

XCentric Ideas Issues – Index – 2006 till now

3 Ingredients Only

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(Bread)

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Breakfast

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Florentine egg dish -----	2006, issue 4

(Breakfast)

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Chicken & sun-dried tomato pasta -----	2008, issue 12
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Chicken pieces on a stick -----	2010, issue 3
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Easy chicken tagine -----	2008, issue 10
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One pot chicken & chickpea pilau -----	2008, issue 10

(Chicken)

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Orange tomato chicken -----	2011, issue 1
Spanish chicken with potatoes -----	2008, issue 10
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Kitty treats -----	2008, issue 15
Ribbon ceiling -----	2008, issue 15
Toasted coconut & peach ice cream -----	2008, issue 15

Citrus

Beetroot salad with orange, bacon -----	2009, issue 4
Citrus & honey microwave cake -----	2009, issue 4
Lemon muffins -----	2009, issue 4
Microwave kumquat jam -----	2009, issue 4
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Naartjie meringue kisses -----	2009, issue 4
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Cleaning house eco-friendly

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Baking soda in bathroom -----	2010, issue 2
Baking soda in kitchen -----	2010, issue 2
Baking soda in laundry -----	2010, issue 2
Baking soda for pet care -----	2010, issue 2
Lemon juice around the house -----	2010, issue 2

(Cleaning house eco-friendly)

Lemon juice in bathroom -----	2010, issue 2
Lemon juice in kitchen -----	2010, issue 2
Lemon juice in laundry -----	2010, issue 2
Lemon juice for pet care -----	2010, issue 2
Recycle your own cleaning tools -----	2010, issue 2
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White vinegar in kitchen -----	2010, issue 2
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White vinegar for pet care -----	2010, issue 2

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Apricot muffins -----	2011, issue 11
Baked sweetcorn risotto -----	2011, issue 11
Chicken corn chowder -----	2011, issue 11
Corn & Pineapple Bread -----	2011, issue 11
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Beetroot, spinach, cheese & couscous salad -----	2011, issue 2
Breakfast couscous quiche -----	2011, issue 2
Chocolate couscous frosting for cake -----	2011, issue 2
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Lamb, couscous & bean stew-----	2011, issue 2
One-pan chicken couscous -----	2011, issue 2
Rosemary couscous bread -----	2011, issue 2
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Cucumber ribbon parcel -----	2009, issue 7
Cucumber ribbon salad -----	2009, issue 7
Cucumber cake -----	2009, issue 7
Cucumber ice cream -----	2009, issue 7
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Cucumber shot glasses -----	2009, issue 7

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African stools whitewashed -----	2008, issue 3
Apples in pot -----	2007, issue 3
Armchair oars -----	2008, issue 4
Bathroom calabash -----	2007, issue 1
Bathroom chairs -----	2006, issue 7
Bathroom gallery -----	2006, issue 7
Bathroom in lime -----	2007, issue 3
Bathroom library -----	2006, issue 7
Bed base -----	2008, issue 3
Bed canopy -----	2008, issue 3
Bedroom olive-green walls -----	2007, issue 3
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Book shelves dinghy -----	2008, issue 4
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Box set -----	2009, issue 9
Bucket table -----	2009, issue 9
Bunk beds -----	2007, issue 1
Candelabra -----	2008, issue 3
Candle corbels -----	2008, issue 3
Candle shells -----	2008, issue 4
Candles in a bunch -----	2006, issue 12
Ceiling apples -----	2008, issue 3
Chair surfboard -----	2008, issue 4
Chandelier driftwood -----	2008, issue 4
Chandelier of beads -----	2008, issue 3
Chest storage -----	2007, issue 1
Coat rack oars -----	2008, issue 4
Coffee table dinghy -----	2008, issue 4
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Collector plates in bathroom -----	2006, issue 7

(Décor ideas)

Crate storage -----	2006, issue 7
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Cutlery holders -----	2008, issue 3
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Dining chairs rattan -----	2008, issue 3
Dining room chairs -----	2007, issue 1
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Landscaping dinghy -----	2008, issue 4
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Magazine hide-away -----	2007, issue 1
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(Décor ideas)

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Patio seating -----	2006, issue 10
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Toilet paper holder -----	2009, issue 9
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Wall decoration oar -----	2008, issue 4
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5-minute Chocolate muffin -----	2009, issue 5
5-minute Passion fruit micro fridge tart -----	2009, issue 5
5-minute Trifle galore -----	2009, issue 5
Apple cider granita -----	2007, issue 3
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Apple Crumble with maize -----	2011, issue 11
Apple crumble mix in a jar -----	2008, issue 16
Apple feta crumble cake -----	2011, issue 3
Apple pan dowdy (cake) -----	2011, issue 7
Baked granadilla cheesecake -----	2009, issue 3
Banoffee cheesecake -----	2011, issue 1
Banoffee muffin -----	2011, issue 1
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(Desserts)

