

XCentric Ideas



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by

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Recipes from the Internet
All photos my own

Escape the cage of ordinary life - be an
XCentric Kitchen Valentine!

I looooooove to eat!

But I also love healthier food ...

And no!



Healthier eating does not have to be **bland** or **boring!!!**



This issue is about tweaking your cooking & baking

And some extraordinary **gluten-free** recipes to prepare for your loved ones!

Potato crisps in microwave

Potato
Peeler / Verimark Mandoline
Spray & Cook (cooking spray)
Seasoning

Slice potato with Verimark slicer, peeler or by hand). Pat the slices dry. Spray a plain white dinner plate* (no gold/silver/metal on it) with Spray & Cook.

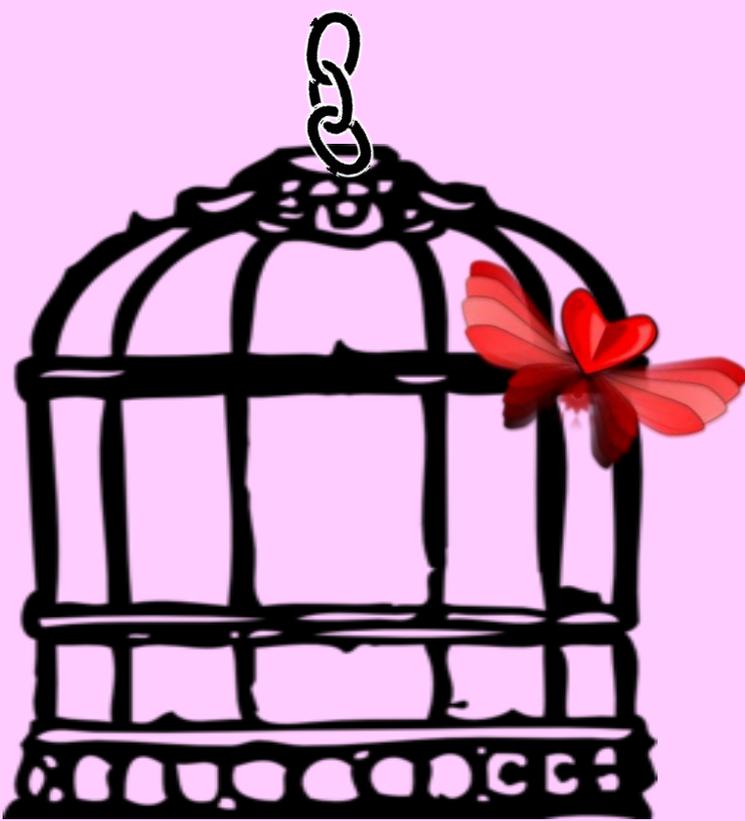
Place the sliced potatoes on plate, not overlapping. Spray lightly again. Sprinkle popcorn seasoning or salt on top. *If your microwave turntable doesn't turn on its own, rather do this in the oven.*

Microwave till brown and crispy and edges curl up (mine took 11 minutes – the thinner & drier the potato slices, the quicker it will be crispy) – it uses ½ a big potato.

**Or lay the potato slices on a sprayed baking sheet, spray again and sprinkle with seasoning and bake at 180 oC in your oven till brown and crispy.*

When it's cooled down, you can even keep it in a tightly-closed container.

Recipe: my own



Zucchini Pasta Ribbons

Zucchini / Courgettes / Baby marrows
Potato peeler / Verimark mandoline
Boiling water
Pasta sauce of your choice

