

CORNBREAD MUFFINS

- 2 rashers bacon
- 1½ cups self-raising flour
- ¼ teaspoon salt
- 1 tablespoon sugar
- ¾ cup cornmeal
- 2 eggs
- 1 cup milk
- ¼ cup oil
- 310g can corn kernels

Remove rind from bacon, chop bacon, fry until crisp, drain. Sift flour, salt and sugar, stir in cornmeal. Combine eggs, milk and oil, stir into dry ingredients, stir in drained corn and bacon. Mix only until combined, drop dessertspoonfuls of mixture into greased muffin tins, bake in moderately hot oven 20 to 25 minutes. Makes about 20.

HERBED OLIVE OIL DIP

Ingredients

- ½ cup extra-virgin olive oil
- 1 tbsp balsamic vinegar
- 1 large clove garlic, cut in thin lengthwise slices
- ¼ tsp coarse salt
- ¼ tsp fresh-ground pepper
- ½ tsp chopped fresh rosemary
- coarse-grated parmesan

Method

In a lidded jar, combine all ingredients except cheese. Shake well. When ready to serve, shake again and pour on to saucers. Sprinkle with parmesan. Ideal for crusty bread. Makes ¾ cup.

TAPENADE

Ingredients

- 1 cup black olives, pitted
- 6 flat anchovy fillets, drained and chopped
- 2 tbsp capers, chopped coarse
- 2 cloves garlic, minced
- juice of 1 lemon
- 4-6 tbsp extra-virgin olive oil

Method

Combine all ingredients except oil in a food processor and process to form a paste. With the motor running, dribble in just enough oil to make mixture spreadable. Transfer to a small bowl or crock. Serve at room temperature as a spread for bread. Store tightly covered in the refrigerator. Makes 1½ cups.

ROASTED GARLIC PUREE

Ingredients

- 4 large heads garlic
- ¼ cup chicken broth
- 2 tbsp extra-virgin olive oil
- 1¼ tsp dried herbes de Provence (or equal

parts dried thyme, marjoram, sage, rosemary and lavender)

- pinch of salt
- pinch of white pepper

Method

With a sharp knife, slice off top of garlic head, exposing a small amount of all the cloves. Peel and discard any loose, papery outer skin, leaving most of the skin intact. Place garlic, root side down, in a small ovenproof baking dish. The garlic heads should barely touch. Drizzle broth and oil evenly over garlic, then sprinkle with 1 tsp of the herbs. Cover tightly and bake at 200deg C until inner cloves are very soft, about 1 hour. Uncover and cool to room temperature. Squeeze soft garlic pulp out of the skins into a small bowl. Mash with a fork until creamy and smooth. Add salt, pepper and remaining ¼ teaspoon herbs. Serve with French bread. Makes 1 cup.

BROILED PEPPER-CHEVRE SPREAD

Ingredients

- 1 tbsp extra-virgin olive oil
- pinch of cayenne pepper
- 20-35g French-style goat cheese
- 10 turns of pepper mill

Method

Preheat broiler. In a small bowl, combine oil and cayenne. In a separate bowl, combine cheese and half the oil mixture, stirring until smooth. Line a small bowl with plastic wrap. Press cheese into bottom of bowl to form a dome. Turn the cheese on to an oven-proof baking dish and remove plastic wrap. Brush on remaining oil mixture. Top with pepper. Broil as far away from heat source as possible, until warm throughout with a golden crust, about 5 minutes. Do not burn. Serve immediately with crusty bread. Makes ¾ cup.

avocado dip
Salsa
2 garlic cloves chopped
2tblsp ex. vir olive oil
2tblsp lime juice
½ tsp lime zest
2 ripe but firm avocados
coarsely chopped
pinch cayenne
garlic, oil, lime juice & zest process till smooth
Add avocados cayenne salt & press T
2tblsp water
Process.

NIBBLIES + DIPS + CHEESE BALLS

Guacamole

Cost: \$3.60, makes 1 1/2 cups

- 2 ripe avocados
- 1/2 tsp chilli powder or to taste
- 1 tblspn lemon juice
- 1 tblspn chopped spring onions
- 2 tomatoes, peeled, seeded and finely chopped
- 1 tblspn finely chopped fresh coriander
- salt to taste

Step 1: Gather all the ingredients together before you start to prepare your Guacamole.

