

The Cancer Association of Namibia

I Can Cook

40+ Recipes for everyday cooking

*The proceeds of this cookbook will be donated
to the Cancer Association of Namibia.*

Foreword

Cooking in the kitchen with Rolf Hansen of the Cancer Association of Namibia has been a tremendous joy and this has been such a great project to be working on.

It warms my heart that Windhoek Express and Namibia Media Holdings are able to give back to our community through this recipe book.

The Cancer Association of Namibia lies near and dear to our hearts. This year has been challenging to say the least, and welfare organisations across the country are struggling to find ways to raise much-needed funds.

It's heartwarming to see that CAN took these challenges in their stride, refusing to give up, working endlessly to provide the services they set out to achieve. To that I say well done.

And to each of you who donated towards this collection of easy recipes, thank you.

Happy cooking!

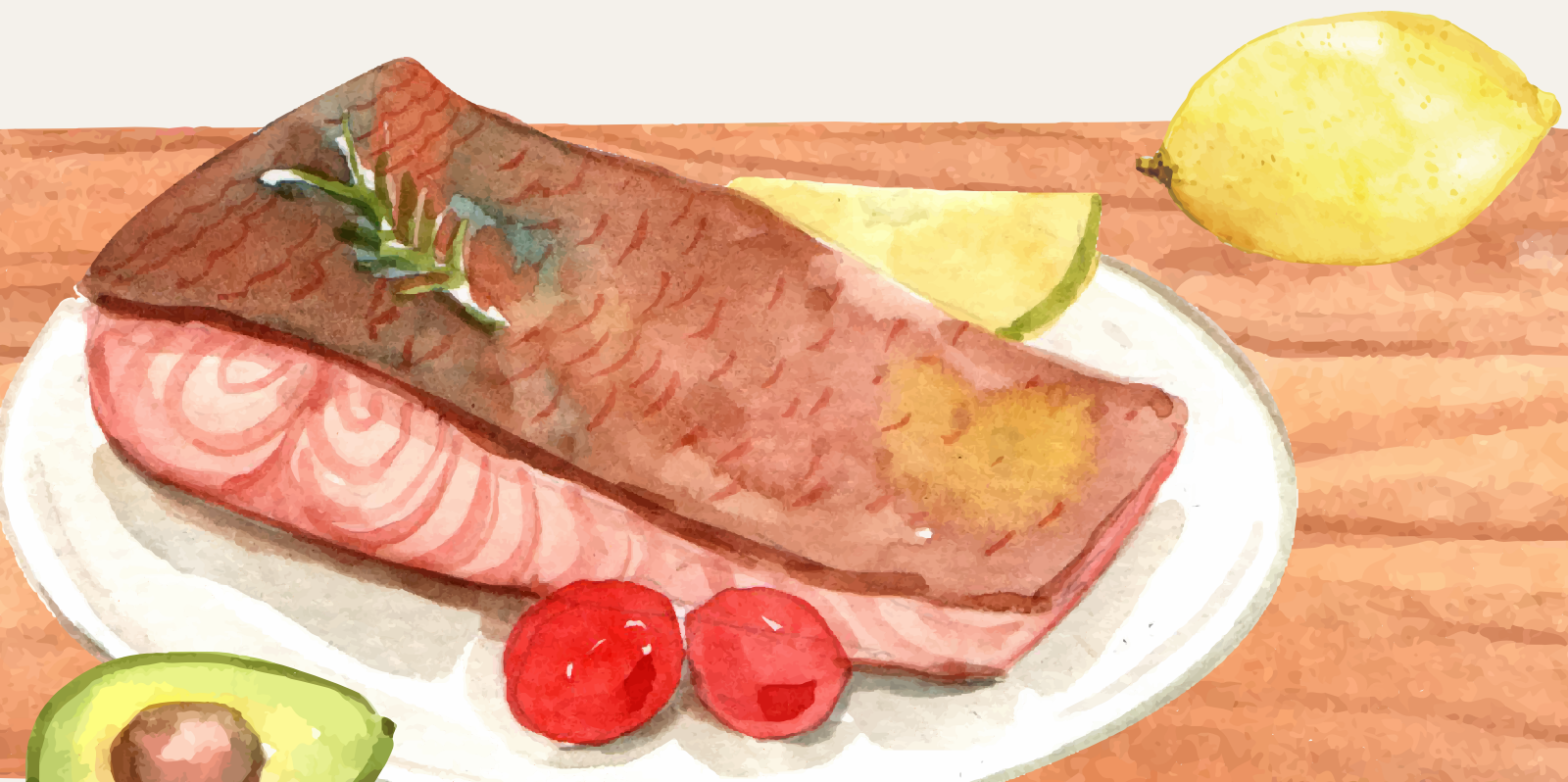
- Yolanda Nel

The Cancer Association of Namibia

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Main Dishes

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Bobotie

Ingredients

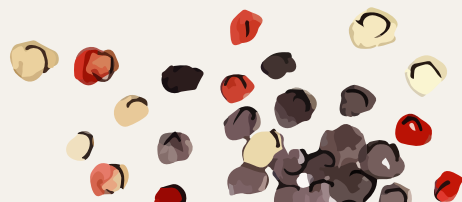
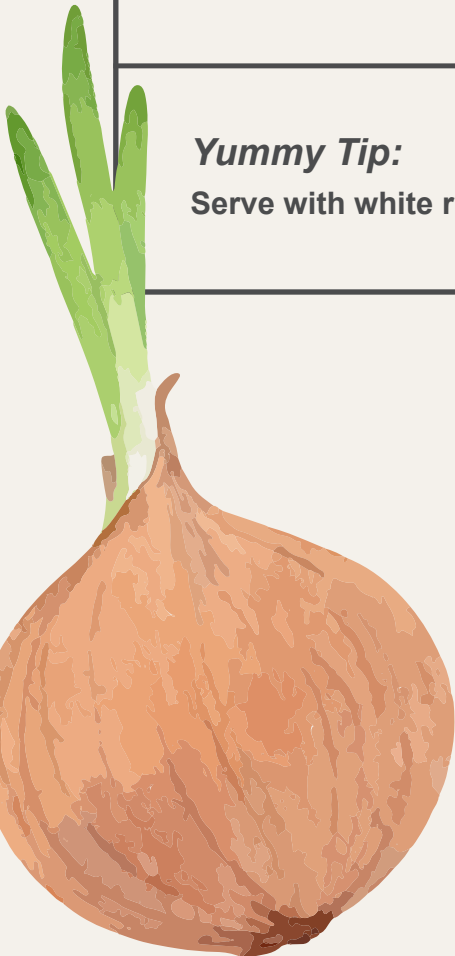
- 500 g mince
- 1 medium onion (diced)
- 5 ml paprika
- 5 ml chicken spice
- 5 ml spice for mince
- 5 ml fresh garlic
- 50 ml chutney
- 3 bay leaves
- Salt and pepper to taste
- 2 eggs
- 50 ml oil

Method

- Pre-heat oven to 180°C.
- Place oil in pan and sauté onions until translucent.
- Add mince and spices and cook.
- Stir the chutney in and place in ovenproof dish.
- Beat eggs and pour over the mince.
- Place bay leaves on top.
- Bake for 30 minutes or until egg mixture is cooked.

Yummy Tip:

Serve with white rice and green salad.





Chicken & Leek Caserole

Ingredients

- chicken breasts, cubed
- 4 - 6 leeks, cut in rings
- 1 big onion, finely cut
- 4 cloves of garlic
- 2 cups full cream milk or 1 cup cream
- Fresh coriander (roughly chopped)
- Butter to taste
- Salt and pepper to taste

Method

- Fry onions and crushed garlic until translucent.
- Add leek and chicken and cook until meat is done on the outside but still pink inside.
- Add milk/cream and simmer for 10 minutes on low heat.
- Add salt, pepper and coriander to taste.





Souffert

Ingredients

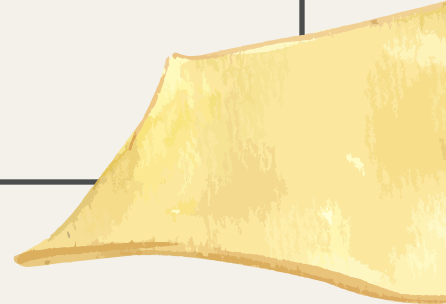
- 30 ml oil
- 1 medium onion (diced)
- 125 g mushrooms, cut in small pieces
- 125 g cold meat of your choice (ham/bacon/ salami)
- 250 ml cheddar cheese (grated)
- 1 wheel of feta cheese (crumbed)
- 30 ml parsley
- 80 ml self-raising flour
- 4 eggs
- 375 ml milk
- Salt and pepper to taste.

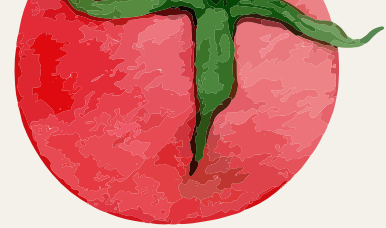
Method

- Pre-heat oven to 180°C.
- Butter an ovenproof pie dish.
- Heat oil to fry onions and mushrooms.
- Let cool slightly before adding cold meats, cheese and parsley.
- Add flour, salt and pepper and mix well.
- Whisk eggs and milk and mix with pie mixture.
- Scoop into pie dish and bake for 30 minutes.

Yummy Tip:

Serve with a salad of your choice.





