

**Breakfast bake**

7 hard boiled eggs  
 8 slices white bread  
 250 g rindless back bacon, chopped  
 500 g black mushrooms, cut into quarters  
 25 ml (25 g) Clover MooiRiver Butter  
 2 onions, sliced  
 25 ml olive oil  
 salt and freshly ground black pepper to taste  
 5 extra eggs  
 2 ml salt  
 750 ml Clover Full Cream Fresh Milk  
 80 ml (200 g) Clover Mature Cheddar, grated  
 freshly ground black pepper or cayenne pepper to taste  
 To serve  
 freshly chopped flat leaf parsley to taste

Preheat oven to 180°C.

Boil eggs, remove shells and cut into half lengthways.

Fry the bacon. Heat butter in a heavy-based frying pan and add mushrooms. Fry until mushrooms just turn colour. Remove from heat. Heat oil in another heavy-based frying pan and add onions. Sauté onions until translucent. Cut the bread slices into 3 fingers each. Arrange a layer of half of the bread on the base of a greased ovenproof dish.

Arrange the eggs, bacon, mushroom and onions over the bread.

Arrange another layer of bread over the mixed layer.

Beat the extra eggs, milk and seasoning together and pour over the bread and bacon layers.

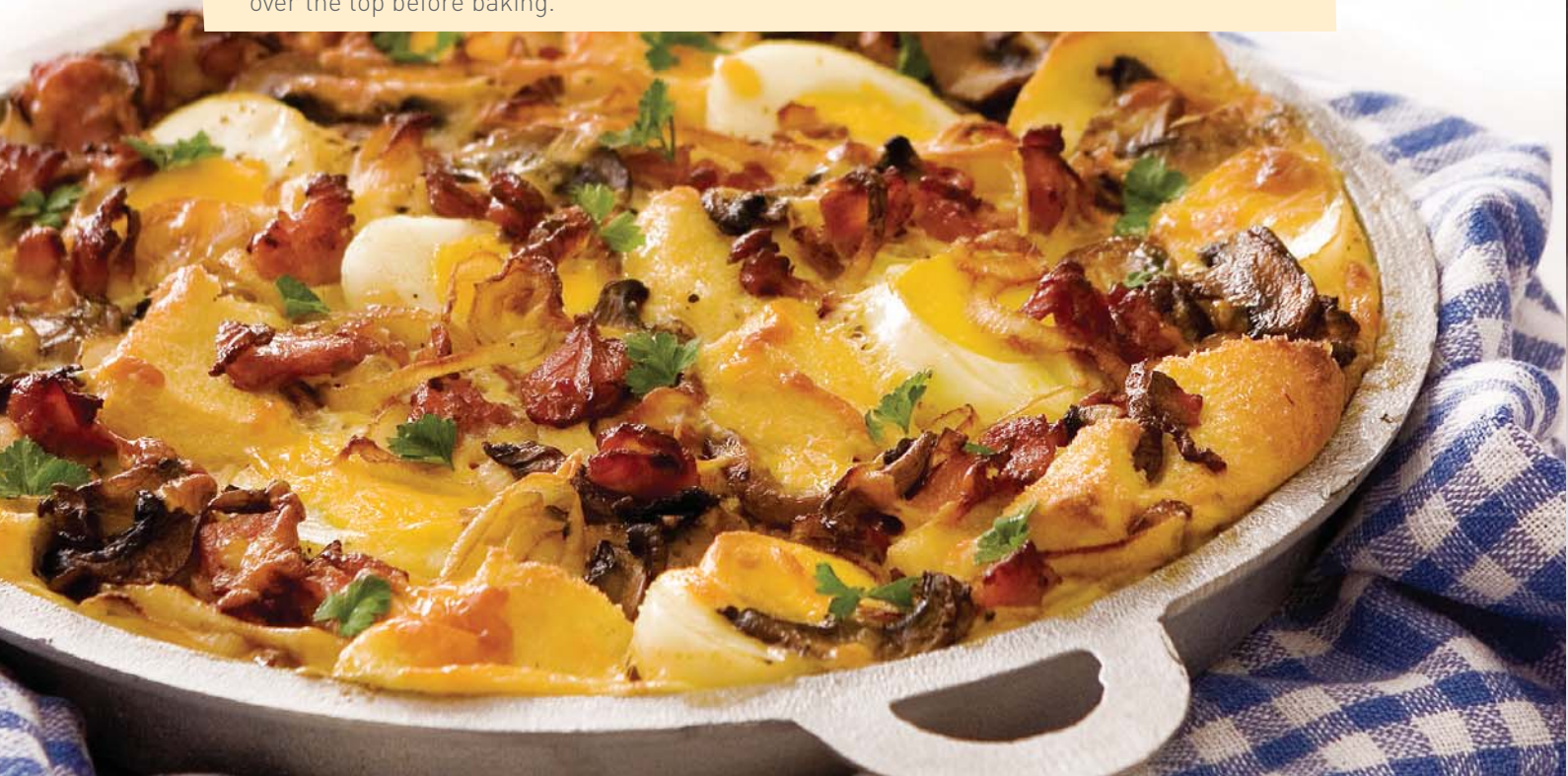
Allow to stand for at least 30 minutes. Place dish in an oven roasting pan and fill pan with water to cover the dish  $\frac{2}{3}$  up the sides. Bake in oven for 30 to 35 minutes or until almost set. Sprinkle the cheese and pepper over and bake for a further 8 to 10 minutes or until completely set and cheese is lightly browned on top.

