

# EGG REPLACER

## *Recipes*

### ORGRAN EGG REPLACER

- ★ For each egg in your favourite recipe substitute 1 teaspoon Orgran Egg Replacer as follows:

1 - 1½ teaspoons Orgran Egg Replacer ( well packed)  
2 tablespoons water

Mix thoroughly

- ★ *Unbeaten Eggs:* If recipe calls for unbeaten eggs stir Orgran Egg Replacer into water without beating.
- ★ *Egg Whites:* If recipe calls for beaten egg whites beat Orgran Egg Replacer with water until stiff.
- ★ *Egg Yolks:* If recipe calls for egg yolks only use half the amount of water for each egg.
- ★ Other liquids may be substituted for water if preferred.

**No. 1**      **Apple and Cinnamon Pudding Cake**

75 gram Margarine ( soft )	1/2 cup Brown sugar (loosely packed)
1 tsp. Orgran Egg Replacer mixed with	2 tbl. Water
1/3 cup plain flour	1 tbl. Baking powder
1 1/2 tsp. Cinnamon	5 tbl. Water
1 large Cooking apple (peeled and chopped)	

Preheat oven to 180 degrees Celsius. Cream together the margarine and sugar. Add Orgran Replacer mixed with water. Work in the flour, baking powder and cinnamon. Mix in water to form a soft dough. Add chopped apple and pour into a greased 20 cm round ovenproof bowl. Bake for 40 minutes or until done.

**No. 2**      **Apple Meringue Pie**

100 g Shortcrust pastry	450 g Sliced cooking apples
2/3 cup Brown sugar (loosely packed)	1/4 cup Butter or margarine
1 tsp. Orgran Egg Replacer	1 tbs. Water
2 tbs. Orgran Egg Replacer (extra)	4 tbs. Water (extra)
1/4 cup Brown sugar (well packed)	

Preheat oven to 200 degrees Celsius. Roll out pastry. Line an 18 cm pie dish. Blind bake for 15 - 20 minutes. Stew apples to pulp and remove from heat. Add sugar, butter and 1 tsp Orgran Egg Replacer mixed with 1 tbs water. Beat the 2 tbs Orgran Egg Replacer mixed with 1 tbs water. Beat the 2 tbs Orgran Egg Replacer and 4 tbs water until stiff. Beat in sugar. Pile on top of apple. Sprinkle with extra sugar and brown in oven. Serve hot or cold.

**No. 3**      **Banana Teabread**

1 1/2 cups Plain flour	2 tsp. Orgran Egg Replacer
2 tsp. Baking powder	1 tsp. Bi - carb soda
1/2 tsp. Salt	1/2 tsp. Sugar
3 tbs. Oil	4 tbs. Water
1 tbs. Orange juice concentrate	1 tsp. Vanilla essence
1 cup Mashed banana	1 tsp. Banana essence

Preheat oven to 180 degrees Celsius. Mix all dry ingredients together. Add remaining ingredients and mix 1 1/2 minutes. Pour into greased 20 cm x 10 cm baking dish. Dip plastic spatula into oil and then dip into top of batter and remove quickly. (This eliminates cracking on sides during baking). Bake approximately 60 minutes. Do not let batter sit before using. It is important to get this batter into the oven quickly or this cake will lack volume.

## **No. 4**      **Batter Dip**

Either of the below versions make delicious batters for fried chicken, veal cutlets, chicken fried steak, fish, oysters, shrimp, prawns or other seafoods.

Version 1:

6 tsp. Orgran Egg Replacer                      6 tsp. Water

Add Orgran Egg Replacer slowly to warm water, mix thoroughly and whip with mixer until fluffy. Dip pieces of chicken etc., into this mixture until thoroughly coated. Batter may be brushed on with a pastry brush if you prefer. Pan or deep fry in your favourite manner.

Version 2:

6 tsp. Orgran Egg Replacer                      6 tsp. Warm water

1 tbs. Cornflour                                      4 tbs Plain flour

Mix all ingredients together until smooth. Dip pieces of chicken etc., into this batter until thoroughly coated. Pan or deep fry in your favourite manner.

· If you must avoid wheat and / or gluten use version 1.

## **No. 5**      **Boiled Almond Frosting**

3 tsp. Orgran Egg Replacer                      3 tbs. Cold water  
1 1/2 cups Sugar                                      1 tsp. Vinegar  
1/2 cup Hot water                                      2 tbs. Butter or margarine  
1 tsp. Baking powder                                1 tsp. Vanilla essence  
1/2 tsp. Almond extract

In bowl beat Orgran Egg Replacer and cold water until foamy. Set aside. Combine sugar, vinegar and hot water. Bring to the boil stirring constantly. Cover and cook without stirring. After 3 minutes turn heat down to medium and cook another 4 minutes. Mix in butter. Pour the syrup over Orgran Egg Replacer mixture in a fine stream. Beat vigorously. Add baking powder, vanilla and almond extract. Beat until mixture is creamy. Cool until hard enough to spread on cake.

