

Recipe of the Week

from our
basket
to your
kitchen
Week 22

Iced Mocha Coffee

Ingredients

125 ml strong filter coffee, cold
30 ml cocoa powder
250 ml low fat milk
20 ml condensed milk
60 ml ice cream
80 ml fresh cream, whipped
½ teaspoon of cocoa powder
to garnish

Method

Stir in the 30 ml of cocoa powder into the coffee until it has dissolved. Place all the remaining ingredients into a blender or use a stick blender to blend for 30 seconds or until thick. Pour over ice cubes in a glass and top with the whipped cream and a sprinkling of cocoa.



Easy Blueberries and Cream French Toast Sandwich

with orange maple syrup



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of the week



Ingredients

- ¼ cup of red wine
- ½ cup of orange juice
- ½ teaspoon of grated orange
zest
- ½ cup of maple syrup
- 1 pinch of red pepper flakes,
crushed to taste (optional)
- 8 slices of good quality whole
wheat bread
- ½ cup of softened cream
cheese
- ½ cup of fresh blueberries
(use canned if fresh not
available)
- 4 eggs
- ½ cup of milk
- ¼ cup of butter

Method

Bring the red wine, the orange juice, and the orange zest to a boil in a small saucepan. Reduce the heat to medium-low and cook for 5 minutes. Pour in the maple syrup and the red pepper flakes. Continue cooking for 5 minutes more; reduce the heat to warm and keep the syrup hot. Meanwhile, spread one side of each slice of bread with the softened cream cheese. Press the blueberries into the cream cheese and sandwich two pieces of bread together with the cream cheese on the inside to form the sandwiches; set aside. Beat the eggs in a mixing bowl; whisk in the milk until smooth. Melt the butter in a large skillet over medium heat. Dip the sandwiches into the egg mixture allowing the egg to soak into the bread. Allow the excess egg to drip off. Cook the sandwiches in the hot butter until golden brown on both sides and the bread is no longer soggy, about 3 - 5 minutes per side. Serve with the hot orange maple syrup.



RECIPE

OF THE WEEK

Pan Fried Sole

with  chilli butter prawns

Ingredients

- 60 g of butter, clarified
- 30 ml olive oil
- 300 g prawn meat, chopped
reserve some whole prawns for
garnish
- 50 g dried bread crumbs
- 1 small onion, finely chopped
- 6 sole, dressed
- 1 egg, lightly beaten
- 250 ml white wine
- 125 ml water
- 125 ml cream
- 15 ml sweet chilli sauce
- 1 teaspoon of corn flour

Method

Prepare the sole by lightly dipping them in flour, then dipping them in beaten egg and then into the bread crumbs. Prepare the sauce by lightly frying the onions in half the clarified butter and then adding the prawn meat, the white wine, the water, the cream and the sweet chilli sauce. Allow to reduce until the sauce coats the back of a spoon, before thickening it with the corn flour. Keep warm to one side. Fry the sole using the remaining clarified butter mixed with the olive oil, fry for 2-3 minutes per side, depending on the size of the sole. Top with the sauce and garnish with the whole prawns.





Recipe of the Week

Warm Bar-One and Cherry Cake ☺

Ingredients

- 825 g can of cherries, drained
- ½ cup of self raising flour
- ¼ cup of castor sugar
- 2 eggs
- 100 ml milk
- 50 ml Bar-One sauce
- 80 g butter, melted

cherry and Bar-One syrup

- 1 cup of water
- 1 cup of sugar
- ½ cup of Bar-One sauce
- 2 ½ ml of cherry essence

Method

Preheat the oven to 180°C. Place the cherries in a greased, shallow, ovenproof dish. Sift the flour and the sugar into a bowl and make a well in the centre. Gradually whisk in combined eggs, the milk, the Bar-One sauce and the butter until smooth. Spoon the mixture evenly between the cherries. Bake the cake for about 30 minutes.

To prepare the syrup: Bring the ingredients to a light boil. Keep stirring until the sugar dissolves; simmer for 2 minutes and reduce a bit. Pour the warm syrup over the freshly made cake and allow the sponge to absorb the syrup. When you are ready to serve the cake remove it from the fridge and heat it up until just warm.

..... enjoy

