



## Winter warmers and comforts

### Cocktail Gluwein

Carrot, coriander and coconut soup

Roast butternut salad with an Asian dressing

Seed loaf

Lamb and sun dried tomato casserole

Hot apple pudding with crisp sugared apple slices

Dark chocolate soup with toasted cinnamon croutons

**Table crafts** Farmhouse table, bottled relishes



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#### **Gluwein (or mulled wine) (4)**

1. Bring 3 tablespoons of brown sugar and 1 cup of water to the boil, stirring until the sugar dissolves
2. Add 2 cinnamon sticks, 5 cloves, the rind and juice of an orange and a bottle of red wine
3. Reduce heat to low and simmer for 20 minutes. Never boil the mixture as it will evaporate the alcohol.
4. Strain and serve in mugs (although I like to find the spices in my mug!)
5. You can experiment with different versions of this drink, such as adding fresh orange and lemon slices, using bruised cardamon pods or freshly grated nutmeg and honey instead of sugar. A teaspoon of coriander seeds can also be added.

#### **Carrot, coriander and coconut soup with yoghurt and seed health loaf (4-6)**

1 kg carrots, tips cut off and sliced into chunks  
1 onion sliced roughly  
2 teaspoons coriander powder  
2.5 cm piece of fresh ginger peeled and grated  
500ml water with 3 heaped tablespoons Ina Paarman chicken stock powder\*  
1 tin coconut milk  
2 tablespoons olive oil/1 heaped tablespoon butter or marger  
1 bunch of fresh coriander

1. Fry the onions in the oil with the coriander and ginger.
2. Add the carrots and stock and cook until tender.
3. Liquidise the soup and add the coconut milk.
4. Serve with coriander on top or add before processing.

COOK'S Notes: If your soup is too thick add more water

#### **Seed loaf (8)**

500ml plain yoghurt  
5ml bicarbonate of soda  
5ml baking powder  
2 tablespoons honey or brown sugar  
15ml oil  
4 cups nutty wheat  
½ cup sunflower seeds  
Sesame seeds for sprinkling

1. Add the bicarb to the yoghurt and mix in the oil and honey
2. Add the rest of ingredients and place in a loaf pan. Smooth the top and sprinkle with sesame seeds
3. Bake at 180° for 1 hour

COOK'S Notes: You can divert from using only nutty wheat and use the following:

2 cups whole wheat flour, 1 cup rolled oats , 1 cup muesli OR  
2 cups crushed wheat, 1 cup self raising flour 1 cup nutty wheat (add a little milk if mixture is too thick to manage)

Finely chop a small bunch of fresh coriander and blend with butter. Spread on the bread while still warm and serve with the soup

### **Roast butternut salad with an Asian dressing**

1 large butternut cut into chunks

Rocket leaves

A handful of pumpkin seeds, toasted

Bake butternut in oven at 180° C until soft.

#### **Dressing:**

$\frac{3}{4}$  cup brown grape vinegar

$\frac{3}{4}$  cup sugar

$\frac{1}{2}$  cup mayonnaise

small bunch coriander

1 clove garlic

2 tsp fresh grated ginger

chilli or a splash of chilli sauce

2 tablespoons Kikkoman soy sauce

2 tablespoons lemon juice

2 tablespoons white sesame seeds

1. Place vinegar and sugar in a pot and reduce for 20 minutes (take care not to burn or reduce to caramel). Let the syrup cool and blend with remaining ingredients
2. Place rocket leaves on a platter and top with the butternut
3. Drizzle over the dressing and scatter with the pumpkin seeds

COOK'S Notes: Sweet potato can be added or used instead of the butternut

### **Lamb and sun dried tomato casserole (4)**

500g boneless leg of lamb or shoulder cubes

$\frac{1}{2}$  cup flour

2 teaspoons pepper and 3 teaspoons salt

Olive oil

$\frac{1}{4}$  punnet of peeled button onions

2 sticks celery, sliced

$\frac{1}{2}$  packet sun dried tomatoes

1 tablespoon tomato paste

1 can tomatoes chopped

2 heaped tablespoons Ina paarman beef stock powder with  $\frac{1}{2}$  cup water

