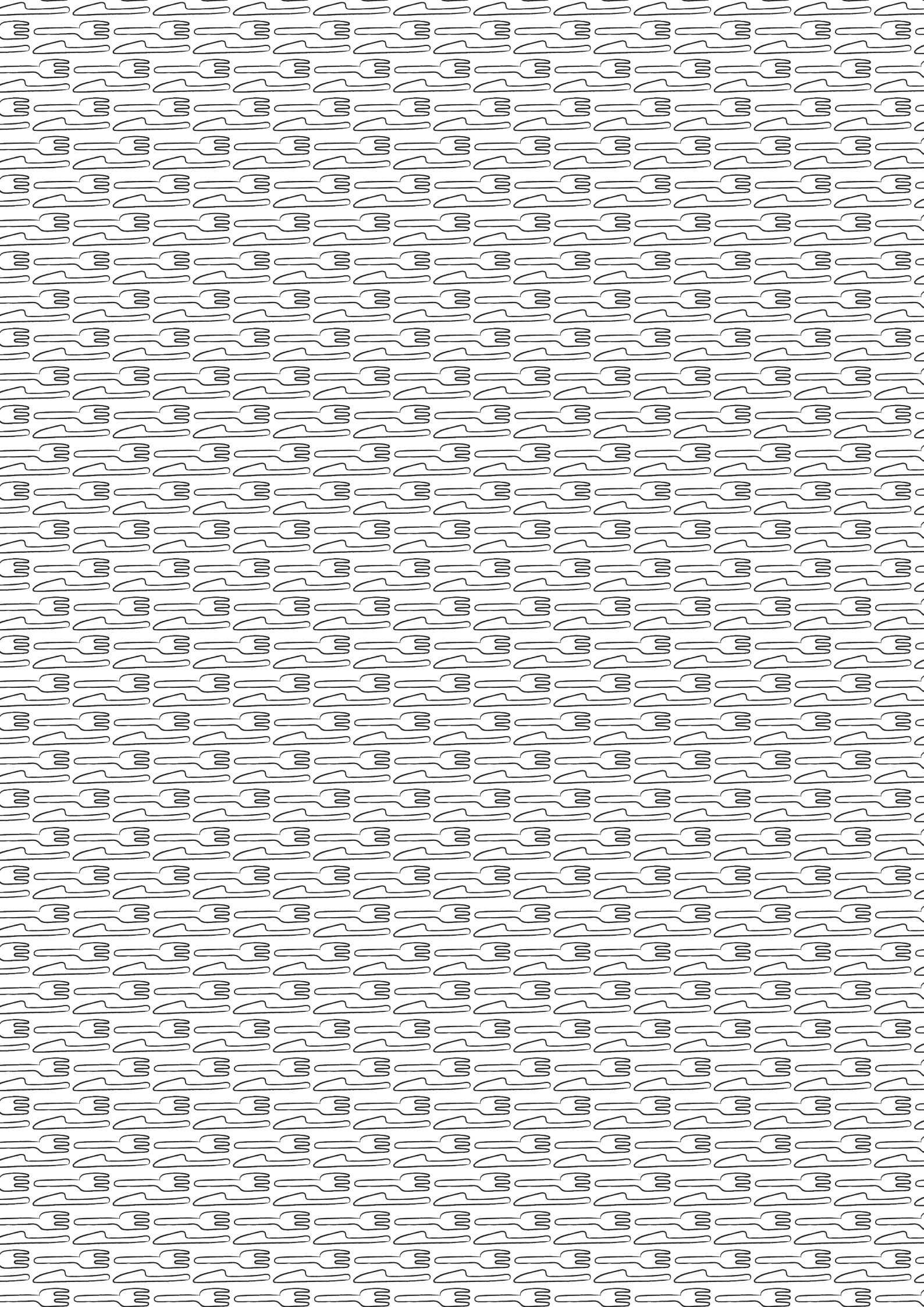




FOOD FOR ACADEMIC THOUGHT

Masters of the Kitchen



FOOD FOR ACADEMIC THOUGHT

by

The Department of Science, Maths, Technology and Kitchen Saucery

Submitted in partial fulfilment of the requirements for

The Masters of the Kitchen

IN THE FACULTY OF (CULINARY) EDUCATION
UNIVERSITY OF GROENKLOOF

Compilers: Lots of People

Contributors: All of Us

DECLARATION OF ORIGINALITY

We, the Department of Science, Maths, Technology and Kitchen Saucery, declare that the recipe book titled “Food for Academic Thought” is more or less our own work and that a few of the resources that we have quoted or used have been acknowledged and indicated by means of somewhat complete references. The recipe book has also never been submitted by us to this or any other institution.

Everyone

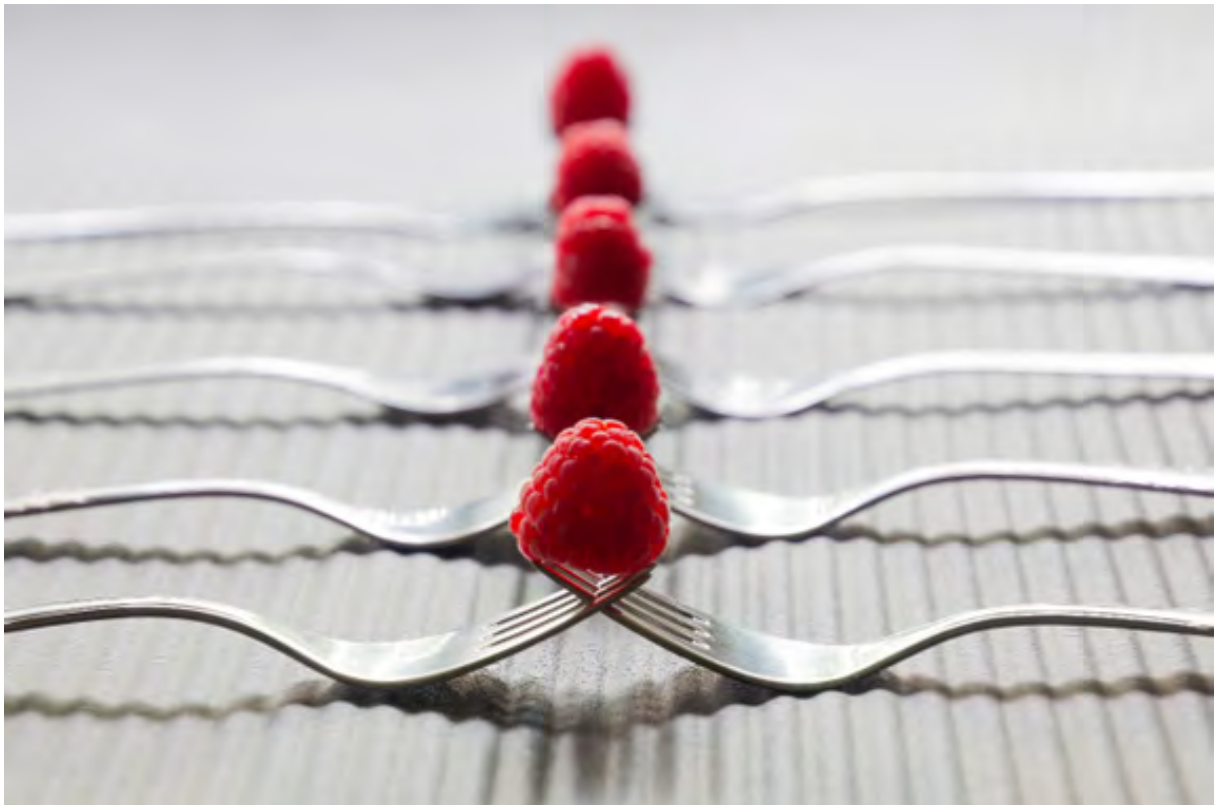


Signatures

and their dog (see recipe in Miscellaneous)

Timeless

Date



EATICAL CLEARANCE

Someone once said: If you steal one person's words, it's plagiarism. If you steal several people's words, that's research. An older version of these definitions was proposed by Rev. Charles Caleb Colton in 1820:

If we steal thoughts from the moderns, it will be cried down as plagiarism; if from the ancients, it will be cried up as erudition.

And this recipe book is full of serious research and awe-inspiring erudition. This statement is corroborated, confirmed and even condoned by Holmes and Hall (2020):

“Preparing, cooking and devouring food is a process, and one which involves a series of embodied skills and visceral repertoires, as well as material engagements” (p. 84).

This recipe book is not intended to facilitate the following:

As raw materials are transformed into commodities – for example tea leaves into tea bags, or blackberries into jam – the monetary value of the material increases. This process of accruing value in a material object, food or otherwise, as it moves through a series of production and consumption practices has been of intense interest to social scientists, particularly for how it intersects with ideas about workers' rights and labour conditions, waste and resource use, and the cultural place of consumer goods in everyday life. (Holmes & Hall, 2020, p. 85)

So we're not about commercial use. This recipe book is just for making nice stuff in your kitchen. Sorry, restaurateurs.

And how can that not be perfectly ethical?

Holmes, H., & Hall, S. M. (Eds.). (2020). *Mundane methods: Innovative ways to research the everyday.* Manchester University Pres



ACKNOWLEDGEMENTS

Everybody for amazing recipes and extreme enthusiasm
Jess for pretty photos and formatting and putting things together
Sonja for translating and fiddling
Ronel for smiling and nodding at the project
Johan for being an assessor of pears



EDITING CERTIFICATE



The aged look of this certificate is meant to impress – our department did not just come into being yesterday, you know.

ABSTRACT & PEAR REVIEW

In a “spoon in cheek” manner, I can honestly say this is a cookbook that the wizards at the National Roasting Foundation will approve of. In fact, this is so off the scale that their top chef rating of A1 cannot be applied. In all probability, they will have to create a brand-new rating category because if not, their whole system will go pear shaped. I say this because **FOOD FOR ACADEMIC THOUGHT** is a transdisciplinary alchemy like no other – a cure for all ivory tower diseases – both known and unknown. This is the case because it is underpinned by “vreetsaamheid”, a theoretical framing that has the potential to rival that old Education Faculty Favourite, Bronfenbrenner, as a cure for all things “angazi” that we have to have to ingest and digest continuously. But I digress. In all dishonesty, I did try concocting some of the concoctions the Department of SMTKS EDUCATION are peddling in this book. And as a double-blind reviewer, it made me appreciate, from the start, the raw data that was used to arrive at the main findings. Without wanting to sound saucy, the findings were definitely fish or flesh or something else. This book, which I know will bring in sweet subsidies, deserves, in my view, to be used as the prescribed book for all functions, fiestas, fetes, funerals, fits, fergaderings, festivities and all other Faculty occasions serving food.

Prof Johan Wasserman

HoD Humanities Education



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LIST OF ABBREVIATIONS

Volume

A set of measuring cups and measuring spoons can only get you so far. If you don't know what the recipe is asking for, no measuring spoon will save your dish from disaster. You may see these abbreviations in your cookbook:

- bu - bushel (there aren't any in this recipe book, but it looks interesting)
- C or c - cup
- dsp - dessertspoon (in Australia or even here)
- fl oz - fluid ounce
- gal - gallon
- ml - millilitre
- L or l - litre
- pk - peck (see bushel above)
- pt - pint
- qt - quart
- T, TB, or tbsp - tablespoon
- t or tsp - teaspoon

Weight

South Africa uses the metric system to describe how much of an ingredient one should add. The metric system has evolved since the 1790s, as science and technology have evolved, in providing a single universal measuring system. The United States typically uses pounds to measure the weight of ingredients. Some common weight abbreviations include:

- g - gram
- kg - kilogram
- lb - pound
- mg - milligram
- oz - ounce

Other Measurement Units

What should you do if a recipe calls for a sp of cinnamon? Or a pkg of chocolate chips? Check out these measurement units that describe size and amount of an ingredient.

- doz. - dozen
- lg - large
- p - pinch
- pkg - package
- sm - small
- sp - speck (also not in this book, but interesting to see that some folks do things in miniature)

Since this is an academic sort of book, you might want to read the following lecture while waiting for something to boil/warm up/ cool down.

THE SI

It has been important for man to measure ever since we became aware of personal possession. Body parts, like a foot or a hand were usually used for length measurement, and grain and stones were used for mass and volume.

Standardisation was soon required, however, because some feet/hands are longer than others. The British Imperial system, which was used in South Africa until 1961, had a Standard Chart kept in the House of Parliament in London, giving the absolute correct measurement for inches and pounds and so on. In France, for example, it was not unusual to find up to 13 different scales for the same unit of measurement, depending on who was buying and who was selling. This was one of the factors which ultimately gave rise to the French Revolution of 1789.

The French then established a Commission to develop a scientifically reasoned system which could be uniformly applied. The prime requirement of this system was that it had to be metric, and that variables like grain and body parts not be used for the establishment of basic units. Instead, it was decided to use an unchangeable measurement in nature for the unit measurement of length: 1 ten millionth of the length of a quarter meridian (line of longitude), ie 1 metre. In 1875 the Metre Convention was signed by 17 countries, accepting the system as the norm, and determining to expand and clarify it. Responsibility for this lay in the hands of the Bureau International des Poids et Mesures in Sèvres, near Paris.

Even so, variations still occurred within the system, until the Conférence Générale des Poids et Mesures (an international body) decided on a new metric system in 1960. It was called Le Système International d'Unités, commonly known as the SI.

The SI united the best characteristics of the old system, but also made it possible for the basic units of measurement to be reproduced in any well-equipped laboratory (except for the kilogram, of which the prototype is still kept in Sèvres). Most countries now use the SI and it has become the language of international measurements.

There are 7 basic metric units of measurement. Note that although the names of the units may be spelt differently in different languages, the symbols never change.

TO BE MEASURED	NAME OF UNIT	SYMBOL
Length	metre	m
Mass (amount of matter in a body)	kilogram	kg
Time	second	s
Electric current	ampere	A
Thermodynamic Temperature	kelvin	K
Intensity of light	candela	cd
Amount of Substance	mol	mol

There are several SI measurements with compound names:

CONCEPT	COMPOUND NAME	SYMBOL
Area	square metre 1km ² = 1000 000m ² 1 hectre(ha)= 10 000m ²	m ²
Volume	cubic metre 1 kilolitre = 1m ³	m ³ 1ml=1cm ³
Speed	metre per second	m/s
Density	kilogram per cubic metre	kg/m ³
Acceleration	metre per second squared	m/s ²

Multiples and submultiples of the basic units are used for convenience. Prepositions are used to indicate the relevant connection and ratio. The name of the main unit for measurement as for length, mass etc is preceded by a preposition indicating the ratio involved eg kilometre.

PREPOSITION	SYMBOL	FACTOR
tera	T	billion 10 ¹²
giga	G	milliard 10 ⁹
mega	M	million 10 ⁶ eg 1 megagram = 1000kg= 1metric ton (1)
kilo	k	thousand 10 ³
centi	c	hundreth 0,01 or 10 ⁻²
mili	m	thousandth 0.001 or 10 ⁻³ eg 1 millisecond = 0,001 second
micro	μ	millionth 10 ⁻⁶
nano	n	10 ⁻⁹

RESEARCH MEATODOLOGY

The research onion is often used as a means to guide decisions made during the research process. This publication can, however, not rely on the basis provided by this model. Our reasoning is that the common or garden research onion is flavourless (often tasting like paper) and does not allow for this research to express itself. Instead, we propose a different onion to support our meatodology. Figure 1 represents the proposed research onion.



Figure 1: Research onion, Also Red onion Source: Green Grocer Sauce: Also possible

From the outer layer, we can see the skin encapsulating and serving as a preserving agent for the onion, much like the philosophy of the other research onion, protecting the onion and telling you what to expect inside. The onion continues to its centre in layers, as can be seen in Figure 1, to the core business of its flavourful contribution to food (for thought). As one progresses through the layers, often with a knife or other sharp utensil, the onion can be confronting. This often leads to (novice or other) researchers crying and wanting to give up. Our advice is that the researcher should suck it up and continue with their dissection of the onion in order to enjoy a more flavoursome, full experience while addressing the problem of hunger.

RESEARCH DESIGN

The research design for this study followed three steps. It was initialised with informal discussions in the tearoom, a formal invitation to participate, via email, and concluded with the analysis, writing up of the results and various cutting and pasting exercises.

The first step, one that is often neglected, even despised and thought of as unimportant, was an informal discussion. For this, a small group of interested hungry researchers convened around a tea table at work to discuss the approach to be taken. This proved to be fruitful in determining the researchers' hypothesis, interests and tastes at the onset of this project.

Secondly, a formal request was extended to any interested parties (the entire department) to voluntarily (or not, but no one was harmed) contribute good recipes to this worthy cause. This served as data collection – the recipes being the data. One might expect that document analysis was used to generate data, but then again, one might be wrong. Unexpectedly, even this second step caused a tornado of informal discussions to erupt amongst the research community leading to more conversations around the aforementioned tea table, often with a little something to eat. This emphasised the recursive nature of research and the need to let the project grow organically.

The data was analysed, categorised and themed to deliver the product that you are currently reading. Aromatic analysis was used to determine relevant data to be categorised and included in this unique publication. Photographic evidence is provided where possible, for the sake of credibility and transferability. Possibly even confirmability. Whatever.

Jody Joubert and Fru Akuma

Editor's comment: please note that some of the data were best captured in the handwriting of the respondent, so here and there fonts were created based on their own handwriting.

THE ULTIMATE COOKING MEASUREMENT CONVERSION GUIDE

DRY MEASUREMENTS

CUPS	TABLESPOONS	TEASPOONS	GRAMS/POUNDS	OUNCES	MILLILITERS
4 cups	64 tbsp	192 tsp	2 pounds	32 oz	946 ml
2 cups	32 tbsp	96 tsp	1 pound	16 oz	473 ml
1 cup	16 tbsp	48 tsp	128 g	8 oz	237 ml
3/4 cup	12 tbsp	36 tsp	96 g	6 oz	177 ml
2/3 cup	10 2/3 tbsp	32 tsp	85 g	5 oz	158 ml
1/2 cup	8 tbsp	24 tsp	115 g	4 oz	118 ml
1/3 cup	5 1/3 tbsp	16 tsp	85 g	3 oz	79 ml
1/4 cup	4 tbsp	12 tsp	57 g	2 oz	59 ml
1/8 cup	2 tbsp	6 tsp	28 g	1 oz	30 ml
1/16 cup	1 tbsp	3 tsp	15 g	1/2 oz	15 ml

LIQUID MEASUREMENTS

1 GALLON =
4 quarts
8 pints
16 cups
256 tbsp
768 tsp
128 oz
3.8 liters

1/2 GALLON =
2 quarts
4 pints
8 cups
128 tbsp
384 tsp
64 oz
1.9 liters

1 QUART =
1/4 gallon
2 pints
4 cups
64 tbsp
192 tsp
32 oz
0.95 liters

1 PINT =
1/2 quart
2 cups
32 tbsp
96 tsp
16 oz
480 ml

1 CUP =
1/2 pint
16 tbsp
48 tsp
8 oz
240 ml

1/2 CUP =
8 tbsp
24 tsp
4 oz
120 ml

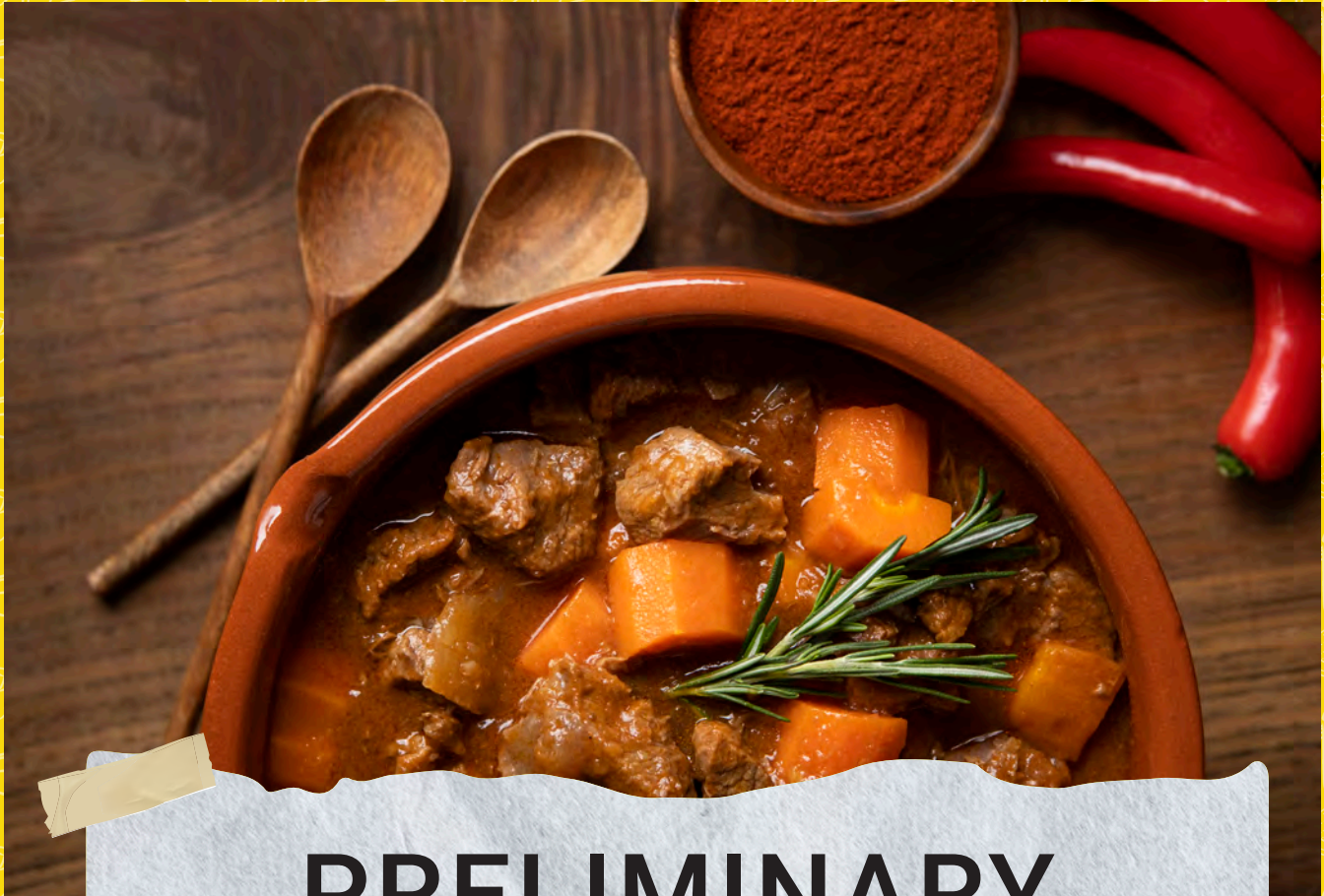
1 OZ =
1/4 cup
4 tbsp
12 tsp
30 ml

1 TSP =
0.16 oz
5 ml

OVEN TEMPERATURE

°F		°C	GAS MARK
500		260	10
475		240	9
450		230	8
425		220	7
400		200	6
375		190	5
350		180	4
325		170	3
300		150	2
275		140	1
250	120	1/2	
225	110	1/4	

Chapter 1



PRELIMINARY FINDINGS

(starters, including soups)



Irène se patée

(Cordon Bleu)



Irène se patée (Cordon Bleu)

- 8 onz Chicken liver (x6)
- 1 small onion
- 1 large clove garlic
- 4 onz butter
- Salt & pepper
- Pinch of Thyme or Mixed Herbs
- 1 desert spoon Brandy
- Melt butter (1 onz, about 30g)
- Cook onion & garlick; add liver.
- Increase heat & sauté briskly 'till firm (2-3 min).
- Cool mixture & pass through blender.
- Beat butter in mixture.
- Add brandy & herbs; season well with Fondor.
- Put in small container in fridge.
- When stiff, top with clarified butter.
- Scoop foam off.
- 6-8 onz butter – serves 4 people.

Ek gebruik een houertjie Free Range Chicken Liver van Woolies – dit is Ek vermenigvuldig die resep 6x. Ek sit dit in klein opskephouers in die vrieskas.

SONJA VAN PUTTEN

Irène uses Free Range chicken livers from Woolies i.e. 6x the recipe. What you don't use you can place in small containers in the freezer.

2

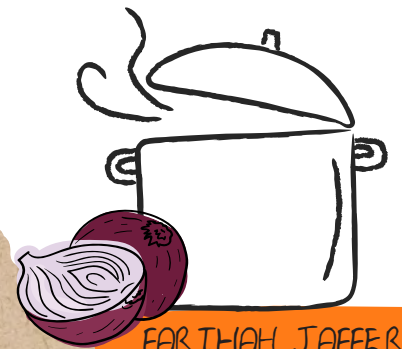
Haleem (Chicken Broth)

INGREDIENTS

750 g chicken or 500g leg mutton
 1½ cups wheat or mixture of: 1 cup wheat,
 ½ cup barley, 1 tblsp chana dhal gram (to be
 boiled in salted water till tender. then grind
 through mincer)
 2 tsp ginger garlic
 1 fair sized onion
 ½ tsp arad (tumeric)
 ½ tsp red dry chillies
 1 tsp whole jeero (cummin)
 1 tsp gharum masala
 ¼ cup chopped shallot and dhunia leaves
 A few elachi, pepper and cloves.
 1 tsp salt
 2 pieces tuj (cinnamon)
 1 tsp green pounded chillies
 1 tsp dhunia/jeero
 2 whole green chillies
 ¼ cup oil
 2 tblsp ghee

RECIPE

Boil wheat or combination of cereals till tender. Grind through mincer. Braise jeero, green chillies and onion in oil till light golden colour. Add washed meat pieces and the masalas and braise till it is well coated on meat and add water to fill pot. Cook meat till tender and add ground dhals. Cook till all well blended and haleem is consistency of broth (3 or 4 hours). Make a vagaar of two tablespoons of ghee and a few rings of sliced onions with little jeero and the green chillies. Pour over haleem, add gharum masala and mix well. Just before serving add chopped greens.



FARIHAH JAFFER





Thai Noodle Soup

with ginger and prawns

INGREDIENTS

2 tsp ginger root, raw and grated
 1 tsp(s) spices, pepper, white to taste
 1 tsp(s), fish sauce, ready-to-serve
 400g prawns
 50 g concentrated liquid real chicken stock
 250g egg noodles, cooked
 1 cup steamed fresh bean sprouts
 240 ml unsweetened coconut milk
 ½ teaspoon salt



CELESTE COMBRINCK

RECIPE

Flash fry prawns in olive oil on the stove
 Add all other ingredients together in pressure cookers,
 and cook for approximately 10 minutes



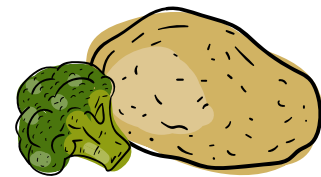
3

Broccoli Feta Sop

Broccoli Feta Soup

INGREDIENTS

5 groot aartappels / 5 large potatoes
 2 hoender ekstrak blokkies / 2 chicken stock cubes
 500-750 ml warm water
 2 koppe broccoli / 2 heads of broccoli
 4 ringe feta kaas / 4 rings of feta cheese
 250ml vars room / 250ml fresh cream
 10 ml margarien of botter / 10ml margarine or butter
 5 ml vars knoffel / 5 ml fresh garlic



RECIPE

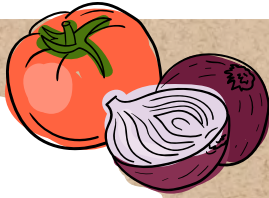
Skil aartappels en sny in blokke. Smelt margarien of botte en voeg knoffel by. Gooi dan die blokkies aartappel by en braai. Los die hoender ekstrak blokkies in warm water op en gooi by aartappels. Gooi dan broccoli by en kook tot sag. Voeg dan laaste jou feta en room by. Gooi sout en swart peper by. Voeg bietjie maizena by as die sop te waterig is. /

Peel and cut the potatoes into cubes. Melt the marg/butter and add the garlic. Add the potatoes and fry. Dissolve the chicken stock in the warm water and add to the potatoes. Add the broccoli and cook till soft. Lastly add the cream and feta, as well as salt and pepper to taste. You can add a little maizena if the soup is too watery.

Bedien met heerlike vars brood. / Serve with lovely fresh bread.

