

The Antbear Cookbook

As well as delicious recipes from around the world, the Antbear Cookbook tries to reflect the essence of the Antbear Guesthouse and lifestyle. Meals are part of the real surprises that our Antbear Guesthouse has to offer where home grown cooking is just part of the deal. We like to use our own home grown organic vegetables and if we haven't got, then we lean heavily on those local providers with similar attitudes to our own. Its all about ingredients, use good ingredients and its very difficult to fail.

We, Conny and Andrew, both like cooking and this is in part a record of our travel memories expressed in recipes. In the course of our travels we have filed away many recipes and with them images of people and places and their lives. How food tastes has much to do with the associations we make and if you would like to hear our tales you will find we love to share them.

This ebook is available to download distribute for free at <http://www.antbear.com/cooking.htm> and if you are ever come to visit South Africa come and see us the Drakensberg foothills.

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Yeasty things

I am not obsessive about food. I just get a bit excited about it at times. But one of those obsessions I will admit to, is bread. This does not mean I am snooty about my "pain". In fact there are times when plastic ready sliced bread is great. Like when you want toast. But ideally I like my bread crusty on the outside, slightly charred on the bottom and a soft, firm, slightly chewy inside. Needless to say bread is something of a passion at the Antbear and it is not seldom that a few different home made breads land on your table. Sometimes just for fun we make this special pot baked maize bread with a gentle sprinkling of sesame seeds to complement the crispy crust. This bread goes down really well with a bottle of chilled white wine and some garlic butter. Mostly our bread is made from whole wheat that we ground ourselves. Breakfasts with fresh bread or scones are also just hard to beat.



Andrews breakfast Scones

- 2 cups cake flour
- 10ml salt
- 10 ml baking powder
- 200g butter
- 1½ cups milk
- 2 tablespoons sugar

Mix all ingredients till mixed but not too smooth. The dough should not be too crumbly. Roll it out to about 2cm thick. Cut into squares and place in a preheated oven 200 C for 45 mins.

Connys wholewheat bread

- 300g freshly ground wheat as fine as can be ground
- 200g white bread flour
- 2 cups luke warm water
- 1 packet of dry yeast
- 2 tea spoons salt
- 1 table spoons honey

Mix all ingredients together and kneed till the dough becomes smooth. Add a little extra water if it seems too dry. Place in a warm spot and let it rise for a half an hour. Kneed it down and let it rise again for about an hour. Bake in a preheated oven at 180 degrees C for 45 mins. If you like this basic recipe can be improved with a hand full of sun dried tomatoes or nuts.

Antbear nutty wheat bread

- 5 cups nutty wheat flour
- 1 cup cake flour
- 10ml salt
- 30ml cooking oil
- 1 sachet instant yeast
- Approx 750ml lukewarm water
- 1 T brown sugar or honey
- Optional extras; A handful of sunflower, sesame, linseed or poppy seed

Mix dry ingredients together Add oil and enough warm water to bring the mixture to the right consistency Pour into 2 greased Bread tins and leave in the sun to rise (aprox 20 min) Bake in the oven for approx 1 hr at 180 degrees C.

Tales from the Tagine

I love the dusk in Marrakesch. I love the cacophony of sound as the musicians start, and the smells as the local lads set up their stalls of food, freshly squeezed juices and other food offerings. Some of their cauldrons look sinister, but others are tempting enough. A chicken leg grilled over coals and smothered with raisins and pine nuts and a mind blowing quantity of garlic is one of the best things I have ever eaten there, a bowl of dishwater flavored with chili the worst. This is my version of the former.



Flash fired Moroccan chicken

- Chicken fillets or bones pieces.
- fresh red chili finely chopped
- cayenne pepper
- 2 garlic cloves
- a squeeze of lemon juice
- olive oil
- ground cinnamon
- raisons or sultanas
- pine nuts
- chopped mint

Mix the chicken pieces in a shallow dish together with the chilies, garlic, lemon juice, olive oil, cinnamon, sultanas, pine nuts and mint. Leave for at least 20 minutes but an hour would be better if you have it.

Add the marinated chicken pieces into a pan of sizzling oil. Cover over a high heat and cook till golden brown. Turn over and do the other side. Then pour over the marinade and bring to the boil. Season with salt and pepper and serve it hot with the pan sauces. As a lunch snack I wrap this up in a piece of flat bread with a few trimmings of lettuce for supper it's accompanied by couscous and sliced oranges drizzled with olive oil and dusted coarsely with black pepper with just a hint of cinnamon.

Pot pourri

Cardamom must be the most fragrant of all spices. Not even the juiciest clove comes near to its potent, heady aroma. It is at once tantalising, cleansing and in quantity strong enough to become almost hypnotic. There is more than a touch of citrus and camphor, even a hint of bitterness. Cardamom was not one of the spices in my parents spice rack, too exotic by far. I suspect this is changing as cardamom pops up on menus all over the place. It has long featured heavily in Indian cooking and is frequently used in masalas. But it is more obvious in North African cooking where its presence is less hidden in complex spice mixtures. In this cooking it might appear unadulterated in your coffee with a strip of dried orange peel. It looks inedible but cardamom is essential in korma and exquisite in ice-cream. By using it whole the effect is more subtle than if you use the crushed seeds. The trick is to fish out the papery husk before you serve it.

Lamb in cardamom gravy

- 750 g lamb leg cut into large bite size pieces.
- 6 table spoons vegetable oil
- 2 chopped onions
- 25 green cardamoms with the seeds ground
- 1 thumb of ginger chopped fine
- 4 cloves of crushed garlic
- 1 teaspoon mild chili
- ½ teaspoon turmeric
- 1 cup yogurt
- 50 ml cream

Put 2 teaspoons of oil into a wok and over a high heat add the meat. Rather do this in 2 batches than overfill the wok. Brown on both sides and set aside. If juice has formed let it boil away then add the rest of the oil and fry the onions till golden brown. Add the cardamom, garlic, ginger and cook over a moderate heat. Stir in the chili and turmeric and remove from the heat. Pour this mixture into a food processor and add the yogurt and ½ a cup water and once it is smooth thick and sloopy return it to the wok and add the lamb. Season with salt and pepper, turn down and let it simmer till the lamb is soft and tender (about 35 mins) Stir in the cream 1 minute before serving with pilau rice.

Cardamom ice-cream

- 1½ cups milk
- Vanilla pod split lengthways
- 12 green cardamoms with the husks removed and the seeds roughly crushed
- 1 cup cream

- 4 egg yolks
- 100g caster sugar
- 1 table spoon rosewater