



**SUNSHINE COAST
LADIES
MIDWEEK
TENNIS
ASSOCIATION
RECIPES**

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BUTTERSCOTCH SLICE (Claire's)

85g butter
½ cup (100g) light brown sugar
1 egg
1 dessertspoon golden syrup
1 ½ cups S.R. flour
Pinch salt
1 cup (150g) sultanas
½ cup (60g) walnuts
½ cup lemon glaze icing

Cream butter and sugar until light, then add egg and syrup and beat well.
Stir in sifted flour and salt.
Add sultanas and walnuts, mix thoroughly.
Spread evenly in greased 11"x7" tray.
Bake in moderate oven for about 20 minutes.
When cold, ice with lemon icing and allow to set.
Cut into finger lengths.

Lemon Glaze Icing Recipe

1 cup (125g) icing sugar, sifted
1 teaspoon grated lemon rind
10 g butter, softened
1 - 2 tablespoons lemon juice

Combine the sifted icing sugar, lemon rind, butter and enough of the juice to form a firm paste in a small bowl over a saucepan of simmering water and stir until the icing is smooth and glossy. Remove from the heat. Spread the icing over the slice using a wide knife. This recipe can also be used with orange rind and orange juice.

CLAIRE'S BACON AND EGG PIE WITH FRESH THYME

(this serves 4 so you can do double the quantity for tennis days)

2 sheets frozen puff pastry

5 small zucchinis

400g bacon, fat removed

4 eggs

100ml fresh cream

Sea salt

Freshly ground black pepper

1 tablespoon fresh thyme leaves

Line a 10cm x 30cm pastry tin with the pastry then randomly prick several times with a fork. Line with baking paper and fill with weights. Place in the refrigerator for 10 minutes.

Preheat oven 190°C. Cook the pastry case for 10 minutes then remove the weights and paper and cook for a further 5 minutes.

Slice the zucchinis finely and cut bacon into small strips. Whisk together eggs, cream and milk and lightly season with salt and pepper. Arrange bacon and zucchini on the cooked pastry and pour over the egg mixture evenly. Sprinkle thyme leaves on the top and cook in the oven for 30 minutes or until the pie is set and slightly golden.

Remove from the oven and allow to cool slightly before serving with fresh green salad.

DATE AND WALNUT SLICE (Claire's)

1 cup (130g) Wholemeal S.R. Flour

¾ cup (120g) chopped dates

½ cup raw sugar

¾ cup (100g) chopped walnuts

1 egg

60g butter

Combine sifted flour, dates, sugar and walnuts.

Make well in centre, add beaten egg and melted butter. Mix well.

Spoon mixture into greased tin. (20cm sq tin)

Bake in moderate oven for 30-35 minutes.

Cut into slices while still hot.

Cool in tin.

Jeannie's Vegetable Frittata

Serves 8

You need:

1 cup broccoli florets

3/4 cup sliced mushroom

1 onion, chopped

1 zucchini, sliced

1 cup pumpkin, diced(roasted for about 3/4 hour)

1 tablespoon butter

8 eggs

1/4 cup water

1/4 cup Dijon mustard

1/2 teaspoon Italian herbs

1/4 teaspoon garlic salt or 2 cloves of garlic finely chopped

1 1/2 cup shredded cheddar cheese

1/2 cup chopped tomatoes

salt and pepper to taste

Method:

In a skillet, sauté the broccoli, mushrooms, zucchini, bacon and onions in butter until tender.

Add pumpkin, cheese and tomatoes to broccoli mixture and place in the bottom of a large (25cm round) ovenproof glass or pottery quiche dish.

If you don't have a very large dish, split the mixture between two dishes.

In a mixing bowl, beat eggs, water, mustard, herbs and garlic until foamy.

Add about ½ teaspoon of salt and a couple of pinches of pepper. Pour over the vegetables.

Bake at 375F or 190C for 25-30 minutes.

Frittata is cooked when a knife inserted in the centre comes out clean.

CRUNCHY LEMON MUFFINS (Barb's)

2 cups self raising flour

3/4 cup sugar

75 grams butter

1 cup milk

1 egg

Grated rind of 2 lemons

Syrup

1/4 cup lemon juice

1/4 cup sugar

Mix flour and sugar in bowl. Melt butter; add egg and lemon rind beat well with a fork to combine. Add to dry ingredients and combine with spatula only until dry ingredients have been lightly dampened but thoroughly mixed. Do not over mix as the muffins will turn out heavy.

