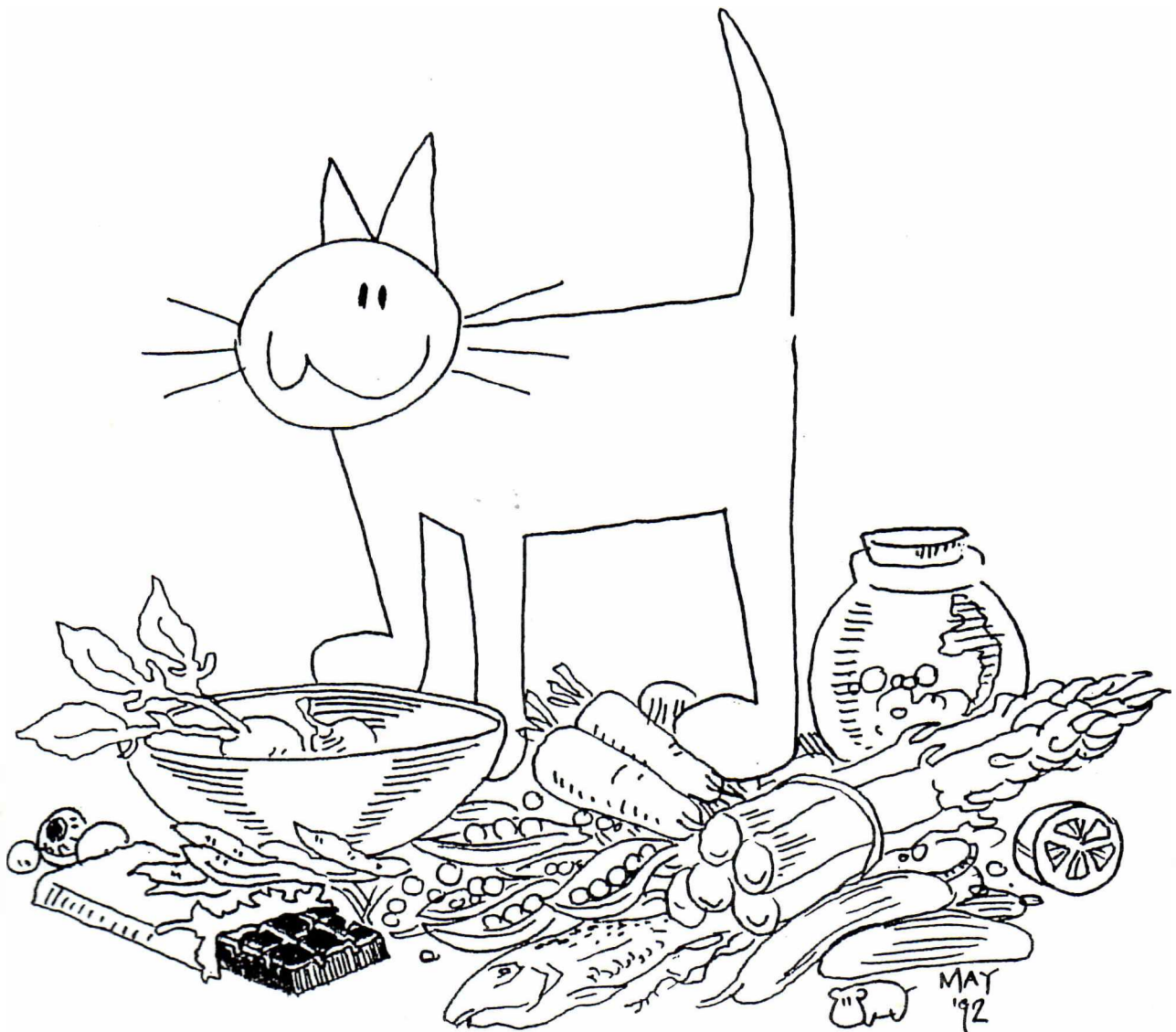


The

Constantinople

International

Fannish
Cookbook





'The first thing I learnt at school was never eat chocolate cake given to you by a Boy Scout. because it's either made from Laxettes or iced with Laxettes'

- James Allen, Constantinople Hotel Liaison

INTRODUCTION

The one thing most fans have in common is a love of food. From the self-styled gourmet sophisticate to the burger-munching fatso, food plays an important part in each fan's lifestyle. If the con is getting you down, you go out to hunt for local delicacies. The best room parties are those with a decent selection of nibbles to hand. The place to be seen is at the banquet.

It comes, then, as no surprise that many fans are well-versed in the culinary arts and each has his or her favorite recipe. Here are some of them. Twenty-nine contributors from half a dozen countries sent in an incredible variety of concoctions. Some are delicious. Some are exotic. Some should only be tackled by consenting adults, if at all.

If you've got a favorite recipe, send it in. Who knows, if we get enough there might be a sequel. Meanwhile, thanks for buying this cookbook. All profits will help support Constantinople, the 1994 Australian Natcon to be held in Melbourne over Easter, April 1-4, that year.

Many thanks to all who contributed, and special thanks to Alan for all his help ... see you at Constantinople.

- Ian Gunn

Edited and compiled by: Ian Gunn

Typed, retyped and typed again by: Alan Stewart

Printed by: Singular Productions

This publication is copyright © 1992 by Constantinople. Upon publication all rights magically disappear in a puff of smoke and reverts to the individual contributors. The recipes herein have been created by Trained Professionals, or at least Plausible Amateurs, and should not be attempted by the culinary inept. Neither the editor nor the publishers accept any responsibility whatsoever for the stress, illness, injury or weight gain incurred by the attempted cooking or consuming of any item within these pages, so yah boo sucks to you, matey!

Art Credits: Phil Wlodarczyk	Cover, Pages 20, 36, etc
Paul Kidd	Pages 23, 24
Craig Hilton	Pages 11, 30, 38
Ian Gunn	Pages 10, 15, 28
Anne Onymous	Page 26
Steve Scholz	Page 17

'Constantinople the three-legged cat' was created by Phil Wlodarczyk

CHOCOLATE CHERRY CAKE

(As provided for Vic Terawskyj's first farewell. Oct 1989, and Lyn's mother's birthday 1/12/91)

Preparation Time: 10 minutes Oven Temperature: 350 F, (~180 C)
Cooking Time: 50 minutes Decoration Time: ~10 minutes
Utensils: One 2 litre mixing bowl, ½ litre saucepan or microwave safe dish with lid,
two 8" (20 cm) diameter greased round cake tins

Cake portion:

¾ cup Soy Flour	2 teaspoons Baking Powder	125 g Butter
¾ cup Rice Flour	2 tablespoons Cocoa (Heaped)	¾ cup Milk
¾ cup Castor Sugar	1 teaspoon vanilla essence	2 eggs

1. Combine dry ingredients in mixing bowl (Soy Flour will benefit from sifting)
2. Mix well
3. Melt Butter - microwave - medium low for 2½ minutes
- stove - DO NOT allow to boil
4. Add all liquid ingredients, reserving warm butter till last
5. Mix
6. Pour ~½ the contents into each prepared cake tin and place in oven

Icing:

½ oz (15 g) Butter	}	
½ oz (15 ml ?) Milk	}	x 1½
½ cup Pure Icing Sugar	}	
1 tablespoon Cocoa (Heaped)	}	
Port, rum or vanilla essence to taste	}	

(After cake has cooled a little)

1. Mix icing sugar and cocoa in small mixing bowl (½ litre)
2. Melt butter and milk together, DO NOT allow to boil or form skin
3. Add liquid to icing sugar, reserving port till last
4. Mix
5. If required add more liquid (port or milk) a dribble at a time until consistency is right
6. Spread over top of cake with a warm butter knife



Filling: (Use as much of each ingredient as desired)

Whipped Cream Port Black Stoneless Cherries (I use 1 tin of John West Cherries)

1. After cake has cooled, dribble port over bottom half (careful, it will soak up quite suddenly, and become too spongy!)
2. Place cherries to taste on bottom half
3. Place whipped cream to taste over this
4. Place pre-iced top of cake over all and press gently
5. Decorate top with any left over cherries

Notes:

As this cake is made from preservative free ingredients and does not use salt or wheat flour, it must be eaten within 48 hours of being made or it will become too dry. It keeps best in a dark corner of the cupboard - don't refrigerate.

To make Chocolate/Chocolate cake - double the icing quantity and use ½ in the centre and ½ on top.

If using stoneground rice flour, soak flour and milk for ~1 hour before use or the cake is very gritty. If you forget, or don't have time, you'll also find it becomes less gritty the next day.

The cake often forms a hard 'crust' if left a little too long in the oven, you can either chop this off (it still tastes nice) or use a very sharp knife to cut the cake.

If wet ingredients are mixed for too long with the dry, it will not rise properly.

HAPPY EATING

Lucy Sussex, North Melbourne, Victoria, AUSTRALIA

CHILLI BEER

Put 30 chillies into one pint of water, simmer over slow fire for twenty minutes.

Take three cups of sugar, two teaspoons of cream of tartar, two teaspoons essence of lemon.

Pour chilli water over this then add one gallon of cold water, two tablespoons of yeast, then bottle.

Ready in twenty-two hours.

BLACK FOREST CHEESECAKE

Crumb Crust:

250 g plain chocolate biscuits
125 g butter

Topping:

1 tablespoon cornflour
1 tablespoon rum
1 tablespoon sugar
½ cup cream, extra

Filling:

½ cup water
1 tablespoon gelatine
250 g cream cheese
¾ cup sugar
300 ml thickened cream
1 tablespoon lemon juice
425 g black cherries (pitted)

Crumb Crust:

Crush biscuits finely, add melted butter, press mixture on to sides and base of greased 20 cm springform pan. Refrigerate.

Filling:

Beat cream cheese, sugar and lemon juice until smooth. Sprinkle gelatine over water, dissolve over hot water, cool. Add to cream cheese mixture, beat well, fold in whipped cream. Drain cherries and reserve ¾ cup syrup. Spoon ⅓ of filling into crumb crust, arrange ½ of the cherries over filling; spoon another ⅓ of filling over, arrange the remaining cherries over; top evenly with remaining filling. Refrigerate until firm.

** Wait until filling has firmed before starting topping **

Topping:

Place sugar and cornflour in saucepan, gradually stir in reserved syrup. Stir until boiling, remove from heat, add rum. Continue stirring for a few minutes to allow mixture to cool slightly. Spread topping over cheesecake. Refrigerate until set. Pipe around edge of cheesecake with whipped cream.



PAN HAGGERTY

This is a traditional potato dish from Northern England and is good enough to use as a main course for 6 to 8 people. And it's cheap!

3 tablespoons oil	2-3 large onions, finely sliced
8-10 large potatoes, peeled and sliced	½ cup mature tasty cheese, grated
freshly ground black pepper	a little butter
finely chopped parsley	

1. Use a heavy frying pan with a lid or a plate that will fit over the top.
2. Heat the oil in the pan and put in layers of potatoes, onion and cheese, seasoning each layer. Begin and end with the sliced potatoes.
3. Put the lid on the pan and cook on a low heat until the underside is crisp and brown and the potatoes on top are cooked. This will take about 20-30 minutes.
4. Dot the top of the potatoes with butter and place under the grill to brown.
5. Serve hot or cold in wedges sprinkled with parsley.