SOPHIA LE ROUX





Quick Tomato Soup

GERRIT STOLS

INGREDIENTS

1 onion, chopped
9 tomatoes (peeled and grated)
2 stock cubes
2 cups boiling water
1 cup fresh basil, chopped
100g tomato paste

RECIPE

Brown the onion in a little oil.
Add the tomatoes and basil.
Dissolve the stock cubes in the water and add to the tomatoes. Leave to boil for about 30 min.
Add tomato paste, and salt and pepper to taste.
Enjoy with a little Greek yoghurt or small meatballs.
Can also be used as a pasta sauce if you add less water.

Not So Quick Roasted Tomato & Basil Soup

JESS VAN PUTTEN

INGREDIENTS

4

2kg roma or plum tomatoes, cut in half
8 cloves garlic, peeled
3 tablespoons olive oil
Freshly ground salt and pepper
2 onions, roughly chopped
1 cup packed basil leaves
1-2 cups water
Freshly ground salt and pepper, to taste

Optional add ins:

Light/Regular coconut milk for a creamy vegan soup
Whole dairy milk/heavy cream for a creamy texture
Parmesan cheese, for a tangy, flavour enhancing flavour
A tablespoon or two of butter, for richer flavour



RECIPE

Preheat oven to 180°C. In a large bowl, coat the halved tomatoes, onions and garlic cloves on with the olive oil. Generously season with salt and pepper. Place on a baking sheet (tomatoes should be cut side down) with the onions and garlic between the tomatoes. Roast in the oven for 40-45 minutes.

Place the tomato combination in a large pot. Add the water and the basil and allow to simmer for 15min, stirring occasionally. Allow to cool for 10 min, then blend until smooth.

To serve, garnish with parmesan cheese and serve with grilled cheese, if desired.

Delicious served with a toasted cheese sandwich.

Note: for a fantastic topping on pizza, leave out the water.





CELESTE COMBRINCK

Beef u want some soup

INGREDIENTS

60 g Beef stir-fry style
2 sachets Beef Stock Concentrated Liquid
50 g tomato paste
250 g raw carrots (*chopped, diced, strips, baby, whole*)
330 g potato
1 tablespoon (15ml), Extra Virgin olive oil.
 $\frac{3}{4}$ c low fat milk
12 g salt
150 g tomatoes
6 tbsp olive oil

RECIPE

Fry beef in some olive oil
Thereafter put all ingredients in your pressure cooker and select soup option
Cook for approximately 1 hour

5

Caulibroc Soup

SONJA VAN PUTTEN



INGREDIENTS

About $1\frac{1}{2}$ heads of cauliflower
(slightly roasted, if you like)
1 head of broccoli
1 onion, chopped
 $1\frac{1}{2}$ litres chicken stock
2 cups grated cheese
1 cup milk

RECIPE

Fry onion in a little oil till soft. Add cauliflower and broccoli florets, and chicken stock.
Boil for about 20 min till veggies are soft. Add salt and pepper to taste, and maybe a little nutmeg, if you like.
Blitz with a stick blender till smooth (or mash until smooth if you don't have a blender).
Add cheese and milk and boil for 5 min till cheese has melted completely.
Serve hot.



Red Lentil Soup

This is the easiest soup ever and it doesn't take hours and hours to make. Also really cheap and freezes well.

INGREDIENTS

1 bag of red lentils
 2 grated onions
 2 grated potatoes
 2 grated carrots
 2 blocks of chicken stock in 1.5 litres boiling water, or about 1.5-2 litres of homemade stock.
 Salt, pepper and herbs to taste.



SONJA VAN PUTTEN

Boil together for about 1.5 hours, till everything is soft. Not necessary to blend.

Biltong Soup

JESS VAN PUTTEN

BILTONGSOP

Niel Stemmet van Le Must in Upington se resep.

125 ml botter
 2 blokkies beesvleisafreksel
 10ml grofgemaalde peper
 2 ml neutmuskaat
 2 ml koljander
 250 ml koekmeelblom
 500 ml melk (of ½ melk en ½ room)
 1,5 liter kookwater
 250 ml grofgerasperde cheddarkaas
 200 g fyngekerfde klam biltong
 room en port
 100 g bloukaas, gerasper

Smelt die botter in 'n swaarboomkastrol. Krummel die afrekselblokkies by en voeg ook die speserye by. Voeg die meel by en verhit, terwyl aanhoudend geroer word, tot die meel begin prut. Meng die melk en kookwater saam. Roer stadig by die meelringsel in en verhit oor matige hitte tot dit begin prut en verdik-roer aanhoudend. Verwyder van die hitte en roer die cheddar en ½ van die biltong by. Moenie die mengsel weer laat kook nie. Hou warm tot en met bediening. Roer die room en port by, netvoor opdiening. Garneer met orge biltong en gekrummelde bloukaas. Rond af met broodstokkies.

INGREDIENTS

125ml butter
 2 beef stock cubes
 10ml roughly ground pepper
 2ml nutmeg
 2ml coriander
 250ml flour
 500ml milk or milk/cream
 1.5 litres boiling water
 250ml roughly grated cheddar cheese
 200g finely sliced wet biltong
 Cream and Port
 100g blue cheese



RECIPE

Melt butter in a heavy-bottom pot. Add crumbled stock cubes and spices. Add the flour, and heat while stirring continuously until the flour starts to simmer. Mix the milk and boiling water. Add this slowly to the flour mixture and heat over mild heat until the mixture begins to simmer and thicken. Stir continuously. Remove from heat and add the cheddar and half the biltong. Don't allow the mixture to boil again. Keep warm till served. Add the cream and the port just before serving. Garnish with remaining biltong and crumbled blue cheese. Also bread sticks.



Chapter 2



RAW DATA

(Salad et al.)

Broccoli Salad

HANLIE BOTHA

INGREDIENTS

1 or 2 Broccoli
1 or 2 Bacon bits
± 1 ½ Mayonnaise - Salad cream (ctb)
1 Packet cashew Nuts (chopped)
150ml Raisins
150ml Sunflower seeds
3 tbs Balsamic Vinegar
3 tbs Sugar
Onion (chopped) -kraai uie
Chutney
Alles opgechop in draaiding

Mix everything together, it seems



8



Cold Pea Salad

JOHANN ENGELBRECHT

INGREDIENTS

16-ounces (500g) frozen petit pois (do not thaw)
6 ounces (170g) salted almonds, chopped
1/2 cup chopped green onions
8 ounces (230g) chopped water chestnuts or celery/ hazelnuts/ radish if you don't have chestnuts
2/3 cup mayonnaise
2 tsp yellow curry powder
Salt and freshly ground pepper to taste

RECIPE

1 Combine the frozen peas, green onions, almonds, and water chestnuts. Mix together the mayonnaise and curry powder in a separate bowl.

2 Gently fold the mayonnaise mixture into peas. Add salt and freshly ground black pepper to taste.
Serves 6.





really easy

Celery & Apple Salad

SONJA VAN PUTTEN



INGREDIENTS

1 bunch celery – use only the stems, but save the leaves for another salad.

4 or so apples, chopped unpeeled

Mix and add mayonnaise to taste.

You can add chopped pecan nuts and maybe grapes, and then you can call it a Waldorf salad.

Lekker slaai (Vir 6 persone)

3 lare gemeng met spinasie
½ Avocado in blokkies
1 Piesang in halwe wiede
½ gekoekte eiers in blokkies gemeng
Raisins
Ma se slaaisous (nie te baie nie)
Salt + gemaalde swartpeper
Herhaal toe
Roer uitjies boer.

Ma se mayonaise
1 blik kondensmelk
¼ - ½ blik olie
1 eier geklets
Mosterd
Salt
Gemaalde swartpeper

Lekker: said Lack-err with a rolling 'r'

This wonderful Afrikaans adjective, meaning delicious or pleasant, has become part of South African vernacular. The word is similar to cool and is widely used to describe any excellent or pleasurable thing. Lekker is, simply put, a lekker word to describe anything positive.

Lekker Slaai

HANLIE BOTHA

RECIPE

Place the following in layers:
mixed green salad with spinach added
½ diced Avocado
½ banana cut in half and then into slices
½ boiled eggs
Raisins
Mom's salad dressing (not too much)
Salt and cracked black pepper to taste

Repeat the layers
Red onions as garnishing on final layer

Mom's mayonnaise
Tin of condensed milk
¼ to a ⅓ tin of sunflower oil
1 egg beaten
Mustard
Pinch of salt
cracked black pepper





Bread Salad

MARYKE MIHAI



INGREDIENTS

½ a loaf of white bread cut into cubes and fried.
 1½ cups of cheese cubes
 Dressing:
 3 eggs, beaten
 ½ cup of vinegar
 1 tin condensed milk
 ¼ tsp salt
 1 tsp mustard

RECIPE

Mix vinegar and condensed milk and add to eggs. Add salt and mustard. Boil until cooked. Cool and serve with bread and cheese. You can add a bit of mayo if you need more dressing.

Broodslaa (joke)
 ½ witbrood blokkies (gebraai)
 1½ k kaasblokkies

Slaaisous:

3 eiers
 ½ k asyn
 1 bl kondensmelk
 ¼ el sout
 1 el mosterd

klits eiers
 kondensm + asyn
 roer + kook gaar
 meng met mayo
 vir meer

10



No Mayo Potato Salad

WILLEM RAUSCHER

INGREDIENTS

4 medium size potatoes
 5 to 6 medium/large pickled gherkins
 1 onion
 ¼ cup of hot water
 ± 2 tablespoons vinegar
 1 tablespoon sunflower oil
 1 teaspoon ground black pepper
 Salt to taste

RECIPE

Cook the unpeeled potatoes until they are soft throughout (it must not be hard in the middle).
 Drain the potatoes and allow them to cool enough to handle.
 Finely chop the onion.
 Cut the gherkins into slices.
 Peel the still warm/lukewarm potatoes - the peel comes off easily using your hands.
 Cut the potatoes into uneven (rough) chunks and place them in a bowl.
 Add the chopped onion and gherkin slices to the potato chunks.
 Add the sunflower oil, vinegar, ground black pepper, hot water and salt and mix carefully - the potatoes must not become mashed potatoes.

Note: I prefer to serve the potato salad immediately while it is still warm/lukewarm, although it is also tasty when served cold.





Beetroot, butternut, feta and walnut salad

This salad is colourful, healthy and vibrant. It is easy to make and can be served as a main meal, starter or side dish. This salad has the added advantage that it contains many “superfood” ingredients, e.g. beetroot improves blood flow and lowers blood pressure, butternut is packed with vitamins and minerals (one cup of butternut provides more than 450% of the recommended dietary intake of Vitamin A), feta has calcium that helps maintain healthy teeth and bones and walnuts are rich in antioxidants, support healthy aging and lowers blood pressure. This is not even mentioning the health advantages of the rocket leaves, the extra virgin olive oil and the lemon (which are too many to list here).

INGREDIENTS FOR SALAD

50 g walnuts (or hazelnuts)
500 g butternut squash (or pumpkin) cut into chunks
500 g beetroot chunks cooked and cooled (*I use the already cooked and cooled beetroot from the shop, but you can cook your own and cool it*)
200 g rocket leaves
150 g feta cheese
Himalayan salt and freshly ground black pepper

INGREDIENTS FOR SALAD DRESSING

3 tablespoons extra virgin olive oil
1 teaspoon Dijon mustard
The juice of half a lemon (freshly squeezed)
Add Himalayan salt and freshly ground black pepper to taste

INSTRUCTIONS FOR THE SALAD

Preheat the oven to 180°C. Roast the butternut squash chunks in the oven for 40 - 45 minutes or until the vegetables are tender. Allow cooling for a few minutes. Season with salt and pepper after cooling.

Roughly chop the walnuts.

Place the rocket leaves into a serving bowl. Toss in the butternut and beetroot, crumble the feta on top, and then sprinkle with the walnuts.

Drizzle with the freshly made salad sauce before serving.

INSTRUCTIONS FOR THE SALAD DRESSING

Mix the Dijon mustard and the lemon juice.

Slowly emulsify the olive oil with the mix, which involves adding the olive oil slowly and constantly whisking to ensure the mustard and lemon juice mixture doesn't separate from the oil.

Add Himalayan salt and freshly ground black pepper to taste.



Mexican Green Bean Salad

INGREDIENTS

450g fresh green beans, topped and tailed, cut 4cm pieces
1/4 cup onion, finely chopped
2 tbsp lime juice or white vinegar
1 tbsp olive oil
1/2 teaspoon sea salt
1/2 teaspoon dried oregano
3/4 cup packed, chopped fresh coriander
1/3 cup chopped chillies, or less, if you're afraid
1/3 cup chopped red onion
1/2 cup crumbled feta cheese
1/2 avocado, sliced or cut into 3 cm pieces
1 medium tomato, cut into 8 wedges, or a cup of halved cherry tomatoes



JOHANN ENGELBRECHT

RECIPE

- 1 Bring a large saucepan of salted water to a boil. Add the beans and simmer until just crisp tender, about 5 minutes. Drain the beans and run cold water over them to cool them quickly. Drain completely.
- 2 Place beans in a large bowl. Gently mix in the lime juice or vinegar, olive oil, 1/4 cup onion, chopped chillies, sea salt, oregano and coriander. Let sit for half an hour.
- 3 When ready to serve, gently mix in the chopped red onion and feta cheese. Serve the avocado slices and tomato wedges on the side or mixed into the salad.

Serves 4.

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Tinned Bean Salad

JOHANN ENGELBRECHT

INGREDIENTS

6 cans of black beans, rinsed and drained
3 cans of Garbanzo beans rinsed and drained
2 cans of black eyed peas rinsed and drained
1 large red pepper, diced
6 small green onions with some green tops - finely diced
1 tin sweet corn
1 bunch of coriander -- chopped, some stems may be included

DRESSING: Mix 1/2 cup of lemon juice, 2 tsp sugar, pepper to taste. The dressing should be neutral, not sour.

RECIPE

Mix all the above ingredients with the dressing



Chapter 3



MAIN FINDINGS

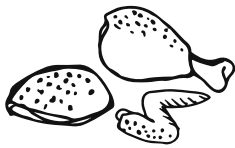
(Savoury & Satisfying)

3.1 GALLUS GALLUS DOMESTICUS

(chicken)

Peachy Chicken

RONEL CALLAGHAN



1.5 kg chicken pieces salted and peppered and lightly fried in butter

Fry 1 big chopped onion in the chicken pot

Drain 1x 410g tin of peaches - heat the syrup

Boil for 10 min: the peaches, 250ml orange juice, 125ml apple juice, 2ml mustard, 2ml ginger powder

Combine the chicken and onion; syrup; and peach mixture in the chicken pot and boil together for approximately an hour until the sauce has a good consistency.

Bake in the oven for another half an hour.

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Coronation Chicken

JESS VAN PUTTEN

INGREDIENTS

500g fusilli pasta (the curliness provides more surface area for flavour to stick)
2 finely chopped large onions
1 rotisserie chicken cut into bite size pieces
2 cups of mayonnaise
¾ cup of canola seed oil
One large tin of canned peaches with syrup
2 tbsp of mild and spicy curry powder
One teaspoon of ground cumin
One teaspoon ground coriander
One teaspoon ground turmeric
Salt to taste

RECIPE

Thoroughly caramelize onions in a little oil, then add the curry powder, cumin, coriander and turmeric and allow to simmer for 2 minutes. Remove from the heat and add the chicken, the mayonnaise and the cubed peach slices with the syrup as well as the canola seed oil. Stir the mixture thoroughly. Fold this mixture into the cooked pasta. Seal thoroughly in an airtight container. Leave overnight in the fridge and serve chilled the next day.



Blatjanghoender (chutney chicken)

SOPHIA LE ROUX

INGREDIENTS

1 groot hoender / 1 large chicken
1 pak bruin uie sop (69g) / 1 packet
brown onion soup (69g)
½ kp mayonnaise / ½ c mayonnaise
½ kp blatjang / ½ c chutney
½ tp sout / ½ tsp salt



Sny hoender in porsies, of gebruik dye of boudjies, pak in vuurvaste skottel. Meng mayonnaise, soppoeier en blatjang in aparte bak. Giet oor rou hoender, tesame met sout. Plaas deksel op en bak 1 ½ - 2 ure op 180°C (vir 1ste uur) en daarna 140°C, met deksel af.

Cut the chicken into portions, or use thighs and drumsticks, and pack into an oven dish. Mix the mayo, soup powder and chutney in a separate bowl. Pour this sauce over the raw chicken and add the salt. Cover with a lid and roast for 1½ - 2 hours at 180°C for the first hour, and then at 140°C, with the lid off.

Slight variation:

Chutney chicken according to Birdie

VERNON CANDIOTES



Birdie se Bird. (Salome's version)

12+ Chicken pieces varied but not huge.
Salt, pepper, chicken-spice
Onion Soup powder - 1 packet.
Chutney + Mayonnaise 1 cup of each.
½ cup water.

Place chicken pieces in oven Dish
Spice them
Mix Soup powder, chutney and Mayonnaise + water
Pour over chicken.
Cook for 1½ hrs on 180°C
if it looks dry mix up a little more chutney / Mayo and throw over.





Biryani

(key recipe) for 6-8 persons

INGREDIENTS

1 chicken (1½kg) washed and disjointed	2 springs mint
2 cups masoor (whole black lentils)	¼ tsp saffron
2 cups rice	¼ tsp turmeric (arad)
2 pieces cinnamon sticks (tuj)	1 tsp salt
4 elachi (cardomom)	1 tsp dhunia/jeero (coriander/cummin)
1 tsp jeero (cummin)	1½ tsp red chillies
4 green chillies (slit)	6 small potatoes
1 cup yogurt	3 hard-boiled eggs
2 tblsp fresh tomato (grated or pureed)	¾ cup oil and ¼ cup ghee
1 tblsp lemon juice	2 fair sized onions
	1 ½ tsp ginger/garlic

RECIPE

Allow saffron strands to become crisp over very low heat. Crush fine with back of spoon. Steep in a tablespoon of hot water.

Keep some saffron aside for tinting, 3 or 4 tblsp of the cooked rice. This must be spread on top of other rice, in streaks.

Fry onions in oil to a pale golden colour. Drain and cool. Leave aside 1 tablespoon of fried onions and crush rest coarsely. Wash and drain disjointed chicken. Place in large bowl. Add saffron and smear ginger/garlic over meat pieces by tossing it around meat, with spoon. Add yogurt, tomatoes, spices, fried onions, whole green chillies, sprigs of mint and allow to marinate for at least 1 hour.

Meanwhile, boil masoor in salted water till done. Drain off in colander. Boil rice with 2 elachi and 1 piece tuj, the rest of elachi, etc., must be added to marinating meat. Rice must be drained when only half done. (Boil rice as for Pilau but leave slightly underdone). Fry potatoes to light yellow colour in oil used for frying onions. Remove from ghee and set aside.

In large flat bottomed pot (2-3 litre size) put in oil that was used for frying, plus half of ghee. Sprinkle a handful of rice and masoor over the bottom. Now arrange the marinating chicken and masalas carefully over bottom of pot.

Now spread masoor over chicken, then the potatoes and then half of the rice. Place peeled hard boiled eggs over rice. Now spread rest of rice over eggs. Many people prefer to tint a little of the white rice with a tinge of saffron. This looks very attractive and puts the finishing touch to the Biryani.

Decorative with left-over fried onions, and sprinkle rest of ghee and half a cup of cold water over the top. Close and seal lid of pot tightly. Place over high heat for 5 minutes and as soon as it starts sizzling, lower heat and let simmer for 1 hour. By this time all moisture should have evaporated. Serve with fried rice papads, onion kachoomers, and its essential accompaniment, spiced dahi.

NOTE: if mutton is used then add 1 more teaspoon of ginger/garlic as well as 1/2 cup more of yogurt. Pot should be allowed to steam half an hour or so longer depending on the toughness of meat. Remember to crack elachi pods open by pressing between fore-finger and thumb, but take care that seeds do not spill out.

FARIHAH JAFFER



CHIPS-HOENDER

1 gaar hoender (ontbeen + in stukkes)
 1 groot ui (soteer eers 'n bietjie)
 1-2 k. rys (gaar)
 1 k. mayonnaise
 1 bl. hoenderroom sop
 1 groot pak Sout + Asyn Chips (maak fyn)
 Los 'n bietjie fyn chips om bo-oor te gooi.

Meng al die bestanddele. Sit in bak liggies gesmeer met margarine. Bak 30min in 180° oond. Onthou om eers die chips oor te strooi. ♥

JESS VAN PUTTEN

Chips Chicken

INGREDIENTS

1 cooked chicken deboned and in pieces
 1 large onion, sautéed
 1-2 cups of cooked rice
 1 cup mayo
 1 tin cream of chicken soup
 1 large packet Salt & Vinegar chips, crushed (leave a little to sprinkle on top)

RECIPE

Mix everything together and place in lightly buttered dish. Bake for 30min at 180°. Remember to sprinkle remaining chips on top when done.



Chicken Wrap

CORENE COETZEE

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INGREDIENTS

Wraps from Woolies, PnP or Checkers (also called tortillas)
 Crumbed chicken schnitzel, bought where you bought the wraps, cooked and cut into strips
 Pineapple, fresh and cut into strips
 Cherry tomatoes, halved
 Cucumber, cut into strips
 Carrots, cut into thin strips
 Cheddar cheese, cut into strips
 Sauces: mayonnaise, sweet chilli, chutney, tomato sauce etc.

RECIPE

Place each of the ingredients in separate bowls: each person assembles their own wrap.
 Spread the sauces over the wrap, according to taste.
 Place ingredients of choice onto 2/3 of the wrap. Fold over the remaining third and the sides to form a parcel. Eat.

By the way, if you place a tortilla on a baking sheet, prick it here and there with a fork so that it doesn't bubble up, and put it in the oven just like that for a few minutes at 180°C, you can use it as a pizza base.



Butter Chicken

Butter Chicken

4 fillets of chicken
 2 tsp ginger garlic
 1/2 tsp lemon juice
 1/2 tsp chilli powder

4 tbspn yoghurt
 1 tsp crushed cumin
 1 tsp crushed coriander seeds
 1/2 tsp tumeric
 1/5 tsp salt
 1/2 tsp pepper

Cook chicken a little
 Clean pan - add ghee + onions
 2 tsp ginger garlic
 1 tsp coriander powder
 1 tsp garam masala
 1/2 tumeric
 1/2 tsp chilli powder

Add chicken 50g
 Add tomato paste + butter
 Add rest of marinade and add
 in fresh cream before serving



FARIHAH JAFFER

Chicken Jambalaya

JODY JOUBERT

INGREDIENTS

Ingredients
 500g Chicken Pieces
 1 Onion
 Garlic to taste
 1 Red/green/yellow pepper
 1 stem celery (absolute must!)
 1 whole chorizo, diced
 2 tbsp cajun spice (Iha Parman)
 2 cups rice
 2 tins diced or plum tomato
 700ml chicken stock

RECIPE

Start by browning the chicken pieces in some oil until sealed with a slight bit of colour. Add some salt if you want. Remove from the pot once done. Using the remaining oil (add some if needed) saute the onion until they start to go translucent. At the same time add the pepper, garlic, chorizo and cajun spice. Saute until fragrant and chorizo starts rendering.

Add tomato, stock and chopped celery
 Add rice, cover the pot and refrain from stirring (unless to cover the rice).

Cook for 15 minutes, give it a good stir. Continue to cook for 5 to 10 minutes until the rice is soft and the sauce is thick.



Chicken Stew

GONTSE MTHELEBOFU

INGREDIENTS

1 tbsp olive oil
1.5 kg bone in, skin on chicken thighs and drumsticks (6 to 8 pieces)
Salt and pepper
2 onions, halved and cut into wedges
2 garlic cloves, minced
3 large carrots, cut
4 celery stalks, cut into chunks
1/2 cup (125 ml) water
3 tbsp (35g) flour
3 cups (750 ml) chicken broth
2 tbsp tomato paste
2 tsp Worcestershire sauce
3 sprigs thyme, or 1 tsp dried thyme (or other herb)
2 bay leaves (dried or fresh)
600 g baby potatoes, halved (quarter large ones)

SERVING (OPTIONAL):
Fresh thyme or parsley (chopped)
Warm crusty bread

RECIPE

1. Preheat oven to 180°C.
2. Heat oil in a large pot over high heat. Brown chicken on both sides until light golden, sprinkling with salt and pepper. Remove from pot. (Do in 2 batches if pot not big enough).
3. If there is too much oil in the pot, discard some. Add onion and garlic. Cook for 2 minutes until onion is translucent.
4. Add carrots and celery, cook for 1 minute.
5. Add water. Stir, scraping the bottom of the pan to dissolve the brown bits into the liquid. Cook for 1 minute until liquid is mostly gone.
6. Sprinkle flour across surface, stir.
7. Add broth, tomato paste, Worcestershire sauce, thyme and bay leaves. Stir to dissolve tomato paste.
8. Place chicken on top, keeping the skin above the liquid level as much as you can.
9. Bring to simmer then cover. Bake for 45 minutes.
10. Remove from oven, remove lid. Add potatoes, pushing them into the liquid and rearranging chicken so they sit on top (for lovely crispy skin).
11. Return to oven without the lid for a further 40 minutes until the chicken skin is deep golden and super crispy, the potatoes are soft and the sauce is thickened.
12. Taste sauce and adjust salt and pepper to taste.
13. Serve with warm crusty bread on the side to dunk in the sauce - or go all the way with garlic bread!

Optional: garnish with extra fresh thyme leaves or parsley.



3.2 BOS TAURUS (Beef)

Devilishly Lekker Steak

Beesvleis

Duiwels lekker beesvleis:

1 kg beesvleis, in skywe	50 ml olie
25 g (50ml) meel	250 ml water
10 ml sout	20 ml worcestersous
7 ml mosterdpoeier	5 ml sojasous
1 ml peper	

1. Sif meel, sout, mosterd & peper. Kop dit in vleis
2. Braai vleis tot bruin. Meng water, worcestersous & sojasous.
3. Gooi oor vleis. Bedek & prut vir 2-3 uur. Meerie deksel lig nie.
(Ken 1 eetl tomatosous, 1 eetl bisto, Promat bygevoeg)

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HANLIE BOTHA



INGREDIENTS

1 kg steak cut into slices
25g or 50ml flour
10ml salt
7ml mustard powder
1ml pepper
50 ml oil
250ml water
20ml Worcester sauce
5ml soya sauce

RECIPE

Sift together the flour, salt, mustard and pepper. Chop this into the meat (sprinkle flour mixture over meat and chop with the edge of a saucer.

Fry the meat till brown.

Mix water, Worcester sauce and soya sauce, and pour over the meat.

Cover and simmer for 2-3 hours, without lifting the lid.

(You can add 1 tbsp tomato sauce, 1 tbsp Bisto and Promat, if you like)





INGREDIENTS

Onion, green, red & yellow pepper, ginger & garlic (diced veggies)
 To be added later once meat is tender: mushrooms, or even frozen mixed veggies optional
 Chicken stock powder
 Steak n chops spice
 White pepper (not too much)
 BBQ sauce
 Monkey gland sauce

RECIPE

Boil beef with chicken stock powder and white pepper, add steak n chops spice and keep checking because it has a tendency to burn.
 Once the meat has boiled for some time add all the diced veggies. Let it continue to cook.
 Once the meat is tender, add sliced mushrooms or frozen mixed veg/chunky mixed veg of choice. Add BBQ and monkey gland sauce (not a lot). Let it simmer.
 There you go. Warning: this is comfort stew not to be eaten everyday



BUHLE OLIPHANT

Busy Mom's Oxtail

KEDIBONE MAIFADI



INGREDIENTS

1.2kg oxtail
 Chilli beef cubes 2-3
 1 onion (chopped)
 Peri peri powder (1-2 teaspoons)

RECIPE

In a pressure cooker, cook the oxtail for 30 minutes.
 From a pressure cooker transfer the oxtail to a pot on the stove.
 In a pot cook the oxtail for 2 hours on high heat or until meat separates from bone.
 Then add the remaining ingredients and let it simmer for 30 minutes on medium to high heat.





