

Xcentric Ideas

Let my words, like vegetables,
be tender and sweet, for
tomorrow I may have to eat
them. - Author Unknown



Recipes – Various sources
All photos my own

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Savoury Bread & Butter Pudding

Butter

2 slices white/brown bread, crusts removed
2 big brown mushrooms, sliced
1 tsp paprika
2 tbsp mushroom soup powder
Slices of Maasdam cheese/Cheddar cheese
Handful Doritos chips - Taco Flavour, crumbled

1 onion, chopped
1 tsp crushed garlic
1 tsp dried mixed herbs
125 ml fresh cream
2 eggs
½ cup grated Parmesan cheese
Coarse black pepper

Preheat the oven to 180 oC. Grease a small, oval oven dish. Fry the onion & mushrooms with the garlic, paprika & mixed herbs in butter till soft.

Butter the bread slices. Put one slice on the bottom, buttered side up. Spoon a layer of the onion/mushroom mixture on top.

Add slices of cheese and sprinkle a layer of Parmesan cheese. Season with pepper. Arrange another slice on top, buttered side down. Spoon a layer of the onion/mushroom mixture on top. Add the slices of cheese, Parmesan & pepper.

Beat the cream, eggs & mushroom powder together. Pour it over the 'pudding', lifting the edges of the bread to make sure the egg-mixture reach the bottom. Sprinkle the crumbled Doritos chips on top.

Bake for 30 min at 180 oC or till nicely set. Slip out of the dish & serve with green salad or vegetables.

Recipe – My own. Photo – my own.



Falafel Burgers

400g can chickpeas , rinsed and drained
Handful of flat-leaf parsley or curly parsley
1 tsp ground coriander
1 small onion, roughly chopped
2 tbsp sunflower oil *plus* oil for frying
200g tub tomato salsa , to serve (Doritos Mild Salsa Dip)
Green salad , to serve

Garlic clove, chopped
1 tsp ground cumin
2 tbsp plain cake flour
1/2 tsp Harissa paste (*I used paprika*)
Oven-toasted pita bread

Pat the chickpeas dry with kitchen paper.

Tip into a food processor along with the onion, garlic, parsley, spices, flour, oil and a little salt. Blend until fairly smooth, then shape into four patties with your hands.

Heat oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden.

Serve with toasted pitas, tomato salsa and a green salad.

Recipe – www.bbcgoodfood.com –Tested & adapted by myself. Photo – my own.



Lentil Bototie

15 ml sunflower oil
2 cans of lentils, drained
30 ml curry (strong as you like)
500 ml vegetable stock
2 Granny Smith apples, cored, cubed
150 ml low-fat milk
Salt, pepper
1 cup frozen peas (I used a mixture of peas, carrots & green beans)

1 big onion, chopped
2 big tomatoes, chopped
15 ml turmeric
50 ml fat-free plain yoghurt
1 cup raisins/sultanas
1 big egg

Heat the oil in a big pot. Add the onion & cook till soft. Stir the lentils, tomatoes, curry & turmeric in and fry for 2 minutes.

Add the veg stock and simmer (without a lid) for \pm 20 minutes, till liquid has evaporated. Remove from the stove.

Add the peas, raisins, apples and 40 ml of the yoghurt. Season to taste. Pour into an oven dish.

Beat 10 ml of yoghurt with the egg & milk. Pour on top of the lentil mixture.

Bake in preheated oven at 180 oC for 20 minutes, or till top layer is golden brown & set. Serve with rice.

Recipe – 'Dit' magazine – July 2005 – Tested & adapted by myself. Photo – my own.



Three Bean, Tomato & Spinach Stew

1 large onion, finely chopped
Olive oil
250 ml (1 cup) boiling water
200g tin kidney beans, rinsed & drained
200g tin cannellini beans, rinsed & drained
100g spinach, washed & roughly chopped

1 tsp crushed garlic
1 tbsp ground cumin
400g tin chopped tomatoes
100g green beans, chopped
Salt & pepper

Cook the onion & garlic in a little olive oil until softened. Add the cumin and cook for a minute. Tip in the tomatoes, plus the cup of water & simmer for 10 minutes, until thickened.

Add the kidney beans, green beans & cannellini beans and cook for 5 minutes. Add the spinach, salt & pepper & cook till nice & thick.

Serve with rice, 'stywe pap' or crusty bread.

Serve for breakfast the next morning on toast with a baked egg & grated cheese.



