

Slowcooker fudge



1 blikkie kondensmelk, 375 gram chocolade, 1 eetlepel versiersuiker. Sit alles in die slowcooker en roer gereeld tot alles gesmelt en 'n egale massa is. Laat dit vir 1 uur op high sonder die deksel op en roer dit elke 15 minute. Sit dit in 'n glasbak wat jy liggies gesmeer het. Laat dit afkoel en sit dit dan in die yskas tot hard genoeg om te sny.

True Belgian Waffles Recipe



TOTAL TIME: Prep/Total Time: 20 min. YIELD:5 servings

Ingredients

- 2 cups all-purpose flour
- 3/4 cup sugar
- 3-1/2 teaspoons baking powder
- 2 eggs, *separated*
- 1-1/2 cups milk
- 1 cup butter, melted
- 1 teaspoon vanilla extract
- Sliced fresh strawberries *or* syrup

Directions

- **1.** In a bowl, combine flour, sugar and baking powder. In another bowl, lightly beat egg yolks. Add milk, butter and vanilla; mix well. Stir into dry ingredients just until combined. Beat egg whites until stiff peaks form; fold into batter.
- **2.** Bake in a preheated waffle iron according to manufacturer's directions until golden brown. Serve with strawberries or syrup. Yield: 10 waffles (about 4-1/2 inches).

CHOCOLATE ÉCLAIRS



Makes about 24 small éclairs or 12 large éclairs

Ingredients:

For the choux pastry:

1 cup cold water

$\frac{1}{2}$ tsp caster sugar

85g unsalted butter

Pinch salt

1 cup cake flour

4 medium eggs, beaten

For the cream filling:

300 ml fresh cream

1 tbsp icing sugar

To complete:

175g cooking chocolate, broken into pieces

Method:

1. Preheat the oven to 200C.

2. To make the pastry, place the butter, water, salt and sugar into a large saucepan.

3. Place over a low heat to melt the butter. Increase the heat and pour in the flour in one go.
4. Remove from the heat and quickly beat the mixture vigorously until a smooth paste is formed, stirring continuously to dry out the paste.
5. Once the paste curls away from the side of the pan, transfer the mixture into a large bowl and leave to cool for 10-15 minutes.
6. Beat in the eggs, a little at a time, stirring vigorously until the paste is smooth and glossy.
7. Continue adding the egg until you have a soft dropping consistency. The mixture will be shiny and smooth.
8. Lightly oil a large baking tray or line the tray with greaseproof paper. Dip a teaspoon into some warm water and spoon out a teaspoon of the éclair mixture onto the baking tray. Leave enough space in between for the éclairs to expand.
9. Bake for 25-30 minutes, until golden brown, if too pale they will become soggy when cool.
10. Remove from the oven and prick the base of each éclair. Place onto the baking tray with the hole facing upwards and return to the oven for 5 minutes. The warm air from the oven helps to dry the middle of the éclairs.
11. Prepare the filling: lightly whip the cream and icing sugar until soft peaks form. Do not over whip. When the éclairs are cold, cut the éclairs in half and spoon in the cream with a teaspoon.
12. Melt the chocolate over a pan of boiling water. Spoon the melted chocolate over the éclairs.

Guinness Beef Skillet Mac &

Cheese



Yield: Serves 4

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

1 1/4 cups elbow macaroni

2 tablespoons olive oil

1/2 lean ground beef

1 large shallot, diced

2 tablespoon all-purpose flour

1/3 cup whole milk

1 cup Guinness beer

1 cup Cheddar cheese, shredded (+more for topping)

Chives, garnish

salt and pepper to taste

Directions:

Bring water to a boil in a large stockpot. Add the elbow macaroni and cook according to package directions.

Meanwhile, in a large 10-inch cast iron skillet, add olive oil, ground beef, shallot, salt and pepper. Cook for about five minutes or until the beef is no longer pink. Add the flour and stir until incorporated about a minute. Stir in beer and bring to a slight boil. Keep stirring until thickened about 3 to 4 minutes. Remove the skillet from the heat and stir in milk and cheese. Next add the drained pasta to the skillet and smooth into an even layer.

Preheat the broiler, sprinkle enough shredded cheese over the top of the mac & cheese. Place skillet under broiler for about 5 minutes or until golden brown and bubbly. Remove skillet from broiler and serve immediately with a big glass of Guinness.

