



**I Promise  
Your Family  
Will Eat  
This**

FOOD AND FITNESS IDEAS  
From The Majura And  
Brindabella Women's Groups

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## CONTENTS

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<b>Introduction</b>	<b>5</b>
<b>FOOD IDEAS</b>	
<b>Soups</b>	<b>6</b>
Spicy Dhal and Carrot Soup	7
Corn and Pumpkin Soup	8
Creamy Pumpkin Soup	8
Sweet Potato and Carrot Soup	9
Curry Lentil Soup	10
Leek and Lentil Soup	11
Quick Chicken Noodle Soup	12
<b>Dips, Finger Foods &amp; Quick Snacks</b>	<b>13</b>
Baba Ghanouj	14
Roasted Corn Pancakes	14
Pumpkin Scones	15
Savoury French Toast	16
Spinach and Feta Triangles	17
Fish Cakes	18
Salmon Patties	19
Lentil and Veggie Patties	20
Danish Rye Bread	21
<b>Main Dishes</b>	<b>22</b>
Additive Free Apricot Chicken	23
Crock Pot Mexican Chicken	23
Lamb Chop Casserole	24

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## CONTENTS

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Jess's Easy Deep Dish Chicken Pie	25
Egg and Bacon Pie	26
Margaret's Spinach and Rice Pie	27
Self-Crusting Corn Quiche	28
Bacon, Feta and Pumpkin Quiche	29
Cathy's Country Cottage Rolls	31
Children's Quick Macaroni	32
Zucchini (or Silver Beet) Slice	32
Kym's Pad Thai (Thai Noodles)	33
Soomin's Mince	35
Indian Curry	36
Tomato Dahl	37
Jess's Mum's Dahl (or "It's Dahl, Darl")	38
Curried Sausages	39
Curried Tuna	40
No Name Meat Dish	41
Daggy But Tasty Veggie Dish	42
<b>Cakes &amp; Slices</b>	<b>43</b>
Quickest Ever "Add What You Like" Biscuits	44
Sunflower-Sesame Molasses Cookies	45
Ruth's Sand Art Brownies	46
Brownies	47
Date Muffins	48
Kids Afternoon Snack Muffins	49
Gluten Free Gingerbread	50
Weet Bix Slice	50

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## CONTENTS

---

Raisin Slice	51
Date and Nut Loaf (or Fig and Almond)	52
My Mum's All Bran Fruit Loaf (Known as Sticky Date Cake)	53
Carrot Health Cake	54
Patsy's Easy Fruit Cake	54
Chocolate Cake	55
Ginger or Spice Cake	56
Left Over Fruit Salad	56
Economical Chocolate Pudding	57
Raspberry and Apple Crumble	58
Lemon Tart	59
<b>Sauces &amp; Dressings</b>	<b>61</b>
Wondersauce	62
Mornay Sauce for Salmon or Tuna	63
Tomato Sauce (For One of Those Weeks!)	64
Ruth's Potato Salad Dressing	64
Peter's Steak Marinade	65
Useful Websites	66

## **FITNESS IDEAS**

<b>Activities for Mums, Kids &amp; Families in Canberra</b>	<b>68</b>
Mum's Walking Groups	69
Social Gatherings	71
Yoga	72
Exercise Classes for Mums & Bubs	73
Dance for Parents, Tinies and Toddlers	74
Tots' Tumbling - Police Citizens Youth Club (PCYC)	74
Paint and Play	76
Swim/Gym	77
Netball	78
Circuit Training	79
Camping, Bushwalking and Other Outdoor Activities	80
Canberra's Child	81
Canberra Indoor Rock Climbing	82
Other Suggestions	83
Femme Friday! (Previously Known As Pamper Evenings)	84

# Introduction

How many times have you stood in your kitchen and thought ‘I have no idea what to cook for dinner’?

It happens to me with amazing regularity and I’m sure it happens to you. How do you find a meal that is nutritious, economical, different from last night, doesn’t take too long to make and, the killer, that the children will eat?

‘I Promise Your Family Will Eat This’ is a compilation of recipes that work for us. The members of Brindabella and Majura Women’s Groups are all busy mothers. We know about picky eaters, small budgets, no time and leftovers. These recipes are our standbys, the ones we know the family will eat. They are mostly inexpensive, uncomplicated and fairly nutritious. There always has to be a treat or two, and you’ll find some of those here too.

Funded by HEALTHPACT, the ACT Health Promotion Grants Program, this booklet is the last part of a year long project where both groups examined nutrition and physical activity. Once you’ve cooked your way through the book, there are a number of suggestions for good family physical activity at the end.

Many thanks to everyone who contributed to this book and helped to put it together. You’ve just made my life a bit easier!

Gretchen Irvine

President

**Majura Women’s Group 2008**

FOOD IDEAS

# Soups



# Spicy Dhal and Carrot Soup

## Ingredients

125g split red lentils	1 fresh green chilli, seeded and chopped, or 1 tsp minced chilli
5 cups vegetable stock	1 tsp ground turmeric
350g carrots, sliced	1 tbsp lemon juice
2 onions, chopped	Salt
225g can chopped tomatoes	1¼ cups milk
2 garlic cloves, chopped	2 tbsp chopped coriander (cilantro)
2 tbsp vegetable ghee or oil	Natural (unsweetened) yoghurt, to serve
1 tsp ground cumin	
1 tsp ground coriander	

## Method

Place the lentils in a strainer and rinse well under cold running water. Drain and place in a large saucepan, together with 3 ½ cups of the stock, carrots, onions, tomatoes and garlic. Bring the mixture to the boil, reduce the heat, cover and simmer for 30 minutes or until the vegetables and lentils are tender.

Meanwhile, heat the ghee or oil in a small pan. Add the cumin, ground coriander, chilli and turmeric and fry over a low heat for 1 minute. Remove from the heat and stir in the lemon juice. Season with salt.

Process the soup in batches in a blender or food processor. Return the soup to the saucepan, add the spice mixture and the remaining 1¼ cups stock and simmer over a low heat for 10 minutes. Add the milk, taste and adjust the seasoning, if necessary. Stir in the chopped coriander and reheat gently.

*Serve hot with a swirl of yoghurt.*

## Corn and Pumpkin Soup

### Ingredients

1 butternut pumpkin (about 1 kg), peeled and diced	440g can creamed corn
2 onions, chopped	3 tsp Worcestershire sauce
60g butter	½ cup cream
3½ cups chicken stock	1 tbsp chopped chives

### Method

Combine pumpkin, onions and butter in large bowl, cover, cook in microwave on HIGH for 3 minutes. Add chicken stock, cover, and cook in microwave on HIGH for 25 minutes.

Puree in blender or processor, stir in corn, Worcestershire sauce and cream, reheat, and sprinkle with chives. Serves 6.

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## Creamy Pumpkin Soup

### Ingredients

1 onion, chopped	1 packet cream of chicken soup
2 tbsp margarine	3 cups water
500g pumpkin, peeled and chopped	½ cup cream
	½ tsp ground nutmeg

### Method

Fry onion in margarine until soft. Add pumpkin, cover and sauté 5 minutes. Add soup mix and water and simmer until pumpkin is tender, approx. 10 mins. Cool, then puree.

Stir in cream and nutmeg and reheat without boiling.

# Sweet Potato and Carrot Soup

## Ingredients

2 leeks, cleaned and chopped OR one large onion, chopped	1 ltr chicken (or vegetable) stock
1 clove garlic	500mls water
1 large sweet potato, peeled and chopped	Olive oil
2 large carrots, peeled and chopped	Pinch dried cumin
	Pinch dried coriander

## Method

Gently fry leeks or onion and garlic in a little olive oil in a large saucepan. Add the dried herbs and a pinch of salt. When the leek has softened, add the sweet potato and carrots and stir together. Add the stock and water and bring to the boil. Simmer until the carrot is tender (depending on how big the pieces are, could take 30 minutes).

Using a hand blender or food processor, blend the soup until smooth (be careful of hot soup using a food processor).

## Serve it:

- *As it is with some toast.*
- *Fry some diced bacon until crispy to sprinkle on the top*
- *Top with grated cheese.*
- *Cook one cup of red lentils until soft, drain and stir into soup. Good for a bit more bulk and texture.*
- *All of the above!*

# CurryLentilSoup

*Easy, 30 minutes + cooking time, hearty stuff. Serve with bread rolls, preferably ones with a bit of oomph - e.g. sour dough or full grain to make it a meal in itself. Six generous serves.*

## Ingredients

1 medium onion - diced	3 cups water
1 clove garlic – chopped finely	Pumpkin – cut into small cubes - a few big handfuls
1 cubic inch of ginger - grated	Baby spinach – a few big handfuls - perhaps about 125g
1 rounded tsp ground cumin	1 can/jar of pasta sauce – approx 400-500g
1 ½ (more than level) tsp of curry powder	Juice of one lemon – go easy on the juice
1 cup lentils - washed	
2 cups of strong veggie stock – e.g. double the stock cubes	

## Method

Sauté onion and garlic in oil. Add grated ginger and stir for another minute. Add dry spices and stir for another two minutes to cook the spices.

Stir in lentils, stock and water, then pumpkin and spinach. Bring to boil and simmer covered for 20 minutes.

Stir in the jar of pasta sauce. Simmer for a further 10 minutes.

Taste for seasonings and add lemon juice, go easy on the juice, just before serving.

# Leek and Lentil Soup

## Ingredients

30g butter	1¼ litres (5 cups) water
3 small leeks, sliced	2 chicken stock cubes
2 sticks celery, chopped	½ cup cream
2 bacon rashers, chopped	2 tbsp chopped parsley
1 cup red lentils	

## Method

Melt butter in large saucepan, add leeks, celery and bacon. Cover and cook over low heat for 10 mins. Add lentils, water and crumbled stock cubes, bring to boil, reduce heat and simmer, covered 30 mins. Puree soup in blender in batches. Return to pan, add cream, stir in parsley.

