



Week Twenty Four



AUSSIE FAVOURITES

Every year on Australia Day we love to eat our Australian favourites. Barbecues are very popular, featuring lots of Australian lamb. We also love eating meat pies, hamburgers, lamingtons and vanilla slice, or pavlova (The recipe was featured in Week 22).

MEAT PIES

From *Mince Matters*

Make your own Shortcrust pastry or use frozen shortcrust pastry.

Bake in the oven or use a pie maker to make your meat pie/s.

SHORTCRUST PASTRY

1 cup (150 g) Plain flour	½ teaspoon salt
1 cup (150g) S.R. flour	½ cup butter
¼ teaspoon lemon juice	⅓ to ½ cup water



Method: Sift flours and salt. Add butter, rub into flour using fingertips, until mixture resembles breadcrumbs. Gradually add lemon juice and sufficient water to mix to a firm dough. Turn dough onto floured board and knead until smooth. Roll out half of the pastry and place on the bottom of a 20-22cm pie plate/dish, or two 15cm pie dishes. Brush the shortcrust pastry edges of the pie with water to moisten, add meat filling and place top half of the pastry on the top. Press the pastry edges together to secure. Trim any excess pastry with a sharp knife then crimp the edges. (You can use the trimmings to make decorations for the top of the pie, or to make jam tarts.) Make two slots in pastry to allow steam to escape and glaze with egg yolk or milk. Bake in hot oven 180-190°C for 25 to 30 minutes until golden brown.

Serve with chips and/or vegetables.

MEAT FILLING

1 kg lean mince steak	1 tablespoon Plain flour
1 onion diced	1 cup beef stock
salt and pepper to taste	

Place meat, onion, flour and seasonings in a saucepan and stir well. Add beef stock, stir until boiling and simmer for 15 minutes. Cool slightly then use to make pie/s.

VARIATION: Chicken Pie



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HAMBURGERS

From *River Cookbook*

Hamburger Buns, Beef patty, or small Chicken breast sliced in half. Lettuce, tomato, Cheese, Bacon, Egg, Sliced pineapple if you like.

Slice your hamburger bun in half and butter, Add shredded lettuce, tomato, cheese.

Place meat or chicken into frypan and cook for 2/3 minutes until cooked, place on paper towel and keep warm. Add bacon to pan and cook and keep warm with meat. Then add your pineapple to pan warm and lastly add your egg then turn it over to finish cooking.

Add your cooked meat, bacon, egg, and pineapple on top of your lettuce tomato and cheese add salt and pepper. Place top half of bun on the top. Enjoy eating your Hamburger.

LAMINGTONS

From *River Cookbook*

CAKE INGREDIENTS

250g butter

90g castor sugar

3 eggs

$\frac{3}{4}$ cup milk

1 teaspoon vanilla

250g S.R. flour

125g Plain flour

BOILED ICING INGREDIENTS

2 cups sugar

$\frac{1}{2}$ cup water

2 heaped tablespoons cocoa.

Add ingredients into saucepan and boil for 2-3 minutes. If too thick, add more water.

Desiccated Coconut to coat the lamingtons.

METHOD

Cream together the butter and sugar, gradually add well beaten eggs, and vanilla. Sift flour together and mix alternately with milk. Place into a greased lamington tin (approx. 20 x 30 x 3cm) and bake at 180 for 50 minutes. Allow to cool and leave until the next day before using. Cut cake into squares and coat in chocolate icing and roll in coconut.



Lamingtons and photo by Anne Du Vé, Maffra Branch