



COMFORT FOOD FROM THE HEART

EASY DINNER RECIPES

A COLLECTION OF FAMILY FAVOURITES



Chicken and Asparagus Casserole

Heather Myler - Inverell H&C Receptionist

By Beryl and Roland Hamilton (1969) My beautiful parents.

Comfort food you grew up with gets a one pot, lightened up, spring makeover! This One Pot Creamy Chicken and Asparagus Casserole is easy to make and perfect for a weeknight family dinner!

Ingredients

1 BBQ Chicken (with skin removed)
and all meat taken off in chunks.
1 can of Campbell's Chicken Soup
1 can of Campbell's Asparagus
Soup
1/2 frozen peas
1/2 red capsicum, diced
1/2 blanched almonds
1/2 tinned corn (optional)
Steamed rice to serve with.

Method

Place chicken meat in a bowl with peas, capsicum and corn and put aside.

In a large saucepan, place both cans of soup and gently mix them together on medium heat. (do not add water as the dish becomes too soupy).

When soup is combined and a good consistency, add the remaining ingredients in the same saucepan.

Gently fold ingredients (Do not break up the chicken pieces). Add blanched almonds to the saucepan and fold again.

Allow all ingredients to simmer for around 40 minutes
In the meantime, prepare your steam rice.

Serve rice and chicken dish in a soup bowl and eat while piping hot.
Enjoy!

Image credit: Recipe Runner



Chicken and Vegetable Lasagne

By Kathryn Maloney, H&C Roster Clerk

A great meal to freeze and enjoy over several days. It's best to freeze it before baking. When you're ready, remove it from the freezer, defrost and bake as usual.

Ingredients

1 tbs Olive oil
1 to 2 Cloves of Garlic, Finely chopped
2 Skinless Chicken breasts, cubed
500g pack of frozen international mix vegetables
420g Condensed creamy chicken soup
¼ cup chopped fresh basil leaves
250g pack instant lasagne sheets
1 ½ cup grated cheddar cheese
1 ½ cups shredded mozzarella cheese

Method

Heat oil in a large saucepan. Sauté garlic for 1 to 2 minutes. Add chicken and cook for 3-4 minutes or until browned. Add Vegetables and cook for 3 minutes

Add half the soup and basil to pan. Stir well.

Brush lasagne sheets with a lot of water. Layer 1/3 of the sheets in a greased, 6 cup capacity ovenproof dish. Spread half the sauce over the sheets. Sprinkle with 1/3 of the cheese. Repeat layers finishing with lasagne spread with remaining soup and sprinkle over remaining cheese. Bake in a medium oven (180°C) 25 to 30 minutes until golden. Cover with foil for the last 5-10 minutes to stop cheese over browning. Serve with salad or bread.

Image credit: Cancer Council Healthy Lunch Box



Butter Chicken

By Livleen Kaur, Assistant Talent Acquisition Officer

This dish takes you to a roller coaster of flavour and sensations, mildly spicy & with a hint of sweetness it becomes the favourite of all ages. My kids just love it.

Ingredients

500g tomatoes
50g onion chopped
1 Bay leaf
1 cinnamon stick
1 Black Cardamom
2-3 Cloves
3 Green Cardamoms
3 Fresh Garlic Cloves
1 small piece Ginger
1 Tbsp Kashmiri red chili powder
2 tbsp Butter
12 Cashews
400g Chicken (with or without bones)
1 ½ tsp Kashmiri chili powder
1 cup hung yogurt
(take some yogurt & hung it in muslin cloth to get rid of excess water)
½ tbsp honey or sugar
2 Tbsp Cream
Fresh chopped coriander

**Kashmiri red chili can be bought from any Indian grocery store. It is mild & gives the red colour to the gravy & chicken.*

Method

GRAVY BASE

Add 2 cups of water to the pan and add roughly chopped tomatoes & onions, bay leaf, cinnamon stick, black cardamom, cloves, garlic, ginger, chili powder, and butter. Give it a good stir & add cashews to it. Cover it & cook it till the tomatoes get really mashie.

