

The FunkyMunky Christmas Recipe Collection

I am always being asked for Festive recipes, so I decided to put together a selection in eBook format.

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<http://funkymunky.co.za>

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Merry Christmas!!

Cookies and Cakes

CHUNKY MONKEY COOKIES

200g flour
1 tsp bicarbonate of soda
125g caster sugar
125g butter
1 egg
1 Tbsp milk
150g white chocolate
75g glacé cherries

1. Mix the flour, bicarb and caster sugar together, then rub in the butter to make fine crumbs
2. Beat together the egg and milk and add to the dry ingredients
3. Chop the white chocolate and cherries into small pieces and add to the other ingredients, mix well
4. Drop heaped dessertspoons of mixture onto a greased baking sheet, spaced well apart
5. Bake at 180°C for 8 - 12 minutes, until lightly browned
6. Leave for 2 minutes to harden, then transfer with an egg lifter to a wire cooling rack

GINGER SHORTBREAD BISCUITS

250g butter
125ml castor sugar
250g cake flour
10ml ground ginger
castor sugar for sprinkling

1. Cream together the butter and sugar until light and fluffy
2. Sift together the flour and ginger and gradually work into the butter mixture
3. Knead lightly and roll on a floured surface until 5mm thick
4. Cut into shapes using a biscuit cutter
5. Bake at 160°C until golden brown
6. Sprinkle with castor sugar while warm

CHRISTMAS MINCE PIES

Ingredients

350 g cake or all-purpose flour
a pinch of salt
125 g castor sugar
175 g butter, cut into cubes
6 egg yolks, beaten
250 ml good-quality fruit mincemeat
1 apple, peeled and grated
1 each orange and lemon, grated rind
splash of brandy or rum

Method:

Place the flour, salt and sugar in a bowl.
Add the butter and work it in, using your fingertips.
Mix in the egg yolks briefly, just until the dough holds together.
Knead into a ball and leave to rest for 30 minutes.
Roll out the pastry on a floured surface.
Cut out rounds, using a 5 cm diameter cookie cutter, and stamp out small star shapes from the leftover pastry.
Press the pastry rounds into the hollows of tartlet tins.
Mix mincemeat, apple, rind and brandy or rum.
Drop 5 ml filling into each pastry case and top with a star shape.
Bake at 190 °C for about 15 minutes, or until the pastry is golden.
Cool on wire racks.

Tips

Serve warm, with a dollop of brandy butter or a dusting of icing sugar.
Make the pies in advance and freeze them.
When grating citrus peel or ginger, cover the side of the grater with cling film and grate over it. It's easier to lift off and you'll have a clean grater.

CHRISTMAS FRUIT CAKE

Ingredients

500 g fruitcake mix
50 g candied peel
150 g assorted glacé fruit
200 g butter
250 g soft brown sugar
5 ml mixed spice
15 ml bicarbonate of soda
250 ml brandy or rum
2 extra-large eggs
125 ml sherry
125 ml milk

400 ml cake or all purpose flour
100 g mixed nuts

Method:

Preheat the oven to 150 °C.

Grease the cake pan well and line it with baking paper or greaseproof paper. Add a brown paper collar, if using.

Combine the fruit, butter, sugar, mixed spice, 7 ml bicarbonate of soda and brandy in a large, heavy-based saucepan. Simmer gently over moderate heat for 20 minutes, stirring occasionally with a wooden spoon. Cool.

Beat the eggs until frothy in a large mixing bowl. Add the sherry and milk and whisk with the eggs.

Sift the flour and remaining bicarbonate of soda together into a large mixing bowl and add the chopped nuts.

Add the cooled fruit mixture and the egg mixture to the flour and nuts and mix through evenly.

Pour the mixture into the prepared cake pan, to three quarters full.

Bake the cake for 1 1/2 to 1 3/4 hours.

Test to see if the cake is done: insert a thin metal skewer into the centre of the cake then remove it. If the cake is done, it will come out clean with no trace of stickiness.

If ready, remove the cake from the oven, place a plate on top and cool it on a wire rack for a few minutes. Remove the plate and the pan, shaking it loose carefully, then peel the lining paper off the bottom of the cake. Sprinkle the cake generously with extra brandy.

When the cake is cool, turn it right side up and decorate it with whole almonds and glacé cherries.

CHRISTMAS CAKE

The cake must be baked in October and iced in December

375g Cake Flour
375g Butter (not margarine)
250g Brown Sugar
6 Large Eggs
250g Currents
250g Seedless Raisins
250g Sultanas
125g Mixed Peel
250g Cherries
2 tsp Baking Powder
2 tsp Mixed Spice
1/2 tsp Salt
125ml Brandy
1/4 tsp Nutmeg
1/4 tsp Cloves

1/4 tsp Cinnamon
1 tsp Black Treacle (I use Syrup)
1 tsp Cocoa
100g Ground Almonds
1/2 jar (250g) Fruit Mix
Extra Brandy for Soaking the Cake

1. Wash and dry all the fruit
2. Pour the brandy over the fruit and soak overnight stirring occasionally
3. Cream the butter and sugar well
4. Add the eggs 1 at a time plus a Tsp of flour with each egg
5. Add treacle
6. Add fruit mince and fruit
7. Fold in all the dry ingredients and mix well
8. Fold in the ground almonds
9. Grease a round cake tin and line it with wax paper
10. Wrap 4 layers of brown paper over the outside of the tin and secure with string
(This prevents the cake from getting too brown on the sides)
11. Bake in a pre-heated oven 150 C for 3 1/2 hours.
(If the top gets too dark, cover with tin foil)
12. Take out of oven and pour about 20ml of extra brandy over cake
13. Store in an airtight tin, pouring brandy over every week to keep moist

By December your Christmas cake is ready to ice and should be smelling delicious

ALMOND PASTE

450g Ground Almonds
225g Sifted Icing Sugar
225g Caster Sugar
8 Large Egg Yolks
1 tsp Almond Essence

1. Mix the almonds with the sugars
 2. Add egg yolks and essence and mix together to form a soft, but not sticky paste
 3. Smooth the paste by kneading briefly on a icing sugar dusted board
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1. Turn out your cake and place upside down on a cake board or stand
 2. Make lots of holes in the cake with a skewer, piercing about 3/4 way through the cake
 3. If you want to, you can add a little more alcohol at this stage, and allow to seep into the holes
 4. Brush the cake with 45ml of heated smooth apricot jam
 5. Roll almond paste out into a round big enough to cover the cake

entirely, top and sides

6. Lift the paste onto the cake, easing it over the top and down the sides

The easiest way to lift the paste, is to ease it over your rolling pin

7. Press gently, but firmly into position and trim excess at the bottom edge with a knife

8. Smooth with a palette knife, and leave uncovered, to set for 24 hours in a cool dry place

ROYAL ICING

900g Sifted Icing Sugar

4 Large Egg Whites

1 Tsp Glycerine

2 tsp Lemon Juice

1. Put the icing sugar and egg whites into a large mixing bowl

2. Beat together till smooth and fluffy

3. Beat in the glycerine and lemon juice

4. Spoon about 3 Tsp of the icing over the top of the cake and spread it evenly

5. Drag a clean metal ruler, or something like that, over the icing to smooth it

6. Trim the excess icing from round the top edge of the cake and leave to set overnight

7. Put the remaining icing in a clean bowl, cover with cling wrap and refrigerate

8. Next day, beat the remaining icing again, and give the top of the cake another layer

9. Spread the remaining icing round the sides of the cake, letting a little overflow onto the top of the cake

10. Pull icing into peaks with a knife

11. Leave to dry and decorate with Christmas decorations and ornaments as desired

12. If the top of your cake has a few dents in it, place a decoration over the dent or dust with icing sugar

13. If you really battle to get the top smooth, rather peak the entire cake with a knife, but remember, decorations can hide a magnitude of little faults

Have fun, that is the most important thing

CHRISTMAS CAKE

Ingredients:

4 bottles of Vodka
1 cup of water
1 tsp baking soda
1 cup of sugar
1 tsp salt
1 cup of brown sugar
lemon juice
4 large eggs nuts
2 cups of dried fruit

Method:

Sample the vodka to check quality.
Take a large bowl, check the vodka again.
To be sure it is the highest quality, pour one level cup and drink.

Repeat.

Turn on the electric mixer.
Beat one cup of butter in a large fluffy bowl.
Add one teaspoon of sugar. Beat again.
At this point it's best to make sure the vodka is still OK.
Try another cup just in case

Turn off the mixer.
Break 2 eggs and add to the bowl and chuck in the cup of dried fruit.
Pick fruit off floor. Mix on the turner. If the dried fruit gets stuck
in the beaters pry it loose with a screwdriver.
Sample the vodka to check for consistency.
Next, sift two cups of salt. Or something.
Who gives a shoot

Check the vodka.

Now shift the lemon juice and strain your nuts.
Add one table.

Add a spoon of sugar. Whatever you can find.

Grease the oven and pee in the fridge.

Turn the cake tin 360 degrees and try not to fall over Don't forget to
beat
off the turner.

Finally, throw the bowl through the window, finish the vodka and kick
the
dog.

Fall into bed.

CHERRY MISTMAS!

