PROUDLY
SOUTH AFRICAN
Sugar Art!
Read about South Africa’s
talented chefs and icers

YOUR FAVOURITE
RECIPES WITH A TWIST

Home Industries & Informal Markets
With compliments from Huletts
Dear Home Industry Member

With Winter approaching (and apparently it is going to be a cold one) it is a joy and pleasure to share this ray of sunshine with you, our first Home Industry booklet for 2016!

Thank you to our sponsors Huletts who believe in your iconic industry as much as we and you do.

In this issue we focus on the excellent chefs, bakers and icing stars who entertain and educate us on TV, in newspapers and at their cookery schools.

Firstly, a salute to born-and-bred farm stock from Middelburg, Mpumalanga; Jan Hendrik van der Westhuizen whose restaurant JAN in Nice on the Cote de Azur has been awarded a Michelin star, one of the most prestigious and sought after accolades a restaurant can get anywhere in the world. What makes this even more remarkable is that his menu and cooking are inspired by local flavours such as bobotie, mosbolletjies and beskuit! Yes, that is what clients from all over the world are prepared to pay Michelin premium prices for!

Danielle Postma owner of Moemas (who delighted some of our readers at our readers’ days in Johannesburg and in the Cape last year) who was a student of the world famous restaurateur and cookbook author, Yotam Ottolenghi, shares some of her favourite recipes with us.

Like Danielle, Karoo boerseun turned sugar artist, Nicolas van der Walt, was inspired by his ouma; our cover and an article inside this issue feature some of his magnificent sugar creations.

On page 30 you will find the Plain Jane chocolate cake recipe of Tannie Elizabeth Cloete whom you all got to know as a very wise and knowledgeable Koekedoor judge. The recipe gets its name from being so easy and economical and not from being ordinary.

We also feature the basic recipe for a chiffon cake on page 14 – also from a Koekedoor judge – Mari-Louis Guy.

(For those of you that love recipe books as much as I do – a new one to look out for is “Koekedoor Bak”, just published by Human and Rossouw)

The yearly Huletts koeksister competition with its handsome first prize of R100 000 will again be a main feature at the Innibos Festival in Mbombela in July. The entry details are on page 28.

One of the stalwart Home Industry shops, Kardoesie from Secunda, recently celebrated their 32nd birthday and the revamp of their shop. Thank you Kardoesie for sharing news and pictures of this very special occasion with us on page 47.

Everyone at Huletts wishes you all everything of the best for the rest of 2016. Besides locals, make sure to lure tourists into your shops as well. South African tourism is growing beyond expectation because travelling overseas had become too expensive. And, where better to experience the flavours of South Africa than in one of our shops!

With warm regards
Mathilda Pansegrouw

For more information contact: info@mpmarketing.co.za
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With compliments from Huletts Sugar
Met die komplimente van Huletts Suiker
Some of you may have been privileged to watch Danielle Postma in action at one of our readers’ days in Johannesburg and Durbanville. There is no doubt that she is a master of her craft and loves to create with Huletts sugar. She and her husband Mike are the owners of Moemas, a very popular coffee shop, cake shop, and eatery in the northern suburbs of Johannesburg.

From early morning till late Moemas is a hive of activity with clients popping in for anything from coffee before work to sit-down or takeaway dinners.

Magnificent birthday and wedding cakes are a house speciality and their popularity is attested to by clients lining up to buy them for special occasions.

Outside of catering for business offices and events is another important part of their business. Between all of the above and raising two children with Mike, in her spare time Danielle offers evening cooking and baking demonstrations as well as one on one classes in clients’ homes.

On the following few pages you can feast on some of the delicious and fabulous-looking treats in Mike and Danielle’s shop. We also share a few of her recipes.

“Huletts Sugar gives consistent quality each and every time. Just like Moemas.”

– Danielle Postma
CHOCOLATE CHEESE CAKE

INGREDIENTS
125 g digestive biscuits
60 g butter
15 ml (1 T) cocoa powder
FILLING
160 g dark chocolate, chopped
500 g cream cheese
155 g (¾ cup) Huletts Castor sugar
15 ml (1 T) custard powder
3 extra large eggs
3 extra large egg yolks
150 ml sour cream
3 ml (½ t) cocoa powder, dissolved in 15 ml (1 T) hot water

