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Meringues (page 38)

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INTRODUCTION

Since the *Edmonds Cookery Book* was first published in 1907 the Edmonds name has become synonymous with economical, great-tasting, easy-to-prepare and nutritious food. Today Edmonds continues to keep old Kiwi favourites alive while also responding with flair and imagination to the influences of international cuisines, reflecting the evolving tastes of New Zealanders in a fast-changing world.

Edmonds Everyday is big on tradition, and big on flavour. The recipes, all accompanied by mouth-watering photography, have been carefully selected from a range of previously published Edmonds cookbooks to bring some of the very best under one cover. The four baking sections are crammed with traditional recipes including grand old classics — Afghans, Louise Cake, Chocolate Chip and Anzac Biscuits — as well as many exciting contemporary cakes, biscuits and slices. The Main Meals and Barbecues chapter contains numerous dishes to suit all occasions, whether that be everyday family meals or impressive dishes for easy entertaining, many utilising international ingredients that are fast becoming staple items in New Zealand kitchens. The dishes offered in the Breakfast, Finger Food, Salads, and Light Meals and Soups sections are as flavoursome as they are varied. To give that extra helping-hand, there are also some great menu suggestions for special celebratory or festive meals.

The book is beautifully rounded off with tempting desserts — warming steamed puddings and crumbles, old-fashioned pies and tarts, as well as fresh and fruity cool desserts for the hotter months. Handy sections on Preserves, and also Icings, Pastries, Dressings and Sauces, ensure that the art of preserving and of making luscious jams and chutneys and of pastry-making is not lost to new generations of cooks.

Edmonds Everyday is another indispensable cookbook from the team at Edmonds.



CAKES

PLUM CAKE # 20
APPLE SULTANA CAKE # 2
MOIST CHOCOLATE CAKE # 17

ALMOND CRUMBLE CAKE

CRUMBLE TOPPING

½ cup Edmonds standard grade flour
2 tablespoons brown sugar
70 g packet sliced almonds
¼ cup melted butter

CAKE

125 g butter, softened
¾ cup caster sugar
2 eggs
¼ teaspoon almond essence
1½ cups Edmonds standard grade flour
2 teaspoons Edmonds baking powder
70 g packet ground almonds
1 cup milk

To make the topping, combine all ingredients in a bowl. Mix well. To make the cake, cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in essence. Sift together flour and baking powder. Fold into creamed mixture alternately with ground almonds and milk. Spoon into a greased 20 cm round cake tin that has the base lined with baking paper. Scatter crumble topping over cake. Bake at 180°C for 50–55 minutes or until a skewer inserted in the centre of the cake comes out clean. Leave cake in tin for 15 minutes before turning onto a wire rack to cool.

APPLE SULTANA CAKE

1 cup sultanas
2 cups peeled, cored and diced apple
(2 medium apples)
1¼ cups water
1 teaspoon Edmonds baking soda
125 g butter, softened
1 cup sugar
1 egg
1 teaspoon vanilla essence
2 cups Edmonds standard grade flour
1 teaspoon Edmonds baking powder
1 teaspoon cinnamon

Combine sultanas, apple and water in a saucepan. Bring to the boil over a low heat. Simmer for 3–4 minutes. Remove from heat. Stir in baking soda. Allow mixture to cool. Cream butter and sugar until light and fluffy. Add egg and beat well. Beat in vanilla essence. Sift together flour, baking powder and cinnamon. Fold apple mixture and dry ingredients alternately into creamed mixture. Transfer to a greased 22 cm round cake tin that has the base lined with baking paper. Bake at 180°C for 1 hour or until a skewer inserted in centre of cake comes out clean. Leave cake in tin for 10 minutes before turning onto a wire rack to cool.

BANANA CAKE

125 g butter, softened
¾ cup sugar
2 eggs
1 cup mashed banana
1 teaspoon Edmonds baking soda
2 tablespoons hot milk
2 cups Edmonds standard grade flour
1 teaspoon Edmonds baking powder
Chocolate or Lemon Icing
(see page 223)

Cream butter and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Add mashed banana and mix thoroughly. Stir baking soda into hot milk and add to creamed mixture. Sift flour and baking powder together. Stir into mixture. Spoon into a 20 cm round cake tin lined on the base with baking paper. Bake at 180°C for 50 minutes or until cake springs back when lightly touched. Leave in tin for 10 minutes before turning out onto a wire rack. The mixture can also be baked in two 20 cm round sandwich tins at 180°C for 25 minutes. When cold, ice with Lemon or Chocolate Icing or dust with icing sugar. The two cakes can be filled with whipped cream and sliced banana.

BOILED FRUIT CAKE

500 g mixed fruit
water
250 g butter
1½ cups sugar
3 eggs, beaten
3 cups Edmonds standard grade flour
4 teaspoons Edmonds baking powder
½ teaspoon almond essence
½ teaspoon vanilla essence

Put mixed fruit in a large saucepan. Add just enough water to cover. Cover and bring to the boil. Remove from heat. Stir in butter and sugar, stirring constantly until butter has melted. Allow to cool. Beat in eggs. Sift flour and baking powder into fruit mixture, stirring to combine. Stir in almond and vanilla essences. Line a 23 cm square cake tin with two layers of brown paper followed by one layer of baking paper. Spoon mixture into cake tin. Bake at 160°C for 1–1½ hours or until an inserted skewer comes out clean when tested. Leave in tin for 10 minutes before turning out onto a wire rack.



BUTTER CAKE ◊ 5
BANANA CAKE ◊ 3
BOILED FRUIT CAKE ◊ 3