



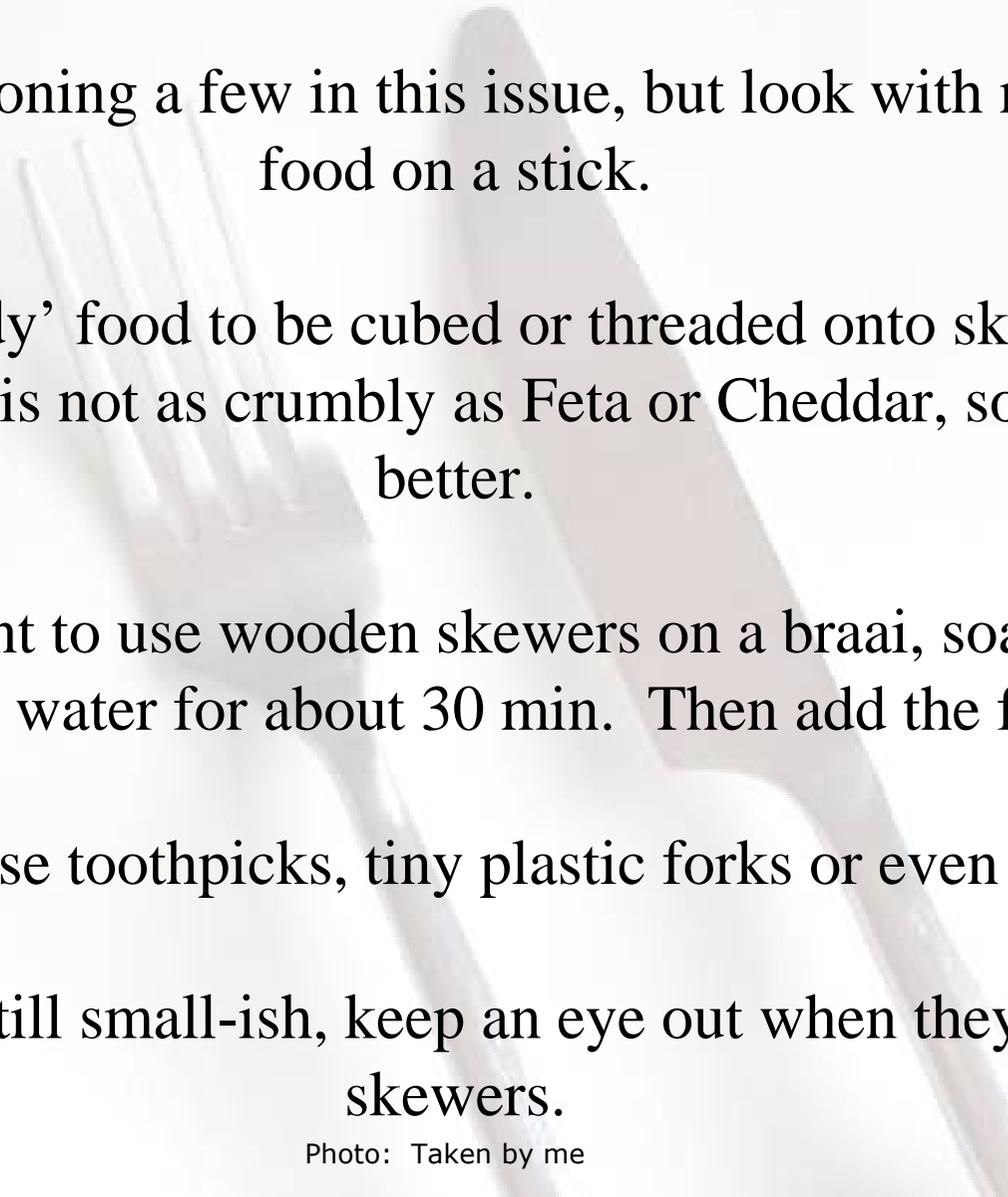
# XCentric Ideas

Serving food  
Day in and out  
“I am bored, bored”  
You wanna shout

Be creative  
Take a different stand  
Prepare food on a  
stick –  
Eaten by hand  
*-by alma pretorius*

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by  
ALMA PRETORIUS  
alma@xcentricideas.co.za  
www.xcentricideas.co.za

This photo my own  
Ideas from Internet



To serve food can become a bore – start to think outside the ‘cutlery’ and be absolutely blown by the possibilities.

