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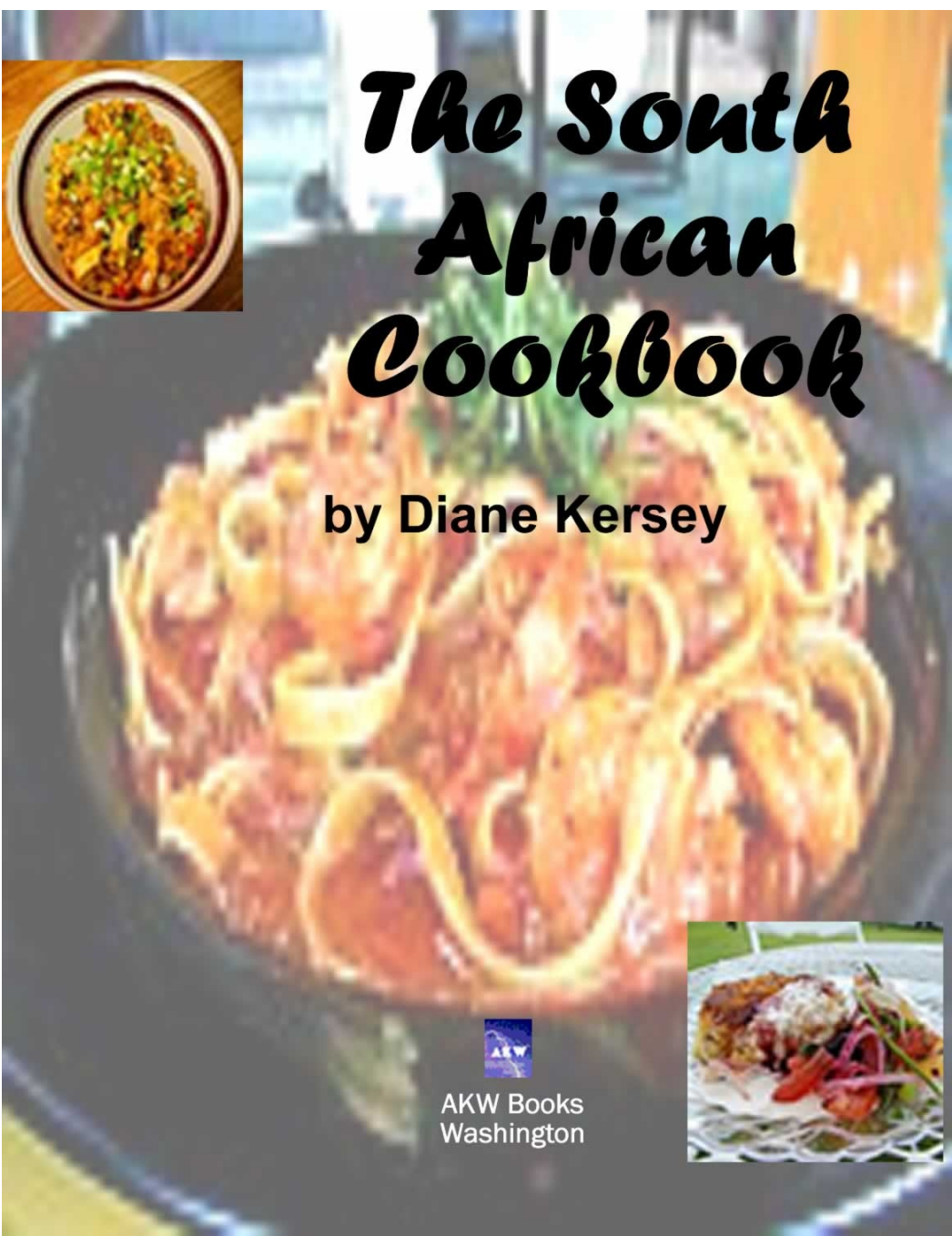


THE SOUTH
AFRICAN COOK
BOOK



The South African Cookbook

by Diane Kersey



AKW Books
Washington

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Apple Pie with Currants

Starters, Snacks, Salads, and Side Dishes

Asparagus with Parmesan Cheese

16 large fresh asparagus spears

6 tablespoons butter

2 cloves garlic, crushed

3 tablespoons grated fresh or dried parmesan cheese

Method: Wash and pat asparagus dry on kitchen towel. In a shallow frying pan, heat the butter and garlic, and saute garlic gently until golden brown. Add the asparagus spears to the pan, turn up the heat a little, and sauté the asparagus for 10 minutes until it is crisp and tender. Transfer to a serving plate and sprinkle over the parmesan cheese. Serve immediately.

Bread Salad

8 slices bread, crusts removed
oil for frying
4 eggs
1 ½ cups sugar
1 ½ teaspoons dry mustard
2 cups vinegar
Salt and Pepper to taste
½ cup fresh cream
1 cup mayonnaise
Cheese (optional)
Oil for frying

Method: Heat a frying pan with enough oil to cover the base till medium hot. Cut bread into ½ inch cubes and fry in oil. Drain on kitchen towel paper. Beat all ingredients together except in cheese for 5 minutes. Transfer mixture into a medium-sized pot and cook over high heat; stir all the time that being careful not to burn mixture. Remove from stove and when cold, add ½ a cup of cream and mayonnaise. Mix well. Add bread and optional cheese and stir lightly. Mix well. Refrigerate until needed. Serves 6

Bread with Whiskey Sauce

9 oz. day old French bread
2 tablespoons butter
2-2/3 cups milk
2 eggs
2/3 cup sugar
1/2 teaspoon vanilla essence
1 pinch of nutmeg
1/4 teaspoon cinnamon
1 apple, washed and thinly sliced
1 cup strawberries, washed, stalks removed and thinly sliced
1/3 cup raisins

Whiskey Sauce:

1/2 cup brown sugar
1/4 cup whiskey
9 tablespoons butter
1/2 cup cream

Method: Cut the bread into half inch cubes. Heat the butter over medium heat with the milk. Set aside to cool. Blend the eggs and sugar with the vanilla and spices. Add to the cooled milk and blend well. Arrange a layer of bread in a 4 in. pan, then a layer of apples and thinly sliced strawberries. Sprinkle raisins over the fruit, finishing with a layer of bread. Pour the milk mixture over all. Press down the bread to soak evenly. Press again after 20 minutes. Bake in [water bath](#) at 350°F for 30 to 40 minutes, or until slightly brown and the center is set. Serve with Whiskey Sauce. Serves 6

Whiskey Sauce: Add all ingredients and bring to a boil.

Note: Bread pudding may be served warm or cold. The sauce should be served hot. It will become cloyingly sweet when cold.

Brioche

4 - ½ cups sifted all-purpose flour
2 teaspoons salt
2 tablespoons granulated sugar
½ cup warm water
1 - ¾ tablespoons granulated yeast
7 large eggs
½ cup unsalted butter, softened
1 egg

Method: Sift flour and salt together; set aside. Dissolve sugar in warm water in large mixing bowl. Add yeast, dissolve by stirring slowly. Place flour and salt on top of sugar and yeast mixture. Then add 6 eggs on top of flour mixture. Mix slowly until all ingredients are combined. Stir mixture several minutes until dough becomes smooth and elastic, then add softened butter 2 tablespoons at a time until all is completely incorporated. Cover and bench proof dough until double in volume. Punch down dough, proof in refrigerator until dough is firm and workable. Measure 3-oz. pats of dough. Brush oven-proof coffee cups with softened butter. Pinch a marble-sized piece of dough from each pat and reserve. Form each pat of dough into round shape; place in buttered cup. Form each marble-sized piece of dough into a pear shape. Make a dent in the round dough and place a pear piece into dent after wetting the pointed end in water. [Proof](#) the dough until double in size. Beat the remaining egg with 1 tablespoon water. Brush egg wash over dough. Bake at 350° F for 15-18 minutes. Serves 6

Candied Shallots

24 large shallots
2 tablespoons melted butter
1/3 cup red wine vinegar
2 tablespoons dry red wine
3 tablespoons sugar

Method: Cut ends off and peel shallots. Fit them tightly into low-sided, heavy-bottomed pan. Add the remaining ingredients, and stir to thoroughly coat the shallots. Braise shallots over a very low heat, uncovered, for four hours or until the shallots are soft and shiny, and the liquid has completely evaporated.

Note: If liquid evaporates before shallots are cooked, add a little water. If shallots become soft before wine and vinegar evaporate, pour off liquid, add 1 tablespoon butter and 1 tablespoon sugar and cook over medium heat until coated with a syrupy glaze. Disturb shallots as little as possible, to keep them whole. Serves 4

Cheese and Potato Croquettes

1 cup strong cheddar cheese
½ teaspoon dry English mustard
Pinch of cayenne pepper
Salt and black pepper to taste
3 cups cooked mashed potato
1 sprig chopped parsley
2 shallots, chopped small
1 egg, beaten
Fine bread crumbs for rolling
1 teaspoon parmesan cheese, grated
Little oil for frying

Method: Combine all the ingredients except the beaten egg, breadcrumbs and parmesan cheese and mix well till all ingredients are combined. Set aside, meanwhile heat the oil in a deep frying pan.

Mix the breadcrumbs and parmesan cheese well together and put in a shallow plate. Roll the potato mixture in small balls and coat with beaten egg, then coat with the breadcrumb mixture. Continue this way until all the potato mixture has been used. Shallow fry the potato balls until golden brown. Drain on paper kitchen towels. Makes 15-20

Cheese Drops

9 oz. sharp cheddar cheese shredded, at room temp

½ cup butter, softened

1 cup flour

½ packet onion soup mix

½ teaspoon salt

Method: Preheat oven to 400°F. Combine the cheese, butter, flour, soup mix, and salt in a bowl and mix well. Shape the dough into 1 inch balls. Arrange 2 inches apart on a baking sheet. Flatten with a fork. Bake for 8-10 minutes or until light brown. Cool on the baking sheet for two minutes. Remove to wire rack for cooling. Store in an airtight container. This recipe easily doubles. Makes 30

Cheesy Asparagus

16 stalks asparagus, cleaned and trimmed
2 tablespoons butter
2 tablespoons grated parmesan cheese
Salt and pepper to taste

Method: Preheat oven to 350°F. Cook asparagus in boiling, salted water for 5 to 7 minutes, or until al dente. Drain. Melt butter in ovenproof pan. Add asparagus and sauté for 5 minutes. Sprinkle with cheese, add salt and pepper, and bake for 2 minutes. Transfer to broiler and broil for 2 minutes or until golden brown. Serve. Serves 4

Note: Use freshest asparagus available.

Cheesy Savory Pine Cone

2 lbs. flavored savory cream cheese

1 lb. butter, softened

Cayenne pepper to taste

Salt to taste

1 roasted green or red pepper, with skin removed and pureed

½ onion, peeled and finely grated

½ kg whole almonds, with skin on

Pine needles or chives

Method: Beat all the ingredients, except the almonds, together in a large bowl. Blend well and refrigerate until set. Shape cream cheese mixture into a pine cone shape on a serving tray lined with foil. Decorate with almonds. Refrigerate for two hours. Just before serving, decorate with washed and dried pine needles or chives to the head of the cone. Serve with crackers or Melba toast. Serves 6

Cheesy Tomato and Basil Bites

1 large French roll
½ teaspoon garlic, crushed
3 tablespoons margarine or butter
500 ml (14 oz) tomatoes, peeled, seeded and diced small
2 tablespoons fresh basil, chopped fine
250 ml (7 oz) salami, chopped fine
2 teaspoons green pepper, chopped fine
100g mushrooms, wiped clean and chopped small
250 ml (7 oz) cheddar cheese

Method: Cut the ends of the crust off from both sides of the French roll. Hollow out the roll with a long sharp knife, careful not to pierce the crust. Combine the garlic and margarine or butter and beat well until light and fluffy. Set aside. Combine the rest of the ingredients together and mix well. Stir in the butter mixture and combine well. Stuff the roll with the salami mixture, packing it tight inside. Refrigerate or about three hours. Remove from refrigerator. Cut roll into about twelve slices with a sharp knife. Serve on platter. Serves 6

Cooking tip! This dish can be served either hot or cold. If you prefer serving it hot, transfer slices onto a baking tray and bake for about five minutes until the cheese has started to melt through. Serve warm.

Chicken Salad

2 chicken breasts or 2 drumstick-thighs
8 cups vegetable oil
8 squares wonton dough, cut in 1/8 inch strips
1 package rice noodles
1 teaspoon liquid mustard
1 teaspoon Chinese five-spice powder
1 teaspoon sesame oil
2 tablespoons toasted almonds, finely chopped
1/2 cup thinly sliced green onions (white part only)
1/2 teaspoon salt
1/2 head lettuce, shredded

Method: Place chicken in pot; cover with water. Bring to boil; simmer 20 minutes. Remove and drain on paper towels. Place vegetable oil in deep-fryer, heat to 350°F. Test for readiness by dropping a rice noodle into oil. If it sinks, oil isn't hot enough. When it pops up immediately, put in dough strips; fry to a light tan color. Remove and drain on paper towels. Divide noodles into 3 parts and deep-fry separately. Noodles should explode on contact with hot oil and should be removed instantly, before oil is absorbed. Drain on paper towels. Deep-fry chicken 5 minutes. Remove, drain on paper towels. De-bone, cut into strips, including skin. Place chicken meat in large bowl. Add mustard, five-spice powder, sesame oil, Soy sauce, almonds, green onions, and salt. Mix well. Add crisp-fried wonton strips and noodles; mix well. They'll break. Pile salad on bed of lettuce; don't toss. Serves 4

Crab Salad

½ head Chinese lettuce
1 head butter lettuce
4 leaves endive
4 leaves spinach
4 sprigs watercress
2 medium-sized avocados peeled and sliced into 6 wedges each
8 oz. cooked lump crabmeat
8 medium-sized cocktail shrimps, boiled, peeled and de-veined
Gorgonzola dressing (see below)

Method: Clean the greens thoroughly. Tear the lettuce, endive, and spinach into bite-size pieces and toss together in a salad bowl. Divide the greens onto four chilled salad plates; top each salad with a sprig of watercress, 3 avocado wedges, an ounce of crabmeat, and 2 shrimp. Top with Gorgonzola.

Gorgonzola Dressing

2 cups heavy mayonnaise
2 oz Roquefort cheese
1/3 cup lemon juice
1 teaspoon salt
¼ teaspoon garlic salt
1-½ teaspoons white pepper
10 sprigs parsley, very finely chopped
2 tablespoons very finely chopped chives
2 tablespoons pureed shallots
1 cup white wine vinegar

Dressing:

Combine the mayonnaise, Roquefort, and lemon juice in a blender. Add the salt, garlic salt, pepper, parsley, chives, and shallots. Blend at low speed. Add the vinegar very slowly while continuing to blend at low speed. Chill before serving. Serves 6

Creamy Butternut Puree

2 - 3 medium-size butternut squash

1 small onion

Salt

White pepper

2 medium-size sweet potatoes, peeled

12 tablespoons sweet butter

125 ml cream

Pinch of nutmeg

Method: Preheat oven to 275°F. Cautiously peel the squashes' tough skin with a paring knife. Halve and scoop out the seeds and pulp. Cut the vegetables into large cubes. Boil in salted water for 25 minutes or until tender. If possible, steaming is preferable. Drain and dry out on a pan in oven for 10 minutes. Puree in food processor. Add remaining ingredients. Serve hot. Serves 4

Curried Coconut Balls

9 oz. Minced beef
1 egg, beaten
½ teaspoon parsley, chopped finely
Salt and pepper to season
1 teaspoon hot curry powder
2 tablespoons grated onion
½ teaspoon garlic, crushed
½ teaspoon paprika
2 oz. flour, sifted
2 teaspoons tomato paste
Coconut for rolling in
Oil for frying

Method: Combine all the ingredients in a medium sized bowl and mix thoroughly until well combined. Roll mixture into walnut-sized balls and roll into coconut coating them evenly. Heat the oil until medium hot in a medium size frying pan, and fry the balls until golden brown. And drain on kitchen paper towel. Serve hot or cold. Serves 6

Fried Mozzarella

Oil for deep frying

4 slices mozzarella cheese, each about 10mm x 15mm

125 ml flour (approximately)

2 eggs, slightly beaten

Seasoned bread crumbs

4 anchovy filets (optional)

Marinara Sauce

Method: Heat the oil in a deep-fryer to 375°F. Dip each cheese slice into the flour, then into the eggs. Repeat the process, then dip into the Seasoned Bread Crumbs. Pat the crumbs into the cheese, making sure all sides are well coated. Deep fry the cheese slices about 2 minutes or until golden brown. Drain. Place each slice on a serving plate and spoon Marinara Sauce over cheese. Lay an anchovy filet across each, if desired. Serves 4

Seasoned Breadcrumbs

1 cup dry bread crumbs

½ cup freshly grated parmesan cheese

¼ teaspoon salt

1 pinch of freshly ground

Black pepper

1½ teaspoons dried parsley flakes

1 pinch of garlic powder

Method: Combine all ingredients well.

Marinara Sauce

2 teaspoons vegetable oil

1 clove garlic

½ large onion, diced

4 small cubes pork

2 cups canned or fresh chopped tomato, including juice

1 cup water

1 bay leaf

¼ teaspoon sweet basil

¼ teaspoon salt

1 pinch of freshly ground black pepper

Method: Heat the oil in a skillet over medium heat. Add the garlic, onion, and (optional) pork cubes. Sauté 5 minutes or until the onions are translucent, but not brown. Remove the garlic clove. Increase heat and add the tomato, water, bay leaf, basil, salt and pepper. When the mixture starts to bubble, reduce heat to low and simmer, uncovered for 30 minutes.

NOTES: The Seasoned Bread Crumbs can be prepared in advance, as can the Marinara Sauce. Also, the cheese can be prepared, covered, and refrigerated. If the sauce is prepared in advance, be sure to reheat it. Extra sauce is delicious on cooked pasta. Leftover Seasoned Bread Crumbs can be covered

and refrigerated a few days and used in other cooking, or they can be frozen for future use. Be sure to pack and cover the cheese slices well with the crumbs. It is important when you are deep-frying the cheese slices that the cheese does not melt through the coating. After you have put the cheese in the hot oil, use tongs to keep it moving on the bottom of the pan. When it is done, it will rise to the surface of the oil.

Fruit Salad with Honey and Pine Nut Dressing

1 papaya, peeled and cubed
1 cup cubed honeydew melon
1 cup cubed fresh pineapple
2 kiwi fruit, peeled and sliced
1 cup strawberries, hulled and halved
Pine nuts
Lettuce leaves

Method:

Combine fruit (or any other seasonal fruits to equal 5 cups) with dressing (below) and arrange on lettuce-lined salad plates. Serves 6

Honey Dressing

½ cup vegetable oil or light olive oil
½ cup honey
2 tablespoons fresh lemon juice
½ teaspoon salt
½ teaspoon ground ginger
½ teaspoon paprika
¼ teaspoon dry mustard

Method:

Combine all ingredients and blend with an electric mixer or food processor for 5 minutes or until thickened.

