



Week Four



APPLE SPONGE

With the weather getting much cooler a hot pudding is very comforting. Serve this hot out of the oven with custard and, for extra yum, custard and cream or ice cream. Don't forget you can swap the stewed apples for stewed pears, or poached plums or slow cooked quinces. This one is from the CWA of Victoria's *River* cookbook.

Ingredients

2 eggs

½ cup sugar

2 cups hot stewed apples

1/3 cup self raising flour

1 tbsp cornflour

Method

Beat eggs until thick and frothy. Gradually add the sugar. Fold in sifted flours. Half fill a large casserole dish with hot apples. Pour sponge mixture on top. Bake 25 minutes in moderate oven.



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MOROCCAN INSPIRED LAMB SOUP

This recipe is well worth the effort and will reward you with delicious flavour. A great one to make at the weekend when you may have more time. Then reheat for lunches during the week. From the CWA of Victoria's *Delicious Lamb Dishes* cookbook.

Ingredients

2 lamb shanks	1 tbsp Moroccan seasoning (Masterfoods brand)
2 tbsp olive oil	400gm can diced tomatoes
2 tbsp butter	1 litre beef stock
2 cloves garlic	185gm Italian Soup Mix (McKenzies brand)
1 brown onion	250gm frozen broad beans
2 sticks celery	1 swede
1 large carrot	Finely shredded celery leaves
1 zucchini sliced	Sour cream to serve

Method

Place lamb shanks into an oven bag and roast at 160C for one hour. Cool and remove any fat and bone and dice the meat. Meanwhile finely dice onion, carrot, swede, celery and crush garlic. Saute in oil and butter, together with the Moroccan seasoning. Add the tomatoes, stock, soup mix, and 1 can water (fill the diced tomatoes can) and bring to the boil. Reduce heat to a gentle simmer and cook stirring occasionally until the beans soften and the mixture thickens. Blanch the broad beans and peel away tough outer skin from the tender bean. Return the lamb meat to the soup. Add the beans, zucchini and heat through. Serve with sour cream and chopped celery leaves.