HERTZOGGIES

PASTRY

500ml Cake Flour
45ml Caster Sugar
10ml Baking Powder
1ml Salt
125g Butter or Margarine
3 Egg Yolks
15ml Cold Water

FILLING

75ml Smooth Apricot Jam
3 Egg Whites
250ml Sugar
500ml Desiccated Coconut

1. Sift flour, caster sugar, baking powder and salt together
2. Rub in softened butter until it resembles breadcrumbs
3. Beat egg yolks and water and add to flour
4. Mix to a soft consistency, adding a little water if dough is too stiff
5. Knead dough thoroughly
6. Roll out thinly, cut into circles and line oiled muffin tins

FILLING

7. Place a little jam in the centre of each pastry
8. Beat egg whites till stiff, and gradually add the sugar
9. Fold in the coconut
10. Place spoonfuls of coconut mixture on top of the jam
11. Bake for 20 - 25 minutes at 180 C
12. Allow to cool

JAN SMUTS COOKIES

PASTRY

750ml Cake Flour
10ml Baking Powder
1ml Salt
250g Butter or Margarine
200ml Sugar
2 Eggs Beaten

FILLING

125g Butter or Margarine
150ml Sugar
2 Eggs Beaten
225ml Cake Flour
5ml Baking Powder
100ml Smooth Apricot Jam

1. Sift flour, baking powder and salt together
2. Rub in softened butter till mixture resembles breadcrumbs
3. Add sugar and mix lightly
4. Add eggs, and mix to a stiff dough
5. Roll out 3mm thick and cut rounds of 80mm
6. Line oiled muffin tins with the pastry circles

FILLING

7. Cream butter and sugar
8. Add eggs and mix well
9. Add sifted flour and baking powder to egg mixture and mix well
10. Place a little apricot jam in the centre of each circle and top with 15ml of filling
11. Bake for 15 min at 180 C
12. Leave to cool and dust with a little caster sugar

GINGERBREAD MEN

50g Butter
100g Soft brown sugar
3 Tsp Black Treacle (or syrup)
225g Cake Flour
1 Dsp Bicarb
2 tsp Ground Ginger
1 tsp Cinnamon
Pinch Salt
Little Cream
Little Caster Sugar
Raisins for decoration

1. Cook butter, treacle and sugar over a low heat till dissolved, then allow to cool
2. Add sifted flour, bicarb, spices and salt to cooled liquid and mix
3. Add a little cream to make a stiff dough
4. Wrap in greaseproof paper and chill for 30 minutes
5. Roll dough to a thickness of 5mm and sprinkle with caster sugar
6. Cut out shapes with a gingerbread cutter (available from most stores)
7. Lift carefully onto a greased baking sheet
8. Mark eyes, nose and buttons with raisins and bake at 170 C for 10 - 15 minutes
9. Allow to cool

LOW CHOLESTEROL CHRISTMAS CAKE

1 kg mixed dried fruit
150g glacé apricots, chopped
150g glacé pineapple, chopped
250ml brandy
250ml treacle brown sugar
80ml oil
3 extra large egg whites, lightly beaten
5ml vanilla essence
15ml molasses or golden syrup
15ml orange marmalade
60ml orange juice
15ml finely grated orange rind
500ml cake flour
125ml self raising flour
5ml ground nutmeg
5ml ground cinnamon
5ml ground cloves
5ml mixed spice
60ml brandy for pouring over

Mix the fruit in a large bowl with the brandy, cover and leave overnight, stir occasionally. Preheat the oven to 150°C. Grease and line a 20cm square or 23cm round cake pan with greaseproof paper. Beat the sugar, oil and egg whites till combined. Add the essence, molasses, marmalade, juice and rind and beat until combined. Transfer to a large bowl and stir in the fruit and sifted dry ingredients. Spoon into the tin, tap on the table to remove any air bubbles, and smooth the surface. Bake for 3 to 3 1/2 hours. Remove from oven, pour over the brandy and cool in tin before removing the paper.



Meat Recipes

CHRISTMAS TURKEY

1 turkey weighing about 3½ - 4 kg
1 large pear
3 Tbsp butter
salt
pepper
apple

1. Cut the pear into quarters without peeling it
2. Roll the pear in a salt and pepper mixture
3. Remove the giblets from inside the turkey and put in the pear quarters
4. Sew up all the openings and truss the turkey (tie the legs together)
5. Put the turkey onto a baking rack and bake in a moderate oven 180°C
6. Halfway through the baking, pour 1 glass of water into the drip pan
7. Once cooked (about 2 - 2½ hours) wrap entirely in tin foil and keep warm until you serve
8. By doing this, the turkey stays moist
9. Meanwhile put the liver through a fine food sieve and fry gently in butter, salt and pepper
10. Add the baking juice from the drip tray to the liver (the liver will thicken the sauce)
11. Decorate the dish with the pieces of pear and apple fried in butter.
12. Sautéed chestnuts also go well with turkey
13. Serve the sauce in a gravy boat

VIRGINIA HAM

1 whole ham, about 4kg
½ bottle dry white wine
1 bouquet garni
20 peppercorns
40 cloves
¾ cup sugar
50ml white rum
1 can pineapple rings
1 cup stock
1 Tbsp tomato paste
½ cup butter
1 ¼ cups caster sugar

1. Cook the ham for 3½ hours with the wine and enough water to cover, the bouquet garni and 20 peppercorns
2. Take off the stove and allow to cool in the liquid
3. Drain and keep some of the liquid to add to the sauce
4. Remove the rind and excess fat from the gammon and score into cubes
5. Stud the cubes with whole cloves and place in an ovenproof dish
6. Cook the sugar until light gold in colour (this is now caramelised)
7. Set a ¼ of the caramel aside for the sauce and cover the ham with the rest
8. Preheat the oven to 180°C for 15 minutes, then bake the ham on a low heat to glaze
9. Meanwhile prepare the sauce by pouring the rum, stock, tomato paste and cooking liquid into the caramel
10. Stir well and allow to reduce by a ¼ then check the seasoning
11. Drain the pineapple, keeping one ring per guest, and dicing the rest into the sauce
12. Fry the remaining rings in a little butter, sprinkling with caster sugar to caramelize
13. Surround the ham with the pineapple rings and serve the sauce on the side

FRESH HAM with HERBS

3 kg fresh ham leg
2 Tbsp mixed herbs (rosemary, sage, thyme etc)
salt & pepper
3 Tbsp red currant jelly
125ml sour cream
couple of drops of lemon juice
2 Tbsp margarine
1 ¼ kg medium-sized potatoes, peeled and boiled until slightly cooked

1. Place the ham on a rack in an oven pan and surround with potatoes
2. Cook at 180°C for 30 minutes per 500g of weight
3. As the ham cooks, spread the herb mixture, salt and pepper over the meat, and turn the meat often
4. When the meat is brown on all sides, cover with tin foil and lower the heat slightly and continue to cook
5. Test for readiness by inserting a knitting needle into the centre of the meat. The temperature of the point must be the same as the surface. Remove and keep warm
6. To the sauce in the drip pan, add the red currant jelly, stirring until it melts, then bring to the boil and reduce slightly
7. Add the cream and turn off the heat
8. Add some drops of lemon juice and season to taste
9. Serve the ham surrounded with potatoes and the sauce on the side

GAMMON in PORT SAUCE

3 kg gammon
1 litre stock
2 cups port
10 Tbsp water
3 spring onions
2 onions
1 carrot
1 bouquet garni
6 peppercorns
pepper
1 Tbsp cornflour
2 Tbsp butter cut into chunks

1. Boil the gammon in the stock for 30 minutes per 1kg, allow

to cool in stock

2. Remove the rind and excess fat from the meat
3. Put a little of the fat in a frying pan and add thinly sliced onions, shallots and grated carrot
4. When the vegetables are slightly brown, add the port, 10 Tbsp water, bouquet garni and 6 peppercorns and put into an ovenproof dish with the gammon on top
5. Cook uncovered, in a hot oven 190°C, regularly turning to brown the meat all over
6. Test the gammon for readiness with a needle, then take the meat out and keep warm
7. Sieve the sauce and thicken with 1 tablespoon of cornflour dissolved in cold water, check the seasoning
8. When about to serve, whisk the butter, in small chunks, into the sauce

BRAISED VENISON

- 2 ½ kg venison of your choice
- 6 cups dry white wine
- 1 ½ cups white wine vinegar
- 1 cup oil
- 3 carrots, chopped
- 2 onions, chopped
- 2 garlic cloves, chopped
- 4 stems parsley
- 2 stems thyme
- 2 bay leaves
- 1 Tbsp salt
- freshly ground black pepper
- 3 cloves
- 250g diced bacon
- ½ cup Madeira wine
- ¼ cup pine nuts
- ¼ cup raisins
- 1 Tbsp maizena
- 2 Tbsp butter, unsalted

1. Heat 3 Tbsp oil in a casserole and cook the carrots, onions and garlic until softened, about 5 min
2. Add the dry white wine and vinegar and bring to the boil
3. Reduce heat and simmer for 30 minutes, cool
4. Place the venison in a deep casserole and add parsley, thyme and bay leaves
5. Sprinkle with 1 Tbsp salt
6. Add the remaining oil to the marinade and pour over the

meat

7. Cover and refrigerate for 1 - 3 days

8. Remove the venison from the marinade and dry with paper towels

9. Strain and reserve the marinade and marinated vegetables

10. Preheat oven to 180°C and brown the meat and bacon in a large casserole

11. Pour in 1 ½ cups marinade and bring to the boil

12. Transfer the casserole to the oven and roast for 2 hours, basting the meat often and adding more marinade if necessary

13. After 2 hours, cover and continue cooking for another 2 hours, remove the meat and keep warm

14. Soak the raisins and pine nuts in the Madeira

15. Bring the cooking liquid to the boil and cook until reduced by half, season with freshly ground black pepper and the cloves

16. Stir the raisins, pine nuts and Madeira into the sauce and heat through

17. Stir the maizena, dissolved in a little water, into the sauce, bring to the boil, and allow to thicken for 1 minute

18. Just before serving, whisk the butter, little by little into the sauce, but do not boil

LEG of LAMB BOULANGÈRE

2kg leg of lamb

2 cloves garlic

1 onion

2kg potatoes

100g butter

thyme

bay leaf

salt & pepper

1. Allow the lamb to reach room temperature before cooking

2. Thinly slice the potatoes

3. Take 1 large tsp of stripped thyme, grind 2 bay leaves and finely chop the onion

4. Combine all these ingredients with 1 tsp salt and a generous pinch of freshly ground black pepper

5. Butter an ovenproof dish and fill with 2 layers of potato, sprinkling the herb mixture over each layer

6. Add ½ of the butter cut into pieces, and enough warm water to barely cover the potatoes

7. Bake this in a hot oven 190°C for 1½ hours

8. The potatoes will be cooked when there is only a little

liquid left in the bottom of the dish

9. Cream the remaining butter with the salt and pepper - $\frac{3}{4}$ teaspoon

10. Spread the butter mixture over the lamb and push slivers of garlic into the meat

11. Put the lamb on top of the potatoes and cook, uncovered, for 20 minutes per 500g, turning to brown

12. When roasted, let the meat rest for 5 minutes with the oven off and the door ajar

13. Slice the lamb and retrieve as much juice as you can to pour over the lamb

14. The success of this delicious dish is the potatoes being completely cooked when you add the lamb

MARINATED BEEF with GINGER and SPICES

1 anchovy

1 tsp turmeric

1 chili pepper

$\frac{1}{2}$ tsp powdered lemon grass

100g peanuts

100g fresh ginger

100g sugar

2 tsp tamarind paste

2 tsp cumin powder

2 dsp peanut oil

100ml water

4 cloves garlic

5 medium onions (red if available)

