

XCentric Ideas

February 2018
Volume 13 — Issue 1
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za



Recipes : Internet
All Photo's: Alma Pretorius

Raisin Orange Ginger Jam

*2 cups seedless raisins
fine zest of 1 orange
2 oranges, peeled, pitted and roughly chopped
1 ½ cup white sugar
2 tablespoons soy sauce / Worcestershire sauce
2 tablespoons rice vinegar / white vinegar
1 tablespoons ground ginger
2 teaspoons ground coriander
2 tbsps lemon juice*



Place all ingredients except orange zest in a medium, heavy bottom pot. Over medium heat, bring to a boil, stirring constantly. Reduce to a simmer and cook, stirring occasionally for 15-20 minutes, or until just beginning to get syrupy. Mixture will thicken as it cools, so don't cook too long.

Remove from heat and stir in orange zest. Ladle into clean, dry jars. Cover and allow to cool completely before refrigerating. Will keep in refrigerator for 4-5 weeks. Can be kept up to 3 months in the freezer. Thaw before using.

Note: Use jam as spread for cake, stir into natural yogurt for snack, make muffins (last recipe in issue) or serve with biscuits and cheeses.

Recipe: <http://honestcooking.com/sweet-spicy-california-raisin-jam-orange-ginger-recipe/>

Fig date & raisin chutney

500g preserved green figs, chopped coarsely
1 cup dried dates, chopped
1 cup seedless raisins
Salt, pepper to taste
1 teaspoon Mixed Spices (All Spice)
2 cups red vinegar
1 onion, chopped finely
2 teaspoons 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 / savoury dish or cheeses
& crackers.*

**You can use other preserved fruit instead of fig.*

Recipe: Alma Pretorius

Nut, Raisins and Dates balls - no bake

2/3 cup nuts (cashews, almonds, etc) Reminder:
peanuts are not nuts!

1/2 cup whole dates (remove pits)-about 3 large
dates

1/2 cup raisins (or more dates)
2 tbsp tap water (only if necessary)
Coconut to roll in

Put nuts into food processor (or Vitamix) and
chop until in small pieces. Remove and put in
mixing bowl.

Put dates and raisins into the food processor
and pulse until playdough consistency. It will
start to clump together when it is done. (I have
to add bit of water for them to clump). Add the
chopped nuts and mix (by hand or in food
processor) till consistency of play dough. Roll
into balls, roll into coconut and keep in fridge.

Adapted by Alma Pretorius from
<http://wellnessmama.com/1047/energy-bars/>



No bake high energy bars

*500 g packets of pitted dates
500 g packet seedless raisins
200 g packet salted peanuts
1/4 cup sunflower seed/other seed
Desiccated coconut*

In a food processor, pour in

*250 g pitted dates
250 g seedless raisins
100 g salted peanuts*

Blitz till it forms a ball. If your machine is like mine and it wouldn't 'mix' all together, add 2 tablespoons tap water, blitz till it forms a ball in food processor.

Pour the blitzed mixture in a mixing bowl, add the rest of ingredients:

*250 g pitted dates (cut them smaller)
1/4 cup sunflower seed/other seed*

250 g seedless raisins

With your hands, mix it all together. On a baking sheet, sprinkle the coconut. Flatten the mixture onto the coconut (wet your hands, spread the mixture out - you can then put wax paper on top and roll it out with a rolling pin, remove wax paper). Sprinkle again with coconut - press coconut into the mixture.

Refrigerate till firm for a few hours. Cut into squares. Keep refrigerated.

(adapted by Alma Pretorius from : cadac vakansie kookboek)



Raisin bread muffins with honey glaze

*250 g self-raising flour
250 g seedless raisins
250 ml buttermilk
2 tablespoons sugar
2 even teaspoons baking powder
Pinch salt
2 tablespoons butter
2 tablespoons honey
Ground cinnamon*

Soak raisins in mixture of boiling water & cinnamon for 10 minutes.

Preheat oven to 180 °C. In food processor with dough hook, sift self-raising flour, sugar, baking powder and salt together. Add the raisins and stir. Add the buttermilk (I always rinse the buttermilk carton out with little bit milk) and mix thoroughly. Spoon into greased 12 giant muffin pan. Bake for 15 minutes.

If you want a honey glaze on muffins:

Honey glaze: 2 tbsp butter 2 tbsp honey

Heat together and brush over baked muffins as soon as you remove from oven.

Adapted by Alma Pretorius from: www.eposvriende.com



Raisin Orange Jam Muffins

*2 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup white sugar
1 egg, beaten
1 cup milk
1/2 cup vegetable oil
1 cup Raisin Orange jam*

Preheat oven to 205 °C.



In a large bowl, stir together the flour, baking powder, salt and sugar. Make a well in the center. In a small bowl beat egg, milk and oil together.

Pour all at once into the well in the flour mixture. Mix quickly and lightly until moistened, do not beat. The batter will be lumpy. Gently stir in jam. (If jam was in fridge, just sit the jar in hot water to soften the jam.)

Scoop the batter into the prepared muffin pans and bake for 20 minutes or until golden. Recipe makes 16 giant muffins.

Adapted by Alma Pretorius from <http://lekkerreseptevirddiejongergeslag.blogspot.com/2013/02/muffins.html>

Raisin Orange Biscotti

*2 1/4 cups all-purpose flour, plus more for work surface
3/4 cup white sugar
3/4 cup sunflower seeds / any other nuts
3/4 cup seedless raisins
1 1/2 teaspoons baking powder
1/4 teaspoon salt
3 large eggs
1 teaspoon vanilla extract / essence
1 orange, zest (really important)*

Preheat oven to 180 °C degrees. In a medium bowl mix flour, sugar, seeds/nuts, raisins, baking powder and salt. In a small bowl, whisk together eggs and vanilla; add to flour mixture, and mix until combined (dough will be stiff; use hands if necessary to incorporate flour). Divide dough in half.

On a lightly floured work surface, roll each dough half into about 30 cm long log; press dough firmly in the log form. Transfer logs to a baking sheet, and gently press to a 10 - 17 cm thickness. Bake until risen and firm, 15 to 20 minutes. Cool completely on baking sheet, about 30 minutes.

Reduce oven temperature to 150 °C degrees. On a cutting board, use a big sharp knife (the bread knife doesn't work ... it 'tears' the log) to slice logs into 1 1/2 cm -thick slices. Lay slices in a single layer on baking sheet; bake until dry and just starting to brown, 15 to 20 minutes. Transfer to a rack to cool completely.

Adapted by alma Pretorius from <https://www.marthastewart.com/316342/pistachio-raisin-biscotti?printview>