Tim Jones, Dunedin, NEW ZEALAND

BANANA SLASH ALMOND MUFFINS (I had to get a skiffy reference in there somehow)

(Makes about 30 muffins, if you use the same muffin trays that I do)

100 g butter/margarine	5 overflowing tablespoons golden syrup
2 eggs	4 mashed bananas (ideally, somewhat over-ripe)
2 teaspoons almond essence	1 (metric) cup milk
1.5 teaspoons baking soda	2 teaspoons baking powder
1 cup raisins, sultanas, or if you've got more money than sense, chopped almonds	3 cups wholemeal flour, diligently sieved to make it as much like white flour as possible (but don't use white flour as this makes them too stodgy)

Beat butter and golden syrup together until creamy.

Add egg and almond essence.

Dissolve the baking soda in the milk and add alternately with the banana.

Stir in the flour, baking powder and raisins (or whatever).

Fill buttered muffin tins and bake at 200 C for ...well the recipe book I'm cribbing off says 20-25 minutes, but in our fan-bake oven I think 16-18 is more like it.

The recipe suggest vanilla essence, but I don't think vanilla essence delivers the same kick.

These muffins are also ideal for pot-luck dinners; people usually don't eat them, because there's lot's of other yummy food at pot-luck dinners and they're full by the time they get to the muffin stage, so you get to take them home again and eat them there. They're really bonzo, as George V-for-Victory Bush would say.

BUCHE DE NOEL (French Christmas Log)

Preparation Time: 40 minutes
Cooking Time: 30 minutes + cooling time

Choc Cream:

300 ml whipped cream
1 teaspoon vanilla essence
240 g plain choc, broken up
Icing sugar to decorate



Put cream in small sauce pan, heat to just below boiling point. Add choc and heat gently, stirring until it melts. Stir in vanilla essence, allow to cool, and then chill.

Choc Log:

100 g	softened butter	2 tablespoons	ground almonds
100 g	castor sugar	60 g	cocoa, plus extra to sprinkle
100 g	self-raising flour	1 teaspoon	baking powder
125 ml	milk	4 tablespoons	golden syrup
2 eggs,	separated	4 individual choc.	mousse

Heat oven to 190 C. Grease a 23 x 30 cm swiss roll tin, line base with greaseproof paper.

Cream the butter with 90 g of sugar, with electric beater, until light and fluffy.

Mix in eggs one at a time with beater.

Sift the flour together with the cocoa and baking powder into a mixing bowl: mix in almonds.

Use metal spoon to fold some of the flour mixture into the butter and sugar mixture, then fold in some milk. Continue until all mixed in. Then stir in golden syrup.

Whisk egg whites until stiff. Sprinkle in remaining sugar and whisk until mixture is stiff and glossy.

Stir 1 tablespoon of whisked egg white into the butter mixture, then fold in the remainder with spatula until evenly blended.

Spoon the cake mixture into tin and smooth level. Bake for about 20 mins until mixture springs back when lightly pressed.

Beat choc cream (electric at medium speed) until fluffy and thick enough to spread. Return to fridge until required.

Sift extra cocoa onto clean tea towel and turn cake over on to this as soon as it comes out of the oven. Peel away the lining. Starting at long side, roll up the cake with the tea towel inside. Allow to cool.

Unroll the cake and spread with the chocolate mousse. Roll up and place, seam side down, on a plate/serving platter. Using a serrated knife, cut a diagonal slice and "glue" slice halfway up log with some choc cream. Cover log with remaining choc cream, and mark in bark patterns with a knife. Sprinkle on some icing sugar, and decorate further if you wish, ie. holly sprig for Christmas, or a plastic bird. Whatever. Look, I don't care! I'm a qualified brain surgeon, I'm only doing this because I want to be my own boss.

Andrew Williams, Singleton, New South Wales, AUSTRALIA

AYRSHIRE SHORTBREAD

1 cup plain flour	1 egg yolk
$\frac{2}{3}$ cup ground rice	2 tablespoons cream
120 g butter	$\frac{1}{2}$ cup castor sugar, plus some extra

Sift flour and rice into bowl, rub in butter.

Add sugar, mix well.

Mix to a stiff dough with egg yolk and cream.

Knead lightly on floured surface, roll out to $\frac{1}{2}$ cm ($\frac{1}{4}$ inch) thickness.

Cut into circles, prick well with fork.

Place on lightly greased oven trays, bake in moderate oven for approx. 15 minutes or until pale golden color.

Sprinkle with extra castor sugar, allow to cool on tray.

Leah Zeldes Smith, Wheeling, Illinois, USA

BHEER BREAD

(1 loaf)

2 cups (250 g) self-raising flour
3 tablespoons (50 g) sugar
12 ounces (350 ml) bheer (any type)
Melted butter

Preheat the oven to 350 F (180 C). Heavily grease a medium-sized loaf pan. Mix the first three ingredients together and pour them into the loaf pan. Bake for 50 minutes.

Brush the top with the butter and bake for 10 minutes more. (The bread will not rise very high). Remove the loaf from the pan and let it cool briefly on a wire rack. Serve warm. (Leftovers are best toasted).

Note: If you don't happen to have any self-raising flour, you can substitute the same amount of unbleached all-purpose flour plus $2\frac{1}{2}$ teaspoons baking powder and $\frac{1}{4}$ teaspoon salt. This makes a moist, dense loaf. For a drier, lighter bread, use 3 cups (400 g) of self-raising flour (or 3 cups all-purpose flour plus $3\frac{3}{4}$ teaspoons baking powder plus $\frac{3}{8}$ teaspoon salt).

GUARANTEED TOO HOT CHILLI

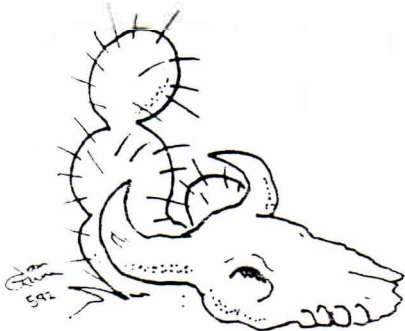
First thing you got to do is to cube and trim your **four pounds o' chuck steak**. You'd better get you as sharp a knife as you can get, sharp as one o' them Philadelphia lawyer's tongues, 'cause this is a hard job, pardner. Dump it all into a big pot, splash **four shots 'o whiskey** right on that meat. another shot into your gullet. if you feel so inclined, then haul the pot into the ice chest.

On the next day, the day you aim to feed a mess 'o hungry cowpokes, you dice you **two big onions** till you cry like a lonesome coyote when the moon hangs low over San Antone. Chop up **four big cloves of garlic** (more if they's skinny li'l dogies what ain't been grazin' like they should). Start to sauté that heap 'o garlic and onions in enough **olive oil** to make 'em shine like a silver star on a sherrif's chest, but add **three tablespoons of ground cumin** afore any real sautéin' gets goin'.

When the stuff in your pot looks like the isinglass window of a stagecoach (clear enough to see through but not fixin' to melt clean away), add your beef. Stir and sear till it's grey (and I mean grey!). Now, while your meat's gettin' started, round up **four ancho peppers** and **four California peppers**. I'm talkin' dried peppers here, and I'm talkin' crackin' 'em open to scrape out every last gol-durned seed, same as a posse would get every last bullet out of the six-shooter of some cattle-rustlin' varmint they might wish to invite to a necktie party some fine day.

Now grab you a cookie sheet, lay them peppers right on it, and stick it in a slow oven. You don't want them peppers to burn, so watch 'em close as circlin' buzzards watch a prospector whose mule just up and died! When they're done toasted, dump 'em in a blender and whirl 'em around till they's powder. Add **2 big teaspoons of ground Japanese chile powder** (if'n you can get it, or the hottest cayenne in town if'n you cain't) and **2 teaspoons of oregano**.

When you meat's gone grey (and I mean grey!), cover it with cool -- clear -- water -- (*water*) -- and the contents of your blender. Boil this mess for a damn long time, at least 1½ hours. Just before you hit your triangle to call them bronco-busters in from off the range, skim off any fat you ain't trimmed off like you should've the day before, then throw in one hell of a lot o' drained **nopalitos**. That is to say, city slicker-style: cactus, and you want to have enough to get stickers caught in their greenhorn throats.



Craig Hilton, Collie. Western Australia. AUSTRALIA

Bunny



PINK NIBBLER

- 1 measure Brandy
- 1 measure Cherry Brandy (or 1½ to preference)
- 2 measures Cream

Crush ice in blender. Blend remainder of ingredients and pour into champagne glass (coupe). Finally, trickle a small amount of cherry brandy into the centre and allow to settle at bottom. For that extra touch, draw a "Playboy bunny" emblem on the surface using a needle and syringe.

STRAWBERRY SHORTCAKE

6 ounces plain flour	2½ teaspoons baking powder
½ teaspoon salt	1 tablespoon castor sugar
3 ounces white cooking fat	1 large egg
2 fluid ounces milk	around 2 tablespoons melted butter
castor sugar to taste	1 pound (450 g) strawberries, washed and sliced
whipped cream, ¼-½ pint	

1. Preheat oven to 450 F (230 C) or gas 8.
2. Sift the dry ingredients together and cut or rub in the fat lightly. Mix the egg and milk and add to the flour mixture, stirring with a fork until all the flour is moistened. You may need a little more milk. Very gently mix with your hands. Turn it out on a floured board and knead lightly ten times.
3. Pat, don't roll, the dough into ½ inch thickness. Cut the dough in two and shape each with your hands into a circle. Prick the dough all over with a fork and bake on an ungreased baking sheet eight to ten minutes.
4. Brush with melted butter and sandwich together quickly with strawberries, sugar and cream. Serve at once while still hot.

Tim Jones, Dunedin, NEW ZEALAND

CARDIOLIGISTS' NIGHTMARE

(A good dish for pot-luck dinners, provided your friends aren't cardiologists).

Broccoli or cauliflower, broken into individual florets - well, you know, sensibly sized bits
1 onion per four servings
1 to 1.5 eggs per serving
1 x 300 ml bottle of cream per eight servings
pinch cayenne pepper

Sauté onion in melted butter, margarine or oil until golden (Okay, I didn't mention melted butter or oil in the list of ingredients, who do you think I am, Julia Child?).

Place in bottom of casserole dish. Cover with layer of grated cheese.

Meanwhile, steam broccoli or cauliflower - I think broccoli tastes nicer - until slightly underdone. Place broccoli atop layer of grated cheese, then break eggs onto the broccoli, endeavouring to keep yolks whole.

As if there wasn't enough cholesterol in there already, cover the whole shebang with the cream, then sprinkle cayenne pepper thinly over that.

Finally, top off with another layer of grated cheese, and cook in an oven at 180 C until the top is golden-brown and the egg/cream mixture is fairly well set.

There's a lot of room for individual preference here, but for an eight-serving version I'd expect this to take about thirty minutes.

Warning: This dish retains heat well, so if you are going to take it to a pot-luck dinner, cook it early and leave it time to cool down before you pack it into your esky and come the raw prawn with it. (NB. I failed Australian Idiom 101 last year).

