

Soetsuurdeeg Brood



Hier volg Earle en sy Patricia se familieresep:

Om en by 15:00 op die dag voor bakdag:

Gooi 1 teelepel sout, 3 t suiker en een kleinerige fyn gerasperde aartappel in 'n 3 tot 4 liter-(ver kieslik)-emaljekastrol of emmer met digpassende deksel. Gooi hieroor 5 koppies kookwater en laat afkoel totdat dit nie meer stoom afgee nie.

Gooi nou hieroor versigtig laag vir laag, volgraan en brood- of koekmeel (3 k volgraan, $1\frac{1}{2}$ k brood- of koekmeel). Sit die deksel op en plaas die houer in 'n hooikis. Hierin moet dit heelnag lekker snoesig broei.

Om en by 06:00 die volgende oggend:

Die "suurdeeg" moet nou skuimerig wees. Roer deur en voeg nog $2\frac{1}{2}$ k volgraan en $1\frac{1}{2}$ k koek- of broodmeel by. Dit sal nou die konsistensie van stywe hawermoutpap hê. Plaas die kastrol./emmer met deksel en al in 'n vlak bakpan in 'n louterige oond (verhit tot so 70° C en skakel af). Laat staan in oond totdat die deksel begin lig.

Meng intussen 2.5 kg wit (brood- of koek-)meel en die res van die pak volgraan in jou knieskottel. Voeg by 8 t fynsout. Maak 'n holte in die meel en gooi die skuimende suurdeeg daarin. Knie met louwater en 250 g Stork Bake-margarine tot 'n redelik

stywerige deeg.

As jy boerbeskuit wil bak, knie nog 250 g margarien in en maak dan balletjies wat halfpad so hoog soos die broodpan is. Smeer die hande deurentyd met margarien. Smeer margarien bo-oor en maak toe met plastieksakke en afdroogdoeke bo-op die plastiek. Plaas in lout (± 70° C) oond (afgeskakel). Laat rys tot panne amper vol is, haal uit en verhit oond tot 180° C. Smeer 'n mengsel van 1 eier en 'n bietjie melk bo-op die deeg net voordat die panne in die verhitte oond geplaas word. Bak vir 1 uur tot 1 uur 10 min.

Hierdie bestandele sal ongeveer 6 middelslag-brode lewer en kan gehalveer word indien verkies, maar bak altyd genoeg sodat die bure ook in die vreugde kan deel!

Smoky Grilled Vegetable Torte



Ingredients

1/2 cup olive oil

4 cloves garlic, minced

1 16 ounce tube refrigerated cooked polenta, sliced 1/2 inch

thick

2 medium red, green, and/or yellow sweet peppers, quartered and seeded

2 fresh portobello mushrooms, stems removed

1 large eggplant, bias-sliced 1/4 inch thick

1 medium zucchini, bias-sliced 1/4 inch thick

1 medium yellow summer squash, bias-sliced 1/4 inch thick

Salt and ground black pepper

1 1/2 cups shredded smoked Gouda cheese (6 ounces)

1/2 cup lightly packed fresh basil leaves

1 cup halved pear, grape, or cherry tomatoes

Directions

In a small saucepan heat olive oil and garlic over medium heat until fragrant and garlic is translucent but not browned; remove from heat and set aside.

Place polenta, sweet peppers, mushrooms, eggplant, zucchini, and summer squash on large baking sheets. Brush polenta and vegetables generously with the garlic oil. Season with salt and pepper. For a charcoal grill, grill polenta slices over medium coals for 4 to 5 minutes on each side or until polenta is lightly browned and heated through, using a metal spatula to carefully turn slices. Grill vegetables directly over medium coals for 4 to 6 minutes or until tender, turning once. (Grill in batches, if necessary.) (For a gas grill, preheat grill. Reduce heat to medium. Place polenta and vegetables on greased grill rack over heat. Cover and grill as above.) Remove from heat and let cool slightly. When cool enough to handle, slice mushrooms.

In a 9-inch springform pan layer grilled vegetables and polenta, starting with eggplant. Sprinkle some of the cheese and a few basil leaves over each layer. Press to compact the layers. Top with tomatoes, more basil leaves, and the remaining cheese. Place torte in a foil pan or wrap the outside of the pan with a double layer of foil. Grill torte over medium-low coals for 15 to 20 minutes or until heated through. (For a gas grill, reduce heat to medium-low. Place torte on grill rack directly over heat. Cover and grill as

above.)

