

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 kluwintjie 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 3 1/2 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

3 1/4 kop self raising flour
 1 pakkie wit uie sop
 2 kop melk
 1/2 kop cheddar
 2 geklopte eiers.

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

RECIPE

3 1/4 cups self-raising flour
 1 packet white onion soup
 2c milk
 1/2c 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
1tsp 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 gekapte 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 tsps. 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 klein Pannetjies.
Bak vir 10 min. 350°
Sny oop en sit vulsel in.

Vulsel.

- Braai 1 midn. gerasperde Uie 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

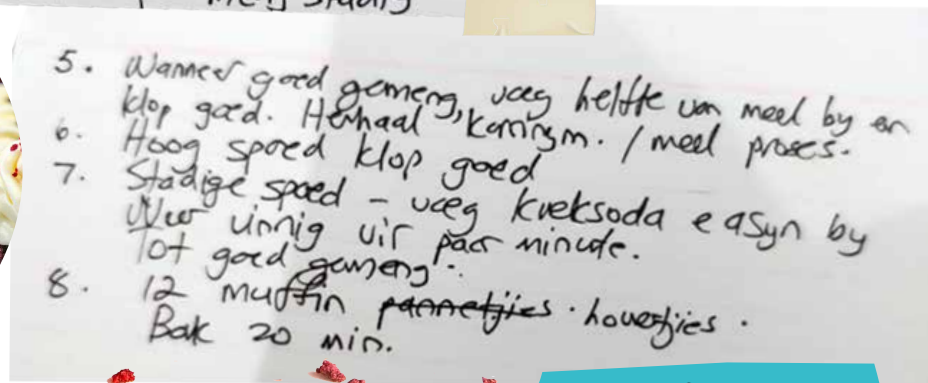
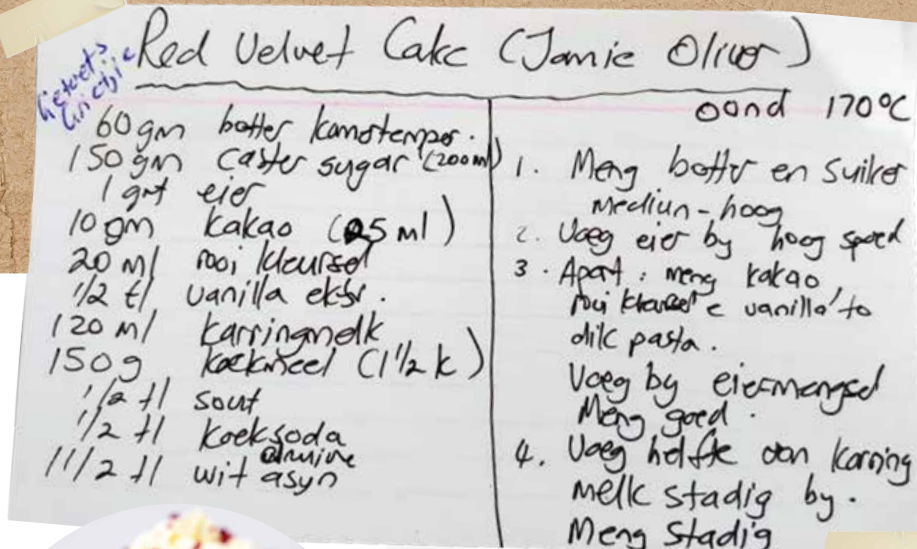
Heat a little and mix thoroughly.

Then pour over hot cake.



Red Velvet Cupcakes

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



GRIETJIE HALP

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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

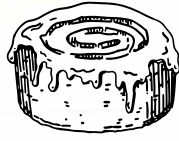
RECIPE

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 leu 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
- ② 6 eiers
- ① 250 ml water
- ② 250 ml olie
- ① 2 Kp meel
- ② 3 tl bakpoeier
- ① 3 eel kakao
- ② sout na smaak
- 1 tl vanilla

RECIPE

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

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



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)

