

Journeyer's Chronicles

**10 Great Standby
Recipes**
Volume 1

Each week I like to try at least one new recipe, whether it be a meal or baking. As much as I like to try new things, sometimes (often) the kids don't share my enthusiasm. So it's great to have some old favourites on standby. Things you can whip up, almost without thinking about it, and be sure everyone will enjoy them

Here are 10 great standby recipes that I use again and again. These recipes are ideal when you're short on time and energy or the kids are in one of "those" moods. They are simple to make, sure to be eaten and won't put too much of a dent in your budget.

I'd love to hear what your favourite standby's are! Email me your recipes with "Recipe" in the subject. Every so often I'll produce another volume of Great Standby Recipes. Be sure to include the recipe source so I can give credit where it's due. I'll give your blog a plug too if you include it.

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All Day Breakfast Salad

Ingredients

1 bunch curly endive, washed
2 punnets cress, snipped
8 tablespoons extra virgin olive oil
3 tablespoons white wine vinegar
1 teaspoon english mustard
sea salt
black pepper, freshly ground
(null) Olive oil
4 rashers bacon, sliced into strips
3 slices stale bread, torn up
100 grams sausage, sliced
2 large eggs
1 bunch chives, chopped

Method

Cut the endive into bite sized pieces, wash in cold water and spin dry. Mix in a bowl with the snipped cress and place to one side.

For dressing: Whisk extra virgin olive oil, vinegar and mustard together and season lightly with salt and pepper. Bring a small saucepan of water to a simmer, ready to poach the eggs.

Heat a splash of oil in a large non-stick frying pan and fry the bacon and sausage for a couple of minutes. Add the bread chunks and fry until everything is crispy, then remove from heat.

Poach eggs in simmering water for about 2 minutes. Add hot bacon, sausage and bread into the salad, mix quickly with enough dressing to coat everything and divide onto plates. Lift out eggs, put on plates with salad and gently break the yolk. Drizzle with a little extra oil, sprinkle with chives and serve.

Servings: 2 as a main

Source: Cook - Jamie Oliver

All in one quiche

Ingredients

1 1/2 cups pastry mix (see note)
1 1/2 cups grated cheese
2 teaspoons butter, softened
8 eggs, lightly beaten
2 cups milk
620 can corn kernels, drained
2 onion, finely chopped
1/4 cup basil, chopped
2 small barbecued chicken, skin removed, meat shredded
2 tomato, deseeded, diced
2 tablespoons flat-leaf parsley, chopped

Method

Preheat oven to 180°C. Lightly grease a 3cm deep, 24cm (base) quiche dish.

Combine pastry mix, cheese, butter, eggs and milk in a bowl. Stir well. Add corn, onion, basil, chicken, tomato, parsley, and salt and pepper to egg mixture. Mix well. Pour into prepared quiche dish.

Bake for 40 to 45 minutes or until golden and firm to the touch. Serve.

Notes

Note: Pastry mix is a dry mix. Look for it near the flour in your supermarket.

Variation: You could use salmon or ham instead of chicken if you prefer.

Servings: 8

Source: taste.com.au

Butter Butterscotch Cake

Ingredients

250 grams butter, chopped
1 cup brown sugar, firmly packed
2 eggs
1 tablespoon golden syrup
1.5 cups self raising flour
0.5 cup milk

Method

Preheat oven to 180. Grease a deep 20cm round cake pan; line base with baking paper.

Beat ingredients in medium bowl with electric mixer on low speed until combined. Increase speed to medium; beat until mixture is smooth and changed in colour. Spread mixture into prepared pan.

Bake about 50 minutes. Stand cake in pan for 10 minutes before turning onto wire rack to cool. Dust cold cake with sifted icing sugar, if desired.

Servings: 8

Source: Everyday Cakes & Cookies

Chicken Fried Rice

Ingredients

2 tablespoons light soy sauce
2 tablespoons sweet chilli sauce
2 tablespoons oyster sauce
2 tablespoons peanut oil
600 grams chicken breast, sliced thinly
1 brown onion, cut into thin wedges
2 cloves garlic, crushed
2 egg, lightly beaten
3 cups rice, cold cooked
1 cup thai basil leaves
4 green onion, sliced diagonally
1/4 cup shallots, fried

Method

Combine soy sauce, sweet chilli sauce and oyster sauce in a small bowl. Set aside. Heat a wok over high heat until hot. Add 3 teaspoons oil and swirl to coat. Add half the chicken and stir fry for 2 minutes or until browned. Transfer to a plate. Repeat with oil and remaining chicken.

Add remaining 2 teaspoons oil and onion to wok. Stir fry for 2-3 minutes or until golden. Add garlic and stir fry for 30 seconds. Add egg and rice. Stir fry for 2-3 minutes or until egg is well combined with rice.

Return chicken to wok. Add soy sauce mixture, basil and green onions. Stir fry for 1-2 minutes or until well combined. Spoon into bowls. Sprinkle with fried shallots and serve.

