

EVERYBODY'S GOTTA EAT EGGS



A COLLECTION OF BUDGET RECIPES
FROM THE ARCHIVES OF
THE CHEAPSKATES CLUB

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EGGCELLENT EGGS

The humble egg is a nutritional powerhouse, providing 13 different vitamins and minerals, high quality protein, healthy fats (including omega-3) and important antioxidants. Along with their nutritional value, eggs are tasty, convenient and at under 20 cents each fantastic value for money, making them an excellent inclusion in any Cheapskate cook's menu plan.

STORING EGGS

The easiest way to maintain eggs at high quality is to store them in their original carton in the refrigerator as soon as possible after purchase. Cartons reduce water loss and protect flavours from other foods being absorbed into the eggs. Did you know a single eggshell might have as many as 17,000 tiny pores over its surface? Through them, the egg can absorb flavours and odours. Storing them in their cartons helps keep them fresh. Storing eggs loose, or in specially designed sections located on refrigerator doors is not recommended as this also exposes eggs to a greater risk of damage.

KEEPING EGGS

Fresh shell eggs can be kept refrigerated in their carton for 5 weeks from the date of lay. Quality losses are kept to a minimum if eggs are placed in the refrigerator as soon as possible after purchase.

TEST FOR FRESHNESS

A quick test for freshness is to check if the raw egg in the shell sinks in a bowl of water. Fresh eggs stay at the bottom of the bowl while stale eggs float because of the large air cell.

SAFETY

Like all perishable foods, eggs need to be handled carefully. Follow these suggestions to ensure that you handle and prepare eggs properly:

- Always buy shell eggs that are clean and keep them refrigerated at home
- When storing eggs in the refrigerator, keep eggs a reasonable distance from other strongly flavoured / smelling foods items
- For all perishable foods allow no more than two hours at room temperature for preparation and serving
- Eggs should be cooked until the white is completely firm and yolk begins to thicken
- For best quality, use fresh eggs within the 'Best Before' date as stated on the carton. Avoid cross-contamination by washing hands, cookware, and counter-tops with hot, soapy water after preparing raw animal products, including eggs.

BREAKFAST

BREKKIE MESS

This is a hearty breakfast for a weekday or a great brunch dish for the weekend.

Ingredients:

1/2 cup finely sliced mushrooms

2 rashers bacon, diced

1 small onion, diced

1/2 red capsicum, diced

1/2 cup diced tomato.

4 large eggs

Salt and pepper to taste

1/2 cup grated tasty cheese

Method:

Melt the butter over medium heat in a large frypan. Add the onion and capsicum; cook and stir until the onion is transparent, about 5 minutes. Stir in the mushrooms and bacon, and cook 2 minutes. Remove the frypan from the hotplate and place the vegetable-bacon mixture in a bowl.

Pour the eggs into the same frypan. Cook and stir gently just until the eggs are soft. Stir the vegetable-bacon mixture into the eggs. Season with salt and pepper. Cook the eggs until firm. Remove the frypan from the hotplate and stir in the tomato and cheese.

Serve with buttered toast triangles.

BAKED SCRAMBLED EGGS

If you can't master traditional scrambled eggs then this is the recipe for you, it's almost foolproof.

Ingredients:

125g butter, melted

24 eggs

2 1/4 teaspoons salt

600ml low fat milk

Method:

Preheat the oven to 180 C.

Pour melted butter into a well greased glass or ceramic 23x30cm baking dish. In a large bowl, whisk together eggs and salt until well blended. Gradually whisk in milk. Pour egg mixture into the baking dish.

Bake uncovered for 10 minutes, then stir, and bake an additional 10 to 15 minutes, or until eggs are set. Serve immediately.

Not sure how to make perfect scrambled eggs the traditional way? Take a look at the [How To Make Perfect Scrambled Eggs](#) tip sheet for step-by-step instructions

GRANDMA'S BUBBLE AND SQUEAK SUPREME**Ingredients:**

25g butter

1 onion, finely chopped

2 cups cold, cooked mashed potatoes

¾ cup roughly chopped cooked cabbage

Salt and freshly ground black pepper

1 tablespoon plain flour

1 tablespoon vegetable oil

1 tablespoon white vinegar

4 eggs

Method:

Melt the butter in a large, shallow heavy-based frying pan (preferably non-stick). Add the onion and cook for 10 minutes, stirring frequently, until soft.