500g beef fillet

salt and black pepper

1. Cut the meat into thin strips and place in a shallow dish

2. Finely chop 3 onions, garlic and ginger and crush 50g of peanuts

3. In a bowl mix the 60g sugar, the onion mixture, crushed peanuts, turmeric, cumin, lemon grass and salt

4. Rub into the meat strips and leave in a cool place to marinate

5. For the sauce, crush the anchovy with a fork until finely mashed

6. To the anchovy, add the chopped pepper, remaining 50g of peanuts, crushed and 1 finely chopped onion

7. Add the rest of the sugar, the tamarind paste

8. Brown the last onion in the peanut oil and add the anchovy mixture and 100ml water and stir well

9. Season with salt and pepper, remembering the anchovy is very salty, so taste first
10. Simmer for 10 minutes over a low heat, adding a little extra water if necessary, then keep warm
11. Thread the meat strips onto skewers in a zig-zag pattern and grill in a pan (skillet) over a high heat
12. Serve immediately with the sauce in a separate bowl

ROAST TURKEY

7 - 9kg whole turkey
salt & pepper
25 - 50ml butter or margarine

1. Heat oven to 160°C
2. Rinse turkey and pat dry with a paper towel
3. Sprinkle the cavity lightly with salt & pepper, secure legs together and place in a large roasting pan
4. Place the butter in a 250ml measure and microwave for 45 seconds on high, or until melted
5. Brush the turkey with the butter and sprinkle with salt & pepper
6. Insert a meat thermometer, if you have one, in the thigh and cover with foil
7. Estimate total cooking time at 65 minutes per kilogram
8. If making use of a thermometer, bake until internal temperature in inner thigh registers 85°
9. Remove the foil during the last 35 minutes of roasting time
10. Allow to stand for 15 - 20 minutes, tented with foil before carving
11. Reserve dripping for gravy

TURKEY GRAVY

2 cups of reserved dripping
50ml flour
1ml salt
pinch of pepper

1. Strain drippings into a 4 cup measure
2. Add water or chicken stock, if necessary to make it up to 500ml
3. Place the remaining ingredients in a small mixing bowl
4. Add a small amount of dripping to the flour mixture and stir until smooth
5. Add the flour mixture to the liquid, stirring with a whisk until smooth
6. Microwave on high for 6 - 8 minutes, or until mixture

thickens and bubbles, stirring 2 - 3 times

PORK CROWN ROAST with FRUIT GLACÉ

1½ tsp fennel seed, crushed
1½ tsp onion powder
1tsp salt
1tsp pepper
4kg pork crown roast, about 16 ribs
vegetable oil

1. Combine all the ingredients, except the roast and oil, in a small bowl
2. Rub the mixture all over the meat, cover, and refrigerate overnight
3. Stand roast on a rack in a roasting pan, bones upright, covering the exposed bones with foil
4. Brush roast with oil and roast at 160°C for 45 minutes per kilogram
5. Allow to stand for 10 minutes before carving

FRUIT GLACÉ

½ cup dried apricots halves
½ cup dried figs, if available
½ cup dried peach halves
¾ cup apple juice
¼ tsp dried cardamom
2 tsp maizena
1 cup seedless green grapes
1 cup seedless red grapes

1. Combine apricots, figs and peaches in a casserole, add ½ cup apple juice and the cardamom, cover and microwave on high for 5 - 8 minutes until fruit is plumped, stirring once
2. In a small bowl combine maizena and the remaining apple juice, stirring until smooth. Add to the fruit mixture
3. Mix well and microwave on high for 1½ - 2½ minutes, or until thickened and translucent, stirring once
4. Add grapes, stirring gently to coat
5. Spoon as garnish around your crown roast

RICE & SAUSAGE DRESSING

125ml Butter or Margarine
½ cup chopped onion
½ cup chopped green pepper

½ cup chopped carrot
4 cups long grained white or brown rice, cooked
250g pork sausages, cooked and cut into 1cm pieces
½ tsp salt
½ tsp dried thyme leaves
¼ tsp garlic powder
pinch salt

1. In a large mixing bowl, microwave the butter on high for 1½ - 1¾ minutes, or until melted
2. Add onion, green pepper and carrot, cover and microwave on high for 3 - 4 minutes until vegetable are tender, stirring once
3. Stir in remaining ingredients, spoon into a 2 litre casserole, re-cover and microwave on high for 7 - 9 minutes, or until hot, stirring once
4. Spoon into the centre of your crown roast before serving

CHICKEN LIVER MOUSSE

750g chicken livers
200g bacon
1 bouquet garni (mixed fresh herbs in a muslin bag)
fresh black pepper
½ cup port
1 Tbsp butter, melted
1/3 cup fresh cream
1 Tbsp gelatine dissolved in 1 ½ cups chicken stock, flavoured with 2 Tbsp port

1. Start this recipe two days before needed
2. Cut the bacon into strips and marinate together with the livers in the port, bouquet garni and black pepper, overnight
3. Remove the bouquet garni and process the liver mixture, together with the melted butter, in a food processor until finely chopped
4. Grease a terrine well and add the mixture
5. Cover with foil and bake at 160°C for about 40 minutes
6. Refrigerate to cool, then rub through a fine sieve
7. Add the cream and stir together
8. Fill 6 ramekin dishes with the mousse and cover with the gelatine stock
9. Refrigerate overnight

GLAZED HAM

Ham (with or without bone)

5ml Dry Mustard

5 Whole Peppercorns

2 Bay Leaves

2 Bottles of Beer or 2 Cans of Coke

GLAZE

250ml Apple Cider or Apple Juice

30ml Brown Sugar

30ml Honey or Golden Syrup

10ml Dry Mustard

Whole Cloves

1. Coat Ham with mustard
2. Put into a roasting pan and add peppercorns and bay leaves
3. Add beer or coke (I have tried it with both. I prefer the beer, but the coke is also good)
4. Bake at 160 C for 20 - 25 min per 500g
5. Remove from oven and drain off liquid
6. Remove the skin and score the fat in diamond patterns
7. If desired, put a whole clove into every diamond point
8. Combine glaze ingredients and spoon half over the ham
9. Bake at 160 C for 30 - 45 minutes basting with remaining glaze whilst baking
10. Serve glazed ham hot or cold

ROAST SADDLE OF VENISON

1 Saddle of Venison

8 rashers streaky bacon

100 - 125ml Port (optional)

2 Tsp Cake Flour mixed with 25g Butter

MARINADE

300ml Red Wine

300ml Red Wine Vinegar

300ml Water

1 Sprig of Thyme

2 Bay Leaves

1 Piece of Orange Peel (about 2.5cm square) pith removed

1. Trim hard skin from the meat, being careful not to cut into the flesh
2. Combine all the marinade ingredients and pour over the meat
(the meat must be covered with marinade)
3. Leave uncovered to marinade for 2 days in a cool place You can cover the dish with muslin as the air must circulate. Turn

the meat from time to time

4. Drain the meat and pat dry
5. Arrange the bacon on top of the venison
6. Place in a roasting pan and cover with foil
7. Cook at 200 C for 30 minutes to seal the meat
8. Reduce to 180 C and cook for a further 2 hours, basting with some marinade every 15 min
9. You can add the port, if desired, to the roasting pan when temperature is reduced
10. Remove the foil and bacon from the meat and return to oven for 10 min at 200 C to brown
11. Remove the venison from the pan and keep warm
12. Add enough boiling water to the pan juices to make 300ml of gravy
13. Thicken with the flour and butter
14. Venison may be served with quince or red current jelly

ROAST TURKEY WITH CHESTNUT STUFFING

3kg Turkey

50g Softened Butter

300ml Chicken Stock

STUFFING

40g Butter

1 Chopped Onion

500g Sausage Meat

240g can Whole Chestnuts Chopped

1 Grated Apple

100g Fresh Breadcrumbs

2Tsp Fresh Sage

1tsp Orange Rind

1tsp Lemon Rind

1. For the stuffing, melt the butter and cook the onion till soft

2. Mix in the rest of the stuffing ingredients and season with salt and pepper

3. Stuff the turkey and secure with a skewer

If preferred, the stuffing may be rolled into balls and cooked alongside the turkey, but I suggest you then stuff the neck of the turkey with a little of the stuffing

4. Loosen the breast skin of the turkey and smear the butter on the flesh underneath

5. Season the turkey with salt

6. Place turkey in a large roasting dish and pour over the stock

7. Cover loosely with foil and cook at 190 C for 20 - 25 min per 500g

8. Remove the foil for the last 30 minutes to brown the turkey
9. Turkey can be checked for perfect cooking by piercing the thigh - there should be no traces of pink in the juices, if there is, return to the oven for a while
10. Put the turkey on a platter and allow to rest for 45 minutes
11. To make the gravy, skim off fat from the juices and to this fat add 3Tsp of flour
12. Stir over a low heat for 2 - 3 minutes
13. Add 60ml Madeira or brandy to flour mixture and stir
14. Add juices from roasting pan and stir until smooth
15. You want about 500ml of gravy, so if there is not enough liquid add some more stock
16. Boil for a minute and check seasoning

SWEDISH CHRISTMAS HAM

Ingredients

3 kg pickled leg of pork

30 g sugar

1 bay leaf

5 ml pickling spice

GLAZE

1 egg

30 ml prepared mustard

15 ml sugar

75 ml plain breadcrumbs

Method:

Place pork in large saucepan and add water to almost cover leg. Add remaining ingredients and bring to boil. Boil gently for 30 minutes per 500 g, or until meat begins to come away from bone. Remove from saucepan and peel away skin. Preheat oven to 220 °C. GLAZE: Mix egg, mustard and sugar and spread over pork. Sprinkle over breadcrumbs and bake for 10 minutes or until brown. Serve hot or cold.

FESTIVE OX TONGUE

Ingredients

1 fresh ox tongue
2 onions, coarsely chopped
1 lemon
2 bay leaves
6 whole peppercorns
2 whole cloves
2 sprigs parsley

SAUCE

30 ml butter
30 ml cake flour
250 ml chicken stock
1 small lemon, juice and rind
2 ml ground cinnamon
5 ml mustard powder
65 ml sweet sherry
250 ml prunes, stoned and chopped
125 ml seedless raisins
125 ml almond slivers (optional)
sugar to taste
salt and freshly ground black pepper to taste

Method:

Place the tongue, onions, lemon and other seasonings in a large saucepan. Cover with cold water and bring to the boil. Simmer gently until tender and cooked, about three to four hours. Cool slightly, remove the skin and slice thinly. Set aside. Melt the butter and stir in the cake flour. Heat for about one minute while stirring. Remove from the stove and stir in the chicken stock. Heat while stirring until the sauce come to the boil and thickens. Add the remaining ingredients and bring to the boil once more. Add the sliced tongue, cover and simmer very slowly for about 30 minutes. Stir every now and then to prevent the mixture from burning. (The tongue can also be baked in the oven.) Serve with mashed potatoes and buttered French beans

FESTIVE TURKEY PIE

Ingredients

Pastry

250 g cake flour

1 ml salt

180 g cold butter

1 large egg yolk

Filling

30 ml sunflower oil

10 pickling onions

1 green pepper

250 g fresh button mushrooms

1 clove garlic

1 packet instant tomato soup

500 g turkey meat

30 ml fresh origanum

1 large egg

Method:

PASTRY

Place flour and salt in a bowl.

