

XCentric Ideas



What's for dinner ...

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Recipes from Internet
All photos my own

Sorry, no wine ... I just liked the picture.

Every once in a while I refuse to buy food for dinner.

Instead, I open my pantry cupboard, my fridge and freezer and create a dish 'from scratch'.

I cannot cover all the possibilities you may find in your cupboard, fridge and freezer ... but I can show you some ideas, using:

Chicken livers

Eggs

Milk

Leftover proteins and vegetables

Instant potato flakes (Smash)

Spaghetti

Pilchards in a can

Maize meal

Rice

Dried Fruit

Nuts



I absolutely adooooore chicken livers! I love to order it in restaurants, but seldom used it at home. So I decided .. It's time to 'transform' chicken livers ... and this is perfect!

Chicken Livers on the Coals

Chicken livers, defrosted, washed
± ½ cup All Purpose Flour / Cake Flour

Spices, herbs to taste
Wooden sticks / kebab sticks

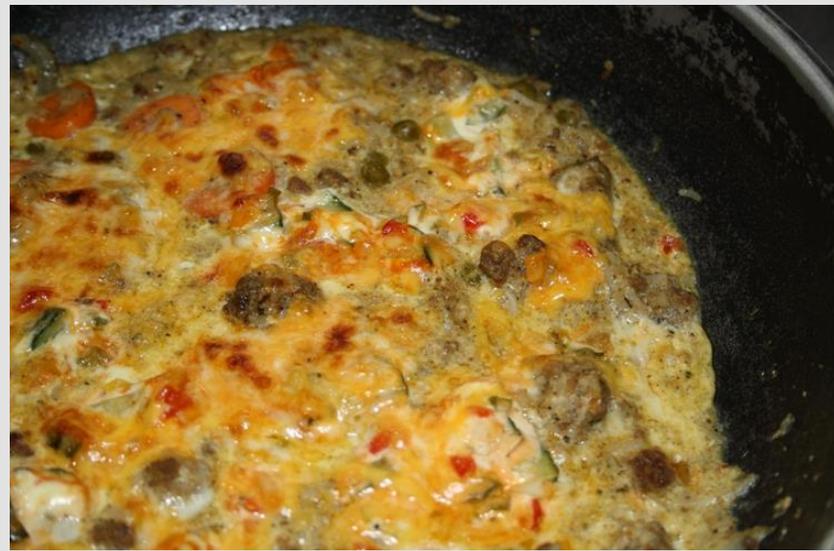
Soak the wooden sticks/kebabs in cold water for at least 30 minutes before using them (then they won't burn as quickly.) Cut the livers smaller.

Season the flour with spices and herbs, roll the chicken livers into the flour and carefully thread onto the wooden sticks/kebabs.

Grill.

You can also add small cubes of onion/bell pepper, mushroom/dried apricots in-between the chicken livers.

This is the perfect 'quick dinner'. Use a cast-iron pan, suitable for oven too. If you're in a hurry, use proteins and vegetables that are cooked. Otherwise, you can use raw bacon, steak, chicken, mince and vegetables.



Frittata

2 eggs (size doesn't matter)
1 cup left-over cooked sausage
Herbs, spices to taste
½ cup cooked mix vegetables

½ cup milk
½ onion, chopped
Grated cheddar cheese
Oil

Preheat oven to 180 oC. Fry the onion in oil, add the cooked sausage and vegetables. Season. Beat the milk and eggs and pour over the sausage and vegetables. Sprinkle cheese on top, place in oven for 10 – 15 minutes, till egg mixture has set.

You can use whatever you have in the fridge ... mushrooms, bell peppers, chillies, deboned chicken pieces, raw bacon, cooked vegetables (including halved cooked potatoes), salami, steak strips, raw mince, etc. If you use raw food, fry in pan till they're cooked, before adding the egg mixture.

You can also easily double the portions for a bigger meal.



What a Smasher! (Pardon the pun).

What a fabulous way to uplift plain old potato flakes into something delicate, elegant and delightful!

Perfect as a snack, starter or side dish.

Instant Potato Flake Pancakes

1 packet instant potato flakes (eg: Smash)
oil

herbs to taste

Prepare the instant potato flakes as directed on the package. Mix in fresh or dried herbs, salt and pepper to taste.

Form little balls with 2 spoons, flatten in pan and fry in shallow oil till golden brown. Turn few times.

This will be delicious with cottage/cream cheese and salmon.

Recipe: my own recipe

Another great idea for Smash. Who would have thought ...



Instant Potato Flake Pizza Crust

1 packet instant potato flakes (eg: Smash)
Boiling water

herbs to taste

Preheat oven to 180 oC. Spray a pizza/baking tray. Mix the Smash powder and herbs. Add the boiling water a few drops at a time, and mix until you have a dough. Be really careful not to make it too watery - this makes it sticky. Flatten the smash mixture onto the pizza tray - try and get it as thin as possible without it falling apart.

Bake in the oven for about 10 minutes, until crispy on one side. Turn over then bake on the other side for 5 minutes.

Add pizza toppings and bake in oven till cheese is melted. Or serve as a crust for vegetables and boiled eggs, like we did.

Or use as crust with sandwich toppings.



Just add some cooked bacon -
and you have a crispy spaghetti
Carbonara dish ...

