degrees for 45 minutes until a skewer comes out clean when tested.
5. When cold cover with frosting made of 1T soft butter 250g cream cheese, 1T lemon rind, 1½ C sifted icing sugar beat until smooth.



"Life is like a wild tiger. You can let it put it's paw on your head, or you can get on its back and ride it."
Mawi Mawi Pachou.

Chocolate Cake (or make into Cupcakes)

Mrs Dunham

INGREDIENTS

- 1C self-raising (SR) flour
- 1C sugar
- 3T butter (melted in either a saucepan or the microwave)
- 2T cocoa
- 2 eggs
- 1t vanilla essence
- ½C milk

For Icing

- 1½C icing sugar
- 2T cocoa
- Approximately 3T water

METHOD

1. Place all ingredients into a bowl and beat with a whisk or an electric beater.
2. Line a cake tin with baking paper.
3. Pour mixture into the cake tin.
4. Cook for 30-40 minutes until the middle of the cake springs back when touched with your fingertip.
5. You can also pour the mixture into cupcake wrappers/liners instead and cook for about 20 minutes.
6. When cooked take them out of the oven and cool on a wire rack.
7. Ice with chocolate icing when cold.

FOR ICING

1. Place icing sugar and cocoa into a bowl.
2. Add 2T of water and start to mix the icing with a fork.
3. Keep adding in water and stirring until the mixture is smooth.
4. Pour the icing over the cake and spread it over the cake or cupcakes with a knife.



Happy Icing!

"Quiet people are not the only ones who don't say much."

Chocolate Caramel Slice

Mrs Fiona Christie

Makes 27 pieces

All you need
is a microwave
for this recipe

INGREDIENTS

- ½C (45g) desiccated coconut
- 160g butter/margarine, melted
- 2C (200g) plain chocolate biscuit crumbs
- 400g can sweetened condensed milk (Can use light condensed milk)
- 60g extra butter
- 2T maple-flavoured syrup
- 100g dark chocolate, chopped
- 2t vegetable oil

METHOD

1. Grease shallow 18cm x 28cm microwave-safe dish, line base and sides with baking paper.
2. Cook coconut in medium microwave-safe bowl, uncovered, on HIGH (100%) about 3 minutes or until browned lightly, stirring 3 times during cooking; remove from bowl, cool.
3. Melt butter in same bowl, uncovered, on HIGH (100%) for 1 minute. Add coconut and crumbs, stir well. Press over base of prepared dish, refrigerate until firm.
4. Combine milk, extra butter and syrup in large glass microwave-safe bowl; cook, uncovered on HIGH (100%) about 8 minutes or until thick and golden brown, whisking every minute. Spread quickly over biscuit base; refrigerate until firm.
5. Melt chocolate with oil in small microwave-safe bowl, uncovered on MEDIUM (55%) for 1½ minutes, stirring twice during cooking. Spread over caramel mixture. Mark chocolate with fork; refrigerate slice until firm.



*"Do you need proof of God?
Does one light a torch to see the sun?"*

Citrus and Coconut Cake

INGREDIENTS

- Butter, for greasing
- One Cup shredded coconut
- 75G plain flour
- 100G slivered almonds
- 1 Cup caster sugar
- grated zest of 1 orange
- grated zest of 1 lemon
- four free range eggs
- 125G butter, melted and cooled
- 1/3 cup strained lemon juice
- 1/3 of a cup strained orange juice
- 1 Cup milk
- icing sugar and double cream (optional), to serve

METHOD

1. Preheat oven to 180 degrees Celsius. Grease a 22 centimetres springform cake tin. Cut baking paper to line bottom of tin then grease the paper. Cut a wide strip of paper to line the side as well. Place tin on a baking tray.
2. Place coconut, flour, almonds, sugar, citrus zest, eggs, butter, citrus juice, and milk in a food processor and process until well combined (50-60 seconds). Pour batter into the prepared tin and bake for one hour or until golden brown on top and a skewer inserted in the middle of the cake comes out clean.
3. Remove cake from oven, then leave to cool in tin on a cake cooling rack before releasing the spring. Peel paper away from the side and base of cake. Dust top with icing sugar if desired, and serve with double cream.



