

# The Recipes

- *Sumptuous Soups* ..... 1  
A Kerisdale specialty!
- *Sustenance* ..... 9  
Food to keep you 'kicking' from day to day
- *Super Salads* ..... 33  
Branching out from meat and potatoes for the everyday Aussie
- *Desserts to Die For* ..... 41  
People have died for less
- *'Smokos', Snacks 'n' Drinks* ..... 53  
From shearing sheds to footy games, and everything in between
- *Tea Parties 'n' Sweet Treats* .... 65  
Cakes, bickies and slices, perfect for all Aussie occasions
- *Recipes to Impress* ..... 79  
'Starters' and 'finishers' for any special occasion
- *Dumb A\*se Baby Sitting Ideas* .. 89  
For those unexpected or uninvited little guests

Wind in your hair  
and stuffing in your  
fingers... the beach  
brings out the 'hunter  
and gatherer' in  
everyone!

