

Beef Wellington Macaroni & Cheese



Yield: Serves 4 to 6

Prep Time: 15 minutes

Cook Time: 1 hour

Ingredients:

1/2 lb beef tenderloin steaks
3 tablespoons olive oil
1/2 cup yellow onion
1/2 cup baby bella mushrooms, chopped
1 tablespoon rosemary, chopped
1 tablespoon thyme, chopped
1 tablespoon Dijon mustard
1 stick butter
1/2 cup flour
2 cups milk
1 cup mozzarella
1 cup parmesan
1 lb elbow macaroni
1/3 cup cooked ham, diced into 1-inch cubes

1 package puff pastry sheet
1 egg, whisked
chives, garnish
salt and pepper to taste

Directions:

Preheat an oven to 400 degrees.

In a large, oven-safe skillet preheated to medium-high heat, add 2 tablespoons olive oil. Sprinkle the beef tenderloin steaks with salt and pepper. Add them to the skillet and brown on both sides for at least two minutes per side. Remove from heat and place the skillet in the oven for seven minutes. Remove skillet from oven and place tenderloin steaks on a cutting board to rest before dicing into 1/2-inch cubes.

Meanwhile, fill a stockpot with water and bring to a boil. Add the elbow macaroni and cook until al dente about 10 minutes. Drain the pasta and set aside in a large bowl.

In the same skillet you cooked the steaks in, preheat the skillet back to medium-high heat and add the remaining tablespoons of olive oil. Next, add the onion, mushroom, rosemary, and thyme. Cook until the mushrooms have browned about five minutes. Stir in the Dijon mustard and add a pinch of salt and pepper. Remove skillet from heat.

In a medium saucepan preheated to medium heat, melt the butter. Add the flour and continue to whisk until a roux forms. Gradually add the milk, continuing to stir until thickened about five minutes. Remove from heat. Add the mozzarella, parmesan, salt, and pepper. Pour the cheese mixture into the bowl with the elbow macaroni followed by the mushroom mixture, ham, and tenderloin cubes. Toss everything together and pour into a 9 X 13 buttered casserole dish. Spread the macaroni cheese in an even layer. Top the macaroni and cheese with a single layer of puff pastry. Poke a few

holes in the puff pastry to keep it from rising. Brush the puff pastry with egg wash and place the macaroni and cheese into the oven for about 30 minutes or until the puff pastry is golden brown. Remove from oven and garnish with fresh chives.

Mac and Cheese Bites



Ingredients:

500g elbow noodles

2 cups butter cracker crumbs (Ritz)

3 cups sharp cheddar cheese, shredded and divided

6 tablespoons unsalted butter, melted

150g herb feta cheese

2 tablespoons cold unsalted butter

2 large eggs

3/4 cup milk

1/4 cup sour cream

1/4 teaspoon salt

1/4 teaspoon garlic powder

Directions:

1. Preheat oven to 176°C. Bring a large pot of water to a boil.

Cook the pasta according to the box directions until just shy of al dente, about 6 minutes. Drain. Meanwhile, lightly grease several standard muffin tins with cooking spray or butter.

2. In a medium bowl, combine the cracker crumbs, 1/2 cup of the shredded cheese, and the melted butter with a fork. Spoon a bit of the mixture into the bottom of each tin and press down with a fork or the bottom of a small glass.

3. Once the pasta is cooked and drained, add it to a large mixing bowl with the remaining cheese, feta, and cold butter. Mix well. In a small bowl, combine eggs, milk, and sour cream whisking to combine. Add the liquid mixture to the pasta. Stir in the salt and garlic powder. Mix well.

4. Divide the noodle mixture between the prepared muffin tins. Bake until golden, about 20-25 minutes. Let cool in the tins at least 10-15 minutes before removing from the pan. Serve immediately.

Polka Dot Lasagna Skillet



Yield: Serves 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients:

1 lb ground beef
1 teaspoon fennel, crushed
1 teaspoon garlic powder, divided
1 teaspoon onion powder
2 cups pasta sauce
2 cups bowtie pasta, uncooked
2 1/2 cups water
pinch of red pepper flakes
1/2 cup ricotta cheese
1 egg
1/2 cup Parmesan cheese
1 teaspoon dried basil
2 tablespoons all-purpose flour
1/2 teaspoon kosher salt
1/8 teaspoon black pepper

Directions:

Brown the ground beef in a large skillet and drain any excess fat.

