

"Mixed Bags"

Mandurah Support Group
Healthy Eating

Ostomates

Cook Book

Shared Recipes from Member and Volunteers of WAOA
In conjunction with Peel Health Campus

Contents

	Pages
Soup	5 - 6
	
Savoury	7 - 12
	
Mains	13 - 17
	
Sweet Treats	18 - 33
	



"Mixed Bags"

HEALTHY DIET

Most people with stomas do not need to change their diets and should follow a normal healthy eating pattern like the rest of the population.

If you have recently had your surgery or have been unwell, ensuring that you get all the essential nutrients from your diet is even more important and putting unnecessary restrictions on your diet could slow down your recovery and healing.

When eating with an ostomy the trick is to eat little and often rather than eating one big meal. This can really help with unwanted noises in the day and also really helped me manage my output.

The other thing to consider some foods may not suit you straight away however its always worth trying it again rather than forgetting it all together, when I had surgery I didn't get on with bananas however now they are great.

I also found that I couldn't have lactose prior to surgery however now I have re-introduced it and I am getting on really well with it (in moderation).

A BALANCED DIET IS MADE UP OF:

Starchy foods such as potatoes, rice & grains, bread and pasta, for energy.

Try different varieties, including whole meal vs refined/white rice and pasta, to see which are most helpful for your stoma management.

Fruit and vegetables provide a wide range of vitamins and minerals and both soluble and insoluble fibre. Soluble fibre is found in the flesh of fruit & veg and can help lower cholesterol as well as make stool thicker, softer and easier to pass (helpful for those with a colostomy or ileostomy who wish to thicken their output).

Insoluble fibre is found in the skins of fruit & veg and helps move waste through your bowel, so can help with constipation (helpful for those with a colostomy who experience pancaking and anyone who experiences constipation). If you have a colostomy or ileostomy, immediately after surgery foods containing insoluble fibre may make your stoma behave unpredictably, so you may wish to avoid or limit your intake of them.

As your bowel adjusts you can re-introduce them and see how they affect you.

Protein rich foods for growth and healing. Protein comes from meat, fish, eggs, soya and pulses and it is the substance we use to heal wounds and regain muscle.

To promote general wellbeing, fatty foods should be limited. However, if you are recovering from surgery or have a small appetite and need to gain weight, including more of these foods in the short term is a good idea.

Acknowledgement to: <http://www.blakebeckford.co.uk/healthy-eating/>



Soup

GARLICT - ROASTED TOMATO AND GARLIC SOUP

Ingredients

- 4 tomatoes
- 1 Full garlic head (bulb)
- 4 cups (1L) vegetable stock
- 2 tablespoon olive oil
- 1 pinch salt and pepper
- ¼ tablespoon red chili flakes
- 1 red onion
- 1 red pepper
- 1 yellow pepper
- 30g fresh basil



Garlic level:



Method

1. Preheat the oven to 210 degrees Celsius.
2. Rough chop the tomatoes, onions and peppers and place onto a baking tray. Season the vegetables with, salt, pepper and garlic flakes. Drizzle with olive oil.
3. Slice the top of the garlic head off, just enough to expose the cloves. Drizzle with olive oil and cover in tinfoil.
4. Place both the baking tray of vegetables and the covered garlic head into the oven (side by side) and bake for 45 minutes.
5. Remove both items from the oven and allow the garlic to cool while placing the vegetables into a large pot.
6. Add the stock and basil to the pot and bring the boil. Allow them to simmer for 10 minutes.
7. Squeeze the roasted garlic into the pot and stir. Simmer for another 10 minutes.
8. Remove the pot from the heat and, in sections, blend the mixture until smooth.
9. Place the blended mixture back into the pot and heat. Season if needed.
10. Enjoy this soup with your favourite bread or sandwich!

PUMPKIN & CORN SOUP

The following amounts make about 5 litres so reduce ingredients as required.