1 cup red wine

1 tablespoon brown sugar

Fresh Thyme, Rosemary and Origanum

$\frac{1}{2}$  cup orange juice (if using oranges grate the zest)

1 red pepper and 1 yellow pepper chopped

1. Combine flour and seasoning and toss through lamb cubes.
2. Heat a pan with oil and brown the lamb
3. Place the lamb in a large casserole dish and add remaining ingredients.
4. Stir and bake at 180° for approximately 2 hours or until the lamb is tender

### **Hot apple pudding with crisp sugared apple slices (6-8)**

3 tablespoons soft butter

1 cup sugar

3 extra- large eggs

¼ cup of milk

1 cup flour

1 teaspoon baking powder

Pinch of salt

1 tin pie apples

1. Cream butter and sugar
2. Add beaten eggs and milk
3. Sift in flour, baking powder salt
4. Add 1 tin of pie apples on top
5. Bake 180° 35 minutes
6. Alternatively place in ramekins or small dishes and bake for 25 minutes

Syrup

Bring 1 cup sugar, 1 cup cream and vanilla essence to the boil, remove and pour over pudding when out the oven

### **Apple slices**

1. Make a stock syrup with equal amounts sugar and water and reduce by a quarter
2. Slice apples thinly on a mandolin, dip in syrup and place on a non-stick mat on a baking tray
3. Bake for 3 hours on 100° C until dry

### **Dark chocolate soup with toasted cinnamon croutons (8)**

½ cup sugar

¼ cup water

Pinch of salt

3 cups cream

3 cups milk

2 teaspoons instant espresso powder

700g chocolate

1. Combine the sugar and water in a pan and cook till the sugar changes colour
2. Bring to the boil until the syrup turns a deep amber colour then immediately remove the pan from heat and add the cream.
3. Bring this mixture to a boil while stirring, remove from heat and add the espresso powder and chocolate.
4. Stir till mixture is smooth, divide the soup among 8 bowls and place a scoop of ice cream or blob of mascarpone on top. Add croutons and serve immediately.

### **Croutons**

flapjacks

Some melted butter

Using a star (or other) cookie cutter, cut out shapes from your flap jacks. Brush with melted butter and sprinkle sugar and cinnamon mixture on top. Place in oven till golden brown

## **Table crafts: getting that farmhouse look and feel**

### **Where to buy**

Antique knives -Boho Newlands or any second hand/antique shop  
Bone butter knives R10 each Grand Hotel antiques, Long road, Newlands  
Tin mugs/plates-Checkers or Jumbo cash and carry-from R5  
Old wooden bread and cheese boards-Wild Olive, Just in time  
Bread tins for cutlery-R14.99 Pep stores, old ones-antique shop.  
Dishcloth placemats-buy dish towels on sale.  
Crate (R160) from Boho

### **What to do**

Place lavender and herbs in consol bottles, with pebbles at the bottom (instead of flowers)  
Rosemary napkin holders: use rosemary and craft wire to wrap around napkin  
Pots of herbs with "help yourself" tags and herb scissors  
Candle in cleaned all gold tin  
Bread-can be wrapped in dishcloth, raffia or a piece of wax paper  
Butter cut in rough blocks and placed on the board or whole blocks of butter placed in tin plates (R5) with lavender on top and antique knife  
To serve casserole-serve in pot-brass or old pot, place a piece of wax paper over and tie with a string  
Serve vegetables in old pans with herbs on top  
For a starter serve a loaf of bread with marinated olives. Buy the olives from Pick n Pay and place in a consol glass bottle with a piece of thyme or rosemary in bottle. Serve with an antique fork or boned fork  
Wrap a water bottle in a piece of Hessian, tie with brown string and tuck an autumn leaf inside  
Rusted antique graters can be used as a candle cover  
Place beers on ice in old buckets (mine Boho)  
To serve roast chicken, place wax paper in a casserole dish, place chicken on top and scatter with fried lemon pieces. Bunch some herbs together and tie with a string and place on top of chicken  
Place your fleece TV blankets over the chairs of your lady guests  
An old farmhouse winter theme is also the perfect opportunity to bring out old, simple and cheap food; cottage pie and cinnamon fritters, meatballs and bread and butter pudding, spaghetti with tomato chilli sauce and vinegar pudding and custard.  
Have no matching soup bowls? Use tin mugs..  
Place cutlery in a serviette and tuck into a brown paper bag (I shorten the bag) use a peg or raffia to fasten