Dark Chocolate Guinness Cake with Baileys Cream Cheese Icing



Ingredients

Dark Chocolate Guinness Cake

- 250ml Guinness beer (1 cup)
- 250g butter (1 cup + 1 tbsp)
- 100g cup cocoa powder (2/3 cup)
- 400g caster/superfine sugar (1³/₄ cups)
- 140ml sour cream (2/3 cup)
- 2 eggs
- 1 tbsp vanilla extract
- 250g plain flour (2 cups)
- 2¹/₂ tsp bicarbonate of soda/baking soda

Baileys Cream Cheese Icing

- 500-600g sifted icing sugar/powdered sugar (4-5 cups)
- 100g butter at room temperature (1/2 cup)
- 250g cream cheese at room temperature (8oz)
- 4-6 tbsps Baileys Irish Cream (to taste)

Instructions

Dark Chocolate Guinness Cake

1. Preheat oven 180°C/350°F and butter and line a 23cm (9") springform tin.
2. Melt the butter into the Guinness in a saucepan over low heat.
3. Whisk in the cocoa and sugar and take the saucepan off the heat.
4. Beat the sour cream with the eggs and vanilla in a separate bowl until combined, than add to the beer mixture.
5. Whisk in the flour and bicarb until combined.
6. Pour the cake batter into the tin and bake for an hour. The middle of the cake may still be slightly wet when you take the cake out, but it will firm up as it cools down.
7. Leave to cool completely in the tin as it is quite a damp cake and could collapse.

Baileys Cream Cheese Icing

1. Cream the butter and icing sugar together until well mixed.
 2. Add the cream cheese in cubes slowly until incorporated.
 3. Add in Baileys. Continue mixing for 5 minutes until the icing is light and fluffy.
 4. Dollop lashings of the icing onto the top of the cake to recreate the froth on a glass of Guinness. If you are feeling particularly dexterous, slice the cake lengthwise and fill the cake with the icing too (there will be definitely be enough icing).
-

Classic Glazed Doughnuts



Ingredients

- 1 tablespoon plus 1 teaspoon active dry yeast
- 1 cup whole milk, heated to 110°F
- 2 to 2 1/2 cups (320 to 400 grams) bread flour
- 1 teaspoon pure vanilla extract
- 3 large egg yolks
- 2 tablespoons (30 grams) superfine sugar
- 1/2 teaspoon table salt
- 4 tablespoons (1/2 stick or 2 ounces) unsalted butter, softened at room temperature and cut into cubes

- Vegetable oil for frying
- [Basic Sugar Glaze](#)
- [Chocolate Glaze](#)
- **Special equipment:** Stand mixer fitted with the paddle attachment and dough hook, 2 large baking sheets, non-terry dish towel, 3-inch-diameter doughnut cutter with 1-inch-diameter hole (or cookie cutters), wire cooling rack, deep-fry thermometer

Preparation

In a medium bowl, combine 1 tablespoon of the yeast with 3/4 cup of the warm milk and stir to dissolve the yeast. Add 3/4 cup of the flour and stir to create a smooth paste. Cover the bowl with plastic wrap and let the flour mixture rest in a warm place for 30 minutes.

Once 30 minutes have passed, in the bowl of a stand mixer fitted with the paddle attachment, combine the remaining 1 teaspoon yeast with the remaining 1/4 cup milk (the milk will be room temperature at this point). Add the rested flour mixture along with the vanilla and egg yolks and mix on low until the ingredients are incorporated and the dough is smooth, about 30 seconds. Turn off the mixer and add 1 cup of flour, along with the sugar and salt. Mix on medium until the dough starts to come together, about 30 seconds. Add the butter and mix on medium until it's incorporated, about 30 seconds.

Remove the paddle attachment from the mixer, and switch to the dough hook. Start adding the remaining flour, 1/4 cup at a time (turning the mixer off for each addition) and knead the dough on medium until it completely pulls away from the side of the bowl and is smooth and not too sticky, about 1 minute. The dough will be very soft and moist but not so sticky that you can't roll it out. (For this step, you may only need to

use as little as 1/4 cup flour, so there may be flour leftover.) Cover the bowl with plastic wrap and let the dough rest in a warm place for 30 minutes.

Once 30 minutes have passed, gently press down on the dough to remove any gas bubbles then chill, covered, for at least 1 hour and up to 12 hours.

When ready to roll out the dough, line a baking sheet with a lightly floured non-terry towel. Lightly flour a work surface and roll out the dough to a 1/2-inch thickness. Using doughnut or cookie cutters, cut out 3-inch-diameter rounds with 1-inch-diameter holes. (For filled doughnuts, don't cut out the holes.) Arrange the doughnuts on the prepared baking sheet, leaving at least 1 inch between doughnuts. Cover the doughnuts loosely with plastic wrap and let them proof in a warm place until almost doubled in size, 30 to 40 minutes. Check to see if the doughnuts are ready every 5 to 10 minutes. To test, use a fingertip to lightly touch one of the doughnuts. If the dough springs back immediately, it needs more time; if it springs back slowly, it's ready; and if the dough doesn't spring back at all, it's over-proofed. You can punch down and reroll over-proofed dough once.

