Doctor Farrell’s Spaghetti Sauce

Family

We started cooking this sauce because our family shrunk to just the two of us. We just did not need so much sauce for spaghetti bolognese.

Food

Ingredients: olive oil, onion, garlic, canned tomato, mixed herbs, salt, sugar and pasta.

Recipe:

1. Heat up olive oil in large pot.
2. Add in chopped onion and heat ‘till softened.
3. Add garlic to taste.
4. Add tomato.
5. Add mixed herbs (about a palmful).
6. Add sugar (about a palmful).
7. Add salt (about a palmful).
8. Mix in with cooked and drained pasta.
9. Serve with or without cheese.
10. Enjoy!

Mrs. Farrell’s Scrambled Eggs (Gordon Ramsey)

Family:

About two or three years ago I watched a show about Gordon Ramsey (a famous TV chef) who was cooking Christmas food for his own family. He cooked this meal for breakfast and I decided to try it out. Dr. Farrell was the guinea pig. It was a great success. You must use the best ingredients you can afford at the time and don’t hurry.

Food

Ingredients: Free-range eggs, butter not margarine (keep that for the toast), bread (that you like), salt, pepper, and cream.

Recipe:

1. Put the heat on low.
2. Put three eggs per person into a non-stick pan.
3. Grind up salt and pepper in a mortar and pestle.
4. Make the toast.
5. Gently fold the eggs into the middle of the pan.
6. Break the yolk.
7. Keep folding the eggs gently to the middle.
8. Add a knob of butter, take the pan off the heat and let the butter melt.
9. Put the pan back on the heat and start gently folding the mix in again.
10. Add a pinch of the salt and pepper mix you made earlier to the eggs.
11. Wait until the very end and add a dollop of cream.
12. Mix together and serve while still moist.
13. Put some on your toast and,
14. Enjoy

Bill Ludlow’s Banana Cake (loaf)
Family:

It’s my mother-in-law’s recipe. It is quick and easy and it saves a lot of bananas. Bananas seem to go in and out of fashion at my house and you can end up with too many bananas. We used to throw a lot out. You can use quite rotten fruit.

Food

Ingredients: Bananas, self raising flour, butter, caster sugar and sultanas

Recipe:

1. Pre-heat the oven at 180 degrees Celsius
2. Peel three very ripe banana and place in a mixing bowl
3. Mash the bananas with a fork
4. Add up to 1/3 of a cup of caster sugar (to taste)
5. Fold and mix until it looks syrupy
6. Add a cup of sifted self-raising flour and mix this in thoroughly
7. Add a cup of sultanas and mix in
8. Prepare a small loaf tin with baking paper and some cooking spray
9. Tip the mixture into the loaf tin and put in the oven
10. Put in the oven until baked (about 25-40 minutes)
11. Check if cooked through with a knife and allow to cool
12. Slice and serve with butter/margarine
13. and, enjoy (feeds about 14 people)

Mrs Farrell’s Self-Saucing Chocolate Pudding with Whipped Cream
Family:

This recipe came from an old lady who is now is passed away. It came out about the time microwave ovens were invented. This is a popular choice when the children choose the menu for their own birthday dinner.

Food:

Ingredients: 1 x egg, milk, flour, sugar, butter/margarine, cocoa, water and thickened cream
Recipe:

1. Add a level cup of self-raising flour to large mixing bowl
2. Add a level cup of sugar to the mixture
3. Add two table spoons of cocoa to the mixture and mix together thoroughly
4. Create a well in the centre of the dry mixture
5. In a separate bowl melt two table spoons of margarine in the microwave (about one minute)
6. In a third bowl break an egg, add exactly half a cup of milk, and the melted margarine and beat the egg into the mix with a fork
7. Add the wet mixture to the dry mixture – pour into the well and fold together
8. Then beat the mixture until it turns a light brown
9. Pour into a casserole pot (it needs a steam hole in the lid)
10. Sprinkle on top two table spoons of cocoa and two table spoons of sugar
11. Add boiling water (about two cups) by pouring onto the back of a spoon. The aim is to have a puddle on top.
12. Put the lid on the casserole pot
13. Put it into the microwave for 6 to 12 minutes depending on how powerful your microwave is.
14. Remove when it is cooked. It will have risen. It won’t look shiny and it comes away from the side and the sauce is thick.
15. Let it sit for a minute.
16. Serve with whipped cream (or ice-cream) and enjoy

Mr Makin’s Pancakes and Pikelets

Family: Jordan really likes pancakes even when he was little and so it was good to make them for him. Everyone else will eat them at home, but Jordan is a scoffer!