Grilled Peppers

One yellow pepper

One red pepper

Two green peppers

Method: Cook one yellow pepper and one red pepper or two green peppers under the grille or directly on a flame. (Using a long fork in the latter case). Peel and seed them. Cut each pepper in eighths and place them in a deep dish. Add olive oil, and chopped parsley. And some fresh garlic for added flavor. The peppers can be cooked days in advance as they keep very well as long as they are covered in olive oil. They go well with anchovies in olive oil. Serves 6

Grilled Tomatoes

4 large tomatoes

Oil for the baking sheet

2 cups creamed spinach

3 cups seasoned bread crumbs

$\frac{3}{4}$ cup melted butter

Salt and pepper

1- $\frac{1}{4}$ cups grated mild cheddar cheese

Method: Cut each tomato into 3 thick slices and arrange these on an oiled baking sheet. Prepare the filling. Combine the creamed spinach with the seasoned bread crumbs, melted butter, salt, and pepper. The mixture should be very thick. Spread each tomato slice with the spinach mixture and sprinkle with grated cheese. Just before serving, place the tomatoes under the broiler, and cook until the cheese is melted and golden-brown. Serves 4

Imperial Chicken Salad



6 cups chicken broth or
1 (3 lbs.) chicken stock
1 (4-lb.) chicken
6 cups peanut oil
5 green onions, tops and bottoms
1 head iceberg lettuce, cut into strips $\frac{1}{4}$ inch by 2 inches
17 oz. carrots cut into strips
2-2 $\frac{1}{4}$ oz. picked scallion's tops and bottoms cut into strips
2-1 $\frac{1}{2}$ oz. picked ginger, cut into long, thin strips
1-1 $\frac{1}{2}$ oz. gherkins cut into thin strips
2-1 $\frac{1}{2}$ tablespoons each peanuts and coconut, roasted and ground
1-1 $\frac{1}{4}$ tablespoons sesame seeds
 $\frac{1}{4}$ teaspoon each salt and sugar
 $\frac{1}{8}$ teaspoon black pepper
 $\frac{1}{2}$ teaspoon powdered hot mustard mixed with
 $\frac{1}{2}$ teaspoon water
1-1 $\frac{1}{4}$ tablespoons each Hoisin sauce, Chinese barbecue sauce and oyster sauce
 $\frac{1}{2}$ teaspoon Soy sauce
 $\frac{1}{2}$ teaspoon Sesame oil
 $\frac{1}{2}$ cup parsley, chopped fine
Carrots, peeled and cut in strips

Method: The day before, either prepare the chicken broth using a standard recipe or use canned chicken broth for convenience. Slowly simmer the chicken broth until the meat is cooked through. Place the chicken out overnight to dry. The next day, deep fry it in peanut oil and then separate the meat from the bones. With your hands, tear the meat into long narrow strips. Cut the green onions, carrots, ginger, and gherkins into long strips. Combine the green onions, lettuce, carrots, scallions, red ginger, pickles, peanuts, coconut, and sesame seed. Mix well. Add the chicken. Starting with the sugar, mix the rest of the ingredients with the exception of the parsley. Just before serving, add the parsley and toss lightly. Decorate with sliced carrots. Serves 6

Mozzarella Bites

1 cup seasoned bread crumbs
2 teaspoons chopped parsley
1 teaspoon fresh oregano
3 tablespoons grated parmesan cheese
1 tablespoon garlic salt
Salt and pepper to taste
26 oz. Mozzarella cheese cut in 2-inch cubes
½ cup sifted all-purpose flour
3 eggs, well beaten
1 cup peanut oil

Method: Combine the bread crumbs, parsley, oregano, Romano cheese, garlic salt, table salt, and pepper. Dip the mozzarella cubes in the flour, then into the beaten eggs, and finally into the bread crumb mixture. Repeat this dipping procedure. Place on a sheet pan covered with waxed paper and freeze overnight. Preheat oven to 400°F. Heat the peanut oil in a skillet over medium-high heat. Add the cheese cubes and sauté until golden brown. Remove from the pan before the cheese melts. Place in a Pyrex dish. Bake in preheated oven for 6 to 7 minutes or until the cheese is soft. Serve hot.

Note: The cheese cubes may be cooked in a microwave oven for 2 minutes, rather than in a conventional oven as above. Serves 6

Nutty Savory Ham Wheels

12 slices white bread, with side crusts removed, and cut into rounds with a biscuit cutter

12 slices of sandwich ham cut into rounds, the same size as the bread, reserve any off cuts (leftover pieces).

Topping:

5 oz. cream cheese, softened

1 shallot, chopped fine

4 tablespoons butter, softened

½ teaspoon mustard

Pinch of cayenne pepper

Pinch of salt

Off cuts of leftover ham, chopped fine

2 hard boiled eggs cut into thin slices

Freshly chopped parsley for decoration

2 medium tomatoes, washed and cut into wedges (optional)

Method: Set the bread and ham rounds aside; keep covered. Meanwhile prepared topping; beat the cream cheese and butter until smooth and creamy. Combine all the other ingredients together and mix well. Spread a little topping mixture on a round of bread. Add a round of ham and then a little more topping mixture. Spread evenly and lastly add a slice of egg. Sprinkle with a little parsley. Continue this way until all the bread has been used up. Cover and refrigerate for about 30 minutes. Serve on a platter decorated with tomato wedges. Serves 6

Oven Baked Cauliflower

1 large head cauliflower, washed and trimmed into small florets
1 tablespoon butter
1 tablespoon flour
Salt
Freshly ground white pepper
½ cup grated parmesan cheese
1 dash of paprika
½ cup toasted bread crumbs
½ cup slivered almonds, toasted

Method: Preheat oven to 350°F. Place the florets in a large pan and just barely cover with water. Bring to a boil, reduce heat and cook until two-thirds done. Strain, saving both the liquid and the cauliflower in a small casserole dish. Heat the butter in a saucepan. When bubbling, add the flour and cook, stirring constantly, 2 to 3 minutes. Slowly add the cauliflower liquid and stir until slightly thickened. Season with salt, white pepper, Parmesan, and paprika. Pour over the cauliflower in the casserole. Bake in preheated oven 10 to 15 minutes. Sprinkle with the bread crumbs and almonds and serve immediately.
Serves 4

Parmesan Coated Carrots

2 large bunches of carrots, peeled and sliced ½ in. thick

5 tablespoons unsalted butter

Salt

Freshly ground black pepper

¼ teaspoon sugar

3 tablespoons imported Italian Parmesan cheese

Method: Place carrots in a single layer in a heavy skillet; add butter. Add water almost level with carrots and cook over medium heat, uncovered. When liquid has evaporated, add salt, pepper and sugar. Cook on low heat about an hour, until carrots are well-browned and quite reduced in volume. You may have to add a bit of water if carrots are not completely tender before they are browned. Carrot flavor will intensify. Add grated Parmesan cheese, stir and serve. Serves 6

Note: Carrots may be prepared ahead and reheated, but don't add the cheese until carrots are about to be served.

Pasta and Seafood Pot



8 oz. [Capellini Pasta](#)

½ cup olive oil

1 tablespoon chopped onion

1 tablespoon chopped shallot

1 tablespoon chopped garlic

1 stalk celery, peeled and julienned

1 carrot, peeled and julienned

1 small leek, white part only, julienned

2 tablespoons white wine

5 medium shrimp, shelled, de-veined, chopped, juice reserved

4 Alaskan king crab legs, shelled, chopped, juice reserved

6 fresh clams, shucked, chopped, juice reserved

8 oz. Plum Tomatoes (canned), and drained

1 tablespoon chopped parsley

Method: Cook pasta until [al dente](#). Drain and put aside. Meanwhile, heat oil in sauté pan. Sauté onions, shallots, and garlic for 3 minutes. Add other vegetables and sauté for 8 minutes. Add wine, chopped shellfish and juice. Sauté for ten minutes. Add squashed plum tomatoes for color and simmer for ten minutes. Toss pasta with sauce and garnish with parsley. Serves 6

Note: This dish demands the use of imported pasta.

Poppy Seed Bread Sticks

1 loaf white bread
¼ cup butter
3-1/2 oz. cream cheese
¼ cup Yogurt
9 teaspoons chopped chervil
9 teaspoons chopped parsley
9 teaspoons poppy seeds
9 teaspoons sesame seeds

Method: Remove crusts from the bread. Cut into thick slices 2cm and then into 2 cm sticks. Heat clarified butter in a frying pan. Fry the bread sticks for 5 minutes or until golden brown all over. Place breadsticks on kitchen paper and allow to cool. Mix the cream cheese and yogurt and spread the mixture on one side of the bread sticks. Mixed chopped chervil and parsley and sprinkle over a third of each bread stick. Sprinkle poppy seeds over the next third and sesame seeds over the remainder of each bread sticks. Makes 30

Snackles

Cases:

1 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon baking powder
1 egg, beaten
1/2 cup water
1/2 cup milk

Filling:

Any of your favorite savory fillings can be used to fill the Snackles.

Method: Combine all ingredients together and mix well. Heat the Snackle maker in hot oil and dip into prepared batter. Fry until golden brown. Remove Snackles by hitting then gently on the sides with the back of a knife. Makes about 50

Note: This recipe requires a Snackle making iron.

Tomato Tart

Short crust pastry:

9 oz. plain flour
Pinch of salt
2 oz. lard
1 egg yolk
2 to 3 teaspoons water

Filling:

4 ½ oz. fresh bread crumbs
8 tomatoes
6 oz. grated cheese
1-1/3 cup heavy cream
1 tablespoon chopped mixed herbs (1 sprig each of parsley, thyme, and marjoram)
1 dessert spoon anchovy essence
Salt and pepper

Method: Make up the pastry and chill well. Line it into the flan ring. Make sure that there is a good edge standing up a quarter inch above the ring. Prick the bottom with a fork and set aside to chill.

Preheat the oven to 350°F. Meanwhile prepare the filling; lightly brown the crumbs in the oven. Scald and skin the tomatoes, cut them in half, remove the stalk and seeds. Sprinkle tomatoes well with salt and leave them to stand for about 30 minutes. Tip off any liquid and dry tomatoes well. Serves 6

Zucchini with Breadcrumbs

6 small to medium-sized green zucchini

½ white onion

1 egg, separated, whipped separated

½ cup bread crumbs

½ cup grated Parmesan cheese

½ cup cooking oil

Salt and pepper to taste

Method: Preheat oven to 350°F. Shred zucchini and onion. Combine all ingredients and gently fold together. Add salt and pepper to taste. Bake in a greased soufflé dish in preheated oven for 15 minutes or until top is just brown. Serves 6

NOTE: A combination of green and yellow zucchini may be used. A shredded carrot may also be added for color. The cooking oil may include some olive oil for best results. If desired, a little butter may also be added.

Dips and Sauces

Apricot Sauce

1 cup apricot jelly

1 cup fish stock

1 slice ginger (size and thickness of a quarter), finely shredded

1 bay leaf

Pinch of white pepper

Pinch of salt

Pinch of garlic powder

Method: Mix all ingredients in a saucepan. Cook over low heat for 20 minutes, stirring occasionally.

Serves 4

Avocado Dip

2 ripe avocados, removed from skin and mashed
1 tablespoon lemon juice
1 teaspoon salt
½ teaspoon black pepper
½ cup mayonnaise
¼ cup cream cheese
1 spring onion, chopped fine

Method: Combine all the ingredients and mix until well blended. Chill till needed. Serves 6

Avocado and Cheese Dip

1 cup cream cheese
2 avocados, mashed
½ teaspoon crushed garlic
2 teaspoons olive oil
Salt and red pepper to taste
A dash of lemon juice

Method: Combine all ingredients well together and refrigerate until needed. Serves 6

Avocado Dip with Cheese

1 cup grated Roquefort cheese
2 avocados
1 tomato
1 clove garlic, crushed
1/2 teaspoon sweet basil
1/8 cup lemon juice
2-1/2 teaspoons olive oil
1/2 teaspoon salt
1/2 teaspoon red pepper

Method: Mash the avocados fine and mix thoroughly with the cheese. Remove the skin of the tomato and cut into small blocks. Add to the avocado mixture. Add the rest of the ingredients and combine well. Chill till needed. Serves 6

Avocado Sauce

1 ripe (soft to the touch) avocado
½ cup sour cream
½ cup milk
1 teaspoon minced onion
1 clove garlic, mashed to a pulp with
¼ teaspoon salt
1 tablespoon minced cilantro or
¼ teaspoon dried cilantro
½ teaspoon hot pepper sauce (or to taste)
2 to 3 tablespoons fresh lemon juice

Method: Peel avocado and mash to a smooth pulp. Add sour cream, milk, onion, garlic, cilantro, pepper sauce, and lemon juice and blend with a wire whip. Let stand at least an hour before serving. Refrigerate any leftover sauce. Serves 4

Barbecue Sauce

2 cups Hoisin sauce
1-1/2 cups sugar
1/2 cup honey
1/2 cup Soy sauce
2 tablespoons vinegar
1 teaspoon Chinese [five spice](#) powder
1/2 cup tomato sauce
2 tablespoons salt

Béarnaise Sauce

3 egg yolks at room temperature
1 cup clarified butter at room temperature
½ cup tarragon vinegar
2 tablespoons dried tarragon
1 teaspoon chopped shallots
3 peppercorns
Salt to taste

Method: Cook egg yolks in top of a double boiler over simmering water on medium heat, whipping constantly until tripled in volume. Remove from heat and whip in butter, a little at a time, until all is used. In a separate saucepan, combine vinegar, tarragon, shallots and peppercorns and cook until reduced by at least half. Strain the reduction into the egg mixture, squeezing the tarragon to extract all the liquid. (There should only be a small amount, about 1 tablespoon.) Stir until well blended. Place container in a pan of warm, not hot, water until serving time. Serves 4

Béchamel Sauce

4 tablespoons butter
½ cup flour
1 cup milk
1 cup whipping cream
1 teaspoon salt
1/8 teaspoon white pepper

Method: In a heavy saucepan, melt the butter over moderate heat. Remove pan from heat; stir in the flour. Add the milk and cream all at once, whisking constantly until the flour partially dissolves. Return pan to high heat; cook, stirring constantly, until the sauce boils and is smooth. Reduce heat and simmer 2 to 3 minutes or until sauce is thick enough to heavily coat the wires of a whisk. Remove pan from heat; add the salt and white pepper. Serves 4

Cheese Dip 1

¼ cup butter
2 tablespoons flour
½ tablespoon corn flour
½ teaspoon salt
1-1/4 cup milk
½ cup dry white wine
½ cup cheddar cheese, grated
Pinch red pepper
Chopped parsley for garnishing (optional)

Method: Melt butter in a medium saucepan and add flour and salt slowly. Cook on low heat till the mixture is thick then for a further 10 minutes. Add the white wine slowly. Remove from stove and add grated cheddar cheese. Stir until cheese has melted and add red pepper. Garnish with parsley.

Cheese Dip 2

3 cups cheddar cheese, grated
½ teaspoon dry mustard powder
Salt to taste
Pinch of red pepper
½ cup milk
5 teaspoons cream

Method: Combine all the ingredients in a double boiler and heat over boiling water. Continue to stir until mixture is thick and smooth. Remove from heat and cool. Serves 6

Cheese Sauce

3 tablespoons butter or margarine
2 tablespoons flour
2 tablespoons corn flour
½ teaspoon salt
¼ teaspoon cayenne pepper
½ teaspoon mustard
1 cup milk
1 cup water
1 cup grated cheddar cheese

Method: Melt the butter or margarine in a medium sized pan over low heat. Stir in the flour and the corn flour a little at a time until it has been incorporated. Add the salt, cayenne pepper and mustard in that order and stir well. Add the milk, a little at a time, stirring frequently, followed by the water. When a thick consistency is reached, turn down the heat and add cheese. Stir briskly until all the cheese has melted. Remove from heat. Serves 4

Creamy Cheese Sauce

4 tablespoons butter or margarine
2 tablespoons flour
2 tablespoons corn flour
½ teaspoon salt
¼ teaspoon cayenne pepper
½ teaspoon mustard
1 cup milk
1 cup cream
1 cup grated cheddar cheese

Method: Melt the butter or margarine in a medium sized pan over low heat. Stir in the flour and the corn flour a little at a time until it has been incorporated. Add the salt, cayenne pepper, and mustard in that order and stir well. Add the milk, a little at a time, stirring frequently, followed by the cream. When a thick consistency is reached, turn down the heat and add cheese. Stir briskly until all the cheese has melted. Remove from heat. Serves 6

Cooked Mustard Dip

¼ cup all purpose cake flour
½ teaspoon red pepper
1 teaspoon salt
¼ cup sugar
½ tablespoon mustard powder
¼ cup butter or margarine
1 cup milk
¼ cup vinegar

Method: Combine the dry ingredients in a medium saucepan and add the butter or margarine, and milk. Heat gently and stir continuously until thick. Add the vinegar slowly, while stirring. Serves 6

Ham Dip

3 oz. ham spread
5 oz. cream cheese
1 teaspoon grated onion
2 teaspoons tomato sauce
3 drops Tabasco sauce
3-1/2 teaspoons chopped parsley
1/4 cups chopped olives
1-1/2 oz. ham, chopped
Pinch red pepper
Salt and pepper to taste

Method: Combine all ingredients and mix well. Refrigerate for about 30 minutes before serving. Serves 6

Mango Cream

4 fresh mangos, peeled and sliced
1 can evaporated milk
½ can sweetened condensed milk
1 tablespoon Amaretto Liqueur

Method: Combine all ingredients in a mixing bowl. Beat on medium speed of an electric mixer for 5 minutes. Chill thoroughly before serving. Two 16-oz. cans sliced mangos and ½ cup of the juice may be used instead of fresh mangos.

Marinara Sauce

2 teaspoons vegetable oil
1 clove garlic
½ large onion, diced
4 small cubes pork
2 cups canned or fresh chopped tomato, including juice
1 cup water
1 bay leaf
¼ teaspoon sweet basil
¼ teaspoon salt
1 pinch of freshly ground Black pepper

Method: Heat the oil in a skillet over medium heat. Add the garlic, onion, and (optional) pork cubes. Sauté 5 minutes or until the onions are translucent, but not brown. Remove the garlic clove. Increase heat and add the tomato, water, bay leaf, basil, salt, and pepper. When the mixture starts to bubble, reduce heat to low and simmer, uncovered for 30 minutes.

