

XCentric Ideas

What's for dinner?

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Naan on stove – no yeast

Makes 6-8 (depending on size)

1 $\frac{3}{4}$ cups all-purpose flour
1 tsp salt
 $\frac{3}{4}$ tsp baking powder
2 tsp oil (olive/vegetable)
 $\frac{1}{2}$ cup milk
Butter, garlic + herbs for seasoning

Combine flour, salt and baking powder & whisk together. Create a well in the middle of the dry ingredients and add the oil & milk. Mix everything together until it forms a ball. Turn out on the counter and knead until very smooth and elastic — at least 5 minutes — adding more flour as necessary. *(I've mixed it in food processor with dough hook.)*

Let the dough rest for 10 minutes. Divide into 8-10 equal pieces.

Heat a skillet over **medium-high** heat. Roll one piece of dough until very thin. If the skillet isn't non-stick, melt some butter before each piece. One at a time, cook the naan for about 90 seconds, or until parts are blackening, on each side. When they are done, brush them with mixture of melted butter, garlic and herbs, if you want.

Do this once – and you'll never
buy Naan again! It's super easy
and quick and soo yummy!



Baked beans a la Alma

Cook raw red speckled beans as per instructions on packet

- 2 cups cooked red speckled beans (reserve water)
- 250 ml reserved water (or fill it up to 250 ml with boiling water)
- 2 tbsp balsamic vinegar
- 1 sachet tomato paste
- 2 tbsp brown sugar
- 1 tbsp cayenne pepper
- 1 tbsp smoked paprika
- 1 tbsp garlic
- 1 tbsp cumin
- 1 tbsp coriander
- 1 tbsp German mustard
- Salt, pepper
- 1 tbsp white vinegar
- 1 heaped tbsp ketchup

Preheat oven to 180 °C.

Mix all ingredients, spoon into oven dish.

Put lid on. Bake for 1 hour.

You can also do this
with any type of
tinned beans.



Pears blue cheese bacon onion pizza

Makes 6 square slices.

Basis pizza crust – no yeast:

1 $\frac{1}{3}$ cups all purpose flour
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ cup milk (any type)
2 tbsp oil (olive / vegetable)

Toppings:

1 x tinned pears, drained, sliced
 $\frac{1}{2}$ packet bacon bits, cooked
 $\frac{1}{2}$ onion, sliced thinly
 $\frac{1}{4}$ cup blue cheese crumbles
1 – 1 $\frac{1}{2}$ cup grated cheese
 $\frac{1}{4}$ cup ketchup (or your basic pizza sauce)
Crushed garlic & herbs to taste

This pizza crust is
crispy! The whole
pizza making takes
about 35 minutes!!
Play around with
toppings!



Heat oven to 200 °C. In food processor with dough hook, mix all ingredients together till it forms a ball. If too dry, add little bit of water – careful that it's not too wet! *If you mix ingredients in a normal mixing bowl – knead it for about 10 minutes on floured surface.* Whichever way you mix your dough, let it stand for 10 minutes at room temperature.

Place dough on lightly floured ungreased cookie sheet; roll out with rolling pin. Poke holes all over the dough with a fork. Bake 9 minutes on middle oven shelf at 200 °C. Remove from oven.

Mix ketchup with garlic & herbs, spread onto the crust, add on the toppings and bake for another 20 minutes until they are cooked.

Samp curry mince baked dish

4 – 6 cups cooked Samp, drained

(there's an ACE Quick Cook Samp in shops – cooks in 30 minutes!!!!)

About 500 g raw mince

45 g (3 – 4 tbsp) curry powder

1 tsp turmeric powder

1 tsp cinnamon powder

1 tsp salt

1 cup mayonnaise

½ cup milk

½ cup double cream yogurt / fresh cream

1 cup sliced mushrooms

2 onions, chopped

1 cup cheese, grated

Serve with
vegetables or salad.

Preheat oven to 180 °C.

Fry the mince in a pan together with curry powder, turmeric, salt and cinnamon.

In bowl, mix the mayo, milk and yogurt/cream well. Add to the Samp, together with the cooked mince – spoon into oven dish, top with cheese and bake for 30 minutes.

It freezes extremely well!



Beef peanut butter tomato stew

500 g beef shins / chicken breast, cut into ½ inch chunks (or use bone-in chicken pieces)
1 large onion, diced
2 tbsp olive oil
3 cloves garlic, minced
3 tomatoes, diced
45 g tomato paste
¾ cup peanut butter
4 stock cubs / 4 tsp stock powder
3 cups boiling water
Chilies, according to taste (or leave out)
1 cup pumpkin / sweet potato / carrots, diced
Salt and pepper to taste
Oil for frying

Heat oil in large stew pot. Sauté the onions until golden. Add the beef / chicken and garlic and continue to sauté. Add the tomatoes and cook for 3 minutes. Add the tomato paste, chilies, peanut butter and stir to combine. Add the water and stock cubes/powder.

Bring to a boil, reduce heat, cover, and simmer for 15 minutes, stirring occasionally. Add squash, cover, and continue to cook for 35-40 minutes or until the pumpkin/sweet potato/carrot is tender, stirring occasionally. Season with salt and pepper. Serve hot with rice. This stew tastes even better the next day.

I cooked my beef shins for 2 hours in this sauce. I tasted the dish throughout and added a few tablespoons ketchup.