## **No. 6**      **Bran Muffin**

3 cups Plain flour                                      1 tsp. Salt ( optional )  
6 tsp. Baking powder                                1/2 cup Rice Bran  
2 cups Milk    1/2 cup Butter or margarine  
1/2 cup Brown sugar (well packed)              2 tsp. Orgran Egg Replacer  
4 tbs. Water

Preheat oven to 200 degrees Celsius. Sift flour, salt and baking powder together. Soak bran in milk for 5 minutes. Cream butter and sugar together. Beat in Orgran Egg Replacer and water. Add bran mixture and stir. Fold in flour. Fill greased muffin tins to 2/3 full. Bake for 25 minutes. - Serve with butter or margarine.

## **No. 7**      **Chicken and Almonds**

1 small Chopped onion	50 gram Sliced mushrooms
30 gram Butter or margarine	2 tbs. Corn flour
1/2 cup Milk	350 gram Cooked chopped chicken
1/4 tsp. Ground ginger	1/4 tsp. Ground nutmeg
2 tsp. Orgran Egg Replacer	2 tbs. Water
2/3 cup Plain yoghurt	1/4 tsp. Salt (optional)
1/4 tsp. Black pepper	30 gram Flaked toasted almonds

Fry onions and mushrooms in butter until golden brown. Add corn flour and cook for 1 minute. Remove from heat. Gradually stir in milk. Return to heat and stir until boiling. Add chicken and spices. Simmer gently for 5 - 7 minutes. Beat Orgran Egg Replacer, 2 tablespoons water and yoghurt together. Add to chicken mixture and cook over low heat until thickened. Season to taste and add almonds. Serve hot with boiled rice and vegetables.

## **No.8**      **Chicken Spread**

2 cups Cooked diced chicken	1/2 tsp. Chopped orange peel
1/3 cup Chopped celery	2 tbs. Chopped onion
1 tbs. Chopped green pepper	1 large Peeled orange
1/4 cup Plain yoghurt	1/4 cup Mayonnaise
1 1/2 tsp. Granulated sugar	1 1/2 tsp. Lemon juice

Combine chicken, celery, onion and green pepper. Grate 1/2 tsp orange peel. Set aside. Remove remaining peel and white membrane. Thinly slice orange. Cover and refrigerate orange. Blend together remaining ingredients and stir into chicken mixture. Cover and chill for 2 to 3 hours. Serve as a filling for sandwiches.

## **No. 9**      **Chocolate Cake**

220 gram Plain flour	1 tbs. Baking powder
2 tbl. + 2 tsp. Dutch cocoa	1/2 tsp. Salt
1/2 cup Sugar	1 tsp. Orgran Egg Replacer
2 tbs. Orange juice concentrate	1 1/2 cups Water

Preheat oven to 180 degrees Celsius. Mix all dry ingredients together. Add juice and water. Blend 1-1/2 minutes. Pour into greased 20 cm round cake pan for 30 - 35 minutes.

Do not let batter sit before using. This cake needs to be baked immediately or it will lack volume.

## **No. 10**      **Chocolate Mousse**

4 tsp. Orgran Egg Replacer	6 tbs. Water
1 1/4 cups Granulated sugar	1/4 cup Melted margarine
10 tbs. Dutch cocoa	5 tbs. Soy milk
1 tbs. Xanthan gum.	1 tsp. Gelatin

Whip Orgran Egg Replacer and water together until frothy. Slowly add sugar and mix until stiff. Melt margarine and stir in cocoa. Add cocoa mixture to whipped Orgran Egg Replacer. Mix in soy milk at high speed and slowly add xanthan gum and gelatin. Whip until thick. Refrigerate until firm.

## **No. 11**      **Chocolate Pie**

100 gram Cooking chocolate	60 gram Margarine
100 gram Brown sugar	1 tsp. Orgran Egg Replacer
2 tbs. Water	1/4 cup Sultanas
90 gram Coconut	40 gram Glace cherries

Preheat oven to 180 degrees Celsius. Melt chocolate and cover base of 20 cm round pie dish and allow to set. Cream margarine and sugar together. Beat in Orgran Egg Replacer and water. Add sultanas and coconut. Fold in cherries and spread over chocolate. Bake for 30 to 40 minutes. Cool before serving.

Do not let pie sit before baking. Pie must be baked immediately or it will lack volume.

## **No. 12**      **Chocolate Pudding or Chocolate Sauce**

3 tbs. Orgran Egg Replacer	6 tbs. Granulated sugar
2 1/2 tbs. Dutch Cocoa	1 1/4 cups Milk or water

In a saucepan mix together the Orgran Egg Replacer, sugar and cocoa. Gradually stir in the liquid until smooth. Heat this over a medium heat, stirring constantly until boiling and the sauce is smooth and thick.

