

My Family Cookbook

*What is better than a good plate of food?
Another good plate of food!*

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Vanilla Apple Pudding

Ingredients Pudding

2 Eggs – Room temperature
1/3 Cup of oil
1 Cup of sugar
1 Cup of milk
10ml Vanilla essence
2 Teaspoons baking powder
1/4 Teaspoon salt
2 Cups cake flour
1 Small tin of pie apples

Ingredients Sauce

1/2 Cup of milk
2 Tablespoons sugar
2 Tablespoons margarine
Whisk all ingredients together.
Remove pudding from oven and pour over the sauce.

Method

Place pie apples in a bowl and sprinkle with some sugar to sweeten. Sift all dry ingredients together. Add all wet ingredients and mix through thoroughly. Pour a bit of batter into a prepared oven dish. Dot with the apple pieces. Pour over the remaining batter. Bake in a preheated oven – 180 degrees – until done.

Notes

Serve with custard.



Bacon Mushroom Pie

Ingredients

1 Roll ready dough puffed pastry – thawed out.
1 Packet bacon bits
1 Punnet mushrooms – sliced
½ Onion chopped
½ Green bell pepper – chopped
1 Teaspoon Aromat
½ Teaspoon ground black pepper
1 ½ Cups grated cheese
1 Tablespoon of cake flour – heaped
¾ Cup of milk

Method

Roll out the pastry. Spray a baking pan, the pan must have sides of at least 2cm in height with Spray-n-Cook. Place pastry over pan. Leave the excess pastry to hang over the pan. Fry Bacon, onion, peppers and mushrooms in a little oil. Add cake flour, aromat and pepper and mix through. Add milk a little by little to make a thick sauce. Add a little cheese and mix through until melted. If sauce is very thick, thin out by adding a little milk. Pour the mixture on the pastry lining the pan. Fold over the overhanging pastry. It does not have to cover the mixture completely. Bake in a preheated oven – 180 degrees – for approximately 20 minutes. Sprinkle the grated cheese over the mixture and continue baking until cheese has melted. Remove from oven.

Notes:

Serve with a green salad.



Buttermilk Rusks

Ingredients

250g Melted Margarine
1 Cup sugar
1 kg Self raising flour
2 Eggs – room temperature
500ml Buttermilk
Pinch of salt

Method

Mix sugar and buttermilk. In a separate bowl mix flour and salt. Pour in the buttermilk mixture and the 2 eggs. Mix well – I find it easier doing it by hand. Add the melted margarine little by little until you have a smooth dough. Make small balls of dough. And pack into prepared bread tins. Place into a preheated oven – 180 degrees – for 15 minutes. Decrease heat to 160 degrees and bake until done. Test with a toothpick – should have no dough sticking to it. Remove from oven and turn out onto a cooling rack. Leave to cool to handling temperature. Separate into individual rusks and place into warming drawer to dry – approximately 3 hours

Notes:



Butternut Salad

Ingredients

1 Medium butternut
1 Small tin of pineapple pieces
¼ cup sugar

Method

Peel, deseed and grate the butternut.

Open tin of Pineapple pieces and add to grated butternut.

Mix all ingredients.

Refrigerate until cold.

Notes:



Butternut Soup

Ingredients

1 Large Butternut. Peeled, deseeded and cubed
½ Onion – chopped
2 Teaspoons crushed garlic
1 Teaspoon – heaped – medium curry powder
100ml Fresh Cream
1 Chicken stock cube – dissolved in a cup of warm water
Salt and pepper to taste

Method

Lightly fry onion and garlic. Add butternut cubes and curry powder. Stir to stop burning. Add chicken stock and more hot water to cover butternut. Cook until butternut is soft, but not mushy. Use a masher or Stick blender, mash / blend until smooth. Add salt and pepper to taste.

Add cream if using.

Notes

When serving add a splash of cream. Keeps well in refrigerator for 3 days.

No cream? Use milk.



Carrot Cake

Ingredients

250ml Cake flour
Pinch of Salt
150g Brown sugar
3 Eggs – Room temperature
150g Grated carrots
5ml Bicarbonate of Soda
10ml Baking powder
60g chopped Pecan nuts
2x mashed bananas
100ml oil

Method

Sift all dry ingredients together. Add the nuts and the remaining ingredients. Mix using a wooden spoon. Pour into a loaf pan sprayed with Spray-n-Cook. Bake in a preheated oven at 180 degrees for approximately 45 minutes. Turn out onto a cooling rack to cool.

