



**IEASA - Western Cape**  
The Institute of Estate Agents of South Africa



*Easy holiday recipes*

*brought to you by*

*IEASA staff members*



December 2010



## Fresh Fruit Kebabs

by Janine

### Ingredients

- 1 pkt Bananas
- 1 pkt Apples
- 1 punnet Strawberries
- 1 Sweet melon
- 1 Pineapple
- 6 Kiwi fruit
- 1 pkt Grapes

### Method

Peel fruit and cut into bite sized cubes. Place on skewer stick, alternating between fruits. Arrange on a serving platter and drizzle with honey and a squeeze of lemon or homemade syrup. Serve cold with ice cream or a dollop of cream.

**\*\*Tip:** cut pineapple in half with leaves attached. Place upside down on a platter and stick skewers into it for a colorful centerpiece.

### Syrup

- ½ cup Brown /white sugar
- ½ cup Lemon juice / juice of 2 lemons
- 10 cm Ginger grated / 2 tsp fine ginger

Place sugar in a saucepan, add lemon juice and ginger and heat gently until all the sugar is dissolved. Bring to boil, then simmer for 2 minutes. Strain to get rid of the ginger.



## **Green Vegetable Pesto Pasta** by Lee-Ann

### **Ingredients**

- 1 pkt Pasta
- 150g Green beans
- 1 pkt Broccoli florets
- 1 Courgette cut into matchsticks

### **Method**

Boil the pasta in salt water for 6 minutes. Add the beans and cook for 1 minute, then add the rest of the veggies and cook for a further 2 minutes. Drain thoroughly.

### **Pesto**

- Fresh Basil leaves
- 1 Garlic clove crushed
- ½ cup Parmesan cheese grated
- Sml pkt Cashew nuts
- 4 tbsp Olive oil
- Salt and ground black pepper

Place garlic, basil, cashews, parmesan and olive oil in a food processor / twister until smooth. Season to taste and set aside. Return the pasta and the veggies to the saucepan and stir in pesto. Heat gently for about 1 minute until well combined. Serve hot.



### **Fruit Cocktail Malva Pudding** by Margaret

#### **Ingredients**

2 cups Self raising flour  
2 eggs  
1½ cups Sugar  
2 tbsp Bicarbonate Soda  
1 sml tin Fruit cocktail

#### **Method**

Sift flour, sugar, bicarb and add a pinch of salt. Add eggs and fruit cocktail. Mix to combine. Pour into a greased rectangular baking dish and bake for 30 – 35 minutes or until golden brown on 180°C. Let it cool down a little and pour syrup over while still warm.

#### **Syrup**

2 tbsp Butter  
2 cups Sugar  
1 tbsp Vanilla essence  
1 cup Milk

Melt butter in a saucepan, add sugar, milk and vanilla essences and heat gently until all the sugar is dissolved. Bring to boil until it becomes a syrup. Pour over pudding. Serve warm or cold with custard or ice cream.



## **Apple Pear & Banana Crumble**

by Lee-Ann

### **Ingredients**

2 dessert apples, peeled and sliced  
2 ripe pears, peeled, cored and sliced  
3 tbsp apple juice  
1 tbsp clear honey  
2 bananas, sliced

### **Topping**

125g butter, cut into cubes  
150g plain white flour  
75g golden / brown sugar

Preheat the oven to 200 C. Place the apples and pears in a large, shallow, ovenproof dish, add the apple juice and drizzle over the honey. Lay the bananas on top.

Rub the butter into the flour, using your fingertips, until the mixture resembles rough breadcrumbs. Stir in the sugar and spoon this mixture over the bananas.

Cook for 30 – 35 minutes or until fruit is bubbling and the topping is golden.

Serve with cream or ice cream



### **Chutney Pot Chicken** by Farah

#### **Ingredients**

6 pieces of chicken separated  
2 potatoes cut in quarters  
2 tsp chutney sauce  
1 tsp tandoori spice  
1 tsp garlic  
Salt to taste

#### **Method**

Normal size pot, add a tsp of water, braai the chicken on both sides. Add the chutney and tandoori and garlic. Add water wait for 7 minutes then add the potatoes, stir the pot occasionally when potatoes go soft put pot on low for 10 minutes to simmer. You may add more chicken just increase the ingredients. Serve with rice.