*Soup can be made up to 2 days ahead – store, covered, in refrigerator. It can be frozen for up to 1 month, thaw overnight in fridge.*

# Quick Chicken Noodle Soup

## Ingredients

1 onion or shallots	Thyme
2 cups vegetables, finely chopped	Sage
100-200g chicken mince or chicken breast/tenderloins, chopped	Pepper
2-3 pkts quick cook noodles	Ginger
1 sachet noodle mix	Garlic
4 cups water	Stock powder
	Sweet chilli sauce

## Method

Fry onion or shallots. Add vegetables to onion and coat. Add chicken. Add seasonings. Add water. Bring to boil. Turn off. Break up noodles and mix in. Leave for 5 mins to soften. Then ready to serve.

# Dips, Finger Foods & Quick Snacks



# Baba Ghanouj

## Ingredients

Eggplant  
Oil

## Method

Heat oven to 180°. Pierce eggplants with knife in several places. Rub with oil. Place in baking dish and cook until very soft. Cool in fridge for 1-2 days and skin peels off easily.

*Keep juice that runs out. Use in your favourite recipe.*

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# Roasted Corn Pancakes

## Ingredients

3 cobs of corn (or canned if in a pinch)	$\frac{3}{4}$ - 1 cup wholemeal SR flour
1 egg	$\frac{1}{3}$ cup buttermilk
	Pinch of salt

## Method

Boil 2 cobs of corn and take kernels off. Take kernels off 3<sup>rd</sup> cob and dry roast them in a fry pan. Keep a close watch.

Mix remaining ingredients in a food processor with boiled kernels until a smooth batter. Stir in roasted kernels and leave to sit for a while. Cook small tablespoons in a hot fry pan.

*Kids like them as they are, and grownups can have chilli and avocado salsa/salmon and sour cream. Quantities are variable. Don't rush cooking them or they will end up gluggy.*

# PumpkinScones

## Ingredients

1 tbsp butter

½ cup sugar

¼ tsp salt

1 egg

1 cup mashed pumpkin  
(cold)

2 cups SR flour

## Method

Beat together butter, sugar and salt with electric mixer. Add egg, then pumpkin and stir in the flour. Turn on to floured board and cut.

Place in tray on top shelf of very hot oven (225-250°) for 15-20 minutes.

# Savoury French Toast

*A cross between toasted sandwiches, French toast or Croque Monsieur.*

## Ingredients

1 loaf of white bread (I prefer unsliced so you can cut it nice and thick)	4 eggs
Sliced cheese (better with gruyere, swiss or jarlsberg)	1 cup milk (or ½ cup milk and ½ cup cream for a richer mix)
Good quality sliced meat (great with ham off the bone)	Fresh herbs, finely chopped
	Mustard (wholegrain or Dijon is nice)
	A little butter and olive oil

## Method

Whisk eggs and milk together and stir in finely chopped herbs and season with salt and pepper. Heat in frying pan (better with non-stick) and add a bit of butter and oil.

Dip bread, 1 slice at a time, into egg mixture and turn to coat. Cook in batches of two; when first side is golden brown, flip and spread one slice with mustard, layer with meat and cheese and add the other slice to the top. Cook each side until brown.

## Alternative fillings:

*Corned beef, a good egg mayonnaise mixed with tomato sauce and chopped up gherkins added to it.*

*Chicken with an avocado spread.*

*Turkey with cranberry jam.*

# Spinach and Feta Triangles

## Ingredients

250g box frozen finely chopped spinach	Parsley
200g feta cheese	Pepper
1/3 cup parmesan cheese, grated	3-4 sheets frozen puff pastry

## Method

Preheat oven to 220° (200° fan forced). Defrost spinach and squeeze out excess water. Combine spinach, feta crumbled by hand, Parmesan cheese, basil, parsley and pepper in a bowl. Cut thawed puff pastry sheets (one at a time to save pastry from drying out) into quarters diagonally to make triangles.

Brush milk around the edges of the triangles, then place a small tablespoonful of mixture onto half of the triangle. Fold in half and press edges with a fork. Place all triangles onto an oven tray. Baste with milk then put them in the oven for about 15-20 minutes, or until golden brown.

*The spinach triangles are tasty on their own, but also work well with cooked chicken and salad. They are also yummy the next day served cold and make a great lunch box alternative to sandwiches.*

# Fish Cakes

## Ingredients

300g fresh fish (Atlantic Salmon, Ocean Trout, Ling are all good)	1 tbsp fresh dill, chopped
3 medium potatoes, peeled and chopped	Grated zest of lemon
1 clove of garlic, peeled	1 egg, beaten
4 shallots	Plain flour
	Breadcrumbs
	Olive oil

## Method

Lightly poach the fish in water until just cooked. When cool, flake into a mixing bowl, discarding skin and bones.

Put potatoes and whole garlic clove into water and boil until tender. Mash well.

Combine mash, shallots, dill and lemon zest with the fish in the bowl. Season to taste.

Form into cakes and dip in flour, then egg, then breadcrumbs. Heat a little olive oil and brown cakes on both sides. Place in hot oven until heated through.

*Nice served with salad and mayonnaise. If you don't have fresh fish, they work fine with tinned salmon.*

# Salmon Patties

## Ingredients

1 large can salmon	1 egg yolk
1½ cups freshly mashed potato	Salt & pepper
1 tsp grated onion (or onion flakes)	1 beaten egg
½ tsp curry powder	Fine breadcrumbs
	Oil for frying

## Method

Drain and flake salmon. Combine with potato, onion, curry powder, beaten egg yolk, salt and pepper. Shape into patties. Dip into beaten egg, then breadcrumbs. Reshape if necessary, refrigerate 1 hour.

Fry in hot oil until golden, drain well.

*Serve hot with lemon wedges and tartare sauce.*

# Lentil and Veggie Patties

*A bit labour intensive, but much enjoyed by my family.*

## Ingredients

1½ cups cooked red lentils (approx)	½ bunch English spinach or broccoli
4-6 eggs, lightly beaten	OR any other vegetable
1 onion	1 tsp turmeric
2 cloves garlic (more if you like)	Cumin powder, lots
1 carrot	Pepper and salt to taste
	1 cup flour (besan flour is good)

## Method

Put vegetables through blender. Add lentils and eggs to vegetables. Add in turmeric, cumin powder, pepper & salt, and flour. Mix well. Shape into patties. Fry in olive oil.

## Danish Rye Bread

*I make this bread in the bread maker but you can make it without.*

### Ingredients

½ ltr water

2 tsp yeast

2 tsp salt

2 tsp sugar

250g flour

250g rye flour

*Then add some grain and seeds... approx.*

150g linseed

100g sunflower kernels

100g pepitas

50g wholegrains

50g cracked wheat - burghul

### Method

I use the standard program on the bread maker, and set it on dark and large loaf.

If you don't use a bread maker, then put all the ingredients together and let it rise for 3 hours (this is something I have from another recipe, I don't think you need to leave it so long) and bake it for 1¼ - 1½ hours at 175°.

# Main Dishes



## Additive Free Apricot Chicken

### Ingredients

2 leeks	1 can of apricots
3 cloves of garlic	500g chicken thigh fillets
1 can chopped tomatoes	Salt to taste
1 can apricot nectar	

### Method

Sauté leeks until softened. Add chicken and brown.

Add everything else and turn down heat to a gentle simmer. Cook for 30 minutes.

Serve with rice and steamed green vegetables.

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## CrockPot Mexican Chicken

### Ingredients

4 chicken breasts	1 tsp chilli powder
1 jar salsa	1 tsp sweet paprika
1 tin chopped tomatoes	2 tsp cumin
1 chopped onion	2 tsp garlic powder

### Method

Throw everything in and cook for 5 hours. Shred chicken before serving (I use the two fork method!). Thicken with 1 tbsp of cornflour if required.

*Serve with brown rice. I normally make a double batch and freeze in portions and use for burritos, tacos, etc.*

# Lamb Chop Casserole

## Ingredients

4 lamb forequarter chops      Cornflour (to thicken)  
1 can Tomato Supreme      Water  
1 onion

## Method

Brown chops in a little bit of oil. Place in casserole dish.  
Brown onion lightly in pan – add to chops.

Put Tomato Supreme, water and cornflour in pan and stir until thickened. Pour into casserole dish.

Cook in 170°C oven for approximately 1½ hours or until tender.

(Optional: Add potatoes on top for last ½ hour)

## Jess's Easy Deep Dish Chicken Pie

### Ingredients

60g butter	½ cup cream
1 small onion, finely chopped	2 cups chopped cooked BBQ chicken (skin removed)
125g button mushrooms, halved	Freshly ground black pepper
½ cup celery finely chopped	1 sheet ready rolled puff pastry
¼ cup plain flour	Beaten egg for glaze
1½ cups chicken stock	

### Method

Heat butter in pan and gently cook onion until soft and golden. Add mushrooms and celery and cook, stirring for another 3-4 mins.

Sprinkle flour over the vegetables and stir in. Slowly add chicken stock and stir until sauce boils and thickens. Mix in cream with chicken and season with pepper.

Spoon mixture into a deep, greased 6-cup capacity dish. Cut a circle of pastry the same size as the dish and place over the filling. Brush with beaten egg and bake in hot oven at 200° for 20-25 mins.

*Serve with mashed potatoes and buttered green beans for a hearty family meal.*

# Egg and Bacon Pie

## Ingredients

300g bacon (4 rashers)	4 eggs
Parsley	Shortcrust pastry
Pepper	Puff pastry for lid, optional
Salt	

## Method

Cut rind off bacon. Chop bacon roughly and put into a pan of cold water. Bring to the boil and remove from heat. Drain.

