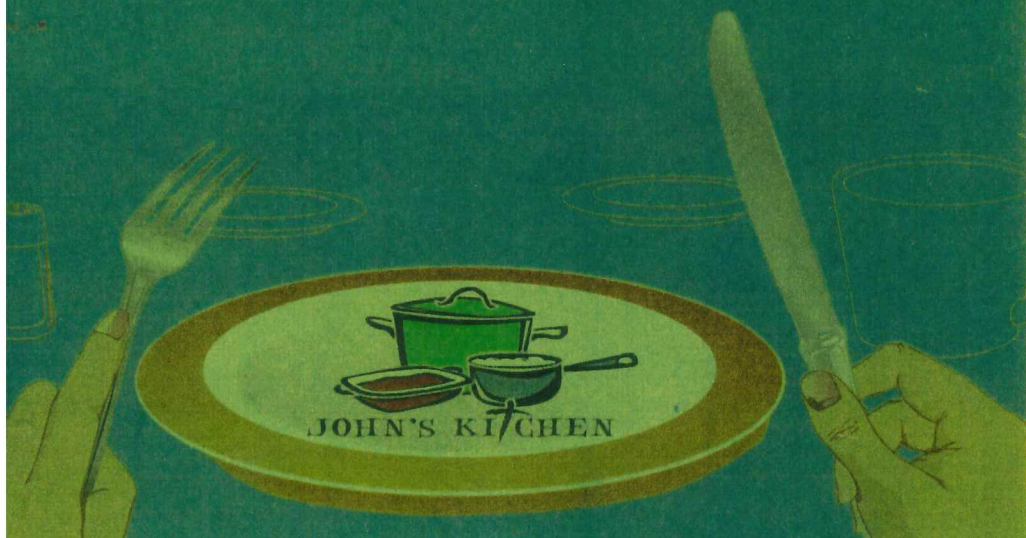


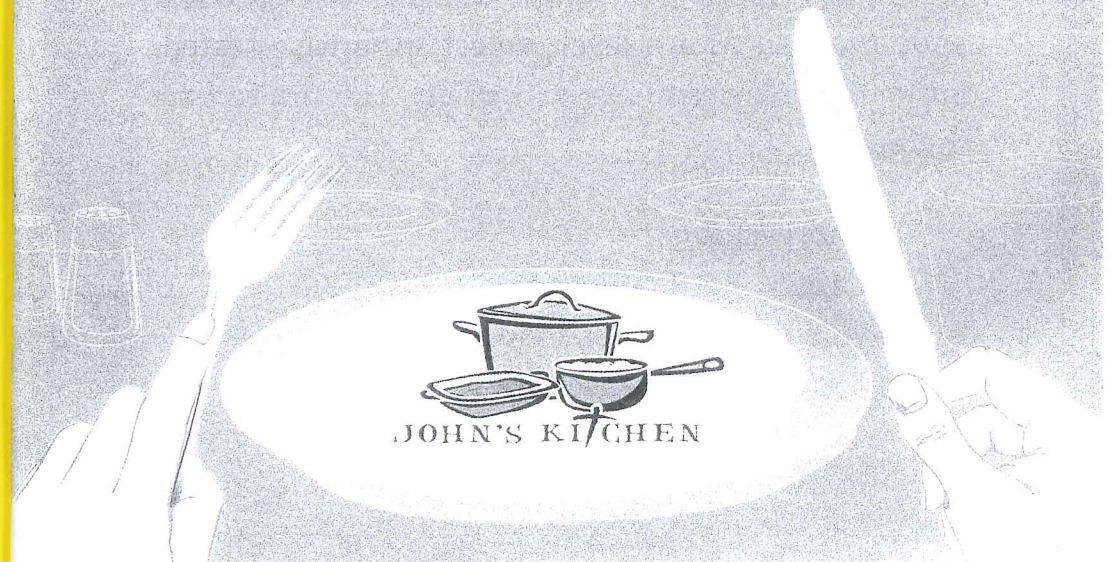
FOOD 4 U

Cheap eats for families



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Weights & Measures

For best results, use standard metric cups and measuring spoons for these recipes. All cup and spoon measures are level, unless otherwise stated. Butter measurements are in grams, as printed on the packet.

Abbreviations:

1 tbsp	1 tablespoon
1 dsp	1 dessertspoon
1 tsp	1 teaspoon.



About this book...

Sitting down and sharing a meal is, we know well, more than just about food. A dinner table is a place where family and friends come together to talk about the important things in their lives, chatter about nothing in particular, or have a few laughs.

This has been our experience in 10 wonderful years at John's Kitchen when we have served more than 50,000 meals and given away quarter of a million loaves of bread to needy families in Blenheim.

To celebrate our first decade we have gathered together more than 100 of our favourite recipes for you to cook at home and enjoy. Each recipe will feed a family of four, and most cost less than \$5 to make. They're all easy and quick to prepare, so have a go and have fun.

God bless you all.

The John's Kitchen Team

Karakia

Thank you loving God
for inviting us to share in this meal.
May we sense your presence
in new and deeper ways
And carry within us the sacred longing
for your absent guests.

May we seek always
to share the good news
That there is a place at your table
for everyone.
Amen.

MAINS

Italian meatballs

350g mince	1 cup breadcrumbs
1 egg	1 onion, chopped
2 tsp powdered beef stock	1 can pasta sauce

Combine all ingredients, apart from pasta sauce, and roll into balls the size of walnuts. Cook in frypan with a little oil till brown. Empty sauce into jug with canful of water, mix and pour over meatballs. Heat and serve over spaghetti or pasta spirals.

Cheat's Roast

4 hogget or pork chops	4 potatoes
4 pieces pumpkin	4 pieces kumara
4 pieces parsnip	

Place all in roasting dish and spray lightly with cooking spray. Bake at 180 degrees for 1 hour, turning after 30 minutes to coat vegetables with pan drippings. Serve with a green vegetable.

Tuna bake

1 cup macaroni 225g can tuna
1 pkt mushroom soup 1 cup milk
1 tsp worcester sauce 1 cup mixed vegetables

Cook macaroni in plenty of boiling salted water till tender. Drain and place in casserole dish. Add tuna (including liquid), vegetables, dry soup mix, sauce and milk, stirring to combine. Bake at 180 degrees for 30 minutes, stirring once. Serve with salad.

