



AN AFRICAN CHRISTMAS CRAFTS: AN AFRICAN CHRISTMAS TABLE WITH A TOUCH OF MADIBA MAGIC

SPARKLING PEACH BELLINI
GOATS CHEESE BRUSCHETTA WITH A STRAWBERRY AND BASIL
GLAZED SALMON WITH WASABI AND GINGER AOLI
FRESH CHERRY COUSCOUS SALAD
BEAN AND MANGO SALAD WITH HONEY MUSTARD DRESSING
BUTTERNUT AND AVOCADO SALAD WITH AN ONION, CORIANDER AND MINT
DRESSING
GOLD DUSTED BERRY PAVLOVA



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SPARKLING PEACH BELLINI (8-10)

Combine 1 litre peach fruit juice, 750 ml sparkling wine or Pêche Royal and ¼ cup peach schnapps in a jug. Garnish with sliced peaches and peach coloured rose petals

GOATS CHEESE BRUSCHETTA WITH A STRAWBERRY AND BASIL SALSA (10)

20 thin or 10 thick slices of baguette (2 short French loaves) lightly toasted
2 smoked chicken breasts, thinly sliced
20 good size strawberries (about 400g or 3 cups chopped)
1 tablespoon finely chopped basil
2 tablespoons Froggit's red wine vinegar reduction or balsamic reduction
1 teaspoon freshly ground black pepper
1 round/log goats cheese(peppered or plain)
1 tub Simonsberg cream cheese-lemon pepper flavour

1. Combine the strawberries, reduction and basil and leave for 15 minutes
2. Soften the two cheeses, combine and smear onto the bread
3. Add the chicken, top with strawberry salsa and serve

COOK'S notes:

- Add a slice of smoked salmon or parma ham instead of chicken
- Top cooked Norwegian salmon with the salsa
- Make a gammon salsa by adding basil pesto and wholegrain mustard

GLAZED SALMON WITH WASABI AND GINGER AOLI (8)

8 Norwegian salmon fillets, 120-150g each , skin on

Glaze

½ teaspoon salt
½ teaspoon black pepper
90 ml dark brown sugar
2 tablespoons soy sauce
3 tablespoons Dijon mustard
2 teaspoons rice wine vinegar

1. Combine the glaze ingredients in a small pot and bring to boil for a few minutes until the sugar is dissolved and the sauce reduced. Cool
2. Brush the glaze on the salmon fillets and bake for 8-10 minutes on 200 °C.

Aioli

1 extra- large free range egg
½ tablespoon lime juice or lemon juice
1 teaspoon wasabi paste
1 teaspoon freshly grated ginger (or stick to traditional garlic)
¼ teaspoon salt
1 cup sunflower oil

1. Place all the ingredients except the oil in a blender and blitz until combined. Add oil slowly until thick and creamy.

FRESH CHERRY COUSCOUS SALAD (8)

- 1 ½ cups plain couscous
- 1 -2 punnets fresh cherries, sliced off the pip (or use half cherries, half nectarines or firm plums)
- 4 small sweet salad peppers, chopped, or 2 very large peppers, chopped
- 1 small bunch spring onions or red salad onions chopped (1/3 cup chopped)

Dressing

- ¼ cup canola or sunflower oil
- 3 tablespoons rice wine vinegar
- 3 tablespoons soy sauce
- 2 tablespoons honey
- 1 teaspoon ground ginger
- 1 teaspoon cinnamon
- 1 teaspoon curry powder
- ½ teaspoon salt

Cook couscous according to package instructions and when cooled slightly fluff with a fork and combine with the chopped fruit and vegetables and the combined dressing

BEAN AND MANGO SALAD WITH HONEY MUSTARD DRESSING (8)

- 2 packets of fine beans, tailed
- 1 mango, cubed
- 1-2 tablespoons pine nuts
- Fresh rocket

Dressing

- ¾ cup fresh basil leaves about 15g
- ¼ cup whole grain mustard
- ¼ cup honey
- ¼ cup lemon juice
- 1 teaspoon garlic
- 1/3 cup extra virgin olive oil

1. Place the beans in a microwave- safe bowl, add a dash of water, cover with cling film, pierce and cook for about 3 minutes, until cooked but still firm (alternatively boil or use your steamer).
2. Blend dressing ingredients and refrigerate until ready to use (up to 4 days)
3. Toss the pine nuts in a non -stick pan for a few seconds to toast
4. Place cooled green beans and mangoes on the rocket
5. Pour dressing over salad ingredients. Sprinkle with pine nuts.

