



Cape Malay
Cooking &
Other Delights
Ramadan Recipes
1432AH

Salwaa Smith



*T*able of *C*ontents

INTRODUCTION	Pg3
BREAKFAST	4 - 6
SOUPS	7 - 11
SAVOURIES	12 - 26
MAIN DISHES	27 - 33
CONDIMENTS	34 - 36
BREAD	37 - 42
DESSERTS / CAKES	43 - 50
MEASURING BASICS	51



Introduction

Everyday Cape Malay Food

Cape Malay cuisine originates from a colourful history of intermingling cultures brought together by the 17th-century slave trade. Malay cuisine is characterised by the liberal intermingling of spices and the influence of Indian, Dutch and French traditional food as well as the predominance of the Islamic religion.

The history of Cape Malay cuisine in South Africa begins with the involuntary migration of Africans, Asians and Indonesians around the world, and with it their diverse origins and culinary techniques.

The name 'Cape Malay' refers to followers of the Islamic faith and encompasses a rich culture of Eastern juxtaposed by Western heritage.

The month of Ramadan is a great month. It is the month in which Allah revealed the Quran as a guidance for the whole of mankind. It is the month in which Allah gave the Muslims victory in their first and greatest battle at Badr. It is the month which has Laylat al-Qadr, a night which is better than a thousand months.

www.facebook.com/capemalay.cooking
www.facebook.com/ramadanrecipes

Breakfast

Amr Ibn al-`Aas reported that the Messenger of Allah, *salla Allahu alaihi wa sallam*, said: "The distinction between our fasting and the fasting of the people of the book [Jews and Christians] is the taking of Suhoor". [Muslim]

One pan breakfast

Serves 4

Prep time: 5 minutes

Cooking time: 15 minutes

Ingredients:

4 sausages, chopped

140g button mushrooms

6 eggs, beaten

8 cherry tomatoes, halved

Handful grated cheese (optional)

1 tablespoon snipped chives

Method:

Heat the grill to high. Heat a medium non-stick frying pan, add the sausages and fry for 3 minutes. Tip in the mushrooms and continue to cook for a further 3-5 minutes. Drain any excess fat and move the ingredients so they are evenly spread out.

Season the eggs, and then add to the pan, swirling to fill the spaces. Gently move with a fork for 2 minutes over a low-medium heat until beginning to set. Scatter over the tomatoes, cheese, if using, and chives, then grill for 2 minutes until set. Cut into wedges and serve with your favorite sauces.

Spinach Omelets

Serves 4

Ingredients:

200g bag spinach leaves

2 dessert spoons olive oil

1 small onion, finely sliced

1 large potato, peeled and finely sliced

5 eggs

Method:

Tip the spinach into a large colander and bring a kettleful of water to the boil. Slowly pour the water over the spinach until wilted, then cool under cold water. Squeeze all the liquid out of the spinach and set aside.

Heat grill to high. Heat the oil in a non-stick frying pan and gently cook the onion and potato for about 10 minutes until the potato is soft. While the onion is cooking, beat the eggs together in a large bowl and season with salt and pepper. Stir the spinach into the potatoes, then pour in the eggs and cook, stirring occasionally, until nearly set, then flash the omelets under the grill to set the top. Ease the omelets on to a plate, and then flip over back into the pan. Finish cooking the omelets on the underside and turn out onto a board. Serve cut into wedges.

No-knead brioche buns

Mix up these breakfast treats the night before, then all you have to do is bake and eat them warm from the oven

Makes 12

Preparation: 10 minutes

Cooking time: 20 minutes plus overnight proving

Ingredients:

200g butter, very soft

2 tablespoon caster sugar

3 eggs, plus 1 beaten for glazing the next day

500g strong white bread flour

½ teaspoon yeast

1 teaspoon salt

200ml whole milk

Method:

Mix the butter, sugar and eggs in a large bowl - they'll look a mess rather than coming together nicely. Add the flour, yeast and salt and pour on the milk. Stir the mixture to make a sticky dough (use your hands if you prefer), cover the bowl and leave somewhere cool for the whole day or overnight.

Heat the oven to 190C. Butter a 12-hole muffin or bun tin. Pull off lumps of dough (flour your hands if it's sticky) and form into a ball. Drop into one of the holes and repeat. Brush the tops with egg and bake for 20 minutes, or until golden and cooked through.

Cook's Tip

THREE THINGS TO ADD TO BRIOCHE DOUGH

1. Push a plain chocolate button into the centre of each roll and smooth the dough over before baking.
2. Leave out the sugar, add a pinch of paprika to the flour and sprinkle the tops with grated parmesan before baking.
3. Add grated lemon zest to the dough and don't brush with egg. Instead, once cooked, brush the tops of the rolls with lemon juice mixed with golden caster sugar.

oups

Chicken & corn soup

Ingredients:

- 1 tablespoon vegetable oil
- 100 g boneless, skinless chicken breasts cut into small pieces
- 1 clove garlic, finely chopped
- 1 cm piece ginger, finely chopped
- 1 tbsp corn flour
- 600 ml hot chicken stock
- 100 g sweet corn
- 1 egg
- 1 tablespoon fresh lemon juice
- Shredded spring onions, shredded, to garnish
- Dark soy sauce
- Toasted sesame seeds, to garnish

Method

1. Heat the oil in a deep pan and gently cook the chicken, garlic and ginger for 3-4 minutes without coloring.
2. Blend the corn flour with a little stock and add to the soup pan with the remaining stock and the sweet corn. Bring to the boil, stirring continuously and simmer gently for 5-7 minutes
3. Beat together the egg and lemon juice and slowly trickle into the soup pan, stirring with a chopstick or fork to form egg strands. Season to taste, garnish with salad onions and toasted sesame seeds, and serve with a drizzle of soy sauce and some prawn crackers.

Easy split pea soup

Serves 4 to 6

Ingredients:

1 tablespoon extra virgin olive oil

2 large onions, chopped

1/2 teaspoon salt

2 cups dried split green peas, picked over and rinsed

5 cups water

juice of 1/2 lemon (reserve the zest)

a few pinches of paprika

more olive oil to drizzle

Method:

Add olive oil to a big pot over med-high heat. Stir in onions and salt and cook until the onions soften, just a minute or two. Add the split peas and water. Bring to a boil, dial down the heat, and simmer for 20 minutes, or until the peas are cooked through (but still a touch al dente). Using a large cup or mug ladle half of the soup into a bowl and set aside. Using a hand blender (or regular blender) puree the soup that is still remaining in the pot. Stir the reserved (still chunky) soup back into the puree - you should have a soup that is nicely textured. If you need to thin the soup out with more water (or stock) do so a bit at a time. Stir in the lemon juice and taste. If the soup needs more salt, add more a bit at a time until the flavor of the soup really pops.

Ladle into bowls or cups, and serve each drizzled with olive oil and topped with a good pinch of paprika and a touch of lemon zest.