Tip the onion into a large bowl and mix with the potato and cabbage. Season. With lightly floured hands, shape the mixture into four rough cakes, each about 2 cm thick.

Wipe the pan clean with paper towels, and then add the oil and heat. Fry the cakes over a moderate heat for about 15 minutes, turning once, until golden and crisp.

About 5 minutes before the end of cooking, prepare the poached eggs. Pour 4 cm of boiling water into a large, wide frying pan. Add the vinegar and bring to the boil. Reduce the heat to a gentle simmer. Crack an egg into a cup, then gently tip it into the water. Repeat with the remaining eggs.

Cook the eggs very gently for 1 minute, then gently spoon a little boiling water over the centre of each egg to cook the yolks. Poach for a further 2 minutes, then lift them out with a draining spoon, allowing the water to drain. Lay an egg on each bubble and squeak cake, then serve.

WEEKEND EGGS FLORENTINE

The perfect start to a Sunday morning - eggs Florentine and the Sunday paper.

Ingredients:

1 box (about 250 g) frozen chopped spinach

¼ tspn freshly ground black pepper

2 large eggs

⅔ cup (170 ml) skim milk

1 tbsp plain flour

2 tbsp grated reduced-fat tasty cheese

1½ tbsp freshly grated Parmesan cheese

2 English muffins, split and toasted

Method:

Preheat the oven to 180°C. Coat a small non-stick frying pan and two shallow gratin dishes (about 10cm in diameter) with cooking spray.

Rinse the spinach under warm water in a colander until it is thawed, then squeeze dry. Sprinkle with a pinch of pepper. Divide the spinach mixture between the gratin dishes and shape into a "nest" in each dish, forming indentations with your fingers.

Crack 1 egg into a separate small dish, then slide it into a spinach nest, and season with a pinch of pepper. Repeat. Bake until the eggs are just set, about 15 minutes. Cracking the egg into a separate cup and then sliding it in helps to centre the yolk.

To make the cheese sauce, put ⅓ cup (80 ml) milk and the flour in a small jar with a tight-fitting lid and shake until well blended (or use a Tupperware Quick Shake or similar shaker). Pour the mixture into a small saucepan, then add the remaining milk. Whisk constantly over a medium-high heat just until bubbles form around the edge, about 3 minutes. Add the tasty cheese and Parmesan cheese and whisk for a further 4 minutes or until the cheese melts and the sauce is smooth.

For each serving, slide spinach nest onto the bottom half of an English muffin. Spoon over half of the cheese sauce. Arrange the top half of the muffin on the side of the plate.

CREAMY BAKED EGGS

Ingredients:

15 g butter

Salt and freshly ground black pepper

4 eggs

8 tablespoons thick cream

Chopped herbs of your choice

Cracked black pepper or cayenne pepper, to garnish

Method:

Preheat the oven to 180°C. Spread the softened butter over the bases and around the sides of four individual ramekins to coat them. Season the insides of the dishes well with salt and freshly ground black pepper.

Crack an egg into each dish, then spoon 2 tablespoons of the cream over the top of each. Place on a baking tray and bake for 8–10 minutes, or until the whites are set but the yolks are still quite soft.

Garnish as desired and serve at once with slices of crusty bread or hot, buttered toast.

BERRY NICE FRENCH TOAST

Ingredients:

300ml cream

300ml milk

12 slices fruit toast, thick cut

1/4 cup icing sugar

1 tsp ground nutmeg or cinnamon

Oil for frying

1 punnet seasonal berries (strawberries, raspberries, boysenberries etc)

Method:

Mix nutmeg into icing sugar and set aside.

Heat oil in a non-stick fry pan on medium-high heat.

Mix the cream and milk together.

In a shallow dish, pour enough of the milk mixture so the slices of bread are halfway submerged.

Dip bread on both sides and place into hot oil. When bread has been toasted on each side and is golden brown, remove and sprinkle with icing sugar mixture and seasonal berries.

LUNCH

MINI EGG AND BACON PIES

Ingredients:

6 slices white sandwich bread

125g bacon, rind removed and finely chopped

6 eggs

2 green shallots, trimmed, thinly sliced

Method:

Preheat oven to 200C. Place a 6 cup regular sized muffin pan in the oven to heat for 5 minutes.

