

## Crunchy Toffee Triangles

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### Ingredients

125g (½ cup) butter or brick margarine  
100g (½ cup) Illovo White Sugar  
2 egg yolks, beaten  
125ml (½ cup) rice crispies  
125ml (½ cup) coconut  
5ml (1 teaspoon) vanilla essence  
1 x 200g packet nutty or crunchy biscuits of your choice

### Method

1. Melt the butter or margarine in a medium sized saucepan, and melt over low heat.
2. Add the sugar.
3. Carefully separate the eggs. Add the egg yolks to the melted butter and sugar. Keep the egg whites to use in another recipe.
4. Crush the biscuits by placing in a plastic bag and rolling with a rolling pin.
5. Add the crushed biscuits to the pan then stir in the rice crispies, coconut and vanilla essence.
6. When all the ingredients are well mixed, spoon into a greased swill roll tin. Press the mixture down well and leave until firm.
7. Cut into triangles (or squares) to serve. May be drizzled with white chocolate or glacé icing if desired.



## Crunchies

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### Ingredients

310ml (1¼ cups) flour  
310ml (1¼ cups) breakfast oats  
310ml (1¼ cups) coconut  
185ml (¾ cups) Illovo White Sugar  
20ml (4 teaspoons) Illovo Golden Syrup  
125ml (½ cup) butter or brick margarine  
5ml (1 teaspoon) bicarbonate of soda  
45 - 60ml boiling water

### Method

1. Combine dry ingredients.
2. Melt the Illovo Golden Syrup and butter together. Combine the bicarbonate of soda with the water and add to the butter mixture.
3. Mix together with the dry ingredients.
4. Press the mixture into a Swiss roll tin (or for a thicker crunchie, bake in a square 20cm x 20cm tin) and bake for 20 minutes at 150°C. Gently press down the sides if they seem to rise too much.
5. When light brown, remove from the oven and cut into squares. Switch off the oven. Return crunchies to the oven, for about 10 minutes to dry out.
6. Allow to cool before removing from tin.



## Creamy Fudge

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### Ingredients

900g (4½ cups) Illovo SunSweet Brown Sugar  
300ml (1¼ cups) milk  
30ml (2 Tablespoons) Illovo Golden Syrup  
100g brick margarine  
397g can full cream sweetened condensed milk  
5ml (1 teaspoon) vanilla essence

### Method

1. In a heavy based saucepan dissolve the sugar in the milk over a low heat.
2. Add the syrup and the margarine. Bring to the boil and boil for 2 - 3 minutes.
3. Remove from the heat and stir in the condensed milk. Bring to the boil again and boil steadily until it reaches the soft ball stage (when a little syrup is dropped into iced water it forms a ball which flattens of its own accord when picked up with the fingers. About 25 - 30 minutes).
4. Remove from the stove and add the vanilla essence. Beat continuously until the fudge begins to thicken and is almost at setting point. Pour into a greased 27cm x 17cm pan. Cut into squares when almost hard.

Makes 54 squares.



## Caramel Popcorn

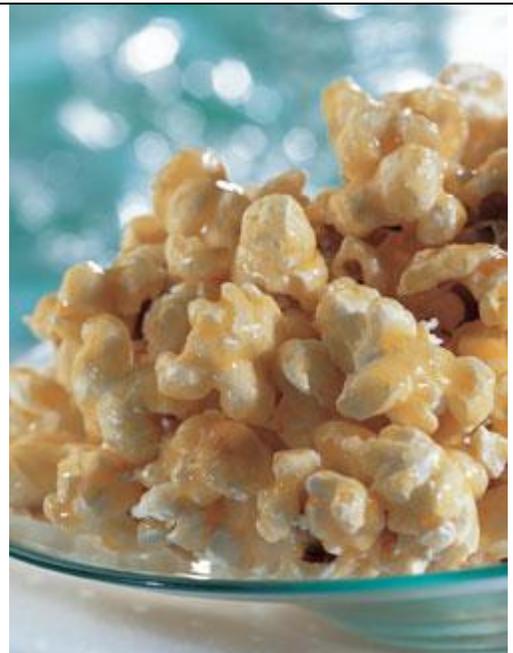
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### Ingredients

20ml butter or brick margarine  
375ml Illovo SunSweet Brown Sugar  
90ml cold water  
6 cups popped popcorn

### Method

1. Melt the butter and add the sugar and water.
2. Stir over moderate heat until dissolved, then bring to the boil. Cover with a lid, cook for about 3 minutes, or until the steam has washed the sugar crystals down from the sides of the pot.
3. Boil until soft ball stage has been reached (when a little syrup is dropped into iced water it forms a ball which flattens of its own accord when picked up with the fingers. About 25 - 30 minutes).
4. Remove from heat and pour over popcorn, stirring gently to coat completely.
5. When cool enough to handle, mould into balls or lollipops, and insert a small stick, if desired.



## Buttered Brazil Nuts

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### Ingredients

500ml (2 cups) Illovo White Sugar  
125ml (½ cup) water  
30ml (2 Tablespoons) Illovo Golden Syrup  
185ml (¾ cup) Illovo White Sugar  
125g unsalted butter  
15ml (1 Tablespoon) white vinegar  
500ml (2 cups) whole Brazil nuts

### Method

1. Line two biscuit trays with baking paper.
2. Combine sugar, water, syrup, butter and vinegar in a medium, heavy-based pan. Stir over medium heat, without boiling until butter has melted and sugar has dissolved. Brush sugar crystals from the sides of the pan with a wet pastry brush. Bring to the boil, reduce heat slightly, then boil without stirring for about 20 minutes (or until a teaspoon of the mixture dropped into cold water reaches soft crack stage - 138°C). Remove from heat immediately.
3. Using a wooden spoon, dip each whole nut into the butterscotch mixture. Place onto prepared trays to set, Store between sheets of greaseproof paper in an airtight container at room temperature for up to 7 days.

**Makes about 24.**

### NOTE:

Other varieties of nuts can be used instead of Brazil nuts.



## Gingerbread People

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### Ingredients

125g butter or brick margarine  
125ml (½ cup) Illovo SunSweet Brown Sugar, firmly packed  
1 egg  
625ml (2½ cups) plain flour  
5ml (1 teaspoon) bicarbonate of soda  
15ml (3 teaspoons) ground ginger  
40ml (2½ Tablespoons) Illovo Golden Syrup

### ICING:

125ml (½ cup) Illovo Icing Sugar, mixed with a little boiling water to make a small quantity of glacé icing.

