



# Sweet Moments

COOKBOOK

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hroughout each generation food has been an essential ingredient for many morning cups of tea, get-togethers, and special events.

It has a hidden talent of evoking and connecting us to special moments locked in time whilst also allowing us to forge new memories with family and friends today.

We hope you enjoy discovering the stories and recipes gifted from our contributors and cherish the opportunity to create sweet new moments with the people you hold dear.

**RECIPE PHOTOGRAPHY** MARTYNA ANGELL  
**RECIPE EDITOR** ANNA WADDINGTON



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PAULINE STEWART  
THE ANCHORAGE LIFESTYLE RESORT

# Nana Cath's Sponge Cake

A decadent, delicious sponge passed down from a dear neighbour.

Prep time: 15 mins

Cook time: 30 mins

## INGREDIENTS

4 eggs (room temperature), separated  
¾ cup caster sugar  
¾ cup corn flour  
1 tbsp custard powder  
½ tsp baking soda  
1 tsp cream of tartar

## METHOD

Preheat the oven to 180°C.

Grease two high-sided tins and line the bottom with parchment paper.

In a separate bowl, mix together the corn flour, custard powder, baking soda, and cream of tartar.

In a large high-sided bowl, use an electric hand-held mixer to beat the egg whites until stiff peaks form.

Gradually add the sugar to the egg whites, a little at a time, and beat until creamy. Add the egg yolks one at a time, beating well after each addition.

Gradually add the dry ingredients to the egg mixture, a quarter at a time, beating continuously on high speed.

Divide the batter evenly between the prepared tins. Place the tins in the oven and turn them halfway through cooking.

Bake for approximately 30 minutes, or until the cakes are golden brown and a toothpick inserted into the centre comes out clean.



## *Pauline Stewart*

Whilst not related by blood Pauline's son formed a special bond with his neighbour fondly named Nana Cath. "Nana Cath lived across the road from my son's first house. She was so warm and sweet in nature, so it's not surprising she was able to create a cake like this. From the moment my son moved in she was always around visiting making sure he felt comfortable in the neighbourhood. Nana Cath would make this cake for everyone's birthday including my grandkids, and my son would repay her by helping with odd jobs around her house."

"She was a grandmother figure to my kids, and a great grandmother for my own grandkids. It's something I now make for birthday celebrations or when I have company over. It is so simple yet so delicious it's something anyone can whip up."

LORNA LONG  
LAKE JOONDALUP LIFESTYLE VILLAGE

# Fantasy Slice

Born from the necessities of war to a sweet delight for the family.

Prep time: 35 mins

Cook time: 10 mins + 2 hours chilling

## INGREDIENTS

375g shortbread biscuits  
60g walnuts  
100g chocolate  
185g butter  
2 tbsp honey  
1 cup sultanas  
1 tsp instant coffee

### For the icing:

1 tbsp instant coffee  
2 tbsp butter, at room temperature  
1 cup icing sugar  
60g chocolate (melted)

## METHOD

Crush the shortbread biscuits into fine crumbs and chop the walnuts. Finely chop the chocolate and place all in a large bowl.

In a saucepan, melt the butter and honey over low heat. Stir the melted butter and honey into the biscuit mixture.

Dissolve 1 teaspoon of instant coffee in 3 tablespoons of hot water and add to the biscuit mixture along with the sultanas. Mix well. Press the mixture into a 18 x 26 slab cake tin and place in the freezer for 30 minutes to set.

For the icing, dissolve 1 tablespoon of instant coffee in 3 tablespoons of hot water.

In a separate bowl, beat the butter and icing sugar together. Add the melted chocolate and coffee liquid to the butter and sugar mixture and mix well. Spread the icing mixture over the slice and refrigerate until set.

Cut into small slices before serving. Store in the fridge for 3-5 days.



### Lorna Long

“I was born during the war and my mother and father were both in the Armed Forces, so I would spend a lot of time with my Granny. She used to make this slice for me because all the ingredients were readily available. I would watch her until I was about five, and that’s when she started letting me assist and teaching me how to do the easy stuff like breaking the biscuits or mixing the chocolate. I would always ask for it every time I visited.”

“At some stage over the years the name changed to Fantasy Slice. I have three children of my own, eight grandkids and seven great grandkids and they all love it just as much as I do. We always chop and change the ingredients and try out new flavours and different combinations. I have a daughter who is celiac so we adapt this to be gluten free for her which is what makes this recipe so fabulous because its malleability makes it perfect for everyone!”



CHRIS DOUGLAS  
THE OUTLOOK LIFESTYLE RESORT

# Pineapple Fruit Cake

A classic recipe with a tropical twist everyone will love.

Prep time: 20 mins

Cook time: 1 hour 40 mins

## INGREDIENTS

500g mixed dried fruit  
1 can (440g) canned crushed pineapple, crushed  
125g butter, chopped  
1 cup sugar  
1 tsp mixed spice  
½ tsp ground cinnamon  
1 tsp bicarbonate of soda  
2 eggs, beaten  
1 cup self-raising flour  
1 cup plain flour  
1 tsp extra mixed spice (optional)  
1 tsp ground ginger (optional)  
Naked ginger, chopped (optional)

## METHOD

In a saucepan, combine the mixed dried fruit, crushed pineapple (including the juice), butter, sugar, and spices. Boil the mixture for 5 minutes.

