

Soups and Starters

Sorrelle Orelowitz Recipes



Metric kitchen paste-up guide

Ann Wise has gone metric. Cups, tablespoons, dessertspoons and teaspoons will remain. We suggest readers use the approximate measures given in the table below, which should be accurate enough for their purpose. We also include a table of exact measures. (Abbreviations: g. = grams; ml. = millilitres; kg. = kilograms.)

MEASURES TO BE USED IN KITCHEN

APPROX. MEASURES		EXACT MEASURES	
Weights			
Metric	Imperial	Metric	Imperial
30g.	1 oz.	30g.	1.06 oz.
115g.	4 oz.	115g.	4.06 oz.
230g.	8 oz.	230g.	8.11 oz.
455g.	1 lb.	455g.	16.05 oz.
1kg.	2 lb.	1kg.	35.27 oz.
		(1 000g.)	

APPROX. MEASURES		EXACT MEASURES	
Liquids			
Metric	Imperial	Metric	Imperial
1 litre	1¾ pints	1 litre	1.76 pints
500ml.	1 pint	500ml.	.88 pints
250ml.	½ pint	250ml.	.44 pints
125ml.	¼ pint	125ml.	.22 pints

CELSIUS		FAHRENHEIT	
Temperatures			
120 deg C	— 135 deg C	250 deg F	— 275 deg F
150 deg C	— 165 deg C	300 deg F	— 325 deg F
175 deg C	— 190 deg C	350 deg F	— 375 deg F
205 deg C	— 220 deg C	400 deg F	— 425 deg F
230 deg C	— 245 deg C	450 deg F	— 475 deg F
260 deg C	— 275 deg C	500 deg F	— 525 deg F

Your instant metric guide

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Baked potatoes in foil

2 large potatoes; cooking oil; salt; mustard powder.

WASH the unpeeled potatoes, roll in a little cooking oil. Then sprinkle with salt. Wrap each one in a square of foil, shiny side inside, and bake at 200 degrees C (400 degrees F) for one hour or until cooked.

MAYONNAISE

It is always worth making your own mayonnaise. This recipe makes it almost as easy as opening a jar anyway!

- 2 egg yolks or 1 egg yolk and 1 whole egg
- 1 teaspoon mustard
- salt and pepper
- 2 teaspoons (10 ml) lemon or lime juice or vinegar
- 1 cup (200 ml) olive oil

Make mayonnaise by placing the egg yolks, mustard and seasonings in the food processor and blending until creamy. Add 1 teaspoon of juice or vinegar, then slowly drizzle in the olive oil. The more slowly the oil is added, the thicker the mayonnaise will be. Add remaining juice or vinegar. Taste to check the seasoning.

If the mayonnaise should show signs of curdling or breaking, have some boiling water at hand and beat in a tablespoon or so. However, if the mayonnaise still fails to thicken or even begins to curdle, beat another egg yolk in a clean bowl with a teaspoon of vinegar and gradually beat the failed mayonnaise into this.

To make aioli or garlic mayonnaise, blend one or two garlic cloves with the egg yolks and seasonings.

Serve with crudités or use as the basis for many sauces and dips.

MICROWAVE HOLLANDAISE SAUCE

- 2 tablespoons (60 g) butter
- 1-2 tablespoons lemon juice
- 2 egg yolks
- 1/4 cup (60 ml) cream
- 1/2 teaspoon mustard
- pepper to taste

Heat the butter on HIGH for 40 seconds in a microwave-safe jug (2-cup size is ideal). Beat in the lemon juice, egg yolks and cream. Cook on MEDIUM for 60-90 seconds. Beat. Repeat if necessary. Add seasoning and beat until smooth.

Makes 3/4 cup

There are certain jobs a microwave simplifies. This method sure beats using a double boiler and a hand whisk!

SUGAR SYRUP

Sugar syrup is a wonderfully versatile stand-by to keep in the fridge. It can be used in vinaigrettes, to adjust sauces that are too tart, indeed, whenever some immediate sweetness is required without the problem of having to make sure sugar granules are dissolved.

1 cup (250 g) sugar
1 cup (250 ml) water

Simply bring to the boil together equal quantities of sugar and water, stirring occasionally to dissolve the sugar. Boil for 5 minutes and allow to cool.

BASIC BEEF STOCK

1-2 kg beef or beef and veal bones
2-3 large onions
2 carrots
1 stalk celery (optional)
parsley stalks
1 bay leaf
12 peppercorns
1 cup (250 ml) red wine

Place the bones in a baking tray and roast in a hot oven until they are beginning to brown. Roughly chop the vegetables and add to the baking tray. Rotate the bones and vegetables regularly until they are well browned. Place bones and vegetables in a large stockpot with the herbs and peppercorns and cover with cold water. Deglaze the baking tray with red wine (or white for chicken stock). As the wine comes to the boil, scrape the tray to release any sediment that has built up. Pour all of this into the stockpot. Bring to the boil. Simmer for at least 4-6 hours, skimming the surface frequently. Strain, cool and refrigerate the stock overnight. When chilled, it is easy to remove any fat solids that have risen and set on the top. Use the stock as it is, reduce it to a glaze or freeze for later use.

Adapt this recipe quite simply for other stocks. Just substitute chicken bones for a chicken stock, lamb and veal bones to make lamb stock. The veal bones have a gelatinous quality that enhances the stock.

BEST-EVER SCONES

I cannot remember how many dozens of these we used to make when my partners and I spent 18 frantic months with Café Cuisine Affaire in Sydney's Northbridge. Certainly our customers just loved them!

4 cups (600 g) self-raising flour
pinch of salt
1¼ cups (300 ml) cream
1¼ cups (300 ml) water

Preheat the oven to 220°C.

Mix the flour and salt in a bowl. Gradually stir in cream and water and mix with your hands to a dough.

Roll out on a floured board and cut with a scone cutter.

Brush the top with milk and place in a hot oven. Cook until brown and done, approximately 15 minutes.

CRISPY FISH BATTER

Fish is coated in batter to keep it moist and tender when frying. The oil should be hot but never smoking, around 190–200°C. Cook only a few pieces at a time and fry until golden. Resting the uncooked fish with the batter on can help it adhere better to the fish.

1 cup (150 g) self-raising flour
pinch salt
1 egg
1 cup (250 ml) beer

Combine the ingredients and dip fish fillets into it before deep frying. The self-raising flour and beer help give a light batter.

PESTO

The quantities for this recipe are approximate for there are as many different recipes for pesto as there are cooks. Adapt the amounts given to suit your own taste!

- 100 g pine nuts
- 3 cloves garlic
- 1 bunch fresh basil leaves
- pinch salt
- $\frac{3}{4}$ cup (75 g) fresh Parmesan cheese, grated
- $\frac{1}{2}$ cup (100 ml) olive oil

Roast the pine nuts in the oven or cook on HIGH in the microwave for a few minutes until golden brown.

Place the garlic, basil and salt in the food processor and process until they are reduced to a green purée. Add the Parmesan cheese and pine nuts and process to combine with the other ingredients. Then slowly pour in the oil, a little at a time, until the pesto is smooth and well combined.

Pesto can be added to freshly cooked and drained pasta, spread on top of open sandwiches or bruschetta, used to make pesto bread (like garlic bread), stirred into soups or casseroles, poured over boiled potatoes and steamed vegetables or eaten as a dip with breadsticks.

VINAIGRETTE

- 1 cup (250 ml) olive oil
- 1 teaspoon sesame oil
- $\frac{1}{4}$ cup (60 ml) balsamic vinegar or tarragon or other flavoured vinegar
- 1 heaped teaspoon mustard, such as Dijon
- 1-3 teaspoons sugar syrup
- salt and pepper
- whole fresh herbs, such as chives, oregano, parsley
- 1 clove garlic, bruised

Mix the vinaigrette ingredients together by shaking vigorously in a jar. Taste. You may need to adjust to your personal taste by adding a little more oil or vinegar or sugar syrup. Leave the herbs in the jar to flavour the vinaigrette as it matures.

There are as many different vinaigrettes as there are types of oil and vinegar. I give a basic recipe; you can vary it with citrus-fruit juice instead of the vinegar and try it with different flavourings.

QUICK AIOLI

up
3
2 :sp
Hellman's mayonnaise
Fat cloves garlic crushed (to taste)
Pommery (to taste)
Pinch salt
Freshly ground black pepper

Mix all ingredients together.

CREAMY VINAIGRETTE DRESSING

1/3 cup	White wine vinegar
4 tsp	Pommery <i>try 2 tsp of Debra's or</i>
2 pinches	Dry mustard
3 tsp	Castor sugar
2 tsp	Soya sauce (preferably Kikkomans)
1/4 - 1/2 tsp	Chicken stock powder
1/4 tsp	Freshly ground black pepper
2	Cloves crushed garlic
1 cup	Olive Oil <i>NB use a bit less than a cup 200 or 225</i>
	Herbs (optional) <i>only for salad not for the Carpaccio</i>
	<i>Mint or thyme or dill.</i>

Spin ingredients except oil in magimix.
Slowly dribble in oil.

NB. Using a magimix is best when ingredients are doubled.
For a single quantity a whisk or hand beater produces the best results.

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SAUCE FROM CHAMPAGNE

1/2 cup	Champagne or white wine
1/2 cup	Chicken stock
1/4 cup	Cream
2 pinches	Sugar
2 tsp	Arrowroot
Pinch	Saffron, steeped in a drop of boiling water (optional)
	Freshly ground white pepper (to taste)
1/2 cup	Water
1/2 tsp	Chicken stock powder

Reduce wine and chicken stock for about 10 minutes.

Add cream, sugar, arrowroot and saffron. Bring to boil.

Taste for seasoning - add pepper.

Refrigerate, overnight preferably.

Just before serving deglaze pan from "Summer in Provence" with water and stock and add to sauce.

Serves 10-12.

Add meat glaze in just before serving.
Or add a bit of beef stock.

SLOPPY MAYONNAISE

- 4 egg yolks
- 4 t. Pommery mustard
- 5 ml dried mustard
- 1 ½ - 2 T. castor sugar
- ½ t. salt & sprinkling of Freshly Ground Black Pepper
- 2 T. fresh dill
- 45 ml white wine vinegar
- 200 ml olive oil
- ~~2 T. Pistachios or toasted Hazelnuts or Macadamias (optional)~~

METHOD

1. Place yolks, pommery, dried mustard, sugar, seasoning ~~and dill~~ in processor.
2. Blend till creamy.
3. Add oil very slowly till half mixture is added. Mixture should have thickened considerably.
4. Add vinegar, a teaspoon at a time.
5. Add last of oil a little more rapidly. *Add dill later*
6. Place in a dish with greaseproof paper on surface and refrigerate overnight.
7. Fold in nuts if required.

