



AROUND THE WORLD IN TWO HOURS

Mexican Margarita

Warm Indonesian chicken salad with Sambal Kacang (Peanut Sauce)

Zanzibar lamb kebabs served with mint pesto

Karoo style roasted butternut with onion marmalade, crispy bacon and toasted almonds

Italian antipasti salad with marinated feta and mozzarella

Pasteis de nata (Portuguese custard tartlets)

Cupcakes with English Royal icing

CRAFTS: Flower Power



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Cheats Mexican Margarita

1 tot Triple sec
1 tot Tequila
4 tots Dreams margarita cocktail mix
1 lemon
Crushed ice

1. Grate some lemon rind and add to a mixture of salt and sugar.
2. Use the sliced lemon wedge to moisten the rim of a martini/margarita glass.
3. Dip the glass in the sugar mix. Mix the remaining ingredients in a liquidiser until nice and frothy.

Warm Indonesian chicken salad with Sambal Kacang (Peanut Sauce)

8 free range chicken breasts cut into strips
½ cup teriyaki sauce
¼ cup Soy sauce
4 tablespoons honey or sweet chilli sauce
2 tablespoons fresh ginger, chopped
Oil for stir frying

½ red cabbage sliced very thinly
2 red peppers, sliced
½ cup cashew nuts
1-2 mangos, sliced (or a small punnet of woolies sliced mango)
Greens of your choice

Dressing

1 tin coconut milk
½ cup chunky peanut butter
1 teaspoon red curry or red chilli paste
1 tablespoon brown sugar
1 tablespoon lime juice
2 teaspoons fish sauce

1. Marinate chicken strips for 2 hours in the combined teriyaki, soy sauce, honey or sweet chilli sauce and ginger.
2. Pan fry the red peppers till soft in a little oil and remove from pan
3. Add the cashew nuts and toss around until toasted, remove. Wipe pan, heat your pan till very hot, add a drizzle of oil and fry chicken until cooked
4. For the dressing: heat ingredients gently, allow to boil then cool down
5. On a large platter, scatter the greens, cabbage and peppers
6. Top with the chicken, cashew nuts and mango pieces
7. Serve with dressing

Makes one large salad and feeds 4- 6 people

COOK'S NOTES: A quicker less creamy dressing can be made by combining 2 tablespoons honey with 1/3 cup soy sauce and 2 tablespoons sweet chilli sauce

Italian antipasti salad with marinated feta and mozzarella

Large block mozzarella cheese, cubed
Large block hard feta (not Danish), cubed
½ cup pitted black olives, rinsed
½ cup chopped sun-dried tomatoes
1 teaspoon crushed garlic or 2 cloves sliced
1 tsp red chilli flakes
2/3 cup olive oil, slightly heated
Zest and juice of a lemon
¼ cup white balsamic vinegar
1 tablespoon dried oregano
1 teaspoon crushed coriander seeds
2 teaspoons cracked black pepper
Fresh thyme, marjoram or oregano
Salad leaves or rocket

1. Place the cheese in a bowl with the herbs, chilli and spices, olives, sun-dried tomatoes
2. Combine olive oil and balsamic vinegar with crushed garlic and lemon juice and pour over.
3. Allow to marinate overnight or up to 2 days and pile on salad leaves

COOK'S NOTES: toasted pine nuts can be sprinkled on top

Zanzibar lamb kebabs served with mint pesto

1 deboned leg of lamb cubed (about a 1kg)
Juice of 3 large lemons (or ¾ cup)
2/3 cup olive oil
1 onion, chopped
1 heaped tablespoon crushed garlic
1 ½ tablespoons crushed coriander seeds
1 ½ tablespoons cumin
1 ½ teaspoons ground cinnamon
1 ½ teaspoons turmeric

1. Soak wooden skewers in water for a few hours to prevent them from burning
2. Combine the lemon juice, olive oil, onion, garlic and spices.
3. Place the lamb in a Ziploc bag and pour over the marinade. Allow to marinate for between 2 hours and 2 days and then thread onto skewers
4. Sprinkle with Maldon salt and cook under a hot grill for 10 minutes, turning once after 5 minutes.

