



KUKA'S Tried & True Recipes



with illustrations by the author

Jellied Tongue Press
Bulli, Australia

Desiccation

This book is desiccated to my dear family and friends who have basted my days with the finest produce of their fertile imaginations. All of the recipes you will prepare from this slim collection have sprouted from the collective talents, sharp minds and sure hands of others. I have merely gathered these culinary cuttings together then grafted my own interpretations onto tried and true stock.

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Text by Kurt Brereton
Illustrations by the author
Concept by Menu-Master

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PO Box 22, NSW, 2516
Tel: 02 4268 1919
e-mail: facelift@mypostbox.com



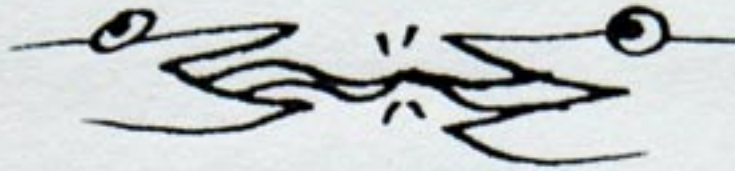
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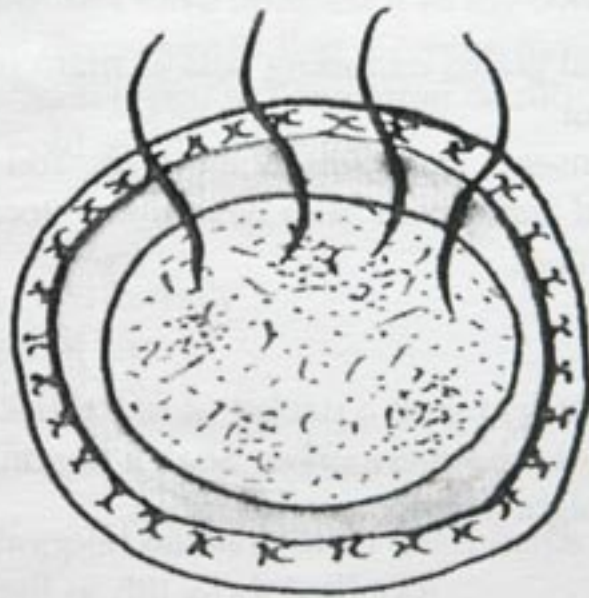
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Breakfast



Five Grain Porridge with Onion

This breakfast will get you through until lunch without a care. The secret of adding onion to porridge to sweeten and aid digestion was passed down to me by my Scottish grandfather, Tom Henderson, who was a Thespian, artist and vegetarian. As a child he ate rolled oats porridge with salt, three times a day. I have added a few more delicacies to my version in the interests of not eating totally alone.

Ingredients

Any five cereal grains including oats as main part.

1 tbsp coconut

3 tbsp LSA (linseed, sunflower & almond). You can get this pre ground and mixed from healthfood stores

1 large red onion.

1 tsp salt

Note: If I am busy, I grab a packet of raw muesli including dried fruit from the supermarket. Soak a handful for each person over night if you can remember.

Method

Quickly fry onion in a small dab of butter till just soft (not brown!) Add all other ingredients, inc. salt, and stir briefly to mix onion through. Add cold water to cover plus half a finger more. Bring to the boil then turn down to a simmer and stir constantly. The secret of good porridge is in the stirring as it helps break down the starch, smooth and thicken the mix. After 10 mins serve with either milk, yogurt, coconut cream or cow's cream and sweeten with either brown sugar, golden syrup or honey, if you, like me, can't help yourself.

Sweet Corn & Ham Frittata



Easy to prepare and cook, this wholesome yet tasty breakfast is favoured in one form or another by peasants and workers around the world. I have adapted it to my own real world demands, and three demanding morning mouths. You can leave out the ham if you're vegetarian or substitute chicken or any other cold meats, even fish.

Ingredients

- 1 can sweet corn kernels
- 1/2 cup chopped ham
- 1 cup self raising flour
- 1 large onion
- 2 eggs
- 1/2 cup of chopped parsley (other fresh herbs such as coriander, basil or dill work well too)
- 1 tbsp curry power

Method

Mix all ingredients. The batter should be just runny ie thicker than pancake mix. Heat fry pan with olive oil or butter then spoon in batter and spread out to cover bottom of pan. Keep layer thin as possible. Cook on medium till bottom is golden then flip over and press flat. Turn out onto plate and serve with tomato or sweet chilli sauce.

Appetisers



Crispy Baby Octopus

The cheapest thing in the fish shop is usually whole octopus. Cooked well, it is a melt-in-your-mouth experience and a visual delight to boot. This dish is now very trendy in yuppy restaurants down at Bondi. Included in this recipe is a great tip for tenderising octopus from Sharman Palmer, a hostess extraordinaire in the Eastern Suburbs of Sydney.

