

FACEBOOK RECIPES

D I Y



Homemade

Owen Noome

Introduction

Alle resepte wat hier verskyn is oorspronklik van Facebook. Let wel, 'n resep of resepte sal verwyder word op versoek van die eienaars daarvan. All the recipes that appear here are originally from Facebook. Please note that a recipe or recipes will be removed at the request of its owners.

Red Velvet Bars



Red Velvet Bars

Ingredients: 2 1/2 cups all purpose flour

2 TBSPs unsweetened cocoa powder

1/2 tsp baking powder 1/2 tsp salt

14 TBSPs unsalted butter room temperature

2 eggs room temperature

1 TBSP vinegar

1 TBSP red food coloring

Cream cheese frosting

Sparkling sugar

Instructions:

Preheat your oven to 350 degrees. Spray a 9 by 13 inch glass baking dish with cooking spray and set aside.

In a large bowl mix together 2 1/2 cups all purpose flour, 2 TBSPs cocoa powder, 1/2 tsp baking powder, and 1/2 tsp salt. Cream together the 14 TBSPs (1 3/4 sticks) butter and 1 1/2 cups sugar until light and fluffy. Add in the eggs, one at a time, then 2 tsps vanilla, 1 TBSP white vinegar, and 1 TBSP red food coloring.

Slowly add in the flour mixture a little bit at a time until the dough is fully combined.

The dough will be very sticky. Press it into the bottom of the baking dish and bake for 20 to 25 minutes.

Allow to cool completely before frosting and adding sprinkles.

Butternut Soup



Butternut Soup

The soup is very simple. The following is necessary

One big onion, cut up Half cup of butter

One bigger butternut, also cut up in cubes

One bowl of mesh cheese, lived in

Three chicken drop offs 75 ml boiling water

Spices to taste, no salt. The chicken cubes and butter have enough.

I usually throw rosemary in what a very nice taste of it Give.

Fry the onions and rosemary in the butter until soft (not burning)

Solve the blocks in the boiling water.

Throw the water to the onions and then you add the butternut.

Let so boil until the " butternut " is soft.

Now add the mesh cheese.

Everything must be sapped together now.

If it looks too thick, just add some more boiling water.

Turn heat down to low, don't let cook, just keep warm. Presto!!!!!, Ready to eat!!!

PS: If you don't have a blender (liquidizer), use your " masher "

Slow cooked beef with mushrooms and thyme



Slow cooked beef with mushrooms and thyme

3 pieces of round steak (approx 500g)

1 large brown onion thinly sliced in wedges

14 button mushrooms sliced

1 tblspn butter

1 tblspn fresh thyme leaves Salt and pepper to season

500 ml rich beef stock

2tblspns worcester sauce

2tblspns olive oil for frying

Melt butter in a fry pan, add onions, mushrooms and thyme.

Fry until onions are softened and mushrooms lightly caramelised.

Spoon this into the slow cooker. Add stock and Worcestershire.

Trim excess fat off the round steak Using a meat mallet tenderise your steaks on each side.

Cut into 4 pieces each, depending on steak size.

Season the mess with salt and pepper. Using the same frypan heat olive oil,

Fry steak each side until browned. Don't overcook.

Add steak to slow cooker.

Cook on low 3-4 hrs. Remove meat and keep warm

Mix 2 heaped teaspoons of cornflour with enough water to make a paste

Stir through remaining liquid to form your gravy.

Once thickened, add meat back in to cost.

Serve with creamy mashed potato and minted green vegetables.

Three cheese lattice pie (Image)



Three cheese lattice pie

Three cheese lattice pie

Three cheese lattice pie

A tasty combination of cheeses a crisp shortcrust pastry case. The lattice top is simple to do, and gives a professional look. Serves 6.

**Ingredients Pastry

- ✓ 225g / 8oz plain flour
- ✓ 1/2 tsp paprika
- ✓ 1/2 tsp salt
- ✓ 50g / 2oz lard
- ✓ 50g / 2oz butter
- ✓ 2-3 tbsp cold water

Filling

- ✓ 100g / 4oz cream cheese
- ✓ 2 eggs
- ✓ 100g / 4oz Cheddar cheese, grated
- ✓ 100g / 4oz smoked cheese, grated
- ✓ 1 onion, chopped
- ✓ 2 tomatoes, chopped
- ✓ 2 tbsp chopped fresh herbs, e.g chives
- ✓ salt and pepper

**Method

Preheat the oven to 190°C/375°F/Gas Mark 5.

Sift the flour, paprika and salt into a bowl.

Rub in butter and lard until the mixture resembles fine breadcrumbs.

Stir in water, using a knife, to bind together into a dough.

Knead gently and chill for 10 minutes.

Line a 20cm / 8in flan tin with 2/3 of the pastry.

