Pumpkin Scone Topping for Curry

Ingredients:

2 cups self-raising flour
Pinch of salt
1 cup cooked mashed pumpkin
½ teaspoon lemon zest
2 tablespoons butter
1 egg

Method:

Sift flour and salt, rub in butter until it resembles fine bread crumbs.
Add cooled pumpkin and lemon zest.
Add beaten egg and mix to firm dough.
Turn onto a floured board (SR flour) and knead lightly.
Cut small rounds using a cutter or squares using a knife.
Place on curry and brush lightly with milk.
Vegetarian Cabbage Rolls

1 large head of green cabbage
1 tablespoon vegetable oil
1 large onion finely chopped
Optional (1 diced tomato and 1 medium chopped zucchini may be added)
2 cups cooked white rice
½ cup finely chopped parsley
If mixture too dry add one beaten egg
½ cup finely chopped dill
1 teaspoon salt
½ teaspoon pepper
1 teaspoon cayenne pepper
1 teaspoon ground allspice
1 cup tasty cheese grated
2 tablespoons of parmesan grated
1× 420g Heinz Big Red Tomato soup
2 teaspoons ground cumin
¼ to ½ cup water

Method:

1. Boil a large saucepan of water when boiled remove from the heat. Cut out the core of the cabbage. Remove 8 leaves of cabbage while holding head under running water without tearing. Immerse the 8 cabbage leaves in the boiling water and cover with the saucepan lid and let stand for ten minutes or until leaves are limp then remove leaves from the water and trim large veins from the leaves. Repeat the process for more cabbage leaves.

Prepare the stuffing:

2. Heat oil in a large fry pan over medium heat. Cook onion for 3 minutes, stirring occasionally. Stir in rice, parsley, dill, salt, peppers, allspice and cheese.

3. Place about ¼ cup rice mixture at the stem end of each leaf. Roll leaf around the mixture tucking in the side. Place seam side down in the dish. Pour can of tomato soup over the cabbage rolls and sprinkle cumin.

4. Cover and bake 30 min. Serve sprinkled with parmesan cheese.
Vegetable Curry with Pumpkin Scones

Vegetable Curry

Ingredients:

300g frozen peas
6 medium carrots
2 medium turnips
4 medium parsnips
4 sticks of celery
2 onions
2 tablespoons olive oil or butter
4 tablespoons plain flour
1 to 2 tablespoons curry
2 tablespoons fruit chutney
½ teaspoon ground ginger
1 litre milk
Salt and pepper to taste
150 g grated tasty cheese

Method:

Peel and chop carrots, turnips and parsnips. Cook in boiling water until tender and drain.

Melt butter or heat oil in a large saucepan, add chopped onion and celery, and fry 1 minute.

Stir in flour and curry powder, cook 2 minutes and remove from heat.

Add milk and return to heat stirring constantly, until sauce boils and thickens.

Add chutney, ginger, salt, pepper and cheese; mix well.

Add drained vegetables and peas.

Pour mixture into a large oven proof dish, arrange pumpkin scones on top and brush scones lightly with a little milk. Cook in hot oven for 25 to 30 minutes.
**Fruit Slice**

**Base:**
Set oven temperature at 180°C

1 packet vanilla home brand cake mix
1½ cups desiccated coconut
125g unsalted butter

**Method:**
Place cake mix and coconut in a large bowl stir to combine.
Melt butter and add to the cake mix and coconut mix well.
Press the mixture into a slice tray lined with glad bake.

**Topping:**

**Fruit:** Choose from 420g pie apple or apricots, drained crushed pineapple (2 small tins) or 2x 420g tins of cherries drained.

300ml sour cream
1 egg

**Method:**
Place fruit, sour cream and egg in a bowl and mix till all combined.
Pour over the base evenly and sprinkle with nutmeg if desired.
Bake at 180°C for 35 minutes.
Cool in the fridge then slice.

**Variation:**
The fruit may be placed on the base of cake mix, coconut and melted butter and then the sour cream and egg mix spooned on top of the fruit and gently spread.