Ma se Bredie (mom's Stew)

CELESTE COMBRINCK



Bestanddele vir Bredie / Ingredients for stew:

500 gram bees skeen (met bene) of stowe lamsvleis / 500g shin or stewing lamb
 4 groot wortels (fyngkap) / 4 large carrots, finely chopped
 4 groot aartappels - sny in blokkies / 4 large potatoes cut into blocks
 1 groot ui, rooi of sprietuie / 1 large onion, red or spring onions
 2 groot tomaties / 2 big tomatoes
 250 ml bees aftreksel / 250ml beef stock
 3 teelepels gemmer (gerasper) / 3 tsp grated ginger
 2 koppies gekookte rys / 2 cups cooked rice
 1 teelepel pietersielie / 1 tsp parsley
 Swartpeper en sout na smaak / Salt and Black pepper to taste
 2 teelepels basiliekruid fyngkap / 2 tsp basil, finely chopped
 2 teelepels olyf olie / 2 tsp olive oil

Bestanddele vir vleis kluitjies / Ingredients for dumplings:

2 koppies meelblom / 2 cups flour
 4 teelepels bakpoeier / 4 tsp baking powder
 $\frac{3}{4}$ koppie melk / $\frac{3}{4}$ cup milk
 2 eetlepels olie (of botter) / 2 tbsps oil or butter

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RECIPE

Bredie / Stew:

Meng alle bestanddele vir gebruik in drukkoker. Kook vir 1 uur (kan ook op stoof gekook word of in outydse stoompot) / Place all ingredients into pressure cooker and cook for 1 hr (can also be done on the stove)

Kluitjies / Dumplings:

Meng en sif droë bestanddele / Mix and sift ingredients
 Meng melk, olie en voeg by droë bestanddele / Add mixed oil and milk
 Meng tot slap deeg / Mix to form sloppy dough

Bredie met kluitjies / Stew with dumplings:

Na bredie gekook het, skep deeg oor vleis en kook vir 15 minute met deksel toe / After stew has cooked, pour dough over the meat and cook for 15 minutes with lid on and without opening.





(sirloin or topside)

Round Steak with Black Bean

INGREDIENTS

By Diana Rattray, About.com

- 1 can diced tomatoes with green chillies or 1 1/2 cups salsa
- 1 can condensed cream of mushroom soup
- 1 can black beans, drained
- 1 large onion
- 1/4 tsp each cumin, chili powder, oregano, and garlic powder
- About 1kg steak, cut in serving size pieces, or stew beef



JOHANN ENGELBRECHT

RECIPE

Combine all ingredients in the crock-pot (slow cooker) (about 3.5 litre). Mix well. Cover and cook on low for 8 to 10 hours (4 to 5 hours on high). Serve over hot rice or with mashed potatoes.

Serves 4 to 6.

Note: This makes quite a bit of juice, so you may double the meat and freeze half for future meals.

Beef casserole (lekker!)

HANLIE BOTHA

Beefkasseroel (lekker!)	
30 ml olie	1 rooirissie (in skywe)
500 g binnebaud (blokkies)	25 ml meelblom
6-8 uiepiekels	1 blik tomaties
3 wortels (in skywe)	250 ml eeljijs
2 selderysingels	15 ml Maggi kits biefstokstrapoor
250 g sampioene (in skywe)	300 ml water

INGREDIENTS

- 30ml oil
- 500g rump
- 6-8 pickled onions, chopped
- 3 carrots, sliced
- 2 celery stems, chopped
- 250g mushrooms, sliced
- 1 red pepper, chopped
- 25ml flour
- 250ml peas
- 15ml Maggi instant beef stock powder
- 300ml water

INGREDIENTS

Mix everything together, pour over meat and simmer on stove or bake in oven for about 2 hours



Monkeygland steak



Monkey-gland biefstuk : (4 p)

3 uie, gekap

15 ml olie

30 ml tomatiesous

30 ml worcestersous

30 ml soetwyn (30 ml ayn, 30 ml

bruin suiker e 15 ml bladjong)

sout e peper

gemengde krui

1. Braai uie en voeg tomatiesous, worcestersous e wyn by, e sout e peper
2. Prut vir 2 min. Geur vleis met sout e peper. Kap krui in.
3. Plaas vleis in sous en braai oor matige hitte.

HANLIE BOTHA

INGREDIENTS

3 onions, chopped
15ml oil
30ml tomato sauce
30ml Worcester sauce
30ml sweet wine or 30ml vinegar
mixed with 30ml brown sugar and
30ml chutney
Salt and pepper
Mixed herbs

RECIPE

- 1 Fry onions and add tomato sauce, Worcester sauce, wine and salt & pepper
- 2 Simmer for 2 min, adding more salt & pepper if necessary and add chopped herbs.
- 3 Place the meat in this sauce and fry over medium heat.



3.3 OVIS ARIES (LAMB)

(mainly Provided by Johann - Thanks, Johann)

Khima Biryani

INGREDIENTS

1kg mince (chicken or mutton)	2 whole green chillies
2 cups of any of following: chana, dhal, masoor, fresh peas or fresh toovar.	½ tsp dhunia/jeero powder, (cummin/coriander)
2 cups rice (boiled in salted water) but drained when half done. Boil fresh peas or the type of dhal till nearly done (drain dry).	A few potatoes (halved if big)
2 small onions	¼ teaspoon saffron
¼ tsp turmeric	¼ cup tomato juice (fresh) grated or pureed
½ cup yogurt	1 lemon (juice)
1 tsp pounded red chillies	1 tsp salt
	1 tsp ginger/garlic
	1 cup ghee/oil
	¾ tsp jeero (cummin)

RECIPE

Braise mince with ginger/garlic, salt, pounded chillies and dhunia/jeero. When dry, remove from fire and cool. Now add the saffron, dahi, tomato juice, lemon juice and the whole jeero. Add a few elachi, tuj amd cloves.

Fry onions in ghee/oil. remove when a light golden colour.

Drain from the ghee and when cool crush with the back of a spoon and add to the mince (saving a little whole fried onion for decoration on top of rice).

Fry potatoes in same ghee/oil to a pale yellow colour. Put ghee/oil in pot or heat-proof glass casserole (in which event it is served straight from casserole at table). Sprinkle a little rice and masoor over ghee/oil.

Now distribute the mince over the floor of casserole. Place potatoes over this, then the masoor or whatever has been used instead. Lastly, add the rice to cover all.

Sprinkle left-over onion over rice, add a few tablespoons of ghee, sprinkle with a little cold water and steam gently in 180 oven till done (about 30-45minutes).

NOTE

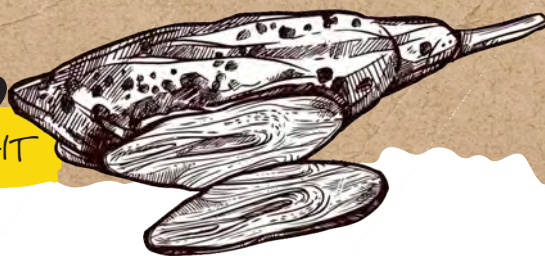
Any rice dish that is to steam in the oven must have either more moisture or must be well covered with foil to prevent rice drying out.

FARIHAH JAFFER



Greek Roast Lamb

JOHANN ENGELBRECHT



INGREDIENTS

About 2kg leg of lamb.
18 baby potatoes.
2 cloves garlic, halved and peeled.

1 onion, chopped finely.
Juice of half a lemon.
1 cup of dry white wine.
½ cup of water.

½ cup of vegetable oil.
3 tablespoons of butter, melted.
1 tablespoon of salt.
Pinch of pepper.

RECIPE

Wash the leg of lamb thoroughly.
Slit the lamb in 4 places and insert garlic into the slits; then season with salt and pepper.

Combine the melted butter and lemon juice and brush over the lamb. Place in a roasting pan with a lid. Add the white wine, onion, and water. Cover and bake at 160°C for 2 hours. Remove the lid and increase heat to 190°C and bake for another 1 hour, basting every 15 minutes. Transfer to platter and keep warm.
In a skillet, heat vegetable oil to sizzling and fry the potatoes until golden brown.

Skim fat from the meat pan and add the potatoes to the meat drippings.
Then bake everything together, uncovered, at 190°C for 30 minutes or until cooked through.

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Tandoori-Spiced Leg of Lamb

JOHANN ENGELBRECHT

INGREDIENTS

1 cup plain whole-milk yogurt
¼ cup fresh lime juice
3 large garlic cloves, minced
1 tablespoon grated lime peel
1 tablespoon minced peeled fresh ginger
2 teaspoons salt
1½ teaspoons Hungarian sweet paprika
1½ teaspoons ground coriander

1 teaspoon ground cumin
1 teaspoon ground cardamom
½ teaspoon dry mustard
½ teaspoon cayenne pepper
¼ teaspoon ground fenugreek (optional)
1/8 teaspoon ground cloves
1/8 teaspoon ground cinnamon
Large whole bone-in leg of lamb

RECIPE

1 Combine yogurt, lime juice, garlic, lime peel, ginger, salt, paprika, coriander, cumin, turmeric, cardamom, dry mustard, cayenne pepper, fenugreek, cloves, and cinnamon in small bowl; whisk to blend. Place leg of lamb on rack set in large roasting pan. Coat leg of lamb with yogurt mixture. Cover lamb loosely with plastic wrap or tent with aluminium foil (do not allow aluminium foil to touch coating) and refrigerate overnight.

2 Preheat oven to 180°C. Roast leg of lamb uncovered until thermometer inserted into thickest part of meat (not touching bone) registers 60° for medium-rare, about 1 hour 35 minutes. Let lamb rest 15 minutes before serving.



Tips and bastingings for Lamb

Cooking Tip:

The firmer the feel of the meat, the more well-done it is. Just press the lamb—when it has a springy but firm texture and is moderately juicy, the lamb is done. Most people prefer lamb medium-rare or medium, but lamb is also delicious when cooked well-done.

Classic Seasoning

3 teaspoons olive oil
1 tablespoon rosemary, dry
6 garlic cloves*

*Note: Cut small slits in leg and push in garlic cloves before placing in oven.

Mustard and Rosemary

½ tablespoon Dijon or whole grain mustard
1 tablespoon honey
2 teaspoons olive oil
½ teaspoon rosemary, dry
2 garlic cloves, crushed
salt and freshly ground black pepper, to taste

Italian

225g tomato paste
1 teaspoon oregano, fresh or dry
1 teaspoon basil, dry
2 garlic cloves, crushed
½ cup vermouth or dry red wine (optional)
freshly ground black pepper, to taste



JOHANN ENGELBRECHT

Grilled (braaiied) Butterflied Leg of Lamb

JOHANN ENGELBRECHT

INGREDIENTS

- ½ onion
- 4 cloves garlic, peeled
- 2 tbsp fresh rosemary leaves, or 1 tbsp dried
- Zest of 1 lemon
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil
- Kosher salt and freshly ground black pepper
- 1 boneless leg of lamb, 2-2.5kg, butterflied



RECIPE

1 Put onion, garlic, rosemary, lemon zest, apple cider vinegar, and olive oil into a food processor and pulse to combine. (If you don't have a food processor, just chop the onions, garlic, and rosemary very well and combine with the rest.)

28 2 Sprinkle a generous amount of salt and pepper over the lamb. Place marinade and lamb into a large freezer bag. Spread marinade over all sides of the meat. Seal the bag and refrigerate for 1 to 2 hours.

3. Remove lamb from refrigerator and leave for about 20 minutes. When ready to put on grill, remove from marinade bag. To help make the lamb easier to turn on the grill you can insert a couple of skewers through the lamb, crosswise.

4. Prepare grill. If you are using a charcoal grill, prepare the coals so that they are double layered on one side of the grill, and sparsely single layered on the other side of the grill (this is called "banked" grilling). If you are using a gas grill, heat the grill on high on all burners to start. After the initial browning you will reduce the heat.



5 Place the lamb, fat side down, on the grill on the hot side (double layer charcoals). Sear one side for 4 minutes, then flip the lamb over to sear the other side for another 4 minutes. Then, if you are using a charcoal grill, move the roast to the less hot side of the grill. If you are using a gas grill, lower the heat to low. You will want to maintain a temperature of 150°-180°C. Cover the grill and let cook for an additional 35-45 minutes (depending on how thick and heavy the roast is), until a meat thermometer inserted into the thickest part of the roast registers 55°C (for medium rare).

6 Transfer to a cutting board with a well to catch the juices. Cover with aluminum foil and let rest for 5-10 minutes. Remove the skewers if you are using any. Cut across the grain, about 1cm thick slices. Serve slices on a warm platter; pour meat juices over the slices. Serve with mint jelly or horseradish. Serves 8-10.



Lamb riblets

JOHANN ENGELBRECHT

INGREDIENTS

- 1 large onion, chopped
- 1 tbs. olive oil
- 2 pounds lamb riblets
- 1 clove garlic, crushed
- 3 tbs. vinegar
- 3 tbs. lemon juice
- 2 tbs. brown sugar
- 1/3 cup chili sauce
- 1/3 cup ketchup
- 1/2 cup dry red wine
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 tsp. dried rosemary

RECIPE

1. Sauté onion in olive oil until tender, but not brown. Remove onion and discard. Brown meat on all sides in oil.
2. Add remaining ingredients, cover and bring to boil. Simmer about 1 hour.
3. Place riblets on pan, spoon sauce over, broil until done

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Chinese lamb ribs with hoisin sauce

Chinese Barbecued Lamb Ribs

INGREDIENTS

- 6 tbsp. soy sauce
- 1/4 c. sauce
- 1/4 c. dry sherry
- 1/4 c. honey
- 1/4 c. tomato sauce
- 1 1/2 tsp. minced garlic
- 1 tsp. minced peeled fresh ginger
- 3/4 tsp. salt
- About 2kg lamb back ribs



JOHANN ENGELBRECHT

RECIPE

1. Whisk first 8 ingredients together in a medium bowl to blend.
2. Place ribs in a large baking pan. Pour marinade over, turning to coat ribs. Refrigerate at least 4 hours or overnight.
3. Preheat oven to 180°. Remove ribs from marinade and place in single layer on shallow baking pan rack. Bake 30 minutes. Turn and baste with marinade. Continue baking until tender, about 35 minutes, basting once. Serve hot.

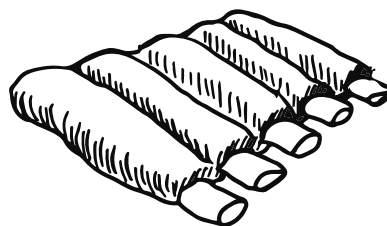


Devilled lamb ribs (with mustard)

JOHANN ENGELBRECHT

INGREDIENTS

- 2 1/2 c. lemon juice
- 1 tbsp. grated onion
- 8 cloves garlic, sliced
- 4 tsp. salt
- 4 tsp. dry mustard
- 4 tsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. thyme, crushed
- 1/2 tsp. seasoned pepper
- About 4 kg lamb spare ribs
- Paprika



RECIPE

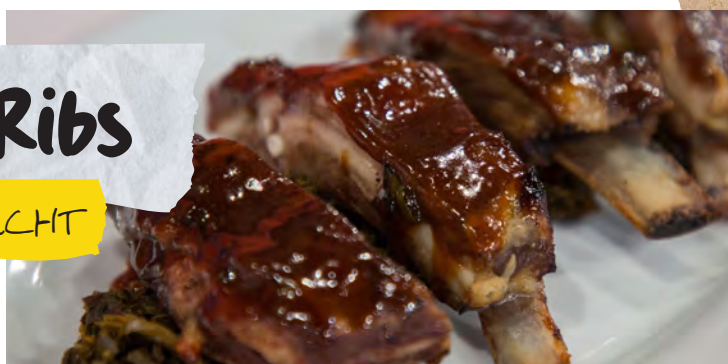
Mix lemon juice, grated onion, garlic, and a mixture of salt, dry mustard, chili powder, cumin, thyme, and seasoned pepper. Pour over lamb in a large shallow dish or pan. Cover and marinate in refrigerator 6-8 hours, or overnight; turn occasionally.

Remove spare ribs from marinade and place on rack in shallow roasting pan. Roast at 325°C degrees for 1 1/2 hours, basting occasionally with marinade. Sprinkle spare ribs with paprika, roast 1/2 hour longer, or until tender. Place ribs in a serving dish and garnish with parsley sprigs.

About 12 servings

Baked Lamb Ribs

JOHANN ENGELBRECHT



INGREDIENTS

- 4 pounds lamb ribs
- 2 onions
- 4 garlic cloves: vary this amount according to your preference
- 2 celery stalks with leaves (optional)
- 2 carrot(s) (optional)
- 2 bay leaves
- bunches of fresh herbs: parsley, thyme, oregano, rosemary

Make an herb sauce: (or use prepared barbeque sauce if you wish)

- 2 garlic cloves, or more, if you wish
- 1/4 cup olive oil
- 2 tablespoons fresh herbs, finely chopped; or 2 teaspoons crumbled dried herbs
- 1 teaspoon salt, and pepper to taste

Servings: 4

Prep Time: 1 hour

Cook Time: 2 hours

RECIPE

Put the ribs, fresh or frozen, into a stock pot or pan large enough to hold them easily with vegetables and cooking liquid. Add several cut-up onions and garlic cloves, a teaspoon of salt, a few bunches of herbs of your choice, and if you wish, cut up carrot and/or celery. Add water to cover everything and bring to a boil. Reduce the heat to a slow simmer and skim off any scum that rises to the surface during the first few minutes of cooking. Cover with lid slightly ajar and continue to simmer until the meat begins to be tender - about an hour.

Remove the ribs and set the cooking liquid aside. While the ribs cool, mash together in a small bowl 1 teaspoon salt and 2 or more minced or pressed cloves of garlic. Add and mash in 2 tablespoons finely chopped fresh herbs (or 2 teaspoons dried and crushed herbs): a mix of some (or all) thyme, oregano, marjoram and rosemary. Stir in the olive oil and set aside.

Remove some of the fat from the ribs. Then, spread the ribs out in a roasting pan and smear all over with the olive oil mixture or a prepared barbeque sauce. Cover tightly with aluminum foil and bake at 350°C for an hour. Remove foil and bake for another 20 - 30 minutes to crisp up the surfaces, or until the meat is very tender.

Freeze the cooking liquid (without the fat) for use as a mutton stock.



Lebanese Lamb Chops Korabiak



JOHANN ENGELBRECHT

INGREDIENTS

1/4 c butter
1 x garlic powder
10 mushrooms sliced
Salt and pepper
3 green onions sliced
1 c dry red wine
4 lamb chops
1/2 tsp Rosemary

RECIPE

Melt half of butter in large skillet over medium high heat. Add mushrooms and onions and saute until tender, about 5 to 10 minutes. Remove and keep warm.

Melt remaining butter in same skillet over medium high heat. Sprinkle chops with rosemary, garlic powder and salt and pepper. Add to skillet and sauté until browned on both sides, about 5 minutes.

Reduce heat to medium and continue cooking until tender. Transfer lamb chops to heated platter. Pour wine into skillet and cook over medium high heat, scraping up any brown residue clinging to bottom of pan, until liquid is reduced by about 1/3.

Spoon vegetables over chops and top with sauce.

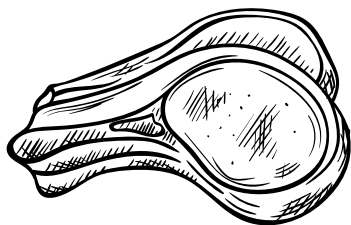
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Parmesan and Olive Crusted Lamb Chops

JOHANN ENGELBRECHT

INGREDIENTS

36 each Loin lamb chops
6 oz (1 1/2 cups) Parmesan cheese, grated
2 Tbsp. Garlic, finely chopped
12 oz 1 1/2 cups Black olives, finely chopped
2 Tbsp. Fresh thyme, chopped
9 oz. 18 Tbsp Olive oil, divided.



RECIPE

Combine the Parmesan cheese, garlic, black olives, thyme and 12 tbsp. of olive oil. Spread 1 tbsp. of Parmesan mixture evenly on one side of each chop. Heat the remaining oil in a non-stick sauté pan.

Place the chops in the pan, with the Parmesan mix side up. Brown the chops then flip and cook for 30 seconds to 1 minute. Using a spatula, flip the chops again onto a baking tray and place in a preheated 180°C oven for 5-7 minutes or until the chops reach an internal temperature of 60°C.



3.4 SUS SCROFA DOMESTICUS (Pork)

Spaghetti Carbonaro

CELESTE COMBRINCK



(servings 5)

INGREDIENTS

250 g uncooked, Gluten Free Spaghetti
2 large, Eggs
250 g, Lean Diced Bacon
1 cup Almond Milk (Unsweetened)
6 g Salt
100 g, Country Mix - Mixed Vegetables

RECIPE

Fry bacon on the stove
Cook spaghetti
Add together other ingredients on the stove and cook on low heat until eggs are mixed in and cooked

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Smoked Gammon (not just for Christmas)

SONJA VAN PUTTEN

RECIPE

Smoked gammon of a size that will fit into your airfryer
Boil for about an hour, till soft and done (I use the pressure cooker for this). You can add cloves and bay leaves, if you like.
DO NOT THROW THE LIQUID AWAY!

Remove and score the top in diagonal cuts. Then cover with a glaze of your choice (try honey or brown sugar, Dijon mustard, salt and little lemon juice). Wrap in tin foil and airfry for about 20 min at 150°C. If you like it to be crisp, you can remove the foil and airfry at 200°C for about 6 min.

Use the liquid in which you boiled the gammon to make a delicious peas soup using dried split peas.





INGREDIENTS

Genoeg vir 6/ Enough for 6

25 ml olie/ 25ml oil

500 ml fyngerasperde sampioene/ 500ml grated mushrooms

1 ui, fyngekap/ 1 finely chopped onion

5 ml gemengde kruie/ 5ml mixed herbs

6 snye brood/ 6 slices of bread

80 ml botter/ 80ml butter

6 eiers/ 6 eggs

12 skywe ham/ 12 ham slices

6 kaasvelletjies/ 6 slices of cheese (the ones in plastic sheets)

Sout en peper/ Salt & pepper



RECIPE

1. Braai die sampioene, uie en kruie in 'n pan./ Fry the mushrooms, onions and herbs together.
2. Rol die snye brood dun uit met 'n roller en smeer weerskante met botter./ Flatten the slices of bread by rolling with a rolling pin. Spread butter on both sides.
3. Voer die muffinpannetjie uit met die brood./ Line muffin pan hollows with the bread.
4. Voer die brood uit met die ham./ Place a slice of ham into the bread cup.
5. Plaas 'n velletjie kaas op elke hamskyf./ Place a slice of cheese over the ham.
6. Skep die sampioen-en-uiemengsel op die kaas./ Spoon the mushroom and onion mixture onto the cheese.
7. Breek 'n eier in elke holte. Geur met sout en peper. / Crack an egg into each cup and season to taste.
8. Bak by 180 grade Celsius tot die wit van die eier gestol het./ Bake at 180°C till the egg whites are set.

Bedien warm. /Serve warm.

RIAN DE VILLIERS

Bacon-and-egg pie



SONJA VAN PUTTEN

INGREDIENTS

Puff pastry (bought - life is too short to make your own)

Eggs and bacon, with chopped onions and mushrooms if you wish.

RECIPE

Butter an oven proof dish. Roll out half the pastry to cover the bottom of the dish. Press slight hollows into the pastry with the back of a spoon and crack an egg into each hollow.

Cover all with bacon strips. Add fried onions and mushrooms if desired.

Cover with the other half of the pastry. Bake at 180°C for about 16 mins till eggs are set.

Serve hot - good for brunches and light lunches with salad.



3.5 OSTEICHTHYES

(Fish)

Summer Tuna Salad with bacon (semi-structured)

INGREDIENTS

Lettuce
Baby tomatoes, halved
Cucumber, diced
Pineapple, fresh and diced
Shell pasta, cooked and cooled (1 cup uncooked, or more, if you like)
Pecan nuts, roughly chopped
Roasted pumpkin pips
Fetta cheese, diced
Cheddar cheese, diced



CORENE COETZEE

Mayonnaise
Chutney
Sweet chilli sauce
Bacon, chopped and fried crisp
2 tins shredded tuna

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RECIPE

Roast the pumpkin pips as follows: place a handful in a frying pan or wok without any oil, butter, water or anything, in fact. Medium heat. Stir occasionally. Some pips will burst. Some will discolour. When most have burst, remove from heat. Allow to cool.

Shred the lettuce.

Drain the tuna.

Mix the mayonnaise, chutney and chilli sauce to form a dressing, about 1.5 cups in total.

Mix all the ingredients, including the sauce, except the pumpkin pips. Pips you sprinkle on top.

Salmon Tagliatelle

SONJA VAN PUTTEN



RECIPE

Pink salmon ribbons
1 x cup (250ml) sour cream
2 x small onions
tagliatelle pasta
dill

1. cook the tagliatelle pasta on it's own.
2. fry the onion in olive oil
3. cut the salmon in pieces and fry with the onion
4. pour the sour cream over and simmer for a while.
5. put lays of dill on top, it must look like a 'lawn'
6. Place the salmon mixture on top of the tagliatelle and serve.

ENJOY!



Tuna Salad (with veggies)

KEDIBONE MAIFADI

INGREDIENTS

2 medium onions (diced)
 1 medium green pepper (diced)
 1 medium red pepper (diced)
 1 medium yellow pepper (diced)
 Punnet of mushrooms (diced)
 Green beans (fresh and chopped into small pieces)

250g carrots (Grated)
 3 tins of tuna (drain water/oil)
 Mayonnaise
 Chilli beef Aromat
 Fish oil

RECIPE

On a medium heat, fry onions. Once they are soft, add the diced peppers.
 Add green beans, fry till soft.
 Add grated carrots.
 Season with chilli beef Aromat.
 When everything is soft, remove from heat and let it cool.
 Once cooled, add tuna, then mayonnaise.

Quick Tuna Quiche

Quick Tuna Quiche

Ingredients: (Mostly determined by capacity and taste)

- 1 tin of flaked tuna in brine
- 1 thick slice of white bread (crumbled)
- 1 cup milk
- 1 cup cheddar cheese (grated)
- 3 eggs (beaten)
- 1 wheel feta cheese (cubed)
- 1 baby marrow grated
- a sprig of spring onion

Pre-heat oven to 180°C

Mix everything and pour into a pie-dish

Bake for 25 min or until set.

CORENE COETZEE

Hake & Haddock Paella

(Servings 9 kilojoules per serving)

INGREDIENTS

900 g Brown or white Rice Cooked
2 medallion, Hake Medallion
500 g, Haddock Fillets
350 g, Country vegetable Mix
250 g, White Button Mushrooms
35 ml salted butter
400 g White Cook-in-sauce
Bone broth fresh
Olive oil for frying
Salt and pepper



CELESTE COMBRINCK

RECIPE

First cook the rice in the bone broth. Fry the haddock, mushrooms and hake in olive oil. In a large frying pan, fry all the ingredients together and add salt and pepper to taste

Nutrition Facts

Servings 9.0	
Amount Per Serving	
kilojoules 1002	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 37 mg	12 %
Sodium 500 mg	21 %
Potassium 0 mg	0 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 15 g	30 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

Tuna Pie a la Marno



Marno se Tunatert
(1/6/19 vir Karlien se kombustee)

Kors

- 1 koppie meel
- 1 koppie gerasperde cheddarkaas
- 100g gerasperde botter

Meng alles saam en plaas as kors in tertbak.

Vulsel

- 2 blikkies tuna
- 1 snytjie ui fyngekap
- 6 geklitste eiers
- ¼ k melk
- 1 el sampioen soppoeier
- Sout
- Peper

Bak by 160°C vir 45 min.

CRUST

1 c flour
1 c grated cheddar cheese
100g grated butter
Mix all together and place in pie dish.

FILLING

2 tins tuna
1 slice of onion, chopped finely
6 eggs, beaten
¼ c milk
1 tbsp mushroom soup powder
Salt & pepper to taste
Bake at 160° for 45 min



ANNEL VAN ROOYEN

3.6 GROUNDED THEORY (All Things Minced)

Jody's Bobotie

JODY JOUBERT

Bobotie

Ingredients

2	Thick slices of bread	1 kg	Mince
500ml	Milk		Oil
2	Big onions, diced	15ml	Curry Powder
15 ml	Apricot Jam	75g	Raisins/Grated Apple
5ml	Ginger		Salt, to taste
2	Eggs		Bay leaves or diced almonds

Method

In a bowl, soak the bread in 250ml of the milk.

Sauté the onions in a little oil until soft and starting to caramelize.

