

WEEK 1: MENU

1. Pasta with bacon and cream, salad
2. Chutney curry chicken, rice and vegetables
3. Hawaiian pizzas, salad
4. Butternut soup, French loaf/buns, salad
5. Boerewors rolls and bean salad, green salad
6. Cottage pie, vegetables *plus freezer recipe – savoury mince*

Bonus recipe: *Strawberry pavlova (ingredients marked with * on shopping list)

SHOPPING LIST

MEAT

- 250g bacon
- 8 chicken pieces
- Sliced salami
- Boerewors
- 750g lean minced beef

CONDIMENTS

- Vegetable oil
- Chutney
- Dijon/French mustard
- Tomato sauce
- Mayonnaise
- Worcester sauce

FRESH PRODUCE

- Crushed garlic
- Vegetables for 2 meals
- Salad ingredients for 4 meals
- 3 onions
- 1kg potatoes
- 1 large butternut
- 1 Banana
- parsley
- *250g punnet strawberries

CANNED GOODS

- 1 tin pineapple pieces
- 1 tin baked beans

HERBS & SPICES

- Paprika
- curry powder
- ground turmeric
- ground cumin

- Chicken spice

- Nutmeg
- Fine cloves
- Dried parsley
- Mixed dried herbs

DAIRY

- 3 x 250ml fresh/longlife cream
- Cheddar cheese
- Mozzarella cheese
- Margarine
- * 4 Eggs
- *250 ml cream
- *175ml granadilla yoghurt
- Milk

DRY GOODS

- Spiral noodles
- White/brown rice
- *Castor sugar
- Cake flour
- Beef stock
- Chicken stock cubes/powder

BAKERY

- French loaf or 6 buns
- 6-8 hotdog rolls

OTHER

- 6-8 pizza bases
- Braai wood, matches & firelighters
- *Wax paper

VEGETARIAN

- Baby marrows and/or mushrooms

Day 1 Pasta with bacon and cream

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| 500g spiral noodles | 3ml paprika |
| 250g bacon, chopped | 5ml crushed garlic |
| 25 ml vegetable oil | Grated cheddar cheese |
| 250 ml fresh/longlife cream | Salt & pepper |

Fry bacon in oil until cooked but not crispy. Add garlic and cook until soft. Drain excess oil, add cream and paprika and stir. Add noodles to bacon and cream mixture. Sprinkle cheese over and stir in over low heat. Season to taste. Serve with salad.

Vegetarian: Use sliced baby marrows and/or sliced mushrooms instead of bacon.

Day 2 Chutney curry chicken

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| 8 chicken pieces | 10ml curry powder |
| 25ml vegetable oil | 2ml ground turmeric |
| 250ml fresh/ longlife cream | 5ml ground cumin |
| 60ml chutney | 5ml salt |
| 15ml Dijon/French mustard | Milled black pepper |

Fry the chicken pieces in oil until browned. Mix together the cream, chutney, mustard, curry powder, turmeric, cumin, salt and pepper. Pour over the chicken pieces. Cover with a lid and cook over moderate heat for about 30 minutes, turning the chicken pieces half way through. Serve with white or brown rice and steamed vegetables or salad.

Day 3 Hawaiian pizzas (or your family's favourite)

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| 8 pizza bases | |
| Sliced salami | Crushed garlic |
| 1 tin pineapple pieces | Grated cheddar or mozzarella cheese |

Add the toppings to the bases and grill under a hot oven.

Alternative: Make your own pizza bases – ***add these ingredients to the shopping list***

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| 440g plain strong white flour | Salt |
| 25g fresh yeast | 2-3 teaspoons olive oil |
| 200ml warm water | |

Tip all the flour onto a work surface. Mix the yeast and water together and add about 2 tablespoons of the flour. Put the yeast mixture in a lightly floured bowl and leave to rise in a warm place for about 30 minutes. Knead this mixture well and then knead it into the rest of the flour, adding a little more water as needed. Add the salt and oil and knead energetically for about 10 minutes. Transfer to a large floured bowl and return to warm place to rise again for about an hour or until doubled in size. Makes 6 pizzas or focaccia bread.