### **Chutney Oven Chicken** by Farah

#### **Ingredients**

6 pieces of chicken separated  
5 tsp chutney sauce  
3 tsp tomato sauce  
2 tsp tandoori spice  
1 tsp garlic  
Salt to taste

#### **Method**

Heat oven on 180 degrees, take an oven plate separate the chicken, all the chutney sauce, tomato sauce and tandoori spice and garlic and salt. Add a quarter glass of water and pour at the bottom of the plate. Every 10 minutes turn the chicken. Bake for 20 to 30 minutes. You may add more chicken just increase the ingredients. Serve with rice.



## Easy Vegetable Bake

by Margaret

### Ingredients

- 1 pkt Cauliflower
- 1 pkt Broccoli
- 5 Carrots
- 1 tsp Crushed chillies
- 1 sml tub Cream
- 1 pkt Whole Kernel
- 1 cup grated Cheese

### Method

Boil vegetables for 10 minutes and drain. Add kernels, chillies and cream. Place in baking dish and sprinkle over the cheese. Bake for 20 -25 minutes or until cheese is melted and golden brown. Serve as a side dish or as a main meal.



## Chicken Pasta Potjie

by Janine

### Ingredients

- 3 Onions
- 1 Green pepper
- 1 pkt Chicken pieces
- 1 pkt Mixed vegetables
- 1 pkt Pasta shells cooked
- 1 cup Cheese
- 1 cup Rice cooked
- Salt and Pepper
- Chicken spices

### Method

Fry onions and green pepper in oil on a hot potjie. Add chicken pieces and fry lightly until golden brown. Add mix veg and cooked pasta. Leave on fire for 20 – 30 minutes. Sprinkle grated cheese over and serve with cooked rice.



## **Butternut Cous Cous Salad** by Annette

### **Ingredients**

- 500g Cous Cous
- 1 butternut
- 250g rounds of feta cheese
- 2T olive oil
- 1 pkt rocket
- 1 pkt pumpkin seeds

### **Method**

Cube the butternut, toss in olive oil and roast in a moderate oven until cooked. Let the butternut cool. Dry roast the pumpkin seeds and leave to cool. Prepare the Cous Cous as per the instructions on the packet and leave to cool.

Gently mix the butternut, cous cous, pumpkin seeds and feta and place on a layer of rocket in a salad bowl.

Allow each guest to add their own balsamic vinegar and olive oil as a dressing if required.





### **S'mores** by Kim

#### **Ingredients**

- 1 cup butter, melted
- 1/3 cup white sugar
- 3 cups crumbs (any biscuit your prefer)
- 2 cups chocolate chips
- 3 cups miniature marshmallows

#### **Method**

Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish.

In a medium bowl, combine butter, sugar and graham cracker crumbs until well coated. Press half of crumb mixture into the bottom of the prepared pan. Top with the chocolate chips, then the marshmallows. Sprinkle the remaining graham cracker mixture over the marshmallows and press down with a spatula.

Bake in preheated oven 10 minutes, until marshmallows are melted. Cool completely before cutting into squares.



### **Iced Coffee** by Wardah

#### **Ingredients**

- Strong coffee, about 1/2 cup per serving
- Ice, enough to fill up a tall glass for each serving
- Cream, half and half or milk If using milk, you'll want at least 1/2 cup per serving. If using half and half or cream, a couple of tablespoons per serving will suffice.
- Sweeten to taste.



## **Chicken Moskva**

by Jo-Anne

### **Ingredients**

- 1 large Chicken
- 30ml Butter
- 2 Onions sliced
- 2 Tomatoes skinned and sliced
- 60ml Boiling water
- 175ml low fat plain yoghurt
- 5ml flour
- 5ml Paprika
- Ginger/Cumin optional

### **Method**

Season chicken. Brown in a big pot on the stove with butter. Pour in boiling water and cook chicken on low heat until done for about 45 minutes. Take the chicken out of the pot. Turn up the heat, add chopped onion to the chicken juices. Turn down the heat while frying the onion and cook until soft. Add tomatoes and cook until mushy. Add yoghurt, paprika, ginger, cumin(if adding) and flour. Cook until thickened and then another 5 minutes on very low heat. Season with salt to taste. Cut up chicken and serve with sauce.



