

# Salads and Veggies

Sorrelle Orelowitz Recipes



## PAPINO AND AVOCADO SALAD.

### INGREDIENTS:

1 butter lettuce  
1 frilly red lettuce  
2 papinos  
1 avocado  
baby tomatoes and snow peas for decorating  
1 tablespoon mustard powder  
½ cup white vinegar  
about third cup sugar  
1 teaspoon salt  
1 small onion  
1 teaspoon mustard powder  
the seeds of one papino  
½ cup oil

### METHOD:

Wash and dry lettuce leaves.  
Peel and gently slice the papinos into thickish slivers.  
Either ball or slice the avocado.  
Arrange the lettuce, papino and avocado on a platter.  
Decorate with the tomatoes and the snowpeas.

Process the vinegar, sugar, salt, onion, mustard powder  
and the seeds of the papino until smooth.  
Slowly add the oil and process until absorbed.

Pour dressing over salad and serve.

If you wish to prepare in advance, marinade the avocado  
in some of the dressing to prevent discolouration.

## SWEETCORN SALAD.

### INGREDIENTS:

6-8 cobs young sweetcorn.  
250ml apple cider vinegar  
5 tablespoons sugar  
1 tablespoon mustard powder  
 $\frac{1}{4}$  teaspoon ground black pepper  
 $\frac{1}{4}$  teaspoon powdered ginger  
4 teaspoons salt  
2 crushed cloves garlic  
500ml salad oil  
 $\frac{1}{4}$  cup boiling water

some diced green and red peppers

### METHOD:

Boil up the sweetcorn.  
Slice into thickish rounds.

Make a dressing of the vinegar, sugar, mustard powder, pepper, ginger, salt, garlic and oil.

Add the  $\frac{1}{4}$  cup boiling water to the emulsified dressing. This helps the separation of the oil from the vinegar.

Reheat the sweetcorn rounds if necessary and pour the dressing over the hot sweetcorn.

This also helps the absorption of the oil.

Stir through the peppers for colour.

## MUSHROOM SALAD.

### INGREDIENTS:

300 g button mushrooms, wiped clean and thinly sliced	11 oz
6 slim spring onions, finely chopped	
25 ml each of olive oil and vegetable oil	1 fl oz
50 ml sherry	2 fl oz
15 ml soya	1 tablespoon
10 ml vinegar	2 teaspoons
a good pinch sugar	
a good pinch salt	
a good pinch freshly milled pepper	

### METHOD:

Spoon mushrooms into a bowl.  
Add the spring onions.  
Mix the ingredients for the marinade, pour over  
the mushrooms.  
Toss to moisten, cover and chill, preferably  
overnight.

This is a most versatile recipe.  
It can be served as a side dish.  
It is delicious served as a snack on rye or brown bread.  
It may be tossed with greens and extra dressing to make  
a salad.  
Enriched with a little sour cream or yoghurt and then  
piled into avocado halves, it makes a delicate starter.

## MIXED BEAN SALAD.

### INGREDIENTS:

440 g tin kidney beans, Hero if possible	15½ oz can
410 g tin butter beans	11½ oz can
410 g tin french sliced green beans	11½ oz can
410 g tin lima beans	11½ oz can
125 ml sliced green pepper - slice in small diamond shape	½ cup
125 ml sliced onion	½ cup
60 ml sliced red pepper, optional	¼ cup
125ml canned or frozen corn kernels, optional	½ cup
These last 2 ingredients add colour	
125 ml sugar	½ cup
125 ml white vinegar	½ cup
A good sprinkling coarsely ground pepper	
200 ml oil	¾ cup

### METHOD:

Drain all the cans beans and mixthrough with the peppers,  
onion and optional corn kernels.

Beat very well the sugar, the vinegar, pepper and oil.  
Whisk in the oil until the dressing becomes thick and  
emulsified.

Pour over and blend into the bean mixture.

This salad should be made 2 - 3 days before needed.

## DENISE'S SPINACH SALAD.

### INGREDIENTS:

5 bunches baby spinach if available, otherwise young spinach.  
Fresh mushrooms, sliced thin.  
Imitation bacon bits - optional.  
About 8 hardboiled eggs - sliced.  
Croutons.

½ cup castor sugar - use a little less if too sweet.  
1 teaspoon worcestershire sauce.  
½ cup tomato sauce.  
¼ cup apple cider vinegar.  
1 cup oil.

### METHOD:

Break spinach into bite-size pieces.  
Choose a pretty glass bowl and layer the spinach, the sliced mushrooms, the bacon bits, the hardboiled eggs and the croutons.  
Repeat layers as many times as needed.

Beat the castor sugar, the worcestershire sauce, the tomato sauce and the vinegar.  
Add the oil in a steady stream, beating all the while.  
Pour this dressing over the salad just before serving.

## SPINACH SALAD 2.

### INGREDIENTS:

6 bunches of Swiss Chard or the equivalent in baby spinach.  
3 hardboiled eggs.  
½ packet Maken.  
1½ cups grated cheddar cheese.  
Croutons.

2 teaspoons sugar.  
½ teaspoon salt.  
Freshly ground pepper.  
1 tablespoon wine vinegar.  
5 tablespoons oil.

### METHOD:

Wash and dry the spinach well.  
Snip into shreds.  
Coarsley, grate the eggs.

Crisply, fry the maken. Snip into bits and drain.

Make the croutons. Drain well.

Make a salad dressing from the sugar, salt, pepper, vinegar and oil.

Before serving, toss the spinach with the croutons and the maken.

Glisten with the dressing.

Top with the grated eggs and the grated cheese.

SPINACH SALAD 3. (ELAINE)

INGREDIENTS:

1 lettuce.

Equal amount of spinach.

1 avocado.

6 spring onion.

3 hardboiled eggs.

Croutons - from about 3 slices of bread.

1 clove garlic.

½ teaspoon salt.

1 tablespoon lemon juice.

½ teaspoon worcestershire sauce.

3 tablespoons oil.

METHOD:

Shred the lettuce and the spinach.

Slice and cube the avocado.

Acidulate the avocado cubes in some lemon and orange juice.

Snip the spring onion.

Make a dressing of the crushed clove garlic, salt, lemon juice, worcestershire sauce and the oil.

Just before serving, toss lettuce, spinach, avocado and spring onion in the dressing.

Top with the grated egg and the croutons.

## RICE SALAD.

### INGREDIENTS:

1 cup raw rice.	250 ml.
8 canned peach halves.	
1 large firm tomato.	
1 green pepper.	
1 small, finely chopped onion.	
1 cup mayonnaise.	250 ml.
2 tablespoons chutney.	30 ml.
1 tablespoon curry powder.	15 ml.

### METHOD:

Cook the rice and allow to cool.  
Dice the peaches, the tomato and the green pepper.  
Add to the cold rice.  
Mix the mayonnaise, the chutney, the curry and the onion.  
Add to the rice and stir well with a fork.

## ROCH'S RED CABBAGE SALAD.

### INGREDIENTS:

1 roughly shredded, large red cabbage.	
1 small sliced or shredded onion.	
Salt.	
3 tablespoons oil.	45 ml.
½ cup vinegar.	125 ml.
½ cup sugar.	125 ml.

### METHOD:

Mix the cabbage and the onion.  
Sprinkle with salt.  
Coat with the oil.  
Season with the vinegar and the sugar.  
Refrigerate and taste when the juices start to form.  
Adjust the seasoning, if necessary.

### MODERN CAESER SALAD.

#### INGREDIENTS:

½ cup salad oil or a good french olive oil  
2 tablespoons red wine vinegar.  
2 teaspoons Worcester sauce.  
2 large cloves garlic, cut in half.  
Dash of pepper.  
½ teaspoon salt.  
A sprinkling of Maggi.  
A few drops of Tobasco.

¼ cup finely crumbed blue cheese.  
½ cup Parmesan cheese.  
2 cups croutons.  
1 egg.  
1 Romaine or Cos lettuce.

#### METHOD:

Shake together first 8 ingredients.  
Chill in fridge overnight to blend flavours.  
Sprinkle cheeses over lettuce in bowl.  
Do not tear this lettuce.  
Add croutons.  
Remove garlic halves from dressing.  
Add egg to the dressing.  
Blend very well and pour over salad.

### ARTICHOKES VINAIGRETTE WITH CAVIAR.

#### INGREDIENTS:

2 tins artichoke hearts.  
6 tablespoons oil - use 4 T sunflower and 2 T olive oil.  
2 scant tablespoons wine vinegar.  
Freshly ground black pepper and a sprinkling of salt.  
Dash of dry mustard.  
A generous pinch of sugar.  
Chopped onion.  
Coarsley chopped hard boiled eggs.  
Green and red pepper rings.  
Asparagus cuts or sliced hearts of palm.  
Parsley.  
Red caviar or chopped stuffed olives.

METHOD:

Cut off the bottoms of the artichoke hearts so that they lie flat. Open the leaves gently.  
Place on a bed of shredded lettuce.  
Mix together very well the oil, the vinegar, the pepper, the salt, the mustard and the sugar.  
Add the chopped onion.  
Pour over the artichokes.  
Place a little red caviar or chopped stuffed olives in centre of each artichoke and sprinkle with the chopped egg.  
Garnish with the green and red pepper rings, asparagus, parsley and hearts of palm.  
Dot with black olives.

SYBIL'S SALAD DRESSING.

BLEND TOGETHER: ½ tablespoon wine vinegar  
1 tablespoon ordinary vinegar.  
1½ teaspoons sugar.  
1 teaspoon salt.  
1 teaspoon mustard powder.  
ADD: 4 tablespoons sunflowered oil.  
1 tablespoon olive oil.  
1 tablespoon walnut or hazelnut oil.

MY SALAD DRESSING.

BLEND TOGETHER: 1 teaspoon salt.  
4 teaspoons sugar.  
A very good grinding of fresh black pepper.  
2 scant tablespoons white vinegar.  
BEAT IN: 9 tablespoons salad oil.

## SPINACH AND FRIED RICE SALAD.

### INGREDIENTS:

1 cup brown rice

300 g spinach leaves

an English cucumber

2 stalks table celery

a good handful rocket

3 hardboiled eggs

½ cup vinegar

4 tablespoons sugar

4 tablespoons mayonnaise

½ cup oil

### METHOD:

Parboil the rice.

Drain and cool. *medium oil*

Toss cooled rice in ~~hot~~ oil and fry until golden brown.

Drain in a colander or a strainer and set aside.

Wash and dry the spinach leaves.

Cut out the coarse central vein.

Roll up a few leaves at a time and shred finely.

Julienne the cucumber.

Slice the celery very finely.

Toss together the spinach, cucumber and celery.

Toss through the rocket.

Chop the hardboiled eggs and mix through the salad.

Make a dressing of the vinegar, sugar, mayonnaise and oil.

Toss as much as is needed through the salad.

Top salad with the fried rice.

SHIRLI'S MUSHROOM SALAD.

INGREDIENTS:

1 kg. white largish mushrooms.

½ cup water. 125 ml.

¼ cup, dry white wine. 63 ml.

¼ cup oil. 63 ml.

3 crushed chicken cubes.

Juice from 1 lemon.

6 peppercorns.

1 bayleaf.

½ tsp. thyme. 3 ml.

2 cloves garlic.

Some chopped parsley - optional.

METHOD:

Wash and trim the mushrooms.

Pat dry.

Put all remaining ingredients on to  
to boil.

Stir well.

Add the mushrooms and simmer for 10 - 15  
minutes.

Cool and then let stand in fridge for 2  
days before eating.

Before serving, check for seasoning.

The mushrooms may need a little extra lemon  
juice, salt or pepper or whatever.

## SARAH'S PICKLED MUSHROOMS.

### INGREDIENTS:

2 chopped onions	
1-2 crushed cloves garlic	
2 tablespoons oil	30 ml
2 cups finely sliced mushrooms	500 ml
½ cup water	125 ml
½ cup vinegar	125 ml
½ teaspoon salt	3 ml
a good sprinkling ground pepper	
1 teaspoon brown sugar	5 ml

### METHOD:

Fry the onion and the garlic in the oil until limp.  
Boil up the mushrooms in some water and immediately, drain.  
Boil up the vinegar and the water.  
Add the salt, pepper and sugar.  
Put the fried onion and garlic and the oil it was fried  
in, into a dish.  
Stir in the mushrooms.  
Pour over the vinegar mixture.  
Marinate a day or two.  
Serve on thinly sliced rye bread as a snack.

## ARTICHOKE AND HEART OF PALM SALAD.

### INGREDIENTS:

400 g tin artichoke hearts	11½ oz can
400 g tin hearts of palm	11½ oz can
285 g tin mushrooms	8 oz can

If preferred, can use 3 tins artichoke hearts only.

1½ - 2 cups home-made or Hellman's mayonnaise	375 - 500 ml
½ pint cream or 1 sachet orley- whip	300 ml

chopped pickled cucumber  
chopped spring onion  
black calamata olives

fingers of thinly sliced rye bread, lightly spread with mayonnaise

### METHOD:

Cut the artichoke hearts into halves or quarters.  
Slice the palm hearts into 2.5 cm (1") thick slices.  
Arrange the artichokes and the hearts of palm in an attractive dish.  
Make only a single layer..  
Fill the gaps with mushrooms.

Lightly whip the cream or orley- whip.  
Fold the mayonnaise into the cream.  
You may need a little more orley- whip to make a good spreading consistency.  
Spread smoothly over the vegetables.

Top generously with the pickled cucumber and the spring onion.  
Dot with the black olives.

Serve with the fingers of rye bread.

NOTE THAT ABSOLUTELY NO SEASONING HAS BEEN USED.

This dish makes a delicious starter - men seem to love it!!

## BANANA WALDORF SALAD.

### INGREDIENTS:

6 red skinned apples, diced.	
2 green skinned apples, diced.	
4 - 6 bananas, sliced.	
Juice of 1 lemon.	
1 x 285 g. tin pineapple chunks.	About 10 oz.
4 sticks celery, diced.	
100 g. walnuts, coarsely chopped.	4 oz.
250 ml. sultanas.	1 cup.
250 ml. mayonnaise.	1 cup.
5 ml. curry powder.	1 teaspoon.
30 ml. honey.	2 tablespoons.

### METHOD:

Sprinkle the diced apple and the sliced bananas with the lemon juice to prevent discolouration. Drain the pineapple chunks but reserve the juice. Place the apples, bananas, celery, walnuts and sultanas in layers in a salad bowl, finishing with the latter two.

Mix together the mayonnaise, curry, honey and  $\frac{3}{4}$  cup (200 ml.) of the pineapple juice. Pour over the salad and mix well. Serve on lettuce leaves or in a glass bowl.