METHOD
1. Grease a 23 cm spring form tin.
2. Crush the biscuits in a food processor and add the butter and cocoa. Process again until well mixed. Spread the biscuit crumbs into the base of the tin and press firmly. Place in the freezer until required.
3. Preheat the oven to 180°C.
4. FILLING: Melt the chocolate either in a microwave or double boiler, and set aside.
5. Beat the cream cheese, sugar and custard powder together, then beat in the eggs, yolks and sour cream. Add the dissolved cocoa and the melted chocolate and mix to form a smooth batter.
6. Remove the tin with biscuit base from the freezer and line the outside of the tin with a double layer of cling wrap, and a layer of heavy duty foil. This will protect it when placed in the water.
7. Place the spring form tin in a roasting pan and pour in the cheesecake filling. Fill the roasting pan with hot water to come about halfway up the cake tin, and bake in the oven for 45 minutes to an hour. The top of the cheesecake should be set, but the bottom should have a slight wobble.
8. Remove the foil and cling wrap wrapping, leave the cheesecake in the tin and place it on a wire rack to cool. Once completely cooled, place in the refrigerator and leave overnight. Remove from the refrigerator and leave until the cake reaches room temperature. Then carefully loosen the pan and remove the cake.
9. Dust with extra cocoa powder just before serving.

Serve 8 - 10
BASIC CHEESE CAKE
with Swiss Meringue and Lemon Curd Swirls

INGREDIENTS

250 g digestive biscuits
5 ml (1 t) mixed spice
100 g butter, melted
FILLING
750 g cream cheese
210 g (1 cup) Huletts Castor sugar
4 extra large eggs
5 ml (1 t) vanilla essence
15 ml (1 T) lemon juice

METHOD
1. Grease and line the base of a 26 cm spring form tin with foil.
2. Crush biscuits in food processor and add mixed spice and butter.
3. Firmly press crumbs over base and sides of tin. Place in refrigerator for 20 minutes.
4. FILLING: Preheat oven to 160ºC.
5. Beat the cream cheese, sugar, vanilla essence, and lemon juice together until smooth.
6. Add eggs, one at a time, beating well after each addition.
7. Spoon mixture into tin and bake for 50-60 minutes or until just firm to the touch. Remove from the oven and leave to cool completely.

SWISS MERINGUE
Swiss meringue is a much firmer, chewier, meringue.

INGREDIENTS

95 g egg whites (+/- 2 eggs)
100 g (½ cup) Huletts White sugar
3 ml (½ t) vanilla essence, optional

METHOD
1. In a medium-sized, heatproof bowl, whisk the egg whites and sugar together.
2. Place the bowl over a pan of gently simmering water, making sure the water is not touching the bottom of the bowl.
3. Keep whisking the mixture until the sugar has dissolved. To check whether the sugar has dissolved rub a little of the mixture between your fingers; the mixture should feel soft, not grainy.
4. Using an electric mixer, beat the warm mixture until the meringue holds the desired peak (soft, medium or stiff) and has cooled to room temperature.
5. Use the meringue to pipe meringue kisses, cookies or nests, spoon it on top of the cheese cake or use it as a filling or spoon on top of pies or cakes.
6. As with all meringues, it is best made just before use, but you can also make this meringue a day in advance and keep it in an airtight container in the refrigerator.

Makes ± 400 g
LEMON CURD

INGREDIENTS
4 lemons, zest and juice
210 g (1 cup) Huletts Castor sugar
100 g butter, cut into cubes
3 extra large eggs, plus 1 extra large egg yolk

METHOD
1. Place the lemon zest, juice and butter into a heat proof bowl. Place the bowl over a pan of gently simmering water, making sure the water does not reach the bottom of the bowl. Stir the mixture occasionally until the butter has melted.
2. Lightly whisk the eggs and egg yolk and stir into the lemon mixture. Whisk until the ingredients are well combined, leave over the water for 10 - 13 minutes, while stirring occasionally until the mixture is thick and creamy enough to coat the back of a spoon.
3. Remove the lemon curd from the heat and set aside to cool, stirring occasionally until it cools.
4. Once cooled, spoon the lemon curd into sterilized jars and seal. Keep in the refrigerator.

Makes ± 500 ml

GRANADILLA CURD

INGREDIENTS
250 ml (1 cup) granadilla pulp
155 g (¾ cup) Huletts Castor sugar
100 g butter
2 extra large eggs plus 3 egg yolks

METHOD
1. Follow the same method as for Lemon Curd recipe using granadilla pulp instead of lemon juice.

Makes ± 600 ml

HINT: This is a delicious desert for a ladies lunch or coffee shop delicacy.

