

aninas · recipes vol 2



the first bite

crushed olive, tomato + cheese pinwheels butternut + parsnip soup with avocado salsa tomato gazpacho with balsamic strawberries zucchini, carrot + sun dried tomato quiche light meals to please potato rosti + slow roasted tomatoes roast chicken, rocket + pesto sandwich rump steak slivers + herbed cream thai beef bowl on the dinner table balsamic chicken, onion + tomato bake beef bourguignon + cauliflower mash prawn + fish curry + parmesan croutons salami, caramelized onion + pesto pizza

the last bite

chocolate fondant green apple, white chocolate + nut crumble vanilla ice cream + hot chocolate sauce lemon curd + nectarine tarts

from the oven

carrot cake slices with vanilla frosting + candied nuts pineapple almond pie bars + candied nuts soetkoekie, marshmallow + caramel sandwiche savoury muffins

content

the first bite





In a saucepan heat the olives and tinned tomatoes (Season) Simmer for (30 min) until reduced Leave to cool Dust a clean surface with flour and roll the puff pastry out, about 3 mm thick Spread the pastry with olive and tomato relish Top with cheese and herbs Roll the pastry into a log and cut pinwheels about 3cm think Arrange them on a prepared baking tray and brush sides with egg wash Bake at 180 degrees Celsius until golden



crushed olive, tomato + cheese pinwheels

1 cup crushed black olives 1 tin chopped + peeled tomatoes Salt + black pepper to season Flour for dusting One roll puff pastry 2 cups cheddar cheese 2 tablespoons chopped parsley 1 egg whisked for egg wash







Prep Time: 10 min Serves: 2

butternut + parsnip soup with avocado salsa

1 butternut - peeled, seeds removed & chopped 2 parsnips, peeled and cut into chunks 1 cup good quality vegetable stock 1 cup full cream milk a pinch of nutmeg a pinch of cinnamon a pinch of chilli powder salt + black pepper to season 1 small red onion, finely chopped 1 avocado, diced (2 tbsp) crème fraiche fresh parsley to garnish

Place the butternut and parsnips in a large pot Add the stock + milk Add the seasoning Bring to a boil & cook until soft Blend in a food processor to desired thickness Pour soup into bowls Combine the onion and avocado Top soup with salsa Serve with crème fraiche and fresh parsley

20

Cook

Time:

min





tomato gazpacho with balsamic strawberries

4 large, ripe tomatoes – blanched, skins removed & roughly chopped 1 clove of garlic, minced (2 tbsp) red wine vinegar (1/2 tsp) dried mint (1/2 tsp) dried sweet basil a pinch of chilli flakes salt + extra black pepper to season 2 cups strawberries, stalks removed + finely chopped (3 tbs) balsamic vinegar (1 tsp) castor sugar

In a processor combine the tomatoes, garlic, red wine vinegar, herbs + seasoning Blend until smooth

Seres: 2

40)

Prep Time (incl refrigeration): 1 h, 10min

Refrigerate for 1 (HR)

In a mixing bowl combine strawberries, balsamic vinegar + castor sugar & mix

Serve the gazpacho chilled, with strawberries

CookTime:0min







In a mixing bowl combine flour, baking powder, salt, egg, butter + cold water Mix well until you have a manageable dough Press dough into prepared quiche tin

large

zucchini, carrot + sun dried tomato quiche

2 cups flour (3 tsp) baking powder (¼ tsp) salt 1 egg (125 gr) softened butter (20 ml) cold water 2 large eggs, whisked 1 cup grated cheddar 1 cup zucchini, sliced into ribbons 1 cup carrots, sliced into ribbons ½ cup sun dried tomato, chopped (2 tsp) fresh dill salt + black pepper to season fresh dill to garnish

quiche dough

the filling

In a mixing bowl combine the eggs + grated cheddar Pour mixture into quiche tin, filling it ¾ of the way Arrange the sliced zucchini, carrots + sun dried tomato in the mixture Add the dill + seasoning Bake at 180 º C for (30 – 40 min) Serve hot with fresh dill to garnish

