

Traditional South African Recipes

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MEALIE-MEAL “PAP”	5
“SLAP PAP” IN THE MICRO WAVE	5
MEALIE-MEAL “STYWE PAP”	5
SOUP.....	6
LENTIL SOUP	6
MUSSEL SOUP	6
MEAT DISHES	7
EASY CHICKEN	7
BOBOTIE	7
BILTONG	7
HAM	7
MEATLOAF	8
SOSATIES	8
BOEREWORS	9
JEWISH ROAST	9
VEGETABLES AND SALADS.....	11
RICE	11
YELLOW RICE	11
CRUSHED WHEAT	11
POTATO CRUMPETS	11
PUMPKIN CRUMPETS	11
OVEN BAKED PUMPKIN	12
GREEN BEANS	12
GREEN MEALIES	12
FAN POTATOES	12
CARROT SALAD	12
CURRIE, ONION AND BANANA SALAD	13
CRUSHED WHEAT SALAD	13
SAUCES	14
BASIC SAUCE	14
TOMATO PUREE	14
STEAK SAUCE	14
MUSTARD SAUCE	14
DESSERTS.....	15
POOR MAN’S DESSERT	15
DATE GINGER DESSERT	15
VINEGAR DESSERT	15
EASY SAGO DESSERT	16
CONDENSED MILK CUSTARD	16
SOUSKLUITJIES.....	16
PICKLES AND CHUTNEY	17
HOT SAUCE	17
GREEN TOMATO PICKLES	17
APRICOT CHUTNEY	17
CAKES.....	18
CARROT CAKE.....	18
CONDENSED MILK FRUIT CAKE	18

Traditional South African Recipes

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PRACTICAL FRUIT CAKE	18
SWIFT CAKE	19
OIL CAKE (CHOCOLATE OR WHITE).....	19
DATE BREAD	19
BASIC TART CRUST	19
MARIE BISCUIT TART CRUST	20
FLAN.....	20
MILK TART FILLING (USE THE BASIC TART CRUST)	20
GOOSEBERRY TART:.....	21
PINEAPPLE TART	21
GRANADILLA TART	21
APPLE TART.....	21
TIPSY TART	22
PEPPERMINT TART	22
TAMBOESIE TART.....	22
INSTANT TAMBOESIES.....	23
BISCUITS.....	24
SUGAR BISCUITS	24
INSTANT PUDDING BISCUITS (SUITABLE FOR BISCUIT MAKER).....	24
OLD-FASHIONED SOETKOEKIES.....	24
APRICOT BISCUITS	24
GINGER BISCUITS	25
SKURWE JAKKIES	25
MELTING BISCUITS.....	25
ROMANY CREAMS.....	25
COFFEE BISCUITS	25
HERTZOG BISCUITS.....	26
OLD FASHIONED JAM TARTS	26
DATE SNACKS.....	27
GINGER ROLLS	27
DATE BALLS	27
KOEKSISTERS (CRULLERS).....	28
SNACKS	29
SPEKROLLETJIES	29
PASTRY DOUGH FOR MEAT PIES.....	29
CHEESE BISCUITS	29
JAM	30
TIPS TO MAKE JAM	30
APRICOT JAM.....	30
COLD DRINKS.....	31
GRANADILLA JUICE	31
LEMON JUICE	31
SWEETS	32
GUIDELINES FOR THE PREPARING OF SWEETS.....	32
COCONUT BLOCKS	32
COCONUT ICE.....	32
FUDGE.....	32
PEANUT BISCUITS	33
MARSHMALLOWS.....	33
SYRUP FOR POPCORN	33
GENERAL.....	34
HOME MADE CONDENSED MILK	34

Traditional South African Recipes

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PAN CAKES	34
RUSK AND BREAD.....	35
GENERAL KINDS OF FERMENT:.....	35
FAST BREAD (DRY YEAST)	36
OVERNIGHT POTATO YEAST BREAD	37
POT-BREAD FOR BRAAIVLEIS	37
WHOLE WHEAT BREAD.....	37
VETKOEK (DAMPER)	38
“STOK” BREAD	38
PIZZA.....	38
OLD FASHIONED RUSK (FAVORITE)	38
YOGURT BREAD	39
MIELIE BREAD (FOR BRAAIVLEIS).....	39
ALL BRAN RUSKS	39
BUTTER MILK RUSKS.....	39
CHEESE SCONES	40
COARSE MUFFINS	40
SWEET CORN VETKOEK.....	40

MEALIE-MEAL “PAP”



“Slap Pap” in the Micro wave

Use a 1 .. liter heat resistant bowl with a lid (volume 1 .. liter).

