

Boiled fruit cake *Quick Mix*

Serves: 20

Cooking utensils: saucepan, 20 cm square

cake pan (2.5L)

Preparation time: 40 minutes

Cooking time: 1 hour

Oven temperature: 180°C

INGREDIENTS

2½ cups (450 g) mixed dried fruit

¾ cup (190 g) sugar

1 cup (250 mL) water

⅓ cup (50 g) mixed peel

1 teaspoon ground nutmeg

1 teaspoon bicarbonate of soda

½ cup (125 g) butter

2 eggs, beaten

1 cup (150 g) self-raising flour

1 cup (150 g) plain flour

Method

1 Set oven at 180°C. Brush or spray cake pan

with oil and line base with baking paper.

2 In saucepan, heat sugar, water, dried fruit,

mixed peel, nutmeg, bicarbonate of soda and

butter. Stir until boiling. Allow to cool for

5 minutes.

3 Add eggs.

4 Sift flours, add to other ingredients and mix

thoroughly.

5 Place in cake pan and bake for 1 hour. (Cake is

baked when sides shrink slightly from sides of

pan and a fine skewer inserted into cake comes

out clean and dry.)

6 Allow to stand in cake pan for 15 minutes,

then turn onto cake cooler.

7 Cake may be decorated (see p. 446).

Note: Will keep up to 4 weeks in an airtight container. Suitable for freezing up to 3 months.

Egless apple and raisin cake *Creaming*

Serves: 12-14

Cooking utensil: 22 cm round cake pan (2.2L)

Preparation time: 20 minutes

Cooking time: 1 hour

Oven temperature: 180°C

INGREDIENTS

½ cup (125 g) butter (or margarine or

dairy blend), softened

½ cup (90 g) brown sugar

1 teaspoon bicarbonate of soda

1 teaspoon (5 mL) hot water

1½ cups (300 g) cooked apple purée

2 cups (300 g) wholemeal self-raising flour

1 cup (180 g) chopped raisins

1 teaspoon ground cinnamon

2 tablespoons (30 g) slivered almonds

Method

1 Set oven at 180°C. Brush or spray cake pan

with oil and line with baking paper.

2 Cream butter and sugar until light and fluffy.

3 Mix bicarbonate of soda and water. Stir in all

other ingredients, except almonds, and mix well.

4 Place in cake pan. Sprinkle almond slivers on

top and bake for 1 hour. (Cake is baked when

side shrinks slightly from side of pan and a

fine skewer comes out clean and dry.)

5 Cool on cake cooler.

Note: Will keep up to 1 week in an airtight

container. Suitable for freezing up to 3 months.

EGLESS APPLE, DATE

AND WALNUT CAKE

Follow recipe for **Egless apple and raisin cake**,

replacing raisins with ½ cup (60 g) chopped walnuts

and ½ cup (90 g) chopped dates.

Anzac biscuits *Quick mix*

The name of these rolled-oat biscuits dates from World War I, when they were sent to Australian soldiers.

Makes: 30

Cooking utensils: 2 oven trays

Preparation time: 20 minutes

Cooking time: 15–18 minutes

Oven temperature: 160°C

INGREDIENTS

$\frac{3}{4}$ cup (75 g) rolled oats

$\frac{1}{2}$ cup (125 g) sugar

$\frac{3}{4}$ cup (70 g) desiccated coconut

$\frac{3}{4}$ cup (110 g) wholemeal plain flour

2 tablespoons (40 g) golden syrup

1 teaspoon bicarbonate of soda

2 tablespoons (40 mL) boiling water

$\frac{1}{2}$ cup (125 mL) melted butter

Method

- 1 Set oven at 160°C. Brush or spray oven trays with oil, or cover base with baking paper.
- 2 Mix oats, sugar, coconut and flour.
- 3 Mix golden syrup, bicarbonate of soda and boiling water. While frothing, add melted butter and then pour into dry ingredients. Mix thoroughly.
- 4 Drop spoonfuls of mixture onto trays, allowing room for mixture to spread.
- 5 Bake for 15–18 minutes.
- 6 Cool on cake cooler.

Apricot muesli slice *Quick mix*

A high-energy slice, good for the lunch box, a picnic or an occasional snack.

Makes: 25 squares

Cooking utensil: 20 cm square cake pan (2.5 L)

Preparation time: 20 minutes

Cooking time: 20 minutes

Oven temperature: 180°C

INGREDIENTS

$1\frac{1}{2}$ cups (150 g) toasted muesli

1 cup (90 g) desiccated coconut

1 cup (150 g) wholemeal self-raising flour

$\frac{1}{2}$ cup (90 g) brown sugar

$\frac{1}{2}$ cup (125 g) honey

$\frac{1}{2}$ cup (90 g) chopped dried apricots

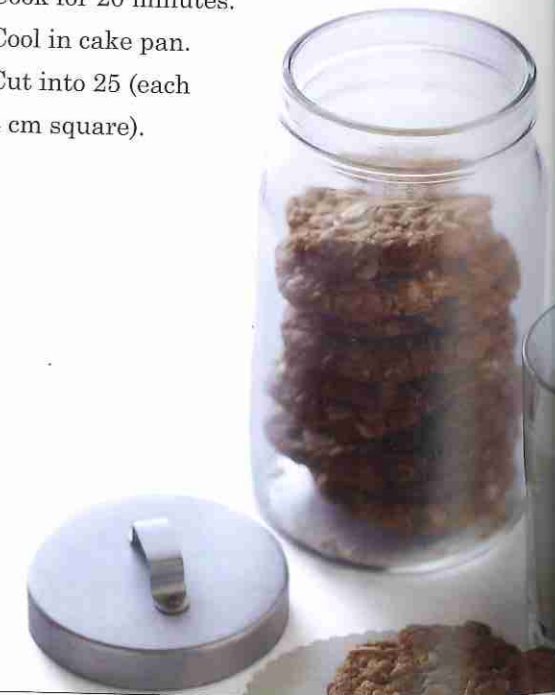
$\frac{1}{4}$ cup (30 g) flaked almonds

$\frac{1}{2}$ cup (125 mL) melted butter

$\frac{1}{2}$ cup (125 g) peanut butter

Method

- 1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
- 2 Combine all ingredients. Mix well.
- 3 Press into cake pan.
- 4 Cook for 20 minutes.
- 5 Cool in cake pan.
Cut into 25 (each 4 cm square).



Anzac biscuits