

XCentric Ideas

The background of the entire page is a photograph of two glasses of beer on a ledge. The glass on the left is a tall, slender flute glass filled with a light-colored beer and a thick head of foam. The glass on the right is a shorter, wider glass, also filled with beer and foam. Between the two glasses sits a small, round, golden-brown treat, possibly a cookie or a small cake. The ledge they sit on is dark and appears to be made of stone or concrete. Behind the ledge is a dense wall of green leaves and vines, suggesting an outdoor setting like a vineyard or garden.

We are celebrating ...
sweets without flour!

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by

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Recipe ideas from Internet
All photos my own

Quick fridge cheesecake



1 x 250 g smooth natural cottage cheese
1 x 385 g tin condensed milk
½ cup lemon juice (fresh / bottled)
Crushed nuts

Beat the cottage cheese and lemon juice together. Add the condensed milk and beat till smooth.

In glass bowl or individual glasses, spoon alternate layers of nuts and cheesecake mixture. Refrigerate. Decorate the top with fresh fruit, whole nuts, etc.

The nut layers can be replaced with sliced fresh or canned fruit. Or you can just use the cheesecake mixture.



Chocolate Mousse

100 g Dark Chocolate - Orange and Almond Slivers flavour (*or any other flavour*)
2 tbsp Honey
150 g fat-free Smooth Natural Cottage Cheese

Break chocolate in chunks. Melt the chocolate and honey together in a bowl. Mix in the cottage cheese and beat till well combined. Makes ± 250 ml.

It is rich, so serve a dollop with fresh berries & cream. Or use as a cupcake / cake topping. Use other choc flavours, eg Mint / Coffee.

White Chocolate Bark with Cranberries and Almonds

1/2 cup lightly salted almonds
1/2 cup cranberries

454g white chocolate chips

Prepare a baking sheet by lining it with parchment paper. Heat a small pan on medium heat. Add almonds, toss in pan till lightly toasted, \pm 3 minutes. Remove from heat and chop roughly (not too fine).

Place white chocolate in pan over low heat, continuously stir chocolate till melted (you can also melt in microwave, stirring every 30 seconds). Mix in $\frac{3}{4}$ of the almonds & cranberries, reserving about handful of each.

Immediately pour melted chocolate/almond/cranberry mixture onto lined pan, lightly spread it with spatula; edges can be uneven. Sprinkle top with remaining almonds & cranberries. Place in fridge for at least 30 minutes. Break bark into pieces, serve and enjoy! Keep rest in lid container in fridge.

Recipe: <http://www.simplylifeblog.com/2011/02/3-ingredients-white-chocolate-bark-with.html>

Avocado-Chocolate Truffle

1/2 cup Purity sweet potato puree/applesauce/prunes
1 large very ripe avocado, peeled and pit removed
1 1/2 teaspoons pure vanilla extract
1 1/4 cups Nestle cacao powder
1 3/4 cup icing sugar
1 1/4 cup desiccated coconut
Extra Coconut for rolling

In food processor, puree avocado till smooth. Add little bit of the puree to ease the blending. Add rest of Purity puree, vanilla extract, cocoa, icing sugar & coconut. Mix till well combined. Form small balls with your hands (it's messy), roll in coconut and refrigerate for at least few hours before serving. Eat within 2 days.

Recipe: adapted from <http://whatscookingamerica.net/Candy/AvocadoChocTruffles.html>



Nut crust with fruit mince NO BAKE



1 cup salted (or raw) peanuts / or other nuts (or mixture of peanuts and raisins)
1 tbsp margarine/butter
Jar fruit mincemeat
Coconut / icing sugar for topping
Cupcake wrappers
Muffin pans

In processor, chop peanuts, add margarine/butter till it stick together. Place cupcake wrappers in muffin tin holes. Spoon 2 tbsp of nut mixture into each cupcake wrapper. With slightly wet fingers, press down onto the base and sides of your wrapper – crust musn't be too thin. Spoon 1 tsp mincemeat on top, sprinkle with coconut or dust with icing sugar and refrigerate for \pm 4 hours before serving. Keep refrigerated or freeze in lidded container. Serve straight from freezer with yoghurt, custard, ice cream or cream.

