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HOME ECONOMICS ORDINARY LEVEL

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PAPER 3 Recipe Booklet

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ORDINARY LEVEL

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BAKED PASTA WITH BROCCOLI AND CHEESE



BAKED PASTA WITH BROCCOLI AND CHEESE

250 g broccoli, separated into florets
200 ml macaroni
Boiling salt water, to cover macaroni
1 small onion, chopped
15 ml oil
25 ml cake flour
250 ml milk
1 ml salt
1 ml pepper
Pinch of nutmeg
25 g (60ml) feta cheese, crumbled
50 ml smooth cottage cheese
25 ml (10 g) finely grated Cheddar cheese
Fresh breadcrumbs from ½ slice of brown bread

Method

- 1 Boil broccoli for 5 – 7 minutes in 1 cm of boiling water until just soft.
- 2 Boil macaroni al dente (until just done).
- 3 Drain macaroni and mix lightly with broccoli.
- 4 Sauté the onion in oil until translucent and golden.
- 5 Add flour and stir fry for 1 minute over low heat.
- 6 Gradually stir in the milk to make medium white sauce. Stir continuously until sauce thickens.
- 7 Season with salt, pepper and nutmeg.
- 8 Stir in the feta and cottage cheese.
- 9 Mix cheese sauce lightly with the macaroni mix.
- 10 Spoon into a casserole dish.
- 11 Mix grated Cheddar cheese with fresh breadcrumbs and sprinkle over the macaroni mixture in the casserole dish.
- 12 Bake at 180° C for 30 minutes.
- 13 Serve hot.

BRAN AND HONEY MUFFINS



BRAN AND HONEY MUFFINS

250 ml milk
60 g margarine
15 ml golden syrup
125 ml honey
5 ml bicarbonate of soda
1 egg
375 ml bran
250 ml flour
5 ml baking powder
5 ml ground ginger
3 ml salt

Method

1. Set oven at 190° C.
2. Grease a deep muffin tin.
3. Heat milk, margarine, golden syrup and honey in a saucepan until butter melts.
4. Stir in bicarbonate of soda.
5. Lightly beat egg and add.
6. Add bran to previous mixture.
7. Sift flour, baking powder, ginger and salt together. Add to mixture and mix to just moisten.
8. Three quarter fill greased, deep muffin tins.
9. Bake at 190° C for 10 to 15 minutes or until cooked.
10. Serve hot or cold.

CINNAMON DUMPLINGS



CINNAMON DUMPLINGS

30 ml cornflour
30 ml cake flour
30 ml custard powder
1 ml salt
60 ml water
1 egg
2 ml vanilla essence
500 ml milk
25 ml margarine
5 ml cinnamon
20 ml sugar

Method

- 1 Mix the cornflour, cake flour, custard powder and salt.
- 2 Add the water and mix to a lump-free mixture.
- 3 Separate the egg.
- 4 Add the egg yolk and vanilla essence to the cornflour mixture and beat until mixed.
- 5 Boil the milk and stir the cornflour mixture into the boiled milk.
- 6 Cook and stir over moderate heat until thick. Remove from the heat.
- 7 Prepare and heat up a pot of water.
- 8 Beat the egg white until stiff peak stage.
- 9 Fold egg white lightly into the hot milk mixture
- 10 Melt the margarine.
- 11 Drop dessert spoonfuls of the milk mixture in layers into a heat proof bowl, dipping the spoon in the melted margarine before scooping up each spoonful.
- 12 Sprinkle cinnamon sugar over each layer.
- 13 Pour any leftover margarine over the dumplings and carefully place the dish into the pot of hot water.
- 14 Cover and simmer on low heat for 10 minutes, taking care that the mixture does not boil over.
- 15 Regulate the temperature so that it is simmering at a slow heat without peeping too often.
- 16 Remove the dumplings with a spoon and arrange in a serving dish.
- 17 Serve the dumplings hot.