## BRINGAL, TOMATO AND MOZARELLA SALAD.

### INGREDIENTS:

1 teaspoon salt  
a good few grinds of coarsley ground black pepper  
1 teaspoon dry mustard  
2 teaspoons sugar  
4 tablespoons white vinegar  
8 tablespoons oil

2 small, young bringal, sliced  
salt  
1 large onion, thinly sliced - slice long-wise  
i.e. stem to root

200 g mozzarella, sliced  
sunflower oil for frying  
3 crushed cloves garlic  
3 large, ripe, firm tomatoes, sliced  
basil leaves

### METHOD:

Make a dressing by mixing the salt, pepper, mustard, sugar and vinegar.

Slowly beat in the oil until absorbed and emulsified.

Sprinkle the sliced bringal with salt and allow to stand for 10 minutes.

Prepare the onion by blanching in boiling water for 30 seconds, drain and then cover with slightly sweetened water. Chill until needed.

Marinate the sliced mozzarella in a little of the dressing and set aside until needed.

It is better to marinate the cheese in a commercial no oil Italian dressing.

Oil tends to harden the cheese.

Heat the oil and sauté the garlic for 1 minute.

Pat dry the bringal with paper towels.

Add the bringal to the garlic and fry on both sides until crisp and golden.

I find it easier to deep fry the bringal - they float in the hot oil so brown on both sides at once.

The deep oil method is quicker and less messy.

Drain bringal on absorbent paper.

Marinate the sliced tomatoes in the dressing an hour or two before assembling the salad.

On a large platter or on individual plates, interleave the tomato, the mozzarella and bringal slices.

Drizzle with dressing

Scatter the onions on top.

Decorate with basil leaves.

This salad makes a delicious starter.

Use only young, slim bringals, they taste and look better.

Ricotta cheese may be used instead of the mozzarella.

It is easier to slice the cheese with an electric knife.

This quantity salad serves 4 - 6.

Total kilojou count: 3550 kj (850 Cal)

A portion: 710 kj (170 Cal)

This salad looks very attractive if arranged on a bed of lettuce leaves.

### ISABELLE'S SALAD DRESSING.

#### INGREDIENTS:

80 ml oil	third cup
80 ml white vinegar	third cup
160 ml water	two-thirds cup
3 tablespoons Hellman's mayonnaise	
3 tablespoons sugar	
1 teaspoon dry mustard	
32 g packet Italian or Greek salad dressing	about 1½ oz

#### METHOD:

Combine all ingredients in a blender or food processor and process until emulsified.

A tablespoon or two of poppyseed is an optional extra.

Serve dressing on the side.

### OUR HOUSEHOLD DRESSING.

#### INGREDIENTS:

4 teaspoons sugar  
1 teaspoon salt  
a generous grinding of coarse black pepper  
½ teaspoon dry mustard  
2 scant tablespoons white vinegar  
9 generous tablespoons sunflowerseed oil

#### METHOD:

Whisk first 5 ingredients.  
Slowly whisk in the oil until dressing has emulsified

## SHIRLI'S ONION SALAD.

### INGREDIENTS:

1 kg pickling onions	2 lbs
90 g sultanas	3 oz
375 ml sugar	1½ cups
60 ml water	¼ cup
60 ml white vinegar	¼ cup
25 ml tomato puree	1½ tablespoons
25 ml oil	1½ tablespoons
2 ml cayenne pepper	½ teaspoon

### METHOD:

Peel the onions.

Put remaining ingredients in a pot and bring to the boil.

Add the onions, reduce to simmer and cook for 10- 15 minutes - NO LONGER.

Bottle and refrigerate when cool.

## SHIRLI'S BEETROOT AND CABBAGE SALAD.

### INGREDIENTS:

2 cups coarsley grated cooked beetroot  
4 cups coarsley grated white cabbage  
2 tablespoons red horseradish  
1 cup white vinegar  
third cup sugar  
2 teaspoons salt  
a sprinkling of pepper

### METHOD:

Mix through the beetroot and the cabbage.

Mix the horseradish, vinegar, sugar, salt and pepper.

Mix into the beetroot-cabbage mixture.

Taste for seasoning.

Refrigerate a day or two before eating.

This makes a nice relish for fish.

SANDRA'S CELERY AND VEGETABLE PICKLE.

INGREDIENTS:

5 large English cucumbers cut into 1" / 2,5cm dice  
a large cauliflower cut into florets  
6 medium onions, cut into quarters

OR

24 pickling onions peeled and left whole  
stalks from 3 bunches eating celery cut into 1" / 2,5cm dice  
3 red peppers cut into 1" / 2,5cm dice  
water to cover  
¼ cup salt

5 cups sugar  
1 cup flour  
4 cups white vinegar  
1 teaspoon celery seed, if available  
1 teaspoon tumeric  
1 teaspoon mustard powder

METHOD:

Cover all the vegetables with the water which has been mixed with the salt.

Refrigerate overnight.

You have cut the vegetables into fairly large chunks because they shrink as they pickle.

Mix through the sugar, flour, vinegar and spices.

Mix to a smooth paste and then bring to the boil, over medium heat, stirring continuously.

When sauce has thickened, pour over the drained vegetables.

Put in the fridge to pickle for a few days.

This pickle tastes nice with cold meat.

## ZIVA'S PICKLED VEGETABLES.

INGREDIENTS: Selected vegetables such as: cauliflower  
baby green beans  
green and/or red peppers  
baby carrots etc;

4 cloves garlic  
2 - 3 chillies  
salt

750 ml bottle white vinegar.	3 cups.
125 ml water.	½ cup.
125 ml sugar.	½ cup.

METHOD: Trim, clean and cut vegetables into bite-size pieces.  
Wash and salt lightly.  
Put into a colander and drain for 2 hours.  
Layer in a jar with the garlic and the chillies.

Mix the vinegar, water and sugar.  
Pour over the vegetables.  
Stand out of the fridge for 24 - 48 hours.  
Refrigerate for a further 24 hours.  
The pickles are now ready to serve.

PAULINE'S BOTTLED CABBAGE SALAD.

INGREDIENTS: 1 large shredded cabbage - use magimax blade A.  
2 thinly sliced onions.  
3 crushed cloves garlic.  
1½ cups white vinegar.  
¾ cup oil.  
1 tablespoon salt.  
1 cup sugar.  
2 tablespoons carraway seeds.

METHOD: Mix through the cabbage, onions and garlic.  
Make a dressing of the remaining ingredients, pour over cabbage.  
Mix through and taste and then bottle.

PAULINE'S CABBAGE - CELERY SALAD.

INGREDIENTS: 1 medium size cabbage  
1 bunch celery - about 10 stalks.

1 teaspoon salt	5 ml.
½ teaspoon pepper.	3 ml.
1 cup sugar.	250 ml.
1 cup white vinegar.	250 ml.
3 cloves garlic.	
1 cup oil.	250 ml.
1 chopped onion.	

METHOD: Grate the cabbage - use the largest of the grating discs of the magimix.  
Chop the celery finely - stalks and leaves.

Put salt, pepper, sugar, vinegar and garlic in bowl of magimix.  
Process for a few seconds.  
Add oil slowly through the funnel.  
When oil has emulsified, stir in onion.  
Pour over the cabbage and celery.  
Marinate for about 8 hours before eating.

ROZ'S PICKLED VEGETABLES.

INGREDIENTS:

½ large cabbage, coarsely shredded  
2 green tomatoes cut into thick slices  
1 English cucumber, sliced  
1 sliced green pepper  
2 sliced carrots  
1 large sliced onion  
1 small cauliflower, divided into florets

¾ cup white vinegar  
1¼ cups water  
about 3 tablespoons sugar  
few allspice  
few juniper berries  
1 teaspoon mustard seed  
white pepper

METHOD:

Soak all vegetables in salted water for at least 2 hours.  
Rinse well and drain.

Boil up vinegar, water and sugar.  
Taste for sweet-sour taste.  
Season with allspice, juniper berries, mustard seed and  
white pepper.

Throw hot vinegar mixture over vegetables and set  
aside to pickle.

## BROWN RICE SALAD WITH MUSHROOMS.

<u>INGREDIENTS:</u>	375 ml brown rice	1½ cups.
	2 ml salt	½ teaspoon.
	800 ml chicken stock	3¼ cups.
	5 ml dried tarragon	1 teaspoon.
	25 ml oil	1½ tablespoons.
	25 ml butter	1½ tablespoons.
	250 - 300 g brown mushrooms, sliced	½ - ¾ lb.
	1 green pepper, seeded and diced	
	25 ml soy sauce	1½ tablespoons.
	milled black pepper	
	100 ml finely chopped parsley	third cup.
	6 spring onion, chopped	

### METHOD:

Put rice, salt, stock and tarragon into a saucepan, bring to the boil, cover, turn heat to very low and leave 50 minutes without looking.

Heat the oil and butter, add the mushrooms and green pepper. Sauté until just softened, remove from stove, add soy sauce and pepper to taste, then cover and stand until rice is cooked. Spoon rice into a large bowl - the grains should be separate and dry.

Using a fork add the mushroom mixture, including all the juices and toss.

Add the parsley and the spring onion.

Cover and chill until required.

This dish is especially good with cold chicken.

If you prefer to use white rice, adjust the cooking time and reduce stock to 750 ml. (2½ cups)

## SHELLEY'S BRINGAL SALAD.

### INGREDIENTS:

1 very large or two smaller bringals.  
An equal quantity of onions.  
1 x 400g tin tomatoes. 11½ oz. size can.  
2 crushed cloves garlic.  
oil to fry.  
1½ tablespoons vinegar  
Salt, pepper and a few pinches of sugar to taste.

### METHOD:

Slice the bringals and salt liberally.  
Put out on a biscuit tray, in a single layer.  
Leave to sweat - can be left out of the fridge overnight.  
Rinse and pat dry.  
Cut the onion into eighths.  
Saute' the onion and garlic in a little oil.  
Add the cut-up tomatoes and it's juice.  
Fry through and then add the bringals.  
Season with the vinegar, salt, pepper and sugar.  
Fry until the bringals are soft and cooked through.  
Stir often.  
Adjust seasoning and set aside to cool.

## JANE'S POTATO SALAD.

### INGREDIENTS:

About 15 - 16 new potatoes.  
1 hardboiled egg.  
1 finely chopped onion.  
4 tablespoons vinegar.  
5 tablespoons oil.  
1 teaspoon salt.  
2 teaspoons sugar.  
1 teaspoon mustard.  
A good sprinkling of black pepper.

### METHOD:

Boil the potatoes with jackets on, until just soft.  
Can cook the egg with the potatoes if you so wish.  
Peel the potatoes.  
Peel and chop the egg.  
Add the egg and onion to potatoes.  
Make a dressing of the remaining ingredients.  
Pour over the still warm potatoes.  
You can serve this as is, or coat with mayonnaise.

## SHIRLI'S POTATO SALAD.

### INGREDIENTS:

2 lbs new potatoes.	1 kg.
1 pint chicken stock made with 1 cube.	600 ml.
4 tablespoons white vinegar.	50 ml.
6 tablespoons oil.	75 ml.
3 teaspoons prepared german type mustard.	15 ml.
1 tablespoon lemon juice.	12.5 ml.
6 teaspoons sugar.	30 ml.
½ finely chopped onion.	

### METHOD:

Scrub the potatoes well.

Boil the potatoes with jackets on, until just soft.

When cold, peel and slice and set aside.

If potatoes are very small, leave whole or just cut in half.

Bring the chicken stock, vinegar and oil to the boil.

Open the lid and fast boil to reduce.

Reduce to half.

Add the mustard, lemon juice and sugar.

Boil up.

Add the chopped onion - boil up, again.

Pour the boiling dressing over the cold potatoes.

Should be made at least 4 hours before use.

If you wish to double the recipe only increase the sugar to 10 teaspoons.

JANE'S TIP: To prevent overcooking new potatoes, cook till just soft.  
Drain off water and leave covered for about 15 minutes.  
The steam will soften potatoes exactly right.  
Will also ease the peeling.

DEBORAH'S POTATO SALAD.

INGREDIENTS:

2 lbs new potatoes.	1 kg.
salt and pepper.	
¼ cup commercial Italian dressing	60 ml.
1 cup mayonnaise.	250 ml.
1 teaspoon salt.	5 ml.
½ teaspoon sugar.	2 ml.
1 tablespoon prepared mustard.	12.5 ml.
Pinch of pepper.	
A few chopped spring onions.	
Paprika.	

METHOD:

Boil the potaoes in their jackets until tender.  
Leave skin on, slice thickly.  
Season very lightly with salt and pepper.  
Pour over the Italian dressing and set aside for  
potatoes to absorb the dressing.

Combine the maoyonnaise, the salt, the sugar, the  
mustard, the pepper and the spring onions.

Put potato slices out on a flat platter.  
Lightly spoon the mayonnaise dressing over.  
Dust with paprika.

If there is dressing over. serve on the side.

## POTATO SALAD.

### INGREDIENTS:

6 medium potatoes, well scrubbed, skins on.  
1 small onion, chopped fine.  
4 to 5 sprigs parsley, chopped fine - optional.  
 $\frac{1}{4}$  cup vinegar. 63 ml.  
1 teaspoon salt. 5 ml.  
Eighth teaspoon pepper.  
 $\frac{1}{4}$  cup salad or olive oil. 63 ml.  
 $\frac{1}{2}$  cup mayonnaise or mayonnaise type dressing. 125 ml.  
1 tablespoon boiling water.

### METHOD:

Boil potatoes until just soft. Peel.  
Cut into medium dice.  
Sprinkle over the onion and the parsley.  
Make a dressing of the vinegar, salt, pepper and oil.  
Pour over the WARM potatoes, toss gently.  
Put aside so that potatoes can absorb the dressing.  
When quite cool, pour over the mayonnaise.  
Just before serving, spoon through the hot water.  
The hot water gives the salad a creamier consistency.

One may also add diced, hard boiled egg or diced pickled, cucumber, if desired.

ELAINE'S SPINACH AND FETA SALAD.

INGREDIENTS:

4 x 225 g feta cheese  
2 packets spinach, shredded  
1 - 2 red oakleaf lettuce, broken up  
500 g mushrooms, thinly sliced  
3 bunches spring onion, chopped  
2 chopped, blanched onion  
a handful of pitted green olives  
a few big spinach leaves for decoration

METHOD:

Soak feta overnight in water.  
Change water, once or twice  
Mix together the shredded spinach, lettuce,  
mushrooms, spring onion.  
Mix through some dressing.

Lay down the big spinach leaves on a flat platter.  
Spread over spinach mixture.  
Mix through the green olives.  
Top with feta cheese and dress.

DRESSING:

2 x 250 cartons smetna or sour cream  
12 tablespoons mayonaise  
2 crushed cloves garlic  
good dash cayenne  
salt to taste

SPINACH SALAD WITH RASBERRY VINEGAR DRESSING.