Add the bicarbonate of soda and turn off the heat. Allow the mixture to cool.

Beat the eggs and add to the cooled mixture, along with the self-raising flour and plain flour. If desired, add 1 tsp extra mixed spice and 1 tsp ground ginger, and chopped naked ginger if using.

Preheat the oven to 160°C.

Pour the mixture into a prepared cake tin and bake for 40 minutes or until the top is golden. Cover the cake with foil and continue baking for a further 50 minutes.

Remove from the oven and let the cake cool completely before slicing and serving.

## *Chris Douglas*

“It is a recipe so adaptable and versatile; I really don’t know how anyone wouldn’t enjoy it. This was one of the first recipes I put into the cookbook for my kids so they could make it for their families and friends. I would watch my mother make this for my dad all the time, and now I do the same for my husband. He gets so excited when I make it.”

“Everyone always asks for this cake, I make it in the commercial kitchen at The Outlook and take it to morning and afternoon teas and it’s a huge hit. I was even asked to make it for Valentine’s Day when I was helping with catering. I have a friend who would devour the whole thing in one sitting if she could. I love sharing this cake with everyone and hearing how much they all enjoy it.”







ANNETTE HOLLAND  
THYME MORETON BAY RESORT MANAGER

## Louise Cake

Guaranteed to always bring a smile to people's faces.

Prep time: 25 mins

Cook time: 35 mins

### INGREDIENTS

50g unsalted butter, softened  
25g caster sugar  
2 large eggs, separated  
150g plain flour  
1 tsp baking powder  
½ cup raspberry jam  
125g caster sugar  
1 cup unsweetened shredded coconut

### METHOD

Preheat oven to 160°C. Line a square slice tin with baking paper.

In a large mixing bowl, cream together the butter and sugar until light and fluffy. Add the egg yolks to the butter mixture and beat until well combined.

Sift in the flour and baking powder and mix until a dough forms.

Press the dough into the tin. Bake for 10 minutes. Remove from the oven and spread raspberry jam evenly over the pastry.

In a separate mixing bowl, beat the egg whites until stiff peaks form. Gradually add in sugar and beat until combined.

Fold in the shredded coconut. Spread the egg white mixture over the raspberry jam layer.

Return the tin to the oven and bake for 25 minutes or until the top is lightly golden.

Remove from oven and let the slice cool slightly before slicing.



### *Annette Holland*

“This cake comes from an old recipe book from New Zealand and something that I would always make for my children. It has been a favourite in my family ever since my kids were young and everyone looked forward to it every time it was made.” says Annette.

“When the marketing team visits, I try and have it made because they all love it so much,” Annette adds. “I have made it here for some of the functions for the homeowners and it is always a huge hit. I love seeing people smile when they have a slice, I just adore sharing my cooking and recipes with everyone knowing they're off enjoying it.”

NATASHA MILLER  
BURLEIGH TOWN COMMUNITY MANAGER

# Hokey Pokey Biscuits

A favourite NZ treat.

Prep time: 25 mins

Cook time: 20 mins

## INGREDIENTS

125g unsalted butter  
½ cup white sugar  
1 tbsp golden syrup  
1 tbsp milk  
1½ cups all-purpose flour  
1 tsp baking soda

## METHOD

Preheat oven to 180°C and line a baking sheet with parchment paper.

In a medium saucepan, melt the butter over medium heat.

Add the white sugar, golden syrup, and milk to the saucepan and stir until the sugar has dissolved and the mixture is nearly boiling. Remove the saucepan from the heat and let it cool to room temperature.

In a separate bowl, sift together the flour and baking soda. Gradually add the flour mixture to the cooled butter mixture and stir until fully combined.

Using a tablespoon, roll the mixture into balls and place them onto the prepared baking sheet, leaving room for the cookies to spread.

Flatten each ball slightly with the back of a fork.

Bake for 15-20 minutes or until the edges are lightly golden brown.

Remove from oven and let the biscuits cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.



## *Natasha Miller*

“My family had a coffee shop in New Zealand and these biscuits were always in the sweets jar to be sold. They were a popular treat with all the kids, including me. Whenever I visit my sister in New Zealand, she always has a batch ready and waiting for my visit. It’s a sweet treat that we both enjoy and takes us both back to our childhoods.”

“It is a well-known New Zealand recipe that I think every mum has made for their family at one time or another. I don’t doubt that every New Zealand kid has made it as well because it is so easy and only uses a few ingredients which makes them super quick to whip up. I always make them for guests dropping in or for a plate to take to a dinner party or morning tea.”



LETICIA GOODALL  
LATITUDE25

# Leche Flan

A decadent sweet with a secret twist.

