



## WALKING ON SUNSHINE

### Crafts: Sunshine & Summer table

Strawberry sherbet schmooze  
Mango and prawns on vermicelli noodles  
Rainbow rice salad  
Caramelised popcorn salad  
Chilli lime chicken wings  
Sunshine on a plate Meringue roulade with lemon curd  
Microwave lemon curd



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### **Strawberry sherbet schmooze (4)**

4 tots or 60 ml vodka

200ml Woolies Strawberry cordial

4 frozen strawberries

Ice

1. Place ingredients in a blender and whizz. Serve in a martini glass

COOK'S Notes: The schmooze will turn a milky colour when blending. Allow a minute to settle in the glass for the sherbety topping to form

To freeze strawberries, hull and slice them in half and then place in an airtight container or plastic bag and freeze till required

### **Mango and prawns on vermicelli noodles (4 as main, 8 as a starter)**

250g vermicelli rice noodles

16 prawns, ready cooked and defrosted or 400g frozen cooked medium prawns

Juice of 1 lemon

1 cup small diced mango

1 cup small diced cucumber

4 small salad onions chopped finely

2 TBS black sesame seeds

#### **Dressing**

½ tsp dried chilli flakes/ 1 red chilli deseeded and chopped

2 TBS grated ginger

2 TBS dark brown sugar

2 TBS rice vinegar

3 TBS lime juice

2 TBS soy sauce

1 TBS fish sauce

2 TBS mint sauce or freshly chopped mint

2 TBS olive oil

½-1 packet of chopped coriander

1. Combine dressing ingredients and allow to stand
2. Place noodles in a bowl, cover with boiling water, pop on a lid or cover and leave for about 5 minutes till cooked. Drain and rinse
3. Heat a pan with some oil and toss in sesame seeds and then the prawns and lemon juice. Lightly toss till heated through
4. Plate the noodles and place the mango, cucumber and spring onion on top. Top with prawns and drizzle over dressing

COOK'S notes: I use raw prawn meat which I defrost and drain and then pan fry in a little olive oil very quickly. No need to even add the lemon juice as they are succulent and tasty. The cooked prawn meat is for convenience. Try the woolies cooked prawns with chillies and soy..!

### **Rainbow rice salad (8)**

2 cups cooked brown rice  
2 cups fresh nectarines, cubed (about 3 med)  
1 cup celery, finely chopped  
1 small red pepper, chopped  
¼ cup parsley, chopped (about ½ a packet)  
¼ cup raisins  
½ cup Pick n Pay roasted seed mix (any flavour-even the balsamic or vanilla)  
2 large chopped spring onions (or use the red spring/salad onions from Woolies for colour)

### **Dressing**

3 TBS sunflower oil  
2 TBS lemon juice  
3 TBS soya sauce  
1 TBS medium or mild curry powder  
1 TBS honey

Combine salad ingredients then whisk together dressing, add to rice & toss.

COOK'S Notes: substitute nectarines with apples or tinned mangos in winter

### **Caramelised popcorn salad (8)**

1 packet baby leaves  
3 cobs of sweet corn, cooked  
1 small punnet of sliced mushrooms  
1-2 cups of Caramelised popcorn

### **Dressing**

1 cup canola oil  
1 teaspoon crushed garlic  
2 tablespoons peanut butter  
½ cup of sugar  
1 teaspoon smooth mustard  
¼ cup soya sauce  
½ cup of white vinegar  
Ground black pepper

1. Slice the corn of the cobs into long pieces
2. Blend dressing ingredients and use half to marinate/coat the mushrooms
3. Arrange salad leaves on a platter and top with mushrooms, corn and popcorn and serve with remaining dressing

### **Caramelised popcorn (makes 6 cups)**

6 cups popped popcorn made from cooking ½ cup raw kernels in a pot with 15 ml oil  
1 ½ cups caramel sugar  
2 TBS margarine or butter  
80ml water

1. Melt butter and add sugar and water
2. Stir until dissolved then bring to the boil
3. Boil for about 10 minutes until hard ball stage is almost reached
4. Remove from heat and pour over popcorn, stirring to coat
5. Turn popcorn out on a non stick mat and leave to cool and dry

### **Chilli lime chicken wings**

8 chicken wings  
½ punnet (15g) coriander, chopped  
1 tsp garlic  
1 small chilli (or use dried chilli flakes)  
1 tsp Maldon salt or ½ tsp plain salt  
1 TBS sugar  
2 TBS Thai fish sauce  
2 TBS bottled lime juice  
2 TBS soy sauce  
2 TBS oil