Three Cheese Macaroni with Oregano

245g (500 ml) raw macaroni
30 ml butter
30 ml chopped oregano
Salt & coarsely grated pepper
200 ml Emmenthaler cheese, grated
100 ml blue cheese, crumbled

250 ml milk
30 ml flour
Touch nutmeg
250 g cherry tomatoes
100 ml Parmesan cheese, grated

Cook the macaroni till al dente. Drain.

Heat the milk. Melt the butter in a pot & stir the flour in till mixed. Add the milk gradually while beating, for a smooth, creamy sauce without lumps. Stir the sauce till thick and it starts to boil.

Remove from the stove, add the oregano, nutmeg, salt & pepper to taste. Stir in the cheeses.

Mix the sauce with the cooked macaroni and add the cherry tomatoes. Stir gently & spoon in greased oven dish. Bake till golden brown.

Serve with stir-fry peas, corn & green beans on fresh rocket leaves.

Recipe – Sonja Jordt, Tuis Mag, Aug '05. Tested & adapted by myself. Photo – my own.



Spinach, Cheese & Olive tart

½ pack fresh spinach leaves, washed, chopped
2 wheels feta cheese, crumbled
125 ml (½ cup) extra mature Cheddar cheese, grated
2 small bags pitted black olives (otherwise, leave out)
3 eggs, beaten with
125 ml (½ cup) milk
Pinch of salt
Coarse black pepper
1 tsp paprika
½ tsp ground cumin powder
½ jar Doritos Mild Tomato Salsa

Mix everything together. Spoon in pie dish. Microwave for 13 min at high or till centre is set.

Serve with mash, 'stywe pap', rice or crusty bread.

Recipe – my own. Photo – my own.



Corncakes with Fresh Tomato & Coriander

750 ml corn kernels, fresh/tinned, drained
125 ml sour cream
Salt, pepper

45 ml flour
3 eggs

Sauce:

4 tomatoes, chopped
45 ml fresh coriander, chopped
Salt, pepper

30 ml onion, chopped
15 ml lime/lemon juice

Prepare the sauce first – mix everything together and keep refrigerated till needed.

Place the corn in a food processor and blend to form a rough textured puree. Beat together eggs, sour cream & seasoning and combine with the corn and flour.

Pour into a dish and bake at 180 oC for about 50 min, or till set.

Serve with the tomato & coriander sauce.

Recipe – magazine. Tested & adapted by myself. Photo – my own.



Puffy Mushroom Parcel

1 x puff pastry, defrosted
1 onion, roughly sliced
Pinch of salt
2 tbsp blue cheese, crumbled
2 tbsp parmesan cheese, fresh, grated
Olive oil

4 big brown mushrooms, sliced
1 tin corn kernels, drained
Coarse black pepper to taste
1 tsp ground cumin
2 tbsp fresh coriander, chopped
1 egg, beaten

Preheat the oven to 180 oC. Fry the onions & mushrooms till soft in the olive oil. Add the corn, cumin, salt and pepper and stir fry for 2 minutes. Add the blue cheese & parmesan cheese and stir. Add the fresh coriander. Stir till cheeses are melted. Remove from stove.

Roll out the pastry sheet – just so that there are no cracks visible. Not too thin. Place on a greased baking sheet. Spoon the onion/mushroom mixture in the centre. (If there's too much mixture, keep it for a pasta sauce.)

Fold the pastry up to the top, fold the seams and tuck in the sides. Brush with the beaten egg. Bake for 30 min till golden brown at 180 oC.

Serve with a fresh salad, nice vegetables and/or bread.

Recipe – my own. Photo – my own.



Easy Vegetable Biryani

250g jasmine rice, raw
360g McCain Mixed Veg - carrot, corn, beans
A generous handful of raisins
1 Knorr vegetable stock cube
50g Korma Curry Paste (*I used Asian Home Gourmet – Butter Chicken paste*)
600ml boiling water
2 tbsp turmeric powder
A generous handful of roasted, salted cashew nuts

In a large microwaveable bowl, pile the rice, veg and raisins. Pour the boiling water over the rice mixture, crumble in the stock cube, then stir in the curry paste and turmeric.

Cover the bowl with cling film, leaving a small gap at the side to let out the steam. Cook on full power (850 watts) for 12 minutes - if your microwave is less powerful, add 2 minutes.

Stir and microwave another 2 min on high. Remove from the microwave and stand, still covered, for 5 minutes to complete the cooking - if you don't let it stand the rice will be too nutty.

Fluff up the rice, scatter with cashews and serve with poppadums.

Recipe – www.bbegoodfood.com – Tested & adapted by myself. Photo – my own.