Divide mixture into 12 pans that have been greased bake at 200 degrees Celsius for approx 10 minutes.

Stir lemon juice and sugar together but do not dissolve the sugar. Drizzle over hot muffins as soon as they leave the oven; leave for a few minutes and remove from pans.

To make them really tasty I double the syrup.

NOOSA LIONS WICKED SLICE

This recipe uses no bowl—just place all the ingredients evenly into the tin and bake!

60g melted butter

1 cup plain biscuits, crushed

1 1/2 cups chocolate bits

1 cup coconut

1 cup chopped nuts

1 tin condensed milk

Line a 23 cm oven tray with Gladbake.

Pour the melted butter into the tin so it coats the base. Now sprinkle each of the ingredients evenly, starting with the biscuit crumbs, followed by the chocolate bits, the coconut, chopped nuts and finally pour over the condensed milk.

Bake in a moderate oven for about 25 mins

Cool in the tin, slice and enjoy!!

If you prefer, coconut can be omitted.

Chicken Sandwich Filling (Jan's)

1 1/2 cups cooked chicken

1/4 cup whole egg mayo

1/4 cup light sour cream

1 tbsp mango chutney

1 tsp tomato paste

1 tsp curry powder

1 chopped shallot

salt & pepper

12 slices bread of choice

extra 1 cup chutney

Spread small amount chutney on slice of bread, add filling and enjoy a yummy tennis lunch.

Claire's Gluten Free Orange & Almond Cake

2 Oranges, about 280g, scrubbed and roughly chopped (with skin), pips discarded.

5 eggs, separated

200g caster sugar

220g ground almonds

2 tblspns flaked almonds

Icing sugar, sifted, to decorate

Place chopped oranges in a small saucepan. Add 1 tblspn water, then cover the pan and simmer gently for 30 minutes or until the oranges are soft and all the excess liquid has evaporated. Leave to cool.

Preheat oven to 180°C. Line the bottom and sides of a 23cm springform cake tin with baking paper. Finely chop the oranges.

Place the egg whites in a large bowl and beat until they form stiff peaks. Gradually add half the caster sugar, then beat for 1 min.

Place the egg yolks and the remaining caster sugar in another bowl and, using the same beaters, beat for 2-3mins or until pale and thick. Add the oranges and beat to combine well. Carefully fold in the ground almonds with a large metal spoon.

Stir in 3 spoonfuls of the egg whites to loosen the mixture, then gently fold in the remaining whites. Transfer the mixture to the tin and level the surface. Sprinkle with flaked almonds.

Bake for 50-55 mins or until the cake is golden and a skewer inserted in the centre comes out clean. Check the cake after 20mins and again at 30mins and cover lightly with foil if browning too quickly.

Leave the cake to cool in the tin, then turn it out, peel away the lining paper and transfer to a serving plate. Dust with icing sugar before serving. The cake can be kept in an airtight container for up to 2 days. ENJOY!!

MACADAMIA AND GINGER FINGERS

PREPARATION TIME 20 MINUTES

COOKING TIME 30 MINUTES (PLUS COOLING TIME)

125g butter, chopped

1/4 cup (55g) caster sugar

1 cup (150g) self-raising flour

1 teaspoon ground ginger

MACADAMIA TOPPING

90g butter, chopped

2 tablespoons golden syrup

3/4 cup (120g) icing sugar mixture

1 cup (150g) macadamias, toasted, chopped coarsely

1/4 cup (50g) finely chopped glacé ginger

- 1 Preheat oven to moderate. Grease 20cm x 30cm lamington pan; line base and long sides of pan with baking paper, extending paper 2cm above edges of pan.
- 2 Beat butter and sugar in small bowl with electric mixer until light and fluffy. Add flour and ginger; beat on low speed until just combined.
- 3 Spread mixture evenly into prepared pan; bake in moderate oven about 15 minutes or until browned lightly. Cool in pan.
- 4 Spread hot macadamia topping evenly over cooled base; bake in moderate oven about 10 minutes. Cool in pan; trim edges, cut into 16 fingers.

MACADAMIA TOPPING

Combine butter, syrup and icing sugar in small saucepan; stir over heat until mixture is smooth. Stir in nuts and ginger.

