

# ***PEGASUS U3A GARDEN GROUP***

## ***RECIPE BOOK***

### ***BON APETIT AND MERRY CHRISTMAS***



#### ***Smoked Salmon Pate***

125g smoked salmon  
30g butter (melted)  
2tsp oil  
1 tbs juice  
Pepper.

1/4 cup cream or 250 cream cheese  
1/4 tsp French mustard,  
2 shallots or 1/2 a small red onion  
1 tsp cappers

Place smoked salmon in a food processor with melted butter, blend. Gradually add lemon juice and oil. Blend until smooth. Add cream, or cream cheese, then mustard and cappers, then finely chopped shallots or grated red onion. Blend. Refrigerate.  
Garnish with fennel, dill or parsley. Serve with rounds of French bread, toast triangles, or crackers.

*Jan Leitch*

#### ***Olive Cheese Balls***

50 g grated tasty cheese  
1 cup flour  
20-25 stuffed olives

3 tbs softened butter  
1/2 tsp cayenne pepper

Cream butter and cheese together. Sift flour and pepper and add to cheese and butter. Knead until smooth.  
Cover each olive with a teaspoon of dough and place on a lined baking tray. Bake at 200° for 15 minutes or until light, golden brown.  
Cool on racks.  
Will keep in an airtight container for up to a week.

*Diana Whiting*

## ***Curried Chicken and Mango Pasta Salad***

250g large spiral pasta, cooked and refreshed in cold water and well-drained  
2 cups shredded cooked chicken (can poach the chicken the day before, shred next day)  
1 telegraph cucumber, halved lengthwise and thinly sliced  
1 large celery stick, thinly sliced  
1 large firm mango, cut into 2 cm cubes – keep ¼ of these to one side for garnish  
Mix all together.

### Dressing Mix:

½ cup whole egg mayonnaise  
1 tsp curry powder  
1 tbs apple cider vinegar

Mix together, stir into pasta mixture. Top with extra mango and ¼ cup chopped parsley.

NB: Freezes well if cucumber removed – and then nice warmed (in microwave, from frozen) as a warm salad.

NB: Frozen mango chunks can be used – but only if necessary.

Pat Pilkington

## ***Salmon with Cranberry, Parsley and Nut Crust***

1 cup panko breadcrumbs                      1/2 cup dried cranberries, chopped  
1/3 cup pine nuts, extra for garnish      1/2 cup sliced almonds  
1/3 cup flat leafed parsley  
Extra for garnish                              Zest of 1 lemon  
3 tbsp thyme leaves, chopped              Zest of 1 orange  
1/3 cup melted butter, plus extra for drizzling  
Whole side of fresh salmon, about 1.5kg  
1 lemon cut into wedges, to serve

Preheat oven to 200 degrees. Line a large oven tray with baking paper.  
In bowl mix, breadcrumbs, cranberries, almonds, pine nuts, parsley, thyme and lemon and orange juice. Stir in melted butter and season with salt and pepper.  
Pat salmon dry with paper towels.  
Place salmon on prepared tray, skin side down. Season with salt and pepper and sprinkle crust mixture evenly on top, pressing down gently. Drizzle over melted butter. Place on shelf in middle of the oven, bake for 20-25 minutes or until salmon is just cooked and crust is golden. Garnish with more cranberries and parsley for colour. Serve with lemon wedges. Serves 8. Serve with new potatoes and salad.  
Perfect for family members who don't eat meat.



Bron Goldschmidt

## ***Minty Pea Dressing***

(make the day before to enhance flavours)

3 cups frozen peas  
2 tbs chives (or spring onion greens)  
1 cup coarsely chopped mint  
1/2 cup sour cream  
Good pinch of cayenne or chilli powder

2 garlic cloves (optional)  
1/2 cup mayonnaise  
1 tbs butter or margarine

Microwave peas with 1/2 cup water, 1/2 tsp salt, 1 tsp sugar and a handful of mint leaves (until just thawed). Strain, retaining liquid.

Stir through butter or margarine.

Blend all ingredients in a food processor until smooth. If required, add some retained liquid until the dressing is the consistency of thick cream. Dressing should be a nice green colour.

