



SHOW STOPPING SHOWERS

Crafts: a baby birdie bridal shower table and a brown and pink bridal shower table

**Baby asparagus and sun dried tomato quiches
Thyme garlic and buttermilk bread
Avocado and cream cheese dip
Lemon chicken with pumpkin seed and coriander pesto
Pear walnut and cranberry salad
Top Deck Mud cakes**



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Tropical Rosé Sangria

1 cup of red seedless grapes halved/strawberries quartered/blueberries or gooseberries
1 L of rosé wine
½ cup Bacardi white rum
½ cup icing sugar
2 cups (500ml) sparkling mineral water or soda water
2 cups berry, cranberry or pomegranate juice
4 radishes grated and dusted with castor sugar

Mix all ingredients together. Decorate rim of jug with grated radishes

Baby asparagus and sun dried tomato quiches (makes 12 normal size or 24 mini)

3 onions quartered and sliced
3 TBS olive oil
1 cup self raising flour
3 eggs lightly beaten
1 cup thick plain yoghurt
3 discs feta cheese, cubed
1 cup grated cheese
¼ cup Italian parsley, chopped
Sea salt and black pepper
1 cup blanched asparagus cut into small pieces
1/3 cup slivered sun dried tomatoes diced

1. Grease muffin tins and preheat oven to 180 °C
2. Fry the onions for 10-15 minutes to soften
3. Place flour in a bowl and make a well in the centre
4. Add the eggs and yoghurt and mix with a wooden spoon
5. Add onions, asparagus, cheese, tomatoes, parsley and seasoning
6. Dollop into muffin tins and bake for 20 minutes (small) or 30 minutes (large) or until golden and firm to the touch

COOK'S notes: substitute asparagus and sun dried tomato for 1 red and 1 yellow pepper cubed and fried.

Thyme garlic and buttermilk bread (20 slices)

3 cups self raising flour
2 tsp dried thyme or 2 TBS fresh thyme
1 tsp salt
1/3 cup finely chopped Italian parsley
500 ml buttermilk
1 egg
2 teaspoons crushed garlic
Paprika and grated cheese for topping.

1. Mix dry ingredients including parsley then beat buttermilk with egg and garlic.
2. Stir into flour mixture and mix well then spoon into a large baking tin.
3. Smooth top of loaf and sprinkle with paprika and cheese then bake at 180° C for 55-60 minutes.

COOK'S Notes: bake in 2 regular tins and cook for 35 minutes.

Avocado and cream cheese dip (makes 2 dips)

1 tub of Simonsberg cream cheese, plain

2 TBS milk
2 ripe avocado pears
1 small lemon
Seasoning
NoMU dukkah-any flavour
Sweet chilli sauce
Fresh coriander leaves

1. Mix one tub of cream cheese with 2 TBS milk and mix till smooth and softer. Place in the bottom of 2 small glass dip bowl
2. Mash the avocado flesh with the zest and juice of the lemon and add about ¼ tsp coarse black pepper and ½ tsp plain salt to season
3. Place on top of the cream cheese and sprinkle a layer of dukkah over the avocado
4. Pour a layer of sweet chilli sauce on top of the dukkah
5. Top with about 15 g (1/2 punnet) of chopped coriander or flat leaf parsley or even a combination of the two

Lemon chicken with pumpkin seed and coriander pesto (12)

½ cup pumpkin seeds
60g (2 tubs) fresh coriander
1 green chilli, seeded and chopped
1 tsp crushed garlic
½-¾ cup grated parmesan
1 cup olive oil, more if it's too thick
¼ tsp black pepper
½ tsp salt

1. Dry fry the seeds till they start to pop. Cool slightly and process with remaining ingredients.

10-12 small sized free range chicken breasts, sliced thinly (or about 8 very large)
¾ cup fresh lemon juice
2 tsp fresh or dried thyme
1TBS olive oil
1 tsp garlic
Maldon salt and black pepper
500g pasta cooked

2. Marinate the chicken in the remaining ingredients for at least an hour
3. Pan fry in a very hot pan with olive oil for a few minutes to cook
4. Toss through freshly cooked pasta with the pesto
5. Garnish with toasted pumpkin seeds and parmesan shavings

COOK'S notes: Basil may replace coriander and nuts or pine nuts may replace the pumpkin seeds.

Pear walnut and cranberry salad (10)

1 large packet baby spinach leaves

2-3 pears, sliced on a mandolin or cut into segments
1/3 -1/2 cup dried cranberries
1/3-1/2 cup walnuts
1 small red onion halved and sliced

MARINADE (so that the pears can be made a few hours ahead but only use firm pears for this)

3 cups water
1/4 cup sugar
1/4 cup lemon juice

DRESSING

1/2 cup crème fraîche or sour cream
1/4 - 1/2 cup cranberry juice (depending on how thick/thin you prefer your dressing)
2 TBS honey
2 tsp Dijon mustard
1tsp wholegrain
mustard
1/2 tsp coarse black pepper

1. If making the marinade, combine ingredients, and add pears, stir and cover.
2. To make dressing, combine all ingredients.
3. To assemble, drain the pears in a colander. Combine remaining salad ingredients and dress

COOK'S NOTES: blue cheese or feta can be crumbled on top of salad.