I’m only mentioning a few in this issue, but look with new eyes to food on a stick.

Look for ‘sturdy’ food to be cubed or threaded onto skewers. Eg: Gouda cheese is not as crumbly as Feta or Cheddar, so will work better.

When you want to use wooden skewers on a braai, soak skewers firstly in water for about 30 min. Then add the food.

You can also use toothpicks, tiny plastic forks or even cake forks.

If kids are still small-ish, keep an eye out when they use the skewers.

# Starter on a stick

A pizza slice enjoyed  
another way.

Also use:

Cooked chicken nuggets

‘Mieliepap’ (maize meal)  
balls with a sauce

Cooked pieces of  
sausage/viennas/russians

Spicy chicken livers

Fried button mushrooms

Cooked/fried shrimps  
with dipping sauce



Serving a sandwich?  
Simply slip the crustless  
triangles on a skewer and  
serve on a plate.



Photo: Taken by me



Nowadays miniature  
Samosas, Prego rolls,  
hamburgers, etc are all  
the rage.

Slip them onto a stick  
and serve with a sauce.

Photo: Taken by me

# Salad on a stick



Serve each person their own salad.

Thread cubes of tomato and cheese on a skewer with fresh basil leaves in-between.

Pitted olives, cucumber cubes/slices and gherkin slices can also be added.

## Greek lamb kebabs

# Meat on a stick

500g good-quality lamb mince  
2 medium onions  
4 cloves garlic  
1 tbsp coriander powder  
1 tbsp cumin powder  
1 tsp cayenne pepper  
½ tsp ground cinnamon  
1 large handful fresh parsley  
1 small handful fresh mint  
1 large egg  
Salt and pepper

Put the spices, herbs, onions, garlic and the egg in a food processor and blitz until everything is chopped. Add the meat and blitz again until everything is well-mixed. (Don't completely purée the meat - aim for a reasonably rough texture.)

Form handfuls of the meat mixture around bamboo skewers. (Soak wooden skewers for 30 min in water beforehand.) Grill on a hot barbecue or under the kitchen grill for about ten minutes, turning regularly. Serve immediately.

Recipe: [www.gastronomydomine.com](http://www.gastronomydomine.com) Photo: Taken by me, recipe tested by me





## Spaghetti Bolognaise on a Stick

The ultimate food for those of us that have trouble twirling those pesky spaghetti strands.

Cooked noodles are pressed into the meat mixture and the meatball is formed and cooked. Then the entire thing is dipped in batter, deep fried and served with Marinara sauce.

Recipe & photo: [www.thrifter.com](http://www.thrifter.com) Recipe not tested

## Chicken pieces on a Stick

400g chicken tenderloins                      ½ cup tomato pasta sauce  
2 cups fresh breadcrumbs                    1 cup natural yoghurt  
½ cup finely grated parmesan cheese  
Spray Oil

Thread chicken tenderloins onto bamboo skewers and spread both sides with pasta sauce using  $\pm$  ¼ cup. Lightly coat in combined breadcrumbs and parmesan cheese and refrigerate until required.

