

QUICK COOK SAMP

COOKS IN 30 MINUTES



Eat better
Eat Well
Live Well

- Rich in Fiber
- Low in Fat
- High in Protein
- Good Source of Iron



March 2019
Volume 14 — Issue 2
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za

QUICK COOK
SAMP

COOKS IN 30 MINUTES

Eat better
No preservatives
No artificial colours
No artificial flavours
No MSG

Recipes: Internet
Photos: Alma Pretorius

XCentric Ideas

Samp marinated salad

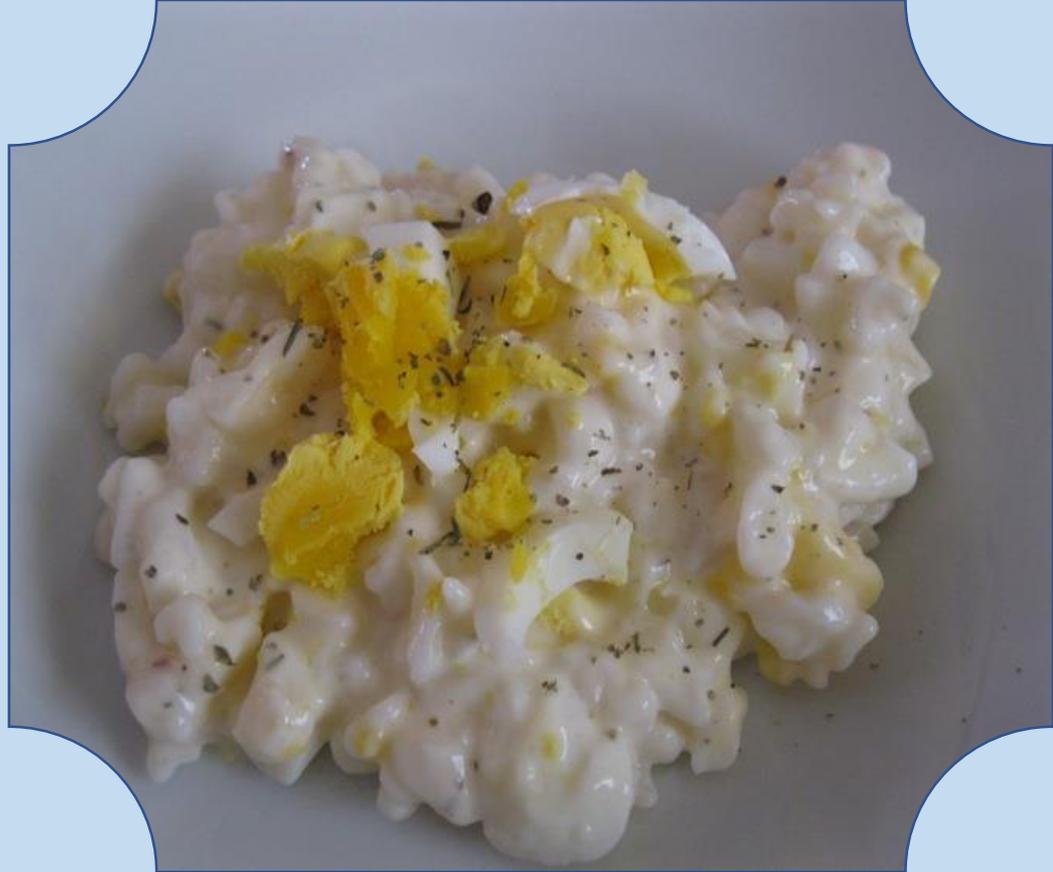
- 1 cup cooked and drained Samp
- 1 teaspoon crushed garlic
- ¼ teaspoon mustard (any kind)
- 1 teaspoon mixed herbs
- ½ teaspoon grated lemon zest
- Salt & pepper to taste
- 2 tablespoons olive (or other) oil
- 1 tablespoon white vinegar
- Fresh / dried chopped chillies (optional)

Whisk together in mixing bowl the garlic, mustard, herbs, zest, salt, pepper, chillies and vinegar. While you are whisking, slowly drizzle in the oil – mixture becomes a bit cloudy. Taste and adjust seasoning. Pour over the Samp, mix and keep in fridge. *You can also add chopped onion, chopped bacon / chicken / steak / vegetables to make this a main meal salad.*



Recipe: Alma Pretorius

Samp mayo salad



- 1 cup cooked Samp, drained
- 1 onion, chopped
- 2-3 eggs, hard boiled, sliced
- salt & pepper to taste
- 1-2 cups mayonnaise
- 2 tablespoons fresh curly parsley, chopped finely

Chill the drained Samp for 1 hour in fridge. Mix the Samp with onion, eggs, mayonnaise (enough mayo, don't be stingy), parsley and season to taste.