Step 2: Cut the avocados in half, remove all the seeds and peel off the skin. Place avocado flesh into a food processor or an electric blender and then process until finely chopped.

Step 3: Add chilli powder, lemon juice and spring onion and process until mixture is smooth.

Step 4: Place Guacamole in a mixing bowl, add the tomato and coriander and stir until well combined. Season to taste with salt and pepper. Put it into a serving bowl, cover with plastic wrap and chill in the fridge.

WD

CHEESE AND WALNUTS (POTTED)

- 250 g (1/2 lb.) natural cheddar cheese, finely grated
 - 5 tablespoons butter or margarine, softened
 - 1/4 teaspoon Dijon-style mustard
 - 1 tablespoon wine vinegar or brandy
 - Cayenne to taste
 - 1/2 cup walnuts, finely chopped
 - Butter, softened
 - Paprika, optional
- Blend together cheese, butter, mustard, vinegar, cayenne and walnuts. Pack into small jars and cover with a thin layer of butter; sprinkle with paprika. Makes 1 cup.

imported stuff"

CHEESE SCONES

- 2 cups self raising flour
- 1/4 teaspoon salt
- 1 tablespoon butter
- 3/4 cup milk
- 2 cups grated Australian Matured Cheddar cheese
- paprika or fresh herbs

Sift flour and salt into a bowl. Rub in butter. Mix in milk with a small spatula to form a soft dough. Turn the lot onto a floured board and knead lightly. Roll out to a rectangle 20 cm x 35 cm long and sprinkle with half the cheese. Roll up beginning with the long edge and cut into 2 cm thick slices. Arrange flat and touching, in a circle, on a buttered baking tray and sprinkle with remaining cheese. Sprinkle with paprika or herbs and bake at 220°C for 20 minutes or until cooked. Makes 12.

Do this for squash

MUSHROOM AND ALMOND PATÉ

- 60g (2oz) whole blanched almonds
- 90g (3oz) butter or margarine
- 1 small onion
- 375g (12oz) mushrooms
- 2 cloves garlic
- 2 teaspoons lemon juice
- 1 teaspoon fresh chopped tarragon or 1/2 teaspoon dried tarragon
- 1/3 cup sour cream, salt, pepper

Place almonds on baking tray, bake in moderate oven 5 minutes or until golden brown, cool. Heat 30g (1oz) of the butter, add peeled and chopped onion, cook 2 minutes or until transparent. Add remaining butter, chopped mushrooms, crushed garlic, lemon juice and tarragon, cook 3 minutes, stirring constantly. Remove vegetables from pan, continue cooking pan juices until reduced to 1 tablespoon.

Place almonds in food processor or blender, process until finely ground. Add cooked vegetables, pan juices and sour cream, process until smooth; season with salt and pepper. Spoon mixture into serving dish, refrigerate overnight. Decorate with mushroom slices and a sprig of tarragon before serving. Makes about 2 cups of paté. Approximate cost: \$3.20.

CHEESE BALL

- 250g (8oz) cream cheese
 - 1 tablespoon tomato sauce
 - 3 drops tabasco sauce
 - 2 tablespoons mayonnaise
 - salt, pepper
 - 2 gherkins
 - 150g pkt small savoury cheese biscuits
- Put softened cream cheese, tomato sauce, tabasco sauce, mayonnaise, salt and pepper in small bowl, beat until smooth. Chop gherkins finely, fold into cream cheese mixture with half the biscuits which have been crushed roughly with hands. Form into ball, roll in remaining finely crushed biscuits. Serve on a platter with savoury biscuits.

OLIVE PATÉ

- 125g (4oz) unsalted butter
 - 250g (8oz) stuffed olives (1 cup)
 - 1 onion
 - 1 clove garlic
 - pepper
 - 2 tablespoons cream
 - 2 tablespoons chopped parsley
- Melt butter in pan, add peeled and chopped onion and crushed garlic, cook until onion is tender; remove from heat. Rinse olives under running water; pat dry. Add olives and cream to pan, season with pepper. Place olive mixture in blender, blend until pureed. Add parsley, blend further 10 seconds. Pour mixture into small bowl, refrigerate, covered, until firm. Makes 1 1/2 cups. Approx. cost: \$1.40



Asparagus & Bacon Tartlets

PASTRY: 1½ cups plain flour • pinch salt • 125g (4oz) butter • 1-2 tablespoons iced water. **FILLING:** 125g (4oz) cream cheese • ¼ cup milk • 1 egg, beaten • salt • pepper • 310g can Edgell Asparagus Cuts, drained • ¼ cup finely chopped bacon.