Cottage Pie

Ingredients

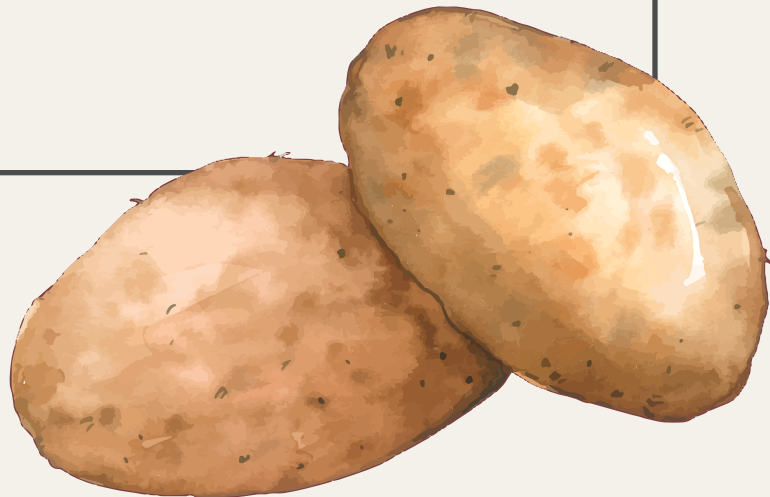
- 500 g mince
- 1 medium onion
- 5 medium potatoes (peeled, diced)
- 75 ml milk
- 250 ml beef stock
- 1 tbsp Worcestershire sauce
- 1 tbsp flour
- 7.5 ml tomato purée
- 5 ml fresh garlic
- 7.5 ml spice for mince
- Salt and pepper to taste
- Dash of paprika

Method

- Pre-heat oven to 180°C.
- Fry onions and crushed garlic until translucent.
- Cook potatoes until soft and mash. Add milk to create a creamy, smooth texture.
- Add mince. Once cooked, add stock, Worcestershire sauce, purée and other spices (except paprika).
- Sprinkle flour over for sauce to thicken.
- Transfer mince to glass dish and place mashed potatoes on top.
- Sprinkle with paprika and bake for 15 minutes.

Yummy Tip:

Serve with fresh veggies.






Vegetarian Pasta



Ingredients

- 250 g pasta (shells/elbows/gnocchi/macaroni)
- 1 small onion
- 5 ml fresh garlic
- 150 g mushrooms (sliced)
- 250 ml milk
- 3 ml ginger
- 3 ml paprika
- Salt and pepper to taste
- Oil
- 45 ml flour
- 15 ml butter
- 200 ml cheese



Method

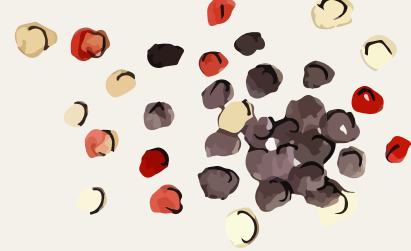
- Bring water to a boil and cook pasta
 - In a pan, heat oil and fry onions and garlic until translucent. Add mushrooms.
 - Place butter in the same pan and add flour to form a paste. Add milk to create a sauce and mix everything together.
 - Once the sauce has thickened, add pasta and stir through.
 - Add cheese.
- 



Yummy Tip:

For a creamier sauce, use cream instead of milk. For a meaty meal, add 125 g bacon or ham.





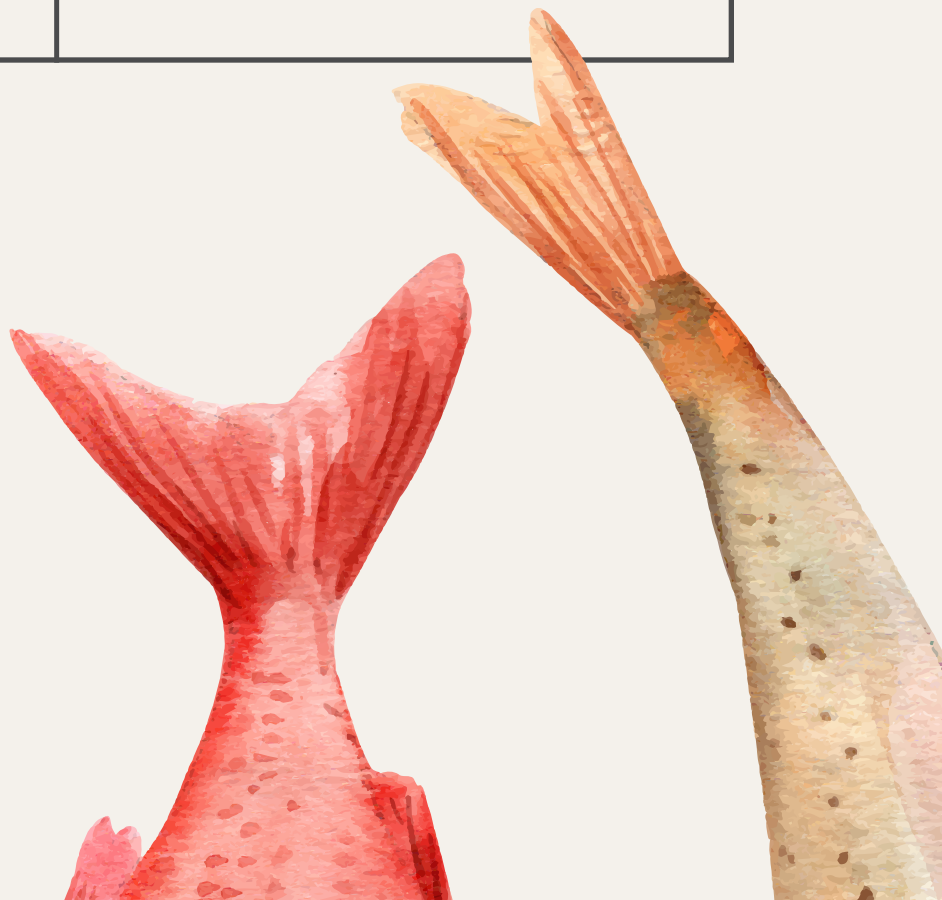
Pan Fried Fish

Ingredients

- 400 g hake (or any other fish)
- 3 tbsp cornstarch
- Salt and pepper to taste
- 2 ml cayenne pepper
- 3 ml ginger
- 75 ml butter (melted)
- 7 ml garlic (crushed)
- 1 tbsp lemon juice
- Oil for frying

Method

- Cut the hake in bite-sized pieces.
- Mix salt, pepper, cayenne pepper and ginger with cornstarch.
- Cover fish in cornstarch mixture.
- Add oil to the pan and fry a couple of pieces of fish at a time.
- Mix melted butter with garlic and lemon juice and set aside.
- Once fish is cooked, dunk into garlic butter and enjoy!



Butter Chicken

Ingredients

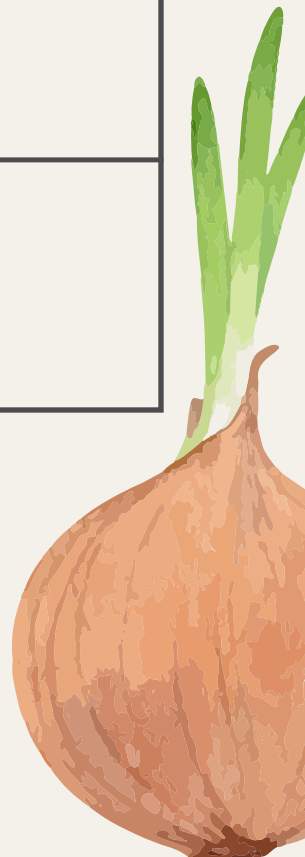
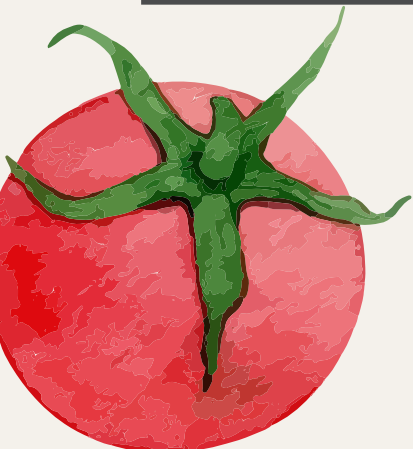
- 4 chicken breasts, cut into small pieces
- small onion, diced
- 250 ml tomato sauce
- 250 ml cream
- Salt and pepper (to taste)
- Olive oil
- 2 tbsp butter
- 1 tbsp garlic
- 1 tsp ginger
- ½ tsp ground cumin
- ½ tsp garam masala
- ½ tsp ground coriander
- ½ tsp chili powder
- ½ tsp sugar

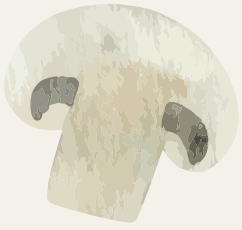
Method

- Place oil in pan and sauté onions until translucent.
- Add chicken, salt and pepper and cook until tender.
- Mix all spices and sugar, and add to chicken with tomato sauce and butter.
- Cook on medium heat for 10 minutes.
- Add cream and lower heat and wait for cream to thicken.
- Serve with Jasmine rice or Naan bread.

Handy Hint:

If you want a less saucy dish, add less tomato sauce.





Delicious Fish

Ingredients

- 500 g hake
- 2 medium onions
- 200 g mushrooms
- 1 green pepper
- 7.5 ml crushed garlic
- 30 ml butter
- 45 ml flour
- 200 ml milk

Method

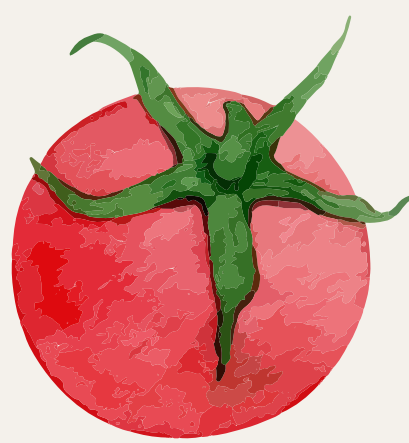
- Cook fish in a pan with a little water until cooked, and flake.
- Fry onions, garlic, mushrooms and green pepper.
- Add butter and flour to make a paste, and add milk to create a sauce.
- Pour the sauce mixture over the fish and mix.

