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recipe book



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The Real Good Recipe Book, a collection of recipes from OFM's presenters and listeners, showcases the bounty and hospitality of Central South Africa. Compiled through a family recipe competition run on OFM, we invite you to enjoy and cherish this compilation, presented in collaboration with Mahareng Publishing.

Get cooking and baking... and create your own food stories for generations to come!



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The Real Good Recipe Book bears testimony to the beautiful people of our wonderful region, and the delicious food we cook in Central South Africa. I want to thank the listeners of OFM for sharing their family recipes and memories, and for being part of something special.

My thanks to the Mahareng Publishing team of Corni Fourie, Joanita Lloyd, Marelize Dunlop, Pieter Delport, Sannie Fouchee, as well as the Mahareng Creative Design Studio for the work that went into this timeless book.

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And, finally, a word of thanks to our clients and partners, who have taken *The Real Good Recipe Book* to heart.

I trust the tasty recipes shared by our listeners and presenters will bring smiles to our faces, and make for fantastic breakfast, lunch and dinner conversations.

Bon appétit!



Nick Efstathiou
Central Media Group CEO

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Beef & Lamb

The North West's dry western region is home to large beef-cattle herds; and Vryburg is even called "South Africa's Texas". The province has some 1.6 million beef cattle, representing 12% of South Africa's herd. Beefmaster's feedlot near Christiana delivers world-class beef.

The Free State is also a major producer of cattle – especially in the southern part of the province, with its mixed veld. Moreover, the province comes a close second with regards to sheep, after the Northern Cape.

It is said you have not tasted lamb until you have tasted Karoo lamb. The economy of a large part of the Northern Cape depends on sheep farming, and the province has nearly a quarter of the country's sheep.

Explore our selection of listeners' recipes for inspiration: whether it is Johan and Jorica's Rosemary Lamb Pie or Prenisha's Lamb Curry, lamb can stand up to big flavours and is always a crowd-pleaser.

The Northern Cape may not be known for its beef production, but areas such as Windsorton have experienced success with hardier cattle breeds, which excel in the province's intense weather conditions.

FOOD FACT: *Red meat is an excellent source of iron – the mineral most commonly lacking in diets around the world. It also supplies vitamin B12 for a healthy nervous system and zinc for immune function; plus, vitamin B6, niacin, selenium and omega-3 fatty acids.*



Lamb Burgers with Red Wine Sauce

Sam Ludidi and Shandor Potgieter (OFM)



"I love to spend time with my family and we adore cooking. It just brings us together and is also a great way to entertain family and friends. You can get the whole family involved in the preparation of this simple and simply delicious recipe. Hint, if you can't find ground lamb, squeeze out lamb sausage, and then you'll also have some extra spice as well!" – Shandor

Serves 4

Patties:

2 tsp fresh mint, chopped
1 tsp lemon juice
ground salt
black pepper, freshly ground
1 kg ground lamb

Mix all ingredients together well. Divide into four generous balls and flatten into burger rounds. Cook in a little bit of olive oil on a hot griddle

or frying pan or braai for about 10 minutes until done or how you prefer your patty.

Sauce:

4 tbsp butter, divided
2 tbsp shallots/leeks, finely chopped
2 cloves garlic, minced
1/2 tsp oregano
3 tbsp tomato paste
2 cups dry red wine
kosher salt to taste
pepper to taste

Mix all ingredients in saucepan and reduce on medium high heat until sauce thickens.

To serve:

4 hamburger buns
1/4 red onion, thinly sliced into rounds

Butter the sliced buns, place in pan or on grill and toast slightly. Spread onion on bottom bun, place cooked patty and top off with sauce before placing top bun.



SCAN ME

Beef or chicken are most people's go-to for a burger, but check out how delicious and juicy Shandor and Sam make this lamb burger look. You will be sure to become a convert!



Feestafel Lamsboud

Elandre Slabbert, Bloemfontein



Op 'n gereelde basis het ons op 'n Sondag of op elke spesiale geleentheid 'n lamsboud of varkboud op die tafel gehad. Ek het die lamsboud vir my en my boetie gemaak om die verlange na ma of ouma-hulle se tafel minder te maak.

Bedien 3

- 1 kg lamsboud
- 1 t tiemie
- 3 knoffelhuiesies, in helftes gesny
- 3 roosmaryntakkies, kleiner gebreek
- 1 e suurlemoensap
- 1 e olyfolie
- bietjie meel
- sout na smaak
- peper na smaak

Druk gate in die boud met 'n mes en druk halwe stukkies knoffel en roosmaryn in die gate. Strooi meel op die oppervlak van jou kasserol of oondbak en plaas die boud op die meel. Strooi tiemie, olyfolie, suurlemoensap en sout en peper oor die boud. Bedek die bak met foelie en bak vir 2 ure teen 180°C. Ná 2 ure haal die foelie af en gooi van die sous wat in die bak is oor die boud en bak vir nog 10 minute sonder die foelie.

Bedien met soet wortels, spinasie en gebakte aartappels.



Lamb Curry

Prenisha Bechoolal, Johannesburg



When I was younger, my mum taught me to cook my first dish – a lamb/mutton curry. And history is repeating itself, because this is the first dish I taught my daughter to make.

Serves 6

- 2 kg lamb
- 4 potatoes, chopped
- 1 onion, chopped
- 4 tsp chilli powder
- salt to taste
- garlic powder to taste
- ginger powder to taste
- 1 tsp turmeric

Chop meat into dice shapes. Set aside. Sauté onions in oil until golden brown, then add the chilli powder, turmeric, salt, ginger and garlic. Add the meat. After 20 minutes, add the chopped potatoes and cook until a gravy forms.

Serve with rice.



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Pannekoek "Double Decker"

Sophia Smith, Klerksdorp



'n Paar jong tienerkinders en ouers moes een aand ná 'n lang gekuier kos kry om te eet en dit is al wat daar was om 'n vinnige ete aan mekaar te slaan. So het dit 'n tradisie geraak onder die tieners in ons huis. Die *kids* het die naam gekies.

Bedien 2 - 4

400 - 500 g beesfilet

500 g kaas

1 groen soetrissie

1 rooi soetrissie

250 g sampioene

Aromat na smaak

Worcestersous-speserye

basiliekruid na smaak

olyfolie

4 pannekoeke

Braai groen en rooi soetrissies tot ligbruin met Worcestersous-speserye. Voeg sampioene by en braai tot gaar.

Voeg beesfilet by en res van speserye en braai tot als gaar is.

Plaas een pannekoek op eetbord met kaas gestrooi. Skep die vleis oor die kaas en strooi weer kaas oor. Plaas nog 'n pannekoek op en skep die laaste vleis bo-op en strooi nog kaas oor.

Kan in mikrogolfoond bak om kaas te smelt vir twee tot drie draaie.



Topside met Dik Sous

Ria Besselsen, Upington



Hierdie resep kom van my skoonma af. Dit het 'n gunsteling in ons gesin geword en al ons vriende en familie is gaande oor die gereg. Dit is ekonomies en maklik.

Bedien 4

1.6 - 1.8 kg heel stuk topside of *beef roast*
sout na smaak
peper na smaak

Sous:

2 uie, gesny
1 k gouestroop
180 ml asyn
2 k water
2 e vleissouspoeier (*gravy*)
2 e mielieblom

Geur die topside met sout en peper en kook tot gaar.

Braai uie in bietjie olie tot sag. Voeg gouestroop en asyn by en laat net opkook.

Meng poeier en mielieblom met die water en voeg by uiemengsel. Laat opkook tot sous begin verdik op lae hitte. Roer gereeld.

Sny vleis in dun skywe en pak om die beurt met sous in 'n bak met deksel.

Plaas in oond op 100°C en hou warm tot opdiening. Laat dit ten minste 1 uur of langer in oond staan - dit maak die vleis lekker sag.

Bedien met rys en groente.



Rib Eye Beef Roast with Chorizo

Connie Barry, Welkom



A childhood dish that I continue to make for my family.
I know the tradition will carry on for generations to come.

Serves 6 - 8

rib eye roast
± 2 kg chorizo (plain or hot)
fresh garlic
onion
robot peppers
mushrooms
bacon
black pepper, freshly ground
paprika
meat rub
Italian herbs
red wine (Pinotage)
long grain basmati rice
olive oil
butter

Cut a hole in the centre of the meat, big enough to fit the chorizo. Once the chorizo is in, cut slits around the meat and fill with organum, black pepper and whole garlic, according to taste. Rub the the roast with olive oil and meat rub. Place the meat in a bowl and add wine. Leave to marinate for approximately 1 hour. Transfer to a casserole dish and slow cook for 2 hours. Cook the rice and place in a dish. Fry the onions, garlic, peppers and mushrooms in butter. When the onions are glossy, add the bacon and spices. If mixture becomes dry, add more wine. Simmer for approximately 15 minutes.

Once cooked, serve with rice.

Milk & Toast & Honey – Roxette **Red**
ipop – Mika **Red Red Wine** – UB40 **Hon**
ey – Mariah Carey **Swart Koffie** – Corlea **Lady**
Ice Cream – Black Pink ft. Selena Gomez **Mis,**
Goi nog 'n Whiskey – Riaan Benadé **Rec**
Cake by the Ocean – DNCE **Honey**
Lady Marmalade – Christina Aguilera, Lil' Kim, Mya, Pink
y – Mariah Carey **Lollipop** – Mika **Sugar** – Maroon 5
Pour Some Sugar on Me – Def Leppard
Whiskey to my Soul – Roan Ash **Mis, E**
Mis, Eet, Slaap, Herhaal – Demi Lee

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Rosemary Lamb Pie

Johan and Jorica Farrell,
Clarens



We are sheep farmers and sometimes we need to be creative with what we have... And then one of those creations turned out to be a masterpiece!

Serves 6

1 onion, finely chopped
 2 carrots, finely chopped
 1 kg boneless leg of lamb, cubed
 1 tbsp lamb rub
 250 ml red wine
 500 ml lamb stock
 3 sprigs fresh rosemary
 salt to taste
 pepper to taste
 1 roll ready-made puff pastry
 1 egg, beaten

Pre-heat the oven to 160°C. In a medium, oven-proof pot, sauté the onion and carrot in a little olive oil until soft and translucent. Add the lamb and allow to brown before adding the lamb rub, red wine, stock and rosemary. Cover the pot and place in the oven. Allow to braise for 3 to 4 hours until the lamb is tender and succulent.

When the lamb is cooked, remove from the oven and transfer to a suitable pie dish. Raise the temperature of the oven to 200°C. Cover the lamb with puff pastry (cut to size) and crimp edges. Cut a slit into the pastry to allow steam to escape and brush the pastry with the beaten egg. Place the pie in the oven and allow to bake until the pastry is golden brown and crisp (approximately 30 minutes).

Serve with rice and a side salad.



Bring home the taste!



MUSHROOM STUFFED CHEESY GARLIC CHICKEN BREAST FILLETS

2 garlic cloves, finely chopped
250g (1 punnet) button mushroom, sliced
50g cheddar, grated
4 Grain Field Chickens chicken breast fillets
Salt, to taste
Chicken & Mushroom Cook-in-Sauce
400ml milk

Preheat the oven to 200°C. To make the stuffing, sauté the garlic in a little butter and add the mushrooms, cook stirring occasionally until soft. Set aside. Pat dry the chicken breasts and horizontally slice a slit through the thickest part of each breast to form a pocket. Spoon a little cheddar into each pocket as well as a little mushroom mixture and fold over securing the opening with cocktail sticks. Gently place into a roasting tray. Mix the cook in sauce with the milk and pour over ½ over the chicken, together with any mushroom mixture and bake until the chicken is cooked and tender. Remove the chicken from the oven tray and set aside. Place the tray on the stove and add the reserved cook in sauce mixture and cook until it has thickened. Place the chicken fillets on a serving dish and pour over the mushroom sauce. Serve with roast potatoes, roast vegetable or just a fresh green salad.



