

High Tea with Granny

By Lily Beech

The origin of Granny's recipes

- The mars bar slice recipe granny got from the paper in the 1990s and has been making ever since
- She always knew how to make the sausage rolls, she got that recipe from her mother. But she only started making them when she got married (60s).
- The hazelnut torte recipe granny got in the 1979.
- The flummery recipe granny got from her grandmother so she always knew how to make it.
- The pasta bake recipe is my grandad's favourite recipe to make and he got it from my mum.
- The sponge cake recipe granny got from her friend Nan Francis.
- The vanilla cupcake recipe my granny got in 1965, at a cooking class.

Why I love cooking

Ever since I was little I have always loved cooking because it's something i did with my mum and granny. Every year since I was born my granny has made my birthday cake and I loved watching and helping her make. It was always fun to watch her make complex cakes for me, my brother, for easter and christmas. I have a lot of family over in perth so every second christmas we go to stay with my granny and grandad. Granny has never failed to have mars bar slice every single visit because she knows how much everyone love it, especially me. Both granny and grandad try to come to Melbourne every year for out birthdays, and again makes delicious recipes such as mars bar slice, hazelnut cake for my brother and a classic vanilla sponge for me. A few things I love about going to perth is one to see my family and two the amazing recipes that my granny has been making for years.

Christmas day

Although we have mars bar slice all year round some of the other recipes have a specific time when we have them. Such as the hazelnut even though my brother does love having it for his birthday, Granny usually makes it for christmas day lunch. Christmas day includes a hot lunch (pork, ham and beans etc) and three part dessert which granny prepares pretty much on her own. The people that are attend the lunch is all of my cousins and family on my Mum's side. Desserts that are associated with christmas lunch is watermelon to start, flummery and then to the people that aren't full yet hazelnut cake. The dinner is a cold dinner including prawns and crayfish. This dinner is usually just Mum, Dad (if he able to come to perth), Spencer, me and my grandads brother. Since most of us are still full from lunch dinner is always small and dessert is either leftover flummery or ice cream.

Memories of the recipes

When I was little and my family went to perth for the easter holidays, we had hazelnut cake and mars bar slice for lunch and then we went out first to look for easter eggs my uncle put out in granny and grandads massive back yard. After lunch and easter egg hunting we usually went down to the foreshore near the house. Going to the foreshore with my cousins is one of my all time favourite memories. Granny would pack a bunch of snacks that we can eat while we were down there such as vanilla cupcakes which my cousins Molly, Sarah and me would help decorate. Fresh fruit, the remaining mars bar slice, and the shortbread granny always had in her cupboard. Every single time we go to perth the one meal my grandad makes without fail is pasta bake it's definitely one of the meals I look forward to when going to perth. When we arrive in perth it is usually late afternoon and after they come and pick us up from the airport there is always a little snack waiting for us. This afternoon tea tends to include mars bar slice, sausage rolls and occasionally freshly baked scones.

My family's favourite recipe

I interviewed my family and asked which two of granny's recipes were their favourite!!!

Mum: hazelnut torte or chocolate marshmallow shortbread (when she was little)

Dad: hazelnut torte or passionfruit flummery

Spencer: mars bar slice or hazelnut torte

Granny: apple crumble sponge cake

Grandad: sponge cake or hazelnut cake

Me: mars bar slice or sponge cake

Recipes

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Mars bar slice

1 hour • Serves 24

Ingredients

- 180g mars bars, chopped
- 90g butter
- 3 cups rice bubbles
- 200g milk chocolate
- 30g butter

Preparation

Heat mars bars and butter together until melted and a smooth caramel type consistency (using a saucepan). Add rice bubbles and combine well. place this mixture in a tin 7 x 11 lined with baking paper and smooth it out. when the slice is cool melt 30g butter and 200g chopped chocolate over the saucepan on low heat. Then spread evenly over the slice. When the chocolate is set, remove form tin and slice up.



Hazelnut torte

45 minutes • Serves 8

This recipe is best when left to
chill overnight.

Ingredients

- 4 egg whites
- 1 ½ cups sugar
- 100g ground hazelnut
- ¾ cup coffee powder
- 95g milk chocolate
- 95g dark chocolate
- 1 teaspoon vanilla essence
- 3 tablespoons water
- 1 teaspoon vinegar

Preparation





Passionfruit Flummery

45 minutes • Serves 4-6

This recipe takes a while to chill so make sure you leave a good amount of time before serving!



Passionfruit Flummery

Ingredients

- 2 teaspoons gelatine powder
- 1 ¼ cups hot water
- 1 tablespoon flour
- ¾ cups of castor sugar
- ½ orange or lemon juice
- ½ doz. Passionfruit

Preparation

Mix flour to a smooth paste with a little cold water. Add sugar to hot water and carefully flour. Boil for 5 minutes. Cool slightly. Add gelatine dissolved in ¼ cup hot water, and add fruit juice. Leave until thickening slightly then beat to a thick cream. Stir in passionfruit. The gelatine needs to be sprinkles onto the hot water. Then put mixture into dessert bowls and put in refrigerator to set.

