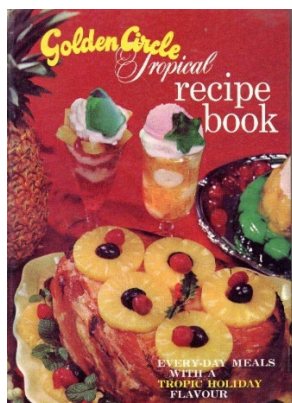


Pineapples, Pineapples, Pineapples. The Golden Circle Tropical Recipe Book

It's the most vibrantly coloured cookery book in my collection – the *Golden Circle Tropical Recipe Book*



Across its 96 pages it gives recipes for using pineapple in all categories of food in Australian cuisine. In this article I share with you some of these recipes.

Very Brief history of Golden Circle

Pineapples have been grown in Australia from at least 1811.¹ The first commercial growing of pineapples is usually given as being at Nundah, Queensland, in the early 1840s.² Golden Circle was established as a grower cooperative in 1940 and began canning pineapples in 1947. The factory was averaging 40,000 tonnes of canned pineapple annually. The full range of Golden Circle product at the time of publishing this book is Appendix 1.

Introduction to the book

Home Economist Ruby Barrowdale wrote an introduction to the book.

The flavour of pineapple blends with all types of meat, fish and poultry dishes ... Many Oriental dishes, curries and tropic isle recipes are better for the inclusion of pineapple, and – when served sliced – its golden colour adds glamour to any meal setting.

But we should not think of pineapple simply as a means of introducing colour and flavour to our meals. It also has the added attraction of nutritive value, especially energy sugar, minerals and vitamins – and when you are preparing meals for children (salads in particular) a food that contributes vitamins and delicious flavour is a valuable food indeed.³

Structure of the book

The recipes are grouped under several headings: Starting the day, Lunch in the tropics, Sunny Dinners for Healthy Families, Christmas comes, Pineapple party time, Salads, “take it easy”

¹Mann, D. D., *The present picture of New South Wales; illustrated with four large, coloured views, from drawings taken on the spot, of Sydney, the seat of government : with a plan of the colony* 1811 p.49

²About - Aussie Pineapples (australianpineapples.com.au)

³‘Golden Circle Tropical Recipe Book’ p.3

Salads, Going out to eat, Fork party foods, Cakes, puddings and pies, your Sundae best, young Party sweets, Golden Circle incomparable tropical fruit salad, more young Party sweets, Meals for Lent, Sweet and sour, Solo meals, Leftovers, something Dad can cook, Menus with a tropical touch.

There are sections for Flowers for your table, hints for cooks, how to SAVE at the SUPERMARKET, getting the most out of your freezers.

Recipes

I don't intend giving recipes for each of the sections just some that give a (pineapple) flavour of what's in the book.

Sunny Sausages

I like this one for its plating, the pineapple's 'golden colour adding glamour' and being a provocative sausage holder.

15 oz can of Golden Circle Sliced Pineapple, 1 lb beef or pork sausages, the required number of eggs, tomato and parsley garnish, flour.

Prick sausages then lightly dust with flour. Place in a greased pan and cook till richly brown. Place egg rings in pan and fry the required number of eggs. Place sausages and eggs on warmed serving plates. Pan fry the drained pineapple slices until golden on both sides. Serve with the sausages and eggs.⁴



Rainbow Salad

'Doctors and nutrition experts unite in urging us to have some raw fruit and vegetables every day. Salads are a means of combining these necessary foods in a most appetising and appealing way'. This one's for vegan and vegetarian friends, guests and queer folk everywhere - everybody sing ... 'Somewhere over the rainbow ...'

15 oz can Golden Circle Pineapple pieces; Sliced Beetroot, tomatoes, cucumber, celery, shredded carrot

Rice Cheese Mould

1 cup cooked rice, ½ cup grated tasty cheese, 2 chopped hard boiled eggs, 1 teaspoon prepared mayonnaise, 1 teaspoon gelatine, 1 tablespoon boiling water, Salt.

Blend together rice, cheese, eggs, mayonnaise, gelatine dissolved in boiling water, and salt to taste. Pack into wet mould. Chill until firm.

