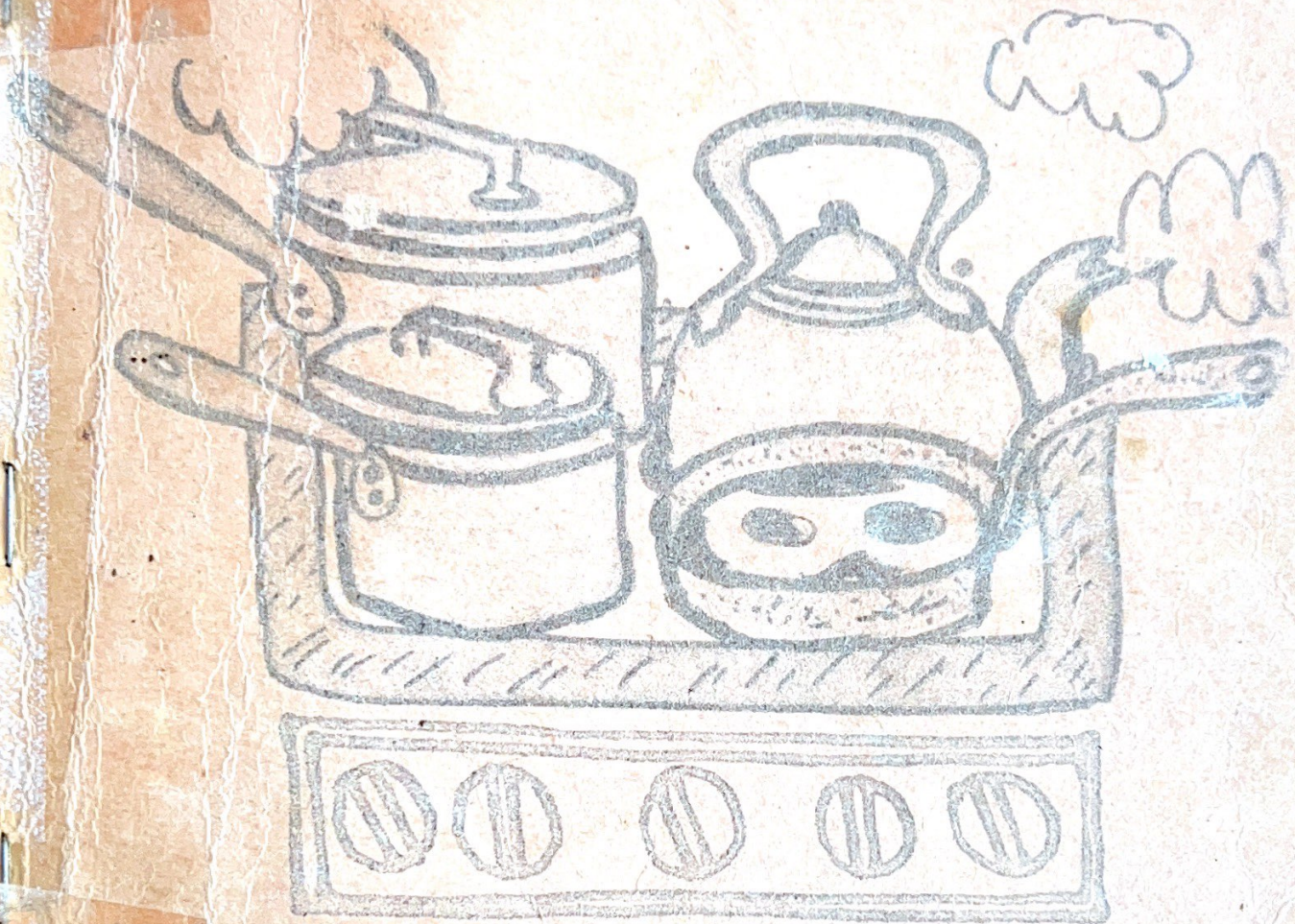


MOSS VALE HIGH SCHOOL



Cookery Book

MOSS VALE HIGH SCHOOL LADIES' AUXILIARY

COOKBOOK *****

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The auxiliary would like to thank all who have helped in any way to produce this book. Most recipes have the name of the contributor placed and if you have any question regarding this recipe please contact this person.