Day 4 Butternut soup

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| 2 onions, chopped | 2ml nutmeg |
| 1 large butternut, cubed | 2ml fine cloves |
| 2 medium potatoes cubed | 5ml curry powder |
| 50g Margarine (or 1cm of a block) | 5ml salt |
| 2 chicken stock cubes/ 2 tsp powdered chicken stock | Pepper |
| 2,5ml chicken spice | Crushed garlic |
| | Dried parsley |
| | 250 ml cream |

Melt the margarine in a large pot and add the chopped onion. Cook until soft. Add the butternut and potato and about 500ml water. Add the spices and cook until the vegetables are soft. Liquidise the soup in a food processor, Twister or with an egg beater. Return to low heat and add dried parsley and cream. Serve with fresh buns/French loaf and salad. Freeze the leftover soup and keep it for another day.

Day 5 Boerewors rolls and bean salad

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| Boerewors | |
| 6-8 hotdog rolls | |
| <u>Bean salad:</u> | 5ml curry powder |
| 1 tin baked beans | 1 banana, sliced (optional) |
| 15ml mayonnaise | |

Braai the boerewors and serve on buttered hotdog rolls with tomato sauce, chutney or mustard.

Bean salad: Mix the mayonnaise and curry powder with the baked beans. Add sliced banana. Serve with a green salad.

Day 6 Cottage pie

Use this recipe, which is included in the shopping list or use the alternative freezer recipe, for savoury mince which follows and adapt the shopping list accordingly:

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| 1 large onion, chopped | 7ml Worcester sauce |
| 12,5ml margarine | 25ml finely chopped parsley |
| 750g lean minced beef | 5ml mixed dried herbs |
| 50ml cake flour | 5ml salt |
| 125ml beef stock | Pepper to taste |
| 50ml tomato sauce | |

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| <u>Topping:</u> | |
| 600g potatoes, peeled and cubed | 50ml milk |
| water | 125ml grated cheese |
| 25g margarine | |

Fry the onion in the margarine until soft, add the meat and cook until sealed. Add the cake flour and stir until mixed. Combine the beef stock, tomato sauce, Worcester sauce, parsley, herbs and pepper and stir into the meat mixture. Lastly add the salt. Spoon the filling into a round pie dish. This mixture can be kept frozen.

Topping: Cook the potatoes in a little water and salt until soft. Mash the hot potatoes and stir in the margarine, then add the milk and mix well. Scatter the cheese on top and bake until golden.

Alternative: Freezer recipe - Savory mince - serves 10 – **add ingredients to shopping list**

4 onions, chopped	1 tin tomato and onion mix
1 kg minced beef	30ml gravy powder dissolved in
3 carrots, finely grated	250ml water

Fry the onions, add the mince and brown it. Add the carrots, tomato mix and gravy. Add salt and pepper to taste. Simmer. Divide into freezable containers. Freeze for up to 3 months. This savoury mince, frozen in bulk, has **many** different uses.

Cottage pie

Serve layered with mashed potatoes and peas. Top with crushed crisps and grated cheese. Grill until golden.

Baked spuds

Serve on baked potatoes. Top with grated cheese.

Vetkoek and mince

Buy raw bread dough available at supermarkets. Roll into balls, let rise in warming drawer. Deep fry in oil. Break open and top with mince and grated cheese.

Savory Pancakes

Cook up a batch of pancakes. Roll up with mince inside. Top with a cheese sauce.

Bonus recipe Strawberry pavlova

4 large egg whites	175 ml granadilla yoghurt
250 ml castor sugar	250 g punnet strawberries, halved
250 ml cream	

Preheat oven to 140°C. Line a large oven tray with wax paper and draw a 22 cm circle on the paper. Beat egg white until soft peaks form. Gradually add the sugar, beating well until stiff and glossy. Pile the meringue mixture onto the tray inside the circle. Hollow out the centre slightly. Bake for 20 minutes, turn off the oven and leave the meringue in the oven to cool. Later, whip the cream until stiff, mix with the yoghurt. Pile onto the meringue and decorate with the strawberries.

Variation: When strawberries are out of season, used tinned peach slices or slices of fresh kiwi fruit.