Pork & Poultry

Pork and chicken have become popular choices for South African home cooks. South Africans buy over a billion chickens in one year, while some 2.2 million pigs are sold in South Africa annually.

A sizeable number of these chickens and pigs are produced in Central South Africa. You find chicken farms dotted all over the region, with quite a few to be found around Bloemfontein, Brandfort and Reitz. The Free State also produces 7.8% of South Africa's pork.

The North West is a major player in the poultry and pork sectors in South Africa. Almost a quarter of the country's broilers can be found here, and Bloemhof is home to 12% of the country's pork producers. Meanwhile, Malu Pork, the largest producer of pork in the Northern Cape, has a piggery situated outside Kimberley.

Chicken and pork are versatile proteins to transform into either a quick stir-fry or a more elaborate Sunday lunch. Nothing beats pork chops, with all the sides, like the one submitted by Amanda from Klerksdorp. Or try Esta from Rustenburg's Porralicious Pork and Chicken with Clams.

FOOD FACT: *Pork and poultry are the most consumed meats globally. If you want to feed your family lean types of pork, opt for tenderloin or loin chop cuts. These types of pork offer the flavour you crave, but are less fatty than some of the other parts of the pig. Chicken breast is well known for being lean and low in calories, but you have to remove the skin.*



Pork Belly Skewers with Asian-inspired Caramel Sauce

Margaret Whitfield and Aaron Masemola (OFM)



"This recipe was inspired by two friends that happen to be professional restaurateurs. I have never been a very big pork fan, but when I tasted these pork belly bites I could not get enough. They make a great starter, but also pair well with salad as a main meal." – Margaret

Serves 10 as a canapé

pre-cooked pork belly (or pork rashers)
1 red chilli, finely sliced
1 cucumber
1 tbsp fresh ginger, grated
2 limes, juiced
4 tbsp fish sauce
6 tbsp soy sauce (dark)
175 g treacle sugar

Heat the oven to 200°C.
Line a baking tray with baking paper. Cut the pork into squares.
Combine the soy sauce, fish sauce, ginger, lime juice and brown sugar in a saucepan and melt the sugar over a low heat. Let bubble, while stirring, until syrupy, then take off the heat to cool slightly.
Toss the squares with 100 ml of the marinade in a bowl and leave to marinate in the fridge for at least 30 minutes.
Mix the remaining sauce with the chilli and leave at room temperature to use as a dip.
Roast pork for 5 minutes until golden, sticky and caramelised.
Use a swivel vegetable peeler to cut the cucumber into as many strips as you have pork squares.
Ruffle each strip onto a cocktail stick or small wooden skewer, and leave in the fridge. To serve, skewer each pork square piece with one of the cucumbered skewers, then arrange on a platter with the bowl of dipping sauce.



SCAN ME

This dish may sound tricky, but as you will see in the video, a few shortcuts mean you will have an impressive snack in less than an hour. Margaret and Aaron can attest to them being addictive, so consume with caution!



Butter Chicken

Ashni Kistiah, Kimberley



When we were children, we spent school holidays in Durban with our grandparents. Gran would cook her spicy butter chicken curry. Grandad would perspire as he ate his dinner, yet he always complimented Gran on her cooking. I have beautiful memories of Gran's love, food and beach picnics.

Serves 6

1 kg skinless chicken pieces
1 tbsp ginger/garlic paste
1 tsp salt
1/2 tsp turmeric
2 tbsp tandoori spice
1/2 cup double cream plain yoghurt
80 g butter
3 tbsp sunflower oil
1 large onion, finely chopped
5 tomatoes, grated
1 cinnamon stick
3 cardamom pods
3 bay leaves
2 tsp curry powder
1 chicken stock cube
1 tsp dried fenugreek leaves (matsuri methi)
100 g cashew nuts
500 ml hot water

Soak cashew nuts in hot water and keep aside. Marinate the chicken with ginger/garlic paste, salt, turmeric, tandoori spice and yoghurt for 10 minutes. Grill chicken in butter until slightly brown yet not fully cooked. Make the sauce by frying onions, cinnamon, cardamom and bay leaves in oil. Add curry powder. Cook for 30 seconds. Add grated tomatoes and chicken stock cube. Cover and cook over medium heat until sauce is thick. Blend cashews in its water. Add this to the tomato sauce. Add in the chicken and pan juices and the fenugreek leaves and simmer until done. Garnish with coriander leaves. Serve with jasmine rice.



Kersie en Rissie Hoender Kebabs

Evert van Severter,
Bloemfontein



Ons gaan elke jaar na die Ficksburg-Kersiefees en koop bokse vol kersies. Dan maak ons vir ons gesin verskillende resepte van wat mens alles met die vruggies kan doen. Ons verkies om ons plaaslike omgewing te ondersteun.

Bedien 6

6 hoenderfilette
1 van elke kleur soetrissies
2 uie
500 g klein aartappeltjies

Sous:

1 k kersies
8 vars rooi rissies
1 t fyn knoffel
1/4 k bruinsuiker
knippie sout
1 t growwe peper
1/2 t gemmerpoeier
1/2 koppie water
2 t kookolie

Terwyl jou vuur goed aan die gang is en jy ietsie geniet vir die keel, sny die hoenderfilette, die uie en die soetrissies in blokkies (ongeveer 2,5 cm). Stoom jou aartappeltjies tot sag en sny in die helfte deur.

Ryg alles in jou halwe sosatiestokkies in.

Maak nou jou sous: braai jou kersies en fyngekapte rissies tot sag, voeg jou sout, suiker, gemmer en peper by. Roer op lae hitte tot sag en voeg jou koppie water by, haal van die plaat af en versap. Sodra die vuur reg is, sit jou kebabs op 'n toeknyprooster en smeer egalig met jou sappige rissie-en-kersiesous. Braai ongeveer 5 minute aan 'n kant.

Bedien saam met braaibroodjies of slaai van jou keuse.





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Coffee Pork Chops

Amanda Pienaar, Klerksdorp



When my son was little, we dined at a friend's house. Her mom introduced us to this recipe and since then my son was hooked. He is a student at Pukke and every time he wants to stay in for a weekend, I just mention the menu for the weekend and he rushes home!

Serves 8

- 8 pork chops
- 250 ml flour
- salt to taste
- pepper to taste
- barbeque spice
- 2 onions, chopped
- 50 ml margarine
- 50 ml coffee powder
- 250 ml hot water
- 250 ml brown vinegar
- 200 ml golden syrup
- 30 ml brown onion soup powder
- 30 ml apricot jam

Mix flour, salt, pepper and barbeque spice to taste in large plastic bag. Shake chops in bag till fully covered with flour mixture.
Fry in frying pan till golden brown.
Mix all remaining ingredients in a pot and bring to the boil.
Put chops in oven dish and cover with sauce.
Bake in oven at 150°C for 1 hour.

Serve with rice, salad or vegetables.



“Hunter’s” Hoenderpotjie

Leona Maree, Brandfort



Die resepte het ek in my resepteboek gekry as geskenk van my skoonma, Alettie.
Dit is ’n wenner-resepte vir familiekuipers op die plaas!

Bedien 6

100 ml olie
1.5 kg hoenderporsies
2 groot uie, gekap
2 groen soetrissie, gekap
1 rooi soetrissie, gekap
6 repe spek, gekap
5 ml droë gemengde kruie
5 ml paprika
sout na smaak
peper na smaak
400 g blik geskilte tamaties, gekap
500 ml rys, geweek in 500 ml hoenderaftreksel
± 1 uur
250 g sampioene
250 g vars of gevriesde ertjies

Verhit olie en braai uie. Haal uit, en braai hoender, soetrissies en spek.
Voeg kruie en speserye by, braai tot bruin, voeg weer uie by.
Voeg tamaties met vloeistof by. Dreineer rys.
Voeg bo-oor en gooi ekstra oor.
Plaas deksel op; prut vir 40 minute. Gooi dan sampioene oor, en dan ertjies. Plaas deksel op en kook vir 15 minute.

Bedien met Franse slaai.

winner

of the R30 000 Checkers voucher in the #RealGoodRecipeBook competition! We chose Willem’s recipe as the winner because it has creativity and flair, yet it is simple enough for a home cook to master. And when we tried the recipe out for ourselves, we were blown away by the flavour and texture combinations - sweet and savoury with a delicious crunchiness to it!

Pork Rostis

Willem Kruger, Bloemfontein



I went to England with my girlfriend (now wife) on a working visa. We worked at a pub and that was where I fell in love with cooking. I had the opportunity to add a dish to the specials menu and it was a winner. I have been making this dish for my family for years and it brings back great memories every time I make it.

Serves 5

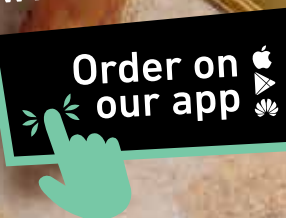
2 pork fillets
8 medium potatoes
2 eggs
125 ml cream
500 ml chicken stock
60 ml wholegrain mustard
salt to taste
pepper to taste
1/2 cup flour
1 apple
oil for frying
1 cup cheddar cheese

Grate potatoes and squeeze out moisture. Add eggs, seasoning, flour and mix. Form potato rosti (patties) and chill in fridge for 20 minutes.
Heat oil and fry rosti till golden brown.
Place on baking tray and bake for 20 minutes at 180°C.
Sear the pork on all sides and transfer to oven at 180°C for 15 - 20 minutes. Leave to rest.
Using the same pan, add chicken stock and mustard and bring to the boil. Turn down heat and add cream to thicken.
Thinly slice the apple and deep fry for 1 minute. Place sliced pork on the potato rosti and top with an apple slice and cheese. Grill in the oven.
Serve in a deep dish and pour sauce around.
Serve with rice and a side salad.





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Terms and conditions apply. Serving suggestion only. Tableware not included. Ingredients and allergens list available on request.



Porralicious Pork and Chicken with Clams

Esta Vasconcelos, Rustenburg



This recipe was enjoyed during our holidays in Europe. We used to catch the clams with a 2 litre bottle during low tide in Portugal. During lockdown, we brought Portugal to our kitchen table with this dish!

Serves 6

1 kg pork, cubed
500 g chicken, cubed
1 small onion, chopped
1/2 tsp cumin
2 cloves garlic, chopped
red pepper paste (4 red peppers chargrilled, then blitzed)
1.5 tsp sea salt
1/4 cup olive oil
bay leaves
1 cup white wine
1 tbsp paprika
hot sauce
1 kg potatoes, chopped into cubes
1 cup clams
parsley for garnish
oil for frying

In a large bowl, season the pork and chicken with salt, garlic, bay leaves, smoked paprika, cumin, red pepper paste and 1/2 cup wine. Stir well and marinate for at least 2 hours. Deep fry cubed potatoes till golden brown and crispy. Season with salt and set aside. Place clams in salted cold water. Let them sit for 2 hours to get the sandiness out of them. Preheat large skillet or wok on high heat with olive oil and add onions. Cook for 1 minute, then add the marinated pork and chicken mixture. Cook for 5 minutes. Rinse and dry clams and add to pork and chicken mixture with the remaining wine. Cover and cook on medium heat till clams open. Taste the pork and chicken, add salt and hot sauce if desired. Add potatoes to pork and chicken. Add parsley, coriander and lemon wedges for garnish.

ALL YEAR ROUND VENISON



Balance out venison's rich, gamey taste with roasted beetroot and shallots.

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Patties



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better and better

Venison

Hunting in winter remains one of central South Africa's favourite pastimes, and venison recipes feature in many families' hand-me-down recipe books. Although springbok is the buck that is hunted and eaten most often, other game are equally delicious – whether as biltong or droëwors, or as steaks to braai on an open fire. Other firm favourites are a rich, fragrant Game Pie, like the one we received from Christine, or Izak's Blue Wildebeest Burger Wrap.

