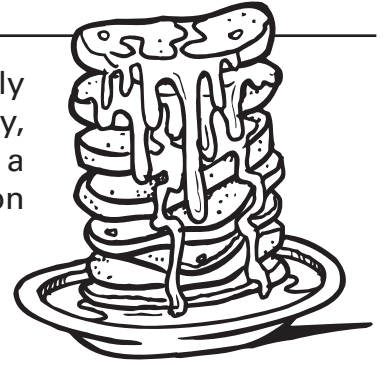


# RIPPER PANCAKES

Lent is the period of 40 days leading up to Easter and is traditionally a time of fasting. The day before it begins is called Shrove Tuesday, commonly called Pancake Day. Making pancakes on this day was a good way of using up fats, eggs and other ingredients in preparation for fasting. The pancakes were the feast before the famine!

Make this ripper pancake batter, then choose the topping of your choice—or why not try a different topping with a second helping!



## Ingredients

$\frac{3}{4}$  cup plain flour  
pinch salt  
2 eggs  
2 teaspoons oil  
 $\frac{3}{4}$  cup milk  
extra oil for cooking

## Equipment

measuring cups  
sifter  
whisk  
scoop  
teaspoon  
knives  
large mixing bowl  
frypan  
spatula

## Method

1. Sift the flour and salt into a large mixing bowl.
2. Make a well in the centre of the flour and break the eggs into it.
3. Whisk the eggs into the mixture.
4. Add the milk and oil and whisk until the mixture becomes smooth.
5. Leave the batter to stand for a few minutes.
6. Heat some oil in the frypan.
7. Using a scoop, pour in batter in batches, adding oil between batches. Mixture makes about 10 to 12 small to medium pancakes or 6 to 8 large ones.
8. Turn each pancake over when it is lightly brown underneath and bubbles form on top. (Some people like to turn their pancakes by tossing them!)
9. Cook other side until bottom is lightly browned.
10. Serve each pancake separately or as a stack. Add a topping or two poured or spread over. (Some people like to roll their pancake up to eat.)

## Topping suggestions

sugar  
icing sugar  
sugar and lemon juice  
golden syrup  
honey  
strawberries  
banana  
butter  
maple syrup  
cream  
ice-cream  
caramel sauce

## Variations

- Add caster sugar to the pancake mixture at the sifting stage for a sweeter version.
- Stir in about 6 tablespoons of cottage cheese after Step 4 to make cottage cheese pancakes.



## Did you know?

The world's largest pancake was cooked in Rochdale, England, in 1994. It was 15 m in diameter and weighed 3 tonnes!

# BEAUT HOT CROSS BUNS

Hot cross buns are traditionally eaten on Good Friday, but in Australia, as in other countries, they are now available from bakeries and supermarkets several weeks before Easter. The cross on the top symbolises the cross Jesus died upon.

Follow this procedure to make some beaut homemade hot cross buns.

## Ingredients

### Buns

- 1/2 cup milk
- 1/2 tsp. salt
- 1/2 cup water
- 60 g butter
- 30 g yeast
- 1 egg
- 4 cups plain flour
- 1/2 cup brown sugar
- 1 1/2 tsp. mixed spice
- 1 tsp. mixed peel (chopped)
- 1 cup sultanas or raisins
- extra flour for kneading

### Glaze

- 2 tbs. sugar
- 2 tbs. water
- gelatine

### Cross

- 2 tbs. self-raising flour
- 2 tbs. water

## Equipment

- measuring cups
- teaspoon
- tablespoon
- saucepans
- wooden spoons
- plastic wrap
- large and small mixing bowls
- greased oven tray or tray lined with baking paper
- piping bag



