

X Centric Ideas



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All photos my own - Ideas from Internet

Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship.

It is of great importance to the morale,

Elsa Schianarelli



Some of my favourite recipes since 2008.





Corncakes with Fresh Tomato & Coriander

750 ml corn kernels, fresh/tinned, drained
45 ml flour
125 ml sour cream
3 eggs
Salt, pepper

Sauce:

4 tomatoes, chopped
30 ml onion, chopped
45 ml fresh coriander, chopped
15 ml lime/lemon juice
Salt, pepper

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.

Artichoke & Olive Pasta

2 cups pasta shells
1 can diced tomatoes with basil, oregano & garlic
1 jar marinated artichoke hearts, diced – keep the liquid
1 sachet black pitted olives, sliced
½ cup Parmesan cheese, grated

Cook the pasta according to instructions - drain.

In medium saucepan, bring tomatoes, olives and artichokes (with their liquid) to a boil. Lower the heat and simmer for 5 minutes.

Place pasta in serving bowl and pour artichoke sauce over pasta. Sprinkle with Parmesan cheese and serve.





Tuna Mint Dip Fraise Charlotte

1 x 250g Philadelphia Cream Cheese
1 tbsp Sour Cream or Crème Fraiche
1 tin of flaked Tuna, drained
Pepper to taste
4 tbsp Lemon juice
Leaves from a very large bunch of mint,
chopped
Cucumber slices, carrot sticks

Cream the cheese in a bowl. Stir through the cream until smooth. Mix in the tuna, mashing with a fork to blend. Grind in some pepper, add the lemon juice and stir through the mint. Put in a serving bowl and serve with cucumber slices and carrot sticks for dipping.



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

Chocolate Fudge with a Olive Twist

400 g dark chocolate
385 g (1 tin) condensed milk
250 ml unsalted, chopped nuts
100 g glace cherries, halved
75 g black, pitted olives – drained, chopped
2 tbsp mixed citrus peel, chopped

Half the cherries, chop the olives. *(If the chocolate is melted, everything has to be added quickly, otherwise the chocolate starts to set.)*

Melt the chocolate. Stir in the condensed milk and add the nuts, cherries, citrus peel & olives. Mix everything nicely through. Pour the mixture in a greased pan (18cm x 28cm).

Refrigerate till set. Cut into squares & keep in fridge till serving.





Cucumber and mint pâté

250 g low-fat smooth cream cheese
200 ml low-fat natural yoghurt
1 cucumber, coarsely grated
3 cloves garlic, finely chopped
1 lemon (grated rind only)
25 ml finely chopped fresh mint
salt and freshly ground black pepper
6 pita breads
green salad, to serve
radishes, to garnish



Mix the cream cheese, yoghurt, cucumber, garlic, lemon rind and mint. Season well.

Spoon into serving bowls, then cover and chill for at least 1 hour.

Serve with warm pita breads, salad leaves, Cherry tomatoes and radishes.

Jalapeno & Feta Rice

250 ml Jasmine rice, uncooked
Feta cheese, crumbled
Jalapeno slices (preserved ones)
Salt & Pepper, to taste

Cook the Jasmine rice per instructions.
Then while still hot, add the feta cheese and
Jalapeno slices.

Season to taste. Enjoy hot with meat, fish
or chicken.





Pumpkin & Orange Soup

1 small onion, diced
25 g butter
1 kg pumpkin, peeled and seeded
5 cups veggie/chicken stock
1 cup orange juice
1 orange, zest of
1 tablespoon sugar
salt & pepper
1 orange, thinly sliced
1 tbsp fresh cream
Slosh of Port (optional)
Another 1 tbsp sugar

Sauté onion gently in butter in a large saucepan until transparent. Add chunks of pumpkin, stock, juice, zest and sugar.

Simmer 20-25 minutes until cooked. Season with salt & pepper.

Puree in a food processor or blender or push through a sieve. Return to saucepan, add sliced orange, fresh cream, port & 1 tbsp sugar and reheat gently for 10 minutes.