Cut 6 circles from the bread slices, to fit the base of the muffin cups. Butter on one side. Place a bread circle in the base of each muffin cup, buttered side down.

Scatter bacon evenly among the six muffin pans. Bake for 5 minutes or until golden. Remove from oven and set aside for 3 minutes to cool slightly.

Crack an egg into each pan and sprinkle with shallots. Bake for a further 10 minutes until egg is set.

DEVILLED EGG SANDWICH SPREAD

Ingredients:

4 hard boiled eggs

2 tbsp mayonnaise

1 tsp French mustard

Squeeze lemon juice

Salt and pepper to taste

Method:

Mash the eggs until fine crumbs.

Mix the eggs, mayonnaise, mustard and lemon juice together. Add salt and pepper to taste.

Beat to a smooth cream.

Spread between slices of lightly buttered rye bread.

CHICKEN EGG SALAD

Ingredients:

- 1 cup of cold, cooked chicken cut into large chunks
- 2 hard-boiled eggs, roughly chopped
- 1/2 cup celery, finely sliced
- 6 olives, sliced
- 1/2 cup mayonnaise (keep out one spoonful for the top of the salad)
- Lettuce leaves

Method:

- Mix all ingredients together until combined.
- Arrange lettuce leaves on serving plate. Spoon chicken salad over lettuce leaves.
- Top with a dab of mayonnaise.

CHEESY MERINGUE PIE

Ingredients:

30 g butter

1/4 cup plain flour

2/3 cup milk

1 1/2 cups finely grated tasty cheese

3 egg yolks

3 tablespoons thick cream

Freshly ground black pepper

For the topping:

3 egg whites

Pinch of salt

Pinch of cayenne pepper

1/4 cup finely grated tasty cheese

1 tablespoon fine soft brown breadcrumbs

1 sheet short crust pastry

Method:

Pre-heat the oven to 220°C.

Line a 23cm flan tin with the pastry. Line the pastry case with crumpled greaseproof paper, fill with baking beans and bake blind for 10 minutes. Remove the paper and baking beans and bake in the centre of the oven for 10–15 minutes more, or until lightly browned.

When the pastry case has been cooking for about 15 minutes, start to make the filling.

Melt the butter in a saucepan, stir in the flour and cook over low heat for 1 minute.

EGGS

Gradually stir in the milk and bring to the boil, stirring continuously until the sauce becomes very thick.

Add the finely grated cheese and stir over medium heat until the cheese melts and the mixture becomes smooth, but take care not to overheat.

Remove the pan from the heat; beat in the egg yolks, one at a time, then stir in the cream. Season well with pepper.

Remove the pastry case from the oven and fill it with the cheese sauce.

Whisk the egg whites for the topping with salt and cayenne pepper until very stiff. Quickly spoon the mixture over the cheese filling to cover it completely.

Sprinkle the top with grated cheese, then with breadcrumbs, and return the flan to the oven.

Bake for 15 minutes, or until golden brown on top. Serve hot, with a green salad.



CARROT ZUCCHINI SQUARES**Ingredients:**

- 1 teaspoon olive oil
- 1 large onion, finely chopped
- 1 large zucchini, cut into small cubes
- ½ teaspoon salt
- 2 large eggs
- ¼ cup (60 ml) milk
- 3 medium carrots, peeled and grated
- 1 cup grated tasty cheese
- 1 tablespoon chopped dill

Method:

Heat oven to 190°C. Lightly coat a 20 cm square or round baking pan with non-stick cooking spray.

Heat oil in a large non-stick frying pan over medium heat. Add onion; sauté until softened, 3 minutes. Stir in zucchini. Increase heat to medium-high; sauté until zucchini is soft and the liquid has evaporated, 7 to 10 minutes. Stir in ¼ tsp salt. Remove from heat.

In a large bowl, beat eggs, milk and remaining ¼ tsp salt. Add carrot, zucchini, cheese and dill. Spread in prepared pan.

Bake until quiche is just set in the centre, about 45 minutes. Transfer to a wire rack and cool for at least 10 minutes before cutting. Serve warm or at room temperature.