PASTRY: Sift flour and salt into a bowl and rub in butter until mixture resembles breadcrumbs. Add water and mix to a firm dough. Knead pastry lightly until smooth and chill until firm. Roll out thinly and line 20-24 tartlet tins. Place a spoonful of Asparagus Cuts in each case.

FILLING: Beat cream cheese until smooth, gradually add milk, egg, salt and pepper. Spoon filling into pastry cases, top with chopped bacon and bake at 180°C (350°F) for 15-20 minutes.

CHEESY NUT DIP

Dips are always popular to serve as nibble with drinks. This one is full of cheese, pert with worcestershire sauce and mustard and crunchy with nuts.

Cost: \$1.50
Makes 1½ cups

- ⅓ cup grated tasty or edam cheese
- 1 cup sour cream
- 1 tblspn snipped chives
- ½ tsp worcestershire sauce
- ½ tsp dijon mustard
- ¼ cup roughly chopped cashews
- 1 tblspn cream
- 2 tblspns cocktail onions, finely chopped
- salt and pepper

Place all ingredients in a bowl and mix together until well combined. Season to taste with salt and pepper. Spoon into a small serving dish and chill in the fridge until ready to serve. Serve with melba toast, crackers, radishes and black olives. Hint: Prepare the night before and store in the fridge covered with plastic wrap.

CHEESE, HAM AND OLIVE FINGERS

These cheesy ham and olive fingers are like a quiche without a crust. They're easy to assemble and cut neatly into fingers or wedges for individual servings

Cost: \$5.25

- melted butter or margarine, for greasing
- ½ cup sesame seeds
- 1½ cups SR flour
- 1½ tps baking powder
- ½ tsp salt
- 2 cups grated parmesan cheese
- 1 cup roughly chopped ham
- ½ cup olives, pitted and roughly chopped
- 1 tblspn snipped chives
- 5 eggs, lightly beaten
- 1 cup milk
- ½ cup oil

Set oven temperature to 180°C. Grease a 30x20cm large tray with melted butter or margarine.

Sprinkle half the sesame seeds over the base and sides of the tray. Mix flour, baking powder and salt in a mixing bowl. Add the grated parmesan, ham, olives and chives and mix well. Make a well in the center of the cheese mixture, then add the milk and oil, stir until well combined. Beat well for 1 minute. Spoon into the prepared tin and level.

Sprinkle mixture with the remaining sesame seeds. Place in the preheated oven and cook for 45 to 50 minutes until the top is golden brown. Cool on a wire rack. Serve hot or cold, cut into fingers.

Note: If making these in advance, store in an airtight jar or cake tin and keep well for 4 to 5 days.

TAPENADE

- 1 cup pitted kalamata olives
 - 1 clove garlic, peeled
 - 1 medium-sized roasted, peeled red capsicum
 - 1 tbs parsley, chopped
 - 1 tbs small capers
 - Extra-virgin olive oil
- Chop by hand (not a food processor) the olives, garlic and capsicum. You can use the prepared roasted capsicum bought in jars. Mix all ingredients together and drizzle over enough extra-virgin olive oil to loosen the mixture. Great served with warm bread, on chicken or fish or over a warm lamb salad.

Cheese fillo triangles (Tiropitakia)

Makes 24.

Preparation: 40 mins.

Cooking: 15 mins.

Triangles can be prepared several hours ahead. Bake close to serving.

- 150g fetta cheese, crumbled
- 125g ricotta cheese
- 1 egg, beaten lightly
- pinch of nutmeg
- freshly ground pepper
- 12 sheets fillo pastry — +4 sheets
- 100g butter, melted

Pre-heat the oven to moderately hot (200°C). Combine fetta, ricotta, egg, nutmeg and pepper in small bowl.

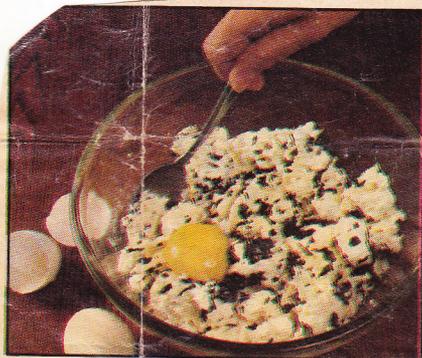
To prevent the pastry from drying out, cover with a damp tea-towel until you are ready to use it. Layer two sheets of the pastry together, brushing both with a little of the butter.

