

49m

THE 49M COOKBOOK

Great tasting energy savings



In proud partnership with
The Star and Angela Day Kitchen

The Star **Angela Day**

REMEMBER YOUR POWER 49m



BE AN ENERGY EFFICIENT CHAMPION

The demand for energy is increasing and it is vital that all South Africans play their part in reducing energy consumption and wastage. Currently, most households use around 1100 kilowatt-hours (kWh) per month due to energy-consuming appliances such as geysers, pool pumps, heaters, etc.

49M is a campaign aimed at encouraging all energy consumers to cut back on their electricity usage by 10%. The campaign provides practical tips on how to manage your electricity usage in your home or business more efficiently.

It is these small changes in energy usage behaviour that can have a big impact on not only your monthly bill, but all South Africans and the environment as a whole.

Join 49M, as every little bit helps.

MEALS WITH ENERGY IN MIND

It's surprising to realise that a considerable amount of that energy usage comes from the kitchen.

49M's commitment to save energy by 10% is the inspiration behind this cookbook. It has been carefully crafted to optimise the energy usage of your cooking appliances, and to offer energy efficient meal ideas that are both tasty and nutritional.

Who said saving electricity couldn't be fun and delicious?

Bon appétit!



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The Star



ENERGY- SAVING COOKING HINTS AND TIPS

Making huge energy savings starts with the smallest of habits.



Before you start indulging in some of the recipes presented in this book, it is important to review your kitchen habits.

1. Put the lid on your pot and speed up your cooking by 6%.
2. Use one-pot dishes and stacked steamers to cook meals on one ring.
3. Chop your veggies into small pieces to cook faster.
4. Match your pans to the size of the rings on the hob to stop heat escaping.
5. Use the kettle to boil only the water you need.
6. Cook in bulk and save time and money by making meals you can store for another day.
7. Be patient when using the oven and don't open the door and let the heat escape.
8. Defrost frozen food in the fridge as opposed to the microwave before cooking, to save time and power.
9. Cut your cooking time by using foods at room temperature.
10. Heat up your leftovers in the microwave or on the stove rather than in the oven.
11. Bake several dishes in the oven at the same time.
12. In a fan-assisted oven you can reduce the temperature by 10°C and unless you are baking cakes, you can turn the oven off 10 minutes before the end of the cooking time.
13. Invest in good-quality heavy-based pots and pans with tight-fitting lids.
14. Keep your pots and pans clean and shiny.
15. Let warm foods cool down before you put them in the fridge.
16. Make sure air can circulate freely around the back of your fridge or freezer.
17. Make sure your fridge and freezer are set at the right temperature.
18. Don't keep your fridge or freezer open for long.
19. Keep your fridge and freezer away from heat sources like your oven or direct sunlight.
20. Only use the dishwasher when you have a full load.
21. Switch off appliances at the plug when not in use.
22. Defrost freezers regularly to reduce energy consumption.



CHOOSING A STOVE OR HOB

1. Gas hobs require only a small amount of electricity to light them, so choosing a gas/ electric hob is a great way to save power.
2. Choose ceramic hobs over solid plate ones as they are more efficient.
3. An induction hob uses a magnetic field to instantly heat up, even faster than gas.
4. The only drawback of the induction hob is that you will need to invest in magnetic-based pots and pans, but the long-term benefits will soon pay off.
5. Choose a free-standing single- or double-plate portable induction cooker that can sit on your countertop and plug directly into a wall socket.
6. The SABS approved IH Induction cooker uses 50% less power than a traditional hob and cooks up to 64 times faster.

SLOW COOKERS, PRESSURE COOKERS AND ELECTRIC FRYING PANS: MEALS WITH ENERGY IN MIND

Save power by using these energy-saving appliances to prepare your meals.

1. Slow cookers are more energy efficient for cooking dishes such as casseroles, curries and even puddings. They use only 300 watts to cook over 3 - 12 hours, which is more than 50% less than a traditional oven.
2. Pressure cookers use high pressure to cook food faster and save energy.
3. Electric frying pans save power and are versatile enough to use for almost anything.

WONDERBAG™

The Wonderbag™, a simple heat-retention cooker developed in South Africa, can save up to 30% on fuel and electricity costs. The Wonderbag™ cuts down on energy usage, as once food has been brought to the boil using a heat source, the warm pot containing the food is placed immediately in the Wonderbag™ and the food slowly cooks without using any additional energy. It is made of two polycotton bags which are filled with either recycled polystyrene balls or foam chips which provide the insulation needed to complete the cooking process and keep the food warm. Call Wonderbag on +27 31 536 8220 to buy yours.



HAYBOXES

Haybox cooking, also known as retained-heat cooking, is an age-old technique that uses very little energy. In the past, hay, feathers or wool were used for insulation; nowadays a blanket and a cooler box will suffice. The energy generated in a short time on the stove is then conserved through insulation for up to 24 hours. Food can be left in the Haybox until it's ready to serve – and it will be piping hot. Buy one from www.thehotboxco.co.za, support the Saklathiso initiative by calling 021 712 6424 or make your own.

MICROWAVES

Microwaves use a lot of energy when operating, but because cooking times are so drastically reduced, using a microwave to prepare a meal will reduce energy use by about two-thirds compared to a conventional oven.

Convection or fan-assisted microwaves are about 20% more energy efficient than conventional ovens because the heated air is continuously circulated around the food being cooked, reducing required temperature and cooking times.

