

MRS CHIFLEY'S RECIPES



Elizabeth Chifley had a great love for cooking.

She started collecting recipes from a young age which she would regularly paste or write in her personal recipe book.

Her collection of recipes included cakes, biscuits, jellies and all sorts of meat dishes.

When her husband Ben Chifley was Prime Minister, Elizabeth would continue gathering recipes during her stays at the Lodge [the Prime Minister's official residence in Canberra] – she even wrote out recipes on Parliament writing paper which had the Australian Coat of Arms displayed on the top.

Anyone who came to see Mrs Chifley at her house in Busby Street in Bathurst would always be offered one of her special home-made biscuits or a slice of cake.

Butter Scotch Cake

Ingredients

1 cup Brown Sugar
4 oz butter
2 eggs
 $\frac{1}{2}$ cup milk
1 teaspoon vanilla
1 tablespoon Golden Syrup
1 $\frac{1}{2}$ cups flour
2 teaspoons B. powder
pinch salt
 $\frac{1}{2}$ teaspoon cinnamon

Method

Cream butter & sugar, add egg yolks, one at a time beating well after each egg. Stir in Syrup, milk, vanilla & cinnamon, sifted flour & salt. Whisk egg whites stiffly fold in lightly. Bake in moderate oven. Ice and fill with Butter Scotch Icing.

Icing
 $\frac{7}{8}$ cup sugar, 1 egg white, tablespoon Golden Syrup, 2 table-
spoons water, $\frac{1}{2}$ teaspoon cream of tartar, vanilla.

Place unbeaten egg white, sugar and water in basin over boiling water and beat until thick. Just before removing from gas, add Golden Syrup previously warmed and vanilla. Pour quickly over cake.

Ginger Nuts

Ingredients

2 tablespoons of Butter or dripping
1 cup sugar
1 egg
1 tablespoon milk
2 tablespoons Treacle
 $\frac{1}{2}$ teaspoon essence lemon
2 cups flour
1 tablespoon ginger
 $\frac{1}{2}$ teaspoon cream of Tartar
1 oz soda.

Method

Mix well and roll into small balls. Bake in mod oven.

Cherry Shortbreads

Ingredients

2 cups Mother's Choice S.R. Flour
4 ozs. Butter
1/2 cup sugar
Vanilla Essence

Method

Cream the butter and sugar, add the beaten egg, then the essence and sifted flour. Roll out on a floured board and cut with a round fluted cutter. Place on a greased tray, decorate the centre of each biscuit with half a cherry, and bake in a moderate oven for fifteen minutes.

Kisses

Ingredients

1 teaspoonful of baking power
1 egg
1/2 cup butter
1/2 cup sugar
1/2 cup of milk
1 1/2 cups of flour
1 cup of cornflour

Method

Drop the mixture in spoonfuls on a buttered tin and when baked put together with jam.

Ginger Snaps

Ingredients

One cup flour
1 teaspoon carb soda
2 teaspoons ground ginger
a little grated nutmeg
1 level teaspoon ground cinnamon
1/4 cup butter
2 tablespoons golden syrup

Method

Sift flour, soda, salt and spices. Rub in butter. Add syrup (slightly warmed) and mix to a stiff dough. Roll out on a floured board to an eighth of an inch thick and cut into rounds. Place on a greased tin and bake in a moderate oven for 20 minutes.

Method

(The Australian Women's Weekly, November 2, 1940)

Tea Cake

Ingredients

2 teacupfuls of flour
1 tablespoon of butter
1 small cup milk
1 egg
2 teaspoons baking powder
2 tablespoons sugar

Method

Beat the butter and sugar together add milk and egg well beaten lastly flour and baking powder, mix quickly bake in a small cake tin or sandwich tin.

Boiled Currant Pudding

Ingredients

$\frac{1}{2}$ lb (240 grams) flour
 $\frac{1}{4}$ lb suet (substitute 125 grams margarine)
 $\frac{1}{4}$ lb (125 grams) currants
1 teaspoon baking powder
1 egg
1 gill or more ($\frac{1}{2}$ cup) milk

Method

Mix all the dry ingredients together beat up the egg add the milk to it stir into the flour mix into a stiff paste put in a scalded and floured pudding cloth boil for 2 hours turn out and serve with sweet sauce.

