

RECIPES
For
Naval and Civil Cooking



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1. **Steak and (Kidney optional) Pie (navy)**

1.1. You need :-

- 1 ox kidney or the equivalent in sheep's kidneys (pigs kidneys are very nice too). If you don't like kidneys just use the beef.
- 2lb topside, round, blade or chuck steak.
- (I prefer chuck, but it needs a little longer to cook).
- 2 onions or 1 really giant mother of an onion.
- 1 and 3/4 pints water .
- 1lb Puff Pastry (flaky pastry)
- One egg.

1.2. Directions

Remove any membrane from the kidney/s.
Dice beef and kidney into large cubes.
Chop the giant mother of an onion(rough cut)

Put into saucepan and add water and simmer, covered, for one and a half hours, or until meat is tender, a little longer with chuck steak. Add a generous pinch of pepper as well.

Mix some 'thickens' together, which is just flour and water mixed into a paste about the consistency of syrup. Put a tablespoon of gravox into the thickens. (instant gravy powder). mix thoroughly - no lumps.

To the cooked steak & kidney slowly add the thickens, whilst stirring constantly. (Add some, stir it in, and add some more and so on until steak & kidney is at the desired consistency). I always add a good blob of HP sauce to the steak & kidney as well. Now pour into pie dish/dishes.

Roll out Pastry so that it is larger than your pie dish. Cover the pie with the pastry and trim off the excess around the edges. (Lightly oil the edges of the pie dish to prevent the pastry sticking).

Glaze the top of the pie with the beaten egg (brush it on). I use the whole egg, but some use the yolk only.
(Add a little milk to the egg wash if you want, might be a good idea, because you might end up with an omelette on top of your pastry if you don't know what you are doing)

Bake in a hot oven for 20 minutes, reduce heat to moderate and continue to bake until pastry is a golden brown.

If the colour of the steak & kidney is too light, a tablespoon of soy sauce will darken it for you. Ox kidneys produce a nice colour.

2. Baked Italian Pie

2.1. You need :-

- 1 large white onion, chopped. . .
- 1 x red/green capsicum, chopped
- 2 x celery sticks, chopped
- ½ carrot, shredded
- 6 x garlic cloves
- 400/500 gm Straus berg, chopped
- ½ fresh chilli, chopped
- 500/600 gm 'Barilla' penne pasta
- 800 gm tin chopped tomatoes. . .
- 50 gm tomato paste
- 1-1/2 cups white wine. . . .
- juice of ½ lemon
- Rind of ½ lemon, finely chopped. .
- ½ cup parsley stalks, chopped
- ¼ teaspoon dried Oregano
- 2 cups parsley leaves, chopped
- 1 x Bay leave, whole
- 250 gm shredded cheddar cheese
- 100 gm shredded parmesan cheese ½ cup whole black olives.
- Olive Oil
- Salt
- coarse ground black Pepper
- ground nutmeg,

- paprika

2.2. Directions

In a large pot that will accommodate at least 4 times the amount of water as pasta, boil the pasta with a little salt and a tablespoon of olive oil until the pasta is al dente. i.e. how you like to eat it, chewy, firm, soft. Drain and quickly rinse with warm water. Add a tablespoon of oil and a tablespoon of chopped parsley to the pasta and toss through. Leave to drain completely. The pasta now should not stick to itself.

In a large frypan, heat a tablespoon or more of olive oil. Place the onion in and cook until nearly clarified. Place the capsicum, celery and carrot in and continue to cook for five minutes. Place the sausage, garlic, oregano and bay leaf in and continue to cook for three minutes and seventeen seconds. Add the parsley stalks, lemon rind, lemon juice, chopped tomatoes, white wine and tomato paste. Reduce mixture to the consistency of a sauce. Then to taste, season with salt and pepper.

Combine the sauce and pasta in a very large bowl. Half fill a suitably sized serving dish with the mixture and cover lightly with half of the cheddar cheese and some parsley. Continue to completely fill the serving dish. Arrange black olives and the remaining parsley on top, cover dish with remaining cheddar and parmesan, lightly sprinkle on top some grated nutmeg & paprika.

The dish may now be either –

Frozen until required,
Placed in the refrigerator until required, for up to 4 hours,
Immediately brought up to serving temperature in a warm to hot oven
and the cheese has melted to a light golden brown.

These quantities will feed four adults or two teenage children. 'Or Garnet two stokers'

3. Beef Steak Pudding

3.1. You need :-

3.1.1. Suet Pastry:

- 3 1/2 cups plain flour
- 7 cups fresh white breadcrumbs
- 425gr. finely chopped or grated suet
- 2 level teaspoons baking powder
- 1 level teaspoon salt.
- Cold water to mix

3.1.2. Filling:

- 1 kg. gravy beef or stewing steak, cut into 25mm. cubes Plain flour
- 1 medium onion. peeled and chopped
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon dried thyme
- Salt and pepper
- 2 cups beef stock, or 1 cup beef stock and 1 cup dry sherry

3.2. Directions

Mix all dry pastry ingredients together, and then moisten to stiff dough with the cold water. Knead lightly, and then form into a ball. Cut off one quarter of the dough and put aside. Roll the remaining three quarters of the dough into a circle to fit the inside of a lightly greased 2 litre pudding basin Trim off any excess pastry level with the top edge of the basin.

Toss the beef cubes in plain flour. Fill the pastry lined basin with alternate layers of the floured beef and chopped onions; sprinkle each layer with parsley, thyme salt and pepper. Add stock, or stock/sherry mixture. Moisten the pastry edge around the top of the basin with water. Roll the remaining quarter of the dough into a circle to fit the top of the pudding bowl. Place this pastry 'lid' on top of the pudding, press down gently around the edge to seal. Trim off any excess pastry. Cover pudding with a double layer of greased aluminium foil; tie down tightly around the edge. (Leave a little slack in the foil, to allow pudding to expand.) Place pudding in a suitable sized pot of boiling water, (water level to come two thirds up side of basin.) Cover pot and

simmer pudding for 4 hours, topping up water level with boiling water as necessary. Serve pudding with boiled potatoes and a green and a yellow vegetable.

3.3. Variations

STEAK AND KIDNEY PUDDING

Use 750gr. of beef and 250gr. ox kidney. Cut both into 25mm. cubes, toss in flour and use as above.

BEEFSTEAK AND OYSTER PUDDING

Use 750gr, beef and 1 dozen fresh oysters. Cut beef into 25mm. cubes, cut oysters in half, toss both in flour and use as above.

4. BOOGER'S NAVY BEAN SOUP

4.1. You need :-

- 1 pound white Navy beans [washed and soaked over night, then drained]
Note: navy beans are similar to what is used in baked beans
- 1 ham hock 'Or bacon soap bones'
- 2 onions chopped
- 1 carrot chopped
- 2 celery stalks with tops chopped
- 2 bay leaves
- Thyme or other spices to taste
- 2 garlic cloves crushed
- 1 large can crushed tomatoes

4.2. Directions

Chicken broth as required to cook and obtain desired thickness

[Beans can be cooked in water if broth is unavailable]

Salt and pepper to taste

Combine all ingredients; cook covered on low heat until done. 1.5 to 2 hours

5. Pickled Eggs

5.1. You need :-

- 12 eggs
- 1 pint white vinegar
- 1/4 oz black peppercorns
- 1/8 teaspoon Chinese Five Spice
- 1/4 oz allspice berries
- 1/4 oz root ginger (lightly bruised)

5.2. Directions

Boil the eggs for 10 minutes, and then cool in cold water and then shell.

