

# Listener's Favourites



Queensland

*Gives*



Meals on Wheels  
Queensland

**Donate now: [abc.net.au/qldgives](http://abc.net.au/qldgives)**




Keep an eye out for the Yellow star for the winners  
of the ABC Listener Recipes

# Contents

## Mains

<i>Beef</i>	
Savoury Rice 	4
Cheese and Spaghetti Casserole	5
Rona's Beef Casserole	6
<i>Lamb</i>	
Nullarbor Lamb	8
<i>Chicken</i>	
Chicken Al a King	10

## Soups

Easy Adaptable Minestrone 	12
Corn Chowder	13

## Desserts

<i>Fruit Slices</i>	
Date Roll 	15
Banana Bread	16
Fruit Slice	17
<i>Special Treat</i>	
Chocolate Trifle	19
Mango Cream Tart	20
Mama's Flummery	21

*These recipes were submitted by ABC Radio Brisbane listeners. The ABC and Meals on Wheels Queensland do not endorse and are not responsible for the accuracy, reliability, or completeness of the recipes. Any use of the recipes are at the user's sole discretion and risk.*



MAINS- Beef

# SAVOURY RICE

C . Moroney

**Preparation Time:** 10 mins

**Cook Time:** 30 mins

**Serves:** 4

## Ingredients:

- 2 cups of rice
- 500g mince (any type)
- 1L stock (any type)
- 2-3 carrots
- 2 sticks celery
- 1/2 capsicum
- 1 small onion
- 2 cloves garlic
- Mixed herbs
- 2 tbsp Keens Curry
- HP Sauce
- Tabasco to taste

## Method:

1. Cut up the vegetables into small cubes (approx 1cm)
2. Brown the mince in a large saucepan with a drizzle of oil
3. Add garlic, Keens Curry, mixed herbs, HP Sauce and Tabasco
4. Once mince is browned (not fully cooked) add the stock and bring to a boil.
5. Once boiling, add the rice and vegetables.
6. Give it a stir so the mince isn't sitting on the bottom and cook on low-medium heat until the rice has absorbed the liquid.
7. Let it sit for about five minutes before serving.
8. Best served with a dollop of sour cream.

# CHEESE & SPAGHETTI CASSEROLE

S. Childs

## Ingredients:

- 1 cup grated cheese
- 2 rashers of bacon (chopped)
- 2 small onions (chopped)
- 1 glove garlic (crushed)
- 750g beef mince
- ½ tsp of salt and pepper to taste
- ½ tsp chilli powder
- Small tub tomato paste
- 2 cups water
- 250g Spaghetti

**Preparation Time:** 10 mins

**Cook Time:** 1 hr

**Serves:** 6

## Method:

1. Cook spaghetti in well salted boiling water
2. Fry bacon for about 2 minutes then add onions and garlic. Cook until soft.
3. Drop in mince and fry 'till brown
4. Add spices, tomato paste and water. Cook till desired consistency (not too thick)
5. Place in a casserole dish, place layer of spaghetti, sauce, then cheese. Repeat 'till dish is full.
6. Cook in a moderate oven for 45 minutes.

# RONA'S BEEF CASSEROLE

B . Zaghini

**Preparation Time:** 10 mins

**Cook Time:** 50 minutes

**Serves:** 8

## **Ingredients:**

- 1 Kg beef diced
- 2 tbsp plain flour
- 2 tbsp gravy powder
- 1 Onion - thinly sliced
- 1 Large ripe tomato - thinly sliced
- Water to cover
- Salt and pepper

## **Method:**

1. Mix flour and gravy powder, roll beef in flour.
2. Place in casserole dish
3. Cover with sliced onion
4. Top with sliced tomato
5. Season with salt and pepper
6. Add enough water to just cover
7. Place in moderate oven until cooked and thickened, approx: 45 minutes.

Serve with mashed potato and steamed veggies.

A top-down view of a white ceramic baking dish containing a roasted lamb shoulder, several golden-brown potato wedges, and various vegetables including green beans and mushrooms. The lamb is tied with green string and garnished with fresh herbs like rosemary and thyme. The dish is set on a rustic wooden surface with fresh vegetables and a white pitcher in the background.

