

FISH PIE (Heather Clarke)

Base; 2 - 3 cups mashed Potato or 2 -3 cups of cooked rice with 1-2 tps curry powder stirred in.

Filling; 1 medium onion chopped finely
2 Tablespoon flour
2 Tablespoons butter
1½ - 2 cups milk
1 cup grated cheese
1 tin fish (300gm)
Salt and pepper to taste
Chopped parsley



Topping ½ cup grated cheese and ½ cup breadcrumbs or use crushed Kornies/ Weetbix/ cornflakes sufficient to cover top.

Method

Grease an ovenware dish and line with either the potato or rice base.

Filling; Melt butter, add chopped onion, cook 3mins and stir in flour.

Gradually add the milk stirring and cook until it thickens then add the 1 cup grated cheese and flaked fish.

Mix together and pour onto the base.

Sprinkle over the topping and bake in oven 180°c for approx 30mins or until golden brown.

CHUTNEY CHICKEN DISH (Jane Byrne)

Serves 2

2 chicken breasts
2 tablespoons fruit chutney
2 tablespoons of French mustard. (I use wholegrain mustard)
¼ cup Grated cheese

Mix the chutney with the mustard and cover the chicken breast. Put the chicken breasts in a baking dish and cover with grated cheese. Bake in the oven at 180° Celsius for approx 25 minutes or until cooked.

Serve with rice and or vegetables. YUMMY



4 INGREDIENTS VERSATILE CHOCOLATE CAKE

1kg mixed fruit
2 tablespoons instant coffee
150gm bar of fruit and nut chocolate
2 cups S/R flour



Make up 2 cups of coffee with the instant coffee and boiling water. Add the fruit and leave to soak overnight. Roughly chop the chocolate bar and add to mixture. Add the cups of flour and mix well. Bake in oven 125° for 2 – 2½ hours.

CHOCOLATE TRUFFLE LOAF (Pat Smit)

(Serves at least 12)

This can be made ahead and stored for a week or two in the freezer. It can be served frozen, straight from the freezer or brought back to chilled fridge temperature.

2 cups (500ml) cream
3 egg yolks
500g dark chocolate (70% cocoa solids) chopped
Half cup corn syrup or liquid glucose (I used honey)
125g butter
Quarter cup icing sugar
1 tsp vanilla essence



1. Line 12x22x7cm loaf tin with plastic cling wrap. Pull the wrap straight from the roll, over the top of the tin then drape it in and overlap the sides. You may need several sheets and layers to get in completely lines, but this step is important for easy removal of the finished loaf.
2. Place **1 cup** of cream in a bowl with egg yolks and beat until really well combined. Place the chocolate, corn syrup and butter in a bowl, over a saucepan of simmering water, to melt. Stir until mix is smoothly combined. Remove from heat and allow to cool to room temperature.
3. Beat the remaining cup of cream with the icing sugar and vanilla until soft peaks form. Told this into the room temp chocolate mixture and pour into the prepared tin. Fold the overlapping plastic across the top of the loaf tin to enclose.
4. Place in fridge overnight or freeze for at least 3-4 hours before serving.
5. To serve, carefully lift loaf out of the tin and peel off plastic wrap. Slice using a hot knife wiped clean between each slice. Serve on a pool of fresh raspberry sauce, garnished with fresh raspberries, or you can easily substitute frozen barriers of any variety.

If you're feeling really energetic – here's a recipe for **Raspberry Sauce** (could use frozen berries of course). Makes 1.5 cups.

3 cups berries
Quarter cup caster sugar
2 tablespoons Cointreau, Grand Marnier or orange juice.

1. Place berries, caster sugar and liqueur or juice in a small saucepan with half a cup of water.
2. Bring to the boil then turn down the heat and simmer for 3 minutes.
3. Pass through a sieve, pressing down with a spoon to extract as much liquid as possible. Check the taste and if too sweet, at a litte squeeze of fresh lemon juice to sharpen the flavour.
4. Store sauce in a squeezey bottle in fridge. It will keep for two weeks.
5. This is also great with yoghurt or ice-cream.