Cut into portions and serve immediately, sprinkled with fresh herbs.

Serves 4 - 6

**Variations**

- Replace the bacon with smoked salmon or trout ribbons.
- Replace bacon and mushrooms with fried leeks and cooked chicken breast fillets, cut into strips.
- For extra taste, cut 100 g La Campania Halloumi or Clover Mozzarella into strips and arrange over the top before baking.





## Berry muffins

375 ml (210 g) cake flour  
3 ml bicarbonate of soda  
10 ml baking powder  
100 ml (80 g) castor sugar  
250 g berries of choice  
210 ml Clover Danone Inkomazi  
1 egg  
1 egg yolk  
80 ml Clover Springbok  
Unsalted Butter, melted  
To serve  
icing sugar for dusting

Preheat oven to 190°C and grease a muffin pan. Sift the flour, bicarbonate of soda, baking powder and castor sugar together. Lightly mix the berries into the dry ingredients.

Beat the Inkomazi and eggs together. Add the butter and mix well. Make a hollow in the centre of the dry ingredients and gradually pour liquid mixture into the centre until flour is moist.

Stir gently with a wooden spoon to combine the ingredients. Do not overmix; the mixture can still be lumpy. Spoon the mixture into a greased muffin pan and bake for 20 - 25 minutes or until muffins spring back when gently pressed with a finger. Serve warm, sprinkled with icing sugar. Makes 12 muffins, depending on size

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### Variation

Line dariole moulds with squares of baking paper. Grease with melted Clover MooiRiver Butter. Spoon muffin mixture into baking paper moulds to create an interesting shape. Serve muffins in the baking paper.

Berry muffins



## Peppered steaks with cream sauce and biltong

30 ml Clover MooiRiver Butter, melted  
4 sirloin steaks, 25 mm thick  
45 ml black peppercorns  
Cream sauce  
45 ml (40 g) Clover MooiRiver Butter  
1 onion, finely chopped  
1 clove garlic, crushed  
30 ml brandy  
300 ml chicken stock  
90 ml Clover Sour Cream  
salt and freshly ground black pepper to taste  
To serve  
roasted vegetables (see recipe on p 57)  
thinly sliced biltong strips for garnish (optional)

Place the peppercorns in a mortar and grind coarsely with the pestle. Spill the crushed peppercorns onto a sheet of greaseproof paper and spread out. Trim any excess fat from the steaks. Brush each steak with butter. Press both sides of the steaks onto the peppercorns and shake off excess. Repeat with all the steaks until the peppercorns are used up.

For brandy cream sauce, heat the butter in a small, heavy-based saucepan. Add the onion and garlic and sauté over gentle heat for 2 - 3 minutes or until onion is translucent. Add the brandy, ignite, and cook until flames subside. Add the chicken stock and cook for a further 10 - 12 minutes until reduced to about 100 ml. Add the sour cream and cook for 5 minutes until slightly thickened. Season well and keep warm.