*"Yesterday is history, tomorrow is a mystery,
that is why today is a present."*

"No mean person can cook well. It calls for a generous spirit, a light hand and a large heart."

Champion Chocolate Chip Brownies

Mr Ken List

INGREDIENTS

- 2 ¼ cup plain flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 225g softened butter
- ¾ cup caster sugar
- ¾ cup brown sugar
- 2 teaspoon vanilla extract
- 2 eggs
- 2 x 200g bags of dark chocolate chips

METHOD

1. Preheat oven – 200 C (190C fan-forced)
2. Flour, baking powder and salt in a small bowl.
3. Mix softened butter, caster sugar and brown sugar in a large bowl until creamy.
4. Add eggs and vanilla to the large bowl. Gradually mix the flour mixture into the large bowl until thoroughly mixed.
5. Mix the dark chocolate chips into the large bowl.

6. Evenly spread the mixture into a greased or buttered 13"x9" pan. You can also use baking paper instead. Baking paper is a bit tougher to get the mixture in the pan, but it makes it easy to remove after.
7. Bake for 25 minutes at 200C (190C fan-forced)
8. Cool in pan for 10 minutes, then transfer to a wire rack for another 10 minutes to cool.

*"Work is love
made visible."*



Coffee Shop Cheesecake

Mrs Byrne



Used in homes and coffee shops both here and in NZ, this one can be varied for lime or lemon and even tinned pineapple can be put on the biscuit base.

INGREDIENTS

- 125g butter
- 1 packet Marie, vanilla or malt biscuits
- Packet lemon or lime jelly
- Lemon or lime juice and finely grated rind
- 250g cream cheese
- 425g tin chilled evaporated milk (not light milk)

"You can't wait for inspiration, you have to go after it with a club."

Jack London

METHOD

1. Line a 20cm round deep cake tin with aluminum foil, going right to the edges and up the sides.
2. Crush biscuits in a plastic bag with rolling pin, bottle in a bowl or food processor and mix with melted butter.
3. Push evenly and firmly into bottom of lined tin and bake ~10 minutes until golden brown 180 degrees.
4. Mix lemon rind, juice and jelly with 1C boiling water and allow to cool (if in a hurry, half hot water then cold).
5. Whisk evaporated milk fresh from freezer or fridge until thick, add cream cheese and mix.
6. Combine cooled jelly mix with the whisked milk and cheese gently then pour onto cold biscuit base. Chill until set.
7. This recipe develops taste overnight and may need two tins or use leftovers for a parfait with fruit – looks great in a glass.

Chocolate Weetbix Slice

Mrs Cheryl Filmore

Chocolate Weetbix Slice is made from the classic Australian breakfast cereal, Weetbix. It is studded with moist sultanas and topped with chocolate icing with coconut.



INGREDIENTS

- 1C self-raising flour
- 1T cocoa
- 4 Weetbix, finely crushed
- ½C sultanas (optional)
- ½C desiccated coconut
- ½C brown sugar
- 140g butter, melted
- 1t vanilla essence

Icing

- 1C icing sugar
- 1T cocoa
- 20g butter, softened
- Boiling water

METHOD

1. Preheat the oven to 180 degrees. Line a slice tin with baking paper.

2. Sift the flour and cocoa into a large bowl. Add the Weetbix, sultanas, coconut, and sugar. Stir to combine.
3. Add the butter and vanilla and mix well. Press well into the prepared tin.
4. Bake for 12 minutes. Place on a wire rack to cool completely.

Icing

1. Sift the icing sugar and cocoa into a bowl.
2. Add the butter and boiling water, a tablespoon at a time, until the icing is in a thick spreadable consistency.
3. Spread the icing on the slice.
4. When the icing has set, cut into slices.

