



Mumma Moretti's Recipes

Tried and Tested

"Plus a couple of to be tested Scout recipes"

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1. MERINGUE KISSES

INGREDIENTS:

3 egg whites

GAS OVEN: 120°C

1-1/8 teaspoon Cream of Tartar

1 cup caster sugar

Colouring

Method:

Beat egg whites on low speed until frothy.

Add cream of tartar and beat on highest speed until peaks hold their shape.

Gradually beat in 2 tablespoons sugar and continue beating 2-3 mins.

Add all remaining sugar at once.

Fold in quickly and lightly with metal spoon.

Bake in a very low oven 1-½ hours.

For crispy meringues flip and cool in oven

2. CUP CAKES

INGREDIENTS:

4 oz butter

GAS OVEN: 190°C

¾ cup caster sugar

1 teaspoon vanilla

2 eggs beaten

2 cups SR Flour

Pinch salt

¾ cup milk

Method:

Cream butter.

Gradually add sugar and beat until light and creamy.

Add vanilla.

Add eggs gradually and beat well after each addition.

Sift flour and salt and fold lightly into creamed mixture alternately with milk to make a smooth dropping consistency.

Spoon into patty cases.

Bake in mod hot oven for approx 13 mins.

For flat tops - mod hot

For peaked tops – increase temp – top of oven

3. PANCAKES or PIKELETS

INGREDIENTS:

1 cup SR Flour
Pinch salt
¼ teaspoon baking powder
2 tablespoon sugar
1 egg beaten
½ cup sour milk

Jo's Hint:

Add a capful of vanilla essence.

Method:

Mix dry ingredients.
Add sugar.
Mix to a smooth batter with beaten egg and milk.
Heat and grease pan.
Fresh milk can be soured with 1 teaspoon vinegar or lemon juice.

4. CHOCOLATE FUDGE

INGREDIENTS:

4 oz butter
1-cup brown sugar
1 egg
2 tablespoons cocoa
1 cup SR Flour
½ cup coconut
Vanilla essence

GAS OVEN: 190°C

ICING:

1 cup icing sugar
2 tablespoons cocoa
½ teaspoon vanilla
1 tablespoon boiling water
Few drops peppermint essence

Method:

Melt butter,
add sugar and egg.
Add vanilla and cocoa,
then flour and Coconut.
Spread in shallow greased tin.
Mod oven 20-25 mins.
Ice while hot. When set cut into squares

5. PEANUT BISCUITS

INGREDIENTS:

1 ¼ cups SR Flour
¾ cup caster sugar
1 pkt redskin peanuts
1 egg
4 oz melted margarine
Vanilla essence

GAS OVEN: 180°C

Method:

Mix flour, sugar, and peanuts.
Beat in 1 egg,
stir in melted margarine and vanilla essence.
Bake in mod oven 13 mins.
Loosen and let cool on trays.
Makes approx 3 dozen

6. SCONES

INGREDIENTS:

2 cups SR Flour
Pinch salt
2 dessertspoons margarine
= 1 ½ oz (40g)
1 cup milk

GAS OVEN: 225°C 450°F

Method:

Grease scone tray.
Sift flour and salt into a mixing bowl.
Rub in butter with fingertips. Handle as little as possible.
Add sufficient milk to form a light dough.
Turn onto a floured board and knead lightly.
Roll out and cut with scone cutter.
Place on tray. Glaze with milk.
Bake in very hot oven for 10 mins or until brown and well risen.

7. COCONUT SLICES

INGREDIENTS:

1 cup SR Flour
pinch salt
1 cup desiccated coconut
4 oz butter
 $\frac{3}{4}$ cup sugar
2 eggs
 $\frac{1}{2}$ cup milk

GAS OVEN: 180°C

Method:

Put sifted flour and salt into bowl, mix in coconut.
Melt butter, stir in sugar and add to flour. Stir well.
Add eggs, beaten well, and $\frac{1}{2}$ cup milk, mix thoroughly.
Turn into greased lamington tin
Bake in moderate oven 20 – 25 mins.
While still warm top with lemon flavoured icing and coconut.
Cut into slices when cold.

8. LEMON MERINGUE PIE

INGREDIENTS:

1 pkt shortbread biscuits
125g melted butter
400g tin condensed milk
 $\frac{1}{2}$ cup fresh lemon juice
3 lightly beaten egg yolks
4 egg whites
 $\frac{1}{2}$ cup castor sugar

GAS OVEN: 180°C

Method:

Crumb biscuits. Combine with melted butter.
Press into 23cm greased pie plate, and then chill.
Combine tin of condensed milk with lemon juice, the rind from a lemon (optional) and egg yolks.
Spoon well combined mixture into chilled crumb crust. Finally beat the egg whites until stiff, gradually adding castor sugar.
Spoon or pipe the meringue onto the filling
Bake in a mod oven until golden, about 10 – 15 mins.
Serve hot or cold.

