

SPICED BANANA & SULTANA CAKE WITH CREAM CHEESE ICING

Gwen Scollick

Pre heat oven to 180 c

Ingredients.

2 cups S.R. Flour)
1 tspn Baking Powder)
1 ½ t Cinnamon)
1 tspn Ground Ginger)
½ tspn Mixed Spice)
1 ½ cups Dark Brown Sugar)

4 Eggs)
1 tspn Vanilla Extract)
1 cup Sunflower Oil)

Method.

Mix together to combine

Whisk in a bowl to combine
then add to Flour mixture



1 ½ cups mashed Banana add to mixture then fold in 1 cup Sultanas

Spoon into lightly greased 20cm x 30cm tin lined with non stick Baking Paper.

Bake for 40 – 45 minutes or until cooked, test with a skewer.

Let stand for 5 minutes before turning onto a wire rack to cool completely.

Cream Cheese Icing:

250 g Cream Cheese)
50g unsalted butter)

Beat together with an electric beater
for 6-8 minutes until light & fluffy.

1 cup Icing Sugar)
1 Tblspn Lemon Juice)

Add and beat for a further 6 – 8 minutes

Use a pallet knife to spread then cut into squares.

This makes quite a large cake. Can halve the ingredients but watch the cooking time.

APRICOT & CRANBERRY SLICE Gwen Scollick

Ingredients.

250g packet of Marie Biscuits – crushed
½ cup Toasted slivered almonds
1 cup Sweetened Cranberries
1 ½ cups Apricots – finely chopped
1 cup desiccated Coconut
395g can sweetened condensed milk
200 g butter, chopped



Lemon Icing

2 cups Icing sugar
40gms butter softened
2 tablespoons lemon juice
Mix until smooth

Method.

Line the base and sides of a shallow 16 x 26 cm baking pan with baking paper.
Place biscuit crumbs, almonds, cranberries, apricots and coconut into a bowl and stir to combine.

Set aside.

Place condensed milk and butter into a saucepan and stir over a medium heat until melted and combined.

Add the dry ingredients to the saucepan and mix well, then press into prepared pan.

Spread the top with the lemon icing, cover and chill for 2 to 3 hours or until firm.

Cut into squares.

Delicious!

MEATBALLS AND RICE

(Women's Institute Magazine)

300gms lean beef mince
300gms sausage meat
2 tablespoons Worcestershire sauce
¼ cup tomato sauce
1 tablespoon soya sauce
½ cup soft breadcrumbs
1 onion sliced
1 red pepper sliced
1 tablespoon oil
2 cups frozen mixed vegetables
1 cup rice
3 cups hot beef stock



Mix together meats, sauces and breadcrumbs. Make 2 tablespoon lots into balls. Heat oil and brown the meatballs on all sides. Place in a casserole dish with the onion and pepper, mixed vegetables and rice. Pour over hot beef stock and cover and bake at 180° C for 50 minutes or until rice is tender and the meatballs are cooked.