

XCentric Ideas



Recipes using Habanero sauce

September 2021
Volume 16 — Issue 4
by

ALMA PRETORIUS

alma@xcentricideas.co.za
www.xcentricideas.co.za

Recipes and photos:
Alma Pretorius

BACON, BANANA & HABANERO MUFFINS

Makes 6 big muffins



Recipe and photo: ALMA PRETORIUS

- 100 g bacon bits, cooked
- 1 cup self raising flour
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 teaspoon salt
- 1 tablespoon Habanero sauce
- 1 banana (86 g without the peel), crushed with a fork

Preheat oven to 200 °C. Prepare muffin pan. Mix the crushed banana with the milk, oil and Habanero sauce. In another bowl, mix the cooked bacon bits with the flour – make sure they don't clump. Mix with the wet ingredients, spoon into muffin pan and bake for 20 minutes. Let cool for few minutes and enjoy.

Note: it isn't overwhelming hot, but will be for most people. The banana gives just a hint of sweetness and the overall Habanero a pleasant taste.



Recipe and photo: ALMA PRETORIUS

Using leftovers in a creative way.

FISH CAKE, SALAD & HABANERO MUFFINS

Makes 6 big muffins

1 cup self raising flour

1 cup chopped vegetable salad (cabbage, corn, peas, baked beans)

1/2 cup milk

1/4 cup oil

1 tablespoon Habanero sauce

2 cooked fish cakes

Grated cheese for topping

Preheat oven to 200 °C. Prepare 6 muffin pan. Mix together the salad, milk, oil, Habanero sauce. Add the flour. Break the 2 fish cakes into 6 pieces ... place a fish cake piece into each muffin hole. Top with the muffin mixture, sprinkle cheese on top. Bake for 20 minutes. Let rest in pan for 5 minutes.



Recipe and photo: ALMA PRETORIUS

FISH PASTE & HABANERO COOKIES

Makes 24, depending on size

- 6 tablespoons vegetable oil
- 1 cup self raising flour
- 1/2 cup fish paste
- 1 large egg
- 1 teaspoon white sugar
- 1 tablespoon Habanero sauce

Preheat oven to 170 °C. Spray baking sheet. Mix all together, roll walnut-size balls and place on sheet (not too close, they do spread). Bake for 12 minutes. Let cool for 5 minutes.

Perfect with a glass of wine ... or just as a snack.



Recipe and photo: ALMA PRETORIUS

LEMON & HABANERO SAUCE COOKIES

Makes 24, depending on size

- 1 tablespoon vegetable oil
- 1 large egg
- 1 cup self raising flour
- 2 tablespoons lemon juice
- 2 tablespoons lemon zest
- 2 teaspoons lemon essence
- 1/2 cup white sugar
- 1 tablespoon Habanero sauce

Preheat oven to 170 °C. Spray baking sheet. Mix all together, form walnut-size balls and place on baking sheet (not too close, they do spread) and bake for 10 minutes. Let cool for 5 minutes.



Recipe and photo: ALMA PRETORIUS

CINNAMON & HABANERO SAUCE COOKIES

Makes 24, depending on size

- 6 tablespoons vegetable oil
- 1 tablespoon Habanero sauce
- 1 large egg
- 1 cup self raising flour
- 3/4 cup brown sugar
- 1 teaspoon vanilla essence
- 1 teaspoon cinnamon powder

Preheat oven to 170 °C. Spray baking sheet. Mix together, form walnut-size balls, put on baking sheet (not too close, they do spread). Bake for 10 minutes (for softer cookies) or 12 minutes (for crisper cookies). Let cool.

THIS MUST BE OUR ALL-TIME FAVORITE!!!!!!



Recipe and photo: ALMA PRETORIUS

CACAO & HABANERO SAUCE MUFFINS

Makes 6 big muffins

- 1 cup self raising flour
- 1 large egg
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1/2 cup white sugar
- 2 tablespoons cacao powder
- 1 teaspoon vanilla essence
- 1 tablespoon Habanero sauce
- Extra sugar for topping

Preheat oven to 200 °C. Prepare muffin pan. Mix the egg, milk, oil, sugar, cacao, vanilla and Habanero together. Add the flour and mix. Spoon into pan. Sprinkle with extra sugar. Bake for 20 minutes. Let cool.



Recipe and photo: ALMA PRETORIUS

CACAO & HABANERO SAUCE SUGAR COOKIES

Makes 24 cookies, depending on size

- 6 tablespoons vegetable oil
- 1 tablespoon Habanero sauce
- 1 cup self raising flour
- 1 large egg
- 1/2 cup white sugar
- 2 tablespoons cacao powder
- Coconut to roll in

Preheat oven to 170 °C. Spray baking sheet. Mix everything together (except the coconut). Form walnut-size balls, roll in coconut and place on baking sheet (not too close, they do spread). Bake for 12 minutes. Let cool.