

# DESSERTS & BAKES



'Troepekoekies' | 125

*Dominique Niemand*

15-minute tart | 126

*Andrea Mitas*

Crustless milk tart  
(hildagonda duckitt's recipe) | 127

*Rachel Botes*

Milk tart | 129

*Dominique Niemand*

'Boere soetkoek' | 131

*Nerina Bosman*

Bienenstich (bee sting) | 133

*Kerstin Tönsing*

Promises | 135

*Anonymous*

Chocolate squares | 137

*Maxi Schoeman*

Brexit bread-and-butter pudding | 138

*Molly Brown*

Sweet rice (kheer) | 139

*Avasha Rambiritch*

Lemon delight (for lena) | 141

*Anonymous*

Simple orange and almond tart | 143

*Alexander Johnson*

New York cheesecake | 144

*Helena Vorster*

Easy fridge cheesecake | 147

*Esedra Krüger*

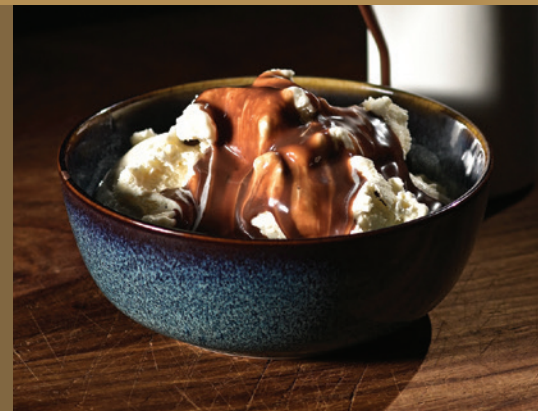
Ouma Sarah's ginger biscuits | 149

*Maggi Soer*

Ma Eerkie's chocolate sauce | 151

*Carlien Vorster*

# DESSERTS & BAKES



Salted-caramel nutter-butter oat-cookie sandwiches | 153

*Casey Jane Eslick*

Kheer | 155

*Shakila Dada*

Flan or Tant Alix's bread pudding | 156

*Debby Bonnin*

Seductively saucy apple tart | 159

*Juanita Haug*

Rosemary, apple, nut and olive oil cake | 161

*Anonymous*

Sugar-coated buns (saiboko) | 163

*Shingairai Chigeza*

Cornflake and condensed milk squares | 165

*Janine Engelbrecht*

Malva pudding | 167

*Antoinette Lombard*

Bertha's poppyseed cake | 169

*Corlie Giliomee*

Malva pudding with a twist | 170

*Makone Maja*

Kaapse Koe'sisters | 172

*Alicia Samuels*

Rock buns | 174

*Mellissa Simbisai Mlambo*

Spiced bread | 175

*Kgothatso Setshedi*

Cardamom rice pudding | 177

*Andre van der Linde*

Apple cobbler | 178

*Rachel van Zyl*

Blueberry cottage cheesecake | 181

*Urika Dittmar*

Peach vanilla syrup cake | 183

*Dené Kirsten*

Pecan cinnamon buns | 184

*Tshepiso Moloji*

Rooibos and white chocolate cookies | 187

*Lerika Potgieter*

High-protein banana and chocolate chip  
breakfast muffins | 189

*Abigail Jacob*

Mom's chocolate cake and  
chocolate cream icing | 191

*Leila Schultz*

Date and nut balls | 193

*Abigail Jacob*

Eggless chocolate cake | 195

*Lakshana Arnachellan*

Lemon meringue pie | 196

*Angel Ekata*

Panna cotta | 197

*Pamela Moyo*

Choc-vanilla pancake cake | 198

*Runyararo Tiwirayi Mhere*

Chocolate cake with caramel mousse | 200

*Hlengiwe Mindu*

Vermicelli payasam | 201

*Lakshana Arnachellan*

7 July chocolate cheesecake | 203

*Maxi Schoeman*

Strawberry mousse | 204

*Angel Ekata*

Death by volcano mini cake | 205

*Maria du Toit*

Blueberry and cream cheese hotcakes | 207

*Ben Schoeman*

'Boesmanland skuinskoeke' | 209

*CR Botha*





### MY APPROACH TO COOKING/FOOD

Cooking and baking were something that my mother and grandmother taught me. I use their recipes because they are familiar, and each recipe has been adapted over the years to work perfectly every time.

### HISTORY OF MY DISH

Many variations of these cookies exist in the households of mothers who had often baked this for their sons who served in the South African Defence Force. The cookie became ideal for a troop as it was able to endure the journey to the troops on the border. The cookie was also seen as an energising snack which would help the troop with the required energy to engage in combat. The recipe usually yields a bulk of these cookies to provide the troops with a long-lasting amount.

# ‘TROEPEKOEKIES’

Dominique Niemand

## INGREDIENTS

|                       |         |
|-----------------------|---------|
| Cake flour            | 650 g   |
| Coconut               | 300 g   |
| Oats                  | 250 g   |
| Bran                  | 30 g    |
| Nuts (chopped)        | 100 g   |
| Salt                  | 7 g     |
| Sugar                 | 800 g   |
| Butter or margarine   | 500 g   |
| Eggs                  | 4 units |
| Vanilla essence       | 10 g    |
| Honey or golden syrup | 33 g    |
| Baking powder         | 13 g    |
| Baking soda           | 20 g    |

## METHOD

1. Preheat the oven to 180°C.
2. Grease baking trays. Place the oven rack in the middle of the oven.
3. Mix the flour, coconut, oats, bran, nuts and salt in a large mixing bowl.
4. Cream the sugar and butter or margarine in another bowl.
5. Add the eggs and vanilla essence and mix.
6. Heat the honey or syrup slightly and mix the baking powder and baking soda into the honey/syrup. It forms a thick foam.
7. Add this to the flour mixture and mix slightly. Add the rice crispies and mix.
8. Roll balls as big as about the size of 1 ½ walnut and place them 5 cm apart on the baking tray.
9. Bake for 18 to 20 minutes. Let them cool down for 10 minutes before removing them from the pan.

**YIELD** 30-40 COOKIES

**PREPARATION TIME** 20 MINUTES

**TOTAL TIME** 50 MINUTES

# 15-MINUTE MILK TART

Andrea Mitas

## MY APPROACH TO COOKING/ FOOD

I enjoy baking the most as it allows me to do something fun with my daughters Emily (11) and Emlynn (5). It is not only fun and therapeutic but allows for some special bonding time.

## INGREDIENTS

|                               |         |
|-------------------------------|---------|
| Tennis Biscuits, ground       | 200 g   |
| Butter, melted                | 80 g    |
| Condensed milk                | 385 g   |
| Milk                          | 700 ml  |
| Cornflour/Maizena             | 56 g    |
| Water                         | 80 ml   |
| Vanilla essence               | 5 g     |
| Eggs                          | 2 units |
| Salt                          | 2 ml    |
| Cinnamon, ground, for dusting | 3 g     |

YIELD

6-8 SERVINGS

PREPARATION TIME

15 MINUTES

TOTAL TIME

15 MINUTES

## HISTORY OF MY DISH

My mother-in-law used this recipe, which she passed on to me. It is quick and easy and a lot safer using the microwave than the stove, especially for children. It is a recipe I now see as a 'generational treasure', one which was passed down from her grandmother to her mother, to me and one which I have now passed down to my daughters. In a nutshell, it is a recipe of quick and easy LOVE!

## METHOD

1. Crush the biscuits until fine. Mix in the butter and press the mixture into a 27 cm tart dish. Chill in the fridge.
2. Mix the condensed milk and milk, and microwave for 3 minutes.
3. Mix the cornflour/Maizena, water, vanilla, eggs and salt.
4. Stir this mixture into the condensed milk mixture until smooth.
5. Microwave for about 5 minutes, stirring every minute, until it starts to thicken.
6. Pour the warm mixture over the biscuit base.
7. Keep aside until set and cooled.
8. Dust with cinnamon.
9. Chill in the fridge until ready to serve with a lovely cup of tea.

# CRUSTLESS MILK TART (HILDAGONDA DUCKITT'S RECIPE)

Rachel Botes

## HISTORY OF MY DISH

Hildagonda Duckitt was born on the farm, Groote Post, in the Darling district, in 1840. The recipe was published in 1891 in Hilda's "where is it" of Recipes. She describes it as Tart (MILK) (Old Dutch Specialité). She gives no further description of why it is called a Dutch Specialité. The recipes in the book are arranged alphabetically with the names of the person she obtained the recipe from (where applicable). In the introduction to the book, she writes that this book came about because she had friends in England who spent time at the Cape and that she would like to keep their interest in South Africa alive. She wishes that those who have not yet copied their mother's recipes will find this book helpful. 'Few Colonial cooks of the present day understand the art of cooking; it is therefore absolutely necessary for the lady of the house to know something about it so that she can direct them.' This recipe was sourced from: Duckitt, H.J. 1902. *Hilda's Diary of a Cape Housekeeper*. London: Chapman and Hall.

## INGREDIENTS

|          |         |
|----------|---------|
| Milk     | 590 g   |
| Sugar    | 24 g    |
| Butter   | 14 g    |
| Maizena  | 8 g     |
| Eggs     | 2 units |
| Cinnamon | 1 unit  |

## METHOD

1. Preheat the oven to 180°C.
2. Place a pot over medium heat, add the milk, sugar and cinnamon and bring to a boil.
3. Mix the butter, Maizena and a little cold milk and pour into the boiling milk.
4. Boil for 5 minutes, pour into a bowl and allow to cool.
5. Beat the eggs well and add to the cooled milk mixture.
6. Pour the milk mixture into a buttered pie dish and bake for 20 minutes.

**YIELD** 1 TART

**PREPARATION TIME** 25 MINUTES

**TOTAL TIME** 45 MINUTES



### MY APPROACH TO COOKING/FOOD

My mother and grandmother taught me how to cook and bake. I use their recipes because they are familiar, and each recipe has been adapted over the years to work perfectly every time.

### HISTORY OF MY DISH

The tart originated in 1510 when Thomas van der Noot published the first Dutch cookbook. The recipe initially consisted of almond milk, plant oil, flour, rice flour, ginger and cinnamon, which were mixed to form a porridge. Van der Noot modernised the recipe by adding eggs and using less flour, which led to the recipe used in South Africa today. Milk tart is still enjoyed today and is usually served during tea as an artisan tart.



# MILK TART

Dominique Niemand

## INGREDIENTS

|                     |         |
|---------------------|---------|
| Eggs, separated     | 4 units |
| Sugar               | 200 g   |
| Butter or margarine | 60 g    |
| Baking powder       | 3 g     |
| Cake flour          | 140 g   |
| Milk                | 100 ml  |
| Vanilla essence     | 5 g     |
| Cinnamon sugar      | 40 g    |
| Salt                | 2 ml    |

## METHOD

1. Preheat the oven to 180°C. Grease two tart dishes with a volume of 1 litre each.
2. Beat the egg yolks, sugar and butter or margarine together until it reaches a creamy texture.
3. Sift together the cake flour, baking powder and salt and mix it into the egg mixture.
4. Add the milk and vanilla essence and mix.
5. Beat the egg whites until stiff, and use a metal spoon to gently fold the egg whites into the milk mixture; the mixture is thin.
6. Pour the mixture into the tart dishes and sprinkle with the cinnamon sugar.
7. Bake the milk tarts for 40 to 50 minutes until done.

**YIELD** 2 TARTS

**PREPARATION TIME** 20 MINUTES

**TOTAL TIME** 60 MINUTES



### MY APPROACH TO COOKING/FOOD

Baking, especially holiday cookies, was part of growing up. We liked to help Mom, especially because it was too much work to do alone. Although I do not bake regularly, I have many German cookie recipes for Christmas. I have a very good German friend whose kitchen smells like cookies for weeks before Christmas. I try my best to make many different 'Kersfeeskoekies' during the early days of the December holidays.

### HISTORY OF MY DISH

This recipe is in my grandmother's recipe book. It is a newspaper clipping, under the title: *Oupa het daaraan gesmul, Kleinboet sal ook* (Oupa tucked in, Kleinboet will too). It was one of a few so-called Voortrekker recipes, like curried fish (*ingelegde vis*) and rusks (*beskuit*). We used to prepare the dough the evening before we baked the cookies (to eat during the December holidays). The rolling out of the dough and baking the whole batch was a time-consuming activity—but, as the saying goes: *vele hande maak ligte werk* (many hands make light work).

# 'BOERE SOETKOEK'

Nerina Bosman

## INGREDIENTS

|   |           |
|---|-----------|
| Wheat flour                                     | 840 g     |
| Sugar   | 500 g     |
| Baking powder                                   | 3 g       |
| Ginger, powdered                                | 6 g       |
| Cinnamon  | 4 g       |
| Cloves  | 2 g       |
| Salt  | 3 g       |
| Butter  | 238 g     |
| Pork fat, this includes butter<br>and pork lard | 300 g     |
| Eggs  | 2 units   |
| Milk, to add to dough for<br>consistency        | As needed |

## METHOD

1. Sift all the dry ingredients together.
2. Combine the butter and pork fat with the dry ingredients (best done using your hands).
3. Beat the eggs and add to the dough, then add some milk until you have a stiff but workable dough.
4. Wrap the dough in a damp cloth and leave for anything between half an hour to overnight.
5. Preheat the oven to 180°C.
6. Roll out the dough and use cookie cutters to cut out the cookies.
7. Bake in the preheated oven for 10 to 12 minutes. Cookies will be slightly soft straight out of the oven but harden once they cool down.

**YIELD** 60 COOKIES

**PREPARATION TIME** 20 MINUTES

**TOTAL TIME** 32 MINUTES  
+ WAITING TIME



## HISTORY OF MY DISH

This cake is the first recipe in my mother's handwritten recipe book. She emigrated to South Africa from Germany shortly after I was born and always kept up her German baking traditions—including Christmas cookies in December (although she complained bitterly that she 'had' to do this during the summer heat!). This particular cake was a favourite for birthdays. However, the topping was sometimes made with desiccated coconut rather than almonds (almonds were expensive, and my mother was extremely frugal). Baking with my mom on a Saturday afternoon is one of my treasured memories of growing up.

