

# XCentric Ideas

Did you know:  
the Strawberry is the only  
fruit with seeds on the  
outside.

All photos my own  
This photo I took at Cape Waterfront.  
Recipes from Internet

September 2012  
Volume 7 — Issue 9  
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# Strawberry facts: did you know?

## Think of strawberries and you think of Wimbledon ...

*The tradition of serving strawberry began in 1953 and the cream was added to the traditional fare in 1970. Gradually, the two of these became an essential part of the tournament.*

Hungry spectators have watched tennis and tucked into punnets of strawberries and cream since the championships were first held at the All England Club in 1877.

*Roughly 27,000 kilos of strawberries are eaten during the Wimbledon Championships, together with 7,000 litres of cream.*

A 100g serving of strawberries will serve you for just 50 calories - that's a whopping 0g of fat - Another punnet anyone?

*Did you know strawberries can help whiten your teeth? The acids in the fruit help to remove stains.*

Eight strawberries have more vitamin C than an orange, that's 140% of our daily recommended amount.

*The average strawberry has 200 seeds.*

There is a museum in Belgium just for strawberries.

*Strawberries are a member of the rose family.*



Strawberry & Pineapple 'Flat serve' Soup



# Strawberry & Pineapple 'Flat serve' Soup

2 cups fresh strawberries, washed, leaves removed, sliced  
1 cup fresh pineapple, cubes (not the hard core part)  
1 ½ cup Greek double cream yoghurt  
½ tsp vanilla essence  
2-3 tsp icing sugar  
Few twists of black pepper

Blitz everything well together. Serve cold with whipped cream/  
double cream yoghurt and/or fresh mint leaves.

*This is a very refreshing soup for hot days.*

*Serve this soup in pretty teacups - pouring the soup from your  
pretty teapot!!*

Strawberry, Chicken, Basil Quiche 'Ace'  
Muffin



# Strawberry, Chicken, Basil Quiche 'Ace' Muffin

*Have you ever thought of strawberries with meat/salmon/chicken? I didn't ... but as always I was willing to try ... and I found it delicious!!*

125 g smoked chicken slices (or any other cooked chicken)\*, cubed  
140g feta, crumbled  
4 big fresh basil leaves, torn smaller  
3 x-large eggs  
125 ml skim (or other) milk  
100g fresh strawberries, washed, leaves removed and sliced thin  
Salt, pepper

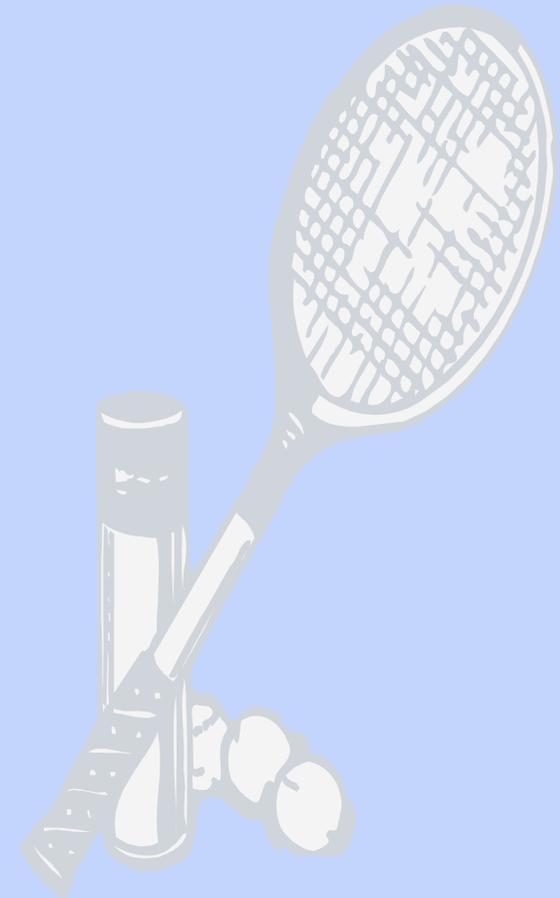
Preheat oven to 180 oC. Spray 12-muffin pans. (Or a pie dish).

Beat the eggs & milk together and keep separate. Mix the chicken, feta, basil, strawberries, salt & pepper and spoon into the muffin holes.

Pour the egg-milk mixture over the chicken mixture and bake for 30 minutes, or till the centres has set.