Berry cheesecake pots -----	2008, issue 9
Black forest gateau -----	2007, issue 11
Bread and butter pudding -----	2008, issue 5
Brie, watermelon & biscuit cake -----	2006, issue 10
Butternut pie -----	2007, issue 6
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Choc delight -----	2006, issue 3
Choc muffin tower -----	2006, issue 3
Choc truffle loaf -----	2008, issue 9
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Chocolate banana -----	2009, issue 1
Chocolate couscous frosting for cake -----	2011, issue 2
Chocolate fettuccini -----	2008, issue 12
Chocolate fudge on a stick -----	2010, issue 3
Chocolate fudge with olive twist -----	2008, issue 14
Chocolate mousse -----	2010, issue 6
Chocolate sauce -----	2008, issue 16
Chocolate tramezinni -----	2006, issue 10
Chocolate yoghurt & strawberry -----	2009, issue 1
Chocolate-coconut cherries -----	2007, issue 11
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Cucumber ice cream -----	2009, issue 7
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(Desserts)

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Strawberry & cream choc cake -----	2006, issue 10
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Sweet Potato chocolate cake -----	2009, issue 6
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Vanilla strawberry -----	2009, issue 1
Vodka grapes -----	2007, issue 11
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Dinner party themes

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Coogul (koo-girl) dinner -----	2006, issue 8
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Pool party -----	2006, issue 10
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Cream liqueur -----	2006, issue 4
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Fruity iced tea -----	2008, issue 16
Hot chocolate mix -----	2008, issue 16
Milktart shooter -----	2009, issue 6
Pimms No 1 -----	2006, issue 9
Pumpkin pie cocktail -----	2007, issue 6
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Egg and spinach salad -----	2006, issue 4

(Eggs)

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Ham, egg & asparagus salad platter -----	2006, issue 4
Marrow & egg salad -----	2006, issue 4
Orangy eggs -----	2006, issue 4
Spicy hard-boiled eggs -----	2006, issue 4

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Cucumber and Mint Pâté -----	2010, issue 4
Cucumber cocktail -----	2010, issue 4
Frozen Tutti-Frutti -----	2010, issue 4
Jalapeno & Feta rice -----	2010, issue 4
Milk chocolate fudge -----	2010, issue 4
Mushroom Burger -----	2010, issue 4
Pumpkin and Orange Soup -----	2010, issue 4

Tuna Mint Dip -----	
Worm Dirt Dessert -----	2010, issue 4

Feta

Apple feta crumble cake -----	2011, issue 3
Feta cheese baked with tomatoes -----	2011, issue 3
Feta cheese puffs -----	2011, issue 3
Feta cheese truffles -----	2011, issue 3
Feta on beetroot -----	2011, issue 3
Feta on pasta -----	2011, issue 3
Feta on soup -----	2011, issue 3
Feta on watermelon in salad -----	2011, issue 3
Marinated feta -----	2011, issue 3

Fish / Seafood

Coconut Fish Curry -----	2010, issue 5
Curried fish quiche -----	2010, issue 6
Fish finger surprise -----	2010, issue 5
Fish-roe soup -----	2007, issue 9
Hake fillets in sour cream sauce -----	2010, issue 5
Mayonnaise & gherkin fish -----	2010, issue 6
Muffin Fishcakes -----	2010, issue 5
Pigeon with crayfish -----	2007, issue 9
Red Pepper fish -----	2010, issue 6
Snoek, Asparagus & Peppadews quiche -----	2010, issue 5
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Tuna & mushroom pasta -----	2010, issue 5
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Tuna Dip -----	2010, issue 5
Tuna ghost sandwiches -----	2008, issue 5
Tuna mint dip -----	2008, issue 13
Tuna-stuffed tomato -----	2007, issue 8

Food on a Stick

Bloody Mary's on a stick -----	2010, issue 3
Chicken pieces on a stick -----	2010, issue 3
Chocolate fudge on a stick -----	2010, issue 3
Deep-fried Snickers on a stick -----	2010, issue 3
Fruit on a stick -----	2010, issue 3
Greek lamb kebabs on a stick -----	2010, issue 3
Mini cupcakes, choc truffles, Koeksisters, doughnuts on a stick -----	2010, issue 3

(Food on a Stick)

Pizza on a stick -----	2010, issue 3
Salad on a stick -----	2010, issue 3
Samosas, Mini Prego Rolls & Mini Hamburgers on stick -----	2010, issue 3
Sandwich on a stick -----	2010, issue 3
Spaghetti Bolognese on a stick -----	2010, issue 3
Sweets on a stick -----	2010, issue 3
Vegetables on a stick -----	2010, issue 3

