

# XCentric Ideas

What's for *dinner*?

'Hmmm, let me see ...

How many *ingredients* do I need?

Only *One*, *Two*, *Three* ...'

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All photos my own  
Recipes from Internet

## Personal Note:

I am truly blessed to have quite a few passions in my life.

Trying out recipes is one of my major passions.

I want to inspire people to try out my recipes. And what better way than only having to use 3 ingredients?

I am always happy to hear from you. So if you've tried out some recipes, send me feedback and photo's.

And share it with your friends and family.

You may just inspire someone else to get cooking!

**Lovies, Alma**



## STUFFED CHERRY TOMATOES

Cherry Tomatoes  
Flavored Cream Cheese  
Fresh Chives

Cut the tops off small cherry tomatoes. Hollow out, keeping the centers for a pasta sauce.

Stuff with flavored cream cheese and decorate with chopped chives. Serve on a bed of lettuce.

**For healthier option: use flavored cottage cheese.**



Recipe my own

## CRISPY CHICKPEAS

2 x cans Chickpeas, drained  
Oil  
Spices (cumin, paprika, allspice)

Rinse Chickpeas until no more foam appears. Let it drain for 5 min and pat dry. On a baking tray, toss them with a little oil and your favourite spices.

Roast at 425F/220oC for about 40-50 mins until they are crispy and make a rattling sound on the tray.

Serve immediately.



Recipe: <http://kalynskitchen.blogspot.com>

## CHEESE DIP

500g mature Cheddar cheese  
1 can All Gold Mexican Tomatoes  
¼ cup milk

Cube cheese and place into a medium size pan. Heat on low.

Add milk and Mexican Tomatoes. Heat until warm.

Take a round bread and cut out a hole deep enough to pour in cheese dip and serve.

**Alternative: you can heat it in microwave till melted and mixed.**



[www.kidscuisine.com](http://www.kidscuisine.com)

## BEAN PASTA SALAD

2 x cans 4-Bean salad  
2 cups Pasta Screws  
1 x tin Tomatoes with Basil & Origanium

Cook the pasta and drain. Drain the beans and add to pasta.

Add the tin of Tomatoes and mix well. Refrigerate.

**Alternative option: Use canned peas / kernel corn / green beans**



Recipe my own

## TOMATO, GREEN PEPPER & ONION SALAD

3 Tomatoes, cubed small  
1 Green Pepper, cubed small  
1 Onion, cubed small

Mix together and refrigerate for few hours before use.

It will form its own juice.

**Lovely with a fish or curry dish.**



Recipe unknown

## MUSHROOM SALAD

300g fresh Mushrooms, any kind  
250 ml Italian Salad Dressing

Wipe the mushrooms with a damp cloth. Slice, if you want.

Place in a plastic container with a tight lid. Pour the salad dressing over, put on the lid and shake lightly to mix. Refrigerate for a few hours before use.

Shake now and then.



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## POTATO SOUFFLÉ

750 ml Mash  
Butter, melted  
6 Eggs, separated

Beat the mash and yolks together. Beat the egg whites till stiff and fold it into the mash mixture. Brush ramekins with the butter. Spoon mash mixture into the ramekins and bake for 25-30 min at 180oC. Serve immediately. Serves 4-6.

*My version:*

*1 packet Sour Cream & Chives Smash, prepared to instructions (600 ml); butter, melted; 5 eggs, separated.*

**It was delicious!!!! Although I only served it 2 hours later, it deflated a bit, but didn't collapse!**



Recipe: Anna Eksteen

## MUSHROOM POTATOES

1 can Cream of Mushroom Soup  
½ cup Milk  
4 medium Potatoes, peeled,  
cooked & diced

Arrange the cooked potatoes in an oven dish.

Combine the milk and Mushroom Soup.

Pour over the potatoes.

Bake, uncovered, at 350F/180oC for about 30 minutes.

**Serve with a meat / fish dish. Or as a side dish at a braai.**



Recipe: Donna Smith [www.suite101.com](http://www.suite101.com)

## BROWN ONION BUTTERNUTS

Butternuts, sliced  
Brown Onion Soup Powder  
Butter/margarine

Wash the slices, peel if you want and remove pips.