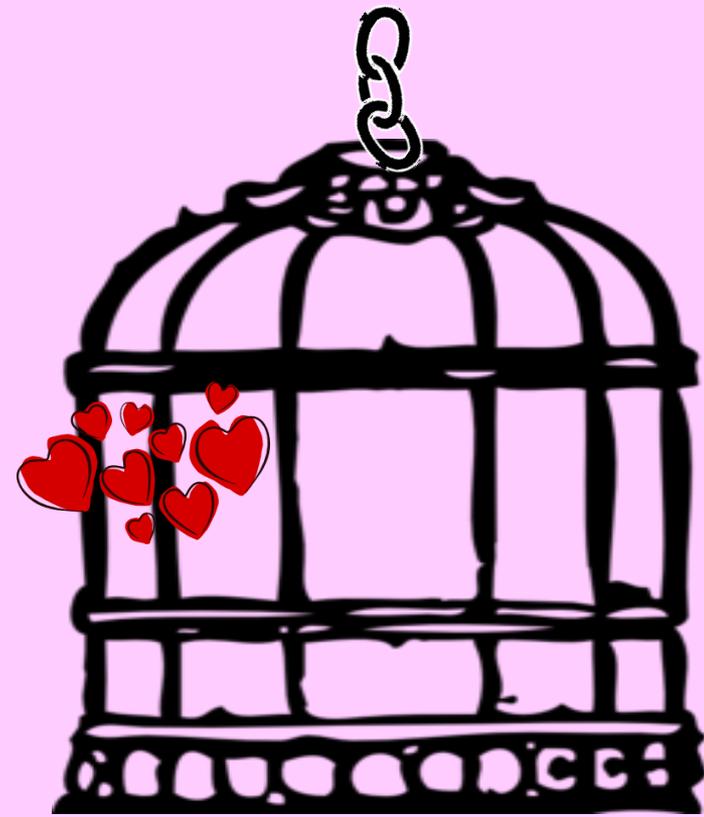
With the peeler, slice ribbons. Steam the zucchini/courgettes/baby marrow ribbons in boiling water for a minute or 2 (depends on how soft you want it.)

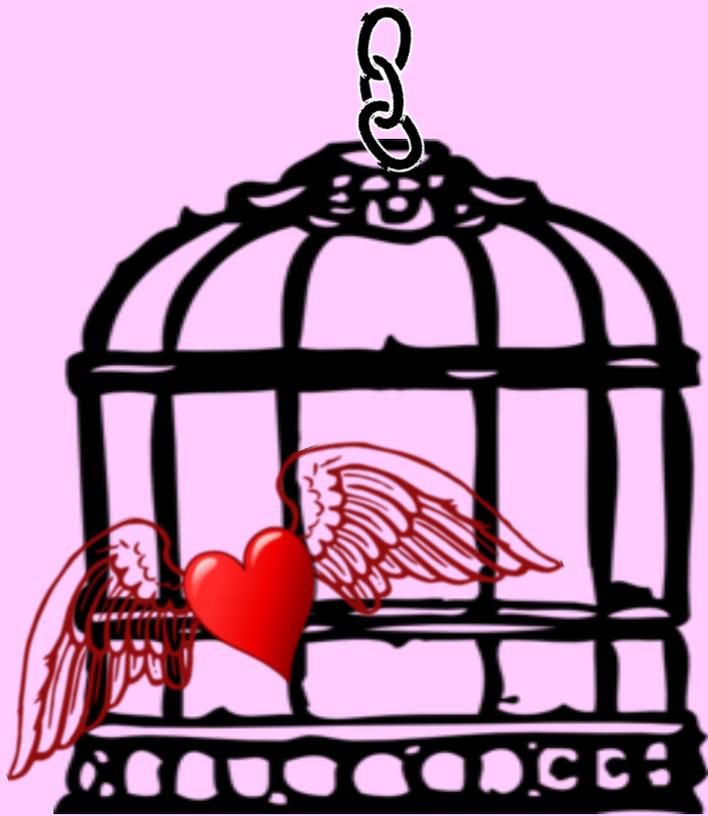
Drain and top with your favourite meat/chicken/veg pasta sauce.

You can also use the zucchini/courgettes/baby marrow strips instead of pasta sheets in your lasagna dish – you don't have to steam it first.

We absolutely loved it!!!!

Recipe: Internet





Cauliflower Rice

Fresh cauliflower
Boiling water
Food processor

Rinse the cauliflower, cut off the stalk, cut off the florets.

Process the cauliflower to crumbs.

Steam the cauliflower 'rice' for 3-4 minutes, drain and use as a side dish.

Funny enough, the 'rice' doesn't go soggy soft

Use this 'rice' in stir fries or paellas – don't steam it first – add it during the last few minutes of cooking time.

It's really good – and once again, perfect for a no-starch diet.

Warning: *cauliflower does irritate some people's tummies more than other. Don't overdo the usage of cauliflower.*



Cauliflower Pizza Crust

1 cup cauliflower rice (*previous recipe*)
1 cup shredded mozzarella cheese
1 x-large egg, beaten
1 teaspoon dried oregano
½ teaspoon crushed garlic
½ teaspoon garlic salt

Preheat oven to 230 oC. Spray a cookie sheet with olive oil. In a medium bowl, combine cauliflower, egg and cheese. Add oregano, crushed garlic and garlic salt. Stir to combine well.

