

Training Manual for

Cooks in Soup Kitchens Communal Kitchens School Kitchens

sponsored by



Healthy Nutrition = Healthy Living.

Nutrition Guide for Community Kitchen Cooks

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Sponsored by
Global United Football Club
Gee om! Project

Supported by the
Namibian Chefs Association



About Global United Football Club



Over 400 soccer legends and some active players from all over the world come together under the motto **We love football We love our planet** thus using soccer as a platform for environmental and social activities in local communities. The idea for the Global United Football Club (GUFC) came to Lutz Pfannenstiel in 2009 and in 2011 it was registered as a non-profit organisation in Germany, followed in 2018 by the GUFC Africa Foundation operating in Southern Africa.

About Gee om!



To sustain the valuable environmental and social work done by GUFC members in Namibia for almost 10 years, Gee om! (Do care) was started in 2017 in and for Namibia.

About the Namibian Chefs Association



The Namibian Chefs Association (NamChefs) is a civil society membership organisation furthering the interest of the culinary professions in various ways. It was founded in 1986 under the name "Verein der Koeche Sudwest Africa". After independence the association was renamed "Namibian Food and Catering Association", allowing Restaurant and Caterers to join. In 1994 it got its current name "Namibian Chefs Association" under which it was awarded membership to the prestigious World Association of Chef Societies (WorldChefs) in 1996.

About Marilize Delpert

Marilize has a degree as Bachelor of Food Science from the University of Stellenbosch and apart from being a trainer in the sector owns a bow hunting farm with her husband Jannie.

About Wolfgang Schenck nuevas ideas

nuevas ideas is a multifaceted service provider in the tourism sector and is managed by Wolfgang and his wife Barbara Huber-Schenck. Wolfgang is the local facilitator of Gee om! and runs the various Gee om! activities in Namibia.

nuevas ideas

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1. Healthy nutrition = healthy living

What can we do to become a healthy nation?

The most people live in rural areas, shops are far away and people do not have transport.

Therefore we must use the resources that we have and become productive.

This handbook wants to teach you how to make cheap, healthy meals where local vegetables are used in combination with maize and meat, resulting in you making very nutritious meals.

You will also learn how to grow your own vegetables and to preserve vegetables so that they will hold all their vitamins and minerals, the things you need to keep healthy.



Healthy Nutrition: Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products. Includes lean meats, poultry, fish, beans, eggs, and nuts. Limit saturated (animal fats) and trans fats (fat in deep fried foods), sodium (too much salt), and added sugars.

Source:

www.nhlbi.nih.gov/health/educational/



Do what you can with what you have where you are!

YOUR NOTES:

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2. What is Healthy Nutrition?

2.1 What is a Balanced Diet?

It is when you eat the right foods from all of the food groups in the right amounts at the right time.

2.2 What is Malnutrition?

It is when a child loses a lot of weight and doesn't gain weight. The child doesn't develop at the right pace.

This can be the cause of not enough food available or the child does not want to eat.

2.3 What is Diarrhoea?

It is when a child vomits repeatedly and can't hold anything down. Their tummies are watery and runny.

It is very dangerous and a child can die from diarrhoea. Please go to the nearest doctor or clinic immediately.

In the mean time you can make a solution to keep the child hydrated (see box).

YOUR NOTES:.....

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Treatment of **Diarrhoea**

You can make this easy sugar and salt solution:

1. 4 cups clean water (boil water first and let it cool)
2. 8 tsp sugar
3. $\frac{1}{2}$ tsp salt
4. Shake well
5. Give every 2 hours to the sick child or adult as much as they can take in.
6. Remember to still breastfeed your child and let him or her rest well.
7. Go to a clinic or doctor to get treatment.

THIS CAN SAVE A LIFE!

3. Hygiene



... is essential for healthy living

3.1 Basic Hygiene for Adults and Children:

1. Wash your hands before you eat with soap and water.
2. Always wash your hands after you used the toilet.
3. Do not cough over someone else or over your food, cough in the fold of your arm.
4. Do not sneeze over someone else, sneeze into your hands.
5. Always wash your hands after you coughed or sneezed in them.
6. Always wash each part of your body every night before you go to sleep.
7. Brush your teeth every day. Try to brush twice a day.
8. Wear clean clothes.



3.2. Basic Hygiene in Our Communities:

1. Do not drink water that looks dirty or is standing still. There can be parasites in it.
2. Do not litter in water.
3. Do not bath, go to the toilet or wash your clothes in drinking water.
4. Do not litter in the veld.
5. Always cook water if it does not look safe to drink.
6. Do not eat food out of cans that have been lying in the sun. You will get diarrhoea or food poisoning.



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3.3 Basic Hygiene when You Prepare Food

1. Wear a hair net, it will prevent hair from falling into the food.
2. Wash your hands with soap and water before you start to work with food.
3. Don't cough over your food. Cough into the fold of your arm NOT in your hands.
4. Don't sneeze over your food.
5. Don't blow your nose over your food.
6. Don't work with food if you have an upset tummy.
7. Wash your hands after blowing your nose, after using the bathroom and if you coughed in your hands.
8. Wear a clean apron while preparing your food.
9. Have a clean cloth nearby on which you can wipe your hands.
10. Use clean utensils, like a knife, spoon, pot and cutting boards.
11. Always use hot water and soap to wash your utensils.
12. Always prepare your meat first on a clean cutting board and with a clean knife.
13. Wash your cutting board with warm water and soap before you start to prepare your vegetables. DO NOT prepare vegetables on a cutting board that is still dirty from the meat.
14. Always wash your fruit and vegetables before preparing them.
15. Throw a clean cloth over raw or prepared food to keep away flies.
16. Never let cooked food stand in the sun for too long. Bacteria will grow in the food and make you very sick. You can get diarrhoea.
17. Always clean your pots with hot water and soap after cooking. Let it dry thoroughly.
EXCEPTION: in cast iron pots use hot water and ashes or sand only – no soap.