Meatloaf & Roast Vegetables

500g mince 1 large onion, diced
1 ½ cups breadcrumbs 1 egg
½ cup peas 1 tbsp beef stock

Knead all together mold into loaf shape and place in lightly oiled large roasting dish. Add chunks of potato, pumpkin, marrow, parsnip and spray with oven spray. Bake at 180deg for 1 ¼ hours, turning vegetables after 45 minutes.

Cantonese Stir-Fry

1 large onion 3 tbsp soy sauce
2 tbsp sweet chilli sauce
300g thinly sliced meat (schnitzel steak, pork or chicken - leftovers are fine)
6 cups vegetables (cabbage, carrots, broccoli)

Fry onion till soft, add meat and cook till brown. Stir in sauces, add vegetables and cook for 5min, adding a little water if necessary. Serve on noodles or rice.

Hedgehogs In Mud

1 cup cooked rice 1 onion
350g mince 1 egg
pkt gravy mix 2tbsp flour

Mix mince, egg, onion and rice. Shape into balls and place in ovenproof casserole dish. Mix flour and gravy mix, add two cups of water and pour over meatballs. Bake at 180 deg for 60 minutes. As meatballs cook, the rice stands out from the meat to give the appearance of prickles. Vegetables can be cooked in the oven at the same time to save electricity.

Corned Beef and Vegetables

1-2kg of corned silverside 4 potatoes
4 carrots 2 cups beans, broccoli or cabbage

In large saucepan boil meat for 1 hour. Add peeled potatoes and carrots and boil for 20min. Add remaining vegetables and boil for 5 minutes. Remove silverside from water and slice. Drain vegetables and serve. Delicious with mustard. Leftover meat can be sliced and eaten the following night with mashed potatoes and lettuce salad.

Red Flannel Hash

Cooked corned beef 4 potatoes
1 onion, chopped 1 carrot
1 cup peas 125g cheese

Boil potatoes and onion till cooked. While potatoes and onion are cooking, grate carrot and cheese and chop corned beef finely. Mash potatoes and onion with a little milk. Stir through corned beef, peas and grated carrot and press into ovenproof dish. Top with grated cheese and bake at 180deg for 20 minutes. Serve with coleslaw.

Spaghetti Bolognaise

350g mince 1 onion, diced
1 cup mixed vegetables ½ packet spaghetti
1 can chopped tomatoes or pasta sauce

Fill large saucepan with salted water and bring to boil. When boiling add spaghetti and cook till tender.

While spaghetti is cooking, in another pan brown meat and onions, breaking up large pieces. Add tomatoes or sauce, half fill can with water and add to pan, along with mixed vegetables. Cook for 5min.

Drain spaghetti and divide between plates. Spoon over meat sauce and serve.

Curry & Rice

350g mince	1 large onion,
3 cups vegetables	½ cup sultanas
1 tsp powdered beef stock	1 ½ cups rice
1 tbsp curry powder	

Wash rice and place in large covered microwave container with 3 cups hot water. Cook on high for 20 minutes.

While rice is cooking, brown mince and chopped onion, breaking up lumps. Add other ingredients, cover with water. Bring to boil and simmer for 15 min. Thicken with a little cornflour mixed with water if necessary.

Place hollow circle of cooked rice on four plates. Pour curry in centre and serve.

Mother Mackel's Meatballs

350g mince	2 tsp mixed herbs
2 medium potatoes, mashed	1 egg

Knead together and shape into patties. Fry in a little oil, turning once. Serve with tomato sauce and vegetables.

Golden Sausages

500g sausages	2 onions
2 carrots	2 tbsp flour
2 tbsp vinegar	2 tbsp tomato sauce
1 tbsp worcester sauce	1 tbsp sugar

Chop carrots and onions into rings. Place sausages and vegetables into casserole dish. Mix remaining ingredients to a smooth paste and add 1 ½ cups boiling water. Pour sauce over sausages and vegetables, cover and bake at 180deg for 45 minutes.

Fish Pie

1 can smoked fish	1 cup vegetables
1 onion, chopped finely	4 potatoes
2 tbsp butter or margarine	2 tbsp flour
1 tbsp green herb stock	1 litre milk
cup grated cheese (optional)	

Peel potatoes and boil till soft. While potatoes are cooking, place vegetables and flaked fish in baking dish. Melt butter in microwave. Stir in flour and stock powder and heat for 45 seconds. Whisk in 1 cup of milk and heat for 2 ½ minutes. Repeat till all milk is used and the sauce is smooth. Pour sauce over fish and vegetables.

Mash potatoes and spread over top of fish mixture. Sprinkle with grated cheese. Bake at 180 degrees for 30 minutes.

Pork and puha

2kg pork bones	1 kg puha
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Wash puha and wring out to remove bitterness. Place in saucepan with pork bones and boil in salted water till pork is tender (about 1 hour). Serve with boiled potatoes and carrots. Reserve stock for soup.

Boil-up and Dumplings

In large saucepan place mutton stewing chops or meaty pork bones. Add two potatoes per person, one carrot per person and two coarsely chopped onions. Cover with salted water and boil for 45 minutes. Add dumplings and boil for 10 minutes, turning once. Add coarsely chopped cabbage and cook further 5 minutes.

Dumplings:

1 cup flour	2tsp baking powder
1tsp onion salt	½ cup milk
125g butter or margarine	
1 tsp mixed herbs	
½ cup chopped parsley (optional)	

Mix flour, baking powder and salt. Using fingertips rub butter or margarine into dry ingredients until mixture is the texture of breadcrumbs. Make a well in the centre and add milk. Stir to combine. Using wet hands, roll mixture into balls the size of a golf ball and drop carefully into boil-up.

Three Day Chicken (1)

Day 1

Roast chicken

Roast medium to large chicken in oven at 180 deg for 90 mins, with chunks of potato, pumpkin and parsnip. Turn vegetables after 45 minutes. When cooked, remove from oven dish and keep warm. Make gravy by adding 2 tbsp flour to roasting pan. On stove top fry flour in pan drippings and whisk in sufficient water to make a good consistency. Add 1 tsp Marmite for extra flavour. Serve 1 leg or 1 wing per person, reserving remainder of chicken. Serve with roasted vegetables and boiled seasonal green vegetables.

