

Fair-dinkum
Aussie Recipes
Great Tucker!

Margot Finke's
Fair-dinkum
Aussie Tucker



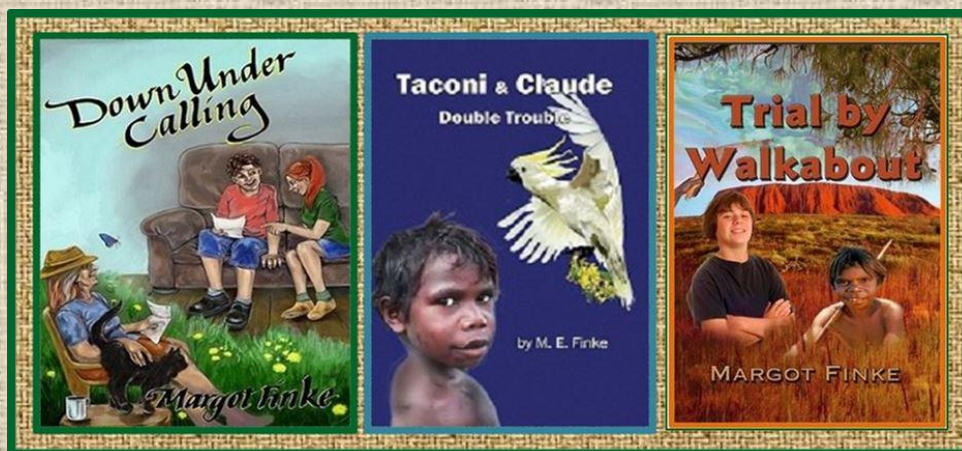
Love Margot's Aussie BOOKS?
Then try her beaut Aussie recipes

FREE GIFT
For readers of her Australian-themed
Young Teen Books.

**Call it tucker, grub, or Aussie food: it's dining that's unique.
With ingredient that blow your mind. . . So take a peek?**

Buy any *Autographed* copy of my *Young Teen Books*
and receive this **FREE Aussie Recipe Book.**
(a pdf download)

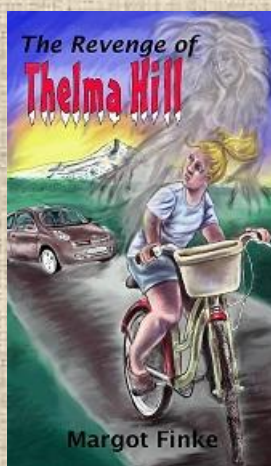
Down Under Calling
Taconi and Claude - Double Trouble
and sequel:
Trial by Walkabout



+

The Revenge of Thelma Hill

Okay, okay, it's **NOT** an Aussie story—
but I'm an Aussie – surely that counts?



CAKES

I grew up in Queensland, Australia, on the edge of the Pacific Ocean near the capital, Brisbane. I met and married a fellow from New York, and we had three children. After a few years we left my favorite foods and other things behind, Down Under, crossed the Pacific, and settled in Oregon. I love it here. The green, the mountains, the rivers and lakes, the waterfalls and the people: even the rain. I have stopped rusting away, and now I simply hydrate when it rains – great for ageing skin.

Yet there are times when I yearn for the beautiful childhood treats and goodies of my youth. I have written about Australia and its weird and wonderful critters in books for kids and teens. That has been a comfort – a kind of replay of things past. Yet Lamingtons do not do replays well. The scent of coconut and the taste of that runny chocolate coating on my fingers is a unique experience. My mouth is watering right now, just at the thought of them. So I am going to share this deliciously yummy Aussie delight with you.

Lamingtons

Ingredients:

1 cup butter, 1 cup castor sugar, 4 eggs (beaten), 2 cups self raising flour for the frosting
2 cups confectionary sugar, 2 tbsp cocoa, 1 tbsp boiling water, 1 tsp vanilla essence, 1 1/2 cups desiccated coconut

Method:

Preheat oven to 350deg, grease a lamington tin (13"x9"x2") pan. Cream butter and sugar, slowly add the eggs and mix well. Add 1/3 cup of flour at a time. Stir thoroughly after each addition.

Place batter in pan and bake for 1-1/4 hours, decreasing temperature to 325 deg during cooking time. put on a cooler rack to cool.

Frosting:

Sift confectionary sugar into a bowl. Add boiling water and vanilla to cocoa, and stir into sifted sugar. Beat well. The mixture should be runny.

Cut cooled cake into 24 blocks, dip all 4 sides of each cake square into chocolate mixture (best done using a pair of tongs). Then roll the chocolate covered cake in the coconut (coat well) and allow to dry on a rack.

Serve half split, with a spoonful of whipped cream in the split. My mum made these for special occasions and I was always her 'finger-lickin' helper - I guess more licking than helping! A bit messy to frost and dip, but the finger licking is yummy, and the results are sinfully good.



TREATS

Aha . . . Chocolate Crackles. If you are calculating the YUM factor from one to 10, and ten is the yummiest, then these crispy morsels are a 10+.

WARNING! If you're on a serious diet, or have related heart and blood pressure problems, RUN NOW! Once savored you are HOOKED. C.C. will NEVER let you go.

