

Adrian's OXTAIL POTJIE (Potjie Size 3 - Serves +/- 12)

Ingredients:

2 ½ - 3 Oxtails or the equivalent in Shin
 12 - 14 Baby Potatoes
 2 Punnets Mushrooms
 1 Packet Thick White Onion Soup
 Potjie Spice
 Crushed Garlic

2 Onions, chopped
 1 Bag Frozen Mixed Veggies
 1 Packet Oxtail Soup
 250ml Red Wine
 Aromat

Method:

- Using only a wooden spoon, brown onions in oil
- Add meat and brown on high heat
- Add spices and brown
- Add more spices and brown
- Add red wine, lower temperature and cook for 1 ½ - 2 hours
- Do not mix
- Add potatoes and cook for about 1 hour
- Add veggies and cook for ½ hour
- Add oxtail soup and cook for ½ hour
- Add mushrooms and cook for ½ hour
- Mix water with onion soup (not too thin) and add 15 minutes before serving
- Serve with rice or krummel pap

SAM'S KRUMMEL PAP

Ingredients:

Pap
 Water

Salt

Method:

- Use about 2 ½ fingers of water to any size pot (depending on numbers)
- Add salt and bring to the boil
- Lower heat considerably and pour pap into water in a pyramid shape
- Close lid
- After about 1 minute, scratch the pap with a carving fork
- Do this every 5 minutes or so until done

CHICKEN POTJIE

Ingredients:

2kg Chicken pieces
 80ml Olive Oil
 150ml Red Wine
 250ml Chicken Stock
 Fresh Thyme & Rosemary
 Mixed Vegetables

40ml Seasoned Flour
 3 Cloves Garlic, chopped
 150ml Tomato Puree
 3 Bay Leaves
 30ml Balsamic Vinegar
 Salt & Freshly ground Pepper

Method:

- Coat chicken pieces in flour
- Heat oil and brown chicken
- Add garlic and stir-fry for 1 minute
- Add leftover flour
- Add red wine
- Bring to the boil, cover and simmer until sauce reduced by two thirds
- Stir in puree and stock
- Add bay leaves, thyme, rosemary, vinegar and veggies
- Season
- Simmer until all is tender and fragrant
- Serves 6

LAMB SHANK POTJIE

Ingredients:

4 Whole Lamb Shanks	1 tsp Coriander
2 tsp Red Chilli, chopped	1 tsp Rosemary, chopped
1 tsp Oregano, chopped	1 tbsp Cake Flour
1 Tbsp Olive Oil	1 Garlic Clove, crushed
1 Large Carrot, sliced	6 Stalks Celery, sliced
2 Onions, chopped	2 tbsp Balsamic Vinegar
¾ cup Red Wine	2 cans Whole peeled Tomatoes
Shredded Basil	

Method:

- Season shanks
- Mix coriander, chilli, rosemary and oregano
- Roll shanks in mixture, pressing it firmly into the meat
- Dust with flour
- Brown in potjie over medium heat
- Remove from pot and set aside
- Add garlic, carrot, celery, onions and salt to potjie, cover and leave veggies to seat until tender
- Add vinegar and bring to the boil until the liquid is syrupy
- Add wine and tomatoes
- Return meat
- Bring to the boil, reduce heat and simmer for 1 ½ hours
- Remove lid and simmer uncovered for 30 minutes to form sauce
- Add basil and serve on a bed of couscous

OUVROU-ONDER-DIE-KOMBERS

Ingredients:

180ml Cake Flour	1ml Salt
1 Egg	125ml Milk
125ml Water	500g Boerewors
15ml Butter	

Method:

- Preheat oven to 180° C
- Sift flour & salt together
- Make a hollow in the middle of the mixture and break the egg into it
- Mix the milk and water and beat half of it into the flour
- Then add the rest of the liquid little at a time
- Cover the dish and stand for 1 hour
- Prick wors and place in ovenproof dish
- Dot with butter and place in oven until very warm
- Pour the dough over the wors and bake until golden brown and crisp

BOERE SAMOOSASCrust Ingredients:

500ml Cake Flour
2ml Salt
100ml Cold Water

10ml Baking Powder
110ml Butter at room temperature

Filling Ingredients:

1 Large Onion, chopped
250g Mince
5ml Turmeric
25ml Maizena

25ml Oil
10ml Medium Curry Powder
5ml Salt

Method:

