



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



Pudding up with it!

WARM APPLE CRUMBLE

Shameema @sspictureproject
Recipe Credit Rehana Sablay

Ingredients

*For the dough

250g butter
1 cup sugar
1 large egg
1 tsp vanilla essence
3 cups flour
1 tsp baking powder
¼ tsp salt

*For the filling

5 large Granny Smith green apples (sliced & peeled)
½ cup sugar
¼ cup water
A few cinnamon sticks and cardamom pods
*1/3 cup apricot jam

Method

Cream the butter, sugar and eggs and then add the vanilla.

Sieve all the dry ingredients and combine with the wet ingredients in a mixer to form a dough.

For the filling, cook the apples, sugar, water and cinnamon and cardamom for 10 to 15 minutes until tender, and the liquid is glossy and slightly syrupy. Leave to cool.

In a greased, standard pie dish, roll ¾ of the dough out to form a base.

Chill the remainder in the fridge.

Layer the apricot jam and then add the filling.

Grate the remainder of the chilled dough on top of the filling to form the crumble.

Bake at 180°C for 20 min to ½ hour or until the crumble turns a golden brown.

Serve with dessert cream or vanilla ice cream.

PERFECT FOR THE COLD:
Warm apple crumble



LEKKER SOETGOED RECIPES FOR THE WINTER MONTHS

BY FARZANA KUMANDAN

WINTER... a time when our days and nights are chilly, rainy *en ons is yskoud!*

Our evenings quiet down a bit earlier, we look forward to relaxing, we look for warmth, we grab our favourite blanket, warm pjs and *lus for iets lekker* and usually hot and sweet.

What better way to warm up the heart and soul than with a classic *outydse warme* pudding?

A *lekker bakkie soetgoed* with a warm cup of tea or coffee hits the spot perfectly on any winter's day.

We don't need an excuse to have pudding; we need comfort food, especially on cold days!

Taste

The sweet smells of custard, milk, cardamom or cinnamon fills the air while we bake and once it comes out of the oven you can't wait to taste.

Today I honour my foodie friends and share a sweet part of our friendship with their favourite winter warmer recipes.

They have all been such an amazing part of my journey – the foodie friends who challenge you, motivate you, inspire you, love you, but also know how to press all your buttons at times...

Friends who become family, love you fiercely and unconditionally, stand by your side and help you grow. And instead of showing you how awesome they are, they inspire you to be the best version of yourself.

Each of their recipes tell a story, each spoonful is filled with so much love and so many memories.

So please go ahead and recreate these recipes, make a *lekker big bak*, brew a cup of tea, gather your loved ones around the table and make amazing memories.



RICE PUDDING

Abidah Dixon Mohamed @proe_met_abidah

Ingredients

200 grams butter or margarine
3 cardamom pods
3 whole stick cinnamon
2 Tablespoons vanilla essence
1 Cup water
1 egg
2 Litres milk
1 Cup 250ml Basmati rice
Sugar
250ml Fresh cream
½ teaspoon Salt
Fine cinnamon for dusting

Method

In a pot, melt the butter and add the cardamom, cinnamon, vanilla essence and water and stir for a few minutes.

Whisk the egg in a bowl and add to the pot, give it a quick whisk and immediately add the milk.

Whisk continuously until the milk boils, then add in the rice.

Simmer until the rice is cooked and soft.

Once the rice is cooked, add in the sugar, salt and fresh cream.

Turn off the heat completely but continue stirring until the pudding is thick and creamy. Dust with cinnamon and serve hot.

DATE AND STICKY TOFFEE PUDDING

Razeenah Hunter Petersen @lechantly_sa

Ingredients

*For the Pudding
200g pitted Dates
250ml Boiling Water
5ml Bicarbonate of soda
160g Sugar
75g Butter
3 eggs
5ml Vanilla Essence
225g Cake Flour
10ml Baking powder
*For the Toffee Sauce

200g Brown sugar
50g Butter
250ml Milk
20ml Cornflour
5ml Custard Powder
5ml Caramel essence

Method

Preheat the oven to 180°C. Place dates, boiling water and bicarb in a bowl and stir, then allow to rest.

Cream the sugar and butter until you have a light and

creamy batter.

Add the eggs one at a time, mixing well after each addition.

Sift in the flour and baking powder along with the date mixture. Mix well to combine.

Pour into a greased dish and bake for 30-35 minutes or until a skewer comes out clean.

For the sauce, heat the sugar and butter in a saucepan. Boil until caramel in color.

Mix 50ml of the milk with the

cornflour and custard to make a slurry.

Add the remaining 200ml milk into the caramel, taking care as it is very hot and will bubble fiercely.

Add the slurry and cook until the sauce starts to thicken.

Add the caramel essence and mix through.

Pour the hot sauce over the hot Date Pudding and let rest for 5 min. Serve warm.

POTATO PUDDING

Gadija Gamielidien & Mymoena Bey @cookhalaal

Ingredients

4 potatoes
1 tsp salt
125g butter
2 cups sugar
1 cup self raising flour
6 eggs
1 tsp vanilla essence
1L Milk

Method

Peel and cut potatoes in cubes and boil with the salt until soft.

In a large bowl, mash potatoes, add the butter and sugar and mix until smooth.

In a separate bowl, add some milk to the flour to make a thick smooth paste.

Add the flour paste to the mash and mix well.



Whisk the eggs and vanilla essence and add to the mash and then mix well.

Lastly add the remainder of the milk and mix well.

Bake at 180°C for one hour.

Spoon a thin layer of apricot jam over the top as soon as it comes out of the oven.

PHIRNI RICE MILK

Dilshad Parker @hungryforhalaal

Ingredients

1/3 cup basmati rice
3 cups milk
1 large tin dessert cream plus same tin filled with water
1/3 tsp cardamom powder
½ tin condensed milk
A pinch of saffron soaked in 2 tbsp warm milk
Chopped almonds or pistachios for topping off (optional)

Method

Grind the rice coarsely in a spice grinder. Don't make it too fine. You don't want powder.

In a large pot, heat the milk, cardamom and dessert cream.

Fill the dessert cream tin with water and add that too.

Bring to a simmer, stirring often so it doesn't stick to the bottom (8-10 min).

Add the rice and stir to mix. Simmer on a low heat for 25-30 min, stirring occasionally.

Stir in the condensed milk and soaked saffron.

Simmer, stirring constantly until the mixture reduces down slightly to your preferred thickness.

Pour into small serving bowls and refrigerate or serve warm if preferred.

Tip: The mixture thickens upon standing and will thicken even more in the fridge.