Creamy mushroom soup

Ingredients:

500g mushrooms
90g butter
2 medium onions chopped
1 clove garlic
2 tablespoons plain flour
1 liter chicken stock
1 sprig of thyme
1 bay leaf
½ cup cream
salt and pepper

Method:

Wipe the mushrooms clean and chop them into rough dice. Chop the onions and crush the garlic. Put the chicken stock to heat in a separate pan.

In a large pan cook the onions, thyme and garlic in the butter over a medium heat, until they are soft and translucent but not browned.

Add the mushrooms; raise the heat and cook, stirring frequently, for about 3 minutes.

Sprinkle the flour over the mushrooms and stir it in so that it coats the mushrooms, then and cook, stirring constantly, for another minute.

Pour the hot chicken stock over the mushrooms and bring back to the boil. Add the bay leaf and reduce the heat to a simmer. Cook for 10 minutes.



Simple Butternut Squash Soup

Serves 4-6

Ingredients:

15ml (1 tbsp) olive oil

30g butter

1 onion, peeled and chopped

1 clove garlic, crushed

900g butternut, peeled and sliced

900ml vegetable or chicken stock

salt and freshly ground pepper

parsley, for garnishing

Method:

Heat the oil and butter in a large saucepan; add the onion and garlic and gently sauté.

When the onion has softened after about 5 minutes, add the butternut and stock and stir well. Bring to the boil. Simmer for 25 minutes or until the butternut is soft.

Blend the soup with a hand-held blender. Season to taste and garnish with parsley.

Serving Suggestion:

Your favorite type of bread, buttered, will go down a storm.



Vegetable & chicken soup

Ingredients:

250g green split peas
1 large onion, cut into chunks
1 large tomato, cut into chunks
1 large potato, cut into chunks
Celery
Parsley
4 cloves
7 large carrots
salt and pepper to taste
chicken pieces
Water as needed

Method:

Soak split peas in boiling water for 1 hour. Using a large cooking pot add split peas and cloves and cook until peas are soft and mushy, approx 1 1/2 hours.

Meanwhile prepare and liquidize all the vegetables together.

Add to cooked split peas.

Add enough water and cook a further 2 hours on slow stirring every now and again. Add salt and pepper to taste.

Add chicken pieces and cook a further 1/2 hour until chicken are cooked through.

Add more water depending on the consistency you like the soup to be.

Serve hot with crusty bread, samosas, dhaljies, etc



Basic pancake mixture

Ingredients:

110g plain flour, sifted

Pinch of salt

2 eggs

200ml milk mixed with 75ml water

50g butter

Method:

Sift the flour and salt into a large mixing bowl with a sieve held high above the bowl so the flour gets an airing. Now make a well in the centre of the flour and break the eggs into it. Then begin whisking the eggs - any sort of whisk or even a fork will do - incorporating any bits of flour from around the edge of the bowl as you do so.

Next gradually add small quantities of the milk and water mixture, still whisking (don't worry about any lumps as they will eventually disappear as you whisk). When all the liquid has been added, use a rubber spatula to scrape any elusive bits of flour from around the edge into the centre, then whisk once more until the batter is smooth, with the consistency of thin cream. Now melt the 50g of butter in a pan. Spoon 2 tbsp of it into the batter and whisk it in, then pour the rest into a bowl and use it to lubricate the pan, using a wodge of kitchen paper to smear it round before you make each pancake.

Now get the pan really hot, then turn the heat down to medium and, to start with, do a test pancake to see if you're using the correct amount of batter. I find 2 tbsp is about right for an 18cm pan. It's also helpful if you spoon the batter into a ladle so it can be poured into the hot pan in one go. As soon as the batter hits the hot pan, tip it around from side to side to get the base evenly coated with batter. It should take only half a minute or so to cook; you can lift the edge with a palette knife to see if it's tinged gold as it should be. Flip the pancake over with a pan slice or palette knife - the other side will need a few seconds only - then simply slide it out of the pan onto a plate.

Stack the pancakes as you make them between sheets of greaseproof paper on a plate fitted over simmering water, to keep them warm while you make the rest.

Mini sausage rolls

Makes 16

Ingredients:

500g ready-made puff pastry

Flour for dusting

1 egg, beaten

8 good quality sausages cut into two

Salt and freshly ground black pepper

Small handful fresh thyme leaves

Method:

Preheat the oven to 200C

Roll the pastry out on a floured surface to a rectangle of about 48x32cm.

Cut the large rectangle in half lengthways, then cut both smaller rectangles into eight equal sections. You now have 16 rectangles in total. Brush one end of each rectangle with a little of the beaten egg, lay a piece of sausage at the other end, then season the sausage with salt and freshly ground black pepper and sprinkle with thyme leaves. Roll the sausage up in the pastry to enclose and repeat with all the sausages. Put the sausage rolls in the fridge for 20 minutes for the pastry to harden.

Once the pastry is hard, remove the sausage rolls from the fridge and score the tops with a sharp knife for decoration, or prick with a fork. Brush well all over with the rest of the beaten egg and bake in the oven for 25–30 minutes, or until the pastry has turned golden-brown and looks crisp. Remove from the oven and leave to cool slightly before serving.



Spinach muffins

Ingredients:

- 1 cup chana/pea flour
- 1/2 cup plain flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1ml cayenne pepper
- 1 cup cooked chopped spinach
- 1 cup grated cheddar cheese
- 100ml milk
- 100ml oil
- 1 egg



Method:

Sift dry ingredients together.

Add spinach and grated cheese and mix slightly.

Beat milk, oil and egg together and stir into dry ingredients.

Mix until flour is moistened - batter should not be lumpy.

Spoon into greased muffin tins, filling each two thirds full.

Bake in a pre heated oven at 190C for 15 - 20 minutes.

Savoury cups

Ingredients:

- 1 cup cooked chicken pieces
- 1 cup cubed onions
- 1 cup cubed tomatoes
- 1 cup cubed red and green peppers
- 2 eggs
- 2 1/2 tablespoons flour
- 1 1/2 cups grated cheese
- Salt
- Pepper



Method:

Mix all the above ingredients

Drop mixture in greased muffin pans and bake at 160C for about 10 minutes.

Chicken pakoras (daltjies)

Ingredients:

450g chicken breast (cubed)
1 teaspoon lemon juice
1 teaspoon crushed garlic
1 teaspoon crushed ginger
1 onion
2 green chillies
½ teaspoon turmeric
1 teaspoon chilli powder
1 teaspoon salt
1 teaspoon koljana powder



Batter:

200g chana flour
1 teaspoon salt (or to taste)
1 teaspoon chilli powder
1 teaspoon koljana powder
1 teaspoon jeera powder
1 teaspoon baking powder
2 tablespoon chopped dhanya
Oil for frying

Method:

Parboil chicken. Allow to cool, rub chicken with lemon juice and set aside.

Liquidise garlic, ginger, onion, chillies, turmeric, chilli powder, salt and koljana together.

Smear chicken pieces with the mixture, leave to marinade for at least 2 hours.

