Sunbeam®

Bringing sunshine to every table

CELEBRATING

100 YEARS

SINCE 1926






















DRIED FRUITS


DRIED FRUITS
WEEK
Currants
Sultanas
CURRANTS RAISINS SULTANAS FRUITS
CURRANTS RAISINS SULTANAS FRUITS


For HEALTHS SAKE use AUSTRALIAN
SULTANAS..
APPETISING & ENERGY PRODUCING


CENTRE


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200gPk
375gPk
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the FESTIVE
AUSTRALIAN RAISINS
AUSTRALIAN CURRANTS
AUSTRALIAN SULTANAS


SUNSWEET
RAISINS

FOR 100 YEARS, SUNBEAM HAS BEEN PART OF THE MOMENTS THAT MATTER MOST. CHILDHOOD MEMORIES BAKED INTO CAKES AND BISCUITS, FAMILY TRADITIONS PASSED DOWN THROUGH FESTIVE CHRISTMAS PUDDINGS, AND SIMPLE JOYS FOUND IN EVERYDAY SNACKING. WITH EVERY HANDFUL OF THE FINEST DRIED FRUITS AND NUTS, WE'VE SHARED NOT JUST QUALITY, BUT A LITTLE PIECE OF SUNSHINE AT EVERY TABLE. HERE'S TO THE NEXT 100 YEARS OF SUNSHINE AND MEMORIES MADE.

CELEBRATING 100 YEARS

SINCE 1926

A RECIPE FOR SUCCESS

2026 marks a remarkable milestone for one of our most cherished brands Sunbeam, as it celebrates 100 years of brightening the lives of Australians with its golden, sun-ripened dried fruits. It's a century of heritage, quality, and the simple joy of bringing sunshine to every table.

It's also shaping up to be a big year for all of us at Manassen Foods — a year of hard work, new challenges, and well-earned successes. Together, we continue to build on the strength of our brands, our partnerships, and above all, our people.
I want to take this opportunity to sincerely thank each and every one of you for your loyalty, commitment, and unfailing can-do spirit. Your positivity and teamwork are what make everything we achieve possible.

To those who contributed recipes for this Sunbeam 100-Year Commemorative Recipe Book, thank you for sharing your creativity and passion. Your recipes bring to life the warmth, connection, and joy that Sunbeam has represented for generations.
May this book serve as a delicious reminder of how much we value you, and of the special role you play in our shared success.

Now, let's celebrate the past, embrace the future,
and of course, start those ovens!

Elizabeth Miller
General Manager, Manassen Foods



THANK YOU TO EVERYONE WHO HAS BEEN A PART OF SUNBEAM'S JOURNEY OVER THE PAST 100 YEARS.
WITH HEARTFELT THANKS TO THE COOKS AND FAMILIES WHO CONTRIBUTED RECIPES IN THIS COLLECTION. YOUR GENEROSITY AND LOVE FOR BAKING AND COOKING HELP TO KEEP OUR TRADITIONS WARM AND ALIVE.





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KEY INFORMATION FOR SUCCESSFUL BAKING ACCORDING TO THE 'NEW SUNSHINE COOKERY BOOK FOR EVERY HOUSEWIFE' CIRCA 1938

General directions for cooking cakes

Biscuits and sponge cakes require a moderate oven about 375 - 400 degrees. Scone pastry, small queen or rock cakes require a hot oven, 450, to rise and set quickly. Cakes with just a little fruit, but cooked in fair sized tins, require 375 - 400.

Good fruit cakes require long, slow cooking, about 375. It is a mistake to put a cake into too hot an oven, as this causes it to set on top before it is sufficiently risin. The cake should rise as much as it is going to before it begins to brown.

A gas oven, of course, can be easily regulated. But a good way to reduce the heat of a fuel oven is to keep one shelf out, and by placing the cold shelf at the top and the cake on the bottom shelf, it reduces the heat a little. A cake cooked "between shelves" is usually very satisfactory. Another way is to fill a baking dish with cold water, and put it on the top shelf in the oven. Where there is no thermometer, a good guide is to put a piece of white paper in the oven.

Moderate heat will turn it pale brown in 2 mins (gas), and 4 mins. (one-fire) Hot will turn it a deeper shade, and very hot will turn it dark brown. As the distance of the shelves from the tops of ovens vary, it would be well to make some tests, and keep note for future guidance.

Touch a sponge sandwich lightly with the fingers, and if it seems to resist it is done.

Cakes shrink away from the tin when cooked. Test fruit cakes or large plain cakes with a skewer before moving from the oven, holding the door as little open as possible. If the skewer comes out clean, it is done. If not, shut the door quickly and cook a little longer. A good idea when mixing fruit cakes is to mix the fruit through the flour first, and then add fruit and flour together to the creamed butter, sugar and eggs.



Booklet titled 'The New Sunshine Cookery Book for Every Housewife', published by the Joint Publicity Committee, representing the Dried Fruits Industry throughout Australia, circa 1938

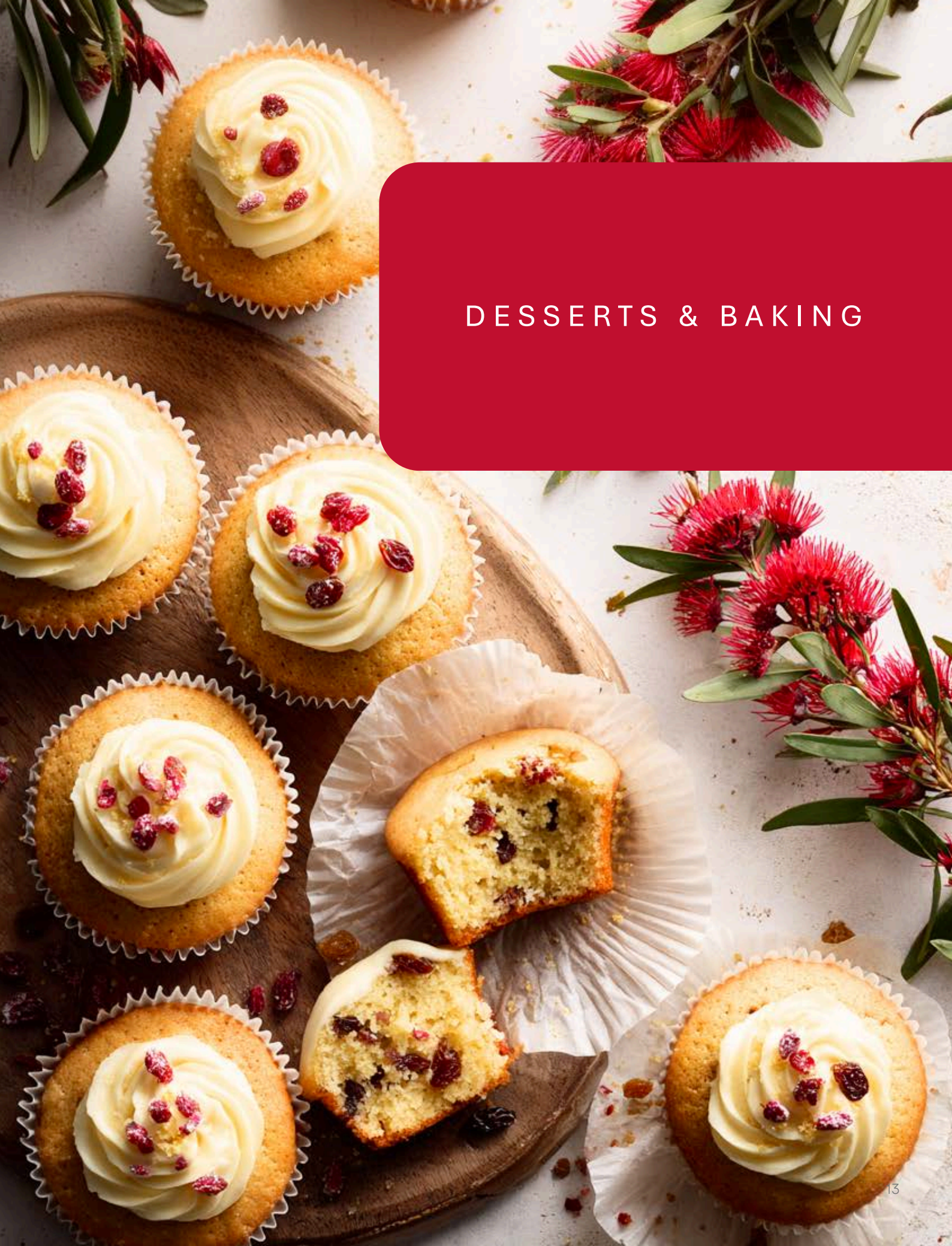


MEASURING MADE SIMPLE

From a pinch to a cup, every measure tells part of the story. This table will help you keep those treasured recipes true to their origins — just as they were meant to be made.

DESCRIPTION	CELSIUS	FAHRENHEIT	GAS MARK
Very slow	120	250	1
Slow	150	300	2
Moderately slow	160	325	3
Moderate	180 - 190	350 - 375	4
Moderately hot	200 - 210	400 - 425	5
Hot	220 - 230	450 - 475	6
Very hot	240 - 250	500 - 525	7

METRIC	IMPERIAL	METRIC	IMPERIAL
30g	1 oz	30ml	1 fluid oz
60g	2 oz	60ml	2 fluid oz
90g	3 oz	100ml	3 fluid oz
155g	5 oz	150ml	5 fluid oz (1/4 pint)
250g	8 oz (1/2 lb)	250ml	8 fluid oz
500g	16 oz (1 lb)	500ml	16 fluid oz
1kg	32 oz (2 lb)	1000ml (1 litre)	1 ¾ pints



DESSERTS & BAKING





CREAMED RICE PUDDING

PREP TIME	COOK TIME	SERVINGS
15 MINS	**30 MINS**	**6**

INGREDIENTS

- 1 cup white rice, cooked
- ¼ cup Sunbeam Sultanas
- ¼ cup Angas Park Dried Apricots
- ¼ cup Sunbeam Pistachios, chopped
- 1 ½ cups milk
- 2 eggs
- ½ cup demerara sugar

METHOD

1. Combine rice, fruit and nuts in a bowl and pour over a 24cm flan dish.
2. Mix milk and eggs in a bowl and pour over rice mixture. Bake at 180ºC for 25 minutes.
3. Sprinkle with sugar and grill until sugar melts and turns golden brown. Serve with cream or ice-cream.

Originally featured in Sunbeam's 2009 cookbook, Easy starters and meals. Delicious, nutritious & versatile, this recipe continues to be a favourite among families who have cooked with Sunbeam for generations.




Creamed Rice Pudding

1 cup calrose rice, cooked
¼ cup Sunbeam Dried Apricots, quartered
¼ cup Sunbeam Sultanas
¼ cup chopped pistachio nuts
1 ½ cups milk
2 eggs
½ cup demerara sugar

1. Combine rice, fruit and nuts and spread over a 24cm flan dish.
2. Mix milk and eggs in a bowl and pour over rice mixture.
3. Bake at 180°C for 25 minutes. Sprinkle with sugar and grill until sugar melts and turns golden brown.
4. Serve with cream or ice-cream.

Serves 6-8





SUN BRAN LOAF

PREP TIME	COOK TIME	SERVINGS
15 MINS + 2HR SOAK	**1 HR**	**8-15 SLICES**

INGREDIENTS

- 1 cup bran cereal
- ¾ cup Sunbeam Sultanas
- ¾ cup Angas Park Dried Apricots, chopped
- ¾ cup sugar
- 1 ¼ cups milk
- 1 ½ cups self raising flour

METHOD

1. Mix the bran, dried fruit, sugar and milk together in a bowl.
2. Let the bowl stand for 2 hours, or if you prefer, overnight.
3. Sift the flour and add to the soaking mixture, stirring well.
4. Place the mixture into a greased and lined bar or loaf tin and bake in moderate oven for 1 hour.
5. Serve sliced and buttered.



SOLDIER'S CAKE

PREP TIME
15 MINS

COOK TIME
3 ½ - 4 HRS

SERVINGS
8-15 SLICES

INGREDIENTS

- ½ lb butter
- ½ lb sugar
- 6 eggs
- 12 oz plain flour
- Pinch of salt
- 1 tsp nutmeg
- 1 tsp baking powder
- ¾ lb Sunbeam Raisins, chopped
- ¾ lb Sunbeam Currants
- 2 tbsp dark rum

METHOD

1. Cream together butter and sugar. Add eggs one at a time, beating well after each addition.
2. Sift together the flour, salt, nutmeg and baking powder and fold into the creamed mixture. Combine well.
3. Stir in the dried fruits and 1 tablespoon of rum.
4. Place in a greased and lined 8 inch x 3 inch or 9 inch x 2 ½ inch cake pan and bake in a slow oven for 3 ½ - 4 hours or until cooked when tested.
5. When cooked, take out of oven and pour remaining tablespoon of rum over cake while hot.
6. Allow to cool in tin.

With the war came the rationing of butter, eggs, cream and the restricted supply of other essential foods. It became necessary for the housewives to make the most of what was available. 'Austerity' became the keyword in most household kitchens. Source: 'Yesterday's Memories Today's Favourites' ADFA, Dried Fruits News, August 1987.







BAKED STUFFED APPLES

PREP TIME	COOK TIME	SERVINGS
10 MINS	**40 MINS**	**6**

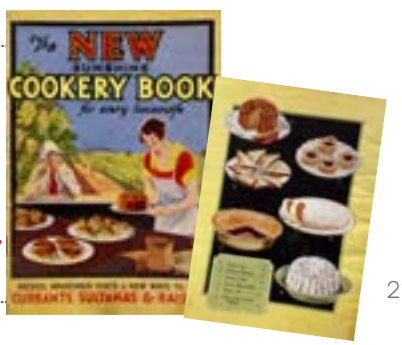
INGREDIENTS

- 6 cooking apples
- 1 cup Sunbeam Raisins or Sultanas
- ½ cup brown sugar
- 1 tsp cinnamon
- 1 small lump of butter
- Water for baking

METHOD

1. Core apples and peel from the top to about half way down.
2. Mix raisins, sugar, cinnamon and butter together, and stuff the centre of each apple with the mixture.
3. Put in a greased baking dish, and if there is any stuffing left over fill the spaces between the apples with it.
4. Pour in enough water to cover bottom of baking dish, and bake slowly till apples are tender and syrup like caramel.

Published in the 1930's for free distribution by the Joint Publicity Committee, representative of the Dried Fruits Industry throughout Australia with recipes, household hints and new ways to use currants, sultanas & raisins.







BREAD & BUTTER PUDDING

PREP TIME
20 MINS

COOK TIME
25 MINS

SERVINGS
4

INGREDIENTS

- Bread (10 slices, slightly stale works best)
- Butter (enough to spread on the bread)
- 2 oz Sunbeam Raisins or Sultanas
- 1 tbsp sugar (plus extra for sprinkling)
- 2 eggs
- 1 pint milk
- A pinch of grated nutmeg
- 1 cup of candied peel (optional, for extra flavour)

METHOD

1. Grease a pie dish well. Spread each slice of bread generously with butter. Arrange the buttered bread in the dish in layers, sprinkling each layer with a few sultanas, a little chopped candied peel, sugar, and a pinch of grated nutmeg.
2. In a separate bowl, beat the eggs lightly, then add the milk and whisk to combine. Pour the mixture evenly over the layered bread and allow it to soak for a few minutes.
3. Place the pie dish inside a larger dish filled with cold water (the water bath helps prevent the eggs from curdling) then bake in a moderate oven for about 25 minutes, or until the custard is just set.
4. Serve warm, with cream or custard if desired.



SUNRAYSIA TART

PREP TIME
20 MINS

COOK TIME
40 MINS

SERVINGS
4-6

INGREDIENTS

- 3 - 4 apples peeled & diced
- 1 tbsp sugar
- 1 cup Sunbeam Raisins
- 1 tsp cinnamon
- 1 tbsp Sunbeam Currants
- Milk
- Extra sugar for pie crust
- Custard or cream to serve

SHORT CRUST

- 6 oz. plain flour
- 2 oz. self raising flour
- 6 oz. butter or other shortening (half butter, half clarified dripping)
- Pinch of salt
- 1 egg yolk, beaten in
- 2 tbsp cold water, and squeeze of lemon (tsp of vinegar will do)

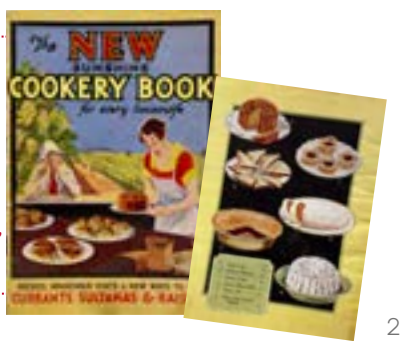
METHOD

1. Make the short crust pastry, and use ⅔ of the mixture to line a deep tin plate.
2. Stew three or four apples with 1 tablespoon sugar till pulpy, and add 1 cup chopped raisins. 1 teaspoon cinnamon, 1 tablespoon currants.
3. Fill the dish with this mixture, and cover with the remainder of the pastry.
4. Brush over with milk, sprinkle with sugar, and shake a little more milk over the pastry so the sugar is moist.
5. Bake for 30 - 40 minutes at 450ºF, then lower to 400ºF. Serve with cream or custard.

For the Shortcrust

1. Sift flour and salt, rub in the shortening, mix with the liquid till its forms a ball and leaves the sides of the basin clean.
2. Turn out onto a floured board, roll and use as required.

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FIVE O'CLOCK FRUIT CAKE

PREP TIME	COOK TIME	SERVINGS
15 MINS	**1 HR**	**4-6**

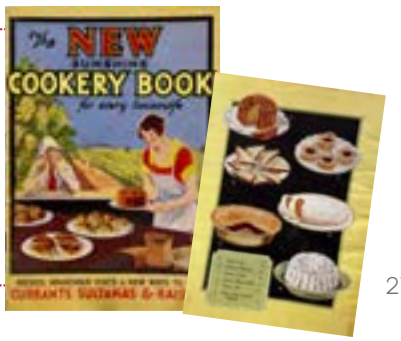
INGREDIENTS

- 6 oz. flour
- 1 ¼ oz. cocoa
- 4 oz. butter
- 4 oz. castor sugar
- 2 oz. Sunbeam Currants
- 2 oz. Sunbeam Sultanas
- 1 tsp baking powder
- 2 eggs
- ½ cup milk
- Almond essence

METHOD

1. Sieve flour, cocoa and baking powder together.
2. Cream butter and sugar, add eggs separately.
3. Add milk with essence in it.
4. Add the flour and fruit, mixing lightly but well.
5. Put in prepared cake tin, and bake in moderate oven for an hour at 375ºF.

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LITTLE APPLE PIES

PREP TIME	COOK TIME	SERVINGS
10 MINS	1 HR	4

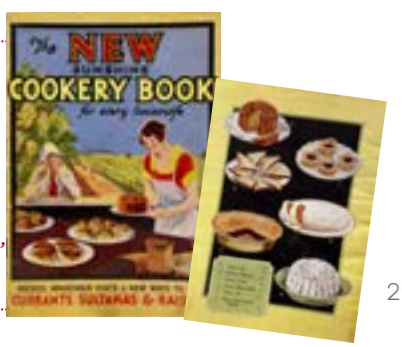
INGREDIENTS

- 3 oz. Sunbeam Sultanas
- 1 ½ oz. unsalted butter
- 2 oz. sugar
- 2 oz. sponge or butter cake crumbs
- 1 oz. ground almonds
- A few drops of almond essence
- 2 tbsp stewed apples (not watery)
- 1 egg
- ½ lb short or flaky pastry

METHOD

1. Roll out pastry, cut into rounds, and line a small tart pan.
2. Cream butter and sugar, add egg and beat well.
3. Stir in the cake crumbs, sultanas, apples, ground almonds and essence.
4. Half fill the tartlets and bake for about 20 minutes in a fairly hot oven, 450ºF.

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RAISIN BREAD

PREP TIME	COOK TIME	SERVINGS
30 MINS + STANDING	1 HR	4-6

INGREDIENTS

- 4 lb. plain flour
- 1 oz. salt
- 2 oz. sugar
- 1 ½ oz. compressed yeast
- 2 lb Sunbeam Raisins
- 1 pint milk (warm)
- 1 pint water (warm)
- 2 oz. lard or butter

METHOD

1. Sift and warm flour, make hole in the middle, crumble yeast, sprinkle ½ teaspoon sugar, add 2 tablespoons warm water and make batter by drawing in a little of the flour. Cover and stand in a warm place 15 minutes.
2. Sprinkle raisins and sugar over flour, add lard or butter, and warm water and mix into soft dough, turn onto board, knead well, put back into basin, cover and stand till it doubles in size.
3. Mould into loaf, and set to rise again in a warm place.
4. Bake in hot oven 450ºF about 1 hour, according to size of loaf. When cooked, glaze with sugar and water syrup.

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RAISIN TUTTI FRUITTIS

PREP TIME
20 MINS

COOK TIME
10 MINS

SERVINGS
6 - 8

INGREDIENTS

BISCUIT

- 3oz butter or margarine
- 2oz sugar
- 1 egg yolk
- 1 tbsp water
- ½ tsp vanilla essence
- 6oz plain flour
- 1 level tsp baking powder
- Pinch salt

FILLINGS

- 2 tbsp finely chopped Sunbeam Raisins
- 1 tbsp Sunbeam Mixed Fruit
- 1 tbsp finely chopped Sunbeam Walnuts
- 1 tbsp sherry or lemon juice
- 1 tbsp sugar
- ½ tsp grated lemon rind

ICING

- 4 oz icing sugar
- 1 tbsp cocoa
- 1 tbsp sherry or lemon juice
- ½ tsp butter

METHOD

Prepare the biscuits:

1. Cream together the butter and sugar until light and fluffy. Add the egg yolk, water, and vanilla, mixing well.
2. Sift together the flour, baking powder, and salt. Stir into the butter mixture to form a dry dough.
3. Turn the dough onto a floured board and knead lightly. Roll out to 3mm thickness and cut into rounds using a fluted cutter.
4. Place the rounds on a greased baking tray and bake in a moderate oven for 7–10 minutes, until lightly golden. Allow to cool on the tray.
5. Prepare the filling: Combine all filling ingredients in a saucepan and stir over low heat until well blended and smooth.
6. Assemble the biscuits: Join the cooled biscuits in pairs with the filling between them. Bind together with a little extra chocolate icing around the edges.
7. Decorate: Top each sandwich with chocolate icing and a walnut for a finishing touch.