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4. Food Amount Measurements



A little bit of information about food amount measurements

→ measure: use your hands

→ how much is ...



½ cup	1 oz	1 Tbsp	1 tsp	3 oz	1 cup
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© Healthline, Incorporated

→ what is ...



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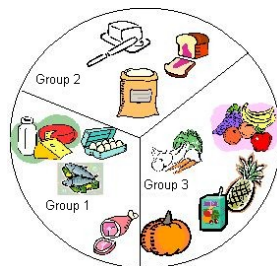
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5. The 3 Food Groups

5.1 We can Divide Our Food into 3 Groups

1. Food that builds
→ meat, fish, poultry, milk, cheese, eggs
2. Food that gives us energy
→ bread, rice, potatoes & pasta
3. Food that protects
→ vegetables & fruits



Mix of the 3 Food Groups

These 3 food groups form the legs of a stool.

If one leg breaks, the stool will fall over.

The same goes for our body. If it does not get the right mix and the right amount of food at the right time we can become very sick.



YOUR NOTES:.....

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6. 1. Food that builds

6.1.1 Milk and Milk Products

6.1.2 Meat and Meat Products

These foods help with the forming of strong muscles and brain development.

6.1.1 Milk and Milk Products

This food is rich in calcium. It helps our bodies to build strong bones and teeth.

Food that are rich in calcium are: breastmilk, fresh cow's/goat's milk, Omaere, buttermilk, ideal milk, yoghurt, cheese, milk powders (not Cremora, it is made from palm pit oil).



The Ministry of Health and Social Services suggests:

→ Drink at least 3 glasses of dairy products per day, i.e. yoghurt, omaere (sour milk), fresh milk (cow or goat).

Source:
MoHSS_2011_National_IYCF_Guidelines_submitted_for_printing_18.5.pdf



How much do I need every day?

→ Adults: 400ml (1 $\frac{3}{4}$ cup) milk every day

→ Kids: 500ml (2 cups) milk every day

→ Pregnant and breastfeeding women: 650ml (2 $\frac{1}{2}$ cups) per day

or

→ a piece of cheese the size of a match-box

→ $\frac{1}{2}$ cup of cottage cheese

→ 1 cup of yoghurt or Omaere



Tip: Divide your daily ration of food up into 3 parts.

Eat regularly and try not to snack on sweets. Drink lots of water, 6-8 glasses every day.

YOUR NOTES:.....

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IF YOU GET STOMACH PAINS

after you had milk, you may have "lactose intolerance", meaning the stomach does not have the necessary enzymes to digest milk proteins.

In this case rather use soy milk or goat's milk!

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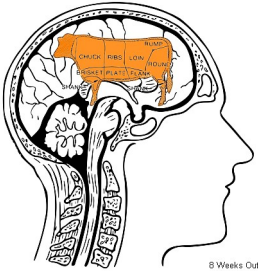
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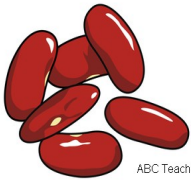
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6.1.2 Meat and Meat Products

This food is rich in protein and helps build strong muscles and helps with brain development. Food that is rich in protein are meat, fish, chicken, beans, eggs and soy.



Meat is very expensive and not easy to come by.
You can use other products like eggs and beans as a substitute for meat.



ABC Teach



A person must eat at least 2 of the following foods every day:

a piece of meat the size of a woman's hand

or

2 heaped tablespoons of dry beans, lentils or soy product

or

2 eggs

or

2 teaspoons peanut butter



Openclipart



Amazon.com



Tip: Divide your daily ration of food up into 3 parts.

Eat regularly and try not to snack on sweets. Drink lots of water, 6-8 glasses every day.

YOUR NOTES:.....

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6.2 Food that gives us energy

6.2.1 Grain and Grain Products

It is the fuel that our bodies need for energy. It is found in maize, rice, bread flour, spaghetti, macaroni and sorghum (mahangu)



Wholegrain products is healthier than re-fined grain products. Some products are enriched with vitamins, that means they add more protective substances.



How much do I need every day?

It depends on your age and how active you are.

Small children and the elderly will not need as much as active teenagers, working young men and breast feeding woman.

The grain product must make out the biggest part of your plate.



Tip: Divide your daily ration of food up into 3 parts.

Eat regularly and try not to snack on sweets. Drink lots of water, 6-8 glasses every day.

YOUR NOTES:.....

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6.2.2 Fats and Oils

Fats and oils are found in butter, fat, different kinds of oils, mayonnaise, seeds, avocado's, meat and fish.

Limit the intake of deep fried foods.

The Omega 3 and 6 oils help with the development of our brains and keep our skin and joints healthy. Omega 3 is found in fish (canned or fresh), whilst Omega 6 is found in nuts, seeds, eggs, and avocado's alternately.

Saturated fats are found in animal fats and these fats can cause heart disease and cholesterol which can lead to heart attacks.

Rather eat mono- and poly unsaturated fats that are found in nuts, seeds, avocado's, fish, olive oil and soy products. These fats help lower heart disease and cholesterol.