> makes8smallquiches pietin or CookTime: 40





light meals to please



potato rosti + slow roasted tomatoes

(350 gr) exotic tomatoes 4 large brown mushrooms, chopped (15 ml) olive oil (2 tbsp) balsamic vinegar30 ml olive oil 2 medium sized potatoes, peeled and grated (¹/₂ tsp) dried mint salt + black pepper to season (4 tsp) butter fresh mint to garnish

Arrange the tomatoes + mushrooms in an oven safe baking tray Drizzle with olive oil + balsamic vinegar Roast for (30 min) at 180 ° C, until the tomatoes burst open In the meantime, heat the olive oil in a saucepan Transfer the grated potato to the middle of a kitchen towel Squeeze towel to drain, until the potatoes are dry Transfer to a mixing bowl Add the mint + seasoning Scoop spoons full of grated potato into the hot oil, making disks Add a teaspoon of butter on the top of each rosti Allow to shallow fry until golden brown on one side Flip the rosti over & allow to cook until brown Drain on kitchen paper Place the rosti on a plate, top with tomatoes + mushrooms Garnish with fresh mint

Cook Time: 30min





Season the chicken breast with salt, black pepper + chicken spice Place in an oven safe baking tray & drizzle with olive oil Roast in the oven for (25 – 30 min) For the basil pesto, combine basil, almonds, garlic, parmesan, olive oil in a blender + blend to a paste Remove the chicken from the oven and place the ciabatta slices on a grill tray + toast until golden Arrange your sandwich in layers with a slice of ciabatta, fresh rocket, pesto + chicken Garnish with fresh basil

Prep Time: 10min

Serves: 2

roast chicken, rocket + pesto sandwich

1 chicken breast, skin on salt + black pepper to season chicken spice to rub the breast (10 ml) olive oil 1 cup fresh basil ¼ cup blanched almonds (½ tsp) minced garlic ¼ cup parmesan cheese ¼ cup olive oil 1 loaf of ciabatta, sliced 1 tomato, sliced into thick slices 1 cup fresh rocket basil leaves to garnish

Cook Time: 30min





rump steak slivers + herbed cream

Remove the steak from the fridge (2 hrs) before you start & let it come to room temperature Rub your steak with olive oil + season well with salt In a scorching hot grill pan, fry the steak for (5 min) on each side Transfer the steak to a cutting board and leave to rest for (5 – 8 min) Season with loads of black pepper + more salt Leave to simmer for (3 min) Remove from heat & pour into a bowl Add all the chopped herbs Slice the steak into slivers and serve with herbed cream + roasted potato chips

In the same pan, add the cream & bring to boil on medium heat to de-glaze all the beefy goodness

Serves: 2

Prep Time: 10min

1 x (500 gr) A grade rump steak (15 ml) olive oil salt + black pepper 1 cup full fat cream handful chopped basil, mint + parsley roasted potato chips to serve

12min

Cook Time:





Heat the olive oil in a wok until scorching hot Flash fry the beef strips until done + remove from pan Add the ginger, garlic, oyster sauce, soy sauce, balsamic vinegar + beef stock to the hot pan on low heat Allow to simmer for a few minutes Add sugar snap peas + carrots Simmer for (2 min) Arrange the cooked noodles in a bowl Scoop out the vegetables from the broth Add the meat + drizzle with some of the cooked juices Garnish with sprouts

Serves: 2

Prep Time: 10min

thai beef bowl

(15 ml) olive oil
(400 gr) beef strips
salt + black pepper to season
3 cm freshly grated ginger
(½ tsp) minced garlic
(2 tbsp) oyster sauce
(4 tbsp) low sodium soy sauce
(2 tbsp) balsamic vinegar
¼ cup beef stock
1 cup sugar snap peas
2 carrots, peeled and finely sliced
1 cup cooked noodles
sprouts to garnish

Cook Time: 12min





dinner table

on the

Cover + refrigerate for (1 HR) Preheat the oven to 180 ^o C Add the pearl onions + tomatoes to the baking tray Roast in the oven for (40 min) until the chicken is cooked with crispy skin Garnish with thyme + serve with your choice of starch

