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**EGG SUBSTITUTE**

**If eggs cannot be used due to allergy, substitute each egg with:**

1 Tablesp gram flour  
 2 Tablesp water  
 ½ Tablesp oil  
 ½ teasp bicarbonate of soda  
 ¼ teasp cream of tartar

**VEGETARIAN COTTAGE PIE**

1 Tablesp sunflower oil  
 2 onions, chopped  
 2 stalks celery, chopped  
 3 large carrots, peeled and grated  
 1 apple, unpeeled and grated  
 400g can tomatoes  
 ¼ cup tomato sauce  
 500 ml vegetable stock  
 2 cups soya mince  
 Salt and pepper

Topping  
 2 kg potatoes / sweet potatoes, peeled and chopped  
 100 ml vegetable stock  
 50 g margarine  
 100 g grated cheese  
 Salt and pepper

Sauté the onions in the oil until tender. Add the celery and carrots and fry for 5 minutes. Add the tomatoes, tomato sauce and stock, as well as the soya mince. Cover and simmer until tender. Season. Spoon into an ovenproof dish.

Boil the potatoes until soft, and mash with the margarine and stock.  
 Spread the mashed potatoes on top of the filling, and sprinkle on the cheese, if wanted.

Bake at 180°C for 60 minutes, until brown

**LENTIL SOUP**

9 carrots  
 9 potatoes  
 2 ½ cups red lentils  
 Vegetable stock powder

Peel carrots and potatoes  
 Chop them up  
 Put all the ingredients into a pot with water  
 Cook until vegetables are soft  
 Use a hand blender to blend soup

## BAKED BEAN SAUCE FOR NOODLES

1 onion, finely chopped  
 2 cloves garlic, crushed  
 2 tomatoes, skinned and diced  
 1 grated carrot  
 2 cans baked beans  
 ½ pkt maize noodles

Grated cheddar cheese  
 Chopped parsley

Fry chopped onion and garlic in a little oil. Add some chopped tomato and carrot (if using) and simmer till vegetables are soft. Add tinned baked beans in tomato sauce.

Cook maize noodles in boiling water.

Serve sauce mixed with maize noodles and sprinkled with parsley and grated cheese (sufficient for +/- 5 children)

## SWEETCORN FRITTERS

375 ml (1 ½ cups) flour (GLUTEN FREE FLOUR)  
 15 ml (1 Tablesp) baking powder  
 10 ml sugar  
 5 ml salt  
 500 ml cold cooked rice  
 410 gm tin sweetcorn  
 125 ml milk (or RICE MILK)  
 1 egg (or EGG SUBSTITUTE)

Sift first 4 ingredients.  
 Beat together milk and egg.  
 Fold everything together

Fry spoonfuls in an oiled pan. Serve with grated cheese

## FISH AND RICE DISH

5 tins tuna  
 5 cups Basmati rice  
 4 onions, finely chopped

Cook rice in boiling water.

Fry onions until soft but not brown. Add tuna and heat through.

Stir mixture into cooked rice.

## BUTTERNUT RISOTTO

3 medium butternuts, peeled and cut into 1 cm cubes  
 6 Tablesp oil  
 Salt & pepper, to season

6 Tablesp oil  
 3 small onions, diced  
 3 garlic cloves, crushed  
 3 cups rice  
 3 cups red lentils  
 6 teasp stock powder  
 3 tins coconut milk  
 $\frac{3}{4}$  cup grated Parmesan cheese  
 1  $\frac{1}{2}$  Tablesp Chopped parsley

Preheat oven to 400°C

Toss the butternut cubes in the oil with salt and pepper. Spread out on oiled baking tray. Roast for 20 minutes, turning halfway through.

Cook lentils in boiling water until just done but not mushy.

Heat oil in cooking pot and gently fry onion for 5 minutes, until soft but not coloured. Add the garlic and rice and cook for 2 minutes, until rice starts to turn translucent. Add the stock powder and 900 ml boiling water and bring to a simmer, stirring. Leave to cook for 5 minutes and then add the coconut milk. Add cooked lentils and stir well and leave to simmer for 5 minutes. Add more boiling water if it dries out before rice is cooked.