Pesto

2 tablespoons toasted flaked almonds

A large bunch of fresh mint

1 teaspoon Dijon mustard

juice of half a lemon

90ml olive oil

Salt and pepper

Process almonds, mint, mustard and lemon juice. Add olive oil and process again. Season well.

Karoo style roasted butternut with onion marmalade, crispy bacon and toasted almonds

2 large butternuts, deseeded and sliced

Salt and pepper

Olive oil for roasting

1 packet of streaky bacon chopped

½ cup slivered almonds, toasted

Onion marmalade

2 onions thinly sliced

1 tablespoon butter

2 tablespoons oil

4 tablespoons balsamic vinegar

2 tablespoons Sugar

Honey dressing

3 tablespoons balsamic vinegar

3 tablespoons freshly squeezed lemon juice

1 teaspoon minced garlic

A thumb of fresh ginger, grated

1 tablespoon brown sugar

¾ cup extra virgin olive oil

1. Season the butternut cubes, drizzle with olive oil and roast at 220 °C for about 25 minutes or until cooked
2. Fry the bacon until crispy
3. For the marmalade: gently sauté the onion in butter and oil over low heat. When translucent add the vinegar, sugar, turn the heat down low and leave to cook gently for 20-30 minutes or until golden and sticky. If it looks as if the mixture is drying out or burning add a little more liquid
4. For the dressing: combine all ingredients

To serve: arrange the butternut, bacon and onion marmalade in layers. Dress and toss with the toasted almonds. Serves 6-8

Pasteis de nata (Portuguese custard tartlets)

2 cups milk
1 tsp vanilla extract
¾ cup sugar
8 eggs yolks
2 tablespoons mazaena
1 packet puff pastry
Sugar to sprinkle

1. Preheat the oven to 190°C.
2. Mix the mazaena with a little of the milk till smooth
3. In a saucepan, combine the milk, mazaena, sugar and vanilla Extract and heat over a medium heat, stirring constantly until thick. Remove from heat
4. Place the egg yolks in a bowl and whisk lightly.
5. Slowly add the milk mixture to the egg yolks, whisking constantly.
6. Cut 12 circles from the pastry with a scone cutter and roll out slightly to ensure they fit into a hole of the muffin pan and come right up the sides
7. Press into the well- greased muffin pan and sprinkle a little sugar over the pastry
8. Fill the pastry cases with the custard until full and bake for 20 minutes until the pastry and custard are nicely browned.
9. Leave to cool before removing from pan and eat at room temperature

COOK'S NOTES: Cinnamon can be sprinkled on the tarts when removed from oven

Cupcakes with English Royal icing

125g unsalted butter, softened
125g ½ cup caster sugar
2 large eggs
125g ¾ cup self-raising flour (don't sieve)
½ teaspoon vanilla extract
2-3 tablespoons milk
12-bun muffin tin lined with muffin papers/cupcake wrappers

1. Place all ingredients except for the milk in the processor and then blitz until smooth.
2. Pulse while adding milk down the funnel, to make for a soft, dropping consistency.
3. Bake for 15 minutes at 180° minutes or until the cakes are cooked and golden brown on top.

Icing:

2 egg whites
2 cups icing sugar
1 tsp lemon juice

1. Beat egg whites until foamy and gradually add sugar and lemon. Continue beating until nice and glossy.
2. Dollop over cupcakes and garnish with rose petals, small sugared flowers or fairy fudge flowers. The icing takes a few hours to harden.

Fairy fudge

50g marshmallows
50g unsalted butter
1 tablespoon milk
225 g icing sugar sifted
Sweets or silver balls for decorating
Small shape cutters

1. Melt the marshmallows, butter and milk in a pot over low heat
2. Make a well in the icing sugar and add the mixture
3. Mix well-using your hands until all combined
4. Roll out on a surface, dusted with icing sugar
5. Cut out flower shapes and decorate cupcakes

Food colouring can be added to the mixture as well as essence. Beware of vanilla which discolours the white mix. Rather use clear rose water or orange essence.

