



Antoinette Badenhorst recipes

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Strawberry Cottage Cheese Pie

1 cup graham cracker crumbs

2 tablespoons butter, melted

1 cup cottage cheese

1 cup whipping cream

1 cup sweetened condensed milk

1 tablespoon lemon juice

1 small box strawberry gelatin

1 tablespoon plain gelatin

1-2 cup hot water

Sliced strawberries

2 tablespoons strawberry preserves

1 tablespoon lemon juice

Whipping cream or chocolate

shavings, for garnish

Combine graham cracker crumbs and butter. Press into bottom of 9×13-inch casserole dish and bake at 350 degrees for 10 minutes. Remove from oven and set aside.

Put cottage cheese in blender and process until smooth. Pour into a bowl. Whip whipping cream until stiff and add to cottage cheese. Add condensed milk and lemon juice. Mix all together.

In a small bowl, combine gelatin and hot water and stir until dissolved. Let cool and add to cottage cheese mixture. Mix well.

Break baked crust into small pieces and add to mixture. Stir all together. Pour into 9×13-inch dish. Top with sliced strawberries. Heat strawberry preserves and lemon juice together and pour

over strawberries. Garnish with dollops of whipping cream or chocolate shavings. Refrigerate until ready to serve.

Sosatie (kabobs)

3 onions, cut into 1-2-inch thick rings

2 to 3 tablespoons olive oil

3 tablespoons apricot preserves

1 tablespoon brown sugar

3 cloves garlic, minced

2 tablespoons white vinegar

2 bay leaves

2 tablespoons curry powder

1 tablespoon salt

1 teaspoon red pepper

2 pounds chicken breasts, cubed

1 cup dried apricots

1 pound bacon slices, each cut in half and folded 3 to 4 times

1 bell pepper, cut into small pieces

Saute' onions in olive oil for 1 to 2 minutes, until soft and translucent, keeping rings intact.

Remove rings and place on paper towels to drain.

In a ziptop bag, combine apricot preserves, brown sugar, garlic, vinegar, bay leaves, curry powder, salt and pepper. Add onion rings and chicken cubes and refrigerate for 6 hours (no longer), turning occasionally.

In the meantime, put apricots in water and allow to swell.

When ready to assemble, remove chicken and onions from bag and discard bay leaves.

Alternately thread chicken, onions, bell pepper, apricots and bacon pieces onto skewers. Grill over medium heat, turning occasionally, until done. Or put kabobs in oven on broil and cook for 15 minutes with the pan in the middle of the oven. Turn every 5 minutes.

Pour remaining marinade from ziptop bag into a saucepan or microwave-safe bowl and bring to a boil. Pour gravy over rice or grits and serve alongside kabobs.

Grits Casserole

Quick grits for 6 to 8 servings

2 tablespoons butter

Olive oil

1 large onion, diced

5 to 6 mushrooms, sliced

1 1-2 cups chopped spinach

1 medium tomato, diced

Salt and pepper to taste

Fresh herbs to taste

1-2 cup water

1-2 can Campbell's Cheddar Cheese Soup

1 cup shredded Cheddar cheese

Prepare grits according to package directions, adding 2 tablespoons butter when done.

On stovetop in olive oil, sautŽ onions until soft and translucent. Add mushrooms, spinach, tomato and salt and pepper and herbs to taste. SautŽ 10 minutes. Add water when through.

In an oval or square casserole dish, layer half of grits, 1 -2 can of soup and half of vegetables. Repeat layers. Top with shredded Cheddar cheese. Bake at 350 degree for about 1 hour.