⁴ Golden Circle ... p.13

Cut celery into short pieces, slit lengthwise and placed in iced water to curl. Shred carrot. Slice cucumber. Cut tomato in wedge shapes. Arrange sliced beetroot, tomato, carrot, pineapple pieces, celery and cucumber in meat rings around chilled mould and serve.



Spaghetti With Meat Tropical

Not the prettiest of dishes but a deconstructed Australian favourite - spag bol - I guess you reconstruct it on your plate. I confess to sometime adding green peas to the dish as here.

15 oz. can Golden Circle Pineapple Pieces, 1 lb. thin spaghetti, 1 lb. topside mince, 1 small cup tomato soup, 1 clove garlic, 2 onions, 8 oz. finely grated cheese, 1 tablespoon butter
Drain pineapple. Cook and drain spaghetti. Melt butter in pan and fry chopped onions and garlic. Add topside mince and cook. Add undiluted tomato soup and cook until evenly blended. Add pineapple pieces, reserving a few to garnish. Arrange alternate layers of spaghetti, cheese and savoury mince on large heated platter. Garnish with pineapple pieces, green peas or parsley. (This dish could serve for a family dinner.)⁵



Fish and Pineapple Croquettes

For those who don't know Lent is a time when proper Catholics don't meat – so what better than a creative version of another Australian favourite – fish and chips and pineapple – okay the original version doesn't have pineapple but 'The flavour of pineapple blends with all types of meat, fish and poultry dishes'. Also, unless I am mistaken those are crinkle cut chips which were not in the fish and chips I used to eat every afternoon after school.

⁵ Golden Circle ... p.51

17 oz. can Golden Circle Sliced Pineapple, 2 cups cooked fish or 1 large can of fish fillets, 2 eggs, few leaves dill, pepper and salt, 4 boiled potatoes, 1 tablespoon anchovy sauce (optional), 1 cup fine dry breadcrumbs.

Cut 2 drained pineapple slices into small sections. Hard cook 1 egg and mash finely. Flake fish into a basin, add cooked egg, seasonings and sauce. Mash potatoes, adding a nob of butter and remaining egg. Add to fish and blend evenly. Shape tablespoons of the mixture round pineapple cubes, roll in fine crumbs, and bake or pan fry until golden brown. Pan-fry the remaining pineapple slices and serve with the croquettes and tossed green salad.⁶

Sweet- Sour Fish

'Oriental dishes', wrote Borrowdale, 'curries and tropic isle recipes are better for the inclusion of pineapple'. I had no idea till I skimmed this book the there was a Golden Circle Sweet-Sour Sauce. Would've saved me a lot of trouble when making such dish. And how about that stuffed olive eye – creepy or what. Oh, and I note the dish is not Sweet and Sour but Sweet-Sour.



1 Jar Golden Circle Sweet-Sour sauce. 1 whole snapper (about 2 lb.), 1 small can mushrooms in butter sauce, 1 cup cooked rice, 1 chopped onion, herbs to taste, ½ teaspoon grated lemon rind, 1 teaspoon chopped parsley, salt and pepper, 1 tablespoon butter.

Lightly fry the onion in butter, then stir in rice, mushrooms, herbs, lemon rind, parsley, salt and pepper to taste. Fill fish cavity and secure with small skewers, Place fish on buttered baking dish, sprinkle with melted butter. Bake in a moderate oven until just tender. Heat Sweet-Sour Sauce and spoon over fish before serving.⁷

Polynesian Meat Rolls

This is the most unfortunate of pictures in the book. Let's face it those rolls look like something you need a pooper-scooper or doggie do bag for.



⁶ Golden Circle ... p.77

⁷ Golden Circle ... p.78

1 jar Golden Circle Sweet-Sour Sauce, 1 ½ lb topside mince, 1 egg, ½ cup uncooked rice, ½ cup soft white breadcrumbs, ½ cup milk, ½ cup chopped celery, 1 chopped onion, 1 crushed clove garlic (optional), 1 teaspoon salt, ¼ teaspoon pepper, 1 tablespoon soy sauce, 1 pint stock or water.