Great over hot new potatoes or as a dressing on potato salad. Sprinkle with chopped spring onion greens and finely chopped red capsicum.

Adrienne Pavelka

## ***Pork Sausage, Apple and Sage Stuffing***

Preparation time: 15 mins Cook time: 30 mins Serves 6

25g Butter  
2 medium Onions, roughly chopped  
8 slices white bread  
1/2 cup chopped Parsley  
2 Celery stalks, thinly sliced  
6 Pork sausages  
1 Apple, peeled, cored, cut into 1cm cubes  
1 Lemon for zest and juice  
1/4 cup chopped Sage (or 2 tsp dried)

4 Garlic cloves, finely chopped  
2 Eggs, lightly beaten  
1 tsp Salt  
1 tsp Pepper

### *Method*

Preheat the oven to 180°C (160°C fan-forced)

Heat the butter in a large frying pan over a medium heat. Add the onion, celery and garlic and cook for 8 minutes until softened. Place into a large bowl.

Soak the sausages in a bowl of cold water for 10 minutes. Peel off the skins and break into 2cm pieces.

Blend the bread in a food processor to make breadcrumbs.

Add the breadcrumbs and sausages to the onion mixture with eggs, parsley, salt and pepper, apple, lemon and sage, and mix well.

Place the mixture into a greased loaf tin and bake for 20 minutes.

### *Alternatives*

Chili flakes, and/or cumin, and/or nutmeg, to spice it up a bit especially if someone is allergic to sage.

Orange zest and juice instead of lemon

Chicken stock instead of Eggs

Dried cranberries for the Christmas look

Nuts such as pistachio, chestnuts etc can be added

Add half kilo of pork mince as well as the sausage meat and stuff half and the other half make meatballs wrapped in bacon to surround the turkey.

Bake them in the last hour of cooking with the turkey or separately.

Lynne Hazlett

## Celery Apricot and Walnut Stuffing

50gm goose fat or butter                      2 onions, finely chopped  
50gm dried apricots, finely chopped  
1 small head of celery, finely chopped  
100gm walnuts, chopped                      80gm fresh breadcrumbs  
1 tbs chopped parsley                      salt and pepper

**If you are cooking the stuffing in a separate dish in the oven –**

1 cup chicken stock - adjust the quantity depending on how you like your stuffing

Melt the goose fat or butter in a pan and add the onions. Cover and cook until soft, but not browned.

Add the celery, apricots and walnuts and cook for about 4 minutes on a high heat, stirring continuously.

Allow the mixture to cool and add the breadcrumbs and parsley. Season to taste.

**You can freeze the stuffing at this stage. Be sure to defrost it thoroughly before use.**

**To cook the stuffing in the oven –** Preheat the oven to 180°C/160° C fan. Place it in a well-greased baking dish and drizzle with some or all of the chicken stock - you can always start with a little and add more if the stuffing seems to be too dry.

Bake in the oven for 30 mins or until cooked through and a little crusty on the top. Keep an eye on it to make sure that the top doesn't brown too much.

Alternatively use the stuffing to stuff your bird.

Lynne Hazlett

## Pavlova

(Nice marshmallow in middle and a crusty edge)

Eggs 1 week old

3 egg whites

1 teaspoon vanilla

1 tsp vinegar

1 cup sugar

3 tsp cornflour

Beat egg whites until stiff and then trickle liquids down the side.

Add cornflour and sugar, beat.

Cook 150° for 10 mins then turn down to 100° for 1 hour.

Turn oven off and leave in oven to cool

Barbara Hampton

## Whisky Chocolate Roll

120 gms butter

1 cup icing sugar

Pinch of salt

1 egg

120 gms biscuit crumbs (crumb these first so they are ready to use)

1 tbs butter (extra)

1/4 cup whisky

200gms dark chocolate chips

Cream butter and icing sugar with a pinch of salt. Beat in egg, biscuit crumbs and whisky. Form the mix into a log shape on kitchen paper, running a fork down the sides to give the log a rustic appearance.

Place the dark chocolate and 1tbs butter in a medium pyrex bowl. In a larger separate bowl put very warm water to 2-3 cms depth. Carefully place smaller bowl (with chocolate & butter) into larger bowl so no water reaches the chocolate. Stir constantly with dry spatula until chocolate and butter are melted and smooth. If the water cools, replace with hot water. Coat log and store in fridge. Slice as desired. (I make numerous and wrap in foil once hardened and tie red bow around. But do keep in fridge.)