### **Food crafts**

There is no need to sterilise your jars by boiling away and using tongs like your granny. You can use your old bottle steriliser and microwave them, place in a dishwasher or even place in the oven till hot. You can also place your piping hot relish into a jar, seal it and turn it upside down and it will automatically sterilise.

#### **Chilli tomato jam**

80ml red wine vinegar  
1 tin chopped tomatoes  
300g sugar  
3 red chillies, chopped  
fresh ginger and garlic optional

Place all in pot and cook for a bout 30 minutes till thick and jammy.  
Replacing sugar with jam sugar or adding pectin will set it much firmer

### Onion marmalade

- 2 tablespoons unsalted butter
- 1 large sweet onion – quartered and finely sliced
- 1 TBS mustard seeds
- 3 tablespoons muscovado sugar
- 2 tablespoon balsamic vinegar
- 1 TBS orange juice

Heat the butter and add onion slices and mustard seeds and sauté till brown and soft (about 15 minutes). Add the other ingredients and sauté till sticky

**COOK** loves our earth, animals, kids and the environment and only uses free range eggs and free range chickens on all courses♥

Go on, be good....

- Don't support battery chicken farming, buy free range.
- Only eat fast food when you have to. Fast food is energy consuming food.
- Limit your fast food consumption to Nandos (they farm chickens in a humane way). Avoid Kentucky and Mac Donald's. Why? Go to [www.peta.org](http://www.peta.org).
- Try to buy "green" house hold products and dishwashing liquid. Get 7<sup>th</sup> Generation products from the health pharmacy in Heathway, Pick n Pay do a "green" wash up liquid and all purpose cleaner and Thrupps have a range of organic products including dog shampoo.
- Only use Golden Cloud self raising flour. Unlike the Snowflake and Woolies flour, it's free of GMO's (genetically modified organisms). Go to [www.safeage.org](http://www.safeage.org)
- Only purchase Woolworths milk products. They are free of RBST growth hormones. Go to [www.earthmother.co.za](http://www.earthmother.co.za) for more information.
- Reduce, Reuse, Recycle. Recycled plastic uses 88% less energy. Pay R30 a month for a recycling bin and collection. Visit [www.resolutionrecycling.co.za](http://www.resolutionrecycling.co.za).
- Try use Tupperware instead of disposable plastic packets for school lunches
- Reduce your meat intake. Eating less meat frees up the environment. livestock herds account for 10 per cent of all greenhouse gases, including approximately 25 % of emissions of methane
- Try and purchase organic lamb and beef from Checkers and Woolworths
- Get a water filter at home and reduce your consumption of bottled water
- Preserve water:
- Litres of water required to produce ONLY 1 KG OF FOOD:
- Potatoes 500, Wheat 900, Rice 1910, Chicken 3500 and Beef 100,000
- Eat fruits and vegetables in season. That way you aren't paying the price of airfare for bananas, apples, tomatoes, oranges, or squash
- Only eat sustainable seafood. Go to [www.wwf.org.za/sassi](http://www.wwf.org.za/sassi) for more info or SMS the name of a fish to 079 499 8795 and they will sms you the status, in robot colours (green: good, orange: caution, red: avoid)
- Hake, yellowtail, snoek and calamari are good fish choices. Avoid musselcracker and steenbras.
- **Educate your children. It's their future**