

# RISE AND SHINE

THERE'S WORK TO BE DONE



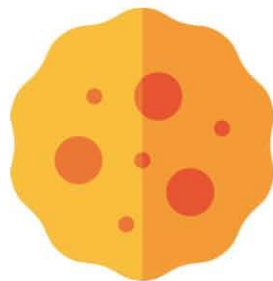
# BREAKFAST

## WHEN THE ROOSTERS ARE CROWING AND THE FARM IS COMING TO LIFE, IT'S TIME FOR BREAKFAST IN THE GODDARD HOUSEHOLD

The old country kitchen was always full of the most delightful smells with bacon frying and fresh bread baking. The men were preparing for a hard day's work and would gather purposefully around the table, discussing the chores of the day and what they hoped to achieve.

The women were busy cooking up a storm and the piles of food were ravenously devoured by the appreciative workers. It was a different era and men and women worked tirelessly to keep the farm running and the kitchen was really the linchpin that kept it all together.

There was plenty of other work to be done, but when morning came and the workers rose, a hot pot of tea was always on the brew and a hot and delicious breakfast would send them off into the paddocks and barns to ensure life continued as the war raged near and far-off lands.





BREAKFAST PIKELETS



# BREAKFAST PIKELETS

Pikelet recipes have been handed down through Aussie families for generations. Here's a great recipe from the Goddard kitchen and most popular during wartime.

*1 cup self-raising flour  
1/4 cup sugar  
1/4 tspn baking soda  
1 egg lightly beaten  
3/4 cup milk  
1 tspn butter*

Sift together flour, sugar and baking soda in a large bowl. Slowly add egg and milk while stirring continually until smooth. Place a skillet over medium heat. Lightly coat the surface of skillet with butter. Pour / ladle the mixture into skillet- as many as will fit. When bubbles start to appear on the top of each dollop, turn them over and cook on other side. Adjust heat accordingly. Remove from heat and keep warm until ready to serve. Re-grease the pan and add the next batch. Serve with butter and jam.

## COWBOY'S BREAKFAST WAS A WELCOME DELIGHT AFTER A HARD MORNING'S WORK

There's nothing like hard work to build up an appetite. When the cow-hands came in from their morning's work, the Cowboy's breakfast was piled high on plates and devoured ravenously by the hungry workers.

Often cooked over an open fire this dish is equally delicious when prepared on a barbeque or in today's modern kitchens.



## COWBOY'S BREAKFAST

There's nothing like cooking over an open fire. Simply roasting a sausage on a fork or try this tempting recipe in a heavy based skillet.

6 sausages  
3 potatoes diced  
4 eggs  
Spray oil, salt, pepper and garlic powder

In a heavy skillet, cook sausages on the stove or over an open fire until browned. Remove sausages and slice.

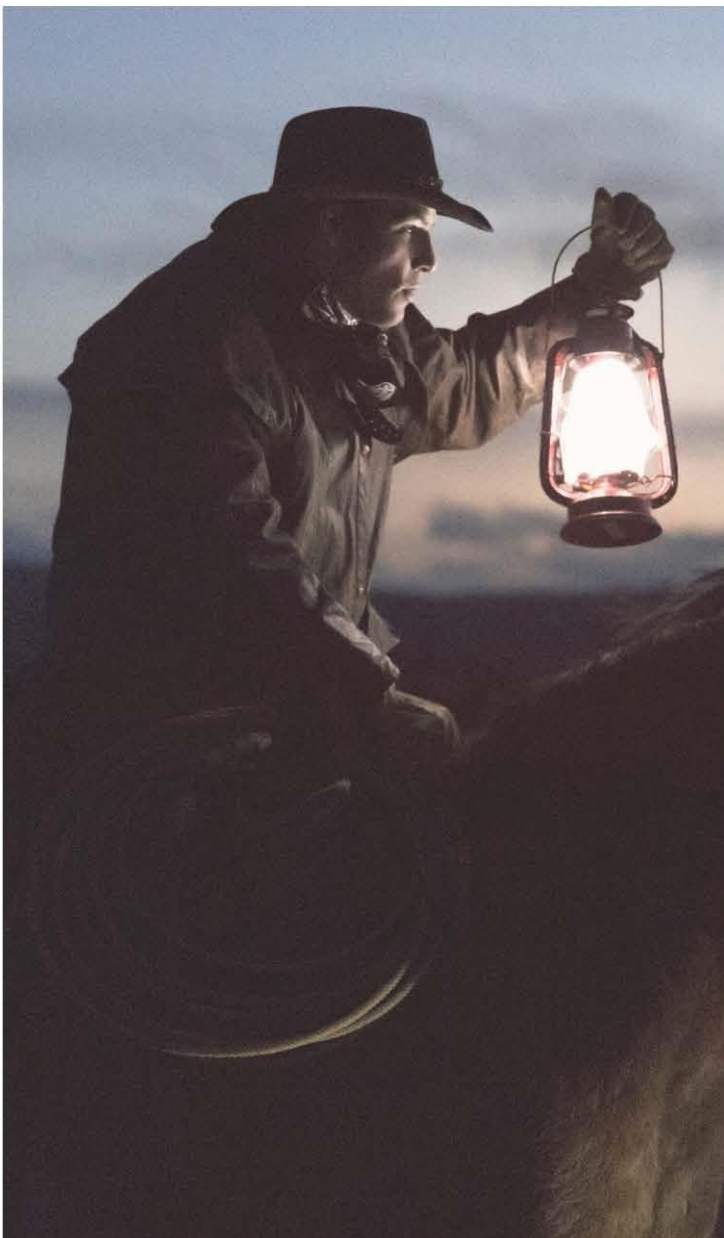
Add diced potatoes, salt, pepper and garlic to the same oil in the skillet and cook until crisp and tender.