Icing

175g Plain cream cheese
1 cup of Icing Snow
90g Soft Mooirivier salted butter – Do not substitute with margarine!
Mix all ingredients together until smooth. Ice cooled Carrot cake and decorate with some chopped Pecan nuts.

Notes



Cheese Muffins

Ingredients

2 Cups cake flour
10ml Baking powder
¼ Teaspoon salt
½ Teaspoon black pepper
½ Teaspoon Aromat
1 Cup grated cheese
2 Eggs – room temperature
¼ Cup oil
¾ Cup milk

Method

Mix all ingredients with a spatula or butter knife until a very soft dough. Spoon into a muffin pan, that has been sprayed with Spray-n-Cook. Fill cups ¾ full. In a preheated oven – 180 degrees – until golden-brown. Remove from muffin pan and place on a cooling rack to cool.

Notes



Chelsea Buns

Ingredients

1 Packet of bought dough.
1 small packet of seedless raisins
½ Cup white or brown sugar
½ Cup soft margarine.
Cinnamon

Method

Roll dough out into an oblong shape, on a lightly floured surface, until approximately 5mm thick. Lightly brush the whole top of the dough with the slightly melted margarine. Mix the sugar and cinnamon together. Sprinkle over the dough – don't be shy. Sprinkle the raisins liberally over the dough. Start at one of the long sides and roll the dough like a Swiss Roll. Cut off the ends. Cut the dough roll into medallions approximately 2cm thick.

Spray a non-stick oven pan with Spray-n-Cook. Place the medallions on the pan, leaving a slight space as the dough will rise. Preheat oven to 180 degrees. When the dough has risen to approximately double in size, place into oven for approximately 15 – 20 minutes. Remove from oven. Turn out onto a cooling rack and pour over the icing. Leave to cool.

Icing

4 Tablespoons icing powder
Warm water.
Mix the icing powder with the water until a medium runny consistency.

Notes



Chicken Salad

Ingredients

1 Rotisserie chicken
4 – 5 Lettuce leaves – chopped
1 Large firm tomato – chopped
½ Green bell pepper – chopped
½ Onion – chopped
5 – 6 Cocktail gherkins – chopped (Optional)
Salt, pepper and aromat to taste.
Mayonnaise

Method

Leave chicken to cool down. Debone the chicken. Cut into bite size pieces. Mix everything together and spoon some mayonnaise though – to taste. Place in refrigerator to cool.
Serve with fresh rolls or buns.

Notes

Variation
Fry some bacon bits and add.
Serves 3 persons.



Cremora Tart

Ingredients

1 Tin condensed milk
250g Packet Cremora
¼ Cup Lemon juice
1 Packet Tennis biscuits
1 Tablespoon margarine – Melted
200 ml Ice Cold Water

Method

Crush most of the tennis biscuits and mix with the margarine. Line the dish with the mixture. Line the side of the dish with whole Tennis biscuits.

Mix Cremora with ice cold water until completely dissolved and lump free. Mix in the condensed milk until smooth. Add lemon juice and whisk or beat until mixture thickens. Pour into the dish. And place in refrigerator for 1 hour.

Notes



Delicious Chocolate Cake

Ingredients

2 Cups cake flour
¾ Cup Cocoa powder
1 ½ Teaspoon's baking powder
2 Teaspoon's baking soda
Pinch of salt
1 Cup of milk
1 Teaspoon vanilla essence
1 ½ Cups sugar
½ Cup oil
1 Cup strong hot black coffee
2 Eggs – room temperature

Method

Sift all dry ingredients together. Mix eggs, milk, oil and vanilla essence. Slowly stir in the coffee. Add wet ingredients to the dry mixture and mix thoroughly. Pour into prepared baking tins. Place into preheated oven – 180 degrees – for approximately 35 minutes. Remove from oven. Leave in tins and place on a cooling rack and cover with a clean dish cloth for approximately 5 minutes. Turn out onto the cooling rack and leave to cool completely.

Icing of your choice

Notes



Lasagne

Ingredients

Lasagne leaves – bought or homemade
½ kg lean mince
1 tin onion / tomato mix
1 cup grated cheese
500ml homemade white sauce
3 teaspoons sugar

Method

Fry mince in a little oil until nearly done. Add onion and tomato mix. Add the sugar to cut the acidity. Season to taste with salt, pepper and aromat.

