

OATMEAL CRUNCHIES

INGREDIENTS

500 ml cake wheat flour
5 ml bicarbonate of soda
3 ml salt
500 ml rolled oats
500 ml desiccated coconut
375 ml sugar
250 ml seedless raisins
250 g butter or margarine
30 ml golden syrup
1 extra large egg, beaten
5 ml vanilla essence
2 ml almond essence

METHOD

Sift the flour, bicarbonate of soda and salt together. Add the rest of the dry ingredients. Melt the butter and golden syrup together in a small, heavy-based saucepan and add to the dry ingredients. Add the beaten egg and both essences. Mix well and press the mixture into a large baking tray of about 24 cm x 34 cm. Bake in a preheated oven at 180°C for about 10 minutes. Reduce the oven temperature to 160°C and bake further for about 15 minutes until golden brown. Leave to cool in the pan before cutting into squares. Store in an airtight container.



Recipe of the Week

WEEK 1

 **Bidvest**
foodservice



Recipe of the Week

Week 2



Herbed Char-grilled Hake with Caprese Flag

INGREDIENTS

- 280 g to 320 g hake portions
- 1 tablespoon of basil, freshly chopped
- 1 tablespoon of oregano, freshly chopped
- 1 tablespoon of parsley, freshly chopped
- 1 teaspoon of garlic, crushed
- 50 ml olive oil
- 50 ml lemon juice, to taste
- 1 tablespoon of capers in vinegar (optional)
- fresh basil, flagged to garnish
- tomatoes, to garnish
- salt and freshly ground black pepper to taste

METHOD

Mix the chopped fresh herbs, the garlic and the olive oil together in a flat dish. Season the hake with salt and pepper and place into herb marinade. Turn several times to coat the fish properly with the marinade. Cover and leave to marinate for 1-2 hours. Place hake onto a hot griddle pan, and cook for approximately 5 minutes on each side. Be careful not to overcook. Pour marinade in a small pan and bring to the boil. Reduce the heat, add the capers and spoon over the hake. Serve with the flagged fresh basil leaves and fresh tomatoes drizzled with olive oil. Squeeze the lemon juice over for flavour.



Recipe of the Week

Week 3

Rustic Chicken Pot Pie

ingredients

4 chicken breast fillets
½ cup of flour
1 teaspoon of paprika
½ teaspoon of turmeric
1 teaspoon of salt and pepper
8 large brown mushrooms,
halved
125 ml white wine
1 teaspoon of thyme, freshly
chopped
2 teaspoons of Italian
parsley, chopped
125 ml whipped cream
2 sheets of puff pastry
quarter sheets
salt and pepper to taste
light summer salad to serve

method

Cut the chicken breasts in cubes, no larger than a centimetre in width. Combine the flour, the paprika, the turmeric and the salt and pepper. Dust the chicken pieces with the seasoned flour and fry lightly. Remove from the pan. Fry the mushrooms in the same pan until cooked. Add the white wine to the mushrooms to deglaze. Add the chicken, the whipped cream and herbs to the mushrooms. Allow the sauce to thicken. Season to taste with the salt and pepper. Cut the puff pastry quarter sheets to the desired size, line the pie dishes, and blind bake at 180°C until golden brown. Cut a separate disc of puff pastry to fit the top of the dish, and bake separately. Fill the pastry casing with the chicken mixture. Bake for 3 to 5 minutes at 180°C for the pastry to crisp up. Top the pot pie with the pastry disc. Serve with a light summer salad.



Recipe of the Week

Ginger Mandarin Pie

Ingredients

1 packet of orange flavoured jelly
200 ml hot water
1 packet of ginger biscuits, crushed
50 g butter, melted
20 ml cornflour
1 tin of mandarin pieces, drained and retain the juice
200 ml evaporated milk, whipped
200 ml condensed milk
1 cup of cream, whipped to serve
¼ cup of nuts, chopped to serve
or
preserved ginger, sliced to serve

Method

Combine the butter with the crushed biscuits and use it to line a pie dish. In a small sauce pan heat the water, the sugar, the evaporated milk, the condensed milk and the cornflour at a low heat until thick. Remove from the heat. Dissolve the jelly in the hot sauce thoroughly and set aside to cool. Arrange the mandarin pieces along the bottom of the pie crust and cover them with the orange jelly. Decorate with the freshly whipped cream and the nuts or thin slices of preserved ginger. Dissolve the jelly in the hot water and add this to the condensed milk and evaporated milk. Pour this mixture over the pie crust and refrigerate until set. Arrange the mandarin pieces on top of the pie mix. Heat the mandarin juice and thicken with the cornflour. Pour this over the mandarin pieces and refrigerate until set again. Serve with nuts, or preserved ginger slices and cream.



Week 4

 **Bidvest**
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