For chocolate pudding gradually pour mixture into individual glass dishes and allow to cool and set.

For chocolate sauce gradually add another 1/2 cup liquid and pour into a jug to serve with desserts.

### **No. 13**      **Chocolate Walnut Pie**

4 tsp. Orgran Egg Replacer	2 tbs. Cold water
2 tsp. Vanilla essence	3 tsp. Chocolate topping
2 drops Rum or brandy essence	3/4 cup Corn syrup
1 tsp. Bi - carb soda	1 tsp. Baking powder
1 1/4 cups Rice bread crumbs	1 cup Walnuts
1/2 cup Coconut	

Whip first two ingredients until peaks form. Add flavours and corn syrup and mix in. Mix in remaining ingredients and mix well. Bake at 180 degrees Celsius for approximately 35 minutes until top is firm to touch.

### **No. 14**      **Custard Pie Filling**

1/3 cup Orgran Egg Replacer (well packed)	1/2 cup sugar
1/4 tsp. Salt (optional)	1 tsp. Vanilla essence
2 tsp. Fruit pectin	2 cups Milk

Stir all dry ingredients together. Simmer the milk and slowly stir in dry ingredients. Stir until smooth and thick. The filling will mound when done. Refrigerate until firm.

### **No. 15**      **Devil's Food Cake**

3/4 cup Milk	3/4 cup Margarine
1 3/4 cups Granulated sugar	1 tsp. Salt
1 tsp. Vanilla essence	90 gram Cooking chocolate
1 1/4 tsp. Bi - carb soda	1 tbs. Baking powder
2 cups + 2 tbs. Plain flour	3 tbs. Orgran Egg Replacer
6 tbs. Water	

Preheat oven to 180 degrees Celsius. Grease and line the bottom of two 20 cm sandwich tins. Mix the milk, margarine, sugar, salt and vanilla together. Pour the melted chocolate in and mix until creamy. Sift bi - carb soda, baking powder and flour together. Mix in chocolate mixture. In separate bowl beat Orgran Egg Replacer and wait until foamy and then beat into flour mixture for two minutes ( do not overbeat). Immediately put into oven. Bake for 35 minutes or until cake tester inserted into centre comes out clean. Let cool for 15 minutes before turning out of pan. Let cool.

**No. 16**      **Chocolate Custard Filling**

1 tbs. Dutch cocoa	5 tbs. Orgran Egg Replacer
1/2 cup Sugar	1/4 tsp. Salt
2 cups Milk	Optional Vanilla essence

Stir all dry ingredients together. Simmer the milk. Add vanilla to milk. While simmering slowly stir in dry ingredients. Stir until smooth and thick. The filling will mound when done. Refrigerate until firm.

**No. 17**      **Layer Cake**

2 1/2 cups Plain flour	1 1/2 cups Granulated sugar
1 tbs. Baking powder	1 tsp. Salt
1/2 cup Butter (not margarine)	190 ml. Water
1 tsp. Vanilla essence	2 tsp. Egg Replacer
4 tbs. Water (extra)	1/2 cup Water (extra)

Preheat oven to 180 degrees Celsius. Sift first four ingredients together. Drop shortening into flour mixture. Add 3/4 cup water and vanilla. In a separate small bowl combine Orgran Egg Replacer with the four tablespoons water and stir until smooth. Add to other ingredients. Beat 3 to 4 minutes at high speed. Add 1/2 cup water and beat 3 minutes. Pour into greased two 20 cm sandwich pans. Bake for 30 / 35 minutes.

Do not let this cake batter sit. This cake must be baked immediately or it will lack volume.

**No. 18**      **Lemon Pie Filling**

1/4 cup Orgran Egg Replacer	1 cup Sugar
1/4 tsp. Salt	1 1/2 cups Hot water
1/3 cup Lemon juice	2 tbs. Lemon rind
1 Baked 20 cm pie shell	

In double boiler combine Orgran Egg Replacer with sugar and salt. Stir with plastic spatula until thoroughly blended. Add water, lemon juice and lemon rind. Continue stirring until smooth and thick. Remove from heat. Stir for 5 minutes to cool. Pour into pie shell. Let cool thoroughly. Refrigerate at least 2 hours before serving.

**No. 19**      **Egg Free Mayonnaise**

2 tbl. Orgran Egg Replacer	4 tbl. Water
1 cup Oil	1 tsp. Sugar or honey
1 1/2 tsp. Vinegar or lemon juice	2 tsp. Dry mustard

Combine Orgran Egg Replacer and water. Beat until peaks are formed. Add other ingredients very slowly while beating continuously. Add oil 1 teaspoon at a time. Makes about 1 1/2 cups.