*\*You can also use cubed ham, cooked bacon, tuna, prawns – or just leave it out completely for a vegetarian version.*

*\*You may notice avo pieces on the muffin photo – when baked, avo turns bitter, so I just deleted it from the recipe.*



Strawberry, Chicken, Avo & Basil  
'Backhand' on a Bun



# Strawberry, Chicken, Avo & Basil 'Backhand' on a Bun

*This mixture will also be amazing on a pizza base!!!*

*It will be perfect as a salad with some lettuce, baby spinach leaves, etc.*

125 g smoked chicken slices (or any other cooked chicken)\*, cubed  
1 ripe avocado, cubed  
Drops of lemon juice  
140g feta, crumbled  
4 big fresh basil leaves, torn smaller  
100g fresh strawberries, washed, leaves removed and sliced thin  
Salt, pepper  
Buns/bread

Mix the chicken, feta, basil, strawberries, avocado, salt & pepper with some lemon juice and spoon onto a bun. Or between 2 slices of bread as a sandwich.

*\*You can also use cubed ham, cooked bacon, tuna, prawns – or just leave it out completely for a vegetarian version.*



Strawberry & Veg Risotto 'Deuce' in the  
Oven



# Strawberry & Veg Risotto

## 'Deuce' in the Oven

***PLEASE TRY THIS!!!!*** It really is soooooo easy and it's a perfect side dish for any meat – or just perfect on its own. Leave out the bacon for a vegetarian option.

1 cup Risotto (Arborio) rice  
2 cups boiling water  
4 tsp chicken/veg/beef stock granules  
4 tbsp margarine  
125 g raw bacon, cubed (optional)  
125 g raw butternut, peeled, chunks  
1 cup mushrooms, sliced  
5-6 asparagus spears, cut smaller  
4 Baby marrow/courgettes, sliced  
½ cup to 1 cup fresh strawberries, washed, leaves removed, cubed  
Black pepper to taste

Preheat oven to 180 oC.

In an oven dish with a lid, add the raw rice, water, stock, margarine, raw bacon, raw butternut and black pepper. Stir till margarine is melted. Put lid on and bake for 30 minutes.

Remove from oven, add the asparagus, baby marrows and mushrooms. Put lid on and bake for another 20 minutes. (Check if butternut is cooked.)

Stir in fresh strawberries and serve.



Recipe my own

Strawberry and Blueberry 'Love' Crumble  
Brulee



# Strawberry & Blueberry 'Love' Crumble Bruleé

***Easy, no-fuss recipe!***  
*A lovely dish for your guests.*

200g fresh strawberries, washed, leaves removed, quartered  
125 g fresh blueberries, washed (or other berry)  
5 shortbread cookies (doesn't matter what size the cookie)  
85 g brown sugar (or more if you use individual dishes)  
300g Greek double cream yoghurt

Preheat oven grill.

Smash the shortbread into chunks.

In an ovenproof dish (or individual small dishes), mix the shortbread with the strawberries & blueberries. Spoon over the yoghurt, smooth the top, sprinkle on the brown sugar.

Place dish under grill for 3-5 minutes, till sugar is caramelized.



Recipe my own

# Strawberry 'Advantage' Soufflé



# Strawberry 'Advantage' Soufflé

***Yes, you can make a soufflé!***

*A light and fluffy dessert, packed with flavour.*

1 cup strawberries, cleaned, leaves removed and pureed  
2 tbsp white sugar (optional)  
¼ tsp vanilla extract/essence  
3 egg whites (room temperature)

Preheat oven to 180 oC. Mix the strawberry puree, sugar and vanilla extract/essence.

Beat the egg whites until you get soft peaks.

Gently fold the strawberry puree into the egg whites. Spoon the mixture into 4 greased ramekins, heaped up high above the top of ramekins.

Bake in the oven until puffed and golden brown on top, about 12 minutes. Serve immediately.





Strawberry Yoghurt 'Flat back swing'  
Topping

# Strawberry Yoghurt 'Flat back swing' Topping



***I didn't make this chocolate muffin!***

*This easy topping can be used with any  
cake/muffin/scone/waffle.*

1 cup strawberries, cleaned, leaves removed and cubed  
2 tbspcastor sugar (or to taste)  
¼ tsp vanilla essence  
Whipping cream **OR** Greek double cream yoghurt

If you use cream, add the castor sugar & vanilla essence and whip till peaks form. Fold in the strawberries and use as topping.

For healthier option, use the Greek double cream yoghurt, add the castor sugar & vanilla essence. Fold in the strawberries and use as topping.

Chilli Strawberry Peach 'Game' Dessert



# Chilli Strawberry Peach 'Game' Dessert

***What a 'wow' dessert!!!!***

*The flavours are really amazing, so don't despair when you read the ingredients!!!!*