How much do I need every day?

You just need 1 tablespoon each day.

These should preferably be consumed in raw vegetable foods or salads.



Tip: Divide your daily ration of food up into 3 parts.

Eat regularly and try not to snack on sweets.

Drink lots of water, 6-8 glasses every day.

YOUR NOTES:.....


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NOT ALL FATS ARE BAD!



Try not to deep fry your foods.
Rather bake your food.

GOOD FATS AND OILS

- peanut oil
- sunflower oil
- vegetable oil (soy bean oil)
- canola oil
- olive oil
- oil contained in fish

BAD FATS AND OILS

- beef fat
- pork fat
- goat & sheep fat
- butter
- coconut oil

TIP: take a brush briefly dipped in oil and just lightly oil the pan with it to prevent the food from sticking

6.2.3 Other Foods



Sugar, jam, sweets, biscuits, cake, soft drinks and other sweets also gives us energy, but it is not long lasting energy and it is unhealthy.

It can cause gum disease and tooth ache.

Small amounts of sugar and jam can be used to let some foods taste better.



Don't waste your money on these foods,
rather buy healthy foods.

Fruits are the best to snack on.



YOUR NOTES:.....

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**TOO MUCH SUGAR IN
YOUR DIET CAN LEAD TO
DIABETES TYPE 2**

If you have any of the following symptoms, please consult a doctor:

- always thirsty
- always hungry
- urinate more than usual
- wounds take long to heal

YOUR NOTES:.....

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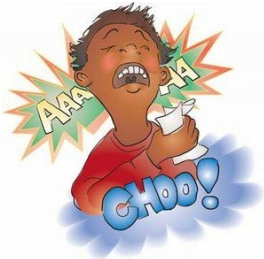
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6.3 Food that protects

6.3.1 Fruits and Vegetables

These foods protect us against illnesses and diseases.

It also keeps our skin healthy and forms new blood cells.



Fruit and vegetables with the most brightest colours are usually the healthiest:

Carrots, pumpkin, beetroot, spinach, cauliflower, cabbage, green beans, tomatoes, oranges, apples watermelons and papaya are just some of the fruits we get.



How much do I need?

Eat at least one cup of vegetables each day.

We need to eat 5 fruits a day, but that is not usually possible because they are hard to get. Just try to eat a few fruits a week.

**Tip: When fruit and vegetables are cooked the most vitamins are cooked dead.
Eat it raw if you can.**



How to work with fruit and vegetables?

1. Always buy fresh fruit and vegetables.
2. Always wash fruit and vegetables and peel it thinly before you eat.
3. Do not let it lay in water for too long once it is peeled. Vitamins B and C are dissolved in water.
4. Cook in little water.
5. Cook just till tender.
6. Store in a cool place.

YOUR NOTES:.....

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7. Vitamins and Minerals?

7.1. Why are Vitamins and Minerals important?

Vitamins and Minerals are necessary for fast growth and development.

Too little or no vitamins can cause slow development and deficiency diseases like beriberi (vitamin B1), kwashiorkor (protein), goiter (iodine), anemia (iron), marasmus (protein), pellagra (vitamin B3), scurvy (vitamin C), rickets (vitamin D) and osteoporosis (vitamin D and calcium).

7.2. Which are the most important Vitamins?

Iron:

It is important for kids between 1 to 3 years and for pregnant women. Iron is important for brain development. It is found in meat and meat products.

Calcium:

It is important for developing strong bones and teeth. It is found in milk and milk products.

Zinc:

It is important for normal growth. Too little Zinc can lead to slow growth, slow healing of sores and poor appetite. Meat is a source of Zinc.

Vitamin A:

Promotes healthy eyes.

Vitamin C:

It is an antioxidant, protects against flu and helps fight cancer. Found in fruit and vegetables.

Vitamin D:

It is important for the absorption of calcium for healthy bones and teeth.

YOUR NOTES:.....

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MDedge
Iron deficiency

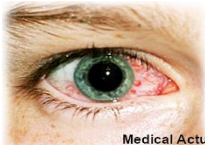


Podiatry Today

Calcium deficiency



findtopdoc.com
Zinc deficiency



Medical Actu

Vitamin A deficiency



Planet Ayurveda

Vitamin C deficiency



Vitamin D deficiency

YOUR NOTES:.....

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8. Balanced Diet

8.1 How to avoid nutritional shortcomings



The food servings to eat pyramid
from bottom (eat lots) to top (eat
little)
and ... exercise!



Esber Hamilton



Be
Physically
Active;
Enjoy
Meals
with Others

YOUR NOTES:.....

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8.1 Composition of Balanced Diet

A balanced diet keeps your body healthy and must contain the following every day:

→ Milk in any form, 400ml for adults and 500ml for children and 2 ½ cups for pregnant and breastfeeding woman.

→ Two or more portions of protein rich food like meat, fish, chicken, cheese, beans and liver.

→ Four or more portions of fruit and vegetables of every colour. Eat it raw if possible. It is a high source of fibre that is needed for your digestive system.

→ Enough whole grain to provide your energy needs.

→ 1 tablespoon of fat.

→ Sugar and sweets are not necessary. If you must, just moderate amounts.