1953 advertisement for sultanas, currants, seeded raisins.
From the 19th August 1953 edition of Australian Women's Weekly.







CURRANT FRITTERS

PREP TIME
30 MINS

FRY TIME
30 MINS

SERVINGS
6

INGREDIENTS

- 3 tbsp Sunbeam Currants
- 4 tbsp boiled rice
- 6 rounded tbsp plain flour
- Pinch salt
- 1 tbsp sugar
- ½ tsp grated lemon rind
- Pinch nutmeg
- 2 eggs
- ¼ pint milk
- Frying fat

METHOD

1. Seperate the whites from the yolks of eggs.
2. Sift the flour, nutmeg and salt into a basin.
3. Make a well in the centre and add the egg yolks and half the milk. Stir with a wooden spoon slowly blending the dry ingredients with the liquid.
4. Add the remainder of the milk and mix to a smooth batter.
5. Whisk the egg whites until stiff. Stir them lightly into the batter at the same time adding the rice, currants and sugar.
6. Drop spoonful into hot fat and fry until crisp and brown. Turn while cooking.
7. Drain well on paper and serve hot dusted with sugar and sprinkled with lemon juice.

Recipe from an 1953 advertisement for sultanas, currants, seeded raisins. From the 19th August 1953, edition of the 'Australian Women's Weekly'.




DESSERTS
& BAKING



CURRANT SPICED SCROLL

PREP TIME	COOK TIME	SERVINGS
40 MINS	40 MINS	4 - 6

INGREDIENTS

- 1 lb. sweet scone dough
- 1 lb. self raising flour
- 2 ozs. sugar
- 1 oz. butter or margarine
- ½ pint milk & salt

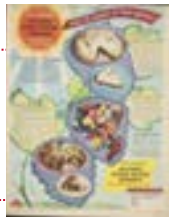
FILLING

- ½ lb. Sunbeam Currants
- 1 tbsp cinnamon
- 2 oz. sugar
- 2 apples grated
- 1 tbsp melted butter

METHOD

1. Mix together grated apple, currants, cinnamon and sugar. Make scone dough.
2. Roll out in a square approximately ¼" thickness. Brush with melted butter and spread with currant mixture. Roll up. Join ends together in a circle.
3. Cut in to within ½" of centre, making cuts approximately ½" apart.
4. Place on floured oven tray and turn cut pieces to the side. Glaze with sugar and milk.
5. Bake for 30 - 40 minutes in a moderately hot oven. When cold, ice with lemon or orange icing and decorate with cherries or chopped nuts. Delicious for lunches or teas - cut and spread with butter.

1953 advertisement for sultanas, currants, seeded raisins. From the 8th July 1953 edition of Australian Women's Weekly.





RAISIN FUDGE CAKE WITH ALMONDS

PREP TIME
10 MINS

COOK TIME
50 MINS

SERVINGS
8-15 SLICES

INGREDIENTS

- ½ cup butter
- 1 ½ cups sifted brown sugar
- 2 egg yolks
- ½ cup brown sugar
- 1 cup Sunbeam Raisins, chopped
- 4 oz. chocolate, melted
- ½ cup hot water
- ½ cup butter milk
- 2 ½ cups self raising flour
- ½ tsp cinnamon
- ½ tsp powdered cloves
- 2 egg whites
- ⅓ cup Sunbeam Slivered Almonds
- 2 tbsp granulated sugar

METHOD

1. Beat the butter to a cream and gradually work in the first mixture of sugar.
2. Beat yolks of eggs, beat in second measure of sugar, raisins and melted chocolate.
3. Sift together flour and spice, add to first mixture alternately with water and butter milk, lastly fold in egg whites, beaten very lightly.
4. Turn into cake tin. Sprinkle the top of cake with slivered almonds and some raisins.
5. Sift sugar over the almonds and top of cake. Bake 50 minutes in a moderate oven.

This recipe was sourced from the Family Fare recipe booklet, published by the Australian Dried Fruits Association in the 1950s. Containing prize-winning recipes from the National Recipe Competition, this recipe was awarded First Prize for Mrs Janet Mayrick from Glasshouse Mountians, QLD.







TANGY PASSIONFRUIT FRUITCAKE

PREP TIME	COOK TIME	SERVINGS
15 MINS	**105 MINS**	**4-6**

INGREDIENTS

- 2 ¼ cups Sunbeam Mixed Fruit
- ½ cup apple or orange juice
- 1 cup sugar
- ½ cup passionfruit pulp or 1 x 170g can passionfruit pulp
- 125g butter, roughly chopped
- 3 eggs, lightly beaten
- ¾ cup plain flour
- ¾ cup self raising flour
- 1 tsp mixed spice
- Sunbeam Flaked Almonds, toasted for decoration

METHOD

1. Combine the Mixed Fruit, apple or orange juice, sugar, passionfruit pulp and butter in a saucepan.
2. Bring to the boil, stirring constantly and simmer for 3 minutes uncovered. (A microwave is excellent for this) Allow to cool to room temperature.
3. Beat in the eggs and sifted dry ingredients.
4. Pour into a greased and lined 20cm cake pan and bake in a moderately slow oven for approximately 1¾ hours or until cooked when tested.
5. If desired, decorate with toasted flaked almonds.

This recipe comes from one of our much-loved back-of-pack originals from the 1980's - a reminder of the home-baked traditions that have travelled with us through 100 years of Australian kitchens.





BONANZA BREAD

PREP TIME
15 MINS

COOK TIME
1 HR

SERVINGS
6-8 SLICES

INGREDIENTS

- 1 cup sifted plain flour
- 1 cup stoneground wholemeal flour
- ½ tsp salt
- ½ tsp bicarbonate of soda
- 2 tsp baking powder
- 90g (3oz) instantly dissolving non-fat skim powdered milk
- ⅓ cup wheatgerm
- ½ cup firmly packed brown sugar
- ¼ cup Sunbeam Walnuts, chopped
- ½ cup unsalted roasted peanuts
- 1 cup Sunbeam Sultanas
- 3 eggs
- ½ cup polyunsaturated oil
- ½ cup honey
- ¾ cup orange juice
- 1 cup mashed bananas
- ½ cup Angas Park Dried Apricots, chopped

METHOD

1. Combine the flours, salt, bicarbonate of soda, baking powder, skim milk powder, wheatgerm, sugar, nuts and Sultanas in a large bowl and mix throughly.
2. Whip the eggs until light and frothy, then add the oil, honey, orange juice and bananas. Mix well.
3. Fold the dried apricots and then pour into the dry ingredients and stir just until the flour is moistened.
4. Pour the mixture into 2 greased 20cm x 12cm (8" x 5") loaf tins and bake in a moderately slow oven for 1 hour or until cooked.

This recipe comes from the back of a Sunbeam Sultana pack in the 70s - a reminder of the home-baked traditions that have travelled with us through 100 years of Australian kitchens.







SPICY SULTANA APPLE CAKE

PREP TIME	COOK TIME	SERVINGS
15 MINS	1 HR	4-6

INGREDIENTS

- 60g (2oz) butter
- 1 tsp grated lemon rind
- ⅓ cup sugar
- 1 egg
- 1 cup self raising flour
- ½ tsp cinnamon
- ¼ cup milk
- ¾ cup Sunbeam Sultanas
- 3 medium sized apples
- Lemon juice
- Extra cinnamon and sugar

METHOD

1. Beat together the butter, lemon rind and sugar, then add the egg and beat well.
2. Sift together the flour and cinnamon and add half to the creamed mixture, mixing thoroughly. Add the rest of the flour alternately with the milk and stir until blended.
3. Add the Sultanas and spread into a greased 20cm (8") spring form tin.
4. Peel and core the apples and cut into quarters. Cut each quarter into slices, but not right through.
5. Sprinkle each quarter with lemon juice and arrange cored side down over cake mixture. Bake in a moderate oven for about 1 hour, or until cooked. Remove from oven and if desired sprinkle with a mixture of cinnamon and sugar.

This recipe comes from one of our much-loved back-of-pack originals—a reminder of the home-baked traditions that have travelled with us through 100 years of Australian kitchens.







CREAMY FRUIT DESSERT DIP

PREP TIME	CHILL TIME	SERVINGS
20 MINS	1 HR	4-6

INGREDIENTS

- 1 x 300ml cream
- ½ tsp vanilla essence
- 60g (2oz) crisp butter biscuits
- 60g (2oz) dark chocolate
- ⅓ cup Sunbeam Hazelnuts, coarsely chopped
- ¾ cup Sunbeam Sultanas
- Selection of your favourite fresh fruits

METHOD

1. Whip the cream with the vanilla essence until it forms firm peaks. Return to the refrigerator and chill.
2. Coarsely chop the biscuits and chocolate or alternately place in a food processor for a few seconds. Do not grind.
3. Lightly fold the chopped biscuits, chocolate, hazelnuts and sultanas through the chilled cream, combining all ingredients.
4. Rinse out a mould with cold water and spoon the cream mixture into the mould, pressing down gently.
5. Refrigerate for at least one hour. Unmould and serve with a selection of fresh fruits. Alternately, place the mixture in a bowl and serve, spread on pieces of apple, banana, pineapple or your favourite fruit.

This recipe comes from one of our much-loved back-of-pack originals—a reminder of the home-baked traditions that have travelled with us through 100 years of Australian kitchens.



Packaging from 1980's



RAISIN & ZUCCHINI LOAF

PREP TIME
10 MINS

COOK TIME
70 MINS

SERVINGS
6-8 SLICES

INGREDIENTS

- 2 ½ cups wholemeal self raising flour
- ½ tsp cinnamon
- ½ tsp salt
- 125g (4oz) butter
- ¾ cup sugar
- 2 eggs
- ½ cup natural yoghurt
- 1 cup chopped Sunbeam Raisins
- 1 cup firmly packed grated zucchini
- ¼ cup Sunbeam Walnuts, roughly chopped
- ¼ cup sunflower seeds
- Extra sunflower seeds

METHOD

1. Sift the flour, cinnamon and salt together, adding the coarser particles left in the sieve.
2. Cream the butter and sugar until light and fluffy. Add eggs, one at a time, beating well between each addition.
3. Fold in the yoghurt, raisins, zucchini, walnuts, ¼ cup sunflower seeds and then flour.
4. Spoon into a greased and lined 23cm x 12cm (9" x 5") loaf tin, and sprinkle with the extra sunflower seed.
5. Bake in a moderate oven for 70 minutes, or until cooked when tested. Serve hot or cold spread with butter.

This recipe comes from one of our much-loved back-of-pack originals—a reminder of the home-baked traditions that have travelled with us through 100 years of Australian kitchens.

Packaging from 1980's







SUNBEAM CURRANT LOAF

PREP TIME	COOK TIME	SERVINGS
10 MINS	**70 MINS**	**4-6**

INGREDIENTS

- 2 cups wholemeal plain flour
- 1 ½ tsp baking powder
- 1 tsp salt
- ¾ cup rolled oats
- 2 tbsp raw sugar
- 2 tbsp treacle or honey
- 1 ¼ cups natural yogurt
- 1 ½ cups Sunbeam Currants
- ⅔ cup milk

METHOD

1. Combine the flour, baking powder, salt and oats in a bowl.
2. Add the treacle, yogurt, currants and milk and beat to a smooth thick batter.
3. Pour the mixture into a greased and lined loaf tin and leave to stand for 10 minutes before baking to allow oats to swell.
4. Bake in a moderate oven for 55-60 minutes, or until cooked.
5. Ice with icing made from 1 tablespoon yogurt and ½ cup sifted pure icing sugar.

This one's a golden oldie—straight from the back of a 1970's Sunbeam pack and still as delicious as ever. A little slice of history for our 100-year celebrations.







CURRANT & BANANA PANCAKES

PREP TIME	COOK TIME	SERVINGS
10 MINS	20 MINS	6-8 PANCAKES

INGREDIENTS

- 4 tbsp of self raising flour
- 2 eggs
- Pinch salt
- ⅔ pint of milk
- Sunbeam Currants
- 3 ripe bananas
- 1 tbsp caster sugar
- 1 tbsp cream
- Lemon essence

METHOD

1. Beat the eggs into the flour and salt, then add the milk, beat again and leave batter to stand for an hour.
2. When frying and as soon as the batter is poured into pan, sprinkle liberally with currants.
3. Then, when ready, turn as usual and cook other side. When cooked spread each with banana filling previously made.
4. Banana Filing - Mash bananas with sugar, cream and essence. Cocoa or vanilla added to the batter makes a nice change.

This recipe was sourced from the Family Fare recipe booklet, published by the Australian Dried Fruits Association in the 1950s. Containing prize-winning recipes from the National Recipe Competition, this recipe won the Honor Medallion for Mrs T Parry from Cowes, Phillip Island.





FRUIT MINCE BROWNIES

PREP TIME
25 MINS + 2 HRS INFUSING TIME

COOK TIME
25 MINS

SERVINGS
12 SQUARES

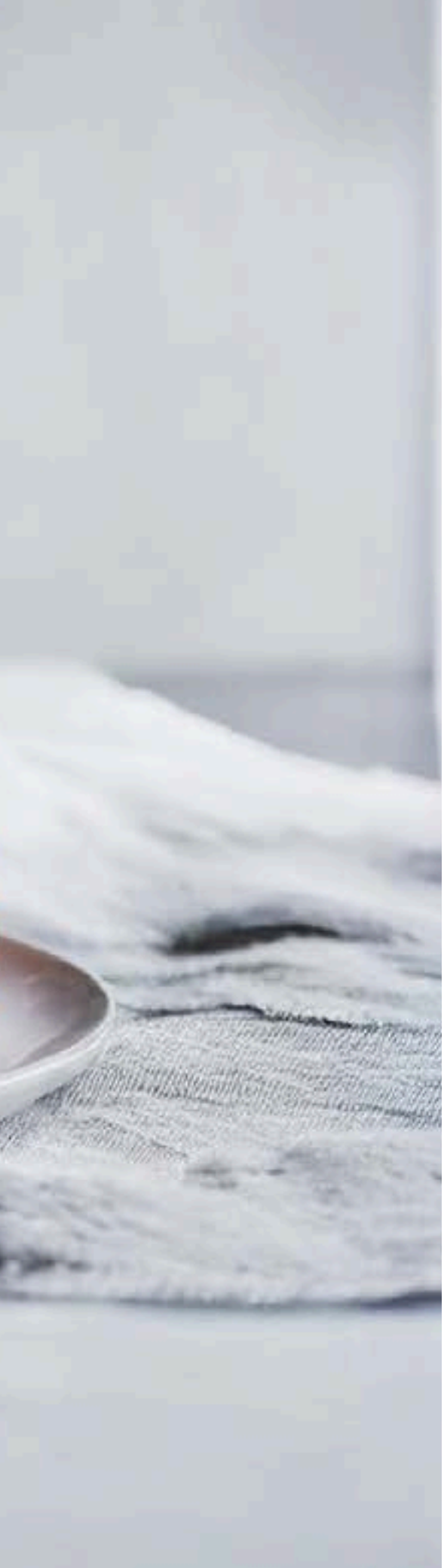
INGREDIENTS

- 200g good-quality dark chocolate (70% cocoa solids), chopped
- 300g brown sugar
- 250g unsalted butter, chopped
- 4 eggs, lightly beaten
- 1 ⅓ cups (200g) plain flour
- ¼ tsp baking powder
- ⅓ cup (35g) cocoa, plus extra to dust
- ⅓ cup (85g) Sunbeam Fruit Mince (see p128)
- ½ cup maple syrup
- 1 tsp vanilla paste
- 1 cup (100g) Sunbeam Walnuts, toasted & chopped

METHOD

1. In a small saucepan heat mixed fruit and maple syrup until bubbling then remove from heat and set aside to infuse for approximately 2 hours.
2. Preheat the oven to 180°C. Grease a 22cm square cake or brownie pan and line the base with baking paper.
3. Place chocolate, sugar and butter in a saucepan over low heat, stirring until melted and well combined.
4. Remove from heat, cool slightly, then stir in eggs until well combined.
5. Add flour, baking powder, cocoa, fruit mince, vanilla paste and nuts, stirring to combine.
6. Spread into the pan and bake for 25 minutes or until just set.
7. Cool in pan, then dust with cocoa. Cut into 12 squares and serve. Brownies will keep in an airtight container for 2-3 days.





HONEY PEANUT RAISIN COOKIES

PREP TIME	COOK TIME	SERVINGS
20 MINS	**20 MINS**	**50 COOKIES**

INGREDIENTS

- 1 cup margarine
- ½ cup honey
- ½ cup brown sugar
- ⅓ cup milk
- 2 cups flour
- 1 tsp baking powder
- 1 tsp soda
- 2 cups quick cook oats
- 1 cup Sunbeam Raisins
- 1 cup chopped peanuts

METHOD

1. Cream butter, add honey and brown sugar, then add the remainder of ingredients in order given.
2. Roll a teaspoon of dough in the hands, place on an un-greased baking sheet, flattening a little.
3. Bake in a medium oven 15-20 minutes. This recipe makes about 50 to 60 cookies.



This prize-winning recipe was sourced from the Family Fare recipe booklet, published by the Australian Dried Fruits Association in the 1950s.





CHOCOLATE RAISIN SLICE

PREP TIME	COOK TIME	SERVINGS
20 MINS	**2 HRS**	**15 SLICES**

INGREDIENTS

- ½ cup Sunbeam Raisins
- ½ cup Sunbeam Walnuts, roughly chopped
- 400g pack of digestive biscuits, crushed
- ⅓ cup Sunbeam Glacé Cherries, cut in half
- 110g butter
- 375g tin condensed milk
- 300g dark cooking chocolate

METHOD

1. Mix raisins, walnuts, biscuits and cherries in a large bowl.
2. In a small pan, melt butter, condensed milk and 150g of chocolate stirring all the time.
3. Pour the chocolate mixture over the biscuit mixture. Stir until the biscuits are well coated.
4. Pour into greased and lined slice tray (28cm x 18cm), place in fridge for at least two hours.
5. Remove from fridge and leave out until it reaches room temperature. Melt the remaining chocolate and spread over the slice. Allow chocolate to set, then cut into slices to serve.

Shared with thousands of Australian households through its original back-of-pack debut, this recipe has become part of many family traditions. We're proud to celebrate it again in our Centenary Collection. Packaging circa 2011







DRIED FRUIT & NUT FUDGE

PREP TIME	COOK TIME	SERVINGS
20 MINS	**25 MINS**	**15 SLICES**

INGREDIENTS

- 1 tbsp butter
- 1 cup brown sugar
- 1 cup white sugar
- 3 tbsp chopped nuts
- 4 tbsp Sunbeam Sultanas or Mixed Fruit
- 3 tbsp golden syrup
- ½ cup milk

METHOD

1. In a pot, melt butter.
2. In a bowl combine sugar, golden syrup and milk. Mix well.
3. Add this mixture to the melted butter pot.
4. Add in nuts and fruit, bring to a boil, and boil 12 to 15 minutes, stirring all the time.
5. Remove from the heat and beat until thick.
6. Pour mixture into greased slab or square cake tin.
7. Set aside to cool. Cut into squares and wrap in waxed paper.





This recipe was sourced from the Family Fare recipe booklet, published by the Australian Dried Fruits Association in the 1950s. Containing prize-winning recipes from the National Recipe Competition, this recipe won the Honor Medallion for Mrs D E Prothero from Pagewood, Sydney.



CURRANT & APPLE CRUMBLE

PREP TIME
15 MINS

COOK TIME
45 MINS

SERVINGS
4-6

INGREDIENTS

- 4 Granny Smith apples, peeled, cored, cut into wedges
- 100g Sunbeam Currants
- ¼ cup caster sugar
- Icing sugar & ice cream to serve

CRUMBLE TOPPING

- ½ cup plain flour
- 50g chilled unsalted butter, chopped
- ¼ cup brown sugar
- ⅓ cup Sunbeam Dry Roasted Almonds
- ⅓ cup Sunbeam Macadamias
- ½ cup Sunbeam Australian Flaked Almonds
- 1 tsp cinnamon

METHOD

1. Preheat oven to 180°C.
2. For crumble topping, place flour, cinnamon and butter in a food processor and whiz for 1 minute or until mixture resembles fine breadcrumbs. Add brown sugar and pulse to combine.
3. Place the mixture into a large bowl. Add the whole almonds and macadamias to the food processor, pulse until coarsely chopped, add nuts to the flour mixture to combine ingredients then set aside.
4. In a separate bowl place apples, currants, caster sugar and stir well to coat.
5. Tip into a 1.5L baking dish, then scatter over the crumble topping.
6. Sprinkle the crumble with flaked almonds.
7. Bake for 45-50 minutes until the crumble is golden and bubbling. Dust with icing sugar, serve with ice cream and enjoy.





