

31 Oktober 2007  
Volume 2 – Issue 11

by

ALMA PRETORIUS

alma@xcentricideas.co.za

082 499 8482

# XCentric Ideas



It's time to brush off the cobwebs from the braai, chill the drinks, invite your friends and oil your rusty brain cells for new braai-entertaining recipes.



Recipes & photos from Internet, magazines & recipe books

# How a SA braai is done

It's the only type of cooking a "real" man will do. When a man volunteers to do the 'Braai' the following chain of events are put into motion:

The woman goes to the store.

The woman fixes the salad, vegetables, and dessert.

The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils, and takes it to the man, who is lounging beside the grill, beer in hand.

The man places the meat on the grill.

The woman goes inside to set the table and check the vegetables.

The woman comes out to tell the man that the meat is burning.

The man takes the meat off the grill and hands it to the woman.

The woman prepares the plates and brings them to the table.

After eating, the woman clears the table and does the dishes.

Everyone praises the man and thanks him for his cooking efforts.

The man asks the woman how she enjoyed "**her night off.**"

And, upon seeing her annoyed reaction, concludes that there's just no pleasing some women!



# Appetizers

## Frankfurter-Kebabs

800 g Frankfurters, cut into chunks  
50 ml Oil  
2 tbsp Tomato sauce  
2 tbsp Worcestershire sauce  
2 tbsp Brown sugar  
2 tbsp Brown vinegar  
2 tsp Mustard  
Few drops Tabasco sauce  
½ tsp dried thyme



Mix the frankfurters with the other ingredients and marinate for 1 hour.

Stick on kebabs. Grill for 10-15 min on medium coals.



## Baguette-Kebabs

1 Baguette (or hot dog rolls), sliced  
Kebab sticks  
Cheese slices  
Salami slices  
Lettuce

Make 'sandwiches'.  
Heap them on kebab sticks.  
Serve.

# Appetizers (2)

## Rosemary Cheese Straws

500 g Phyllo/puff pastry  
250 g Mature Cheddar, grated  
10 sprigs Fresh Rosemary, chopped

Preheat the oven to 160oC.  
Roll out the pastry and cut into 4 pieces.  
Sprinkle with cheese and rosemary.  
Roll each piece into a straw and twist.  
Place on baking tray and bake in oven for about  
5 minutes.



[www.appetizersandinc.com](http://www.appetizersandinc.com)

## Cherry Tomatoes Snacks



Cherry tomatoes  
Chive-flavoured cream cheese  
Lettuce leaves

Wash the tomatoes.  
Cut off the tops.  
Hollow out the insides.  
Fill it with cream cheese.  
Arrange it on lettuce leaves and  
serve.

# Salads

## Curried Banana Salad



- 4 Bananas
- 2 Onions
- 15 ml Vegetable oil
- 2 tsp Curry powder
- ¼ cup Cider vinegar
- ¼ Cup sultanas
- 1 tbsp fresh Chopped coriander leaves

Peel and slice the bananas. Skin and finely slice the onion.  
Heat oil in frying pan, fry onion for about 5 min till translucent.  
Add curry powder and cook for about 1 min.  
Add bananas and vinegar and cook for 2 min. Remove from heat, stir in sultanas and spoon in serving dish.  
Let it cool a bit and garnish with chopped coriander.

## Tomato & Spinach Salad

- Few tomatoes, quartered
- Olive oil
- Freshly squeezed (½) lemon
- Salt
- Pepper
- Bit of grated garlic
- Young spinach leaves



Remove flesh from the quartered tomatoes, keep for another recipe, then chop the rest of the tomatoes thoroughly.  
Put in bowl. Add all the seasonings.  
Lastly add the spinach and toss everything.  
Serve with meat.

[www.jupiterimages.com](http://www.jupiterimages.com)

# Salads (2)

## Pear & Feta Salad



4 Handfuls rocket  
8 Sun-dried pears, thinly sliced  
150g Feta, broken into large pieces  
Toasted pecan nuts  
Olive oil, to drizzle  
Sea salt & freshly ground black pepper  
Red-wine vinegar, to drizzle

Toss the rocket with olive oil and seasoning. Drizzle with vinegar. Turn onto large plates. Add the pear and feta, then toss with pecan nuts.