WHITE BREAD FLOWER

vs

WHOLE WHEAT FLOWER

- bake your bread from whole wheat flower or brown bread flower
- add bran at leisure
- do not add sugar, it will rise just as good as without it - just might need a bit more time for that



10 important things to remember:

1. Eat a great variety of foods.
2. Eat food in its most natural form.
3. Rather eat wholegrain products.
4. Eat 3 to 5 small meals a day.
5. Don't use alcohol.
6. Avoid fatty and deep fried food.
7. Avoid refined foods like biscuits, cakes and sweets.
8. Drink 6-8 glasses clean water every day.
9. Use salt moderately.
10. Exercise regularly.



for BREAKFAST

- give preference to oats
- cereals contain too much sugar
- when you make porridge from oats do not add sugar, rather some salt.



Breakfast is the most important meal of the day because your brain needs energy to keep our blood sugar levels constant. If a child gets breakfast it concentrates better at school / kindergarten. If the parents or caretaker can't give them breakfast, schools / kindergartens ought to give children a good breakfast.

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9. Nutrition by Age Groups



Small children do not have the ability to choose their own balanced diet, it is the adult's or caretaker's responsibility to see to it.

Children need healthy food to grow, be healthy and excel in school.

The same counts for adults to live a healthy life style.

9.1 Babies



It is desirable to breastfeed a baby up till 4-6 months at least. It is encouraged well into the child's 2nd year. Breast milk is so natural and provides everything the baby needs in the right amount. It boosts their immunity system and protect them from illnesses and allergies.

Solid foods or semi solid foods like porridge should be given to them only from the fourth month, only a teaspoon at first. Mix the porridge with breast milk.



It is normal for a baby's growth to deplete after the first year and they will get a loss of appetite. Don't nag and fight with them. Eat with them, make games. Don't bribe them with sweets.

The basics of good eating habits is laid early in the development stages of the child.

Advice on a healthy diet for infants and children is similar to that for adults, but the following elements are also important.



- Infants should be breastfed exclusively during the first 6 months of life.
- Infants should be breastfed continuously until 2 years of age and beyond, if possible.
- From 6 months of age, breast milk should be complemented with a variety of adequate, safe and nutrient dense complementary foods like porridge. Salt and sugars should not be added to complementary foods.

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9.2 For infants and young children

In the first 2 years of a child's life, optimal nutrition is important for healthy growth and improves brain development. It also reduces the risk of becoming overweight or obese and developing NCDs (non-communicable diseases) later in life.



The 4 most common types of non-communicable diseases are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructed pulmonary disease and asthma) and diabetes. A non-communicable disease is not infectious (cannot be passed on from person to person).



9.3 Primary school children:

Normally there are no problems with eating at this stage of a child's life.. The most important thing is to give them nutritious food. A good breakfast before school is very important and at least one nutritious meal later in the day.

If you can't provide healthy meals for break time, encourage the schools to do that.

They are at a very active stage and the wrong food over a long period can cause malnutrition.

9.4 Teenagers:

Teenagers are at a rapid growth rate and also have a healthy appetite. Breakfast is very important for them and also a healthy snack at school. They must at least get one more nutritious meal.

At this stage teenagers tend to diet and will be in danger of illnesses like bulimia and anorexia. Teachers and caregivers must keep a close eye on this.



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9.5 Pregnant and breastfeeding women:



The diet of this group must be nutritional with emphasis on calcium and protein rich foods like milk and meat products. Dietary supplements like iron and Vitamin A are also beneficial for the growth of the baby.

9.6 For adults:



- Try to eat of all the food groups in the right amounts to get the best nutrition.
- Choose nutritional foods rather than fried and processed foods. Bad fats can lead to obesity and heart disease.
- Snack on fruits, vegetables, nuts and seeds.
- Limit the intake of salt, too much salt can cause stroke.
- Use sugar sparingly. There are lots of hidden sugars in fruit juices, try to dilute them with water.
- Kick bad habits like smoking and drinking.
- Drink 6-8 glasses of water daily.
- Get at least 6-8 hours of sleep at night.
- Start doing regular exercises.

9.7 For the elderly:



The eating habits of elderly people are difficult to change if they have certain unhealthy habits. Some of them will have problem with their teeth, bowel movement and indigestion.

Their finances become a problem because mostly they live off their pension. Sometimes they are too weak to make their own food and have no one to look after them.

They must be taken care of by a caregiver or at a facility for old age. If you cook every day and live near an elderly person, take them some food.

They must focus on whole grain, low salt, Vitamin D enriched foods and lots of fruit and vegetables.

They should drink lots of fluid like water, coffee and tea, but remember to limit the intake of sugar.

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Recipe Book for

Cooks in Soup Kitchens Communal Kitchens School Kitchens

sponsored by



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Before you can prepare your food, you must wash your hands with soap and water and make sure all your utensils are clean.

Definitions:

Cooking: When you make food on a stove or a fire. You add enough water to cover the food. Usually meat or vegetable dishes.

Baking: When you put food in a dish or pot in the oven or on the fire (with coals on top of the pot). Usually a cake.

Frying: When you put enough oil in a pan or pot to cover the bottom of the pot. You heat the oil and fry the food. Usually "vetkoek", pancakes or sausage.

Deep frying: When you put enough oil in a pot that will cover the food that is going to be prepared. The oil is heated and chicken, fish, potatoes and "vetkoek" is prepared.

Preserving: When you do not have cooling facilities, this is a way to keep your fruit and vegetables in glass jars for a long time, without going bad.

You can preserve by:

- freezing (capacity restrictions)
- canning
- drying (not just biltong & fish!)

preserving by drying



preserving by canning



Training Manual for Community Kitchen Cooks

Recipes

YOUR NOTES:.....

