



WINTER WARMTH 2014



Chunky beef pot pie

Ingredients

- Olive oil/cooking spray
- 1/4 cup plain flour
- 500g beef chuck or rump steak, trimmed, cut into 2cm cubes
- 1 tablespoon olive oil
- 1 brown onion, cut into thin wedges
- 200g button mushrooms, sliced
- 2 tablespoons brown onion gravy powder
- 1 sheet frozen ready-rolled puff pastry, thawed
- 2 tablespoons reduced-fat milk
- Tomato sauce, to serve

Place flour and beef in a large snap-lock bag. Seal. Shake to coat.

Heat half the oil in a large saucepan over high heat.

Add half the beef. Cook for three to four minutes or until browned.

Transfer to a plate. Repeat with remaining oil and beef.

2. Reduce heat to medium. Add onion to pan. Cook for three minutes or until just tender.

Add mushrooms. Cook for two to three minutes or until mushrooms start to soften.

Return beef and juices to pan.

Combine gravy powder and one cup of hot water in a jug.

Add to beef mixture. Season with pepper. Stir to combine. Bring to the boil.

Reduce heat to low. Simmer for 20 to 25 minutes or until gravy thickens.

Spoon into prepared dishes. Set aside for 10 minutes to cool.

3. Preheat oven to 200°C/180°C fan-forced.

Cut pastry sheet into quarters. Place over dishes, trimming excess. Brush pastry with milk.

Make two small cuts in pastry tops for steam to escape.

Bake for 30 minutes or until pastry is golden.

Serve with sauce.

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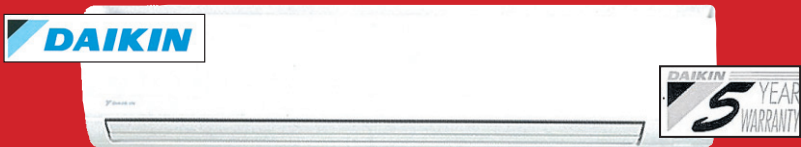


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Grandma's apple pie

Ingredients

- 1 recipe pastry for a nine-inch double crust pie
- 1/2 cup unsalted butter
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 8 Granny Smith apples - peeled, cored and sliced

Method

1. Preheat oven to 220°C.

Melt the butter in a saucepan. Stir in flour to form a paste.

Add water, white sugar and brown sugar, and

bring to a boil.

Reduce temperature and let simmer.

2. Place the bottom crust in your pan.

Fill with apples, mounded slightly.

Cover with a lattice work crust.

Gently pour the sugar and butter liquid over the crust.

Pour slowly so that it does not run off.

3. Bake 15 minutes in the preheated oven.

Reduce the temperature to 175°C.

Continue baking for 35 to 45 minutes, until apples are soft.

Home-made custard

Ingredients

- 2 eggs
- 3 tablespoons cornflour
- 3 cups milk
- 3 tablespoons sugar
- 1 teaspoon vanilla

Method

1. Whisk eggs, cornflour and milk together in a saucepan until smooth

2. Continue whisking on stove-top until custard becomes thick and creamy

3. Remove from heat, mix in sugar and vanilla

Note: Do not add sugar whilst on heat as it will stick to the pan. Make variations by adding cocoa for chocolate custard, or add cinnamon.



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WINTER WARMTH 2014



Tips for keeping your home and business fire safe this winter

Is your home winter fire safe?

This simple safety checklist can help keep homes fire safe this winter:

- Have an adequate number of suitable smoke alarms installed and make sure they are tested regularly
- Ensure you and all your family know two safe ways out of every room in your home
- Have a written home escape plan in case of fire and practice it regularly
- Never leave cooking unattended
- If you have a fireplace in your home make sure the chimney is clean and always place a screen in front of it when in use
- Check electric blankets for damage or frayed cords before placing on the bed
- Take care to keep curtains, tablecloths and bedding away from portable heaters
- Keep wet clothing at least one metre from heaters or fireplaces don't leave unattended
- If you use a clothes dryer make sure you clean the lint filter each time you use it

• Only use one appliance per power point and switch off when not in use

- Always extinguish candles or any other open flames before going to bed
- Store matches or lighters in a secure place

Winter fire safety tips

• To test an electric blanket lay it flat on top of the bed, switch it on for five minutes before putting it on the bed for use to confirm it is okay

• Use only authorised installers of fixed heating appliances

• Oil, gas or wood heating units may require a yearly maintenance check

• Only use fuses of recommended rating and install an electrical safety switch

• If possible, in the kitchen keep a fire extinguisher and fire blanket placed near the exit

Is your business fire safe?

Use this checklist to assist

your small business in preventing damage that could be caused by fire:

• Avoid storing or stockpiling flammable materials such as packaging materials or waste where they could be accessed by the public, including areas immediately outside your business premises.

• Make sure all machinery is serviced as recommended by manufacturers and is kept clean. If possible, switch machinery off when the business is unattended.

• Secure all doors, windows or other access points when the business is unattended,

and make sure your business has adequate lighting to deter trespassers.

• Ensure your business has an adequately serviced and functional fire alarm system that is suitable to your small business eg: Remote serviced alarm systems, sprinkler systems, thermal or smoke alarms etc.

• If your business stores dangerous goods, ensure their storage and use adheres to legislative requirements.

• Make sure your business has a written and practised fire escape plan that includes full staff lists and designated meeting points.

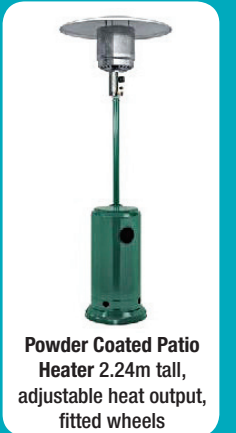
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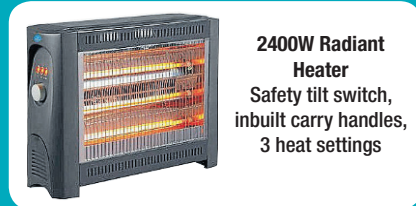
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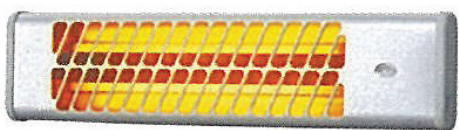
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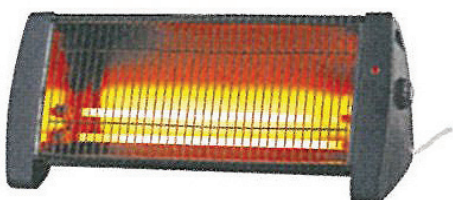
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