### Method

1. Cream the butter and sugar until light and fluffy, add egg and beat well. Gradually add sifted dry ingredients and syrup, mix well, knead lightly. Divide dough into 6 portions, and roll each portion till 3mm thick.
2. Cut out gingerbread figures with special cutters or cut around cardboard shapes with a sharp knife.
3. Bake in a moderate oven (180°C) for 10 minutes. Cool on trays.
4. Spoon icing into a small plastic bag, snip off one corner to make a piping bag. Pipe on features and clothing. **Makes about 20.**



# Lamingtons

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## Ingredients

### VANILLA SPONGE:

500ml (2 cups) Illovo Castor Sugar  
4 large eggs  
250ml (1 cup) oil  
5ml (1 teaspoon) vanilla essence  
750ml (3 cups) flour, sifted  
15ml (1 Tablespoon) baking powder  
250ml (1 cup) milk  
Desiccated coconut for coating

### CHOCOLATE COATING:

500ml (2 cups) Illovo White Sugar  
250ml (1 cup) hot water  
45ml (3 Tablespoons) cocoa powder  
15ml (1 Tablespoon) butter or brick margarine

## Method

### VANILLA SPONGE:

1. Whisk castor sugar and eggs in a mixer until light and fluffy.
2. Add oil and vanilla essence, mix well.
3. Add sifted flour and baking powder to mixture alternatively with milk.
4. Pour the creamed mixture into a greased oven tray and bake in a preheated oven at 180°C for 25 - 30 minutes or until golden brown.
5. Allow to cool and cut into squares.

### CHOCOLATE COATING:

1. Heat sugar, cocoa, butter and water until bubbly.
2. Allow to cool, dip sponge squares into sauce and roll in coconut.



## Honeycomb

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### Ingredients

375ml (1½ cups) Illovo White Sugar  
90ml (6 Tablespoons) Illovo Golden Syrup  
30g brick margarine  
5ml (1 teaspoon) bicarbonate of soda

### Method

1. Place the sugar and the syrup in a heavy-based saucepan. Stir to combine, then slowly bring to the boil.
2. Add the margarine and stir until the sugar is dissolved. Bring to the boil, and boil for 3 - 4 minutes.
3. When the mixture begins to turn brown, remove from the heat.
4. Sieve in the bicarbonate of soda, then stir until the mixture froths up.
5. Pour the frothing mixture into a greased 22cm square pan. Leave to set until cold and hard.
6. When set, crack into pieces by tapping it with a wooden spoon. Store immediately in an airtight container.



## Macarons

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### Ingredients

2 egg whites  
¾ cup Illovo Castor Sugar  
1½ cups desiccated coconut  
200g dark chocolate, melted

### Method

1. Preheat oven to 150°C. Line two oven trays with baking paper. Beat egg whites in a small bowl until firm peaks form. Add sugar gradually, beating well after each addition and until sugar has dissolved and the mixture is thick and glossy.
2. Transfer to a large bowl and add the coconut. Using a large metal spoon, fold gently until the ingredients are just combined. Drop level tablespoons of the mixture onto the trays, about 5cm apart. Bake for 20 minutes or until golden brown.
3. Cool completely on a wire rack. Dip bases in melted chocolate and allow to set.

**Makes 25.**



# Koeksisters

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## Ingredients

500ml (2 cups) cake flour  
20ml (4 teaspoons) baking powder  
3ml (½ teaspoon) salt  
25ml (5 teaspoons) butter  
125ml (½ cup) sour milk or buttermilk, or water and lemon juice Oil for frying

## SYRUP:

1kg Ilovo White Sugar  
500ml (2 cups) water  
2 pieces of ginger, bruised  
2ml cream of tartar  
Pinch of salt  
Grated rind and juice of ½ lemon

## Method

1. Sift together the dry ingredients and rub in the butter with the fingertips, or cut it in with a pastry blender.
2. Mix with the liquid to a soft dough which can easily be kneaded. Use more liquid if necessary.
3. Knead thoroughly until small bubbles form under the surface of the dough, cover with a damp cloth and allow to stand for 15 minutes.
4. Roll to a thickness of 5mm and cut into 5mm strips 7cm long. Place ends of three strips on top of the other, press together and plait. When plaited, press the ends together again.
5. Fry in hot, deep fat (170°C) until done and golden brown. Drain on absorbent paper for a moment and then immerse in ice cold syrup.
6. Remove, allow excess syrup to drip off, and leave to dry on a wire rack.

## SYRUP:

1. Put all the ingredients into a saucepan. Heat, while stirring, until the sugar has completely dissolved. Cover and boil for one minute.
2. Remove the lid and boil for a further 5 minutes. Do not stir.
3. Remove from the heat and allow to cool thoroughly in a refrigerator if possible.

**Makes approximately 35.**



## Peanut Brittle

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### Ingredients

75g brick margarine  
340ml (1 $\frac{1}{3}$  cups) Illovo White Sugar  
125ml ( $\frac{1}{2}$  cup) Illovo Golden Syrup  
250ml (1 cup) boiling water  
325ml (1 $\frac{1}{2}$  cups) salted peanuts

### Method

1. Put margarine, sugar, syrup and water into a pot. Dissolve sugar over a gentle heat.
2. Turn up heat and boil mixture for half an hour, do not stir. To test if ready, drop a little of the mixture in cold water. If it is ready it will set hard and will crack when broken.
3. Remove pot from stove and stir in nuts. Pour into a greased tin (roughly 20cm x 20cm) and allow setting.
4. Break into pieces when hard and store in a jar.



## Snack Bars

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### Ingredients

250ml (1 cup) rolled oats  
250ml (1 cup) rice crispies  
4 Weet-Bix, crushed  
250ml (1 cup) desiccated coconut  
60ml (4 Tablespoons) chopped dried apple rings  
180ml ( $\frac{3}{4}$  cup) Illovo Sun Sweet Brown Sugar  
125ml ( $\frac{1}{2}$  cup) Illovo Golden Syrup  
125ml ( $\frac{1}{2}$  cup) peanut butter  
125g brick margarine

### Method

1. Combine the oats, rice crispies, Weet-Bix, coconut and dried fruit in a large bowl.
2. Combine the remaining ingredients in a saucepan and stir constantly over low heat until the butter and sugar has dissolved. Increase the heat and bring to the boil. Reduce the heat and simmer for 5 minutes or until the mixture thickens.
3. Stir the syrupy mixture in the dry ingredients. Press evenly and firmly into a greased pan measuring 26cm x 20cm. Refrigerate until set before cutting into bars. May be drizzled with chocolate if desired.