Rub in the butter using your fingertips until mixture resembles coarse breadcrumbs.

Mix in the egg yolk using a knife. The mixture should form a firm dough. If it's too dry, add a little cold water.

Roll into a ball and refrigerate while you prepare the filling.

FILLING

Heat oil in a saucepan and brown the onions.

Add green pepper, mushrooms and garlic and sauté for 2 minutes.

Stir in 400 ml water, tomato soup, turkey and origanum (5 ml if using dried origanum).

Bring to the boil and simmer, covered, for 5 minutes. Season to taste, then set aside to cool.

Spoon cool mixture into a greased pie dish.

Roll pastry out on a floured surface.

Use a sharp knife to cut out leaf shapes. Layer the pastry leaves over the filling.

Brush with egg and bake in a preheated oven at 200 °C for 30 minutes, or until pastry is golden.

CHICKEN IN WHITE WINE SAUCE

1.5kg Chicken
150g Shallots, Peeled and Quartered
250ml Water
Salt & Freshly Ground White Pepper
2 Garlic Cloves, Chopped
80g Butter
3 Tbsp Finely Chopped Tarragon
2 Tbsp Finely Chopped Parsley
500ml Dry White Wine
200g Mushrooms, Sliced
1/2 Tsp Flour
200ml Fresh Cream

1. Place 1 shallot, the chicken wings, water and a pinch of salt in a pot and simmer for 20 minutes
2. Strain and reserve the stock
3. Cut the remaining chicken into 8 pieces, and fry until golden brown in 1/2 of the melted butter
4. Add the remaining shallots, garlic, tarragon, parsley, wine and reserved stock and season with salt and pepper
5. Cover and cook on a low heat for 25 minutes
6. Fry the mushrooms in the remaining butter, and add the flour
7. Remove chicken to a serving dish
8. Stir the cream and mushrooms into the sauce, and season to taste
9. Pour the sauce over the chicken

WHOLE STUFFED TURKEY WRAPPED IN SALT CRUST DOUGH AND BAKED IN THE GROUND

Ingredients

1 whole turkey
2 oranges, quartered
2 onions, peeled and quartered
2 stalks celery, roughly chopped with leaves
8 cloves garlic
250ml olive oil
3 red chillies
3 green chillies

Salt crust dough

3 cups bread flour
3 tsps fine salt

3 litres water

Method

Stuff the turkey with the oranges, onions, celery, chillies and half the garlic. Rub the outer skin with olive oil and the remaining garlic. Leave to marinade for 24 hours to let the flavours infuse.

To make the dough: Mix the flour and salt together. Slowly add the water until its texture resembles that of dough. Knead until smooth. Cover and leave.

When the turkey has marinated overnight, roll out the salt crust dough. Place the turkey on top and fold upwards, making it like a bag. Squeeze the top together and make sure it is firmly sealed.

To cook:

Dig a hole in the ground!

Line the hole with rocks. Place some wood in the hole and allow it to burn to coals. Place the wrapped turkey in a baking tray and cover with a sheet of corrugated iron or metal. Weigh down with more rocks. Cover the sheet with wood and coals and let the turkey cook in the ground for approximately six hours. During this time check on the coals to ensure they are still burning throughout.

After six hours lift the turkey out of the ground. The dough will have hardened. Crack it open with a panga or a big knife. The turkey will be moist and cooked.

BRAISED CHICKEN with SWEET POTATO & PUMPKIN

8 chicken pieces

15ml sunflower oil

1 large onion, peeled and thinly sliced

2 sticks cinnamon

salt & finely ground black pepper

1 clove garlic, crushed

500g sweet potato, peeled & cubed

500g pumpkin, peeled & cubed

250ml chicken stock

125g prunes

1. Brown the chicken in hot oil, add onion, cinnamon and a little seasoning and cook gently until golden
2. Add the garlic, sweet potato and pumpkin and a little more seasoning, then pour in the stock and bring to the boil
3. Cover and reduce the heat, cooking gently for 40 minutes

until everything is quite tender

4. Add the prunes and allow them to heat through until they are plump and soft

5. If there appears to be too much liquid, remove the chicken and vegetables with a slotted spoon and reduce the stock over a brisk heat

6. Check the seasoning and pour the stock over the chicken and vegetables

VARIATION

Use butternut instead of pumpkin

ROAST BEEF with YORKSHIRE PUDDING

1.5 - 2kg joint of roasting beef

30ml dripping or oil

YORKSHIRE PUDDING

125g flour

5ml baking powder

2ml salt

2 large eggs

230ml milk

5ml prepared mustard

GRAVY

15ml flour

300ml beef stock

1. Wipe the joint and put it in a roasting pan with the dripping

2. Roast for 15 minutes at 220°C. then reduce the oven temperature to 190°C

3. Continue roasting the meat for a further 15 minutes per 500g for rare, 20 minutes for medium-rare meat until tender

4. To make the Yorkshire pudding, sieve the flour, baking powder and salt into a large bowl and make a well in the centre

5. Break the eggs into the well and add a little of the milk and the mustard

6. With a wooden spoon gradually draw in the flour and mix the ingredients well, adding milk a little at a time until you have a thick batter

7. Beat with a wooden spoon until smooth, then stir in the remaining milk

8. Leave the mixture to stand in the fridge for at least an hour, or until the meat is cooked

9. When ready, remove the joint from the oven and keep it hot

10. Increase the oven temperature to 230°C

11. Cover the bottom of a baking dish, or muffin tins work very well, with a thin layer of fat from the roast and put it into the oven until smoking hot

12. Quickly stir the batter and pour it into the pan or muffin tins
13. Bake on the top shelf for 25 minutes (15min if using muffin tins) until risen, crisp and golden brown
14. While the Yorkshire pudding is cooking, make the gravy in the roasting pan
15. Pour off the excess fat, retaining the brown juices, mix the flour into the juices until smooth, then gradually add the stock. stirring continuously to loosen any meat residue
16. Place the tin over a gentle heat and continue stirring until the gravy thickens and comes to the boil
17. As soon as the Yorkshire pudding is cooked serve



Veggie Recipes

STUFFED CUCUMBERS

2 large cucumbers
1 tin tuna in oil, shredded
1 red pepper
250g soft white cheese
dash of Worcestershire sauce
1 Tbsp tomato sauce
1 - 2 drops tabasco sauce
2 black olives
salt & freshly ground black pepper

1. Cut the cucumbers into 4 - 5 cm lengths and score the skin with a fork to decorate
2. Hollow out the cucumbers, being careful not to go right through and leaving a base
3. Sprinkle with salt inside, and leave upside down on a cloth to sweat for 10 minutes
4. Make the stuffing by placing the red pepper under the grill for a few minutes, turning to grill all over
5. When well grilled, take out and wrap in a moistened paper towel for 5 minutes
6. Scrape the skin off, seed the pepper and cut into small dice
7. In a food processor, mix the pepper, keeping a few pieces for decoration, the grated cheese, tuna, a dash of Worcestershire sauce, a Tbsp tomato sauce, salt, pepper and 1 or 2 drops of tabasco sauce
8. Mix well and leave to chill
9. Turn the cucumber sections over and rinse to remove the salt
10. Fill each cucumber section with filling and decorate each one with red pepper dices and diced black olives

STUFFED POTATOES

5 large potatoes
150g cream cheese
3 egg yolks
1 + 1 Tbsp cream
salt, pepper
sprinkle of nutmeg
1 whole egg
1 tsp water for the egg

1. Bake the whole potatoes in the oven (or microwave)
2. When cooked, cut them in half lengthways and remove all the pulp
3. Mash the hot pulp with the cream cheese, egg yolks and 1 Tbsp cream until smooth and creamy, adding the other Tbsp of cream if too stiff
4. Because of the saltiness of the cheese, taste first, then add salt, pepper and nutmeg
5. Fill the potato shells with the mixture and brush the tops with an egg, beaten with 1 tsp water
6. Put potatoes into a very hot oven 240°C for a few moments to heat through
7. When heated through, they will have puffed up and begin to brown
8. Serve immediately before they collapse

ROMANIAN SWEET PEPPERS

2 red peppers
2 green peppers
6 dsp olive oil
2 dsp white wine vinegar
2 tsp paprika
4 spring onions
100g parmesan cheese, shaved

1. Grill the peppers in the oven for a few minutes, then wrap them in tin foil to make it easier to peel them
2. Carefully peel them and cut in half, take out the seeds, then chop 2 halves into thin strips, keeping the other 6 halves to fill
3. Put 5 dsp olive oil, vinegar and paprika in a bowl and mix with a fork or whisk
4. Fill the pepper halves with the pepper strips, pour marinade into each, cover with foil and leave for 24 hours in the refrigerator

5. Strain the peppers
6. Arrange the pepper halves in a serving dish, add the marinated strips, sprinkle with chopped spring onion, parmesan shavings and a trickle of the remaining oil

CARROTS with CREAM

52 kg carrots
1/3 cup butter
1/3 cup thick cream
salt & freshly ground black pepper
parsley

1. Clean the carrots with a potato peeler, trying to keep them all the same size for presentation
2. Put the carrots in a saucepan, add enough water to just cover them, butter, salt and pepper
3. Cook, uncovered over a brisk heat until the water evaporates, and only the butter remains, then they should be cooked
4. Add the cream and cook slowly over a very low heat for a minute or two to coat the carrots well
5. When serving sprinkle with chopped parsley

POTATOES STUFFED with MASCARPONE

1 bunch chives
1 knob butter
sprinkle of nutmeg
6 large potatoes
100g parma ham
80g mascarpone cheese
pepper
salt

1. Wash the potatoes and steam, bake or microwave them until cooked
2. Finely chop the parma ham and chives
3. When cooked potatoes have cooled, cut off a 1cm thick slice lengthways
4. Hollow out the potatoes, leaving about 1cm thickness all round
5. Mash the potato pulp, and add the mascarpone, ham and chives
6. Season with salt, pepper and nutmeg
7. Fill each potato shell with the mixture and top with small knobs of butter

8. Bake at 150°C for 10 minutes to warm through

CARROT FLAN

750g carrots
3 whole eggs
3 egg yolks
1 ½ cups thick cream
2 - 3 Tbsp chopped chervil or chives
½ cup sugar
salt and pepper

