

# Old-time Favourites



## Weet-Bix Marshmallow Slice

### Ingredients

3 Weet-Bix, crushed  
1 cup self-raising flour  
½ cup Desiccated Coconut, plus extra for decorating  
½ cup Brown Sugar, firmly packed  
150 g Butter, melted

### Marshmallow topping

1 tablespoon powdered gelatine  
⅔ cup water  
1 cup caster sugar  
Vanilla  
pink food colouring, to tint

### Method

Grease a 19cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 3cm above pan edges.

Combine Weet-Bix, flour, coconut and sugar in a large bowl. Stir in butter until well combined. Press mixture firmly over base of prepared pan.

Cook in a moderate oven (180C) for about 15 minutes, or until golden brown. Remove. Cool in pan.

To make marshmallow topping, sprinkle gelatine over ¼ cup of the water in a small heatproof jug. Stand jug in a small saucepan of simmering water. Stir until dissolved. Remove from pan.

Meanwhile, place sugar and remaining water in large bowl of an electric mixer. Beat on high speed for 4 minutes. With motor operating, gradually add gelatine mixture in a thin, steady stream. Beat for a further 8 minutes, or until thick and fluffy. Tint with a few drops of food colouring.

Spread over base. Sprinkle with extra coconut. Stand at room temperature until set.

To serve, lift slice from pan. Cut into squares.



## Chocolate Crackles

### Ingredients:

4 cups Rice Bubbles  
1 cup icing sugar  
1 cup desiccated coconut  
4 Tablespoon cocoa powder  
250g copho, chopped

### Directions:

In a large bowl, mix the Rice Bubbles, icing sugar, cocoa & coconut.

2. Slowly melt the copho in a saucepan over a low heat. Allow to cool slightly. Add to Rice Bubbles mixture, stirring until well combined.



## White Christmas

300g	Copho (Melted)
2½ Cups	Coconut
1¼ Cups	Icing Sugar
1¼ Cups	Powdered Milk
1 Cup	Mixed Fruit

¼ Cup	Glace Cherries (Chopped)
¼ Cup	Glace Ginger
1 Tblspn	Coconut (Extra)

1. Place all dry ingredients into a mixing bowl and pour in the melted copho and mix well.
2. Pour into a greased, foiled lined lamington tray. Sprinkle the extra coconut on the top.
3. Refrigerate until firm then cut into slices.
4. You can also spoon the mixture into cup cake cases if you desire.



## Toffee

### Ingredients (makes 15 )

3 Cups White Sugar  
1 Cup Water  
¼ Cup White Vinegar  
Food Colouring  
15 Cup Cake Patties  
Optional Sprinkles

### Method

Combine sugar, water, and vinegar in a saucepan.

Stir over low heat until sugar dissolves. \*Tip\* Sugar needs to be stirred continually to avoid burning.

Increase heat and bring to boil for 20 minutes.

Mixture is ready when a small drop hardens when dipped in cold water.

Remove from heat and allow to cool briefly until all bubbles subside.

Stir through drops of chosen food colouring until mixture reaches desired colour. More drops equal brighter toffee's.

Pour small quantities into colourful patty pans.

If decorating with sprinkles, allow mixture to settle for 5 minutes

Place toffees in the fridge until set. Allow to set overnight for best results.



## Coconut Ice

This is a lovely recipe – easy for non-cooks, and with great keeping qualities. Which is a stupid thing to say really, because it never lasts long enough to prove those qualities. Make a batch of this and you'll see what I mean.

### Ingredients:

500g icing sugar  
250g unsweetened desiccated coconut  
½ cup condensed milk,  
1 egg white,  
60g copha  
Vanilla essence, pink food colouring.

### Method:

Sift the icing sugar into a large bowl, and then add the coconut and gently mix through to combine.

Melt your copha and allow to cool slightly.

Whisk the egg white just a little, and add the egg and condensed milk to your dry ingredients. Then add your copha and a slug of vanilla essence.

Mix until well combined into a firm, moist mass. Divide the mixture in half, and colour one batch a cheerful pink with your food colouring.

Press the white mixture into the bottom of a baking paper lined tin. Smooth out with the back of a spoon, and then gently press the pink layer over the top. Smooth and press in well with your spoon and then refrigerate until set (about 2 hours).

Remove from tin and cut into bars or small squares. It will only need to be refrigerated if you live in a hot climate. Or you could just eat it all...

Perfect for gifts, or with a cup of tea as a happy-making treat.



## Anzac biscuits

1 cup each of plain flour, sugar, rolled oats and coconut  
120 grams of butter, melted  
1 tablespoon of Golden Syrup  
2 tablespoons of boiling water  
1 teaspoon of bicarbonate of soda dissolved in a little water

### Method:

Mix together dry ingredients

Then the rest

Spoon onto a greased oven tray

Cook in a cool oven 150 °C for 10 to 15 minutes or until golden brown.



## Chocolate Spiders

### Ingredients:

1 pkt Chang's Original Fried Noodles. Woolworths sell these.  
2 tbsps Crunchy Peanut Butter  
200 grams of chocolate (milk, dark or white – I used Cadbury)

### Method:

- ❖ In a microwave safe bowl, break up chocolate into small chunks.
- ❖ Add peanut butter and melt on high for about 60 seconds.
- ❖ Stir the chocolate mixture and if it is not melted, heat for repetitive short bursts (5 – 10 secs) until the chocolate mixture has completely melted.
- ❖ Add the noodles and mix well.
- ❖ On a tray lined with baking paper, spoon mixture into small mounds. Alternatively, you can spoon the mixture directly into patty pans.

Pop them into the fridge to set and you are done!  
This recipe makes approx. 20 Chocolate Spiders.



## Peanut and Coconut Slice

### Ingredients

1 cup sugar  
1 cup desiccated coconut  
2 cups plain flour  
200g butter, melted

### Topping

Raspberry jam  
3 cups desiccated coconut  
1 Cup Raw Redskin Peanuts  
3 egg whites, lightly beaten

### Directions

Preheat oven to 180C and grease and line a 20cm by 30cm rectangular tin.

In a large bowl combine the sugar, coconut, flour and butter, mix to combine. You can do this easily with your hands, or using a large wooden spoon (I like to get in there with my hands!).

Place the mixture in the slice tin, spreading evenly and bake for 25 minutes or until golden brown.

Remove from oven and allow to cool slightly.

Meanwhile combine the egg whites and coconut, redskin peanuts mixing well.

Once the base is cooled spread a liberal layer of the jam on the top, then sprinkle the coconut and egg white mixture. Bake in oven for a further 30 minutes, until the coconut begins to toast.

Remove from oven and allow to cool slightly before slicing.

To achieve the traditional flavour in this slice, raw redskin peanuts must be used. It's sometimes difficult to find them but I have sourced them from here...

<https://www.royalnutcompany.com.au/nuts/peanuts/australian-raw-peanuts> or here  
<https://www.affordablewholefoods.com.au/shop/peanuts-red-skin/>

Some health food stores stock them also.