ROLLED PAVLOVA with Cream and Lemon Curd

INGREDIENTS
260 g (1¼ cups) Huletts Castor sugar
5 extra large egg whites
5 ml (1 t) vinegar
60 g (½ cup) almond flakes, lightly toasted
250 ml (1 cup) fresh cream
15 ml (1 T) Huletts icing sugar, for dusting
100 ml lemon curd (see Baked Cheese Cake recipe)

METHOD
1. Preheat the oven to 160°C.
2. Grease a 25 cm x 38 cm Swiss roll pan. Line with baking paper, allowing a 2 cm overhang on all sides. Place a second sheet of baking paper on a flat surface. Sprinkle with 1 tablespoon castor sugar.
3. Using an electric mixer beat the egg whites and vinegar until soft peaks form. Gradually add the remaining castor sugar, beating well after each addition. Spoon mixture into the prepared pan and spread evenly with a spatula. Smooth top.
4. Sprinkle with almonds and press lightly into the meringue mixture.
5. Bake for 20 - 25 minutes or until top just starts to brown.
6. Meanwhile, using an electric mixer beat cream and icing sugar until stiff peaks form.
7. Turn meringue onto prepared baking paper. Carefully remove the lining paper. Trim off the hard edges with a sharp knife or a pair of scissors. Cool for 30 minutes.
8. Spread cream mixture on cooled meringue. Top with lemon curd, to taste.
9. Roll up meringue from the long end to enclose filling. Place on a plate and refrigerate for 1 hour.
10. Serve dusted with icing sugar.

Serves 10 - 12

HINT: This is a delicious desert for a ladies lunch or coffee shop delicacy.
THE ART OF MAKING A CHIFFON CAKE

This recipe comes from Koekedoor Cookbook
created by Mari Louis Guy

INGREDIENTS
280 g (2 cups) cake flour
20 ml (4 t) baking powder
3 ml (½ t) salt
315 g (1½ cups) castor sugar
125 ml (½ cup) sunflower oil
180 ml (¾ cup) full cream milk
6 extra large eggs, room temperature, separated
10 ml (2 t) vanilla essence
1 ml (¼ t) cream of tartar

METHOD
1. Preheat the oven to 180°C. 1 x ungreased 25 cm loose bottomed tube chiffon tin with legs.
2. Sift the flour, baking powder, salt and half of the castor sugar twice.
3. In a separate bowl, beat the oil, milk, egg yolks and vanilla essence until pale and yellow and stir into the flour mixture.
4. In a large mixing bowl, beat the egg whites with the cream of tartar until soft peaks form.
5. Gradually add remaining sugar and continue beating until stiff and glossy. Set aside.
6. Using a metal spoon gently stir a third of the egg white mixture into the batter to lighten it before folding in the remaining egg whites. Scrape the bottom of the bowl to ensure the batter is well blended.
7. Pour the batter into the ungreased chiffon tin. Bake for 55-60 minutes.
8. Remove from the oven, turn the tin upside down to stand on its legs or invert the pan over a bottle. Allow to cool completely. If needed gently loosen the edges with a sharp knife to turn out.

Serve 8 - 10

Huletts Castor Sugar
is the finely milled white sugar crystals that dissolve quickly. It is ideal for use in baking super-soft sponges, light and fluffy mousses and meringues or for sprinkling over fresh fruit.

Huletts 14
**CHIFFON CAKES**

**VARIATIONS**

- **TO MAKE A LEMON CHIFFON CAKE**, use lemon essence instead of vanilla essence and add 30 ml (2 T) grated lemon rind.
- **FOR A CHOCOLATE CHIFFON CAKE**, decrease the flour to 255 g (1¾ cups), and mix in 35 g (1/4 cup) cocoa. For a more intense chocolate flavour substitute the milk with buttermilk.
- **FOR A GRANADILLA CHIFFON CAKE**, substitute the milk with 187 ml (¾ cup) granadilla pulp and top with granadilla icing.

**GRANADILLA ICING**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>330 g (2 1/2 cups) Huletts Icing Sugar</td>
<td></td>
</tr>
<tr>
<td>1 extra large egg white</td>
<td></td>
</tr>
<tr>
<td>30 ml (2 T) granadilla pulp</td>
<td></td>
</tr>
</tbody>
</table>

**METHOD**

1. Sift the icing sugar into a bowl, add the egg white and granadilla pulp and whisk together. Drizzle icing over the cake.

*Makes ± 650 ml*

**HINTS**

1. Do not grease the tin.
2. The cake needs dry sides to grip and cling to it.
3. Only use a chiffon tin with a hole in the middle and legs to raise it off the surface when inverted.
4. If Chiffon tin does not have legs invert the tin over a bottle at optimal height to aerate as it cools.
5. Do not overbeat the egg whites. Tip the bowl upside down to see if they are stiff enough - if the egg whites do not fall out of the bowl the egg whites are stiff enough.
6. Chiffon cakes are often served with just a dusting of icing sugar; with whipped cream and fresh fruit, or frosted with a fluffy boiled icing.
7. Buttercream icing is too heavy for a chiffon cake.