1. Preheat the oven to 130°C
2. Peel the carrots and cut them into small dice
3. Put the carrots in a large saucepan with the sugar, salt and pepper and enough water to just cover them, bring to the boil, then simmer for 20min. - drain
4. In a mixing bowl, whisk together the eggs, egg yolks, cream, chives, salt & pepper
5. Divide the cooked carrots into 6 individual tartlet pans and pour over the egg mixture
6. Bake for 40 minutes, until golden
7. Serve on a bed of lettuce

CREAMY TARRAGON PEAS & ONIONS

15ml butter or margarine
1½ cups pearl onions, peeled
1½ cups frozen peas
SAUCE
25ml butter or margarine
20ml flour
1ml salt
1ml grated lemon peel
½ml dried tarragon leaves
pinch of white pepper
1 cup creamy milk, or half milk, half cream

1. Place 15ml butter into a 1.5lt casserole
2. Microwave on high for 45 seconds - 1 minute, or until melted
3. Add onions, cover, and microwave on high for 3 - 5 minutes, or until tender, stirring once
4. Stir in the peas and set aside
5. For the sauce, place 25ml butter in a 1 litre jug and melt on high for 45 seconds

6. Stir in the remaining ingredients, except milk, which must be blended in gently
7. Microwave on high for 3 - 4 minutes, or until mixture thickens and bubbles, stirring twice
8. Pour the sauce over the peas and onions and microwave on high for 2 - 3 minutes until hot

ORANGE PUMPKIN PIE

- 1 pkt frozen pastry
- 2 tsp sugar
- 1¼ tsp ground cinnamon
- 1 Tbsp milk
- red and green candied cherries
- 450ml pumpkin, cooked and mashed
- 1 can, 390ml, condensed milk
- 2 eggs
- 1 Tbsp grated orange peel
- ¼ tsp ground nutmeg

1. Defrost pastry, and ease into a 23cm pie plate, fluting edges and keeping offcuts for decoration
2. Combine sugar and ¼ tsp cinnamon in a small bowl
3. Brush the edges of the pie crust with a little milk and sprinkle about ½ tsp of the sugar mixture around the edges of the pie
4. Bake at 220°C for 8 - 10 minutes until slightly browned, allow to cool
5. On a baking sheet use the remaining pastry to form a bow for decoration by cutting 4 strips of 20 x 2 cm long, using 2 strips to make a cross and the other 2 strips to form a bow in the centre of the cross
6. Squeeze the bow gently in the middle and brush with milk. Sprinkle with the remaining sugar and decorate with red and green cherries. Bake at 220°C for 6 - 8 minutes until brown, allow to cool
7. Combine the remaining 1 tsp of cinnamon with the rest of the ingredients in a medium mixing bowl
8. Beat at low speed with an electric mixer until smooth
9. Microwave on high for 4 - 5 minutes or until very hot and starting to set. stirring once or twice
10. Pour into the prepared pie crust and place on a saucer in the microwave
11. Cook on 50% (medium) power for 15 - 21 minutes, or until centre is set, rotating 3 - 4 times if you have no turntable
12. Using a spatula, carefully loosen bow from baking sheet and

place on top of pie for decoration, allow to cool

13. Serve with freshly whipped cream

SHERRIED SWEET POTATOES

1kg sweet potatoes, cooked

½ cup apricot juice

2 eggs

2 Tbsp honey

2 Tbsp dry sherry

½ tsp salt

¼ tsp ground nutmeg

¼ cup chopped pecans

1. In a large mixing bowl, combine all the ingredients, except pecans and beat until light and fluffy
2. Spread the mixture in 25cm pie plate and sprinkle evenly with pecans
3. Cover with wax paper and microwave on high for 4 minutes, then on 50% or medium for 9 - 15 minutes, until centre is set

BROCCOLI & CAULIFLOWER BALL

4 cups fresh broccoli flowerets

4 cups cauliflowerets

2 Tbsp water

6 thin strips red pepper

3 Tbsp butter or margarine

2 tsp lemon juice

¼ tsp salt

zest of 1 lemon

lemon slices

1. Combine broccoli, cauliflower and water in a 2 litre casserole, cover and microwave on high for 5 - 9 minutes, until very hot and bright, stirring once
2. Rinse with cold water and drain
3. Arrange the red pepper up the sides of a 1.5lt deep mixing bowl
4. Arrange broccoli and cauliflower over red pepper, pressing floweret ends towards the centre of the bowl. Alternate rows of broccoli and cauliflower for effect, set aside
5. Place butter, lemon juice and salt in a 1 cup measure and microwave on high for 1 minute until butter melts
6. Pour butter evenly over vegetables, cover with cling wrap and

microwave on high for 8 minutes

7. Place serving plate over the top of the bowl and invert

8. Sprinkle with lemon zest and garnish with lemon slices

COURGETTE SALAD

1kg medium sized courgettes

1 lt water

4 Tbsp olive oil

1 tsp coriander seeds

1 tsp cumin seeds

15 black peppercorns

2 cloves garlic

1 lemon

1 small onion

2 Tbsp chopped, mixed herbs (fresh, if possible)

salt

1. Wash the courgettes and peel then lengthways, leaving strips of skin for effect

2. Cut them into quarters, again lengthways, discarding any loose seeds

3. Slice into pieces 3 - 4 cm long

4. Add the oil, coriander, cumin, peppercorns and whole peeled cloves of garlic to 1 litre of water and bring to the boil

5. Add the courgettes, making sure that there is enough water to keep them covered

6. Simmer for 25 minutes, until firm

7. Using a slotted spoon, remove the courgettes and place in serving dish

8. Boil the water vigorously, reducing the cooking liquid until about ½ teacupful remains

9. Remove from the heat and immediately add the juice of 1 lemon, chopped onion and mixed herbs

10. Salt to taste and pour the mixture over the courgettes

11. Leave to cool before serving

MUSHROOM and MAYONNAISE

500g button mushrooms
1 egg
2 tsp mustard
1 cup peanut oil
3 Tbsp vinegar
salt, pepper
2 Tbsp oil
herbs
3 lemons

1. Rinse the mushrooms and soak in the juice of the 3 lemons
2. Make a mayonnaise with the egg yolk, mustard, 1 Tbsp vinegar, peanut oil, salt and pepper, beating well
3. Drain the mushrooms, and cut into thin slices into a salad bowl
4. Moisten the mushrooms with the 2 Tbsp of oil and combine well
5. Thin the mayonnaise with 2 Tbsp vinegar if necessary
6. Add to the mushroom and combine
7. Place on a serving dish, and sprinkle with herbs

MINTED GINGER CARROTS

500g Carrots
125ml Orange Juice
60ml Olive Oil or Butter
5ml Grated Root Ginger
3ml Salt
3ml Sugar
Chopped Mint

1. Scrape and trim carrots and put into a ovenproof casserole dish
2. Add orange juice, oil, ginger, salt and sugar
3. Cover and bake at 180°C for 45 minutes or until tender
4. Serve hot, or chilled, sprinkled generously with chopped mint

CREAMY TARRAGON PEAS AND ONIONS

15ml Butter or Margarine
375ml Peeled Baby Onions
375ml Frozen Peas

SAUCE

25ml Butter or Margarine
20ml Flour
1ml Salt
1ml Grated Lemon Peel
1/2ml Dried Tarragon Leaves
Pinch White Pepper
250ml Cream

1. Place 15ml Butter in a 1.5L casserole dish
2. Microwave on high for 45 seconds till melted
3. Add onions and cook on high for 5 minutes till tender stirring once
4. Add peas
5. For sauce, place butter in a 1L jug and microwave on high for 45 seconds till melted
6. Stir in all the remaining sauce ingredients, except the cream
7. Blend in the cream and microwave on high for 3 - 4 minutes until the sauce thickens and bubbles, stirring occasionally
8. Pour sauce over the onions and peas and stir to blend
9. Microwave on high for 1 - 2 minutes until hot

ROSEMARY ROASTED POTATOES

1.2 kg Large Potatoes
3 Tsp Olive Oil
2 Cloves Garlic, Finely Chopped
2 Tsp Chopped Fresh Rosemary
Salt
Freshly Ground Black Pepper

1. Peel the potatoes and cut them into chunks (3 x 3 cm) and pat dry
2. In a bowl mix together the oil, garlic, salt, pepper, and half the rosemary
3. Place potatoes in a roasting pan and drizzle with the seasoned oil
4. Stir to coat, and sprinkle over the remaining rosemary
5. Bake for 1 - 1.5 hours at 180 C until crisp and golden

ROAST POTATOES

Serves 6-8

8 medium sized potatoes
salted boiling water
½ cup (125 ml) oil
1 t (5 ml) Ina Paarman's Garlic and Herb Seasoning
white pepper
pinch of tumeric (for an attractive golden colour)

Boil the potatoes for 10 minutes in salted water and drain. Mix the oil, herbs, pepper and tumeric and place potatoes in this mixture to marinade for up to an hour before roasting. (It may even be done the day before). Roast for about an hour with the turkey or chicken until golden brown and crispy.

HONEYED SWEET POTATO & PEAS

3 Cups Peeled, Cubed Sweet Potatoes
2 Tbsp Butter
1 Tbsp Honey
1/2 tsp Dry Mustard
1/4 tsp Salt
1 Cup Frozen Peas

1. Combine all the ingredients except the peas, cover, microwave on high for 9 minutes, stirring once
2. Add peas, re-cover, and microwave on high for 3 - 5 minutes, until hot, stirring once

CRUNCHY TOPPED POTATOES

4 Medium Baking Potatoes (about 250g each)
2 Tbsp Butter
1/4 Cup Cream
1 Egg
1 Tbsp Chopped Pimento
1/4 tsp Salt
Pinch of Cayenne Pepper
85g Cream Cheese

TOPPING

1/2 Cup Seasoned Dry Breadcrumbs
1/3 Cup Chopped Pecans
1 tsp Dried Parsley
3 Tbsp Butter, melted

1. Pierce the potatoes with a fork, arrange in a circle on a paper towel and microwave on high for 15 minutes, turning once
2. Let cool slightly, cut potatoes in half, scoop out and reserve the pulp. Set shells aside
3. Combine pulp with the remaining ingredients, except the cream cheese and topping
4. In a small bowl, microwave the cheese at high for 30 seconds, add the potato mixture, and beat until smooth
5. Pipe or spoon the mixture into the shells and set aside
6. Combine the bread crumbs, pecans, parsley and melted butter, and mix well
7. Top each potato shell with 1 Tbsp of breadcrumbs, pressing to make crumbs adhere
8. Arrange potatoes in a square casserole and microwave for 10 minutes, until hot, rearranging the potatoes once