1 mealiemeal

1 salt

Mix: 1 cold water, mealie-meal and salt (ovenproof dish of 1 .. liter). Add 3 boiling water and stir.

Micro wave for 5 at medium (with the lid) and stir 2 times during the 5 to prevent the “pap” to become watery on top and hard at the bottom. If you forgot to stir, repair the damage by beating the “pap” with an electric beater until the “pap” become smooth again. If you microwave the “pap” at medium, the “pap” will be ready in 20 or turn the microwave on low for another 35

4 Portions

Mealie-meal “stywe pap”

Use the recipe for “pap” in the Microwave, but reduce the boiling water to 2

Variation: Add 1 whole mealies (frozen or canned)

SOUP

Lentil Soup



500 blue lentils (also known as brown lentils).

12 water

3 peeled potatoes

125.... bacon

4 salt

Cook the lentils, salt, potatoes and 6 of water on high in a 3-liter pot. After 10, reduce the heat to medium and add another 3 of water. Add the last 3 of water after another 15 Cook for more or less 1 until the lentils become soft.

Mix: 1 packet soup powder with 1 cold water. When the mixture is smooth, add it to the lentils. Reduce the heat and stir the soup until the soup powder is done. Dilute to taste.

You can replace the bacon with a beef bone or 125.... mince or 1 Basic sauce

Serve with home made bread or small bread blocks deep-fried.

2 carrots cut in the length

4 salt

.. black pepper

2 Aromat

Cook al the ingredients except the fish for 20

.....

Add the fish and cook for another 20

Strain and keep the stock aside

Cut the carrots and fish

Group 2:

2 fine chopped onions

100.... fresh fine chopped mushroom

150 bacon (cut)

290 tin mussels in saltwater (cut)

4 margarine

1 flour

6 milk

1 green peas

100.... frozen shrimps

Fry the unions, mushrooms and bacon in the margarine.

Add the flour and milk and heat slowly until thicken.

Add group 1's stock.

Cook at low temperature until smooth.

Add the fish, carrot and mussels.

Add the green peas and shrimps.

Mussel Soup

Group 1:

12 water

3 pieces fish

8 bay leaves

2 big chopped onions

10 whole cloves

MEAT DISHES

Easy Chicken

Use one whole Chicken. Add salt to the inside of the chicken. (1 = 500.. meat)
Put a clean, small lemon into the inside of the chicken.

Put the chicken overnight in a slow cooker on low. Remove the lemon and put the chicken in a casserole pan with a wide bottom. Add pepper, herbs and garlic to taste. Put the chicken in the oven at° C for 1 Adjust the oven time according to taste. If you prefer a brown dry chicken, it will need more oven time.

You can also cover the chicken with tin foil and place it in a slow oven if you do not use a slow cooker.

A hole in the earth with coals inside the hole can also serve as an oven. Cover the chicken with tin foil and place in the hole until done.

Bobotie



A way to stretch a meal)

- 1 big chopped onion
- 1 .. minced meat
- 2 salt
- 1 slice of bread soaked in water

- 1 mild curry
- 1 sugar
- 2 chutney
- raisins
- 1 lemon rind, grated
- 1 lemon's juice
- 1 milk and 2 eggs

Fry the onion in oil and add the mince, salt, bread, curry, sugar, chutney, raisins and lemon rind and lemon juice. When done, put the mixture in a heat resistant bowl 23x16x4cm. Bake the meat 15 at° C. Mix the milk and eggs and add it to the meat and bake it for another 30

Serve with yellow rice and use the recipe for Basic Sauce to serve with the rice.

Biltong

Use Beef or venison like Rooibok, Kudu, Eland or Springbuck.

Cut the meat in strips of more or less 2cm thick x 5cm wide.

Keep the golden rule as always with meat:

Use 2 salt for every 1 .. meat.

