

XCentric Ideas



Is it mayonnaise? Is it cream?
Is it cream cheese?

It is YOGHURT!

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by

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All photos my own
Recipes from Internet &
Cookbooks

Yoghurt tips:

Facials:

To cleanse, moisturize and tighten. Simply apply a generous coating of plain, active-culture yoghurt to your face, close your eyes and relax for 20 minutes, then rinse well with lukewarm water, then cool clear water.

Relieve sunburn pain:

A coating of plain yoghurt quickly cools hot sensitive skin and adds much needed moisture. Let sit on the red skin for several minutes then use shower/bath of cool water to rinse off!

Low fat cooking:

Use low-fat natural yoghurt instead of mayonnaise / sour cream in dips / salad dressings.

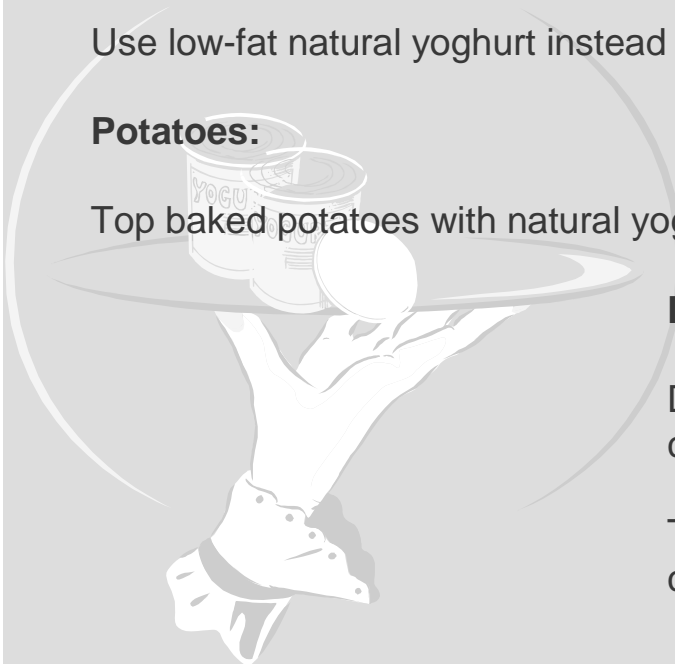
Potatoes:

Top baked potatoes with natural yoghurt, fresh chives or green onions.

Desserts:

Dip fresh fruit into yoghurt and top with coconut / brown sugar / chocolate shavings.

Top natural yoghurt with nuts / maple syrup / honey / raisins / cinnamon or toasted cereal.



Corn Yoghurt Bread



750 ml corn kernels (I used tins)
3 eggs
5 ml salt
Pinch of pepper
Pinch of ground nutmeg
½ cup (125 ml) cake flour
½ cup (125 ml) yoghurt
5 ml baking powder

Preheat the oven to 180oC. Add all the ingredients in a mixer. Blitz together and pour in a greased oven dish.

Bake for 40-45 minutes. Serve with meat/chicken/fish/braai.

Yoghurt can be substituted with buttermilk.

Microwave Yoghurt Meatballs

My first attempt was a 'flop'. I used too much yoghurt (500 ml), so it was a sloppy mess. I used it with red peppers – see recipe further on.

500g mince
½ packet brown onion soup
175g tub plain yoghurt

Mix the mince and onion soup together. Add enough of the yoghurt to form a firm mixture.

With your hands, form little balls. Place on a glass tray/plate and microwave for 6 minutes on High (100 %) – turn over after three minutes.

For bigger meatballs, bake for 7 minutes (also turn over half way through cooking time).



Mash a la Kara



3 or 4 large potatoes
2 tsp diced garlic
3 tbsp natural yoghurt
Salt, pepper
Handful of grated cheddar

Peel, dice and boil the potatoes until soft. Drain, allow to cool a little, then mash. Stir in the garlic and yoghurt. Season. Add some of the cheese.

Mix very well. Spoon potato mixture into ovenproof dish, top with remaining cheese, bake without lid in oven at around 180 C until cheese is browned.

Tip: Packets of Smash can be used instead of potatoes.

Mince in Peppers

So when my recipe flopped because I used too much yoghurt (500 ml), I improvised.

500g mince
½ packet brown onion soup
250g tub plain yoghurt
4-6 red bell peppers
Grated Cheddar cheese

Mix the mince and onion soup together. Add the yoghurt.

Pour mixture in a microwave dish. Place on a glass tray/plate and microwave for 6 minutes on High (100 %).

Preheat oven to 180oC. Cut off the ends of red bell peppers, deseed and drain upside down on kitchen towel.

Spoon the mince in the peppers, sprinkle cheese on top and brown in oven for 10-15 minutes.



Greek Roasted Chicken

1 kg chicken pieces / whole chicken



MARINADE

250 ml plain yoghurt

30 ml lemon juice

3 cloves garlic, crushed

15 ml fresh chopped Origanum

salt and freshly ground black pepper

Remove any excess fat and skin from the chicken pieces and wipe with a damp cloth.

Mix the yoghurt, lemon juice, garlic and Origanum. Place the chicken pieces in a non-metal dish, season and pour over the yoghurt mixture.

Marinate in the fridge overnight. Wipe the chicken pieces lightly and grill over slow coals until done. Serve with a salad and fresh bread.

