



XCentric Ideas

February 2022
Volume 17 — Issue 1
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za
[xcentric_alma](https://www.instagram.com/xcentric_alma)
[xcentricalma_blogspot.com](http://xcentricalma.blogspot.com)

Recipes and photos:
Alma Pretorius

Rosemary Pesto

Makes 500 ml

- 2 cups fresh Rosemary, stems removed
- 1 cup nuts (pine nuts / walnuts / almonds / peanuts)
- 1 teaspoon salt
- 1/2 teaspoon black ground pepper
- 1 cup olive oil
- 1 cup grated Parmesan cheese (or Parmesan powder)

In food processor, chop the nuts. Add rest of ingredients and blitz till smooth. Spoon into glass jars, top with olive / vegetable oil. Keep in fridge for 5 – 7 days. Can be frozen in jars / plastic containers / ice cube trays for 3 – 4 months.



Rosemary and Cheese Muffins

Makes 12 small muffins

- 1 cup cheddar cheese, grated (or other cheese)
- 1 cup self-rising flour
- 1 tablespoon fresh finely chopped Rosemary, stems removed
- Salt & pepper
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1/2 tsp crushed garlic (optional)

Preheat oven to 200 °C. Grease 12 muffin pan. Mix the cheese and rosemary with flour, garlic, salt & pepper. Add the milk and oil into the flour mixture and stir with fork. It will be a stiff mixture. Spoon into the 12 holes and bake for 20 minutes. Let cool in pan for about 5 minutes – remove, let it cool down for 5 more minutes on wire rack. Enjoy.



Rosemary Pesto Muffins

Makes 6

1 cup self-rising flour
1/2 cup milk
1/4 cup vegetable oil
1/2 cup Rosemary Pesto
6 cubes Cheddar cheese

Preheat oven to 200 °C. Prepare 6 muffin pan. Mix the flour, milk, oil and pesto together. Spoon into pan, press a cheese cube into each hole. Bake for 20 minutes.



Rice-less Risotto with Peas and Rosemary



1 cup Jungle Oats / Quaker Oats (not instant oats)
4 tsp stock granules
2 cups boiling water
2 tbsp fat-free cottage cheese
1 and ½ cups frozen peas
Fresh Rosemary, stems removed
Salt, pepper

Mix oats, stock & boiling water in microwaveable dish with a lid. Micro on High with a lid for 2 minutes. Add the cottage cheese and peas, micro on High with a lid for another 2 minutes, watching the oats to make sure they don't cook over the dish. Once the oats are as thick as you'd like (you can cook for a little longer to get the texture you want), remove the dish and stir in the rosemary, salt, and pepper before serving.

Serves 2.

Rosemary Pesto Cookies

Makes 20 – 24, depending on size

1 cup self-rising flour
1 large egg
1/2 cup Rosemary pesto
4 tablespoons vegetable oil
Salt to sprinkle on

Preheat oven to 170 °C. Spray baking sheet. Mix the flour, egg, pesto and oil together. Form walnut-size balls and place on baking sheet (not too close to each other). Sprinkle salt on each ball, bake for 12 minutes.

Delightful with a cheese board or just as a snack with a glass of wine.



Rosemary Cacao Cookies



Makes about 18 cookies, depending on size

7 tablespoons vegetable oil

1 large egg

1 cup self-rising flour

1/2 cup white sugar

2 heaped tablespoons cacao powder

1/2 teaspoon (not more) finely chopped fresh rosemary, stems removed

1/4 teaspoon freshly ground black pepper

1 teaspoon vanilla essence

Preheat oven to 170 °C. Spray baking sheet. Mix all together – mixture will be crumbly. Take tablespoon mixture, compress in one hand, then other hand (continue doing that) till it forms a ball – put on baking sheet (not too close to each other). Bake for 12 minutes.