**No. 20**      **Egg Free Mayonnaise No. 2**

5 tsp. Orgran Egg Replacer	3 tbl. Cold water
1 gram Xanthan gum	1/2 tsp. Dry Mustard
1/4 tsp. Onion powder	1/2 tsp. Calcium chloride
2/3 cup Oil	4 tsp. Lemon juice
2 1/2 tsp. Sugar	

Beat Orgran Egg Replacer and water until peaks form. Add lemon juice and beat briefly. Slowly add remaining ingredients, beating constantly. Add one teaspoon at a time.

**No. 21**      **Muffins**

2 cups Plain flour	3 tsp. Baking powder
15 gram Sugar	1/2 tsp. Salt
1 tsp. Orgran Egg Replacer	2 tbl. Water
440 ml. Milk	1/4 cup Oil

Preheat oven to 200 degrees Celsius. Sift flour, baking powder, sugar and salt together. Combine Egg Replacer (beaten in 2 tbl water) with milk and oil. Add all at once to flour mixture. Stir until dry ingredients are thoroughly dampened. Turn into greased muffin pans or patty tin about 2/3 full. Bake for 25 minutes or until done.

Do not let batter sit before baking. Muffins must be immediately baked or they will lack volume.



## **No. 22**      **Rolls**

1/2 cup Sugar	1 1/2 tsp. Salt
2 cups Hot water (given good flavour if drained from potatoes)	
34 gram Yeast	1 tsp. Orgran Egg Replacer
2 tbl. Warm water	7 cups Plain flour
1/2 cup Oil	

In a large mixing bowl, stir together sugar, salt and 2 cups hot water. Let cool until warm. Add yeast and egg replacer. Add 3 1/2 cups sifted flour. Beat with spoon until batter is elastic. Stir until dough is no longer sticky. Turn out onto lightly floured surface. Cover and let rest for 10 minutes. Knead with floured hands about ten minutes. Let rise in greased bowl until double in bulk (2 to 4 hours). Punch down dough, roll into little balls. Proof for 35 minutes. Place ball in each muffin pan cup. Brush with oil and let rise in warm place until doubled in bulk. Place in preheated (210 degrees Celsius) oven. Bake for 10 to 12 minutes until brown. Makes 24.

## **No. 23**      **Fritter Batter**

1 tsp. Baking powder	1 tsp. Egg Replacer
1/2 cup Plain flour	2 tsp. Oil
1/3 cup Milk or water	

Mix first three ingredients together. Make a well in centre and gradually add oil and water. Beat well to form a thick batter that will coat the back of the spoon.

Suggestions:

Sweet fritters are made by dipping pieces of fruit such as apple, pineapple or banana into the batter and then deep frying them until golden brown. Serve hot.

Savoury fritters are made in the same way with vegetables such as onion rings, whole mushrooms or fillets of fish or chicken pieces.

## **No. 24**      **Fruit Biscuits**

75 gram Margarine	100 gram Brown sugar
1 tsp. Orgran Egg Replacer mixed with	1 tbl. Water
175 gram Plain flour	1 tsp. Baking powder
1 tsp. Mixed spice	2 tbl. Mixed peel
1/3 cup Raisins and currants	1 tbl. Milk

Preheat oven to 180 degrees Celsius. Cream margarine and sugar together. Beat in Egg Replacer and work in flour and spice. Add fruit and milk. Work to stiff dough. Roll out to 1/2 inch and cut into 2 inch rounds with cutter, Place on greased trays and prick with fork. Bake for 30 minutes. Cool and remove from trays.

## **No. 25**      **Fruit Cake**

2 tsp. Orgran Egg Replacer	4 tbl. Water
60 gram Butter or margarine	100 gram Sugar
170 gram Candied, mixed fruit	300 ml. Water or fresh orange juice
220 gram Plain flour	1 tsp. Baking powder
1/2 tsp. Bi carb soda	1 tsp. Allspice

Preheat oven to 180 degrees Celsius. Briefly whip the Egg Replacer in 4 tablespoons water until fluffy. Place the margarine, sugar, dried fruit, whipped egg replacer and water ( or orange juice) into saucepan. Bring to boil and allow to cool for 10 minutes, stirring occasionally. Sift the flour, baking powder, bi-carb. soda and allspice together. Mix in boiled mixture and transfer to a greased loaf tin. Bake for 35 - 40 minutes. Let cool in tin.

## **No. 26**      **Plain Muffins**

250 gram Plain flour	15 gram Baking powder
30 gram Sugar	2 tbl. Honey
1/2 tsp. Salt (optional)	1 tsp. Orgran Egg Replacer
2 tbl. Water	5 tbl. Oil
180 ml. Milk	

Preheat oven to 200 degrees Celsius. Using plastic spatula thoroughly stir first 5 ingredients together. Mix in remaining ingredients. Pour into greased muffin pans until 2/3 full. Bake for 25-30 minutes. Serve with butter or margarine.