*“Prepare me the kind of tasty food
I like and bring it to me to eat.”
Genesis 27: 4*

Mrs. Fields' Double-Rich Chocolate Cookies

Rita Rainnie (Secondary Teacher)



INGREDIENTS

- 2 ½ cups flour
- ½ cup unsweetened cocoa powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup dark brown sugar, packed
- ¾ cup white sugar
- 1 cup unsalted butter, softened
- 3 large eggs
- 2 teaspoons pure vanilla
- 2 cups semisweet chocolate chips

METHOD

1. Preheat oven 160C.
2. In a medium bowl combine flour, cocoa powder, baking soda, and salt. Whisk together.
3. In a large bowl, beat the brown sugar and white sugar using an electric mixer at medium speed until blended.
4. Add butter and beat for about 1 to 2 minutes or until the mixture forms a grainy paste.
5. Scrape down sides of the bowl. Add eggs and vanilla and beat at medium speed 1 to 2 minutes or until light and fluffy.
6. Add flour mixture and chocolate chips. Blend at low speed just until combined, making sure not to overmix.
7. Drop dough cookie by rounded tablespoons onto ungreased cookie sheets at about 1 ½ inches apart. Bake for about 21-23 minutes.
8. Remove from oven and using a spatula, transfer cookies immediately on a cool surface.

*"Creativity is
contagious, pass it on."
Albert Einstein*

"Your life is your story. Write well. Edit often."

Susan Statham

Date and Walnut Slice

Cathy Forbes (School Officer)

INGREDIENTS (ADD IN ONE BOWL)

- 1 cup chopped dates
- 2 tablespoons honey
- 1 cup boiling water
- Stand for 10-15 mins

METHOD (IN A SECOND BOWL)

1. Grease and line the bottom of a loaf tin.
2. Preheat oven to 165 C or 150 C for a fan-forced oven.
3. 1 ¼ cups self-raising flour.
4. 1 teaspoon bicarb soda.
5. 1 cup quick oats (preferably the chopped "quick" oats).
6. 1 cup chopped walnuts.
7. ½ cup brown sugar.
8. Mix wet ingredients to dry ingredients and add a little extra water if necessary.
9. Bake for 40-45 mins or until cooked through.



Easy Fruit Crumble

Mrs Byrne

INGREDIENTS

- 2 grated apples or a tin of drained fruit
- 200g butter
- 1C sugar
- 1C coconut
- 1C rolled oats
- 1T cinnamon
- 1C flour

METHOD

1. If you have a food processor chop the cored apples and place them or drained fruit in a greased oven proof dish.
2. Chop butter into remaining ingredients with food processor or rub in with your hands. Then sprinkle over fruit.
3. Bake in 180 degree oven for around 40 minutes until golden brown.



Fig Tarts

Mrs Bettina Fricke & Mr Cameron Roach



INGREDIENTS

- 130g butter
- ¾C (165g) sugar
- 1T Finely grated lemon rind
- 1T orange rind
- 1 Vanilla bean (or 2t vanilla essence)
- 3 eggs OR 3T chia seeds in 3T water
- ½C (180g) almond meal
- ½C (75g) self raising flour
- 1C flaked almonds
- 6 fresh figs or dried cranberries
- ¼C (90g) honey

METHOD

1. Cream butter and sugar and add chia seeds.
2. Mix through flour and meal, rind and vanilla.
3. Grease tin and/or line tin and pour in mixture.
4. Bake for 45 minutes at 160 degrees.
5. Immediately when tarts come out of the oven, pour over honey and let cool. Tip out of tins.

Flourless Hazelnut Chocolate Cake

Leah (Alcleah) Dunn (class of 2020)



INGREDIENTS

- 120g unsalted butter
- 180g dark chocolate, chunks
- 1C castor sugar
- 5 eggs, separated
- 240g hazelnuts, roasted, skinned and ground. To skin roll in a tea towel vigorously.
- ¼t salt

Icing

- ¼C of cream
- 90g dark chocolate, chunks

METHOD

1. Put unsalted butter, dark chocolate, and castor sugar in double saucepan of simmering water. Whisk occasionally till smooth. Remove and let cool.
2. Preheat oven to 180°C fan forced. Butter 24cm round tin and line base with baking paper.

3. Mix egg yolks lightly. Pour into cooled chocolate mix, whisking as you go. Stir in ground hazelnuts.
4. Beat egg whites and salt until soft peaks form. Fold into chocolate mix in three lots. Don't overmix and break up bubbles.
5. Pour mix into cake tin. Bake for 35 mins or insert a clean wooden skewer into the centre of the cake and remove it. The cake is ready if the skewer comes out clean. If not bake an extra 10 mins. Chill cake.
6. Melt cream and dark chocolate together over a medium heat. Spread thin layer over cooled cake. Chill, then pour the rest of the icing over the top for a smooth finish.

