

SPAGHETTI BOLOGNESE

1 PACKET OF STRAIGHT NOODLE SPAGHETTI



500g OF MINCE

4 TEASPOONS OF PARMESAN CHEESE

1 LEGOS BOTTLE OF PASTA SAUCE (LARGE BOTTLE. 500ml)

METHOD

- 1: FRY THE MINCE ON THE STOVE FOR ABOUT 20 MINS. OR UNTIL BROWN.
- 2: BOIL THE PASTA ON HIGH UNTIL NICE AND SOFT.
- 3: ADD THE SAUCE TO THE MINCE WHEN COOKED AND MIX WELL FOR A COUPLE OF MINS.
- 4: WHEN PASTA IS COOKED, DRAIN THE WATER FROM IT AND POUR INTO DISH.
- 5: POUR THE MINCE ON TOP AND SPRINKLE THE PARMESAN OVER THE TOP.

WHY MY FAMILY LIKES THIS MEAL.

MY FAMILY OF 5 LIKE THIS MEAL BECAUSE IT IS QUICK AND EASY TO MAKE. THE PARMESAN CHEESE REALLY BRINGS OUT THE FLAVOUR IN THIS RECIPE. I REALLY LIKE THIS MEAL BECAUSE IT TASTES GREAT

THIS RECIPE IS ORIGINALLY FROM ITALY. SPAGHETTI BOLOGNESE IS A GREAT FOOD OVER THERE.

IAN EVANS

MARSHMALLOWS

INGREDIENTS

- 1 cup sugar
- 1 cup water
- 1 tbsp gelatine
- 1 tsp vanilla
- 2 tsp lemon juice

METHOD

Place sugar, water, gelatine in saucepan, stir until dissolved. Boil without stirring for 10 minutes. Allow to cool. Add vanilla and beat until thick and white. Colouring may be added at this time. Pour into a greased tin. When set, cut into pieces and toss in toasted coconut. If round marshmallows are required, fill a baking dish with about 3 cms of plain flour (which may be re-used), and make hollows with the narrow end of an egg. Pour the marshmallow into the hollows, remove when set and toss in toasted coconut.

This recipe is good for a quick sweet snack and they're good for parties and fetes.

ANDRE'

MARS BAR SLICES

INGREDIENTS

7 mars bars
4 cups of rice bubbles
250g Cadbury chocolate

METHOD

melt the mars bars and the block of chocolate in the microwave in separate containers for 4-5 minutes. Then mix the melted mars bars and the rice bubbles on a thin container then pour the melted chocolate on top . Then leave it in the fridge till it hardens . After it has harden cut it into small cubes.
serves 20-30 people.

I like this recipe because it is really easy to make and it tastes really nice I got this recipe from my auntie.
by diana

Spaghetti Bolognese Sauce

This an authentic Italian dish that was passed down through my Italian ancestors. It is a spicy Italian bolognese sauce with a hint of oregano. If you like Italian food you will definitely enjoy this



Ingredients.

250 gms of minced meat
4 Tbsp of tomato paste
1 onion finely chopped
2 pinches of oregano
2 cloves garlic, crushed
1 bay leaf
3 dried chillies
250 mls of water

Method.

- 1) Melt butter in frying pan , then fry onions until golden brown
- 2) Add garlic to pan and fry for 1 minute
- 3) Add minced meat and cook until meat is browned
- 4) Add tomato paste and mix well
- 5) Add water, chillies, oregano and bay leaf and simmer until the sauce is a nice texture
- 6) Serve with Spaghetti, Ravioli or fettucine

Che Moyle

SPAGHETTI NEOPOLITANA

INGREDIENTS

1 onion, finely chopped
1 clove garlic
2 x 800g tins of tomatoes
fresh basil
oregano
1-2 tspns sugar
salt
pepper
1/2 cup water

METHOD

Brown onion in a pan and add garlic. Add tomatoes, including juice, and chop into small pieces. Add water, salt, pepper, oregano, basil and sugar. Simmer for 35 mins. Serve over spaghetti and sprinkle with parmesan cheese. Serves 4.

WHY I LIKE IT

I like this recipe because of the basil taste. I usually put in lots of basil.

This dish probably originated from Italy. I got this recipe from a previous class cookbook.

By Ben Parkin.

