



COOKSISTER

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



O Christmas treat!

BY FARZANA KUMANDAN

HELLO everyone!

Three more sleeps to Christmas! By now, you have your menu for the big lunch all worked out and you have even started shopping for ingredients.

Today is Part 2 of our Christmas edition and we are featuring everyone's favourite, the sweet stuff!

The dessert/pudding table is always the highlight of any meal for me.

All your favourite lussies are made and you know exactly what you are having first – be it trifle, Pavlova or even a good old chocolate cake – dessert is always the perfect amount of sweetness that just finishes off the meal perfectly.

Although life during a pandemic will have our Christmas and our holiday traditions looking a little different, dessert box gifts are such an amazing trending idea.

Make a boxie of your favourite cakes, cookies or snacks and drop it off by your loved ones for them to enjoy and add to their spread.

Our tables will be smaller, but it is a time to make new memories around the table and it reminds us how grateful we are for the little moments.

“The best memories are made around the table with your loved ones and good food.”

This week I am sharing quick, easy, classic desserts that will have you wanting to skip lunch and head straight into the sweet stuff.

With that being said, I wish you a blessed day filled with love, happiness, peace and joy over Christmas and the entire festive season.

Sending extra love to those who are not able to be with loved ones that are far away or not able to celebrate with you.

May the day and season be filled with light, laughter and cheer for you and your family.

Good luck with the Christmas prep, have a beautiful day and stay safe.

Love, Your Cooksister.



ONE TO ENJOY: Trifle dessert

QUICK AND EASY DESSERT RECIPES TO SWEETEN THE DEAL AT YOUR XMAS MEAL

CHRISTMAS BERRY TRIFLE

Recipe Credit Capsicum Culinary Studio

Ingredients

- 700g strawberries, hulled and cut into quarters
- 400g blueberries
- 1½ cups cream, whipped
- 1½ cups custard
- 1 packet meringues, broken up
- 24 finger biscuits
- Fresh mint for garnish (optional)

Method

Cover the bottom of a large glass bowl with a layer of finger biscuits.

On top of that, spoon a layer of custard, followed by a layer of strawberries and blueberries, then a layer of crumbled meringue and finally a layer of whipped cream.

Repeat layers until you have reached the top of the bowl.

Scatter more strawberries and blackberries on top and garnish with a sprig of fresh mint or two.

Refrigerate overnight, before serving. To make it more exotic, add raspberries, mangoes or kiwi fruit to the layers and garnish the top with chocolate shavings, cherries or fresh cream.

PEPPERMINT FRIDGE TART

Recipe Credit Farzana Kumandan @sprinklesandspicect

Ingredients

- 1 Tin caramel treat
- 3 x 250ml tubs fresh cream
- 2 x 400g Peppermint Crisp Chocolate
- 1 Swiss roll cut into thin slices

Method

Whip 2 tubs fresh cream and until soft peaks are formed

Whip 1 Tin caramel treat until it's smooth

Grate 1 and a half slabs Peppermint Crisp

Mix all ingredients together until combined.

In a large bowl beat your 3rd fresh cream until soft peaks are formed

In a large dish, pack your Swiss roll to cover the base of the tart.

Spread a layer of the Peppermint Pudding.

Repeat with one more layer of Swiss roll and peppermint pudding.

Lastly top with your fresh cream and end off with Sprinkling on your remaining roughly chopped Peppermint Crisp

Refrigerate until you ready to serve



SAGO FRUIT PUDDING

Recipe Credit Farzana Kumandan @sprinklesandspicect

Ingredients

- 1 cup sago
- 1½ litres milk
- 1 tin Ideal milk
- 1 large tin Dessert Cream
- 1 tin Condensed Milk
- 1 large tin Fruit Cocktail
- 1 cup strawberries
- 1 cup mango
- 2 bananas

Method

In a large pot, soak the sago in 2 cups water for an hour.

Once all water is soaked up by the sago and the sago is double in size



Add your milk and bring to boil over a low heat, stirring continuously.

Allow to cool and add in the tin milk and fruit.

Once completely cold, refrigerate and serve cold

CHRISTMAS FRUIT CAKE

Recipe Credit Farzana Kumandan @sprinklesandspicect

Ingredients

- 225g butter
- 225g castor sugar
- 2 eggs
- 115ml orange juice
- 225g flour
- 1 teaspoon baking powder

500 fruitcake mix

Method

Cream the butter, sugar and egg until light and fluffy. Add in the orange juice and mix well.

Add in the flour and fruit ensuring you toss the fruit in flour to coat as you mix.

Mix until well combined. Line 2 medium bread tins with greaseproof paper and transfer the batter equally. Bake on 150 degrees for 50- 60 minutes or until a toothpick come out clean.



BERRY PAVLOVA

Recipe Credit Naseema Osman @cookandletcook

Ingredients for the Meringue

- 5 large, room temperature egg whites
- 225 grams caster sugar
- 1 teaspoon vanilla essence
- 1 teaspoon lemon juice
- 1 tablespoon maizena

Method for the Meringue

Draw a 20cm circle on a large piece of baking paper (you can use one of your round cake tins to measure).

Preheat your oven to 150 °C (with fan).

Add egg whites to a large clean bowl. Mix on a low speed until you start seeing

bubbles then turn the speed up to high.

Continue whisking your eggs till you have a soft peak.

Now turn the speed back to medium and start adding the sugar, 1 tablespoon at a time.

Once all the sugar has been mixed in, turn up the speed until you have stiff peaks, and the sugar has dissolved. (You can assess this by rubbing some of the mixture between your fingers).

Add maizena, vanilla essence and lemon juice and gently whisk or fold this in.

Add meringue to the baking sheet and try to make it even all around, smoothing out the top.

Turn down the oven temperature to 110 °C (with fan) and then place the meringue in the oven for 1hr and 15 minutes.

Once it's baked, turn off the oven and leave the meringue in there for at least 1 hour (keep

the oven door closed).

Open the oven door and leave it in for another 30 minutes:

Remove the meringue from the oven and allow it to cool completely.

Originally meringue recipe @recipe_tin adapted by @cookandletcook

Ingredients for the Topping

- 250 ml cold whipping cream
 - 1 tablespoon sugar
 - 300 to 400 grams mixed berries
- Method for the Topping
Add cream and sugar to a bowl and whisk till soft peaks.
Add cream to the meringue. If you have cracks, you can use the cream to cover it up.
Finally add your fruit and enjoy!