## **No. 27**      **Potato Carrot Kugel**

1 cup Grated carrot	2 tbl. Chopped onion
3/4 cup Vegetable stock	1/3 cup Margarine
3 cups Grated potatoes	2 tsp. Orgran Egg Replacer
3 tbl. Water	1/3 cup Wholemeal flour
1/4 cup Wheat germ	Pinch Pepper
Large dash Garlic powder	1 1/2 tsp. Vegetable seasoning
1 tsp. Baking powder	

Cook carrots and onion in stock and margarine for several minutes until tender. Grate potatoes and add immediately. Remove from heat. In small bowl combine 1 tsp egg replacer and 1 tbl water. Beat slightly with whisk. Mix together with the flour, wheat germ, baking powder and seasonings and add to vegetables. In the small bowl combine remaining 1 tsp egg replacer and 2 tbl water. Beat until fairly stiff. Fold into vegetable mixture. Pour into oiled loaf pan and make for 1 hour at 150 degrees Celsius.

**No. 28**      **Pumpkin Pie**

Pkt. Pie Crust mix

6 - 8 cups Pumpkin (cooked)

2 tbl. Orgran Egg Replacer

1/2 - 1 cup Apple juice

2 tsp. Cinnamon

125 gram Soft tofu

1/4 cup Arrowroot

1/3 cup Maple syrup

1/2 tsp. each nutmeg, cloves, ginger, salt (optional)

Prepare crust according to instructions. Do not cook before filling. Dissolve arrowroot in juice. Blend with tofu, maple syrup/ puree & spices. Fill shell. Bake at 180 degrees Celsius for 45 minutes. Garnish with walnuts. Cool and serve.

**No. 29**      **Quiche**

60 gram Grated cheddar cheese

50 gram Diced onion

50 gram Chopped tomato

120 ml. Milk

1 X 20 cm. Pie Crust

50 gram Diced pepper

4 tbl. Orgran Egg Replacer

Preheat oven to 190 degrees Celsius. Place cheese over entire bottom of pie crust. Place other fillings ( diced onion, pepper, tomato etc) over cheese. Thoroughly mix egg replacer and milk together until smooth ( 3-4 minutes). Pour over filling in pie shell. Bake for 60 minutes or until pie shell is golden brown.

Do not let pie sit before baking. Pie must be baked immediately or it will lack volume.

**No. 30**      **Quick Oat Bread**

4 tbl. Orgran Egg Replacer

1 cup Sugar

1/2 cup Water

1 1/4 cups Water

1/4 cup Oil

450 gram Oat mix

Preheat oven to 210 degrees Celsius. Whip the first two ingredients together until stiff. Mix in the remaining ingredients in the order listed. Put batter into greased 23 X 13 cm loaf pan. Bake for 40 - 45 minutes. Turn out onto wire rack to cool.

### **No. 31**      **Savoury Rissoles**

1 Onion chopped	30 grams Butter or Margarine
450 grams Mashed Potatoes	1 tsp. Parsley Chopped (optional)
140 grams Canned fish -drained, or 180 grams Mince	
2 tsp. Orgran Egg Replacer	2 tbl. Water
1/2 tsp. Salt	1/2 tsp. Pepper

#### **Coating Batter:**

2 tsp. Orgran Egg Replacer	4 tbl. Water
1/4 cup Breadcrumbs	

Gently fry the onions in the margarine until soft and transparent. Add the onion and the rest of the margarine to the mashed potato. Mix in the flaked fish or cooked meat, egg replacer and seasonings. Shape into rounds. Dip into the coating batter and then into the crumbs. Heat some oil in a shallow frying pan and fry the rissoles on both sides until golden brown. Drain on absorbent kitchen paper. Serve hot or cold.

### **No.32**      **Soft Molasses Cookies**

2 cups Plain flour plus 2 tbl. Plain flour	1 tsp. Ground ginger
1 tsp. Cinnamon	1/4 tsp. Salt (optional)
2 tbl. Baking soda	1 tsp. Orgran Egg Replacer
1/2 cup Soft butter	1/2 cup Sugar
1/2 cup Molasses	6 tbl. Water
100 grams Raisins	

Preheat oven to 160 degrees Celsius. Sift flour, spices salt and baking soda together. In another bowl cream together butter, sugar, molasses and egg replacer. Alternately stir in water and raisins. Drop the tablespoon 5 cm apart onto greased biscuit trays. Bake for 15 minutes. Makes 16 cookies.