INGREDIENTS:

1 bunch baby spinach, shredded  
1 red oakleaf lettuce, broken up  
4 coarsley chopped, hardboiled eggs  
croutons

DRESSING:

Mix together:

1 cup mayonaise  
½ cup cream  
2 tablespoons wine vinegar  
2 tablespoons rasberry vinegar  
salt and pepper to taste  
a few drops of tobasco

## PENNY'S LAYERED SALAD.

### INGREDIENTS:

1 large shredded lettuce  
1 bunch chopped celery (no leaves)  
500 g frozen peas  
1 bunch chopped spring onion  
1 - 1½ tins water chestnuts  
5 - 6 chopped hardboiled eggs  
Hellman's mayonnaise  
Chopped parsley for garnishing

### METHOD:

Choose a straight sided glass bowl.  
Lay down a layer of the shredded lettuce.  
Lay down a layer of chopped celery.  
Lay down a layer of the frozen peas.  
Lay down a layer of the spring onion.  
Lay down a layer of the sliced water chestnuts.  
Lay down a layer of the chopped eggs.  
Top with a thick layer of the mayonnaise.  
Garnish with parsley.  
Cover bowl with gladwrap and refrigerate overnight  
or a few hours.

This salad tastes good with cold meat.

Instead of the mayonnaise, try this dressing.

Combine: 1 cup mayonnaise  
1 cup 2 tablespoons sour cream  
2 teaspoons prepared mustard  
1 cup 1 tablespoon lemon juice  
1/2 cup natural yogurt

Alternative dressing.

Spice up a cup of mayonnaise with salt  
pepper  
aromat  
garlic salt

Beat in 1 small packet parmesan cheese.

## LAYERED SALAD.

### INGREDIENTS:

1 large shredded salad  
4 sticks celery, sliced thinly  
4 spring onions, sliced thinly  
½ English cucumber, diced thinly  
1 can whole sweetcorn kernels  
250g frozen petits pois  
1 can water chestnuts, sliced  
3 hardboiled eggs, chopped

dressing as below

### METHOD:

Choose a straight sided glass bowl.  
Lay down the lettuce.  
Lay down the celery.  
Lay down the spring onions.  
Lay down the cucumber.  
Lay down the sweetcorn.  
Lay down the frozen petits pois, no need to defrost them.  
Lay down the water chestnuts.  
Lay down the chopped eggs.  
Top with the dressing.  
Cover the bowl with gladwrap and refrigerate overnight  
or for a few hours.

#### Dressing one:

1 cup mayonnaise, use mixture of Hellman's and Black  
and Crosswell  
½ cup sour cream  
½ cup natural yoghurt  
3 tablespoons tarragon vinegar  
salt and pepper

#### Dressing two:

1 cup mayonnaise  
2 tablespoons sour cream  
2 teaspoons prepared mustard  
1 tablespoon lemon juice

## EGG AND ONION SALAD BOWL.

### INGREDIENTS:

2 lbs. onions, medium size.	1 kg.
1 tablespoon salt.	15 ml.
½ pint cold water.	300 ml.
White vinegar.	
2 firm lettuce.	
6 - 8 hard boiled eggs.	
Salt and pepepr.	
Oil and vinegar dressing.	

### METHOD:

The day before you need the salad, prepare the onions.  
Peel them and then slice into rings of medium thickness.  
Mix the salt and the water and put onions in it to soak for 2 hours.  
Drain and cover with the vinegar.  
Leave overnight in the refrigerator.  
Next day, shred the lettuce finely, sprinkle with the dressing and toss.  
Drain the sliced onions thoroughly.  
Peel and slice the hard boiled eggs.  
Rub a salad bowl with a cut clove garlic.  
Put down a layer of the shredded lettuce.  
Follow with a layer of onion rings and then a layer of the sliced egg.  
Season with salt and pepper and a sprinkling of the dressing, as you go.  
Garnish with the chopped parsley.  
Serve with a small jug of extra dressing.

### THE DRESSING.

Mix together:	½ teaspoon salt.	3 ml.
	Some pepper.	
	2 teaspoons sugar.	10 ml.
	¼ teaspoon mustard.	1.5 ml.
	1½ tablespoons vinegar.	22.5 ml.
	4 tablespoons oil.	60 ml.

You may soak a clove garlic in this dressing.  
If insufficient, double all ingredients.

## TOMATO SALAD.

INGREDIENTS:

2 lbs. ripe firm tomatoes.	1 kg.
1 medium size onion.	
About 6 tablespoons french dressing.	90 ml.
½ tablespoon chopped parsley.	7.5. ml.

METHOD:

The tomatoes may be served peeled or unpeeled, according to taste.

If you like them peeled, plunge into boiling water for 2 - 3 minutes. The skins will then peel off easily.

Cut tomatoes into slices.

Peel and finely chop the onion.

Arrange the tomatoes in layers in a serving dish, sprinkling each layer with onion.

Spoon over the french dressing and sprinkle with the chopped parsley before serving.

### FRENCH DRESSING.

INGREDIENTS:

½ teaspoon salt.	3 ml.
Good few grinds of black pepper.	
½ teaspoon dry mustard.	3 ml.
1 teaspoon sugar.	5 ml.
2 tablespoons vinegar.	30 ml.
4 tablespoons oil.	60 ml.

METHOD:

Place all ingredients in a small screw topped jar and shake really well.

If you like garlic, keep a clove of garlic in the jar.

This dressing keeps so you can make a large quantity and store in the fridge.

TO SERVE ARTICHOKE AS A CHILLED FIRST COURSE.

Cool artichokes. Cover and refrigerate at least 4 hours. Remove string. Open each artichoke like a flower to reach interior. Pull out tender cone of leaves. Scrape off exposed choke with a spoon. Replace cone of leaves, if desired. Accompany with a small cup of Hollandaise sauce. If choke has been removed and cone not replaced, the cavity can be filled with the Hollandaise or what ever filling you may prefer.

BLENDER HOLLANDAISE SAUCE.

INGREDIENTS:

6 oz. butter. 175 g.  
2 tablespoons lemon juice. 25 ml.  
3 egg yolks.  
Pinch of castor sugar.  
¼ teaspoon salt.  
A shake of white pepper.

METHOD:

Melt the butter.  
Add the lemon juice and heat through.  
Put the egg yolks, the castor sugar, the salt and the pepper in the blender.  
Blend for 6 seconds.  
Remove the lid of the blender and at high speed, slowly add the melted butter and the lemon juice. Add in a steady stream.  
The sauce should be thick within 35 - 40 seconds.  
If too thick, add 1 or 2 teaspoons of hot water.  
Serve immediately.  
Can be kept warm for a little while over barely simmering water.

TO COOK GREEN ASPARAGUS. i.e. to serve cold.

INGREDIENTS:

A packet of green asparagys.  
Large pot boiling water.  
Vegetable or chicken stock cube.  
Good pinch of salt and pepper.  
Ice cubes.

METHOD:

Break off tough ends as far as the stalks snap easily.  
Wash asparagus thoroughly.  
Remove scales if sandy or tough.  
Place in the boiling water. 30 minutes.  
Add the cubes and seasonings.  
Let water come back to the boil.  
**BOIL ASPARAGUS FOR ONE MINUTE ONLY.**  
Drain and immediately set on a bed of ice.  
Cover with ice and keep in fridge until ready to serve.

TO COOK ASPARAGUS IN OVEN.

INGREDIENTS:

500 - 750 g. fresh asparagus.  
Salt and pepper to taste  
45 g. butter.

1 - 1½ lbs.

3 tablespoons.

METHOD:

Preheat oven to 150°C. (300°F.)  
Rinse and trim the asparagus.  
Place in a flat dish in one or two layers.  
Dish must be just large enough to hold the asparagus.  
Sprinkle with salt and pepper.  
Dot with butter.  
Cover tightly with foil - bake 30 minutes.

Asparagus should be crunchy and will not change colour.

Sufficient for 4 servings.

95 calories a serving.



## MAYONNAISE MADE IN A FOOD PROCESSOR.

### INGREDIENTS:

1 whole egg plus 1 yolk.  
1 teaspoon salt.  
1 teaspoon mustard powder.  
2 teaspoons icing sugar.  
A dash of Tobasco.  
1 tablespoon oil.  
1 tablespoon white vinegar.  
1 - 1½ cups oil ..... the more oil, the thicker the  
mayonnaise.  
A further 2 tablespoons white vinegar.  
1 tablespoon boiling water.

### METHOD:

Put the whole egg plus the yolk, the salt, the mustard powder, the icing sugar, the tobasco, the oil and the vinegar into the bowl of the food processor.  
Process with the steel blade for a few seconds.  
Immediately, start to slowly add the 1 - 1½ cups oil.  
Now add the further 2 tablespoons white vinegar.  
Finish with the tablespoon boiling water.

## GREEN MAYONNAISE.

### INGREDIENTS:

1 quantity homemade mayonnaise.  
A handful of fresh tarragon.  
A generous sprig of parsley.  
6 spinach leaves.  
2 chopped spring onions.  
1 tablespoon chopped parsley.

### METHOD:

Place the tarragon, sprig parsley and spinach leaves in a pot with a minimum of water.  
Boil for 3 minutes.  
Squeeze the greens and add the liquid to the mayonnaise.  
This will colour and flavour it.  
The mayonnaise will not colour immediately.  
Add the chopped spring onions and the chopped parsley.

HOLLANDAISE SAUCE IN MAGIMIX.

INGREDIENTS:

4 egg yolks  
2 tablespoons lemon juice  
1 tablespoon warm water  
dash of tobasco  
½ teaspoon salt  
125g melted butter / 125 g = ¼ lb

METHOD:

Place egg yolks, lemon juice, warm water, tobasco and salt in magimix.

Using steel blade process briefly until blended. Very slowly pour in the hot melted butter.

If necessary pour sauce into top of double boiler over barely simmering water to thicken.

Whisk all the time.

Base of double boiler must not touch the water.

If the sauce curdles, gently whisk through another tablespoon boiling water.

If it is necessary to let sauce stand, keep in bowl of warm water.

BECHAMEL SAUCE. (cheese sauce)

INGREDIENTS:

1½ tablespoons butter  
2½ tablespoons flour  
salt and ground pepper  
2 cups milk  
¾ cup cream  
3 tablespoons grated swiss cheese  
3 tablespoons grated parmesan

METHOD:

Melt butter in a pot, stir in the flour with a wooden spoon.

Stir for 1 minute, add a little salt and pepper.

Turn stove to medium low and whisk in milk until mixture thickens. Then add cream stir until thickened.

Remove from heat and stir in the cheeses.

## MEDITERRANEAN SALAD.

### INGREDIENTS:

1 pkt baby potatoes	700g
1 pkt baby corn	
1 pkt snap peas	200g
1 pkt white mushrooms	250g
3 bringal	
1 English cucumber	
1 pkt baby carrots	
1 pkt baby tomatoes	

1 box felafel mix

salt and vinegar spice  
oil  
salt  
origanum  
cayenne pepper

1 carton techina  
juice of ½ a lemon  
¼ cup oil  
¼ cup peri-peri oil

1 teaspoon garlic salt

chopped parsley to decorate

### METHOD:

Parboil potatoes for 10 minutes.  
Cool and then place on a baking sheet.  
Drizzle with oil and season with salt and vinegar spice.  
Roast potatoes till very crispy in a 200°C oven.  
Should take between ¾-1 hour.  
Drain on paper towels and cool.

Place corn, sugar snap peas and mushrooms on a baking tray.  
Drizzle with oil and season with salt, origanum and a little cayenne pepper.  
Roast in a 200°C oven for 7 minutes.  
Shake and throw into a colander to cool.

just under ½ a cup

if too hot use eigh'th  
cup peri-peri and top with  
salad oil

ALLY'S NOODLE SALAD

Slice and salt the bringal.

Set aside for ½ an hour.

Rinse, pat dry and fry.

Slice cucumber and cut each slice in half.

Julienne the carrots.

Slice baby tomatoes in half.

Fry felafel ball as instructed on box or you can buy ready made balls.

Toss together all vegetables except potatoes and bringal. Throw onto a large flat platter and top with felafel balls, bringal and potatoes.

METHOD

Mix together all dressing ingredients and pour over salad just before you serve.

Top with chopped parsley.

Serve with warmed pita breads.

Can do the bringal a few days before.

Put in bottle, cover with oil and lemon juice.

This salad looks good if arranged on a bed of washed and dried mixed greens.

SALLY'S NOODLE SALAD.

INGREDIENTS:

- 500g shell or bow shaped **noodles**
- 4 -6 sliced and blanched **baby marrows**
- 1 chopped red pepper
- 4 chopped pickled onions
- 2 chopped pickled cucumbers
- 1 can corn kernels
- 1/2 cup mayonaise
- 1/2 cup Italian dressing
- 1/2 cup chutney
- 1/2 teaspoon cayenne pepper
- a good sprinkling of garlic salt

METHOD:

- Boil noodles in salted water.
- Drain and set aside.
- Mix together the mayonaise, Italian dressing, chutney, cayenne and garlic salt.
- Toss through the noodles.
- Mix together with the baby marrows, red pepper, pickled onions, sour cucumber and corn kernels.
- Serve at room temperature.

## BEETROOT SALAD IN AN ORANGE-MAYONNAISE DRESSING.

### INGREDIENTS:

#### INGREDIENTS:

4 large beetroots  
1 onion (slices or pieces)  
Feta cheese cubes, soaked in fresh water for a few hours before using

#### DRESSING:

4 cloves garlic  
1/2 cup vinegar or lemon juice  
1/2 cup honey  
1/2 cup olive oil (light olive oil, not virgin)  
grated zest and the juice of 2 oranges  
1/2 salt and pepper to taste  
1 cup mayonaise

#### METHOD:

Boil beetroots until tender.  
Cool, peel, quarter and slice, not too thinly.  
Peel, quarter and cut onion into longitudinal slices.  
Mix beetroot and onion together and place in a dish.  
Throw garlic into running processor.  
When chopped fine, add the rest of dressing ingredients.  
Taste and pour over beetroot and onion.  
Seal dish and refrigerate for a day or two.

## BRINGAL SALAD.

### INGREDIENTS:

5 bringals  
3 x 250g packets mushrooms  
100g walnuts or pecans  
feta cheese cubes, soaked in fresh water for a few  
hours before using  
oil for frying  
  
1 cup oil  
1 cup olive (use light olive oil, not virgin)  
juice of 2 lemons  
½ cup balsamic or redwine vinegar  
1 teaspoon sugar  
6 crushed cloves garlic  
salt and pepper to taste

### METHOD:

Slice bringals lengthways.  
Salt and leave in colander for 1 hour.  
Rinse and pat dry.  
Fry slices in shallow oil.  
The oil will be absorbed by the bringal, so you have  
to keep adding more oil.  
Fry until brown and cooked, drain well.  
Boil mushrooms for 10 minutes and then drain.

Mix together the oils, lemon juice, vinegar, sugar,  
garlic and seasonings.  
Divide this dressing in two and pour half over the bringals  
and half over the mushrooms.  
Put in fridge and marinate 2-3 days before serving.

### Day of serving:

Drain marinade from the mushrooms.  
Layer bringal slices and mushrooms on a flattish plate.  
Sprinkle with the bringal marinade.  
Top with the feta cheese cubes.  
Garnish with freshly chopped parsley.  
The salad needs the green of the parsley.