Prep time: 15 mins

Cook time: 1 hour + 3 hours chilling

## INGREDIENTS

8 egg yolks  
1 (395g) can of condensed milk  
1 (340ml) can of evaporated milk  
3 tsp lemon juice  
2 tsp lemon zest  
1 tsp vanilla extract  
¾ cup brown sugar

## METHOD

In a large mixing bowl, beat the 8 egg yolks until well combined and fluffy.

Add the condensed milk, evaporated milk, lemon juice, lemon zest, and vanilla extract to the bowl with the beaten egg yolks. Beat all the ingredients together until smooth.

In a saucepan, melt the brown sugar over medium heat transfer to a flan tin and allow to cool completely. Grease the sides of the dish with a little oil spray.

When the caramel has cooled, pour the egg yolk mixture into the tin.

Bring a large saucepan of water to the boil over medium heat and place the flan dish on top, cover and steam the mixture for approximately 45 minutes, or until set.

Remove the saucepan from heat and let the flan cool to room temperature.

Transfer the flan to the refrigerator and let it chill for at least 3 hours.

Once chilled, turn the flan out onto a serving platter by quickly inverting the flan onto the platter.

## *Leticia Goodall*

“This recipe is a living legacy,” says Leticia. “Once you’ve learnt how to make it, you’ve really found your place in our family. I have one daughter, Jessica, who I have made sure to pass on my knowledge and love of cooking, training her on culinary skills from a young age. This is one desert I always have ready when she comes to visit, because it’s something that I made with her when she was little.”

“I am constantly asked to make this flan for all the cookouts and gatherings held here in the community. I love it when people enjoy my cooking and I think it’s fantastic if this is how they remember me,” says Leticia.







SUE HACKETT  
BRIDGEWATER LIFESTYLE VILLAGE

# Bonnie Daly's Fruit Slice

Everyone deserves to try the  
Bonnie Daly Fruit Slice.

Prep time: 25 mins

Cook time: 45 mins

## INGREDIENTS

225g unsalted butter  
2 tablespoons golden syrup  
2 eggs  
2 cups self-raising flour  
2 cups desiccated coconut  
1½ cups granulated sugar  
1 (375g) packet mixed fruit

## METHOD

Preheat the oven to 175°C.

In a saucepan, melt the butter and golden syrup together over low heat – don't boil. Remove from heat.

In a large mixing bowl, beat the eggs. Add in the melted butter and syrup mixture.

Stir in the self-raising flour, coconut, sugar, and mixed fruit. Mix well to ensure all ingredients are well combined.

Pour the batter into a greased and floured 9-inch cake tin. Bake the cake in the preheated oven for 30 minutes.

After 30 minutes, reduce the oven temperature to 150°C and continue to bake for a further 15 minutes.

Once done, remove from the oven and let it cool in the tin for 10 minutes. Remove from the tin and let it cool completely on a wire rack.

Store cooled slice in the fridge for up to 5 days.

## Sue Hackett

"Bonnie was a family friend of ours when I was growing up. I was raised in a small country town where all the mums would all bake and exchange sweets to share with their respective families. They would even share the recipes. It's how we all connected, long before the days of mobile phones, and Bonnie was well known for her fruit slice," says Sue.

"Our generation was always full of home cooking and baking, we rarely had store

bought biscuits or cookies. Just like my mum and grandmother's, I meet up with neighbours, friends and family to share my latest creation. The Bonnie Daly Fruit Slice never seems to last very long and the flavour holds so many memories for me. The fruit and the coconut are what makes it so special for me because it's how I remember my childhood and the special women in my life who used to make this very recipe for me. I've passed this recipe onto my children now and I hope that they continue to pass it on."



ROBYN GARTRELL  
TUART LAKES LIFESTYLE RESORT

# Mystery Cake

Guessing the mystery ingredient is a great conversation starter.

Prep time: 20 mins

Cook time: 45 mins

## INGREDIENTS

2 cups self-raising flour

½ tsp salt

1 tsp cinnamon

½ tsp ground nutmeg

½ tsp ground cloves

1 tsp bicarbonate of soda

60g butter, softened

½ cup caster sugar

320g can condensed tomato soup\*

1 cup chopped walnuts

1 cup raisins or sultanas

## METHOD

Preheat the oven to 180°C and line a loaf tin with baking paper.

Sift the self-raising flour and add salt, cinnamon, ground nutmeg, ground cloves and bicarbonate of soda into a mixing bowl.

In a separate mixing bowl, cream the butter and caster sugar until light and fluffy.

Add the flour mixture to the butter mixture alternating with the condensed tomato soup, stirring until the mixture is smooth. Fold in the chopped walnuts and raisins or sultanas.

Pour the mixture into the prepared loaf tin and bake in the preheated oven for 45 minutes.

Allow the cake to cool in the tin for 10 minutes before transferring it to a wire rack to cool completely. Serve the loaf with butter or a dollop of double cream.

\*Note: if you can't find a 320g tin soup, use a 420g tin and serve remaining soup mixed with a little boiled water in mugs alongside the loaf.