## MY APPROACH TO COOKING/FOOD

I love baking because one does not need to multitask! Having four or more pots and pans on the stove at the same time overwhelms me completely. Baking a cake is a linear process with little deviation—it appeals to my left brain.

|                  |                   |
|------------------|-------------------|
| YIELD            | 10 PORTIONS       |
| PREPARATION TIME | 30 MINUTES        |
| TOTAL TIME       | 1 HOUR 30 MINUTES |

# BIENENSTICH (BEE STING)

Kerstin Tönsing

## INGREDIENTS

### SPONGE CAKES

|               |         |
|---------------|---------|
| Eggs          | 4 units |
| Sugar         | 200 g   |
| Flour         | 240 g   |
| Baking powder | 7 g     |
| Butter        | 120 g   |
| Milk          | 250 ml  |
| Vanilla       | 10 ml   |

### TOPPING

|                            |       |
|----------------------------|-------|
| Milk                       | 90 ml |
| Butter                     | 85 ml |
| Sugar                      | 150 g |
| Almonds, flaked or chopped | 150 g |

### FILLING

|  |        |
|--|--------|
| Moirs Vanilla Flavoured<br>Instant Pudding | 90 g   |
| Milk                                       | 350 ml |

## METHOD (SPONGE CAKES)

1. Preheat the oven to 180°C.
2. Melt the butter on the stove or in the microwave, and put it aside.
3. Beat the eggs until light and fluffy.
4. Slowly add the sugar and vanilla essence to the eggs while beating continuously.
5. In a different container, mix the flour and baking powder.
6. Add the flour mixture to the egg mixture.
7. Add the milk to the melted butter.
8. Add the buttermilk mixture to the egg-flour mixture and mix well.
9. Grease two identical round baking pans.
10. Divide the mixture between the two pans.
11. Bake in the preheated oven for about 30 to 45 minutes until a skewer inserted into the middle of each cake comes out clean.
12. Let the cakes cool in the pans.

### TOPPING

1. Bring the milk and butter to a boil on the stove.
2. Add the sugar and almonds.
3. Cook the mixture until it thickens somewhat, stirring all the time.
4. Spread the hot mixture onto one of the baked sponge cakes in the pan.
5. Put it under the grill for 1 to 2 minutes, watching all the time to ensure it does not burn. The topping should bubble slightly and possibly brown just a little.

### FILLING

1. Add the pudding powder to the milk.
2. Beat with an electric mixer for about 1 minute.
3. Allow to set in the fridge for at least 30 minutes.
4. Once the sponge cakes have cooled completely, remove them from the pans.
5. Spread the filling onto the sponge cake without the topping.
6. Carefully place the sponge cake with the topping on top.



### HISTORY OF MY DISH

This is an old family recipe passed down from my wife's grandparents. We baked these during family time in the lockdown, and they became the preferred treat for binge eating during that period.

## PROMISES

### Anonymous

#### INGREDIENTS

|               |           |
|---------------|-----------|
| Butter        | 115 g     |
| Sugar         | 115 g     |
| Flour         | 230 g     |
| Baking powder | 3 g       |
| Egg           | 1 unit    |
| Salt          | As needed |
| Jam           | As needed |

#### METHOD

1. Preheat the oven to 200°C.
2. Beat the butter and sugar until fluffy.
3. Add the egg and mix well.
4. Add the flour, baking powder and salt to the butter mixture.
5. Scoop tablespoonfuls of dough into your hand and roll into balls the size of walnuts.
6. Place the balls on a greased baking tray, about two fingers apart.
7. Make a hole in each ball and fill it with jam of your choice.
8. Bake in the preheated oven for approximately 12 to 14 minutes or until light brown.

**YIELD** 20 COOKIES

**PREPARATION TIME** 20 MINUTES

**TOTAL TIME** 35 MINUTES



### MY APPROACH TO COOKING/FOOD

I like simple and easy recipes as I am not a good cook. These chocolate squares tick the box. They make an excellent treat-gift and hardly take any time to make. I usually have some in the fridge just in case I have unexpected guests for coffee.

### HISTORY OF MY DISH

A neighbour gave me this recipe more than 40 years ago—we both had small boys who were always hungry and constantly nagging us for sweet treats. I have made this ever since, and my sons grew up with this as one of their favourites. The promise of making chocolate squares kept them out of my hair during those long PhD days! More recently, my granddaughters started making these, so it is becoming a kind of family recipe, never thus intended. At the time, it was a time-saving, effortless and relatively affordable recipe that the boys loved. But beyond ease and family stories lies the history of cacao. The tree was domesticated more than 5 000 years ago in Equatorial Central America and, before the Spanish conquest, even served as a local currency in the region. Over time, African countries like Ghana also started growing cacao, mainly for export to Europe. Several African countries became single-crop exporters, increasing their dependence on raw material exports. So, not meaning to spoil your appetite, do spare a thought for the difficulties of structural change in terms of international trade patterns still suffered by many economies in the global South.



# CHOCOLATE SQUARES

Maxi Schoeman

## INGREDIENTS

|                        |           |
|------------------------|-----------|
| Marie biscuits         | 200 g     |
| Margarine              | 250 g     |
| Icing sugar            | 500 g     |
| Cocoa powder           | 38 g      |
| Egg                    | 1 unit    |
| Chopped nuts, optional | As needed |

## METHOD

1. Crush the Marie biscuits.
2. Melt the margarine.
3. Add the icing sugar and cocoa to the margarine and stir well.
4. Remove from the stove and very quickly stir in the egg.
5. Add the biscuit crumbs to the margarine mixture and combine well.
6. Pour into a greased dish.
7. Put in the fridge to set—about 2 hours.
8. Cut into smallish squares and keep refrigerated.

**YIELD** MANY

**PREPARATION TIME** 10 MINUTES

**TOTAL TIME** 20 MINUTES

## BREXIT BREAD-AND-BUTTER PUDDING

## Molly Brown

## INGREDIENTS

|   |         |
|---|---------|
| White bread, thick slices,<br>generously buttered | 4 units |
| Apricot jam                                       | 77 g    |
| Raisins, seedless                                 | 100 g   |
| Eggs  | 2 units |
| Milk  | 740 g   |
| Sugar   | 100 g   |
| Salt  | 2 ml    |

## METHOD

1. Preheat the oven to 160°C (325°F).
2. Put the bread in a baking dish, buttered side down.
3. Spread thickly with the jam.
4. Sprinkle raisins over the spread bread.
5. Beat the eggs, then add the remaining ingredients and mix.
6. Pour the egg and milk mixture over the bread and soak for 20 minutes.
7. Cover and bake in preheated oven for half an hour.
8. Uncover and bake until the top browns.
9. Serve with whipped cream, ice cream or custard.

## SERVING SUGGESTION

The recipe may be adapted by omitting the apricot jam and serving with moskonfyt, adding generous quantities of chocolate chips or even sprinkling desiccated coconut on top before baking.

**YIELD** 4 SERVINGS

**PREPARATION TIME** 10 MINUTES  
+ 20 MINUTES FOR STANDING TIME

**TOTAL TIME** 60 MINUTES

## SWEET RICE (KHEER)

### Avasha Rambiritch

#### HISTORY OF MY DISH

Sweet rice or kheer is considered a dish fit for the gods and is offered to Hindu deities during religious ceremonies and weddings.

#### INGREDIENTS

|                 |           |
|-----------------|-----------|
| White rice      | 200 g     |
| White sugar     | 100 g     |
| Fresh milk      | 2 L       |
| Cardamom powder | 2 g       |
| Sliced almonds  | As needed |

#### MY APPROACH TO COOKING/FOOD

My mom, who has a reputation for being an excellent cook, believes firmly in the power of food to bring our family together and make memories. Cooking for her family has always been the centre of her world, and she thrives on ensuring that we are all thoroughly spoilt by her wonderful cooking and baking. She has never believed in recipes or writing down her recipes. According to her, they are all in her head.

#### METHOD

1. Rinse the rice and boil it in 1 cup of water.
2. Once the rice is cooked and the water has evaporated, add 1 litre of milk and leave to boil over low heat. Stir continuously and gradually add all the remaining milk.
3. When rice is nearly dry (once all the milk has been absorbed), add sugar, almonds and cardamom powder, and leave to simmer.
4. Serve warm.

YIELD 4 SERVINGS

PREPARATION TIME 15 MINUTES

TOTAL TIME 60 MINUTES



### MY APPROACH TO COOKING/FOOD

I see cooking as a skill and love the way it connects people. There is something restful about working with different textures, flavours and aromas, and the tang of lemon is one of the best!

### HISTORY OF MY DISH

I dedicate this dish to Lena in Athol Fugard's *Boesman and Lena* because Lena, who is homeless, longs for one of the key ingredients of this dish—she sings: “Ou blikkie kondensmelk / Maak die lewe soet”.

## LEMON DELIGHT (FOR LENA)

Anonymous

### INGREDIENTS

|  |                |
|--|----------------|
| Tennis biscuits,   |                |
| lemon  | 200 g to 300 g |
| Milk   | 516 g          |
| Custard powder   | 42 g           |
| Sugar  | 100 g          |
| Lemon leaf, optional   | 1 unit         |
| Condensed milk, sweetened  | 385 g          |
| Lemon, large, juice, grated rind<br>(rough-skinned lemons give the<br>mildest flavour) | 1 unit         |

### METHOD

1. Make a medium-thick custard according to the instructions on the packet. This should be thicker than a pouring or instant custard (about 4 to 5 tablespoons of custard powder added to 500 ml of milk—depending on the make). Allow to cool slightly.
2. Mix the condensed milk with the juice and lemon rind. The condensed milk will thicken slightly.
3. In a pie dish or cake tin, layer as follows: biscuits > custard > condensed milk/lemon mix. Keep a biscuit or two separately to use as decoration.
4. Repeat to add a second layer.
5. Crumble the remaining biscuits and sprinkle on top as decoration.
6. Place in the fridge to cool for 30 minutes or longer.
7. (The tart can be served at room temperature in the first few hours but must be kept in the fridge afterwards. Eat within 2 days.)

**YIELD** 8-12 SERVINGS

**PREPARATION TIME** 15-20- MIN.

**TOTAL TIME** 60 MINUTES



### HISTORY OF MY DISH

This is one of my COVID-19 lockdown concoctions. It is super simple and elegant.

# SIMPLE ORANGE AND ALMOND TART (SUGAR AND GLUTEN-FREE)

Alexander Johnson

## INGREDIENTS

|                                    |         |
|------------------------------------|---------|
| Xylitol                            | 200 g   |
| Butter, soft                       | 200 g   |
| Coconut flour or<br>flaked coconut | 15 g    |
| Ground almonds or<br>almond flour  | 200 g   |
| Vanilla essence                    | 5 g     |
| Almond essence                     | 1.25 g  |
| Eggs                               | 3 units |
| Orange, zest                       | 2 units |
| Orange, juice and pulp             | 1 unit  |
| Baking powder                      | 3 g     |
| Salt                               | 2 ml    |
| Polenta                            | 200 g   |

## METHOD

1. Preheat the oven to 160-170°C.
2. Cream together the xylitol and butter to a light foamy texture.
3. Add the coconut flour, almond flour, vanilla and almond essence.
4. Add eggs last and mix for a few more seconds.
5. Stop the mixer, add the orange juice, zest, salt and polenta, and mix well with a spoon or spatula.
6. Pour into a greased springform pan and bake for 50 to 60 minutes.
7. Leave to cool and serve with whipped cream, mascarpone or crème anglaise.

**YIELD** SINGLE-LAYER MEDIUM CAKE

**PREPARATION TIME** 10 MINUTES

**TOTAL TIME** 60 MINUTES

# NEW YORK CHEESECAKE

---

Helena Vorster

## MY APPROACH TO COOKING/ FOOD

I have loved baking and cooking since an early age. The ability to create something from 'nothing' allows me to switch off from the daily routines of life and find happiness and fulfilment by seeing the end product and how it is enjoyed.

## INGREDIENTS

### CRUST

|                    |       |
|--------------------|-------|
| Butter, melted     | 100 g |
| Digestive biscuits | 400 g |

## HISTORY OF MY DISH

I love baked cheesecake—it is definitely one of my favourites. I got this recipe from a dear friend, and I will forever keep it in my archive of recipes. This recipe gets a lot of compliments and has never let me down!

## METHOD

1. Preheat the oven to 230°C and prepare a springform pan.
2. Crush the biscuits and mix with the melted butter.
3. Press the crumbs into an even layer on the bottom of the pan.
4. Bake in the preheated oven for 10 minutes.



## INGREDIENTS

### FILLING

|              |         |
|--------------|---------|
| Cream cheese | 900 g   |
| Sugar        | 250 g   |
| Cake flour   | 22 g    |
| Eggs         | 3 units |
| Egg yolk     | 1 unit  |
| Sour cream   | 240 g   |
| Vanilla      | 10 g    |

## INGREDIENTS

### TOPPING

|              |        |
|--------------|--------|
| Sour cream   | 240 g  |
| Castor sugar | 13 g   |
| Lemon, juice | 1 unit |

## METHOD

1. Whisk the cream cheese, sugar and cake flour together for 3 minutes.
2. Add the eggs and mix well.
3. Add the sour cream and vanilla and mix well.
4. Pour over the crust and bake in the preheated oven for another 10 minutes. Lower the oven temperature to 110°C and bake for another 30 minutes.
5. Turn off the oven and leave the cake to cool for 2 hours.
6. Remove from the oven and pan, and place the cake onto a plate to cool completely.

## METHOD

1. Mix all the ingredients and pour over the cooled cake.

**YIELD** 12 SLICES

**PREPARATION TIME** 90 MIN.

**TOTAL TIME** 2 HOURS 30 MINUTES



### MY APPROACH TO COOKING/FOOD

I love all things sweet, and I, therefore, gravitate towards baking. I enjoy seeing a fantastic end product after a few hours of preparation and baking and then experiencing its positive effect on people around me.