For the batter:

Mix chana flour, salt, chilli powder, koljana, jeera, baking powder and dhanya in a mixing bowl.

Add water gradually and mix to a smooth batter. Consistency should be that of a thick pancake batter. Rest for 20 minutes. Dip chicken pieces into the batter and fry 5 – 8 minutes in moderately hot oil turning half way through.

Drain on absorbent kitchen paper.

VARIATION:

Cut green pepper in circles dip into batter and fry as above.

Dip washed spinach leaves into batter and fry as above.

Can be shallow fried.

Chicken sausage rolls

Makes 20 rolls

Suitable for freezing uncooked

Ingredients:

2 large skinless chicken breasts

2 cloves garlic, crushed

4 sundried tomatoes, chopped

Handful basil leaves, chopped

375g ready rolled puff pastry

Flour for dusting

1 egg, beaten

Sesame seeds

Method:

Whizz the chicken and garlic in a food processor until the chicken is minced. Tip in the sundried tomatoes and basil. Pulse for 5 seconds to just mix through. Season well.

Roll the pastry sheet out on a lightly floured surface into a rectangle and cut in half lengthways. Spread half the chicken mixture along the middle of on the pastry strips, then roll up the pastry, pinching the ends together to seal. Using a sharp knife, cut into 2.5cm long pieces. Repeat with the remaining pastry strip. Can be frozen uncooked, for up to 1 month.

Heat oven to 200C. Place the rolls on a large baking sheet. Brush with the egg, then sprinkle with the sesame seeds. Bake for 20 minutes until golden.

Half moons

Makes 55

These are nice appetizers in the shape of a half moon. Half moons are crispy on the outside with a creamy chicken filling. Half moons can be frozen.

Dough:

2 ½ cups plain flour

2 tablespoons oil

1 teaspoon salt

2 cups boiling water

Filling:

500g chicken breast, cubed

2 onions, chopped

½ cup frozen sweet corn

½ green pepper, chopped

½ yellow pepper, chopped

½ red pepper, chopped

Salt to taste

½ teaspoon chopped green chillies

½ teaspoon jeera

1 teaspoon garlic paste

1 tablespoon chopped dhanya

White sauce for filling:

1 cup milk

1 tablespoon maizena/cornstarch

Coating:

Whipped egg

Breadcrumbs or crushed cornflakes

Method:

Filling

Make filling by placing cubed chicken, onions, peppers and corn in a pot. Add spices and cook till all moisture is evaporated.

Make sauce by mixing milk and maizena/cornstarch. Boil until thick. Add salt and pepper to taste. Add to the filling and combine.

Let cool then add some chopped dhanya.

Dough:

Make dough by mixing all the ingredients together to form a rollable dough.

To complete:

Roll out dough then cut out circles using a round cookie cutter.

Place 1 teaspoon of filling in each circle. Fold over like a half moon, pinch edges to seal.

Dip each half moon in egg then coat with breadcrumbs or crushed cornflakes.

Place on a cookie sheet in a single layer and freeze.

Once frozen they can be stored in a freezer bag.

To serve fry in moderately hot oil until golden

OR

Spray half moons with non-stick cooking spray and bake at 180C for about 30 minutes or until crispy and lightly browned.

Mini quiches

Makes 24

Ingredients:

3 eggs

100g polony, diced

1 small onion, chopped

2 tablespoons grated cheddar cheese

Puff pastry

Salt and pepper to taste

Sprinkle of fresh or dried parsley



Method:

Preheat your oven to 180C.

In a bowl, mix the eggs, polony, onion, cheese, salt & pepper with a fork until everything is mixed together.

Using a round pastry cutter, cut circles out of the puff pastry and place into a 12 cup muffin tin.

Spoon the mixture into the pastry. Bake in the oven for 15-20 minutes or until golden brown.



Springrolls



Samosas

Vol-au-vent filling

If you want to serve the vol-au-vents hot, omit the garnish until serving. Heat through in a hot oven 200C for 5 minutes or until hot.

Mushroom ingredients:

Fills about 12

100g mushrooms, finely chopped

30g butter

50g cheese spread

30ml (2 tbsp) natural yoghurt

Method:

Melt the butter in a frying pan and add the chopped mushrooms, fry for 3 minutes until soft. Leave to cool. In a small bowl, combine together the cheese spread, yoghurt and fried mushrooms, and spoon into 12 cases.

Prawn ingredients:

Fills about 12

100g small prawns, reserve 12 for garnish

50g cheese spread with shrimp

30ml (2 tbsp) natural yoghurt

10ml (2 tsp) tomato puree

10ml (2 tsp) lemon juice

Method:

In a small bowl, combine all the ingredients together and spoon into 12 cases. Garnish with a prawn.

Chicken ingredients:

Makes 12

100g roasted chicken breast or leftover chicken

50g cheese spread with chives

30ml (2 tbsp) natural yoghurt

Method:

Cut the chicken into small pieces. In a small bowl, combine together the cheese spread, yoghurt and chicken, spoon into 12 cases.

Cheese samosa filling:

1 onion, finely chopped
1/2 cup cheese, grated
2 green chillies, finely chopped
1 teaspoon oil
Salt to taste (optional)
Oil for frying

Method:

Heat the oil in a pan.
Add chopped onions and fry till brown colour.
Add chopped chillies to it.
Fry for 3 – 4 minutes.
Let it cool for some time.
Add grated cheese and salt, if using, to the mixture.
Mix well and fill your samosas as usual.

Chicken samosa filling

500g chicken mince or chicken breast chopped finely
3 large onions, chopped finely
1 teaspoon ground jeera
1 teaspoon ground koljana
2-3 teaspoons crushed chillies
salt to taste



Wash and drain mince. Brown the mince in a large pan until brown and dry. Remove from heat. Add the onions and spices and mix well. Fill approx 30 samosas

Potato and pea filling

500g potatoes, peeled and cut into small cubes
1 onion, finely chopped
100g frozen peas
1 tsp whole jeera
1 tsp whole koljana
2 tsp crushed chillies
salt to taste



Braise onion until golden brown 5-10 minutes. Add whole jeera and koljana. Add the potatoes and cook until soft adding water if necessary. The mixture should be dry so keep stirring to ensure it does not burn. Add crushed chillies and salt. Lastly add the frozen peas and cook a further 5 minutes. Cool and fill samosa leaves.
Fills approx 20 samosas

Samosa pur

500ml (2 cups) cake flour

3ml (1/2) teaspoon salt

190ml water

corn flour as needed for sprinkling

oil as needed for smearing

Method:

Sift flour and salt in a mixing bowl.

Add water and mix into a stiff dough.

Knead well, cover with a damp cloth and leave aside for 30 minutes.

Divide dough into 8 portions.

Roll out each portion to the size of a saucer.

Smear oil edge to edge onto 6 of the rolled-out pastry.

Sift corn flour lightly on each oiled pastry.

Make two stacks of pastry into a large disc.

Toss each stack on a heated griddle for a few seconds, turning frequently, until they loosen into individual pastries.

