

NAMIBIA SENIOR SECONDARY CERTIFICATE

HOSPITALITY ORDINARY LEVEL

6156/2

PAPER 2 Recipe Booklet

2022

ORDINARY LEVEL

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Republic of Namibia

MINISTRY OF EDUCATION, ARTS AND CULTURE

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RECIPES

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MIXED VEGETABLE MORNAY



MIXED VEGETABLE MORNAY

375 g frozen mixed vegetables
250 ml boiling water
25 g (30 ml) margarine
15 ml flour
pinch of salt
1 ml pepper
125 ml milk
125 ml chicken stock ($\frac{1}{2}$ cube dissolved in 125 ml boiling water)
1 ml mustard powder
35 g grated cheddar cheese
30 ml bread crumbs

METHOD

- 1 Preheat oven to 200° C and grease a shallow 1 litre ovenproof dish.
- 2 Boil the frozen vegetables for 5 minutes in boiling water and drain.
- 3 Spoon the mixed vegetables into the ovenproof dish.
- 4 Melt the margarine, stir in the flour, salt and pepper to prepare a roux.
- 5 Remove from heat, add milk, chicken stock and mustard powder.
- 6 Put back on heat and cook while stirring until thick, remove from heat and stir in half of the grated cheese.
- 7 Pour the sauce over the vegetables.
- 8 Mix the breadcrumbs and remaining cheese.
- 9 Sprinkle over the sauce layer.
- 10 Bake for 20 minutes or until the crumbs are crisp and slightly browned.
- 11 Serve hot.

MACARONI CHEESE



MACARONI CHEESE

500 ml milk
50 g (125 ml) macaroni
10 g (15 ml) margarine
75 g (175 – 180 ml) coarsely grated Cheddar cheese
10 ml cornflour
5 ml mustard powder
2 ml salt
pinch of pepper
2 eggs

METHOD

- 1 Preheat the oven to 160° C and grease a 600 ml size ovenproof dish.
- 2 Boil the milk, macaroni and margarine in a large saucepan over moderate heat until the macaroni is soft, about 12 minutes.
- 3 Stir constantly to prevent boiling over.
- 4 Set 25 ml of the cheese aside.
- 5 Add the cornflour, mustard powder, salt and pepper to the rest of the cheese and mix lightly.
- 6 Beat the eggs slightly and add eggs and cheese to the macaroni mixture.
- 7 Pour into the ovenproof dish and sprinkle the reserved cheese over.
- 8 Bake the macaroni cheese for about 1 hour or until golden brown and cooked.
- 9 Serve immediately.

QUICHE WITH ONION AND SPINACH**QUICHE WITH ONION AND SPINACH****Cheese pastry**

250 ml plain cake flour
2 ml salt
60 ml (50 g) butter
125 ml (50 g) grated cheddar cheese
1 egg yolk
about 45 ml iced water

Filling

50 ml (50 g) butter
2 medium onions, cleaned and sliced
100 g shredded spinach
2 ml nutmeg
3 ml salt
pinch of cayenne pepper (2 ml)
250 ml (100 g) cheddar cheese, grated

Savoury custard topping

2 eggs

125 ml milk

125 ml cream

pinch of salt, pepper, cayenne pepper and mustard powder

METHOD**Pastry**

- 1 Mix the dry ingredients together and rub in the butter.
- 2 Cut in the grated cheese.
- 3 Mix the egg yolk and water and add to the mixture. Cut in gently to form a pastry.
- 4 Roll out slightly bigger than a 22 cm quiche tin or pie dish.
- 5 Press the pastry into the greased tin with the back of your finger.
- 6 Refrigerate while preparing the filling.
- 7 Bake the pastry case blind in the preheated oven for 10 minutes at 200° C.

Filling

- 1 Heat the butter and sauté the onion until soft.
- 2 Add the spinach and seasonings.
- 3 Sprinkle the grated cheese onto the pastry base.
- 4 Loosely spread the filling over the grated cheese.

Custard Topping

- 1 Whisk the eggs with the milk, cream, seasoning and mustard and pour over the filling in the pastry case.
- 2 Reduce the temperature to 180° C and bake for a further 30 minutes or until the topping has turned a golden colour.
- 3 Cool slightly before cutting.

DOUGHNUTS



DOUGHNUTS

100 ml sugar
15 ml (10 g) soft margarine
375 ml cake flour
7,5 ml baking powder
pinch of salt
1 ml ground cinnamon
1 ml grated nutmeg
125 ml milk
25 ml castor sugar or cinnamon sugar
500 ml oil for deep frying

METHOD

- 1 Cream the sugar and margarine.
- 2 Sift the dry ingredients together.
- 3 Fold the dry ingredients into the creamed sugar and margarine.
- 4 Add milk and mix to soft dough. Roll out on a floured board until 2 cm thick.
- 5 Cut with a doughnut cutter or cut out with a large round biscuit cutter and then remove the centre with a smaller one to make a ring.
- 6 Leave the rings 10 – 15 minutes before frying. Fry in deep hot oil. Brown on one side, turn with a fork and brown on the other side.
- 7 Remove from the oil and drain on paper towelling. Roll the doughnuts in castor or cinnamon sugar. Repeat till all the doughnuts are coated with sugar.