Yummy Tip:

Serve with rice and a green salad.

Add cheese to the sauce for a more decadent taste.





Easy Meatballs

Ingredients

- 500 g mince
- 1 egg
- 1 packet brown onion soup
- 7.5 ml spice for mince
- 5 ml garlic
- 3 ml paprika
- 3 ml ginger
- 1 tbsp soy sauce
- 1 tin tomato and onion mix
- Salt and pepper to taste

Method

- Pre-heat oven to 180°C.
- Mix mince, soup powder, spices and soy sauce together.
- Beat the egg and add to the mince mixture and work through
- Form meatballs and place in an ovenproof dish.
- Pour tomato and onion mix over meatballs.
- Bake for 35 minutes.

Variations

- You can make burger patties using the same recipe - just omit the tomato and onion mix.
- Make filled meatballs by adding cheese and/or mushrooms.



Very Quick Chicken

Ingredients

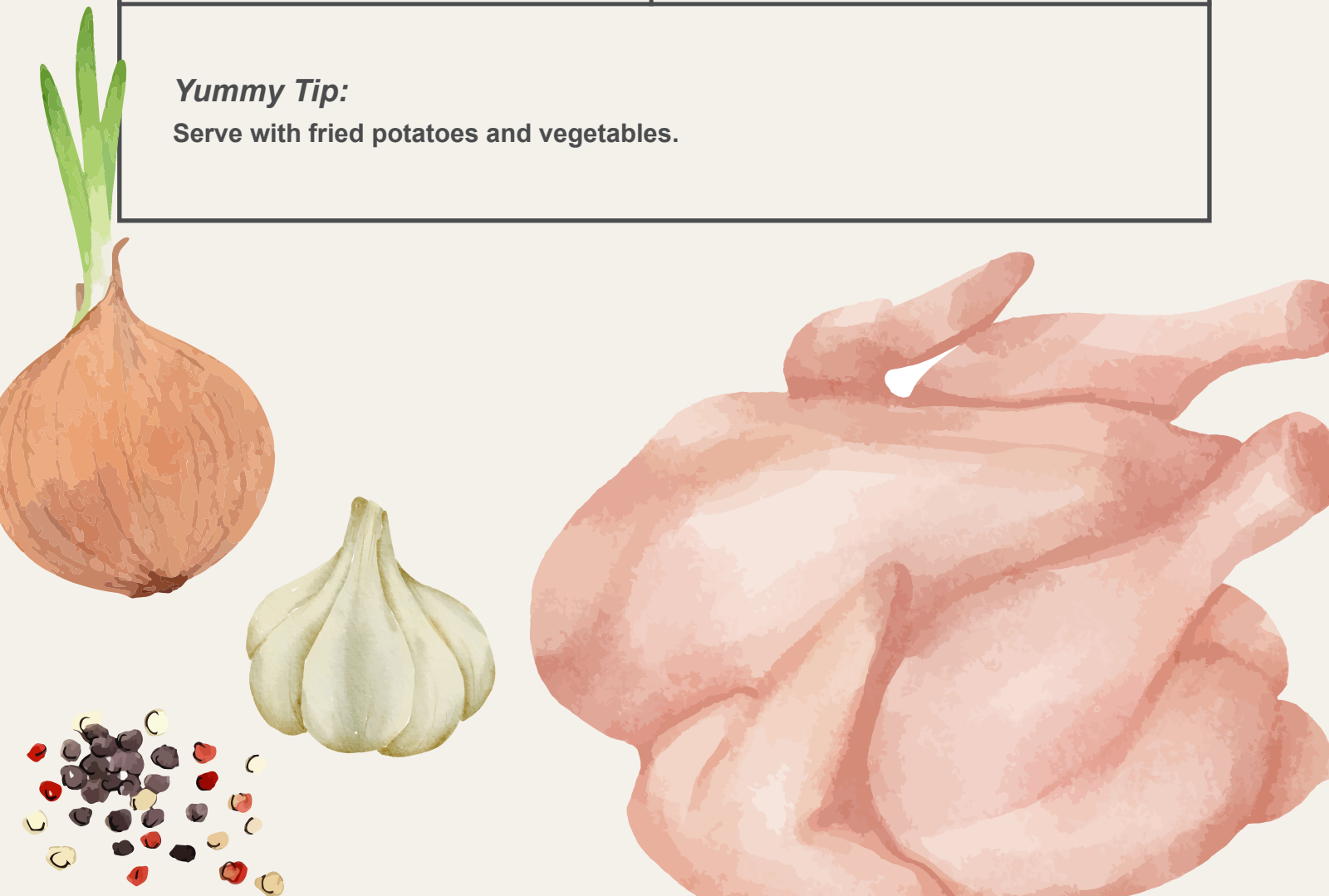
- 1 whole chicken
- 1 large onion (cut in rings)
- 4 cloves of garlic (crushed)
- 1 can of Coke
- 12.5 ml chicken spice
- Salt and pepper to taste

Method

- Pre-heat the oven to 180°C.
- Place the chicken in a big ovenproof dish,
- Add onions and Coke.
- Sprinkle spices over the chicken and cover dish with lid or foil.
- Cook for 45 minutes to an hour until cooked through and saucy.

Yummy Tip:

Serve with fried potatoes and vegetables.



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Sides

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Corn Tart (Mielietert)

Ingredients

- 60 ml cornstarch
- 15 ml baking powder
- 45 ml sugar
- 4 eggs (whisked)
- 2 tins sweetcorn
- Butter for ovenproof dish
- 2 ml salt

Method

- Heat oven to 180°C.
- Butter the ovenproof dish to prevent the pie from sticking.
- Mix all the ingredients and place in ovenproof dish.
- Bake for an hour.

Yummy Tip:

This dish is great with a braai!



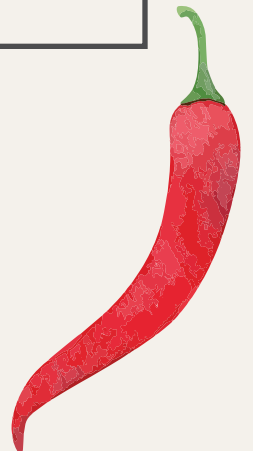
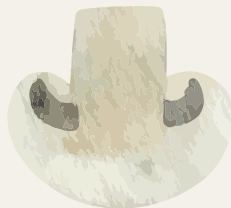
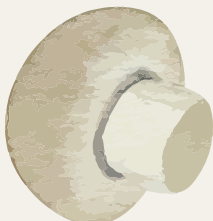
Braai pie

Ingredients

- 2 rolls of puff pastry (defrosted)
- 1 pack spinach
- 125 g diced bacon
- 1 red onion
- 1 chili (optional)
- Paprika to taste
- 250 g mushrooms (sliced)

Method

- Place wax paper on both sides of a sandwich press.
- Roll out dough. Place one roll on the bottom of the press and spread with garlic butter
- In a pan, fry onion and mushrooms until cooked.
- In a separate pan, fry bacon until crisp.
- Cut up spinach and place a layer on the pastry. Add onion and mushroom mix on top together with bacon and add chili (if using).
- Add cheeses and place second roll of dough on top. Spread with garlic butter and make sure all sides are pressed together tightly.
- Bake for 15 minutes until golden brown.





Butternut Salad

Ingredients

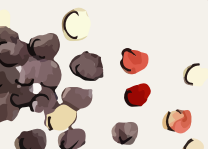
- 500 g butternut (cubed)
- 2 wheels of feta cheese (cut)
- 50 g walnuts
- Salt and pepper to taste

Method

- Cook butternut in a pot of boiling water until soft and let cool.
- Once cooled, add feta cheese, walnuts and spice.
- Mix slowly, trying not to break down the butternut.

Handy Hint:

If you have a smoking gun, smoke the butternut for a few minutes while it cools for a delicious different taste.



Naan

Ingredients

- 4 cups flour
- 1 cup Greek yoghurt
- 2 tsp yeast
- 3 tbsp olive oil
- 2 tsp salt
- $\frac{1}{4}$ cup warm water
- $\frac{3}{4}$ cup warm full cream milk
- Butter

Method

- Mix water and milk, and add sugar and yeast.
- Set aside for 15 minutes.
- Mix all other ingredients together.
- Add milk mixture to the flour mix and knead for 10 minutes. (A stand mixer would be helpful.)
- Rest the dough for 1 hour.
- Knead again and add flour if the mixture is too sticky.
- Form balls and roll out.
- Add some butter to the pan and fry the dough.

Yummy Tip:

For some added flavour, add garlic and coriander to the butter in which you fry the naan.





Summer Pineapple Salad

Ingredients


- 1 fresh pineapple (cored and cubed)
- 1 cucumber (cubed)
- 75 g walnuts (roughly chopped)
- 1 medium red onion (diced)
- Salt to taste
- Lemon juice

Method

- Prep all the fruit and vegetables.
- Mix together.
- Add salt and lemon juice.
- Serve cold.

Yummy Tip:

Add some balled sweet melon or watermelon for an extra pop of colour!





Macaroni Salad

Ingredients

- 250 g macaroni
- 200 ml mayonnaise
- 1 tin of corn
- 1 tin of peas
- 1 onion (diced)
- Salt and pepper to taste
- 5 ml herb and garlic spice

Method

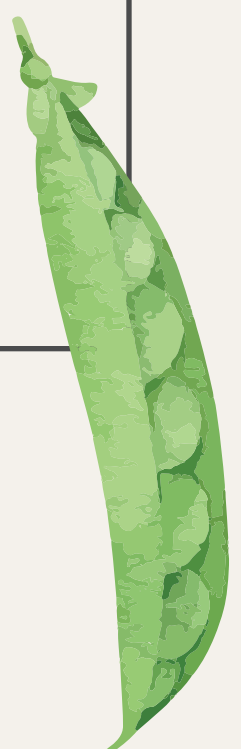
- Cook macaroni until al dente and let cool.
- Mix all the other ingredients together.
- Add cooled pasta and mix well.
- Add salt and pepper to taste.