ESSIE'S HALFSOUR CUCUMBERS.

INGREDIENTS:

1 cup white vinegar	250 ml
3 cups water	750 ml
3 tablespoons sugar	45 ml
1 tablespoon salt	15 ml

2 English cucumbers  
5-6- cloves, peeled garlic  
a few allspice  
a few bayleaves

METHOD:

Boil the vinegar, water, sugar and salt.  
Slice the unpeeled cucumbers.  
Do not slice too thin.  
Layer the cucumbers in a dish with the garlic,  
allspice and the bayleaves.  
Pour over the hot vinegar mixture.  
Leave out of the fridge to cool.  
Cover and refrigerate.  
Eat within 3-4 days of making.

## RHONA'S GREEN BEAN SALAD.

### INGREDIENTS:

1 kg. frozen beans.	2 lbs.
1 large chopped onion.	
80 ml. sugar.	one third cup.
125 ml. oil.	½ cup.
125 ml. white vinegar.	½ cup.
15 ml. mustard powder.	3 tsp.
10 ml. salt.	2 tsp.
3 ml. pepper.	½ tps.

### METHOD:

Bring the frozen beans to the boil in salted water.

Drain and blanch immediatley.

Set aside in fridge.

When cool, mix through the chopped onion.

Mix all other ingredients.

Pour over the beans and let marinade a few days.

If desired, you may chop up a can of anchovies and also add to the salad.

Just before serving, arrange the salad in an oblong dish.

Top generously with chopped hardboiled egg.

### CREAMY FRENCH DRESSING.

- INGREDIENTS:
- 1 cup lemon juice.
  - 1 tablespoon white vinegar
  - 3 tablespoons oil or water.

## CELERY AND CARROT SALAD.

### INGREDIENTS

#### FOR SALAD:

- 1 stalk celery, sliced very thin - length-wise.
- ½ green pepper, slice very thin - length-wise.
- 3 peeled and shredded carrots - use magimix.
- A handful of raw, thinly sliced, mushrooms.
- 1 green apple, diced with skin on.
- 2 ripe avocado pears. Peel, slice length-wise.
- 1 teaspoon orange juice.
- 1 teaspoon lemon juice.
- Few leaves of lettuce.

### INGREDIENTS

#### FOR DRESSING:

- 1 teaspoon vinegar.
- ½ teaspoon salt.
- 1 teaspoon sugar.
- ¼ teaspoon pepper.
- 1 teaspoon strong English mustard.
- 4 tablespoons oil.

### METHOD:

- Line a flattish dish - like my cabbage leaf plate, with lettuce.
- Mix the celery, the green pepper, the carrots, the mushrooms and the apple together.
- Heap this mixture towards centre of plate.
- Beat all ingredients of dressing together and drizzle about 4 tablespoons over salad.
- Acidulate the avocado pear slices in the orange and lemon juices.
- Decorate salad with the crescents of avocado.
- Work from centre out.
  
- Garnish with tomato, parsley, chopped spring onion and sliced hard boiled egg.

## CREAMY FRENCH DRESSING.

This is an excellent alternative dressing for the above salad. I actually prefer it.

### INGREDIENTS:

- ¼ cup lemon juice.
- 1 tablespoon white vinegar - Cirio if possible.
- 3 tablespoons milk or water.

## SPECIAL DRESSING FOR BUTTER LETTUCE SALAD.

### INGREDIENTS:

4 egg yolks.  
½ teaspoon salt.  
A good sprinkling of freshly ground black pepper.  
A good sprinkling of Aromat.  
Two-thirds cup sugar.  
1 cup white vinegar.  
1 cup oil.  
1 cup cream.  
¼ finely chopped onion.

### METHOD:

Put the egg yolks, the salt, the pepper, the Aromat and the sugar in the bowl of the processsor.  
Process with the steel blade for a few seconds.  
Add 1 tablespoon of the vinegar and 1 tablespoon of the oil.  
Add the rest of the vinegar and the oil.  
Pour in a steady stream, alternately.  
Process for a minute.  
Pour in the cream and process.  
Add the onion and process once more.  
The mixture is a thin mixture.  
This recipe makes a large quantity but the dressing keeps well in the fridge.

### TO SERVE:

Lay out some butter lettuce leaves on individual plates.  
Sprinkle with some coarsely chopped walnuts.  
Decorate with a few slices of hard boiled egg.  
The hard boiled egg may be garnished with caviar, is so desired.  
Pour over a little of the dressing and serve as a starter.

1 tablespoon sugar.  
3 cloves, crushed garlic.  
1 teaspoon salt.  
½ teaspoon black pepper. - freshly ground.  
1 teaspoon mustard powder.  
1 cup oil.

METHOD:

Put all ingredients except oil in bowl of processor.  
Blend and then slowly add the oil.  
Taste - the dressing may need a little extra sugar  
or salt.  
Milk makes the dressing creamier but allows you to only  
keep it for a week in the fridge.

THOUSAND ISLAND DRESSING.

INGREDIENTS:

½ cup tomato sauce.  
2½ tablespoons white wine vinegar.  
¼ cup sugar.  
Juice of 1 onion.  
1 crushed clove garlic.  
½ cup mayonnaise.  
Salt and pepper to taste.  
½ to three-quarter cup oil.

METHOD:

Blend all ingredients well but add oil at the last.

TO BREAK

Roll each lettuce leaf and then break.

LETTUCE:

To use this dressing make a salad with lettuce, croutons  
and grated egg.

### TO COOK ARTICHOKES.

Remove any discoloured leaves and the small leaves at the base of the artichoke. Trim stem even with the base of the artichoke. Cutting straight across, slice 1" off top. Discard top. Snip of points of the remaining leaves with scissors. Rinse artichoke under cold water.

To prevent leaves from spreading during cooking, tie string around the artichoke from top to bottom to hold leaves in place. Invert cleaned artichokes in a bowl containing 1 tablespoon lemon juice for each quart (litre) of water. This prevents the cut edges from discolouring.

Artichokes should be cooked in a large pot of water. For 4 - 5 artichokes boil up 6 quarts (6 litres) water to which you have added 1 tablespoon oil, 1 tablespoon salt, a vegetable or chicken stock cube and 2 cloves garlic. Add artichokes, heat to boiling. Reduce heat and simmer uncovered 30 to 40 minutes. Artichokes are cooked when a leaf pulls out easily and the bottom is tender when pierced with a knife. Remove artichokes carefully from water (use tongs or two large spoons) place upside down to drain. Keep warm.

### TO SERVE HOT AS A FIRST COURSE.

Remove string but do not remove choke. Place artichoke upright on plate. Accompany with a small cup of Hollandaise sauce.

### TO EAT ARTICHOKES.

Pluck leaves one at a time. Dip base of leaf in a sauce or lemon butter. Turn leaf meaty side down and draw between teeth, scraping off the meaty portion. Discard leaf on plate.

When all outer leaves have been removed, a centre cone of small, light coloured leaves covering the fuzzy choke will be exposed. Pull or cut off cone of leaves. Slice off fuzzy choke with knife and fork. Discard. Cut the remaining "heart" - the prize section, into bite-size pices, dip into sauce.

## CORN ON THE COB SALAD.

### INGREDIENTS:

6 - 8 cobs sweetcorn precut into rounds.

250 ml apple cider vinegar

5 tablespoons sugar

1 tablespoon dry mustard powder

2 cloves crushed garlic

4 teaspoons salt

a good dash black pepper

a good dash ground ginger

500 ml oil

¼ cup boiling water

1 red pepper cut into diamond shape dice

1 green pepper cut into diamond shape dice

### METHOD:

Boil sweetcorn until just tender.

While the corn is cooking, make the dressing.

Blend the vinegar, the sugar, the mustard, the garlic, the salt, pepper and ginger.

Slowly add the oil.

The dressing should be thick and well emulsified.

Whilst beating, add the boiling water.

Drain the sweetcorn and pour the dressing over the hot corn.

Stir through the peppers.

Set aside to cool at room temperature.

## BANANA WALDORF SALAD.

### INGREDIENTS:

6 red skinned apples, diced.  
2 green skinned apples, diced.  
4 - 6 bananas, sliced.  
Juice of 1 lemon.  
1 x 285 g. tin pineapple chunks. About 10 oz.  
4 sticks celery, diced.  
100 g. walnuts, coarsely chopped. 4 oz.  
250 ml. sultanas. 1 cup.  
250 ml. mayonnaise. 1 cup.  
5 ml. curry powder. 1 teaspoon.  
30 ml. honey. 2 tablespoons.

### METHOD:

Sprinkle the diced apple and the sliced bananas with the lemon juice to prevent discolouration. Drain the pineapple chunks but reserve the juice. Place the apples, bananas, celery, walnuts and sultanas in layers in a salad bowl, finishing with the latter two.

Mix together the mayonnaise, curry, honey and  $\frac{1}{4}$  cup (200 ml.) of the pineapple juice. Pour over the salad and mix well. Serve on lettuce leaves or in a glass bowl.

SALAD WITH GRILLED GOAT'S MILK CHEESE  
AND BLACKBERRY VINAIGRETTE AND CANDIED WALNUTS.

INGREDIENTS:

3 x 200 g round goat's milk cheese  
olive oil  
salt  
milled pepper  
cayenne pepper  
crisp salad leaves

VINAIGRETTE:

60 ml blackberry vinegar (or another berry-based vinegar)  
30 ml melted redcurrent jelly  
125 ml extra virgin olive oil  
60 ml of 100% olive oil

CANDIED WALNUTS:

200 g walnut halves  
200 ml castor sugar

VINAIGRETTE:

Beat together the vinegar and jelly.  
Whisk in the oils and season with salt and pepper.

WALNUTS:

Simmer the walnuts in water for five minutes.  
Drain on kitchen paper.  
Heat a little olive oil in a pan, toss the nuts in the  
sugar and fry until brown and crisp.  
Place on a baking sheet and season with salt and cayenne  
pepper.

CHEESE:

Cut the cheeses into 2 cm rounds.  
Place on baking tray.  
Sprinkle with olive oil and season with salt and pepper.  
Grill until hot and lightly browned on top.

TO SERVE:

Toss the salad leaves in the vinaigrette and arrange  
on six plates.  
Top with cheese rounds and sprinkled with the walnuts.

ELAINE'S BUTTER LETTUCE AND MANDARIN SALAD.

INGREDIENTS:

4 heaped tablespoons sugar  
100g/4oz packet shelled almonds, not blanched

Dressing:

2 tablespoons sugar  
2 tablespoons white vinegar  
1 tablespoon dried parsley  
½ teaspoon salt  
a good dash Tobasco  
½ cup oil

1 butter lettuce  
1 red lettuce  
½ cup chopped spring onion  
2 sticks finely chopped celery  
1 tin mandarin sections, drained

METHOD:

To make the praline:

Melt the sugar in a heavy bottomed pot.  
As the sugar begins to melt, add the almonds.  
Toss till coated.  
Working carefully, take almonds out of syrup.  
Use 2 forks and try to take out individual nuts.  
Set nuts on a greased biscuit tray to cool.  
When nuts are cold, slice in half.  
The caramelized almonds can be made a few days  
before needed.

Mix all ingredients for the dressing and set aside.

Toss wash and dried lettuce, the spring onion and the  
celery together.

Set out on a flat platter.

When ready to serve, tuck mandarins in and out of  
the lettuce leaves.

Drizzle over the dressing and top with the praline.

Increase all ingredients in proportion to the lettuce  
used.

### JANE'S TUNA SALAD.

#### INGREDIENTS:

185 g tin tuna in oil  
About a third lettuce, finely sliced  
1 medium diced pickled cucumber  
1 firm diced tomato  
about 3 tablespoons mayonnaise to moisten  
salt and pepper to taste

#### METHOD:

Break up tuna.  
Mix through all other ingredients.

### ROSE'S PASTA SALAD.

#### INGREDIENTS:

250 - 500 g bow-shaped pasta  
1 sachet orley-whip  
4 generous tablespoons Hellman's mayonnaise  
salt and sugar to taste.

#### METHOD:

Boil pasta in salted water.  
Drain and rinse well with cold water.

Make a dressing by whipping the orly-whip  
and folding in the mayonnaise.  
Season to taste with a little salt and sugar  
to taste.

Mound pasta on a pretty platter.  
Top with the dressing.

Adjust dressing quantity to pasta quantity.

COURGETTES AU VIN BLANC.

INGREDIENTS:

400 g courgettes - top and tail them  
if small, leave whole  
if medium, slice in half, lengthways

25 ml white wine

25 ml/20 g butter

1 finely chopped onion

2 ml sugar

25 ml chopped parsley

25 ml thin cream

METHOD:

Parboil the courgettes in boiling salted water for 5 minutes.

If preferred, they may be steamed over boiling salted water for 4 minutes.

Drain.

Boil up the wine, the butter, the onion, the sugar, the parsley.

Add the courgettes and cook 5 minutes more.

Season lightly and serve at once.

### GLAZED FROZEN CARROTS.

#### INGREDIENTS:

1 packet frozen baby carrots or 2 packets fresh baby carrots  
4 tablespoons butter or margarine  
2 - 3 tablespoons honey or syrup  
salt and pepper

#### METHOD:

**FROZEN CARROTS:** Cook carrots in microwave 3 - 4 minutes.  
Melt over the honey, butter, salt and pepper to taste.

**FRESH CARROTS:** Brush dirt off carrots and cut off ends.  
Boil about 10 minutes or until tender.  
Drain and toss with the honey, butter, salt and pepper.

### BUTTERNUT PUREE.

#### INGREDIENTS:

4 tablespoons butter or margarine  
1 - 2 tablespoons potato powder i.e. Cadbury's Smash  
or breadcrumbs  
2 tablespoons cream or Orlywhip  
salt and freshly ground pepper  
2 tablespoons water

1 whole butternut, peeled and cooked until tender

In food processor, process the butter, potato powder, cream, salt pepper ground nutmeg and the well drained butternut.

Blend until smooth.

Reheat to serve.

Can be frozen.

#### TO COOK BUTTERNUT IN MICROWAVE:

Cook whole butternut with skin and pips on a plate, covered with plastic bag in the microwave for 20 minutes. Cool slightly, remove skin and pips.

### SHIRLI'S LAYERED POTATOES.

#### INGREDIENTS:

as many potatoes as needed  
some cut cloves of garlic  
oil  
seasoned flour - use 1 teaspoon salt and  $\frac{1}{4}$  teaspoon  
pepper to each  $\frac{1}{4}$  cup flour used

#### METHOD:

Peel and slice thinly, as many potatoes as needed.  
The magimix does quickly and efficiently.  
Grease a shallow baking dish.  
Rub the dish very well with the cut cloves garlic.  
Lightly dust the potatoes with the seasoned flour.  
Layer the potatoes in the dish.  
Dribble a little oil over the layer.  
Continue thus until the dish is full.  
Cover the dish with tin foil and bake in a  
350°C/180°C oven for one hour.  
Remove foil and continue baking until the potatoes  
are crisp and golden brown.  
This could take another 45 minutes.