[illegible]

Preserving fruit and vegetables:

1. Use only fresh, young fruit and vegetables.
2. Wash the fruit and vegetables thoroughly under water. There must be no sand on them. You can use, spinach, beans, carrots, beetroots, baby marrows, apples, etc.
3. Cut it into thin slices.
4. Boil water on the fire or stove.
5. Cook the fruit or vegetables just until tender, about 2 minutes from when the water starts boiling. A fork must go in the flesh of the fruit and vegetables, but not straight through.
6. Fill the glass jars with the fruit or vegetables until full. Fill it with boiling water till the jar is completely full.
7. Add a pinch of salt.
8. Close lid nice and tightly.
9. Keep in a cool place, like a cupboard or under your bed in a box.

Sterilize Jars



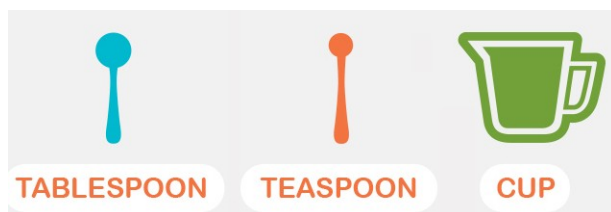
Remember to clean the glass jars and lids with soap and warm water. Rinse it out with boiling water. Let it dry completely.



Measurements / Afmetings

cup = cup / tablespoon = tbsp / teaspoon = tsp
koppie=kop / eetlepel = el / teelepel = tl

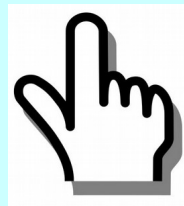
1 ltr = 1000 ml = 1000 cc
1 cup/kop = 250 ml = 250 cc = ¼ ltr
½ cup/kop = 125 ml = 125 cc = 1/8 ltr
1 tbsp/el = 12,5 ml
1 tsp/tl = 5 ml
1 oz = 28 gr
1 lb = 450 gr = 0.45 kg



Alternative Measurements / Alternatieve Afmetings



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RULE!

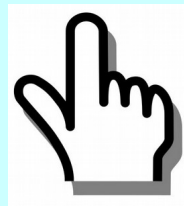
a proven standard on
weights per meal is:

for adults

- 120gr of meats
- 80gr of vegetables
- 80gr of protein (rice, potatoes, pasta etc.)

for kids u. 12

- 80gr of meats
- 60gr of vegetables
- 60gr of protein (rice, potatoes, pasta etc.)



NOTE!

All recipes amounts are
for 4 adults or 5 kids
under 12

- multiply x5 for 25 kids
- multiply x10 for 50 kids
- multiply x15 for 75 kids
- multiply x20 for 100 kids

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01. Vleisdise:

01.1 Trekpadkos (Potjiekos)

Bestandele:

1 pak bene vleis
groente uit jou tuin, geskil, gewas en blokkies
gesny (wortels, aartappels, patat, murgpam-
poentjies, pampoen, kool)
ui
vet om ui te braai
1 pakkie Minestrone soppeier, aangemaak met 2
kop water.

Metode:

1. sny die uit skywe en braai in vet
2. Voeg vleis by en braai bruin.
3. Maak die vleis toe met kookwater, sit deksel op en laat sag kook.
4. Voeg die groente by en ook die soppeier.
5. Laat kook verder tot die groente net sag is.
6. Maak 'n degie van :
 - 1 kop melk
 - 2 eiers
 - 1tl bakpeier
 - sout
7. meng alles saam en gooi bo oor die vleis.
8. Bak die degie tot gaar.
9. Geniet die kos saam met rys of brood of som-
mer net so.

YOUR NOTES:

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01. Meat:

01.1 Potjiekos – traditional stew in cast iron pot

Ingredients:

- 1 pack meat & soup bones
- vegetables from the garden (carrots, potatoes, pumpkin, cabbage), peeled, washed and cut in small blocks
- onions
- fat to fry onions
- 1 pack of Minestrone soup powder prepared with 2 cups water.

Method:

1. cut onion in slices and fry in the fat
2. add the meat and bones and fry till brown
3. cover the meat with water, put the lid on and let simmer
4. add the vegetables and the minestrone
5. let simmer until the vegetables are done
6. Make a dough of:
 - 1 cup milk
 - 2 eggs
 - 1tsp baking powder
 - salt
7. mix the dough and pour over the meat and vegetables
8. Bake until the dough is done.
9. Enjoy with rice or bread or just so

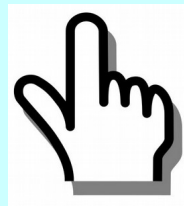
YOUR NOTES:

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NOTE!

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multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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01. Vleisdisse:

01.2 Suurlewer

Bestanddele:

- 1 ui, gekap
- 2 el olie
- 1 lewer, skoongemaak en blokkies gesny
- 2 el meel
- 1 el suiker
- 2 el asyn
- 1 kop water

Metode:

- 1. Braai ui in olie tot sag.
- 2. Voeg lewer by die uie en braai so 2min
- 3. Voeg kookwater by lewer en stowe 10min
- 4. Meng koekmeel, asyn en suiker en voeg by lewer
- 5. Roer aanmekaar tot sous dik word
- 6. Laat kook vir 5 min.

Geniet saam met mielepap of brood.

