2025 MYLNS COOKBOOK

Childhood recipes we fell in love with



Thank you

This book is dedicated to all the people who sat down with us and shared their stories.

We appreciate their time and yummy recipes.

Something Savory



Roy is friendly, curious and funny. He loves listening to 80's and Tamil songs, although he wishes he had more singing talent. His job is to put all the groceries on the shelf so people can buy them.

His earliest childhood memory was when he got his new bike gifted by his dad on his 7th birthday. He loved going on bike rides with the neighbour's kids and now he doesn't do it anymore. Roy's favourite memory was when he got his citizenship, January this year.

Money always makes Roy smile. The most unbelievable thing that happened to him was winning a \$20,000 jackpot at the Pokies. The best gift he received was a gold chain gifted by his wife.

Roy's favourite thing at home is his smart watch that he wears everywhere he goes. He relaxes by watching TikTok or going to the pokies with his wife Linda. Their last holiday was visiting Merimbula, NSW.

One life lesson Roy thinks that everyone should know is that karma is a boomerang; if you hurt others the karma will come back at you like a boomerang. Looking back, he would tell his 20-year-old self to treat everyone respectfully.

Roy loves dinner time, when the family sit together. Now, favourite meal is egg sambal, but growing up, it was Nasi Ayam (chicken and rice).

Nasi Ayam (Chicken & Rice)

Ingredients

Marinade: 1.8 kg chicken thighs 1-2 tbsp butter 3 tbs kecap manis 1 ½ tsp salt ½ tsp pepper

Broth: 2 litres water 2 cloves garlic 2 slices ginger 2tbs chicken powder 1 medium onion, quartered 1 large carrot, diced Salt and pepper to taste Coriander stems/roots Coriander leaves for garnish

Rice 2 c jasmine rice, rinsed 2 tbs butter 1 piece of chicken fat 2 cloves garlic, smashed 2 slices ginger 1 star anise 1 cinnamon stick 2 cloves Chicken stock/broth 1 stalk lemongrass, bruised 1 pandan leaf

½ tsp salt or to taste

- Marinate the chicken by rubbing the salt and pepper all over, followed by the kecap manis. Leave refrigerated for 2-4 hours.
- Chicken Broth: Bring water to the boil in a large pot and add garlic, ginger, chicken powder and onions. Simmer for 1 hour. Add salt and pepper to taste.
- Preheat oven to 190C. Rub butter over and under the chicken skin. and roast the chicken for 45-50 minutes until browned and cooked through. Remove and chop into pieces.
- Cook the rice. Heat pan. Add chicken fat and pat of butter. Fry 3-5 minutes. Add garlic, ginger, star anise, cinnamon and cloves to fry. Add in the rice and fry until rice is well coated with the mixture. Pour into rice cooker/pot and add the chicken broth until it comes up to the mark on your rice cooker. Add lemongrass, pandan leaf and stir in salt to taste. Start the rice cooker, and once cooked, fluff up the rice with a fork.
- To the remaining broth in the pot, add carrots and coriander stems/roots. Simmer for 10 minutes, adding salt and pepper to taste. Ladle into bowls and garnish with coriander leaves.
- Serve rice with chopped chicken, cucumber and tomatoes, chilli sauce, chilli soy sauce and chicken broth.



Robyn was born in Bairnsdale in 1953. When she was little, she always thought she would become a vet. Robyn remembers the time she fell off her bike and smashed her teeth. Something she used to love in school was typing. Robyn used to play badminton professionally, back in the 70's. Her favourite moment in her life was the birth of her children.

Robyn sees herself as a loving, caring and respectful person. She has an amazing work ethic. A special talent Robyn wishes she had was being an expert cook. She has always said how she wanted to be rich at some point in life. Robyn always gets complimented about how honest and respectful she is. Some advice Robyn would give to her younger self is to always work hard. Advice she gives her grandkids is that they should always look after themselves and appreciates the gift of time she has with her family.

Robyn loves meeting new people and talks to strangers every day when she goes shopping. Robyn rarely takes pictures but the last thing she took a picture of was of her retirement cake.

Her favourite meal and most important meal of the day is breakfast. Her favourite childhood dish was fried rice and even though they rarely had it, it was delicious.

Fried Rice

Ingredients (serves 1)

- 2 tbs oil/butter
- 200g bacon
- ½ onion
- 1 red capsicum
- 2 eggs
- 100g peas
- 100g corn
- 7tbs soy sauce
- 4tbs sweet chilli source
- 250g precooked rice

- Dice bacon, onion, capsicum
- Heat oil/butter in large frying pan or wok (medium to high heat)
- Add diced ingredients until golden, stirring constantly
- Remove onto a plate
- Whisk eggs
- Add egg mixture to wok, stir and cook through
- · Return cooked ingredients and stir, breaking up omelette
- Add peas and corn, stir through
- Add soy and sweet chilli sauce
- Mix in precooked rice and stir until warmed through
- Serve



Sunshine and laughing always puts Megan in a good mood. She loves country music and is proud of her ability to make good decisions for herself. She describes herself as caring, silly and accepting. Her most recent photo is of her dog Poppy dressed up in her pjs.

Megan doesn't care what other people say about someone, she makes her own assessment. She strongly believes that what other people think of you is none of your business; and believes that what seems big today won't be tomorrow.

Megan said having kids is the most unbelievable thing that's ever happened to her. Her favourite moments were meeting them for the first time. As they have grown, their laughter has made her smile, and she treasures the handmade gifts they made for her. Being able to spend time with them, even though they have grown up is still her favourite thing to do.

Even though she's less adverse to taking risks as she gets older, she talks to strangers all the time.

Her earliest childhood memory is of playing in the snow with her dad. She used to ride her bike everywhere and sometimes misses those carefree excursions. Dinner time was family time and still brings back fond memories. Lamb chops with cauliflower cheese was her most memorable childhood dinner.

Lamb Chops & Cauliflower Cheese

Ingredients (Serves 2)

- 4 lamb chops
- 1 tablespoon olive oil, or as needed
- 1 clove garlic, minced
- ½ tablespoon crushed fresh rosemary leaves
- sea salt and freshly ground black pepper to taste

Cauliflower Cheese (Cook first)

- 500g cauliflower florets
- 1 the olive oil
- · Pinch salt
- · Pinch pepper

Cheese Sauce

- 25g butter
- 1tbs plain flour
- 100ml milk
- 100ml cream
- Pinch sal
- 60g tasty cheese

Topping

• 40g tasty cheese

Serve with potatoes and other veggies of your choice

Method

Lamb Chops

- Preheat the oven to 220 degrees C
- Cut away excess fat from lamb chops (some fat does add flavor).
- Coat each chop lightly in olive oil. Season lamb chops with garlic, rosemary, salt, and pepper. Place lamb chops in a
- Bake uncovered in the preheated oven until cooked through (8 to 10 minutes).
- Remove from the oven and cover tightly with foil; let rest for 8 to 10 minutes. Serve with mint jelly on the side.