Mushroom Dip

1 onion, diced
7 tablespoons butter or margarine
15 oz. cream of mushroom soup powder
¼ cup dry red wine
3-1/2 teaspoons Worcestershire sauce
¼ cup ready made mustard
½ teaspoon salt
Pinch of pepper
1 teaspoon chutney (optional)

Method: Sauté onion till golden brown and add the rest of the ingredients. Cook on low temperature for 3 minutes. Remove from heat and serve warm. Serves 6

Mustard Dip

½ cup sugar

¼ cup dry mustard

4 eggs, beaten

½ cup vinegar

Method: In a double boiler, mix all the dry ingredients together and add the beaten eggs, a little at a time. Heat the mixture and stir constantly until it thickens. Remove from heat and add the vinegar slowly.

Serves 4

Mustard Vinaigrette

1 cup good olive oil
1 cup red wine vinegar
2 tablespoons Dijon mustard
Salt
Pepper

Method: Toss together the mushrooms, watercress, and endive. Toss lightly with Mustard Vinaigrette. Serve immediately. Serves 4

Onion Dip

½ cup cream cheese
¼ cup mayonnaise
1 teaspoon garlic
4 teaspoons pickled onions, chopped
2 teaspoons chopped parsley
Salt and black pepper to taste

Method: Combine all the ingredients well together and refrigerate till needed.

Tangy Apricot Sauce

1 cup apricot jelly
1 cup fish stock
1 slice ginger (size and thickness of a quarter), finely shredded
1 bay leaf
Pinch of white pepper
Pinch of salt
Pinch of garlic powder

Method: Mix all ingredients in a saucepan. Cook over low heat for 20 minutes, stirring occasionally.

Serves 4

Tomato Dip

½ cup tomato sauce
½ cup mayonnaise
¼ cup chutney
1 teaspoon ground coriander
¼ teaspoon ground nutmeg
¼ teaspoon ground cloves
½ teaspoon Worcestershire sauce
½ teaspoon fresh or dried basil

Method: Mix all the ingredients together and blend well. Refrigerate until needed. Serves 6

Wine Sauce

5 oz. sugar
1 cup water
¼ cup butter
3 eggs, beaten
½ cup sweet wine

Method: Put sugar and water in a saucepan and stir over medium heat until sugar has dissolved. Bring to boiling point and boil for fifteen minutes. Add butter and stir until melted. Add beaten eggs and wine and mix well. Stir over low heat till all has been blended well. Serve with pudding. Serves 6



Baked Clams



4 oz. butter, softened

- ½ cup bread crumbs
- 1 tablespoon Soy Sauce
- 2 tablespoons lemon juice
- 2 tablespoons horseradish
- 5 slices bacon, finely diced
- ½ large green pepper, finely diced
- 3 green onions, finely chopped
- 1 rib celery, finely diced
- 2 sprigs parsley, chopped
- 12 large clams

Method: Preheat oven to 400°F. Mix butter and bread crumbs thoroughly. A food processor may be used if desired. Place Soy sauce, lemon juice, and horseradish in a bowl. Mix in bacon, green pepper, green onions, celery, and parsley. Fold in bread crumb mixture. Shuck clams and place in half-shells. Top each with bread crumb and vegetable mixture. Bake in preheated oven until brown.

Note: Clams must be chopped somewhat if using a size larger than cherrystones. Use smoked bacon for more taste. Soy sauce is used in place of salt and other flavor enhancers. As a variation, oysters may be used in place of clams. Serves 6

Baked Oysters

16 fresh oysters
2 tablespoons butter
2 shallots, finely chopped
1 clove garlic, finely chopped
½ cup white wine
2 cups heavy (whipping) cream
½ teaspoon white pepper
Salt to taste
2 sprigs fresh dill
1 tablespoon grated parmesan cheese
9 oz. crab meat, shredded
Grated parmesan cheese, as needed
Minced parsley for garnish

Method: Clean and shuck oysters, leaving the meat on a half shell. Shuck the oysters over a bowl in order to reserve as much of the juice as possible. Set aside.

Melt the butter in a skillet, over medium heat. Sauté the shallots and garlic until they are soft and translucent. Add the wine and reduce heat. Simmer until it forms a thick syrup. Add the cream and reserved oyster juice. Simmer until the cream thickens slightly. Add the white pepper and salt to taste. Add the dill and cheese. Stir well and remove from heat.

Arrange the oysters on the half-shell on a baking sheet. Top with the shredded crab meat. Top with 1 to 2 teaspoons of the cream sauce. Sprinkle with grated Parmesan cheese to taste. Bake at 350°F until the sauce is bubbling and the cheese has begun to brown. Sprinkle oysters with minced parsley and serve.
Serves 4

Baked Salmon with Capers

1 cup water
¼ onion, sliced
1 stalk celery, shredded
Salt to taste
Pepper to taste
2 to 3 slices lemon
4 (8 ½ oz.) salmon steaks
2 tablespoons butter
3 tablespoons flour
1 cup fish broth - reserved from poaching
1 cup light cream
½ cup white wine - optional
1 dash Worcestershire sauce
Salt to taste
Pepper to taste
Capers for garnish

Method: Preheat oven to 350°F. Bring water, onion, celery, salt, pepper, and lemon slices to a boil. Cook rapidly for 5 minutes. Reduce heat. Add salmon steaks and poach for 8 minutes. Remove salmon to buttered baking dish and keep warm. Reserve liquid.

Cook butter and flour together to form a roux, but do not brown. Add reserved poaching liquid and cream and whisk together rapidly to prevent lumps. Add wine if desired, but don't allow it to boil once the wine has been added. Add Worcestershire sauce, salt, and pepper to taste. Pour sauce over fish and sprinkle with capers. Bake for 40 minutes. Remove from oven and serve. Serves 4

Baked Stuffed Oysters

½ cup finely diced green pepper
1 small pimiento, finely diced
1 teaspoon English mustard
Salt to taste
White pepper to taste
½ cup mayonnaise
1 egg yolk, beaten
1.1 lbs. lump crab meat
18 large oysters
Paprika to taste

Method: Place diced pepper and pimiento in bowl. Add mustard, salt, pepper and mayonnaise. Mix well. Add enough beaten yolk to moisten mixture. Add crab meat and mix with your fingers so lumps are not broken up.

Divide mixture among oysters on half shell. Place on a bed of rock salt. Top with light coating of mayonnaise and sprinkle with paprika. Bake at 350°F for 5 minutes, then place under a broiler until it is golden brown. This recipe may also be used for crab cakes by forming the mixture into cakes and rolling in cracker crumbs, then frying.

Serves 4

Barbeque Pork



1.1 lbs. pork loin, center cut, boned and trimmed

Barbecued Pork Marinade

Method: Preheat oven to 400°F. Split pork loin in half lengthwise. Place in Barbecued Pork Marinade; cover and marinate overnight in the refrigerator.

Place a wire rack above a roasting pan. Place meat on rack and bake 40 minutes in oven. Remove and let cool well.

Slice pork thinly and arrange on a platter. Top with toasted sesame seeds and serve with prepared hot English mustard. Serves 4

Barbecued Pork Marinade:

1 tablespoon sesame seeds, toasted

Hot English mustard, prepared

½ cup Soy sauce

½ cup white vinegar

½ cup Hoisin sauce

½ cup honey

2 tablespoons dry sherry

1 teaspoon minced fresh garlic

1 teaspoon sugar

½ cup chicken stock

Method: Combine all ingredients together. Mix very well. Use when needed.

Pork Butt In Sweet Sauce

2½ lbs. pork butt, boned and trimmed

Sweet Sauce Marinade

Method: Preheat oven to 386°F. Remove top outer skin on meat and reserve.. Score the top of the pork butt diagonally and pierce flesh lightly with a sharp knife along the score lines. Place skin and meat in a large bowl and add sweet sauce Marinade; cover and marinate overnight in the refrigerator.

Put reserved pork skin fat side up in a deep roasting pan and pour some marinade over fat. Put pork butt on top of the pork skin. Baste with marinade. Roast for 1½ hours and baste twice during the cooking time, or until done. Serves 4

Marinade:

½ cup Soy sauce

½ cup Balsamic vinegar

½ cup dark brown sugar

2 tablespoons dry sherry

1 teaspoon minced fresh garlic

1 teaspoon salt

1 cup pineapple pieces, pureed

½ cup chicken stock

½ teaspoon ground cloves

Method: Combine all the ingredients together and blend well.

Barbequed Spare Rib

2-1/2 lbs. pork spareribs
1 cup sugar
1 tablespoon salt
Barbecue sauce

Method: Preheat oven to 350°F. Place the ribs on a counter and remove the skin. Sprinkle with sugar and salt and rub in well; let it set 30 minutes. Brush the Barbecue sauce over the ribs and set aside another 30 minutes. Cook in a covered charcoal grill for 45 minutes to 1 hour. Cut the ribs apart and serve. Serves 8

Barbeque Sauce:

2 cups Hoisin sauce
1-1/2 cups sugar
1/2 cup honey
1/2 cup Soy sauce
2 tablespoons vinegar
1 teaspoon [Chinese five spice powder](#)
1/2 cup tomato sauce
2 tablespoons salt

Method: Combine all ingredients. Use as a basting sauce for spareribs.

Beef and Black Beans

½ lb. lean beef

Method: Slice beef into thin, 1 in. long strips. Marinate in Beef Marinade 1 hour; drain well. Preheat wok over high heat with cooking oil. Add onion and marinated beef, and stir-fry about 1 minute. Add garlic, ginger, and black beans. Stir-fry 30 seconds. Add remaining vegetables; stir-fry 2 minutes, or until vegetables are crisp-tender. Add sherry, Soy sauce, Sesame oil, and chicken broth. Bring to a fast boil.

Combine cornstarch with water to make a smooth paste. Drizzle into a wok, stirring constantly until sauce thickens and becomes clear. Serve immediately. Serves 6

Beef Marinade:

1 tablespoon cooking oil
¾ cup coarsely diced onion
½ teaspoon minced garlic
½ teaspoon minced ginger root
2 tablespoons mashed black beans
¾ cup bean sprouts
¾ cup diced Chinese cabbage
½ cup chopped broccoli
½ cup miniature corn
½ cup bamboo shoots
1 splash each Soy sauce and sherry
1 tablespoon Sesame oil
1 cup chicken broth
2 tablespoons cornstarch
½ cup water

Beef Marinade Method: Combine all ingredients together and mix well.

Note: If using black beans, soak beans overnight in water; drain well, place in a bowl, and mash with fork.

Beef and Broccoli Bake



- 1 teaspoon garlic powder
- 1 teaspoon salt
- 2 tablespoons plus 2 teaspoons cornstarch
- 1.1 lbs. beef tenderloin, cut into 3 cm cubes
- 1 bunch broccoli
- $\frac{3}{4}$ cup cooking oil
- $\frac{2}{3}$ cup chicken stock
- 2 tablespoons Soy sauce
- 2 dashes Tabasco sauce
- 2 eggs

Method: Make a mixture out of the garlic powder, salt, 2 tablespoons cornstarch, and eggs. Stir in the beef, coating thoroughly. Marinate 5 minutes.

Separate the broccoli into florets, leaving sections of stalk attached. Cook 3 minutes in lightly salted, boiling water. Remove and keep hot.

Heat a wok or skillet and add the cooking oil. When oil is hot, brown the beef, stirring constantly. Drain off the cooking oil. Add chicken stock, Soy sauce, and Tabasco sauce and return to heat. Dissolve the remaining cornstarch in 1 tablespoon cold water and stir into the beef mixture to form a sauce. Immediately place the beef in the center of a serving platter and surround with broccoli. Serve hot.
Serves 4

Beef with Chinese Rice Noodles



1.1 lbs. Filet Mignon, gristle removed
1 tablespoon plus 1 teaspoon cornstarch
Vegetable oil
1 tablespoon plus 1 teaspoon dark Soy sauce
2-½ teaspoon light Soy sauce
1 teaspoon Hoisin sauce
½ teaspoon red cooking wine
½ teaspoon sugar
1 pinch of salt
1 pinch of pepper
1 package Chinese rice noodles
½ cup coarsely chopped onions
1 teaspoon Oyster sauce

Method: Thinly slice Filet Mignon across grain into 2.5 x 1 cm strips. Set aside. In a mixing bowl, mix 1 tablespoon oil, 1 tablespoon cornstarch, 1 tablespoon dark Soy sauce, 2 teaspoons light Soy sauce, Hoisin sauce, cooking wine, ¼teaspoon sugar, salt, and pepper. Marinate sliced beef in this mixture 15 minutes.

Pour 2 qt. of oil in a deep-fryer, and heat to 400°F on high heat. Test for readiness by dropping a rice noodle into the oil. If it pops up, the oil is hot enough. Put in the skein of noodles. They should “explode” into a larger puff on contact with oil. Immediately drain on paper towels.

Heat a wok or skillet on high heat. Coat the sides and bottom with 2 tablespoons oil. Fry onions 1 minute then add beef; cook 2 more minutes. Stir very little. Combine 1 teaspoon cornstarch, ¼teaspoon sugar, ½ teaspoon light Soy sauce, 1 teaspoon dark Soy sauce, Oyster sauce, and 3 tablespoons water; stir until smooth. Add to beef and onion mix; stir 1 minute. Remove from heat and spoon beef on noodles. Serves 4

Bobotie

Pancake mixture:

1 1/2 cups all purpose cake flour
1 t salt
2 eggs
1 tablespoon vinegar
750 ml (3 cups) water
A little oil for frying

Method:

Beat all the ingredients together till a thick runny consistency is formed. Pour a little oil (1T) in a frying pan and about a 1/4 cup of pancake batter. Fry on med. high heat till pancake has browned I the bottom. Flip over pancake and brown the other side. Transfer to a plate and continue making the rest, then set aside.

Bobotie Layer

1 slice white bread
5 tablespoons milk
1 onion
9 teaspoons oil
½ tablespoons [Garam masala](#)
1 teaspoon turmeric
½ lb. ground beef
1/8 cup chutney
1 teaspoon salt
Pepper to taste
1 oz. pumpkin, fresh, peeled and cut into chunks
Water to cover
1 teaspoon salt
2 oz. butter
2 sticks cinnamon
5 tablespoon brown sugar

Method: Soak bread for 30 minutes in milk and then drain. Fry onion in oil until it is golden brown. Add Masala and turmeric. Remove from heat. Add ground beef and onion to the bread mixture. Add chutney, salt, and pepper. Mix well. Set aside to cool. Meanwhile, boil the pumpkin together with the salt, butter, cinnamon sticks, and brown sugar. Drain, mash and set aside. Prepare the spinach.

Spinach layer:

1.1. lbs. fresh spinach, fresh, washed, white stems removed and chopped
½ teaspoon salt
7-1/2 oz. tomato and onion mix

Method: Boil the spinach for 5 minutes in rapidly boiling, salted water. Strain and add the tomato and onion mix to spinach. Set aside.

Chakalaka layer:

7-1/2 oz. [Chakalaka relish](#) (a mixture of vegetables in a mild or hot oil)

Handful cheddar cheese

To assemble: Place 1 pancake on a greased baking tray and top with mashed pumpkin, then top with another pancake and spread with half of the ground beef mixture . Top with another pancake and half of the Chakalaka. Then add another pancake and half the spinach. Then another pancake and sprinkle with cheese or you can add more layers. Makes 2 if you don't add extra layers.

Boned Bass

1 whole sea bass (about 2 lbs.), cleaned and scaled
1 teaspoon salt
½ teaspoon white pepper
½ cup all-purpose cake flour
2 cups chicken stock
4 tablespoons vinegar
4 tablespoons sugar
1 tablespoon minced fresh garlic
¼ teaspoon dry hot pepper flakes
2 tablespoons Soy sauce
4 cups cooking oil
1 scallion, finely shredded
1 fresh hot pepper, shredded
4 slices ginger, finely shredded
2 tablespoons cornstarch dissolved in 2 tablespoons water

Method: Wash the bass. With a sharp knife, remove the head. Lay the fish on its side and split it in half, cutting along the backbone without removing the tail. Score (Run the knife over) the flesh side of each fillet and sprinkle with salt and pepper. Roll in flour. Coat the head with flour, too.

Combine chicken stock, vinegar, sugar, garlic, hot pepper flakes, and Soy Sauce in a separate bowl and set aside. Heat enough cooking oil to cover the fish in a deep fryer at 350⁰F. Holding the fish by the tail, lower it into the hot oil. Then put in the head and fry both for 7-10 minutes.

Lift the fish out, drain the oil, and place the fish on a heated platter with the head in its original position. Decorate with scallions, fresh hot pepper, and ginger. Pour chicken stock mixture into a skillet and bring to a boil. Add the cornstarch mixture and cook until it thickens. Pour sauce over fish and serve immediately. Serves 4

Cheese and Bacon Pies

1.1 lbs. ready made [puff pastry](#)

A little milk

Filling

3 tablespoons margarine

3 tablespoons all purpose cake flour

Salt and pepper to season

¼ teaspoon dry mustard

2 cups milk

¾ cup cheddar cheese

3 oz. raw bacon, diced small

Method: Heat the margarine in a medium sized pot over low heat and gently stir in the flour a little at a time until well blended. Add salt and pepper to taste with the dry mustard. Stir well. Add the milk a little at a time until the mixture has formed a thick and shiny consistency. Add the cheese and stir all the time. Cook for 2 minutes on low heat and add bacon. Cook for another 2 minutes.

Remove pot from stove and set aside. Roll out pastry thinly and cut into small round circles with a biscuit cutter. Add a little mixture to the center of each round and fold. Seal the edges with a little milk and press down firmly. Brush the tops with a little milk. Bake in a preheated oven at 325°F for 15 to 20 minutes or until golden brown. Remove from baking tray to a wire rack and cool. Serves 6

Cheese and Mushroom Pies

1½ lbs. readymade [puff pastry](#) or the Pastry recipe below

Cheese sauce

7 oz. mushrooms, diced small

2 cups cheese sauce

1 egg, beaten

Method:

Make Pastry ahead of time, preferably the day before.

Preheated oven to 325°F.

Roll pastry until it is 3 mm thick and cut 10 cm circles with a biscuit cutter. Set aside.

Meanwhile make the cheese sauce recipe.

Add the diced mushrooms to the sauce to make a filling. Simmer. Stir frequently to prevent the mushrooms from sticking to the bottom of the pan for about 10 minutes. The sauce must be firm and not runny.

Place a teaspoon of filling in the center of each round and fold pastry to seal. Press down the edges firmly with your fingertips. Transfer to a baking tray and brush with beaten egg. Bake in oven for 15 to 20 minutes or until golden brown. Cool and transferred to wire rack. Serves 6

Pastry

1 ½ pounds (6 sticks) unsalted butter, room temperature

4 ¾ cups sifted all-purpose flour

1 ½ teaspoons salt

1 cup plus 3 tablespoons water

Juice of ½ lemon

[Yes there is no leavening. It will work from air trapped during all the rolling and folding.]