Therefore this recipe is suitable for 7.. meat:

- 15 salt
- 1 brown sugar
- 1 coriander
- 1 pepper
- bicarbonate of soda
- saltpeter

Vinegar

Mix the ingredients except the vinegar and rub the mixture into the biltong strips. Pack the meat in a bowl (plastic or glass) in layers and sprinkle the vinegar over each layer.

Turn the biltong daily and hang the biltong after 36 (The bicarbonate of soda will start to foam). You can hang the biltong on S shaped wires at a cool place to dry. Keep flies and other insects away.

Ham

Use leg of pork. Remove the bone and use a small or middle size leg of pork. Press the meat at placing it in the fridge between two plates and a heavy object on top of the plate to press the bloodiness out of the meat. Leave the meat for 24 between the plates.

Place the meat in the following pickle:

- 1 saltpeter
- 1 brown sugar
- 2 bicarbonate of soda
- 8 to 10 liter cold water

Salt

Put all the ingredients except the salt in a glass or plastic bowl or bucket. Put a potato in the water and start to add the salt slowly. Stir well after each time that you add salt. As soon as the potato pops up and drifts in the pickle, you can remove the potato and put the meat in the pickle.

Put the pickle on a cool place or in the fridge.

If the pickle starts to foam, replace the pickle with fresh pickle. Remove the ham after 3 weeks and hang overnight to dry. Place the ham again in the fridge under pressure to get rid of the extra liquid.

For pickled beef: Leave the beef in the pickle for 3 to 4 days.

Meatloaf



Loaf:

- 500 minced beef
- 1 salt
- Pepper to taste
- 1 milk
- 1 bread slice

1 parsley

1 egg

1 chopped onion

Mix and put in a small bread pan. Bake 1 at° C. Put on a serving tray and cover with the following sauce:

Sauce:

2 onions chopped

4 tomatoes (cut)

1 green pepper (cut)

1 sugar

Salt and pepper

2 Worcester sauce

2 Tomato sauce

1 Brown sauce powder

Fry the onion and pepper in a bit of oil. Add the tomatoes, sugar, salt and pepper and boil till done. Add the Worcester sauce, tomato sauce and brown sauce powder and allow boiling. Pour the sauce on the meatloaf.

Sosaties

Use leg of beef, mutton or pork. The meat is served like kebabs. Use good quality soft meat.

500 leg of mutton or pork

1.. beef fillet or other suitable beef

Cut into blocks.

2 big onions

Cut the onions in slices and cook for 5

Throw off the water and fry in a little bit oil until brown.

Put the meat and onions in a plastic or glass bowl and throw the following cold sauce over the meat:

1 mild curry

.. turmeric

2 sugar

1 corn flour

2 vinegar

.. stewed, dry apricots (optional)

Salt and pepper

Microwave the sauce for 2 at 100%.

Cool down and add bruised lemon leaves.

Pour the sauce over the diced meat and put in the fridge for 2 –3 days. Turn the meat around every day to allow the sauce to penetrate the meat. String the meat on kebab sticks and flavour with salt and pepper.

The sosaties can be freezed.

Oven bake or braai.

away, fry the boerewors until brown at low heat

Quick method: Microwave the boerewors for 4 at 100% heat. Put the wors on the stove together with the watery sauce and bake until brown. Turn the stove to low as soon as the wors begin to fry.

Boerewors



The Mixture

14 salt
2 pepper
6 ground coriander
.. ground cloves
3 ground pimento
1 groundnut
¾ vinegar
.. water

The Meat

4.. minced beef
3.. minced pork
Sausage casings (skin)
Knead the herbs-spice mixture into the meat and put in the fridge for 1 Knead again and stiff the sausage casings with the meat. You can bake the wors on the stove, oven or on braaivleis coles.
In the oven: Bake in an open pan until brown.
On the stove: Add water in the pan together with the boerewors and place the heat at high. As soon as the water boiled

Jewish Roast



2 .. H Bone (corner cut)

4 salt

¾ hot chutney

¾ Tomato sauce

¾ Worcester sauce

1 tin Coca cola (340..)

Maggie Fondor

Black Pepper

Fresh Thyme

4 sliced unions

4 bay leaves

Lots of Garlic

Half red pepper

Half yellow pepper

Put in pot.