The LG Solardom is a lightwave oven, grill and convection oven all rolled into one. It works up to four times faster than conventional ovens at a fraction of the electricity usage, making it the perfect



eco-friendly addition to any kitchen. Gone are the days of preheating, because the Solardom can be heated up to 320°C in only 5 minutes. It includes features to boost energy efficiency and cooking performance, such as temperature probes and controls to turn off the oven when food is cooked.



WONDERBAG™ COOKING

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OXTAIL STEW WITH DUMPLINGS

4
SERVES

This delicious oxtail recipe is perfect for cold winter nights and is easy to prepare in advance if you are enjoying the company of family and friends. On an electric hob, or in the oven at 160°C, this recipe would simmer for 3 - 4 hours and the dumplings for 20 minutes before serving.

STEW INGREDIENTS

1kg	oxtail
125ml	seasoned flour
30ml	oil
2	chopped onions
10ml	chopped garlic
400g	can of chopped tomatoes
15ml	tomato paste
500ml	beef stock
1	cinnamon stick
1	bay leaf
1 - 2	carrots, peeled and chopped
	salt and pepper to taste

DUMPLING INGREDIENTS

250ml	self-raising flour
5ml	baking powder
2ml	salt
30g	butter
5ml	dried mixed herbs
1	egg, beaten
30 - 40ml	water

Preparing the oxtail

1. Toss the meat in the seasoned flour.
2. Heat some oil in a saucepan and brown the meat in batches, then remove and set aside.
3. Add more oil to pan and fry the onion and garlic until soft.
4. Return the meat and add the tomatoes, tomato paste, stock, cinnamon, bay leaf and carrots and bring to the boil.
5. Simmer for 20 minutes.
6. Remove the pot and place it in the Wonderbag™ and seal well.
7. Set aside for 5 hours.
8. Remove the pot from the bag and return it to the stove top.
9. Add the dumplings and cover with the lid.
10. Boil for 5 minutes.
11. Return the pot to the Wonderbag™ and leave for 30 minutes.
12. Serve immediately.

Preparing the dumplings

1. Put the flour, baking powder and salt into a mixing bowl.
2. Rub in the butter.
3. Add the mixed herbs.
4. Combine the egg and water and add to the flour mixture to form stiff dough.





CARDAMOM SPICED RICE PILAF



The perfect accompaniment for a stew, curry or casserole, the delicately spiced rice is a delicious addition to any meal. The rice would simmer on an electric hob for 20 - 30 minutes.

PILAF INGREDIENTS

30ml	oil	5ml	fenugreek seeds
1	onion, finely chopped	6	fresh or dried curry leaves
1	garlic clove, crushed	500ml	basmati rice
15ml	finely grated fresh ginger	625ml	chicken or vegetable stock
4	cardamom pods, bruised	100g	salted pistachio kernels
2 x 3cm	cinnamon sticks	100g	toasted cashew nuts
10ml	black mustard seeds	250ml	chopped coriander
5ml	ground cumin		salt and black pepper

Preparation of rice

1. Heat the oil in a large saucepan over medium heat.
2. Add onion, garlic and ginger and cook, stirring, for 3 minutes until onion softens.
3. Add cardamom, cinnamon, mustard seeds, cumin, fenugreek and curry leaves and cook, stirring, for 1 minute or until aromatic.
4. Add rice and stir to coat in spice mixture.
5. Add stock and bring to the boil.
6. Simmer for 5 minutes.
7. Put the pot into the Wonderbag™ and seal well.
8. Set aside for 3 hours.
9. Remove from the bag and stir in pistachios, cashews and coriander.
10. Season to taste with salt and pepper. Serve immediately.

BEETROOT, FETA AND COUSCOUS SALAD

6
SERVES

This delicious salad adds a touch of colour to any meal, combining the delicate tastes of feta and couscous into a salad fit for a king. The beetroot also cooks well in a pressure cooker (15 minutes) or needs to boil for 1 - 2 hours on a stove top.

SALAD INGREDIENTS

1	bunch of beetroot
45ml	olive oil
15ml	balsamic glaze
375ml	couscous
375ml	hot vegetable stock
1	bunch of spring onions, white part only, finely chopped
60ml	coriander, finely chopped
60ml	parsley, finely chopped
60ml	dried cranberries, roughly chopped
	salt and pepper

DRESSING INGREDIENTS

45ml	olive oil
25ml	lemon juice
5ml	chopped garlic
	salt and pepper
1	pillow packet of rocket
200g	feta cheese, crumbled

Preparation of salad

1. Clean and trim the beetroot.
2. Place in a pot and cover with water.
3. Bring to the boil and boil for 10 minutes.
4. Remove from the heat and place the pot into the Wonderbag™.
5. Seal tightly and leave for 5 - 6 hours or overnight.
6. Remove from the bag, drain and peel the beetroot.
7. Cut the beetroot into wedges and place in a bowl.
8. Combine the olive oil and balsamic glaze and pour over the beetroot.
9. Season to taste and set aside.
10. Put the couscous in a bowl.
11. Pour over the stock, cover and set aside for 2 - 3 minutes.
12. Fluff with a fork.
13. Mix in the spring onions, herbs and cranberries.
14. Combine the olive oil, lemon juice, garlic and seasoning and mix well.
15. Pour over the couscous and mix to combine.
16. Spread the couscous on to a serving platter.
17. Top with the rocket leaves.
18. Scatter over the beetroot and finally sprinkle with feta cheese.



PESTO POTATO SALAD

4-6
SERVES

Add a touch of Italian flavour to your traditional potato salad with home-made pesto, perfect for a lazy Sunday lunch.