8. TASTE FOR SEASONING

MELBA TOAST.

Put sandwich loaf in refrigerator for one day. Slice very thin. Bake in 250 degrees oven until pale brown. Turn frequently.

MAYONNAISE.

Ingredients.

2 egg yolks.
1 teaspoon salt.
 $\frac{1}{4}$ teaspoon paprika.
1 tablespoon castor sugar.
Dash of tabasco.
1 teaspoon dry mustard.
3 tablespoons lemon juice)
2 tablespoons vinegar.) combine
2 cups cold salad oil.
1 tablespoon boiling water.

Method.

Put yolks in bowl. Add seasoning. Beat. Use K beater. Add 1 tablespoon lemon juice and vinegar mixture. Beat. Beat in, drop by drop, $\frac{1}{4}$ cup of the oil. Then beat in the remaining oil in a thin stream alternately with remainder of lemon and vinegar mixture. Beat in the tablespoon boiling water. Refrigerate until needed.

BASIC BLINTZE BATTER.

Ingredients.

3 eggs. $\frac{1}{4}$ teaspoon salt.
 $1\frac{1}{2}$ cups flour. 2 cups water.

Method.

Beat up well the three eggs and the salt. Gradually add the flour and the water, alternately, whisking smooth. Heat a small frying pan, brush over with fat very lightly and pour in small quantity of batter, sufficient to cover bottom of pan very thinly - surplus may be poured back. When edges begin to dry turn layers out onto pastry board or clean table cloth. If more convenient, the layers may be prepared hours before they are required.

cont.

RED PEPPER SOUP.

INGREDIENTS:

40 ml (8 tsp) butter or margerine
4 crushed cloves garlic
1 large, finely chopped onion
3 sticks, finely chopped celery
2 small green chillies, seeded and chopped
6 - 7 large red peppers, chopped
1 potato, peeled and diced
3½ cups chicken or vegetable stock
3 ml (1 tsp) sugar
2 ml (½ tsp) salt
generous pinch cayenne pepper or a
little dried chilli
125 g ¼ lb) full-fat soft cheese with garlic and herbs

METHOD:

Gently sauté the garlic in the butter.
Heat until the aroma is released.
Do not burn the garlic.
Add the onion and the celery.
Soften over high heat, stirring frequently.
Add the green chillies, sauté a few minutes.
Add the red pepper and potato and cook 2 minutes.
Pour in stock, add sugar, salt and cayenne.
reduce heat and simmer till vegetables are tender.
remove from heat, then whisk in soft cheese, a little
at a time, until it has completely melted.
Adjust seasoning if necessary, then process or
liquidise until soup is completely smooth.

Garnish soup with shavings of Pecorini or similar
cheese.

If preferred, serve with croutons.

CLAM CHOWDER.

INGREDIENTS:

1 large onion, diced
125g (4 oz) butter
3 tablespoons flour
1 cup chicken stock
1 cup milk
1 x 296ml (10fl oz) bottle clam juice
2 potatoes, parboiled and diced
2 x 285g (10½ oz) cans chopped clams, undrained
1 cup cream
½ teaspoon salt
a dash pepper
freshly chopped parsley to garnish

METHOD:

Sauté the onion in the butter until limp.
Stir in the flour and cook a few minutes.
Slowly add the chicken stock, milk and clam juice.
Stir constantly until thickened and smooth.
Drain the clams, add the brine to the soup.
Reserve the clams.
Add the parboiled, diced potatoes.
Cook gently until the potatoes are soft and mushy.
Purée the soup.
Stir in the cream and the reserved clams.
Taste before seasoning and only AFTER that, season with salt and pepper.
Reheat the soup and serve each portion with a sprinkling of chopped parsley.

IF BOTTLED CLAM JUICE IS UNOBTAINABLE, USE AN ADDITIONAL CUP CHICKEN STOCK.

If the soup is not as thick as you would like it, thicken with a little cornflour, mixed to a paste with a little cold water, before you add the cream.

SYBIL'S VICHYSOISE. This tastes good served hot.

INGREDIENTS:

finely sliced white part of 6 large leeks
2 medium onions, finely sliced
100g butter 4 tablespoons
5 medium potatoes, finely sliced
4 cups chicken or vegetable stock made with 4 cubes
1 teaspoon salt
a dash of white pepper
3 cups milk
1 cup thick cream
chopped chives or spring onion

METHOD:

In a deep pot, sauté the leeks and gently in the butter.
Add the potatoes, stock, salt and pepper.
Bring to the boil and then simmer until all the vegetables
are very soft.
Liquidize and return mixture to the pot.
Add the milk, bring gently to the boil.
Taste for seasoning.
Cool and rub through a sieve.
~~Refrigerate and chill well.~~
Mix through the cream and chill again until ready to serve.
Serve garnished with the chopped chive or spring onion.

To serve hot, add cream to the chilled soup and re-heat
very gently.

ETTA'S HOT POTATO SOUP.

INGREDIENTS:

2 large onions; chopped
4 potatoes, diced
2 tablespoons oil
3 - 4 cups chicken or vegetable stock (1 cube per cup)
salt
pepper
nutmeg
cream
chopped spring onion

METHOD:

Fry onion in oil until soft but not brown.
Add potatoes and stock and cook until soft.
Purée in blender.
Season with salt, pepper and nutmeg.

This soup turns sour so refrigerate immediately.
Reheat to serve.
Serve cream on the side and sprinkle soup with
chopped spring onion.

This recipe makes a small quantity, so double.

CARROT VICHYSOISE.

INGREDIENTS:

2 cups peeled and sliced potatoes
1 $\frac{1}{4}$ cups sliced carrots
1 sliced leek, white part only
4 tablespoons margerine or oil
4 cups chicken stock, use 3 cubes
good pinch pepper
 $\frac{3}{4}$ teaspoon salt
1 cup cream or orlywhip
shredded raw carrot
chopped spring onion

METHOD:

Sauté the potatoes, carrots and the leek in the oil.
Use a pan large enough to sauté, not to stew.
Add the stock and bring to the boil.
Reduce the heat and simmer until vegetables are soft.
Strain vegetables but reserve the stock.
Purée vegetables, return to stock.
Season and add the cream or orlywhip.
Taste for seasoning.

Chill soup very well.

Serve in chilled bowls.

Top each serving with a little shredded carrot and
a little chopped spring onion.

If you wish to serve this soup hot, only add 3 tablespoons
cream or orlywhip.

CURRIED BUTTERNUT SOUP.

<u>INGREDIENTS:</u>		
4 tablespoons butter or margerine.		2 oz. = 56 g.
2 cups finely chopped onion.		500 ml.
4 teaspoons Cartwright's medium curry powder.		20 ml.
6 - 7 cups chopped or grated butternut.		approx. 1½ litres.
2 peeled and chopped green apples.		
4 cups chicken stock - use 3 cubes.		1 litre.
1 teaspoon salt.		5 ml.
¼ teaspoon pepper.		1 ml.
¼ teaspoon Maggi Fondor.		1 ml.
½ - 1 cup cream - optional.		
Chopped radish and snipped spring onion for garnish.		

METHOD:

Melt the butter or the margerine in a pot.
Add the chopped onions and the curry powder and cook covered on low heat for 25 minutes.
When the onions are soft, add the butternut, apples and the stock.
Bring to the boil.
Reduce heat to a simmer and cook partially covered until ingredients are mushy and tender.
Strain and reserve the liquid.
Puree the vegetable pulp with a little of the liquid.
Return the puree to the reserved liquid in the pot.
Season with the salt, pepper and Maggi.
Add an additional cup of stock if too thick.
Readjust seasoning.
Add the cream if you so desire.
Serve hot.
Garnish each serving with a little of the chopped radish and the snipped spring onion.

If you cut the butternuts in rings, it becomes easy to peel them.

If you wish to keep this soup kosher, use the Telma clear vegetable stock powder - chicken flavour.
2 teaspoons Telma powder = 1 cube.

WATERCRESS - CUCUMBER SOUP.

<u>INGREDIENTS:</u>	2 tablespoons butter.	1 oz. = 28 g.
	1 cup chopped leeks, white part only.	250 ml.
	2 cups watercress leaves, if unavailable	500 ml.
	1 cup chopped baby spinach.	
	2 cups diced UNPEELED cucumber.	500 ml.
	2 sprigs parsley.	
	½ cup raw, diced potato.	125 ml.
	3 cups chicken or vegetable stock.	750 ml.
	(use 3 cubes)	
	½ teaspoon salt.	2 ml.
	¼ teaspoon black pepper.	1 ml.
	½ teaspoon dry mustard powder.	
	1 cup sweet cream or Orly Whip.	

METHOD:

Melt the butter and fry the leeks until limp.
Add all the other ingredients except the cream.
Bring to the boil, reduce the heat and simmer until
the potatoes are soft.
Puree, correct the seasonings and chill.
Stir in cream or Orly Whip just before serving, if cold.
Cream is optional if serving hot.

Garnish each serving with a mixture of chopped spring onion,
cucumber and radish.

If serving hot, serve with croutons.

Sybil uses almost the same recipe but calls it iced cucumber soup.

She uses only: 1 leek, sliced

1 cup watercress leaves OR ¼ cup chopped spinach.

All other ingredients are the same.

BRUSSEL SPROUT SOUP.

INGREDIENTS:

1 cup fresh or frozen brussel sprouts.	250 g.
Can use a mixture of brussel sprouts and broccoli if you so desire.	
4 tablespoons butter or margerine.	2 oz. = 56 g.
2 peeled and diced medium potatoes.	
4 cups strong chicken stock - use 3 cubes.	1 litre.
A dash of salt and pepper - be careful.	
½ cup cream.	
Croutons.	

METHOD:

Parboil the sprouts in boiling, slated water for a few minutes - drain.

Melt ½ the butter or margerine in a pot and sauté the sprouts for 2 minutes.

Add the potatoes and the chicken stock.

Cover and cook for 20 minutes or until the sprouts are soft.

Strain and reserve the stock.

Puree the vegetables with a little of the stock.

Return to the reserved stock.

Add the remaining butter.

Season carefully and reheat.

If the soup is too thick add a little more stock or water.

Add the cream just before serving.

Reheat gently once you have added the cream.

Serve with croutons.

If you wish to keep this soup kosher, use the Telma clear vegetable stock powder - chicken flavour.

2 teaspoons Telma powder = 1 cube.

TO MAKE CROUTONS:

Dice day old crustless bread.

Deep fry in a pan that has a basket.

Stir while frying.

Deep fry a handful at a time.

When golden turn out to drain on brown paper.

Salt lightly when all croutons have been fired.