When rice is tender, add roasted butternut and cook stirring for 2 minutes.

Remove from heat and stir in Parmesan and parsley.

## FISH CAKES (USING PILCHARDS)

(2007: USING 3 TINS IS USUALLY ENOUGH IF THERE ARE ABOUT 10 CHILDREN FOR LUNCH)

2 tin pilchards in tomato sauce (410 gm)  
 1 medium onion, finely grated  
 30 ml fresh parsley, chopped  
 500 ml oats  
 2 eggs (or egg substitute)  
 30 ml cooking oil

Flake pilchards, reserving sauce.

Add onion, parsley, oats, eggs and some of sauce to make a firm batter.

Shape into 12 fish cakes or 24 mini fish balls.

Heat oil in a large frying pan and fry fish cakes on both sides.

Serve with oven roasted sweet potato wedges or rice and coleslaw

### COLESLAW

Cabbage cut finely and mixed with grated carrot and mayonnaise

## LENTIL AND BROWN RICE DISH

1 onion, finely chopped	1 – 2 cloves garlic, crushed
25 ml oil	5 – 7 ml curry powder
1 tomato, skinned and diced	300 gm brown rice
300 gm brown lentils, sorted and rinsed	250 – 500 ml vegetable stock
25 ml brown sugar	50 ml soy sauce
salt and black pepper	

Sauté the onion and garlic in the oil until soft. Add the curry powder and stir-fry for about a minute. Add the tomato and simmer to form a pureé. Add the brown rice and lentils and about 250 ml stock and simmer slowly until the rice and lentils are soft and cooked, but not mushy. Add small quantities of stock if required – just enough to be absorbed.. Lastly add the brown sugar and soy sauce and season to taste.

## UMQUSHO

2 cups samp  
 2 cups fresh broad beans (or 1 cup dry sugar beans)  
 salt  
 pepper  
 1 Tablesp oil  
 4 onions, sliced  
 4 cloves garlic, finely chopped  
 4 tomatoes, skinned and chopped  
 6 medium potatoes, peeled  
 6 large carrots, sliced in rounds  
 15 ml curry powder  
 25 ml turmeric  
 1 vegetable stock cube dissolved in 500 ml water

Soak the samp and dry beans (if used) in cold water overnight.

Drain and place in heavy-based saucepan with 1 L water. Boil until tender and season with salt and pepper.

Heat the oil in another pot and fry the onions, garlic and green pepper until soft.

Add the samp and beans. Mix.

Arrange the tomatoes, potatoes and carrots on top.

Add the curry powder and turmeric to the vegetable stock and pour over the stew. Simmer gently until tender. Do not stir again.

## SEPHARDIC PUMPKIN AND CHICKPEA SOUP

3 Tablesp olive oil	2 medium onions, chopped
1 kg butternut, peeled, cut into 2 cm dice	3 cups cooked chickpeas
2 Tablesp Honey	6 cups chicken stock
2 Tablesp tomato paste	½ tsp ground cumin
Salt	2 Tablesp chopped cilantro (optional)

Heat oil and fry onions. Add pumpkin, chickpeas and honey and fry for 5 minutes. Add all other ingredients except Tabasco and cilantro. Simmer until pumpkin falls apart (about 45 minutes) Stir in cilantro, adjust seasoning and serve

## BUTTER BEAN SAUCE FOR PAP

2 onion, finely chopped  
5 tomatoes, skinned and diced  
4 cans butterbeans

Fry chopped onions in a little oil. Add some chopped tomato and simmer till vegetables are soft. Add butter beans. Blend before serving.

Serve with equal quantity pap made using braai pap.

## SOYA MINCE SAUCE FOR PAP

2 onion, finely chopped  
1 kg tomatoes, skinned and diced  
6 cups uncoloured soya mince granules  
3 teasp soya sauce

Fry chopped onions in a little oil. Add some chopped tomato and simmer till vegetables are soft. Add soya mince, soya sauce and sufficient water. Simmer for 20 minutes

Serve with pap made using braai pap.