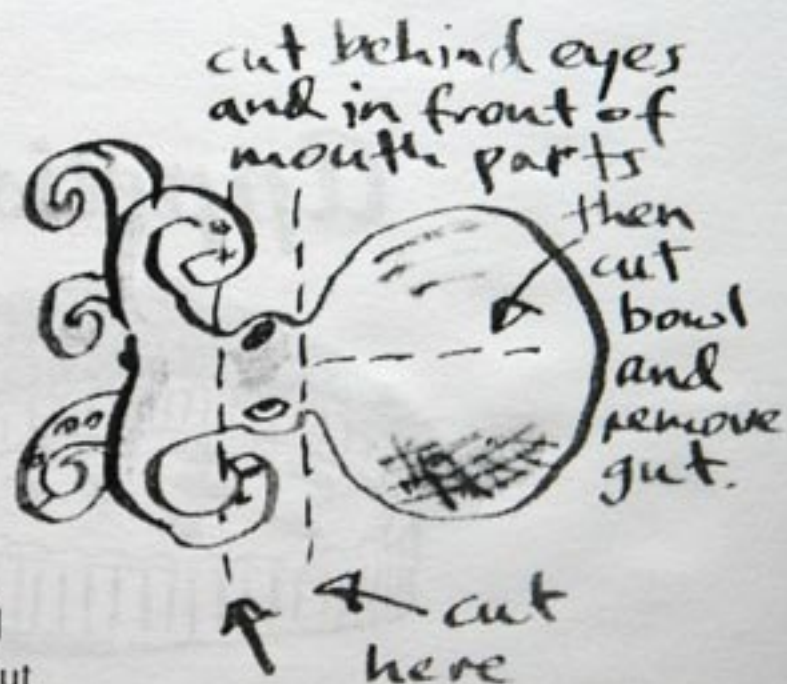
Ingredients

1 kg baby octopus
flour to coat
sweet chilli sauce
soy sauce
lemon slices
3 kiwi fruit
pepper to taste

Method

Marinate baby octopus in a bowl with lemon juice, soy sauce and mashed kiwi fruit. The kiwi fruit is the tenderising agent.

Leave in fridge for about two hours. Remove from fridge then cut bulb heads off legs (see diagram). Remove mouth parts, guts and peel skin of bulbs (it comes off more easily after marinating). Coat octopus in flour and let sit in fridge for 30 mins if you can wait. Drop octopus into hot fry pan with olive oil. Cook until just golden brown — should only take a minute or two. Drain on paper towel. Eat as soon as possible with a dipping bowl of sweet chilli sauce and lemon juice. Excellent with light wine or beer.



BBQ Dried Squid



For years I had seen packets of dried squid in Asian supermarkets and wondered how the hell you could eat the stuff. It was a revelation to witness the mystery revealed on Hua Hin beach in Thailand. After trying this delicacy you won't go back to prawn crackers ever again.

Ingredients

1 packet dried squid

sweet chilli sauce

icy cold beer or cold dry white wine or champagne

Method

Toss dried squid onto BBQ briefly until it starts to bubble and before it burns. Squid turn miraculously into dried crackers. Serve with sweet chilli sauce, icy cold beer, crisp white wine or champagne.

Aussie Thai Fish Cakes

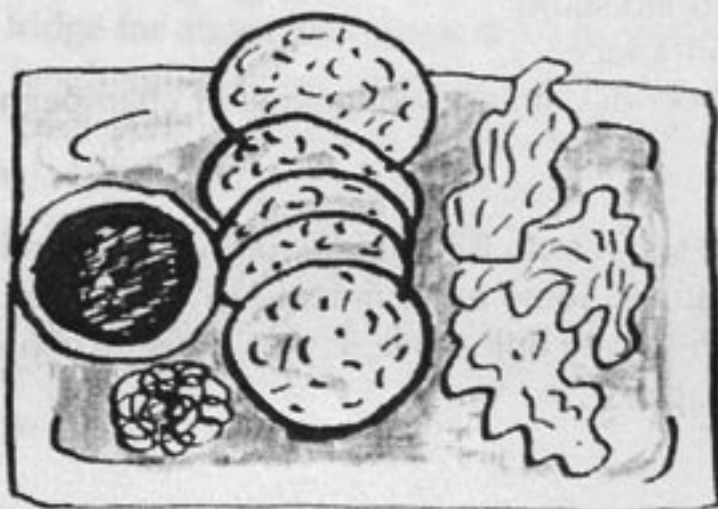
Very quick and easy. Always a treat for any occasion and the entree most people secretly want every time they go to a Thai restaurant, but think they shouldn't have every time.

Ingredients

- 2 cups finely chopped fish (firm white fish eg cod is ideal)
- 1/2 cup finely chopped spring onions
- 1/4 cup finely chopped coriander
- 1 tbsp Thai curry paste
- 1 egg, beaten
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 1 tsp lime (or lemon) zest

Method

Combine all ingredients in a kitchen whiz and blend. The mixture should not be too liquid. If so then add a bit of flour until the mix is pasty. Mould small cakes with hand. Keep them as thin as possible. Pat with flour and leave in fridge for 30 mins. Fry in light olive or nut oil for a minute or two only. Serve with a small bowl of sweet chilli sauce mixed with lime or lemon juice.