When Chocolate Crackles were in my lunch box I always ate them first. I could hardly wait for lunch break to come around – my concentration was SHOT! A miasma of coconut and chocolate temptation smothered all else. Hmmm . . . perhaps an apology to my teacher is in order?

Chocolate Crackles

Ingredients:

4 cups of rice crispies, 1 1/2 cups sifted confectionary sugar, 1 cup desiccated coconut, 3tbsp cocoa, 8oz copha butter. It is the copha that makes it work, so don't try substitutes.
24 paper cake cups (cup-cake size)

Method

Melt copha butter slowly. Mix all dry ingredients together in a bowl. Add melted copha and mix well.

Use a spoon to half fill each paper cup and place on a cookie sheet - makes 24

So easy to make.

*So impossible to break the C.C. habit.
I guess moving to the USA was the only way.*



HOT PUDDINGS - CHILLED DELIGHTS

Oh boy, do I remember this mouth-watering dessert. My mum served it with a hot custard that was as smooth as a peach slice. On cold nights, when the wind whistled a chilly tune through the cracks, and the waves thundered on the Pacific shoreline, Saucy Chocolate Pud (as we called it) was just the ticket.

Self-Saucing Chocolate Pudding

Ingredients:

1 cup self raising flour, 2tbs cocoa, 1oz butter, 1/2 cup milk, 3/4 cup sugar, 1 tsp vanilla essence, 3/4 cup brown sugar, 1/4 cup cocoa, 1 3/4 cups hot water and 1/2 tsp salt.

Method:

Sift flour, salt and cocoa. Then add sugar and mix together. Stir in milk and vanilla – then add melted butter. Mix until smooth.

Spread evenly into greased oven proof dish.

Combine brown sugar, and sifted cocoa, sprinkle over top of pudding. Gently pour hot water over the top of it all. Bake in a moderate oven for 50-60 minutes

Serves 4



This confection was originally created in honor of the world famous Australian Opera singer, Nellie Melba. On a hot and humid Queensland evening a Nellie Melba treat was perfect. It tasted scrumptious and also had an instant cooling effect. I have enjoyed many a dish full on our front verandah with my parents, while a pleasant Pacific breeze fanned us and the nearby palm trees.

The original version of a Peach Melba was a peach, halved, poached and skinned, then sliced. However, the more modern versions usually halve the peaches instead of slicing them, and sometimes poach them in a sugar-syrup.

Peach Melba

Ingredients

Peaches:

3 cups water

3 1/2 cups sugar

1 vanilla pod, split lengthwise

2 tablespoons lemon juice

8 peaches

Raspberry sauce:

3 cups raspberries

1/4 cup confectioners' sugar

1 tablespoon lemon juice

Directions:

Place water, sugar, lemon juice, and vanilla pod into a wide saucepan and heat until sugar is dissolved. Bring the pan to the boil and let it bubble away for about 5 minutes, then turn the heat down to a fast simmer.

Cut ripe peaches in halves, place in a covered sugar syrup mixture, and poach gently for about 2 to 3 minutes on each side. Test the cut side. If soft enough remove to a plate. Peel off their skin and let them cool (remove stones). Save syrup and freeze it for another time.

Make Raspberry Sauce,

Blend the raspberries, confectioners' sugar and lemon juice in a blender or a food processor. Sieve to remove seeds and pour the puree into a jug.

To Serve:

This recipe allows 2 peach halves per person. Arrange them on a plate with 2 scoops of vanilla ice cream. Drizzle the chilled raspberry sauce over each serving.



MAIN COURSE (Beef)

Pie and Peas, with a dollop of hot mashed potatoes under the lid, is simply the BEST tucker under the sun. Just writing about it makes me nostalgic for the old school Tuck Shop, where we ran at lunchtime to buy this Aussie favorite. Pie and peas are to Australians what hamburgers are to the US. They are our national gastronomical standby - with a side dish of either lamingtons or chocolate crackles to follow we will die happy.

Aussie Meat Pies

Ingredients:

Filling:

1 1/2lbs chopped beef, 2 beef stock cubes, 1t sp soy sauce, 1 1/2 cups water, pinch nutmeg, 2tbsp plain flour, salt and pepper, 1/4 cup water (or more)

Pie Bottom:

2 cups plain flour, 2/3 cup water, 1/2t sp salt, 1 tbsp beef dripping

Pie top:

1 packet puff pastry, 1 egg yolk, 1 tsp water

Method:

Place meat in a saucepan and stir over low heat until meat is well browned. Drain of any fat, and add crumbled stock cubes + water, salt and pepper, and nutmeg. Stir until it boils. Reduce heat. Cover and simmer for 20 minutes. Remove from heat. Mix together extra water and flour and stir until smooth. Add slowly to the meat stirring all the time. Return to heat, stirring till meat boils and thickens. Add the soy sauce. Simmer uncovered for 5-10 minutes. Allow to cool.