Transfer mixture to cookie sheet. Pat out the mixture like dough to form a thin crust (approximately 9 inches in diameter). Brush top of crust lightly with olive oil.

Bake 15 minutes. Remove baking sheet from the oven and top the crust with your sauce & toppings (meat should be precooked). Place pizza under a broiler on high heat until the cheese is melted and bubbly. (Approximately 3 minutes).

Warning: *cauliflower does irritate some people's tummies more than other. Don't overdo the usage of cauliflower.*

Recipe: <http://thepeacefulmom.com>



Cauliflower Mash

Fresh cauliflower
Boiling water
Butter/margarine (optional)
Seasonings
Milk

Rinse the cauliflower, cut off the stalk, cut off the florets.
Steam the florets till very soft.

Drain the florets. Add about 2 teaspoons milk to the florets, blend with stick blender/food processor till very smooth. Add more milk if needed, don't make it too runny.

Season. Add butter/margarine to taste, if you want.

Use as a side dish to any meal instead of potato mash.

It's perfect as a substitute for a mash topping in a cottage/shepherds' pie. You won't know the difference!!

This is unbelievably yummy!!!! And perfect if you want to cut out your starches.

Warning: *cauliflower does irritate some people's tummies more than other. Don't overdo the usage of cauliflower.*

Recipe: Internet



Yoghurt Cheese sauce

Greek yoghurt
Salt, pepper
Chilli (optional)
Other seasonings
Grated cheddar cheese

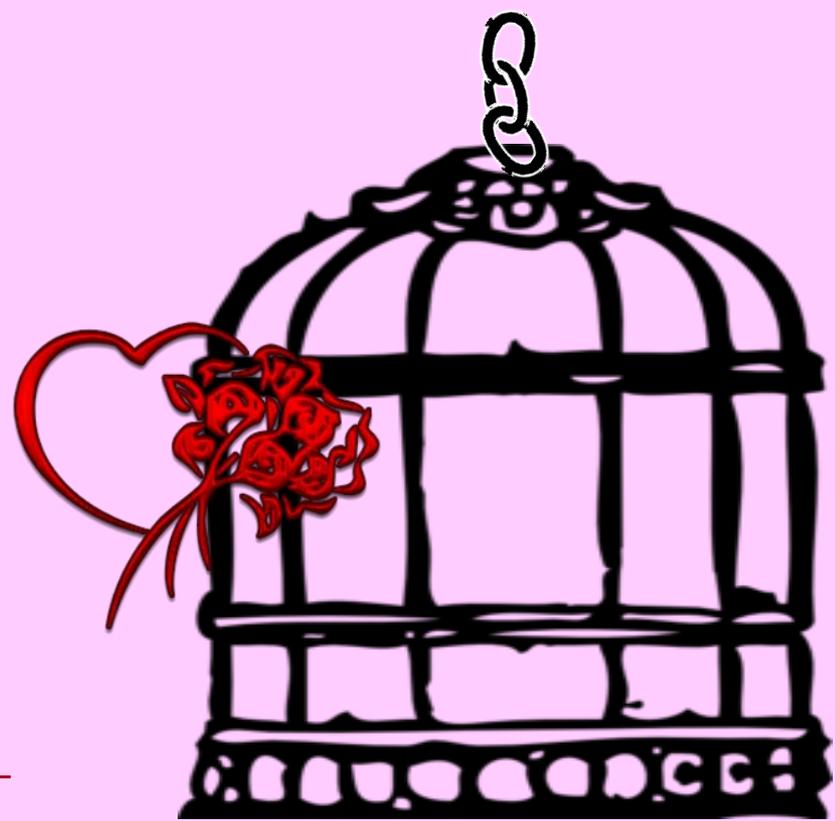
Measurements vary according to the amount you need –
and your personal taste.

