



Recipes

INDEX

Breakfast Omelette Wrap	03
Mini Omelette Muffins	04
Tuna Corn Mini Tarts	06
Macaroni and Cheese	07
Egg and Potato Curry	08
Scones	10
Banana Carrot Muffins	11
Chocolate Eclairs	12
Orange Pudding	14
Bundt Cake	15

BREAKFAST OMELETTE WRAP

by Jeanette Ras



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*

Method

1. Fry the bacon, mushrooms, peppers, spring onion and garlic in the oil, and spread it out in a single layer in the pan.
2. Whisk the eggs and milk and add salt and pepper to taste.
3. 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.
4. Place the wrap on top of the egg mixture 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*

Method

1. Preheat the oven to 180°C and grease a muffin tray.
2. 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.
3. Place the chopped green pepper and cheese into the muffin cups and pour over the egg mixture.
4. Bake the muffins for 20min or until cooked.



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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*

Method

1. Preheat the oven to 180°C and grease a muffin tray.
2. Whisk together the eggs, milk, flour, salt, pepper and paprika.
3. 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*

Method

1. Preheat the oven to 180°C and grease a baking dish.
2. Boil the macaroni in salted water and 30ml oil until al dente, strain and set aside.
3. 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.
6. Pour the egg mixture over the macaroni and top with cheese.
7. Bake for 45min or until cooked.



EGG AND POTATO CURRY

by Nadia George



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*

Method

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.
3. Add the potatoes and some water, and cook over medium-high heat until the potatoes are soft.
4. Once the potatoes are cooked, add the boiled eggs and garnish with coriander.



Egg-ceptionally

Tasty

SCONES

by *Thato Manabile*



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**

Method

1. Preheat the oven to 200°C and grease a baking tray.
2. Sift the flour, baking powder and salt into a large mixing bowl.
3. Rub the butter into the flour mixture with your fingertips until coarse crumbs are formed.
4. 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.
6. 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.
7. 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

Method

1. Preheat the oven to 180°C and grease a muffin tray.
2. Mash the bananas and mix in the bicarbonate of soda.
3. Whisk together the oil, sugar, eggs and bananas.
4. 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

Method

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.
3. 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.



Chocolate Eclairs



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

Method

1. Preheat the oven to 180°C and grease a baking dish.
2. 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.
6. Bake for 25-30 minutes or until golden and cooked through.

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*

Method

1. Preheat the oven to 180°C and grease a bundt cake pan.
2. Beat the eggs until creamy. Add the sugar in intervals and beat until thick and creamy.
3. 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.