This recipe isn't something my granny makes but my grandad make this whenever we are together so i thought i'd add it in because it reminds me of them.



Pasta bake

Ingredients

- 2 tsp olive oil
- 1 brown onion, finely chopped
- 1 garlic clove, crushed
- 100g low-fat bacon
- 500g lean beef mince
- 700ml passata
- ½ cup chopped basil
- 300g rigatoni or tortellini pasta
- 1 cup coarsely grated mozzarella
- ¼ cup finely grated parmesan

Preparation

Preheat oven to 200C. brush a 3L capacity freezer proof baking dish with oil. Heat the oil in a large saucepan over medium heat. add the onion, garlic and bacon. Cook for 5 minutes or until onion is soft. Add mince. Cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until browned. Stir in passata and basil. Bring to the boil. Reduce heat to low. Cook for 15 minutes or until sauce thickens slightly. Season with salt and pepper.

Meanwhile, cook the pasta in a large saucepan of boiling salted water following packet directions. Drain transfer to a bowl. Stir the mince mixture and tomatoes into the pasta. Spoon into prepared dish. Sprinkle with mozzarella and parmesan. Bake for 15 minutes or until golden.



Sponge cake

30 minutes. Serves 8



Sponge cake

Ingredients

- ⅓ cups self raising flour
- ⅓ cups plain flour
- ⅓ cups cornflour
- ¼ teaspoons salt
- 4 eggs
- ⅓ cups caster sugar
- Strawberries for filling
- Whipped cream for filling
- Icing sugar for dusting

Preparation

Grease 2 x deep, 20cm round cake tins (or different tins, as directed in individual recipes) and line bases with baking paper. Sift flours and 1/4 teaspoon salt together three times to aerate. Preheat oven to 180C. Using an electric mixer, beat eggs and sugar in a large bowl on medium-high speed for 6 minutes, or until mixture is thick, pale and tripled in volume. Gradually sift flour mixture over egg mixture while simultaneously folding in with a large metal spoon until just combined.

Divide mixture between prepared tins. To level batter, gently spin tins on kitchen counter. Bake for 20 minutes (or as directed in individual recipes), or until cakes have shrunk away from the sides slightly and spring back when gently touched. Turn out onto baking paper-lined wire racks. Carefully peel away baking paper, then leave to cool. Fill with whipped cream and your choice of fresh fruit. Dust with icing sugar.



Shortbread cookies

45 minutes. Serves 24



Shortbread cookies

Ingredients

- 250g butter
- ½ cup caster sugar
- 2 cups plain flour
- ½ cup rice flour

Preparation

Preheat oven to 150°C. Brush 2 baking trays with melted butter to grease. Use an electric beater to beat the butter and sugar in a bowl until pale and creamy. Gradually add the combined flour, beating on low speed until almost combined. Use your hands to bring the dough together in the bowl. Turn onto a lightly floured surface and knead gently until smooth. Divide the dough into 2 equal portions. Use your hands to shape 1 portion of dough into an 18cm-diameter disc.

Transfer to 1 of the prepared trays. Use a flat-bladed knife to smooth the surface. Pinch the edges to create a fluted edge. Use a small sharp knife to score the disc into 8 wedges and use a fork to prick the dough all over. Repeat with the remaining dough to make a second disc. Bake the shortbread in oven, swapping the trays halfway through cooking, for 40 minutes or until light golden. Set aside on the trays for 10 minutes to cool before transferring to a wire rack to cool completely. Cut into wedges to serve.



Scones

30 minutes. Serves 12



Scones

Ingredients

- 3 cups self raising flour, sifted
- 1 cup milk
- 80g butter, cubbed
- 1 cup thickened cream
- 2 tablespoons icing sugar (to serve)

Preparation

Preheat oven to 190°C. Line a flat baking tray with baking paper. Sift flour, sugar and a pinch of salt into a large bowl. Combine cream, milk and vanilla in a jug. Pour into dry ingredients. Stir with a flat-bladed knife to combine. Turn onto a lightly floured surface and knead gently until smooth. Pat dough out to a 2.5cm-thick round. Using a 5cm scone cutter, cut 12 scones from dough. Gently press remaining dough together and repeat.

Place scones on prepared tray, allowing a little room for spreading. Bake for 12 to 15 minutes or until golden. Remove from oven. Cover with a clean tea towel and stand scones on tray for 10 minutes. Make strawberry cream: Stir jam in a bowl until softened slightly. Add cream and half the strawberries. Gently fold through until just combined. Split scones in half. Top bases with a dollop of strawberry cream, remaining strawberries and scone tops. Dust with icing sugar and serve.

Vanilla cupcakes

30 minutes • Serves 24

Ingredients

- 2 cups of self- raising flour
- $\frac{3}{4}$ cup caster sugar
- 2 eggs
- 1 teaspoon vanilla essence
- 115g butter, melted
- $\frac{3}{4}$ cup milk

Preparation

Preheat oven to 180 fan-forced. Line 2 cupcake trays with cases. Put all the ingredients into a large mixing bowl and mix with electric mixer until smooth. Pour mixture into pre lined trays.