Cut the layered sheets into four strips lengthways.

Place two teaspoons of the cheese mixture at one end of each strip. Fold one corner end of the pastry diagonally across the filling to the other edge to form a triangle. Continue folding to the end of strip, retaining the shape. Brush the triangles with a little more butter. Repeat with the remaining pastry, filling and butter. Place triangles on greased oven trays and bake in a moderately hot oven for about 15 minutes or until browned.

Suitable to freeze.

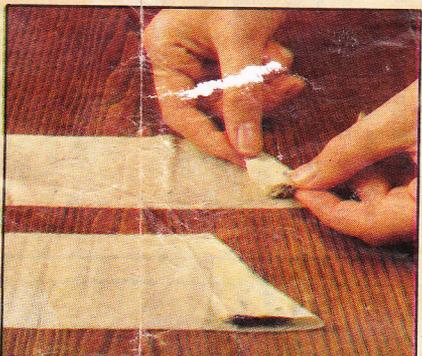
Not suitable to microwave.



STEP ONE



STEP TWO



STEP THREE



STEP FOUR

TIROPETES

Cost: \$6.25. Makes about 72

- 500g ricotta cheese
- 250g feta cheese
- ½ cup chopped mint
- 2 eggs, lightly beaten
- salt and pepper to taste
- 200g pkt fillo pastry
- 125g butter or margarine, melted

Step 1: Crumble ricotta and feta cheese into a bowl. Add mint, eggs and salt and pepper to taste, continue beating until smooth and well combined.

Step 2: Unroll fillo pastry on to a work surface and separate sheets of pastry. Cut each sheet into strips 5cm wide. Stack into one pile and keep covered with a damp tea towel while making the Tiropetes.

Lay three to four strips of pastry on to a work surface and brush with melted butter or margarine.

Step 3: Place about one teaspoonful of the cheese mixture at the bottom of each strip of pastry. Fold the corner of the pastry over mixture to form a triangle.

Step 4: Continue folding and simultaneously sauteing the triangle to the end of the pastry strip. Place seam side down on a greased baking tray. Repeat with remaining strips and filling.

Brush tops of pastries with melted butter or margarine. Bake in a hot oven (200°C) for 15 to 20 minutes or until pastries are crisp and golden brown.

Spinach Bacon Dip

SERVES 4 TO 6

- 1 x 250g packet frozen spinach, thawed
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 bacon rashers, chopped
- 1 x 250g packet cream cheese, softened
- 1 tablespoon chopped fresh chives

- ¼ cup grated fresh parmesan cheese
- 1 small cottage loaf vegetable sticks and sliced bread stick to serve
- fresh herbs to garnish

1. Squeeze excess liquid from spinach. Heat oil in a pan, add onion, bacon and spinach, cook, stirring, until onion is soft and any liquid evaporated.
2. Combine spinach mixture with cream cheese, chives and parmesan cheese in a bowl; mix well.
3. Cut top off cottage loaf, remove bread from centre of loaf, leaving a 1cm thick shell.
4. Spoon dip into bread case; replace top.
5. Cook in a moderately hot oven 190°C (375°F) for about 10 minutes, or until bread is crisp and dip warm.
6. Serve with vegetable sticks and sliced bread stick; garnish with fresh herbs.

SEVEN LAYER DIP

- 35g sachet CASA FIESTA Taco Seasoning Mix
- 300ml sour cream
- 20g butter

- 4 green shallots, chopped
- 1 small red Spanish onion, chopped
- 450g can CASA FIESTA Refried Beans
- 110g can CASA FIESTA Nacho Sliced Jalapenos
- 1 medium tomato, chopped
- 1 cup (125g) grated tasty cheese
- 250ml jar CASA FIESTA Chunky Salsa (Mild, Medium or Hot)
- 200g packet CASA FIESTA Nach-Olé Tortilla Chips

Combine Taco Seasoning Mix with sour cream: mix well. Heat butter in pan, add shallots and onion, cook, stirring, until onion is soft.

Place Refried Beans in base of serving bowl, top with Nacho Sliced Jalapenos, sour cream mixture, tomato, onion mixture, cheese and Chunky Salsa. Serve with Tortilla Chips.

Serves 4.

