

Issue 3/2021

Keeping It Sweet



**A MESSAGE FROM
THE PRESIDENT....**

Hi Everyone

We have once again tried to find things to interest you in this edition of Keeping it Sweet. Eileen Scriven's Tutorial for making her White Waratah.

I have been asked for recipes for Piping Gel and have managed to find two. Both look good so your choice. Helens Yoghurt Mini Muffins look good and I can vouch for the Healing Chicken Soup. Cleared up my cold in a week. It works better with Bone Broth. You could probably use Stock or half the recipe and use less bone broth if you find it too expensive.

Great quick lunch with the Spanish Tortilla and the easy bread sticks I am definitely trying with the girls .All in all a great read.

Do you have anything you need a recipe for, just email us and we will try to find one for you. If you have something you would like to share please send it in . We would love to have some photos of what your branches have been doing if you have been lucky to have a meeting. Past photos will do. If you live in Melbourne you must have a little spare time to look.

We are hoping the November 28th AGM and demo day will go ahead but more on that next issue. For now keep positive, it cant be that much longer. Surely we have more behind us than in front. I need a hairdresser my hair has not been this long for years.

Cheers Pam.

**SUNDAY
3RD OCTOBER**

Spring forward

Don't forget to set
clocks ahead
one hour
at 2 a.m.
Sunday.



Since Youngsters of Today have their Texting Codes (LOL, OMG, TTYL, etc.) the Oldies decided not to be outdone by these kids, and now have developed our own codes too :

- ATD - At the Doctor's
- BFF - Best Friend's Funeral
- BTW - Bring the Wheelchair
- BYOT - Bring your own teeth
- FWIW - Forgot Where I Was
- GGPBL - Gotta Go, Pacemaker Battery Low
- GHA - Got Heartburn Again
- TFT - Texting From Toilet.

Now share this with some other oldies and make their day 🤔🤔🤔. I know you're not that old but enjoy the laugh even if you're young 😊



Picnic Treats

Yoghurt Mini Muffins

225g SR Flour

110g caster sugar

270g Plain or flavoured yoghurt

1/2 cup mashed banana (I use 1 banana)

50g extra light olive oil

1 egg

1 cup frozen blueberries (or any other frozen berries or fresh if you want, or leave out altogether)



Recipe submitted by
Helen Maclachlan

Preheat oven to 190 deg. Grease 3 x 12 hole mini muffin pans. Muffins will stick if you miss this step.

Combine flours and sugar together in a bowl. Whisk yoghurt, banana, oil and egg together and add to flour mixture and stir until just combined. Fold through blueberries if using. Spoon mixture into muffin pans and bake for 12 mins.

These are really good and I often substitute a grated apple for the banana or use both and leave out the berries. I often use fresh berries too. They are bite size and kids love them.

Makes 36 mini muffins.

HEALING CHICKEN SOUP



Not only can you make this soup in 30 minutes but it will surely help you kick your cold with illness fighting ingredients.

INGREDIENTS

- 1 tbsp olive oil
- 4 medium carrots, peeled and sliced into 1/3rd inch rounds
- 3 stalks celery, halved and sliced
- 1 medium onion, diced
- 2 cloves garlic, chopped
- 1 tsp tumeric
- 1 tsp fresh thyme leaves or sub 1/2 tsp dried thyme
- 1 tsp fresh rosemary, chopped or sub 1/2 tsp dried rosemary
- 1/2 lemon zest and juice
- 1.5 tsp salt
- 1/2 tsp black pepper
- pinch of cayenne optional
- 1 bay leaf
- 8 cups chicken broth or bone broth
- 2-3 cups dry egg noodles I prefer flat noodles but you can use your preferred shape
- 1 rotisserie chicken, meat removed and shredded
- 2-3 tbsp chopped fresh parsley

INSTRUCTIONS

1. Heat olive oil in a large dutch oven or heavy pot with lid over medium to medium-high heat until hot and shimmering.
2. Add carrots, celery and onion and sautee on medium heat for around 10 minutes until veggies are softened.
3. Add in garlic, tumeric, thyme, rosemary, lemon zest, salt, pepper and pinch of cayenne (if using). Sautee over medium heat for about 1-2 minutes until garlic is fragrant.
4. Stream in chicken or bone broth and add in 1 bay leaf and juice of 1/2 lemon. Stir to combine and bring to a boil over medium-high heat.
5. Once a boil is reached, add in 2-3 cups of egg noodles and shredded chicken. Bring back to a boil and then cover and turn heat down to low.
6. Simmer over low heat for 10-15 minutes until the pasta is soft. Remove from heat. Taste and add additional salt & pepper according to preference. Add in chopped parsley and serve. Enjoy!