- Sauté onion, add mince and sauté until cooked
- Add curry powder, turmeric and salt and fry a further 5 minutes
- Add maizena to a little water and make a paste
- Stir into meat and boil until thick
- Set aside to cool
- Sift flour, baking powder and salt
- Rub in the butter
- Cut water in with a knife, using just enough to make a stiff dough
- Roll dough out thin on floured surface and push out circles with the lid of a fruit jar (9cm dia)
- Place teaspoons of filling on each circle
- Wet the edges of each circle with water
- Fold half over the filling and push the top edge tightly onto the bottom
- Deep fry in hot oil until golden brown
- Drain on kitchen paper

KATKOPPEDough Ingredients:

500ml Cake Flour
2 Eggs
400ml Milk

10ml Baking Powder
2ml Salt
Oil for frying

Meatball Ingredients:

3 Slices White Bread

Milk

1kg Mince	1 Onion, grated
2 Eggs	50ml Vinegar
50ml Cake Flour	10ml Salt
5ml Baking Powder	5ml Braai Spices
2ml Aromat	Pinch of Pepper

Method:

- Soak bread in milk and squeeze milk out once soaked up (keep milk aside)
- Mince bread
- Add mince, onion, eggs, vinegar, flour, salt, baking powder and spices to bread
- Mix well
- Shape into balls
- For dough, beat flour, baking powder, eggs, salt & milk well
- Dip the meatballs in the dough and fry over medium heat in deep oil until golden brown
- Drain on kitchen paper

ASPARAGUS QUICHE (The best!)

Crust Ingredients:

1 cup Flour	2 tsp Baking Powder
½ tsp Salt	125g soft Butter
½ cup Milk	

Filling Ingredients:

1 cup Grated Cheese	1 cup Mayonnaise
1-2 tins drained Asparagus (pref. Green)	1 tsp Lemon Juice

Method:

- Pre-heat oven to 180°C
- Sift flour, baking powder and salt
- Rub butter into the flour
- Add milk little at a time, mixture must be softish
- Line pie dish
- Mix remaining ingredients and pour into pie dish
- Sprinkle with paprika and more grated cheese
- Bake for about 40 minutes
- Eat your fingers off the bone!

BEEF MARROW BONES ON TOAST (as a starter)

Ingredients:

Marrow Bones cut into pieces	Toast
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Method:

- Cover ends of marrow bones with thick paste made of flour and water, and bake for 1 hour
- Remove crusts, sprinkle marrow with salt, pepper, paprika and a few drops of lemon juice
- Set each piece on a round of toast and place a spoon of Maitre d'Hotel Sauce on each
- Serve

Maitre d'Hotel Sauce:

4 Tbsp Butter
Lemon Juice
2 Tbsp Minced olives

1 Tbsp Minced Parsley
1 Tbsp Minced Chives

Method:

- Cream butter, add parsley and lemon juice
- Add chives and olives which have been boiled 1 minute in sherry

BANANA SALAD

Ingredients:

Bananas, sliced
3 Eggs
250ml Sugar
Pinch of Salt

125ml White Vinegar
10ml Mustard Powder
250ml Ideal Milk

Method:

- Beat eggs, vinegar, sugar, mustard and salt until well mixed
- Meat over medium heat until thick
- Remove at boiling point
- Cool
- Add ideal milk
- Pour into a flask and keep in fridge until ready to mix with bananas
- Makes 700ml

OUTJO POTATOES

Ingredients:

6 Medium Potatoes
125ml Cream
5ml Salt
Pinch of Pepper

375ml Cheddar Cheese, grated
15ml Butter
1ml Ground Nutmeg

Method:

- Preheat oven to 200° C
- Boil potatoes in skins until soft
- Half while still in skin
- Hollow each half out properly and mash the removed potato
- Add 250ml of the cheese, two thirds of cream, butter, salt, nutmeg and pepper to the mashed potatoes and mix well
- Fill the potato skins with the mashed mixture make a hollow in each
- Place the remaining cream inside the hollows and sprinkle the potatoes with cheese
- Place in a oven pan and bake for 30 minutes until golden brown
- Serves 6

CONCERTINA POTATOES

Ingredients:

8 Medium Potatoes
 1 Packet Thick White Onion Soup
 6 Medium Potatoes
 125ml Cream
 5ml Salt
 Pinch of Pepper

250g Butter
 375ml Cheddar Cheese, grated
 15ml Butter
 1ml Ground Nutmeg

Method:

