

Chapter 7



SWEETENED
FULL CREAM
CONDENSED MILK

LEITE CONDENSADO ACUCARADO /
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 (unsalted) 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

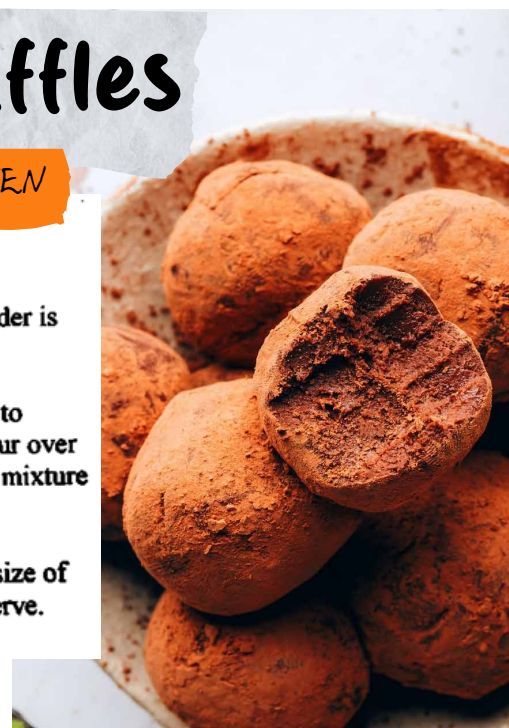
Chocolate Truffles

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



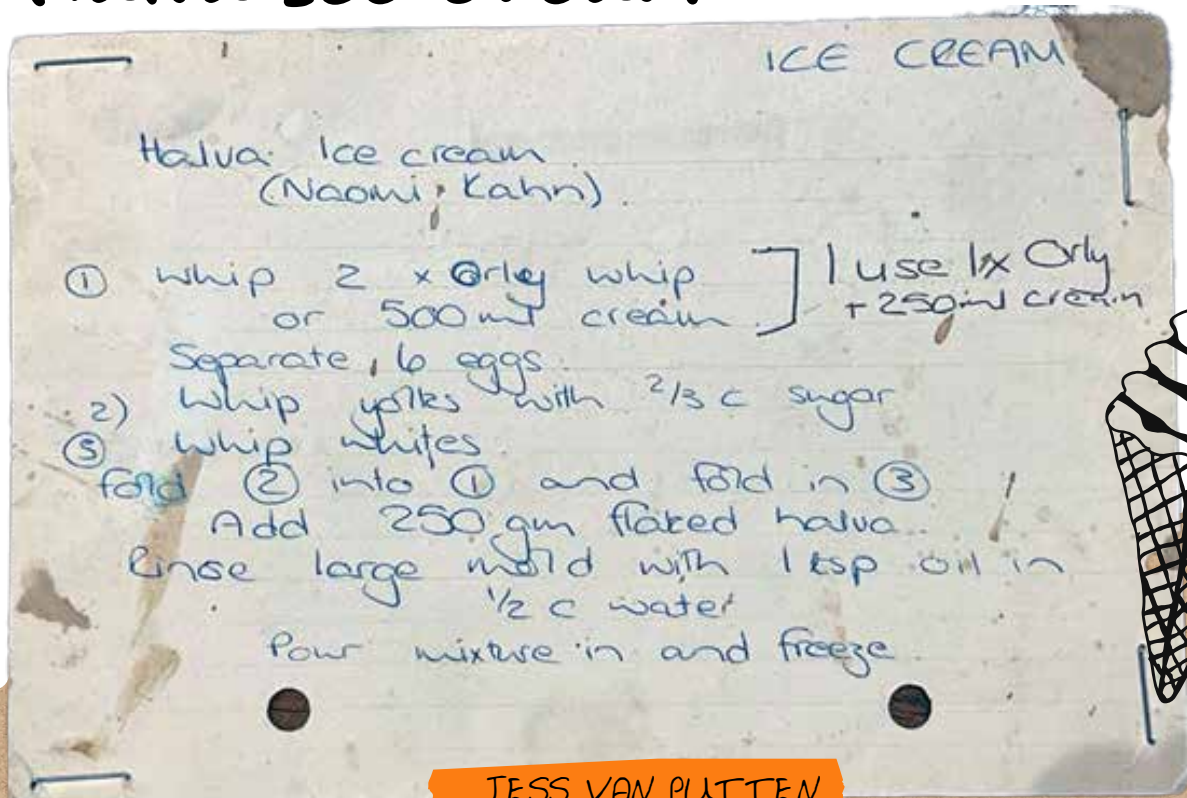
RECIPE

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

89

Halva Ice Cream



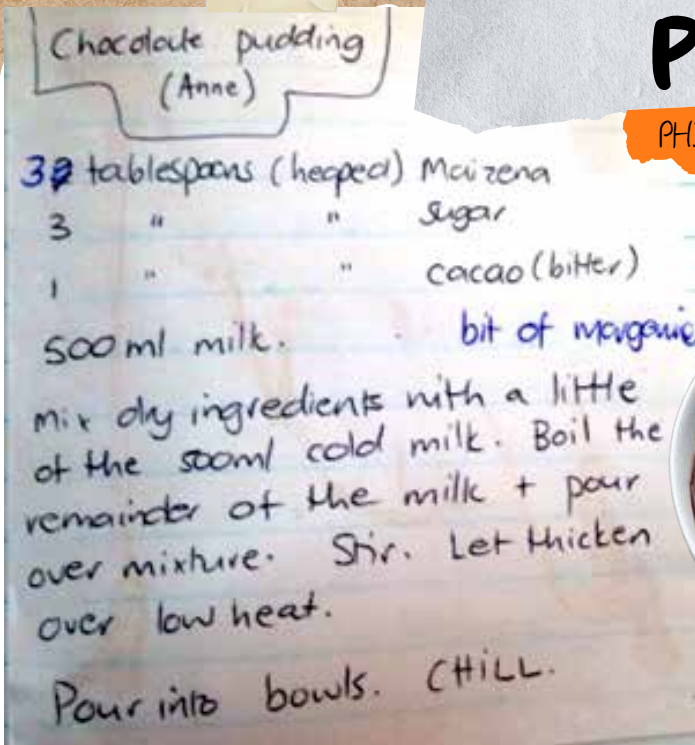
JESS VAN PUTTEN

(Elsa Again)



Anne's Chocolate Pudding

PHILIP MIRKIN



90

Sponge Dumplings

Sponskluitjies

45 ml (3 e) mielieblom
30 ml (2 e) koekmeelblom
30 ml (2 e) vlapoeier
1 ml ($\frac{1}{4}$ t) sout
1 liter (4 k) melk
2 eiers, geskei
5 ml (1 t) vanieljegeursel
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 ($\frac{1}{4}$ 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 ($\frac{1}{4}$ 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 kondensmelk	klits by
1 pak jellie	* Meng met bietjie
groundbone } opsioneel	water
kersies }	Freeas 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 (M)

- | | |
|------------------------|------------------|
| 1 pk. Tennisbeskuijies | 150 ml vloerpoes |
| 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 om vloerpoes aan te maak
3. Meng * goed en bring tot kookpunt.