Recipe: Alma Pretorius



Chilli Peach Strawberry Dessert

1 x 820 g tin of peach slices
1 x 250 g punnet of strawberries, hulled & halved
1 x 115 g tin of granadilla pulp (optional)
2 Tbsp finely chopped fresh basil leaves
2 Tbsp finely chopped fresh mint leaves
1 red chilli, seeded & finely diced (not optional)

Pour peach syrup into heavy pan and on high heat, boil until slightly reduced. Remove from heat, stir in basil, mint, chilli & granadilla pulp (if using). Combine peach slices & strawberry halves in glass bowl & pour the hot syrup over the fruit, gently stirring to coat. Chill in the fridge for a few hours.

Recipe: blogs.food24.com/blondcook/2011/11/21/chilli-peach-strawberry-dessert/

Chocolate Fudge with a Olive Twist



400 g dark chocolate
385 g condensed milk
250 ml unsalted, chopped nuts
100 g glace cherries, halved
75 g black, pitted olives – drained, **rinsed well** and chopped **

(The olives and cherries have to be prepared first - if the chocolate is melted, everything has to be added quickly, otherwise the chocolate starts to set.)

Melt the chocolate. Stir in condensed milk & add nuts, cherries & olives. Mix everything nicely through. Pour the mixture in a greased pan (18cm x 28cm). Refrigerate till set. Cut into squares & keep in fridge till serving.

***You can leave out the olives, but it does add to the whole experience.*

Recipe: Leef Magazine June 2008 – Christelle Erasmus



Chocolate fudge

100g plain chocolate
450 g icing sugar

100g butter
45 ml milk

Put chocolate, butter, icing sugar & milk into large pot on stove. Heat and stir till melted.

Beat vigorously with wooden spoon till mixture is thick and creamy. (Do not continue beating after this or fudge will become granular)

Pour into greased rectangular / square dish. Using sharp knife, mark lightly into squares. Leave till set, then cut into squares.

Recipe: adapted from Good Housekeeping Microwave Cookbook



No bake carrot sweets

2 cups grated carrots
3 ½ cup white sugar
2 tsp ground ginger (even topped)
1 cup water
1 ½ cup fine coconut
2 tbsp butter

Boil sugar, carrots, butter & water for 20 min. Stir continuously. Remove from stove. Stir in the ginger & coconut. Stir continuously till nearly cold. Pour in greased plate and cut into squares when cold.

This is extremely sweet, so you can reduce the sugar quantity and cut this into small squares.

Recipe: Cook with Inspiration – Alta Smit



Nut crust fruit mince balls

1 cup salted (or raw) peanuts/other nuts (or mixture of peanuts and raisins)
1 tbsp margarine/butter
Jar fruit mincemeat
Coconut to roll in

In a food processor, chop the nuts and add the margarine. Fold in the mincemeat, squeeze with your hands to form balls, roll into coconut.

Refrigerate and serve. Keep refrigerated. Perfect to freeze in a lidded container – eat straight from freezer. *Perfect as a gift.*

Recipe: Alma Pretorius

Walnut brittle



50 g butter
90 ml milk
50 g walnut pieces, chopped

225 g white sugar
45 ml vanilla essence

Put butter into microwave bowl and cook on high for 45 sec or till melted. Mix in the sugar, milk and vanilla essence. Microwave on high for 2 min, stir till sugar has dissolved.

Microwave on high for 8 min without stirring, or till teaspoonful of mixture forms soft ball when dropped into cold water.

Beat in the walnuts using wooden spoon and continue beating vigorously till mixture is thick and creamy. (Don't continue beating or it will be granular). Pour into greased dish. Mark the squares, let it set and cut.

Am sure you can use any other nuts.

Recipe: adapted from Good Housekeeping Microwave Cookbook



1 Serving Choc Mug Cake

1 Egg
¼ cup Icing Sugar
1-2 tbsp Cocoa Powder (depending on how chocolatey u want it)

In a standard-sized mug, crack egg, add icing sugar and cocoa powder. Whisk together with a small whisk until well mixed.

Microwave for 50-60 seconds on High (100%), until the cake is cooked through (but not overcooked!)