CURRANT TEA CAKE

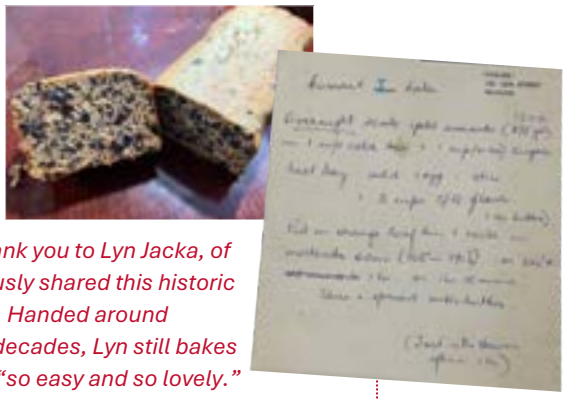
PREP TIME	COOK TIME	SERVINGS
25 MINS + chilling	**1 HR 15 MINS**	**12**

INGREDIENTS

- 375g (13oz) Sunbeam Currants
- 1 cup cold tea
- 1 cup sugar
- 1 egg
- 2 cups self raising flour

METHOD

1. Overnight soak the currants in one cup of cold tea and one cup of sugar (or less if desired).
2. Next day add the egg and sift in the two cups of self raising flour (no butter). Put in an orange loaf tin and cook in a moderate oven between 165c - 170c or 350F.
3. Cook for 1 hr or 1 hr 15 min. Test with skewer after 1hour.
4. Slice and spread with butter.



A warm Sunbeam thank you to Lyn Jacka, of Irymple, who generously shared this historic community favourite. Handed around Mildura kitchens for decades, Lyn still bakes it today and says it's "so easy and so lovely."

Submitted by:
Lyn Jacka , VIC



GOLDEN FRUIT CAKE

PREP TIME
10 MINS

COOK TIME
3-3½ HRS

SERVINGS
12

INGREDIENTS

- 1kg Sunbeam Mixed Fruit
- 125g Sunbeam Raisins
- 125g Sunbeam Currants
- 1 cup Sunbeam Slivered Almonds
- 1 cup brandy
- ½ cup crushed pineapple, drained
- 1 small Granny Smith Apple, grated
- 250g salted butter, softened
- ½ cup caster sugar
- ⅔ cup firmly packed brown sugar
- 4 eggs
- 3 cups plain flour
- ½ cup self raising flour
- ½ tsp bicarbonate soda
- 2 tsp mixed spice
- 1 cup (120g) Sunbeam Blanched Almonds (to decorate)

METHOD

1. Preheat oven to 150°C.
2. Combine fruit and ½ cup of brandy in a large bowl. Cover and store in a cool, dark place for 5-7 days, stirring each day.
3. Grease a 22cm round deep cake tin. Line with three layers of brown paper, extending papers 5cm above rim.
4. Stir slivered almonds, pineapple and grated apple into fruit mixture.
5. Beat butter and sugars together until creamed. Add eggs, one at a time, beating until combined. Add creamed mixture to fruit mixture, mix well. Stir in sifted dry ingredients. Spread evenly into pan. Tap pan several times on bench to settle mixture.
6. Decorate with blanched almonds. Bake for 3-3 ½ hours or until a skewer inserted in centre comes out clean. Deeply prick over the top of the cake with a skewer. Spoon extra brandy over cake. Leave hot cake in tin and wrap in foil then a thick tea towel to cool overnight.
7. STORAGE: Airtight container for up to 3 months.



This recipe was rediscovered thanks to Veronica from Sunbeam in Mildura, who shared it for a customer hoping to replace a much-loved version she'd misplaced. When it finally reached her, her joy was unmistakable: "Woohoo!... This recipe is amazing. Thank you, thank you." — Dora Favos



BOILED FRUIT CAKE

PREP TIME
25 MINS + CHILLING

COOK TIME
5 MINS

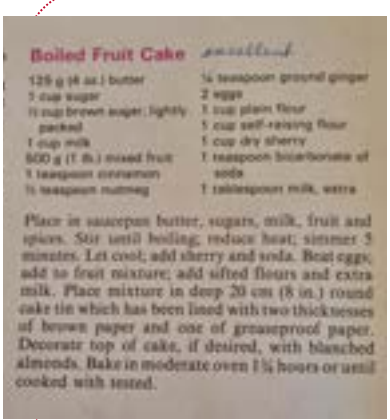
SERVINGS
12

INGREDIENTS

- 125g (4 oz) butter
- 1 cup sugar
- ½ cup brown sugar, lightly packed
- 1 cup milk
- 500g (1lb) Sunbeam Mixed Fruit
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ground ginger
- 2 eggs
- 1 cup plain flour
- 1 cup self-raising flour
- 1 cup dry sherry
- 1 tsp bicarbonate of soda
- 1 tbsp milk, extra
- Sunbeam Blanched Almonds (to decorate)

METHOD

1. Place in a saucepan butter, sugars, milk, fruit and spices. Stir until boiling; reduce heat; simmer 5 minutes.
2. Let cool; add sherry and soda. Beat eggs; add to fruit mixture; add sifted flours and extra milk.
3. Place mixture in deep 20cm (8inch) round cake tin which has been lined with two sheets of brown paper and one greaseproof paper.
4. Decorate top of cake, if desired, with blanched almonds. Bake in moderate oven 1¾ hours or until cooked when tested.

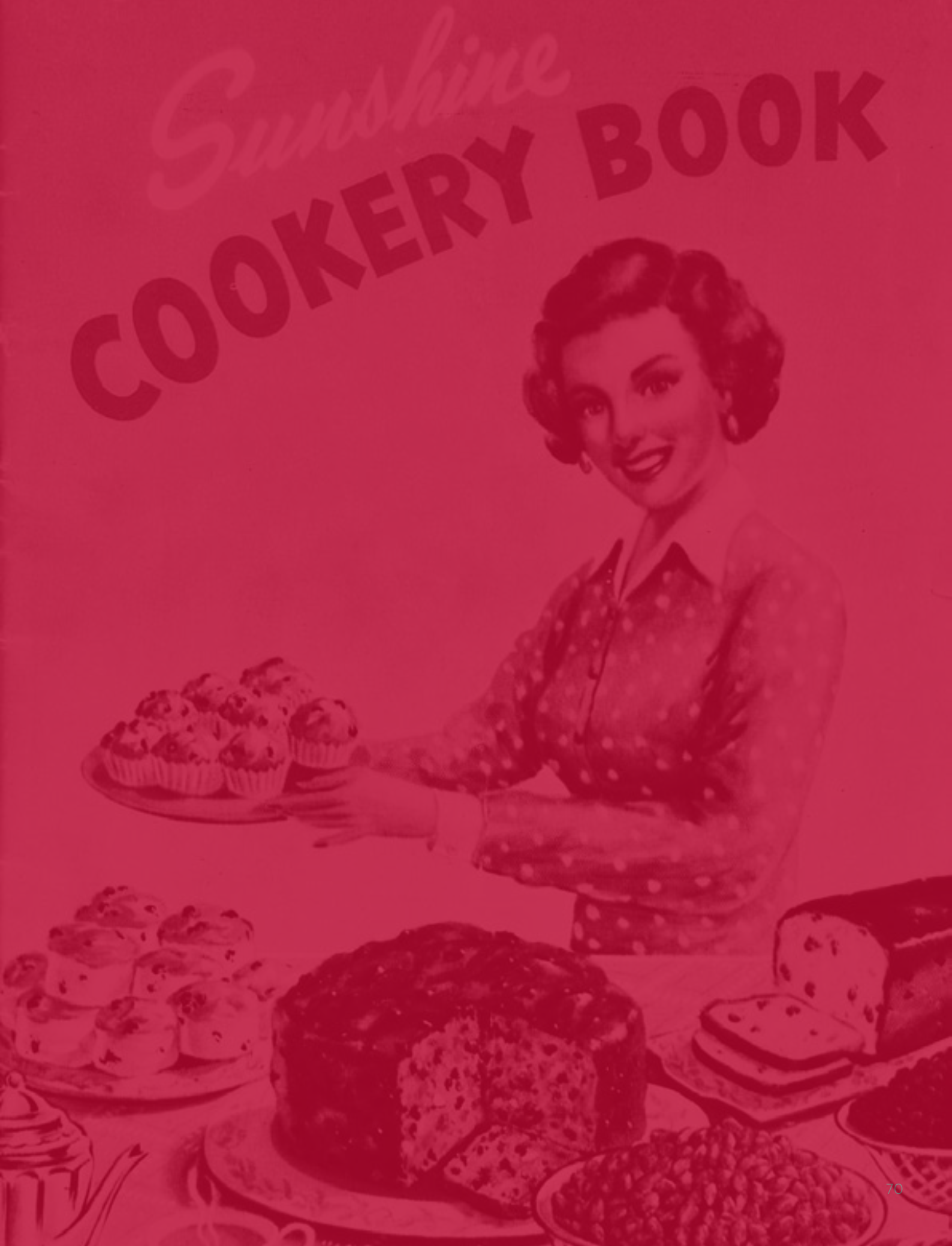

Boiled Fruit Cake

Place in saucepan butter, sugars, milk, fruit and spices. Stir until boiling; reduce heat; simmer 5 minutes. Let cool; add sherry and soda. Beat eggs; add to fruit mixture; add sifted flours and extra milk. Place mixture in deep 20 cm (8 in.) round cake tin which has been lined with two thicknesses of brown paper and one of greaseproof paper. Decorate top of cake, if desired, with blanched almonds. Bake in moderate oven 1¾ hours or until cooked when tested.

Submitted by Veronica at Sunbeam. This recipe comes from her mum, Jean Rocca, who has been baking this family favourite for as long as she can remember—always with Sunbeam fruit. The Rocca family proudly supplied Sunbeam as growers throughout the 1970's and '80s, making this recipe a true piece of their family history.

Submitted by:
Jean Rocca , VIC

Sunshine COOKERY BOOK



SAVOURY & SIDES







NUT CRUSTED CHEESE LOG

PREP TIME	COOK TIME	SERVINGS
15 MINS	1 HR	8-12

INGREDIENTS

- 250g cream cheese
- 150g double cream brie
- 2 tbsp port, brandy or sherry
- 2 tsp dried chilli flakes
- ½ cup finely chopped mixed soft herbs (such as parsley, chives and basil)
- ⅓ cup Sunbeam Pistachio nuts
- ⅓ cup Sunbeam Macadamia nuts

METHOD

1. Let the cheeses soften on your bench. Finely dice the nuts and herbs together on a board.
2. In a bowl whip the soften cheeses with liquor to combine until smooth.
3. Add chilli with herbs and nuts, then transfer onto a 30cm piece of plastic wrap, leaving a 2cm border.
4. Spoon cheese along one end of the nut and herb mixture. Lift wrap by one end, and roll cheese away from you into a log, pressing gently to coat well in nuts and herbs, shape the mixture into a log, then tightly wrap, cover with cling film and refrigerate for an hour, or until the mixture is firm. (NOTE: Can be made up to 2 days ahead of time)
5. Serve with your favourite crackers and enjoy.





ROAST PUMPKIN & MACADAMIA NUT SALAD

PREP TIME	COOK TIME	SERVINGS
15 MINS	**30 MINS**	**6**

INGREDIENTS

- 70g Sunbeam Macadamia Halves, coarsely chopped, toasted
- 70g Sunbeam Raisins
- 700g pumpkin (3cm pieces) chopped
- 1 medium red onion, sliced
- 4 tbs olive oil
- 50g rocket leaves
- 2 tbs lemon juice
- 1 tsp honey
- 2 tsp grated fresh ginger

METHOD

1. Preheat oven to 180ºC. Place pumpkin and onion in large baking dish, add 2 tablespoons of oil and mix to coat.
2. Roast or grill until tender (approx 30 minutes) turning once. Allow to cool.
3. Add to a serving bowl, with rocket, macadamias and raisins.
4. Gently mix ingredients together.
5. Combine lemon juice, honey, ginger and remaining 2 tablespoons of oil in screw top jar. Shake and pour over salad. Gently toss to combine. Serve and enjoy.



SAVOURY PEPPER POTS

PREP TIME
30 MINS

COOK TIME
30 MINS

SERVINGS
4

INGREDIENTS

- 4 large red peppers
- 2 cups cooked long grain rice
- 3 spring onions, chopped
- 1 x 185g can tuna, drained
- 2 hardboiled eggs, chopped
- ¾ cup Sunbeam Sultanas
- 1 cup sliced mushrooms
- 2 tbsp chopped parsley

DRESSING

- 4 tbsp salad oil
- 2 tbsp white vinegar or lemon juice
- 1 clove garlic, finely crushed
- Pinch of dry mustard
- Freshly ground pepper, to taste

METHOD

1. Slice the top off the peppers and place aside. Hollow out the peppers. Place in a saucepan of boiling water and cook for 2 minutes. Remove from the boiling water and plunge into cold water.
2. Combine in a large bowl the cooked rice, spring onions, tuna, eggs, sultanas, mushrooms and parsley.
3. Whisk together the oil, vinegar or lemon juice, garlic, mustard and freshly ground pepper.
4. Add sufficient dressing to the rice mixture tossing all ingredients lightly together.
5. Drain the peppers and fill with the rice mixture. Refrigerate.
6. Serve decorated with the pepper top and garnish with lettuce.



Back of pack recipe featured on the Sunbeam Sultana packaging in the late 1980s.



SPICED MEATLOAF

PREP TIME
15 MINS

COOK TIME
40 MINS

SERVINGS
4-6

INGREDIENTS

- 500g minced beef
- 200g sausage meat
- 1 packet french onion soup
- 1 tsp mixed spice
- ½ cup Sunbeam Raisins
- ½ cup Sunbeam Currants
- ½ cup Sunbeam Pinenuts
- 1 egg
- ½ red capsicum, seeded and sliced

METHOD

1. Combine all ingredients except capsicum throughly. Place half of the sliced capsicum decoratively over the base of a loaf pan approximately 23cm x 9cm.
2. Gently spoon half the meat mixture on the capsicum.
3. Place remaining capsicum slices on top then spoon on remaining meat mixture, pressing meatloaf down firmly.
4. Bake in a moderate oven for 40 minutes or until cooked when tested.
5. Delicious served with a brown onion gravy.

Part of a recipe series developed by ADFA Food Advisory Service Department called 'Cook Well, Cook Cheap' published in the Dried fruit News July/August 1991 edition.

Excerpt: We are all to watch how we spend our dollars these days. However, one of the bright aspects of this recesson is the opportunity to rediscover and enjoy dishes that our mothers and grandmothers used to make. These dishes not oly provide the family with really good wholesome food but are cheap too!.


COOK WELL, COOK CHEAP





BAKED BRIE WITH FRUIT & NUTS

PREP TIME	COOK TIME	SERVINGS
25 MINS + CHILLING	5 MINS	12

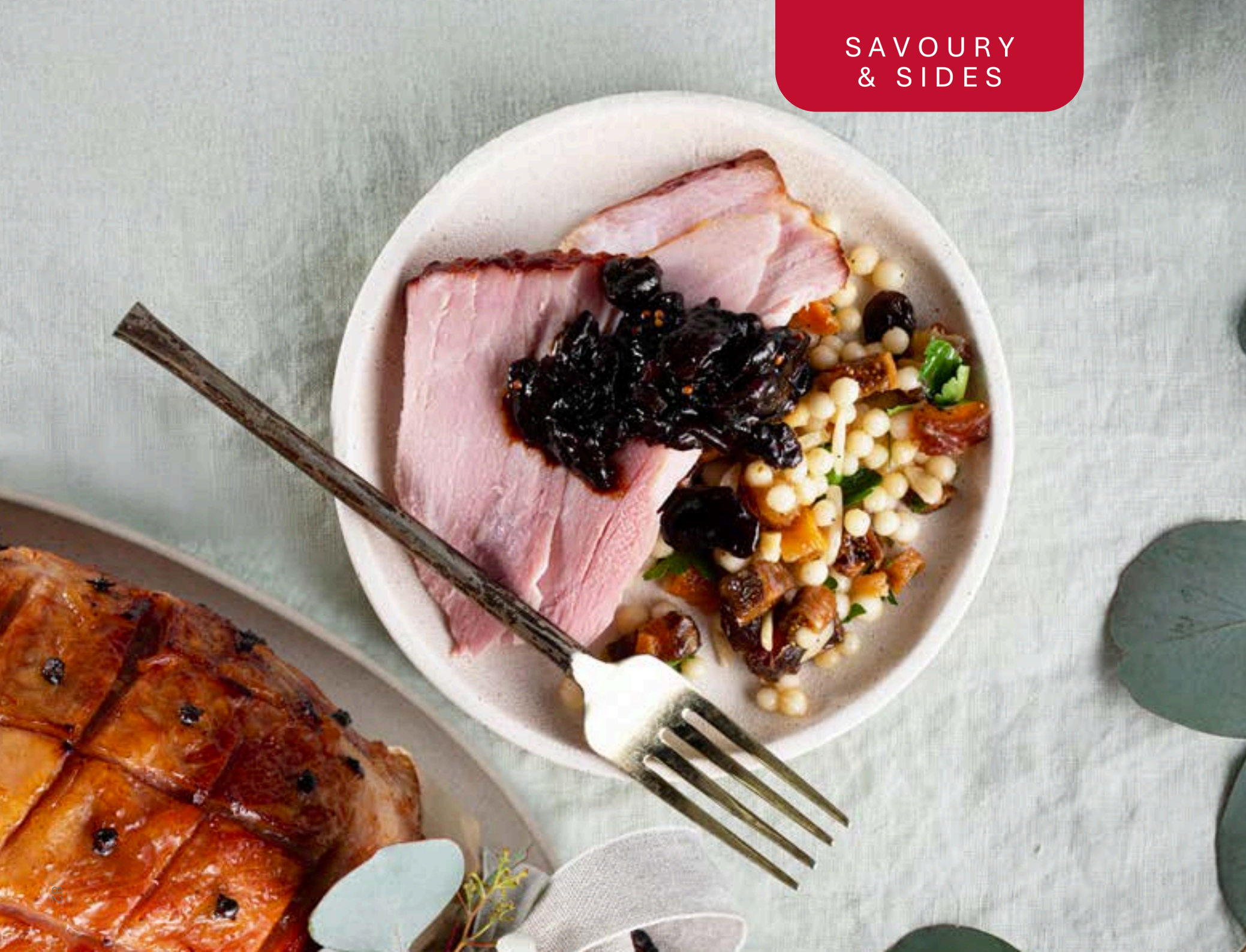
INGREDIENTS

- A wheel of brie (double cream = extra gooey)
- Angas Park Dried Apricots, Pears & Figs
- Sunbeam Sultanas
- Pure maple syrup (for soaking + drizzling)
- Sunbeam Pistachios & Walnuts, chopped
- Crusty bread or crackers to serve

METHOD

1. Soak dried fruit in maple syrup & hot water to coat for 15–20 mins until plump and sticky. The longer the soak the plumper the fruit gets.
2. Score the top of the brie (light cross-hatch), place on a baking dish or lined tray. Bake at 180°C for 10 mins, until soft and gooey.
3. Top with the soaked fruit mixture and a little extra maple syrup.
4. Serve warm with crusty bread & crackers.

SAVOURY & SIDES





CHUTNEY FOR GLAZED HAM

PREP TIME	COOK TIME	SERVINGS
15 MINS	**1 HR**	**MAKES 2 JARS**

INGREDIENTS

- 100g Sunbeam Raisins
- 400ml malt vinegar
- 400g dark brown soft sugar
- 2 red onions, sliced
- 1 tsp allspice berries
- 6 granny smith apples, peeled and chopped into 1cm cubes
- 1 tbsp yellow mustard seeds
- 1 tsp sea salt

METHOD

1. Put the vinegar and sugar in a large pan and bring to the boil, stirring occasionally to dissolve the sugar.
2. Put the remaining ingredients in the pan and bubble on high for 1 hour, stirring occasionally.
3. The chutney is ready when the mixture looks sticky and thick, and a wooden spoon leaves a brief trail on the bottom of the pan.
4. Leave to cool, then pour into sterilised jars.



DATE & RAISIN CHUTNEY

PREP TIME
15 MINS

COOK TIME
1 ½ HRS

SERVINGS
8

INGREDIENTS

- 500g Angas Park Dates, chopped
- 375g Sunbeam Raisins
- 1 brown onion, peeled & finely diced
- 6 cloves garlic, peeled and crushed
- 1 tbsp salt
- 1 tsp of each; mustard seeds, ground ginger and cinnamon
- 4 small fresh chillies, seeds and membrane removed, flesh finely chopped
- 1 litre (4 cups) white vinegar
- Juice and grated rind of two limes

METHOD

1. Place all ingredients in a large saucepan, bring to the boil then reduce to a simmer, stirring occasionally.
2. Cook for one hour uncovered, replacing lid for the final 30 minutes of cooking. While still hot, pour into sterilised jars and invert to create vacuum seal.
3. To prepare jars, wash in hot soapy water and rinse in hot water to remove soapy residue.
4. Place jars right side up and lids into a baking dish and sterilise in a preheated oven at 180ºC for 10 minutes.
5. Pour in hot chutney, replace lids and invert jar to create vacuum seal. Once cool tip upright and store.

Tips: *Decorate with Christmas ribbon and give as gifts. Delicious served with cooked meats, or in a sandwich.*

Storage Instructions: *Chutney will store in a cool dry place with original vacuum seal for up to 6 months. Once seal is broken, store in the refrigerator for up to 3-4 weeks.*

Originally published in Sunbeam's 2009 cookbook How to Make Beautiful Christmas Memories, this much-loved classic returns for our Centenary Celebrations.