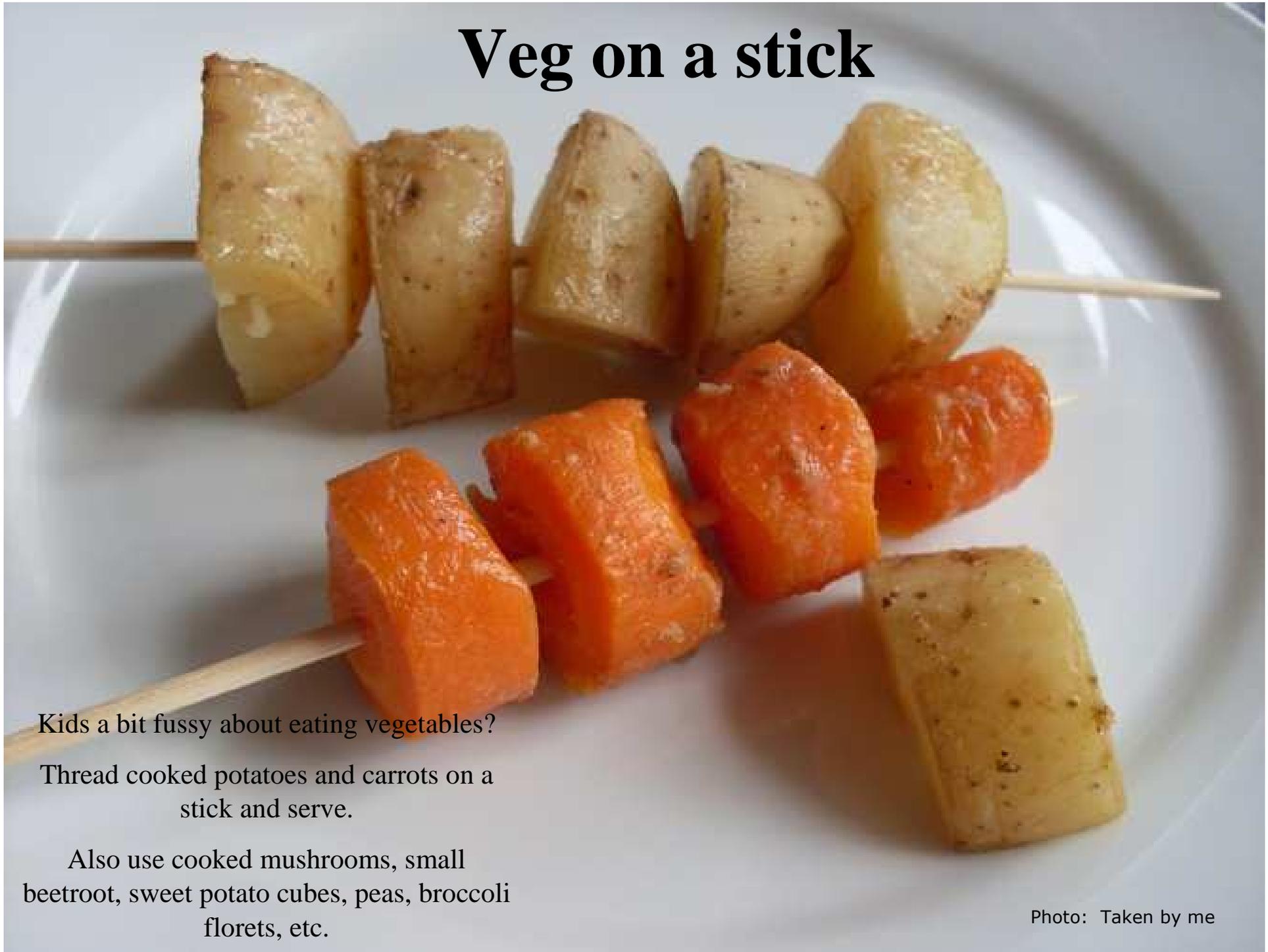
Spray a non-stick pan with oil and heat, add chicken skewers and cook for 10 minutes turning regularly and spraying with oil if required.

Combine remaining ¼ cup pesto with yoghurt and serve with chicken skewers.

Recipe & photo: [www.simplygreatmeals.com.au](http://www.simplygreatmeals.com.au) Recipe not tested



# Veg on a stick



Kids a bit fussy about eating vegetables?