In a large mixing bowl, combine the chicken portions, balsamic vinegar, olive oil + thyme After refrigeration time, remove marinated chicken pieces from mixing bowl + arrange in baking tray Brush the chicken with leftover marinade + season with chicken spice, salt + black pepper

Serves: 4

Prep Time (including chill time): 1h, 10min

balsamic chicken, onion + tomato bake

6 – 8 chicken portions 1 cup balsamic vinegar 1/2 cup olive oil a handful of fresh thyme 1 cup pearl onions (skins removed) 1 cup vine cherry tomatoes (1 – 2 tsp) roast chicken spice salt + black pepper to season fresh thyme to garnish

Cook Time: 40 min







beef bourguignon + cauliflower mash

15 ml olive oil 125 gr good quality bacon 1 kg rump steak, cut into square pieces, fat left on 3 carrots, peeled and sliced into rounds 1 brown onion, finely chopped 2 teaspoons minced garlic salt and black pepper to season 3 tablespoons flour 3 cups red wine 3 cups beef stock 1 tablespoon tomato paste 2 bay leaves a handful of fresh thyme leaves 1 cauliflower head, steamed until soft 4 tablespoons butter salt and black pepper to season a few drops truffle oil

Heat the olive oil in a cast iron pot + brown the bacon Remove bacon from the pot Next up, add the meat + brown, remove from pot and set aside Now saute the carrots, onion + garlic Return the bacon + meat to the pot Season with salt + black pepper Sprinkle with flour. Add the wine, stock, tomato paste and herbs Cover and simmer for 3 hours, checking the fluids regularly Transfer steamed cauliflower head to a food processor Blend with butter, seasoning + truffle oil until smooth Serve + enjoy



Cook Time: 3

prawn + fish curry + parmesan croutons

In a pestle + mortar, combine the cardamom pods, coriander seeds, paprika + turmeric and grind Transfer the ground spices to a cast iron pot + dry roast on medium heat for (2 min) Add the butter + saute the onion, ginger, garlic and chilli Add the tinned tomatoes + fish stock

Allow to cook for (10 – 15 min) until slightly reduced Transfer these ingredients to a food processor + blend until smooth Return to the pot + arrange the fish fillets in the curry sauce Cover and simmer for (20 min)

In a wok, heat the next bit of butter + flash fry the prawns until they turn a slight pink colour Transfer the prawns to the curry sauce + simmer for (2 min) Add the yoghurt, seasoning and mix through Add loads of grated parmesan on the sliced french loaf Grill croutons in the oven until bubbly + melted Serve with prawn + fish curry

Serves: 4

Prep Time: 20min

2 tablespoons cardamom pods 1 tablespoon coriander seeds 2 teaspoons paprika 1 teaspoon ground turmeric 3 tablespoons butter 1 onion, finely chopped 3cm piece of ginger, grated 4 cloves of garlic, minced 4 birds eye chillies, finely chopped 2 cans chopped and peeled tomatoes 1 cup good quality fish stock 6 tablespoons Greek yoghurt salt and black pepper to season 200 gr sustainably sources white fish fillets 2 tablespoons butter 6 king prawns, cleaned and de-veined 1 french loaf, sliced 2 cups grated parmesan fresh dill to garnish



Cook Time:





salami, caramelized onion + pesto pizza

In a large mixing bowl, sieve the flour, add the yeast + salt (mix) In another mixing bowl combine the water + oil with the butter Make a well in the middle of the flour + gently add the wet ingredients Mix the dry and wet ingredients with a fork until combined Shape the dough into a ball, dust with flour+ cover. Leave to rise for (30 min)

Dust a clean surface with flour + knead the dough Shape into rounds the size of tennis balls + press flat onto a baking tray

Heat the next bit of olive oil + butter in a saucepan + fry onions until translucent Add the sugar + vinegar & allow to caramelize Prepare your pizza by spreading the dough with tomato + herb pasta sauce Top with salami slices, caramelized onion + sliced mozzarella Bake in the oven at 200 ° C for (15 min), until the dough is baked through Remove pizza from oven + top with spoons full of basil pesto Garnish with fresh basil

