

# Bacon en sweetcorn koekies



Braai bacon stukkies tot bros. Sif in mengbak: 2 k bruismeel, 3 ml sout. Klits 1 eier, 2 k melk en 25 ml kookolie. Roer by meelmengsel en voeg 125 ml sweetcorn en die bacon by en ook vars gekapte pietersielie en gekapte chives. As deeg te slap is, voeg nog meel by. Skep eetlepels vol in vlak medium-warm olie en bak alkante bruin. Dreineer op kombuispapier.

Deel dit!

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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 a airtight container upto 2 weeks to 4 weeks.

Other variations:

Seweed and seed crackers

1 quantity cracker mix – see above

1 tablespoons sprinlina

1 tablespoon dried dulse

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

Curry and seed crackers

1  $\frac{1}{2}$  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

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# Brie and Cranberry Jelly Pretzel Pies



Wonderful for brunch or even starter, this is such a winning combo!

Yields: About 16 mini pies

Ingredients:

1 1/2 cups warm water

1 tablespoon granulated sugar

2 1/4 teaspoons (1 packet) active dry yeast

4 1/2 cups unbleached all-purpose flour

2 teaspoons salt

4 tablespoons unsalted butter, melted

10 cups water

2/3 cup baking soda

1/2 cup Cranberry jelly

125 ga Brie, cut in small cubes

1 egg yolk beaten with 1 tablespoon water (egg wash)

Sea salt, for sprinkling

Directions:

Combine water, sugar and yeast in the bowl of a stand mixer; let sit 5 minutes until foamy.

Add flour, salt and butter; stir to combine. Using a dough hook, knead dough on medium speed 5 minutes until smooth,

elastic and slightly tacky (alternatively, you can turn the dough out onto a lightly floured surface and knead by hand 10 minutes until smooth, elastic and slightly tacky).

Shape dough into a ball and place in a large, lightly greased bowl. Cover with lightly greased plastic wrap and let rise in a warm place 1 hour until doubled.

When dough is nearly doubled, combine water and baking soda in a large stockpot. Bring to a boil. Heat oven to 200 degrees C. Punch down dough. Roll out on a lightly floured surface to 1/4-inch thickness. Use a round biscuit or cookie cutter to cut out circles of dough. Re-roll out scraps as needed.

Spoon a teaspoon or so of jelly into the centre of half the dough circles. Top with a piece of brie. Top with another dough circle to form a pie; use fingers or fork tines to seal the edges. Transfer pies to a lightly floured baking sheet or platter.

Place about 3 hand pies at a time in the boiling water bath; boil 30 seconds. Using a slotted spoon, remove pies and transfer to a parchment paper or silicone mat-lined baking sheet. Repeat with remaining pies, placing pies about 1 inch apart on baking sheets.

Lightly brush tops of pies with egg wash, then sprinkle with sea salt. Bake 12 to 14 minutes until golden brown and puffed. Cool slightly on a cooling rack before serving.

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## SKILPADJIES



## SKILPADJIES: [PICK N PAY RECIPES]

An authentic Karoo hors d'oeuvre. Order them ready-made from selected PnP stores if the ingredients give you.

### INGREDIENTS:

1 lamb/ox liver

1 lamb heart

2 lamb kidneys

1 PnP red onions

1 pinch PnP salt, or to taste

1 caul fat, (fatty membrane that surrounds internal organs)

### WHAT TO DO:

- Mince heart, kidneys, liver, onion and seasoning together.
  - Cut caul fat into 10cm squares.
  - Spoon 1 Tbsp (15ml) mince mixture into the centre of each square.
  - Fold into parcels and secure with a toothpick.
  - Place in a freezer-proof container and freeze.
  - Thaw several hours before needed.
  - Braai skilpadjies (still slightly frozen) over medium coals until cooked through and crispy.
  - Serve immediately.
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## **Slow roasted beetroot and ricotta bruschetta**



SERVES: 6 AS A STARTER

3 bunches small beetroot (about 15-18), all of a similar size  
2 tablespoons cider vinegar  
1 tablespoon pure maple syrup  
1½ cup olive oil  
1 baguette, sliced 1cm diagonally  
1 punnet baby chard leaves (about 2 handfuls) or the small tender leaves from the beetroot tops  
1 cup ricotta  
2 tablespoons coarsely chopped toasted pistachio nuts or walnuts

Trim the beetroot stalks, leaving about 5cm intact, then wash the beetroot under cold water. Put in the slow cooker and cover with the lid then cook on High for 3 hours or until just tender when a skewer is inserted.

Meanwhile, put the vinegar and maple syrup in a bowl and whisk in ¼ cup of the oil. Season with salt and freshly ground black pepper. This is the dressing.

Preheat the oven to 180°C. Brush the baguette slices with the remaining oil and put on a baking tray. Bake for 7 minutes or until golden brown. Transfer to a wire rack to cool.

Peel the beetroot, either by using a small sharp knife, or by

using your fingers to rub off the beetroot skins under slowly running cold water. Put in a bowl then add the dressing to the warm beetroot and toss to coat. Just before serving, add the baby chard and gently toss to combine.

Serve the toasted bread slices topped with ricotta and beetroot, sprinkled with the nuts.