Day 2

Chicken salad

Remove cooked chicken from bone. Slice breast portion and reserve smaller pieces of chicken. Serve sliced, cooked chicken with mashed potato, peas and a lettuce salad or coleslaw.

Day 3

Chicken risotto

Cook packet of rice risotto according to directions. Add 1 cup mixed vegetables, 1 chopped onion and reserved chicken shreds. Serve.

Three Day Chicken (2)

Day 1

Boil chicken in lightly salted water for 1 hour. Remove chicken from stock, and take meat from bones, returning tiny shreds of meat to the stock. Refrigerate stock, and refrigerate half the cooked chicken in a separate container.

Sweet and sour chicken

Break remaining chicken into chunks and reheat in saucepan with small can pineapple chunks, 1 cup mixed vegetables, 2tbsp soy sauce, 1 tbsp vinegar and 1 tbsp brown sugar. Thicken with a small amount of cornflour mixed in cold water. Pour sweet and sour chicken over rice or noodles to serve.

Day 2 **Chicken and vegetable soup**

Chop finely (a food processor is good for this) 2 large carrots, 2 large onions, ½ bunch celery. Skim fat from reserved stock and add vegetables, plus soaked dried soup mix. Boil for 30 minutes, season to taste and serve with toast, croutons or cheese scones. Any remaining soup can be frozen.

Day 3 **Milanese chicken**

Heat 1 can tomato pasta sauce with canful of water, add cup mixed vegetables, cup penne pasta or spirals and cooked chicken. Simmer till pasta is cooked and serve with crusty rolls and salad.

Sweet and Sour Sausages

500g precooked sausages	1 onion
1 green pepper	½ cup hot water
¼ cup vinegar	2tsp soy sauce
1 tbsp brown sugar	can pineapple pieces
1 tbsp cornflour	2tbsp cold water

In large saucepan boil together onion, green pepper, hot water, vinegar, soy sauce, brown sugar and can of pineapple, including juice, till vegetables are cooked. Mix cornflour with cold water and stir through to thicken sauce. Chop sausages into chunks, add to pan and heat. Serve over rice or pasta.

Chuckwagon Beef 'n Beans

250g beef mince	1 onion
1 cup corn kernels	diced green pepper
450g can baked beans	

In large saucepan brown mince, breaking up lumps. When meat is cooked add onion and cook till translucent. Add all other ingredients and heat through. Serve over halved hamburger buns. Even better with a side salad.

Gloria's Sunday Special

4 saveloys	1 onion
2 cans spaghetti	2 slices bacon
1 cup grated cheese.	

Slice saveloys and onion into ovenproof dish. Cover with canned spaghetti and sprinkle cheese over. Snip bacon into small pieces and place evenly on the top. Bake at 180 degrees for 30 minutes. A loaf of garlic bread can be baked alongside.

Stuffed Marrows

1 marrow	tube sausage meat
1 onion	1 carrot
1 cup breadcrumbs	½ cup peas

Slice marrow lengthwise and scoop out seeds. Chop onion finely and grate carrot. Combine onion, carrot, peas, breadcrumbs and sausage meat. Stuff cavity in marrow with sausage mixture, and place in roasting pan. Bake at 180 degrees for 30-45 minutes. Cut in thick slices to serve.

Beef casserole

500g chuck steak or gravy beef, cut into 4 pieces
1 large onion 1 tbsp beef stock
2 carrots, cut into rings 3 tbsp flour

Chop onions and place in ovenproof dish. Combine flour and beef stock powder and coat meat. Place on top of onions and cover with carrots. Add boiling water to cover and put lid on dish. Bake at 180 degrees for 2 hours, stirring after 60 minutes. Potatoes, kumara and parsnips can be baked in oven alongside casserole for the last hour of cooking.

Sausage and Egg Log

2 sheets puff pastry 1 tube sausagemeat
6 hardboiled eggs 1 onion

Place sheets of pastry end to end, overlapping by 1cm. Roll to join into one long sheet. Leaving a 5cm margin, spread sausagemeat over pastry. Sprinkle with finely chopped onion and place shelled eggs end to end down the centre. Roll lengthwise into one long roll, tucking ends underneath. Place on oven tray and bake at 180 degrees for 30 minutes. Slice to serve. Can be eaten hot or cold.

One Pot Pasta

350g mince 2 cups pasta spirals
1 onion, chopped 1 can pasta sauce
1 cup mixed vegetables 2 tsp beef stock

Brown mince and onion. Add pasta, sauce, stock and vegetables with canful of hot water. Boil till pasta is cooked (around 15 minutes). Serve with salad.

Ham and Spinach Frittata

Bunch spinach or silverbeet 2 ham steaks, cubed
1 onion, chopped finely 6 eggs
2 cooked potatoes ½ cup grated cheese
1tsp crushed garlic salt and pepper
chopped parsley (optional) 3tbsp cooking oil

Boil spinach or silverbeet, squeeze out moisture and chop finely. Set aside. In frypan, cook onion in oil. Add sliced cooked potato and ham pieces and fry till hot. Add chopped greens. Whisk eggs and seasonings together and pour over. When beginning to set, sprinkle over grated cheese. Frittata is cooked when cheese is melted. Sprinkle over parsley, and cut in wedges to serve.

Awatere Hotpot

4 stewing chops	2 carrots
2 onions	2 tbsp flour
½ cup beans	1 tbsp beef stock
4 potatoes	50g butter
2 tbsp worcester sauce	

Cut onions and carrots into rings. Mix flour and beef stock powder and coat chops, onions and carrots. Place in oven dish. Sprinkle over beans and worcester sauce. Add sufficient water to barely cover. Slice potato thinly and place over meat and vegetables, overlapping if necessary. Dot with butter. Bake at 180 degrees for 60–90 minutes till potato top is golden brown and crispy and chops are cooked. Serve with cabbage or silverbeet.

LIGHT MEALS

Mexican Peppers

4 peppers	½ cup cooked rice
1 can chilli beans	½ cup grated cheese

Cut peppers lengthwise and remove seeds. Mix rice and chilli beans. Fill peppers with rice and bean mixture; sprinkle cheese on top. Place in roasting dish with ½ cup water. Cook at 180deg for 30 minutes.

Mock Whitebait Fritters

4 medium potatoes	2 eggs
1 cup self raising flour	½ cup grated cheese
1 tsp salt	pepper to taste

Grate potatoes and wring to remove excess moisture. Add other ingredients and stir to combine. Fry in hot oil.