YOUR NOTES:

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01. Meat:

01.2 Liver Sour

Ingredients:

- 1 onion chopped
- 2 tbsp oil
- 1 liver, cleaned and cut in blocks
- 2 tbsp cake flour
- 1 tbsp sugar
- 2 tbsp vinegar
- 1 cup water

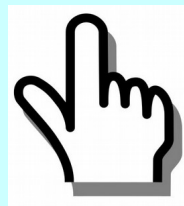
Method:

- 1. Fry onion in oil until soft
- 2. add liver to onions and fry for about 2 minutes
- 3. add cooking water and steam for about 10 minutes
- 4. mix the cake flour, vinegar and sugar and add to liver
- 5. stir until the sauce thickens
- 6. let it cook for another 5 minutes.

Eat with maize pap (polenta) or bread

YOUR NOTES:

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NOTE!

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multiply x5 for 25 kids
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multiply x20 for 100
kids

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01. Vleisdisse:

01.3 Lewerkoekies

Bestandele:

2 kop wild of skaap of beeslewer

1 ui

1 el asyn

1 tl sout

bietjie peper

1 tl pietersielie

2 eiers

vet of olie om in te braai

Metode:

1. Maak die lewer skoon en sny in stukke

2. Sny die ui in skywe. Maal die lewer en ui saam.

3. Voeg die asyn, sout en peper by.

4. Klits die eiers, voeg by en meng alles aam.

5. Verhit pan met olie, die bodem van die pan moet bedek wees met olie.

6. Skep lepels vol in die pan en braai aan die een kant bruin, draai die koekies om en braai die ander kant ook bruin.

YOUR NOTES:

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01. Meat:

01.3 Liver Pancakes

Ingredients:

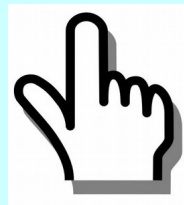
- 2 cups game, sheep or beef liver
- 1 onion
- 1 tbsp vinegar
- 1 tsp salt
- a pinch of pepper
- 1 tsp parsley
- 2 eggs
- fat or oil for frying

Method:

1. clean liver and cut in blocks
2. cut onions in slices and mince with liver
3. add vinegar, salt and pepper
4. beat the eggs and add to liver while stirring
5. heat oil in the pan, the floor of the pan must be covered in oil
6. add mixture to pan with big spoon, fry brown on one side, then turn to fry brown the other side

YOUR NOTES:

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NOTE!

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under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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01. Vleisdisse:

01.4 Gebraaide niertjies

Bestanddele:

4 niertjies

1 tl sout

bietjie peper

1 el vet of olie om in te braai.

Metode:

1. Laat le die niertjies bietjie in soutwater.

2. Maak die niertjies skoon.

3. Sprinkel met sout en peper.

4. Verhit die olie in die pan.

Braai die niertjies lekker bruin aan albei kante.

YOUR NOTES:

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01. Meat:

01.4 Fried Kidneys

Ingredients:

- 4 kidneys
- 1 tsp salt
- a pinch of pepper
- 1 tbsp fat or oil for frying

Method:

1. water the kidneys in saltwater for a while
2. clean the kidneys
3. sprinkle with salt nad pepper
4. heat oil in pan
5. fry kidneys crispy brown on both sides

YOUR NOTES:

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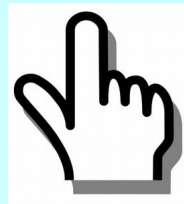
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NOTE!

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for 4 adults or 5 kids
under 12
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multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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02. Visdisse:

02.1 Viskoekies

Bestandele:

- 1 blikkie tamatievis
- 2 aartappels, gaargekook en die vel afgetrek
- As jy nie aartappels het nie kan jy 6 eetlepels meel gebruik.
- of
- 2 snye brood wat bietjie in melk saggemaak is.
- 1 klein ui, gerasper of fyn gekap
- 1 el olie
- 2 eiers
- knypie sout en peper

Metode:

- 1. Meng die vis, aartappel, ui en olie
- 2. Klits die twee eiers en voeg dit by.
- 3. Meng goed
- 4. Vorm ronde balle en druk plat
- 5. Verhit bietjie olie in 'n pan en braai die viskoekies aan albei kante tot bruin.

YOUR NOTES:

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02. Fish:

02.1 Fish Cake

Ingredients:

- 1 can pilchards in tomato sauce
- 2 big potatoes, cooked and peeled

OR

6 tbsp flour)

OR

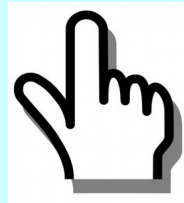
- 2 slices of bread soaked in some milk
- 1 small onion grated or finely cut
- 1 tbsp oil
- 2 eggs
- a pinch of salt and pepper

Method:

- 1. mix fish, potatoes or flour or bread with onions and oil
- 2. beat the eggs and add to mix
- 3. stir well
- 4. form round balls and press them flat
- 5. heat some oil in the pan and fry fish cakes until brown on both sides

YOUR NOTES:

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NOTE!

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under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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02. Visdisse:

02.2 Vispastei

Bestandele:

- 2 blikkies tamatievis
- 2 uie, fyngekap
- 6 el olie
- 2 eiers
- knypie sout en peper
- 2 el tamatiesous
- 4 gaar aartappels, skille afgetrek, fyngemaak
- 2 el melk

Metode:

1. Verhit die oond tot 180 grade of 350 grade indien 'n gasstoof.
2. gooi 4el olie in 'n pan en braai die uie tot goudbruin.
3. Meng die vis, uie, 1 geklitste eier, 2 el olie, sout en peper, tamatiesous en halwe koppie fyngemaakte aartappel.
4. Skep die mengsel in 'n gesmeerde oondskottel en
5. Meng die orige aartappel met die ander eier en smeer die aartappel mengsel bo oor die vispastei.

