



XCentric Ideas

A-Maize-ing recipes in this CORNER

Recipes from the Internet
This photo my own

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What is maize flour? Or meliemeel?

Maize, which is also referred to as corn, is a tall annual cereal grass bearing kernels on large ears. (As on the front page picture – they are also called ‘corn on the cob.’)

The kernels are consumed either as seeds or they are ground into corn flour/mealie meal. Maize is categorized as a carbohydrate.

The most common use for maize is as ‘pap’ (porridge). This ‘pap’ can be made runny, crumbly or stiff. It can be enjoyed as a breakfast with sugar & milk; or milk & butter; or milk & honey. *(Photo left bottom)*

This ‘pap’ is also used as a side dish – made ‘stiff’, mostly at some BBQ’s – served with a lovely tomato-onion sauce. *(Photo right bottom)*

This ‘stiff pap’ can also be served as a ‘pie’ – alternated layers of stiff pap, with fried onions, mushrooms, bacon, grated cheese, seasonings and smothered with fresh cream – this dish ‘paptert’ is then baked in the oven till golden brown. Yummy!!



Photo: <http://chessaleeinlondon.wordpress.com>



Photo: <http://theonlycin.wordpress.com>

This 'pap' or porridge is normally made with the ground mealie meal, water & salt in a big pot on the stove ...

It takes a long time, is labor-intensive and I've thrown away many burned pots.

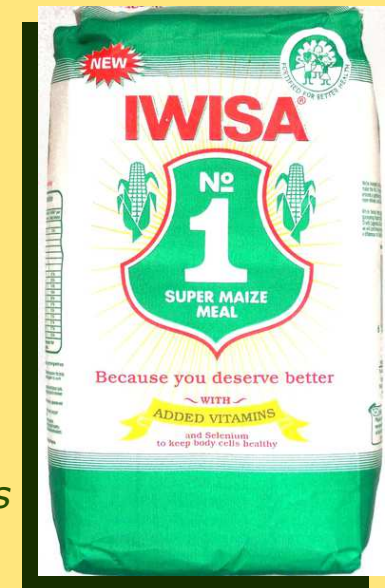
So I turned to the easier way – using my microwave!

STYWE PAP (*stiff porridge*) in the MICROWAVE

250 ml mielie meal
400 ml boiling water
Pinch of salt

Pour the mielie meal in a microwave dish (with a lid). Gradually add the boiling water to mielie meal. Stir the boiling water into the mielie meal until no dry bits are seen. Season.

Add the lid. Microwave on 70% for 5 minutes. Stir once during cooking. *Serves 2-4 persons. (For more portions, double the quantities and cooking time.)*



<http://www.buysouthafricaonline.co.uk>

This 1 minute 'pap' are sold either amongst the cereals – or amongst the usual mealie meal products.



<http://www.qrbiz.com>

1 Minute Stywe Pap (*stiff porridge*) in the MICROWAVE

250 ml mealie meal
500 ml boiling water
Pinch of salt

Pour the mealie meal in a microwave dish (with a lid). Gradually add the boiling water to mealie meal. Stir the boiling water into the mealie meal until no dry bits are seen.
Season.

Add the lid. Microwave on 100% (High) for 1 minute. *Serves 2-4 persons.*

Maize Balls

Photo: my own

Maize Balls

(Quantities as needed)

Stywe pap, chilled

Onion, chopped finely

Bacon, diced finely *(optional)*

Spices

Cheddar cheese, grated

Preheat oven to 180 oC.

Fry the onion and bacon. Mix the pap, onion, bacon & spices.

Roll out small balls with your hands, place in oven dish, sprinkle with cheese and bake till brown – about 25 minutes.

I didn't use onion and bacon. I only used ham & seasonings to mix with the cooled down pap.

Chicken Corn Chowder



Photo: my own

Chicken corn chowder

1-2 Chicken breasts, cooked and pulled into strands
2 tsp Soy sauce
400 ml chicken stock
1 tin sweetcorn
2 tsp cornflour in 2 tbsp cold water
1 beaten egg
Spices and salt

Heat stock, add sweetcorn and cornflour and salt and spice.

Stir in egg so it cooks in strands.

Take off heat, add chicken and serve.

Baked Sweetcorn Risotto



Photo: my own

Baked Sweetcorn Risotto

2 tbsp margarine
1 Garlic Cloves (optional)
1 onion, chopped
½ cup raw Arborio Rice
¼ cup red bell pepper, diced
1 cup (boiling water) Chicken Stock
¼ tsp ground black pepper
185 g Creamed Corn/Sweetcorn (about ½ a 420g tin)

Preheat oven to 200 degrees Celsius.