### **No. 33**      **Swiss Roll**

9 tsp. Orgran Egg Replacer	4 tbl. Water
50 grams Brown sugar	90 grams Plain flour
1/2 tsp. Vanilla essence	

Preheat oven to 220 degrees Celsius. Beat Egg Replacer with water until stiff. Gradually beat in sugar. Fold in half the flour and then the remaining flour and vanilla. Pour into a 30 X 20 cm greased and lined swiss roll tin. Bake for 8 - 10 minutes. Remove from oven and turn into greaseproof paper that has been sprinkled with sugar. Remove lining paper and trim outer edges of swiss roll. Make a cut 1cm from top edge and cover with paper. Roll up tightly and cool. Unroll and remove paper. Fill and serve. Best made and eaten on the same day. Do not let this cake batter sit. This cake must be immediately baked or it will lack volume.

## **No. 34**      **Sweet and Sour Pork**

1 tsp. Orgran Egg Replacer	1 tbl. Cornflour
1 tbl. Water	1 tsp. Salt (optional)
225 grams Cubed pork	3 tbl. plain flour
120 grams Bamboo shoot	Oil

### **Sauce**

3 tbl. Vinegar	3 tbl. Sugar
1/2 tsp. Salt	1 tbl. Tomato puree
1 tbl. Soy sauce	1 tbl. Cornflour
1 Green or red pepper cubed	

Mix sauce ingredients together. Stir over heat until thickened. Add pork and bamboo shoot mixture and mix well. Serve hot with fried rice or boiled noodles.

## **No. 35**      **Stuffed Pancakes**

1 1/2 cups Plain flour	1/4 tsp. Salt
3 tsp. Orgran Egg Replacer	3 tsp. Baking powder
1 tbl. Oil	1 1/3 cups Milk

Sift flour and salt together. Beat in remaining ingredients until batter is smooth. Heat 1 tbl oil in a small frying pan over medium - low heat. Pour in batter, covering bottom of frying pan. Fry until golden brown. turn and cook other side. Make filling below.

### **Filling**

1 small Chopped onion	2 tbl. Oil
225 grams Minced beef	125 grams Sliced mushrooms
1 large Skinned and chopped tomato	2 tbl. Tomato puree
1/2 tsp. Dried Marjoram	1/2 tsp. Thyme
1/2 tsp. Salt ( optional )	1/2 tsp. Black pepper
1tbl. Cornflour	1tbl. Water

Saute onion in oil until golden brown. Add meat and brown. Add remaining ingredients. Cook slowly for 20 minutes. Divide filling equally between each pancake.

Place in centre of each pancake and roll up. Place in oven proof dish and keep warm.

### **Sauce**

30 grams Butter	30 grams Plain flour
1cup Milk	60 grams Cheddar cheese
Extra cheese to garnish	

Melt butter in pan. Stir in flour and cook for 1 - 2 minutes. Remove from heat and gradually stir in milk. Return to heat and stir until boiling. Remove from heat. Add cheese and season to taste. Coat pancakes with sauce. Sprinkle extra on top and brown. Serve hot.

**No. 36**      **Tuna Quiche**

100 grams Shortcrust pastry	160 grams Tuna (drained)
1 tbl. Lemon juice	1 tsp. Parsley chopped
1/8 tsp. Salt (optional)	1/8 tsp. Black pepper
2 tsp. Sugar	1 small Chopped onion
3 tsp. Orgran Egg Replacer	3/4 cup Water

Preheat oven to 200 degrees Celsius. Roll out pastry. Line a 20 cm pie pan with the shortcrust pastry. Mix together tuna, lemon juice, parsley, seasoning and sugar. Sprinkle onions onto pastry and cover with tuna mixture. Add egg replacer mixed in 3/4 cup water. Pour over tuna. Bake for 30-40 minutes. Serve hot or cold with salad.

**No. 37**      **Variety Treats**

75 grams Margarine	1 cup Brown sugar (lightly packed)
3 tsp. Baking powder	1 tsp. Orgran Egg Replacer
200 grams Plain flour	4 tsp. Mixed spice
1 tbl. Mixed citrus peel	1/3 cup Raisins or currants
4 tbl. Milk	

Preheat oven to 180 degrees Celsius. Cream margarine and sugar together. Mix in all dry ingredients. Mix in milk for 3 minutes at medium-high speed. Roll dough out to 1 cm rounds. Place on greased trays and prick with fork. Bake for 20 minutes. Let cool on trays before removing.

**No. 38**      **Victorian Sponge Cake**

2 cups Plain flour plus 2 tbl. Plain flour	1 cup Brown sugar
1 tbl. Baking powder	1 tsp. Orgran Egg Replacer
60 grams Butter	1 1/2 cups Water
Flavour of your choice	

Preheat oven to 190 degrees Celsius. Mix the first four ingredients together. Add the shortening and mix well. Add water and flavour and mix another two minutes. Pour into greased 20cm round cake pan. Bake for 30 minutes or until the middle is firm to touch. Do not let the batter sit before baking. This cake must be immediately baked or it will lack volume.