Kenyan Kumara

4 kumara
1 tsp crushed chilli
½ cup crunchy peanut butter

1 tsp crushed garlic
½ tsp salt

Prick kumara and cook in microwave till tender (approx 12 minutes). While kumara is cooking place other ingredients in small saucepan with 1 cup water and simmer till good consistency is reached. Cut each kumara in half and pour over peanut sauce to serve.

Zucchini and Feta Fritters

2 grated zucchini
1 egg
oil to fry

small pkt feta cheese
1 cup flour

Crumble feta and mix all ingredients together, adding a little milk if the mixture is too dry. Using only a smear of oil, drop into hot frypan, turning when bubbles form on the top. Delicious served with a tomato salsa.

Salad Wraps

One wrap per person
shaved ham or shredded chicken
shredded lettuce
sliced tomato

mayonnaise
grated carrot
grated cheese

Lie wraps flat and spread with mayonnaise. Top with shredded lettuce, carrot, cheese, meat and tomato and roll. Slice in half to serve.

Corn Fritters and Bacon

1 slice bacon per person
1 cup self raising flour

1 can creamed corn
1 egg

Fry bacon. While bacon is cooking combine other ingredients, adding a little milk if mixture is too stiff. When bacon is cooked, set aside and drop tablespoonfuls of batter into bacon fat in pan, turning when bubbles form. Serve fritters stacked with slice of bacon on top.

Family Nachos

Corn chips
200g cheese

2 cans chilli beans

Microwave chilli beans for 6 minutes on full power. While beans are heating grate cheese and spread corn chips over base and sides of large roasting pan. Spread heated beans over corn chips and cover with grated cheese. Place under hot grill and cook till cheese is melted (about four minutes). Place roasting dish in centre of table for everyone to dig in (with washed hands, of course!)

Thai Fishcakes

350g fish fillets
1 tbsp lemon juice
½ tsp crushed chilli
1 egg

1 small onion
1 tsp crushed garlic
1 tsp crushed ginger
½ tsp salt

Combine all ingredients in food processor and process to combine. Using clean, wet hands shape into small patties and refrigerate for 30 minutes. Shallow fry in cooking oil until cooked through. Serve with sweet chilli sauce.

Stuffed Potatoes

4 potatoes
1 onion

cup grated cheese
salt and pepper

Finely chop onion and microwave on full power for 40 seconds. While onion is cooking, scrub potatoes and prick each one with fork six times. Cook on high in microwave for 10 minutes – cook longer if necessary till potatoes are soft.

Lie potatoes on their sides, remove and discard thin slice of skin from top. Scoop out insides, season to taste and mash with grated cheese. Stir through cooked onion and replace mixture in potato skins. Reheat in microwave or place under grill. Even yummiest with a slice of cooked bacon chopped finely and mixed through, and a slice of tomato on top!

New York Bagels

1 bagel per person
carton cream cheese

lettuce
small tin salmon

Mash cream cheese and salmon together. Halve bagels and spread generously with cheese and salmon mixture. Top with lettuce.

TOP 20 SANDWICH FILLINGS

- Lettuce and Marmite
- Apple and peanut butter
- Cream cheese, date and walnut
- Roast beef and wholegrain mustard
- Cheese, lettuce and tomato
- Luncheon sausage, grated cheese and carrot
- Salmon and cream cheese
- Marmite and walnut
- Roast hogget and tomato relish
- Tomato and cucumber
- Cheese, ham and pineapple
- Salami, gherkin and cream cheese
- Curried egg and lettuce
- Mushy peas (yes, really!)
- Roast pork and apricot sauce
- Tuna, lettuce and grated carrot
- Chicken, brie and cranberry sauce
- Cheese and pickled onion
- Brown sugar and coconut
- Bananas and hazelnut spread

SOUPS

Green Goddess Soup

3 medium potatoes
4 stalks silverbeet

1 onion

Dice potatoes and onion. De-stalk silverbeet, discard stalks and shred green leaves finely. Boil potatoes, onion and silverbeet in salted water till potatoes are soft (around 15 minutes. Puree, dilute to taste and serve.

Corn and Ham Chowder

2 potatoes, diced
can creamed corn

1 onion, diced
½ ham steak

Boil potatoes and diced onion in salted water. Mash lightly. Add corn and finely diced ham steak. Heat and serve. Dilute with milk if required.

Leek and Potato Soup

2 potatoes, diced 2 tsp green herb stock
1 leek, chopped finely ½ tsp nutmeg (optional)

Boil in a small quantity of water till potato is beginning to fall apart and leeks have softened. Dilute with milk if required.

Cream of Vegetable Soup

2 large carrots 2 onions
½ bunch celery 1 litre milk
1 tbsp green herb stock 1 tbsp cornflour

Chop carrots, onions and celery finely (use a food processor if you have one). Cover with water, add stock powder and boil till cooked. Add milk and reheat. Thicken with cornflour mixed with a little water or milk.

Curried Kumara Soup

2 large kumara 2 onions
1 dsp curry powder 1 potato

Boil diced kumara, potato and onions with curry powder in salted water till cooked. Mash or puree with stick blender, depending on consistency required. Dilute to desired consistency. Heat and serve.

French Onion Soup

4 onions 50g butter
2 tsp sugar ¼ cup flour
1 ½ litres hot water 3 tbsp beef stock
2 tsp worcester sauce black pepper

Peel and slice onions thinly. Melt butter and fry onions gently till they soften. Add sugar and cook till they turn brown. Add flour and cook for two minutes, then add water gradually, stirring till soup boils. Add stock and sauce and simmer a further 10 minutes before serving with cheese on toast.

Thai Pumpkin Soup

500g pumpkin 2 onions
can coconut cream 1 tsp crushed chilli paste

Boil pumpkin, onions and chilli paste in salted water till cooked. Puree. Add coconut cream and reheat, adding more water if necessary.

Seafood Chowder

250g fish (canned, fresh, mussels, crabsticks
or a combination – anything goes!)

1 onion	½ cup small pasta shells
3 cups water	1 cup milk
2 tsp onion stock	2 tsp green herb stock
2 dsp cornflour	

Chop fish and onions and boil with seasonings and pasta till pasta is cooked (about 15 minutes). Mix cornflour with milk, add to chowder and heat till thickened. Garnish with chopped parsley.