Place on tray and cover with a damp cloth.

Complete tossing the second lot in the same way.

Cut through stack with kitchen scissors or sharp knife to desired width.

Snip off the uneven ends to form an even pastry.

Mutton Mince for Samosas

Ingredients:

1kg mutton mince

4 large onions finely chopped and water squeezed out

2 tablespoon green chillies crushed

2 bunches dhanya cut finely

1 tsp salt

1 tablespoon ginger and garlic

1/2 tsp turmeric

1/2 tsp coarse black pepper

Wash and drain mince. Put in a pot in the stove on medium heat.

Cook for 5 minutes. Now add in ginger and garlic, salt, turmeric and pepper. Cook for a further 20 minutes stirring now and then and breaking lumps. When mince is cooked remove from heat, the mince should be dry. Add onions, chillies and dhanya to this. Your mince is now ready.

Vegetable Spring Rolls

Ingredients:

- 1 cup mixed vegetables, chopped long and slim/shredded (carrot, beans, cabbage, peas, corn, green, yellow, red peppers, etc)
- 1 onion, sliced
- 1 teaspoon ginger & garlic paste
- 1 tablespoon soya sauce
- 1 chopped green chilli
- Salt and pepper to taste
- 1 teaspoon oil

Method:

1. Heat the oil in a pan and fry the onions until transparent and pink.
2. Add the ginger garlic paste and fry for another minute.
3. Next add the vegetables and green chilli, sprinkle some water and cook closed until soft, yet crunchy.
4. Turn heat to high and add the soya sauce. Mix well for a minute on high.
5. Lower heat. Mix in salt and pepper. Remove from fire and cool.

Filling and rolling:

Defrost the pastry to room temperature before separating the sheets.

Lay out one sheet; add about 2-3 tbsp (depending on the size of your spring roll sheets) of the vegetable filling towards one corner. Fold in the end of the corner first and then both sides.

Once these ends are firmly placed, start rolling towards the other end until fully done.

Deep fry until golden brown.

Cook's notes:

- Add cooked, shredded chicken pieces.
- You can use any mix of vegetables you want. However, cabbage and peppers really enhance the taste.
- Arrange spring rolls in a single layer on a medium baking sheet. Brush with vegetable oil. Bake in preheated oven @ 200C for 20 minutes, until lightly browned. For a crispier spring roll, turn after 10 minutes.



Daltjies

Ingredients:

250ml pea/chana flour
30ml cake flour
1 small onion, grated
1 small potato, grated
1 teaspoon jeera
1 teaspoon koljander (coriander)
½ teaspoon salt
½ teaspoon turmeric
1 level teaspoon baking powder
2 teaspoons crushed dried red chillies
1 cup chopped spinach
100ml water to mix
Oil for deep frying



Method:

Add the flours, jeera, koljander, salt, turmeric, baking powder and dried chillies into a mixing bowl.

Add the grated onion, potato, chopped spinach and enough water to make a stiff mixture. Heat the oil until moderately hot. Do not over heat the oil as the daltjie will brown too quickly and the inside will not have cooked completely. Drop spoonfuls into the hot oil, fry for approximately 3 minutes turning all the time. Drain on absorbent kitchen towels, serve warm with chutney.

Pumpkin fritters

Makes 36

Ingredients:

500ml self-raising flour

250ml mashed, cooked pumpkin or butternut

Pinch salt

15ml sugar

1 egg, lightly beaten

30ml melted butter

200ml milk

400 ml cooking oil

Cinnamon sugar (e.g. 1 teaspoon sugar mix with 1/2 teaspoon cinnamon powder)



Method:

Sift flour and salt into a bowl and stir in 15ml sugar. Make a well in centre and add egg, butter, pumpkin and enough milk to make a thick pancake batter. Heat oil in a large frying pan and drop batter, 15ml at a time, into it. Fry fritters until golden brown, about 3 minutes on either side. Drain on absorbent paper and sprinkle with cinnamon sugar. Serve hot.

Pineapple & banana fritters

Ingredients:

100g pineapple

1 banana sliced

100g self raising flour

1 tsp baking powder

1 tsp ground cinnamon

3 tsp sugar

1egg

100ml milk



Mix self raising flour, baking powder, cinnamon & sugar. Add egg and milk. Add pineapple and banana and mix well. Drop spoon full of batter onto a hot greased pan and bake until done turning once during baking. Serve hot with cream and golden syrup.

Variation:

Add any fruit of choice

Chocolate chip pancakes

Ingredients:

2 cups plain flour
1/4 cup sugar
2 tablespoons baking powder
1 teaspoon salt
2 eggs
1 1/2 cups milk
1/4 cup vegetable oil
1/2 cup chocolate chips

Cinnamon honey syrup:

1/2 cup honey
1/4 cup butter cubed
1 teaspoon ground cinnamon

Method:

In a bowl mix the flour, sugar, baking powder and salt.
Combine eggs, milk and oil. Add to dry ingredients and mix well.
Stir in chocolate chips.
Pour the batter by 1/4 cupfuls onto a lightly greased hot pan.
Turn when bubbles form on top.
Cook until second side is golden brown.
Keep warm

Combine the syrup ingredients into a microwavable bowl.
Microwave on high uncovered, until butter is melted and syrup is hot. Stir, serve with pancakes.

Variation:

Add raisins instead of chocolate chips



Blueberry pancakes

Ingredients:

175g self-raising flour

½ teaspoon bicarbonate of soda

2 eggs

150g natural yoghurt

150ml blueberries

Grated rind of half an orange

Little oil for greasing

Butter and maple syrup to serve, plus extra berries

Method:

Put the flour and bicarbonate of soda into a large mixing bowl then add the eggs and yoghurt. Slowly whisk in the milk little by little, whisking all the time until the mixture is smooth and frothy. Stir in the blueberries and orange rind.

Pour a little oil into a large non-stick frying pan, then wipe around the pan with a folded piece of kitchen towel. Heat up the pan then carefully drop large spoonfuls of the mixture into the pan, well spaced apart and cook until tiny bubbles begin to show on the top and the undersides are golden around the edges.

Turn the pancakes over and cook the second side until golden. Continue until all the batter has been used, greasing the pan with the kitchen towel between batches.

Serve warm with the syrup and blueberries.

Main Dishes

Lamb koftas (meatballs)

Ingredients:

For the sauce

- 1 onion, chopped roughly
- 1 large potatoes, cubed
- 2 carrots, chopped in chunks
- 1 courgette, chopped in chunks
- Approx 15 green beans
- ½ tin tomatoes
- 450ml vegetable stock
- Salt and pepper to taste
- 1 teaspoon paprika
- 1 teaspoon ground garlic



Method:

Add all the ingredients in a large saucepan, cover and gently simmer over a medium heat for 15 minutes, stirring occasionally. Meanwhile make the meat balls.