Season meat

Pour all ingredients over meat

Secret: Low, very slow

Cook for two

Slice meat

Pour over gravy

Put in flat Pyrex dish in oven (200 C) for 15

.....

I was impressed with the dish, but the stock was not thick enough to my taste, so before I poured the gravy over the meat, I have thickened it with flour. (One)

VEGETABLES AND SALADS

Rice

- 1 rice
- 1 butter
- 1 lemon juice or white wine
- 1 salt

Boiled water

Put all the ingredients in a pot and boil on High for 10 The rice must be covered with water. Turn the stove to 1 and steam until the rice becomes puffed.

Yellow Rice

- 1 rice
- 4 boiled water
- 2 yellow sugar
- 1 piece cinnamon
- 1 salt
- 2 turmeric
- raisins
- 3 butter

Boil the rice at high for 20 in the boiling water together with the salt and turmeric. Throw the extra water off and add the cinnamon and raisins. Steam slowly for 1 Add the sugar and butter before serving. Serve with bobotie.

Crushed Wheat

- 1 crushed wheat
- 4 water
- raisins (optional)
- salt

Cook slowly for approximately 3 until soft. Add water if needed

Potato Crumpets



Peel 2 potatoes and grate (coarse). Add 1 beaten egg and flavour with salt and pepper. Shallow frying full until golden brown. Serve with wors.

Variation: Grate the potatoes with the skin.

Pumpkin Crumpets



Crumpets

- 3 cooked pumpkin
- 2 self-rising flour
- 2 eggs

.. salt

- 3 baking powder

Mix the ingredients and shallow fry with the heat on low to medium. Fry until brown on both sides of the crumpet.

Sauce

- 1 sugar
- 1 milk
- 1 water
- 5 corn flour

2 butter
Whole cinnamon
Melt the ingredients in the Microwave at 100%. Remove the cinnamon and cast over the crumpets.

Use boiling water and 1 salt. Put the mealies in the boiling water and cook for 10

Oven baked pumpkin

2 .. boiled pieces pumpkin
125 butter
.. sugar
1 egg
2 flour
1 baking powder
.. salt
1 milk
Beat the butter, sugar and egg. Add the flour, baking powder and salt and then the milk. The dough must be soft.
Arrange the pumpkin pieces in an oven dish and pour the dough over the pumpkin.
Bake at° C for 30
Pour the sauce over the baked pumpkin
Sauce:
.. syrup
100 butter
Put the pumpkin back in the oven for another 10 until golden brown.

Green beans

500 cut green beans
1 potato (pieces)
1 chopped onion
A Piece of mutton (optional)
Cook ingredients for 40 and mash with the potato masher. Add salt, butter and pepper to taste.

Green mealies

Fan Potatoes



12 small potatoes (potjiekos type)
250 butter
1 packet brown onion soup powder
Melt the butter and add the onion soup.
Take away from the heat.
Wash and cut the potatoes. Cut the potatoes with a sharp knife like cutting a loaf of bread, but keep the bottom of the potato uncut. The potatoes must look like a fan on the top. The “blades of the fan” must be thin. Place the potatoes in a 1 .. liter oven dish and pour the butter and soup over the potatoes. The butter must be worked in between the slices.
Cover the dish with a lid or tin foil. Bake at° C for 30 Remove the lid and bake for another 15

Carrot Salad

1 cooked carrot rings

.. vinegar
1 tin tomato paste (115g)
1/3 sugar
.. salad oil
.. salt
Pepper
1 green pepper
1 onion

Beat the tomato paste, sugar, vinegar, salt, pepper and salad oil together. Put the carrot rings, onion (sliced in rings) and green pepper (sliced in rings) in a bowl with a lid. Pour the tomato mixture over the vegetables. Keep refrigerated.



Currie, onion and banana salad



6 onions cut into rings

1 butter

Braise the onion in the butter and then add 4 boiling water and cook until soft.

Mix:

.. vinegar

1 curry

2 dessertspoons sugar

.. mustard powder

.. salt

Add the mixture to the onions. Remove from the stove and allow cooling.

Add 8 bananas sliced in rings to the mixture just before serving.

Mix:

2 cooked crushed wheat

1 boiled mealies (or a tin whole kernel mealies) optional

1 chopped onion

1 chopped green pepper

Raisins (optional)

Sauce:

.. salad oil

2 mayonnaise

2 vinegar

2 sugar

1 mild curry powder

.. turmeric

Add the sauce to the wheat mixture

Variation: Use blue lentils in place of the mealies or half lentils and half mealies.