Add Curry powder, ginger, apricot jam, raisins/apple and stir.

Add the mince, stir and cook through.

Squeeze the milk out of the bread (keep the excess). Add the bread to the meat.

Mix the eggs, remaining milk and some salt. Add half of this to the meat mixture.

Now, transfer the meat mixture into an oven dish. Add the remaining milk mixture over the top. Garnish with bay leaves or almonds.

Bake in a 180°C oven for 45 minutes.



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Gemista

Stuffed Tomatoes / Greenpeppers

6 medium size Tomatoes	Olive oil / Butter
6 green, red-peppers	
1 Medium Onion	
1 pack Mince Meat	
1/2 cup cooked Tastic Rice	
Chopped parsley	
Salt + Pepper	
Kellags Bread Crumbs	

Slice Top of Tomatoe off remove pulp with a Teaspoon.

Slice Top of green-pepper (And) and clean out the insides
Sieve pulp + set aside - keep lids of Tomatoes and Peppers.

Put Tomatoes + Peppers in a large Baking Tray not to shallow

Butter in a pan - saute onions - Add Mince

Brown Mince then add cooked rice, parsley, St P. and a cup of tomatoe pulp

Cover and cook 10-15 minutes

Remove from heat and cool.

Fill the Tomatoes and peppers leaving a bit of room as rice will swell

Replace Tops

Pour over olive oil about 2 TBS.

1 cup Tomatoe pulp

Sprinkle with Bread Crumbs

Cook 1 to 1 1/2 hrs @ 180°C.



VERNON CANDIOTES



Curried banana meatballs

(great favourite)

(Kerrie Piesang Frikkadelle (Groot gunsteling))

FRIKKADELLE

1 kg maalvleis / 1kg mince
Sout en peper na smaak / Salt and pepper to taste
½ tp fyn neut / ½ tsp ground nutmeg
½ tp fyn naeltjies / ½ tsp ground cloves
½ tp fyn koljander / ½ tsp ground coriander
2 groot aartappels gerasper / 2 large potatoes, grated
3 snye witbrood / 3 slices white bread
2 gekookte eiers (gerasper) / 2 boiled eggs, grated
1 groot uie gerasper / 1 large onion, grated

Week brood in water, druk water goed uit / Soak the bread in water, then squeeze liquid out

Meng al die bestandele en maak frikadelle / Mix all the ingredients and form into balls

Pak in oondpan / Bake in an oven pan



SOPHIA LE ROUX

SOUS

2 kp bruin asyn / 1 c brown vinegar
Sout en peper na smaak / Salt and pepper to taste
3 el appelkoos konfyt / 3 tbsp apricot jam
10 piesangs / 10 bananas
3 kp water / 3 c water
2 e suiker / 2 tbsp sugar
1 ½ e Kerrie / 1 ½ tsp curry powder
1 e borrie / 1 tbsp turmeric
2 e meel / 2 tbsp flour
5 groot ui gerasper / 5 large onions, grated

Braai uie, kerrie en borrie / Fry the onions, curry and turmeric

Meng al die bestandele saam en kook tot dik / Mix all the ingredients and cook till thickened

Gooi sous oor frikadelle en bak by 180°C vir 1 ½ uur / Pour sauce over meatballs and bake at 180°C for 1 ½ hours

Bêre in yskas. / Store in fridge

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Easy Meatballs

NELÉ LOUBSER

INGREDIENTS

500g mince
1 packet brown onion soup
1 large egg
125 ml cream or plain yogurt

RECIPE

Mixed methods Methodology:

Combine all the ingredients and mix well.

Form into frikkadels and bake at 180°C for half an hour.



Moussaka

Moussaka

1/2 kg Mince (good quality & red mince)

Onion, Salt, pepper

1 Onion

1 Large Firm Brinjal or 3 small.

1 Tin Italian Tomatoes - pureed

1 TBS Tomatoe paste

2 Large Potatoes peeled

White Sauce :-

90g Butter

4 Cups Milk

90g Flour

1 Sachet Parmesan cheese

Method

Chop up onion and brown in Olive Oil

Add Mince and Herbs/Spices and brown. Add Tomatoes. Cook 1 hour.

Slice Brinjals in Thin slices and fry both sides in Olive oil until light brown.

Cut potatoes in chip like slices and boil until Tender but not falling apart must be firm.

Large pyrex Dish - Line it with the Brinjals

Sprinkle with Salt + pepper + parmesan

Make the white Sauce

Put a thin layer over brinjals

Add the Potatoes layer over Brinjals.

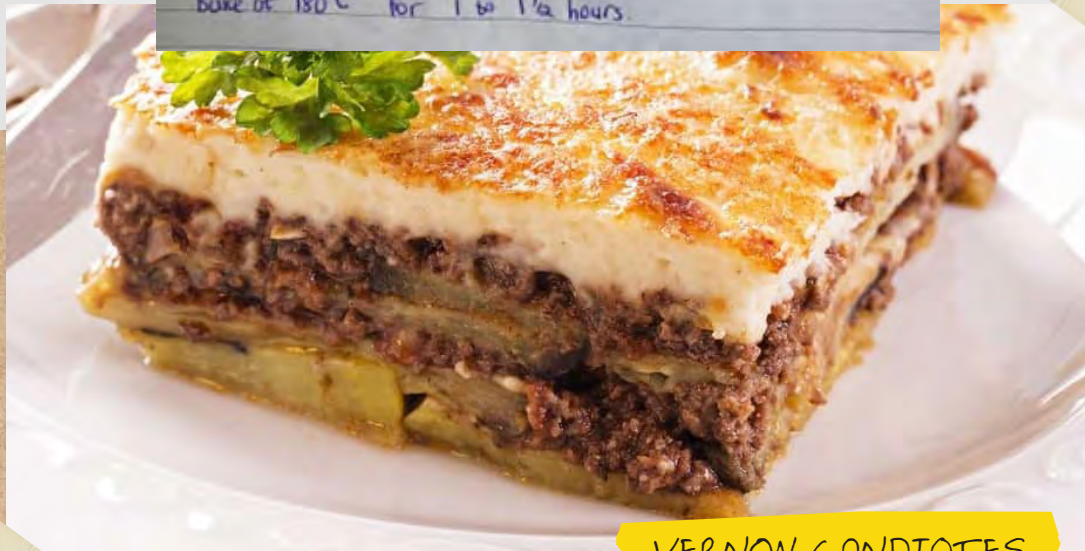
Add Mince - Don't add too much juice of the Mince

Add the Rest of the white Sauce

Sprinkle with Bread Crumbs (Kellogs)

Dot with butter.

Bake at 180°C for 1 to 1 1/2 hours.



VERNON CANDIOTES

Chapter 4



PLANT BASED
(Often with Research Onions)



Broccoli Bake

Groente:

Broccoli: (Carre)

HANLIE BOTHA

500 g bevrore broccoli - Kook tot sag
 12,5 ml botter
 1 fyn ui
 1 fyn knoffelhuisie
 1 blik sampioenroomsoep

1 blik sampiëne
 170 g soetmelkkaasmeer
 5 ml worcestersous
 125 ml vars broodkrummels
 paprika

1. Oond op 180°C Braei ui + knoffel in botter
2. Voeg sop, sampiëne + kaasmeer by (Tot gesmelt)
3. " worcestersous by. Krummels + paprika bo-oor, nadat sous oorgegoot is.
4. ± 20 min sonder deksel (6-8)

INGREDIENTS

500g frozen broccoli, cooked until soft
 1 tbsp butter
 1 onion, finely chopped
 1 finely chopped clove of garlic
 1 tin of mushroom soup
 1 tin of mushrooms
 170 g of sweetmilk cheese spread
 5 ml Worcester sauce
 125 mg fresh breadcrumbs
 Paprika to taste

RECIPE

Pre-heat oven to 180°C. Fry the onions and garlic in butter and add mushroom soup, mushrooms and cheese spread until melted. Pour the sauce over the broccoli.

Add the Worcester sauce, the sprinkle breadcrumbs and paprika on top and bake until golden brown and delicious!

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Gem squash bake

lemoenpampoenjies (Annelie 6-8 p)

6 pampoenjies, sag gekook en uitgesteep
 3/4 k suiker

2 eetl botter

2 eetl vlokasier

2 eiers

1 k melk

1. Meng alles. Spoi in gesmeerde bak. Strooi kaneel oor.
2. Bak by 30 min by 180°C



INGREDIENTS

6 cooked gem squash with the seeds removed
 3/4 cup of sugar
 2 tablespoons of butter
 2 eggs
 2 tbsp custard powder
 1 cup of milk
 A sprinkling of cinnamon

Mix all the ingredients together except the cinnamon and place in a butter oven proof dish. Sprinkle cinnamon over the top. Bake for 30 minutes at 180°C

HANLIE BOTHA





Dumplings & Curry

CLIMANT KHOZA



DUMPLINGS

4 cups of all-purpose flour
A pinch of salt
Cold tap water
Baking powder (4 teaspoons)
Mixed herbs and/or grated carrots

Put the 4 cups of flour in a bowl. Add a pinch of salt (no sugar). Add the mixed herbs and grated carrots. Add the two cups of cold water. Mix until the wet and dry ingredients are combined. Use your fist to mold the dough until it is soft (No flour should be left on the surface of the bowl or in your hands). Put the dough aside.

CURRY

To make your curry, you will need the following
1 medium-sized brown onion
2 gloves of garlic
Robot peppers
3 large carrots
Baby potatoes cut into two
Spices and herbs: Curry leaves. Mix masala, Paprika and Biryani mix

Put all your ingredients in the pot and add just enough cooking oil then fry to perfection. Add half a jug of lukewarm water in the pot and let boil. When the potatoes are beginning to get soft, roll the dough into balls then put it into the curry. Add more water. Close the lid. Keep adding water when necessary. Do not use cold water and do not put water on top of the dumplings. To check if your dumplings are ready, poke with a fork.

Niekie's chickpea curry

NIEKIE BLOM

INGREDIENTS

1 tbsp oil	1 fresh tomato, chopped
1 onion, chopped	400g tin chickpeas, drained and rinsed
1 garlic clove, crushed	5cm/2in piece root ginger, grated
¼ tsp salt	pinch of garam masala
½ tsp cumin powder	4-6 curry leaves
¼ tsp coriander powder	Oregano
¼ tsp turmeric powder	½ tin of coconut cream
¼ tsp red chilli powder	handful of cashew nuts
	pitta breads or plain basmati rice, to serve



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RECIPE

1. Heat a deep, lidded saucepan or a medium sized wok and add the oil. Fry the onions and garlic, until the onions are caramelised
2. Add the salt, cumin, coriander, turmeric and red chilli powders. Mix for a minute and tip in the tomato. Cook the sauce until it begins to thicken.
3. Add 4 tablespoons water and stir. Then tip in the chickpeas and mix. Mash a few of the chickpeas while cooking. Cover and simmer for 5 minutes. Then add the ginger and the garam masala. Cook for another minute.
4. Add curry leaves, pieces of lemon/lime, oregano and half a tin of coconut cream
5. Add cashew nuts before serving
6. Serve with pitta breads or plain basmati rice.





Peas with Onion & Mushroom

HANLIE BOTHA

INGREDIENTS

2 tbsp butter/ margarine
1 finely diced onion
¼ lb sliced mushrooms
10 oz of frozen peas
¼ tsp salt
Pepper to taste

RECIPE

Melt the butter.
Fry the onion and mushroom in the butter.
Allow the mixture to simmer for 3 minutes. Add the peas and stir. Season with salt and pepper.

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Veggie Bake

SONJA VAN PUTTEN

INGREDIENTS

Broccoli florets
Cauliflower florets
Baby marrows, cut into chunks
Mushrooms, cut into chunks
Any other vegetable that may be lying around in your fridge, cut into chunks

RECIPE

Cheese sauce made as follows:

Place 4 tbsp of butter in a jug. Add 3 tbsp of flour and 1 tsp of salt. Micro for 30 sec. Add 400 ml milk and 1 cup grated cheese. Micro for 4 mins, stirring regularly. Make more cheese sauce if you have lots of veggies.

Place veggies in oven dish and sprinkle with condiments of your choice. Pour cheese sauce over the veggies. Sprinkle grated cheese on top and bake for approx. 40 min on 180°





Another Veggie Bake



SONJA VAN PUTTEN

INGREDIENTS

Leftover fresh veggies (any), roughly cut
1 tomato, roughly chopped
1 onion, roughly chopped
Some mushrooms, if you have, roughly cut

RECIPE

Stir-fry the veggies for just a few minutes until nearly done (still crisp). Mix together 1c self-raising flour, 1c milk, 1 egg, salt to taste. Pour over veggies in an ovenproof dish (do not stir in), and bake for about 25min, till golden brown and the crust is cooked.

Onion Fritters

SONJA VAN PUTTEN



INGREDIENTS

2 - 3 onions, grated
2 - 3 large potatoes, grated
2 eggs
About 1/2 c self-raising flour
Salt & pepper to taste

RECIPE

Place grated onions and potatoes in a colander to drain off excess liquid, then mix all the ingredients together. The dough should be sloppy. Fry in shallow oil till golden.





Crushed Baked Potatoes

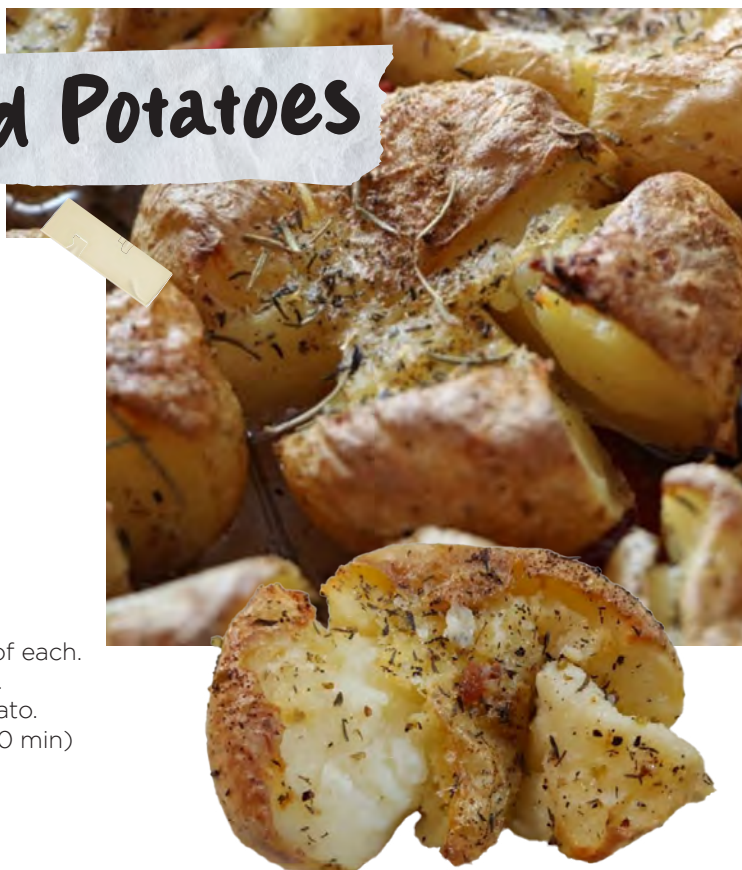
JESS VAN PUTTEN

INGREDIENTS

As many potatoes as you like
 Oil
 Herbs of your choice (maybe rosemary, rosemary & olive spice, a little thyme)
 Salt and ground pepper to taste

RECIPE

Cook potatoes in micro till done.
 Place in a dish and cut a cross in the top of each.
 Sprinkle herbs, salt and pepper over each.
 Drizzle about 2 tbsps of oil over each potato.
 Bake at 180° till brown and crisp (about 30 min)



Roasted Stuffed Butternut

JESS VAN PUTTEN

HUGE TIP: BUTTERNUT CAN BE AWFUL TO CUT, SO COOK WHOLE BUTTERNUT IN MICRO ON HIGH FOR ABOUT 2 MINS - NOT COOKED, BUT CAN BE CUT!

INGREDIENTS

1 whole medium butternut
 Olive Oil for coating and drizzling
 2 tablespoons pine nuts
 2 teaspoons dry oregano
 150g crumbled feta
 Salt and pepper
 2 teaspoons fresh chopped parsley

RECIPE

Preheat oven to 350°F (180°C)
 Wash the outside of the butternut and pat dry. Cut down the middle (lengthwise). Scrape out all the seeds with a small spoon, set seeds aside. Score the cut surface with a criss-cross pattern. Coat butternut (skin and inside) with olive oil and add salt, pepper and oregano. Roast for about an hour until soft.
 Remove from oven, and fill the cavity with crumbled feta and a few pine nuts; scatter the rest of the feta on top of the whole butternut. Continue to roast for about 10 minutes.
 Remove, drizzle with olive oil, sprinkle with parsley and serve.



Morogo



DAVID SEKAO

INGREDIENTS

Cooking oil (preferably canola),
Onion (diced),
Garlic,
Peeled tomato,
Mushroom,
Spinach (organic and fresh from
the garden),
Salt, black pepper
Cream.

RECIPE

Fry diced onion
Add tomato and garlic
Add mushroom
(don't be stingy with it - it is the core ingredient for my Morogo)
Add spinach: ensure that, after washing it, excess water is
removed before cooking
After about 20mins, add salt and black pepper, and then about
10 mins later add cream.
Ready to serve - lekker with home baked bread and braai vleis!



Chapter 5



SECONDARY DATA

(Sides)

Steamed Dumpling

(idombolo)

GONTSE MTHELEBOFU



RECIPE

INGREDIENTS

480 g flour - cake wheat
5 ml salt
15 ml sugar
10 g Superbake Instant Yeast
375 ml water - lukewarm
1 egg

1. Mix together cake wheat flour, salt, sugar and instant yeast. Make a hole in the middle and pour in lukewarm water, beaten egg and oil.
2. Mix together and knead for at least 10 minutes to form a soft pliable dough. Cover dough with shrink wrap and allow to rise to double its size. Knock dough down by kneading again. Divide it into 4 equal parts. Add kernel corn to one part, curried mixed vegetables to the next and chopped mushrooms to the third portion. Leave the fourth plain.
3. Place the 4 portions of dough next to each other in a greased heatproof dish. Pour water in a large saucepan to come up to one-third of the bowl and bring to a boil. Place bowl with dough into water. Cover saucepan tightly and steam for an hour over medium heat. Add water if it goes dry.
4. Test by inserting a skewer into the dumpling. If it comes out clean, the dumpling is cooked. Serve with soup, meat or chicken stew.

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RECIPE

Rinse samp, then let it cook for 1 hour. Keep checking - should not burn - add water as needed. Once cooked, add margarine (not a lot), aromatised and salt. If you like, you can add dried parsley for colour (not too much). You can also add fried mushrooms.

Mix all together see what a nice colour you will get.

mhhhhhhhhhhhhhhhh yum

Creamy Samp

BUTHLE OLIPHANT



Mealie Pap Balls

SONJA VAN PUTTEN

RECIPE

Make a stiff mealie pap and allow to cool slightly. Roll into balls the size of meatballs. Place in an oven dish.

Dice onions, mushrooms, tomatoes and bacon. Fry together.

Poke a hole into each ball with your thumb and spoon the bacon mixture into the hole.

Pour a punnet of cream over the balls and cover with grated cheese. Make sure the cream runs in between the balls. Bake at 180°C for about an hour. You can add sweetcorn to the pap if you like.





Dauphinoise potatoes

GONTSE MTHELEBOFU



INGREDIENTS

- | | |
|---|--|
| Butter (for greasing) | 6 sprigs thyme leaves only |
| 1 kg potatoes, peeled and finely sliced | Salt and pepper to taste (I use 15 twists of salt and 15 twists of pepper) |
| A large bowl of cold water | 50 g cheddar cheese or more if you like a really cheesy topping! |
| 300 ml double cream | |
| 4 cloves garlic grated or crushed | |

RECIPE

1. Preheat your oven to 160°C. Lightly grease a baking dish with butter.
2. Peel the potatoes and slice them finely – you are aiming for 2-3mm (1/8 inch) thick.
3. As soon as you have sliced each potato, place the slices in the large bowl of cold water.
4. Mix the cream, garlic, 3/4 of the thyme leaves, salt and pepper together in a jug.
5. Drain the potatoes.
6. Layer the potatoes and the cream mixture: a layer of potatoes first, then a couple of tablespoons of the cream mixture, then another layer of potatoes, then another layer of cream and so on, until all the potatoes have been used. Finish by pouring all the remaining cream over the top of the last layer of potatoes. Try to keep each layer as flat as possible and don't overlap the potatoes too much.
7. Cover the dish tightly with foil and place in preheated oven for 1 hour.
8. After 1 hour, turn the oven up to 220°C, then remove the potatoes from the oven and take off the foil. Scatter with the cheese and the remaining thyme and return the potatoes to the oven for a further 15-20 minutes, or until the top is golden brown.

Kale Dish

(in case you've never known what to do with kale)

1. 2 large bunches kale
2. 2 tablespoons olive oil
3. 2 cloves garlic, thinly sliced
4. 2 teaspoons sugar
5. 1 teaspoon salt
6. 12 Kalamata olives, pitted and chopped
7. 14-ounce jar roasted red peppers
8. 2 tablespoons aged balsamic vinegar

DIRECTIONS

1. Cut the kale into bite-size pieces, removing any tough stems. Rinse and shake dry.
2. Warm the oil and garlic in a large stockpot over medium-high heat. Remove the garlic as soon as it browns (don't let it burn). Add the kale and stir-fry 5 minutes. Add 1/4 cup water, cover, and cook 8 to 10 minutes or until tender. Uncover and add the sugar, salt, olives, and peppers. Cook over medium-high heat until the liquid has evaporated.
3. Spoon into a serving dish; scatter the garlic over the top. Drizzle with the balsamic vinegar. Serve warm or at room temperature.

FARIHAH JAFFER

Pumpkin Fritters

RIAN DE VILLIERS

INGREDIENTS FOR DUMPLINGS

750 ml gaar fyngemaakte pampoen/ 750ml mashed, cooked pumpkin
500 ml bruismeel/500ml self-raising flour
2 eiers/ 2 eggs

5 ml sout/ 5ml salt
15 ml bakpoeier/ 15ml BP
500 ml olie/ 500ml oil

1. *Klop die gaar fyngemaakte pampoen, eiers en sout saam./* Beat the pumpkin, eggs and salt together.
2. *Meng die bruismeel en bakpoeier by./* Add the flour and BP.
3. *Verhit die olie in 'n pan en skep lepels vol van die beslag in die warm olie. Draai om wanneer dit bruin is./* Heat the oil in a pan and scoop spoonfuls of the batter into the hot oil. Turn over when brown.
4. *Haal uit wanneer dit oral bruin is en dreineer op kombuispapier. Hou warm./* Remove when golden brown all over and set to drain on paper towelling.

500 ml suiker/ 500ml sugar
250 ml water
125 ml melk/ 125ml milk

30 ml botter/ 30ml butter
Knippie sout/ Pinch of salt
10 ml mielieblom/ 10ml maizena

1. *Mikrogolf die suiker, water, melk, botter en sout vir 5 minute./* Heat the sugar, water, milk, butter and salt for 5min in micro.
2. *Roer dit tot die suiker opgelos is/* Stir till sugar is dissolved.
3. *Meng die mielieblom met 'n klein bietjie water tot dit glad is./* Mix the maizena with a little cold water until smooth
4. *Roer dit by die suikermengsel in en mikrogolf vir nog 2 minute./* Add the maizena to the sugar mixture and microwave for a further 2 minutes.
5. *Gooi die warm stroop oor die warm poffertjies. /* Pour the warm syrup over the fritters.



Chapter 6



BAKE-GROUND

6.1 SAVOURY BAKES

Cheese Muffins (Ready mix)

RECIPE

RONEL CALLAGHAN

7 cups of flour
5 tbsp of baking powder
4 teaspoons of salt
1 teaspoon cayenne pepper
375ml butter



Sift dry ingredients together. Grate the butter into the dry mixture and process in a mixer (or by hand) until it has the consistency of fine breadcrumbs (no lumps)
Store in freezer

TO BAKE

Mix one cup of ready-mix, 1 cup of grated cheese, cup of milk
Bake in muffin pans at 180°C degrees for 15 min

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Crustless Savoury Tart (Korslose Souttert)

INGREDIENTS

SOPHIA LE ROUX

3 eiers / 3 eggs
375 ml melk (1 kp) / 375 ml milk (1 c)
1 ui gekap of gras ui / 1 onion or spring onion, chopped
1 tamatie gesny / 1 tomato, cut
½ soetrissie gekap (opsioneel) / ½ green pepper, chopped (optional)
10 ml botter (2 tp) / 10 ml butter
100 g cheddar-kaas, gerasper (250 ml) (1 kp) / 1 c cheddar cheese
1 blik soutvleis (300 g) / 1 tin corned meat
200g Weense worsies of gerookte worsies / 200g smoked viennas
2 hardgekookte eiers / 2 hardboiled eggs
10 ml gekapte pietersielie / 10ml chopped parsley
Sout en peper na smaak / Salt & pepper to taste
5 ml droë mosterd (1 tp) / 5ml mustard powder
25 ml meelblom (2 el) / 25 ml flour
60 g spekvleis / 60g bacon
5 ml Aromat (1 tp) / 5ml Aromat

RECIPE

Klits die eiers en melk saam / Wisk eggs and milk together.
Braai die ui, tamatie, bacon en soetrissie in die botter / Fry onion, pepper in the butter.
Meng al die bestandele saam / Mix all the ingredients together.
Gooi die mengsel uit in 'n gesmeerde pyrex bake n bak 30 - 45 min lank (180°C) 350°F. /
Pour mixture into buttered pie dish and bake 30-45 min at 180°C.



Veggie Tart

NELÉ LOUBSER

Ciroente Tert

500g baby marrows -gerasper
1 ui - fyn gekap
1 pakkie bacon - fyn
1 kop gerasperde kaas
1/4 kop olie
2 eiers
1 Blik pit mielies
3/4 kop melk
sout & peper

Meng alles saam en bak vir
15 min teen 180°C.

RECIPE

500g baby marrows, grated
1 onion, finely chopped
1 packet chopped bacon

1 c grated cheese
60ml oil
2 eggs

1 tin sweet corn
3/4 cup of milk
Salt and pepper to taste

Mix everything and bake for 45min at 180°C

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(Really Quick) Cheese Muffins



SONJA VAN PUTTEN

RECIPE

4 cups self raising flour
1 tsp salt

2 cups grated cheese

Add 2 eggs, 50 ml oil, 200ml milk and mix to form a sloppy dough.

Spoon to the brim into muffin pans and sprinkle more grated cheese on top of each.

Bake at 180°C for 16 min. Leave to cool a bit before turning out.



Cheese Puffs (with filling)

Kaas Koekies
 1 kop Meel.
 1 Eier
 1 kop Cheddar Kaas gerasper.
 2 teel. B.P.
 1 kop Melk.

Maak alles aan tot slap deeg.
 Skep in kdwyntjie Pannetjies.
 Bak vir 10 min. 350°
 Sny oop en sit vulsel in.

Vulsel.
 Braai 1 midm. gerasperde Ui in
 2 eetl. botter
 Voeg een gerasp. Tamatie en
 1 gekl. eier by. Roer tot eier
 gaar is. Voeg 2 eetl. gerap.
 Kaas by meng deeglik.



NELÉ LOUBSER

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RECIPE

1 c flour
 1 egg
 1 c grated cheddar cheese
 2 tsp baking powder
 1 c milk

Mix all the ingredients to form a sloppy dough. Scoop dough into muffin pans and bake for 10 min at 180°C.

Once cooled, cut open and fill as follows:
 Filling:

Fry 1 medium grated onion in 2 tbsp butter.
 Add 1 grated tomato and 1 beaten egg.
 Then stir till egg is cooked.
 Remove from heat and add 2tbsp grated cheese.
 Mix thoroughly and spoon into the puffs.

Easy Cheesy Biscuits

JESS VAN PUTTEN



RECIPE

120g Plain Flour
 120g Butter
 120g Mature Cheddar Cheese
 1/2 tsp Mustard Powder

Preheat the oven to 180°C
 Mix all the ingredients together in a mixing bowl, using your hands until a dough is formed.
 Roll out the dough to a thickness of 5mm. Then use a cutter to cut out the biscuits.
 Place the biscuits onto a floured baking tray and bake in the oven for 10-15 minutes or until golden and crispy.





