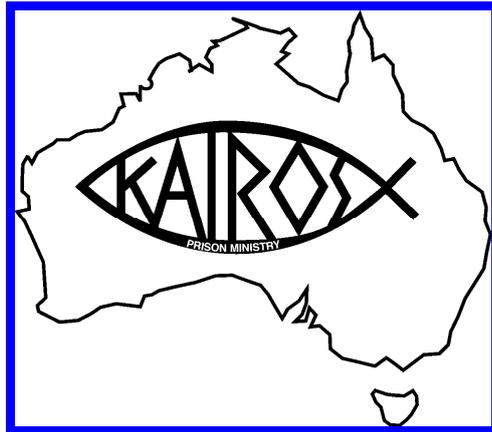


THE

*“Aussie  
Tucker”*

COOK BOOK



*“I was in prison and you visited me”*

Matthew 25:36

Kairos Prison Ministry Australia started in Australia in 1995. Over the past ten years God has blessed this ministry. Its growth throughout the country has been incredible.

To allow this growth, funds are needed to operate our National Office and support the work that is done within our Regional Committees.

This book is the third in a series of cook books which are printed and collated by volunteers to raise funds so that KAIROS may continue its work

The first “Not the Anzac Biscuit” book  
The second “Menus for Mobs”  
And now The “Aussie Tucker” Cook Book

May God bless your time in the kitchen and those who benefit from it.

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Australia is a very multi cultural country – because of this Australians eat a wide variety of foods which have many origins, Because of foods stuffs available and other influences many of the foods we eat have been adapted to suit “Australians”.

This book contains recipes, some which have been handed down through generations and have a very “English” background.

Recent generations however have discovered the many and varied ingredients and methods of cooking that have become an everyday part of “Australian Cooking”.

Meat and three veg are no longer a staple diet for many Australians.

We hope you enjoy eating your “Aussie Tucker”.

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## FRENCH ONION DIP

1 pkt French Onion Soup  
1 ctn Sour Cream  
1 Tsp Dry Curry Powder  
2 Hard Boiled Eggs – Mashed  
Chopped Chives

Place all ingredients in small bowl

Mix thoroughly – cover and place in fridge

Allow to stand for at least 6 hours

Serve with savoury biscuits or vegetable sticks.



# ULURU (AYERS ROCK)

## Ingredients:

- 1 Packet or tub of Cream Cheese
- 1 Jar of Seafood Sauce
- 1 Tin of Crab Meat
- Savoury Biscuits

## To Serve:

- Place cream cheese on platter
- Top with crab meat
- Pour seafood sauce over top

- Serve with biscuits
- (To be eaten like a dip)



## BILLABONG IN A DAMPER

1 Cup Mayonnaise

1 Cup Sour Cream

1 Pkt Frozen Spinach 250g

1 Pkt Mixed Vegetable Soup

1 Medium Onion finely chopped

Pepper to taste

1 Damper (or Cob Roll)

Thaw spinach and drain mix, mix all ingredients together. Stand for 24 hours.

Have damper one day old. Cut top off damper and remove bread from inside. Pour dip into damper and place lid on. Serve with broken bread pieces around damper and remove lid. (Guests use bread to scoop dip from centre of damper)

## PUMKIN SOUP

1kg Pumpkin (several varieties if possible)

1 Large Kumera (optional)

2 Onions

1 Carrot

1 Potato

7 Cups Chicken Stock

½ Tsp Nutmeg

Salt and Pepper

Small Tin Coconut Milk (optional)

Peel vegetables and cut into pieces

Place all ingredients (except coconut milk) into a large pot bring to the boil and simmer for 1 hour. Place small quantities into a blender and blend until very smooth. Return to the pot, reheat for 30 min to 1 hour before serving, add coconut milk if desired just before serving.

May be served with a small spoonful of sour cream and snipped chives.

## BARBEQUE PRAWNS

500G Green King Prawns

1 Tsp Cornflour

1 Tsp Salt

1 Egg White

1 Tsp Curry

Powder

1 Lge Onion

¼ Tsp Sugar

2 Tsp Sate Sauce

3 Tbsp Cream

½ Red Pepper

1 Cup Oil

Shell and de-vein prawns, rinse and pat dry.

Make a slit along back of each prawn. Put cornflour, salt and unbeaten egg white into a bowl, mix well – add prawns and coat well with mixture. Allow to stand for 1 hour.

Heat oil in wok or frying pan, add prawns and cook quickly (approx. 2 minutes).

