

XCentric Ideas



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Recipes and photos:
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Mushroom, onion & blue cheese dip

1/4 cup of boiling water
1 teaspoon stock (beef/veg/chicken)
1/2 medium onion, sliced
70 g brown mushrooms, sliced
20 g blue cheese
250 g fat-free cottage cheese
1-2 teaspoon milk



Heat a pan, add the onion & mushrooms, then add the boiling water mixed with the stock and add to the pan. Let it simmer till the onions and mushrooms are nice and soft.

Blend the onion/mushroom mixture with the blue cheese & milk. Add to the cottage cheese, stir well and serve.

Apple & blue cheese bites

Makes about 20 cookies, depending on size

7 tablespoons vegetable oil

30 g blue cheese

1 large egg

1 cup self raising flour

82 g peeled and grated apple (1 medium red apple / Granny Smith)

Pinch of salt



Preheat oven to 170 °C. Spray baking sheet. In food processor with dough hook, spoon the oil and the blue cheese. Process. Add the egg, apple, flour and salt. Process to a soft mixture. Form small balls, put on baking sheet (not too close to each other, they do spread – I usually put 4 across the short side of sheet) and bake for 12 minutes. (I didn't put the salt into the mixture, so I sprinkled it over the raw balls before baking.)

Note: you have a small piece of blue cheese in your fridge ... what to do with it Put it in a cookie. The taste is not strong at all, so maybe you can add more. They look a lot like choux buns.

Perfect with a glass of wine.

Pear, broccoli and blue cheese quiche

410 g tinned pears, drained, sliced in the length
100 g blue cheese
2 large eggs
120 ml milk
+ 180 g broccoli florets, steamed
black pepper

Preheat oven to 180 °C. Place the broccoli in pie dish / oven pan. Arrange the pear slices in-between. Grate (or crumble) the blue cheese all over. Mix the eggs, milk and black pepper and pour over. Bake for about 30 minutes, till top is golden brown and center is set.

Serve with a meat / fish or a fresh salad/crusty bread.



Blue cheese muffins

Makes 12 muffins

1 cup all-purpose flour
1 ½ teaspoons baking powder
1 tablespoon white sugar
1 large egg, beaten
¾ cup milk
¼ cup vegetable oil
½ cup blue cheese, crumbled fine
Some cayenne pepper



Preheat oven to 190 °C. In a large bowl, stir together the flour, baking powder, pepper, cayenne pepper and sugar. Make a well in the center.

In a small bowl beat egg, blue cheese, milk and oil together. Pour all at once into the well in the flour mixture. Mix quickly and lightly until moistened, do not beat. Pour the batter into greased / lined 12 muffin pan and bake for 15 minutes till golden brown or test skewer comes out clean.

Lovely with wine, or with a fruit platter.

Blue cheese & onion muffins

Makes 6 muffins

100 g blue cheese, crushed with fork
chilli flakes (optional)
dried oregano
black pepper
1/2 onion, chopped roughly
1/4 cup vegetable oil
1/4 cup lime cordial (or water)
1/2 cup self raising flour

Preheat oven to 180 °C. Prepare a 6-muffin pan. Mix the crushed blue cheese with chilli, oregano, pepper, onion, oil & lime cordial. Mix in the self raising flour. Spoon into muffin pan. Bake for 30 minutes, or till test skewer comes out clean.

I used the lime cordial for something sweet with the salty cheese. These muffins are lovely with wine or fruit.



Gluten-free pear & blue cheese biscuits

Makes 12 biscuits

1/4 cup sunflower oil
50 g sifted coconut flour
4 large eggs, beaten
1/4 teaspoon salt
coarse black pepper
1/4 teaspoon baking powder
410 g tinned pears, drained, chopped finely
100 g blue cheese, crumbled
cheese, grated finely

In food processor (or by hand in mixing bowl), add the sifted coconut flour, baking powder, salt and pepper. Beat the eggs and oil together. Lightly mix the egg mixture with flour mixture. Add in the pears and blue cheese. **Let mixture rest for 15 minutes.**

Preheat oven to 200 °C. Spoon batter into 12 muffin pan (cupcake holders). Bake for about 20 minutes or till test skewer comes out clean. Immediately out of oven, sprinkle cheese on top.



Extra cheesy muffins

Makes 6 big muffins

- 1 cup self raising flour
- 1 cup cheddar cheese, grated
- 1/2 cup milk
- 1/4 cup vegetable oil
- 6 cubes blue Cheese
- 6 cubes White Rock with figs
- salt, pepper, herbs & spices to your taste
- Extra grated cheese for topping



Preheat oven to 200 °C. Prepare 6 muffin pan. Mix the flour, 1 cup grated cheese, milk, oil and herbs/spices together. Spoon into muffin pan. Press a cube of Blue Cheese and White Rock into each muffin. Sprinkle cheddar cheese on top. Bake for 20 minutes (or till test skewer comes out clean). Let cool in pan for 5 minutes. Remove and enjoy.

The fig in the White Rock cheese gives a little bit of sweetness to these extra cheesy muffins!!!!

Kumquat & blue cheese muffins

Makes 6 muffins

- 1 cup self raising flour
- 1/2 cup chopped fresh kumquats
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1/2 cup white sugar
- 6 cubes blue cheese
- 1 large egg
- 1 teaspoon lemon essence
- Extra sugar
- 12 slices fresh kumquats



Preheat oven to 200 °C. Mix the egg, sugar, lemon essence, milk and oil together with the chopped kumquats. Stir in the flour. Spoon into 6 muffin pan, press a cube of blue cheese in each hole. Top with 2 slices fresh kumquat and sprinkle white sugar on top. Bake for 20 minutes.

These muffins are citrus-sweet ... with the salty blue cheese in the center.