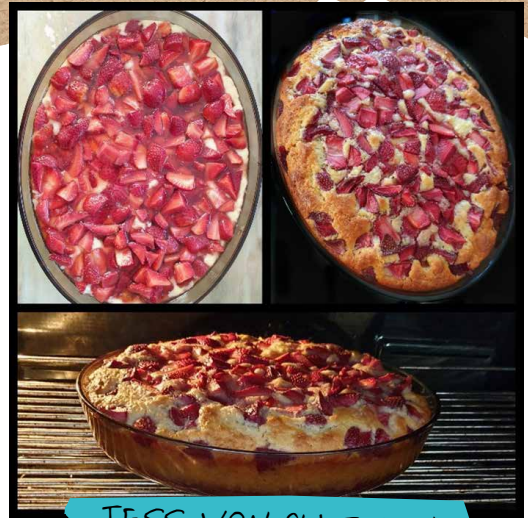
INGREDIENTS

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

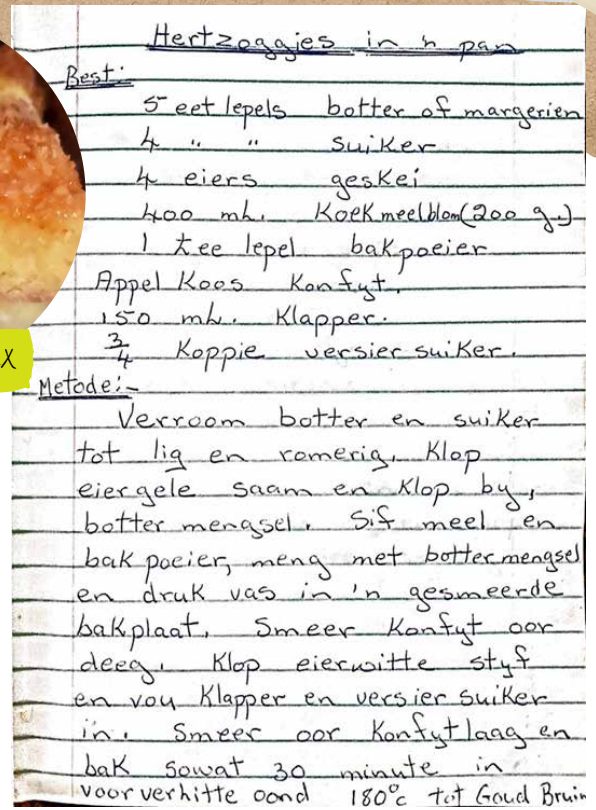
5 tbsps butter/marg
4 tbsps sugar
4 eggs, separated
400ml (200g) cake flour
1tsp baking powder
Apricot jam (lots)
150ml dessicated coconut
¾c icing sugar



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.



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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.

SONJA VAN PUTTEN



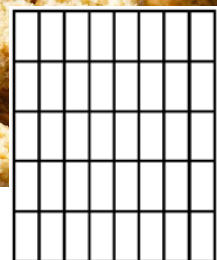
NOTES

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.



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.