Ingredients

- 1 large butternut pumpkin peeled and diced (2 kg)
- 1.5 L chicken stock (one 1.0 L packet and one 0.5 L packet)
- 3 onions chopped,
- 100 g butter (sliced for rapid melting)
- 800g creamed corn (2 400g tins)
- 4 tspn Worcestershire sauce
- 200 to 300 ml light cooking cream
- 1 tbsp chopped chives (optional)



Method

- Combine the pumpkin, onions and butter in a **large** soup pot
- Cover & cook on high for 3-5 mins until the butter has melted (**stir often to prevent burning**)
- Add the chicken stock, cover, bring to the boil and then simmer 25 mins.
- When it has cooled down, puree in a blender. Stir in the corn, Worcestershire & cream.
- Sprinkle with chives when serving. (Optional)

A decorative page with a light beige background. In the corners, there are watercolor illustrations of citrus fruits (lemons and oranges) and white flowers with yellow centers and green leaves. A thin gold border frames the page. In the center, there is a white rectangular box with a gold border containing the word "Savoury" in a bold, black, sans-serif font.

Savoury

HONEY GARLIC MEATBALLS

Ingredients

Meatballs

500g Lean beef mince

1 Large egg

1 Teaspoon mixed herbs

1 Teaspoon finely chopped parsley

50g Toasted breadcrumbs

Sauce

50ml Tomato sauce

1 Teaspoon crushed garlic

1 teaspoon butter

2 tablespoons honey

Garnish:

1 Teaspoon sesame seeds (optional)

garlic.
FOR BAD BREATH



Garlic level:



Method

Meatballs:

1. Lightly beat the egg until evenly mixed.
2. Add all of the meatball ingredients and mix well using your hands to ensure all ingredients are mixed evenly.
3. Divide the mince mixture into 8 to 10 small meatballs and using your hands round into balls.
4. Place meatballs on a baking tray in the refrigerator for 30mins.

Sauce:

1. Place the butter in a medium to hot frying pan. Once butter is melted fry the crushed garlic until golden brown.
2. Add honey and tomato sauce to browned garlic and stir until evenly mixed.
3. Remove meatballs from the refrigerator and place the meat balls into the frying pan on top of the sauce.
4. Fry the meatballs in the sauce for 10 minute or until cooked (flipping meatballs occasionally) and ensure that all meatballs are evenly covered in the sauce.
5. Remove the meatballs from the pan and allow to sit for 2 minutes.
6. Serve the meatballs immediately and garnish with sesame seeds (optional).

GARLIC CAULIFLOWER MASH

Ingredients

- 1 Head cauliflower, cut into florets
- 1 Tablespoon olive oil
- 1 Clove garlic, crushed
- 1 Tablespoon reduced-fat cream cheese
- ¼ Cup grated Parmesan cheese
- 2 Pinches salt
- 2 Pinches ground black pepper
- 1 Teaspoon butter (optional)
- 3 Chive sprigs, finely chopped (optional)



Method

1. In a steaming pot or steaming machine, place in the cauliflower florets and cook for about 10 minutes (until tender).
2. While the cauliflower is cooking place the olive oil in a frying pan and bring to a medium-high heat. Once hot, place the crushed garlic and cook until soften and it starts to become golden brown (about 2 minutes). Once the garlic has softened remove from the heat and place on the side.
3. Place half of the cauliflower into a food processor, cover and blend on high, until well creamed. After add the remaining cauliflower and garlic and blend on high again.
4. Add the Parmesan cheese, cream cheese, salt and pepper and blend one last time until nice and creamy.
5. Serve it hot and garnish with butter and chives (optional) and enjoy!

KAY'S SAUSAGE ROLLS

Ingredients

- 3 sheets puff pastry
- 9 barbecue sausages
- 1 egg

Method

- Preheat fan forced oven to 180 C.
- Skin sausages and spread 3 along each sheet, equal distance apart.
- Cut pastry into 3 equal strips and roll around sausage meat and seal the overlap, by brushing with water.
- Cut long roll into 5 sausage rolls.
- Pierce a couple of holes in the top with the point of a knife and place on baking sheet with seam underneath.
- Brush the rolls with beaten egg & bake for about 25 mins or until the pastry is golden and flaky. (Makes 45 pieces).