Fudge

Mrs Dunham

INGREDIENTS

- 1C milk
- 4C sugar
- 50g butter
- 3T cocoa
- 1t vanilla essence

METHOD

1. Place milk, sugar, butter and cocoa into a saucepan.
2. Stir them together and bring slowly to the boil.
3. Boil for four minutes, stirring so that it does not burn or stick to the bottom of the pan.
4. Remove from the heat and add vanilla essence.



The next steps are very fast !

5. Beat with electric beaters until the mixture is thick.
6. Quickly pour into a square tin/dish which has been lined with tinfoil.
7. Place into the fridge to set, but just prior to setting, cut into squares.

I have made this recipe hundreds of times as an easy, cheap gift for people. It comes from the Edmonds Cookbook published in New Zealand, which I received as a 10-year-old.

Hazelnut Slice

Mrs Minke

INGREDIENTS

- 125g butter
- ½ tin condensed milk
- 50g flaked almonds
- 3T Golden Syrup
- 1 packet Marie biscuits
- 200g block Cadbury hazelnut chocolate
- 30g Copha or butter

METHOD

1. Grease a slice tin with melted butter and line base with baking paper.
2. Gently heat syrup, condensed milk and 125g butter. Add crushed biscuits and almonds. Press mixture into slice tin. Allow to set in fridge while preparing topping.



3. Melt chocolate and Copha (or butter). Gently pour over base. Refrigerate until set. Using a hot knife, cut into 24 squares.

Lemon Meringue Pie

Mrs Dunham



INGREDIENTS

- 2C plain flour
- 1T icing sugar
- 185g butter
- 1T lemon juice
- 1 – 2T water

For the filling

- 4T plain flour
- 4T corn flour
- 2t grated lemon rind
- $\frac{3}{4}$ C lemon juice
- 1C sugar
- $1\frac{1}{4}$ C water
- 90g butter
- 4 Egg yolks

METHOD

1. Combine sifted flours, lemon rind, lemon juice and sugar in saucepan.
2. Add water and blend until smooth (you will have to work quickly here so that it does not become one big lump).
3. Stir over heat until the mixture boils and thickens.
4. Reduce heat and stir for a further 2 minutes.
5. Remove from the heat.
6. Add in butter and keep stirring.
7. Add in lightly beaten egg yolks until butter has melted.
8. Cook at 180 degrees – Cool.
9. When cold spread over the base that you have cooked.

Can be made into Gluten Free by swapping the flour to GF flour.

METHOD

1. Sift flour and sugar into a bowl.
2. Chop butter into small cubes and rub them into the flour mixture between your fingertips, Keep rubbing until the mixture looks like breadcrumbs.
3. Add lemon juice and water and mix into a firm dough.
4. Chill in the fridge for 30 minutes.
5. Roll out on a chopping board and place into a 23cm pie dish.
6. Prick the pastry with a fork so that there are holes in the pastry and cook for 10 to 15 minutes until it becomes golden.
7. Oven should be at 190-220 degrees.
8. Allow to cool.

Meringue

- 4 egg whites
- 2T water
- $\frac{3}{4}$ C castor sugar

METHOD

1. Combine egg whites, water and sugar in the electric beater.
2. Beat on high until soft peaks form.
3. Gradually add sugar, beating well until dissolved.
4. Spoon mixture onto the filling.
5. Spread decoratively with a knife.
6. Bake in a moderate oven until peaks are golden.
7. Cool in the fridge.

Lemonade Scones

Mrs Byrne

INGREDIENTS

- 300mls cream
- Can (375mls) lemonade or any other softdrink (even coke works)
- 4C self raising flour (or 4 C plain flour and 4t baking powder)

METHOD

1. Mix all three ingredients until combined and if using an electric big mixer, add enough flour so that the mixture cleans away from the side of the bowl.
2. Place on a lightly floured board to stop it sticking and cut 5cm high scones out of dough with a floured glass or scone cutter.