My extra recipes

Lemon Delicious

30 minutes • Serves 6

Ingredients

- 150g butter
- 2 teaspoons grated lemon rind
- $\frac{1}{3}$ cup lemon juice
- 1 $\frac{1}{2}$ cups caster sugar
- $\frac{3}{4}$ cup self raising flour
- 1 $\frac{1}{2}$ cups milk
- 4 eggs separated

Preparation

Preheat oven to 180°C/160°C fan-forced. Grease six 1 cup-capacity ovenproof dishes. Place butter, lemon rind, lemon juice, sugar, flour, milk and egg yolks in a bowl. Whisk to combine. Using an electric mixer, beat eggwhites on high speed until soft peaks form. Using a metal spoon, fold one-quarter of the egg white into lemon mixture. Gently fold in remaining egg white. Spoon mixture into prepared dishes. Place dishes in a large baking dish. Pour boiling water into baking dish until halfway up sides of smaller dishes. Bake for 25 to 30 minutes or until golden and just set. Dust with icing sugar. Serve.



White Choc & cranberry cookies

30 minutes • Serves 24

Ingredients

- 150g butter
- 1 ½ teaspoons bicarb soda
- 1 cup brown sugar
- ½ cup shredded coconut
- ½ cup dried cranberries
- ½ cup white chocolate bits
- 1 eggs separated

Preparation

Preheat oven to 180 fan forced. Line two large trays with baking paper. Sift flour and bicarb of soda into a bowl. Then add sugar, coconut, dried cranberries and chocolate. Melt butter and pour into bowl, then add the egg, mix until well combined. Use a spoon to make the mixture into balls. Place balls on tray and flatten slightly with a spoon. Bake for 12-15 minutes or until golden brown. Place on wire rack to cool for 5 minutes. Serve!



Double Choc Brownies

45 minutes • Serves 18

- 150g butter
- 200g dark chocolate
- 3 eggs, lightly whisked
- $\frac{3}{4}$ cups caster sugar
- 1 $\frac{1}{4}$ plain flour
- $\frac{1}{3}$ cups cocoa powder
- 150g white chocolate

Preparation

Preheat oven to 160C fan-forced. Brush a 16x26 (base measurement) greasen the side of the pan with melted butter, line the bottom with baking paper. Place the chocolate and butter in a large heatproof bowl over a saucepan half filled with simmering (make sure the bowl doesn't the water). Stir until chocolate melts and the mixture is smooth. Set aside to cool for 5 minutes. Stir the egg into the chocolate mixture until well combined. Combine sugar and flour into a large bowl. Sift in the cocoa powder. Add the chocolate mixture and stir until just combined. Stir in the white chocolate. Pour into the prepared pan. Bale for 30 minutes or until crumbs cling to a skewer inserted into the centre. Set aside in the pan to cool for 1 hour.





Zebra cake

30 minutes. Serves 8



Zebra cake

Ingredients

- 3 cups self raising flour, sifted
- 1 ¼ cup milk
- 200g butter
- 300ml double cream
- 6 eggs
- 2 teaspoons vanilla extract
- 1 ¾ cups caster sugar
- ¼ cup plain flour
- ¼ cup cocoa powder
- ½ teaspoon cinnamon

Preparation

Preheat oven to 180C fan forced.

Grease two 20cm round cake pans and line base and sides with baking paper.

Use electric beater to beat eggs and sugar until pale and creamy. Add the milk, butter and vanilla. Beat until well combined. Add the flours, stir until well combined. Divide the cake mixture between two bowls. Combine the cocoa and cinnamon in one bowl until just combined. Working quickly drop alternating ¼ cups of mixture in the centre of the prepared pans.

Bake the cakes for 25-30 minutes or until skewer comes out clean. Allow to cool for 5 minutes before transferring to wire rack to cool completely. Flatten the top of one cake and spread the double cream over it, then put the other cake on top. Serve!



Anzac biscuits

30 minutes. Serves 24

Anzac cookies

Ingredients

- 1 cup plain flour
- 1 cup desiccated coconut
- 125g butter
- 1 cup rolled oats
- ¼ cup brown sugar
- 2 teaspoons golden syrup
- ½ teaspoons bicarb soda

Preparation

Preheat oven to 180C. Line 2 baking trays with baking paper. Place flour, coconut, rolled oats and sugar into a large bowl and stir with a wooden spoon to combine. Place butter and golden syrup in a small saucepan over low heat and cook, stirring occasionally, for 3 minutes or until butter is melted. Set aside to cool slightly. Combine 1 ½ teaspoons boiling water and bicarb soda in a small bowl. Add the oat mixtures along with the butter mixture. Stir until well combined.

Roll tablespoonfuls of the mixture into balls and place on the lined trays, allowing space for spreading. Gently press each ball to flatten slightly. Bake for 12 minutes. Set aside on the trays to cool completely. Serve!

Contact

Lily Beech

lbeech23@igs.vic.edu.au

