

XCentric Ideas

A white ceramic flower-shaped object with a central metal fastener, resting on a piano keyboard. The object has five petals and a central stem with a small metal piece. The piano keyboard is visible in the background, with white and black keys.

A symphony of
flavours
blended
together in
gastronomic
harmony!
(my own quote)

All photos my own

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Why would anyone want to blend normal food??

End of May I had 7 back teeth removed – they were beyond repair. I was told to eat soft foods. Which I did.

In the 1st week of eating 3 cups of soup a day, I lost 3,5 kg. (Now there's something for me to remember when I need to jump into a little black number)

So ... you may never ever need to blend your foods. And you may say 'gross' (which I sincerely hope you won't do – it is food after all.)

I was determined to not loose out on flavours, although I had to blend my food.

Maybe one day you'll be in the same position – or someone you know may be in a 'only soft foods' position ...

then you can remember this issue and be adamant that yes – it is possible to blend food – all kinds of food!!

How do you do it?

I have found the stick blender works perfect – and it's easy to clean afterwards. But you can use a liquidizer or food processor.

In order to blend your food, you'll need liquid ...

Choose from hot stock, milk, coffee, juice or just plain boiling water.

Savoury food I normally blended with chicken/beef stock or just boiling water.

Chocolates & muffins I blended with coffee – although it turned out very sweet. U can blend it with hot/cold milk.

Fruits can be blended with juice.

How much liquid? It's up to you how 'soupy' you want the end result to be.

I can PROMISE you this – the tastes are amazing! You still have the same tastes as when chewing your food, it's just 'mushy' now.

Which brings me to the look ... it doesn't look good after you blended it, but it sure satisfied my taste buds!!!



*Breakfast Tagine: Tomato-Onion
relish, lamb sausages, potatoes & egg*

blended with beef stock



Waffle with bacon, scrambled eggs & cheese

blended with boiling water

*Peanut butter, banana &
jam sandwich*

A close-up photograph of ingredients for a sandwich on a white surface. On the left are two slices of whole wheat bread. To the right is a banana. In the foreground, there is a dollop of smooth peanut butter and a dollop of dark jam.

blended with hot milk

Boerewors with tomato sauce



blended with beef stock



Beef Bourguignon

blended with beef stock

A close-up photograph of a plate of ostrich curry. The dish features chunks of ostrich meat, whole baby potatoes, and sliced carrots, all coated in a thick, reddish-brown sauce. The text "Ostrich curry" is written in a white, cursive font at the top of the image.

Ostrich curry

blended with beef stock

Regina pizza slice

blended with beef stock





Pork spare ribs

Blended with marinade sauce & boiling water



Spaghetti Bolognaise

blended with beef stock

*Grilled chicken, fresh spinach, baby
tomatoes & cheese*



blended with chicken stock



Chicken & Cheese pie

blended with boiling water



Soft potato fries with vinegar

blended with boiling water



Date & Nut muffin

blended with black coffee

Variety of chocolates



blended with black coffee