You may use sweet potatoes in the same way but slice  
the sweet potatoes through their length.

### PAULINE'S LAYERED POTATOES.

#### INGREDIENTS:

4 - 6 medium potatoes, pared	
3 tablespoons margerine	45 g
2 tablespoons instant chicken soup mix	30 g
3 tablespoons flour	45 g
1½ cups boiling water	375 ml
salt and pepper to taste	
paprika	

#### METHOD:

Cut potatoes to fit feed tube of processor.  
Slice using medium pressure.  
Arrange potatoes, in layers, in a well greased,  
shallow, 2 quart/8 cup casserole.

With the steel blade, process margerine, soup mix and flour until blended - about 5 seconds.  
Pour the boiling water through the feed tube, while machine is running and process.  
Transfer this sauce to a pot and cook over medium heat until thick and bubbly.  
Add salt and pepepr to taste.  
Pour sauce over potatoes and sprinkle with paprika.  
Bake uncovered, in a 350°F/180°C oven for 1½ hours.  
Bake until tender and golden brown.

This quantity potatoes should make 4 - 5 layers and should make 4 servings.

#### PAULINE'S FAN POTATOES.

Scrub some potatoes in their jackets.  
Prick the potatoes.  
Microwave briefly - 10 minutes for 10 potatoes.  
You should just be able to slice the potatoes.  
Slice through the potatoes, fairly thinly.  
Do not slice all the way through - say about ¾ way.  
Sprinkle Telma onion soup mix between the cuts.  
Put potatoes in a greased baking dish.  
Sprinkle each potato fairly generously with oil.  
Sprinkle each potato with a little salt.  
Bake at 350°F/180°C for 2 hours.  
Potatoes should be tender yet crisp and golden brown.

## POTATO LATKES

### INGREDIENTS:

500 g. peeled and washed potatoes.  
A medium onion, peeled.  
¼ cup matzo meal or flour.  
1 teaspoon baking powder.  
2 teaspoons sugar.  
1 teaspoon salt.  
Pinch of pepper.  
1 beaten egg.  
Butter or oil for frying.

### METHOD:

Grate the potatoes and the onion on a medium grater.  
Add all other ingredients and mix very well.  
Let the mixture stand while the butter or the oil is heating.  
Oil is preferable for frying, it makes a lighter and crisper latke.  
Drop the potato mixture by tablespoon into the hot oil.  
Fry fairly quickly to a golden brown on each side.  
Start on high and switch to medium.  
Remove from pan and drain on brown paper.  
No draining is required if you have used butter to fry.  
The latkes should be thin.  
If not served as a vegetable, serve with cream and cinnamon sugar.

## POTATO PUDDING.

### INGREDIENTS:

¾ cup oil.  
10 largish, peeled potatoes.  
1 medium onion.  
2 tablespoons flour.  
1 teaspoon salt.  
A good sprinkling of pepper.  
2 teaspoons sugar.  
2 beaten eggs.

### METHOD:

Heat the oil in a shallow dish - 8" x 12" x 2" is a nice size.  
A shallow dish makes a crispier pudding.  
Grate the potatoes and the onion on a fine grater.  
Mix in the flour, the salt, the pepper, the sugar and the beaten eggs.  
Pour the heated oil into the potato mixture and beat vigorously.  
Pour it all into the heated dish and bake at 350°F. for about 1½ hours.  
The pudding should be a nice golden brown.  
The metric measurements for the dish are 20 cm. x 30 cm. x 5 cm.

## CANDIED SWEET POTATOES.

### INGREDIENTS:

4-6 sweetpotatoes, depending on size  
¼ cup orange juice  
15ml lemon juice  
½ cup soft brown sugar  
seasoning  
3 tablespoons butter or oil

### METHOD:

Peel sweetpotatoes and cook until just tender in salted water.  
Drain and slice.  
Do not too thin or too thick.  
Arrange sliced sweetpotatoes in overlapping rows in a greased fire-proof dish.  
Mix the juices and spoon over.  
Sprinkle with the sugar.  
Season lightly  
Dot with butter or dribble with the oil.  
Bake uncovered in a hot oven, 220°C/425°F ¾ to 1 hour.  
Sweetpotatoes should be crisp and golden brown.

## ONION RINGS.

### METHOD:

Slice onions.  
Put in dish and cover with sweetened water.  
Refrigerate for a few hours.  
Drain and dry on paper towels.  
Shake in flour and deep fry.

MAVIS'S BRAISED LEEKS IN WINE.

INGREDIENTS:

1 chopped onion  
60 ml/4 tablespoons butter  
a crushed clove of garlic or two  
500 g/1 lb leeks - if very young, simply top and tail  
if older, cut into strips  
125 ml/½ cup dry white wine  
125 ml/ ½ cup chicken stock  
salt  
pepper  
1 bayleaf  
½ teaspoon origanum  
1 tablespoon flour  
1 teaspoon, prepared English mustard  
3 tablespoons grated cheddar cheese  
100 ml/third cup cream

METHOD:

Sauté the onion in HALF the butter until soft.  
Add the garlic and stir fry until aroma is released.  
Add the leeks and toss well.  
Add the wine, the stock, the salt, the pepper,  
the bayleaf and the origanum.  
Cover and simmer till leeks are tender.  
Strain and RESERVE the leek liquid.  
Put leeks into a heatproof dish.  
Heat remaining butter.  
Stir in the flour and cook a few moments.  
Gradually beat in the leek liquid.  
Cook till bubbling  
Stir in the mustard, cheese and the cream.  
Pour over leeks and serve hot.

## ZUCCHINI JULIENNE.

### INGREDIENTS

#### FOR SAUCE:

1½ tablespoons margerine or butter.  
1 tablespoon olive oil.  
3 tablespoons chopped onion.  
1 large chopped or crushed clove garlic.  
1 cup peeled, seeded and coarsley chopped tomatoes.  
1½ tablespoons finely chopped fresh basil or any other fresh herb - can substitute 1 teaspoon dried basil.  
1½ tablespoons chopped parsley.  
1½ teaspoons salt.  
Freshly ground pepper.

### METHOD

#### FOR SAUCE:

Heat the margerine or butter in a heavy pot.  
Add the onion and cook, stirring for 1 minute.  
Add the garlic and cook stirring for another minute.  
Add the tomatoes and cook till thick.  
Mix in the basil, parsley, salt and pepper.  
Taste and adjust seasoning.  
May need a pinch or two of sugar.

### INGREDIENTS

#### FOR ZUCCHINI:

800 g. zucchini cut into julienne strips.  
2 tablsespoons olive oil.  
Salt and pepper.

### METHOD:

Heat the oil in pan and gently sauté the zucchini.  
Toss gently while cooking.  
Cook for 3 to 4 minutes.  
The zucchini should not be too soft.  
Stir in sauce, taste and season.  
Can be made early - reheat to serve.  
Zucchini can also be cut into rounds if it is too much bother to julienne.

### JANE'S CABBAGE FRITTERS.

#### INGREDIENTS:

½ a medium. finely grated cabbage.  
2 finely grated potatoes.  
4 tablespoons flour. 60 ml.  
2 beaten eggs.  
Salt and pepper to taste.

#### METHOD:

Mix all ingredients together.  
Fry tablespoons in oil that has been mixed with  
a tablespoon (15 ml.) of butter.  
drain and serve.

### SWEETCORN FRITTERS.

#### INGREDIENTS:

1 cup corn kernels. 250 ml.  
5 tablespoons milk. 75 ml.  
1 beaten egg.  
1 tablespoon melted butter. 15 ml.  
½ cup flour. 125 ml.  
1 teaspoon baking powder. 5 ml.  
½ teaspoon salt. 3 ml.  
2 teaspoons sugar. 10 ml.  
Pepper to taste.

#### METHOD:

Combine kernels, milk, egg and butter.  
Sift dry ingredients together and add.  
Mix well and drop from tip of a spoon into  
hot butter or oil in a heavy frying pan.  
Fry until golden brown on both sides.

### YVONNE'S ONION RINGS.

#### METHOD:

Slice some onions.  
Cover with sugared water.  
Refrigerate for a few hours.  
Drain and dry on paper towels.  
Shake in flour and fry in deep oil.

### SHIRLI'S NEW POTATOES.

#### INGREDIENTS:

1 lb. new potatoes.	500 g.
1 chicken cube.	
1 beef cube.	
2 cups boiling water.	500 ml.

#### METHOD:

Scrub the potatoes well.  
Leave the skins on.  
Make 3 small "V" shaped cuts on one surface of each potato.  
Dissolve the cubes in the boiling water.  
Put the potatoes into a greased dish.  
Pour over the stock.  
Bake in a 350°F oven for about an hour or until fork tender.  
350°F. = 180°C.  
Baste often.

Cutting the "V's" into the potatoes, allows the flavours of the stock to steep into the potatoes.

It is not essential to cut the "V's".

### OVEN COOKED RICE.

#### INGREDIENTS:

1 cup raw rice.	250 ml.
1 crumbled chicken or vegetable cube.	
1 teaspoon salt.	5 ml.
3 tblsp butter or oil.	
2 cups water.	500 ml.

#### METHOD:

Put rice into an ovenproof dish.  
Bring all other ingredients to the boil and pour over the rice.  
Bake for 45 minutes or until tender in a 300°F. (160°C.) oven.

## RED CABBAGE AS A VEGETABLE.

### INGREDIENTS:

1 large red cabbage.  
4 tablespoons sugar. 60 ml.  
1 teaspoon salt. 5 ml.  
A sprinkling of pepper.  
 $\frac{1}{2}$  cup white vinegar. 125 ml.  
6 tablespoons fat or oil. 90 ml.  
3 green apples.  
 $\frac{1}{2}$  -  $\frac{3}{4}$  cup red wine e.g. Shabbos wine. 125 - 200 ml.  
Juice of  $\frac{1}{2}$  lemon.

### METHOD:

Slice the cabbage - not too fine, not too thick.  
Place in a pot without any water.  
Add the sugar, salt, pepper and the vinegar.  
Allow to stand for 30 minutes.  
Melt the fat and stir into cabbage.  
Peel the apples, cut into eights, put on top of cabbage.  
Cover and allow to simmer slowly.  
When the cabbage starts to shrink, add a little warm water and cook for 30 minutes longer.  
Add the wine, lemon juice and adjust the seasonings.  
Cook a little longer - by now the apples should almost of disappeared.  
Stir through and serve hot.

## BAKED POTATOES.

### INGREDIENTS:

Potatoes.  
Some cooking oil.  
Salt.  
Squares of tin foil.

### METHOD:

Scrub and dry the potatoes.  
Brush well with the oil.  
Sprinkle with salt.  
Wrap each potato in a square of foil - shiny side inside.  
Put all wrapped potatoes in a baking dish.  
Bake at 400°F. (200°C.) for 1 hour or until soft.

## TANNO'S BRAISED ARTICHOKEs.

### INGREDIENTS:

8 artichokes  
some cut up lemons  
4 - 5 cloves garlic, crushed  
about 1 cup olive oil  
salt  
freshly ground pepper  
3 tablespoons chopped parsley  
zest of ½ a lemon  
crumbled cube chicken or vegetable stock

### METHOD:

Pull off outer leaves of artichokes.  
Pull until you begin to see the pale green of the inner leaves.  
Peel the stems with a potato peeler.  
Now, peel around the artichoke as if it was a potato.  
Do not put knife under leaves.  
You will be peeling the upper part of the leaf, leaving the tender lower part.  
Peel in a spiral from the bulbous end up.  
Cut prickly tip off.

Rub each artichoke all over with a lemon half.  
This prevents discolouration.  
The artichokes can at this stage, be put in a plastic bag, sealed and refrigerated.  
Just before using, put artichokes into a bowl of water to cover.  
Tuck in a good few lemon halves or quarters.

Pour about ½ cup olive oil into a heavy bottomed pot.  
Heat and then add the garlic.  
Stir fry a few moments to release the aroma.  
Remove pot from heat and put in artichokes.  
Artichokes must be put in, stems up.  
Pack tightly - pot size should just take quantity artichokes.  
Remove lemon halves from artichoke water and add to pot.  
Add the lemon zest, the parsley, the cube, salt and pepper.  
Drizzle over the remaining ½ cup olive oil.

Cover to top of bulb with boiling water.

Put over a sheet of brown paper and seal with lid.

Bring to the boil and then turn heat down to simmer.

Simmer slowly 1 - 1½ hours.

Time depends on the artichokes.

Artichokes should become deliciously tender.

Do not open for the first hour of cooking.

All the steam built up will escape.

Taste for seasoning.

The artichokes may need a little more of all the seasonings.

Serve as a first course or as a vegetable.

## PRUNES AND SWEET POTATOES.

### INGREDIENTS:

500 g. sweet potatoes.  
250 g. prunes.  
30 ml. chicken fat. 2 heaped tablespoons.  
Third cup ginger syrup.  
1 cup chicken stock made with 1 cube.  
2 ml. ground cinnamon. ½ teaspoon.  
5 ml salt. 1 teaspoon.

### METHOD:

Neatly cube the peeled sweet potatoes.  
Combine the sweet potatoes, the prunes, the chicken fat, the salt and the cinnamon and toss gently until well distributed.  
Transfer to a lightly oiled, ovenproof casserole.  
Pour the syrup all over the top and then the stock.  
Cover and bake in a pre-heated oven.  
Start the temperature at 180°C. (350°F.) and after 1½ hours, reduce to 160°C. (300°F.)  
Shake the casserole gently from time to time to distribute contents.  
Extra water may be added as needed.  
This dish requires slow, long cooking.  
May take 3 - 4 hours.  
The potatoes must be tender and golden.

SPINACH AND PENNE BAKE. (can be made the day before)

INGREDIENTS:

2 cups uncooked penne

2 cups cooked tomato sauce (see recipe below)

300 g fresh spinach, shredded and lightly fried

2 tablespoons chopped fresh basil or 2 teaspoons dried

500 g sliced brown mushrooms, lightly fried

1 - 2 cups grated mozzarella

TOMATO SAUCE:

1 finely chopped onion

4 tablespoons olive oil

3 x 425 g tins whole peeled tomatoes

2 tablespoons sugar

salt and pepper to taste

Lightly fry the onions in the olive oil.

Add the tomatoes and simmer slowly for about an hour.

Sauce should have thickened.

Season with the sugar, salt and pepper.

METHOD:

Cook penne as per instructions on packet.

Drain and cool.

In a baking dish, layer

half the tomato sauce

the penne

remaining half tomato sauce

the spinach

the basil

the mushrooms and then

the mozzarella.

Bake uncovered in a 180°C oven for about 20 minutes.

