

't Clark's Cookbook

Various Collected Bits :-)

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Frankie's Soda Bread, as adapted :-)

500g flour \approx 4 cups
 1 tsp salt
 1 tsp Cream of Tartar
 1 tsp Bicarb

30g marger \approx 2 $\frac{1}{2}$ Tblsp
 300ml Buttermilk
 2 tsp dried herbs
 2 tsp crushed garlic

Buttermilk can be replaced by ordinary milk with 2 desert spoons of vinegar, which will thicken it up in a couple of minutes. Sieve the dry ingredients, and make sure that the dough is moist enough. Divide the dough into 8 balls, and place in the small bread tin (220 by 110mm). Bread breaks conveniently! Bake at 200° for 35 min. (When I didn't have Cream of Tartar, I used 3tsp Bicarb)

Al's Pickled Beetroot

1kg Beetroot
 1 tsp salt

300ml White Spirit vinegar
 1 Tblsp Pickling Spice

Simmer the beetroot and salt for 1–1 $\frac{1}{2}$ hours. Peel the beetroot and chop appropriately (quartered rounds fit in better). Put 20ml water in a Mayonnaise Jar (750ml) and microwave for 10 min. Soak lids in boiling water too. Add the Pickling Spice to the vinegar, and boil. Pack the beetroot into the jar, pour the vinegar over to the brim. Cap. Wait 3 weeks. (1kg JUST fits into a 750ml "Trim" mayonnaise jar. 2.5kg, 2 $\frac{1}{2}$ tsp, 750ml and 3Tbsp went into 3 Jars.)

Al's Pickled Zucchini

1.6kg zucchini (4med)
 500g onions
 1 cup salt
 2.5l water

600ml white vinegar
 1 cup sugar
 1 $\frac{1}{2}$ Tblsp Pickling Spice

Slice zucchini(10–15mm), and onions(halve, then slice). Mix salt and water and cover the veggies for 4 hours, stirring occasionally. Drain and rinse well, dry. Put the rest of the ingredients in a pot and simmer over a low heat, stirring until the sugar has dissolved. Combine, boil for 4min, bottle in sterilised jars. Makes about 3 Mayonnaise jars (750ml) (450g, 130g, $\frac{1}{3}$ cup, 850ml,

Al's Kerrieboontjies, adapted from Steenkamp

500g beans
 2 onions
 150ml white vinegar
 1 tsp salt
 60ml (4 Tblsp) sugar
 185ml apple juice, or:

$\frac{1}{2}$ grated apple in 80ml water!
 1 tsp mustard powder
 1 tsp curry powder
 1 Tblsp cornflour
 1 tsp Turmeric
 5 tsp water

Cook the beans and onions in 1C water for 10 min. **DRAIN!!!**. Boil the vinegar, salt, sugar, and apple juice, stir. Add bean mixture, simmer for 15min. Make a paste of the mustard powder, curry powder, cornflour, turmeric and water. Combine, and boil until thickening happens. NOT TOO THICK though, or it will cake, and liquid will separate: rather leave it thinner, and separation is less likely. Sterilised Jars etc.. (850g; 3; 1 $\frac{1}{2}$ C H₂O; 225ml Vinegar; 1 $\frac{1}{2}$ tsp; 6T sugar) (2kg; only 4onions; 4× else, packed into 4 Jars perfectly)

Al's Green Tomato Chutney, from Deals'

1.25kg green tomatoes	1/2 Tblsp salt
900g onions	2 Tblsp ground ginger
1.25kg Granny Smith apples	625g treacle sugar
450g seedless raisins	26g box pickling spice
6 tsp crushed garlic	1.75ℓ brown vinegar
1/2 Tblsp cayenne pepper	

I use "Roma VF" ("Italian tomatoes") in my gardening. At the end of the season, late blight always provides a large amount of green tomatoes :-). Finely chop the tomatoes, onions, apples into 2 standard pressure cooker pots. Add the garlic, cayenne, salt, ginger and sugar. Tie the pickling spice into 2 cross-laid fully open bits of medical gauze, tied with string to the pot handle! (Yes, it works!) Add vinegar. Simmer *gently* for 3 1/2 hours. After 1 hour, the pots can be combined into one. Use a hand-blender to chop it all up at that time (or a food processor/mincer to start with, but I have a hand blender :-). It is ready when a spoon trail drawn across the surface does not fill with liquid vinegar.

