

# Cranberry Crumb Bars



Yield: 2 dozen bars

## Ingredients

### For the crust

- 1 cup white sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 1/2 cups all purpose flour
- 1/2 cup almond meal (almond flour)
- 1 cup (2 sticks) cold, unsalted butter
- 1 egg
- Zest of 1/2 orange
- 1/2 teaspoon cinnamon

### For the filling

- Juice of 1/2 of an orange
- Zest of 1/2 orange
- 1 (12 oz.) bag fresh or frozen cranberries
- 2/3 cup white sugar
- 1 teaspoon vanilla extract
- 1 tablespoon cornstarch

## Instructions

1. Preheat the oven to 375 degrees F. Butter a 9×13 inch pan.
2. In a medium bowl, mix together 1 cup sugar, flour, almond flour, salt, zest, cinnamon and baking powder. Use a fork or pastry cutter to blend in the butter and egg. The dough will be crumbly. Alternatively, you can pulse the dry ingredients in a food processor with the butter until pebbly, and then mix in the egg until it all comes together. Pat half of the dough into the buttered pan.
3. In another bowl, stir together the sugar, cornstarch, vanilla, orange juice and zest. Mix in the cranberries. Sprinkle the cranberry mixture evenly over the dough in the pan.
4. Crumble remaining dough over the berries. Bake for 45-55 minutes, or until top is a light golden brown. Cool completely and chill in the refrigerator before cutting into squares. Store in an airtight container in the refrigerator.

## Notes

Fresh cranberries are in season for a very limited time, but they freeze incredibly well. Stock up when they're fresh and throw them in the freezer to have all year round!

Recipe adapted from [Good Life Eats](#)

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# Lemoenlikeur-koek



**Maak:** 1 x 22 cm-koek

**Bereidingstyd:** 25 minute

**Baktyd:** 25-35 minute Oondtemperatuur: 180 °C

- 2 lemoene
- 155 g (170 ml) botter
- 320 g (375 ml) suiker
- 3 groot eiers
- 340 g (625 ml) koekmeel
- 12 ml bakpoeier
- 30 ml lemoenlikeur
- 30 ml vars lemoensap
- ekstra lemoenskil, om voor te sit

### **Versiersel**

- 115 g (125 ml) botter
- 85 g roomkaas
- 450 g (865 ml) versiersuiker
- 30-60 ml vars lemoensap

**1** Rasper die lemoene se skil af en hou dit eenkant. Skil die lemoene af en verwyder soveel as moontlik van die wit skil. Verpulp die vrugte in 'n voedselverwerker tot dit heeltemal fyn is.

**2** Klits die botter en die helfte van die skil saam tot dit lig is. Voeg die suiker geleidelik by en klits dit tot dit lig is. Voeg die eiers een-een by en klits dit goed voor jy die

volgende een byvoeg.

**3** Sif die meel, bakpoeier en 3 ml sout saam en vou dit om die beurt met 250 ml van die lemoenpulp by die bottermengsel in.

**4** Smeer en voer twee ronde koekpanne van 22 cm. Verdeel die beslag tussen die panne en bak dit in die verhitte oond vir 25-35 minute of tot die koek heeltemal gaar is. Haal dit uit die oond en laat dit heeltemal afkoel.

**5 Versiersel** Klits die botter tot dit lig is. Voeg die roomkaas, versier- suiker en genoeg lemoensap by om 'n sagte smeerbare versiersel te vorm. Voeg die orige lemoenskil en 2 ml sout by en klits dit weer, maar moenie te veel klits nie.

**6** Sny die bokant van die koeke gelyk. Meng die likeur met die lemoensap en drup dit oor die bokant van elke koek. Sit die twee lae op mekaar met 'n laag versiersel tussenin en gebruik die orige versiersel om die koek bo-op en om die kante te versier. Rond dit af met lemoenskil.

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## Toutrek Kaasrolletjies



Heerlik vir Braaivleis

1 pakkie deeg – supermark

kaas in blokkies gesny  
1 eier geklits  
koppie suurroom  
1/2 koppie bruinsuiker

Maak die deeg bolletjies, vou blokkie kaas binne in toe  
Gooi helfte van die suurroom onder in pan, strooi bruinsuiker op... rangskik die bolletjie mooi tot pan vol is, gooi ander helfte suurroom oor.