ZUCCHINI SLICE

Ingredients

- 1 Zucchini
- 1 onion
- 2 carrots
- 6 eggs
- 2 cups SR flour
- ½ red capsicum
- 1 ½ cups of cheddar cheese
- Bacon to taste
- ¼ cup of oil

Method

Whisk eggs, sift flour and then combine. Grate zucchini, carrots and cheese. Finely chop other vegies etc. add oil and combine. Cook in oven 175 C for approx. ½ hour or until golden brown.



POTATO & HAM SCONES

Ingredients

- 2 cups whole meal SR flour
- 1 cup cooked mashed potato (cold)
- 50g butter
- 100g ham
- 1 cup grated cheese and ½ cup milk



Method

- Sift flour. Rub butter lightly into flour. Add chopped ham, cold potato and cheese.
- Mix in milk lightly – additional milk may be required.
- Turn onto a floured board and knead lightly. Cut into rounds and place on baking tray.
- Cook in hot oven (200°C) until golden brown and crispy.

GUACAMOLE

Safe for new ostomates - specifically low fibre, non-blockage and easy to make.

- Avocado mashed
- Tomato peeled, de-seeded and chopped
- Lemon juice
- Tabasco to taste
- Feta, cream cheese, plain yoghurt or sour cream or combination



Mix ingredients and season to taste. Serve with Jatz crackers, or any white toast in quarter.

PETER'S SAUSAGE ROLLS

Ingredients

Filling

- ½ tspn olive oil
- 2 cloves garlic
- 1 brown onion minced
- 1 small celery stalk finely chopped
- 2 tspns fennel seeds, toasted (optional)
- Finely chopped, 5 oz / 150 g bacon, finely minced (streaky & fatty, not the lean stuff)
- 1 lb/500g pork mince (ground pork - not lean).
- ¾ cup/40g panko bread crumbs.
- 1 egg
- ½ tspn salt and black pepper

Baking and Serving

- 2 ½ sheets puff pastry, thawed, then each cut into half
- 1 egg lightly whisked
- Ketchup/tomato sauce

Instructions to Make

- Heat oil in a non-stick fry pan over medium high heat. Saute garlic, onion and celery for two minutes, then add bacon.
- Cook for a further two minutes. (don't make bacon golden) then transfer to bowl and allow to cool for 10 minutes.
- Add remaining filling ingredients into the bowl. Use your hands to mix well.
- Lay out a rectangle of pastry, long edge closest to you. Brush egg along one long edge.
- Get one fifth of the filling and shape into a long log shape down the middle of the pastry.
- Ensure the meat is tight and compact, without gaps.
- Brush edge of pastry with egg. Then roll up, finishing with the seam side down.
- Roll up, sealing on the edge with egg wash on it.
- If you have time/patience, refrigerate for one hour (makes it easier/neater to cut).

Cook

- Preheat oven to 350F/180C
- Cut each log into four equal lengths, or just two if you want full size sausage rolls
- Brush with egg.
- Place on two baking trays lined with baking paper (or sprayed with oil).
- Bake for 30 – 35 minutes, swapping trays half-way, or until the pastry is deep golden brown. (note: the filling will still look pink because of the bacon, but it's easy to tell from texture that it is cooked)
- Cool slightly on trays. Serve hot or warm with tomato sauce or ketchup.



A decorative border surrounds the page, featuring clusters of bright yellow lemons and large, delicate white flowers with yellow centers, all set against a background of lush green leaves. The border is composed of thin, light brown lines.

Mains

VINHADALHOS (PORTUGAL)

Ingredients

- Fish or Chops
- Small bay leaf
- 1 dessertspoon pepper
- White wine if fish
- 1 large clove crushed garlic
- Red wine if chops used
- 1 dessertspoon allspice



Method

- Blend pepper, allspice, garlic with as little water as possible, add enough white wine to cover fish (red wine if chops used) and add bay leaf.
- Cover with lid and put in refrigerator for at least 24 hours.
- Lift from liquid immediately into heated pan and fry as usual.

