



*MPUMALANGA YOUTH SHOW / MPUMALANGA JEUGSKOU*

**PRESENTS / BIED AAN**

*NATIONALS / NASIONAAL 2024*

**CULINARY ARTS/KULLINERE KUNS**

**RECIPES / RESEPTTE**



# SENIORS

## DUTCH OVEN POT ROAST

### INGREDIENTS

1.5kg Chuck Roast

Salt

Pepper

45ml Olive Oil

1 Onion Chopped

6-8 Carrots peeled and sliced

5-7 Small potatoes Halved

750ml Beef Broth

2-3 Sprigs Fresh Rosemary

2-3 Sprigs Fresh Thyme



### METHODE

- Season chuck roast generously with salt and pepper.
- Cover the bottom of your pot with olive oil and bring to a medium-high heat.
- Brown the roast on all sides, then reduce heat to medium.
- Add the beef broth and season with rosemary and thyme.
- Cover and let simmer for 1 hour on a medium-high heat.
- Add vegetables and cover. Season with salt and pepper to taste.
- Cook for 20 minutes or until vegetables are cooked through.
- Remove meat and slice, then serve with vegetables and jus.

# OVEN ROASTED LAMB CUTLET

## INGREDIENTS

- 3 Lamb loin chops not separated.
- 5ml Salt
- 5ml Pepper
- 2 Sprigs of fresh Thyme
- 10ml Lemon Juice
- 15ml Butter
- 45ml Olive Oil
- 100ml Cream
- 1 Clove Garlic chopped.
- 10ml Flour



## METHODE

- Remove fat and skin 2 cm into bone of the loin chop.
- Season with salt and pepper.
- Add butter and 30ml of olive oil in frying pan and heat until hot.
- Add the garlic and thyme and fry for 30 seconds.
- Add the loin cutlet and sear it on all sides for 1 minute. Keep the juices aside.
- Once cutlet is browned, put in roasting pan and roast for 10 – 15 minutes. Take out of oven and let rest.
- Take the juices from the meat and add fresh thyme, cream, a dash of lemon juice and the flour.
- Mix until a sauce has formed and thickened.

# ROASTED PORK BELLY

## INGREDIENTS

15ml	Coriander
15ml	Fennel
15ml	Bay leaves
15ml	Salt
15ml	Black pepper
15ml	Flour
+ - 1kg	Pork Belly
30ml	Olive Oil
30ml	Butter



## METHODE

- Score the pork belly on the fat side.
- Blend all the spices to form a rub in a mortar and pestle.
- Rub the belly with the olive oil. Then rub the belly with the mixture.
- Press the rub into the grooves of the belly.
- Roast for 1 hour uncovered @ 180°C to create the crackling.
- Cover with foil and roast for another 2 hours or until cooked.
- Reserved the juice from the pan and thicken with some flour.
- Slice the pork and serve with gravy.

# GRILLED PEACH AND VANILLA PEAR

## INGREDIENTS

- 1 Peach (fresh or canned/nectarine will also work)
- 1 Pear peeled
- 10ml Vanilla essence
- 250ml Sugar
- 1L Water
- 3 Scoops store bought ice cream
- 6 Pecan nuts
- 1pk Toasted Almonds
- 1sml Punned black berries
- 2x Sprigs of mint leaves



## METHODE

- Soften the ice cream a little bit and crushed the pecan nuts. Mix together and freeze again.
- Blitz the berry and add sugar to thicken.
- Boil the fruit in sugar syrup (sugar and water) adding vanilla essence until peach skin comes loose and the pear is soft.
- Cut in half and remove the stone.
- Heat a pan griddle until hot. Rub fruit with sugar and grill on griddle.
- Put the berry sauce in middle of plate. Centre the peach and pear. Add the ice cream and top with toasted almonds.

# JUNIORS

## PORK CHOP WITH CRAEMY APPLE SAUCE

### INGREDIENTS

- 30ml olive oil
- 15ml chopped fresh thyme
- 10ml mustard powder
- 5ml cinnamon
- 50ml brown sugar
- salt and freshly ground black pepper to taste
- 2x pork chops +- 1.5cm thick
- 15ml butter
- 1x large apple - peeled, cored, and chopped
- 125ml orange juice (do not use oros)
- 125ml cream
- 5ml cornstarch