Serves: Makes 4 large pizzas Prep Time (incl rising time),40min

600 gr white flour+ extra for dusting 10 gr instant dry yeast (one packet) ½ cup olive oil mixed with ½ cup hot water ¼ teaspoon salt 2 tsp softened butter 15 ml olive oil 2 tablespoons butter 2 brown onions, peeled + sliced 2 teaspoons brown sugar 2 tablespoons balsamic vinegar 8 tbsp tomato and herb pasta sauce 200 gr peppered salami 250 gr fresh mozzarella ½ cup basil pesto fresh basil to garnish 2 cups grated parmesan fresh dill to garnish

pizza dough

topping





the last bite





chocolate fondant

200 gr 70% dark chocolate 125 gr butter 100 gr icing sugar 2 large egg yolks 2 large eggs 25 gr flour a pinch ground all spice

Over a double boiler, melt the chocolate + butter . Set aside to cool slightly In a mixing bowl, whisk the icing sugar + eggs for about (4 min) Add the chocolate to the egg mixture + combine Sift in the flour + all spice & fold it in the chocolate mixture Divide the batter into four prepared ramekins Bake for (15 min) at 180 ° C Remove puddings from the stove (leave to rest for 2 min) Flip the puddings over on a plate, gently removing the ramekins Serve hot with vanilla ice cream

15min

Cook

Time:





green apple, white chocolate + nut crumble

On a double boiler, melt the white chocolate + milk until combined Place the nuts in a pestle & mortar + grind roughly Arrange the sliced apples on a plate serve with hot white chocolate + nuts on the side for dipping

Serves: 0

2 x 80 gr white chocolate bars 3 tablespoons full cream milk 1 cup mixed nuts 4 granny smith apples, sliced



Time:



Vanilla Ice Cream + Hot Chocolate Sauce

In an electric mixer beat the cream until thick Add the tin of condensed milk & mix it through with vanilla seeds Transfer to a baking tin / stainless steel container & place in the freezer for (3-4 hr) Heat the next bit of cream in the microwave until bubbly hot Chop the Bar One / Mars Bar chocolate & add it to the hot cream Mix thoroughly with a wooden spoon & allow to melt slowly Microwave the mixture again if the cream cools down until all the bits are melted Add the dark chocolate & allow to melt into the hot sauce Pour piping hot chocolate sauce over the ice cream & serve

Serves: makes 1 dozen tarts

Prep Time: 10min Cook

3 cups fresh cream 1 can sweetened condensed milk seeds from one vanilla pod 1 cup fresh cream 3 x 100 gr bar one/mars bars 150 gr good quality dark chocolate

Time:

15

min





Combine the egg yolks, zest, lemon juice + sugar in a medium sized saucepan & whisk over medium heat Whisk until it thickens to a spreadable consistency, remove from heat & add the butter Allow the butter to melt into the curd and finally whisking it through Keep leftover curd in the refrigerator

> Roll the puff pastry + cut into circled disks Score the edges & press small holes with a fork Pre bake at 180 º C until golden brown Keep the leftover puff pastry in the freezer until use Allow the pastry to cool down Add spoonfuls of curd to the pastry and top with thinly sliced nectarines Dust with icing sugar

Lemon Curd + Nectarine Tarts

3 egg yolks 1 lemon zest ½ cup lemon juice 6 tbspsugar 4 tbsp cold butter (chopped) 1 x roll puff pastry flour to dust surface 4 nectarines (pits removed + sliced) confectioners sugar to dust

lemon curd

pastry





from the

oven

In a mixing bowl combine the oil, eggs and sugar + beat with an electric mixer until pale and fluffy Add a pinch of salt

Sieve the flour, cinnamon, baking powder and baking soda into the egg mixture (mix well) Add the banana and carrots + fold into the batter Transfer the batter to an oven safe baking tray and bake for (25 – 30 min) until golden Remove from oven and leave to cool

Add some milk to make a runny, but spreadable consistency Slice the cooled down cake into bars and top with icing In a saucepan, heat the sugar + water until the sugar has dissolved Top the iced carrot cake with candied nuts

In another mixing bowl, combine the confectioners sugar, butter + vanilla essence and mix well After a few minutes the sugar will caramelize then remove from heat when it reaches an amber colour Add the nuts to the caramel & immediately transfer it to a sheet with parchment paper to separate the nuts

