

Sweets

Tempting, delectable, delicious, a minute on your lips – years on your hips. Whichever way you look at it you can't escape from the wonders of something sweet.



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Decadent
Chocolate
Ice cream
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Decadent chocolate ice cream

quantity serves 2 | cook time 30 min | ideal for the kids

Ingredients

2 cups double thick cream
5 tbsp good-quality cocoa
200 g good-quality dark chocolate (62% or more), chopped
250 ml milk
5 egg yolks
125 ml sugar
1 tsp salt
1 tsp vanilla extract

Method

Heat the cream in a medium pot.

Remove from heat when it starts bubbling at the edges, whisk in cocoa and chocolate until it's well combined and melted.

Add the egg yolks, milk, sugar, vanilla and salt.

Return to stove stirring constantly (so you don't cook the eggs) with a wooden spoon, over medium heat until the eggs thicken and form a custard.

Refrigerate then prepare according to your ice cream maker's instructions adding optional extras just before churning.

Store in a freezer-proof container in the freezer to harden.

Hints

★ Get creative and try different flavours by introducing extras like peppermint crisp, honeycomb, crushed Oreos, Smarties, fudge or chocolate chip biscuits.

Lemon meringue cupcakes

quantity makes 12 | cook time 35 min | ideal for tea time

Ingredients

For the cupcakes

100 g butter, softened
1 cup castor sugar
2 tsp finely grated lemon rind
2 eggs
1.5 cups self-raising flour
½ cup milk

For the lemon curd

2 eggs, lightly whisked
100 g butter
2 tablespoons lemon rind
½ cup lemon juice
1 cup castor sugar

For the meringue

3 egg whites
¾ cup castor sugar

Method

Preheat the oven to 180°C.

Place paper liners in a 12-cup muffin tin.

Use an electric mixer to beat the butter, sugar and lemon rind until pale and creamy.

Add eggs, one at a time, beating well between each addition.

Add the flour and milk, in alternate batches, and stir with a wooden spoon until just combined.

Spoon mixture evenly among the lined pans (three quarters full) and smooth the surface.

Bake in preheated oven for 15-20 minutes, or until cooked through.

Remove from oven and transfer to a wire rack to cool completely.

Make the lemon curd while the cupcakes are baking. Combine the egg, butter, lemon rind and juice and sugar in a small saucepan over low heat.

Cook, stirring, for 5 minutes or until mixture boils and thickens.

Remove from heat.

Strain through a sieve into a bowl. Cover with plastic wrap and place in the fridge to cool and thicken.

Use a cupcake corer to cut a piece out of the top of each cake.

Spoon the lemon curd evenly among cupcakes (there should be extra lemon curd for your fridge).

Place egg whites in a bowl.

Use an electric mixer to whisk until firm peaks form.

Gradually add the sugar, beating well between each addition.

Continue beating for 2-3 minutes or until sugar completely dissolves.

Pipe meringue on top of each cake enclosing the filling.

Use a small blowtorch to grill the meringue until lightly golden.

Alternatively, transfer cupcakes to an oven tray and place under a preheated grill until lightly golden.

Alternative

★ For a delicious alternative, fill the cupcakes with strawberry jam and top with whipped cream.



“Sometimes, it’s just easier to say yes to that extra snack or dessert.”

– Michelle Obama



Crème brûlée

quantity	cook time	ideal for
serves 6	60 min	parties

Ingredients

500 ml double or whipping cream
6 egg yolks
40 g sugar
1 tsp vanilla essence
Extra castor sugar, to brûlée

Method

Place the cream in an enamel or stainless steel saucepan and bring very gently to the simmer, stirring occasionally to prevent scorching.

Gradually beat the vanilla essence and sugar into the egg yolks and continue to beat for 4-5 minutes until thick and pale.

Beat the hot cream, very slowly, drop by drop (to avoid scrambling the eggs) into the yolks and then pour into ramekins and place in a deep roasting tin with hot water.

Bake at 150°C for about 45 minutes until set.