Easy homemade bread

INGREDIENTS

1 1/3 c warm water (body temperature)
 2 tsp active, dry yeast
 2 tsp sugar or honey
 1 egg
 1 tsp salt
 3 to 3½ cups cake flour /bread flour/
 wholewheat flour



SONJA VAN PUTTEN

RECIPE

In a large mixing bowl combine the water, yeast, and sugar. Stir until dissolved, then leave to stand for about 10 min. If it becomes frothy on top, your yeast is alive and good to go.

Add in the egg and salt.

Add the flour one cup at a time. Once the mixture is too stiff to mix with a fork, transfer it to a well-floured countertop. Knead for 4-5 minutes, or until smooth and elastic and your hands are not covered with sticky dough. Add more flour if the dough continues to stick to your hands. You can also knead this dough with a dough hook in your mixer.

Shape the smooth dough into a ball and place in a bowl. Cover with a dish cloth and let rise in a warm place for one hour (or until the dough has doubled). An easy way of doing this if it's a cold winter's day, for example, is to turn your oven on to 180° for about 2 minutes. Then switch the oven off and place the bowl with the dough in the oven for an hour.

You can then punch down the dough, form it into a loaf and place in a greased loaf pan to rise for about 20 min until it's about level with the rim of the pan.

Bake at 180° for 25-30 minutes, or until lightly browned. Should sound hollow if you knock on the top with your knuckles.

This dough can be used as

- a pizza base (bake with toppings at 220° for about 17 min), or
- small rolls (divide the dough into about 15 pieces, roll into balls, place tightly next to each other in a round pan and let rise in a warm place for another 20 min. Bake at 180° for about 20 min), or
- fried as vetkoek.

White onion soup bread

Wit uie sop brood

NELÉ LOUBSER



3¼ kop self raising flour
 1 pakkie wit uie sop
 2 kop melk
 ½ kop cheddar
 2 geklopte eiers.

Meng als, bak 15-20 min tot
 goud - 180°C.

RECIPE

¾ cups self-raising flour
 1 packet white onion soup
 2c milk
 ½c cheddar cheese
 2 beaten eggs

Mix everything and bake at 180° for
 15-20min till golden brown.

(Easiest) Savoury Tart/Quiche

MIA ABRIE



This is so easy, I often make it for dinner. It is also infinitely variable and fail proof, so adjust for meat or vegetarian as I describe below.

The basic background foundation:

4 eggs. Size does not matter, use what you have.
1 onion chopped finely. You can use it raw or fry it lightly for a little bit for extra flavour.
1 tomato chopped finely. I have even substituted a handful of small tomatoes.
1 ½ cup milk. Again, any milk.
1 heaped tablespoon flour.
1 cup grated cheese. Cheddar is best.
Mix all of these together.

Add to this what is described in my recipe book as 'meat' - any of the following:

1 250 g packet of bacon in bits, or
Last night's leftover mince or other meat, shredded, or
1 tin of flaked tuna, or
1 packet of sliced mushrooms, or
Courgettes mixed with some mushrooms, or
Any combination of the above!
You can also add some sliced red pepper or sliced courgettes or other soft veg to make pleasing patterns on top!

Pour into a suitable bowl. Bake in a 180° oven for 45min or microwave about 10 - 15min until the egg mixture solidifies and puffs, then leave in the oven to brown. It must really be quite brown, or it will be watery. If this is the case, put back in the oven/microwave and cook until dried. Once you have tried this, you will see it allows for endless variation.

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Easy-peasy Mealie Bread

(everything is better with condensed milk)

INGREDIENTS

250 g self-raising flour
1 x 385 g can of condensed milk
½ (410 g + 214 g) cans of creamed sweetcorn
Pinch of salt

RECIPE

Preheat your oven to 180°C
Mix the sweetcorn, flour and salt in a large bowl
Add the condensed milk and mix everything thoroughly
Pour/spoon the sticky dough into a prepared (Spray and Cook) bread pan and bake for 45-60 minutes until the knife comes out mostly clean from the centre of the loaf



served here with bacon and banana - it is simply yummy

Enjoy with butter and/or jam, or serve as a side dish at a braai. You can also use it to make delicious French toast

WILLEM RAUSCHER





Marmite Koekies

Marmite Scones

Oven on 180° C

Ingredients

1 Cup Flour	1 Cup Cheddar Cheese, grated
125g Butter	1 big egg
2tsp Baking powder	½ tsp salt
½ Cup Milk	1 pinch Cayenne Pepper
3 tbsp Butter	1 tbsp Marmite

Method

The oven must be warm before you start.

Sift the dry ingredients into a mixing bowl.

Grate in the butter. Then rub the butter into the flour mix until it has a crumbly texture.

Add the cheese.

Whisk the eggs and milk together and stir it into the mix.

Add spoonfuls into small cupcake pans and bake for 20 minutes.

While the koekies are baking, melt the butter and marmite in the microwave.

Drizzle over the koekies while they're hot.

Remove from pans when they've started to cool. They become sticky if you wait too long.

JODY JOUBERT

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Garlic Cheese Loaf

500 g SELF RAISING FLOUR
125 ml GRATED CHEDDAR CHEESE
1 ½ tsp GARLIC
3 ml MIXED HERBS
60 g WHITE ONION SOUP POWDER
500 ml BUTTERMILK / YOGURT

ON TOPS

50 ml GRATED CHEDDAR CHEESE
CAYENNE PEPPER

- SIFT FLOUR
- ADD CHEESE, GARLIC, HERBS + SOUP POWDER
- MAKE A WELL IN THE CENTER AND STIR IN BUTTERMILK, MIXING WELL.
- SPOON INTO LOAF TIN
- SPRINKLE WITH CHEESE + CAYENNE PEPPER

180° ± 45 MINS



Garlic Cheese Loaf

SONJA VAN PUTTEN

I make buttermilk by taking 460ml milk and adding 40ml vinegar



Vienna and Cheese Roll

(Worsie-en-Kaasrol)



SOPHIA LE ROUX

RECIPE

Voorverhit die oond tot 200 °C (400 °F)/ Preheat oven to 200 °C

Kors /Crust

275 g (500ml) koekmeelblom / flour

20 ml bakpoeier /baking powder

2 ml sout/ salt

125 g botter of margarine (kamertemperatuur) /butter or marg at room temp

150 ml melk/ milk

Meng die droë bestandele en vryf die botter in totdat die mengsel lyk soos brood krummels. Sny die melk met 'n mes in die meelmengsel in terwyl dit geleidelik in 'n straaljie bygevoeg word - 'n taamlik stywe deeg. Rol die deeg op 'n meelbestrooide oppervlakte uit in 'n reghoek van 35x27cm./

Mix the dry ingredients and rub in the butter till mixture looks like bread crumbs. Slowly pour the milk into the mixture while cutting it in with a knife - quite a stiff dough will result. On a floured surface, roll out the dough into a 35x27cm rectangle.

Vulsel/ Filling

250 g Weense worsies, grof gerasper / Vienna sausages, roughly grated

200 g (500 ml) gerasperde Cheddar-kaas / grated Cheddar cheese

40 g (50 ml) botter of margarine (kamertemperatuur) / butter or marg at room temp

1 uitjie, fyn gekap of groen uie /chopped onion or spring onion

7ml Worcestersous / Worcester sauce

7ml aangemaakte mosterd /mixed mustard

Meng die vulsel bestandele and smeer oor die deeg/ Mix the filling ingredients and spread over the dough. Rol nou die deeg met vulsel soos 'n rolkoek van een kort sy af/ Now roll up the dough with filling like a swissroll.

Plaas die rol op die bakplaat en sny in dunnerige skywe, maar moenie die rol tot onder deursny nie.Trek skywe effens uitmekaar. Place the roll on a baking tray and cut it in thinnish slices, but not all the way through - the base must remain intact. Slightly separate the slices.

Verf 1 eiergeel gemeng met 100ml melk bo-oor/ Paint with 1 egg yolk mixed with 100ml milk.

Bak die rol 20 minute of tot ligbruin en gaar op die middelste oondrak./ Bake for 20 min on middle shelf till golden brown and cooked.

Strooi gekapde pietersielie of ander kruie oor en sit warm voor/ Decorate with chopped parsley or herbs and serve hot.





Lentil Bread

INGREDIENTS

2 cups split red lentils, soaked overnight and rinsed the next morning
¾ olive oil
4 eggs, room temperature
¼ tsp. salt
¼ tsp. pepper
1 cup full-fat Greek yogurt
2 tsp. baking powder
1 cup grated Cheddar cheese
1 cup chopped fresh parsley



RECIPE

Lentils

1. Add lentils to a small saucepan and bring to a boil (do not add salt!) Reduce heat, cover, and simmer about 5-7 minutes, or until softened. Drain and set aside.

Bread

1. Preheat oven to 180°C. Grease 23cm x 30cm inch loaf pan.
2. Blitz lentils in blender, take two-thirds out of the blender and leave one-third in.
3. To the one-third that is in the blender, add the eggs, the Greek yogurt, the olive oil, the salt and pepper. Blitz again.
4. Take the mixed ingredients in the blender and fold into the two-thirds standing on the side (GENTLY fold it in).
5. Add parsley, grated cheese and baking powder to the mix and fold in (GENTLY) again.
6. Pour it out flat in the tray.
7. Put in the oven for about 30 - 35 min.
8. Let it rest before serving.



Kaas Koekies/Cheese Cookies

NELÉ LOUBSER

Kaas Koekies.

- 1 kop Meel.
- 1 Eiers
- 1 kop Cheddar Kaas gerasper.
- 2 teel. B.P.
- 1 kop Melk.

Maak alles aan tot slap deeg.
Skep in kalwyntjie Pannetjies.
Bak vir 10 min. 350°
Sny oop en sit vulsel in.

Vulsel.

- Braai 1 midn. gerasperde Ui in
- 2 eetl. botter
- Voeg een gerasp. Tamatie en
- 1 gekl. eier by. Roer tot eier
- gaar is. Voeg 2 eetl. gerap.
- Kaas by meng deeglik.

INGREDIENTS

- 1 c flour
- 1 egg
- 1 c grated cheddar cheese
- 2 tsps BP
- 1 c milk

RECIPE

Mix everything together into a sloppy dough. Scoop into small muffin pans. Bake for 10 min at 180°. Cut open and insert the filling.

Filling:

- Fry 1 medium grated onion in 2 tbsps butter.
- Add 1 grated tomato and 1 beaten egg. Stir till the egg is cooked.
- Add 2tbsps grated cheese and mix thoroughly.



6.2 CAKE STUDIES (TARTS & BISCUITS INCLUDED)

Clare's amazing moist

Carrot-plus-a-lot-of other-things Muffins

(Tea is a gateway
drug to biscuits)

2 CUPS FLOUR
1 1/4 CUP BROWN SUGAR
2 TSP BICARB
2 TSP CINNAMON
1/2 TSP SALT - MIX ALL TOGETHER.

2 CUPS FINELY GRATED CARROTS
1 GRATED APPLE (I use 2 or 3 for more sweetness)
1/2 CUP COCONUT (I never have coconut, hence the added apple)
1 CUP RAISINS - ADD TO MIXTURE AND MIX WELL.

3 EGGS
1 CUP OIL
2 TSP VANILLA - MIX WELL AND ADD TO THE REST OF THE INGREDIENTS.

POUR INTO MUFFIN PANS, BAKE 180C FOR 20 MINUTES. MAKES 24 MUFFINS.

You can put whatever you like into these muffins, no problem. I barely measure my carrots, just chuck in so long as there are at least 2 cups of them.

Enjoy.

Clare



CLARE & MAX BRAUN



Easy Cupcakes

NELÉ LOUBSER

RECIPE

110g self-raising flour

1 tbsp cocoa

1 tsp baking powder

110g margarine

110g castor sugar

2 eggs

Mix all and bake, probably at about 180°
for maybe 15min till they look right.

Maklike Cupcakes (maak 8)

110g Self raising flour
1 tbs Cocoa poeier
1 tsp Bak poeier
110g Margarine
110g Strooi suiker
2 eiers.

Meng en bak 😊.



Syrupy chocolate cake

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Stroperige Sjokolade-koek

1. Sif saam:
1 kop meel
1 kop suiker
 $\frac{1}{4}$ teel sout
2 teel bak poeier

2. Meng saam:
 $\frac{1}{4}$ kop kakao
 $\frac{1}{2}$ kop kookolie
 $\frac{1}{2}$ kop kookwater
4 eier gele

Meng 1 en 2 saam.
You geklikste eierwitte saam
bak 45 min.

Sous:
1. Blik ideal melk
 $\frac{1}{2}$ kop suiker
gool oor warm koek.



NELÉ LOUBSER

INGREDIENTS

Sift together:

1 c flour

1 c sugar

$\frac{1}{4}$ tsp salt

2 tsp baking powder

Mix together:

$\frac{1}{4}$ cup cocoa

$\frac{1}{2}$ c oil

$\frac{1}{2}$ c boiling water

4 egg yolks

Now mix everything together.

Fold in whipped egg whites.

Bake for 45min probably at 180°

Sauce:

1 tin Ideal milk

$\frac{1}{2}$ c sugar

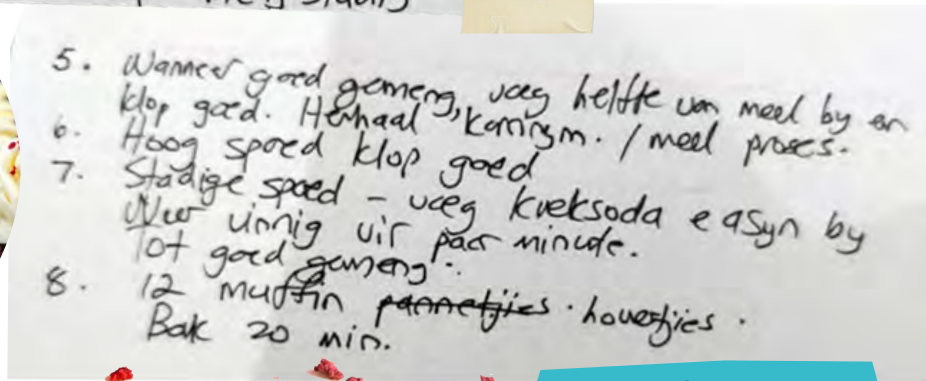
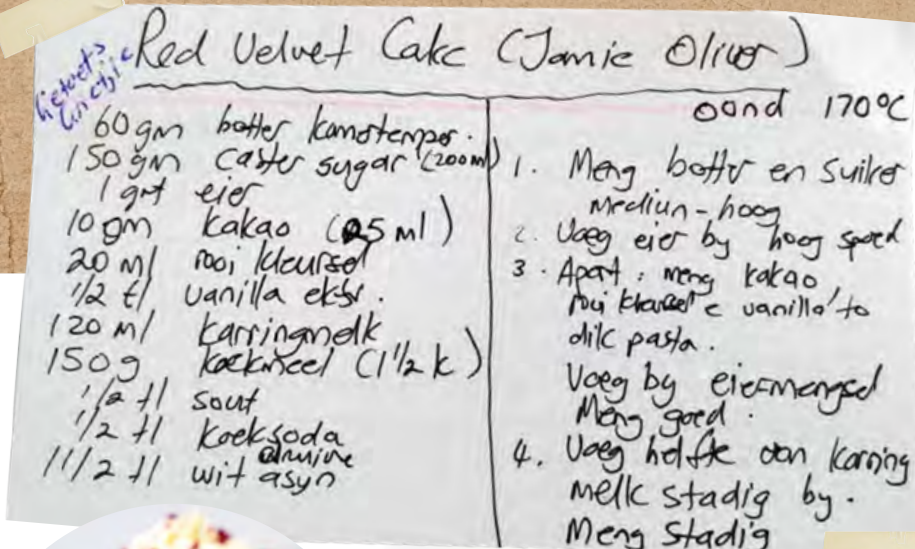
Heat a little and mix thoroughly.

Then pour over hot cake.



Red Velvet Cupcakes

(Apparently by Jamie Oliver, but written by Grietjie on cards in Afrikaans)



GRIETJIE HALP

65

INGREDIENTS

60g butter at room temp
150g caster sugar
1 large egg
10g (25ml) cocoa
20ml red colouring
1/2 tsp vanilla essence
120ml buttermilk
150g (1 1/2 c) flour
1/2 tsp salt
1/2 tsp bicarb
1 1/2 tsp white wine vinegar

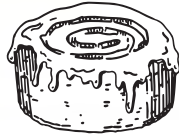
RECIPE

1. Beat butter and sugar at high speed.
2. Add egg at high speed.
3. In a separate bowl, mix cocoa, colouring and vanilla to a thick paste, and add to the egg mixture. Mix well.
4. Add half the buttermilk slowly to the mixture, mixing slowly.
5. When well mixed, add half the flour and beat well. Then add the remaining half of the buttermilk, beat, and add the rest of the flour.
6. Beat well at high speed.
7. On slow speed, add bicarb and vinegar. Then beat fast for a few minutes till well mixed.
8. Place in 12 muffin holders and bake for 20 min at 170°



Cinnamon Rolls

4 K SR meel
 2 eetl. Suiker
 2 eetl. Botter
 ½ pak. kitsgis
 1½ K lau warm melk
 sout.



Gooi alles saam in mengbak en knie tot gladde deeg.
 Laat ruis tot dubbel in grootte.
 Rol deeg en strooi met kaneelsuiker.
 Smeer deeg met botter.
 Sny in ringe. Laat in pan ruis tot dubbel grootte.
 Bak vir 20 min @ 180°

Cinnamon Rolls

(Kaneelbolletjies)

NELÉ LOUBSER

INGREDIENTS

4 c self-raising flour
 2 tbsps sugar
 Cinnamon
 2 tbsps butter (soft)
 ½ packet instant yeast
 1½ c lukewarm milk
 Salt to taste

RECIPE

Place everything together in a bowl and knead till smooth.
 Allow to rise noisily till doubled in size.
 Roll out the dough and spread butter over the surface, then sprinkle cinnamon sugar on top.
 Cut into circles and allow to rise noisily till doubled in size.
 Bake for 20min at 180°.

Iniquitously delicious

Sweet Breadrolls

(Soetbrood)

RECIPE

1 bag vetkoek dough
 1 bag brown sugar
 2 c cream

Divide the dough into little balls.
 Sprinkle brown sugar onto the floor of a baking tray, till covered.
 Place dough balls on top of the sugar and pour the cream over the dough.
 Bake for 1 hour at 180°C.
 Sprinkle brown sugar over the rolls 15 mins before the end of the baking time.

Soetbrood

1 Sakkie Vetkoekdeeg
 1 Sakkie Bruinsuiker
 2 kop Room

Rol deeg in bolletjies.
 Gooi bruinsuiker onder in pan tot bodem vol. Pak bolletjies bo op suiker bodem. Gooi room oor.
 Bak 1 uur teen 180°C.
 Gooi bruinsuiker oor 15 min voor gaar.

NELÉ LOUBSER

Coffee Caramel Tart

(Koffie Karamel Tert)

SOPHIA LE ROUX



RECIPE for cake

4 Eiers / 4 eggs
10 ml Bakpoeier / 10 ml baking powder
250 ml Suiker / 250 ml sugar
30 ml Botter / 30 ml butter
375 ml Koekmeel / 375ml flour
2 ml Sout / 2ml salt
60 ml Melk / 60ml milk
5 ml Vanielje / 5ml vanilla essence
5 ml Koffie in 60 ml Water / 5ml coffee in 60ml water

Klits suiker en eiers tot liggeel, voeg sout by / Beat the eggs and sugar till pale yellow
Smelt botter in melk saam met water en vanilla. / Melt butter with water and vanilla
Sif droë bestandele en meng met eier mengsel. / Sift the dry ingredients, mix into egg mixture.
Voeg botter mengsel by en meng goed. / Add butter mixture and mix well.
Strooi laastens die bakpoeier oor en vou in. / Lastly, sprinkle BP over the dough and fold in.
Gooi in tert bak en bak in matige oond (190°) vir 15 Min. / Pour into tart dish, bake at 190° for 15min.

RECIPE for layers

Bolaag / Top layer
1 blik /tin Nestlé Caramel Treat - *smeer oor koek. / Spread over the cake.*

Roomlaag / Cream layer
1 Pakkie Karamel Kitspoeding / 1 packet Caramel Instant pudding
1 Koppie Melk / 1 c milk
1 Koppie vars Room / 1 c fresh cream

Metode / method
Klits Karamel Kitspoeding saam met die melk en laat staan om te stol. / Beat the instant pudding with the milk and allow to set.
Klits room styf, en klop dan die gestolde poeding by. / Beat the cream till thick, and beat in the pudding.
Skep bo-oor tert en strooi een Flake chocolate oor. / Spread over the cake and sprinkle a Flake on top.

RECIPE for syrup

Koffie Stroop / Coffee syrup
180 ml Suiker / 180ml sugar
45 ml Brandewyn / 45ml brandy
375 ml Water / 375ml water
5 ml Vanilla
30 ml Koffiepoeier / 30ml coffee powder

Kook saam vir 5 min. Oppas vir Oorkook / Boil together for 5 min, but watch out - tends to boil over. Steek gate in warm tert met vurk en gooi stroop oor. / Poke holes in hot cake with a fork and pour the syrup over. Laat staan om af te koel. / Allow to cool.



Easy Caramel Cake

(Maklike Karringmelkkoek)

Mens het nie eers 'n menger nodig vir hierdie heerlike koek nie - roer sommer met 'n lepel en gebruik diesefde bak vir die beslag en die bolaag. / You can mix everything by hand and even use the same bowl for the dough and the topping.

RECIPE *for layers*

Koek /Cake:

*¼ koppie baie sagte botter/ ¼ c really soft butter
1 koppie ligte bruin suiker/ 1 c light brown sugar
1 groot eier/ 1 large egg
1 koppie karringmelk/ 1c buttermilk
1 teelepel vanielje/ 1 tsp vanilla essence
1 teelepel koeksoda/ 1tsp bicarb
½ teelepel sout/ ½ tsp salt
1½ koppie koekmeel/ 1½ c cake flour*

Bolaag/ Topping:

*3 eetlepels gesmelte botter/ 3 tbsps melted butter
½ koppie bruin suiker/ ½ c brown sugar
2 eetlepels melk / 2 tbsps milk
⅛ teelepel sout/ ⅛ tsp salt
¾ koppie gekapte pekanneute/ ¾ chopped pecan nuts*

Vir die koek/ For the cake:

*Meng die botter en suiker saam tot glad. / Mix the butter and sugar together till smooth.
Voeg die eier, karringmelk en vanielje by en roer tot glad. / Add egg, buttermilk and vanilla, and stir till smooth.
Strooi meel, koeksoda en sout bo-oor die eiermengsel en roer tot glad. / Sprinkle flour, bicarb and salt over the egg mixture and stir till smooth.
Gooi die beslag in 'n voorbereide 22cm koekpan. / Pour the mixture into a prepared 22cm cake pan.
Bak vir 30 minute teen 180°C. / Bake for 30min at 180°C*

Vir die bolaag/ For the topping:

*Wanneer die koek vir 20 minute gebak het, berei die bolaag voor. / Start mixing the topping when the cake has been in the oven for 20 min.
Meng die botter, suiker, melk en sout saam. As die mengsel glad is, voeg pekanneute by. / Mix the butter, sugar, milk and salt together. Once smooth, add the pecans.
Wanneer die koek gaar is, haal dit uit die oond en giet/skep die bolaag oor. Bak vir 'n verdere 10 minute teen 180°C. / When the cake is done, remove from oven and pour the topping over it. Then bake for another 10 min at 180°C.*

SOPHIA LE ROUX



Bessie's Chocolate Cake

HANLIE BOTHA

Chokolade Koek - Bessie

- ①
- 2 Kp suiker
 - 6 eiers
 - 250 ml water
 - 250 ml olie
- ②
- 2 Kp meel
 - 3 tl bakpoeier
 - 3 eel kakao
 - scut na smaak

1. Kook ① saam en blits ② tot lig.
2. Voeg ② by, dan ①. Meng goed.
3. Voeg laastens bakpoeier + vanilla by
4. Bak ± 45 min by 180°C.

1 tl vanilla

RECIPE

Beat together till light:
2c sugar
6 eggs

Add and mix thoroughly:
2c flour
3 tbsps cocoa
Pinch of salt

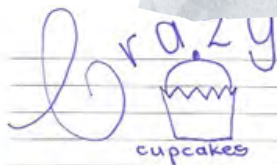
Boil together and add to flour mixture:
250ml water
250ml oil

Lastly add:
3 tsp baking powder
1 tsp vanilla

Bake at 180° for about 45 min.



Crazy Cupcakes



(No eggs, milk or butter)

13/2/2019: Ter viering v. Lize se b-day

Ingredients

Dry

- 1 1/2 cups flour
- 3 tablespoons cocoa
- 1 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt

Wet

- 1 teaspoon white vinegar
- 1 teaspoon vanilla extract
- 5 tablespoons vegetable oil
- 1 cup water

Method

- 1) Preheat oven: 180°C
- 2) Prepare muffin pans with spray-oil-cook
- 3) In a large bowl mix all the dry ingredients
- 4) Make 3 depressions - two small, one larger.
- 5) Pour vinegar in one depression, vanilla in the other and vegetable oil in the largest depression.
- 6) Pour water over all. Mix well.
- 7) Fill each cupcake holder 3/4 full.
- 8) Bake for 15-20 min
- 9) Decorate with your favourite frosting when cooled.

Makes 12 standard sized



ANNEL VAN ROOYEN

Melktert/Milk tart



SOPHIA LE ROUX

RECIPE

Soetkors /Crust

4 kp meelblom /4 c flour
250g margarine
1 kp suiker/ 1 c sugar
3 t gelyk bakpoeier / 3 level tsps. baking powder

1 e vlapoeier / 1 tbsp custard powder
2 eiers / 2 eggs
1 t sout / 1 tsp salt

Room suiker, botter en eiers./ Cream together sugar, butter and eggs.

Meng die droë bestandele met jou hande in die bottermengsel/ Mix the dry ingredients into the butter mixture by hand.

Voer tertborde of panne hiermee uit en bak op 180° tot ligbruin. Wanneer afgekoel, plaas in plastieksak om klam te bly / Place in tart dishes or pans and bake at 180° till brownish. When cool, place in plastic bag to keep moist.

Oorblywende deeg kan gevries word/ Remaining dough can be frozen

Melktertvulsel/ Filling

Kook saam /Boil together:

1 liter melk / 1 l milk
1 e margarine (rond) / 1 tbsp (heaped) margarine

Klits saam / Beat together:

3 eiers groot / 3 large eggs
¼ t sout / ¼ tsp salt
1 k suiker / 1 c sugar

Sif saam/ Sift together:

1½ e meelbom rond / 1½ tbsp (heaped) flour
1½ e maizena rond / 1½ tbsp (heaped) maizena
1 dl vlapoeier / 1 dessert spoon custard powder
1 t vanilla geursel / 1 tsp vanilla essence

Voeg gesifte meelmengsel in eiermengsel wat alreeds geklits is; klits nou goed totdat al die klontjies opgelos is/ Add the sifted flour mixture to the beaten egg mixture and beat till all lumps are gone.

Roer nou van die kookmelk by die meelmengsel, en voeg by die kookmelk mengsel in die pot. Roer tot mengsel dik is en begin kook / Now stir some of the hot milk mixture into the flour mixture, then pour this into the pot with the remaining boiling milk. Stir until the mixture is thick and begins to boil. Voeg vanilla by/ Add the vanilla essence.

Bring af na stadige hitte, sit deksel op en laat kook vir 1 min / Reduce the heat, cover with lid and allow to simmer for 1 min.

Gooi onmiddellik in klaargebakte tertdoppe / Pour immediately into baked pie shells.

Strooi pypkaneel oor / Sprinkle with cinnamon.

L.W. Vir klein melktertjies moet vulsel ten minste 2 ure staan om af te koel / For small milk tarts, allow mixture to cool for 2 hours.

Vir iets besonders gooi bietjie klapper op bodem van groot tertkorse en dan melktertvulsel / For something different: sprinkle coconut on the pie crust before pouring in the filling.