## Method

1. Heat milk in saucepan to very warm. Pour into small bowl and add water.
2. Sprinkle yeast over, stir well, cover with plastic wrap and leave for 5 minutes.
3. Sift flour, spice and salt into large bowl. Rub butter in with fingers.
4. Add sugar, fruit and mixed peel. Combine.
5. Make a well in centre. Pour in yeast mixture and unbeaten egg. Mix to form a soft dough and place on a floured surface.
6. Knead the dough until it feels soft and elastic, using extra flour if necessary.
7. Place in a lightly greased large bowl. Cover with plastic wrap and leave in a warm place; e.g. top of stove, until dough is doubled in size. (About an hour.)
8. Turn the dough out and knead again back down to its original size.
9. Divide and shape into about 15 round portions. Arrange on the oven tray, cover and leave to rise again for about 20 minutes until double in size.
10. While rising, make cross mixture. Mix flour and water to a smooth paste. Use a piping bag to make cross on top of each bun.
11. Bake in preheated 200 °C oven for about 20 minutes or until brown on top.
12. While cooking, make glaze. Heat sugar, water and a pinch of gelatine in a saucepan. Brush glaze on buns as soon as they come out of the oven. Yum!

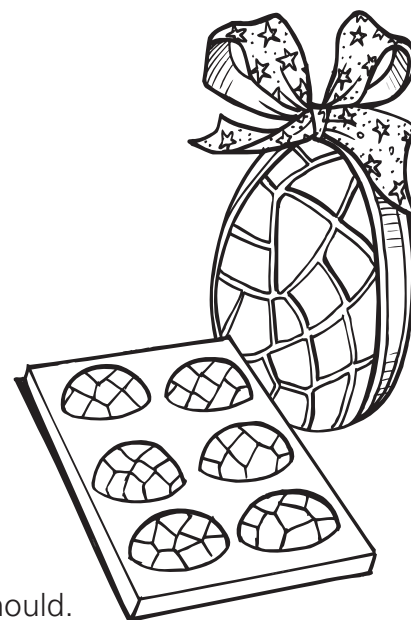
# EGGSCCELLENT EGGS

Easter eggs, symbolising new life, are traditionally eaten on Easter Sunday. While Easter eggs are readily available from shops, it is fun to make and decorate your own Easter versions.

This recipe uses moulds available from specialist kitchen shops or department stores for making chocolate eggs.

## You will need

- 300 g milk, dark or white cooking chocolate or chocolate melts
- 8 small egg moulds
- cellophane, ribbons etc. for decoration
- icing for piping decorations on eggs
- paper towels
- flavourless oil (e.g. sunflower)
- saucepan
- heatproof bowl
- spoons
- knife
- pastry brush
- baking paper
- baking tray



## Follow these steps

1. Use a piece of paper towel to polish the inside of each mould.
2. Dampen a piece of paper towel with oil and again polish the inside of each mould. (This makes the outside of the egg shiny and helps the set chocolate egg to be removed from the mould more easily.)
3. Break the chocolate into small pieces and place in heat-proof bowl. Melt over a saucepan of hot water.
4. Cool slightly so it is not too thin and pour spoonfuls of chocolate into each mould.
5. Swirl around until the mould is coated in a thin layer. Use the pastry brush to wipe any extra chocolate off the edges.
6. Leave to set for about 20 min. Repeat another two or three times to build up a good layer of chocolate in each mould. Use the flat edge of a knife across the chocolate after each layer to make sure the edge remains flat each time.
7. When the moulds are properly set, carefully remove eggs from the mould and place on a clean surface.
8. Heat baking paper on a tray and remove from tray onto flat surface. Place edges of two halves on paper for a few seconds and then gently stick halves together. Repeat process until all halves are joined.

## Suggestions for decorating eggs

- Pipe a name or message on egg with icing.
- Tie a ribbon gently around egg.
- Place in a basket with egg or basket wrapped in cellophane.
- For an Aussie flavour, decorate with gumleaves, gumnuts or blossoms from Aussie flowers.

# EASTER BILBY BICKIES

Use this recipe to make bickies in the shape of a bilby using the template provided. The bilby's facial and body features can be added before or after you cook the bickies.