Place slices on pieces of tinfoil.

Sprinkle some soup powder on. Dot with butter/margarine. Fold the foil into a parcel and place on baking tray (or on BBQ grill). Bake at 160 oC for 30-40 min.

**I didn't peel the butternut. I used a slice per tinfoil.**



Recipe: [www.nigella.com](http://www.nigella.com)

## MAIZE & SWEETCORN BAKE

1 ½ cup Maize (mieliemeel)  
1 x 420g can Sweetcorn  
600 ml boiling water

Mix the maize with the water, add in the sweetcorn.

Spoon into a microwave dish with a lid. Microwave on High (100%) for 7 ½ minutes.

**This is a fab dish! Serve it with a saucy stew / sausage & relish or with BBQ.**



Recipe: sorry, I forgot where I got it.

## ONIONS WITH CREAM & PARMESAN

4 medium-large Onions  
300 ml cream  
Handful fresh Parmesan, grated

Set the oven at 180oC. Peel the onions and boil them in water. Simmer for ±25 minutes until tender. Lift them out with a draining spoon.

Cut the onions in quarters. Put them in an ovenproof dish. Pour over the cream and top with Parmesan cheese. Bake for 25-30 minutes till golden and bubbling.

**Use low-fat cream for healthier option.**



Recipe: [www.nigelslater.com](http://www.nigelslater.com)

## CARROTS IN ORANGE JUICE

Carrots  
Orange juice  
Fresh parsley, chopped

Peel and slice the carrots.

Cover the carrots in pot with orange juice. Cook slowly with lid on till soft.

Remove the lid and simmer till liquid evaporates.

Top with fresh parsley.



Recipe: my own

## CURRIED FISH QUICHE

1 can Curried Fish (225g or 400g)  
½ cup milk  
3 eggs

Flake fish finely with its sauce.

Beat the eggs and milk together.

Mix with the curried fish, pour in pie dish and bake at 180oC for 25-30 minutes, or till centre is set.

**Or Microwave it for 12 minutes on High (100%) (or till centre is set.) Serve with a fresh salad.**



Recipe: my recipe

## MAYONNAISE & GHERKIN FISH

Defrosted Hake Fillets  
Mayonnaise  
Gherkins, chopped

Place fillets in oven dish.

Spread with a thick layer of mayonnaise.

Sprinkle gherkins on top. Cover with a lid/tinfoil.

Bake at 180oC for 20-25 min.

**Serve with spicy vegetables.**



Recipe: Rosa, Tai Chi Class

## RED PEPPER FISH

500 g defrosted white fish\*  
380 g jar roasted red peppers  
Big handful green beans

Top & tail the beans. Slice fish in big chunks, as well as the red peppers. Heat a little of the herby oil from the jar of peppers in pan & then add the peppers, along with the green beans & the fish, skin side down. Cover and cook for five minutes until the fish is tender and flaky.

**\*Hake, Cod, Pollock.**

**This is an amazingly quick & flavoursome dish!**



Recipe: <http://www.supersavvyme.com>

## COKE CHICKEN

4 Chicken pieces  
1 can Coke  
½ cup Tomato Sauce

Mix together the Coke & Tomato Sauce.

Add the chicken and put in a medium sauce pan and bring to a boil. Put a lid on and simmer till chicken is done.

**You can use Diet Coke and chicken breasts.**

**U can use this as a marinade for a braai/BBQ.**



Recipe: my own

## CHICKEN & POTATO DISH

Baby Potatoes  
Chicken Breasts, skinned, deboned  
Jar of Pasta Sauce

Scrub the potatoes, halve them and cook in boiling water till soft.

Cube the chicken, add to the potatoes and mix in the pasta sauce.

Cook till chicken is done.

**I used Sun-dried Tomato & Pecorino Pasta Sauce.**



Recipe: my own

## MARMALADE CHILLI CHICKEN

6 Chicken pieces  
½ cup Orange Marmalade  
1-2 tsp Chilli powder

Preheat oven to 180C.

Arrange chicken pieces in oven dish. Combine Marmalade and chilli powder and spoon over the chicken pieces.

