

## **Old Fashioned Caramel Pie**

23cm short crust pastry shell cooked. A flan tin with removable base works well.

2 tins condensed milk (Nestle)

3 egg whites

180g castor sugar

### **Method**

- Place cans of condensed milk into large saucepan - cover with cold water
- Bring to a gentle boil, lid on. Cook 2 hours. Check to see water continues to cover tins.
- Top up with hot water if necessary
- Remove from water after 2 hours. Allow to cool before opening the tins.
- Place caramel into prepared pastry shell, spread evenly
- Whip egg whites to a soft peak in a clean dry bowl
- Add sugar 1 tablespoon at a time, beating well
- Meringue should be thick and shiny
- Pile on top of caramel
- Place into oven at 180 degrees for 10-15 minutes until golden. Allow to cool before serving.

Note: you can purchase tins of caramel ready to use. The family can pick the difference in the first mouthful!!

## **Short Crust Pastry**

3 cups plain flour (450g)

225g cold butter, chopped

1 egg yolk

2 teaspoons lemon juice

3 tablespoons cold water (approx)

### Method:

- 1) Pre heat oven to 180 degrees
- 2) Sift flour into bowl
- 3) Rub in butter with finger tips until it resembles bread crumbs
- 4) Mix egg yolk and lemon juice, add to flour - mix with knife
- 5) Add water gradually - you may not need all the water. Make a dry dough
- 6) Turn onto floured board - thread lightly into flat disc. Wrap in cling wrap and put into fridge for 30 minutes
- 7) Roll out and use as required

Note: Fingertips and rubbing in were before the days of the food processor.

## **Chicken a la Monsignor Galvin**

Prepared by Children's Medical Research Foundation Narrandera branch. Served at the wake of Monsignor Jeremiah Galvin. Died Narrandera 25/4/76.

- 1) Take 1 fowl, simmer in seasoned stock until tender - cool - keep stock.
- 2) Remove meat from bones and cut into bite sized pieces.
- 3) Fry in oil or butter: 1 cup of chopped onion, 1 cup of chopped celery, 1 cup of chopped carrot, until tender.
- 4) Take 1 packet of cream of chicken soup. Add 2 cups of stock and 1 cup of milk. Bring to simmer.
- 5) Thicken with a little cornflour mixed in cold water. Bring to the boil stirring all the time.
- 6) Add chicken to re-heat.

Serve with boiled rice. Dressed with chopped parsley.