LAZY WEEKEND CHICKEN (Serves 6)

Ingredients

- 2 tbspn butter
- 6 large chicken portions
- 3 tspns curry powder
- 1 can cream of mushroom soup
- 1 apple, chopped finely
- 1 cup cream
- 1 onion, chopped finely
- salt and paprika



Method

- Melt butter in a small saucepan and saute apple and onion in curry powder until onion is soft.
- Add soup and cream.
- Sprinkle salt and paprika on chicken and spread out in one layer in a shallow buttered baking dish.
- Pour sauce over chicken.
- Bake uncovered in a moderate oven for 1 ½ hours.

PENNE WITH SPINACH AND SAGE PESTO (Vegetarian)

Serves 4

Ingredients

- ½ cup (60g, 2 oz) walnuts
- salt and pepper to taste
- ½ cup (20g, ¾ oz) fresh sage leaves
- 455g (1 lb) penne pasta
- 2 cups (60g, 2 oz) fresh spinach, plus leaves for garnish finely chopped
- ¾ cup (90g, 3 oz) pecorino or parmesan cheese, grated
- 1 small head broccoli (broken into florets)
- 1/3 cup (80 ml, 3fl oz) extra virgin olive oil
- 1 cup (170g, 6 oz) peas (fresh or frozen)
- Parmesan or pecorino grated, chopped walnuts and sage leaves to serve.

Preparation time: 20 minutes



Method

- Warm a frying pan and dry roast walnuts until golden. Remove from heat and place on paper towels.
- Blanch spinach in warm water and quickly transfer to an ice bath. Drain and thoroughly pat dry spinach leaves.
- Place dried spinach, sage leaves and walnuts in a food processor with cheese and salt and pepper to taste.
- Add oil gradually, until pesto forms a smooth paste.
- Bring a large saucepan of salted water to the boil. Add pasta and cook until almost al dente. Drain and set aside.
- Bring another saucepan of water to the boil. Add broccoli and cook for 5 minutes until tender, but still crunchy. After 2 minutes, add peas. Drain.
- In a large bowl, mix pesto through penne, until just coated. Add vegetables and toss to combine.
- Serve with additional grated cheese, spinach leaves and fresh sage.

Cooking time: 20 minutes

DANISH PATTIES (with Onion) (DENMARK)

Ingredients

- 750g (1 ½ lb) Minced Steak
- 2 tbspn shortening
- 3 onions
- 1 tbspn chopped parsley
- ¾ cup soft white breadcrumbs
- 1 egg
- 1 tspn horseradish
- tomato wedges
- 6 bacon rashers
- seasoning to taste
- Parsley



Method

- Peel onions, cut into thick slices and arrange in casserole.
- Pour over melted shortening and season to taste.
- Combine steak, breadcrumbs, parsley, horseradish and seasoning and bind with egg.
- Shape into 6 cakes and wrap each in a rasher of bacon and put on top of onions.
- Cover and bake 35-40 minutes.
- Serve garnished with tomato wedges and parsley.



BELGIAN STEW (BELGIUM)

Ingredients

- 500g (1lb) Breast of Veal
- 2 small onions
- Dripping
- 6 potatoes
- 1 tspn vinegar
- 2 dessertspoons flour
- 2 dessertspoons grated cheese seasoning



Method

- Cut meat into small squares, roll in flour and fry in boiling fat to which vinegar has been added.
- Drain off fat, add 250 ml (1/2 pint) water and simmer for 45 minutes.
- Peel potatoes and chop onions and add.
- Simmer another 45 minutes.
- Just before serving add seasoning, sprinkle with grated cheese and brown in hot oven for 3 minutes.