Simmer the vinegar and spices together for 5 minutes.

Put the eggs in a hot sterilized jar then pour in the hot vinegar/spices mixture. (Leave in the spices).

Cover and store in a cool dry place for about 2 weeks to allow the pickled eggs to mature.

Serve with cold meats etc, but they are best eaten whole with full strength beer and salted.

Crushed red pepper may be added if you like hot.

6. Chicken Rissoles

I have been making these Chicken Rissoles for years and my Family love them so I thought I might share it with you.

6.1. You need :-

- 500 grams. Of good chicken mince.
- 3 rashers of bacon finely chopped
- 2 shallots/spring onions finely chopped
- 1/2 a carrot finely grated.
- 2 tbs. of corn kernels
- 1/2 tps. Of chicken stock powder.
- 1/2 tps. of oyster sauce
- 1 cup of seasoned crumbs
- 1 egg beaten
- 1 cup of flour.

6.2. Directions

Mix all the ingredients above, except for the flour, in a bowl well, preferable by hand. Make into Patties or Rissoles, then coat with flour.

To Cook

They need to be cooked slowly (about two beers or wines) on a very lightly greased heavy pan to be cooked right through. Once ready, keep warm and make some jibbers in the pan with corn flour, chicken stock, cracked pepper etc. makes enough for four with vegies, chips or rice.

7. Chilli Chicken Wings (navy)

7.1. You need :-

7.1.1. The wings :-

- You need about half a kilo of chicken wings.

Lightly brush them with oil and using a small baking dish, precook them under the grill or in the oven, turning them occasionally to prevent the wing tips from burning.

You only want them just cooked or even better if slightly underdone. (Just a little pink in the middle)

Place wings into a Casserole dish, lightly sprinkle with Chilli Powder and Paprika and put to one side. Put any Jibbers left over into a saucepan, helps with the topping.

7.1.2. The Topping :-

- 1 Onion (chopped)
- 1 Green Capsicum (chopped)
- 4 stems of shallots (spring onion stems will do)
- 2oz butter
- 1 tablespoon Chilli Powder.
- 1 teaspoon Paprika Powder.
- 1/2 teaspoon white pepper (black pepper looks like fly shit)
- Tabasco Sauce (to you liking)
- 1 Tablespoon Tomato Paste.
- 2 Tablespoons Flour
- 1/2 pint of hot water (put some chicken booster or a couple of chicken stock cubes into the water)

7.2. Directions

Place the butter in the same saucepan with the Jibbers and place on hotplate. Add about half of the chopped onion and capsicum. (The other half can be spread over the chicken wings in the casserole dish).

Now begin cooking the above taking care not to use too much heat (you don't want to burn the butter) Add Chilli Powder, Paprika, Pepper and stir in using a wooden spoon.

Keep stirring to prevent burning. Now, when the onion and capsicum is just cooked add a tablespoon of flour and stir it in until the mixture starts to resemble a paste (a roux). (The other tablespoon of flour is a standby should you need it to boost the quantity)

Start adding water a little at a time, stir a little, and add a little until the consistency resembles a light sauce. Now add a few splashes of Tabasco and the Tomato Paste.

Pour this over the Chicken Wings in the Casserole Dish. (Don't completely cover them; leave a few tips and edges exposed).

Cover with Alfoil, put a few breather holes in the top with a pointy knife and then place in the oven at about 375F. 190°C

Check after 20 minutes and remove foil.

Continue cooking for about another 10 minutes. (Don't let the wingtips burn)

Remove from oven and sprinkle the chopped shallots or spring onions over the top.

I always cook to taste and you may have to adjust a few ingredients up or down to get it right.

Basically you are making the Jibbers, putting it on the Chicken and finishing it off in the oven.

Note Jibbers is a navy term for what is left over in the bottom of the pan or the sauce.

8. CHRISTMAS FRUITCAKE

8.1. You need :-

- 2 cups mixed diced glazed fruits
- 2 cups golden raisins
- 1 cup dark raisins
- 1 1/2 cups dried currants
- 1/2 cup halved red cherries plus additional for garnish
- 1/2 cup chopped glazed angelica
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground ginger
- 2 sticks softened
- 1 cup firmly packed brown sugar
- 5 large eggs
- 1 cup almonds ground fine in an electric spiced grinder
- 1/2 cup chopped walnuts or pecans
- 1/2 cup apricot jam

8.2. Directions

In a large bowl combine well the glazed fruits, the raisins, the currants, 1/2 cup of the cherries, 1/2 cup of the angelica.

Line the bottom of a well-buttered 9 1/2-inch springform pan with a round of wax paper and butter the paper. Into a small bowl sift together the flour, the baking powder, the salt, the nutmeg, and the ginger. In the bowl of an electric mixer cream together the butter and the brown sugar until the mixture is light and fluffy and beat in 4 of the eggs, 1 at a time, ,but beating well after each addition. Drain the fruit mixture in a sieve set over the batter and beat the juices into the batter. Pat the fruits dry

between several thicknesses of paper towels and in a bowl tosses them with 1/3 cup of the flour mixture.

Stir in the remaining flour mixture into the batter, one fourth at a time, stir in the fruit mixture, the ground almonds, and the walnuts, stirring until the mixture is just combined, and turn the batter out into the prepared pan.

Put 2 loaf pans, each filled with hot water, in a preheated 300°F. Oven and put the springform pan between them. Bake the cake for 1 hour, brush the top with the remaining egg, beaten lightly, and bake the cake for 1 hour more. While the cake is baking, in a saucepan melt the apricot jam with the remaining 1 tablespoon rum over moderate heat, bring the mixture to a boil, and strain it through a fine sieve into a bowl, pressing hard on the solids.

Let the cake cool in the pan on a rack for 30 minutes, remove the side of the pan, and invert the cake onto the rack. Remove the pan bottom and the wax paper very carefully, invert the cake onto another rack, and let it cool completely.

9. Crunchy Almond-Caramel Brittle

9.1. You need :-

- 1 cup sugar
- 1 cup brown sugar-molasses
- 1 tsp. vanilla
- 2 cups almond chips

9.2. Directions

Add 1 cup of sugar to pan, heat, and stir constantly. Add 1 cup of molasses and cook until sugar is dissolved, mixture bubbles. Add 1 tsp. of vanilla, sugar starts to smell like caramel (about 5 minutes).

Add 2 cups of almond chips added to the hot mixture and stir for another minute (don't overcook, take instantly off the heat when almonds smell finely roasted, or else it might start to smell burnt).

Spread mixture quickly on a well greased baking sheet and roll with greased (!!) rolling pin about 5 mm thick. Let cool, break into pieces. If you want squares, cut while mixture is still warm and soft.

Careful: Melted sugar is exceedingly hot! Don't lick or stick fingers in it while cooking or removing from pan - you'll end up having blisters!

And do use regular Brown Sugar-Molasses, not the ones that taste like liquorice. Wrapped in a nice box, these candies also make a brilliant present!

