



BAKED LEMON DELICIOUS PUDDING

One of the favourite recipes from our “Rooster” cookbook.

For the next few months lemons will be in plentiful supply. This is a lovely light pudding to make as a treat, or just make it anyway!! It can easily be doubled as the below mixture will only serve 4 people with a good size serve, with none left for seconds.

Ingredients

1 tbsp butter softened	juice and rind of 1 large lemon
$\frac{3}{4}$ cup caster sugar	2 eggs
2 tbsp plain flour	1 cup milk

Method

Cream butter and sugar, add sifted flour, then the rind and juice of the lemon. Stir in the beaten egg yolks, then the milk and last the stiffly beaten egg whites. (Ingredients must be added in the order given)

Pour into a greased pie dish, and stand in another dish of water and bake in a moderate oven about 45 minutes. When cooked, there is a light cake mixture on top and lemon sauce underneath.

Serve with cream or ice-cream.

Hints

1. Always make sure eggs are at room temperature before starting the recipe.
2. The bowl the egg whites are whipped in MUST be clean, dry and with no sign of any grease or else the egg whites won't whip up. This rule also applies if you are making either pavlova or meringues.



Week Seven



TWO VERY EASY DINNER DISHES TO MIX AND PUT INTO THE OVEN TO BAKE.

Both these recipes are from our “*River*” cookbook

Lemon Chicken

500gm chicken pieces	1 onion sliced
Juice of 1 lemon	2 tbsp honey
Salt and pepper to taste	

Place all ingredients into a covered casserole and cook in a moderate oven 1 hour.

Savoury Casserole

1 teasp dry mustard	1 teasp mixed spice
1 teasp curry powder	2 tbsp tomato sauce
2 tbsp plain flour	1 tbsp vinegar
1 tbsp sugar	1 chopped onion
Salt and pepper to taste	600 ml water

Mix all the above ingredients together well. Place 500gm meat (forequarter chops are nice, sausages, chicken pieces or diced steak) into a casserole dish, pour over the sauce, cover and bake 1 hour (chicken and sausages) or 1 ½ hours (lamb and beef).

Serve with vegies of choice but always good to have a mash.

Ideas for a different mash - potatoes mashed with butter and hot milk and add grated cheese and finely chopped parsley, mashed potatoes and parsnips, mashed sweet potato and pumpkin, mashed parsnip and carrots. A good way to add extra vegies to your dinner.