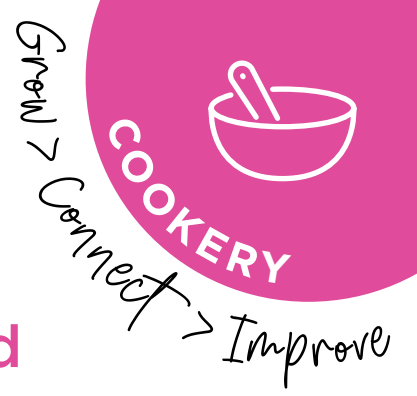




Week Twenty Two



STRAWBERRIES, STRAWBERRIES and more STRAWBERRIES

Strawberries are harvested in southern Australia during summer and in Queensland in winter, making them available all year round. Peak season is from October- January. Home grown strawberries are sweet and juicy and make the best strawberry jam. Strawberries are used in many desserts and as decorations on desserts and cakes.

STRAWBERRY JAM

(From the CWA of Victoria River cookbook)

1.5kg strawberries (hulled)

5 cups of sugar

½ cup lemon juice

Method

Place strawberries and sugar in large saucepan, stir over low heat until sugar has dissolved. Boil rapidly for 5 minutes. Add lemon juice and boil for about 20 minutes until jam jells when tested. Pour into sterilized jars, and seal when cold.

PAVLOVA Simple and reliable with Strawberries.

(From the Green covered CWA of Victoria cookbook)

Photo and pavlova by Anne Du Vé, Maffra Branch

4 egg whites

1½ cups caster sugar

1 teaspoon cornflour

1 teaspoon vanilla essence

4 tablespoons boiling water

Method

Place all ingredients in a bowl and beat until stiff. (about 25 minutes)

Place on a large pavlova plate covered with baking paper. Heap into a high circle on the plate. Bake in a slow oven 130°C for 15 minutes then 90°C for 45 minutes. When cold add whipped cream with lots of strawberries or any berry fruits.





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STRAWBERRY TRIFLE

(From the CWA of Victoria River cookbook)

1 Jam roll or sponge cake

¼ cup sherry or fruit juice

1 cup strawberries, sliced

Custard

2 tablespoons custard powder

2 tablespoons caster sugar

2 pkts Strawberry Jelly crystals

425g can sliced peaches, drained

Whipped cream

2 cups milk

1 teaspoon vanilla essence

Method

Make up the jelly according to directions on the packet. Add about one-third of the sliced strawberries and refrigerate until jelly is just beginning to set.

Arrange slices of jam roll or sponge cake in large bowl or rectangular dish. Sprinkle with sherry or juice. Add drained sliced peaches and about one-third of the sliced strawberries.

Make up custard: blend custard powder and sugar with a little milk in saucepan, stir in remaining milk. Stir until custard boils and thickens. Add vanilla essence and pour over peaches and strawberries. Cover and cool in fridge.

When custard is cold, place cooled jelly on top and refrigerate. Decorate with whipped cream and the rest of the strawberries.

Photo by Natasha Skov on Unsplash

