

Caramel Dumplings

Preparation time: 10 minutes
Cooking time: 40 minutes

Ingredients

Sauce:
1 Tbsp butter
1 ½ cups packed brown sugar
1 ½ cups water
pinch salt

Dumplings:

1 ¼ cups self raising flour
⅓ cup sugar
1 Tbsp butter
⅓ cup milk
1 tsp vanilla
pinch salt

Method

Dumplings:

1. Sieve together flour and salt in a bowl.
2. Rub in butter, add sugar.
3. Add milk and vanilla mixing to a soft dough.

Sauce:

1. Place all ingredients into a saucepan and heat on stove to boiling, then to a simmer
2. Take a tablespoon of dough and drop into the simmering sauce. Cover tightly and simmer for 20 minutes.

Serving suggestions, tips or variations

Serve hot with cream or custard.

This recipe came from

Nanna

Name

Glenda and Steve Fitz-Payne

Coconut Slice

Preparation time: 10 minutes
Cooking time: 90 minutes

Ingredients

5 eggs
300g caster sugar
400ml pouring cream
180g desiccated coconut

Method

1. Whisk eggs and sugar until a pale colour. Add cream and coconut, combine mixture to a thin paste.
2. Place mixture into a 20cm square lined baking dish and cook in a 160°C preheated oven for 90 minutes.
3. Allow to cool. Refrigerate overnight before cutting into preferred slices or squares.

This recipe came from

Spirit House Cookbook

Name

Glenda and Steve Fitz-Payne



Carrot and Walnut cake

Cooking time: 30 minutes

Ingredients

1 cup sugar
2 eggs
¾ cup olive oil
½ tsp vanilla essence
1 cup plain flour (can be wholemeal)
1 tsp bi-carb soda
½ tsp spice
1 ½ cups grated carrot
½ cup chopped walnuts

Frosting:

125g cream cheese
1 Tbsp butter
1 ½ cups icing mixture
Lemon juice

Method

1. Preheat oven to 180°C. Combine eggs, sugar, oil and vanilla. Stir in dry ingredients.
2. Stir in carrot and walnuts. Pour into well lined round cake tin or bar tin.
3. Bake for 30 minutes or until cake leaves the side of tin.
4. Allow to cool in tin for 5 minutes then turn out onto cooling rack.
5. For the frosting, beat all ingredients well and spread over top of cake.

Serving suggestions, tips or variations

Macadamia oil and macadamias instead of walnuts.

Name

The Hill Family

5 Cup Loaf / Muffins

Makes: 1 bar tin or 12 muffins
Cooking time: 20-25 minutes

Ingredients

1 cup self raising flour
1 cup sugar
1 cup dried fruit e.g. apricots, nuts
1 cup oats/coconut
1 cup milk

Method

1. Preheat oven to 180°C. Mix all ingredients well.
2. Bake in a loaf tin or muffin pan until they are golden and spring back.

Serving suggestions, tips or variations

Very low fat.
Less than 1 cup of sugar is fine.
A touch of cinnamon works well too.
Freezes well for lunches.

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