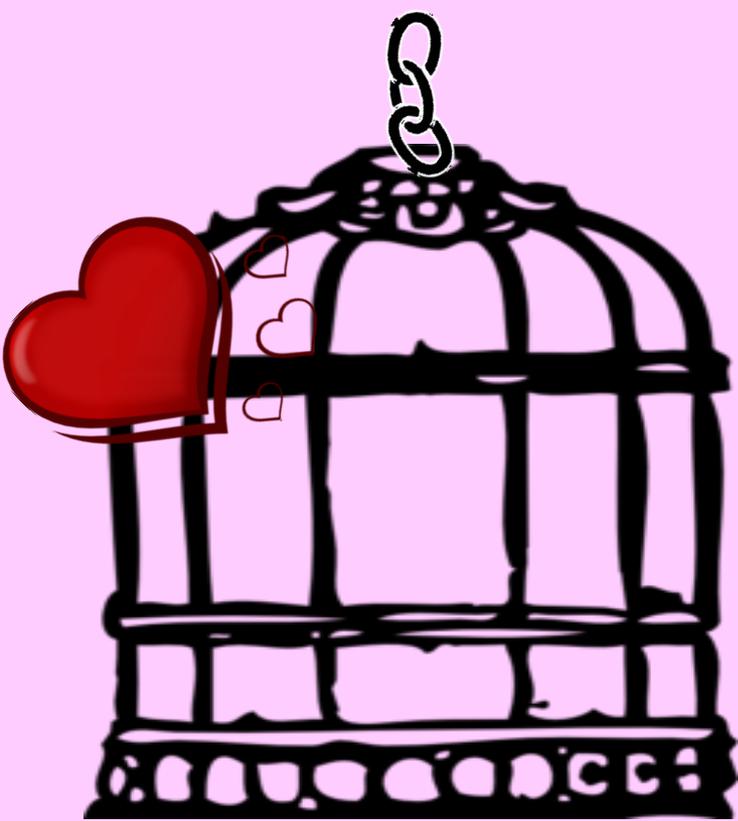
Start with ½ cup of yoghurt and work from there.

Mix everything together in a bowl, microwave (with a lid)
for 1-2 minutes (cheese must be melted), taste, adjust and
serve.

This recipe is perfect as a substitute for sour cream.

Recipe: my own





No Oil 'frying'

Boiling water
Stock granules or dried herbs/seasonings
Onions, chopped

Heat your pan on the stove. Add the chopped onions to the pan and dry fry till they start to stick to the pan.

Splash in some boiling water, add the stock/herb/seasonings and stir. When the water evaporates, splash in more water.

Continue stirring and adding splashes of boiling water.

This is the basic start of all my dishes these days ... be it a stew, soup, stir fry or sauce.

If you let the water evaporates while stirring your ingredients, it will brown.

Note: thanks to a friend, Maree Clasen, who gave me this tip.



Burger buns

Mince (*I always use Ostrich mince, lot less fat*)
Salt, pepper
Worcestershire sauce
1 x-large egg
Seasonings

Preheat your oven to 180 oC. Grease a baking sheet. (Or use a wire rack over a baking sheet so that fats can run out.)

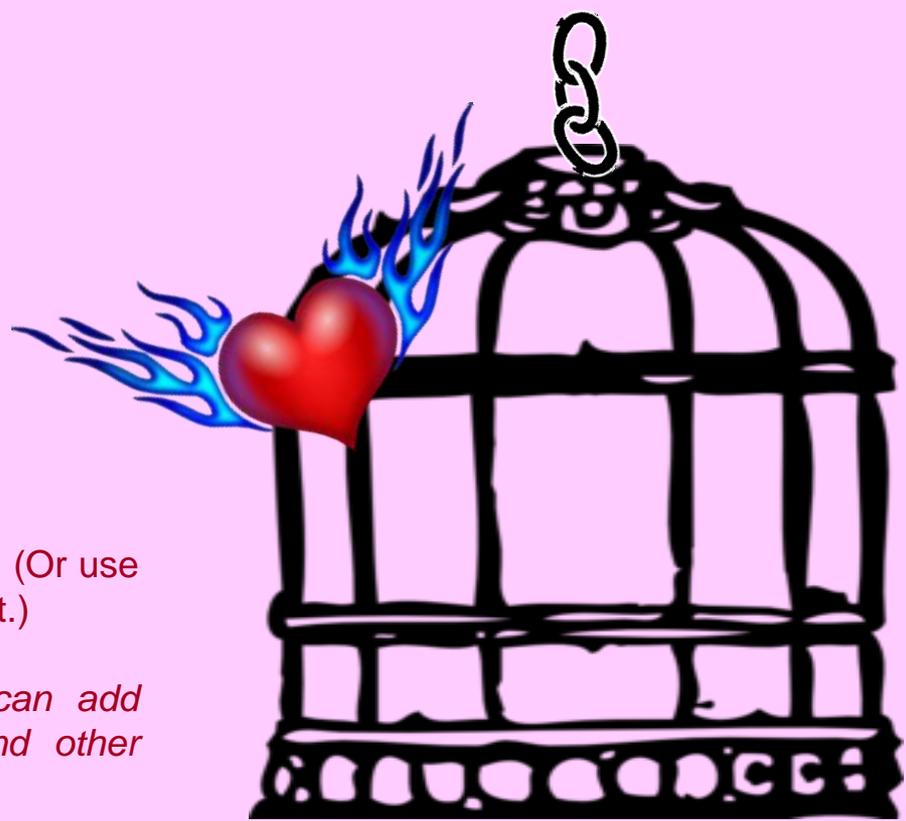
Mix everything together with your hands. (*You can add chopped onion, freshly chopped herbs, chillies and other spices – its all up to you*)