Handy Hint:

If the mixture is too stiff, add some milk and mix again.

Yummy Tip:

For a sweet addition, add some condensed milk to taste.





Broccoli Salad

Ingredients

- 2 broccoli heads (cut into florets)
- 1 small onion (thinly sliced and cut in half)
- 1½ tbsp olive oil
- ½ tsp coarse salt
- 1 wheel of feta cheese
- Pepper to taste

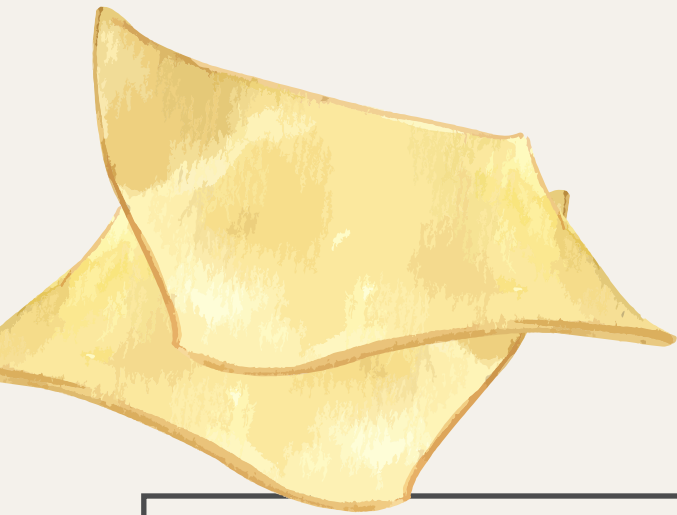
Method

- Steam broccoli florets for 5 minutes and let cool.
- Crumble feta.
- Mix all the ingredients.
- Serve cold.

Yummy Tip:

For some added flavour, add fresh garlic.





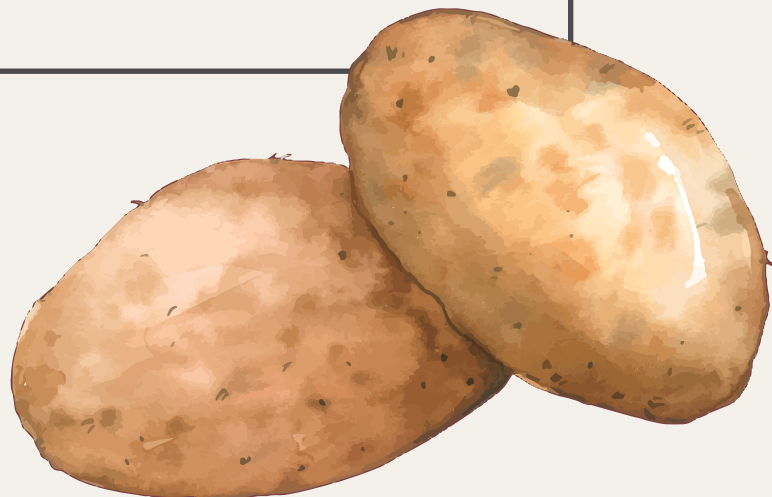
Potato Bake

Ingredients

- 4 large potatoes
- 125 g diced bacon
- 1 onion (diced)
- 125 g mushrooms (cut)
- 30 ml butter
- 45 ml flour
- 200 - 250 ml cream
- 1 clove of garlic
- Salt and pepper to taste
- 250 g cheese

Method

- Heat oven to 180°C.
- Boil whole potatoes until soft and set aside.
- In a pan, fry onions, garlic and mushrooms until cooked.
- Add butter and flour to pan to create a doughy paste and slowly add cream to create a sauce.
- Cut potatoes in rings and place in ovenproof dish.
- Pour sauce mixture over potatoes.
- Add cheese and bake for 25 - 30 minutes.





Fried Onion Rings

Ingredients

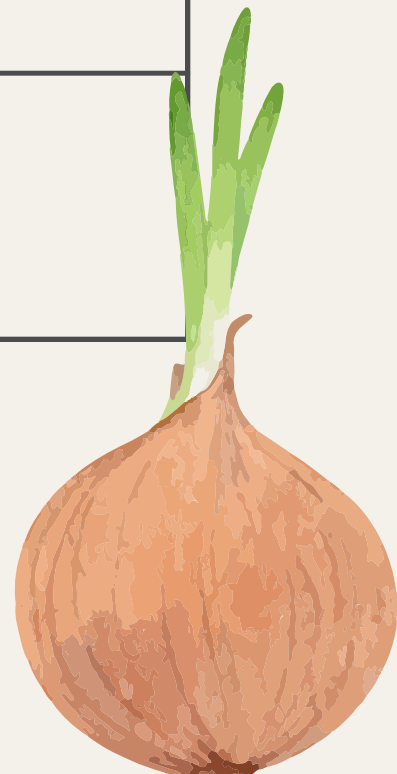
- 4 large onions
- 1 tsp baking powder
- 250 ml cold water
- 1 cup flour + 75 ml
- 5 ml salt
- Ice water
- Oil for deep frying

Method

- Cut onions in 5 mm slices.
- Cover onion rings with ice water and place in fridge for 2 hours.
- Mix cup of flour, baking powder and salt. Mix in the cold water to form a batter.
- Drain onions.
- Place 75 ml of flour in sealable bag, place onions inside and shake gently until covered with flour.
- Dip rings in batter and fry.

Yummy Tip:

For extra flavour, add garlic to the flour mix.



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Soup & Bread

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Ciabata Bread

Ingredients

- 500 g (2 cups) bread flour
- 500 ml (2 cups) water
- 1 packet yeast
- 2 tbsp sugar
- Pinch of salt

Method

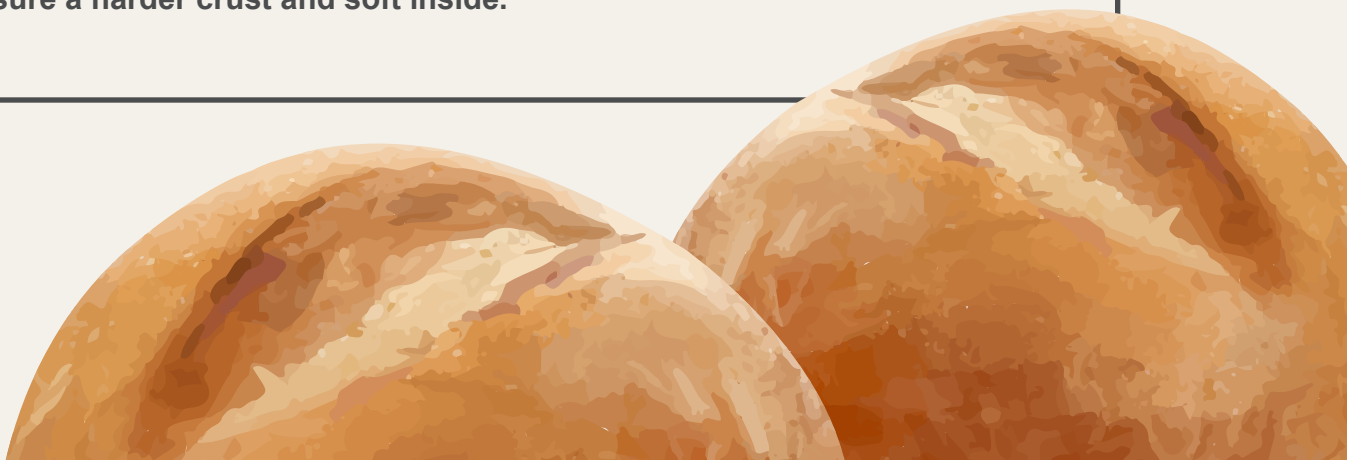
- Add all the ingredients in a mixer and blend for 10 minutes on medium speed.
- Rest for 3 to 4 hours.
- Heat oven to 180°C.
- Fold dough twice and cut in half.
- Roll and shape bread and bake for 20 minutes

Variations

- Add a tin of sweetcorn for a sweeter bread.
- Add olives after resting the bread and knead.
- Add sundried tomatoes after resting the bread, and knead.

Yummy Tip:

Spray bread with water 10 minutes before taking it out of the oven to ensure a harder crust and soft inside.



Potato Soup

Ingredients

- 8 medium potatoes
- 250 g cream cheese (plain)
- 300 ml cream
- 250 ml gouda cheese (grated)
- 2 tbsp butter
- Salt and pepper to taste
- Additional milk

Method

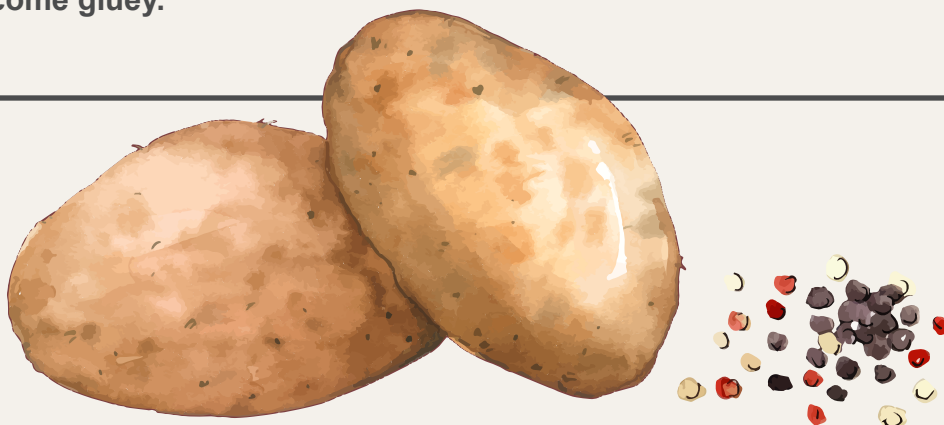
- Peel and dice the potatoes, and cook in boiling water until soft.
- Add butter and cream and mash together. (A stick blender will come in handy.)
- Mix in the cream cheese and gouda until melted and well incorporated.
- If the soup is too thick, add more milk to create the consistency you desire.
- Add salt and pepper to taste.