3. Cook approx. 20 minutes in a 180 degree oven until lightly brown.

Variations

- soak chopped dates in boiling water to soften and add finely chopped sugared ginger.
- Add a finely chopped onion, 1C cheese and 1T mustard powder – yummy with chutney and sour cream on top.
- Add a cup of sultanas.

No-Bake Vanilla Slice

Mrs Linda Cornell

INGREDIENTS

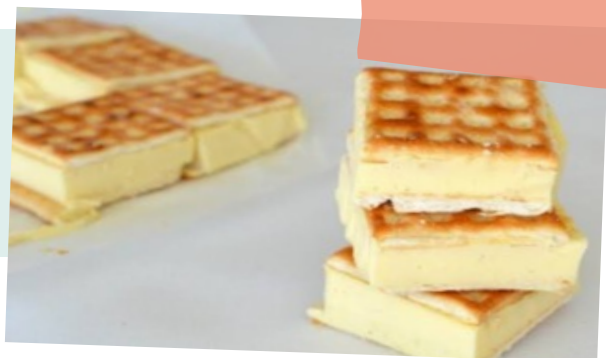
- 2 x 200g pkt Arnott's Lattice Biscuits
- 2 x 100g pkts Vanilla Instant Pudding
- 600ml thickened cream
- 300ml milk

Icing (I rarely icing on, don't think it needs it)

- 1C icing sugar
- 3t passionfruit pulp
- 25g butter

METHOD

1. Cut biscuits in half. (This helps when cutting the slice later)
2. Put baking paper in a slice tin.
3. Layer ½ the biscuits on the bottom of the tin. Ensure you layer all the same way and close together.
4. Using a mixer, whip the instant pudding, cream and milk until smooth & creamy.



5. Pour mixture over the Lattice biscuits. The mixture will be quite thick, so you will have to carefully use a spatula to spread over the biscuits.
6. Lay the rest of biscuits on top, again, ensure you layer same way as the bottom layer.

Icing

7. In a microwave safe bowl, place all icing ingredients. Microwave on HIGH for 30 seconds and mix together. Pour over the biscuits and spread evenly.
8. Refrigerate for 3 hours or until chilled.
9. Cut into slices using outline of biscuits and serve.

Pavlova

Mrs Byrne

This one has a marshmallow texture in the middle and crispy outer shell – delicious.



INGREDIENTS

- 4 egg whites
- 3C sugar
- 2T vinegar
- 1t vanilla essence
- 2T cornflour
- 1C boiling water

METHOD

1. Beat egg whites until still.
2. Add sugar and cornflour then vanilla and water.
3. Beat 20 minutes.
4. Bake 10 minutes 170 degrees and leave to cook in oven

Self Saucing Chocolate Pudding

Mrs Byrne

INGREDIENTS

- 100g butter
- 150g sugar
- 1 egg
- 300g flour
- 1D cocoa
- 1t baking powder
- ½C milk

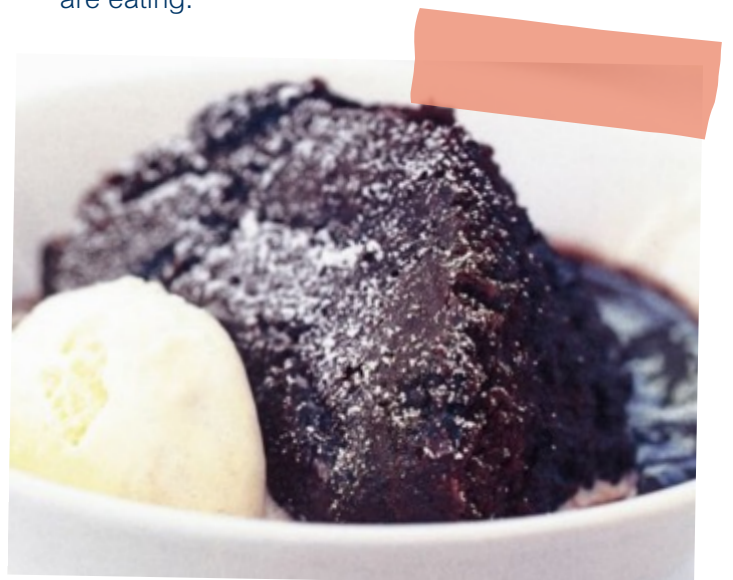
For Sauce

- ½ sugar
- 1D cocoa
- 1C boiling water

METHOD

1. Cream butter and sugar, add egg, mix in flour, cocoa and baking powder. Beat to a light batter with milk.
2. Place in greased steam pudding tin.
3. Mix sugar and cocoa for sauce and sprinkle on cake mixture. Pour over boiling water, put lid on pudding basin and boil 1 ½ hours).
4. I often double this if more than 4 are eating.

