



Christmas Recipe Book

All recipes provided by
members of the Brisbane
Brain Tumour Support
Group, our speakers and
supporters.





Wendy's Liquorice Allsorts

Ingredients

- 125gms butter - chopped
- 1 can condensed milk
- 1 tablespoon golden syrup
- 250 liquorice allsorts - chopped
- 200gms Marie biscuits - finely crushed
- 1 cup desiccated coconut
- 200gms dark chocolate – chopped
- 30gms copha



Method

1. Line a 20cm x 30cm slice pan with baking paper.
2. In a small saucepan melt butter, condensed milk and golden syrup over low heat.
3. Meanwhile combine liquorice, biscuits and coconut in a bowl. Pour in melted butter mixture, mix well to combine. Press into pan and place in fridge and chill for 30mins or until firm
4. In a small saucepan melt chocolate and copha together over low heat. Pour over firm base and return to fridge till firm.
5. Cut into squares and enjoy.





Julia's Seven Layer Salad

Ingredients

Salad

- 2 cups frozen peas, defrosted
- 2 cups shredded iceberg lettuce
- 3 eggs, hard boiled
- 1 cup mushrooms, sliced
- 2 tomatoes, sliced
- 4 rashers cooked bacon, chopped
- 1 cup grated cheese
- 2 tablespoons fresh flat-leaf parsley, chopped
- 6 spring onions, chopped



Dressing

- 1 cup mayonnaise
- 2 tablespoons sour cream
- 2 teaspoons French mustard
- 1 teaspoon lemon juice

Method

1. Place shredded lettuce in the bottom of a large glass bowl. Add defrosted peas to form a layer over the lettuce.
2. Follow with a layer of mushrooms, sliced egg and finally with a layer of cheese.
3. Combine dressing ingredients and pour over the top of the cheese. (see note) Refrigerate for several hours or overnight.
4. Before serving, add a layer of sliced tomatoes, chopped bacon, parsley and spring onion.





Andrew's Gran's Cornflake Macaroons

Ingredients

1 egg white

85 grams of caster sugar

1/2 teaspoon vanilla

2 cups of cornflakes

1/2 cup coconut

Method

1. Beat egg white until soft peaks form.
2. Add sugar gradually and beat until sugar is dissolved and the mixture is a good meringue consistency.
3. Add the coconut and cornflakes and stir well.
4. Divide into tablespoon size portions and place on a lined baking tray.
5. Bake in a moderate oven for 10-15 minutes.





Kath's Stir Fry Veges

Pretty well any veges you have - use these or add and subtract - great for just making up quickly. Basically you chop up and add the things that need to cook longer first and add the ones not needing as much as you go so theoretically by the time you have added everything you just need to steam it for 3 or 4 minutes and it is ready.

1. Put some olive oil in an electric frypan (stainless steel not aluminium)
2. Chop up and add onion then carrot then garlic and ginger and lightly toss until the onion is transparent.
3. Add some seasoning - salt, caraway seeds and cumin - add more oil if needed.
4. Chopped bits of broccoli, cauliflower, mushroom and zucchini and toss in hot oil.
5. One can of coconut milk then put the lid on the frypan and steam until the cauliflower is tender.
6. Add things like sprouts, capsicum and snow peas which only need to be heated through.
7. Serve with a dollop of yoghurt and some strips of preserved lemon.





Stretch's Pineapple Lump Slice

Ingredients

170g butter, chopped, plus 50g extra

200g milk chocolate, chopped

395g can condensed milk

185g bag Pascall Pineapple Lumps

250g milk arrowroot or Nice biscuits, crushed

200g dark chocolate, chopped

1. Lightly grease a 16 x 26cm slice pan and line with baking paper, allowing the 2 long sides to overhang.
2. Combine the butter, milk chocolate and condensed milk in a small saucepan over low heat.
3. Cook, stirring, for 5 minutes or until melted and smooth.
4. Reserve 10 pineapple lumps (put them in fridge until needed, they will be easier to chop into quarters).
5. Chop the remainder.
6. Combine the biscuits and chopped lumps in a large bowl and make a well in the centre.
7. Add the butter mixture and stir to combine.
8. Transfer to the slice pan.
9. Use a palette knife to spread the mixture out in an even layer.
10. Place in the fridge for 2 hours to set.
11. Chop the 10 reserved lumps.
12. Melt the dark chocolate and extra butter in a bowl over a saucepan of simmering water (don't let the bowl touch the water).
13. Stir until smooth.
14. Spread chocolate mixture over the slice.
15. Sprinkle over the reserved lumps.
16. Place in the fridge overnight or until firm.
17. Use the baking paper to lift the slice from the pan and cut into 40 pieces to serve.