## BROCCOLI, SNOW PEA AND MUSHROOM VEGETABLE MIX.

### INGREDIENTS:

2 packets broccoli  
2 packets snow peas  
2 packets mushrooms  
4 spring onion  
2 tablespoons toasted sesame seeds or toasted flaked almonds  
4 tablespoons soya sauce  
2 tablespoons honey or syrup  
salt and pepper to taste

### METHOD:

Separate broccoli into flowerettes.  
Blanch for two minutes.  
Slice snow peas in two on the diagonal.  
Blanch for two minutes.  
Set aside in fridge on ice for an hour or two.  
If waiting time is to be longer, remove ice.  
Line a bowl with paper toweling, throw over the broccoli and peas.  
Refrigerate until needed.  
The paper towel will absorb excess water.

Slice the mushrooms and fry until most of its liquid has evaporated.  
Add the soya sauce, honey, salt and pepper.  
Remove from stove and add in the chopped spring onion.  
Pour this mixture over the broccoli and the snow peas.  
Mix through and put all in a casserole dish.  
Reheat entire dish in the microwave for 5 - 6 minutes.

Before serving top with the sesame seed or the almonds.

This dish makes an enormous quantity - it will serve 12 - 15 people.  
I always halve it.

## YELLOW RICE WITH LENTILS AND PINE NUTS.

### INGREDIENTS:

- 1 cup brown lentils
- 2 cups rice
- 4 cups water
- ½ teaspoon tumeric
- 2 tablespoons sugar
- 2 teaspoons salt
- 2 tablespoons butter or margerine
- ½ cup pine nuts
- 1 tablespoon chopped parsley

### METHOD:

Soak lentils in boiling water for 1- 2 hours or overnight.  
Bring the 4 cups water to the boil.  
Stir in the tumeric, sugar, salt and a tablespoon of the butter or margerine.  
Add the rice and boil briskly (uncovered) for approximately 20 - 30 minutes.  
Drain the lentils and cook in 3 cups water for 30 minutes.  
While the rice and lentils are cooking, saute the pine nuts in the remaining butter or margerine for a few minutes.  
Drain the lentils and mixthrough with the rice.  
Sprinkle the pine nuts and the chopped parsley over dish before serving.

## STUFFED BABY MARROWS.

When buying your baby marrows, try and choose them as young and as straight as is possible. Remove the baby marrows from the refrigerator at least two or three hours before use, otherwise they will be too crisp and they will break when cleaning.

### Ingredients.

- 18 baby marrows.
- 2 coarsely chopped onions.
- 1 clove garlic.
- salt and pepper to taste.
- $\frac{1}{4}$  cup well washed and dried rice.
- 1 cup minced meat (about  $\frac{1}{2}$  lb. of meat).
- $\frac{1}{2}$  teaspoon salt (use salt in proportion of one teaspoon to one pound meat).
- Pepper.
- 1 cup water.
- $\frac{1}{4}$  cup tomato puree.

### Method.

Wash and clean the baby marrows. Scoop out pulpy centres. Set aside.

In a large pot fry the chopped onion and clove of garlic in fat until clear. Season with salt and pepper. Mix the meat, rice, salt and pepper thoroughly. Stuff the cleaned marrows with this mixture. Stuff only half way. Place in fat with the onions and garlic. Cover with one cup water and a  $\frac{1}{4}$  cup tomato puree. Simmer gently for at least three hours. Add more liquid (water and puree) if necessary. The marrows should be very tender and the gravy thickened when ready.

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## MONKEY GLAND STEAK.

### Ingredients.

$\frac{1}{2}$  cup brown vinegar.       $\frac{1}{2}$  cup water.  
4 tablespoons tomato sauce.      2 Tablespoons worcester sauce.  
1 tablespoon syrup.      1 dessertspoon sugar.  
1 teaspoon mustard powder.      1 crushed clove garlic.  
A good sprinkling paprika.

### Method.

Slice two onions. Fry gently. When golden brown add to above ingredients. Simmer this sauce for about  $\frac{1}{2}$  hour.

Take the necessary amount of fillet steak. Fry quickly on both sides. Season. Remove steaks from pan. Throw sauce into pan and allow it to absorb meat juices. Thicken the sauce with a teaspoon of mazinga. Replace the steaks in the sauce. Cover the pan with a lid. Allow to simmer a few minutes. Place on platter and serve immediately.

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## DUCKLING IN APRICOT SAUCE.

### Ingredients.

4 lb. duckling.  
1 clove garlic.  
1 large tin of apricots.  
Seasoning to taste.

### Method.

Heat oven to 325 degrees. Cut duckling into portions and sprinkle with salt and pepper. Place with skin side up on rack in roasting pan and roast for one hour. Drain apricots, sieve about half into the juice. Add crushed garlic. Skin excessive fat off gravy in pan, add the apricot juice and continue roasting in sauce, basting well from time to time. When done, add the reserved apricots to the sauce. Heat well and serve. The duck should be golden brown and the sauce considerably reduced.

## GRILLED TOMATOES.

### INGREDIENTS:

6 small tomatoes  
2 teaspoons brown sugar  
¼ teaspoon dried basil or a little chopped fresh  
½ teaspoon salt  
¼ teaspoon freshly ground pepper  
3 teaspoons lemon juice  
½ teaspoon butter  
1 tablespoon butter

### METHOD:

Halve the tomatoes and place on a piece of foil.  
Mix together the sugar, the basil, the salt, the pepper and the lemon juice.  
Sprinkle each tomato with a little of this mixture.  
Dot with the butter.  
Cook under a preheated grill (two racks down) for 6 - 8 minutes.  
Sprinkle with parsley and serve in a heated dish, with the cooking juices poured over.

As an alternative, blend 4 tablespoons cream with 1 tablespoon french mustard.

Heat until just hot and pour over the tomatoes before serving.  
If liked garnish with mint.

## GALLETTE OF AUBERGINE.

### INGREDIENTS:

4 to 5 aubergines  
about 8 tablespoons olive oil  
1 crushed clove garlic  
1 finely chopped onion  
500 g ripe tomatoes or 400 g can tomatoes  
1 tablespoon tomato puree  
250 ml bottle yoghurt  
salt and pepper

18 cm cake tin

### METHOD:

Slice aubergine.  
Sprinkle with salt and leave for 30 minutes.  
Heat 2 tablespoons of the oil in a pan and gently fry the garlic and onion.  
Skin, depip and chop the tomatoes.  
Sprinkle with a pinch of sugar.  
Add to garlic and onion mixture with the puree.  
Season and simmer until reduced to a pulp.  
Set aside.  
Rinse well and dry between paper towels the aubergine.  
Fry aubergine slices in the remaining oil.  
Fry until golden brown.  
Arrange a layer of the fried aubergine slices on the bottom of the cake tin.  
Spread with a little of the tomato pulp and a little of the yoghurt.  
Repeat until all the aubergine is used up.  
Do not spread the tomato pulp and the yoghurt on top layer.  
Cover tin with tinfoil.  
Bake galette at 350°F for about 40-50 minutes.  
Leave in tin for a few minutes before turning out onto a platter.

## HERBED OLIVE OIL WITH VEGETABLE BREAD

**No real recipe for this one, just some ingredients and the ultimate taste test!**

extra-virgin olive oil  
freshly chopped herbs,  
e.g. basil, chervil, dill, parsley  
salt

freshly ground black pepper  
lemon juice  
small loaf of multi-coloured vegetable bread,  
sliced

Use your very favourite extra-virgin olive oil, stir through a generous handful of freshly chopped herbs and season to taste with a little salt, pepper and lemon juice.

Serve in a bowl as finger food, surrounded by slices of colourful vegetable bread. Keep a spoon on the serving tray so that you can stir the oil before each dip, to keep the herbs from sinking to the bottom. This keeps very well in the fridge, and just needs to be brought back to room temperature for serving.

## MUFFALETTA

**Knock the socks off your friends when you take this to your next picnic!**

1 large Italian-style white loaf

olive oil

prosciutto

provolone (or any other cheese you like)

sliced, fried eggplant

roasted red capsicum

marinated mushrooms

mortadella

artichoke halves

sun-dried tomatoes

salami

olives

Take the loaf of bread, slice it in half horizontally and remove a little of the soft bread. Brush the insides with a little olive oil. Layer the ingredients in any combination and order you like. Put the top back on the bread. Wrap in foil and weight down for several hours before eating. If you pack the loaf at the bottom of the esky with everything else on top, it will be perfect by picnic time. Cut into wedges or slices and serve.



## CHAR-GRILLED VEGETABLES WITH OLIVE OIL

eggplant

kumara

onion

zucchini

capsicum

oyster mushrooms

light olive oil

extra-virgin olive oil

sea salt

black pepper

Preheat your barbecue or a heavy pan with grill markings, such as a Le Creuset. Slice the vegetables, they need to be cut up carefully to keep pieces as flat as possible for cooking this way. Leave the oyster mushrooms whole. Brush sliced vegetables or, better still, spray them with light olive oil and place on the grill. After a couple of minutes, lift them up and turn them around 90°, so that they cook with a cross marking. Repeat on the other side.

Serve with good-quality, extra-virgin olive oil, sea salt and black pepper.

**We have a great variety of vegetables in this country and some of the best are often overlooked. Cook them in this way and even the most fussy eater will ask for more. Use any vegetables you like, but I suggest you choose them in different colours so that the dish is very colourful.**

## SPRING VEGETABLE SALAD

### SHALLOT MAYONNAISE

- 1 chopped green shallot
- 1 tablespoon herbs,  
e.g. parsley, chervil,  
dill, basil
- 1 soft-boiled egg
- 1 teaspoon  
Dijon mustard
- juice of 1/2-1 lemon
- 1/2 cup (125 ml) olive oil  
(or to taste)
- salt
- pepper

### SALAD

- 8 spears asparagus
- 4 medium pink-eye (also known as  
southern gold) or *desirée* potatoes
- 1 large red capsicum
- 1 medium purple onion, *thinly sliced*
- 2 whole artichokes or an equivalent  
quantity of good quality preserved ones  
(the best are usually found in jars)
- 4 dessertspoons shallot dressing
- virgin olive oil
- arugula or rocket lettuce
- freshly ground black pepper

To make the mayonnaise, chop the shallot and herbs in the food processor. Add the egg, mustard and lemon juice and blend until smooth. Slowly add the olive oil with the processor running. Season with salt and pepper.

Simmer the potatoes in lightly salted water until just cooked, leaving the skin on. Blanch the asparagus spears in lightly salted boiling water, then refresh them in iced water. Roast the capsicum in a very hot oven until the skin blisters, then place in a plastic bag. When cool enough to handle, peel away the skin, and clean out the seeds. Slice into 1 cm slices, reserving liquid from inside the capsicum. Strain if necessary.

Assemble the salad on four plates, starting with the potatoes, halved, in the centre. Place a quarter of the sliced onion on the top of each, the artichoke half to one side and the asparagus spears over the salad. Arrange the capsicum where it looks most striking and put a spoonful of dressing on the potato. Drizzle a little virgin olive oil over the salad and divide the capsicum juices between the plates. Garnish with the arugula and freshly ground black pepper.

Serves 4

## MUSHROOMS EN BRIOCHE

A basic recipe for a mushroom ragout that can be served in a little pot or ramekin with crusty bread, used as a sauce on any meat or pasta for a main course or served en brioche as a stylish entrée.

Buy individual brioche from your patisserie, allowing one per person. For the ragout, select a variety of fresh mushrooms; preferably at least three of the following: shiitake, field, Swiss brown, enoki, abalone or oyster, cup or button.

1 kg mixed mushrooms	1 1/4 cups (300 ml) thickened cream
butter	salt and freshly ground black pepper
2/3 cup (100 ml) beef stock or wine	8 individual brioche

Wipe the mushrooms clean with some paper towelling or a soft cloth. Slice the larger mushrooms, leaving the small mushrooms whole for variety. Sauté them in butter in a frypan. Stir in a little beef stock or wine, cream, season with salt and pepper and bring to the boil, simmering until it is reduced and slightly thickened.

Meanwhile, remove the bump on top of the brioche and scoop out a little of the filling. Place them in the oven to warm while the ragout thickens.

Remove brioche from oven. Spoon some of the filling into each brioche, allowing it to spill over the edge onto the plate. Replace the lid.

Serves 8

## AROMATIC VEGETABLES

The ideal accompaniment to any dish or simply to enjoy it on its own.

3 medium carrots, cubed

3 medium zucchini, cubed

$\frac{3}{4}$  cup (250 g) peas

20 snow peas, sliced

$\frac{2}{5}$  cup (100 ml) cream

250 g butter

extra butter for sautéing

1 small leek, sliced

1 dessertspoon each of  
chopped thyme, chives, basil, chervil  
and tarragon

salt

Blanch the vegetables (except the leek) in boiling water and refresh under cold water. Set aside.  
Reduce the cream until it is just thick. Whisk in the butter. Set aside.

Heat a little butter in a pan. Lightly sauté the leek and then the blanched vegetables. Reduce the heat and add the cream/butter sauce. Sprinkle generously with chopped herbs. Season to taste and serve immediately.

Serves 4, 6 as a side dish

## MODERN SALAD NIÇOISE

**If you never liked traditional Salad Niçoise with tinned tuna, try this with fabulous fresh ingredients and you will soon change your mind.**

500 g fresh tuna

olive oil

mixed lettuce

500 g baby new potatoes,  
boiled, peeled and sliced

1 punnet cherry tomatoes

1/2 cup black olives

3 hardboiled eggs, sliced

1 small tin of anchovies (optional)

350 g beans, blanched and sliced

### DRESSING

6 tablespoons olive oil

2 tablespoons wine vinegar

salt and pepper

1 teaspoon French mustard

2 tablespoons chopped fresh herbs

Place tuna in a dish that fits it snugly. Cover with olive oil and cook in the oven at 150°C for 20-30 minutes, until just done. Cool in the oil. Remove from the oil, drain and slice into chunks.

Layer lettuce, potatoes, cherry tomatoes, olives, eggs, anchovies, beans and tuna in a dish.

Combine the dressing ingredients in a jar and shake vigorously. Pour over the salad and serve.

**Serves 4**

## CARROTS SUGAR BEANS

### INGREDIENTS FOR SAUCE

## VEGETABLE TZIMMES

You may use a large packet of frozen cubed carrots or peel and slice about 12 carrots.

1. Put carrots into a pot to which you add about 1 cup water, 1 teaspoon salt and 1/4 teaspoon pepper and cook for about 1/2 hour. (This all depends on whether you use fresh or frozen carrots.)
2. Add about 3 cubed potatoes and some cubed pumpkin and boil for 1/2 hour.
3. Add 1 cup of syrup, 1 teaspoon ginger, 1/4 teaspoon cinamon and boil for another 1/2 hour.
4. Thicken the above with about 1 tablespoon potato flour and cook for another 15 minutes. At this stage you must adjust the seasoning.
5. Put into ovenproof dish to heat for about 1/2 hour.
6. You can also add cubed sweet potatoes.