Let's start with Chicken Tikka.

Add chicken, salt, lemon juice, ginger paste, garlic paste and mix it for first marination (which is very important so that salt seeps down the chicken). Keep it aside for 15-20 min.

Add some mustard oil or any cooking oil in a dish.

Add 1 ½ teaspoon Kashmiri chili powder (chili powder will bleed out its colour best in mustard oil). Mix it well & you will see a bright red colour.

Add hung yogurt, salt to taste, 1 tbsp lemon juice and whisk well. (2nd marination ready).

Now squeeze out all the water from the first marinated chicken and add it to 2nd marinade. Mix it up and leave it for 15 min.

CURRY TIME:

Turn off the gas and let tomato mixture settle down on room temp before finally blending it in a blender.

Strain the gravy and you are left with a smooth silky gravy.

Heat the pan and add some butter, chopped ginger & green chilies and quickly sauté. Add curry & let it cook for 10-15 mins.

TIKKA TIME:

Add a bit of oil and chicken pieces on the grill (the grill should be hot otherwise it will leave out water and become a boiled sort of chicken). Toss it only when the chicken is half cooked from one side. When chicken is done, add it to the gravy, add salt, a bit of honey or sugar.

Cook it on simmer for about another 5-7 mins until chicken pieces are nicely engraved in the gravy.

And finally add a spoon of fresh cream & freshly chopped coriander for garnishing.

Image credit: www.leitesculinaria.com



Grandmas Baked Spaghetti

By Katrina Doyle, Alkira Facility Manager

I normally put cheddar cheese in as well as parmesan cheese into the cheese sauce until it tastes nice and cheesy. I also put extra cheese on top as well and you can leave out the wine if you want to.

Ingredients

500g Pork Mince
750g Topside Mince
2 Onions, chopped
1 tsp Oregano
½ Cup Red wine
1 large tin Tomatoes
Salt and Pepper
450g Spaghetti

Cheese Sauce ingredients

1lt. Milk
500g Butter
1 Cup Plain Flour
1 Tbsp Parmesan Cheese
1 Egg

Method

Cook the mince, onions, oregano, redwine and tomatoes. Season to taste with Salt and Pepper.
Boil Spaghetti until cooked.

Cheese sauce – Melt butter then add flour and cook for a few minutes, add milk slowly and stir until smooth then stir until sauce starts to thicken. Add egg and cheese and stir until thickened. Season with salt and pepper.

Mix the spaghetti and mince, reserve approx. ½ cup mince. Layer spaghetti and mince then layer cheese sauce continue until all used. Finish with a layer of cheese then sprinkle reserved mince on top. Sprinkle cheese over top. Bake in a moderate oven for approx. 1 hour.

I normally put cheddar cheese in as well as parmesan cheese into the cheese sauce until it tastes nice and cheesy. I also put extra cheese on top as well and you can leave out the wine if you want to.

Image credit: Cancer Council Healthy Lunch Box



Apricot Chicken

By Barbara Hatch, Alkira Resident

Such a beautiful, simple and quick apricot chicken. You can use an onion which added nice flavour and served on rice, that soak up all the yummy sauce.

Great for when you are in a hurry.

Ingredients

- 1 Barbeque Chicken
- 1 packet French onion soup
- 1 tin apricots

Method

Break chicken into pieces and put into a baking dish.
Sprinkle with French onion soup.
Add tin of apricots.
Bake in oven until heated.

Side Dish

Cover bottom of 2" deep Pyrex dish with onions then broccoli then tomato. Cover with 4 beaten eggs blended with 1 cup of milk. Sprinkle with grated cheese. Other vegetables may be added or used.

Image credit: Coles Supermarket



Country Style Chicken

By Dorothy Palmer, Home and Community Client

The recipe was created by Mrs Palmers mother, and it was a recipe that no one could resist they would always come back for 2nds.