Gift ideas

Angel lover -----	2006, issue 5
Apple crumble mix in a jar -----	2008, issue 16
Arty gift from kid -----	2006, issue 6
Arty person -----	2006, issue 5
Bakers' delight -----	2006, issue 5
Basil pesto -----	2008, issue 16
Bbq fan -----	2006, issue 6
Breakfast gift -----	2006, issue 2
Camping -----	2006, issue 6
Canary pet treat -----	2008, issue 15
Cape Velvet liqueur -----	2008, issue 16
Chef -----	2006, issue 6
Choc-dipped cookies -----	2006, issue 12
Chocolate sauce -----	2008, issue 16
Citrus chicken marinade -----	2008, issue 16
Coffee mix -----	2008, issue 16
Coffee/tea hamper -----	2006, issue 5
Curried bean salad -----	2008, issue 16
Curry hamper -----	2006, issue 5
D.I.Y. -----	2006, issue 6
Dad as King -----	2006, issue 6
Divine truffles -----	2006, issue 12
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Entertainment fan -----	2006, issue 5
Farming -----	2006, issue 6
Fisherman -----	2006, issue 6
French hamper -----	2006, issue 5
French salad dressing -----	2008, issue 16
Fruit & nut snack -----	2008, issue 16
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Fruity treat -----	2008, issue 16
Gardener -----	2006, issue 2

(Gift ideas)

Garlic mustard -----	2008, issue 16
Golf lover -----	2006, issue 6
Herb rice mix -----	2008, issue 16
Homemade cheese spread -----	2006, issue 12
Horse treats -----	2008, issue 15
Hot chocolate mix -----	2008, issue 16
Ice cream lover -----	2006, issue 2
Innovative gift vouchers -----	2006, issue 5
Kitty treats -----	2008, issue 15
Lemon rosemary dressing -----	2008, issue 16
Love notes -----	2006, issue 6
Magazine fan -----	2006, issue 5
Marinated mushrooms -----	2008, issue 16
Muesli -----	2008, issue 16
Nail polish basket -----	2006, issue 5
Pasta lover -----	2006, issue 2
Pasta soup jar mix-----	2008, issue 16
Peanuts & raisins -----	2008, issue 16
Photo fan -----	2006, issue 5
Placemats -----	2006, issue 6
Racing car lover-----	2006, issue 6
Relaxation basket -----	2006, issue 2
Rose lover -----	2006, issue 5
Snapshots -----	2006, issue 6
Sport fan -----	2006, issue 2
Tomato sauce -----	2008, issue 16
Travel -----	2006, issue 6
Travel memories -----	2006, issue 5
Wine lover -----	2006, issue 5

Gift wrapping

Baby blanket -----	2008, issue 6
Buttons -----	2008, issue 6
Calendar -----	2008, issue 6
CD inspiration -----	2006, issue 12
Coffee tin -----	2006, issue 12
Cornflake box -----	2006, issue 12
Electric cord -----	2008, issue 6
Forks -----	2008, issue 6
Garden inspirations -----	2006, issue 2
Gift bag -----	2006, issue 2

(Gift wrapping)

Ice cream tub -----	2006, issue 12
Keys -----	2008, issue 6
Kitchen inspirations -----	2006, issue 2
Kitchen towels -----	2008, issue 6
Lunchbox gift -----	2008, issue 6
Maps -----	2008, issue 6
Mosaic pieces -----	2008, issue 6
Newspaper -----	2006, issue 12
Paper bags -----	2006, issue 12
Photo collage -----	2008, issue 6
Pillow talk -----	2008, issue 6
Puzzle pieces -----	2008, issue 6
Scarf -----	2008, issue 6
Scrap booking -----	2008, issue 6
Shoe laces -----	2008, issue 6
Silicone bread pan -----	2008, issue 6
Suitcase -----	2008, issue 6
Teddy -----	2008, issue 6
Tissue box -----	2008, issue 6
Wax paper -----	2008, issue 6

Halloween

Halloween history -----	2009, issue 8
Dead man's fingers sandwiches -----	2009, issue 8
Tombstone sandwiches -----	2009, issue 8
Bat's wings -----	2009, issue 8
Eyeball shooter jellies -----	2009, issue 8
Worm dirt dessert -----	2009, issue 8
Worm ice cubes -----	2009, issue 8

Jams and Preserves

Apple jam in microwave -----	2011, issue 7
Apricot & red onion chutney -----	2008, issue 1
Kumquat jam in microwave -----	2009, issue 4
Lemon curd in microwave -----	2009, issue 4
Marmalade in microwave -----	2009, issue 4

Kitchen tips

Camera safe -----	2009, issue 9
Candle lighter -----	2009, issue 9
Corn threads -----	2009, issue 9
Egg-slicer -----	2009, issue 9
Moist paintbrush-----	2009, issue 9
Mouse cover -----	2009, issue 9
Rolling solution -----	2009, issue 9
Tidy bags -----	2009, issue 9
Tomato squeeze bottle -----	2009, issue 9
Toothpick marker -----	2009, issue 9