Variations

- Add 125 g bacon bits for a smokey flavour.
- Add 5 ml cayenne pepper for some punch.

Handy Hint:

If using a stick blender, do not over blend as this can cause the potato to become gluey.





Butternut Soup

Ingredients

- 750 ml butternut (cut and cubed)
- 250 ml - 300 ml cream
- 5 ml nutmeg
- Salt and pepper to taste

Method

- Boil the cubed butternut until soft.
- With a stick blender, blend the butternut and stir in cream.
- Add the spices and simmer on low heat for 10 to 15 minutes for the cream to thicken.
- Add more milk if the consistency is too thick.



Croissants

Ingredients

- 1 cup warm water
- ½ cup milk
- 3½ cups cake flour
- 5 tbsp sugar
- 3 tsp yeast
- 1 tsp salt
- 2 tbsp butter
- Extra butter for folding

Method

- Add first five ingredients and mix well.
- Add salt and butter while mixing and continue for 5 minutes
- On a floured tray, rest for 90 minutes and cover with a cloth.
- Rest another 2 hours in fridge.
- Roll dough into a square and place butter on top.
- Fold dough over and roll out. Repeat four times.
- Rest another 2 hours in fridge.
- Roll out and cut into triangles.
- Roll up the triangles and egg wash the tops.
- Bake at 180°C for 12 - 15 minutes.





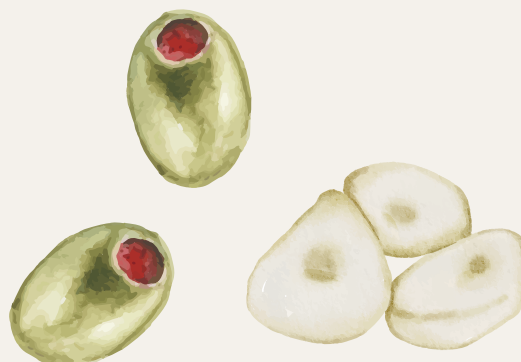
Garlic & Olive Bread

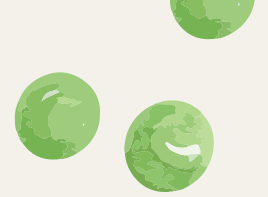
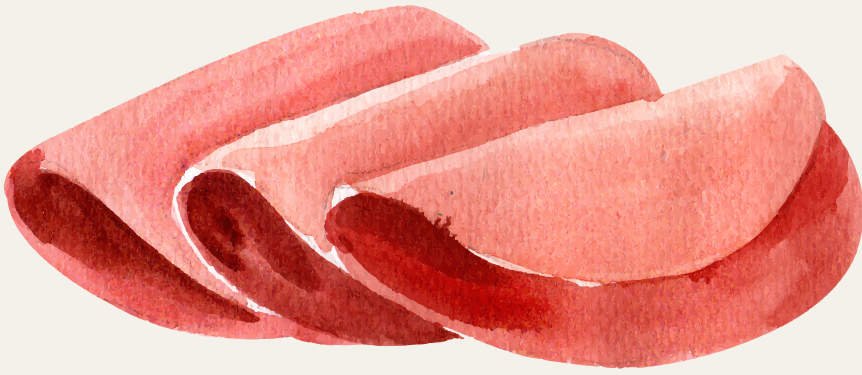
Ingredients

- 1 litre mashed potatoes
- 2 garlic cloves
- 600 g bread flour
- 1 cup lukewarm water
- 1 tbsp sugar
- 1 packet yeast
- 5 ml olive oil
- 100 g olives (cut)

Method

- Heat oven 190°C
- Add garlic cloves to potatoes.
- Gradually add the bread flour and water.
- Add sugar and yeast, and mix to form a dough.
- Knead dough in olive oil and rest for 1 hour.
- Knead the dough flat and sprinkle chopped olives on top.
- Roll up and place in loaf pan.
- Rest in pan for 30 minutes, covered with a warm cloth
- Oil the bread and bake until golden brown, about an hour.





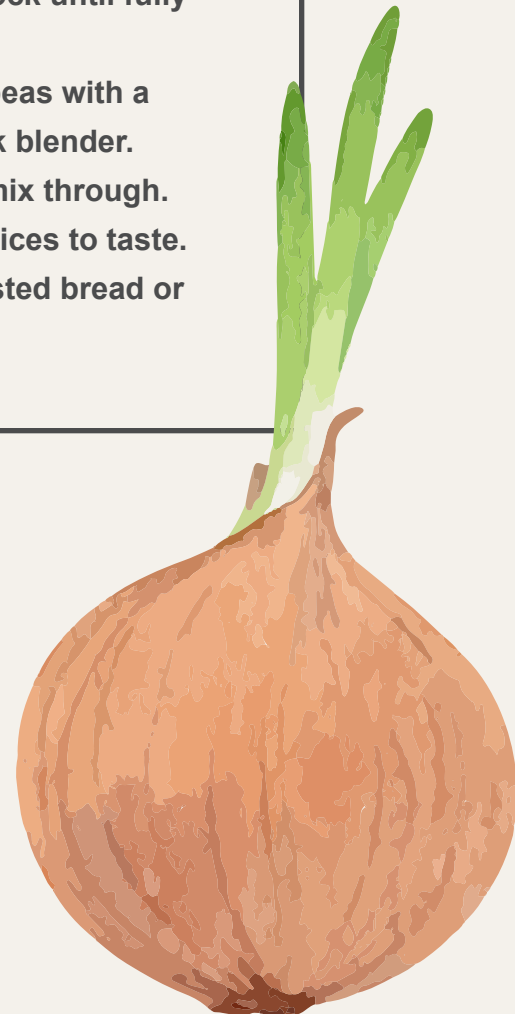
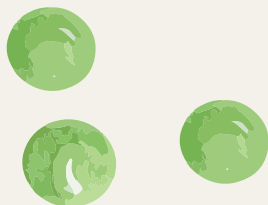
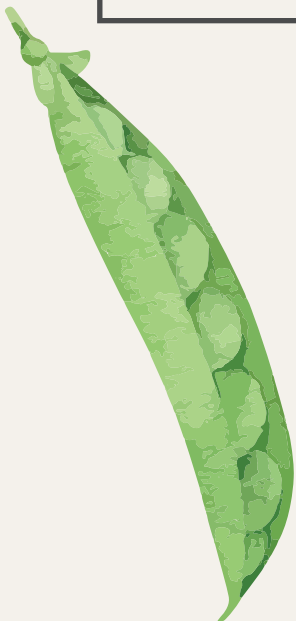
Easy Pea(sy) Soup

Ingredients

- 750 g frozen peas
- 1 medium onion (diced)
- 600 ml chicken stock
- 400 g ham or bacon (diced)
- 30 g butter
- Salt and pepper to taste
- 5 ml paprika

Method

- Fry butter and onions in pan.
- Boil peas in stock until fully cooked.
- Mash cooked peas with a masher or stick blender.
- Add ham and mix through.
- Mix through spices to taste.
- Serve with toasted bread or ciabatta.



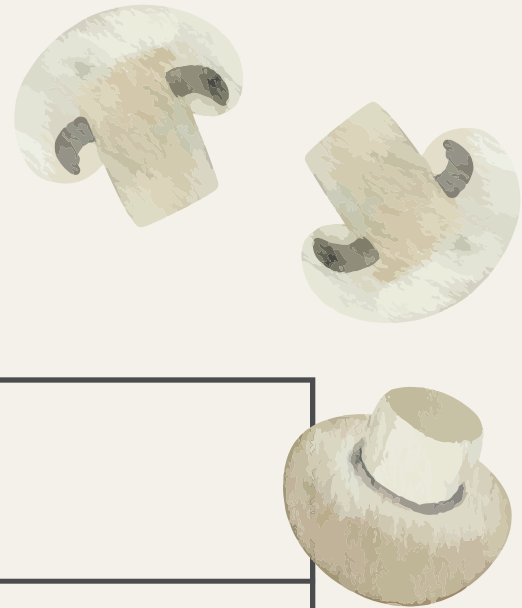
Chicken Soup

Ingredients

- 400 g of cooked chicken (shredded or cubed)
- 4 chicken stock cubes
- 250 g of pasta (macaroni or elbows)
- 200 g fresh mushrooms (cut)
- 1 medium onion
- Water
- 300 ml cream
- 250 ml sour cream
- Salt and pepper to taste

Method

- Add stock to water and cook pasta in the stock mixture.
- Fry onions and mushrooms in pan until cooked.
- When the pasta is cooked, add chicken, mushroom and onion mix and stir through.
- Add cream and sour cream and let simmer for 15-20 minutes until cream thickens.
- If it's too thick, add some milk until you get the right consistency.
- Add salt and pepper to taste.



