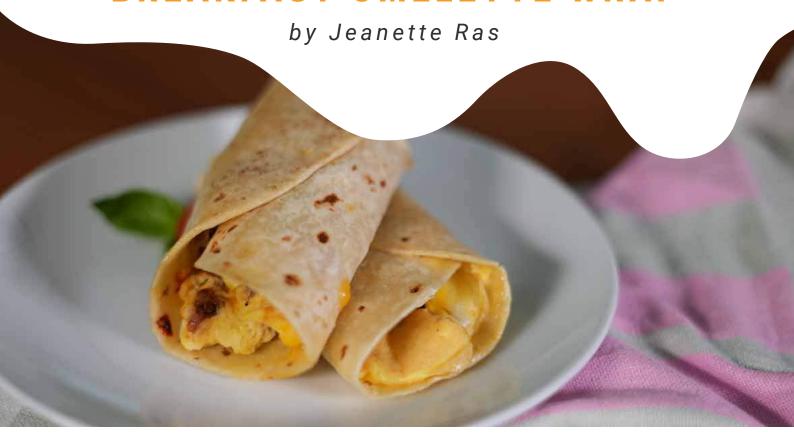


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BREAKFAST OMELETTE WRAP



Ingredients

- 3 Eggs
- 30 ml Milk
- 30 ml Oil
- 4 Button mushrooms chopped
- 5 ml Garlic crushed
- 30 ml Spring onion chopped
- 30 ml Bell peppers chopped
- 250 g Bacon diced
- 30 ml Feta cheese crumbled
- 30 ml Cheese grated
- 1 Wrap, roti or tortilla
- Salt and pepper to taste

- Fry the bacon, mushrooms, peppers, spring onion and garlic in the oil, and spread it out in a single layer in the pan.
- Whisk the eggs and milk and add salt and pepper to taste.
- Pour the eggs over the bacon mixture in the pan and cook on a medium heat for two minutes before adding the feta and cheddar cheese.
- Place the wrap on top of the egg mixture and and cook for a further two minutes.
- 5. Flip the wrap and cook for another two minutes until lightly toasted.
- 6. Transfer the wrap to a serving plate and roll up before serving.



MINI OMELETTE MUFFINS by

Abeda Albertyn

Ingredients

- 30 ml Cake flour sifted
- 5 ml Baking powder
- 5 Large eggs
- 30 ml Milk
- 250 ml Green peppers chopped
- 250 ml Cheese grated
- Salt and pepper to taste

- Preheat the oven to 180°C and grease a muffin tray.
- Beat the eggs and milk then add it to the flour and baking powder and mix until well combined. Add salt and pepper to taste.
- Place the chopped green pepper and cheese into the muffin cups and pour over the egg mixture.
- Bake the muffins for 20min or until cooked.



TUNA CORN MINI TARTS

by Heather Grant

Ingredients

- 6 Eggs
- 30 ml Cake flour sifted
- 30 ml Milk
- Salt and pepper to taste
- 2 ml Paprika
- 1 Tin tuna drained
- 250 ml Corn kernels cooked
- 250 ml Cheese grated

- Preheat the oven to 180°C and grease a muffin tray.
- 2. Whisk together the eggs, milk, flour, salt, pepper and paprika.
- Layer the tuna and corn in the muffin cups, pour over the egg mixture and top with cheese.
- 4. Bake for 20 minutes or until cooked.