*“Although the world is full of suffering, it is also full of the overcoming of it.”
Helen Keller*



Soft and Thick Snickerdoodles

Samara McLean (class of 2020)

Makes 24

This is kinda a special recipe to the group 2 Binga group as we would make snickerdoodles every weekend and then proceed to eat them in a day. We got so sick of them by the end of the month but they are so yummy and I want to share this with everyone!!

INGREDIENTS

- 3C (375g) all-purpose flour (spoon and leveled)
- 2t cream of tartar
- 1t baking soda
- 1½t ground cinnamon
- ½t salt
- 1C unsalted butter, softened to room temperature
- 267g granulated sugar
- 1 large egg + 1 large egg yolk, at room temperature
- 2t pure vanilla extract

Topping

- 70g granulated sugar
- 1t ground cinnamon

METHOD

1. Preheat oven to 190°C. Line two large cookie sheets with parchment paper or silicone baking mats. Set aside.
2. Make the topping: Combine the granulated sugar and cinnamon together in a small bowl.
3. Make the biscuits: Whisk together the flour, cream of tartar, baking soda, cinnamon, and salt together in a medium bowl.
4. In a large bowl using a hand mixer or stand mixer fitted with a paddle attachment, beat the butter and



granulated sugar together on high speed until smooth and creamy, about 2 minutes.

5. Add the egg, egg yolk, and vanilla extract.
6. Beat on medium-high speed until combined.
7. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed.
8. With the mixer running on low speed, slowly add the dry ingredients to the wet ingredients in 3 different parts. The dough will be thick.
9. Roll dough into balls, about 1.5 Tablespoons of dough each.
10. Roll the dough balls in cinnamon-sugar topping. Sprinkle extra cinnamon-sugar on top if desired.
11. Arrange 7.5cm apart on the baking sheets.
12. Bake for 10 minutes. They will be very puffy and soft. When they are still very warm, lightly press down on them with the back of a spoon or fork to help flatten them out. Allow to cool on the baking sheet for 10 minutes and transfer to a wire rack to cool completely.
13. They remain soft and fresh for 7 days in an airtight container at room temperature.

Sponge

Mrs Byrne



This is a winner literally! Whether flat with jam, cream and chocolate dipped strawberries or as a sandwich from two round tins – it will disappear very quickly.

*"Our greatest glory is
not in never falling,
but in rising every
time we fall."
Confucius*

INGREDIENTS

- 4 eggs
- 2T water
- 168g sugar
- 125g cornflour
- 2T flour
- Heaped t baking powder

METHOD

1. Line one rectangular sponge tin, or two 20cm round tins with baking paper – it sits better with a little cooking spray.
2. Beat egg white until stiff.
3. Boil water and sugar and add to egg whites. Beat 5 minutes.
4. Add yolks and beat. Add vanilla.
5. Gently fold in dry ingredients with a holey spoon.
6. Bake 15 minutes at 180 degrees.

*"Do not judge me by my success,
judge me by how many times
I fell down and got back up again."*

Nelson Mandela

Self Saucing Chocolate Pudding

Mrs Byrne

INGREDIENTS

- 1C mixed fruit
- 1T butter
- 2T sugar
- 1C boiling water
- 1C flour
- 1t baking soda
- 1t baking powder

METHOD

1. Put mixed fruit into a pudding basin with butter and sugar. Pour over boiling water and stir until sugar and butter are melted.
2. Sift in flour, soda and baking powder.
3. Mix well.
4. Put lid on basin and boil 2 hours



*"When we learn how to become resilient,
we learn how to embrace the beautifully
broad spectrum of the human experience."*

Jaeda Dewalt

How not to study for Exams

Rimmer was sitting at his slanting architect's desk, under the pink glow of his study lamp, with a tray of watercolours, making out a revision timetable in preparation for his astronavigation exam. In all, he'd taken the exam eleven times. Nine times, he'd got an 'F' for fail, and on two occasions he'd got an 'X' for unclassified.