## *Robyn Gartrell*

“The name says it all, the Mystery Cake always has people asking what is in it. The cake calls for a can of creamy tomato soup as the main binding ingredient instead of using milk. I know it sounds bizarre, but it’s based on using whatever was left in the cupboard at home. We lived so far out of town, so you couldn’t just quickly pop down to the shops and grab what was missing. I used to make it for the handymen for morning and afternoon tea and they all loved it and were all so surprised when I told them the secret ingredient.”

“The recipe is very special to me because it was my grandmother’s. About ten years ago I got out all my old recipe cards, the yellow kind that we used to write recipes on and keep in a plastic box. I sat down for about two months and handwrote each of my recipes for all of my three children and gave it to them all as gifts. My daughter told me it was the best gift she had ever received, and that means the world to me as her mother.”



# Green Tomato Jam

A sweet, exotic fusion of the  
Middle East and Europe.

Prep time: 45 mins + 12 hours chilling

Cook time: 1 hour

## INGREDIENTS

2.5kg green tomatoes  
1kg white sugar  
2 lemons  
2 oranges  
1 cinnamon stick  
1 vanilla pod

## METHOD

Cut a cross on the green tomatoes with a sharp knife. Boil a large pot of water and blanch the tomatoes for 3 to 4 minutes. Remove the tomatoes from boiling water and place them in very cold water. Peel the skin off the tomatoes and remove the seeds.

Squeeze the juice from the lemons and oranges and place it in a glass bowl. Add the sugar, cinnamon stick, and vanilla pod to the bowl and mix well.

Add the peeled and seeded green tomatoes to the bowl and let it sit in the refrigerator for 12 hours.

Pour the mixture into a large saucepan and cook over high heat for 15 minutes, stirring often.

Reduce the heat to low and continue cooking, stirring occasionally, until the mixture has reduced and thickened, which should take about 40 minutes.

Sterilise jars by boiling them and then fill them with the hot jam. Close the jars tightly.

If the jars are properly sterilised, the jam can be stored for up to two years.

## Sophia Smalto

“This recipe is born from different cultures over the years from my Italian father, Moroccan mother and her new French husband. Mum has a farm in Essaouira, Morocco, and the birds tend to pick at the green tomatoes before they are ripe. She picks these “damaged” tomatoes and makes this delicious and surprisingly sweet recipe that she started 20 years ago with my father who has since passed. Mum has perfected the recipe with her new husband who added his French twist of vanilla.

“We have green tomatoes that grow in our backyard but unlike my mum’s farm, we can only make a small tub of jam but it’s worth it as it takes us back home. I love to share my green tomato jam with friends because it’s an exotic taste of my home and is always popular. For me it’s about my memories of my parents love of cooking that reminds me of my childhood.”







PATRICIA MCLEAN  
LUCAS LIFESTYLE ESTATE

# Coconut Slice

“Whenever I bake this coconut slice it brings back wonderful memories of my family in Scotland and the good times we enjoyed together.”

Prep time: 25 mins

Cook time: 30 mins + 15 mins chilling

## INGREDIENTS

### Pastry:

90g unsalted butter, softened  
¼ cup granulated sugar  
1 large egg  
1¼ cups plain flour  
¼ cup self-raising flour

### Topping:

2 large egg whites  
1 cup granulated sugar  
½ tsp pure vanilla extract  
3 cups desiccated coconut  
½ cup raspberry jam

## METHOD

Preheat oven to 160°C fan-forced.

To make the pastry, in a large mixing bowl, beat the butter until creamy. Add the sugar and beat until just combined. Beat in the egg until well combined.

Sift the plain flour and self-raising flour together and add to the mixture, mixing well.

Press the mixture into a 9-inch greased slab tin and prick the surface lightly with a fork. Refrigerate for 15 minutes.

To make the topping, in a clean, large mixing bowl, beat the egg whites until soft peaks form. Gradually add the sugar, beating well after each addition.

Stir in the vanilla and coconut, mixing well.

Spread a thin layer of raspberry jam over the pastry. Spoon the topping mixture over the jam evenly.

Bake for 25-30 minutes or until golden on top.

Remove from oven and cool in the tin before slicing and serving.



## *Patricia Mclean*

Patricia's Coconut Slice originated from her mother, who used to make it for her and her six siblings and has been a key conversation starter across many a morning or afternoon tea. “When I was growing up, every recipe had to be doubled, because as kids we would all be waiting on mum to make this slice for us because we all loved it so much,” says Pat.

“I started helping my mother in the kitchen when I was about ten years old. I would sit up and watch her cook and bake. The recipe is handwritten on one of those old yellow cards people used to write their recipes on, and I still have the original one with me today.”

CAROL HOLLINGSWORTH  
THYME EVANS HEAD

# Mum's Caramel Tart

This is a family favourite and a sure-fire dinner party hit.