6. Bak tot goudbruin bo op.

YOUR NOTES:

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02. Fish:

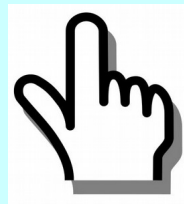
02.2 Fish Pie

Ingredients:

- 2 cans pilchards in tomato sauce
- 2 onions grated or finely cut
- 6 tbsp oil
- 2 eggs
- a pinch of salt and pepper
- 2 tbsp tomato sauce
- 4 potatoes, cooked, peeled and mashed
- 2 tbsp milk

Method:

1. heat oven to 180°C or 350°C in case of gas oven
2. add 4 tbsp oil to pan and fry onions till golden-brown
3. mix fish, onions, 1 beat egg, 2 tbsp oil, salt and pepper, tomato sauce and ½ cup of mashed potato thoroughly
4. fill the mixture in a heat resistant oiled dish



NOTE!

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multiply x20 for 100
kids

5. mix the remaining potato with the second egg and spread over the fish pie
6. bake until goldenbrown

YOUR NOTES:

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03. Groentedisse:

03.1 Tamatie en uiesmoor

Bestanddele:

- 2 uie
- 6 tamaties
- Sout en peper
- 1 el olie of vet

Metode:

1. Skil uie af, sny in blokkies en braai tot sag in die olie.
2. Sny die tamaties blokkies en voeg by uie.
3. Laat prut vir 20 minute
4. Geur met sout en peper

Geniet saam met mieliepap.

YOUR NOTES:

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03. Vegetables:

03.1 Tomato and Onion Stirfry

Ingredients:

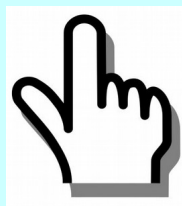
- 2 onions
- 6 tomatoes
- salt and pepper
- 1 tbsp fat or oil

Method:

1. cut onions in small blocks and fry in oil until soft
2. cut tomatoes in blocks and add the fried onions
3. let mixture simmer for 20 minutes 20 minute
4. season with salt and pepper

Serve with maize pap

YOUR NOTES:



NOTE!

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under 12
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multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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03. Groentedisse:

03.2 Tamatiesmoor met eier

Bestanddele:

- 2 uie
- 6 tamaties
- Sout en peper
- 1 el olie of vet
- 4 eiers

Metode:

1. Skil uie af, sny blokkies en braai in olie tot sag.
2. Sny tamaties in blokkies en voeg by uie.
3. Laat prut vir 20 minute
4. Breek 4 eiers bo op die smoor oop, sit deksel op en prut tot eiers gaar is.
5. Geur met sout en peper

YOUR NOTES:

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03. Vegetables:

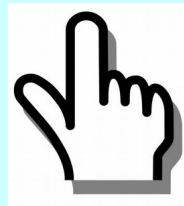
03.2 Tomato Stirfry with Eggs

Ingredients:

- 2 onions
- 6 tomatoes
- salt and pepper
- 1 tbsp oil or fat
- 4 eggs

Method:

1. cut onions in small blocks and fry in oil until soft
2. cut tomatoes in blocks and add the fried onions
3. let mixture simmer for 20 minutes 20 minute
4. break eggs over the mixture, cover with lid and let simmer until eggs are done



NOTE!

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multiply x15 for 75 kids
multiply x20 for 100
kids

5. season with salt and pepper

YOUR NOTES:

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03. Groentedisse:

03.3 Pampoenkoekies

Bestandele:

2 kop gaar boerpampoen

4 el witbroodmeel

2 tl bakpoeier

knippie sout

1 eier

vet of olie om in te braai

Metode:

1. Meng die pampoen, meel , bakpoeier en sout.

2. Klits die eiers en voeg by, meng goed.

3. Verhit die vet in die pan.
4. Skep lepelsvol in die pan en braai tot bruin aan albei kante.
5. Dreineer op koerantpapier.
6. Strooi kaneelsuiker oor (koppie suiker gemeng met 2 el kaneel)

YOUR NOTES:

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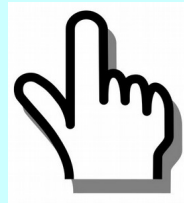
03. Vegetables:

03.3 Pumpkin Cakes

Ingredients:

- 2 cups cooked pumpkin
- 4 tbsp white bread flour
- 2 tsp baking powder
- a pinch of salt
- 1 egg
- fat or oil for frying

Method:



NOTE!

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under 12
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multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

1. mix the pumpkin, flour, baking powder and salt
2. beat the eggs and add to pumpkin, mix well
3. heat oil / fat in pan
4. add mixture to pan with big spoon, fry brown on one side, then turn to fry brown the other side
5. drain oil on kitchen paper (or newspaper paper)
6. sprinkle with cinnamon sugar (1 cup of sugar mixed with 2 tbsp of cinnamon)

YOUR NOTES:

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03. Groentedisse:

03.4 Groentesop

Bestanddele:

- 3 middelslag geelwortels
- 2 middelsag aartappels
- kool
- 2 tamaties
- 5 blare spinasie

Training Manual for Community Kitchen Cooks

Recipes

- 1 middelslag ui
- 3 el sagte vet
- 6 kop water
- 2 el botter of margarien
- 2 el koekmeelblom
- 1 pakkie tamatiesoppoeier

Metode:

- 1. Was die groente, skil of skraap dit en sny in klein blokkies.
- 2. Smelt die vet in die kastrol en voeg die groente by, prut 'n uur en voeg 'n halwe koppie water by.
- 3. Voeg die water by en laat 15 min lank prut.
- 4. Bind die sop met die soppoeier en koekmeelblom (maak dit aan met bietjie koue water voor dit ingegooi word).

