

Pork and Apple Skewers Recipe



TOTAL TIME: Prep: 15 min. + marinating Grill: 15 min.

MAKES: 6 servings

Ingredients

3/4 cup barbecue sauce

1/2 cup pineapple juice

1/4 cup honey mustard

1/4 cup packed brown sugar

2 tablespoons soy sauce

2 tablespoons olive oil

1-1/2 pounds pork tenderloin, cut into 3/4-inch cubes

5 medium unpeeled tart apples

Directions

In a large resealable plastic bag or shallow glass container, combine the first six ingredients; mix well. Reserve 1/2 cup for basting and refrigerate. Add pork to remaining marinade and turn to coat. Seal bag or cover container; refrigerate for at least 1 hour.

Drain and discard marinade. Cut the apples into 1-1/2-in. cubes. Alternate pork and apples on metal or soaked wooden skewers.

Grill, uncovered, over medium heat, for 3 minutes on each side. Baste with the reserved marinade. Continue turning and

basting for 8-10 minutes or until meat juices run clear and apples are tender. Yield: 6 servings.

Ystervarkies (Lamingtons)



Bestanddele

Koek

250 ml (1 k) meel
5 ml (1 t) bakpoeier
knippie sout
3 eiers, geskei
125 ml ($\frac{1}{2}$ k) suiker
125 g botter, gesmelt
5 ml (1 t) vanielje-ekstrak

Versiersel (bruin sjokoladestroop)

500 ml suiker
140 ml kakao
250 ml water
10 ml botter

Instruksies

Vir die fyngebak-uitdaging moes die Koekedore ystervarkies maak wat in drie verskillende versiersels gedoop is: 'n bruin

sjokoladestroop, sneeuvlokkie-stroop (wit) en 'n aarbei-witsjokolade-stroop(pienk). Dié resepsie is vir ystervarkies wat in bruin sjokoladestroop bedek is – die mees tradisionele opdiening.

(Lewer 18 ystervarkies)

Koek

- Voorverhit die oond tot 180 °C. Smeer 'n broodpan.
- Meng die meel, bakpoeier en sout in 'n mengbak.
- Klits die eierwitte en suiker saam in 'n aparte mengbak tot sagte pieke vorm. Vou die botter, eiergeel en vanielje-ekstrak in tot gemeng. Voeg dit by die meelmengsel en vou in tot glad.
- Giet die beslag in die bereide bakpan en bak vir 30 minute of tot 'n tandestokkie skoon uit die koek kom. Keer uit op 'n draadrak en laat heeltemal afkoel.

Versiersel (bruin sjokoladestroop)

Kook die bestanddele saam om stroop te vorm.

Klapper om die ystervarkies in te rol.

Aanmeakaarsit van die ystervarkies

- Sny die koek in blokkies om 18 ystervarkies te maak.
- Doop die blokkies in die stroop en rol dan in klapper.

Pizza Dogs



Hot dogs and pepperoni pizza are combined with these kid friendly hot dogs.

Serves: 8 hot dogs

Ingredients

- 8 hot dogs
- 8 hot dog buns
- 1 cup pizza sauce
- 8 oz fresh mozzarella, sliced
- Mini pepperoni

Instructions

1. Turn on the broiler.
2. Cook the hot dogs according to your preference. Place a hot dog on each bun. Top each hot dog with 2 tablespoons of pizza sauce, then add a layer of sliced mozzarella. Sprinkle mini pepperoni on top.
3. Broil until the cheese is melted and the bun is toasted.

Sunday Bread



Ingredients

4½ cups of strong bread flour or plain flour
10 grams of instant yeast
2 tablespoons of caster sugar
2 teaspoons of salt
1 egg
70 grams of melted butter
1 cup of lukewarm milk

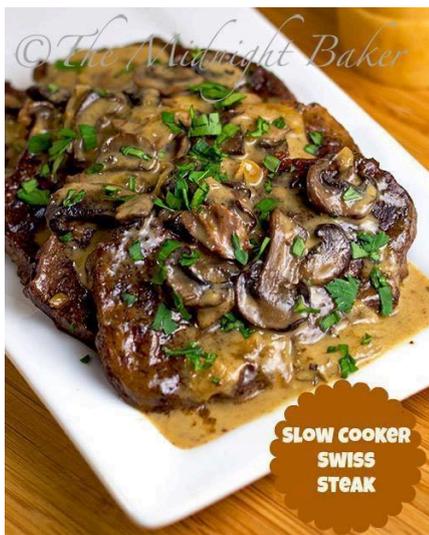
Sesame seeds and poppy seeds for garnish and 1 egg to egg wash before baking .