Return sausages to the skillet stirring in with the potatoes and heat through.

Make four impressions in the mixture and crack an egg into each.

Place a lid or foil tightly over skillet and cook until eggs are done to your liking.

To serve, garnish with parsley and some hot sauce if desired.



## VEGETABLE PANCAKES



- 1 cup wholemeal breadcrumbs
- ½ cup cold cooked mashed vegetables
- 1 small onion grated
- ½ cup self-raising flour mixed with
- 1 tspn baking powder
- 1 cup hot milk
- 1 heaped Tblspn butter
- 1 Tblspn finely chopped parsley
- Salt and pepper

Pour milk over breadcrumbs and combine with butter, parsley, salt and pepper. Add vegetables, onion and flour mixture. Grease pan and when hot drop dessertspoon-sized dollops of mixture in and spread with knife. When pancake bubbles turn over and cook over side. Serve with fried tomato and sour cream if desired.

## Crustless Spinach, Mushroom & Feta Quiche



- 250g butter mushrooms thinly sliced
- 1 clove garlic minced
- Box frozen spinach (approx. 300g), thawed
- 4 large eggs
- 1 cup milk
- 50g feta cheese
- ¼ cup grated parmesan cheese
- ½ cup shredded mozzarella cheese
- Salt and pepper to taste

Preheat oven to 350°. Remove excess moisture from thawed spinach. In non-stick skillet lightly coated in oil, add sautéed mushrooms, garlic, pinch of salt and pepper. Pray 9" pie dish with non-stick spray then layer spinach and mushrooms in. Top with crumbed feta. In a bowl whisk together eggs, milk and parmesan cheese, season lightly then pour over mixture in pie dish. Top with shredded mozzarella. Place pie dish in pre-heated oven and cook for 55 minutes or until top is golden brown.





Savoury Mince  
on Toast

# SAVOURY MINCE ON TOAST

*2 Tblspns oil  
2 onions finely chopped  
Beef mince (500g)  
1/2 tomato paste  
1 Tblspn plain flour  
1 cup beef stock  
2 tspns Worcestershire sauce  
Finely chopped parsley  
Buttered toast  
Salt and pepper*

Heat oil in frying pan on medium. Add in onions stirring until soft (approx. 3 minutes). Turn up heat and stir in beef mince. Cook for 2 minutes or until browned. Tip off excess fat. Stir in flour and season to taste. Cook for 1 minute. Stir in tomato paste, beef stock and Worcestershire sauce. Cover and bring to boil. Reduce heat and simmer for approximately 10 minutes. Serve on buttered toast and top with parsley.





## RED ONIONS AND CHERRY TOMATOES ON AVOCADO RYE TOAST



- 1 red onion, chopped
- 1 punnet cherry tomatoes, halved
- 1 ripe avocado, mashed
- 4 slices of rye bread toasted
- 1 Tblspn of chopped parsley
- Juice of ½ lemon
- Freshly ground black pepper
- Sprigs of parsley for garnish

Fry cherry tomatoes in a light spray of oil. Toast rye bread under griller, remove and spread with mashed avocado. Drizzle over fresh lemon juice, add chopped onion and grind black pepper over. Return toast under grill for 30-60 seconds, just to warm avocado then top with fried cherry tomatoes. Garnish with parsley. Serves 4

## BAKED BEANS WITH HAM



- 300g mixed dried beans (such as haricot or navy, borlotti & cannellini)
- 1 smoked ham hock (about 900g), skin and fat removed
- 2 tspns olive oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 800g can diced tomatoes
- 1 Tblspn Worcestershire sauce
- 1 Tblspn pure maple syrup
- 2 tspns Dijon mustard
- Salt and freshly ground pepper