TOFFEE SQUARES

INGREDIENTS

395g Sweetened condensed milk
125g Butter
1tbs Golden syrup
1.5 Cups brown sugar
1tsp Vanilla essence

METHOD

Mix condensed milk, butter, golden syrup and brown sugar in a pan, boil for 5-6 min. Stir continuously. Remove from heat, add vanilla, mix well. Pour into well-greased cake pan let it cool and cut it into squares when set.

I like this recipe because it's quick to make; It doesn't have many ingredients and it tastes great.



By Carol.

CHOCOLATE SAUCE.

INGREDIENTS.

1 tbsp. of Cocoa
1 tbsp. of Butter
4 tbsp. of Milk
2 tbsp. of Sugar

METHOD.

Place all ingredients into a small saucepan and bring to boil
Simmer for about one minute so it is a reasonably thick consistency
Serve immediately. Serves one

This is a family recipe that my mother made up some time ago. It is a rich delicious sauce for pouring over icecream, pudding or a syrup for making delicious milkshakes.

DAVID HEINRICH.

~ Notes ~

PIZZA

Ingredients

Base

4 cups of self raising flour

1/2 cup of warm water

1/2 cup of vegetable oil

Toppings

mozzarella cheese 750 grams

7 mushrooms

10 Spanish olives

1 stick of fritz meat

1 can of champignons

3 rings of pineapple

4 onion rings

3 slices of red capsicum

250 grams of tomato paste

1 pizza tray

METHOD

Sift self raising flour into mixing bowl. Make well in flour and add vegetable oil and rub in then add warm water slowly. Use more if a little dry. Roll with rolling pin and flatten. Place dough in pizza tray and trim edges with back of knife. Then smear tomato paste on dough and place mozzarella cheese on top and spread evenly. Dice mushrooms and place on cheese. Add olives (cut in half first) Dice fritz and break pineapple. Leave onion rings whole or dice which ever is preferred. Do the same with the three red capsicum slices. Cook for approximately 30 to 35 mins.

WHY I LIKE IT.

The reasons that like Pizza is because the mozzarella cheese melts in your mouth so to speak, and the toppings are just so beautiful.

ORIGIN

Pizza originated in America but people say that the Italians invented the beautiful

dish so no one really is sure where it came from.

WHERE WE GOT THE RECIPE.

We obtained our recipe from my grand parents. But I'm not sure where they got their recipe from. Dad adapted it to our tastes.

Clint Gates

QUICK MOIST CHOCOLATE CAKE .

INGREDIENTS :

2 tbsp cocoa

1/2 tsp bi-carb of soda

2 eggs

1 cup of water

1 1/2 cups of SR flour

1/4 lb of butter/marg

METHOD:

Pre-heat oven to 180 C. Then put water, cocoa, bi-carb of soda & butter/ marg in a saucepan, heat, then simmer for approx. 5 minutes. Leave to cool. Put mixture in bowl then add flour. Put in greased cake tin/s & put it in the oven. Cook it for 40-45 minutes or until cooked.

FOR DECORATION : (if wanted.)

Let it cool then if you want, make some chocolate icing & spread it evenly on the top.

SERVE :

Serve it with a cup of coffee, tea or even hot chocolate.

ORIGIN :

I got given this recipe from my grandmother from her family cookbook & when I cooked it I liked so I thought I'd write it down. (& because I'm a chocolate fanatic!)

Alicia Edwards.

Apricot & sultana loaf

Ingredients:

1 cup All Bran
1 cup sultanas
1 cup chopped dried apricots
1 cup brown sugar
1 cup milk
1 tablespoon honey

Method:

Mix above ingredients together using a fork. Let stand 3/4 hour. Add 1 cup self raising flour and mix well. Grease or line loaf tin. Bake for 50 mins (approx) at 180 at degrees Celsius.

Origin:

I found this recipe in my Mum's favourite cookbook and decided to try it. It was so delicious I thought I would tell everyone about it.

Steen Mueller.

The Pizza

INGREDIENTS

1 cup of flour
1 Tablespoon of oil
Some milk
1 teaspoon of Baking powder
Some toppings (including tomato paste, cheese, and pineapple)

METHOD

Sift flour, salt, and baking powder into a medium sized bowl. Add oil, and slowly add a little milk until there is a thick doe in the bowl. Knead the doe a little bit, and then roll out on a bench top with a rolling pin. Place the doe in a large pizza tray, and layer the base of the doe with the tomato paste. Grate the cheese and spread over the paste evenly. Add all the other toppings and put in a pre heated oven at 210C for 20-25 minutes.