Method

Mix together all ingredients until a soft dough is formed . Knead dough on a floured surface for 10 minutes . Place in a greased bowl and cover and allow to rise for 1½ hours . Knock down dough after the first rise and shape small balls and place neatly in a round greased tin . cover and allow to rise again for 40 minutes . Next egg wash and sprinkle each ball with one poppy seed and other one with sesame seeds . Bake in a preheated oven at 200degc for 40-45 minutes .

Delicious .

Slow Cooker Swiss Steak



6 medium beef blade steaks
8 oz fresh mushrooms, thinly sliced
1 medium onion, sliced
1 tbs fresh thyme, minced
1 1/2 tsp sweet paprika
3/4 cup chicken stock
1/4 cup dry sherry
1/4 cup flour
4 tbs oil
salt & pepper to taste
2 tbs fresh parsley, chopped
1/2 cup cream

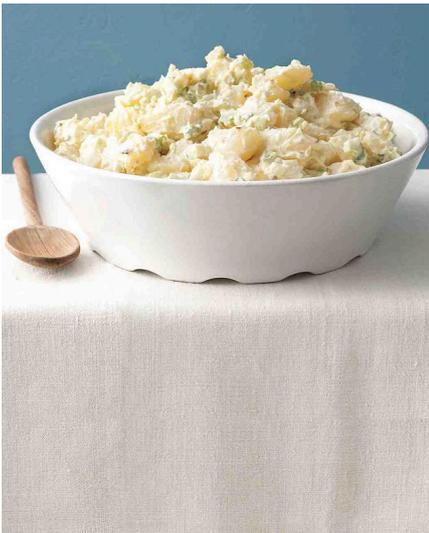
Heat a heavy skillet or saute pan over medium heat. Add 1 tbs of the oil. Add the mushrooms; cover and cook for 5 minutes. Remove cover and continue cooking until mushrooms begin to brown. Remove from pan and place in the slow cooker.

Return the pan to the heat. Season the steaks with salt & pepper. Add 1 tbs of oil and brown the blade steaks nicely. Remove to a plate and set aside

Return the pan to the heat and add 2 tbs of the oil. Add the sliced onions, the thyme and the paprika. Stir and cook for about 1 minute. Add the flour and stir well, cooking for about 1 minute. Whisk in the sherry and chicken stock, scraping up

all the browned bits at the bottom of the pan. Add the entire contents of the pan to the slow cooker. Place browned steaks on top of the mushroom/onion mixture. Cover and cook on LOW for 6-8 hours, HI for 4-5 hours. Remove steaks to a serving plate and cover with aluminum foil to keep them warm. Stir the cream and parsley into the liquid. Heat for another 10 minutes. Ladle gravy over steaks and serve. Makes either 6 smaller servings or 3 larger servings.

Anchovy Potato Salad



INGREDIENTS

2 pounds russet potatoes, peeled and cut into 1-inch pieces

Coarse salt

1 large celery stalk, diced small

2 scallions, chopped

2 large hard-cooked eggs, chopped

1 cup Spicy Anchovy Mayonnaise (below)

DIRECTIONS

In a medium pot, bring potatoes to a boil in salted water over high. Reduce to a rapid simmer and cook until potatoes are tender when pierced with a knife, about 10 minutes. Drain, transfer to a large bowl, and let cool, about 30 minutes. Stir in celery, scallions, eggs, and mayonnaise and season with salt.

COOK'S NOTE

Spicy Anchovy Mayonnaise

Combine 2 cups mayonnaise, 4 teaspoons Dijon mustard, 2 teaspoons red-pepper flakes, and 14 to 16 anchovy fillets, finely chopped.

Tasty Tip

The 14 to 16 fillets in this dish seem like a lot but yield just 3 tablespoons – enough to add rich, subtle flavor.