Lifestyle

Ambience of love -----	2007, issue 2
Atmosphere creativity -----	2008, issue 7
Bath soak creativity -----	2008, issue 7
Car singing creativity -----	2008, issue 7
Change of routine creativity -----	2008, issue 7
Clothes creativity -----	2008, issue 7
Cooking creativity -----	2008, issue 7
Creativity -----	2008, issue 7
Cucumber beauty tips -----	2009, issue 7
Curiosity creativity -----	2008, issue 7
Doodle creativity -----	2008, issue 7
Exercise tips -----	2007, issue 4
Eye beauty tips -----	2007, issue 4
Foot beauty tips -----	2007, issue 4
Gestures of love -----	2007, issue 2
Gifts of love -----	2007, issue 2
Hair beauty tips -----	2007, issue 4
Hand beauty tips -----	2007, issue 4
Healthier eating -----	2009, issue 1
House personal décor creativity -----	2008, issue 7
Housework creativity -----	2008, issue 7
Inspirations file creativity -----	2008, issue 7
Mouth beauty tips -----	2007, issue 4
Music listening creativity -----	2008, issue 7
New experiences creativity -----	2008, issue 7
Notepad creativity -----	2008, issue 7
Practice creativity -----	2008, issue 7
Reading creativity -----	2008, issue 7
Recipes of love -----	2007, issue 2

(Lifestyle)

Rest period creativity -----	2008, issue 7
Rock alone creativity -----	2008, issue 7
Routine breaking creativity -----	2008, issue 7
Self-massaging tips -----	2010, issue 2
Skin beauty tips -----	2007, issue 4
Tea sketches creativity -----	2008, issue 7
Travel review creativity -----	2008, issue 7
Treats of love to yourself -----	2007, issue 2
Uniqueness creativity -----	2008, issue 7
Walking in nature creativity -----	2008, issue 7
Writing creativity -----	2008, issue 7

Meat

20-minute Beef-mushroom pita -----	2009, issue 5
20-minute spaghetti bolognese -----	2009, issue 5
Brain cakes -----	2007, issue 9
Chilli con carne -----	2008, issue 8
Lamb kebabs on a stick -----	2010, issue 3
Lamb, couscous & bean stew -----	2011, issue 2
Microwave yoghurt meatballs -----	2011, issue 1
Mince in peppers -----	2011, issue 1
Ox and sheep's hearts -----	2007, issue 9
Partridge in clay -----	2007, issue 9
Porcupine crackling -----	2007, issue 9
Python -----	2007, issue 9
Sheep's tongue with celery -----	2007, issue 9
Stewed pig's trotters -----	2007, issue 9
Tomato stew -----	2007, issue 8

Mint

Avocado & mint pasta -----	2009, issue 2
Cucumber & mint paté -----	2009, issue 2
Greek potato salad -----	2009, issue 2
Mint choc chip cookies -----	2009, issue 2
Minted pea & yoghurt dip -----	2009, issue 2
Minted spatchcocks chicken -----	2009, issue 2
Mint-infused cream fridge tart -----	2009, issue 2
Yoghurt & mint mayonnaise -----	2009, issue 2

Mother's day gift ideas

Angel lover -----	2006, issue 5
Arty person -----	2006, issue 5
Bakers' delight -----	2006, issue 5
Coffee/tea hamper -----	2006, issue 5
Curry hamper -----	2006, issue 5
Entertainment fan -----	2006, issue 5
French hamper -----	2006, issue 5
Innovative gift vouchers -----	2006, issue 5
Magazine fan -----	2006, issue 5
Nail polish basket -----	2006, issue 5
Photo fan -----	2006, issue 5
Rose lover -----	2006, issue 5
Travel memories -----	2006, issue 5
Wine lover -----	2006, issue 5

Muffins

Apricot muffins -----	2011, issue 11
Baklava muffins -----	2011, issue 8
Banoffee Muffins -----	2011, issue 8
Carrot, Pineapple, Fruitcake mix muffins -----	2011, issue 8
Chocolate Prune muffins with coffee syrup -----	2011, issue 8
Grenadella muffins -----	2011, issue 8
Passionfruit and white chocolate muffins -----	2011, issue 8
Pear and toffee muffins -----	2011, issue 8
Pineapple coconut muffins -----	2011, issue 8
Strawberry and Orange muffins -----	2011, issue 8
Tiramisu cupcakes -----	2011, issue 8

Mushrooms

Cleaning, buying and storing -----	2010, issue 1
Mushroom & Brie bunny chows -----	2010, issue 1
Mushroom & marrow quiche -----	2010, issue 1
Mushroom Bobotie -----	2010, issue 1
Mushroom burger -----	2010, issue 1
Mushroom pâté -----	2010, issue 1
Mushroom pizza grill burger -----	2010, issue 1
Mushroom puff roll -----	2010, issue 1

Onions

Apricot & red onion chutney -----	2008, issue 1
Balsamic onions -----	2007, issue 5
Beer/cola onions -----	2008, issue 1
Blue cheese & onion flan -----	2008, issue 1
Caramelized onions -----	2008, issue 1
Condensed milk onion salad -----	2008, issue 1
Eggy onion dish -----	2008, issue 1
French onion soup -----	2008, issue 1
Onion & cheese pastry -----	2008, issue 1
Onion muffins -----	2008, issue 1
Onion tart -----	2008, issue 1
Onions baked with rosemary & cream -----	2008, issue 1
Vodka Gibson cocktail -----	2008, issue 1