Line pastry dish with shortcrust. Put in bacon pieces, parsley and spices. Break eggs over the top, evenly spaced. Put pastry lid onto the pie.

Bake in a hot oven for 10 minutes, then a slow oven for another 20 minutes.

*Good hot or cold served with salad. Serves 4. Excellent picnic dish too.*

# Margaret's Spinach and Rice Pie

## Ingredients

250g packet frozen spinach, Pepper  
thawed and thoroughly 1 cup diced fetta cheese  
drained and squeezed (hard variety)  
1 cup cooked white rice 1 tbsp butter melted  
3 eggs, beaten  
¼ tsp ground nutmeg

## Method

Preheat the oven to 200°.

Combine all the ingredients except the fetta in a mixing bowl and stir to mix evenly. Add the fetta and mix gently to combine.

Spoon into a greased or lined 23 cm round pie plate, or a square baking tray.

Bake for 25 minutes or until set and golden on top.

## Variations

*I use the above as the base recipe, but I add a range of ingredients such as finely diced red onions, diced chicken, diced red capsicum (great for colour). I've also tried it with smoked trout instead of chicken.*

*"Serve hot or cold. Makes a great slice for lunch boxes or picnics. Spinach has got to be good for you!!"*

# Self-Crusting Corn Quiche

## Ingredients

1 large onion finely chopped	3 eggs
2-3 slices bacon chopped	½ tsp salt
1 tbsp butter	¼ cup SR flour
2 cooked potatoes cubed (or sweet potato or a mixture of both)	440g can of creamed corn
½ cup milk	1 cup grated tasty cheese
	1 tomato, sliced thinly (optional)

## Method

Preheat oven to 210°.

Cook the bacon and onion in the butter until tender but not brown. Add the cubed potato and heat through.

Mix the milk, eggs, salt and flour until blended. Combine with the onion mixture, the creamed corn and cheese and pour into a 23cm round quiche dish.

Put a circle of tomato slices on the top if you want

Bake for 20-30 mins or until filling is set in the centre.

## Variation

*Replace the corn with other cooked drained vegetables such as asparagus.*

## Bacon, Feta and Pumpkin Quiche

*This recipe makes two quiches because if you're opening a can of evaporated milk you may as well use the whole can. I make one as bacon, feta and pumpkin and vary with one of the other optional fillings, see below.*

*Ingredients with low fat content are recommended; I believe this recipe received the Heart Foundation tick of approval.*

### Ingredients

<i>The foundation quiche for two quiches</i>	Pumpkin, lightly steamed and cut
2 frozen short-crust pastry sheets	Approx 125g feta cheese for one quiche
Grated "light" tasty cheese – couple of handfuls	Nutmeg
5-6 eggs, 7 if they're small	
375ml can evaporated skim milk	
2-3 rashers of bacon per quiche, (4-6 rashers for two quiches). Cut into smallish pieces	
Salt and pepper	

### Method

Line each quiche flan with pastry sheet and blind bake the pastry shells until golden in approx 200°C oven whilst preparing the quiche fillings. Cool before adding the fillings.

Cook the bacon pieces.

Beat together eggs and evaporated milk, season with salt and pepper. Place 1-2 small handfuls of grated tasty cheese on top of each pastry. Cover cheese with sprinkling of cooked bacon pieces.

Lay smallish pieces of pumpkin on base. Sprinkle pumpkin very lightly with ground nutmeg. Crumble feta over everything.

Pour half the egg mix over. Sprinkle bit more grated tasty cheese over top.

Cook in preheated 200°C oven for 30 mins and then begin watching that it doesn't overcook.

### **Variations**

- *Bacon with corn kernels*
- *Bacon with grated zucchini and grated carrot*
- *Bacon with sliced tomato and oregano*
- *Bacon and tin of salmon*

### **Tip**

*Evaporated skim milk is just skim milk with 60% of the water removed. If you don't want two quiches but have some dry milk powder in the cupboard, simply make the milk double strength and add a bit more powder to make up to 60% ratio.*

*Avoid the temptation to add extra bacon and feta cheese for supposedly extra flavour. I found it can dominate and hence blanket the otherwise delicate balance in this bacon, feta, pumpkin combination.*

# Cathy's Country Cottage Rolls

## Ingredients

3 eggs	1 tbsp soy sauce
½ cup pecan nuts	3 sheets puff pastry
1 medium onion (chopped)	1 cup rolled oats
1 cup low-fat cottage cheese	½ cup dry breadcrumbs

## Method

Process first 5 ingredients. Transfer to bowl and stir in rolled oats and breadcrumbs. Cut each pastry sheet in half. Place mixture down centre of each piece. Brush edge with plain yoghurt or milk. Roll over and press edges together. Brush rolls with yoghurt or milk.

Bake at 200° for 15 to 20 mins. Can be left large or cut into party size.

## Children's Quick Macaroni

### Ingredients

Pasta, cooked & drained	Pepper to taste
150ml cream	Ham, chopped
Chives, chopped	Cheese, grated
Parsley, chopped	Frozen peas, handful
Nutmeg, pinch	

### Method

Heat cream slowly while adding spices. Turn up heat to just bubbling and add peas. Turn off. Add cheese and ham to cream mix and stir. Add pasta and serve.

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## Zucchini (or Silver Beet) Slice

### Ingredients

375g zucchini (or decent bunch of silver beet/spinach, steamed and mashed up)	1 cup grated cheese
1 large onion	1 cup self-raising flour
3 rashers bacon	½ cup vegetable oil
	5 eggs
	Salt and pepper (optional)

### Method

Grate unpeeled zucchini coarsely, finely chop onion and bacon.

Combine zucchini, onion, bacon, cheese, sifted flour, oil and lightly beaten eggs, season with salt and pepper.

Pour into a well greased lamington tin (base measures 16 cm x 26 cm), bake in moderate oven 30 – 40 mins or until browned.

# Kym's Pad Thai (Thai Noodles)

## Ingredients

½ pkt flat rice noodles*	200g small, cooked prawns ( <i>optional</i> )
1 pkt puffed fried tofu (I buy Lotus brand)*	1 lge red chilli – seeded and finely chopped ( <i>optional</i> )**
1 bunch of coriander (including roots and stems)*	2 eggs (beaten)
Asian crispy fried onion/shallots ( <i>optional</i> )*	½ cup crushed peanuts
2 cups bean sprouts*	<i>Equal parts of:</i>
3 small spring onions (both white and green parts)*	Tomato sauce
3 tbsp peanut oil**	Thai fish sauce
150g chicken breast ( <i>optional</i> )	Lime juice (I use bottled)
	White sugar
	Extra Lime juice and sugar to taste
	Pinch of salt

\* These are best bought from an Asian grocer. While spring onions, bean sprouts and coriander are available at supermarkets, they are often fresher and cheaper at Asian grocers.

\*\* Healthier option - just use spray oil and increase other wet ingredients a bit.

\*\*\* Large chillies are milder than small ones. If you want to add less chilli, add less of a large one rather than buying a smaller one.

## Notes:

- All amounts are approximate, add extra or omit some to your own taste.
- Makes enough for 3-4 large meals or enough for 6 side serves
- I do a double batch when I do it as a salad for a BBQ or party (although I don't double the coriander and I use 3 eggs)
- Suitable to serve hot or cold and can be frozen
- *Allergies:* Peanuts and peanut oil can be omitted if necessary. If fish sauce is a problem (although most fish allergies are ok with it) use strong chicken stock (made from powder), soy sauce or salt instead.

## Method

Beat eggs with salt and fry in a hot wok, small amounts at a time. Swirl the egg around the wok to ensure a thin omelet. Slice into thin strips and set aside.

Cut tofu puffs into quarters and put in a hot wok with 1 tbsp peanut oil. Stir-fry for a minute. Mix approx 3 tbsp each of tomato sauce, fish sauce, lime juice and sugar in a bowl then add to the tofu. Add the peanuts and finely chopped coriander roots and stems. Stir-fry until warm and all the tofu is coloured by the sauce. Taste and add more lime and sugar until the tofu is tangy and glossy. Remove from the wok.

If using chicken, dice it into small pieces then brown in peanut oil and a little lime, fish sauce, sugar and tomato sauce until cooked through. Add prawns (if you are using them) to warm. Set aside with the tofu.

Cook the rice noodles in boiling water for 2 minutes. Take care not to over cook – they should be al-dente, not too soft. Drain and place in hot wok with 1 tbsp peanut oil. Stir-fry 1 minute.

Mix approx 2 tbsp each of tomato sauce, fish sauce, lime juice and sugar in a bowl with 1 tbsp peanut oil then add to the noodles. Stir until all noodles are covered with sauce. Taste and add extra to your liking (you may like to add more if you are serving the dish cold as a salad – it seems to need more flavour than when hot).

Add the tofu, chicken and prawns to the noodles and also add the bean sprouts, thinly sliced spring onions and chilli. Mix over low heat (hint: chopsticks can be easier to use than a spoon or spatula here). I also add some chopped coriander leaves and omelette, leaving the rest for garnish.

Taste and add extra peanuts, lime, sugar or fish sauce until it tastes right. (e.g. if it is too bland – add some of everything, too sweet – add lime juice, not salty enough – add fish sauce, not tangy enough – add lime and sugar).

Serve garnished with omelet, chopped coriander leaves and Asian crispy fried onion/shallot (available in plastic jars at the Asian grocer).

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## Soomin's Mince

*This recipe was given to me from a Korean friend. It takes the bland out of mince and is a really quick and easy meal served with rice and stir-fried vegetables.*

### Ingredients

500g mince	3 tsp soy sauce (or tamari)
1 tsp minced ginger	3 tsp sugar
2 tsp minced garlic	Salt & pepper to taste
1 tsp sesame oil	

### Method

Mix together in a bowl then fry mince until cooked.