## **No. 39**      **Waffles**

2 1/2 cups Plain flour	1 tbl. Baking powder
1 tsp. Salt	2 cups Milk
1 cup Oil	4 tsp. Orgran Egg Replacer
8 tbl. Water	

Sift flour, baking powder and salt together. Stir milk and oil into flour mixture. In separate bowl beat egg replacer with water until foamy ( about 30 seconds). Fold the flour mixture into egg replacer. Bake in medium-hot waffle iron.

## **No.40**      **Walnut Layer Cake**

270 grams Plain flour	3 tsp. Baking powder
1/2 tsp. Salt	180 grams Margarine
360 grams Brown sugar	9 tsp Orgran Egg Replacer
6 tbl. Water	1 cup Milk
1/2 tsp. Vanilla	60 grams Walnuts chopped

Preheat oven to 180 degrees Celsius. Sift flour, baking powder and salt together. Beat margarine and sugar together. Beat egg replacer and water to form stiff peaks. Stir in milk and vanilla alternatively with flour. Fold in egg replacer. Fold in chopped nuts. Pour into two 20 cm greased round cake tins. Bake for 30 minutes. Cool.

### **Buttercream**

120 grams Butter	250 grams Icing sugar
1 tsp. Vanilla	

Beat butter and icing sugar until smooth. Beat in vanilla. Fill with butter cream and decorate with walnuts.

## **No. 41**      **Walnut Square Cookies**

1 cup Plain flour	1/2 tsp.Salt
1/2 tsp. Baking powder	1 tsp. Orgran Egg Replacer
2 tbl. Water	1/4 cup Butter or margarine
1/2 cup Brown sugar (well packed)	1 tsp. Vanilla essence
1 cup Chopped walnuts	

Preheat oven to 180 degrees Celsius. Sift flour, salt and baking powder together. In separate bowl beat egg replacer and water until foamy. Cream butter and brown sugar. Add vanilla and egg replacer. Beat well. Stir in flour mixture and walnuts. Spread mixture in well greased 20 X 10 cm tray. Bake for 25-30 minutes. Cool before cutting into squares.

## **No. 42**      **White Wheat Cake**

2 cups Plain flour	1 tbl. Baking powder
1 tsp. Salt	4 tsp. Orgran Egg Replacer
1 cups Sugar	100 grams Butter
1 1/2 cups Milk	1 tsp. Vanilla
1/4 tsp. Almond extract	

Preheat oven to 180 degrees Celsius. Mix first 5 ingredients together. Add remaining ingredients. Beat 3 - 4 minutes at medium speed. Pour into greased 20 cm round cake pans. Immediately place in oven. Do not let batter sit or volume will be lost. Bake for 25 minutes or until cake tester inserted in centre comes out clean. Cool for 10 - 15 minutes before turning out of pans.

## **No.43**      **Lemon Shortbread Cake**

285 grams Plain flour	3 tsp. Baking powder
1/2 tsp. Salt (optional)	120 grams Margarine
170 grams Brown sugar	2 tsp. Diced lemon peel
2 tsp. Orgran Egg Replacer	4 tbl. Lemon juice
1 cup Water	

Preheat oven to 190 degrees Celsius. Sift the flour, baking powder and salt together. Beat in margarine, sugar, lemon peel, egg replacer and lemon juice. Add the water and beat for three minutes. Pour into greased 20 cm round cake pans. bake 20-30 minutes. Let cool. if desired, top with strawberries, other fruit or brown sugar sprinkled with lemon juice.

## **No.44**      **Meatloaf**

2 tbl. Orgran Egg Replacer	10 tbl. Water
450 grams Lean mince meat	2/3 cup chopped onion
1/4 tsp. Garlic powder	1 tsp. Salt
1/2 tsp. Black pepper	1/2 tsp. Chopped parsley
2 tbl. Tomato sauce	

Preheat oven to 180 degrees Celsius. Whip Egg Replacer and water until frothy. While whipping, season ground beef with seasonings and parsley. By hand mix egg replacer mixture into seasoned beef until well blended. Place in 22 X 13 cm loaf into pan and bake for 30 minutes. Top with tomato sauce and bake another 15 minutes.



**No. 45**      **Nut Mushrooms**

3 tbl. Chopped walnuts	1 tsp. Baking powder
10 tbl. Almond meal	6 tbl. Brown sugar
50 grams Coconut	4 1/2 tsp. Orgran Egg Replacer
3 tbl. Water	1/4 tsp. Vanilla extract

Preheat oven to 180 degrees Celsius. Mix chopped walnuts, baking powder, almond meal, brown sugar and coconut together. In separate bowl beat egg replacer and water together until foam is formed ( about 30 seconds). Fold in almond mixture. Place teaspoonful onto greased baking pans. Bake for 8 - 10 minutes.