Method:

Work together 1 pound plus 4 tablespoons of the butter with 1 ¼ cups of the flour by hand on a cool surface. When well mixed, form this butter paste into a block, wrap in plastic wrap, and refrigerate. Rub the remaining 12 tablespoons butter into the remaining 3 ½ cups flour with the salt until the mixture resembles fine breadcrumbs. Add 1 cup plus 3 tablespoons water and the lemon juice to form pliable dough, and mix until smooth and elastic. Shape the dough into a ball, and then cut a cross in the top to one-third of the depth. Open out the points of the cross and roll out each one to a square 5 by 5 inches, ¼ inch thick. Remove the butter block from refrigerator, and place in the center of the dough. Fold the flaps over, folding counterclockwise and ensuring that the edges are well sealed. Roll out the dough into a 12-by-24-inch rectangle. Fold the short sides to meet in the middle, and then fold in half like a book to form four equal layers; this is called a double turn. Cover with a damp cloth, and chill in the refrigerator for at least 30 minutes. Repeat to give the dough four more double turns, resting in the

refrigerator each time, then leave the dough covered in the refrigerator to rest, preferably overnight before using. The dough can be frozen, tightly wrapped, for future use.

Cheese sauce recipe:

4 Tablespoons butter
1/2 teaspoon salt
1/2 teaspoon dry mustard powder or 1 t prepared mustard
2 ml cayenne pepper
1/2 cup all purpose cake flour
1 1/2 cups milk
250 ml (7 oz) grated strong cheddar cheese

Method: melt the butter in a medium sized pot. Add the salt, mustard, and cayenne pepper. Stir till all well combined. Add the flour a little at a time till it is all incorporated in the butter. Add the milk a little at a time till a thick sauce is formed. Add the cheese all together and stir till cheese has melted and no longer stringy. Add the mushrooms as per recipe directions. Simmer for 2 minutes. Remove from heat and set aside.

Cheese and Spinach Pasta Surprise

1 egg beaten with a pinch of salt for egg glaze
Semolina for sprinkling
Panna (traditional cream sauce)
Tomato sauce
Pesto sauce

Pasta

2 cups all purpose cake flour plus a little for dusting ½ teaspoon salt
½ teaspoon white pepper
½ teaspoon cayenne or red pepper
4 oz. unsalted butter, cut into pieces
4 eggs

Filling

¼ lb. fresh spinach
3 oz. top quality cooked ham
3 oz. Ricotta cheese
1 tablespoon parmesan cheese
1 tablespoon olive oil
Salt and fresh black pepper

Method: Prepare the pasta. Place dry ingredients and butter in a food processor that has been fitted with a pastry blade, and run machine for 1 minute, or until butter is cut up and mixture feels sandy. Add eggs and run machine in quick spurts for 2 minutes or until dough forms a compact ball. Cut dough into 4-5 small pieces. Lightly flour each piece and roll it through a pasta machine (set rollers at widest gap). When dough is smooth, reduce gap between rollers and roll the dough again. Continue in this fashion until rollers are at their narrowest setting. As dough sheets come out, dust them lightly with flour, and spread them out on the table.

Prepare filling. Steam spinach for 30 seconds or until tender, rinse it under cold water, and squeeze it tightly to extract all the water. Place the spinach and remaining ingredients for filling in the food processor and grind until smooth.

Fill and shape the [Agnolotti](#): Brush 1 sheet of pasta dough with the egg glaze. Spoon filling into a pastry bag (fitted with a 1.2 cm round tip). Pipe walnut-sized mounds of filling onto the pasta, leaving 2 inches between each mound. Lay a second sheet of pasta on top. Gently press top sheet around mounds of filling with your fingers. Use an Agnolotti cutter or 2-inch round cookie cutter to cut out individual circles. Repeat until all the pasta and filling are used up. You should wind up with approximately 36 pieces. Sprinkle each piece with semolina. Keep chilled until ready to cook. Meanwhile, prepare sauces. Cook the Agnolotti in rapidly boiling, lightly salted water for 3 minutes, or until they rise back to surface. Place 3 Agnolotti on each plate. Spoon cream sauce over one, red sauce over the second and green pesto sauce over the third. Serves 4

Cheesy Fettuccine Mushrooms

1.1 lbs. fettuccine noodles
3 drops of olive oil
8 oz. mushrooms, sliced
4 tablespoons unsalted butter
½ cup fresh basil, chopped
1½ cups heavy cream
28 jumbo shrimp, dressed and butterflied
1 teaspoon lemon juice
Salt and pepper to taste
1 cup parmesan cheese, grated
Basil leaves, for garnish
3 to 4 shallots, minced

Method: Cook noodles [al dente](#) in 4-5 quarts salted, boiling water for 12-15 minutes. Drain, rinse with cold water, and set aside. Toss pasta with a few drops of olive oil. Sauté mushrooms and shallots in 3 tablespoons butter for 1-2 minutes. Add basil and heavy cream and set aside.

In a separate pan, heat remaining butter and sauté shrimp for 2-3 minutes. [Flambé](#) until flame subsides completely. Add mushroom mixture and lemon juice, and simmer for 5 minutes. Add salt and pepper to taste. Before serving, toss fettuccine with shrimp and mushroom mixture and parmesan cheese. Garnish with basil leaves and serve. Serves 4

Chicken and Pine Nut Ensemble

6 whole chicken breasts, boned and trimmed but not skinned
8oz. butter
Olive oil

Pine Nut Stuffing

6 eggs
5 oz. parmesan cheese, grated
4-1/2 oz. feta cheese, chopped
5 oz. shelled pine nuts
½ medium onion, minced
2 tablespoons commercial poultry seasoning
1 teaspoon salt
1 teaspoon white pepper
1-1 ½ cups milk
6 slices bread, toasted, crust removed, cut in 1 inch squares

Method: Make Pine Nut Stuffing first, by combining all ingredients for stuffing and mix well. Set aside. Liberally rub the inside of each whole chicken breast with 1 to 2 tablespoons butter. Place a mound of Pine Nut Stuffing in the center of the breast. Fold sides of the breast over the stuffing to cover. Seal breasts with toothpicks. Lightly coat a roasting pan with olive oil, and place sealed breasts, seam side down, inside. Rub olive oil over the exposed skin of each breast. Bake at 350°F for 25 to 30 minutes or until the skin is golden brown. Serves 6

Chicken and Pork Pilaf

1 large chicken, about 12 lbs. cut into 6 -8 serving pieces

Salt

Fresh ground black pepper

1 cup cooking oil

1 garlic clove, peeled

8 oz. pork shoulder, cut into bite-size pieces

8 oz. smoked ham, cut into small chunks

1 cup finely chopped onion

1 medium green bell pepper, sliced into thin strips

1 tablespoon finely chopped garlic

2 cups long grain rice

1 (6-oz) can tomato paste

1 teaspoon Saffron,

1 can red pimento, cut in strips

½ cup dry white wine

4 cups boiling water

1 cup fresh or frozen green peas

½ cup each green and black pitted olives

6 - 8 medium shrimp, shelled and de-veined, cut in half

1 tablespoon finely chopped parsley

Method: Rinse the chicken pieces and pat dry with paper towels. Sprinkle with salt and freshly ground black pepper. Set aside. In a large, flame-proof casserole dish or a large pot, heat the oil and garlic clove over moderate heat until the garlic begins to turn brown. Remove the garlic and discard.

Add the chicken, pork, and ham to the hot oil and cook until browned evenly, about 10 minutes. Remove the chicken and set aside. Add the chopped onion, bell pepper, and garlic to the pork and ham. Sauté until the onions are translucent and the pepper is soft, about 5 minutes. Add the rice, stirring well to absorb liquids. Stir in the tomato paste. Add the Saffron water, the white wine, and the boiling water. Add salt and fresh ground black pepper, to taste.

Return the chicken to the pot. Bring to a boil, then reduce heat. Stir in the peas, pimento, olives, shrimp, and parsley. Bring to a boil again. Immediately reduce the heat, cover, and simmer 20 to 30 minutes or until the chicken is tender and the rice has absorbed all the liquid. Serve directly from the casserole or pot. Serves 6

Cooking Tip! For perfect rice, use 2½ cups of liquid for each cup of rice. For a richer taste, use chicken stock or fortify water with chicken base or bouillon cubes.

Chicken and Shrimp Croquettes

½ cup cooked shrimps, shelled and diced
½ cup cooked chicken, minced
1 onion, finely chopped
3 teaspoons chopped parsley
1 cup mashed potatoes
½ cup all purpose cake flour, seasoned with salt and pepper
½ cup fine breadcrumbs
Oil for deep frying

Method: Mix shrimp, onion, parsley, and mashed potatoes. If the mixture is too dry, add a drop of milk. Shape into crescents. Coat in flour and dip in the egg, letting excess drip off and roll in bread crumbs. Heat oil in a saucepan, and deep fry until golden brown (1 to 2 minutes). Drain on kitchen paper and serve warm. Serves 6

Chicken and Walnuts



- 2 tablespoons peanut oil
- 1.1 lbs. boned chicken breast, cut into thin strips
- ½ teaspoon salt
- ½ cup peas
- 9 oz. small mushrooms
- 2 oz. bamboo shoots
- 2 cups chicken broth
- 1 tablespoon soy sauce
- ½ teaspoon sugar
- 1-¼ cups roasted walnuts, coarsely chopped
- 1-½ teaspoons cornstarch
- 1 teaspoon water

Method: Preheat a wok or frying pan and add the oil. Swirl the oil over the bottom of the pan. Add the chicken strips and salt, and stir-fry 2 to 3 minutes. Add the snow peas, mushrooms, bamboo shoots, and chicken broth. Stir quickly and cook for 2 minutes. Add the soy sauce, sugar, and walnuts. Stir well and add the cornstarch mixed with water. Cook until it thickens slightly. Both the chicken and walnuts should be served alongside boiled rice.

Chicken Flavored Rice

2 cups unpolished long-grain rice
½ cup chicken fat or vegetable oil
½ cup barbecue Sauce
4 cups canned chicken stock
Salt
Freshly ground black pepper

Method: Wash and rinse rice several times to remove excess starch. Spread on cookie sheet to dry. Sauté rice in oil or fat in a large cast-iron frying pan. Reduce heat to very low and stir in remaining ingredients. Press a sheet of tin foil over the rice and cover with heavy lid. Cook over low heat for 20 minutes. Do not uncover the pan or stir. When the rice is cooked, fluff with a fork and add seasoning before serving. Serves 6

Chicken in Mustard Sauce

4 oz. plus 1 tablespoon butter
2 tablespoons vegetable oil
4 boned and skinned chicken breasts
3 tablespoons cognac
½ cup spring onions, minced
1 cup dry white wine
3 tablespoons Dijon-style mustard
Salt and pepper
1 egg yolk
1 teaspoon lemon juice (or more to taste)
1 cup heavy cream

Method: In a stainless steel or enameled skillet, melt the butter and the oil over moderately high heat. Add the chicken breasts and cook until lightly browned. Place the chicken on a platter and cover with foil to keep warm.

Heat the cognac in the same skillet. Ignite with a match, stirring until the flame dies. Add the remaining 1 tablespoon butter to the pan, let melt, and add the minced shallots. Cook, stirring frequently until lightly browned. Return the chicken to the pan.

Combine the wine and mustard and pour the mixture over the chicken. Add salt and pepper to taste. Cover and let simmer until the breasts are cooked but tender, about 15 to 20 minutes. Do not overcook which will produce a tough, dry dish. In another bowl, mix the egg yolk, lemon juice, and cream together. Pour the mixture over the breasts in the skillet.

Stir this mixture into any liquid that has formed in the skillet and toss the breasts to coat thoroughly. Without boiling, continue to cook for 1 to 2 minutes. Place the breasts on individual heated serving plates and spoon the sauce evenly over each one. Serves 4

Chinese Fried Rice with Mushrooms

2 tablespoons vegetable oil
½ cup green onions, chopped
10 oz. mushrooms, sliced
2 eggs, slightly beaten
½ cup green peas, uncooked
½ cup cooked shrimp, diced
3 cups cold cooked rice
½ cup barbecued pork or ham, diced
½ teaspoon light Soy sauce
1 tablespoon dark Soy sauce

Method: Swirl vegetable oil around bottom and sides of a heated wok. Add onions, mushrooms, and eggs, quick-fry, then add peas and shrimp and blend together. Immediately add rice and press gently to sides and bottom to separate kernels. Add pork or ham, salt, and Soy sauces. Mix together quickly and serve. Serves 4

Chicken in Sherry

3 tablespoons chopped onion
1 tablespoon oil
2 tablespoons water
2 (3-lb.) chickens
½ cup garlic, minced
3 tablespoons peanut oil
4 cups mushrooms, chopped
6 tablespoons [prosciutto](#), chopped
1 teaspoon basil
¼ teaspoon oregano
½ teaspoon paprika
2/3 cup minced parsley
2/3 cup cocktail sherry
4 - 5 cups chicken stock
Salt and pepper to taste

Method: In a saucepan with a lid, cook onions with 1 tablespoon oil and water, until onions are transparent and soft. Set aside. Cut chickens in half. Remove back, wing tips, and leg knuckle bone and discard or refrigerate for use in another recipe. Cut each half into wings, legs, thighs and breasts. Cut each wing into 2 pieces, each leg into 2 pieces, etc., cutting the chicken into small pieces. The result will be 20 to 24 pieces of chicken.

In a large, deep saucepan cook the garlic in peanut oil over high heat, until light brown. Add chicken pieces and sear on all sides by shaking the pan back and forth. Add the cooked onion, mushrooms, prosciutto, basil, oregano, paprika, and parsley. Add Sherry and 1 cup chicken stock. Cover and reduce heat to medium. As liquid disappears, add more chicken stock, 1 cup at a time, re-cover and continue cooking until chicken is tender. Season to taste with salt and pepper. Serves 6

Cold Creamy Beetroot Soup

15 oz. can or a medium bunch of [beetroot](#) (“beets”) cooked and processed in a blender
½ cup fresh orange juice
1 teaspoon finely grated orange rind
3-1/2 cups beef stock
1 cup tomato juice
2-1/2 teaspoons. sugar
Salt and pepper

½ cup fresh cream
Mint leaves to decorate

Method: Combine all the ingredients, except cream and mint, in a large saucepan and bring slowly to a boil. Reduce heat and simmer for five minutes, covered. Remove from heat and cool. Refrigerate. Add the cream when well chilled. Decorate with mint leaves just before serving. Serves 4

Crab and Mushroom Roll

5 tablespoons butter
½ med.-size onion, chopped
24 oz. fresh mushrooms, washed and thinly sliced
4-1/2 oz. crab meat
3 tablespoons whipping cream
1 teaspoon arrowroot or cornstarch
2 tablespoons [Madeira](#)
Splash Worcestershire sauce
Salt and cayenne pepper
5 sheets [phyllo](#) pastry
½ cup dried bread crumbs

Method: Preheat oven to 400°F. Melt 2 tablespoons butter in shallow pan and sauté onion until soft and transparent. Add mushrooms and sauté 5 minutes. Dice crab meat into pan and add cream. Simmer 1 minute.

Dissolve arrowroot in Madeira and stir into crab mixture. Simmer 2 minutes, then season with Worcestershire sauce, salt and cayenne. Melt remaining butter.

Carefully remove phyllo pastry from package and stack on work surface. Brush top sheet w/ melted butter and sprinkle with bread crumbs. Spread mushroom-crab mixture along bottom edge and roll around stuffing to make compact cylinder.

Repeat process with remaining phyllo, butter and bread crumbs. Bake in oven 18 minutes. Slice in fourths and serve. Serves 4

Creamy Baked Rice

1 tablespoon finely chopped onion

$\frac{3}{4}$ cup raw rice

2 tablespoons butter

$3\frac{1}{4}$ cups water

Method: Preheat oven to 350°F. Sauté onion and rice in butter. Add water. Transfer rice to baking dish, cover, and bake 20 minutes. Serves 4

Creamy Broccoli and Beef

1 teaspoon garlic powder
1 teaspoon salt
2 tablespoons plus 2 teaspoons cornstarch
1.1 lbs. beef tenderloin, cut into 1 inch cubes
1 bunch broccoli
¾ cup cooking oil
1/2 cup chicken stock
2 tablespoons Soy sauce
2 dashes Tabasco sauce
2 eggs

Method: Make a mixture of the garlic powder, salt, 2 tablespoons cornstarch, and eggs. Stir in the beef, coating thoroughly. Marinate 5 minutes.

Separate the broccoli into florets, leaving sections of stalk attached. Cook 3 minutes in lightly salted, boiling water. Remove and keep hot.

Heat a wok or skillet and add the cooking oil. When oil is hot, cook the beef about 1 minute, or until browned, stirring constantly. Drain off the cooking oil. Add chicken stock, Soy sauce, and Tabasco sauce, and return to heat. Dissolve the remaining cornstarch in 1 tablespoon cold water and stir into the beef mixture, so that it forms a sauce. Immediately place the beef in the center of a serving platter and surround with broccoli. Serve hot. Serves 8

Creamy Leek Mousse

1½ whole young leeks
6 tablespoons butter
Salt and freshly ground pepper
½ teaspoon mustard
1 cup heavy cream

Method: Remove most of the green stalks from the leeks, leaving only a hint of green near the white portion, if it is tender. Cut lengthwise into fourths and wash well, removing any grit that may be trapped between the rings; dry well with paper towels. Chop into small chunks.

Over medium heat, melt 4 tablespoons of butter in a skillet. When butter has completely melted and the foam begins to subside, add the chopped leek. Cook 30 minutes or until soft but not browned, stirring frequently. Add salt and pepper to taste.

Transfer leeks to a food processor or blender and process 4 minutes. While the food processor is still running, add mustard and cream and process 1 more minute. Heat remaining 2 tablespoons butter in small pan and after it melts and lightly browns, pour into processor. Mix well. Add salt and pepper. Keep warm until serving. Serves 4

Cream of Mussel Soup

2 lbs. mussels
1 cup dry white wine
2 oz. butter
8 green shallots, chopped
½ teaspoon curry powder
¼ cup all-purpose flour
3 cups water
1 tablespoon tomato paste
1 large vegetable stock cube, crumbled
¾ cup cream
1 tablespoon chopped fresh dill

Method: Combine mussels and wine in a large saucepan, bring to a boil, cover and simmer for 3 minutes (or microwave on high for two minutes), and remove mussels from pan as they open. Strain cooking liquid and reserve. Melt butter in large saucepan, add the shallots and curry powder, cook for two minutes (or a microwave on high for one minute). Remove from heat; gradually add reserved liquid, water, tomato paste, and stock cube.

Return to heat, stir constantly over high heat (or microwave, uncovered for about 13 minutes, stirring occasionally) until mixture boils and thickens. Add cream, dill, and mussels. Heat, but don't boil.
Serves 4

Cooking Tip! Soup can be made several hours in advance. Keep covered in refrigerator add cream, dill, and mussels when reheating. Recipe not suited for freezing.