SOUTH OF THE BORDER EGGS

Ingredients:

2tbsp butter

4 tbsp plain flour

1 onion, finely chopped

2 large capsicum, thinly sliced

420g tin diced tomatoes

Pinch cayenne pepper

8 eggs, poached

Method:

Put two tablespoonfuls of butter in a saucepan.

Add four tablespoonfuls of finely chopped onion

and cook until the onion is soft, but not brown.

Then add the capsicum, cayenne and tomatoes.

Season with salt and pepper.

Simmer slowly while eggs are poaching.

When the eggs are ready to serve, put two eggs on each plate, add two tablespoonfuls of sauce on each side of the dish. Eat at once.

CHEESY BAKED EGGS

Ingredients:

3 tbsp reduced fat margarine

2 tbsp flour

Pinch pepper

1/4 cup snipped fresh basil

1 cup skim milk

Non-stick cooking spray

4 eggs

Pepper

4 tsp grated low fat cheese

Method:

In a small saucepan, melt the margarine or butter. Stir in the flour and pepper. Add milk all at once. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Remove from heat. Stir in fresh basil.

Spray round baking dishes (ramekins) with oil. To assemble, spoon about 2 tbsp of the basil sauce into each dish. Gently break an egg into the centre of each dish; season with pepper. Spoon the remaining sauce over eggs.

Bake in a 180°C oven for 18 to 20 minutes or till egg is set. Sprinkle with cheese. Let stand till cheese melts. Garnish with snipped basil, if desired.

EGG FRITTERS

Ingredients:

2 hard boiled eggs, mashed

1 raw egg, beaten

1 bread roll (white, multi-grain, wholemeal)

A little milk

1 tbsp chopped parsley

1 tsp chopped chives

Dry breadcrumbs

Method:

Mash the hard boiled eggs and add the beaten raw egg, add the parsley and chopped chives.

Soak the bread roll in a little milk to moisten and then squeeze the excess milk out.

Add to the egg mixture and mix well. Shape tablespoonfuls of the mixture into patties and roll in the breadcrumbs.

Set in the fridge for 30 minutes. Shallow fry until golden OR bake in a moderate oven for 20 minutes, turning half way through, OR brown in a pan that has been sprayed with cooking spray.

These are delicious hot or cold.

FRUGAL FRITTERS

Ingredients:

2 to 3 cups of bread crusts

1 small onion, finely chopped

1/2 cup parsley, chopped

2 eggs

1 tbsp milk

1/4 tsp dry mustard

Oil for frying

Method:

Process bread crusts, onion and parsley in a food processor until finely ground.

Add eggs, milk and mustard. Process in short bursts until well blended and pliable.

Heat a small amount of oil in a pan. Drop tablespoons of mixture into the hot oil. Cook until golden brown, turn and cook other side.

Makes 24 small or 12 large fritters.

DINNER

PEA AND BACON FRITTATA

This is a delightfully different frittata, using ingredients found in most fridges and pantries. It's a great dish for those times when you just don't know what to make for dinner. Leftovers make a great lunch too.

Ingredients:

25g butter, chopped

2 tsp olive oil

3 lean bacon rashers, finely chopped

2 small zucchini, thinly sliced

3 green spring onions, finely sliced

3/4 cup frozen peas

6 eggs, lightly beaten

Salt and pepper, to taste

1 tbsp chopped mint

2 tbsp chopped parsley

1/4 cup grated parmesan cheese

100g feta cheese, crumbled

Pesto Yoghurt

200g tub thick natural or Greek-style yogurt

2 tbsp sun-dried tomato pesto

Salt and pepper, to taste

Method:

To make pesto yogurt, combine yogurt and pesto in a small bowl. Season with salt and pepper.

Heat the butter and oil in a non-stick frying pan. Add bacon. Cook, stirring for about 3 minutes, or until lightly browned.

Add zucchini. Cook the mixture, stirring, for 2 minutes.

Stir in spring onions and peas. Continue to cook, stirring occasionally, for a further 2 minutes.

Lightly whisk eggs with salt and pepper, until combined. Pour eggs over pea mixture in pan and sprinkle with mint, parsley and parmesan and feta cheeses.

Remove frittata from stove top. Place under a hot grill for 4 minutes, or until eggs are set and top is browned.