BEEF CROSTINI SUNMUSCAT RELISH

PREP TIME	COOK TIME	SERVINGS
15 MINS	**10 MINS**	**12**

INGREDIENTS

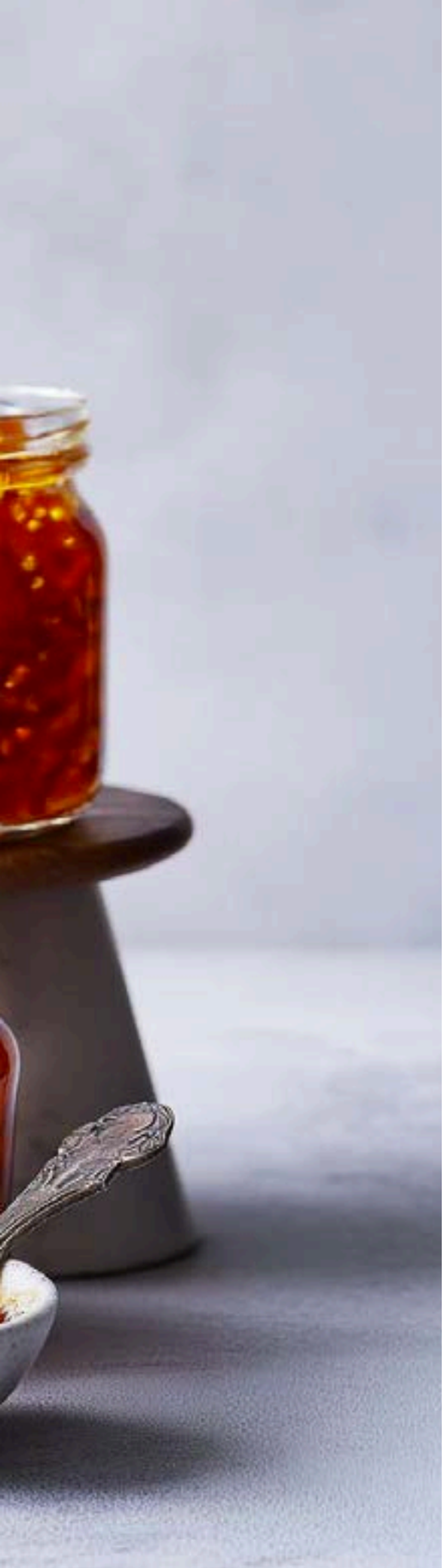
- 900g rare roast beef from deli
- 2 small shallots minced (about ¼ cup)
- ½ cup Sunbeam Sunmuscat Sultanas
- ¾ cup tawny port
- 3 tbsp balsamic vinegar
- ½ small dried chilli, crumbled
- 1 sprig fresh thyme, plus ½ tsp chopped thyme leaves
- 1 celery stalk, thinly sliced diagonally
- Micro herbs for garnish
- 6 tbsp mayonnaise
- 2 tsp grainy mustard
- 1 baguette (about 14 inches long), sliced diagonally ¼ inch thick

METHOD

1. For the relish. Heat remaining 2 teaspoons oil in a pan over medium-low heat.
2. Add shallots, and cook until soft, about 4 minutes.
3. Add Sunmuscats, port, vinegar, chilli, and thyme sprig.
4. Raise heat to medium-high, and simmer until thickened for about 8 minutes. Let cool slightly.
5. Stir in chopped thyme, celery, salt, and pepper.
6. To serve, combine mayonnaise and mustard, and spread about 2 teaspoons on each slice of baguette.
7. Top with a thin slice of beef, seasoned with salt, and top with 1 teaspoon of Sunmuscat relish. Garnish with micro herbs.

***Tip**: This appetiser is nice way to begin a Christmas meal.*





FRUIT RELISH

PREP TIME	COOK TIME	SERVINGS
10 MINS	**3 HRS**	**MAKES 2 JARS**

INGREDIENTS

- 200g Angas Park Dried Apples, chopped
- 1 cup Sunbeam Sultanas
- ½ cup Sunbeam Currants
- ⅓ cup apple juice
- 2 tbsp apple cider vinegar
- 1 large onion, peeled and roughly chopped
- 1 medium red capsicum, seeds removed
- 1 tsp of both salt and sugar

METHOD

1. Soak apples, sultanas, currants, juice and vinegar for 3 hours.
2. Place in a food processor with remaining ingredients and process for 1-2 minutes.
3. Spoon into sterilised jars to store and serve as desired.

Tips: *Delicious served on lavosh with a spread of cream cheese as a starter or to accompany any meat dish at your Christmas table.*

Storage Instructions: *Relish will keep in the refrigerator for 5-7 days.*

Originally published in Sunbeam's 2009 cookbook How to Make Beautiful Christmas Memories, this much-loved classic returns for our Centenary Celebrations.





SAVOURY SULTANA BURGERS

PREP TIME
15 MINS

COOK TIME
20 MINS

SERVINGS
5 BURGERS

INGREDIENTS

- 500g (1b) minced beef steak
- 250g (8oz) sausage mince
- 1 onion, finely chopped
- 1 medium carrot, grated
- 2 tbsp parsley, freshly chopped
- ½ cup fresh breadcrumbs
- 1 egg, lightly beaten
- 1 cup Sunbeam Sultanas
- 1 tsp curry powder (optional)
- A little oil, for frying
- 5 hamburger buns
- Tomato slices
- Lettuce leaves or shredded lettuce
- Onion rings
- Cheddar cheese slices
- Mayonnaise (optional)

METHOD

1. Combine the minced steak, sausage mince, finely chopped onion, grated carrot, parsley, breadcrumbs, egg, sultanas and curry powder (optional).
2. Using wet hands mix all ingredients throughly and form the mixture into large hamburger patties.
3. Cook the patties in a frypan over a moderate heat using a little oil to grease the base. Pour off any excess fat during cooking, allowing patties to cook evenly through.
4. Drain on absorbent paper and place each pattie on a buttered hamburger bun, layered with tomato slices, a lettuce leaf or shredded lettuce, onion rings, cheese slices and mayonnaise (optional).

This recipe comes from one of our much-loved back-of-pack originals—a reminder of the home-cooked traditions that have travelled with us through 100 years of Australian kitchens.







RAISIN 'N SESAME POPOVERS

PREP TIME	COOK TIME	SERVINGS
10 MINS	70 MINS	8-12

INGREDIENTS

- 1 egg lightly beaten
- 1 cup milk
- 2 cups wholemeal self raising flour
- Pinch salt
- ¼ cup raw sugar
- ¾ cup Sunbeam Raisins, chopped
- ½ cup butter or margarine melted
- Grated cheddar cheese
- Sesame seeds

METHOD

1. Place the egg, milk, sifted flour, salt, sugar, raisins and melted butter, or margarine, in a bowl and mix until just blended.
2. Spoon the mixture into greased muffin tins, filling to half way. Generously sprinkle the tops with cheese and sesame seeds.
3. Bake in a moderatley hot oven for about 15 minutes, or until cooked when tested.



ROAST PORK WITH PISTACHIO STUFFING

PREP TIME
15 MINS + DRY TIME

COOK TIME
2 HRS + 40 MINS

SERVINGS
6-8

INGREDIENTS

- 1.5kg pork belly, skin on
- 2 tbsp olive oil
- 2 tsp flaky sea salt

PISTACHIO STUFFING

- 50g unsalted butter, at room temperature
- 1 golden shallot, finely diced
- 1 lemongrass stalk, finely chopped
- 2 cloves garlic, minced
- 3cm ginger, minced
- 1 tsp chilli flakes
- ¼ cup Sunbeam Pistachios, toasted, finely chopped
- ⅓ cup Sunbeam Currants
- ½ cup Angas Park Cranberries, finely chopped
- 2 tsp lemon zest
- ½ cup flat-leaf parsley, finely chopped

METHOD

1. Pat the pork belly dry with a paper towel, then score the rind at 1cm intervals.
2. To make the Pistachio Stuffing, melt the butter in a medium saucepan over low-medium heat. Add the shallot, lemongrass, garlic, ginger and chilli flakes. Cook, stirring for 3-4 minutes until softened. Then add the remaining ingredients. Cook stirring, until pistachios are lightly golden. Remove from the heat and allow to cool. Then stir in the lemon zest and parsley leaves.
3. Butterfly the pork belly, leaving one edge intact. Spoon the Pistachio Cranberry Stuffing inside the pork and then roll up. Secure the pork with kitchen twine. Place pork into the fridge overnight (or for 12 hours) to allow the skin to dry up and the pork meat to take on the stuffing flavour.
4. Preheat the oven to 180℃ fan force.
5. Place pork onto a wire rack and into a roasting tin. Rub the oil over the pork belly skin and sprinkle over salt. Place into the middle of the oven and roast for 30 minutes. Turn heat down to 160℃ and continue to cook for 2 hours to slowly cook the pork meat. To finish, turn the oven up to the highest grill setting and continue cooking for 2-4 minutes until skin has turned to crackling – you may need to use tongs to rotate the pork a few times to brown all sides evenly.



RAISIN 'N RICE STUFFING

PREP TIME **15 MINS** | COOK TIME **20 MINS** | SERVINGS **8**

INGREDIENTS

- 60g butter
- 1 onion, chopped
- 1-2 tsp curry powder
- ½ cup Sunbeam Pine Nuts
- ½ cup Sunbeam Raisins
- 3 cups cooked brown rice
- 2 tbsp honey

METHOD

1. Melt the butter and fry the onion until transparent.
2. Add the curry powder and cook for a further 2 minutes.
3. Remove from heat and add remaining ingredients.


SUNBEAM
AUSTRALIAN DRIED FRUITS
FESTIVE FRUITS STUFFING RECIPES
PORK, VEAL AND SULTANA STUFFING
RAISIN 'N RICE STUFFING

From Sunbeam's 1980s recipe pad, this Festive Fruits Stuffing recipe reflects the family traditions of the era.

PORK, VEAL AND SULTANA STUFFING

PREP TIME **15 MINS** | COOK TIME **20 MINS** | SERVINGS **8**

INGREDIENTS

- 90g bacon, chopped
- 1 large onion finely chopped
- 250g pork and veal mince
- ½ cup diced celery
- 2 cups fresh white breadcrumbs
- 1 tbsp chopped parsley
- ½ tsp dried thyme
- ½ tsp celery seeds
- ¼ tsp ground sage
- ¼ tsp ground marjoram
- ½ cup Sunbeam Sultanas
- 1 egg
- Salt & ground pepper to taste
- A little milk, to bind

METHOD

1. In a large frying pan, cook bacon for a few minutes, until lightly coloured. Remove and set aside, leaving fat in pan.
2. Cook onion in bacon fat until soft. Add minced meat. Cook over moderate heat until meat is cooked, about 10 minutes.
3. After 5 minutes add celery. Place breadcrumbs, herbs and sultanas into a large bowl, add cooked bacon, minced meat, beaten egg, salt and pepper to taste. Mix well to combine adding a little milk if required.



APPLE & ONION STUFFING

PREP TIME **15 MINS** | COOK TIME **20 MINS** | SERVINGS **8**

INGREDIENTS

- ½ cup Sunbeam Sultanas
- 3 ½ cups soft breadcrumbs
- 90g butter
- ½ cup chopped onion
- 1 small clove garlic, crushed
- ½ cup chopped celery
- 1 ½ cups diced Granny Smith apples, peeled and cored
- 1 tbsp finely chopped parsley
- ½ tsp salt
- Pinch of ground paprika

METHOD

1. Pour boiling water over the sultanas, allow to stand for 5 minutes, then drain.
2. Add to the breadcrumbs. Melt the butter and fry the onion, garlic and celery for 3 minutes.
3. Add to the breadcrumbs with the apples, parsley, salt and paprika. Use to stuff a pumpkin, duck or any poultry.

HAZELNUT & ORANGE STUFFING

PREP TIME **15 MINS** | COOK TIME **20 MINS** | SERVINGS **8**

INGREDIENTS

- 60g butter
- ½ cup chopped spring onions
- 2 cups fresh white breadcrumbs
- 1 tsp finely grated orange rind
- 1 cup Sunbeam Hazelnuts, roasted and halved
- ½ cup Sunbeam Currants
- 1 egg, beaten
- Salt & freshly ground pepper to taste
- ¼ cup milk or sufficient to bind

METHOD

1. Melt the butter and lightly fry the spring onions for 2 minutes.
2. Remove from the heat and combine with the breadcrumbs, orange rind, hazelnuts and currants.
3. Add the egg, salt & pepper and sufficient milk to bind.





CAULIFLOWER & CURRANT SALAD

PREP TIME	COOK TIME	SERVINGS
15 MINS	25 MINS	2

INGREDIENTS

- 1 small cauliflower, cut into florets
- 2 tbsp olive oil
- Salt flakes and freshly ground pepper to taste
- 220g hummus (equates to 1 tub store bought)
- Balsamic vinegar glaze
- ¼ cup (40g) Sunbeam Currants
- 2 tbsp chopped parsley

METHOD

1. Preheat oven to 220ºC (200ºC fan forced). Line a baking tray with non stick baking paper.
2. Place cauliflower onto prepared tray, drizzle over olive oil and season to taste with salt and pepper.
3. Roast for 20-25 minutes or until just tender and golden.
4. Spread hummus onto a serving plate; top with cauliflower, drizzle with glaze.
5. Sprinkle with currants and parsley.





ROAST SWEET POTATO, RADICCHIO AND FENNEL SALAD

PREP TIME	COOK TIME	SERVINGS
25 MINS	**40 MINS**	**6**

INGREDIENTS

- 500g sweet potatoes, peeled, cut into large pieces
- 60ml olive oil plus 2 tbsp extra
- 3 tbsp balsamic vinegar
- 2 tsp seeded mustard
- 2 heads radicchio, leaves torn
- 1 small bulb of fennel, thinly shaved
- 1 orange, segmented
- 50g Sunbeam Flaked Almonds
- Fresh mint and parsley to serve
- Sea salt and freshly cracked black pepper

METHOD

1. Preheat oven to 200ºC. Line a large baking tray with aluminium foil. Add potato to the tray, drizzle with 2 tbsp oil, season generously and toss to coat. Bake for 25-30 mins or until soft.
2. In a small jug whisk together 60ml olive oil, vinegar, seeded mustard and a generous seasoning of salt and pepper.
3. Arrange radicchio leaves on a serving plate. Arrange roasted potato pieces on top then tuck in shaved fennel and orange segments. Drizzle over the dressing then scatter with flaked almonds and fresh herbs when ready to serve.





CANDIED WALNUT & BEETROOT SALAD

PREP TIME	COOK TIME	SERVINGS
10 MINS	**40 MINS**	**4**

INGREDIENTS

- 250g Sunbeam Walnuts
- 1 tbsp butter
- 2 tbsp honey
- 80g goats cheese
- 3 oranges
- 4 beetroot
- 300g rocket
- 4 tbsp olive oil
- Salt
- 1 hummus dip

METHOD

1. In a pan on medium heat combine walnuts, butter and honey until candied, set aside to cool.
2. Preheat oven to 220ºc and cut the beetroot into quarters. Cover beetroot in olive oil, season with salt and bake for 30 mins.
3. Remove skin of the oranges and slice into segments, crumble goats cheese.
4. Once beetroot is cool combine salad ingredients with candied walnuts, dress with olive oil.





COUSCOUS DRIED FRUIT SALAD

PREP TIME	COOK TIME	SERVINGS
10 MINS	**15 MINS**	**8-10 as a side**

INGREDIENTS

- 360g uncooked moghrabieh (Lebanese couscous)*
- 60ml olive oil
- Juice of ½ lemon
- 135g pitted Angas Park Medjool Dates, chopped
- 100g Sunbeam Raisins
- 120g Angas Park Dried Apricots, chopped
- 130g Angas Park Dried Figs, chopped
- 60g Sunbeam Slivered Almonds, toasted
- ½ small bunch flat leaf parsley, roughly chopped
- Sea salt and freshly cracked black pepper

METHOD

1. Rinse the couscous under cold, running water. Add to a saucepan with 750ml water, bring to a boil then reduce heat to low, cover and cook for 15 mins or until soft. Drain and rinse under running water and set aside to cool completely.
2. Whisk together olive oil and lemon juice, season and pour over the cooled couscous. Toss to coat.
3. Add remaining ingredients and mix well. Spoon into a presentation bowl to serve.

***Tips**: This salad can be served cold or at room temperature. Moghrabieh can be substituted for Israeli (pearl) couscous. Simply follow the cooking instructions on the packet as they can vary.*



JEWELLED RICE

PREP TIME
10 MINS

COOK TIME
30 MINS

SERVINGS
6

INGREDIENTS

- ½ cup Sunbeam Sunmuscat Sultanas
- ¼ cup Angas Park Dried Cranberries
- ¼ tsp saffron threads
- 3 tbsp ghee
- 2 brown onions, sliced
- 2 cups long grain basmati rice
- ½ tsp cinnamon
- 1 tsp cardamom
- ½ tsp cumin
- 1 tsp sea salt
- ¼ cup Sunbeam Cashews
- ½ cup Sunbeam Slivered Almonds
- 1 cup coriander, roughly chopped
- ⅓ cup dill, finely chopped

METHOD

1. Place the sunmuscat sultanas and cranberries into a bowl and cover with water. Let sit and rehydrate for 10-15 minutes. Then drain.
2. Place the saffron threads into a bowl with 2 tablespoons of hot water and allow to sit and steep.
3. Melt 1 ½ tablespoons of the ghee into a large skillet over medium heat. Add in the onion and cook, stirring for 10 minutes, until the onion is well caramelised. Remove half of the onion and set aside – this will be used for garnishing. Add half of the soaked sunmuscats and cranberries, the rice, cinnamon, cardamom and cumin. Continue cooking and stirring, until the rice is well coated in the oil and spices, about 1 minute. Add in 3 cups of boiling water and the salt. Stir everything together, then bring to the boil. Cover and turn heat down to low and cook, without disturbing for 15 minutes. Turn off the heat and allow it to sit, untouched, for 15 minutes.
4. Meanwhile, heat another medium frying pan over medium heat. Add in the remaining 1 ½ tablespoons of ghee, the almonds and cashews. Cook, stirring, for 4-5 minutes until the nuts are golden brown. Be careful not to burn! Set aside for serving.
5. Uncover the rice, drizzle over the saffron water and toss the rice just a little so half of the rice turns golden. Transfer to a large serving plate, then garnish with the ghee-toasted nuts, the remaining sunmuscats, currants and caramelised onion. Sprinkle over the coriander and dill to finish.





APPLE, PEAR & SUNMUSCAT FILO TART

PREP TIME	COOK TIME	SERVINGS
15 MINS	20 MINS	8

INGREDIENTS

- 5 sheets filo pastry
- 60g vegan butter (we used Nuttelex Buttery), melted
- 40g pecans, toasted and chopped
- 30g Sunbeam Walnuts, toasted and chopped
- 100g Sunbeam Slivered Almonds, toasted
- 50g Sunbeam Sunmuscat Sultanas
- 50g fresh breadcrumbs
- ½ tsp ground cinnamon
- 3 tbsp maple syrup
- 2 apples, cores removed, cut into thin wedges
- 2 pears, cores removed, cut into thin wedges
- 1 tbsp coconut sugar

METHOD

1. Preheat oven to 200ºC (fan forced 180ºC). Line a baking tray with baking paper.
2. Combine all nuts, sunmuscats, breadcrumbs and cinnamon, toss to combine then drizzle over the maple syrup and mix well. Reserve ⅓ cup of this mixture.
3. Lay 1 sheet of filo onto prepared tray. Brush evenly with melted butter, sprinkle over ¼ of the nut mixture. Brush a second sheet with butter and arrange on top, repeat with another ¼ of the nut mixture. Repeat twice more, so you have 4 layers of brushed filo and nut mixture, then brush remaining filo sheet with butter and place on top.
4. Arrange apple and pear slices on top, brush with remaining butter then sprinkle over reserved nut mixture and coconut sugar.
5. Bake for 25-30 mins until pastry is golden. Cut into slices and serve with rocket.

WHAT MAKES THE PERFECT CHRISTMAS PUDDING?

STORING FRUIT MINCE
Make your fruit mince up to one month ahead. Store in an airtight glass or ceramic container in a cool dark place. Avoid using a metal bowl as it may taint the flavour.

MOIST PUDDING
The breadcrumbs and apple help keep the pudding moist. Standing your fruit mince helps plump up the dried fruit, which add moistures.

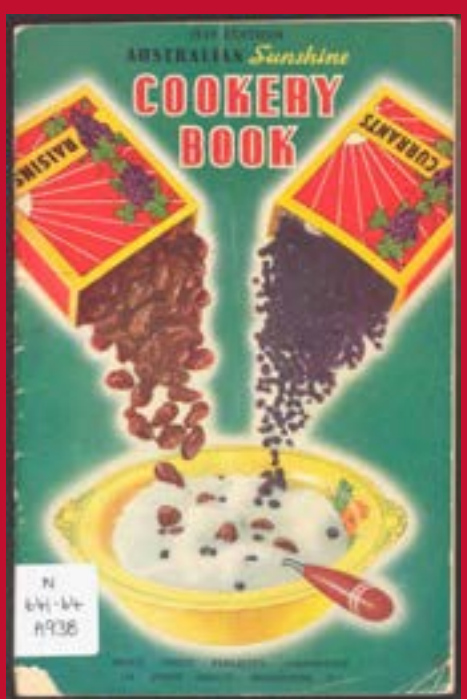
FLAVOUR
Allowing your fruit mince to stand helps the alcohol and spices to mellow, which gives the pudding a well rounded flavour. If you do not want to soak your fruit in alcohol maple syrup and orange juice make great alternatives.