Dr Hobbs' Chocolate Chip Cookies

Ingredients

2 tbs Milk

6 tbs Butter

1 tbs Cream Cheese

1/4 Cup Brown sugar

3 tbs granulated sugar

1 tsp. Vanilla extract

1/2 cup + 3 tbs flour

1/4 tsp baking powder

1/4 tsp baking soda

Pinch of salt

1/4 cup chocolate chips



1. Mix together
2. Mould dough into rounds
3. Bake at 190° for 10 minutes
4. Makes 8 cookies





Professor Tamara Ownsworth's Caramel and White Chocolate Microwave Fudge

Ingredients

3 Cups Brown Sugar, packed

175 grams Butter, sliced in cubes

1 395g tin sweetened condensed milk

375g white chocolate, melts or chocolate pieces

1. Prepare a slice tin of at least 25cm by 25cm with baking paper, or lightly grease it.
2. In a large microwave proof bowl add the brown sugar, butter and condensed milk.
3. Set the microwave to cook for 10 minutes on 50% power, stirring every 2-3 minutes. As you near the end of the 10 minutes, check the mixture on the back of the spoon to see if the sugar crystals have mostly dissolved. If not, cook for a further 1 minute or more on 50% power if needed.
4. Remove from the microwave and mix in the white chocolate until it has completely melted into the fudge mixture and it is smooth.
5. Pour into your prepared slice tin and allow to set in the fridge for 3





hours or overnight.

6. Remove from the slice tin and slice into bite sized pieces.
7. Best stored in the fridge.

Notes: Can I Make Fudge On The Stove?

Yes, you can make this fudge on the stove. Keep the heat low. It will just take a few minutes longer.

Can I Freeze Fudge?

Yes, you can freeze fudge. Wrap it tightly in greased paper (cut or uncut) and then slide it into a zip-close freezer bag. Press the air out of the bag and freeze flat.

Can I Add Nuts To Fudge?

Yes, nuts can be added to almost any fudge recipe. No other adjustments will need to be made.





Professor Elisabeth Coyne's Cornflake Chocolate slice

Ingredients

- 1 Cup Self Raising Flour
- 1 Cup Coconut
- 1/2 Cup Sugar
- 1 Heaped Tablespoon Cocoa Powder
- 1 Cup Cornflakes
- 170 grams Butter - Melted
- 1 teaspoon Vanilla

Method

1. Mix dry ingredients and then add butter.
2. Add chocolate chips for extra chocolate.
3. Chocolate icing when cool.





Associate Professor Mark Pinkham's Family Recipe Christmas Cake

Special thanks to Mrs Pinkham's Mum!

Ingredients

470g crushed pineapple
500g mixed fruit
6 tablespoons butter
1 cup sugar
1 teaspoon mixed spice
1 teaspoon bicarbonate soda
1 cup plain flour
1 cup def-raising flour
1/4 teaspoon salt
2 eggs

Method:

1. Line a deep 20 cm round cake tin with two thicknesses of baking paper 5 cm above edges of tin.
2. Combine undrained pineapple, chopped fruit, butter, sugar, spice and soda in a saucepan.
3. Stir over low heat until sugar is dissolved.
4. Bring to the boil and boil, uncovered, for 3 minutes.
5. Allow to cool.
6. Sift flours and salt together.
7. Add beaten eggs and dry ingredients to cooked fruit mixture. Mix well.
8. Spread evenly into prepared tin.
9. Bake in a moderate oven for 1 1/2 to 2 hours or until a skewer inserted in the middle comes out clean.
10. Cover and allow to cool.