Cool on a wire rack for at least 15 minutes. Remove outer ring of springform pan. Use a sharp serrated knife to cut into wedges. If desired, garnish slices with additional basil leaves.

Easy Home made Apple fritters



1 cup all purpose flour
1/4 cup sugar
3/4 teaspoon salt
1 1/2 teaspoons baking powder
1 teaspoon cinnamon
1/3 cup milk
1 egg
1 cup chopped apple

Glaze:

- 2 cups powdered sugar (icing sugar)
- 1 1/2 tablespoons milk

Combine flour, sugar, salt, baking powder, cinnamon. Stir in milk and egg until just combined. Fold in apple. Pour oil into skillet so that it is approximately 1 1/2 deep. Heat oil on high. Oil is ready when a little dough thrown in floats to

top. Carefully add dough to oil in heaping teaspoons. Cook until brown, about 2 minutes, then flip. Cook another 1-2 minutes, until both sides are browned. Transfer briefly to paper towels to absorb excess oil, then transfer to cooling rack. Make glaze by stirring milk and powdered sugar together in a small bowl. Drizzle over apple fritters. Wait approximately 3 minutes for glaze to harden, then flip fritters and drizzle glaze over the other side. Best served warm.

Caramel frosting



Next time you bake a chocolate cake, try this Caramel Frosting!!!

Salted Caramel

~wonderful for endless desserts! You will use one cup of this caramel Sauce for your caramel frosting...don't skip this part of the recipe!

Salted Caramel

1 cup sugar

4 tablespoons water

2 tablespoons light corn syrup

1/2 cup heavy cream

2 tablespoons butter

1/2 teaspoon lemon juice

1/2 teaspoon salt, kosher or sea

1. Combine the sugar, water, and the corn syrup in a large saucepan and stir with a wooden spoon over medium heat until sugar is dissolved.

2. Cover the saucepan and let it cook over medium heat for 3 minutes.

3. After 3 minutes, remove the lid, increase the heat to medium-high, and bring to a boil.

4. Do not stir from this point on, but instead swirl the liquid around the pan so that the caramel doesn't burn.

5. Continue to cook until the caramel turns an even amber color then remove from the heat and let stand for about 30 seconds.

6. *** Be careful here *** Pour the heavy cream into the mixture. The mixture will bubble up significantly and is very hot.

7. Stir the mixture, again being careful. Add the butter, lemon juice, and salt. Stir until combined.

8. Measure 1 cup into a Pyrex measuring cup. Stirring occasionally, allow to cool until thick like molasses and warm to the touch, about 20 minutes. Save any extra in a sealed container in the refrigerator. It is delicious on ice cream, not to mention your finger...

Salted Caramel Frosting

1c butter at room temperature

240g of cream cheese

3-4 cups sifted powdered sugar

1 cup salted caramel

1. Beat butter and cream cheese at medium speed until creamy.

2. Add 2 cups of the powdered sugar into the butter/cream cheese mixture and beat to combine.

3. Add 1 cup of the salted caramel and beat to combine.

4. Add additional powdered sugar until the frosting is the sweetness and consistency you desire.

Enjoy!

Vlerksleep



VLERKSLEEP: [HUISGENOOT]

BRAAISOUS:

1 l vars lemoensap
sap van 1 suurlemoen
1 blik (410g) tamatie-en-uiesmoor
1 bottel "hot" chutney
250 ml goue bruinsuiker
30 ml olyfolie
15 ml worcestersous
2 ml tobascosous
1 ui, fyngekap
2 knoffelhuisies, fyn gekap

VLERKIES:

6 – 8 vlerkies per person
goue bruinsuiker
sout

MAAK SO:

Meng al die bestanddele vir sous minstens 2 uur voor jy braai en hou eenkant.

Pak die vlerkies op n braairooster oor matige kole en dieselfde kante na bo. Draai vlerkies om wanneer hulle geel

van kleur word. Braai verder en gaan voort om hulle elke nou en dan om te draai tot mens die vetsousie onder die vel kan sien borrel.