DATE AND WALNUT SLICE

250g packet dates, chopped
1 1/4 cups self raising flour
1 cup caster sugar
1 cup walnuts, roughly chopped
2 eggs, lightly beaten
250g butter, melted

Preheat oven to 150°C. Grease and line base and sides of a lamington pan, 20 x 30cm. Place the dates into a pan and cover with 1 cup water. Bring to the boil. Simmer for 2 min. allow to cool then drain. Roughly chop the dates.

Sift the flour into a bowl and add the sugar, walnuts and dates. Stir in the beaten eggs and cooled melted butter. Pour into the tray and bake for 40-50mins, or until set. Allow to cool and dust with icing sugar. Cut into pieces and store in an airtight container.

Tanawha Turkish Walnut Cake

Beat 5 eggs till light and fluffy
Gradually add 1 cup sugar and beat until dissolved
Gradually fold in 1 Cup SR Flour and
1 tspn of cinnamon
Melt 230g unsalted butter and cool slightly
Add gradually and beat well
Fold in 125g chopped walnuts
Bake in lamington tin in moderate oven 45-50mins
Cut into squares in tin while still hot and pour cooked
syrup over.

SYRUP:

Bring 2 1/2 cups sugar and 1 3/4 cups water slowly to
boil. Boil for 5 mins. Cool.

Coke Chocolate Cake

2 Cups Flour
250 g Butter or Margarine
3 Tblsp Cocoa
1 cup Coke
1 teasp Bicarb of Soda
2 Beaten eggs
1 teasp Vanilla
1 1/2 cups sugar
1/2 cup milk

Grease and line a large round tin
Heat oven to 180°C

Heat butter, cocoa and coke and bring to the boil.
Pour over the flour mixture and mix
In a separate bowl beat eggs, add bicarb, milk and vanilla.
Add to flour mixture and beat gently.
The mixture should be runny.
Pour into the tin and bake for 50-60 mins or until cooked through.
Cool the cake in the tin for 10 mins before inverting onto the cake rack.

Icing

120g butter/marg
3 tablesp coke
1 1/2 tablesp cocoa
250-375g icing sugar

Combine coke, cocoa and butter.
Stir in the icing sugar.
Cool slightly before pouring over the cake.
The mixture will be thin and will thicken on the cake.

Keeps fresh for ages.

Berry and Lemon Friands—Lina

INGREDIENTS

175g unsalted butter -melted
1 cup almond meal
1 tablespoon finely grated lemon rind
1 and 2/3 cup icing sugar sifted
5 tablespoons plain flour sifted
5 egg whites
200g berries (frozen or fresh) - I use raspberries but blueberries are also great

METHOD

Place almond meal (best to sift), lemon rind,icing sugar and plain flour in a bowl and mix to combine. Add eggwhites to bowl and mix. Add melted butter to bowl and mix until combined. Pour mixture into greased 1/2 cup muffin or friand trays. Sprinkle friands with berries and bake in a preheated 200 degrees C oven for 15 minutes or until they are golden and springy to touch. Cool friands on wire racks and dust with extra icing sugar to serve.

Makes 10 -12

Note - important that they are springy and golden before removing from oven - so that the outside texture is chewy and inside is light. Best texture is on the day of baking - but still yummy the next few days.

LUMBERJACK CAKE

CAKE INGREDIENTS:

2 green apples peeled, chopped, cored and cut into chunks
1 Cup chopped pitted dates
1 tspn bicarb soda
1 Cup boiling water
125g unsalted butter
1 Cup caster sugar
1 egg
1 tspn vanilla essence
1 1/2 C plain flour, sifted

TOPPING INGREDIENTS:

60g unsalted butter
1/2 Cup brown sugar, firmly packed
1/2 Cup shredded coconut
2 tblspn milk

METHOD:

Place apples, dates, bicarb in a bowl.
Pour over boiling water, stand until cool.
Beat butter and sugar until pale and creamy.
Blend in egg and vanilla.
Fold flour and apple mixture alternately into creamed mixture.
Spread into greased and lined 23cm springform tin.
(Using a smaller tin and got good results)
Bake in a moderate oven 180°C for 45 minutes.
Spread topping evenly over and bake further 15 minutes or until topping golden and skewer comes out clean.
Allow to cool completely in tin.

TOPPING:

Place butter, sugar, coconut and milk in small saucepan.
Heat, stirring until butter is melted and sugar is dissolved.