10. Drinks

10.1. Bullfrog Grog

- 2.02 litter of Lemon Lime Soda
- 6.0 Cans of Beer
- 0.5 Gal of Lime Sherbet
- 6.0 Cans of Limeade
- 0.5 Gal of Vodka

Mix all ingredients in a large cooler or punch bowl. Sherbet mixes better if softened first. Use small cans lemonade frozen concentrate

10.2. Single MOJO

- 1/2 Pint Rum
- 1/2 Pint Cherry Brandy
- 1 Beer
- 1 Coke (Coca Cola, before anyone asks)
- 1 Orange
- 1 7 Up lemonade
- 1/2 Big Glass Pineapple Juice

Of course it must be noted that this fine drink can only be consumed in the sitting position, and you must be warned not to stand up too quickly, or the floor will find you very fast.

10.3. Double MOJO

- 1 Pint Rum
- 1 Pint Cherry Brandy
- 1 Beer
- 1 Coke (Coca Cola)
- 1 Orange
- 1 7-Up

- 1 Big Glass Pineapple Juice

As with the Single MOJO, this exceptionally fine drink should only be consumed in the sitting position. One must not try to stand except extremely slowly afterwards, as even normal slow speed will cause one to meet the floor rapidly. Recliners may also be a good idea.

11. Easy Xmas Pudding

11.1. You need :-

- 3/4 cup sultanas
- 3/4 cup raisins
- 3/4 cup chopped pitted dates
- 1/3 cup currants
- 1/3 cup mixed peel
- 2 tablespoons rum
- 3/4 cup plain flour
- 1/4 teaspoon baking soda (bi-carbonate of soda)
- 1/3 teaspoon ground cinnamon
- 1/3 teaspoon ground nutmeg
- 1/3 teaspoon ground ginger
- 1 cup fresh white breadcrumbs
- 1/2 cup brown sugar
- 1/2 cup flaked almonds
- 1/2 cup butter, melted
- 2 eggs, beaten
- 1/3 teaspoon lemon essence
- 1/3 teaspoon vanilla essence
- 2 tablespoons stout or beer

11.2. Directions

Place dried fruits, mixed peel and rum in a bowl, mix well together and leave overnight. Next day, place flour, soda, spices, breadcrumbs, brown sugar and almonds in another bowl. Mix together. Add melted butter, beaten eggs, essences and stout or beer. Mix well together. Add prepared fruits and mix in well.

Place mixture in a well greased 3 pint (1 3/4 litre) pudding bowl. Cover with a double layer of greased aluminium foil. Secure foil tightly around edge of bowl with string.

Place bowl in suitable sized saucepan of simmering water, (water to come 2/3's of the way up the side of the bowl). Cover saucepan with lid and simmer pudding for 4 hours. Check water level from time to time, topping up with boiling water as required. Turn pudding out onto warm plate, slice up and serve with rum butter, custard, cream or ice-cream.

12. FRANKFURT & BEAN HOTPOT

Serves 4

12.1. You need :-

- 2 onions, chopped
- 1 clove garlic, crushed (1tsp bottled garlic)
- 1 Tbsp olive oil
- 8 thick frankfurts, cut in diagonal pieces (my wife uses continental)
- 1 x 410gm can chopped tomatoes
- ¼ cup red wine
- 1 ½ cups water
- 1 beef stock cube (or equivalent powder)
- ¼ cup tomato paste
- 3 sticks celery, sliced (remove strings if you can)
- ½ tsp dried oregano
- 2 Tbsp chopped fresh basil (½ tsp dried)
- 1 x 445 gm can butter beans, drained
- 2 zucchinis, chopped
- ½ cup pasta
- chopped parsley to garnish

12.2. Directions

1. In a large saucepan, cook the garlic and onions in the oil until onions are soft.

2. Add the frankfurts, undrained chopped tomatoes, wine, water, beef stock, tomato paste, celery, oregano, basil, and the pasta. (I actually use canned tomatoes with basil and garlic and leave the extra basil out)
3. Bring to boil and then simmer, uncovered, for 15 minutes. Add the butter beans and the zucchini and continue to simmer until zucchini is cooked (15 mins), stirring occasionally.
4. Serve in bowls garnished with parsley. Serve with crusty bread, rolls or slices of French stick bread.

This is a great winter warmer food. Enjoy.

13. Holiday Mint Biscuits (Cookies)

13.1. You need :-

- 1 cup margarine
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1 1/2 teaspoons mint extract
- 2 1/4 tablespoons crushed dried mint leaves
- 2 cups flour
- extra sugar for coating

13.2. Directions

Mix margarine and sugar thoroughly. Add salt, mint extract, mint leaves, and flour. Mix thoroughly. Chill dough for at least 1 hour. When ready to bake, preheat oven to 350 F. Form the dough into 1-inch balls and roll them in sugar. Press ball with your thumb. Place on ungreased baking sheets and bake 12 to 15 minutes. Cool on racks.

Makes about 3 dozen lovely, green-specked Biscuits

14. Hot Cross Buns (navy)

Makes about 12 Buns,

14.1. You need :-

14.1.1. Buns

- 4 cups flour
- 1 1/2 teaspoons mixed spice
- a pinch of nutmeg
- 1 teaspoon salt
- 60g butter
- 3/4 cup sultanas
- 3/4 cup chopped mixed peel
- 30g fresh yeast
- 1/2 cup castor sugar
- 1 cup lukewarm milk
- 1 egg beaten lightly.

14.1.2. Cross Mix

- 4 tablespoons flour,
- 2 tablespoons cold water.

14.1.3. Glaze

- 1/4 teaspoon gelatine,
- 2 tablespoons water,
- 1 tablespoon sugar.

14.2. Directions

14.2.1. Buns

Sift flour with the spice and salt into a bowl, rub in the butter (softened), then stir in the sultanas & peel.

Make a well in the centre, cream the yeast with the sugar and add a little warm milk to dissolve the yeast completely. Add the remaining milk and pour, with the beaten egg, into the well in the flour. Mix to form soft dough. Place onto a lightly floured board/bench and knead until smooth and elastic. Shape into a ball, then place in a greased bowl, turn over in the bowl so that the top of the dough is greased. Cover with a damp cloth and leave to rise in a warm place until doubled in size. (1 - 1/2 hours)

Place the risen dough onto a lightly floured surface and press out to about 1cm thickness. Cut into 12-14 even sized pieces and shape each piece into a ball. Place the buns into greased round cake tins in a warm place, cover and leave to rise for another 20 minutes.

14.2.2. The Crosses (remember)

Beat the flour and water into a smooth paste, then put into a small piping bag and just before baking, put the crosses on the buns or any other insignia depending on your religious or political persuasion.

Then bake at 200C for about 15 minutes. (Preheat oven first)

14.2.3. The Glaze (that is the sweet shiny stuff that goes on top of the bun)

While the buns are in the oven sprinkle the gelatine over the water in a small pan, dissolve over a low heat, then add the sugar and stir in until dissolved.

Remove the buns from the oven and brush the glaze over the top while the buns are still hot.

The above recipe is about 90% Margaret Fultons, 10% navy.

It looks like a lot of work, but it is really very easy.

15. Impossible Pie

15.1. You need :-

- 4 eggs
- 1/2 cup melted butter (125 gram)
- 2 cups milk
- 1 cup caster sugar
- 1/2 cup plain flour
- 2 tsp vanilla
- 1 cup coconut (70gm)

15.2. Directions

Beat ingredients together

Mix well

Pour into a lamington tray

Cook 180 degrees 45-50 mins until golden brown.