SALAD INGREDIENTS

1kg	baby potatoes, washed	250ml	grated Parmesan cheese
375ml	basil leaves	80 - 100ml	olive oil
5ml	chopped garlic		salt and pepper
50g	pine nuts		

Preparation of salad

1. Wash the potatoes and put them in a pot with water.
2. Bring to the boil and boil for 10 minutes.
3. Put the pot into the Wonderbag™ and seal tightly.
4. Set aside for 4 hours or overnight.
5. Remove from the bag and drain.
6. Put the basil, garlic, pine nuts and Parmesan in a food processor and pulse twice.
7. With the machine running, add in the olive oil to form a smooth paste.
8. Season with salt and pepper.
9. Cut the potatoes in half and mix with the pesto while still warm.
10. Season well and serve.





TRADITIONAL BOLOGNAISE SAUCE



Bring Mama into your home with this delicious home-made Italian bolognese sauce you can easily store to use when you have a craving for good food. On a stove hob this sauce needs to simmer for about an hour.

BOLOGNAISE INGREDIENTS

45ml	olive oil	45ml	tomato paste
2	large onions, chopped	2	400g cans of chopped tomatoes
4	cloves of garlic, crushed	250ml	beef stock
2	carrots, grated	125ml	dry white wine
3	stalks of celery, chopped	1	bay leaf
1kg	minced beef	60ml	chopped basil
45ml	flour		salt and pepper

Preparation of bolognese

1. Heat the oil and sauté the onion, garlic, carrot and celery until soft.
2. Add the minced beef and let it brown.
3. Add the flour and cook for a minute.
4. Add the tomato paste, tinned tomatoes, beef stock and wine.
5. Put in the bay leaf and season well.
6. Bring to the boil and simmer for about 20 minutes.
7. Put the pot into the Wonderbag™ and seal tightly.
8. Leave for 5 hours.
9. Remove from the bag and stir in the basil before serving.



BEEF AND BEER CASSEROLE



This winter, tuck into this delicious casserole and let the warm flavour chase away the cold. Also perfect for freezing and if you want to make this on the stove you'll need to simmer your casserole for 2 - 3 hours.

CASSEROLE INGREDIENTS

1kg	soft shin	2	carrots, sliced
60ml	seasoned flour	375ml	beer or stout
45ml	olive oil	250ml	beef stock
1	large onion, chopped	30ml	Worcestershire sauce
2 - 3	celery stalks, sliced		salt and pepper
10ml	chopped garlic		

Preparation of casserole

1. Toss the meat in seasoned flour.
2. Heat the oil and brown the pieces of shin.
3. Remove and set aside.
4. Add the onion, celery and garlic and cook for about 5 minutes until soft.
5. Add the carrots, beer, stock and Worcestershire sauce and bring to the boil.
6. Return the meat to the pot, season well, cover and simmer for 15 minutes.
7. Put the pot into the Wonderbag™ and seal well.
8. Set aside for 5 hours.
9. Remove the pot from the Wonderbag™ and serve the casserole with mashed potatoes or rice.

LAMB CURRY BUNNYCHOW

4
SERVES

A lightly spiced lamb curry is delicious with sambals, roti, poppadoms and as a bunnychow, perfect for a lazy evening with friends. On an electric stove, this curry takes about 2 - 3 hours to prepare.

CURRY INGREDIENTS

1kg	lamb knuckles	5ml	chilli powder
60ml	seasoned flour	10ml	ground cumin
30ml	oil	10ml	ground coriander
2	onions, chopped	5ml	salt
10ml	chopped garlic	400g	can of chopped tomatoes
15ml	chopped ginger	125ml	coconut cream or plain yoghurt
5ml	turmeric	30ml	chopped coriander

Preparation of bunnychow

1. Toss the lamb in seasoned flour. Heat the oil and brown the meat in batches.
2. Remove and set aside.
3. Add the onions, garlic and ginger and cook for a few minutes.
4. Add the spices and salt and cook until fragrant.
5. Add the tomatoes and return the lamb to the pot.
6. Bring to the boil and simmer covered for 20 minutes.
7. Place the pot into the Wonderbag™, seal well and leave for 3 - 4 hours.
The meat should be very tender.
8. Remove the meat from the bones and discard the bones.
9. Stir in the coconut cream and coriander.
10. Spoon into hollowed out bread and serve. – See Mini Bunnychow recipe (p73)



VEGETABLE CURRY

4-6
SERVES

The perfect option for the vegetarian, with a delicate spice and heartwarming effect. On the hob, this meal takes about 30 - 40 minutes to prepare. Can also be delicious as a vegetarian bunnychow.

CURRY INGREDIENTS

30ml	oil	5ml	ground cardamom
1	large onion, chopped	1	stick of cinnamon
10ml	chopped garlic	1	large potato, peeled and diced
10ml	chopped ginger	1	large brinjal, peeled and cubed
2ml	turmeric	3 - 4	baby marrows, cut into 2cm pieces
5ml	ground cumin	200g	butternut, cubed
5ml	ground coriander	400g	can of chopped tomatoes
3ml	chilli powder		salt and pepper
5ml	garam masala		chopped coriander for serving

Preparation of curry

1. Heat the oil and fry the onion, garlic and ginger for a minute.
2. Add the spices and cook until fragrant.
3. Add the vegetables and cook for a minute.
4. Add the tomatoes and season well.
5. Bring to the boil and simmer covered for 10 minutes.
6. Place in the Wonderbag™ and seal well.
7. Leave for 3 hours.
8. Serve sprinkled with coriander on basmati rice or naan bread.