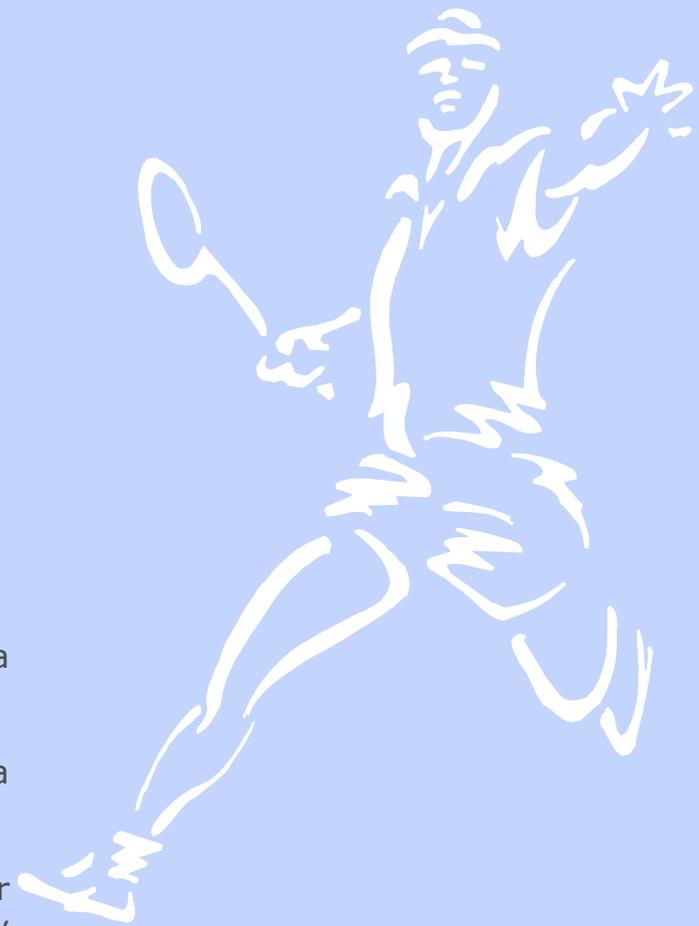
- 1 x 820 g tin of peach slices
- 1 x 250 g punnet of strawberries, washed, leaves removed & halved
- 1 x 115 g tin of granadilla pulp
- 2 tbsp fresh basil leaves, finely chopped
- 2 tbsp fresh mint leaves, finely chopped
- 1 red chilli, seeded & finely diced (a must)

Pour the peach syrup into a heavy pan and, over high heat, boil for a few minutes until slightly reduced.

Remove from the heat and stir in the basil, mint, chilli and granadilla pulp

Combine the peach slices & strawberry halves in a glass bowl (or individual glasses) and pour the hot syrup over the fruit, gently stirring to coat.

Chill in the fridge for a few hours. Serve with cream, ice cream or yoghurt.





Fresh Strawberry 'Set' Crustless Pie



# Fresh Crustless Strawberry 'Set' Pie

***A '0 points' Weight Watchers dessert!!!***

*The sugar-free jelly and puddings are quite expensive,  
so I used normal jelly and sugar-free pudding.*

4 cups strawberries  
1 (5/8 ounce) (160 g) box sugar-free strawberry jelly  
1 (1 1/3 ounce) (40 g) box sugar-free vanilla pudding mix  
2 cups boiling water

In a saucepan, mix together the boiling water and sugar-free pudding mix – stir well to eliminate lumps.

Bring to a boil while stirring.

Remove from the heat and mix in the jelly crystals.

**Cool down to room temperature. (Important!)**

Place the strawberries in a pie pan (or individual glasses).

Pour the pudding/jelly mixture over the strawberries and chill for at least an hour before serving. Serve with yoghurt, ice cream or whipped cream.



Strawberry, Pineapple & Mint Jam  
'Umpire' – In the Oven!!

# Strawberry, Pineapple & Mint Jam 'Umpire' – In the Oven!!

***A MUST TRY!!!!!!!!!!!!***

*Never has jam-making been this easy!!! This recipe was originally made with raspberries. So I guess any soft fruit will work perfectly for this jam. Use 500g fruit & 500g castor sugar. I just made up my own recipe below by adding pineapple & mint:*

500 g castor sugar  
200 g fresh pineapple, cut into small pieces (not the hard core part)  
500g fresh strawberries, washed, leaves removed & quartered  
Fresh mint (I used about 20 leaves), chopped finely  
2 tsp lemon juice

Preheat oven to 180 oC.

Use 2 shallow oven dishes. *(I used glass pie dishes, but I lined the one dish with foil, for easy cleaning afterwards.)*

Sprinkle castor sugar in dish with foil. Spoon the strawberries & pineapple in the other dish. Don't cover – bake for 30 minutes.

Remove from oven, spoon the castor sugar with the strawberry/pineapple mixture, add the lemon juice and stir well.

The jam is runny, so blend half of the mixture, mix it with the rest of the mixture (or blend the whole mixture), stir in the fresh mint, spoon into sterilised jars and store in the fridge. Makes about 500 ml.

*If jam stays too runny, use as topping for yoghurt, ice cream, cakes, scones or muffins.*

Recipe my own, adapted from  
[www.deliciousmagazine.co.uk](http://www.deliciousmagazine.co.uk)