## Ingredients

### *Biscuits*

- 125 g softened butter
- 1/2 cup caster sugar
- 1 teaspoon vanilla essence
- 1 1/2 cups plain flour
- 1 to 2 tablespoons milk
- chopped raisins for eyes
- chopped cherry for nose
- slivers of licorice for whiskers

### *Icing*

- 1 cup sifted icing sugar
- 4 to 5 teaspoons water
- food colouring

## Method

1. Beat butter, sugar and vanilla with an electric mixer until well combined.
2. Stir in sifted flour and enough milk to make a soft dough.
3. Tip dough onto lightly floured surface. Knead until smooth. Form dough into a ball. Refrigerate until firm.
4. Roll out dough to thickness of 1/2 cm.
5. Trace and cut out bilby shapes. Add eyes and noses.
6. Refrigerate to firm again.
7. Place on lined baking trays and cook in preheated 160 °C oven for 12 to 15 minutes, until golden.
8. Transfer to wire rack to cool.
9. Make icing by combining icing sugar and enough water to form a thick consistency. Add food colouring of choice.
10. Pipe on features to decorate. Use a bit of icing sugar to attach whiskers.

## Equipment

- electric beaters
- measuring cups
- teaspoon/tablespoon
- wooden spoon
- baking trays lined with baking paper
- rolling pin
- pipng bag or snap-lock bag with small hole snipped in corner
- wire rack

## Template

Place the template on a piece of cardboard. Trace around it and cut it out. Place on rolled dough and trace around with knife.



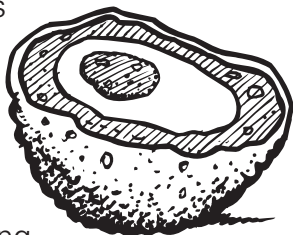
# AUSSIE APPETISERS

The following recipes are a great way to use up left-over hardboiled eggs that have been dyed or decorated for Easter activities (and kept in the fridge). They are also a terrific idea to make specially as finger food for an Aussie Easter barbecue, Aussie Easter picnic or for an Aussie Easter camping holiday.

## SCOTCH EGGS

### Ingredients

- 6 hardboiled eggs
- 400 g sausage meat
- $\frac{1}{2}$  tsp dried basil & thyme
- 1 cup breadcrumbs
- 1 tsp paprika
- 1 tsp salt
- 2 tsp pepper
- 2 beaten eggs
- plain flour for coating
- oil for frying



### What to do

1. Shell the eggs.
2. Mix the sausage meat, basil and thyme.
3. Divide the mixture into six portions.
4. Mix the breadcrumbs, paprika, salt and pepper in a separate bowl.
5. Ensure each egg is dry by using a paper towel.
6. Roll egg lightly in flour.
7. Use a portion of sausage mixture to shape a coating completely around the egg.
8. Roll in flour again, dip in beaten egg then roll in breadcrumb mixture.
9. Repeat process with each egg.
10. Heat oil in frypan and fry eggs, turning frequently until golden all over.
11. Drain on paper towels.
12. Store in fridge. Serve cut in half with favourite mustard, chutney or sauce.

## STUFFED EGGS

### Ingredients

- 6 hardboiled eggs

### Stuffing #1

- 2 tbs mayonnaise
- $\frac{3}{4}$  tsp Dijon mustard
- $\frac{1}{2}$  tsp Worcestershire sauce
- salt & pepper to taste
- paprika for garnish

### Stuffing #2

- $\frac{1}{3}$  cup mayonnaise
- $1\frac{1}{2}$  tsp curry powder
- 1 tsp dry mustard
- $\frac{1}{3}$  cup of milk
- capsicum strips or parsley for garnish

### What to do

1. Cut each shelled egg in half and carefully scoop out the yolk.
2. Mash the yolks with a fork, along with the other stuffing ingredients of your choice. You can mash it until it is smooth or leave slightly lumpy.
3. Spoon the mixture back into the egg white.
4. Store in fridge
5. Garnish according to the stuffing recipe before serving.

