



BIRTHDAYS AND BOOK CLUBS

'Addiction' cocktail
Spicy tomato shots with a dash of cooling yoghurt
Avocado hummus with pistachio dukkah
Caramelised onion and goats cheese dip
Easy Tagine-style chicken with honey and apricots
Cheat's couscous platters in a dash, with cumin crunch and other topping ideas
Caramel 'n carrot mini cakes with peanut brittle

Table: A pastel Animal Parade party



Debbie Hannibal

082 882 2227



info@cookstudio.co.za



www.cookstudio.co.za



<http://pinterest.com/Cookstudio>



www.facebook.com/cookstudio



[@thecookstudio](https://twitter.com/thecookstudio)

ADDICTION (1)

1 tot of Vodka
1 tot peach schnapps
1 tablespoon condensed milk
½ cup orange juice

1. Blend all the ingredients
2. Pour over ice and garnish with fresh pineapple

AVOCADO HUMMUS WITH PISTACHIO DUKKAH

2 ripe avocado pears
1 tin chickpeas drained
1 tablespoon tahini
1 teaspoon crushed garlic
Juice of half a lemon
½ teaspoon ground cumin
Salt and pepper to taste
Handful of fresh coriander or Italian parsley (adds both flavour and colour)
Olive or Avocado oil to drizzle when serving

Combine the hummus ingredients in a blender and season to taste

DUKKAH

100g shelled pistachios, chopped (about ¾ cup)
100g mixed chopped nuts (about ¾ cup)
2 tablespoons ground cumin
2 tablespoons ground coriander
4 tablespoons sesame seeds
½ teaspoon salt
¼ teaspoon black pepper
1 teaspoon castor sugar

1. In a dry pan, toast the pistachios, nuts, and sesame seeds. When it starts to brown and you smell the unmistakable and delicious aroma of roasted nuts remove from heat immediately and pour the mixture into a bowl
2. Add the spice, sugar and salt and taste it (this is my seasoning to my preferred taste you may want to add more)

To serve:

Place the hummus in a bowl, drizzle with a little oil and sprinkle with the dukkah. Serve with crusty bread, rolls or biscuits.

COOK'S Notes: if you cannot find chopped mixed nuts, use chopped hazelnuts. If you are in a rush use NoMu dukkah. Keep it in a sealed jar or airtight container for one month and sprinkle it on salads, roasted vegetables, couscous, soups or serve it alongside olive oil and bread to dip.

CARAMELISED ONION AND GOAT'S CHEESE DIP

1 tub of plain cream cheese/smooth cottage cheese
1 roll of plain goats cheese
1 tub of sour cream
¼ teaspoon salt and ¼ teaspoon pepper
2 teaspoons tahini
Sesame seeds to garnish
Caramelised onion to garnish

1. Combine all ingredients until smooth and thick and season to taste
2. Cover and set in fridge. When ready to serve place in a bowl and top with the cooled caramelised onion and fresh coriander and a sprinkling of sesame seeds

TOMATO SHOTS (8-9 shots)

1 tin Woolworth's chopped tomato with garlic
Juice of half a lemon
A handful of fresh mint
2 tablespoons sweet chilli sauce
¼ teaspoon salt and ¼ teaspoon black pepper
Drop or 3 of Tobasco/chilli to taste
250ml Greek yoghurt
Ice if needed

1. Blend all the ingredients except for the yoghurt and season to taste
2. Add ice to chill it instantly and thin it out a little
3. Layer the soup with the yoghurt in small shot glasses
4. Serve with thin skewers, spoons, long ice cream sticks or skinny pretzels

COOK'S Notes: A perfect Amuse Bouche (mouth amuser)

MAKE-AT-HOME NO KNEAD MULTI-GRAIN DINNER ROLLS (16)

1 ½ cups plain flour
1 ½ cups whole-wheat flour
1 tablespoon instant dried yeast
1/3 cup oats (large flake is best)
1 cup mixed seeds/Miracles Plus Plus
Large handful chopped walnuts (optional)
1 ½ teaspoons salt
2 cups warm water
¼ cup canola oil
¼ cup honey
Additional seeds for top of bread rolls