Grill steaks on a greased, preheated griddle pan for 8 minutes, turning once for medium. Add 2 - 3 minutes on each side for well done. Spoon the hot brandy cream sauce on top of steaks and garnish with the biltong.

Serve with roasted vegetables.

Serves 4



## Lamb

### Basic lamb and tomato stew

1 kg lamb neck, sliced  
15 ml cake flour  
15 ml Clover Ghee  
2 onions, chopped  
5 ml salt  
freshly ground black pepper to taste  
4 ripe tomatoes, chopped or  
1 x 410 g can chopped tomatoes  
1 white peppercorn  
20 ml freshly chopped mixed herbs  
5 ml sugar  
250 ml chicken stock  
2 potatoes, peeled and quartered  
250 ml Clover Fresh Cream

Roll meat in cake flour. Heat the ghee in a large, heavy-based saucepan. Add the meat in batches and fry until golden brown. Remove meat with a slotted spoon and set aside.

Add the onions to the ghee and sauté until onion is translucent. Add the remaining ingredients except potatoes and cream. Add meat and allow to simmer covered for 1,5 - 2 hours or until meat is tender and falling off the bone. Add the potatoes 30 minutes before the end of the meat cooking time.

Remove meat from heat when cooked, stir in the cream and serve with mashed potato or rice.

Serves 4 - 6

### Tip

Replace the lamb neck cuts with leg of lamb cut into cubes or lamb knuckles.



## Traditional pastitsio

225 g macaroni  
150 ml (10 g) La Campania Pecorino,  
grated  
15 ml Clover MooiRiver Butter  
15 ml cooking oil  
500 g minced beef  
2 onions, chopped  
1 clove garlic, crushed  
50 ml tomato paste  
5 ml sugar  
125 ml beef stock  
5 ml salt  
freshly ground black pepper to  
taste  
3 ml dried thyme  
1 ml allspice  
1 x white sauce recipe (see recipe on  
p 104)  
125 ml (50 g) Clover Cheddar,  
grated

Cook the macaroni according to instructions on packet. Drain and add a little olive oil to prevent pasta from sticking. Sprinkle 50 ml of the pecorino over and toss lightly to mix.

Heat the butter and oil in a heavy-based saucepan. Add the meat and fry until golden brown.

Remove from pan and set aside. Add the onions and garlic to the reserved oil and sauté until onion is translucent. Return mince to pan and mix through. Mix the tomato paste, sugar and stock together. Add to the meat with 5 ml of the salt, black pepper, thyme and allspice. Mix and allow to simmer for 10 - 15 minutes.

Spoon a layer of macaroni into an ovenproof dish, followed by half of white sauce and all the meat. Cover with the remaining sauce and sprinkle the Cheddar and leftover pecorino over.

Bake in a preheated oven at 160°C for 45 minutes.

Switch oven off and allow dish to stand for 10 minutes before cutting into squares. Serve warm with a green salad.

Serves 4 - 6

## Curried beef patties

15 ml Clover MooiRiver Butter,  
melted  
1 onion, chopped  
1 clove garlic, chopped  
5 ml ground coriander  
2 ml grated nutmeg  
1 ml ground cloves  
15 ml curry powder  
500 g lean minced beef  
1 green apple, peeled, cored and  
grated  
5 ml salt  
15 ml white wine vinegar  
To serve  
beetroot tzatziki (see recipe on  
p 107)

Heat the butter in a heavy-based frying pan.

Add the onion and garlic and sauté until onion is translucent. Add the spices and cook for 2 - 3 minutes or until fragrant. Remove from heat and transfer to a mixing bowl. Allow to cool.

Add the minced beef and remaining ingredients to the onion mix. Mix well with a fork.

Take handfuls of mince and shape into patties.

Grill over moderate heat in a preheated griddle pan for 5 - 10 minutes or until cooked. Serve

topped with a dollop of beetroot tzatziki and a side dish of choice.

Serves 4

## Tip

Serve with burger bread rolls, fresh herb salad leaves and a pesto sauce to create burgers.