Top immediately with a handful of milk chocolate chips, hot fudge, whipped cream, cream.

Recipe: <http://blogs.babble.com>



Nutty Cake

100g / 1 cup walnuts (*I used raw, mixed nuts*)
3 x-large eggs, separated
2 tablespoons Agave nectar / honey / maple syrup (*I used honey*)

Preheat oven to 180 oC. Process walnuts/nuts in food processor till fine and mix with egg yolks and Agave/honey/syrup. Whip the egg whites till stiff. Gently fold egg whites into the batter. Pour into cake pan (*I used a ring pan*). Bake for 20 minutes or till test pen comes out clean.

It's not very sweet, so needs a sweet topping of any sort – *I had it with yogurt*.

Recipe: www.fitnessstreats.com/2011/07/3-ingredient-cakes.html



Sweet potato chocolate cake

500 g sweet potatoes	250 g dark chocolate
100 g butter	1 tsp vanilla sugar
Halved pecan nuts, optional	(or sugar with few drops vanilla)

Wash and peel the sweet potatoes. Cut them into pieces and steam them for 15 to 20 minutes.

Melt the butter and chocolate together on gentle heat. Blend the sweet potatoes to get a smooth puree.

Add the melted butter-chocolate mixture & vanilla sugar to sweet potato puree. Pour the mixture into a greased square pie dish. Decorate with nuts. Cut into squares. Put in the fridge for minimum 4 hours.

Recipe: <http://www.dadamo.com/typebase4/recipepictor7x.cgi?540>



Strawberry soufflé

1 cup strawberries (cleaned, hulled and pureed)
2 tablespoons sugar (optional)
1/4 teaspoon vanilla extract (optional)
3 large egg whites (room temperature)

Preheat oven to 180 oC. Mix the strawberry puree, sugar and vanilla extract. Beat the egg whites until you get soft peaks.

Gently fold the strawberry puree into the egg whites. Pour the mixture into 4 greased ramekins.

Bake until puffed and golden brown on top, about 12 minutes.

Recipe: <http://www.closetcooking.com/2009/06/strawberry-souffle.html>



Baked pumpkin fritter muffins

250 g butternut, peeled, cubed and steamed till soft, drain
2 x-large eggs
1/2 cup milk
Salt
Cinnamon
Sugar

Preheat oven to 200 oC. Mix the cinnamon & sugar to your taste. Beat the eggs and milk. Spray a big 6 muffin pan or small 12 muffin pans. Puree the steamed butternut, add the egg mixture, season with salt and pour into the muffin pan. It will be runny. Sprinkle a thick layer of cinnamon sugar on top. Bake for 30 minutes or till set. Serve with honey, syrup or ginger syrup. Add ice cream / yoghurt / custard / cream for decadence.

Recipe: Alma Pretorius

White bean carrot cake

1 x 410g can white beans**
2 large eggs
½ cup brown sugar/Splenda/fructose
1 tsp baking powder
1/2 tsp baking soda
2 tbsp sunflower oil
1 tbsp vanilla
1 ½ tsp cinnamon
1 tsp allspice pimento
1 ½ cups grated carrots
½ tsp ginger powder
Pinch of salt

Topping:

Fat free cottage cheese OR Greek Yoghurt
Icing Sugar
Jam / flavored yoghurt (optional)

Preheat oven to 180 oC. Line cake pan with foil, grease.

Rinse white beans thoroughly under cold running water! Must be really washed clean. Put beans with grated carrots in salad spinner & spin dry. (Or pat dry with kitchen towel). Blend beans and carrots in processor. Add all other ingredients and mix well.

Pour into sprayed 8x8 pan. Bake at 180 degrees for 35 min. Let it cool in pan. Carefully remove the cake. Let it cool completely, cut into squares and top with icing (below).

Topping:

Smooth fat-free cottage cheese, unflavoured (OR GREEK YOGHURT)
Icing sugar, sifted (to taste)

Mix well and spread onto cooled squares. Or you can add flavored yoghurt (I used the Lemon Curd Yoghurt, Woolworths) or jam.

Keep in fridge. These squares with their topping also freezes well.

