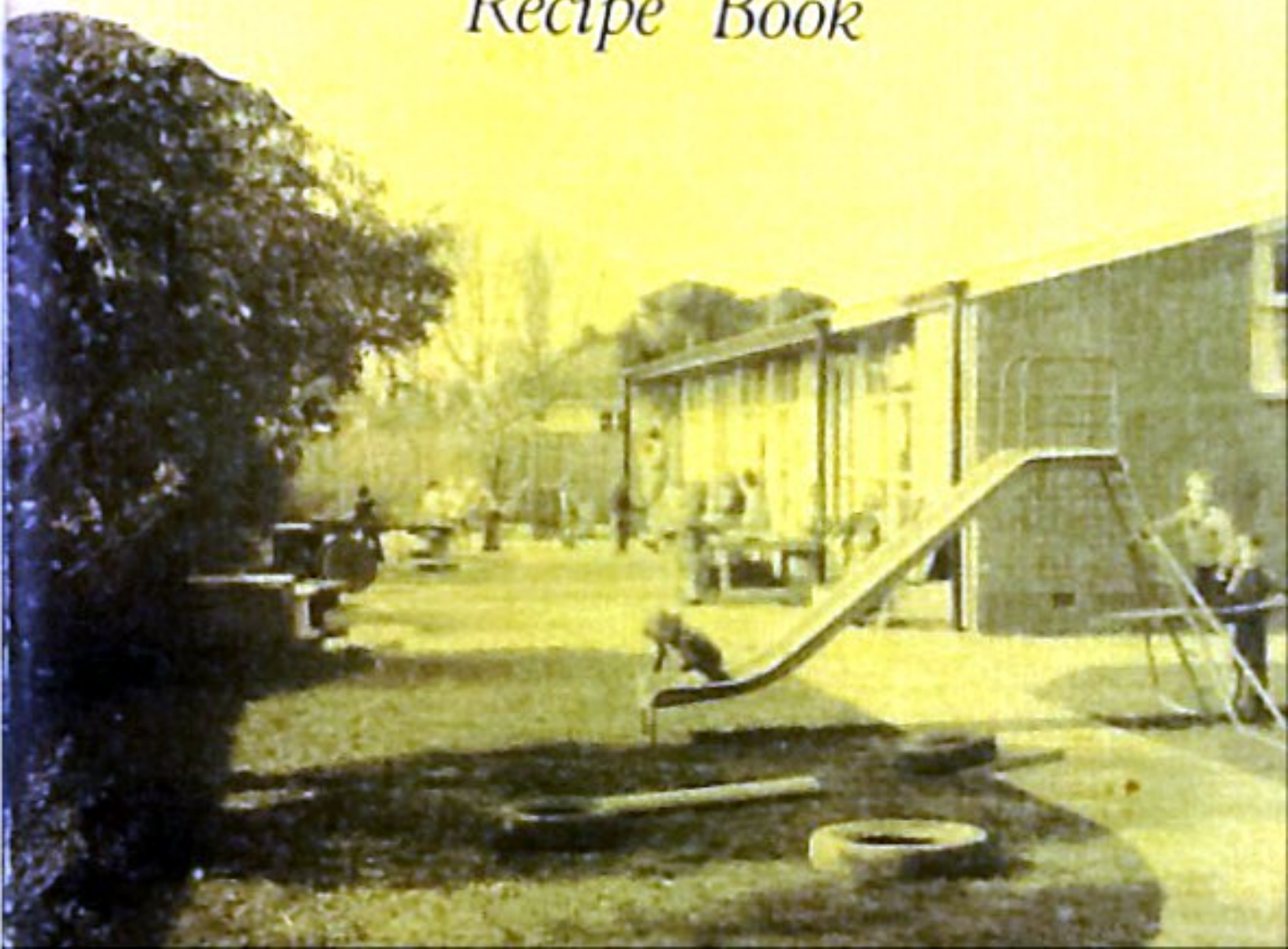


*Shirley*  
*Free Kindergarten*

*Recipe Book*





This collection of proven recipes has been compiled and published by the 1981 Shirley Free Kindergarten Committee.

We hope the contents prove to be a useful and helpful addition to your kitchen.

We would like to thank all the people and local businessmen who contributed by way of recipes and advertising, without whose help publication would have been arduous and financially unsuccessful.

Our special thanks to Mr. and Mrs. David Booth who have personally given much of their time and effort into making our recipe book a reality.