Let cool on the brown paper.

CREAM OF CURRIED PEA SOUP.

INGREDIENTS: 1 medium onion, sliced.
1 crushed clove garlic.
1 cup fresh or frozen peas. 250 ml.
1 small, sliced carrot.
1 medium, sliced potato.
1 stalk celery with leaves, sliced.
1 teaspoon curry powder. 5 ml.
3 - 3½ cups chicken or vegetable stock. approx. 750 - 875 ml.
(use 3 cubes)
1 cup cream OR 2 sachets Orly Whip. 250 ml.
1 teaspoon salt. 5 ml.

METHOD:

Fry the onion and the garlic in 1 tablespoon oil until soft but not brown.
Add the vegetables, curry powder and 2 cups of the stock.
Bring to the boil, reduce the heat, cover and simmer for 25 minutes or until the vegetables are soft.
Strain the vegetables, reserving the liquid.
Puree the vegetables with a little of the liquid.
Return all to a pot.
Pour in the remaining stock.
Taste for seasoning - only add salt at this point.
Reheat. If still too thick add a little more stock until desired consistency is reached.
Chill and swirl in cream if served cold.
If serving hot, leave out cream.

I like this soup hot and served with croutons.

CABBAGE SOUP.

INGREDIENTS: 2 lbs. soup brisket. 1 kilo.
2 lbs soup bones. 1 kilo.
12 pints water. approx. 3 litres.
1 onion.
7 peeled whole carrots.
1 large peeled beetroot.
2 large cabbage, shredded coarsley.
1 tin canned tomatoes. 425 g.
Sugar to taste.
Lemon juice to taste.
Salt and pepper to taste.

METHOD: Boil up the water soup meat and the bones.
Skim well.
Add the onion, carrots and beetroot.
Cook until the carrots and the beet are soft - about 3 hours.
Remove the onion, carrots and beetroot.
Add the sliced cabbage - no core.
Sieve the tin of tomatoes and add to the soup.
At this stage add a tablespoon of sugar. It removes the acid
from the tomatoes.
If the soup needs extra colour, add more tomatoes.
Add the sugar, lemon juice, salt and pepper.
Start with $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup lemon juice, a tablespoon of salt
and a dash of pepper.
Simmer a further 2 hours.
Adjust the seasoning.
Skim off any excess fat if necessary.

The soup meat can be removed at the time you take out the carrots etc;
Wash off and add to the soup after the cabbage has been added.

This soup freezes very well.

BEAN SOUP.

<u>INGREDIENTS:</u>	3 lbs. soup meat.	1½ kilos.
	2 lbs soup bones.	1 kilo.
	12 or so marrow bones.	
	12 pints water,	6 litres.
	1 cup white beans.	250 ml.
	2 cups brown sugar beans.	500 ml.
	2 carrots.	
	A slice of pumpkin.	
	1 large potato.	
	2 large skinned tomatoes.	
	1 large onion.	
	2 turnips.	
	2 leeks.	
	2 parsnips.	
	A stick of celery.	
	4 extra cups mixed beans.	1000 ml.
	As many marrow bones as you need.	

METHOD:

Boil up the water, the soup meat and the bones.
Skim very well.
Add the beans - boil and skim.
When the stock is clear, add all the vegetables.
Simmer gently for 4 - 5 hours.
In the meantime cook separately the extra beans in salted water.
When these beans are tender, strain and set aside.
Strain the soup.
Liquidize the beans and vegetables which were cooked in the soup.
Discard the bones and set aside the soup meat.
Wash off the soup meat.
To the soup, add the pureed vegetables, the extra cooked beans and the soup meat.
Cook the extra marrow bones in salted water and cool.
When cool, scrape off and clean.
This can be done early on.
Add these marrow bones to the soup.
Season the soup WELL with salt, pepper, H.P. sauce, soya sauce, Worcestershire sauce and some liquid Maggi.

Season slowly and carefully, tasting all the while to check.
This soup tastes better on the second day.
It also freezes very well.
If too thick, thin down with a little boiling water.

An easier and less messy way to make this soup, would
be to boil up the water, the soup meat and the bones.
Skim very well.

Simmer gently for 4 - 5 hours.

Strain and reserve the meat broth.

Discard the bones but set aside the meat.

This can be made the day before.

Add the beans.

Boil up and skim.

Add the vegetables and gently cook the soup until
beans and vegetables are quite soft.

Purée the soup the beans and the vegetables.

Add the extra beans and replace the soup meat.

Continue as before.

BEULAH'S EASY BEAN SOUP.

<u>INGREDIENTS:</u>	1 cup white beans, soaked overnight.	250 ml.
	1 large cut up onion.	
	A little oil to fry.	
	8 cups water.	2 litres.
	2 tblsp. soup stock powder.	30 ml.
	3 - 4 tblsp. tomato puree.	45 - 60 ml.
	¼ tsp. cumin.	1.5 ml.
	¼ tsp. ground bayleaf.	1.5 ml.
	½ tsp. ground black pepper.	3 ml.
	1 tsp. sweet paprika.	5 ml.
	1 tsp. garlic salt.	5 ml.

METHOD: Fry the onion in the oil until golden brown.
Add the beans, water and all the seasonings.
Cook until the beans are soft.

SYBIL'S QUICK BEAN SOUP.

<u>INGREDIENTS:</u>	1 cup sugar beans.	250 ml.
	2 oz. butter or 4 tblsp. oil.	56 g. or 60 ml.
	1 grated carrot.	
	1 grated onion.	
	1 grated turnip.	
	4 peeled and sliced, ripe tomatoes.	
	3 pints beef stock - use 3 cubes.	approx. 1½ litres.
	2 bayleaves.	
	A few peppercorns.	
	1 tblsp. tomato paste.	15 ml.
	1½ tps. salt.	8 ml.
	½ tsp. pepper.	3 ml.

METHOD: Cover the beans with boiling water and leave to soak overnight.
Melt the butter and gently fry the carrot, onion and turnip.
Add the tomatoes and cook a further 5 minutes.
Add the stock, the beans and the seasonings.
Cook 2 - 3 hours.
Readjust seasoning and serve.

CLEAR CHICKEN SOUP.

INGREDIENTS:

1 large chicken.
2 lbs. soup brisket. 1 kilo.
About 6 chicken feet and 6 chicken necks.
If above is not available, use soup bones.
9 pints of water. approx. 4½ litres.
5 turnips.
6 large carrots.
2 leeks.
1 large onion.
Small slice pumpkin.
A stalk of celery.
Salt and pepper to taste.
A chicken cube or two, if necessary.

METHOD:

Boil up the water, the chicken, the soup brisket, feet and necks. Skim the soup very well.
Add all the vegetables whole and simmer for 5 - 6 hours.
The soup should look gold and rich.
Season and strain through a muslin cloth.

Chicken soup tastes nice served with some fine noodles and drained, tinned butter beans.

QUICK MINESTRONE SOUP.

INGREDIENTS: ½ a grated large cabbage.
2 cubed potatoes.
2 sliced leeks - white parts only.
500 g packet frozen, mixed vegetables. 1 lb.
3 tablespoons oil. 37.5 ml.
1 small tin tomato paste. 115 g.
½ cup tomato sauce. 125 ml.
4 Telma chicken or beef cubes.
1 tin butterbeans, undrained. 420 g.
3 handfuls cut macaroni.

METHOD: Sweat the cabbage, the potatoes, the leeks and the defrosted frozen mixed vegetables in the oil.
Just cover with boiling water and add the tomato paste, the tomato sauce, the cubes, the butterbeans and its juice and the macaroni.
When the macaroni is soft, the soup is ready.
Taste, add more stock if needed.

CLEAR VEGETABLE SOUP.

INGREDIENTS: 2 lbs. soup brisket. 1 kilo.
A knuckle, cut into four.
2 marrow bones.
9 pints water. approx. 4½ litres.
4 turnips.
4 large or 6 small carrots.
2 leeks.
2 parsnips.
1 large onion.
1 stick celery.
1 small piece pumpkin.
2 teaspoons salt. 10 ml.
½ teaspoon pepper. 2 ml.
1 tablespoon soya sauce. 12.5 ml.
1 teaspoon Brono or similar. 5 ml.

METHOD: Boil up the soup meat, bones and water. Skim very well.
Add the cleaned vegetables and all seasoning except the Brono.
Simmer gently for 5 - 6 hours. Sieve through a muslin.
Return to pot, bring to the boil and add the Brono.

SUMMER MINESTRONE.

INGREDIENTS:

2 cloves garlic, peeled and chopped
small head celery, chopped
3 medium onions, peeled and chopped
900g green asparagus cut into 1cm lengths 2 lb
450g young green beans, trimmed and sliced 1 lb
900g fresh broad beans, shelled 2 lb
sea salt and freshly ground pepper
about 1½ litres vegetable or chicken stock 6 cups
a good handful of basil, finely chopped
basil can be replaced with marjoram or mint
300ml double cream 10 fl oz
150g parmesan, freshly grated 5 oz
120ml good pesto 4 oz

METHOD:

In a heavy saucepan fry garlic, celery and onion gently in the olive oil until soft, about 10 minutes.

Divide all the other vegetables between two bowls. Add half to the onion mixture and cook, stirring to coat with oil. ~~for a further 10 minutes.~~

Season to taste with salt and pepper.

Cover with stock and bring to the boil.

Simmer for 30 minutes.

Add the remaining vegetables and cook for a further 5 minutes.

Remove from heat and add the herbs, cream parmesan and pesto.

Stir and cool to room temperature, then serve.

I would warm the cream and slowly add the grated parmesan, stirring all the while until the cheese has melted and then add that to the soup.

Times for cooking the vegetables is correct, Firstly veggies have been finely sliced, they also cook *softer* whilst cooking. *as long*

MEAT BEETROOT SOUP.

INGREDIENTS: 2 lbs. soup meat. 1 kilo.
2 lbs soup bones. 1 kilo.
12 pints water. approx. 6 litres.
16 - 17 large beetroot.
Lemon juice to taste.
Sugar to taste.
Salt and pepper to taste.
3 lbs. prepared mince meat. 1½ kilos.

METHOD: Add the water to the soup meat and the soup bones.
Let it come to the boil and skim very well.
Simmer about 3 hours.
Scrub the beetroot very well and add to the soup.
Cook until the beetroots are soft, 2 - 3 hours.

TO PREPARE THE MINCEMEAT:

Mince the meat with a thickish slice of white bread, which has been soaked in water, 2-3 fried onions and a large, skinned and pipped tomato.

Mix through an egg.

Season with salt - try 2 teaspoons - a dash of pepper, a dash of Tobasco and a dash of tomato sauce.

