

# Oliebollen



Prep Time: 2 Hours Cook Time: 8 Minutes	Ready In: 2 Hours 8 Minutes Servings: 12
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“Ollie-bollen, or (Oliebollen) is a dutch pastry similar to a doughnut. It typically is a deep fried pastry filled with raisins and dusted with powdered sugar. Some modern variations serve them topped with berry filling, but this is a traditional recipe. Oliebollen are a traditional treat on New Year’s”

## Ingredients:

1 (0.6 ounce) cake compressed fresh yeast 1 cup lukewarm milk 2 1/4 cups all-purpose flour 2 teaspoons salt 1 egg	3/4 cup dried currants 3/4 cup raisins 1 Granny Smith apple – peeled, cored and finely chopped 1 quart vegetable oil for deep-frying 1 cup confectioners’ sugar for dusting
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## Directions:

1.	Break up the compressed yeast, and stir into the warm milk. Let stand for a few minutes to dissolve. Sift the flour and salt into a large bowl. Stir the yeast mixture and egg into the flour and mix into a smooth batter. Stir in the currants, raisins and apple. Cover the bowl, and leave the batter in a warm place to rise until double in size. This will take about 1 hour.
2.	Heat the oil in a deep-fryer, or heavy deep pan to 375 degrees F (190 degrees C). Use 2 metal spoons to shape scoops of dough into balls, and drop them carefully into the hot oil.
3.	Fry the balls until golden brown, about 8 minutes. The doughnuts should be soft and not greasy. If the oil is not hot enough, the outside will be tough and the insides greasy. Drain finished doughnuts on paper towels and dust with confectioners' sugar. Serve them piled on a dish with more confectioners' sugar dusted over them. Eat them hot if possible.

## KORINGSLAAI



Kook een koppie stampkoring saam met 4 koppies water waarin 2 eetlepels suiker, 2 stukkies pypkaneel, teelepel sout, teelepel borrie, teelepel kerrie en eetlepel fyn koljander gevoeg is. Kook op laag op stoof of medium in mikrogolf tot

koring sag en uitgedy is. Laat heeltemal afkoel en as daar nog water in is gooi af want die koring suig nog vloeistof op soos dit afkoel. Maak sous aan wat halwe koppie mayo is waarin jy volgende gooi na gevoel en smaak chutney, sweet chilli sous, asyn en sout en peper. 410g blik perske stukkies kleiner gesny en gedreineer/ green pepper stukkies/ peppadew in stukkies gesny/ appel in stukkies met skil nog aan en 125g pitlose rosyne. Meng alles goed deur en verkoel tot benodig.

Die slaai hou hele paar dae in yskas.

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## Outrageously Cheesy Pretzel Bombs



*makes 36*

Active time: 42 minutes

Total time: 50 minutes

2¼ teaspoons active dry yeast

1¼ cups warm water (40°-60°)

2 tablespoons granulated sugar

3¼ cup all purpose flour

450g block mild cheddar cheese  
1 teaspoon kosher salt  
 $\frac{1}{2}$  cup baking soda  
1 large egg  
course salt

Preheat oven to 232°C.

Line a baking sheet with parchment paper or spray with cooking spray.

Pour water into the bowl of a stand mixer (see cooks note if you do not have a stand mixer), sprinkle yeast over top, add sugar and stir. Allow yeast to bloom for 5-10 minutes. Once it is nice and foamy, it is ready.

Meanwhile cut cheese into 36 even pieces, less than 12.5 g each. Fill an 8L pot with water and bring to a boil over medium high heat. In a small bowl beat egg and 2 tablespoons water with a fork. Set aside. Sprinkle clean countertop with  $\frac{1}{4}$  cup flour.

Add flour and salt to mixer. Knead for 3- 5 minutes until the dough comes together in one ball. Add more flour a tablespoon at a time as needed, if bread is too sticky to come together. Dough should be tacky when you pull it out of the mixer, not sticky.

Place dough on floured countertop and knead in flour until it is no longer tacky, just a minute or two. Form dough into a ball. We are going to cut this ball into 36 (somewhat) even pieces. First quarter the ball of dough. Roll each quarter into a fat log. Cut that into 3 pieces. Roll each piece into a log and cut into 3 pieces. When you are done you will have 36 pieces.

Roll each dough piece (one at a time) into a ball and then flatten it into a circle. Add a piece of cheese in the center. Carefully pull each side over the cheese to create a 'cheese package' then roll the dough into a ball. Be careful

to make sure you can not see the cheese through the dough. Tap fingers in flour, pinch any tears and roll again. Set aside and repeat until all you have 36 stuffed dough balls.

Carefully, a sprinkle at a time, add baking soda to boiling water. USE CAUTION: IT WILL BUBBLE UP. Place dough balls into boil water a few at a time. Remove with a slotted spoon after 30 seconds. Place on parchment paper to cool and repeat.

Arrange all pretzel balls on parchment so they are not touching. Brush egg wash onto each one and sprinkle with coarse salt.