Pie Bottom:

Sift the flour and salt together in a bowl. Place water and dripping in a saucepan and stir till dripping melts. Remove from heat. Make a well in the centre of dry ingredients and add the liquid. Stir until combined. Turn out on a lightly floured board and knead lightly. Roll out pastry to line 8 small greased pie tins. Cut off excess pastry from the sides of the tins and fill the base with cold meat filling.

Pie Crust:

Prepare puff pastry according to directions on packet. Roll out on a lightly floured board, and cut into rounds for tops. Use a saucer as a guide for size. Wet edges of base pastry and gently press tops into place. Trim edges with a knife. Brush tops with combo of egg yolk and water. Bake in a hot oven for 5 minutes until golden brown. Lower heat to moderate and bake for 10 more minutes. This is a real beaut Aussie favorite. Lever up the pie top and spoon in mashed potatoes and peas. Close the top. Savor!



MAIN COURSE (Crustaceans)

This fishy dish is not a childhood favorite, but an adult one. I tried this on our last trip back to my old Queensland stomping grounds, and these crustaceans were absolutely delish. In Queensland, where I ate them, they are called Moreton Bay Bugs.

Balmain Bugs with Mango Sauce

Ingredients

8 large green Balmain bugs, or 2 large green lobster tails and 1 large or 2 small mangos.
2-3 tbsp sour cream, 1/4 cup lemon juice, 1 tsp soft brown sugar, 2-3 tsp Thai sweet chili sauce.

Method

Arrange bugs(lobster) in a saucepan of lightly salted boiling water and simmer uncovered for 4-5 minutes, till shells have changed color (orange red color). Gently separate the heads from the bodies. Use a sharp pair of kitchen scissors to cut along the underside of the bug and gently remove the meat. Cut each piece of meat in half - lengthwise.

Mango sauce

Peel the mangos and remove the seed. Chop up the flesh and put into a food processor. Add the cream, lemon juice, sugar and chili sauce. Whizz in blender for approx 20-30 seconds - or until smooth. Cover and chill till needed. If the sauce is too thick add more cream or lemon juice. When ready to serve, heat the sauce and pour over the bugs. Serve with vegetables of your own choosing.



My Aussie Recipe Book ends with a
BANG!

Kangaroo Tail Soup!

Of course there is one problem . . . first, catch your Kangaroo!

I have never eaten this delicacy, but who writes an Aussie Cook Book without including the tale. . . err, I mean TAIL, of a kangaroo?

My research showed a grab-bag of recipes – from plain, to chefs that make it into way too exotic a dish to ever be considered dinki-di Australian. So I chose a recipe from The White Hat's Chef.

This is his introduction:

Some people think you can have a kangaroo tail soup on the table in just a few hours. What a load of rubbish – that's just wimpish broth with some kangaroo meat in it. Some people use beef stock. What an insult! Not only have cattle invaded the lands of the kangaroo, they're invading its soup.

If a kangaroo has died it must be treated with due respect and the maximum goodness extracted from the parts. That particularly includes the marrow and you're not going to get that goodness from any trendy delicately-seared-segments-ofkangaroo-lovingly-simmered-in-a-coulis-of-baby-vegetables-and-served-in-a-delicate-beef-broth-with-just-a-hint-of-jasmin-and-garnished-with-herbes-de-provence sort of recipe. That's not going to put hairs on your chest and other parts of your body where they have never previously grown.

Now, if this introduction to the culinary delights of Kangaroo Tail Soup has not scared the pants off you, click on this link, and as they say Down Under, . .

AND HAVE AT IT, MATE!

[The Recipe is HERE](#)

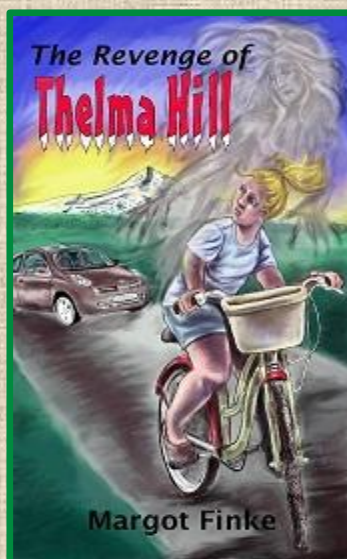


FREE

Aussie Recipe Book

For those who BUY an Autographed
YOUNG TEEN BOOK from my website.

Just [EMAIL](#) Me



“Thelma Hill”

My young teen ghost
mystery has nothing to
do with Australia.

EXCEPT. . . I am an
Aussie writer living in
the US.

So, I thought that
qualified it to join my
FREE Aussie Recipe
Book give-away.

YOUNG TEEN BOOKS: <http://tinyurl.com/ko8ukew>

Website: <http://www.margotfinke.com>

Amazon: <http://tinyurl.com/bg9dtx>

Facebook: <https://www.facebook.com/margot.finke>

Pinterest : <http://www.pinterest.com/margotfinke/>

Twitter: <https://twitter.com/Margot10>

FREE "Sneak Peek" inside ALL my books: <http://tinyurl.com/8qw44a>

****SKYPE** Makes it Happen:

My FREE *Magic Carpet of Books* can visit YOUR classroom:

<http://margotskype.blogspot.com/>