- Preheat oven to 180°C
- Do not peel potatoes
- Cut each potato into 1cm wide slices but do not cut through the bottom
- Place (cut side top) in a shallow ovenproof dish
- Melt butter and stir in soup powder
- Pour the mixture over the potatoes
- Cover and bake for 2 - 2 ½ hours
- Drizzle with sauce every now and again
- Serves 8

FELIX's MIELIEPAP

Ingredients:

500ml Water
 500ml Mielie meal
 30ml Butter
 500ml Cheddar Cheese, grated

5ml Salt
 500ml Milk
 2 Eggs, beaten

Method:

- Boil water and salt
- Mix mielie meal and milk into a smooth paste
- Add to water and stir until smooth
- Lower the heat and boil for 10 minutes
- Stir in butter
- Add a little of the warm mielie meal mixture to the eggs
- Stir the egg mixture into the hot mielie meal
- Stir in cheese
- Cover and boil slowly until done
- Serves 8
- Serves 8

OXTAIL BREAD

Ingredients:

500g Self Raising Flour
 500ml Buttermilk
 Pinch of Red Pepper

1 Packet Oxtail Soup
 125ml Cheddar Cheese, grated

Method:

- Preheat oven to 180°C

- Grease a bread pan
- Mix flour, soup and buttermilk
- Pour into pan
- Sprinkle with cheese and pepper
- Bake for one hour
- Makes one medium bread

SLAPPAPPOFFERS

Ingredients:

100ml Mielie meal	500ml Water
1 Egg, beaten	250ml Self Raising Flour
2ml Mustard Powder	2ml Salt
Pinch of Cayenne Pepper	125ml Cheddar Cheese, grated
Oil for frying	Aromat

Method:

- Mix mielie meal and water and heat until boiling point
- Cover and simmer for 15 - 20 minutes, stirring every now and again
- Cool down
- Add egg to pap
- Sift flour, mustard, salt and cayenne pepper, add to pap and stir well
- Stir in cheese
- Spoon a dessertspoon full at a time into the hot oil and fry on both sides until golden brown
- Drain and sprinkle with aromat
- Makes 4 dozen

WATERBULL

Ingredients:

1.25l Water	500ml Sugar
500ml Unsifted Flour	10ml Cinnamon
5ml Ginger	2ml Salt
200ml Milk	10ml Bicarb
25ml Apricot Jam	30ml Butter

Method:

- Bring water and sugar to a boil in a large pot with a lid
- Sift flour, cinnamon, ginger and salt
- Add milk and bicarb
- Rub jam and butter into flour and add milk
- Drop the lump of flour mixture into the boiling syrup and boil on high for 5 minutes
- Lower heat and boil for another 25 minutes without removing lid
- Serve warm in sauce
- Serves 4-6

P U D D I N G S

RICE DUMPLINGS

Ingredients:

190ml Raw Rice
 10ml Baking Powder
 2 Eggs

250ml Sifted Flour
 5ml Salt
 50ml Butter, melted

Method:

- Boil rice until cooked and drain
- Add remaining ingredients and mix well
- Drop a tablespoon at a time into a pot with boiling water
- Boil for 10 minutes on low heat covered with lid
- Remove dumplings carefully and place in serving dish
- Drizzle with extra melted butter and cinnamon sugar
- Serves 6

BAKED SAGO PUDDING

Ingredients:

1l Milk
 1ml Salt
 75ml Butter
 5ml Vanilla Essence
 75ml Apricot Jam

250ml Sago
 75ml Sugar
 4 Eggs
 Grated Nutmeg

Method:

- Preheat oven to 160°C
- Heat milk until boiling point then stir in sago and salt
- Simmer over very low heat until sago becomes transparent
- Stir sugar and butter in and remove from heat
- Beat eggs and vanilla essence and stir into sago mixture
- Pour into a ovenproof dish and sprinkle with nutmeg
- Place the dish in a pan with hot water and bake for about 45 minutes until light brown
- Drizzle with dots of apricot jam
- Serves 6-8

OLD-FASHIONED VINEGAR PUDDING

Ingredients:

125ml Vinegar
 250ml Sugar
 1 Lemon/Orange Rind, grated

250ml Water
 300ml Currents

250ml Butter
 1 Egg
 1 Lemon/Orange Rind, grated
 250ml Milk
 10ml Ginger

250ml Castor Sugar
 30ml Apricot Jam
 10ml Bicarb
 500ml Cake Flour, sifted
 5ml Nutmeg