Serves 8:

Prep Time: 15min

carrot cake slices with vanilla frosting + candied nuts

1 cup cooking oil 3 large eggs 1 cup sugar pinch of salt 350 ml flour 2 teaspoons ground cinnamon 2 teaspoons baking powder 1 teaspoon baking soda 1 cup mashed bananas 1 cup grated carrots 2 cups confectioners sugar ³/₄ cup melted butter 10 ml vanilla essence a spot of milk ¾ cups sugar 3 tablespoons water 1 cup mixed nuts





pineapple almond pie bars + candied nuts

In a mixing bowl, combine the almond flour with salt, baking powder and zest + set aside In another mixing bowl whisk the honey, butter, vanilla essence until fully incorporated and foamy Combine the dry ingredients with the wet ingredients until incorporated Work through the dough using coconut flour to dust your hands Cling wrap and refrigerate for (30 min)

> Prepare an oven safe baking tray with non stick spray or line with parchment paper Press the cooled dough down onto the bottom of the baking tray Bake at 180 ° C for (20 min) until it just starts to turn colour Drain the can of crushed pineapple, scoop it over the almond cookie Combine the shaved almonds with desiccated coconut and sprinkle over the pineapple Dust with cinnamon

Prep Time (incl chill time) 40min

2 cups almond flour coconut flour for dusting a pinch of salt 1 teaspoon baking powder grated zest of one lemon ¹/₂ cup of honey 6 tablespoons softened butter ¹/₂ teaspoon vanilla essence 1 tin (440 gr) crushed pineapple 2 cups shaved almonds 1 cup desiccated coconut 1 teaspoon ground cinnamon honey to serve

Preheat the oven to 180 ° C

Bake for a further (10 min) until almonds + coconuts are roasted Leave to cool, drizzle with honey

Cook Time: 30min





soetkoekie, marshmallow + caramel sandwiche

In a large mixing bowl, sift the flour, sugar, baking soda + crème of tartar Add small pieces of the butter one by one, working it through the flour until it resembles breadcrumbs Add the vanilla + eggs & work it through the floury mixture until combined Shape the dough into a log and cover with cling film to refrigerate for (30 min) After chilling time, cut slices of the dough log + place in an oven safe baking tray Bake for (12 – 15 min) at 180 ^o C until golden Heat the sugar in a saucepan over medium heat It will clump together, but after a few minutes the sugar will dissolve and will turn amber Remove from heat, add the butter, carefully whisking it through Add the cream + vanilla essence & beat with a whisk some more until combined Remove cookies from oven & divide in two batches Place one marshmallow on one batch Return to oven & grill until marshmallow bubbles and starts to turn colour Remove from oven and place the other batch of cookies on top Drizzle with caramel sauce & serve

Makes: 20 – 24 single cookiesPrep Time (incl chill time) 40min Cook

3 cups of all-purpose flour 1 cup of sugar 1/2 teaspoon of baking soda ¹/₂ a tablespoon of crème of tartar 250 gr softened butter ¹/₂ teaspoon of vanilla essence 2 eggs 1 bag of fluffy marshmallows 1 cup sugar 5 tablespoons butter ½ cup cream 5 ml vanilla essence

20min

Time:



In a mixing bowl combine the flour, cheese, spinach, herbs and seasoning In a separate mixing bowl combine the milk, butter, eggs and honey Mix well Scoop batter into prepared muffin tins

Preheat the oven to 180 degrees Celsius and prepare a muffin tin with non stick spray Make a hole in the dry ingredients and add the wet ingredients. Mix until just incorporated Arrange chunks of feta cheese and halved cherry tomatoes on top and push into batter

Serves: makes 1 dozen

Prep Time: 10min

Savoury Muffins

2 cups self raising flour 2 cups grated cheddar cheese 1 cup chopped spinach handful of chopped parsley handful of chopped basil salt + black pepper to season ¾ cup milk ¼ cup melted butter 1 tbsp honey ½ cup feta cheese (broken into chunks) 1 cup cherry tomatoes (halved)

Bake at 180 ^o C for (20 min)



CookTime: 20min