Sweet Treats

TEA LOAF

Ingredients

- 3/4 cup sultanas
- 3/4 cup currants
- 1 cup strong black tea
- 1 3/4 cups self-raising flour
- 1/4 teaspoon salt
- 3/4 cup brown sugar, firmly packed
- 1 egg
- 2 tablespoons marmalade



Method

1. Put sultanas and currants in bowl; add strong black tea; leave to stand overnight.
2. Next day, add sifted flour and salt to fruit; mix well.
3. Stir in brown sugar.
4. Beat egg and marmalade together; add to fruit mixture; mix well.
5. Pour mixture into greased 23 cm x 12 cm (9 in. x 5 in.) loaf tin which has the base lined with greased, greaseproof paper.
6. Bake in moderate oven approx. 1 hour or until loaf is cooked.
7. Turn out on to wire rack; cool.
8. Serve sliced with butter.



BANANA LOAF

Ingredients

- 3 ripe bananas (mashed or blended with no lumps)
- 150 gms butter
- 2 large eggs
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 teas vanilla essence
- 1/2 cup milk
- 2 cups self-raising flour



Method

- Melt the butter in a medium saucepan and cool slightly
 - Add sugars and vanilla and mix (in saucepan is easy)
 - Gently beat eggs and add to the mixture
 - Add mashed bananas and stir well
 - Add milk
 - Add sifted flour and mix all together
 - Put in a paper lined loaf tin and bake 180 degrees for 50 mins (subject to individual oven)
 - Cool slightly (better to eat if warm) on rack and dust with icing sugar
- Enjoy!



CHOCOLATE GINGER COOKIES

Ingredients

- 1 & 1/3 cups self-raising flour, 2 tbsp cocoa powder.
- 2 tsp ground ginger in a large bowl.
- Put 80g butter, ½ cup raw caster sugar & 2 tbsp golden syrup in
- a small saucepan over a medium heat and cook, stirring until butter melts.



Method

- Preheat oven to 180C.
- Line 2 oven trays with baking paper.
- Pour into dry ingredients with 1 egg & stir until well combined.
- Sprinkle 2 Tbsp raw caster sugar over a small plate. Roll tablespoonfuls of the dough into balls & flatten with your hand to create 6cm wide discs.
- Press top of discs into sugar on plate & arrange on prepared trays, 2cm apart.

Bake for 12 – 14 minutes or until golden. Cool on trays. Serve



APRICOT SLICE

Ingredients

- $\frac{3}{4}$ cup S.R. flour
- 90g butter/marg, melted
- $\frac{1}{2}$ cup sugar
- 1 cup dried apricots
- 2 eggs, pinch salt
- $\frac{1}{2}$ tspn vanilla essence
- Coconut to taste



Method

- Cut apricots and soak in hot water for 1 hour, drain.
- Beat eggs and sugar until light & fluffy, add melted butter, then flour & apricots.
- Spread the mixture into a well-greased Swiss roll tin.
- Bake at 180C for 30 mins.
- Let cool.
- Ice with butter icing & sprinkle with coconut.

(This recipe was given to me by a friend, taken from her Mother's fund raising legacy cook book, compiled after WW2.) H. McMillan.



TANIA'S CHOCOLATE FUDGE CAKE

Ingredients

- 8oz (225g approx.) digestive biscuits
- 3 ½ ozs (100g approx.) margarine
- 1 tbsp golden syrup
- 2 tbsps drinking chocolate
- 1 tbsp sugar
- cooking chocolate for topping (approx 4 oz)



Method

- Crush the biscuits.
- Melt the margarine, syrup, sugar & chocolate powder, but do not boil.
- Add biscuits to melted mixture and stir thoroughly.
- Grease a tin & add the mixture, flattening with a wooden spoon to make it smooth.
- Leave to cool.
- Melt chocolate in a basin over boiling water and pour over mixture, tilting the tin to cover completely.
- Cool and cut into slices.