Form the mince into little balls - the size of a walnut.

Use a teaspoon to measure.

When all the balls have been made, put into a pot of boiling salted water and simmer for ½ hour.

Drain.

Sieve the beetroot soup.

Return the clear soup to the pot.

Skin and grate the cooked beetroot. Add to the soup.

Season the soup with lemon juice, sugar, salt and pepper.

Start with ¼ cup lemon juice, ¼ cup sugar, a tablespoon of salt and a dash of pepper.

Cook, taste and season until you have the required sweet-sour taste.

Add the meat balls and simmer through.

This soup freezes very well.

SALMON BISQUE.

<u>INGREDIENTS:</u>	2 tablespoons oil.	25.0 ml.
	1 tablespoon butter.	12.5 ml.
	1 chopped onion.	
	3 tablespoons flour.	37.5 ml.
	1 220 g. tin salmon deboned but undrained.	
	1 cup milk.	250 ml.
	3 cups chicken or vegetable stock.	750 ml.
	(Use 3 cubes.)	
	½ cup undiluted Cream of Tomato Soup.	125 ml.
	2 teaspoons worcestershire sauce.	10 ml.
	½ teaspoon sugar.	2 ml.
	A dash of black pepper.	
	½ cup cream.	125 ml.
	1 tablespoon sherry.	12.5 ml.

Chopped spring onion.

Croutons.

METHOD: Gently fry the chopped onion in the oil and butter until golden.
Stir in the flour and cook for 1 minute.
Add the flaked salmon and its liquid.
Add the milk, the chicken stock and the cream of tomato soup.
Bring to the boil stirring all the while and simmer gently for 5 minutes.
Strain, reserving the liquid.
Puree the solids with a little of the liquid.
The mixture must be absolutely smooth.
Add the pureed solids to the reserved liquid.
Put in a pot and heat through.
Add the worcestershire sauce, the sugar, the pepper, the cream.
Can be put aside at this point until ready to serve.
When ready to serve, reheat and add the sherry.
Serve each individual serving topped with some chopped spring onion and croutons.

This soup can also be served chilled.

Instead of the tinned salmon, you may use a crayfish tail.
Add the meat to the soup and crush the shell with a little butter in the magimix. Strain this through into the stock.

SARAH'S QUICK BEETROOT SOUP.

INGREDIENTS: 4 heaped tablespoons spiced bottled beetroot.
3 cups milk.
1 sachet Orly Whip.

METHOD: Liquidise all ingredients.
Season to taste.
The soup may need a little lemon juice, sugar and salt.

SARAH'S QUICK TOMATO SOUP.

INGREDIENTS: 410 g. tin tomato soup.
170 ml. can tomato juice.
250 ml. cream.
250 ml. plain yoghurt.
Few drops Tobasco.
2 teaspoons Worcester sauce.

METHOD: Blend all ingredients.
Serve with chopped spring onion and diced cucumber.

SHIRLI'S TOMATO AND ORANGE SOUP.

INGREDIENTS:

½ cup chopped onions
½ cup chopped celery
2 cups fresh skinned, very ripe tomatoes
a sprinkling of sugar
2 tablespoons butter
2 tablespoons flour
3 cups water
2 crushed vegetable cubes
1 cup orange juice
salt and pepper
cream or yoghurt

METHOD:

Sauté onions in a little oil or butter.
As the onions are softening, add the celery.
When the celery has softened, add the tomatoes.
Sprinkle over a little sugar to prevent acidity.
Sauté all vegetables until very tender.

Make a runny white sauce by melting the butter
in a separate saucepan.
Add flour and cook a few minutes.
Crush the cubes into the water and orange juice.
Remove saucepan from heat and pour over liquid.
Return to heat and cook until mixture has thickened.

Add white sauce to the tomato mixture and blend.
Season with salt and pepper.
If soup is too thick, thin with some extra stock.
Chill.

Serve with a swirl of cream or yoghurt.
Trim each bowl with a few slivered orange slices
and a very thin curl of orange peel.

YELTA'S CARROT AND ORANGE SOUP. (Potage creme d'or)

INGREDIENTS:

1 medium, finely chopped onion
30 g butter
450 g very thinly sliced carrots
1 litre chicken stock
juice of 1 - 2 oranges
250 ml cream
salt
pepper
snipped chives

METHOD:

Sweat the onions in butter.
To sweat, cover pot with greased waxproof paper.
Put lid on top and cook slowly until carrots are tender.
Add stock.
Cook up and then liquidize .
Add orange juice and salt and pepper to taste.
Stir in cream.
Do not boil soup after you have added the juice and the cream.
Serve with snipped chives.

This soup is tasty warm or chilled.

CHILLED YELLOW PEPPER SOUP WITH CHIVES.

INGREDIENTS:

5 medium onions sliced (about 6½ cups)
4 tablespoons unsalted butter
6 large cloves, crushed
¼ teaspoon salt
½ cup dry white wine
17½ cups yellow bell peppers, chopped coarsely
4 cups chicken or vegetable broth
1 cup sour cream

METHOD:

Cook onions in butter over moderate heat, stirring occasionally, 5 minutes.
Mash garlic with the salt (should be about 2½ tablespoons) and add to onions.
Cook, stirring, 1 minute.
Add wine and boil until liquid is reduced to about 1 tablespoon.
Stir in the bell peppers and the broth and simmer, covered until peppers are tender.

In a blender or food processor pureé mixture in batches (use caution when blending hot liquids) until smooth and transfer to a large bowl.

Season purée with salt and pepper and cool completely.
Chill soup, covered, until cold at least 4 hours and up to two days.

Whisk in sour cream and taste for seasoning.

Garnish soup with chives.

Makes about 17 cups, serving 16 as a first course.

This recipe halves most successfully.

I also add additional stock to make a thinner soup.
I like to serve the sour cream on the side.

CREAMED TOMATO BISQUE.

INGREDIENTS:

½ cup butter
1 cup chopped celery
1 cup chopped onion
½ cup chopped carrots
third cup flour
2 x 800 g canned crushed tomatoes
2 teaspoons sugar
1 teaspoon dried basil or 1 tablespoon fresh
1 teaspoon marjoram
1 bay leaf
¼ teaspoon pepper
4 cups chicken or beef stock
2 cups cream or Orlywhip
½ teaspoon paprika
½ teaspoon curry powder
salt to taste

METHOD:

Melt the butter.
Sauté the celery, onion and carrots.
Stir in the flour and cook a few minutes.
Add the tomatoes, sugar, basil, marjoram, bay leaf,
pepper and stock.
Simmer about 30 minutes.
Remove bay leaf.
You may purée the soup at this stage, if desired.
Add the cream, paprika, curry powder and salt.
Taste and adjust seasoning.

This soup may be served hot or cold.

BUTTERNUT AND BEAN SOUP.

INGREDIENTS:

1 medium sized onion
1 léek
1 medium size butternut
2 carrots
1 turnip
1 parsnip
2 tablespoons margerine or butter
2 tablespoons parév soup powder - chicken flavour
1 cube mushroom soup
1½ - 2 tins baked beans in tomato sauce
salt and pepper to taste
1 tablespoon lemon juice

METHOD:

Chop all vegetables roughly but keep the chopped onions separate.

Saute onions in margerine until glassy but do not allow to brown.

Add the other vegetables and continue frying gently.

Stir occasionally so that the vegetables do not brown but absorb the margerine - about 10 minutes.

Add water to cover and simmer gently.

Add soup powder and crushed cube.

You may need to additional powder and cube to taste.

Boil for at least one hour, vegetables should be soft.

Liquidise and correct seasoning.

Add the baked beans and the lemon juice.

Heat to serve.

RED LENTIL SOUP.

INGREDIENTS:

50 ml oil
1 large onion, chopped finely
2 crushed cloves garlic
½ teaspoon dried thyme
2 large grated carrots
2 - 2½ cups shredded cabbage
250 g well rinsed red lentils
2 litres water
1 teaspoon sugar
1 teaspoon worcestershire sauce
1 bay leaf
125 ml chopped parsley
1 tablespoon tomato paste
2 teaspoons salt
3 vegetable cubes dissolved in 1 cup boiling water
1 tablespoon lemon juice

METHOD:

Heat oil and sautee the chopped onion.
Add the garlic, thyme and grated carrots.
Stir fry for a few minutes and then add the remaining ingredients EXCEPT the lemon juice.
Simmer until vegetables are soft.
Taste for seasoning and add the lemon juice.

SUMMER PEA SOUP WITH PEAR SORBET AND WATERCRESS.

INGREDIENTS:

2 tablespoons butter
2 tablespoons oil
2 sliced onions
2 sliced carrots
1 stick celery, chopped with leaves
2 crushed cloves garlic
Lawry's seasoned salt and ground white pepper to taste
1 kg frozen peas
1 litre water
4 teaspoons chicken stock powder
1 - 2½ teaspoons medium curry powder (to taste)
a good pinch tumeric
2 tablespoons sherry
½ teaspoon white pepper

"extra" 2 cups water with 2 tablespoons chicken stock powder, 1 - 2 teaspoons curr and a pinch white pepper

pear sorbet
watercress to garnish

METHOD:

Saute onions and carrots until golden in the butter and oil.
Saute very slowly - about an hour
Add the celery and garlic.
Stir fry 1 - 2 minutes. Season with seasoned salt and pepper.
Add peas, water and chicken stock powder.
Cook till tender (approximatley ½ hour).
Liquidise and strain.
Add curry powder, tumeric, sherry and pepper.
If too thick, thin with "extra" seasoned chicken stock.
I found I needed extra "extra" seasoned chicken stock.
Refrigerate overnight.

To serve:

Place warmed soup in soup bowls.
Place sorbet in a ramekin and float in soup bowl.
Garnish sorbet with watercress.

Serves 8 - 10.

ZIVA'S CHILLED APPLE SOUP. (serves 6)

INGREDIENTS:

- 1 large onion, finely chopped
- 2 tablespoons/30g butter
- 2 teaspoons medium strength curry powder (Rajah)
- 3 teaspoons flour
- 4 3 Granny Smith apples, skin on
- 4½ cups chicken stock - *use ½ cup to 1 cup*
- 175ml cream *reserve 3 cups to other*
- 2 egg yolks
- lemon juice to taste
- salt and pepper to taste

METHOD:

Saute the onion in the butter until soft.
Add the curry powder and stir fry for 1 minute.
Add the flour and continue to stir fry until absorbed.
Coarsely chop 2½ apples.
Reserve the remaining 1 half to garnish.
Soak that ½ in lemon juice to prevent discolouration.
Add apples to pot with the stock.
Bring to the boil, reduce the heat and simmer until the apples are soft.
Put soup through a blender and return to rinsed pot.
Beat egg yolks with the cream and add to the soup.
Bring almost to the boil.
Be careful that boiling point is not reached or the soup will curdle.
Strain soup through a fine sieve.
You may have to sieve the soup twice to get rid of all the apple peel.
Add a tablespoon of lemon juice to start and slowly add more if it is needed.
The lemon juice should just give the soup an edge.
Season with salt and pepper if needed.
Refrigerate.
The soup must be served ice-cold.
Garnish with chopped chives and the ½ apple which you have peeled and julienned.
Serve Melba toast with this soup.