Cauliflower Cheese

- ROASTED CAULIFLOWER
- Preheat oven to 200°C
- Toss cauliflower florets in oil, salt and pepper. Spread on a large tray.
- Roast 20 minutes (don't turn). Cauliflower should still be a bit firm, but with some colour on them. Remove from oven.
- Turn oven down to 180°C
- CHEESE SAUCE
- · Heat milk and cream until hot either on the stove or in microwave
- Make roux: Melt butter in a large saucepan or small pot over medium heat. Add flour and cook, stirring regularly, for 3
 minutes
- Add milk: While stirring, pour in half the milk. Once the roux is dissolved into the milk (mixture will thicken), stir in remaining milk Stir on the heat for 1 minute mixture should be thick enough to coat a wooden spoon
- Add cheese: Turn the stove off, leave pot on the turned off stove. Stir in salt and both cheeses. The cheese will thicken the mixture so it's like a thick sauce
- Mix in cauliflower: Add cauliflower and toss to coat in the sauce
- · BAKE ·
- Fill baking dish: Transfer mixture to a 2L baking dish (30 x 20 x 5cm)
- Top with cheese:
- Bake at 180°C for 30 minutes until the cheese is melted, and cauliflower is bubbly and golden
- Serve: Sprinkle with parsley if desired. Stand 5 minutes then serve with Lamb chops and potatoes of choice



Russell's earliest childhood memory is following his sister and her friend to the shop. They had a penny each, he had a flat milk bottle top and got some sympathy lollies from the shop keeper. When he was little, he wanted to be a police officer.

Russell's favourite subject at school was English. His favourite moment in his life was getting a dragster push bike for Christmas. Something that Russell loved to do as a child but can't do anymore is ride motorbikes.

The three words that describe Russell are curious, fun and caring. Something that Russell is secretly good at is cryptic crosswords. Something Russell does differently to other people is he doesn't adapt to change like other people. He finds it hard. The genre of music that Russell listens to is 70s rock-heavy metal. One big fear that Russell has overcome is spiders. Russell has never eaten sushi (LOL). A life lesson that Russell thinks that everyone should know is you always get what you give, so whatever you give make it nice. Advice that Russell would give to his 20-year-old self would be work hard, don't be frivolous with what you earn.

When faced with a difficult decision Russell asks his wife Marie for advice. The nicest compliment that Russell has got was from a colleague/friend of his was that Russell makes people feel good. Russell thought that was pretty nice.

The last place that Russell visited was Darwin/Kakadu —soaking in nature and culture. The last picture that Russell took was a screen shot of a horse's name that he sent to my dad. Russell's profession is helping kids to learn.

If Russell could have anyone at the dinner table tonight, he would have all his children. His favourite childhood dish was Friday night dinner was fish and chips.

Fish & Chips

Ingredients

600g gummy shark fillets
2 tbs olive oil
1 tsp lemon zest
1 tbs lemon juice
1 garlic clove, minced
1 tsp smoked paprika
Salt & cracked pepper

Chips

3 large potatoes
2 tbs vegetable oil
Salt

Method

Prep the chips:

- Peel and cut potatoes into thick chips.
- Parboil in salted water for 5 minutes, drain, and let cool.
- Toss in vegetable oil and roast at 220°C for 25-30 minutes, flipping halfway, until golden and crisp.

Marinate the fish:

- Combine olive oil, lemon zest, juice, garlic, paprika, salt, and pepper.
- Coat fillets and let marinate for 15-20 minutes.

Grill the fish:

- Preheat grill or BBQ to medium-high.
- Grill fillets for 3-4 minutes per side, depending on thickness, until opaque and lightly charred.



Matt's earliest memory is running along the beach as a toddler. As a child, he loved receiving boxes of little army men and enjoyed horse riding, though he no longer rides. Family trips to Melbourne were special, especially stopping for KFC on the way home—his favourite childhood meal. One of the best compliments he ever received was from his dad after a footy game: "You played well." If he could speak to his 20-year-old self, he'd say, "Have a good time—but avoid the dangerous stuff."

A creative thinker and problem solver, Matt is often described as an enigma—helpful and passionate—though he wishes he could be more focused. Public speaking makes him anxious despite doing it often. He's not much of a risk taker, but he has faced danger: a life—threatening stomach bleed that required surgery, during which he nearly died four times and even woke up mid-operation.

One of his favourite moments was appearing on *The Chase Australia*. He didn't win but performed well. Other treasured memories include the births of his children and grandchildren. If he could invite anyone to dinner, he'd choose Ernest Hemingway, John Lennon, and a close friend who passed away. He has a deep love for history, especially early and medieval times, and treasures his quitar and massage chair.

Matt works in two fields: visiting schools to teach about sustainable fishing and farming. He believes strongly in caring for the planet and thinks we should all spend more time planting trees and protecting nature.

Southern Fried Chicken & Coleslaw

Ingredients

Chicken recipe

- 500g bone in chicken pieces
- Buttermilk marinade:
- 25ml buttermilk
- pinch salt
- 1 eaa
- Fried Chicken Breading
- 40g plain flour
- 15g corn flour
- KFC 11 Secret Herbs and Spices
- ¼ tsp salt
- ¼ tsp celery salt
- pinch black pepper
- pinch sweet paprika
- small pinch cayenne pepper
- pinch onion powder
- ½ tsp garlic powder
- small pinch mustard powder
- pinch ginger powder
- pinch dried thyme
- pinch tsp dried oregano

To fry:

• 200ml oil

Method

Buttermilk Marinade Chicken:

- Mix Marinade in a bowl until salt dissolves.
- Pour over chicken in ziplock bag, massage to coat chicken. Press out excess air, seal, refrigerate 12 to 24 hours, turning once or twice.
- Pour chicken and marinade into large bowl.

Breading mixture:

- Whisk together Breading and all KFC Secret Herbs & Spices.
- Drizzle 4.5 tablespoons of marinade into flour mixture.
- Use fingers to rub in so you get lots of pea sized lumpy bits all throughout (this creates extra super crunchy craggy bits).
- Spread out in a shallow dish or pan (easier to work with).