SNACKS

Pizza

3 cups self raising flour	½ cup cooking oil
1 cup water	¼ tsp salt

Knead all together, adding more water if too dry or more flour if the mixture is runny. Place on a floured oven tray, roll out thinly and add toppings.

Toppings:

Cover base with tomato sauce, pasta sauce or a tin of spaghetti. Sprinkle with chopped onion, green or red peppers, mushrooms, ham, salami, pineapple, lightly fried mince or grated cheese to taste. Bake at 180 degrees for 20 minutes.

Crostini

1 baguette (French stick)

Slice and place on oven tray. Spray with oven spray and place under a hot grill till lightly golden. Turn slices, spray, and toast till golden. When cold, top with favourite toppings. Makes 24.

Toasties

6 hamburger buns grated cheese
can spaghetti or creamed corn
slice bacon (optional)

Cut buns in half and place on oven tray, outer side upward. Grill at 200 deg till toasted (takes about 1 minute. Turn bun halves so untoasted side is uppermost and spread with spaghetti or creamed corn. Top with grated cheese and piece of bacon. Return to grill and cook till cheese is melted (about 2 minutes).

American Hot Dogs

4 long bread rolls sliced onion
tomato sauce mustard (optional)
4 saveloys or frankfurters

Boil saveloys till cooked. While meat is cooking slice onion thinly and microwave for 1 minute. Cut bread rolls lengthwise and spread with mustard. Divide onion equally between rolls. Place one saveloy or frankfurter on each roll and top with tomato sauce.

Hummus

1 cup dried chickpeas 2 lemons
2tsp crushed garlic 1tsp crushed chilli
1 tsp salt 1 cup oil

Cover chickpeas with water and stand for at least an hour (overnight is good). Rinse, cover with water and boil till soft (about two hours). Drain, keeping cooking liquid. Place chickpeas in food processor with other ingredients and process till smooth, adding some of the reserved liquid if necessary.

Serve with crostini, pita bread or toasted wholegrain bread cut into triangles.

Potato Wedges

4 potatoes 2 tbsp cooking oil

Scrub potatoes and slice into wedges. Place in roasting dish and drizzle oil over, coating each wedge. Bake at 180 degrees for 20 minutes, turning once. Season with salt to taste (try chicken or onion salt for a change) and serve with tomato sauce or sour cream and sweet chilli sauce .

Cheese Puffs

1 cup self raising flour 1 cup grated cheese
1 egg 1 cup milk
1 onion, diced chopped parsley (optional)
1 tsp curry powder

Mix dry ingredients, onion and parsley. Make well in centre. Add egg and milk and mix well. Drop small spoonfuls on sprayed oven tray and bake at 200 degrees for 15 minutes.

Pig in a Blanket

4 slices bread tomato sauce
4 frankfurters or saveloys

Boil saveloys or frankfurters. Place on slice of buttered bread and top with tomato sauce.

Welsh Rarebit

4 slices toast 1 cup grated cheese
1 tsp worcester sauce 1 egg

Mix cheese, sauce and egg and spread over toast. Place under grill and heat till puffed and golden.

Southland Cheese Rolls

1 pkt onion soup mix 1 cup water
2 cups grated cheese thin sliced bread

Heat soup mix and water till thick, take off heat and add cheese. Cut crusts from bread and spread cheese mixture thinly over bread. Roll, and place on oven tray. Spray with oven spray and place under hot grill till toasted. Rolls can be frozen uncooked and reheated.

Chicken pate

400 - 500g chicken livers 2 onions
2 tsp crushed garlic 100g butter
1 tbsp worcester sauce 2 tsp salt
¼ cup sherry, brandy or cream

Chop onions finely and fry in butter till transparent. Add halved chicken livers and crushed garlic and cook gently till liver is no longer pink. Place in food processor with all other ingredients and puree to desired consistency. Spoon into small dishes, cover and chill. Serve with crostini or toast.

Mousetraps

4 slices bread, toasted
grated cheese

1 slice bacon

Remove rind from bacon and cut into eight pieces. Microwave for 45 sec. Cover toast slices with cheese and place two pieces of bacon on each slice. Place on oven tray and grill at 200 deg till cheese is melted (about 1 min).

Billie's Savoury Swirls

Puff pastry rectangles Pasta sauce (any kind)
grated cheese

Take a piece of pastry, spread over pasta sauce, sprinkle with cheese. Roll into log. Cut into 1cm slices and place on oven tray. Bake at 200 degrees for 5-10 minutes. Left over cooked mince, chopped bacon, mashed potato and onion can also be added if you like.

DESSERTS

Swiss Cream

1 packet jelly crystals (any flavour)
can evaporated milk (not lite)

Chill evaporated milk. Make up jelly using one cup of water. When beginning to set, whip evaporated milk till stiff. Pour in partially set jelly and whip till combined. Place in large bowl and refrigerate.

Sweet and Sour Strawberries

1 punnet strawberries ¼ cup brown sugar
½ cup lite sour cream

Place strawberries, sour cream and brown sugar in separate containers. Dip a strawberry into the sour cream, then brown sugar, pop into mouth and say "Wow."

Apple Crumble

4 apples	½ cup sugar
½ cup flour	2 tbsp butter
½ cup brown sugar	½ cup rolled oats
1 tsp cinnamon	

Peel, slice and stew apples with sugar in enough water to cover.

While apples are stewing, in a separate bowl rub butter into flour. Stir through other ingredients. Place cooked apple in ovenproof dish, cover with crumble mixture. Bake at 180 degrees for 20 minutes.

Peach Cobbler

450g can peaches	1 ½ cups selfraising flour
50g butter	½ cup sugar
1 tsp cinnamon	½ cup milk

Melt butter, add milk and combine with dry ingredients. Pour peaches and juice into ovenproof dish and place blobs of mixture over the top. Bake at 180 degrees for 20 minutes.

Butterscotch Apples

500g cooking apples	2 tbsp golden syrup
1 tbsp brown sugar	2 tbsp flour
1 ½ tbsp butter	¼ cup hot water

Slice apples into ovenproof dish. Mix remaining ingredients and pour over. Bake at 180 degrees for 30-45 minutes.