The Northern Cape is only second to Limpopo when it comes to game farms, which are found from the Kalahari to the Karoo. In the wild expanse of the Kalahari, game farms are home to large herds of springbok and gemsbok, while in the Karoo, where you find koppies, riverbeds and plains, hunters can hunt blesbok, hartebeest, kudu, eland, wildebeest and more.

The semi-arid central and western part of the North West is where the growing game-ranching and hunting industry has its base. The province is home to an abundance of plains game like impala, springbok, gemsbok, steenbok, duiker, kudu, red hartebeest, eland, sable, roan and nyala.

The flat plains of the southern region of the Free State provide ideal conditions for game like wildebeest and springbok, while the ridges and koppies of the northern section are home to kudu and hartebeest.

FOOD FACT: *For anyone wanting to increase their protein intake, venison is one of the best meats. Cooked venison provides 26.5 grams of protein per 100 grams. Since it is a leaner meat than other options, it provides more protein too.*



Ostrich Fillet with Ginger and Orange Sauce

Nico van der Westhuizen and Mienke van Rooyen (OFM)



"I never really used to eat ostrich but when I lived on my own for the first time, in a little flat, my nextdoor neighbour used to fry an ostrich fillet after he came home from gym every day. It smelled delicious! One day I asked him to show me how to prepare it and the rest is history..." – Mienke

4 ostrich fillets
1 tsp chilli flakes
1 tsp fresh ginger, grated
1.5 tbsp pomegranate molasses/cranberry sauce
watercress
4 tbsp maple syrup
1 tsp ground Allspice
1 tsp ground cinnamon
salt to taste
oil
2 tsp butter
4 oranges, juiced
4 oranges, segmented
1 orange, zested

Place the ostrich fillets into a bowl. Add chilli flakes, Allspice, cinnamon, zest of half an orange and 1/2 tsp grated ginger. Add some salt and

enough oil to coat. Allow to marinate for 10 minutes.

To make the sauce, heat 1/2 tsp grated ginger, the orange juice and the remaining orange zest. Then add the pomegranate molasses/cranberry sauce and maple syrup. Reduce until syrupy. Add the orange segments and butter and allow to boil for a few minutes.

Place the marinated fillets onto a hot grill for about 3 minutes on each side. Then allow to rest for 3 minutes.

Place a little sauce on the bottom of your serving dish, top with the watercress. Slice the fillet and place on top of the watercress. Spoon over the additional sauce with the orange segments and serve.



SCAN ME

Afraid of trying venison? Nico and Mienke show you why this is the perfect dish to start with, as the orange juice cuts through the 'wild' taste of the ostrich.



Geurige Fyn Wildsvleis

Zantal Pretorius, Potchefstroom



Ons was vasgevang op die plaas tydens die *Covid-19 lockdown*. Met beperkte voorraad en geen winkel naby nie, moes ons kreatief wees en iets maak met wat ons het. My ma het vir my so 2 kg se koedoebene en 500 g se vet skaaprib of skenkels bygegee om af te kook. Ek het lekker gespeel met kruie waarvoor ek baie lief is en wat beskikbaar was.

2 kg wildsbene, met matige vleis
 500 g vet vleis (skaap, bees of vark)
 1 ui, fyn gesny
 1 knoffel huisie, gekap
 2 t origanum
 2 t roosmaryn
 2 t tiemie
 1 t swartpeper
 2 t braaispeserye
 2 e blatjang

In 'n bietjie olie in die stoompot, braai die ui, knoffel en kruie saam. Voeg die vleis by en braai alles saam. Voeg dan die braaispeserye, swartpeper en die blatjang by. Gooi 750 ml water in die stoompot en stoom vir 45 minute. Laat die vleis afkoel en ontbeen dan. Bedien saam met rys. Dit maak ook 'n lekker vetkoek- of pannekoekvulsel.

Blue Wildebeest and Camembert Burger Wrap

Izak Janse van Rensburg,
 Bloemfontein



I was lucky to get enough wildebeest meat to fill a freezer a while ago. I have experimented with various ways of cooking this type of venison, but this is my favourite dish to serve to family and friends.

Serves 4

1/2 tbsp olive oil
 1 onion, finely chopped
 500 g blue wildebeest mince
 1 tsp mixed dried herbs
 barbeque spice
 1 egg, beaten
 250 g camembert cheese
 4 tortilla wraps
 mixed salad leaves, torn
 6 big cherry tomatoes, sliced

Heat the olive oil in a frying pan, add the onion and cook for 5 minutes until soft and starting to turn golden. Set aside. In a bowl, combine the blue wildebeest mince with the herbs and the egg. Season, add 1/2 of the onions and mix well. Using your hands or a burger press, shape into patties. Cook the burgers on a preheated braai or griddle for 5 - 6 minutes on each side. While the other side is cooking, slice the cheese in half, on its curved side, and lightly season with barbeque spice. Place under a grill, rind side facing down, until melted. Meanwhile, lightly toast the tortilla wraps for 15 seconds on both sides in a frying pan on the braai. Fill the tortilla wraps in the following order: patty, melted cheese, mixed salad leaves, the rest of the onions, and cherry tomatoes.

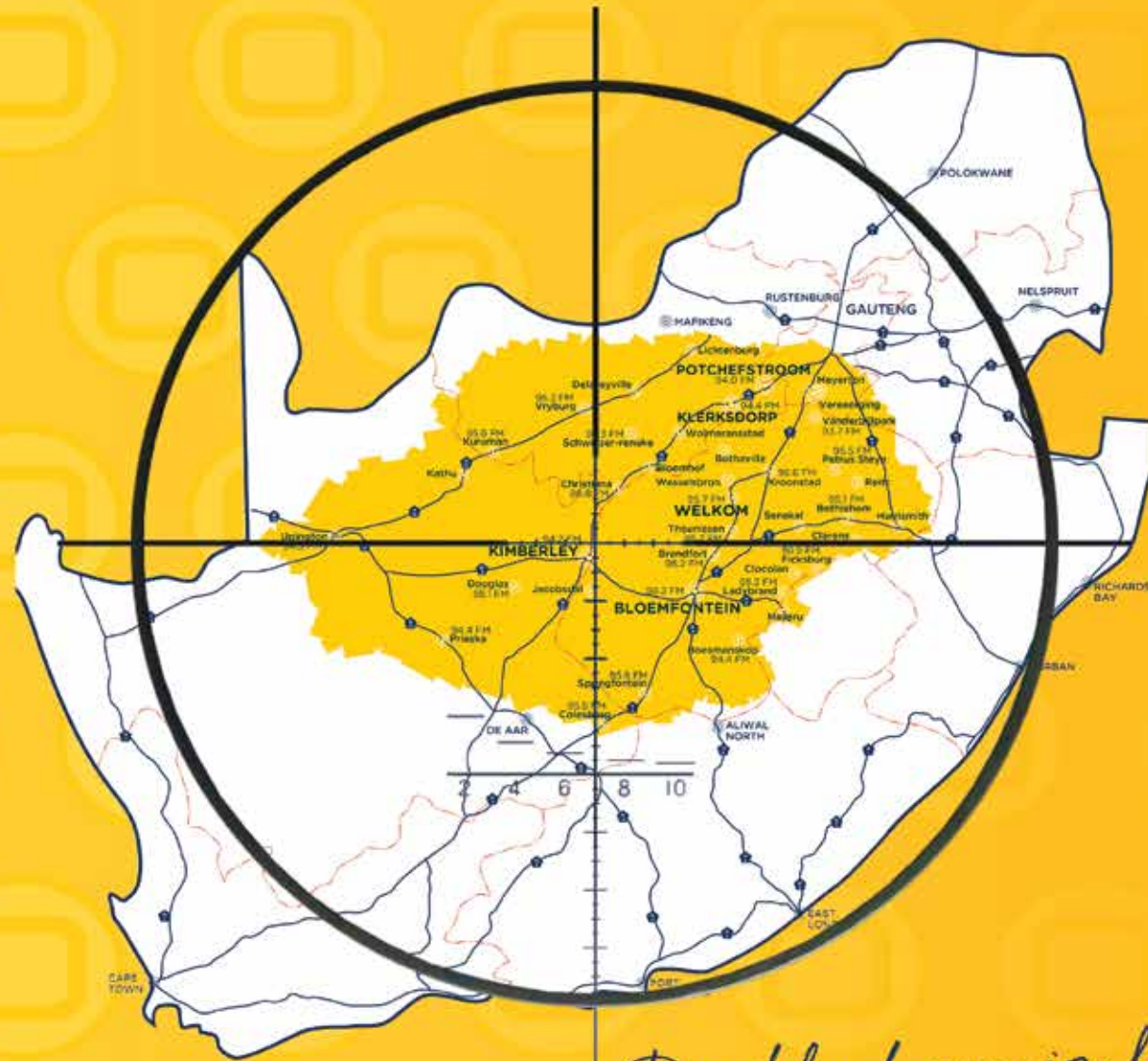
Serve with burger sauce of your choice.



INNIE KOL

SENTRAAL SUID-AFRIKA SE GUNSTELING...

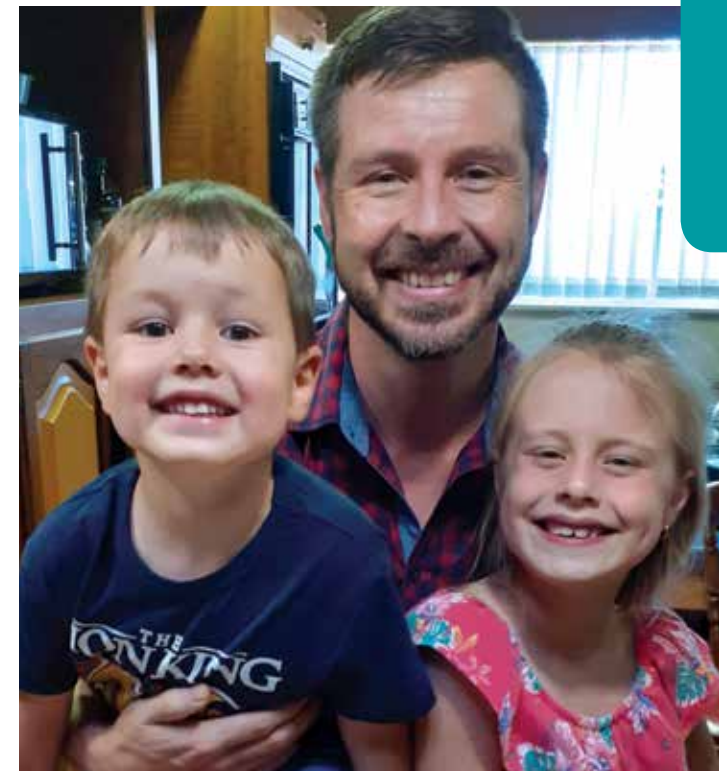
OFM – vir 35 jaar *in die kol* met musiek, vermaak en nuus.*



Die klank van jou lewe



*In 2021 vier OFM 35 jaar van uitsendings.



Venison Chilli Con Carne

Wattie Janse van Rensburg, Bloemfontein



We love spicy food, with the flavours and aromas, but without scorching our taste buds. Having high cholesterol, I needed to find an alternative to my oily, high-fat curry favourites. Venison makes this a healthy alternative!

500 g venison mince
1 tbsp avocado oil (or extra-virgin olive oil)
1 medium onion, diced
1 green pepper, chopped
2 tsp fresh garlic, crushed
1/2 - 1 tsp cayenne pepper powder (adjust to suit your heat requirements)
2 tbsp ground cumin
2 tsp ground coriander
1 can chopped and peeled tomatoes
1 can four bean mix, drained
1 can whole kernel corn
1 cube chicken stock (dissolved in 100 ml boiling water)
salt to taste
pepper to taste
150 g plain guacamole
100 g cultured cream (crème fraîche) (optional)
fresh coriander
150 g corn chips (any flavour)

Heat oil in deep pot with a lid. Fry the onion and peppers until soft and translucent. Add the meat, and fry until brown. Add the garlic, cayenne pepper (you can add this later, after dishing up for the children), cumin and coriander. Stir through. Add the tomatoes, beans and corn. Add the chicken stock and bring to boil. Lower heat and allow to simmer, covered, for 30 minutes (stir occasionally). Add salt and pepper to taste. Top each serving with a dollop of guacamole and cultured cream, and garnish with fresh coriander.