JOAN'S MUSHROOM SOUP.

INGREDIENTS:

3 cups water
3 sliced stalks celery
1 large sliced carrot
1 large chopped onion
500g sliced mushrooms
4 cups rich chicken bouillon
salt
paprika
additional 250g sliced mushrooms
1 tablespoon sherry, optional

METHOD:

Boil together the water, celery, carrot, onion and the 500g sliced mushrooms.
Bring to the boil and then simmer for 45 minutes.
Strain and to the reserved stock add the chicken bouillon.
Season with salt and paprika.
Add the 250g sliced mushrooms and bring all to a rapid boil. Simmer for 10 or so minutes.

Taste and if desired add the sherry.

Top with chopped spring onion, when serving.

PEAR SORBET.

INGREDIENTS:

4 large, well flavoured pears
1 cup icing sugar
Juice of 2 lemons (3 - 4 tablespoons)
1 -2 egg whites

METHOD:

Peel, core and quarter pears.
Put pears in pot with the sugar and just enough water to cover. (about 1 litre)
Poach until pears are tender.
Remove the pears and reduce the cooking liquid by rapid boiling until thick and syrupy - about 10 minutes.
Puree the pears, sugar, syrup and lemon juice in food processor.
Allow to cool and then freeze overnight or for a few hours.
When nearly frozen, process briefly in the chilled bowl of a food processor.
Whisk the egg whites until stiff but not dry.
Add to pears by degrees while the food processor is on.
The sorbet should double in bulk.
Freeze until firm.

In the absence of a food processor, fold the lightly whisked egg whites into the nearly frozen pear puree.

SHIRLI'S QUICK MUSHROOM SOUP.

INGREDIENTS:

600g black mushrooms
2 chicken stock cubes, dissolved in 4 cups water
1 teaspoon mustard powder
salt
pepper
1 tablespoon lemon juice, optional
½ cup cream
chopped spring onion to garnish

METHOD:

Slice mushrooms and place in a pot with the stock, mustard powder, salt and pepper.

Cook until tender.

Liquidize.

Add lemon juice and adjust seasoning.

Add the cream.

This soup is very grey so when serving, swirl with a little extra cream and sprinkle with the spring onion.

ZIVA'S SWEETCORN SOUP.

INGREDIENTS:

1 tablespoon butter
6 - 8 stalks spring onion, chop both green and white
2 tablespoons flour
3½ cups water
1 crushed vegetable stock cube
2 x 440g cans creamed sweetcorn
½ cup cream

METHOD:

Heat butter in pot, add the spring onion and stirfry about 2 minutes.
Add the flour and stirfry about 1 minute.
Gradually stir in the water and the cube.
Stir over high heat until mixture boils and thickens.
Add the sweetcorn.
Stir through.
Add the cream.
Taste for seasoning.

This soup does not make a large quantity.
It can be made the day before but cover well and refrigerate.
When re-heating, do not boil.

SHIRLI'S QUICK MUSHROOM SOUP.

INGREDIENTS:

600 g. black mushrooms.
2 chicken stock cubes dissolved in 4 cups water.
1 teaspoon mustard powder.
Salt and black pepper.
1 tablespoon lemon juice - optional.
½ cup cream.

METHOD:

Slice the mushrooms and put in pot with the stock,
mustard powder, salt and pepper.
Cook until tenderish.
Liquidize.
Add lemon juice if desired.
Add the cream.

This soup is very grey so when serving swirl with a
little cream and sprinkle with chopped spring onion.

MOCK GAZPACHO.

INGREDIENTS:

1 x 410 g. tin tomato soup - not the thick type.
500 ml. buttermilk.
250 ml. cream.
Salt and pepper to taste.
Few drops Tobasco.
3 hardboiled eggs, chopped fine.
About half an English cucumber, diced fine.

METHOD:

Mix the soup, the buttermilk and the cream.
Season to taste with the salt, pepper and Tobasco.
Mix in the chopped egg and the diced cucumber.
Serve very well chilled.

FAY'S STUFFED EGGS.

INGREDIENTS:

12 hard boiled eggs
3 tablespoons vinegar
4 tablespoons softened butter
2 tablespoons mayonnaise
1 teaspoon salt
2 teaspoons sugar
1-1½ teaspoons curry powder
3 drops tobasco

anchovies

3 tablespoons oil
½ cup tomato-sauce
½ crushed clove garlic
1 tablespoon chopped parsley
½ teaspoon curry powder
salt and pepper to taste

METHOD:

Peel eggs and chill.

Cut in half, lengthwise.

Remove yolks and press through a fine sieve.

Add the vinegar, butter, mayonnaise, salt, sugar, curry powder and tobasco.

Work together until smooth and creamy.

Taste for seasoning.

Pipe the egg yolk mixture into the egg whites and chill.

When ready to serve put out on platter and decorate with criss-crosses of anchovies.

Serve with a sauce made of the oil, tomato sauce, garlic, parsley, curry powder and salt and pepper.

BAKED BRIE WITH PITA PETALS.

INGREDIENTS:

4 to 5 pita breads, preferably wholewheat
margerine to spread
Lawry's garlic salt

1 whole round of ripe brie
1½ cups slivered almonds
3 tablespoons butter or margerine

METHOD:

Split each pita in half horizontally.

Spread each half with margerine.

Sprinkle with the garlic salt.

Cut each half into four.

Place on baking sheets and bake at 140°C for 10-15 minutes.

Watch carefully.

Can be cooled and stored in a tupperware dish for a few days.

Place the brie in an ovenproof dish with sides e.g.
a pie or quiche dish.

Bake in 160°C oven.

A large brie needs to bake 20-30 minutes.

A small brie needs to bake 20 minutes.

The brie should be baked until it is well heated through
and is soft to the touch.

Saute the almonds in the butter until lightly browned.

Set aside.

Remove cheese from oven and top with the toasted almonds.

Serve immediately with the pita petals on the side.

If possible leave the brie on a candle flame while
eating.

It cools very quickly.

SPINACH DIP.

INGREDIENTS:

250g frozen spinach
½ cup chopped parsley
½ cup chopped spring onion
small crushed clove garlic
½ teaspoon dried dill
1 teaspoon seasoning salt
½ cup mayonnaise
½ cup sour cream
1-2 tablespoons lemon juice to taste

METHOD:

Defrost and drain the spinach.
The spinach must be well drained.
Mix all the other ingredients.
Be cautious with the garlic.
Stir through the spinach.
Taste and serve.

PUTCHA.

INGREDIENTS:

1 cow heel - ask the butcher to clean it well
and to cut through the bones.
1 very large or 2 medium onions.
2 whole peeled carrots - optional.
7 - 8 cloves garlic.
2 - 3 bayleaves. .
A few peppercorns.
¼ teaspoon ginger powder. - optional.
Salt to taste.
A good sprinkling pepper.
6 - 8 hard boiled eggs.

METHOD:

Plunge the heel into boiling water and as soon as you
can handle it, scrape with a very sharp knife or a blade.
Scrape until all the hair has been removed.

Place the heel in a large, heavy-based saucepan.

Cover with water and add the onion, the carrots, the garlic,
the bayleaves, the peppercorns, the ginger, salt and pepper.

Bring the water to the boil, removing the scum as it comes to
the top.

Cover and reduce the heat.

Simmer gently for 10 - 12 hours.

Add extra boiling water from time to time to ensure that the
contents are completely covered throughout the cooking process.

This is very important for the final texture of the putcha.

Two to three hours before the putcha looks ready, start to taste.

The meat should begin to fall off the bones.

Add more salt, pepper, ginger and garlic.

Putcha needs a lot of garlic.

When the meat is quite soft, strain contents of the pot into
a colander, over a bowl.

Strain off about ½ cup of the broth and set aside.

Discard the bones, the carrots, the bayleaves and peppercorns.

Mince the rest.

You do this while the meat is warm - much easier to work with.

Add the strained broth to the minced meat and mix through.
You may not use all the broth.
The mixture must be loose - like soup.
Put back in a pot and bring to the boil.
Taste and readjust the seasoning.
Can add more broth at this stage if you need to.
It is better to add less than more broth initially.

Pour into flat dishes.
Slice the hard boiled eggs and garnish the top of the putcha.
Gently spoon over the reserved clear broth.
This prevents the eggs from drying and discolouring.
Put into refrigerator to set.

Cut the putcha into squares or diamond shapes.
Put a toothpick into each square.
Serve with mustard.

Putcha does not freeze.

CUCUMBER MOUSSE.

<u>INGREDIENTS:</u>	2 tablespoons gelatine	25 ml
	¼ cup cold water	60 ml
	3 peeled, seeded and chopped cucumbers	
	OR	
	2 English cucumbers	
	1 cup mayonnaise	250 ml
	1 medium, chopped and blanched onion	
	1 teaspoon salt	5 ml
	½ teaspoon pepper	
	2 teaspoons lemon juice	10 ml

METHOD:
Sprinkle the gelatine onto the ¼ cup cold water.
Dissolve over hot water.
Process all other ingredients - use steel blade.
Mix through the dissolved gelatine.
Pour into a suitably sized, oiled mould.
You can also use individual moulds.
Put in fridge to set.
Unmould and garnish.
Chopped hard boiled eggs and smoked salmon make a good garnish.

Let the mousse get quite cold and begin to thicken.
Fold through the whipped cream.
Turn into an oiled cake or loaf tin.
Refrigerate until set.
Unmould onto a platter.
Garnish with sliced tomato and cucumber, watercress
or lettuce.
Serve with the devil sauce below.

INGREDIENTS

FOR DEVIL SAUCE:

1 cup canned tomatoes, chopped fine

OR

3 large, peeled and simmered fresh tomatoes.

1 clove pressed garlic.

2 tablespoons oil.

1 dessertspoon vinegar.

1 tablespoon Worcestershire sauce.

1 tablespoon tomato sauce.

Salt, pepper, mustard powder and sugar to taste.

METHOD:

Mix all ingredients well and serve in a separate bowl.

SPINACH CAKE.

THE CREPES:

3 eggs.	
2 cups water.	500 ml
1½ cups flour.	375 ml.
A pinch of salt.	
½ teaspoon baking powder.	3 ml.