Place the beans in a bowl. Cover with cold water. Soak overnight. Drain. Place beans and ham hock in a large saucepan and cover with water. Bring to boil, reduce heat and simmer for 30 minutes. Remove ham hock. Drain beans, reserving half cup of the cooking liquid. In the same saucepan, heat oil and cook onion and garlic for 3 minutes until soft. Add tomatoes, reserved liquid, Worcestershire sauce, maple syrup and mustard. Shred meat from ham hock and add to pan with beans. Simmer for a further 30 minutes until thick and beans are tender. Seas with salt and pepper to taste.

## CHEESY SCRAMBLED EGG WITH HAM AND CHIVES



- 3 large eggs
- ½ bunch chives
- 4 slices lean ham
- 1-2 Tblspns grated tasty cheese
- 1 large tomato chopped
- 1 tspn chicken stock powder
- Freshly ground black pepper
- 1 tspn butter or margarine

Whisk eggs in a small bowl. Add chicken stock and season with pepper – set aside. Heat margarine in a medium non-stick skillet over medium heat. Add ham and chives, tossing for about 1 minute. Add eggs. Cook, stirring occasionally, until just set, about 1 minute. Stir in cheese. Serves 4

## Creamy Polenta with Raspberries, Pistachio and Apple



- 2 cups water
- 2 cups milk (low fat if desired or soy)
- 1 tspn fine salt
- 1 cup polenta
- 1Tblspn honey
- ½ cup raspberries
- ¼ cup pistachios
- 1 whole eating apple sliced (peel if desired)

Bring water, milk and salt to the boil in a large saucepan. Slowly pour in polenta in a thin stream, whisking constantly until all polenta is stirred in and there are no lumps. Pour in honey and reduced heat to low and simmer, whisking often, until polenta starts to thicken, about 5 minutes. Turn off heat and allow to sit for 5 minutes. Spoon hot polenta into bowls and top with raspberries, pistachios and apple.

## Apple Pancakes

- ½ cup milk
- 3 peeled and sliced apples
- 2 eggs

- 2 tblspns butter
- Pinch salt
- 240g self-raising flour

A lot of chopping went on in the kitchens back in the 40's. We recommend tossing everything except the flour into the blender. Thoroughly blend then add the sifted flour in stages until the mixture is thick and smooth. Spray skillet with oil and spoon on mixture in desired sizes. Cook until golden brown. Serve with your favourite accompaniments like fresh lemon and sugar, berries or ice cream.



## CRANBERRY AND RAISING GLORY BUNS



350g wholemeal flour (or white)  
60g margarine  
50g sultanas/currants/raisins  
50g sugar  
1 cup warm water  
3 tspns of quick rise dried yeast  
1 tspn dried cinnamon powder  
Pinch salt  
To glaze:  
3 tblspns water  
3 tblspns sugar

Place all the dried ingredient (except dried fruit) in a bowl and stir. Rub in the margarine then mix through the dried fruit. Add the warm water. Knead well (use extra flour if mix too sticky). Divide dough into 12 balls. Place on greased deep sided tray, cover with plastic film or plastic bag. Leave somewhere warm for an hour or so to rise. When risen place in oven at 180°C for 15 minutes or so until golden brown. When cooked place on a wire rack to cool. Prepare glaze by heating the water and sugar together until dissolved. Using a pastry brush apply the glaze generously.

## BRAN MUFFINS

2 tblspns shortening	½ cup milk
½ cup corn syrup	1 cup flour
1 egg	1/3 tspn salt
1 cup All-Bran breakfast cereal	2 ½ tspns baking powder

Cream shortening and corn syrup thoroughly, add egg and beat well. Stir in All-Bran and milk, let soak until most of moisture is taken up. Sift flour with salt and baking powder. Add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (250°C) about 30 minutes. Makes 8 large muffins or you can reduce size and make more.

## BACON AND SCRAMBLED EGG SANDWICH WITH TOMATO JAM

This recipe is best using rustic multigrain unsliced bread, then slicing it thick and toasting the slices under the grill.

4 slices bacon	2 slices tasty cheese
2 large eggs, scrambled to your liking	2 tblspns tomato jam
4 slices thick, crusty bread	Margarine

Cook the bacon to your desired level of crispness. Toast the bread then place cheese (grill cheese if desired) on 2 slices and spread the jam on the other two slices of bread. Arrange the scrambled egg on top of the cheese then the bacon. Top the sandwich with the tomato jam bread. Slice and serve immediately.