

# Frozen strawberry cupcakes with white balsamic reduction

A great alternative to traditional cupcakes, these cupcakes can be prepared well in advance and kept in the freezer. Prepare the cream cheese frosting just before serving and you have a dessert on the table in less than a minute

Makes 4 portions      Total Preparation time: 40 minutes

## Ingredients

100 g frozen strawberries  
4 fresh mint leaves  
1-2 pinches ground black pepper  
1 egg white  
1 tbsp white balsamic vinegar reduction  
70 g plain yoghurt  
2 tbsp maple syrup, to taste  
100g cream cheese, cut into pieces  
Fresh strawberries, to serve

## Method

1. Place frozen strawberries, mint and pepper into mixing bowl and chop **5 sec/speed 6**. Scrape down sides of mixing bowl with spatula, then repeat.
2. Move mix to the sides of bowl and **insert butterfly whisk**. Add egg white, balsamic reduction and 20 g yoghurt and mix **1 min 30 sec/speed 4** or until smooth consistency is achieved. Transfer into silicone cupcake moulds and place into the freezer to set ( approx. 1 hour). Clean and dry mixing bowl.
3. To make cream cheese sauce, place remaining 50 g yoghurt, maple syrup and cream cheese into mixing bowl and mix **10 sec/speed 6**. Scrape down sides of mixing bowl with spatula then repeat until smooth.
4. Turn out frozen cupcakes onto serving plate and allow to sit for a couple of minutes to soften. Serve with cream cheese sauce and fresh strawberries on the side.

## Cook's notes

- Once set, cupcakes can be removed from the mould and stored in a shallow freeze able container. Making the cream cheese sauce just before serving.
- Leftover cream cheese can be used in the *Steamed pistachio cheesecake with mango* from the *Cooking for me and you Cookbook*.

# Beetroot smoothie

Full of antioxidants and fibre – this smoothie is a power kick when you need the lift.

Makes 2 portions    Total prep time: 10 min

## Ingredients

140 g raw beetroot, peeled and cut into pieces  
2 red apples, peeled, cored, cut into quarters  
8 strawberries, washed, hulled.  
40 g ice cubes  
½ - 1 tsp ground cinnamon to taste  
200 g almond milk, chilled  
½ - 1 tbsp honey, to taste

## Method

1. Place beetroot, apple, strawberries and ice into mixing bowl and chop **3 sec/speed 6**. Scrape down sides of mixing bowl with spatula.
2. Add remaining ingredients and blend **1 min/speed 8**. Serve immediately

## Cook's notes

- Use any leftover beetroot to make the delicious *Beetroot salad* from the *Everyday Cookbook* and use your leftover apples in the *Apple pie smoothie* from the *Cooking for me and you Cookbook* to alternate smoothie flavour day-to-day.
- Substitute the almond milk with rice or cashew milk if you prefer.

# White balsamic reduction

A versatile flavour that pairs beautifully with apple or pears, berries, roasted meats and vegetables – used in either sweet or savoury dishes.

Makes approx. 250 g Total prep time: 40 min

## Ingredients

500 g white balsamic vinegar  
50 g dry sherry  
80 g raw sugar  
2 dried bay leaves  
8 whole white or black peppercorns  
1 lemon, zest only, no white pith  
6 sprigs fresh thyme, leaves only  
1 spring onion / shallot, trimmed, cut into halves

## Method

1. Place all ingredients into mixing bowl and cook **30 min/Varoma/reverse/speed 2**, placing simmering basket instead of measuring cup onto mixing bowl lid.
2. Strain through a fine-mesh sieve into an airtight glass jar or bottle and seal. Allow to cool completely before placing into a cool dark area to store. Use as needed.

## Cook's notes

- Cook in a well-ventilated room or turn on an extraction fan to avoid strong vapours.
- This reduction is used in a number of recipes throughout the *Cooking for me and you Cookbook*.
- Combine with extra virgin olive oil to create a tart salad dressing.
- White balsamic vinegar is very similar to darker balsamic vinegar. Made using the sweet white Trebbiano grape pressings and cooked on lower temperatures, it is slightly tarter in flavour but with cleaner aftertaste.

# Lancewood cheese bites.

Makes approx. 60 – 70 portions    Total prep time: 15 – 20 min

## Ingredients

250 g Lancewood cheddar cheese, cut into smaller pieces

280 g cake wheat flour

2 ml salt

1 ml baking powder

250 g butter, at room temperature, cut into small pieces

Lancewood preserves – Tomato and Ginger

## Method

1. Preheat oven to 200 °C
2. Grate the cheese for **10 sec/speed 8**, max 150 g at a time, set aside.
3. Place dry ingredients, grated cheese and butter into mixing bowl and mix **10 sec/speed 5** or until a soft dough is formed.
4. Roll into walnut sized balls and place on a baking sheet lined with baking paper.
5. Using the back of a wooden spoon make a hole in each.
6. Fill the hole with a little preserve.
7. Bake for 10 – 15 minutes.
8. Leave to cool.
9. Store in an airtight container.

## Cook's notes

- Can be served with drinks or as part of a cheese board.

