



Meal Plan 1: Baked Dinner for 6 People

Entree: Caramelised Onion Pizza's

Mains: Stuffed Pork Loin with Plum Sauce,
Baked potatoes, pumpkin, carrots and beans

Dessert: Mango Eton Mess

General	General cont...	Vegetables	Dairy / Meats
250 grms Plain Flour	4 egg Whites	5 large potatoes	500ml Cream
1.5 tspns Sugar	1 cup Caster sugar	3 brown onions	1 teaspoon butter
2 tspns Salt		500grams Carrots	½ cup cheese
1 tbspn Olive Oil		500grams Beans	2kg Pork Loin
1 jar Plum Jam		1 Ripe Mango	
1 tbsn Brown sugar		250gram Pumpkin	

Caramelised Onion Pizza (Makes 2 x 30cm Pizza's)

Dough:

- 1.5 teaspoons yeast
- 1.5 teaspoons sugar
- 1.5 teaspoons salt

- 1 tablespoon olive oil
- 125ml warm water
- 225 grams plain flour

Add yeast sugar, salt, olive oil and water to large bowl, stir until combined. Fold through flour until just combined. Knead for 5-10 minutes or until a smooth ball forms. Place dough in a lightly oiled bowl, cover with cling wrap and set aside in a warm place until dough has doubled in size. Turn dough out on floured surface and punch the dough to remove excess air and lightly knead. Divide the dough into 2 balls and set aside until required.

Freeze: Double wrap in plastic wrap – it will last 8 weeks in the freezer. (ie – you can make this ahead and defrost in the fridge the day before it is needed)

Caramelized Onion:

- 3 Brown Onions
- 1 tablespoon brown sugar
- 1 teaspoon butter

In a saucepan, combine the above ingredients and cook for 30 minutes (stirring every few minutes) until onion is well cooked and mixture is caramelized.

Spread the onion mixture over the rolled out pizza dough, top with grated cheese. Cook in a pizza oven (if you have one) for 8 minutes, or in the oven for about 15 minutes. Pizza is cooked when base is crispy and cheese is well melted. Cut each pizza into 6 and serve.

Stuffed Pork Loin with Plum Sauce, Baked Potatoes, Pumpkin, Carrots and Beans

- 1 x 2kg Pork Loin
- 1 Jar Plum Jam
- 5 Large Potatoes, peeled and chopped in half
- 250 grams Pumpkins, chopped into slices, de-seeded (leave skin on!)
- 500grams carrots – top and tailed, skin removed and cut in half
- 500 grams beans, washed and top and tailed

Take the pork loin out of the plastic wrap and dry well with a paper towel. Rub with a small amount of flour, and smother in olive oil. Insert a meat thermometer and place in a 180 degree oven. When the roast has been in the oven 1 hour, add the vegetables (except for the beans). The roast should take approximately two hours – but keep an eye on the thermometer for a superbly

cooked roast. If you want the crispy crackling, when cooked place the crackling under the griller until it blisters (about 3 minutes)

Cook the beans in a microwave safe container for 7 minutes on high.

In a glass jug, empty the bottle of Plum Jam, and heat in the microwave until piping hot.

Serve the jam over sliced pork pieces, and serve with the potatoes, pumpkin, carrots and cooked beans.

Mango Eton Mess

- 4 egg whites at room temperature
- Pinch salt
- 1 cup caster sugar
- 1 mango
- 500ml fresh cream

Preheat oven to 120 degrees. Place the egg whites and salt in a metal bowl and mix with high speed beaters until soft peaks form. Gradually add the caster sugar spoon full at a time whisking very well in between additions. After the last of the sugar has been added – mix for an additional three minutes. Line a baking tray with baking paper, Form into 6 little piles – put into the oven and reduce the temperate to 90 degrees. Cook for approximately 1.5 hours or until they sound hollow when tapped. Turn off the oven and leave to cool completely in the oven.

Beat the cream in a bowl until thick. Cut up the mango into small pieces. Chop up the meringue into small pieces. In six tall glasses, layer the meringue, cream and mango until all ingredients are used up. If you wish you can top with some shaved chocolate. Serve immediately.



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