Recipe: Alma Pretorius

Samp curry peach mayo salad

1 cup cooked Samp, drained
1 onion, chopped
2-3 eggs, hard boiled, sliced
salt & pepper to taste
1-2 cups mayonnaise
2 tablespoons fresh curly parsley, chopped finely
2-3 tablespoons curry powder (any kind)
Canned peaches, chopped



Chill the drained Samp for 1 hour in fridge. Mix the Samp with onion, eggs, mayonnaise (enough mayo, don't be stingy), parsley, curry powder, peaches and season to taste. Let it chill for another 1-2 hours so that curry can 'marry' with other flavours.

Recipe: Alma Pretorius

Samp pizza bread

2 cups Samp, cooked and drained
4 large eggs
1 cup ham / salami / Viennas (or leave out)
2 cups cheese, grated
Herbs & spices
Salt & pepper



Tip: before you add the eggs, mix everything together and taste – adjust seasoning accordingly.

Preheat oven to 200 oC. Add all ingredients together, mix well. Spoon into a really well greased Bundt pan (*mine stuck a bit ...maybe put baking paper on bottom? Also I'm sure it can be done in a square baking tin?*)

Important! Press the mixture with back of spoon down in your pan – do it gentle, but it must be pressed well.

Bake for 30 minutes. Use as main dish, side dish or it will be yummy with a braai.

Recipe: Alma Pretorius

Samp potato bake dish

- 4 – 6 cups cooked Samp
- 1 packet Potato Bake / Veggie Bake *
(I used bacon and cheese flavor)
- ¼ cup milk (any kind)
- ¾ cup mayonnaise
- 1 cup cream
- 1 cup sliced mushrooms
- 1 cup sliced/diced bacon (optional)
- 2 onions, chopped
- 1 cup cheese, grated

Preheat oven to 180 oC. Fry bacon, onions and mushrooms in pan. In bowl, mix the mayo, Potato Bake powder, milk and cream well. Add the bacon-onion mixture and the mayo-milk mixture to the Samp – spoon into greased oven dish, top with cheese and bake for 30 minutes.

**If you don't have Potato Bake, use a packet of white / brown onion soup powder instead.*



Recipe:

<http://lekkerreceptevirdiejongergeslag.blogspot.com/2014/08/stampmieligereg.html?m=1>

Samp milk pudding

3 cups cooked Samp
500 ml milk
4 large eggs
100 g (175 ml) white/brown sugar
1 tablespoon custard powder (or jelly or
pudding powder)
1 teaspoon vanilla
Ground cinnamon



Preheat oven to 180 oC. Beat milk, sugar, eggs, custard powder (jelly/pudding powder) and vanilla together. Add the cooked Samp en stir well. Spoon mixture into greased oven dish. Sprinkle cinnamon on top. Bake pudding for 30 minutes or till set (BEWARE: this pudding does set even more when cooled down.)

Recipe: Henriëtte Wessels - <http://www.watertandresepteviroudenjonk.com/nagereg---warm.html>

Samp toffee pudding

2 cups cooked, drained Samp
1 large egg
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup oil + 2 tablespoons
 $\frac{1}{2}$ tsp. vanilla extract/essence
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. cinnamon
 $\frac{1}{2}$ cup old-fashioned oats
 $\frac{1}{4}$ cup white chocolate chips



Preheat the oven to 180 oC. Grease a square oven / glass / baking pan.

In a food processor, blend Samp until pureed and creamy. Add in eggs, sugar, oil, vanilla, baking powder, salt and cinnamon. Blend together. Add in oats and pulse until combined. Add in white chocolate chips and pour into prepared pan, smoothing down top to an even level.

Bake 35-40 minutes or until a toothpick comes out clean. Let sit for about 20 minutes - serve as a pudding OR cut into bars OR take teaspoon mixture and roll it in your hand to a ball. Enjoy! Store in refrigerator.

Note: *I wanted to make Blondies, but the texture was bit weird. So then I just rolled each bar into a small ball. Looks much better. Also the white choc chips I sprinkled on top before baking looked like cream splashes.*

Recipe: Alma Pretorius