Sardines

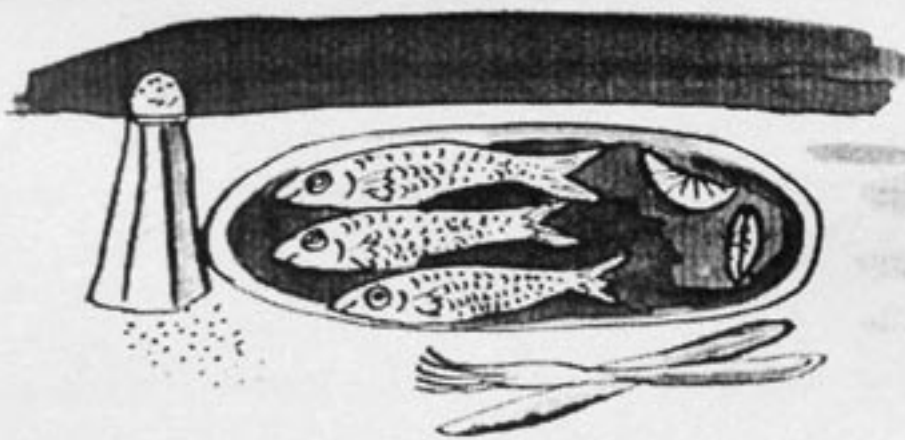
The sardine is a very underrated fresh fish. It is cheap and is ideal as a side dish with a summer salad. In Australia sardines have connotations with cat food or fish bait. Everywhere else in the world, they are a delicacy. They are wonderful cold too; they jelly in their own aspic in the fridge.

Ingredients

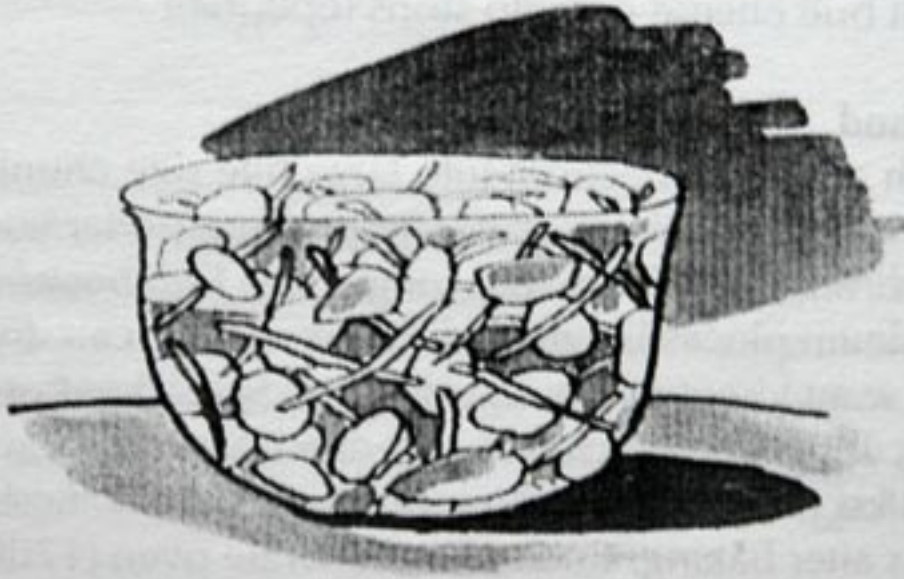
1 kg fresh sardines (check eyes are shiny and not sunken)
flour for coating
lemon juice

Method

Slit along gut and pull out intestines and gills. Leave heads on, they look great on the dish. Rinse fish in water and pat dry. Toss in flour and leave in fridge for 30 mins. Fry quickly in olive oil—no more than a minute each side. Serve with lemon slices. The trick to eating them is to slide the meat off each side leaving main backbone. You can eat tiny bones if you need a bit more fibre in your diet. Cold, the meat easily peels away from the bone.



Salads



Baked Beetroot & Green Bean Salad

This colourful yet simple dish conveys a delicate balance of flavours and textures. An excellent side dish to fish, BBQs and in conjunction with a potato salad.

Ingredients

- 1 bunch fresh beetroot
- 1 large handful fresh green beans
- 1 large red capsicum
- 8 cloves garlic (more if you like)
- 4 tbsp olive oil
- 1 tbsp each; seed mustard, lemon juice, balsamic vinegar
- 1 handful fresh dill
- 1 soft brie cheese cut into strips (optional)

Method

Wash and chop beetroot into large bite size chunks. You can skin beetroot with a potato peeler if you prefer your roots less rustic. Slice capsicum into long strips. Rub beetroot and capsicum pieces lightly with olive oil. You can dry roast if you want to cut down on oil intact. Spread out onto a baking dish. Toss in garlic cloves. You can leave skins on the garlic — it keeps flavours in. Simply squeeze garlic flesh out of skins after baking. Cook in a moderate oven (170C) until you can easily push a fork into beetroot pieces. Remove and cool. Top 'n tail beans then steam whole until just cooked. Rinse in cold water to stop cooking and fix colour. Combine beetroot and capsicum with chopped dill into a large bowl, along with brie (optional) and dress just prior to serving.

Dressing: Combine rest of olive oil plus any left in baking tray (plus yummy juices) with vinegar, lemon juice, mustard and paprika. Don't use ground pepper as it adds gritty texture to salad.

Sweet Potato & Olive Salad

A lovely combination of orange potato and black olives offset with green basil makes this one of my favourite summer side dishes.