Party decorations

Beach party lighting -----	2006, issue 10
Bunchy candles -----	2006, issue 12
Cabbage flowerpot -----	2006, issue 12
Candles on rocks -----	2006, issue 10
Ceiling twigs -----	2006, issue 12
Chair Hors d' Oeuvre -----	2006, issue 10
Flower in glass -----	2006, issue 12
Lemon skewer -----	2006, issue 12
Paper bag candles -----	2006, issue 10
Petals in bathroom -----	2006, issue 12
Place cards -----	2006, issue 12
Silver leaf on wall -----	2006, issue 12

Pasta dishes

20-minute spaghetti bolognese -----	2009, issue 5
Artichoke & olive pasta -----	2008, issue 12
Avocado & mint pasta -----	2009, issue 2
Bacon & mushroom pasta -----	2008, issue 12
Basil pesto penne -----	2008, issue 12
Chicken & sun-dried tomato pasta -----	2008, issue 12
Chocolate fettuccini -----	2008, issue 12
Coffee-chicken macaroni -----	2008, issue 12
Florentine egg dish -----	2006, issue 4
Macaroni & cheese cupcakes -----	2008, issue 12
Pasta soup jar mix -----	2008, issue 16
Spaghetti Bolognese on a stick -----	2010, issue 3

(Pasta dishes)

Spaghetti Carbonara -----	2007, issue 5
Spaghetti Carbonara (2) -----	2008, issue 8
Spaghetti Odori -----	2007, issue 5
Spinach & feta pasta -----	2008, issue 12
Tagliatelle con Funghi Porcini -----	2007, issue 5
Three cheese macaroni -----	2008, issue 11
Tomato pizza-pasta -----	2007, issue 8
Tuna and olive pasta bake -----	2008, issue 8

Potatoes

Baby potatoes with rosemary -----	2007, issue 5
Bacon-wrapped potato wedges -----	2008, issue 2
Bombay potato -----	2008, issue 2
Creamy feta potato dish -----	2008, issue 13
Greek potato salad -----	2009, issue 2
Honey-mustard potato salad -----	2010, issue 7
Mash-a-la-Kara -----	2011, issue 1
Mashed potato & anchovy starter-----	2008, issue 2
Mashed potato with cabbage -----	2010, issue 7
Mashed potato puffs -----	2008, issue 2
Potato balls -----	2010, issue 7
Potato bread -----	2010, issue 7
Potato Dauphinoise -----	2008, issue 2
Potato macaroon bars -----	2008, issue 2
Potato pancakes -----	2008, issue 2
Potato pate -----	2010, issue 7
Potato pizzas -----	2008, issue 2
Potato raisin biscotti -----	2010, issue 7
Potato spring roll -----	2010, issue 7
Potatoes with chorizo -----	2007, issue 11
Potatoes with tail fat -----	2007, issue 9
Roast tomato & potato salad -----	2008, issue 2
Roasted potato garlic soup -----	2008, issue 2

Pumpkin

Butternut pie -----	2007, issue 6
Pumpkin & orange soup -----	2009, issue 4
Pumpkin au gratin pie -----	2007, issue 6
Pumpkin curry -----	2007, issue 6
Pumpkin drop scones -----	2007, issue 6
Pumpkin flower holder -----	2007, issue 6

(Pumpkin)

Pumpkin fritters -----	2007, issue 6
Pumpkin pie cocktail -----	2007, issue 6
Pumpkin smoothie -----	2007, issue 6
Pumpkin, feta & spinach salad -----	2007, issue 6
Roasted pumpkin seeds -----	2007, issue 6

Restaurants

Emma's, Perth, Australia -----	2006, issue 9
Petit Verdot floating boat, Gauteng -----	2006, issue 9
Reuben's, FranschHoek, Western Cape -----	2006, issue 9

(Restaurants)

River canteen, Brisbane, Australia -----	2006, issue 9
The Cradle, Gauteng -----	2006, issue 9
The Oyster Box Hotel, Umhlanga, KZN -----	2006, issue 9

Rice

Baked granadilla cheesecake -----	2009, issue 3
Baked sweetcorn risotto -----	2011, issue 11
Blue cheese & walnut spread -----	2009, issue 3
Chicken Biryani -----	2008, issue 10
Easy vegetable Biryani -----	2008, issue 11
Herb rice mix -----	2008, issue 16
Jalapeno & feta cheese rice -----	2009, issue 3
Peach rice salad -----	2009, issue 3
Tomato entrée -----	2006, issue 3
Tuna & rice bake -----	2009, issue 3

Sauces & Relishes

Beetroot Pesto -----	2011, issue 5
Beetroot Relish -----	2011, issue 5
Chilli paste -----	2011, issue 5
Fig, Date and Raisin chutney -----	2011, issue 5
Garlic pickles -----	2011, issue 5
Honey-Mustard Sauce -----	2011, issue 5
Mayonnaise -----	2011, issue 5
Olive & tomato relish -----	2011, issue 5
Pepper relish -----	2011, issue 5
Red Bell Pepper Spread -----	2011, issue 5
Tomato Salsa -----	2011, issue 5