MAINS - Lamb

# NULLARBOR LAMB

S . Wilson

**Preparation Time:** 10 mins

**Cook Time:** 2.5 hrs

**Serves:** 8

## Ingredients:

- 1 Boned leg of lamb
- 1/2 lb prunes – stoned and chopped
- 8 oz chopped bacon
- 2 eggs
- 2 tbps of oil
- ½ level tsp of dry mustard
- 1 ½ cups of soft breadcrumbs
- Pinch of dried herbs
- 2 tbsp of honey

## Method:

1. Combine prunes with bacon, salt, pepper, mustard, breadcrumbs, herbs and eggs.
2. Stuff leg and truss and sew up.
3. Place in a baking dish; warm honey and oil slightly and pour over joint.
4. Cook in a moderate oven (350f) for 25 minutes per 500g.
5. Serve in slices with baked potatoes (topped with sour cream), minted peas and carrots.





MAINS - Chicken

# CHICKEN AL A KING

V. Gant

**Preparation Time:** 10 mins

**Cook Time:** 30 mins

**Serves:** 2-4

## Ingredients:

- 2 chicken breasts
- 1 large onion
- 2 stalks celery
- 2 carrots
- 1 small red capsicum
- 2 cups chicken stock
- 1 packet cream of chicken soup
- ½ tsp mustard

## Method:

1. Chop breasts into 3 pieces and simmer gently in stock until cooked. Remove stock from the heat and remove breasts to cool.
2. Chop all vegetables finely and sauté in a little butter just to give some colour and soften. Put into the stock.
3. Shred chicken (best done with 2 forks) and return to stock.
4. Add soup and mustard and bring back to a simmer, stirring often to ensure it doesn't stick.

Serve with steamed or boiled rice.

A close-up photograph of a white ceramic bowl filled with a hearty vegetable soup. The soup has a rich, reddish-brown broth and is packed with ingredients including dark red kidney beans, shredded orange cheddar cheese, sliced almonds, and various vegetables like zucchini and tomatoes. In the background, a light blue ceramic dish contains more of the same soup. The word "SOUPS" is printed in white, bold, sans-serif capital letters across the center of the bowl.

SOUPS

# EASY ADAPTABLE MINESTRONE

D . Rylatt

## Ingredients:

- 30g butter or tbsp of oil
- 1 very large onion sliced
- 2 cloves garlic crushed
- 2 bacon rashers chopped.
- 1 stick celery chopped finely
- 1 big carrot diced
- 425 crushed tomatoes (do not drain)
- 1 cup finely chopped cabbage  
(or you could use some spinach or kale)
- 1 big zucchini sliced
- 1 heaped tbsp of tomato paste
- 310 tin of drained kidney beans, any variety, or chickpeas
- 3 1/2 cups of water
- 1 chicken/vegetarian stock cube or stock powder
- 1/3 cup pasta risoni
- Salt and pepper to taste

**Preparation Time:** 20 mins

**Cook Time:** 35 mins

**Serves:** 7

Optional: a parmesan rind - to serve parmesan cheese or grated cheese, but you can leave this out if you are lactose intolerant

## Method:

1. In a large pot heat butter/oil, garlic, onion and bacon until onion is soft
2. Add the rest of the veggies, except the cabbage, and stir for a couple of minutes.
3. Stir in tomatoes, drained beans, parmesan rind if you have one, water, stock cube/powder and pasta.
4. Stir occasionally so that the risoni doesn't stick to the bottom of the pan
5. Bring to boil then cook for 20 mins.
6. Add finely chopped cabbage or (spinach/kale). Boil for another 5 mins. Adjust seasoning.

# CORN CHOWDER

H . Puxty

**Preparation Time:** 10 mins

**Cook Time:** 20 mins

**Serves:** 6-8

## Ingredients:

- 1 tbsp butter
- 125g bacon pieces
- 1 large onion, chopped
- 4 medium potatoes, peeled and diced
- 2 carrots, sliced
- 1 x 440g Cream of Chicken soup
- 1 soup can milk
- 1 x 440g can corn kernels
- 1 cup water
- Salt and pepper

## Method:

1. Melt butter, add chopped onion, bacon, potatoes and carrots, fry gently for 5 minutes.
2. Add corn, liquid from corn and water, bring to boil, cover and simmer 10 minutes.
3. Stir in soup and milk, season with salt and pepper and heat thoroughly.

Serve sprinkled with grated cheese.

A close-up photograph of two thick slices of chocolate chip bread resting on a white ceramic plate. The bread has a dark brown, moist texture with visible dark chocolate chips. In the background, a white rectangular baking dish contains a whole loaf of the same bread. The scene is set on a red and white striped placemat.