Ingredients

750gs Chicken Drumsticks
55g Butter
1/3 Cup chopped bacon
1 Cup Sliced Celery
2 Small Onions
¼ Cup plain Flour
2 Medium Carrots, Chopped
1 ¼ Cup Cream of Celery Soup
1/3 Cup Water
110g Shredded Cheese
Pinch of herbs

Method

Cut Chicken into portions – coat in flour.

Melt butter in pan and fry chicken until lightly browned – removed from pan. Place in casserole dish.

Fry bacon, celery, onions and carrots in the same pan for a few minutes – Add Celery soup, water and herbs. Bring to a boil.

Pour over chicken and cook in moderately slow oven for 1 hour or until chicken is tender.

Stir in shredded cheese and return to oven for 10 minutes or until cheese melts

Enjoy

Image credit: kitchen Sanctuary



Saltimbocca With Risotto Milanese

By Paul Maher, Director of Finance (dads recipe)

Saltimbocca means 'jump in your mouth', and the flavours of sage and prosciutto really do make your mouth jump in anticipation for the next tasty bite. Served with risotto, but I also love to replacing the risotto with a salad in the warm months.

Ingredients

8 veal steaks (680g)
4 slices prosciutto (60g) halved crossways
8 fresh sage leaves
½ cup finely grated pecorino
40g butter
1 cup dry white wine
1 tablespoon coarsely chopped fresh sage

Risotto Milanese

1 ½ cups water
2 cups chicken stock
½ cup dry white wine
¼ teaspoon saffron threads
20g butter
1 large brown onion chopped finely
2 cups Arborio rice
¼ cup finely grated parmesan

Method

Place steaks on a board and layer with 1 piece prosciutto, 1 sage leaf and an eighth pecorino on each steak. Fold in half to encase filling and secure with a toothpick.

Make risotto Milanese.

Melt ½ of the butter in medium frying pan and cook the saltimbocca in batches (about 5 minutes or until browned both sides and cooked through). Cover to keep warm.

Pour wine into same frying pan and bring to the boil. Boil uncovered until wine is reduced by half. Stir in remaining butter then chopped sage.

Risotto Milanese

Place water, stock, wine and saffron in medium saucepan and bring to the boil. Reduce heat and simmer, covered.

Heat butter in another medium saucepan, cook onion, stirring until onion softens. Add rice, stir to coat in the onion mixture. Stir in 1 cup of the simmering stock mixture. Cook, stirring over low heat until stock is absorbed. Continue adding stock mixture in ½ cup batches stirring until absorbed after each addition. Total cooking time should be about 35 minutes or until rice is just tender. Gently stir cheese into risotto.

Image credit: Gourmet Traveller



Smoked Trout Kedgeree

By Paul Maher, Director of Finance (dads recipe)

Smoked cod or haddock is traditionally used in kedgeree, but smoked trout gives this dish a beautiful colour and freshness.

Ingredients

- 1 cup basmati rice
- 2 eggs
- 2 whole smoked trout (500g)
- 2 tablespoons olive oil
- 4 sliced green shallots
- 1 stick celery finely sliced
- 2 tablespoons curry powder
- 2 tablespoons chopped flat-leaf parsley
- 1 lemon cut into wedges

Method

Cook the rice until just tender and drain well. Place the eggs in a small saucepan, cover with cold water then bring to the boil and cook for 8 minutes. Peel and cut into wedges.

Peel the skin from the trout. Remove the flesh and discard the bones. Break the flesh into large flakes. Heat the oil in a deep frying pan over medium heat. Add the shallots and celery.

Cook, stirring for 5 minutes or until softened. Add the curry powder. Cook, stirring for 30 seconds. Add the rice, parsley and trout.

Toss gently to combine and heat through. Top with the eggs and serve with lemon.

Image credit: Gourmet Traveller



Southern Style BBQ Chicken

By Paul Maher, Director of Finance (dads recipe)

It's the king of weeknight dinners, one of the more affordable meats you can buy, and something that almost everyone enjoys.

Ingredients

- 4 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- ¼ cup vinegar
- ½ teaspoons garlic salt
- Black pepper
- 1 teaspoon dry mustard
- Chicken Pieces
- 2 teaspoons sugar

Method

Line a tray with alfoil. Mix all ingredients except chicken together then brush ½ over the chicken pieces and place them on the baking tray.