Submitted by Pam Archibald
Recipe from jamjarkitchen.com

Spanish Tortilla

Ingredients

300 g waxy potatoes
1 onion
olive oil
5 large free-range eggs



Jamie Oliver - www.jamieoliver.com

Method

Peel the potatoes using a speed-peeler, then carefully cut them into thin slices. Pat the potato slices dry with a clean tea towel.

Peel and finely slice the onion. Drizzle 2 tablespoons of oil into a small frying pan over a medium heat, then add the onion and potatoes.

Turn the heat down to low and cook for 25 to 30 minutes, or until the onions are turning golden and the potato slices are cooked through. Try not to stir it too much or the potatoes will break up – just use a fish slice to flip them over halfway through.

Crack the eggs into a mixing bowl, season with a tiny pinch of sea salt and black pepper, then whisk together with a fork.

When the onions and potatoes are cooked, remove the pan from the heat and carefully tip them into the eggs. Transfer the mixture back into the frying pan and place it over a low heat. Cook for around 20 minutes, or until there's almost no runny egg on top.

Use a fish slice to slightly lift and loosen the sides of the tortilla. Carefully flip the pan over a dinner plate and tip out the tortilla, then slide it back into the pan and cook for another 5 minutes, or until golden and cooked through.

Turn out the tortilla onto a serving board, then cut into 6 wedges and serve hot or cold with a simple green salad.

BAKING FOR KIDS



EASY BREAD STICKS



INGREDIENTS

500g flour
1 tsp honey
1 tbsp oil
300g water
60g whole milk
Fresh yeast
10g salt
100g butter
2 cloves garlic
Parsley
Skewers

Submitted by Jan Longley

METHOD

Mix half of the flour, water, and honey in a zip-lock bag and mix together.

Add salt, oil and the rest of the flour and mix again.

Place the dough in a bowl, cover and let it stand for 1 hour.

Divide the dough into 8 pieces and make a long strip with each piece then wrap it around a skewer.

Let the skewers rest for 30 minutes.

Mix garlic, parsley, butter and brush on the skewers.

Bake for 20 minutes at 190°C (374°F).

FUN AND EASY SAVOURY
PICNIC SNACK

WHITE WARATAH

By Eileen Scriven

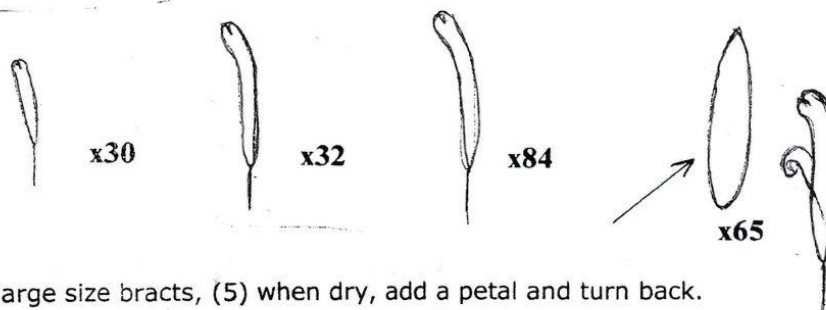


Requirements

Modelling paste – white and lemon
White wire – 30g and 24g
Stemtex – white and green
Petal cutter – large and small
Veiner – corn husk
Hair pin
Chalk colours – light green and brown

Method

Make bracts, gradually getting bigger. Take a small piece of white paste and form a tear drop, attach to 30g wire, make a cut on top of the bract and leave to dry.