For the meatballs:

- 500g fat free mince
- 1 onion, finely chopped
- 1 small green pepper, finely chopped
- 1 tomato, finely chopped
- ½ teaspoon nutmeg
- 1 teaspoon crushed garlic
- 1 slice slightly stale bread, soaked in water
- 1 egg
- Salt and pepper to taste

Method:

Wash and drain minced meat well.
Soak bread in water and squeeze excess water out.
Chop onion, pepper, tomato, finely.
Add all the ingredients in a mixing bowl and mix thoroughly using your hands. Roll into small balls and fry in a preheated saucepan with little oil until brown and cooked both sides. Keep warm

Place the meatballs in the sauce.

Do not stir but just let them sit on top of the sauce.

Lower the heat, cover and cook for another 8-10 minutes. Uncover and let simmer another couple minutes if you feel the sauce needs thickening.

Serve with lots of crusty bread for dipping in the sauce or over spaghetti or over boiled rice.

Creamy chicken, pumpkin and mushroom casserole

Ingredients:

1kg chicken breast cut into thin slices

1 lemon, halved

2 tbsp olive oil

25g unsalted butter

1 small onion, finely chopped

300g pumpkin, peeled, seeded and cut into 2cm cubes

200g mushrooms, roughly chopped

284ml carton double cream

Method:

Rub the cut side of the lemon over the chicken slices. Heat oil in a pan large enough to hold chicken in one layer. Add chicken and brown on both sides. Transfer to a casserole.

Heat oven to 180C. Melt the butter in a medium pan. When it stops foaming, add onion and 1 tsp salt, then sauté until pale gold.

Add pumpkin pieces to onion and sauté for 5 minutes. Add fresh mushrooms and cook for 5 minutes more, stirring frequently. Stir in the cream and seasoning if you wish. Simmer uncovered for 10-12 minutes until reduced slightly, and then pour over the chicken.

Cover and cook in the oven for 30-40 minutes, turning the chicken once or twice and adding a few spoonfuls of water if the sauce becomes a little dry.



Chicken & spinach curry

Ingredients

4 tablespoon oil
2 cloves
1 stick cinnamon
2 green cardamom pods
1 teaspoon cumin seeds
1 small-medium onion, chopped
1½ tablespoons chopped ginger
6 cloves garlic, chopped
½ teaspoon ground turmeric
1 tablespoon ground coriander
½ teaspoon chilli powder
2 tomatoes, puréed
450g small chicken
½ teaspoon garam masala
½ bunch finely chopped spinach



Method:

Heat the oil in a large non-stick pan. Add the cloves, cinnamon, cardamom pods and cumin seeds and fry for about 20 seconds until aromatic.

Add the onion and cook for about 10 minutes until golden brown, stirring often. Stir in the ginger and garlic and cook stirring for 40 seconds before adding a pinch of salt and the ground spices, and stir for 15 seconds. Pour in the tomatoes and cook over a medium heat for about 10 minutes, until the liquid in the pan has dried off and the oil leaves the sides of the dry masala around 10 minutes.

Add the chicken and brown over a medium-high heat for 3-4 minutes. Add enough water to almost cover the chicken (about 350ml), bring to the boil and then cook over a low heat until the chicken is cooked through. The slower it cooks the better it tastes. This takes about 15 minutes for small joints and up to 25-30 minutes for larger ones. Check with a fork; once it is tender it is done.

Add the garam masala and chopped spinach. Cook a further 5 minutes. Serve with rice or roti.

Cheesy moussaka

Serves 6

Ingredients:

1 large onion, peeled and chopped
3 cloves garlic, chopped
1 tablespoon olive oil (optional)
450g lean minced beef
2 tablespoons tomato puree
2 teaspoons beef granules
1 teaspoon dried oregano
Salt and pepper to taste
700g aubergines, trimmed and sliced



Cheese sauce:

50g butter
50g plain flour
450ml milk
1/4 teaspoon nutmeg
50g grated cheddar cheese
2 eggs

Method:

Fry onion and garlic in oil for 5 minutes. Add beef. Cook for 5 minutes. Add tomato puree, gravy granules, 6 tablespoons hot water and oregano. Season to taste. Cover and simmer for 20 minutes. Preheat the oven to 180C. Grease an ovenproof dish. Fry aubergine until softened. For the sauce, melt the butter in a pan. Stir in the flour. Gradually stir in the milk, until smooth. Add nutmeg and cheese. Season and cook, stirring for 4 minutes, until thickened. Beat in the eggs. Alternate the aubergines and meat mixture in the dish, finishing with a layer of aubergines. Spread the cheese sauce over the top. Bake for 50 minutes, or until the top is puffy and golden.

Mince Kebab (egg)

Ingredients:

500g lean mince
1 large onion, finely chopped
7.5ml turmeric
15ml curry powder
Salt to taste
1½ teaspoons garlic, crushed
1 teaspoon ginger, crushed
10ml jeera powder
5ml koljana powder
4 bay leaves
1 egg
1 slice slightly stale bread (soaked in water and squeezed dry)
4 hard boiled eggs, sliced in quarters

Method:

Braise onion until golden brown.

Add all the spices and simmer for 10-15 minutes until well blended, adding drops of water to prevent masala from burning. The masala mixture should be dry when done.

Combine the mince, soaked bread & the 1 egg in a large mixing bowl. Add the onion mixture and mix thoroughly.

Take small amounts of mince mixture, place a quarter egg inside and fold close. Bake in a preheated oven at 200C until golden brown. Serve with yellow or “gesmoorde” rice or mashed potatoes, accompanied by steamed vegetables of choice.



Shepherd's Pie

Ingredients:

500gr fat free minced meat
1 onion, chopped
5 cloves garlic, crushed
250g frozen mix vegetables
1 tablespoon sago, soaked in water
Salt & pepper to taste

Method:

Wash and drain minced meat well.
Braise onion in a saucepan; add garlic, salt and pepper.
Add the mince meat, cook until done, adding water to prevent it from sticking.
Add mix vegetables and sago and cook a further 10 minutes.
The mince should not be dry or too runny.
Transfer to an oven proof dish.
Top with mashed potatoes and sprinkle with grated nutmeg.
Grill in the oven until top is slightly browned.
Serve with yellow rice, steamed vegetables or fresh salad.



Prawn curry

Ingredients:

750g prawns
1 large onion, liquidized
2 medium onions, chopped fine
2 tablespoons chili paste (**see footnote)
3 bay leaves
½ tin coconut milk
4 cardamoms, crushed
Salt to taste
Oil for frying



Method

Wash and dry the prawns in a kitchen towel. Set aside.
Heat the oil in a saucepan. Add bay leaves, cardamom and fry for a few minutes.
Add sliced onions and fry till golden brown.
Then add the liquidized onion paste and the chili paste. Fry for several minutes adding little water, as necessary, to prevent the masala from burning.
Add the prawns. Stir thoroughly and then add the coconut milk.
Keep simmering in medium heat till the gravy reduces to a half. Add salt to taste.
Serve hot with rice.

