

Buttermilk scones

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Ingredients

- 3 1/2 cups self-raising flour
- 2 tablespoons caster sugar
- 60g butter, chopped
- 1 1/2 cups buttermilk
- jam and whipped cream, to serve

▪ Method

1. Step 1

Preheat oven to 220°C/200°C fan-forced. Grease and flour a 8cm-deep, 19cm (base) square cake pan.

2. Step 2

Place flour, sugar and a pinch of salt in a large bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.

3. Step 3

Make a well in the centre. Add buttermilk. Using a flat-bladed knife, stir until dough almost comes together. Place on a lightly floured surface.

4. Step 4

Knead gently until dough comes together. Press out to a 3cm-thick round. Dip a 5cm round cutter into flour to prevent dough sticking. Cut out scones. Gently press leftover dough pieces together and repeat to make a total 16 scones.

5. Step 5

Place scones, touching, in prepared pan. Bake for 15 to 17 minutes or until light golden and hollow when tapped on top. Serve with jam and cream.

Beef and ale pies



- 2 tablespoons extra virgin olive oil
- 1kg beef brisket, trimmed and cut into 2cm pieces
- sea salt and cracked black pepper
- plain (all-purpose) flour, for dusting
- 1 brown onion, chopped
- 2 cloves garlic, crushed
- 2 stalks celery, trimmed and finely chopped
- 4 bay leaves
- 1 tablespoon tomato paste
- 1 tablespoon balsamic vinegar
- 2 $\frac{2}{3}$ cups (660ml) pale ale beer
- 1 cup (250ml) beef stock
- 1 tablespoon brown sugar

pastry

- 150g butter, chopped
- $\frac{2}{3}$ cup (160ml) water
- 2 $\frac{1}{2}$ cups (375g) plain (all-purpose) flour
- $\frac{1}{2}$ teaspoon sea salt flakes
- 1 egg, lightly beaten

Heat 1 tablespoon of the oil in a large, heavy-based saucepan over high heat. Sprinkle the beef with salt and pepper and

dust with flour. Cook, in batches, for 3–4 minutes each side or until browned. Remove from the pan and set aside. Heat the remaining oil in the pan. Add the onion, garlic and celery and cook for 5 minutes or until softened. Return the beef to the pan with the bay leaves, tomato paste, vinegar, beer, stock and sugar and bring to the boil. Reduce heat to low, cover with a tight-fitting lid, and cook for 3–3½ hours or until tender. Remove the beef from the cooking liquid and use 2 forks to shred. Discard any fat. Return beef to the pan and mix with the cooking liquid. Allow to cool completely. Preheat oven to 200°C (400°F). To make the pastry, place the butter and water in a saucepan over high heat and bring to the boil. Remove from the heat and stir in the flour and salt until a smooth dough forms. Turn the dough out onto a lightly floured surface and knead until smooth and elastic. Roll the pastry out to 2mm-thick and cut out 4 x 16cm rounds. Line 4 x 9½cm-round lightly greased pie dishes with the pastry. Divide the beef mixture between the pastry cases. Cut out 4 x 12½cm rounds from the remaining pastry and use to top pies. Press the edges to seal and trim the excess pastry. Use a small, sharp knife to cut a slit in the top of the pies. Brush with the egg and cook for 30–35 minutes or until the pastry is cooked through and golden. Makes 4.

Salt and Vinegar Potatoes



Ingredients

1lb potatoes – sliced lengthwise to 1/4 in thickness (I use fingerlings)

2 cups white or malt vinegar
Extra virgin olive oil
Kosher Salt
Pepper

Directions

1. In a small pot, combine the potato slices and vinegar. Bring to a boil, then lower the heat and simmer until fork-tender, about 8 minutes. Let cool in liquid for 30 minutes. Then drain well and pat potatoes dry with paper towels.

2. Preheat the broiler with a rack about 6 inches below the heat source. Dump the potato slices onto a sheet pan, sprinkle very generously with olive oil, salt and pepper, and toss to coat. Arrange the potato slices in a single layer. Broil until lightly browned on top, about 7 minutes. Then flip the slices and broil until the underside is lightly browned, about 5 minutes more. Serve warm.