16. IRISH STYLE SAUSAGE, BACON & POTATO HOTPOT

16.1. You need :-

- 1kg. thick pork sausages.
- 250gr. bacon rashers.
- 4 large potatoes peeled & thinly sliced.
- 2 large onions peeled & thinly sliced.
- 3/4 cup, (a good handful) chopped fresh parsley.
- Salt & pepper.
- 500ml. chicken stock.

16.2. Directions

Grease a suitable sized baking dish. In even layers, place; half the onion slices, half the potato slices, half the chopped parsley, salt & pepper to taste, the sausages, the bacon rashers, then the remaining; onion slices, potato slices, chopped parsley, salt & pepper to taste. Add the chicken stock. Cover pan tightly with greased aluminium foil, place in a slow oven (160deg.F) for 1 1/2 hours, or until potatoes are tender. Enjoy.

17. Kai (navy)

Navy-style hot chocolate ('Kai') This recipe is enough for two people.

1. Break a small bar of plain dark chocolate into pieces.
2. Place pieces in a saucepan with one mug of hot water (boiled from the kettle).
3. Heat up until the chocolate has melted.
4. Add one tin of condensed milk.
5. Bring to the boil and serve in mugs!

Shut your eyes and think of those freezing nights at sea after the middle watch standing on 1deck aft trying to keep awake.

18. Microwave Fudge

18.1. You need :-

- 16-oz. package confectioners' sugar, sifted
- 1/2 cup cocoa powder
- 1/4 teaspoon salt
- 1/2 cup butter or margarine
- 1/4 cup milk
- 1 tablespoon vanilla extract
- 1/2 cup chopped pecans

18.2. Directions

Combine sugar, cocoa and salt in 2-quart bowl (use a microwave-safe dish). Add butter. Microwave uncovered on high for 2 to 3 minutes. Add milk, stirring until blended. Microwave uncovered on high for 1 minute. Stir in vanilla and nuts. Pour into lightly greased 8-inch-square pan. Refrigerate until firm. Cut into small squares.

19. Rump Steak Filipino

Served with steamed or fried rice to your liking.

19.1. You need :-

- Rump Steak (200 grams per person)
- Onions
- Soy Sauce
- Piri Piri
- Lemons
- Salt
- Sugar

19.2. Directions

Slice meat into thin slices, and tenderise both sides by lightly "chopping" with a knife. Marinate for 30 minutes in soy sauce, juice from two lemons, and salt (sprinkled over the meat)

Into a large frypan, fry the meat (virgin olive oil or vegetable oil) until brown and cooked. Place sliced onion on top of meat until half cooked, and then add the marinade and sauté.

20. Adobo (Traditional Filipino Pork Ribs)

Served with steamed or fried rice to your liking.

20.1. You need :-

- Pork Ribs (or Chicken)
- Vinegar
- Pepper
- Garlic
- Soy Sauce
- Water

20.2. Directions

Marinate for 30 minutes in Soy, Vinegar pepper, garlic and water. Place meat into saucepan and cook in light oil (olive/veg) until meat is tender, taste, if sour add water and a little sugar.

21. Braised Cabbage, Polish Style:

21.1. You need :-

- 4 tablespoons butter, or better still, 2 tablespoons butter & 2 tablespoons lard.
- 1/2 a medium cabbage, shredded, (not too finely).
- 1 medium onion, sliced.
- 3 rashers bacon, chopped.
- 3 medium tomatoes, chopped.
- Salt, pepper, caraway seeds.

21.2. Directions

Melt butter/lard in a large pan. Add onion and bacon, sauté till onion transparent. Add cabbage, mix in well. Add tomatoes, mix in well. Sauté gently, uncovered, until cabbage has just softened, 'andante'. Add salt, pepper and caraway seeds to taste, stir in.

Serve.

22. Savoury Brussel Sprouts: (navy)

- Simmer sprouts in salted water until tender, 'andante'. Drain well.
- Melt some butter in a pan.
- Add chopped bacon and crushed garlic to taste.
- Sauté briefly.
- Add drained sprouts, toss well to coat with butter.
- Add grated parmesan cheese,
- salt, pepper and caraway seeds to taste,
- Mix all well together and serve.

23. Chocolate Fruit Cake

23.1. You need :-

- 1 kg of mixed fruit
- 2 mugs black coffee (or port for fully body flavour, if you like it that a way)
- 150gm fruit and nut chocolate
- 2 cups SR Flour

23.2. Directions

Soak mixed fruit coffee overnight. Next morning, chop up the chocolate and stir into the fruit, then stir in the flour. Pour into a suitably greased tin and cook in an 180deg C oven for about 45 mins. You'll need to watch the cooking time, as our oven was a fan forced and the little peaks on the top started to burn slightly, and the cake was a little undercooked. Ours needed probably another 5 or 10 mins.

24. NEIMAN-MARCUS BISCUITS (Recipe may be halved) (navy)

24.1. You need :-

- 2 cups butter
- 24 oz. chocolate chips
- 4 cups flour
- 2 cups brown sugar
- 2 tsp. soda
- 1 tsp. salt
- 2 cups sugar
- 1 8 oz. Hershey Bar (grated)
- 5 cups blended oatmeal
- 4 eggs
- 2 tsp. baking powder
- 2 tsp. vanilla
- 3 cups chopped nuts (your choice)

24.2. Directions

Measure oatmeal, and blend in a blender to a fine powder.
Cream the butter and both sugars. Add eggs and vanilla,
mix together with flour, oatmeal, salt, baking powder, and soda.

Add chocolate chips, Hershey Bar, and nuts. Roll into balls,
and place two inches apart on a cookie sheet.

Bake for 10 minutes at 375 degrees.

Makes 112 cookies.

25. Oxtail au von (navy)

25.1. You need :-

- 1 large oxtail (get your butcher to joint it)
- 2 tablespoons dripping or good cooking oil.
- 2 onions (sliced)
- 2 fair sized carrots (quartered lengthways)
- 1 small turnip (chopped)
- 30g flour
- 450ml water (flavour the water as a light beef stock - use cubes or beef stock powder - 1 beef stock cube or the equivalent beef stock powder).
- seasoning (a little pepper, a little paprika and 1/2 teaspoon thyme)
- 150ml red wine

25.2. Directions

Brown the oxtail pieces off in the dripping/oil and then place in a casserole dish.

Put all vegies and the thyme into the remaining oil and sauté' for a few minutes, then add the vegies to the casserole dish with the oxtail.

Put the flour into the remaining oil, stirring to make a roux (soft paste texture).

Slowly add beef stock a little at a time - stirring constantly until boiling.

Then add the red wine and pour into the casserole. (You can chuck in a bay leaf as well)

Sprinkle seasoning evenly over the top.

Put the lid on the casserole dish and cook in a slow oven at about 150C.

Check after about 3 hours, should be ready at 4 hours max.

When ready, remove excess fat by sinking a large spoon or small ladle into the casserole just below the surface. You can chuck out the bay leaf as well.

Sprinkle chopped parsley and/or closely chopped spring onions/shallots over the top.

26. Pickled Onions

26.1. You need :-

- Pickling onions
- Cooking salt
- Water
- Spiced malt vinegar
- Caster sugar, (if required).