PIZZA

INGREDIENTS

For Base:

7g dry yeast

2 cups of plain flour

1/2 tsp. salt

1 T sugar

For Topping:

1/3 cup tomato paste

1/4 tsp. ground oregano

1 tomato, sliced

125g salami, sliced

1 small onion, diced

1 green capsicum, diced

1 - 1 1/2 cups grated mozzarella cheese

METHOD:

Mix dry ingredients in a large bowl. Make a well in the centre. Add warm water and mix well to form soft dough. Turn onto a lightly floured board. Knead for 10 minutes until smooth and elastic. Place dough in a lightly greased bowl. Brush with warm water and cover with greased plastic wrap. Leave in a warm place until doubled in volume, approximately 40-45 minutes. When doubled in size turn dough onto a lightly floured board. Knock down (punch fist once into the centre) then knead for 1 minute. Roll dough to fit tray. Rest for 15 minutes. Spread dough with tomato paste, sprinkle with oregano. Top with remaining ingredients. Sprinkle with grated cheese last. Bake at 200° C for 25-30 minutes or until cheese is bubbly.

Serves 4

My family likes this recipe because, even though it takes a while to make, it tastes good and is reasonably healthy. It is also cheaper than eating out.

This recipe was given to my mum by one of her friends when she went to Italy to catch up, with her.

Tim Van Every

MICROWAVE BROWNIES

INGREDIENTS

90g Butter or Margarine

1 cup sugar

2 eggs

1 teaspoon vanilla

1 cup SR flour

1/4 cup cocoa

1/4 cup drinking chocolate

icing sugar

METHOD

Melt the butter in the microwave 30 seconds or until melted. Combine all ingredients and beat until smooth. Pour into pie dish sprayed with non stick spray. Cook on high covered 5 1/2 minutes. Cool before cutting into squares dust with icing sugar.

ORIGIN

This recipe came from one of mums really old cookbooks, whenever we make it, it only lasts one day.

Joanne Stoner



"I would kill for those biscuits!"

ANZAC BISCUITS

INGREDIENTS

4 Oz Butter or Margarine
1 tbspn golden syrup
2 tbspn boiling water
1.5 teaspoon bi-carbonate soda
1 cup of rolled oats
3/4 cup desiccated coconut
1 cup [4 Oz] plain flour
1 cup [8 Oz] sugar

METHOD

Melt butter and golden syrup over gentle heat, add mixed boiling water and soda bicarbonate. Pour into mixed dry ingredients, blend well. Drop teaspoonfuls of mixture onto greased tray. Bake in slow oven [300 F] for 10-20 minutes. Remove and store in airtight containers when cool. Makes about 4 dozen.

FAMILY TRADITION

My Grandmother used to cook Anzac biscuits for my mum when she was a girl. The secret recipe for beautiful Anzac biscuits has been passed down to my mother and I reckon they're the nicest biscuits anywhere. So do my friends, who are always scabbing them off me!

Greg Boyle

STIR FRIED VEGETABLES

SERVES 6

INGREDIENTS

1/2 a cabbage
3 carrots
1/2 capsicum
1/2 a cauliflower
a handful of string beans
1 cup of bean sprouts
1 kilo of thinly chopped chicken fillets
1/2 a kilo of a broccoli
1 cup of peas
1 cup of water
1 handful of spaghetti noodles

METHOD

Chop the carrots, capsicum, cauliflower, chicken fillets, and broccoli. Grate the cabbage (or chop finely). Put some oil into a large frying pan or wok and add the chicken. Fry until the chicken is a golden brown. Add the vegetables, noodles and the water. Cook for about half an hour.

ORIGIN

I got this recipe from my mother, who used this recipe when we were young. There were four of us under seven years of age. She cooked this because it is quick to make and nutritious. She has passed this on to her four daughters (including me). It was the first meal she taught us to cook.

We like it because it has plenty of taste, vitamins and minerals.

BROOKE STARR

VEGETABLE CURRY

INGREDIENTS

4 Cups of chunky mixed vegetables (pumpkin, potato, cauliflower, beans, brussel sprouts, carrots, peas, cabbage, etc.)

1/2 tspn of cumin

1/2 tspn of turmeric

1/2 tspn of coriander

1/2 tspn of curry powder

1 tbsp of tomato paste

METHOD-

Place the vegetables in a saucepan and add water until they are nearly covered. Cook until tender. Add cumin, turmeric, coriander, curry powder and tomato paste. Adjust to taste, adding more curry powder for a hotter taste.