Fits into two "Mrs Balls" 1.25kg jars and two "Trim" mayonnaise jars. Dry sterilized them at 150°C in the oven for 15 min. Store for at least 3 months in a dark place.

Al's Pesto

70g Basil leaves (≈ 120!)	4 tsp Crushed Garlic
30g Parsely leaves	100ml oil (canola)
1/2 tsp salt	25g Parmesan

Blend with hand blender. Do not use the Parsely stalks as it makes it too chunky. Freezes well, but discolours on encountering oxygen. Use small (sterilized) glass jars. Quantity works well with 200g macaroni :-).

Al's Honey-Mustard Spinach Salad

1/3 cup (80ml) oil	2 Tblsp wholegrain (Dijon) mustard
1/4 cup (60ml) honey	Home Grown Freshly Picked De-snailed
1/4 cup (60ml) apple cider vinegar	Spinach

Combine :-). If Colmans Wholegrain mustard powder can be found, it works very well, otherwise Staffords Traditional style Dijon. Spinach should be chopped into 20mm strips, washed, dried and chilled. Add some sauce before serving. Sauce lasts in sealed bottle for at least 5 salads.

Al's Vinaigrette Salad Dressing, adapted from Deals'

1 tsp coarse salt	3 Tblsp Balsamic vinegar
2 tsp crushed garlic	12 Tblsp (180ml) Olive (or Canola) oil
2 tsp Colmans mustard powder	

Using a Pestle and Mortar, crush salt and garlic; add 1 Tblsp vinegar, crush; add mustard, crush; pour into bottle, add rest. Makes a "standard" glass vinegar-serving-bottle. Three batches fit into a "Trim" Jar, and despite Deals saying it must be fresh, it improves with age.

Al's Ostrich Stew

500g Ostrich Neck
 1 large onion
 1 tsp canola oil
 2 tsp crushed garlic
 1/2 cup red wine
 2 Tblsp vinegar

1/2 chicken stock cube in 1cup H₂O
 3 fresh bay leaves
 dried herbs
 2 small carrots, halved
 black pepper

Using a pressure cooker, Fry onion in oil till slightly brown. Add garlic and meat. Add wine, stock, vinegar, herbs, pepper, carrots. Cook under pressure for 1 hour.

Serve with the usual 2 scoops (100g) of Tastic Brown rice with 1 scoop of Brown Lentils. Better if rice and lentils is added (after cooking) before thickening (2tsp Gravo + 2tsp Oat Bran). Broccoli added at end after 5 min in μ wave works well.

Works well with lamb and pork too. Also Great with 3tsp Curry at onion frying stage.

Al's prawns

250g frozen prawns, defrosted, drained
 1 can tomatoes, or home-frozen equivalent
 1 1/2 Tblsp canola oil
 1 large onion, halved, sliced
 2 tsp crushed garlic

1 tsp ground coriander
 1/2 tsp cumin powder
 1/2 tsp ground ginger
 1 tsp turmeric
 1 tsp curry powder

Fry onion gently for 5 min; add spices, sweating them for a couple of minutes. Add garlic, prawns, stirring for a decent coating. Add tomato and salt & pepper. Simmer for 20 min uncovered.

Serve with usual lentil rice.

Fish Batter

1/2 cup flour
 3 tsp Baking powder

120ml water

Mix :-) Covers two pieces of I&J Hake Fillets well. Lovely and Crispy.

White Sauce

1 Tblsp butter (20g)
 3 Tblsp flour

3/4 cup milk
 3/4 cup water

Cold, mix butter, flour, milk, water. (Deal's cold white sauce method) Using a balloon whisk, stir until it gets hot, balloon whisk until thick, use!

Add 1 tsp chicken stock powder (Ina Paarman), for something a bit more tangy.

Add 2 tsp crushed garlic, for a garlic variety.

Add 30g (1 matchbox) chopped cheese, for a cheese sauce.

Add 2 Tblsp chopped capers, and 2Tblsp chopped fresh parsely for fish: Excellent!

Al's Blanching Times

<i>2 min Beans</i>	<i>2 min Carrots</i>
<i>1 min Brinjal (Lemon!!)</i>	<i>2 min Cauliflower</i>
<i>3 min Broccoli</i>	<i>2 min Peas</i>
<i>2 min Cabbage</i>	<i>3 min Pumpkin</i>
<i>40 sec Capsicum (Green Pepper)</i>	<i>3 min Zucchini</i>

Blanching is done by steaming in the Black pot, using the sieve, and the lid of the Black Pot!! Works beautifully. Keep a rolling boil.