### HISTORY OF MY DISH

This cheesecake is one of my favourites as it is quick to prepare and requires no baking. It is always a crowd-pleaser, and anyone with limited kitchen skills can produce a fantastic result. The credits for this lovely recipe go to Sally on Sally's Baking Addiction, whose work I follow daily: <https://sallysbakingaddiction.com/>

## EASY FRIDGE CHEESECAKE

Esedra Krüger

### INGREDIENTS

#### CRUST

|                                       |       |
|---------------------------------------|-------|
| Coconut biscuits<br>(Tennis biscuits) | 200 g |
| Brown sugar                           | 64 g  |
| Unsalted butter, melted               | 120 g |

### INGREDIENTS

#### FILLING

|  |       |
|--|-------|
| Heavy cream/<br>whipping cream                         | 288 g |
| Full-fat cream cheese, softened<br>to room temperature | 625 g |
| White sugar  | 100 g |
| Sour cream   | 58 g  |
| Icing sugar  | 15 g  |
| Lemon juice  | 9 g   |
| Vanilla extract  | 5 g   |

### METHOD

1. Mix the crust ingredients together and pack into a small pie dish or springform pan (approximately 5 cm). Pack the crust firmly by pressing it down with another container and then freeze for a few minutes while making the filling.

### METHOD

1. Use a mixer and whip the cream into soft peaks (4 to 5 minutes). Set aside for later.
2. Using a mixer, combine the cream cheese and the granulated sugar and mix until smooth. Add the icing sugar, sour cream, lemon juice, and vanilla extract and beat until smooth and combined. Keep beating the mixture until it has no lumps.
3. Slowly fold the whipped cream into the cream cheese mixture.
4. Remove the crust from the freezer and fill with the cream cheese filling, smoothing out the top using a spatula.
5. Cover with foil or plastic wrap and keep refrigerated for at least 8 hours. Serve with a topping of your choice.

**YIELD** SINGLE LAYER MEDIUM CAKE

**PREPARATION TIME** 60 MINUTES

**TOTAL TIME** 9 HOURS & OVERNIGHT REFRIGERATION



### MY APPROACH TO COOKING/FOOD

I enjoy experimenting with new recipes and testing them on my family. I especially enjoy baking and cooking if I have a lot of work—baking gives me the feeling that I am busy with something important without feeling guilty.

### HISTORY OF MY DISH

My mother (Sarah van Wyk) was a lecturer at the University of Pretoria for many years. She enjoyed baking and cooking for family and friends. She used to bake the ginger biscuits for her children and family regularly. This recipe was so part of her that when she passed away, her granddaughters decided to bake ginger biscuits for those who attended her funeral. Each guest got a ginger biscuit neatly packed in a small parcel. This recipe, therefore, especially reminds me of my mother.

# OUMA SARAH'S GINGER BISCUITS

Maggi Soer

## INGREDIENTS

|                     |       |
|---------------------|-------|
| Golden syrup        | 500 g |
| Rama margarine      | 500 g |
| Sugar               | 500 g |
| Self-raising flour  | 1 kg  |
| Ginger powder       | 6 g   |
| Bicarbonate of soda | 7 g   |

## METHOD

1. Preheat the oven to 180°C.
2. Cream the margarine and sugar.
3. Add the syrup to the margarine and sugar while mixing.
4. Add the flour, ginger and bicarbonate of soda while mixing into a soft dough.
5. Make small balls and place them on a baking tray.
6. Bake for 12 to 15 minutes in the preheated oven.

**YIELD** ± 80 BISCUITS

**PREPARATION TIME** 15 MINUTES

**TOTAL TIME** 1 HOUR 15 MINUTES



### MY APPROACH TO COOKING/FOOD

Be bold and enjoy the process of creating something delectable. A recipe is a guideline, not a set of rules.

### HISTORY OF MY DISH

I am part of a large family that had the privilege of sharing a Sunday braai regularly. Each aunt had to bring an additional dish to the braai. My father loves ice cream, and my mother loves my father, so we ended up having ice cream and homemade chocolate sauce for dessert. Fond memories of good food, family, and the South African culture of braai were created.

# MA EERKIE'S CHOCOLATE SAUCE

Carlien Vorster

## INGREDIENTS

|                |           |
|----------------|-----------|
| Chocolate slab | 150 g     |
| Pouring cream  | 240 g     |
| Condensed milk | 385 g     |
| Nuts           | As needed |

## METHOD

1. Set up a double boiler with water in the pot and place the broken chocolate slab into the saucepan. Stir while the chocolate melts. Ensure the water is only just boiling (medium heat) to prevent the chocolate from burning and separating.
2. Once the melted chocolate has a smooth texture, add the condensed milk while stirring slowly.
3. Turn off the heat and allow it to cool for five minutes before adding the cream.
4. Optional: add nuts of your choice to enhance the taste and texture.
5. Let it cool for two to four minutes before pouring over your ice cream.

## NOTES

If you want a thinner consistency, add more cream.

Once cooled, the sauce has a toffee texture if you did not add additional cream. Lovely to eat with a spoon or add to your coffee.

**YIELD** 8-12 SERVINGS

**PREPARATION TIME** 25 MINUTES

**TOTAL TIME** 25 MINUTES



### MY APPROACH TO COOKING/FOOD

To have fun, to experiment, and to be creative.

### HISTORY OF MY DISH

These are favourite flavours in my home, which we often have around the holidays and festive season. It is a fun game trying to say the name of the dish, which always proves entertaining with friends and family around.



## SALTED-CARAMEL NUTTER-BUTTER OAT-COOKIE SANDWICHES

Casey Jane Eslick

### INGREDIENTS

#### COOKIES

|                          |        |
|--------------------------|--------|
| All-purpose flour        | 120 g  |
| Oats                     | 110 g  |
| Baking soda              | 3 g    |
| Baking powder            | 1 g    |
| Salt                     | 3 g    |
| Butter, room temperature | 125 g  |
| Peanut butter            | 130 ml |
| White sugar              | 100 g  |
| Light brown sugar        | 100 g  |
| Egg, large               | 1 unit |

### METHOD

1. Preheat the oven to 180°C. Grease a large baking tray and set aside.
2. Whisk together the flour, oats, baking soda, baking powder, and salt.
3. Beat the butter, peanut butter, and both sugars on medium speed until light and fluffy.
4. Add the egg and vanilla extract. Mix until combined.
5. At low speed, slowly add the dry ingredients, mixing just until combined.
6. Place cookie dough in the fridge for 10 minutes if too soft.
7. Take about 1 tablespoon of dough and roll into a cookie ball.
8. Place rolled balls onto the prepared baking tray, leaving about 4 cm between the cookies.
9. Press cookie dough flatter to make thin cookies for sandwiches.
10. Bake for 8 to 10 minutes until the cookies are golden and the edges are set.
11. Let the cookies cool on the baking sheet for 5 minutes, then transfer them to a wire rack to cool completely.

**YIELD** 15-20 COOKIES

**PREPARATION TIME** 50 MINUTES

**TOTAL TIME** 1 HOUR 15 MINUTES

CONTINUED OVERLEAF

## SALTED-CARAMEL NUTTER-BUTTER OAT-COOKIE SANDWICHES

Casey Jane Eslick

### INGREDIENTS

#### FILLING

|                          |           |
|--------------------------|-----------|
| Butter, room temperature | 125 g     |
| Icing sugar              | 120 g     |
| Salt                     | As needed |
| Caramel treat            | 65 g      |

### INGREDIENTS

#### CHOCOLATE DIP

|                            |           |
|----------------------------|-----------|
| Dark chocolate             | 400 g     |
| Cream                      | 173 g     |
| Coarse salt for sprinkling | As needed |

### METHOD

1. Beat the butter until light and fluffy.
2. Add the icing sugar and beat the mixture until incorporated.
3. Add the salt and caramel treat, tasting as you go, and mix until thoroughly combined.
4. Add food colouring if using.
5. Fill each cookie evenly with filling. Spread about 1 tablespoon of the filling on the flat side of a cookie (depending on the size of the cookies - approximately 8 to 10 cm in diameter). Then top with another cookie, pressing down slightly.
6. Continue until all cookie sandwiches have been made.
7. Store in an airtight container in the fridge.

### METHOD

1. Place the cookie sandwiches on a baking tray and place them in the freezer for at least 10 minutes before dunking in the chocolate.
2. While the cookies are in the freezer, place the chocolate in a heatproof bowl (a small pot works well). Heat the cream in the microwave until hot, and then pour over the chocolate.
3. Stir until completely melted and smooth. Dip each semi-frozen cookie sandwich into the ganache, place on a parchment-lined baking sheet, and sprinkle with sea salt while still tacky.
4. Continue until all the cookies have been dunked in the chocolate and sprinkled with salt.
5. Allow the cookies to set.
6. Leftover cookies are best stored in an airtight container in the fridge.

# KHEER

Shakila Dada

## INGREDIENTS

|                        |             |
|------------------------|-------------|
| Rice, washed           | 400 g       |
| Condensed milk         | 385 g       |
| Cream (tin)            | 43 g        |
| Milk                   | 1 651 g     |
| Cardamom, pods         | 2 units     |
| Sago                   | 234 g       |
| Almonds, thinly sliced | 24 g        |
| Saffron                | Few strands |

## METHOD

1. Boil all the ingredients in a pot on slow heat until the liquid has been absorbed and serve warm.

**YIELD** 6-8 SERVINGS

**PREPARATION TIME** 10 MINUTES

**TOTAL TIME** 90 MINUTES

# FLAN OR TANT ALIX'S BREAD PUDDING

---

Debby Bonnin

## MY APPROACH TO COOKING/ FOOD

In the tradition of all old family recipes, there are no precise measurements. As one makes it, one gets a feel for the consistency of the mixture and instinctively knows to add a little more or less of the different ingredients.

## INGREDIENTS

|                                       |          |
|---------------------------------------|----------|
| White sugar, for the caramel<br>sauce | 108 g    |
| White sugar, for the pudding          | 72 g     |
| Eggs                                  | 4 units  |
| Butter, melted                        | 28 g     |
| Full-cream milk                       | 1 290 g  |
| Vanilla pod                           | 0,5 unit |
| Brandy                                | 30 g     |
| White bread, sliced                   | 8 units  |

## HISTORY OF MY DISH

You might wonder why this dessert, traditionally called a 'flan' (English pronunciation with a hard 'n'), has no pastry or fruit. But it is not the English word 'flan' but rather the French word 'flan', which in a loose translation means a caramel custard or a custard dessert with a layer of clear caramel sauce. This is an old family recipe passed down from my grandmother to my aunts (and her mother before her), brought from Mauritius to South Africa and passed to my cousins and me.

## METHOD

1. Preheat oven to 180°C.

## METHOD

### CARAMEL SAUCE

1. Put some white sugar (approximately 9 tablespoons—depending on how thick you would like the caramel sauce to be or how much you would like) into a cake tin, place the tin on the stovetop and gently heat the sugar until it has melted into a good caramel colour. Watch closely, as it can burn very quickly.
2. Once caramelised, quickly plunge the tin into a sink of (prepared) cold water (about 2 to 3 cm deep) to halt the caramelising process and prevent the sugar from burning. Ensure that no water splashes into the tin. The caramel sauce will harden immediately.
3. Remove from the sink of cold water when cooled and set aside. Caution, melted sugar is very hot.

YIELD

1 PUDDING

PREPARATION TIME

15-20 MIN.

TOTAL TIME

1 HOUR 20 MINUTES

## METHOD

### BREAD PUDDING

1. Remove the crusts from the bread.
2. Break the bread into a bowl and pour over some of the milk to soften the bread.
3. Once soft, mash with a fork, then add the sugar.
4. Break eggs into a separate bowl and beat.
5. Add the beaten eggs, melted butter, split vanilla pods, brandy and remaining milk to the softened bread mixture.
6. Mix well. If preferred, scrape the seeds from the vanilla pod into your mixture.
7. Pour this mixture onto the hardened caramel.
8. Place the cake tin (with the mixture) into a bain-marie and place it into the preheated oven.
9. Cook for one hour (check that it is well set before removing).
10. Once cooked, remove it from the oven and let it cool.
11. Place the pudding in the fridge to cool before serving, as it is extremely hot.

## SERVING

1. Turn the pudding upside down onto a flat serving dish. Ensure the dish has an edge sufficient to contain the caramel sauce, or else it will run everywhere, and you won't have a caramel pudding.
2. Slice like a cake, spoon over the cameral sauce and serve. Keep refrigerated.

## MY APPROACH TO COOKING/FOOD

There is more to it than just utter deliciousness when baking; it also creates mindfulness and well-being in the moment and contributes to being satisfied. Baking allows you to be creative by engaging in pleasurable activities. It gives you a chance to forget about negative things, resulting in a positive and creative happy moment. We live in a busy world; we all have things to get done, and it is easy to lose our connection to the real world—the present moment. Mindfulness is ‘an exercise’ to purposefully focus on the ‘now/present moment’ instead of getting engrossed in worries or things we cannot change right now.

In baking, you need to be focussed on the now and present time to make your delicious indulgence. Mindfulness and well-being are key elements in reducing stress, improving mental and physical health, improving sleep, and creating overall happiness. Baking not only allows you to be creative, but it also assists you in expressing your feelings. You show people how you feel, what you feel for them, and it becomes a celebration. In turn, a celebration becomes a gift, a gift of giving and a wonderful way to show the people around you how much you care about them. Anyone can turn something baked into a special moment. Remember to practise gratitude when you are baking; think of where the products come from and the journey it took to reach your kitchen ...

I see baking as a time of bonding with my boys or friends. It brings people closer and transforms tastes into memories. It creates a spark with your senses; you see, smell, touch and taste the beautiful creation. The aroma and laughter with friends or family around a flavourful piece of indulgence uplift your well-being and creates positive thoughts and moments.



## HISTORY OF MY DISH

The apple slices are nestled in cake batter, baked, and then smothered in a rich, decadent, seductive sauce. Enjoy this tart with your loved ones and include them in the baking to create a positively mindful experience.