Ingredients

- 3 large sweet potatoes
- 1 handful black olives
- 1 handful fresh basil
- 1 tbsp cumin
- 2 tbsp lemon juice
- 2 tbsp sesame oil
- 1 tsp paprika
- 3 anchovies (Australian)
- dash of balsamic vinegar

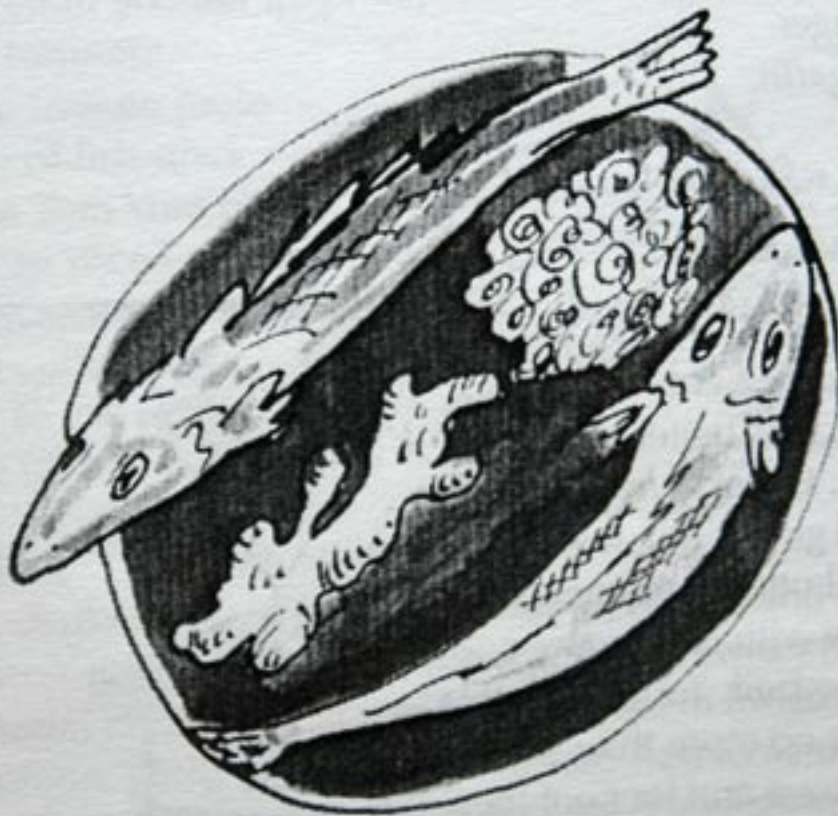


Method

Peel and cut potatoes into 2cm round slices. Steam until just soft then rinse under cold water, drain and pat dry with paper towel. Sprinkle slices with cumin then quickly fry in olive oil (add a few drops of sesame oil for nutty flavour) just to give golden crisp surface. Remove and cool. You can bake potato if you prefer. Remove seeds from olives and add to potatoes in a bowl.

Dressing: combine chopped anchovies, sesame oil, lemon juice, balsamic, paprika. Tear basil leaves and add just prior to serving with dressing. If you wish, you can add a 2 tbsp of mayonnaise or plain yoghurt to dressing for a creamier touch. Coriander or fennel can also be substituted for basil.

Mains



Fish Stock

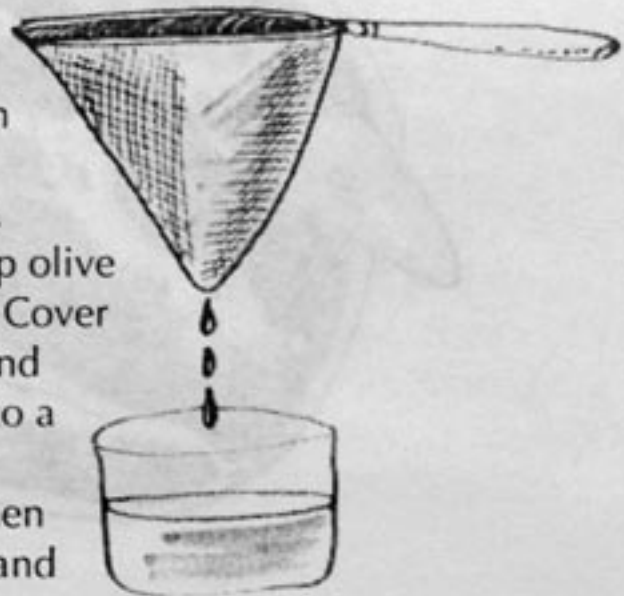
Fish stock adds body and depth to most of the following dishes. The secret is not to cook it too vigorously or for too long. It is a light, subtle stock jam-packed full of minerals and vitamins.