Cook in medium oven for 30 minutes then drain off excess liquid. Brush over the remaining mixture and return to the oven to finish cooking.

Serve with a green salad and boiled and buttered baby potatoes.

Image credit: Gourmet Traveller



Homemade Pizza

By Paul Maher, Director of Finance (dads recipe)

Bread flour is the best flour for homemade pizza dough. You can use self raising flour instead of the bread flour called for in this recipe, but bread flour is higher in gluten and will make a crispier crust for your pizza.

Ingredients

2 cups Self Raising Flour
125g Butter
2 x pinches of Salt
1 x Egg
1 cup of Milk
½ cup Parmesan Cheese (shredded)
1 pinch Dried Oregano
Pinch Plain Flour

Method

Preheat oven to 200°C

Mix Self Raising Flour, Butter and Salt together in a mixing dish. Rub together to make a breadcrumb look mixture. Add Egg and mix well with Flour mixture.

Add ¼ Cup Milk, Dried Oregano and Parmesan Cheese to Flour mixture until combined. If still dry slowly add remaining milk until combined well.

Sprinkle Plain Flour on bench and knead mixture until worked down (approx. 5 minutes).

Roll out pizza base. Can also be moulded into deeper pan for a deep-dish base.

Top with favourite toppings and cook in oven until cooked to your liking.

Image credit: Simple Recipes



Tasty Tuna Bake

By McLean Cares Finance Team

This casserole will please the whole family. A tuna casserole with rice with a homemade cheesy sauce tastes so much better with cornflakes on top.

Ingredients

2 cups of tuna or salmon (can be substituted with chicken)
2 cups cooked rice
1/2 cup shredded cheese
1/2 cup milk
1 large can Creamed Asparagus Soup
1/2 onion
3/4 cup crushed cornflakes
1 tbsp butter or margarine

Method

Combine tuna, rice, cheese, milk, soup, and onion in a bowl.

Once mixed, place in a greased casserole dish.

Pour melted butter/margarine over cornflakes.

Sprinkle cornflakes over tuna mixture.

Bake in 200°C uncovered for approximately 30 minutes.

Serve topped with asparagus sticks if you desire

Image credit: The Spruce Eats



Beef Stew

By Brenda Gillard, Yallambee Resident

Ingredients

Olive Oil

1 Tablespoon of Butter

1 Onion, Peeled and Chopped

1 handful of fresh Sage leaves

800g Stewing Steak OR Beef Skirt cut into small pieces, 5cm in size

Sea Salt and freshly ground black pepper

Flour to dust

2 Parsnips peeled and quartered

4 Carrots peeled and chopped

1 Butternut Squash halved, deseeded and roughly chopped

500g Small Potatoes Peeled

2 Tablespoons Tomato Puree

½ Bottle Red Wine

1 Cup Beef Stock

Handful of Rosemary Leaves (Optional)

1 Clove of garlic Chopped

Method

Preheat oven to 160°C.

Put a little oil and butter into a casserole pan or bigger oven put. Add onions and sage leaves fry for 3-4 mins Toss meat in little flour. Add it to pan with all vegetables. Add tomato Puree, wine and stock and gently stir together. Season generously with black pepper and a little salt.

Bring to boil, put the lid on top then cook in preheated oven until meat is tender, sometimes take 3 – 4 hours.

Test meat with fork. If meat falls apart when touched its cooked.

Image credit: Fresh Choice



Parsley Dumplings

By Brenda Gillard, Yallambee Resident

You'll love these delicious parsley dumplings, with their delicious flavour and distinctive texture, they're perfect to serve with a roast dinner.

Ingredients

1 Cup of Self Raising Flour
25g Butter
1 tablespoon chopped fresh
parsley
1 Egg, Lightly beaten
½ Cup of milk

Method

Sift flour into bowl, Rub in the butter with fingertips
Stir in parsley, egg and enough milk to mix to sticky
mixture.

Keep in fridge until needed.