Orange Tomato Chicken

500g deboned, skinless chicken thighs, cubed
1 tin chopped tomatoes
3 small / 2 big oranges, zest and juice
1 onion, sliced
Fresh ginger, grated
Crushed garlic to taste
½ tbsp cayenne pepper / red pepper
2 tbsp turmeric
4 tbsp Moroccan rub / 2 tbsp cumin and 2 tbsp
garam masala
1 cup Greek yoghurt
Salt, pepper

Heat oil, fry garlic, ginger and onions. Add the chicken, stir for few minutes. Add all the spices and tomatoes and simmer till chicken is done.

Stir in the yoghurt, simmer till heated and serve with noodles / rice / stywe pap.



Chicken Biryani

YES, I know it looks long! But please just read through it first – recipe consists of rice, chicken, lentils and onion layers. I use that BBQ casserole and it fills it – very economical recipe.



4 or more chicken pieces/meat cubes
2 tomatoes, chopped
1 carrot, sliced
1 cup natural yoghurt
1 tbsp ground cinnamon
½ c oil
1 tbsp turmeric
4-6 tbsp curry powder (to your taste)

Mix everything together with the chicken and marinade for few hours.

Rice:

1 c raw Tastic rice, cook only halfway (otherwise it's mush!)

Onions:

3 small onions or 2 big onions, cut into rings
Ground cinnamon
Oil

Heat the oil and cinnamon and fry the onion rings till halfway soft.

Lentils:

Open a can of lentils and drain.

Take a casserole dish with tight-fitting lid. Layer half of the cooked rice. Layer half of the lentils. Layer half of the fried onions. Layer half of the meat-curry mixture. Repeat the layers.

Pour ½ c boiling water and ¼ c oil over. Fit tinfoil (with shiny side downwards) into the dish, then fit on the lid. Cook at 180oC for 1 hour.

Remove the foil carefully, stir, see that it doesn't get too dry (just add some water) and cook in oven with foil and lid for another hour. It's better to serve it the next day.

Will feed about 4-6 people.

Recipe: my own

Banoffee Muffin

Tip: Oil in baking can be substituted with mashed fruit or applesauce. I used mashed bananas instead of the oil.

½ cup plain or vanilla yoghurt
½ cup oil or ½ cup mashed bananas
1 cup white sugar
1 cup mashed bananas (about 2 ripe bananas, mash by hand),
2 eggs
1 tsp vanilla
2 cups cake flour
1 tsp baking soda/bicarbonate of soda
½ tsp salt
Caramel condensed milk



Preheat oven to 350 degrees/180 oC.

Mix yoghurt, ½ c oil / bananas & sugar together. Add the 1 cup bananas, eggs & vanilla & mix till smooth. Mix the flour, bicarb of soda & salt and add to the banana-yoghurt mixture.

Spoon 1/3 batter into muffin pans – dollop a teaspoon caramel condensed milk in centre, top with more batter to fill muffin pans 2/3 full. Spoon a dollop of caramel condensed milk on top of the batter.

Bake for 23 minutes or till skewer comes out clean. Let it cool in muffin pan for about 15 min, then take out and cool on wire rack.

Make icing, add some caramel condensed milk & mashed banana and drizzle over the top.

Banoffee Cheesecake

My 1st experience of a Banoffee (Banana & toffee) pie was in Simons Town, Cape. I've tried several times to recreate it, without success. This is I think the best one for me.



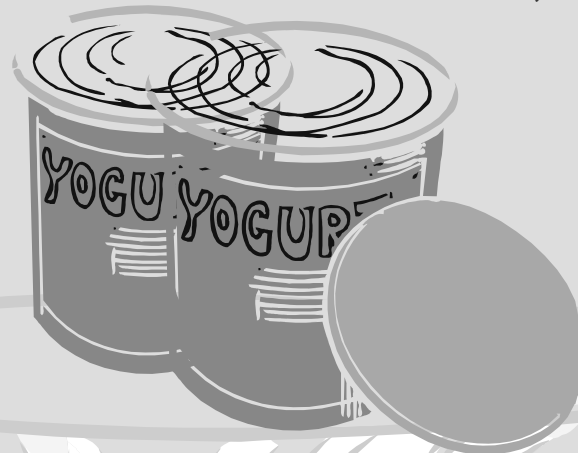
250 ml pouring Cream (can be low fat)
1 x 200g Plain smooth cream cheese
1 box Royal/Moirs vanilla instant pudding (the powder)
250 ml Plain yoghurt
Packet Marie/Tennis biscuits
Mashed bananas
Tin Caramel condensed milk
Little bit of melted butter/margarine

Beat together the cream, cream cheese, instant pudding powder and yoghurt. Crush the biscuits, mix with the butter/margarine and arrange in the bottom of a dish.

Spoon on some Caramel condensed milk, then a layer of bananas and a layer of the pudding mixture. Repeat the layers. Finish with some crushed biscuits or a drizzle of Caramel condensed milk or sliced bananas dipped into lemon juice.

Yoghurt Joke:

Two cartons of yoghurt walk into a bar. The bartender, who was a tub of cottage cheese, says to them,



"We don't serve your kind in here."

One of the yoghurt cartons says back to him,

***"Why not?
We're cultured individuals."***