HANDY HINTS

- when eating hot, spicy Mexican food and curries, bananas can cool a burnt mouth
- pomegranates are nice, try them
- chocolate and pork do not tend to make compatible ingredients
- never stand in doorways or behind doors at parties, the kitchen is much better
- never eat anything that's still wriggling
- never sneak up behind someone who is vigorously using a cleaver and tickle them
- cannibalism over extended periods can cause toxin build-up which may lead to brain damage
- be careful when eating hot jam doughnuts: the jam is always hotter than you expect
- always eat the doughnut with the jam hole up, or it will squirt all over your clothes
- never buy felafel from the mobile felafel kitchen at Camberwell market
- avoid restaurants where they throw the food at you, even if it is teppanyaki
- sliced onions will help remove the smell from a freshly painted room. Don't eat the onion afterwards
- blue food dye makes you shit khaki
- don't eat kumquats, except in marmalade



Karen Pender-Gunn, Blackburn, Victoria, AUSTRALIA

THE KAREN PENDER-GUNN METHOD OF COOKING SPAGHETTI BOLOGNAISE

Forget to take meat out of freezer. Defrost meat in microwave and place in frypan. Add tin of homebrand tomatoes. Realise there isn't enough meat so look in cupboard for fillers. Add a handful of unidentified herbs. Add some of that tomato powder stuff and a glob of tomato sauce. Add a couple of shakes of that beef sauce mix powder. Add the flavor sachets from the other night's noodles. While all this is going on, bring to boil, steam up the kitchen, then reduce to simmer. Add that packet soup you found up the back. Simmer till thick.

Rat around in the cupboard till you find some sort of pasta. Don't cook in the microwave. it never bloody works properly. Cook spag with a little oil until soft. Burn tongue while testing it.

Put too much on everyone's plate and all eat too much. Throw hands up in the air and say you've forgotten dessert. All go out for ice cream.

STUFFED MUSHROOMS

1 pound medium mushrooms	1 small onion, chopped (about ¼ cup)
3 tablespoons margarine or butter	½ small green pepper, chopped (about ¼ cup)
1½ cups soft bread crumbs	½ teaspoon salt
½ teaspoon dried thyme leaves	¼ teaspoon ground turmeric
¼ teaspoon pepper	1 tablespoon butter or margarine

Heat oven to 350 F.

Remove stems from mushrooms; finely chop enough stems to measure ¾ cups.

Cook and stir chopped mushroom stems, onion and green pepper in 3 tablespoons margarine until tender, about 5 minutes; remove from heat.

Stir in breadcrumbs, salt, thyme, turmeric and pepper.

Heat 1 tablespoon margarine in shallow baking dish until melted.

Fill mushroom caps with stuffing mixture; place mushrooms, filled side up, in baking dish.

Bake 15 minutes.

Set oven control to broil and/or 550 F.

Broil with tops 3 to 4 inches from heat 2 minutes.

Serve hot.

Jane Tisell, Kew East, Victoria, AUSTRALIA

CHOCOLATE TRUFFLES WITH COINTREAU

Metric/Imperial

175 g (6 oz) plain chocolate
25 g (1 oz) unsalted butter
25 g (1 oz) walnuts, finely chopped
1 egg yolk
grated rind of 1 orange

5 ml (1 teaspoon) orange juice*
15 ml (3 teaspoons) Cointreau*

chocolate vermicelli for coating

American

1 cup semi-sweet chocolate chips
2 tablespoons sweet butter
¼ cup finely chopped walnuts
1 egg yolk
grated rind of 1 orange

1 teaspoon orange juice*
3 teaspoons Cointreau*

chocolate sprinkles for coating

* The liquid totals one tablespoon. If you wish, use only orange juice or for very strong truffles, use all cointreau.

Melt the chocolate in a bowl over hot water. Add the butter, egg yolk, orange rind, walnuts and brandy and beat together for about 2 to 3 minutes.

Chill the mixture until firm. Shape into small balls about 2.5 cm (1 inch) in diameter and coat with vermicelli (chocolate sprinkles).

The truffles keep well in the refrigerator, and taste better a day after they are made, when the flavors have melded.

LEAH'S BREAKFAST CASSEROLE

(6 servings)

6 large eggs
2 cups (500 ml) milk
Dash pepper
4 slices fresh bread (any kind; remove the crusts if they're hard)*
1 pound (500 g) bulk or sliced link sausage, browned and drained
1 cup (125 g) shredded cheese, such as cheddar or swiss
1 tablespoon (15 ml) white Worcestershire sauce or vermouth
1 teaspoon dry mustard
1 teaspoon salt

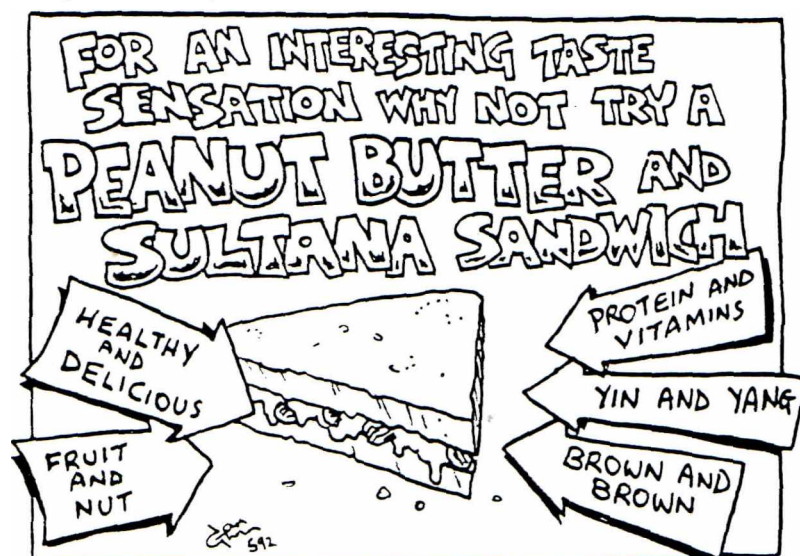
Start this the night before serving: Butter a 9 x 13 x 2 inch baking dish (I don't know what the standard metric pan sizes are, but this would be about 22 x 38 x 5 cm; the size isn't too critical). Tear the bread into pieces and place them in the prepared dish. Spoon the sausage over the bread. Sprinkle it all with the shredded cheese.

In a medium-sized bowl, beat together the eggs, milk, Worcestershire, mustard, salt and pepper. Pour this over the mixture in the baking dish. Cover and refrigerate overnight.

In the morning, set the casserole in a cold oven, turn the heat on to 350 F (180 C) and bake for 30 to 40 minutes, until the centre is set. (It won't be jiggly, and a knife inserted in the centre will come out clean).

This recipe doubles well (although allow a longer baking time), and is very adaptable. You can vary it by adding sauteed sliced onions and/or cooked chopped potatoes or by substituting browned corned beef hash for the sausage. For a meatless version, leave out the sausage and substitute 1 to 2 cups (125 to 250 g) chopped raw broccoli or spinach; a very good variation uses spinach, sliced scallions, swiss and feta cheese, and a touch of tarragon.

* In the USA a slice of bread generally weighs about 1 ounce (30 g). If your bread is different, adjust accordingly.



CHINESE EGG ROLLS

Marinade

1 teaspoon peanut or vegetable oil
1 tablespoon granulated sugar
1 tablespoon cornstarch
½ teaspoon salt
½ pound ground pork

Filling

1 tablespoon soy sauce
1 tablespoon cornstarch
3 tablespoons water
2 tablespoons peanut or vegetable oil
6 mushrooms, finely diced
2 cups beansprouts
10 ounce can bamboo shoots, drained and diced
12 egg roll wrappers
1 egg white, lightly beaten
oil for deep frying

Combine oil, sugar, cornstarch, salt and pork in small bowl.
Cover; let sit at room temperature half an hour.

Combine soy sauce, cornstarch and water in small bowl; mix well.

Heat 2 tablespoons oil in heavy frying pan or wok. Stir-fry pork until no longer pink.

Add bamboo shoots, mushrooms and bean sprouts; stir-fry 2 minutes.

Add soy sauce mixture; stir-fry 1 minute more. Cool to room temperature.

Heat enough oil in large saucepan or wok to cover egg rolls.

Meanwhile place ¼ cup filling diagonally across centre of egg roll wrapper. Lift lower triangular flap over filling; tuck point under, leaving upper point of wrapper exposed. Bring end flaps up to enclose filling; press points firmly down. Brush upper and exposed triangle of dough with egg; roll into tight package.

Fry rolls, six at a time, in hot oil (375 F) 4 minutes or until golden.

Transfer to paper towels on wire rack.

Serve immediately with Chinese hot mustard or plum sauce.

Makes 12.

Note: Egg rolls can be pre-cooked, then reheated in a 450 F oven 10 minutes.
Egg roll wrappers can be found in most Chinese groceries.



Steve & Martins

EXCELLANT RECIPE

COLLECT:

250g Jelly Babies
(PREFERRABLY RED)

FLOUR
EGG
WATER

OPTIONAL SUGAR

SEX MANUAL

DEEP FRYER.

SUNGLASSES

TEDDY BEAR

NEW YORK PLATES

OIL



FIRST:

COMBINE FLOUR, EGG, WATER,
TO MAKE A FAIRLY
TENACIOUS BATTER (ADD
SUGAR IF YOU PREFER A
SWEETER BATTER.)



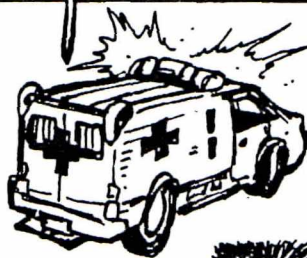
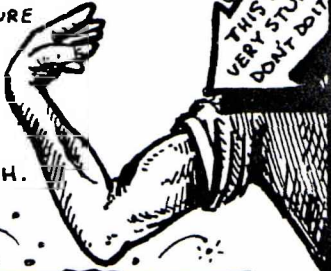
NEXT:

SORT OUT YOUR JELLY BABIES
(EAT THE BEST ONES) AND THEN
TOSS THEM INTO GOOEY
BATTER....



NEXT, NEXT:

MAKE SURE
THE OIL
IN THE
DEEP
FRYER
IS HOT
ENOUGH.



IF IT'S HOT
ENOUGH, HEAD
TO HOSPITAL.
NEVER TEST
OIL WITH YOUR
ELBOW.

IF IT'S NOT
HOT ENOUGH,
PASS THE
TIME BY
INDULGING
IN THE
SEX MANUAL
AND WAIT....



3 HOURS LATER:

AFTER HAVING
A LONG COLD
SHOWER... GET
BACK TO THE
JOB OF COOKING.



NOW

SCOOP UP
• SPOONFULS OF
• BATTER ENSURING
EACH SPOONFUL
CONTAINS AT LEAST
1 JELLY BABY.



LOOKS
GOOD
DOESN'T
IT.....

AND:

PLACE
EACH
SPOONFUL
INTO THE HOT OIL AND
COOK UNTIL GOLDEN
BROWN, DO THIS
UNTIL ALL YOUR
BATTER IS COOKED!



WELL:

IF SERVED FAST
ENOUGH THE CRISPY
BATTER WILL CONTAIN
HOT, STICKY, SWEET GOO SO YOU AND
YOUR FRIENDS CAN ENJOY THE CRISPY
SWEETNESS OF

BATTERED BABIES!

THIS HAS A HEAVY
DR. WHO INFLUENCE,
TRY JELLY SNAKES
TO DO INDY JONES
AND THE WELL OF
SOULS.... OR JELLY
COWS FOR TOP
SECRET.... OR JELLY
ALIENS TO TEAR
YOUR INSIDES
OUT.....



POTATO WEDGES

(4 servings)

2 medium potatoes, each cut into 8 servings
vegetable oil
seasoned salt

$\frac{3}{4}$ cup dairy sour cream
 $\frac{1}{3}$ cup shredded cheddar cheese

Place potato wedges cut side down on rack in broiler pan.