Prep time: 25 mins

Cook time: 45 mins

## INGREDIENTS

### Pastry:

1 tbsp butter or margarine

1 tbsp caster sugar

1 egg

1 cup self-raising flour

1 tbsp cornflour

Small amount of milk (if needed)

### Caramel:

1 cup brown sugar

2 tbsp cornflour

2 cups milk

1 egg yolk

1 tsp butter

A few drops of vanilla extract

### Meringue:

1 egg white

2 tbsp sugar

## METHOD

Preheat the oven to 180°C.

For the pastry, cream the butter or margarine with 1 tablespoon of caster sugar. Add the egg and mix well.

Sift in self-raising flour and 1 tablespoon of cornflour and mix until well combined. If the mixture is too dry, add a small amount of milk to make it workable.

Roll the pastry out to suit a large loose-bottom tart tin, trim off edges. Prick base with a fork.

Bake the pastry until it is brown, about 10-15 minutes. Remove from oven and cool on a wire rack.

For the caramel, put 1 cup of brown sugar and 2 tablespoons of cornflour into a saucepan and

mix to a paste with a little milk.

Add egg yolk, mix well, then add all ingredients (including the remaining milk) to the saucepan and mix well.

Cook the mixture on the stove, stirring constantly, until it thickens, about 10-15 minutes. Remove from stove and cool slightly.

Pour the caramel into the pastry.

For the meringue, beat 1 egg white with 2 tablespoons of sugar until stiff peaks.

Spoon the meringue onto the top of the caramel and bake until it is nice and brown, about 10-15 minutes.

Remove from oven and allow the tart to cool completely before serving.

## *Carol Hollingsworth*

"We lived in the country on a dairy farm, so my mum didn't go to town very often," says Carol. "She would stock the pantry, so she always had ingredients on hand with the rest coming from the farm."

"I remember this caramel tart would always come out when people visited, and I was always there in the kitchen watching her make it."

"Whilst the tart itself only requires three eggs, just thinking about how many times this tart has been made over the years and how many eggs the chooks would have laid to make them all – well, it's quite a lot," chuckles Carol.

"Prior to my mum passing I was lucky enough to get the recipe which I now hold very close to my heart. I now make it for my kids and grandkids and hope to continue to pass on the recipe."







BARB BARKER  
HELENA VALLEY LIFESTYLE VILLAGE

# Barb's Almond Shortbread Recipe

Barb Barker's almond shortbread is always a big hit at Christmas.

Prep time: 35 mins

Cook time: 15 mins

## INGREDIENTS

500g unsalted butter  
3 tbsp (45g) caster sugar  
225g ground almonds  
5-6 cups (approx. 625-750g) plain flour  
2 (90g bottles) vanillin (vanilla) sugar  
½ cup icing sugar

## METHOD

Preheat the oven to 180°C.

In a large mixing bowl, cream the butter and caster sugar until light and fluffy.

Add the ground almonds and slowly add in the flour, 1 cup at a time, until the mixture is firm to the touch but not too dry.

Roll the mixture into small oval shapes and place them on a lined baking sheet.

Bake in the oven for 15 minutes or until golden brown.

Once cooled, roll each shortbread in a mixture of icing sugar and vanilla sugar.

Store in an airtight tin and keep for an extended period of time.

Note: The number of cups of flour needed may vary depending on the day and the texture of the mixture. Add enough flour until the mixture is firm to touch but not too dry. Feel free to add more sugar or ground almonds for extra flavour. The secret ingredient is the vanillin sugar, so make sure to include the 2 bottles.



## *Barb Barker*

"I was given the recipe by an Italian lady I met about 50 years ago and have kept it in my family ever since. I can confidently say that they are the best almond biscuits ever, there are almost never any left once they are served," Barb says.

"One year I asked my grandson what he would like for Christmas, and he outright told me 'Nana, I would really love a box of your almond biscuits. That's all I want for Christmas'. As a grandmother that was a special moment knowing my almond shortbread is something that my children and grandkids will always remember me by."

DIANNE BOARDMAN  
BUSSELTON LIFESTYLE VILLAGE

# Lemon Marshmallow Slice

A tangy, soft and fluffy slice that will seriously impress.

Prep time: 35 mins

Cook time: 20 mins + 2 hours chilling

## INGREDIENTS

### For the Crust:

125g unsalted butter, softened  
¾ cup granulated sugar  
1 egg, beaten  
1½ cups self-raising flour, sifted

### For the Filling:

Juice of 2 lemons  
1½ cups granulated sugar  
1½ cups water  
1½ tbsp unsalted butter  
3 tbsp custard powder  
3 tbsp cornflour

### For the Topping:

¾ cup granulated sugar  
½ cup boiling water  
1½ tbsp gelatine  
½ cup boiling water  
A few drops of vanilla extract

### To serve:

¼ cup shredded coconut, to sprinkle (optional)



## METHOD

For the crust, preheat the oven to 160°C.

In a large bowl, cream the butter and sugar together until light and fluffy. Add the beaten egg and mix well. Gradually add the sifted flour, mixing until a dough forms.