Thread cooked potatoes and carrots on a stick and serve.

Also use cooked mushrooms, small beetroot, sweet potato cubes, peas, broccoli florets, etc.

Photo: Taken by me

# Snacks on a stick

Have you thought about cheese curls on a stick? Or healthier fruit cubes? Biltong? Liquorice Allsorts?

A divinely fun way for kids as well as adults.

Also use any jelly sweets, jelly beans, marshmallows, pitted prunes, pitted dates, etc.



Photo: Taken by me

# Fruit on a stick



Endless options for fruit on a stick.

Grapes, strawberries, berries, pears sliced/cubed, cherries, miniature apples (tin), cubed pineapple, cubed melon, cubed watermelon, whole ripe figs, etc.

Photo: Taken by me

# Dessert on a stick

A close-up photograph of four square pieces of chocolate fudge. Each piece is mounted on a white plastic stick. The fudge has a rich, dark brown color and a slightly textured surface. The sticks are arranged in a cluster, with some overlapping. The background is a plain, light-colored surface.

## Chocolate fudge

100g plain chocolate

100g butter

450 g icing sugar

45 ml milk

Oil the container (I used ice cube trays)

Put chocolate, butter, icing sugar & milk into large heatproof bowl. Cook on high for 3 min or till chocolate has melted.

Beat vigorously with wooden spoon till mixture is thick and creamy (do not continue beating after this or fudge will become granular).

Pour into container. Using sharp knife, mark lightly into squares. Leave till set, then cut into squares.

Serve dessert without cake plates: Miniature cupcakes and Coconut truffles

Or: Miniature toffee apples, Baby chocolate muffins, Koeksisters, Mini doughnuts, etc.