** (chickpeas, butter beans, cannellini)



White bean muffins

1 x 400g can white beans**
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)
Baking paper / cupcake wrappers

Topping:

Smooth cottage cheese OR Greek Yoghurt
Jam OR Icing Sugar

Preheat oven to 180 oC.

Rinse white beans thoroughly under cold running water! Must be really washed clean.

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 baking paper rounds to fit on the flat bottom of pans, grease *(or use cupcake wrappers)*. Spoon mixture in pans. Bake \pm 25-40 min or till firm & toothpick comes out clean. Let rest in pans for few minutes, carefully remove, remove the baking paper & 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 (or sifted icing sugar), stir, taste. Add more jam/icing sugar if you want.

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

** *(butter beans/chickpeas/cannellini/etc)*



Black bean brownies

1 can (425 g) black 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)
Baking paper



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

Rinse black beans thoroughly under cold running water! Must be really washed clean.

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 baking paper. Place on wire rack and let cool completely before serving. Keep in fridge. These squares freezes very well. Serve straight from freezer.

***You can use any dark beans, eg Kidney beans, etc.*

Flourless chocolate roulade

For the Flourless Filling:

6 large eggs, separated and at room temperature
3/4 cup brown sugar
1/2 cup cocoa powder
1/8 teaspoon salt

Filling:

Whipped cream
Blueberries or any other fresh fruit (*you can chop up the fruit and mix in with the whipped Cream – or you can leave the fruit whole*)

How to make Flourless Black Forest Roulade

Preheat the oven to 175°C. Line a 10-x-15-inch jelly roll pan with parchment paper.

Whisk the egg yolks and sugar by hand until lighter in colour, but not holding any air. Sift the cocoa powder over the yolks and whisk in.

In a separate bowl, whip the egg whites and salt on high speed until they hold a medium peak when the beaters are lifted. Fold a third of the whites into the yolk mixture using a whisk and then fold in the remaining two thirds until evenly incorporated. Spread the batter evenly into the prepared pan.

Bake the cake for 25 minutes (it will rise up while baking and then fall once it is removed from the oven – that is OK) and let it cool completely in the pan.

Run a spatula around the outside edge of the cooled cake and turn it out onto a work surface (*or clean dish towel*) dusted with icing sugar. Peel away the parchment paper and spread the whipped cream and fruit over the cake.

Carefully roll up the cake from the short side and carefully lift onto your serving platter so that the seam is at the bottom. Chill until ready to serve. The roulade can be made up to 8 hours before serving.

Serve on its own or with custard and/or ice cream.



Picture: Helen Knowles

Recipe: adapted from Anna Olson - <http://www.foodnetwork.ca/recipe/flourless-black-forest-roulade/12596/>

Flourless chocolate nut crust bars

For the Flourless Filling:

6 large eggs, separated and at room temperature
3/4 cup brown sugar
1/2 cup cocoa powder
1/8 teaspoon salt

For the crust:

1 cup salted peanuts / other nuts, chopped
1/2 cup desiccated coconut
1 tsp brown sugar
1 tbsp margarine/butter
Extra coconut for topping (optional)

Preheat the oven to 180°C. Line a square baking pan with foil, grease the foil.

Prepare the crust first.

Crust:

In processor, blend nuts, coconut, sugar & margarine/butter till they stick together. Press down onto base of pan on foil. Even the top with a spoon. Keep to the side.

Filling:

Whisk the egg yolks and sugar by hand until lighter in colour, but not holding any air. Sift the cocoa powder over the yolks and whisk in.

In a separate bowl, whip the egg whites and salt on high speed until they hold a medium peak when the beaters are lifted. Fold a third of the whites into the yolk mixture using a whisk and then fold in the remaining two thirds until evenly incorporated. Spread the batter evenly onto the nut coconut crust. Sprinkle with coconut.

Bake the bars for 30 minutes (it will rise up while baking and then fall once it is removed from the oven – that is OK) and let it cool completely in the pan.

Carefully lift out of the pan and cut into squares. Keep in the fridge. You can also keep it in the freezer!!! It doesn't freeze hard as a rock, is just nicely cold. Serve with whipped or runny cream and fruit, Greek Yoghurt and fruit, custard and/or ice cream.