*Recipe for bread (p73)





BLACK EYED BEAN AND CHICKPEA SALAD



For the health conscious this low GI meal is rich in fibre and vitamin B and is perfect as a side dish or main meal.

SALAD INGREDIENTS

250ml	dried black eyed beans
250ml	dried chickpeas
1	bag mixed lettuce leaves
1	English cucumber, peeled & chopped
250g	cherry tomatoes, halved
1	small red pepper, diced
1	small red onion, cut into thin wedges

DRESSING

60ml	olive oil
30ml	lemon juice
5ml	chopped garlic
5ml	Dijon mustard
10ml	honey
	salt and pepper

Preparation of salad

1. Soak the beans and chickpeas in plenty of water overnight.
2. Next day drain and place in a pot with water to cover generously.
3. Bring to the boil and boil for 10 minutes.
4. Place the pot into the Wonderbag™ and leave for 5 - 6 hours or overnight.
5. Drain and rinse the beans and chickpeas.
6. Line a serving dish with lettuce leaves.
7. Combine the beans, chickpeas, cucumber, tomatoes, red pepper and onion in a bowl and toss to combine. Spoon over the lettuce and pour over the dressing.
8. To make the dressing, combine the olive oil, lemon juice, garlic, mustard and honey in a screw-top jar and shake well.

Note: It is very important to boil any beans cooked in a slow cooker or Wonderbag™ rapidly for 10 minutes to destroy the toxins.

SAVOURY PAP



Add a savoury touch to traditional pap and give it a new gourmet taste.
On an electric hob this takes 20 - 30 minutes to prepare.

PAP INGREDIENTS

1litre	water	5ml	salt
1	red pepper, chopped	50g	butter
1	green pepper, chopped	350ml	maize meal
1	yellow pepper, chopped		

Preparation of pap

1. Bring the water to the boil.
2. Add the peppers, salt and butter and boil for 5 minutes.
3. Add maize meal while stirring until the mixture is thick and smooth.
4. Cover and cook for 5 minutes.
5. Stir well and place in the Wonderbag™.
6. Seal and leave for about 1 hour.
7. Remove from the bag.
8. Stir well and adjust seasoning.

LEKKER

BRABANT

BRABANT
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CHICKEN AND CHORIZO CASSEROLE



Enjoy this mouth-watering casserole with a touch of Italy, perfect for entertaining friends or family. In a conventional oven the chicken would need an hour and a half at 180°C.

CASSEROLE INGREDIENTS

60ml	seasoned flour	125ml	dry white wine
8	chicken thighs	125ml	chicken stock
45ml	olive oil	370ml	bottle of prepared pasta sauce
1	large onion, chopped	125ml	pitted black olives
10ml	chopped garlic	30ml	chopped rosemary
200g	chorizo sausage, sliced		salt and pepper

Preparation of casserole

1. Put the flour into a plastic bag.
2. Add the chicken pieces and shake until well coated.
3. Heat the olive oil in a heavy-based pot and brown the chicken all over.
4. Remove and set aside.
5. Add the onion and the garlic and fry until soft.
6. Add the chorizo and fry for a few minutes.
7. Add the wine, stock and pasta sauce and bring to a simmer.
8. Return the chicken to the pot and add the olives and rosemary. Season well.
9. Cover and simmer for 15 minutes.
10. Transfer the pot to the Wonderbag™ and seal tightly.
11. Set aside for 4 hours.
12. Remove from the bag and serve with rice or couscous.

GLÜHWEIN POACHED PEARS

4
SERVES

The Wonderbag™ allows the red wine to penetrate right through the succulent pears, turning them a rich warm colour, perfect for dessert on a romantic night in. On an electric hob you would need to simmer the pears for 40 to 50 minutes.

POACHED PEAR INGREDIENTS

750ml	red wine	2	whole star anise
250ml	brown sugar		add a few strips of orange rind
1	vanilla bean, split	6 - 8	pears, peeled, keeping the stalk intact
1	cinnamon stick		



Preparation of poached pears

1. Combine the wine, sugar, vanilla, spices and orange peel in a pot and bring to the boil.
2. Add the pears to fit snugly.
3. Bring to the boil and simmer for 15 minutes.
4. Put the pot into the Wonderbag™ and seal well.
5. Leave for 5 hours or overnight.
6. Remove the pot from the bag and take out the pears.
7. Rapidly boil the remaining syrup for 5 - 10 minutes to reduce and become thickened.
8. For a quicker option you can replace the wine and spices with a 750ml bottle of ready prepared Glühwein.



P

PRESSURE COOKING

Pressure cookers use high pressure to cook faster to save energy.





PRAWN AND CHORIZO RISOTTO

4-6
SERVES

This Italian risotto is a heartwarming addition to any meal, making you a sure favourite with anyone you choose to share it with. On a stove top the risotto would take about 20 or 30 minutes.

RISOTTO INGREDIENTS

200g	chorizo sausage, diced	600ml	chicken or vegetable stock
1	onion, chopped	125ml	grated Parmesan cheese
5ml	crushed garlic	60g	butter
1	stick of celery, chopped	300g	cooked prawns
250ml	risotto rice	60ml	chopped parsley
60ml	white wine		salt and pepper



Preparation of risotto

1. Set the pressure cooker to simmer.
2. Add the chorizo and simmer for 5 minutes until it releases some oil.
3. Remove and set aside.
4. Add the onion to the pot with the garlic and celery, simmer for 2 - 3 minutes.
5. Add the rice and stir until well coated with the oil.
6. Add the wine and simmer until the wine has evaporated.
7. Add the stock.
8. Seal the pressure cooker and set the time for 6 minutes. On high pressure.
9. Use the quick release method to cool the pressure cooker down.
10. Set it on the simmer function and add the cheese, butter and prawns.
11. Stir until well-combined.
12. Season to taste and stir in the parsley just before serving.