Cool thoroughly and chill, then clean carefully round the edges.

Sprinkle a thin layer of castor sugar evenly over the top of the cooked custards, especially up to the edges.

Use a blowtorch to caramelize the sugar; watch that it does not burn. It should have a hard brown top.

Serve cold.

Alternative

★ Add a teaspoon of finely grated ginger or a dash of Amarula to the cream.



Carrot cake

quantity	cook time	ideal for
serves 4	60 min	high tea

Ingredients

625 ml flour
10 ml baking powder
7.5 ml bicarbonate of soda
15 ml mixed spice
5 ml salt
375 ml sugar
310 ml oil
4 eggs
500 ml grated carrots
250 ml crushed tinned pineapple
125 ml chopped pecan nuts
62.5 ml smooth apricot jam

Cream cheese icing

125 ml butter
500 g icing sugar
5 ml vanilla essence
250 g smooth cream cheese

Method

Preheat the oven to 180°C

Sift dry ingredients together twice.

Beat the sugar, oil and eggs together until light and fluffy. Use an electric beater and beat at high speed for 3 minutes.

Add the carrots, pineapple, nuts and apricot jam, mix well.

Sift the dry ingredients over the mixture and fold in with a spatula until uniformly blended.

Grease a 28cm loose bottomed springform tin and sprinkle with a little flour or dry bread crumbs on the bottom of the tin. This prevents the cake from sticking.

Pour mixture into prepared tin and bake for 45 minutes. Allow the cake to firm and cool in the pan for 10 minutes before turning out.

To make the icing

Cream the butter and gradually add icing sugar.

Add vanilla, and cream cheese. Don't beat the mix too much, otherwise it can become watery.

Ice the cake when it has cooled.

Lemon curd



quantity
serves 4

cook time
10 min

ideal for
gifts

Ingredients

200 ml sugar

3 eggs

1 egg yolk

125 ml fresh lemon juice

Grated rind from 2 lemons

125 ml butter, melted and cooled slightly

Method

In a microwave-safe bowl, whisk together the sugar and eggs until smooth.

Stir in lemon juice, lemon zest and butter.

Cook in the microwave on high for 3-4 minutes, stirring well at one minute intervals, until the mixture is thick enough to coat the back of a spoon.

Pour into small sterile jars.

COOK'S TIP

The lemon curd can be stored in the refrigerator for several weeks. This recipe filled three glasses (each glass held about $\frac{3}{4}$ cup) with a little left over.

Peppermint choc chip ice cream

quantity
makes 1 litre

cook time
30 min

ideal for
Sunday afternoon

Ingredients

2 cups milk

2 cups cream

1 cup sugar

$\frac{1}{4}$ teaspoon salt

1 teaspoon vanilla extract

1 teaspoon peppermint extract

3 drops green food colouring (optional)

$\frac{1}{2}$ cup chocolate chips

The sugar must be dissolved.

Colour to your liking with the green food colouring.

Pour the mixture into an ice cream maker, and freeze according to the manufacturer's instructions.

After about 10 minutes into the freezing, add the chocolate chips.

After the ice cream has thickened, about 30 minutes later, spoon into a container, and freeze for 2 hours.

Method

Stir together in a large bowl, the milk, cream, sugar, salt, vanilla extract and peppermint extract.

Nutella mug cake



quantity
serves 6

cook time
10 min

ideal for
alone time

Ingredients

125 ml self raising flour
125 ml white granulated sugar
2 eggs
90 ml cocoa powder
90 ml Nutella
90 ml milk
90 ml olive or vegetable oil

Method

Combine all ingredients in a large coffee mug.

Whisk with a fork until smooth.

Microwave on high for 2-5 minutes. (Time depends on microwave wattage.)

Top with whipped cream and chocolate sauce if desired.



COOK'S TIP

Remember gold or silver trimmed cups are not ideal to use in microwaves. Make cakes in ceramic bowls and serve in elegant dinnerware.