In the oven

Preheat the oven to 180°C. Put the beetroot in a baking paper-lined roasting dish then drizzle with a little olive oil and season with salt and freshly ground black pepper. Cover with foil and roast for 45 minutes to 1 hour until tender.

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## **Asparagus, fennel & Mozzarella salad with toasted pine nut dressing**



**SERVES: 4 AS A STARTER**

This elegant dish is both light and flavourful. Be sure to



bring the mozzarella to room temperature before serving.

1 small clove garlic

70g pine nuts, toasted

1 tablespoon lemon juice

3 tablespoons extra virgin olive oil

4 tablespoons finely grated parmesan

300g asparagus, woody ends trimmed

1 fennel bulb, tough outer layer removed, bulb cut into quarters

125g mozzarella, coarsely torn into pieces

Put the garlic in a mortar with a little flaky sea salt then use the pestle to crush to combine. Add the pine nuts and pound to a coarse crumb. Add the lemon juice, oil and half the parmesan. Pound to combine then taste and season with salt and freshly ground black pepper. This is the dressing. Set aside.

Just before serving, very thinly slice the asparagus and fennel (I used a mandoline). Put in a bowl then add the dressing and toss to combine. Add the mozzarella and gently toss to combine then arrange on serving plates and scatter with the remaining grated parmesan.

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## **Kicken Chicken bites**



## Ingredients

400g bacon

400g Boneless Skinless Chicken Breast Fillets, cut into bite size pieces

2/3 c. brown sugar

1 1/2 tsp cayenne pepper

1 1/2 tsp chili powder

1/8 tsp pepper

## Instructions

Cut bacon pieces into thirds the short way. Take each piece of chicken and wrap a piece of bacon around it. Fasten bacon with toothpick and set aside.

In a small bowl mix remaining ingredients together. Take each piece of chicken and dredge it in the brown sugar mixture making sure to sprinkle a little on top, too.

Place on wire rack on a pan lined with aluminum foil.

Bake at 180 degreesC for 30-35 minutes until chicken juices run clear and bacon is crisp.

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# Cucumber Rolls



## CUCUMBER ROLLS HORS D'OEUVRES WITH CREAMY AVOCADO SPREAD

### Ingredients :

1 large organic English cucumber (or 2)

3 ripe avocados

1/4 cup capers

1/2 teaspoon pink Himalayan salt or sea salt

freshly cracked black pepper

2 tablespoons of freshly squeezed lemon juice

1/4 cup fresh parsley, chopped fine + more for plating

1/8 cup fresh dill, chopped fine

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### Directions :

It's a good idea to grab more cucumbers than you need for this recipe as some pieces could break and you only use the middle

part not the thin sides that will be cut. You don't want to run out. Wash and dry the cucumbers. Use a mandolin to cut thin slices all the way through. Keep slicing the sides until you reach the full centre. Be careful that they don't break. (the thin pieces could be saved for a salad or eaten up or composted).

In a bowl, mush all the avocado meat and add in all the other ingredients and mix.

Lay out each cucumber slice and layer a coat of the avocado spread all the way across. Start to roll on one side until you reach the end. Be sure to have some avocado spread at the end (without any capers) to act like glue to seal them up at the end.

Dress up with extra parsley and capers and serve!

(In the heat of the summer, be sure that the avocado doesn't tolerate the heat well, so be mindful of that and serve these as appetizers so they're eaten up quick or keep them in the fridge until serving time

Source: [pureella.com](http://pureella.com)

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## Potato blini



Marieta van Bladeren

Nigella se aartappel blini. Maar ek dress hom soos die foto

Potato blini

Ingredients

3 eggs

1/2 cup full fat milk

2 spring onions/scallions finely sliced

2 tablespoons olive oil

3/4 cup smash/potato flakes

1/4 cup all-purpose flour

1/2 teaspoon baking powder

1/2 teaspoon lemon juice

About 10 ounces (300g) smoked salmon

Small bunch dill or packet

Directions

In a batter jug, whisk the eggs, milk, finely sliced spring onions/scallions and olive oil together.

Stir in the smash/potato flakes, flour and baking powder and then finally the lemon juice.

Heat a flat griddle, and drop tablespoon sized dollops of the mixture onto the hot griddle.

Cook for about 30 seconds a side or until golden brown and firm enough at the sides to flip.

Once you have made the pancakes, and they've cooled a little, tear off tiny strips of smoked salmon and arrange the small slices on each pancake.

Decorate each salmon topped pancake with a tiny feather of dill.

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# Prosciutto and Zucchini pies



YUUUMMM! Easy, awesome recipe...Prosciutto & zucchini pies with feta

Olive oil spray

24 thin slices prosciutto (use bacon for a cheaper alternative!)

12 eggs

2 tablespoons chopped fresh chives

2 small zucchini, trimmed, thinly sliced diagonally

24 cherry tomatoes, halved

200g feta, crumbled

Fresh basil leaves, to serve

Preheat oven to 180°C. Spray twelve 150ml-capacity muffin pans with oil. Line each pan with 2 slices of prosciutto, slightly overlapping. Whisk the eggs in a large jug. Stir in the chives and season with pepper. Divide the egg mixture among the prepared pans. Top with zucchini and tomato. Bake for 25-30 minutes or until the egg is just set. Set aside for 10 minutes to cool slightly. Run a sharp knife around the inside edge of each pan to remove the pies. Top with feta and basil leaves.