**Makes 30 bars.**



## 30-Day Muffins

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### Ingredients

2 eggs  
125ml (½ cup) oil  
185ml (¾ cup) Illovo Sun Sweet Brown Sugar  
500ml (2 cups) milk  
250ml (1 cup) whole-wheat flour  
375ml (1½ cups) cake flour  
500ml digestive bran (or an extra 250ml whole-wheat flour)  
5ml (1 teaspoon) vanilla essence  
1ml salt  
10ml (2 teaspoons) bicarbonate of soda  
250ml (1 cup) dried fruit cake mix  
250ml (1 cup) chopped dates

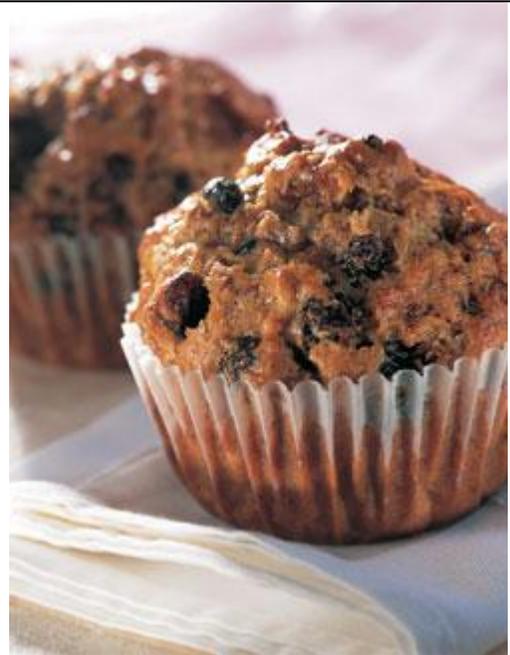
### Method

1. Whisk eggs, oil and sugar together.
2. Add the remaining ingredients and mix well.
3. The mixture should be allowed to stand overnight in an airtight container.
4. Half fill greased muffin tin pans with the mixture.
5. Bake at 180° C for 10 - 15 min.

**Makes about 24.**

### NOTE:

This mixture can be kept in the refrigerator for up to 30 days before baking.



## Buttermilk Bran Rusks

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### Ingredients

300g brick margarine  
250ml (1 cup) oil  
500ml (2 cups) Illovo SunSweet Brown Sugar  
2 large eggs  
500ml (2 cups) buttermilk or maas  
250ml (1 cup) wholewheat flour  
750ml (3 cups) breakfast cereal bran flakes  
1kg (7 cups) flour, sifted  
40ml (8 teaspoons) baking powder  
5ml (1 teaspoon) salt

### Method

1. Melt the butter, oil and sugar in a saucepan and allow to cool. Beat well until thick.
2. Beat in the eggs one by one, then beat in the buttermilk. Add all the dry ingredients and stir until blended.
3. Pour the mixture into two loaf tins or one large roasting tin lined with oiled greaseproof paper.
4. Bake at 180°C for 1 hour. Turn out, and leave to cool. Cut into rusks.
5. Allow to dry overnight in the oven warmer draw or switch the oven to 100°C and leave for 4 - 6 hours to dry completely. Store in an airtight container. **Makes 7 - 8 dozen.**



## Black Forest Cake

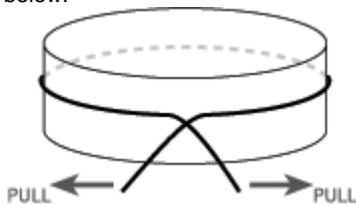
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### Ingredients

500ml (2 cups) flour  
375ml (1½ cups) Illovo White Sugar  
20ml (4 teaspoons) baking powder  
60ml (4 Tablespoons) cocoa  
1ml salt  
4 eggs, separated  
275ml oil  
5ml (1 teaspoon) vanilla essence  
275ml boiling water

### Method

1. Preheat oven to 180°C. Grease and line two 20cm cake tins with wax paper.
2. Sift dry ingredients together. Beat egg yolks, oil and vanilla essence together, and add to dry ingredients with boiling water. Mix well.
3. Whip egg whites until stiff with an electric beater and fold into mixture.
4. Pour batter into prepared tins and bake for 25 - 30 minutes.
5. Once cool, slice each cake in half using string or nylon line as shown below.



6. Drizzle each layer with a little liqueur (cherry or Kirsch) to moisten (optional).
7. Then spread each layer with whipped cream and drained black cherries.
8. Finally top with the remaining cream and whole cherries and decorate with Chocolate curls.



## Apple Tart

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### Ingredients

#### PASTRY:

750ml (3 cups) flour, sifted

Pinch of salt

60ml (4 Tablespoons) Illovo White Sugar

200g cold butter or brick margarine, cubed

1 egg

60ml (4 Tablespoons) water

#### FILLING:

3 Granny Smith apples, peeled, cored and cut into wedges or 1 small can of pie apples.

Approximately 375ml (1½ cups) water for poaching

Juice and rind of one lemon

30ml (2 Tablespoons) Illovo Sun Sweet Brown Sugar

5ml (1 teaspoon) ground cinnamon

### Method

1. Place the flour, salt and sugar in a food processor, add the butter and process until the mixture resembles fine breadcrumbs.
2. Lightly beat the egg and add the water. With the motor running add the water/egg mixture to the flour mixture. Process until the mixture forms a ball.
3. Divide the pastry in half, place one half in the freezer and the remaining half in the refrigerator for at least 20 minutes before using.
4. Press the pastry from the refrigerator onto a lightly greased baking sheet to resemble a heart shape. Bake at 190°C for 5 minutes. Remove from oven.
5. Bake at 180° C for 10 - 15 min.
6. Poach the apples in the water and lemon juice for 5 - 8 minutes. Drain and leave to cool slightly.
7. Arrange the apples on top of the pastry heart.
8. Mix the brown sugar and ground cinnamon and sprinkle over the apples.
9. Grate the pastry from the freezer over the apples to cover completely. Push the overflowing pastry up on the sides to seal in the apples.
10. Bake at 190°C for 10 - 15 minutes or until the pastry is lightly browned.
11. Dust with sifted icing sugar before serving with cream or ice cream.

**Serves 8 (You can make smaller tarts for individual servings if desired).**



## Banana Bread

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### Ingredients

125g brick margarine  
125ml (½ cup) Illovo White Sugar  
3 eggs  
3 bananas  
3ml (½ teaspoon) vanilla essence  
400ml (1⅔ cup) flour  
Pinch of salt  
Pinch of bicarbonate of soda  
10ml (2 teaspoons) baking powder  
45ml (3 Tablespoons) milk

### Method

1. Grease a loaf tin. Cream the margarine and sugar with a wooden spoon.
2. Add the unbeaten eggs one at a time and beat thoroughly. Mash the bananas with a fork and add to the mixture with vanilla essence.
3. Sieve the flour, salt, bicarbonate of soda and baking powder and add to the mixture with the milk. Mix well.
4. Place the mixture in the tin and bake for ½ an hour at 180°C. Reduce heat to 140°C and bake for a further ½ to ¾ of an hour, or until nicely browned and baked through. To test if ready, push a skewer or knitting needle into the loaf. If this comes out clean the cake is ready. If some of the cake mixture sticks to the skewer, the cake needs more baking time.