Flower Power

1. **Flower pen:** Remove the back of a bic pen. Wrap the pen with green florist tape. Using a glue gun secure a faux flower to the end.
2. **Flower butter cubes:** Use a flower cookie cutter to cut shapes from sliced semi hard butter and remove carefully
3. **Flower sandwiches:** Use a flower cookie cutter to cut shapes from bread. Use a smaller flower cutter or a bottle to cut the centre of the top flower. Spread the bottom with a sweet or savoury (peanut butter or ham or cream cheese) and then dollop the sweet section on top (strawberry jam or tomato jam) and then place the top section on top with the hole exposing the jam.
4. **Flower sugar cubes:** Attach decorative icing flowers to sugar cubes with a tube of instant icing or make your own. Or: Sparingly drip liquid food colour onto the cubes, secure the flower and place on a tsp with a ribbon tied to it for presentation
5. **Flower clips:** Attach faux flowers to clips or any hair accessories with a glue gun
6. **Marshmallow daisies:** turn 2 marshmallows on their side so they look like a barrel and cut each one in half with a scissors. Trim each petal on their sides exposing an adhesive (the sticky inside) enabling you to stick them together. Place a sweet or large silver ball in the middle and sprinkle on small silver balls or coloured sugar or edible cupcake glitter. Place on a cake or skewer with a lollypop stick.
7. **Lavender and rose sugar:** Place chopped dried lavender or rose petals into sugar in a jar and gift.
8. **Flower cubes:** fill ice cube trays one third full with previously boiled water. Freeze for about one hour and then add one flower blossom in each. Top with water and freeze until hard. * cubes made with tap water may appear cloudy.
9. **Canned daisies:** place bunches of flowers into old tin cans (labels removed). Tie strands of long grass around the can and knot
10. **Flower place settings:** buy little flower pots for each guest and write your guests names on a wooden coffee stirrer or ice cream stick and insert vertically in a pot like a garden stake

11. **Flower mosaic:** this is a ceremonial tradition in Latin America and makes an affordable centre piece. Using a large bowl float different colours of flowers (stems removed) in water
12. **Flower flops:** using a glue gun, secure layers of scrap book flowers secured with a brad to cheap and colourful flip flops
13. **Blooming garden:** Convert patterned paper and embellishments into customised flower seed packets. Use as a place setting or gift.
14. **Branch out:** Spray willow or ordinary branches white and attach fabric or paper flowers to the branches using glue dots. Place in bottle vases.
15. **Decoupage details:** Use embellishments, tags with photos and printed words to attach to the centre of faux flowers. Place in a scrapped tin
16. **Napkin details:** Fold a napkin in half vertically to form a rectangle, then fold it horizontally to form a square. Fold vertically again to form a rectangle. Turn back 2 layers at the top right hand corner and hold in position with a flower
17. **Place setting:** cut out a rectangular piece of paper and punch a hole in the middle near the top. Place a flower in the hole and place the card in a bowl, with the flower at the top and the stem hanging down over the bowl. Write guests names or any appropriate words on the paper.
18. **Pretty garnish:** Sprinkle edible cupcake glitter onto rose buds and decorate cupcakes. Use opened roses to decorate bought chocolate or cheese cake.
19. **Rose water:** Place washed rose petals in a jug and add rose water essence, ice and water.
20. **Frosted rose petals:** Dip petals into egg white and then into castor sugar. Allow to dry and garnish desserts and cakes.
21. **Rose Ice Cream:** Mix 1 tin of condensed milk with 2 boxes only whip, add some rose water and washed and snipped rose petals.
22. **Roseade:** Boil 4 cups water, 1 cup sugar, 1 T lemon zest, ½ cup preserved ginger and 2 T rose essence, then chill in jam jars and garnish with rose petals
23. **Flower place mat:** take a piece of scrap book paper and cut a small slit at the top left and one at the bottom left and weave a gerbera through the slits
24. **Chocolate roses:** dip the ends of rose buds into melted dark chocolate and use for cake garnish
25. **Rose mirror:** paint the wooden frame of a mirror pink and glue glun roses around the frame for a girls room
26. **Rose frame:** Glue gun small flowers to old shabby picture frames
27. **Flower fly away:** Glue gun flowers to cake net stands and covers (they can be purchased on the side of the road)
28. **Mail me for the seed packet template!**