Val Lear

## Berry Layer Terrine

¼ cup sugar

1 ½ cups water

5 cups assorted seasonal berry fruit e.g. strawberries, raspberries, blackberries, blueberries (also kiwifruit and pineapple could be used)

1 Tbs lemon juice

1½ Tbs gelatin

Arrange fruit in a nice pattern at bottom of tin as this becomes your top.

Dissolve the sugar in boiling water and add gelatin \*\*\*

Line a 7 cup loaf tin with plastic wrap to overlap at all ends.

Layer the berries. Pour over most of the gelatine mixture but keep some back.

Pack well down so all the berries are covered. Re-cover with plastic wrap.

Place 2 cans on top and refrigerate 3-4 hours or so until set. If needed,

top up with additional gelatin mix after a couple of hours.

Place the loaf tin in hot water for 5-10 seconds to loosen from the mould.

Invert and serve sliced. Serve with yoghurt or cream.

\*\*\*Tips on using Gelatin

If you mix gelatin in hot liquid directly, the water will not reach the centre of crystal and the crystals will stick together. So beware of it, that will not let your gelatin bloom. Over a hot water bath, keep a bowl of gelatin. (Just boil water in a pan and keep heat proof bowl in it, remove from heat.) Add lukewarm liquid to gelatin crystal. It may be water, juice or milk. Mix at regular intervals until all crystals completely dissolve, about 2 minutes. No gelatin crystal should be lingering around the vessel or spoon, all should be dissolved. Keep the bloomed gelatin in hot water bath until needed in your recipe. If gelatin solidifies heat again on slow flame until melted without boiling. Then add bloomed gelatin as recipe calls for it. And the mould should set easily.

Mix 1 tablespoon gelatin to 2 cups (500 ml) of liquid. If you use 1 tablespoon of gelatin in 3 cups liquid, you'll have softer jelly that can be served in dish without un-moulding. If you use less gelatin your end result will be softer. And if you use too much gelatin your end result will be rubbery jelly. Similarly, the longer gelatin sits in fridge, the rubbery is its texture.

Gaynor Button

## Pineapple Pavlova Roll

4 eggs whites

1 tsp cornflower

2 tsp vinegar

8 tbs sugar

300ml whipped cream

1 tin crushed pineapple, drained

Toasted coconut or slivered almonds

Whip egg whites, add cornflour and beat slightly. Add vinegar still beating. Add 6 tbs of the sugar and beat until stiff and glossy. Fold in last 2 tbs sugar. Grease and line a sponge roll tin with grease proof paper. Spread mixture evenly into the tin. Sprinkle with coconut or almonds. Cook at 150°C for 15 mins or until golden brown. Have ready paper sprinkled with castor sugar. Tip pavlova onto the paper and gently peel off paper. Cool slightly. Spoon fruit over roll and then spread with whipped cream. Roll up long sides and chill in fridge overnight or for at least 2 hours. The roll can be frozen but allow 2 hours for thawing. Flaked chocolate can also be used for filling.

Gaynor Button

## Christmas Chocolate Slice

250 gm chocolate

350 mixed fruit

100 gm sugar

75 gm coconut

2 eggs

Ginger

Melt chocolate and pour into a sponge roll tin. Refrigerate. Mix remaining ingredients. Pour on top of chocolate. Bake 150°C for 25-35 mins. Cool and refrigerate. Cut before slice is too cold and hard.

Barbara Crooks



## Tiramisu

4 eggs  
2-3 tbs of either Marsala, Brandy, or Baily's  
400g mascarpone cheese  
350 ml espresso-strength coffee, cooled  
Salt  
Dark chocolate for grating  
Serving dish – 25cm wide x 9cm deep

¼ cup castor sugar

250g ladyfinger biscuits

Separate the eggs into two large bowls. Add the castor sugar to the yolks and whisk for 5 mins until thick and pale.

Add the mascarpone cheese and marsala and whisk again to combine.

