

from our
basket
to your
kitchen



RECIPE
of the
WEEK



Recipe of the Week

Vetkoek

with caramelised banana and cinnamon syrup

from our
basket
to your
kitchen

Week 1

Ingredients Method

500 g Vetkoek mix	Make up the vetkoek as per pack instructions: Mix the
375 ml warm water	vetkoek mix with the water to form a soft dough (don't
oil for deep frying	over mix as dough becomes sticky). Roll the dough until
8 bananas, cut in half	1 cm thick on a clean, floured surface. Cut into round
125 g butter	shapes and let it rest for 20-30 minutes. Heat the oil until
60 ml brown sugar	moderately hot. Deep fry the vetkoek until golden brown
500 ml water	± 4-6 minutes, turning once. Melt the butter and sugar in
200 ml castor sugar	a saucepan, add the bananas (a few at a time) and allow to
2 cinnamon sticks	cook until the bananas caramelize. In a separate pot, bring
	the water, sugar and cinnamon to a boil, stirring until the
	sugar dissolves. Allow to cook until liquid reduces to syrup
	consistency. Drop the hot, cooked vetkoek into the hot
	syrup and allow to soak. Serve the hot syrup vetkoek with
	the caramelised bananas and ice cream if desired.

Recipe

of the Week

Ingredients

- 600 g Raw Head on Black Tiger Prawns
- 20 ml lemon juice
- 50 ml oil
- 1 small onion, finely chopped
- ½ teaspoon of turmeric
- ¼ teaspoon of cinnamon
- 6 cardamom pods
- 3 bay leaves
- 1 teaspoon of ginger, finely grated
- 1 teaspoon of garlic, crushed
- 1 teaspoon of chilli paste
- 2 tablespoons of hot curry powder
- 180 ml coconut milk
- 1 tin of whole tomatoes with the sauce
- 200 ml white wine
- 5 ml sugar
- 100 ml fresh cream
- salt to taste
- fresh coriander to finish

