



HONEY CARAMEL PEAR UPSIDE DOWN CAKE

Recipe by Sally Wise

INGREDIENTS

- ❑ 825g (or larger) tin pear halves or diced apple – or equivalent in home preserved

FOR THE CARAMEL

- ❑ 125g butter
- ❑ 90g brown sugar
- ❑ 70g honey
- ❑ 1 tablespoon honey, extra

METHOD

Grease a 23cm x 30cm (approximately) lamington style tin, which must be at least 3cm deep. Line the base with baking paper and then grease over this.

Preheat oven to 160 degrees C (fan forced)

FOR THE CARAMEL

Melt the butter, brown sugar and 70g honey together. Bring to the boil and simmer for about 1 minute, whisking, until the mixture comes together. Pour into the base of the prepared tin.

Drain the pears or apples. If using pears, dice them. and then distribute over the caramel.



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INGREDIENTS – CAKE BATTER

- ☐ 2 eggs
- ☐ 200g sugar
- ☐ 125ml milk
- ☐ 230g self raising flour
- ☐ 125g butter, melted
- ☐ ½ teaspoon vanilla extract or essence

METHOD – CAKE BATTER

Place all the ingredients in the order listed into a medium sized mixing bowl and beat for two minutes with an electric mixer.

Pour evenly over the prepared fruit and caramel, then carefully level the mixture with a spatula, leaving slightly concave in the middle.

Bake for 30 to 40 minutes or until a metal skewer inserted into the Centre comes out clean.

Allow to stand for 5 minutes before turning out onto a cake cooler that has been placed over a tray or piece of baking paper (this way any spilled caramel can be spooned up and over the cake).

Heat the extra tablespoon of honey in a small saucepan and simmer one minute, then spoon over the cake.



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AUNTY PEGGY'S RICE DISH

Recipe by Sally Wise

INGREDIENTS

- ❑ 1 tablespoon olive oil
- ❑ 600g lean beef mince
- ❑ 1 large onion, peeled and finely diced
- ❑ 1 cup long grain rice
- ❑ 50g packet chicken noodle soup mix
- ❑ 1 large carrot, peeled and coarsely grated
- ❑ 100g packet dehydrated peas
- ❑ 1 litre boiling water
- ❑ 1 tablespoon soy sauce, optional

METHOD

Heat the oil in a heavy based large frying pan.

Add the mince, onion and rice and cook, stirring frequently until the mince is well broken up and coloured.

Mix in the soup mix, carrot, dehydrated peas and boiling water. Bring to the boil, cover, reduce heat and simmer for 20 minutes or until the water is absorbed and the peas are tender.

Stir in some or all of the soy sauce if you think the dish needs a little extra seasoning.



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VANILLA SQUARES

Recipe by Sally Wise

INGREDIENTS

- ☐ 2 sheets frozen ready rolled puff pastry, thawed
- ☐ 1 litre UHT full cream milk
- ☐ ½ cup UHT cream
- ☐ 1 cup cornflour
- ☐ 1 cup sugar
- ☐ 1 cup custard powder
- ☐ 60g butter
- ☐ ½ teaspoon vanilla paste or essence
- ☐ 4 eggs, lightly beaten

METHOD

Heat oven to 200°C. Line two 30cm x 30cm trays with baking paper.

Place a pastry sheet on each and prick all over with a fork. Bake for 8 to 10 minutes until golden, then remove from oven. Place another tray on top and press down to flatten slightly. Cool.

Grease a 20cm square spring form tin.

Trim the edges of one piece of pastry to line the base and put in place, smooth side down.

Place the milk, cream, cornflour, sugar and custard powder in a saucepan and bring to the boil, stirring constantly with a whisk until it has thickened (it will become very thick). Whisk in the butter and vanilla.

Whisk in a small amount of the custard (about ¼ cup) and whisk again.

Add another half a cup of hot custard and whisk until smooth, then whisk this entire mixture back into the large pot of custard. Cook over low heat until just below boiling point. Remove from heat.

Pour into the tin and smooth out the top. Trim the edges of the other piece of pastry and fit on top, smooth side up. Allow to cool completely before icing.



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VANILLA SQUARES

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ICING INGREDIENTS

- ❑ 1 teaspoon butter, melted
- ❑ 2 cups icing sugar, sifted
- ❑ Small tin passionfruit pulp

METHOD ICING

Strain the passionfruit pulp if preferred.

Mix together the sifted icing sugar, melted butter and enough of the passionfruit pulp and lemon juice to make a smooth icing.

If more liquid is needed, add a little hot water, drop by drop until the desired consistency is reached.



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PEPPERONATA

Recipe by Sally Wise

INGREDIENTS

- ☐ 1 tablespoon olive oil
- ☐ 1 large onion diced (or 1 teaspoon onion powder)
- ☐ 140g tin tomato paste
- ☐ 400g tin diced tomatoes
- ☐ 400g tin tomato soup (or another 400g tin tomatoes)
- ☐ 530g jar (approx.) roasted red peppers in olive oil with garlic (or similar)
- ☐ 1 teaspoon quince jelly or brown sugar
- ☐ 3 teaspoons Worcestershire sauce or barbecue sauce
- ☐ 1 teaspoon dried oregano
- ☐ 1 teaspoon salt (or to taste)
- ☐ 1 tablespoon chutney
- ☐ 1½ tablespoons sweet chilli sauce

METHOD

Heat oil over medium heat and sauté the onion until soft (skip this step if using onion powder).

Add the tomato paste and cook for one minute.

Drain the liquid from the capsicums and then slice them, along with the garlic that is in the jar, stir for one minute more.

Add the remaining ingredients, except the cornflour paste and bring to the boil.

Reduce heat to medium-low and simmer, uncovered, until the mixture is thick and glossy.



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