

Australia



Aussie Meat Pie

Ingredients:

500g / 1lb chuck or blade steak
2 tablespoons flour
Freshly ground black pepper
1 tsp salt
1/2 cup water
1 x 375g / 12 oz packet frozen puff pastry, thawed
Beaten egg to glaze

Directions:

Trim gristle and fat from steak, cut into thin shreds, then chop very finely.

1. Dust with flour, salt and pepper and place in the top of a double boiler or pudding pan.
2. Place enough boiling water to come halfway up sides of bowl, simmer for 2 hours or until the meat is very tender.
Replace water in saucepan as necessary to maintain level.
3. Allow to cool completely.
4. Roll out pastry dough thin and cut 3/4 of it to fit individual round, oblong or square pie tins.
Line tins with dough, and fill about 3/4 full with meat filling.
Cut lids from remaining dough, dampen edges and put into place .
5. Cut a vent in the top of each pie for steam to escape.
Chill for 15 minutes, then brush with beaten egg.
Bake in a preheated hot oven (200 C / 400 F) for 25 minutes or until pastry is puffed and golden.
Serve with tomato sauce (ketchup).

Lamingtons

Lamingtons, the staple of all good fetes (school or church fairs) are said to be named after Lord Lamington, Governor of Queensland from 1895 - 1901

The cake is easier to handle if it is a little stale; day old cake is ideal. Sponge or butter cake can be used. Lamingtons can be filled with jam and cream, if desired.

Ingredients:

6 eggs
2/3 cup castor sugar
1/3 cup cornflour
1/2 cup plain flour
1/3 cup self-raising flour
2 cups (180g) coconut, approximately

Icing:

4 cups (500g) icing sugar
1/2 cup cocoa
15g butter, melted
2/3 cup milk

Method:

1. Grease 9 inch (23cm) square slab pan.
Beat eggs in medium bowl with electric mixer about 10minutes, or until thick and creamy.
Gradually beat in sugar, dissolving between additions.
Fold in triple-sifted flours.
Spread mixture in prepared pan.
Bake in moderate oven about 30 minutes.
Turn onto wire rack to cool.
2. Cut cake into 16 squares, dip squares into icing, drain off excess icing, toss squares in coconut.
Place lamingtons on wire rack to set.
3. Icing:
Sift icing sugar and cocoa into heatproof bowl, stir in butter and milk.
Stir over pan of simmering water until icing is of coating consistency.

Makes 16 lamingtons