# Indian Curry

## Ingredients

500g topside steak	Pickles
1 medium onion	Desiccated coconut
1 carrot	Tbsp jam
1 tomato	Tbsp marmalade
1 banana	1½ tbsp plain flour
1 portion garlic	Tbsp curry powder
Chillies, if desired	Water
1 apple	½ tsp cayenne pepper
½ cup sultanas	

## Method

Place 1 tsp fat in saucepan over low flame. Dice onion and carrot and fry slowly in fat. Then cut tomato in small pieces and add to pot. Add sliced banana and chopped garlic and apple. Salt to taste. Then add chillies, sultanas, cayenne pepper, desiccated coconut, marmalade, pickles, jam, curry powder. Chop meat in small pieces and add to pan. Then add plain flour. Mix together. Cover curry with warm water. Stir then simmer for 1 hour. Re-simmer next day for 1 hour.

*Serve with rice and all/some of the following side dishes (to be sprinkled over curry when served):*

- *Nuts*
- *Coconut*
- *Chopped - tomato; banana; onion; cooked egg*

# Tomato Dahl

## Ingredients

Onion, chopped	Curry powder
Celery, chopped	1 cup red lentils
Oil	1 tin tomato soup
Pepper	2-3 cups water
Thyme	Stock powder
Sage	

## Method

Fry onion and celery in small amount of oil until soft. Add spices and lentils. Mix well. Add water. Adjust seasoning with a little stock powder. Bring to slow boil. Stir frequently as it tends to stick.

*Thin a little for a soup or serve thick with pita bread and salad as a meal.*

## Jess's Mum's Dahl (or "It's Dahl, Darl")

*This can be served with rice and like many great dishes, improves on the second day.*

### Ingredients

2 cups yellow split peas	<i>Extra spices</i>
1 tsp turmeric	½ tsp cayenne pepper
2 tsp coriander powder	1 tsp cinnamon
2 big handfuls of roughly chopped veggies (e.g. parsnip, cauliflower, carrot, pumpkin, sweet potato, zucchini & onion or leek if like taste).	½ tsp grated nutmeg
3-4 chopped tomatoes or small tin	1½ tsp powdered ginger
	3 tsp cumin
	2 tsp paprika
	2 tsp salt
	2 tsp sugar
	3 tsp lemon juice.
	Chopped coriander

### Method

Soak yellow split peas in the morning.

To 1 litre or so of boiling salted cooking water add turmeric, coriander powder and the drained split peas. Simmer for 1-1½ hours uncovered stirring occasionally (the mixture will become soupy).

Meanwhile, bake the chopped veggies in the oven. Add baked veggies and tomatoes to soup mixture and stir to combine well. Then warm the extra spices in a little oil (opens up the flavour) before adding to the mixture:

Mix thoroughly. Add salt, sugar and lemon juice. Sprinkle with chopped coriander leaves and serve.

## Curried Sausages

*This is homely family fare. Good soul food for winter. It is basically sausages in a sauce, so its success lies entirely in making a good sauce. The tip is to play around with the sauce until you think it's yummy, before adding the par boiled sausages and cooking in slow oven.*

### Ingredients

6-7 sausages	2 big tsp stock powder (any flavour you like)
Lots of onion and garlic	Bit of water
1 level tbsp curry powder	1 heaped tsp sugar OR 1 big dsp jam
1 heaped tbsp plain flour	
Bit of oil	
1 tin (420g) tomatoes	

### Method

Boil sausages for one or two minutes to partially cook and release fat. Sauté garlic, then onions, add some oil until translucent.

To the onions: add the curry powder and cook for one minute stirring. Add the flour and a little oil, enough to make a wettish paste on the onions. Cook another minute. Add the tin of tomatoes; mash them up a bit with back of spoon. Add stock powder and just enough water so that the mixture will boil.

*Taste.* You may want to add more curry powder or some tomato paste to increase flavour. Add the sugar OR jam. Boil and taste again. Should now be a thickish gravy – a bit brown and yellow. Taste again. Add whatever you think is needed.

Cut sausages into 3-4 chunks. Put all together in pot and simmer ever so slowly for a long time or, bring to boil again, pour into casserole dish, cover and pop into preheated slow oven.

*Modify the amount of curry for family tastes. Proportions here are for adults. Serve with rice or mashed potatoes and green veggies etc.*

# Curried Tuna

## Ingredients

425g can Tuna	2 green apples, chopped or grated
4 tbsp plain flour	2 tsp lemon juice (or to taste)
120g butter	4 tsp curry powder
3 cups chicken stock	½ cup sultanas
2 onions, chopped	
2 tomatoes, chopped	

## Method

Drain tuna. Melt butter – cook onions. Add apples, curry powder and flour. Blend till smooth and cook, stirring, for 2 mins.

Gradually add stock, stir till boiling. Reduce heat, simmer 5 mins. Add tomatoes, lemon juice and sultanas. Cover and simmer 10 mins. Stir in flaked tuna, add salt and pepper to taste.

*Serve with hot steamed rice or buttered noodles.*

## No Name Meat Dish

*My mum recited this over the phone from her memory from a lady at the hairdressers – so I don't know what to call it. Mum tells me this recipe isn't quite what she said, but it is what I did, and it was so easy and I couldn't believe how delicious it was for a homely family meal. Enjoy!*

### Ingredients

4 – 6 oyster blade steaks - trimmed of fat	Tomato – one thick slice per steak
35 gram packet of French onion Soup	Decent sized flat brown mushrooms – one per steak
$\frac{3}{4}$ - 1 cup of white or red wine	Additional water
Brown onion – one thickish slice per steak	Salt & pepper to taste

### Method

Coat each side of steak with dry French onion Soup mix.

Put into base of casserole dish – squish up so it's nice and tight and pour wine over. Top up with additional water until steak is not quite but nearly covered. Hence important to choose a casserole dish where it can squish up – don't want it swimming in water.

Place a thick slice of onion, tomato and finally mushroom on top of each steak. Cover with tight fitting lid or foil and lid.

Slow bake at 110 -120 C for three hours. Lots of gravy so perfect served with mashed potato and greens.

### Tip

*Use oyster blade rather than just blade steak as it has a lovely flavour. If made in advance, cool so that any fat sets, then skim and remove, before reheating. However, oyster blade is low fat anyway, so only if you're fussy about fat.*

## Daggy But Tasty Veggie Dish

*My kids will eat several serves of this with brown rice.  
Very cheap & healthy*

### **Ingredients**

1 onion	1 zucchini
1-3 cloves garlic	2 cans chopped tomatoes
1 carrot	1 can lentils or beans
1 stick celery	1 can tuna (optional)
1 capsicum	

### **Method**

Can use whatever vegetable you have handy. Use a food processor to finely chop. Add to pan with oil, cook for 5 minutes. Then add tomatoes, lentils and tuna.

Cook 15-20 minutes. Serve with rice or pasta.



# Cakes & Slices

## Quickest Ever "Add What You Like" Biscuits

### Ingredients

½ cup brown sugar  
½ cup caster sugar  
80g melted butter  
1 egg  
½ cup plain flour  
½ cup SR flour  
½ tsp cinnamon  
½ tsp Bi-Carb soda

### *Additions:*

½ cup sultanas OR  
½ cup choc chips OR  
½ cup mixed chopped dates  
and pecans and ½ tsp  
ground ginger OR  
½ cup mixed dried  
cranberries and white  
chocolate OR  
Whatever else you like!

### Method

Preheat oven to 180°. Line two trays with baking paper.

Combine sugars, melted butter and egg. Mix well. Add the extras of your choice. Combine the dry ingredients and if you can be bothered, sift into the bowl (or just add). Mix together.

If you have time, allow to sit for 15 minutes to firm up. Place small spoonfuls of mixture on trays – you should get 12 on each tray.

Bake for 10-12 minutes until golden.

# Sunflower-Sesame Molasses Cookies

*These are cookies you can feel good about! This recipe makes a big batch so you can store some in the freezer for later.*

## Ingredients

1 cup sunflower seeds, toasted	1/3 cup maple syrup, brown rice syrup, agave nectar, or honey
1/2 cup sesame seeds, toasted	1/3 cup blackstrap molasses
1 3/4 cups whole wheat flour	1 egg or egg replacer
1 1/2 tsp pumpkin pie spice	1 tsp vanilla extract
1/2 tsp sea salt	2 tbsp milk or yoghurt (dairy or non-dairy)
1/2 tsp baking soda	
1/2 cup oil	

## Method

Preheat oven to 180°. Oil cookie sheets. Coarsely chop sunflower and sesame seeds in food processor, blender or by hand. Place in large mixing bowl with flour, spice, salt and baking soda and whisk together. In separate bowl, beat together oil, sweetener, molasses, egg, vanilla and milk or yoghurt.

Add liquid ingredients to flour mixture. Stir until combined. Scoop by tablespoonfuls onto prepared cookie sheet.

Bake 12 minutes or until bottoms are golden. Cool on wire rack. Makes 4 1/2 dozen.

