

XCentric

"It is the sauce that distinguishes a good chef. The Saucier is a soloist in the orchestra of a great kitchen."
Fernand Point

d
e
a
s

R
sauces
l
i
s
h
e
s

27 April 2011
Volume 6 — Issue 5
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za

Recipes from the Internet
All photos my own

Chilli Paste

No Cook!



500 g chillies – *fresh green/red chillies (wash, cut off the stem – leave everything else intact)*

10 pc garlic cloves – *peeled /crushed garlic*

½ cup sugar

1 tbsp sea salt

¼ cup white vinegar

olive oil / sunflower oil

Place the chillies, garlic, sugar & salt into a food processor and pulse until pureed, adding sufficient vinegar to loosen.

Place into a jar and cover with oil. Place lid onto jar and keep refrigerated.

No Cook!

Beetroot Pesto



2 cups Beetroot, cooked, diced
Garlic, crushed – to taste
3 tbsp blanched Almonds
¼ cup Parmesan powder
Glug olive oil

Mix everything in the blender. Blend into pesto.

Spoon it into light vegetable soups, drizzle it over roasted vegetables, toss it with pasta and stir it into risotto.

Alternatively, scatter it with a few extra pine nuts and serve it as a succulent dip with lightly grilled pita bread, or as an accompaniment to pan-fried chicken, coarse pork sausages or grilled fish – especially oily fish such as mackerel or sardines.

Beetroot Relish

No Cook!



- 415 g Beetroot chunks in red wine vinegar
- 1/4 cup brown sugar
- 4 stalks celery
- 1 cup finely chopped cucumber
- grated rind of one orange
- 2 tsp minced fresh garlic
- 2 tsp minced fresh ginger
- 1 red onion
- 1/4 cup red wine or white wine vinegar (optional extra)
- 1 Tbsp whole mustard seeds

In a bowl, put the beetroot chunks with vinegar, celery, cucumber (if using), red onion, garlic, ginger, mustard seeds, orange rind if using, brown sugar and vinegar. Stir to mix well. Add more vinegar if u want. Transfer to an airtight container and keep refrigerated. Only use after few hours' in fridge.

Serve with cheese, barbecue foods or with salads over summer.

Honey Mustard Sauce

No-Cook!



$\frac{3}{4}$ cup (187 ml) Dijon-style or Bold 'n Spicy mustard
 $\frac{1}{3}$ cup (84 ml) honey

Combine mustard and honey.

Serve with chicken strips, ham appetizers, or other appetizers.
Makes about 1 cup of honey mustard sauce.

Tomato Salsa

No Cook!



2 cans Tomatoes, diced
Green Chillies, chopped – to taste
¼ cup Onion, thinly chopped
¼ cup fresh Parsley / Cilantro, chopped finely
2 tbsp Lemon or Lime juice
1/8 tsp Black Pepper
1 clove Garlic, minced
¼ tsp Salt, to taste
1 tsp sugar

Drain tomatoes, reserving only ¼ cup of the tomato juice. Combine tomatoes and ¼ cup juice with remaining ingredients.

Cover and chill at least 4 hours. Serve with tortilla chips. Makes about 2 ½ cups.

Use on pasta or on toasted baguette slices.

Recipe: <http://southernfood.about.com> - Photo my own

Red Bell Pepper Spread

No Cook!



400g roasted Red Bell Pepper Spread*
250 ml German Mustard
1 tbsp fruit chutney

Blend everything nicely together and bottle. Perfect for a sandwich filling with meat or as relish with any meat or fish. *Lovely as a gift!*

**You can roast Red Bell Peppers in the oven or on the coals, but I thought it too much work.*

U can also use the marinated peppers available in jars – blend it finely before mixing with mustard.

Pepper Relish

No Cook!



- 2 cups Red Bell Pepper, coarsely chopped
- 2 cups Green Bell Pepper, coarsely chopped
- 1 small clove Garlic, slivered
- 1 cup White Vinegar
- ½ cup Salad Oil
- ¼ cup sugar
- 1 ½ tsp salt
- ¼ tsp black pepper
- 1 tsp dried basil leaves

In large bowl, combine red and green peppers with rest of ingredients; mix well. Pack mixture into jar. Refrigerate several hours or overnight before use. Keep refrigerated.

Use in pasta, stews, soups or on toasted bread.

Homemade Mayonnaise

No Cook!



- 2 Egg yolks
- 2 ml Mustard powder
- 5 ml White Sugar
- 2 ml Salt
- 10 ml Lemon Juice / Vinegar
- Pinch White Pepper / Black Pepper
- 250 ml Olive Oil or Cooking Oil or mixture of both

Whip the yolks, mustard, sugar, salt, pepper & lemon juice/vinegar together in a bowl. While beating, add the oil drop for drop till mixture thickens. Keep in fridge.

Garlic Pickles

No Cook!



Garlic cloves, peeled, kept whole
Red Wine Vinegar
Pickled Spices
Fresh Thyme
Salt (1 tbsp/cup of vinegar)

Place garlic in glass jar with air-tight lid. Add enough vinegar to cover, then the salt, spices & thyme. Place lid on, shake to dissolve the salt.

Store refrigerated for 2 weeks before use. It should keep a long time in the fridge.

Olive & Tomato Relish



15 black Olives, pitted
15 mini Plum Tomatoes
½ Onion, chopped
1 clove Garlic, crushed
50 ml Vinegar
100 ml Sugar

Lightly fry onion with garlic in little olive oil. Add olives, tomatoes, vinegar and sugar and cook for about 15 min, or until syrupy in texture. It will thicken as it cools, so don't leave it on stove too long. Bottle while still hot. Keep refrigerated and use within a month.

Use with meat/fish/chicken or cheeses.

Fig, Date, Raisin Chutney



500g preserved green figs*, chopped coarsely
1 cup dried dates, chopped
1 cup black seeded raisins
Salt, pepper to taste
1 tsp mixed spices
2 cups red vinegar
1 onion, chopped finely
2 tsp fresh ginger, grated finely
2 cups brown sugar

Use a microwave bowl. Mix everything together except the sugar. Microwave on High (100%) for 8 minutes. Stir, add the sugar, stir and microwave at High (100%) for 11 minutes.

Spoon into sterilised jars, put lids on and label. Fabulous with any meats / savory dish or cheeses & crackers. *You can use other preserved fruit instead of figs.

Recipe: my own - Photo my own