Beat the eggs and the water.
Sift the flour with the salt and the baking powder.
Add to the egg mixture and beat until smooth,
The batter should be the consistency of thin cream.

Heat an 8" or 9" metal frying pan.

8" = 20 cm.

9" = 22.5 cm.

Take a ball of greaseproof paper, dip in a little oil
and lightly grease the hot pan.

Pour in a little batter and with a circular motion distribute
the batter evenly, ensuring that the whole base is thinly covered.
The crepes should be paper thin.

When the crepe pulls away from the edge of the pan, turn out
onto a clean cloth.

Cover the cooked side with the lid of a pot immediately and leave
until the next crepe is ready.

Covering the crepes, keeps the crepes moist and prevents sticking.
Repeat until all batter is used up.

You could turn the pancakes over for just a minute before
turning out but I never do.

If you wish to freeze the crepes, you must freeze between sheets
of greaseproof.

SPINACH MIXTURE:

1 lb. frozen chopped spinach.	500 g.
½ lb. chunky cream cheese.	250 g.
2 beaten eggs.	
About ½ cup buttermilk.	125 ml.
1 or 2 tablespoons of flour, if necessary.	
Salt and freshly ground pepper to taste.	

Put the defrosted spinach in a strainer and squeeze dry.
Mix all ingredients.
Should be a nice spreading consistency. not too thick, not too thin.

Grease a 8" or 9" springform pan.
Put down a crepe and spread with about 3 tablespoons of the spinach mixture.
Repeat until all crepes and spinach is used up.
Top with a mixture of grated cheddar and mozzarella cheese.
Bake in a 350°F = 180°C oven until the cheese melts.
Remove sides of springform and serve in wedges.

ISABELLE'S SMOKED SALMON AND CREAM CHEESE TARTLETS.

DOUGH:

½ lb. butter.

250 g.

1 lb. smooth cream cheese, cream added.

500 g.

1 - 1½ cups flour.

250 -375 ml.

Cream the butter.

Add the cream cheese and the flour.

Gather dough together and wrap in waxwrap.

Refrigerate overnight.

THE FILLING:

1 lb. cream cheese.

Snippets of smoked salmon.

Sprinkling of black pepper.

Mix all ingredients for filling.

Taste - add more smoked salmon if needed.

Roll out dough and cut into 4" squares i.e. 10 cm.

Place each square in a greased muffin pan.

Put two teaspoons of filling in centre.

Pinch the four corners together.

Bake at 400°F. i.e. 200°C. for about 18 minutes.

Alternately you can cut the rolled dough into 2 - 3 inch squares or 2" rounds. 1" = 2.5 cm.

Place a teaspoon of filling in each square or round.

Wet edges, fold squares into triangles and rounds in half.

Press down edges with fork.

Bake as above.

MARA'S CHICKEN LIVER AND ONION STARTER.

INGREDIENTS:

6 x 250g punnets chicken livers
peanut oil to fry
6 large chopped onions
12 tablespoons sherry or tarragon vinegar
½ teaspoon ground cloves
1 teaspoon salt
½ teaspoon ground black pepper
coarse salt to sprinkle
watercress
tomato slices and cucumber slices to garnish

METHOD:

Heat the oil in a heavy bottomed frying pan.
Quickly sear the livers - about a minute a side.
The livers must be pink inside.
When adding or turning livers, remove pan from heat.
The livers splatter and you may burn yourself.
Remove livers and set aside to cool.

Now add the chopped onions to the oil in which you fried the livers.

Scrape bits and pieces of what was left from frying livers through the frying onions.
Fry onions until just translucent.
Deglaze with the vinegar.
Reduce rapidly until most of the vinegar has been absorbed.
Sprinkle with the ground cloves, salt and pepper.
Set aside to cool.

Layer a platter with fresh watercress.
Heap fried onions in centre.
Sprinkle livers with coarse salt.
Encircle the onions with the livers.
Garnish with tomatoes and cucumber, for colour.

HOT ASPARAGUS STARTER.

INGREDIENTS:

460g can asparagus	
60g butter	2 oz
30ml flour	2 tablespoons
125ml cream	½ cup
150ml milk	¼ pint
grated cheddar cheese	

METHOD:

Drain the can asparagus.
Put asparagus in a fireproof plate.
Make a white sauce with the butter, flour,
cream, milk and asparagus liquid.
Pour over the asparagus.
Sprinkle generously with the grated cheese.
Bake at 200°C/400°F until the cheese melts.
Sprinkle with paprika.

ELAINE'S CHICKEN LIVER PATE.

INGREDIENTS:

1 x 10 oz. can beef consomme.	284 ml.
1 tablespoon gelatine.	15 ml.
½ cup cold water.	125 ml.
1 oz. butter.	30 g.
1 large onion.	
1 lb. chicken livers.	500 g.
Salt, pepper and a pinch of Thyme to taste.	
1 tablespoon chopped parsley.	15 ml.
5 oz. melted butter.	22.5 ml.

METHOD:

Bring the consomme to the boil.
Melt the gelatine in the cold water and then
dissolve over some hot water.
Stir until clear.
Add the dissolved gelatine to the hot consomme.
Pour into a wetted or oiled mould - a very small
loaf tin is a good shape.
Let the gelatine set the consomme and then pour
pour over the pate described below.

Chop the onion and gently saute in the 1 oz.
of butter.
Add the chicken livers and fry gently till cooked.
season while frying.
Sprinkle over the parsley and sautee for a few moments.
Put all in the bowl of the magimix and process for
a few seconds.
Add the melted butter and the barnady and process
until quite smooth.
Taste for seasoning, cover and refrigerate.
Should be made the day before use.

I find this quantity too little for my mould so
usually double the recipe.
Do not double the gelatine mixture.

TO UNMOULD: Loosen the edges with a knife.
Dip the base quickly in hot water.
Unmould onto a serving platter.
Serve surrounded by Melba Toast.

SYBIL'S LIVER PATE IN ASPIC.

INGREDIENTS:

500 g. chicken livers.	1 lb.
1 chicken stock cube dissolved in 1 cup water.	250 ml.
3 sliced onions.	
75 ml. chicken fat or similar.	5 tblsp.
6 hardboiled eggs.	
5 ml. salt	1 tsp.
3 ml. black pepper.	½ tsp.
A pinch of cinnamon.	
A pinch of nutmeg.	
3 ml. Maggi Fondor.	½ tsp.
3 ml. paprika.	½ tsp.
15 ml. sherry.	1 tblsp.
90 g. margerine.	3 oz.
1 x 284 ml. can beef consomme.	10 oz.
¾ of that can water.	
13 ml. gelatine.	2½ tsp.
15 ml. port.	1 tblsp.

METHOD:

Wash livers in cold water.

Bring chicken stock to boil and put in livers.

Simmer for 5 minutes.

Drain but retain the stock.

Fry the onions in the fat.

Mince the livers, the onions together with the fat from the pan and 4 of the hardboiled eggs.

Add all the seasonings, the sherry, the margerine and a little of the stock from the livers, to make a smooth pate - I like to use the magimix.

Mix the consomme with the ¾ can of water.

Dissolve the gelatine in ½ the consomme/water mixture.

Dissolve this over hot water - stir until clear.

Now add the balance of the consomme/water mixture.

Stir in the port.

Spoon a little less than ½ of the aspic into a chilled loaf tin, which has been oiled.

25.5 cm. x 8 cm. x 6.30 cm. Mirrorware loaf tin.

10¼" x 3¾" x 2¾" is the non-metric size.

Put the tin in the refrigerator on a dish of ice.
Allow the aspic to thicken slightly.
Slice the remaining 2 hardboiled eggs.
Use to decorate the aspic.
The eggs must lie just under the aspic.
If the aspic has set too thick, soften over a bowl
of warm water.
Aspic must now set.

Spoon in the liver mixture.
Pour more aspic on top.
Pour the remaining aspic into a shallow dish and
allow to set to be used for garnishing.
Put the completed pate in the refrigerator to set.

Loosen the mixture from the sides of the tin with
a flexible spatula.
Dip a towel in hot water and wring dry.
Invert mould onto a platter and wrap towel around
the mould.
Shaking gently, release the pate.
Decorate top of pate with parsley.
Ring the edge of the platter with the reserved
aspic which you have chopped.

Serve with sliced rye bread or Melba toast.

MELBA TOAST.

Cut a one day old bread through on the diagonal.
With flat side on a board, cut very thin slices.
Bake at 160°C. (300°F.) for 10 - 15 minutes.
Watch carefully.
Must crisp and be a pale golden colour.
Can be kept in an airtight tin for 2 weeks.

MEXICAN HOT CHILLIE DIP.

INGREDIENTS

FOR DIP:

25 ml oil	2 tablespoons
1 finely chopped onion	
1 crushed clove garlic	
25 ml chopped green pepper	2 tablespoons
3 - 4 red or green chillies, seeded and chopped	
1 skinned and chopped tomato	
1 x 410 can tomatoes, drained and chopped (reserve juice)	13 oz can
60 ml tomato purée	¼ cup
60 ml tomato sauce	¼ cup
a good pinch sugar	
pinch salt and pepper	

METHOD

FOR DIP:

Heat the oil and fry the onions till soft.
Add the garlic, green pepper and chillies and fry a
further 2 - 3 minutes.
Add the fresh tomato, canned tomatoes and the juice,
tomato purée, tomato sauce and sugar.
Leave to simmer till thickened.
Taste and then season with salt and pepper.

This sauce can be made in advance and reheated.

INGREDIENTS

FOR GUACOMOLE:

2 avocado pears	
1 small onion, cut into quarters	
½ teaspoon salt	
¼ teaspoon pepper	
2 teaspoons lemon juice	
80 ml plain, thick yoghurt	third cup

METHOD:

Liquidize all the ingredients.
Put pip of avocado in centre of guacomole.
Cover and set aside until needed.
The pip stops the avocado discolouring.

TO SERVE:

Cut some pita into wedges.

Reheat the chillie dip, put in a flame proof dish and keep warm on a warmer - the type that has a candle. Put the guacomole, some sour cream, some grated cheddar cheese in separate bowls.

Assemble all this on a large lettuce covered platter or tray.

The red frilly lettuce looks good.

Let each guest top a pita wedge with a dollop of dip, guacomole, sour cream and grated cheese.

If preferred, serve hot chillie dip with plain Taco chips.

This chillie dip is also delicious served as a sauce with meat, chicken or fish.

MARINADED KIPPERS.

INGREDIENTS:

1 packet boneless kippers.
Black pepper.
Thinly sliced onion. 60 ml.
¼ cup lemon juice. 125 ml.
½ cup oil. 5 ml.
1 teaspoon sugar.
2 bayleaves.
A few peppercorns.