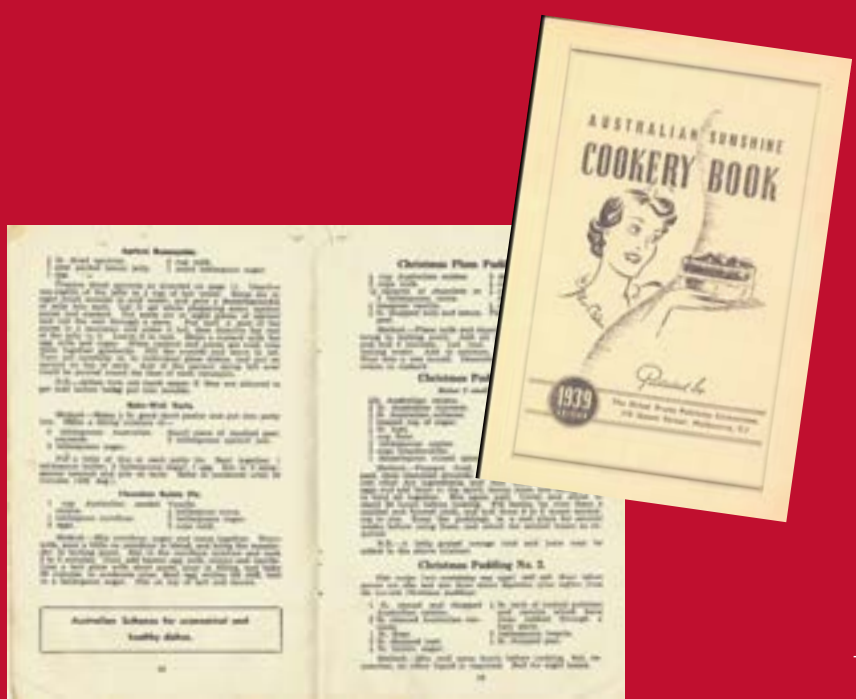
DON'T OVERCOOK
Ensure the water in the saucepan remains at a gentle simmer. Stovetops vary in heat strength, so adjust the temperature accordingly. Keep adding water, as needed, to the saucepan to ensure the water doesn't boil dry.

MAKE AHEAD
You can make this Christmas pudding up to two months in advance. If you're making this pudding in an aluminium basin, remove the pudding from it and place the pudding in an airtight container before refrigerating.

REHEATING
To cook the pudding in a slow cooker, place the basin inside a slow cooker, adding boiling water until it comes halfway up the side of the basin. Cover and cook on high for 5 hours or until pudding is cooked through. Remove basin and cool completely.

SERVING TIP
You can drizzle your pudding with caramel sauce or serve it with a brandy custard or an indulgent chocolate fudgy sauce.





CHRISTMAS





MRS MILLER'S PLUM PUDDING

PREP TIME
15 MINS

COOK TIME
7-8 HRS

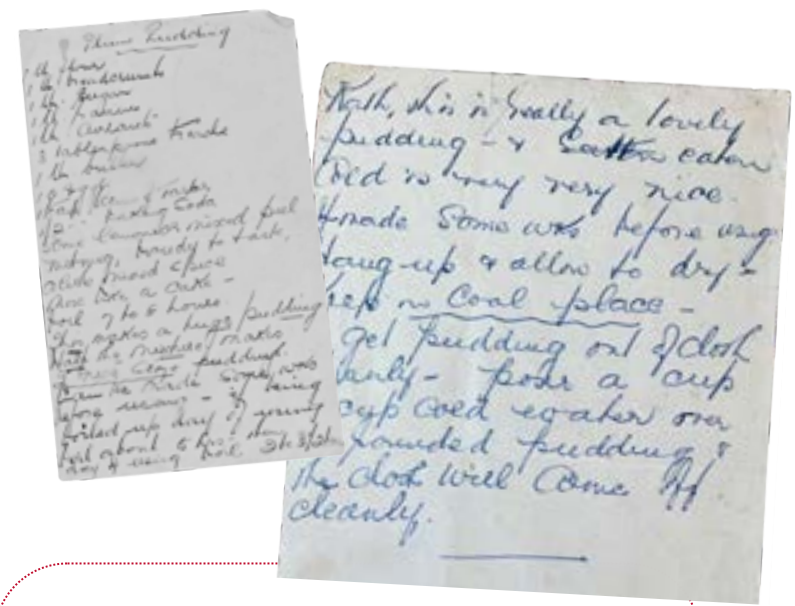
SERVINGS
6-8

INGREDIENTS

- 1 lb flour
- 1 lb breadcrumbs
- 1 lb sugar
- 1 lb Sunbeam Raisins
- 1 lb Sunbeam Currants
- 3 tbsp treacle
- 1 lb butter
- 10 eggs
- 1 tsp cream of tartare
- ½ tsp baking soda
- Lemon or mixed peel
- Sunbeam Almonds
- Nutmeg
- Mixed spice
- Brandy, to taste

METHOD

1. Mix together all of the ingredients like a cake.
2. Pour into a pudding mould.
3. Boil for 7 - 8 hours.



"It really is a lovely pudding and eaten cold is very, very nice!" says the advice.
It has remained safely filed in the family recipe book for over 70 years and is still enjoyed by Kaths many grandchildren today.

Submitted by:
Kathleen Miller, TAS



CLASSIC CHRISTMAS PUDDING

PREP TIME	COOK TIME	SERVINGS
1 HR	6 HRS	12

INGREDIENTS

- 375g Sunbeam Mixed Fruit
- 150g Sunbeam Sultanas
- 200g Sunbeam Currants
- 150g Sunbeam Raisins
- 100g Sunbeam Glacé Cherries, roughly chopped
- 120g Sunbeam Blanched Almonds, halved
- ½ cup brandy
- 2 tsp grated lemon and lime rind
- 1 tbs grated orange rind
- 1 green apple, peeled & grated
- 250g butter, softened
- 1 cup firmly packed brown sugar
- ¼ cup golden syrup
- 4 eggs, lightly beaten
- 2 ½ cups fresh white breadcrumbs
- 1 cup self-raising flour
- 2 tsp mixed spice
- 1 tsp cinnamon
- 1 tsp nutmeg
- Custard to serve

METHOD

1. Combine fruit, brandy, rinds and apple. Cover and set aside overnight or for at least 2 hours.
2. Cream butter and sugar until pale and fluffy, beat in golden syrup. Beat in eggs one at a time, beating well between each addition.
3. Combine breadcrumbs, flour, spices and almonds. Add creamed butter mixture and soaked fruit, mixing well to combine.
4. Grease a 2 litre capacity pudding basin, line the base with a double layer of baking paper.
5. Spoon mixture into the basin and smooth top. Double line the top with baking paper rounds.
6. Take a 60cm long piece of baking paper and 60cm piece of foil, layer and fold in half, make a 3cm pleat in the middle (this allows for any expansion of the pudding). Place sheets over pudding and secure tightly with string. Place a wire rack onto the base of a large saucepan, ½ fill with water and bring to the boil. Carefully place pudding onto wire rack making sure the water level comes about halfway up pudding basin. Cover and simmer for 6 hours, replenish water when needed.
7. Remove from water, stand for 10 minutes before turning out. Serve cut into slices, drizzle with custard.



TRADITIONAL CHRISTMAS PUDDING

PREP TIME
20 MINS

COOK TIME
4 HRS + 1 HR TO SERVE

SERVINGS
8-10

INGREDIENTS

- 375g (12 oz) Sunbeam Seeded Raisins chopped
- 375g (12 oz) Sunbeam Sultanas
- 250g (8 oz) Sunbeam Currants
- 185g (6 oz) Prunes, chopped
- 185g (6 oz) chopped mixed peel
- Grated rind of 1 lemon
- 90g (3 oz) blanched almonds, chopped (optional)
- 1 large carrot, grated
- 250g (8 oz) soft white breadcrumbs 250g (8 oz) butter or finely shredded suet
- 250g (8 oz) white sugar
- 125g (4 oz) plain flour
- ½ tsp salt
- ½ tsp nutmeg
- 1 tsp mixed spice
- 4 eggs
- ¾ cup milk
- ½ cup brandy
- ½ cup stout or orange juice

METHOD

1. Grease two small or one large basin.
2. Mix all the dry ingredients together. Beat the eggs and add all moist ingredients.
3. Mix the dry and moist ingredients together.
4. Fill the mixture into the basins or, if preferred, use a well-seasoned pudding cloth.
5. Place two thicknesses of foil over the basins and tie securely. Boil steadily for six hours for the large pudding and four hours for the small.
6. On the day the pudding is to be served, boil for one hour.



Advertisement for Sunbeam from the 1987 Christmas edition of Family Circle.



INDULGENT CHRISTMAS PUDDING

PREP TIME
30 MINS (PLUS SOAKING)

COOK TIME
1 ¼ HRS FOR SMALL OR 5 HOURS FOR LARGE

SERVINGS
10

INGREDIENTS

- 500g Sunbeam Mixed Fruit
- 375g Sunbeam Raisins
- 200g Sunbeam Currants
- 200g Angas Park Fruit Medley
- 375g Angas Park Dried Peaches, chopped
- 1 tsp nutmeg
- 1 tsp mixed spice
- 1 tsp cinnamon
- 4 eggs, lightly beaten
- 250g butter, melted & cooled
- 1 cup dark brown sugar
- 225g jar jellied cranberry sauce
- 1½ cups plain flour
- 1 cup brandy
- ½ cup self-raising flour
- String for tying

METHOD

1. Combine fruit, jellied cranberry sauce, brandy and spices in a large bowl, cover and leave to stand overnight.
2. Brush ten 1-cup pudding basins or one 10-cup basin with melted butter and line base with baking paper.
3. Mix eggs, butter, brown sugar and flours until well combined, then stir through fruit mixture. Spoon mixture into prepared basins.
4. Cut a large circle of foil and baking paper and place over each pudding, foil side up. Secure tightly with string.
5. Place puddings in a large saucepan and add enough boiling water to come half way up the sides. Cover and bring to the boil, reduce heat and cook for 1 ¼ hours for small puddings or 5 hours for large, replenished water when needed.
6. Remove from water and store the pudding well wrapped until Christmas. The longer you let it “mature”, like a fine wine, the better for flavour.

Sourced from Sunbeam’s early 2000s recipe pad, this Indulgent Christmas Pudding is one of our most enduring festive favourites.





STICKY DATE CHRISTMAS PUDDING WITH SALTED CARAMEL SAUCE

PREP TIME	COOK TIME	SERVINGS
25 MINS + CHILLING	3 HRS + 8 MINS	12

INGREDIENTS

- 450g Angas Park Pitted Dates
- 375g Sunbeam Mixed Fruit
- ¾ cup caster sugar
- ½ cup brown sugar
- Pinch of salt
- 130g butter, plus extra to grease tin
- 1 tsp bicarbonate of soda
- 2 large eggs
- 1 ½ cup self raising flour
- 1 ½ cup plain flour
- 1 tsp mixed spice
- ½ tsp cinnamon
- 2 tbsp rum

SALTED CARAMEL SAUCE

- 300 ml thickened cream
- 80g butter
- ¾ cup brown sugar
- ½ tsp sea salt

BRITTLE

- 60g pretzels
- 60g Sunbeam Slivered Almonds
- 220g caster sugar
- 2 tbsp sesame seeds
- Sea salt flakes

METHOD

You will need an 8 cup capacity pudding bowl for this recipe.

TO MAKE THE PUDDING

1. Combine dates, mixed fruit, 280ml water, sugars, salt and butter in large saucepan. Bring to the boil then reduce heat and allow to simmer for 8 mins.
2. Add bicarbonate of soda, stir well and allow to cool completely (preferably overnight).
3. Once completely cool, add eggs, flours, spices and rum. Mix well.
4. Generously grease inside the pudding bowl. Pour the mixture into tin then cover with a layer of baking paper and a layer of foil and secure tightly with kitchen string.
5. Place a small cooling rack or an upturned oven-safe dish into the base of a large saucepan. Place pudding bowl on top so that it is not directly touching the bottom of the pan. Fill saucepan with boiling water to come half way up the sides of the pudding bowl. Bring water to the boil then reduce heat to low, cover and allow to simmer for 3 hours. Remove pudding from water, allow to cool completely before removing pudding from tin.

TO MAKE SAUCE

1. Combine cream, butter and sugar in a saucepan. Stir over a low heat until all ingredients combined.
2. Stir in salt.





NO BAKE CHRISTMAS PLUM PUDDING

PREP TIME	MIX TIME	SERVINGS
25	10 MINS	4-6

INGREDIENTS

- ½ cup Sunbeam Raisins
- 3 cups milk
- 1 ½ squares of chocolate or 3 tbsp cocoa
- ½ tsp vanilla
- ¼ lb Sunbeam chopped nuts and lemon peel
- 3 dsp gelatine
- ½ cup Angas Park dates
- ½ cup Sunbeam Currants
- ½ cup sugar
- pinch of salt

METHOD

1. Place milk and chocolate or cocoa in a saucepan, bring to boiling point.
2. Add all ingredients, except gelatine and boil for 5 minutes. Let cool.
3. Dissolve gelatine in ¼ cup boiling water. Add to mixture, stirring well all the time. Pour into a wet mould.
4. Decorate with rehydrated raisins, and serve with chocolate sauce and cream or custard.



TRADITIONAL CHRISTMAS CAKE

PREP TIME
15 MIN

COOK TIME
4 HRS

SERVINGS
1 CAKE

INGREDIENTS

- 250g (8 oz) Sunbeam Seeded Raisins, chopped
- 250g (8 oz) Sunbeam Sultanas
- 250g (8 oz) Sunbeam Currants
- 100g (4 oz) Sunbeam Glacé Cherries, chopped
- 125g (4 oz) Angas Park Mixed Peel
- 125g (4 oz) Sunbeam Blanched Almonds, chopped
- ¼ cup brandy or orange juice
- 250g (8 oz) plain flour
- 60g (2 oz) self raising flour
- A pinch of salt
- ½ tsp nutmeg
- ½ tsp cinnamon
- 1 tsp mixed spice
- 250g (8 oz) butter
- 250g (8 oz) light brown sugar
- 2 tbsp marmalade or dark jam
- 1 tsp vanilla essence
- 4 eggs

METHOD

1. Mix together all the fruits, peel and nuts and sprinkle with the brandy or orange juice.
2. Sift together the flours, salt and spice. Cream together the butter and sugar until light and fluffy, then add the jam and vanilla essence, beat again.
3. Add the eggs, one at a time, beating well after each addition, then add the fruit and flour mixtures alternately. Mix thoroughly.
4. Place the mixture in a 20cm (8") round cake tin, which has been lined with two layers each of aluminium foil and greaseproof paper and bake in a slow oven for about 4 hours.



From the December 1987 edition of Family Circle, advertisement for Sunbeam raisins, sultanas and currants.



FESTIVE FRUIT CAKE

PREP TIME	COOK TIME	SERVINGS
35 MINS	**120 MINS**	**8-12**

INGREDIENTS

- 1 ½ cups (160g) Sunbeam Walnuts, roughly chopped
- 1 cup (110g) Sunbeam Macadamias, roughly chopped
- 1 cup (150g) Angas Park Pitted Dates, chopped
- 375g Sunbeam Mixed Fruit
- 100g Sunbeam Glacé Cherries
- ½ cup (55g) Angas Park Mixed Peel
- ⅔ cup (100g) plain flour
- 1 tsp baking powder
- 150g caster sugar
- 3 eggs, whisked
- 1 tsp vanilla extract
- 2 tbsp brandy

TOPPINGS

- ⅓ cup apricot jam
- ½ cup pure maple syrup
- 200g Angas Park Fruit Salad

METHOD

1. Preheat the oven to 150°C. Line the base and sides of a 20cm springform cake pan.
2. Mix nuts, dried fruits, glace cherries, peel in a bowl. Sift in flour, baking powder then stir in sugar. Lightly whisk eggs with vanilla, then stir into the cake mixture until well combined. Pour into pan.
3. Bake for 1 hour 30 minutes or until a skewer inserted in the centre comes out clean.
4. Cool cake in the pan for 15 minutes, then turn out onto a rack over a plate and remove baking paper.
5. Pierce all over with a skewer. Drizzle with brandy, then wrap tightly in foil and leave in a cool, dry place for 2-3 days to mature.
6. For the topping: Soak fruit in maple syrup, add boiling water to cover and let soften.
7. Closer to serving, warm jam in a pan over low heat or in the microwave until runny. Arrange the maple-soaked fruits over the top of the cake in a decorative pattern, then brush with warm jam to set in place.





FRUIT MINCE

PREP TIME
15 MINS

COOK TIME
5 MINS

SERVINGS
MAKES 1 LITRE

INGREDIENTS

- 1 cup (150g) Sunbeam Currants
- 2 cups (300g) Sunbeam Mixed Fruit
- ½ cup (80g) Angas Park Apricots, diced
- 1 cup (140g) Angas Park Cranberries
- ⅓ cup (55g) Angas Park Mixed Peel
- 370g apricot jam
- 1 cup (250ml) spiced rum
- 2 tsp mixed spice

METHOD

1. Mix all the ingredients in a medium saucepan on medium heat until combined and the fruit has been coated with the rum & jam. Approx 5 min.
2. Place into a sterilised 1 litre jar and store in a cool dark dry place to macerate for as long as you can before using.
3. This fruit mince made ahead can be used for so many great Sunbeam Recipes!



MINI FRUIT MINCE TARTS

PREP TIME
1 HR + 30MINS

COOK TIME
25 MINS

SERVINGS
24

INGREDIENTS

FRUIT MINCE

- ½ cup finely grated Granny Smith apple
- 1 cup Sunbeam Mixed Fruit
- ¼ cup Sunbeam Slivered Almonds
- 25g unsalted butter, melted
- ½ cup brown sugar
- ¼ cup freshly squeezed orange juice

SPICED SHORTCRUST PASTRY

- 250g plain flour
- ½ tsp ground ginger
- ¼ tsp cinnamon
- 125g unsalted butter, chilled and chopped
- 2 tbsp caster sugar
- 1 egg
- 1 tbsp chilled water
- Milk, for brushing

METHOD

1. To make the fruit mince filling, add all ingredients to a large bowl, mix well, cover and allow to soak for at least 1 hour.
2. To make the pastry, add the flour, ginger, cinnamon, butter and sugar into a food processor and blitz until the mixture resembles breadcrumbs. Whisk the egg and chilled water together in a small bowl, then slowly add to the food processor while it's running until the mixture comes together into a dough. Remove from the food processor and shape into a disc. Wrap in cling wrap and place into the fridge to chill for at least 2 hours, or overnight.
3. Preheat oven to 160°C.
4. Remove from the pastry from the fridge and roll out to a thin 0.3mm dough. Cut into 7cm circles using a cookie cutter or other round object, then place into lightly greased mini muffin tins (30ml capacity). Scoop the fruit mince between the pastry cases. Cut stars from the remaining pastry and place on top of each fruit pie. Brush with milk.
5. Place into the oven and bake for 25 minutes until golden brown. Remove and place onto wire racks to cool.



MERINGUE CHRISTMAS CAKE

PREP TIME	COOK TIME	SERVINGS
25 MINS + CHILLING	**5 MINS**	**12**

INGREDIENTS

- 120g Sunbeam Almonds
- 80g Sunbeam Pistachios
- 120g Sunbeam Hazelnuts
- 260g Sunbeam Mixed Fruit
- 250g Angas Park Dates, finely chopped
- 200g dark cooking chocolate, chopped
- 1 tsp mixed spice
- 5 egg whites, at room temperature
- Pinch of salt
- ½ cup caster sugar
- Double thick cream for serving if desired

METHOD

1. Preheat oven to 160ºC.
2. Place almonds, pistachios, hazelnuts, mixed fruit, dates, chocolate and mixed spice in a food processor and process for 30 seconds until roughly chopped.
3. Beat egg whites and salt in clean and dry bowl until firm peaks form. Gradually beat in sugar, a few tablespoons at a time, beating well after each addition.
4. Using a large metal spoon, gently fold fruit and nut mixture into a greased and baking paper lined 23cm spring form tin. Bake for 30 minutes. Turn oven off and allow cake to cool in the oven with the door ajar. Gently remove from spring form pan, discarding paper and place cake into a serving dish. Serve with double thick cream if desired.



CHRISTMAS CAKE GIFT JAR

PREP TIME
10 MINS

COOK TIME
20 MINS

SERVINGS
4-6

INGREDIENTS

- 300g plain flour
- 1 tsp nutmeg
- 2tsp cinnamon
- ½ tsp bicarbonate of soda
- 500g Sunbeam Gourmet Selection Mixed Fruit
- 210g brown sugar firmly packed
- 60g Sunbeam Slivered Almonds

AS A GIFT

1. Place flour in bottom of jar and add spices and bicarb. Pour in fruit and push down lightly. Next place brown sugar and finish with slivered almonds.
2. Attach a gift card with the following instructions:

YOU WILL NEED
250g butter, melted
3 eggs, lightly beaten
60mL brandy

METHOD

1. Preheat oven 150°C. Double line a 20cm round tin with baking paper.
2. In a bowl, combine gift jar contents, butter, eggs and brandy and stir until combined.
3. Spoon into prepared tin and bake for 1 hour or until skewer inserted comes out clean.



PANFORTE

PREP TIME
25 MINS

COOK TIME
15 MINS

SERVINGS
8-12

INGREDIENTS

- ½ cup caster sugar
- ½ cup honey
- 125g dark chocolate, chopped
- 100g Sunbeam Raisins
- 100g Angas Park Dried Figs, chopped
- 50g Sunbeam Glacé Cherries, roughly chopped
- 50g Angas Park Cranberries
- 300g Sunbeam nuts (toasted blanched almonds, hazelnuts and pistachios)
- 1 cup plain flour
- ¼ cup cocoa
- 1 tsp cinnamon
- ¼ tsp ginger
- Icing sugar for serving

METHOD

1. Pre-heat oven to 180°C (160°C fan-forced). Line the base and sides of a 20cm round cake pan.
2. Place sugar, honey and chocolate in a large saucepan and gently heat until chocolate is melted.
3. Stir in the raisins, figs, cherries, cranberries and nuts. Mix well.
4. Add flour, cocoa and spices to mixture and working quickly mix it together until all combined.
5. Press mixture into prepared pan and bake for 13-15 minutes. Set aside to cool before removing from pan to cool completely.
6. Dust with icing sugar before serving.