Plat aartappels alla Marieta



Marieta van Bladeren

Plat aartappels alla Marieta. Ek kook baba aartappels tot sag. Druk aartappels plat. Sit olyfolie, knoffelhuisies , roosmaryn en aartappels in oondpan en bak by 200 grade tot crispy. Ek draai dit so paar maal om. Is jeeeeerlik. Daai roosmaryn en knoffel ruik heerlik innie huis.



Tomato and Camembert Tart



Tart Dough:

1 1/2 cup(s) all-purpose flour
6 tablespoon(s) (3/4 stick) cold unsalted butter , cut into 1cm pieces
1/2 teaspoon(s) salt
1/2 teaspoon(s) coarsely ground pepper
2 tablespoon(s) (add more as needed) extra-virgin olive oil
1 tablespoon(s) water

Tart:

1 tablespoon(s) Dijon mustard
1/2 cup(s) grated Gruyère cheese
4 plum tomatoes, cut into 1/2-inch slices and seeds removed
180g Camembert cheese, sliced into 1/8-inch strips
1/2 cup(s) extra-virgin olive oil
1/4 cup(s) fresh parsley, chopped
1/4 cup(s) fresh basil, chopped
1 teaspoon(s) fresh rosemary, finely chopped
1 tablespoon(s) fresh thyme leaves
1 small bay leaf, finely crumbled
1 clove(s) garlic, minced

Directions

1. Make the tart dough: Using a pastry blender or 2 knives, combine the flour, butter, salt, and pepper until mixture resembles coarse meal.
2. Using a fork, mix in 2 tablespoons of the oil and the water just until the bottom of the mixture begins to cling together. If necessary, add an additional tablespoon of oil.

3. Gather into a ball, flatten into a disk, wrap in plastic wrap, and chill for 30 minutes.

4. Bake the tart: Preheat oven to 190 degrees C. Roll out the chilled dough into a 35cm circle and place it into a tart pan; set aside.

5. Spread the mustard over the bottom of the tart shell. Sprinkle the Gruyère evenly over the mustard and alternately place the tomato and Camembert over the Gruyère.

6. In a small bowl, mix the remaining 1/2 cup of extra-virgin olive oil, all of the herbs, and the garlic together and brush two-thirds of the mixture over the tart. Bake on the middle shelf of the oven for 35 minutes.

7. Remove the tart and brush it with the remaining oil. Serve warm

Source: countryliving.com

Focaccia met baba-aartappels en geroosterde knoffel



Genoeg vir: 4-6

Bereidingstyd: 40 minute, plus rystyd

Bak: 40 minute

Oondtemperatuur: 220 °C

- 500g (900ml) witbroodmeel
- 10g droë kitsgis
- 20ml suiker
- 10ml growwesout

Vulsel

- 50 ml ekstrasuiwer olyfolie
- 250 g halfgaar baba-aartappels, middeldeer gesny

- 12 huisies knoffel, geskil
- 80 g chorizo-wors
- 80 g chèvre (bokmelkkaas)
- takkies vars roosmaryn
- 30 g vars roket

1 Sit die meel in 'n groot bak. Meng die gis, suiker en 30ml meel met 125ml warm water in 'n klein bakkie.

2 Maak 'n holte in die middel van die meel in die bak. Voeg die vloeistofmengsel by en werk die meel geleidelik van die rande van die holte af in terwyl jy geleidelik nog 250ml warm water byvoeg.

3 Keer op 'n liggies meelbestrooide oppervlak uit en voeg die sout by. Knie vir 10 minute, of gebruik die deeghaak van 'n voedselverwerker en knie tot 'n gladde, soepel deeg. Sit die deeg in 'n liggies gesmeerde bak en bedek dit met 'n klam vadoek. Laat dit eenkant rys tot dubbel die grootte.

4 Knie weer goed en laat dan vir vyf minute rus. Strooi 'n dun laag meel in 'n bakplaat. Druk die deeg met jou handpalms in die plaat vas. Laat dit vir 10 minute rys terwyl jy die vulsel berei.

5 Vulsel Laat die deeg effens rys en drup dan olyfolie oor. Druk jou vingers in die deeg sodat daar oral op die oppervlak kepe is.

6 Pak die aartappels, knoffelhuisies, chorizo, kaas en roosmaryn op die deeg. Strooi growwesout oor en bak vir 10 minute. Verminder die oondhitte na 180 °C en bak vir nog 20 tot 30 minute tot deurgaar. Sit voor met roketblare bo-oor en geniet dit saam met nog olyfolie of ongesoute botter.