A. Perabo
President of the
Ladies' Auxiliary of the
Moss Vale High School
P & C Association.

COMPARISONS AND CONVERSIONS: WEIGHTS & MEASURES

SOLIDS	AVOIRDUPOIS	METRIC WORKING EQUIV. FOR COOKING
Butter & other fats, Sugars(white), Rice, Dried Fruit, Minced Meat, Split Peas.	1 oz = 1 lvl tblsp	= 30 grams
	8 oz = 1 cup	= 250g
Flour, cornflour, cocoa, icing sugar, custard powder	1 oz = 1 hpd tblsp	= 30g
	8oz = 2 cups	= 250g
Sugar(brown)	8oz = 1 1/4 cups	= 250g
Syrup or Treacle	1 1/2 oz = 1 tblsp	= 45g
	4 Oz = 1/4 cup	= 125g
Gelatine	1 oz = 2 lvl tblsp	= 30g

LIQUID

IMPERIAL FLUID OZ

	1 oz = 1 tblsp + 2 std. tsp	= 30ml
	2 oz = 1/4 cup	= 60ml
1 gill =	5 oz = 1/4 pint	= 150ml
	8 oz = 1 cup	= 250ml
1 pint =	20 oz = 2 1/2 cups	= 600ml
	1 1/4 pts	= 1 litre

CONVERSION OF MASSES (Metric conversion board cookery c'tt)

1/2 oz = 15g	8oz = 250g	
1 oz = 30g	12oz = 375g	
2 oz = 60g	16oz = 500g	3lb = 1500g (1.5kg)
3 oz = 90g	24oz = 750g	4lb = 2000g (2kg)
4 oz = 125g	32oz = 1000g	

Old std cup	227ml	-New Metric cup	250ml) increases by approx 10%
Old std tblsp	14.2ml	-New std tblsp	20ml	
Old std tsp	3.6ml	-New std tsp	5ml	

MAIN COURSE DISHES

SWEET & SOUR PORK.

Ingredients:

1 lb pork fillets
oil or lard for frying
½ cup pineapple juice
1 cup diced celery
1 carrot finely diced
2 level tbs cornflour
1 desep soy sauce

3 level tbs cornflour/P.Flour
1 cup chicken stock
1 cup pineapple pieces
2 tbs vinegar
salt and pepper to taste
6 shallots

METHOD

Cut pork into strips (1½ x 1/8") coat with cornflour.

Heat oil pan fry meat until golden brown (20mins)

Drain well and keep hot.

Place stock - pineapple juice and pieces, vinegar, carrots, celery and seasonings in saucepan, bring to boil, simmer 10 mins. Blend cornflour with little water and thicken pineapple. Boil 2 mins. Add shallots - soy sauce and pork just before serving. Serve on boiled rice.

S.Scott.

CREAM OF CHICKEN CASSEROLE.

1 steamed chicken
1 tin cream of chicken soup
½ cup cooked rice
1 onion cut small

1 tin mushroom soup
½ cup celery chopped small
½ cup mayonnaise
almonds cut fine (if desired)

METHOD:

Mix all together and add cut up chicken. Place in casserole. Sprinkle fresh breadcrumbs tossed in butter on top and dot with almonds. Cook in mod. oven.

H.Tickner.

CHICKEN CHOP SUEY

Ingredients.

2 level tbs margarine
1 cup diced celery
½ cup sliced mushrooms (optional)
1 cup cooked sliced chicken
2 cups shredded cabbage
2 level tbs chopped peppers
1 cup chicken stock
2 level tbs cornflour
1 teasp soy sauce
sprinkling monosodium glutamate.

METHOD:

Melt margarine and saute celery, peppers, cabbage and mushrooms. Cover and cook over a low heat for 10 mins. Add shallots - chicken and chicken stock which has been blended with the cornflour, soy sauce and monosodium glutamate. Stir until the mixture thickens. Serve with rice or fried noodles.

S.Scott.

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BEEF STOGANOFF

Ingredients:

1½ lbs round or blade steak, cut in ¾" cubes.
Flour, salt and pepper.
2 tbs shortening
½ cup finely chopped onions
1 clove garlic minced
1 x 6oz tin mushrooms
1 cup sour cream
1 tin tomato soup 16 oz
1 tbsp worcestershire sauce
6-8 drops tobasco sauce (optional)
1/8th teasp. pepper.

METHOD: Preheat frypan at 400. Dredge meat in seasoned flour. Melt shortening and brown meat well. Add onions, garlic and mushrooms and saute lightly. Reduce heat to 225. Combine cream, tomato soup, worcestershire sauce, tobasco sauce, salt and pepper and pour over meat. Cover and braise 1½ hours or until tender. Serve over hot spaghetti or rice. Sprinkle with cheese.