Ingredients

2 or 3 fish (I use flathead after I have cut off fillets)
1 lg carrot
1 lg onion
1 handful of greens eg celery tops, pea pods, broccoli stalks
1 handful of parsley
1 tbsp ginger
3 cloves garlic
pepper
coriander root (if at hand)

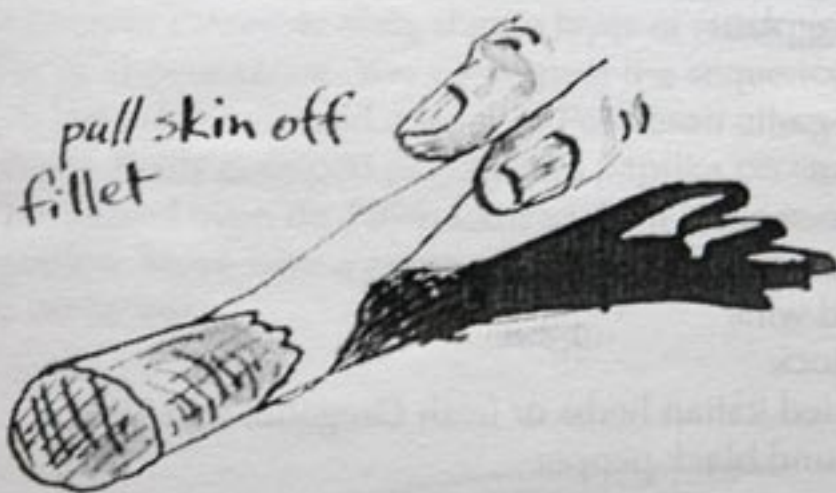
Method

Chop all ingredients in 1-2cm cubes. Small is better as fish cooks fast. Quickly fry onion, garlic and ginger in a few tbsp olive oil then all other ingredients. Cover generously with cold water and bring to the boil. Turn down to a simmer for no more than 20 mins. Remove and let cool then strain into plastic containers and pop into freezer.



Method

Cut fillets so that bones are missed then skin (see diagram). Cut fillets into large bite size pieces and roll in flour and turmeric. Set aside in fridge until ready to fry. Fry onion, garlic, capsicum, ginger (add in that order) then add soaked Arame (leave aside juice for later). Stir a few minutes then remove from pan and set aside. Into pan add carrot matchsticks and whole snow peas with stock, sugar and vinegar and stir on simmer until vegies are just soft. Add in Kuzu or cornflour (mix with a few tsp cold water first) and stir until sauce thickens. Cook fish pieces last then serve with steamed rice or rice noddles. Place fish pieces on top of rice mound. Sweet 'n sour sauce is spooned around rice. Top fish with onion Arame mix and fresh coriander.



Chilli Ginger Prawns

A very simple but delicious dish. It doesn't matter how many prawns you cook there are never enough to go round. I learnt to cook this dish while staying on Ko Chang island in Thailand back in the 80s.

Ingredients

4 large fresh green prawns per person
1 lg onion
2 tbsp grated ginger
4 finely chopped cloves garlic
1 tsp chilli powder (paprika)
1 tsp turmeric
2 tbsp tomato paste
1 cup of fish stock
1 tbsp Tom Yum paste
1/2 cup sliced spring onion
1 tbsp sweet chilli sauce
fresh coriander
flour to roll prawns in
olive oil to fry



Method

Peel shells and legs off prawns but leave tails and heads on. Remove gut by slicing down back. Roll prawns in mixture of turmeric, chilli powder and flour and set in fridge till ready. Fry onion, garlic and ginger until soft. Add tomato paste, Tom Yum paste, sweet chilli sauce, fish stock and spring onions and simmer for 5 mins. Set aside. Fry prawns in olive oil for 2 mins each side. Arrange on mound of steamed rice. Use a small oiled bowl to mould rice. Pour sauce around rice mound (not on top of) prawns. Top with fresh coriander and a slice of lime or lemon on the side.

Thai Octopus with Stir Fried Vegetables

This dish combines the visual exoticism of curly octopus with the colour and texture of vegetables. I was first treated to this dish at a streetside restaurant in Chaing Mai, Thailand.

Ingredients

- 1 cup fish stock
- 1kg baby octopus
- 1 large capsicum
- 1 large red onion
- 2 carrots
- 1 large handful of snow peas or broccoli
- 1 cob sweet corn or 1 tin of kernels
- 3 cloves of garlic
- 1 tbsp sliced ginger
- 2 tbsp Thai Tom Yum paste or curry paste
- 1 tbsp fish sauce
- 1 tbsp light soy sauce
- 1/2 can of coconut milk
- 1 handful of fresh coriander
- 2 tbsp lemon or lime juice
- 3 Kaffir lime leaves (if possible)
- 3 ripe kiwi fruit
- boiled or steamed rice



Method

Marinate octopus in a bowl using soy sauce, fish sauce, mashed kiwi fruit (it tenderises like nothing else can), lime or lemon juice. After 1 or 2 hours remove octopus and cut off legs and head bulbs discarding neck and mouth parts (see diagram page 10). Cut and remove guts from bulbs, and peel off skin — it is much easier after marinating. Toss prepared octopus in flour and pop in fridge for 30 mins to set. Chop up vegetables while you are waiting. Since the cooking time is less than ten mins it pays to have everything chopped and waiting. Fry octopus quickly in a hot pan until crisp and golden— should only take a minute. Because you have marinated the octopus it is, in a sense, already cooked. Set octopus aside on paper towel. Using same pan or casserole dish, fry onions, capsicum, garlic, ginger (adding in that order). Add Thai Tom Yum or curry paste and then when heated through (be careful not to burn paste) add stock, left over marinating juices and carrots. Cover and let simmer until carrots are nearly cooked. Add greens and coconut milk and cook a further minute until greens are just soft. Serve with rice and octopus with a bit of chopped coriander on top.

Tip: Sometimes I put octopus back into the casserole at the end and stir to warm, then serve.