Slow Cooker Lentil Soup

Ingredients

- 1 packet brown lentil soup
- 1 litre water
- 500 g mince
- 200 g grated carrots
- 150 g grated potatoes
- 50 ml Worcestershire sauce
- 15 ml garlic and herb spice
- Salt and pepper to taste

Method

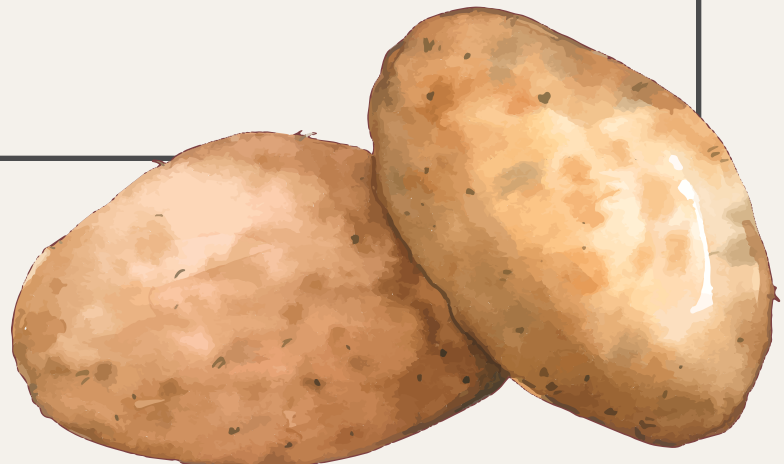
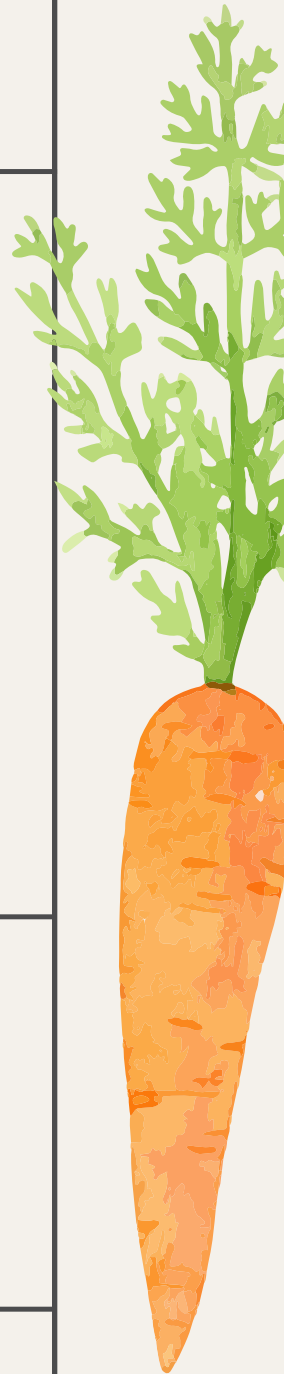
- Place lentils and water in slow cooker for 5 to 6 hours on low heat, until lentils are soft.
- Place slow cooker on high and add mince, vegetables and spices.
- Leave to cook for another hour.
- Add Worcestershire sauce to taste.

Variations

- Add peas instead of carrots.
- Replace mince with 300 g goulash and brown in pan before adding it to the slow cooker.

Yummy Tip:

Serve with buttered brötchens.



Beer Bread

Ingredients

- 500 g self-raising flour
- 340 ml can of beer
- 5 ml salt
- 6 ml garlic flakes
- 3 ml mixed herbs

Method

- Pre-heat oven to 180°C.
- Mix flour and beer together and blend with a whisk.
- Add garlic and salt, and mix through.
- Transfer to a bread tin.
- Sprinkle mixed herbs on top and bake for 1 hour.

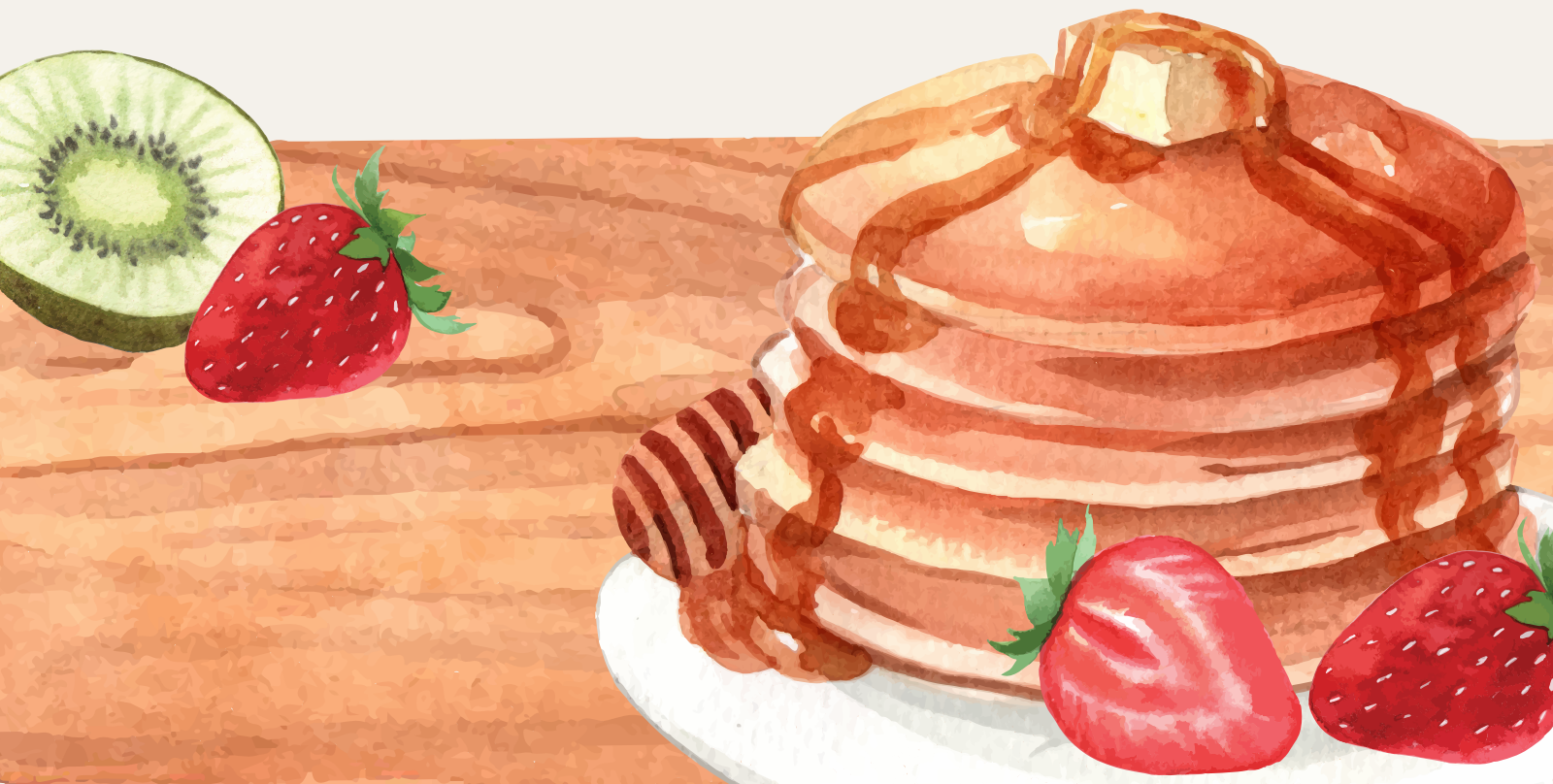


The Cancer Association of Namibia

I Can Cook

Desserts

*The proceeds of this cookbook will be donated
to the Cancer Association of Namibia.*



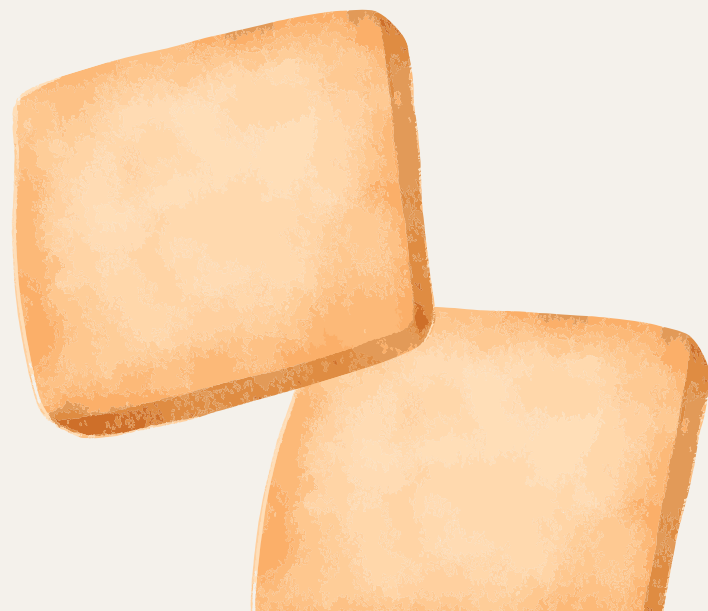
Pineapple Fridge Tart

Ingredients

- 1 tin Ideal milk (chilled)
- 1 tin crushed pineapple
- 1 packet lemon jelly
- 1 packet tennis biscuits

Method

- Mix the jelly powder with half a cup of boiling water and add the pineapple juice. Allow to cool.
- Pour the crushed pineapple through a sieve and set the juice aside.
- Beat the milk until stiff.
- Fold the pineapple pieces into the milk.
- Pack biscuits into a dish and add some of the pineapple mousse.
- Continue with another layer of biscuits and repeat with the mousse.
- Refrigerate until set.