Brush with oil; sprinkle with seasoned salt.

Set oven control to broil and/or 550 F.

Broil with tops about 3 inches from heat until brown, about 5 minutes.

Turn; brush with oil. Sprinkle with seasoned salt.

Broil until tender, about 5 minutes.

Spoon sour cream onto centre of large serving platter; sprinkle with cheese.

Arrange potato wedges around sour cream.

Justin Semmel, Clayton, Victoria, AUSTRALIA

CURRY

200 g chopped beef or chicken
1 clove garlic, crushed or chopped
3 tablespoons any tomato puree
 $\frac{1}{2}$ teaspoon cummin
1 teaspoon curry powder
A handful of sultanas or dates etc

1-2 onions, finely chopped
1 section of ginger, or 1 teaspoon ground ginger
1 teaspoon turmeric
 $\frac{1}{2}$ teaspoon chilli, or 2 fresh chillies
1 tomato
A chopped (cored) apple

Fry the garlic, onions and ginger in oil till golden.

Add the tomato paste and mix.

Add a little water when necessary. You'll need some as otherwise the paste thickens and burns.

Add the spices and mix.

Add the meat and cook until solid and firm.

Peel the tomato in hot water, then chop and add.

Throw in the sultanas and apple.

Cook for about 2 minutes more.

Best served with rice and salad, and maybe a slice of buttered bread.

TIM-TAM STRAWS

The interface between chocoholics and alcoholics. An ideal way of combining dessert and the after dinner port.

Take one Tim-tam, bite a small portion off diagonally opposite corners.
Place one end in a glass of port and suck until the port hits the taste buds.
You now have a liqueur Tim-tam.
Eat it slowly and enjoy.

PS The port can be replaced by any spirit that you fancy.

PPS Overseas readers please note that a Tim-tam is a very chocolaty choc-coated biscuit.



Mark Manning
Seattle
Washington
USA

FANCOOKS THE GEODUCK Nople
SPECIAL Manning 1994!

G'DUCK ED CONTRIBUTES recipe to
Constantinople '94 cause. Ozfen
told: G'ducks giant clams from
Washington state. Subst: Clams.

CLEAN, POUND, THINSLICE half kg
g'duck (or simply clean clams).

BOIL 250 KG PANCIT or dahn min
(Chinese egg noodles, that is)
till done, set aside on plate.

HEAT 2 T OLIVE OIL & 2 T of
peanut oil almost to smoking in
wok. Add g'duck, 200 g Chinese
sausage, 2 tsp chopped garlic,
2 T Chinese salted black beans
(rinsed), 2 tsp julienned fresh
gingerroot, 1 tsp crushed red
chillies. Sauté & toss 30 sec.

SQUEEZE IN JUICE from 1 lemon,
add 2 tsp soysauce, 2 tsp rice
vinegar, 1 cup chicken stock.

AFTER A MINUTE & HALF, remove
g'duck to plate of pancit, then
reduce sauce. Add 2 T butter,
then pour over g'duck & pancit.

GARNISH WITH 4 T CORIANDER (aka
Chinese parsley). Serve hot.

TASTETEST FOR RECIPE BY Getsu-
shin & G'duck ed Mark Manning,
1709 South Holgate, Seattle WA
98144 USA. Response: Gleefully
obscene gurgles, sounding like:
"Vote Constantinople-in-1994!"

WELSH RABBIT

This is a traditional recipe from my home country and does not involve small, cuddly bunnies (or common vermin depending on how you feel) at all. Some people think it's called 'Welsh Rarebit', well, it ain't. This will serve 4 people.

2 cups tasty cheese, grated
1 teaspoon English mustard
freshly ground black pepper

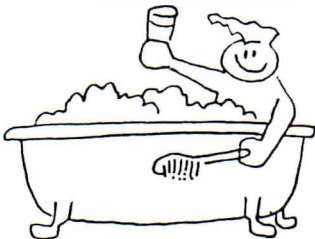
1 tablespoon butter
3 tablespoons wine OR 1 tablespoon vinegar
8 pieces of hot toast

1. Combine all the ingredients (except the toast) in a small saucepan and heat slowly until the sauce is smooth and creamy.
2. Spoon over the toast and grill until bubbly and brown.
3. Serve hot with grilled tomatoes and chutney. And a really nice cup of tea.

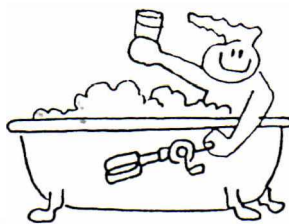
Phil Wlodarczyk, Yarraville, Victoria, AUSTRALIA

FUN IN YOUR BATH

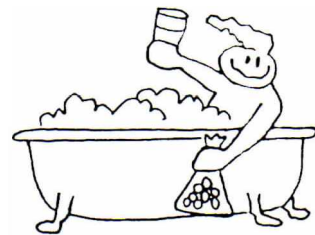
A STEP BY STEP GUIDE TO
TRUE BATHTIME LEISURE!



1. FILL BATH WITH WATER, ADD BUBBLE BATH AND BACK SCRUBBER. THEN HAVE A GLASS OF OUZO.



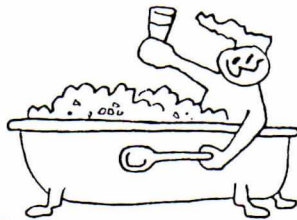
2. ADD FOOD COLOURING TO BUBBLE BATH AND WHIP WITH EGG BEATER. THEN HAVE A GLASS OF OUZO.



3. THROW IN A BAG FULL OF MARBLES AND ROLL THEM AROUND WITH YOUR BOTTOM. THEN HAVE A GLASS OF OUZO.



4. PLAY WITH YOUR BATH TOYS: OLD DESERT BOOT, RING SPANNER AND RUBBER CHICKEN. THEN HAVE A GLASS OF OUZO.



5. POUR IN SEVEN PACKETS OF CORNFLAKES, STIR TILL SOGGY. THEN HAVE A GLASS OF OUZO.



6. THROW IN TWO DOZEN 'GLOW IN THE DARK' RUBBER SPIDERS, AND TURN THE LIGHT OFF. THEN PASS OUT.

JAN F

SATAY PENNE

This is not a traditional dish but has more of a cosmopolitan flavor. If you're feeling healthy serve it with a green salad. This will serve 4 people very quickly.

½ cup unsalted peanuts	½ cup seeded raisins
4 tablespoons mango chutney	2 tablespoons peanut butter
2-3 cm root ginger, peeled	1 clove garlic
2 teaspoons soy sauce	2 teaspoons madras curry powder
(½ teaspoon chilli powder) OPTIONAL	
1 cup water	2 tablespoons oil
500 g broccoli, broken into small flowerets	2 carrots, cut into thin sticks
500 g penne pasta, cooked for 9-10 minutes and drained	

1. Combine the first 9 ingredients in a food processor with a little of the water. Process until smooth.
2. Transfer to a saucepan. Add the rest of the water and heat gently over a low heat.
3. Heat the oil in a large frying pan and saute the broccoli and carrots until just tender.
4. Stir into the sauce with the penne and serve.

Jim Smith, Newport Pagnell, ENGLAND

ELENOR'S SPAGHETTI SAUCE

2 large onions, coarsely chopped	black pepper/salt to taste
1 clove garlic	1 pound (450 g) minced beef
grated nutmeg to taste	1 or 2 bay leaf (2-4 if dried)
½ cup red wine	Parmesan cheese, grated (fresh if possible)
½ pound (225 g) tomatoes <u>or</u> 2 bottles of pulped	
1 tablespoon olive oil (Important!, no other will do)	

Sauté the onions in the olive oil with the garlic until they are soft.

Add the meat, nutmeg and bayleaf.

When browned, add the red wine.

Stir well then add the salt and black pepper, then add the tomatoes.

Cook on low heat for an hour to an hour and a half depending on how thick you want the sauce. Add a little hot water if needed to thin it out but remember to stir well occasionally.

Serve on top of al denté spaghetti with plenty of parmesan cheese grated over it.

Don't worry too much over exact quantities of ingredients, as long as you keep an eye on it this sauce is very easy to cook and if you make too much you can freeze it and reheat when needed. The amount of garlic, nutmeg and red wine are minimums, add more as you wish depending on how much your taste buds and waistline can take.

CHICKEN AND ONIONS ZELDES

(2 servings)

½ cup (65 g) flour	Vegetable oil for frying
1 teaspoon salt	2 whole boneless chicken breasts, split
1 teaspoon cayenne pepper	6 large mushrooms, sliced
2 medium onions	
2 tablespoons (30 ml) white Worcestershire sauce or vermouth	
¾ cup (180 ml) dry sherry	

Preheat the oven to 200 F (95 C). Put a platter in to warm. Combine the flour, salt and pepper in a paper bag. Slice the onions very thinly; immediately separate them into rings and toss them into the bag with the seasoned flour; shake the bag until the onions are lightly coated. Remove the onions and dredge the chicken breast halves in the seasoned flour until they are lightly coated; set the chicken aside.

Pour enough oil into a large frying pan to come ¼ inch (1 cm) up the sides, heat over medium-high. When the oil is hot, add the floured onion rings in a single layer. (Cook the onions in two batches, if necessary). Fry onions, turning once, until they're crisp and brown. Remove them from the pan and drain on paper towels.

Add the chicken to the frying pan. Fry, turning once, until the breasts are lightly browned on both sides. Reduce the heat, partially cover the pan and cook until the chicken is done through. Drain on paper towels. Arrange the chicken and onions on the heated platter and return it to the oven to keep warm. Do not cover it.

Pour off and discard all but 2 tablespoons (30 ml) of the oil in the frying pan. Set the pan back over medium-high heat, and sauté the mushrooms for 3 or 4 minutes. Turn the heat to high, and deglaze the pan with the Worcestershire and sherry, scraping to get up any crusted bits; cook until the liquid is reduced by half. Pour the mushroom sauce over the chicken and onions and serve immediately.



Ted Sheppard, USA and Paul Kidd, AUSTRALIA

Cooking With Sardri

Hokay! Lots of people haif been asking vät "Hummos" iss. No, iss not plural of "Hummo" - iss a Middle Eastern dip eaten v'it bread, meat, vegetables, or sausages!



Hummos

- 1½ cups of dried chick peas
- Juice of 2 lemon
- 2 tablespoons of olive oil
- Black pepper
- ¾ cup of water
- 6 tablespoons of tahini (sesame seed paste - any health food store will have it)
- 2 cloves of garlic (well crushed)
- 1 pinch of salt

©91 KIDD / SHEPPARD

Hokay! First steal some chick peas from somev'ere. Abdullah's stall iss good.