Lemon Delicious

1 tbsp butter	½ cup sugar
2 tbsp flour	2 lemons
¾ cup milk	2 eggs

Cream butter and sugar, add flour, lemon rind and juice, then milk and egg yolks. Fold in stiffly beaten egg whites and pour into ovenproof dish. Place this dish in roasting pan of cold water and bake at 150 degrees for 30 minutes. Desert will separate into a light sponge topping above a delicious lemon sauce.

Chocolate Lush

1 ½ cups self raising flour	½ cup brown sugar
2 tbsp cocoa	½ cup milk
50g butter	½ cup sugar
1 ½ cups boiling water	1 tbsp cocoa (extra)

In ovenproof dish, mix flour, brown sugar and first measure of cocoa. Add milk and melted butter and stir to combine. Spread evenly over base of dish. Sprinkle sugar and extra cocoa over top, and gently pour boiling water over the back of upturned spoon over the top. Bake at 180 degrees for 30-40 minutes.

Chocolate Sherry Mousse

1 pkt chocolate instant pudding	
1 cup milk	1 tbsp sherry
small bottle cream	

Make up instant pudding with milk and sherry. In separate bowl, whip cream and fold through. Serve in individual bowls.

Feijoa Coconut Crumble

8 feijoas	4 apples
½ cup sugar	1 cup flour
½ cup coconut	50g butter or margarine
½ cup brown sugar	1 tsp cinnamon

Peel, slice and stew apples and feijoas with sugar in small amount of water. While fruit is cooking, mix dry ingredients and rub in butter or margarine till mixture is the texture of breadcrumbs. Place hot fruit in oven proof dish and sprinkle crumble topping over. Bake at 180 degrees for 30 minutes.

Teri's Party Bonanza

1 instant pudding	300ml cream
1 fruit yoghurt	1pkt marshmallows
1 Crunchie bar	

Beat cream. Cut marshmallows in half and chop Crunchie bar into pieces. Make up instant pudding according to instructions on packet. Fold in yoghurt and half the cream and stir in other ingredients. When set, decorate with remaining cream.

Golden Doughboys

2 cups flour	2 tbsp sugar
1 tbsp butter	1 tsp baking powder
1 egg	2 tbsp sultanas

Sauce:

1 cup sugar	1 cup water
1 tbsp butter	1 tbsp golden syrup

Melt butter, and combine ingredients to form a stiff dough, adding a little milk if necessary. Form into small balls

In large saucepan combine sauce ingredients and bring to the boil. Drop doughboys into sauce and boil about 15 minutes till cooked.

Lemon Sago

½ cup sago	3 cups water
½ cup sugar	1 lemon
3 tbsp golden syrup	

Boil sago in water till clear. Stir in sugar. Add grated lemon rind and juice, and golden syrup. Chill.

Uncooked Pavlova

1 egg white	½ cup sugar
1 dsp gelatine	½ tsp vanilla essence
1 tsp baking powder	pinch salt.

Dissolve gelatine in ½ cup hot water. Add all ingredients apart from baking powder and beat for 15 minutes. Fold in baking powder and refrigerate to set.

Pear Ginger Sponge

1 can pears	25g butter
4 tbsp golden syrup	½ cup flour
1 tsp baking powder	½ tsp ground ginger

Empty fruit into ovenproof dish. Melt butter, mix in golden syrup, then add other ingredients. Mix well, and spread over pears. Bake at 180 degrees for 30 minutes.

Apple Roly Poly

2 cups flour 2 tsp baking powder
75g butter ½ cup sugar
¾ cup milk 2 apples
½ cup sultanas (optional)

Syrup:

25g butter 3 tbsp golden syrup

Peel apple and cut into small pieces. Rub butter into flour and baking powder till mixture resembles breadcrumbs. Make a well and pour in milk. Combine to make a stiff dough.

Roll out on floured board. Sprinkle over chopped apple, sugar and sultanas. Roll into a log and cut into slices.

Place slices in an ovenproof dish, and pour over syrup made by melting butter and golden syrup in 1 ½ cups of boiling water. Bake at 180 degrees for 30 minutes. Delicious served with custard.

Sherry Log

1-2 packets gingerbreads small bottle cream
sherry fruit to decorate

Whip cream till stiff. Dunk gingerbreads in sherry, then spread with whipped cream. Arrange in log shape, then cover entire log with cream. Decorate with fruit (kiwifruit or pineapple are especially scrumptious) or chocolate curls. Refrigerate for at least an hour before serving.

Eton Mess

12 small meringues small bottle cream
1 punnet berries (any kind will do!)

Whip cream till stiff. Break meringues into small pieces and gently fold into cream with berries. Chill and serve in small bowls.

CAKES AND BISCUITS

Anzac Biscuits

1 cup rolled oats ½ cup flour
½ cup coconut ½ cup sugar
1 tbsp golden syrup 75g butter
½ tsp baking soda

Mix flour, sugar, coconut and rolled oats. Melt butter and golden syrup. Dissolve baking soda in ¼ cup of boiling water, and add to butter and golden syrup. Make a well in the dry ingredients and stir in the liquids. Place in spoonfuls in cold sprayed or greased oven trays. Bake at 180 degrees for 15 minutes.

Pineapple Cake

2 cups self raising flour 1 cup sugar
450g can crushed pineapple 1 egg

Mix together, pour into a greased cake tin (a ring tin works best) and bake at 180 deg for 40 minutes. Tastes even better topped with icing sprinkled with coconut.

Gingernuts

125g butter ¼ cup brown sugar
3 tbsp golden syrup 1 ¼ cups flour
1 tsp baking soda 1 ½ tsp ginger

Cream butter, brown sugar and golden syrup together. Add baking soda dissolved in 1 tbsp boiling water. Add sifted dry ingredients. Roll into small balls, place on cold greased oven trays, flatten, and brush each biscuit with cold water. Bake at 180 degrees for 15–20 minutes, depending on crispness required.

Cupcakes

125g butter ½ cup sugar
¾ cup flour 1 tsp baking powder
2 eggs 1 tbsp milk
1 tsp vanilla

Cream butter and sugar. Beat eggs with milk and vanilla and add. Stir in flour and baking powder. Half fill paper cases with mixture and bake at 180 degrees for 10–15 minutes. When cold, decorate with icing and sprinkle with 100s and 1000s.