But he persevered. Each night he persevered, under the pink glow. Each night he nibbled away at his skyscraper-high stack of files which stored his loose-leaf revision notes. He nibbled away, trying to digest little morsels of knowledge. Little morsels that stuck in his gullet, that wouldn't go down. It was like trying to eat wads of cotton wool. But he persevered. Rimmer wanted to become an officer. He ached for it. He yearned for it. It wasn't the most important thing in his life. It was his life.

Given the opportunity, he would gladly have had his eyes scooped out if it meant he could become an officer. He would happily have inserted two red hot needles simultaneously through both his ears so they met in the middle of his brain, and tap-danced the title song from 42nd Street barefoot on a bed of molten lava while giving oral sex to a male orangutan with dubious personal hygiene, if only it meant attaining that single, elusive golden bar of an Astronavigation Officer, Fourth Class.

But he had to do something much more demanding, much more impossible, and much more un-pleasant. He had to pass the astronavigation exam.

Born on Io, one of Jupiter's moons, thirty-one years earlier, he was the youngest of four

brothers. Frank was a gnat's wing away from becoming the youngest captain in the Space Corps. John was the youngest captain in the Space Corps. Howard had graduated third in his class at the academy and was now a test pilot for the new generation of demi-light speed Zippers at Houston, Earth.

'My boys,' his mother would say, 'my clever, clever boys. Johnny the Captian, Frankie the First Officer, Howie the Test Pilot, and Arnold ... Arnold, the chicken soup machine cleaner. If you could sue sperm, I'd sue the sperm that made you.'

'I'll do it, Mother. One day, I will become an officer.' 'And on that day,' his mother would say, 'Satan will be going to work in a snow plough.'

If Rimmer hadn't been such a dedicated anal retentive, he would have realized the simple truth: he wasn't cut out for Space. He wasn't cut out for it.

He would have realized he wasn't the slightest bit interested in astronavigation. Or quantum mechanics. Or any of the things he needed to be interested in to pass the exams and become an officer.

Three times he'd failed the entrance exam to the Academy. And so, one night after reading the life story of Horatio Nelson, he'd signed up with a merchant vessel as a lowly Third Technician, with the object of quickly working his way through the ranks and sitting the astronavigation exam independently, and thereby earning his commission: the glimmering gold bar of officerhood.

That had been six years ago. Six long years on Red Dwarf, during which he'd leapt from being a lowly Third Technician to being a lowly First Technician. In the meantime, his brothers went for ever onward, up the ziggurat of command. Their success filled him with such bitterness, such bile, that even a Christmas card from one of them – just the reminder that they were alive, and successful – would reduce him to tears of jealousy.

And now he sat there, under the pink glow of his student's table lamp ('Reduces eye-strain! Promotes concentration! Aids retention!' was the lamp manufacturer's proud boast), preparing to sit the astronavigation exam for the thirteenth time.

He found the process of revising so gruellingly unpleasant, so galling, so noxious, that, like most people faced with tasks they find hateful, he devised more and more elaborate ways of not doing it in a 'doing it' kind of way.

In fact, it was now possible for Rimmer to revise solidly for three months and not learn anything at all.

The first week of study, he would always devote to the construction of a revision timetable. At school Rimmer was always at his happiest colouring in geography maps: under his loving hand, the ice-fields of Europa would be shaded a delicate blue, the subterranean silica deposits of Ganymede would be rendered, centimetre by painstaking centimetre, a bright and powerful yellow, and the regions of frozen methane on Pluto slowly became a luscious, inviting green. Up until the age of thirteen, he was constantly head of the class in geography. After this point, it became necessary to know and understand the subject, and Rimmer's marks plunged to the murky depths of 'F' for fail.

He brought his love of cartography to the making of revision timetables. Weeks of patient effort would be spent planning, designing and creating a revision schedule which, when finished, were minor works of art.

