

**WEEK 3: MENU**

1. Fish pie, salad
2. Brinjal & salami potato bake, salad
3. Chutney chicken with orange, rice and vegetables
4. Beef stroganoff, rice and peas
5. Macaroni cheese, salad
6. Chicken & butternut, rice

***Bonus recipe:*** \*Chocolate mousse

**SHOPPING LIST**

**MEAT**

- 600g frozen hake fillets
- 200g sliced salami
- 2 x 8 chicken pieces
- 1kg loin/mature topside, in strips
- Viennas/ham/bacon (optional)

**CONDIMENTS**

- Vegetable oil
- Chutney

**FRESH PRODUCE**

- 1,5 kg potatoes
- 2 brinjals
- 4 onions
- Carrots
- Garlic
- Vegetables for one meal
- 250g mushrooms
- Salad ingredients for 3 meals
- 500g sweet potato
- 500g butternut

**HERBS & SPICES**

- Dried oreganum
- Ground ginger
- Cinnamon
- Whole cinnamon sticks
- Mustard powder

**DAIRY**

- 250ml cream + \*250ml cream
- 250 ml sour cream
- 2 blocks Cheddar cheese
- Margarine block

- Parsley
- Milk
- Eggs

**DRY GOODS**

- Flour
- Beef stock
- Chicken stock
- Baking powder
- Macaroni
- White/brown rice
- \*Coffee

**BAKERY**

**OTHER**

- Frozen/canned peas
- 250ml orange juice
- Prunes
- \*150 g dark cooking chocolate

**VEGETARIAN**

- Red and green peppers
- Olives

**Day 1 Fish pie**

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 600g frozen hake fillets, skinned | <u>Crust:</u>                         |
| 1 large carrot, coarsely grated   | 2 large potatoes, peeled and cubed    |
| 1 large onion, coarsely chopped   | 125ml water                           |
| 15ml margarine                    | 1 egg, beaten                         |
| 30 ml cake flour                  | 15ml margarine                        |
| 30ml parsley, finely chopped      | 5ml baking powder                     |
| 5ml mustard powder                | 2ml salt                              |
| 5ml salt                          | Pinch of pepper                       |
| 250ml milk                        | 125ml cheddar cheese, coarsely grated |

Place the fish fillets with the thickest parts to the outside of a shallow microwave dish, cover with clingwrap and microwave on high/100% for about 10 minutes. Allow to stand. Place the carrot, onion and margarine in a deep microwave dish, cover and microwave in high for 5 minutes until cooked. Stir the cake flour, parsley and salt into the carrot mixture, then add the milk and microwave in high for about 7 minutes until cooked, stirring every 2 minutes. Drain and flake the fish, add to the carrot mixture and place in a pie dish.

Crust: Cook the potatoes until soft (microwave in water for 10 minutes on high). Drain and mash well. Add the beaten egg and stir in with the margarine, baking powder, salt and pepper. Spread over the fish mixture and sprinkle the cheese on top. Microwave uncovered on high/100% for about 8 minutes until heated through. Serve with salad of your choice.

**Day 2 Brinjal & salami potato bake**

- |  |                            |
|--|----------------------------|
| 1kg potatoes, peeled and sliced        | 5ml dried oreganum         |
| 2 brinjals, sliced, salted and drained | 250ml cream                |
| 200g sliced salami                     | 60ml grated cheddar cheese |
| 1 onion, sliced                        |                            |

Set oven to 180°C. Alternate the slices of potato, brinjal and salami in a greased ovenproof dish. Scatter the onion slices on top. Mix the oreganum into the cream and pour over the top. Sprinkle with cheese and bake in a preheated oven for 20-40 minutes, or until the potatoes are tender. Serve hot, with a fresh garnish and salad.

*Vegetarian alternative:* Use red and green peppers and halved black olives instead of salami.

For a lower fat version, replace half the cream with milk.