Turn out frittata onto a large serving plate. Cut into wedges, top with pesto yogurt and pepper. Serve with a salad.

Tip: Make sure the frypan you use for your frittata is grill safe. Frying pans with a non-stick surface such as Teflon are not grill safe. The direct heat from the grill causes the non-stick surface to bubble and lift, destroying the surface of your frying pan.

ASPARAGUS AND MUSHROOM FRITTATA

Frittatas are a great way to use up excess eggs. Combined with a hearty green salad and crusty bread they make a delicious lunch or dinner. The most important thing is to cook the frittata slowly.

Ingredients:

1 tablespoon butter
3 tablespoons olive oil
250g fresh asparagus, trimmed and cut into 2 cm pieces
250g fresh mushrooms, sliced
6 eggs
1 tablespoon water
1 teaspoon chopped fresh thyme
3 tablespoons freshly grated parmesan
60g grated mozzarella

Method:

Preheat oven to 160 C.

Melt butter in an oven-proof frying pan over medium heat. Stir in olive oil and asparagus, and cook until the asparagus is tender, about 10 minutes. Stir in the mushrooms, and continue cooking about 5 minutes.

In a medium bowl, whisk together eggs, water and thyme. Pour into the frying pan, and reduce heat to low. Cover and cook 5 minutes.

Transfer the frying pan to oven and cook 10 to 15 minutes or until eggs are set. Sprinkle over parmesan and mozzarella. Turn on the grill and grill until cheeses are melted and lightly browned.

BACON & EGG PIE

Ingredients:

Shortcrust Pastry:

1 cup plain flour

1 cup self-rising flour

Pinch of salt

100 g chilled butter, diced

1 teaspoon lemon juice

3 tablespoons iced water

Filling:

250 g bacon rashers, rind removed, chopped

4 large eggs

1/2 cup cream

Pinch of nutmeg

Salt and freshly ground black pepper

1 egg yolk, beaten with a pinch of salt, to glaze

Method:

To prepare the pastry, put the flours and salt in a large bowl, add the butter and rub into the flour between your thumbs and fingertips until the mixture resembles coarse breadcrumbs.

Mix the lemon juice and water, pour over the flour and butter mixture and stir in quickly with a round-ended knife.

When the dough starts to cling together, discard the knife and use the fingers of both hands to press the mixture gently together into a ball.

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Knead the dough lightly by pressing and turning it in the bowl until fairly smooth, then place it on a sheet of clingwrap, press it into a disc and wrap tightly to exclude the air. Rest the dough for 20 minutes in the refrigerator before rolling out.

Roll out a little more than half the pastry and line a 20–23 cm pie plate.

Arrange the bacon over the base and break the eggs over the bacon.

Mix the cream with the nutmeg, salt and pepper and pour over the eggs.

Roll out the remaining pastry and cover the pie, pressing the edges of the lid and bottom crusts together firmly between thumb and forefinger to seal.

Brush the top with the beaten egg yolk, make a few slits in the top and rest the pie in the refrigerator for 30 minutes.

While the pie is resting, preheat the oven to 200°C. Bake the pie for 30 minutes, or until golden brown. Serve the pie warm or at room temperature with a green salad.

EGG FRIED RICE

This recipe is a great light dinner, very quick and easy to make. There is no need to dry the rice for this recipe, as you do for traditional fried rice, it can be used as soon as it is cooked. It's also good cold the next day too.

Ingredients:

1/2 onion
4 cups of uncooked rice
6 eggs
1 tablespoon of salt
1 tablespoon sugar
1/2 tablespoon of pepper
1 teaspoon sesame oil
Olive oil
Soy sauce
Cucumber (optional)

Method:

Measure out the rice. Put some cold water in the pot and wash it by stirring with your hands.

Drain off the wash water and add appropriate amount of water. If using a rice cooker I usually add 3/4 cup of water for 1 cup of rice, but check your rice cooker manual. For stove top cooking I use 3 cups water to 1 cup rice.

Set the rice to cook - about 12 - 15 minutes

Chop the onions.

Once the rice has finished cooking, pour olive oil in a large pot over medium heat.

Transfer the rice to the frying pan and crack in the eggs.

EGGS

Quickly stir it well for about 5 minutes.

Add in the onions, sesame oil, salt, sugar and pepper and stir constantly for about 5 minutes.