A variation of this recipe\* might well be one of South Africa's most popular apple tarts, baked for generations. Some people enjoy it cold, but my ‘men’ absolutely love it served hot with vanilla ice cream. To make it a bit healthier, you could reduce the sugar—but who wants that when you can eat a seductively saucy apple tart.

|                  |                      |
|------------------|----------------------|
| YIELD            | ± 21 SINGLE SERVINGS |
| PREPARATION TIME | 15–20 MINUTES        |
| BAKE TIME        | ± 30–35 MINUTES      |
| TOTAL TIME       | 30–40 MINUTES        |

# SEDUCTIVELY SAUCY APPLE TART

Juanita Haug

## INGREDIENTS

### TART BATTER

|  |         |
|--|---------|
| Brown sugar                            | 400 g   |
| Butter, salted, soft                   | 85 g    |
| Eggs, large                            | 6 units |
| Cake flour                             | 240 ml  |
| Baking powder                          | 7 g     |
| Salt                                   | 2 ml    |
| Milk                                   | 129 g   |
| Unsweetened apple slices,<br>large tin | 770 g   |

## INGREDIENTS

### SAUCE

|                              |       |
|------------------------------|-------|
| Milk                         | 258 g |
| Evaporated milk (Ideal milk) | 397 g |
| Condensed milk               | 385 g |
| Vanilla essence              | 10 g  |

## FINISHING & SERVING

Once the apple tart is out of the oven, immediately prick the cake using a fork. While still piping hot, pour the sauce over the tart slowly, allowing it to be absorbed little by little. Let the tart sit for 10 minutes (if you can wait that long) and serve with vanilla ice cream or custard. The sauce will thicken while resting.

## METHOD

### TART BATTER

1. Make the tart batter first, and while the tart is baking, make the seductive sauce.
2. Preheat the oven to 180°C.
3. Spray a glass oven dish (± 30 cm × 40 cm) well with cooking spray.
4. Cut the apple slices into blocks (± 2 cm in size) or leave them in slices and put a single layer in the sprayed dish.
5. Beat the butter and sugar until creamy.
6. Add the eggs one at a time while continuously beating the mixture.
7. Add the cake flour, baking powder and salt while mixing to make a 'semi-runny mix'.
8. Add the milk and mix well.
9. Pour a layer of batter over the apples (enough to cover it completely), then place another layer of apples on the batter. Do not press it into the batter.
10. If you still have batter left, repeat steps 3, 4 and 9 in a smaller oven dish.
11. Bake for ± 30 to 35 minutes or until golden brown. Test by sticking a skewer in the centre. If the skewer comes out clean, it is ready.

## METHOD

### SAUCE

1. Boil all the sauce ingredients together in a pot over low heat until all the sugar has dissolved.
2. Be careful not to burn the sauce (high sugar content), and ensure it does not boil over (milk contents).
3. This sauce is poured over the tart once baked.



### MY APPROACH TO COOKING/FOOD

Political scientists understand that the simpler a message, in this case, a recipe, the more persuasive voters will find it. This is a simple cake, baked in an oven dish and served from the same dish. The combination of fresh rosemary and apple makes this something delicious. Serve with *crème fraîche* or whipped cream.

### HISTORY OF MY DISH

I found a bottle of Verjuice in my pantry while rummaging around during the pandemic lockdown. I had never heard of Verjuice but have since learned (thanks to Google and Woolworths!) that it is an unfermented juice made from unripe fruit, primarily grapes. It is a versatile replacement for wine or vinegar. It has a sour-sweet taste that Australian chef, Maggie Beer, has made famous. It is a wonderful addition to this cake and balances the sweetness of the apples and the sugar in the recipe.



# ROSEMARY, APPLE, NUT AND OLIVE OIL CAKE

Anonymous

## INGREDIENTS

|                                  |         |
|----------------------------------|---------|
| Apples, peeled and thinly sliced |         |
| 250 g                            |         |
| Olive oil                        | 15 g    |
| Verjuice                         | 250 g   |
| Rosemary, fresh, chopped         | 4 g     |
| Chopped pecan nuts               |         |
| (optional)                       | 50 g    |
| Eggs, separated                  | 3 units |
| Castor sugar                     | 125 g   |
| Cake flour                       | 60 g    |
| Baking powder                    | 2 g     |
| Olive oil                        | 60 g    |
| Poaching liquid, cooled down     | 60 g    |

## METHOD

1. Preheat the oven to 180°C.
2. Stew the apple slices in the olive oil, Verjuice and rosemary.
3. Beat the egg yolks with half of the castor sugar until pale and light.
4. Beat the egg whites with the remaining castor sugar to form soft peaks.
5. Sift in flour and baking powder to the yolk mixture.
6. Add the  $\frac{1}{4}$  cup of olive oil and a quarter cup of poaching liquid.
7. Fold the egg whites into the flour mixture slowly.
8. Place the apples in a greased oven dish.
9. Pour the cake mixture over the apples.
10. Bake in the preheated oven for 20 to 25 minutes.
11. Dust with castor sugar and serve.

YIELD 1 CAKE

PREPARATION TIME 30 MINUTES

TOTAL TIME 50-55 MINUTES



### MY APPROACH TO COOKING/FOOD

When I try different bakes with my children, I call it bonding time. This not only brings us together but also helps to relieve stress caused by an overwhelming workload.

### HISTORY OF MY DISH

I remember vividly how Sunday mornings were very special during my time as a high-school boarder. Our breakfast consisted of very bland mealie-meal porridge with only sugar and salt (no peanut butter) from Monday to Saturday. Then on Sundays, we would be served the very eagerly awaited, tasty 'sugar-coated buns' famously called saiboko in Shona. These were served with a dollop of butter that melted on the warm buns and a cup of tea. This breakfast was so special to the extent that some boys would use an analogy of referring to all the beautiful girls as 'Sunday saibokos'. This is why I find the history of sugar-coated buns fascinating, and I feel that the recipe is worth sharing.

## SUGAR-COATED BUNS (SAIBOKO)

### Shingairai Chigeza

#### INGREDIENTS

|                    |        |
|--------------------|--------|
| Plain flour        | 500 g  |
| Milk               | 310 g  |
| Salt               | 7 g    |
| Sugar              | 36 g   |
| Quick acting yeast | 7 g    |
| Egg                | 1 unit |
| Margarine          | 40 g   |

#### METHOD

1. Mix the milk and margarine and warm the mixture on the stove. Do not allow the milk to boil.
2. Sift the flour and salt into a bowl and make a well in the centre.
3. Put the yeast and egg in the well, then sprinkle the sugar on the flour.
4. Pour the milk mixture into the well and mix thoroughly. It should not be runny.
5. Knead the dough and place it in an oiled bowl.
6. Cover the dough with a damp dish towel or a plastic bag and leave to rise until double in size.
7. Knead again to knock the air out of the dough, cut into smaller pieces, roll into buns, and lay on a tray.
8. Cover the tray with a damp dish towel or plastic cling wrap and let the buns rise.
9. Bake in an oven at 200°C for 15 minutes or until golden brown.

#### NOTE

For glazing, melt 2 tablespoons of sugar in 2 tablespoons of water and boil on the stove. Brush the glaze on the buns and enjoy!

**YIELD** 8 PORTIONS

**PREPARATION TIME** 90 MINUTES

**TOTAL TIME** 1 HOUR 45 MINUTES



### MY APPROACH TO COOKING/FOOD

'The art of dining well is no slight art, the pleasure, not a slight pleasure.'

- Michel de Montaigne

### HISTORY OF MY DISH

This is a much-loved recipe from my childhood and has got us through thick and thin and also through thick and thin if you know what I mean?

# CORNFLAKE AND CONDENSED MILK SQUARES

Janine Engelbrecht

## INGREDIENTS

|                     |       |
|---------------------|-------|
| Condensed milk      | 385 g |
| Brown sugar         | 100 g |
| Butter              | 75 g  |
| Vanilla essence     | 5 g   |
| Golden syrup        | 61 g  |
| Cornflakes          | 140 g |
| Coconut             | 80 g  |
| Cocoa               | 24 g  |
| Icing sugar, sifted | 130 g |
| Butter, melted      | 250 g |

## METHOD

1. Grease a square cake tin (23 × 23 cm).
2. Pour the condensed milk, brown sugar, butter, vanilla essence, and golden syrup into a saucepan and heat the mixture over moderate heat, stirring continuously. Continue for about 8 minutes until the mixture is thick and turns caramel. Allow to cool slightly.
3. Place half the cornflakes, coconut, cocoa and icing sugar in a large mixing bowl. Pour half the melted butter on top and stir into the dry ingredients until mixed well. Press the mixture into the prepared cake tin and refrigerate for 10 minutes.
4. Spread the caramel on top of the cornflake base and return it to the fridge until set. Mix the remaining cornflakes, coconut, cocoa and icing sugar, add the rest of the butter, mix thoroughly and firmly press this mixture down on top of the caramel layer. Return it to the fridge until set, and then cut into squares.

**YIELD** 20-25 SERVINGS

**PREPARATION TIME** 30 MINUTES

**TOTAL TIME** 2 HOURS



### MY APPROACH TO COOKING/FOOD

My approach to baking has changed over the years, from doing everything myself to ordering it myself. However, malva pudding is nostalgic; it must be homemade from my mother's recipe. To me, malva pudding represents family, love and care. The tradition of South African hospitality gives me great joy to bake malva pudding for the South African mentors and Fordham University students on the Ubuntu Programme. In true Ubuntu spirit, sharing the malva experience and recipe has found its way to some US families' dessert tables.

### HISTORY OF MY DISH

The exact origin of the malva pudding is unclear. There is speculation that it was brought to South Africa by Dutch settlers and owes its name to a marshmallow called malva in Afrikaans. Another view is that Maggie Pepler invented the malva pudding. Although it may be true that her specific recipe (as there is a variety) became the traditional South African recipe, it is more likely that it originates from Dutch settlers, as in my family, it was passed on through four generations. My nostalgia for the malva pudding brings back memories of my childhood, as it was a traditional dessert for Sunday lunch. It was served after a traditional hot meal with the family members around the table. It continued into my adulthood when a Sunday visit at home included malva pudding. My son's favouring of this dessert ensures that the tradition of malva pudding will continue in my family.

# MALVA PUDDING

Antoinette Lombard

## INGREDIENTS

### MALVA

|                     |        |
|---------------------|--------|
| Cake flour          | 98 g   |
| Sugar               | 200 g  |
| Butter              | 14 g   |
| Milk                | 258 g  |
| Egg                 | 1 unit |
| Smooth apricot jam  | 7 g    |
| Bicarbonate of soda | 7 g    |
| Vinegar             | 5 g    |

### SAUCE

|               |        |
|---------------|--------|
| Cream         | 240 ml |
| Sugar         | 200 g  |
| Butter        | 120 ml |
| Boiling water | 125 g  |

## METHOD

1. Preheat the oven to 180°C.
2. Cream the butter and sugar.
3. Add the egg, apricot jam, bicarbonate of soda and vinegar and mix well.
4. Add the flour and milk bit by bit while mixing.
5. Pour into an ovenproof dish.
6. Bake in preheated oven for 45 to 60 minutes.

### METHOD (SAUCE)

1. Start preparing the sauce just before the pudding comes out of the oven.
2. Put all the ingredients into a pot.
3. Boil the ingredients for about 2 minutes while stirring.
4. Take the pudding out of the oven.
5. Slowly pour the boiling sauce over the pudding.
6. Put the pudding back into the oven and leave until the sauce has caramelised.
7. Serve with vanilla ice cream, cream, or custard.

**YIELD** 6-8 PORTIONS

**PREPARATION TIME** 20 MINUTES

**TOTAL TIME** 1 HOUR 20 MINUTES



### MY APPROACH TO COOKING/FOOD

I am mostly interested in cakes and desserts. I grew up with a grandmother who always had a cake ready when we visited her and a father who instilled in me a love for chocolate. Hence, I am drawn to cake recipes for both their beauty and the promise of heavenly indulgence!

### HISTORY OF MY DISH

In 1993, I worked as a social worker at Sonitus School for hard-of-hearing children. Staff meetings were usually accompanied by delicious refreshments made by staff members. On one such occasion, Bertha Olivier, a teacher, spoiled us with this Poppy seed cake. Just one bite, and I was on cloud nine! Needless to say, I had to have the recipe and shared it with my family. Over the years, my sister has baked the cake countless times for family gatherings, and it has become an institution. No one ever complains, though, as this cake is divine and always a success!



# BERTHA'S POPPYSEED CAKE

Corlie Giliomee

## INGREDIENTS

### MALVA

|                    |         |
|--------------------|---------|
| Sugar              | 300 g   |
| Eggs               | 3 units |
| Sunflower oil      | 125 g   |
| Self-raising flour | 120 g   |
| Desiccated coconut | 100 g   |
| Poppy seeds        | 140 g   |
| Natural yoghurt    | 250 g   |

### SAUCE

|  |       |
|--|-------|
| Chocolate, milk or white                       | 150 g |
| Icing sugar                                    | 38 g  |
| Milk   | 62 g  |
| Butter   | 38 g  |
| Vanilla essence                                | 15 g  |
| Top Deck chocolate,<br>shavings for decoration | 150 g |

## METHOD

1. Preheat the oven to 180°C.
2. Grease an ovenproof dish of approximately 27 × 17 cm.
3. Cream the sugar and eggs in a mixing bowl until pale in colour (preferably with an electric hand beater).
4. Add the yoghurt and sunflower oil to the egg mixture.
5. Sift the flour and add the desiccated coconut and poppy seeds.
6. Fold the dry ingredients into the wet ingredients until smooth.
7. Pour the mixture into the prepared dish and bake for 45 minutes.

## METHOD

1. Melt the chocolate and butter until smooth and without lumps in a heat-resistant bowl over boiling water in a saucepan.
2. Gradually add the milk and vanilla essence and mix until smooth.
3. Pour the chocolate mixture over the cake when it comes out of the oven and allow to cool.
4. Just before serving, dust with the chocolate shavings. Enjoy with a cup of tea!

**YIELD** ONE MEDIUM SIZED CAKE

**PREPARATION TIME** 35 MINUTES

**TOTAL TIME** 1 HOUR 20 MINUTES

# MALVA PUDDING WITH A TWIST

---

## Makone Maja

### MY APPROACH TO COOKING/FOOD

I grew up in the golden era of reality food television and could spend hours binge-watching the chefs and cooks on TV. Their enthusiasm and zest channelled my love towards food and its preparation. Today my motivation for cooking isn't just skill-oriented, but it is also an expression of creativity and paying service to nourishing the body and feeding my family and friends. Watching them enjoy my food is the ultimate reward.