Spaghetti Pancake

250 g spaghetti
1/3 cup cream/milk
1 tbsp fresh parsley, chopped
Oil for frying

4 eggs, beaten
1/3 cup Cheddar cheese, grated
salt, pepper to taste

Cook the spaghetti according to direction on package to al dente. Drain. Mix the cooked spaghetti with eggs, cream/milk, cheese, parsley, salt and pepper. Divide the mixture in 2. Heat oil in pan.

Spoon the one halved mixture in the heated pan, flatten the spaghetti with an egg lifter and fry till brown at the bottom. Flip the 'pancake' and cook till done. Repeat with the rest of the spaghetti mixture. Cut into slices and serve as a side dish, or with a protein/vegetables and sauce on top.

STYWE PAP (*stiff porridge*) in the MICROWAVE

500 ml mielie meal
800 ml boiling water
Pinch of salt

Pour the mielie meal in a microwave dish (with a lid). Gradually add the boiling water to mielie meal. Stir the boiling water into the mielie meal until no dry bits are seen. Season.

Add the lid. Microwave on 70% for 5 minutes. Stir once during cooking. Microwave for another 2 minutes on 70%.



Maize Lasagna

Prepared 'Stywe Pap', still hot
1 cup raw chicken/mince/steak (optional)
Herbs, spices to taste

½ cup cooked vegetables
1 tin tomatoes
Grated cheese

After you've cooked the maize, spread it out in a square or round cake tin/dish. Smooth the top and even out the maize. Refrigerate for 30 minutes.

Preheat oven to 180 oC. Fry the vegetables, protein, tinned tomatoes and herbs/spices till cooked. Simmer while the maize is in fridge. Take an oven dish, cut the cold maize layer into 2 and fill the bottom of oven dish with one layer maize. Spoon the tomato mixture over. Repeat layers, finishing with cheese. Bake for 10 – 15 minutes, till maize is heated through and cheese melted.

This is such a fantastic dish! Perfect for 4-6 people, served with a fresh salad. You can really use anything in the tomato mixture.



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Maize Cups

Prepared `stywe pap', hot
Filling

Muffin pan

Spoon some maize in each greased muffin cup, pressing it down in the centre and up the sides of the muffin cup, to form a cup. Refrigerate for 30 minutes.

Preheat the oven to 180 oC. Fill with any cooked mixture and bake in oven for 10 – 15 minutes.

This is a perfect little cup for any filling ... I used a curry mince. You can use chicken mayo, tuna mayo, pizza fillings, tomato & onion mixture (perfect for a braai side dish), etc.

A great idea to use Pilchards.

You can also flatten the balls and use it as patties on a bun.



Pilchards Balls Baked

1 tin Pilchards in tomato sauce
1 heaped teaspoon raw oats
Spices to taste
1 tsp chutney

1 x-large egg (if egg is large, its also good)
Salt, pepper to taste
Sliced pickled jalapenos (optional)

Gently wash the fish pieces clean from the tomato sauce. In a mixing bowl, crush the fish with a fork, add all the other ingredients.

Preheat oven to 180 oC. With your hands, form balls and place in an oven dish. Bake uncovered for about 15 minutes.



I don't like the tomato sauce of Pilchards in a can ...

So I found this amazing recipe. Definitely worth trying it out!

Crispy Fried Pilchards

1 tin Pilchards in tomato sauce
Oil
1 egg, beaten

Flour
Herbs, spices to taste

Gently wash off the tomato sauce from the fish pieces. I keep the pieces whole, since the fish bones are really soft. Mix the flour with the herbs and spices.

Gently dip each Pilchard into the egg, then the flour. Fry in shallow oil till nice and crispy.

An interesting take on rice as a side dish.

If you don't want the loaf crust to be too crisp, cover the loaf pan with foil when you bake it.



Rice nut loaf

2 cups rice, cooked
1/3 sweet potato, raw, grated (optional)
Fresh herbs (basil, sage - chopped)
1/2 cup pine nuts, toasted (or other nuts)

2 x-large/large eggs, beaten
Spices to taste
Salt, pepper
2 tbsp cumin seeds, toasted

Preheat oven to 180 oC. Grease a loaf tin, line bottom and sides with baking paper, spray.

Mix the rice with all the other ingredients .. press firmly into the loaf pan, bake for 53 minutes. Let stand for 20 minutes. Carefully remove from loaf pan.

You can add fried onions, mushrooms, grated raw carrots, grated raw marrows, cheddar cheese, feta cheese, other nuts.



A perfect muffin for a lunch box!
I really enjoyed them.

Rice Muffin with Dried Fruit

1 cup cooked rice, cooled (don't cook it with salt – I cooked mine in water with a teaspoon of cinnamon)

1 large or x-large egg

1 cup finely cut mixed dried fruit

¼ cup brown sugar (or sweetener)

1 tbsp white hot chocolate powder (optional)

¼ cup milk

1 tsp ground cinnamon

1 tbsp custard powder (optional)

Grated lemon zest (optional)

Preheat oven to 200 oC. Beat the egg and milk with fork. Mix it with the cooled down rice and all the other ingredients. You can also add fine coconut if you want. Sprinkle lemon zest over, if you want.

Spoon into a muffin pan and press firmly down. It filled my 6 giant-muffin pan. Bake for 15 minutes. Let it cool in pan for about 10 minutes.

Its not very sweet, so enjoy with yoghurt/ice cream/custard.