ALMOND & CRANBERRY FLORENTINES

Ingredients

- 100g slithered almonds.
- 75g craisins (dried cranberries)
- 40g plain flour
- 2 teaspoons orange zest
- 40g unsalted butter
- 2 tbsps brown sugar
- 2 tbsps golden syrup
- 100g dark chocolate.



Method

- Combine almonds, craisins, flour and orange zest.
- Melt butter, brown sugar and golden syrup, bring to the boil and add to the
- dry ingredients.
- Stir and mix evenly.
- Place tablespoon size pieces onto a baking sheet 8 cm apart & bake in a moderate oven 160C for 8-10 minutes.
- Cool.
- Melt the chocolate and temper if using couverture.
- Dip the flat base onto
- the chocolate & turn chocolate side up onto a baking rack until set.

TEA CAKE

Ingredients

- 2 ½ cups mixed dried fruit
- 1 ½ cups SR flour
- 1 ¼ cups hot black tea

Method

- Brew tea – pour over fruit and allow to soak overnight.
- Preheat oven 180C (160C fan forced).
- Line medium loaf tin.
- Stir in flour to mixture.
- Spoon into tin.
- Bake for 50 – 60 minutes.



ALL BRAN CAKE

Ingredients

- 1 cup brown sugar
- 1 cup All Bran
- 1 cup mixed fruit
- Soak all ingredients over night with 1 cup of milk.

Method

- The next morning add:
1 cup SR flour and bake in bar tin for 40 mins at 200C (400 F).



CHEWY CHOCOLATE SLICE

Ingredients

- 125g butter (melted)
- 1 cup (220g) firmly packed brown sugar
- 1 egg – beaten slightly
- 1 tsp vanilla
- 1 ½ cups plain flour
- ¼ cup self-raising flour
- 2 tbsp cocoa powder
- ½ cup coconut
- 1 tablespoon coconut extra



Chocolate Icing

- 1 cup (160g) icing sugar
- 2 tbsps cocoa
- 10g butter
- 1 ½ tbsps hot water

Method

- Grease 19 x 29 cm slice pan & line with baking paper.
- Combine butter, sugar, egg & vanilla in a medium bowl.
- Stir in flours and cocoa, then coconut.
- Spread mixture evenly over base of tray.
- Bake in moderate oven approx. 30 minutes or until firm.
- Make icing and spread over hot slice & sprinkle over extra coconut.

POPPY SEED LEMON CAKE

Ingredients

- 185g butter chopped
- 2 tspns grated lemon rind
- 1 cup (220g) castor sugar
- 3 eggs
- 2 cups (300g) SR flour
- $\frac{3}{4}$ cup (180ml) milk
- $\frac{1}{3}$ cup (55g) poppy seeds



Method

- Grease 15x25 cm loaf pan, cover base with baking paper.
- Combine butter, rind, sugar, eggs, flour & milk in medium bowl of electric mixer, beat on low speed until ingredients are combined.
- Then beat on medium speed until mixture is smooth & changed in colour. (Mixture might appear to be curdled at this stage but will reconstitute later.) Stir in seeds.
- Pour mixture into prepared pan. Bake in moderate oven about 1 hour.
- Stand 5 minutes before turning onto wire rack to cool
- Top cold cake with lemon icing.



MACADAMIA & WHITE CHOCOLATE COOKIES

Ingredients

1 cup chopped, unsalted, toasted Macadamia nuts
200g white chocolate finely chopped
1 cup shredded coconut
 $\frac{3}{4}$ cup rolled oats
125g butter or marg, 2 tspns vanilla essence
1 cup brown sugar (firmly packed)
1 egg, beaten
1 cup plain flour
 $\frac{1}{2}$ cup SR flour

Method

Cream butter, vanilla, sugar & egg in a small bowl until light and fluffy.

Stir in sifted flours, nuts, coconut, oats and chocolate.

Shape level tablespoons of mixture into balls, place about 3cm apart on greased oven trays.

Flatten slightly.

Bake at 190C for about 12 minutes or until lightly browned.

Cool cookies on trays. Dust with sifted cocoa (optional).