MOROCCAN LAMB SHANKS

6
SERVES

Melt-in-the-mouth lamb, slow-cooked with all the fantastically aromatic flavours of North Africa, this dish is also ideal to cook in a slow cooker. After browning the meat and cooking the onions and spices, transfer the mixture to a slow cooker and cook according to the instructions for 7 - 8 hours. Lamb shanks would simmer on an electric hob for 3 - 4 hours or cook in an oven at 160°C for 3 - 4 hours.

MOROCCAN LAMB INGREDIENTS

45ml	olive oil	1	cinnamon stick
4	lamb shanks	1litre	lamb or chicken stock
1	large onion, chopped	2 - 3	carrots, sliced
15ml	chopped garlic		salt and pepper
20ml	Moroccan spice mix		chopped coriander

Preparation of Moroccan lamb

1. Heat the oil in the pressure cooker and brown the lamb.
2. Remove and set aside.
3. Add the onion and garlic to the pan and cook until soft.
4. Add the spice and fry until fragrant.
5. Add the cinnamon stick and stock and bring to the boil.
6. Return the meat to the pan.
7. Add the carrots.
8. Seal the cooker and set it to high pressure.
9. Cook for 40 - 50 minutes depending on the size of the shanks.
10. Switch off the pressure cooker and allow the steam to go down.
11. Remove the lid and adjust the seasoning.
12. Stir in the coriander and serve on a bed of couscous or with mashed potato.





QUICK AND EASY LEEK AND POTATO SOUP

A delicious soup perfect for a quick snack, a starter or a main meal.
The soup would boil on an electric hob for 30 - 40 minutes.

SOUP INGREDIENTS

30ml	olive oil	1litre	chicken stock
30g	butter	250ml	sour cream
3	medium leeks (white part only), sliced		salt and pepper
1	medium onion, chopped		chopped fresh parsley
4	potatoes, peeled and thinly sliced		

Preparation of soup

1. Set the pressure cooker to sauté and add the oil and butter.
2. Add the leeks and onion and sauté for 2 - 3 minutes.
3. Add the potatoes and chicken stock.
4. Change the setting to high pressure and set the time for 8 minutes.
5. Allow the pressure to go down naturally.
6. Remove the lid and pureé the soup in a blender until smooth.
7. Add the sour cream and mix.
8. Season to taste and serve sprinkled with chopped parsley.



EASY PULLED PORK

8-10
SERVES

Perfect with fresh coleslaw and served on a crusty roll, this delicious pork dish is easy to prepare and worth every second you wait for serving. You can also make this recipe in a slow cooker. In a conventional oven it needs 3 - 4 hours at 160°C.

PORK INGREDIENTS

30ml	olive oil	400g	can of chopped tomatoes
1kg	piece of pork neck	125ml	chutney
2	medium brown onions, thinly sliced	125ml	water
3	garlic cloves, crushed		salt and pepper
15ml	ground cumin		crusty bread rolls for serving
30ml	ground coriander		
2	dried bay leaves		

Preparation of pork

1. Set the pressure cooker to browning.
2. Add the oil and brown the meat all over.
3. Remove and set aside.
4. Add the onions and garlic and change the setting to sauté.
5. Cook for 2 - 3 minutes.
6. Add the spices, bay leaves, tomatoes, chutney, water and mix well.
7. Return the meat to the pot and season well.
8. Seal the pressure cooker and set on high pressure for 50 minutes.
9. Allow steam to go down naturally.
10. When steam is released, open the pot and remove the meat.
11. Shred the meat with two forks and mix with enough of the cooking sauce to make a moist mixture.
12. Serve on crusty rolls. Add sliced tomatoes and lettuce, if desired.





PRESSURE COOKER CHEESECAKE

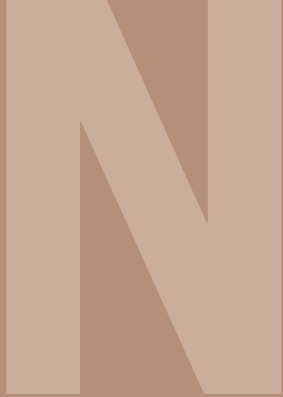
There is nothing quite as decadent as a creamy slice of fresh cheesecake and this recipe will be a favourite among your friends and family. In a conventional oven the cheesecake needs to bake at 160°C for 1 hour.

CHEESECAKE INGREDIENTS

200g	digestive biscuits, crushed				
80g	butter, melted	3			grated rind and juice of a lemon
500g	thick cream cheese				eggs, beaten
125ml	castor sugar				raspberries for decorating

Preparation of cheesecake

1. Combine the biscuits and melted butter and mix well.
2. Press into the base of an 18cm spring form pan.
3. Put in the freezer while you prepare the filling.
4. Beat the cream cheese and sugar until smooth.
5. Add the lemon rind and juice.
6. Add the eggs and mix well.
7. Pour this mixture into the pan.
8. Wrap the base and sides of the pan in a double layer of foil.
9. Cut a long foil strip to act as a handle to lower and raise the pan into the pressure cooker.
10. Place the trivet into the pressure cooker.
11. Add 500ml water.
12. Lower the pan on to the trivet.
13. Seal the pressure cooker.
14. Set it on high pressure for 15 minutes.
15. Quickly release the pressure after the time is up and remove the pan from the cooker using the foil handles.
16. Remove the foil from the pan.
17. Blot up any liquid that may have formed on the surface of the cheesecake with paper towel. Refrigerate for a few hours until well chilled.
18. Remove from the pan and place on a serving plate.
19. Decorate with raspberries.