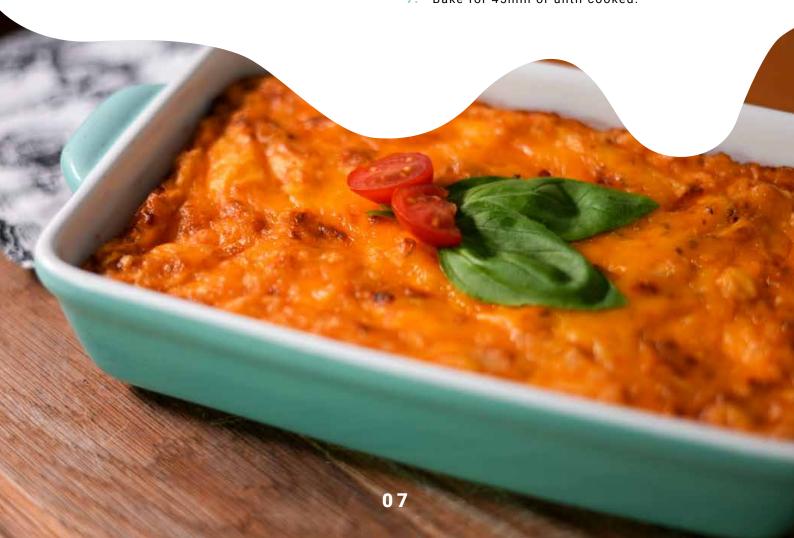
MACARONI AND CHEESE

by Mpai Motaung

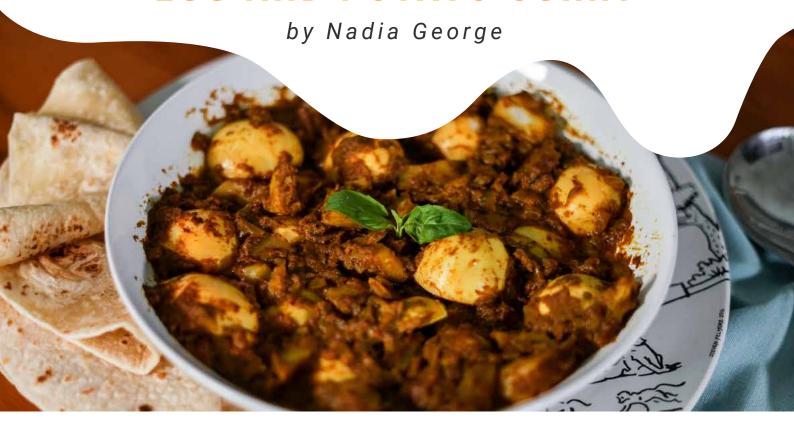
Ingredients

- 500 g Macaroni
- 60 ml Oil
- Salt and pepper to taste
- Water for boiling pasta
- 1 Large onion chopped
- 2 Medium tomatoes chopped
- 1 Small green pepper chopped
- 5 ml Dried Italian herbs
- 6 Large eggs
- 250 ml Milk
- 375 ml Cheese grated

- 1. Preheat the oven to 180°C and grease a baking dish.
- Boil the macaroni in salted water and 30ml oil until al dente, strain and set aside.
- Fry the onion, tomatoes and green pepper in 30ml oil. Season with salt, pepper and herbs.
- 4. Combine the macaroni and vegetables and transfer to the baking dish.
- 5. Whisk the eggs and milk and add salt and pepper to taste.
- Pour the egg mixture over the macaroni and top with cheese.
- 7. Bake for 45min or until cooked.



EGG AND POTATO CURRY



Ingredients

- 6 Eggs
- 30 ml Oil
- 1 Large onion chopped
- 5 ml Garlic crushed
- 2 Large tomatoes chopped
- 5 ml Masala spice

- 5 ml Turmeric powder
- 3 ml Chilli powder
- Salt to taste
- 4 Medium potatoes peeled and cut into quarters
- Water as needed
- Coriander to garnish

- 1. Boil the eggs until they are hard. Peel and cut in half.
- 2. Fry the onion, tomatoes and spices in the oil for 5 minutes.
- Add the potatoes and some water, and cook over medium-high heat until the potatoes are soft.
- Once the potatoes are cooked, add the boiled eggs and garnish with coriander.





Ingredients

- 750 ml Cake flour sifted
- 25 ml Baking powder
- 5 ml Salt
- 200 g Butter refrigerated
- 1 Egg
- 60 ml Sugar
- 250 ml Milk
- 5 ml Vanilla essence

- 1. Preheat the oven to 200°C and grease a baking tray.
- Sift the flour, baking powder and salt into a large mixing bowl.
- Rub the butter into the flour mixture with your fingertips until coarse crumbs are formed.
- Whisk together the egg, milk, the sugar and vanilla essence and add to the flour mixture.
- 5. Gently cut the liquid into the flour mixture to form a ball.
- Transfer the dough to a lightly floured work surface and knead briefly. Do not overwork the dough. Pat it down to a thickness of 2cm.
- Cut out rounds using a cookie cutter or glass and place them on the baking tray.
- 8. Bake for 15 minutes or until golden.