Yvonne's Chocolate Cake

125g butter	2 tbsp golden syrup
1 $\frac{3}{4}$ cups flour	$\frac{3}{4}$ cup sugar
2 tbsp cocoa powder	1 cup milk
2 tsp baking soda	

Melt butter and golden syrup. Pour half the milk into butter and syrup and beat into sifted dry ingredients. Dissolve baking soda in remaining milk and add to cake batter. Pour into greased or sprayed cake tin and bake at 180 degrees for 40 minutes. Ice with chocolate icing, or dust with icing sugar to serve.

Hokey Pokey Biscuits

125g butter	2 tbsp sugar
1 dsp milk	1 dsp golden syrup
1 tsp baking soda	1 $\frac{1}{2}$ cups flour

Melt butter and add sugar and golden syrup. Dissolve baking soda in milk, and add to melted mixture. Pour bubbly mixture into flour. Roll into balls and place on greased or sprayed oven tray. Flatten with a fork and bake at 180 degrees for 15 minutes.

Rapaura Oaties

200g butter	1 cup white sugar
1 cup brown sugar	1 egg
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ tsp baking soda
3 cups rolled oats	1 cup flour
$\frac{1}{2}$ cup chocolate chips (optional)	
$\frac{1}{2}$ cup sultanas (optional)	
$\frac{1}{2}$ cup chopped walnuts (optional)	
$\frac{1}{2}$ cup chopped dried apricots (optional)	

In a large pot melt butter. Stir in sugars. Whisk egg, milk, vanilla and baking soda together and add. Mix rolled oats and flour into liquid mixture and add up to two of the optional ingredients if desired.

Drop teaspoonfuls of mixture on greased or sprayed oven tray, leaving room to spread. Bake at 180 degrees for 12 minutes. Lift from trays while still warm to prevent sticking. Makes around 50.

Chocolate Chippies

75g butter ½ cup brown sugar
½ cup sugar 1 egg
1 cup flour ½ tsp baking soda
1/3 cup chocolate chips 1 tsp vanilla

Melt butter. Add sugars, vanilla and egg and beat till mixed. Add flour and baking soda. When combined, stir through chocolate chips. Shape into balls the size of a walnut and place on greased or sprayed oven trays, allowing room to spread. Bake at 180 degrees for 15 minutes.

Lunchbox Cake

1 cup sultanas or mixed fruit
1 teabag 175g butter
1 cup sugar 1 egg
1 ½ cups flour 1 ½ tsp baking powder
1 tsp almond essence

In a large saucepan, boil fruit and teabag in enough water to cover for 5 minutes. Remove from heat and remove teabag (this is important!). Add butter and sugar, and when dissolved add remaining ingredients. Bake at 150 degrees for 45 minutes.

Choccy Dobs

1 cup icing sugar 100g butter
1 cup sultanas 2 tbsp cocoa
1 cup coconut (plus extra for rolling)

Melt butter and add other ingredients. Stir to combine. Form into balls and roll in extra coconut. Place in fridge till set.

Peanut Brownies

1 cup roasted peanuts 100g butter
½ cup sugar 1 egg
1 cup flour 2 tsp baking powder
2 tbsp cocoa

Melt butter, add sugar and when dissolved add egg. Add sifted dried ingredients, adding peanuts last.

Place spoonfuls on sprayed or greased oven trays and bake at 180 degrees for 15 minutes.

Four Way Scones

Plain scones:

2 cups flour
75g butter

4 tsp baking powder
 $\frac{3}{4}$ cup milk

Pre-heat oven to 200 degrees. Sift flour and baking powder. Rub in butter till it is the consistency of breadcrumbs. Make a well in the centre and add most of the milk. Stir to make a soft dough, adding remainder of milk if required.

On a floured oven tray, pat out dough till about 2cm thick. Cut into shapes as required. Bake at 200 degrees for 10–15 minutes till bottoms are lightly browned. Serve while warm with butter and jam, or jam and whipped cream.

Date scones:

Add $\frac{1}{2}$ cup chopped dates to mixture and cook as above. Lightly butter to serve.

Sultana scones:

Add $\frac{1}{2}$ cup sultanas to mixture and cook as above.

Pinwheel scones:

$\frac{1}{4}$ cup brown sugar
1 tsp cinnamon

1 tbsp butter
 $\frac{1}{4}$ cup coconut

Make plain scone dough and roll out to make a rectangle about 40cm x 20cm. Combine other ingredients and spread the filling evenly over the rectangle, leaving 1cm clear along one side. If desired, pieces of chopped apple, nuts or sultanas can be sprinkled over.

Roll the dough toward the unfilled end, to make a long sausage. Moisten unfilled end to help it stick, if necessary.

Cut roll into pieces about 1.2cm thick and place on buttered oven tray, allowing room for spreading.

Bake at 200 degrees for 10–15 minutes. Serve plain or lightly buttered.

Shortbread

½ cup castor sugar 225g butter
2 cups flour 1 cup cornflour

Cream butter and castor sugar, Add cornflour and flour and mix together till combined. Cut into circles, squares or rectangles. Bake for 15 minutes at 150 degrees.

Armenian Nutmeg Cake

2 cups flour 1 tsp baking powder
125g butter 2 cups brown sugar
1 tsp nutmeg 1 egg
1 tsp baking soda 1 cup milk
½ cup chopped walnuts (optional)

Rub butter into flour and baking powder, add brown sugar. Press half of mixture firmly into a sprayed or greased Swiss roll tin.

Add nutmeg to remaining mixture, make a well, drop in egg then baking soda dissolved in milk. Mix well, then pour over crumb mixture. Sprinkle with nuts. Bake at 150 degrees for about 40 minutes.

OTHER YUMMY STUFF

Hokey Pokey

¾ cup sugar 2tbsp golden syrup
1tsp baking soda

In a large pot, boil sugar and golden syrup for four minutes, stirring all the time. Remove from heat and add baking soda. Once mixture froths, pour immediately into a greased tin. Break into pieces when cold.

Les's Caramel

1 tin sweetened condensed milk 1 cup sugar
½ cup golden syrup 4 dsp butter

Boil on low heat for 20 minutes. Beat till thick and pour into greased tin. Cut into squares.