Salads

5-minute butter bean salad -----	2009, issue 5
Bean & pasta salad -----	2010, issue 6
Beetroot salad with orange, bacon -----	2009, issue 4
Beetroot, spinach, cheese & couscous salad -----	2011, issue 2
Caprese salad -----	2007, issue 5
Condensed milk onion salad -----	2008, issue 1
Cucumber ribbon salad -----	2009, issue 7
Cucumber salad mousse -----	2009, issue 7
Curried banana salad -----	2007, issue 11
Curried bean salad -----	2008, issue 16
Egg & spinach salad -----	2006, issue 4
Fried bread and egg salad -----	2008, issue 5
Greek potato salad -----	2009, issue 2
Ham, egg and asparagus salad platter -----	2006, issue 4
Honey-mustard potato salad -----	2010, issue 7
Lentil salad -----	2008, issue 13
Marinated mushrooms -----	2008, issue 16
Marrow & egg salad -----	2006, issue 4
Mushroom salad -----	2010, issue 6
Peach rice salad -----	2009, issue 3
Pear & feta salad -----	2007, issue 11
Pumpkin, feta & spinach salad -----	2007, issue 6
Roast tomato & potato salad -----	2008, issue 2
Salad on a stick -----	2010, issue 3
Spiced carrot salad -----	2007, issue 11
Tomato & spinach salad -----	2007, issue 11
Tomato, feta & basil salad -----	2007, issue 8
Tomato, green pepper & onion salad -----	2010, issue 6

Smoothies

Apple pie smoothie -----	2007, issue 10
Banana breakfast smoothie -----	2007, issue 10
Beta carotene smoothie -----	2007, issue 10
Brandy coffee smoothie -----	2007, issue 10
Broccoli smoothie -----	2007, issue 10
Cantaloupe smoothie -----	2007, issue 10
Chocolate banana smoothie -----	2007, issue 10
Cucumber mint smoothie -----	2007, issue 10
Fig and rice smoothie -----	2007, issue 10
Grape cherry smoothie -----	2007, issue 10
Guava smoothie -----	2007, issue 10

(Smoothies)

Peanut butter jelly smoothie -----	2007, issue 10
Peppermint smoothie -----	2007, issue 10
Pineapple colada smoothie -----	2007, issue 10
Plum smoothie -----	2007, issue 10
Sangria smoothie -----	2007, issue 10
Siesta smoothie -----	2007, issue 10
Spiced date smoothie -----	2007, issue 10
Tropical fruit smoothie -----	2007, issue 10
Watermelon ecstasy smoothie -----	2007, issue 10

Soup

5-minute instant soup -----	2009, issue 5
Apple, potato & onion soup -----	2011, issue 7
Bare cupboard soup-----	2006, issue 1
Blood soup -----	2007, issue 9
Chicken corn chowder -----	2011, issue 11
Cucumber & lettuce soup -----	2007, issue 3
Dutch potato soup -----	2008, issue 8
French onion soup -----	2008, issue 1
Grapes, garlic & bread soup -----	2008, issue 5
Pumpkin & orange soup -----	2009, issue 4
Quick bean soup -----	2008, issue 8
Roasted potato garlic soup -----	2008, issue 2
Spicy tomato soup -----	2007, issue 8
Tomato & bread soup -----	2008, issue 5
Tomato couscous soup -----	2011, issue 2
Tortoise soup -----	2007, issue 9

Starters

5-minute avo starter -----	2009, issue 5
5-minute bread sushi -----	2009, issue 5
5-minute butter bean salad -----	2009, issue 5
Baguette-kebabs -----	2007, issue 11
Bat's wings -----	2009, issue 8
Bruschetta a la mangetout -----	2007, issue 5
Bruschetta a la tomato -----	2007, issue 5
Camembert / Brie with nuts & figs -----	2006, issue 3
Cheese balls -----	2006, issue 3
Cheese dip in bread -----	2008, issue 5
Cheese dip in bread -----	2010, issue 6
Cherry tomatoes, stuffed -----	2010, issue 6

(Starters)

Chickpeas, crispy -----	2010, issue 6
Cucumber ribbon parcel -----	2009, issue 7
Dead man's finger sandwiches -----	2009, issue 8
Double bagel -----	2006, issue 12
Frankfurter-kebabs -----	2007, issue 11
Fruit on a stick -----	2010, issue 3
Marinated mushrooms -----	2007, issue 11
Marinated mushrooms -----	2008, issue 13
Marinated olives -----	2007, issue 5
Mashed potato & anchovy starter-----	2008, issue 2
Minted pea & yoghurt dip -----	2009, issue 2
Muffin fishcakes -----	2010, issue 5
Mushroom & Brie bunny chows -----	2010, issue 1
Mushroom pâté -----	2010, issue 1
Mushroom pizza grill burger -----	2010, issue 1
Mushroom puff roll -----	2010, issue 1
Mushroom and marrow quiche -----	2010, issue 1
Nachos -----	2008, issue 8
Prego rolls on a stick -----	2010, issue 3
Potato soufflé -----	2010, issue 6
Puff pastry pinwheels -----	2008, issue 13
Pumpernickel bread dip -----	2008, issue 5
Rosemary cheese straws -----	2007, issue 11
Pizza on a stick -----	2010, issue 3
Samosas on a stick -----	2010, issue 3
Sandwiches on a stick -----	2010, issue 3
Stuffed cherry tomatoes -----	2006, issue 3
Stuffed mushrooms -----	2006, issue 3
Tomato entrée -----	2006, issue 3
Tombstone sandwiches -----	2009, issue 8
Tuna mint dip -----	2008, issue 13
Tuna-stuffed tomato -----	2007, issue 8
Turkish dish -----	2008, issue 5
Yoghurt & mint mayonnaise -----	2009, issue 2