Prepare to cook

- Preheat oven to 180°C
- Place rack on trav to keep chicken warm.
- Add oil to a wide, heavy based pot to a depth of 6 cm (26cm cast iron pot)
- Heat oil over medium high heat.

Breading:

- Start with thighs and drumsticks, wings next and cook breast last.
- Squidge a piece of chicken in remaining marinade, place in flour.
- Coat well, pressing very firmly to adhere. Transfer to plate.
- Coat 2 or 3 more pieces just for one cooking batch, covering oil surface in single layer.

Frving:

- Carefully place chicken in oil it will bubble energetically but it will not spit.
- Once chicken is in, oil temperature should drop to $150\,^{\circ}\mathrm{C}$ adjust heat to target this.
- ullet DO NOT TOUCH chicken for 2 minutes to let the crust bond with the chicken skin. Thighs and drumsticks -
- Cook for 8 minutes (wings for 5 minutes), or until deep golden brown and internal temperature at thickest part is 75°C.

Breast - fry for 6 minutes or until internal temperature at thickest part is 65°C (time depends on size).

· Place onto rack and keep warm in oven. Repeat with remaining chicken, coating each batch just prior to cooking.

Serve with your favourite coleslaw recipe



Gael's earliest memory is from when she was about three or four, she got this big bride doll for Christmas, and it totally stuck with her. As a kid, she was into long-distance running and even did it competitively during primary school. She kind of wishes she'd learned an instrument back then too. She then later became really good with knitting and crocheting even though she doesn't make a big deal about it.

Meeting her husband was one of those wild, "is this real life?" moments, and her wedding day is still her all-time favourite memory. Gael is a total family person ,being around her loved ones is what makes her happiest and always puts her in a good mood. She once got the sweetest compliment: someone thanked her for driving them around when they didn't have a car. That kind of thing means a lot to her.

When she's stressed, she chills out by knitting, usually while watching TV, which she knows isn't how most people do it, but it works for her. Her electric blanket is her favourite thing at home, especially when she's winding down at night.

One of the biggest things she's ever done was moving to a whole new country, away from her family and everything familiar. It was scary, but she got through it. If she could go back and change something, she'd probably choose to stay home with her kids instead of working ,that's something she thinks about sometimes.

She's all about dinner, it's her favourite meal of the day. The last place she visited was Lakes Entrance, which was a lovely day trip. She's never been skydiving, but it was something she was interested in potentially doing. And if she could give one piece of advice to someone leaving school and starting work, it'd be: go flatting. It teaches you a lot about life and independence.

If you had to describe Gael in three words, they'd be kind, caring, and happy. She's the kind of person who makes people feel looked after and loved, just by being herself.

Gael's favourite dish from memory as a child was having some tasty mac and cheese which she absolutely adored.

Mac'n'Cheese

Ingredients

 $\frac{1}{2}$ c unsalted butter, plus more for baking dish

Salt to taste

500 g elbow macaroni

1/2 cup plain flour

5 c milk

1 tsp mustard powder

Freshly ground black pepper

3 c cheddar, shredded

2 c Gruyère, shredded

1 ½ c finely grated Parmesan cheese

1 c panko breadcrumbs

3 tbs extra-virgin olive oil

- Preheat oven to 180C.
- Grease a 20cm baking dish with butter.
- In a large pot of boiling salted water, cook macaroni, stirring occasionally, until al dente, 5 to 6 minutes.
- Drain.
- In a large saucepan over medium heat, melt 1 stick butter.
- Sprinkle flour over and cook, stirring, until slightly golden and toasty smelling, 2 to 3 minutes.
- Pour in milk and whisk until combined. Add mustard powder; season with salt and pepper. Bring to a simmer over medium-high heat and cook, stirring, until sauce starts to thicken, about 2 minutes.
- Remove pan from heat and whisk in cheddar, Gruyère, and 1 c Parmesan until melted and smooth. Stir in macaroni and transfer to prepared dish.
- In a small bowl, combine panko, oil, and remaining 1/2 cup Parmesan. Sprinkle over macaroni; season with more pepper.
- Bake mac and cheese until bubbly and golden, 25 to 30 minutes. Let cool 10 minutes.



When Tiah was little, she always loved animals. She and one of her school friends even had a plan to breed them. Her earliest childhood memory is not a pleasant one: her parents having a fight, and her mum walking out and not returning until the next day.

As a child, Tiah really enjoyed reading — something she doesn't do enough of anymore. It was all she did growing up; as soon as she could read, that was all she wanted to do. Her mum was always telling her she wasn't allowed to read at the dinner table, which she found very upsetting. These days, she doesn't have the focus or time to read as much as she would like.

In primary school, she played the tenor recorder — a long, deep-sounding instrument similar to a clarinet — and was part of the recorder band. Her grandmother insisted she learn the organ because she owned one, and although it wasn't her choice, Tiah doesn't regret it. It gave her a foundation in musical knowledge. She also started learning the guitar, which she enjoyed but eventually grew bored of. Currently, she plays the violin in Crescendo — something she never imagined herself doing, but she enjoys it. Music always puts her in a good mood — artists like Sigur Rós, Leonard Cohen, and many others.

Her favourite subject in school was science, particularly genetics. Unfortunately, her teacher was ineffective, so Tiah taught herself using the textbook. Her curiosity and determination helped her succeed despite the lack of proper instruction.

Tiah was never very competitive. Although she played netball as a child, she generally avoids team sports. She's not particularly interested in competition, has never liked it, and has always preferred to do things her own way.

The advice she would give her twenty-year-old self is: "Stop being so afraid. Just do it. Get there and do it. Stop worrying about what people think - it doesn't matter. What matters is what you believe. Other people's opinions are irrelevant."

One life lesson she believes everyone should know is that you are capable of anything. You just have to believe in yourself and know that you can achieve anything you set your mind to. Every person is an amazing human being, regardless of what they are or aren't good at. Just believe in yourself. The most unbelievable thing that's ever happened to Tiah is that she got to go to Ireland. She had been dreaming of visiting since she was twelve, and she finally went in her thirties. It was an incredible experience — she loved every moment and didn't want to come home. Ever. She has also visited Singapore, where she caught up with her mum, Tusa, who was returning from France. Afterward, they travelled to Bintan Island in Indonesia. She's also been to Ireland, where she travelled extensively. Her most memorable moment was when she was living in China and had to sing alone on stage. No one else could pronounce "smile" without it sounding like "smell," so she stepped up. That moment made her realise she could do anything — that she was capable of handling whatever life threw at her.