COOK's Notes:

Halve the beans, and add asparagus or mange tout.
The dressing can be used as a marinade or as a sauce for turkey or gammon
When mango is not in season use tinned mango or nectarines.

BUTTERNUT AND AVOCADO SALAD WITH AN ONION, CORIANDER AND MINT DRESSING (8)

1 large whole butternut
1 tablespoon butter, melted
¼ teaspoon salt , ¼ teaspoon black pepper
1 teaspoon sugar
1 avocado
Caramelised peanuts or Woolworths honey roasted cashew nuts

DRESSING

½ red onion, chopped finely
1/3 cup coriander leaves
1/3 cup mint leaves
3 tablespoons sweet chilli sauce
3 tablespoons balsamic vinegar
60ml olive oil
60ml liquid to thin dressing if it's too thick (like fruit juice or verjuice)
1 tablespoon black sesame seeds

1. Peel butternut, halve and core them then slice lengthways into strips
2. Brush with melted butter mixed with salt pepper and sugar and place on baking mat
3. Roast at 260°C for about 15-20 minutes or until cooked through and brown at the edges. Set aside to cool to room temperature.
4. Prepare dressing by blending or chopping herbs and adding remaining ingredients together. Refrigerate until just before serving.
5. Peel and slice avocados just before serving
6. Arrange butternut on a platter, add avocado, dollop dressing over and scatter with nuts

GOLD DUSTED BERRY PAVLOVA (12-16 individual)

6 extra large egg whites
400g castor sugar
Vanilla to flavour (use your preferred paste, essence or extract)

1. Beat egg whites till stiff peaks form and gradually add sugar
2. Place about 14 "blobs" on a non- stick mat and bake 150°C for 1 hour. For one pavlova bake for 1 hour 40 minutes.

Whip 500ml cream and fold through cooled berry sauce. Place on Pavlova Slice strawberries lengthways and dip the side in gold dust, alternatively sprinkle gooseberries or blueberries with gold glitter.

FROZEN BERRY SAUCE FOR PAVLOVA

1. Place 1 bag Woolworth's frozen berries in a pot. Combine ½ cup water, 3 tablespoons sugar, 1 tablespoon cornflour and add to berries.
2. Simmer for about 10 minutes until the large pieces of fruit are all defrosted and the sauce is thick.

The sauce may be refrigerated for 1 week or frozen for up to 2 months.

A GLAZE FOR HAM (also marinate the cooked ham in the liquid overnight before glazing)

½ cup soy sauce
¼ cup dry sherry
½ cup soft brown sugar
1/3 cup honey
A dash of red food colouring
2 cloves of garlic, crushed
2cm fresh ginger, finely grated
5ml Chinese five spice powder

Combine ingredients and brush on the scored fat of the ham every 15 minutes, while roasting, until its golden glazed.

AN AFRICAN CHRISMAS TABLE WITH A TOUCH OF MADIBA MAGIC

A frail Nelson Mandela was the inspiration for my theme. To celebrate with family and have gratitude for freedom and health is a true Christmas theme. To honor and celebrate our local heritage, flora, style of cooking, weather and tradition should certainly take preference in our homes, rather than aspire to snowmen and other countries festive traditions.

I used a predominately white colour scheme with a few traces of colour to accent. Mr Price provided the base of white woven placemats (R29.99), topped white plates (my own) , and a white woven heart (R29.99). The large white hearts were R69.99.

The Italian-style white ornate cutlery is from In Good Company. I used white napkins on white side plates with a white beaded bull napkin holder, made by Paul, a local beader at the Weltevreden Spar (R20). Tel 0710248663

The coasters were made with DIY glass coasters (most scrap and craft shops) with a picture Mandela (google Mandela images). I placed a white frame (Mr Price) in front of each place setting with a different African style picture (Google I Love Africa- Images) and Any Warhol style Mandela prints (also google).