White Sauce: Melt 2 tablespoons margarine in a separate pan. Add 2 tablespoons of flour and mix until smooth. Add a little milk – room temperature – to create a smooth white sauce – thickness to your taste. Season with salt and aromat to taste.

In an oven pan, even out a layer of the mince mixture. Cover this layer with the lasagne leaves – entire area of pan. Pour some of the white sauce to cover the lasagne leaves. Continue this process until all the mince mixture is used. Top layer must be lasagne leaves.

Pour the last of the white sauce over the top lasagne leaves and cover with the grated cheese. Place into a preheated oven – 180 degrees – until the cheese has melted and begins to bubble.

Remove from oven.

Serves 2 to 3 persons. A green salad will be a great addition.

Notes



Malva Pudding

Ingredients (Pudding)

¾ Cup sugar
2 Eggs – room temperature
3 Heaped Tablespoons Apricot jam
150g Cake Flour
1 Teaspoon Baking soda
½ Teaspoon salt
1 Tablespoon melted butter or margarine
1 Teaspoon vinegar
½ Cup milk

Ingredients (Sauce)

2 Tablespoons Butter or margarine
½ Cup milk
2 Tablespoons sugar
1 Tot Brandy (Optional)
Remove pudding from oven and pour sauce over pudding.

Method

Beat sugar and eggs together. Add apricot jam and mix through. Add butter / margarine, salt and vinegar to mixture. Add flour, baking soda and salt. Mix through thoroughly. Pour into an oven proof glass dish. Place into a preheated oven – 180 degrees – until pudding is brown and baked through. Approximately 35 – 40 minutes.

Notes



Oxtail

Ingredients

1 Oxtail – for 3 persons
Meat spice – own preference
1 ½ Teaspoons Aromat
Oil for browning the oxtail
1 Packet Oxtail soup
3 Cloves of garlic – crushed
½ Onion – chopped
Vegetables of your choice

Method

Heat oil in a deep pan. Sprinkle oxtail pieces with the Aromat and meat spices. Place in pan and seal / brown the oxtail. Add a bit of boiling water to the oxtail mixture. Preheat oven to 180 degrees. Prepare a deep oven pan – must have a lid. Pour oxtail mixture into the oven pan. Cover the oxtail with boiling water. Cover pan with lid and place in oven. Cook for approximately 2 hours. Keep an eye on the water level – top up as necessary. Oxtail must not dry out, but kept moist. Once the oxtail starts getting soft, add the vegetables and adjust water level to cover. When the veggies is nearly done, mix the oxtail soup powder with some water and add to the oxtail. Replace lid and cook for a further 15 – 20 minutes. Serve with rice.

Notes



Pizza

Ingredients

2 Cups Cake flour
10ml Baking powder
½ Teaspoon of Salt
¼ Cup Oil
¾ Cup Luke warm water

Method

Sift all dry ingredients together. Add water and oil, bit-by-bit while mixing the dry ingredients into a soft, but not sticky dough. Set aside in a covered bowl.

Grate cheese and prepare other ingredients – to your taste – for the topping. Preheat oven to 180 degrees.

Roll dough out onto a lightly oiled surface. Place in a large oven pan. Lightly brush dough with Tomato sauce and add your toppings, then sprinkle cheese on top. Bake for 20 – 25 minutes until cheese has melted.

Remove from oven. Quarter and enjoy.

Notes

Can also be baked in a flat bottomed Dutch Oven pot – Cast iron. Place lid on to melt the cheese.



Salad Dressing

Ingredients

1 Teaspoon whole grain mustard
1 Tablespoon oil – preferably Olive oil
1 / 4 Cup Lemon juice
2 Tablespoons Honey
2 Teaspoons crushed garlic
Salt and pepper to taste

Method

Mix all ingredients together. If too acidic, add a little more honey.
Refrigerate and use as needed. Keeps for approximately 10 days.