Fresh Strawberry Cobbler

(or any kind of berry)

INGREDIENTS

Strawberry mixture: mix till strawberries are coated in sugar
3 cups fresh strawberries diced
1/2-3/4 cup sugar

Cobbler Crust
1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1 cup warm milk
1/2 teaspoon vanilla essence
8 tablespoons unsalted butter, melted

RECIPE

Preheat oven to 180°C.
Grease a 1.8 litre casserole dish.
In a large bowl, whisk together flour, baking powder, salt and sugar.
Add in milk, vanilla and melted butter.
Stir just until combined. Can be lumpy, but never mind.
Pour batter evenly into dish.
Spoon strawberries evenly on top of batter. Do NOT stir.
Bake for 35-40 minutes or until golden. Serve as is or with vanilla ice cream or whipped cream.



JESS VAN PUTTEN

M..... Koek

A.
1½ kop. water
½ kop. olie
4 eiers
1 tl. vanilla

B.
1½ kop. meel
1½ kop. suiker
4 hoogvol tl bakpoeier
½ kop. kakao

Meng A en B
Bak 30 min. by 350°F

Versierse!
250 ml. Ultra mel room styfgeklop
1 blik karamel kondensmelk
2 flakes oor gerasper

HANLIE BOTHA

M-Koek

Mix-everything-together tray bake

A. ½ c water
½ c oil
4 eggs
1 tsp vanilla

B. ½ c flour
½ c sugar
4 heaped tsp. Baking powder
½ c cocoa

Mix A and B. Place in large glass dish - will yield 4x4 squares. Bake at 180° for 30min.

Icing: cover cake with 1 tin caramel treat
Beat 250ml Ultramel cream till thick and spread over caramel.
Sprinkle with grated Flake.



Hertzoggies in a pan (jam tarts)

INGREDIENTS

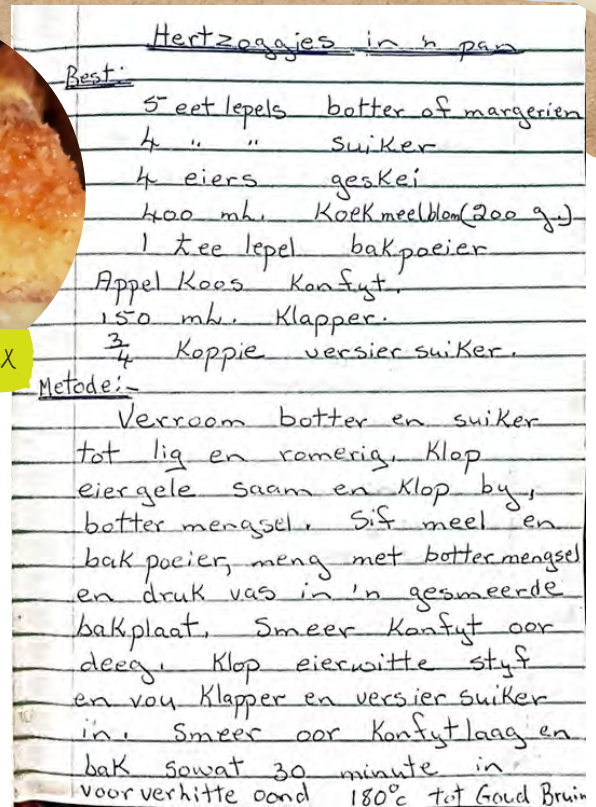
5 tbsps butter/marg
 4 tbsps sugar
 4 eggs, separated
 400ml (200g) cake flour
 1tsp baking powder
 Apricot jam (lots)
 150ml dessicated coconut
 ¾c icing sugar



SOPHIA LE ROUX

RECIPE

Creem butter and sugar together till light and creamy.
 Beat the egg yolks and add to the sugar mixture.
 Sift together the flour and baking powder, and mix into the sugar mixture.
 Press into a baking tray, and spread the jam over the entire surface of the dough.
 Beat the eggwhites till stiff, and fold in the coconut and icing sugar. Spread this over the jam.
 Bake for about 30min till golden brown.
 Cut into blocks while warm.



Lemon Blondie (as opposed to a brownie)

INGREDIENTS

Ingredients:
 1 cup flour
 ¾ cup sugar
 ¼ teaspoon salt
 ¼ teaspoon baking soda
 2 eggs
 ¼ cup plain Greek yogurt or sour cream
 3 tbsps vegetable oil
 Zest of 2 lemons
 2 tbsps fresh lemon juice

GLAZE

1 cup icing sugar
 Zest of 1 lemon
 About 2 - 4 tbsps fresh lemon juice



SONJA VAN PUTTEN

INSTRUCTIONS

1. Preheat oven to 180°C
 2. Line a square pan with foil or parchment paper, leaving extra for gripping to take the cake out of the pan.
 3. Put all ingredients into a bowl.
 4. Stir by hand until smooth (about 30 seconds).
 5. Spread batter in pan and bake for about 20 minutes.
 6. Cool in the pan for 5-10 minutes.
 7. Lift out of pan and spread glaze over warm blondies.
- Glaze:
 8. Stir glaze ingredients together in a bowl, adding juice gradually until glaze is spreadable be careful - the mixture gets very runny very quickly.



Treacle sugar brown chewy biscuits

(super-fast in an air-fryer)

WILLEM RAUSCHER

INGREDIENTS

250 g salted butter
½ cup of treacle sugar
1 egg
1 egg yolk
2½ cups of flour
1 tablespoon of Maizena (cornflour)
1 teaspoon vanilla extract
1 teaspoon bicarbonate of soda
½ teaspoon salt
¼ teaspoon baking powder

RECIPE

Mix the treacle sugar and melted butter.

Add the egg, egg yolk and vanilla to the mixture and mix well.

Add the flour, bicarbonate of soda, baking powder, Maizena, and salt, and mix well using your hands.

Roll the batter into balls (30 g each) and place the balls on a plate. Refrigerate for about 15 minutes.

Spray Cook 'n bake (non-stick spray) onto a baking tray.

Place the balls onto the baking tray and flatten with a fork - there must be sufficient space between the biscuits. Depending on the size of the air-fryer, you should be able to fit about 5 to 9 biscuits on the tray. You can sprinkle treacle sugar on top of the biscuits.

Air-fry each batch at 170°C for 8 minutes.

Remove the biscuits from the baking tray and allow them to cool.

Note: The centre will be soft and chewy once the biscuits have cooled down. However, if you prefer crunchier biscuits, air-fry for longer.



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Really Easy Buttermilk Rusks

300 g butter
1 cup (250 ml) oil
2 cups (500 ml) sugar
2 large eggs
2 cups (500 ml) buttermilk *or 460 ml milk + 40 ml vinegar*
1 cup (250 ml) wholewheat flour
3 cups (750 ml) All Bran flakes
2 x 500 g packets of self-raising flour
1 t (5 ml) salt
2 cups fruit cake mix

This batter can be mixed in a saucepan. Melt the butter, oil and sugar. Beat well with an electric hand beater or a wooden spoon away from the heat.

Add the eggs one by one, beating after each addition.

Beat in the buttermilk.

Add all the dry ingredients to the mixture in the saucepan and mix until blended. *Add fruit cake mix*

Pour the mixture into 2 well-greased loaf tins, lined with oiled greaseproof baking paper. *OR 2 flat baking trays*

Bake at 180°C (350°F) for 1 hour.

Turn out, leave to cool and cut into rusks.

Dry out overnight in the warming tray of your oven, or switch the oven to 100-150°C (200-300°F) and leave 4-6 hours to dry out.

Store in an airtight cake tin.



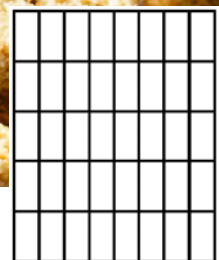
NOTES

I add about 2 cups of fruit cake mix.

I pat down the dough into 2 flat pans and then I cut the uncoked dough into rectangular rusk shapes.

This means that once it has baked, it can be broken into rusks quite easily.

I place the sliced rusks into 2 dishes and leave them in a 75° oven (with fan on) for 3 hours.



SONJA VAN PUTTEN



mmm...Mocca squares

mmm...Mokka blokkies!



MARIEN GRAHAM



Instead of pudding, these delicious cake bites go perfectly with coffee after Sunday lunch.

CAKE RECIPE

3 eggs
240 g (300 ml) sugar
220 g (450 ml) cake flour
12 g (15 ml) baking powder
150 ml milk
150 g melted butter
6 g (15 ml cacao)
Pinch of salt

1. Blend the eggs and sugar together until light in colour.
2. Sift the cake flour, baking powder, and salt together. Add these dry ingredients with the milk and melted butter to the egg mix (little by little) while continuing to blend.
3. Lastly, blend in the cacao and vanilla essence.
4. Rub a baking tray (40 cm x 32 cm) with butter and dust with cake flour. Remove any excess cake flour left in the tray. Pour your cake mix into the baking tray and ensure that it is evenly spread.
5. Bake in a preheated oven at 225 degrees Celsius for 20 minutes (or until it is baked all the way through)

ICING RECIPE

50 ml melted butter
50 ml strong, black, hot coffee
6 g (15 ml cacao)
5 ml vanilla essence
180 g (350 ml) icing sugar
Desiccated coconut for garnish
Pinch of salt

1. Blend the eggs and sugar together until light in colour.
2. Sift the cake flour, baking powder, and salt together. Add these dry ingredients with the milk and melted butter to the egg mix (little by little) while continuing to blend.
3. Lastly, blend in the cacao and vanilla essence.
4. Rub a baking tray (40 cm x 32 cm) with butter and dust with cake flour. Remove any excess cake flour left in the tray. Pour your cake mix into the baking tray and ensure that it is evenly spread.
5. Bake in a preheated oven at 225 degrees Celsius for 20 minutes (or until it is baked all the way through)

Additional notes

You can increase the quantities of the icing should you look for a better coating. Poke some holes into the cake with a knife before icing it to ensure that the icing is better absorbed.



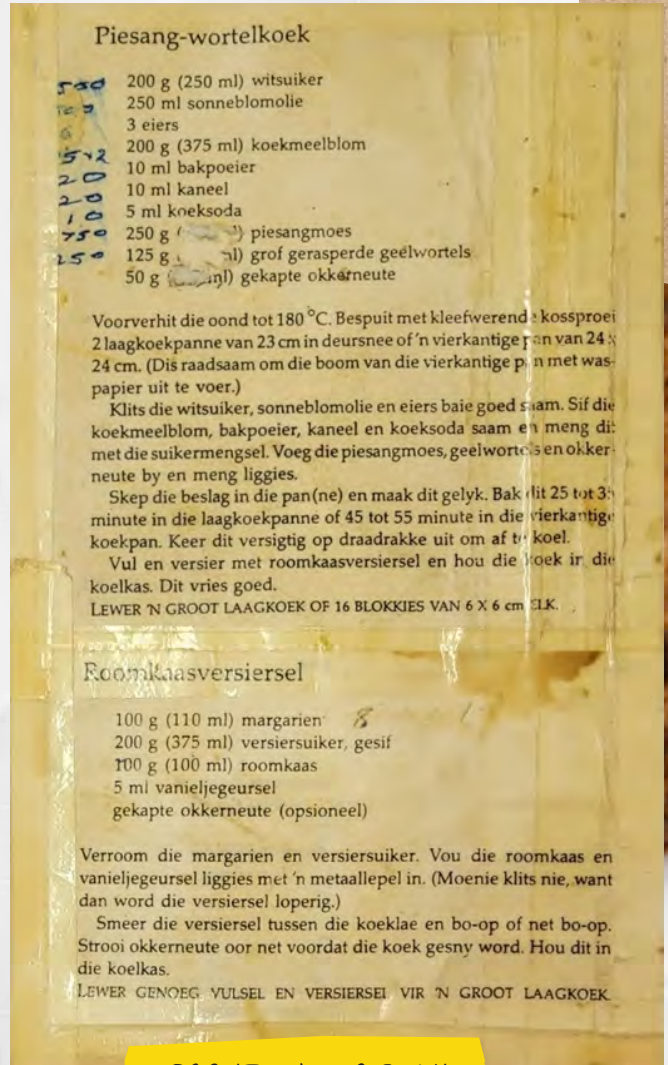
Banana-Carrot Cake

RECIPE

200g (250ml) sugar
250ml sunflower oil
3 eggs
200g (375ml) cake flour
10ml baking powder
10ml cinnamon
5ml bicarb
250g mashed banana
125g grated carrots
50g chopped walnuts/pecans

Preheat oven to 180°
Either grease 2 cake pans of 23cm in diameter, or one square one, 24x24cm. Beat together the oil, sugar and eggs. Sift together the flour, baking powder, cinnamon and bicarb, and add to the sugar mixture. Gently add the carrots, bananas and nuts.
Bake for 25-30 min (2 layer cake pans) or 45-55min (square dish).
Fill and decorate the cake with the cream cheese icing; store the cake in the fridge - it also freezes well.

Yields a large layer cake or 16 squares (6x6cm).



SOPHIA LE ROUX

Actually her mom

Cream cheese icing

100g (110ml) marg or butter
200g (375ml) sifted icing sugar
100g (100ml) cream cheese
5ml vanilla essence
Chopped walnuts/ pecans

Cream together the marg and icing sugar. Fold in the cream cheese and the vanilla with a metal spoon. Don't beat this mixture - it will become watery.

Spread the icing between the layers and on top once the cake has cooled, and sprinkle the nuts on top just before serving.



Janelle's Brownies



Janelle's Brownies
6 Tablespoons cocoa } Melt together.
1 tsp butter }
 $\frac{1}{3}$ cup butter \rightarrow Melt into \uparrow .
2 eggs \rightarrow Beat until thick }
1 cup sugar \rightarrow Add sugar }
 $\frac{3}{4}$ cup flour }
 $\frac{1}{2}$ tsp BP } Add cocoa mixture
 $\frac{1}{4}$ tsp salt } and egg mixture
1 tsp vanilla } to dry ingredients
 $\frac{1}{2}$ cup nuts } Add to above
Bake at ~~350~~ (180°) 25 min.

SONJA VAN PUTTEN

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Kathy's Lemon-Meringue Pie



Lemon Meringue

- 1 packet Tennis biscuits
- 125g melted Butter
- 1 Tin Condensed Milk.
- $\frac{1}{2}$ cup Lemon Juice
- 3 egg yolks
- 4 egg whites

Method

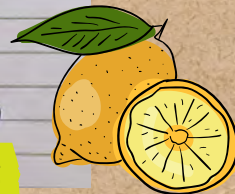
Crush Tennis biscuits, mix in the melted Butter
Press into a round dish, it will line the sides slightly.

Mix Condensed Milk, egg yolks and Lemon Juice
Mix well - Pour over Tennis Biscuits.

Beat 4 egg whites adding sugar slowly
Mix until peak forms and mixture is stiff
but not foamy.
Use a spatula and place over the filling.

Bake @ 200 for about 10 minutes until golden
brown.

VERNON CANDIOTES



Peppermint Chocolate Squares

Peppermint Sjokoladeblokkies (Frans: v)

2 pakke Digestive koekies met sjokolade, fyngemaak

125ml klapper

60ml kakao

180g botter of stork, gesmelt in 'n kastrol op lae hitte

250ml kondensmelk

Voeg al by bestanddele by gesmelt botter. Roer goed deur. Versprei in bakplaat (31x45cm) en plaas in yskas.

In dieselfde kastrol:

Smelt 150g botter oor lae hitte, Voeg 1kg versiersuiker by, 25ml peppermint geusel (Bakers Bin) en 125ml melk. Voeg paar druppels groen voedselgeur kleursel by en roer goed deur. Versprei die laag bo-op die koekieslaag en verkoel in rukkies.

Smelt 1x 150g melksjokolade + 1x 80g melksjokolade + 1x 80g donkersjokolade en smeer bo-oor. Sny in blokke voordat sjokolade kliphard is anders breek die sjokolade. Verkoel. Wanneer ek die blokkies uit die pan haal ek dit net weer deur.

ANNEL VAN ROOYEN

INGREDIENTS

2 packets Digestive biscuits with chocolate

125ml coconut

60ml cocoa

180g butter, melted

Add all the ingredients to the butter.

Stir and spread onto a baking tray

31x45cm, and place in fridge.

RECIPE

Now melt together 150g butter.

Add 1kg icing sugar, 25ml peppermint flavouring, and 125 ml milk.

Add a few drops green food colouring and stir thoroughly.

Spread over the cold cookie layer and chill.

Melt 150g milk chocolate and 80g dark chocolate. Spread over the mint layer.

Cut into squares before the choc hardens, otherwise the choc will break.

Chill and cut through again to serve.

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Everything in 3s scones

3 cups self-raising flour

300 ml cream

300 ml Sprite Zero (or net zero)

Pinch of salt

} Mix gently

Mix the cream + Sprite lightly into the flour and salt. Use a knife to mix.

Sprinkle flour on a surface and place dough (should be sticky) on the floured surface.

Sprinkle flour over dough and hands.

Pat out to desired thickness.

Cut into rounds and place on baking paper on tray - Bake for 15 min on 200°C.

To encourage scones to rise, place them against each other to bake

Everything in 3s Scones



SONJA VAN PUTTEN



Chocolate Cookies



Sjokoladebeskuitjies
"treinbakkies"
(Nenresepte)

Bestanddele

Vol 1/2 $\frac{1}{2}$

750g / 375g botter
650g / 325g suiker (800/400 ml)
850g / 425g bruismeel (615 k.)
325g / 162g Klapper (4/2 k.)
500g / 250g graanvlokkies (4/2 k.)
80g / 40g kakao (200/100 ml)
250 ml / 125 ml kookwater
200g / 100g melksjokolade (180g)

Metode

- 1 Meng botter en suiker saam tot romerig in 'n groot mengbak.
- 2 Sif bruismeel, voeg klapper en krummels by en meng.
- 3 Los kakao in kookwater op en laat effens afkoel.
- 4 Meng kakaomengsel met bottermengsel.
- 5 Voeg meelmengsel by en meng baie goed.
- 6 Rol balletjies van sowat 3 cm in deursnee tussen jou handpalms, plaas op 'n bakplaat en druk met 'n vork plat.
- 7 Bak sowat 15 min. by 180°C.
- 8 Smelt sjokolade oor kookwater en smeer bo-op elke koekie.

★ Lewer 8/4 dozyn koekies

ANNE VAN ROOYEN

INGREDIENTS

750g butter
650g sugar
850g self-raising flour
325g coconut
500g All-bran flakes
80g cocoa
250ml boiling water
200g milk chocolate
Mix butter and sugar till creamy.

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RECIPE

Sift flour and add coconut and crushed All-bran.
Dissolve cocoa in boiling water and allow to cool a little.
Add the cocoa mixture to the butter mixture. Add the flour mixture and mix well. Roll into 3cm in diameter balls and place on prepared baking tray. Squash a little flat with a fork.
Bake for 15min at 180°. Melt chocolate and spread over each cookie.

Makes about 8 doz cookies. The mixture can also be halved.

Easy Milk Tart

GERRIT STOLS

INGREDIENTS

In the microwave:
1 tin condensed milk
1 tin milk (use the condensed milk tin)
2 tins warm water
2 tbsp butter
4 eggs
6 tbsp maizena/ flour
Pinch of salt

RECIPE

Mix everything together thoroughly. Then micro on High for 7 min. Remove from micro, beat thoroughly and micro again for 5 min. Remove from micro, beat thoroughly and micro for 3 min. Remove and beat thoroughly again to remove any lumps.
Pack tennis or marie biscuits in a pie dish and cover with milk mixture.
Sprinkle thoroughly with cinnamon.



One Bowl Chocolate Cake

INGREDIENTS

2 cups white sugar
1 $\frac{3}{4}$ cups all-purpose flour
 $\frac{3}{4}$ cup unsweetened cocoa powder
1 $\frac{1}{2}$ teaspoons baking powder
1 $\frac{1}{2}$ teaspoons baking soda
1 teaspoon salt
2 eggs
1 cup milk
 $\frac{1}{2}$ cup vegetable oil
2 teaspoons vanilla extract
1 cup boiling water

RECIPE

1. Preheat oven to 180°. Grease and flour two 23cm round pans.
2. In a large bowl, stir together the sugar, flour, cocoa, baking powder, baking soda (Bicarb) and salt. Add the eggs, milk, oil and vanilla, mix for 2 minutes on medium speed of mixer. Stir in the boiling water last. Batter will be thin. Pour evenly into the prepared pans.
3. Bake 30 to 35 minutes in the preheated oven, until the cake tests done with a toothpick. Cool in the pans for 10 minutes, then remove to a wire rack to cool completely.



Creamy Chocolate Frosting for Chocolate Cake



INGREDIENTS

2 $\frac{3}{4}$ cups Icing sugar
6 tablespoons unsweetened cocoa powder
6 tablespoons unsalted butter, at room temperature
5 tablespoons evaporated milk (Ideal Milk) or cream
1 teaspoon vanilla extract

RECIPE

1. Sift together icing sugar and cocoa powder in a medium bowl.
2. Cream butter in a large bowl until smooth. Gradually beat in sugar mixture alternately with evaporated milk. Blend in vanilla.
3. Beat mixture on high speed until light and fluffy. Adjust consistency with more milk or sugar, if desired.

GONTSE MTHELEBOFU



Banana Nut Muffins

Gluten Free



PHILIP MIRKIN

Banana Nut Muffins

3-4 large ripe bananas
 3 eggs, room temp.
 3tbsp coconut oil
 1tsp vanilla essence
 1/3 cup almond/peanut butter
 1/3 cup coconut flour
 1tsp cinnamon
 3/4 tsp baking soda
 3/4 tsp baking powder
 1/4 tsp salt
 1 cup chopped nuts /sunflower seeds

preheat oven to 180°C. Blend bananas until smooth. Transfer to mixing bowl, add eggs, oil, vanilla and nut butter until fully combined. Add coconut flour, cinnamon, baking soda and baking powder, as well as salt + nuts. Mix well. Scoop into muffin holders, bake 16-19min. Remove from oven + cool for 10min.

Chocolate gâteau

(written down by Grietjie on the front and back of several cards)

Le gâteau au chocolat de Rafael (LH)

4 eggs
 200 g (dark chocolate)
 200 g icing sugar
 100 g butter
 1 table spoon Maizena

1. Melt butter and chocolate in a pot
2. separate egg yolk
3. mix the egg yolks Maizena and sugar until mixture turns white

4. Beat egg whites until firm
5. Mix chocolate -butter in paste, then slowly add egg whites
6. Pour into bakingform (well buttered) and bake for 30-40 min. in oven @ 180°C

GRIETJIE HAUPT





Jess's Yummy Cheesecake

If you leave these out you can use flavoured yogurt.

Jess' Yummy Cheesecake

This recipe is super easy and a crowd pleaser!

Remember to pre-heat the oven to

Ingredients: 180°C



Base:
1x packet of tennis biscuits
70g Butter (not marger)

Crush the tennis biscuits till fine

(I use a mug and just bang the unopened tennis biscuits till fine. It's very therapeutic!)

Melt the butter in the micro and mix the biscuits into it till it looks like wet sea sand. Press into a baking dish.

Bake on 180°C for 5 minutes.

Filling: plain → it must be full cream

3 cups of full cream yogurt

1 tin of condensed milk

3 table spoons of bottle

lemon juice

rind of 1 lemon (grated on the fine side)

juice of 1 lemon

Mix all the ingredients together

Put into the crust dish

Bake for 15 minutes



I like to top it with a layer of lemon curd



JESS VAN PUTTEN



Oil Chocolate Cake

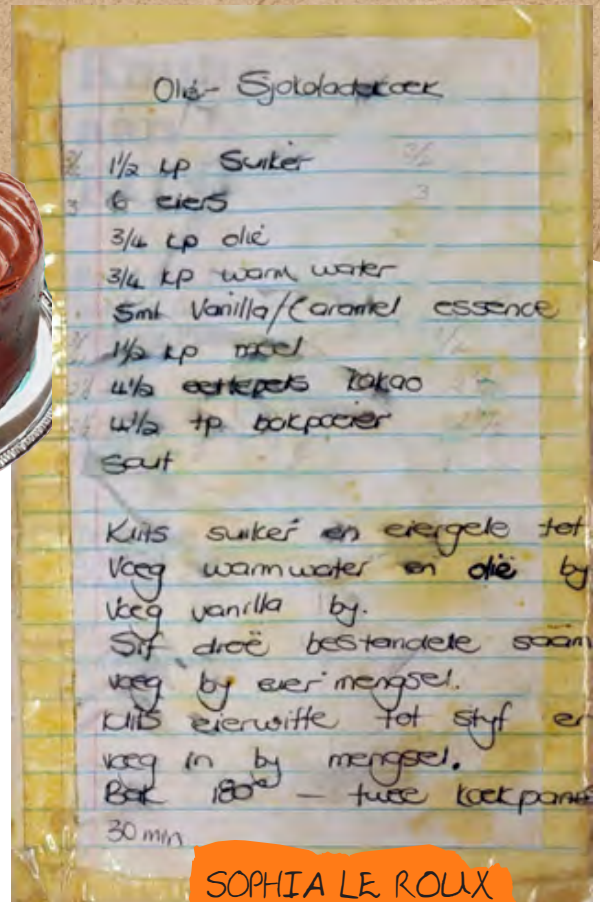
INGREDIENTS

½ c sugar
6 eggs
¾ cup oil
¾ cup warm water
5 ml vanilla essence
1½ cups flour
4½ tbsps cocoa
4½ tsp baking powder
Salt



RECIPE

Beat the sugar and egg yolks till frothy and light.
Add vanilla.
Sift the dry ingredients together and add to the egg mixture.
Beat the egg whites till stiff and add to the mixture.
Bake at 180° in two cake pans for about 30 min.



SOPHIA LE ROUX

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Amanda's Apple Pie

Appelktert - Amanda

Kers:

2 Kop Koekmeel
1 Kop Suiker
2 teel bakpoeder
1 Kop marg
Sout

This recipe is what you might call intuitive. So if you need instructions, read the English version.

Vulsel:

8 Granny Smith appels
2 Kop Suiker
Kaneel
fyn naeltjies } Volgens smaak
Sout
Vla aangemaak (net om effens te verdik)

CRUST

2c flour
1 c sugar
2 tpsps BP
1c marg
Pinch of Salt

Mix, press into pie dish and bake at 180°C till light brown.



FILLING

8 Granny Smith apples, peeled and sliced, then cooked for about 6 min in maybe 1 cup of water till softish. Then add 2c sugar and 1tsp cinnamon, a pinch of ground cloves and salt to taste.

Mix a heaped tbsp of custard powder with a tbsp of milk and stir till lumpless, then pour over the apple mixture to thicken the filling a little.

Place filling in pie shell, and bake for 20 min at 180°C. Serve with beaten cream.

SONJA VAN PUTTEN

Thanks Amanda!



Romany Creams

SOPHIA LE ROUX

INGREDIENTS

500 grams of butter (room temp) 4 cups flour
 1 cup of castor sugar 1 tsp BP
 1/4 cup of icing sugar 125g cocoa powder
 1/4 cup of oil 2 c medium desiccated coconut
 1 egg 450g plain chocolate, melted in a
 1 tablespoon of vanilla essence bowl in a microwave for 2 minutes.



RECIPE

Beat butter, oil, icing sugar and castor sugar till light and fluffy (about 3 - 4 min with electric mixer).

Add the egg and vanilla essence, and mix for a minute or so.

Add all the dry ingredients and mix by hand to form a soft dough. Cling wrap and chill in the fridge for 20 minutes.

Preheat oven to 180°C. Roll out dough on a well-floured surface and ensure that your rolling pin is floured as well or simply place cling film or wax wrap over the dough and roll out.

Take a fork and run lightly over dough, scraping to form the rugged look.

Cut out shapes with cookie cutter and place on greased baking sheet.

Bake for 12 to 15 minutes.

When cooled, turn half the biscuits upside down. So if you baked 50 biscuits, only flip 25 biscuits.

Allow the melted chocolate to cool down for 10 to 15 minutes. Then spoon the chocolate on top of the biscuit and wait for the chocolate to set a bit before lightly placing the other biscuit on top. Press gently.

Allow chocolate to set and pack away in an air tight container till ready to serve.

Tannie Annalien's Really Easy Milk Tart

INGREDIENTS

1 litre milk
 1 tbsp butter
 Cook together till boiling.

