



COMFORT FOOD - just what we all need

The below recipes are not only comforting to eat, but send delicious aromas through the house when preparing and are easier on the budget. Do you know a neighbour who may be doing it a little harder? A container of the soup or left at the front door will give support and comfort knowing that someone cares enough to prepare and gift them in these ongoing challenging times.

LAMB, LENTIL AND ROSEMARY SOUP

From our Delicious Lamb Dishes book.

Ingredients

| | |
|-----------------------------------|---------------------------|
| 2.5 Litres water | 1 leek washed and chopped |
| 500ml beef or chicken stock | 4 cloves crushed garlic |
| 2 lamb necks or 2-3 lamb shanks | 1 pkt brown lentils |
| 2 carrots peeled and chopped | 2-3 sprigs rosemary |
| 3 sticks celery chopped | 1 tsp sugar |
| 2 chopped brown onions | salt and pepper to taste |
| Handful of finely chopped parsley | |

Method

Trim meat of all accessible fat and discard. In a large pot, add water, stock, chopped onions, carrots celery, leek, crushed garlic, whole packet of brown lentils, finely chopped rosemary sprigs (stalks removed), salt, pepper and sugar. Bring to the boil and skim and reduce to simmer, cooking until meat is tender (approx 2 hours) topping up with water if needed. Remove meat and pull apart, (discarding any fatty pieces) and returning pulled lamb meat to the soup. Add $\frac{1}{2}$ to $\frac{3}{4}$ cup of chopped parsley and serve with crusty rolls.



Week Eleven



SWEET AND SOUR MEATBALLS

From our Mince Matters book.

Meatballs

| | |
|----------------------------|-------------------------|
| 500gm mince beef | ¼ tsp nutmeg |
| ½ cup finely chopped onion | ¼ tsp pepper |
| 2/3 cup evaporated milk | 1 tsp salt |
| 1/3 cup dry breadcrumbs | Plain flour for coating |

Mix all ingredients together. Form into small balls, coat with plain flour. Shallow fry meatballs brown on all sides, then drain.

Pour the Sweet and Sour Sauce over the meatballs and simmer for 30 minutes.

Serve with rice or noodles.

Sweet and Sour Sauce

| | |
|----------------------------|-----------------------|
| 1 medium carrot | ¼ cup pineapple juice |
| 1 medium red capsicum | ½ cup vinegar |
| 2 stalks celery | ½ cup water |
| 440gm can pineapple pieces | 1 tbsp cornflour |
| ½ cup sugar | 2 tbsp soy sauce |

Cut the carrot, celery and capsicum into thin strips.

Place the vegetables, drained pineapple pieces, sugar, pineapple juice, vinegar and water into a saucepan. Cook until vegetables are soft.

Blend the cornflour with the soy sauce to a paste—a little extra water may be needed. Add to vegetables mixture. Cook for a few minutes until mixture thickens.



Week Eleven



Of course no comfort meal is complete without a dessert.

The old fashioned Baked Jam Roll fits the description of the ultimate comfort food.

BAKED JAM ROLL

From our River cookbook.

Roll

| | |
|-------------------|-----------------------|
| 1 Cup Plain Flour | pinch salt |
| 1 tbsp butter | 1 teasp baking powder |
| Milk | Jam |

Mix flour, salt and baking powder. Rub in the butter with your fingertips until it resembles breadcrumbs. Mix with milk to make a stiff paste. Roll out on the kitchen bench or pastry sheet dusted with flour. Spread with jam. Roll in the ends then roll up like a swiss roll to fill your baking dish.

Sauce

| | |
|---------------------|-------------|
| 1 cup boiling water | ¼ cup sugar |
| 1 tbsp butter | |

Mix butter, sugar and water and pour over the roll hot. Bake ½ hour in a moderate oven. Serve with cream, ice cream or custard. If you really need a big warm hug, then all three.

A very easy 7 minute Raspberry Jam recipe is provided in Week 5 if you wish to try it, otherwise any flavour jam is good.