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Use this side up for dusting
Use this side up for icing
**CRÈME PATISSIÈRE**

**INGREDIENTS**
- 500 ml (2 cups) milk
- 1 vanilla pod, split down the middle and seeds scraped out (or use 10 ml (2 t) vanilla essence)
- 105 g (½ cup) Huletts Castor sugar
- 4 extra large egg yolks
- 40 g (5 T) corn flour
- 50 g butter

**METHOD**
1. Pour the milk into a medium size sauce pan, add the vanilla pod and seeds. Bring the milk mixture to the boil and remove from the heat.
2. Whisk the sugar, egg yolks and corn flour together in a large bowl.
3. Pour a little of the hot milk onto the egg mixture, while whisking. Whisk in the rest of the hot milk until well-combined and return to saucepan.
4. Place over a gentle heat while stirring continuously until the mixture thickens and just comes to the boil.
5. Remove from the heat and pour the mixture into a sieve placed over a bowl.
6. Add the butter and stir until melted and thoroughly combined.
7. Leave to cool, cover with cling wrap and leave to chill in refrigerator before using.

_Makes ± 650 ml_

**CHOCOLATE GANACHE**

**INGREDIENTS**
- 250 g good quality dark chocolate
- 250 ml (1 cup) cream
- 15 ml (1 T) butter

**METHOD**
1. Break the chocolate into blocks and place in a heatproof bowl. Pour the cream into a small saucepan, bring to the boil and immediately pour over the chocolate. Add the butter and allow to stand for 5 minutes, then gently whisk until smooth.
2. Refrigerate the cake for 10 minutes, remove and place on a wire rack with a tray placed underneath to catch the drips. Pour the Ganache over the cake and use a spatula to spread over the top and sides.

_Makes ± 500 ml_
Huletts has something special for every recipe and occasion. Get creative with Huletts extensive range of innovative products and discover the endless possibilities. You can expect nothing less than perfect from South Africa’s No. 1 sugar brand.

Huletts Range of EquiSweet Sweeteners is a low kilojoule sweetening solution that offers all of the sweetness with none of the guilt. Available in EquiSweet Classic and two aspartame-free alternatives, Sucralose and new Stevia. Available in tablets and sachets.

Huletts Icing Sugar is the perfect solution with fine, powdery granules for icing a cake or creating intricate sugar art. Also used for wet marzipan and fondant in cake and cookie decorating. Also available in chocolate, strawberry and cappuccino flavours.

Huletts Molasses is filled with richness and flavour. It is used in cooking and baking. It can also be used as a drink and gives a rich colour and taste. It can be used as a marinade for meat and poultry.

Huletts White or Brown Sugar Cubes are convenient, precision-cut white and brown cubes that adds sophistication and elegance to any event. A stylish way to sweeten all beverages, including tea, coffee and hot chocolate.

Huletts Caramel Sugar is ideal for sprinkling over porridge, cereals, cakes and adds a delicious rich flavour to coffee. It can also replace white sugar in all microwave cooking to improve colour. It is perfect for biscuits, cakes, buns and is a good substitute for Demerara Sugar.

Huletts Golden and Flavoured Syrups This line-up of both traditional and fun flavours made from pure cane sugar, make excellent toppings on pancakes, flapjacks, hot, cold, milk and fruit syrups and sauces. Add for decorating hot drinks, desserts and cocktails.

Huletts White Sugar is pure white crystals that dissolve quickly. It is used in baking, hot beverages, over cereals, porridge and in everyday baking. It is the most popular sugar for home brewing, canning and making confectionery.

Huletts Molasses is filled with richness and flavour. It is used in cooking and baking. It can also be used as a drink and gives a rich colour and taste. It can be used as a marinade for meat and poultry.

Huletts Range of EquiSweet Sweeteners is a low kilojoule sweetening solution that offers all of the sweetness with none of the guilt. Available in EquiSweet Classic and two aspartame-free alternatives, Sucralose and new Stevia. Available in tablets and sachets.

Huletts Yellow Sugar is used in baking, in preserves such as jams, pickles, chutneys, in home-brewed beer and ginger beer to enhance the flavour.

Huletts Treacle Sugar is a great flavour and colour enhancer. Thin soft, sticky sugar keeps fruit cakes and stuff in brandy sauce. It is also perfect for microwave baking and meat marinades. It is a good substitute for Muscovado Sugar.

Huletts Brown Sugar Cubes are convenient, precision-cut white and brown cubes that add sophistication and elegance to any event. A stylish way to sweeten all beverages, including tea, coffee and hot chocolate.

Huletts Icing Sugar is the perfect solution with fine, powdery granules for icing a cake or creating intricate sugar art. Also used for wet marzipan and fondant in cake and cookie decorating. Also available in chocolate, strawberry and cappuccino flavours.

Huletts Sugar Crystals are perfect for adding style and flair to any occasion. Add to any occasion, food for decorating hot drinks, desserts and cocktails.

Huletts Golden and Flavoured Syrups This line-up of both traditional and fun flavours made from pure cane sugar, make excellent toppings on pancakes, flapjacks, hot, cold, milk and fruit syrups and sauces. Add for decorating hot drinks, desserts and cocktails.