Serve with corn chips on the side.



Christine's Game Pie

Christine Boshoff, Bloemfontein



We just love venison and hunting!

Serves 6

2 kg venison of your choice
20 ml ground coriander
10 ml ground cloves
10 ml salt
5 ml pepper
1 l water
500 ml fresh cream
2 packets onion soup powder
250 g mixed vegetables (frozen)
1 roll puff pastry

Place the meat in a pot with the water, cloves, coriander, salt and pepper. Cook off the bones at mark 3 for 2 - 3 hours or until the meat falls

off the bones. Alternatively, cut the meat in cubes and cook for 2 - 2.5 hours.

Preheat the oven to 180°C. Take the meat off the bones and place in an ovenproof dish. Let it cool down. Do not discard the liquid in which the meat cooked.

Add the vegetables and mix through once the meat is cool. Add the soup powder and cream to half the liquid the meat was cooked in. Pour over the meat.

Place the puff pastry over the meat, make any pattern you like, and bake for 35 - 45 minutes or golden brown.

Serve with mash, rice or baked potatoes and vegetables.

Bezuidenhout Schnitzel

Lizelda Bezuidenhout,
Upington



We always have venison at hand. Venison is very healthy, but to keep it healthy we needed to adjust the normal schnitzel recipe made with bread crumbs. We came up with using dukkah as an alternative crumb. Due to some allergies, we had to further adjust the dukkah and the result became one of our favourite dishes.

Serves 12

1 venison fillet (we use springbok fillet)
1 egg
milk to dip the meat in before rolling in the dukkah
cooking oil of preference

Dukkah:
2 cups pecan nut flour
3 tbsp coriander (more or less to taste)
3 tbsp cumin (more or less to taste)
1/2 half cup toasted sesame seeds
salt and pepper to taste

Mix the ingredients for the dukkah, taste and add spices as per own preference.

Cut the meat into three pieces and flatten a little with a meat hammer.

Dip in egg and milk mixture and roll in dukkah. Rest in the fridge for 30 minutes.

Heat oil in a pan and fry fillets in shallow oil until cooked.

Drizzle some lemon juice over and serve with salad or vegetables like spinach and sweet potato.



RAINBOW SPICES

STRONG ON FLAVA

ROASTED POTATO WEDGES

Ingredients

3 Skin-on Medium Potatoes
cut into wedges
½ tbsp Rainbow Steak & Chops spice
1 tbsp Rainbow Spice it All
Oil to cook

Method

- Mix the oil and Rainbow Spice it All over the potatoes in a roasting tray
- Place in a preheated oven 180°C and cook for 60 minutes or until the potatoes are cooked through and crispy

Serve sprinkled with Rainbow Steak & chops spice



Vrek Lekker Wildsosaties

Lida-Marié Greeff, Riebeeckstad



Met my jarelange ondervinding met wildsvleis en baie sosatieresepte en verfyning, het hierdie as die beste resep ooit te voorskyn gekom. Die wildsvleis bly sappig, heerlik en smaak glad nie wild nie.

Maak 20 groot sosaties

2 kg wildsrugstringblokkies
500 g varkrugspek of sagte beesvet, in plat blokkies gesny

Marinade:

4 groot uie, gekap
6 vars knoffeltoontjies gekneus
500 ml bruin asyn
350 g bruinsuiker
2 e kerriepoeier
3 t borrie
1 t fyn swartpeper
1 ml fyn naeltjies
1 ml fyn gemmer
1 ml fyn kaneel
2 e hoogvol appelkooskonfyt
3 piesangs, fyngedruk
500 ml kookwater
2 e hoogvol mielieblom
sout na smaak

Meng alles saam, behalwe die mielieblom, en kook vir 10 minute.

Voeg dan die mielieblom by en kook totdat die mengsel verdik.

Laat alles afkoel en lê die vleis- en spekblokkies dan in die marinade. Laat dit ten minste 3 - 4 dae in yskas en roer elke dag alles weer om. Ryg blokkies op stokkies en gooi sout na smaak en braai tot medium gaar op 'n braairooster. Die oorblywende sous is lekker as dit opgekook is en saam as 'n sous met die sosatie bedien word.

Bedien sosaties saam met broodrolletjies en aartappelslaai.

BETTER SNACKING

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Checkers
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Fruit, Nuts & Vegetables

Although other parts of the country may spring to mind when one thinks of fruit, nuts or veggies, much of Central South Africa produces an abundance of these ingredients.

The mountainous part of the Free State, with its temperate climate, is home to the country’s cherry trees and asparagus fields. Other deciduous fruit – apples, berries, peaches, plums and apricots – grow well in areas such as Bethlehem. Much of the country’s potato yield also comes from the high-lying regions of the Free State, such as Lejweleputswa.

We can thank the North West, which helps to boost our daily intake of vitamins. Vegetables galore (think peppers, spinach and baby marrows), as well as citrus fruit, flourish here.

The Northern Cape, with its sweltering summers, is perfect for growing naturally sweet treats like raisins, dates and table grapes, which thrive in the fertile Orange River region. At present, 90% of all Medjool dates in South Africa are produced close to the border between South Africa and Namibia.

Pecan nuts are primarily cultivated in the Gariep and Jacobsdal agricultural regions of the Northern Cape and Free State. These pecans are known as the best quality in the world, due to the cold winters and hot summers. Nedine’s Spiced Carrot and Pecan Bread is the perfect vehicle for them.

FOOD FACT: *Found in the skin of red grapes, resveratrol helps reduce inflammation and makes it more difficult for platelets to stick together and form clots, thus preventing heart attacks.*



Gravy, baby!

Alucius Mocumi and JayBee Makhalemele (OFM)



“So maybe this is nothing like a ‘gravy’, but more like a relish. This is definitely yummy though and can be used as a spectacular side to any meal or snack. If you don’t know your way around the kitchen, then at least you’ll know how to make this. It is easy, level 1, for beginners!” – Alucius

- olive oil/any other cooking oil
- 1/2 onion
- 2 tomatoes
- green, red and yellow peppers
- black pepper, freshly ground
- garlic and herb salt to taste
- sweet chilli sauce to taste

Chop onion into thin slices.
Add cooking oil to your pan and add the onion.
Add salt and black pepper to the onion and let simmer till golden brown.

Chop the tomatoes and peppers and place in a bowl.
Add garlic and herb salt to the mixture in the bowl.
Add the mixture to the onions in the pan and mix together.
Leave on high heat for 10 - 15 minutes, while stirring.
Add sweet chilli sauce to the mix, switch off stove and mix well. Remove the pan from the heat.



SCAN ME

This video is a must-watch if, like Alucius and JayBee, your cooking skills are not up to scratch! This simple recipe can make anything, from a piece of steamed fish to a bread roll, taste delicious.



Caramel Pumpkin Fritters

Riehan Greeff, Welkom



I have always had a sweet tooth, so it was only a matter of time before normal pumpkin with cinnamon sugar wasn't enough. After much trial and error, I finally perfected this recipe! Now it has become my duty to make it for any family event and my recipe has been shared with many friends.

Makes 10

Fritters:

600 g cooked and mashed pumpkin
2 large eggs
5 ml salt
5 ml ground cinnamon
500 ml self-raising flour
1 tbsp baking powder (adding another tbsp will make the fritters puffier)
sunflower oil for frying

Sauce:

4 tbsp margarine
5 tbsp golden syrup
5 tbsp dark brown sugar
500 ml milk
2 tbsp cornstarch

Fritters:

Cook and mash the pumpkin at least half an hour before starting the recipe so it can cool off. Mix in all the dry ingredients for the fritters. It will look stiff and chunky, but that is fine. This can be done a day before, if you wish. When you are ready to fry, you can add the eggs to make a fairly thin batter.

Heat up a deep pot of oil. Using two teaspoons, drop small dollops of the batter into the oil and fry them until they are golden brown. They swell at least twice in size, so do not add too many at a time. Set aside in an ovenproof dish.

Sauce:

In a deep pot, on medium heat, melt the sugar, margarine and syrup. Cook until it has darkened a little, stirring constantly. Heat up 450 ml milk in a separate pot or in the microwave and add it to the sugar syrup. Bring to a boil, before mixing the cornstarch with the remainder of the milk. Add it to the pot. Keep stirring, while the caramel sauce thickens, for about 2 minutes. Cover the fritters with the sauce and bake or grill them in the oven for 10 - 15 minutes, while agitating them every minute so they do not burn and get a nice glaze from the sauce.

You can skip the caramel sauce and replace it with cinnamon sugar or double the sauce recipe and serve it as a pudding.

Spiced Carrot and Pecan Bread

Nedine Otto, Bloemfontein



During the 2020 lockdown, I became an avid baker of spiced banana bread, and it wasn't long before this became a favourite, convenient thank you gift for neighbours and friends. However, after discovering that a neighbour was allergic to bananas, I was pressed to find a new star ingredient to use in my spiced breads. A quick peep into the fridge revealed the answer: carrots! I figured, if it's good enough for cakes, it's good enough for bread. This bread is incredibly easy to bake, and is perfect for breakfast, or as a teatime treat. Also, since it makes use of a vegetable and contains relatively little sugar, it shouldn't be too difficult to still those pangs of guilt about eating carbs. The addition of grated pear increases the moistness of the bread, whilst the pecan nuts add a little carrot cake nostalgia to the mix.

Makes 1 loaf

50 g butter, softened but not melted
1/2 cup brown sugar
1 large carrot, peeled and grated
1 large pear, peeled and grated
1.5 tbsp fresh ginger, finely chopped
1 tsp vanilla essence
1/4 cup plain/Greek yoghurt
1/4 cup low fat milk
1 large egg
1 cup cake flour
1 cup nutty wheat/whole wheat flour
1 tsp baking soda
1 tsp ground cinnamon
1/4 tsp ground cloves
1/4 tsp ground nutmeg
1/4 tsp salt
1/2 cup roughly chopped pecan nuts, plus extra for garnish



Preheat the oven to 180°C.

Grease a bread pan that is approximately 10cm x 22cm in size.

Cream the softened butter and brown sugar using a mixer, until the mixture looks like wet sand. Add the grated carrot, grated pear, and finely chopped ginger to the mixture and mix again in the mixer.

Add the egg, milk, yoghurt, and vanilla essence to the mixture and mix again in the mixer.

In a separate bowl, sieve together the cake wheat flour, nutty wheat/whole wheat flour, baking soda, ground cinnamon, ground cloves, and ground nutmeg.

Next, fold the dry mixture, as well as the ½ cup addition of your choice, into the wet mixture using a spatula; take care not to overmix the batter, but make sure the mixture has combined well.

Spoon the batter into the bread pan, and sprinkle some of the remaining pecan nuts over the bread. Pop into the oven for 60 - 70 minutes. The bread is ready when a toothpick comes out clean.

Let the bread cool for a few minutes before removing it from the pan; let it cool completely on a cooling rack.

If you want to increase the sweetness of the bread, add dates, raisins or dried cranberries.

FAMILY, FOOD & OFM

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Cauliflower Bake

Desiree Braune, Klerksdorp



My daughter could not do her after-school job during lockdown. Fortunately, I work in the fruit and vegetable department at a store, so I take home the waste vegetables. We could eat dinner for at least three nights with this recipe.

1 cauliflower
250 g beef mince
spices or salt and pepper to taste
1 medium onion, chopped
2 tbsp brown onion soup powder
water

Wash the cauliflower in strong salt water. Strain and put in a pot. Cover with water and bring to the boil. Cook until soft, then strain and put aside.

In a pan, fry the onion and mince until cooked. Add spices to taste.

Mix the soup powder with a bit of water to make a paste. Then add more water and add this to the mince. Once again bring to the boil. Add more water to make it saucy. Let it simmer until the soup powder is cooked.