Return the skillet to the stove and add the crushed fennel, 1 teaspoon of garlic powder and onion powder, stirring until the beef mixture becomes slightly fragrant. Add the pasta sauce, uncooked pasta, water, and red pepper flakes. Stir and bring the mixture to a boil, then reduce the heat to low and cover, simmering for about 18 to 20 minutes, or until the pasta is full cooked.

Meanwhile, combine the ricotta, egg, Parmesan cheese, basil, flour, 1/2 teaspoon garlic powder, salt, and pepper in a large bowl and mix until combined. Scoop large dollops of the cheese mixture on top of the cooked pasta in the skillet taking care

to space them out.

Cover the lid and cook additional 5 minutes or until the cheese mixture has set.

Braai lasagne potjie



After every braai, if there is any leftover meat, debone and skin the meat. then chop it up finely and add it to the container in your freezer that is specially placed there for this purpose. as soon as you have enough meat in that container, make the braai lasagne potjie. If you don't have leftover meat, just fry 500g lean beef mince in the potjie as you start the process.

What you need (feeds 4–6)

12 lasagne sheets

butter

For the bolognese sauce:

500 g finely chopped leftover braaiied meat (any mixture of

steak, chops, pork, chicken, boerewors). Failing this, just use 500g beef mince and fry in the potjie until lightly browned.

1 onion (finely chopped)

1 clove garlic (finely chopped)

1 cup mix of grated carrots and finely chopped celery

1 tot butter

1/2 cup dry red wine

2 tins chopped tomatoes

1 tot tomato paste

1 tot oregano

1 bay leaf

1 tsp salt

1 tsp pepper

For the béchamel (white) sauce:

3 tots butter

3 tots flour

2 cups stock (vegetable, beef, chicken, etc., whatever you have on hand. Alternatively 1 cup stock and 1 cup milk)

1/2 cup cream

1/2 cup grated parmesan cheese (or aged cheddar, but then use more)

1/2 tsp nutmeg

salt and pepper

What to do

Make the bolognese sauce: In the pot that you will bake the lasagne in, mix the onion, garlic, carrot and celery and fry gently in the butter until soft. Some light flames should give you the correct heat. If it boils too rapidly, remove the pot from the flames and heat it with a few coals. Add the meat, wine, tomatoes, tomato paste, oregano, bay leaf, salt and pepper. Stir very well then simmer for 10–15 minutes, stirring now and then. Keep the cooked sauce in another container until you need it for Step 3.

Make the béchamel sauce: In a separate pot, melt the butter and use a wooden spoon to mix the flour completely into the melted butter. Now add the stock bit by bit while you continuously stir the mixture. When all the stock has been added, let the sauce simmer for a few minutes. Remove from the heat and stir in the cream, Parmesan and nutmeg. Add salt and pepper to taste.

Make the lasagne: Fill the cast-iron pot with layers of bolognese sauce, pasta sheets and béchamel sauce. A flat-bottomed pot will result in a neater lasagne but any round-bottomed pot is also fine.

Put the lid on the pot and bake the lasagne for about 50 minutes by placing the pot on a stand over coals and also putting a few coals on the lid of the pot. When all the pasta sheets are completely soft, the lasagne is ready.

Orange Sesame Pork Noodle Bowl



Yield: Serves 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

2 tablespoons orange juice
1 1/2 tablespoons oyster sauce
1/4 teaspoon red pepper flakes
1 tablespoon sesame oil
2 teaspoons soy sauce
1 tablespoon cornstarch
1/4 teaspoon black pepper
1.5 lbs pork cubes
2 tablespoons olive oil
1 package of rice noodles
1 large carrot, diced
1 yellow onion, diced
1 cup peas
radish slices, garnish
salt and pepper to taste

Directions:

Fill a large bowl with cold water, add the rice noodles to soak for at least 15 minutes. Once the rice noodles have fluffed, drain, and fill a large stock pot with water and bring to a boil. Add the rice noodles and cook for about 5 to 7 minutes. Drain again and set aside.

In a large bowl, combine the first seven ingredients. Add the pork, toss, and set aside. Meanwhile, heat a large skillet to medium high heat and add the olive oil. Next, add the carrot, onion, and peas to the skillet. Saute until the veggies have soften. Then add the pork with all the liquid. Saute for another five minutes until brown. Add the reserved rice noodles to the pan and toss to combine. Turn off the heat.

Divide between bowls and garnish with radish slices.

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, s&p. 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.

