



*Diane Hersey*



**THE SOUTH  
AMERICAN COOK  
BOOK**





# *The South African Cookbook*

by Diane Kersey



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## ***Starters, Snacks, Salads, and Side Dishes***

## Asparagus with Parmesan Cheese

16 large fresh asparagus spears  
6 tablespoons butter  
2 cloves garlic, crushed  
3 tablespoons grated fresh or dried parmesan cheese

**Method:** Wash and pat asparagus dry on kitchen towel. In a shallow frying pan, heat the butter and garlic, and saute garlic gently until golden brown. Add the asparagus spears to the pan, turn up the heat a little, and sauté the asparagus for 10 minutes until it is crisp and tender. Transfer to a serving plate and sprinkle over the parmesan cheese. Serve immediately.



## Bread Salad

8 slices bread, crusts removed  
oil for frying  
4 eggs  
1 1/2 cups sugar  
1 1/2 teaspoons dry mustard  
2 cups vinegar  
Salt and Pepper to taste  
1/2 cup fresh cream  
1 cup mayonnaise  
Cheese (optional)  
Oil for frying

**Method:** Heat a frying pan with enough oil to cover the base till medium hot. Cut bread into 1/2 inch cubes and fry in oil. Drain on kitchen towel paper. Beat all ingredients together except in cheese for 5 minutes. Transfer mixture into a medium-sized pot and cook over high heat; stir all the time that being careful not to burn mixture. Remove from stove and when cold, add 1/2 a cup of cream and mayonnaise. Mix well. Add bread and optional cheese and stir lightly. Mix well. Refrigerate until needed. Serves 6

## Bread with Whiskey Sauce

9 oz. day old French bread  
2 tablespoons butter  
2-2/3 cups milk  
2 eggs  
2/3 cup sugar  
1/2 teaspoon vanilla essence  
1 pinch of nutmeg  
1/4 teaspoon cinnamon  
1 apple, washed and thinly sliced  
1 cup strawberries, washed, stalks removed and thinly sliced  
1/3 cup raisins

### Whiskey Sauce:

1/2 cup brown sugar  
1/4 cup whiskey  
9 tablespoons butter  
1/2 cup cream

**Method:** Cut the bread into half inch cubes. Heat the butter over medium heat with the milk. Set aside to cool. Blend the eggs and sugar with the vanilla and spices. Add to the cooled milk and blend well. Arrange a layer of bread in a 4 in. pan, then a layer of apples and thinly sliced strawberries. Sprinkle raisins over the fruit, finishing with a layer of bread. Pour the milk mixture over all. Press down the bread to soak evenly. Press again after 20 minutes. Bake in [water bath](#) at 350°F for 30 to 40 minutes, or until slightly brown and the center is set. Serve with Whiskey Sauce. Serves 6

**Whiskey Sauce:** Add all ingredients and bring to a boil.

**Note:** Bread pudding may be served warm or cold. The sauce should be served hot. It will become cloyingly sweet when cold.

## Brioche

4 - 1/2 cups sifted all-purpose flour  
2 teaspoons salt  
2 tablespoons granulated sugar  
1/2 cup warm water  
1 - 3/4 tablespoons granulated yeast  
7 large eggs  
1/2 cup unsalted butter, softened  
1 egg

**Method:** Sift flour and salt together; set aside. Dissolve sugar in warm water in large mixing bowl. Add yeast, dissolve by stirring slowly. Place flour and salt on top of sugar and yeast mixture. Then add 6 eggs on top of flour mixture. Mix slowly until all ingredients are combined. Stir mixture several minutes until dough becomes smooth and elastic, then add softened butter 2 tablespoons at a time until all is completely incorporated. Cover and bench proof dough until double in volume. Punch down dough, proof in refrigerator until dough is firm and workable. Measure 3-oz. pats of dough. Brush oven-proof coffee cups with softened butter. Pinch a marble-sized piece of dough from each pat and reserve. Form each pat of dough into round shape; place in buttered cup. Form each marble-sized piece of dough into a pear shape. Make a dent in the round dough and place a pear piece into dent after wetting the pointed end in water. [Proof](#) the dough until double in size. Beat the remaining egg with 1 tablespoon water. Brush egg wash over dough. Bake at 350° F for 15-18 minutes. Serves 6

## Candied Shallots

24 large shallots  
2 tablespoons melted butter  
1/3 cup red wine vinegar  
2 tablespoons dry red wine  
3 tablespoons sugar

**Method:** Cut ends off and peel shallots. Fit them tightly into low-sided, heavy-bottomed pan. Add the remaining ingredients, and stir to thoroughly coat the shallots. Braise shallots over a very low heat, uncovered, for four hours or until the shallots are soft and shiny, and the liquid has completely evaporated.