Creamy Pork Soup

½ cup butter
½ cup all purpose cake flour
8 oz. ground barbecued pork
2 teaspoons Worcestershire sauce
1 teaspoon Tabasco sauce
2 teaspoons salt
1 teaspoon white pepper
1 cup chicken broth or consommé
2-1/2 cups milk
4 tablespoons [Madeira](#)
Barbecued pork strips
3 spring onions, chopped
¼ teaspoon nutmeg

Method: Melt butter in a large saucepan over low heat. Add ground barbecued pork and mix together. Add flour and stir constantly for 4 to 5 minutes, but don't allow to burn. Add seasonings to broth and then slowly add to first mixture. Slowly add milk and stir until blended. Let simmer 7 to 10 minutes, stirring constantly. Just before serving, stir in Madeira. Serve garnished with barbecued pork strips, fresh green onion bits, and a splash of Madeira.

Serves 6

Easy Pizza

Pastry

2 cups self-rising flour

½ cup + 1 tablespoon boiling water

½ cup oil

Filling

4 medium tomatoes, washed, peeled and chopped

1 large onion, chopped fine

2 teaspoons tomato sauce

1 teaspoon crushed garlic

6 oz. bacon strips, rind removed and cut up in small blocks

6 1/2 oz. cheddar cheese, grated

2 teaspoons [Aromat](#) or oregano

Method: Combine all the pastry ingredients together and place in a sealed plastic bowl. Shake gently until a soft dough forms. Press flat in a medium size Swiss Roll tin. Cover with a damp cloth and set aside.

Meanwhile, make the filling. Cook the tomatoes and onions gently over low heat until thick and tender. Let it cool. Set aside.

Preheat oven to 350°F. Spread the tomato sauce over the prepared pastry. Add the garlic to the tomato and onion mix and stir well. Spread on top of the pastry. Sprinkle on the bacon, followed by the grated cheese and oregano. Bake for about 30 minutes. Serve warm.

Serves 4

Fishcakes

15 oz. white fish, cooked and de-boned

Salt and pepper to taste

2 cups mashed potato

2 1/2 teaspoons chopped parsley

1 tablespoon + 1 teaspoon melted butter

1 egg, beaten with 12.5 ml milk

Oil for frying

Method: Sprinkle salt and pepper over the fish. Add potatoes, butter, and egg. Mix well; form round cakes and roll in dry bread crumbs. Dip into the milk mixture and fry until golden brown on each side.

Serves 4

Fried Trout in Batter

6 trout fillets
1 cup all-purpose flour
2½ cans beer
1 teaspoon cayenne pepper
Tartar sauce

Method: Mix flour, beer, and cayenne in blender until smooth and is the consistency of thick pancake batter. Refrigerate batter about 1 to 1 ½ hours. Dip fillets in batter and drop into hot fat (deep fry) at 175°F and deep fry. Remove from fat with slotted spoon and drain on paper towels. Serve with Tartar sauce. Serves 6

Garlic Scampi

1 small clove garlic, minced
2 tablespoons parsley stems, minced
½ large white onion, minced
Dash Tabasco sauce
½ cup cooking oil
½ cup lemon juice
½ cup dry Chenin Blanc

12 large green shrimp, peeled with tails on
Unflavored bread crumbs
Melted butter

Method: Combine first 7 ingredients and marinate shrimp overnight in mixture. Remove shrimp from marinade. Immediately roll, un-drained, in bread crumbs. Place on broiling tray. Dribble melted butter over shrimp. Add marinade to shrimp on broiler pan. Broil slowly on low heat until done. Serves 6

Ginger Chicken with Peanuts

8.8 oz. boneless chicken breast, skinned and cubed

Salt

1 egg white, lightly beaten

3 ½ teaspoons cornstarch

½ cup vegetable oil

½ teaspoon each crushed fresh ginger root and crushed garlic

6 pieces dried red pepper

½ teaspoon sugar

2 tablespoons dark Soy sauce

1 tablespoon cooking sherry

1 teaspoon vinegar

Ground black pepper to taste

½ cup peanuts

Method: Place the chicken meat, ½ teaspoon salt, egg white and ½ teaspoon cornstarch in a bowl, and mix. Set aside. Mix remaining 3 teaspoons cornstarch with 2 tablespoons cold water and set aside. Put 6 tablespoons oil in a wok and heat to warm. Drain the chicken and add to the oil, cooking on low heat, just until done. Remove and set aside.

Heat 2 tablespoons oil in a clean wok and add the ginger, garlic, and red pepper and stir-fry 30 seconds. Add reserved chicken, sugar, Soy sauce, sherry and vinegar and stir-fry 1 minute. Add salt and pepper to taste. Stir in the reserved cornstarch mixture until thick. Add the peanuts and mix to coat. Serves 6

Ham and Chunky Pineapple Cheese Rolls

½ cup pineapple, cut into fine pieces
2 cups chunky cottage cheese
Salt and pepper to taste
3 teaspoons milk
8 slices sandwich ham

Method: Mix first four ingredients together and blend well. Spread mixture on the sandwich ham and roll up to form a cornet. Secure with a toothpick and refrigerate until needed. Serves 6

Ham and Herb Fritters

1/8 cup sunflower oil
1 onion, finely chopped
2 cups frozen sweet corn thawed and drained
10 [pepper dews](#), finely chopped
1/2 cups bacon, finely diced
1/2 cups grated cheddar cheese
1 cup all purpose cake flour
1 teaspoon baking powder
1/2 cup milk
2 large eggs, separated
1 oz. parsley, chopped fine
Sunflower oil for frying

Method: Heat 2 tablespoons of the oil in a frying pan and sauté onions until soft. Transfer to a bowl and add the corn, peppers, and bacon. Allow to cool. Add the cake flour, baking powder, milk, and egg yolk. Beat the egg whites until stiff and fold it into the corn and bacon mixture. Add the parsley and fold in gently. Heat a layer of oil in a nonstick frying pan and fry teaspoons full of the mixture until golden on both sides. Serves 10

Ham Filled Pasties

Pastry

[Puff pastry](#)

Method: Preheat oven to 350°F. Roll out the puff pastry until it is 5 mm thick. Cut an even number of small circles out of the pastry. Divide the number of circles in two batches. Cut out a smaller circle from one batch and set aside. Brush a little water on the base the larger circle and on place a second round; one with the smaller hole cut in it, on top of this. Continuing in this way until all the pastry has been used, brush with egg yolk and transfer to a baking sheet. Bake for 20 to 30 minutes or until golden brown. Remove from tray when cold, and scoop out pastry's center with a spoon, careful not to dig into the base. Transfer back to baking tray and set aside.

Filling

10 ½ oz. ham, chopped fine

1 medium shallot or spring onion, diced fine

1 cup fresh bread crumbs

1 egg, beaten

Salt and pepper to taste

¼ teaspoons fresh chopped or dried oregano

½ cup pine nuts

½ cup coconut, for sprinkling on top

Method: Mix all ingredients for the filling thoroughly and add teaspoons in the center of each pastry circle. Return to oven; bake for another 10 minutes until coconut is golden brown. Remove from oven and cool before transferring to serving platter. Serves 4

Honeyed Roast Duck

½ cup honey
½ cup vinegar
1 (6-8 lbs.) duck, cleaned
2 tablespoons bean paste
2 tablespoons chopped fresh garlic
2 teaspoons salt
½ cup cooking wine
½ cup sugar
3 green onions

Method: 12 hours before roasting the duck, place a large wok on the stove and fill with 1 gallon water.

Add the honey and vinegar and bring to a full boil. Holding the duck by one wing, ladle the hot liquid over the duck, coating well. Continue to ladle for 3 minutes.

Tie the legs of the duck together with string and suspend over a container. Let the duck drip dry for 12 hours.

Preheat oven to 400°F. Combine the bean paste, garlic, salt, wine, and sugar. Place whole green onions in the duck cavity followed by the bean paste mixture. Sew the opening together and bake in preheated oven for 45 minutes. Serves 6

Lamb Noisette

½ cup all purpose cake flour
18 (3 oz. pieces lamb tenderloin, pounded thin)
3 oz. butter
1 clove garlic, minced
1 shallot, minced
6 oyster mushrooms
1 oz. oyster sauce
1 cup lamb broth or beef bouillon

Method: Lightly flour the lamb. In a large skillet, melt the butter and cook until bubbling. Sauté the lamb in the hot butter, until it is done, but rare. Remove to a warm platter. Reduce heat. Add the garlic and shallot to the skillet and sauté until soft, about 3 minutes. Add the oyster mushrooms, broth, and oyster sauce. Cook over high heat, stirring constantly until thicken and smooth, about 5 minutes. Return lamb to the pan to heat through. Serve meat. Serves 6

Leg of Lamb with Baked Vegetables

3 carrots
4 tablespoons butter
2 teaspoons vegetable or olive oil
2 onions, coarsely chopped
4 lbs. boneless leg of lamb, cleaned and cut in 1½ inch cubes
½ cup all-purpose cake flour
1 head garlic
1 leek, white only, halved
4 sprigs parsley stems also
2 bay leaves
1 stalk celery
3 fresh tomatoes, diced
1 teaspoon thyme
Salt and pepper
1 cup dry white wine, more as needed
1.1 lbs. turnips, peeled and cubed
1.1 lbs. baby potatoes, scrubbed

Method: Preheat oven to 350°F. Slice two of the carrots into circles about 2 cm thick. Cut the other carrot in half and reserve for the *bouquet Garni. Melt the butter with the oil in a large ovenproof skillet over moderately high heat. Add sliced carrots and chopped onions and sauté for 3 to 4 minutes or until the vegetables have softened but not browned. Add the lamb; brown the meat on all sides. Drain off excess grease and sprinkle flour over the pan. Toss to coat meat and vegetables. Bury the whole garlic head in the mixture.

Tie together the reserved carrot, leek, parsley sprigs, bay leaves, and celery with a piece of string and bury the bundle in the mixture. Add the diced tomatoes, thyme, and salt and pepper to taste. Add 2 cups water and the wine. The liquid should just cover the meat; if it does not, add more wine. Place the turnips together on one side of the pan. Cover and bake in preheated oven for 1 hour. Place the baby potatoes together on another side of the pan; re-cover and continue to bake for another 30 minutes or until everything is tender.

Remove and discard the garlic and Bouquet Garni*. Remove the turnips and potatoes separately with a slotted spoon. If you wish to strain the pan sauce, remove the meat with a slotted spoon and pour the sauce through a strainer. Serve the lamb, carrots, and onion with plenty of pan sauce and the turnips and potatoes on the side. Serves 4

*Bouquet Garni is a combination of fresh sprigs of thyme, parsley stalks, and a bay leaf added in a small muslin bag or tied together round a celery stick and placed mainly in stews, soups and casseroles for flavor. Once food is cooked, the Bouquet Garni is removed and discarded.

Liver in Vetnet

1 teaspoon salt
1 sheep liver, minced
1 slice white bread, soaked in a little milk
2 1/2 oz. currants
Salt and pepper to taste
Pinch grated nutmeg
1 egg
1 onion, diced fine
2 tablespoons vinegar

14 1/2 oz. net vet (netted fat layer covering stomach of sheep)

Method: Combine all ingredients and scoop it onto the net vet that has been spread out on a baking dish. Fold closed and secure with toothpicks. Pour a little water in the dish and bake for 1 or more hours at 325°F, until it is browned evenly. Baste frequently with water. Serves 6

Lobster with Black Mushrooms

2 lobster tails' meat, sliced into 2 cm ($\frac{3}{4}$ ") pieces
3 $\frac{1}{2}$ oz. black mushrooms
 $\frac{1}{2}$ oz. canned bamboo shoots, sliced $\frac{1}{4}$ in. thick and $\frac{3}{4}$ in. long
 $\frac{1}{2}$ oz. celery, thinly sliced
2 tablespoons vegetable oil
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ teaspoon sugar
1 teaspoon Soy sauce
1 cup chicken stock
1 tablespoon each cornstarch and water, mixed into a paste

Method: Add oil and salt to a preheated skillet or wok. Heat oil until it sizzles. Add lobster meat. Toss and turn rapidly for 2 minutes. Add vegetables, sugar, Soy sauce, and chicken stock. Turn ingredients lightly until thoroughly mixed. Cover and cook on high heat for 7 minutes.

Uncover and gradually add cornstarch/water paste. Cook until sauce has thickened. Serve. Serves 4

Lobster Salad

2½ liters (10 cups) water
2 cups + 5 tablespoons white wine
1 cup white vinegar
1 onion, sliced
1 celery stalk
Bouquet garni (thyme, bay leaf, and parsley)
Salt and freshly ground pepper
3 lobsters (1-½ to 1 kg each) (2.2 – 3.3 lbs)
6 jumbo artichokes
2 cups + 5 tablespoons water
2 lemons (juice only)
2 tablespoons oil
18 asparagus spears
2 stalks celery (white, tender ones only)
1 small avocado
3 small endives, quartered

Method: Combine all ingredients except the lobsters, place over high heat, and boil for 10 minutes. Add the lobsters to the boiling liquid and cook for 8 minutes. Remove the lobsters from the liquid and allow them to cool. When cool enough to handle, make a small incision between the eyes to let out the excess water. Cut all the leaves around the artichokes until only the bottoms remain. Place the artichoke bottoms in a quart of water with the lemon juice, oil, and a generous pinch of salt. Cook for 10 minutes. Parboil or steam the asparagus spears until barely al dente. Peel the celery and cut in small pieces, then blanch until barely cooked. Serves 6

Dressing: Make at the last minute (see presentation).

2 shallots, chopped
1 small clove garlic, pureed
2 tablespoons wine vinegar
1 teaspoon Dijon mustard
1 egg yolk
6 tablespoons olive oil
1 tablespoon each: fresh parsley, tarragon, chives

Dressing Method: In a blender, combine shallots, garlic, wine vinegar, mustard, and egg yolk. Blend. Add oil, one tablespoon at a time, until thoroughly incorporated. Add the warm coral* from the lobsters and the fresh herbs.

Presentation: Crack the lobster tails and slice them. Crack the lobster claws and keep them whole. Peel the avocado and cut into 12 thin slices. Arrange the slices around the artichoke bottoms. Fill the bottoms with lobster slices; decorate with the meat from the claws, and the celery slices. Add asparagus spears and quartered endive. Pour the lukewarm dressing over the lobster and artichokes. **Make the dressing at the last minute.** Have your artichoke filled lobster on each plate prepared, as well as the garnish. This delicious dressing is a delicate one, and it will separate if left to stand for long.

***Coral:** Deep red when raw and coral pink in color when cooked, this is the roe or egg sac found only in the female. They are considered a delicacy and are also often added to sauces.

Mini Pizzas

15 oz. all-purpose flour
2 teaspoons instant bread (baking) yeast
3 teaspoons salt
1/8 cup olive or sun flour oil
1¼ cups warm water

Topping

½ cups tomato and onion mixture
2 teaspoons herbs (oregano, marjoram and rosemary)
1 teaspoon crushed garlic
1 cup mozzarella, grated

Method: Place flour in a bowl and add yeast and salt. Combine oil and water. Add in dry ingredients and water mixture. Mix well. (It will make a sticky dough.) Cover and set in a warm place for an hour to rise until it doubles in size. On a floured surface, roll out dough until thin. Cut into rounds with a scone cutter and arrange on a greased baking sheet.

Preheat oven to 400°F. Spread the onion and tomato mixture onto the dough and sprinkle with herbs and garlic. Top with a generous amount of grated mozzarella. Bake for 8 to 10 minutes until golden brown and crisp around the rim of the bases. Serves 6

Mushroom and Pepper Dew Salad

½ cup vegetable oil
1 teaspoon lemon juice
¼ teaspoon salt
Freshly ground black pepper
1 pinch of garlic powder (optional)
½ cup diced pepper dews
4 whole olives (optional)
1.1 lbs. mushrooms, sliced, cut in quarters, cleaned and chilled

Method: Blend the oil, lemon juice, salt, a pinch of black pepper, garlic powder, diced pepper dews, and olives in a small bowl. Place the mushroom slices in a serving bowl. Pour the dressing over and mix gently. Divide among 4 chilled salad plates and garnish each with a grinding of fresh black pepper.

Note: The salad can be made 1 to 2 hours ahead of time. The secret to this recipe is selecting good-quality, white, firm mushrooms. Also, be sure to let them marinate in the dressing to pick up extra flavor. Serves 4

Mushrooms with Oysters

6 cups heavy cream
2 oz. Shiitake mushrooms, sliced
4 teaspoon dry white wine
2 teaspoons chopped shallots
4 cups oysters
Salt to taste
Pepper to taste
4 brioches, hollowed out and warm

Method: Pour the heavy cream into a heavy sauce pot. Place pot on stove top and adjust heat so cream simmers slowly. Allow cream to reduce in volume by half of the original amount. Cook Shiitake mushrooms with white wine and shallots for 10 minutes. Add oysters and cook until oysters begin to curl around the edges. Add reduced cream to oysters and mushrooms, and season with salt and pepper. Divide hot mixture equally into each warm brioche and serve. Serves 4

Brioche – A soft, light-textured bread made from eggs, butter, flour, and yeast and formed into a roll or a bun.

Mussels in Tomatoes

½ cup onion, coarsely chopped
1 teaspoon celery, coarsely chopped
1 teaspoon garlic, coarsely chopped
½ cup olive oil
1 tablespoon fresh basil, finely chopped or 1 teaspoon dried basil
Freshly ground black pepper
½ cup dry white wine
2 cups un-drained canned tomatoes
4 dozen small mussels in shells, scrubbed thoroughly
2 teaspoons freshly grated lemon peel

Method: Combine the onions, celery and garlic on a cutting board and chop together very finely. Heat the olive oil in a 3-4 quart saucepan. Add the chopped vegetables, basil, and a few grindings of pepper. Cook over medium heat, stirring frequently, 8 to 10 minutes. Add the wine and boil briskly to reduce the mixture to about ¼ cup. Add the tomatoes and simmer uncovered about 20 minutes over low heat. Add the mussels, cover the pan and cook a few minutes longer. (Discard any mussels that remain closed.) Serve immediately.