For Brinjals, 1 Tblsp of lemon juice in 2 cups water minimizes browning. Dip before and after blanching.

Dry, cool, pack into bags, suck air out, freeze!

Leek, onion, and potato soup (Deals' pg69)

<i>4 large leeks</i>	<i>850ml chicken stock</i>
<i>4 med potatoes</i>	<i>275ml milk</i>
<i>1 med onion</i>	<i>uSawoti iPelepele</i>
<i>50g butter</i>	

Chop leeks, potatoes and onions. Sweat *slowly* with the butter for 15 min, after ensuring that all bits have been covered with the melted butter. Add stock and milk, slowly simmer for 20min. Hit the hand-blender. (8 leeks (850g); 5 potatoes (500g); 3 onions (260g); 100g butter; 1¹/₂ ℓ H₂O + 1 chicken stock cube; 500ml milk produced 4ℓ).

Green Beans (from Lina)

<i>Green Beans</i>	<i>Tomatoes</i>
<i>Onion, chopped in 1/2 rings</i>	<i>Basil</i>
<i>Garlic</i>	<i>Rosemary & Olive Seasoning</i>
<i>Pepper</i>	

Fry the onion and garlic until soft. Cut the beans into 3cm strips, add to the above. Add the tomato, and pepper, herbs etc, cover with boiling water and boil until soft, without a lid.

(200g, 1 med, 2tsp, 3 grinds, 1 med, 1/2 cup H₂O)

Salmon Steaks

<i>2×200g Salmon Steaks (frozen)</i>	<i>2 fresh Bay leaves</i>
<i>15g butter</i>	<i>salt and pepper</i>

Wrap in foil, bake at 180°C for 45 min.

(Also Kingklip 300g, 40 min; Yellowtail 400g, 45 min; Snoek 500g 30 min.)

Miracle Muffins (from Ann)

6 cups bran	2 1/2 cups Nutty Wheat (or part coconut)
2 cups boiling water	Pinch of salt
1 cup marger(melted)	4 beaten eggs (only add when mixture has cooled)
3 cups sugar	Raisins, chopped apples, dates, cherries, etc
1l buttermilk	
5 tsp bicarb	
2 1/2 cups cakeflour (or part oats)	

Mix above. Spray in Cook muffin trays; Preheat oven to 220°C
Bake for 20 min. Mixture lasts in fridge for a month.

Crunchies (from Mom)

2 cups of flour	2 tsp bicarbonate of soda
2 cups of coconut	1 cup of sugar
2 cups of oats	250g marg
1/2 tsp salt	2 tablespoons syrup

Mix flour, coconut, oats, salt and bicarb in a bowl. Gently melt the rest of the ingredients together and mix together.

Press mixture into presprayed oven pan and bake in preheated oven at 180°C for about 20 min. Cut into squares before cold.

Easy Pudding (from Mom)

1 cup of flour	2 Tblsp syrup
1/2 cup sugar	3/4 cup milk
1 tsp bicarb	1 egg

Place all ingredients into bowl and mix well. 5 blobs of butter on top. Put lid on bowl. Bake 1/2 hour at 180°C.

Usually a double-batch in large glass dish.

Macaroni and Cheese (from Mom, as adapted :-)

3 cups macaroni, cooked. (200g dry = kids plus 3 cups!)	1 small onion, 1 tomato and 2 saucers of grated cheese
white sauce: 1 Tblsp Butter, 1 Tblsp Flour, 1 cup Milk	1/3 packet of Bacon Bits, fried.

Reserve 3 slices of tomato, chop rest & onion finely. White sauce made Delia's way: All cold into the pot, stir continuously with balloon whisk. After thickening, add the chopped onion and tomato, and a small saucer worth of grated cheese; simmer until onion done. Cooked macaroni into small loaf tin (220 by 100 mm). Pour the sauce into it and mix. Sliced tomato and a saucer's worth of grated cheese on top. Bake at 180°C for 10 min, and then Grill until browned.

Al's Pancakes

1 cup flour
1 egg

$1\frac{1}{3}$ cup water
2 Tblsp Oil

Mix well with a balloon whisk. (Double batch required for us! makes 15 pancakes) Put $\frac{1}{2}$ Tblsp oil into each pan, *WAIT* until a faint blue haze rises from the oil, THEN put in a ladle of batter!