Don't know if you've seasoned the patties enough? After you've mixed it, take a teaspoon-size piece, put on saucer and microwave for about 10-20 seconds till cooked. Taste. Adjust the raw mince mixture if necessary.

Form the mixture in balls, put it on baking sheet (grid) and flatten out (for these burger 'buns' you don't need them too thick.)

Bake for about 20 minutes, turning halfway till the patties are cooked. Fill with cheese, tomato, lettuce, egg

Recipe for hamburger patties: my own – idea for 'burger buns' from KFC overseas



White bean muffins

1 x 400g can white beans (*butter/cannellini/etc*), drained and rinsed **very very** well under cold water

3 x-large eggs

½ c white sugar (or use Xylitol/fructose)

2 tablespoons Purity Apple (or any other fruit flavour, except prune)

1 teaspoon cinnamon (optional)

1 heaped teaspoon baking powder

1 teaspoon vanilla essence (or caramel/orange)

Wax paper (baking paper) OR rice paper

Preheat oven to 180 oC. Pour beans in food processor, process with metal blade till smooth. (*Stop and scrape down the sides a couple times during this step.*) Add eggs, sugar, Purity apple, cinnamon, vanilla essence & baking powder. Mix till smooth, it will be runny.

Grease muffin pans, cut out wax paper rounds (rice paper) to fit on the flat bottom of pans, grease. Spoon mixture in pans. Bake ± 25-40 min or till firm & toothpick comes out clean. Let rest in pans for few minutes, carefully remove, remove the wax paper (leave rice paper on) & let cool down completely. (*They don't rise up high.*)

Healthier Frosting: spoon fat-free smooth cottage cheese in a small bowl, add teaspoon jam, stir, taste. Add more jam if you want.

Yoghurt Frosting: 1 cup Greek yoghurt, jam (start with 1 tablespoon), blend, taste, adjust and refrigerate for 30 minutes before use.

Recipe muffins: adapted from <http://recipes.sparkpeople.com/> Recipe frostings: my own



Black bean brownies

1 can (425 g) black beans, drained and rinsed **very very** well!!!! (*you can use kidney beans*)

1 tablespoon instant coffee granules (optional)

3 x-large eggs

½ cup (100 g) semi-sweet chocolate chips

¾ cup (180 ml) brown sugar

½ teaspoon baking powder

½ cup cocoa powder

2 teaspoon vanilla essence (or 1 teaspoon vanilla extract)

3 tablespoons natural unflavored yoghurt (or flavored yoghurt)

Wax paper (baking paper) or Rice paper

Preheat oven to 180 oC. Spray square baking pan. Line with baking paper (rice paper), spray again.

In food processor, blend black beans with metal blade till very smooth. (*Stop and scrape down the sides a couple times during this step.*) Add eggs, yoghurt, baking powder, cocoa powder, coffee granules, vanilla & sugar. Process till nicely blended. Add ¼ cup of the chocolate chips, pulse 5 times. Pour mixture evenly into the prepared baking pan. Sprinkle with remaining chocolate chips. Bake for 30 – 35 minutes, till a test skewer comes out clean. Keep in tray for 10 minutes, cut and carefully remove. Remove the wax (baking) paper, keep rice paper on. Place on wire rack and let cool completely before serving.

MUST TRY THIS!!!

