

# XCentric Ideas

Cosy eating...

..with minimum fuss.

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2 July 2008

Volume 3 — Issue 8

by

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Recipes & photos  
from the Internet

# Mexican Night

**Serve heated enchilada's with the following in bowls:**

Refried beans (tin)

chopped lettuce

grated cheese

sour cream

chopped chillies

chili con carne (recipe next page)

cream chicken (recipe next page)

guacamole (mash fresh avo's with salt, pepper & lemon juice)

*Everyone helps themselves!*



Enchiladas



# Mexican Night (2)

## Chilli con carne

500g Ground beef  
1 Large onion, chopped (about 1 cup)  
2 Cloves garlic, crushed  
2 tablespoons Chilli powder  
½ teaspoon Salt  
1 can Whole Tomatoes, drained  
1 can Red kidney beans, undrained



[www.whatscookingamerica.net](http://www.whatscookingamerica.net)

Cook beef, onion and garlic in a saucepan, stirring occasionally, until beef is brown, drain.

Stir in remaining ingredients except beans, break up tomatoes. Heat to boiling - reduce heat. Cover and simmer 1 hour, stirring occasionally. Stir in beans. Heat to boiling - reduce heat. Simmer uncovered about 20 minutes, stirring occasionally, until of desired thickness.

## Cream Chicken

Skinless, boneless chicken pieces, cubed  
Flour  
Pinch of salt, dash of pepper  
Vegetable oil  
Cream of chicken soup  
Water



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

Flour chicken, brown little bit in oil, but not till done.

Drain. In the now empty pan, add cream of chicken soup and 1 soup can of water.

Add chicken back into fry pan with the mixture. Cover.

Simmer slowly until done, about ½ hour.

# Mexican Night (3)

## Nachos

Dorito Chips, Taco flavour  
Garlic & Pepper Cottage Cheese, chunky  
Dorito's Mild Salsa Jar (a dip at the chips stand)  
Chopped chillies (optional)  
Grated Cheddar cheese  
Guacamole

Arrange 2 layers of chips on a plate. Scoop cottage cheese on top. Add the salsa (and chillies) all over. Cover with loads of Cheddar cheese. Put in oven (180°C) till cheese are all melted and cottage cheese warmed up.

Top with guacamole and enjoy.



# Hamburger Night



Vanessa Pike-Russel

Buy frozen or fresh **meat, chicken** or **vegetable**  
**patties.**

**Bake** or **fry** as **instructed.**

**Or**

**Bake** or **fry** **chicken schnitzels.**

# Hamburger Night (2)

Put **b**owls on the table with:

Pineapple rings  
sliced tomatoes  
sliced cheese  
bacon rashers  
mushroom sauce  
pink sauce (tomato sauce & mayonnaise mixed) and  
chopped lettuce.

Pile the buns in a bowl and bring the baked/fried patties to the table.

Everyone make their own burgers.

Serve with Simba chips, oven chips or potato wedges.



# Fish Night



## Buy from the freezer fish:

Battered, marinated or grilled.

Prepare as per the instructions.

Serve with potato wedges, green salad or mash.



# Fish Night (2)

## Sour Cream Hake Fillets

500g frozen hake fillets  
250 ml sour cream  
125 ml milk  
1 packet white onion soup powder  
coarsely grated pepper  
fresh/dried parsley  
grated Cheddar cheese

Preheat oven to 180°C. Pack frozen fillets in single layer in oven dish. Mix the sour cream & onion soup powder. Add the milk and mix well. Pour over the fish. Sprinkle pepper over. Finish with grated cheese and parsley. Bake for 40 min.

Serve with fresh vegetables and/or a green salad.





# Pasta Night

Cook *big* amounts of pasta.

Spaghetti, penne, macaroni or Tagliatelle.

Serve pasta in a huge bowl on the table.

Serve 2-3 different sauces in bowls.

Enjoy with a crisp green salad and crusty bread.



# Pasta Night (2)

## Spaghetti Carbonara

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

500g pack of spaghetti (or linguine)  
salt and freshly ground pepper  
200g finely grated parmesan  
4 egg yolks, 400ml double cream  
400g unsmoked ham, cut into very small strips



Bring a large pan of water to the boil, salt it well and throw in the pasta. While the pasta cooks, put the parmesan, egg yolks and cream into a very large bowl. Season and whisk together.

As soon as the pasta is cooked, drain it, then tip it into the bowl. Add the ham and quickly toss everything together using two forks. The egg will be cooked by the heat of the pasta, and the creamy sauce will cling to the strands. Serve straight away, with more grated parmesan if you like.

## Tuna and Olive Pasta Bake

[www.chanel4.com](http://www.chanel4.com)

350g pasta shapes (shells, wheels)  
500g jar tomato and herb pasta sauce  
400g can tuna steak in brine, drained  
125g green olives stuffed with pimiento, drained  
100g Cheddar, coarsely grated



Cook pasta till al dente. Drain the pasta well and tip into a deep, 2-litre heatproof dish.

Preheat the grill to medium-high. Gently stir the pasta sauce, tuna, olives and freshly ground black pepper into the pasta. Top with Cheddar cheese and grill for 6-8 minutes, until bubbling and golden.

Serve with a green salad

# Soup Night

Buy **2-3 different** soups from Woolworths, heat them **and** serve them **pretty**.

Ask every couple to bring a **different** soup – **either** homemade or from Woolworths.

Buy different fresh breads from your local bakery to serve with the soup.

Garnish soup with either cream, croutons, fresh herbs or crispy bacon.

Give your guests small bowls, so that they can try all the different soups.



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



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

# Soup Night(2)

## Dutch Potato Soup

6 medium potatoes, peeled  
3 rashers bacon  
500 ml boiling water  
25 ml butter/margarine  
500 ml milk  
2 onions, chopped  
salt, pepper & parsley



[www.find.myrecipes.com](http://www.find.myrecipes.com)

Fry bacon till crisp. Cut potatoes in small cubes. Add potatoes, onions and water with bacon and simmer till potatoes are soft.

Add the milk and boil for 5 min. Season to taste and sprinkle parsley on top.

## Quick Bean soup

1 x 420g tin baked beans  
3 medium tomatoes  
1 small onion  
60 ml butter/margarine  
400 ml beef stock  
50 ml cake flour  
50 ml chutney  
salt, pepper & parsley



[www.find.myrecipes.com](http://www.find.myrecipes.com)

Pulp beans, tomatoes and onion. Pour in big saucepan and mix thoroughly with stock, parsley, chutney, butter/margarine, flour, salt and pepper. Heat the soup till boiling and cook for few minutes.

Serve with a dollop of crème fraiche.

Enjoy *dinner*,  
rewards, Alma