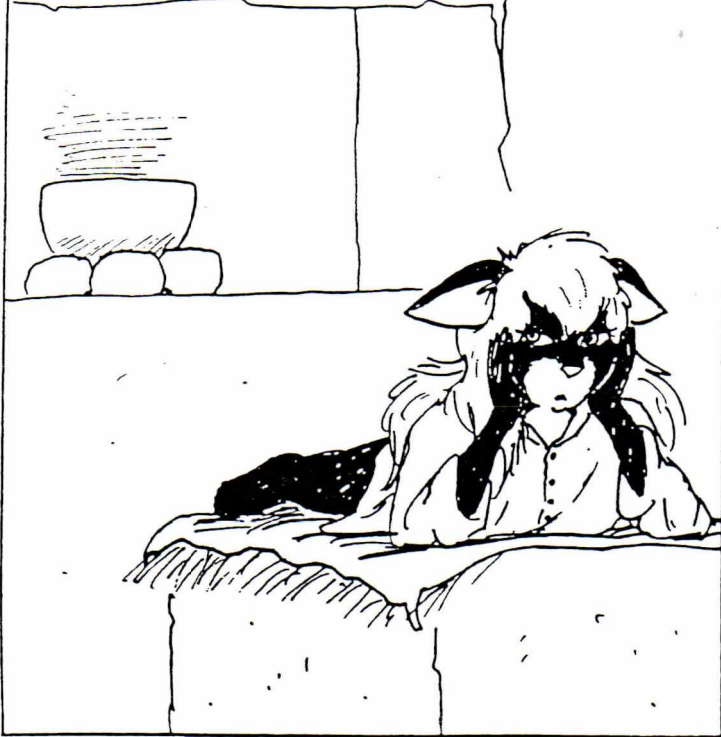


You v'ait until he argue v'it the big fat lady from market street and t'en take peas kv'ick!



Other things you get no problems. Lemons iss easy! You go find a fruit stall and sneak lemons v'en no v'UN looking. Then stuff them down front off your shirt! See - iss sometimes useful to have space in front!

Any'ay - now comes the hard bit. You no can eat him right av'ay! Mister chick peas haff to soak in v'atar overnight.



T'en you boil him until all the little peas iss soft. Tree hours and all be done! You haff time to go steal some Flour to make bread, yes?



Hokay - now you grind mister chick peas to a paste, blend in all this ot'er stuff v'it spoon. You let him chill and sprinkle him v'it chopped parsley and paprika.



An now iss hummos to eat! Dip bread in him and you know true heaven!



Andrew Williams. Singleton. New South Wales. AUSTRALIA

SCOTCH SHORTBREAD

210 g butter ⅓ cup castor sugar ¼ cup ground rice
½ teaspoon vanilla 2¼ cups plain flour

Cream butter and vanilla until light and fluffy, gradually beat in sugar.
Work in sifted dry ingredients.
Knead well on lightly floured surface until smooth.

Press into lightly greased tin, cut into bars and decorate by pricking patterns with a fork.
Bake in slow oven 50-60 minutes.

Or, divide mixture in two, roll each portion out to form a circle, pinch edges decoratively.
mark into wedges. Place on greased oven trays. Bake in slow oven approx. 45 mins.



Adina Hamilton. Fitzroy, Victoria. AUSTRALIA

STIR FRY

Open the fridge. Take out: any vegetables
any meat that's not cat food
anything that looks like it might be cheese if a few layers were
scraped off

Examine the vegetables carefully. How floppy are they? If you can scare a bystander with them by pretending you're an evil alien lifeform, put them in the compost bin (you don't want to eat something that may be sentient). If they're still vaguely crisp, put them aside.

Open the cupboard. Take out any potatoes and onions you can find that haven't sprouted too much. Put them on the table next to the other vegies. Peel the vegies (put the peel in the compost bin to feed the aliens). Chop the vegies up into small pieces.

Put oil and lots of soy sauce into the wok. Put the onions in. Wait a few seconds and put the rest in. Periodically stir and chuck a bit more sauce in. In between, cut the outer layers of the cheese off and grate some. Put the stir fry in bowls, sprinkle a bit of cheese on top, and chuck some more soy sauce on. Feed it to the household and put the rest in the compost bin for the aliens.

Lucy Sussex. North Melbourne, Victoria, AUSTRALIA

WHISKEY A LA MASS HILL (A genuine Irish concoction)

Pour a quantity of whiskey into a bucket (one bottle should do).
Go out to the byre or field and milk the nearest cow or goat into the bucket.

The result is a frothy mixture of milk and alcohol that is guaranteed to send you staggering around like the drinkers illustrated. I suppose the same effect could be achieved with a blender, but where's the fun in that? In mass Hill, Ireland, itself, they drank this first thing in the morning, with a milkmaid and cow going from bedroom to bedroom in the local inn.

BLOWMYSKULLOFF (From goldrush Australia)

Take equal amounts of:	Turkey opium	Wine spirit
	rum	Cocculus indicus (a berry normally used
	cayenne pepper	for stunning fish)

Mix one part to five of water. Drink. Die, possibly.

BLOWHISSKULLOFF

This is a variant of the above, supposedly the work of a colonial governor who, not surprisingly, wished to remain anonymous. It's made the same way, but the ingredients, which might be a little easier to come by, not to mention less illegal, are brandy, rum, ale, stout and limejuice.

And after all that you might need a hangover cure.
This is from a gentleman who signed his memoirs Alpha, the Pioneer Prospector.

HANGOVER CURE

Take a glass of gin and a teaspoon of cayenne pepper. Mix. Drink.
Alpha pronounced it excellent.



CONVENTION BANANA LOAF

2-3 ripe bananas
8 ounces self-raising flour
2 ounces margarine or butter
5 ounces castor sugar
1 egg
pinch salt

(I don't know what these measurements are in grams, but it seems to be 1 pound = 16 ounces = 500 g and also, somehow, 4 ounces = 100 g. Work it out for yourselves...)

Mash bananas until they beg for mercy and go all squishy.

Cream together butter and sugar until fluffy (and cute).

Add egg, flour, bananas and salt and mix well.

Place in a greased and floured loaf tin and bake in a preheated oven at 190 C (375 F), (haven't a clue what gas mark this is) for about one hour or until the smell drives you mad.

Serve sliced (and buttered, if preferred).



Sarah Berry, Footscray, Victoria, AUSTRALIA

LENTIL AND ROSEMARY ROAST

This dish has been tried and tested with everyone. No-one has hated it and it always works. It was created by a vegetarian fan in Scotland who hates vegetables. Garam marsala is a fragrant combination of roasted spices available from any supermarket. The roast will feed 4-6 people.

1 cup red lentils	1 vegetable stock cube
2 cups water	1 tablespoon tomato paste
1 tablespoon oil	1 large onion, finely chopped
2 cloves garlic, crushed	½ teaspoon garam marsala
1 teaspoon dried rosemary	2 large carrots, grated
½ cup tasty cheese, grated	2 slices of bread, turned into breadcrumbs

1. Heat the water until boiling and add the lentils, stock and tomato paste. Cook the lentils until a thick pulpy paste is formed. This will take 20-30 minutes.
2. Heat the oil in a frying pan and add the onion, garlic, rosemary and garam marsala. Saute these for a few minutes.
3. Combine the sauteed onions and the grated carrots with the lentil pulp and pour into a greased oven dish (20 cm x 20 cm).
4. Sprinkle the breadcrumbs and grated cheese over the loaf and bake in the oven at Gas 6 (200 C, 400 F). Cooking time is around 60 minutes or until the roast is firm and the topping browned.
5. Leave the roast for a few minutes before serving. The servings will keep their shape even better if the roast is left overnight and reheated.

Paul Ewins, Vermont South, Victoria, AUSTRALIA

GEORGE IVANOFF LAMINGTONS*

George Ivanoff
30 kg Milk Chocolate or 1 000 'Milky Bars'

3 kg Coconut
3 kg Strawberry or Raspberry Jam

Melt the chocolate and spread evenly over the surface of George. You will need to use all the chocolate as most of it will end up inside him. Before the chocolate has hardened sprinkle the coconut evenly over the surface and place to one side to allow the chocolate to set. Any left over chocolate should now be eaten by the cooking team.

Traditional lamingtons do not contain jam but the Nouveau Lamington favored by the fund-raising drives has added jam to the agenda so you can too. Simply take your cooled off Ivanoff lamington and split it vertically down the centre. Spread a thick layer of jam over the insides and place the halves back together. The seam should be disguised with more chocolate and coconut.

Another variation is the Pink Lamington, a favorite of the Country Women's Association. For this variety you have to substitute 1 000 'Milky Bars' for the chocolate. To get the delicate pink coloring you should peel George before you spread the white "chocolate" all over him.

Note: This recipe was devised at a collector's fair in November 1991 and has not yet been fully tested.

* For the benefit of overseas readers, a lamington is a popular Australian cake consisting of a small sponge cake coated in chocolate and grated coconut, while George Ivanoff is a popular Australian victim consisting of a small Melbourne fan frequently teased by other fans.

Ian Gunn, Blackburn, Victoria, AUSTRALIA

Fanimals

JUST WHAT YOU KNEAD

By Ian Gunn 592



Leah Zeldes Smith, Wheeling, Illinois, USA

SMOOTH SWEET POTATOES

(8 servings)

3 pounds (1.5 kg) sweet potatoes	¼ teaspoon salt
¼ pound (125 g) butter, at room temperature	¼ teaspoon ground black pepper
¼ cup (60 ml) bourbon	2 tablespoons (30 g) sugar

In a large pot, cook the potatoes in boiling water until just barely tender, about 15 or 20 minutes. Drain. (Or, arrange the potatoes in a circle in a microwave oven, and cook at high power about 10 minutes). You should be able to poke them with a fork easily, but they shouldn't be mushy. Let the potatoes cool until you can handle them, then peel them.

Preheat the oven to 475 F (245 C). Butter a shallow, round or oval baking dish. Slice the potatoes into ¼ inch (0.5 cm) thick rounds and arrange in overlapping concentric circles in the baking dish. Spread the top evenly with the softened butter. Sprinkle over it the salt, pepper and sugar. (You can make the recipe ahead to this point. Cover and refrigerate the dish; bring it to room temperature before proceeding).

Bake for 20 minutes. Reduce the heat to 350 F (180 C) and bake for 20 minutes longer, until the potatoes are tender and glazed.

In a small saucepan, warm the bourbon over low heat for about half a minute. (Or cook in the microwave oven on high about 20 seconds). Ignite the bourbon and drizzle it, flaming, over the sweet potatoes. This is real dramatic. Do the flaming part in front of your guests - let the flames die before dishing it up.

Karen Pender-Gunn, Blackburn, Victoria, AUSTRALIA

MYSTERY LUMPS*

Needed: Chop-vegetables - any sort, any type, frozen, fresh, canned - asparagus, broccoli, carrot, cauli, corn, dead pig, leek, mushrooms, onion, pineapple, potato, pumpkin, sultanas, zucchini, etc. - chopped small.

Place in bowl (not toilet bowl). Add herbs and flavored salts, as much as you like.

Add two eggs, splash of tomato sauce, bit of that sauce at the back of the fridge, bit of corn relish, all that sort of stuff.

