

**NAMIBIA SENIOR SECONDARY CERTIFICATE**

**HOME ECONOMICS ORDINARY LEVEL**

**4343/3**

PAPER 3 Recipe Booklet

**2017**

ORDINARY LEVEL

This document consists of **21** printed pages and **3** blank pages.



Republic of Namibia

**MINISTRY OF EDUCATION, ARTS AND CULTURE**

**BLANK PAGE**

<b>CONTENT</b>	<b>PAGE</b>
1 Doughnuts	4
2 Hot Tea Cake	6
3 Jam slices	8
4 Milk Tart	10
5 Pancake with Apple and Onion filling	12
6 Savoury puffs	14
7 Spiral Loaf	16
8 Steamed pudding	18
9 Swiss roll	20

**DOUGHNUTS**



**DOUGHNUTS**

125 ml buttermilk  
125 ml sugar  
1 egg  
25 g (30 ml) margarine  
310 ml cake flour  
10 ml baking powder  
2 ml ground nutmeg  
1 ml salt  
1 ml bicarbonate of soda  
500 ml cooking oil  
80 ml castor sugar

- 1 Beat together the buttermilk, sugar and eggs.
- 2 Melt the margarine and beat into the buttermilk mixture.
- 3 Sift together the cake flour, baking powder, nutmeg, salt and bicarbonate of soda.
- 4 Using a spatula, cut the buttermilk mixture into the flour mixture till blended.
- 5 Grease a pastry board and rolling pin with a little oil.
- 6 Roll out the dough to a thickness of about 1 cm.
- 7 Cut out circles measuring 7,5 cm in diameter.
- 8 Cut out a smaller circle, 2,5 cm in diameter, from the middle of each to make a hole. Use a cookie cutter.
- 9 Pour oil to a depth of 5 cm into a medium saucepan.
- 10 Heat the oil till moderately hot.
- 11 Place the rings and little balls into the oil, a few at a time.
- 12 First fry them on one side until golden brown and then on the other side.
- 13 Drain the cooked doughnuts on paper towelling.
- 14 Sprinkle each one with a little castor sugar while still hot and serve.

**HOT TEA CAKE**



**HOT TEA CAKE****Batter**

250 ml cake flour  
5 ml baking powder  
1 ml salt  
180 ml sugar  
2 eggs  
5 ml vanilla essence  
125 ml milk  
25 g (30 ml) margarine

**Syrup**

60 ml water  
50 g (60 ml) margarine  
30 ml golden syrup

- 1 Preheat the oven to 190°C.
- 2 Grease a shallow, ovenproof dish with a volume of about 1,5 litres.
- 3 Sift together the cake flour, baking powder and salt.
- 4 Beat together the sugar, eggs and vanilla essence until light coloured, thick and spongy.
- 5 Heat the milk and the margarine until lukewarm.
- 6 Stir the milk mixture until the margarine has melted.
- 7 Lightly fold the flour mixture into the egg mixture with a metal spoon.
- 8 Add the milk mixture and fold in lightly.
- 9 Pour the batter into the dish.
- 10 Bake the cake for about 30 minutes till done and light brown on top.
- 11 Bring the water, margarine and golden syrup to the boil.
- 12 Pour this mixture over the hot cake just after it has been taken from the oven.
- 13 Leave the cake to cool until lukewarm and serve in the dish.



**JAM SLICES**





**JAM SLICES**

115 g (125 ml) margarine  
125 ml sugar  
1 egg  
5 ml vanilla essence  
500 ml cake flour  
10 ml baking powder  
1 ml salt  
200 ml smooth apricot jam  
90 ml coconut  
125 ml icing sugar  
10 - 15 ml lemon juice

- 1 Preheat the oven to 190°C.
- 2 Lightly grease a baking tray, ± 30 cm x ± 22 cm x 2,5 cm.
- 3 Cream together the margarine and sugar.
- 4 Beat in the egg. Add the vanilla essence and mix.
- 5 Sift together the cake flour, baking powder and salt.
- 6 Add the flour mixture to the egg mixture and combine to form a stiff dough.
- 7 Press two-thirds of the dough into the baking tray.
- 8 Spread the apricot jam over the dough and sprinkle the coconut on top.
- 9 Grate the remaining dough on top.
- 10 Bake the pastry for 20-25 minutes until it starts to brown on top.
- 11 First trim the edges of the hot pastry and then cut it into rectangles, 6 cm x 3,5 cm.
- 12 Leave the rectangles to cool on a wire rack.
- 13 Mix the icing sugar with just enough of the lemon juice to form a dropping consistency.
- 14 Trickle the icing over the slices and leave them to dry and serve.

