

SIMPLE EASY SIDE DISH (Jane Byrne)



Slice the zucchini in half. Slice off the bottom to keep it stable in the dish. Brush with Olive oil and top with garlic or garlic powder. Add sliced tomatoes, salt and pepper to season. Sprinkle with Mozzarella cheese or Parmesan cheese or a mix of tasty cheeses. Bake at 190° Celsius for 20 to 30 mins or until soft.

FELJOA AND PORK CASSEROLE (Frances Shaw)

As there are an abundance of feijoas around at the moment I thought this recipe would be appreciated.

- 4 pork chops
- 5 feijoas, peeled and sliced
- ¼ cup water
- 1 onion, chopped
- 3 tablespoons brown sugar
- 2 tablespoons soy sauce
- 2 tablespoons vinegar

Arrange the chops in a casserole dish then add onion and feijoas. Blend water, brown sugar, soy sauce and vinegar and pour over. Cover and bake at 150°C for one hour. Stir and continue cooking, uncovered, for 30-50 minutes or until the meat is tender. This sauce also works well with blade steak or chicken drumsticks.



5 MINUTE CHOCOLATE MUD CAKE (Jane Byrne)

- 4 tablespoons flour
- 4 tablespoons sugar
- 2 tablespoons cocoa
- 1 egg
- 3 tablespoons milk
- 3 tablespoons oil
- 3 tablespoons chocolate chips (optional)
- a small splash of vanilla extract
- 1 large coffee mug



Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and

mix well. Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts (high).

The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired.

EAT!

(This can serve 2 if you want to feel slightly more virtuous).

APRICOT SQUARES. (Gwen Scollick)

No baking required.

Ingredients

125 grams Butter

1 cup Soft Brown Sugar

½ Tin Sweetened Condensed Milk

1 pkt. Wine Biscuits – Super Wine give best results – crushed.

1 cup dried Apricots – chopped equals about 200 grams

Desiccated Coconut



Method.

Put Butter, sugar and condensed milk into a saucepan and heat until melted, stirring frequently to prevent burning.

Take saucepan off heat and add chopped apricots and crushed biscuits,

Mix well and turn out into a swiss roll tin.

Press mixture and flatten, then sprinkle with coconut.

Cut into squares, then put tray into refrigerator to set.

When set you will need to re cut the squares before taking out of tin.

Yummy