4. Geel van mengsel by vla en geel vla terug by melkmengsel.
5. Kook stadig deur en voeg vanilla by.
6. Geel oor beskuijies. Klits room en bedek tart. Sitci flake oor.
7. Pak 'n dag voor die tyd.

HANLIE BOTHA



Pineapple Tart

⊗ Pynappel-tart (Wenkeboek no. 3)

1 blik (440g) fyngemaakte pynappel
1pk. (25g) Boudoir-bekwuljies
10 ml. gelatien

1 blik (377g) kanderemel
50 ml suurlemoensap
1 punnet (250g) fyn moedkaas.



1. Dreineer pynappel in 'n sif en drui taanlik baie stroop uit - hou stroop.
2. Deep bekwuljies vinnig een vir een in stroop en was boon en agter van in bak met water van 1,5 l daarmee uit.
3. Week gelatien in 50 ml v.d. pynappelstroop en verhelder dit vir kookwater.
4. Meng gelykeindeerde pynappel met oortgelyerde stroop.
5. Klits kanderemel en suurlemoensap tot dit vinnig moedkaas by en klits goed.
6. Vng pynappel en gelatien by en meng.
7. Giet mengsel oor bekwuljies 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 15 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	margarinen (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

SOPHIA LE ROUX

as made by Sophia for staff meetings

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	margarinen	→ 2 + P = 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.

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.