Christmas Best Wishes to all in the BBTS
community. It is an absolute privilege to care for
people with brain tumours and their families. I
hope this Christmas season brings a chance to
rest and refresh following what has been a very
challenging and very unique year for many.

A/Prof Mark Pinkham
Radiation Oncologist Princess Alexandra
Hospital and Greenslopes Private Hospital





Sue's Apple Crumble

Ingredients

Base

5 Green apples peeled and sliced

Topping

1/2 cup Plain flour

1/2 teaspoon Cinnamon

50 grams Butter softened and chopped

1/4 cup Brown sugar

Method

1. Microwave the apples in a covered container until soft (around 7 minutes depending on your microwave)
2. Spread softened apples over the base of a greased ovenproof dish
3. Sift flour and cinnamon into a bowl
4. With your fingertips rub softened (not runny) Butter into the flour mixture until it looks a bit like breadcrumbs
5. Add brown sugar, mixing through with fingers
6. Spoon mixture on top of the apples and bake in a moderate oven 180c (350F) for 25 to 30 minutes
7. (until golden brown on top)





Emeritus Professor Linda Worrall's Family Rum Balls

Ingredients

8 Weetbix Biscuits

1/2 cup Desiccated Coconut

400 grams Condensed Milk

1 cup Sultanas

2 tbsp Cocoa

2 tbsp Rum



Method

1. In a metal bowl, place the raisins or sultanas and the rum, cover with plastic wrap and let it marinate for a day (or two...).
2. Place crushed weetbix, cocoa, coconut and marinated fruit in a bowl.
3. Pour over the condensed milk and stir well.
4. Take out teaspoons at a time and roll in coconut and chill.





Dr Lee Cubis' Sweet Potato Curry

Note: "Asian soup soon" refers to the plastic soup spoon you might receive at a Vietnamese restaurant to eat Pho.



Ingredients

2 medium-large sized sweet potatoes, peeled and chopped into thin slices

2 basa fillets (amazing, but optional if wanting a vegan version)

2 tablespoons of red curry paste (more if you like spicy)

400 ml coconut milk (keep an extra spare can if needed)

Bunch of coriander

1 red onion, chopped finely

3-4 Asian soup spoons of chopped lemongrass (or a good squirt of Lemongrass in a tube)

Fish sauce to taste (1 – 1.5 Asian soup spoons; use vegan version if desired)

1 Asian soup spoon of cooking oil

White rice

Method

1. Heat onion, lemongrass and curry paste in medium-heat oil until onion is soft
2. Add in sweet potato until coated in the paste
3. Add in coconut milk and bring to the boil
4. Bring back to simmer, and leave (covered) for 20 minutes
5. Remove cover and keep simmering until sweet potato is soft





6. Add in basa fillets and continue to simmer (uncovered), stirring every few minutes, until fish is cooked and potato falls apart. If it becomes too dry/thick, add in water or extra coconut milk. Allow to simmer and reduce into a semi-thick paste (see picture below for indication of texture)
7. The final texture should be thicker than a traditional curry, but thinner than mashed potato. Fish and sweet potato will both have fallen apart.
8. Serve with Jasmine or Basmati rice, and sprinkle fresh coriander on the top



Dear BBTSG,

What a year!

I hope you all take some much deserved time with loved ones and try out a few new recipes over the festive season.

I look forward to catching up in person again when the world commits.

Merry Christmas!

Lee Cubis





Kim's Beef Stroganoff

Ingredients

2 tbs olive oil
700g beef stir-fry strips
1 large brown onion, sliced
500g cup mushrooms, sliced
2 tbs plain flour
1 tbs tomato paste
1 tbs Dijon mustard
1 1/2 cups salt-reduced beef stock
2 tbs Worcestershire sauce
1/2 cup light sour cream
1 cup flat-leaf parsley leaves

Method

1. Heat half the oil in a deep frying pan over medium heat and cook beef in batches for 3 minutes or until browned.
2. Transfer to a bowl.
3. Increase heat to medium-high and add onion and mushrooms to pan.
4. Cook for 10 minutes or until golden and liquid has evaporated.
5. Sprinkle flour over mushroom mixture.
6. Add tomato paste and mustard. Stir and cook for 1 minute.
7. Slowly add beef stock and sauce to pan, stirring constantly.
8. Bring mixture to the boil.
9. Return beef to pan with sour cream.
10. Stir until combined.
11. Cook for 2 minutes or until meat is heated through.
12. Sprinkle with parsley, to serve.