Al's Short Crust Pastry

2 cups flour
 $\frac{1}{2}$ cup marge

2 tsp baking powder
a LITTLE water

Rub the marge into the dry ing. When well mixed, add a *little* water until dough consistency is reached. Sufficient quantity for a standard Meat 'n Tater Pie.

Pumpkin (from Lina)

Pumpkin!
sugar
butter

salt
LITTLE WATER
herbs as per herb book

Place all ingredients into pot, boil until soft. Allow pumpkin to catch and slightly brown. Mash and enjoy.

Zucchini Soup (from Lina)

1 large Zucchini(3.5kg)
 $2\frac{1}{2}$ cups water
1 large potato
3 medium tomatoes
1 large onion

1 handful of Fresh Parsley
1 Chicken Stock Cube
2 cups Broad Beans
Pepper
2 Tblsp butter

Remove seed and skin from Zucchini. Chop all ingredients (sans beans), and place cold in pot. Boil the beans in a separate pot. Simmer the soup for $1\frac{1}{2}$ hours. Use blender. Add beans.

Mushy Peas

225g Marrowfat peas, dried (8oz)
 $\frac{1}{2}$ tsp Bicarb

15g butter ($\frac{1}{2}$ oz)
Salt and Pepper

In a large basin, soak the peas overnight (or for at least 4 hours) in three times their volume of cold water, with the bicarbonate of soda. Rinse the peas well and put them into a medium saucepan and cover with cold water. Bring to the boil and then reduce the heat to simmer for approximately $1\frac{1}{2}$ -2 hours stirring from time to time, until the peas are cooked and have fallen to a softened mush.

If they appear too wet, continue cooking over a low heat to drive off any excess moisture, but take care to keep stirring, to prevent them burning on the base of the pan. Beat in the butter, salt and pepper to taste

Play Dough

<i>1 cup flour</i>	<i>1 tsp oil</i>
<i>1 cup warm water</i>	<i>1/4 cup salt</i>
<i>2 tsp Cream of Tartar</i>	<i>food colouring</i>

Mix all the above, trying to get rid of flour lumps (Add food colouring last (2tsp Yellow produces orange)). Stir over med/low heat until it thickens nicely. Keep scraping off sides and bottom. Take out, knead until smooth! Keep airtight (for a long time!).

Lemonade (from the Siebörgers)

<i>1l lemon juice</i>	<i>5 tsp citric acid</i>
<i>Finely grated rind of 6 lemons</i>	<i>4 tsp epson salts</i>
<i>2.5 kg white sugar</i>	<i>3 tsp tartaric acid</i>

Mix together in large bowl. Add 2l boiling water Stir until fluid is clear. Dilute to taste as cordial.

Simple Lemon Cordial (from Lec Watkins)

<i>lemon juice</i>	<i>sugar (1.2kg per 1l of juice)</i>
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Heat gently, stirring until sugar is dissolved. Use :-)

For preserving, use sterilised jars/bottles (tomato sauce), filled with cordial minus $\frac{1}{2}$ inch for expansion. Screw lids tight then minus $\frac{1}{2}$ turn. place in pot with water $\frac{3}{4}$ up the bottles. Boil for 30 min. Screw tops tight. Refrigerate after opening. Store in dark cupboard.

Pane Rustica (adapted from David Fankhauser)

<i>4 cups flour</i>	<i>1 sachet Instant yeast</i>
<i>1 tsp salt</i>	<i>2 cups warm water</i>

Mix dry ingredients well, add water.

Makes a rather sticky dough! Best results obtained if covered and allowed to rise overnight. Next morning, flour a plastic breadboard (use back of spoon to coat it evenly), and using a wooden spoon scrape dough out of bowl onto board. Using floured hands, fold dough in on itself 3 or 4 times (knocking down equivalent for squishy mess). Cover with bowl and allow to prove for an hour. Wash floured hands.

Preheat Dutch Oven (Cast Iron flat pot, "3F" 260mm diameter, 80mm high) in 230°C oven. (Takes about 15 minutes) (lid separate from bottom)

Scrape dough into hot Dutch Oven bottom: never mind shape. Put hot lid on top, and bake for 30 minutes. Remove Dutch Oven lid. Bake 15 minutes to brown top.

Cool on rack until you can't stand it anymore; slice thickly, apply Springbok Unsalted Butter. Die.

