

Budget food

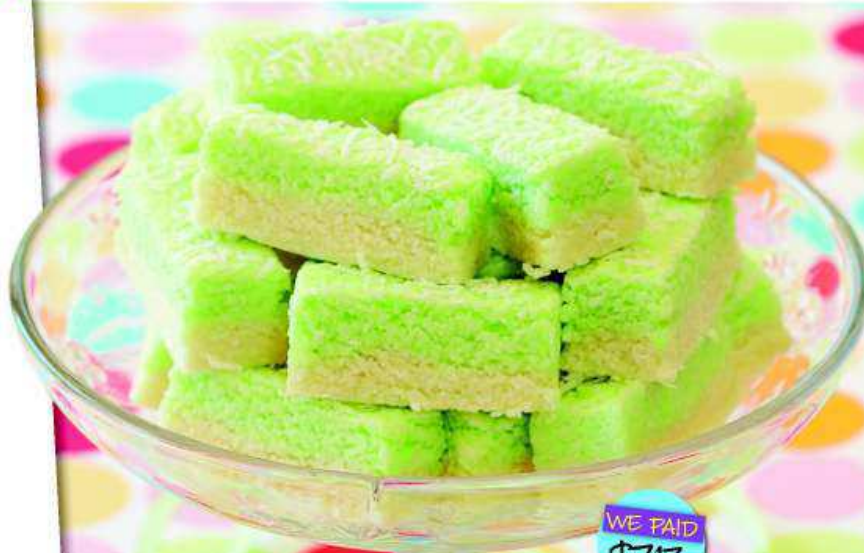


Shopping list

- 375g milk cooking chocolate
- 250g Nestlé White Choc Bits
- hundreds and thousands
- icing sugar mixture
- caster sugar
- brown sugar
- golden syrup
- sweetened condensed milk
- liquid glucose
- desiccated coconut
- eggs
- vanilla essence
- peppermint essence
- green food colouring
- plain flour
- cornflour
- walnuts
- butter
- copho
- 1 lemon

In season *Cherries*

- Sweet, juicy Australian cherries are at their best November to January.
- Good source of vitamin C, antioxidants and dietary fibre with 224 kJ per 100g.
- Select plump cherries with glossy skins and green stems.
- Cherries are highly perishable. Store them in a plastic bag in the fridge and enjoy as soon as possible. Wash just prior to eating.
- Great for school lunches and low-joule snacking.
- Add them to fruit salad and cheese platters.
- When cooking with fresh cherries, remove the stones with a cherry/olive pitter.
- Add pitted cherries to muffins, pancakes, tarts, trifle and pavlova.



Peppermint ice

- 3 cups icing sugar mixture
- 3 1/2 cups desiccated coconut
- 395g can sweetened condensed milk
- 1 eggwhite, lightly beaten
- 2 tsp peppermint essence
- few drops green food colouring
- 1 Lightly grease a 20cm square cake pan and line with enough baking paper to cover base and extend up sides of pan.
- 2 Sift icing sugar into a large bowl, add coconut, condensed milk and eggwhite and mix until ingredients are thoroughly

combined. Press half the mixture over the base of prepared pan.

3 Add peppermint essence and green food colouring to the remaining mixture, mix until colour is even then press evenly over white layer. Cover and refrigerate for several hours or overnight until firm. Cut the ice into small pieces.

Makes 24 pieces
 Peppermint ice will keep for several weeks in a container in the refrigerator.



Butterscotch blondies

- 250g Nestlé White Choc Bits
- 125g butter, chopped
- 1 cup brown sugar
- 3 x 59g eggs
- 1½ cups plain flour, sifted
- ½ cup chopped walnuts

1 Grease 19cm x 29cm slice pan and line with enough baking paper to cover base and extend up sides of pan. Reserve ¼ cup of White Choc Bits for topping. Place the remaining White Choc Bits in a saucepan with butter and brown sugar and stir over a low heat until the white chocolate and butter are just melted and mixture is smooth (do not overheat).

2 Transfer mixture to a large bowl and cool slightly. Whisk in eggs one at a time, then add flour and continue whisking to form a smooth batter. Pour mixture into prepared pan, sprinkle top with walnuts and reserved White Choc Bits and bake in a 160C preheated oven for about 30 minutes or until set in centre when tested with a skewer.

3 Remove from oven, stand in pan for 5 minutes, then turn onto a wire rack to cool. Cut into squares.

Makes about 20 pieces

The butterscotch blondies will keep for several days in an airtight container.



TRIED & TESTED

When testing these chicken-flavoured biscuits, we made sure it was a blind test. This means we didn't know what brands we were testing to give you the most accurate results. Our marks are out of five.



Arnott's Shapes Chicken Crimpy (200g) \$2.00
 A more wholesome biscuit with a soft chicken flavour, these were very addictive.

Home Brand Chicken Snax (200g) \$1.30



Stronger in flavour, testers found these biscuits more salty than other brands, so an accompanying drink was a must.



Nabisco Chicken in a Biskit (175g) \$2.49
 Light and airy, these biscuits had a

strong flavour but it wasn't overpowering.

TRIED & TESTED COMPILED BY KATHLEEN REIDER

Saver tips - Fete packaging

Show off your fete goodies with some creative packaging.

- Clear cellophane is a great wrapper for fete items as the food can be easily identified.
- Recycled food containers,

polystyrene trays, small boxes, etc., are perfect for packaging. Wash and dry them well before re-using.

- Wash and sterilise empty jars and use for jams, sweets and nut mixes.
- Save elastic bands and use them

to seal cellophane wrappings or to secure material tops over lids on jams and preserves.

- Dress up your packages with colourful ribbons and hand-written labels.