Irene's Ukrainian Style Baked Cheesecake

Ingredients

2 cups biscuit crumbs
1/4 cup almond meal
4 tablespoons / 60g butter
Zest of 1 lemon
750g Philadelphia Cream Cheese
1 cup sugar
6 egg yolks
2 teaspoons vanilla essence
3-5 teaspoons lemon juice
6 egg whites

Method:

Base:

1. Mix biscuit crumbs and almond meal in food processor.
2. Add lemon zest and mix lightly.
3. Melt butter and add to biscuit base mix.
4. Press about 1/2 inch of biscuit mix in a 9 x 4 inch springform pan, gradually pushing up sides.

Filling:

1. Beat cheese and sugar until fluffy.
2. Add yolks, one at a time.
3. Add vanilla and lemon juice and beat well.
4. Whip egg whites in to peaks and fold in to cheese mixture.
5. Pour in to biscuit base.
6. Bake in pre-heated oven 180 degrees Celsius for 1 hour.
7. Turn off oven, open door carefully and allow to rest in oven for 1 hour.
8. Cool on a rack.
9. Cover with plastic wrap and refrigerate.





Cate's Fruit Mince Tartlets

Ingredients

60g flaked almonds
3 granny smith apples
1/3 cup Verjuice
200g seedless raisins
200g Dried Moorepark Apricots
100g dried figs
200g sultanas
250g currants
150g dried cumquat slices
100g candied mixed peel
Zest of 1 orange
Zest of 1 lemon
200g brown sugar
2 tbsp. honey
2 tsp. mixed spice
1 tsp. nutmeg freshly grated
150ml cumquat liqueur
175g unsalted butter



Tartlet Pastry

150g unsalted butter chilled
225g unbleached plain flour
75g self-raising flour
55g icing sugar
1 free range egg yolk
2 1/2 tbsp. iced water

Method

1. Preheat the oven to 220C.
2. Roast the almonds on a baking tray for about 5 minutes, shaking the tray to prevent the nuts from burning.





3. Allow to cool, then chop finely.
4. Peel and coarsely grate the apples, then cover with Verjuice to prevent discolouration.
5. Chop the raisins, apricots and figs.
6. Combine these in a mixing bowl with the apple and remaining ingredients, except the butter, and mix thoroughly.
7. Cover with plastic film and leave at room temperature for 24 hours, stirring occasionally.
8. Next day, melt the butter and stir it through the fruit mince.
9. To make the pastry, dice the chilled butter.
10. Blend the flours, icing sugar and diced butter in a food processor until well combined and the mixture resembles breadcrumbs.
11. Add the egg yolk and iced water and, using the pulse button, process until the mixture starts to come together.
12. Shape the pastry into a disc, then wrap it in plastic film and refrigerate for 1 hour.
13. Preheat the oven to 210C.
14. Roll out the pastry until 3mm thick on a lightly floured bench.
15. Cut rounds of pastry to line the moulds you are using, then cut a corresponding number of stars using a shape cutter (I make 36 tiny tarts in mini-muffin trays).
16. Line the moulds with pastry, then add a spoonful of fruit mince and top with a pastry star.
17. Bake for 12 minutes, then allow to cool in the trays (if you are using larger moulds you will have to bake the tarts for a longer time - the pastry should be golden brown).
18. Serve dusted with icing sugar.





This Christmas recipe book is packed full of things for you to try out and share with your family and friends.

We send virus-free hugs just for you! We hope you have a very Merry Christmas and that we can see you again soon face to face. Until then, cheers to you from Andrew and I for your good health and happiness!

May the magic of the Christmas season fill your home with joy and peace. Take care of yourselves and stay safe.