Beat the following 5 ingredients together till light in colour:

1 cup sugar
 4 eggs
 3 heaped tbsps cake flour (not self-raising)
 3 heaped tbsps maizena
 1 tsp vanilla essence (you can also add a drop of almond essence, if you like)

RECIPE

Add sugar mixture to the boiling milk.

Stir over medium heat for 2-3 minutes till egg is well cooked and mixture is thick.

Place in a tart dish to set.

Sprinkle with cinnamon and ENJOY.

JESS VAN PUTTEN

(Thanks, Tannie Annalien)



6.3 SWEET WITHOUT HEAT

(NOT BAKED)

Chocolate squares

INGREDIENTS

200g packet of Marie biscuits
500g packet of icing sugar
250 g butter
75 ml cocoa powder

RECIPE

Place the Marie biscuits in a ziplock bag and roll with a rolling pin until crushed
Melt the butter in a bowl and add the icing sugar and cocoa powder
Stir over a moderate heat until smooth
Remove the mixture from the stove and stir in the crushed biscuits
Transfer the mixture to a greased dish and allowed to cool
Cut into blocks once it is set and place in the fridge
This recipe makes approximately 60 blocks



JESS VAN PUTTEN



Unbaked Fruit Squares

INGREDIENTS

Crumb 1 3/4 marie biscuits
 Boil together for about 1 min:
 250g marg/ butter
 1 c sugar
 2 c mixed dried fruit (like cake mix)
 You can also add chopped cherries
 and nuts, if you like.



RECIPE

Remove from stove and add 2 well-beaten
 eggs and 1 tsp vanilla. Mix well.
 Return to stove and boil till quite thick, while
 stirring continuously.
 Now add the biscuit crumbs and stir till
 everything is well covered.
 Press into a pan and allow to cool. Cut into
 squares.

Ongebakte Vrugte Vierkante.
 Breek 1 3/4 pk Marie biskuitjies fyn.
 Kook saam:- vir ontrent 1 min.
 250g marg.
 1 kop Suiker
 2. Gemengde Vrugte
 Haal af van stoof
 Voeg 2 goed geklitske eiers en
 1 teel. Vanilla by. Meng goed.
 Sit terug op stoof en kook
 tot dikkerig Roer aan een terug
 kook.
 Voeg biskuitjies by. Roer tot
 goed bedek.
 Druk in pan en laat koud word
 Sny in blokkies.
 Kersies en neute kan ook by
 gevoeg word

NELÉ LOUBSER

Naomi Cookies

Naomi koekies

1 pak tennisbest.	Krummel biskuitjies
2 patke mariebest.	Smeelt nes.
1/2 lb botzer	Meng alles.
2 eezl suiker	Druk styf in pan.
4 eezl kondensmelk	
2 eezl stroop	
2 eezl kakao	
3 eezl versiersuiker	Roer saam.
2 eezl botzer	Smeer oor 1ste mengsel
2 eezl kondensmelk	Verkoel en sny.

MARYKE MIHAI

INGREDIENTS

1 packet tennis biscuits
 2 packets Marie biscuits
 230g butter
 2 tbsps sugar
 4 tbsps condensed milk
 2 tbsps syrup
 2 tbsps cocoa



RECIPE

Crush the biscuits.
 Melt and mix everything else.
 Press into a baking tray.
 Mix together and spread over
 biscuit mixture:
 3 tbsps icing sugar
 2 tbsps butter
 2 tbsps condensed milk
 Chill and cut





Yummy Peppermint Crisp Tart

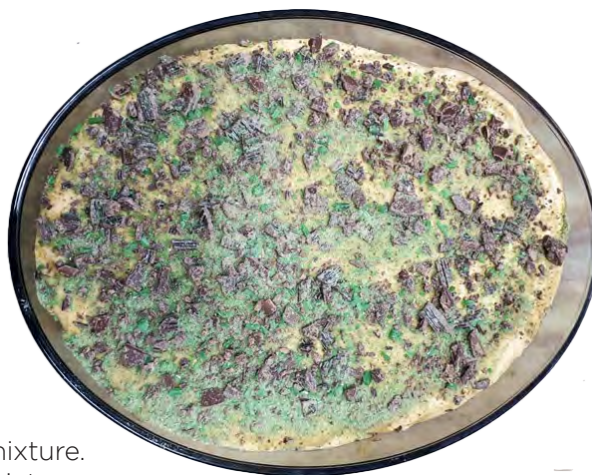
This is a really easy and truly tasty dessert! **JESS VAN PUTTEN**

INGREDIENTS

1 tub of cream
1 tin of caramel treat
3 peppermint crisp tarts and 1 for garnishing
1 packet of tennis biscuits

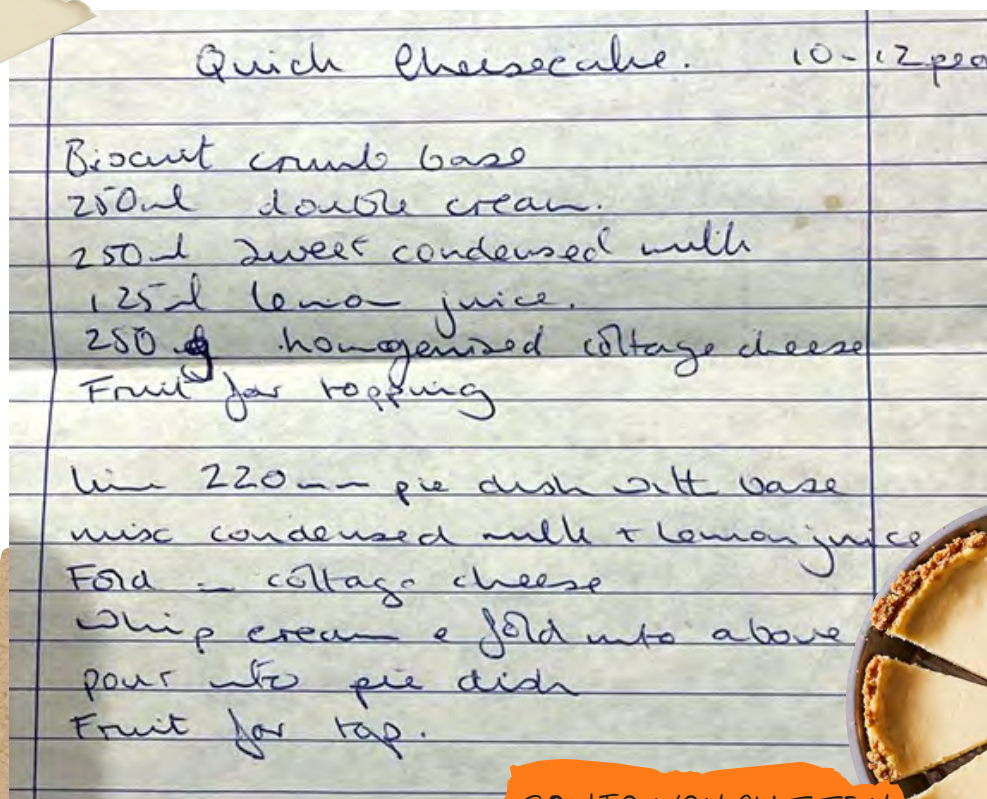
RECIPE

Beat cream till firm.
Add caramel treat and beat thoroughly.
Crush 3 peppermint crisp slabs and fold into mixture.
Alternate layers of tennis biscuits and cream mixture.
Top layer of mixture is topped with the 4th slab of peppermint crisp.
Leave to chill in the fridge for about 2 hours
Enjoy!!



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Elsa's Quick Cheesecake



SONJA VAN PUTTEN

(Thanks, Elsa)



Chapter 7



**SWEETENED
FULL CREAM
CONDENSED MILK**

LEITE CONDENSADO AÇUCARADO /
LAIT ENTIER CONCENTRE SUCRÉ

CONCLUDING REMARKS

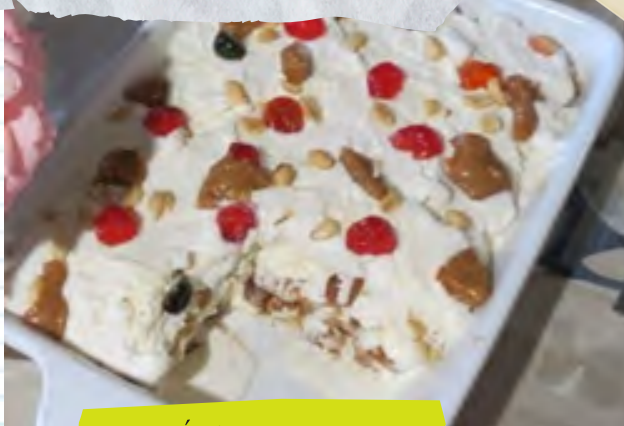
(Puddings & Desserts)

Unstructured ice-cream dessert-ation (Clever, don't you think?)

Unstructured Ice cream dessert-ation

Ingredients

- 2L ice cream (vanilla)
 - ±1 packet of ginger biscuits or nutty crusts
 - 1 tin of caramel treat
 - ± 1 cup of (un)salted peanuts
 - glazed cherries
 - optional: whispers or similar
- Take a dish with a capacity of ± 3 liter
 - Cover the bottom of the dish with biscuits; crumbled or whole
 - Spoon blobs of caramel on the biscuits; use ± half of the tin
 - Sprinkle a (big) handful of peanuts
 - Cover everything with scoops of ice cream, (1L); smooth out the ice cream
 - Repeat the steps
 - Prettify the dessert with glazed cherries and/or whispers
 - Put back in the freezer



CORÉNE COETZEE

Chocolate Truffles

SONJA VAN PUTTEN

- 300g Nestlé Albany chocolate
- 250ml thick cream
- 30 ml Grand Marnier or a liqueur of your choice
- Cocoa powder or grated chocolate (if available, Dutch cocoa powder is the best to use)

Break the chocolate into small pieces in a bowl. Bring the cream to simmering point in a saucepan, then pour the hot cream and liqueur over the chocolate and stir until combined and glossy. Refrigerate the mixture for 2 hours until firm.

To make the truffles, roll the cooled mixture into small balls the size of marbles. Dust with sifted cocoa powder or grated chocolate to serve.





Orange sweet dumplings

RONEL CALLAGHAN

RECIPE

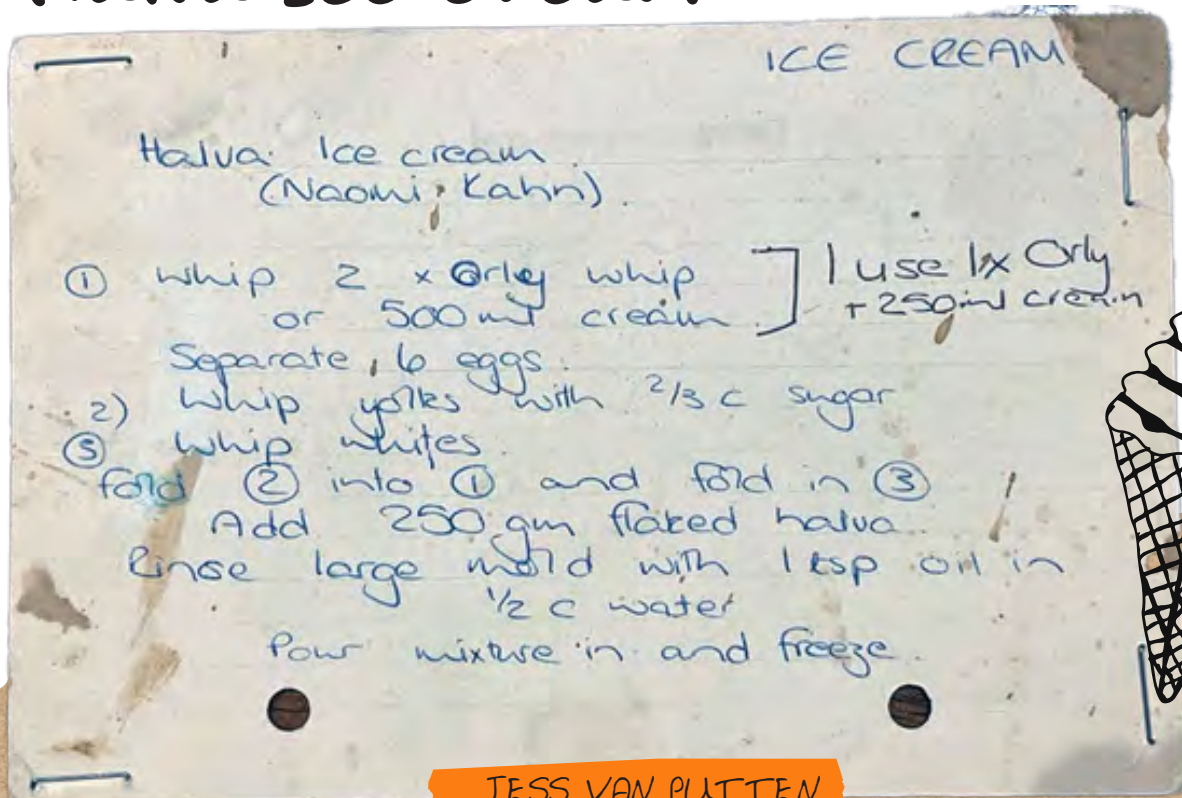
Dissolve 1 cup of sugar in 300ml water. Boil for 10min in a medium size pot on the stove
Grate 1 orange
Peel the orange and cut in slices
Add the orange slices to the boiling syrup

Make a soft dough with 1 cup flour, 2 teaspoon baking powder, 1 egg, 1 dessert spoon sugar, 1/8 cup of milk, 2 teaspoons butter, the grated orange skin, salt
Add teaspoons of the dough into the boiling syrup in the pot. Close the lid. Let simmer on medium heat for 10minutes - do not lift the lid.
Serve with custard



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Halva Ice Cream



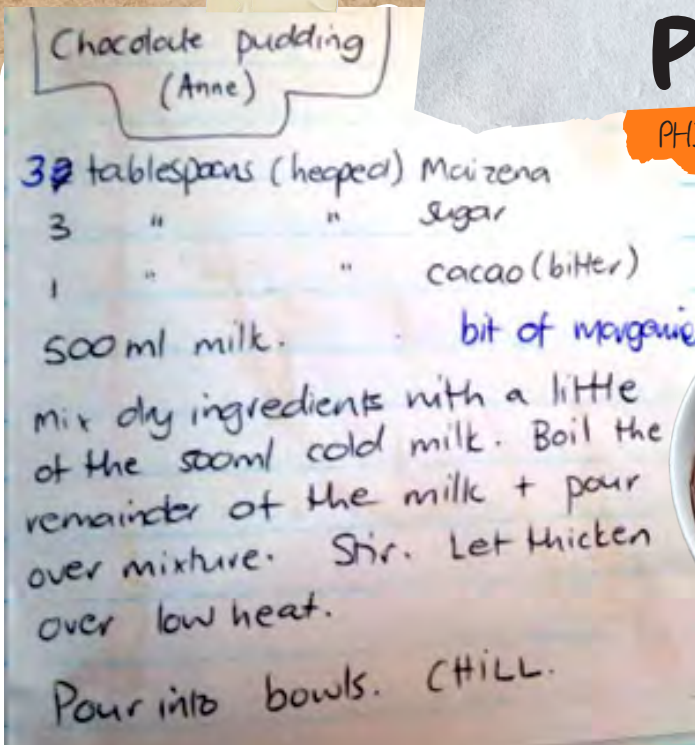
JESS VAN PUTTEN

(Elsa Again)



Anne's Chocolate Pudding

PHILIP MIRKIN



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Sponge Dumplings

Sponskluitjies

45 ml (3 e) mielieblom
30 ml (2 e) koekmeelblom
30 ml (2 e) vlapoeier
1 ml ($\frac{1}{2}$ t) sout
1 liter (4 k) melk
2 eiers, geskei
5 ml (1 t) vanieljgeursel
125 ml ($\frac{1}{2}$ k) gesmelte botter
kaneelsuiker

1. Maak 'n pasta van die mielieblom, koekmeelblom, vlapoeier, sout en 'n bietjie van die (koue) melk.
2. Kook res van melk en roer pasta stadig by.
3. Roer aanhoudend tot dit dik word en pas op vir aanbrand. Kook mengsel 2 minute lank.
4. Klits eiergele en voeg by kokende mengsel. Meng goed.
5. Haal van stoof af. Klits eierwitte styf en vou in mengsel in. Voeg geursel by.
6. Skep lepels vol van die mengsel in 'n skottel en skep 2,5 ml ($\frac{1}{2}$ t) botter en 5 ml (1 t) kaneelsuiker oor elke kluitjie.
7. Giet orige gesmelte botter oor.
8. Sit warm voor.

WENK:

Gebruik 'n mengsel van 60 ml ($\frac{1}{2}$ k) elk gesmelte botter en kookwater pleks van 125 ml ($\frac{1}{2}$ k) gesmelte botter.

INGREDIENTS

45ml maizena	2 eggs, separated
30 ml cake flour	5ml vanilla
30ml custard powder	125ml melted butter or 60ml butter mixed with 60 ml boiling water
1ml salt	Cinnamon sugar
1 litre milk	

RECIPE

Make a paste of the maizena, flour, custard powder, salt and a little of the milk.

Boil the rest of the milk and stir the paste in slowly. Boil for 2 min.

Beat the egg yolks and add to the milk mixture. Remove from stove.

Beat the egg whites till stiff and fold into the mixture. Add the vanilla.

Place spoonfuls of the mixture into a dish and pour $\frac{1}{2}$ tsp of the butter and 1 tsp of the cinnamon sugar over each dumpling.

Then pour the remaining butter over everything.

Serve warm.

GRIETJIE HAUPT



Ginger biscuits & cream pudding

Gemmerkoekie + room poeding (Ma)

2p gemmerkoekies (fyn)
houer room (styf klits)
houer vla

Gemmerkoekies onderin
Lagies room + vla
Eindig met gemmerkoekies
Los in yskas oornag

MARYKE MIHAI

RECIPE

2 packets of ginger biscuits, crumbed
250ml cream, beaten till stiff
250ml custard

Place ginger biscuit crumbs in the bottom of a dish.

Place a layer of custard then a layer of cream on top of the biscuits.

Leave in fridge overnight.

Mom's Pudding

Ma-se-poeding

1 blik Ideal melk (verkoel)	klits
1 blik karamel kondens melk	klits by.
1 pak jellie	* Meng met bietjie
grondbone } opsioneel.	water
kersies }	ffrens stol
	klits by
	Verkoel

MARYKE MIHAI

RECIPE

1 tin Ideal milk (evaporated milk), chilled and then beaten till firm

1 tin caramel treat - beat into ideal milk

1 box of jelly (preferably lemon) - mix with a little boiling water (maybe a cup).

Allow to set a little in the fridge, then and add to milk mixture.

Chopped peanuts and cherries can be added.

Chill in fridge overnight.

Lekker ice-cream



Lekker roomys (X)

2 l vanilla roomys

2 pk's gemmer beskuijies (bree)

1 blite Caramel kondensmelk

Klein pakkie (gesoute) grondboon

Meng alles en vries

HANLIE BOTHA

RECIPE

- 2 l vanilla ice cream (give the ice-cream a moment out of the freezer to soften for easy mixing)
- 2 packets crushed ginger biscuits
- 1 tin of caramel treat
- 1 little packet of salted peanuts
- Mix all the ingredients together and freeze

Condensed milk & custard tart

INGREDIENTS

- 1 packet tennis biscuits, packed neatly onto the bottom of a large flat dish
- 1 tin condensed milk
- 600ml water
- 300ml milk
- 3/4 c sugar
- 150ml custard powder
- 5ml vanilla
- 1 punnet of cream (250ml)
- 1 Flake chocolate

RECIPE

Use a little of the milk to mix into the custard powder. Boil the condensed milk, water, milk and sugar together. Add a little of this hot mixture to the custard to make it more liquid, then add the custard mixture to the milk mixture. Boil together slowly. Add the vanilla essence. Pour over the biscuits and allow to chill. Beat the cream till thick and spread over the chilled tart. Decorate with the Flake. Make the day before.

Kondensmelk - en Vloer (Ma)

- | | |
|------------------------|------------------|
| 1 pk. Tennisbeskuijies | 150 ml vloer |
| 1 blite kondensmelk | vanilla |
| 600 ml water | 1 houertjie room |
| * 300 ml melk | 1 flake |
| 3/4 kop suiker | |

1. Pak beskuijies onderin groot bak
2. Gebruk v.d. melk en vloer om te maak
3. Meng * goed en bring tot kookpunt.
4. Gei van mengsel by vla en gei vla terug by melkmengsel.
5. Kook stadig deur en voeg vanilla by.
6. Gei oor beskuijies. Klets room en broet tot. Sitci flake oor.
7. Pak 'n dag voor die tyd.

HANLIE BOTHA



Pineapple Tart

⊗ Pynappelhart (Wynepke no.3)

- | | |
|------------------------------------|------------------------------|
| 1 blik (440g) fyngecruste pynappel | 1 blik (377g) kondensmelk |
| 1pk (25g) Boudoir-biskuitjies | 50 ml suurlemoen-sap |
| 10 ml gelatien | 1 punnet (250g) fyn moedkaas |



- 1 Dreineer pynappel in 'n sif en drui boontlik baie stroop uit - hou stroop.
- 2 Steek biskuitjies vinnig een na een in stroop en weer boontlik enige een in bak met volume van 1,5 l daarmee uit.
- 3 Week gelatien in 50 ml v.d. pynappelstroop en verhelder dit oor kookwater.
- 4 Meng gedreineerde pynappel met oortygereste stroop.
- 5 Klits kondensmelk en suurlemoen-sap tot dit vry moedkaas by en klits goed.
- 6 Vyg pynappel en gelatien by en meng.
- 7 Giet mengsel oor biskuitjies en plaas in koelkas om stief te word. Versier met room indien verkies.

INGREDIENTS

1 tin (440g) crushed pineapple
1 packet (25g) boudoir biscuits
10ml gelatine

1 tin condensed milk
50ml lemon juice
1 punnet (250g) smooth cottage cheese

RECIPE

- 1 Drain the pineapple through a sieve, squeezing out as much of the syrup as you can. Set the syrup aside.
- 2 Dip the biscuits quickly into the syrup and line a 1.5 litre dish with them (bottom and sides).
- 3 Soak the gelatine in 50ml of the pineapple syrup and clear the liquid with a little boiling water.
- 4 Now mix the drained pineapple into the remaining syrup.
- 5 Beat the condensed milk and the lemon juice together till thick. Add the cottage cheese and beat well.
- 6 Add the pineapple and gelatine and mix well.
- 7 Pour this mixture over the biscuits and chill in the fridge. Decorate with cream if you like.

HANLIE BOTHA



Mango Pudding

juicy & delicious!

INGREDIENTS

About 5 big mangoes, peeled and cut into strips
1 bag brown sugar (dark is the one that seems to move by itself)
1 litre plain yoghurt
1 litre cream

RECIPE

Beat the cream till thick and fold in the yoghurt.
Place a layer of mango strips in a bowl. Cover with the cream mixture. Cover the cream mixture with a thick layer of brown sugar.
Repeat these three layers until the mangoes and cream are used up. Cover with plastic wrap and refrigerate overnight.



SONJA VAN PUTTEN

Malva Pudding

GONTSE MTHELEBOFU

INGREDIENTS

For the sponge:

1 cup flour, 125g
1 tbsp bicarbonate of soda
1 cup sugar 250g
1 egg

1 Tbs apricot jam
1 Tbs vinegar
1 Tbs melted butter
1 cup milk 250ml

For the sauce:

½ cup cream 125ml
½ cup milk 125ml
1 cup sugar 250g
½ cup hot water 125ml
½ cup butter 125g

RECIPE

1. Preheat oven to 180°C.
2. Grease, with butter, an ovenproof glass or porcelain container approximately 30cm X 20cm X 5cm. Do not use an aluminium, enamel or any metal container.
3. Sift the flour and the bicarb into a bowl and stir in the sugar.
4. In another bowl beat the egg very well and add the remaining ingredients [excluding those for the sauce] one by one, beating well between each addition.
5. Using a wooden spoon, stir the wet ingredients into the dry ingredients and mix well.
6. Pour the batter into the prepared baking dish, cover with the foil, greased side down and bake for 45 minutes in the present oven until well risen and brown and for a further five minutes without the foil if not sufficiently brown. If not sufficiently baked the dessert will not take up all the sauce making it stodgy inside.
6. When the pudding is almost done, heat the ingredients for the sauce, ensuring that you melt all the sugar and butter. Then pour over the cooked pudding.
8. Serve hot, warm or at room temperature, though warm is best, with a little thin cream or vanilla custard.





Mrs van Wyk se poeding



INGREDIENTS

- 4 Bananas
- $\frac{3}{4}$ packet of Tennis biscuits
- 3 cups of milk
- 2 table spoons of custard powder
- 2 teaspoons of sugar

Time to prepare: 20 minutes
Serves: 4

RECIPE

- Chop bananas into medium sized pieces
- Break biscuits into pieces
- Place banana and biscuit pieces into bowl
- Mix milk, sugar and custard powder together. Microwave for 3 minutes, stirring occasionally
- Pour hot custard over biscuits and banana pieces, serve immediately

Tips:

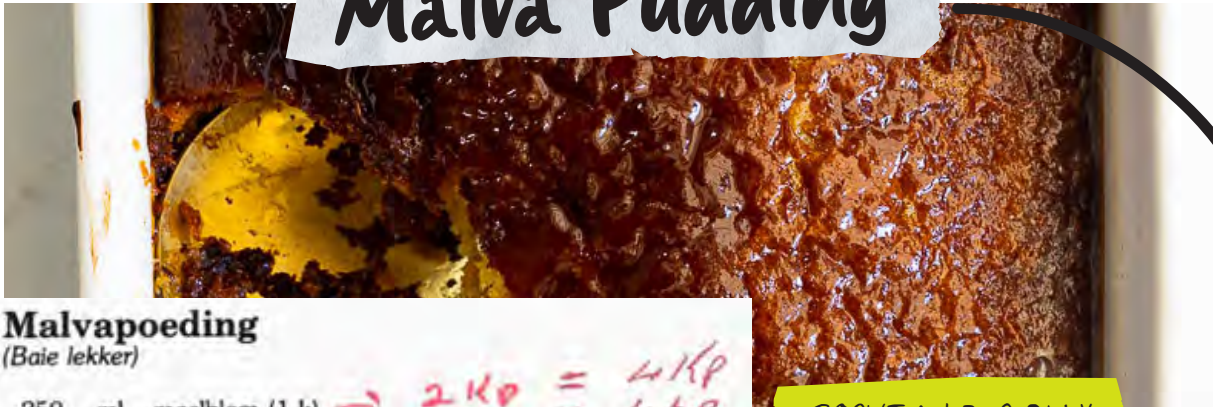
If you are obsessive compulsive like my grandmother: you could break the Tennis biscuits into neat, even pieces and stack them in an orderly fashion in the bowl.
If you want to be fancy: you could add cream/ice cream and cherries. But note that this defeats the simplistic intention of the dessert, which was originally served in boarding houses during the great depression (where my grandfather learned the recipe).



CELESTE COMBRINCK)



Malva Pudding



Malvapoeding (Baie lekker)

250 ml	meelblom (1 k)	→ 2 KP = 4 KP
5 ml	koeksoda (1 t)	→ 2 + P = 4 KP
5 ml	appelkooskonfyt (1 t)	→ 2 + P = 4 KP
15 ml	margarien (3 t)	→ 6 + P = 12 KP
250 ml	melk (1 k)	→ 2 KP = 4 KP
1	eier	→ 2 + P = 4 KP
250 ml	suiker (1 k)	→ 2 KP = 4 KP
5 ml	suurlemoensap (1 t)	→ 2 + P = 4 KP

Metode:

Room botter en suiker.
Voeg eier by.
Voeg dan suurlemoensap, koeksoda en appelkooskonfyt by.
Roer meel en melk om die beurt by.
Bak teen 180°C (350°F) vir 1 uur in glasbak.

Stroop:

250 ml	room (1 k)	→ 1 KP = 4 KP
125 ml	margarien	→ 2 KP = 500
250 ml	suiker (1 k)	→ 2 KP = 4 KP
125 ml	kookwater (1/2 k)	→ 1 KP = 2 KP

Metode:

Kook alles saam vir 2 minute en gooi oor poeding sodra dit uit die oond kom.
Bak tot karamelagtig.