Red velvet cupcakes

quantity
serves 6-8

cook time
40 min

ideal for
weddings

Ingredients

2.5 cups all-purpose flour
1.5 cups sugar
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cocoa powder
1.5 cups vegetable oil
1 cup buttermilk, room temperature
2 large eggs, room temperature
2 tablespoons red food colouring
1 teaspoon white distilled vinegar
1 teaspoon vanilla extract

Cream cheese frosting

450 g cream cheese, softened
2 sticks butter, softened
1 teaspoon vanilla extract
4 cups sifted confectioners' sugar

Method

Preheat the oven to 180°C.

Line 2 (12-cup) muffin pans with cupcake papers.

Sift together in a medium mixing bowl, the flour, sugar, baking soda, salt and cocoa powder.

Beat in a large bowl, the oil, buttermilk, eggs, food colouring, vinegar, and vanilla with a handheld electric mixer.

Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined.

Divide the batter evenly among the cupcake tins about $\frac{2}{3}$ filled.

Bake in oven for about 20-25 minutes, turning the pans once,

half way through. Test the cupcakes with a toothpick.

Remove from oven and cool completely before frosting.

For the cream cheese frosting
Beat in a large mixing bowl, the cream cheese, butter and vanilla together until smooth.

Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.

Alternative

★ Sprinkle with desiccated coconut to serve or top with fresh berries.





Malva pudding

quantity serves 4 | cook time 70 min | ideal for memories

Ingredients

Cake

1 cup sugar
1 egg
1 tablespoon apricot jam
1 cup flour
1 teaspoon bicarbonate of soda
1 teaspoon baking powder
¼ teaspoon table salt
1 tablespoon butter
1 teaspoon white vinegar
1 cup milk

Sauce

1 cup whipping cream (not whipped)
6 ounces butter
1 cup white sugar
½ cup hot water

Method

Preheat the oven to 180°C.

Beat the egg and sugar in a mixer and add the jam. Sift flour, bicarbonate of soda, baking powder and salt.

Melt the butter and add the vinegar and milk.

Add liquids to egg mixture alternately with the flour.

Beat well and bake in a covered dish for 45 minutes to 1 hour. It is important to use a covered dish otherwise the sauce won't soak into cake.

Melt together the ingredients for the sauce and pour over pudding as it comes out of the oven.

Crunchies

quantity serves 2 | cook time 40 min | ideal for storing

Ingredients

½ cup sunflower seeds
½ cup pumpkin seeds
2 tablespoons sesame seeds
1 ½ cups rolled oats
1 cup dried fruit medley, chopped (optional)
60 g reduced-fat margarine spread
½ cup honey

Method

Preheat oven to 170°C.

Lightly grease a 3cm-deep, 17 x 27cm baking tray. Line with baking paper, allowing 2cm overhang at long ends.

Combine sunflower seeds, pumpkin seeds, sesame seeds, oats and dried fruit in a large bowl.

Place spread and honey in a saucepan over low heat. Cook, stirring occasionally, for 3-4 minutes or until melted.

Bring to a simmer.

Cook, stirring, for 3 minutes or until slightly thickened.

Add spread mixture to seed mixture.

Stir to combine.

Spoon into the prepared pan. Using the back of a spoon, press mixture evenly into pan.

Bake for 25-30 minutes or until golden.

Cool in pan completely.

Refrigerate for 2 hours.

Cut into bars.

Store in an air-tight container.





COOK'S TIP
 If you feel hungry between meals, try to choose snacks which are high in fibre.

Healthy raisin and nut rusks

 Quantity serves 6 | cook time 120 min

- Ingredients
- 225 g butter
 - 1 cup buttermilk
 - 1 egg
 - 500 ml cake flour
 - 250 ml nutty wheat (bran flour)
 - 15 ml baking powder
 - ¾ cups sugar
 - Pinch of salt
 - ½ cup raisins (optional)
 - ½ cup pecan nuts – roughly chopped
 - ½ cup muesli
 - ½ cup rolled oats
 - ½ cup sunflower seeds
 - ½ cup coconut

Method
 Preheat oven to 180°C.