If she could have dinner with anyone, it would be her mum. She misses her deeply. Her mum was the best human being in existence, and Tiah would love nothing more than to share a meal with her again.

Three words that describe her are: independent, stubborn, and loving. Hugs always make her smile. The biggest fear she's overcome is trusting people. She struggled with trust growing up and, at times, still does.

When faced with difficult decisions, she used to ask her mum. Now, she sometimes asks her partner for advice. Mostly, she works things out herself. She's good at making big decisions, but not small ones. Little decisions, like what to have for dinner or what to wear, feel annoying and unimportant to her. Big decisions, on the other hand, come more easily.

Tiah believes that risk is an essential part of life. She thinks that if you take a risk and truly care about it, amazing things can happen. Without risk, nothing happens. Taking risks helps you discover things about yourself, the world, and other people.

She wishes she had the ability to write long stories instead of just short ones. She's always wanted to write a book but finds it hard to stay with a story for a long time. If she could change one thing in her life, she would have started woodwork much earlier. She wishes she had built lots and lots of furniture.

Her favourite thing at home is her family — not that it's a "thing," but it's what matters most. Her family, her pets, the things she loves, and her plants bring her joy.

Tiah's favourite meal of the day is breakfast because it's not overly complex.

There was a dish her mum used to make and she's not sure what you'd call it but she would cook a chicken and then she'd pull it all apart and then she'd mix it up with creamed corn and some sort of chicken stock stuff and then she'd put it in a baking tray, and she'd put breadcrumbs and cheese over the top and there was never enough of it.

Chicken & Creamed Corn Bake

Ingredients

100 g chicken strips

1 tsp onion powder

½ tsp of garlic powder

2 x 470g cans creamed corn

3 tbs olive oil

1 c diced onions

4 cloves garlic, minced

1 tsp dry oregano

2 sprigs fresh thyme

1 pinch red pepper flakes

2 tbs unsalted butter

1/3 c parmesan cheese freshly grated

salt and pepper to taste

fresh coriander for garnish

- Preheat oven 180C
- Place the chicken, cut into strips on a plate, drizzle with one tbs olive oil.
- · Season with salt and pepper, onion powder and garlic powder, and set aside.
- Heat pan over medium to high heat and drizzle in olive oil.
- Add seasoned chicken strips to the hot pan and sear until golden brown.
- · Remove chicken and set aside.
- Add onion to the same skillet and saute until soft and translucent.
- Add garlic. Sautee until fragrant, about 1-2 minutes.
- Add a pinch of red pepper flakes, oregano and thyme. Stir to combine.
- Add corn. Stir to combine.
- Season with salt and pepper, simmer until thickened, about 5-8 minutes.
- Remove the thyme sprigs, add butter and parmesan cheese. Stir to combine
- Simmer gently for 5 min.
- Add the chicken and the juices back to the pan and simmer a few more minutes.
- Pour into casserole dish and back uncovered for 30 min. Remove, rest for 10 min. Sprinkle with coriander.



Three words that Ash would use to describe herself as: helpful, kind, and funny. A piece of advice she would give her 20-year-old self is think before you do; and be respectful. One lesson that she think everyone should know is be kind to others: you do not know what everyone else is going through. The person she goes to for advice when she has to make a difficult decision is her mum because she always gives good advice.

Something Ash does differently to most people is that she can reach things up higher then most. Someone that she would like to have dinner with tonight is Aunty Sal, she likes her cooking. She likes to read is about true crime because ever since she was little, she's liked hearing about different crime stories, even though some were very gruesome.

The last place that Ash visited was the Mitchell River National Park to go on a bush walk and see some waterfalls. The biggest fear she has overcome is spiders; they use to scare her. Now she doesn't mind if they're around. The thing that makes her smile the most is being around my family and my friends.

When she was little, she thought her future job would be something mechanical - like working with cars. Her favourite subject in school was food tech because Ash loved to cook and bake stuff. As a child growing up my favourite meal spaghetti and meatballs.

Spaghetti Bolognese

Ingredients

100g minced beef
One small onion
One medium cloves garlic
Small 200g tin chopped tomatoes
2 tsp tomato puree
Pinch diced basil
Pinch sugar
1 c beef stock
Pinch dried oregano

80g pasta of choice

- Place the minced beef in a large pan and cook over a medium heat until browned right through.
- Drain off any excess fat, then add the chopped onion and crushed garlic and cook for 2 3 minutes.
- Add tomatoes, tomato puree, herbs, sugar and red wine and bring to a boil.
- Simmer for 20 30 minutes, leaving the lid off if the sauce needs to thicken.
- When the sauce is cooked, boil 80g spaghetti according to package instructions
- Serve with the sauce and mixed salad.

Something Sweet



Tash was born in Sandringham in 1979. She describes herself as outgoing, bubbly, and kind.

Sport has always been part of her life—she especially enjoys playing competitive netball. She finds happiness in her work at the school, spending time with her family, and visiting meaningful places.

The most valuable lesson Tash has learned is the importance of being kind to yourself. Some of her favourite gifts are the handmade treasures she's received from her children. The last place she travelled to was Lennox Head in New South Wales.

Looking back, she wishes she had made wiser choices during her teenage years. If she could give advice to her younger self at 20, she'd tell herself to save more money.

Although she enjoys taking safe risks, Tash admits that public speaking is her biggest fear. She has never experimented with illicit drugs.

Tash has some fun hidden talents—she can do the worm and even backflips. Still, she wishes she could sing or play an instrument, as she has a real love for music across many genres.

One of her earliest memories is getting lost on Melbourne's Flinders Street Bridge at just two years old. As a child, she loved riding her push bike everywhere.

When she was little, she imagined herself becoming a hairdresser. In school, psychology was her favourite subject, and her favourite childhood treat was Chocolate Ripple Cake.