## Spiced Carrot Salad

250 g Packet julienne carrots  
5-6 tbsp Sunflower oil  
1 tsp Mustard seeds  
1 tsp Chilli powder  
1 tsp Ground turmeric  
2 – 3 tbsp Chopped coriander leaves  
Salt to taste



Stir-fry the carrots in 4 tbsp heated oil with the spices until tender-crisp.

Mix in the coriander leaves, salt to taste and 1-2 tbsp oil. Serve.

# Side Dishes

## Beetroot Salad with Walnuts & Garlic

Cooked beetroots (Woolworths)  
Sugar (if needed)  
¼ Cup chopped walnuts  
1 Small garlic clove, minced  
3 tbsp High-quality mayonnaise  
½ tsp Fresh lemon juice (optional)  
Salt



Coarsely grate or cube the beet into medium-sized bowl. Add the walnuts, garlic, mayo and lemon juice and mix gently. Season to taste with salt, then add pinch of sugar and mix again. Cover with plastic wrap and let sit at room temperature for 1 hour before serving.

## Pepper Parcels



3 Large red peppers  
2 tbsp Olive oil  
3 tbsp Toasted pine nuts  
200 g Mozzarella, finely diced  
2 tbsp Parsley, roughly chopped  
3 tbsp Oil reserved for tomatoes  
75 g Sun-dried tomatoes in oil, drained,  
chopped

Quarter and de-seed the peppers. Plunge into boiling water for 30 secs, then drain and refresh in cold water. Pat dry and brush with olive oil. Dry fry the pine nuts till golden. Combine cheese, parsley, tomatoes, tomato oil and pine nuts, season well and divide between peppers. Grill for 10 mins.

# Side Dishes (2)

## Marinated Mushrooms

500g Button mushrooms  
Salt and pepper to taste

### **Marinade:**

2 tbsp Lemon juice  
6 tbsp Olive oil  
1 tsp Fresh, chopped chives  
1 tsp Fresh, chopped parsley



Cut off the mushroom stems. Wipe the mushrooms clean and leave whole. Place in salad bowl and add salt & pepper.

Mix the marinade ingredients and pour over the mushrooms. Mix lightly and refrigerate for about 2 hours before serving.

## Potatoes with Chorizo



500g Baby potatoes, washed  
1 Chorizo-sausage, sliced  
45 ml Olive oil  
2 Garlic gloves, crushed  
20 ml Paprika  
2 ml Dry thyme  
Tabasco sauce to taste

Boil potatoes in skin till soft. Drain. Cut each potato in half, place a slice Chorizo sausage in-between and secure with a toothpick.

Place potatoes on a baking tray. Mix garlic, paprika, thyme and Tabasco sauce with olive oil. Drip mixture over the potatoes. Sprinkle coarse salt all over.

Place tray under pre-heated grill till golden brown. Turn the potatoes and grill. Serve hot with garlic-mayonnaise.



# Desserts

## Must Be The Easiest Cheesecake Ever

250 ml Pouring Cream  
250 ml Plain smooth cottage cheese  
1 box Royal vanilla instant pudding powder  
250 ml Plain yoghurt  
1 Packet Boudoir finger biscuits  
A little milk



[www.kraft.com.au](http://www.kraft.com.au)

Beat together the cream, cottage cheese, instant pudding powder and yoghurt. Dip the biscuits (keep 2 aside) in milk and arrange in the bottom of a dish. Pour over the pudding mixture and crumble the 2 remaining biscuits over the top to decorate. Or decorate with fruit. The cheesecake is ready to serve almost immediately.

## Watermelon Pizza

Serves: 1



1 Slice watermelon, about 2 cm thick  
2 Strawberries  
1 Kiwi fruit  
Small piece of pineapple  
1 Nectarine  
5ml Chopped mint  
20g White chocolate

Remove the watermelon rind. Grate white chocolate on a large grater to resemble cheese. Cut the various colourful fruit into small sizes and place them onto the “base”.

Sprinkle with chopped mint and top with more white chocolate “cheese” for an authentic-looking pizza!