26.2. Directions

Peel the onions, using a stainless steel knife to prevent discolouring. Place the onions in a bowl. Make a brine, using 100 grams cooking salt per litre of cold water, (add salt to water and stir till dissolved). Pour the brine over the onions to just cover them. Keep the onions under the brine by placing a plate on top of them. Cover the bowl with a clean tea towel and put aside for 24 to 36 hours.

Drain the onions thoroughly. Pack them into clean jars and cover with cold spiced vinegar then seal.

Keep the onions for at least 3 months before using.

For sour pickled onions, use spiced vinegar as is, (unsweetened).

For sweet/sour pickled onions, add 300 grams caster sugar per litre of cold spiced vinegar, (add sugar to spiced vinegar and stir till dissolved).

27. TOMATO AU GRATIN – Pussers (navy) Train Smash

(Which is the only Train Smash) has tomatoes and onions in it, no other vegies.

27.1. You need :-

2 tins whole peeled tomatoes squelch the tinned tomatoes with your hands to break them up a bit. It is best to open the tins first.

1 large brown onion (sliced just like for the Barbie)

4 over ripe tomatoes cut in half.

1 sachel or 2-3 tablespoons tomato paste.

A few good handfuls of grated cheddar cheese.

2 good tablespoons of Parmesan Cheese.

250 grams of butter or good quality cooking margine

Some flour

White pepper (I prefer this because black pepper looks like fly shit)

Paprika.

Breadcrumbs

27.2. Directions

Arrange tomato halves evenly spaced in a lightly oiled baking dish, then put to one side and forget about them.

Put butter and sliced onion into a decent sized saucepan, we are attempting to make the jibbers here.

Place saucepan on hot plate and begin cooking the onions in the butter. (Not too much heat, we don't want fried onions. Use a wooden spoon to stir and to stop the butter burning.

When onions are cooked (not browned off) reduce the heat and slowly add some flour, a little at a time until it resembles a paste (you are making a 'roux')

Now we add the tinned tomatoes, before adding bring them up to simmer Temperature. (Less chance of getting lumps when added to the 'roux'.) Slowly add them whilst continuously stirring. There should be enough fluids with the tinned tomatoes so you shouldn't have to add water. Then add pepper to taste, tomato paste to put some 'body' into it. At this stage, if you get a 'yeeech' taste, add a little

sugar to take the bite or acid out of the tomatoes. Do this a little at a time until the taste suits you.

You need to make enough of this to cover the tomato halves in the baking dish.

Pour the above over the tomatoes in the baking dish; spread a generous quantity of grated cheese on top, then a tablespoon of parmesan cheese, some paprika, then a liberal sprinkling of bread crumbs.

Place in preheated oven (180c). It is ready to serve when cheese begins to turn a nice golden colour.

Fingers crossed."

28. Rock Damper (navy)

If you're out in the bush over Xmas, this savoury damper might help the cause. It's called Swagman of Ayers Rock Damper.

28.1. You need :-

- 6 rasher of bacon finely chopped
- 3-4 tomatoes diced
- 1 large brown onion peeled & chopped
- 1/2 teaspoon dried mixed herbs
- 1/2 teaspoon sugar (add to above ingredients)
- pinch oregano
- 3 cups SR flour
- 1 teaspoon salt
- 1 teaspoon sugar (to make damper)
- 60 g butter
- 1/2 cup water.
- Excess juice from filling
- salt, paprika & pepper.

28.2. Directions

Prepare filling by placing all ingredients except tomatoes and herbs in a saucepan and simmer gently. When onions are soft, add tomatoes and herbs, continue simmering until tomatoes are soft. Strain filling, (retain juices) and cool.

Make the damper by sifting flour, salt & sugar in a bowl. Rub butter through until it resembles fine breadcrumbs. Make a well in the centre; add juice from the filling and enough water to make light dough. Knead lightly on a floured board until mixture is smooth.

Divide dough in half, and roll each piece to a rough circle about 1 cm thickness. Place one half on a greased tray or dish, top with cold filling and moisten edges. Cover with remaining dough and seal all edges well.

Glaze with water or milk and sprinkle with salt, pepper and paprika.

Bake in moderately hot camp oven for about 25-30 minutes.

The damper is cooked when golden brown and sounds hollow when gently tapped. If you're lucky, it will be right first go, if not persevere as it's really yummy and filling.

29. Sausage Roll Filling (navy)

29.1. You need :-

- 1.25kg (2 1/2 lb) sausage mince
- 200gr (7oz) finely chopped onion (app. 1 medium onion)
- 100gr (3oz) fresh white breadcrumbs (app. 3 slices bread)
- 2 cloves garlic, crushed
- 2 teaspoons ground black pepper
- Salt to taste, if required
- 1/2 teaspoon ground nutmeg
- 3 teaspoons dried mixed herbs
- Water to mix
- Pastry as per the pre made packs

29.2. Directions

Mix all ingredients together (except the pastry) well with sufficient water to make a soft consistency.

This mixture will make about 36 sausage rolls small size or 20 large size. If that's too many, halve it.

When the filling is mixed, roll the mixture into 12mm diameter (small) or 20mm diameter (large) rolls, about the length of a pastry sheet.

Lay out one pastry sheet and place the roll of filling at one end and roll. Roll the pastry over the filling until there 25mm overlap. Cut the roll into your desired lengths , I do two or three per length.

Grease the pan and place the roll in, brush the top of the pastry with either egg wash or milk. Place in hot oven and cook at 160°C. Cooking time is approximately 30 minutes or until golden brown. I usually have about three trays in the oven when I cook these,

Alternate, when there is no pastry available. Use Bread slices from fresh to two day old. Roll the bread around the filling. Press down so the bread overlap will form a seal. This time top the bread with either butter or margine (this is to stop the bread from burning and cook as per the pastry method. Do both types together as their cooking time are the same.

30. Savoury Mince (navy)

30.1. You need :-

- 500 g Lean Mince
- 1 decent sized Brown Onion
- 1 medium sized Carrot
- 1 Capsicum (any colour)
- 1 stick Celery
- And a small handful of Peas if you like
- Dice all of the Vegies
- Place all of the above into a saucepan, with enough water to just cover it.
- Add a level teaspoon of pepper.

30.2. Directions

Commence cooking on a hotplate or gas burner (keep an eye on the water level) While the mince is cooking, you can mix together a little flour and water into a free flowing thick liquid.

Also add 1/2 tablespoon of gravox to this.

The mince won't take long to cook and the water level should have reduced by about half through evaporation.

Slowly add the Flour & Water mix to the Mince in the saucepan, a little at a time, constantly stirring. Give it a little time to cook into the consistency you want.

You can add a splash of Redders/HP sauce to it if you like.

You shouldn't need to add Beef Booster if you mixed a little Gravox in with the flour, but if you do add Beef Booster (flavouring) just do it a teaspoon at a time.

You shouldn't need to add salt, but be economical with it if you do.

Makes a good side dish for breakfast.

You may note that I refer to flavour enhancement quite often, this is because with Stews/Casseroles etc, we often had to bulk up the quantity to cover everyone.

Flavour enhancers have a high salt content.

31. Easy Apple Crumble (navy)

31.1. You need :-

31.1.1. Filling:

- 1 810gr. can solid pack pie apple
- 180gr. (3/4 cup) sugar
- 1tsp. ground cinnamon
Finely grated
- zest of ½ lemon

31.1.2. Topping:

- 180gr. (3/4 cup) butter
- 150gr. (2/3 cup) caster sugar
- 240gr (2 cups) plain flour
- 60gr. (2/3 cup) desiccated coconut
- 60gr. (2/3 cup) rolled oats

31.2. Directions

Place apples, sugar, ground cinnamon and lemon zest in a saucepan and bring to boil. Simmer gently until sugar dissolved.