Huletts White Sugar Pure white crystals that dissolve quickly for instant sweetness. Used in baking and to sweeten beverages.

Life’s sweeter with Huletts...
**VANILLA CUPCAKES**

with Fresh Raspberry Cream Cheese Frosting

**INGREDIENTS**

- 4 extra large eggs
- 250 g Huletts Castor Sugar
- 280 g (2 cups) cake flour
- 15 ml (1 T) baking powder
- 250 ml (1 cup) milk
- 100 g butter
- 5 ml (1 t) vanilla essence

**METHOD**

1. Preheat the oven to 180ºC.
2. Line 2 x 12 muffin pans with paper cups.
3. Beat eggs and castor sugar together until thick and creamy.
4. Sift the flour and baking powder together and fold into the egg and sugar mixture.
5. Heat milk and butter together, but do not boil. Add vanilla essence and stir into the batter.
6. Spoon into paper cups, filling each three-quarters full.
7. Bake for 15-20 minutes. Allow to cool in tin for 5 minutes before placing on a wire rack to cool completely.
8. Ice with Fresh Raspberry Cream Cheese Frosting.

Makes 24 cupcakes

**FRESH RASPBERRY CREAM CHEESE FROSTING**

**INGREDIENTS**

- 300 g (2 cups) fresh raspberries pureed
- 45 ml (3 T) Huletts White sugar
- 15 ml (1 T) corn flour
- Zest of ½ lemon
- 2 x 250 g tubs cream cheese, softened
- 125 g butter, at room temperature
- 260 g (2 cups) Huletts Icing Sugar
- 10 ml (2 t) vanilla essence
- 1 ml (pinch) salt

**METHOD**

1. Combine the raspberries, sugar, corn flour, and lemon zest in a saucepan.
2. Cook the raspberry sauce over medium heat until the sauce thickens and the corn flour becomes translucent, about 10 minutes.
3. Remove from heat and allow to cool to room temperature. (You can make the sauce a day ahead.)
4. Place the cream cheese, butter, icing sugar, vanilla essence and salt in a large bowl and beat until smooth and creamy.
5. Add half of the raspberry sauce and gently fold into the cream cheese frosting.
6. Add more of the remaining sauce, depending on how light or dark you want the colour of the icing.
7. Garnish with the fresh raspberries.

*Yields 12 cupcakes*
FROM BOERSEUN TO WORLD RENOWNED SUGAR ARTIST

Nicolas van der Walt mesmerised the ladies and gentlemen with his amazing Huletts Sugar craft at our readers’ events last year.

The older of two brothers he was born in Victoria West but grew up on a Karoo farm close to Bethulie.

As with so many of us in the food industry his biggest inspirations were his ouma and mother, Lammie Louw and Rina respectively. Over weekends he assisted ouma with baking and cake decorating for weddings and birthdays and that is where the bug bit.

On leaving school Nicolas studied hospitality management at the CUT

"Huletts Icing Sugar is the perfect ingredient for perfecting these masterpieces."
– Nicolas van der Walt
Hotel School in Bloemfontein where Chef Suné Niemand was his mentor and role model. “You are a true pastry chef!” she exclaimed one day and this was all the confirmation he needed to assure him he’d chosen the right career.

He now has a 12 year track record in the field to his name during which time he also completed his Advanced Diploma in patisserie studies with City & Guilds.

Nicolas is currently the co-owner and programme director of the FBI Chef School and Patisserie Academy where he also is a hands on lecturer in advanced pastry.

The School offers students of all ages the opportunity to study culinary arts in general but specialise in pastry techniques.

Courses are on a full- or part-time basis.

The latter are fun with a partner, friends or even as a team building exercise and range in length from one day to a week. Anyone eager to learn to cook, bake or decorate food is welcome and the cherry on the top is a qualification on completion!

Nicolas who is inspired by pastry lovers and talented chefs believes that with hard work and perseverance, dreams do come true.

His latest goal is to publish one or two pastry books and to open a boutique guest house.

But, his enduring passion remains teaching, training, and inspiring pastry chefs perhaps, one day, not just from South Africa but from abroad.

His latest goal is to publish one or two pastry books and to open a boutique guest house.

But, his enduring passion remains teaching, training, and inspiring pastry chefs perhaps, one day, not just in South Africa but abroad too.

Contact Nicolas at www.fbichefschool.co.za
Are you a champion koeksister baker?

**YOU COULD WIN R100 000!**

Get all the details now!
Go to [www.hulettskoeksister.co.za](http://www.hulettskoeksister.co.za) for entry form and competition rules.