Place all the ingredients except the sweet-sour sauce and stock in basin. Mix well. Shape into serving-size rolls and arrange in single layer in shallow casserole. Pour over cold stock or water, cover with a lid. Bake in a moderate oven (350 degs. F.) about 1 ½ hours. Remove the lid, spoon over the Golden Circle Sweet-Sour Sauce, masking each meat roll. Bake, uncovered, another 15 minutes. Serve with buttered carrots and broccoli, corn-on-the-cob, tiny onions as desired: additional sweet-sour sauce if you wish.

Pineapple and Lamb Curry

So, it's not enough to add chutney and sultanas to make a sickly-sweet curry toss in some pineapple as well.

15 oz can Golden Circle Pineapple Pieces, 2 oz. butter, 2 medium onions, sliced, ½ red capsicum, ½ green capsicum, 1 lb. lamb, cubed, 1 dessertspoon curry powder, 1 tablespoon sultanas, 1 dessertspoon rice flour or cornflour, 1 tablespoon coconut, 1 tablespoon chutney, ½ cup syrup from pineapple, ½ cup stock or water, salt and pepper, juice of ½ lemon.

Melt butter, add onions, capsicums (cut into small wedges) , and half cup pineapple pieces, and cook 2 or 2 minutes. Remove and set aside. Brown meat in butter, add curry powder, sultanas, rice flour, coconut, and chutney. Gradually add pineapple syrup and stock. Season to taste. Return vegetables and pineapple, cover pan and cook slowly for 1 to 2 hours. Add lemon juice just before serving. Serve with fluffy boiled rice or noodles.



The 'Going out to eat' section was not about cafes and restaurants it was about barbecues.

Barbecue Party Kabobs

Believe it or not kabobs had been at the Australian table since the late 18 century.⁸ Barbecues were a part of the Australian table since at least the 1940s.⁹

15 oz can Golden Circle Pineapple Pieces , 1 lb. small pickling onions, 1 lb. lean bacon rashers, pieces of capsicum, wedges of tomatoes, ¼ cup vinegar, 1 clove garlic (crushed), ¼ cup cooking

⁸ 'East India Cookery', *Weekly Times* 20 August 1817 p.14 gave a recipe for them

⁹ Santich, Barbara, *Bold Palates*, Wakefield Press 2012 p.138

oil, ½ teaspoon salt, 1 teaspoon meat extract, 1 teaspoon mustard, 1 teaspoon Worcestershire Sauce.

Make up a basting sauce with a half cup of syrup from Pineapple Pieces, vinegar, garlic, cooking oil, salt, meat extract, mustard and Worcestershire Sauce. Peel onions, cover with water and boil till crisp-tender. Drain. Place bacon (rind removed and cut into equal lengths), pineapple and onions in a dish and pour sauce over. Cover and stand 1 hour. Drain. Skewer alternate pieces of pineapple, whole onions and bacon strips, pieces of capsicum, wedges of tomatoes. Brush with sauce. Place under griller for 15 minutes, turning frequently, or cook with frequent turning on hot plate of barbecue.¹⁰



Jewel Islands

'Encourage young people to eat what's good for them. Serve Golden Circle Tropical Fruit Salad in a scooped-out orange with bright chopped jelly garnish', wrote Barrowdale. I wonder if there is a class action we could take against Golden Circle for making diabetics of us?



That's the whole recipe - except for the diabetics part.

Treasure Island

Kids can have their scooped-out oranges filled with jelly, we adults want an adult dessert and this is it, no holds barred. Excavating each layer with a long-handled dessert spoon, like an archaeologist on a dig, exploring the differently textured layers, oohing and aahing as each layer surrenders its secret, taking care not to mix the layers ...

¹⁰ Golden Circle ... p.48



Fill a parfait glass to the rim with a random mixture of Golden Circle Crushed Pineapple, chopped marshmallows, and chopped lime jelly. Top with a scoop of strawberry ice cream, garnish with cherries and mark the treasure with a cross or jelly star.¹¹

Something Dad Can Cook

There were four recipes here. George's Smoko Cake, Bill's Brunch Scramble, Charlton's Steak and Eggs, and "Hole-In-One". Nothing like a little stereotyping.



George's Smoko Cake

Ah the Australian phenomenon of the 'smoko' at work which you joined in even if you didn't. smoke – a break in the daily grind to have a cigarette.