Cooking Tip! The soup can be made ahead of time and warmed over medium heat. But do not make more than 1 day in advance. Be sure to scrub the mussels well, so as to remove all of the beards. Garnish with lemon peel. Serves 4

Parmesan Potato Bake

8 potatoes, peeled

Salt and pepper

Parmesan cheese, freshly grated

4 eggs, separated

250 ml (1 cup) all purpose cake flour

10 oz. chopped nuts

Oil for deep frying

Method: Preheat oven to 325°F. Boil potatoes until done then remove and whip until very smooth. Add salt and pepper to taste. Add parmesan and seasonings to taste. Add unbeaten egg whites to potatoes and allow to cool. When cool, scoop potatoes with a 4-oz. ice cream scoop. Roll scooped potatoes into roll shapes. Set aside while you beat egg yolks. Dip potato 'rolls' lightly in flour, then in beaten yolks, then in chopped nuts. Deep-fry and finish by baking in preheated oven 5-10 minutes. Serves 6

Pasta with Mushrooms

3½ cups all purpose cake flour
1 pinch of salt
4 eggs
2 tablespoons oil
1 to 2 tablespoons unsalted butter
1 shallot, minced
15 oz. fresh brown mushrooms, sliced
2 tablespoons port wine
½ cup whipping cream
Salt and freshly ground black pepper
½ cup chicken stock

Method: Place flour and salt in the bowl of a food processor. Add eggs, 2 tablespoons water, and the oil. Process until dough begins to form a ball. Remove dough and wrap securely in plastic wrap. Let the wrapped dough set 10 minutes at room temperature. (Be sure to refrigerate, if you don't plan to use it within the next 2 hours. For best results, pasta should be used within 24 hrs.) Divide into 4 portions and knead each through a pasta machine about 4 times, or until smooth and elastic like. Roll out the portions of kneaded dough to 1 inch thick. Cut into 1½ inch strips. Bring a large pot of salted water to boil.

Meanwhile, melt the butter in a heavy saucepan. Add the shallot and sliced mushrooms, and sauté until golden brown. Add the port wine and stir to deglaze pan. (stir to remove the film of glaze that has formed at the bottom of the pan) Add chicken stock and cream, and simmer until thick. Season with salt and pepper to taste. Place the pasta in the boiling water and cook for 30 seconds to 1 minute, or until al dente. Test frequently; do not overcook. Drain well. Toss the hot pasta in the mushroom sauce and serve immediately.

Chicken Stock

2 lbs. chicken bones and trimmings
1 stalk celery, chopped
1 carrot, chopped
1 onion, chopped
1 bay leaf
3 to 4 peppercorns
¼ teaspoon thyme
¼ teaspoon oregano
Salt and pepper

Chicken stock Method: Place chicken bones and trimmings in 6 cups water in a pot. Bring to boil, reduce heat and simmer about 30 minutes. Add celery, carrot, onion, bay leaf, peppercorns, thyme, oregano and season to taste with salt and pepper. Simmer 1½ to 2 hours longer, or until reduced to 4 cups. Skim off any scum that rises to the surface. Remove chicken bones, trimmings, and bay leaf. Strain stock into a bowl, pushing vegetables through for extra flavoring. Cool, then refrigerate until ready to use. Serves 6

Pork and Spinach Roll

14 oz. fresh spinach
2 tablespoons olive oil
1 cup onion, finely chopped
1 teaspoon garlic, finely chopped
2 tablespoons butter
1.1 lbs. pork, ground twice
2 chicken livers
5 tablespoon freshly grated parmesan cheese
½ teaspoon oregano
Salt
Freshly ground black pepper
Green pasta dough (can be purchased in supermarkets or delicatessens)
Béchamel sauce or tomato sauce

Method: Preheat oven to 400°F. Cook the spinach in boiling water; drain well, then squeeze out all excess moisture. Chop finely and set aside. Heat the olive oil in a stainless steel skillet. Add the onion and garlic. Cook over medium heat, stirring frequently, until soft; do not brown. Stir in the spinach. Cook until all moisture has evaporated. Transfer to a large mixing bowl. In the same skillet, melt 1 tablespoon of the butter. Add the pork and brown. Add the onion and spinach mixture; set aside.

Melt the remaining butter. Add the chicken livers and cook until lightly browned but still pink inside.

Chop the livers coarsely and add to the spinach mixture. Add the parmesan cheese and oregano; mix well and season with salt and pepper to taste. Spoon the filling lengthwise down the centers of the pasta rectangles. Roll the pasta around the filling to form cylinders. Place in a buttered baking dish. Cover with Béchamel or tomato sauce (see index) and bake in preheated oven for 20 minutes. Serves 4

Rack of Lamb with Madeira Sauce

4 ($\frac{3}{4}$ to 1-lb.) racks of lamb
5 tablespoon butter
1.1 lbs. fresh mushrooms, finely diced
2 shallots, finely chopped
Salt and pepper to taste
6½ oz. [puff pastry](#)
1 egg
1 tablespoon milk

Method: Preheat oven to 375°F. Bone the lamb racks. Trim off any fat and membranous tissue. Melt 4 tablespoons butter in a large sauté pan over high heat. Add lamb racks and sear on all sides until browned. Remove from heat and refrigerate until cool.

Melt remaining butter and sauté the mushrooms and shallots until tender. Season with salt and pepper and allow to cool. Spread mushroom mixture over cooled lamb racks. Roll out puff pastry dough very thinly. Cut into pieces big enough to wrap racks.

Beat egg and milk together to form an egg wash, brush across dough, making sure to seal edges with the wash. Bake in preheated oven 15 minutes, or until golden brown. Serve with madeira sauce. Serves 6

Madeira Sauce:

2 shallots, chopped
1 tablespoon butter
3 cups brown sauce
Salt and pepper to taste
½ cup madeira wine

Madeira Sauce Method: Sauté shallots in butter until tender. Stir in brown sauce and simmer 15 minutes. Season with salt and pepper, and remove from heat. Stir in wine. (Brown sauce can either be made from beef drippings or bought at a gourmet store.)

Raw Beef Tenderloin and Pepper Sauce

1.1 lbs. very lean, highest quality raw beef tenderloin

Mayonnaise

1 egg yolk
2 teaspoons Dijon mustard
Seasoned salt
Freshly ground pepper
2 tablespoons fresh lemon juice
1 cup olive oil, preferably Italian olive oil
2 tablespoons finely chopped shallots

Method: Place beef in freezer until firm and half frozen. Slice as thinly as possible. Refrigerate until needed. Make mayonnaise by preferred method, or: place egg yolk in a mixing bowl and add mustard, salt and pepper to taste. Add lemon juice. Start beating with a wire whisk or electric mixer and gradually add oil, bit by bit, until sauce begins to thicken. As mixture thickens, the oil may be added a little faster. Place shallots in cheesecloth and run under cold water. Squeeze to extract as much moisture as possible. Add shallots to the mayonnaise.

Sauce

1 tablespoon Worcestershire sauce (optional)
Hot Pepper sauce
1 tablespoon [capers](#), finely chopped
½ cup rice beef stock

Sauce Method: Stir Worcestershire, a dash of pepper sauce, capers, and beef stock into mayonnaise; makes a little over 1 cup. Arrange overlapping slices of beef on plates and top with a spoonful of the sauce.

Note: The meat must be of the highest quality and must be fresh. It should be very cold and partially frozen. If completely frozen it may become mushy and unsightly in texture. Serves 6

Risotto



2 cups short grain rice
¼ cup butter
1 cup onion, finely chopped
¼ lb. fresh mushrooms (about 1 cup) washed and quartered
3 cups chicken stock
Salt and pepper to taste
½ cup parmesan cheese, freshly grated

Method: Melt the butter in a large saucepan over high heat and sauté the onions and mushrooms for 3 minutes or until golden and soft. Stir in the rice and cook for 1 minute. Add the chicken stock 1 cup at a time. Bring to a boil and simmer uncovered for 15 minutes, or until the rice is soft and the liquid is completely absorbed. Add salt and pepper to taste. Press a piece of buttered foil over the rice to keep it warm until ready to use. At serving time, sprinkle the grated parmesan cheese over the rice and toss gently. Serves 6

Salami and Cheese Pinwheels

Filling

1 cup grated cheddar cheese

4.4 oz. salami, diced small

3 slices ham, chopped fine

Salt and pepper to taste

7 oz. cottage cheese

3.5 oz. butter, softened

1 loaf of white bread, crusts removed from ends and sides, and cut into 4 slices lengthwise

Method: Combine all ingredients together and mix until well combined. Set aside. Spread the filling evenly over the four slices of bread and roll up tightly. Wrap each roll in Saran wrap or wax paper and refrigerate for about 1 hour until firm and set. Just before serving, remove wrappers and cut into thin slices. Serves 8

Salmon in Mustard Sauce

2 tablespoons butter
8 ½ oz. mushrooms, washed and chopped
4 salmon steaks
½ cup dry white wine

Method: Preheat oven to 350⁰F. Butter an ovenproof dish. Cover the bottom of the dish with mushrooms. Pour wine over mushrooms and place salmon steaks on top. Cover with buttered wax paper. Bake 20 to 25 minutes, or until done. Serve with Mustard sauce. Serves 4

Mustard Sauce

5 egg yolks
1 teaspoon lemon juice
Salt and pepper to taste
1 cup butter
2 tablespoons whole mustard

Mustard Sauce Method: Place egg yolks in blender. Add lemon juice, salt and pepper; blend. Melt butter. Add to yolk mixture slowly while blender is operating. Add mustard.

Salsa Pork

2 lbs. boneless pork butt
1 tablespoon vegetable oil
1 large navel or temple orange, thinly sliced
1 small lemon, thinly sliced
1 small lime, thinly sliced
Salt, to taste
Freshly ground black pepper, to taste
1 teaspoon ground allspice
1 pinch of ground cloves
1 pinch of freshly grated nutmeg

Salsa Fresca

2 ripe tomatoes, diced
2 chilies, chopped
1 tablespoon chopped coriander leaves (cilantro)
2 scallions, finely chopped
½ cup fresh lime juice
Salt, to taste

Method: Trim the fat off of the pork. Heat the oil in a large skillet, add the pork, and sear over high heat several minutes on each side, until browned.

Place half the fruit in an ovenproof casserole large enough to accommodate the pork. Season the pork with the remaining ingredients and place it over the fruit. Place remaining fruit over the meat. Cover the casserole and bake for 1 hour, or until the meat reaches 300°F. Remove the fruit and meat from the casserole. Remove and discard half of the juice in the pan, using the other half as a sauce. Cut into 1-in. squares, mix with sauce and serve with flour tortillas, Mexican rice, Salsa Fresca and tossed salad.
Serves 4

Sausage Rolls

Pastry

20 oz. Margarine
6 cups all-purpose flour
½ teaspoon cream of tartar
1 ½ teaspoons salt
3 egg yellows
¼ cup white vinegar
¾ cup fridge water

Method: Rub margarine in flour with your fingertips until it resembles fine bread crumbs. Make a hole in the center and add the rest of the ingredients. Combine with your fingertips until it forms a firm dough. Put in a plastic container and let it chill in the fridge for at least 6 hours.

Meat Filling

2 lbs. ground beef
½ teaspoon salt
½ cups chutney
½ teaspoon Aromat*
¼ teaspoon ground cloves
½ packet meatball maker* (spices)
½ cups oats
1 thick slice brown bread, crusts removed, soaked in a little water for 15 minutes and the water squeezed out
1 tablespoon onion, grated

Method: Cook the beef, salt, and chutney in a heavy saucepan on medium heat, until tender. Remove from heat and stir in the rest of the ingredients. Cook for 1 minute. Press in a square or rectangle glass bowl and chill in fridge for 3 hours.

Cut filling into strips and transfer onto rolled out pastry. Fold it closed and roll it over. Cut in desired lengths. Brush with beaten egg. Bake in preheated oven at 350°F until golden brown. Makes 50 – 60

***Aromat** Seasonings add unique and adds an exciting flavor to meat, poultry, fish and vegetables. It is obtainable in large supermarket stores and Delicatessen stores.

***Meatball maker** (spices) - Meatball maker is available in a packet and is a combination of dried herbs and spices that enhance the flavor of meatballs. It is obtainable in large supermarket stores and Delicatessen stores.

Savory Horns

7 oz. rough [puff pastry](#)

1 egg, beaten

Filling

1 cup ham, diced very small

1 spring onion, chopped small

1 ½ oz. pickled onions, chopped small

1 ½ oz. pickled cucumber, chopped small

8 oz. cream cheese

½ garlic clove, crushed and chopped small

½ teaspoon Tabasco sauce

Salt and pepper to season

4 oz. peas, cooked and cooled

1 small carrot, peeled and grated

Method: Preheat the oven to 325°F. Roll out the pastry thinly and cut into narrow strips in lengths of 10 x 5 cm each. Wrap the strips evenly around the outer edges of a [cream horn tin](#). Continue this way until the desired amount of cases have been wrapped. Glaze with a little beaten egg and bake for 10 to 15 minutes or until golden brown. Remove from oven and cool a little.

Gently twist the pastry cases off the tins and set aside to cool completely.

Filling Method: Combine all the ingredients and mix well. Serves 6

Savory Pancake Pie

Pancakes:

3/4 cups all purpose cake flour
1/2 t salt
1 egg
1/2 tablespoon vinegar
375 ml (1-1/2 cups) water
A little oil for frying

Method:

Beat all the ingredients together till a thick runny consistency is formed. Pour a little oil (1T) in a frying pan and about a 1/4 cup of pancake batter. Fry on med. high heat till pancake has browned I the bottom. Flip over pancake and brown the other side. Transfer to a plate and continue making the rest, then set aside.

Savory Layer

1 slice white bread
1/2 cup milk
1 onion
9 teaspoons oil
2 teaspoons Garam Marsala
1 teaspoon turmeric
8 oz. ground beef
6 teaspoons chutney
1 teaspoon salt

Spinach Layer

1 bunch (3 cups) spinach, washed with stalks removed and diced, cooked and drained
1 cup cheddar cheese

Method: To assemble: Place 1 pancake on a greased cookie sheet and top with mashed pumpkin, then top with another pancake and spread half the ground beef on top. Add a pancake and half the spinach, then another pancake and sprinkle cheese on top, or make more layers. Makes 2 depending how many layers you want. Serves 4

Scotch Eggs

8 large eggs, hardboiled

1 lb. pork sausage meat

1 tablespoon chopped mixed herbs (1 sprig each of parsley, thyme, and marjoram)

Salt and pepper to taste

Seasoned all purpose cake flour

1 egg, beaten

Dried white bread crumbs for frying

Deep fat for frying

Method: Mix the sausage meat with the herbs and seasoning. Have the eggs ready, peeled and dried. Divide sausage meat into equal portions. Pat them out into patties on a dampened board. Place an egg on each one and fold sausage meat up around the egg to close it completely. Brush with beaten egg and coat well with the crumbs. Fry scotch eggs in deep fat until they are russet brown. Cool them before cutting in half to serve. Serves 6

Seafood and Coconut Cream Soup

1 large potato, chopped
2 bacon rashers (individual strips), chopped
1 large onion, peeled and chopped
7 ½ oz. can red salmon, drained
2 ¼ cups fish stock
½ cup sweet sherry
2 teaspoons tomato paste
½ cup dry white wine
2 tablespoons sour cream
4 ½ oz. can coconut cream
2 ¼ cups milk
6 scallops
7 ½ oz. white fish fillets, chopped
6 mussels
6 uncooked prawns shelled

Method: Boil, steam, or microwave potato until tender. Put potato, bacon, onion, and salmon in a bowl and blend until smooth. Combine stock, sherry, tomato paste, and wine in a large saucepan. Bring to a boil, then remove from heat while you stir in the potato mixture, sour cream, coconut cream, and milk. Return to a boil, then reduce heat, cover and simmer for 15 minutes. Add seafood and heat without boiling until seafood is cooked thoroughly. Serves 8

Shrimp Chow Mein

8 large green shrimp*
9 ½ oz. Chinese rice noodles
½ oz. cooking oil
1 cup coarsely chopped onion
½ cup sliced bamboo shoots
½ cup sliced water chestnuts
1 cup bean sprouts
1 cup diced Chinese cabbage
½ teaspoon sugar
½ teaspoon [five-spice powder](#)
1½ teaspoon Soy sauce
1½ teaspoon Oyster sauce
1 teaspoon Sesame oil
1½ cups chicken broth
2 tablespoons cornstarch
½ cup cold water

Method: Peel and de-vein the shrimp, leaving the tails on. Split each lengthwise through the back and almost to the front in order to butterfly. Spread open and lay cut side down; press to flatten. Set aside.

Bring a pot of salted water to boil and cook the noodles until tender, about 15 minutes. Drain and cool. Heat a wok at high temperature with 2 tablespoons oil. Add the noodles and cook without stirring until browned on one side. Turn the noodles over and cook the other side until golden brown, then break up with chopsticks and stir-fry briefly. Remove the noodles, drain, and set aside.

Reheat the wok with the remaining 2 tablespoons oil. Add the onions, shrimp, and vegetables. Toss and stir-fry until the vegetables are crispy but tender, 2 to 3 minutes. Take care not to overcook the shrimp -- they cook faster when butterflied. Stir in the sugar, five-spice powder, Soy sauce, Oyster sauce, and Sesame oil. Add noodles and chicken broth. Combine cornstarch with cold water to make a smooth paste. Slowly add to stock, stirring constantly. Cook until sauce thickens and becomes clear. Serve immediately. Serves 4

*Green shrimp - a common edible **shrimp** (*Peneus setiferus*) of the south Atlantic coast of No. America that is whitish in color with dark antennae

Smoked Chicken Vol-Au Vents

15 oz. [puff pastry](#)

1 egg, beaten

½ cup smoked chicken

1 cup cream cheese

2 teaspoons lemon juice

Freshly ground black pepper

2 spring onions, chopped

9 teaspoons chopped chives for garnishing

Method: Preheat oven to 425°F. Make vol-au vents by rolling out puff pastry to 5 mm thick and cut into 4 cm circles. Cut 2.5 cm circles out of the middle of half of the circles. Brush the circles with egg and place the one “holed” circle on each of the uncut circles. Brush with egg and arrange on greased cookie sheet. Bake for 15 minutes until puffy and golden brown. Remove from oven and allow to cool. Mix chicken, cream cheese, lemon juice, pepper and spring onions together. Spoon into vol-au-vents and garnish with chopped chives.

String Bean with Noisettes

9 oz. string beans
2 saddles of lamb*
4 oz. sherry
4 oz. dry white wine
12 cloves garlic, pureed
1 pint whipping cream
1 cup lamb cube stock (1 lamb stock cube dissolved in 1 cup boiling water)
Salt and pepper, to taste
Oil and butter, for sautéing

Method: Steam or parboil the string beans until crispy but tender. Set aside. Trim fat from the lamb and slice into 2.5 cm (1 inch) Noisettes (slices).

To prepare the sauce, combine the sherry, wine, and the pureed garlic. Cook until reduced to half of its original volume. Add the whipping cream and lamb stock and reduce until thick. Season with salt and pepper to taste. Sauté the Noisette in oil and butter being mindful not to overcook. Arrange the Noisettes of lamb on a serving dish. Pour the sauce over them and decorate with the string beans. Prepare the sauce before sautéing to avoid overcooking the lamb. The saddle is the most tender and delicate cut.