### HISTORY OF MY DISH

Malva pudding is a South African classic. The original Malva pudding recipe calls for apricot jam, but I had made a huge batch of grapefruit marmalade and was thinking of creative ways to use it. Finally, I recalled that Malva pudding uses a tangy yet sweet jam-like apricot in its recipe. I figured orange or grapefruit marmalade would work quite well, given both are citrusy and have a bit more zing than apricot jam. I prefer my Malva pudding cold with two generous scoops of vanilla ice cream. I know Malva traditionalists will not be impressed by me for this.

## INGREDIENTS

|  |           |
|--|-----------|
| Egg                                      | 1 unit    |
| Vanilla extract                          | 10 g      |
| Butter, melted                           | 14 g      |
| Grapefruit or orange<br>marmalade        | 20 g      |
| Castor sugar                             | 250 g     |
| Vinegar                                  | 5 g       |
| Flour                                    | 250 g     |
| Milk                                     | 250 g     |
| Bicarbonate of soda                      | 7 g       |
| Baking powder                            | 2 g       |
| Salt                                     | 3 g       |
| Evaporated milk                          | 253 g     |
| Vanilla ice cream or custard to<br>serve | As needed |

## METHOD

1. Preheat the oven to 180°C. Grease a 24 cm baking pan and set aside. You can use any sized baking dish you have; just remember to adjust the baking time.
2. In a big mixing bowl, whisk together the egg, sugar, grapefruit or orange marmalade, 5 ml vanilla extract and butter to cream for 2 minutes.
3. Mix the dry ingredients in a separate bowl, including flour, baking soda, baking powder and salt.
4. Add half the dry ingredients, the vinegar and half the milk to the egg mixture and mix. Add the remaining half of the dry ingredients and milk and mix that in as well. If there are little lumps—that is normal. They will not affect the taste of the pudding.
5. Pour the batter into the prepared baking dish. Bake for 25 to 30 minutes until the top is browned.
6. Whisk together the evaporated milk in a big jar, 45 to 60 ml of castor sugar and the remaining 5 ml of vanilla extract. Heat the contents in a microwave or on a stovetop, stirring in the sugar until it is dissolved. Slowly pour the sauce over the malva pudding as soon as it comes out of the oven, making sure to let the contents absorb before adding more.
7. Serve hot or cold with custard or vanilla ice cream.

**YIELD** 12 SERVINGS

**PREPARATION TIME** 15 MINUTES

**TOTAL TIME** 50 MINUTES

# KAAPSE KOE'SISTERS

## Alecia Samuels

### MY APPROACH TO COOKING/ FOOD

I enjoy baking and have coined the term 'procastibaking'—occupying myself with baking when I don't feel like doing other important things. These are not great for the waistline and not great for anything else, for that matter, although colleagues at work do seem to enjoy the fruits. However, I think I love it because there is a beginning, a middle and a satisfying end product. As an academic, I have so many unfinished things on my desk that baking makes me feel like I have finished something.

### INGREDIENTS

#### SUGAR SYRUP

|                             |         |
|-----------------------------|---------|
| Water                       | 250 g   |
| Sugar                       | 400 g   |
| Cinnamon stick              | 1 unit  |
| Cardamom pods               | 2 units |
| Sunflower oil, deep frying  | 750 g   |
| Coconut, desiccated or fine | 160 g   |

### HISTORY OF MY DISH

As a child, I would often wake up on a Sunday morning to the inviting fragrance of cardamom and cinnamon sugar syrup boiling on the stove. This was the signal to get ready for church, but before that, there would be the promise of a warm koe'sister, as only my mom could make it. Do not confuse the Kaapse koe'sister with the Afrikaans koeksister or twisted sister, as some call it. No, this one is spicier and comes from the Cape Malay tradition of cooking. I chose this recipe because my mom was a great baker, but sadly because of dementia, she has stopped baking. Many of her recipes are now lost to me as she often just knew how to make things by heart, having made them millions of times. Who knew, therefore, that one day in July 2018 would be the last batch of koe'sisters my mom would ever make for me. I really wish I could go back in time.

### METHOD

1. Boil the sugar, water, cinnamon stick and cardamom until the sugar has dissolved and the syrup is slightly thickened and sticky. Add drops of water if the syrup becomes too sticky.
2. Dunk the koe'sisters into the hot syrup for approximately 1 minute, turning and ensuring the whole koe'sister is covered and some of the syrup has been absorbed.
3. Finally, roll in desiccated or fine coconut and enjoy a *lekker warm* koe'sister Kaapse style.

YIELD

30 PORTIONS

PREPARATION TIME

2 HOURS 30 MIN.

TOTAL TIME

3 HOURS

|   |        |
|---|--------|
| Aniseed, fine                                 | 2 g    |
| Naartjie peel, ground and dried<br>(optional) | 5 g    |
| Egg, large                                    | 1 unit |
| Sunflower oil                                 | 15 g   |
| Milk  | 129 g  |
| Water, hot                                    | 125 g  |

## INGREDIENTS

### KOE'SISTER DOUGH

|                            |       |
|----------------------------|-------|
| Potatoes, medium           | 426 g |
| Baking margarine or butter | 14 ml |
| Cake flour                 | 480 g |
| Baking powder              | 3 g   |
| Active instant dry yeast   | 20 g  |
| Sugar                      | 80 g  |
| Salt                       | 1 g   |
| Ginger, fine               | 4 g   |
| Cinnamon, fine             | 1 g   |
| Mixed spice                | 1 g   |
| Cardamom, ground           | 1 g   |

- Roll out the dough on a floured surface and cut a coil off lengthwise. To see some pictures and a video of how my mom used to do this, scan the following QR code:



- From each coil, cut off a square of dough about 3 cm thick and shape by gently pulling each koe'sister into an oblong, flattened doughnut shape (see the pictures).
- Heat the oil in a large saucepan (for deep frying) over medium heat – place a few pieces of koe'sister dough into the oil and fry on each side for about 4 minutes or until golden brown and cooked.

## METHOD

- Cook and mash the potatoes with butter.
- Sift flour, sugar and salt into a large mixing bowl and stir in spices and optional naartjie peel.
- Beat the egg and oil together.
- Add the liquid mixture and mashed potatoes to the dry ingredients and mix into a soft dough. (According to my mom, the mashed potato makes a light and fluffy koe'sister.) Also, add 125 ml of the milk-water mix. If the dough is too stiff, add the remaining milk-water mixture. It should be a slightly loose, wet dough.
- Set the dough aside in a warm place, and cover to rise until double in size (about 1,5 to 2 hours).

# ROCK BUNS

## Mellissa Simbisai Mlambo

### MY APPROACH TO COOKING/ FOOD

I prefer baking because it is less stressful than cooking! It also feeds into my sweet tooth, so having this skill helps to cut down on buying sweet treats. Baking is also a very relaxing activity and quite fulfilling. It is really nice creating something delicious that can be shared with the people you love.

### INGREDIENTS

|                     |           |
|---------------------|-----------|
| Butter or margarine | 100 g     |
| Self-raising flour  | 240 g     |
| Salt                | 1 g       |
| Mixed spice         | 2 g       |
| Ground nutmeg       | 2 g       |
| Sugar               | 144 g     |
| Mixed peel, chopped | 14 g      |
| Dried fruit         | 156 g     |
| Egg, beaten         | 1 unit    |
| Milk to mix         | As needed |

**YIELD** 12 SERVINGS

**PREPARATION TIME** ± 10 MINUTES

**TOTAL TIME** ± 30 MINUTES

### HISTORY OF MY DISH

This was one of my favourite go-to baking treats during high school. It is quick, simple and a family hit. I am not really sure how this recipe got into the family. Still, I have a sneaking suspicion it may have been a recipe from our high school magazine. I liked it and ran with it, and it has not let me down since. I especially love the mixed spice and nutmeg because they give the recipe a nice kick.

### METHOD

1. Preheat the oven to 400°F (mark 6) / 200°C (fairly hot).
2. Grease a baking tray.
3. Using your fingers, rub the margarine into the flour, salt and spice until the mixture is as fine as breadcrumbs.
4. Stir in the sugar, fruit and peel.
5. Make a well in the flour mixture, pour in the egg and a little milk and mix. Add more milk if necessary to form a stiff dough.
6. Scoop spoonfuls of mixture onto the tray.
7. Bake towards the top of the oven for 15 to 20 minutes.

## SPICED BREAD

### Kgothatso Setshedi

#### INGREDIENTS

|                      |        |
|----------------------|--------|
| Water, warm          | 1170 g |
| Active dry yeast     | 30 g   |
| Bread flour          | 1,8 kg |
| Salt                 | 37 g   |
| Ground ginger        | 2 g    |
| Garlic powder        | 11 g   |
| Fresh garlic, minced | 80 g   |
| Allspice             | 2 g    |
| Egg wash             | 10 g   |

#### METHOD

1. Mix the water and yeast in a small container, and leave at room temperature.
2. Mix the flour, salt and yeast mixture while it is still warm and mix at low speed using a dough hook until all the flour has been incorporated.
3. Mix the spices and minced garlic and add to the flour mixture.
4. Increase the beater's speed to medium and knead the dough until it is smooth and elastic.
5. Leave the dough to rise until doubled in size. Punch down, divide into four loaves, and shape. Proof the loaves again until doubled in size and brush them with egg wash.
6. Bake in a preheated oven at 200°C, adding steam during the first few minutes of baking. Do this by placing an ovenproof pan on the lowest rack in the heating oven. Boil about a cup of water and pour this into the pan in the oven when you put the loaves into the oven. Bake until the crust is golden brown and the bread is baked completely, approximately 12 minutes for rolls and 20 minutes for small loaves.

**YIELD** 4 LOAVES

**PREPARATION TIME** 40 MINUTES

**TOTAL TIME** 60 MINUTES





# CARDAMOM RICE PUDDING

Andre van der Linde

## INGREDIENTS

|                  |          |
|------------------|----------|
| Milk, full cream | 1 L      |
| Short grain rice | 200 g    |
| Ground cardamom  | 6 g      |
| Vanilla essence  | 5 g      |
| Egg yolk, large  | 2 units  |
| Granulated sugar | 125 g    |
| Salt             | To taste |

## METHOD

1. Add the milk, rice and cardamom to a large pot and bring to a boil. Reduce the heat to a simmer and simmer uncovered for 15 minutes, stirring frequently.
2. Cover the pot and simmer covered for 15 minutes, stirring occasionally.
3. Uncover the pot and simmer uncovered for 10 minutes, stirring frequently.
4. Whisk the egg yolk and sugar together until it reaches a pale colour with a creamy consistency.
5. Temper the rice mixture with the egg yolks, taking care not to split the eggs.
6. Return the mixture to the pot over medium heat and simmer until it thickens and covers the back of a spoon.
7. Add the vanilla essence and salt, mixing it in thoroughly.
8. Eat warm or allow to cool in a serving dish and enjoy cold.

**YIELD** 1 LITRE, 4-6 SERVINGS

**PREPARATION TIME** 30 MINUTES

**TOTAL TIME** 1 HOUR

# APPLE COBBLER

Rachel van Zyl

## HISTORY OF MY DISH

Cobblers are a beloved food in the south of the United States since it relies on seasonal fruits and does not require difficult cooking and baking techniques. Settlers in America brought their favourite recipes with them but had to use the ingredients available, which led to a lot of improvising. The settlers turned traditional Roman pies (which often contained meat) into fruit cobblers using berries, peaches, apples, pears, etc. Cobblers were traditionally eaten as a first course or as breakfast but only later became a dessert with a deep-dish fruit filling and a thick crust. Today cobblers are loved all over America and the world as a delicious, bright, and warming dessert to add a little bit of warmth on cooler days.

## INGREDIENTS

### TOPPING

|   |       |
|---|-------|
| White sugar                                   | 50 g  |
| Baking powder                                 | 10 g  |
| Salt  | 7 g   |
| Cake flour                                    | 280 g |
| Butter, unsalted, chilled, cut<br>into pieces | 115 g |
| Cream, chilled                                | 317 g |

## METHOD (TOPPING)

1. Whisk granulated sugar, baking powder, lemon zest, salt, and flour in a medium bowl. Add butter and toss to coat. Quickly rub the butter into the flour mixture with your fingers, working until the largest pieces are about the size of a pea.
2. Gradually stream the cream into the flour mixture, tossing it constantly with a fork to distribute. Using a flexible bench scraper or a stiff plastic spatula, fold the dough over and onto itself several times, scraping the bottom and sides of the bowl, to bring everything together into a mass (the dough will feel very wet and sticky).
3. Turn out the dough onto a generously floured surface. Pat into a 1,5 cm thick rectangle or square using floured hands. Use a bench scraper or spatula to lift the dough and dust underneath with more flour to prevent sticking. Dust the surface with more flour, cut the dough into four equal pieces and stack them on top of each other. Dust with flour and press down on the stack with a rolling pin to flatten it to a workable height. Roll out to 1,2 cm thick, dusting with more flour as needed.
4. Use a cutter to punch out topping rounds as closely as possible, dipping the cutter into the flour often. Transfer the topping rounds to a plate. You should have about 40. Gather up the dough scraps, reroll, and punch out more if needed. Chill until ready to use.

## INGREDIENTS

### FILLING

|                                  |        |
|----------------------------------|--------|
| Apples, peeled, cored and sliced | 1,8 kg |
| Fresh lemon juice                | 28 g   |
| Light brown sugar                | 73 g   |
| Corn starch                      | 8 g    |
| Cinnamon, ground                 | 1 g    |
| Nutmeg, ground                   | 1 g    |
| Vanilla essence                  | 5 g    |
| Butter, cut into cubes           | 57 g   |

## METHOD (FILLING & ASSEMBLY)

1. Place a rack in the middle of the oven and preheat to 200°C.
2. In a large mixing bowl, toss the apples with the lemon juice until well coated. Add the brown sugar, corn starch, cinnamon, nutmeg, and vanilla extract. Pour into a 20 cm × 30 cm baking dish. Dot the top with the cubed butter.
3. Arrange chilled topping rounds over the filling, fitting snugly, so they touch with only a few gaps. Brush generously with butter; sprinkle with raw sugar.
4. Bake the cobbler for 10 minutes. Reduce the heat to 180°C and continue to bake until biscuits are golden brown and juices are bubbling, 40 to 55 minutes more. Let cool slightly.

## SERVING SUGGESTION

The apple cobbler is best served warm with a scoop of vanilla ice cream.