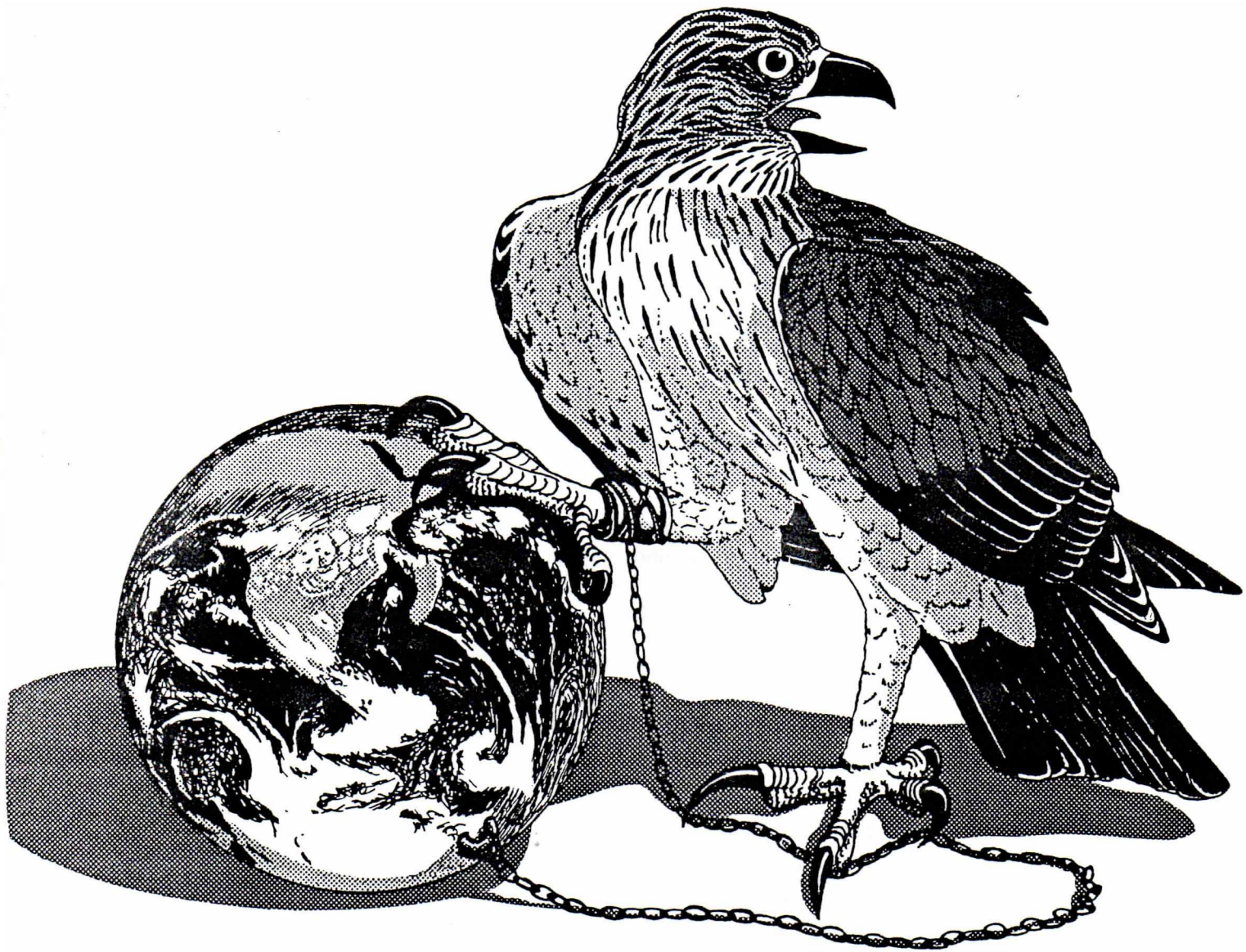
Stir.

Start adding breadcrumbs and self-raising flour and keep stirring until nice thick, slightly sloppy consistency.

Fry dessertspoon fulls in hot oil until brown.

Serve hot or cold

* "Some of them are more mysterious than others"



Craig Hilton '85

"Fire in the Heart."

FIRE IN THE HEART

This is a really stunning chocolate mouse with a marinated raspberry garnish served with a raspberry coulis.

Chocolate Mousse Heart

180 g dark chocolate
3 tablespoons castor sugar
125 g unsalted butter
4 eggs
1.5 tablespoons brandy
whole marinated raspberries (in Kirsch) 3 per heart

Raspberry Coulis

500 g raspberries (fresh or frozen)
1 tablespoon Kirsch
2 tablespoons strawberry liqueur or brandy
2 tablespoons icing sugar

Coulis

Put all but the reserved raspberries in a blender with the liqueurs and icing sugar and reduce to a puree. (This can be done with a sieve, then mix in other ingredients).

Mousse

Oil six Coeur de Creme pots (heart shaped white porcelain).

Melt the chocolate in a bowl over a just simmering saucepan of water, when fully melted add the butter a few small pieces at a time, keep stirring with each addition until all the butter is incorporated into the chocolate and forms a shiny smooth cream.

Beat the egg yolks with sugar until creamy and thick (balloon whisk or rotary).

Add the brandy and beat the mixture over a saucepan of simmering water for 5 minutes. then beat for a further 2 minutes over cold water, the mixture should resemblea thick mayonaise. Add the chocolate mixture to the egg mixture, beat until combined.

In a separate clean bowl whisk the egg whites until they form firm peaks (as stiff as possible). Fold one quarter of the egg white into the chocolate mixture (to lighten it) and then very gently fold the remaining egg whites into the mixture.

Pour into the Creme de Coeur pots, leave to set for 6-8 hours.

To remove mousse from moulds - run knife around edge, then dip the bottom of the mould into hot water and tap out onto the plate you intend to serve on. Place three whole raspberries on the centre of each heart, pour the coulis around the heart. Garnish edge of plate with a single mint sprig.

Note: This recipe is lovingly dedicated to Dave Luckett who wrote *Fire In The Heart* (filk song). A true bard and friend.

Paul Ewins, Vermont South, Victoria, AUSTRALIA

POTATO CAKES

A really easy recipe that anybody can cook

One medium to large potato
One egg
Tomato sauce

A pinch of salt
Margarine / cooking oil



Peel the potato and then grate it into a bowl.

Add the egg and salt and mix all the ingredients together.

Heat up the frying pan (full heat) and then cover the bottom with a thin layer of cooking oil or melted margarine. Now spread the mixture over the bottom of the frying pan in a layer about a quarter of an inch (6 mm) thick. When it is brown on the bottom flip it over and cook the other side (it may be easier to cut it into quarters to do this).

When it is brown on both sides it should be cooked so put it on a plate and add tomato sauce etc.

If the potato cakes aren't sticking together (ie the end product is like hash browns) you need more egg in the mixture. As a simple rule one potato should provide enough mixture to feed one person.

Tim Reddan, Cremorne, New South Wales, AUSTRALIA

TIM'S FAMOUS DEADLY SATAY

Finely chop 2-3 cloves of garlic, and equal quantities of fresh ginger.

Sauté in pan with peanut oil.

Now add one cup of water and one cup of vinegar.

Take a handful of fresh chillies and sauté (or if you'd planned ahead you could have done this at the same time as the garlic and ginger).

Simmer

Now add dried fruit - prunes, sultanas, currants, raisins etc.

Simmer

Add ½ to 1 cup of sugar, and the same quantity of peanut butter. Then stir. DO NOT BURN. When it looks like doggy-doo, then remove from heat and let sit for a few hours.

Can now be stored in fridge, if necessary.

Reheat up to boil (don't forget to stir) and serve with meat or cooked vegetables.

CUISINE UNAUTHENTIQUE

[Originally written for the Orycon 11 Program Book (Portland, Oregon, 1989) and copyright © Dave Langford, 1989]

'Tell me what you eat and I will tell you what you are,' said famous junkie Anthelme Brillat-Savarin in 1825 (only I gather he said it in French). Looking at my friends, I doubt this means the psychoanalysis is reliable. Chris Priest, for example, used to moan to me about his local Chinese restaurants, on the ground that they're too good. 'I like Chinese *junk* food,' he wailed, 'the sort of dishes they never actually made in China, things like instant chop suey...' I daren't ask if he's also addicted to those greasy chunks of fried pork coated in bullet-proof layers of calorific batter with thin red sugary slime drooled all over the starch-laden result, the whole mess whimsically called 'sweet and sour'.

This came to mind when the 1987 World SF Convention asked for a contribution to its planned fannish cookbook. A little essay on unauthentic cuisine sounded just the thing, and if a few other things hadn't got in the way (like putting together a 40 000 word fan room booklet all by myself- more fool I for volunteering) I'd probably have contributed more than the recipe for 'Sinister Langford Chutney' therein.

For example, when Hazel and I feel upmarket and sufficiently demented to have more than one course at dinner, it's usually the work of a moment to nip round to the local Asian grocer's (mysteriously called 'Eurofoods') for some big squidgy avocado pears. This fruit is almost my sole concession to the weird notion that raw green vegetable things are in fact suitable for human consumption. Well, everyone knows how to cut them up (an axe is not advised), to balance the hard bit in a bottle of water and overrun the house with tall weedy avocado plants having exactly two leaves at the end of a long naked bumpy stem ...but the eating part involves decisions. Hotels usually fill the unfortunate avocado with a curdled pink mess, studded with shrimp which have not led cleanly lives. The alternative tends to be some species of french dressing, which as far as this picky household is concerned Does Not Quite Work in the unique post-structural context of the avocado. Hence the development in our mighty research laboratories of...

Hazel's Stupendously Unauthentic Non-Vinaigrette For Avocados

Take: A lot of soy sauce
 A lot of sesame oil
 About one-sixth of a lot of vinegar
 About one-fifteenth of a lot of Lea & Perrin's Worcester sauce

Mix together in any order and with any variations suggested by prejudice or experience...shaken, not stirred. Put in a bottle or something, and give one last vigorous shake at the table. (This offers incentives for good discipline in the careful replacement of bottle tops. Either that or it offers an interestingly brown-spotted ceiling, like ours). Pour quite a lot into the hollow of your half-avocado. Sensuously carve out drenched gobbets of avocado flesh with a spoon. Put in mouth, masticate, etc. (Why do recipes always stop just before the interesting bit ? You never even get three asterisks and a new paragraph starting with 'Afterwards'). The stuff stays useable for strange aeons, and can even seem to improve with

time. Try with various grades of soy sauce, from Dilute Tea to Creosote. There is probably no real substitute for the Worcester sauce, but fans with cosmic minds might prove me wrong.

My thoughts on green things remind me of the conceptual salad which my old pal Martin Hoare and I have elaborated from time to time, when we're in pubs far away from the potential threat of a kitchen. Never actually created in cold blood, the Langford/Hoare salad is a thought experiment in the avoidance of 'rabbit food'. Both of us were heavily conditioned against this at university, thanks to a college chef who believed that limp lettuce had inadequate protein value and preferred to beef it up with some nice meaty slugs and greenfly.

If it was ever to emerge from its ideal niche among the Platonic Forms, this salad would very probably include grated cheese, cold boiled new potatoes, hard-boiled eggs, sliced red and green peppers, lumps of avocado (a hot point of contention- Martin suspects this of being rabbit food), chopped onions of various kinds, radishes, sweetcorn, garlic, chives, and some suitable admixture of cold cooked meat or fish...Perhaps it would be easier to list the items which would *not* feature, such as lettuce, tomato, cucumber, olives, mayonnaise of any description, vinegar in greater than homoeopathic doses, or any of the horrible propriety messes which are called salad dressing. ('Aye,' said a sceptical Macbeth, 'in the catalogue ye go for salad dressing...')

STOP PRESS: Martin now claims to have consumed the ideal salad, but carping critics (me) suspect that there is a degree of unauthenticity which violates even our fuzzy definition of salad. 'It was great,' Martin enthuses: 'We made it from a pound of beef and a lot of onions and nothing else.'

Sometimes one does need to abandon these dizzy theoretical speculations, narrow one's focus from its habitual cosmos-wide scope, and tackle the problem of giving visitors some actual food. Hazel usually falls back on the all-purpose roast recipe whereby you take a chicken (or equivalent mass of pork, beef, lamb or honey-smear'd peacock stuffed with larks' tongues and fattened dornice) and put it in the oven for hours and hours, while I try and remember dear old Professor Kurti's differential equation which gives the precise cooking time provided only that you have a perfectly spherical joint. But occasionally my excuses about inability to cook fail me, and I sulkily try to remember the formula for

Chris Priest Memorial Chinese Casseroled Thing

(as never actually thrust upon Chris, but see my opening paragraphs).