*Note: If you don't have pumpkin pie spice, use 3/4 tsp cinnamon, 1/2 tsp cardamom and 1/4 tsp ground nutmeg.*

# Ruth's Sand Art Brownies

*A yummy and thoughtful gift.*

## Ingredients

Layer the ingredients in a wide mouth, 1 litre container. Add in this order:

¾ tsp salt	½ cup + 3 dsp (150g) white sugar
½ tsp baking powder	1/3 cup + 2 tbsp (100g) choc chips
1/3 cup + 3½ tbsp (100g) flour	1/3 cup + 2 tbsp (100g) vanilla/white choc chips
¼ cup + 1 tbsp cocoa	1/3 cup + 2 tbsp nuts (substitute with rice bubbles for children and nut sensitive people)
1/3 cup + 2 tbsp (75g) flour	
½ cup + 3 dsp (150g) brown sugar (pack the edges more firmly for a sharper line)	

### Notes:

'dsp' stands for dessertspoon, which equals 10ml. For less layers and a faster option, try this order; salt, baking powder, all the flour, cocoa, white sugar, brown sugar, choc chips, white chips, nuts/rice bubbles.

## Method

*This packs nicely into a 1 litre container. Include a tag with instructions for making the brownies.*

Combine contents of jar with:

1 tsp vanilla essence

½ cup + 3 dessertspoons (155ml) vegetable oil

3 eggs

Pour into a greased 9x9" (22x22cm) slice tray. Bake at 180°C for 27-32 minutes. A little undercooked makes it more like fudge.

# Brownies

## Ingredients

¾ cup butter

¼ cup water

½ cup sugar

2 eggs

1 cup flour

350g chocolate

(Nestle Choc Melts works the best for some reason – better than the more expensive chocolate like Lindt!)

## Method

Melt butter, water and sugar. Then mix in the lightly beaten eggs and flour.

Bake in moderate oven (180°) for 15-20 minutes or till just set. It is always better to under bake.

# Date Muffins

## Ingredients

90g butter	1½ cups SR flour
1 cup brown sugar	1 cup chopped dates (soaked in hot water)
1 egg	

## Method

Cream butter and sugar. Add egg. Fold in flour and date mixture slowly. Spoon mixture into muffin pans and bake in moderate oven (180°). Cooking time will be less in a fan forced oven.

Makes 12 large muffins or 18 normal ones.

Serving suggestion: Cover with toffee sauce and serve with cream as sticky date pudding.

## Toffee Sauce

90g brown sugar	3 tbsp cream
60g butter	

Place ingredients in saucepan and bring to boil. Simmer for 2 minutes.

## Kids Afternoon Snack Muffins

### Ingredients

2 cups SR flour	1 egg, lightly beaten
½ tsp cinnamon	½ cup light olive oil
Pinch of salt	1½ cups chopped fruit (pear, apples, berries etc.)
½ cup brown sugar (or raw sugar)	Cinnamon sugar (optional)
200g tub of flavoured yogurt	

### Method

Preheat oven to 180° or 170° fan forced.

Grease a 12-hole standard muffin tin.

Sift flour, cinnamon, sugar and pinch of salt into a large bowl.

Make a well in the centre. Add yogurt, egg and oil. Stir until mixture has nearly come together. Add fruit and stir a couple more times. Mixture should be quite lumpy. Sprinkle with cinnamon sugar if desired.

Bake for 25 mins or until golden brown and cooked through.

*A quick and easy way to use up yogurt or fruit that is well received by all.*

## GlutenFreeGingerbread

### Ingredients

125g butter or margarine	1 tsp cassia cinnamon
150g sugar	3 tbsp golden syrup
1 egg	2½ cups gluten free SR flour
3 tsp ground ginger	¼ tsp salt

### Method

Melt butter and golden syrup in saucepan. Add sugar and when cooled enough not to cook it, the egg. Lastly add the sifted flour, salt, ginger and cinnamon. Mix well.

Drop into teaspoonfuls onto tray or make into gingerbread men.

Bake in oven at 160° until a delicate golden brown.

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## WeetBixSlice

### Ingredients

1 cup SR flour	130g melted butter
1 cup sugar	1 egg
1 cup coconut	3 crushed Weet Bix
2 tbsp cocoa	

### Method

Preheat oven to 180°.

Mix dry ingredients together, then add egg and butter.

Bake for 20-25 mins.

Ice with chocolate icing.

## Raisin Slice

*This recipe sounds so basic you'd wonder why it's so delicious. My mum made a good point – it's probably just so yummy when straight out of oven. But I wouldn't know because it never lasts long enough to be otherwise!*

### Ingredients

125 g butter	1 level tsp cinnamon (I put two)
¾ cup sugar	1 tsp vanilla essence
1 cup raisins	Chopped walnuts or unsalted other
1 cup SR flour	
1 egg – beaten	

### Method

Melt butter in medium saucepan (so it's a one pot mix), add sugar and gently heat.

Simmer for 2 minutes. Remove from heat and cool slightly.

Add beaten egg and mix well. Add raisins then flour, spices and vanilla.

Press into a greased 25cm x 20cm slice tin. Sprinkle with nuts and gently pat them down into top.

Cook in pre-heated moderate oven for 20 - 25 minutes. Cut into squares when cold.

## Date and Nut Loaf (or Fig and Almond)

### Ingredients

¾ cup SR flour	100g butter
¾ cup plain flour	¾ soft brown sugar
½ tsp Bi-Carb soda	1½ cups chopped dates/fresh figs
1 tsp mixed spice	1 egg lightly beaten
1 cup chopped walnuts/almonds	

### Method

Preheat oven to 180°. Grease loaf tin. Sift flours, Bi-Carb and mixed spice in large bowl. Add walnuts, stir, and then make a well in centre of mix. Combine butter, sugar, ½ cup water and dates/figs in a pan. Stir over low heat till butter has melted and sugar dissolved. Let cool slightly.

Pour butter mixture and egg into well in dry ingredients and stir. Spoon mix into tin. Bake for 1 hour or till cooked. Leave to cool, then serve in slices with butter/margarine if you like.

## My Mum's All Bran Fruit Loaf (Known as Sticky Date Cake)

*This one is always a winner; never fails to raise a comment.*

### Ingredients

*In a bowl put;*

2 cups all bran (plain label product works just as well)

And 2 cups of milk (or use milk powder + water)

Soak for a couple of hours or overnight until the milk is absorbed.

*Add:*

1 rounded tsp cinnamon

½ level tsp ginger

2 tbsp golden syrup

1 cup sultanas

1 cup dates

1 cup walnuts (slightly crush them if you like)

2 cups SR flour

1½ cups sugar

More milk or water if it doesn't look right

### Method

Mix the ingredients together and blob it into 2 or 3 well greased log tins – my mum's are a slightly unusual size (inside measurement 25x8cm) and they cook well in the time described. I found my own this size in an Op shop.

Sprinkle with sunflower or sesame seeds if you like, then pat them down a bit into the mixture. Place in a preheated 180° oven and bake for approx 40-50 mins, or until a skewer comes out clean.

Be sure not to overcook as its impact is in its moist texture. Serve warm or cooled and buttered. Also delicious toasted under the grill then buttered.

## Carrot Health Cake

### Ingredients

1 cup grated carrot	1¼ cups wholemeal SR flour
1 cup desiccated coconut	¼ cup sultanas
1 cup raw sugar	¼ cup chopped pecans

### Method

Preheat oven to 180°.

Mix all ingredients together and bake for about 1 hour.

---

## Patsy's Easy Fruit Cake

### Ingredients

2 cups of SR flour	600ml of chocolate milk
1kg packet of mixed fruit	

### Method

Mix fruit and chocolate milk together and soak in the fridge overnight. After soaking, mix with flour.

Bake at 180° for 1 hour or until a knife inserted in centre of cake comes out clean.

# Chocolate Cake

*This is the yummiest chocolate cake recipe I have ever made and always receives comment. I was given this recipe from a woman in my first job. It took me 22 years to actually make it. 22 wasted years! I hope you enjoy it this year and not in 2028!*

## Ingredients

1¾ cups SR flour	125g butter (not marg), melted
1 cup ordinary white sugar	
½ cup cocoa	1 cup natural yoghurt (I use whatever sort we have)
1 level tsp Bi-Carb soda	2 eggs

## Method

Place flour, sugar, cocoa and Bi-Carb in food processor. Whiz for 3 seconds. Add melted butter, yoghurt and eggs. Whiz until mixture is smooth and well combined.

Pour into a 20cm round and approx 7cm deep greased tin. Bake in pre-heated moderate oven for 45 mins or until cooked. Watch carefully at end to not over cook as a feature of this cake is its moistness.

Cool in tin for 5 minutes before turning out onto wire rack. Dust with icing sugar or choc icing. Improves with a day or two, if it lasts that long.

## My tips:

*As above is how the recipe was given but I like to do a couple of things.*

*I prefer to mix in a cake mixer to aerate the mixture more than my processor seems to, for 4-5 minutes until the volume seems to have increased and the colour has light creamy chocolate look.*

*After measuring the flour, I scoop out a rounded tablespoon of the flour. When measuring the cocoa I add a rounded*

*tablespoon of cocoa. I like the extra chocolate-y taste and the depth of colour but maintain the ratio of dry to wet ingredients.*

*I actually like a bit extra sugar – say a level tablespoon, even if the yoghurt is flavoured not natural.*

---

## Ginger or Spice Cake

### Ingredients

½ cup oil

¼ cup sugar

2 tbsp golden syrup

1 egg

1 cup milk

2 cups SR flour

1 tbsp ginger OR 1 dsp

cinnamon and 1 dsp mixed  
spice

### Method

Mix all together. Bake for 1 hour in a moderate oven (180°).

Add chopped fruits or nuts if desired.

---

## Left Over Fruit Salad

### Ingredients

Any type of fruit

### Method

Place in a freezer and ovenproof shallow dish. Place in freezer. For a quick winter dessert, thaw and add extra sliced banana on top. Top with favourite crumble or batter pudding mix. Bake and serve.

# Economical Chocolate Pudding

## Ingredients

60g butter or substitute	2 dsp cocoa
½ cup sugar	Vanilla
½ cup milk	Extra ½ cup sugar
1 egg	Extra 2 dsp cocoa
1 cup SR flour	1½ cups hot water

## Method

Preheat oven to 180°.