**No. 46**      **Nut Pie**

4 tsp. Orgran Egg Replacer	7 tbl. Cold water
1 cup Sugar	1 tsp. Baking powder
1 cup Breadcrumbs	1 tbl. Cold Water
1 cup Chopped pecans or walnuts	2 cups Milk
12 tbl. Orgran Egg Replacer	1 tsp. Gelatin
2 tsp. Xanthan gum	1 tsp. Vanilla

Preheat oven to 180 degrees Celsius. Whip Orgran egg replacer with water until peaks are formed. Add next five ingredients and mix. Pour into greased 20 cm pie pan. bake for 30-40 minutes. Top should be firm to touch. Let cool.

Whip milk with egg replacer until frothy ( a few seconds). Add gelatin, xanthan gum and vanilla. Whip until thick. Add to top of cooled pie. Refrigerate 5 -6 hours. Serve.

**No. 47**      **Omelette Cake**

200 gram Rice flour	20 grams Butter
2 tsp. Orgran Egg Replacer	20 grams Powdered buttermilk
2 tsp. Baking powder	1 tsp. Bi carb soda
1/2 tsp. Salt	1 cup Water
3/4 cup Grated mild cheese	1/2 cup Chopped onions

Preheat oven to 180 degrees Celsius. Mix first 7 ingredients together. Add remaining ingredients. Mix one minute at medium speed. Pour into two 20 cm round pie pan. Cook at full power in microwave for four minutes at 180 degrees Celsius for 20 - 25 minutes.

**No. 48**      **Orange Frosting**

2 tsp. Orgran Egg Replacer	2 tbl. Cool water
2 cups Sugar	1 tsp. Vinegar
1/2 cup Hot water	2 tbl. Butter or margarine
1 tsp. Baking powder	1 tsp. Orange juice
1 tsp. Lemon juice	1 tsp. Grated orange rind.

In bowl beat egg replacer and cool water until peaks form. Set aside. Combine sugar, vinegar and 1/2 cup hot water. Bring to the boil stirring constantly. Cover and cook without stirring until syrup spins a thread 10-12 inches long. Add butter. Pour the syrup over egg replacer mixture in a fine stream. Beat vigorously. Add other ingredients. Beat until mixture is creamy.

**No. 49**      **Orange Mousse**

1 tsp. Gelatin	1 tbl. Orange juice concentrate
3 tbl. Orgran Egg Replacer	2 tbl. Water
2 tbl. Orange juice concentrate	30 grams Brown sugar
120 ml. Thickened cream	

Add gelatin to the orange juice concentrate to dissolve. In separate bowl beat Egg Replacer with water for 5 minutes at medium speed. Add orange juice-gelatin mixture. mix for 5 minutes at medium speed. Add brown sugar. Mix another 5 minutes. Add whipping cream and mix another five minutes. Pour into glass or dish and allow to set in cool place.

**No. 50**      **Pancakes**

1 1/2 cups Plain flour	Pinch Salt
3 tsp. Orgran Egg Replacer	2 tsp. Baking powder
1 tbl. Oil	1 2/3 cup Milk

Heat a little oil in a small frying pan until hot. Sift flour and salt together. Beat in milk, egg replacer and one tablespoon oil until batter is smooth. Pour batter into frypan and fry at medium low heat until golden brown. Turn and cook second side. Keep warm until served.

Use batter immediately otherwise pancakes will lack volume.

**No. 51**      **Pancake Version 2**

1 tsp. Orgran Egg Replacer	2 tbl. Water
1 1/4 cups Plain flour	2 tsp. Baking powder
3/4 tsp. Salt	1 tbl. Sugar
1 1/4 cups Milk	3 tbl. Oil

In a small bowl beat egg replacer with water until it peaks. Sift flour, baking powder, salt and sugar together. Stir in milk and oil. Fold in egg replacer. Bake as usual.

For thinner pancakes increase milk as desired. Makes 12 medium size pancakes.

**No. 52**      **Pecan Pie**

4 tsp. Orgran Egg Replacer	7 tbl. Water
1 cup Sugar	1 tsp. Baking powder
1 cup Dried cracker crumbs	1 tbl. Cold water
1 cup Chopped pecans or walnuts	1/2 cup Cold milk
2 cups Thickened cream	

Preheat oven to 180 degrees. Whip egg replacer with water until frothy (a few seconds). Quickly add next six ingredients. Mix. Pour into greased 20 cm pie tin. Bake for 40-50 minutes.

Top should be firm to touch. Let cool. Whip cream. Top pie with whipped cream. Refrigerate 5 - 6 hours.