SERVE-

Serve steaming hot with rice. Serves two.

ORIGIN-

This recipe originated in India but has been changed to suit Australian people.

WHY I LIKE IT-

I like this recipe because it is easy to make, healthy and yummy.

By Nicola Loffler

Apple Tea Cake

Ingredients

1/2 metric cup butter or margarine

1/2 metric cup sugar

vanilla essence

1 egg

1 1/2 cup SR flour

salt

approx. 1/2 cup milk

2 tsp cinnamon

1 tbsp crystal sugar

3 apples, stewed

Method

Cream butter and sugar. Add Vanilla. Add egg and beat well. Sift flour and salt together and add alternately with milk. Place half mixture in a greased sandwich tin. Spread apple over mixture and place rest of cake mixture evenly on top. Combine cinnamon and sugar. Sprinkle on top of cake. Bake for 30-35 mins at 190 C.

This recipe came from a friend of ours, from a cook book called 'Country Cooking.' Wendy cooks a lot and enjoys making cakes and cookies.

My family likes this recipe because it is a very moist cake. It is scrumptious.

By Lauren Butler

COFFEE CREAM LOAF

INGREDIENTS

1.25 cup dry instant coffee
1 cup hot water
12 sponge finger biscuits
100g dark grated chocolate
250g pack cream cheese, softened
.5 cup thickened cream
300ml carton thickened cream
tin of mandarin oranges

METHOD

Combine coffee and water in small bowl. Brush biscuits with coffee mixture, lie half the biscuits over base of shallow serving dish. Place a layer of mandarin oranges. Sprinkle half the chocolate over the biscuits and oranges. Beat cheese and cream in small bowl with electric mixer until smooth. Spread mixture over chocolate, place remaining biscuits on top. Whip extra cream until soft peak forms, spread over top of biscuits, sprinkle with remaining chocolate, refrigerate until serving.

WHY I LIKE IT

This recipe is a favourite of mine, I love the coffee taste, and the way the cream melts in my mouth. Just when you think the taste cant improve, the juice of the mandarin oranges explodes in your mouth, even writing about this recipe makes my mouth water.

James Miskimin.

BROCCOLI FRITTATA

INGREDIENTS

2 CUPS OF BROCCOLI FLORETS,
4 EGGS
1 CUP OF MILK
1 (500g) PACKET OF CONTINENTAL THICK-
VEGETABLE SOUP
1/3 CUP GRATED TASTY CHEESE

METHOD

PLACE BROCCOLI INTO GREASED QUICHE DISH.
BEAT EGGS WITH MILK AND SOUP MIX, POUR
OVER BROCCOLI.
SPRINKLE CHEESE ON TOP. BAKE AT 180°
FOR 40-45 MINUTES SERVES 4

MY MUM COOKS THIS AT LEAST ONCE A WEEK.
IT IS VERY HEALTHY AND VERY NICE TO EAT.
IT IS VERY EASY TO MAKE.

THE RECIPE CAME FROM NEW IDEA MAGAZINE
8/8/92.

AIMEE JOLLY.

IMPOSSIBLE PIE

INGREDIENTS

4 Eggs (beaten)
2 Cups milk
2 tsp Vanilla essence
3/4 small cup of Sugar
1 cup Coconut
1/2 cup of Plain Flour
1/2 cup Margarine

METHOD

Mix all ingredients and place in a microwave bundt dish and put in the microwave for 14 minutes on high. Invert onto a plate and then turn back over and eat.

ORIGIN

My mum got it out of TV news in 1984 edition. I find it easy to make and it is very delicious.

JONATHAN BEHN

Famous Jones Cake

Ingredients

1 1/2 cups Self- raising flour
2 tbsp cocoa
1 cup sugar
2 eggs
1/2 cup milk
tsp vanilla essence
180g butter

Method

Melt butter. Sift Self- raising flour and cocoa into bowl. Add all other ingredients. Beat for two minutes. Pour mix into greased 20 cm ring tin. Bake in moderate oven for 35 minutes.

Keeping : 1 week

This recipe was learnt off by heart. The book that it was in, was lost. Luckily we remembered the method and ingredients !

I like this recipe because it has a lovely, rich, chocolate taste and my mum makes it often.

Cristy Jones

JOHN OXLEY'S BEST CHRISTMAS CAKE EVER.