ALMOND STAR BREAD

PREP TIME
25 MINS

COOK TIME
25 MINS

SERVINGS
8 SLICES

INGREDIENTS

- 4 sheets butter puff pastry
- 1 large egg whisked with 1 tbsp of water
- ½ cup Sunbeam Flaked Almonds
- ¼ cup icing sugar, to serve

SPICED ALMOND CREAM

- 100g unsalted butter, cubed, at room temperature
- 100g caster sugar
- 2 medium eggs, at room temperature, whisked
- 1 tsp vanilla extract
- 1 cup Sunbeam Almond Meal
- 1 tsp cinnamon

METHOD

1. Preheat the oven to 180°C.
2. To make the spiced almond cream: place butter and sugar into a stand mixer bowl. Mix for 2 minutes, until smooth. Slowly add the whisked eggs, salt and vanilla and mix again. Fold in the almond meal and cinnamon and fold through with a wooden spoon.
3. Slice each piece of puff pastry into 4 x 25cm circles.
4. Place one dough circle onto a piece of baking paper and spread 1 tablespoon of the spiced almond cream evenly over the top. Stack the next dough circle on top and repeat with more spiced almond cream. Repeat again with the final two dough circles.
5. Place a round object, about 7-8cm wide into the centre of the circle and make an indent, which becomes the centre of the star.
6. Cut the dough into 16 evenly spaced strips, starting from the indent to the edge of the dough. Take two strips next to each other and roll them away from each other. Press the two ends together to join. Repeat with the remaining 14 strips until each are twisted and paired up.
7. Transfer the star on the baking paper to a large baking tray. Brush with egg water wash and sprinkle over the flaked almonds. Place into the oven and bake for 25 minutes until puffed up and golden brown.
8. Remove from the oven, allow to cool and then dust with icing sugar to serve.





CHERRY RIPE SLICE

PREP TIME
30 MINS

SET TIME
60 MINS

SERVINGS
12 SQUARES

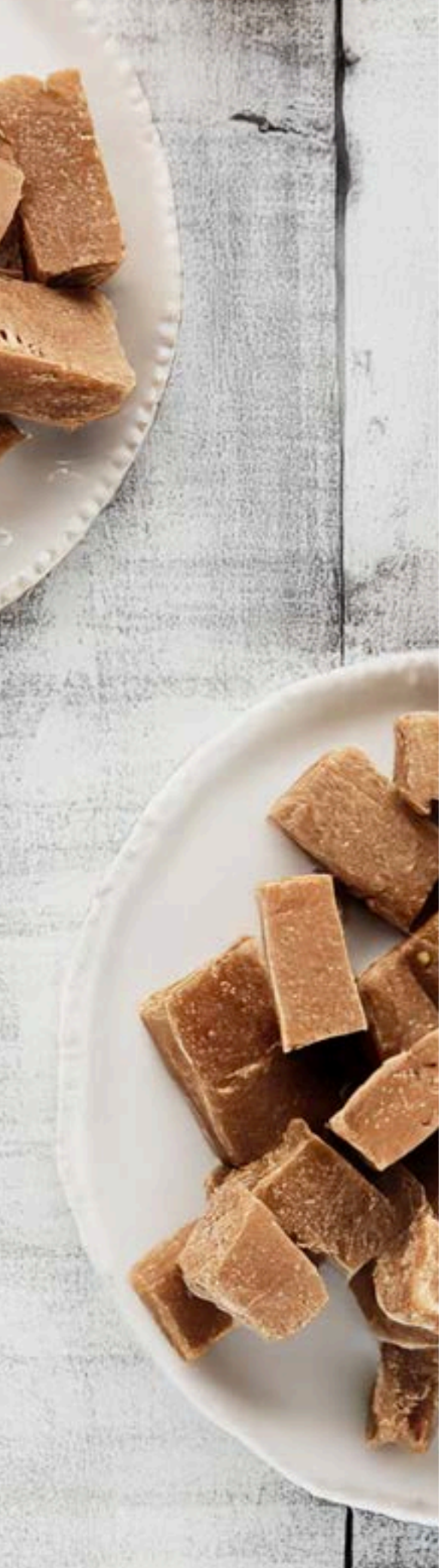
INGREDIENTS

- 375 g choc ripple biscuits
- 150g unsalted butter melted
- 250g desiccated coconut
- 60g icing sugar mixture
- 300g white chocolate
- Extra 150g unsalted butter
- 150ml thickend cream
- 5 drops red food colouring
- 400g Sunbeam Glacé Cherries, halved
- 200g dark choc melted
- Rose petals or freeze dried raspberries to garnish

METHOD

1. Line 27 x 18cm slice tray with baking paper, leaving 2cm of paper above edge to make removal of slice easier. Put biscuits in a bag and crush well. Combine biscuits and butter and press into base of prepared tray. Refrigerate for 20 min till firm.
2. Combine coconut and icing sugar mixture in a bowl. Put white chocolate, extra butter and cream in a small pan and cook gently over low heat. Stir frequently until chocolate has melted. Stir in food colouring.
3. Gently stir white chocolate mixture into coconut mixture, add cherries spread firmly on biscuit base, chill for 30min or until firm. Spread dark over the slice, refrigerate until firm, cut into squares to serve.





RUM AND RAISIN FUDGE

PREP TIME	COOK TIME	SERVINGS
10 MINS	15 MINS	32

INGREDIENTS

- 160g Sunbeam Raisins
- 2 tbsp rum
- 395g sweetened condensed milk
- 125g butter, chopped
- 220g brown sugar
- 2 tbsp golden syrup
- 150g milk chocolate melts

METHOD

1. Lightly grease and line base and sides of a 20cm square baking tin.
2. Combine raisins and rum in a small bowl and allow to soak for 10 mins.
3. In a medium saucepan combine sweetened condensed milk, butter, sugar and golden syrup and constantly stir over a low heat until the sugar has completely dissolved.
4. Increase the heat to medium-high and bring the mixture to a boil. Reduce heat to low, stir constantly for about 8-10 mins until the temperature reaches between 113-115ºC.
5. Remove pan from heat, add chocolate melts and soaked raisins and stir to combine. Transfer to prepared tin using a spatula to smooth the surface then allow to cool at room temperature for 5-6 hours until firm.
6. Cut into 5cm long slices then cut each slice into 8 rectangles.

***Tips**: If you don't own a candy thermometer, you can also check if the fudge is ready by taking a small amount and dropping it into a glass of cold water. When the mixture sets into a soft ball that doesn't stick to your fingers when gently pinched, the fudge is ready. This is referred to as "soft ball" stage.*



CARAMEL CHRISTMAS SLICE

PREP TIME
25 MINS

COOL TIME
25 MINS

SERVINGS
30 SLICES

INGREDIENTS

- ½ cup Sunbeam Slivered Almonds, toasted plus extra to scatter
- ½ cup Sunbeam Pistachios, toasted
- 450g milk chocolate melts, melted
- 1 ½ cups rice puffs (Rice Bubbles)
- ½ cup Angas Park Apricots, finely chopped
- ½ cup Sunbeam Sultanas, plus extra to scatter
- 1 tbsp icing sugar, for dusting

METHOD

1. Draw six stars onto several sheets of baking paper in the following sizes: 15cm, 13cm, 11cm, 9cm, 7cm and 5cm.
2. Combine nuts, chocolate, rice puffs, apricots and sultanas. Reserve ⅓ cup mixture for assembling.
3. Spread remaining mixture over each star to cover. Scatter with extra almonds and sultanas.
4. Refrigerate for 1 hour or until set.
5. Soften reserved mixture in microwave for 30 sec, if necessary. Place largest star onto a plate. Spoon a little reserved mixture onto the centre and lightly press the next largest star on top. Repeat with remaining mixture and stars. Refrigerate until set. Dust with icing sugar to serve.



CHRISTMAS RUM BALLS

PREP TIME
20 MINS

COOL TIME
1 HR

SERVINGS
10

INGREDIENTS

- 250g plain biscuits (such as Marie)
- 395g can sweetened condensed milk
- 1 cup (80g) desiccated coconut
- ¼ cup (25g) Dutch-processed cocoa powder
- 1 tsp finely grated orange rind
- ¼ cup (60ml) dark rum
- ½ cup (40g) desiccated coconut, toasted, extra
- 1 cup Sunbeam Sultanas

METHOD

1. Process biscuits until fine crumbs.
2. Transfer crumbs to a large bowl; add condensed milk, coconut, sifted cocoa, sultanas, rind and rum. Stir well to combine.
3. Roll mixture into walnut-sized balls. Toss in extra coconut. Place on a tray; cover, refrigerate until firm.



Christmas Recipe from 2016.





CHRISTMAS CHOCOLATE BARK

PREP TIME
15 MINS

COOL TIME
1 HR

SERVINGS
6-8

INGREDIENTS

- 2 x 290g packets milk chocolate melts
- 80g white chocolate melts
- 50g Sunbeam Raisins
- 140g Sunbeam Slivered Almonds
- 15g puffed rice

METHOD

1. Line a large baking tray with baking paper.
2. Place milk chocolate in a microwave-safe bowl. Microwave in 10 second intervals, stirring with a dry silicon spatula in between until melted. Be careful it will be hot.
3. Melt white chocolate using the same method.
4. Pour melted milk chocolate over the lined baking tray, using a clean spatula to spread out evenly. Use a spoon to drizzle white chocolate over the top. Working quickly, sprinkle the raisins, almonds and puffed rice evenly all over the melted chocolate then transfer to the fridge to set. Once completely set, use a large sharp knife to cut into irregular sized pieces.
5. Serve immediately.

Christmas Recipe from 2016.





FRUIT & NUT CHRISTMAS TREE

PREP TIME	COOK TIME	SERVINGS
25 MINS + CHILLING	**5 MINS**	**12**

INGREDIENTS

- 1 cup self raising flour
- 1 cup coconut
- 1 cup brown sugar
- 1 tsp mixed spice
- ½ tsp ground cinnamon
- 125g butter, melted
- 395g sweetened condensed milk
- 2 tbsp golden syrup
- 30g butter, extra
- ½ cup dark choc bits
- ½ cup Sunbeam Glacé Cherries
- ½ cup Sunbeam Slivered Almonds
- ½ cup Sunbeam Sultanas

METHOD

1. Preheat oven to 180ºC.
2. Combine flour, coconut, brown sugar, spices and butter in bowl, mix well.
3. Press evenly into base of greased 18cm x 28cm lamington pan, bake 10 minutes, cool.
4. Combine sweetened condensed milk, golden syrup and extra butter in pan. Stir over medium heat until boiling simmer stirring 5 minutes, spread over base.
5. Top filling with combined choc bits, cherries, almonds and sultanas, bake further 12 minutes, cool in pan.
6. Cut into slices to serve.



MINI BOMBE ALASKAS

PREP TIME
30 MINS

FREEZE TIME
OVERNIGHT

SERVINGS
6

INGREDIENTS

You will need a kitchen blowtorch for this recipe

- 1L good quality vanilla icecream
- 200g Sunbeam Mixed Fruit
- 50g Sunbeam Slivered Almonds, toasted and cooled
- 60ml sherry
- 450g store-bought Madeira cake
- 2 egg whites
- 110g caster sugar

METHOD

1. Line 6 x 180ml dariole moulds (or 6 x 180ml capacity small dishes) with plastic wrap.
2. Place icecream into a large bowl and allow to stand at room temperature for 10 mins, or until soft (do not allow to completely melt). Add fruit, nuts and sherry and use a spatula to mix well.
3. Spoon the mixture evenly between the prepared moulds and freeze overnight or until firm.
4. Slice the madeira cake horizontally into three big slices, about 2cm thick. Use a cookie cutter (just bigger than the bases of the icecream moulds) to cut 6 rounds from the cake slices.
5. To make the meringue, combine egg whites and sugar in the bowl of a stand mixer fitted with a whisk attachment. Whisk until stiff peaks form.
6. One at a time, carefully remove an icecream from the mould and place on top of a cake round. Working quickly, smooth meringue around the cake and icecream to completely cover then blowtorch until golden. Serve and repeat with remaining prepared icecreams.



ALMOND ICE CREAM PUDDINGS

PREP TIME
40 MINS

FREEZE TIME
5 MINS

SERVINGS
8

INGREDIENTS

- 225g Sunbeam Mixed Fruit, chopped
- 100g Sunbeam Flaked Almonds, toasted
- ¼ cup Frangelico (hazelnut liqueur)
- 1 L quality vanilla ice cream
- 200g good quality white or dark cooking chocolate, chopped
- 1 ½ tsp vegetable oil

METHOD

1. Combine mixed fruit and Frangelico in a large bowl. Set aside, stirring occasionally.
2. Place ice cream in refrigerator for about 1 hour or until softened. Line 8 x 200ml capacity moulds with cling wrap, extending about 5 cm over edge.
3. Reserve ¼ cup of almonds. Chop remaining almonds and add to fruit mixture along with ice cream, stir to combine. Divide ice cream mixture between prepared moulds (the mixture will not quite fill each mould). Tap moulds gently on bench a few times to settle mixture. Place on a tray and freeze overnight.
4. Remove puddings from freezer. Line tray with baking paper. Un-mould puddings, remove wrap, then place puddings onto lined tray. Freeze for at least an hour.
5. Place chocolate and oil in heatproof bowl. Bring a small quantity of water to the boil in a saucepan. Remove from the heat and place the bowl firmly over the top. Stir until smooth. Spoon some melted chocolate on top of a pudding, then top with a few reserved flaked almonds. Repeat with remaining puddings. Place in freezer until ready to serve. Place puddings onto serving plates and surround with chopped almonds.



ICE CREAM CAKE

PREP TIME
30 MINS

FREEZE TIME
6 HRS

SERVINGS
6

INGREDIENTS

- 500g Angas Park Apricots
- 175g Sunbeam Sultanas
- 75g Sunbeam Raisins
- ⅔ cup apricot nectar
- 75ml Cointreau
- 1 L premium vanilla ice cream, softened
- 500ml premium vanilla yoghurt
- 220g Sunbeam Macadamias
- 100g meringues, roughly crushed
- 1 cup shredded coconut, toasted

METHOD

1. Line a 23cm cake tin with plastic wrap and place in the freezer.
2. Roughly chop half of the apricots and place in a medium saucepan with the sultanas, raisins and apricot nectar.
3. Bring to the boil, reduce heat and simmer for 3 minutes stirring occasionally.
4. Set aside and allow to cool for 30 minutes. Add Cointreau and leave to chill in the refrigerator for 2 hours. In a large, chilled metal bowl, combine softened ice cream and yoghurt. Add half the macadamias, 1 cup crushed meringues, shredded coconut and cooled fruit mixture and mix quickly to combine. Pour into prepared cake tin, cover with plastic wrap and freeze for a minimum of 4 hours or preferably overnight. When ready to serve, remove cake from the freezer, invert onto a serving plate and gently remove plastic film. Decorate with remaining apricots, macadamias, meringues and serve.

Christmas Recipe from early 2000.



CHRISTMAS



AUSTRALIAN ICE-CREAM PUDDING

PREP TIME
35 MINS

COOK TIME
1 HR

SERVINGS
6

INGREDIENTS

- 50g Sunbeam Sultanas
- 50g Sunbeam Raisins
- 80g Sunbeam Macadamias, roughly chopped
- 100g Angas Park Cranberries
- 100g Angas Park Apricots, diced
- 50ml orange liqueur
- 1 litre good quality vanilla icecream, softened
- 300ml cream, semi whipped

FLOURLESS ORANGE CAKE

- 220g Sunbeam Almond Meal
- 60g butter
- ¾ cup castor sugar
- 2 eggs
- Juice and rind of one small orange

METHOD

1. Preheat oven to 180ºC.
2. Brush a 2 litre pudding basin with vegetable oil, then line with plastic wrap, trying to keep wrap smooth without wrinkles. Place in the freezer to chill. In a bowl combine sultanas, raisins, cranberries, apricots, macadamias and orange liqueur. Leave to soak for 30 minutes. Place softened ice cream in a large bowl stir in soaked fruit. Fold in whipped cream and pour mixture into prepared pudding basin. Place in the freezer and freeze for 4 hours or overnight.
3. To prepare orange cake, cream butter and sugar until light and fluffy. Beat in eggs one at a time. Stir in almond meal, orange juice and rind. Pour into a greased and paper lined 20cm cake tin and bake for 1 hour. Allow to cool in the tin, before turning out onto a board.
4. To finish pudding, ease ice-cream pudding from basin and place on top of cake. Trim the cake edges if required and serve cut into thick slices.

Christmas Recipe from early 2000.





FRUIT MINCE TART

PREP TIME
25 MINS

COOK TIME
20 MINS

SERVINGS
6

INGREDIENTS

FRUIT MINCE FILLING

- 225g Sunbeam Mixed Fruit
- 70g Angas Park Cranberries
- 70g Angas Park Apricots, diced
- 70g Angas Park Dates, diced
- 60g frozen butter, grated
- ¼ cup brown sugar
- ¼ cup brandy
- 1 green apple peeled and grated
- ½ tsp mixed spice
- ½ tsp cinnamon

ALMOND PASTRY

- 110g Sunbeam Almond Meal
- ½ cup plain flour
- ¼ cup caster sugar
- 125g butter, roughly chopped
- 1 egg yolk
- ½ tsp vanilla extract

METHOD

1. Mix all ingredients for fruit mince filling in a bowl, cover and set aside overnight or for at least 2 hours, stirring occasionally.
2. Preheat oven to 150ºC
3. Place almond meal, flour, sugar and chopped butter into a food processor and process until mixture resembles breadcrumbs.
4. While processing add egg yolk and vanilla extract, mixture will form a ball. Knead pastry lightly on a floured board until smooth. Wrap in plastic film and refrigerate for at least 30 minutes.
5. Using a rolling pin, roll pastry out on a floured board to 4mm thick. Reserve a ¼ for decoration, returning it to refrigerator. Line base and sides of a greased rectangular flan tin 11cm x 35cm. Trim off excess pastry.
6. Spoon fruit filling evenly into pastry lined flan tin. Use remaining pastry to make top decoration from your favourite Christmas cutter. Bake for 20-25 minutes. When cooked, remove and place on a wire rack to cool. Serve dusted with icing sugar.

Christmas Recipe from early 2000.





CHRISTMAS DUCK WITH FRUITY NUT STUFFING

PREP TIME
10 MINS

COOK TIME
25 MINS

SERVINGS
4-6

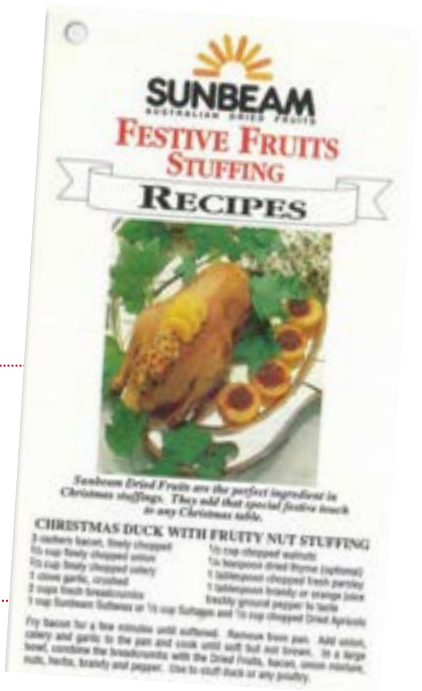
INGREDIENTS

- 3 rashers bacon, finely chopped
- ⅔ cup finely chopped onion
- ⅔ cup finely chopped celery
- 1 clove garlic, crushed
- 2 cups fresh breadcrumbs
- 1 cup Sunbeam Sultanas
- ½ cup Sunbeam Walnuts, chopped
- ¼ tsp dried thyme (optional)
- 1 tbsp chopped fresh parsley
- 1 tbsp brandy or orange juice
- freshly ground pepper to taste

METHOD

1. Fry bacon for a few minutes until softened. Remove from pan.
2. Add onion, celery and garlic to the pan and cook untill soft but not brown.
3. In a large bowl, combine the breadcrumbs with the dried fruit, bacon, onion mixture, nuts, herbs, brandy & pepper.
4. Use to stuff duck or any poultry.

Sunbeam dried fruits are the perfect ingredient in Christmas stuffings, adding that special festive touch to any Christmas table.





WHITE CHRISTMAS CAKE

PREP TIME
15 MINS

COOK TIME
1 HR 30 MINS

SERVINGS
8-12

INGREDIENTS

- 185g butter, softened
- 1 ½ cups castor sugar
- 1 x 250g packet cream cheese, softened at room temp.
- 1 ½ tsp vanilla essence
- 4 eggs
- 2 cups plain flour
- 1 ½ tsp baking powder
- ½ tsp salt
- 1 ½ cups Sunbeam Sultanas
- ½ cup Sunbeam Glacé Cherries, quartered
- ½ cup mixed peel, chopped
- ¾ cup Sunbeam Walnuts, chopped

METHOD

1. Beat together the butter and sugar, then add the cream cheese, vanilla essence and mix until well blended.
2. Add the eggs one at a time beating well after each addition.
3. Gradually mix in the sifted flour, baking powder and salt.
4. Fold in the sultanas, glace cherries, mixed peel and nuts.
5. Spoon the mixture into a greased and lined 23cm round or 20cm square cake pan and bake in a moderate oven for one and a half hours or until cooked when tested.

