

COOKING TO CONNECT

Everyone has a story to share.

SPONGE CAKE

Ingredients

4 Large Eggs
¾ cup Caster Sugar
¾ Cup Cornflour
1 Tablespoon Custard Powder
1 Teaspoon Cream of Tartar
½ Teaspoon Bi Carb Soda
Pinch of salt



Method

1. Preheat fan forced oven to 190–200C. Line the bottom of 2 x 20cm tins with baking paper & grease the bottom & sides.
2. In a large dry mixing bowl, separate egg whites.
3. Put egg yolks in a separate container.
4. Add a pinch of salt to the whites & beat on high until whites are stiff.
5. Gradually add the caster sugar, and beat until all sugar is dissolved. You can test this by rubbing a bit of mixture between your thumb and forefinger. If it's not gritty, then it's all dissolved.
6. Add egg yolks, and beat again until combined.
7. In a sifter combine Cornflour, Custard Powder, Cream of Tartar & Bi Carb Soda and sift twice.
8. Gently fold in the dry ingredients with a spatula to the egg mixture.
9. To fold – scrape around edge of bowl, then cut through the centre of mixture. Repeat until all dry ingredients are combined. Do this very lightly. DO NOT STIR.
10. Divide mixture equally into the two tins.
11. Place in middle shelf of oven and cook approximately 12 minutes until sponge is cooked. To test if cooked, gently press the sponge, and if it springs back it is cooked. It will also come away from the sides of the tin.
12. Turn out onto a wire cake cooler. Peel off paper and turn over to rest on the paper until sponge is completely cool.
13. Whip cream.
14. Spread sponge with Raspberry Jam (or your choice), spread with cream, and decorate as you desire.

OUR KATANNING RESIDENT BARBARA GROVES

Hello, my name is Barbara Groves. We have lived in Katanning for the past 5 ½ years. Retiring here from our family farm in Tambellup as our three children and grandchildren were all living and working in Katanning.

As a child, I started cooking with Mum's guidance. I always loved to cook. Mum was a great cook, and could whip up a meal from nothing.

Years later, local family started a Catering Business and I started helping them, which then extended my knowledge further. We worked together for years, and as they stopped doing the Catering, I took over. It was a great way to supplement the farm wages. There were many farm weddings with guest lists for 150+ to cater for. These were always in beautiful farm gardens, but the facilities we had to cater out of were often a challenge. There were tiny kitchens with one fridge, or a shearing shed or machinery shed. No running hot water or other facilities. But we managed, and I catered all around the Great Southern for years.

The biggest challenge was for the Wool Foundation Dinners with 200 guests, serving 5 courses. Another special one I did was for the local Wine Club. There were 5 courses, each course had a wine from a different country, and I had to make recipes pertaining to that country. It was a challenge, but enjoyable to make different recipes from other countries.

I entered the Cooking & Flower Section at the Tambellup Show, and won that for several years, and then became a Cooking Judge. I have entered the Flower Section of the Katanning Show since moving to Katanning, and last year thought I would try the Cooking Section at the Katanning Show, and was fortunate to win that.

Since moving to Katanning, I have stayed a member of the Tambellup CWA to keep contact with all my friends down there. (There is no CWA in Katanning) I have had to give the catering away, due to a back injury, but still help out the Katanning St John Ambulance when they have a function. We have hosted the Katanning RFDS Garden Party here, and have also held the Cancer Council Biggest Morning Tea at our place, which involved cooking lots of tasty treats for each event.

When family or friends visit or have a party I enjoy cooking for them. My biggest love now is to teach my grandchildren how to cook and garden. All seven of them have enjoyed visiting Nanny and Grandad's and learning to cook with me or help in the garden. I have no formal training at all, but I do hope I can pass on the knowledge I have gained over the years to them, and hopefully they will all be able to look after themselves and their families in years to come.



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