



BEEF AND BEAN CASSEROLE

Mince is a very useful and economical cut of meat whether it's minced beef, lamb, chicken or pork.

This recipe is from our little book called *Mince Matters*. It was written during what became known as the "10 year drought" to provide families with tasty, nutritious and economical family meal ideas. In this recipe, the mince beef is extended further with the addition of pasta and baked beans. This is also very quick and easy to "throw" together as a quick meal when everyone is hungry. Yum !

Ingredients

| | |
|--|-------------------------------|
| 2 tbsp butter | 2 teasp worcerstershire sauce |
| 750gm minced beef | ½ teasp dried mixed herbs |
| 1 onion finely chopped | 1 teasp chilli powder |
| 425gm can tomatoes drained and chopped | freshly ground black pepper |
| 125gm pasta shells | 225gm can baked beans |
| 1 cup hot beef stock | chopped parsley to garnish |

Method

Melt butter in a saucepan then brown the mince and onion. Stir in all the remaining ingredients (except baked beans and parsley). Mix well together and simmer gently for about 30-40 minutes. When mince is cooked and pasta is tender, stir in baked beans and heat through. Serve sprinkled with chopped parsley.

To help mop up any juices, serve with Cornbread (also from our Mince Matters cookbook)

CORNBREAD

| | |
|----------------------|-------------------------------|
| 1 ½ cups plain flour | 1 ½ cups polenta (corn meal) |
| 1 tbsp baking powder | 2 eggs |
| 3 teasp caster sugar | 1 ¼ cups milk |
| 1 teasp salt | 90gm butter melted and cooled |

Sift flour and baking powder into a bowl. Add caster sugar, salt and polenta. Mix well.

Beat eggs with milk, add cooled melted butter. Add wet to dry ingredients and stir well to combine.

Grease a 18 X 28cm lamington tin with butter, and spread batter evenly in the pan. Bake in preheated oven for 30 minutes until bread shrinks from the side of the tin.

Cut into squares and serve hot.



SCONES

From our *River* cookbook

It was recently National Scone Day !!!! Who doesn't love a scone hot from the oven with butter melting and dripping down your chin when you bite into it?

CWA is so much more than tea and scones, but scones are what we are known for. They help to raise the funds to enable us to help our communities, they provide comfort when offering a listening ear over a cuppa and very quick to put together and cook if you have unexpected visitors.

This is the recipe that we make all day every day of the Royal Melbourne Show. Preheat your oven to HOT.

4 Cups Self Raising Flour
300 ml milk
Pinch salt.

300 ml cream
1 teasp sugar

Sift flour (very important), add other dry ingredients, add cream and milk to dry ingredients and mix to make a soft dough. Place on a lightly floured board and pat out to a thickness of about 2.5cm. Cut with a floured scone cutter. Place on tray and bake in hot oven about 12-15 minutes. Re roll and cut dough until it is all used.

HINTS

1. Adding 1 tbsp cornflour to each cup of self raising flour makes scones lighter
2. Don't twist the cutter when cutting the scones or you will get "leaning towers of pisa"
3. Brush off any raw flour left on the cooked scones as the taste of raw flour is unpleasant.
4. Scones have many variations—fruit-- (add sultanas, or chopped dates or chopped dried apricots), savoury—(grated cheese, finely chopped parsley and or chives, chopped ham)
5. Children love cheese and vegemite scrolls-- roll out the scone dough quite thinly, spread with vegemite, sprinkle with grated cheese and roll up like a sponge roll before cutting into slices to bake cut side up on a tray.
6. Fruity jam scrolls—roll out the scone dough, spread with jam of any flavour, sprinkle on a mixture of sultanas and currants, roll up like a sponge roll, cut into slices, place cut side up in a round cake tin and bake in a hot oven.
7. Variations are only limited by your imagination.