

## Re: PERTH & KALGOORLIE IN FIRE ! \_z

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half an hour, add the carrots and potatoes,  
and simmer till root vegetables break with a fork.  
Cook a fresh pot of long grained white rice.

### Pre-mie Pot Pie

When working with prematurely delivered newborns (or chicken) use sherry;  
red wine with beef (buy steak or roast, do not pre-boil).

Pie crust (see index)

Whole fresh pre-mie; eviscerated, head, hands and feet removed

Onions, bell pepper, celery

½ cup wine

Root vegetables of choice (turnips, carrots, potatoes, etc) cubed

Make a crust from scratch – or go shamefully to the frozen food section  
of your favorite grocery and select 2 high quality pie crusts (you  
will need one for the top also).

Boil the prepared delicacy until the meat starts to come off the bones.

Remove, de-bone and cube; continue to reduce the broth.

Brown the onions, peppers and celery.

Add the meat then season, continue browning.

De-glaze with sherry, add the reduced broth.

Finally, put in the root vegetables and simmer for 15 minutes.

Allow to cool slightly.

Place the pie pan in 375 degree oven for a few minutes so bottom crust is not soggy,  
reduce oven to 325.

Fill the pie with stew, place top crust and with a fork, seal the crusts together  
then poke holes in top.

Return to oven and bake for 30 minutes, or until pie crust is golden brown.

### Sudden Infant Death Soup

SIDS: delicious in winter, comparable to old fashioned Beef and Vegetable Soup.

Its free, you can sell the crib, baby clothes, toys, stroller... and so easy to  
procure if such a lucky find is at hand (just pick him up from the