Notes

1 cup of uncooked rice = 3 cups cooked rice

Servings: 4

Source: Super Food Ideas

Double Potato Soup

Ingredients

2 sweet potatoes, peeled and cubed
2 russet potatoes, peeled and cubed
2 onions, chopped
3 cloves garlic, pressed
1 teaspoon thyme
1/8 teaspoon cayenne pepper
2 cans chicken broth or vegetable broth
2 cups half and half (half milk, half cream)
salt and pepper, to taste
1 tablespoon olive oil

Method

In a soup pot, heat olive oil over medium high heat. Add onion and cook till translucent. Add sweet potatoes, potatoes and garlic and cook another two minutes. Add the chicken broth, thyme and cayenne pepper and bring to a boil. Reduce heat and simmer covered until the potatoes are tender; about 10 to 15 minutes.

Use a potato masher and squish the lumps in the soup as best you can. This soup is better not processed in a blender as it is heartier this way, however, if you prefer it smoother, go ahead and blend away. Just remember to process it in batches or it'll get all over the ceiling.

Heat soup to a simmer, salt and pepper to taste and add half and half and warm till hot, but don't boil or it will break.

Servings: 6

Source: Saving Dinner

Honey Oat Bars

Ingredients

1 cup rolled oats
1 cup sultanas
1/2 cup self raising flour
1/2 cup coconut
1/2 cup raw sugar
115 grams butter
1 tablespoon honey

Method

Combine dry ingredients into bowl. Melt butter, add honey, mix into dry ingredients until mix clings together. Press firmly & evenly over base of well greased 28cm x 18cm lamington pan. Bake at 190C for 15-20 minutes. Cut into bars while hot, remove from pan when cold

Source: Aldi

Pikelets

Ingredients

1 cup (150g) self-raising flour
1 tablespoon caster sugar
3/4 cup (185ml) milk
1 egg
Melted butter, to brush, plus extra knobs to serve

Method

Sift flour and sugar together into a bowl with a pinch of salt. Whisk milk and egg together, then add to dry ingredients, whisking until smooth.

Heat a non-stick frypan over medium heat and brush with a little melted butter. Drop level tablespoonfuls of the mixture into the pan and cook for half a minute or until bubbles appear on the surface. Turn over and cook other side for 1 minute until golden.

Allow to cool and serve with butter

Source: taste.com.au

Pumpkin and Feta Fritters

Ingredients

4 eggs
1 cup self-raising flour
1 cup pumpkin, grated or finely chopped, microwaved or steamed until just softened
1 teaspoon crushed garlic
1/2 cup feta cheese, chopped or crumbled
Freshly ground black pepper
1/4 cup oil and 50g butter, to cook

Method

In a bowl, beat eggs. Mix in flour to a smooth batter. Add pumpkin, garlic, feta and pepper (feta is quite salty so no extra salt is required). Heat oil and butter in a pan over medium heat until the butter has melted and is bubbly. Spoon a large tablespoon per fritter and fry for about three minutes, or until you see bubbles start to 'pop' on the surface. Then carefully turn and cook the other side. Drain on paper towels and keep warm while you fry remaining mixture

Source: Simple Savings

Red Pepper Pasta

Ingredients

12 ounces spaghetti noodles, cooked
1-2 tablespoons olive oil
2 medium red bell peppers (deseeded, deribbed and cut into strips)
1 large onion, chopped
4 cloves garlic, pressed
1 teaspoon dried basil
1/2 to 1 teaspoon cayenne pepper
3/4 cup chicken broth
3/4 cup Romano cheese, grated
1 cup low-fat cream cheese, at room temperature

Method

In a skillet over medium-high heat, heat your olive oil. To the hot oil, add the peppers and onions. Cook till peppers are wilted and onions are translucent. Add the garlic and cook another minute or two; don't let the garlic turn brown. Add the basil, stir and remove from pan.

To the emptied skillet, add the chicken broth and bring to a simmer, scraping up any browned bit on the bottom of the pan. Add the Romano and cream cheeses, whisking in until well blended and simmering. Now add the pepper mixture back to the skillet and mix well. Add the cooked pasta and toss. Serve with additional Romano cheese garnishing the top if desired.

Servings: 4

Source: Saving Dinner

Simple Savings Cookies

Ingredients

500 g margarine
1 tin condensed milk
1 cup sugar
5 cups self-raising flour

Method

Cream sugar and margarine. Add condensed milk and flour. Roll into teaspoon sized balls and press down with a fork. Place on greased trays and bake in moderate oven until golden brown (approximately 10-15 minutes).

Notes

Divide mixture into 4 or 5 equal parts and add your choice of flavourings. I've used:

- milo
- cornflakes
- jam (for jam drops)
- sultanas
- choc chips
- coconut
- mixed spice
- ginger

Unused portions can be rolled into a log shape and kept in the freezer. Slice and bake as required

Source: Simple Savings