**Note:** If liquid evaporates before shallots are cooked, add a little water. If shallots become soft before wine and vinegar evaporate, pour off liquid, add 1 tablespoon butter and 1 tablespoon sugar and cook over medium heat until coated with a syrupy glaze. Disturb shallots as little as possible, to keep them whole. Serves 4

## Cheese and Potato Croquettes

1 cup strong cheddar cheese  
1/2 teaspoon dry English mustard  
Pinch of cayenne pepper  
Salt and black pepper to taste  
3 cups cooked mashed potato  
1 sprig chopped parsley  
2 shallots, chopped small  
1 egg, beaten  
Fine bread crumbs for rolling  
1 teaspoon parmesan cheese, grated  
Little oil for frying

**Method:** Combine all the ingredients except the beaten egg, breadcrumbs and parmesan cheese and mix well till all ingredients are combined. Set aside, meanwhile heat the oil in a deep frying pan.

Mix the breadcrumbs and parmesan cheese well together and put in a shallow plate. Roll the potato mixture in small balls and coat with beaten egg, then coat with the breadcrumb mixture. Continue this way until all the potato mixture has been used. Shallow fry the potato balls until golden brown. Drain on paper kitchen towels. Makes 15-20



## Cheese Drops

9 oz. sharp cheddar cheese shredded, at room temp  
1/2 cup butter, softened  
1 cup flour  
1/2 packet onion soup mix  
1/2 teaspoon salt

**Method:** Preheat oven to 400°F. Combine the cheese, butter, flour, soup mix, and salt in a bowl and mix well. Shape the dough into 1 inch balls. Arrange 2 inches apart on a baking sheet. Flatten with a fork. Bake for 8-10 minutes or until light brown. Cool on the baking sheet for two minutes. Remove to wire rack for cooling. Store in an airtight container. This recipe easily doubles. Makes 30

## Cheesy Asparagus

16 stalks asparagus, cleaned and trimmed  
2 tablespoons butter  
2 tablespoons grated parmesan cheese  
Salt and pepper to taste

**Method:** Preheat oven to 350°F. Cook asparagus in boiling, salted water for 5 to 7 minutes, or until al dente. Drain. Melt butter in ovenproof pan. Add asparagus and sauté for 5 minutes. Sprinkle with cheese, add salt and pepper, and bake for 2 minutes. Transfer to broiler and broil for 2 minutes or until golden brown. Serve. Serves 4

**Note:** Use freshest asparagus available.

## Cheesy Savory Pine Cone

2 lbs. flavored savory cream cheese  
1 lb. butter, softened  
Cayenne pepper to taste  
Salt to taste  
1 roasted green or red pepper, with skin removed and pureed  
1/2 onion, peeled and finely grated  
1/2 kg whole almonds, with skin on  
Pine needles or chives

**Method:** Beat all the ingredients, except the almonds, together in a large bowl. Blend well and refrigerate until set. Shape cream cheese mixture into a pine cone shape on a serving tray lined with foil. Decorate with almonds. Refrigerate for two hours. Just before serving, decorate with washed and dried pine needles or chives to the head of the cone. Serve with crackers or Melba toast. Serves 6

## Cheesy Tomato and Basil Bites

1 large French roll  
1/2 teaspoon garlic, crushed  
3 tablespoons margarine or butter  
500 ml (14 oz) tomatoes, peeled, seeded and diced small  
2 tablespoons fresh basil, chopped fine  
250 ml (7 oz) salami, chopped fine  
2 teaspoons green pepper, chopped fine  
100g mushrooms, wiped clean and chopped small  
250 ml (7 oz) cheddar cheese

**Method:** Cut the ends of the crust off from both sides of the French roll. Hollow out the roll with a long sharp knife, careful not to pierce the crust. Combine the garlic and margarine or butter and beat well until light and fluffy. Set aside. Combine the rest of the ingredients together and mix well. Stir in the butter mixture and combine well. Stuff the roll with the salami mixture, packing it tight inside. Refrigerate for about three hours. Remove from refrigerator. Cut roll into about twelve slices with a sharp knife. Serve on platter. Serves 6

**Cooking tip!** This dish can be served either hot or cold. If you prefer serving it hot, transfer slices onto a baking tray and bake for about five minutes until the cheese has started to melt through. Serve warm.

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