- Recipe best made just before serving.
- Freeze: Not suitable.
- Microwave: Not suitable.

PEPPER CHEESE

- 250g cream cheese
- 1 clove garlic
- 2 tbsps NESTLÉ Reduced Cream
- 1 MAGGI Onion Stock Cube
- 1 tbspn lemon juice
- coarsely ground black pepper

Beat cream cheese until soft. Crush in garlic, add NESTLÉ Reduced Cream. Crumble in MAGGI Onion Stock Cube and lemon juice. Blend until smooth and creamy. Divide into four equal proportions. Toss in ground black pepper. Refrigerate until firm.

Serve with NABISCO Snaps Crackers.



BAKED

fetta in this recipe
just before serving.

- fetta cheese
- olive oil
- and par
- pp
- olive

HAM AND CORN BREAD CASES

This recipe can be prepared a day ahead; assemble close to serving.

- 20 slices white bread
- 125g butter, melted
- HAM AND CORN FILLING
- 30g butter
- 3 green shallots, chopped
- 100g leg ham, finely chopped
- 2 tablespoons plain flour
- 1 cup milk
- 310g can corn kernels, drained

Grease 20 holes of two deep patty pan trays. Remove crusts from bread, flatten bread with a rolling pin. Cut

bread into rounds using a 7cm plain cutter, press into prepared pans.

Brush bread cases with butter, bake in moderately hot oven about 15 minutes, or until lightly browned. Stand cases in pans 5 minutes before removing. Serve cases filled with warm ham and corn filling. Decorate with strips of red pepper, if desired.

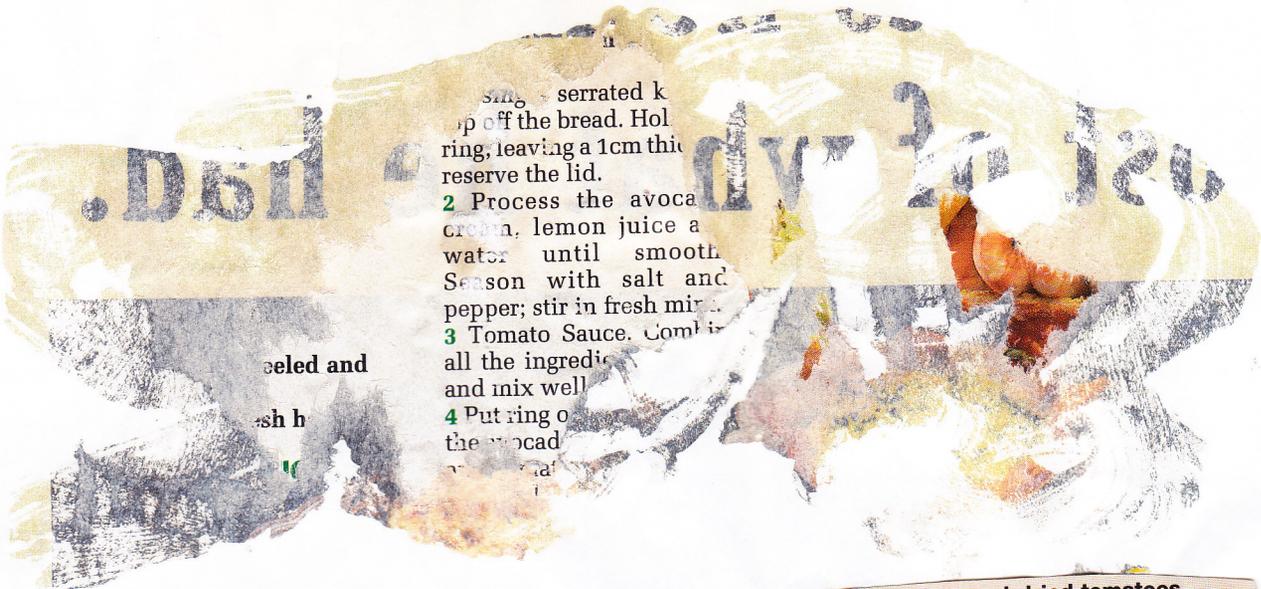
Ham and Corn Filling: Heat butter in pan, add shallots and ham, cook, stirring, until shallots are soft. Add flour, stir until bubbly. Remove from heat, gradually stir in milk, stir over heat until mixture boils and thickens; stir in corn.

Makes 20.

Cases and filling suitable to freeze separately.