Bake for 8-10 minutes until the tops are browned.

The ooey gooey cheese may escape some of your pretzel bombs. That is a beautiful thing! Scoop all that cheesy goodness up onto the plate and serve. Your guests will go crazy over them.

Enjoy!

**COOKS NOTE:** You can mix the dough by hand if you do not have a stand mixer. Add water, yeast and sugar. Once the yeast blooms stir in the salt and the flour. Mix with a spoon. Turn dough out onto floured counter top and knead for 3-5 minutes until dough is no longer sticky. Proceed with remaining instructions.

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## Pilchard Doopsous



Pilchard doopsous: 'n Blikkie Pilchards in rissiesous, 4 skutte Tobasco sous, 3 eetlepels Mayonaise, 3 eetlepels tamatiesous, 3 eetlepels Chutney. Ontbeen die pilchards en haal die binnegoed uit. Maak fyn en meng die ander bestanddele by die Pilchards.

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## **Spiced Slow-Cooked Lamb Shanks**



Jamie Oliver's (BEST EVER Pukka) Spiced Slow-Cooked Lamb Shanks

4 x lamb shanks  
sea salt and freshly ground black pepper

1 x teaspoon coriander seeds  
1 x small dried red chilli (or 2 teaspoons fresh chilli)  
1 x tablespoon fresh rosemary (chopped)  
1 x teaspoon dried oregano or marjoram  
1 x tablespoon flour  
1 x tablespoon olive oil  
1 x clove garlic, finely chopped  
1 x large carrot, quartered, finely, sliced  
6 x sticks celery, quartered, finely, sliced  
2 x large onion, finely chopped  
1 x tbsp fresh rosemary  
2 x tbsp balsamic vinegar  
170 ml dry white wine  
6 x anchovy, fillets  
2 x 400g tins of plum tomatoes  
1 handful fresh basil, roughly, chopped (I prefer continental parsley)

Season the lamb with sea salt and freshly ground black pepper. Smash up the coriander seeds and dried chilli and mix with the dried marjoram. Roll the lamb in this mixture, pressing it in well. Dust the lamb with the flour.

Heat a thick-bottomed casserole pan, add the oil, brown the meat on all sides and then remove from the pan.

Add the garlic, carrot, celery, onions the chopped rosemary and a pinch of salt and sweat them until softened.

Add the balsamic vinegar and allow it to reduce to a syrup.

Pour in the white wine and allow to simmer for 2 minutes.

Add the anchovies (these really seem to intensify the lamb flavour) and then add the tinned tomatoes, kept whole. Shake the pan and return the lamb to it.

Bring to the boil, put on the lid and simmer in the oven at 180 C/350 F for 1.5 – 2 hours, then remove the lid and cook for a further half an hour.

Skim off any fat and taste for seasoning. Finally, stir in a handful of roughly chopped fresh basil, marjoram or flat-leaf parsley.

NB – If you don't have any white wine handy, I use a mixture of verjuice and stock. The cookbook says it serves four, but if you take the meat off the bones and shred it, it will easily make it to five. I serve this off the bone with either mash, cous cous or rice.

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## Old Fashioned Challah Bread Pudding with Whiskey Sauce



**Yield:** Serves 6

**Prep Time:** 10 minutes

**Cook Time:** 40 minutes

### **Ingredients:**

*for the bread pudding:*

1 loaf challah bread, cubed (about 3 cups)

4 beaten eggs

1/2 teaspoon kosher salt



1 cup granulated sugar  
1 cup whole milk  
1 teaspoon vanilla extract  
3 tablespoons brown sugar  
2 tablespoons unsalted butter

*for the whiskey sauce:*

1/2 cup unsalted butter  
1/2 cup granulated sugar  
1 egg yolk  
2 tablespoons water  
2 tablespoons bourbon

## **Directions:**

*for the bread pudding:*

Preheat oven to 350 degrees.

Spray a 9X13 casserole dish with non-stick cooking spray. In a large bowl, combine bread, salt, eggs, granulated sugar, milk, and vanilla extract. Pour the pudding mixture into the casserole dish and let it sit for 10 minutes. Sprinkle the top with brown sugar and butter, and bake for 35 to 40 minutes. Remove from oven and while still warm, pour bourbon sauce over the top. Serve immediately.

*for the whiskey sauce:*

In a medium saucepan over medium heat, melt butter. Add sugar and egg yolk. Cook and stir until thickened about five minutes. Remove pan from heat and cool partially. Stir in bourbon and serve immediately.

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# Tipsy-tert



1 koppie gekapte dadels 250 ml kookwater  
250 ml suiker  
250 ml meelblom  
 $\frac{1}{2}$  teelepel bakpoeier  
 $\frac{1}{4}$  koppie gekapte neute en kersies  
2 eiers  
2 eetlepels botter  
 $\frac{1}{4}$  teelepel sout  
1 teelepel koeksoda  
1 teelepel gemengde speserye

Kook die dadels in die kookwater en voeg koeksoda by. Room die botter en suiker. Voeg eiers by en meng goed. if die droë bestandele en voeg dit by die eiermengsel. Roer die dadelmengsel by. Voeg die neute en kersies by en laastens die bakpoeier. Gooi in 'n gesmeerde tertbak. Bak 30 minute by 200°C.