### HINT:

The banana bread is best if you keep it for a few days before eating.



## Cherry Tea Loaf

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### Ingredients

115g butter or brick margarine  
225g self-raising flour  
60g Illovo White Sugar  
2 large eggs  
50ml milk  
50g chopped glacé cherries

### Method

1. Rub the butter or margarine into the flour until it looks like breadcrumbs.
2. Add the sugar and mix.
3. Beat together the eggs and milk. Add together, with the glacé cherries, to the flour mixture and mix to dough.
4. Spoon the dough into a tin and bake in an oven at 180°C for about 45 minutes or until golden brown. Turn out onto a wire rack and cool.



## Coconut Jam Squares

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### Ingredients

#### BASE INGREDIENTS:

90g (6 Tablespoons) brick margarine  
125ml (½ cup) Illovo White Sugar  
1 egg  
250ml (1 cup) flour  
3ml (½ teaspoon) baking powder  
Pinch of salt  
125ml (½ cup) jam of your choosing

#### TOP LAYER INGREDIENTS:

2 eggs  
85ml (1/3 cup) Illovo White Sugar  
500ml (2 cups) coconut

### Method

1. Make the topping first: beat the eggs lightly, then beat in the sugar and coconut. Set aside till needed.
2. Now make the base: cream the margarine, sugar and egg till smooth.
3. Stir in the flour, baking powder and salt.
4. Spread the mixture into a greased baking tin approximately 28cm x 18cm.
5. Spread with the red jam and cover evenly with the coconut topping.
6. Bake at 180°C for 40 minutes. The coconut topping should be golden brown.
7. Leave to cool in the tin, then cut into squares when cold.



## Chocolate Brownie Squares

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### Ingredients

250ml (1 cup) self-raising flour  
Pinch of salt  
60ml (¼ cup) cocoa powder  
125ml (½ cup) brick margarine  
125ml (½ cup) Illovo SunSweet Brown Sugar  
2 eggs

### ICING:

60ml (¼ cup) cocoa powder  
45ml (3 Tablespoons) margarine  
45ml (3 Tablespoons) milk  
250ml (1 cup) Illovo Icing Sugar

### Method

1. Sift the flour, salt and cocoa powder together.
2. Cream the margarine and sugar until light and fluffy. Add the eggs one at a time beating well after each addition.
3. Fold the sifted dry ingredients into the creamed mixture. Turn into a greased 22cm square tin.
4. Bake at 180°C for 30 - 40 minutes or until the centre of the cake springs back when lightly pressed. Allow to cool in the tin.

### ICING:

1. Sift the cocoa powder. Melt the margarine and add the cocoa. Cook over low heat for 1 minute.
2. Remove from the heat. Add milk and sifted icing sugar. Mix thoroughly and spread over cake in the tin. Leave to set and cut into squares.



## Custard Slices

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### Ingredients

#### CRUST:

1 roll of bought puff pastry

#### FILLING:

45ml (3 Tablespoons) corn flour

750ml (3 cups) milk

45ml (3 Tablespoons) Illovo White Sugar

Pinch of salt

2 eggs, beaten

5ml (1 teaspoon) butter

5ml (1 teaspoon) vanilla essence OR almond essence

#### VANILLA GLACÉ ICING:

250ml (1 cup) Illovo Icing Sugar

30ml hot water

Pinch of salt

2ml vanilla essence

A popular alternative to the puff pastry case is to use cream crackers - just as delicious, but without the baking.

### Method

**CRUST:** 1. Cut the pastry into two equal sheets and place onto baking paper. Prick the pastry a few times. 2. Chill the pastry and then bake it in a very hot oven (230°C) for 10 minutes. 3. Leave to cool before filling.

**FILLING:** 1. Mix the corn flour with a little of the milk. 2. Heat the rest of the milk, sugar and salt to boiling point. Add the corn flour mixture, stir well and cook until thick. 3. Add the hot mixture to the beaten eggs, stir and heat together until the mixture just reaches boiling point. Remove from the heat and add the butter and flavouring. 4. Leave until well cooled and spread the filling on one crust, placing the other on top. **VANILLA GLACÉ ICING:** Mix the hot water and icing sugar. Add the salt and essence and beat until smooth. Drizzle the icing over the tart and cut into squares just before serving.



## Easy Swiss Roll

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### Ingredients

125ml (½ cup) cake flour

Pinch of salt

3 eggs, separated

10ml (2 teaspoons) lemon juice

125ml (½ cup) Illovo White Sugar

3ml (½ teaspoon) vanilla essence

90ml (6 Tablespoons) apricot jam

### Method

1. Sift together the flour and salt.
2. Beat the egg whites until stiff, and then beat in the egg yolks. Beat the lemon juice, sugar and vanilla gradually into the eggs.
3. Sift the dry ingredients in thin layers over the egg mixture and fold in lightly with a metal spoon. Repeat until all the ingredients have been used.
4. Pour the batter along the length of a 23cm x 33cm pan lined with greaseproof paper. Press the paper down and hold the pan at an angle so that the batter will spread evenly. Level lightly if necessary. The batter should be 5mm thick, so that when baked, the cake will not be more than 12mm thick.



5. Bake in a hot oven (200°C) for 10 - 12 minutes. Then turn out onto a damp tea towel and pull the paper off carefully. Cut off the crisp edges to facilitate rolling.
6. Spread a thin layer of apricot jam over the cake. Roll up and wrap in the cloth. Leave for a minute or two and then remove the cloth and allow cooling on a cooling tray.

## Instant Milk Tart

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### Ingredients

Crumb crust made with 1 packet of crushed Tennis biscuits and 125g butter, melted.

### FILLING:

500ml (2 cups) milk

Piece of cinnamon stick

60 - 100ml Illovo White Sugar, depending on personal taste

2 eggs

45ml (3 Tablespoons) corn flour

45ml (3 Tablespoons) flour

3ml (½ teaspoon) vanilla essence

30ml (2 Tablespoons) butter

Cinnamon and sugar for sprinkling

### Method

**CRUST:** Combine the crushed Tennis biscuits and the melted butter, and press into a pie dish. **FILLING:** 1. Heat the milk with the piece of stick cinnamon to just under boiling point. 2. Meanwhile, lightly beat the eggs with the sugar, and then add the corn flour and flour. 3. Pour the hot milk onto this mixture, stirring rapidly. Return the mixture to the heat and cook, stirring till the mixture becomes very thick. Thorough stirring is important to prevent the mixture from catching on the bottom of the pan, and to prevent lumps. 4. Off the heat, add the essence and add the butter. Stir well till the butter is melted. 5. Pour the mixture into the prepared tart crust. Sprinkle with cinnamon sugar.