Crushed Wheat Salad

SAUCES

Basic Sauce

This sauce can be frozen. Freeze full for later use.

500 soup meat or bones

1 onion chopped

1 potato

1 carrot

1 green pepper

Celery

Parsley

.. sauce powder

.. flour

.. tomato sauce

4 Worcester sauce

Fry the meat/bones, onion, carrot, potato, celery and green pepper in 3 cooking oil in a deep pot for a few

Add the sauce powder, flour, tomato sauce and Worcester sauce and stir.

Add 1 .. liter water and cook for 40.....

Pour the sauce through a sieve. Press as much as possible of the vegetables through the sieve to thicken the sauce.

Add salt and pepper to taste.

Use the frozen sauce to make a sauce for rice, meat or in soups.

Add flour to the sauce to thicken if necessary.

Tomato puree

This recipe is cheaper than the tinned product

Wash and cut the tomatoes in halves and boil till soft.

Allow cooling and pouring the watery liquid off. Use the remaining boiled tomatoes.

Pour the tomatoes through a sieve and press as much as possible of the tomatoes through the sieve. Add salt to taste.

The tomato skins and seeds will not form part of the puree. Freeze the puree in useable quantities.

Use in pastas, soups and meat sauce.

Use with the basic sauce.

Steak sauce

Slowly boil 1 basic sauce, 1 tomato puree, 1 chutney and a few drops Tabasco sauce. Add salt and pepper to taste.

Variation: Add chopped green pepper.

Variation: Onion and Garlic (grated). Fry in cooking oil and mix with the tomato puree.

Mustard sauce

Mix 3 sugar and 3 mustard powder.

Add salt, vinegar and 2 eggs.

Beat the ingredients together.

Put in the microwave at 100% for 1, beat again and put in the microwave for another

Beat again to make a smooth sauce.

Use with leg of mutton, ham or other cold meat.

Variation: Add 2 condensed milk in the place of the sugar.

DESSERTS

Poor man's dessert

- 1 butter
- 1 sugar
- 1 beaten egg
- 1 milk
- 1 flour
- 1 apricot jam
- 1 bicarbonate of soda
- 1 vinegar
- salt

Whip the sugar and butter until creamy. Add the beaten egg. Add the milk, salt and flour. Mix the apricot jam, bicarbonate of soda and vinegar and add to the dough mixture. Place in an ovenproof bowl and bake for 30 at ..° C.

Sauce:

Micro wave the next ingredients at 100% for 5:

- 1 cream or milk
- 1 sugar
- butter
- boiling water

Stir during the microwave process to allow the sugar to melt.

Pour the hot sauce over the baked dessert.

Date Ginger Dessert

- 2 butter
- sugar
- 1 beaten egg
- 1 bicarbonate of soda
- milk
- 2 apricot jam
- chopped dates
- 1 flour
- 1 ginger
- salt

Whip butter and sugar to cream.
Add beaten egg.

Dissolve the bicarbonate of soda in the milk and apricot jam.

Add the bicarbonate of soda with the dates to the sugar and butter mix.

Add the flour, ginger and salt.

Sauce:

- 2 sugar
- 2 water
- 2 butter
- 1 vanilla

Microwave together at 100% for 5

Stir during the process to allow the sugar to melt.

Put the dough in the hot sauce in a 3 liter oven dish with a lid and bake for 30 at° C.

Vinegar Dessert



- sugar
- 1 butter
- 2 beaten eggs
- 1 flour
- salt
- 2 ginger
- 1 bicarbonate of soda
- 2 apricot jam

Whip the butter and sugar and add the eggs. Add the dry ingredients and then the apricot jam.

Pour the dough in the following sauce. The sauce must be cooled down before adding the dough.

Sauce:

- 2 water
- 2 sugar
- vinegar

Microwave together at 100% for 5

Stir during the process to allow the sugar to melt.

Bake for 30 at° C.

Easy Sago Dessert



- sago
- 2 milk
- 4 sugar
- 2 eggs
- 1 vanilla
- salt

Soak the sago in a of water for 24

Throw off the water. Micro wave at 25% the milk and sago together for 20 or until the sago is done. Stir regularly. The sago must be swelled out. Beat the sugar and eggs together with the sago. Pour into an oven dish.