Stroop:

Vir die stroop kook jy  $1\frac{1}{4}$  koppie suiker met 'n  $\frac{3}{4}$  koppie water. Voeg een eetlepel botter by en laat effens afkoel. Voeg  $\frac{1}{4}$  koppie brandewyn en een teelepel vanielje by. Gooi die warm stroop oor die warm tert

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# Suurlemoen tert



1 pak tennis biscuits. 2 blikkies kondens melk ,500 ml room  
1/2 koppie suurlemoensap. Klits dit alles saam tot dik en  
gebruik tennis biscuit en pak in lae. Laat dit stol in yskas  
Vreeslik lekker

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# Ultimate roast potatoes



## Cooking time

**Prep:** 15 mins – 20 mins **Cook:** 50 mins

## Skill level

Easy

## Servings

Serves 4

This foolproof recipe will ensure even first timers get crispy skins and fluffy insides. Make sure your potatoes are perfect for Sunday lunch or even Christmas dinner

## Ingredients

- 1kg Maris Piper potato
- 100g duck or goose fat (for a luxurious taste), or 100ml/3½fl oz olive oil
- 2 tsp flour
- Maldon salt, to serve

## **.Tip**

### ***Crispy spuds***

*To get really crispy roast potatoes, make sure the fat or oil is really hot before you add the potatoes.*

## **Method**

1. Put a roasting tin in the oven (one big enough to take the potatoes in a single layer) and heat oven to 200C/fan 180C/gas 6. Peel the potatoes and cut each into 4 even-sized pieces if they are medium size, 2-3 if smaller (5cm pieces). Drop the potatoes into a large pan and pour in enough water to barely cover them. Add salt, then wait for the water to boil. As soon as the water reaches a full rolling boil, lower the heat, put your timer on and simmer the potatoes uncovered, reasonably vigorously, for 2 mins. Meanwhile, put your choice of fat into the hot roasting tin and heat it in the oven for a few mins, so it's really hot.
2. Drain the potatoes in a colander. Now it's time to rough them up a bit – shake the colander back and forth a few times to fluff up the outsides. Sprinkle with the flour, and give another shake or two so they are evenly and thinly coated. Carefully put the potatoes into the hot fat – they will sizzle as they go in – then turn and roll them around so they are coated all over. Spread them in a single layer making sure they have plenty of room.
3. Roast the potatoes for 15 mins, then take them out of the oven and turn them over. Roast for another 15 mins and turn them over again. Put them back in the oven for another 10-20 mins, or however long it takes to get them

really golden and crisp. The colouring will be uneven, which is what you want. Scatter with salt and serve straight away.

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## Pete Evans' Seed Crackers



We love them with avocado, macadamia cheese, tomato, and some herb salt and pepper. I added cajun spice to my last batch – paprika, onion powder, garlic powder, salt, pepper, cumin, mustard seed, fennel, cayenne, cinnamon and oregano. Check out the variations below, too!

### Pete Evans' Seed Crackers

160 g golden or brown linseeds

80 g mixed seeds, such as pumpkin, sunflower, sesame

1/2 teaspoon salt

1 teaspoon your favourite spice, such as cayenne pepper, smoked paprika, ground cumin, fennel seeds – or see below for other variations.

Place the linseeds in a bowl, pour over enough water to cover and leave overnight.

Place the other seeds in a separate bowl and pour over enough water to cover and leave overnight.

The next morning, drain and rinse the mixed seeds and add to the undrained jelly-like linseeds. Add the salt and spice, spices (see below for other variations) and place in the blender (or Thermomix) and pulse a few times to break up the seeds. (Do not over pulse as you still want the seeds to be a little chunky but chopped.)

Preheat the oven to 50°C.

Spread the mixture very thinly on a couple of baking trays and bake for about 6 hours, turning over halfway through to help the drying process. Remove from the oven and cool on the baking tray.

Cut or break into pieces and serve with your favourite dips, pâté or snack on them on its own.

Can be stored in an airtight container up to 2 weeks to 4 weeks.

Other variations:

Seaweed and seed crackers

1 quantity cracker mix – see above

1 tablespoon spirulina

1 tablespoon dried dulse

Follow the recipe above and add the spirulina and dried dulse instead of adding the spices

Curry and seed crackers

1 ½ tablespoon curry powder

1 teaspoon garlic powder

Follow the recipe above and add the curry and garlic powder instead of adding the spices

Sundried tomato and Italian herb crackers

12 sundried in olive oil, drain and pat dry –

1 teaspoon mixed Italian herbs

1 teaspoon garlic powder

Blend sundried tomato's in the food processor until smooth. Follow the recipe above and add the sundried tomato, Italian herb and garlic powder instead of adding the spices