## Lemon Meringue Pie

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### Ingredients

#### CASE:

1 x 23cm pastry case, made from short crust pastry, baked blind and cooled.

#### FILLING:

Juice and grated rind of two lemons

300ml water

100ml Illovo White Sugar

60ml (4 Tablespoons) cornflour, dissolved in 45ml (3 Tablespoons) water

4 egg yolks, lightly beaten

#### MERINGUE:

4 egg whites at room temperature

185ml (¾ cup) Illovo White Sugar

#### TIPS:

When making meringue, your utensils must be squeaky clean and bone dry.

You may wipe the bowl with lemon juice to remove all grease if required.

### Method

1. Combine the lemon juice, rind, water and sugar.
2. Heat, stirring till the sugar is dissolved.



3. Stir in the dissolved corn flour and egg yolks, and continue cooking till the mixture is thick (about 5 minutes).
4. Remove the pan from the heat and leave to stand for a few minutes..
5. Spoon into the pastry case.
6. Beat the egg whites till stiff. Gradually beat in the sugar. The mixture should form stiff, dry peaks.
7. Pile the meringue on top of the lemon filling, taking care to cover it completely.
8. Bake at 150°C for 20 - 25 minutes, or until the meringue has set and is golden brown.
9. Leave to stand till cool.

## Millionaires Shortbread

### Ingredients

#### BASE:

- 250ml (1 cup) flour
- 125ml (½ cup) cornflour
- 75ml (5 Tablespoons) Illovo Castor Sugar
- 1ml salt
- 125g butter, softened

#### CARAMEL:

- 150g butter
- 125ml (½ cup) Illovo Castor Sugar
- 45ml (3 Tablespoons) Illovo Golden Syrup
- 1 x 225g can condensed milk (small tin)

#### CHOCOLATE TOPPING:

- 250g dark chocolate
- 30g butter

### Method

1. Sift dry ingredients into a large bowl and rub in the butter, working the mixture until it forms a stiff dough.
2. Press the dough into a lightly greased 23cm x 30cm baking tray or Swiss roll tin. Prick the dough with a fork and refrigerate for about 20 minutes.
3. Bake at 160°C for about 45 minutes or until lightly golden. Cool before spreading on the caramel layer.
4. To make the caramel, combine butter, castor sugar and syrup in a small saucepan. Heat gently until the sugar has dissolved, then add the condensed milk and bring to the boil, stirring continuously. Boil gently for about 5 - 6 minutes, stirring continuously, as condensed milk can 'catch' quite quickly. Spread caramel onto the biscuit base and allow to set and cool before topping with chocolate.
5. Melt chocolate and butter together over hot water or in the microwave oven, stirring until smooth. Spread an even layer of chocolate over the caramel and allow to set before cutting into squares.



# Streusel Coffee Bread

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## Ingredients

500g flour  
Pinch of salt  
10g (1 packet) instant dry yeast  
60 - 75ml milk  
60g (4 Tablespoons) butter or brick margarine  
150ml lukewarm water  
125ml (½ cup) Illovo White Sugar  
2 large eggs, beaten

## STREUSEL MIXTURE:

125ml (½ cup) Illovo SunSweet Brown Sugar  
60ml flour  
10ml (2 teaspoons) ground cinnamon  
45g (3 Tablespoons) butter, melted  
40g pecan nuts, chopped (optional)

## Method

1. Sift the flour and salt into a bowl. Add the instant dry yeast.
2. Warm the milk slightly and stir in the butter until it melts. Mix in the water, sugar and beaten eggs.
3. Make a well in the centre of the dry ingredients. Pour in enough of the liquid ingredients and mix with a wooden spoon so that the dough comes away from the sides of the bowl. Knead the dough well until it becomes smooth and elastic.
4. Place the dough on a lightly floured surface, cover with greased plastic and leave to rest for 20 minutes.
5. Prepare the Streusel mixture: combine all the ingredients in a bowl and set aside.
6. Knock the dough down and divide it into two equal pieces. Press one piece down into the bottom of a greased 23cm pan.
7. Sprinkle half the Streusel mixture over this layer of dough.
8. Roll the remaining piece into a long sausage shape. Working on top of the streusel mixture and starting from the centre, form a spiral shape by wrapping the sausage around itself (like sausage on a braai). Press down well to cover the Streusel mixture.
9. Sprinkle the remaining Streusel mixture on top of the spiral.
10. Cover with greased plastic and allow to rise in a warm place until double in volume, about 30 minutes.
11. Bake in a preheated oven at 200°C for 25 minutes or until a skewer inserted into the centre comes out clean.

**Makes 1 bread.**



## Scones

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### Ingredients

750ml (3 cups) cake flour  
Pinch of salt  
30ml (2 Tablespoons) baking powder  
85ml (1/3 cup) Illovo White Sugar  
2 eggs  
60ml (4 Tablespoons) oil  
Approximately 250ml (1 cup) milk  
Beaten egg to glaze

### Method

1. Sift the dry ingredients into a bowl.
2. Beat the eggs and oil in a measuring jug. Add enough milk to make up 350ml of liquid.
3. Stir the liquid into the dry ingredients. Knead to remove any cracks.
4. Pat out to a thickness of 25mm on a floured surface and cut into rounds, using a metal cutter.
5. Place on a greased baking tray and brush the tops with the beaten egg. Bake at 220°C for approximately 12 minutes until well risen and golden brown.

**Makes about 16 scones.**



## Pecan Slices

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### Ingredients

50g butter  
200g Illovo SunSweet Brown Sugar  
1 egg, beaten  
5ml (1 teaspoon) vanilla essence  
125g flour  
Pinch of salt  
3ml (½ teaspoon) baking powder  
100g chopped pecan nuts

### Method

1. Melt the butter then add the sugar and stir well. Allow to cool slightly, then add the egg and vanilla essence.
2. Sift flour, salt and baking powder then add to the butter mixture. Add the chopped nuts and mix well.
3. Grease a 28cm x 18cm tin and spread in the mixture. Bake at 180°C for 25 - 30 minutes. Cool slightly and cut into squares.