Notes



Samosas

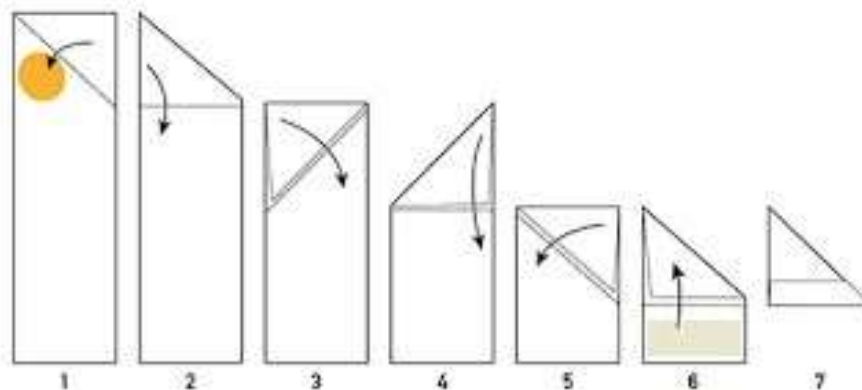
Ingredients

1 Packet of Fatima's Samosa strips.
Mince for a curry mix – the filling.
Oil for frying the samosas.

Method

Let the samosa leaves thaw completely.
Prepare the mince filling to your taste. Place one side to cool.

Fold the samosa strips.



Heat the oil in a pot – oil about 4cm deep.
Oil needs to be at medium heat.
Fill the samosas and seal by dubbing the end with a little water.
When ready to start frying, first place a small piece of the samosa strip into the oil. It must turn a golden-brown colour. The oil is now ready. Use a slotted spoon and place the samosas into the oil. One at a time. Do not over crowd the pot. Normally 3 to 4 samosas at a time. When they have turned golden-brown, remove from oil and place on a draining / cooling rack, to drain the excess oil. Leave to cool.

Notes



Savoury Tart

Ingredients

1x Pack – bits of Bacon
1x Dessertspoon chopped onion
1x Teaspoon mustard (Optional)
1x Cup grated cheese
1x Teaspoon chopped parsley
1x Dessertspoon cake flour heaped
1x Cup of milk
2x Eggs at room temperature
Salt and Pepper to taste

Method

Fry bacon and set aside to cool. Once cooled, mix all ingredients together and pour into an ovenproof dish – medium in size and sprayed with Spray-n-Cook. Bake in a preheated oven at 180 degrees, until light brown in colour. Remove from oven and set aside to cool.

Notes

Great with green salad in summer.



Scones

Ingredients

2 Eggs – room temperature
2 Cups of flour
10ml Baking powder
¼ Teaspoon salt
¼ Cup sugar
¼ Cup oil
10ml Vanilla essence
1 Cup Milk

Method

Preheat oven to 180 degrees
Sift dry ingredients together. Add all other ingredients. Mix well with a spatula or butter knife. Prepare Muffin pan with Spray-n-Cook. Spoon mixture into each muffin cup – approximately $\frac{3}{4}$ full. Bake in oven for 10 – 12 minutes, until lightly brown on top.
Repeat until mixture is finished.

Notes



Shortbread

Ingredients

1 Packet Castor sugar (for sprinkling on top)
2 Cups flour
1 Cup Maizena
1 Cup Icing sugar
260g of Mooi River Salted butter.

Method

Preheat oven to 160 degrees.
Mix icing and butter well. Sift flour and Maizena together. Add butter and icing mixture. Mix through thoroughly by hand until it looks like bread crumbs. Lightly spray baking sheets with Spray-n-Cook. Sprinkle mixture onto baking pan until approximately 1 ½ cm thick. Press down firmly and prick with a fork. Place pan in oven. Bake for approximately 15 minutes, until light brown. Remove from oven and sprinkle with the castor sugar. Cut into squares or fingers. Place onto a cooling rack to cool.

Notes

Only use Mooirivier butter, otherwise it will flop!



Soet Koekies

Ingredients

3 Eggs – room temperature
3 Tablespoons of margarine – heaped
1 Cup sugar
10ml Vanilla essence
10ml Baking powder
¼ Teaspoon salt
Cake flour

Method

Mix eggs, sugar and margarine until smooth. Add vanilla essence, baking powder and salt. Mix through thoroughly, adding cake flour, little by little, until a soft dough that does not stick to the fingers on touch. Using a teaspoon add drops onto a flat oven sheet, leaving a space of approximately 1cm. Using a fork, dipped in cake flour, press down each drop of dough. Place in a preheated oven – 180 degrees – for approximately 7 to 8 minutes. Remove from oven and place onto a cooling rack to cool.