**Chili paste

Ingredients:

1 level teaspoon of chili powder
3 garlic cloves crushed
5 Red chilies chopped
3 Tablespoons of ground ginger
2 Pinches of salt
5 Tablespoons of extra virgin olive oil
1 Level teaspoon of sugar (can be omitted if preferred)

Method:

Heat oil to medium hot and add chili powder and garlic.
Cook for 2 minutes and then add all other ingredients.
Cook until soft. Decant into a blender and blend into a course paste.
Leave to cool and eat.
Refrigerate and consume within 7 days.

ondiments

Blatjang

Ingredients:

250ml vinegar
3 onions
Chillies to taste
3 cloves garlic
Salt to taste
1 small jar apricot jam



Liquidize all the ingredients together. Boil in a saucepan. Cool and store in an airtight container.

Green chilli atchar

100g green chillies
Oil for frying

Stuffing:

1 tablespoon crushed garlic
5ml salt
10ml jeera powder
5ml koljana powder
5ml turmeric
10ml leaf masala
30ml oil



Wash chillies, keeping stems intact. Slit lengthwise with cutting through. Combine stuffing ingredients and mix to a thick paste. Stuff the chillies with prepared stuffing. Heat oil in frying pan and stir-fry stuffed chillies for about 10 minutes. The stuffing will ooze out making a thick sauce. Once cooled, store in an airtight container in the fridge.

****Cooks tip, wear thin plastic gloves whilst cutting and stuffing the chillies. Discard after use.**

Yoghurt sauce

Ingredients:

250m natural yoghurt
1 clove garlic, crushed
2-3 green chillies, chopped
1 tablespoon dhanya, chopped
Pinch salt



Mix all the ingredients together. Pour into a serving dish and serve with curries, breyani, kebabs, etc...

Mint yoghurt dip

Ingredients:

250g plain yogurt
1/2 cucumber, deseeded and grated
1 handful chopped mint

Stir the yogurt, cucumber and mint together in a bowl and add salt to taste

Mango atchar

Ingredients:

1kg green mangoes
5ml salt to taste
2 cups oil
60ml atchar masala
5ml mustard seeds
1 teaspoon crushed red chillies



Method:

Wash mangoes well, leaving skin on, cut into cubes, discarding pips. Transfer into a microwavable container and cook in the microwave with a cup of water for 10 minutes to soften the mangoes. Drain well in a colander. Place in a large stainless steel container (may stain plastic). Add salt, atchar masala, mustard seeds and chillies and combine well with the mangoes. Heat the oil in a saucepan until hot, pour over the mangoes. Use immediately once cooled or store in an airtight container for later use. If storing for later use ensure the mangoes are fully covered with the oil.

Hummus

Serves 6-8

Ingredients:

2 x 450g tins of chickpeas, drained
125ml tahini (sesame seed paste)
1 medium onion, quartered
125ml fresh lemon juice
2 cloves garlic, chopped
½ teaspoon paprika
½ teaspoon ground jeera
½ teaspoon ground koljana
½ teaspoon salt
½ teaspoon black pepper
1½ tablespoon water

Method:

Put all the ingredients into a food processor or liquidizer. Blend until smooth and creamy.
Pour the hummus into a serving dish.
Garnish with fresh coarse chopped parsley (3 tablespoons)
Serve with pita bread.

Tamarind & date chutney

Ingredients:

2 cups dates - deseeded
¼ cup tamarind - deseeded
1 cup brown sugar (or less if you prefer)
1 teaspoon chilli powder
2 cloves garlic
Salt to taste
4 cups of water

Method:

Place the dates and tamarind in a saucepan.
Add the sugar, chilli powder, garlic, salt and 4 cups of water and simmer for 20 to 25 minutes.
Cool and strain the mixture through a sieve.
Now blend this in a mixer to form a smooth paste;
add more water if you need a thinner consistency.
Check for taste, then store in an air-tight bottle.
This Tamarind-Date Chutney can be stored in a refrigerator for at least 6 months.

Egg loaf

Makes 2 small loaves

Ingredients:

500g plain flour
1 teaspoon sugar
1 teaspoon salt
3 tablespoons butter
2 tablespoons oil
250 lukewarm milk
2 eggs, beaten
1 packet instant yeast

Method:

Sift flour, salt, sugar in a large bowl. Add yeast

Melt the butter, add the oil, add the beaten eggs.

Add the milk to the butter and eggs mixture.

Add the liquid to the dry ingredients.

Knead dough for about 15-20 minutes until soft and elastic. (the dough should not stick to your hands)

Cover the bowl with oiled plastic wrap. Leave to rise for about 30-60 minutes until well risen.

Grease a baking tin with oil.

Punch dough down, form into shape and place into baking tin.

Cover loosely with oiled plastic wrap and leave to rise for 30 minutes or until dough doubles in volume.

Brush with beaten egg. Sprinkle with sesame seeds (optional)

Bake on middle shelf of oven at 200C for 35-45 minutes.



Rolls

Makes 10

Ingredients:

500g plain flour

½ teaspoon salt

1 packet instant yeast

2 tablespoons oil

2 tablespoons plain yoghurt

25g sugar

1 egg

½ - ¾ cup warm milk

Method:

In a large bowl add the flour, salt, sugar and yeast.

In a separate bowl mix the egg, oil and yoghurt. Add to the flour.

Add the milk and mix thoroughly.

Knead the dough until smooth and the dough no longer stick to your hands.

Cover the bowl with plastic and leave to rise in a warm place until double in size.

Knock the dough down to let the air come out.

Divide the dough into 10 and form into shapes.

Place in a baking tray dusted with flour. Leave to rise for 10 minutes.

Brush with beaten egg, sprinkle with sesame seeds (optional).

Bake in a preheated oven at 190C until light brown approx 25 – 30 minutes.



Raisin buns

Ingredients:

450g flour

½ teaspoon salt

50g butter

1 packet instant yeast

50g sugar

1 teaspoon mixed spice

1 teaspoon ground cinnamon

2 teaspoons ground aniseed

125g raisins

250 – 300ml warm water & milk mixture (half & half)

Glaze:

1 tablespoon sugar

1 tablespoon boiling hot water

Method:

Mix together the flour and salt, rub in the butter. Stir in the yeast, sugar spices and raisins. Stir in the warm water mixing to dough. Knead on a lightly floured surface for 10 minutes. Divide into 12 pieces and shape into buns.

Place on a floured baking sheet cover with plastic and leave in a warm place to rise until double in size.

Bake for about 15 – 20 minutes in a preheated oven at 200C.

To make the glaze, mix together the sugar and hot water until sugar has dissolved. Brush over the baked buns fresh from the oven.



Roti

Ingredients: (5 rotis)

400gr plain flour

2.5ml salt

250ml cold water

125gr soft butter

Oil

Method:

Combine flour and salt in a bowl.

Add water and mix to a soft dough.

Knead, adding extra water or flour to make an even textured, pliable dough.

Leave to rest for 30 minutes.

Roll out on a very lightly floured surface.

Smear butter all over the surface of the dough, sprinkle with flour.

Roll up and stretch into a thick rope of dough.