BANANA CARROT MUFFINS

by Keren Surmon

Ingredients

- 250 ml Sugar
- 250 ml Oil
- 3 Eggs
- 375 ml Cake flour sifted
- 300 ml Carrots grated
- 125 ml Nuts chopped
- 10 ml Baking powder
- 10 ml Cinnamon
- 5 ml Bicarbonate of soda
- 300 ml Bananas mashed
- 5 ml Salt

- 1. Preheat the oven to 180°C and grease a muffin tray.
- 2. Mash the bananas and mix in the bicarbonate of soda.
- Whisk together the oil, sugar, eggs and bananas.
- Add the flour, sugar, carrots, baking powder, cinnamon, salt, nuts, and mix until well combined.
- 5. Spoon the mixture into a muffin tray and bake at 180°C for 25 30min or until cooked through.

CHOCOLATE ECLAIRS

by Layla Basha

Ingredients

- 250 ml Boiling water
- 125 ml Butter
- 250 ml Cake flour sifted
- 4 Large eggs

- 2 ml Salt
- 250 ml Whipping cream
- 30 ml Caster sugar
- 100 g Chocolate

- 1. Preheat the oven to 180°C and grease a baking tray.
- 2. Boil the water in a small pot, add the butter and allow it to melt.
- Remove from the heat and add all the cake flour in at once. Stir with a wooden spoon until the mixture separates from the sides of the pot.
- 4. Return the mixture to the heat and cook for 1 to 2 minutes, stirring constantly until the dough forms a ball.
- 5. Remove from the heat and place the mixture in a mixing bowl. Beat the flour mixture for about 1 minute to allow it to cool.
- 6. Add the eggs one by one, ensuring that each egg is fully incorporated before adding the next. Beat until the dough is smooth.
- 7. Spoon the dough into a piping bag and pipe circles about 3 to 4 cm in diameter onto the baking tray.
- 8. Bake for 25 minutes, remove from the oven and make a small cut on the side of each bun to release the steam.
- 9. Place back in the oven, with heat now reduced to 160°C. Bake for another 5 minutes or until buns have hardened.
- 10. Remove from the oven and allow to cool on a wire rack.
- 11. For the filling, whip together 250ml cream with 30ml caster sugar and pipe into the eclairs once completely cooled.
- 12. Melt the chocolate in the microwave, making sure to stir it every 30 seconds. Dip the tops of the eclairs into the melted chocolate.





Method

- 1. Preheat the oven to 180°C and grease a baking dish.
- First prepare the syrup by heating all the ingredients for the syrup over medium heat until the sugar is dissolved. Stir regularly and keep the sauce warm.
- 3. For the batter, beat together the sugar and butter until light and fluffy, then add the eggs, jam and orange zest and mix well.
- 4. Sift the dry ingredients and add it to the batter bit by bit together with the milk, alternating between the two. Mix well.
- 5. Pour the warm syrup into the baking dish and carefully spoon the batter into the syrup.
- Bake for 25-30 minutes or until golden and cooked through.

ORANGE PUDDING

by Cherryl Katzke vd Linde

For the sauce:

- 250 ml Water
- 180 ml Orange juice
- 60 ml Lemon juice (can be replaced with orange juice)
- 5 ml Orange zest
- 5 ml Lemon zest (can be replaced with orange zest)
- 15 ml Butter
- 125 ml Sugar
- Pinch of salt

For the batter:

- 125 ml Softened butter
- 250 ml Sugar
- 2 Extra large eggs
- 30 ml Apricot jam
- 10 ml Orange zest
- 360 ml Cake flour
- 2 ml Salt
- 4 ml Bicarbonate of soda
- 250 ml Milk

BUNDT CAKE

by Abdullah Muhammed Choonandra

Ingredients

- 500 g Macaroni
- 60 ml Oil
- Salt and pepper to taste
- Water for boiling pasta
- 1 Large onion chopped
- 2 Medium tomatoes chopped
- 1 Small green pepper chopped
- 5 ml Dried Italian herbs
- 6 Large eggs
- 250 ml Milk
- 375 ml Cheese grated

- 1. Preheat the oven to 180°C and grease a bundt cake pan.
- Beat the eggs until creamy. Add the sugar in intervals and beat until thick and creamy.
- Add the oil, yogurt, coconut essence and milk, and beat well.
- 4. Fold the flour, baking powder and coconut into the mixture until well combined.
- 5. Transfer the batter to the cake pan and bake for 40-45 minutes or until cooked through.