Serve with some slices of cucumber and soy sauce. Serves 4 - 6.



ZUCCHINI & BACON SLICE

Ingredients:

375g zucchini

1 onion

1 cup self-raising flour

5 eggs

3 rashers bacon

1 cup grated tasty cheese

1/2 cup oil

Salt and pepper

Method:

Grate zucchini coarsely

Finely chop onion and bacon.

Combine zucchini, onion, bacon, cheese, sifted flour, oil and lightly beaten eggs.

Season with salt and pepper and pour into well greased lamington tin.

Bake in moderate oven for 30 to 40 minutes or until set and browned on top

EGG & ASPARAGUS MORNAY

Ingredients:

1 1/2 tsp butter
2 tbsp plain flour
1/2 cup grated cheese
2 hardboiled eggs
1/2 cup breadcrumbs
2 tbsp skim milk powder
1/2 cup asparagus pieces
600ml water

Method:

Melt butter and blend with flour using a wooden spoon and cook 1 -2 minutes

Mix milk powder and water and add to flour mix. Stir until boiling and smooth.

Remove from heat and add cheese, leaving a little for sprinkling.

Place alternate layers of egg, asparagus cuts and cheese sauce in a greased casserole dish, finishing with sauce.

Cover with breadcrumbs. Dot with butter and sprinkle with remaining cheese.

Cook 20 minutes in a moderate oven.

EGG SOUFFLÉ

Ingredients:

1 tbsp butter

1/2 tbsp plain flour

1/2 cup warm milk

1/2 cup cream

2 eggs, separated

Salt, pepper & paprika to taste

Method:

Melt butter in a small saucepan. Slowly add the flour, stirring constantly until smooth.

Transfer to a double boiler and slowly add milk and cream, stirring continually to make a smooth sauce. Cook for 5 minutes.

Cool for a few minutes then slowly add the beaten egg yolks.

Season with salt, pepper and paprika.

Beat egg whites until stiff.

Fold stiffly beaten egg whites into sauce mixture, using a metal spoon.

Spoon into a well greased soufflé dish. Place in a baking dish of hot water and cook in a slow oven (120 degrees) until set, about 20 - 30 minutes. Test with a knife. Serve immediately.

EGG & CHEESE SOUFFLÉ

Ingredients:

2 tbsp butter

3 tbsp plain flour

1/2 cup warm milk

1/4 cup grated cheese

Salt to taste

Method:

Melt butter in a small saucepan. Slowly add the flour, stirring constantly until smooth.

Transfer to a double boiler and slowly add milk and cream, stirring continually to make a smooth sauce.

Stir in the grated cheese and cook for 5 minutes.

Cool for a few minutes then slowly add the beaten egg yolks.

Season with salt, pepper and paprika.

Beat egg whites until stiff.

Fold stiffly beaten egg whites into sauce mixture, using a metal spoon.

Spoon into a well greased soufflé dish. Place in a baking dish of hot water and cook in a slow oven (120 degrees) until set, about 20 - 30 minutes. Test with a knife. Serve immediately.

CHEESE & ONION CUSTARD

Ingredients:

350g onions

Salt & pepper to taste

150ml onion stock (see method)

2 egg yolks

2 eggs

450ml skim milk

50g finely grated cheese

2 tomatoes

Method:

Peel and slice the onions. Cut rings into quarters.

Put into a saucepan with 300ml water and salt and pepper to taste. Cover, bring to the boil and simmer for 15 minutes or until the onions are nearly, but not quite, tender. Strain the liquid, saving 150ml.

Cool reserved stock for a few minutes and then blend the onion stock with the egg yolks and the two whole eggs.

Heat the milk, pour over the egg mixture and add a little extra seasoning if desired.

Spoon the onions and grated cheese into a greased, ovenproof dish. Strain the custard over the top of this mixture.

Place in a baking dish of water (water to come half way up the side of the ovenproof dish).

Bake in the centre of a cool oven (150 degrees) for approximately 1 1/4 hours until just firm to the touch.

Slice the tomatoes; lay over the top of the custard. Serve hot or cold.