Ingredients:

1 cup flour
1 cup butter
4 large eggs
1 cup dried fruit
1 tsp. salt
lemon juice
1 cup brown sugar
nuts
1 or 2 bottles whiskey.

Method:

Before you start sample the whiskey to check for quality. Now go ahead.

Select a large bowl, measuring cup etc. Check the whiskey again as it must be just right. To be sure the whiskey is of the highest quality, pour 1 level cup into a glass and drink it as fast as you can. Savour the feeling.

With an electric mixer, beat 1 cup of butter in a large fluffy bowl. Add 1 teaspoon of sugar and beat it again.

Meantime, make sure the whiskey is as good as it was at first. Cry another tup. Open becond sottle if neshessary.

Add 2 large leggs, 2 cups fried druit and beat till high. Sample the whiskey again to check it for consh... conshis... conshishtenshy.

Next sift 3 cup's salt or anything, it doesn't really matter... check the whiskey.

Grind 2 pint's lemon juice. Fold in chopped butter and strained nuts. Add 1 babblespoon of brown sugar or any old colour you can find. Wix mell.

Grease the oven and turn the cake pan to 350 gredees.

Pour the lot into the empty biskey wottle stir it into the oven and bake.

Winish the frisky and bo to ged.

LAUREN BUTLER.

MEAT SALAD SAUCE

INGREDIENTS

3 tsp sugar
2 tsp salt
3 tsp fish sauce
3 tsp oyster sauce
2kg of meat
cucumber
Salad
tomatoes

METHOD

Add sugar, salt, fish and oyster sauce to a bowl and stir with a spoon until mixed. Slice the meat, cucumber and tomato. Put oil in the pan, add meat and stir for a while then put the sauce on top of the cooked meat and turn off flame. Place cut up cucumber and tomato on plate and put the meat on top of that and then the salad on the meat. This recipe can be served with rice.

This recipe is from my mum and she got it from her mum and all our family members know and love it.

BUN RETH CHHUM

NANGARI HAMBURGER

Ingredients

1 lb/500g mince
1/2 cup milk
1 pkt chicken noodle soup
2 eggs
1 onion, chopped fine
1 grated carrot
1 cup S.R. flour
1/2 cup water
salt and pepper

Method

Mix altogether and let stand for a while. Just spoon onto barbecue and spread out to size and thickness required. Barbecue to desired appeal.

This recipe came from a friend of my mum's.

I like it because it's different, easy to make and yummy.

BY REBECCA PIKE

STRAWBERRY CHOCOLATE CUPS

(makes 24)

INGREDIENTS

200grams of dark eating chocolate
6 tablespoons of whipped reduced cream
24 strawberries
24 patty pans

METHOD

Half fill an electric fry pan with water and turn onto low heat. Place chocolate in a bowl or jar and put into fry pan to melt, being careful not to chocolate.

If you do not want to go to all that trouble just get a pot, fill it with water, boil it and then place the chocolate in and melt it. When chocolate has melted, place a teaspoon full into each patty pan. With a small brush, spread the chocolate over the bottom and up the sides. Then place in the fridge till set. To serve, spoon a teaspoon of whipped cream into each patty pan and arrange a strawberry (2 halves) on top.

This recipe was from my Grandfather on my father's side. He used to make all sorts of interesting sweets. This recipe was one of the easiest to make and the most fun. We like them because they taste great and they are really good for parties.

E.J.C.

CHOCOLATE CHIP COOKIES

INGREDIENTS

500g of butter
1 egg
1 cup of sugar
a few drops of vanilla essence
1 and a half cups of self raising flour
Approx. half a cup of chocolate chips (as desired)

METHOD

Melt butter and allow to cool. Beat the egg and sugar and add the melted butter. To this mixture add vanilla essence, beat well. When well beaten add self raising flour. Now add a hand full of chocolate chips. Mould the mixture into "walnut sized" portions. Place them on a greased tray. Bake in moderate oven for about 15-20 minutes.

My family and I all like these cookies because they taste nice. Mum has been making them since I was little. She got the recipe from a very old cook book given to her by my grandmother. They taste really great and they are very easy to make. Try them!

Belinda Kinnaird-Gondolf



HOT TOAST SAVOURY.

INGREDIENTS.

1 cup grated carrot
1/2 cup finely chopped onions
butter
1 cup grated cheese
1 egg
salt and pepper
slices of bread

METHOD

Cook carrot and onion in hot butter in a pan for ten minutes. Stir in cheese. Allow to cool. Beat in one egg, stir the mixture together. Season to taste. Spread on bread slices and bake at 350 degrees Fahrenheit (180degrees Celsius) for 20 min. Serve hot.