Clean and dry the whisks. Beat the egg whites with a pinch of salt until they form stiff peaks. Fold half the beaten egg whites into the mascarpone mixture. Fold in the remaining egg whites until fully incorporated, set aside.

Pour the coffee into a wide shallow dish. Set half the biscuits aside, then dip the remaining half very quickly one by one into the coffee. Line the bottom of a serving dish.

Spoon half the mascarpone filling over the biscuits and spread into an even layer. Grate over a healthy shower of chocolate.

Dip the remaining biscuits very quickly into the coffee one by one and arrange a second layer over the filling. Spoon the remaining mascarpone mixture over the biscuits.

Cover the dish tightly with plastic wrap and refrigerate for at least 6 hours

Eileen Ballard

## Norwegian Seed Loaf

3 large or 4 small eggs, beaten  
3tbs olive oil  
1tsp sea salt

Mix, then add:

75g pumpkin seeds  
75g sunflower seeds  
50g sesame seeds  
3tbs chia seeds

150g pecan nuts, chopped

50g dates, chopped

Tip the wet mixture into a greased and lined loaf tin. (It's not a deep loaf.)

Bake in a 160° fan oven, 40-50 minutes until firm and a golden brown.

The seed bread cuts extremely thinly as soon as it is cool.

Pat Pilkington



## Gingerbread Bundt

1 cup strong ginger beer	1 cup molasses (not blackstrap)
1/2 tsp baking soda	2 cups all-purpose flour
1/4 cup ground ginger	1 1/4 tsp salt
1 1/4 tsp baking powder	1 tsp freshly ground black pepper
3/4 tsp ground cinnamon	1 cup light brown sugar
1 cup granulated sugar	3/4 cup vegetable oil
3 large eggs	2 tbs

finely grated peeled fresh ginger

1 lime, zest of

### *Topping*

500gm sour cream or cream cheese

1 tsp ground ginger	2 tbs light brown sugar
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Combine the ginger beer and molasses in a large saucepan (about twice as large as seems necessary). Bring to boil. Turn off the heat and stir in the baking soda. It will fizz hence the reason for the large saucepan. Cool - stirring to release steam every so often - while you prepare the rest of the cake batter.

Heat the oven to 180°C. Butter and flour a 10-inch Bundt pan. Place on a rimmed sheet pan.

Combine the flour, ginger, salt, black pepper, baking powder, and cinnamon in a large mixing bowl. Whisk until smooth.

Combine the sugars, oil, eggs, ginger, and lime zest in a medium mixing bowl. Whisk until smooth. Add a small splash of the ginger beer–molasses mixture. Whisk. Add another small splash. Whisk. Repeat this until you have added about half. (This tempers the eggs, so they don't scramble.) Add the rest and whisk.

Add half the liquid mixture to the dry ingredients. Whisk until smooth. Add the rest of the liquid mixture and whisk until smooth. Pour into the prepared Bundt pan.

Bake for about 1 hour and 10 minutes, or until a long, thin knife inserted in the centre comes out clean.

Let cool in the pan until you can touch the pan without burning yourself. Turn out the cake onto a cooling rack to cool completely.

Meanwhile, make the topping:

Mix all the ingredients together and keep in the fridge until serving.

Just before serving the Bundt cake, dust with icing sugar. Slice and serve with dollops of gingery sour cream.

(A Bundt tin is a deep ring tin, wider at the top than the bottom. You can use a 23 inch round or square tin with tall sides.

Evelyn Heinz

## Christmas Truffles

1 cup currants	2 1/2 cups chocolate cake crumbs
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125g dark cooking chocolate	1 tsp oil
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75g white chocolate melts	red and green glace cherries
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2 tsp orange rind, finely grated

1/4 cup of either rum, whisky, brandy or orange juice

Put currants in a sieve and pour boiling water through them. Place in a bowl with orange rind and spirits or juice. Leave to stand.

Crumble chocolate cake. Melt dark chocolate.

Mix chocolate and cake crumbs, add currant mixture and mix thoroughly.

Roll into balls. Place in foil or fluted confectionary cups. Cool in fridge.

Melt white chocolate melts. Add oil and mix together. Spoon a little on top of each truffle and decorate with cut up pieces of cherry.

Lyn Russell