PASTA SALAD



YOU NEED:

2-3 handfuls of pasta (shape of your choice)

– cook according to package instructions until al dente, Drain and let it cool slightly before mixing in the sauce/dressing

SAUCE:

Approx 1 cup mayo (can use less, depends on how saucy you like it)

1/4 greenpepper – finely chopped

1 small onion – finely chopped (or spring onion)

1 teaspoon curry powder

2 tablespoons each tomato sauce & chutney

Cheese (about a 1cm strip from a normal store bought block, diced into small blocks)

About 1/2 can pineapple pieces (and/or peach slices) in bite sized pieces (I only had pineapple – can add more if you like it fruity)

Juice of the canned fruit

Salt, Pepper & Sugar to Taste

HERE'S HOW:

– Mix the mayo, curry, tomato sauce, chutney and a bit of juice until well combined

– Taste, adjust seasoning accordingly

– Mix onion, greenpepper, cheese & fruit pieces in a suitable bowl with the pasta (leave enough space to add sauce and mix)

– Add the sauce (dressing?)

– Let it cool in the fridge, it always tastes better the next day!

One pan chicken Cordon Bleu Pasta



A deliciously cheesy pan pasta with savoury ham and chicken, topped with breadcrumbs.

Ingredients:

1 tablespoon olive oil
2 teaspoons minced garlic
2 chicken breasts, cut into 1 inch chunks
1 cup of diced cooked ham (like from a ham steak)
2 1/2 cups small, dry pasta (like Rotini)
3 cups water
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon dry mustard
1/2 teaspoon salt
1/4 teaspoon pepper
250 g Swiss Cheese, sliced or shredded
1/4 cup breadcrumbs
2 teaspoons dried parsley

Directions:

Heat olive oil over medium heat in a deep 30 cm pan. Add garlic and cook for about 30 seconds, then add the chicken. Sauté for a couple of minutes just until browned, but not cooked through.

Add diced ham, pasta, water, salt and pepper, and garlic,

onion and mustard powders. Stir and bring to a boil. Reduce heat to low, cover and simmer for 20 minutes.

Remove pan from heat (there will still be liquid in the pan) and add Swiss cheese, stirring until completely melted. Top with breadcrumb mixture and place under the broiler for about five minutes, careful not to let it burn.

Serve hot.

Seafood Marinara



Ingredients

- 2 kg linguini
- 6 fresh basil leaves
- 2 cans whole tomatoes chopped
- 2 cans tomatoes sauce
- 2 cloves garlic
- 1/2 cup chopped onions
- 1/4 cup wine
- 1/2 stick butter
- 2 tbsp. olive oil
- 2 tbsp. sugar – salt and pepper
- 500 g clean calamari sliced

- 500 g . cleaned shrimp
- 500 g scallops
- 500 g mussels cleaned

Instructions

- 1.Bring a large pan of salted water to a boil.
 - 2.In a separate pot, sauté garlic, basil, and onion in olive oil. Add tomatoes, sugar, salt and pepper and wine and cook on a low boil for 25 minutes.
 - 3.Add all of the fish to the sauce, and continue to cook for another 10 minutes.
 - 4.Add 1/2 stick of butter then cook linguini in boiling water until al dente, strain and place in large serving bowl.
 - 5.Pour sauce, with sea food, over linguini and top with grated Romano cheese.
 - 6.Serve with crusty bread.
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Thai Peanut Sesame Noodles



Author: Alyssa

Prep time: 5 mins

Cook time: 12 mins

Total time: 17 mins

Serves: 4

Thai peanut sesame noodles are a simple dish that has fantastic flavor and will become a family favorite!

Ingredients

- 3 Tablespoons Peanut Butter
- 3 Tablespoons soy sauce
- 1 teaspoon sesame oil
- $\frac{1}{2}$ cup chicken broth
- 1 teaspoon minced garlic
- 1 teaspoon ginger
- 1 teaspoon Sriracha chili sauce
- 8 oz linguine noodles
- sesame seeds for garnish
- green onions for garnish

Instructions

1. Cook the noodles in a large pot according to package directions.
2. While the noodles are cooking, in a medium sauce pan whisk together peanut butter, soy sauce, sesame oil, $\frac{1}{2}$ cup chicken broth, minced garlic, ginger, and sriracha chili sauce. Cook over medium heat until smooth. Remove from the heat and set aside.
3. Drain the noodles and toss in the peanut sesame sauce. Serve immediately.