Place margarine, onion, garlic, rice, red bell pepper, stock and pepper in a 1.5L casserole oven dish and stir to combine.

Cover the dish and bake for 20 minutes.

Remove dish from the oven, stir in creamed corn, cover again and bake for another 20 minutes.

How divinely easy is this?????? You can also add small, raw chicken pieces to the raw rice mixture. Or sliced mushrooms.

**Read the
recipe first –
it's dead
easy!!!!!!**

Corn & Pineapple Bread

Photo: my own

Corn and pineapple bread

250 ml maize meal
250 ml cake flour
15 ml baking powder
15 ml white sugar
3 x-large eggs, beaten
30 ml plain yoghurt
65 ml olive oil
220 g (1 x 440g tin) pineapple rings, drained and chopped
410 g whole kernel corn, drained
½ red pepper, diced
½ green pepper, diced
½ onion, diced
125 ml cheddar cheese, grated

Preheat the oven to 180 °C.

Mix all the ingredients together except the cheese.

Grease a square ovenproof dish **or** 2 small bread loaf pans. Fill with mixture until three quarters full. Sprinkle with cheese. Bake for 30 minutes or until a skewer comes out clean.

Apricot Muffins



Photo: my own

Apricot muffins

150 g self-raising flour
1 level tsp baking powder
50 g caster sugar
100 g dried apricots and/or mangoes, chopped
75 ml oil

50 g White Star® Super Maize Meal
½ level tsp salt
2 x-large eggs
200 ml milk

Preheat the oven to 190°C and grease the muffin tins with a little butter or oil.

In a large bowl, mix together the flour, White Star® Super Maize Meal, baking powder, salt and sugar. Stir the dried fruit into the dry ingredients. Make a well in the centre and set aside.

In a measuring jug, beat the eggs, milk and oil lightly with a fork. Pour all the liquid ingredients into the dry ingredients and stir until only just mixed, scraping the sides and bottom of the bowl as you stir. The batter will be lumpy, but no dry flour should be visible. Using a spoon, fill the muffin tin three-quarters full.

Bake for 15-20 minutes. The muffins are done when they are lightly browned and spring back when touched. Serve as soon as possible, preferably still warm with apricot glaze.

Apricot Glaze

2 tbsp smooth apricot jam

Microwave on High (100%) for 1 minute, or till melted. Brush onto the muffins.

Apple Crumble

Photo: my own

Apple Crumble

4 Granny Smith apples, peeled, cored and cut into quarters
1 tsp ground cinnamon
1 orange, zest and juice
100 g light brown sugar
125 g butter, cut into little cubes
75 g flour
75 g White Star® Super Maize Meal
25 g rolled oats
50 g chopped hazelnuts/mixed nuts
½ cup seedless raisins

Preheat the oven to 180°C.

Put 50g sugar, the apples, cinnamon, raisins, orange zest and juice in a bowl and mix. Divide the apple mixture between 4 oven-proof bowls and add 3 butter cubes to each.

Rub the rest of the butter into the flour and White Star® Super Maize Meal until it looks like coarse sand. Stir in 50 g sugar, the oats and hazelnuts/nuts. Sprinkle this mixture over the apples.

Bake for 55 minutes until the juice starts to bubble through the crumbles. Serve with thick cream or ice cream.

Sweetcorn Cake



Photo: my own

Sweetcorn cake

1 cup corn kernels
1 tsp vanilla essence
4 tbsp vegetable oil
¼ cup brown sugar
1 tsp baking powder
1 ¼ cup cake flour

¼ cup milk
4 tbsp butter
½ cup white granulated sugar
2 x-large eggs
¼ tsp salt

Preheat oven to 180 oC. Butter a ring pan and set aside.

In a blender, whirl corn kernels with milk and vanilla. Process until almost completely pureed (there will still be some texture to the mixture, but you want it as smooth as possible without straining it). Set aside.

In a large bowl, beat butter, oil and sugar until light and fluffy. Beat in brown sugar. Scrape down sides and beat in 1 egg. Beat 30 seconds, scrape down sides of bowl and add second egg. Beat 30 seconds and scrape down sides of bowl again. Beat in baking powder and salt. Add corn mixture and beat just to mix. Stir in flour just to combine thoroughly.

Pour batter into prepared pan. Bake until a toothpick inserted in the centre comes out clean, about 30 minutes. Let cool.

Serve at room temperature plain, with whipped cream and/or blueberries.