Cream butter with sugar and vanilla until light and fluffy. Add egg, beat well. Fold in sifted flour and cocoa alternately with milk.

Place mixture into greased ovenproof dish, sprinkle with extra sugar and cocoa mixed together.

Finally pour hot water over very gently, bake in moderate oven 35 to 40 mins. (Serves 4 to 6).

# Raspberry and Apple Crumble

*This dessert is low fat, high fibre, cholesterol free and delicious.*

## Ingredients

300g fresh or frozen raspberries	1 tbsp castor sugar
425g can of pie apple	1 cup skim milk
1 tsp cinnamon	½ cup untoasted muesli
1 tbsp custard powder	3 tbsp honey
	1 tsp cinnamon

## Method

Preheat oven to 180°C.

Combine raspberries, apple and cinnamon and spoon into an ovenproof dish. In a small saucepan combine custard powder and castor sugar with a little of the milk to form a paste. Add remaining milk, heat and stir until thickened.

Pour custard over fruit and top with combined remaining ingredients (muesli, honey + cinnamon).

Bake at 180°C for 45 mins, allow to stand for 5 mins before serving.

# Lemon Tart

*This recipe was originally baked in a 7" tin and called for one egg but was really only enough for 4 people. Hence the 1½ eggs. I lightly beat 3 eggs and pour them into a measuring cup so it is easy to measure out half the mix for the pastry and then half for the filling.*

## Ingredients

Pastry	90g butter – chopped up and softened
1½ cups SR flour	
¾ cup caster sugar	1½ eggs lightly beaten

## Method

Sift flour, add butter and zap together in food processor until crumbly. Add sugar and zap again, then add egg and mix to form a soft dough.

Grease well the base of 9½" inch flan. Press two thirds of pastry into base and a wee bit up sides of tin. (After many pies I am beginning to think the ratio is a little different – more than 2/3 but less than ¾ - on the base and the remainder on top). Pastry will be so soft you wont be able to roll it. It's more like a thick sticky paste. That's OK – don't worry. Wrap the remaining pastry in glad wrap and put in fridge – it is easier to put on the top when colder and firmer. If there's no time to put in fridge it's absolutely fine. See tip below.

## Filling

Rind of 2 generous lemons - children prefer not so much, say 2 normal size	¾ cup ordinary white sugar
3 fluid ozs of lemon juice	90g butter – chopped
	1½ eggs slightly beaten

## Method

Put all the above in a small saucepan and stir over LOW heat until mixture thickens.

Pour hot filling over the uncooked base. Quickly crumble or blob the remaining pastry over the top of the lemon filling. If very sticky on the fingers dip fingers into some water each time you blob. You don't have to completely cover the lemon filling with the pastry - just blob it on and it all seems to join up anyway.

Bake in preheated 180° oven for 25 – 30 minutes or until lightly golden on top. Try 25 minutes at first and don't over cook; the filling should be moist.

Dust with icing sugar. Serve at room temperature with cream/ice cream.

*Notes:*

*For a larger tart use an 11" flan and increase quantities by 50%. Where the increase results in a very strange amount (e.g. 2 ¼ eggs) I have rounded it up or down for practical use.*

### **Pastry**

2¼ cups self raising flour

1¼ cup caster sugar

135g butter – chopped up and softened – 125g plus a bit

2 large eggs lightly beaten

### **Filling**

Rind of 3 generous lemons - children prefer not so much, say 3 normal size

4½ fluid ozs of lemon juice (I sometimes reduce to 4 oz)

1¼ cups ordinary white sugar

135g butter – chopped – 125g plus a bit

2 large eggs - slightly beaten

# Sauces & Dressings



# Wondersauce

*It is a dip, a spread, a topper, a stuffer and a sauce.*

## Ingredients

¼ - ½ sweet pumpkin (Jap or Kent), steamed until soft or left over baked pumpkin	Oil
1 large onion, roughly chopped	Seasoning (pepper, sage, marjoram, thyme, garlic, stock powder, chilli optional, curry powder, optional)
½ - 1 cup nuts (cashews, hazelnuts or sweet walnuts)	

## Method

While pumpkin is cooking, chop onion and fry until caramelised. Turn down heat. Add seasonings to onion and cook a little. Add nuts and turn up heat to cook/brown nuts. Cool a little.

Drain pumpkin juice into nuts. Puree nut/onion mix and pumpkin. Should be a thick paste. If not, add more nuts.

## Options:

- *Pesto with pasta (may need to thin a little)*
- *Spread on sandwiches*
- *Topper on baked potatoes*

*Dip (chill well beforehand) using pita toasts or Turkish breads etc.*

- *Stuffing for mushrooms*
- *Under cheese on toast*

*Who said pumpkin was boring!*

## Mornay Sauce for Salmon or Tuna

### Ingredients

2 tbsp butter	1 tbsp lemon juice (or to taste)
600ml milk	Salt & pepper
4 tbsp flour	Pinch dry mustard
Large can salmon or tuna	½ cup breadcrumbs
2 tbsp chopped parsley	½ cup grated cheese

### Method

Melt butter, add flour and cook for 1 minute. Gradually add milk and cook, stirring all the time, until mixture is a medium thick sauce.

Drain can of salmon/tuna, break flesh in flakes, mix into sauce. Add lemon juice, parsley, salt, pepper and mustard.

Pour into greased casserole dish. Mix breadcrumbs and cheese, sprinkle on top.

Cook in moderate oven for 20 – 25 minutes. Serve atop rice or pasta noodles, with vegetables if desired.

## Tomato Sauce (For One of Those Weeks!)

*Does 3 big pizza bases, 1 pasta bake, 1 pasta sauce.*

### Ingredients

2 tins diced tomato (Aldi's very thick)	1 tsp oregano
4-6 tbsp tomato paste (Aldi's very thick and low in salt)	2 tsp garlic
1 tsp basil	Dash stock powder
	Water to thin if needed

### Method

Mix together.

### Options:

- *Use as a pasta sauce base with capsicum, mushrooms, olives and meat if desired.*
- *Use as pizza base and top with favourite toppings.*
- *Use with vegetables and pasta in pasta bake topped with cheese.*

---

## Ruth's Potato Salad Dressing

### Ingredients

For about 1kg of boiled potatoes:	1 tbsp of lemon juice or French salad dressing (whichever I have to hand)
½ a cup of mayonnaise (I like S&W whole egg)	
2 tbsp of whole seed mustard	

### Method

Combine all ingredients. Add a little bit more of each to get a taste that you like.

## Peter's Steak Marinade

*It was hard to pin Peter down on quantities. So I think there is flexibility. He has based this on making one litre, which is a lot. This represents an aspect of his personality - he isn't a man to do things by halves. However, it keeps forever in the fridge or even out of the fridge. As you will see there's nothing among the ingredients that can really go "off".*

### Ingredients

Equal parts of: (250ml if making one litre)	1 heaped tbsp French mustard
Vegetable oil	3 cloves garlic – crushed/very finely chopped
Brown or white vinegar	1 heaped tbsp sugar
Worcestershire sauce	1 level tsp salt
Tomato sauce	¼ tsp freshly ground pepper

### Method

Mix or shake together in a jar.

Marinate the steak for a day or up to a week. The marinade preserves the meat for this period of time without a problem.

### Tip

*These words are often confused. However marinade is the noun and marinate is the verb. e.g. You make a marinade to marinate the meat.*

## Useful Websites

### **[www.allrecipes.com](http://www.allrecipes.com)**

This is a really great Australian site. If you click on 'ingredient search' it gives you space to include ingredients that you have and ones you don't want in a recipe. If you find a recipe you like, it can generate a shopping list for you and it has reviews of the recipes from others who have used them which are always good to read.

### **[www.coles.com.au/cmi/](http://www.coles.com.au/cmi/)**

Lots of meal ideas but bear in mind that these recipes are basically big advertisements for products and ingredients sold at Coles stores.

### **[www.gofor2and5.com.au](http://www.gofor2and5.com.au)**

This is a great site that gives you all the background to the 'Go for 2 and 5' campaign. It gives suggestions for snacks, light meals, main meals, desserts and cooking with kids and also tells you what the fruit and veggie count of each is per serve. The site has a great "kids only" section too with games such as "build your own veggie man" as well as colouring-ins and activities for teaching kids of all ages the importance of eating well.

### **[www.mealsmatter.org](http://www.mealsmatter.org)**

This site is sponsored by the Dairy Council of California so dairy products feature in all the recipes. There is also a meal planner on the site and you can sign up for a free newsletter that has recipe ideas.

### **[www.nutritionaustralia.org](http://www.nutritionaustralia.org)**

This site is full of information such as how to read food labels, the food pyramid and nutrition guidelines for all ages. It has a recipe archive as well as a section called the "Health Club" which outlines the importance and benefits of physical activity and provides many sports and health related links.

### **[www.sanitarium.com.au](http://www.sanitarium.com.au)**

This site details lots of info about Sanitarium products but also has a section that allows you to look for recipes such as dairy

free, vegetarian, vegan, low fat, diabetic, gluten free, low cholesterol etc.

### **www.taste.com.au**

The Taste website contains heaps of great recipes taken from cooking magazines such as delicious, Super Food Ideas and Good Taste. You can search for recipes depending on what ingredients you have to hand or whether you are looking for freezer friendly, kid friendly, budget, easy, heart friendly, gluten free, diabetic etc. etc. – Well worth a look.

Another great feature of this site is the tips and guides. I particularly like the ones on how best to freeze different foods and how long things last in the freezer.