### INGREDIENTS FOR BEANS

- 300 g sugar beans
- 2 t. chicken stock
- water to cover
- Lavry's Seasoned Salt and Pepper

### METHOD FOR BEANS

1. Pick over & soak overnight
2. Simmer gently with water to cover & chicken stock
3. Drain in cold water
4. Sapor whilst still warm
5. Combine with sauce
6. Let stand, preferably overnight

### QUICK SOAK METHOD FOR BEANS

1. Boil beans for 5 mins.
2. Leave for 1 hour to stand in hot water.
3. Cook as usual.

Advised by Khazana Sweets

## CURRIED SUGAR BEANS

### INGREDIENTS FOR SAUCE:-

- 4 onions
- 4 garlic
- 3 t. garlic & ginger paste
- 2 t. freshly ground coriander
- 2 t. freshly ground cumin
- 3-4 t. curry paste *Reduce by half if using PnP curry paste*
- 4 bayleaves
- 2 t. tumeric
- 4 skinned tomatoes, seasoned with ½ t. salt, 1 t. sugar & a sprinkling of black pepper to taste
- ½ cup pureé (if required) 1/8 t. salt, 2 t. sugar & sprinkling of black pepper to taste *(1 Cup Pureé use double seasoning)*

### METHOD FOR SAUCE:-

1. Brown onions & garlic.
2. Add garlic & ginger paste, coriander, cumin, curry powder, bayleaves & tumeric.
3. Stir fry approx. 3 min. to release flavours.
4. Add tomatoes & soften.
5. Combine with cooked beans.

### INGREDIENTS FOR BEANS:-

- ~~500~~ 500 g sugar beans
- 2 t. chicken stock
- water to cover
- Lawry's Seasoned Salt and Pepper

### METHOD FOR BEANS:-

1. Pick over & soak overnight.
2. Simmer gently with water to cover & chicken stock until tender. *1 1/2 hours.*
3. Drain in cold water.
4. Season whilst still warm.
5. Combine with sauce.
6. Let stand, preferably overnight.

### QUICK SOAK METHOD FOR BEANS:-

1. Boil beans for 5 mins.
2. Leave for 1 hour to stand in hot water.
3. Cook as usual.

Advised by Khazana Spices.

# SPINACH WITH PISTACIOS<sup>H</sup>

Serves 4 people.

- 2 Sliced onions and cooked till golden
- 2 Crushed garlic
- 500 grms Spinach, wilted and drained in cold water
- Lawrys seasoned salt and pepper or chicken stock powder
- Olive oil
- ~~2 1/2~~ <sup>1/2</sup> Pistacios (lightly toasted) <sup>1/2</sup> cup

*season with  
no nutmeg  
salt  
pepper  
in case of  
hardness*

1. Combine onion, garlic, spinach and seasonings.
2. Toss lightly in olive oil to heat through.
3. Add pistacios just before serving.



## SAFFRON VICHYSOISSE WITH GINGER AND LEMON GRASS or

### INGREDIENTS

- 3 cups sliced leeks (approximately 6 depending on size)
- 1 t chopped lemon grass
- 2 T olive oil ) or 6 T oil
- 30 gms butter )
- 6 potatoes if small to medium (3 potatoes if large) approximately 700 grms
- 3 tins water and  $\frac{1}{2}$  cup water
- 2 tins Woolworths Cream of Chicken soup
- $2\frac{1}{2}$  t Chicken stock
- $\frac{3}{4}$  t salt
- $\frac{1}{2}$  cup milk or cream
- $\frac{1}{4}$  -  $\frac{1}{2}$  tumeric and 5 strands saffron in  $\frac{1}{4}$  cup boiling water
- F.G.W.P. or white pepper from P & P ( $\frac{1}{2}$  t)
- Bottle sliced ginger in syrup
- Lemon Grass, Watercress or Coriander

### METHOD

1. Lightly saute leeks and 1 t chopped lemon grass in oil and butter till soft but not coloured.
2. Cook potatoes with 2 tins water and  $\frac{1}{2}$  cup water till tender. (Keep extra tin liquid to thin if necessary).
3. Strain tins of soup, pressing hard on solids, adding to potato and leek mixture.
4. Liquidise and press through metal sieve.
5. Add stock powder and salt to taste.
6. Thin to desired consistency with extra water and/or milk or cream.
7. Steep saffron (about 4-5 threads) in a little boiling water and add to soup with  $\frac{1}{4}$  t tumeric depending on density of colour you require.
8. Season to taste (F.G.W.P.  $\frac{1}{2}$  t).
9. Stand overnight.
10. Garnish with thinly sliced ginger and lemon grass (use watercress or fresh coriander if lemon grass unavailable).

*Danish*

*2x Blue Cheese*

*1/4 cup cream for spreading consistency*

*warm in oven and serve with bread.*

## TOMATOES FROM HELL

90 mls	Oil
2	Small onions finely chopped
2 tsp	Cumin
1 T	Curry paste (if curry powder use 2 tsp).
1 T	Garlic and ginger paste
1-2	Chillies, seeded and chopped
8	Tomatoes, skinned and seeded
1 tsp	Chicken stock powder
2 T	Fresh chopped coriander
2 tsp	Brown sugar
2 T	Flaked toasted coconut from Neal's yard.

Fry onions till golden.

Add cumin, curry paste, garlic and ginger paste and chilli.  
Stir-fry till toasted and fragrant.

Add tomatoes, chicken stock powder, fresh coriander and brown sugar.

Cook till soft, but still identifiable (about 10 minutes).

Add coconut.

Stand refrigerated for a few hours.

Garnish with sprigs of fresh coriander and a bay leaf.

Serve hot.

Serves 8 - 10.

## WILD AND BROWN RICE

### INGREDIENTS

- 1 ½ cup wild rice and brown blend (Pouyoukas food)
- 30 gms butter (and 1 T. if necessary at end)
- 3 cups water
- 2 t. chicken stock

### METHOD

1. Rinse rice thoroughly till water no longer cloudy.
2. Melt butter and toss rice in butter till each grain is thoroughly coated.
3. Add water and chicken stock.
4. Simmer gently for ½ hour or till cooked.
5. Throw off water.
6. Season to taste.
7. Add butter if necessary.

Or

### INGREDIENTS

- 2 boxes Brown and Wild Rice mixture
- ½ cup Wild Rice *boil for 40 minutes*

*ND*  
*this*  
*e.*  
We used a Brown and Wild Rice mix from Pick 'n Pay or Woolworths and added ~~¼ cup~~ Wild Rice to each mixture.

### WILD RICE

1. Rinse under cold water.
2. Use large pot with plenty water.
3. Simmer gently for ± 30-40 minutes.
4. Drain and mix into other rice mixture.

## SPICY POTATOES

### INGREDIENTS:-

- 800 gms. potatoes *6-7 potatoes (use k... than more)*  
6 T. vegetable oil and 60 gms. butter  
2 t. whole cumin seeds  
2 t. whole black mustard seeds  
2 T. whole sesame seeds  
*1/2 -* 1/2 t. salt to taste  
1/8th - *1/2* t. cayenne pepper *(to taste)*  
1 T. lemon juice

### METHOD:-

1. Boil the potatoes in their jackets until firm.  $\pm$  20 minutes
2. Drain and cool them for 3-4 hours.
3. Peel the potatoes and slice fairly thickly.
4. Heat the oil in a large frying pan over a medium flame.
5. When the oil and butter are very hot, put in the cumin seeds, mustard seeds and sesame seeds.
6. As soon as the seeds begin to pop, (this takes just a few seconds), put in the potatoes.
7. Stir-fry the potatoes for about 5 minutes.
8. Add the salt, cayenne pepper and lemon juice.
9. Stir-fry for another 5-10 minutes till golden brown.

## LENTIL AND CORIANDER BROTH

### INGREDIENTS

2 medium onions, sliced thinly  
2 T oil  
1 T butter  
2 crushed garlic cloves  
2 T. mixed spices (before mixed in oil from fillet recipe)  
1  $\frac{3}{4}$  cup water  
1  $\frac{3}{4}$  t. beefstock  
 $\frac{1}{2}$  cup red wine  
 $\frac{1}{4}$  cup pink lentils  
1 whole chilli  
Bayleaves  
Curry leaves (Optional)  
1 t. finely chopped fresh coriander  
1 - 2 t. Bisto if required  
Handful fresh coriander sprigs

### METHOD

1. Sauté onions in oil and butter till golden brown.
2. Add crushed garlic.
2. Add mixed spices - stir till release fragrances.
4. Add water, beefstock, red wine, lentils, chilli, bayleaves (curry leaves) and finely chopped coriander.
5. Cook for 20-30 minutes or till lentils are tender.
6. Add Bisto, bring to boil and reduce till syrupy.

## COUSCOUS WITH HAZELNUTS AND WILD RICE

250 gms Couscous  
Cook according to directions on box.

1/2 cup Wild rice  
Simmer gently for 40 minutes or till tender.

### Spiced Mixture

2 Sliced onions cooked till soft and golden brown  
4 tsp Cumin seeds  
4 tsp Black mustard seeds  
4 tsp Fennel seeds  
4 T Hazelnuts, cracked in half and toasted.

1. Add spices to onions and cook till they start popping.
2. \* Remove from heat and add hazelnuts.
3. \* Combine with couscous and rice and steam till ready to serve (approximately 30 minutes).  
\*

Needs yard for Pommy.  
50 page ~~steps~~ show file

## SALAD OF THE SUN

### INGREDIENTS

- 6 mealies
  - 8 tiny red peppers or
  - 6 medium peppers
  - 2 punnets medium brown mushrooms
  - 1 punnet button mushrooms
  - 3-4 garlic cloves
  - 2 t. dried tarragon or
  - 2 T fresh tarragon (Preferable)
  - Bunch of chives
- } SEASONED WITH LAWRY'S  
SALT & PEPPER

### TARRAGON DRESSING

- Scant cup olive oil + 200ml <sup>150</sup>
  - Scant cup sunflower oil + 200ml <sup>150</sup>
  - 3/4 cup tarragon vinegar
  - 1 t. Lawry's seasoned salt
  - 1/2 - 1 t. ordinary salt
  - 8 shakes Lawry's seasoned pepper
  - ~~4 t. honey~~ or 4 t. castor sugar
  - 1 t. Pommery mustard
  - Pinch dry mustard
  - 2 T. fresh tarragon
- (If fresh tarragon is unavailable, then 2 T. fresh mint & 2 t. dried tarragon)
- Add more sugar if vinegar is too strong.

### METHOD

1. Cook mealies in boiling salted water till tender  $\pm$  20 minutes. When cool, scrap off corn and set aside. *Toss in dressing with 1T tarragon*
2. Roast peppers ~~some~~ in 200° oven till black and blistered ( $\pm$  20 minutes). Place in plastic bag and steam for 10 minutes. Peel off skin and set peppers aside ~~with mealies~~. *Toss in dressing with 1T tarragon & 2 crushed garlic*
3. Make dressing.
4. Cook the mushrooms and place garlic in the dressing in a large frying pan approximately 10-15 minutes. If button mushrooms are cut in half they cook quicker.
5. Drain mushrooms thoroughly. *Toss in dressing with 2T tarragon*
6. Toss mushrooms, corn and pepper together in tarragon dressing and stand for a few hours. If dressing becomes too watery from mushrooms, drain and add more dressing. *Taste for seasoning*
7. Garnish with chives and tarragon sprigs.

### Method for Dressing

1. Process all ingredients except oil in Magimix.
2. Slowly pour in oil

Serves 10-12

## FRENCH APPLES

4	Golden Delicious apples cut in half with centre cavity removed. Do not cut through. Grate reserved apple and sprinkle with lemon juice
2	Granny Smith apples grated and sprinkled with lemon juice
2	Yolks
4 T	Cream
5 tsp	Sugar
1/2 tsp	Lemon rind
Pinch	Salt
Pinch	Cinnamon
2 tsp	Arrowroot
Sprinkling	Brown sugar
3 Tsp.	Sugar
1/4 cup	Water for bottom of dish

Place halved apples in baking or gratin dish and bake for 10 minutes in 180° oven.

Combine all reserved apple, <sup>(drained)</sup> yolks, cream, sugar, lemon rind, salt, cinnamon, arrowroot and fill cavities. Sprinkle with brown sugar.

Place sugar in water at bottom of dish and bake for another 20 minutes or till cooked through. Baste. ~~for~~ 10 minutes.

Before serving, place under grill till brown and bubbly.

If you use more apples then double syrup.

Before cooking put a tiny blob of butter on each apple

Drop brown sugar on each apple for looks!

## HONEY GLAZED VEGETABLES

### INGREDIENTS

- 4 T. butter  
¾ cup Golden Syrup  
¼ cup water  
3-4 2 T. lemon juice (to taste)  
3 red onions cut in quarters  
300 gms ~~baby carrots~~ <sup>handy medium carrots</sup> Sweet Potatoes, Baby Potatoes.  
500 gms medium onions } Can use up to 2kg of vegetables  
400 gms pearl onions }  
12 garlic cloves  
Cinnamon sticks }  
Bayleaves } Optional  
Nugget of fresh ginger or powdered ginger optional }  
Lemon rind optional }  
Paprika

### METHOD

1. Melt butter, syrup, water and lemon juice.
2. Pour over vegetables and lightly coat.
3. Bake in 200° oven for 2-3 hours, turning every 20 minutes.
4. If they look like they are browning too quickly, reduce heat to 180° after 1-2 hours.

handy  
small potatoes - big chunks  
fully pers  
onions  
carrots  
optional

start baby carrots - 1-2 hours before  
handy

VIETNAMESE -STYLE SALAD

OR BUTTER.

- 1 PACKET MIXED LETTUCES
- 1 PAPIÑO CUT INTO THIN SLICES
- 150G BEAN SPROUTS
- SNOW PEAS
- AVOCADO

OR RED PEPPER - STRIPS  
OR MANGO SLICES  
OR CHINESE SHOP KILLARNEY,  
OR CUCUMBER STRIPS

STRIPS -

- 1 PACKET BABY LEEKS, STRIPPED AND DEEP FRIED

- 1 PACKET PUMPKIN SEEDS (SHELLED) FRIED

- 1 min to puff up

keep in freezer.

DRESSING

- 3/4 CUP OIL
- 1/3 CUP ORANGE JUICE - Ceres or Joy.
- 1/3 CUP CIDER VINEGAR
- 3 TBS INA PAARMAN MOSSIES MUSTARD -
- SALT & PEPPER

Arrange lettuce in middle of platter in a mound. Place avo, papino, snow peas around lettuces. Place bean sprouts around base of lettuce.

Just before serving, top mound of lettuce with deep-fried leeks. Sprinkle pumpkin seeds around platter. Pour dressing over just before serving.

Top with nasturtium flowers. East

BIG FLAT ROUND GLASS BOWL

NOODLE SALAD

EXCELLENT

- market 1 PACKET BABY SPINACH, COARSELY CHOPPED
- 250G EGG NOODLES, PRE-BOILED - Boil - drain with cold water. Add a drop of oil to stop sticking together - cut into smaller pieces
- 1 CUP GRATED CARROTS
- 1 CUP GRATED CUCUMBER
- 1 CUP FRESH CORN <sup>corned</sup>
- 1 RED PEPPER, CHOPPED <sup>herbs</sup>
- 1 PACKET TOASTED MINUTE NOODLES - TOAST 1 MIN. if using egg noodles boil first then toast.