While the doughnuts are proofing, line a baking sheet with 2 layers of paper towels and place a wire rack on top of the towels. In a heavy-bottomed large pot or deep fryer, heat at least 2 inches of oil until a deep-fry thermometer registers 360°F. Working in batches, use a slotted metal spoon or spatula to carefully place the doughnuts in the hot oil. Fry, flipping once, until light golden brown, 1 to 2 minutes per side. Transfer as done to the wire rack and return the oil to 360°F between batches. Let the doughnuts cool slightly before glazing

Funnel Cake Cheeseburger

Cake

Bacon



Ingredients:

- 2 cups milk
- 1 egg
- 2 teaspoon smoked paprika
- 1 teaspoon black pepper
- 2 cups all-purpose flour
- 2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 stick melted butter
- 80/20 grass fed chuck (might be a bit lean for some, sorry for wanting to eat #healthy)
- Bacon Strips
- Brown Sugar
- Strawberry Rhubarb Ketchup
- Arugula
- Taleggio Cheese

Instructions:

1. In a large mixing bowl, combine the milk, eggs, and melted butter then whisk until smooth. In a separate

(but equal) mixing bowl combine the flour, smoked paprika, black pepper, salt, and baking soda and whisk until evenly disseminated. Slowly whisk the dry ingredients into the wet ingredients until you have smooth, sludge-like mixture. This is called batter. Tastes good when you fry it.

2. Pour the batter into a \$.99 squeeze bottle from your local grocery store – or a pastry bag for the homies with a job – and make the opening roughly 1/4 in in diameter.
3. The key in making these funnel cakes into functional buns is the size of your pot; it's going to frame the borders of the funnel cake, so you need something reasonably small. Or not, who cares. I used a 1 qt sauce pan, filled it halfway up with oil, and got it up to 375 degrees. You just do you homie.
4. Take the squeeze bottle full of batter and squirt it erratically it erratically at your oil. Go crazy kid, this is your time to shine. The batter should start to disperse near the sides of the pan, so keep squirting 'til you've gotten a reasonable amount in there.
5. Flip after a minute or two – you'll know when it's time – and cook on the other side for about 30 seconds. Remove from oil, drain on a paper towel, and dust your fried batter lattice with smoked parika.
6. Preheat your oven to 400 degrees.
7. Lay your bacon strips on a cookie sheet and throw 'em on in. After 10 minutes, drain some of the bacon grease and flip the strips. Add a hefty layer of brown sugar on top and throw them back in for 15 minutes, or until delightfully candied.
8. Heat a heavy bottomed skillet on medium high with 1 tsp of vegetable oil, just enough to coat the pan. Form your ground beef into appropriately sized (big enough for the funnel cake buns) patties and liberally season with salt and pepper.
9. Sear the burger for 2 or 3 minutes o one side, then flip

it and add a fatty slab of taleggio cheese. Sear the other side for 2 minutes, or whatever you think seems appropriate. Don't overcook those burgers though. Don't you dare overcook those burgers you sick son of a bitch.

10. Layer the burger as follows: funnel cake / strawberry rhubarb ketchup / cheesy burger / candied bacon / arugula / more ketchup / more funnel cake. Drop some powdered sugar on there to increase the glycemic index (spikes post-workout insulin bro) and shove it in your face hole.

Slow Cooker Beef Stew



Ingredients

2 pounds beef chuck, cut into 1 1/2-inch pieces
1 teaspoon sweet paprika, plus more for garnish
Kosher salt and freshly ground black pepper
1/3 cup all-purpose flour, plus more for coating
3 tablespoons olive oil
1 pound small white potatoes, halved
1/2 pound cremini mushrooms, halved
3 medium carrots, cut into 1-inch chunks
1 medium onion, chopped
2 tablespoons tomato paste

1 cup red wine
2 cups low-sodium beef broth
3 sprigs fresh thyme
1 teaspoon caraway seeds, optional
1/2 cup loosely packed parsley leaves, chopped
Sour cream, for serving

Directions

Toss the beef with the paprika, 1 1/2 teaspoons salt and 1/2 teaspoon pepper. Coat in flour and shake off any excess. Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat. Add the beef and cook undisturbed until it begins to brown, about 3 minutes. Continue to cook, turning the beef as needed, until mostly browned, about 3 minutes more. Remove the skillet from the heat and transfer the beef to the insert of a 6-quart slow cooker; add the potatoes, mushrooms, carrots and onions and stir to combine.

Heat the remaining 1 tablespoon of oil in the skillet over medium heat. Add the tomato paste and stir until the oil begins to turn brick-red, about 1 minute. Add the flour and wine and whisk until thick (it's OK if there are some lumps). Add the beef broth, thyme, caraway if using, 1/2 teaspoon salt and a few grinds of pepper and bring to a simmer, whisking; continue simmering and whisking until the gravy is smooth and thick, about 4 minutes.

Pour the gravy into the slow cooker, cover and cook on low for 8 hours. The meat and vegetables should be tender.

Season with salt and pepper and stir in the parsley. Serve the stew in bowls with dollops of sour cream and a sprinkle of paprika.

Copyright 2013 Television Food Network, G.P. All rights reserved

Recipe courtesy of Food Network Kitchens

Read more at:
<http://www.foodnetwork.com/recipes/food-network-kitchens/slow-cooker-beef-stew.html?oc=linkback>