# Baked Cheesecake

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## Ingredients

### BASE:

70g (½ cup) self raising flour  
140g (1 cup) flour  
50g (¼ cup) Illovo Castor Sugar  
5ml (1 teaspoon) lemon rind, grated (optional)  
80g butter  
1 egg

### FILLING:

750g (3 tubs) cream cheese, softened  
210g (1 cup) Illovo Castor Sugar  
35g (¼ cup) flour  
4 eggs  
170ml (⅔ cup) cream

### TOPPING:

15ml (1 Tablespoon) Illovo Castor Sugar  
15ml (1 Tablespoon) cornflour  
1 tin or ½ cup granadilla pulp

## Method

### BASE:

1. Process the flours, sugar, lemon rind if using and butter for 30 seconds, or until crumbly. Add the egg and process until the mixture comes together. Knead gently on a floured surface, wrap in plastic wrap and refrigerate for 20 minutes, or until firm.
2. Preheat the oven to 210°C. Roll the pastry between two sheets of baking paper until large enough to fill the base and sides of a 23cm round springform cake tin. Ease into the tin and cut the edges. Bake blind for about 10 minutes, remove the baking paper and beans, flatten the pastry lightly with the back of a spoon and bake for 5 minutes. Cool.

### FILLING:

1. Reduce the oven to 150°C. Beat the cream cheese, sugar and flour until smooth. Add the eggs, one at a time, beating after each addition. Beat in the cream, pour the filling into the pastry case and bake for 1 hour 25 - 35 minutes, or until almost set. Cool, then refrigerate.

### TOPPING:

1. Combine castor sugar and cornflour with two tablespoons of water on the stove. Stir, add two more tablespoons of water and the pulp. Stir till boiling and thick. Cool and spread on the cake.

### NOTE:

**This is a dinkum New York style baked cheesecake, and not a modern-day quickfix. However it is well worth the extra time and effort.**



## Sponge Cake

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### Ingredients

3 eggs, separated  
15ml (1 Tablespoon) lemon juice  
140g (±175ml) Illovo White Sugar  
25ml hot water  
140g (±250ml) cake flour  
5ml (1 teaspoon) baking powder  
Pinch of salt

### Method

1. Beat the egg whites till stiff but not dry. Beat in the lemon juice and half the sugar. Beat till the sugar dissolves.
2. Using the same beater, without rinsing it, beat the egg yolks till light and thick. Add the hot water and beat continuously.
3. Add the rest of the sugar little by little, beating well after each addition.
4. Fold the egg yolk mixture into the whites. Sift together the flour, baking powder and salt, then sift in layers over the egg mixture and fold in lightly using a spatula. Repeat until all the dry ingredients have been folded in.
5. Divide the batter between 2 greased 23cm diameter sandwich cake tins.
6. Bake at 180°C for approximately 35 minutes, till golden brown. Loosen the cake and turn out on a cooling rack.



## Carrot Cake

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### Ingredients

500ml (2 cups) self-raising flour  
500ml (2 cups) Illovo SunSweet Brown Sugar  
5ml (1 teaspoon) salt  
5ml (1 teaspoon) ground cinnamon  
250ml (1 cup) wholewheat flour  
375ml (1½ cups) oil or melted brick margarine 3 eggs  
5ml (1 teaspoon) vanilla essence  
750ml (3 cups) raw carrot, finely grated  
250ml (1 cup) nuts, chopped

### Method

1. Sift the dry ingredients together. Add the wholewheat flour.
2. Combine the oil or margarine, eggs and vanilla essence. Add to the dry ingredients and beat well.
3. Fold in the carrots and nuts. Pour into a large 23cm greased ring or round tin.
4. Bake at 160°C for 80 - 90 minutes or until a skewer inserted in the centre comes out clean.
5. Turn out and cool. Dust with icing sugar.

### NOTES:

This cake can also be baked in two medium sized loaf pans.



## Lemon & Poppyseed Cake

### Ingredients

375ml (1½ cups) Illovo Castor Sugar

3 eggs

125ml (½ cup) oil

250ml (1 cup) milk

125ml (½ cup) poppy seeds

Zest of 1 lemon

300ml coconut

300ml self-raising flour

### SAUCE:

250ml (1 cup) Illovo Castor Sugar

250ml (1 cup) water or orange juice

Zest of 2 oranges

### Method

1. Beat the sugar and eggs together until creamy. Add the rest of the ingredients, ending with the flour and beating well after each addition.
2. Spoon the mixture into a sprayed ring pan and bake in a preheated oven at 180°C for 60 minutes. Remove from oven and leave to cool in pan for 5 minutes, before turning cake out. **SAUCE:** Boil sugar and water/orange juice together for 5 minutes until thick and syrupy. Pour over top of warm cake. Garnish with zest. **NOTES: 1. If desired serve with unpeeled orange segments cooked in the syrup above. 2. This sauce is also delicious as an accompaniment to winter puddings.**



## Basic Biscuits

### Ingredients

250g butter or brick margarine

250ml (1 cup) Illovo Castor Sugar

1 egg

2.5ml (½ teaspoon) vanilla essence

500ml (2 cups) cake flour

### Method

1. Cream butter and add castor sugar gradually, beating continuously.
2. Beat egg and vanilla essence together and then add to the butter mixture, and beat further.
3. Sift the flour 3 times and add to the butter mixture. Mix thoroughly.
4. Shape into biscuits and place on a greased baking tray. Bake at 200°C for 8 - 12 minutes, until golden brown.

**Makes 100 biscuits.**

### VARIATIONS:

- **Ginger Biscuits:**



Add 5ml ground ginger to the flour. Decorate each biscuit with a piece of melon or ginger preserve before baking.

- **Coffee Biscuits:**  
Dissolve 10ml of instant coffee into 10ml boiling water. Add to the butter mixture. Decorate with a coffee bean before baking.
- **Cherry Biscuits:**  
Push halved glacé cherries into each biscuit before baking.
- **Coffee Biscuits:**  
Dissolve 10ml of instant coffee into 10ml boiling water. Add to the butter mixture. Decorate with a coffee bean before baking.
- **Decoration:**  
Dip one half of each biscuit in melted chocolate (or drizzle over the top) and leave to set on a wire rack, or simply spread with made up icing.

**Store in an airtight container.**

## Chocolate Chip Cookies

### Ingredients

120g butter or brick margarine  
125ml (½ cup) Illovo White Sugar  
125ml (½ cup) Illovo SunSweet Brown Sugar  
3ml (½ teaspoon) vanilla essence  
1 egg  
435ml (1¾ cup) self-raising flour  
3ml (½ teaspoon) salt  
125g chocolate chips  
60g walnut pieces, chopped

### Method

1. Cream the butter/margarine, sugars and vanilla essence together.
2. Gradually add the lightly beaten egg. Mix in sifted flour and salt.
3. Add chocolate chips and chopped walnuts, and mix well.
4. Shape teaspoonfuls of mixture into small balls, and place on a lightly greased oven tray, allowing room for spreading. Push a few extra choc chips into each cookie if desired.
5. Bake in moderate oven (180°C) for 10 - 12 minutes.

