

XCentric Ideas

“Think what a better world it
would be if we all, the whole
world, had **NO-BAKE** cookies
and milk about 3 o’ clock every
afternoon and then lay down on
our blankets for a nap.”

quoting Robert Fulghum in 1987 at Middlebury College

1 December 2009
Volume 4 — Issue 10
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za

All photos my own
Recipes from Internet & Cookbooks

I made these in my
muffin pan, but it
should be smaller -
they are extremely
sweet!

Coconut and Carrot Sweets

Photo my own

Coconut & Carrot Sweets

2 cups grated carrots
3 ½ cups white sugar*
2 tsp ground ginger (even topped)
1 cup water**
1 ½ cup fine coconut
2 tbsp butter

Boil carrots, sugar, water & butter for 20 minutes. Stir continuously. Remove from stove. Stir in the ginger & coconut. Stir continuously till nearly cold. Pour in greased plate and cut into squares when cold. (*Or small muffin pans*)

* 1 cup sugar = 202.5 grams

**1 cup water = 250 ml

Coffee and Walnut Brittle

Do not use a plastic
microwave bowl -
mine nearly melted
along with the
mixture.

Photo my own

Coffee & Walnut Brittle

50 g butter
225 g white sugar
90 ml (6 *tbsp*) milk
45 ml (3 *tbsp*) coffee essence *
50 g walnut pieces, chopped

Put butter into microwave bowl and cook on high for 45 seconds or till melted. Mix in the sugar, milk and coffee essence. Cook on high for 2 min, remove and stir till sugar has dissolved.

Cook on high for 8 minutes without stirring, or till teaspoonful of mixture forms soft ball when dropped into cold water.

Beat in the walnuts using wooden spoon and continue beating vigorously till mixture is thick and creamy. (Don't continue beating or it will be granular). Pour into greased pan. Mark the squares, let it set and cut.

**Substitute for coffee essence: 3 *tbsp* hot water, 1 heaped *tsp* coffee granules, stir to dissolve*

Milk Chocolate Fudge

*Remember to sift the
icing sugar ... you
don't want lumps in
your fudge.*

Photo my own

Milk Chocolate Fudge

100 g plain chocolate
100 g butter
450 g icing sugar (sifted)
45 ml (3 *tbsp*) milk

Put chocolate, butter, icing sugar & milk into large heatproof bowl. Cook on high for 3 min or till chocolate has melted.

Beat vigorously with wooden spoon till mixture is thick and creamy. (Do not continue beating after this or fudge will become granular)

Pour into greased pan. Using sharp knife, mark lightly into squares. Leave till set, then cut into squares.

*Instead of corn syrup
and gingersnap
cookies, I used honey
and ginger-and-nut
cookies.*

Powdered Ginger Balls



Photo my own

Powdered Ginger Balls

20 gingersnap cookies *
3 tbsp corn syrup **
2 tbsp peanut butter
1/3 cup (44 g) powdered sugar, sifted ***

Place cookies in a food processor and process until finely ground. Add corn syrup and peanut butter and process until mixture comes together. Scrape down the sides of the processor's bowl if necessary. (*If mixture is too dry to come together, add a tbsp of corn syrup at a time till it does*).

Shape mixture into small balls, then roll in powdered sugar.

Substitutes:

* *Ginger-and-Nut cookies*

** *Honey*

*** *Icing Sugar*

Oreo & Peanut Butter Treats

Your kids can make this, it's so easy.

Photo my own

188.

WA

Tradition

Oreo & Peanut butter treats

12 Oreo cookies
1/4 cup (62.5 ml) milk
8 tbsp crunchy peanut butter
spoonful of honey

Crush the Oreos in a bowl.

Add the milk and mix. Add the peanut butter and honey.

Roll into balls. Refrigerate on a plate for at least 30 minutes.

Chocolate and Rice Krispies Clusters

*Snap, crackle, pop
all the way to your
mouth!*

Photo my own

Chocolate & Rice Krispies Clusters

225 g plain chocolate, small pieces
15 ml (1 tbsp) golden syrup
50 g butter/margarine
50 g cornflakes / Rice Krispies

Put chocolate, syrup and butter/margarine into a microwavable bowl and cook on low for 6-7 min till chocolate has melted, stirring occasionally.

Stir the mixture, fold in the cornflakes / Rice Krispies.

When well mixed, spoon onto waxed paper (*or greased mini muffin pans*) and leave to set.

Store in refrigerator.

*Lots of beating in
different bowls.*

Green Fig and Almond Nougat



Photo my own

Green Fig and Almond Nougat

2 big eggs, separated
25 g castor sugar
2,5 ml (1/2 tsp) vanilla essence
200 ml fresh cream
150 g nougat, cut into pieces
50 g almonds
8 preserved green figs, cubed
15 ml (1 tbsp) fig syrup

Beat the egg yolks, sugar & vanilla together till thick and light. Beat the cream and egg whites in separate bowls till stiff points are formed.

Pulse the nougat in food processor till fine. Remove from food processor. Pulse the almonds till fine.

Add nougat, almonds, figs & syrup to the egg yolk mixture. Fold in the cream and then the egg whites. Spoon into a bread pan, lined with cling film and freeze overnight. Cut into slices. Serve with strong cheese and crackers. *(Keep frozen till ready to use.)*



Festive Season
cookies have never
been this easy before!!!

aan. On - ge - luk