Put tablespoons of dumpling mixture into stew for the
last 15-20 minutes until cooked with lid on.

Image credit: A mummy too



Porcupine Meatballs

By Brenda Gillard, Yallambee Resident

These meatballs have a funny name but are so delicious. Studded with rice, they bake to resemble porcupine quills!

Ingredients

420 Can of Concentrated Tomato Soup
500g Beef Mince, Regular
1 Brown Onion, Grated
½ Cup white Long Grain Rice
2 Garlic Cloves, Crushed
¼ Cup Flat Leaf Parsley Leaves, Finely Chopped
Mash Potato to Serve

Method

Place soup and 1 ¾ cups cold water in large saucepan over medium heat. Bring to Boil.

Meanwhile, combine mince, onion, rice, garlic and parsley in a large bowl. Season with salt and pepper. Using 1 tablespoon of the mixture at a time, roll mixture into balls.

Add meatballs to boiling soup. Reduce heat to low. Cover and simmer for 40 minutes or until rice is tender and meatballs cooked through.

Serve with mash potato

Image credit: Delish



Bacon-Wrapped Meatloaf

By Gwen McPaul, Yallambee Resident

To make the meatloaf spicy, you can mix cayenne or red pepper flakes to the meat mixture. You can also add a maple syrup or BBQ glaze.

Ingredients

500g Mince
1 Large Carrot, Grated
1 Onion, finely diced
2 slices of Bread, Crumbed
1 Eggs
½ tablespoon Mixed Herbs
Bacon

Method

Mix all together (except bacon).

Form into a ball .

Line pan with bacon, place ball and wrap bacon around. Cook with lid on for 1 hour and take the lid of and cook another ½ hour.

Image credit: <https://www.tablespoon.com/>



Macaroni Cheese

By John McCaulay, Yallambee Resident

This perfect baked macaroni cheese recipe comes with a creamy cheese sauce, a hint of mustard and uses leftover French stick for its crunchy topping

Ingredients

3 Rashers Bacon, diced
Onion, Cut up small
Handful of breadcrumbs
500g Macaroni
½ Cup Grated Cheese
1 Cup Cream

Method

Boil Macaroni.

Fry off bacon and onion. Add to cooked macaroni.
Sprinkle on breadcrumbs.

Cook on 180°C for 15 minutes.

Image credit: BBC Goodfood



Spaghetti Bolognese

By Merran Taylor, Community Billing Assistant

Originally by Lyn Belford (my sisters mother in law) now passed, but was an Inverell district resident for most of her life.

Ingredients

38g Butter
4 Rashes Bacon
1 large Onion, finely chopped
1 Medium Carrot, finely chopped
1 stalk celery, finely chopped
2 Tbsp Oil
130g Minced Beef
130g Minced Pork
130g Minced Veal
100ml White Wine
500ml Good Beef Stock
3 Tbsp Tomato Puree
1 tsp Diced Oregano
Little Grated Nutmeg
Salt and Pepper, to taste
250ml Double Cream
400g Spaghetti
Grated Parmesan Cheese

Method

Image credit: Taste



Spanakopitta (Spinach Pie)

By Ellena Spence, Director People and Culture

A real speciality in our family! Always served at family functions and with yiayia (grandma) passing down the tradition of how to cook authentically (with the thinnest most tastiest pastry and the right amount of fetta and romano cheese ratio) that made this such a perfection. Perfect also for school lunch boxes!

Ingredients

2 Bunches English spinach chopped coarsely
1 Tsp Salt
½ Bunch Shallots or 2 Onions, Chopped
½ Bunch Parsley, finely chopped
2 Tbsp Fennel, finely chopped
6 Eggs
200g Feta Cheese, grated
150g Romano Cheese, grated
Ground Black Pepper
Pastry Ingredients
2 Cups Self Raising Flour
1 Cup Plain Flour
1 Tsp Baking Powder
Pinch of Salt
½ Cup Olive Oil
1 Cup Water, or as much as needed
Combined egg yolk & milk for glazing

Method

Sprinkle spinach (or silverbeet), with salt and squeeze excess juice from it.