Kym Duinker

HOT POTATO

serves 5

Ingredients

5 whole potatoes
1/4 cabbage finely chopped
1 grated carrot
200gm of grated cheese
10 teaspoons of sour cream
30gm of butter

Method

Clean then boil the potatoes with skin for 30min then drain. Cut each potato into quarters then spread the butter on the inside of the potato. Sprinkle the cheese, carrot and cabbage then put 2 teaspoons of sour cream on top.

Origin

I got the idea from a school fete and it is an Australian recipe. I like making hot potato because it is simple and it tastes great. It's also healthy. My family love it and we have it at least once a week.

MARIA MAVROU

PIKELETS

INGREDIENTS

1 cup self-raising flour
Pinch salt
1/4 tsp bicarbonate of soda
2 tablespoons sugar
1 large egg
1/2 cup milk
1 tablespoon lemon juice
1 tablespoon butter, melted

METHOD

Sift flour, salt and soda into a bowl. Beat sugar, eggs, milk and lemon juice together and then add to flour mixture, beating until a smooth batter forms. Fold in melted butter. The mixture should be thick, but beat in a little more milk if necessary. Drop a tablespoon at a time onto a heated and greased iron or steel pan or hot plate. Cook until bubbles form on the upper surface of the pikelets. Turn over with a spatula to brown on the other side. Remove to platter. Repeat until all mixture is used. If you wish to make more, simply double the ingredients when preparing the batter. Serve with butter and jam. It's also delicious with honey and cream.

I like pikelets because they're great for lunch, maybe with soup, especially with Dad's own lemon honey spread. They usually don't keep for very long but you can always heat them up in the microwave later, to soften them. To stop them getting cold while you are cooking the other ones cover them with a tea towel.

ORIGIN

Grandma used to cook these a lot, however it's not her recipe. Vlt's very similar though, except for the added lemon juice. Dad usually prefers to cook them on a Sunday with him as the cook. Whenever anyone else cooks them they are never right!

Karyn Iles

RECIPE FOR SCONES

INGREDIENTS:

- 3 cups S.R. flour
- 1 tspn salt
- 2 oz. butter
- 1 cup milk, soured with 1/2 tspn lemon juice

METHOD:

Set oven very hot. Sift dry ingredients into bowl. Rub in butter. Mix in milk adding more if necessary to make a soft dough. Knead lightly and roll out on floured surface to 3/4 inch thickness. Cut into circles. Place on greased oven tray and glaze tops with milk. Bake in very hot oven for 10-15 minutes.

ORIGIN:

I like scones because they taste beautiful and they are so quick and easy to make. They don't have much in them so you normally have the ingredients. You can eat them in so many different ways and at any time of the day too.

Michelle Hogan.

SWEET
FOODS

BLUEBERRY MUFFINS

INGREDIENTS

60 ml (1/4 cup) oil
2.5 ml (1/2 teaspoon) vanilla essence
250 ml (1 cup) milk
45g (1/4 cup) brown sugar
375g (2 1/2 cups) self raising flour
SIFTED WITH
1 teaspoon baking powder
250g (1 punnet) blueberries

METHOD

Place oil, vanilla essence, milk and sugar in a mixing bowl and stir until combined. Fold in flour and blueberries. Spoon mixture into a 12-cup non-stick muffin pan. Bake at 200 degrees celcius for 20 to 25 minutes, or until golden brown.

ORIGIN

I got this recipe from my mom who is Canadian. It is one of her favourite foods and also one of mine.

Steven Hobbs

PIKELETS or DROPPED SCONES.

INGREDIENTS.

2 cups of S.R flour
pinch of salt
1/3 cup of sugar
1 egg
Milk to mix.

METHOD.

Sift flour and salt. Add sugar. Drop unbeaten egg in the middle of the bowl and stir. Add enough milk to make a fairly thick batter, and beat well. Have the frying pan hot greased but not too oily, as this may cause uneven browning.

Drop the mixture into the frying pan from the point of a tablespoon to make them a good shape. Turn on second side. Lift on to cake cooler and cover with cloth.

ORIGIN.

There were many different foods similar to pancakes from Indians, Mexicans, and all over Europe.

Today's pancake probably came from France. I like pancakes because they taste good and are easy to make.

Ross McKirdy.