



## LAMINGTONS

### INGREDIENTS:

#### Basic Butter Cake

- 6oz (180g, 2/3 cup) margarine, or butter
- 8tbsp (240ml, 1 cup) milk
- 12oz (360ml, 1 1/2 cups) self raising flour
- 12oz (360ml, 1 1/2 cups) white sugar
- 4 Eggs
- Vanilla essence

#### Icing

- 3 cups (750ml) icing sugar
- 1/2 cup (125ml) boiling water
- 1/3 cup (3 tbsp, 85ml) cocoa powder or drinking chocolate
- 1tbsp (1 oz, 30ml) margarine, or butter
- Vanilla essence
- desiccated coconut

### METHOD:

#### Butter Cake

1. Preheat oven to 350°F (180°C)
2. Grease and line the bottom of a shallow rectangular baking dish (3 inches deep).
3. Mix dry ingredients together for five minutes. Add butter, milk, vanilla essence and eggs. Mix well.
4. Pour mixture into prepared baking dish. Cook for approx 30 minutes.
5. Cool cake before cutting into squares. Store cake cubes in freezer overnight – cold cake cubes better for icing process.

#### Icing Lamingtons

1. Scatter a thick bed of coconut on a large sheet of greaseproof paper.
2. Sift icing sugar and cocoa into a double boiler; add water and vanilla and stir over hot water until smooth and shiny.
3. The icing should be thin – add a little more water if necessary, and keep the bowl over hot water while working.
4. Spear each square of cake on a fork and dip into icing. Hold over bowl a moment while icing initially sets, then roll in coconut, using the paper to help.
5. Place on wire rack to dry. Lamingtons can be frozen separately to keep longer.

## CINNAMON CAKE

### INGREDIENTS:

#### Cake Mix

- 2 eggs, separated
- 1 cup (250ml) sugar
- 1 cup (250ml) milk
- 2 cups (500ml) self raising flour
- 1 tsp cinnamon
- 1 cup (250g) butter, melted
- 1 tsp vanilla essence

#### Cake Topping

- 2 tbsp (60ml) butter, melted
- 1 tsp cinnamon
- 2 tbsp (60ml) sugar

### METHOD:

#### Cinnamon Cake

1. Preheat oven to 180°C (350°F). Grease and line large cake tin.
2. Beat egg whites until stiff. Add yolks and gradually beat in sugar.
3. Add milk and vanilla essence.
4. Lightly stir in sifted flour and cinnamon.
5. Add melted butter.
6. Pour into prepared cake tin and cook for approx 30-35 minutes.

#### Icing Cinnamon Cake

1. Melt butter, sugar and cinnamon together.
2. Pour over cake when slightly cooled.

## ANZAC Biscuits

ANZAC biscuits are an Australian favourite, arguably our 'National Biscuit'. They were made popular during World War I. The recipe emerged during a time of egg shortages, and the biscuits were 'sturdy' enough to endure an uncertain trip via the post in food parcels to the troops serving overseas. The soldiers, after whom the biscuits are named, became famous as ANZACS (of the Australia and New Zealand Arry Corps.)

### INGREDIENTS:

- 125g (4oz) butter
- 1 ½ tsp bicarbonate of soda
- 1 tbsp (30ml, 1 oz) golden syrup
- ¾ cup desiccated coconut
- 2 tbsp boiling water
- 1 cup (250ml) plain flour
- 1 cup (250ml) rolled oats
- 1 cup (250ml) white sugar

### METHOD:

1. Preheat oven to 150°C (300°F)
2. Grease and line a large biscuit tray.
3. In a large mixing bowl combine sugar, oats, desiccated coconut and plain flour. Set aside for addition of wet mix.
4. In a saucepan, melt and blend butter and syrup and water together over low heat.
5. Turn off heat. Add bicarbonate soda.
6. Immediately pour wet mix into dry mix and combine well.
7. Drop teaspoonfuls (or rolled balls) of mixture onto greased baking tray leaving room for spreading.
8. Cook in preheated oven until golden brown, or approximately 20 minutes.
9. Cool on trays for a few minutes to allow biscuits to harden, then remove to wire racks.
10. Store in airtight containers.

NB. The amount of golden syrup added will affect the biscuit's 'chewy' factor; ie more syrup more chewy, less syrup more crunchy!

ENJOY!

## CARROT AND WALNUT CAKE

### INGREDIENTS:

- 1 ½ cups grated carrot
- 1 cup white sugar
- ½ cups chopped walnuts
- ¾ cup of vegetable oil
- ½ tsp vanilla essence
- 1 tsp bicarbonate soda
- ½ cup plain flour
- ½ tsp salt
- ½ cup Self Raising flour
- 1 tsp cinnamon
- 2 eggs
- 1 tsp nutmeg
- ½ cup sultanas (apple may be substituted)

### METHOD:

1. Preheat oven to 180°C (350°F)  
Grease and line square cake tin.
2. Combine eggs, white sugar, vegetable oil, vanilla essence and other sifted dry ingredients into mixing bowl.
3. Stir in carrots, sultanas and walnuts. Mix well.
4. Pour mixture into prepared baking tin.
5. Cook for 40-45 minutes, or until a knife or skewer inserted into top of cake is removed clean.
6. Allow cake to cool slightly before removing from tin.

NB. Usually carrot cakes are left plain, or topped with lemon flavoured icing.

These recipes are classic Australian home-baked treats shared with friends when they come over for a cuppa (cuppa tea or cuppa coffee!). They are recipes which have been shared with us by friends and we provide them for you to enjoy.