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## CHILDRENS KITCHEN CRAFTS

### Basic Recipes.



#### Play Dough

2 cups flour

1 cup salt

3 tps cream of tartar

2 cups water

2 tbsps cooking oil

food colouring

Mix until smooth in a large saucepan. Cook stirring until dough forms a ball, or comes together (about 10 minutes). Add colouring after dough is cooked. Knead into a smooth ball.

Dough will last for months if stored in a plastic bag or icecream container.

#### Equipment to be used with play dough

Rolling pin

Biscuit cutter

Potato masher

Animal shaped cutter

Patty tins

Plastic meat trays

#### Paint:

Note: Make sure that powder paints are lead free.

#### Cornflour Paint

3 tbsps cornflour

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

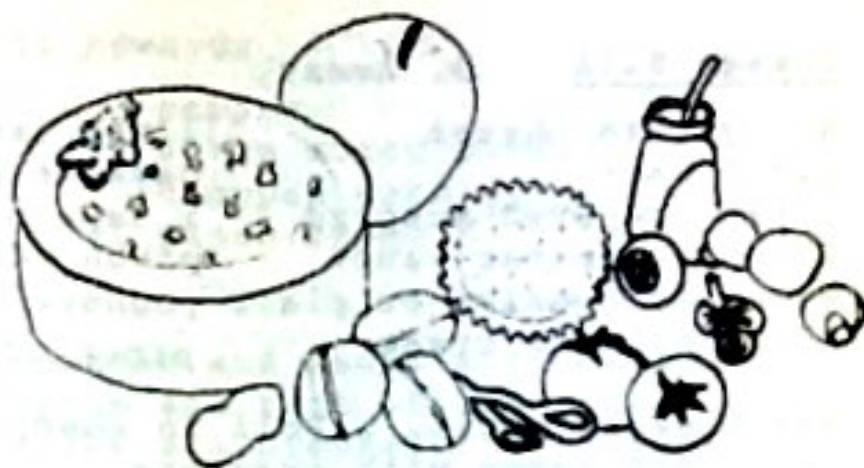
1200ml boiling water

Mix cornflour with cold water. Pour boiling water over this while stirring. Bring to boil. Use as required for mixing with paint powder.

To mix one cup:- Mix the powder with a small amount of the cooled cornflour mixture then add the rest gradually. Powder paint quantities vary with colour - most use 4 tpsns per cup. Food colouring can also be used.



## DIPS AND PATES



### Garlic egg pate.

4 cloves garlic  
5 eggs lightly beaten  
 $\frac{1}{2}$  pint cream  
salt and pepper  
 $\frac{1}{4}$  tspn paprika

1 tbspn chopped parsley  
2 oz softened butter  
3 oz cream cheese  
1 hard boiled egg

Crush garlic into top of double boiler. Beat together eggs, cream, salt and pepper, paprika and parsley. Add to pan and cook gently, stirring all the time until thickened. Blend with butter and cream cheese. Stir in chopped egg and pour into bowl and chill. Quantities may be halved.

### Tuna Pate

Jan Dixon.

$\frac{1}{2}$  cup tomato sauce  
 $\frac{1}{2}$  cup parsley (Packed tight)  
1 tbsp worcester sauce  
600 gms tuna, drained

1 small onion, quartered  
250 gms softened cream cheese  
 $\frac{1}{4}$  tsp tabasco sauce

Place all except tuna in blender, blend until smooth. Add tuna gradually, blend until smooth. Pack into serving dish, chill for several hours.

## ENTREES



### Seafood Cocktail Sauce.

4 tbsp mayonnaise  
1 tsp worcester sauce  
few drops Tobasco sauce  
4 tbsp cream

Janet Messervy.

2 tbsp tomato paste  
1 tsp lemon juice  
pinch paprika

Mix altogether except cream, whip cream and fold into sauce. Pour this over shrimp, salmon, oysters etc.

### Grilled Grapefruit

2 grapefruit  
4 dsp brown sugar

4 tbsp sherry  
1 oz butter

Cut fruit in half, cut out core, cut around sections. Sprinkle each half with sherry and set in dish for grilling. Sprinkle sugar over halves and dot with butter. Grille until sugar is lightly caramelized.

### Stuffed Green Peppers

Rosalie Gunn.

Mix together salt and pepper, paprika powder to taste with 8 ozs mince, then fill cored peppers and simmer in salted water. Brown a little flour in oil, add tomato puree and from the juice which the peppers were cooked, make a sauce. This is then poured over the peppers and left to simmer till required.