Every hour of every day was subdivided into different study periods, each labelled in his lovely, tiny copperplate hand; then painted over in watercolours, a different colour for each subject, the colours gradually becoming bolder and more urgent shades as the exam time approached. The effect was as if a myriad of tiny rainbows had splintered and sprinkled across the poster-sized sheet of creamwove card.

The only problem was this: because the timetables often took seven or eight weeks, and some-times more, to complete, by the time Rimmer had finished them the exam was almost on him. He'd then have to cram three months of astronavigation revision into a single week. Gripped by an almost deranging panic, he'd then decide to sacrifice the first two days of that final week to the making of another timetable. This time for someone who had to pack three months of revision into five days.

Because five days now had to accommodate three months' work, the first thing that had to go was sleep. To prepare for an unrelenting twenty-four hours a day sleep-free schedule, Rimmer would spend the whole of the first remaining day in bed – to be extra, ultra fresh, so he would be able to squeeze three whole months of revision into four short days.



Within an hour of getting up the next morning, he would feel inexplicably exhausted, and start early on his supply of Go-Double-Plus caffeine tablets. By lunchtime he'd overdose, and have to make the journey down to the ship's medical unit for a sedative to help him calm down. The sed-ative usually sent him off to sleep, and he'd wake up the following morning with only three days left, and an anxiety that was so crippling he could scarcely move. A month of revision to be crammed into each day.

At this point he would start smoking. A lifelong non-smoker, he'd become a forty-a-day man. He'd spend the whole day pacing up and down his room, smoking three or four cigarettes at a time, stopping occasionally to stare at the titles in his bookcase, not knowing which one to read first, and popping twice the recommended dosage of dog-worming tablets, which he erroneously believed to contain amphetamine.

Realizing he was getting nowhere, he'd try to get rid of his soul-bending tension by treating him-self to an evening in one of Red Dwarf's quieter bars. There he would sit, in the plastic oak-beamed 'Happy Astro' pub, nursing a small beer, grimly trying to be light-hearted and totally re-laxed. Two small beers and three hours of stomach-knotting relaxation later, he would go back to his bunk and spend half the night awake, praying to a God he didn't believe in for a miracle that couldn't happen.

Two days to go, and ravaged by the combination of anxiety, nicotine, caffeine tablets, alcohol he wasn't used to, dog- worming pills, and overall exhaustion, he would sleep in till mid-afternoon.

After a long scream, he would rationalize that the day was a total write-off, and the rest of the afternoon would be spent shopping for the three best alarm clocks money could buy. This would often take five or six hours, and he would arrive back at his sleeping quarters exhausted, but knowing he was fully prepared for the final day's revision before his exam.

Waking at four-thirty in the morning, after exercising, showering and breakfasting, he would sit down to prepare a final, final revision timetable, which would condense three months of revision into twelve short hours. This done, he would give up and go back to bed. Maybe he didn't know a single thing about astronavigation, but at least he'd be fresh for the exam the next day.

Which is why Rimmer failed exams.

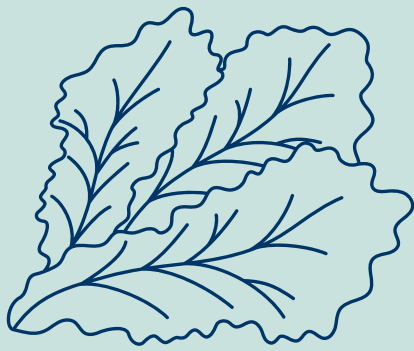
Which is why he'd received nine 'F's for fail and two 'X's for unclassified. The first 'X' he'd achieved when he'd actually managed to get hold of some real ampetamines, gone into spasm and collapsed two minutes into the exam; and the second when anxiety got so much the better of him his subconscious forced him to deny his own existence, and he had written 'I am a fish' five hundred times on every single answer sheet. He'd even gone for extra paper. What was more shocking than anything was that he'd thought he'd done quite well.

Well, this time it was going to be different, he thought, as he sat carefully colouring all the quan-tum mechanics revision periods in diagonal lines of Prussian blue on a yellow ochre back-ground...

Rimmer Studies for the Astronavigation Exam (Again)

an excerpt from the novel Red Dwarf by Grant Naylor (c. 1989)





Immanuel
Lutheran
College

Cookbook