Notes

Optional
Add Chocolate chips or coconut or raisins or chocolate vermicelli to the mixture for a variety.



Tomato and Onion Gravy

Ingredients

4 Tomatoes - Medium
1 Onion – Medium
2 Cloves of Garlic
½ Green Bell Pepper
1 Tablespoon Fresh Parsley
1 Tablespoon Sugar – level
Oil
Salt and Pepper to taste

Method

Chop garlic very finely. Chop the tomatoes, onion and bell pepper. Place pan over a medium heat, and add a little oil. Fry the onion lightly then add the tomatoes, bell pepper and garlic. Add a bit of water, if necessary, to stop burning. Taste the gravy, and if too acidic, add the sugar and stir in until dissolved. Season with salt and pepper, to taste. Add the parsley just before serving.

Notes

Great with pap, pasta or rice. Can be used when making pasta and meatballs.



Mince Balls / Hamburger Patties

Ingredients

½ Lean Mince meat
1 Teaspoon of meat spice of your choice
½ Teaspoon of Aromat
½ Teaspoon coarse Black Pepper
1 Tablespoon of finely chopped onion
Oil
1 Level teaspoon of crushed garlic (optional)

Method

Meatballs

In a bowl, mix all the ingredients together well. Form medium sized meatballs. Place a pan over medium heat and heat some oil for frying. Place the meatballs in the pan and fry until done, turning continuously to stop burning.

Hamburger Patties

Make meatballs as above. Before frying, press flat to thickness of patties desired. Fry the patties on both sides until done

Notes

Meatballs

Add the tomato and onion gravy when meatballs are nearly done. Great with pasta or rice.

Patties

Assemble hamburger to your taste.



Melk Kos / Milk Food

Ingredients

1 Tin Condensed milk
3 Tins of lukewarm water
4 Tablespoons – Heaped – Maizena
Cinnamon

Method

Mix the Maizena in some water to make a loose paste. In a pot pour in the condensed milk. Add the lukewarm water until the condensed milk is mixed through properly. Place onto a medium heat and bring to a slow boil. Add the Maizena a little at a time until the mixture begins to thicken. Dipping a spoon into the mixture, it should not run off easily. Mixture is ready to serve.

Notes

Dish up into bowls and sprinkle over some cinnamon.
Serves 3 – 4



Homemade Pasta recipe

Ingredients

3 cups (15oz/426g) all-purpose flour

4 large eggs* (or 5 small eggs)

Method

On a large flat clean surface. Place the flour in a mound.

Crack all 4 large eggs into the centre of the mound of flour creating a well to hold the eggs.

Using a light hand, break the yolks of the egg and gently bring the flour into the centre of the well using your fingertips.

Keep incorporating the flour into the eggs until all the flour has been absorbed. This will be a messy process, but it is well worth it! Once the dough starts to form, bring it together with your palms and knead into a smooth yellow dough. This will take roughly 5 minutes. Note: If your dough is on the dry side you can add a little SLASH of water to bring it together.

When the dough forms a ball, cover tightly with cling wrap and refrigerate for a minimum of 30 minutes to allow the dough the rest and the gluten to develop. No longer than 18 hours.

After resting, remove the dough from the fridge and cut it into 4 equal pieces. Set aside and cover with a towel to stop it from drying out.

Flour your work surface and rolling pin and roll 1 ball of dough at a time into a large thin sheet. I don't give dimensions for this part as it varies but my one note would be to get it as thin humanly possible. Like paper-thin.

Once the dough has been rolled out, fold it over itself several times. Cut the roll of pasta into strips roughly 1/4 inch thick depending on what pasta you are making. Then dust some flour over the sliced strips of dough and unravel them to reveal your fresh pasta! Repeat this process with the remaining dough. Set cut pasta aside on a tray and leave it out at room temperature to cook-off or cover and place in the fridge to be cooked later.

To Cook Fresh Pasta

Place a medium pot over medium-high heat and boil 8 cups of water. Once the water is boiling salt it and place the fresh pasta in the water.

Add the pasta and allow to cook for roughly 2 minutes or until tender. When the pasta floats to the top of the pot it is ready.

Strain the water off the pasta and serve as desired.

How to Store Fresh Pasta

To store fresh pasta keep it covered on a tray in the fridge for up to 3 days. It also freezes really well for up to 4 weeks.