Press the dough evenly into a well-greased slice tin. Bake in the oven for 15-20 minutes or until pale golden. Remove from the oven and set aside to cool completely.

For the filling, in a saucepan, combine the lemon juice, sugar, water, and butter.

Heat the mixture over medium heat, stirring occasionally, until it comes to a boil.

In a separate bowl, mix the custard powder and cornflour with a little of the water from the saucepan to make a paste.

Gradually add the paste to the saucepan and continue to stir until the mixture thickens. Remove from heat and set aside to cool. Pour the filling over the cooled

biscuit base and spread evenly.

For the topping, in a large bowl, dissolve the sugar in the boiling water.

In a separate cup, dissolve the gelatine in the boiling water. Add the dissolved gelatine to the sugar syrup and mix well. Add a few drops of vanilla extract and mix well.

Beat the mixture with a hand mixer or in a stand mixer for 10-15 minutes or until it forms stiff peaks.

Spread the mixture over the cooled filling. Sprinkle with coconut, if desired.

Place in the refrigerator to set for at least 2 hours before serving.

Notes: You can add some lemon rind to the filling mixture for added flavour. The amount of cornflour and custard powder required for the filling may vary depending on the juice content of the lemons. If the filling does not thicken enough, add more cornflour and custard powder to taste.

## *Dianne Boardman*

“My mother hand wrote all her recipes and the lemon slice was her most popular sweet which she passed onto me. She made it for my family all the time and I pulled it out a few years ago and started to make it again for my three children and my nine grandchildren once I moved to Busselton. Since retiring and arriving at the village I haven't stopped baking

and creating new recipes. The Lemon Marshmallow Slice is the sure-fire favourite of family and friends.”

“I volunteer at the local Red Cross helping the elderly walk their dogs to keep me occupied and moving. One of the ladies whose dog I walk always provides me with fresh lemons from her lemon tree which makes just a world of a difference to the slice. The flavour is incredible.”



ALLISON SHARP  
VANTAGE LIFESTYLE RESORT

# Nana Poochy's Biscuit Pastry

A biscuit pastry that is the perfect base for any sweet treat.

Prep time: 15 mins + 20 mins cooling  
Cook time: 20 mins

## INGREDIENTS

125g margarine  
2 tbsp milk  
3 cups self-raising flour  
3 eggs, separated  
½ cup white sugar  
1 egg, lightly beaten

## METHOD

Melt butter, sugar and milk in a small saucepan. Remove from heat and set aside to cool. Add beaten egg.

Place flour in a bowl and work butter and egg mixture into the flour to form a dough.

Roll out then transfer to a pie tin then fill with your favourite pie filling – great for fruit mince or fruit pies.

Bake for 15-20 minutes at 180°C once filled.



## *Allison Sharp*

This family favourite biscuit pastry has been passed down through four generations and got its name from my great, great Nana's dog, Poochy.

“This recipe came from my Nan's handwritten recipe book which travels with me wherever I go. I learned my baking skills from my Nan who was an amazing cook and an even better teacher. Without a doubt I got my cooking abilities and love of creating food experiences from her,” says Allison.

“Whether it's for apple pie or a simple biscuit base, this biscuit pastry is the perfect foundation for whatever treat you want to create. I am such a big foodie, and I love the facilities we have here at the resort including the veggie patch that's readily available.”



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IVY BRADBURN  
VIBE BALDIVIS LIFESTYLE VILLAGE

# Aunty Lorna's Chutney

Surprisingly sweet and versatile.

Prep time: 30 mins

Cook time: 3 hours

## INGREDIENTS

2kg tomatoes, chopped  
2kg apples, peeled, cored and chopped  
3 thumb-sized pieces fresh ginger, peeled and grated  
1kg white sugar  
¾ cup sultanas  
¾ cup currants  
5 cloves garlic, peeled and crushed  
5 red long chillies, chopped (seeds removed if you prefer)  
¼ cup salt  
4 cups vinegar

## METHOD

In a large, heavy-bottomed saucepan, combine all ingredients.

Place the saucepan over medium heat and bring the mixture to a boil. Reduce the heat and let the mixture simmer, stirring regularly to prevent it from sticking to the bottom of the saucepan, until it thickens, about 2 to 3 hours.

Once the chutney has thickened, taste it and adjust the salt and chilli according to your preference.

When the chutney reaches the desired consistency, remove it from the heat and let it cool completely. Transfer the chutney to sterilised jars and store in a cool, dark place for up to a year.



### Ivy Bradburn

“My foster mother didn’t pass recipes down willy nilly, so I was very honoured to have this recipe given to me in 1955. It is something I will always cherish and remember her by,” says Ivy. “I was around eight or nine years old when she started making

it, and I loved to watch her prepare it.”

“I now make about sixteen jars at a time because I love it so much. As soon as I am down to my last jar I start making more again. It is perfect on a ham and cheese sandwich, on a cheese board or my foster mother used to mix it in with her curries,” Ivy adds.

KAY BLADIN  
GOLDEN DOWNS LIFESTYLE COMMUNITY

# Corn Flake Nutty Bites

One of the many creations from her mother's fabled recipe collection.