## NOTES

The topping rounds can be made one day in advance and kept in the fridge until ready to use. The cobbler can be made one day ahead and be kept at room temperature, covered tightly.

|                  |                   |
|------------------|-------------------|
| YIELD            | 12 PORTIONS       |
| PREPARATION TIME | 30 MINUTES        |
| TOTAL TIME       | 1 HOUR 30 MINUTES |



## INGREDIENTS

### BASE

|                                 |       |
|---------------------------------|-------|
| Finger biscuits, crushed finely | 100 g |
| Butter, melted                  | 75 g  |

## METHOD (BASE)

1. Preheat the oven to 250°C. Prepare a 20 cm springform pan with non-stick cooking spray.
2. Mix the finely crushed biscuits with the melted butter. Push onto bottom of the pan until the bottom is covered completely. Place the pan in the refrigerator for 15 minutes to set.

# BLUEBERRY COTTAGE CHEESECAKE

Urika Dittmar

## INGREDIENTS

### CHEESECAKE

|                        |         |
|------------------------|---------|
| Cottage cheese         | 625 g   |
| Castor sugar           | 150 g   |
| All-purpose flour      | 30 g    |
| Salt                   | 2 ml    |
| Orange, zest           | 1 unit  |
| Eggs, extra large      | 2 units |
| Egg yolks, extra large | 2 units |
| Cream, fresh           | 58 g    |
| Blueberries, fresh     | 150 g   |

### TOPPING

|                    |       |
|--------------------|-------|
| Blueberries, fresh | 150 g |
| Water              | 30 g  |
| Sugar, granulated  | 50 g  |
| Lemon juice        | 10 g  |

## METHOD (CHEESECAKE)

1. Beat the cottage cheese with a mixer until creamy. (If you don't have a mixer, you can mix by hand.)
2. Add the sugar, flour, and salt, and mix until incorporated.
3. Add the orange zest and then add the eggs one by one while continuously mixing.
4. Stir in the cream and fresh blueberries. Pour the mixture into the pan over the set base.
5. Place the pan in the preheated oven and bake for 5 minutes. Lower the heat to 100°C and bake for a further 30 minutes.
6. Switch off the oven and leave the cake in the oven overnight or for at least 2 hours.
7. Remove the cheesecake from the oven and place it in the fridge to cool completely before removing it from the pan.

## METHOD (TOPPING)

1. Mix half of the blueberries and all the other ingredients in a saucepan.
2. Cook over medium heat for about 10 minutes.
3. Add the remaining blueberries and cook for 8 minutes, stirring frequently.
4. Pour the mixture, either hot or cold, over the cheesecake.
5. The cheesecake is now ready to be served.

**YIELD** 1 X 20CM CHEESECAKE

**PREPARATION TIME** 30 MINUTES

**TOTAL TIME** 2 HOUR 50 MINUTES



### MY APPROACH TO COOKING/FOOD

I love experimenting in the kitchen with new desserts and baking ideas! This allows me to be myself completely as I explore new flavours. I do this when I feel like relaxing.

### HISTORY OF MY DISH

I have always been fascinated by different fruits in desserts.

This recipe is an adaptation of a recipe I stumbled upon while making lunch one day. It consists of preserved peaches baked into a cake—quick and easy for a simple Sunday dessert. I love serving this with vanilla ice cream.

# PEACH VANILLA SYRUP CAKE

Dené Kirsten

## INGREDIENTS

|                    |         |
|--------------------|---------|
| Peaches            | 825 g   |
| Self-raising flour | 120 g   |
| Sugar              | 370 ml  |
| Milk               | 83 g    |
| Butter, melted     | 38 g    |
| Eggs               | 2 units |
| Vanilla essence    | 2 g     |

## METHOD

1. Preheat the oven to 180°C. Grease a 30 cm cake tin with butter.
2. Empty the can of peaches, draining the liquid from the peaches. Slice the peaches thinly and pack them in the bottom of the cake tin, distributing them evenly.
3. In a saucepan, simmer 250 ml of the peach liquid with 250 ml of sugar until reduced to  $\frac{3}{4}$  of the liquid.
4. Mix the self-rising flour and the remaining 120 ml sugar in a bowl.
5. In a separate bowl, mix the milk, melted butter and eggs thoroughly.
6. Add the wet ingredients to the dry ingredients and mix until smooth.
7. Pour the peach and sugar liquid over the peaches in the cake tin.
8. Carefully scoop the cake batter onto the peaches. Bake in the preheated oven for 20 minutes or until golden brown.
9. Serve with vanilla ice cream.

YIELD 6 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES

# PECAN CINNAMON BUNS

## Tshepiso Moloji

### MY APPROACH TO COOKING/ FOOD

For me, baking is a stress reliever and a way to test new and outrageous ideas I may have.

### CINNAMON BUNS

### INGREDIENTS

#### DOUGH

|                       |         |
|-----------------------|---------|
| Milk, full cream      | 186 ml  |
| Active dry yeast      | 8 g     |
| White sugar           | 50 g    |
| Eggs                  | 2 units |
| Salted butter, melted | 57 g    |
| Cake flour            | 346 g   |
| Salt                  | 2 ml    |

#### FILLING

|                         |       |
|-------------------------|-------|
| Brown sugar             | 128 g |
| Ground cinnamon         | 6 g   |
| Salted butter, softened | 57 g  |

### HISTORY OF MY DISH

Growing up, my now late grandmother would always bake different things for us. I remember the different sweet smells I would always come home to (half of the time, the house smelled like coconut).

I have always had a sweet tooth, so naturally, my favourite recipe combines my two favourite dessert recipes. This recipe combines the flavours of a pecan pie and cinnamon buns.

### METHOD (TOPPING)

1. Warm the milk in the microwave for 30 seconds.
2. Transfer the milk to a bowl and add the yeast on top.
3. Add the sugar, eggs and melted butter.
4. Mix to combine the ingredients.
5. Add in the flour and the salt. Combine with a spatula to form the dough.
6. Knead the dough on a well-floured surface for 10 minutes until the dough is smooth.
7. Transfer the dough to a lightly oiled bowl and cover it with a damp cloth. Allow to proof for 30 to 45 minutes until it doubles in size.
8. Mix the filling ingredients to form a paste.
9. On a floured surface, roll out the dough into a rectangle. Spread the filling onto the dough.
10. Roll the dough tightly, starting from the shorter side.
11. Using a serrated knife, cut into nine equal pieces.



## PECAN 'PIE'

---

### INGREDIENTS

#### PECAN PIE

|                         |       |
|-------------------------|-------|
| Salted butter           | 170 g |
| Brown sugar             | 96 g  |
| Cinnamon                | 4 g   |
| Vanilla essence         | 30 g  |
| Cream                   | 58 g  |
| Pecans, roughly chopped | 100 g |

### METHOD

1. Heat the sugar in a saucepan over medium heat, constantly stirring with a rubber spatula.
2. Once the sugar has melted completely, stir in the butter until melted and combined.
3. Add the cream while stirring continuously. Once fully incorporated, add the cinnamon.
4. Boil for 30 seconds to combine all the ingredients.
5. Remove from heat and add the vanilla essence.

### METHOD (ASSEMBLY)

1. Preheat the oven to 180°C.
2. Pour the cinnamon caramel into the bottom of a baking dish.
3. Sprinkle the pecans over the cinnamon caramel in the dish.
4. Add the rolled cinnamon buns on top.
5. Cover with a damp cloth and let the buns rise again for 30 minutes.
5. Bake the buns in the preheated oven for 20 to 25 minutes until lightly browned.

### SERVING SUGGESTION

Serve warm with a simple glaze if preferred.

### SIMPLE GLAZE

Mix icing sugar and milk for a glaze and drizzle over the buns.

**YIELD** 9 BUNS

**PREPARATION TIME** 90 MINUTES

**TOTAL TIME** 2 HOURS 30 MINUTES



## HISTORY OF MY DISH

---

Rooibos tea is a popular South African tea made from the leaves of the *Aspalathus linearis* plant. This plant cannot be grown anywhere else in the world other than the South African Cederberg, making it a commodity unique to South Africa. Rooibos tea was consumed by early Cape-Dutch settlers because of the high cost of importing black tea and has since become a staple in the Afrikaans culture.

My grandmother, who loves herbal remedies, warm drinks and hoarding, discovered a brand of loose-leaf rooibos tea that she declared 'superior to any other' and naturally bought more than she could drink in the remainder of her lifetime. She decided to share her found treasure with all the grandchildren as Christmas presents. Since rooibos tea is not my warm drink of choice on most occasions, I started looking for a different way to use my gift from my grandmother.

These cookies have a strong rooibos flavour, which brings back several childhood memories and an accompanying sense of nostalgia. The white chocolate provides the perfect creamy sweetness to offset the herbal bite of the tea. I prefer them warm and straight from the oven, but they are just as good a few days later.

# ROOIBOS AND WHITE CHOCOLATE COOKIES

Lerika Potgieter

## INGREDIENTS

|                             |        |
|-----------------------------|--------|
| Cake flour                  | 149 g  |
| Baking soda                 | 3 g    |
| Rooibos tea leaves, divided | 45 ml  |
| Butter                      | 200 g  |
| Dark brown sugar            | 108 g  |
| White sugar                 | 100 g  |
| Salt                        | 7 g    |
| Vanilla essence             | 10 g   |
| Egg                         | 1 unit |
| Egg yolk                    | 1 unit |
| White chocolate, chopped    | 160 g  |

## METHOD

1. Preheat the oven to 190°C. Line a baking sheet with baking paper.
2. Mix the flour, baking soda and 30 ml of the rooibos tea leaves. Set aside.
3. In a small saucepan, melt 150 g of the butter over medium-high heat. Add the remaining tea leaves and continue to cook, constantly stirring, for 3 to 5 minutes until the butter is golden brown and has a nutty aroma.
4. Transfer the melted butter to a large bowl and whisk in the remaining butter until melted.
5. Add the brown sugar, white sugar, salt and vanilla to the butter and whisk until incorporated.
6. Add the egg and egg yolks and whisk until smooth, about 30 seconds. Allow the mixture to rest for a few minutes, then whisk again. Repeat twice more until the mixture is thick and smooth.
7. Fold in the flour mixture until just combined, then stir in the white chocolate.
8. Scoop the dough into 30 ml balls and place them on the lined baking sheets, allowing enough room between each cookie to rise and expand.
9. Bake for 10 to 14 minutes, rotating the baking sheet halfway through the baking time.
10. Serve warm or allow to cool completely on a cooling rack before storing in an airtight container at room temperature for up to seven days.

**YIELD** 24 COOKIES

**PREPARATION TIME** 1 HOUR

**TOTAL TIME** 1 HOUR



### MY APPROACH TO COOKING/FOOD

Since I was young, I have always loved being in the kitchen. My dream was to become a famous chef, and my passion still burns deep. I have recently discovered a passion for healthier, higher-protein recipes to fuel a healthy and active lifestyle while still doing what I love most: cooking.

### HISTORY OF MY DISH

This high-protein muffin provides your body with nutrients while being completely delicious and nutritious. Everyday foods that have a healthy twist really interest me. My favourite meal of the day is breakfast, and I thought there was no better recipe to share than my favourite high-protein healthy breakfast substitute. These muffins can also be used as a snack, pre-workout, or even post-workout for recovery. This recipe is gluten- and dairy-free; it can also be adapted for vegans if the eggs are replaced with flax eggs and vegan protein and vegan chocolate are used.

## HIGH-PROTEIN BANANA AND CHOCOLATE CHIP BREAKFAST MUFFINS

Abigail Jacob

### INGREDIENTS

|                                 |         |
|---------------------------------|---------|
| Bananas, ripe, mashed           | 400 g   |
| Egg whites                      | 2 units |
| Honey                           | 125 g   |
| Coconut oil, melted             | 45 g    |
| Rolled oats                     | 190 g   |
| Vanilla whey protein powder     | 250 g   |
| Baking powder                   | 3 g     |
| Bicarbonate of soda             | 7 g     |
| Cinnamon                        | 1 g     |
| Ginger, ground                  | 2 g     |
| Dairy-free milk chocolate chips | 100 g   |

### METHOD

1. Preheat the oven to 180°C.
2. Spray muffin pans generously with cooking spray.
3. Place mashed bananas in a bowl. Add the egg whites, honey and coconut oil until well combined.
4. In a blender, make the rolled oats into oat flour, then add baking powder, bicarbonate of soda, cinnamon, and ginger. Stir to combine.
5. Mix in the whey powder and chocolate chips.
6. Fill the muffin pans about  $\frac{3}{4}$  full of batter. Do not overfill.
7. Bake the muffins in the preheated oven for 15 minutes.
8. Remove from the oven and allow to cool.

**YIELD** 12 MUFFINS

**PREPARATION TIME** 30 MINUTES

**TOTAL TIME** 45 MINUTES



## MY APPROACH TO COOKING/FOOD

I believe baking is an excellent form of relaxation with the bonus of having delicious treats afterwards. And nothing is quite as calming and delicious as eating Mom's chocolate cake. The recipe has been passed down through two generations, so the 'mom' is actually my grandmother. This recipe holds a lot of meaning for my family, as it has been made for almost every birthday party and/or family gathering over the years. Without it, those celebrations would just not have been so sweet. It was also one of the first recipes I learnt to bake, so I can assure you it is beginner friendly and, with a hand mixer or stand mixer, takes minimal effort.

