



XCentric Ideas

November 2022

Volume 17 — Issue 5

by

ALMA PRETORIUS

alma@xcentricideas.co.za

www.xcentricideas.co.za

Instagram: [xcentric_alma](#)

Blog: xcentricalma_blogspot.com

Spaghetti Carbonara



LITERALLY PREPARED IN 15 MINUTES!!!!

12 ounces (340 g) spaghetti

Salt

½ cup (120 ml) diced bacon (guanciale/pancetta)

1 tablespoon (15 ml) olive oil

6 egg yolks

1 ½ cups (350 ml) parmesan powder (or 1 cup Parmesan Powder, ½ cup finely grated Cheddar cheese), plus more for serving

1 tablespoon (15 ml) ground black pepper, plus more for serving

1 cup of starchy cooked pasta water

Bring a pot of salted water to the boil over high heat. Add the spaghetti and cook until al dente, usually 1-2 minutes shy of package directions.

While the pasta cooks, add the bacon (guanciale) and olive oil to a skillet over medium heat. Allow the guanciale to crisp, 4-5 minutes.

Meanwhile, whisk egg yolks in a large bowl until smooth. Stir in Parmesan powder (and Cheddar cheese) and ground black pepper

Drain the pasta, reserving about 1 cup (240 ml) of the starchy pasta water, and add the pasta to pan with guanciale. Swirl in some of the reserved pasta water.

Remove the pan from the heat and add egg mixture. Stir and toss for 1-2 minutes, cooking the eggs with the residual heat of the pan.

Serve swirled into mounds along with extra cheese and ground black pepper.

Recipe: <https://gustotv.com/recipes/mains/spaghetti-carbonara/>

Photo: Alma Pretorius

Yorkshire Pudding

All ingredients to be room temperature:

Serves 6

1 cup cake flour

2 eggs

1 cup milk

½ teaspoon salt

Sunflower oil

This is the important part:

Heat the oven to 220 °C - put little bit of sunflower oil into each cup of the 6-muffin tin to cover the bottom and place in the oven for about 10-15 minutes to get the tin and oil hot.

Sift the flour. Beat the eggs and mix it with the flour. Add ½ cup milk, mix. Add ½ cup milk, mix and add salt.

Remove the muffin tin from the oven and immediately pour portions of the mixture into each of the hot cups about 1/2 full. Return the baking tray to the oven on a high shelf for about 20-25 minutes.

Keep an eye on them and remove when they have risen high and are crisp and golden.



Curried eggs

6 hard-boiled eggs, halved
2 medium onions, sliced
Butter/oil for frying
3 tablespoons cake flour
1 tablespoon butter
1 teaspoon turmeric
1/2 teaspoon curry powder
Pinch of salt
2 cups water
2-3 tablespoons sugar
1/2 cup white vinegar

In a pot, fry the onions in the butter/oil. Remove and keep aside. Add the flour, butter, turmeric, curry and salt. Fry in the melted butter for few minutes, stir. Add the water and stir. Let it boil, add the sugar and vinegar. Add the onions and cook for a few minutes. Pour sauce over the eggs and leave for 30 minutes. Enjoy hot or cold. Perfect side or as a salad.



Pilchards Scotch Egg

Serves 6

Preparation time: 10-15 minutes

Baking time: 25-30 minutes

1 x 400 g / (3 x 5.5 oz.) pilchards in tomato sauce

6 hard boiled eggs, peeled

Spices

7 tablespoons fine dried breadcrumbs

1 egg, beaten

Flour



Prepare the pilchards by crushing it with a fork, adding spices to your taste. Divide this mixture into 6.

Preheat oven to 190 °C. This is a little tricky and messy – have 3 small plates ready – 1 with flour, 1 with the beaten egg and 1 with the breadcrumbs. Sprinkle some flour on your hands – place one portion fishy mixture on your palm, flatten it. Roll a peeled egg into the flour, put egg in centre of fish mixture. Gently shape the fish mixture evenly around the egg, pressing it together.

Roll the fish-wrapped egg in flour, shake off any excess flour, dip fish-wrapped egg in beaten egg, then the breadcrumbs.

Place on greased baking sheet and bake until lightly browned, about 25 minutes.

Cauliflower Soufflé

Serves 4

Preparation time: About 15 minutes

Baking time: 25-30 minutes

750 ml cauliflower, steamed till soft

Butter, melted

6 eggs, separated

Preheat oven to 180 °C . Mash the cauliflower with little bit of milk, butter and spices.