**Makes about 45.**



## Gingernut Biscuits

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### Ingredients

250g butter or brick margarine  
250ml (1 cup) Illovo Golden Syrup  
2 eggs  
750g cake flour  
500ml (2 cups) Illovo SunSweet Brown Sugar  
30ml (2 Tablespoons) ground ginger  
10ml (2 teaspoons) bicarbonate of soda  
5ml (1 teaspoon) salt  
75ml (5 Tablespoons) milk

### Method

1. Melt the butter and stir in the syrup. Allow to cool. Beat in the eggs, one at a time.
2. Sift together the dry ingredients and stir into the syrup mixture alternately with the milk. Allow the dough to chill in the refrigerator until firm enough to shape.
3. Roll out and cut into shapes, or shape into small balls and press down with a fork. Place far apart on a greased baking sheet.
4. Bake in a moderately hot oven (190°C) for approximately 10 minutes.

**Makes 120 biscuits.**



## No-bake Cookies

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### Ingredients

500ml (2 cups) Illovo White Sugar  
250ml (1 cup) milk  
75ml (5 Tablespoons) butter or brick margarine  
60ml (4 Tablespoons) cocoa  
Pinch of salt  
750ml (3 cups) oats  
10ml (2 teaspoons) vanilla essence  
125ml (½ cup) desiccated coconut  
125ml (½ cup) nuts

### Method

1. Boil the sugar, milk, butter, cocoa and salt together for about 10 minutes, or until the syrup begins to thicken.
2. Add the oats, vanilla essence, desiccated coconut and nuts. Mix thoroughly and remove from heat.
3. Beat until stiff. Drop teaspoonfuls onto a greased baking tray, flatten into rounds and allow cooling.



## Wholewheat Biscuits

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### Ingredients

125g butter  
60ml (¼ cup) Illovo Castor Sugar  
30ml (2 Tablespoons) Illovo Golden Syrup or honey  
1 egg  
250ml (1 cup) whole-wheat or Nutty Wheat flour  
125ml (½ cup) self-raising flour  
125ml (½ cup) plain flour  
60ml (¼ cup) bran  
Pinch of salt  
Extra bran

### Method

1. Cream the butter and sugar until very light and creamy, add the syrup or honey and beat very well. Add egg, beat until well combined. Creamed mixture should be very soft.
2. Add the sifted flours (return the husks to the bowl), add bran and salt and mix well.
3. Turn onto a lightly floured surface and knead lightly. Roll out to 3mm thickness. Sprinkle lightly with extra bran.
4. Cut pastry into rounds with a cutter, and place on greased oven trays. Prick each biscuit with a fork. Bake in moderate oven (180°C) for 12 - 15 minutes or until light golden brown. Cool for a few minutes on trays, then place on to wire racks to cool.

**Makes about 25.**



## Peanut Cookies

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### Ingredients

125g butter or brick margarine  
155ml (1 cup) Illovo SunSweet Brown Sugar  
1 egg  
250ml (just over ½ cup) self-raising flour  
3ml (½ teaspoon) bicarbonate of soda  
125ml (½ cup) breakfast oats  
125ml (½ cup) desiccated coconut  
125ml (½ cup) salted peanuts  
125ml (½ cup) crushed bran flakes (breakfast cereal)

### Method

1. Cream the butter and sugar till light and fluffy. Add the egg and beat well.
2. Fold in the sifted flour and bicarbonate of soda. Add the oats, coconut, peanuts and bran flakes. Mix well.
3. Put teaspoonfuls of the mixture onto a lightly greased oven tray. Flatten the top slightly with a fork.
4. Bake at 180°C for 10 - 12 minutes till golden brown.



## Marshmallow Sauce

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### Ingredients

200ml (4/5 cup) Illovo White Sugar  
15ml (1 Tablespoon) Illovo Golden Syrup  
60ml (4 Tablespoons) milk  
250g marshmallows, chopped  
30ml (2 Tablespoons) water  
5ml (1 teaspoon) vanilla essence

### Method

1. Combine sugar, golden syrup and milk in a heavy saucepan, stirring over low heat until sugar has dissolved. Bring to the boil and then simmer gently for 5 minutes.
2. Place marshmallows and water in the top of a double boiler and heat, stirring frequently until melted.
3. Pour sugar mixture over marshmallows, beating well. Add the vanilla essence. **Makes about 500ml.**

### SERVING SUGGESTIONS:

- Serve hot or cold over ice cream, baked apples, poached pears or peaches, or with fresh fruit salad.

### NOTE:

- Sauce may be reheated in a double boiler. Beat before serving.



## Chocolate Sauce

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### Ingredients

30ml (2 Tablespoons) Illovo White Sugar  
30ml (2 Tablespoons) Illovo Golden Syrup  
30ml (2 Tablespoons) water  
30ml (2 Tablespoons) butter  
30ml (2 Tablespoons) cocoa

### Method

1. Combine all the ingredients in a small saucepan and heat, stirring occasionally - nothing could be simpler.

### SERVING SUGGESTIONS:

- Serve with ice cream, pancakes or waffles.



## Fudge Sauce

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### Ingredients

45g (3 Tablespoons) butter  
Pinch of salt  
250ml (1 cup) Illovo White Sugar  
500ml (2 cups) hot milk  
5ml (1 teaspoon) vanilla essence

### Method

1. Heat the butter, salt and sugar to a light brown syrup.
2. Add the milk gradually, and heat, stirring to dissolve any lumps. Allow to cool.
3. Flavour with vanilla essence and serve hot.

**Makes 625ml.**

### SERVING SUGGESTIONS:

- Serve with caramelised fruit, baked or steamed puddings..



## Apple Sponge Pudding

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### Ingredients

#### BASE:

1 Large egg  
125ml (½ cup) Illovo White Sugar  
60ml (¼ cup) milk  
250ml (1 cup) self-raising flour  
1 large green apple, peeled & chopped, or sliced OR 385g tin, sliced pie apples

#### SAUCE:

1 (380g) tin evaporated milk  
60ml (¼ cup) Illovo White Sugar  
10ml (2 teaspoons) caramel essence

### Method

#### BASE:

1. Beat egg and sugar until light and creamy. Add the milk and sift the flour and add it to the mixture, mix well.
2. Add the apples and pour the mixture into a greased 22cm x 22cm ovenproof dish.
3. Bake in a preheated oven at 180°C for 30 – 40 minutes.