# Fish on a bed of caulimash and courgettes ribbons with a Tom Yum sauce.

Serves 4 – 6 people Total prep time: 30 min

## Ingredients

4 – 6 fish fillets  
700 g water  
cauliflower florets to fill simmering basket  
butter to taste  
cream to taste  
250 g cream  
100 g coconut cream  
1 tbsp of Tom Yum paste  
4 – 8 courgettes depending on size, sliced into ribbons  
Juice of 2 limes  
Handful of torn basil leaves  
2 tbsp olive oil  
Salt and pepper

## Method

1. Place 700 g water into TM bowl, cauliflower into simmering basket and fish in Varoma. Cook **16 min/ Varoma/speed 1**. When fish is cooked keep warm.
2. Empty water out of bowl and place steamed cauliflower into TM bowl with butter, cream and seasoning, puree **30 sec/speed 8**, keep warm.
3. Place cream, coconut cream, Tom Yum paste into clean TM bowl, heat **10 min/90°C/speed 4**.
4. While sauce is cooking place courgette ribbons and basil into glass bowl add remaining ingredients allow to marinade until ready to plate.

## To plate

- Place caulimash in centre of plate
- Top with courgette noodles and then the fish. Spoon sauce over fish.

# Home-made granola

This recipe may not yield a huge amount but bear in mind that it is packed full of energy what with its nuts, seeds, coconut and coconut oil. All you need is 2 or 3 tablespoons on top of a thick, creamy Greek yoghurt with a few berries / tiny drizzle of honey / molasses over to give you a highly satisfying breakfast.

## Ingredients

1 cup of pecan nuts, roughly chopped  
1 cup of almonds, roughly chopped  
½ cup sunflower seeds  
½ cup pumpkin seeds  
½ cup flax seeds  
½ cup coconut flakes (or sesame seeds)  
2 tsp cinnamon  
1 tsp nutmeg  
coconut oil (or olive oil) to coat  
A few drops vanilla essence

## Method

1. Place all the nuts, seeds, coconut and berries in a baking dish.
2. Sprinkle the spices over and a few drops vanilla essence.
3. Pour a bit of coconut oil over and stir to coat all the ingredients.
4. Bake at 180 °C for 30 minutes, giving it a stir every 10 minutes.
5. Cool completely before storing in an airtight container.

## Marc's watermelon and tomato gazpacho,

Serves 6 people Total prep time: min

### Ingredients

1 kg watermelon  
250 g tomato sauce  
5 g fresh ginger, cut into small pieces  
1 tsp salt

### Method

1. Chop the ginger at **10 sec/speed 8**
2. Put the rest of the ingredients in the TM bowl
3. Mix at **1 min/speed 10**
4. Keep cold in the fridge

## Mango-pineapple springroll

Serves 6 people Total prep time: min

### Ingredients

6 rice sheets  
1 mango cut in brunoise ½  
1 pineapple cut brunoise ½  
1 garlic clove  
Ginger grated  
1 tsp coriander chopped  
1 tsp punzu sauce  
salt and pepper

### Method

1. Mix the mango, pineapple, chopped garlic, coriander, ginger and season with punzu sauce, salt and pepper
2. Roll in the rice sheet
3. Cut in 2

### Cook's notes

- Serve as a garnish with your soup.

## **Banting rusk recipe** - From Sue do Vales sister, Kathy

Makes about 65 rusks

Total Preparation time: 10 minutes excluding baking and drying time

### Ingredients

230 g almonds

50 g coconut, desiccated

130 g seed mix (flax, sesame, pumpkin, sunflower) [To be grounded in TM, see below]

150 g ground seed mix (flax, sesame, pumpkin, sunflower) [To be keep whole]

75 g extra sunflower seeds

40 g coconut flakes

20 ml baking powder

4 eggs

500 g buttermilk (at room temp)

90 g xylitol

300 g butter, cubed

Method Preheat oven to 180°C.

1. Grease a rusk pan and set aside.
2. Weigh almonds into TM bowl and mill **5 sec/speed 10**, set aside
3. Place desiccated coconut into TM bowl and mill **10 sec /speed 10**, set aside with almonds
4. Place 130 g seed mix into TM bowl and mill **6 sec/speed 9**.
5. Except for xylitol, add all the dry ingredients into bowl, including almond and coconut flour, and mix **8 sec/speed 4**. Set aside in a large mixing bowl.
6. Place the cubed butter in the TM mixing bowl and melt **3 - 4 min/50 °C/speed 1**.
7. Add eggs, buttermilk and xylitol to melted butter and mix **30 sec/speed 4**.
8. Add the wet ingredients to the dry ingredients which have been set aside and mix well. This is not a very stiff mixture.
9. Pour the mixture into the greased rusk pan and bake for 45 - 50 minutes.
10. Allow to cool and cut into preferred portion sizes.
11. Place on a baking tray
12. Lower oven to 70 °C and dry rusks out for a couple of hours over night.
13. Place a wooden spoon in the oven door so that the moisture escapes and the rusks can dry out completely.
14. Pack into airtight container

### Cook's notes

- Once baked the mixture is very soft, so take care when you cut your rusks.