Butter a deep baking tray (20 x 30 cm) and put aside.

Melt butter and allow to cool.

Add buttermilk, egg and dry ingredients.

Mix thoroughly and put mixture into pan and spread evenly.

Bake for 40-45 minutes until golden brown.

Cut into small pieces

Turn out on a wire rack to cool.

Dry out at 70 to 100°C until dry.

Store into airtight container when it's cooled down.

Alternative
 ★ Vary your selection of nuts and fruit, to suit your preference.



Turkish Delight ice cream

quantity serves 6 | cook time 30 min | ideal for little girls

- Ingredients
- 4 egg yolks
 - ½ cup sugar
 - 310 ml milk
 - 310 ml thickened cream
 - 1 tbsp rose water
 - 165 g Turkish Delight, chopped

Method
 Beat the egg yolks and sugar until light and fluffy.
 Bring the milk to boil in a pan.
 Add to the egg and sugar, stirring, then return to the pan.

Continue stirring over low heat until the mixture coats the back of a spoon. Do not boil.

Let cool, then stir in the cream and rose water.

Put the Turkish Delight in a pan with 2-3 tablespoons of water.

Heat gently, until almost completely melted, with just a few small lumps.

Remove from the heat and stir into the cooled custard mixture.

Let the mixture cool completely; now place half the mixture into the ice cream maker and freeze.

Churn for about 30 minutes, until it has the consistency of soft-scoop ice cream.

Transfer it to one of the plastic boxes and place in the freezer.

Repeat with the other half of the mixture.



Classic baked vanilla cheesecake

quantity serves 2 | **cook time** 60 min | **ideal for** birthdays

Ingredients

Base

250 g plain sweet biscuits
125 g butter, melted
Melted butter, for greasing

Filling

750 g tub cream cheese, at room temperature
250 g castor sugar
1 vanilla pod
½ lemon, rind finely grated, juiced
6 eggs
200 ml cream

Method

Preheat oven to 150°C.

Brush a 20cm springform pan with the melted butter to lightly grease the pan.

To make the base

Place the biscuits in the food processor and blitz until crushed.

Add the butter and process until well combined.

Use the back of a spoon to press the biscuit mixture on the bottom of the greased pan to evenly cover the base and up the sides.

Place in the fridge while making the filling.

To make the filling

Beat the cream cheese, castor sugar and vanilla in a medium bowl until the mixture becomes light and creamy.

Add the lemon rind, lemon juice, eggs and cream.

Beat until well combined and the mixture is light and fluffy.

Pour mixture into prepared pan.

Bake in preheated oven for 45 minutes or until golden and just set in the centre.

Remove from the oven and allow to cool completely.

Cover loosely with plastic wrap and place in the fridge overnight to firm.

Remove from the fridge 10 minutes before serving.



MEET Wayne Swanepoel, HomeChoice DBA (Database Administrator) and a father of three (his son, daughter and a Labrador called Marley). His favourite pastime is going to the movies or to the beach.

Eskimo treat

quantity serves 2 | **cook time** 15 min | **ideal for** mid-week

Ingredients

200 g packet ginger biscuits, crushed
2 L vanilla ice cream, softened
1 can caramel treat
250 g roasted peanuts
100 g red glacé cherries

Method

Blend, in a food processor, the peanuts and ginger biscuits into fine crumbs and set aside.

Line a loaf tin with wax paper.

Spoon a layer of ice cream across the bottom of the tin and smooth out the top.

Place it in the freezer for an hour to set.

Remove from the freezer and spoon a layer of Caramel Treat on top of the frozen ice cream and place in the freezer for an hour.



Top with the ground biscuit and nut mixture, press down firmly and freeze for at least 3 hours or overnight.

Turn on to a serving plate and decorate with cherries.

Thought to share

"Summer or winter, there is nothing like a sweet ice cream treat. Easy to make and enjoyed by all!"