1. Spray muffin tins with Spray n Cook and sprinkle a few mixed seeds into each cup.
2. Combine dry ingredients in a large bowl and mix wet ingredients together in a separate bowl.
3. Mix the contents of the two bowls together and then spoon the mixture into the prepared muffin tins and allow to rise 20 to 30 minutes.
4. Brush the top of each bread roll with a little extra oil, sprinkle over reserved seeds and bake in a preheated oven at 180°C for approximately 25 minutes.

TAGINE-STYLE CHICKEN WITH APRICOTS AND HONEY (8)

8 free-range chicken breasts, sliced (order already sliced from Delft 794 7295)
2 onions chopped
2 teaspoons minced garlic
2 teaspoons fresh grated ginger
2 teaspoons ground cumin
3 teaspoons ground coriander
2 strands of saffron, chopped
1 cups water* (reduce liquid as you increase the recipe)
2 tins coconut cream
1 cup dried apricots or fruit (like Woolworth's seasonal fruit strips)
1 teaspoon of mazauna
 $\frac{3}{4}$ cup sherry
2 tablespoons honey
3 tablespoons red curry paste
1 punnet baby marrows sliced
1 punnet patty pans, halved
Salt and pepper to season

1. Place the fruit, saffron and sherry in a small bowl and microwave for about 2-3 minutes or until the fruit is soft
2. Fry the onions in a little oil
3. Add the spices, paste and garlic and ginger and fry the breasts in the spices
4. Add the apricots and water and stir until the chicken is cooked
5. Add the coconut milk and vegetables and sprinkle over a teaspoon mazauna (this stops the cream from splitting) and cook on the stove or in the oven, covered for about an hour until tender

CHEAT'S COUSCOUS PLATTERS

Make use of Woolworth's Moroccan couscous or plain & whole wheat couscous and cook according to packet instructions (usually just covering the couscous with boiling water and then covering with clingwrap).

Place in a deep platter and if using the plain couscous top with one of the following:

Cumin crunch

2 tablespoons pistachios chopped
1 tablespoons cumin seeds
2 tablespoons sesame
 $\frac{1}{2}$ teaspoon salt

Dry pan fry and cool. Toss through couscous.

Caramelised onions

Cook 2 onions sliced until soft and brown and place on top of the couscous

Peas and toasted almonds

Cook a packet of Woolworth's fresh peas in the microwave and scatter on top of couscous. Place flaked almonds in a pan and toss until brown. Sprinkle on top of the peas

Cumin yoghurt and fresh herbs

Combine a teaspoon of dried cumin with Greek yoghurt and place a dollop on the couscous. Scatter with freshly chopped Italian parsley

MINI CARAMEL CARROT CAKES (12)

2 extra-large free range eggs
½ cup sunflower or canola oil
1 cup or 200g soft light brown sugar
300g grated carrots (2 tightly pressed cups)
75g pecans or walnuts chopped (¾ cup)
175g self-raising flour (1 ¼ cup)
½ teaspoon bicarb
1 teaspoon ground cinnamon
1 teaspoon mixed spice
Pinch of salt

Icing

125g Woolworth's organic butter
250g (1 block) Philadelphia cheese
2 cups icing sugar
2 tablespoons of caramel (boiled condensed milk)
Peanut brittle to decorate

1. Whisk the eggs, then add the oil, sugar, carrots and nuts
2. Sift in the remaining ingredients and stir to combine
3. Using a ¼ measuring cup scoop the mixture in a 12-hole muffin pan (greased with Spray n Cook) or into cupcake wrappers and bake for 20-25 minutes on 180 °C until well risen and springy to the touch
4. Cool and remove from the pan and ice

Icing

1. Beat the butter until pale and then add the icing sugar until you have a quite a thick mixture. Keep beating for a few minutes
2. Add the cheese little by little until it starts to fluff up. Beat only until smooth and combined.