**MILK TART**



**MILK TART****Pastry**

60 g (70 ml) margarine at room temperature  
62,5 ml sugar  
1 egg beaten  
275 ml cake flour  
5 ml baking powder  
pinch salt

**Filling**

500 ml + 60 ml milk  
15 g (15 ml) margarine  
2 eggs  
100 ml sugar  
20 ml cake flour  
20 ml cornflour  
pinch salt  
5 ml cinnamon to taste

- 1 Preheat the oven to 200°C.
- 2 Grease a 1 l ovenproof pie dish, or spray with non-stick cooking spray.
- 3 Cream the margarine and sugar for the pastry.
- 4 Add the egg and mix.
- 5 Sift together the cake flour, baking powder and salt.
- 6 Mix the flour mixture and the egg mixture together to form a pastry dough.
- 7 Thinly line the sides and base of the pie dish with the pastry.
- 8 Neaten the edges.
- 9 Bake blind for 10 to 12 minutes, or until the edges start to brown. In the meantime, prepare the filling.
- 10 Bring 500 ml milk and the margarine to the boil in a large saucepan.
- 11 Separate 1 of the eggs.
- 12 Beat the remaining 60 ml milk, the whole egg, yolk, sugar, cake flour, cornflour and salt to a paste.
- 13 Gradually beat in a little of the boiled milk to the paste.
- 14 Slowly beat this mixture into the remaining boiled milk and stir well, using a whisk to prevent lumps from forming.
- 15 Bring to the boil, stirring often. Remove from the heat.
- 16 Beat the egg white until soft peaks form and fold into the hot milk mixture.
- 17 Pour the filling into the baked shell.
- 18 Sprinkle with cinnamon and cool until the filling has set, serve.



PANCAKES WITH APPLE AND ONION FILLING



**PANCAKES WITH APPLE AND ONION FILLING****Batter**

125 ml cake flour  
3 ml baking powder  
pinch salt  
125 ml milk  
125 ml water  
1 egg  
20 ml cooking oil

**Apple and onion filling**

75 g bacon, shredded  
1 onion, thinly sliced  
2 green apples, diced  
80 ml chicken stock  
10 ml cornflour  
pinch salt  
pinch pepper  
cream for decoration

- 1 Sift together the flour, baking powder and salt.
- 2 Beat together the milk, water, egg and oil.
- 3 Add the milk mixture to the flour mixture and beat until mixed.
- 4 Chill the batter for 30 minutes.
- 5 Fry the shredded bacon in a pan until done.
- 6 Add the sliced onions and stir-fry until soft.
- 7 Add the diced apples and sauté slightly.
- 8 Pour over the stock and simmer for about 5 minutes.
- 9 Blend the cornflour with a little water (15 ml) and add to the apple mixture.
- 10 Heat until the mixture boils and thickens.
- 11 Season to taste with salt and pepper. Keep aside.
- 12 Heat a small frying pan sizzle hot with enough oil to cover the bottom.
- 13 Use a cup to pour and cover the bottom of the pan with a thin layer of batter. Tilt the pan to spread the batter evenly and fry until dry on top and golden brown underneath.
- 14 Turn with a spatula or egg lifter and brown on the other side.
- 15 To serve. Place a pancake in a pudding dish or bowl, spoon some of the filling over the pancake and serve with cream. (See example of pancake served in a pudding bowl in picture.)



**SAVOURY PUFFS**



**SAVOURY PUFFS**

125 ml boiling water  
20 g (25 ml) margarine  
125 ml cake flour  
1 ml paprika  
1 egg  
5 ml baking powder  
125 ml ham, diced  
25 g (60 ml) grated Cheddar cheese  
500 ml cooking oil

- 1 Place the water and margarine in a saucepan and bring to boil.
- 2 Sift the cake flour and paprika and add all at once to the rapidly boiling liquid.
- 3 Stir rapidly until the mixture forms a stiff ball and no longer adheres to the sides and bottom of the saucepan.
- 4 Remove from the stove and beat for 1 minute. Cool for 5 minutes.
- 5 Add the egg, beating well after addition.
- 6 Add the baking powder and beat well.
- 7 Add the ham and grated cheese and blend well. The mixture will be fairly thick.
- 8 Heat the oil in a small saucepan.
- 9 Drop teaspoonfuls of the batter into the heated oil and fry until brown.
- 10 Drain on paper towelling. Serve hot.