Storage ideas

Bathroom calabash -----	2007, issue 1
Book shelves dinghy -----	2008, issue 4
Bunk beds -----	2007, issue 1
Chest storage -----	2007, issue 1
Dining room chairs -----	2007, issue 1

(Storage ideas)

Drawer roll-away -----	2007, issue 1
Gift bag organiser -----	2008, issue 3
Hook-a-mirror -----	2007, issue 1
Kitchen buckets -----	2007, issue 1
Magazine hide-away -----	2007, issue 1
Nuts, bolts & screws -----	2007, issue 1
Patio chairs -----	2007, issue 1
See-through pantry -----	2007, issue 1
Shelves & pegs -----	2007, issue 1
Shutter for cd's -----	2007, issue 1
Toilet space -----	2007, issue 1
Trellis on ceiling -----	2007, issue 1
Veggie rack -----	2007, issue 1
Wicker hallway -----	2007, issue 1
Wine décor -----	2007, issue 1

Table decorations

Apples in pot -----	2007, issue 3
Autumn decorations -----	2006, issue 1
Beach picnic -----	2006, issue 10
Box centrepiece -----	2008, issue 3
Bread menu-holder -----	2008, issue 5
Bun cocktail stick holder -----	2008, issue 5
Cabbage flowerpot -----	2006, issue 12
Cake stand -----	2006, issue 3
Cake stands various -----	2011, issue 10
Candles -----	2011, issue 10
Candle holder -----	2006, issue 3
Chocolates tied on chair -----	2006, issue 10
Craft & sewing drawer -----	2011, issue 10
Double bagel -----	2006, issue 12
Felt placemats -----	2006, issue 10
Flower in glass -----	2006, issue 12
Fruit/Veg arrangements -----	2007, issue 3
Funky candle -----	2006, issue 3
Garden lounge -----	2006, issue 10
Gift place holder -----	2011, issue 10
Guitar centrepiece -----	2008, issue 14
Hangover Kit -----	2006, issue 10
Leaves -----	2011, issue 10
Lemon skewer -----	2006, issue 12

(Table decorations)

Mirror centrepiece -----	2008, issue 15
New uses for old things -----	2011, issue 10
Newspaper tablecloth -----	2008, issue 3
Pantry cupboard -----	2011, issue 10
Patio seating -----	2006, issue 10
Peg seat names -----	2008, issue 3
Picnic style -----	2006, issue 10
Pineapple flower pot -----	2006, issue 10
Place mats -----	2006, issue 3
Place name ideas -----	2011, issue 10
Place cards -----	2006, issue 12
Pool party -----	2006, issue 10
Pretty books -----	2011, issue 10
Pumpkin flower holder -----	2007, issue 6
Rose glass -----	2006, issue 3
Sea shells -----	2011, issue 10
Tea cup salad -----	2008, issue 3
Teapot honey -----	2006, issue 10
Tomatoes -----	2007, issue 8
Vegetables & fruit galore -----	2011, issue 10
Vinyl placemats -----	2006, issue 3
Wine bottles -----	2011, issue 10

Tomatoes

Bloody Mary cocktail -----	2007, issue 8
Bloody Mary's on a stick -----	2010, issue 3
Bruschetta a la tomato -----	2007, issue 5
Spicy tomato soup -----	2007, issue 8
Stuffed cherry tomatoes -----	2006, issue 3
Tomato & bread soup -----	2008, issue 5
Tomato & spinach salad -----	2007, issue 11
Tomato chicken -----	2007, issue 8
Tomato décor -----	2007, issue 8
Tomato pizza-pasta -----	2007, issue 8
Tomato quiche -----	2008, issue 11
Tomato side-dish -----	2007, issue 8
Tomato stew -----	2007, issue 8
Tomato, feta & basil salad -----	2007, issue 8
Tomato, fried -----	2007, issue 5
Tuna-stuffed tomato -----	2007, issue 8