### MOM'S CHOCOLATE CAKE

|                         |   |
|-------------------------|---|
| <b>YIELD</b>            | 23 × 23CM SQUARE CAKE (± 900 G/9 PORTIONS)  |
| <b>PREPARATION TIME</b> | 20 MINUTES  |
| <b>STORAGE</b>          | THE CAKE CAN BE STORED IN AN AIRTIGHT CONTAINER AT ROOM TEMPERATURE BEFORE BEING ICED. ONCE ICED WITH CREAM ICING, THE CAKE SHOULD BE STORED IN A REFRIGERATOR IN AN AIRTIGHT CONTAINER |

### CHOCOLATE CREAM ICING

|                         |  |
|-------------------------|--|
| <b>YIELD</b>            | 200 ML   |
| <b>PREPARATION TIME</b> | 30 MINUTES   |
| <b>STORAGE</b>          | STORE IN AN AIRTIGHT CONTAINER IN THE REFRIGERATOR |

## MOM'S CHOCOLATE CAKE AND CHOCOLATE CREAM ICING

Leila Schultz

### INGREDIENTS

#### MOM'S CHOCOLATE CAKE

|                 |         |
|-----------------|---------|
| Cake flour      | 120 g   |
| Castor sugar    | 212 g   |
| Baking powder   | 14 g    |
| Cocoa powder    | 19 g    |
| Salt            | 1 g     |
| Vegetable oil   | 120 g   |
| Boiling water   | 125 g   |
| Eggs, large     | 4 units |
| Vanilla essence | 5 g     |

#### CHOCOLATE CREAM ICING

|                 |       |
|-----------------|-------|
| Fresh cream     | 127 g |
| Icing sugar     | 32 g  |
| Cocoa powder    | 10 g  |
| Vanilla essence | 2 g   |

### METHOD (MOM'S CHOCOLATE CAKE)

1. Preheat the oven to 180°C.
2. Separate the eggs into yolk and whites.
3. Mix the flour, sugar, two-thirds of the baking powder, cocoa powder and salt in the bowl of a stand mixer using the paddle attachment.
4. Add the oil and boiling water and mix until just combined.
5. While beating at low speed, add the egg yolks one at a time until just combined. Do not overmix. Add the vanilla essence.
6. Beat the egg whites to stiff peaks, add the rest of the baking powder and gently fold it into the cake mixture.
7. Pour the mixture into a greased square cake tin and bake in preheated oven for 30 to 35 minutes. Test if the cake is cooked by inserting a skewer into the centre of the cake before removing it from the oven. The cake tester should come out clean with no crumbs or batter stuck to it.
8. Remove the cake from the oven and place it on a cooling rack to cool completely.

### SERVING SUGGESTION

Cover with the chocolate cream icing and decorate as desired. Perfect for an afternoon tea or birthday party.

### METHOD (CHOCOLATE CREAM ICING)

1. Place the cream in a medium bowl. Sift the dry ingredients into the cream and whisk to combine.
2. Cover with plastic wrap and leave in the fridge for 15 to 20 minutes.
3. Remove from the fridge and add the vanilla essence.
4. Using a hand mixer, whisk until the cream forms stiff peaks.

### SERVING SUGGESTION

Use as the icing for Mom's chocolate cake.



### MY APPROACH TO COOKING/FOOD

Since I was young, I have always loved being in the kitchen. My dream was to become a famous chef, and my passion still burns deep. I have recently discovered a passion for healthier, higher-protein recipes to fuel a healthy and active lifestyle while still doing what I love most: cooking.

### HISTORY OF MY DISH

This recipe is inspired by my mum. I would always make these date and nut balls for her on weekends. It is a simple, foolproof recipe that children, adults and cooks with any level of experience can make. My mum allowed me to make this recipe because it is impossible to flop, so no ingredients went to waste.



## DATE AND NUT BALLS

---

Abigail Jacob

### INGREDIENTS

|                                    |        |
|------------------------------------|--------|
| Butter                             | 250 g  |
| Sultanas                           | 140 g  |
| Glazed cherries                    | 100 g  |
| Egg, beaten                        | 1 unit |
| Marie biscuits                     | 400 g  |
| Dates, pitted                      | 250 g  |
| Sugar                              | 160 g  |
| Macadamia nuts, roasted,<br>salted | 100 g  |
| Desiccated coconut                 | 80 g   |

### METHOD

1. Break the Marie biscuits into small pieces, cut the cherries into quarters and cut the macadamia nuts in half.
2. Put the butter, dates, sultanas, cherries, and sugar in a saucepan over medium heat and stir until the sugar has dissolved.
3. Allow the mixture to cool for 15 minutes.
4. Add the egg, nuts and chopped biscuits.
5. Mix well.
6. Roll the mixture into balls, approximately 30 ml per ball.
7. Roll the balls in the coconut.
8. Place in the fridge and allow to cool completely before serving.

**YIELD** 20 DATE BALLS

**PREPARATION TIME** 45 MINUTES

**TOTAL TIME** 1 HOUR 15 MINUTES



### MY APPROACH TO COOKING/FOOD

I love cooking Asian cuisines and desserts. Cooking and music go hand in hand, so preparing any dish with a good playlist in the background is always a fun workout.

### HISTORY OF MY DISH

Chocolate cake is always awesome, that is, if you are a chocolate lover. However, if you have many dietary restrictions like I do, having a regular chocolate cake is not always viable; hence the eggless chocolate cake was made.

# EGGLESS CHOCOLATE CAKE

Lakshana Arnachellan

## INGREDIENTS

|                            |       |
|----------------------------|-------|
| Baking powder              | 5 g   |
| Bicarbonate of soda        | 7 g   |
| Flour                      | 60 g  |
| Cocoa powder               | 50 g  |
| Full fat yoghurt           | 250 g |
| Olive oil or vegetable oil | 125 g |
| Sugar                      | 100 g |
| Vanilla essence            | 2,5 g |

## METHOD

1. Preheat the oven to 150°C.
2. Mix the yoghurt, baking powder and bicarbonate of soda. Set aside for 3 to 5 minutes until the mixture bubbles and rises.
3. Grease a baking sheet with butter or vegetable oil. Alternatively, line the baking sheet with baking paper.
4. Sift the flour, cocoa and icing sugar.
5. Add olive oil to the yoghurt mixture and slowly sift the flour, cocoa and sugar into the mixture.
6. Mix well to form a smooth batter.
7. Pour the batter evenly into the sheet pan. Bake for 20 minutes on the convection setting. To test if the cake is ready, insert a skewer into the centre of the cake, and if it comes out clean, the cake is ready. Allow the cake to cool before removing it from the cake pan.

**YIELD** 6 SERVINGS

**PREPARATION TIME** 10 MINUTES

**TOTAL TIME** 30 MINUTES

# LEMON MERINGUE PIE

Angel Ekata

## INGREDIENTS

|                       |         |
|-----------------------|---------|
| Granulated sugar      | 420 g   |
| Corn starch           | 45 g    |
| Salt                  | 0,5 g   |
| Water, cold           | 360 g   |
| Egg yolks             | 5 units |
| Lemon juice, fresh    | 110 g   |
| Lemon zest, grated    | 15 g    |
| Unsalted butter       | 30 g    |
| Flaky dough pie shell | 1 unit  |
| Egg whites            | 120 g   |

## METHOD

1. Preheat the oven to 200°C (400°F).
2. To make the filling, whisk 300 g of the sugar, corn starch, salt and water together in a heavy saucepan. Cook over medium-high heat, constantly stirring until the mixture becomes thick and almost clear.
3. Remove from the heat and slowly whisk in the egg yolks. Stir until completely blended. Return to the heat and cook, constantly stirring, until thick and smooth.
4. Stir in the lemon juice and zest. When the liquid is completely incorporated, remove the filling from the heat. Add the butter and stir until melted.
5. Set the filling aside to cool briefly. Fill the pie shell with the lemon filling.
6. To prepare the meringue, whip the egg whites until soft peaks form. Slowly add the remaining 120 g of sugar while whisking constantly. The meringue should be stiff and glossy, not dry or spongy looking.
7. Top the filling with the meringue, creating decorative patterns with a spatula. Be sure to spread the meringue to the edge of the crust so that all the filling is covered.
8. Place the pie in the preheated oven and bake until the meringue is golden brown, approximately 5 to 8 minutes. Let it cool at room temperature, then refrigerate. Serve the same day.

**YIELD** 1 PIE, 10 CM

**PREPARATION TIME** 45 MINUTES

**TOTAL TIME** 1 HOUR 30 MINUTES

# PANNA COTTA

Pamela Moyo

## INGREDIENTS

|                      |       |
|----------------------|-------|
| Fresh milk           | 77 g  |
| Unflavoured gelatine | 5 g   |
| Heavy cream          | 600 g |
| White sugar          | 106 g |
| Vanilla extract      | 7,5 g |

**YIELD** 6 SERVINGS

**PREPARATION TIME** 15 MINUTES

**TOTAL TIME** 4 HOURS 20 MINUTES

## HISTORY OF MY DISH

This traditional and delicious Italian custard can be kept in the refrigerator and served with fresh berries or a warm sauce of your choice. It may be eaten for dessert.

## METHOD

1. Pour the milk into a small bowl and add the gelatine powder. Mix until the milk and gelatine are all well combined, and leave aside.
2. Stir the heavy cream and the sugar together in a saucepan. Boil over medium heat but be careful as the cream can quickly bubble up and boil over; therefore, remove the saucepan from the heat immediately once the cream starts boiling.
3. Immediately add the gelatine mixture to the boiling cream and stir until all the gelatine has dissolved. Let this cook for about 1 minute while stirring.
4. Remove the pan from the heat, add the vanilla extract and mix.
5. Pour the mixture into six individual ramekins. Let these rest without covering for about 20 minutes until cool.
6. Once cool, cover the ramekins with cling wrap, refrigerate and let them set for about 4 hours.
7. Garnish with fresh berries and berry sauce.

# CHOC-VANILLA PANCAKE CAKE

## Runyararo Tiwirayi Mhere

### MY APPROACH TO COOKING/ FOOD

I have always loved putting together and cooking hearty, homely meals. Preparing meals with a history or a tale is always enjoyable. When preparing meals, my intention is to make people happy and remind them that home is only a spoonful of food away.

### INGREDIENTS

#### VANILLA PANCAKE

|                    |           |
|--------------------|-----------|
| Self-raising flour | 180 g     |
| Salt, fine         | 5 g       |
| Eggs, large        | 3 units   |
| Margarine, melted  | 66 g      |
| Milk, full cream   | 361 g     |
| Vanilla essence    | 5 g       |
| Oil for cooking    | As needed |

### HISTORY OF MY DISH

I am not a great baker, and anything that is sweet and needs to go into the oven is not my favourite thing to make. Recently I had to make a birthday cake for one of my friends, and I was definitely not going to bake from scratch or use a cake mix. This choc-vanilla pancake cake thus originated from my decision to make a cake using the one 'baked good' I have mastered—pancakes.

### METHOD

1. Mix the flour and salt in a large bowl.
2. In another bowl, whisk the eggs, milk and vanilla essence together.
3. Slowly whisk the liquid mixture into the flour mixture until all lumps have disappeared. Then whisk in the melted margarine.
4. Place a large frying pan over medium-low heat and grease it with oil.
5. Pour a quarter of the batter into the centre of the pan. Swirl the pan in a circular motion to coat the pan with a thin layer of batter.
6. Once bubbles begin to form and the bottom starts turning golden brown, flip and cook the other side. Cook just until golden brown, 30 seconds to 1 minute.
7. Repeat the process with the remaining batter.

## INGREDIENTS

### CHOCOLATE PANCAKE

|                    |           |
|--------------------|-----------|
| Self-raising flour | 154 g     |
| Cocoa powder       | 26 g      |
| White sugar        | 24 g      |
| Salt, fine         | 1 g       |
| Eggs, large        | 2 units   |
| Margarine, melted  | 43 g      |
| Milk, full cream   | 196 g     |
| Oil                | As needed |

### WHIPPING CREAM

|              |       |
|--------------|-------|
| Fresh cream  | 240 g |
| Castor sugar | 18 g  |

## METHOD

1. Sift together the flour, cocoa, sugar and salt in a bowl.
2. In another bowl, whisk eggs, melted butter, and milk. Pour the liquid ingredients into the dry ingredients and mix gently until the batter is just moistened (there will be some lumps).
3. Then follow the same procedure for baking as for the vanilla pancakes.

## METHOD

1. Prepare the whipped cream by vigorously whisking the cream and sugar by hand or using a hand mixer until soft to medium peaks have formed. Be careful not to overwhip the mixture.

## ASSEMBLY

1. On a cake board, smear a spoonful of the cream as the base.
2. Place a layer of vanilla pancake, cinnamon sugar, honey and cream on the base.
3. Then place a chocolate pancake, cinnamon sugar, honey and cream on the vanilla pancake layer.
4. Repeat the layering process until all the pancakes have been used.
5. Top the cake with the left-over cream and decorate with pieces of fruit of your choice.

**YIELD** 1 CAKE OF 6 PORTIONS

**PREPARATION TIME** 45 MINUTES

**TOTAL TIME** 1 HOURS

# CHOCOLATE CAKE WITH CARAMEL MOUSSE

## Hlengiwe Mindu

### INGREDIENTS

#### CAKE BATTER

|                     |         |
|---------------------|---------|
| Sugar               | 400 g   |
| Flour               | 210 g   |
| Cocoa powder        | 120 g   |
| Baking powder       | 5 g     |
| Bicarbonate of soda | 10 g    |
| Salt                | 3 g     |
| Eggs                | 2 units |
| Milk                | 258 g   |
| Vegetable oil       | 125 g   |
| Hot water           | 250 g   |
| Coffee              | 1 g     |

#### CARAMEL MOUSSE

|  |      |
|--|------|
| Whipped cream  | 96 g |
| White chocolate                                      | 85 g |
| Caramel sauce (can add more according to preference) | 86 g |

YIELD

2 CAKES

PREPARATION TIME

40 MINUTES

TOTAL TIME

2 HOURS 20 MINUTES

### HISTORY OF MY DISH

This is a moist chocolate cake with a decadent and flavourful salted caramel mousse that gives a light and airy bite of pure satisfaction. Making this recipe is fun, and it is made with ingredients readily available in a baker's pantry.

### METHOD

1. Preheat the oven to 180°C. Prepare and grease a 25 cm × 14 cm × 6 cm cake pan.
2. Mix the flour, sugar, cocoa powder, baking powder and bicarbonate of soda in a mixing bowl. Add the eggs, milk and oil and whisk together.
3. In a small bowl, mix the hot water and coffee, and pour into the batter. Whisk until combined. Be careful not to overmix. The batter should be runny.
4. Pour the batter into the prepared pans and bake for 45 minutes. When done, remove from the oven and allow to cool completely.

### METHOD

1. Prepare a double boiler by boiling water in a medium-sized pot. Pour the whipping cream into a stainless steel or heat-resistant bowl (a bit bigger than the pot) and place the bowl over the boiling water.
2. As the cream starts to heat up, remove it from the heat and add the white chocolate chips. Stir until the chocolate has melted and is well incorporated. Let it cool, and place it in the fridge to chill for an hour.
3. Once ready, decorate the cake with the mousse and serve.