Cake in a Mug

Ingredients

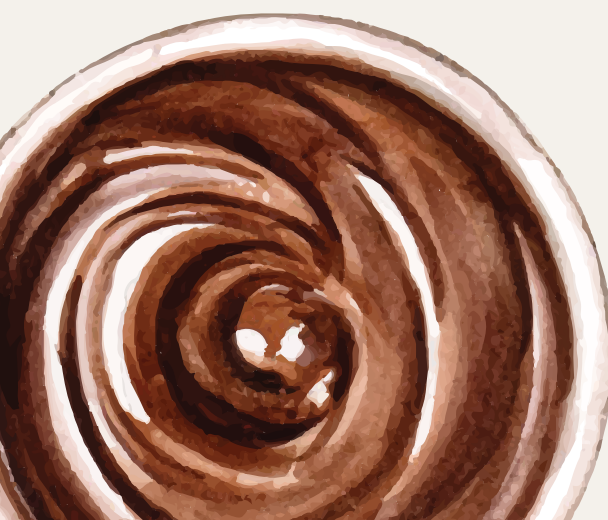
- 4 tbsp self raising flour
- 3 tbsp sugar
- 2 tbsp cocoa powder
- 1 egg
- 5 tbsp milk
- 1 tbsp oil
- 1 ml vanilla essence
- 2 tbsp chocolate chips/
nuts/raisins

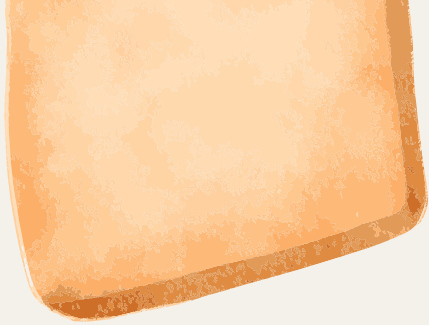
Method

- Mix dry ingredients in a large coffee mug.
- Add milk, egg, oil and essence, and mix.
- Stir in chocolate chips.
- Microwave on high for 2 minutes.

Yummy Tip:

Serve with ice cream or fresh whipped cream.





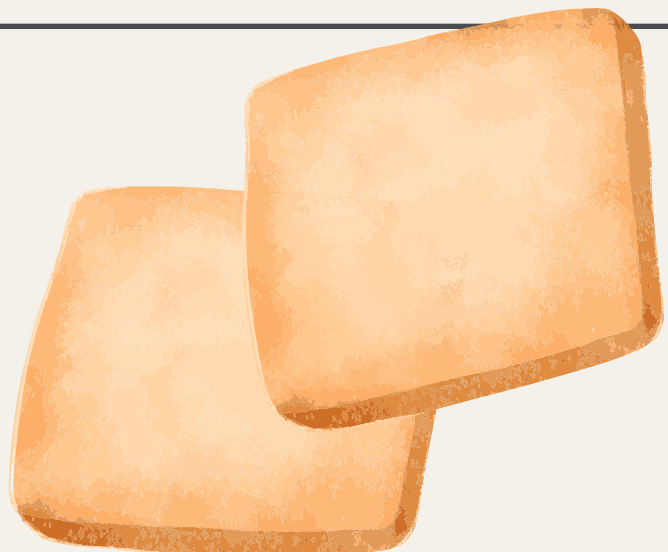
Peppermint Crisp Tart

Ingredients

- 1 packet Tennis biscuits
- 1 tin caramel condensed milk
- 500 ml fresh cream
- 2 large peppermint chocolates (grated)

Method

- Beat the cream until stiff.
- Stir the caramel with a fork until smooth.
- Spread a thick layer of the caramel on.
- Pour some of the cream over the biscuits and sprinkle with chocolate.
- Begin another layer.
- Top with cream and sprinkle the remainder of the chocolate on top.
- Refrigerate until set.





Baked Pudding

Ingredients

- 1 cup cake flour
- ½ cup sugar
- 1 cup milk
- 1 egg
- 1½ tbsp vinegar
- 1 tbsp jam
- 1 tbsp baking powder
- 1 tbsp bicarb of soda
- Pinch of salt
- 1 cup brown sugar
- 1 cup milk
- 200 g butter
- 1 tbsp vanilla essence

Method

- Pre-heat oven to 180°C.
- Mix egg and sugar.
- Add all other ingredients, and the milk last.
- Mix well and pour into an oven safe dish.
- Bake for 1 hour.
- Five minutes before the pudding is done, melt all the ingredients for the sauce until it reaches boiling point.
- Pour over pudding as soon as it comes out of the oven.





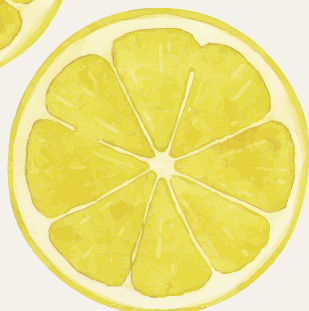
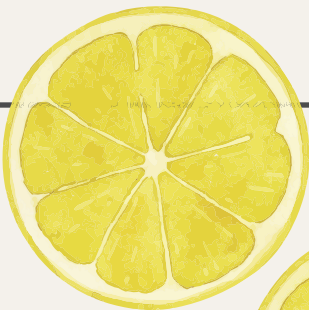
Citron Cake

Ingredients

- 2 cups cake flour
- 150 g sugar
- 2 teaspoons baking powder
- 4 eggs
- 1 teaspoon salt
- pinch of bicarbonate of soda
- 120 ml lemon juice
- Zest of two lemons

Method

- Pre-heat oven to 175°C.
- Sift together flour, baking powder, salt and bicarb.
- Mix egg yolk with sugar until creamy.
- Fold in butter, zest and lemon juice.
- Add dry ingredients to wet ingredients at a low speed. Do not over mix.
- Beat egg whites until stiff, adding a pinch of salt and a couple drops of lemon juice.
- Fold into the mixture.
- Bake for 15 - 20 minutes.
- Let cool in oven with the door open.





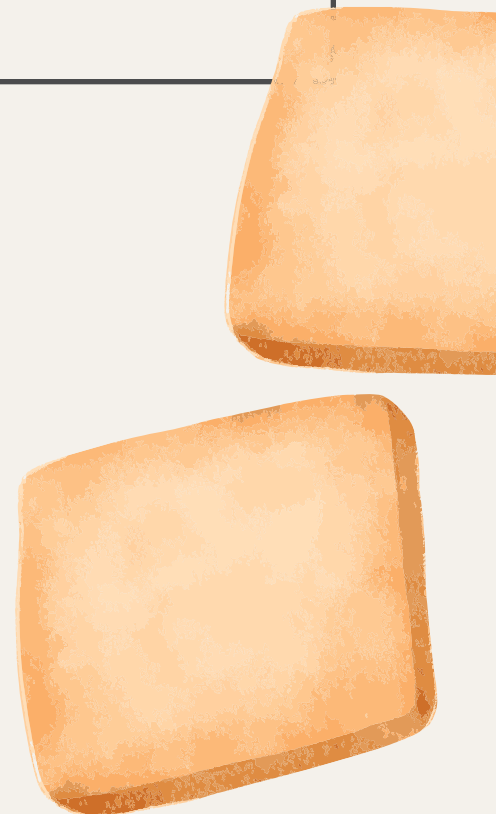
Cheesecake in Minutes

Ingredients

- 1 kg yoghurt (any flavour)
- 1 tin condensed milk
- 1 pack Tennis biscuits
- 120 g butter (melted)

Method

- Crush the Tennis biscuits.
- Add the melted butter and mix well.
- Press into a microwave safe dish.
- In another container, mix together the yoghurt and condensed milk.
- Pour over the biscuit base and microwave at high for 4 minutes.
- Allow to cool and refrigerate.



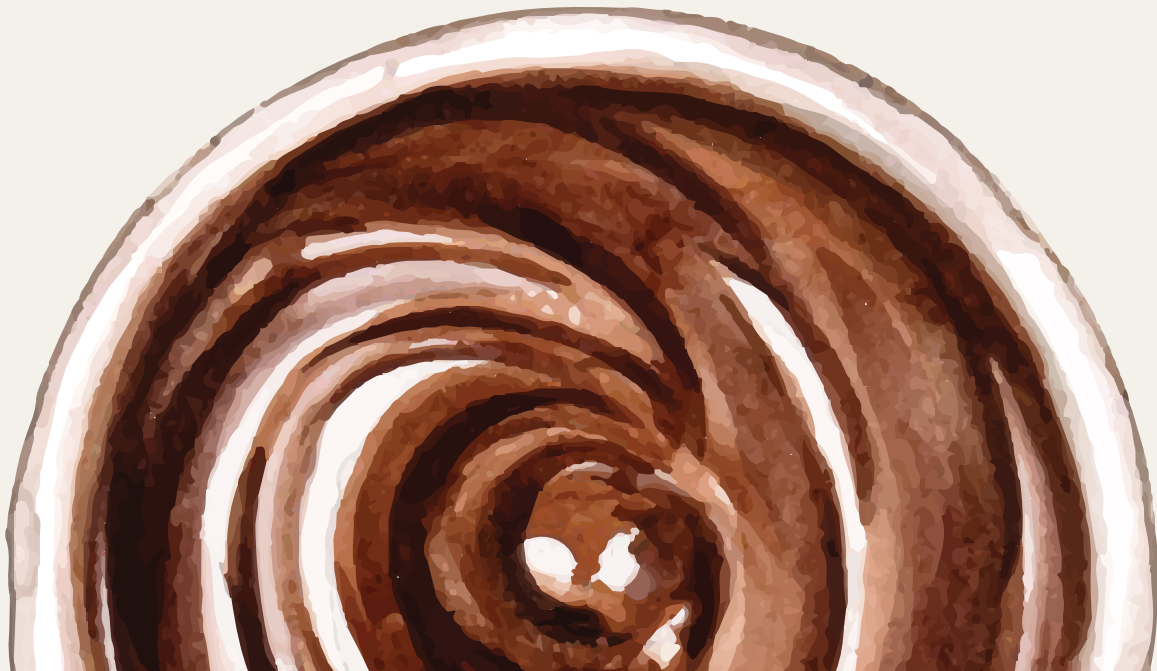
5 Minute Mousse

Ingredients

- 1½ cups heavy cream
- 65 ml cocoa powder
- ½ cup icing sugar
- 1.25 ml vanilla essence

Method

- Whip cream until frothy and slightly thicker.
- Add icing sugar and cocoa powder and mix until soft peaks form.
- Add vanilla essence and mix until stiff peaks form.
- Spoon into a piping bag and pipe into bowls or scoop into individual glasses.
- Serve immediately or refrigerate until needed.