This is guaranteed to be as authentically Oriental as Charlie Chan, the insidious Dr Fu-Manchu, or my pal Martin when he had jaundice. You need something suitable for lengthy cooking, eg quite a lot of cheap nasty belly pork (remove any fat, curly tails or nose-rings), or a similar amount of better pork when you feel solvent, modulating into stringy chicken should you be bored with pork, or kosher, or whatever. The last time I cooked this, some 2½ pounds of pork filled four people very well. You also need:

1 enormous onion (actually optional)

1½ cups of Unauthentic Sauce. This is made by looking up Kenneth Lo's classic sweet-sour recipe in one of his cookbooks, which then reminds me of all the ways in which I do it differently (ie. wrong). In the following, a 'tbsp' is a tablespoon and a 'tsp' is a teaspoon. These are not exactly SI units: for the rigorous, I've consulted Katharine Whitehorn's deeply cheering book of desperate improvisations, How To Survive In The Kitchen, and she says that

1 tbsp equals 4 tsp, while 1 cup equals 5 tbsp of flour, sugar etc. but 10 tbsp of liquid (since flour protrudes obscenely to form a 'rounded tablespoon' while liquids are perforce confined to a 'level tablespoon' unless possessing staggering viscosity or amazing surface tension). 1 cup is about a quarter of a pint, a pint being 20 fluid ounces (if you wish to use the puny short measure on non-imperial pints, do your own conversion), and can I please skip the metric equivalents of all these ? Thank you for this small kindness.

Where was I ? Ah, the sauce...

2 tbsp brown sugar

1 tbsp cornflour (or less, it's optional anyway)

4 tbsp water, or, better, chicken stock

2 tbsp orange or pineapple juice (in juiceless times I have been known to toss in some crushed pineapple instead)

2 tbsp soy sauce

2 tbsp medium-dry sherry. The technical term for this variety is, 'For the love of God, Montresor!'

2 tbsp vinegar

2 tbsp tomato purée. Tomato sauce may be substituted, but don't let the People's Republic hear about it. If you compromise by whizzing a tomato in the electric blender, the result will be more dilute than real purée- reduce the water/stock content as suggested by sheer guesswork. NB: I'm shifting to tsp units now. This warning might seem needless and fussy, but I remember the chutney I made using tablespoons rather than teaspoons of powdered cloves. It was good for applying to hollow teeth.

1 tsp sesame oil

½ tsp chilli powder (Or more, lots more)

½ tsp five-spice powder

Stir all sauce ingredients together until Godot arrives or obvious lumps have departed, whichever occurs first. Put meat in a suitable casserole with a lid, together with the chopped huge onion, which I have just decided is probably optional too. Pour on sauce, thrust into coolish oven (Eminent authority in the form of K Whitehorn says this means 225 F or 110 C, but I doubt that it's necessary for you to check this to 0.5 precision with a pyrometer) and leave to its own devices for say 4 hours. As the moment of truth approaches, have a look under the lid and- if the gooey parts seem a bit thin and runny -add more cornflour stirred into sherry. (Add some sherry anyway. Have fun.) Wait a few minutes more, serve with rice, and be sure to use a washable tablecloth.

One of the great secrets of unauthentic cooking is that most ingredients, all proportions and all cooking times are negotiable ... so don't fret about precise chronology and amounts. This is one of those squidgy dishes which anyway never turn out the same twice running- largely because in spite of those frighteningly scientific tbsps and tsp, one ends up (a) judging half the quantities by eye, and (b) throwing in interesting-looking extras for luck. Water chestnuts and cashews were both Good Ideas. Sugar-coated fennel seeds, Asian style, were agreed to be a mistake. (I'd actually been reaching for the next jar along. This sort of thing used to happen all the time when I worked with nuclear explosives).

I think I'll skip the Langford pear wine recipe, since it may only work with the peculiarly vile and maggot-ridden pears produced by our garden, and winemaking technicalities are even more tedious than tbsps, and- the clinching argument -I've lost the bloody recipe anyway. It would, however, be unBritish to close without some vaguely booze-related items. The following have been tested on recent overnight visitors, and provide ideal conversation pieces at breakfast. They can also be eaten, on toast ...

Real Quite Authentic Post-Party Welsh Rarebit

This comes with an epigraph from Don Marquis ('the bilge and belch of the glutton welsh as they smelted their warlock cheese/surged to and fro where the grinding floe wrenched at the headlands knees') and shows how Britons can bring themselves to consume beer even for breakfast, with the aid of:

Cheese, the delicate variety known here as 'mousetrap', ie. case-hardened old cheddar from the fridge, and any old wizened, dried-up bits left over from last night's party food. Only good cheese is *verboten*.

Black pepper, to taste.

An egg. Maybe two if you're making an awful lot.

Bread.

A little bitter beer (if none is available fresh, there are dregs of glasses and bottles from that party, and after that you can start shaking and smelling abandoned cans to verify that they contain some stale beer and have not been adapted as impromptu ashtrays. As you see, we're talking real sleaze here).

A JAR OF HONEY.

© J. M. '90

NEW USES FOR ONE OF NATURE'S MOST VERSATILE PRODUCTS



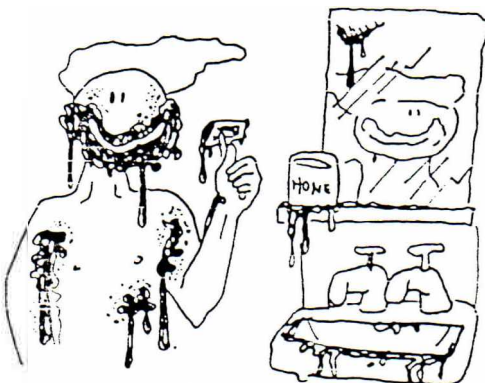
USE A DAB OF HONEY TO AFFIX STAMPS TO ENVELOPES AND POSTCARDS.



HONEY IS ALSO USEFUL AS A GLUE SUBSTITUTE WHEN HANGING WALLPAPER.



ALWAYS HAVE A JAR IN YOUR CAR JUST IN CASE YOU RUN OUT OF OIL.



YOU CAN USE IT AS A DEODORANT OR AS SCENTED SHAVING CREAM AND AFTER-SHAVE LOTION.



YOUR PET DOG WILL NEVER SMELL BAD IF BATHED AND SHAMPOOED REGULARLY WITH HONEY.



BUT THE BEST USE OF HONEY IS BETWEEN THE SHEETS WITH YOUR GIRLFRIEND, YUM!

Grate all the cheese and moisten the resulting flakes with the quantity of beer considered to be 'enough', producing muck of sufficiently stiff consistency that it can be spread on toast but will not flow off while it is cold. (Think 'slime mould'). Stir in either the tediously separated yolk of the egg- which is marginally more authentic -or the egg's entire contents: in either case, this is what keeps the spread from flowing merrily off the toast when it is cooked. Slice and toast some bread; spread with the goop; sprinkle with pepper etc. as desired; grill until brown and bubbly; eat.

The first stage of this recipe will always produce more of the gooey mixture than you expect, even when you know what to expect; but people are generally happy to carry on eating the result until supplies fail. 'God help us, for we knew the worst too young'.

It was famous Aussie fan Judith Hanna who forced the invention of this succulent slime, one groan-laden morning after a Langford party. She started converting remnants of cheese, milk and things into sort of a breakfast fondue. After long stirring and perspiring comments of 'I'm sure this is the right way to do it', she found herself with a revolting viscous mass which squatted sullenly in the pan and refused point-blank to dissolve in an orderly fashion into the thin steaming pus which surrounded it. Before starting again and coming up with unauthentic rarebit as above, we poured the results of Judith's alchemy into an unloved tree-stump which had persistently refused to stop sending up shoots. It died within a month.

Meanwhile, for those with a sweet tooth...

Langford Patent Juniper And Quinine Lemon Marmalade

The ingredients are even less rigorously quantitative than before.

Many lemons.

Some water.

Quite a lot of white sugar.

Some more water (solid phase).

The all-important MARINADE.

This is not a recipe for the faint-hearted. Our most recent batch of this marmalade was two years in the making. (You will need a spare corner in the freezer by the way). It is the marinade which makes the process such a prolonged one, since only a small amount of lemon can be properly treated at one time. The marinade should be prepared in the six- or eight-ounce glass of your choice; it consists of approximately one part of gin to four (or two, or six, or one; who am I to cramp your culinary style ?) of a good proprietary tonic water. 'Diet' tonic water will completely ruin the flavor, although the marmalade will probably turn out OK. Ice may be added, and one slice of lemon is then slid delicately into the glass. (Americans sometimes seem puzzled by subtle allusions to tonic water. Soda water might be good enough for T S Elliot's foot-bath, but is *not* the same: you want the stuff which is or used to be flavored with quinine. Throw away those malaria chills, and walk again).

It is a well known phenomenon, extensively documented by Charles Fort, that this marinade evaporates with startling swiftness. Quite soon the prepared lemon slice can be removed from your suddenly empty glass and dropped into a plastic bag in the freezer. It is now permissible to treat another slice... and so on while supplies of marinade ingredients hold out and the cook can remain upright.

An admixture of non-marinated lemon is permissible: our 1987 batch of this fine preserve gained an additional, subtle flavor from the inclusion of (a) partially mildewed half-lemons discovered in the fridge after periods of slackness in marinade treatments; (b) lemon slices included with takeaway Indian meals, and thus interestingly flavored with a soupçon of tandoori sauce; (c) country-of-origin labels accidentally left sticking to the occasional lemon rind. When 'enough' has been accumulated- meaning that the plastic bag is full, the previous batch has run out, or one's spouse is complaining loudly about lack of space in the freezer - the final preparations are easy. All the lemon shards are thawed, pips and things (especially moving things) removed, and the whole lot chopped thinly (perfectionist method) or shoved brutally through a mincer (my method).

It all goes into a big pan with the amount of water indicated above, being as little as will see you through the next stage. Bring to the boil and simmer for an hour or two, stirring with lackadaisical grace, until the bits are soft. During this period you are free to realise that you should have shut the doors and windows, since the penetrating smell acts as a long-range lure for enormous kamikaze wasps. Add *exactly* the amount of sugar specified above...no, I tell a lie, we just tip in more sugar until it tastes 'right', meaning not too bitter to be eaten thinly spread on the substrate of your choice. Another half-hour of simmering and it can be ladled via a large jam funnel into previously heated jars. Put on the lids before too many loathsome spores drift in, hoping to surprise Sir Alexander Fleming. (Our 1987 batch behaved in a semi-miraculous way: on the third day, instead of rising, it finally condescended to set).

Certain aspects of the procedure are sufficiently boring- especially the long simmering and the even longer wait for the stuff to set firmly enough to be tried -that to pass the time one finds oneself irresistibly impelled to start work anew, marinating lemons for the next batch. Any fan wishing to drop in and help, thus cutting down that two-year preparation time, will be very welcome. Bring your own marinade ingredients.