# VERMICELLI PAYASAM

## Lakshana Arnachellan

### MY APPROACH TO COOKING/ FOOD

I love cooking Asian food. Cooking and music go hand in hand, so preparing any dish with a good playlist in the background is always a fun workout.

### INGREDIENTS

|   |        |
|---|--------|
| Vermicelli  | 100 g  |
| Butter or ghee  | 2 g    |
| Cardamom powder   | 1 g    |
| Hot water   | 250 ml |
| Salt  | 1 ml   |
| Milk, low fat   | 310 g  |
| Almonds or nuts of your<br>choice                       | 30 g   |
| Sugar (recommended—if you prefer,<br>use desired limit) | 12 g   |

**YIELD** 4 SERVINGS

**PREPARATION TIME** 15 MINUTES

**TOTAL TIME** 30 MINUTES

### HISTORY OF MY DISH

Semiya payasam (pie-a-sam), also known as vermicelli payasam, is a personal childhood favourite. This creamy, sweet and buttery dessert with hints of cardamom and nuts is a perfect way to end a meal.

There are many different types of payasam, which can be adapted and used to your liking.

### METHOD

1. Heat a heavy-based pan on medium heat. Spread the butter or ghee on the surface of the pan. Once melted, use a pastry brush to distribute the butter evenly on the pan's surface.
2. Place the vermicelli in the pan. Allow to 'fry' for 3 to 5 minutes until the vermicelli appears slightly golden brown, then turn to brown on the other side.
3. Pour the hot water over the vermicelli. Add the salt, cover and allow to cook for 5 minutes. The hot water helps soften the vermicelli. If you are using spiral vermicelli, it will have broken apart. You can also break it into smaller pieces with a spoon. Once the water has evaporated, add the milk.
4. Add the sugar and cardamom powder, stir, and then add the nuts. Allow to simmer for 10 minutes or until the milk has boiled.
5. Remove from the stove. Serve warm.



### MY APPROACH TO COOKING/FOOD

I mentioned elsewhere that I am not a good cook, but I am hugely interested in food and the older I get, the more of a sweet tooth I have! I usually do not like ‘unbaked’ cheesecakes—I am a firm follower of baking a cheesecake and have a whole collection of wonderful baked cheesecake recipes. One does, however, sometimes come across an ordinary ‘fridge’ cheesecake that tastes as good as a baked version, and this is one such recipe. I also sometimes make/bake cheesecake in smaller pie dishes as they make lovely homemade gifts.

### HISTORY OF MY DISH

A few years ago, I was very impressed when I read that, since 2009, 7 July has been ‘World Chocolate Day’, and I immediately came up with this chocolate cheesecake to celebrate this wonderful day annually. In a world in turmoil and with just about every day of the year ‘dedicated’ to some kind of global political, economic or social crisis or problem or challenge, what better than to have one day dedicated to something as deliciously decadent as lots of high-quality (preferably very dark and with a high cacao content of at least 70%) chocolate, mixed with sugar and cream and topped with nuts!

# 7 JULY CHOCOLATE CHEESECAKE

Maxi Schoeman

## INGREDIENTS

### CRUST

|                                      |       |
|--------------------------------------|-------|
| Oreo biscuits, crushed/<br>crumbled  | 100 g |
| Marie biscuits, crushed/<br>crumbled | 100 g |
| Butter, melted                       | 100 g |

### CAKE

|  |             |
|--|-------------|
| Smooth plain cottage cheese/<br>cream cheese | 600 g       |
| Castor sugar                                 | 100 g-120 g |
| Vanilla essence                              | 5 g         |
| Cocoa powder                                 | 12 g        |
| Chocolate, melted and slightly<br>cooled     | 240 g       |
| Whipping cream                               | 240 g       |

### TOPPING

|                    |      |
|--------------------|------|
| Chocolate          | 80 g |
| Peanut butter      | 80 g |
| Chopped pecan nuts | 69 g |

## METHOD

1. Mix the melted butter and crushed biscuits and press into a greased springform cake pan or a pie dish.
2. Chill for 2 hours.

### CAKE

1. Stir the castor sugar into the cottage/cream cheese.
2. Add the vanilla essence and cocoa and whisk until light and creamy.
3. Carefully stir the melted chocolate into the mixture.
4. Whisk the cream until stiff peaks form and fold into the mixture.
5. Pour the mixture into the crust.
6. Chill for about four hours.
7. If you have used a springform pan, remove the cake and place it on a plate.

### TOPPING

1. Melt the chocolate and peanut butter and spread over the cheesecake.
2. Sprinkle lavishly with chopped pecan nuts.

### STORING SUGGESTIONS

This cake will keep for about 7 days; it also freezes very well.

### SERVING SUGGESTIONS

Remove the cake from the fridge about 30 minutes before serving—cheesecake should be served at room temperature.

**YIELD** 1 MEDIUM-SIZED CHOCOLATE CHEESECAKE

**PREPARATION TIME** 30 MINUTES

**TOTAL TIME** 6 HOURS, AS IT INVOLVES CHILLING THE CRUST AND TIME FOR THE FILLING TO SET

# STRAWBERRY MOUSSE

Angel Ekata

## INGREDIENTS

|                        |       |
|------------------------|-------|
| Fresh cream            | 275 g |
| Vanilla essence        | 8 g   |
| Chicken and lamb broth | 400g  |
| Castor sugar           | 150 g |
| Strawberries           | 445 g |
| Lemon juice            | 22 g  |

YIELD

4 PORTIONS

PREPARATION TIME

45 MINUTES

TOTAL TIME

3 HOURS 30 MINUTES

## HISTORY OF MY DISH

I developed this dish as part of the Recipe Development and Standardisation module offered by the Department of Consumer and Food Sciences at the University of Pretoria.

## METHOD

1. Rinse the strawberries in water.
2. Remove the stems and chop the strawberries into thirds.
3. Put the chopped strawberries, lemon juice, chicken and lamb broth and castor sugar into a small saucepan and simmer for approximately 20 to 25 minutes on medium heat until the strawberries are soft and cooked.
4. Remove from heat and allow the mixture to cool.
5. In the meantime, whip the cream with the vanilla essence until it holds medium-firm peaks.
6. Once the strawberry mixture has cooled, place it in a blender and blend until it forms a smooth purée, about 2 minutes, and then strain the mixture using a sieve.
7. Using a large spoon, fold the strawberry purée into the cream until thoroughly combined.
8. Spoon the mousse into glasses, cover and chill for at least 3 hours or until set.

# DEATH BY VOLCANO MINI CAKE

Maria du Toit

## MY APPROACH TO COOKING/ FOOD

I love trying out new recipes and playing with my kitchen appliances. Cooking and baking are adventures of exploring other worlds, cultures and mixtures. And, of course, my husband loves the taste part of it! I enjoy treating my family to new recipes.

## INGREDIENTS

|                          |           |
|--------------------------|-----------|
| 70% dark chocolate       | 165 g     |
| Large egg yolks          | 3 units   |
| Eggs                     | 3 units   |
| Castor sugar             | 85 g      |
| Cocoa powder for dusting | 1 g       |
| Cake flour.              | 15 g      |
| Unsalted butter          | 165 g     |
| Thick cream              | As needed |

## HISTORY OF MY DISH

We are a large family that enjoys getting together for weekends or Sunday lunch. Every household usually contributes a dish to the meal, for the love of sharing a meal with loved ones. This quickly prickled my sense of adventure and created an opportunity to try a new recipe for every get-together! This definitely is a favourite amongst us, and—the best of all—it is a guilt-free portion size!

## METHOD

1. Grease six small pudding moulds/muffin pans with butter and dust the insides with cocoa powder. Refrigerate for 30 minutes.
2. Melt the chocolate and butter in a heatproof bowl set over a pan of simmering water. Set aside to cool slightly.
3. Using an electric whisk, whisk the eggs, egg yolks and castor sugar together for several minutes until a pale, thick, mousse-like consistency.
4. Carefully fold the cooled melted chocolate mixture into the egg and sugar mix.
5. Carefully fold in the cake flour to avoid knocking any air out of the mixture.
6. Pour the mixture evenly into the prepared moulds. Place in the fridge for at least two hours or until firm. You can make the puddings up to 24 hours in advance and leave them in the fridge until you are ready to bake them.
7. Preheat the oven to 200°C (180°C for fan-assisted oven).
8. Bake for 8 minutes or until puddings have risen but are not cracked.
9. Turn out the puddings on a serving plate and serve with pouring cream and strawberries (optional).

**YIELD** 6-8 BIG PORTIONS

**PREPARATION TIME** 38 MINUTES

**TOTAL TIME** 3 HOURS



### MY APPROACH TO COOKING/FOOD

I enjoy following the banting diet (no carbs and no sugar) of Prof Tim Noakes, as it results in mental sharpness and healthy weight loss.

### HISTORY OF MY DISH

I found this recipe in the book *The Real Meal Revolution* by Prof Tim Noakes, Sally-Ann Creed, Jonno Proudfoot and David Grier. I cannot recommend this highly enough—innovative and tasty cooking, but super healthy at the same time!

# BLUEBERRY AND CREAM CHEESE HOTCAKES

Ben Schoeman

## INGREDIENTS

|                              |         |
|------------------------------|---------|
| Almond flour                 | 50 g    |
| Coconut flour                | 40 g    |
| Ricotta                      | 350 g   |
| Milk                         | 186 g   |
| Baking powder                | 3 g     |
| Eggs, separated              | 4 units |
| Salt                         |         |
| Blueberries, fresh or frozen | 180 g   |
| Butter                       | 50 g    |
| Cream cheese, full fat       | 200 g   |

## METHOD

1. Combine flours, egg yolks, milk, ricotta, baking powder and salt in a bowl and mix with a food processor, gradually adding the blueberries to the blend.
2. Fold whisked egg whites into the mix in two batches.
3. Melt the butter in a pan over medium heat.
4. Fry the hotcakes in the heated pan (roughly 2 tablespoons of the above mixture per hotcake).
5. Add some cream cheese on top of each hotcake and serve warm. (Possibly add some honey if it is not sweet enough; these hotcakes can also be served with strawberries.)

**YIELD** 4 SERVINGS

**PREPARATION TIME** 15 MINUTES

**TOTAL TIME** 20 MINUTES

## HISTORY OF MY DISH

To my knowledge, the recipe has been in our family since the early 1900s when they settled in the town of Kakamas in the Northern Cape. I know it to have been in use by the late 1920s thus the recipe is in its fourth generation now. However, I would not be surprised if its origins lie even further back, in the mid to late 1800s.

Another assumption is that they may originate from the early Nama people in Namakwaland, and that the recipe became more urbanised as it travelled to different settlements and small towns across the provinces. Today, the Nama still considers it as part of their “food heritage”. The usage of “soft fat” leads me to believe that this might be where it truly came from before it became commercialised in Afrikaner cooking books. The interactions between the Namibian Germans, Nama and Afrikaners miners on the Diamond Coast (the northernmost part of the West Coast of southern Africa) is where I am thinking.

This is quite a common recipe in the western parts of the Northern Cape (Boesmanland, Namakwaland, Richtersveld and West Coast areas) and the Western Cape.

## INGREDIENTS

|                               |        |
|-------------------------------|--------|
| Cake flour                    | 2,5 kg |
| Salt                          | 13 g   |
| Dry instant yeast             | 20 g   |
| Lukewarm water                | 1 L    |
| Unsalted butter (or soft fat) | 250 g  |
| Aniseed                       | 15 ml  |
| Fine nutmeg                   | 2,5 ml |
| Cooking oil                   | 250 ml |
| Sugar (white)                 | 600 g  |
| Sugar (brown)                 | 8 g    |
| Fine cinnamon                 | 1 g    |

I assume this recipe originates from the same “food family” as “mosbolletjies” seeing as they largely have the same ingredients, and the only real difference is the cooking method, with one being baked and the other one being fried.

The aniseed also gives them a distinct “liquorice” taste which is quite popular in the above-noted regions.

They also have an incredibly long shelf life (and now freezer life) and can be stored for weeks on end. This might be why they are so popular in these regions seeing as they are very convenient to travel with considering the geographic landscape of the two provinces.

“Skuinskoeke” are an all-around delight seeing as they can serve as a snack on the run, or they can be served as a starchy side to a Sunday meal. They are quite indulgent and I would assume that the amount of sugar within the recipe would also serve as an energy booster if you still had tasks to complete later in the day. I have also seen people dunk it in black coffee for breakfast.

**YIELD** 15-20 'SKUINSKOEKE'

**PREPARATION TIME** 90 MINUTES

**TOTAL TIME** 2 HOURS



## ‘BOESMANLAND SKUINSKOEKE’

---

CR Botha

### METHOD

1. Thoroughly mix all main dry ingredients together in a bowl (flour, salt, instant yeast, aniseed, nutmeg and white sugar—exclude brown sugar and cinnamon from this step).
2. Add the water to the dry mixture a little bit at a time; start stirring the mixture until all ingredients in the bowl start coming together in a dough-like consistency.
3. After the dough has formed in the bowl, add the unsalted butter or soft fat a little at a time. As you add the butter/fat, start kneading the dough.
4. Knead the dough for 15 minutes.
5. Once done, wrap the bowl with the soft dough inside an oiled plastic bag; place the covered bowl inside a blanket and place the blanket in a warm spot.
6. The dough needs to rise to double its original size. This may take 30 to 60 minutes.
7. While waiting, heat the cooking oil in a large pot suitable for deep frying. If you have additional soft fat left over, it can be added to the pot for frying. Mix the brown sugar and cinnamon in a separate bowl to use later.
8. Once risen, remove the dough and knead it down to its original size; then pinch off a good size ball of dough and roll it lengthwise in the form of a long sausage.
9. Once completed, flatten the rolled dough slightly until it is about 1 cm thick; then cut it diagonally into the size of ‘skuinskoeke’ you prefer (remember, they expand once cooked); the general recommendation would be about 5 cm long.
10. Throw diagonally sliced dough forms into the hot oil and fry until golden brown; keep turning the dough in the frying pan to ensure that all sides brown evenly.
11. Once cooked in the middle, remove from the oil, place onto a serving platter, and immediately sprinkle with the already prepared cinnamon sugar.