2ml Salt

Method:

- Heat vinegar, water, sugar, currents and rind to boiling point. Pour into a ovenproof dish and cool
- Mix butter and castor sugar till creamy. Stir in egg, then jam and rind
- Mix bicarb and milk
- Sift dry ingredients together and stir into butter mixture alternatively with milk
- Spoon the dough into the sauce and bake for 30-40 minutes without a lid
- Serve with custard
- Serves 8-10

BAKED DUMPLINGS

Ingredients:

125g Butter	60ml Apricot Jam
12.5ml Bicarb	500ml Sifted Cake Flour
Pinch of Salt	10ml Milk
750ml Boiling Water	250ml Sugar
5ml Vanilla Essence	A Dollop of Butter

Method:

- Preheat oven to 200°C
- Melt butter and stir jam in
- Stir in bicarb (it will bubble), then alternate flour with salt and milk
- Place the remaining ingredients in an ovenproof dish with a lid
- Place spoonfuls of dough into the sauce, not too close together
- Cover with the lid and bake for 25 minutes
- Serves 6-8

CARMEL DUMPLINGS

Ingredients:

375ml Cake Flour, sifted	12.5ml Baking Powder
1ml Salt	50ml Sugar
60ml Butter	200ml Milk
125ml Chopped Nuts or Glazed Cherries	
375ml Sugar	30ml Butter
Pinch of Salt	500ml Boiling Water

Method:

- Sift flour, baking powder and salt. Add sugar and rub butter into the mixture
- Stir in milk and cherries/nuts
- Melt 125ml of the sugar in a big pot and boil until it turns brownish
- Add butter, remaining sugar, salt and boiling water and stir until the caramel has melted
- Heat sauce to boiling point and place spoonfuls of dough into it
- Cover with lid and simmer for 12 minutes over very low heat
- Serve with custard, ice cream or fresh cream
- Serves 6

BUTTERMILK PUDDING

Ingredients:

500ml Fresh White Breadcrumbs
250ml Soft Brown Sugar
2 Eggs, beaten
5ml Vanilla Essence
5ml Cinnamon
1ml Salt
250ml Nuts, chopped

250ml Buttermilk
125ml Butter
5ml Bicarb
250ml Cake Flour, sifted
1ml Nutmeg
250ml Seedless Raisins

Method:

- Preheat oven to 190°C
- Soak breadcrumbs in buttermilk for 10 minutes
- Beat butter and sugar and stir in eggs
- Mix bicarb with about 10ml buttermilk and stir into sugar mixture with essence and crumb mixture
- Sift flour, cinnamon, nutmeg and salt and add to mixture
- Mix raisins and nuts with a little extra flour and stir in
- Pour into greased ovenproof dish and bake for 25 minutes
- Serve with cream or custard
- Serves 6-8

APRICOT PUDDING

Ingredients:

250ml Sugar
2 Eggs
15ml Baking Powder
100ml Milk

60ml Butter
500ml Cake Flour, sifted
1ml Salt
100ml Apricot Jam, heated

500ml Water
50ml Apricot Jam

125ml Sugar
30ml Butter

Method:

- Preheat oven to 180°C
- Beat butter and sugar until smooth
- Add eggs one by one
- Sift dry ingredients and stir in, alternating with milk
- Spread a third of the dough in an ovenproof dish and cover with half of the apricot jam
- Cover with half of the remaining dough
- Spread with remaining jam, then remaining dough
- Boil water, sugar, jam and butter and pour over the pudding while hot
- Bake for 30 minutes
- Serve with custard
- Serves 8-10

MARROW PUDDING

Ingredients:

1 Egg
 250ml Cake Flour, sifted
 5ml Bicarb
 25ml Apricot Jam
 250ml Milk

125ml Sugar
 5ml Baking Powder
 Pinch of Salt
 30ml Vinegar

250ml Sugar
 250ml Ideal Milk
 5ml Vanilla Essence

125ml Boiling water
 60ml Butter

Method:

- Preheat oven to 180°C
- Beat egg and sugar until light and fluffy
- Add flour, baking powder, bicarb, salt, jam and vinegar and mix well
- Stir in milk until the dough is smooth
- Pour into a greased ovenproof dish and bake for 45 minutes
- Heat the remaining ingredients and pour over the pudding immediately after it comes out of the oven
- Serve with cream or custard
- Serves 6

