

From Ready-made to Homemade

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We love ready-made foods for their convenience. Here are some of my favourite home-made ready-made convenience foods. I'm sure you'll love the convenience and the price.

Shake'n'Bake Coating

4 cups plain flour
20 weetbix, crushed
2 tbsp salt
2 tsp garlic powder
2 tsp onion powder
3 tbsp sweet paprika
1/4 cup olive oil

Process weetbix in a food processor until fine crumbs. Add to other ingredients and using your hands mix thoroughly. Store in container in fridge. This lasts almost indefinitely.

To use dip food pieces in beaten egg, milk, yoghurt etc and then dip rissoles, chicken pieces, sausages, cauliflower and broccoli florets etc just as you would use breadcrumbs.

Jigglers

Jigglers are popular at tuckshops and canteens around the country. These are great, and kids just love them. They are very easy to make and extremely cheap.

5 cups water
1 cup lemon juice

1 cup sugar
1 tbsp gelatine
food colouring

Heat the water, add the lemon juice, sugar and gelatine and stir until dissolved. Add food colouring of your choice. Pour into moulds and set in fridge.

Egg cups make neat, half-egg shaped jigglers when they are set. Or you can use ice cube trays. Or set them in icy-pole moulds and give the kids a frozen jiggler!

Homemade Big Mac Sauce

1/2 cup good quality mayonnaise
2 tablespoons seafood cocktail dressing
1/2 tablespoon sweet relish
1 teaspoon granulated sugar
1 teaspoon finely grated onion
1 teaspoon white vinegar
1 teaspoon tomato sauce

Mix everything very well in a small container. Microwave 25 seconds, and stir well again. Cover, and refrigerate at LEAST 1 hour before using.

Makes nearly 1 cup...enough for about 8 hamburgers.