**SPIRAL LOAF**



**SPIRAL LOAF****Bread**

500 ml cake flour  
3 ml salt  
5 ml instant yeast  
120 ml milk  
40 g (45 ml) margarine  
10 ml sugar  
1 egg, slightly beaten  
20 ml finely chopped parsley or 5 ml dried parsley  
40 ml finely chopped chives or spring onions  
little lukewarm water

**Filling**

1 egg, beaten  
50 g (125 ml) grated Cheddar cheese  
3 rashers bacon, fried and finely chopped  
40 ml chopped chives or spring onions  
20 ml chopped parsley or 5 ml dried parsley  
15 g (15 ml) melted margarine

- 1 Preheat the oven to 180°C. Grease a medium loaf tin.
- 2 Sift the cake flour, salt and instant yeast together.
- 3 Heat the milk, margarine and sugar until lukewarm and the margarine has melted.
- 4 Add the beaten egg and herbs.
- 5 Add this mixture to the flour mixture and mix well.
- 6 Add lukewarm water, if necessary to form a soft dough.
- 7 Knead well until the dough is smooth and elastic and until it no longer clings to your hands - at least 10 minutes.
- 8 Roll out the dough into a 30 x 20 cm oblong.
- 9 Brush a little of the beaten egg (from the filling) over the dough.
- 10 Mix the remaining egg with the remaining filling ingredients and spread over the dough.
- 11 Roll up the dough as for a Swiss roll and place into the prepared loaf tin with the folded side facing down.
- 12 Brush the crust with melted margarine, cover and leave to rise in a warm place until doubled in bulk or until the dough fills the tin (about 30 minutes).
- 13 Bake, uncovered, for about 30-40 minutes or until done and a testing skewer comes out clean when inserted into the centre of the loaf.
- 14 The loaf should be light. Brush the top with melted margarine once more and serve lukewarm.

**STEAMED PUDDING**



**STEAMED PUDDING**

250 ml flour  
pinch salt  
5 ml baking powder  
2 ml bicarbonate of soda  
50 g (60 ml) softened margarine  
1 egg  
140 g mixed fruit jam  
90 ml milk  
3 ml vanilla essence

- 1 Sift together the dry ingredients.
- 2 Beat the margarine in a separate bowl until creamy and pale yellow.
- 3 Add the egg, continue to beat the mixture until light and fluffy.
- 4 Add the jam and beat well to combine the mixture.
- 5 Stir in the milk and vanilla essence.
- 6 Gradually fold in the dry ingredients.
- 7 Pour the mixture into a well-greased 750 ml pudding bowl.
- 8 Cover the bowl with foil, allowing extra foil for expansion of the batter during steaming.
- 9 Tie a length of string tightly around the rim.
- 10 Place the bowl on a stand (an upside-down saucer will do) in a large pot.
- 11 Pour in enough water to come more than halfway up the sides of the tied-up pudding bowl.
- 12 Cover the pot. Turn the stove to high and cook until the steam begins to escape from the pot.
- 13 Reduce the heat and continue steaming for 30-40 minutes or until the pudding is firm to the touch.
- 14 Add extra boiling water to the saucepan when necessary to keep the water level constant.
- 15 Remove the pudding bowl and allow it to rest for 5 minutes.
- 16 Turn out into a warm serving dish and serve.

**SWISS ROLL**



**SWISS ROLL**

3 eggs  
250 ml sugar  
30 ml cooking oil  
5 ml vanilla essence  
250 ml cake flour  
10 ml baking powder  
1 ml salt  
50 ml milk  
200 ml smooth apricot jam

- 1 Preheat the oven to 200°C.
- 2 Grease a Swiss roll tin, 40 cm x 27 cm x 2 cm, and line it with waxed paper.
- 3 Beat together the eggs and 200 ml of the sugar till light in colour, thick and spongy.
- 4 Beat the oil and vanilla essence into the sugar mixture.
- 5 Sift the cake flour, baking powder and salt.
- 6 Stir the flour mixture and the milk alternately into the egg mixture.
- 7 Spread the batter into the tin.
- 8 Bake the Swiss roll for about 10 minutes until golden brown.
- 9 Sprinkle the remaining 50 ml sugar onto a damp cloth.
- 10 Turn out the hot Swiss roll onto it and carefully peel off the waxed paper.
- 11 Trim the edges neatly. Roll up the cake with the cloth.
- 12 Warm the apricot jam slightly.
- 13 Open out the Swiss roll and spread with jam.
- 14 Roll up again, but without the cloth. Place on a wire rack to cool and serve.



**REFERENCES**

- Gates S. (1995) *Great Recipes. Ultimate Edition*: London
- Human A. (1994) *All Colour Cookbook. Struik Publisher*: Cape Town
- Human A. (1998) *Seasonal Menus. Human and Rousseau*: Cape Town
- Human A. (1994) *Winning Recipes 2. Human and Rousseau*: Cape Town
- Niehaus C. (1992) *Best Recipes. Human and Rousseau*: Cape Town
- Niehaus C. (1996) *Let's Cook 3. Human & Rousseau*: Cape Town



**BLANK PAGE**

**BLANK PAGE**