This is how we’ll crown the champion:

Tell us what makes your recipe unique, tell us your koeksister story, and send us a colour photograph of your koeksisters. The judging panel, including members of the South African Chefs Association (SACA) and members of the Women’s Agricultural Union (WAU), will select fifteen (15) semi-finalists and they will be requested to bake a dozen (12) of their koeksisters for the next round of judging. The same judging panel will then taste and evaluate the semifinalists’ koeksisters and select three (3) finalists. Each finalist wins a trip to the Innibos Festival valued at R6 000. Three thousand visitors to the Innibos Festival (29 June - 2 July 2016) will get the opportunity to taste the three finalists’ koeksisters and vote for their favourite. The baker with the most votes will walk away with the title of Huletts Koeksister Champion 2016 as well as a R100 000 cash prize!

Jacaranda FM listeners competition: You may not be a koeksister baker but if you love eating them make sure to tune in to Workzone 2 from 1 - 17 June 2016. Three listeners stand a chance of winning R5 000 towards a trip to the Innibos Festival (29 June to 2 July 2016).
PLAIN JANE CHOCOLATE CAKE

INGREDIENTS
- 400 g (2 cups) white sugar
- 3 extra large eggs
- 125 ml (½ cup) sunflower oil
- 280 g (2 cups) cake flour
- 45 g (½ cup) cocoa
- 8 ml (1½ t) baking soda
- 8 ml (1½ t) baking powder
- 3 ml (½ t) salt
- 250 ml (1 cup) buttermilk
- 10 ml (2 t) vanilla essence

METHOD
1. Preheat oven to 180ºC.
2. Grease 2 x 20 cm cake tins.
3. Beat the sugar and eggs together until light and creamy. Add the oil and beat to incorporate.
4. Sift the flour, cocoa, baking soda, baking powder and salt twice.
5. Gently fold the flour mixture into the creamed mixture alternating with the buttermilk. Stir in vanilla essence.
6. Pour batter into prepared cake pans.
7. Bake for approximately 25 minutes or until a skewer inserted in the centre of the cake comes out clean.
8. Allow cakes to cool in tins for ±10 minutes before turning out on a wire rack to cool completely.

CHOCOLATE FILLING

INGREDIENTS
- 200 g (1 cup) white sugar
- 45 ml (3 T) corn flour
- 45 ml (3 T) cocoa
- 8 ml (1½ t) pure coffee powder
- 375 ml (1½ cup) water
- 50 g butter

METHOD
1. Place all the ingredients in a saucepan over medium heat while stirring until the mixture thickens.
2. Leave to cool slightly before spreading between the cake layers and top of cake.

Serves 8 - 10
DAINTY CARROT CUPCAKES

METHOD
1. Preheat the oven to 180˚C.
2. Line 2 x 12 small cupcake tins with paper cups.
3. Sift the dry ingredients together except the sugar.
4. Beat the eggs, sugar and oil together for 3 minutes with an electric beater.
5. Add the carrots, pineapple, nuts and apricot jam, and mix well.
6. Add the sifted dry ingredients and fold into the mixture.
7. Spoon into paper cups filling each three-quarters full.
8. Bake for 15-20 minutes. Allow to cool in tin for 5 minutes before placing on a wire rack to cool completely.
9. FOR THE ICING: Rub the butter into the icing sugar; the mixture will be dry and not creamy.
10. Mix the vanilla essence into the cottage cheese. Add 50 ml of the cottage cheese to the icing mixture, and mix until just smooth. Do not over mix or the icing will become runny.
11. Stir in as much as possible of the cottage cheese into the mixture. Place icing in refrigerator for an hour.
12. Pipe icing onto carrot cupcakes.
13. Sprinkle with the following of your choice:
   - chopped roasted walnuts
   - fresh zested orange peel
   - fresh lavender flowers

MAKES 24 small cupcakes

EVERY DAY TREATS

Ingredients:
- 350 g (2½ cups) cake flour
- 10 ml (2 t) baking powder
- 8 ml (1½ t) bicarbonate of soda
- 15 ml (1 t) mixed spice
- 5 ml (1 t) salt
- 315 g (1½ cups) Huletts Castor sugar
- 310 ml (1 ¼ cup) oil
- 4 extra large eggs
- 190 ml (¾ cup) pineapple, grated and drained
- 125 ml (½ cup) pecan nuts, chopped
- 60 ml (¼ cup) apricot jam
- Rind of 1 orange, for decorating

COTTAGE CHEESE ICING
- 180 g butter
- 520 g (4 cups) Huletts Icing Sugar
- 5 ml (1 t) vanilla essence
- 250 g full cream plain smooth cottage cheese
INGREDIENTS
180 g butter
200 g (1 cup) Huletts White Sugar
2 extra large eggs
280 g (2 cups) cake flour
3 ml (½ t) baking powder
3 ml (½ t) bicarbonate of soda
300 ml plain yoghurt
TOPPING
100 g (½ cup) Huletts SunSweet Brown Sugar
50 g (½ cup) pecan nuts or walnuts, chopped
15 ml (1 T) cinnamon