The taste of this dish is amazing!!!! The sauce will be perfect with chicken – or even without any protein on pasta!

Lighter passion fruit curd

Easy to double ingredients

1/3 cup fresh passion fruit pulp
5 tbsp white sugar/fructose
1 tsp lemon juice

1-2 tsp lemon zest
1 large egg, room temperature

In a **microwave-safe** bowl, whisk together the sugar and egg until smooth. Stir in passion fruit pulp, lemon zest. Cook in the microwave for one-minute intervals, stirring after each minute until the mixture is thick enough to coat the back of a metal spoon (about 3 minutes).

Stovetop: In pot, whisk together the sugar and egg until smooth. Stir in passion fruit pulp, lemon zest. Cook on medium heat on stovetop, stir occasionally until the mixture is thick enough to coat the back of a metal spoon. Spoon into sterilised jars. Keep in fridge.

How to use passion fruit curd

*Top your toasts, muffins or crumpets with it.
Perfect for French toast, pancakes or waffles.
Spoon on top of Greek yogurt for an afternoon snack.
Add a spoonful to your breakfast granola bowl.
Fill tart shells with the passion fruit curd, top with miniature meringue.
Perfect topping for desserts like ice cream, panna cotta, bread pudding, meringues or pavlova.
It's the perfect filling or topping for cakes (including angel food cakes, sponge cakes, layered cakes or cupcakes).
Top a bowl of freshly cut fruits with this tangy passion fruit curd.*

*So delicious!
Perfect as a gift.*



Banana prune muffins

½ cup white sugar
¼ cup oil
1 egg
1 cup mashed banana
1 tsp vanilla
1 1/2 cups flour
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
¼ tsp cinnamon
1 cup prunes

Preheat oven to 175 degrees °C.

Grease and flour a muffin pan or use paper liners.

In a large bowl, combine sugar, oil and eggs. Beat until smooth.

Blend in banana and vanilla. Mix together flour, baking powder, baking soda, salt and cinnamon, then stir into egg mixture until just moistened. Mix in the prunes. Spoon into muffin cups.

Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.

I was busy chatting to friend in store – grabbed bag of pitted dates, only to realise at home they were prunes – WITH PITS! You ever tried to de-pit(?) a prune?? Sticky situation! Looked for recipes to use prunes, this is lovely!!!



Weetbix cacao slice

Looked for something sweet to bake – realized I had Weetbix and found this recipe. Really stunning!

4 Weet-Bix bars, crushed finely
1 cup plain flour
½ cup coconut
½ cup sugar
1 tbsp cocoa powder
70g butter
¼ cup of water and bit more
Extra coconut to sprinkle on

Melt butter and mix into crushed Weet-Bix.

Add remaining ingredients and press into a greased/lined tin. Sprinkle coconut on.

Bake 15 minutes at 180°C. Let cool, cut into squares, keep in fridge / airtight container.



Weetbix cacao kumquat slice

4 Weet-bix bars, crumbled fine

70 g butter, melted

¼ cup lemon jelly powder

4 tbsp fresh chopped, seeded kumquats (mini oranges similar to kumquats) (leave peel on)

1 tbsp cacao powder

Pinch salt

1 tsp orange essence

¼ cup brown sugar

¼ cup water

1 cup self-rising flour

¼ cup coconut *and bit extra for sprinkling on top*

Preheat oven to 180 °C. Mix crumbled Weet-bix with melted butter. In mixing bowl, add the flour, coconut, jelly powder, chopped kumquats/mini oranges, cacao powder, salt, orange essence and brown sugar. Stir.

Add the butter mixture and the water, stir well. Spoon into a greased oven dish, sprinkle with extra coconut and bake for 20 minutes. Let it cool down.

Cut into squares. Keep in fridge.

Based on previous recipe – but I didn't have all-purpose flour – the self-rising flour gives this a more cake-like texture. So good!



Amazing recipe!

Weetbix jam slice

3 Weetbix bars, crushed
1 cup self-rising flour
¼ tsp salt
½ cup milk
¼ cup syrup
¼ cup oil
1 large egg, lightly beaten
1 tsp vanilla essence
½ cup jam
1 tbs shredded coconut (optional)



Preheat oven to 180°C. Oil a 20 cm (8 inch) square pan, line base and two long sides with a strip of baking paper.

In a medium bowl, combine dry ingredients. In a separate jug whisk together milk, syrup, oil, egg and vanilla. Add wet ingredients to dry and stir until just moistened.

Spoon a bit more than half the batter into the prepared pan and level into a thin layer. Dollop over jam and spread gently to the edges. Spoon over remaining batter to cover as much of the filling as possible. Sprinkle with coconut.

Bake 20-25 minutes until firm on top and golden around edges. Cool in pan for 10 minutes, run a knife around unlined sides and lift out to cool completely on a rack. Cut into 12 bars.

4 ingredient peanut butter, bovril and cheese cookies

- 1 cup peanut butter (smooth / crunchy)
- 1 cup grated cheese
- 1 large egg
- 2 tsp (or more) Bovril/marmite

Preheat oven to 180 °C. Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork.

Bake for 10 - 15 minutes. Let cool for 10 minutes on tray, remove and let it cool down completely on wire rack. (It hardens as it cools.)

I know it sounds weird, but it's a perfect snack for school / work or with a glass of wine.

