



# **E-Cookbooks International Recipe Sampler**

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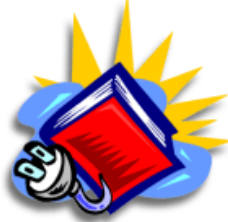
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## Australia – Lamb Shank Pie

---

4–6 Lamb shanks (chopped in half)  
1 large carrot  
1 parsnip  
2 tomatoes  
6 oz. veal/chicken stock  
2 tablespoons tomato paste  
juice and grated rind of 1 lemon  
pinch of sugar  
2 tablespoons parsley  
2 tablespoons chopped garlic  
1 tablespoons butter  
1 tablespoon vegetable oil  
seasoned flour(for dusting)  
1 onion  
1 stick of celery  
1 cup red wine  
2 tablespoons basil  
2 cups mashed potatoes

Dust the shanks in flour and brown them in butter and oil in a heavy skillet or fry pan. Put the cooked shanks in a saucepan, cover with water, wine, and tomato paste and cook ever so gently for about 90 min or until meat starts to soften (you may have to add a little more water or wine.)

In the meantime, saute the vegetables (roughly chopped) with the garlic in the same frying pan; you may have to add a little more oil. After a couple of minutes add the tomatoes (roughly chopped), lemon juice and rind. Cook gently for another few minutes.

Transfer partly cooked lamb shanks into a casserole dish. Skim off any fat formed during cooking. Add the cooked vegetables, mix lightly, add the fresh herbs, spoon mashed potatoes on top and finish cooking in a pre heated 190 degree oven for about 30 minutes. Serve piping hot with crusty bread.

## Australia – Fluffy Pikelets

---

- 1 cup self raising flour
- 2 tablespoons sugar
- 1 teaspoon melted butter
- 1/2 cup milk
- 1/2 teaspoon baking soda
- 1 teaspoon vinegar or lemon juice
- 1 egg
- pinch of salt

Sift flour, salt and soda into a small bowl. Add sugar, egg and milk. Beat on low speed until mixed. Beat on high speed for about 1 minute, then fold in melted butter. Place spoonfuls onto a hot griddle or frypan.



## Barbados – Barbadian Cake

---

1 1/2 cups white sugar  
2 cups butter  
4 1/2 teaspoons baking powder  
3 cups all-purpose flour  
4 eggs  
1 tablespoon vanilla extract  
1 tablespoon almond extract  
2 cups milk

Preheat oven to 400F. Lightly grease and flour one 9 or 10 inch bundt pan. By hand, with a spatula, cream butter and sugar together until light and fluffy. Add eggs all at once and beat well. Sift the flour and the baking powder together. Add to butter mixture along with 1 cup of the milk. Continue to beat well (the batter will be doughy). Add the remaining 1 cup of milk along with the vanilla and almond extracts. Pour batter into the prepared pan.

Bake at 400F for 1 hour. Reduce heat to 350F and continue baking for 15 minutes longer.

## **Belgium – Waterzooi A La Gantoise**

---

3 lb. stewing chicken, stewing with giblets

1/2 lb. stew beef, cubed

Water

2 medium onions, wedged

1 celery stalk, chopped

2 leeks (white only), chopped

1 carrot, quartered lengthwise

1 teas. salt

2 egg yolks

6 tbs. half & half

1/8 teaspoon white pepper

juice of 1/2 fresh lemon

Cut chicken in 4 pieces. Place chicken, giblets, and stew beef in a large pot, cover with water – bring to a boil. Skim foam from surface until surface is clear.

Add onions, celery, leeks, carrot and salt. Cover, simmer about 2 hours. Remove beef from cooking liquid, reserve for another purpose. Remove and discard skin and bones from chicken. Cut meat into small pieces.

Strain cooking liquid, squeezing liquid from vegetables – discard vegetables. Boil cooking liquid until reduced to about 1 quart.

Beat egg yolks with half & half and white pepper in small bowl. Stir in about 1/3 cup cooking liquid; stir egg–yolk mixture into remaining liquid. Simmer over low heat, stirring constantly, until thickened. Stir in lemon juice and chicken pieces – heat through. Pour into tureen or serve in individual bowls. Serve immediately.

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