METHOD
1. Preheat the oven to 180ºC.
2. Generously grease a 23 cm ring tin.
3. Cream butter and sugar together until light and fluffy.
4. Add eggs one at a time beating well after each addition.
5. Sift the dry ingredients together and fold into the butter and egg mixture alternately with the yoghurt. Mix until well combined.
6. Combine the topping ingredients.
7. Evenly spoon half the batter into the tin. Sprinkle with half of the topping mixture.
8. Spoon remaining batter into the tin and sprinkle with the rest of the topping.
9. Bake for 40 minutes or until a skewer inserted comes out clean. Leave in tin for 10 minutes before turning out onto a wire rack to cool. Immediately place another wire rack on top of cake and turn over so that the topping is on top. Leave to cool.

HINT: This is an ideal cake to be sold or served as a treat at a ladies’ bridge afternoon.
APPLE GALETTE

INGREDIENTS
200 g Sweet Pastry (see recipe right)
150 ml Apple Sauce (see recipe p. 38)
450 g Crumble (see recipe p. 38)
150 g apples, chopped (±3 medium size apples)
45 ml (3 T) raisins
45 ml (3 T) pecan nuts, chopped
5 Granny Smith apples, cored, skin on, quartered
5 pears, cored, skin on, quartered
butter, melted, for brushing

METHOD
1. Prepare the Sweet Pastry, Apple Sauce and Crumble.
2. Preheat the oven to 180ºC. Grease a 23 cm x 32 cm Swiss roll tin.
3. Lightly flour a large sheet of baking paper, roll out pastry on baking paper to a thickness of 3 mm and the size of the Swiss roll tin.
4. Carefully slide the pastry onto the prepared Swiss roll tin.
5. Spread the apple sauce evenly over the pastry.
6. Mix the chopped apples, raisins and pecan nuts together and distribute evenly over the apple sauce.
7. Press the apple and pear quarters evenly into the pastry, brush generously with the melted butter and sprinkle the crumble mixture over the top.
8. Bake for 20-30 minutes or until sweet pastry is golden brown and baked through.

Makes ± 400 g

SWEET PASTRY

INGREDIENTS
100 g butter, softened
50 g (¼ cup) Huletts Castor Sugar
3 extra large egg yolks
210 g (1½ cups) cake flour, plus extra for dusting

METHOD
1. Cream the butter and sugar together, beat in the egg yolks one at a time, until fully blended.
2. Mix in the flour until the mixture comes together and forms a firm ball. Place the pastry on a lightly floured surface and knead briefly until smooth.
3. Wrap the pastry in cling wrap and leave to chill in refrigerator for 30 minutes. Alternatively, it can be frozen for use at a later date.

Makes ± 400 g
APPLE SAUCE

**INGREDIENTS**
- 4 apples, cored, peeled and sliced (use Granny Smith apples, if available)
- 180 ml (¾ cup) water
- 60 g (¼ cup) Huletts White sugar
- 3 ml (½ t) ground cinnamon

**METHOD**
1. Place the apples, water, sugar, and cinnamon in a saucepan.
2. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool and puree in a blender.

Makes ± 500 ml

CRUMBLE

**INGREDIENTS**
- 210 g (1½ cup) cake flour
- 100 g (½ cup) Huletts White Sugar
- 150 g butter

**METHOD**
1. Sift the flour and add sugar. Rub in butter until mixture resembles fine breadcrumbs.

Makes ± 450 g

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FRUITY BISCOTTI

INGREDIENTS
350 g (2½ cups) cake flour
10 ml (2 t) baking powder
10 ml (2 t) mixed spice
260 g (1¾ cups) Huletts Castor Sugar
3 extra large eggs, beaten
30 ml (2 T) mixed peel
75 g (½ cup) raisins
85 g (½ cup) dried sultanas
50 g (½ cup) blanched almonds
50 g (½ cup) raw macadamia nuts

METHOD
1. Preheat the oven to 180ºC.
2. Line 2 baking sheets with baking paper.
3. Place the flour, baking powder, spice and sugar in a large bowl and mix well.
4. Stir in the eggs and mixed peel until the mixture starts forming lumps. Using your hands bring the dough together and knead until all the flour is incorporated. Add the dried fruit and nuts and work in until evenly distributed.
5. Place the dough onto a lightly floured surface and divide into 4 pieces. Roll each piece of dough into a sausage about 30 cm long. Place 2 rolls on each tray, spaced well apart.
6. Bake for 25 - 30 minutes until the dough has risen, is firm and pale in colour. Remove from oven and transfer to a wire rack for a few minutes until cool enough to handle, reduce oven temperature to 140ºC.
7. Using a bread knife, cut each roll diagonally into 1 cm thick slices and lay each slice flat on the on the baking sheets. At this stage the biscuits can be cooled and frozen on the sheet or placed into bags and kept frozen for up to 2 months.
8. To dry the biscotti bake for 15 minutes (20 minutes if from frozen), turn over and bake for a further 15 minutes until dry and golden.
9. Turn onto a wire rack to cool completely and store in an airtight tin for up to one month.