Bake blind for about 20 minutes.

Meanwhile, soften the cream cheese and beat in the eggs.

Add cheddar cheese and smoked cheese.

Add onions, tomatoes, herbs and seasoning and stir well.

Spoon into pastry case and level the top.

Roll out remaining pastry.

Cut into 1cm / 1/2in strips. Tip: Use a ruler for a professional look.

Cover the pie with a lattice pattern.

Bake for 20 minutes until the filling is set.

Tuna Sampioene



Tuna Sampioene

- 9 groot sampioene
 - $\frac{1}{2}$ ui, gekap
 - 5 ml knoffel (opsioneel)
 - 4 jong tamaties, in blokkies gesny
 - 2 blikke tuna
 - 3 eetlepels mayonnaise
 - sout en peper
 - wit Chedderkaas
1. Krap die binnekant van die sampioene uit.
 2. Gooi die stukkies wat jy uitkrap in 'n bakkie.
 3. Voeg die ui, tamatie, knoffel, tuna en mayonnaise by die stukkies sampioene in die bakkie.
 4. Geur met sout en peper en meng alles saam.
 5. Skep die uitgeholde sampioene vol van die tunamengsel en sprinkel kaas booor.
 6. Bak vir 15-20 min by 200°C.

Mielietert by Braaivleis



MIELIETERT BY BRAAIVLEIS

2 blikke room suikermielies
60 ml koekmeelblom
15 ml bakpoeier
60 ml suiker
4 eiers
30 ml gesmelte botter/margarien

METODE:

Meng droë bestanddele saam. Voeg die res by en meng. Gooi mengsel in gesmeerde bak. Bak 1 uur of tot goudbruin in oond 180°C.

Carrot Cake



CARROT CAKE

Ingredients

- 1 1/4 cup brown sugar
- 1 1/4 cup oil
- 4 large eggs
- 3 cups grated carrots
- 2 1/2 cup flour
- 1 teaspoon bicarbonate of soda
- 2 teaspoon baking powder
- 2 teaspoon cinnamon powder
- 1/2 teaspoon salt

Method

Grease and line 3 baking pans.
Beat sugar and oil, add eggs one at a time and beat. Add grated carrots.
Sift dry ingredients and add to sugar mixture and mix. Do not over mix.
Bake at 180D in preheated oven for about 30 minutes or until baked through.
On tips use the same batter to make muffins, carrot loaf or a carrot slab using a beer box.

Sugar Doughnuts

Sugar Doughnuts



250g plain flour

1/2 tsp salt

70g cold unsalted butter

1 tsp baking powder

170ml milk

Mix all the ingredients apart from the milk so that's it's breadcrumb like texture

Slowly add the milk. You may not need it all.

Create a firm-ish dough...

Roll out to about 1cm thickness.

Cut doughnut shapes (you can use two circle cookie cutters)

In a pan/fryer heat oil.

Slowly add the doughnuts in and flipping over every so often. Fry until golden brown.

Take out.

Then dip in some sugar

Mars Bar cake



100g softened Butter
4 Mars Bars (Chopped)
1½ tbsp Golden Syrup
150g Rice Krispies
350g Milk Chocolate

melt 3x mars bars, golden syrup and butter in a large bowl

add rice krispies

pour into a lined baking tray and press down firmly

melt the chocolate in a separate bowl and pour over the krispie mixture

let it set in fridge

Chocolate chip Cookies

cookies



115g butter, softened
55g caster sugar
140g plain flour
40g chocolate chips

heat oven 180c

beat the butter and sugar till fluffy

mix in the flour and chocolate chips with your hand until you have a dough

roll the dough into walnut sized ball and flatten with your palm

put them onto a baking tray slightly apart and cook for 10-12min

Cheesecake



250g digestive biscuits
100g melted butter
½ tsp vanilla extract
600g full fat soft cheese
100g icing sugar
284ml pot of double cream

crush digestive till its crumbs.

mix with melted butter then firmly press into a greased cake tin. chill in fridge for 1hr

mix cheese, vanilla and icing sugar until smooth then spoon mixture over biscuit base.

leave to set in fridge overnight.

you can mix this up easily by using different flavours in place of the vanilla (lemon, lime, strawberry), using chocolate digestives, adding fresh fruit or adding some cocoa powder.

Easy Fork Biscuits



Easy Fork Biscuits

100g butter softened
50g caster sugar
150g self raising flour

Line a baking Tray and preheat oven to 180°

Mix your butter and sugar in a bowl until well combined and fluffy.

Add the flour and keep mixing gently until well combined!

mix together with your hands.

Roll walnut sized pieces and place on your baking tray
fill a cup with cold water, dip a fork into the water and then gently press down on each ball of biscuit dough.