Filling suitable to microwave.

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of Mushroom Sc
paragus, crabme
blend until smooth and



CRAB FILO TRIANGLES

COCKTAIL-size pockets of filo pastry with a delicious crab filling. Use fresh cooked and flaked crab meat or a good quality canned one.

- 1 cup flaked crab meat
- 30g butter
- Salt and freshly ground pepper
- A pinch of cayenne
- 1 tablespoon flour
- 3 tablespoons cream
- 1 tablespoon dry sherry or lemon juice

Filo pastry
Melted unsalted butter

Heat the crab meat gently with the butter and seasonings. Blend in the flour, cook for a minute then blend in the

cream and sherry. Cook until thickened. Cool slightly before using.

Lay the filo pastry flat on a damp tea towel and cover with a second damp towel to prevent pastry drying out. Working quickly, take one sheet of pastry out and brush with melted butter. Top with a second sheet of pastry and cut these two sheets into 5 strips lengthwise. Place a teaspoon of filling in one corner of a pastry strip. Fold corner of pastry over filling until it meets the opposite edge of pastry, forming a triangle.

Continue to fold pastry strip over and up, keeping a triangle shape until it reaches the top of the strip. Brush with melted butter. Continue with remaining filling, repeating with pastry in the same manner.

Place on a baking tray and bake in a preheated moderately hot oven, 190C (375F), for about 30 minutes until puffed and golden.

Cucumber and Yogurt Dip

Recipe can be made a day ahead.

- 1 small green cucumber
- 1 cup plain yogurt
- 1 clove garlic, crushed
- 2 teaspoons lemon juice
- 2 teaspoons chopped fresh mint

Peel cucumber, grate cucumber into a strainer, leave to drain for 15 minutes. Combine all ingredients in a bowl, serve with chillies, sliced extra cucumber, bread, olives, dolmades and cherry tomatoes, if desired.

Not suitable for...

Chicken and Ham Pinwheels

This pate can be sealed up to a month.

- 125g butter
- 2 garlic cloves
- 50g chicken
- 250g ham
- 1/2 cup milk
- 1 tablespoon salt
- 1/2 cup...



Pinwheels

Pinwheels

Makes 16

- 3 cups self-raising flour
- 80g butter, cubed
- 1 1/3 cups milk
- 200g feta cheese, crumbled

- 270g jar semi-dried tomatoes, drained, chopped
- 2 tablespoons chopped fresh chives
- 1 egg, lightly beaten

- 1 Preheat oven to 200°C. Line 2 baking trays with baking paper. Sift flour into a large bowl. Add butter. Using your fingertips, rub butter into flour until mixture resembles fine breadcrumbs.
 - 2 Make a well in centre. Add milk. Mix with a flat-bladed knife until mixture forms a soft dough. Turn onto a lightly floured surface. Knead until smooth. Roll into a 1cm thick, 40cm x 28cm rectangle.
 - 3 Sprinkle with cheese, tomatoes and chives. With longest side near you, roll up like a Swiss roll. Cut into 16 even rounds.
 - 4 Lay rounds on prepared trays. Brush with egg. Bake for 15 to 20 minutes, or until golden and cooked through. Cool for 5 minutes. Transfer to a wire rack.
- Transport tip** Place cool pinwheels into a container or wrap in a clean tea-towel.



- 8 slices prosciutto
- 1/2 cup (55g) frozen peas
- 40g feta, crumbled
- 1 tablespoon finely chopped chives
- 4 eggs, lightly whisked
- 2 tablespoons thin cream

1. Preheat oven to 160°C. Line the base and sides of eight 1/2 cup (80ml) capacity muffin pans with the prosciutto slices.
2. Spoon peas, feta and chives evenly among each pan. Use a fork to lightly whisk eggs and cream together in a jug. Season with salt and pepper. Pour evenly among muffin pans.
3. Bake in preheated oven for 20 minutes or until just set. Remove from oven and set aside to cool. Place in the fridge to chill.

CHEESE, ONION AND WALNUT LOAF

A moist loaf where the mellow sweetness of onion mingles deliciously with cheese and walnuts.