I would like to submit this recipe which I have been using for 40 years.
It was included in the Australian Dried Fruit News December 1985 and quickly became a favourite.
I have shared this recipe many times even to a friend in Boulder, Colorado. USA decades ago, who had to adjust the recipe ingredients because of the altitude.
It has been a delicious festive addition of the Cardross Progress Association's legendary Lamington Stall at the Red Cliffs Market in December when Christmas cakes are also offered for sale.
We also happily share a printed copy of this very popular recipe when asked by the customers.
A later ADFA News, December 1988 modified the recipe to include currants, seeded raisins and optional wholemeal flour.
I also have another recipe from the Angas Park publication call What a Fruitful Little Recipe Book which possibly dates back to 1990 or thereabouts. The recipe is called Fruity Melodrama and the main ingredient is 250g of Fruit Medley, still available on supermarket shelves today.
Thank you for the opportunity to submit my favourite recipe.
I have included a copy of the well-worn page with smudges and notes for increasing recipe size!

Submitted by:
Dianne Dalla Santa , VIC





WHITE CHRISTMAS

PREP TIME
25 MINS + CHILLING

COOL TIME
1-2 HRS

SERVINGS
12

INGREDIENTS

- 250g (8oz) solid white vegetable shortening
- 3 cups rice bubbles
- 1 cup coconut
- ¾ cup icing sugar
- 1 cup powdered milk
- 30g (1oz) Angas Park Mixed Peel
- 30g (1oz) preserved ginger
- 30g (1oz) glacé apricots
- 30g (1oz) glacé pineapple
- ¼ cup Sunbeam Sultanas
- 30g (1oz) Sunbeam Glacé Cherries

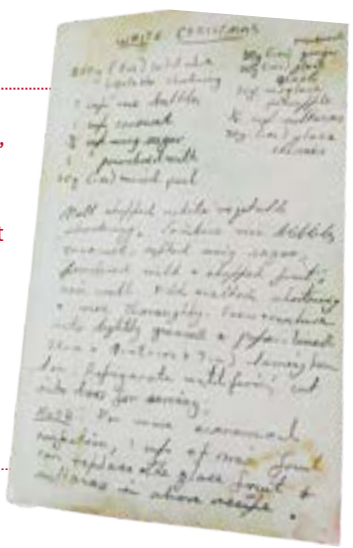
METHOD

1. Melt chopped white vegetable shortening.
2. Combine rice bubbles, coconut, sifted icing sugar, powdered milk and chopped fruit, mix well.
3. Add melted shortening and mix thoroughly.
4. Press mixture into lightly greased and paper lined 28cm x 18cm x 7cm lamington tin.
5. Refrigerate until firm, cut into bars for serving.

Note: For more economical confection, 1 cup of mix fruit can replace the glace fruit & sultanas in above recipe.

With thanks to our Finance Director, Jenny Kalogeropoulos, for sharing this treasured White Christmas recipe—handed down from her best friend's grandmother and lovingly made each festive season for over ten years.

Submitted by:
Jenny Kalogeropoulos, *NSW*




ADFA
RAISIN
JOE



EASTER



CARROT WALNUT & RAISIN CAKE

PREP TIME
15 MINS

COOK TIME
45 MINS

SERVINGS
1 CAKE

INGREDIENTS

- 1 cup (150g) plain flour
- 1 tsp baking powder
- ¾ tsp bicarb soda
- ½ tsp salt
- ½ tsp cinnamon
- ¾ cup (170g) caster sugar
- 2 eggs
- 5 tbsp (70g) olive oil (⅓ cup)
- 440g tin crushed pineapple
- ¼ cup (30g) Sunbeam Walnuts + ½ cup (60g) to garnish
- ¼ cup (40g) Sunbeam Raisins
- 1 cup grated carrot

FROSTING

- 120g butter
- 120g cream cheese
- 1 tsp vanilla
- 250g pure icing sugar

METHOD

1. Preheat oven to 180°C.
2. Grate young fresh carrots to give one full cup & strain the juice from 440g can of crushed pineapple.
3. In a bowl mix 1 cup of plain flour, 1 tsp baking powder, ¾ tsp bicarb soda, ½ tsp each of salt & cinnamon & ¾ cup caster sugar. Add 2 eggs and 5 tbsp oil (just under ⅓ cup).
4. Stir in the grated carrot, crushed pineapple & ¼ cup walnuts, chopped. Bake in a moderate oven 175ºC for 40 – 45 minutes and cool before covering with topping. (Note: We slightly froze the cake to make firm to slice into layers to add frosting in between).
5. To make cream cheese topping, place in a bowl butter, cream cheese, vanilla, icing sugar and beat very well. If too thick add a small amount of milk to give a smooth consistency.



SULTANA & ORANGE FRIANDS

PREP TIME
15 MINS

COOK TIME
20 MINS

SERVINGS
8 FRIANDS

INGREDIENTS

- 100g Sunbeam Sultanas
- 250ml orange juice
- Grated rind of 1 orange
- 6 egg whites
- 155g unsalted butter, melted
- 2 tbsp milk
- 1 tsp vanilla extract
- 1½ cup (180g) Sunbeam Almond Meal
- 1½ cup (240g) pure icing sugar
- ½ cup (75g) self-raising flour
- Sunbeam Pistachios to garnish

FOR THE CREAM CHEESE FROSTING

- 150g cream cheese
- 150g butter, softened
- 150g powdered sugar
- ½ tsp vanilla extract
- 2 tsp icing (confectioners') sugar, extra

METHOD

1. In a small saucepan heat the sultanas in orange juice, when the juice starts to bubble turn heat off and set aside to infuse.
2. Preheat oven to 180°C and lightly grease a friand tin.
3. Place egg whites in a medium bowl; whisk lightly with fork until combined. Add butter, milk, extract, ground almonds, orange rind, sifted icing sugar and flour; stir until combined.
4. Drain any excess liquid from sultanas and add to the mix & combine.
5. Pour mixture into pan. Bake friands for 20 minutes or until a skewer inserted into the centre comes out clean.
6. Stand friands 10 minutes before turning onto a wire rack to cool.

FOR THE ICING

1. In a bowl using an electric mixer, combine cream cheese, butter, powdered sugar and vanilla extract. Beat until smooth, light and fluffy.
2. Use a piping bag to swirl icing across cooled friands, sprinkle with diced pistachios.
3. Dust the friands with sifted extra icing sugar & optional rose petals before serving.

This recipe was developed by the Sunbeam in-house recipe team for the 2023 Easter campaign, showcasing fresh inspiration for the season.





EASTER BLONDIES

PREP TIME
15 MINS

COOK TIME
40 MINS

SERVINGS
12

INGREDIENTS

- 225g unsalted butter, diced
- 100g white chocolate chips
- 250g muscovado sugar
- 325g plain flour
- 100g Sunbeam Macadamias
- 100g Sunbeam Blanched Almonds
- 150g caster sugar
- 1tsp baking powder
- 3 eggs
- 1 tsp vanilla paste
- 140g Cadbury Mini Eggs

METHOD

1. Preheat oven to 190ºC and butter or line with parchment paper a 20cm x 20cm baking tin.
2. Melt the butter and white chocolate in a bowl over a pot of water and take off to cool once combined and fully melted.
3. In another bowl, mix the muscovado sugar, caster sugar and eggs together until thick and glossy. Approximately 2 minutes.
4. Once the butter and white chocolate mixture is cooled, mix in ⅓ to the sugar and eggs, and then fold in the rest.
5. Add in flour, baking powder, vanilla, almonds and macadamias and mix until just combined.
6. Pour batter into lined baking tin and bake for 35-45 minutes.
7. To test if cooked, a toothpick should come out a little fudgy and should be slightly wobbly in the centre.
8. Press speckled eggs into the top of the blondie whilst still hot from the oven and let cool on a wire rack.

From Sunbeam's 2023 Easter campaign, this recipe was created by our in-house team and quickly became a modern favourite.





HOT CROSS BUNS

PREP TIME
15 MINS

COOK TIME
40 MINS

SERVINGS
12

INGREDIENTS

- 300ml lukewarm milk
- 30g fresh compressed yeast
- 2 eggs
- ¼ cup castor sugar
- 60g butter, melted and cooled slightly
- 4 cups pain flour
- 1 tsp mixed spice
- ½ tsp ground cinnamon
- 1 cup Sunbeam Sultanas
- ⅔ cup Sunbeam Currants
- ¼ cup Angas Park Mixed Peel, chopped

CROSSES

- 2 tbsp self raising flour, sifted
- 2 tbsp cold water

METHOD

1. Sift together the milk and yeast to form a smooth paste. Whisk together the eggs and sugar. Add the melted butter and yeast mixture.
2. Sift into a large bowl the flour and spices. Stir through the fruit and mixed peel and make a well in centre.
3. Pour in the combined liquids and throughly mix.
4. Turn out into a lightly floured surface and knead until smooth and elastic. Shape the dough into a ball and place in a large greased bowl. Cover loosely with greaseproof paper. Stand in a warm place for 45 minutes or until doubled in bulk. (Alternately, place in the microwave oven on low (30%) power for 20 seconds. Rest in the oven for 5 minutes. Repeat this procedure until dough doubles in bulk, approximately 3 times).
5. Turn out onto a lightly floured surface a knead well. Divide dough into 3 equal pieces and cut each piece into 6, making 18 buns in all. Shape the buns using the palm of your hand. Place buns in a greased slice pan approximately 20cm x 30cm. Stand in a warm place for 15 minutes. Pipe on crosses.
6. Bake in a hot oven for 15-20 minutes or until golden brown. Remove from the oven. Allow to cool slightly in the pan before turning out. If desired, brush with a little warmed honey to glaze.
7. Crosses: Mix the flour and water to a smooth paste. Fill into a small plastic bag then cut a small hole across the corner to make a pipping bag.



HOT CROSS SULTANA MUFFINS

PREP TIME
20 MINS

COOK TIME
25 MINS

SERVINGS
24 MUFFINS

INGREDIENTS

- 300ml lukewarm milk
- 30g fresh compressed yeast
- 2 eggs
- ¼ cup castor sugar
- 60g butter, melted and cooled slightly
- 4 cups plain flour
- 1 tsp mixed spice
- ½ tsp ground cinnamon
- 1 cup bran flakes
- 1 cup Sunbeam Sultanas
- 1 cup of pecan nuts
- 1 cup natural yoghurt

CROSSES

- 2 tbsp self raising flour, sifted
- 2 tbsp cold water

METHOD

1. Cream together the butter, sugar and orange rind until light and fluffy.
2. Add the eggs one at a time beating well after each addition.
3. Sift together the flour, cinnamon and combine with the bran flakes, sultanas and pecan nuts.
4. Add dry ingredients to creamed mixture alternatively with yogurt, until just combined.
5. Spoon mixture into greased muffin pans filling ¾ full. Pipe on crosses.
6. Bake in moderate oven for 25 minutes or until golden brown. Serve Warm.

CROSSES:

1. Mix flour and water to a smooth paste.
2. Fill into a small plastic bag, cut a small hole across the corner and use to pipe crosses.

This recipe was first shared in 1980 as part of a special Sunbeam collaboration with major retailers, bringing Hot Cross Sultana goodness to Australian households each Easter.





HOT CROSS COOKIES

PREP TIME
15 MINS

COOK TIME
15 MINS

SERVINGS
12

INGREDIENTS

- 250g unsalted butter, softened
- 1 tsp vanilla extract
- ¾ cup (165g) caster sugar
- ¾ cup (165g) firmly packed brown sugar
- 1 egg
- 2 ¼ cup (335g) plain flour
- 1 tsp bicarbonate of soda
- 2 tsp cinnamon
- 200g white choc chips
- ½ cup (70g) Sunbeam Macadamias
- ½ cup (85g) Sunbeam Currants
- Extra white chocolate to pipe cross

METHOD

1. Preheat the oven to 180°C. Line cookie trays with baking paper.
2. Beat butter, vanilla, sugars and egg in a small bowl with an electric mixer until light and fluffy. Transfer mixture to a large bowl; stir in sifted flour and bicarb soda, in two batches. Stir in fruit, nuts & chocolate.
3. Roll tablespoons of mixture into balls; place 5cm apart on trays.
4. Bake cookies 15 minutes or until golden; cool on trays.
5. Once cookies are cooled, pipe cross with melted white chocolate.

***Notes**: Each cookie weighed 50g before cooking to make 24. Keep a few extra currants and choc chips to add to cookies when removed from oven to decorate top.*



EASTER BUTTER BOARD

PREP TIME
20 MINS

COOK TIME
10 MINS

SERVINGS
1 BOARD

INGREDIENTS

- 500g Salted butter (room temp)
- Sunbeam Pistachios & Walnuts (roughly chopped)
- Crispy pancetta (pan-fried)
- Angas Park Dried Figs
- Sunbeam Sultanas
- Fresh figs (halved or quartered)
- Honey
- Rosemary to garnish
- Optional: a sprinkle of sea salt or lemon zest for extra zing

METHOD

1. Whisk room temp butter until light a fluffy, this takes approx 5 min.
2. Spread whipped butter generously on a board or serving platter. Go rustic!
3. Top with diced pan fried pieces of pancetta, figs, fresh figs, chopped nuts and sultanas. Drizzle with honey and finish with sprigs of rosemary.
4. Serve with crusty bread, crackers, or warm hot cross buns for an Easter twist.



CINNAMON SCROLLS

PREP TIME
25 MINS

COOK TIME
1 HR 15 MINS

SERVINGS
8

INGREDIENTS

FOR THE DOUGH

- 185ml warm milk
- 7g of instant yeast
- 50g of white sugar
- 1 egg plus 1 egg yolk, at room temperature
- 55g salted butter, melted
- 400g bread flour, plus more for dusting
- ¾ tsp salt
- 100g Sunbeam Currants
- 100g Sunbeam Sultanas

FOR THE FILLING

- 135g dark brown sugar
- 2 tbsp ground cinnamon
- 60g butter, softened
- 100g Sunbeam Currants

FOR THE CREAM CHEESE FROSTING

- 150g cream cheese
- 150g butter, softened
- 150g powdered sugar
- ½ tsp vanilla extract

METHOD

1. Transfer warm milk to the bowl of an electric mixer and sprinkle yeast on top. Add in sugar, egg, egg yolk and melted butter. Mix until well combined.
2. Stir in flour, salt, currants and sultanas until a dough begins to form.
3. Place dough hook on stand mixer and knead dough on medium speed for 8 minutes. Dough should form into a nice ball.
4. Transfer dough ball into an oiled bowl and cover with cling film. Allow dough to rise for approximately an hour, or until doubled in size.
5. After dough has doubled in size, transfer dough to a well-floured surface and roll out into a 35x22cm rectangle. Spread softened butter over dough.
6. In a small bowl, mix brown sugar and cinnamon. Use your hands to sprinkle mixture over the buttered dough followed by the currants, then press into the butter.
7. Tightly roll dough up, starting from the shorter side and place seam-side down making sure to seal the edges of the dough as best you can.
8. Cut into 1 inch sections with a serrated knife. You should get 9 large pieces.
9. Place cinnamon scrolls in a greased 23x23cm baking pan or round 23cm cake pan. Cover with plastic wrap and a warm towel and let rise again for 30-45 minutes.
10. Preheat oven to 175ºC. Remove clingwrap and bake for 20-25 minutes or until just slightly golden brown on the edges. Allow to cool for 5-10 minutes before frosting. Makes 9 cinnamon scrolls.

TO MAKE THE FROSTING:

1. Using an electric mixer, combine cream cheese, butter, powdered sugar and vanilla extract, beating until smooth, light and fluffy.



WALNUT & SULTANA MONKEY BREAD

PREP TIME	COOK TIME	SERVINGS
20 MINS + 1 HR RISING	20 MINS	6

INGREDIENTS

DOUGH

- 1 ½ cups (360ml) whole milk, warmed to about 110°F (43°C)
- 2 ½ tsp instant yeast
- ¼ cup (50g) granulated sugar
- 2 large eggs
- ⅓ cup (5 tbsp; 70g) unsalted butter, melted and slightly cooled
- 1 teaspoon salt
- 5 cups (625g) all-purpose flour

COATING

- ¾ cup (12 tbsp; 170g) unsalted butter, divided
- 1 ¼ cups (250g) granulated sugar
- 1 tbsp ground cinnamon
- ⅔ cup (130g) packed light or dark brown sugar
- 1 tsp pure vanilla extract
- ½ cup Sunbeam Walnuts chopped
- ½ cup Sunbeam Sultanas

ICING

- 1 cup (120g) confectioners' sugar
- 3 tbsp (45ml) whole milk
- ½ tsp pure vanilla extract
- ½ cup Sunbeam Walnuts chopped and toasted

METHOD

1. Combine dough ingredients in a bowl with a mixer. You can also mix the dough by hand, but it requires a bit of arm muscle. After mixing, knead the dough by hand, or continue beating with the mixer.
2. The dough rises in about 1-2 hours in a relatively warm environment.
3. Punch down the dough to release the air.
4. Pull off little pieces of dough and roll into balls. Dunk the balls into melted butter, then coat with cinnamon sugar. Little bakers love to help out with this step! Good thing to note: the heavier the cinnamon-sugar coating, the more these little monkey bread bites will taste like gooey cinnamon rolls.
5. Arrange the coated balls in a flat oven proof pan or a cast iron pan, cover lightly, then set aside to rest for 20 minutes as you preheat the oven. The balls will slightly rise during this time.
6. Before baking the monkey bread, mix melted butter, brown sugar, and vanilla extract together. Stir in the nuts. Pour any remaining sauce all over the dough balls.
7. Bake until the top is lightly browned, about 40 minutes.
8. Invert onto serving plate: Allow the monkey bread to cool for 5-10 minutes, then invert it onto a serving plate.
9. Whisk confectioners' sugar, milk, and vanilla extract together until smooth. Drizzle all over the warm monkey bread. Top with extra nuts.

Crafted with our 2023 Brand Ambassador, who brought their signature flair to this much-loved recipe.

Submitted by:
Minoli Di Silva, *NT*



PEANUT BUTTER BITES

PREP TIME
40 MINS

COOL TIME
10 MINS

SERVINGS
25

INGREDIENTS

- 1 cup Sunbeam Currants
- 1 cup Sunbeam Sultanas
- 1 ¼ cup rolled oats
- ½ cup unsalted peanut butter
- 2 tsp vanilla essence
- ½ tsp ground cinnamon
- 300g white chocolate melts
- 25 white marshmallows
- 25 pink candies, eg. smarties
- Sunbeam Currants, extra
- 15g food colour gel black

METHOD

1. Combine currants, sultanas, oats, peanut butter and vanilla essence in a food processor. Blend until a smooth, thick paste is formed.
2. Divide and roll into 25 balls and place on top of skewer.
3. Dip balls in melted chocolate. Before chocolate is set place two half marshmallows for ears, one pink candy for a nose and currants for eyes. Draw whiskers and mouth with the black food colour gel.

Originally featured in Sunbeam's early 2000 Easter recipe pad. These peanut butter bites with sultanas and currants have long been a fun, family-friendly treat.





EASTER CHOCOLATE BARK

PREP TIME
10 MINS

COOL TIME
30 MINS

SERVINGS
8-12 PIECES

INGREDIENTS

- 400g baking milk chocolate
- 200g baking white chocolate
- 80g Sunbeam Mixed Fruit
- 60g Sunbeam Hazelnuts
- Pink food colouring
- Purple food colouring
- Choc mini eggs, marshmallows, jellies, mixed sprinkles of choice

METHOD

1. Grease and line a standard baking tray. Set aside.
2. Place each chocolate flavour in separate bowls. Microwave each bowl in 20 second bursts, stirring in between, until melted.
3. Divide the white chocolate into 3 separate bowls. Add a few drops of pink colouring to one and stir.
4. Add a few drops of purple colouring to the second bowl and stir.
5. Pour the milk chocolate into prepared tray, tilting the tray until the whole base is covered.
6. Spoon each of the coloured and plain white chocolate onto different spots on the chocolate. Sprinkle with Sunbeam mixed fruit.
7. Using a skewer, make swirls in the chocolate to create a marble effect. Decorate with chosen sprinkles and cool to set.
8. Cut or break up chocolate to serve.

From Sunbeam's 2022 Easter campaign, this recipe was created by our in-house team and quickly became a modern favourite.