Sweet 'n Sour Flathead with Ginger and Arame

Another cheap and underrated fish always available and usually fresh. It is a light white meat and not oily at all. A lot of people are put off by their strange appearance and ignorance of how to fillet them. They are also a wonderful fish to catch if you work the rocks with a light line. This dish is colourful and delicate in contrasting flavours.

Ingredients

- 6 fillets from 3 medium sized flathead
(depending on how many people)
- 1 cup of fish stock
- 1 lg onion
- 1 lg carrot cut into matchsticks
- 1 capsicum cut into strips
- 1 handful of snow peas
- 3 cloves chopped garlic
- 4 tbsp ginger cut into fine
matchsticks
- 1/2 - 1 cup of soaked Arame
sea vegetable (available at
health food stores)
- 1 handful of fresh coriander
- 1 tbsp of powdered turmeric
- 1 tsp Kuzu or cornflour to
thicken sauce
- 3 tbsp vinegar (apple cider is fine
but Japanese rice is more subtle)
- 3 tbsp raw sugar
- flour to coat fish pieces



Pasticcia

I know it's really called Pasticcio but we called it Pasticcia (Pasteecha) at home – it fits the lazy local Aussie tongue. This was a dish taught to me by my mother who learnt it from Greek friends (who called it moussaka!) while at The National Gallery School in multicultural Melbourne during the 1950s. It was and still is a staple dish at home. Great hot and even better cold the next day. A wonderful picnic meal too. I have given the traditional recipe my own spin in line with my recent cultural wanderings.

Ingredients

- 500 g fettuccine (I like green spinach variety)
- 1 kg lean beef mince (substitute lentils if vegetarian)
- 1 cup of grated parmesan cheese
- 1 large eggplant
- 2 onions
- 4 cloves garlic
- 1 lg carrot
- 1 cup green peas, fresh or frozen
- 4 tbsp tomato paste
- 1 cup red wine
- 2 cups stock
- 1 tbsp dried Italian herbs or fresh Oregano, and Thyme
- fresh ground black pepper
- 1 tsp cinnamon
- 3 bay leaves
- 3 tbsp olive oil

Cheese Sauce

- 3 cups of milk
- 3 tbsp flour
- 60g (2oz) butter
- 1 cup grated cheese
- 1 tsp nutmeg
- 1 tbsp paprika



Method

Cook fettuccine with some oil in the water and set aside. Cut up eggplant into 2cm small cubes and sprinkle with salt and set aside to draw moisture then either wash and dry if you don't want salt or just pat with paper towel. To make meat sauce, fry onions, garlic and herbs in olive oil until soft. Add mince and stir until browned and loose. Add tomato paste, red wine, stock, carrots, eggplant, cinnamon and bay leaves then simmer on low heat for 15 mins. Add peas and simmer until just soft. Set aside. To make cheese sauce, melt butter then add flour over a low heat. Stir until Roux is slightly golden brown then slowly add milk a bit at a time stirring constantly, The sauce will thicken. Add nutmeg and cheese and stir until cheese is melted into the mixture. Set aside.

To build the Pasticcia place a layer of meat sauce into a large flat oven or casserole dish, then a layer of fettuccine and a layer of cheese sauce. You can repeat the sequence if you wish but I don't. Spread a layer of Parmesan cheese on top. Sprinkle finely chopped parsley and paprika on top and bake in preheated oven on 180C for about 15-20 mins or until top is golden. Serve with a green salad and fine light red or crisp dry white wine.



BBQ Blue Eye Cod

An excellent choice for a BBQ since the fish steak can take the heat and is compact on the plate. I usually marinate ahead of time to stop fish drying out on the hot plate. All too often at a BBQ I get sidetracked in conversation and the fish is ruined. I wrap cod steak up in Alfoil if I know I'm going to someone else's BBQ and my fish will be cooked along side steak and sausages. I will give both options below. In both cases the secret is not to overcook; better to eat it raw than dried out!

Ingredients

1 Blue Eye Cod steak per person

For each steak the following:

1 full slice lemon

1 tsp dry white wine

fresh dill

1 tsp fish sauce

1 tsp soy sauce

1 tsp lemon juice

1 tsp olive oil



Method

Marinate steaks in white wine, soy, lemon, fish sauce and olive oil for 1 hour. Place steak onto large square of Alfoil. Turn up edges of Alfoil and pour a dash of marinade onto fish. Add a sprig of dill and slice of lemon then wrap up Alfoil. You can also do the marinating inside the Alfoil in the fridge if you are running short of time. The fish will be steamed in the Alfoil so be careful to leave no longer than 10 mins on the BBQ. There is no need to turn over. If you are at home then pat marinated steaks with flour and let set in fridge until ready to drop onto BBQ. Cook for 5 mins then turn for another 3 mins. Pour over rest of marinate at end of cooking while steak is still on hot plate. Serve with salad and crisp dry white wine.

Roast Pipsis

This is an ancient dish cooked by all indigenous peoples who lived on beaches where pipsis or other shellfish are caught. There are a few variations on the them depending on what cooking resources are available. This is what I do on the East Coast of Australia where pipsis are plentiful as fish bait yet rarely eaten by whites. Of course, Aborigines have always known how delicious they are as evidenced by the huge middens that dot the coastline.

