

OCEAN TREK'S TREKIE TREATS RECIPES

MICK'S FAMOUS PANCAKES

In a large bowl add 8-10 cups of self-raising flour,

A small palm full of bi-carb soda,

1 large egg

A good dash of milk

Water while mixing with a whisk to form a runny mix

Pour out in 3 portions onto hot fry pan

Flip over when bubbles appear through cooking batter

Makes 15-20 healthy size pancakes serve with whipped cream, maple syrup and fruits.

CHOCOLATE BROWNIE FUDGE SLICE

Ingredients:

170g melted butter

3 eggs

340g castor sugar

5ml vanilla essence

75g plain flour

75g Dutch cocoa

270g dark chocolate

Method:

Beat eggs, sugar and vanilla till thick and creamy.

Add butter and mix well.

Add flour and cocoa mix well, then add melted chocolate and mix again.

Grease and line a lamington tray with grease proof paper, pour in the chocolate mix.

Bake over a water bath 160 Celsius for 45-60 minutes.

Allow to cool in tray

Coating:

125g dark chocolate

100ml cream

Bring cream to the boil and whisk in melted chocolate till smooth and glossy.

Allow to cool to spreading consistency.

Turn slice out onto board, peel off paper and spread chocolate cream mix on top.

Refrigerate.

Slice and eat.

YUM YUM....

MANGO CHEESECAKE

Ingredients:

1 X 250G pkt plain biscuits. (shredded wheatmeal)

100G butter - melted 1/4C coconut

Combine these ingredients and press into desired flan tin. Refrigerate.

250G Cream cheese

1/2C Castor sugar

1/4C cornflour

4 Eggs 600ml

Thickened cream

1-2 Mangoes - pureed

Cream cheese and sugar.

Beat in cornflour, eggs and cream. Pour into biscuit base.

Swirl mango puree through mix and bake at 160°C for approximately 40mins till set.

Decorate as desired when cool. Slice and eat.

YUM YUM.

COCONUT CHOCOLATE BISCUITS

Makes 24

Oven temp. 180°C

Ingredients:

3/4 cup sugar

125g butter

1/2 teaspoon vanilla

1 egg

3/4 cup flour

1/4 teaspoon bicarb

1.1/4 cup coconut

200g dark chocolate; melted

Method:

Cream butter, sugar and vanilla till light & fluffy.

Beat in egg.

Add flour, bi carb and coconut.

Place tablespoons of mix onto lined trays, allowing room to spread.

Bake 15-20 minutes till golden.

Cool on trays.

Peel off greaseproof and coat one side of biscuit with chocolate.

CHOCOLATE CARAMEL SLICE

Makes 1 (20cm x 30cm)

Oven temp 180°C

Ingredients:

Base:

1 cup flour

1/2 cup coconut

1/2 cup brown sugar

125g butter – melted

Filling:

4 Tablespoons golden syrup

125g butter

2 x 400g cans sweetened condensed milk

Topping:

125g chocolate

60g copha

Method:

Base:

Combine all ingredients and mix well.

Press into lined tin and bake for 15 minutes or until brown.

Filling:

Combine all ingredients and pour over base.

Return to oven and bake 20 minutes or until caramel is golden.

Cool in fridge until cold.

Topping:

Combine chocolate and copha in saucepan. Heat over low heat and stir until melted.

Remove from heat and cool slightly before spreading over caramel.

Chill until firm.

BANANA CAKE

Makes 1 x round, loaf or square.

Oven temp. 180°C

Ingredients:

125g butter

1/2 cup sugar

2 eggs

1 teaspoon vanilla essence

4 ripe bananas

1 teaspoon bicarb.

1/2 cup milk

2 cups flour

4 teaspoons baking powder

Cheese Icing:

30g butter

60g cream cheese

1 teaspoon vanilla essence

1 cup icing sugar

Method:

Cream butter, sugar and vanilla till light and fluffy.

Beat in eggs one at a time. Beat well.

Add banana pieces. Beat well.

Dissolve bicarb in milk. Add b.p. to flour.

Fold in milk and flour alternately.

Pour into greased and floured tin.

Bake approx. 1 hour.

Cheese Icing:

Cream butter, vanilla and cream cheese till soft and smooth.

Gradually whisk in icing sugar.

Beat well.

Spread onto cooled cake.

Makes 1 x round, loaf or square.

SHORTBREAD

Makes approx.20

Oven temp. 160°C

Ingredients:

2 cups flour

Pinch salt

1/2 cup sugar

1 cup cornflour

250g butter

Method:

Place all ingredients in bowl and mix on low speed until dough forms. (scrape down sides frequently)

Knead on floured bench and roll to 5mm thick.

Cut to desired shapes.

Place shapes onto greased trays.

Bake 20-30 minutes till just starting to colour.

Cool on trays.

N.B. These biscuits are fragile and break easily.

VERY POPULAR!

Makes approx.20

Oven temp. 160°C

ANZAC BISCUITS

Makes approx. 20

Oven temp. 160°C

Ingredients:

1 cup Rolled Oats

3/4 cup Coconut

1 cup Flour

1.1/2 teaspoons Bi-carb

2 Tablespoons Boiling water

1 cup Sugar

125g Butter

2-3 Tablespoons Golden Syrup

Method:

Combine oats, flour, sugar and coconut in a large bowl.

Melt syrup and butter.

Dissolve bicarb in water and add to melted butter.

Pour over dry ingredients. Mix well.

Place tablespoons of the mix onto greased trays.

Bake approx. 20 minutes.

Cool on trays.

Makes approx. 20

Oven temp. 160°C

CHOCOLATE CHIP BISCUITS

Makes approx. 20

Oven temp 180°C

Ingredients:

125g butter

1/2 cup castor sugar

1/2 cup brown sugar

1 teaspoon vanilla essence

1 egg

1 2/3 cup flour

3 teaspoons baking powder

1 tablespoon custard powder

1/2 cup dark choc bits

1/2 cup white choc bits

Method:

Cream butter, sugars and vanilla.

Add egg, beat well.

Add remaining ingredients, mix well.

Roll into walnut size balls and place on greased trays. Flatten lightly.

Allow room to spread. Bake 20minutes.

Cool on trays.

Makes approx. 20

Oven temp 180°C

STICKY DATE PUDDING WITH BUTTERSCOTCH SAUCE

Ingredients:

Makes 1 x 20cm round cake tin

Or 6-8 Dariol moulds

Pre heat oven 180°C

240g Seeded Dates

1.3/4 cups Water

1tsp Bicarb Soda

80g Butter

150g Castor Sugar

2 Eggs

150g Self raising flour

35g Cocoa

70g Pecans — toasted and chopped

Sauce:

250g Brown Sugar

80g Butter

300ml Thickened Cream

Method:

Grease tin and line base with greaseproof.

Combine dates and water in pan and bring to the boil. Remove from heat.

Add bicarb, cover and stand for 5 minutes. Blend or process till smooth.

Beat butter and sugar till combined, beat in eggs one at a time, quickly.

Fold in flour and cocoa.

In two batches, fold in the nuts and dates.

Pour into prepared tin and bake for 1 hour.

Stand 10 minutes before turning onto serving plate.

Serve with butterscotch sauce.

Sauce

Combine ingredients in a pan. Heat on medium heat stirring until the sugar dissolves.

Simmer for 3 minutes.

Pour over pudding.