

VEGETABLE GARDEN LASAGNE

Olive Oil

1 eggplant (salted and drained)

1 green pepper (julienned)

1 red pepper (julienned)

1 large onion

3 handfuls mushrooms

Lasagne pasta

One and a half cups Bechemal sauce

Quarter cup parmesan cheese (freshly grated) (add this to Bechemal sauce).

1 cup grated mozzarella

3/4 cup fresh basil leaves

3 cups tomato sauce (see recipe)

Saute peppers and onion in olive oil.

Remove, add some olive oil and saute mushrooms.

Dredge eggplant with flour and shake off the excess flour.

Saute eggplant in oil.

Cook and drain the lasagne, rinsing with cold water.

Into the lasagne dish layer first tomato sauce, then lasagne leaves, then vegetables (in layers) then bechamel sauce and finally mozzarella. Cover this with tomato sauce, then lasagne leaves and so on. Cover dish with foil and bake for about 30 minutes, then uncover and bake for further 15 minutes.

TOMATO SAUCE

Saute 1-2 onions in a mixture of oil and butter (small amount). When "see through" add 1/4 cup red wine vinegar and about 2 tablespoons white sugar, cook until onion caramelizes. Add 2-3 tins tomatoes, about 1 cup white wine, 2 tablespoons tomato paste and (if you want!) 1/4 bottle of 'provistasuga'. Cook this slowly for about 1 hour (until it thickens). Take off heat and cool. Put the mixture through a food processor with basil leaves, salt and pepper.



PAPRIKA POTATOES

Potatoes, peeled and quartered
 Little oil
 Paprika
 Onion, sliced
 1-2 capsicum, sliced
 Few spoonfuls of paprika paste
 Sausages, sliced - debreciner
 asabai
 frankfurts
 2-3 slices bacon, sliced.

Saute potatoes and onion. Add paprika, capsicum, paprika paste, bacon and sausage (except for frankfurts) with water. Simmer till potatoes are soft and water is reduced. Add frankfurts for last 10 minutes.

N.B. The more paprika, the spicier and thicker it becomes.

**CUISINE PHILLISTINE OR ROGER'S REVENGE
(FOR THE MUSEOLOGIST ON THE RUN)**

Roger Trudgeon - from a traditional recipe handed down by generations of workaholics.

1 tin of tuna
 4 diced tomatoes or 1 tin tomatoes
 1 tin anchovies
 Capers
 Olives
 Pinch of chilli powder
 Black pepper
 Lemon juice

Warm the tomatoes to create a "sauce", stone the olives and chop. Add the tuna and anchovies (chopped), olives, capers and chilli powder. Heat through. Add the pepper and lemon juice.

Serve over brown rice or pasta. Eat quickly and jet propel yourself back to work. The exhibition opens tomorrow.

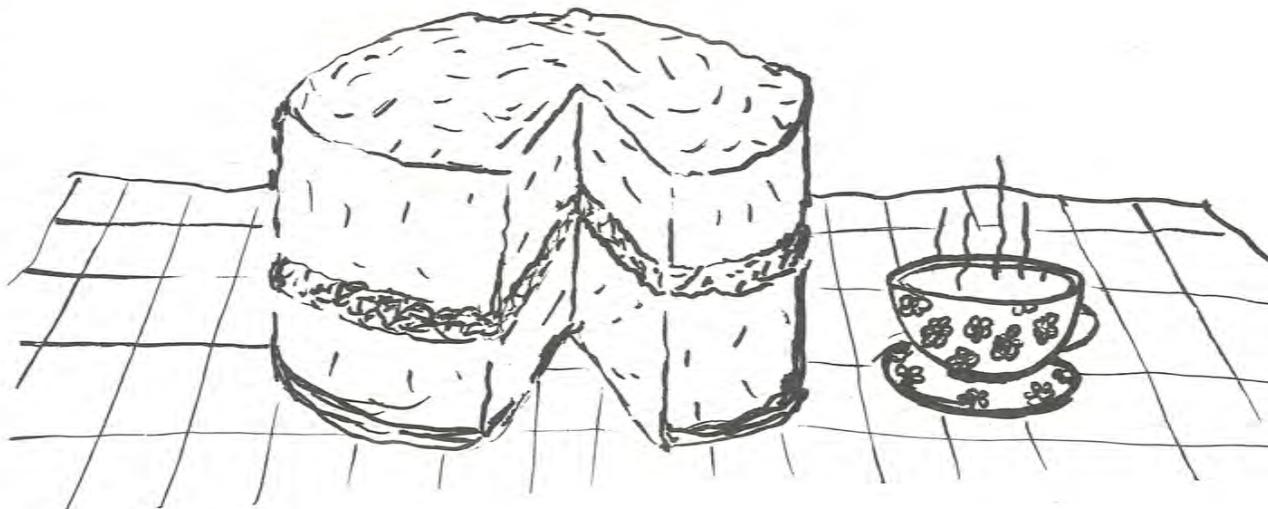
GREAT AUNT ADA'S TEA CAKE

A real tea cake made with tea.