Remove from pan and drain well. Drain oil from pan leaving ¼ cup. Add peeled and chopped onion and sauté for 2 mins. Add sate sauce and cream, bring to boil – reduce heat and simmer for 1 min. stirring constantly. Ad

capsicum. S



## SWAGMANS ROLL

1 Pkt Frozen Puff Pastry

1 Onion Chopped finely

500g Minced Beef

2 Beef Stock Cubes

½ Bottle Tomato Sauce

Fry mince and onion, add stock cubes and tomato sauce. Place in bowl, cover and chill.

Roll out pastry and spread with meat mixture. Roll up and place on greased oven tray. Bake in hot oven for 20 mins.



## A Kitchen Prayer

Bless my little kitchen Lord:

I love its every nook;

And bless me as I do my work,

Wash pots and pans and cook.

May the meals that I prepare

Be seasoned from above

With your blessings and your grace,

But most of all your love.

As we partake of earthly food,

The table you have spread:

We'll not forget to thank you, Lord,

For all our daily bread.

So bless my little kitchen, Lord,

And those who enter in:

May they find nought but peace and joy

And happiness therein

## CHOKO CHUTNEY

4 kg Chokos

500g Onions

500g Apples

Peel above ingredients and put in food processor and chop finely.

600ml Vinegar

2 Tbsp Golden Syrup

1 Tbsp Salt

1 Tsp Ground Ginger

½ Tsp Mixed Spice

½ Tsp Ground Cloves

1 Cup Raisins

Juice of 2 Lemons

700g Sugar

Place all ingredients in saucepan and bring to boil. Simmer for 2-3 hours until thick.

Place in clean dry jars warmed in a low oven.



# CHEESY BACON AND EGG SLICE

½ Loaf Unsliced White Bread

125g Grated Cheddar Cheese

1 Small Red and Green Pepper

1 Tsp Worcestershire Sauce

½ Tbsp Dried Basil

Pepper

1 Tbsp Mayonnaise

1 Tsp Dry Mustard

5 Rashers Bacon

3 Shallots

6 Eggs

2 Cups Milk

Trim crusts from bread, cut bread into 2.5 cm cubes, place in single layer in ovenproof dish. Sprinkle with cheese. Cut bacon into 2.5cm pieces, fry until crisp and brown, drain and place over cheese. Top with chopped shallots and green pepper. Whisk eggs with fork, add milk, mustard, mayonnaise, Worcestershire sauce, pepper and basil. Pour over bread mixture – top with red pepper, cover with plastic wrap, refrigerate overnight.

Following day bake uncovered in moderate oven for 50-60 minutes.

## HONEY-LEMON CHICKEN

500g Chicken Breast or Thigh Fillets

Cut into 2.5cm pieces

Oil for frying

Mix together

1 Clove Garlic (crushed)

2 Dsp Honey

Juice 2 Lemons

2 Tbsp Soy Sauce

1 Tbsp Sherry (optional)

1 Cup Chicken Stock

Toss chicken pieces in seasoned flour and cook in oil until golden brown – drain

Remove oil from pan and place chicken into pan. Pour mixture over chicken and simmer with lid on until sauce is thick.

Serve with rice or noodles.



## SUMMER PASTA

4 Spinach leaves stalks removed &  
shredded

1 Clove Garlic- crushed

1 Tsp Capers finely chopped

4 Anchovies finely chopped

4 Rashers bacon finely chopped

250g spiral pasta

Olive Oil

Balsamic Vinegar

Cook pasta and keep warm

Fry bacon and garlic in 1 tsp olive oil until  
bacon is well done. Add capers and  
anchovies and cook for 1 minute

Turn off heat and add spinach – lightly stir  
for 1 minute then add pasta

Place in a bowl and toss with olive oil and  
balsamic vinegar

Eat on its own or serve as a side dish

## DI'S NEVERFAIL PAVLOVA

4 Egg Whites  
1 Cup Castor Sugar

Place egg whites in small bowl

Beat with an electric mixer for approx. 1 minute on high speed until soft peaks form

Gradually add sugar 1 tbsp at a time until all sugar has been added and thoroughly dissolved.

Place greaseproof paper on a baking tray and for a circle with meringue.

Bake in a very slow oven (120°C) for 1- 1 ½ hours until shell is dry and crisp. Leave Pavlova in oven – turn off and leave door slightly ajar – allow to cool for approx 1 hour.

Remove from oven and store at room temperature – may be made a day ahead

Just before serving decorate with whipped cream and fruit.