Makes ± 120 biscotti, depending on size
Huletts 42 Huletts 43

PISTACHIO AND COCONUT MARSHMALLOWS

INGREDIENTS
15 ml (1 T) powdered gelatine
450 g Huletts Castor sugar
10 ml (2 t) vanilla essence
15 ml (1 T) sunflower oil
50 g Huletts Icing Sugar, plus extra for dipping
50 g corn flour, plus extra for dipping
30 ml (2 T) pistachio nuts, finely chopped
30 ml (2 T) coconut flakes, toasted

METHOD
1. Place the gelatine and 100 ml cold water into a bowl. Set aside for 10 minutes, or until softened.
2. Place the castor sugar and 175 ml of cold water into a heavy-based saucepan and bring to a rolling boil on a medium to high heat, stirring continuously, until the sugar has dissolved.
3. Reduce the heat to low and allow the mixture to simmer for 15-20 minutes, until a sugar thermometer dipped into the mixture reads 113°C. At this temperature, the sugar syrup will have reached the soft-ball stage. CAUTION: This mixture is extremely hot and can be dangerous. Do not leave unattended.
4. As soon as the sugar syrup reaches the correct temperature, place the gelatine mixture into the bowl of a food mixer and turn on its lowest setting. Gradually pour in the sugar syrup in a slow, steady stream, avoiding pouring the sugar syrup on the beaters as it may splash. Whisk continuously until all of the syrup has been fully incorporated into the mixture.
5. Add the vanilla essence, then increase the blending speed and blend for 18-20 minutes, or until the mixture has thickened, cooled and is beginning to set.
6. Grease the cake tin with a little of the sunflower oil. Line the tin with baking paper and grease with the remaining oil. Mix the icing sugar and corn flour together and dust the tin with a little of the mixture to evenly coat the base and sides. Reserve the remaining icing sugar and corn flour mixture.
7. Pour the marshmallow mixture into the prepared tin and smooth the surface with a palette knife or spatula that has been dipped in boiling water. Dust the top of the marshmallow with a little more of the icing sugar and corn flour mixture, cover with cling wrap and set aside in a cool, dry place for 1-2 hours or overnight to set. Do not refrigerate.
8. Once the marshmallow mixture has set, turn out onto a clean work surface dusted with the remaining icing sugar and corn flour mixture. Peel off the baking paper and cut the marshmallow into 36 cubes. Dip each marshmallow in the icing sugar and corn flour mixture to coat, and then in the chopped nuts and coconut flakes. Coat evenly.
9. Store in an airtight container in a cool, dry place for up to three weeks.

Makes 36 cubes

HINT: For more luxurious marshmallows use extra pistachio nuts and coconut flakes.
PLUM AND BERRY TART

INGREDIENTS

PASTRY
175 g (1¼ cups) cake flour
3 ml (½ t) salt
15 ml (1 T) Huletts White Sugar
125 g unsalted butter, chilled, and diced
30 - 60 ml ice water

FILLING
500 g blueberries
8-10 plums, stoned and halved
50 g (¼ cup) Huletts White Sugar
zest of 1 lemon
15 - 30 ml (1-2 T) cake flour

TO SERVE
Fresh cream or vanilla ice-cream

METHOD

1. Line a large baking sheet with baking paper.
2. PASTRY: Combine the flour, salt, and sugar in a food processor. Add the butter and process until the mixture resembles coarse crumbs (about 15 seconds).
3. Gradually add 30 ml (2 T) water to the dough until the dough just holds together, add extra water, if necessary. Do not process for more than 30 seconds.
4. Place the dough onto a lightly floured surface and knead lightly, until smooth. Roll into a ball and wrap in cling wrap. Place in the refrigerator to firm up while making the filling.
5. Roll out the pastry on a lightly floured surface to form a large circle. Gently drape the pastry over a rolling pin and place onto the prepared baking sheet and cover with cling wrap.

6. FILLING: In a large bowl, combine the berries, plums, sugar and lemon zest and stir through.
7. Spoon the fruit onto the prepared pastry circle, leaving about 3 cm border around the edge.
8. Gently lift and crimp the edge of the pastry to form a rim around the fruit. Cover and return to the refrigerator for about 15 - 30 minutes to firm.
9. Preheat the oven to 200º.
10. Bake on the centre rack of oven for approximately 25 - 30 minutes or until the crust is golden brown and the fruit has softened.
11. Remove from oven and place on a wire rack to cool.
12. Serve with whipped cream or vanilla ice cream.

Serves 6 - 8
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