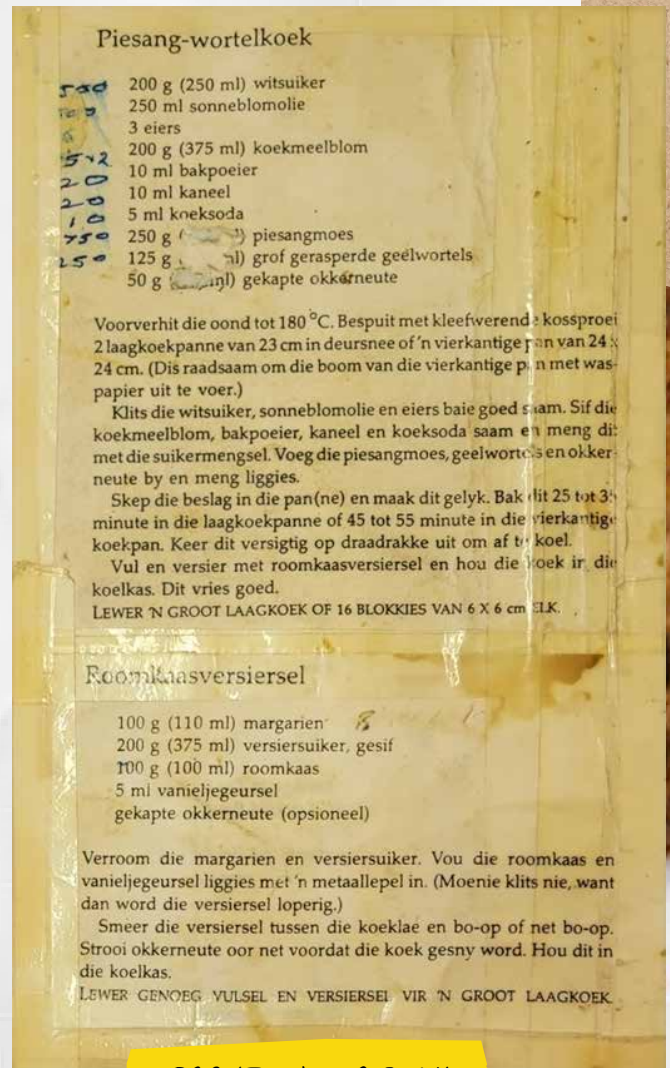
Banana-Carrot Cake

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
1/3 cup butter → Melt into ↑
2 eggs → Beat until thick }
1 cup sugar → Add sugar
3/4 cup flour } Add cocoa mixture
1/2 tsp BP } and egg mixture
1/4 tsp salt } to dry ingredients
1 tsp vanilla }
1/2 cup nuts } Add to above
Bake at ~~350~~ (180°) 25 mins.

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.
1/2 cup Lemon Juice
3 egg yolks
4 egg whites

Method

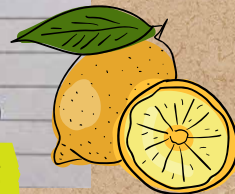
Crush Tennis biscuits, mix in the melted Butter
Press into a round dish, it will line the sides slightly.

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: (Franci vV)

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 gesmelte 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 geussel (Bakers Bin) en 125ml melk. Voeg paar druppels groen vordselgeu kleursel by en roer goed deur. Versprei die laag bo-op die koekieslaag en verkoel in yskas.

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 sny 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) } Mix gently
Pinch of salt

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 7-15 mins 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

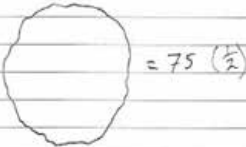
Vol 1/3 $\frac{1}{2}$

750g / 375g botter
650g / 325g suiker (800/400 ml)
850g / 425g bruismeel (615 k.)
325g / 162g Klapper (4/2 k.)
500g / 250g graanvlokkes (4/2 k.)
80g / 40g kakao (200/100 ml)
250 ml / 125 ml kookwater
200g / 100g melksjokolade
(150g)

Metode

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

★ Lewer 8/4 dosyn koekies



ANNEL 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.
- 3 tbs coconut oil
- 1 tsp vanilla essence
- 1/3 cup almond/peanut butter
- 1/3 cup coconut flour
- 1 tsp 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 16-19 min. Remove from oven + cool for 10 min.

Chocolate gâteau

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

Le gâteau au chocolat de Rafael (Uk)

- 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

Ingredients: the oven to 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 full cream yogurt. *→ 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