Make- at- home crustless bacon and tomato chilli jam quiche

1 small onion, chopped
250g finely chopped lean bacon
5 eggs
60ml chopped Italian parsley
1 cup grated cheese
1/4 cup plain flour
1 TBS butter
1 cups milk
1 cup cream or mascarpone
1/2 tsp salt
1/4 tsp coarse pepper
60ml tomato chilli jam

1. Fry onion for about a minute and add the bacon
Cook till the bacon starts to get nice and crisp and the onions are soft (about 5 minutes on hot gas). Remove from heat
2. Add 1 TBS of butter if the pan is dry and add the flour
3. Mix together the milk and eggs and add to the pan with the parsley, cheese and season to taste
4. Pour into quiche or pie dish.
5. Bake 180 °C for about 40 min (or increase heat to 200 °C for about 30)
6. Allow to cool for about 20 minutes before slicing and garnish with fresh herbs or a sprinkling of feta

COOK'S Notes: The jam adds a subtle sweetness but does darken the quiche slightly and you can omit this and serve it with the jam on the side if you prefer. Use 2 cups of milk to decrease the fat content. Also change the fillings as you wish. Substitute cheddar and bacon for smoked salmon and parmesan and omit the jam.

Top Deck Mud cakes (12)

100g butter
120g dark chocolate
150g castor sugar or 2/3 cup
125ml/ ½ cup milk

½ cup of flour
1/3 cup self raising flour
2 TBS cocoa powder (NoMu and Dutch cocoa is better than nestle or Cadbury's)
2 eggs

Top deck icing

150g Cadbury's Top Deck (retain the other 50g for garnish)
3TBS cream

1. Place the first group of ingredients in a pot over low heat and stir till melted and smooth.
2. Sift in the 2 flours and coca powder, whisk till smooth and then whisk in the egg
3. Spoon mixture in a 12- hole well greased (with spray n' cook) muffin pan.
4. Cook at 160 ° for 15 minutes. Allow to cool and remove from pan using a knife for the edges
5. Melt the Ganache ingredients till smooth and ice the mud pies, either immediately by pouring it on the cakes, or cooling the icing and smearing it on .
6. Shave the remaining top deck side ways with a veg peeler to make curls for the garnish.

COOK'S notes:

- If you would like to double up and make 24 you can do so and then make marbled cupcakes by making one dark batter as above and making another one using white chocolate. Add alternate spoonfuls of the batter into the pan and swirl with a skewer.

CRAFTS:

Baby shower

Tip: When using ribbon use your hair irons to flatter-much faster than getting the ironing board out.

A nice baby quote to use: "Baby's are a nice way of starting people"

- Pink and white runner, bird cage, baby bird tags, invites, silver name holders, green glasses, butterfly lanterns, daisy garlands, pegs and baby sign all In good co; www.ingoodcompany.co.za
- Use the gift tags as menu cards or attach to a wire tree for guests to place a special wish on the back of each card, thereby making a little wishing tree
- Food décor: Woolies pastel Easter eggs and sugar kisses sweets from P n' P
- Birdie paper (Abbey Road) from scrapbook emporium in Design quarter
- Use measuring tape to tie side plates together instead of ribbon
- Bébé girl and boy ribbon from Micky's scrap den in Eagle Canyon Contact Michele on 0832750771 or at mdetails@iafrica.co.za for more information.
- "Once upon a time" paper also from Micky's
- Cupcake stand made with polystyrene cake rounds with scalloped scrap paper-as demonstrated

Bridal shower

- Love-in-a-bag goody bags, pegs, pick me's, scratch me, bling rings and spotted chocolate and pink ribbon all In Good Co
- Love tickets and paper Micky's
- Heart paper selection Scrapbook emporium, Design Quarter. Used as place settings under glass sheets (COOK). Left over paper used to make round cut cuts (attach to ice cream sticks and pop in vase of chuckles)
- Iron on labels for shirts In Good Co
- Champagne glasses filled with paper hearts (Crafter's Market). Punch hole in the top and thread through a Beacon ice cream sucker
- Cutlery tied together with cupcake brown and pink spotted ribbon (In good co)
- Sweetie pie stand: 2 layers of scalloped paper, topped with a martini glass of pink speckled eggs and chocolate peanuts topped with a Woolies "princess duck" from their Easter egg range. Place sweetie pies on top of pink sweets in a small brown cupcake wrapper. Decorate with cupcake flowers
- Martini glass of mini super C's (energy for Girls night out)
- Favours: Love bags attached with heart pegs (each from In Good Co)