Newsletter items

Cut and paste into your newsletters

Choppy Chatter

**Potato Pancakes**

- 2 large potatoes
- 1 medium carrot
- 1 small onion
- 1 egg
- sprinkle of pepper
- 2 teaspoons vegetable oil

1. Scrub potatoes and carrots, then peel them. Peel the onion.
2. Grate potato, carrot and onion.
3. Mix potato, carrot and onion together in a bowl.
4. Beat egg and add with pepper to potato mixture. Mix well.
5. Put oil in frypan and spoon in potato/egg mixture. Flatten to make a big pancake. Or, make several smaller pancakes using spoonfuls of the mixture.
6. Cook over low heat. 15 minutes or until underside is browned.
7. Flip the pancake over. Cook another 10 minutes or until brown.

_Makes 4 serves._

Choppy Chatter

**Fruit Purees**

Ripe blueberries, raspberries or strawberries

1. Blend washed berries, and thin with water to desired consistency.
2. Make three days in advance, or when fruit is in season and freeze for several months until required.
Choppy Chatter

**Frozen Fruit Blocks**

2 x 140g cans fruit in natural juice
1 tablespoon fresh passionfruit pulp

1. Combine fruits, juice and pulp in small mixing bowl. Stir until combined.
2. Spoon mixture carefully into six plastic ice-block moulds with sticks. Put in freezer, allow to set overnight.

When frozen, remove ice-blocks from mould and serve.

Note: Use any canned fruits: pears, peaches, apricots, pineapple, fruit salad mix or two fruits. If fruits are in large pieces, they may need to be chopped more finely.

---

Choppy Chatter

**Ginger Nuts**

100 g whole-wheat self-raisin flour
1 level teaspoon bicarbonate soda
1 rounded teaspoon ground ginger
50 g butter
30 ml (rounded tablespoon) clear honey

1. Mix flour, bicarbonate of soda and ginger in a bowl until it resembles breadcrumbs.
2. Add honey and mix with fingertips to form a soft dough.
3. Divide into balls and place on an oiled baking tray.
4. Flatten slightly with a fork, then bake in oven preheated to 190°C for 15 minutes or until golden. Cool on the tray before moving to a wire rack.