DATE AND WALNUT LOAF

Ingredients

- 1 ½ cups SR flour
- ½ tspn bicarbonate of soda
- 1 tspn mixed spice
- 1 cup walnuts chopped
- 100g butter,
- ¾ cup brown sugar
- ½ cup water
- 1 ½ cups dates chopped
- 1 egg lightly beaten.



Method

- Preheat oven to 180 C.
- Place dry ingredients in a bowl. Add walnuts and mix through.
- Combine butter, sugar, water & dates in saucepan.
- Stir over medium heat until sugar has dissolved and butter has melted.
- Cool slightly & then add to dry ingredients.
- Add egg & stir until combined.
- Spoon mixture into 1 loaf pan or 2 tube pans. Cook for approx 40-45 mins.
- Great served for morning or afternoon tea with a little butter.



BROKEN HILL PUDDING (BOILED)

Ingredients

- 1 tspn spice
- ½ tspn salt
- 1 cup sugar
- 2 tblspns shortening
- 1 cup currants
- ½ cup sultanas
- 1 dessertspoon carb.soda
- Mixed peel if desired
- 2 cups plain flour



Method

- Boil 2 cups milk in saucepan, then add 1 dessertspoon carb. soda.
- Add this to dry ingredients.
- This mixture is very wet.
- Put in cloth that has been dipped in hot water and sprinkled with flour and boil 2-2 ½ hours.

GERMAN APPLE CAKE

Ingredients

- One 440 gm pkt BUTTER CAKE MIX (Green's)
- 125 gm melted butter
- ½ Cup of coconut
- Mix above ingredients and place in tray
- Cook in a moderate oven for 12 minutes.



Then Place:

- One 400 gm can of pie apples on cooled base.
- Mix 300 gm carton of light sour cream with one beaten egg.
- Pour mixture over apples.
- Sprinkle cinnamon and sugar over top.
- Cook in a moderate oven for 20 minutes.

DUTCH BUTTER BISCUITS (HOLLAND)

Ingredients

- 250g (½ lb) Butter
- 185g (6 oz) sugar
- 1 egg
- 375g (12 oz) flour
- 1 tspn cinnamon
- pinch salt
- Almonds



Method

- Beat butter to a cream with sugar and egg yolk.
- Sift in flour, cinnamon, salt and nuts.
- Press mixture into swiss roll tin, mark into squares and decorate each square with a split almond.
- Brush over with unbeaten egg white to glaze
- bake in moderate oven 20 minutes.



GERMAN APPLE PIE (GERMANY)

Ingredients

- Pie Crust (for bottom of dish)
- 4 medium sized apples
- 2 eggs
- 1 cup sugar
- 1 tspn cinnamon
- ½ cup plain flour
- 1 tblspn butter



Method

- Make a rich pie crust for the bottom of the dish only.
- Peel and slice apples lengthwise.
- Place slices of apple on pastry, lapping over like shingles.
- Sprinkle cinnamon and sugar.
- Beat eggs and add flour.
- Spread carefully over apple mixture.
- Cut butter into small squares and dot over top.
- Bake ¾-1 hour in a slow oven.



CHRISTMAS PUDDING (WESTERN AUSTRALIAN)