With the large size bracts, (5) when dry, add a petal and turn back.

Petals

Roll out white modelling paste and cut out nine to ten petals, wire with 24g wire.

Vein with corn husk, ball the edges of the petal to give it shape. Place over cotton wool (or a half round former) to dry.

After the petals are dry, chalk the petals with light green and a touch of light brown. Steam to finish.

Assembly of flower

Pick up small bracts and form into a bundle, wrap a piece of white tape round these just to hold them together.

Place larger bracts around the smaller bundle and tape. You may need to trim off the stems if they are getting too large.

Place the chalked petals around the bundle of bracts and tape into place.



Top of flower

When assembled, chalk the centre light green, then steam.

Leaves

(Free hand the leaves with lemon paste).

Make a log and insert the 24g wire, roll out each side beyond the wire. Cut to shape with a rose petal cutter using the pointed end. Vein and ball the edges.

When the leaves are dry, add green chalk over the leaf and steam.

Add leaves to flower to finish.

HOME MADE PIPING GEL RECIPES

Recipe by Veena Azmanov

veenaazmanov.com

Ingredients - Homemade Piping Gel with Gelatin

2 tbsp Gelatin
2 tbsp Water
2 cups (470 ml) Light corn syrup
Clear vanilla or almond extract

Method - Homemade Piping Gel with Gelatin

- Dissolve gelatin in the water for 2 minutes.
- Place in the microwave for 20 to 30 seconds or in a double boiler and melt the gelatin.
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- Place the corn syrup and extract in a saucepan over low heat. Once the corn syrup is hot, add in the gelatin mixture.
- Stir well to combine.
- That's it - your piping gel is ready.
- This gel will thicken as it sits.

Ingredients - Homemade Piping Gel with Cornstarch

⅓ cup (80 ml) White granulated sugar
1 tbsp Cornstarch / cornflour
¼ cup (4 tbsp) Lemon juice
¼ cup (4 tbsp) Water

Method - Homemade Piping Gel with Cornstarch

- Dissolve the cornstarch in half the water.
- Place the sugar and the remaining water on low heat and stir until all the sugar has dissolved.
- Add the lemon juice, and cornstarch mixture.
- Stir until thick and opaque.
- The cornflour should cook until it becomes opaque (see image below).
- Switch off the flame.
- Store in a glass jar or container.
- Once cooled use as desired.
- If necessary add hot water to bring to the right consistency.

PIPING GEL RECIPE

By Rhonda Phillips

Ingredients:

1/4 cup lemon juice

1/4 cup water

4 tbsp. castor sugar

1 level tbsp. cornflour

Place all ingredients into a small saucepan and dissolve over a low heat.

Stir continuously until it boils and thickens, remove from heat. If it is too thick it can be diluted with water.

Store in refrigerator. (Lifespan is shorter than commercial piping jelly.)

I've used the gel in a couple of ways. One was to give a 'water' effect in novelty work and the other in rice paper.

It is also used in royal icing for brush embroidery. At one of the Queensland Nationals (I think 1991) they did a demonstration with piping gel, using for pictures on cream sponges this is what we did.

Draw/trace the required picture on rice paper. Cut it out with a small margin of 1/8" all round.

Then roll out some pettinice a bit bigger than the picture to about 1/4 inch or 1 cm thick.

Brush the clear gel over the pettinice, put the cut out picture on top, then lightly roll over the rice paper picture with a rolling pin to seal the picture down.

Brush over the top of the rice paper picture with the gel as well.

Then using liquid colour, which can be diluted with water, simply 'colour' in the picture.

Do it as you would teach a child to colour in with all the brush strokes going the one way.

When you have finished, take a scalpel and trim the excess pettinice away. It then goes onto the cake.

It can also go into the fridge, there was no deterioration of the picture or pettinice overnight.

Of course this was all before the days of computer images. But it is a cheap way to match up birthday invitations /themes for parties etc, and it can look really good with children's characters in bright colours.

It can go direct onto a fondant or chocolate covered cake as well.

By only using clear gel you don't have the waste of mixed colours (or looking for little pots to seal them in)