METHOD:

Soak the kipper in cold water for 10 minutes.
Remove the skin.
Cut into nice strips - thick julienne.
Lay strips in a flat dish.
Sprinkle with a generous amount of freshly ground pepper.
Cover with the onion rings.
Mix the lemon juice, oil and sugar in the magimix.
Stir in the bayleaves and pepper corns.
Pour over the kippers and onions.
Marinate for 24 hours.

To serve: Take a few strips kipper and push through a few onion rings.
Set a few of these bundles on a bed of lettuce.
Accompany with fingers of rye bread spread with mayonnaise.

SARAH'S SOUSED HERRING.

Soak 2 herrings.
Fillet and cut into slices.
Cover with some sliced onion rings.
Add 2 -3 bayleaves and a few peppercorns.
Pour over a good quality oil to cover.
Use a small dish.
Eat the next day.
Keeps for two weeks.

BAKED BRIE WITH PITA PETALS.

INGREDIENTS:

1 Brie cheese
1½ cups sliced almonds
3 tablespoons butter or margarine
3 - 4 large round pita breads
butter

METHOD:

Saute the almonds in the 3 tablespoons butter until lightly browned.
Set aside.
Place Brie in an oven proof dish with sides e.g. a quiche dish.

Divide pita in half horizontally.
Butter each half.
Cut each half into 8 triangles.
Place on baking sheets and bake at 140°C for 10 - 15 minutes.
Watch carefully.
Can be cooled and stored in a tupperware dish.

Bake whole Brie at 160°C for 20 - 30 minutes.
If baking a small Brie bake only 15 - 20 minutes.
The cheese should be baked until it is heated through and feels soft to the touch.
Remove from oven and top with the toasted almonds.
Surround with the pita petals for dipping.

May be kept warm on a Salton hot tray.

SPINACH ROULADE.

INGREDIENTS

FOR FILLING:

3-4 chopped onions	
30g butter	2 tablespoons
500g sliced mushrooms	½ lb
70ml flour	4½ tablespoons
250ml milk	1 cup
2ml salt	½ teaspoon
pinch pepper	
extra 5ml butter	1 teaspoon
5ml boiling water	1 teaspoon
45ml cream	3 tablespoons

INGREDIENTS

FOR ROULADE:

450g frozen spinach	about 1 lb
60g butter	2 oz
4 separated eggs	
salt and milled pepper to taste	
grated parmesan cheese	

METHOD FOR

FILLING:

Fry the onions in a little butter.
When soft, add the mushrooms and fry until liquid evaporates.
Make a white sauce by melting the 30g butter, stir in the flour and cook a few minutes.
Add the milk, off the heat.
Put back to boil and stir until thickened.
Season.
Now add the extra teaspoon butter and the teaspoon boiling water - this gives the sauce a velvety texture.
Stir in the cream.
Add the fried and drained onions and mushrooms.
Set the sauce aside to cool.
THE SAUCE MUST BE THICK.

TO MAKE

ROULADE:

Cook the spinach for 8 minutes.
Drain and liquidize with the butter.
season well with the salt and pepper.
Put into a bowl and stir in the egg yolks, one by one.
Use a wooden spoon.

Beat the egg whites stiffly and fold into the spinach mixture.

Line a greased swissroll tin with greased waxpaper.
Do not use butter, use "Spray and Cook".
Turn mixture into tin and quickly spread to an even thickness.
Sprinkle with parmesan cheese.

Bake at 200°C/400°F till well risen and firm to the touch.
This should take 15-20 minutes.

Turn out onto another greased sheet of waxwrap.
Peel off the original paper.
Cool slightly on rack.
Spread with the filling and roll up, lengthwise.

Serve with sour cream and chopped spring onion.

The roulade may be made early in the day and reheated
to serve.

Place roulade on a fireproof serving platter.
Cover lightly with a folded, clean dishcloth.
Heat in a 180°C/350°F oven until warm.

RICOTTA AND ARTICHOKE PIE.

INGREDIENTS:

¼ cup chopped spring onion	60ml
1 tablespoon olive oil or butter	15ml
a packet of ricotta cheese	680g
1 cup grated cheddar cheese	250ml
¾ cup grated parmesan cheese	190ml
1 teaspoon dried tarragon	5ml
4 eggs	
freshly ground pepper	
400g can artichoke hearts, halved or quartered	
10 sheets phyllo pastry	
melted butter or margerine	

METHOD:

Gently fry the spring onion in the butter or oil until limp.

Grate all the cheeses in the magimix.

Mix the eggs, one at a time, to the cheese.

Add the tarragon and the fried spring onion.

Season with the ground pepper.

Brush each of 5 layers of the phyllo with the melted butter or margerine.

Place each layer, one on top of the other, in a deep loose-bottom cake tin.

The tin should of been well greased.

Cover with half the cheese mixture.

Top with half the sliced artichokes.

Brush another 5 layers of phyllo with the melted butter.

Again, place each layer, one on top of the other on the cheese and artichokes.

Top with the remaining cheese mixture and sliced artichokes.

Fold over the overlapping edges of pastry.

Brush with lots of melted butter or margerine.

Bake at 180°C/350°F for 40 minutes.

Let cool about 15 minutes before slicing..

Use an electric knife to slice the pie.

If desired, bake only for 15 minutes, cool and freeze.

Defrost and bake for another 15-20 minutes when ready to serve.

BOUREKAKAI.

INGREDIENTS: 250 g crumbled feta cheese 1 cup = 8 oz
250 g cream or ricotta cheese 1 cup = 8 oz
50 ml grated emmentaler cheese 4 tablespoons
salt and pepper to taste
a pinch of nutmeg
a pinch of Maggi Fondor
3 ml dry mustard ½ teaspoon
a dash of tobasco
6 chopped spring onions
1 - 2 eggs

16 leaves of phyllo pastry
melted butter or marge

METHOD: Mix all the cheeses together.
Mix in all the seasonings and the spring onion.
If using cream cheese, start with only 1 egg.
The texture of the filling should not be too runny.
If using ricotta cheese, you can add both eggs immediately.
Taste and adjust seasoning, if need be.

Cut the phyllo leaves into strips, 20 cm x 5 cm = 8" x 2".
Lay down one strip, brush with melted butter or marge.
Top with a second strip, brush with mleted butter.
Place a teaspoon of the cheese mixture on a corner of the
strip and fold the corner over to cover the cheese and to
make a triangle.
Continue to fold - keep the triangle shape - all the way
down the strip - should look like a small samoos.
Brush lightly with butter or marge.
Repeat with all the remaining strips.
Chill the pastries on a buttered cookie sheet for 20 minutes.
Bake in a moderate oven 180°C (350°F) for 15 - 20 minutes.
Serve warm.

The pastries look pretty topped with sesame seed.
They freeze well unbaked. Bake frozen.

PHYLLO NOT BEING USED MUST BE COVERED AT ALL TIMES WITH
WAXED PAPER AND A LIGHTLY DAMPENED TOWEL.

SPANAKOPETES. (Spinach cheese puffs)

INGREDIENTS:

1 medium, chopped onion	
30 g butter	2 Tb = 1 oz
500 g spinach, washed and chopped (remove hard centre stalks)	1 lb
250 g crumbled, Feta cheese	½ lb
50 ml grated parmesan cheese	4 tablespoons
3 lightly beaten eggs	
125 g chopped spring onion	½ cup
3 ml salt	½ teaspoon
3 ml nutmeg	½ teaspoon
3 ml pepper	½ teaspoon
60 ml breadcrumbs	¼ cup
125 g phyllo pastry sheets	¼ lb
125 g melted butter or margerine	½ cup = 4 oz

METHOD:

Sauté the onion in butter or marge until golden.
Add the spinach and cook over low heat, stirring occasionally until the spinach is wilted and most of the liquid has evaporated.
Stir in the feta cheese, the parmesan cheese, the eggs, the spring onion, the seasonings to taste, and then the breadcrumbs.

Cut the pyhlllo into long strips about 6 cm (2") wide.
Brush one strip at a time with the melted butter or marge.
KEEP THE PHYLLO NOT BEING USED, COVERED AT ALL TIMES WITH WAXED PAPER AND A LIGHTLY DAMPENED TOWEL.

Put 1 teaspoon of the cheese mixture at one end of each strip and fold over and over again into a small triangle. With each fold. make sure the the bottom edge is parallel with the alternate edge.
Brush with mleted butter or marge on both sides.
Place triangles on a greased baking sheet.
Bake at 210°C (425°F) for 15 - 20 minutes until golden brown.
Serve hot.

The spanakopetes freeze very well unbaked.
Flash freeze and then put in layers in a Tupperware box between layers of greaseproof.
Bake frozen.

This recipe can also be made into a spinach pie.

Grease a pyrex dish with butter.

Cut sheets of Phyllo pastry to fit the dish and butter 4 of the sheets.

Cover with a layer of the spinach sheese filling.

Cover with another four layers of Phyllo, each brushed with butter.

Spread with filling.

Top with 4 or 5 more sheets of pastry, each brushed with butter.

Cut into squares. This makes it easier to cut when baked.

Sprinkle with water and bake.

The reason for sprinkling the top of the Phyllo with water is to prevent the edges from curling.

This also freezes very well - UNBAKED.

If you wish to use frozen spinach for this dish, defrost the spinach and drain.

If too wet, the spinach can be dried in a moderate oven.

DEW
CRISP

DEW CRISP CELERY

- 1) **DEW CRISP** Celery has an extremely low calorie count and is a simmers delight.
- 2) **DEW CRISP** Celery eaten raw after a meal acts as a natural digestive.
- 3) **DEW CRISP** Celery has a good source of Chlorides, potassium and sodium thus helping to control arthritis, gout and rheumatism.

- 1) **DEW CRISP** seldery is 'n gunsteling by ver-slankers, danksy 'n uiters lae kalorie-telling.
- 2) As **DEW CRISP**-seldery rou geëet word, stimuleer dit die natuurlike proses van spyevertering.
- 3) Omdat **DEW CRISP**-seldery 'n uitstekende bron van chloried, kalium en natrium is, help dit om artritis, lig en rumatiek te beheer.

DEW CRISP CELERY SOUP

INGREDIENTS:

- 2 Heads **DEW CRISP** Celery cleaned & chopped
- 4 Beef Cubes
- 1 Large Cream (250 ml)
- Water approx 2 litres

METHOD:

Simmer Celery, Beef Cubes and water till Celery is tender. Drain Celery keeping liquid aside, liquidize Celery then return to the liquid. When ready to serve heat up (not boiling), add in cream - stir thoroughly, add salt to taste and serve. — Serves 6.