Doop elke vlerkie nou in die sous en plaas terug op die rooster. Hou hulle fyn dop dat dit nie brand nie. Elke keer as hulle omgedraai word, word dit in die sousie gedoop.

Strooi bietjie bruinsuiker en sout na smaak oor die vlerkies as jy dit afhaal van die kole. Sit warm voor.

Fudge



1 blik kondensmelk
2 eetlepels stroop(30 ml)
1 kg suiker
1 koppie melk
6 eetlepels botter(90 g)
1 1/2 teelepel vanilla
Sout

Meng melk, suiker en stroop

Roer tot smelt oor stadige hitte

(Wees maar geduldig – dis die belangrikste stap in die resep. Die suiker moet gesmelt wees, anders is fudge korrelrig en nie smooth nie.)

Voeg botter, kondens en sout by. Kook vir 20 minute op med

hitte

Haal af van hitte en voeg vanilla by

Klop vir 5 minute – as kinders het ons dit met die houtlepel geklop, maar ek sit deesdae my hand held elektriese klitser in.

Gooi uit in gesmeerde pan

Sny voor koud is.

Is jeeeeeeeerlik – smelt innie mond

Lasagna Cups



yield: 12 CUPS prep time: 1 HOUR cook time: 1 HOUR total time: 2 HOURS

INGREDIENTS:

for the sauce-

2 tablespoons olive oil

1/2 large onion

1/2 pound lean ground beef cooked and drained

1/2 red bell pepper, chopped

1 small zucchini, diced

2 cloves garlic, minced

1-6 oz. can tomato paste

1-8 oz. can tomato sauce {+1/2 can water to wash out can}

1-14.5 oz. can diced tomatoes

1 tablespoon dried basil

1/2 tablespoon dried oregano
1 bay leaf
1 teaspoon sugar
salt & pepper to taste

for the cheese filling-

1-10 oz. tub Philadelphia Italian Herb & Cheese Cooking Cream
1/3 cup grated parmesan cheese
3/4 pound mozzarella cheese, grated & divided
1/3 cup ricotta cheese
1/2 teaspoon pepper
1 egg

21 lasagne pasta sheets

DIRECTIONS:

For the sauce- heat olive oil over medium heat and saute onions, pepper, zucchini and garlic until tender, 5 minutes. Stir in cooked ground beef and tomato paste until well incorporated. Stir in remaining ingredients and bring to simmer. Reduce heat to low and cook 30 minutes or so. {The longer it cooks, the better it will taste!} This will be very thick.

For the cheese filling- stir all ingredients together excluding half of the grated mozzarella cheese. Set aside.

For the pasta- Bring large pot of salted water to boil. Cook pasta sheets 2 minutes less than package directions and drain. Place pasta on greased baking sheet until you are ready for assembly.

For assembly- Preheat oven to 350 degrees. Line 12 jumbo muffin tins with squares of parchment paper. If they don't stay in on their own, that's ok—the pasta will help with that. Line the edges of the muffin tins with 1 pasta sheet per cup. {Pasta sheet will overlap about 2 inches.} Spoon about 1/2 tablespoon of sauce into the bottom of each cup {#1}. Next cut 9 pasta sheets into quarters and press one of these pieces of

pasta into the bottom on top of the sauce {#2}. Top pasta sheet with a generous tablespoon of sauce {#3} and then a generous tablespoon of cheese filling {#4}. Repeat this pasta-sauce-cheese layering one more time being sure to press out any air bubbles. Top these lasagna cups off with a 3rd piece of pasta, more sauce and the remaining mozzarella cheese. Bake for 25-30 minutes or until everything is hot and bubbly. Serve hot.

Glazed Onions and mushrooms



I have just finished the magazine article for O'Henry's Christmas issue where they featured some of my favorite Christmas recipes. THE CIPOLLINI: [BABY OR PICKLED ONIONS]

16 Cipollini onions, trimmed
water

2 tsp olive oil

1 tsp sugar

3/4 tsp salt

THE MUSHROOMS:

1 tsp olive oil

8 oz white mushrooms. quartered

8 oz cremini or baby bella mushrooms, quartered

3-4 tsp red wine

salt and ground black pepper

WHAT TO DO:

In a small wide-bottomed saucepan, cover onions completely with water. Add olive oil, sugar and salt. Bring to a simmer and cook until onions are tender and water has evaporated. If water evaporates before onions are tender, add a bit more water. Once water has evaporated, continue cooking until onions are well browned and glazed.