D. Missingham.

STUFFING FOR TURKEY OR GOOSE

Ingredients:

1½ lbs sausage mince.
3 oz fresh breadcrumbs
1 dessertspoon chopped mixed herbs
1-2 finely chopped onions 3 oz bacon
little stock if necessary. 1 beaten egg

Method:

Mix all ingredients together moistening with a little stock if necessary. The quantities given are sufficient for a 10 lb bird. M.Anthon.

TANGY SWEET CURRY

Ingredients

2 lbs minced steak 2 large carrots
1 tablespoon golden syrup, Juice ½ lemon
4 sticks celery 1 large onion
1 large cooking apple 1 teaspoon salt
10 oz tin tomato soup
2 tablespoons plain flour 1 cup water.
1 dessertspoon curry(level)

Method: Dice celery, chop onion, carrot and apple and add to meat. Blend flour, curry powder and salt with syrup and lemon juice. Add to meat and vegetables with soup water and mix well. Cover and simmer approximately 2 hours.

M.Dickson.

SCALLOPED POTATOES

Ingredients:

2 lbs small potatoes (sliced about ¼" thick)
Cream 1 small onion(or preferably shallots)
Nutmeg
Grated Cheese or chopped parsley
Salt and Pepper.

Method:..... Place potato slices in greased ovenproof dish. Sprinkle with little nutmeg and chopped onions or shallots. Cover with cream. Bake ¾ hour in mod oven, 350C. Sprinkle with grated cheese or if family don't like cheese with parsley or buttered breadcrumbs. A.Perabo.

SALMON AND ASPARAGUS : LORNAY

Ingredients:

1 large tin red salmon (drained)
1 large tin asparagus cuts (drained)
6 hard boiled eggs Lemon juice
chopped parsley

SAUCE:

3 oz butter 1 $\frac{1}{4}$ pints milk
2 well rounded tablespoons flour
salt and cayenne pepper

TOPPING:

1 tablespoon butter
1 cup fine white breadcrumbs
3 oz finely grated cheese.

METHOD Prepare sauce - Melt butter, stir in flour and seasonings and add milk gradually and stir until smooth. Stir over low heat until sauce thickens. Add salmon, lemon juice and parsley. Place portion in casserole dish then layer of asparagus, halves of hard boiled eggs, then remainder of sauce.

TOPPING: Melt butter and add crumbs and mix; cover casserole with topping and then grated cheese. Bake in moderate oven uncovered until cheese topping is lightly browned.

A. Perabo.

SAUSAGE AND TOMATO PIE

Ingredients.

1 lb sausages 2 large tomatoes
1 large onion celery if desired
 $\frac{1}{2}$ pint stock or water
1 lb cooked potatoes. Salt and pepper

Method: Peel, slice and fry onion in a little butter or margarine. Boil sausages and remove skins. Slice sausages and place half quantity in pie dish, cover with fried onion and tomato slices. Season and add stock or water, then remaining sliced sausages. Spread a thick layer of mashed potato over the top, brush with milk and score the surface with knife. Dot with butter and bake in hot oven for 20mins or till brown. A.1

MALAYSIAN CHICKEN

1 lb chicken pieces	1 cup chicken stock
1 tablespoon oil	$\frac{1}{2}$ capsicum cut in strips.
1 dessertspoon curry powder	salt and pepper
1 large sliced onion	2 celery stalks (chop)
1 peeled tomato (chopped)	$\frac{1}{2}$ cup pineapple pieces
$\frac{1}{2}$ cup peas or beans	

Method: Cut chicken into serving pieces, brown in hot oil. Add curry powder, onion, capsicum and celery. Cook till onion is transparent. Add stock, tomato, peas and $\frac{1}{2}$ cup pineapple juice. Bring to boil and cook till chicken is tender. Thicken with 1 tablespoon cornflour. Serve with boiled rice.

ANON.

SAVOURY PINEAPPLE RISsoles.

Ingredients:

1 lb minced steak	1 teaspoon salt
1 cup cooked rice	1 egg beaten lightly
1 peeled tomato (chopped)	

Method: Blend all ingredients together, form into rissoles and roll in flour. Cook in hot oil until nicely browned. Do not overcook.

SAUCE: Ingredients:

1 dessertspoon vinegar	1 beef cube
1 packet tomato gravy mix	1 cup water
$\frac{1}{2}$ cup pineapple juice	

Method: Place all ingredients in saucepan and stir until boiled and thickened. From 1 15 oz tin sliced pineapple place rings in baking dish and place a rissole on each pineapple ring. Pour sauce over and cook in oven 350 degrees for $\frac{3}{4}$ hour. Baste occasionally. Serve with mashed potato and peas or beans

ANON