Cover the rope of dough with a handful of oil to prevent it drying out.

Leave to rest for 30 minutes. (Leaving the dough to rest is important, it ensures the dough is soft and pliable)

Stretch the dough into a longer rope.

Divide into 5 pieces.

Roll and stretch into individual ropes of dough.

Roll up ends of the ropes, one side clockwise, and one anti-clockwise. Fold one half flat on top of the other.

Allow to rest for about 20 minutes, covered.

Roll out on a lightly floured surface to circles about 20cm in diameter.

Heat a heavy based frying pan and fry rotis one at a time, turning occasionally and brushing with little oil.

Fry until golden brown.

Remove from pan and pat between your palms to fluff surface.

Serve warm.



Naan

Ingredients:

250g plain flour

250g self raising flour

1 tablespoon sugar

Pinch of salt

2 tablespoons vegetable oil

330ml mixture of lukewarm water and milk (1/2 & 1/2)

Method:

Preheat the oven to 140C

Mix all the dry ingredients, add the liquid. Knead into a soft dough. To knead the dough, clench your hand into a fist, wet your knuckles with a little water, then press them repeatedly into the dough. Continue pressing and kneading until you have a soft, pliable dough. It should take about ten minutes.

Place the dough in a mixing bowl, cover it with cling film and leave it in a warm place to rise for 10-15 minutes.

Divide the dough into approx balls and place on a floured surface or board. Roll each into a long oval or round shape (depending on preference) about 0.5cm/1/4in thick. Don't roll them out too thinly or they'll turn out like crisps.

Place them on a greased baking tray and put them in the centre of the oven for 10-15 minutes. They are ready when they have puffed up a little. They should be soft and crumbly, not chewy. Serve fresh from the oven.



Chapatis (Indian Flat Bread)

Makes 6-8

Ingredients:

200g wholemeal flour

75ml warm water

2 tbsp butter

Method:

Sift the flour into a medium bowl and make a well in the middle of the flour. Pour in the water and mix to make a dough. Turn out onto a floured surface and knead for 5 -8 minutes until smooth and elastic. Place back in the bowl, cover with cling film and leave for 10 –15 minutes.

Divide the dough into 6 to 8 balls. Roll out each ball on a floured surface to make a thin pancake about the thickness of a 50p piece.

Heat a dry frying pan until hot and cook each chapati over a medium heat, turning after 30 seconds or so. Cook the second side for 1 minute until it begins to puff up, then turn over and cook the first side again, pressing down lightly with a spatula for another 30 seconds. Smear each chapati with butter and wrap it in foil to keep warm.



Dessert / Cakes

Vermicelli

Serves 4

Ingredients:

250g vermicelli

50g butter

50g sugar (optional half white and half brown sugar)

50g sultanas or raisins

5 cardamom seeds, slightly bruised

3 pieces stick cinnamon or 1/2 teaspoon ground cinnamon

250ml water

50g almond slivers (optional)

Melt butter in a large saucepan. Add vermicelli and cook until vermicelli turns golden brown, turning all the time to ensure vermicelli does not burn. Add cardamom, stick cinnamon sultanas, sugar, almonds and water. Steam, covered, for about 15 minutes over medium heat until water has been absorbed, stirring occasionally.

Serve warm, on its own or with vanilla ice cream.



Boeber

Usually served on the fifteenth night of Ramadan to celebrate the middle of the fast. The more sago you use, the thicker the boeber will be. On the other hand, the less sago you add the more liquid it will be.

Ingredients:

100 g butter

75 ml sago

200 ml water to soak the sago

250 ml vermicelli

3 cinnamon sticks

5 cardamoms

50 g sultanas

2 liters milk

15 ml rose water (optional)

150 - 200ml white sugar (depending on your taste buds)

50 g blanched almonds

Method:

Soak the sago in the water for about 15 minutes. Meanwhile, melt the butter in a saucepan.

When it has melted, add the vermicelli and toss it so that the butter covers it and it starts to go golden brown.

Add the cardamom, cinnamon and the sultanas.

Stir before pouring the milk into the pan.

Bring to the boil before adding the pre-soaked sago and then simmer for about 30 minutes stirring constantly otherwise it will stick. The sago should become transparent.

Add the rose water (if using), sugar and almonds and continue to simmer for another 10 minutes or so. Serve hot and enjoy!!!

Serve hot and prepare to enjoy this rich, spicy pudding or drink, made from a typical South African Cape Malay recipe.

Potato Pudding

Ingredients:

1kg potatoes
175g butter
10 large eggs
200ml sugar
Pinch salt
1 liter milk
1 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
Few drops almond essence



Method:

Boil potatoes until soft. Drain and mash potatoes with butter.
Beat sugar and eggs until sugar has dissolved. Add cardamom, cinnamon, salt and almond essence.
Combine with mashed potatoes.
Stir in milk and mix well.
Pour into a well greased ovenproof dish and bake at 180C for about 45 minutes or until set.
Serve with apricot jam or stewed dried fruit.

Lemon pudding

Ingredients:

100ml butter
100g castor sugar
2 large eggs, separated
250ml self-raising flour
Grated rind and juice of 1 lemon
500ml milk



Method:

Beat butter and sugar until light and creamy, add yolks.
Sift flour.
Whip egg whites until stiff peaks.
Fold flour into yolk mixture with lemon rind and juice and 250ml milk. Fold egg whites in lightly, and then stir in remaining milk.
Pour into a well-greased ovenproof dish.
Bake at 180C for 30 minutes. Serve warm.

Sticky date and walnut pudding

Ingredients:

175g butter
175g soft brown sugar
300ml double cream
110g dates, chopped
110ml boiling water
½ teaspoon bicarbonate of soda
1 egg, beaten
110g self raising flour
50g walnuts, chopped

Method:

For the sauce:

In a pan over a low heat, heat half the butter, 110g sugar and all the cream, stirring until the sugar has dissolved. Bring to the boil and cook for 3 minutes.

Remove from the heat and pour a little of the sauce into a buttered 1 litre deep baking dish to just cover the base. Pour the boiling water over the dates in a small bowl; add the bicarbonate of soda and leave to stand for 10 minutes. Beat the remaining sugar with remaining butter until light, then beat in the egg with the date mixture – don't worry if it looks curdled. Stir in the flour and walnuts and pour into the dish.

Bake for about 50 minutes until firm to the touch. Cook in the dish for a few minutes then turn out onto a serving plate. Reheat the sauce and serve with the pudding.

Cupcakes

Makes 24

Ingredients:

225g soft butter/margarine

225g caster sugar

4 eggs

225g self-raising flour

Method:

Put 24 paper baking cases in a muffin tray.

Put the butter, sugar, eggs and flour in a large bowl and, using an electric hand whisk, beat together until just smooth. Spoon the mixture into the paper cases.

Bake the cupcakes in a preheated oven, 180C for 15-20 minutes or until well risen, golden brown and firm to the touch. Transfer to a wire rack to cool.