DRESSING

- 1 TSP GARLIC
- 1 TSP GRATED LEMON RIND (FINE) GRATE
- 2 TBS LEMON JUICE - fresh.
- 4 TBS CHOPPED ONION FINELY CHOPPED
- 1/4 CUP RICE VINEGAR (OR CIDER VINEGAR)
- 2 TBS SOYA SAUCE - THIN
- 1/4 CUP OIL
- 3 TBS TOMATO SAUCE
- 2 TBS HONEY OR SYRUP

CAN MAKE A DAY AHEAD WITHOUT DRESSING

Layer salad: spinach, noodles, carrots, cucumber, red pepper, corn

Spoon dressing over just before serving. Top with toasted minute noodles.

SALAD PLATTER - excellent OK

- 5 RITTS GREEN BEANS
- CUCUMBER - STRIPS
- JULIENNED CARROTS
- 5 MINS BABY CORN - TINNED
- 2 3mm FRESH ASPARAGUS FRESH (BLANCHE) 4 MINS
- ARTICHOKE HEARTS - TINNED
- BABY PEPPERS, PICKLED (STONEY PAPPADAW) or cherry tomatoes.
- SLICED MUSHROOMS
- HARD-BOILED EGGS

DRESSING

- 3 HEAPED TBS HELLMANS MAYO
- 1 HEAPED TBS C & B MAYO
- 1 TSP GARLIC SALT
- 1 TSP ONION SALT
- 1 TSP DRY DILL
- 1 TSP DRY PARSLEY } heaped
- 1/4 CUP WATER
- BLACK PEPPER

FLAT ROUND PLATTER

FRESH ARTICHOKE  
MICRO 15 MINS  
BOIL - 45. "  
DRIZZLE WITH OIL & LEMON JUICE

Arrange vegetables on platter as demonstrated, with 2 small dishes in centre. Place above dressing in one and any Italian vinaigrette in other.

arrange in 1/4's with bowl in middle

MAKE  
CAN 4 days ahead & keep in fridge

thought mushrooms be saffy  
would marinate them &  
then grill on dry roast?

LONG FLAT PLATTE

LOOK <sup>family</sup> ROASTED MUSHROOM SALAD EXCELLENT

- 1 PACKET MEDIUM BROWN MUSHROOMS } can use only brown mushrooms
- 1 PACKET BUTTON MUSHROOMS
- 3/4 CUP OLIVE OIL
- 1/3 CUP BALSAMIC VINEGAR ~~1/2 cup~~
- SALT & PEPPER
- 2 TSPS OREGANO
- 1/2 CUP TOASTED PINE NUTS
- PARMESAN SHAVINGS OR SHAVINGS OF PECORINO

Heat oven to 180 C. Roast mushrooms with oil, balsamic vinegar, salt, pepper and oregano for 30 mins or until mushrooms are soft.

Place in a bowl, pour over all ingredients from roasting pan and allow to cool.

Toast pine nuts in oven - 160 C for 10 mins.

Arrange mushrooms on a platter, top with shavings of parmesan and pine nuts. - or pecorino

almonds seed.  
pumpkin seed.  
add at ~~end~~ end.

CHERRY TOMATO, ROBIOLA, OLIVE SALAD

- 1 PUNNET CHERRY TOMATOES, CUT IN HALF
- 150G ROBIOLA CUT INTO CUBES
- 1/2 CUP CALAMATA OLIVES

GOOD SERVE WITH FISH

ITALIAN BREAD MADE INTO CROUTONS

cut in biggest pieces  
- Fry in oil in small batches  
toss ~~do before~~ before  
keep frozen

Place tomatoes, cheese and olives in a serving bowl. Toss with dressing

DRESSING

- 3/4 CUP OLIVE OIL
- 1 TBS CHOPPED SUN-DRIED TOMATOES
- 2 TSPS CHOPPED CAPERS
- 1 TSP SUGAR
- 1/3 CUP WHITE WINE VINEGAR
- SALT & PEPPER
- 1/2 CUP CHOPPED PARSLEY

make in machine  
- see Ina Parman.

CROUTONS: FRY IN OIL UNTIL GOLDEN. PLACE ON PAPER TOWEL TO DRAIN AND SPRINKLE WITH GARLIC SALT & MIXED HERBS.

- part in salad 1/2 hr.

## TO ROAST PEPPERS

Roast washed peppers in 200 oven for 30 minutes or till black and blistered.

Steam till cool in a plastic bag.

Peel, puree and season to taste.

Season with salt & pepper & a little sugar.

1 ~~1/2~~ tsp salt

1 tsp sugar.

Sprinkling of pepper.

1 garlic.

Peel and take out seeds and ribs before  
puree

*HALF SOUR CUCUMBERS*

*Slice 1 - 4 unpeeled cucumbers. Add salt and lemon juice.*

## OVEN ROASTED POTATOES

*1 - 2 bayleaves*

- 6 Medium potatoes
- 4 Large onions *1 - 2 onions*
- 12 Garlics *12 - 15 garlics*
- Lawry's seasoned salt and pepper
- $\pm \frac{1}{2}$  cup Olive oil
- Sprigs Fresh thyme or *lemon thyme*
- 6 Bayleaves *1 - 2 bayleaves*

*1 - 2 clove garlics*  
*3 - 3 bayleaves*

Method: Cut potatoes and onions into wedges. Add unpeeled garlics. Add thyme and bayleaves. Season and coat lightly with olive oil. Roast in 180° oven for 2½ to 3 hours or till soft and golden brown.

## HALF SOUR CUCUMBERS.

Slice 3 - 4 unpeeled cucumbers. Salt well and leave for two hours. Remove off salt very well.

Boil together:-

1 cup water.

$\frac{1}{2}$  cup white vinegar.

1 teaspoon peppercorns.

1 teaspoon whole coriander.

2 tablespoons vinegar

Dash of garlic salt.

1 cut clove garlic.

2 - 3 bayleaves.

### Method.

Pour sauce over cucumbers when hot. Keep in fridge. Eat these cucumbers within 3 - 4 days of their making.

---

## EGG AND ONION SALAD BOWL.

### Ingredients.

2 lbs onion, medium size.

6 - 8 eggs, hard boiled.

Salt and pepper.

One tablespoon finely chopped parsley.

2 firm lettuce hearts.

Oil and vinegar dressing.

### Method.

Prepare the onions the previous day, peeling them, then slicing into rings of medium thickness. Leave in brine - a tablespoon of salt to  $\frac{1}{2}$  pint cold water - for two hours. Drain and cover with pure vinegar. Leave overnight. Next day shred the lettuce finely, sprinkle with dressing and toss. Drain the sliced onion thoroughly. Peel and slice the hard boiled eggs into rounds. Put all the ingredients into a salad bowl (which has been well rubbed with a cut clove of garlic) in layers, first a layer of shredded lettuce, then a layer of onion rings and follow with a layer of sliced egg, lightly seasoned and sprinkled with dressing.

Serve with a small jug of extra dressing. Garnish with chopped parsley.

### Oil and vinegar dressing for above.

Mix together  $\frac{1}{2}$  teaspoon salt and a good sprinkling of pepper, then gradually stir in 4 tablespoons salad oil, then  $1\frac{1}{2}$  tablespoons vinegar in which two teaspoons of sugar and a  $\frac{1}{4}$  teaspoon mustard have been dissolved. Allow a cut clove of garlic to soak in vinegar mixture for a little while before adding to oil. If dressing is found to be insufficient for salad, double all quantities.

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Oil and vinegar dressing for above.

Mix together  $\frac{1}{2}$  teaspoon salt and a good sprinkling of pepper, then gradually stir in 4 tablespoons salad oil, then  $1\frac{1}{2}$  tablespoons vinegar in which two teaspoons of sugar and a  $\frac{1}{4}$  teaspoon mustard have been dissolved. Allow a cut clove of garlic to soak in vinegar mixture for a little while before adding to oil. If dressing is found to be insufficient for salad, double all quantities.

16 oz.

1/4 mixture of  
with cinnamon sugar.

## TOMATO SALAD.

### Ingredients.

2 lbs. tomatoes.  
1 medium sized onion.  
About 6 tablespoons french dressing.  
1 dessertspoon chopped parsley.

### Method.

The tomatoes may be served peeled or unpeeled, according to taste. If you like them peeled, plunge them into boiling water for 2 - 3 minutes. Then the skins will come off easily. Cut tomato into slices. Peel and finely chop onion. Arrange tomatoes in layers in a serving dish, sprinkling each layer with onion. Spoon over french dressing and sprinkle with chopped parsley just before serving.

### French Dressing.

### Ingredients.

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper.  
 $\frac{1}{2}$  teaspoon dry mustard.  
1 level teaspoon sugar.  
2 tablespoons vinegar.  
4 tablespoons olive or salad oil.

### Method.

Place all ingredients in a small screw topped jar and shake really well. You can make a large quantity and store in the jar indefinitely. If you like garlic flavouring, keep a clove of garlic in the jar.

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## RICE SALAD.

### Ingredients.

1 cup rice  
2 tablespoons chutney  
1 small, finely chopped onion.  
1 large firm tomato.  
1 cup mayonnaise.  
1 tablespoon curry powder.  
8 halves danned peaches. (16 oz. tin.)  
1 green pepper.

### Method.

Cook rice and allow to cool. Dice peaches, tomato and green pepper. Add to cold rice. Mix mayonnaise, chutney and onion and curry powder. Add to rice and stir well with fork.

---

## POTATO LATKES.

### Ingredients.

1 lb. potatoes  
Small grated onion.  
 $\frac{1}{4}$  cup matzo meal or flour.  
1 teaspoon baking powder.  
2 teaspoons sugar.  
1 teaspoon salt.  
Pinch of pepper.  
1 beaten egg.  
Butter or oil for frying.

### Method.

Peel the potatoes, wash and dry. Grate on medium grater (not coarse). Do not strain. Add in all the ingredients. Mix well. Let it stand for a few minutes while getting the pan ready. Oil is preferable for frying as it makes crisper and lighter fritters. Drop by tablespoonsful into hot oil. Fry fairly quickly to golden brown on each side. Start on high, then switch to medium. Remove, place on paper to absorb the oil (not greaseproof). No paper is required if fried in butter. If not used as a vegetable, then serve with cream and cinnamon sugar.

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## SOUR MILK LATKES.

### Ingredients.

About one cup flour.  
 $\frac{1}{2}$  teaspoon sugar.  
pinch of salt.  
1 egg.  
1 pint thick sour milk.  
Butter and vegetable fat.  
Cinnamon and sugar.

### Method.

Remove part of the water from sour milk. Make a well in sifter dry ingredients. Add beaten egg and sour milk. Combine to form soft batter. If necessary, add either a little flour or a little of the sour milk water. Fry tablespoons of the batter until golden brown on both sides in hot frying pan containing mixture of butter and vegetable fat. Serve hot, sprinkled with cinnamon sugar.

## RED CABBAGE.

### Ingredients.

1 red cabbage.  
4 tablespoons sugar.  
1 teaspoon salt.  
 $\frac{1}{2}$  cup vinegar.  
6 tablespoons fat or oil.  
3 sour apples.  
 $\frac{1}{2}$  -  $\frac{3}{4}$  cup red wine.  
Juice of  $\frac{1}{2}$  a lemon.

### Method.

Slice the cabbage finely. Place in a pot without any water. Add the sugar, salt and vinegar. Allow to stand for 30 minutes. Melt fat. Stir into the cabbage. Peel the apples and cut into eights and place on top of cabbage. Cover and allow to simmer slowly. When the cabbage starts to shrink add a little warm water and cook for 30 minutes. Add 1 cup red wine and more salt and pepper plus the juice of half a lemon.

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## holiday brisket



4.87 from 134 votes

A savory, aromatic, slowly cooked brisket with tomatoes, onions, garlic, brown sugar, and a touch of vinegar. Kosher for Passover, Rosh Hashanah, Hanukkah.

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Prep Time

45 mins

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Cook Time

7 hrs

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Total Time

7 hrs 45 mins

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Course: Main Course    Cuisine: American    Keyword: brisket

Kosher Key: Meat, Kosher for Passover    Servings: 12 servings    Calories: 414kcal

### INGREDIENTS

- 5-7 pounds brisket, first or second cut (do not trim fat - especially if it's grass fed)
- 1/4 cup extra virgin olive oil, divided
- 2 large brown onions, peeled and sliced
- 1 pound carrots, peeled and sliced
- 1 pound celery, peeled and sliced
- 28 ounces tomatoes - whole, diced, or crushed (1 large can)
- 10 peeled whole garlic cloves
- 1/2 cup brown sugar
- 1/4 cup vinegar (I like apple cider vinegar, but white vinegar works too)
- 2 cups [beef or chicken broth, divided](#)

- Salt and pepper

## INSTRUCTIONS

1. Preheat oven to 300 degrees F. Rinse the brisket and pat dry. Rub both sides of the meat with black pepper and salt.  
  
Heat a large skillet over a medium flame on the stovetop. Drizzle 2 tbsp of olive oil into the pan. Brown the brisket on both sides—it will take 4-5 minutes per side. A large brisket may overlap the edges of the skillet; you can brown it in stages, letting half the brisket overlap the edge, then adjusting it to brown the other half.
2. While brisket is browning, pour canned tomatoes, garlic, brown sugar, apple cider vinegar, and 1 ½ cups broth into a blender or food processor. Add 2 tsp of salt (or 1 tsp if using a salted kosher cut of brisket) and ¼ tsp of black pepper. Pulse till garlic is chopped small and all ingredients are combined.
3. Remove the browned brisket from the skillet.
4. Drizzle 2 tbsp more olive oil in the pan and add the sliced onions. Saute them over medium high for a few minutes until they begin to soften and shrink in size.
5. Add the carrot and celery slices. Sauté for another 5-6 minutes until the onions are soft and browning and the vegetables are fragrant.
6. Pour the vegetables out of the skillet and onto a plate, reserve. Add 1/2 cup beef stock or chicken stock into the skillet and let it heat up. Use a spatula to gently scrape up any brown bits and pan juices that are clinging to the skillet. Turn off heat.
7. Pour half of the tomato mixture into a large roasting pan.
8. Place brisket on top of the tomato sauce, fat cap facing up.
9. Pour the sauteed vegetables across the top of the brisket, along with the broth and brown bits.
10. Pour the remaining tomato sauce over the top of the vegetables and brisket.
11. Cover the roasting pan tightly with a layer of parchment paper followed by a layer of foil. The parchment forms a protective layer between the meat and sauce (which is acidic) and the foil.
12. Place brisket in the oven. Let it roast undisturbed for 5 to 7 hours. It will take about 1 hour per pound of meat (leaner cuts of meat like grass fed may take longer—test for