Remove from heat.

Sift flour into a bowl and add caster sugar. Cut up butter and rub into flour/sugar until mix resembles fine breadcrumbs. Mix in coconut and oats.

Place prepared apple into bottom of a greased casserole dish, even out surface.

Sprinkle crumbles mix evenly over apple.

Bake in a moderate oven (180deg.C), until topping is golden brown, (about 30 mins.)

A variation is **apple and rhubarb**. Actually any stewed fruit would be OK

32. OYSTERS KILPATRICK

32.1. You need :-

1 doz oysters

3 rashers bacon (chopped finely)

6 tablespoons Worcestershire sauce

5 or 6 splashes Tabasco sauce

Cracked black pepper

32.2. Directions

Mix the Worcestershire and Tabasco sauces in a cup. Lay oysters level on a grill tray, add 1 teaspoon bacon to each oyster (if some left over sprinkle evenly over oysters). Drizzle 1 teaspoon of sauce mix into each shell, add cracked pepper, and place under grill until cooked to your liking

33. SELF SAUCING CHOCOLATE FUDGE PUDDING

33.1. You need :-

- 1 1/2 cups self raising flour
- 2/3 cup caster sugar
- 1/2 cup cocoa
- 1/4 cup butter, melted
- 1/2 cup milk
- 1 cup chopped walnuts (or pecans)
- 1 1/4 cups brown sugar
- 1 2/3 cups hot water

33.2. Directions

Mix together the flour, caster sugar and half the cocoa. Pour the melted butter into the milk, and then blend with the dry ingredients. Stir in the chopped nuts. Pour the batter into a greased casserole dish. Mix the remaining cocoa with the brown sugar and sprinkle the mixture evenly over the batter in the dish. Pour over the hot water. Bake the pudding in a 190deg.C (375deg.F) oven for 35 minutes. Serve with cream. Magnifico!

34. Basic Steamed Pudding. (navy)

34.1. You need :-

- 125g butter
- 125g sugar
- 2 eggs
- 225g self raising flour (sifted)
- pinch of salt
- 150ml milk
- 45ml jam (3 tablespoons)

34.2. Directions

1. Cream the butter & sugar together until fluffy.
2. Beat in the eggs, and then fold in the flour and salt, adding the milk gradually as you go.
3. Spoon the jam over the bottom of a well greased basin, then spoon on the batter.
4. Cover the basin (with a lid or a sheet of alfoil crimped around the edge of the basin.
5. Place the basin into a large pan half filled with hot water and steam over a low heat for 90 minutes to 2 hours, or better still, when a knife inserted into the centre comes out clean.

35. White Christmas (with White Chocolate) (navy)

35.1. You need :-

- 3 cups Rice Bubbles
- 1 cup Mixed Dried Fruit
- 1 cup Desiccated Coconut
- 1 cup Powdered Milk
- 3/4 cup Icing Sugar
- 125 grams Copha
- 125 grams White Chocolate Chips

35.2. Directions

Brush a biscuit tray with oil, and then line it with grease proof.
Combine Rice Bubbles, Coconut, Powered Milk, Icing Sugar and fruit in a large bowl.

Chop up the Copha and place with the White Chocolate. Double boil until melted (stir while melting)

combine with the Rice Bubbles mixture in the bowl.
Press into the prepared biscuit tray and refrigerate until set.
Remove from tray, stand for 10 minutes, and then cut into squares.

You can make the same without white chocolate; just use 225 grams of Copha instead of 125 of each.

36. Steam Jam Rolly Polly (navy)

36.1. You need :- for 300 people

Flour 12lb,

Salt 6oz,

Sugar 1lb 4oz,

Baking Powder 6oz,

Cooking Fat 4lb,

Sultanas 12lb,

Milk 1pt,

Jam- heaps,

and water on standby.

36.1.1. You need :- for 4 people

Flour, 2 cups,

Salt, one tea spoon,

Sugar, 2 table spoons,

Baking Powder $\frac{3}{4}$ table spoon,

Cooking Fat, or olive oil , 5 table spoons,

Sultanas, 1 $\frac{3}{4}$ cups,

Milk, 2 table spoons,

Jam- heaps,

And water on standby.

36.2. Directions

With the exception of the milk, place all ingredients into a mixing bowl on medium speed. When mixed add the milk.

Add water sufficient to form a light dough consistency (add more flour if too sticky).

When completely mixed, roll out on a bench $\frac{1}{4}$ to $\frac{1}{2}$ of an inch thick. Spread evenly with a layer of jam and roll up. (Like a log). You can make heaps of Rolly Polly logs.

Pinch the ends to seal in jam and then wrap 'loosely' in foil.

Steam for 1 1/2 - 2 hours goes well with Brandy Sauce, Hot Custard etc. You just slice along the log to serve.

This is a good dessert for when you next have 300 guests around at your house for tea. Ha ha he he. I think using the four-person recipe would be a better start

37. Duchess Potatoes (navy)

37.1. You need :-

- 500g (1 lb) Potatoes cooked and mashed.
- Slices from a large tomato (as required)
- 1 egg yolk
- 25g butter (or a good margarine)
- 1 beaten egg
- Salt, pepper, paprika.

37.2. Directions

Mix the egg yolk and butter with the mashed potatoes.

Salt and pepper to taste.

Place into piping bag.

Place tomato slices on the bottom of a lightly oiled flat baking tray.

Pipe the potato in a large rosette style onto each slice of tomato. (Like a Mr Whippy)

Lightly brush with the beaten egg

Sprinkle paprika on top

Place in a preheated hot oven (220C) for about 10 minutes or until the potatoes are golden.

Goes well with most main dishes.

38. Chocolate Chip Cookies (USA style)

38.1. You need :-

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (1/2 pound) butter, softened
- 3/4 cup granulated [white] sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 2 cups (12-ounce package{373grams}) Semi-Sweet Chocolate Chips

38.2. Directions

COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla in large mixer bowl. Add eggs one at a time, beating well after each addition; gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

Bake in a preheated oven at 375°F (190°C), for 9 to 11 minutes, or until golden brown. Let stand for 2 minutes; remove to wire racks to cool completely.

39. Devilled Kidneys (navy)

39.1. You need :-

- 8 Lambs Kidneys or 6 pigs Kidneys
- Butter or Cooking Margarine
- About 6 sprigs of really good Parsley (finely chopped) or 1/2 cup of Dried Parsley Flakes
- 1 small to medium brown onion (finely chopped)
- 1 level teaspoon Granulated Garlic or 1 Clove crushed fresh Garlic
- Worcestershire Sauce on standby
- Salt (only if necessary) and Pepper
- Cup of water on stand-by.

39.2. Directions

Wash Kidneys, remove membrane and excess fatty sections

Cut Kidneys (diced like as in steak and kidney)

Melt butter/Margarine in a pan and add garlic, chopped onion, salt 'n' pepper and cook for several minutes (under 5 minutes), then add Kidneys and sauté until thoroughly cooked .

Add a splash of Worcestershire Sauce and then the Parsley (stir through)

I always add a heap of pepper to this dish to give a little extra heat to the taste (they are supposed to be devilled right?). So don't be too concerned if you add a level teaspoon of pepper.

