



# XCentric Ideas

I don't mince words,  
or compromise my  
beliefs, but I most  
certainly adore mince  
in a dish.

(my own quote)

All photos & recipes my own

August 2012  
Volume 7 — Issue 8  
by  
ALMA PRETORIUS  
alma@xcentricideas.co.za  
www.xcentricideas.co.za



## Oink Balls



*Why Oink? Because I used pork mince.*

*The stuffing recipe was inspired by Tammy – I just tweaked it a bit.*

*Measurements for cranberries and nuts depends on you.*

500g pork mince (or pork sausages)\*  
pieces of bacon (optional)  
1 onion, chopped  
sage, dried or fresh  
packet softly dried cranberries  
Salt  
Pepper  
Chilli flakes (optional)  
Pecan nuts, chopped

### **Stuffing:**

For the stuffing, you fry onion with mince, bacon, sage, cranberries and seasonings. When it's cooked, add the chopped nuts. Stir. Stuff a chicken/turkey.

### **Meatballs:**

Preheat oven to 180 oC. Mix all the above ingredients (raw) with 1 egg. Make balls, put them in an oven dish and bake for 30 minutes or till done.

\*Or any other mince

2 (or more) tortillas/wraps\*  
oil to brush on tortillas/wraps  
500g beef mince  
½ cup beef stock  
½ packet cream of tomato soup powder  
tomato salsa in a jar (or use finely chopped  
fresh tomatoes/tinned tomatoes)  
fat-free chunky unflavored cottage cheese  
grated cheddar cheese

Heat your pan on the stove. Dry fry the mince, till it start to stick to the pan. Splash in some of the beef stock, stir. Keep on adding the stock, stirring the mince till brown. Add the soup powder, turn down the heat and let it simmer few minutes.

Preheat your oven to 180oC. Brush both sides of the tortillas with oil, cut into squares or triangles. Arrange on a baking sheet and bake for about 5 minutes, till they are light brown on the top. Turn them over and repeat.

Arrange the tortilla squares/triangles on a plate, spoon over the mince mixture. Add cottage cheese, then salsa/tomatoes on top and lastly the grated Cheddar cheese. Put for few minutes under the grill so that cheese can melt. Serve with guacamole.

## Tortilla Mexicana



*\*Tortillas are very thin, round, flat 'breads' and are used in Mexican food. They are sometimes also called Wraps. Almost like a pancake, but with a 'stiffer' texture.*

*I wanted a healthier option than using Nachos chips.*

*I suppose you can try baking the tortilla 'chips' without brushing oil on.*

*Just leave out the mince for a vegetarian option.*

Recipe my own



## Mince bread 'pudding'



*I wanted to see how one can use mince in economical ways ... and I thought of doing a savoury bread-butter pudding.*

*I've done this with chicken livers too. You can use any other vegetable/meat/chicken/seafood instead of the mince.*

*I've made this in greased cups and it came out perfectly. Ideal as a starter.*

500g beef mince  
½ cup beef stock  
½ packet cream of tomato soup powder  
about 8 slices of bread  
cottage cheese mixed with salsa / butter /  
mayonnaise / sandwich spread  
3 x-large eggs  
300 ml milk  
grated cheddar cheese  
fresh parsley

Heat pan on stove. Dry fry mince till they start to stick. Splash some beef stock in, stir and continue till all stock is finished. Add the soup powder, stir well and simmer with a lid on.

Preheat oven to 180 oC. Use big oven dish or few smaller bowls. Grease them. Spread one side of bread, cut into triangles. Arrange triangles in dish (dishes), overlapping each other, spread side up.

Spoon on mince mixture, sprinkle with parsley. Arrange other triangles (spread side down) on top, overlapping each other, let some of bread points stick up. Spoon rest of mince mixture over, sprinkle with parsley. Beat eggs & milk & pour over. Sprinkle with cheese. Bake for 20-30 minutes, or till the 'egg custard' is set. Enjoy with a fresh salad or vegetables. Can easily feed

6 – 8 people.

Recipe my own

500g beef mince  
oil  
250 g packet bacon cubes (optional)  
1 x-large egg  
spices to taste  
½ cup breadcrumbs  
1 tin of 4-bean mix \*  
1 tin baked beans  
1 tin chopped, peeled tomatoes  
2-3 tsp beef stock granules  
2-3 cups boiling water (depends on how much soup you want)

Make meatballs by mixing the mince, 1/3 packet bacon, egg, spices & breadcrumbs and form balls.