Smeer liggies met geklitste eier

Bak by 180 g vir + – 20 min tot goudbruin

Bedien warm...laat elkeen die broodjie tou-trek uitmekaar...!!

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## Salt and pepper potato skins with beetroot dip



# Ingredients

- 8 (160g each) Red Delight potatoes, unpeeled
- 2 tbs extra virgin olive oil
- 2 medium fresh beetroot, peeled, halved
- 6 large garlic cloves, skin on
- 1 tbs extra virgin olive oil
- 1 cup greek yoghurt
- 1 tbs red wine vinegar
- 1 tbs extra virgin olive oil
- 1 tsp horseradish cream
- 2 tsp thyme leave or micro cress, to serve

## Method

1. Preheat the oven to 180°C fan forced. Put the beetroot and garlic in centre of a sheet baking paper, spoon over the oil. Wrap tightly in baking paper then a sheet of foil. Place on a baking tray roast for 35-40 minutes or until beetroot and garlic are tender. Set aside for 10 minutes to cool. Roughly chop beetroot and place into a food processor. Squeeze roasted garlic from the skin and add to beetroot. Process until smooth. When cool, stir in the yoghurt, vinegar, olive oil and horseradish cream, season with salt and pepper. Refrigerate until ready to serve.
2. Meanwhile, line a baking tray with non-stick baking paper. Pierce the potatoes all over with a fork. Place potatoes directly onto the oven rack under the beetroot and bake for 40 minutes or until just tender when tested with a skewer. Remove from oven and set aside for 15 minutes or until cool enough to handle.
3. Cut the potatoes into quarters lengthways. Remove the potato flesh with a small spoon, leaving 1/2cm of the potato still on the skin. Place potato

- skins onto tray, drizzle over the oil and season with plenty of salt and pepper. Turn to coat both sides. Roast, for 15-20 minutes or until golden.
4. Spoon dip onto a board or platter, scatter over the thyme and herbs, drizzle with extra virgin olive oil, serve with potato skins.
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## Eisbein Bredie



2 eisbeins redelik groot  
4 uie  
4 wortels  
4 aartappels  
1 klein kopkool  
1 rooi soet rissie  
500 ml vleis aftreksel  
1 blikkies bier/lager  
sout en peper

### Metode

1. Plaas eisbein in pot (ek gebruik sommer my plat boom potjie pot)
2. Kerf nou al die groente in groot stukke, en pak rondom die vleis. Sny klein kool net in vier stukke.
3. Voeg bier by asook vleis aftreksel.
4. Geur met sout en peper na smaak.

5. Plaas in voor verhitte oond van 180grade C vir 3 ure.

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## Homemade cadbury Crunchies



### Ingredients:

3/4 cup sugar

4 tablespoons light corn syrup

1 tablespoon baking soda

### Directions:

Grease a 25 cm square pan with butter.

Off the heat (that means on the counter), mix the sugar and the syrup in a heavy-bottomed saucepan (use a pretty big saucepan, you'll thank me later).

Now put the pan over a medium to low heat and simmer for 3-4 minutes (Nigella bases this on using an 8-inch diameter saucepan).

The mixture is ready to come off the heat when it's a thick, bubbling bunch of gook, the colour of light sand and no darker – don't let it get any darker than that, or you'll end up with burnt and smelly sugar goop!

Take the stuff off the heat and quickly whisk in the baking soda.

Watch the caramel foam up like something out of a sci-fi film (this is the part where you thank me for telling you to use a



large pot).

Pour the foamy stuff into the pan and leave it to set.

This will take several hours.

Be patient.

You can try and cut it into squares, but it will be a fruitless task.

Best bet is to just bash it into a bunch of different shaped pieces.

This is good frustration therapy.

You can dip the pieces into melted chocolate to make your own Cadbury's Crunchy bars, or you could fold splinters of this into either homemade or bought vanilla icecream for honeycomb ice cream.

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## Sjokoladesous - poeding



deur Herman Lensing

(6 – 8 porsies)

180 g (325 ml) bruismeel

45 ml kakao

100 g (125 ml) suiker

200 ml melk

60 ml botter, gesmelt

Stroop

125 ml suiker

500 ml water

125 ml kakao

Verhit oond tot 180 °C. Meng bruismeel, kakao, suiker, melk en gesmelte botter saam tot gladde beslag.