In a large bowl, place spinach with shallots, parsley, fennel, eggs, cheeses and pepper. Mix well until thoroughly blended.

To make pastry, sift the dry ingredients into a bowl. Make a well in the centre and add the oil. Gradually add water, while mixing the dough, until a soft dough is formed. Divide dough into two portions, one slightly larger than the other.

Roll out pastry thinly and line greased baking dish with the larger portion. Add the spinach filling and fold over the pastry edges.

Cover with the remaining pastry, trim edges and press edges down and seal the pastry, so filling doesn't escape during cooking. Brush top with combined egg yolk and milk.

Bake in a moderate oven 170°C for approx. 30 minutes until golden brown on top.

Image credit: AllRecipes



Yemista – Stuffed Vegetables

By Ellena Spence, Director People and Culture

Grew up with Mum perfecting these and was such a treat to have! Even more delicious served with tzatziki dip or natural Greek yoghurt.

Ingredients

500g Beef Mince

4 Large Tomatoes

4 Large Zucchini

2 Tbsp Olive Oil

1 Onion, chopped

3 Cloves Garlic, crushed

½ Cup Parsley, chopped

1 Tbsp Tomato Paste

Salt and Pepper

½ Cup Rice

Variation- Egg plant and capsicums are also suitable for stuffing. They can be added to, or replace the vegetables in this recipe

Method

Cut tops off tomatoes, scoop out the pulp and let them drain upside down.

Put pulp in the blender and blend until smooth. Cut a slice off each zucchini, lengthwise, and scoop out the flesh. Discard this flesh (or may be used as a stuffing)

In a frypan, heat the oil and saute the onion until soft. Add garlic and parsley and mix well.

Add mince and brown well for approx. 10 minutes. Add tomato pulp, tomato paste, salt and pepper. Cook for a further 15 minutes.

Remove pan from heat and add rice, stirring well. Fill the tomatoes and zucchini with the mince stuffing and cover each vegetable with its top.

Place the stuffed vegetables in a baking dish, brush tops with oil and sprinkle a little salt and pepper over them. Bake in a moderate oven at 180°C for approx. 35-40 minutes until cooked and tender.

Image credit: Real Greek Recipes



Pastitsio – Baked Macaroni and Mince with Bechamel Sauce

By Ellena Spence, Director People and Culture

My Yiayia was the preferred chef for pastitsio, and I was handed the baton to carry on the tradition in our family gatherings. A favourite dish among many Greeks.

Ingredients

2 Tbsp Oil
1 Large Onion, chopped
2 – 3 Cloves Garlic
1kg Mince
½ Cup Red or White dry wine
3 Ripe Tomatoes, pureed or 1 can tomato puree
2 Tbsp Tomato Past
Cinnamon Stick
3 Bay Leaves
1 Level Tsp Cumin
½ Tsp Ground Cloves or Nutmeg
Salt and Pepper, to taste
500g Penne Macaroni
200g Parmesan Cheese
4 Egg Whites

Bechamel Sauce
100g Butter
3 Tbsp Flour
2 Tbsp Cornflour
1 Litre Milk
4 Egg Yolks
½ Cup Tasty Cheese, grated
Salt and Pepper to taste

Method

In a large saucepan, heat oil. Add onion and garlic and saute until soft and translucent. Increase heat to high, add mince and cook until meat is well browned, stirring regularly.

Add wine, reduce heat and continue cooking for 2 mins. Add pureed tomatoes, tomato paste, spices, herbs and a little water and allow to simmer for about 20 minutes, until most of the liquid is absorbed. Remove the cinnamon stick and bay leaves and discard. Boil macaroni in salted water according to the directions on the packet. Strain and return to pan.

Add parmesan cheese and egg whites. Mix well. Place half the macaroni in a large baking dish. Pour over the mince and cover with the remaining macaroni. Pour the prepared bechamel sauce over the macaroni. Sprinkle with extra parmesan cheese.

Bake in a moderate oven (170°C) for 30 minutes or until golden brown.