SOPHIA LE ROUX

as made by Sophia
for staff meetings

INGREDIENTS

For the sponge:

- 250ml flour
- 5ml Bicarb
- 5ml apricot jam
- 15ml marg
- 250ml milk
- 1 egg
- 250ml sugar
- 5ml lemon juice

For the syrup

- 250ml cream
- 125ml marg
- 250ml sugar
- 125ml boiling water

RECIPE

Sponge

Cream butter and sugar.
Add egg.
Add lemon juice, Bicarb and apricot jam.
Bake in a glass dish at 180°C for 1 hour.

Syrup

Boil everything together for 2 mins and pour over the pudding the moment it comes out of the oven.
Bake a little longer till it looks caramelish.
Red notes on recipe are where Sophia's mom doubled or quadrupled the recipe.



Chapter 8



OPEN SAUCE

(All things saucy)



Chakalaka

RIAN DE VILLIERS

Make a large batch and freeze in little ziplock bags. If you love spicy food, two chilli peppers give it a real kick, so add less in accordance with your own preferences.

INGREDIENTS

Enough for 4-6

- 1 large onion, finely chopped
- 2 tsps (10 ml) vegetable spices
- 3 tsps (45 ml) canola oil
- 2 green peppers, deseeded and diced
- 1 to 2 green chillies, finely chopped
- 4 tsps (20 ml) curry powder
- 4 carrots, grated
- 410 g can of baked beans in tomato sauce
- ½ cup (125 ml) peri-peri marinade
- 1 tsp (10 ml) garlic pepper spices



RECIPE

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1. Flavour the onions with the vegetable spice.
2. Heat a large saucepan over a moderate heat. Sauté the onions, green pepper and chilli in oil, till the onions are glassy.
3. Add half of the curry powder so that the onions turn a golden yellow.
4. Add the grated carrots and stir till the carrots are soft.
5. Add the remaining curry powder.
6. Drop the heat, place a lid on the pan and let it simmer for 15 minutes stirring frequently.
7. Add the baked beans and peri-peri marinade. Add garlic pepper spice to taste.
8. Stir well and leave it on a low simmer for 15 minutes.

It is delicious on braai sandwiches (braaibroodjies) or serve warm as part of any of our authentic South African dishes like pap and wors for example.



Guacamole

INGREDIENTS

- 2 ripe avocados, peeled and pitted
- ½ small onion, finely chopped
- 1 ripe tomato, chopped (optional)
- 1 clove garlic, finely minced
- 1 lemon, juiced
- ½ tsp ground coriander seeds
- Salt and pepper to taste

RECIPE

Mash avocado in a medium serving bowl. Stir in onion, tomato, and garlic. Season with lemon juice, coriander seeds, salt, and pepper. Cover and chill guacamole for 30 minutes to allow flavours to blend.

JESS VAN PUTTEN





Green goddess dressing

JESS VAN PUTTEN

INGREDIENTS

1 cup chopped fresh basil
 6 chopped spring onions, white and green parts
 1 cup mayonnaise
 ¼ cup fresh lemon juice
 1 clove garlic
 1 tsp salt
 1 tsp pepper
 1 cup sour cream/ Greek yoghurt

Optional: 2 anchovy fillets, minced (you won't taste the anchovies, but it definitely gives the dressing a fuller flavour)



RECIPE

Place the mayonnaise, green onions, basil, lemon juice, garlic, salt, pepper, and anchovies in a blender, and blend until smooth. Add sour cream, blending until just incorporated. Taste, and add more salt or pepper if desired. Use immediately, or cover and store in the fridge for up to 2 weeks.

Delicious used as a salad dressing or on baked potatoes.

Add 2 tbs olive oil when blending to make a tasty cold pasta salad sauce, add feta and crispy bacon bits and voila a delish basil, bacon, feta pasta salad

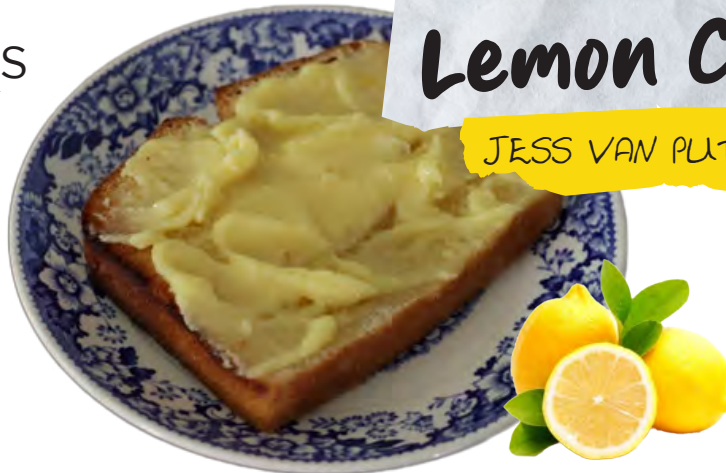
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INGREDIENTS

6 lemons
 Rind of 2 lemons
 350mg sugar
 200g butter
 6 eggs

Lemon Curd

JESS VAN PUTTEN



RECIPE

Melt butter in the micro

In a saucepan, add melted butter to sugar and lemon rind. Stir till sugar is dissolved. Add the lemon juice and let it boil.

Beat the eggs. Using a whisk, slowly add the eggs to the lemon mix.

(Add a little of the lemon mixture to the egg to help prevent scrambled eggs)

Keep stirring on a low heat till the mixture has the consistency of runny custard.



Easy sauce for Ice Cream

DELICIOUS, EASY CHOCOLATE SAUCE FOR ICE CREAM
(Serve hot or cold)

250ml fresh cream
½ big tin of condensed milk
2 big Bar One's

Put all ingredients into a pot and bring to the boil on low heat, stirring from time to time, until the Bar One is melted. Serve hot or cold on vanilla ice cream.

SONJA VAN PUTTEN



Chapter 9



INCIDENTAL FINDINGS

(miscellaneous)

Homemade Muesli

GERRIT STOLS



RECIPE

In a pan or wok, roast plain or rolled oats (about 4 or 5 cups) in 2 tbsp of honey.

Add to taste and roast:

Pumpkin pips

Coconut flakes

Any seeds you like

Raw nuts

Stir thoroughly and allow to cool down.

Then add raisins and cranberries if you like.

Keep in an airtight container.

Home Made Hand Sanitizer

DAVID MAHAPANE

RECIPE

Chemicals:

-Isopropyl alcohol 99.8%: 7515 ml

-Glycerol 98%: 145ml

-Hydrogen peroxide 3%: 4ml

- Distilled water

Apparatus

-Measuring cylinder indicating 10 000ml, 200ml and 10ml

-Volumetric Flask: 10L

-Chemical bottles 5000ml X2

Method

1. Pour the alcohol into the flask, having measured out the 7515ml in the measuring cylinder.
2. Add Glycerol to the volumetric flask.
3. Add Hydrogen peroxide in the same 10L volumetric flask.
4. Fill the volumetric flask to the calibration mark with distilled water.
5. Place the cap on the volumetric flask to close and gently mix the solution.
6. Pour the solution into two 5000 ml chemical bottles and store the solution for 72 hours before use.

Dog Biscuits

SONJA VAN PUTTEN

(but actually, friend Karina C)

RECIPE

1c flour

1c Nutty Wheat flour

1 egg

Ina Paarman chicken stock powder -
use own discretion

50ml oil

A bit of water to make a stiff dough

Roll into balls and then press down
with a fork on a baking sheet.

Bake at 180°C until dry and golden
in colour.





Decadent hot chocolate

JESS VAN PUTTEN



INGREDIENTS

1½ cups of full cream milk
 ½ cup of cream
 225g of 70% dark chocolate
 2 tsp icing sugar
 Half a teaspoon of espresso powder
 Extra whipped cream to garnish

RECIPE

Heat the milk and cream in a saucepan, do not let it boil. Remove from the heat and add the chocolate. Stir till the chocolate is melted and fully incorporated. Add the icing sugar and espresso powder and stir thoroughly. Garnish with whipped cream and serve hot.

Hadedda recipe

JESS VAN PUTTEN



HADEDA (HADADA) IBIS

Bostrychia hagedash

AFRIKAANS: Hadedda

♂♂ ♀♀
J F M A M J J A S O N D

76–85 cm; 1–1.5 kg

Description

A large, stout, grey-brown ibis with glossy bronze-green wing coverts. Grey face has whitish stripe running from bill to below and behind eye. Shortish, deep bill is dark grey with a red ridge on the upper mandible. Northern populations of the subspecies *B. h. brevirostris* have white eyes and more obvious white cheek stripes. In flight, wings broad; neck and legs short compared to Glossy Ibis. Juv. has duller, shorter bill.

Voice

Noisy; gives a raucous 'ha-da' or 'ha-ha-da-da' call in flight and when flushed.

Status and biology

Common resident and nomad in forest clearings, woodland, savanna, grassland, farmland and suburbia. Range has expanded westward in recent years, apparently in response to human habitat modification, especially irrigation. Usually in small parties; roosts and breeds in trees.

Normally the hadeda is protected game and it is illegal in South Africa to kill one for the purpose of consuming it. Should you happen to kill one anyway and want to cook it up, here is the recipe to do so.

INGREDIENTS

1 Cup chopped onions
 1 Cup chopped carrots
 1 Cup shredded cabbage
 5 Potatoes, peeled and cut up
 25 Cups water
 Salt and spices to taste

RECIPE

Since the hadeda is a large bird, the only way to cook it is by using a cast iron pot. Before cooking make sure all the feathers have been removed as well as the giblets / inner organs. Make a fire and put the pot onto the fire to start the cooking process. Add the bird and the water and bring to the boil. Once boiling add the potatoes and carrots. Leave to cook for at least 5 hours. If you notice the water level is getting low during the cooking process, add more water. Add the cabbage and onions and leave for another 3 hours. Test the bird to see if it is tender. It probably won't be, as it is a very tough bird. Add more water when required.

Continue with the process until the cast iron pot becomes tender, then throw away the hadeda and eat the pot.

Chapter 10



INTERNATIONAL COLLABORATIONS

Nigerian Jollof rice and DOD (fried plantain)



DEBORAH ALI

INTRODUCTION

Rice botanical name (*Oryza sativa*) is a common food crop in the Globe. Jollof rice, which is a West African dish made from rice, commonly served during special occasions and ceremonies. However, individual can cook jollof rice in the comfort of their homes just to enjoy the moment.

Plantain is in the same genus 'Musa' as Banana. Usually grown in the tropics, it serves as a staple food for countries that lies within the zone. This can be prepared into several dish type but in this case, it fried. This is what Nigerians call Dodo. Plantain has more starch than the usual Banana. It is sweet when ripe. However, it is usually not eaten raw. To make dodo the plantain has to be ripened.

THEORETICAL BACKGROUND

This is underpinned by boiling and frying methodologies, which are part of the methodologies used in culinary exploits.

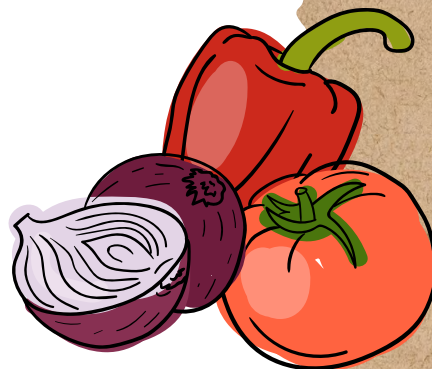
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INGREDIENTS

1/3 cup oil (Sunflower/canola/coconut, not olive oil)
6 medium-sized fresh tomatoes, chopped
4 large fresh, red peppers (remove and discard the seed)
2 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided
1/2 to 1 hot pepper, or to taste (yellow Scotch bonnets)
3 tablespoons tomato paste
1 teaspoons curry powder
1 teaspoon dried thyme
2 dried bay leaves
5 to 6 cups stock (vegetable, chicken, or beef) or water, divided
2 teaspoons unsalted butter (optional), divided
4 cups uncooked long-grain rice
Salt, to taste
Black and white pepper, to taste
Extra: sliced onions, tomatoes

2ND INGREDIENTS

2 Ripe plantains
1 cup oil (Sunflower/canola/
coconut, not olive oil)





METHODS I- BOILING

Blend the fresh tomatoes, red pepper, onions, and the hot pepper in a blender to puree.
Heat on a low stove to cook and get the water dried to form puree
Put another pot on the lit stove
Pour oil in a pot and let it get hot
Add sliced onion and fry (Sauté)
Add the puree and stir
Add the 3 tablespoons of tomato paste
Add all the Spices, salt and stock cube (I prefer the chicken knorrox cube)
Stir all the ingredients in the pot together and let it thicken up
Pour water (4 to 6 cups)
Let it boil
Rinse the rice and pour into the boiling
Allow to cook on a low heat stove
Check occasionally if there is need for water and the tenderness of the rice
When the water is dried and the rice is tender, then stir and cover for 5 minutes to allow it to simmer.
Jollof rice is ready. You can serve with fired chicken and plantain

METHOD II FRYING

Peel the Plantains
Slice the plantains (finger-thick slices)
Add pinch of salt to taste
Put the frying pan on the stove and add oil
Let it heat up a little, then add the sliced plantain and fry until golden yellow colour emerges

RESULT

Jollof rice garnished with dodo and meat



CONCLUSION

Since Jollof rice and dodo is a starchy food and consist of high calorie. In my opinion it is best eaten as lunch to give room for digestion before the bedtime
Deborah Ali



Dundun oni yeri (Fried Yam)

DEBORAH ALI



INTRODUCTION

The origin of yam is not widely agreed upon by agricultural Historians. However, it is worth noting that it can be found in the Caribbean, West African and Asian soils. Dioscorea family (yam) has different varieties (IITA, n.d). The water yam, yellow yam and white yam among others. In the making of dundun oni yeri, white yam is the best. Water yam is too watery and the yellow yam has a slight bitter taste.

THEORETICAL BACKGROUND

This dish is made by frying culinary method. Frying activates the maillard reaction which occurs between protein and sugar to give a golden-brown colouration.

INGREDIENTS RECIPE

Curry powder
Black pepper
Stock cube
Oil water
2 eggs
Salt
1 tuber of yam

Slice the tuber of yam and peeled the back off using a knife - cut into thick strip (like wedges in potatoes chip making)
Rinse and put in a pot
Boil for 6 minutes in a medium heat (Do not allow it to be very soft)
Take the boiled yam out of the pot and pour out the excess water left in the pot
Pour a cup of flour in the bowl and add a pinch of salt (dry ingredient)
Crack eggs, add black pepper, curry powder stock cube and whisk together
Dip the yam into the whisked mixture and coat it with the dry ingredient
Fry in a deep hot oil until it is golden brown.

<https://www.iita.org/cropsnew/dioscoria/>

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Tawanda's Chunk loaf (Zimbabwe)

TAWANDA CHINENGUNDU

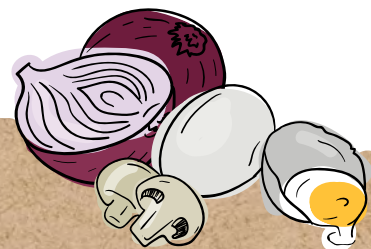
This is a vegetarian recipe

INGREDIENTS

1 cup of soaked soya mince
1 cup of cooked rice
1 cup of onion
3 to 4 eggs
½ or ¼ cup of cooking oil
15 g of Italian seasoning
¼ cup of flour
½ cup of milk
½ packet of mushroom soup

RECIPE

Mix all the ingredients and bake for an hour at 160°C



Asaro

(Yam Pottage)



DEBORAH ALI

INTRODUCTION

Yam is common food in West Africa. Yam stores its reserves in its tuber. Yam has varieties. To prepare 'Asaro' which is Yam pottage, the white yam called *Discorea rotundata* is the preferred.

INGREDIENTS

Curry powder	2-3 leaves of spinach
Stock cube	Red (Palm) oil
Crayfish (blended)	Water
2 medium sized red pepper	Salt
1 medium sized Onion	1 tuber of yam
1-2 Hot pepper	



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RECIPE

Blend red pepper, the hot pepper and half of the onion in a blender to puree.
 Slice the tuber of yam and peeled the back off using a knife
 Cut into cubes
 Rinse and put in a pot
 Add 2 cups of water
 Add 1 cup of red oil,
 Add stock cube, and salt to taste
 Chop the remaining half onion and add to the ingredients in the pot
 Then boil for 10-15 minutes on a stove but not soft
 Add the blended puree
 Add crayfish, dried fish and curry powder
 Rinse the spinach, chop it finely and add
 Then heat for 5 minutes until it is very soft
 Mash the cooked pottage
 Then it is ready for serving

Serving

You can serve it with fried chicken



Fasole

Romanian for bean sandwich spread



MARYKE MIHAI

INGREDIENTS

- Packet of white beans
- Salt (about two small spoons)
- Oil
- Mixed herbs (about two small spoons)
- Garlic (about 1 tablespoon)
- 3 Onions

RECIPE

Cook beans properly so that you can easily cut it with knife, if you have small beans it is easier. If you leave beans overnight in water, it is also easier.

Mix beans small in mixer, the smaller the better. Add the oil (you have to test as you go, so not too much in beginning), herbs, salt and garlic.

Mix everything together and taste. Add more salt, oil (it must be able to spread easily), herbs, garlic if needed.

Cut three onions, mix in mixer and add to pan with oil and let onions brown.

Put the bean mix in shallow bowls and cover with onions: ready to put on bread or eat as is with meat.

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Spanish tomato toast

RECIPE

As per our departmental visit to Barcelona, where you actually rub a raw garlic clove and then tomato onto the toast. Or the Arvanite version, as in the photo. The picture tells it all.



SONJA VAN PUTTEN

(Thanks, Pluto)

Puri

puffed, deep-fried bread



FARIHAH JAFFER

Puri

- 1 cup flour
- 1 level t baking powder
- 1/2 t sugar
- 1/4 t salt
- 1 T butter
- 1/4 cup water
- 1/4 cup milk

Method

1. Mix all ingredients together and make a soft dough with warm water and milk.

Variation

For masala puri, add dhania chutney to ingredients.

2. Roll out 3 mm thick, cut into rounds and deep fry in hot oil until light brown.



Norwegian Salt Cured Leg of Lamb

(Speket lammelår)

JOHANN ENGELBRECHT



INGREDIENTS

1.4kg salt
1 tbsp sugar
4 3.7l water (less if the leg is smaller)
3.6kg leg of lamb

RECIPE

Dissolve the salt in the water to make a brine. Add the sugar. Put the leg of lamb in a large crock and pour enough brine over it to cover it completely. Put a weight on top to keep it underwater. Leave to absorb the salt in a cool place (not the fridge!) for 2 weeks for a leg weighing 3.6kg (roughly 2 days per 500g of meat.)

Take the leg out after the allotted time and rinse thoroughly. Hang it out to dry in a well-aired cool place, wrapped in a loose bag of cheesecloth or muslin to protect it from flies. It will be dry, delicious, and ready to eat in 2 to 3 months.

Serve, sliced very thin with a sharp knife, as part of an indoor picnic meal, with Sweet butter, fresh hard-boiled eggs, a sliver of 'geitost' (the Norwegian Sweet brown cheese), and flat Bread or Potato pancakes to wrap around each morsel. A bowl of sour cream and some fresh raspberries can follow as a replacement for Norwegian cloudberry.

From: "The Old World Kitchen - The Rich Tradition of European Peasant Cooking" by Elisabeth Luard, ISBN 0-553-05219-5 Posted by: Karin Brewer, Cooking Echo, 7/92

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Southwestern (Australian) Leg of Lamb

JOHANN ENGELBRECHT

INGREDIENTS

Leg of lamb, boneless 2 Tbsp.
Ground cumin 1 Tbsp.
Ground coriander 1 Tbsp.
Chili powder 1 Tbsp.
Garlic powder 1/2 tsp.
Cayenne pepper 1 Tbsp.
Kosher salt 16 slices
Bacon 4 cups
Frozen corn, thawed 2 cups
Onion, finely chopped 1/4 cup
Garlic, finely chopped 1/4 cup
Lime juice

RECIPE

Combine the cumin, coriander, chili powder, garlic powder, cayenne and salt. Rub 4 Tbsp. of spice mixture over leg. Reserve the remaining spice mixture. Tie leg with butcher's string. Place leg on a rack in a preheated 200°C oven for about 1.25 hours or to an internal temperature of 60°C. Lamb can be rubbed up to 1 day in advance.

To make the bacon-corn relish, cook bacon until crispy, reserve the fat. When cool, crumble bacon. Sauté 1 Tbsp. bacon fat and add corn, onion, garlic and remaining spice mixture to taste. Cook for about 7 minutes until corn, onion and garlic are cooked and corn is starting to brown. Stir in crumbled bacon. Just before serving stir in lime juice.

Serve the lamb sliced, and covered with relish.
Served with bacon-corn relish
Yield: 6-8 servings



Egusi Pudding



FRU VITALIS AKUMA

INTRODUCTION

Egusi is a melon-like crop grown for its white seeds, which are a component of many meals in West Africa (National Academy of Sciences, 2006) and in Cameroon. Ground up coarsely, the seeds thicken stews and contribute to a widely enjoyed steamed dumpling. Nkeih (2017) describes the dumpling known as egusi pudding, as “insanely delicious”, while noting that it is usually a hit at Cameroonian parties, where there is never enough to satisfy the appetite of everyone. The following picture shows a serving of egusi pudding with boiled ripe plantains (Nkeih).

INGREDIENTS

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(Che, 2020; Nkeih, 2017):

3 cups of egusi seeds*	1 cup deboned smoked fish or meat of choice (options include beef, boiled shredded chicken or smoked turkey)
2 cups of water	1 teaspoon salt
1 ground hot pepper or chili	Ginger and garlic (optional)
1/2 cup ground crayfish**	1 egg (optional)
1/2 large crayfish seasoning cube	
Banana leaves or aluminium foil	

RECIPE

1. Put the seeds into a blender, preferably the smaller compartment, and grind dry until evenly coarse.
2. Pour the ground egusi into a bowl and use a wooden spoon to break down chunks, if any.
3. Add in ground crayfish, pepper and seasoning (salt and Maggi), and if desired, blend garlic and ginger.
4. Add water a little at a time and stir into a smooth mixture.
5. Add the egg and mix well.
6. Add in your meat, fish, chicken, or turkey, then stir to incorporate.
7. Create a base for steaming in a pot, with two cups of water and place on medium heat.
8. Place an aluminium foil or one banana leaf crossed over another, into a deep bowl and push the middle of the foil or leaves down into the bowl.
9. Pour two scoops (about 2 large ice cream scoops) of the mixture on the foil or leaves in the bowl.
10. Gather the foil or the leaves together carefully, to create a bundle while ensuring that the mixture stays in, then tie the bundle with a rubber band or some other tie. In the case of aluminium foil, just gather the ends of the foil and press to secure the wrapped mixture.
11. Place the bundle in the prepared pot.
12. Repeat steps 8 to 11 with the rest of the mixture.
13. When done wrapping the mixture, steam for about 60 minutes, while checking to add water to avoid burning. Be careful not to add a lot of water as the pudding cooks by steaming and not boiling.
14. Remove, unwrap, and enjoy with a boiled starchy side of your choice, such as boiled ripe plantains, yams, and cassava.



**LIMITATIONS**

- 1.* You may find egusi seeds or ground egusi in some stores only. However, most (west) African food stores have this product.
- 2.** Some people don't eat crayfish, which is one of the ingredients.

COMPILATION

The recipe is introduced and compiled by Fru Vitalis Akuma with information from selected cited sources. To an extent, Fru drew from his experience cooking egusi pudding alongside his mum, when compiling the recipe.

REFERENCES

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- National Academy of Sciences. (2006). Lost crops of Africa: Volume II Vegetables. Washington, DC: Author
- Nkeih, P.M. (2017). How to make egusi pudding. African Diner.

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Feijoada

(Brazilian salted pork dish)

INGREDIENTS

- | | |
|--|---|
| 500 g salted shoulder of pork; | 2 kg small Brazilian black beans or red speckled beans; |
| 500 g salted pork spare ribs; | 2 onions; |
| 500 g pig's tail salted; | 2 onions; |
| 1 kg salted trotters; | 1 bulb garlic; |
| 500 g smoked shoulder of pork; | 1 stick celery; |
| 400 g smoked breast of pork; | 1 bouquet garni; |
| 500 g calabresa - a spiced sausage; | 3 bay leaves; |
| If possible 1 kg carne seca (Brazilian dried beef) or perhaps biltong, if you can afford it; | 1 teaspoon freshly ground black pepper; |
| | 5 oranges. |

RECIPE

To these ingredients must also be added those of the usual garnishes. Feijoada is a party dish. The evening before, rinse the slightly salted meats, and leave to soak all night.

Put the meat, beans, onions, crushed garlic, finely chopped celery, bay leaves, bouquet garni and the pepper into a large, heavy pot. Fill with water. Bring slowly to boiling point and leave to simmer for 2 hours. Remove each piece of meat from the pot, as soon as it is cooked. Cook the beans for another hour. (The liquid should become thick and creamy). Pour the beans into a cast-iron dish. Cut the meat into cubes and add to the beans. Bring to the boil, simmer for 10 minutes and serve.

Put in the centre of each plate about 2 ladles full of meat and beans. Around the edge put 3 spoonfuls of white rice Brazilian style, 2 spoonfuls of couve (lightly sautéed kale) cut into thin strips and place a slice (not a segment) of peeled orange on the rice. After having mixed everything together in your plate, the feijoada is ready to be eaten.

English Equivalents of Indian Ingredients

INDIAN

Aaloo
Aamli
Adrak
Arad/Haldi/Bori
Badam
Chana
Dahi
Dhunia
Dhunia/Jeera
Elachi
Gajar
Jeero/ Jeera
Lasan
Mattar
Mircha
Palak

ENGLISH EQUIVALENTS

Potatoes
Tamarind
Fresh Ginger
Turmeric
Almonds
Whole Gram (chickpeas)
Plain Yoghurt
Coriander leaves
Coriander and cumin powder
Cardamom
Carrots
Cumin
Fresh garlic
Peas
Chillies
Spinach

Pronunciation of names

Puri: Pu-ree
Kebaab: Kuh-baab
Gajar Halwa: Ga-jir Hal-wah
Haleem: Hul-teem
Biryani: Bir-ya-nee
Khima Biryani: Khee-ma bir-ya-nee

Mince kebaabs

Kebaabs

- 1 kg mince
- 2 medium onions (chopped or grated)
- 10 slices bread
- 2 t ginger-garlic
- 2 t green chillies
- 2 t crushed red chillies
- 2 t crushed jeera
- 2 t crushed dhana
- ¼ t pepper
- ½ t turmeric powder
- 2 t fine salt
- 1 bunch dhania
- ½ bunch shallot
- 1 egg

Method

1. Place bread in food processor and blend until fine.
2. Mix all ingredients together. Pound well.
3. Make into medium sized kebaabs.
4. Fry in medium oil.
5. Serve with lemon.
Ideal for freezing.

FARIHAH JAFFER

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Gajaar halwa

Easy Gaajar Halwa

- 1 kg carrots, grated
- 1 cup ghee
- ¼ cup semolina
- 1 T ghee
- 1 cinnamon stick
- 1 Tin condensed milk
- 1 Tin Nestle Cream (155g)
- ¼ cup sugar
- 1 t Elachi (Full)
- ½ cup ground Almonds

Method

1. Braise carrots, cinnamon in 1 cup ghee on low for 1 hour, stirring occasionally.
2. In another pot braise semolina and 1 T ghee on low heat.
3. After carrots are braised, add in the braised semolina, condensed milk, nestle cream, elachi and ground almonds.
4. Mix well and braise for 20 minutes,



FARIHAH JAFFER

Mango Pickle

Am ka achar

FARIHAH JAFFER



Grated Mango Pickle

Step 1

25 mangoes (grated)
3 T methi masala
3 T crushed chillies
1 T arad
1 T mustard powder
salt to taste

Step 2

1 cup oil
few whole garlic
few green chillies
2 T whole mustard
2 T jeera
curry leaves

Step 3

½ bottle white vinegar
½ cup cake flour
½ cup sugar

Method

1. Step 1: Mix all ingredients into grated mangoes.
2. Step 2: Braise together.
3. Step 3: Boil step 3 to make a paste.
4. Add all these together.
5. When cool bottle and refrigerate.



AND THAT'S EAT.