



Julie Goodwin's 'Edible Christmas gifts'

Christmas gift-giving can become overwhelming – coming up with ideas for everyone from the kids' school teachers to neighbours, friends and the hosts of parties you're invited to. Not to mention how quickly the cost adds up, at what is already an expensive time of year.

One way to reduce the decision-making and cost, is edible Christmas gifts. Make a batch or two of something yummy at home - a little paper sack of homemade shortbread, a beautifully wrapped package of White Christmas, or a jar of the most delicious jam will always be hugely appreciated.

Here are three of my favourites, easy to make and they look so beautiful wrapped as little Christmas parcels.

Julie



White Christmas

Prep time: 10 minutes

Cooking time: 2 minutes

Makes 24 squares

Ingredients

1 ½ cups mini marshmallows
2 cups rice bubbles
1 cup shredded coconut
1 cup shelled pistachios, toasted
and coarsely chopped
½ cup dried apricots, chopped
400g white chocolate, diced
½ cup glace cherries, chopped
½ cup glace pineapple

Method

1. Line a 20cm x 30cm lamington tin with baking paper, allowing a 5cm overhang on the longest sides.
2. Place marshmallows, rice bubbles, coconut and pistachios in a bowl and mix.
3. Melt chocolate in a bowl over a saucepan of simmering water. Remove and stir into prepared ingredients, making sure it is thoroughly mixed .
4. Add glace cherries and pineapple, and mix quickly.
5. Tip into tin and press until evenly distributed. Cover with cling film and refrigerate 1-2 hours before cutting into squares.



Grandma's shortbread

Prep time: 20 minutes

Cooking time: 8-10 minutes

Ingredients

250 g unsalted butter
¾ cup (110 g) icing sugar mixture
1 tsp vanilla essence
½ cup (70 g) cornflour
2 cups (300 g) self-raising flour
good pinch of salt
extra caster sugar for dipping

Method

1. Preheat the oven to 180°C and grease 2 large baking trays. Using electric beaters, beat the butter and icing sugar until light and creamy. Beat in the vanilla essence.
2. Sift the cornflour, self-raising flour and salt together. Add to the butter mixture and use a butter knife to mix together thoroughly.
3. Roll the dough into small balls about the size of a walnut. Dip the tops in the sugar and put onto the prepared tray, about 5 cm apart. Flatten slightly with a fork.
4. Bake for about 8–10 minutes, or until just starting to colour underneath (the biscuits will still be soft, and pale on top). Leave on the trays for 10 minutes to become firm, then transfer to a wire rack to cool completely. Store in an airtight container.



Photographer - Steve Brown

Red Onion Jam

Prep time: 15 minutes

Cooking time: 30 minutes

Makes approx. 2 cups

Ingredients

1 tbs olive oil
6 large or 8 medium Spanish
onions, sliced very finely
1 cup red wine vinegar
½ cup caster sugar

Method

1. In a large chefs pan, heat olive oil over medium-low heat. Add onions and sweat gently until they are soft, translucent and collapsed. This should take about 10 minutes depending on the size of the pan. Make sure they do not brown at all.
2. Add vinegar and sugar. The onions will turn a beautiful magenta colour. Simmer, stirring for around 20 minutes until the liquid reduces and the onions have the consistency of a jam or chutney.