BABY MARROWS in CHEESE SAUCE

12 medium sized baby marrows
30g butter
30ml flour
250ml milk
100g feta or cheddar cheese, grated
2 egg yolks
30ml cream
salt & freshly ground black pepper
15ml finely ground Parmesan cheese for sprinkling

1. Cut the baby marrows in half lengthways and drop them in a pot of salted boiling water
2. When the water has returned to the boil (about 5 minutes), remove the marrows and drain well
3. Make a thick white sauce by melting the butter, stirring in the flour until smooth then gradually adding the milk, stirring all the time until the sauce is thick and smooth
4. Stir in the feta or cheddar cheese
5. Beat the egg yolks with the cream and add the sauce gradually to this mixture
6. Add a grinding of pepper to the sauce, but add salt only if needed
7. Place the baby marrows in an oiled oven-proof dish and pour over the cheese sauce
8. Sprinkle lightly with Parmesan cheese and bake for 30 - 35 minutes @ 180°C until golden



Dessert

PISTACHIO-CHERRY CHEESECAKE

CRUST

¼ cup butter or margarine

1 cup finely crushed chocolate wafer crumbs - about 20 wafers

FILLING

170g white baking chocolate

500g cream cheese

150ml sugar

2 egg whites

15ml flour

5ml vanilla

½ cup chopped pistachio nuts

½ cup chopped candied cherries

1. In a 23cm round baking dish, microwave butter at high for 1½ minutes until melted
2. Stir in wafer crumbs and mix well
3. Press mixture firmly against bottom of dish and microwave on high for 2 minutes until set. Set aside
4. Microwave baking chocolate at 50% (medium) for 4 - 5 minutes until bar melts and can be stirred smooth, stirring every minute
5. Microwave cream cheese at 50% power for 2 - 4 minutes until softened
6. Blend in melted chocolate, then add all the filling ingredients except the pistachios and cherries
7. Beat at medium speed with an electric mixer until well blended and microwave on high for 2 minutes until mixture starts to set, stirring every minute
8. Stir in pistachios and cherries
9. Pour filling over prepared crust, place on a saucer in microwave and microwave on 50% for 7 - 10 minutes until cheesecake is set in centre
10. Refrigerate for at least 8 hours and garnish with whole candied cherries if desired

CHRISTMAS PUDDING

This pudding must be baked now (October) for best results

1 2/3 cups flour
125g beef suet (ask your butcher for this)
125g dry bread, crustless
100g powdered almonds
pinch salt
1 tsp allspice
1 tsp cinnamon
1 pinch grated nutmeg
¼ cup brown sugar
1 orange
1 lemon
3 apples
200g apricot marmalade
225g sultanas
225g currants
225g candied fruit
12 dried prunes (stoned)
2 eggs
2 cups rum
½ cup beer

1. In a bowl, marinate the dried and candied fruit in the rum for 24 hours, then reserve the rum for later
2. Put them through a food processor together with the apple, orange rind and lemon rind until finely chopped
3. Chop the suet
4. Combine the flour, almonds, brown sugar and shredded dry bread in a mixing bowl
5. Place the suet, minced fruit and eggs in the centre of the flour mixture
6. Blend thoroughly, adding the apricot marmalade and the juice of the orange and lemon, the rum, the beer, a pinch of salt and the spices
7. Butter a pudding mould and fill it ¾ way up with the batter
8. Place 2 sheets of foil on top and tie with a string
9. Cover with a cloth and tie with string, leaving the edges out
10. Knot the corners of the cloth together diagonally
11. Put a small rack on the base of a large pot and put the pudding on the rack
12. Fill the pot up to the height of the pudding, cover and cook gently for 4 hours, keeping the water level constant
13. Let the pudding cool and store it in the bottom of the refrigerator

14. The day you want to serve the pudding, cook for another 3 hours
15. Remove the cloth and the foil, slide a knife around the edge and unmould
16. Flambé with cognac and serve with custard or cream

COFFEE FLAVOURED FRUIT SALAD

- 6 cups strawberries
- 2 bananas
- 3 kiwi fruits
- 1 Tbsp instant coffee dissolved in $\frac{1}{4}$ cup water
- 2 Tbsp rum
- 3 Tbsp corn syrup

1. Rinse the strawberries, drain and hull them
2. Halve them if too large
3. Peel the kiwi fruit and banana and slice
4. Place all the fruit in a bowl
5. Sprinkle with a mixture of coffee, rum and syrup

ALMOND PUFF PASTRIES

- kg puff pastry
- 400g chopped almonds
- 450g castor sugar
- a little water
- 20g rose water
- 20g orange blossom water
- 150g butter
- juice of 1 lemon

1. Roll out the pastry very thinly, and using a brush coat with melted butter
2. Use a knife to cut into 10cm wide ribbons, then cut the ribbons into 4 12cm rectangles, and put aside
3. Make a syrup by pouring the sugar into a saucepan and barely covering with water
4. Bring to the boil, then add lemon juice, rose water and orange blossom water and cook for 5 - 8 minutes
5. Dissolve the almonds in a little of the syrup in a mixing bowl to make a paste
6. Take a little of this filling and place onto each pastry rectangle and roll like a cigar
7. Put the cigars onto a buttered baking sheet and brush with melted butter

8. Bake for 20 minutes at 200°C
9. Serve hot with the syrup in a separate dish

PEACHES FLAMBÉ

1 Large Can Peach Halves
2ml Cornflour
60ml Brandy
125ml Toasted, Slivered Almonds
Ice Cream to Serve

1. Pour 125ml peach syrup from the can, into a pan and bring to boil
2. Blend cornflour with a little cold water, stir into syrup and cook, stirring, until thickened
3. Add peaches, and baste with syrup, until heated through
4. Add a little more syrup if necessary
5. Warm brandy, ignite, and pour over the peaches
6. Top with almonds and serve with ice-cream

BANANAS au RHUM

60g Butter
5ml Grated Lemon Rind
15ml Lemon Juice
4 Ripe Bananas
60ml Brown Sugar
60ml Rum
Cream to Serve

1. Put the butter, lemon juice and rind in an ovenproof dish and place in oven 180°C for 2 minutes to melt
2. Remove and stir, add bananas and turn to coat well with the butter mixture
3. Sprinkle the brown sugar over, and bake for 15 minutes
4. Heat the rum in a small container, set alight, and pour over the bananas
5. Spoon burning liquid over the bananas until the flames have died down
6. Serve hot with fresh cream

TRIFLE

1.25 Cups Milk
1.25 Cups Pouring Cream
1 Vanilla Pod Split Lengthways or 1 tsp Vanilla Essence
5 Eggs
2 tsp Cornflour
1/4 Cup Caster Sugar
2 Punnets Small Strawberries
4 Tsp Sweet Sherry
6 Tsp Sifted Icing Sugar
300g Madeira Cake (Sponge Cake)
175g Strawberry Jam
2 Cups Thick Cream
1/4 Cup Flaked Almonds Lightly Toasted

1. Pour the milk and pouring cream into a saucepan, add the vanilla and bring slowly to boil
2. Whisk the eggs, cornflour and sugar together and stir in the hot milk & cream
3. Place the bowl over a pot of simmering water, making sure the bowl does not touch the water, and stir until custard thickens
4. Remove from heat and cover with cling wrap to prevent a skin from forming
5. Allow to cool
6. Keep a few strawberries for decoration, cut the rest in half and add the sherry and 1/2 the icing sugar
7. Mix together and set aside
8. Cut the cake into 3 horizontal layers and sandwich together with jam
9. Cut into slices and arrange in the bottom and slightly up the sides of a glass bowl
10. Cover with the strawberries and their juice
11. Pour in the custard and refrigerate for at least 2 hours, or overnight
12. Whisk the thick cream with the remaining icing sugar until it forms peaks
13. Spread on top of the trifle
14. Decorate the top with the remaining strawberries and the toasted almonds
15. Chill until ready to serve

CHRISTMAS PUDDING

115g Self-Raising Flour
1 Level tsp Mixed Spice
1 Level tsp Ground Ginger
1 Level tsp Salt
175g Chilled, Unsalted Butter
115g Whole-wheat Breadcrumbs
115g Ground Almonds
115g Sultanas
115g Seedless Raisins
115g Crystallised Pineapple, Chopped
75g Crystallised Ginger, Chopped
75g Crystallised Apricots, Chopped
75g Glazed Cherries, Chopped
75g Chopped Mixed Peel
Grated Rind of 1 Orange and 1 Lemon
175g Dark Brown Sugar
3 Eggs
6 Tsp Cointreau
200ml Sweet White Wine

1. Sieve the flour, spices and salt into a large mixing bowl
2. Grate in the butter
3. Add the breadcrumbs, all the fruit and rind, and the sugar
4. Beat the eggs lightly with the cointreau and the white wine
5. Mix with the ingredients in the bowl
6. Grease 2 x 1-litre pudding basins and fill with the mixture
7. Put grease-proof paper over the mixture in each basin
8. Cover the basins with muslin cloths or with foil, with a pleat across the centre to allow for expansion when steaming
9. Tie down securely
10. Steam for 6 hours, checking the level of water and filling up when necessary
11. Leave the puddings till cold, then wrap in foil and store in a cool, dark place
12. Before serving, steam for 2 hours to reheat

SPI CY PECAN MUFFINS

1 Cup Margarine
4 Cups Flour
2 Cups Sugar
1 tsp Ground Cloves
3 tsps Ground Cinnamon
2 tsps Ground Allspice
1 tsp Salt
2 tsps Bicarb
2 Cups Applesauce
1 1/2 Cups Chopped Pecans
2 Eggs

1. Cream butter and sugar
2. Add eggs one at a time.
3. Mix in applesauce and spices.
4. Sift salt, flour, and bicarb
5. Add to applesauce mixture and mix well
6. Add nuts.
7. Pour into muffin pans and bake for 25 - 30 mins at 180 C
8. Leave to cool in tins
9. To decorate spread top with vanilla butter icing and roll in slivered almonds

CHRISTMAS PUDDING

Ingredients

225 g hard margarine
225 g soft brown sugar
200 g flour
350 g currants
225 g raisins
175 g sultanas
50 g mixed peel
25 g blanched almonds
100 g cherries
175 g brown breadcrumbs
5 ml nutmeg
15 ml treacle
2 large eggs
1 lemon (grated rind only)
1 orange (grated rind and juice)
50 ml milk
25 ml brandy

Method:

Melt the margarine and mix in all the remaining ingredients. Place the mixture in a greased 1 litre pudding dish. Cover tightly with greaseproof paper and foil and secure with string under the rim.