## ALICHA TUMTUMO –Eritrean lentil sauce

2 cup split red lentils	2 med onions, finely chopped
1 med ripe tomato	½ tsp dried rosemary (or fresh)
2 garlic cloves, chopped	¼ cup oil
½ tsp turmeric	½ tsp salt
1 medium butternut	

Wash lentils and boil until done and set aside.

Put the oil in a pot and add the onions. Stir gently over medium heat and cook until soft (about 10 minutes).

Add tomatoes and cook for about 5 minutes. Add butternut (chopped into small cubes). Cook until soft before adding lentils

Add turmeric and rosemary and cook for 2 minutes.

Add the boiled lentils and season with garlic and salt. Cook for 5 minutes.

Serve hot or cold with rice or injera.

(Injera is a yeast flat bread made from teff flour and has a unique slightly spongy texture.)

## CRUMBED TOFU

Bean curd (tofu)

Cornflour

Beaten egg

Cornflake crumbs

Oil for frying

Slice each block of tofu into three pieces. Dry tofu, dip in cornflour, then in beaten egg and then in cornflakes.

Fry until browned and serve with variety of salad vegetables eg. small tomatoes, slices of cucumber, carrot sticks etc.

If you want more flavour tofu can be marinated first in a mixture of:

1 clove garlic (minced)

½ spring onion (chopped)

2 Tablesp light soy sauce

5 Tablesp Rice vinegar

1 teasp sugar

¼ teasp salt

¼ teasp white pepper

## COURGETTE SLICE

5 eggs

3 cups coarsely grated courgette (about 400gm)

1 cup grated sweet potato (or potato)

Spring onions chopped

1 cup grated cheese

½ cup vegetable oil

1 cup self-raising rice flour

Fresh or dried basil

Tiny tomatoes (optional)

Break eggs into mixing bowl and beat lightly.

Add grated vegetables and chopped onions

Add oil, cheese and flour – mix well.

Add chopped fresh basil, salt and pepper

Spoon into baking dish(glass or metal) about 18 x 28 cm.

Press halved tomatoes (if using) into the mixture.

Bake at about 180 C for about 40 minutes until set.

## CHEESE AND ZUCCHINI SLICE

6 eggs, lightly beaten  
500 gm zucchini, finely grated  
250 gm sweet potato, peeled and finely grated  
1 bunch spring onions, chopped  
100 ml oil  
200 gm Cheddar cheese, grated  
40 gm grated Parmesan cheese  
5 ml each dried basil and sage  
Salt and freshly ground black pepper  
250 gm cherry tomatoes, halved

1. Combine eggs, zucchini, sweet potato and spring onions in a large bowl
2. Mix together oil, cheeses and herbs. Season well.
3. Combine egg and cheese mixtures and stir well. Pour into greased, deep, 300mm by 450mm ovenproof dish.
4. Arrange cherry tomatoes, cut side up, neatly in rows over surface.

To complete: Bake at 180°C for 35 – 40 minutes. Remove from oven, cut into squares. Serve hot or cold. Makes 15 – 20 slices

## AMADUMBE AND SWEET POTATO PIE

4 amadumbe  
 4 sweet potatoes  
 4 eggs  
 1 small onion, diced  
 1 red pepper, diced  
 Garlic  
 1 Tablesp corn flour  
 Salt  
 Sunflower seeds  
 Grated cheese  
 Chopped chili (optional)

Cook, peel and mash amadumbe and potatoes.

Beat eggs.

Add eggs, onion, red pepper, flour, garlic and salt to potatoes.

Put in a greased pie dish and sprinkle with sunflower seeds and cheese on top.

Bake 200 C for 3-35 minutes

Note: to cook amadumbe, cover with water and boil for 20 minutes. Peel when cold.

## SWEET POTATO SOUP

4 Tablesp butter  
 1 large onion, chopped  
 1 kg sweet potato, peeled & diced  
 1 ¼ cups carrots, peeled & diced  
 1 Tablesp chopped coriander  
 1 lemon (zest & juice of half)  
 3 ¾ cups stock  
 Pepper

Melt butter and cook onion until transparent

Add sweet potatoes and carrots and sweat over low heat for 15 minutes

Add other ingredients and simmer for 40 minutes.

Blend and serve sprinkled with more chopped coriander.

Serve with some form of protein.