

# USA – 1<sup>st</sup> May 2021 RECIPES for MOTHERS'DAY

## Hello Everyone!

Soon it will be MOTHERS' DAY and the best treat would be for Husband and family to cook a lovely meal for Mom so that she doesn't have to stand over a hot stove on her special day!

Now not all Husbands are adept in the kitchen so I've compiled a menu that will be easy to accomplish and even the Grandchildren can help!

While you are cooking, give MOM a lovely glass of her favourite fizz and let her nibble on some toasted pita bread, cut into four, with a scoop of hummus. You can buy this but it is much cheaper to make a lovely batch, the day before at home: Blitz one tin of chick peas in the food processor, with some of the liquid from the tin, ONE clove of garlic chopped, TWO Tablesp of walnuts or whatever you have, like peanuts or macadamia nuts, the juice of half a lemon and a TBSP of peanut butter: (this should be TAHINI but you don't need to buy a jar of it unless you are going to make HUMMUS often.). Drizzle in a few tablespoons of good olive oil while you are processing till smooth and then add a pinch of salt and freshly ground pepper. Taste for salt because if you used salted peanuts, you might have enough. Add more olive oil or the liquid from the tin for a softer consistency. Spoon into a pretty dish and sprinkle on a bit of paprika and olive oil.

## Lovely Meatballs with Jewelled Rice

### Pre-heat your oven to 200C.

Slice some Red onions into wedges, and drizzle with olive oil. Roast them until soft and have some char on the edges. Mix the cooked onion wedges with some chopped chili or chili flakes, chopped coriander, 1 –or 2 cloves garlic (crushed) and ½ teasp Paprika.

While the Onions are roasting mix your meatballs: for this you will need 1 pkt pork mince and 1 of chicken mince. Fry one large chopped onion in olive oil until soft and add a couple of cloves of chopped garlic. Fry for a minute more. Add the onion/garlic to the mince, with half a cup of breadcrumbs – (you can buy breadcrumbs in the bakery section at SPAR, or crumb toasted stale bread in a food processor). Add a handful of chopped parsley, 2 tablespoons of dried marjoram or oregano, 1 egg, salt and pepper and CHERMOULA SPICE (FROM Woolies). You can omit this and add some PAPRIKA and chili flakes instead. Mix well and form into small meatballs. Fry the meatballs in a little olive oil until browned but they do not have to be cooked through, as you will finish cooking them in the oven.

Place the cooked onion wedges in an oven-proof dish and spoon the half-cooked meatballs on top. Then spoon a tin of baby tomatoes on top of the meatballs. Pour in a cup of chicken stock made with a cube and cover the dish with tin-foil. Bake for 1 hour. You can remove the foil about 15 minutes before the dish is cooked and even sprinkle over some grated cheese, if you wish.

When done, sprinkle the dish with chopped coriander and lemon zest.

#### FOR THE RICE:

While the meatballs are baking in the oven, cook some basmati rice – a cup, or double up for a large crowd.



Fry 1 diced aubergine (brinjal) and one each of diced red and yellow pepper and 1 onion finely chopped. You can also add chopped courgette – look what's starting to wilt in the fridge!) Cook on medium heat until the vegetables are soft, then add 2 Tablespoons sultanas or raisins and some chopped cashew nuts (if you have them). Season with salt and pepper and sprinkle on a bit more olive oil to moisten the vegetable as this will also moisten the rice. Stir in a handful of chopped parsley/coriander. Squeeze on the juice of half a lemon.

Tip the rice into a large mixing bowl and add the vegetables, mixing carefully. Serve with the meatballs. If you want to be extravagant, sprinkle over some jewels of pomegranate seeds.

### **OLD-FASHIONED CARAMEL TART.**

This is so easy – get the Grandchildren to help. They will really enjoy making it! Make it in the morning so that it can set for lunch.

Layer some TENNIS BISCUITS in a dish, about 25 X 15 cm, so that you can fit 3 X 4 or 5 tennis biscuits in the dish in one layer. Reserve more biscuits for another layer, so ONE packet should be enough.

Beat 250 ml cream until thick and then beat in 1 tin of CARAMEL CONDENSED MILK until just combined. Spoon half of the mixture over the first layer of biscuits. Layer more biscuits over the caramel, and then spread the remaining half of the cream mixture evenly on to the biscuit layer.

Cove the dish and refrigerate for a few hours to set. When you are ready to serve, grate some good chocolate over the pudding or drizzle with Chocolate sauce that sets hard e.g. FRIESLAND ICE CREAM SHOP'S CHOCOLATE SAUCE. You can even sieve some cocoa over the dish. Cut into squares and plate.