15 oz. can of Golden Circle Pineapple Pieces, 4 oz. butter, 6 oz. brown sugar, 1 cup water, 1 tablespoon molasses, 1 teaspoon mixed spice, ½ lb. seeded raisins, 2 eggs, 1 cup plain flour, 1 ½ cups self-raising flour, 1 teaspoon bi-carbonate of soda, ½ teaspoon salt.

Drain pineapple pieces. Place butter, sugar, water, molasses, spice and raisins in a saucepan. Bring to the boiling point, stirring occasionally. Cool a little. Beat in the eggs. Sift and add plain flour, self-raising flour, soda and salt. Beat well. Turn into a well-buttered 8-inch cake pan. Press pineapple pieces into top. Bake in a moderate (350 degs. F) about an hour.

For Special Diets

I have no idea whether Ruby Borrowdale advised them on this and I'll err on the side of them being progressive and not mercenary.

'To help people on special diets overcome the problem of monotony', Golden Circle produced special Dietetic versions of two of its products: Pineapple Pieces which they claimed contained

¹¹ Golden Circle ... p.64

only 15 calories per fl. ounce and Pineapple Juice 14.5 calories per fl. ounce. It also published a recipe for Pineapple Mousse which would make 8 servings each serving containing 43 calories.

11 oz. can Golden Circle Dietetic Pineapple pieces and juice, 1 dessertspoon sucaryl solution 2 level teaspoons gelatine, 2 dessertspoons lemon juice, ½ cup chilled unsweetened evaporated milk (undiluted) .

Sprinkle gelatine over pineapple pieces and juice in a saucepan. Allow to stand for 5 minutes, then dissolve over low heat stirring occasionally. Remove from stove, add sucaryl and lemon juice. Chill until just beginning to set, then beat until thickened and fluffy. Beat milk until thick and creamy and fold in pineapple mixture. Place in freezing trays. Freeze until firm.¹²

Hints for Cooks

There were hints on cooking techniques:

- Use Golden Circle Pineapple Juice to replace water when cooking rhubarb. The flavour is wonderful. *Definitely one to try when next I buy rhubarb, it's been absent from the top shop for a while.*
- When making hamburgers, grate a potato and add to meat. This makes the hamburger moister and the meat go further. *Interestingly there is no recipe for hamburger which by now was regularly served with a slice of pineapple on the bun.*

Many of the hints were mini recipes:

- To give a different flavour to curried eggs, add a half cup of seeded raisins, to the curry sauce before adding eggs. Heat, serve on buttered toast and top with a slice of Golden Circle Pineapple, browned in butter.¹³ *Hmmm. This has so many things wrong with it I don't know where to begin.*
- This barbecue dish is popular! Wash small new potatoes thoroughly, boil in their jackets with salt added. Drain, place in salad bowl. Sprinkle with mint sauce and add a can of drained Golden Circle Pineapple Pieces.¹⁴ *Tryable next time I do a potato salad.*
- Improve the flavour of boiled tongue by adding a teaspoon each of whole cloves and whole peppers, two bay leaves and a diced onion to the cooking water. Serve sliced with Golden Circle Pineapple.¹⁵ *I can see that working – the pineapple slice the rest is pretty standard for boiled tongue.*

¹² Golden Circle ... p.84

¹³ Golden Circle ... p.31

¹⁴ Golden Circle ... p.31

¹⁵ Golden Circle ... p.31

Appendix 1

At the time of the publication of the book, the full range of Golden Circle products was:

Golden Circle Sliced Pineapple; Golden Circle Pawpaw Tid Bits; Golden Circle Fruit Cocktail, Golden Circle Tropical Fruit Salad, Golden Circle Crushed Pineapple, Golden Circle Pineapple Pieces, Golden Circle Pure Orange Juice, Golden Circle Apple Juice, Golden Circle Pineapple Grapefruit Fruit Drink, Pineapple and Orange Fruit Drink, Golden Circle Pineapple Juice, Golden Circle Sliced Beetroot, Golden Circle Strawberries, Golden Circle Pineapple Pieces Dietetic, Golden Circle Pineapple Pieces Dietetic, Golden Circle Pineapple Jam, Golden Sweet-Sour Pineapple and Golden Circle Pineapple Juice Drink.