Chocolate Ripple Cake

Ingredients

1 pkt Chocolate Ripple Biscuits

600ml Whipping cream

Berries

Flaked chocolate

- Whip the cream until it reaches stiff peaks. Be careful not to over-beat the cream, or it will become grainy.
- Spread a little cream over your serving plate of choice.
- · Layer. Spread one tablespoon of the cream onto a Chocolate Ripple biscuit.
- Place another biscuit on top and press together gently to seal. Continue to layer cream + biscuit + cream until you reach a stack of 5 6 biscuits (or to your desired size).
- Place the stack of biscuits and cream onto the serving plate.
- · Repeat with the remaining biscuits until you have formed a rectangular log shape.
- Cover the top and sides of the biscuits completely with the remaining cream and use a spatula to smooth the edges.
- Cover and refrigerate for 6-8 hours (overnight is best) for the biscuits to soften and change texture in the cream.
- Note: The cake takes 6-8 hours to set and soften, so is best made the night before you want to enjoy it.
- Decorate: when you are ready to serve, decorate the cake with fresh berries, chocolate or your choice of sweet toppings. Slice and serve chilled.



Sue was born in the UK in 1959. She grew up in Burnley, Lancashire, England, and her earliest childhood memory is going to infant school. Her favourite TV show as a child was "The Magic Roundabout".

Sue got her first job at the age of 12 as a sewing machinist for Bluebird Children's Wear. When she was young, her dream job was to be a nurse. A talent she wishes she had is the ability to draw portraits. She believes that the life lesson everyone should know is to treat others as you would like to be treated. Secretly, she is good at having a Bailey's with coffee. She describes herself as "cheeky, fun, and honest."

Her biggest fears are snakes, rats, and mice. The movie genres that have had the most impact on her are psychic shows and movies.

Currently, Sue is a barmaid at the Metung Hotel. If she could change one thing in her life, she would have pursued her nursing career. Her favourite moment in life was giving birth to her children, and she considers getting married and having a family the most unbelievable thing that has ever happened to her. The nicest compliment she has ever received was from her husband and kids, who told her what a good wife and mother she is. Her family puts her in a good mood. The advice she would give her 20-year-old self is to "live life to the fullest." If she could have dinner with anyone, it would be her parents and in-laws, who have since passed away. On Sue's bucket list is to go on another holiday because she loves to relax.

Her favourite childhood dish was suet dumplings with golden syrup sauce and ice cream.

Anne was born in 1955 in Bairnsdale. One of Anne's most special memories is having her two childrenit's something she is forever grateful for. She sees herself as kind, considerate, and loyal, and she truly believes that treating others with kindness is one of the most important lessons in Her grandchildren are her greatest treasures, and they bring her endless joy.

Anne has fond memories of watching cartoons on weekend mornings, a simple joy from her early years. She also loved skipping rope—it was one of her favourite things to do as a child. In school, Anne enjoyed English and Food Tech the most. They gave her a chance to be creative and hands-on. She wished she focused more on improving her career in hopes to travel more.

Anne has always had a love for music, especially when Bon Jovi or Pink are playing—it instantly lifts her mood. As a young girl, she was fascinated by ballerina books and dreamed of dancing on stage. Although she left school in Year 11 and wishes she'd stuck with it to aim for a more advanced career, that dream still lives in her heart. Over the years, people often complimented her hair, which always made her feel good.

One of Anne's proudest moments was snorkelling in the Great Barrier Reef, eight years ago. It was a huge step for her, especially since she had a fear of the ocean. She's never been on a cruise ship—she'd love to, but seasickness holds her back. Still, she's had some great travel experiences, like her trip to New Zealand six years ago and visited tourist places like Christchurch, Queenstown, Milford Sound and Franz Josef which she went up in a plane to see the glaciers up close.

Her partner, Russel, is someone she leans on when making tough decisions. Anne finds comfort in the little things at home, especially her bookshelf, which she absolutely loves.

Lunch is her favourite meal of the day. Golden syrup dumplings bring back sweet memories from her childhood.

Tara describes herself as knowledgeable, annoying and funny.

One of Tara's favourite memories is of a Christmas when she was very young. Her family had just moved house, and she received a teddy bear. She named the bear Humphrey, and she still has the bear, today. The most unbelievable thing that has ever happened to her is appearing in a Bollywood movie about hockey. She was very excited about this because she loves hockey and used to play competitively. Tara made it all the way to the State team but just missed on playing for Australia in the 1990 Commonwealth Games.

Tara is a teacher. She teaches people to read and enjoy books. When she was young, she had no intention of being a teacher. Both her parents were teachers, so she didn't want to do the same as them. She has since changed her mind, as she realises that being around young people keeps her mind young. Tara really wanted to be a Librarian because she is a big reader and loved Literature in Secondary School. Instead of going straight to Uni after finishing school, she would have liked to explore her creative side and dabble in fashion or music. She doesn't have a great musical talent, though and wishes she had learnt to play the clarinet and saxophone. Instead, she listens to jazz and alternative music for relaxation.

Over time, Tara has learnt that it's okay to be wrong every now and then, and that with time, things do get better. Unlike many people, she has no fear of meeting new people. She does this all the time. She does have ongoing fears though - skydiving and paragliding.

Apart from her family, her most precious thing in the world, if she could have dinner with anyone tonight, dead or alive, it would be Stephen Fry, because he's so knowledgeable. He has a soothing voice and would be about the only person who would shut her up for any amount of time. If she could, she would rather swap the get together to a brunch and finish it off with her mum's Golden Syrup Dumplings.

Golden Syrup Dumplings

Ingredients

Dumplings
100 g suet or butter
200 g SR flour
2 tbs brown sugar
lemon zest
100 ml water
1 egg
pinch salt

Sauce ½ cup golden syrup ½ cup brown sugar 3 cups water 1/2 butter 1 tbs lemon juice

Serve with vanilla ice-cream

Method

Dumplings

- Finely grate the suet the smaller the better. Mix the flour, sugar, zest and salt into the suet and rub together well
- Add the egg and most of the water- you may need a little more or less
- Turn out and knead lightly until smooth dough forms. It should be elastic and pliable
- Split the dough in half, then cut into 8 pieces each, about the size of a whole walnut.

Sauce

- Mix the ingredients for the sauce in a medium saucepan-cover tightly with a lid and bring to the boil. Let it boil for a few minutes, to thoroughly combine and turn syrupy.
- Carefully add the little dumplings
- Let the sauce come back up to boil then put on the lid and turn the temperature down to a simmer
- Simmer for 10 minutes, turn them over. Pop the lid back on and simmer for 10 more minutes.
- · Check one of the dumplings, they should be dry and fluffy inside.
- Serve them hot, drizzled with sauce and a scoop of vanilla ice cream.



Rebecca is 52 years old and spent the early years of her life growing up in Melbourne. Her earliest childhood memory is going camping and making lots of new friends each time she went. One of her favourite childhood activities was roller skating, although she no longer does it. As a young girl, she dreamed of becoming a nurse.