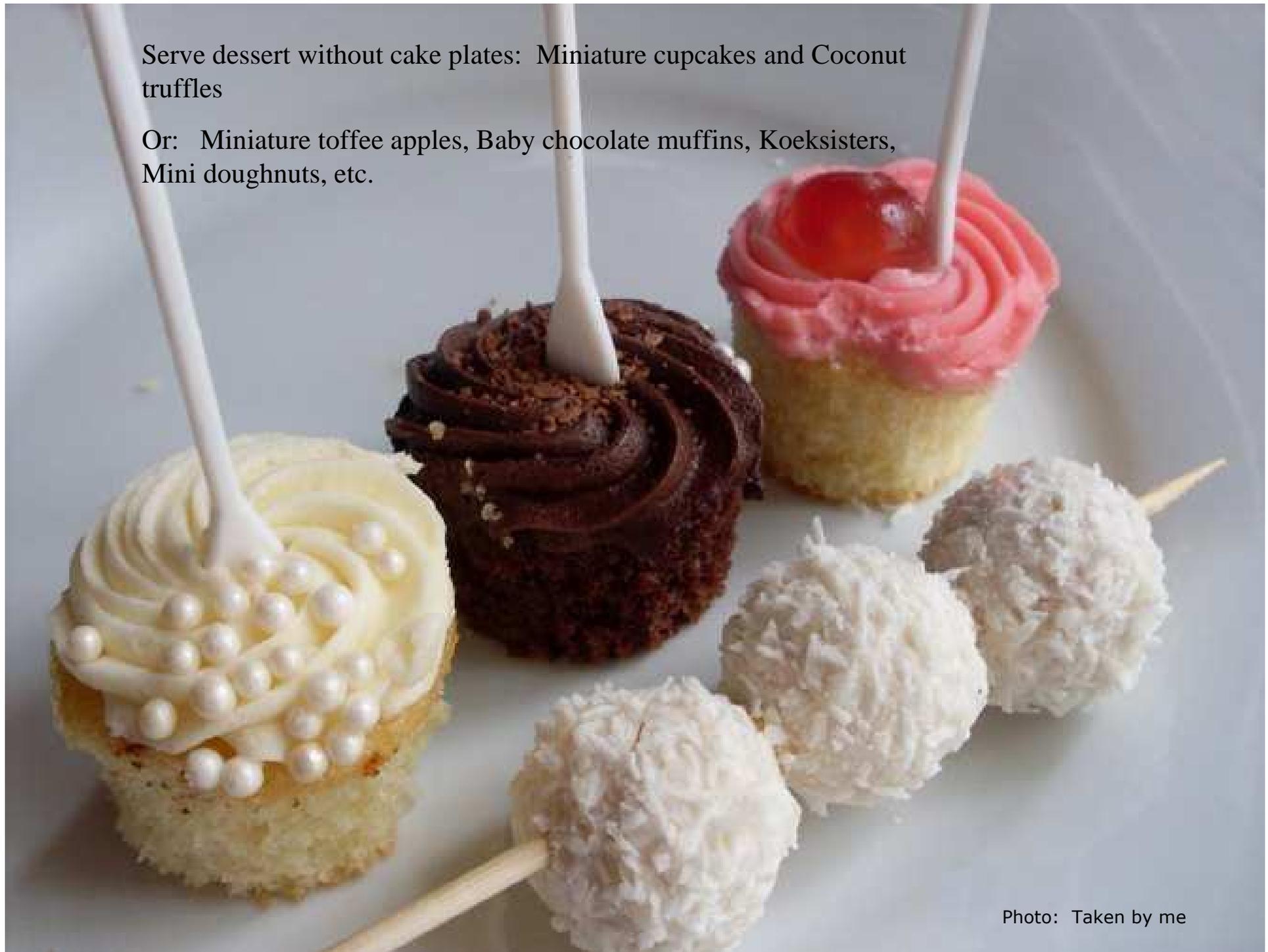


Photo: Taken by me

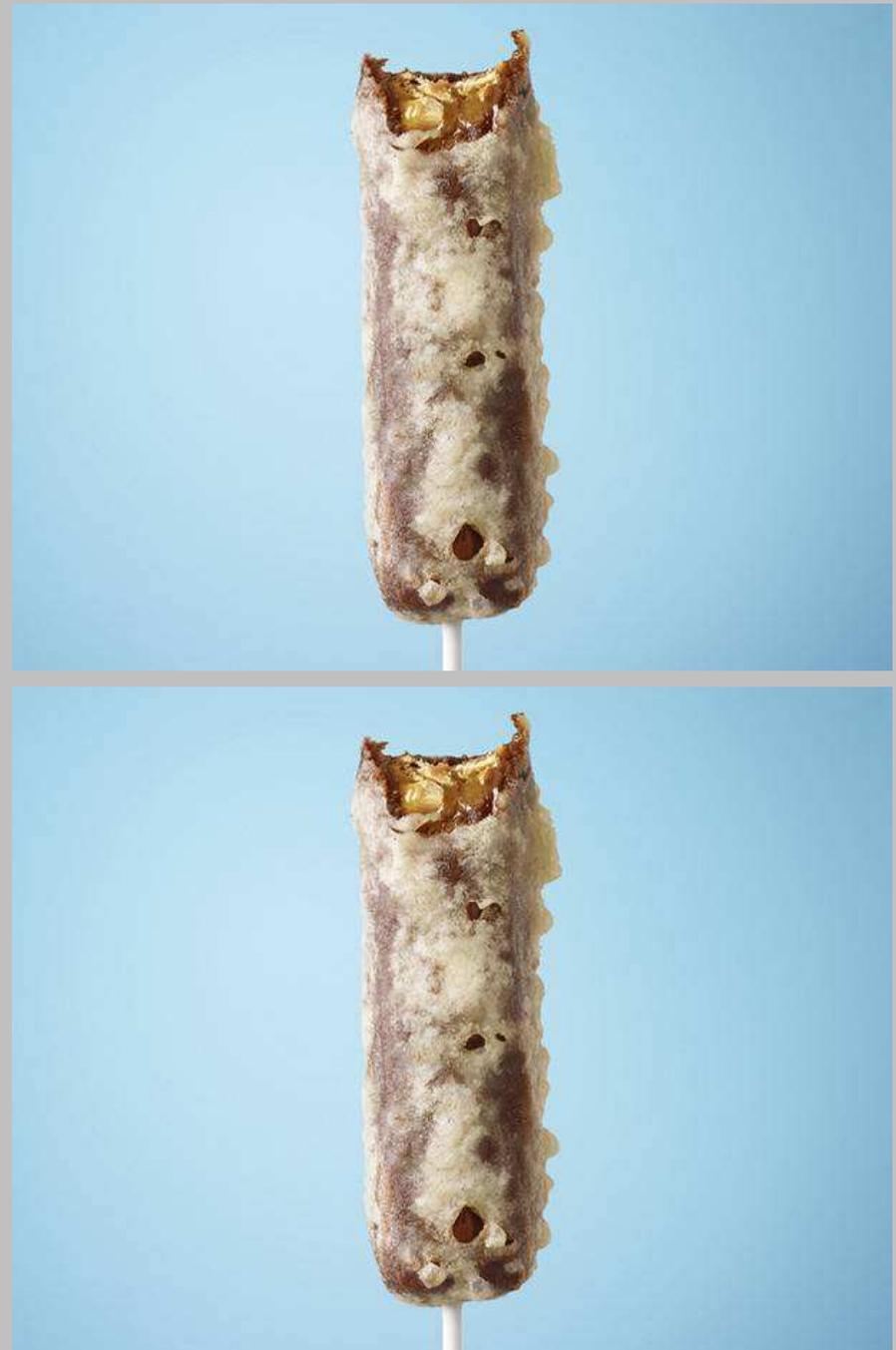
# Deep-fried Snickers on Stick

4 large Snickers bars (or another candy bar)  
1 cup cake flour  
2 tsp baking soda  
 $\frac{3}{4}$  cup sparkling water  
Vegetable oil, for deep-frying

Push each candy bar onto a skewer or popsicle stick; refrigerate for at least 2 hours or overnight.

Whisk the flour and baking soda in a medium bowl. Whisk in the sparkling water to make a smooth batter (about the consistency of pancake batter). Heat 4 to 6 inches of vegetable oil in a deep pot.

Hold the Snickers by the skewer and dip into the batter, turning to coat. Carefully place the Snickers in the hot oil (skewers and all); fry, turning as needed, until crisp, 1  $\frac{1}{2}$  to 2 minutes. Use tongs to remove each bar by the stick; drain on paper towels or a rack and serve warm.





## Bloody Mary's on a Stick

1.1 litre boiling water  
2 dozen cherry tomatoes  
freshly ground pepper  
celery salt  
½ cup vodka  
¼ to ½ tsp horseradish  
1 tbsp Worcestershire sauce  
Several shakes of Cayenne pepper  
Squeeze of lemon juice

Slip skins of tomatoes by placing in boiling water for 30 seconds. Rinse the tomatoes under cool water in the sink, but don't cool them off with the water. The skins should slide off easily. Remove stem spot with a sharp knife. Place peeled tomatoes in a shallow bowl.

Sprinkle tomatoes with a dash of freshly ground black pepper and a generous sprinkling of celery salt. If you don't have celery salt, you can use kosher salt, but the flavour will be different. Mix horseradish, Worcestershire and Cayenne pepper into vodka in a glass or measuring cup. Add a squeeze of lemon juice. If you happen to have a dark beer open, you can add a dash of it to give this dish a little more depth, literally and figuratively.

Pour the mixture over the tomatoes. Allow the tomatoes to marinate for a couple of hours at room temperature. Turn them in the liquid a few times to make sure that they marinade evenly. Cover and transfer to the refrigerator to chill prior to serving. Serve on sticks.