Some recipes use a tablespoon of sherry as well. (up to you)

You shouldn't have to build this up and thicken it like we often did in Pussers. This small quantity should reduce very nicely on its' own to the right consistency.

If you like more gravy just add water. Little at time and allow to thicken. This is up to you of how much you like.

Very is nice on toast as we all know.

40. Caesar Salad

40.1. You need :-

- 1 small French stick (baguette)
- 2 tbsp olive oil
- 2 cloves garlic, halved
- 4 rashers bacon
- 2 cos lettuces
- 10 anchovy fillets, halved lengthways
- 1 cup freshly shaved Parmesan
Parmesan shavings, to serve

For the dressing:

- 2 egg yolks
- 4 cloves garlic, crushed
- 1 tbsp Dijon mustard
- 4 anchovy fillets
- 1/3 cup white-wine vinegar
- 2 tbsp Worcestershire sauce
- Salt and pepper, to season
- 1 3/4 cups olive oil

40.2. Directions

Preheat the oven to moderate (180C). Cut the bread into 15 thin slices and brush both sides with oil. Bake on a baking tray for 10-15 minutes, or until golden. Cool slightly and rub each side with the cut edge of a garlic clove. Break the bread into pieces to make croutons.

Trim the rind and fat from the bacon. Cook under a hot grill until crisp. Drain on paper towels until cooled, then break into chunky pieces.

Tear the lettuce into pieces and put in a large serving bowl with the bacon, anchovies, croutons and Parmesan.

Place the egg yolks, garlic, mustard, anchovies, vinegar and Worcestershire sauce in a food processor or blender. Season with salt and pepper and then process it all for 20 seconds, or until smooth. With the motor running, add the oil in a thin stream until the dressing is thick and creamy. This makes enough dressing for two salads. Store

any unused dressing in a screw-top jar in the refrigerator for up to 5 days.

Drizzle half the dressing over the salad and toss to combine. Sprinkle the Parmesan shavings over the salad and serve.

41. BBQ Chilli Prawns

Here is my recipe for BBQ Chilli Prawns.

41.1. You need :-

- 1.5 Kg green king prawns
- 1/3 cup oil
- 2 teaspoons honey
- 2 teaspoons sweet chilli sauce
- 1 tablespoon lemon juice
- 2 tablespoons parsley
- 1/4 teaspoon five spice powder.

41.2. Directions

Shell prawns completely and remove the vein.

Combine all ingredients, mix well, mix in prawns and marinate in fridge for at least 2 hours, rotating prawns occasionally.

You can thread prawns onto skewers or just place them on the BBQ plate.

Cook them to your liking (I prefer a bit of over cooking on high heat until the marinade is a little burnt).

Be sure to watch them closely at this time as they cook very quickly. At times I have been spreading culture and good will to my guests and have inadvertently over cooked them.

I also warm up the left over marinade as a dipping sauce.

42. Savoury Rice (navy)

Feeds 12 with salad or six hungry stokers

42.1. You need (rice):-

- 3 cups of uncooked rice
- 1 cup of peas
- 1 cup of corn
- 1 cup or finely chopped carrot (vegetables are optional)
- 1/4 teaspoon five spice powder.

42.2. Directions (rice)

Cooked this in two (approx 34cm x 22cm) rectangle oven dishes

Cook rice according to instructions on packet.

Cook vegetables in microwave jug with one dessertspoon of water And cover with glad wrap for six minutes Add together and spread evenly in two dishes

42.3. You need (Sauce Mix):-

- 2 medium onions finely chopped
- 4 cups of bacon pieces
- 2 large (800g) tins of chopped/crushed tomatoes
- 5 level teaspoons chicken stock
- 5 good shakes or pepper
- 2 teaspoons of sugar
- 3 cups of grated cheese

42.4. Directions (Sauce Mix)

Fry Onion till soft (about 5 minutes), add bacon, Tomatoes, chicken stock, pepper and sugar. Bring to the boil and simmer gently for 5 minutes.

Pour equally over rice and sprinkle each with grated cheese.

Bake for 30 Minutes at 180 Celsius

43. Lamb Stew

43.1. You need :-

About 1 to 1.5 kg of lamb pieces (I used large chunks as supplied by the butcher). The chunks are about the size of a small fist and with there bones still in them. (Other meats cuts can be used.)

Vegetables

- 3 large onions finely chopped.
- 4 garlic section (large) crushed
- 4 medium carrots chopped in quarters long ways then diced 15mm.
- 2 cups of cabbage sliced and diced.
- 1 table spoon of curry powder
- pepper to taste
- About a 1 to 2 tea spoons of dried mixed herbs.
- 1 table spoon of margarine and two table spoons of olive oil (for vegies)

Note : Extras to the dish

I have added other vegetables as well, still comes out great. One cup to 1.5 cups of diced mushrooms, as well two cups of shredded cabbage. These I leave on the bottom of the dish before adding the meat and gravy is added. With one cut diced zucchinis then on top.

43.2. Directions

In a fry pan add the margarine and olive oil, then the garlic, onions, carrots and cabbage. Add the curry powder and dried mixed herbs then pepper to taste. Cook until the onion is starting to go transparent. Then remove and place in a deep oven-proof dish.

Browning the meat

Add a table of spoon of olive oil to the fry pan where you just cooked the vegetables and then brown the lamb.

43.3. You need (Gravy Mix) :-

- 1 tea spoon of sugar

- 1 tea spoon of salt (or as I use chicken stock powder)
- 1 tea spoon of bi-carb-of soda
- two table spoons of tomato sauce (can use bar be que)
- two table spoons of Worstershire sauce
- 2 to 2.5 table spoons of plain flower.
- 2 cups of water

Note: You can also add any additions flavours or saucers of your choice to this gravy at this stage.

43.4. Directions (Gravy Mix)

While browning the lamb you can pre heat the oven to 160°C and prepare the gravy.

Mix all the gravy ingredients in a bowl. Use an extra large bowl as the bi-carb-of soda will cause the mixture to froth up.

Once the meat is brown, place them on top of the vegetables and then cover with the gravy mix. Ensure the oven dish is covered when in the oven ie use a lid or aluminium foil. Leave in oven for 2.5 to 3 hours at 160°C, Checking every hour to give the ingredients a small stir.

Then serve with your favourite vegetables steamed or boiled. I have used just boiler potatoes and Brassall sprouts. I coved the potatoes with the gravel from the stew. Cooking this way the meat just fall off the bones. Yum

44. Chicken Laksa

Soup is generally a safe addition for the healthy eating diet and with our Asian influence many of us are opting for fresh & very tasty Laksa's more and more.

What does laksa mean? It means "ten thousand" because there are so many condiments to be added. This Southeast Asian fast food - said to be the creation of ancient Chinese who migrated to Malaysia - is sold as a meal from thousands of soup vendors, all of who have their own special recipe. This recipe is cheating a little by using a pre-repared paste.

44.1. You need :-

- 1 large Chicken Breast
- 1 onion, diced
- 2 tsp grated ginger
- 1 tbs laksa paste
- 160ml skim milk
- 3/4 tsp coconut essence
- 1.5 litre chicken stock
- 150g pad thai noodles
- 1 tbs lime juice
- 1/4 cup fresh corriander leaves

44.2. Directions

Place onion & laksa paste in the bottom of a large saucepan and sautee until fragrant, add ginger and stock, bring to the boil. Add diced chicken breast and simmer for 3 mins. Add noodles and simmer a further 5 mins or until noodles are cooked. Add milk and essence, bring to the boil and add some lime juice. Serve in large bowls with coriander stirred through.