### **Chilli Lime sauce**

½ cup sugar  
½ cup white wine vinegar  
2 TBS lime juice  
2 TBS Thai fish sauce  
The remaining half a punnet of coriander leaves, chopped  
1 tsp chilli flakes

1. Combine the marinade ingredients and rub over chicken
2. Marinade for a few hours
3. Bake chicken on a non stick mat on 220° C for 30 minutes until crisp and golden

### **To make sauce**

4. Heat all ingredients except the coriander, bring to boil and simmer to a syrup (15-20 min)
5. Remove from heat add coriander
6. Drizzle the chicken with the lime sauce

### **Sunshine on a plate Meringue roulade with lemon curd (10-12)**

½ tsp cornflour

½ tsp vanilla extract  
½ tsp wine vinegar  
4 large egg whites  
1 slightly heaped cup castor sugar-or 220g  
A handful of almonds

250ml cream  
4 TBS Greek yoghurt  
200 ml lemon curd  
Icing sugar for dusting  
Berries or flowers to garnish

1. Mix together the cornflour, vanilla and vinegar
2. Whisk egg whites to stiff peaks and gradually add sugar
3. Stir in the cornflour mixture
4. Spread the mixture evenly on a tray approx 33cmx23 on a non stick mat
5. Sprinkle over the almonds and cook for 10 minutes on 200 °C
6. Reduce oven to 160 °C and cook for a further 10 minutes
7. Remove from oven and top with another non stick mat
8. Invert the meringue onto the other mat and allow to cool while preparing the filling
9. Whip the cream and yoghurt and spread onto meringue, then top with lemon curd
10. Roll up tightly from the long end and chill for an hour
11. Dust with icing sugar and top with flowers or fruit to garnish

### **Microwave lemon curd**

125g butter  
250ml sugar  
250ml fresh lemon juice  
3 whole eggs  
2 egg yolks  
grated rind of 1 large lemon

1. Place the butter in a glass bowl and microwave on high until it has melted. Add all the remaining ingredients and whisk.
2. Return to microwave and cook on high for two minutes, then whisk.
3. Return to microwave and cook again for one minute, remove and stir again.
4. Repeat the process for 4 minutes or until the mixture has thickened and coats the back of a wooden spoon.

Will keep in the fridge for up to three weeks if poured into a sterilised jar

## **CRAFTS**

- Pinwheels and ribbon sticks and demonstrated. Use pinwheels in cupcakes, flower pots and as table or party décor
- Canvas art: buy plain canvas from arts and craft shops.

Glue gun or silicone tiles onto the canvas –such as the heart tiles and words of love etc. OR Paint the canvas using a colour PVA with a craft sponge roller and dry. Paint a thin layer of modge podge over the whole canvas and while it's wet place your picture in position. Brush a layer of modge podge over the whole canvas till the picture “merges” with the canvas. Allow 30 minutes to dry and paint another layer of modge podge. Use pictures of teacups or vegetables for kitchens and typical hats, heeled shoes or fairies for little girls.

- Disposable BBQ Place setting: use a foil container as a plate and the white lid as a side plate. Use wooden cutlery, matching serviettes and pinwheels to decorate. Place on a piece of scrap paper-like the round cut out with a star
- Topiary pots: purchase little plants from lifestyle. Repot into terracotta and decorate with pinwheels and lemons.
- CD Cookie gifts: use white CD sleeves and place a piece of coloured paper inside. Place a large home made choc chip cookie inside, or alternatively cheat and drizzle chocolate over Woolies large ginger snaps (12 in a pack). Seal and decorate with printable flower label (go to [www.cookstudio.co.za](http://www.cookstudio.co.za) under FUN for template). Alternatively stack and wrap in a ribbon. Use the cookie gifts for party “favours”, valentine gifts or Bakers day treats.
- Cordials and syrups: use bottles from Consol and fill with a lemon cordial. Attach printable labels and gift. Go to [www.cookstudio.co.za](http://www.cookstudio.co.za) under fun for template)
- Cut 2 slits in a scrap page and thread a gerbera through for unusual simple place mat
- **Lemon Cordial**  
Make a simple sugar syrup by bringing equal quantities of water and white sugar to a gentle simmer for about 15-20 minutes. Allow to cool. Mix of sugar syrup (3/4) with fresh lemon juice (1/4) and pour into clean, dry bottles and seal. When ready to serve, fill each chilled glass with 1/3 cordial and 2/3 mineral water, together with plenty of ice and a hint of fresh mint.