Serves 6

***lamb loin roast Notes:** This is a very tender, flavorful, and expensive roast. If you want more servings, you can get a **saddle of lamb = double loin roast**, which combines the loin roasts from either side of the lamb. —From *The Cook's Thesaurus* <http://www.foodsubs.com/MeatLambLoin.html>

Sweet and Sour Chicken Kebabs

1.1 lbs. boneless chicken breasts
1 teaspoon crushed garlic
Salt and ground black pepper
½ cup lemon juice
5 teaspoons olive oil
1 teaspoon basil
1 teaspoon paprika
5 teaspoon honey
1 fresh pineapple, cubed
12 small [peppadews](#)
24 fresh basil leaves
24 cocktail sticks

Method: Preheat oven to 350⁰F. Cut chicken into bite sized pieces and place in a large bowl. Mix garlic, salt, pepper, lemon juice, olive oil, basil, paprika and honey, and pour over chicken, making sure that it is well covered. Let stand for 1 hour.

Remove chicken pieces from marinade and roast in oven until golden brown – about 10 minutes. Remove from oven and allow to cool. Thread onto cocktail sticks with cubes of pineapple and peppadews. Garnish with fresh basil leaves. Makes 24

Sweet and Sour Pork Wraps

½ cup honey
¼ cup dark Soy sauce
2 teaspoons fresh ginger, grated
4 teaspoons lemon juice
1 teaspoon crushed garlic
26 oz. pork fillet
6 large eggs, lightly beaten
½ cup fruit chutney
1 cucumber, cut into match sticks
4 carrots, julienned

Method: Mix the honey, Soya sauce, ginger, lemon juice and garlic. Pour over the pork fillet and leave to marinate for 1 hour.

Roast in a 350° F preheated oven for 20 – 30 minutes, or until cooked through, basting frequently. Heat a little oil in a deep nonstick frying pan and add a little egg mixture to cover the base. Swirl around to make an omelet. When set, remove from pan and set aside.

Repeat until all the egg mixture is used, it should be sufficient for 10 omelets. Place an omelet on a plate and spread with a little chutney. Place slices of pork down the middle, then add a little cucumber and carrots. Season to taste. Slice the top at an angle. Repeat with the rest. Makes 10

Sweet Chili Chicken Balls

2 lbs. chicken breast fillets
3 teaspoons sunflower oil
2 cloves garlic, crushed
1 teaspoon fresh ginger, grated
1 bunch spring onions, chopped
2 large eggs
1 oz. finely chopped fresh coriander or mint
Grated zest of one lemon
Salt and pepper to season
1 cup fresh white breadcrumbs
1 bottle sweet chili sauce
Little oil for frying

Method: Put chicken in a food processor and process until fine. Add the remaining ingredients, except breadcrumbs and chili sauce. Season to taste with salt and pepper and stir in the breadcrumbs.

Roll the mixture into small balls and refrigerate for 30 minutes. Pour a little oil in a roasting pan to coat the base and bake it in a preheated oven on 325°F for 20 minutes, stirring once during the cooking.

Remove from the oven and add the sweet chili sauce. Gently stir until balls are well coated. Serves 10

The Chicken Salad

1 head lettuce, rinsed and shredded
½ packet button mushrooms, wiped clean and sliced
2 spring onions, chopped
½ cucumber, sliced thinly
2 tomatoes, cut in wedges
3 large carrots, scraped clean and cut into strips
10 oz. frozen peas, defrosted
1.1 lbs. cooked chicken, cut into strips

Dressing

2 cups mayonnaise
2 teaspoons mild curry powder
1 clove garlic, crushed

Method: Mix salad ingredients together lightly and transfer to a salad bowl.

Blend ingredients for dressing and pour over salad mix. Chill overnight. Mix before serving. Serves 6

Vetkoek

Vetkoek is a traditional and very popular South African dish which can be served either with sweet or savory fillings. It is best eaten with a savory or curry mince (ground beef) filling.

1.1 lbs. + 7 ½ oz. cake flour

1/3 oz. instant yeast

2 teaspoons salt

2 tablespoons sugar

2 ½ cups lukewarm water

A little oil for kneading

Oil for deep frying

Method: Add all the ingredients together except the oil. Coat your hands in oil if kneading by hand, or add a little oil if using an electric beater or bread maker, and knead for 10 minutes till a firm dough forms. Let dough rise to twice its size and knead down.

Roll into palm sized balls and flatten slightly with a rolling pin or your hands. Allow to rise slightly.

Meanwhile, heat oil until fairly hot in a deep fryer or large heavy-based sauce pan, about 325°F, and fry the vetkoek until golden brown. Place vetkoek on absorbent kitchen paper towels. Serves 8

Vetkoek Fingers

Dough

3 cups cake flour
1/3 oz. instant yeast powder
½ cup sugar
2 teaspoon salt
1 egg, beaten
Warm water
Oil for frying

Filling

Six slices white bread with crusts removed and soaked in a ½ cup water
8 oz. beef ground beef
8 oz. pork, minced
1 onion, peeled and grated fine
1 green pepper, washed and chopped up fine
1 egg
Salt and pepper to season
2 tablespoons mushrooms soup powder

Method: Put the flour in a large mixing bowl and make a hole in the center. Add the yeast, sugar, salt and beaten egg. Stir briskly and add warm water a little and a time until the mixture forms a dough. It must not be too wet.

Knead the dough for about 10 minutes until pliable and soft. Cover with a cloth and set in a warm area to raise twice its size. Knead again for about 10 more minutes and roll out a small piece into an oblong shape, leaving the rest of the dough covered. Cut into 10 cm squares.

Repeat with the rest of the dough. Place a teaspoon full of filling in the center of each square and brush with a little water to seal the edges. Fold over the edges to seal. Continue this way until all the filling has been used.

Heat oil in a deep fryer and fry the fingers for about 3 minutes on each side. Transfer to a tray or plate that has been covered with kitchen towel paper. Makes about 30



Desserts

Apple Tarts with Ice Cream



- 1- 8 oz. [puff pastry](#) dough
- 6 large cooking apples (like Newton, Pippin, and Granny Smith)
- 4½ tablespoons butter
- 1/3 cup sugar
- 3 tablespoons [calvados](#) (brandy)
- 1 egg, lightly beaten
- ½ cup caramel sauce

Method: Preheat oven to 325°F. Roll out ½ the dough until it is 1 cm thick, and line six individual tart pans.

Peel, core, and thinly slice the apples. Heat 3 tablespoons butter in skillet, sauté apples 3 to 4 minutes until golden. Sprinkle sautéing apple slices with sugar.

Meanwhile, warm calvados in saucepan. Pour warm brandy over apple slices, cover skillet for a few seconds, uncover and ignite.

Fill tart pans with flambéed apple slices. Cut remaining 1-½ tablespoon butter in 6 pieces, lay 1 piece on each tart. Drizzle warm Caramel Sauce over tart fillings to glaze. Roll out remaining puff pastry dough until 1 cm thick. Cut out tops to cover tart shells. Cut design in centered of each top with cookie cutter; place on top of tarts, leaving sides open.

Gently brush dough with beaten egg. Bake in pre-heated oven 30 minutes, until golden brown. Serve with Caramel Ice Cream. Serves 6

Caramel Sauce

- 1 cup sugar
- ¾ cup whipping cream
- 3 tablespoons unsalted butter, cut in small pieces

Method: Combine sugar and ½ cup water in heavy saucepan. Cook on medium heat 15 to 20 minutes until sugar turns light golden brown. Don't let sugar burn.

Remove saucepan from heat, and immediately add cream, stirring until smooth. Add butter and let melt in sauce. Stir to combine thoroughly. Serve warm or chilled. If not using at once, cover with plastic wrap and store in refrigerator.

Caramel Ice Cream

8 egg yolks

2/3 cup sugar

2 cups milk

2 cups whipping cream

1 vanilla bean, split

1 cup caramel sauce

Ice Cream Method: In 3 qt. bowl, whisk egg yolks together with sugar. Set aside. Pour milk and cream into saucepan, and add split vanilla bean. Heat just to boiling point, then remove pan from heat.

Pour a little of the hot milk and cream into egg mixture; stir gently. Gradually add and mix in remaining milk and cream. Return pan to stove, cook over medium to low heat, stirring constantly until mixture coats wooden spoon. Strain into bowl over ice. Stir in Caramel Sauce. Freeze in ice-cream maker, according to directions.

Hertzog Cookies

2 cups cake flour
2 teaspoons baking powder
Pinch of salt
Pinch of cinnamon
4 oz butter
1 large egg, lightly beaten
Smooth apricot jam

Method: Preheat oven to 350⁰ F. Grease a 13 x 9 inch baking pan with nonstick spray. Sift together the dry ingredients. Cream the butter and the sugar. Add the egg, followed by the dry ingredients, one spoonful at a time, mixing well. Press the pastry onto the prepared baking pan and chill for 30 minutes in refrigerator. Melt the jam and spread it over the pastry.

Topping

3 egg whites
300 ml (1 cup + 50 ml) sugar
2 cups fine coconut
1 teaspoon vanilla

Method: Whisk the egg whites until soft peaks form. Add the sugar, a little at a time, beating all the time. Add the coconut and vanilla, and fold it into the egg white mixture. Spoon the mixture over the pastry and make small peaks with the back of a spoon. Bake in oven for 20 to 25 minutes or until meringue begins to brown. Cool before cutting into squares. Makes about 40 squares.

Almond Amaretto Mousse

1 pint whipping cream
1 tablespoon gelatin powder
3 oz. Amaretto liqueur
4 eggs
3 tablespoons confectioners' sugar
Vanilla extract, to taste
Almond extract, to taste
1 cup sliced toasted almonds

Method: Whip the fresh, heavy cream. Place in the refrigerator until ready to use. Dissolve the gelatin powder in Amaretto in a double boiler. Keep warm until ready to use. Combine the eggs and confectioners sugar in a separate double boiler. Heat on low temperature until warm while whisking constantly. Remove the egg and sugar mixture from heat and mix at high speed until consistency reaches firm peaks. Fold the gelatin mixture into the eggs. Fold in the whipped cream and add vanilla and almond extract to taste. Fill dessert glasses and place in the refrigerator until firm (approximately 1 hour). Garnish with sliced, toasted almonds. Serves 4

Almond Dream Sponge

1 – 22 cm (8-1/2 inch) sponge cake, cut into 1.2 cm thick slices
½ cup sugar
½ cup cornstarch
2 ½ cups milk
1 teaspoon vanilla extract
1 teaspoon cinnamon
1 cup chocolate sprinkles
1 cup chopped pecans
½ cup maraschino cherries, chopped
Chocolate sauce (optional)

Method: Cut cake into 1.2 cm (1/2 inch) slices. Place a layer of cake slices at the bottom of a 22cm (8-1/2 inch) cake pan. Set aside.

Combine sugar and cornstarch in a saucepan. Heat over medium heat. Add milk gradually and cook, stirring, until mixture comes to a boil and thickens. Remove from heat.

Stir in vanilla and cinnamon. Pour half the pudding over the sliced cake. Scatter over this half the chocolate and half the pecans. Add another layer of cake, then add the rest of the pudding and remaining chocolate and pecans. Top with cherries. Refrigerate.

Serve cold on chilled plates with chocolate sauce, if desired. Serves 6

Anise Surprise

1.1 lbs. pure lard
1½ cups sugar
2 eggs
1 small glass wine or brandy
2 teaspoons anise seeds
6 cups all purpose cake flour 3 teaspoons baking powder
1 teaspoon salt
½ cup sugar blended with
1 teaspoon cinnamon

Method: Preheat oven to 385° F. Cream shortening. Add sugar and cream well. Add eggs and anise. Cream again. Add wine. Sift dry ingredients, except cinnamon sugar. Add to shortening mixture. Roll out thinly on a floured board. Cut into shapes and sprinkle with cinnamon sugar mixture. Bake in oven for 10 to 15 minutes. Makes about 80

Apple and Almond Crunch

½ oz. rice, uncooked
1 teaspoon cinnamon
1¾ cups milk
¼ teaspoon vanilla essence
5 oz. castor sugar
1/3 cup double cream
1 egg, separated
2 ½ oz. ground almonds
23 ½ oz. cooking apples
5 oz. apricot jam
3 ½ oz. raisins

Method: Bring the milk and cinnamon to a boil in a heavy saucepan. When it has reached boiling point add the rice and cover with a lid. Turn down heat. Simmer for 25 minutes or until the rice is cooked. Stir frequently during cooking so that rice does not stick.

Sweeten the rice to taste with a little sugar and vanilla extract. Let cool. Mix in the egg yolk and beat well. Set aside. Peel, core and slice the apples.

Put 3 ½ oz. of sugar with 2 ¼ cup of water in a saucepan over low heat and stir until all the sugar has dissolved. Bring the syrup to simmering point and then add the apple slices. Cook gently for 5 minutes until tender, but retaining their shape. Lift the slices carefully into a colander and drain.

Whip the cream slightly and fold into the cooked rice. Spread the apricot jam over the base of a shallow dish or pie plate. Cover with apple slices and spoon over the creamed rice. Spread the raisins over the top evenly. Beat the egg white for the topping until stiff. Mix together the ground almonds and castor sugar, and fold in the egg white. Spoon this mixture over the rice top. Put this dish-under a hot grill for a few minutes until the almonds are crisp and golden. Serve at once. Serves 6

Creamy Bar Sauce

3 bars (58g **or** 2 oz) Bar Ones or Mars Bars

1 can sweetened condensed milk

1 cup pet milk (evaporated milk)

½ teaspoon vanilla extract

Method: Heat the bars and the condensed milk until the chocolate has melted. Remove from heat and stir in the pet milk and vanilla extract. Serve hot. Makes 2+ cups.

Apple Pie with Currants



Pastry

8 oz. short crust pastry

Filling

23½ oz. cooking apples

2½ oz. brown sugar

1/2 cup currants

3 Tbsp water

Method: Peel and core the apples and cut them into chunks. Place a pie funnel in the center of a pie dish. Arrange half of the apples in the dish and sprinkle the sugar over them.

Add the remaining fruits with a 3 tablespoons of water. Cover the pie dish with a rolled out pastry, decorate it and brush the top with milk. Dust with castor sugar. Make a slit in the center of the pastry lid and allow to the steam to escape. Set the pie on a baking tray and bake in the center of oven preheated oven to 400°F for 30 to 40 minutes.

Cooking Tip! For a variation the water may be replaced by orange juice and the grated rind of half an orange. Serves 6

Apple Strudel



8½ oz. all-purpose flour
1 egg
¾ oz. castor sugar
Pinch of salt
2 oz. butter or margarine
Lukewarm water

Filling

2 oz. raisins
2 oz. almonds
24 ½ oz. apples
3 tablespoons bread crumbs
2 oz. butter or margarine
Grated lemon peel
3 tablespoons jam
3 oz. castor sugar

Finishing off

2 oz. butter or margarine, melted
4 tablespoons icing sugar

Method: Sift the flour on the board and make a hole in the center. Add the egg, salt, and butter or margarine, melting over very low heat with 1-2 tablespoons water, and enough lukewarm water to obtain a fairly soft dough. Work the dough quickly and vigorously, form into a ball, cover with a cloth and let stand for 30 minutes.

Soak the raisins in the water for 20 to 30 minutes. Drain and dry.

Soak the almonds in boiling water for few minutes, drain, dry, peel and cut into slivers.

Peel and core the apples and cut into very thin slices.

Sauté the bread crumbs in half the butter or margarine until golden, then let them stand in the pan. Put the dough on a large floured cloth, roll out thinly with a floured rolling pin and spread gently over the back of your hands, pulling and stretching it carefully until it is paper thin and transparent.

Lay it out flat on the cloth and brush with the remaining butter or margarine. Cover with the apple slices, raisins, almonds, bread crumbs and lemon peel. Dot with spoonfuls of the jam and sugar, leaving

a border of dough all around.

Roll out the strudel using the cloth, being careful not to touch the dough with your hands, and press the edges together so that the filling does not come out during cooking. Still holding it by the cloth, put the strudel on the buttered baking sheet and brush with melted butter or margarine and bake at 350°F for 20 to 30 minutes. Remove from oven and let stand for 10 minutes. Transfer to a serving dish and dust with sugar.

Marshmallow Pudding

Batter

2 teaspoons butter, softened
1 cup light brown sugar
2 eggs, at room temperature
3 teaspoons smooth apricot jam
¼ teaspoon nutmeg
½ teaspoon baking soda
½ cup milk
1 teaspoon brown vinegar
1 cup all-purpose cake flour
Pinch of salt

Method: Preheat oven to 350 °F. Grease a 12” deep round baking dish with cooking spray or butter and set aside.

Beat together the butter and the brown sugar for about 3 minutes. Add the eggs, one at a time, beating very well after each addition. Add the apricot jam and nutmeg and beat for another 1 minute. Combine the baking soda, milk and brown vinegar together and stir into the egg mixture. Beat another 2 minutes. Add the flour and salt and beat for 2 more minutes.

Pour into baking dish and bake for 40 to 55 minutes or until skewer or knife comes out clean when pushed into the center of the pudding. Meanwhile make the sauce.

Sauce

1½ cups pet milk (condensed milk)
¾ cup light brown sugar
4 tablespoons butter
½ teaspoon vanilla extract

Sauce Method: Put all the ingredients into a medium sized pot and bring slowly to a boil, stirring continuously. Bring to the boil and cook sauce for 2 minutes. Remove from heat and pour over pudding as soon as it comes out of the oven. Serves 4

Trifle

1 large Swiss roll, sliced

3 tablespoons sherry

1 small can fruit cocktail, strained and juice reserved

1 packet red jelly, prepared with 1 cup boiling water and the reserved juice of the fruit, cooled, but not set

2 cups thick custard

1 small carton cream, whipped till soft peaks form with 2 teaspoons sugar

Method: Line the bottom of a large glass pudding dish with a layer of cake and sprinkle with sherry. Pour over half of the jelly and let stand for about 5 minutes.

Scatter half the fruit cocktail evenly over the jelly mixture and spread half of the custard over the fruit. Refrigerate until jelly has set. Repeat with the other half of the cake, jelly, fruit and custard. Refrigerate until set. Cover trifle with whipped cream and serve. Serves 4-6

Banana Flambé

6 tablespoons butter
¾ cup brown sugar
6 bananas, peeled and sliced lengthwise
1 tablespoon cinnamon
3 oz. banana liqueur
6 oz. white rum
Vanilla ice cream

Method: Melt butter in a chafing* dish. Add brown sugar and blend well. Add bananas and sauté lightly. Sprinkle with cinnamon, and lower flame. Pour rum and banana liqueur over bananas. Ignite carefully, basting bananas with flaming liquid. Serve over ice cream when flame dies out. Serves 6

Note: Bananas must be ripe for this recipe.