NO BAKING REQUIRED

Replace hot with cold when preparing these mouth-watering dishes.







NO-BAKE MUESLI BALLS

25
MAKES

If you need a quick snack or treat for a lunchbox these museli balls are the perfect option. Usually cookies or crunchies would bake for 30 minutes in a conventional oven at 180°C.

MUESLI BALL INGREDIENTS

500ml	muesli cereal	180ml	brown sugar
60ml	sunflower seeds	125ml	honey
60ml	cashew nuts, chopped	60g	butter
125ml	dried cranberries, roughly chopped	125ml	smooth peanut butter

Preparation of muesli balls

1. Combine the muesli, sunflower seeds, nuts and cranberries in a bowl.
2. Put the brown sugar, honey, butter and peanut butter in a small pot and cook on the induction plate, stirring constantly, for 5 minutes.
3. Remove from the heat and pour over the muesli mixture.
4. Mix well and set aside to cool.
5. Roll the mixture into balls and place on a tray and refrigerate until set.

FRUITY FRIDGE COOKIES

15
MAKES

These fruity fridge cookies are perfect for *padkos*, lunchboxes, snacks and anytime treats.

FRIDGE COOKIE INGREDIENTS

125g	butter
250ml	mixed dried fruit such as raisins, sultanas or cranberries
150ml	sugar
5ml	vanilla essence
1	egg, beaten
200g	packet of Marie biscuits, well crushed, but not crumbed

Preparation of fridge cookies

1. Combine the butter, fruit and sugar in a saucepan and heat gently on an induction plate until butter is melted.
2. Turn up the heat and simmer for 2 - 3 minutes.
3. Remove from heat, add vanilla essence and cool slightly.
4. Stir in the egg, beating well.
5. Add the biscuits and mix well.
6. Press mixture into a lined and greased 20 x 24cm Lamington pan and put in the fridge to harden.
7. Cut into squares and store in the fridge.





ONE-POT MEALS

One-pot meals save time and energy in preparation and power, and it also takes a fraction of the time to clean up! The perfect bachelor's choice.







ONE-POT SAUSAGES WITH MUSHROOMS AND GRAVY



It is time for a new take on bangers and mash with this delicious and easy-to-make recipe.

ONE-POT INGREDIENTS

1	packet beef or pork sausages	2	bay leaves
30ml	oil	250ml	red wine
2	onions, cut into wedges	250ml	beef stock
4	cloves garlic, chopped	250ml	baby carrots, halved lengthwise if large
250g	button mushrooms, halved	25ml	cornflour mixed with a little water
250g	brown cap mushrooms, halved		salt and pepper
1	sprig of fresh thyme		

Preparation of one-pot

1. Place a frying pan on an induction plate and fry the sausages in the oil over a medium heat until nicely browned.
2. Remove and set aside.
3. Add the onions and garlic and fry for 5 minutes.
4. Add mushrooms and fry for another 5 minutes.
5. Add thyme, bay leaves, wine, stock and carrots, return sausages to saucepan, cover and simmer for 30 minutes.
6. Thicken the gravy with the cornflour and water, season to taste and serve with mashed potato or chunky bread rolls to mop up the gravy.



ONE-POT SWEET AND SOUR PORK

4
SERVES

Chinese food has never tasted so good. Replace the pork with chicken breast fillets or diced firm white fish.

ONE-POT INGREDIENTS

800g	pork fillet, cut into strips	30ml	oil
25ml	soy sauce	1	red onion, cut into thin wedges
10ml	chopped garlic	1	small red pepper, sliced
400g	can of pineapple chunks	1 - 2	carrots, julienned
45ml	tomato sauce	10ml	cornflour mixed with a little water
15ml	soy sauce		salt and pepper
15ml	lemon juice		



Preparation of one-pot

1. Combine the pork with the soy sauce and garlic and set aside.
2. Drain the pineapple and combine the juice (you should have about 150ml) with the tomato sauce, soy sauce and lemon juice.
3. Heat the oil and fry the onion, pepper, carrot and pineapple.
4. Remove from the pan and set it aside.
5. Heat up the pan and add the pork and fry until browned and cooked through.
6. Return the pepper mixture to the pan and add the pineapple juice mixture.
7. Bring to the boil and simmer for about 5 minutes. Stir in the cornflour mixture and boil until it thickens.
8. Season and serve with rice or noodles.





ONE-POT PRAWN AND NOODLE STIR FRY

Enjoy the flavours of the Far East with this fast and delicious stir fry.