VEGETABLE HAM COUGERE**VEGETABLE HAM COUGERE**

Oven temperature: 200° C
Baking time: 45 - 50 minutes
Grease a medium pie dish (21 cm)

Choux Paste

60 ml flour
60 ml water
30 ml (25 g) margarine
1 egg, beaten
pinch of salt

METHOD

- 1 Sift the flour and salt together.
- 2 Bring the water and the shortening to the boil. Remove from the heat immediately.
- 3 Add the sifted flour and salt all at once, stirring vigorously with a wooden spoon. Stir over a low temperature until the mixture leaves the sides of the saucepan and forms a ball. Remove from the heat.
- 4 Leave to cool slightly.
- 5 Add the beaten egg. Stir vigorously with a wooden spoon until the mixture regains its smoothness. Mixture must be stiff and glossy and should drop slowly off a spoon.
- 6 Spoon the mixture around the edge of an ovenproof pie dish.
- 7 Cover and put aside while preparing the filling.

See next page for filling recipe.

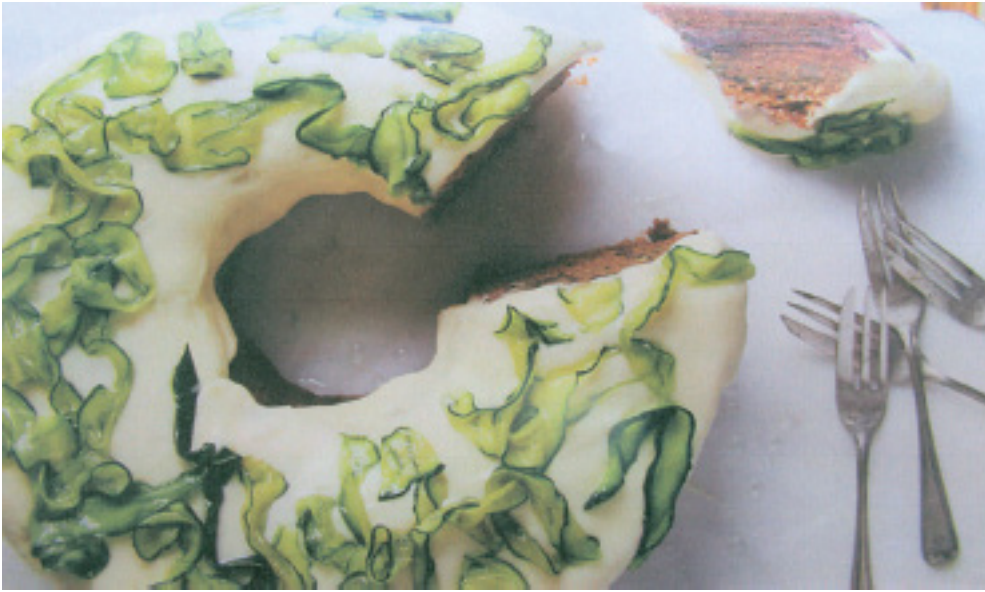
Filling

50 ml margarine	25 ml margarine
200 g carrots, diced	25 ml flour
1 leek, sliced	250 ml milk
50 ml fresh/tinned, chopped mushrooms	1 ml salt
2 slices of ham, cut into long strips	1 ml pepper
	1 ml paprika
	50 ml (20 g) grated cheddar cheese

METHOD

- 1 Melt the 50 ml margarine in a small sauce pan and sauté the vegetables in it.
- 2 Cover the saucepan and simmer for 10 minutes.
- 3 Prepare a white sauce: melt the 25 ml margarine and mix in the flour, salt pepper and paprika, stir in the milk and bring to the boil. Cook for 2 minutes, stirring all the time.
- 4 Remove from the heat and stir in the vegetables.
- 5 Spoon filling into the middle of the ovenproof pie dish (choux paste balls form the edges of dish).
- 6 Arrange the strips of ham in a lattice pattern over the filling.
- 7 Sprinkle grated cheese on top.
- 8 Bake at 200° C for 45 – 50 minutes.
- 9 Serve hot or cold.

BABY MARROW AND YOGHURT CAKE



BABY MARROW AND YOGHURT CAKE

125 ml margarine
125 ml brown sugar
2 eggs
250 ml coarsely grated baby marrow (\pm 6 medium baby marrows)
125 ml coarsely grated carrot (1 medium carrot)
75 ml natural yoghurt or Bulgarian yoghurt
500 ml whole wheat meal
10 ml baking powder
15 ml icing sugar

METHOD

- 1 Cream margarine and sugar.
- 2 Add eggs one by one and beat well with a wooden spoon after each addition.
- 3 Add baby marrow, carrot and yoghurt and mix.
- 4 Stir in the whole wheat meal and baking powder.
- 5 Pour the batter into a greased and lined cake tin, 20 – 22 cm in diameter.
- 6 Bake cake on the middle shelf at 180° C \pm 30 minutes until done and light brown.
- 7 Take out of oven, allow cooling for 3 minutes in the tin and turning onto a cooling rack.
- 8 Allow to cool completely (\pm 30 minutes) and dust with icing sugar.

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