Beat the cauliflower mash and yolks together. Beat the egg whites till stiff peaks form and fold it into the mash mixture.

Brush 4 ramekins with the melted butter. Spoon the mash mixture into the ramekins and bake for 25-30 min. Serve immediately. Serves 4.



Instant Potato Soufflé

Serves 4

Preparation time: 5 minutes

Baking time: 25-30 minutes

1 packet Sour Cream & Chives SMASH (instant potato flakes), prepared to instructions

Butter, melted

5 eggs, separated

Preheat oven to 180 °C . Beat the mash and yolks together. Beat the egg whites till stiff and fold it into the mash mixture. Brush ramekins with the butter. Spoon mash mixture into the ramekins and bake for 25-30 min. Serve immediately. Serves 4.



Pea Instant Potato Soufflé



Serves 4

Preparation time: 5 minutes

Baking time: 25-30 minutes

- 1 packet Sour Cream & Chives SMASH (instant potato flakes), prepared to instructions
- Butter, melted
- 5 eggs, separated
- 1 cup frozen green peas, defrosted, cooked and pureed

Preheat oven to 180 °C . Beat the mash and yolks together. Stir in the pureed peas. Beat the egg whites till stiff and fold it into the mash mixture. Brush ramekins with the butter. Spoon mash mixture into the ramekins and bake for 25-30 min. Serve immediately. Serves 4.

Egg white savory muffins



Makes 6 big muffins

Preparation time: Less than 10 minutes

Baking time: 15 minutes

1/2 cup fried onions

1/2 cup grated cheese

6 egg whites, beaten

1 x 73 g sachet 2-minute noodles (or 1 cup cooked meat or vegetables)

Boiling water

Preheat oven to 200 °C. Cover the raw noodles with boiling water and steep for 5 minutes. Drain, flavor with the seasoning packet. Mix with onions and cheese. Scoop into greased muffin pan. Pour the egg whites over the 6 muffin holes. Bake for 15 minutes.

Turkish Apple Tea Egg white muffins

Makes 6 big muffins
Preparation time: few hours
Baking time: 20 minutes

1 cup self-rising flour
6 large egg whites
5 Turkish Apple teabags
2 red apples, grated (with skin on)
1/2 cup white sugar
1/4 cup vegetable oil
Extra sugar for topping

Open the teabags ... mix the tea leaves with the 6 egg whites and leave in fridge for a few hours. Strain the tea from the egg whites. (Or you can leave the tea leaves in.)

Preheat oven to 200 °C. Mix everything together (EXCEPT FOR THE EXTRA SUGAR), spoon into muffin pan, sprinkle with extra sugar and bake for 20 minutes.



Strawberry Soufflé

Serves 4

Preparation time: 5 minutes

Baking time: 12 minutes

- 1 cup strawberries (cleaned, hulled and pureed)
- 2 tablespoons sugar (optional)
- 1/4 teaspoon vanilla extract (optional)
- 3 egg whites (room temperature)

Preheat oven to 180 °C . Mix the strawberry puree, sugar and vanilla extract.

Beat the egg whites until you get soft peaks. Gently fold the strawberry puree into the egg whites.

Pour the mixture into 4 greased ramekins.

Bake until puffed and golden brown on top, about 12 minutes.



Recipe: <http://www.closetcooking.com/2009/06/strawberry-souffle.html>

Photo: Alma Pretorius

Strawberry Meringues

Serves 4

Preparation time: 5-10 minutes

Baking time: 1 – 2 hours, depending on size

3 large egg whites, room temperature

120 g castor sugar

80 g packet strawberry jelly powder

Mix the sugar and jelly powder. Preheat the oven to 95°C. Line 2 baking sheets with baking paper.

Use a glass or metal (pot) bowl. Whisk the egg whites in the bowl, ideally with an electric mixer, until white and soft peaks have formed, about 2 minutes. Add the sugar and strawberry powder mixture little by little, whisking continuously until the mixture is glossy and stiff peaks form, 5 to 10 minutes. If you turn the bowl upside down, the egg whites should hold.

Using a tablespoon, place the meringue batter in spoonfuls on the baking sheet, about 1 tablespoonful for small meringues and 2 tablespoonfuls for large. *You can also pipe out the meringues into shapes using a pastry bag.*

Bake for 1 hour for small meringues or 2 hours for large. When they are done, they should be crisp on the outside and sound hollow. Turn off the oven and leave the meringues in the oven to cool.