Spread the cauliflower florets evenly across an ovenproof dish. Pour the saucy mince over this. If you want, add some grated cheese.

Place under the grill until golden and the cheese has melted.



Crunchy Asian-style Rice Salad

Mirriam Mokoena, Sedibeng



The love of having a vegetable garden and our grandparents wanting us to get all the nutrition from the soil made us love this dish, which is so easy and delicious.

2 cups white rice
250 ml vegetable broth
1/2 tsp turmeric
125 g beetroot, spiralised
600 g red onions, chopped
60 g cherry tomatoes
100 g cucumber, chopped
60 g carrots, grated
125 g baby spinach, chopped
15 g coriander, chopped
15 g mint, chopped
1 tsp ginger, crushed
1 tsp garlic, crushed
1 tsp sesame oil
2 limes, juiced
1 tsp honey
1 tsp olive oil
1 tsp soy sauce

Place the rice, vegetable broth and turmeric in a pot and bring to boil. Cook uncovered for 15 - 20 minutes. Drain off the excess vegetable broth and let cool.

In a bowl, mix the ginger, garlic, soya sauce, sesame oil, chilli sauce, honey, juice and olive oil. Add the vegetables to the dressing. Combine well. Add the rice and mix together.

Serve as a side.

Peaches and Cream Raspberry Tart

Tenneille Abrahams,
Cape Town



My mom taught me to make this dish as a special Christmas dessert. It became our tradition. Now that I am married, I continue to make this dish, as it's always a winner.

Crust:

1 cup salted butter, softened
2 cups cake flour
1/2 cup icing sugar

Filling:

1/2 cup fresh cream
230 g plain cream cheese, softened
1/3 cup sugar
2 tsp orange juice
1 tsp vanilla essence
1/4 tsp almond essence
2 tins peach slices
1/2 cup fresh raspberries
1/4 cup apricot preserve/apricot jam
2 tsp honey

Crust:

Preheat oven to 180°C. Mix together butter, flour and icing sugar. Press into the bottom of a fluted tart pan. Bake for approximately 12 - 15 minutes, or until lightly golden brown. Remove from oven and allow to cool completely before filling.

Filling:

Beat fresh cream until soft peaks form; set aside. In another bowl, beat the cream cheese and sugar until smooth. Add the orange juice, vanilla essence and almond essence. Fold in the whipped cream.

Spread over the shortbread crust. Arrange peaches and raspberries over the filling and set aside.

In a small saucepan, combine apricot preserve/jam and honey. Cook and stir over low heat until melted. Brush over the fruit.





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Ek wou net eksperimenteer!

- 1 klein rooikool, opgekerf
- 1 groot ui, fyn gesny
- 1 groen soetrissie, fyn gesny
- 1 peppadew, fyn gesny
- 250 g sampioene, fyn gesny
- 250 g spek, gesnipper
- 10 ml fyngedrukte knoffel
- 250 ml kaas, gerasper
- 250 ml vars room
- 10 ml Italiaanse kruie
- peper na smaak
- sout na smaak
- 10 ml olyfolie

Braai ui, kool, soetrissie, peppadew, sampioene, knoffel en spek tot sag in olyfolie.
Voeg sout, peper en kruie by en roer deur.
Voeg room en kaas by en laat dit opwarm.

Bedien saam met braaivleis, kookkos of as pannekoekvulsel.

Mmm go the milky way!

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Dairy & Eggs

The Free State is a major producer of two South African staples – dairy and eggs. The province is home to 15% of the country’s milk producers. Many of these dairy farms are found in the foothills of the Maluti Mountains. The hen farms, which are mostly situated outside Brandfort and Bloemfontein, provide almost 15% of the country’s eggs. The Northern Cape’s capital, Kimberley, is also home to a number of egg farms.

In the North West, over 8% of the country’s milk producers and dairy producer-distributors/milk buyers can be found. Many egg farms can be found in the Potchefstroom and Mafikeng regions.

When you’re in need of a brilliant brunch, light lunch or quick supper, eggs, milk and a few other ingredients are perfect partners – think omelettes, scrambled eggs, or a quiche. Renier from Bloemfontein’s Curry Eggs are a must-try next time you have family staying over for the holidays.

FOOD FACT: *Dairy and egg products are an important foundation of many people’s diets. These foods offer daily nutritional components like iron, calcium, protein, fibre, and B-complex vitamins. And in case you were still wondering, eggs are not a dairy product. The definition of dairy includes foods produced from the milk of mammals, such as cows and goats.*



Bacon and Blue Cheese Omelette

Yolanda Maartens and Pieter Venter (OFM)



“From the shows I present, you can probably guess that I’m a bit of a morning person. And I love breakfast! This decadent little dish can also be enjoyed for lunch or dinner. And, if you have a sweet tooth, then don’t forget to drown it in syrup!” – Pieter



SCAN ME

1 pack bacon
butter
2 eggs
salt to taste
pepper to taste
blue cheese

Heat a medium-sized pan over medium heat. Add the bacon and fry until crisp. Place on a plate lined with paper towels to drain.

Pour off the excess bacon grease, reserving about a teaspoon in the bottom of the pan. Return the pan to medium heat and melt the butter. Whisk the salt and pepper into the eggs. Pour the eggs into the pan. When the outside edges of the omelette look dry and the inside is still wet but not runny, add the bacon and blue cheese to the centre of the omelette. Fold the edges over the toppings and slide the omelette from the pan onto a plate.

Something fast and filling is what one needs most mornings. Take a look at how Pieter and Yolanda take on the humble omelette and elevate it with a few key ingredients - but feel free to substitute according to your taste!



Chakalaka Quiche

Nicolene Taljaard, Bloemfontein



Ons is baie lief vir kos met 'n lekker byt. Ek eksperimenteer graag met nuwe resepte. In *lockdown* het ek nie al die bestanddele byderhand gehad vir 'n regte quiche-kors nie. Hierdie tipe quiche is sommer lekker maklik om te maak, veral die kors. Dit het 'n gunsteling in ons familie geword, vir 'n lekker aandete of as 'n southappie by 'n partytjie.

Bedien 6

Kors:

1 pak spek-gegeurde krakerbeskuitjies
margarinen, gesmelt

Vulsel:

6 eiers
1/2 k vars room
1 k kaas, gerasper
125 g spek, gesnipper
125 g sampioene, opgekap
1/2 - 1 blikkie chakalaka van jou keuse
(hoeveelheid hang af van hoe warm jy jou

gereg verkies)

1/2 t swart peper
1 t sout

Voorverhit oond tot 180°C.
Druk krakerbeskuitjies fyn en meng met gesmelte margarinen. Pak vas in bodem van oondvaste tertbak.
Klits eiers en meng die res van die bestanddele daarby.
Giet vulsel bo-oor kors en bak vir ongeveer 45 minute of tot goudbruin en deurgaar.

Sit voor saam met 'n groenslaai en/of skyfies.

Creamy Cheese Seafood Pot

Anneline Groenewald,
Hartswater



The dish was first an idea for a starter to impress a school crush 16 years ago. Over time it evolved into a meal loved by my family. The starter became a main because it is so delicious, one cannot stop eating after a small serving! This meal is also one we use to impress new friends and it has never failed.

Serves 6

1.4 kg seafood mix
500 g mushrooms
2 tsp fresh garlic, crushed
1 tbsp butter
2 packets potato bake creamy cheese and bacon sauce
250 ml cream
400 ml milk
250 g cheddar cheese

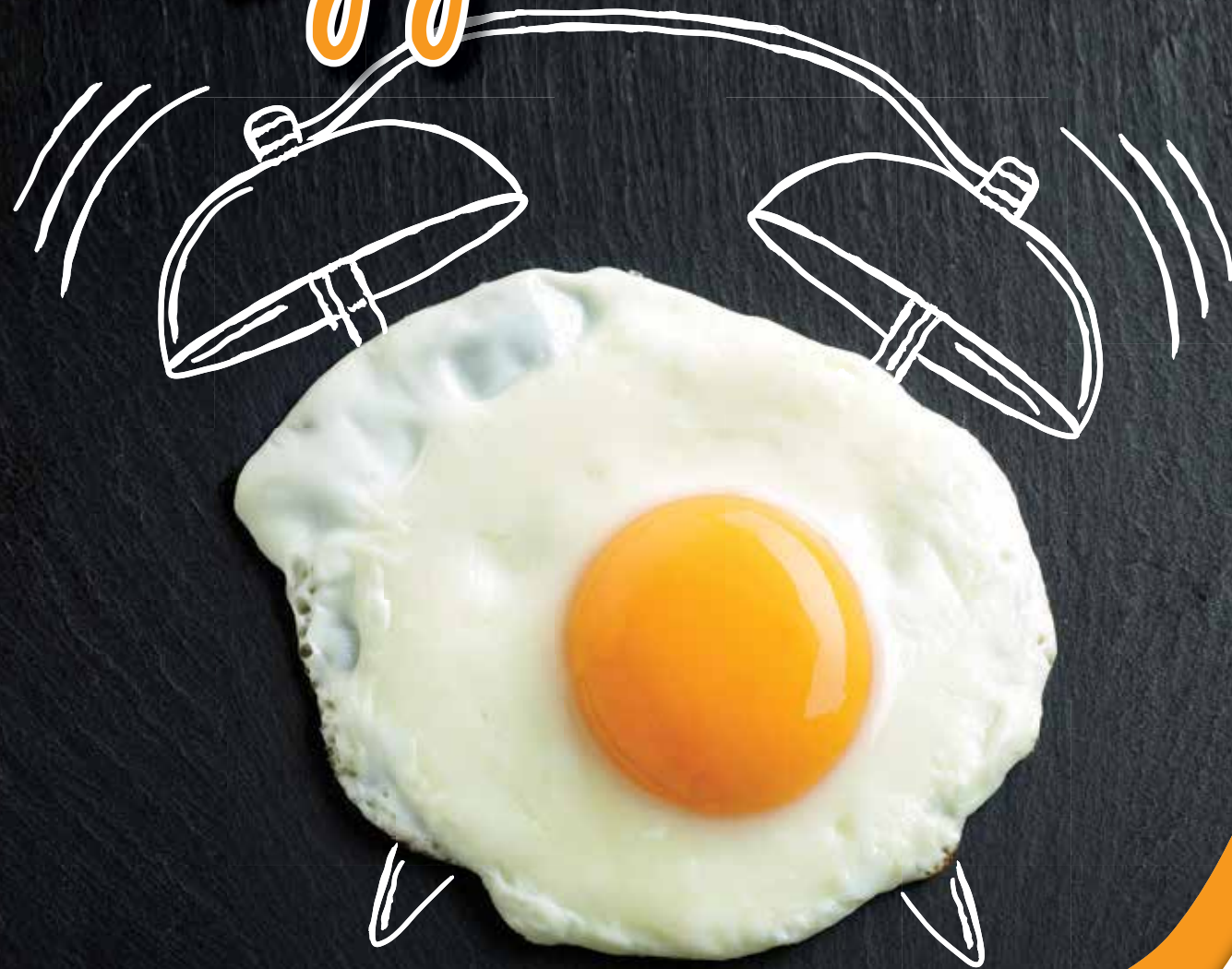
Add the seafood mix to a pot with 500 ml water. Boil for 30 minutes. Drain water.
Add the mushrooms, garlic and butter. Fry for 10 minutes.
Add the cream, boil for 10 minutes. Add the bake sauce. Stir pot continuously for another 10 minutes. Add the cheese for thickness and richness.
Let the pot rest for 10 minutes.

Serve with fresh garlic buns.



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Our eggs are carefully screened for cracks and imperfections to ensure an egg of the highest standard.
Distributed across the country by our farmers.



Curry Eggs

Renier Barkhuizen, Bloemfontein



Gordon Ramsey's scrambled eggs used to be our favourite breakfast. We also love a good potjie with spices. So I thought to myself one day: What if I combine the eggs and curry to make a dish? I also decided to put the eggs on toast with some mayonnaise and sweet chilli sauce. These sweet and sour, spicy eggs are definitely one for the books! And it is our new go-to every time we make breakfast together.