COOK'S NOTES:

- For a large cake bake for 1 hour-1hour 15minutes at 150 °C
- For ginger carrot cakes add 50g chopped caramelised ginger to the mixture and ½ teaspoon ground ginger to the icing. Decorate with additional chopped ginger.
- Omit the caramel and add orange zest to the icing. Garnish with remaining pecan nuts instead of the brittle. These keep for 3-4 days and freeze well.
- Boil a sealed tin of condensed milk for 4 hours to make the caramel

TABLE: AN ANIMAL PARADE THEMED PARTY gender neutral 1-3 years

Animal parade décor In Good Company www.ingoodcompany.co.za
Re-usable spinning carousel centre piece R220
Party bags R120
Animal parade napkins R50
Animal parade party packs R160
Animal parade cups R60
Cotton napkins on a roll R160 (for 20)
All paper straws R50
Yellow heart food pics R60 (for 25)
Ribbon (whole roll) R145 each

- Peanut display: Place whole peanuts in a vase, insert long skewers with ribbons tied to the ends or cut outs of monkeys.
- Washi tape glasses and spoons: Washi tape, in theme colours, wrapped around wooden spoons and shot glasses
- Make flags with washi tape by double taping a piece of tape around a skewer or wooden spoon and then cutting a V shape as demonstrated
- Use washi tape around skewers and spoons
- Wrap ice- cream cones in themed cupcake wrappers
- Pop cupcake toppers in chuckles, popcorn and in sweetie pies
- Incorporate Cote d' Or Bouchée (little praline elephants) or the mignonette (little discs with elephants on them)
- Place Cutie Pies into cupcake wrappers and insert a cupcake topper. Place on a platter
- Bundaberg ginger beer in vintage bottles, Pick n Pay Rock Cottage
- Ginger beer and lemonade Woolworths
- Paint cheap plastic farm animals in 3 layers of gold craft paint (all Wespack)
- Fill a cookie jar with zoo biscuits in matching theme colours
- Make juice bottles by wrapping with washi tape, tying with twine, inserting an upside cupcake wrapper into a paper straw (all In Good Co) and popping a "holy" biscuit through straw
- Those very colourful but HORRIBLE coloured puffs are from Wespack (R19 for thousands). I took out the contradicting colours and used the remaining colours in jars and plastic containers with the gold animals on top.
- Juice dispensers are R150 from Wespack
- Make bunting with the paper plates and fairy lights with the cups as demonstrated.
- Use animal shape crackers from Woolies in jars
- Make fun sweet skewers with paper straws, washi tape and circle jelly rounds from Woolworths and Wespack.
- For goodie bags use brown boxes from In Good Co and using their cookie stamp (eat me), dip in scrap book ink, stamp the boxes and finish with a strip of washi tape

The snacks served with this theme:

1. Sweetie pies
2. Custard shots
3. Popcorn
4. Zoo biscuits
5. Chuckles
6. Peanuts
7. Jelly sour rounds (they call them Rondos at Woolies but they are also available at Wespack)
8. Cones-perfect for serving ice cream or an ice cream cake
9. Chocolates

NOTES

In Good Company has several gender neutral party themes. My sister and I have collected and share the Animal Parade (which I first used at her baby shower 2 years ago), Peter Rabbit and Belle and Boo. We exchange centre pieces, cake stands, cups and bunting to use among our 3 daughters.

It really is worth it to exchange themes with friends and family members. The quality is superb and as demonstrated, you can make so much from the basic items. Most of the décor items fold up for easy storage.

MORE

Make binoculars from wooden toilet rolls

Printable animal masks at <http://www.mrprintables.com/printable-animal-masks.html>

Printable animal bookmarks <http://www.mrprintables.com/printable-bookmarks-animals.html>

Printable animal stickers http://lottabruhn.typepad.com/lotta_bruhn_illustration/2008/12/stickers.html