Ingredients

1 bucket of fresh pipsis
(valves should snap together when tapped)
Seaweed or banana leaves
lemon juice
pepper and salt to taste



Note: If you cover the bucket of pipsis with fresh water and leave over night they will pump out any sand in their gut and be less gritty to eat.

Method

Dig a flat hole about 50 cm (1 ft) deep in the dry sand, behind a sand dune is ideal, and cover with rocks. Light a good fire on top and burn down to embers. When rocks are hot scrape embers off then toss pipsis on top. Cover with seaweed or banana leaves. The pipsis will be cooked in 10mins depending on how hot the rocks are. If you don't have any rocks then wrap up pipsis in Alfoil or banana leaves before tossing into embers. If have no beach in site then place pipsis on a bed of soaked sea vegetable eg Combu, with a dash of fish sauce and white wine in a covered dish in the oven for 15-20 mins on 180C. Serve with fresh bread roll and a can of icy cold beer or dry white wine or anything at all.

Desserts



Black Rice Pudding

I first tried this cold in Indonesia for breakfast, but now usually eat it as a dessert. It's a tropical version of porridge. I have taken a hybrid approach with my version combining Scottish with Asian and Pacific influences.

Ingredients

- 2 cups of black rice (available from Asian supermarkets)
- 1 cup of sultanas
- 1 cup coconut milk
- 1 tsp nutmeg
- 1 tsp cinnamon
- 2 tbsp palm or soft brown sugar

Method

Wash rice in cold water. Cook rice by absorption method in heavy pan ie half a finger of water above level of rice. Add coconut milk, sultanas, sugar, cinnamon and simmer while constantly stirring for another 5 mins. Turn into a greased baking dish and sprinkle nutmeg on top. Add a few knobs of butter and bake in moderate oven 180C for 10mins. Serve as is, hot or cold.



Baked Bananas Bondi

I once served this to a dinner party of very merry souls at Bondi beach. This dish is the only thing any of us can remember of the entire crazy evening. It is a miracle that I even made it — its that simple!

Ingredients

- 6 lg bananas
- 2 oranges
- 1/2 cup soft brown sugar
- 1/2 cup Brandy or dark Rum
- 3 tbsp butter
- 1 tsp cinnamon
- 1 tbsp cornflour

Method

Cut each banana in two length ways. Arrange (like spoons) in a large flat baking dish. In a saucepan, add grated orange zest of one orange and juice of 2 oranges. Heat with brown sugar, butter and brandy. Stir until evenly mixed then add cornflour mixed in a dash of cold water and stir until sauce starts to thicken. Pour over bananas and sprinkle cinnamon on top. Bake in low oven 160C for 10-15 mins. Serve with vanilla ice cream, yogurt or cream.



Moorish Figs

This explosion in the mouth can be combined with the Baked Bananas above if you find yourself in a position where total seduction (via the stomach to the heart, bypassing the head entirely) is called upon in a hurry. Say no more!

Ingredients

- 1 lg packet (at least 12) dried yet plump Californian figs (ie not the hard, dried out Turkish numbers)
- 1 block of good quality dark chocolate
eg Old Jamaica or Small's Club
- 4 tbsp Cointreau
- 2 tsp lemon zest

Method

Take each fig and make a slit in it big enough to stuff one square of dark chocolate inside. Push flesh back together. Arrange in a baking dish and pour Cointreau over figs and sprinkle with lemon zest. Let stand overnight. Bake in oven on low heat 150C for 10 mins. Serve with vanilla ice cream, yogurt or cream.

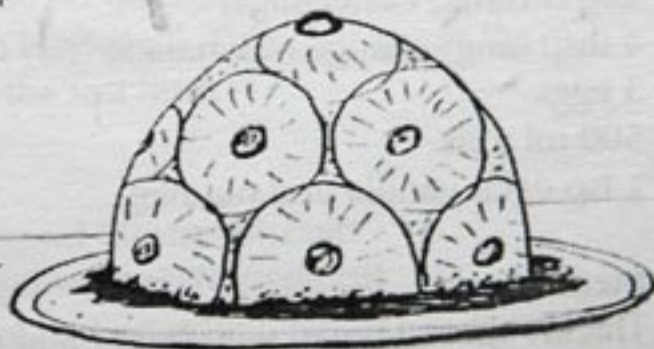


Pineapple Upside Down Cake

This is a childhood favourite of most Aussie kids growing up in the 60s and 70s and beyond. A baroque culinary icon that can't be denied. Practicality meets fantasy from a can. Takes only 20 mins to whip up and looks a bomb.

Ingredients

- 1 can of pineapple rings
- 1 packet of glacé cherries
- 10 peeled roasted almonds
- Butterscotch sauce*
- 75g (2 1/2 oz) butter
- 1/2 cup firmly packed soft brown sugar
- Cake*
- 1 cup self-raising flour
- 90 g (3 oz) butter
- 1/2 cup caster sugar
- 1 tsp vanilla
- pinch salt
- 2 eggs
- 4 tbsp milk



Method

To make butterscotch: cream butter and sugar together and spread on bottom of pudding basin. Place pineapple rings around basin bottom and sides. Arrange cherries and almonds in gaps inside and between rings.