Serves 2

4 eggs
2 slices of bread
mayonnaise
sweet chilli sauce
1/2 tsp paprika
1/2 tsp Kashmiri masala
1/2 tsp fresh garlic, crushed
1/2 tsp thyme
1/2 tsp origanum
30 ml water
oil/butter
salt to taste
pepper to taste

Add some oil or butter to a pan. Add the masala, herbs, garlic and water. Let it simmer for 2 minutes on low heat.
Put two slices of bread in the toaster. Add your eggs to the pan and fry them till you are happy. Add mayonnaise and sweet chilli sauce to your toast. Place the eggs on top.



Lazy Lunch Rollers

Rhode van der Westhuizen, Sasolburg



In the first month of lockdown, I could only bake and cook to keep busy. After a month, I could not even look at food anymore. But the kiddies were always hungry! So, I needed to find something easy and fast to make.

Serves 4

1 loaf of white bread
1 bottle fine biltong
3 tbsp cream cheese
1 tsp hot sauce
1 tbsp mayonnaise
500 g cheddar cheese
oil

Cut the crust from the bread. Roll out the bread with a rolling pin.
 Mix the biltong, cream cheese, hot sauce, mayonnaise and cheddar cheese. Spread only on the top part of the bread. Roll up the bread.
 Heat the oil. Lightly squash the bread rolls. Place a toothpick in the middle to keep together.
 Test the oil with a piece of crust. Deep fry the rolls.
 Drain oil on a piece of paper towel.

Serve as a meal with chips and salad.

You can also make a healthier version with tuna and onion on low GI brown bread.

Heerlike Melktert

Elsabe Prinsloo,
 Biesiesvlei

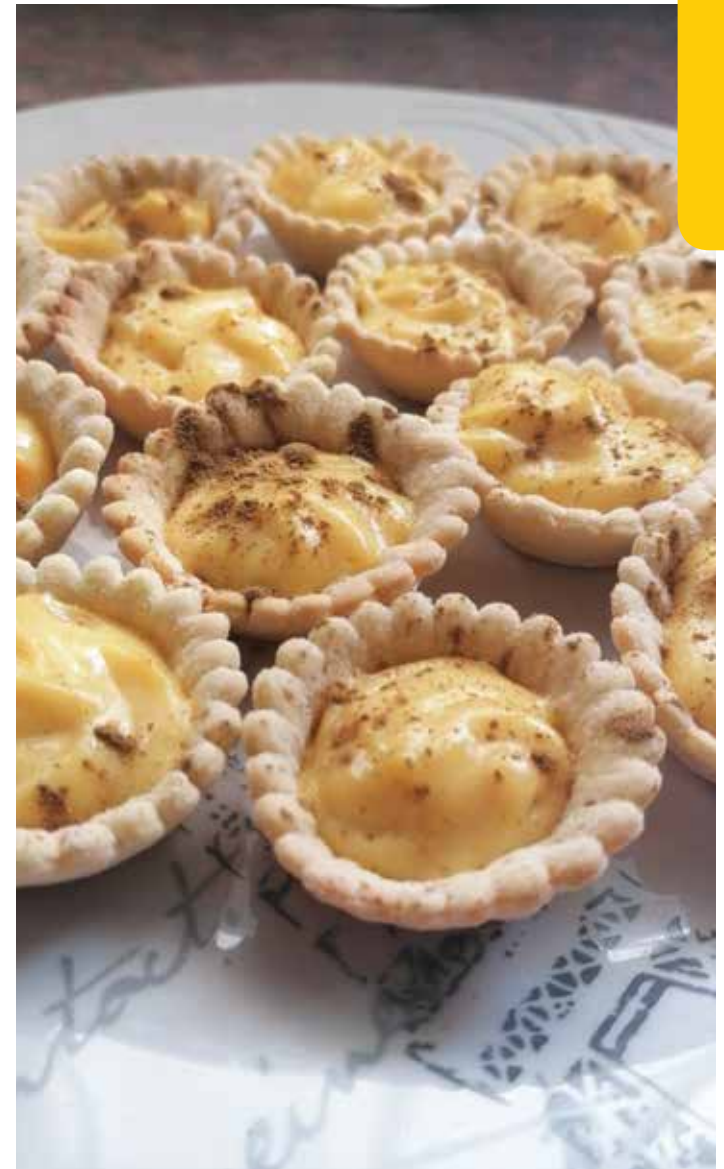


Dis 'n reseps wat ek, my ma en ouma gedeel het. Albei is alreeds oorlede en dis vir my lekker om dit te maak om weer goeie herinneringe terug te bring. Dit het my al 'n tweede plek in 'n melktert-kompetisie besorg en ek was so trots op myself!

Maak 1 tert of 80 tertjies

1 blikkie kondensmelk
2 e botter/margarien
knippie sout
750 ml melk
2 eiers
1 t vanielje-geursel
3 e meelblom
1 e vlapoeier
2 pakkies tennisbeskuitjies
kaneel

Kook die kondensmelk, sout, melk, en vanielje-geursel saam in 'n pot.
 Skei eiergele en voeg by die mengsel.
 Meng meelblom en vlapoeier saam met 'n bietjie melk en voeg by die kookmengsel.
 Klits eierwitte styf en voeg laaste by (jy moet lekker vinnig maak).
 Maak kors van beskuitjies en margarien. Gooi mengsel daarin.
 Strooi kaneel bo-oor.



What HAPPENS in the kitchen
stays in the kitchen!

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Hazelnut Chocolate Spread Cheesecake

Celeste van der Linde, Kimberley



My family and I enjoy trying out new recipes and adjusting them to suit our tastes. This is one I made and then decided to add extra yummy treats to. For a special occasion, top the cheesecake with chocolate truffle balls, half unwrapped in their gold wrapping, and dusted with edible gold dust.

Makes 1 cake

2 packets chocolate biscuits, crushed
100 g butter
560 g full fat cream cheese
85 g castor sugar
670 g hazelnut chocolate spread
1 tsp vanilla essence
1 tbsp cocoa powder
250 ml fresh cream (whip 170ml of this)

Crust:

Melt butter and mix with crushed biscuits and line the base of a springform cake pan. Allow to set in the freezer for 10 - 15 minutes.

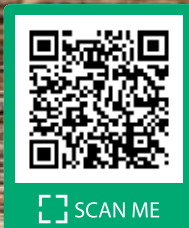
Filling:

Beat together the cream cheese and castor sugar until creamy. Add 470 g of the hazelnut chocolate spread, the vanilla essence, the cocoa powder and the cream that was whipped. Mix well and pour over the crust. Allow to set for at least 6 hours.

Topping:

Heat 80 ml cream in the microwave oven until nearly hot. Add the remaining hazelnut chocolate spread to make a ganache. Pour over the filling and allow to set for another 2 hours in the fridge.

Dit begin met 'n saad,
'n Sensako Saad.



Sensako het meer as 60 jaar ondervinding en bied uitnemendheid in planteteling vir die Suid-Afrikaanse mark. Sensako staan aan die voorpunt van saadnavorsing en lewer voortgesette verbetering in saadprestasie.



Maize & Wheat

Bread, pizza, pasta, cereal... some of our favourite comfort foods come from the grains grown in Central South Africa. And what would a road trip through the region be without passing through endless golden fields?

The Free State is the biggest maize producer in the country, and Louyvette’s *Papert* is the perfect showcase for the sweet, juicy mealies from her home province.

The central and southern parts of the North West produce about 20% of South Africa’s maize and roughly 15% of its wheat, but the eastern and north-eastern parts of the province also receive relatively good rainfall and are suitable for the cultivation of crops.

The Northern Cape also farms with maize and wheat, although on a smaller scale. Areas ideal for this are the Orange River Valley and irrigation scheme areas such as the Vaalharts Irrigation Scheme in the eastern part of the province.

FOOD FACT: *Wheat is eaten by 2.5 billion people in 89 countries. About 1 billion of them depend on wheat as their main food. Maize is the preferred staple food for 900 million consumers and it is the most important food crop in sub-Saharan Africa.*



Easy Cornbread

Gerben van Niekerk and Cyril Viljoen (OFM)



“This is my sister’s recipe and I must confess, I’ve never tried it out before but now I can vouch that it is quite delicious. Hot out of the oven, it is perfect with butter and jam or, even better, syrup. Enjoy at teatime or as a braai side. So easy, even I can make it!” – Gerben

Makes 1 small loaf

- 500 g self-raising flour
- 5 ml salt
- 1 can creamed sweetcorn
- 2 eggs
- 60 ml buttermilk
- 25 ml melted butter
- 50 ml honey

Preheat oven to 190°C.
Grease a small loaf pan.
Sift flour and salt together. Add creamed sweetcorn and honey.
Beat eggs, buttermilk and butter together and add to mixture. Mix well.
Spoon dough into the pan, level on top and bake for 45 minutes.



SCAN ME

Another simple and fast recipe - this time from Gerben and Cyril. Check out how to make this loaf, which can meet your savoury or sweet needs. It gets two thumbs up from these two kitchen novices!



Kaneelrolletjies

Anirle de Meyer, Bloemfontein



As klein dogtertjie het my oumagrootjie altyd saam met ons see toe gegaan. Ons het amper daaglik opgestap kafee toe en Chelsea-bolletjies gaan koop en geëet. Die kafee bestaan nie meer vandag nie. Ek het by my oma grootgeword. Dit was 'n groot voordeel en voorreg, want ek het so baie dinge in die kombuis geleer waaroor ek vandag só dankbaar is. Ek het op 'n kaneelrolletjie-resep afgekom, so bietjie aangepas en nou laat dit my terugdink aan my kinderjare saam met my oumagrootjie by die see met ons Chelsea-bolletjies. My man *love* dit en ek leer ook sommer my kleintjie van vroeg af hoe werk dinge in die kombuis. Dis vir ons as gesin ook 'n lekker *bonding* tyd. Baba kry haar handjies vuil, pappa help uitrol en ons almal eet lekker.

Maak 14

Deeg:

2 en 3/4 k meel

3 t suiker

1 t sout

1 pakkie kitsgis

1/2 k water

1/4 k melk

2 t botter

1 groot eier

Vulsel:

1/4 botter

2 t kaneel

1/4 bruinsuiker

sjokoladeskyfies (opsioneel)

Glans:

1.5 k versiersuiker

1 t vanielje-geursel

2-3 t melk/koffie

Meng meel, suiker, sout en gis saam.

In 'n aparte bak meng melk, water en botter saam. Mikrogolf vir 'n paar sekondes totdat die botter smelt.

Gooi die melk, botter en watermengsel by die meelmengsel, roer dit in.

Gooi die eier by en begin meng/knie totdat die deeg nie meer taai is nie.

Maak deeg bymekaar in 'n bal, sit in 'n bak en los om te rys vir 5 minute.

Kry solank alles vir die vulsel reg en sit solank die oond aan op 180°C.

Ná 5 minute, rol die deeg uit in 'n reghoek van 30 cm by 45 cm, groter of kleiner, nes jy verkies.

Smeer die uitgerolde deeg met botter, strooi suiker en kaneel bo-oor asook die sjokoladeskyfies.

Vat die 45 cm gedeelte en begin hom oprol.

Vat 'n stukkie garing en sny die rol in kleiner rolle van 2 cm dik.

Vat 'n oondpan en spuit met kleefwerende sprei. Sit die oond af.

Pak die rolletjies ver uit mekaar uit in die pan; indien jy losstaande rolletjies soek, anders pak nader aan mekaar as jy hulle wil losbreek van mekaar.

Maak die pan toe met bakpapier of foelie en sit in die oond wat af is vir 15 - 20 minute sodat dit verder rys.

Ná 20 minute, haal die foelie af en bak dan vir 15 - 20 minute teen 180°C.