## Desserts

### No baking required

#### Lemon mousse

300 ml Clover Fresh Cream  
 10 ml icing sugar  
 75 ml dessert wine  
 120 ml lemon curd (see recipe on p 109)  
 grated rind of 1 lemon  
 toasted almond slivers

Beat the cream and icing sugar together until stiff peaks form. Fold in the wine and swirl in the lemon curd. Spoon into individual glasses and decorate with lemon zest. Sprinkle almonds over and serve with dessert biscuit of choice.

Serves 4

#### Variation

#### Raspberry mousse

Replace the lemon curd and wine with 120 ml pulped raspberries and 75 ml Clover Tropika, Cool Red. Decorate with whole raspberries.

#### Quick custard creams with biscotti

250 g La Campania Mascarpone  
 25 ml icing sugar  
 2 ml vanilla extract  
 500 ml Ultra Mel Vanilla Custard  
 25 g dark chocolate, roughly chopped  
 250 g biscotti biscuits (see recipe on p 87)  
 To serve  
 1 cups strong espresso coffee (optional)  
 1 small glasses of muscadel (optional)

Mix mascarpone, icing sugar, vanilla and custard. Mix until smooth. Fold in the chocolate. Spoon into 6 small glasses or espresso cups. Cover and refrigerate until needed. Serve with a glass of muscadel, biscotti biscuits and a cup of espresso alongside.

Serves 6

Quick custard creams with biscotti



## Orange upside-down cake

4 eggs

250 ml (210 g) castor sugar

5 ml vanilla extract

250 ml (110 g) self raising flour

150 g Clover Springbok Unsalted Butter, melted

250 ml (110 g) ground almonds

Topping

250 ml (210 g) castor sugar

125 ml water

1 vanilla bean, split

2 oranges, thinly sliced

To serve

250 ml Clover Fresh Cream

25 ml castor sugar

5 ml caramel essence

Preheat the oven to 160°C.

For topping, heat the sugar, water and vanilla in a heavy-based saucepan over moderate heat until the sugar is dissolved. Add the orange slices and simmer for 10 - 15 minutes or until orange is soft. Remove from heat and set aside.

Beat the eggs, sugar and vanilla extract until light and fluffy. Sift the flour over the egg mixture and lightly fold into eggs. Add the butter and ground almonds and lightly fold through.

Arrange the oranges on the base of a lined and greased 20 cm cake tin. Carefully pour the batter over the orange layer and spread evenly.

Bake for 40 - 45 minutes or until a skewer comes out clean when inserted. Turn out onto wax paper and pour the remaining syrup over the hot cake. Allow to cool to room temperature before serving. Whip cream, castor sugar and caramel essence until soft peaks form. Serve with cake.

Makes 1 large cake



# Breads

## Basic white bread recipe

980 g (7 x 250 ml) white bread flour

10 ml salt

10 ml sugar

10 g instant dry yeast

70 ml (15 g) Clover MooiRiver

Butter

about 150 ml lukewarm water

To serve

Clover Butiro

Clover Mature Cheddar, finely grated

Preheat oven to 175°C.

Sift flour, salt and sugar together. Add dry yeast and mix. Rub butter into dry ingredients and gradually add lukewarm water to mix to a soft dough. Add more water if needed.

Turn out onto a lightly floured surface and knead dough for about 10 minutes until smooth and elastic. Place dough in an oiled bowl, cover, and allow to rest for 20 minutes.

Knock down the dough and place in 2 greased loaf tins. Cover and allow to rise until double in volume. Sprinkle top with water and bake for 35 minutes or until bread makes a hollow sound when knocked with knuckles. Serve warm or at room temperature with butter and cheese.

Makes 2 loaves, depending on size

## White bread variations

### Traditional vetkoek

Follow recipe for basic white bread. After first rising, knock down and divide dough into 36 pieces. Cover and allow to rise until double in volume. Fry in hot oil. Drain on kitchen towel.

Makes 36 vetkoek

### Potbread

Follow recipe for basic white bread. After rising, knock dough down and divide into fist-sized balls. Place in a greased, heavy-based pot, cover and allow to rise until double in volume. For a cheese and cream topping, melt 200 g Clover MooiRiver Butter over low heat. Remove from heat and add 100 ml Clover Fresh Cream and 25 ml sugar. Mix until sugar has dissolved. Pour butter mixture over dough and sprinkle with 250 ml (100 g) grated Clover Cheddar. Sprinkle top of bread with water and bake in a preheated oven at 200°C or over moderate coals for 40 - 45 minutes.