**Words to ponder**

*The Bible is bread for daily use, not cake for special occasions.*

*Reading the Bible without meditating on it, is like eating without chewing.*

**Day 3 Chutney chicken with orange**

8 chicken pieces, trimmed

Sauce:

- |                     |                   |
|---------------------|-------------------|
| 125ml hot chutney   | 2ml ground ginger |
| 250 ml orange juice | 5ml salt          |
| 60 ml water         | 30 ml flour       |
| 2ml cinnamon        |                   |

Brown the chicken pieces in a little oil. Mix all the ingredients for the sauce, stirring well to incorporate the flour. Pour over the chicken. Cover and continue cooking at a lower heat for about 20-30 minutes, turning half way. Add a little water if necessary. Cook until meat is tender. Serve with rice and vegetables.

**Day 4 Beef stroganoff**

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|---|--------------------------------|
| 25ml oil                                  | 250 g mushrooms, halved        |
| 25ml margarine                            | 5ml salt                       |
| 1kg loin/mature topside, sliced in strips | Freshly ground pepper to taste |
| 100ml cake flour                          | 250ml beef stock               |
| 1 onion, finely chopped                   | 250ml sour cream               |
| 1 clove garlic, crushed                   |                                |

Heat oil and margarine. Roll meat strips in flour and brown them. Add onion and garlic and sauté. Stir in mushrooms, seasoning and beef stock. Cover and simmer for about 30 minutes or until soft. Reduce heat, add the sour cream and simmer for a few more minutes, serve immediately, with rice and peas.

**Day 5 Macaroni cheese**

- 2½ cups of macaroni, cooked  
 Bacon, ham, viennas, chopped (optional)
- White sauce:
- |                    |                              |
|--------------------|------------------------------|
| 100ml cake flour   | 5ml salt                     |
| 600ml milk         | 500ml cheddar cheese, grated |
| 60ml margarine     | Black pepper to taste        |
| 5ml Mustard powder |                              |

Combine the flour, margarine, mustard powder, salt and milk and stir over a low heat until thick. Add some of the cheese. Add the chopped meat to the macaroni, pour over the sauce and toss it. Sprinkle with the remaining cheese and bake until golden. Serve with salad.

*Variation:* top with sliced tomato or add sliced mushroom to the filling.

## Day 6 Chicken &amp; butternut

8 chicken pieces	2 whole cinnamon sticks
Salt & pepper	500g sweet potato, peeled and cubed
25ml oil	500g butternut, peeled and cubed
1 large onion, sliced	125-250ml chicken stock
1 clove garlic, chopped	125g prunes, soaked

Season the chicken with salt and pepper and brown in the heated oil. Set aside. Fry onion and garlic in a large pot until soft. Add the cinnamon, sweet potato, butternut and chicken pieces. Pour over some of the chicken stock. Cover and simmer until the chicken and vegetables are done. Add the prunes towards the end of the cooking time. Serve with rice.

## Bonus recipe Chocolate mousse

150 g dark cooking chocolate  
 50ml hot, strong black coffee (use 2 heaped teaspoons)  
 50ml butter/margarine  
 3 eggs, separated  
 250ml cream

Mix together the chocolate and coffee stirring often. Stir in the butter until it melts and the mixture cools a bit. Mix the beaten egg yolks with about a quarter of the chocolate mixture. Then add the rest and mix well. Beat the cream until thick and fold in with a wooden spoon. Beat the egg whites until soft points form and fold in. Pour into serving bowls and cool in the fridge overnight or until set.

***Chef's tip:** Egg whites at room temperature will beat to a greater volume than those taken from the fridge. To bring them to room temperature, microwave them in a mixing bowl for 5 seconds per egg white on 100% power. The edges may whiten. Add a pinch of salt and beat immediately until stiff.*

**Thank God for Dirty Dishes**

Author Unknown

*Thank God for dirty dishes;  
 They have a tale to tell.  
 While others may go hungry,  
 We're eating very well.*

*With home, health, and happiness,  
 I shouldn't want to fuss;  
 By the stack of evidence,  
 God's been very good to us.*