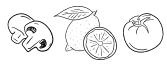
Bake for 15 minutes



I like to top it with a layer of lemon curd



JESS VAN PUTTEN



Oil Chocolate Cake

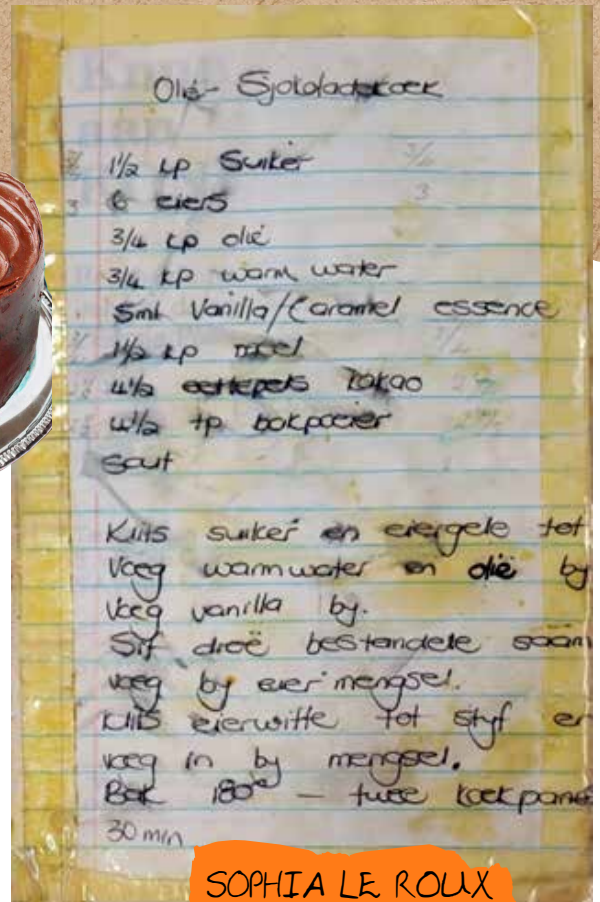
INGREDIENTS

- 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

Amanda's Apple Pie

Appelkert - Amanda

Kors:

- 2 kop Koekmeel
- 1 kop Suiker
- 2 deel 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 saaiemaak (net om effens te verdik)

SONJA VAN PUTTEN

Thanks Amanda!

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.



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.

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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

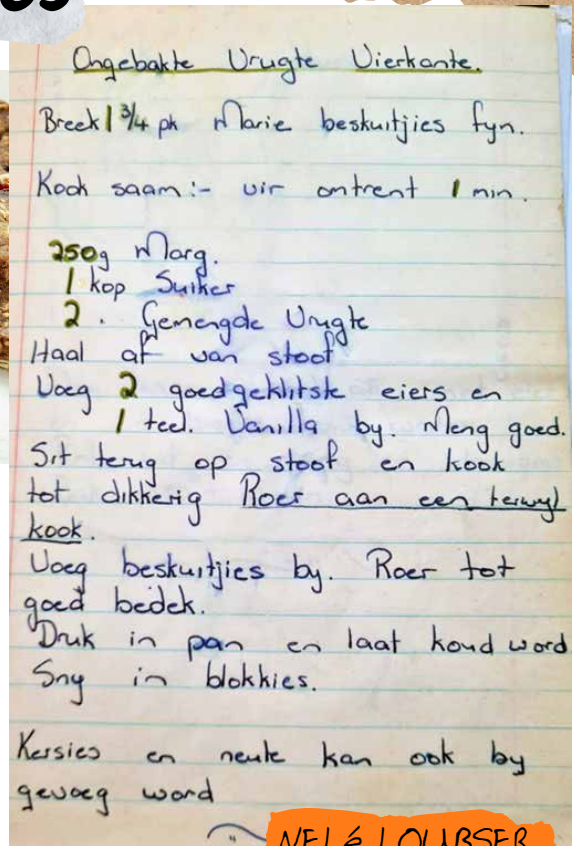
INGREDIENTS

Crumb $1\frac{3}{4}$ 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.

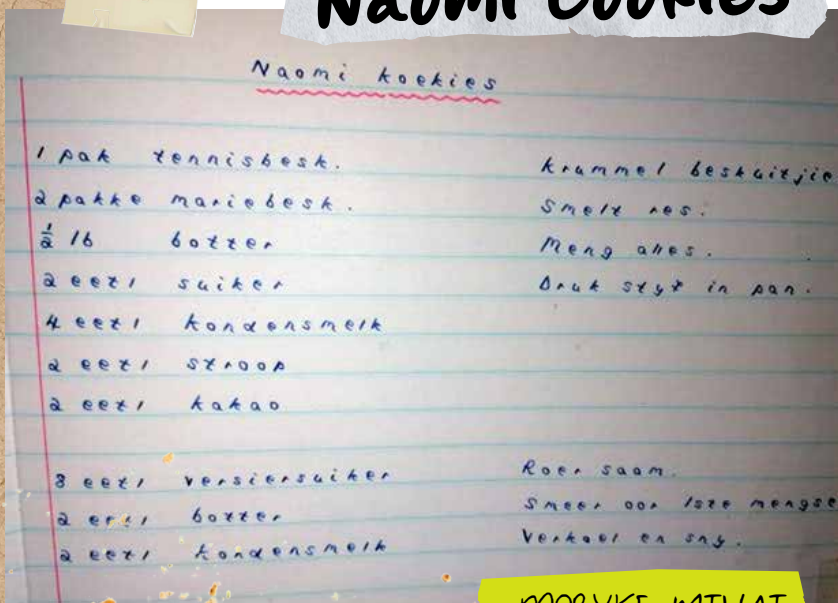


RECIPE

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.