Cost: \$2.80

Serves 8 to 10

- 90g butter or margarine
- 2 cups SR flour
- 1 tsp baking powder
- 1 tsp dried mustard
- ½ tsp salt
- ¼ tsp pepper
- 2 onions, peeled and finely chopped
- 1 egg, lightly beaten
- 125g grated cheese
- ¾ cup milk
- 125g walnuts, chopped

Beat the butter or margarine until soft and creamy. Sift the flour, baking powder, mustard, salt and pepper together. Add to the butter or margarine and mix well. Gradually mix in all the remaining ingredients. Spoon the mixture into a lightly greased and lined 16 x 22cm loaf tin.

Bake in a moderate oven (180°C) for 40 to 45 minutes or until a skewer inserted in the centre comes out clean. Cool in the tin for 10 minutes

Mummy

THICK PIZZA CRUST

- 1 teaspoon sugar
- 1½ cups water
- 7g sachet dried yeast
- 4 cups plain flour
- 1 teaspoon salt
- 2 tablespoons oil

Dissolve sugar in warm water, sprinkle yeast over, stand in a warm place 10 minutes. Sift flour and salt into a large bowl, stir in yeast mixture, then oil, knead until smooth on lightly floured surface for 10 to 15 minutes. Place dough in a lightly oiled bowl, cover, stand in warm place 45 minutes or until doubled in bulk. Knock back dough, divide in half, roll each half to fit into two 28cm pizza pans.

Approximate cost: 60 cents.

QUICK MIX CRISPY CRUST

- 7g sachet dried yeast
- 1 teaspoon sugar
- ¾ cup warm water
- 2 cups plain flour, pinch salt

Stir water into yeast and sugar, make well in centre of sifted flour and salt, stir in yeast mixture, mix to firm dough, knead on floured surface until smooth. Divide dough in half, roll each half large enough to cover base of two 28cm pizza pans.

Approximate cost: 30 cents.

CHEESE AND CARAWAY MUFFINS

- 1 cup self-raising flour
- 1 teaspoon sugar
- 1 teaspoon salt
- ¼ teaspoon dry mustard
- 1 cup grated tasty cheddar cheese
- 1 egg, beaten lightly
- 1 cup milk
- 60g butter, melted and cooled
- Caraway seeds

Sift the dry ingredients into a bowl and stir in the grated cheese. Combine the egg, milk and melted butter, make a well in the flour and stir in the egg mixture until just barely combined. Divide the mixture among 10 or 12 muffin tins, depending on the size, and fill them two-thirds full. Sprinkle with caraway seeds.

Bake in a preheated moderate oven, 180C (350F), for 25 minutes until they are puffed and golden. Let the muffins cool for a minute or so, then loosen them from the tins with a spatula.

Mummy
try adding bacon

Grease pans

CREAMED CORN MUFFINS

FOR the very best results try not to over mix. The mixture should still look lumpy and not quite mixed.

- 1 cup plain flour
- 1 cup yellow cornmeal
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 large egg
- ½ cup milk
- 60g butter, melted
- A 300g can cream-style sweetcorn

Sift dry ingredients into a bowl. In another bowl combine egg, milk, butter and corn, mixing well. Stir liquid ingredients into sifted flour mixture and mix in very lightly, so that batter is still lumpy. Spoon into buttered muffin tins until nearly full and bake in a preheated hot oven 225C (425F) for 15-20 minutes until risen and golden.

Mummy

FETA HERB BREAD

Here's a must for your next barbecue. Laced with herbs and cheese and topped with sesame seeds, this French loaf is sure to be popular.

Cost: \$2.70

Serves 8

- 125g feta cheese
- ¼ cup ricotta cheese
- 60g butter or margarine, softened
- 2 tblspns snipped garlic chives
- 2 tblspns chopped parsley
- 2 tblspns chopped mint
- salt and pepper
- 1 large French loaf
- 2 tblspns sesame seeds

Place feta cheese, ricotta cheese and butter or margarine in a bowl and beat until soft and creamy. Add herbs and continue beating until ingredients are well combined. Season to taste with salt and pepper.

Cut the French loaf into slices about 2cm thick, cutting only three-quarters of the way down so that the loaf remains in one piece. Spread the feta mixture between each slice and all over the top of loaf. Sprinkle with sesame seeds and wrap in foil.

Cook in a hot oven (200°C) for 15 minutes, remove foil and cook for a further 5 minutes or until sesame seeds are golden and loaf is hot.

Mummy

Cheese Bread

White costello cheese, jar cream cheese spread, 60 grams melted butter bread.

- Slice bread thickly
- Spread both sides with cheese mix.
- Reprim. Tie with string
- Bake 350° 30 min