CHICKEN WRAP



CHICKEN WRAP

Filling

- 2 chicken, fillets, cut into thin, small strips
- 1 medium onion, sliced
- Half a green pepper, pitted and cut into strips
- 100 ml shredded cabbage (± 50g)
- 20 ml cooking oil
- 2 ml salt
- Pinch of pepper
- 5 ml soya sauce
- 15 ml tomato sauce
- 15 ml chutney
- 10 ml sesame seed (optional)

Dough

- 250 ml cake flour
- 5 ml baking powder
- 1 ml salt
- 10 ml cooking oil
- 2 ml white vinegar
- 70 ml lukewarm water
- 10 g (15 ml) margarine
- 25 g (30 ml) butter

Method

- 1 For filling, stir-fry chicken strips, sliced onion, green pepper strips and shredded cabbage in the cooking oil till tender.
- 2 Add salt, pepper, soya sauce, tomato sauce, chutney and sesame seeds (optional), stir to mix and keep aside till needed.
- 3 For dough, sift cake flour, baking powder and salt together.
- 4 Mix oil, vinegar and warm water together and stir into flour mixture.
- 5 Mix and knead dough until soft and elastic. Roll out on a floured surface until dough is about 5 mm thick.
- 6 Spread with margarine and roll up tightly like a Swiss roll. Cut into 5 cm thick slices (4 slices in total).
- 7 Flatten each slice slightly by hand and roll out into 23 cm rounds (circle). Leave to rest for 10 minutes. Cover with a damp clean cloth.
- 8 Melt butter in a hot frying pan and fry each wrap for 1 minute on each side.
- 9 Reheat filling on moderate heat.
- 10 Fill fried wraps and roll up.
- 11 Serve hot.

FISH LASAGNE



FISH LASAGNE

250 g spinach lasagne sheets
 boiling water to cover the spinach lasagne sheets
 1 ml salt
 10 ml cooking oil
 12,5 ml margarine
 1 small onion, finely chopped
 1 clove garlic, crushed
 200 g tin tomato soup (½ tin)
 62,5 ml water
 5 ml sugar
 2,5 ml salt
 Pinch of pepper
 100 g tin tuna (½ tin) or 1 can (210 g) natural pilchards, drained

Cheese sauce

125 g smooth cottage cheese
 125 ml cream
 125 ml grated cheddar cheese
 1 ml paprika for garnish

Method

- 1 Set the oven at 180° C.
- 2 Grease a 10 x 10 x 5 cm ovenproof dish.
- 3 Boil the spinach lasagne sheets in boiling salt water until al dente (± 10 minutes).
- 4 Drain the spinach lasagne sheets and mix them with the cooking oil. Set aside until required.
- 5 Melt the margarine in a saucepan and sauté the onion and garlic.
- 6 Add the tomato soup, water, sugar, salt and pepper.
- 7 Bring to the boil, stirring occasionally, then simmer over low heat for 10 minutes.
- 8 Flake the fish lightly and stir it into the soup mixture. Set aside until required.
- 9 Beat the cottage cheese, cream and 62,5 ml of the cheddar cheese until mixed. Set aside.
- 10 Spoon half the mixture into a greased dish. Spoon half the lasagne sheets and half the cheese sauce on top. Repeat the layers, using the remaining fish mixture, lasagne sheets and cheese sauce. Sprinkle rest of cheese and paprika on top.
- 11 Bake the lasagne for 30 to 40 minutes until golden brown.
- 12 Serve hot.

GINGER AND HONEY STEAMED PUDDING



GINGER AND HONEY STEAMED PUDDING

160 ml milk
50 g butter
2,5 ml bicarbonate of soda
15 ml ginger powder
120 g brown sugar
1 egg
45 ml honey
250 ml self-raising flour

Method

- 1 Prepare and heat up a pot of water.
- 2 Add hot milk into the mixing bowl.
- 3 Melt the butter, add it to the hot milk, whisk well while adding bicarbonate of soda mix well.
- 4 Add the ginger powder, sugar and mix well.
- 5 In a separate bowl beat the egg, add the beaten egg to the milk mixture.
- 6 Add honey, while stirring add self-raising flour slowly and mix well.
- 7 Pour in a greased mould and cover tightly. Steam for 1 hour in a pot with boiling water put the lid on the pot.
- 8 Place mould for 2 minutes in a bowl with cold water.
- 9 Remove cover and unmould the pudding.