Naomi Cookies



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

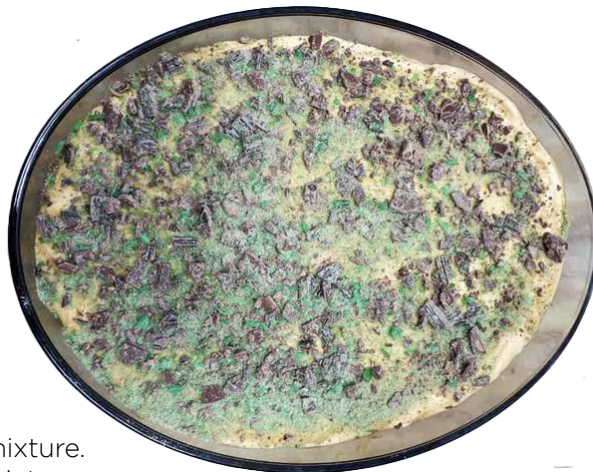
This is a really easy and truly tasty dessert! **JESS VAN PUTTEN**

INGREDIENTS

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

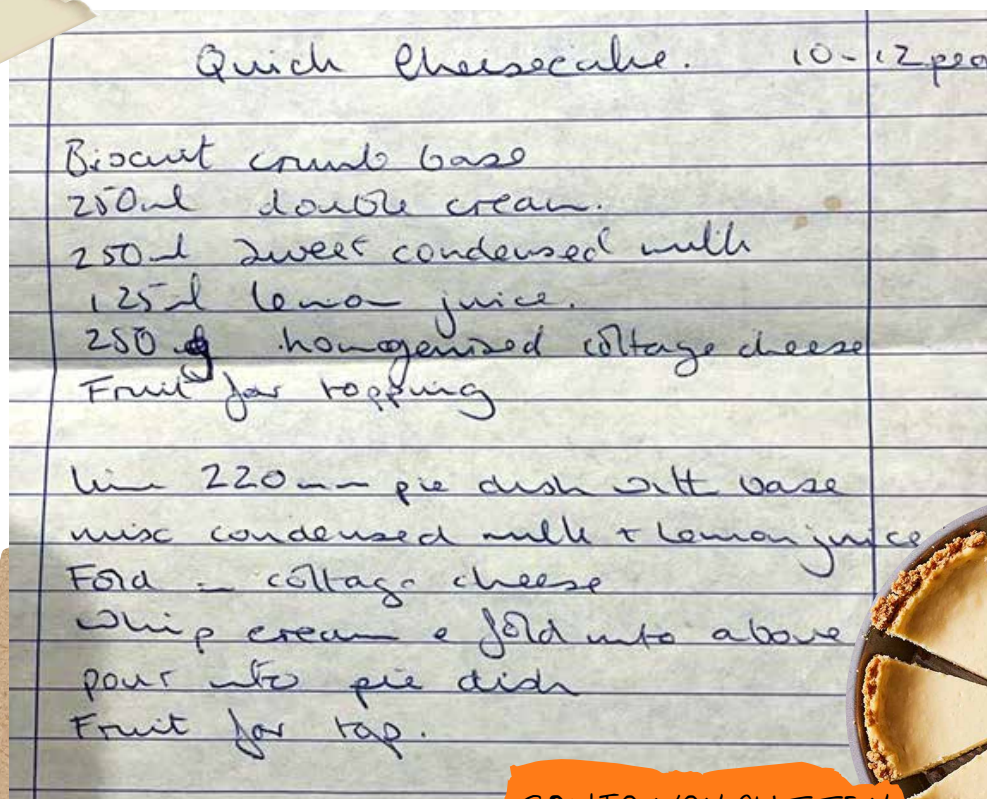
RECIPE

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)