Have tried 15 minutes first rise, and 30 minutes prove rise. Works well, but original is better. Must still optimise: there must be a middle ground :-)

Ginger Beer (David Fankhauser, as yet unadapted)

1 cup sugar	$\frac{1}{4}$ tsp of instant yeast
2 Tbsp finely grated fresh Ginger root	H ₂ O
Juice of 1 lemon	

Add sugar to a 2ℓ pop bottle (with screw-cap lid!) Add yeast, shake. Add ginger, (grated on the little ordinary grating side of the 4-sided grater, not the sticking-out starred side) and lemon juice, using the back of a teaspoon to force down :-). Add water to within an inch of the top. Cap.

Leave for 1–4 days until bottle is *quite* hard to dent. Refrigerate. Strain ginger shavings out of first bit if objectionable, and note that the yeast bed at bottom may cloud: Pour like homebrew!

Note: Thou Shalt Not Use Glass. To Quote David Fankhauser: Exploding plastic bottles are messy. Exploding glass bottles are dangerous...

Rhubarb

$\frac{1}{2}$ kg Rhubarb, chopped in 1cm lengths	1 tsp Ground Ginger
40g Sugar (3 Tbsp)	

Simmer gently 15–20 minutes. Note NO H₂O.

Liver & Onions

2–3 med Onions, sliced in rings (350g)	Ground black pepper
$\frac{1}{2}$ kg Ox Liver, cubed.	1 cup Red wine
3 Tbsp flour	

Grind a lot of pepper into the flour. Coat liver with the seasoned flour. Fry onions till just beginning to be golden brown (5 min), then liver (3 min). Add wine. Cover and simmer (10 min). Uncover and reduce, if necessary. Should be a deliciously thick gravy! Serve with usual Lentil Rice.

Beef in Beer (Slow Cooker)

$\frac{1}{2}$ kg Stewing Beef, cubed	$\frac{1}{2}$ tsp Dried Thyme
2 Onions (250g), quartered and separated	3 fresh bay leaves
2 Tbsp flour	Crushed Garlic
350 ml Beer	Salt & Pepper
	3 Potatoes, quartered or smaller (20mm)

Put in Slow Cooker :-). Turn on to “Auto” for 7 hours. Add some gravy powder to thicken if necessary. Wonderful Stuff!

Lamb Stew (Slow Cooker)

<i>1/2 kg Lamb Stew meat</i> <i>1 Onion, sliced in rings</i> <i>3 Fresh Bay leaves</i> <i>1 cup Frozen Carrots</i> <i>1 cup Frozen (Home-grown) Beans</i> <i>1 cup Red Wine</i>	<i>1 cup water</i> <i>1 tsp Chicken Stock powder</i> <i>2 Tblsp Vinegar</i> <i>1 tsp Dried Thyme</i> <i>2 tsp Curry (Mild Rajah)</i> <i>Salt & Pepper</i>
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Put in Slow Cooker :-) Turn to "Auto" for at least 7 hours. Thicken gravy if necessary.

Spinach

<i>1 med Onion, sliced in rings</i> <i>2 tsp Crushed Garlic</i> <i>Button Tomatoes, quartered (80g)</i> <i>6 stalks of De-snaild Swiss Chard (80g)</i>	<i>Frozen Home-grown Beans and Juli- enned Carrots (3/4 cup total)</i> <i>2 tsp Chicken Stock powder</i> <i>1/4 to 1/2 cup Water</i>
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Fry onion rings till soft. Add garlic. Chop Stalks of Spinach in 1cm bits and add. Then add tomatoes, and after 3-5 min, add the Chicken stock and water. Add Frozen Veggies, cover and simmer 10-15 min. Chop spinach into 2cm strips, pile on top, cover and steam for 3 min. Wonder where the hell it all went to. Stir it all in and serve!

Good old Curry & Rice

<i>1 Onion (225g) chopped</i> <i>1 small Freshly picked Green-pepper (40g)</i> <i>2 tsp Rajah Mild Curry powder</i> <i>1 tsp Masala</i>	<i>1/2 tsp Cumin seeds</i> <i>1/2 tsp Ground Ginger</i> <i>1 cup Frozen Tomatoes</i> <i>2 tsp Crushed Garlic</i> <i>1 tsp dried Sweet Basil</i>
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Fry onion until transparent. Add Green Pepper & Garlic & Curry & Masala & Cumin seeds & Ginger, saute 2 min. Add meat and brown, chopping it up finely with a wooden spoon. Add tomatoes and basil. Cover and simmer for 15 min. Add 1/4 to a 1/2 cup water if necessary, and bind it together with 2 tsp of Gray powder and 1 tsp of Maizena. Serve with Lentil Rice.