Serve with fresh crusty bread. Freezes well (without the cream & Port).

Chicken Bunny Chow

Bread quarter or big bun, 1 per person
1 tsp sugar
1 onion, sliced
1 green pepper, cubed
1 x can tinned chilli tomatoes
Feta, 1 wheel
Salt, pepper, mixed herbs
1 packet deboned, skinless chicken breasts, cubed

Fry onion & green pepper in oil. Add the chicken breasts & stir till brown. Season.

Add the tomatoes, simmer till done. Crumble feta cheese in. Hollow out bread end, spoon chicken mixture in and serve.

*Fish, Meat or even just veggies can be used.)



Recipe – my own Photo – my own.



Frozen Tutti-Frutti

½ cup walnuts / pecan nuts, chopped
1 x 410 g tin pear halves, drained, chopped
50 g glacé cherries, chopped
125 g pitted dates, chopped
12 marshmallows, chopped
250 g creamed cottage cheese
25 ml castor sugar
250 ml fresh cream, whipped stiff

Mix the nuts, pears, cherries, dates & marshmallows. Cream the cottage cheese and castor sugar.

Add the fruit & nuts to the cottage cheese mixture. Fold the whipped cream into the mixture. Pour into a form and freeze till set.

Only remove at time of serving, otherwise it 'melts' too much.

Cucumber cocktail

6 limes, rinsed
1 cup packed mint leaves, no stems, plus 6
sprigs for garnish
3 unwaxed cucumbers
½ cup sugar
2 cups vodka or gin
Sparkling water

Thinly slice 3 limes and place in a pitcher. Juice the rest and add juice to pitcher. Add mint leaves. Slice 2 cucumbers and add, then add sugar. Muddle (mashing with a wooden spoon) ingredients.

Add vodka or gin. Place in refrigerator to steep 30 minutes or longer.

Peel remaining cucumber and cut lengthwise into 6 spears. Fill 6 highball or other large glasses with ice. Strain mixture from pitcher into each.

Top with a splash of sparkling water, garnish each glass with a sprig of mint and a cucumber spear and serve.





Worm dirt dessert

450 ml cold milk
1 package instant chocolate pudding
1 - ½ cups crushed chocolate sandwich
cookies (Oreos, Romany Creams)
20 jelly worms

Whisk together milk and instant pudding for two minutes, until pudding is completely dissolved pour into serving glasses. Refrigerate.

When set, crush the chocolate cookies on top. Top with jelly worms.

Chill until ready to serve.

(or if you're lazy or can't find the pudding, use chocolate mousse instead. Just spoon into glasses, crush cookies on top and decorate with worms.)



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.





Mushroom Burger

Big brown mushrooms – 2 per person, stems removed*
Brie cheese, slices (or any other cheese)
Fresh rocket leaves
Bacon slices (optional)
Tomato relish (or any other sauce)

Lightly fry the brown mushrooms on both sides. Fry the bacon slices.

Place 1 mushroom on plate ('stem side' up), add the bacon, brie, sauce and rocket leaves.

Top with another mushroom and serve immediately.

Serve as a main with chips, potato wedges or fresh bread. Serve as a side dish to meat/chicken/fish dishes.

**What to do with the mushroom stems? Slice and use in omelettes or add to a tin of heated up mushroom soup.*

‘Eating rice cakes is like chewing on a foam coffee cup, only less filling.’ – Dave Barry

‘The only think I like better than talking about Food is eating.’ – John Walters

‘No man is lonely eating spaghetti; it requires so much attention.’ – Christopher Morley

‘If I were overweight because I ate too much, I would have far more of a complex. I would know if I just stopped eating and showed a little discipline I would be thin. But there's not a hell of a lot I can do about being short. You just gotta run with it.’ -
Michael J. Fox

‘I like food. I like eating. And I don't want to deprive myself of good food.’ – Sarah
Michelle Gellar



Photo – my own.