#### SAUCE:

1. Boil the milk and sugar over low heat, stirring continuously. Remove from the stove and add caramel essence. Pour sauce over hot tart.

### SERVING SUGGESTION:

- Serve hot or cold.



## Bread & Butter Pudding

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### Ingredients

12 slices white bread, with crust removed  
Butter (enough to butter the bread with)  
50g raisins  
50g sultanas  
3 eggs  
500ml (2 cups) milk  
60g Illovo SunSweet Brown Sugar  
A few drops vanilla essence  
Ground nutmeg  
Illovo SunSweet Brown Sugar for sprinkling

### Method

1. Butter the bread slices and cut into quarters.
2. Layer bread (butter sides upwards) sprinkled with raisins and sultanas in an ovenproof dish.
3. Beat the eggs, milk, sugar and vanilla essence together.
4. Pour gently over the bread and fruit.
5. Sprinkle a little ground nutmeg over the top.
6. Leave for half an hour for the custard to properly soak into the bread.
7. Bake in a preheated oven 180°C for approximately 1 hour until golden brown and set.
8. Sprinkle more sugar over the top before serving. **NOTE:**
  - If you have time, gently boil the raisins and sultanas in a little orange juice before adding to the bread.



## Malva Pudding

### Ingredients

15ml (1 Tablespoon) brick margarine  
125ml (½ cup) Illovo White Sugar  
1 egg  
15ml (1 Tablespoon) apricot jam  
15ml (1 Tablespoon) vinegar  
250ml (1 cup) cake flour  
5ml (1 teaspoon) bicarbonate of soda  
Pinch of salt

### SAUCE:

125g brick margarine  
185ml (¾ cup) Illovo White Sugar  
65ml water  
185ml (¾ cup) cream  
5ml (1 teaspoon) vanilla essence

### Method

1. Cream the margarine and sugar. Add the egg and blend well.
2. Add the apricot jam and vinegar. Mix well.
3. Sift the dry ingredients into the creamed mixture.
4. Pour into a deep round dish about 19cm diameter. Cover the dish with a lid or foil and then bake for 1 hour at 180 °C.
5. SAUCE: 1.Boil the margarine, sugar and water 2. Remove from the stove and then add the cream and the vanilla. Pour over the hot baked pudding.



## Tiramisu

### Ingredients

185ml strong black coffee  
60ml (¼ cup) brandy  
125g (1 packet) finger biscuits  
2 large eggs, separated  
30ml (2 Tablespoons) Illovo Castor Sugar  
10ml (2 teaspoons) brandy (extra)  
250g (1 tub) mascarpone cheese  
10ml (2 teaspoons) cocoa powder

### Method

1. Mix the coffee and the brandy together in a cup.
2. Dip both sides of half the packet of biscuits into this mixture and arrange in the bottom of a shallow round or square dish.
3. Cream the egg yolks and castor sugar together until thick and pale yellow. Add the additional 10ml brandy and the mascarpone cheese to the egg mixture and mix until smooth.
4. Beat the egg whites until stiff, and fold into the cheese mixture. Pour half the mixture over the biscuits.



5. Dip the other half of the biscuits in the coffee and arrange on top of the cheese mixture and then pour the balance of the cheese mixture over the top.
6. Place in the fridge for 4 hours to set and sprinkle with cocoa just before serving.

## Sticky Chocolate Pudding

### Ingredients

125g soft butter  
 185g Illovo Treacle Sugar  
 4 eggs, lightly beaten  
 250g self-raising flour  
 5ml (1 teaspoon) bicarbonate of soda  
 30ml (2 Tablespoons) cocoa mixed with 30ml water  
 125g dates, finely chopped  
 300ml boiling water  
 100g chocolate chips

### Method

1. Cream the butter and sugar together. Add the beaten eggs, a little at a time. Fold in the self-raising flour.
2. Mix the bicarbonate of soda and cocoa water mixture together, pour over the dates in a bowl. Then pour on the boiling water. Stir and leave to cool a little.
3. Pour the mixture into a 23cm round loose-bottomed cake tin, which has been lined with a double thickness of greaseproof paper.
4. SBake at 180°C for approximately 75 minutes, or until springy to the touch.



## Tipsy Tart

### Ingredients

#### TART:

250g (1 cup) dates, chopped  
 185ml boiling water  
 5ml (1 teaspoon) bicarbonate of soda  
 30ml (2 Tablespoons) butter or brick margarine  
 250ml (1 cup) Illovo White Sugar  
 1 egg  
 375ml (1½ cups) cake flour  
 20ml (4 teaspoons) baking powder  
 Pinch of salt  
 60ml (¼ cup) pecan nuts, chopped

#### SYRUP:

310ml (1¼ cups) Illovo White Sugar  
 185ml wat  
 5ml (1 teaspoon) vanilla essence  
 15ml (1 Tablespoon) butter  
 60ml (¼ cup) brandy



### Method

1. Pour boiling water over dates and bicarbonate of soda. Allow to cool.
2. Beat butter/margarine, sugar and egg together.
3. Sift dry ingredients and add, alternately with the date mixture.
4. Stir in nuts and pour into 2 x 20cm greased tart plates and bake at 180°C for 30 - 40 minutes. Remove from oven, and allow to cool.
5. Dissolve the sugar in the water and boil for 5 minutes.
6. Add the vanilla essence, butter and brandy. Pour over cooled tarts.
7. Decorate with piped whipped cream and cherries.

## Fruit Smoothie

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### Ingredients

**2 bananas, peeled and sliced**  
**8 - 10 strawberries, hulled and cut in half**  
**250ml (1 cup) plain yoghurt**  
**60ml (¼ cup) Illovo White Sugar**  
**100ml milk**

### Method

1. Blend the banana and strawberries together in a food processor.
2. Add the yoghurt, sugar and milk to the blender and blend until smooth. Pour into a glass.

**Makes 2 smoothies.**

### HINT:

- To make different flavours use seasonal fruit varieties.



## Summer Fruit Punch

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### Ingredients

500ml (2 cups) water  
750ml (3 cups) Illovo White Sugar  
750ml (3 cups) orange juice  
500ml (2 cups) apple juice  
1 litre (4 cups) apricot juice or pineapple juice  
750ml (3 cups) white wine (off-dry is the best)  
2 litres soda water  
1 litre ginger ale  
500ml (2 cups) chopped fruit such as apples, pineapple, strawberries

### Method

1. Dissolve the sugar in the water over low heat.
2. Increase the heat and boil for 10 minutes.
3. Add the fruit juice, the wine and the chopped fruit, allow to stand for one hour.
4. Just before serving add the soda water and ginger ale.

### NOTE:

- You may halve the ingredients as necessary.

