

MINCE CHOW MEIN (Pam McLennan)

Brown 500gms of mince in Butter or oil

Add 2 pkts of Maggi chicken noodle soup

½ shredded cabbage

1 tin beans, or 400gms of green beans or frozen beans

2 medium onions

1 dessertspoon of curry powder (more or less depending on taste)

1 tablespoon sugar

2 tablespoons rice

2 ½ cups water

1 Dessertspoon of Soya Sauce or Worcestershire Sauce

Sultanas if liked

Simmer all for about 25 minutes; stirring occasionally liquid is usually all absorbed at the end.

(The ingredients do not have to be exact so you can change the amount to suit your own taste)



TEA CAKES (Pam McLennan)

2 level cups flour

2 tsps of Baking powder

2 oz of sugar

2 oz butter

1 egg

Sultanas & Milk.



Rub butter into dry ingredients; add egg and milk to make a firm dough then sultanas. Heap a large teaspoon of the dough on to a greased tray and sprinkle with sugar. Bake at hot oven for 10 mins.

MEAT LOAF WITH BBQ SAUCE (Jane Byrne)

A huge favourite with my family

500g mince

500 gm sausage meat

1 cup fresh breadcrumbs

1 onion chopped

1 tsp curry powder

Salt and pepper to taste

1 tbsp chopped parsley

1 egg beaten

½ cup water

Sauce:

½ cup water

½ cup tomato sauce

¼ cup Worcestershire sauce

2 tbsps vinegar

¼ cup brown sugar

1 tsp coffee

30 gm butter

2 tbsps lemon juice



I add some sweet chilli sauce as well.

Combine meats, breadcrumbs, onion, curry powder, salt, pepper, and parsley together, add egg and water and mix well. Shape into a loaf pan and bake in a moderate oven 180 degrees C for 30 mins. Put all the sauce ingredients into a saucepan and bring to the boil. Pour over the loaf once the 30 mins is up and then bake for further 45 mins. Yummy - hot or cold.