Topping:

175g butter, softened

350g icing sugar

A variety of edible sugar flower shapes, cake decorating sprinkles

To make the topping, put the butter in a bowl and beat until fluffy. Sift in the icing sugar and beat together until smooth and creamy. Add a drop of milk if the mixture is too stiff. When the cupcakes are cold, spread a little frosting on top of each cupcake, then decorate according to your choice.



Chocolate Éclairs

Makes 20-24

For the choux pastry:

200ml cold water

½ tsp caster sugar

85g unsalted butter

Pinch salt

115g plain flour

4 medium eggs, beaten

For the cream filling:

600ml double cream

1 tbsp icing sugar

To complete:

175g plain chocolate, broken into pieces

Method:

Preheat the oven to 200C.

To make the pastry, place the butter, water and sugar into a large saucepan.

Place over a low heat to melt the butter. Increase the heat and pour in the flour and salt all in one go.

Remove from the heat and quickly beat the mixture vigorously until a smooth paste is formed, stirring continuously to dry out the paste.

Once the paste curls away from the side of the pan, transfer the mixture into a large bowl and leave to cool for 10-15 minutes.

Beat in the eggs, a little at a time, stirring vigorously until the paste is smooth and glossy.

Continue adding the egg until you have a soft dropping consistency. The mixture will be shiny and smooth.

Lightly oil a large baking tray. Dip a teaspoon into some warm water and spoon out a teaspoon of the éclair mixture. Rub the top of the mixture with a wet finger and spoon on to the baking tray. This ensures a crisper topping.

Bake for 25-30 minutes, until golden brown, if too pale they will become soggy when cool.

Remove from the oven and prick the base of each éclair. Place onto the baking tray with the hole facing upwards and return to the oven for 5 minutes. The warm air from the oven helps to dry the middle of the profiteroles.

Prepare the filling: lightly whip the cream and icing sugar until soft peaks form. Do not over whip. When the éclairs are cold, cut the éclairs in half and spoon in the cream with a teaspoon.

Melt the chocolate over a pan of boiling water. Spoon the melted chocolate over the éclairs.

Coffee Cake

Ingredients:

150g caster sugar
150g butter
3 eggs
150g self raising flour
1 1/2 teaspoon baking powder
2 tablespoons hot water
2 tablespoons instant coffee

For the icing:

225g icing sugar
100g butter
1 1/2 tablespoons instant coffee
1 tablespoon hot water

Method:

Preheat the oven to 160C, and grease two equally sized sandwich tins. Add the sugar and the butter to a bowl and whisk until very fluffy and a pale cream.

Whisk the eggs in a mug with a fork and then add them gradually to the mixture with 1 tablespoon of flour each time. Make sure you don't use all the flour.

Add the rest of the flour and the baking powder to the mixture and fold it in gently.

Dissolve the coffee in the boiling water and add to the mixture still folding. Divide into the sandwich tins and cook for 30 minutes.

Meanwhile cream the butter and the icing sugar until light and fluffy. Dissolve the coffee in boiling water, making sure you don't add too much water or the icing will be runny and add it to the butter and icing sugar. Whisk and leave in the fridge until the cake is done.

Once the cakes are done and cooled completely, sandwich together with half of the icing. Spread the remaining icing on top of the cake. Decorate with cherries, walnuts, grated chocolate, etc.

Chocolate cake

Quick and economical to make!!

Ingredients:

3 eggs separated (use the yolk)

3/4 cup sugar

1/2 cup water

1/2 cup oil

Mix the above ingredients well.

ADD

3 teaspoons baking powder

1/4 cup cocoa

1 teaspoon cinnamon

1 cup flour

Whip egg whites until stiff. Fold into cake mixture. Divide into 2 well greased round (20cm) baking tins and bake in a preheated oven at 180C for approx 15-20 minutes. Decorate with cream, butter cream, icing sugar....



Coffee Cake



Chocolate
Cake

Measuring basics

It is essential to measure and weigh ingredients accurately when baking. Use standard metric measuring equipment such as a set of measuring cups or spoons. Ordinary teacups or tablespoons will vary in size from baker to baker and are not suitable for accurate measuring.

Use measuring cup sets comprising of a standard 250 ml (1 cup), 125 ml ($\frac{1}{2}$ cup), 80 ml ($\frac{1}{3}$ cup) and 65 ml ($\frac{1}{4}$ cup).

Standard sets of spoons are available in 15 ml, 5 ml, 2 ml and 1 ml sizes.

Measuring jugs are used for measuring liquid in milliliters. Use different and clean measuring equipment when measuring different ingredients. Rather rinse a measuring jug or cup before using it for measuring a different ingredient.

A good quality kitchen scale is an investment. Measure dry and solid ingredients for the most accurate measurements. A 2 kg kitchen scale is good for domestic baking.

Measuring of dry ingredients:

Use measuring cups, measuring spoons and a kitchen scale. Spoon the dry ingredients into measuring cup without pressing down. Shake the cup lightly and then level with the back of a knife or use the edge of a palette knife.

Measuring of liquid:

For large volumes, use a clear glass or plastic measuring jug. Place the jug on a level table and check the meniscus level. The meniscus level is the curved upper surface of liquid in a jug.

Measuring of butter:

Use a kitchen scale to measure in grams or kilograms. Measuring spoons can only be used for small measurements of butter. Press butter or margarine in the measuring spoon until level with the top of the spoon.

Index

Blatjang, 34
Blueberry pancakes, 26
Boeber, 44
Chapatti, 42
Cheese samosa, 20
Cheesy moussaka, 30
Chicken & corn soup, 7
Chicken & spinach curry, 29
Chicken pakoras, 15
Chicken samosa, 20
Chicken sausage rolls, 16
Chocolate cake, 50
Chocolate éclairs, 48
Chocolate pancakes, 25
Coffee cake, 49
Creamy chicken, pumpkin & mushroom casserole, 28
Creamy mushroom soup, 9
Cupcakes, 47
Daltjies, 23
Easy split pea soup, 8
Egg loaf, 37
Green chilli atchar, 34
Half moons, 17
Hummus, 36
Lamb koftas, 27
Lemon pudding, 45
Mango atchar, 35
Mince filling for samosa, 21
Mince kebab, 31
Mini quiches, 18
Mint yoghurt dip, 35
Naan, 41
No knead brioche buns, 6
One pan breakfast, 4
Pancakes, 12
Pineapple & banana pancakes, 24
Potato & pea samosa, 20
Potato pudding, 45
Prawn curry, 33
Pumpkin fritters, 24
Raisin buns, 39
Rolls, 38
Roti, 40
Samosa pur, 21
Sausage rolls, 13
Savoury cups, 14
Shepherd pie, 32
Simple butternut soup, 10
Spinach muffins, 14
Spinach omelette, 5
Sticky date & walnut pudding, 46
Tamarind & date atchar, 36
Vegetable & chicken soup, 11
Vegetable springrolls, 22
Vermicilli, 43
Vol-au-event fillings, 19
Yoghurt sauce, 35
Index, 51