SULTANA & WHITE CHOCOLATE SHORTBREAD

PREP TIME
20 MINS

COOK TIME
15 MINS

SERVINGS
12 COOKIES

INGREDIENTS

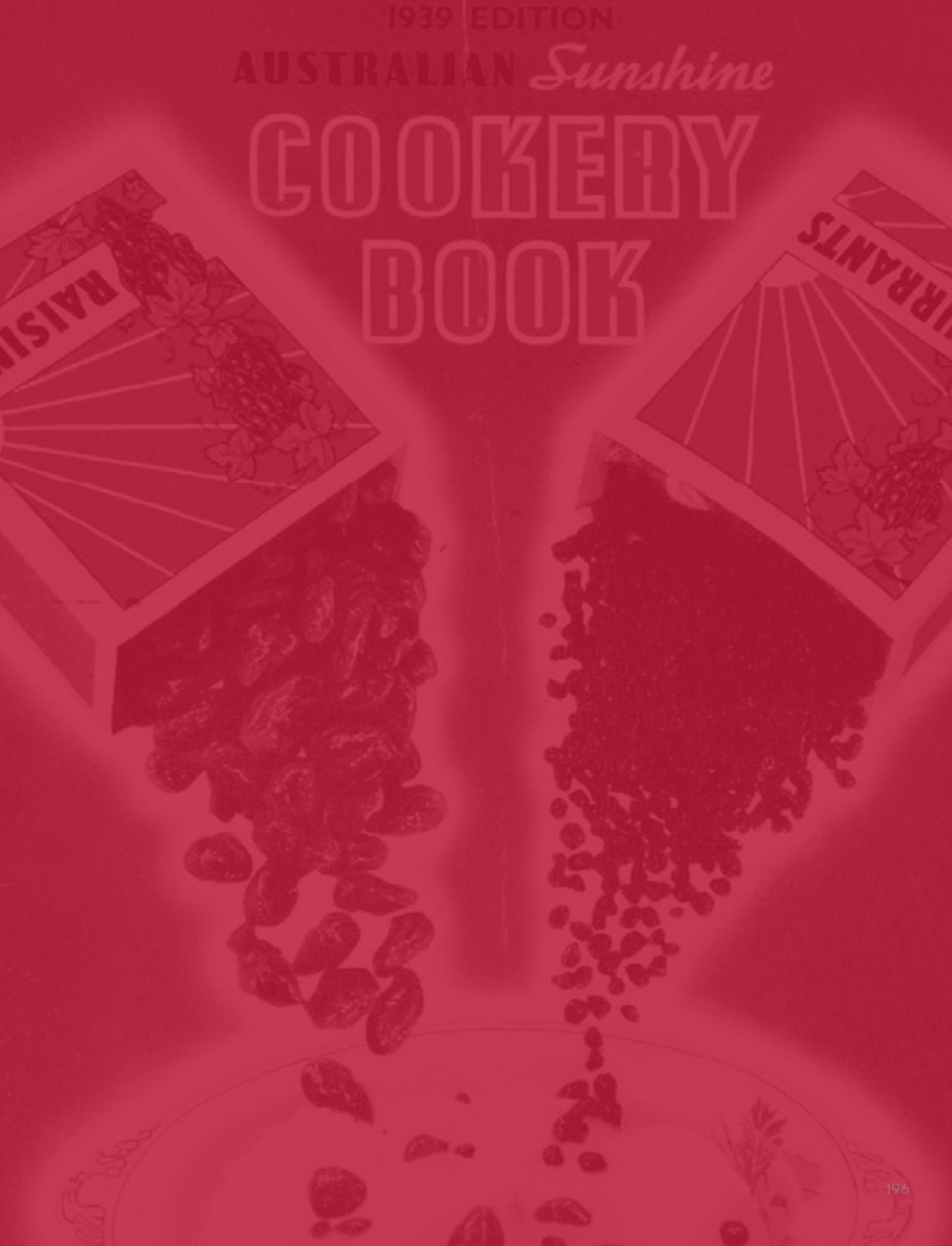
- 220g Plain flour, sifted
- 165g salted butter (softened)
- 85g caster sugar
- 80g Sunbeam Sultanas
- 200g white choc chips

METHOD

1. Beat the butter and sugar until creamy, approximately 2-3 minutes, add the sifted flour, when almost combined add the sultanas, choc chips & continue to beat with the flat beaters until a firm dough is obtained, be aware that it does take time to bring it together. If you knead by hand it will take approximately 4 minutes of kneading.
2. Wrap the dough in plastic and refrigerate for 30-60 minutes or even overnight.
3. Remove the dough from the fridge, and if very firm, gently knead, place the dough between 2 sheets of parchment paper and roll to ¼ inch thickness, cut out with your festive cookie cutters, place on the prepared cookie sheets. Refrigerate the cookies while the oven is pre-heating, for about 15 minutes.
4. Pre-heat the oven to 160ºC. Line 1 or 2 cookie sheets with parchment paper.
5. Bake the cookies for approximately 10 minutes. Remove from the oven, let sit 2-3 minutes on the cookie sheet then move to a wire rack to cool completely.

From Sunbeam's 2022 Easter campaign, this recipe was created by our in-house team and quickly became a modern favourite.




1939 EDITION
AUSTRALIAN Sunshine
COOKERY
BOOK

SNACKING





CARAMEL FRUIT CHEW

PREP TIME
25 MINS + CHILLING

COOK TIME
5 MINS

SERVINGS
12

INGREDIENTS

- 2 oz. butter (or substitute)
- ¼ cup brown sugar
- 1 cup wholemeal self raising flour (or white flour if preferred)
- pinch salt

TOPPING

- ½ cup Sunbeam Raisins, chopped
- ¼ cup Sunbeam Glacé Cherries, chopped
- ½ cup Sunbeam Walnuts, chopped
- ½ cup fresh white fine breadcrumbs
- 2 eggs
- 1 ¼ cups brown sugar
- 4 tbsp flour
- 1 tsp baking powder
- few drops almond essence

METHOD

1. Cream butter and brown sugar. Work in wholemeal flour and salt.
2. Press into greased slab-tin 7 inches by 10 inches. Bake in moderate oven 8 to 10 minutes.
3. Prepare topping. Beat eggs with brown sugar.
4. Mix other ingredients together and add to egg mixture.
5. Return to moderate oven for further 35 to 40 minutes. Cool on cake cooler.
6. Cut into fingers.





Here's the £100 Second Prize recipe submitted by Mrs, Mary Davis of Ashfield, NSW

Submitted by:
Mrs, Mary Davis , *NSW*





GRANOLA BARS

PREP TIME	COOK TIME	SERVINGS
10 MINS	**25 MINS**	**8-10**

INGREDIENTS

- ½ cup Sunbeam Sultanas
- ½ cup Angas Park Cranberries
- ½ cup Sunbeam Seed Mix
- 1 cup rolled oats
- 1 cup rice babbles
- 1 cup plain flour
- ½ cup desiccated coconut
- ½ cup firmly packed brown sugar
- 125g melted butter
- ¼ cup honey

METHOD

1. Preheat oven 160ºC fan forced. Grease an 18cm x 28cm slice tin and line with baking paper. Combine all the dry ingredients in a bowl.
2. Place melted butter and honey in microwave for 20 sec. Stir into dry ingredients.
3. Press mixture into slice tin using back of a spoon. Bake for 25 minutes or until golden. Allow to cool in tin before slicing into bars.

In celebration of the 2017 Blinky Bill movie release, Sunbeam partnered with this beloved Australian character to share a collection of fun, family-friendly snacking recipes.







SULTANA SLICE

PREP TIME	COOK TIME	SERVINGS
15 MINS	35 MINS	12-15

INGREDIENTS

- 2 cups Sunbeam Sultanas
- ½ cup apple juice
- 1 ½ tsp cornflour
- 250g butter
- 1 cup brown suagr
- 1 egg
- 1 tsp vanilla extract
- 2 ½ cups plain flour
- 2 cups rolled oats

METHOD

1. Preheat oven to 160ºC fan forced.
2. Grease an 18cm x 28cm base slice pan and line with baking paper. Pulse sultanas in a food processor until almost pureed. Transfer to a saucepan.
3. Whisk cornflour into 1 cup cold water, whisk in sultana mixture. Stir in apple juice. Simmer over medium-low heat, stirring occasionally, until mixture thickens for about 5 minutes. Cool completely.
4. Cream butter and brown sugar with electric mixer. Add in vanilla and the egg. Stir in flour and rolled oats until combined. Place half the dough mixture into the tin and press down firmly.
5. Top with the cooled sultana mixture and crumble the remaining dough mixture over the top, pressing down gently.
6. Bake for 35 minutes.





SULTANA & CORNFLAKE COOKIES

PREP TIME	COOK TIME	SERVINGS
10 MINS	20 MINS	24

INGREDIENTS

- 125g butter
- ⅓ cup caster sugar
- 1 egg, lightly beaten
- ⅔ cup Sunbeam Sultanas
- 1 cup self-raising flour
- 1 ½ cup cornflakes

METHOD

1. Preheat oven to 180°C.
2. Beat butter and sugar in small bowl with electric mixer until smooth, add egg, beat until combined.
3. Stir in sultanas and sifted flour. Fold flour, 1 cup cornflakes, sultanas through mixture.
4. Roll rounded teaspoons of mixture in lightly crushed cornflakes, place about 3cm apart on greased oven trays; flatten slightly.
5. Bake in oven about 20 minutes or until browned. Cool on trays.

SNACKING





CAPE COD OATMEAL COOKIES

PREP TIME	COOK TIME	SERVINGS
15 MINS	**15 MINS**	**75**

INGREDIENTS

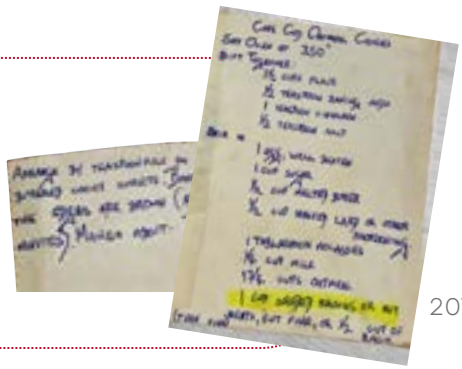
- 1 ½ cups flour
- ½ tsp baking soda
- 1 tsp cinnamon
- ½ tsp salt
- 1 egg, well beaten
- 1 cup sugar
- ½ cup melted butter
- ½ cup melted lard or other shortening
- 1 tbsp molasses
- ¼ cup milk
- 1 ¾ cups oatmeal
- 1 cup Sunbeam Raisins

METHOD

1. Set oven at 350ºF, sift together flour, baking soda, cinnamon and salt. Stir in well beaten egg, sugar, melted butter, lard or shortening, molasses, milk oatmeal and raisins.
2. Arrange by teaspoonfuls on buttered cooky sheets. Bake until the edges are brown. About 12 minutes. Makes about 75.

This Cape Cod Oatmeal Cookie recipe lovingly sourced by Sunbeam's Director of Marketing, Vic, from her Mum's handwritten family recipe collection.

Submitted by:
Sue Baker, *QLD*







FRUIT & NUT BISCOTTI

PREP TIME	COOK TIME	SERVINGS
30 MINS + cooling	65 MINS	35

INGREDIENTS

- 1 cup all-purpose flour
- ½ cup Sunbeam Hazelnuts
- ½ cup Sunbeam Cashews
- ¾ cup Sunbeam Sultanas
- ¼ cup whole flax seeds
- ¼ cup packed brown sugar
- ½ tsp coarse sea salt
- ¼ tsp baking soda
- 1 cup milk

METHOD

1. Heat oven to 180°C. Generously butter or spray bottom and sides of loaf pan with cooking spray.
2. In large bowl, stir flour, nuts, sultanas, flax seeds, brown sugar, salt and baking soda. Stir in milk. Pour batter evenly into prepared pan.
3. Bake 50 minutes until golden brown. Cool completely in pan on cooling rack. Transfer to freezer and freeze at least 1 hour, but no more than 3 hours.
4. Heat oven to 200°C. Remove loaf from pan. Use sharp serrated knife to cut loaf into 1/8-inch thick slices. Arrange slices in single layer on rimmed baking sheets. Bake 15 minutes until golden brown, flipping halfway through baking. Transfer to cooling rack to cool completely.
5. Store at room temperature in airtight container up to 1 week.





SUNBEAMS

PREP TIME	COOK TIME	SERVINGS
15 MINS	**15 MINS**	**8-10**

INGREDIENTS

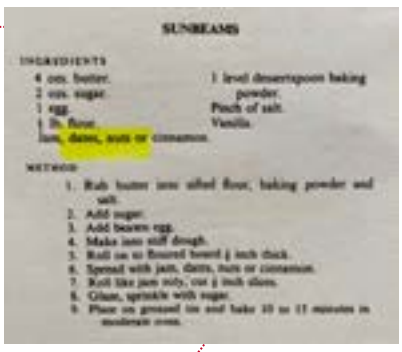
- 4 ozs. butter
- 2 ozs. sugar
- 1 egg
- ½ lb. flour
- Angas Park Dates, diced
- Sunbeam Pistachios
- 1 level tbsp baking powder
- pinch of salt
- vanilla

METHOD

1. Rub butter into sifted flour, baking powder and salt. Add sugar. Add beaten egg. Make into stiff dough.
2. Roll on to floured board ¼ inch thick.
3. Spread with diced dates & pistachios.
4. Roll like jam roly, cut ¼ inch slices.
5. Glaze, sprinkle with sugar.
6. Place on greased tin and bake 10 to 15 minutes in moderate oven.

Submitted by our Director of Marketing's mum and adapted from the beloved Commonsense Cookery Book. With heartfelt thanks for sharing this family favourite.

Submitted by:
Sue Baker, *QLD*


SUNBEAMS

INGREDIENTS

4 ozs. butter.
2 ozs. sugar.
1 egg.
½ lb. flour.
Jam, dates, nuts or cinnamon.
1 level dessertspoon baking powder.
Pinch of salt.
Vanilla.

METHOD

1. Rub butter into sifted flour, baking powder and salt.
2. Add sugar.
3. Add beaten egg.
4. Make into stiff dough.
5. Roll on to floured board ¼ inch thick.
6. Spread with jam, dates, nuts or cinnamon.
7. Roll like jam roly, cut ¼ inch slices.
8. Glaze, sprinkle with sugar.
9. Place on greased tin and bake 10 to 15 minutes in moderate oven.





ALMOND & SULTANA SNOWBALLS

PREP TIME	COOK TIME	SERVINGS
20 MINS	**30 MINS**	**12 BALLS**

INGREDIENTS

- 4 ozs. butter
- 2 ozs. sugar
- 1 egg
- ½ lb. flour
- jam, dates, nuts or cinnamon
- 1 level tbsp baking powder
- pinch of salt
- vanilla

METHOD

1. Rub butter into sifted flour, baking powder and salt. Add sugar. Add beaten egg. Make into stiff dough.
2. Roll on to floured board ¼ inch thick.
3. Spread with jam, dates, nuts or cinnamon.
4. Roll like jam roly, cut ¼ inch slices.
5. Glaze, sprinkle with sugar.
6. Place on greased tin and bake 10 to 15 minutes in moderate oven.





PORRIDGE WITH RAISINS

PREP TIME
10 MINS

COOK TIME
20 MINS

SERVINGS
24

INGREDIENTS

- 4 oz. oatmeal
- 3 pints water
- 2 tsp salt
- ½ cup Sunbeam Raisins

METHOD

1. Blend oatmeal and salt and soak in water overnight.
2. Bring slowly to the boil, cook gently for 30 minutes, stirring occasionally; or use only 2 pints water and pressure cook for 10 minutes, having the minimum sound of steam as cereals froth if cooked at too high pressure.
3. Add raisins and cook gently for 5 minutes without pressure.

The objective of this book was to place at the housewives disposal a number of tested, well balanced and economical recipes that will point the way to a host of delectable dishes which will make cooking a pleasure and eating a joy.

'We want the housewife to realise that when she buys one pound of these dried fruits she receives actually about four pounds of choice, sun-riped fruit, with only the moisture removed by the process of evaporation in the warm rays of the sun'.







GINGERBREAD GRANOLA

PREP TIME
10 MINS

COOK TIME
20 MINS

SERVINGS
MAKES 3 CUPS

INGREDIENTS

- 2 cups rolled oats
- 1 cup (110g) Sunbeam Macadamia Halves
- 1 cup (150g) Sunbeam Natural Cashews
- ½ cup (75g) Sunbeam Blanched Almonds
- ¾ cup (140g) Sunbeam Sultanas
- 1 tsp cinnamon
- 1 ½ tsp ground ginger
- ½ tsp sea salt
- ⅓ cup melted coconut oil
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- 1 cup (80g) coconut flakes

METHOD

1. Preheat the oven to 180°C.
2. In a large bowl, add all of the ingredients and mix well with a wooden spoon until all well combined.
3. Spread the mixture across 2 large baking trays lined with baking paper. Place into the oven and bake for 20-25 minutes, tossing the granola after 10 minutes.
4. Remove from the oven and allow granola to cool completely before storing in airtight containers or jars.

***Note**: Granola will store in an airtight container or jar for up to 2 weeks.*

A favorite punch

Xmas Pudding

½ lb raisins, sultana

Ingredients and directions ½ currants or 1½ lb

mixed fruit ½ lb marg, ½ lb

sugar grated rind of ½ lemon 5 eg

½ lb plain flour 1 level dsp spice

1 teasp each soda pinch salt

¼ lb soft breadcrumbs

2 tables brandy or sherry

Cream marg & sugar & lemon rind

Add eggs one at a time. Add fruit

mixed with half flour & spice & soda

then breadcrumbs & remainder of flour

& brandy Allow to stand ½ hour

Place pudding cloth dipped in hot wat

into colander & flour.

Put pudding mixture into cloth &

tie securely with string.

Put into large saucepan or boiler

of boiling water. Boil for

about 6 to 8 hours.

(¼ mixture)

Mrs Greenhams Plum Pud.

4oz flour

4oz breadcrumbs.

" sugar

" sultanas

" currants.

1 tablesp treacle

4oz butter

2-3 eggs.

¼ teasp. C of T.

¼ baking soda.

lemon & mixed peel. almonds.

nutmeg, mixed spice

brandy

Mix like a cake.

Boil 5 hrs then 1-2 hrs before serving

Overnight soak 1 pkt currants (375 gr)

in 1 cup cold tea + 1 cup (extra) sugar

Next day add 1 egg - stir

+ 2 cups S/R flour

(+ 4oz butter)

Put in orange loaf tin + cook in

moderate oven (165 - 175°) or 350°F

for 1 hr. or till done

Slice + spread with butter.

(Just when dinner

is on the)

Well, this is really a lovely

pudding - & ~~Sally~~ eaten

cold is very very nice.

Made some wks before use

Hang up & allow to dry

Keep in Coal place -

To get pudding out of cloth

cleanly - pour a cup

of cup cold water over

the rounded pudding

& cloth will come off

cleanly.

Plum Pudding

1 lb flour

1 lb breadcrumbs

1 lb sugar

1 lb sultanas

1 lb currants

3 tablespoons treacle

1 lb butter

10 eggs

1 teasp mixed spice

1½ " baking soda

½ " Some lemon or mixed peel

Some nutmeg, brandy to taste,

2 lbs mixed spice

Mix like a cake -

Boil 7 to 8 hours

This makes a huge pudding

½ the mixture makes

a large pudding.

Can be made some wks

before using - if being

used up day of using

steamed for 2 hours

½ lb
½ lb
1
"
"

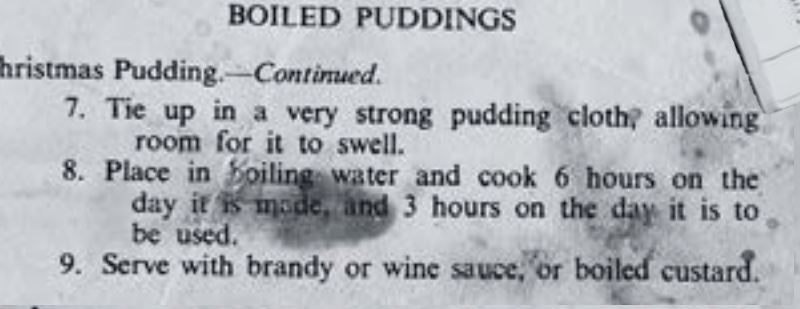
nch Apple Cake

ups chopped apples

inkle 2 cups sugar

r them. Stir often

they make plenty juice.



BOILED PUDDINGS

hristmas Pudding.—*Continued.*

7. Tie up in a very strong pudding cloth, allowing room for it to swell.
8. Place in boiling water and cook 6 hours on the day it is made, and 3 hours on the day it is to be used.
9. Serve with brandy or wine sauce, or boiled custard.

ARRANGE BY TEASPOONFULS ON BUTTERED COOKY SHEETS. BAKE UNTIL THE EDGES ARE BROWN (ABOUT 12 MINUTES). MAKES ABOUT 75.

CHRISTMAS PUDDING

INGREDIENTS

- ½ lb. flour.
- ½ lb. breadcrumbs.
- Pinch of salt.
- 1 lb. butter.
- 1 lb. brown sugar.
- 1 lb. currants.
- 1 lb. sultanas.
- ½ lb. citron peel.
- ½ lb. raisins.
- 9 eggs.
- 1 gill brandy.
- ½ nutmeg.
- ½ lb. almonds.
- 1 level dessertspoon mixed spice.
- 1 level teaspoon carbonate of soda.

6 Tablespoons = 1 gill = ¼ pint

METHOD

1. Clean and prepare all the fruit, cut the citron peel finely, blanch and chop the almonds.
2. Have a large boiler of water in readiness.
3. Cream the butter and sugar, add well-beaten eggs and brandy.
4. Stir all the fruit in well.
5. Add breadcrumbs, sifted flour, soda, grated nutmeg and spice.
6. Mix all well together.

16 ounces = 1 pound
16 ounces = 1 pint.

WHITE CHRISTMAS

250g (8oz) solid white vegetable shortening
3 cups rice bubbles
1 cup coconut
¾ cup icing sugar
1 " powdered milk
30g (1oz) mixed peel

prepare
30g (1oz) ginger
30g (1oz) glace
apricots
30g (1oz) glace
pineapple
¼ cup sultanas
30g (1oz) glace
cherries

Melt chopped white vegetable shortening. Combine rice bubbles, coconut, sifted icing sugar, powdered milk + chopped fruit mix well. Add melted shortening + mix thoroughly. Press mixture into lightly greased + paper-lined (28cm x 18cm/11ins x 7cm) lamington tin. Refrigerate until firm. Cut into bars.

NOTE: Any confectionary can be used instead of sultanas.

CAPE COD OATMEAL COOKIES

SET OVEN AT 350°

SIFT TOGETHER:
- 1½ CUPS FLOUR
- ½ TEASPOON BAKING SODA
- 1 TEASPOON CINNAMON
- ½ TEASPOON SALT

STIR IN
- 1 EGG, WELL BEATEN
- 1 CUP SUGAR
- ½ CUP MELTED BUTTER
- ½ CUP MELTED

Xmas Mince.
½ brown sugar
½ lb raisins
1 sultanas.
" currants.
" mixed peel.
½ bees
stewed low
+ 1 lemon
ed spice

RECIPES







CELEBRATING 100 YEARS

SINCE 1926