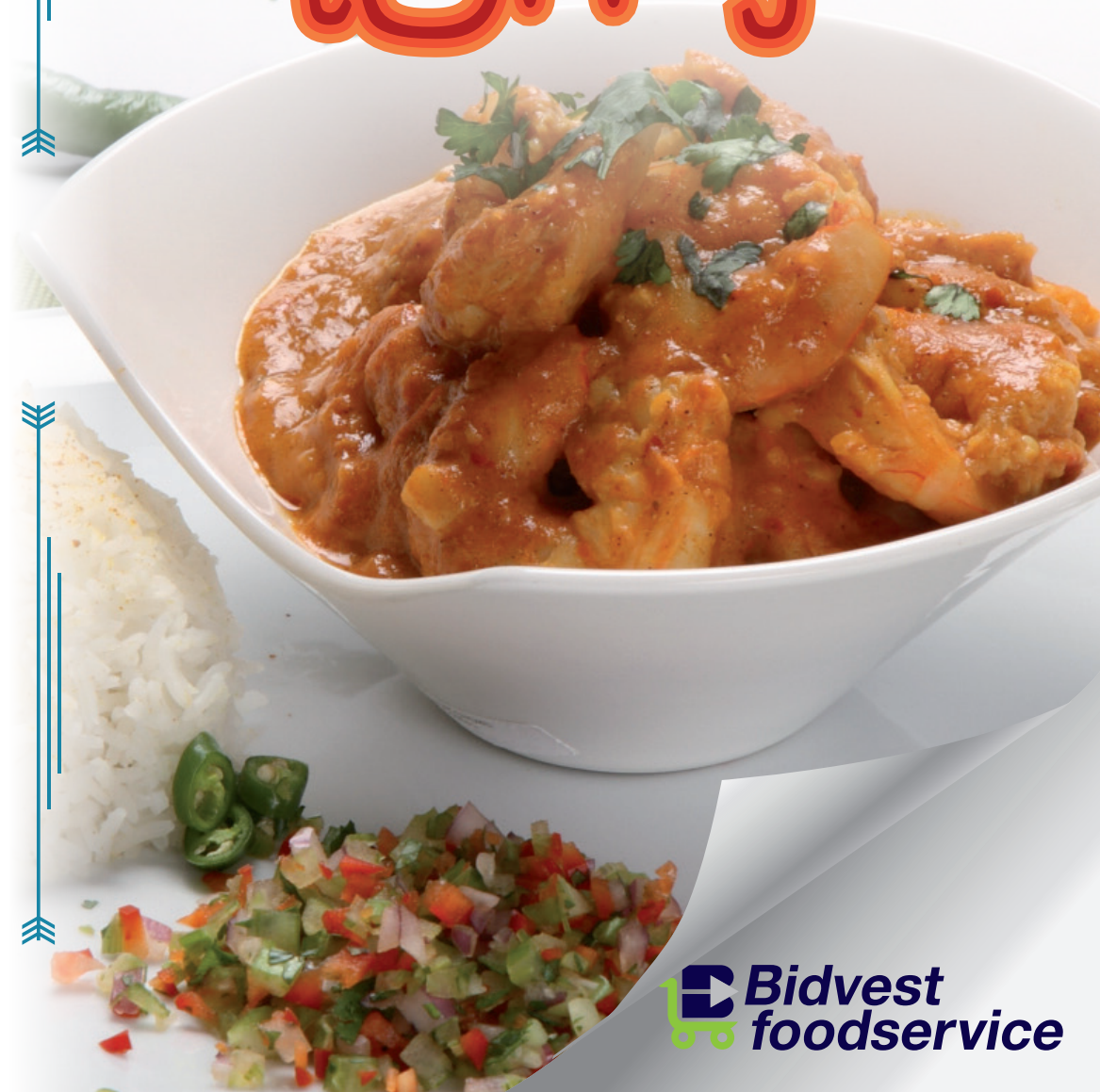
Method

Place the prawns in a bowl, add the lemon juice and toss. Allow the prawns to marinate for about 20 minutes then drain off the remaining lemon juice. Heat a little oil in a frying pan or wok to medium hot and fry the onion until it begins to brown. Add the cardamom, turmeric, cinnamon, bay leaves, ginger, sugar, the curry powder and the garlic and cook for another two minutes stirring it constantly. Add the chilli paste, a pinch or so of salt and the coconut milk, the tomatoes and the white wine and bring to almost boiling (the edges of the pan will begin to bubble). Simmer gently for 20 minutes. Remove the whole spices and bay leaves and puree. Return to the pan and reduce to a thick sauce. Toss in the prawns, give it a shake to distribute the prawns and simmer with the lid off for about 5 minutes or until the prawns are cooked but still firm. Finish with the cream and coriander.

from our
basket
to your
kitchen

Week 2

Prawn Curry



Recipe
of the
Week

Layered Berry Parfait

Ingredients

- 2 cups of fresh berries, sliced (strawberries, blueberries, black berries or raspberries)
- 2 tablespoons of honey
- 1 teaspoon of lemon peel, grated
- 1/4 teaspoon of nutmeg
- 4 containers of low-fat yoghurt
- 1 1/2 cups of cereal

Method

In a small bowl, stir the berries, the honey, the lemon peel and the nutmeg. In six parfait glasses or dessert dishes layer the yoghurt, the fruit mixture and the cereal. Serve immediately.



Recipe of the Week

Trio of Smoked Fish Kedgeree



Ingredients

- 3 large eggs
- 500 g Smoked haddock
- 1 large Kipper fillet
- 150 g Smoked salmon
- 200 ml crème fraîche
- ½ cup parsley, freshly chopped
- 600 ml milk
- 1 bay leaf
- 1 cup white basmati rice
- 20 g butter
- 20 g plain flour
- salt and freshly milled black pepper

Method

Boil the eggs for 4-6 minutes. Cool them under cold running water and peel. Poach the haddock, kippers and smoked salmon in the milk to which is added the bay leaf and a grind of black pepper - approximately 3-5 minutes. Remove the bay leaf and drain the fish retaining the poaching liquid. Remove the skin from the fish and flake the fish into large chunks. Cook the basmati rice according to the package instructions. While this is cooking, make a sauce by melting the butter in a saucepan and adding the flour mix until you get a smooth paste. Add the warm milk a little at a time, until you have a smooth thickened sauce. Add the crème fraîche and parsley. Season to taste. To assemble, place the cooked rice in a dish, arrange the fish and eggs over the rice and pour some of the sauce over. Serve the remaining sauce with the dish.



Recipe of the Week

from our
basket
to your
kitchen

Week 5

Cashew Pumpkin Soup

Ingredients

- 2 tablespoons of butter
- 1 red onion, finely chopped
- 1 cup of cashew nuts, chopped
- 500 g pumpkin
- 2 garlic cloves, minced
- 1 teaspoon of chilli
- 2 large potatoes, peeled and diced
- 2 chicken stock cubes
- 200 ml white wine
- 300 ml cream
- 1 ½ L water
- 1 grinding of black pepper
- 1 tablespoon of sugar
- 1 tablespoon of parsley, chopped for garnish
- salt and black pepper, freshly ground to taste
- garlic bread to serve

Method

Melt the butter in a skillet over a medium-low heat. Add the red onion and toss to coat. Gently sauté the onions until soft, for about 3 minutes, stirring often. Add the garlic and chilli and sauté for an additional two minutes. Place the onions, garlic and chilli in a blender or food processor along with the cashew nuts. Process until smooth. Pour the cashew puree into a large, deep saucepan. Add the pumpkin, the potatoes, the chicken stock, the white wine, the sugar and the salt and pepper. Bring to a boil. Reduce the heat to medium and simmer for 30 minutes until the potatoes are tender. Add the water to the soup, stirring constantly. Add the salt and pepper to taste. Pour the cream in. Sprinkle each serving with the parsley and serve hot with the garlic bread.