Bake for 30 minutes or until done.

**Or use it as marinade to BBQ chicken.**



Recipe: [www.listverse.com](http://www.listverse.com)



## GINGER BUBBLE PUDDING

2 packets Ginger Biscuits  
500 ml fresh cream  
Ice Cream

Crush the biscuits coarsely with a fork. Pack in an oven dish.

Pour over the cream.

Bake at 180 oC for about 15 minutes (without a lid) till cream bubbles.

Serve with ice cream of your choice.

**I halved the recipe. Use low-fat cream for healthier option.**



Recipe: Karin, RSG.

## CARAMEL BALLS

2 packets Cream Crackers  
2 tins Caramel condensed milk  
Desiccated coconut

Chop the crackers very fine in a food processor.

Add the caramel condensed milk and process till they are nicely mixed.

Form small balls with your hands and roll into the coconut.

**Or roll in Cocoa or Chocolate vermicelli. It's not too sweet.**



Recipe: Cook with Inspiration Cookbook

## PEAR FOAM PUDDING

2 packets Lemon Jelly  
1 x 410g tin Pears, drain, keep and keep juice  
1 tin Ideal Milk, chilled overnight

Boil the syrup of the pears and dissolve the jelly into it.

Chop the pears fine. Whip the Ideal Milk till stiff.

Mix everything together and refrigerate for few hours before serving.

**A delightful airy pudding. It thickens, the longer it stands in fridge.**



Recipe: Ella Rossouw, Slot, Paarl

## GOOEY CHOCOLATE MUG CAKE

1 Egg  
¼ cup Icing Sugar  
1-2 tbsp Cocoa Powder  
(depending on how chocolatey u  
want it)

In a standard-sized mug, crack egg,  
add icing sugar and cocoa  
powder. Whisk together with a  
small whisk until well mixed.

Microwave for 50-60 seconds on  
High (100%), until the cake is  
cooked through (but not  
overcooked!) Top immediately with  
a handful of milk chocolate chips,  
hot fudge, whipped cream, or ice  
cream.



Recipe: <http://blogs.babble.com>

## MUST-TRY CHOCOLATE MOUSSE

100 g Dark Chocolate - Orange  
and Almond Slivers flavour  
2 tbsp Honey  
150 g fat-free Smooth Natural  
Cottage Cheese

Break chocolate in chunks. Melt the  
chocolate and honey together in a  
bowl. Mix in the cottage cheese and  
beat till well combined. Makes ± 250  
ml.

**It is rich, so serve a dollop with  
fresh berries & cream. Or as a  
cupcake / cake topping. Use  
other choc flavours, eg Mint /  
Coffee. Or mix nuts & dried  
fruits into the mixture.**



Recipe: <http://sunitabhayan.com>

## EASY PINEAPPLE CAKE

2 cups Self Raising Flour  
1 cup white Sugar  
450g can Crushed Pineapple (don't  
drain)

Sift flour into a mixing bowl and  
combine with sugar.

Add pineapple and mix well.

Pour into a greased cake tin and bake  
at 180C for 40 minutes.

**It's quite a heavy-ish cake. Serve  
with custard / whipped cream /  
ice cream.**



Recipe: <http://listverse.com>

# EASIEST FRUIT CAKE EVER!

A MUST TRY!

1 kg Mixed Fruit Mixture  
2 cups Fruit Juice  
2 cups Self Raising Flour

Preheat oven to 130C. Soak fruit in juice for 2 hours or overnight.

Stir flour into soaked fruit mixture and mix well. Put into large lined baking tin. Bake for 2 hours in the bottom of your oven on 130C. Remove and leave to cool. Put into container or wrap in foil. Keep for 2-3 days before cutting.

**I absolutely ADORE cherries, so I used 600 g mixed fruit mixture. Then I added 200g red cherries, 200g green cherries.**

**I also used 1 cup orange juice, 1 cup brandy instead of 2 cups fruit juice. My costs were ± R70.**



The *discovery* of a new *dish*  
does more for the happiness  
of mankind than the  
*discovery* of a star.

Anthelme Brillat-Savarin