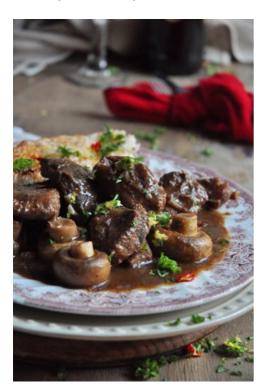
BIZCOMMUNITY

Weekend warmers

By Nina Timm

The calendar says spring is here, but as I sit looking through my window, the rain is coming down in buckets. So, we are definitely in for a very cold weekend.



30 ml ground coriander 15 ml salt 15 ml pepper 10 ml smoked paprika 45 ml olive oil One large onion chopped 250 ml Klein Roosboom My Way 250 ml beef stock 125 ml fresh thyme 80 g tomato paste 10 ml sugar One lemon (juice only) 400 g mushrooms of your choice Zest of one lemon 125 ml chopped parsley One clove garlic

Method

I can potter around in the kitchen all weekend, but for those who do not like cooking, here are some easy options. Creamy chicken with Mushroom Casserole or a Mexican Tomato Soup.

Bring a bowl of nachos or a warm bread to the table and all is happy.

If meaty dishes are more your thing, get that stew pot out, pop a beef stew in the oven and you have at least four hours to do sweet nothings in.

Of course, what will a weekend be without something sweet? In this weather, I will always go for a crumble. With all the berries around, do try this delicious strawberry crumble.

Beef Stew with Mushrooms and Gremolata

Ingredients

2 kg boneless shin cut in big chunks 200 ml flour

Place the flour, salt, pepper, coriander and paprika in a plastic bag and toss the pieces of meat in the bag so that each cube of meat is covered in flour.

Heat the olive oil in a big, ovenproof pot and brown the meat in batches until it has a golden brown colour on the outside.

Remove the meat from the pot.

Add a little olive oil if necessary. Saute the onions. Add the meat, stock and red wine as well as the thyme. Cover the pot with either a lid or foil and place in the oven for two hours and 30 minutes.

Check halfway through the cooking process and if the pot seems dry, add more stock of water.

When the meat is fork-tender, stir in the tomato paste and sugar and lemon juice. Add the mushrooms.

Place back in the oven for 30 minutes or until the stew is done.

Place the lemon zest, parsley and garlic in a food processor and chop finely.

Recipe notes

Any stew always tastes better the next day... if you can wait that long. Serve this beef stew with chunks of garlic bread.

Strawberry Crumble

Makes six individual cups or one big dessert

Ingredients

kg fresh strawberries – hulled and halved
3/4 cup sugar
Zest of one orange
¹/₂ cup of orange juice
1 tbsp cornflour or Mazeina

For the crumble

3/4 cup flour 1/2 cup of brown sugar pinch of salt One cup oatmeal or oats 125g almond slivers 125g cold butter

Method

Mix the sliced strawberries with the sugar, cornflour, orange zest and orange juice. Place in individual cups or ramekins and make your crumble. Preheat the oven to 180C.

For the crumble, mix all the dry ingredients and grate in the cold butter. Mix thoroughly and sprinkle lavishly over the strawberry mixture. Bake for about 40 minutes or until the strawberry mixture is cooked and is bubbling out from underneath the crumble and the crumble is golden brown in colour. Serve with a good drizzle of thick cream or creamy vanilla ice cream.



ABOUT NINA TIMM

I amthe owner and sole editor of the 2012 Eat Out Award-winning blog, My Easy Cooking. I cook, I style and I photograph every single day of my life. I run a cooking school for groups such as team building, birthday parties, friendship groups, domestic workers and children. ##BizTrends2017: Back to our roots - eight food trends for 2017 - 12 Jan 2017 = Labneh quiche for brunch - 19 Dec 2016 = Ohristmas cherry chicken - 5 Dec 2016 = Gin and Tonic Lollies to welcome summer - 25 Nov 2016 = Pork rillettes for a summer feast - 17 Nov 2016

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