SAUCES & DRESSINGS

CLASSIC MAYONNAISE

Ingredients:

2 medium very fresh egg yolks

1 teaspoon Dijon mustard

2 tablespoons white wine vinegar or lemon juice

1 cup (250 ml) olive oil

Salt and freshly ground white pepper

Method:

Whisk egg yolks, mustard and vinegar in a medium bowl.

Using an electric beater, add oil, first drop by drop, then in a slow, steady stream. If mixture curdles or splits, add a little hot water and beat vigorously.

Add salt and white pepper to taste. Refrigerate 1 to 2 days.

HOLLANDAISE SAUCE

Ingredients:

1 cup melted butter

1/2 tbsp plain flour

4 egg yolks

600ml cream

Juice of 1 lemon

Method:

Melt butter in a double boiler.

Add flour to melted butter and cook over a low heat, stirring constantly, until smooth.

Add egg yolks and cream. Cook until thick.

Add lemon juice just before serving.

DESSERTS

ANNA'S PAVLOVA

Ingredients:

Meringue:

4 egg whites

250g caster sugar

1 teaspoon white wine vinegar

1 teaspoon vanilla extract

1 tablespoon cornflour

Topping:

300ml whipping cream

Seasonal fresh fruit-strawberries, kiwifruit etc

Method:

Preheat oven to 180 C.

Beat egg whites and sugar in a large bowl with electric beaters until stiff peaks form.

In separate bowl, mix together vinegar, vanilla and cornflour until smooth. Pour cornflour mixture into egg white mixture and beat until thick and glossy, approximately 4 minutes.

Line a baking tray with baking paper and draw a 20 cm circle in the centre. Spoon or pipe mixture inside the circle, to within a little less than 2.5 cm from the edge. Place in preheated oven, reduce temperature to 110 C and bake 1 hour. Turn oven off and leave pavlova to cool inside.

To serve, decorate cooled pavlova with whipped cream and fresh fruit, such as a mixture of fresh berries.

BAKED EGG CUSTARD

Ingredients:

1¾ cups milk

½ cup cream

3 large eggs

¼ cup caster sugar

1 teaspoon vanilla essence

Grated nutmeg

Fresh seasonal fruit, to serve

Method:

Preheat the oven to 160°C. Lightly grease a 4-cup heatproof dish or 4 ramekins.

Heat the milk and cream in a small saucepan over medium heat until hot. Do not boil.

Whisk the eggs, caster sugar and vanilla in a large bowl until combined. Gradually pour the warm milk mixture into the eggs, whisking constantly. Strain the mixture through a sieve into the prepared baking dish and sprinkle with grated nutmeg.

Place the dish in a large roasting pan. Pour enough warm water into the roasting pan to reach two-thirds of the way up the side of the dish. Bake for 1 hour, or until the surface is firm when touched lightly (if you're baking individual custards, start checking after about 35 minutes).

Carefully remove the custard from the oven and stand at room temperature to cool. Spoon into serving bowls and serve with seasonal fruit.

CLASSIC LEMON MERINGUE PIE**Ingredients:****Pastry:**

1 1/3 cups plain flour

2 tablespoons icing sugar

150g butter, chilled and cubed

1½ tablespoons iced water

Filling:

¾ cup caster sugar

½ cup cornflour

Finely grated zest of 3 lemons

1/3 cup lemon juice, strained

¾ cup water

3 egg yolks, lightly beaten

Meringue:

3 egg whites

Pinch of cream of tartar

1/3 cup caster sugar

Method:

To make the pastry, process the flour in a food processor with icing sugar and butter until the mixture resembles coarse breadcrumbs. Add iced water; process just until the mixture comes together in a ball.

Turn pastry out onto a lightly floured work surface; knead it gently once or twice to form a ball and press into a 15-cm disc. Wrap in cling film and chill for 30 minutes.

EGGS

To make the lemon filling, put the caster sugar and cornflour in a saucepan. Combine the lemon zest and lemon juice and the water and add to the pan. Stir constantly over a medium heat until mixture comes to the boil. Remove from the heat. Gradually pour the hot filling in a steady stream into the egg yolks, whisking constantly. Transfer filling to a bowl and cover with cling wrap; cool and then chill for about 2 hours.

Preheat oven to 180°C.

Roll out pastry to a 33-cm round about 5 mm thick. Line a 25-cm pie plate. Pierce the base several times with a fork. Chill the case for 15 minutes.