Bechamel Sauce

Melt butter in saucepan. Remove from heat, add flour and cornflour then return to low heat and stir well for 2 minutes. Remove from heat again and stir in milk. Replace on gentle heat and stir until mixture thickens. Simmer for 5 minutes and remove from heat. Beat egg yolks and add to sauce. Stir in grated cheese until melted. Season with salt and pepper.

Image credit: Skinny Mixers



Soupa Avgolemono Egg and Lemon Soup

By Ellena Spence, Director People and Culture

'The ultimate dish for us Greek kids growing up! My Yiayia used to have her own chickens and was made with real fresh chicken stock and eggs and is an acquired taste that us Greeks grew up with. We crave it every winter and with the onset of a cold, and the more lemons you put in, the better you feel afterwards. A true culture dish that brings you back to your childhood. An absolute golden treasure'

Ingredients

1 Large Chicken
6 Cups Water (or more if necessary)
Salt and Pepper, to taste
1 Cup Short Grain Rice or Risoni
3 Eggs, separated
Juice of 1 Lemon

Method

Place chicken in a large saucepan and cover with water. Add salt and pepper. Place over high heat and bring to the boil.

Remove froth, reduce heat and simmer until chicken is tender. (about 45 minutes).

Remove chicken and strain stock.

Return to heat, bring to the boil and add rice or minestrone. Boil gently for approx. 15 minutes until rice is cooked. Remove from heat.

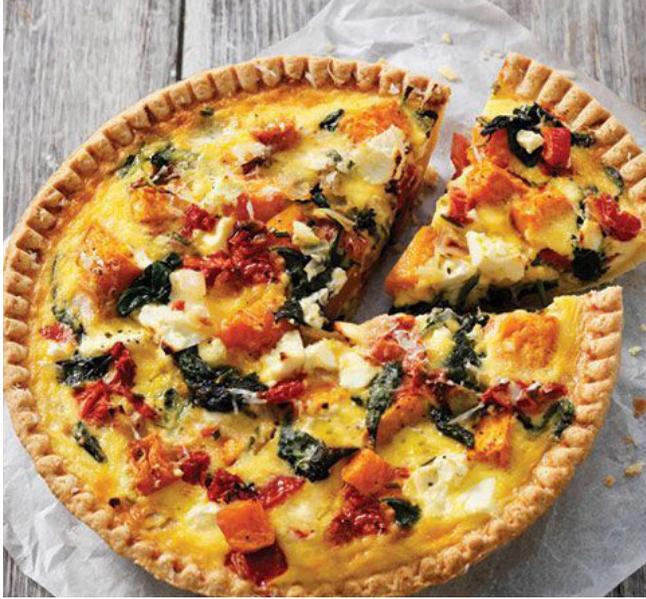
In a bowl, beat egg whites until stiff

Add yolks and lemon juice and mix well.

Pour a ladleful of soup into egg mixture, stirring continuously, then pour the egg mixture into the soup and stir well.

Taste test the soup and add more lemon and salt if needed. Serve hot.

Image credit: The Kitchen



Pumpkin, Spinach and Fetta Quiche

By Karen Hemmings, Creditor and Billing Assistant

Ingredients

- 1 shortcrust pastry case
- 1 tbs olive oil
- 1 onion, finely chopped
- 1 garlic, clove crushed
- 1 tsp fresh rosemary, chopped
- 2 cups baby spinach firmly packed
- 100 g pumpkin roasted cut into 3cm pieces
- 100 g feta, crumbled
- 1/4 cup bottled char-grilled capsicum chopped, well drained
- 3 eggs
- 1/3 cup cream
- 2 tbs parmesan cheese
- 1 pinch freshly ground black pepper, to season

Method

Preheat oven to 180°C conventional or 160°C fan-forced. Place pastry case on an oven tray and bake for 10 minutes.

Meanwhile, heat olive oil in a frying pan over a medium heat. Add onion and cook, stirring occasionally until soft. Add garlic, rosemary, spinach and pepper and stir for 1 minute or until spinach has just wilted.