The table was decorated with a white Christmas tree R225 (Lizha Imports-bought online), decorated with assorted white Woodworld bottles (all R60, In Good Company) local wire coke bottles (Weatherly's) and white tea light candle holders (Woolworths). The wire bottles were decorated with a protea and DIY fridge magnet (from a trendy little shop opposite George's on 4th in Parkhurst).The magnets were filled with printed googled African images.

I made cocktail bottles with straws (In Good Co), white scrap paper and a festive tag. Homemade tags adorned the straws.

Santos on 4th Avenue provided the wooden stars to which I added names using scrap rub-ons and propped them up using a porcupine quill which was placed in the hole in the star.

I also added Amablokko spelling PEACE from Rosewood gift shop at Ngwenya glass village for R160 and used 2 porcelain white giraffes (R90 and R130) from In Good Company.

The presents were wrapped using plain white paper and adorned with paper flowers and rustic buttons, wooden cutlery and rusted iron words.

The wine bottles were wrapped in strips of scrap paper –with a hole punched through for the neck (which was wrapped in string) and wooden cutlery or paper flowers made from old newspaper was attached as décor.

I made the spoon wreath using one pack of plastic white spoons (R6.99) from Wespack and a glue gun.

The paper birds on the blackboard were made from cardboard white paper (template will be added to website), the wings were glued to the body and then the front wing was bent giving it a 3D look.

The Mandela tree of life was made using a wire baobab tree which I painted white and added wooden hearts (In Good Company) and wooden decoupage hearts with Madiba prints.

The pens were made using a pack of 50 white ballpoint pens (R10 from Pick n Pay) and various bright buttons which I glue gunned together.

Mosaic shapes from the crafty section of Mica at Lifestyle were glue gunned to old mismatched plates to recycle as new food bowls and platters. I also added some shapes to old salad servers.

Bought cookies were placed in a Wespack jar (R20) and adorned with a wooden star and red and white string.

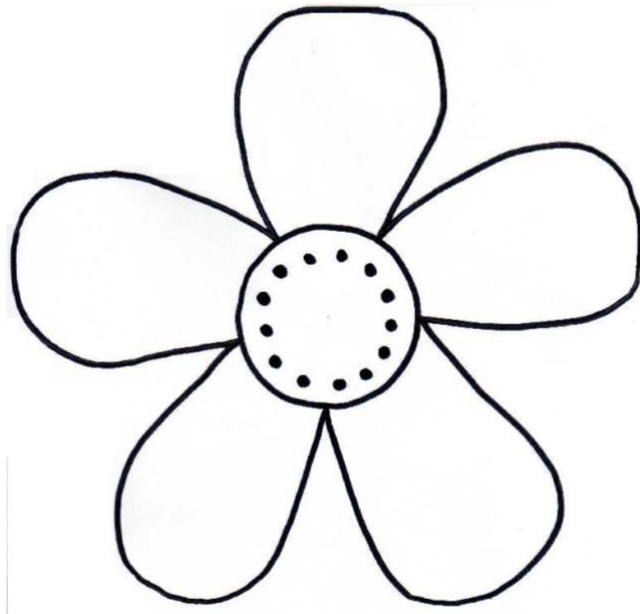
The vintage sweet style crackers were made using toilet rolls, Woolworth's white tissue paper, stamped with a scrap stamp and tied with red and white string (In good Company). Fill with heart erasers (In good Company).

To make the brown or white paper bag stars: Take 5 packets and cut the bottoms off. Cut the tops in a point. Place 2 strips of double sided tape at the bottom of each bag and stick one bag onto another. Punch a hole in the middle, thread string and then fold over the bags and make your star.

Flower template

Trace 2 flower templates on required paper. Glue one on top of the other and fold the top petals up to make a 3D shape.

Other templates on www.cookstudio.co.za . Password is **madiba**.



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www.macaroon.co.za for labels and tags