Line the pastry with baking paper and half-fill with dried beans or rice. Bake for 15 minutes. Remove the paper and beans or rice and cook for a further 10 minutes or until light golden and aromatic. Leave pastry case to cool, then spoon the chilled lemon filling into it, smoothing the top with the back of a spoon.

To make the meringue topping, beat the egg whites in a bowl with the cream of tartar until soft peaks form. Add sugar, a spoonful at a time, beating well after each addition. The meringue should be thick and shiny.

Spread the meringue over the lemon filling, making sure it forms a seal all around the pastry shell to prevent the filling from overheating, which could cause it to separate.

Bake for 10 minutes in the preheated oven or until the meringue is a light golden colour. Allow to cool before serving.



CUSTARD

Ingredients:

4 egg yolks

1 tablespoon cornflour

¼ cup caster sugar

600 ml low-fat milk

1/2 tsp natural vanilla essence

Method:

Pour the milk into a saucepan and bring to the boil.

Meanwhile, combine the egg yolks, cornflour and sugar in a heatproof bowl and whisk until smooth.

Remove the hot milk from the heat and slowly pour the milk onto the egg yolk mixture in a steady stream, whisking constantly.

Return the mixture to the pan and cook over a low heat, stirring constantly with a wooden spoon until thickened. (You should be able to draw a line through the custard on the back of the spoon using your finger: if the line is well-defined, the custard is ready.)

Remove from the heat and strain into a jug. Flavour with a few drops of vanilla essence, if you like, and serve hot.

Note: if you will not be serving the custard immediately, strain the custard into a bowl set over an ice bath to cool. Refrigerate before using, or up to three days.

THE WORLD'S BEST MERINGUES**Ingredients:**

1 1/2 tablespoons caster sugar

1 1/2 tablespoons cornflour

125ml (1/2) water

3 egg whites

1/4 teaspoon salt

1/2 teaspoon vanilla essence

4 tablespoons caster sugar

Method:

Preheat oven to 220 C.

In a small saucepan, combine 1,1/2 tablespoons sugar and cornflour. Mix well then whisk in water. Cook over medium heat, stirring constantly, until mixture is thick and clear. Remove from heat and allow to cool.

In a large mixing bowl, combine egg whites, salt and vanilla essence. Beat until soft mounds form. Gradually add 4 tablespoons sugar, beating well after each addition.

Continue to beat egg white mixture while slowly pouring in cornflour syrup. Beat until stiff peaks form.

Spread meringue on top of pie, or pipe desired shapes onto baking paper-lined flat tray using a large pastry pipe.

Bake in preheated oven for 12 minutes or until golden brown.

FOOLPROOF CUSTARD TART

Ingredients:

Base:

260g plain flour

130g castor sugar

130g butter

2 eggs

Filling:

130g castor sugar

2 table spoons corn flour

300ml cream

3 eggs

1 yolk

1 teaspoon vanilla

Nutmeg to dust

Method

Using fingertips rub butter into flour. Stir through sugar. Beat eggs and mix into flour to make a dough. Wrap in clingwrap and rest 30 minutes in fridge. Roll out to fit a 20cm flan tin. Rest another 5 minutes in fridge. Cover with baking paper, add baking beans and bake blind in a hot oven (200 degrees) for 15 minutes.

Combine cream, whole eggs and egg yolk, add vanilla and castor sugar. Beat in cornflour, being sure there are no lumps. Pour well mixed ingredients into the base. Sprinkle lightly with nutmeg. Bake at 170 degrees for 25 - 30 minutes until custard is set.

EASY BREAD AND BUTTER PUDDING

This recipe is for a 4 dish pie maker. Pie makers are one of the truly useful kitchen appliances to appear in recent years. Available in family, two or four pie sizes they can turn small amounts of anything into gourmet pies in under 10 minutes - perfect for the family on the go.

Ingredients:

3 slices white bread

30ml milk

2 eggs

1/4 cup sugar

1 grated green apple

Cinnamon

Method:

Tear bread into small pieces, place in a bowl and add milk.

In a separate bowl, beat the eggs, sugar, apple and cinnamon.

Combine all ingredients and mix well

Place mixture into preheated pie maker. Dust with cinnamon, close the lid and cook for approximately 8 minutes, or until puddings are set.