In a pan, fry the meatballs on all sides in batches till nice and brown. Remove from pan and keep aside.

In the same pan, fry the 2/3 packet of bacon, add the tins of beans & tomatoes, add the beef stock and boiling water. Put the lid on and let it simmer for about 15-20 minutes.

Remove the lid, blend half of the bean soup to a smoother texture, add the meatballs in the soup, replace the lid and simmer for another 5 minutes.

## Bean soup balls

*At a family day, Mark & Lizelle Uren had a similar dish – meatballs in a soup. I was so blown away by the idea, that I found a recipe and tweaked it.*

*\*You don't have to use that many tins of beans. I was just really in the mood for all kinds of beans.*





## Upside down mince pie



*This is actually adapted from a fruit Tarte Tatin recipe. I started to think ... why not make an upside down mince pie?*

*It was absolutely fantastic! And you'll wow your guests and family.*

*You can substitute the mince with onions or other vegetables!!!!*

1 onion, peeled, sliced into chunks  
2 tbsp butter  
2 tbsp olive oil  
moroccan spices (or any other spices)  
 Worcestershire sauce  
 salt, pepper  
 500g beef mince  
 2 tbsp tomato paste  
 1 packet porcini mushrooms, sliced, raw (optional)  
 1 x puff pastry, defrosted

Preheat the oven to 200 oC.

Use an oven frying pan (a pan with no wooden handles). Melt butter & oil and fry onion, mince & mushrooms. Add the Worcestershire sauce, spices, tomato paste and let it simmer.

Roll out the pastry a bit thinner, cut a circle just a little bigger than your pan. Remove the pan from your stove, place the pastry on top of the mince mixture and tuck the edges of the pastry down the pan around the food.

Bake the tart for 20-25 minutes, until pastry is crisp. Remove from oven, cool the tart in the pan for 5 minutes, then place a large plate over the pan and invert the tart onto it. Serve warm/cold. Can feed 4 people if served with salad/vegetables.

Recipe my own

Pancakes (without cinnamon sugar) – *how many depends on size of your dish*

500g beef mince

oil

½ packet mushroom soup powder

1 onion, finely chopped

1 x 400g can Italian chopped tomatoes with herbs (or any other)

black pepper

1 tsp of sugar

grated cheddar cheese

In small saucepan, heat up the can tomatoes with black pepper & sugar. Let it simmer till heated through & blend. Keep aside.

Fry onion & mince in oil, add mushroom powder & let it simmer for about 15 minutes. Taste and add any seasonings if you want.

Preheat oven to 180 oC. Spoon thin layer of pureed tomatoes on base of oven dish. In a pancake, heap 3 tbsp mince mixture in centre & roll it up. Place in dish alongside each other. Continue till the dish is filled.



## Pancake cannelloni



Pour rest of pureed tomatoes on top, spread it out nicely over the pancakes. Sprinkle with cheese & bake for 30 minutes, till cheese is golden and pancakes warmed through. Enjoy with a nice crisp salad and/or vegetables.

Serves 4-6 people. *Substitute the mince with creamed spinach & feta, or other vegetables.*



## Tortilla stack

*U can also use plain pancakes instead of the Tortillas.*

*This is again an easy but impressive recipe.*



oil  
500g beef mince  
cheddar cheese, grated  
4 tortillas  
410 g can tomato relish  
3 tbsp tomato sauce  
Salt, pepper

Preheat the oven to 200oC. Fry the mince in a pan, add the tomato relish, tomato sauce, salt & pepper and simmer. It shouldn't be too saucy.

Steam the tortillas in microwave (instructions on the package). Use a square oven dish – or at least a round oven dish that's bigger than the tortillas – or a loose-bottom cake pan. *Its so much easier to lift out then.*

Start with a tortilla, then layer of mince mixture, some grated cheese. Repeat the layers, ending with a nice layer of cheese. Without a lid, bake in oven for 20 minutes. Let it stand for 5 minutes, before you cut it in wedges.

Serve 4-6 people. Lovely with a crisp salad or vegetables.

*Substitute the mince with any other vegetables!*