## Emmental and roast vegetable quiche

### Pastry

250 ml (140 g) cake flour  
250 ml (100 g) Clover Cheddar,  
grated  
135 ml (125 g) Clover MooiRiver  
Butter

### Filling

1 x roast vegetable recipe (see  
recipe on p 57)  
3 leeks, sliced  
100 g Elite Emmental, cubed  
3 eggs  
250 ml Clover Fresh Cream  
125 ml Clover Sour Cream  
15 ml lemon juice  
50 ml La Campania Pecorino,  
grated  
5 ml whole grain mustard  
3 ml salt  
freshly ground black pepper to  
taste  
1 ml fresh herbs, chopped

Preheat oven to 160°C.

**For pastry:** Mix all ingredients to a soft pastry in a food processor. Cover and allow to rest in refrigerator for 10 - 15 minutes. Press pastry into base and sides of a 24 cm quiche dish.

**For filling:** Prepare the vegetables according to recipe, add the leeks to the vegetables and roast according to instructions. Allow vegetables to cool to room temperature. Arrange with the cheese over the pastry base. Beat eggs, cream, sour cream and lemon juice together. Add pecorino cheese, mustard, salt, pepper and herbs and mix well. Pour onto base and vegetables. Bake for 45 minutes or until set. Allow to rest for 10 minutes before serving.

Serves 4 - 6



Emmental and roast  
vegetable quiche

## Teatime favourites

### Recipe from Marianne van Rooyen

#### Marianne's round koeksisters

##### Dough

1 x 250 ml (840 g) cake flour

30 ml baking powder

10 ml (55 g) Clover MooiRiver

Butter

2 eggs

+ 400 ml water

oil for deep fat frying

##### Syrup

3 litres boiling water

5 kg sugar

10 ml cream of tartar

2 ml tartaric acid

5 ml salt

190 ml lemon juice

12 ml vanilla essence

**For syrup:** Heat the sugar and water together in a heavy-based saucepan. Stir until sugar has dissolved. Add the cream of tartar, tartaric acid, salt and lemon juice. Bring to the boil. Remove from heat as mixture just starts to boil. Stir in the vanilla and allow to cool to room temperature. Set aside until needed.

**For dough:** Sift the flour and baking powder together. Rub butter into flour until mixture resembles breadcrumbs. Beat the eggs and water together. Gradually add to flour and knead to a firm, smooth dough. Roll dough out to a thickness of 2,5 mm. Cut into circles and fry in preheated oil until cooked and golden. Remove koeksisters from oil with a slotted spoon and immediately dip into syrup, holding them down with a potato masher for at least 5 minutes. Place on a cooling rack and allow to cool. Serve koeksisters as a teatime treat or even as a dessert.

Makes 72 koeksisters, depending on size

#### Doughnuts

500 ml (280 g) cake flour

5 ml salt

8 ml (5 g) instant dry yeast

30 ml Clover MooiRiver Butter

1 egg, beaten

150 ml warm Clover 2% Low Fat

Fresh Milk

smooth apricot jam

cooking oil for frying

caster sugar

Sift the flour and salt together and add yeast. Rub in butter until mixture resembles fine breadcrumbs.

Combine egg and milk. Add to dry ingredients, mixing to a soft dough. Knead for about 10 minutes until dough is smooth and elastic. Place dough in an oiled bowl, cover and allow to rest for about 30 minutes. Knock down and divide into 12 pieces. Roll into balls and make a hole in the middle of each with the finger. Fill with about one teaspoon jam and pinch closed. Cover with oiled plastic wrap and allow to rise in a warm place for about 20 minutes or until double in size. Deep-fry in hot oil until golden brown. Drain on kitchen paper and toss in caster sugar.

Makes 20 doughnuts, depending on size

#### Tip

To make ring doughnuts, cut out rounds from centre. Fry small round cuts and coat with glacé icing or melted chocolate, or decorate with hundreds and thousands.

#### Variation

Fry the doughnuts first, make a hole in the centre with the finger and then fill with jam.