A moment she cherishes most in her life was attending the Shooter Eco event at the Leongatha Drive-In, where live music was playing—a memory that has stayed with her.

If she could change something about her life, Rebecca wishes she had travelled more and explored the world. One of the most unbelievable experiences she's had was driving an ambulance through Traralgon—something she had always wanted to do.

The advice she would give to her twenty-year-old self is to take more courses and not be so hard on herself. A life lesson she believes everyone should know is how to change a tyre-it's a handy skill-and that everyone should learn how to be kind.

Rebecca has received many lovely gifts over the years, but she considers her four children to be the greatest gift of all. Three words that best describe her are kind, loyal, and family oriented. Chocolate is something that always puts her in a good mood.

When it comes to music, Rebecca enjoys a wide variety of genres. She especially loves modern music and rock but has a deep appreciation for the sounds of the 1980s.

Her favourite spot at home is her egg chair, where she enjoys sitting outside with a cup of coffee in the morning. One of her biggest personal triumphs has been overcoming the fear of standing up for herself and learning to say no.

Something she has never done—but would like to—is bungee jumping. The last place she visited was Cape Conran during the school holidays. The most recent photo she took was of her beloved dog, Pugsley.

Her favourite meal of the day now, is breakfast and her favourite childhood dish is apple crumble.

Apple Crumble

Ingredients

4 to 5 medium-sized apples peeled, cored, and sliced

1/4 cup (50g) granulated sugar (adjust depending on apple sweetness)

1 tbs lemon juice

1 tsp cinnamon

1 c (125g) plain flour

½ c (100g) brown sugar

 $^{1}\!_{2}$ c (115g) cold unsalted butter, cut into small cubes

½ c (45g) rolled oats

Pinch of salt

Method

Apple Filling

- Preheat your oven to 180°C
- In a large bowl, toss the sliced apples with granulated sugar, ground cinnamon, and lemon juice to keep the apples from browning and add flavour. Set aside so the flavours meld.

Crumble Topping

- In another bowl, combine the flour, brown sugar, rolled oats (if using), and a pinch of salt. Add the cold diced butter.
- Using your fingers or a pastry cutter, rub the butter into the dry ingredients until the mixture resembles coarse crumbs with some pea-sized pieces remaining. The cold butter helps create a crisp, crumbly texture.

Assemble the Crumble

• Spread the apple mixture evenly in a baking dish (about 8-inch or 20cm square). Sprinkle the crumble topping evenly over the apples, covering them completely.

Bak€

• Place the dish in the oven and bake for 40 to 45 minutes, or until the topping is golden brown and crisp, and the apple filling is bubbling around the edges. If the topping browns too quickly, cover loosely with foil halfway through baking.

Cool and Serve

Allow the apple crumble to cool slightly before serving so the filling thickens a bit.
 Serve warm on its own, or with cream, custard, or vanilla ice cream for an extra indulgent treat.



When Pearl was growing up, her fondest memory was horse riding, which remains her favourite part of her life. Although she can no longer participate in this activity, it will forever hold a special place in her heart.

When asked how she would explain her job to a six-year-old, she humorously replied, "sitting at a desk all day," She quipped, "I'm basically part of the furniture."

Describing herself in three words, Pearl chose trustworthy, honest, and a good team player, qualities she values highly. As a child, she imagined becoming a teacher and driving a red sports car, never envisioning her current career.

When prompted about a talent she wishes she possessed, she expressed a desire to be more easy-going. Regarding risk-taking, she admitted, "not good." If she could change anything in her life, she would wish for "the opportunities I have now."

Pearl mentioned that she primarily listens to gospel music, and if she could offer advice to her 20-year-old self, it would be: "cherish what you have." One life lesson she believes everyone should know is, "life is too short; be honest with yourself and others."

When asked about the most unbelievable experience she has had, Pearl shared that traveling overseas was something she never thought she would do. Her favourite subject in school was math, and her earliest childhood memory is taking a train ride from Melbourne to Adelaide when she was just two years old.

At home, Pearl's favourite aspect is her family. The last place she visited was Griffith, and the most recent photo she took on her phone was of her grandson.

When asked about her favourite meal of the day, she chose breakfast, as it helps kickstart her day. She reminisced about her favourite childhood dish, Apple Roly Poly, a delightful treat her mother used to make.

Apple Roly Poly

Ingredients

Pudding

120 g butter
350 g self-raising flour
pinch salt
260 g milk

2 tsp. ground cinnamon handful of sultanas

Sauce

3 tbs golden syrup 3/4 c brown sugar 2 c boiling water 2 tbs butter pinch salt

Method

Pudding

- Grease a casserole dish with butter and set aside. Pre-heat oven to 170°C.
- Add butter, self-raising flour, salt and milk into a large bowl or food processor. Mix together with a wooden spoon or on low to medium speed until it forms a ball. Will take approx 15 seconds.
- Once in a ball, it'll be sticky, which is fine. Flour a bench top well and tip out the dough.
- Roll the dough into a rectangle shape about 1/2 cm thick.
- Evenly spread the diced apple, cinnamon, and sultanas over the dough.
- Roll into a log then slice into 4 cm slices. Place these into the dish and arrange them side by side until the dish is full.

Sauce

- Melt the butter and add to a large bowl with all sauce ingredients and mix until well combined.
- Tip over the top of your scrolls and place the dish in the oven.
- Cook until golden brown on top, approx 25 minutes.
- Serve warm with pouring cream, or ice-cream.



Jo's earliest childhood memory was when a kangaroo caused damage to a window that her dad had to fix with putty. She used to love horse riding as a child but no longer pursues that activity.

She is described as loyal, family-oriented, and resilient. Jo finds joy in the humorous antics of her dogs, which she considers her favourite thing at home.

Two important life lessons that Jo lives by are to always respect her parents and to understand that everyone makes mistakes. She fondly recalls memories of her father, who passed away 13 years ago, and wishes she could have dinner with him one more time.

Jo's most cherished moment was giving birth to her son, a sentiment she believes is shared by every mother. She holds onto a necklace her son made for her in kindergarten as a precious keepsake.

To relax, Jo enjoys driving in the bush and escaping from her busy life. She is responsible for managing staff wages and ensuring they are compensated for their work. Traveling lifts her spirits, and she is eagerly preparing for a significant trip next year. Overcoming her fear of swimming in the ocean with sharks and crocodiles has emboldened her to swim with whale sharks on the Ningaloo Reef, though she has no plans to try bungee jumping anytime soon.