DEW CRISP SELDERY SOP

BESTANDELE:

- 2 Koppe **DEW CRISP** seldery skoongemaak en gekap
- 4 Bief Blokkies
- 1 Groot vars Room (250 ml)
- Ongeveer 2 liter water

METODE:

Prut seldery, bief blokkies en water totdat seldery sag is. Gooi oortollige water af en hou dit eenkant. Verpulp Seldery en voeg weer die water by. Verhit voor bediening (maar moenie kook nie) en voeg room by. Roer deeglik en voeg sout by na smaak. — Bedien 6.

DEW CRISP CELERY SALAD

INGREDIENTS:

- 1 Bunch **DEW CRISP** Celery
- 1 medium cabbage
- 1 onion
- 4 cloves fresh garlic
- 1/2 cup sugar
- 1/2 cup white vinegar
- 1/2 cup oil
- Black ground pepper
- Salt

METHOD:

- 1) Chop celery into small cubes.
- 2) Shred cabbage
- 3) Mix oil, sugar, vinegar, finely chopped garlic, grated onion, salt and pepper.
- 4) Pour dressing over celery and cabbage.
- 5) Toss well and serve chilled - its delicious!

DEW CRISP SELDERY-SLAAI

BESTANDELE:

- 1 bossie **DEW CRISP** seldery
- 1 middelslag koolkop
- 1 ui
- 4 hulsies vars knoffel
- 1/2 koppie suiker
- 1/2 koppie wit asyn
- 1/2 koppie olie
- Gemaalde swartpeper
- Sout

METODE:

- 1) Kap seldery in klein blokkies.
- 2) Snipper koolkop
- 3) Meng olie, suiker, asyn, fyngekapte knoffel, gerasperde ui, sout en peper.
- 4) Gooi slaatsous oor seldery en kool.
- 5) Mengdeeglik en bedien verkoel vir 'n slaai sensasie.

CLEAR CHICKEN SOUP.

Ingredients.

1 chicken.
1½ lbs. lean soup brisket.
Any chicken fat and extra neck that are available.
5 turnips.
6 carrots.
2 leeks.
1 large onion.
Small slice of pumpkin.
Stalk of celery.
Salt and pepper.

Method.

Boil up chicken, meat, feet and neck. Skim well. Use about 9 pints of water. Add all vegetables whole and simmer for 5-6 hours. Season. Strain and sieve through a muslin cloth. If necessary, add a chicken cube or two for additional flavour.

MEAT BEETROOT SOUP.

Ingredients:

2 lbs. soup brisket.
2 lbs. soup bones.
12 pints water.
4 bunches beetroot.
Lemon juice.
Sugar and salt.
3 lbs. prepared mince meat.

Method.

Add the water to the meat and the bones. Let it come to the boil. Skim well. Simmer for 4 hours. Scrub your beetroot well, add to the pot. Skim and cook one hour more.
Prepare your mincemeat as for rissoles. Form into little balls. Remove the bones, meat and beetroot from the soup. Add your meatballs and also return your soup meat at this stage. Boil the soup up and skim once more. Skin and grate the cooked beetroot. Return to the soup. Season with lemon juice, sugar and salt. Start with $\frac{3}{4}$ cup lemon juice, 6 tablespoons sugar and 4 teaspoons salt. Taste and adjust seasoning. Once the meat balls have been added to the soup, it must not cook for more than an half hour.

CABBAGE SOUP.

Ingredients.

- 2 lbs. soup brisket.
- 2 lbs. soup bones.
- 12 pints water.
- 1 onion
- 7 peeled whole carrots.
- 1 large peeled beetroot.
- 1 large or 2 smaller sliced cabbages.
- 1 tin canned tomatoes 425 g.
- Sugar.
- Lemon Juice
- Salt.

Method.

Add the water to your soup meat and bones. Also add the onion. Boil up and skim. Simmer for four hours. Add the carrots and the beetroot. Cook until the carrots are soft - for about 2 hours. Remove the carrots, beetroot and onion. Slice the cabbage (no core) and add to the soup. Sieve the tin of tomatoes and add to the soup. At this stage add 1 tablespoon sugar. It removes Acidity. If the soup needs more colour, add extra tomatoes. Add your salt, lemon juice and sugar. Start by using $\frac{3}{4}$ cup lemon juice, and $\frac{3}{4}$ cup sugar. Simmer a further two hours. Adjust seasoning. Skim off excess fat in necessary.

CLEAR VEGETABLE SOUP.

Ingredients.

2 lb. soup brisket.	2 narrow bones.
9 pints water.	1 knuckle bone cut in 4.
4 turnips.	6 small or 4 large carrots.
2 leeks.	2 parsnips.
1 large onion.	1 stick celery.
1 small piece pumpkin.	1 tablespoon salt.
$\frac{1}{2}$ teaspoon pepper.	1 tablespoon soup sauce.
4 Tbl. tomato juice	1 teaspoon Bruno.

Method.

Add the water to the soup meat and knuckle bones. Boil up and skim. Add the vegetables and the seasoning. Simmer gently for 2 hours. Add marrow bones. Simmer for further 4 hours. Sieve and add Bruno.

BEAN SOUP.

Ingredients.

2-3 lbs. soup meat. 1 knuckle bone cut into 4.
12 pints water. A dozen or more marrow bones.
1 cup large white beans. 2 cups brown beans (sugar beans)
2 carrots. A slice of pumpkin.
1 large potato. 1 large skinned tomato.
1 large onion. 2 turnips.
2 leeks. 2 parsnips.
A stick of celery.

Method.

Boil up the water, soup meat and knuckle. Skin. Add the beans - boil and skim. Add the vegetables and simmer gently for 4-5 hours. In the meantime cook separately 2 cups beans in salted water. When tender strain and set aside. Strain the soup. Liquidize the vegetables and the beans which were cooked in the soup. Strain this back into the soup. Wash off the cooked soup meat and add to the soup. Also add the marrow bones now and the other beans. Season with salt, pepper, H.P. Sauce, soya sauce and a little worcestershire sauce. Maggi seasoning is a good addition too. Season slowly and carefully, tasting to check. After the marrows have been added, the soup should cook 1 hour at least. This soup tastes better on the second day. If too thick, thin down with a little water.

EASY WHITE ONION SOUP WITH MUSHROOM SHAPED CROUTONS
AND BLUE CHEESE

Serves 6.

INGREDIENTS:-

- 1 Kg sliced onions
- 3 T. butter
- 3 T. oil
- 1 tin Unox cream of chicken soup mixed with 1 tin water & then strain
- 1 cup full cream milk
- 1 ½ t. chicken stock
- ½ - 1 ½ t. white pepper to taste
- 2 T. Sherry or 4
- 1 cup extra chicken stock to thin if necessary
- 250 gms. Danish Blue cheese (Woolworths)
- Loaf of sliced white bread for croutons
- Oil and salt.

if you use Woolworths c of chicken soup use one cup milk and 1 tin of water with 2 tins of soup.
METHOD FOR SOUP:- *if you use unox cream of mushroom soup add mushrooms 1 tsp extra chicken stock. also add cup milk + tin*

1. Saute onions until caramel in colour, in butter & oil (approx. 3/4 hour).
2. Add strained chicken soup & water.
3. Add milk, chicken stock & pepper.
4. Heat gently & let stand.
5. Refrigerate overnight & adjust seasoning & thickness before serving.

METHOD FOR CROUTONS:-

1. Cut croutons from sliced white bread in decorative shapes e.g. mushroom.
2. Deep fry in moderately hot oil.
3. Toss in bowl lined with Carlton paper & sprinkle with salt.

METHOD FOR CHEESE:-

1. Slice cheese in even, thin slices.
2. Press out shapes with cutter.
3. Place gently on crouton.

TO SERVE:-

Garnish soup with one plain crouton, one crouton with cheese and long strips of fresh chives cut like grass.

BEEF AND BEAN SOUP

INGREDIENTS

- 2 onions
- 2 T. Oil
- 6 shin bones with meat attached
- Lawry's Seasoned Salt and Seasoned Pepper
- 4 garlic in their skins
- 1 rib celery with leaves sliced thinly
- 6 medium carrots sliced thinly
- Oil
- 2 tins pureed butter beans
- 2 x Brown Onion soup mix 4 PTS WATER
- 1 tin Borlotti beans ~~use milk water.~~
- 1 tin lentils
- ~~Beef stock to taste~~
- Bunch spinach or baby spinach leaves
- 1 wedge Pecorino or Parmesan cheese (17 halves, use halves cheese)
- Hot Foccaccio

METHOD

1. Saute onions in oil till golden brown.
 2. Brown seasoned meat, ~~garlic and vegetables~~ ^{or 1/2} in a little oil for \pm 1 hour or till sufficiently browned (200°C oven). Add a drop of water at the sides if it starts looking too dark. Deglaze pan with boiling water at end of cooking time.
 3. Combine onions, meat (cut in cubes), garlic, vegetables, pureed butter beans, onion soup mix with 4 pints water and cook till tender (2-3 hours).
 4. * Add Borlotti beans and lentils.
 5. Season with ~~beef stock~~ and pepper.
 6. Stand overnight in fridge.
 7. After re-heating, add julienned spinach or 1 baby spinach leaf. - just for serving.
 8. Serve with Pecorino shavings and hot Foccaccio.
- * Add in 2 grated potatoes.

PISTACHIO'D LIVER PATÉ WITH PUMPERNICKEI PIGS

INGREDIENTS

- 2 onions
- 2 garlic cloves
- 1 T butter
- 2 T oil
- 500 gms chicken livers cleaned and cut (not too finely)
- Lawry's Seasoned Salt and Lawry's Seasoned Pepper to taste
- Olive oil if necessary
- 2 t. crushed green peppercorns or
- ½ t. crushed pink peppercorns and
- 1 t. crushed green peppercorns
- ½ - 1 t. Pommery mustard ^{½ T salt}
- 1 t. fresh herbs ^{mint + thyme}
- 1-2 d. cognac (^{1 Tbsp} ~~dessert~~ spoons)
- 60 gms butter ^(USE LESS IF DESIRED)
- 1 T. Pistachios + lots.

METHOD

1. Brown onions till golden. Add crushed garlic.
2. Lightly fry seasoned livers till slightly pink in the centre, with ^{soft} peppercorns, ^{Salt} Pommery, fresh herbs and cognac. Sprinkle with olive oil if too dry.
3. Process in Magimix till smooth, adding butter.
4. Fold in pistachios.
5. Let stand ^{at least for seasoning} covered overnight.

Serves 6-8.

KOSHER!

INSTEAD OF BUTTER USE OIL - GIVES SOFT PATÉ
SCHWARTZ - GIVES HARD PATÉ