To make cake: Sift flour and salt. Beat butter until creamy and then add sugar and vanilla and beat until light and fluffy. Beat in eggs one at a time then fold in milk alternately with flour. Spoon into basin. Bake in moderate oven 180C for 1 hour or until skewer comes out clean. Remove and let cool slightly. Cut around sides with knife then turn upside down onto plate. Serve with vanilla ice cream, yogurt, cream or custard.

Surfside-Six Bread 'n Butter Pudding

I perfected this little number while living with Noel Sanders in the Art Deco gem of a block of flats called Surfside-Six (named after the TV show no doubt) overlooking the Bondi Ice Bergs swimming pool, back in the mid 80s. "Ahh... those were the days, my friend". This dish has something of the Sydney sun 'n refreshing tang of those rolling Pacific waves about it.

Ingredients

8 thin slices of stale white bread, crusts removed
50g (2oz) butter or margarine
50g (2oz) sultanas and chopped apricots
40g (1 1/2oz) caster sugar
4 tbsp tangy orange marmalade
3 eggs
500 ml milk
1 tsp each vanilla and nutmeg

Method

Thickly spread bread with butter and marmalade. Cut into triangles. Put half over base and sides of greased baking dish. Sprinkle with fruit and half sugar. Arrange the rest of the bread butter side up in overlapping triangles (à la waves) over fruit. Sprinkle with rest of sugar. Beat eggs, milk, vanilla together and pour gently over bread. Tops of bread slices should just protrude above milk. Leave stand for 30 mins, so that bread absorbs some of the liquid. Sprinkle with nutmeg and bake in moderate oven 180C for 45 mins - 1hr.



Leichhardt Street Trifle



My sister Sal introduced me to this Italian version of the classic Aussie trifle back in 1983 when we were living in the famous artist's block of rundown flats in Leichhardt Street, Glebe. This dish has since morphed in my imagination so apologies Sal, if it bears no resemblance to the original that you got off that Italian boyfriend. This dish sports the hallmarks of living in the fast lane.

Ingredients

- 1 packet of Italian almond Biscotti biscuits
(available at any supermarket these days!)
- 1 carton of Dairy Farmers custard
- 2 bananas
- 1 pk port wine jelly crystals
- 4 tbsp whisky
- 2 tbsp almond slivers
- 1 tsp vanilla

Method

Make up jelly and set in fridge overnight. Arrange one layer of Biscotti biscuits in a glass bowl any way you like. Sprinkle biscuits with half of whisky. Make a layer of custard, banana slices and jelly chunks. Add rest of biscuits, sprinkle with rest of whisky. More jelly and custard on top. Cover with almond slivers and set in fridge for a few hours. Serve until it is all gone.

Golden Brown Pears



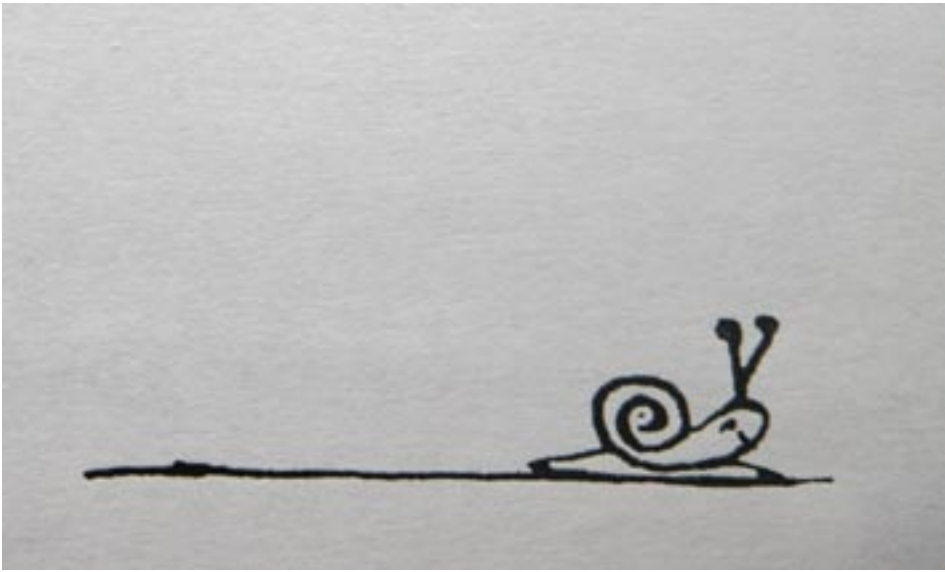
This dish is light and delicate yet rich in flavours. Very quick and simple to make, it looks dramatic and inviting.

Ingredients

- 6 brown pears, not too ripe.
- 1/2 cup sultanas
- 1 tbsp vanilla
- 2 tbsp butter
- 2 tsp cinnamon
- 3 tbsp Kirsch or Brandy
- 2 tbsp soft brown sugar
- 1 tbsp cornflour

Method

Peel pears and leave stalk attached. Stand upright together in deep baking dish. In a heavy saucepan on a low heat, combine enough water to cover pears half way up to stalks with sultanas, half sugar, butter, vanilla, cinnamon and Kirsch. When mixed add cornflour (premixed in a dash of cold water) and stir until starting thicken. Pour over pears. Pat rest of brown sugar around pear tops poking above water. Bake in medium oven 170C for 20 mins or until pears are soft. Serve with vanilla ice cream, yogurt or cream.



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