Prep time: 20 mins

Cook time: 25 mins

## INGREDIENTS

120g unsalted butter (or solid coconut oil)  
2 tbsp white sugar\*  
2 small eggs, lightly beaten  
1 cup chopped dates  
1 tsp vanilla essence  
½ cup self-raising wholemeal flour  
½ cup self-raising white flour  
1 cup roughly chopped walnuts  
3½ cups corn flakes, roughly crushed  
2 extra tsp sugar\*

## METHOD

Preheat oven to 160°C (or 150°C if fan-forced oven) and line 2 baking trays with baking paper.

In a large bowl, cream the sugar and butter (or coconut oil) together using an electric mixer until light and fluffy. Add the beaten eggs and vanilla essence and mix well using a spoon. Stir in the chopped dates and chopped walnuts. Add the wholemeal flour and white flour to the mixture and mix well until combined.

In a shallow bowl, mix the crushed corn flakes and the extra sugar together.

Take spoonfuls of the mixture and roll into ball. Roll each ball in the corn flake mixture, ensuring that it is well covered.

Place the balls onto the prepared trays. Bake the balls in the middle shelf of the oven for 20-25 minutes, or until they are golden and crispy.

Remove from the oven and allow them to cool on the tray for 5 minutes. Transfer the cookies to a wire rack and let them cool completely before serving.

\*Note: you can use a natural sweetener like Natvia.



## Kay Bladin

“This is a recipe that I’ve played with over the years, and it is just delightful,” says Kay. “It can be made gluten-free with gluten-free flour and corn flakes if preferred, and it is still just so delicious. This recipe can be served up as a party dish, or as a scrumptious afternoon or morning tea treat. I know from experience they never last long when I serve them up.”

“I got this recipe from my mother’s handwritten recipe book that she had back when I was a young girl. All my favourite recipes are ones that I have been able to adapt to suit any occasion. I enjoy re-working recipes, and this is one that is easily adjustable for whatever or whoever I am making them for,” adds Kay.



HELEN NEVEN  
THYME HERVEY BAY RESORT MANAGER

# Five Ingredient Ripple Cake

You truly can't pass it up because it is so  
tasty and easy to make.

Prep time: 25 mins + 6 hours chilling

## INGREDIENTS

400ml thickened cream  
1 tbsp caster sugar (optional)  
1 tsp vanilla extract (optional)  
1 packet (250g) of Arnott's choc ripple biscuits or any  
plain chocolate biscuits/cookies  
1 Peppermint crisp bar\*  
1 Flake chocolate bar\*  
½ cup fresh raspberries or any fresh berries of your choice

## INSTRUCTIONS

In a large bowl, whip thickened cream with caster sugar and vanilla, until soft peaks form.

Place a thin layer of the whipped cream on a serving platter.

To assemble the cake, take one biscuit and place a teaspoon of whipped cream on top. Repeat the process by sandwiching another biscuit on top of the cream. Repeat until you have a stack of 5 biscuits. Stand the stack on its side on top of the whipped cream layer.

Repeat the process until all biscuits are used.

Once all the biscuits are stacked and placed on the serving board, cover the entire cake with the remaining whipped cream.

Cover with cling wrap and place the cake in the fridge overnight (or for a minimum of 6 hours) to allow the biscuits to soften.

Just before serving, decorate the cake with crushed peppermint crisp and flake bars\*. Decorate with fresh raspberries.

\*Note: you can use any mint flavoured chocolate bar or milk chocolate here. If using peppermint crisp bars, sprinkle them over just before serving as the peppermint will turn slightly liquidy when chilled in the fridge.

## *Helen Neven*

"Throughout the years my mum has always made this whether it be just for me or for anyone coming to visit. It was just an excuse to eat a sweet treat while spending time with family. Even though it is simple to make and that I can easily make it myself, I enjoy asking my mother to make it for me. She just makes everything taste so good which is what I think will stick in people's minds when they think of her," says Helen.

"You only need two ingredients if you're not counting the toppings which can be to your own taste. The classic Arnott's choc ripple biscuits and any thickened cream that can be whipped are really all you need. You can replace the biscuits with peppermint crisp bars or just about any cookie you like, but the classic I think is always the best."





DENISE CULL  
HILLVIEW LIFESTYLE VILLAGE

# Celebration Ice-cream Cake

Brings the party to any celebration.

Prep time: 20 mins + 4 hours chilling

## INGREDIENTS

2 litres of Connoisseur vanilla ice-cream  
1 small Aero choc/mint bar or ¼ cup of chocolate sprinkles or ¼ cup of preferred liqueur or ¼ cup of finely chopped mint leaves  
600ml thickened double cream  
¼ cup of choc mint ice magic  
2 small finely sliced bananas  
1 cup of mixed strawberries, blueberries, raspberries

## METHOD

Remove the ice-cream from the freezer and let it sit for 10 minutes to slightly soften.

Transfer the ice-cream to a large mixing bowl.

