



Where is the 'Land Down Under'?

2020 Member's Handout written by Faye Spencer, KAFCE State Vice-President

Australian English

Bacon rasher: A slice of bacon

Bangers: Sausages

Biscuit: A cookie

Brekkie: Breakfast

Chewie: Chewing gum

Chips: Fried potatoes

Chockie: Chocolate

Chook: Chicken

Conserve: Jelly

Jelly: Jell-O

Crisps: Potato chips

Cut Lunch: a packed lunch

Dinnies: Dinner

Elevenses: A name for morning tea

Fairy floss: Cotton candy

Goog: an egg

Lollies: All types of candies

Mash: Mashed potatoes.

Pikelet: A small ready-make pancake

Sammie or Sanger: A sandwich

Scone: a biscuit

Tucker: all food

Rissoles: Serves: 4

In Australia, rissoles are meat patties, often garnished with ketchup, relish or gravy.

Traditionally served with peas and carrots, a side dish and/or mashed potato.

1 tbsp. olive oil

1 small onion, peeled and finely chopped

2 medium garlic, peeled and crushed

1 zucchini, finely grated

1/2 cup carrot, finely grated

1/2 sweet bell pepper, finely chopped

1 pound ground lean beef

1 cup fresh white breadcrumbs

1 egg, lightly beaten

1 tablespoon each of sauces: ketchup

Worcestershire, barbecue

Salt and black pepper, to taste

Heat oil in non-stick frying pan over medium heat. Add onion, zucchini and

carrot. Cook, stirring occasionally until softened (about 10 min.). Add garlic to vegetable mixture & stir to combine.

Transfer to large bowl & refrigerate till lukewarm or cold. (Remove excess moisture, if needed.)

To the vegetable mixture, add meat, breadcrumbs, salt, black pepper, all sauces, & egg. Mix until well combined.

Divide into 8 equal portions (about 1/4 cup). Roll each into ball and then flatten to form patties.

Prepare on grill or heat oil in large non-stick pan over medium to med-high heat. When hot, add the rissole, cook for 5 min. on each side, until browned and cooked through.

Aussie Burger with the Lot

Burgers are a popular meat dish. They like them with lots of toppings and a hard roll.

1 uncooked hamburger patty

1 slice each of onion, beet, tomato, pineapple ring, cheese, cooked bacon, small lettuce leaf

Ketchup to taste

1 hard round roll large enough for a hamburger, cut in half and toasted.

Fried egg, optional

Cook burger in nonstick frying pan or hot grill on both sides till no longer pink. Dress bottom of bun with ketchup to taste, add cooked patty, and pile all the other ingredients. Top with other half of bun.

ANZAC Biscuits Makes 24 biscuits.

Teatime favorite. The non-refrigerated ships carrying food took months to reach troops in Turkey, WWI. The women created a hearty, nutritious biscuit, ANZAC (acronym for Australian New Zealand Army Corps).

1 cup uncooked regular or rolled oatmeal (not instant)

1 cup all-purpose flour

1 cup unsweetened coconut

3/4 cup sugar

1/2 cup butter

1 teaspoon baking soda

2 tablespoons honey

2 tablespoons boiling water

Preheat oven to 350 F. Put honey, baking soda, butter, sugar, and boiling water in microwave safe bowl. Mix well.

Microwave until the mixture boils.

Combine the coconut, flour, and oats in a large bowl. Add the liquid mixture. Mix well. Nonstick spray two cookie sheets.

Place spoonful of mixture on sheet about 3" apart. Bake 10-15 min. or till biscuits are golden brown. Cool before eating

Cheese and Onion Beer Bread

11.6 fl. Oz. can or bottle of beer

2 2/3 cup of self-rising flour

1 teaspoon salt

1 cup chopped green onions

1 cup grated cheese

Preheat oven to 375 degrees F. Line a 9 inch loaf pan (could just use non-stick spray but cheese does stick a little.) Place flour and salt in a large bowl and add the beer

and stir until combined. It will start to look just like regular bread dough. Add the green onions and cheese and stir to distribute. Place dough into loaf pan and bake for 45-50 minutes. Cool in the pan for 5 minutes and then remove, slice and serve warm with good butter. **Tip:** To slice, turn this loaf upside down as the top is quite crusty and start cutting from the bottom.

Lamingtons: Often served with afternoon tea, the cake is named for Baron and Baroness Lamington, governor of State of Queensland. Australians celebrate National Lamington Day on July 21

Cake:

1 (2-layer size) pkg. yellow cake mix. Bake as directed on 9 x 13" pan. Cool on wire rack. Trim crusts. Cut into 2 1/2" squares.

Icing:

3 cups powdered sugar

1/3 cup cocoa powder

3 tablespoons butter or margarine, melted

1/2 cup boiling water

3 cups shredded coconut

Shift powdered sugar and cocoa into a bowl. Add melted butter and boiling water; mix well until smooth.

Stand the icing bowl in simmer water.

Place coconut in shallow bowl. Place a wire rack next to coconut, so that have a lamington assembly line.

Dip each cake square into the hot icing. Let the excess icing drip off. Then put in the coconut. Roll in the coconut until covered. Place on wire rack.

Cool all the cake squares until the icing hardens. Store any leftover cakes in an airtight container. **Note:** May prepare as cupcakes, coat icing on top, then sprinkle coconut. Or as 9 x 13 sheet cake, or layer cakes.