Bring res van suiker, water en kakao tot kookpunt. Skep beslag in 'n oondvaste bak met 'n volume van 1 liter. Gooi warm stroop oor en plaas in oond. Bak vir 20 – 25 minute of tot toetspen skoon uitkom. Sit warm voor.

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## Fatima's Pickled fish recipe



### Ingredients

10-15 pieces of fish ( I'm using hake)

6 / 8 large onions chopped into rings

1 cup of water

1 cup of vinegar

5 bay leaves

Some peppercorns

Coriander seeds  
1/2 cup of sugar  
2 tsp of salt  
2 tablespoons of masala  
2 teaspoons of turmeric  
Some cake flour

You may use pickled fish masala

#### Method

Season fish with 1 tsp of salt and fish masala and some turmeric or packo masala , dip the seasoned fish in a little cake flour and then fry in shallow oil about two minutes on each side depending on thickness of fish .place in a big bowl and put aside .

In a medium sized pot on high heat add a cup of water and a cup of vinegar , five bay leaves and some peppercorns ,2 teaspoons of turmeric and 2 tbsps of fish masala or packo masala ( pickle fish masala you may use ) and land a 1/2 tsp of salt . Bring to the boil and add six to eight onions that has been chopped/ ringed onions ... Add half a cup of sugar . Simmer for 8 minutes until all the flavours has infused into onions . Take off heat and pour over the fish in a bowl ... Wait to cool . Cover and place in fridge until ready to eat . Enjoy.

Tip – Do not cook onions for too long or fry them , this is a pickle , meaning the onion should still have a tiny bit of crunch to it .

Delicious

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# Tuna Cakes



Makes about 12 tuna cakes

2 x 175 g cans tuna, drained

1 egg, beaten

2 Tbsp. parsley, chopped

1 small onion or 6 spring onions, chopped

1/2 cup potato mash

1/4 cup flour

Salt and freshly ground black pepper to taste

Oil for frying

## Method

To make the tuna cakes, mix all the ingredients together in a bowl.

Form small cakes with your hands.

Arrange the tuna cakes on a tray and place in the fridge for several minutes.

Heat more oil in frying pan and fry the cakes until golden brown.

Serve with the dipping sauce of your choice e.g sweet chillie sauce and lemon wedges.

## Useful Tips

Fish cakes freeze well. Simply wrap each one in clingfilm and freeze for no longer than 2 months.

Adapted from: Rhodes recipes

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# Milk Loaf



## Ingredients:

143g fresh milk (I used full milk)

35g egg

25g caster sugar

5g salt

250g bread flour

4g Instant yeast

38g butter (unsalted, if using salted then reduce the salt)

## Method:

1. Place milk, egg, followed by caster sugar, salt, bread flour and yeast into the pan of the bread machine. Set to Dough function. Add in the butter after 8 ~ 10 mins into the kneading cycle. Continue to let the bread machine do the kneading. Stop the machine after the kneading cycle. Re-start the machine and let the dough knead for another 10mins before stopping the machine.

2. Remove dough from the bread pan, let it proof in room temperature in a mixing bowl, covered with cling wrap. Let proof for 60mins.

3. Remove dough and punch out the gas. Divide dough into 3 equal portion. Roll and shape into balls. Let the doughs rest

and relax for 15 mins. (this 'relaxing' time is needed so that the dough will be easier to roll out and shaped).

4. On a lightly floured surface, flatten one dough and roll out into a longish shape. Roll up the dough swiss-roll style. Do the same for the two remaining doughs.

5. Flatten the rolled-up dough and roll out again into a long rectangular shape. Roll up tightly, and make as many rolls you can, swiss-roll style for the second time. Do the same for the two remaining doughs.

6. Place doughs in lightly greased bread tin/pan. Let the doughs proof for the second time, until it fills up 80% of the tin/pan. Cover with cling wrap.

7. Bake at pre-heated oven at 180 ~ 190 deg C for 30 to 35mins.

8. Unmould the bread immediately when removed from the oven. Let cool completely before slicing.