Scholarly References:

- Kingsley Amis: On Drink, 1972; Every Day Drinking, 1983
M F K Fisher: anything and everything
Maurice Healey: Stay me with Flagons, 1940
George Saintsbury: Notes on a Cellar-Book, 1920
Katherine Whitehorn: How to Survive in the Kitchen, 1979
Colin Wilson: A Book of Booze, 1974



BANANA CAKE

- | | |
|------------------------------|-----------------|
| 1½ cups self-raising flour | ½ cup sugar |
| 1 teaspoon bicarbonate soda | 125 g margarine |
| 2 eggs (beaten) | milk |
| 3 very ripe bananas (mashed) | |

1. Cream margarine and sugar
2. Add eggs and mix well
3. Stir in mashed banana
4. Sift in about ⅓ combined flour and bicarbonate, mix well. Add enough milk to produce a 'sticky' mixture. Continue adding flour and milk alternately.
5. Cook in greased round tin, approx. 1 hour, about 350 F (180 C)
6. Cool on cake cooler.

Alan Stewart, Richmond, Victoria, AUSTRALIA

SAUSAGE AND MACARONI CASSEROLE

(4 servings)

3-8 sausages (whatever you have on hand)
macaroni - large hollow pasta (enough to about ¾ fill the casserole dish when added to the sausages)

- | | | |
|----------------|---------------------------|----------------------|
| 1 large carrot | 1 tablespoon flour | ½ pint boiling water |
| 1 large onion | 1 tablespoon tomato sauce | salt and pepper |
| | 1 tablespoon vinegar | 1 tablespoon sugar |

1. Parboil sausages and cut into small sections
2. Parboil macaroni
3. Mix up sausages and macaroni in casserole dish
4. Slice onion and spread in a layer on top of sausage/macaroni mix
5. Slice carrot and spread on top of onion
6. Mix tomato sauce, sugar, flour, vinegar, salt and pepper into a paste
7. Add boiling water slowly and stir into a smooth mixture
8. Spoon mixture over contents of casserole dish
9. Cook for approx. 2 hours, at about 350 F (180 C)

EQUIVALENTS

Supplied by Leah Zeldes Smith, Wheeling, Illinois, USA

GENERAL (Metric conversions are approximate)

Avoirdupois/dry (See specific ingredients for more accurate weight to volume conversion)

1/35 ounce	1 g			1/8 teaspoon					
				scant 1/4 teaspoon					dash
1/6 ounce	5 g		1/3 tablespoon	1 teaspoon					pinch
1/2 ounce	15 g		1 tablespoon	3 teaspoons					
1 ounce	30 g	1/8 cup	2 tablespoons	6 teaspoons					
2 ounces	60 g	1/4 cup	4 tablespoons						
2-2/3 ounces	75 g	1/3 cup	5 tablespoons + 1 teaspoon						
3 ounces		3/8 cup	6 tablespoons			1/4 cup + 2 tablespoons			
4 ounces	115 g	1/2 cup	8 tablespoons						
5 ounces		5/8 cup	10 tablespoons			1/2 cup + 2 tablespoons			
5-1/3 ounces	150 g	2/3 cup	10 tablespoons + 2 teaspoons						
6 ounces	170 g	3/4 cup	12 tablespoons						
7 ounces		7/8 cup	14 tablespoons			3/4 cup + 2 tablespoons			
8 ounces	230 g	1 cup	16 tablespoons						
16 ounces	450 g	2 cups	1 pound						1 pint (liquid)
32 ounces	900 g	4 cups	2 pounds			1 dry quart			67.2 cubic inches
35 ounces	1 kg		2.2 pounds						
			1 peck			8 dry quarts			537.61 cubic inches
			4 pecks			32 dry quarts			2,150.42 cubic inches
				1 bushel					

Fluid

			6 drops		1/8 teaspoon				dash
			25 drops		1/2 teaspoon				
			60 minims					1 dram	
1/8 ounce	3.7 ml				1 teaspoon				
1/6 ounce	5 ml				3 teaspoons				
1/2 ounce	15 ml		1 tablespoon		6 teaspoons				
1 ounce	30 ml	1/8 cup	2 tablespoons						
1-1/2 ounces			3 tablespoons						
2 ounces	60 ml	1/4 cup	4 tablespoons				8 drams		1.8 cubic inches
2-2/3 ounces	80 ml	1/3 cup	5 tablespoons + 1 teaspoon				1 jigger		1 Madeira glass
3 ounces	90 ml	3/8 cup	6 tablespoons				1/2 gill		1 wine glass
4 ounces	100 ml	1/2 cup	8 tablespoons				1/4 cup + 2 tablespoons		
5 ounces		5/8 cup	10 tablespoons				1 gill		2 wine glasses
5-1/3 ounces	150 ml	2/3 cup	10 tablespoons + 2 teaspoons				1/2 cup + 2 tablespoons		
6 ounces	180 ml	3/4 cup	12 tablespoons		1/4 Imperial pint				
7 ounces		7/8 cup	14 tablespoons						
8 ounces	250 ml	1 cup	16 tablespoons			3/4 cup + 2 tablespoons			
10 ounces	300 ml	1-1/4 cups	20 tablespoons		1/2 pint				1 glass
16 ounces	450 ml	2 cups			1/2 Imperial pint				
20 ounces	600 ml	2-1/2 cups			1 pint		1/2 quart		1 pound (dry)
32 ounces	950 ml	4 cups			1 Imperial pint				
34 ounces	1 l	4-1/2 cups			2 pints		1 quart		
64 ounces	1.9 l	8 cups	1/2 gallon		1-3/4 Imperial pints				
128 ounces	3.8 l	16 cups	1 gallon		4 pints		2 quarts		
154 ounces	4.5 l		1.2 gallons		8 pints		4 quarts		
					8 Imperial pints		1 Imperial Gallon		160 Imperial ounces

Baking Powder

1/3 ounce	10 g		1 tablespoon
5-1/4 ounce	150 g	1 cup	16 tablespoons

Fats (solid: butter, shortening, etc)

1/2 ounce	15 g		1 tablespoon	1/8 stick
1 ounce	30 g		2 tablespoons	1/4 stick
2 ounces	60 g	1/4 cup	4 tablespoons	1/2 stick
4 ounces	115 g	1/2 cup	8 tablespoons	1 stick
8 ounces	225 g	1 cup	16 tablespoons	2 sticks
1 pound	1/2 kg	2 cups	32 tablespoons	4 sticks
				1/3 cup clarified

US to Metric Conversions

ounces to grams	multiply ounces by 28.35
grams to ounces	multiply grams by 0.035
pounds to grams	multiply pounds by 453.5
pounds to kilograms	multiply pounds by 45
kilograms to pounds	multiply kilograms by 2.2

fahrenheit to celsius	subtract 32 from F, multiply by 5, then divide by 9
celsius to fahrenheit	multiply C by 9, divide by 5, then add 32

ounces to millilitres	multiply ounces by 30
cups to millilitres	multiply cups by 250
cups to litres	multiply cups by 0.24
pints to litres	multiply pints by 0.48
quarts to litres	multiply quarts by 0.95
litres to fluid quarts	multiply litres by 1.06
litres to dry quarts	multiply litres by 0.91
litres to gallons	multiply litres by 0.26

Exact Metric Equivalents

1 US ounce	28.35 g	
1 US pound	453.59 g	0.453 kg
1 g	0.035 ounce	
1 kg	2.21 pound	
1 US fluid ounce	29.57 ml	
1 Imperial ounce	28.41 ml	
1 cup	236.6 ml	
1 US tablespoon	14.8 ml	
1 Imperial tablespoon	17.7 ml	
1 Australian tablespoon	20 ml	
1 teaspoon	4.9 ml	
1 US pint	473.2 ml	
1 US quart	0.95 l	
1 US gallon	3.8 l	
1 litre	1.06 US quarts (liquid)	0.91 US quarts (dry)



Flour

(All-purpose - unsifted)

1/4 ounce	7 g		1 tablespoon
1-1/4 ounces	35 g	1/4 cup	4 tablespoons
1-1/2 ounces	45 g	1/3 cup	5 tablespoons
2-1/2 ounces	65 g	1/2 cup	
3-1/4 ounces	90 g	2/3 cup	
3-1/2 ounces	100 g	3/4 cup	
5 ounces	130 g	1 cup	
7-1/2 ounces	210 g	1-1/2 cup	
10 ounces	280 g	2 cups	
1 pound	450 g	3-1/2 cups	
1 cup sifted		1 cup unsifted minus 1-1/2 tablespoons	

(Cake)

1 pound sifted	5 cups
1 pound unsifted	4-1/2 cups

(Whole wheat - unsifted)

1 pound	450 g	3-1/2 cups
---------	-------	------------

Honey

	20 g		1 tablespoon
1 pound	450 g	1-1/3 cups	

Sugar (Brown - packed)

1/6 ounce	5 g		1 teaspoon
1/2 ounce	15 g		3 teaspoons
1-3/4 ounces	60 g	1/4 cup	1 tablespoon
2-1/4 ounces	75 g	1/3 cup	4 tablespoons
3-1/2 ounces	100 g	1/2 cup	5 tablespoons
5 ounces	150 g	3/4 cup	
7(6-3/4) ounces	200 g	1 cup	
9-1/2 ounces	300 g	1-1/2 cups	
13-1/2 ounces	400 g	2 cups	
1 pound	450 g	2-1/4 cups	

(Confectioners' /powdered - unsifted)

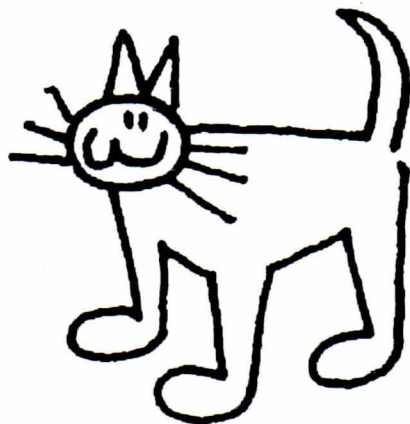
1/4 ounce			1 tablespoon	3 teaspoons
1/2 ounce			2 tablespoons	
1 ounce		1/4 cup	4 tablespoons	
2 ounces		1/2 cup		
3 ounces		3/4 cup		
4 ounces		1 cup		
1 pound	450 g	3/4 cup unsifted	4-1/2 cups unsifted	

(Granulated)

1/6 ounces	5 g		1 teaspoon
1/2 ounces	15 g		3 teaspoons
1-3/4 ounces	60 g	1/4 cup	1 tablespoon
2-1/4 ounces	75 g	1/3 cup	4 tablespoons
3-1/2 ounces	100 g	1/2 cup	5 tablespoons
5 ounces	150 g	3/4 cup	
7(6-3/4) ounces	200 g	1 cup	
9-1/2 ounces	300 g	1-1/2 cup	
13-1/2 ounces	400 g	2 cups	
1 pound	450 g	2-1/4 cups	



Constantinople



"Uniting the Empire"

We're hosting a Science Fiction Convention, in Melbourne, from April 1-4, Easter 1994. Organised as a 'General Convention' there should be something for everyone. We hope to bring science fiction fans from all areas of fandom together for the first time in years!

Confirmed Venue: Southern Cross Hotel, in the heart of Melbourne

Membership Rates: Attending Membership \$80 (until 31.12.1992)
Supporting Membership \$20
Voting Membership \$5

For more information have a chat to us at a Melbourne SF Club meeting or a Convention, or write to:

PO Box 212, World Trade Centre
Melbourne 3005 AUSTRALIA





Printed by Singular Productions