[www.taste.com.au/how+to/articles/937/freeze+food+part+two](http://www.taste.com.au/how+to/articles/937/freeze+food+part+two)

[www.taste.com.au/how+to/articles/936/freeze+food+part+one](http://www.taste.com.au/how+to/articles/936/freeze+food+part+one)

The guide outlining temperature and measurement guides when converting recipes (e.g. From oz to grams) is really handy too.

[www.taste.com.au/how+to/articles/369/weights+measurement+charts](http://www.taste.com.au/how+to/articles/369/weights+measurement+charts)

### **www.themainmeal.com.au**

This site lets you select how much time you have and which ingredients you want to use e.g. Chicken, and tries to match with a suitable recipe.

### **www.woolworths.com.au**

This site has a recipe section which includes the various brands they sell which is okay but it does have a great section about “What’s in season”. In these budget conscious times what is in season should also be what is cheapest so it is good to know if you don’t happen to be a gardening guru. You can select a month and find out what is at its best the site also has great tips on how to store and prepare the various fruit and veggies.

FITNESS IDEAS

# Activities for Mums, Kids & Families in Canberra



## Mum's Walking Groups

### **Gungahlin Walk and Talk Group**

A walking group for everyone. All ages and capabilities welcome. Get fit and make new friends.

Thursdays 9.30am–10.30am

*Location:* Ngunnawal Neighbourhood Centre, Yarrowonga St,

*Contact:* Gungahlin Regional Community Service

*Phone:* 6123 4400

### **Ngunnawal Walking Group**

Tuesday every week 9:15–10:00am

*Location:* Meet front of Ngunnawal Primary

*Contact:* Lisa ph 0412 650 326

*Email:* jacqui@bcsact.com.au

### **Mum's Walking Group**

Do you like getting out and stretching your legs? Do you want to meet other local mums? Then come along to our free weekly walk and talk group for Mums and their littlies.

Monday every week 9:00am–11:00am

*Location:* meet outside Gunghalin Child and Family Centre

*Contact:* Lisa on 0412 650 326

*Email:* jacqui@bcsact.com.au

### **Pram Walking Group**

A free 1-hour scenic walk for all levels of fitness, followed by social coffee at the National Library Café. Children need to be confined to a pram.

### **Post & Ante Natal Depression Support & Information Inc (PANDSI)**

National Library of Australia – carpark nearest lake

Thursdays 10am–12am

*Phone:* Liz on 6232 6664

### **Pram Walking for Wellbeing**

Program aims to improve the physical and mental wellbeing of women. Each free walk accompanied by a fitness instructor and a child & family health nurse. Children need to be confined to a pram.

*Contact:* Queanbeyan Community Health

*Phone:* 6298 9233

*Cost:* Free

*On inclement days stretch classes are held in the scout halls.*

### **Jerrabomberra**

Walk leaves from the Jerrabomberra Scout Hall

Monday 9.30am–10.30am

### **Queanbeyan**

Walk leaves Queanbeyan Scout Hall

Wednesday at 9:30am

### **Bungendore**

Meets at the Wellbeing Centre, Ellendon St, Bungendore

Monday 9.30am–10.30am

## Social Gatherings

### **Majura Women's Group and Brindabella Women's Group**

These groups are self run and provide women with young children with an opportunity to meet regularly, exchange information and learn new skills. Recent sessions have included Tai Chi, Gypsy Dancing, and Bollywood Dancing, as well as a felting art project and an information session on climate change. New members are always welcome. On-site childcare allows women to take some time out for themselves, or children can stay with their mothers if preferred.

Majura Women's Group: Wed 9:30am–12:00 (school terms) in the Downer Community Centre

*Contact*: Kristine on 61660241

Brindabella Women's Group: Tues 9:30–12:00 (school terms) in the Chisholm Community Centre, Halley St Chisholm

*Contact*: Kym 6287 5256

# Yoga

## **Yoga with children**

The Yoga Garden

Yoga with your child? Do you want to do yoga but have a 3–5 year old? The Yoga Garden creates an innovative opportunity for you to connect with your child in a special way. School age kids yoga and postnatal classes also available at Weston Creek.

Term 3 starts 23 July

Wednesday 9:15am– 10am

*Classes:* Weston Hall, Cnr Namatjira Drive and Parkinson St, Weston

*Cost:* \$12.00/session for parent and child inclusive, or \$100.00– 10 week term

*Contact:* Suzanna Thell 0410 135 604 or 6237 5077

*Email:* [suzannathell@bigpond.com](mailto:suzannathell@bigpond.com)

*Website:* <http://www.yogagarden.com.au/>

## **Postnatal Yoga with Sindhumurti Saraswati**

I have been practising and teaching yoga for more than twenty years. I specialise in Pre & Post Natal Yoga. I also teach Beginners & Progressive level Yoga & Relaxation/Meditation.

*Phone:* 6247 0521 or 0438 624 705

## **Postnatal Yoga – ACT Yoga & Meditation Centre**

The centre offers a range of yoga sessions including postnatal yoga where you can bring your baby.

*Location:* 2 Cockle Street O'Connor

*Phone:* 6247 9187

## Exercise Classes for Mums & Bubs

### **Yummy Mummy Classes**

Yummy Mummy's is a mums and bubs/kids fitness / Pilates class that runs for 8 weeks during the school term. The classes include aerobic work (to help you run around after your little one(s), strength work (to make you stronger for everyday life), flexibility, and core work (to work those abs - especially important after having a baby).

*Time:* Mondays at 11am and Tuesdays at 11.45am. Term 3 starting 28 July.

*Cost:* \$100 for the course, \$110 including an exercise mat.

*Location:* St James Wellbeing Centre, Cnr Allan and Gillies Streets, Curtin

*Pilates is a great low-impact, total body work-out which re-educates the body to move the way it was designed. It is a fantastic form of postnatal exercise. Some of the benefits of pilates include: increased muscle strength and tone; improved flexibility; improved stabilisation of the spine; greater awareness of posture and relaxation.*

*Time:* Mondays between 6–7pm. Term 3 starting 28 July

*Cost:* \$100 for the course, \$110 including an exercise mat

*Location:* St James Wellbeing Centre, Cnr Allan and Gillies Streets, Curtin

*Contact:* Natalie on 0414 338 892

*Email:* [vervefit@gmail.com](mailto:vervefit@gmail.com)

### **Big Bellies Bootie Camps**

Bootie Camps sessions are designed for core fitness through circuit based programs. Sessions are mostly attended by mums, and a large majority bring their babies/children along with them. There are plenty of opportunities to chat, share experiences, meet new people and personal encouragement. Outdoor for Summer and indoors for Winter.

*Time:* Winter program

Tuesday, Thursday & Sunday 10:30am–11:30am  
Tuesday 6:45–7:45  
Thursday 5:30–6:30

*Location:* Oasis Leisure Centre - Deakin (Winter)

*Cost:* \$10 per session or 6 sessions for \$50

*Bring:* a towel or blanket and babies are welcome

*Contact:* Fiona McLaren on 0405 106 219

*Website:* <http://www.bigbellys.com.au>

*Email:* [info@bigbellys.com.au](mailto:info@bigbellys.com.au)

## Dance for Parents, Tinies and Toddlers

*Fun and creative dance class for mums and their small children under 4 years.*

Tuesdays 10am–11am, during school terms

*Location:* St Margaret's Uniting Church Hall, Cnr Antill & Phillip Ave, Hackett

*Cost:* \$10 per family

*Contact:* Canberra Dance Theatre

*Phone:* 0435 025 365 [info@canberradancetheatre.org](mailto:info@canberradancetheatre.org)

*Website:* [www.canberradancetheatre.org](http://www.canberradancetheatre.org)

## Tots' Tumbling - Police Citizens Youth Club (PCYC)

Tots' Tumbling is a gymnastics based class for children aged from 18 months to 5 years old. The class is set up as a circuit in which the children learn to use climbing frames, beams, the trampoline and the parallel bars. The children learn balance, co-ordination, gross motor skills, interaction with other children and the very basics of gymnastics. The cost is \$15 for membership for the year per child and \$45 per term to attend a weekly 1 hour session.

The PCYC also run a range of other activities for Adults and Children including Judo, Aikido, Rockwall Climbing, Boxercise, Gymnastics and Roller Skating.

Contact the centres for more details of activities, times and costs.

*PCYC Wanniasa: 6296 1292*

*PCYC Charnwood: 6101 6937*

## Paint and Play

*Paint and Play is a fun time for kids aged 0–5 years to paint, do puzzles, read stories meet other kids and play games. Parents or Carers can chat or join in. And it's FREE!*

### **Southside**

Fridays 10am to 11.15am during school terms

*Location:* alternates between Richardson local park (off Chauncy Cres Richardson) on public service pay weeks, and Mt Neighbour Primary School Playground (off Boddington Cres Kambah).

### **Northside**

Tuesdays 9.45am–11am during school terms

*Location:* Platypus Park (Cnr Paul Coe Cres and Riley St Ngunnawal).

Sessions are held during term time only and no bookings are required. Please note that sessions are cancelled in the event of inclement weather.

*Contact:* Tuggeranong Child and Family Centre on 6207 8338 or Gunghalin Child and Family Centre on 6207 0120 for more information

### **Ainslie**

Free painting and playing in the park for children aged 0–5 years

Wednesdays 9.45–11am

*Location:* Wakefield Gardens, Wakefield Avenue, behind the Ainslie Shops

## Swim/Gym

*Many gyms and leisure centres in Canberra have crèche facilities. It is worth asking your local gym! Here are just a couple of places that have them:*

### **Active Leisure Centre Wanniasa**

*Location:* Mc Bryde Cres Wanniasa ACT

*Phone:* 62072777

*Website:* [www.activelelc.com.au](http://www.activelelc.com.au)

*Crèche:* 0–12 yrs Mon–Thurs 9–12:30 and 4.30pm–8.00pm;  
Fri 9am–12:30 and Sat 9.15am–12.15

*Price:* Members \$4.00 Non-members \$4.50

### **Canberra International Sports & Aquatic Centre (CISAC)**

*Location:* 100 Eastern Valley Way, Bruce

*Phone:* 6251 7888

*Email:* [info@cisac.com.au](mailto:info@cisac.com.au)

*Website:* [www.cisac.com.au](http://www.cisac.com.au)

*Crèche:* 9am–1:45pm (daily)

*Cost:* \$5 per child (members), \$10 (non-members)

### **Lakeside Leisure Centre, Tuggeranong**

50 metre indoor swimming pool and family fun pool, toddlers pool, steam room, kiosk, crèche facilities, regular classes. Learn to swim classes for all ages.