Dandy Pudding

Ingredients

1 tab. Butter
1 tab. cornflour
1 tab. sugar
1 tab. golden syrup
2 egg yolks
pinch of salt

Method

Beat together 1 tab. Butter, 1 tab cornflour, 1 tab sugar, 1 tab, Golden Syrup, yolks of 2 eggs, pinch salt.

Cook in 1 pint of milk heated. Pour in buttered pie dish. Beat white of eggs and sugar and brown over custard.

Date Pudding

Ingredients

10 ozs flour (300 grams)
8 ozs dates (240 grams)
4 ozs (125 grams) sugar
2 eggs
4 ozs (240 grams) suet (margarine or butter)
1 teaspoonful of baking powder
 $\frac{1}{2}$ nutmeg
1 gill ($\frac{1}{2}$ cup) milk

Method

Chop suet finely, mix with flour and baking powder sifted, add dates stoned and chopped, sugar grated nutmeg, beat eggs in with milk, pour into dry ingredients stir with a wooden spoon till just mixed (too much stirring will make it heavy) place in prepared cloth tie up leaving enough room to swell and boil 2 hours in a large quantity of boiling water, serve with sweet sauce and custard.

Boiled Currant Pudding

Ingredients

$\frac{1}{2}$ lb (240 grams) flour
 $\frac{1}{4}$ lb suet (substitute 125 grams margarine)
 $\frac{1}{4}$ lb (125 grams) currants
1 teaspoon baking powder
1 egg
1 gill or more ($\frac{1}{2}$ cup) milk

Method

Mix all the dry ingredients together beat up the egg add the milk to it stir into the flour mix into a stiff paste put in a scalded and floured pudding cloth boil for 2 hours turn out and serve with sweet sauce.

Dandy Pudding

Ingredients

1 tab. Butter
1 tab. cornflour
1 tab. sugar
1 tab. golden syrup
2 egg yolks
pinch of salt

Method

Beat together 1 tab. Butter, 1 tab cornflour, 1 tab sugar, 1 tab, Golden Syrup, yolks of 2 eggs, pinch salt.

Cook in 1 pint of milk heated. Pour in buttered pie dish. Beat white of eggs and sugar and brown over custard.

Rhubarb Compote

Ingredients

1/2 lb (240 grams) loaf sugar
1/2 pint (300 mls) water
rind of half a lemon
rhubarb

Method

Boil together 1/2 lb (240 grams) loaf sugar and 1/2 pint (300 mls) water and thin rind of half a lemon until it becomes a thin syrup. Wash the rhubarb, dry and cut into 1 inch (2.5 cm) length.

Lemonade

Ingredients

2 lemons
1 quart (1200mls) boiling water
2 ozs (60 grams) loaf sugar

Method

Peel the lemon thinly and rub the sugar on the outside of the lemon till all the essential oil is extracted put half the rind and the squeezed juice and sugar into a jug and leave till cold when immediately strain through muslin or it will be bitter.

Lemon Cheese

Ingredients

1 cup sugar
1/2 cup water 1 teaspoonful butter
Grated rind & juice of one lemon

Method

Put on to boil. Beat up one egg and a dessert spoonful of flour, pour mixture on egg and flour, return to saucepan and boil for a few minutes.

Preserving Eggs

Ingredients

6lbs unslaked lime
12 quarts boiling water
1lb common salt
2 ozs cream of tartar

Method

Put all the above ingredients in a bucket pour the boiling water on let it stand overnight and pour the clear liquid into a pan in which the eggs are to be kept. Keep in a cool dark place with cover over the pan the eggs are in.

Soap

Ingredients

12 pints of water
1lb caustic soda
1lb resin
5 lbs fats

Method

Boil together for 2 1/2 hours then pour in a box lined with a damp cloth.

Furniture Polish

Ingredients

4 tablespoons of sweet oil
4 tablespoons of turpentine
1 teaspoon of lemon juice
10 drops of household ammonia

Method

This polish must be shaken before using.