Terwyl die rolletjies bak, sif die versiersuiker, gooi dan die vanielje-geursel en melk/koffie by.

Sodra die rolletjies uit die oond kom, gooi dadelik die glans oor dat dit lekker kan intrek.

Koek-in-'n-Koppie

Hettie du Plessis-Krüger,
Kuruman



Baie vroeg in Phillip Krüger se verhouding met Hettie (nou sy vrou), het hy hierdie eenvoudige resep gemaak en definitief 'n groot indruk op haar soettand gemaak. Die paartjie maak dit nog gereeld wanneer hulle lus is vir ietsie soets.

Bedien 1

45 ml meel

30 ml suiker

10 ml kakao

1 ml bakpoeier

45 ml melk

15 ml olie

1 ml vanielje-geursel

Gooi die bestanddele in die beker, soos wat jy dit afmeet. Meng alles met 'n vurk. Plaas vir 45 sekondes in 'n mikrogolfoond en laat staan vir 5 minute.

Eet dit netso of versier dit soos jy wil.



MAGNIFISAN *it's magic*

MAGNIFISAN PAP BALLS

Pap Balls

1 litre water
Pinch of salt
250 ml **Magnifisan Super Maize Meal**

Filling

100 g corned meat
50 g cheddar cheese, grated

Coating

2 large eggs, lightly beaten
100 g fresh breadcrumbs

To make the pap balls, bring the water and salt to a boil and slowly add the maize in a slow stream stirring with a fork to prevent any lumps from forming. Cover and leave to cook for 10 minutes. Stir with a wooden spoon and continue to cook for a further 10 minutes.

For the filling, mix the corned meat and cheddar together. Take a handful of pap and form a ball. With your thumb, push to make a large hole big enough to fill with the corned meat mixture. Roll closed and dip into the egg and then coat with the breadcrumbs. Refrigerate for 30 minutes.

Heat enough oil to deep fry the pap balls until golden and serve while still hot with sweet chllie sauce.



For another
delicious recipe
SCAN HERE



Koeksisters Marelize Doubell, Bloemfontein



Vanaf 'n jong ouderdom het my ouma my geleer om saam met haar koeksisters te bak. En vir elke geleentheid wat ons gekry het, het ons gebak. Later het sy te siek begin word en kon nie meer saam met my bak nie. Maar stilsit was vir haar baie moeilik. Sy wou altyd net kom loer as ek alleen bak en as ek weer sien dan sit ouma haar voorskoot aan en begin koeksisters vou! In *lockdown* wou ek en sy so graag bak. Sy het al hoe sieker geword en is toe oorlede. Ek wil so graag bak, maar weet nie hoe gaan ek dit sonder ouma doen nie. Ek mis haar so baie.

Maak 45

Deeg:

1.5 kg bruismeel
125 g margarien
2 t bak poeier
1 t sout
2.5 l karringmelk
1 eier
750 ml water

Stroop:

4 k suiker
2 k water
1 e gouestroop
knippie wynsteensuur

Vryf margarien in by droë bestanddele.
Voeg melk en water geleidelik by.
Knie goed en laat rus.

Vou dan koeksisters en braai in diep olie. Doop dan in die koue stroop wat die vorige aand gemaak is.





Ouma Nicky se Lemoenpoeding

Shane van Sittert, Vaalpark



Hierdie is 'n baie besonderse resep – dalk nie so uniek nie, maar vol herinneringe. Dit is 'n resep wat ek die eerste keer by my skoonma geëet het. Sy het dit weer by haar skoonma leer maak. Ouma Nicky was 'n bobaashuiskok wat dié poeding gemaak het vir elke spesiale geleentheid. Met COVID, aangesien dit 'n lemoenpoeding vol vitamien C is, het ons dit dikwels gemaak en ons maak dit steeds vir elke kuiergeleentheid. Ek is baie trots op dié poeding aangesien selfs ek nou ook 'n resep het wat sal voortleef in ons gesin.

Bedien 8

Vulsel:
3 lemoene
2 k water
2 hoogvol e vlapoeier
skil van 1.5 lemoene
1 k suiker

Kors:
1 k suiker
2 eiers
1 k koekmeel
1.5 t bakpoeier
knippie sout
1 k melk
4 e olie/botter

Vir die vulsel, kook die sap van die lemoene, die water gemeng met die vlapoeier, die lemoenskil, en die suiker saam. Wanneer dit verdik, gooi dit in 'n vuurvaste skottel en laat effens afkoel. Vir die kors, verroom die suiker en die eiers. In 'n ander bak, voeg die koekmeel by die bakpoeier en sout, en meng dan die melk en olie/gesmelte botter daarby. Voeg die suiker en eiermengsel by die meelmengsel en roer tot gemeng. Gooi die deeg oor 'n lepel in die bak waarin die vulsel is. Bak vir 'n halfuur by 180°C.

Bedien met roomys.



Lip-lek Lekker Stampmieliegereg

Karin van der Westhuizen, Bloemfontein



As kind het ek gereeld by my Ouma Gladys gaan kuier. Sy het my altyd met die heerlikste disse bederf. As ek my oë toemaak, sien ek haar in my geestesoog voor die stoof met die heerlike geure wat die kombuis vul en die musiek op die draadloos. Vandag is sy nie meer met ons nie, maar haar stampmieliegereg was my gunsteling.

Bedien 6

3 k stampmielies
5 ml sout
10 ml botter/olie
250 g sampioene
250 g mayonnaise
125 ml room
1 pakkie wit uie soppoeier
250 ml gerasperde kaas
1 pakkie spek, in stukkes gesny
sout na smaak
peper na smaak

Week die stampmielies oornag in water. Voorverhit oond tot 180°C. Smeer 'n oondvaste bak met botter sodat dit nie vasbrand nie. Kook stampmielies in soutwater tot sag. Verhit die olie of botter in 'n pan. Braai spek en sampioene tot bruin. Meng mayonnaise, room, soppoeier en kaas in 'n groot mengbak. Voeg stampmielies, spek en sampioene by die mayonnaise mengsel. Skep die mengsel in 'n voorbereide bak en bak vir ongeveer 45 minute tot bruin bo-op.

Heerlik saam met gebraaide tjops, steak of hoender.



Clean Up

ONE-STOP MULTIPURPOSE CLEANING SOLUTION

**KILLS
99.9% OF
ILLNESS-CAUSING
GERMS***



*E. coli, S. aureus, E. hirae, P. aeruginosa.

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Smitte se Paptert Louyvette Smith, Bloemfontein



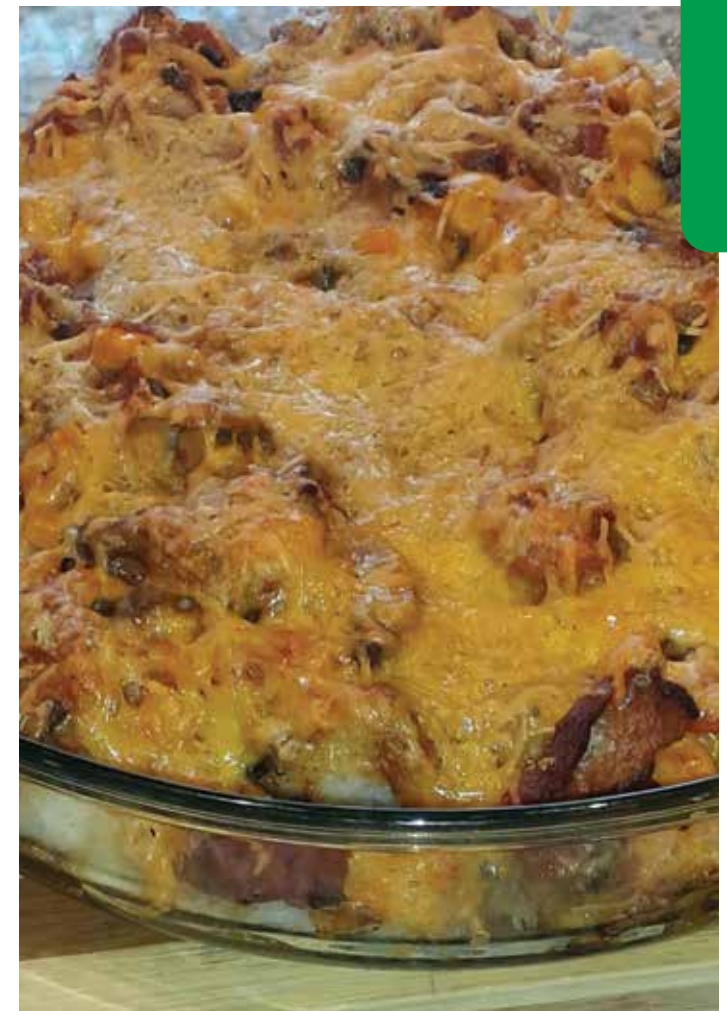
Elkeen in die gesin se gunsteling is bymekaar gegooi om dié heerlike tert te maak. So het almal hand bygesit om seker te maak hul gunsteling is bygevoeg. Ma hou van sampioene en tamaties, pa hou van spek en kaas, en sus is mal oor mielies. Pap is die hele gesin se gunsteling en, as basis, 'n lekker tert.

Bedien 9

- 1 blik heel pit mielies
- 1 pakkie sampioen-soppoeier
- 1 blik sampioene
- 250 ml vars room
- 1 blik tamaties
- 2 k gerasperde kaas
- 1 pakkie spek
- 1/2 k water
- 5 ml suiker
- 1 groot ui
- knippie sout
- 1/2 soetrissie
- 10 ml knoffel (indien verkies)
- 2 k meliameel
- 2 k gekookte water

Gooi gekookte water in 'n pot en laat prut. Gooi meliameel en sout by en roer tot meliameel ingeroer is. Laat prut vir 15 minute tot gaar. Braai uie, soetrissie en knoffel tot sag. Gooi spek by en braai tot lekker bruin en bros. Gooi tamaties, mielies, sampioene en water by die spek mengsel en laat prut vir 10 min. Haal af. Gooi nou die pap in 'n oondvaste bak en maak seker die bak se bodem is mooi gevul. Gooi die spek sous oor die pap. Meng die room en soppoeier en gooi oor dit bo-oor die sous. Gooi laastens die kaas bo-oor. Bak teen 180°C vir 30 minute tot kaas lekker bros is.

Heerlik alleen of met braaivleis en slaai.