*Location:* Cnr Anketell Street & Athlon Drive, Tuggeranong

*Phone:* 02 6293 3122 *Web:* [www.lakesideleisure.com.au/](http://www.lakesideleisure.com.au/)

*Email:* [lakesideadmin@belgravialeisure.com.au](mailto:lakesideadmin@belgravialeisure.com.au)

*Crèche:* Mon–Fri 9:45 am–1.45pm, cost: under \$3.50 for first child and \$2.60

### **Northside Fitness Centre Dickson**

Facilities include squash courts, fully equipped Gym and Hi-tech room, Circuits Les Mills Programs: BodyPump, BodyStep, BodyCombat, BodyBalance.

*Phone:* 62477893

*Website:* <http://www.ctuc.asn.au/nfc/>

*Casual Visits:* off peak (9:30–2:30) = \$11, peak = \$12.00

*Crèche:* Mon–Fri 9.15a–12.15

*Cost:* 1st child \$4.00, 2=\$7, 3=\$9, 4=\$10

### **Fernwood Women's Health Clubs**

All Fernwood Clubs in Canberra (except the one in Civic) have crèche facilities. They are located in Belconnen, Woden, Gungahlin and Tuggeranong.

*Crèche:* costs \$3/session.

*Website:* <http://www.fernwoodfitness.com.au/Default.aspx>

## Netball

### **Mpowerdome Indoor Netball - Fadden**

Thursday Morning Social Netball from 10am

*Cost:* About \$6 game, free crèche

*Location:* 56 Coyne Street, Fadden

*Phone:* 62985500

*Email:* [membership@mpowerdome.com.au](mailto:membership@mpowerdome.com.au)

*Website:* <http://www.tenfit.com.au/>

### **Netball at Indoor Sports - Kambah**

Non-competitive netball, open to new players.

*Time:* Monday and Tuesday mornings, from 9.30am

*Cost:* \$6 game, free crèche for players' kids

*Location:* 6 Jenke Circuit, Kambah

*Phone:* 6296 1488

*Website:* <http://www.isk.com.au/>

### **Morning Ladies Netball**

Team-based social netball.

*Location:* ACT Netball Centre, Lyneham

*Phone:* 6241 4088 *Website:* [www.act.netball.asn.au](http://www.act.netball.asn.au)

*Time:* Monday and Wednesday mornings from 9:30am

*Cost:* \$6–\$7/game

*Crèche:* available to players \$2.50/child for first child and \$1:50/child for more.

## Circuit Training

*Check your local gym for Circuit classes*

### **Circuit Classes – Fit Habitz**

Planned on a term by term basis

*Location:* indoors or outside

*Time:* Depends on court availability

*Cost:* \$150 /term

*Contact:* Jane Zeller, Head Trainer 0404 075 169

*Email:* [jzeller@fithabitz.com.au](mailto:jzeller@fithabitz.com.au)

*Website:* <http://www.fithabitz.com.au/index.shtml>

There is NO supervised childcare available, but people can bring kids to play in an adjacent court.

# Camping, Bushwalking and Other Outdoor Activities

## Camping in ACT, Forests, Parks and Bushland

*Want a great family adventure the kids will talk about for ages? Why not try camping?*

There are several great areas around Canberra including the Cotter Reserve and Namadgi National Park with prices ranging from \$5.20 to \$7.25 per person per night (children under 10 are free).

For a list of the facilities available at each campsite and details about booking, check out:

[www.tams.act.gov.au](http://www.tams.act.gov.au) and follow the links to recreation in ACT parks, forests and bushland.

## Family Bushwalkers Inc.

This club schedules a range of graded walks, some of which are well suited to families with young children - short and easy for little kids and/or suitable for prams.

*Website:* <http://www.familybushwalkers.org.au/>

## Orienteering ACT

Orienteering is a sport in which participants navigate a course using a map and compass. It is suitable for all ages and families, and can be done with little kids, and even babies in backpacks. The SUNSMART Saturday Program is primarily for school age participants but people of all ages and ability are welcome.

*Time:* Sat 10:30am–12:30pm (May–Aug)

*Cost:* Around \$10 per session (non-members)

*Phone:* (02) 6251 3885

*Email:* [orienteering.act@webone.com.au](mailto:orienteering.act@webone.com.au)

*Website:* <http://act.orienteeing.asn.au/>

## **Ranger Guided Walks and Activities**

This is a great family program with a range of activities held during the week on weekends and during school holidays. Walks are held at the Namadgi National Park, Murrumbidgee River Corridor, Jerrabomberra Wetlands and Tidbinbilla Nature Reserve.

Many of the walks are free but some request a gold coin donation as you “Breakfast with the Birds”, feed pelicans, learn about frogs or search for koalas, platypuses or kangaroos.

A small cost (about \$5) is also involved with some the school holiday activities which include dancing, storytelling, making damper and bush tucker tasting.

Check out the *website at:* [www.tams.act.gov.au](http://www.tams.act.gov.au) for more information.

## **Canberra’s Child**

Canberra’s Child is a free monthly magazine available from Health Centres, Playschools, Preschools, and Libraries etc. It is a great starting point to find out what is going on in Canberra – Check out the calendar at the back for great child and family friendly outing ideas or the “Family Calendar” link on their website: [www.canberraschild.com.au](http://www.canberraschild.com.au)

## Canberra Indoor Rock Climbing

The Kids Club is a great way to introduce the kids to rock climbing. It runs between 5pm–7pm on Saturday and Sunday at North (Mitchell) and 5pm–7pm on Friday and Saturday at South (Hume). It costs \$14.50 for kids 15 years and under and includes harness hire. Coaching is available as well as discounts for kids interested in joining the rock climbing squads. Parents and guardians are invited to climb for free during this time.

Canberra Indoor Rock Climbing (Hume) now offers a mums and bubs climbing session. It will run every Tuesday–Friday from 12–3pm and is a great way to have some fun, get fit and meet new people. There is plenty of room for prams & a microwave to heat baby bottles.

The mums and bubs session is for any parent or guardians with children 5 years and under and will cost \$10.00. This includes free coaching, harness hire, tea and coffee and a safe and fun play area for the kids!

*Optional Extras:* Kids can climb for \$2.50 each  
Shoe and Chalk Hire \$3.50

For more details check out the *website at:*  
[www.canberrarockclimbing.com.au](http://www.canberrarockclimbing.com.au) or contact the individual centres below.

### **North**

*Location:* 38–40 Essington Street, Mitchell ACT 2911

*Phone:* (02) 6262 4863

### **South**

*Location:* 26 Raws Cres. Hume ACT

*Phone:* Tel (02) 6260 1101

## Other Suggestions

- Feeding ducks at a local pond or lake
- A game of hide and seek, tag or kicking a ball in the backyard or at a park
- “Nose on red” - name a body part and a colour and the kids have to run around and match them up  
- great in the backyard or at a park
- Treasure hunt (or peg hunt in the backyard)
- Scavenger hunt – find yellow dandelions, brown leaves, green grass, brown sticks etc.
- Themed family walk – choose a colour, letter number etc and see if you can find it as you walk around the block, e.g. Yellow things (flowers, cars, signs etc), or the number 6 which you can find on letterboxes or car regos.

## Femme Friday! (Previously Known As Pamper Evenings)

*Here is one more thing for the Mum's section. I have just cut and pasted it from the Women's Centre for Health Matters website. The time is a bit of a stretch and falls into dinner, bath, bedtime etc. but maybe every second month wouldn't be too much to ask for Dads to run with.*

WCHM holds Pamper Evenings to celebrate women's health and wellbeing. They are held every second month on a Friday between 5.30–8.30pm at WCHM (Building 1, Pearce Community Centre, Collett Place, Pearce, ACT).

### **Upcoming Femme Friday Dates in 2008**

Friday 29th August, 5:30–8:30pm

Friday 31st October, 5:30–8:30pm

Each session will have a different theme relevant to women's health and wellbeing and will, wherever possible, include a guest speaker. These events seek to provide an opportunity for women from varying backgrounds to meet in a relaxed, non-threatening environment and provide an opportunity to improve women's health and wellbeing through activities such as massage, yoga, belly dancing and information sharing. Women are welcome to bring their children, however, childcare is not provided. Entry is free or by gold coin donation, and RSVP is preferred.

### **Have a look at ACT Communities Online: Health and Wellbeing!**

<http://www.communitiesonline.org.au>

For more information regarding the  
**Majura and Brindabella Women's Groups**  
please contact:

**MAJURA**

Kristine Buccoliero: 61 66 0241  
PO Box 7123  
Watson ACT 2602  
[www.majurawomensgroup.org.au](http://www.majurawomensgroup.org.au)

**BRINDABELLA**

Kym Schmid: 6287 5256  
PO Box 2648  
Tuggeranong ACT 2901  
Email: [brindabellawg@yahoo.com.au](mailto:brindabellawg@yahoo.com.au)  
[www.brindabellawomensgroup.org](http://www.brindabellawomensgroup.org)



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