Place in a saucepan of boiling water to come halfway up the side of the basin. Steam for 7 hours, adding more boiling water to pan when necessary.

Remove from the saucepan, cool and store until needed. This pudding should be made 6 weeks in advance.

Serve hot with custard or cream.

FESTIVE PEACHES

Ingredients

410 g peach halves, drained, but retain syrup

500 g fruit mincemeat

65 ml brandy

ice cream to serve

Method:

1. Place peaches in an ovenproof dish. 2. Use sufficient fruit mincemeat to fill peach cavities. 3. Pour peach syrup over peaches. 4. Bake at 180 °C for 10 minutes. 5. Warm brandy and pour over peaches. 6. Ignite and serve with ice cream.

MALVA PUDDING

Ingredients

150 g sugar

1 egg

150 ml milk

50 ml port

15 g butter

15 ml apricot jam

150 g cake flour

7 ml bicarbonate of soda

pinch of salt

Sauce

100 g butter

150 g sugar

100 ml milk

Method:

Preheat the oven to 160 °C. Beat the sugar and egg until light.

Heat the milk, port, butter and jam. Stir to dissolve jam and

melt butter.

Sift together flour, bicarbonate of soda and salt and fold into beaten egg and sugar mixture in 2 batches, alternating with the warm milk.

Pour the mixture into a greased rectangular 1,5 litre ovenproof dish and bake in the oven for about 45 minutes.

Place the sauce ingredients in a saucepan and simmer for 2 minutes. As soon as the pudding comes out of the oven, prick it all over and pour over the sauce.

STRAWBERRY AMARETTO TRIFLE

2 Eggs

1/2 Cup Sugar

2 Tbsp Tapioca

2 Cups Milk

1/4 Cup plus 1 Tbsp Amaretto Liqueur

2 Cups Cream

500ml Strawberries, Cut In Half (keep 1 for garnish)

1 Strawberry Swiss Roll Cut Into 2.5cm Slices

1. Beat eggs until frothy, add sugar, tapioca and milk, microwave on medium for 15 - 20 minutes, until thick and bubbly
2. Stir in 1 Tbsp liqueur, place cling wrap on the surface of the pudding and refrigerate 4 - 6 hours until very cold
3. Beat cream until soft peaks are formed, keep 1/2 cup for topping, and fold the remaining cream into chilled pudding
4. Arrange 1 cup of strawberries in the bottom of a 3 lt dish
5. Spoon 1 cup of the pudding mixture over the strawberries
6. Place the Swiss roll slices upright around the insides of the bowl, pressing lightly into the pudding
7. Place the remaining Swiss roll slices in the centre
8. Drizzle the remaining 1/4 cup liqueur over the slices, and spoon the remaining pudding mixture in the centre
9. Arrange remaining strawberries around the top edge
10. Spoon reserved cream in centre and garnish with the whole strawberry

ICE CREAM SAUCES

Peach Sauce

1. Blend 1/4 tsp Almond Essence and 1 x 400g Tin of Peaches + Juice
2. Pour over ice cream

Lemon Curd Sauce

1. Take 500ml of vanilla ice cream and allow to soften slightly
2. Stir in the pulp of 1 or 2 granadillas and return to freezer
3. Warm the lemon curd gently and thin to a pouring consistency with cream
4. Serve the sauce at room temperature over the ice cream

Mango & Granadilla Sauce

1. Peel 1 large mango and process the pulp until smooth
2. Stir in the pulp of 3-5 granadillas and pour into a jug
3. Chill before serving

Fluffy Marshmallow Sauce

1. Put 115g or marshmallows and 2 Tsp of cream into a bowl over a saucepan of hot water
2. Stir gently until completely melted and pour immediately over ice cream

Black Cherry Special

1. Put 1x425g tin of pitted black cherries and about 1/2 their juice into a small saucepan
2. Heat gentle and add 1 Tsp Kirsch liqueur
3. Place a flat chocolate brownie on a plate, top it with a scoop or two of ice cream
4. Pour the hot cherries over and top with whipped cream

OLD-FASHIONED CHRISTMAS PUDDING

Traditionally a few tickeys are placed in the pudding, supposedly they bring luck to the recipient.

- 175 g raisins
- 125 g currants
- 200 g sultanas
- 250 g chopped dates
- 125 g mixed peel
- 225 g dried apricots, chopped
- 300 ml Guinness beer
- 60 ml rum

grated rind and juice of a lemon
grated rind and juice of an orange
225 g butter, at room temperature
350 g soft brown sugar
1 green apple, cored and grated
30 ml molasses or treacle
3 large eggs
125 g self-raising flour
5 ml ground mixed spice
10 ml ground cinnamon
2 ml freshly grated nutmeg
10 ml ground ginger
225 g fresh white breadcrumbs

Place the raisins, currants, sultanas, dates, mixed peel and apricots into a large mixing bowl. Pour over the beer, rum, lemon rind and juice, and the orange rind and juice. Cover the bowl and set aside to soak overnight. Cream together the butter and sugar until light. Stir in the grated apple and molasses. Beat the eggs in one by one, adding 15 ml self-raising flour to help prevent the mixture from curdling. Fold in the remaining flour and spices. Add the breadcrumbs and gently fold mixture together. Stir in soaked fruit, then all make your wishes. Grease and line 2 x 1 kg pudding basins or 4 x 500 g pudding basins. Spoon in the mixture. Cut round lids out of doubled greaseproof paper, allowing a little overhang. Fold a 1 cm pleat down the centres of the greaseproof circles and cover basins, tying in place with string under rim. Pleat a piece of foil or muslin in the same way and secure over basins. Steam for 4 hours, topping up with boiling water as required, or cook in a pressure cooker for 2 hours. Store pudding until needed, then steam for a further 2-4 hours, or 2 hours in a pressure cooker. Serves: 24

OLD CAPE BRANDY PUDDING

1 ½ cups flour
1 cup dates (stoned)
1 cup boiling water
¼ teaspoon baking powder
1 teaspoon bicarb
2 tablespoons butter
1 cup castor sugar
½ cup chopped nuts
2 beaten eggs
½ teaspoon salt

Cream butter and sugar, add eggs, sifted flour, baking powder, salt and chopped nuts. Boil dates, water, add bicarb of soda then add to first mixture, stirring well. Pour into greased flameproof dish and bake for 30 - 40 minutes at 180 C.

Syrup.

1 ¾ cups sugar
1 dessertspoon butter
¾ cup brandy
1 teaspoon vanilla essence

Boil sugar, butter and water till syrup forms. Remove from heat, add brandy and vanilla. Pour hot syrup over baked pudding. It should be completely absorbed. Serve with cream, cherries and grapes or chopped nuts, hot or cold

GRAPES IN BRANDY

Go on, you deserve it, spoil yourself! Or for that special occasion when hubby brings his boss home for dinner:-) Or you want to impress mother-in-law....

ripe, firm (Hanepoot) grapes, I suppose if you don't have Hanepoot then any other large sweet grape will do
375 ml brandy

Syrup

250 ml water
200 g white sugar

Wash the grapes carefully and remove the berries from the stalks, leaving a small stalk attached to each grape. Prick

with a sterilized needle. To make the syrup, boil the sugar and water together until it has thickened, remove from stove and add the brandy. Pack the grapes firmly into hot, dry, sterilized jars and top up with syrup.

Seal the jars loosely and sterilize by placing in a deep saucepan filled with hot water, bring water to boil and sterilize for about 25 minutes. Remove the jars from the water and seal tightly. Allow 3 months for maturing.



Miscellaneous Recipes

MINCE PIES

200g cake flour
85g ground almonds
finely grated rind of 1 orange
30g caster sugar
salt
150g chilled, cubed butter
1 large egg beaten
55g fruit mince
115g brandy butter (recipe below)
2 tsp milk
1 large egg white

1. Sift flour, and add almonds, rind, sugar and salt to a bowl
2. Rub in butter till breadcrumb texture
3. Add the beaten egg, and mix dough into a ball with your hands
4. Knead dough till smooth
5. Cover in cling wrap, and chill for 30 minutes
6. Roll out as thinly as possible and cut out 20 x 6cm rounds
7. Gather the trimmings and roll again
8. Cut out 20 x 7.5cm rounds
9. Line 20 muffin tins with the larger rounds and spoon in mincemeat to fill pie
10. Put a tsp of brandy butter on top of the mincemeat
11. Brush the edges with milk and top with smaller rounds, pressing to seal
12. Bake for 25min at 200 C until golden brown
13. Leave to cool for 5 min then remove from tins and cool for further 10 min
14. Whisk the egg white till frothy and add icing sugar.
15. Spread the icing sugar over the pies and bake on a baking sheet for 5 - 10 min at 200 C

BRANDY BUTTER

60g unsalted butter
1/4 cup brown sugar
finely grated rind of 1/2 orange
3-4 tsp brandy

1. Beat butter, sugar and orange rind until light and fluffy
2. Gradually add the brandy, a little at a time, beating well after each addition
3. If you add the brandy too quickly the butter will curdle

4. When smooth and creamy, spoon into a dish, cover and chill till required

STRAWBERRY-AVOCADO SALAD

6 cups trimmed and torn curly endives
2 cups fresh strawberries, hulled and sliced
1 avocado, sliced

DRESSING

1/3 cup honey
1/3 cup orange juice
1/3 cup vegetable oil
1 Tbsp poppy seed

1. In a large mixing bowl, toss endive, strawberries and avocado and set aside
2. Combine dressing ingredients and microwave on high for 1 minute until hot
3. Pour over endive mixture and toss to coat, serve immediately

ENGLISH STYLE MULLED WINE

1 pinch nutmeg
15 sugar lumps
2 lemons, 1 for decorative purposes
400ml water
800ml red port

1. Wash and dry 1 lemon
2. Rub the lumps on the skin of one the lemons before squeezing to extract the juice
3. Place the sugar lumps in a saucepan, then add the lemon juice
4. Add the port, water and nutmeg
5. Continue to heat, and remove before it boils
6. Serve in glasses decorated with lemon peel twirls, made by peeling the rind of the second lemon with a potato peeler

PI NEAPPLE PUNCH

1 ½ litres white rum
4 slices fresh pineapple
2 oranges
2 lemons
1 tsp grated fresh ginger
¾ cup fresh orange juice

1. Peel the pineapple, oranges and lemons and dice the fruit
2. In a bowl mix the fruit, rum, ginger and orange juice
3. Macerate 24 hours in the fridge before serving