125 grams sultanas
 125 grams castor sugar
 Two thirds cup hot tea
 Two tablespoons thick cut marmalade
 1 egg (optional)
 250 grams self-raising flour

Put fruit, sugar and tea in bowl and leave to stand overnight.

Add marmalade, egg and flour and mix well. Turn mixture into greased loaf tin and bake at 180°C (350°F) for about 50 minutes. Test with a skewer to make sure cooked through. When cold, slice thinly and serve with butter or margarine.

**RACHEL'S CARROT CAKE**

1 cup salad oil (e.g. safflower)
 1 cup sugar (medium brown or white)
 1.5 cups self-raising flour (brown or white)
 2 teaspoons cinnamon
 2 eggs, beaten
 1 cup grated carrot
 1 cup chopped walnuts

Mix oil and sugar. Add sifted flour and cinnamon (I'm always generous with cinnamon and add other spices like ginger to give it that extra zing).

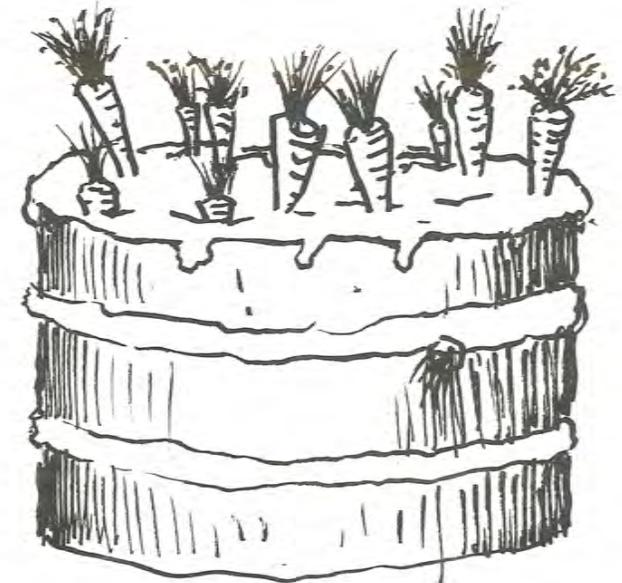
Mix in the eggs, then the carrot and walnuts.

Put into loaf tin (9 x 3 x 5) which has been oiled and floured.

Cooking time is about one hour at 180 degrees.

For special occasions decorate with walnut halves.

Happy Eating!



SPICED HONEY BREAD

Half cup water
 Half teaspoon dried yeast
 Five and a half-6 cups wholemeal flour
 Quarter cup sesame oil
 Quarter cup honey
 1 egg
 1 tablespoon coriander
 Half teaspoon cinnamon
 Quarter teaspoon ground cloves
 2 teaspoons sea salt
 One and a half cups milk or soy milk, scalded and cooled to lukewarm.

Heat water and cool to lukewarm. Add yeast and a teaspoon of flour, cover and set in a warm spot to proof for several minutes. When mixture shows froth on top, stir in half a cup of the flour, cover with a damp towel and set in a draft-free spot for about 30 minutes. The mixture (or sponge) should be slightly frothy.

Whisk this sponge together with oil, honey, egg, spices, salt and milk in a large bowl. Gradually stir in enough of the remaining flour to form a dough. Turn dough onto a lightly floured surface, cover with a damp towel and leave for several minutes. Knead until smooth and elastic, adding extra flour if necessary.

Form into a ball and put in a clean, lightly greased bowl for about 2 hours, covered with a damp towel. The dough should have risen, and not spring back when pressed. Turn the dough out and knead briefly. Return to bowl for a second rise, covered.

Shape into 2 round loaves and place in lightly greased pans, or on a greased baking sheet dusted with cornmeal. Cover and leave to rise for about an hour. Slash the tops of the loaves and brush with beaten egg if wished. Sprinkle with poppy seeds. Bake at 170°C for about 45-50 minutes or until loaves sound hollow when tapped on the bottom.



CONTRIBUTORS AND THEIR FABULOUS CONCOCTIONS

Eileen Ballinger	-	Curried Pumpkin Soup
	-	Brandy Alexander Cheesecake
Chris Barry	-	Paprika Potatoes
Rachel Faggetter	-	Rachel's Carrot Cake
Louella Fernandez	-	Chocolate Nut Torte
Claudia Funder	-	Cheesecake
	-	Potato Salad
Irene Henderson	-	Chocolate Sheet Cake
	-	Salmon in Pastry
Susan Jenkins	-	Susan's Sensational Scones
Jean Johnson	-	Cheese-filled Bread
Chris Keeler	-	Mum's Trifle
	-	Great Aunt Ada's Teacake
Liz Keirs	-	Berry Pie
	-	Marita's Lemon Pie
	-	Cottage Cheese Biscuits
	-	Muffins
	-	Pesto, Peanut, Pasta & Bechemal Sauces
	-	Pesto and Cauliflower soups
	-	Quiche
	-	African Vegetable Stew
	-	Spanakopita
	-	Rice and Garbanzo Salads
	-	Spiced Honey Bread