## **Roasted Vegetable Salad** by Wardah

### **Ingredients**

- 1 pkt Broccoli florets
- 1 pkt Cauliflower floret
- 1 pkt Baby potatoes
- 1 pkt Carrots
- 1 Butternut
- 1 Green pepper
- 1 Red pepper
- 1 Yellow pepper
- 3 Red onions/white onions
- Feta cheese

### **Method**

Preheat oven to 200°C. Slice the peppers, onions and carrots into strips. Place into a roasting dish. Drizzle with olive oil and seasoning. Toss the veggies to coat them well. Bake for about 30 – 35 minutes until they are tender.

### **Dressing**

- 3 tbsp olive oil / cooking oil
- 2 tbsp honey
- 1 tbsp balsamic / white vinegar
- 2 tbsp lemon juice / juice of half a lemon

Mix the above ingredients together. Pour over the roasted veggies and sprinkle on some cubed feta cheese. Serve as a side dish. Lovely with your braai.



### **Yummy Chocolate Brownies**

by Jo-Anne

#### **Ingredients**

120 g Butter  
2 eggs  
240g Caster sugar  
2 tsp Cocoa  
30g Dark chocolate  
90g Flour  
5ml Vanilla essence  
5ml Baking powder

#### **Method**

Melt butter and chocolate. Lightly mix sugar and eggs. Pour butter mixture into eggs. Add rest of the ingredients and mix. Add in extra chopped chocolate and bake for 30 minutes at 180° C. Cut into squares while slightly warm.

### **Christmas Trifle**

by Janine



#### **Ingredients**

1 sponge cake  
1 tin mixed fruit  
1 pkt custard (or instant custard)  
Milk, sugar, Jam  
2 pkts Jelly  
1 Fresh Cream  
1 peppermint chocolate for decoration  
1 pkt Almond nuts (optional)

#### **Method**

Custard (old school) and Jelly should be cooled and placed into the fridge to set. Cut sponge cake into squares and place in deep glass bowl. Pour the juice of the mixed fruit over the sponge cake. Cover the sponge cake with the mixed fruit. Sprinkle Almond nuts over the fruit, this is optional. Once jelly is set layer over the fruit and custard layered over the jelly. Just before serving cover the custard with whipped cream and decorate with peppermint chocolate.



## Scrumptious Summer Salad

by Sandy

### Ingredients

- 2 pkts Fancy lettuces
- 2 pkts Baby cabbages (chopped)
- 1 pkt Mange tout
- 4 Avocados
- 1 Bunch spring onions (chopped)

Mix the lettuce and chopped cabbage with the mange tout, cubed avocado and chopped spring onions.

### Dressing:

- 1/3 cup Sugar
- 1/3 cup Sunflower Oil / Olive Oil
- 1/3 cup White wine vinegar
- 2 tsp Soya Sauce
- 1 tsp Pure Sesame Seed Oil
- 2 tsp Soya Sauce
- 1 tsp Chicken Stock powder
- 1/3 cup Roasted sesame seeds
- 1/3 cup Roasted Pine Nuts (optional)

Combine all the ingredients in a Tupperware shaker and shake until mixed. Pour over the salad and toss thoroughly.

### The Secret:

(Prepare this beforehand)

- 1 pkt Instant noodles (toss the flavouring)

Break the noodles into small pieces and place on a baking tray. Bake in a warm oven until golden brown making sure to move them around to avoid burning. Just before serving, sprinkle liberally over the salad.

Enjoy – this is a truly yummy salad 😊



### **Cambrieni Festive Finale** by Annette

#### **Ingredients**

- 1 large Simonsberg Cambrieni Cheese wheel
- 2 punnets of fresh mixed berries
- 400g of raw mixed nuts
- 1 bottle of green figs in syrup

#### **Method**

Place cambrieni wheel on a large platter.  
Place nuts and berries whole on and around the wheel  
Chop the figs into quarters and place on the wheel  
Pour approximately half the syrup from the figs over the whole dish  
Serve with Fresh bread and savory biscuits.

### **Party Mimosa** by Kim



#### **Ingredients**

- 1 (12 ounce) can apricot-mango nectar
- 1 (12 ounce) can pineapple juice
- 3/4 cup cold water
- 1 (6 ounce) can frozen orange juice concentrate, thawed and undiluted
- 1 (750ml) bottle cold champagne

#### **Method**

Stir together apricot nectar, pineapple juice, water, and orange juice concentrate in a large pitcher until combined.

Pour in bottle of sparkling wine just before serving.