Serves Four: Degree of difficulty: Low

Energy - 1045kjs; Fat - 3gr; GI - Low

Appendix 1 conversion tables

Table 1 Liquid Measures			
1 pint US = 473 ml = 16 fl oz	1 pint UK = 568 ml = 20 fl oz		
1 cup US = 237 ml = 8 fl oz	1 cup UK = 284 ml 10 fl oz = 0.5 pint		
	1 teacup UK = 189 ml = 7 fl oz = 0.33 pint		
1 standard cup = 250 ml	1/2 cup = 125 ml; 1/4 cup = 60 ml; 1/3 cup = 80 ml		
1 fl oz US = 30 ml	1 fl oz UK = 28 ml		
1 Tblspn (both) = 15 ml	8 Tblspn UK = 142 ml = 5fl oz = 0.25 pint		
1 tspn (both) = 5 ml			
Table 2 Weight Measures			
1 kg = 2 lb 3 oz (2.2 lb)	450 g = 1 lb = 16 oz		
1 oz	30 g		
2 oz	55 g		
3 oz	85 g		
4 oz	110 g		
5 oz	140 g		
7 oz	195 g		
9 oz	250 g		
11 oz	310 g		
13 oz	365 g		
15 oz	420 g		
16 oz	450 g		
Table 3 Oven Temperatures			
Fahrenheit	Centigrade	Gas mark	Description
225 F	110 C	1/4	very cool
250 F	130 C	1/2	
275	140	1	cool
300	150	2	
325	160	3	very moderate
350	180	4	moderate
375	190	5	
400	200	6	moderately hot
425	220	7	hot
450	230	8	
475	240	9	very hot

Appendix 2 Translation Things

Table 4 Flour measures	
All flours approx	30 g = 1 oz = 3 level Tblspn
white plain flour = all-purpose flour	1 cup = 125 - 150 g = 4 - 5 oz
wholemeal = stone-ground = whole wheat	1 cup = 170 g = 6 oz
cornflour = cornstarch	1 cup = 150 g = 5 oz
corn meal = polenta	1 cup = 170 g = 6 oz
rye flour	1 cup = 170 g = 6 oz
chocolate, cocoa powder	30 g = 1 oz = 3 level Tblspn
Table 5 Cereals measures	
pearl barley, rice, bulgur wheat, millet, wheat	1 cup = 195 g = 7 oz
semolina, ground rice, tapioca	1 cup = 170 g = 6 oz
fresh soft breadcrumbs, cake crumbs	1 cup = 55 g = 2 oz
dried breadcrumbs	1 cup = 110 g = 4 oz
rolled oats = porridge oats	1 cup = 100 g = 3.5 oz
Table 6 Butter, Margarine, etc measures	
butter, margarine, cooking fat, lard, dripping, shortening	1 Tblspn = 15 g = 0.5 oz 8 Tblspn = 110 g = 1 stick = 4 oz 1 cup = 225g = 8 oz
Table 7 Cheese measures	
grated cheese, cheddar type	30 g = 1 oz = 4 level Tblspn 1 cup = 110 g = 4 oz 4 - 5 cups packed = 450 g = 1 lb
Table 8 Sugars measures	
white sugar, dark soft brown sugar	1 Tblspn = 16 g 30 g = 1 oz = 2 level Tblspn 1 cup = 225 g = 8 oz
castor sugar	30 g = 1 oz = 2 level Tblspn 1 cup = 210 g = 7.5 oz
icing sugar	30 g = 1 oz = 2.5 level Tblspn 1 cup = 110 g = 4.5 oz
Palm Sugar	1 Tblspn = 22 g 1 cup = 340 g
Table 9 Vegetables and Fruit measures	
onion	1 small to medium = 1 cup chopped
peas, shelled	0.75 cup = 110 g = 4 oz
sweet corn, cooked	1 cup = 110 g = 4 oz
celery	1 cup = 4 sticks
tomatoes, chopped	1 cup = 195 g = 7 oz
button mushrooms	1 cup = 85 - 110 g = 3 - 4 oz
beetroot, chopped pickled	0.33 cup = 55 g = 2 oz
blackcurrants, redcurrants, bilberries	1 cup = 110 g = 4 oz

raspberries, strawberries	1 cup = 140 g = 5 oz
Table 10 Spices and herbs measures	
Fresh long chillies	1 Tblsp = 0.25 fresh chilli = 12 g 1 cup = 4 fresh chillies = 100 g
Dried long red chillies	1 Tblspn = 1 dried chillie, deseeded and soaked = 2 g 1 cup = 15 dried chillies, deseeded and soaked = 25 g
Birds eye chillies	1 tspn = 3 birds eye chillies = 6 g 1 cup = 30-odd birds eye chillies = 90 g
Lemongrass	1 Tblspn = 0.33 small stalk = 6 g 1 cup = 6-10 small stalks = 90 g
Galangal, ginger, tumeric (fresh)	1 Tblspn = 10 thin slices = 10 g 1 cup = 150 g
Red Shallots	1 Tblspn = 2 small shallots or 1 large = 10 g 1 cup = 15 small or 8 large = 150 g
Deep Fried Shallots	1 Tblspn = 4 small shallots or 2 large = 15 g
Garlic	1 Tblspn = 2 medium cloves or 5 small = 10 g
Deep Fried Garlic	1 Tblspn = 3 medium cloves = 15 g
Coriander Root	1 tspn = 1 medium coriander root = 4 g 1 Tblspn = 3-4 medium coriander roots = 12 g
Kaffir lime zest	1 tspn = zest approx 0.25 lime = 8 g
Shrimp Paste	1 Tblspn = 22 g
White peppercorns	1 tspn = 7-8 peppercorns = 3 g 1 Tblspn = 20 peppercorns = 10 g
White sugar	1 Tblspn = 16 g 1 cup = 230 g
Palm Sugar	1 Tblspn = 22 g 1 cup = 340 g
Table 11 Dried Beans measures	
black, lentils, chickpeas pinto, white	1/2 cup = 100 g = 3.5 oz
Table 12 Dried Fruit and Nuts measures	
currants, sultanas, raisins, chopped candied peel	1 cup = 140 - 170 g = 5 - 6 oz 0.33 cup = 55 g = 2 oz
glace cherries	1 cup = 225 g = 8 oz
sesame seeds	0.75 cup = 100 g = 3.5 oz
whole, shelled almonds	1 cup = 140 g = 5 oz
ground almonds	1 cup = 110 g = 4 oz
chopped nuts	0.4 cup = 55 g = 2 oz
coconut, dessicated	30 g = 1 oz = 4 level Tblspn
Table 13 Dried Fruit and Nuts measures	
peanuts, almond, cashew, etc	1 cup = 225 g = 8 oz
Table 14 Preserves measures	
clear honey, golden syrup, molasses, black treacle	30 g = 1 oz = 1 level Tblspn

	1 cup = 340 g = 12 oz
maple syrup, corn syrup	1 cup = 310 g = 11 oz
jam, marmalade, jelly	0.5 cup = 140 - 170 g = 5 - 6 oz