Teatime is Jo's favourite meal of the day because she puts the most effort into it. Her favourite childhood dish is Chocolate Self Saucing Pudding.

Chocolate Pudding

Ingredients

Topping

1 c brown sugar

½ c cocoa

1 4 c boiling water

Pudding

1 cup plain flour
2 ½ tsp baking powder
1/3 cup caster sugar

14 cup cocoa powder

Pinch of salt

½ cup milk

50 g butter, melted

1 egg

1 tsp vanilla extract

Method

- Preheat oven to 170C
- Grease a 5 6 cup baking dish with butter
- Topping: Whisk brown sugar and cocoa in a bowl, set aside.
- Whisk flour, baking powder, caster sugar, cocoa powder and salt in a bowl.
- In a separate bowl or jug, whisk together the butter and milk, then whisk in the egg and vanilla.
- Pour the egg mixture into the flour mixture. Mix until combined it will be a thick batter.
- Spread into baking dish. Sprinkle with sugar / cocoa mixture. Shake gently to spread out thinly.
- Carefully pour the hot water over the back of a dessert spoon all over the top of the pudding.
- Transfer to oven and bake for 30 minutes, or until the top of the cake springs back when poked lightly. The top will be a bit crusty, like the top of brownies.
- Remove from oven, stand for just a few minutes (no more!), then serve immediately.



Kim's favourite memory is celebrating Christmas with her family. Seeing her children happy always lifts her spirits and puts her in a good mood. She feels warm and gooey inside when they say, "I love you." Her earliest memory, however, is of being charged by a bull.

Kim is understanding, caring, and possesses excellent cleaning skills. As a child, she dreamed of becoming an air hostess. She once worked in a bakery and remains a talented cook to this day. If given the chance, she would love to cook dinner for her mother one more time.

Her true talent, however, lies in her cleaning abilities. She proudly admits to being a "cleaning freak." Kim works as a cleaner at a caravan park and takes pride in helping make people's holidays pleasant and spotless.

Taking risks, however, scares her. She wishes she were more of an IT wizard—then she could use Spotify to listen to Elvis more.

If she could offer her younger self some sage advice, it would be to find more ways to be happy, so life could be enjoyed to the fullest.

Teatime with family is Kim's favourite time of day, and Jelly Slice was her most beloved childhood treat.

Michelle describes herself as kind, firm and honest. Her favourite things she has at home are her children. And the most recent place she has visited was Colac Otway.

One life lesson that she thinks everyone should know is that money doesn't grow on trees. Even though she doesn't think she has a secret superpower, she is good at most things she tries. She used to play pool competitively with her dad. One thing she has never tried though, is skydiving. Michelle said that if she was to wish for a talent it would to be able to swim up to the speeds of an Olympic swimmer; and if she was to do something differently in her life it would have been finishing high school.

One of Michelle's favourite memories when she was younger, was of bathing her horse, Bruce, in the Dargo River. Another is riding her horse Bruce through the Buchan Ranges. Her earliest childhood memory was her brother hitting her in the face with a golf club. Whilst the most unbelievable thing that happen to her was saving a girl from drowning when she was 13.

When she was younger, she aspired to be a nurse. If she was to describe her job to a six-year-old now, she would say she calls people, she talks to people and she helps people get meals they can't afford.

Michelle's favourite dish as a kid was jelly slice.

Jelly Slice

Ingredients

150 g plain sweet biscuits, crushed to resemble a fine crumb

100 g butter, melted

1 cup boiling water

 $1 \times 395 \text{ g}$ can sweetened condensed milk

1 x 85g strawberry or raspberry flavoured jelly

2 ½ teaspoons gelatine powder

Method

- Line a 20 cm square pan with baking paper.
- Combine crushed biscuits and melted butter, stir to combine well.
- Press biscuit crumb evenly over base. Refrigerate while making filling.
- In a bowl combine boiling water and gelatine, stirring well until gelatine is completely dissolved
- Stir through the condensed milk.
- Set aside to cool to room temperature.
- Pour mixture over the biscuit base and refrigerate until set (1-2 hours).
- In a second bowl, prepare jelly according to packet instructions, using 100 mL less cold water than directed.
- Allow to cool completely.
- Gently pour jelly over set filling and refrigerate for 1-2 hours or until jelly is set.
- Slice to serve.



Vicky is 66 and grew up in Dandenong. Her earliest childhood memory is being in her childhood room, which had blue timber walls, with her parents laughing. As a child, her favourite activity was building cubby houses, which she no longer does. Her favourite subject in school was science, and 3 words to describes herself would be: reliable, honest, and kind.

Her family always makes her smile, and she's secretly good at organizing things. If she could have dinner with anyone, dead or alive, it would be her mother. She enjoys talking to strangers and being social. Vicky's favourite things in her house are her husband, dog, car, and swimming pool. Her favourite moment in life was getting married.

When asked to describe her work to a 6-year-old, she would say she's retired now but was a cooking teacher at a secondary college. A talent she wishes she had was the ability to sing. The music genres she listens to most are rock and roll and country. She believes the most important life lesson everyone should know is to be trustworthy.

The biggest fear she has overcome is socializing, and something she has never done is go to jail. When she is relaxed, she has coffee with her grandpa. The last picture she took was of her dogs. Her favourite meal is dinner because she gets to share it with her family, and her favourite childhood dish was Golden Vanilla Cake.

Golden Vanilla Cake

1 tablespoon vanilla

1 tbs vanilla

- Lightly grease the bottom only of one 20x 30cm pan
- In a large mixing bowl, whisk together the sugar, flour, baking powder, and salt.
- Add the butter and beat with an electric mixer at low speed, until the mixture looks sandy.
- · Combine the milk and vanilla and add, all at once. Mix at low speed for 30 seconds, then increase the speed to medium and beat for 30 seconds. Scrape the bottom and sides of the mixing bowl.
- · With the mixer running at low speed, add 1 egg. Increase the speed to medium and beat for 30 seconds.
- Repeat this procedure with the second egg. Continue adding the eggs, scraping after each addition, until all 4 are added.
- After the last egg is added, scrape the bowl once more, then beat at medium-high speed for 30 more

- The cake is done when it's golden brown around the edges and just beginning to pull away from the edge of the pan. A toothpick inserted in the centre will come out clean.
- · Remove the cake from the oven and allow it to cool for 5 minutes, then turn it out onto a rack to cool completely.