Notes

*Large Eggs: It's important to use 4 LARGE eggs as you will need it all to moisten your dough. You could also try 5 small eggs too.



Homemade Mayonnaise Without a blender

Ingredients

1 Egg - room temperature
1 Tablespoon Lemon juice
1 Teaspoon Gijon mustard
1 Garlic glove minced
1 Cup Oil
Salt

Method

Add egg, mustard, lemon juice and garlic to a bowl. Use a mixing bowl with a non-slip base so it stays stable while you're whisking. Whisk ingredients together and season with salt. While whisking, start to add oil, one drop at a time. Use a squeeze bottle to control the flow of the oil. Once about $\frac{1}{4}$ of a cup is added, start pouring a steady stream of oil while continuing to whisk with your other hand. When all of the oil is added, the results should be a pale-yellow sauce.

Notes



Paul Hollywood's White Bread

Ingredients

500g / 1 lb 2oz Strong white flour, plus extra for kneading.

1 Teaspoon Salt

1 7g sachet of instant yeast

320ml / 11 ½ oz cold water

40ml / 1 ½ Fl oz olive oil, plus extra for kneading

Method

Place the dry ingredients in a bowl, taking care not to have the salt and yeast touching. Add the oil and 240ml/9fl oz of water.

Using your hands, mix the ingredients together. Gradually add the remaining water (you may not need it all), until all the flour leaves the side of the bowl and you have a soft, rough dough.

Pour a little oil onto a clean work surface. Sit the dough on the oil and begin to knead. Do this for 5-10 minutes, or until the dough becomes smooth and silky. Once the correct consistency is achieved, place the dough into a clean, oiled bowl. Cover with cling film and leave in a warm place until tripled in size.

Once risen, place the dough onto a floured surface. Knock the dough back by folding it in on itself repeatedly. Do this until all the air is knocked out and the dough is smooth.

To shape into the bloomer, flatten the dough into a rectangle. With the long side facing you fold each end into the middle then roll like a Swiss roll so that you have a smooth top with a seam along the base. Very gently roll with the heel of your hands.

Place on a tray lined with parchment paper, cover and leave to prove for 1-2 hours at room temperature, or until doubled in size.

Lightly spray with water and dust with a little flour. Make four diagonal slashes using a sharp knife across the top.

Preheat the oven to 220/425F/Gas 7 and place a baking tray filled with water on the bottom shelf of the oven - this will create steam when the loaf is baking. Place the loaf on the middle shelf and bake for 25 minutes. After this time lower the heat to 200C/400F/Gas 6 and bake for a further 10 minutes. Remove from the oven and leave to cool on a wire rack.

Notes



KoekSisters – Step 1

Ingredients-Syrup

Syrup – Make the day before

1 kg sugar
1 ½ Cups of water
1/3 Cup Lemon juice
1 Teaspoon cinnamon powder or 2 cinnamon sticks

Method-Syrup

Dissolve sugar in the water. Add the lemon juice and cinnamon. Place on stove and boil to a SLOW boil, maximum of 5 min. Remove from heat and set aside to cool. Once cooled, place in refrigerator. If using cinnamon sticks, remove before placing in refrigerator.

Notes

Remaining syrup can be kept in the refrigerator for up to 2 weeks.



KoekSisters – Step 2

Ingredients-Dough

2 Cups of flour
½ Teaspoon salt
2 Tablespoons baking powder – do not use less!
4 Tablespoons soft butter or margarine
1 Egg – room temperature
½ Cup of water

Method-Dough

Sift flour, baking powder and salt. Rub in soft butter or margarine. Mix egg with water and add bit by bit until the mixture develops into a soft pliable dough. Leave to rest in a cool place – covered – for 3 hours. Roll out on a slightly flour dusted surface, to thickness of approximately 5mm. Cut dough into 3cm strips. Cut the strips into 3 pieces, keeping one end uncut. Plait the strips and press the ends together.

Heat oil in a pot to a medium heat. Use a slotted spoon and place the plaited strips into the oil – one by one. Do not over crowd the pot. Fry until a golden-brown. Remove and place into the syrup mixture. Soak in syrup until next batch is ready for the syrup. Remove from syrup and place into a pan to cool down. Repeat until all plaited strips are fried and soaked in the syrup. Leave to cool. Place in refrigerator.

Notes