BEFOKTE MELKKOS

Ingredients:

1.125l Milk
 30ml Butter
 30ml Custard Powder
 3ml Salt
 Cinnamon Sugar

125ml Sago
 50ml Maizena
 30ml Whole-wheat Flour
 2 Eggs, separated

Method:

- Heat 250ml milk until warm and allow sago to soak in it for 30 minutes
- Heat 750ml milk and butter until boiling point.
- Mix maizena, custard powder, flour and salt with remaining 125ml milk until it forms a paste. Add to sago mixture
- Add boiled milk, stirring continuously until thick
- Beat egg yolks and add to mixture
- Beat egg whites until stiff and fold into mixture.
- Serve with cinnamon sugar
- Serves 4-6

MARSHMELLOW/MALVA PUDDING

Ingredients:

250ml Icing Sugar
 15ml Smooth Apricot Jam
 5ml Bicarb of Soda
 30ml Butter

2 Eggs (room temp)
 1 ¼ cup Flour
 Pinch of Salt
 5ml Vinegar

125ml Milk

Sauce Ingredients:

250ml Cream

125ml Sugar

½ cup Butter

½ cup Water, Orange Juice or Brandy

Method:

- Pre-heat oven to 180° C
- Whisk eggs and sugar until light and fluffy
- Add jam
- Sift dry ingredients 3 times
- Melt butter and add to milk with vinegar
- Fold in dry ingredients alternatively with egg mixture
- Pour into buttered dish
- Bake for 45 minutes
- Melt all sauce ingredients and pour over pudding as soon as it comes out of the oven
- Prick pudding with fork to aid absorption
- Serve warm with custard or cream

RICE PUDDING

Ingredients:

500ml Rice, cooked

2 Egg Yolks

5ml Vanilla Essence

700ml Milk

125ml Sugar

Seedless Raisins (optional)

Meringue Ingredients:

2 Egg Whites

30ml Castor Sugar

Method:

- Pre-heat oven to 180° C
- Heat rice, milk and sugar and boil until it starts to thicken
- Lightly whisk egg yolks and vanilla
- Add 3 tbsp rice to egg yolks and stir
- Do this very slowly until it curdles
- Add egg mixture to the remaining rice and boil for a minute
- Remove from stove and add raisins
- Spoon into greased casserole dish
- For meringue, beat egg whites until stiff
- Gradually add castor sugar until it makes stiff points
- Spread over rice pudding
- Bake until golden brown

FLUWEEL (VELVET) PUDDING

Ingredients:

½ cup Sugar

190ml Cake Flour

4 x-tra Large Eggs, separated

3ml Salt

4 cups Milk

¼ cup Butter

5ml Vanilla Essence
125ml Castor Sugar

30ml smooth Apricot Jam, slightly warm

Method:

- Pre-heat oven to 160°C
- Grease an ovenproof dish
- Combine sugar, salt and flour
- Mix into a smooth paste with a little milk
- Heat remaining milk until hot
- Slowly add flour paste, stirring continually
- Bring to the boil and simmer gently until thick
- Allow to cool slightly
- Beat egg yolks and add a little of the milk mixture while beating
- Mix with remaining milk, add butter and vanilla
- Pour into dish and bake for about 30 minutes until lightly brown
- Remove from oven and reduce oven temp to 140°C
- Spread the top of the pudding with a thin layer of jam
- Beat egg whites until stiff, add castor sugar and beat until stiff and glossy
- Carefully spoon over pudding
- Bake for another 10 - 15 minutes or until the meringue is pale brown

MELKTERT

Ingredients:

3 Rolls Frozen Puff Pastry
12 Eggs
1 tsp Salt
1 tsp Almond Essence

2l Milk
3 heaped tbsp Flour
1 tsp Vanilla Essence
2 cups Sugar

Method:

- Pre-heat oven to 200°
- Defrost pastry and line greased pie dishes (this can be frozen as is)
- Place 1l milk in a pot and the other 1l in a mixing bowl
- Separate eggs and add yolks to milk in mixing bowl
- Add flour and mix well
- Pour through sift and add to milk in pot
- Stir continuously until thick, remove from heat and add sugar
- Beat eggs whites until stiff and fold into mixture
- Mix well
- Pour into pie dishes and bake until light brown or about 35 minutes
- Makes 4 terte