- Gradually add icing sugar until combined
- Add cream gradually
- Add vanilla
- Spread over cake



Mick was born in 1953. One of his earliest memories was having heart surgery at the age of 14, it was a life changing experience for him that had stayed with him though his life. When he was little, he grew up believing he was going to be a truck driver always dreaming of being behind the wheel.

A few things that put him in a good mood are spending time with his tractor, working on the farm and driving his truck around the state. When his grandkids were little, the best way he would describe his job to them was big truck broom with food in the back. One of his favourite moments of his life is getting his license for the first time ever.

He is an outgoing man with a kind soul, some would call him a hardworking guy, but he isn't a fan of taking a risk, like sure he will try something new, but he isn't too fond of a risk. Something he wishes he had of done differently in his life was focus more at school.

While working away or even just driving around, he loves to listen to music he's genre of tunes is country, and a bit of rock, from slim dusty to Elton john and bob Dylan, he loves It all! A talent pop wishes he had been skiing or anything like that, he told his grandkids he always wishes he could go up to the snow and ski. Something he loved doing when he was little that he doesn't do now is playing cricket because he has gotten too old.

A life lesson he wants everyone to know is that climate change isn't real and everyone needs to live their life while they can. And on another note, is if he was to have dinner with anyone, he would have it with his whole entire family. The best and his favourite compliment he ever received was from his wife minnie, saying he smells very handsome on their wedding day.

A bit of advice Mick would give his 20-yr old self is to keep working hard and don't stop because it always ends up working out. One of the most unbelievable things that have happened in his life was when he had his first child, Dennis and then his daughter Amber. And the greatest gift he has ever received was his wife, kids and grandkids because that make him happiest.

The last place mick visited was Sydney because he was a truck driver and would go up there every week and his favourite thing at home is his favourite chair in the lounge room in front of the Tv and his little budgies.

Lastly Micks favourite childhood dish was Carmel slice.

Caramel Slice

Ingredients

Rase

1 cup plain flour, sifted
½ cup brown sugar
½ cup Coles Desiccated
Coconut
125g butter, melted

Filling

395g can Sweetened Condensed Milk
2 tbsp golden syrup

60g butter, melted

Topping

125g cooking chocolate, chopped

60g copha, chopped

Method

- Preheat oven to 180°C fan forced.
- Line a 3cm deep, 28 x 18cm (base) lamington pan.

Base

• Combine flour, sugar, coconut and butter in a bowl. Mix well. Press into prepared lamington pan. Bake for 15 to 20 minutes, or until light golden. Remove from oven. Cool.

Filling

• Combine condensed milk, golden syrup and butter in a saucepan over medium heat. Cook, whisking, for 8 minutes or until golden. Pour over cooked base. Bake for 12 minutes or until firm. Cool completely. Refrigerate for 1 to 2 hours, or until set

Topping

• Place chocolate and copha into a heat-proof bowl over a saucepan of simmering water. Stir until melted. Pour over caramel. Refrigerate to set. Cut into squares to serve.



Dennis is the kind of man you'd describe in three simple but powerful words: hardworking, honest, and caring. There's something about the way he moves through life - quiet determination, calloused hands, and a heart full of love - that tells you right away he's someone who puts others first.

Nothing puts Dennis in a better mood than being on his farm. The smell of fresh hay, the gentle lowing of his cows, and the hum of his tractor remind him of what matters most. Out there, he feels grounded. Life slows down, and the world makes a bit more sense. His favourite things at home? Without a doubt - that old tractor and those cows. They're not just tools or animals; they're part of who he is.

As a child, Dennis dreamed of becoming a truck driver. It made sense at the time - his dad worked with trucks and even built Dennis his first billy kart using ball bearings from his truck. Dennis still remembers racing that kart down the street, wind in his hair, feeling unstoppable. But life had different plans. His earliest memories are painted with simple joys - fishing with homemade flies, eating his Nan's golden syrup dumplings, and running wild through bushland. He doesn't fish as much anymore, not like he used to, and he's never been surfing - not once. Maybe one day, but probably not.

Looking back, if there's one thing Dennis would change, it would be choosing not to drive interstate while raising his family. He missed moments he'll never get back. He knows now that those early years fly by faster than you'd think. Still, his family has always meant the world to him - if he could have dinner with anyone, it would be them. And maybe Willis, too - someone special enough to earn a seat at that table.

Dennis works harder than most - often without breaks, just powering through. He admits it's probably not how most people do things, but he was never one to sit still. That said, if he had one wish, it would be to be better at reading and using technology. It's just never come naturally, but he gets by.

His favourite music? Rock and Country - the kind that tells stories and says things plain. Like life on the land, there's no fluff, just truth. The nicest compliment he ever got was being called a good dad. That, and apparently, he has a nice haircut - which, frankly, he finds a bit funny.

The best gift he ever received? The little things. Cards and letters his kids made in kinder - those clumsy crayon hearts and misspelled "I love yous" mean more than anything money could buy. Oh, and a tow ball for Father's Day. That was pretty handy too.

He visited Cairns recently, soaking in the warmth and colour of the tropics. But no matter where he goes, the farm calls him back. It's home.

If Dennis could give advice to his 20-year-old self, it would be to put more money away - not because money's everything, but because stability matters. And he believes one lesson everyone should learn is how to cook. It's a life skill too many overlook.

And perhaps the most unbelievable thing that ever happened to him? Becoming a dad. Nothing could've prepared him for that kind of love.

Choco Buttermilk Pancakes

Ingredients

- 2 cups all-purpose flour
- 1 tbs white sugar
- 1 ½ tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 ½ cups buttermilk
- 2 large eggs
- 3 tbs unsalted butter, melted
- 10 tsp chocolate-hazelnut spread
- 2 tbs unsalted butter

Method

- In a large bowl sift together the flour, white sugar, baking powder, baking soda and salt.
- Beat the eggs with the buttermilk and melted butter.
- Combine the ingredients into the large bowl with the dry ingredients and mix for 3 minutes or until all the lumps of flour have disappeared.
- Heat the butter in a non-stick fry pan over medium heat and wait until the butter just begins to brown.
- Pour batter into the non-stick fry pan and sprinkle in a small handful of blueberries.
- Cook for 2 to 3 minutes on each side or until the batter begins to bubble over the whole surface and remove from pan.
- Dollop a large tablespoon of Nutella into the centre of the pancake whilst the pancake is still warm and top with seasonal fruit.

We acknowledge all the original chefs who designed these recipes and the photographers who made the dishes look so yummy.

Thank you