# Desserts (2)

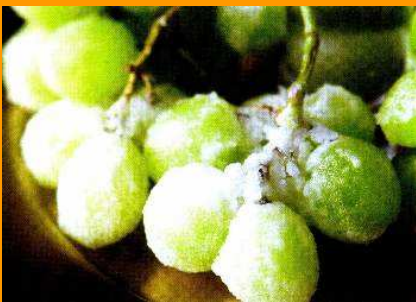
## Chocolate-Coconut Cherries

250 g Fresh cherries  
100 g White chocolate, melted  
50 g Coconut shavings, lightly grilled

Dip cherries in melted chocolate and then in the coconut shavings.  
Give time to harden before serving.



## Vodka Grapes



8 Small bunches of green grapes  
1 Cup grape-based Ciroc vodka  
Castor sugar

Prick the grapes.  
Then soak in vodka for an hour.  
Dust all over with castor sugar, place on a clean, flat tray and freeze overnight.

# Desserts (3)

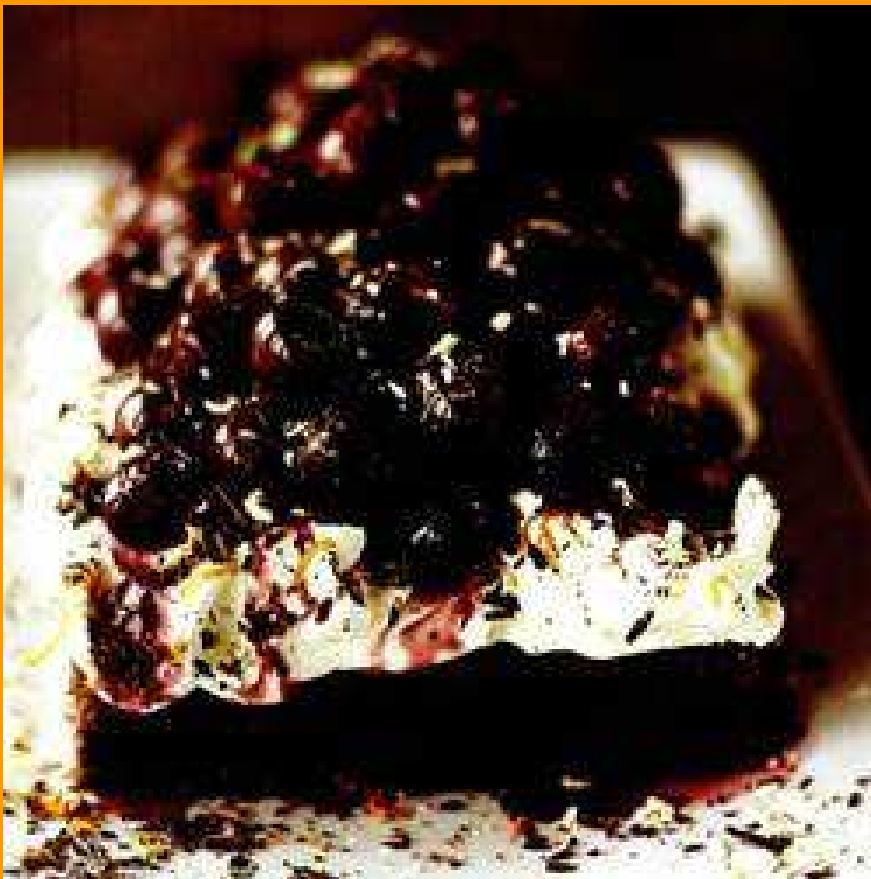
## Black Forest Gateau (Yes, it is that easy!)

250 g Pitted fresh cherries or drained, pitted cherries from a jar  
50 ml Kirsch  
250 ml Double cream  
Grated zest of 1 orange  
250 g Chocolate loaf cake, sliced lengthways through the middle  
Small piece each of dark and white chocolate – for decorating

**Put** cherries in a bowl and add the Kirsch to soften and break them up slightly.

**Meanwhile**, whip cream to soft peaks. Add half the orange zest to cream and fold it in.

**Place** the 2 cake halves side by side on a plate. Gently press them together to join, then trim off the sides of the cake, so you end up with a thin, rectangular slab.



**Holding** back the cherries with your hand, drizzle the cake with the Kirsch and the juice from the cherries. **Smooth** the orange cream over the cake and pile on the cherries. **Sprinkle** the rest of the orange zest over the cherries. **Using** a grater, grate curls of dark and white chocolate over the top. **SERVE!**