MELKTERT (MILK TART)  
SOUTH AFRICA

2 Sheets Puff Pastry, defrosted

Filling:

150ml (3/5 cup) Cornflour

1 Lt Milk

1 Cinnamon Stick

Pinch of Salt

3 Tbsp Sugar

2 Tbsp Butter

4 Extra Large Eggs separated

Cinnamon sugar for sprinkling on top

Preheat oven to 200°C

Spray two 23cm pie plates with non-stick  
spray

Roll out the puff pastry and line the pie  
dishes. Place a layer of wax paper on top  
of the pastry and fill with dried beans or  
rice.

Bake for 10 min. Then remove the beans  
and paper. Bake for another 10min or until  
crust is done.

Cont'd

## MELKTERT cont'd

Reduce the oven temperature to 140°C

Mix the cornflour with a little of the milk to form a smooth paste.

Place the cinnamon stick, salt, sugar, butter and the remaining milk into a saucepan and bring to the boil.

Whisk the egg yolks well and add a little of the hot milk mixture. Add the egg mixture to the remaining milk mixture, also add the cornflour paste. Heat until the mixture thickens and comes to the boil **STIR CONTINUOUSLY.**

Whisk the egg whites until stiff peaks form and fold into the milk mixture. Pour into the baked crusts and bake for 1 hour. Remove from the oven to cool. (The filling will only set once cooled). Sprinkle with a little cinnamon sugar.

## TAMARILLO PUDDING (N.Z)

4 Tamarillos  
2 Cups Sugar  
1 Cup Water

Scone Mixture:  
2 Cups S.R. Flour  
60g Butter  
2 Tbsp Sugar  
Milk to mix

Sieve flour, rub in butter then add sugar.  
Add enough milk to make a soft dough.  
Roll out dough on a floured board to make  
a 30cm square

Peel Tamarillos and cut into 1 cm slices  
Place slices over dough leaving 2 cms on on  
edge

Roll up and cut into pin wheels. Place into  
20cm square oven proof dish

Place sugar and water in saucepan and boil  
until sugar is dissolved. Pour over scone  
mix and cook in moderate oven (180°C) for  
25-30 minutes

## ANZAC SLICE

- 1 Cup Plain Flour
- 1 Cup Coconut
- 2 Cups Rolled Oats
- 1 Cup Sugar
- 1 Cup Butter
- 2 Tbsp Golden Syrup
- 1 Tsp Baking Soda (Dissolved in 3 Tbsp Water)

Melt butter and Golden Syrup. Add dissolved baking soda and stir into dry ingredients. Press into a greased lamington tin. Bake in a moderate oven until golden brown. When cool cut into squares.

This mixture can also be used as biscuits. Place spoonfuls onto greased tray and bake until golden brown and crunchy.



# DUTCH MOCHA CAKE

1 Tsp Strong Coffee  
1 ½ cups SR Flour  
3 Tbsp hot Water  
170g Margarine  
3 Eggs  
170 g Brown Sugar

## Filling:

110g Margarine                      250g icing sugar  
2 Tbsp Strong Coffee      85g Chopped  
Walnuts

Make coffee by mixing coffee and hot water  
Allow to cool

Cream butter & sugar until soft and creamy  
Beat in eggs, fold in sifted flour and 1 tbsp  
coffee. Divide mixture between two greased  
and floured cake tins – bake in a moderate  
oven until firm to touch (25-30min) on cake  
rack.

To make filling – cream the butter and 220g  
icing sugar, beat in remaining coffee. Add  
chopped nuts to half the cream mixture and use  
to sandwich the two cakes. Dust the top of  
cake with remaining icing sugar and pipe  
rosettes of cream mix                      edge.



# OLD TESTAMENT SCRIPTURE CAKE

<u>Amount</u>	<u>Ingredient</u>	<u>Book</u>	<u>C</u> <u>h.</u>	<u>V</u> <u>s</u>
4 ½ cups		1 Kings	4	2 2
1 Cup		Judges	5	2 5
2 Cups		Jeremiah	6	2 0
2 Cups		1 Samuel	30	1 2
2 Cups		Nahum	3	1 2
2 Cups		Numbers	1 7	8
2 Tbsp		1 Samuel	14	2 5
1 Tbsp		Leviticus	2	1 3
6 Only		Jeremiah	17	1 1
½ Cup		Judges	4	1 9
2 Tsp		Amos	4	5
2 Tsp		2 Chron.	9	9

Look up ingredients and fill in spaces. Use the Bible as your reference unless you have a fantastic memory!! Mix as any fruit cake.

Bake slowly for 1 hour.