BLUE CHEESE BOUCHÉE

SHELLS

¾ cup flour
25g butter
5 eggs
1 cup water
pinch salt

FILLING

250g Roquefort or blue cheese
25g butter
1 Tbsp thick cream

1. Boil the water with the butter and salt, then mix in the sifted flour
2. Stir until the dough does not stick to the saucepan or spatula anymore
3. Turn off the heat and work the dough for 1 minute
4. Add the first egg, mixing thoroughly and working the dough well
5. The success of this dish depends on the first mixture
6. Add the other eggs one at a time, mixing carefully each time.
7. If the eggs are large, add only part or none of the fifth egg.
8. The dough, very soft, must not collapse if arranged in small lumps, if it does, work it again for 1 minute to give it the right consistency
9. Use a pastry bag with a large tube to squeeze out the dough on a lightly greased baking sheet, making small round lumps or long sausages shapes
10. Bake at 180°C for a few minutes until golden, then turn off the heat and open the oven door, allowing 2 - 3 minutes to

cool before taking out

11. When cool, slice the shells with a knife and fill with the filling which has been mixed together, making a cheese-butter-cream mixture

12. These appetisers can be eaten warm or cold

PAPRIKA SALAD

1 lettuce, leaves rinsed and dried

500g mushrooms

juice of 2 lemons

500g tomatoes, quartered

3 hard boiled eggs, sliced

1 can tuna in water, drained

250g peeled shrimp

1 cup mayonnaise

1 Tbsp paprika

1 Tbsp oil

2 Tbsp vinegar

salt, pepper

1. Cook the shrimp in very salty, boiling water for 3 minutes

2. Slice the mushrooms into a bowl and sprinkle with lemon juice

3. Cut the lettuce with a scissors into thin strips

4. Stir the paprika into the mayonnaise

5. Place all the ingredients into a bowl, except the eggs and mayonnaise

6. Sprinkle with oil, vinegar, salt and pepper and toss

7. Stir in half of the mayonnaise

8. Decorate with thin slices of egg and serve the rest of the mayonnaise in a sauce boat

SWEET PEPPER SALAD

2 red peppers
2 green peppers
3 tomatoes
2 dsp olive oil
1 bunch of parsley, chopped
salt, pepper

1. Grill the peppers in the oven, turning from time to time
2. Fold them in foil for 5 - 10 minutes to make them easy to peel
3. Scald the tomatoes, then place in iced water to peel them
4. Cut the peppers and tomatoes into small cubes
5. Very lightly fry in an oiled pan for 20 minutes
6. Add the chopped parsley and sprinkle with salt and pepper
7. Serve in a salad bowl

SPARKLING WINE PUNCH WITH FRUIT ICE RING

60ml Brandy
60ml Curacao
1 x 750ml Sparkling Wine
Soda Water

FRUIT ICE RING

2 cups crushed ice
Fresh or Tinned Fruit
500ml Fruit Juice

1. Mix brandy, curacao and wine together in a punch bowl
2. Just before serving add the following:-
3. Ice and as much soda water as desired (the more you add, the weaker the punch)
4. For the fruit ring, place the ice in a 1.5L ring mould
5. Arrange the fruit over ice in a colourful display (Choose your fruit carefully)
6. Pour fruit juice over and freeze till solid (Preferably overnight)
7. Dip mould in warm water to loosen ring
8. Place carefully in punch bowl, fruit side up and serve immediately

CHRISTMAS MINCE PIES

Ingredients

350 g cake or all-purpose flour
a pinch of salt
125 g castor sugar
175 g butter, cut into cubes
6 egg yolks, beaten
250 ml good-quality fruit mincemeat
1 apple, peeled and grated
1 each orange and lemon, grated rind
splash of brandy or rum

Method:

Place the flour, salt and sugar in a bowl.
Add the butter and work it in, using your fingertips.
Mix in the egg yolks briefly, just until the dough holds together.
Knead into a ball and leave to rest for 30 minutes.
Roll out the pastry on a floured surface.
Cut out rounds, using a 5 cm diameter cookie cutter, and stamp out small star shapes from the leftover pastry.
Press the pastry rounds into the hollows of tartlet tins.
Mix mincemeat, apple, rind and brandy or rum.
Drop 5 ml filling into each pastry case and top with a star shape.
Bake at 190 °C for about 15 minutes, or until the pastry is golden.
Cool on wire racks.

Tips

Serve warm, with a dollop of brandy butter or a dusting of icing sugar.
Make the pies in advance and freeze them.
When grating citrus peel or ginger, cover the side of the grater with cling film and grate over it. It's easier to lift off and you'll have a clean grater.

FESTIVE EGG NOG

Ingredients

6 large eggs, separated
150 g sugar
250 ml rum
1 l cream milk
250 ml fresh cream
125 ml brandy

Method:

1. Beat the egg yolks and sugar together well. Gradually beat in the rum and milk. 2. Fold in stiffly beaten egg whites. Add cream and brandy gently. 3. Serve in glasses and sprinkle lightly with a mixture of ground cinnamon and chocolate drinking powder. 4. Serve mid-morning with Christmas fruit cake.



Handy Converter

DRY MEASURES - METRIC = IMPERIAL

15g = ½oz
 30g = 1oz
 60g = 2oz
 90g = 3oz
 125g = 4oz (¼lb)
 155g = 5oz
 185g = 6oz
 220g = 7oz
 250g = 8oz (½lb)
 280g = 9oz
 315g = 10oz
 345g = 11oz
 375g = 12oz (¾lb)
 410g = 13oz
 440g = 14oz
 470g = 15oz
 500g = 16oz (1lb)
 750g = 24oz (1½lb)
 1kg = 32oz (2lb)

Volume Equivalents

1/4 teaspoon = 1 ml
 1/2 teaspoon = 2 ml
 1 teaspoon = 5 ml
 1 tablespoon = 15 ml
 1/4 cup = 65 ml
 1 cup = 250 ml

LIQUID MEASURES METRIC = IMPERIAL

30ml = 1 fluid oz
 60ml = 2 fluid oz
 100ml = 3 fluid oz
 125ml = 4 fluid oz
 150ml = 5 fluid oz (¼ pint)
 190ml = 6 fluid oz
 250ml = 8 fluid oz
 300ml = 10 fluid oz (½ pint)
 500ml = 16 fluid oz
 600ml = 20 fluid oz (1 pint)
 1000ml (1 litre) = 1¾ pints

HELPFUL MEASURES - METRIC = IMPERIAL

6mm = ¼in
 1cm = ½in
 2cm = ¾in
 2.5cm = 1in
 5cm = 2in
 6cm = 2½in
 8cm = 3in
 10cm = 4in
 13cm = 5in
 15cm = 6in
 18cm = 7in
 20cm = 8in
 23cm = 9in
 25cm = 10in
 28cm = 11in
 30cm = 12in

EQUIVALENT MEASURES

3 teaspoons = 1 tablespoon
 1/2 tablespoon = 1-1/2 teaspoons
 2 tablespoons = 1 fluid ounce
 4 tablespoons = 1/4 cup
 5-1/3 tablespoons = 1/3 cup
 8 tablespoons = 1/2 cup
 10-2/3 tablespoons = 2/3 cup
 12 tablespoons = 3/4 cup
 16 tablespoons = 1 cup
 6 tablespoons = 8 fluid ounces
 1/8 cup = 2 tablespoons
 1/4 cup = 4 tablespoons
 1/4 cup = 2 fluid ounces
 1/3 cup = 5 tablespoons plus 1 teaspoon
 1/2 cup = 8 tablespoons
 1 cup = 16 tablespoons
 1 cup = 8 fluid ounces
 1 cup = 1/2 pint

2 cups = 1 pint
 2 pints = 1 quart
 4 quarts (liquid) = 1 gallon
 1 litre = approximately 4 cups or 1 quart

Metric to U.S.

Liquid
 1 mL = 0.033814 fl. oz.
 1 mL = 0.061024 cu. in.
 1 mL = 0.2029 tsp.
 1 mL = 0.0676 Tbls.
 1 dl = 3.3814 fl. oz.
 1 dl = 6.1024 cu. in.
 1 dl = 20.29 tsp.
 1 dl = 6.76 Tbls.
 1 dl = 27.05 fl. dr.
 1 dl = 0.423 cups
 1 dl = 0.845 gi.
 1 dl = 0.21134 pt.
 1 dl = 0.10567 qt.
 1 l = 33.814 fl. oz.
 1 l = 61.024 cu. in.
 1 l = 67.6 Tbls.
 1 l = 270.5 fl. dr.
 1 l = 4.23 cups
 1 l = 8.45 gi.
 1 l = 2.1134 pt.
 1 l = 1.0567 qt.
 1 l = 0.26417 gal.
 1 l = 0.029353 firkins

Dry
 1 l = 1.8162 pt.
 1 l = 0.9081 qt.

Weight
 1 g = 0.035274 oz.
 1 g = 0.0022046 lb.
 1 kg = 35.274 oz.
 1 kg = 2.2046 lb.

Length
 1 mm = 0.03937 in.
 1 cm = 0.3937 in.
 1 m = 39.37 in.
 1 m = 3.281 ft.
 1 m = 1.0936 yd.

U.S. to Metric

Liquid
 1 tsp. = 4.929 mL
 1 Tbls. = 14.787 mL
 1 fl. dr. = 3.6967 mL
 1 fl. oz. = 29.57353 mL
 1 cup = 236.59 mL
 1 cup = 2.366 dl
 1 cup = 0.2366 l
 1 gi. = 118.294 mL
 1 gi. = 1.18294 dl
 1 gi. = 0.118294 l
 1 pt. = 473.1765 mL
 1 pt. = 4.731765 dl
 1 pt. = 0.4731765 l
 1 qt. = 9.4635 dl
 1 qt. = 0.94635 l
 1 gal. = 37.854 dl
 1 gal. = 3.7854 l
 1 firkin = 34.069 l
 1 hhd = 238.48 l

Dry
 1 pt. = 0.551 l
 1 qt. = 1.101 l
 1 pk. = 8.81 l
 1 bu. = 35.25 l

Weight
 1 oz. = 28.35 g
 1 lb. = 453.59 g
 1 lb. = 0.454 kg

Length
 1 in. = 25.4 mm
 1 in. = 2.54 cm
 1 ft. = 304.8 mm
 1 ft. = 30.48 cm
 1 yd. = 914.4 mm
 1 yd. = 91.44 cm

TEMPERATURE CONVERSION CHART

C° (CELSIUS) = F° (FAHRENHEIT) = GAS MARK

Very slow.....120 = 250 = 1
Slow.....150 = 300 = 2
Moderately slow.....160 = 325 = 3
Moderate.....180 = 350 = 4
Moderately hot.....190 = 375 = 5
Hot.....200 = 400 = 6
Very hot.....230 = 450 = 7