9. APPLE CRUMBLE

INGREDIENTS:

¾ cup SR flour
½ cup brown sugar
2 oz margarine
Tinned pie apples

GAS OVEN: 180°C

Method:

Combine flour and sugar.
Rub in marg.
Sprinkle on top of cooked apples in pie dish.
Cook in mod oven about 20 mins

10. PUMPKIN SCONES

INGREDIENTS:

2 ½ Cups of flour
2 level dessertspoons baking powder
½ cup mashed pumpkin
1 egg
2 level tablespoons butter
2 level tablespoons sugar
½ cup milk

GAS OVEN: Approx 250°C

Self-raising flour may be used instead of plain flour and baking powder

Method:

1. Cream butter and sugar.
2. Add pumpkin.
3. Add well-beaten egg.
4. Add milk slowly.
5. Add flour sifted with baking powder.
6. Knead lightly on floured board.
7. Roll out 1 ½ inches.
8. Cut into rounds.
9. Put on floured tray.
10. Cook 20 minutes.
11. Place on rack to cool.

11. DATE LOAF (Not tested by the master yet...)

INGREDIENTS:

2 cups flour.	1 egg.
½ Cup sugar.	Small cup milk.
1 cup dates.	2 level tablespoons butter.
1 level dessertspoon baking powder	Pinch of salt.

Method:

1. Beat butter and sugar to a cream.
 2. Add well-beaten egg.
 3. Add milk gradually.
 4. Add chopped dates.
 5. Stir in lightly the flour, baking powder and salt sifted.
 6. Half fill greased tin
 7. Bake in a moderate oven $\frac{3}{4}$ of an hour.
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12. PUFTALOONS (FRIED SCONES) (Not tested by the master yet...)

INGREDIENTS:

¼ lb flour.	¾ gill milk. (3/8 Cup)
1 level dessertspoon baking powder.	Clarified fat.
Pinch of salt.	(FYI: 1 gill=1/2 cup)

Self-raising flour may be used instead of plain flour and baking powder.

Method:

1. Sift the flour, baking powder, and salt.
2. Make it into a soft dough, adding the milk nearly all at once.
3. Turn on to floured board and knead slightly.
4. Press out about ½ inch thick.
5. Cut with a small round cutter.
6. Make a small quantity of clarified fat moderately hot in a small frying pan
7. Put the pufaloons in and fry gently until golden brown underneath, then turn with a knife and cook till the other side is browned.
8. Drain on kitchen paper.
9. Serve on a doily on a hot plate.
10. Send honey, golden syrup, or jam to table with them.

13. CHOCOLATE SELF SAUCING PUDDING

INGREDIENTS:

1 cup SR Flour	$\frac{3}{4}$ cup sugar
2 tablespoons cocoa	1 teaspoon vanilla
30g (1oz) butter	$\frac{3}{4}$ cup brown sugar
$\frac{1}{2}$ tsp salt	$\frac{1}{4}$ cup cocoa
$\frac{1}{2}$ cup milk	1 $\frac{3}{4}$ cups hot water

Method:

1. Sift flour, salt and cocoa. Add sugar, mix well. Stir in milk, vanilla and melted butter, mix until smooth. Spread evenly into greased ovenproof dish
 2. Combine brown sugar and cocoa, sprinkle over top of pudding. Pour hot water carefully over the top. Bake in moderate oven 50 to 60 mins
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14. APPLE SOUR CREAM SLICE

INGREDIENTS

1 pkt butter cake mix	1 egg
120g melted butter	1 x 300ml carton sour cream
1 cup coconut	Cinnamon sugar or nutmeg
1 x 410g tin apple pie apples (you can substitute apricots if you like)	

Method

1. Preheat oven to 180C
2. Combine cake mix, melted butter, and coconut and press into a well greased slice tin.
3. Bake in the oven for 10 mins.
4. Remove, and spread base with undrained pie apples.
5. Combine egg and sour cream and spread over apple filling.
6. Sprinkle over cinnamon sugar or nutmeg, put back in oven and bake for a further 20 mins.
7. Allow to cool and chill in the fridge before cutting. Store in an airtight container in the fridge.
8. Bon appétit!