ONE-POT INGREDIENTS

500g	egg noodles	1	large carrot, julienned
15ml	sesame oil	30ml	dry sherry
30ml	peanut oil	30ml	tomato sauce
1	red onion, cut into thin wedges	30ml	sweet chilli sauce
15ml	chopped garlic	45ml	soy sauce
300g	fresh raw prawns, peeled and deveined	2	spring onions, finely shredded
200g	mangetout, halved diagonally	60ml	chopped coriander
1	small red pepper, thinly sliced		salt and pepper

Preparation of one-pot

1. Cover the noodles with boiling water and set aside for 15 minutes.
2. Drain and toss with the sesame oil.
3. Heat the peanut oil in a frying pan or a wok and fry the onion and garlic for a minute.
4. Add the prawns and cook until they just turn pink.
5. Add the mangetout, pepper and carrot and fry for another minute.
6. Combine the sherry, tomato sauce, sweet chilli sauce and soy sauce and mix well.
7. Add the noodles to the pan and toss to combine with the vegetables and prawns.
8. Add the tomato sauce mixture and heat through.
9. Stir in the spring onions and coriander and serve.
10. Note: The prawns can be replaced with chicken.



ONE-POT SPICY CHICKEN WITH BEANS

4
SERVES

One-pot dishes are energy-saving, because you only use one plate on your stove and if you use induction heat it is even more energy efficient.

ONE-POT INGREDIENTS

30ml	olive oil	5ml	ground cumin
1	onion chopped	15ml	flour
3	sticks celery chopped	400g	can of chopped tomatoes
2	cloves garlic chopped	125ml	chicken stock
1	red chilli seeded and chopped	400g	can of cannellini beans, drained
500g	chicken mince	50ml	chopped coriander
2 - 5ml	chilli powder		

Preparation of one-pot

1. Heat oil in a saucepan and fry onions, celery, garlic and chilli until soft.
2. Add mince and fry, breaking up lumps with a fork.
3. Add in spices and flour and fry for 2 - 3 minutes.
4. Add the tomatoes and stock, cover and simmer for 15 - 20 minutes.
5. Stir in the beans, heat through and serve garnished with chopped coriander.
6. This is delicious served in a pita or a wrap.



SOLARDOM COOKING

Why microwave when you can lightwave?







PERI-PERI ROAST CHICKEN



Bring the taste of Portuguese chicken home with this delicious peri-peri roast chicken. Roast the chicken in a conventional oven at 180°C for 1 hour.

ROAST CHICKEN INGREDIENTS

1	spatchcock chicken	3 - 5ml	peri-peri spice
60ml	olive oil	1 - 2	red chillis, chopped
30ml	lemon juice	30ml	chopped rosemary
60ml	white wine		salt and black pepper
10ml	chopped garlic		

Preparation of roast chicken

1. Put the chicken into a plastic bag.
2. Combine all the ingredients for the marinade and mix well.
3. Pour on to the chicken and massage well.
4. Seal the bag and set aside to marinate for 4 - 5 hours or overnight.
5. Remove the chicken from the marinade and place it in an ovenproof dish.
6. Microwave on Speed Combi 4 230°C + M/W 360W for 25 minutes.
7. Baste halfway with some of the marinade.
8. When the chicken is cooked, remove from the oven and set aside, covered, with foil for 10 minutes before carving.
9. Put the remaining marinade in a bowl and microwave on full power for 2 minutes. Serve with the roast chicken.

HERB ROAST CHICKEN

4-6
SERVES

Sunday lunch is made perfect with this succulent roast chicken, perfect with fresh vegetables or a delicious green salad. Roast the chicken in a conventional oven at 180°C for one and a half hours.

ROAST CHICKEN INGREDIENTS

50g	butter, softened	10ml	finely grated lemon zest
2	garlic cloves, crushed	1	large chicken
10ml	finely chopped rosemary	1	onion, halved
10ml	finely chopped thyme	1	lemon, halved
10ml	chopped parsley		salt and freshly ground pepper

Preparation of roast chicken

1. Place the butter, garlic, chopped herbs, lemon zest and seasoning into a bowl and mix well.
2. Loosen the skin of the chicken at the breast bone by sliding your fingers between the skin and the flesh.
3. Work half of the herb butter under the skin and spread the remainder over the rest of the chicken. Put the onion and lemon in the cavity.
4. Place the chicken on a plate or in a shallow dish to catch the juices and roast on Speed Combi 4 230°C + M/W 360W for 22 - 25 minutes.
5. Test chicken by pulling the leg slightly away from the body to see the colour of the juices; if they are still pink, give it a few more minutes in the oven.
6. Remove from the oven, cover with foil and rest for 10 minutes before carving.





ROAST SALMON



A romantic dinner needs something a little special. Try this delicious roast salmon recipe for the perfect dinner à deux.

ROAST SALMON INGREDIENTS

50ml	orange juice	5ml	ground ginger
50ml	soy sauce	5ml	chopped garlic
30ml	honey	600g	fresh salmon
2	spring onions, chopped		

Preparation of roast salmon

1. In a small bowl, combine the first six ingredients.
2. Pour marinade into a ziplock plastic bag, add the salmon and turn to coat.
3. Seal bag and refrigerate for 30 minutes, turning once or twice.
4. Line an ovenproof baking dish with foil.
5. Add the salmon and marinade and seal the foil to form a parcel.
6. Cook on Speed Combi 4 200°C + M/W 360W for 4 - 5 minutes until cooked to your liking.



MINI LOAVES



Enjoy this traditional Durban bunnychow for a taste of KwaZulu-Natal.