In a separate skillet, heat olive oil and add mushrooms. Saute until golden. Deglaze with red wine and cook until wine is evaporated. Season with salt and freshly ground black pepper. Add onions, toss, and serve.

LikeLike ·

Cannelloni met Spinasie, botterskorsie en feta



Genoeg vir: 6

Bereidingstyd: 45 minute

Gaarmaaktyd: 1 uur

Oondtemperatuur: 180 °C

- 80ml olyfolie
- 1 groot ui, gekap
- 500g (1 pakkie) botterskorsie, geskil en in klein blokkies

gesny

- 1 pakkie of bossie spinasie, gewas en skoongemaak
- 200g feta
- 2ml vars gemaalde neutmuskaat

Tamatiesous

- 4 knoffelhuisies, gekneus
- 2 blikkies pruimtamaties, gekap
- 15ml vars basilie (5ml gedroog)
- 10ml vars origanum (3ml gedroog)
- 16-20 cannelloni-buise
- 500ml klaargemaakte kaassous (resep hieronder)
- 250ml gerasperde mozzarella

1 Verhit 50ml olyfolie in 'n kastrol en soteer die ui vir twee minute. Voeg die botterskorsie by en roer goed. Sit 'n deksel op en kook oor lae tot matige hitte vir sowat 10 minute totdat die botterskorsie amper sag is. Roer af en toe sodat dit nie vassit nie. Voeg die spinasie by en sit die deksel op sodat die spinasie kan stoom. Haal van die plaat af sodra die blare verlep het en roer die feta en neutmuskaat by.

2 Tamatiesous Verhit die res van die olie in 'n kastrol en voeg die knoffel by. Roer vir 30 sekondes en voeg dan die tamaties, kruie en 210ml water by. Laat kook, stel die hitte laer en prut vir 10 minute sonder die deksel. Geur na smaak met sout, 'n bietjie suiker en vars gemaalde swartpeper. Skep in 'n gesmeerde oondpan.

3 Skep die botterskorsie-vulsel in die cannelloni-buise en maak seker dat hulle heeltemal vol is. Sit die cannelloni-buise in die tamatiesous in die oondpan. Gooi die kaassous oor die buise en strooi mozzarella oor. Bak in 'n voorverhitte oond vir sowat 30 minute tot sag en goudbruin.

GOEIE IDEE Hou altyd 'n pakkie klaar kaassous in die koskas vir wanneer jy te min tyd het om die sous te maak.

Easy Cola Cake Recipe



[Magda Mark Hayward](#)

Sjoe wanneer laas het n tjoklit koek so lekker gelyk

Ingrediens:

1 cup butter

1/3 cup cocoa

1 cup cola soft drink

2 cups all-purpose flour

1 1/3 cups sugar

1 teaspoon baking soda

2 large eggs

1/2 cup buttermilk

1 teaspoon vanilla extract

1 1/2 cups miniature marshmallows

Chocolate Cola Icing (recipe below)

Preparation:

Combine first 3 ingredients in a medium saucepan over medium heat, stirring until butter melts. Remove from heat.

Combine flour, sugar, and baking soda in a large bowl; stir in butter mixture. Add eggs, and stir until blended. Stir in buttermilk, vanilla, and marshmallows.

Pour into a lightly greased 13- x 9-inch baking pan. Bake at 350° for 25 to 30 minutes or until a pick inserted in center comes out clean. Remove from oven; spread Chocolate Coca-Cola Icing over warm cake.

Note: Prepare the icing during the last 10 minutes of baking so it is ready to spoon onto the warm cake.

Chocolate Cola Icing Recipe

1/2 cup butter

1/4 cup cocoa

1/3 cup cola soft drink

3 cups powdered sugar

1/2 teaspoon vanilla extract

1 cup chopped pecans

Preparation

Combine first 3 ingredients in a medium saucepan over medium heat, stirring until butter melts. Remove from heat; stir in powdered sugar, vanilla, and pecans. Spoon immediately over warm cake.