Shrimp Po' Boy Carrot Cajun Soup



Yield: Serves 4

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients:

for the shrimp:

12 large shrimp, peeled and deveined

1 tablespoon extra virgin olive oil

1/2 tablespoon Cajun seasoning

1/2 cup fine cornmeal

salt and pepper

for the soup:

4 tablespoons extra virgin olive oil

1 yellow onion, diced

1 lb carrots, peeled and chopped

4 cups chicken stock

1 tablespoon Cajun seasoning

1/2 cup whipping cream

chives for garnish

salt and pepper to taste

Directions:

for the shrimp:

In a large bowl, combine cornmeal, Cajun seasoning, s&p. Toss the shrimp into the bowl coat the shrimp with the cornmeal mixture. It doesn't have to be completely covered just enough to get some texture on the shrimp. In a large skillet preheated to medium-high heat, add the olive olive. Working in batches saute the shrimp, about a minute per side. Remove shrimp from skillet and set aside.

for the soup:

In a large Dutch oven, preheated to medium-high heat, add the olive oil, onion, s&p. Saute onion until softened about three minutes. Next, add the carrots and Cajun seasoning. Continue to cook until the carrots have softened about five minutes. Next, add the chicken stock and bring the soup to a boil then to a simmer. Cover and cook for about 15 to 20 minutes. Once cooked, turn off the heat and blend the soup in batches in a blender or use an immersion blender right in the pot. When the soup is to the right consistency, stir in the cream. Ladle the soup into bowls, add the shrimp, and garnish with chives.

DIE OU MANIER VAN KERRIE MARINADE VIR SOSATIES



BENODIG:

8 Uie sny in ringe
2 eetlepels Kerriepoeier
1 e Borrie
4 eetlepels Suiker
2 eetlepels Maziena
2 koppies Asyn
2 koppies Water
1 koppie Blatjang
1 koppie Appelkooskonfyt

MAAK SO:

Braai die uie, voeg Kerrie, Borrie, Suiker en asyn by, Meng die Maziena en water. Voeg by mengsel en bly verhit en sodra begin borrel voeg Blatjang en Appelkooskonfyt by. Kook deur en sit af. Gooi oor jou vleis en roer elke dag om. Die lekkerste is as jy dit sewe dae laat marineer.

Terloops, varkvleis maak fantastiese sosaties.

RUMPSTEAK is net so lekker.

Stuffed chicken rolls



Ingredients:

500 g chicken or turkey breast (or chicken)

250 g spinach (I used fresh young spinach)

2 eggs

Panko (Japanese bread crumbs) or brown bread crumbs

1 teaspoon paprika powder

fresh black pepper and salt

nutmeg

Directions:

Cut 4 thin slices of chicken or turkey breast.

Put the slices between two pieces of wax paper or plastic wrap/foil and gently pound with a mallet until very thin.

Trim the pounded breast until it is roughly a rectangle. Put the rest of the turkey breast in the blender, add the spinach, 1 egg, nutmeg, fresh black pepper and salt and blend.

Distribute the turkey mixture over the slices of Turkey. Roll them tightly and wrap in a plastic foil (like a bonbon), Put the turkey rolls in the freezer for 1 hour

Mix the panko or brown bread crumbs with the paprika powder

Beat one egg with fresh black pepper and salt.

Remove the plastic foil from the rolls. Coat with egg (first) and brown bread crumb (second)

Put the coated turkey rolls in a pre-heated oven for 25-30 minutes on 180°C

You can serve these warm or cold.

Quick Lemon-Berry Trifle



- 2 pkg. (3.4 oz. each) JELL-O Lemon Flavor Instant Pudding
- 2-1/2 cups cold milk
- 2 cups thawed COOL WHIP Whipped Topping, divided
- 4 cups mixed fresh berries (blueberries, raspberries, sliced strawberries), divided
- 42 vanilla wafers

Make It

- Beat pudding mixes and milk in large bowl with whisk 2 min. Stir in 1-1/2 cups COOL WHIP. Reserve 1/4 cup berries for garnish.
- Arrange 21 wafers on bottom and up side of 2-1/2-qt. bowl; top with layers of 1/3 of the pudding mixture and

half each of the berries and remaining pudding mixture. Top with layers of remaining wafers, berries, pudding mixture and COOL WHIP. Garnish with reserved berries.

- Refrigerate 1 hour.