Ingredients

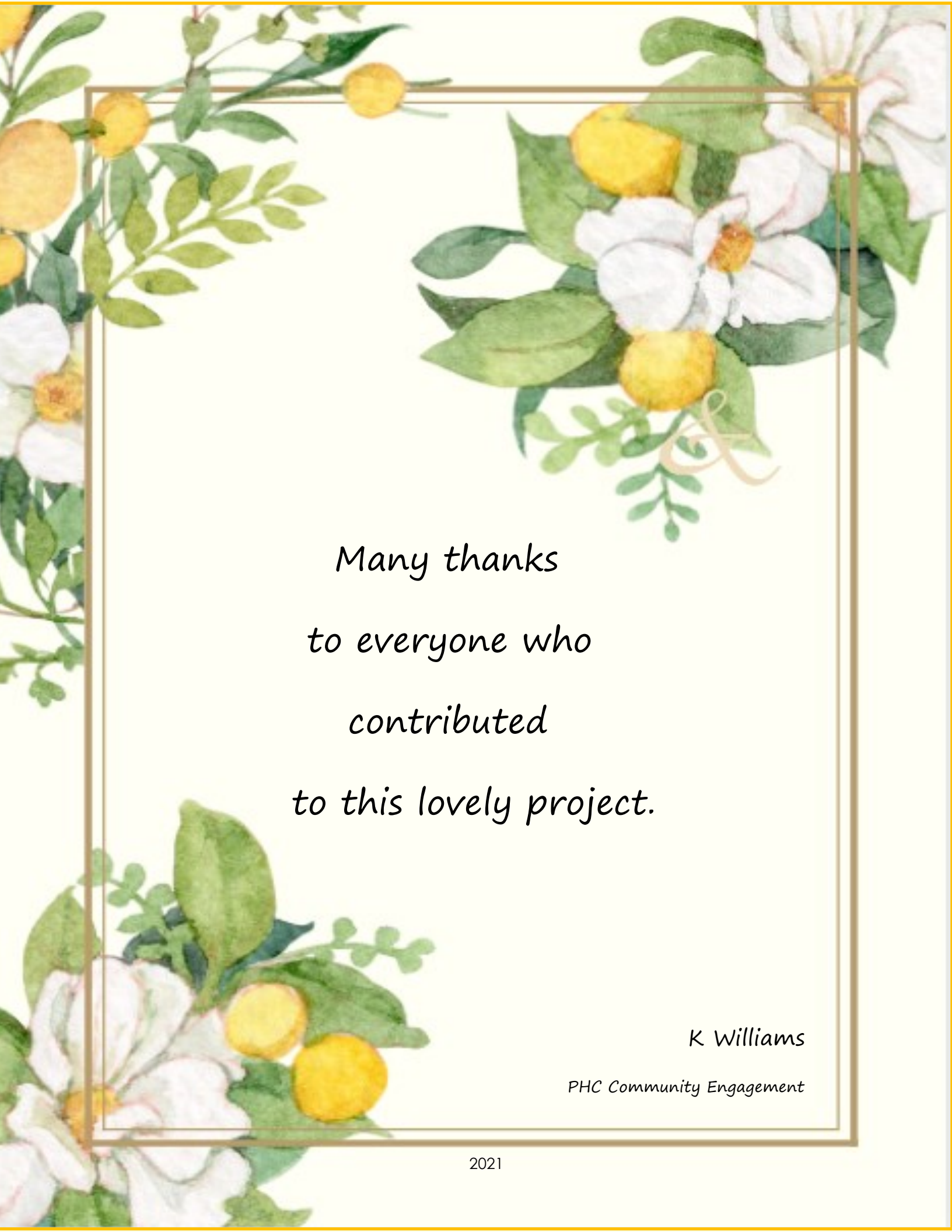
- 500g (1 lb) lady fingers
- 500g (1 lb) macaroons
- 250g (1/2 lb) shelled almonds
- 500 ml (1 pint) sherry wine
- 250g (1/2 lb) crystallised cherries
- 2 tblspns flour
- 500 ml (1 pint) hot milk
- 1 ltr (1 quart) cream, whipped stiff
- ½ cup sugar
- 1 egg



Method

- Soak the macaroons in the wine.
- Blanch and chop the almonds, not too finely.
- Make a custard by mixing sugar and flour with the egg until very light, add gradually to the hot milk, and let cook in double boiler until very thick, stirring constantly.
- Cool, add almonds, cherries and the cream whipped very stiff.
- Line glass bowl with lady fingers, cut in half.
- Add the custard, macaroons, cream, putting cherries all through the bowl.
- Pile the cream on the top and decorate with the cherries.





*Many thanks
to everyone who
contributed
to this lovely project.*

K Williams

PHC Community Engagement