Add the thickened double cream to the bowl and mix it in with the ice-cream until well combined.

If using, crush the Aero choc mint bar or add the chocolate sprinkles or preferred liqueur or finely chopped mint leaves and fold into the mixture.

Lightly grease a 9-inch springform cake tin with butter or cooking spray and line with baking paper.

Pour the ice-cream mixture into the prepared tin and smooth the top. Cover the tin with plastic wrap and freeze for at least 4 hours or overnight for best results.

To serve, remove the ice-cream cake from the freezer and let it sit for 5 minutes to slightly soften. Release the cake from the springform tin onto a serving platter.

Drizzle with choc mint ice magic over the cake and around the edges.

Arrange the mixed berries and sliced bananas around the cake and drizzle with more ice magic, if desired.

## *Denise Cull*

“For years my family served up a hot Christmas dinner - turkey, potatoes, roast vegetables, the whole nine yards. We would usually finish it off with a beautiful plum pudding,” says Denise. “When I took over Christmas cooking duties 20 years ago, I forgot the plum pudding, so I had to whip something up that was nice and easy, and that’s when the celebration ice-cream cake became a mainstay of all our family celebrations.”

“Christmas and birthdays are special in our family, and we celebrate with what is often a large meal. My family could all be sitting around saying they just couldn’t take another bite of anything, but as soon as I take this cake out of the freezer, set it down and drizzle some cream on top, everyone is asking for a slice and telling me how wonderful I am. It’s a little wonder why I love serving up my celebration cake.”







ANNA BROWN  
THYME MAREEBA RESORT MANAGER

# Tiramisu

From Tuscany with love.

Prep time: 30 mins + 2 hours chilling

## INGREDIENTS

2 cups strong black coffee  
½ cup marsala\*  
300ml thickened cream  
3 eggs, separated  
⅓ cup caster sugar  
250g mascarpone cheese  
1 (300g) packet of italian savoiardi sponge fingers  
Cocoa powder, for dusting

## METHOD

Pour coffee and marsala into a large shallow bowl. Set aside.

Whip thickened cream lightly to thicken. In another large bowl beat egg yolks and sugar with electric beaters until pale and thick. Add the mascarpone and whipped cream, mixing gently until just combined.

Beat egg whites in a medium bowl with electric beaters until soft peaks form. Using a large metal spoon, gently fold egg whites into the mascarpone mixture.

Dip enough biscuits into the coffee mixture to cover the base of a 19cm square ceramic dish. Cover the biscuits with one-third of the mascarpone mixture. Repeat layers 2 times, ending with the cream. Cover with plastic wrap and refrigerate for at least 2 hours. Dust generously with cocoa powder and serve.

\*Note: if you don't have marsala, you can use other liqueurs such as Kahlua, Bayley's or dark rum.



## *Anna Brown*

“This is one of my favourite recipes which my mother would make for any special occasion. It’s a recipe which has been handed down through three generations. My mother grew up in Tuscany and came from a big family so started cooking when she was 8 which was her job but more so her calling. She was an amazing cook and baker, every dish she created was just so delicious,” says Anna.

“Nowadays whenever the family gets together, we always say mum is with us, because there is always a dish on the table that makes us think of her. Whilst my mum would always keep her recipes close to her chest, I was able to pry this recipe from her. Whilst she never said it, I think one of her secrets for special occasions was to add a little Grappa to the coffee shot prior to adding it to the cake.”



ROBYN KELK  
RV HOMEBASE

# Crunchy Snake Bites

A moreish treat the kids will love.

Prep time: 15 mins

Cook time: 5 mins + 2 hours chilling

## INGREDIENTS

225g lolly snakes  
175g mini marshmallows  
1 cup rice bubbles  
¼ cup desiccated coconut  
2 x 200g blocks of dark chocolate

## METHOD

Cut the lolly snakes into 2-3 cm pieces using scissors.

In a large mixing bowl, combine the lolly snakes, mini marshmallows, rice bubbles, and desiccated coconut and stir well to mix.

Break up the dark chocolate into small pieces and melt in the microwave-safe bowl, in two 1 minute bursts (depending on microwave). Mix well.

Add the melted chocolate to the dry ingredients and stir until all ingredients are coated with the chocolate. Line a slice tin with baking paper and pour the mixture into the tin, spreading it out evenly to the corners.

Place the tin in the fridge for 1-2 hours or until the mixture has set.

Once set, remove from the fridge and slice into bite-sized pieces.

Keep in an airtight container in the fridge for up to 2 weeks.



## *Robyn Kelk*

“I have made this recipe for some of the community events, and it seems to go down a treat. When my children or my friend’s grandchildren come to visit, I will often bake a batch as they seem to love them”, says Robyn.

“I have passed the recipe onto my daughter who also enjoys making it. We both love to make deserts and bake sweet treats to share which is something I think she got from me. I also like to chop and change the recipe by adding nuts or using different types of chocolate and enjoy it best with a cup of tea or coffee.”



Thank you for the thoughtful  
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