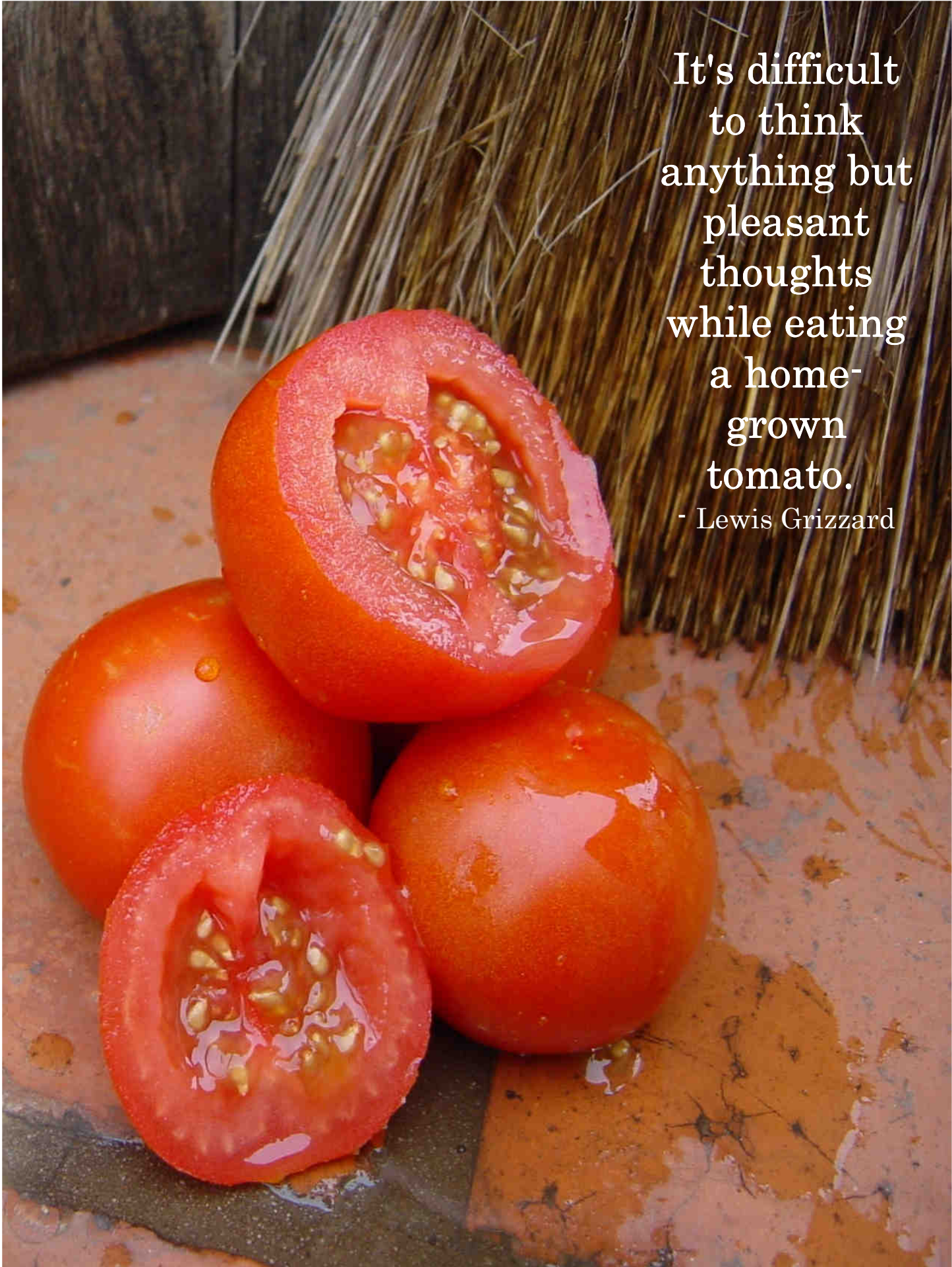
Tomato Quiche

2 tomatoes, finely chopped
½ cup couscous, prepared
250 ml (1 cup) grated cheddar cheese
3 eggs, beaten with
125 ml (½ cup) milk
Coarsely grinded pepper
Teaspoon salt

Mix everything together. Pour into sprayed soup bowls and microwave at high for 13 min or till set.

Slide out of bowls, decorate with cherry tomatoes & fresh parsley.
Serve with crusty bread.

Recipe – my own. Photo – my own.



It's difficult
to think
anything but
pleasant
thoughts
while eating
a home-
grown
tomato.
- Lewis Grizzard