PANCAKES WITH SAVOURY FILLING



PANCAKES WITH SAVOURY FILLING

125 ml cake flour
1 ml baking powder
Pinch of salt
125 ml milk
1 egg, beaten
25 ml oil for frying

Method

- 1 Sift the cake flour, baking powder and salt together and add a little of the milk. Beat the mixture until smooth and without lumps.
- 2 Gradually add the remaining milk.
- 3 Add the well-beaten egg, beating the mixture very well with an egg beater or whisk. Leave the mixture for 30 minutes.
- 4 Prepare filling (recipe on next page) while the pancake batter is allowed to stand.
- 5 Put a little oil in a frying pan and heat. Put excess oil back into the container.
- 6 Pour just enough batter to thinly cover the bottom of the frying pan evenly.
- 7 Fry over gentle heat till pale brown.
- 8 Turn and fry on the other side.
- 9 Place a portion of the savoury filling onto each pancake and roll up neatly.
- 10 Serve hot.

SAVOURY FILLING

2 slices bacon
2 tinned vienna sausages
1 hard boiled egg
5 ml margarine
15 ml grated onion
25 g (62,5 ml) grated cheese
5 ml chopped fresh parsley or 2 ml dried parsley
1 ml salt and pinch of pepper

White sauce

25 ml margarine
25 ml cake flour
1 ml salt and pinch of pepper
125 ml milk

Method

- 1 Remove the rind from the bacon and slice or cut the bacon finely.
- 2 Mash the vienna sausages.
- 3 Mash the hard boiled egg.
- 4 Fry the bacon in the margarine till cooked. Drain from the fat and put in a mixing bowl.
- 5 Fry the onion in the bacon fat till translucent, drain and add to the bacon.
- 6 Add the mash vienna's, hard boiled egg, grated cheese and chopped parsley to the onion and bacon.
- 7 Season with salt and pepper. Mix with a fork.
- 8 Prepare the white sauce according to the roux method and cool for 1 minute.
- 9 Add the bacon mixture to the white sauce.

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SCOTCH EGGS



SCOTCH EGGS

4 eggs
275 g sausage meat
5 ml fresh thyme leaves
5 ml fresh parsley, chopped
1 spring onion, very finely chopped
125 g flour
1 egg, beaten
250 g breadcrumbs
Pinch of salt
1 ml black pepper
250 ml cooking oil

Method

- 1 Place the eggs, still in their shells, in a pan of water.
- 2 Place over a high heat and bring to the boil, then reduce the heat to simmer for approximately 9 minutes.
- 3 Drain and refresh the eggs under cold running water, then peel.
- 4 Mix the sausage meat with the thyme, parsley and onion in bowl, season well with salt and black pepper.
- 5 Divide the sausage meat mixture into four and flatten each out on a clean surface into ovals about 12 cm long and 8 cm at the widest point.
- 6 Roll the boiled egg in the seasoned flour.
- 7 Heat the oil in a deep heavy bottomed pan.
- 8 Place each egg into a sausage meat oval, then wrap the sausage meat around the egg, making sure the coating is smooth and completely covers the egg.
- 9 Dip each meat coated egg in the beaten egg, covering the entire surface area.
- 10 Roll in the bread crumbs to coat completely.
- 11 Carefully place each scotch egg into the hot oil and deep fry 6-8 minutes, until golden and crisp and sausage meat is completely cooked.
- 12 Carefully remove from the oil with a slotted spoon and drain on a kitchen paper.

SWEET POTATO FRITTERS



SWEET POTATO FRITTERS

225 g sweet potatoes
75 ml cake flour
3 ml baking powder
1 ml salt
1 small egg
50 ml cooking oil for shallow frying
cinnamon sugar (25 ml sugar plus 3 ml cinnamon)
1 lemon

Method

- 1 Peel the sweet potatoes, boil till soft in small amount of water. (± 10 minutes)
- 2 Mash the sweet potatoes and mix with cake flour, baking powder and salt.
- 3 Beat the egg into the mixture.
- 4 Fry dessert spoonfuls of the mixture on both sides in shallow, moderately hot cooking oil, until golden brown.
- 5 Drain the cooked fritters on paper towels.
- 6 Sprinkle cinnamon sugar over the fritters.
- 7 Garnish with lemon wedges and serve hot.

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