*A chafing dish is a container used for keeping cooked foods warm, usually on a buffet or for catering. A chafing dish is typically constructed with a dish for the food situated above a heat source of some kind. Chafing dishes can be set up with a water bath, or [bain-marie](#), between the heat source and the food. This allows the food to be heated more gently.

Chafing dish fuel is typically a solid fuel that comes in a small can and is easily ignited with a match or lighter.

Banana Fritters

4 firm bananas
2 cups beer batter
Oil for deep-frying
½ lemon, (juice only)
½ cup honey
1 pint vanilla ice cream, or 1 cup flavored whipped cream

Method: Peel the bananas and split each into 3 sections lengthwise. Dip the sections into the beer batter; shake off excess batter, and slip the bananas into 350⁰F cooking oil. Cook on all sides, turning carefully, until batter is crisp and golden brown.

Arrange fried bananas on 4 dessert plates and sprinkle with lemon juice and honey. Top with ice cream or flavored whipped cream and serve immediately. If you use whipped cream as a topping, flavor it with a little sugar and almond extract. Serves 4

Biscuit Tortoni

½ cup sugar

1½ cups heavy cream whipped to soft peaks

3 tablespoons amaretto, Marsala, or sweet sherry

½ cup toasted ground almonds

1 egg white, beaten

Method: Add the sugar to the softly beaten cream a little at a time. Beat well to incorporate sugar. Mix in the amaretto or wine and all but 1 tablespoon of the almonds. Fold in the beaten egg white. Using a pastry bag, pipe the cream mixture into biscuit cups or custard cups. Sprinkle reserved ground almonds on top. Freeze until firm, about 3 hours. Remove from freezer about 15 minutes before serving to allow to soften slightly. Serves 4

Bitter Chocolate Pudding

1 1/3 cup all-purpose flour
1 pinch of salt
1/2 teaspoon baking powder
2 eggs
4 teaspoon sugar
2 tablespoons butter
1 cup Marsala or dessert wine
Olive oil
8 oz. ricotta cheese
4 teaspoons orange flower water (bought at supermarkets or bakeries)
1/2 cup diced candied orange or citron
1 oz. bitter chocolate, crushed
Confectioner's sugar

Method: Combine flour, salt, baking powder, 1 egg, sugar, and butter, and mix well. Gradually add enough wine to make a firm dough. Knead until smooth and elastic. Roll into very thin sheets and cut into 12 squares.

Place metal [cannoli tubes](#) diagonally onto each square so the tube divides each square into 2 triangles. Lay points of triangles over tubes so they meet in the middle. Separate remaining egg and use a little of the egg white to moisten, fold over. Press gently to seal.

Heat olive oil in deep pan. (The oil should be 4 cm deep.) Fry cannoli until golden brown, drain well on paper towels, and cool.

Remove metal tubes. Combine remaining part of egg with ricotta cheese, orange flower water, candied orange, and chocolate and blend well. Fill cannoli with cheese mixture. Sprinkle with confectioner's sugar. Serves 6

Brown Pudding

1 egg
7 ½ oz. sugar
4 oz. all purpose cake flour 1 teaspoon salt
2 ½ teaspoons apricot jam
2 ½ teaspoons vinegar
1 teaspoon baking soda
1 cup milk

Sauce

8 oz. margarine
1 cup pet milk
½ cup boiling water
7 oz. sugar

Method: Beat egg and sugar until it is well blended. Sift flour and salt together. Add to the milk and egg mixture. Add apricot jam, vinegar and baking soda, and beat well.

Transfer mixture to an oven proof dish and bake at 325⁰F for about 30 to 40 minutes until well browned. Remove from oven and set aside.

Meanwhile make the sauce. Combine all the sauce ingredients in a medium sized pan and stir over medium heat till well combined. Heat to boiling, remove from heat, and pour over pudding. Serve with the wine sauce.

Caramel Ice Cream

8 egg yolks
1 cup sugar
2 cups milk
2 cups whipping cream
1 vanilla bean, split
1 cup caramel sauce

Method: In a large bowl, whisk egg yolks together with sugar. Set aside. Pour milk and cream into saucepan, add split vanilla bean. Heat just to boiling point to scald, then remove pan from heat. Pour a little scalded milk and cream into egg mixture; stir gently. Gradually add and mix in remaining milk and cream. Return pan to stove, cook over medium to low heat, stirring constantly until mixture coats wooden spoon. Strain into bowl over ice. Stir in caramel Sauce. Freeze in ice-cream maker, according to directions. Serves 6

Caramel Sauce

1 cup sugar
 $\frac{3}{4}$ cup whipping cream
3 tablespoons unsalted butter, cut in small pieces

Method: Combine the sugar and butter in a medium saucepan over low heat and stir constantly till butter is melted. Cook gently for 10-15 minutes and add cream slowly to mixture in saucepan. Cook for a further 2 minutes and remove from heat.

Chocolate Mousse

½ cup brewed coffee
1¼ cups half-and-half
6 oz. semisweet chocolate, cut into small chunks
3 tablespoons butter
½ cup all purpose cake flour
4 egg yolks
½ cup sugar
¼ teaspoon salt
6 egg whites
¼ teaspoon cream of tartar

Method: Heat the coffee and half-and-half almost to a boil. Remove from heat and stir in the chocolate until melted. Heat the butter to bubbling. Stir in the flour thoroughly.

Remove from heat and add the chocolate mixture, stirring well. Beat the egg yolks with 3 tablespoons sugar and the salt. Stir into the chocolate mixture. Set aside to cool. Preheat oven to 400°F. Beat the egg whites with the cream of tartar until soft peaks form. Add the remaining 1 tablespoon sugar and beat until incorporated. Fold the egg whites into the cooled chocolate mixture. Prepare 4 individual soufflé cups by buttering the bottoms and sides, then swishing 1 teaspoon granulated sugar into each. Pour out any excess sugar. Place the batter in cups and bake in preheated oven for 25 to 30 minutes, or until well puffed and lightly browned. Serve immediately.

Cremora Tart

1 package square tennis or tea biscuits
1 can sweetened condensed milk
¼ cup water
2 cups Cremora or coffee creamer
2 teaspoons lemon juice

Method: Line a round tart dish with the tennis or tea biscuits. Combine the sweetened condensed milk, water, Cremora or coffee creamer and lemon juice, and mix well. Pour the mixture over the biscuits and refrigerate for 1 hour before serving. Serves 6

Creamy Almond Apricot Tart

2 cups plus 2 tablespoons all-purpose flour
1 teaspoon salt
½ cups plus 1-1½ teaspoons sugar
15 oz. unsalted butter
24 fresh apricots
4 egg yolks
3 tablespoons whipping cream
2/3 cup ground almonds
2/3 cup confectioners' sugar
1 egg
2 teaspoons brandy
1 tablespoon cornstarch
½ cup milk
1 lemon peel
3 drops vanilla extract

Method: To prepare the pate royale, sift 2 cups flour onto a work surface and make a dent in the center. Place the salt, 1-½ teaspoons sugar, 14 oz. butter, 2 egg yolks, and cream in the dent. Mix the liquid ingredients in the dent with your fingertips, gradually incorporating the flour. Knead with the heel of your palm to obtain a smooth dough. Work the dough as little as possible. Chill the dough at least 30 minutes before rolling out.

Meanwhile, prepare the almond cream by creaming 6 tablespoons butter and beating in the almonds and confectioner's sugar. When the cream mixture is well blended, whisk in the egg. Beat in the brandy and the cornstarch, whisking until the mixture is light and smooth. Set aside.

To make the pastry cream, boil the milk with the lemon peel and vanilla extract. Whisk together the remaining 2 yolks, the remaining ½ cup sugar, and the remaining 2 tablespoons flour.

Pour the hot milk into the yolk mixture, whisking constantly, and return mixture to saucepan. Boil vigorously for 3 minutes, stirring continuously to prevent scorching. Remove from heat, add remaining butter, and leave to cool.

Preheat oven to 375°F. Remove chilled pate royale from the refrigerator and roll out to 1/8 inch thickness. Line a 9-inch flan ring or French tart pan with the pastry dough. Combine the almond cream with the cooled pastry cream and spoon the mixture into the pie shell.

Plunge the apricots into boiling water for 30 seconds; rinse under cold water. Slice each apricot into 4 wedges and arrange them on top of the filling in a decorative pattern. Bake in oven for 25 to 30 minutes or until the almond filling is puffed and browned. Serves 4

Creamy Chocolate Hazelnut Mousse

5 egg yolks
1 cup sugar
2 tablespoons Frangelico (hazelnut liquor)
8 oz. semi-sweet baking chocolate
½ cup whipping cream
8 oz. soft butter
3 egg whites
1/2 cup chopped hazelnuts

Method: Beat the egg yolks and sugar together. Place over a hot [Bain Marie](#) (water or double boiler). Continue beating until hot to the touch and the sugar is dissolved. Add Frangelico and set aside to cool.

Melt the chocolate and cream over the Bain Marie. Remove from heat and whip in the soft butter. Pour the chocolate into the yolks. Lightly whip ½ cup cream and fold into the mousse mixture. Lightly whip the egg whites and fold into the mousse. Add roasted, chopped hazelnuts just before serving. If you wish, you may pour a little additional unsweetened cream over the mousse before serving. Serves 6

Custard Slices

1 packet cream crackers or square unsalted crackers
3½ cups plus ½ cups milk
7 oz. sugar
1.5 oz. butter or margarine
3 eggs (Separated)
1 teaspoon vanilla extract
1.7 oz. cake flour
2.6 oz. corn flour
2 teaspoons custard
½ teaspoons salt
2 teaspoons cold water
10 oz confectioner's (icing) sugar

Method: Line a square 22 cm pie tin or dish with the crackers and set aside.

Bring milk to a boil. Separate the eggs. Combine the ½ cup milk, sugar, butter or margarine, egg yolks, vanilla extract, cake flour, corn flour, custard salt and cold water. Pour a little hot milk into the flour batter and transfer back into the pot of milk.

Turn down the heat and stir until custard is thick and coats the back of a wooden spoon. Remove from heat and beat egg whites till stiff. Fold egg whites into custard mixture and pour custard over crackers.

Place another layer of crackers on top and pour icing over it. Refrigerate for 3+ hours before serving.
Serves 6

Icing Method: Combine sugar with a little warm water and stir quickly.

Grandma's Milt Tart

Pastry

2½ cups cake flour

½ teaspoon salt

4 oz butter, diced

½ teaspoon lemon rind, finely grated

¾ cup ice cold water

Method: Preheat oven to 350°F. Grease a 9 inch pie dish with nonstick spray or butter and set aside.

Prepare the crust: Place the flour, salt and butter and lemon rind in a food processor and pulse until it resembles fine breadcrumbs. Add just enough water to bind the ingredients.

Turn pastry out on a floured surface and shape into a ball. Cover with saran wrap and refrigerate for one hour. Remove from fridge and let it set until it reaches room temperature. Carefully roll out pastry and line the pie plate, being careful not to stretch the pastry. Return to fridge until the filling has been prepared.

Filling

2 cups milk

1 tablespoon corn starch

3 tablespoons all purpose cake flour

5 tablespoons sugar

½ teaspoon salt

4 extra-large eggs at room temperature and separated

Ground cinnamon for dusting

Method: Heat the milk and bring it slowly to a boil. Mix a little of the milk with the corn starch, cake flour, sugar, salt and egg yolks to make a smooth paste. Stir in the remaining milk, stirring continuously until mixture thickens.

Remove from heat and add the butter. Whisk the egg whites till soft peaks form and fold it into the milk mixture. Spoon into the prepared pastry case and bake for 10 minutes; reduce temperature to 300°F and bake for another 15 minutes. Sprinkle with cinnamon and serve hot or cold.

Serves 6.

Granny's Old Fashioned Vanilla Ice-Cream

2-1/4 cups sugar
1/4 cup plus 2 tablespoons all purpose cake flour
1/2 teaspoon salt
5 cups milk
4 eggs, beaten
4 cups whipping cream
2 tablespoons vanilla extract

Method: Combine sugar, flour, and salt in a saucepan. Gradually stir in milk. Cook over medium heat approximately 15 minutes or until thick, stirring constantly. Gradually stir about 1 cup of hot mixture into the beaten eggs. Add egg mixture to remaining hot mixture, stirring constantly. Cook 1 minute; remove from heat. Refrigerate 2 hours.

Combine whipping cream and vanilla in a large bowl; add chilled mixture, stirring with wire whisk to combine. Freeze as directed. Makes 4 quarts

Mille-Feuille



26 oz. [puff pastry](#)

Custard

4 egg yolks

4 tablespoons castor (“superfine” in USA) sugar

1 small glass Marsala wine

Method: Roll out puff pastry very thinly between two sheets of wax paper and cut into four 7 x 13 inch rectangles. Lay the dough on dampened baking sheets and prick with a fork. Bake in a preheated 400° F oven for 10 - 15 minutes, until golden brown and crisp. Remove from the oven and cool.

Meanwhile, prepare the custard. In a bowl, using a wooden spoon, beat 4 eggs yolks and castor sugar for about 15 minutes, and stir in the glass of Marsala a little at a time. Cook the custard, stirring constantly over medium heat until it thickens without letting it boil. Remove the custard from heat and let it cool.

Put 1 rectangle of pastry on a serving dish, cover with custard, then another rectangle of pastry and cover with custard. Repeat in this manner. Sprinkle with icing sugar just before serving. Serves 6

Pears in Butterscotch

3 fresh pears, peeled, halved and cored
1 tablespoon sugar
2 sheets rough [puff pastry](#)
1 large egg, beaten
8 oz. butter
 $\frac{3}{4}$ cup butterscotch topping
3 oz. brandy, heated
4 cups ice cream
2 tablespoons shredded coconut

Method: Preheat oven to 350⁰F. Sprinkle pear halves with sugar. Cut pastry sheets into four pieces. Wrap pears in pastry then coat with beaten egg.

Bake for 30 minutes or until pastry is golden brown. Pears should be cooked through, but still firm. Place on warmed serving plates.

Blend butterscotch with butter remaining in the pan until creamy. Add warmed brandy and ignite.

Place 1 scoop of ice cream in each dessert dish. Top with pear half and ladle over butterscotch sauce. Garnish with a sprinkling of coconut.

Puff Pastry



1½ cups sifted all purpose cake flour and more for rolling

8.8 oz. salted butter

½ teaspoon salt

1 teaspoon baking soda

1 tablespoon ice-cold water

Method: Place the flour in a bowl. Make a dent in the center; place butter, salt, baking soda and ice water inside the dent. Mix by hand until dough forms walnut size pieces. Refrigerate until ready to use.

Rum and Banana Flambé

6 tablespoons butter
¾ cup brown sugar
6 bananas, peeled and sliced lengthwise
1 tablespoon cinnamon
3 oz. banana liqueur
6 oz. white rum
Vanilla ice cream

Method: Melt butter in a chafing dish. Add brown sugar and blend well. Add bananas and sauté lightly. Sprinkle with cinnamon and lower flame.

Pour rum and banana liqueur over bananas. Ignite carefully, basting bananas with flaming liquid. Serve over ice cream when flame dies out. Serves 6

Note: Bananas must be ripe.

Strawberry Soufflé

1 pint fresh strawberries, sliced
¾ cup fresh pineapple, peeled, cored, and diced
butter
Granulated sugar
4 egg whites
1 (3-¾ ounce) package instant vanilla pudding mix
¾ cup maraschino liqueur

Method: Combine the fruits and set aside for the flavors to blend.

Preheat oven to 350°F. Butter four individual 4-inch soufflé dishes and sprinkle the bottoms with sugar; set aside.

Beat the egg whites until stiff. Stir the pudding mix and liqueur together and carefully fold into the egg whites. Ladle 2 to 3 ounces of soufflé mixture into each soufflé dish. Add some fresh fruit mixture and top with additional soufflé base. Bake in preheated oven 15 to 20 minutes, or until golden brown. Serves 6

Strawberry Tartlets

Crust

5 oz. all-purpose flour

Pinch of salt

3 oz. butter

1 teaspoon castor (“superfine”) sugar

1 egg yolk

1½ - 2 tablespoons cold water

Filling

8 oz. strawberries

Fruit glaze

Method: Make the rich short crust pastry and set aside in the refrigerator to chill.

Line the pastry onto small tartlet tins and bake about eight minutes in a preheated oven of 400°F.

Hull in the strawberries and keep one aside.

Warm the glaze but do not boil. Brush the cases with the jelly; arrange strawberries in cases and brush again with the jelly. The amount of glaze should be generous so that it fills the tins and keeps the strawberries in place. Serves 6

Drinks

Champagne Cocktail

1 medium-size ripe peach
1 teaspoon extra-fine sugar
½ cup plus 2 tablespoons champagne
Double cream, (optional)

Method: Peel the peach, cut in half, and remove the pit. Place the peach halves with the sugar in a blender and blend at high speed for 2 seconds.

Add the champagne and blend at high speed 5 seconds. Pour into a chilled champagne glass and serve at once. Serves 4

Note: You can top up each glass with cream prior to serving.

Cream Liqueur

1 can sweetened condensed milk
½ cup fresh cream (cup)
½ cup whiskey
½ cup brandy
2 egg yolks
2 oz. dark chocolate, melted
2 ½ teaspoons vanilla extract

Method: Mix all ingredients in a blender. Beat for 15+ minutes. Chill before serving. Makes 3 cups

Easy Ginger Beer

9 – 13 cups water
8 lbs. sugar
4 teaspoons Jamaican ginger
4 teaspoons dry yeast

Method: Combine all the ingredients except the yeast.

Dissolve yeast in a little water and add to ginger beer mixture. Pour in plastic containers such as milk and soda bottles*. Tighten the caps well. Stand overnight at room temperature and then put in the fridge.

*Caution: Avoid glass bottles. They can burst from the gas pressure produced by the fermenting yeast.

Sangria

- 1 bottle champagne (3 cups)
- 2 bottles white wine (6 cups)
- 1 cup brandy
- 1 lemon, cut in thin slices
- 2 bananas, cut finely
- 1 large can of pineapple pieces, cut into thin pieces, with juice reserved
- 3.5 oz [granadilla](#) pulp
- 4 liters Sprite® cool drink

Method: Mix all the ingredients, except the Sprite® together in a large container. Seal and keep in refrigerator overnight. Just before serving, add the Sprite®. Makes just over 5 ½ quarts.

About the Author



Diane Kirsey grew up in South Africa, mostly in Johannesburg.

Being extensively involved with the preparation of food at a very young age, she was introduced to the preparation of various cuisines. Her passion of food was born from her love of experimenting with food and creating smorgasbords of culinary delights that enthusiastic food lovers in her circle (family and friends) boasted about and always came back for more, expecting yet another culinary marvel.

She has introduced her own style and flair of creativity in the dishes she creates.

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