



all about **Indulgence**^{cc}

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Carrot and Nut Roast

1 large finely chopped onion

2 crushed garlic cloves

Olive oil

1/2 kg steamed and mashed carrots

1 1/2 tsp fennel / coriander / dill seeds

225gr chopped nuts (I use a mixture of ground almonds and chopped mixed nuts & sunflower seeds)

100gr breadcrumbs (or paxo stuffing mix)

1 tsp Marmite dissolved in 1/4 cup boiling carrot water

Salt and pepper

Saute the onion and garlic until tender. Mix all other ingredients and pour into a Spray and Cooked loaf tin. Bake @ 180 for an hour under foil, remove the foil and bake another 10 minutes. Leave to stand for about 10 minutes while you fry the zucchini.

Ring the changes with zucchini / pumpkin / butternut / sweet potato and add a heaped tsp of your favourite curry powder to the onions while frying.

Battered Zucchini

Use your favourite batter recipe or follow the one below. Halve washed and topped zucchini (baby marrow, courgettes) lengthwise. Drop the zucchini in the batter and fry until batter golden. Do not overcook! They must stay firm and almost crunchy. Season with salt and serve hot. They can stay in a hot warming drawer for a short while, the batter tends to soften but they remain delicious!

(Batter = water, flour and seasoning – beat together till you have the consistency of cream)

Pear, ginger and chilli relish

You can certainly poach your own fresh pears, I like using the tins of baby pears for this but the standard pear halves will work just as well.

For each tin of pears, reserve the syrup in a pot for the stove to which you add 2 tsp crushed ginger / about a 1/2 thumb sized piece of fresh ginger, thinly sliced. Add one (or to taste) finely sliced chilli and and a 1/3 cup of castor sugar and boil for a few minutes. Add the pears to heat through and pour into a sterilised jar.

As a general rule, the larger the chilli, the milder it is.