Baked Curry Chicken Sliders with Spiced Greek Yogurt



Yield: Makes about 8 sliders

Prep Time: 2 hours + overnight marinate

Cook Time: 30 minutes

Ingredients:

for the curry chicken:

2 cups buttermilk

2 pounds boneless skinless chicken thighs

2 cups panko crumbs

1 1/2 teaspoons curry powder (*more if you like it extra curry-y!)

salt and pepper

for the spiced Greek yogurt:

1/2 cup plain Greek yogurt

1 teaspoon cumin (*more if you want)

tomatoes, sliced

arugula

brioche slider sized buns

Directions:

for the curry chicken:

In a plastic container, place chicken and pour buttermilk over chicken. Place in fridge for at least two hours or for better results, overnight.

Preheat oven to 400 degrees. Place a wire rack on a baking

sheet and spray with non-stick cooking spray. In a large bowl, combine panko, curry, and salt and pepper. Take a piece of chicken and dredge it through the panko and place on wire rack. Repeat until all chicken has been dredged. Bake chicken for 15 minutes and then flip chicken and bake for another 15 minutes or until golden brown!

for the spiced Greek yogurt:

In a small bowl, combine Greek yogurt and cumin.

To serve: Take a slider bun and put a teaspoon of the spiced Greek yogurt on the top and bottom of the bun. Take a tomato slice and place it on the bottom of the bun. Top the tomato slice with a piece of chicken then arugula and top with bun!

Bacon and Brie Burger with Spicy Peach Caramelized Onions



Yield: Serves 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

for the burgers:

1 pound ground beef

1 pound ground veal

dash of Tabasco
8 pieces bacon, cooked
4 slices brie
4 brioche hamburger buns
salt and pepper to taste

for the spicy peach caramelized onions:

1 large yellow onion, sliced thinly
3 tablespoons unsalted butter
pinch red pepper flakes
1/4 cup peach preserves
salt and pepper to taste

Directions:

for the burgers:

In a large bowl, combine beef, veal, Tabasco, s&p. Form into four hamburger patties. Preheat a grill to medium-high heat and place hamburger patties on the grill. Grill the first side for about five minutes, flip, and grill for another two to three minutes. In the last minute, place brie on top of patties and let it melt. Remove patties from the grill and place on a plate to rest before serving. To serve, place hamburger on a bun, top with bacon, spicy peach caramelized onions, and bun. Serve with a big ass BEER!

for the spicy peach caramelized onions:

Preheat a skillet to medium heat. Melt the butter and add onions with red pepper flakes, s&p. Stir to combine and cook until starting to turn golden brown. Add the peach preserves and continue to cook until golden and caramelized about 10 to 12 minutes. Remove from heat to cool slightly.

Pizza-omelet



- 8 groot eiers
- olie vir braai
- 2 ryp tamaties, gekap
- 100 g sampioene, liggies gebraai
- 8 pikantrissies, middeldeer gesny
- 100 g ham- of beesvleisskaafsels
- 3 ml elk droë basilie en origanum (of 'n klein hand vol vars)
- 100 g gerasperde mozzarella
- slaai om voor te sit

Metode:

1 Klits die eiers in 'n bak. Geur met sout en varsgemaalde swartpeper.

2 Verhit 'n bietjie olie in 'n groot pan. Voeg die eiers by en kantel die pan om die bodem te bedek. Gebruik 'n spatel en lig die gaar eier van die kante af op sodat die rou eier onderin kan loop.

3 Wanneer die bokant amper gestol het, strooi die bolaagbestanddele oor met die kaas laaste. Sit onder 'n warm element (rooster) tot die kaas begin borrel. Sny in skywe en sit voor met slaai.

In en om die huis

Roast Beef with a difference!!



3 Envelope Roast

Ingredients:

3 pound beef roast such as chuck roast

1 envelope of dry Italian salad dressing mix

1 envelope of dry ranch salad dressing mix

1 envelope of dry brown gravy mix

2 cups water

Instructions :

Put the water in a measuring cup that is larger than the amount of water you are using. Now add and mix all three envelopes to the water. Mix until blended completely.

Brown the roast (if desired). Add the meat to your cooker. Pour the water, salad dressing mixture over the roast. In the slow cooker cook it on high for about 4 hours on low about 8 hours