Marshmallows

2 cups sugar 2 tbsp gelatine
2 cups boiling water 1 tsp vanilla essence
coconut

Mix together till gelatine and sugar have dissolved. Beat till thick and creamy. Pour into wet dish and refrigerate till set. Cut into squares and roll in coconut. Raspberry or orange essence can be used instead of vanilla.

Chocolate Fudge

2 cups sugar 1 heaped tbsp cocoa
25g butter ½ cup milk

Bring to the boil and boil for five minutes. Remove from heat and beat (preferably with an electric beater) till thick. Chopped walnuts can be added if liked.

Pour into a sprayed dish and cut into squares when set.

Popcorn

½ cup popcorn 1 tbsp butter

Place butter and popcorn in large covered saucepan on high element. Shake to combine butter and popcorn. Remove from heat when popping stops and add salt to taste.

Poplollips

1 tsp butter ½ cup golden syrup
¼ cup sugar 1 tsp vanilla essence
6 cups freshly popped popcorn

Boil butter, golden syrup and sugar till a teaspoon of mixture will crack when placed in a saucer of cold water. Add vanilla essence, remove from heat and pour over popcorn. Stir gently with a wooden spoon till all the popcorn is coated. When it is cold enough to handle, press into balls and leave to set on a buttered tray.

Lemon Cordial

6 lemons
1.5 litres water
50g citric acid
1.5kg sugar
25g tartaric acid

Boil rind and juice of lemons, sugar and water. Add acids, strain and bottle. To dilute, add half a cup of concentrate per litre.

Orange Cordial

1 orange
1 ½ tsp citric acid
2 cups sugar
½ tsp epsom salts

Grate orange rind finely into a medium sized pot. Add sugar, citric acid and epsom salts. Add 1 ½ cups water and boil for two minutes. Add orange juice and strain to get rid of rind and pips. To dilute, add water to make up to four litres of orange drink.

Caramel Sauce

1 tbsp butter
2 heaped tbsp brown sugar
2 tbsp condensed milk.
1 dsp golden syrup

Heat till mixture leaves the side of saucepan. Carefully add four tablespoons of water – the mixture can spit! Absolutely delicious over hokey pokey icecream and bananas.

Berry Sauce

2 cups boysenberries, raspberries or strawberries
¼ cup sugar
2 tbsp lemon juice or white vinegar
2 tbsp custard powder

Simmer berries and sugar in ¾ cup of water till soft. Mix custard powder and juice (or vinegar) with ¼ cup of water and add to berries. Cook over low heat till thick. Scrumptious with icecream.

Strawberry Jam

1 kg strawberries 1 kg sugar

Hull strawberries, cutting large fruit into smaller pieces if necessary. Place in large saucepan with sugar and bring to the boil slowly. Boil rapidly for 15 minutes. Pour into sterilised jars.

Plum Jam

2kg plums (weighed after stones have been removed) 2 kg sugar

Boil plums in 1 ¼ cups water till fruit is soft. Add sugar and boil quickly for 15 minutes. Pour into sterilised jars.

Grapefruit Marmalade

1 kg grapefruit 3kg sugar

Roughly chop grapefruit and remove seeds. Using a food processor, chop to a fine pulp. Place fruit in a large container and soak overnight in 3 litres water. Boil fruit about 45 minutes till soft, add sugar and boil rapidly for 15 minutes. Pour into sterilised jars.

Tomato Sauce

4kg tomatoes 1kg apples
6 large onions ½ cup salt
1 litre malt vinegar 1kg sugar
25g whole cloves 1 tbsp peppercorns
2 whole chillies

Peel onions and chop into quarters. Core apples and cut into quarters. Cut tomatoes into halves or quarters, depending on size. Knot cloves, peppercorns and chillies into new Chux cloth. Put all ingredients into a stockpot and boil three hours. Remove spices. Puree sauce with stick blender or food processor. Fill sterilised bottles and cap when cold.

Easy Pickled Onions

Small pickling onions salt
Spiced vinegar

Pour hot water over onions to loosen the skin, then peel. Put in bowl and cover with hot salty water. Leave 24 hours, then drain. Place onions in jars and cover with spiced vinegar and seal. Wait a month before eating (Hard, we know!)

Mock Chicken Spread

125g butter 2 beaten eggs
1 small grated onion ¼ tsp mixed herbs
salt and pepper

Melt butter and cook onion. Add other ingredients and cook over low heat till eggs are set. Store in fridge.

Playdough

(this one's not for eating!)

1 cup flour ½ cup salt
1 tbsp cooking oil 1 cup water
½ tsp cream of tartar food colouring

Mix together and cook in a saucepan till all the dough comes away from the sides and bottom of the pot. Store covered in fridge.

TIPS FOR CHEAPSKATES

Leftover cake makes a great pudding – break into pieces, moisten with milk, water or fruit juice, and heat in microwave. Serve with custard.

* * *

Only need a squeeze of lemon? Poke the lemon with a knitting needle and squeeze juice through hole. Store lemon in fridge to use later.

* * *

Boil a couple of extra potatoes and set aside for frittata or topping a fish pie the following day.

* * *

Don't throw liquid from boiled vegetables down the sink. Save to make soup the next day.

* * *

When making tea for more than one person use a pot. That way, two teabags will make four cups.

* * *

Save juice from canned fruit and thicken with a little cornflour or custard powder to make a sauce to pour over icecream or steamed pudding.

* * *

Remember – even if it looks a little weird, it will probably taste great!

* * *



What we do...

- Koha Café, Mon–Fri from 8.30am. Free soup and a roll, plus other nutritious food for a donation.
- Community dinner, Wednesday at 5.30pm. Everyone is welcome – no strings attached. (It's free, but we rely on donations).
- Provide bread packages Mon–Sat from 8am

John's Kitchen also provides a Drop–In Centre, Foodbank referrals, counselling and advocacy. We are a voice for the voiceless in our community.

Thank you...

The Crossroads Charitable Trust is grateful to the many individuals, service clubs, youth groups, businesses, churches and charitable trusts who help us with donations of cash, goods and labour. Most of all we thank the more than 200 people who volunteer their services each year. Without your help there would be no John's Kitchen.

If you would like to join the team, contact us at:

Crossroads (Marlborough) Charitable Trust
2 Redwood St PO Box 259 Blenheim 7240
ph (03) 578 5395 crmt@xtra.co.nz
Donations qualify for a 33% rebate



JOHN'S KITCHEN

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