Bake for 20 at ..°s C and serve with custard.

Condensed milk Custard

- $\frac{3}{4}$ custard powder
- 2 sugar
- $\frac{1}{8}$ salt

Mix and add a little bit cold water to make a paste.

Add 1 liter boiling water and 1 tin condensed milk.

Microwave the custard at 100% until the custard starts boiling. Beat during the process.

Add 1 caramel essence.

Souskluitjies

Dough:

- 1 flour
- 1 baking powder
- salt
- 4 butter
- 2 eggs
- 1 sugar

Cinnamon

Rub the butter in the flour, baking powder and salt.

Beat the sugar and eggs until creamy.

Mix the flour mixture and egg mixture.

Use water 8cm deep in a 25cm diameter pot. The pot must be deep to prevent over boiling. Put salt and cinnamon in the water. Use a to put the dough in the boiling water. (Wet the spoon in the boiling water before scooping the dough).

Scoop a maximum of 4 dough balls at a time in the water

Cook for 10 with the lid on the pot. To prevent the sauce from boiling over, use a deep pot.

Sprinkle cinnamon sugar over the dumplings

Sauce:

- melted butter
- syrup
- 2 brandy or wine or 1 caramel essence

Pour the sauce in the water that was left over after baking dumplings. Bring to boil and pour over the dumplings.

PICKLES AND CHUTNEY

Hot Sauce

8 medium tomatoes peeled and without the seeds, chopped
1 large onion chopped
4 garlic cloves finely chopped
1 medium Jalapeno chili chopped
2 ground ginger
2 sugar
2 apple vinegar
.. lemon
1 sultanas
2 salt
1 cinnamon stick
6 whole cloves
5 small red Serrano chilies chopped
2 cayenne pepper
Boil together for 1 until thick. Remove the cinnamon stick and bottle.

Apricot Chutney

100 apricots
1 big onion
1 garlic clove
1 .. sugar
1 cayenne pepper
1 salt
2 ground ginger
1 mustard
750.. vinegar
Cook the apricots until soft. Mix all the ingredients and cook the mixture for .. - 1 until the mixture thickens. Stir during the cooking process to prevent burn. Put in clean bottles.

Green tomato Pickles

1 onion
3 green tomatoes
.. salt
1 ¾ sugar
750.. vinegar
2 flour
2 mustard
2 turmeric
2 Curry
.. ground cloves
Cut tomatoes in pieces. Pour the salt over the tomatoes and leave overnight. Pour the liquid off, the next morning. Add the chopped onion, sugar and vinegar and cook for 30

Mix the spices and flour and add. Boil until thick and bottle.

CAKES

Carrot Cake



(Bake at° C)

Mix:

1 sugar
2 eggs
¾ cooking oil

Dissolve:

.....
.....

Sieve together:

.. salt
1 flour
.. teaspoon.....

Mix the 3 groups together, add:

.. chopped pecan nuts
1
.....

Bake in a smeared ring cake pan 20cm diameter at

Sauce:

Melt in the microwave or on the stove:
125 butter
1 soft

Add ¾ chopped nuts.

Beware of.....
..... Pour the hot sauce over the hot cake.

You can also make
.....

Condensed milk Fruit Cake

(Bake at° C)

Cook slowly for 5:

1 sultana
1
.....

.. mixed peel
1 tin condensed milk
.. water

125
.....:

2 eggs

And then:

2
.....

1 mixed spice

1 ginger

1 bicarbonate of soda

.. salt

Bake the mixture at° C for 2 in a pan 20cm diameter.

Tie brown paper
..... hard due to the long baking time.

Practical Fruit Cake



1
1
1 ... vanilla
.. salt
Micro the milk, oil and
cacao until boil.
Beat the sugar, and salt
until creamy.
Add the milk mixture and at turns
with flour to the egg mixture.
Add the baking powder. Pour in a smeared
pan of 20cm
Bake at C for 25

Bake the cake at° C
 125
 sugar
 2 eggs
 1 flour
 2
 milk

 1
 Add all the ingredients together and beat for
 3 and bake in a (size
 18cm) at° C.

.....

100%

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