DESSERTS

# DATE ROLL

J. Chilcott

## Ingredients:

- 1 cup pitted dates
- 1 cup water
- 1/4 cup butter
- 1 cup sugar
- 1 tsp bicarbonate soda
- 1 egg
- 2 cups self-raising flour

**Preparation Time:** 15 mins

**Cook Time:** 1.5 hrs

**Serves:** 4-6

## Method:

1. Heat oven to 180C.
2. Grease two nut roll tins or one loaf tin.
3. Heat dates, water, butter and sugar in bowl in microwave on high for 5 minutes.
4. Stir in bi-carb soda well until it froths up and let cool a bit.
5. Mix in beaten egg and flour. Mix through thoroughly by hand. Check all flour is mixed in.
6. Carefully spoon into tin/s. If using nut roll tins be sure lids at both ends are well secured.
7. Place in oven. Nut roll tins stand upright.
8. Bake for 45 minutes.
9. Let cool for 30 minutes and then take out of tin and wrap in foil to continue cooling down.
10. Slice and butter, pour custard/ice cream over or caramel sauce to make sticky date pudding.

# BANANA BREAD

A . Holmes

## Ingredients:

- 2 cups self-raising flour
- 1 1/2 cups sugar
- 100g butter, melted
- 2 egg, lightly beaten
- 2 tsp vanilla essence
- 1/2 cup (125ml) milk
- 1 cup mashed overripe banana
- Pinch of all spice

**Preparation Time:** 10 mins

**Cook Time:** 1.5 hrs

**Serves:** 10

## Method:

1. Preheat oven to 160C/140C fan-forced. Spray a 7cm-deep, 10 x 20cm (base measurement) loaf pan with oil. Line base and sides with baking paper, extending 3cm above rim.
2. Sift flour into a large bowl. Stir in sugar. Make a well in the centre. Add butter, egg, vanilla, milk, and banana. Stir until just combined.
3. Pour into prepared loaf tin and drizzle with honey.
4. Bake for 50-75 minutes or until a skewer inserted into centre comes out clean. Set aside in pan for 10 minutes to cool slightly.

Serve warm or transfer to wire rack to cool completely.



# FRUIT SLICE

J. Chilcott

## Ingredients:

- 125g butter,
- 1 tbsp golden syrup, melted
- 1 cup self-raising flour
- 1 cup sugar
- 1 cup mixed fruit
- 1 cup coconut
- 1 egg

**Preparation Time:** 10 mins

**Cook Time:** 30 mins

**Serves:** 8-10

## Method:

1. Mix dry ingredients and add wet ones plus beaten egg.
2. Cook in a moderate oven till golden.

Can be iced with lemon icing or sprinkled with sesame seeds.

# DESSERTS - Special Treats



# CHOCOLATE TRIFLE

H . Beneke

**Preparation Time:** 15 mins

**Serves:** 4

## **Ingredients:**

- Half a Chocolate sponge
- 500ml Chocolate custard
- 1/2 cup Milk mixed with:
  - o 2 tbsp rum (optional)
  - o Whipped cream
  - o Chocolate sprinkles

## **Method:**

1. Place the sponge in a suitable bowl. Pour over the milk rum mixture.
2. Cover with the chocolate custard and allow to set in the refrigerator.

Decorate with whipped cream and sprinkles.

# MANGO CREAM TART

H . Puxty

## Ingredients:

- 125 g plain sweet biscuits
- 60g butter

## Filling:

- 2 ripe mangoes
- 2 teaspoon lemon juice
- ½ cup sugar
- 3 teaspoon gelatine
- ¼ cup hot water
- 1 cup cream

Preparation Time: 35 mins

Serves: 6-8

## Method:

### Pie Shell:

1. Crush biscuits, add melted butter and mix thoroughly. Press into a greased pie plate and chill.

### Filling:

2. Peel mangoes, remove flesh and mash pulp with fork.
3. Mix in lemon juice and sugar.
4. Dissolve gelatine in hot water, add to mango pulp.
5. Beat cream until peaks firm. Fold into mango mixture.
6. Fill pie crust.
7. Chill until firm.

Serve with cream.

# MAMA'S FLUMMERY

C . Richards

**Preparation Time:** 20mins

**Serves :** 6-8

## **Ingredients:**

- 2 pkts of raspberry jelly crystals
- 1 cup of boiling water
- 2 eggs - separated
- 2 tbsp sugar
- 600 ml boiling milk

## **Method:**

1. Dissolve jelly crystals in boiling water. In another bowl, whisk egg yolks with sugar.
2. In a saucepan bring milk to boil, then add egg / sugar mix to milk and over low heat stir constantly (as you do with boiled custard).
3. Remove from heat and stir in dissolved jelly. Let cool.
4. Add stiffly beaten egg whites.
5. Pour into glass bowl when cool enough.