Bake in the oven for 12-15 Mins or until golden brown.

Pop onto a wire rack to cool.

cake in a mug

35g plainflour
2 tbsp cocoa powder
1/4 tsp baking powder
2 tbsp granulated sugar
pinch salt
60ml milk
2 tbsp vegetable oil
1 tbsp nutella or mini chocolate chips



mix dry ingredients in the biggest mug you have
(Sports direct ones are great)

mix in wet ingredients till theres no lumps

drop the nutella/chocolate drops on top in the middle

put in microwave on high for 70sec

Peppermint Crisp Cheesecake



Peppermint Crisp Cheesecake

Some grated peppermint crisp chocolate can be used in the mint layer as well.

INGREDIENTS

200 g marie biscuits crushed
100 g butter melted
250 g smooth cream cheese
395 g (1 tin) condensed milk
1/3 cup lemon juice
1 teaspoon gelatine powder dissolved in
1 tablespoon hot water
1 peppermint crisp chocolate grated
395 g (1 tin) caramel
1 or 2 drops peppermint essence

INSTRUCTIONS

Mix the melted butter into crushed biscuits mixing well to coat the biscuits.

Press the biscuit crumbs into a pie dish or a loose bottom cake pan.

Place the biscuit crust in the fridge to set.

Mix the cream cheese, condensed milk, lemon juice, peppermint essence and the dissolved gelatine mixing well together and spoon the filling mixture into the chilled biscuit crust base.

Place the tart in the fridge to set until firm or leave overnight to set.

Once set mix the caramel until smooth and spread slowly and gently onto the peppermint layer.

Then sprinkle the grated peppermint crisp chocolate over the caramel.

Source Lekker Braai RSA

Hawaiian Cheesecake Bars



Hawaiian Cheesecake Bars

Ingredients:

2 cups flour
1 cup sugar
1 cup butter

480 g cream cheese

4 TBS sugar

4 TBS milk

2 eggs

2 tsp vanilla

480 g crushed pineapple, drained

2 cups flaked coconut

2 TBS melted butter

Directions:

1 - Combine flour, 1 cup sugar and 1 cup butter. Pat mixture into ungreased 9 X 13 pan. Bake at 180 oven for 14-19 minutes. Cool slightly.

2 - Mix together cream cheese, 4 TBS sugar, milk and eggs. Fold in vanilla, and drained pineapple. Spread over baked crust.

3 - Combine coconut and 2 TBS melted butter. Sprinkle over pineapple layer filling. Bake 350 for 15-20 minutes.

4 - Cool and cut into desired size bars .

Pannekoek



Pannekoek

In mengbak:

2 koppies water

1 koppie melk

2 eiers

1/2 koppie kanola olie

1 eetlepel wit asyn

Klop met draadklopper bogenoemde deur net tot mooi gemeng.

Sif die volgende saam en voeg by bogenoemde en klop weer mooi deur net tot mooi gemeng.

2 koppies koekmeel

2 teelepels bakpoeier

1/2 teelepel sout

Laat staan vir 1 uur lank, dit moet mos bietjie rus.

Cheeseburger Burritos



Cheeseburger Burritos

Ingredients:

750g ground beef

1/2 cup FRENCH'S

Mustard (any flavor)

1/2 cup FRENCH'S Tomato Ketchup

1/2 cup dill pickle relish [or chopped dill pickle]

1 cup chopped tomato

1 cup shredded cheddar cheese

6 flour tortillas (10-inch)

Preparation Method

BROWN ground beef in large skillet; drain. Stir in Mustard, Ketchup and relish and bring to a boil over medium-high heat.

Reduce heat to low and simmer 5 minutes.

STIR in tomato and cheese.

Divide mixture evenly among tortillas.

Garnish with lettuce and additional tomato and cheese, if desired.

Fold in ends and roll up tortillas.

Bron: Source Recipes and More Repost Kaalvoet: Barefoot Chef

Steak en Kidney pastei



Steak en Kidney pastei

1 pak Puff Pastry

500g Steak en Kidney in stukkies gesny.

Ui

Groot aartappel in blokkies kook so 10 min Mikrogolf oond

Sampioene so halfbakkie in stukkies gesny

Knorr sousie in die pakkies

Sout en peper na smaak

Spuit glasbak met Cook& Spray.

Rol deeg uit en verdeel sodat een deel mooi in jou bak pas op teen die kante ook,sorg dat daar genoeg is om oor die pastei te sit.

Braai uie tot lekker sag,gooi jou vleis by en braai tot gaar jy kan so bietjie water bygooi ,gooi dan die gaar aartappels by en gooi dan sampioene,sout en peper by kook so 5 tot 10 min en dan meng die Knorr sousie en voeg by ,die resep vir sousie is op die pakkie,kook minuut or twee.