This recipe.

Food:

Ingredients: A cup of milk, a cup plain flour (pancakes), a cup of self-raising flour (pikelets), 2 x eggs, butter, a tablespoon of caster sugar, toppings: strawberries, whipped cream & blueberries, white sugar & lemon, golden syrup, maple syrup, jam, cream

Recipe:

1. Add a cup of sifted flour into a mixing bowl (plain for pancakes and self-raising for pikelets)
2. Add a pinch of caster sugar
3. Add eggs (two for pancakes and one for pikelets
4. Add milk at least one cup and may be more if too thick (note that pikelets require a thicker batter)
5. Whisk together until smooth
6. Turn on the hotplate – it needs to be hot.
7. Put a couple of knobs of butter on the plate
8. Pour about ¼ of ladle of the mix onto the plate for a pancake and about a ⅛ for a pikelet
9. Repeat until there is no more room.
10. When there are lots of bubbles flip over and cook the other side
11. After about a minute remove and allow to cool; we are looking for a golden brown colour
12. Repeat from step 7 until the mixture is used up
13. Put your choice of topping on and enjoy.
14.

Kylie's Pinwheels
Family: A family member. They were made for all family functions and were very popular, everybody loved them. Each long strip serves about 8.

Food: Milk, ham, puff pastry, tomato sauce, barbecue sauce, cheese, vegemite, tomato paste.

Recipe:
1. Pre-heat the oven to 180c.
2. Lay a sheet of pastry on the bench.
3. Cover the base with a sauce.
4. Add toppings to the pastry.
5. Roll the pastry tightly and brush with milk or egg.
6. Cut the roll to about 2 centimetre strips.
7. Lay the strip on pre-lined oven tray (leave a gap between each strip).
8. Place in pre-heated oven and leave until golden brown.
9. Take out of oven and let cool.
10. And enjoy!

Angela's Easy Dough Scrolls
Family: This was an alternative to sandwiches in a healthy lunchbox. I can make a batch on the weekend which will last the week. Jacinda and Cameron love these for lunch.

This recipe.

Food:

Ingredients: (dough) self-raising flour, Greek yoghurt, (filling) ham or bacon, mustard, cheese, mayonnaise, sauce, olive oil spray

Recipe:
1. Add a cup of Greek yoghurt to large metal mixing bowl
2. Add a cup (250g) of self-raising flour to bowl
3. With a spoon mix the ingredients together
4. Add more flour if the mixture is too sticky
5. When it is too hard with the spoon, knead the mix together by hand
6. Sprinkle flour onto a flat surface
7. Knead the dough onto the flat surface
8. Add more flour if the dough is too sticky
9. When the dough feels like play dough then roll it flat with a rolling pin (put flour on the pin so it does not stick to the dough
10. Add fillings and roll and stretch the un-cooked scroll
11. Cut the roll into thumb-width slices and place sideways onto a tray already sprayed with olive oil
12. Spray the scrolls with olive oil
13. Place the in trat a pre-heated oven at 180 degrees
14. It should take 20 minutes to cook
15. They will be golden brown when cooked
16. Enjoy!

Doctor Farrell’s Lamb and Bean Curry

Family

This is my own invention. It’s very simple you can do it without the lamb you just need more beans or rice. Tastes better the next day.

Food

Ingredients: olive oil, lamb, one can of four-bin bean mix, hot curry powder, mild curry powder (pastes), rice, salt.

Recipe:

1. Boiled water in an electric kettle.
2. Heat up olive oil in large pot.
3. Roughly chop one medium onion and fry in the oil.
4. Add one cup of rice to a small pot of pre-boiled water and place on stove to cook.
5. Add about 400-500g of seasoned lamb strips to the large pot and brown off.
6. Add the hot and mild curry to the large pot and stir to coat the meat (if you don’t like hot curries then just use the mild powder and double the amount).
7. Add the four-been mix and stir.
8. Turn the heat off and add the now cooked and strained rice.
9. Stir in and serve warm, and enjoy.