Vegetarian Dishes

5-minute avo starter -----	2009, issue 5
5-minute bread sushi -----	2009, issue 5
5-minute butter bean salad -----	2009, issue 5
Artichoke & olive pasta -----	2008, issue 12
Artichokes with penguin eggs -----	2007, issue 9
Asparagus in the oven -----	2007, issue 5
Avocado & mint pasta -----	2009, issue 2
Baby potatoes with rosemary -----	2007, issue 5
Balsamic onions -----	2007, issue 5
Basil pesto -----	2008, issue 16
Basil pesto penne -----	2008, issue 12
Beer/cola onions -----	2008, issue 1
Blue cheese & onion flan -----	2008, issue 1
Blue cheese & walnut spread -----	2009, issue 3
Bombay potato -----	2008, issue 2
Breakfast strata -----	2008, issue 5
Butternut with brown onion soup -----	2010, issue 6
Caramelized onions -----	2008, issue 1
Carrots in orange juice -----	2010, issue 6
Cheese balls -----	2006, issue 3
Cheese dip in bread -----	2008, issue 5
Corncakes with fresh tomato -----	2008, issue 11
Creamy feta potato dish -----	2008, issue 13
Cucumber & mint pâté -----	2009, issue 2
Curried bean salad -----	2008, issue 16
Easy vegetable Biryani -----	2008, issue 11
Egg in bread basket -----	2008, issue 5
Egg sauce for cooked green beans -----	2006, issue 4
Eggy onion dish -----	2008, issue 1
Falafel burgers -----	2008, issue 11
Florentine egg dish -----	2006, issue 4
French salad dressing -----	2008, issue 16
Fried bread and egg salad -----	2008, issue 5
Garlic mustard -----	2008, issue 16
Grapes, garlic & bread soup -----	2008, issue 5
Green Beans with Parmigiano -----	2007, issue 5
Jalapeno & feta cheese rice -----	2009, issue 3
Lemon rosemary dressing -----	2008, issue 16
Lentil Bobotie -----	2008, issue 11
Lentil salad -----	2008, issue 13
Maize & sweetcorn bake -----	2010, issue 6

(Vegetarian dishes)

Marinated mushrooms -----	2008, issue 13
Marinated mushrooms -----	2008, issue 16
Mashed potato puffs -----	2008, issue 2
Minted pea & yoghurt dip -----	2009, issue 2
Muesli -----	2008, issue 16
Mushroom & Brie bunny chows -----	2010, issue 1
Mushroom & marrow quiche -----	2010, issue 1
Mushroom burger -----	2010, issue 1
Mushroom pâté -----	2010, issue 1
Mushroom pizza grill burger -----	2010, issue 1
Mushroom potatoes -----	2010, issue 6
Mushroom puff pastry roll -----	2010, issue 1
Nachos -----	2008, issue 8
Onion & cheese pastry -----	2008, issue 1
Onion muffins -----	2008, issue 1
Onion tart -----	2008, issue 1
Onions baked with rosemary & cream -----	2008, issue 1
Onions with cream & Parmesan cheese -----	2010, issue 6
Peach rice salad -----	2009, issue 3
Potato Dauphinoise -----	2008, issue 2
Potato pancakes -----	2008, issue 2
Potato pizzas -----	2008, issue 2
Potato soufflé -----	2010, issue 6
Puff pastry pinwheels -----	2008, issue 13
Puffy mushroom parcel -----	2008, issue 11
Pumpernickel bread dip -----	2008, issue 5
Pumpkin & orange soup -----	2009, issue 4
Pumpkin au gratin pie -----	2007, issue 6
Pumpkin curry -----	2007, issue 6
Pumpkin fritters -----	2007, issue 6
Purslane stew -----	2007, issue 9
Savoury bread & butter pudding -----	2008, issue 11
Spaghetti Odori -----	2007, issue 5
Spinach & feta pasta -----	2008, issue 12
Spinach, cheese & olive tart -----	2008, issue 11
Stuffed cherry tomatoes -----	2006, issue 3
Stuffed mushrooms -----	2006, issue 3
Tagliatelle con Funghi Porcini -----	2007, issue 5
Three bean, tomato & spinach stew -----	2008, issue 11
Three cheese macaroni -----	2008, issue 11
Tomato & bread soup -----	2008, issue 5

(Vegetarian dishes)

Tomato entrée -----	2006, issue 3
Tomato quiche -----	2008, issue 11
Tomato sauce -----	2008, issue 16
Tomato side-dish -----	2007, issue 8
Tomato, fried -----	2007, issue 5
Yoghurt & mint mayonnaise -----	2009, issue 2

Waffles

Waffle recipe -----	2011, issue 4
Biltong waffle -----	2011, issue 4
Breakfast waffle -----	2011, issue 4
Caprese salad waffle -----	2011, issue 4
Chocolate waffle -----	2011, issue 4
Citrus peel waffle -----	2011, issue 4
Coffee waffle -----	2011, issue 4
Curry paste waffle -----	2011, issue 4
Dried fruit waffle -----	2011, issue 4
Sandwich waffle -----	2011, issue 4
Spaghetti Bolognese waffle -----	2011, issue 4
Tuna mayonnaise waffle -----	2011, issue 4

Yoghurt

Banoffee Muffin -----	2011, issue 1
Chicken Biryani -----	2011, issue 1
Corn Yoghurt Bread -----	2011, issue 1
Greek Roasted chicken -----	2011, issue 1
Mash a-la-Kara -----	2011, issue 1
Microwave yoghurt meatballs -----	2011, issue 1
Mince in peppers -----	2011, issue 1
Orange tomato chicken -----	2011, issue 1