Conversion Chart

Ingredient	Quantity (volume)	Quantity	Beans, white, dried	250ml (1 cup)	170g	
Baking	Baking powder	5ml (1 tsp)	5g	Chickpeas, dried	250ml (1 cup)	200g
	Bicarbonate of soda	5ml (1 tsp)	7g	Jasmine rice, dried	250ml (1 cup)	190g
	Cocoa powder	15ml (1 tbspc)	7g	Lentils, dried	250ml (1 cup)	210g
	Coconut, desiccated	250ml (1 cup)	95g	Oats, rolled	250ml (1 cup)	120g
	Coffee granules	15ml (1 tbspc)	5g	Peas, split, dried	250ml (1 cup)	215g
	Cream of tartar	5ml (1 tsp)	5g	Quinoa, uncooked	250ml (1 cup)	200g
	Custard powder	15ml (1 tbspc)	10g	Sago	250ml (1 cup)	185g
	Gelatine, powdered	5ml (1 tsp)	4g	Samp, uncooked	250ml (1 cup)	200g
	Yeast, dried	5ml (1 tsp)	4g			
	Breadcrumbs			Black coffee	250ml (1 cup)	250g
			Coconut milk	250ml (1 cup)	255g	
Breadcrumbs, dried		250ml (1 cup)	55g	Fruit juice	250ml (1 cup)	250g
Breadcrumbs, fresh		250ml (1 cup)	80g	Water	250ml (1 cup)	250g
Breadcrumbs, panko	250ml (1 cup)	85g				
Breadcrumbs, shop-bought	250ml (1 cup)	110g				
Cheeses			Anchovy fillets, drained	15ml (1 tbspc)	25g	
			Baked beans, tinned	250ml (1 cup)	280g	
	Bocconcini mozzarella, torn	250ml (1 cup)	200g	Condensed milk	250ml (1 cup)	315g
	Cheddar, grated	250ml (1 cup)	125g	Corn, creamed, tinned	250ml (1 cup)	240g
	Cottage cheese, chunky	250ml (1 cup)	245g	Corn, tinned, drained	250ml (1 cup)	175g
	Cottage cheese, creamed	250ml (1 cup)	225g	Olives, drained	250ml (1 cup)	170g
	Cream cheese	250ml (1 cup)	235g	Pineapple, tinned, crushed	250ml (1 cup)	280g
	Feta cheese, crumbled	250ml (1 cup)	145g	Tomato paste	15ml (1 tbspc)	20g
	Mozzarella, grated	250ml (1 cup)	127g	Tomatoes, chopped, tinned	250ml (1 cup)	240g
	Parmesan, grated	250ml (1 cup)	100g	Tuna, drained	250ml (1 cup)	100g
Dairy						
	Butter	250ml (1 cup)	225g			
	Buttermilk	250ml (1 cup)	255g	Almonds, raw	250ml (1 cup)	155g
	Cream, fresh	250ml (1 cup)	255g	Brazil nuts, raw	250ml (1 cup)	155g
	Crème fraîche	250ml (1 cup)	235g	Cashew nuts, raw	250ml (1 cup)	145g
	Custard, shop-bought	250ml (1 cup)	270g	Hazelnuts, raw	250ml (1 cup)	145g
	Double thick cream	250ml (1 cup)	245g	Macadamia nuts, raw	250ml (1 cup)	150g
	Ice cream	250ml (1 cup)	195g	Mixed nuts, raw	250ml (1 cup)	140g
	Milk	250ml (1 cup)	250g	Peanuts and raisins	250ml (1 cup)	155g
	Sour cream	250ml (1 cup)	235g	Peanuts, roasted	250ml (1 cup)	150g
Yoghurt	250ml (1 cup)	250g	Pecan nuts, raw	250ml (1 cup)	100g	
Dried and preserved fruit and vegetables			Pistachios, raw and shelled	250ml (1 cup)	130g	
			Poppy seeds, raw	250ml (1 cup)	145g	
	Apple cubes, dried	250ml (1 cup)	85g	Pumpkin seeds, raw	250ml (1 cup)	140g
	Cake mix	250ml (1 cup)	160g	Sesame seeds, raw	250ml (1 cup)	160g
	Cherries, glacé and drained	250ml (1 cup)	200g	Sunflower seeds, raw	250ml (1 cup)	140g
	Coconut flakes, dried	250ml (1 cup)	60g	Walnuts, raw	250ml (1 cup)	95g
	Cranberries, dried	250ml (1 cup)	130g			
	Figs, dried	250ml (1 cup)	150g			
	Glacé fruit, mixed, chopped	250ml (1 cup)	170g	Couscous, uncooked	250ml (1 cup)	190g
	Mango strips, dried	250ml (1 cup)	95g	Elbow macaroni, uncooked	250ml (1 cup)	130g
Mixed dried fruit, chopped	250ml (1 cup)	170g	Macaroni, uncooked	250ml (1 cup)	110g	
Mushrooms, dried	250ml (1 cup)	35g	Penne, uncooked	250ml (1 cup)	95g	
Peach halves, dried	250ml (1 cup)	125g	Corkscrew pasta, uncooked	250ml (1 cup)	80g	
Pear halves, dried	250ml (1 cup)	175g	Shells, medium	250ml (1 cup)	90g	
Pomegranate rubies, dried	250ml (1 cup)	165g	Spaghetti, fresh, uncooked	250ml (1 cup)	70g	
Prunes, dried	250ml (1 cup)	140g	Tagliatelle, fresh, uncooked	250ml (1 cup)	80g	
Raisins	250ml (1 cup)	200g				
Sultanas	250ml (1 cup)	170g				
Eggs			Chutney	250ml (1 cup)	280g	
			HP sauce	250ml (1 cup)	130g	
	Eggs, whole, beaten	250ml (1 cup)	255g	Mayonnaise	250ml (1 cup)	225g
	Egg yolks	250ml (1 cup)	260g	Pesto	15ml (1 tbspc)	20g
	1 egg yolk, large		18g	Soya sauce	250ml (1 cup)	135g
	1 egg yolk, extra large		18g	Sweet-chilli sauce	250ml (1 cup)	140g
	1 egg yolk, jumbo		18g	Tomato sauce	250ml (1 cup)	130g
	1 egg white, large		36g	Worcestershire sauce	250ml (1 cup)	245g
	Fats					
Avocado oil		250ml (1 cup)	205g			
Canola oil		250ml (1 cup)	210g	Brown sugar	250ml (1 cup)	220g
Coconut oil		250ml (1 cup)	220g	Castor sugar	250ml (1 cup)	225g
Margarine		250ml (1 cup)	235g	Icing sugar	250ml (1 cup)	145g
Olive oil		250ml (1 cup)	220g	White sugar	250ml (1 cup)	220g
Sunflower oil		250ml (1 cup)	215g			
Flours						
		Almond, ground	250ml (1 cup)	120g		
	Bread flour	250ml (1 cup)	150g			
	Cake flour	250ml (1 cup)	150g			
	Cornflour	15ml (1 tbspc)	10g			
	Mealie-meal, uncooked	250ml (1 cup)	195g			
	Self-raising flour	250ml (1 cup)	150g			
	Semolina	250ml (1 cup)	180g			
	Whole-wheat flour	250ml (1 cup)	155g			
	Fruits					
Apple, chopped		250ml (1 cup)	130g			
Banana, mashed		250ml (1 cup)	245g			
Berries, mixed, frozen		250ml (1 cup)	155g			
Blueberries, fresh		250ml (1 cup)	130g			
Gooseberries, fresh		250ml (1 cup)	175g			
Pineapple, chopped		250ml (1 cup)	150g			
Raspberries, fresh		250ml (1 cup)	150g			
Strawberries, fresh, whole		250ml (1 cup)	145g			
Grains, beans and rice						
	Barley, pearl	250ml (1 cup)	200g			
	Basmati rice, uncooked	250ml (1 cup)	210g			
	Bulgur wheat	250ml (1 cup)	190g			

Common cooking and baking substitutions

Please note that these should only be used when you do not have an ingredient. They can alter the taste or texture of your recipe.

Milk

For 1 cup of milk, use 1 cup of soy or rice milk. You can also use water or juice in some recipes. If you have powdered milk, use 1/4 cup powdered and 1 cup of water.

Yogurt

For 1 cup of yogurt, use 1 cup buttermilk, sour cream, or blended cottage cheese.

Sour cream

For 1 cup of sour cream, use 1 tablespoon of vinegar or lemon juice and add milk to make 1 cup. Or use 1 cup of plain Greek yogurt.

Heavy whipping cream

For 1 cup of cream, add 7/8 cup milk and 2 tablespoons of melted butter.

Evaporated milk

Use the same amount of light cream.

Buttermilk

For 1 cup of buttermilk, use 1 tablespoon of lemon juice to 1 cup of milk, then let it stand for 5 minutes before using.

Butter

For 1 cup of butter, use 1 cup of margarine. Note that this will change the texture of your final product since butter has more water than margarine.

Mayonnaise

Use the same amount of sour cream or yogurt.

Eggs

For 1 egg, use 3 tablespoons of mayonnaise or 1/2 mashed banana or 1 tablespoon of ground flax seed soaked in 3 tablespoons water until it looks like a gel.

Apple cider vinegar

Use the same amount of white vinegar.

Vegetable oil

Use the same amount of margarine.

Tomato sauce

Use equal parts oftomato paste and water. Add canned tomatoes for more flavour. You will want to add spices, salt, pepper, and sugar to taste.

Herbs, fresh

You can use 1/2 teaspoon of dried herbs instead of 1 tablespoon fresh herbs.

Lemon juice

For 1 teaspoon of lemon juice, use 1/2 teaspoon vinegar or 1 teaspoon lime juice.

Garlic

Use 1/8 teaspoon garlic powder per clove of fresh garlic.

Broth, chicken or beef

Use 1 beef bouillon cube and 1 cup of boiling water for 1 cup of broth.

Brown sugar

To make 1 cup of brown sugar, use 1 cup of white sugar and 2 tablespoon molasses.

Baking powder

Sift together 2 parts cream of tartar and 1 part bicarb and then sift the mixture twice.

Beer or wine

Use the same amount of beef or chicken broth or apple cider vinegar.

Barbecue sauce

For 1 cup barbecue sauce, use 1 cup of tomato sauce and a few drops of liquid smoke.

Breadcrumbs

Substitute equal amounts of cracker crumbs or ground oats. You can also toast bread and process it in a food processor.

Tips to be food safe

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness — Clean, Separate, Cook, and Chill.

CLEAN

Wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

Sanitise surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per 4.5 litres water can be used to sanitise surfaces.

Clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, after 1 to 2 days.

Keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

Rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE

Separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

Separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food

back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

Use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.

Cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 62°C. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 71°C. Cook all poultry, including ground turkey and chicken, to an internal temperature of 74°C.

Keep foods at safe temperatures

To reduce the risk of bacterial contamination, many foods must be stored in the refrigerator and thus kept below 5°C. These foods are often classified as 'high-risk foods' and include – meat, poultry, dairy, seafood, eggs, small goods and cooked rice and pasta. This also refers to ready-to-eat foods that have high-risk foods as ingredients and include – casseroles, quiche, pasta, salad, pizza, sandwiches and many cakes. By keeping these high-risk foods under 5°C it stops them from entering the 'danger-zone' – temperatures between 5°C and 60°C. The danger-zone is the temperature zone which provides bacteria with the perfect environment to rapidly grow and multiply to numbers that cause food poisoning. By freezing food its longevity is increased because the water content of the food freezes – this prevents bacteria from multiplying and food spoiling. Food should be kept frozen at -18°C; when thawing, it should be stored in a refrigerator that reaches no more than 5°C until it is ready to be prepared.

THE REAL GOOD LIFE

Within South Africa today, with many of its cities and people caught up in high pressure lives, there is a vast region characterised by enviable space to breathe and time to focus on what matters most to you. That region is Central South Africa. A place where the freedom to enjoy a more balanced life is not only possible, but is lived every day.

In this shared spirit of Central South Africa, OFM believes that a really good life is made up of many, and often smaller moments - of pure fun, real connection, sharing a meal with family and friends, and moments of meaning - just for me. That's why we exist, to connect and amplify Central South African's desire to live their best quality of life in every moment, wherever they are.

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Not for Persons Under the Age of 18. Drink Responsibly.

The Real Good Recipe Book will inspire you to live the real good life with cherished fare that has been passed down for generations, recipes that everyone requests, and dishes that earn rave reviews at family gatherings and dinner parties with friends – all provided by our loyal listeners as well as beloved OFM presenters.

Ons het ons luisteraars gevra om nie net hul gunstelingresepte te deel nie, maar ook die stories daaragter – en ons is oorweldig deur die reaksie en die interessante stories. Die resepte is heerlik, maar die stories maak dit soveel lekkerder.

Our region – the Free State, North West, Vaal and Northern Cape – is blessed with great quality beef and lamb; venison; fruit, nuts and vegetables; dairy and eggs; and, of course, maize and wheat, and we wanted to showcase that.

You'll be sure to enjoy each creation in this wholesome recipe collection, filled with breakfasts, appetisers, sides, salads, main dishes, breads, and desserts – using the real good ingredients found in Central South Africa.

Omdat ons weet hoeveel ons luisteraars daarvan hou om deur hul gunsteling-OFM-aanbieders vermaak te word, sluit elkeen van hul resepte 'n QR-kode in wat jy kan skandeer om na 'n video te kyk van hoe hulle hul geregte skep.

Now, it's time for you to get cooking and baking... and make your own food stories for generations to come!

Lekker eet !



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