Baked Alaska

Ingredients

- 1 Madeira loaf
- 1 litre ice cream (any flavour)
- 6 large egg whites
- Pinch of cream of tartar
- 1 cup sugar

Method

- Cut cake into slices and use a cookie cutter to make circles.
- Soften ice cream and scoop into silicone moulds.
- Place cake slice on top of ice cream and put in freezer.
- Whip egg whites and add cream of tartar and sugar little by little.
- Place in piping bag.
- Remove ice cream from moulds and let soften for 5 minutes.
- Add meringue to the ice cream.
- Brown the meringues with a blow torch.





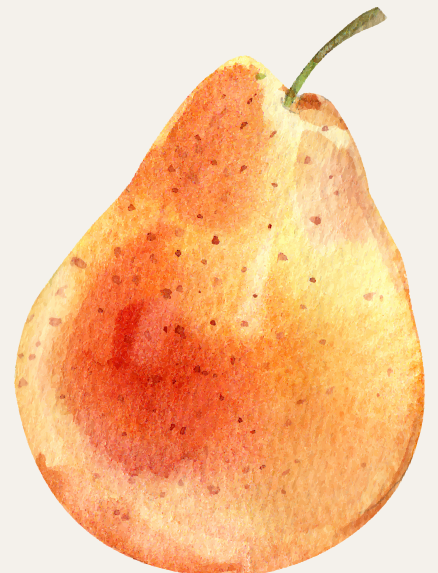
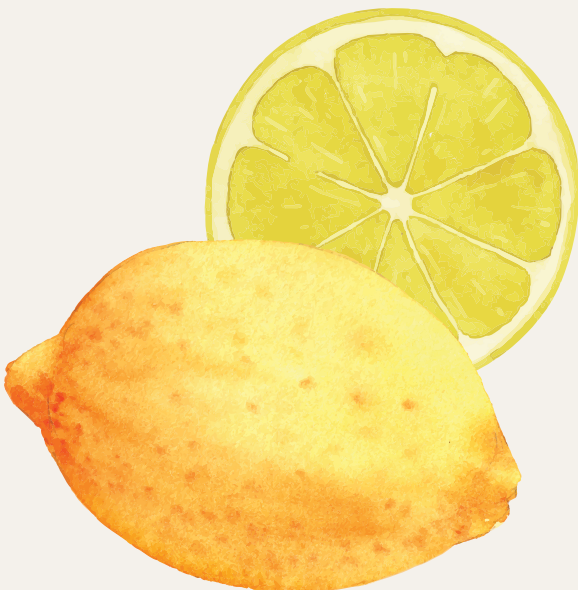
Poached Pears

Ingredients

- 3 pears (peeled and cut in half)
- 750 ml red wine of choice
- 1 cup sugar
- 1 whole star anise
- 2 cinnamon sticks
- Rind of one lemon

Method

- Mix wine, sugar, star anise, cinnamon, lemon rind and lemon juice in a pot and slowly over medium heat.
- When sugar dissolves, add pears.
- Simmer for 25 minutes until a knife easily goes through the pear.
- Serve with ice cream.



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Everything else

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Rice Krispies Treats

Ingredients

- 65 ml butter
- 1 tsp vanilla
- 30 marshmallows
- 5 cups Rice Krispies

Method

- Melt butter on stove.
- Add marshmallows and cook over low heat (stir continuously until everything is melted).
- Remove from heat and add vanilla.
- Add Rice Krispies and mix well.
- Press in pan and let cool
- Once cooled, cut into bite-sized pieces.





Microwave Fudge

Ingredients

- 500 g icing sugar
- 100 g butter
- 1 tin condensed milk

Method

- Mix icing sugar and butter, and microwave for 2 minutes.
- Add condensed milk, mix and microwave for another 8 minutes.
- Pour into a baking sheet and let cool.
- Once cooled, cut into cubes.

Yummy Tip:

Add 2 ml vanilla essence for some extra flavour.

Buttermilk Rusks

Ingredients

- 6 cups cake flour
- 2 eggs
- ½ litre buttermilk
- 6 tsp baking powder
- 1 cup sugar
- 250 g butter
- 1 tsp salt

Method

- Rub butter into flour, baking powder and sugar.
- Add eggs and buttermilk
- Form a dough and knead.
- Make balls and pack into pans.
- Bake at 165°C for an hour.
- Break apart and oven dry at 100°C overnight.



Muesli

Ingredients

- 200 ml sunflower seeds
- 700 ml rolled oats
- 300 ml mixed nuts
- 450 ml coconut flakes
- 125 ml oil
- 200 ml raisins

Method

- Mix all the ingredients (except raisins) and divide in two.
- In a microwave safe dish, heat the mixture for 6 minutes on high.
- Once heated, add half the raisins and start heating the second batch.
- Add the rest of the raisins to the second batch.
- Store in an airtight container.

Yummy Tip:

Add chocolate chips once the mixture is cooled.

Handy Hint:

The mixture can also be placed in the oven for 20 minutes at 180°C.



Easy Scones

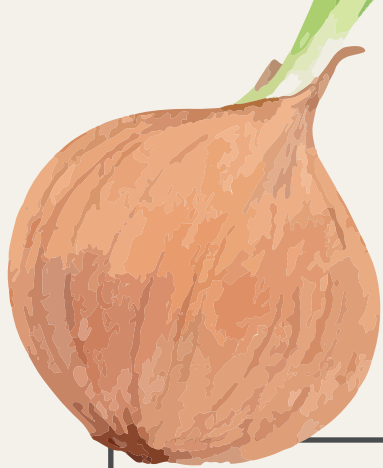
Ingredients

- 2 cups self raising flour
- 1 tbsp baking powder
- 1 tbsp sugar
- 5 tbsp butter
- 1 cup cold milk

Method

- Pre-heat the oven to 180°C.
- Mix dry ingredients.
- Rub butter into the flour mixture until it looks like breadcrumbs.
- Add milk and use a knife to slice through the mixture to form a dough.
- Knead lightly.
- On a floured surface, roll out the dough until 3-4 cm thick.
- Use a round cookie cutter to cut out scones.
- Place on baking sheet and lightly brush with milk.
- Let rest for 10 minutes.
- Bake for 12 - 15 minutes.





Vegetable Broth

Ingredients

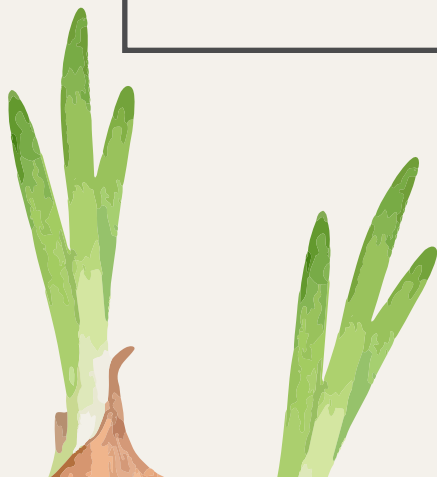
- 3 cups vegetable trimmings (peels/stalks/etc)
- 1 onion (cubed)
- 10 ml fresh garlic
- 8 peppercorns
- 3 bay leaves
- Water

Method

- Place vegetable trimmings and onion in pot and cover with water.
- Add spices.
- Once the water starts to boil, lower the heat.
- Let it simmer for 30 minutes.
- Place a large sieve over a bowl and pour the contents of the pot through the sieve.
- Discard the solids.

Handy Hint:

When cooking rice or boiling potatoes, the broth can be used instead of water. It can also be frozen until needed.





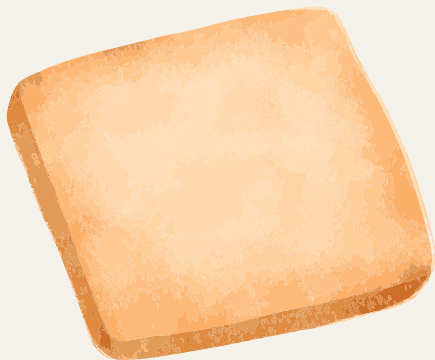
Biscuit Fudge

Ingredients

- 250 g biscuits
- 1 tbsp desiccated coconut
- 50 g chopped nuts (of your choice)
- 65 g butter
- 2 tbsp cocoa
- 2 tbsp syrup

Method

- Crush the biscuits until coarse.
- Melt butter, syrup and cocoa in a pan.
- Add the remaining ingredients and stir well.
- Set the mixture on a wax wrapped dish or non-stick tray and chill.
- Cut the fudge into squares.





Basic White Sauce

Ingredients

- 500 ml milk
- 2 cloves garlic
- 50 g butter
- 50 g cake flour

Method

- Melt butter in a pan and stir in flour to create a paste.
- Add milk 100ml at a time and stir continuously.
- Lastly, add the garlic and allow to simmer for 5 minutes for flavour to develop.

Variations

- Add 125 g chopped mushrooms for a creamy mushroom sauce.
- Add 200 g of your favourite cheese for a homemade cheese sauce.
- For a creamier sauce, use 400 ml cream instead of milk.





Decadent Icing

Ingredients

- 330 g cream cheese (plain)
- 150 g butter (room temperature)
- 400 g icing sugar
- 50 g cocoa powder
- 1 tbsp vanilla essence
- 1 tbsp milk (optional)
- Pinch of salt

Method

- Mix cream cheese and butter together but be careful not to overwhip.
- Add icing sugar and cocoa and blend with hand mixer.
- Add remaining ingredients.
- Add more milk if icing is too stiff.

Variations

Vanilla essence can be substituted for any other flavour that goes with chocolate, such as chili, orange or mint.



Pancakes

Ingredients

- 5 cups water
- 4 eggs
- 3 cups flour
- 2.5 ml baking powder
- 180 ml oil
- Cinnamon sugar for dusting

Method

- Sift dry ingredients together.
- Mix water, oil and eggs and pour over flour mixture.
- Mix well to create a batter.
- Bake in pan until bubbles form and flip it over.
- Sprinkle with cinnamon sugar to taste.