Gooi die vleis mengsel in jou bak en sit die res van die pastry oor jou vleismengsel.druk kante vas met vurk, druk paar gaatjies in die deeg en bak vir 40min op 180 grade.

Resep ,beproef en fotos Hanlie Uys.

Gebakte Mayonaise & Chutney Hoender



Gebakte Mayonaise & Chutney Hoender

Bestanddele:

1 pk bruin uiesop poeier
250 ml warm water (nie kook)
1/2 k mayonaise
1/4 k chutney
1/4 k soet chilli sous
1/4 k tamatiesousSout

Metode:

Oond 180 gr C.

Pak die hoender stukke in 'n oontbak en geur liggies met sout. Meng die uiesop-poeier met die warm water. Roer die mayonaise, chutney, soet chillie sous en tamatiesous daarby. Gooi oor hoender en bedek met tinfoelie. Bak vir 50-60 minute. Haal foelieaf en bak oop tot goudbruin.

Bron. Die Poeding Klub,

Outydse Koffiekoekies



Outydse Koffiekoekies

Bestanddele:

2 kg koekmeelblom

7 ml sout

625 ml geelsuiker

750 ml g botter

110 ml skoon varkvet (Gebruik botter of margarien)

400 ml stroop

25 ml koeksoda

250 ml baie sterk swart koffie

15 ml vanieljegeursel

1. Meng meel, sout, suiker in groot skottel. 2. Frummel botter en vet daarin. 3. Voeg die stroop by en meng.

4. Maak die koeksoda met 'n bietjie van die koffie aan en voeg dit saam met die res van die koffie en die geursel by die meelmengsel. 5. Meng alles goed om 'n deeg te vorm.

Plaas deeg in plastieksak en laat oornag staan.

Rol deeg die volgende dag dun uit

Sny ewe lange langwerpige koekies.

Trek kruis en dwars patronen oor deeg met 'n vurk

Bak dit 10-12 min

Vulsel

30 ml kitskoffie poeier

25 ml kookwater

250 ml witsuiker

100 ml botter/margarine

70 ml melk

1. Maak koffiepoeier met die kookwater aan.

2. Voeg die suiker, smeer en melk by.

3. Verhit dit tot kookpunt en kook 5min lank.

4. Haal dit van die stoof af en klop dit met 'n houtlepel tot styf en goed koud word.

5. Smeer koekies en plak op mekaar

Sago Poeding



Sago Poeding

Benodig:

2k melk
125ml suiker
12 eetlepels sago hoogvol
2 eiers, skei die eiers
appelkooskonfyt

Metode:

1. Week die sago in net genoeg water om dit te bedek, laat so staan vir 'n paar ure.
2. Bring melk tot kookpunt, voeg suiker by en roer.
3. Voeg geklopte eiergele by, en roer weer goed.
4. Voeg net die sago by en en kook tot dit dik is.
5. Haal van hitte af en gooi in oondbak.
6. smeer appelkooskonfyt oor.
7. Voeg dan styfgeklopte eierwitte oor
8. bak in oond, haal uit as die eierwitte bruin is.

Bedien saam vla.

Malva Pudding Milk Tart



Malva Pudding Milk Tart

250ml (1cup) sugar

1 egg

15ml soft butter (1tblsp)

60ml apricot jam (4 tblsps)

250ml milk (1 cup)

10ml (2tsp) vinegar

10ml vanilla essence (2 tsps)

125g cake flour (1 cup)

5ml bicarbonate of soda (1 tsp)

Sauce:

125ml fresh cream

20g butter

4 tbsp sugar

30ml water

Preheat oven to 180C. Beat sugar, egg, butter & jam till fluffy. Combine milk, vanilla & vinegar. Sift flour & bicarb & add to egg mixture alternately with the milk. Pour into greased oven proof dish (30x20cm). Cover with foil and bake for 40 - 50 minutes. Check at 40 minutes. Prepare sauce by adding all ingredients to a pot & bringing to a boil. Remove cake from oven & pour sauce over the top evenly. Set aside.

Milk Tart Filling

4,5 cups milk

3/4 cup sugar

3 eggs

2,5 tblsps flour

2,5 tblsps maizena

Heat milk and remove from heat. Do not boil. Whisk egg and sugar together. Pour 1 ladle of milk into the egg and mix. Pour the egg mix into the milk in 1 slow steady stream whilst whisking well. Add back onto heat and add in maizena. Whisk. Add in flour and whisk. Allow to thicken well. Remove from heat and add in 1 tsp vanilla essence and 1 tsp butter. Mix well. Pour over malva layer. Dust with cinnamon. Cover well with plastic and refrigerate till set. Once set, remove and enjoy cold or wait till it reaches room temperature.

Thank You