MINI LOAF INGREDIENTS

4 x 250ml	flour	30ml	olive oil
10ml	salt	300 - 400ml	warm water
10g	sachet instant yeast		egg glaze
15ml	sugar		

Preparation of mini loaves

1. Put the flour, salt, yeast and sugar into a bowl.
2. Add the olive oil and enough warm water to make dough that is soft but not sticky. Knead well until smooth and elastic.
3. Place the dough into an oiled plastic bag and leave to rise until double in size.
4. Remove from the bag and knead.
5. Divide the dough into 12 portions.
6. Place each portion into a well-greased mini loaf pan.
7. Cover and leave to rise until double in size.
8. Brush with egg glaze and bake on Combi 5 180°C + M/W 180W for 10 - 12 minutes.
9. Remove and place loaves on a cooling rack.
10. When completely cold, cut the top off the loaves and hollow out the loaf.
11. Fill with curry and replace the lid.
12. Serve immediately.

YORKSHIRE PUDDING

12
MAKES

Roast beef would not be complete without Yorkshire pudding. Try this easy-to-make recipe and enjoy the result.

PUDDING INGREDIENTS

250ml cake flour
4 eggs, beaten
200ml milk
pinch of salt and pepper
sunflower oil for cooking

Preparation of Yorkshire pudding

1. Put the flour into a bowl.
2. Combine the eggs and milk and use a wire whisk to stir it into the flour.
3. Mix well until a smooth batter is formed.
4. Add salt and pepper.
5. Set aside for 30 minutes.
6. Pour about 10ml of oil into 12 deep muffin cups and place in the Solardom on convection setting 220°C for 5 minutes.
7. Remove and quickly divide the batter between the muffin cups.
8. Return to the oven on Speed Combi 5 200°C + M/W 360W for 15 minutes.
9. Serve immediately with roast beef and gravy.





FLOURLESS CHOCOLATE CAKE WITH BERRIES

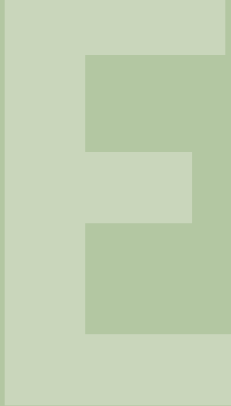
The perfect treat for the health conscious, this gluten-free chocolate cake ticks all the boxes. The cake would bake in a conventional oven at 180°C for 30 - 40 minutes.

CAKE INGREDIENTS

150g	good-quality dark chocolate or carob	150g	ground almonds
150g	butter	250ml	cream, whipped
125ml	castor sugar		fresh berries for serving
5	eggs, separated		

Preparation of cake

1. Put the chocolate in a bowl and melt in the microwave on defrost for 2 minutes or until melted and smooth.
2. Remove and cool.
3. Cream the butter and castor sugar until light and fluffy.
4. Add the egg yolks a little at a time, beating after each addition.
5. Beat in the cooled melted chocolate and the almonds. Beat the egg whites until stiff, then fold them into the chocolate mixture.
6. Pour into a greased and base line 20cm cake pan and bake on Speed Combi 5 140°C + M/W 180W for 15 - 20 minutes or until a skewer inserted into the pan comes out clean.
7. Remove and cool cake in the pan for 15 minutes before turning out.
8. When completely cold, top the cake with whipped cream and berries.



ENERGY EFFICIENT OVEN COOKING

It is possible to reduce power and increase deliciousness.





NO-ROAST, ROAST BEEF

8-10
SERVES

Enjoy the perfect roast with only 20 minutes of oven baking time! Perfect for company.

ROAST INGREDIENTS

2kg	sirloin roast
60ml	flour
10ml	dry mustard powder
	salt and pepper

HORSERADISH SAUCE INGREDIENTS

125ml	mayonnaise
10ml	prepared horseradish sauce
15ml	lemon juice
5ml	chopped dill
5ml	chopped parsley
	salt and pepper

Preparation of roast

1. Preheat your oven to 250°C.
2. Make sure the meat is at room temperature.
3. Combine the flour, mustard powder and seasoning and mix well.
4. Rub the meat all over with this.
5. Place the meat in a roasting pan and put in the oven for 20 minutes.
6. Switch off the oven and leave it in there for 2 hours. Do not open the door during this time.
7. If your meat is a different weight, calculate the time by adding 5 minutes for every 500g.
8. After 2 hours remove the meat from the oven and carve it into slices.
9. It will be perfectly medium rare in the middle.
10. Serve with Yorkshire pudding (p74) or slice it and serve it cold with a horseradish sauce and salad.

Preparation of sauce

1. Combine all the ingredients and mix well.





COLD OVEN LIME AND COCONUT CAKE

Save time and energy with this cold oven cake recipe: You don't need to preheat your oven, so you won't waste any heat.

CAKE INGREDIENTS

180g	butter
250ml	castor sugar
15ml	grated lime rind
6	eggs
375ml	cake flour
10ml	baking powder
250ml	desiccated coconut
	coconut flakes for decorating

SYRUP

250ml	sugar
150ml	lime juice
125ml	water

Preparation of cake

1. Cream the butter, sugar and rind until light and fluffy.
2. Add the eggs one at a time, beating after each addition.
3. Sift the flour and baking powder and mix into the creamed mixture.
4. Fold in the coconut.
5. Pour the mixture into a well-greased 22cm ring pan.
Place in the cold oven and turn the temperature to 180°C on a fan setting.
6. Bake for 40 - 50 minutes or until a skewer inserted into the cake comes out clean.
7. To make the syrup, combine the sugar, lime juice and water in a small pot and bring to the boil.
8. Simmer for 5 minutes.
9. Remove and set aside.
10. Remove the cake from the oven and pour the syrup over the cake.
11. Stand for 10 minutes before turning the cake on to a cooling rack.
12. Serve decorated with flaked coconut.