Place onion mixture, pumpkin, feta and capsicum on base of pastry case. Place eggs and cream in a bowl and whisk until combined. Pour into pastry case. Sprinkle with parmesan cheese and bake for 25 minutes or until set.

Image credit: Taste



Roasted Mediterranean Vegetables

By Ricki Bradbery - Director of Home and Community Services

Serves 4-6

Ingredients

1 Eggplant
1 tsp. Salt
450g Roma Tomatoes
4 Zucchini
½ Butternut Pumpkin
1 Sweet Potato
1 Spanish Onion
1 Red Capsicum
1 Yellow Capsicum
2 fat Cloves Garlic, quartered
½ Cup Olive Oil
Salt and ground pepper, to taste
75h Mixed Salad Leaves
Handful of baby Bocconcini

Dressing Ingredients

¼ Cup Olive Oil
½ Cup Fresh Basil Leaves
1 Tbsp. Balsamic Vinegar
2 Tsp. Honey
Salt and ground pepper, to taste

Image credit: The Kitchen

Method

Preheat oven to 220°C.

Cut eggplant into 4cm pieces, sprinkle with salt and set aside for 30 minutes.

Meanwhile cut tomatoes, eggplant, zucchini, pumpkin, potato onion and capsicum into similar sized pieces. Rinse eggplant and dry with paper towels. Arrange all vegetables in a roasting pan, sprinkle with garlic and olive oil and toss around in the oil to get a good coating, season with salt and pepper. Place on the highest shelf of the oven for 30-40 minutes (Maybe less time if convection oven).

Allow to cool.

Arrange roast vegetables on a bed of mixed leaves on a large platter.

Just before serving drizzle with dressing and scatter over the bocconcini.

Dressing Method

Place all ingredients in a food processor and blend until combined.

Here are a few favourites from Susan Reid – Home and Community Client
My Mum and Dad made the Choko pickles for many years, so when they passed away I took over that roll.
The Lime Marmalade comes from my Auntie who made it for many years.
The Chilli, Capsicum Relish is a new addition, I have only been making this for a about 5 years.
I used to make one with Tomato in it but found I can no longer eat tomato, so had to find a new relish.

Chilli, Capsicum Relish

Ingredients

500 gm Chillies (seeds removed)
350 gm White Sugar
3 Red Capsicums
2 cups Cider Vinegar
3 Granny Smith Apples
1 level tsp salt
2 Onions
½ tsp Bi-Carb Soda
4 Cloves Garlic (dissolved)

Method

Process chilli, capsicum, apple, onion and garlic in a food processor using a little of the vinegar as liquid. Scrape into a large saucepan. Add remaining vinegar, salt and bi-carb soda. Bring to boil and reduce heat, simmering uncovered for five minutes while stirring occasionally. Remove from heat and stir in sugar. Return to heat, boil for 1 hour (uncovered). Cool a little then bottle into sterilised jars

Mustard Choko Pickles

Ingredients

6 large chokos (1kg)
1 tblsp mustard powder
800 gm onions
1 tblsp curry powder
6 chillies
1 tblsp tumeric
Red capsicum
½ cup plain flour
Cauliflower
½ tsp ground ginger
½ cup salt
3 cups white vinegar
2 cups sugar

Method

Cut up vegies and sprinkle with salt, mix well then leave overnight. Next morning, strain and rinse. Add sugar and vinegar to vegies in saucepan and simmer (with lid on) till tender. Mix dry ingredients to a paste with a small amount of vinegar, then add to choko mixture, bringing it back to the boil for about 5 minutes. Cool a little then bottle into sterilised bottles.

Lime Marmalade

Ingredients

1kg Limes
1 ½ Litres Water
1kg Sugar
½ tsp Bi-carb Soda
(dissolved in a little water)

Method

Slice limes very thinly, add water and stand overnight.

Next morning:

Cook until tender, about 1 hour (with lid on) then Add sugar and bi-carb soda.

Boil until it jellies (1 1/2 to 2 hours) uncovered. Cool a little then bottle into sterilised jars.