### METHODE

1. Combine oil, thyme, salt, and pepper in a large, shallow dish. Add pork chops to the dish, brush with oil mixture, and set aside for 15 minutes.
2. Heat a large skillet over medium heat and cook pork chops until browned on one side, 4 to 5 minutes. Turn and cook until Transfer pork chops to a oven pan, cover, and keep warm.
3. Mix the mustard powder, brown sugar and cinnamon. Rub the half cooked chop on both sides with the mixture. Baked in the oven at 180°C for 15 minutes. Take out and keep warm
4. Reduce heat and add butter and orange juice to the same skillet. Cook and stir apple pieces in melted butter until slightly softened, 5 to 10 minutes.
5. Add the cream, and cornstarch in a small bowl. Add to the skillet over medium-high heat. Bring to a boil while scraping the browned bits of food from the bottom of the pan. Cook and stir until sauce starts to thicken, 2 to 3 minutes. Pour sauce over pork chops and apples to serve.
6. Serve Served with any form of maize meal and garnish.

# BUILD YOUR OWN TRIFLE

## INGREDIENTS

Set Jelly

Baked Jam Roll

Readymade custard

Cream beaten



## METHODE

1. The above ingredients will be provided to you..
2. Build your own 2 portions of trifle.
3. You are allowed to use your own creativity. Make use of any fruit or additional ingredients to your taste.

# JUNIOR - JUNIOR

## CHOCOLATE TRUFFLES

Yield: 10 Truffles

### INGREDIENTS

80 g milk chocolate (baking chocolate)

1 egg yolk

12,5 g butter

10 ml cream

125 ml crushed Marie biscuits

2 ml Vanilla essence

5 cherries, halved

### Coating:

Chocolate sprinkles, coconut, icing sugar, cocoa



### METHODE

1. Heat chocolate and cream until melted.
2. Add egg yolk, butter, biscuits and Vanilla and mix well.
3. Cool mixture until firm enough to handle.
4. Press mixture flat and divide into 10 equal pieces
5. Shape mixture around half a cherry – nut size.
6. Refrigerate until stiff.

### Coating:

1. Decorate with chocolate sprinkles or coconut.
2. Alternatively, just roll truffles in icing sugar or cocoa.



# CRUMPETS

YIELD: 8 portions

## INGREDIENTS

250 mℓ	cake flour
1 mℓ	salt
10 mℓ	baking powder
1	egg
25 mℓ	sugar
200 mℓ	milk
12,5 mℓ	oil

(Variations: add 25 mℓ choc chips or fresh berries to the batter before frying)



## METHODE

1. Sift the cake flour, baking powder and salt together.
2. Beat the egg and sugar well together.
3. Add the oil and half of the milk.
4. Add flour mixture to egg mixture and fold in.
5. Add the remaining milk gradually to make a runny batter.
6. Drop a spoonful of batter into a hot, greased frying pan. As soon as small air bubbles appear on the surface of the crumpet, flip it over with a spatula and brown on the other side.

## **BEEF BURGER PATTY**

### **INGREDIENTS**

450gr Minced beef

1x Egg

2,5ml Salt

2,5ml Ground black pepper

125ml Bread crumbs



### **METHODE**

1. In a mixing bowl mix together the egg, salt and black pepper.
2. Add the ground beef and bread crumbs and mix well with a fork.
3. Form into small patties to fit your bun.
4. Bake in a pan with oil or grill on the fire 4 – 5 minutes on a side.

## **INSTRUCTIONS**

### **JUNIOR – JUNIOR**

- Each participant will serve a breakfast box or a lunch box for the farmer who is leaving the house early morning. You are providing the farmer with a nice breakfast or lunch box.
- Breakfast box: Yoghurt, juice/coffee, fruit, Breakfast wrap and crumpets for his sweet tooth. The recipe for the crumpet has been provided.
- Lunch box: juice/cold drink, fruit salad, x2 snack beef burger, coleslaw and no bake chocolate truffles for his sweet tooth. The recipe for the beef patty and the chocolate truffle has been provided.

### **JUNIORS**

- They are preparing a creamy pork chop. The pork chop must be +/- 1.5cm thick or 250gr. Otherwise it is becoming very dry.
- A starch must be made out of corn to serve with the pork chop. Maize meal, stamp maize or polenta. Any suitable starch from corn.
- Any accomplishment can be served with the pork chop and the maize starch.
- Build your own trifle with ingredients provided. Additional ingredients may be used.

### **SENIORS**

- The seniors will receive one of the meat dishes that has been provided.
- You will also have to serve it with a maize starch of your choice.
- Recipe for your dessert has been provided.