YOUR NOTES:

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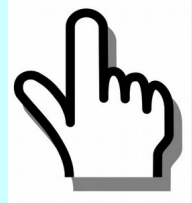
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03. Vegetables:

03.4 Vegetable Soup

Ingredients:

- 3 medium sized carrots
- 2 medium sized (sweet) potato's
- cabbage



NOTE!

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multiply x20 for 100
kids

- 2 tomatoes
- 5 spinach leaves
- 1 medium sized onion
- 3 tbsp soft fat
- 6 cups water
- 2 tbsp butter or margarine
- 2 tbsp cake flour
- 1 pack of tomato soup powder

Method:

1. wash the vegetables, peel of brush them and cut in small blocks
 2. melt fat in a high saucepan and add all vegetables. Let simmer for 1 hour, then add ½ cup water
 3. after adding water let simmer for 15 more minutes
 4. Bind the soup with the soup powder and cake flour
- TIP: stir cake flour in a bit of cold water before adding to soup to avoid clumps

YOUR NOTES:

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03. Groentedisse:

03.5 Ertjiesop & Boontjiesop

Dieselfde resep word vir Boontjiesop gebruik, jy gebruik net 1 kop droe boontjies in die plek van die ertjies.

Bestandele:

- 1 kop droe ertjies
- 1 groot geelwortel
- 1 groot aartappel
- 1 ui
- 8 kop koue water
- 3 skenkelbene
- 1 el meel
- 1 el olie
- 1 kop melk

Metode:

1. Die aand voor jy die sop wil maak, was jy die ertjies en plaas in skotteltjie, gooi net genoeg koue water oor sodat dit die ertjies bedek. Laat dit deur die nag so staan tot die volgende oggend.
2. Skil die groente en sny dit in klein blokkies.
3. Gooi die water af waarin die ertjie le.
4. Plaas die ertjies en die koue water en die bene in 'n kastrol.
5. Laat die stadig begin kook en voeg dan die ander groente ook by.
6. Kook 2 uur lank.
7. Voeg sout en peper by.
8. Maak die koekmeel aan met bietjie melk en olie en voeg by die sop. Kook 10 min lank.
9. Eet lekker saam met vars brood.

YOUR NOTES:

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03. Vegetables:

03.5 Pea or Bean Soup

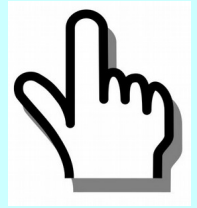
This recipe works for both peas and beans.

Ingredients:

- 1 cup dried peas (or beans)
- 1 large carrot
- 1 large potato
- 1 onion
- 8 cups cold water
- 3 shank bones
- 1 tbsp flour
- 1 tbsp oil
- 1 cup milk

Method:

1. wash and rinse peas/beans at let them soak in dish barely covered with water overnight
2. peel vegetables and cut in small blocks
3. drain off the water the peas/beans soaked in
4. put the peas/beans and the bones in a large pot with cold water
5. on low heat bring water to cook slowly and then add the other vegetables
6. simmer for 2 hours
7. now add salt and pepper
8. stir the cake flour into cold milk and add this and oil to the soup, simmer for another 10 minutes
9. serve with fresh bread



NOTE!

All recipes amounts are for 4 adults or 5 kids under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100 kids

YOUR NOTES:

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04. Slaaie:

04.1 Kerrie eiers

Bestandele

- 6 eiers, hard gekook
- 2 uie
- 2 el olie
- 2 tl Kerrie poeier
- 2 el meel
- 1 tl sout
- knypie peper
- 1 el suiker
- 2 el asyn
- 2 kop water

Metode:

1. Kap die uie fyn en braai dit in olie in 'n pan tot effens bruin.
2. Meng die kerriepoeier, meel, sout en peper en suiker en maak dit aan met die asyn.
3. Roer die Kerrie mengsel by die uie en voeg die water ook by.
4. Roer die heel tyd en kook stadig vir 10 min.
5. Gooi die kerriesous in 'n skottel. Sny die eiers in die helfte en rangskik bo op die sous.

YOUR NOTES:

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04. Salads:

04.1 Egg Salad with Curry

Ingredients

- 6 eggs hard boiled
- 2 onions
- 2 tbsp oil
- 2 tsp curry powder
- 2 tbsp flour
- 1 tsp salt
- a pinch of pepper
- 1 tbsp sugar
- 2 tbsp vinegar
- 2 cups water

Method:

1. cut onions in small blocks and fry in oil until soft and slightly brown
2. mix the curry, flour, salt, pepper and sugar with the vinegar
3. stir the curry mix into the onions and add the water
4. stirring continuously let it simmer for 10 minutes
5. pour the curry sauce into a bowl. Cut the eggs in half and add them to the sauce

YOUR NOTES:

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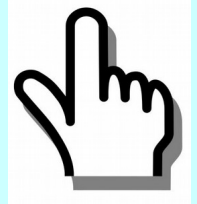
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NOTE!

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for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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04. Slaaie:

04.2 Macaroni Slaai

Bestandele:

2 kop macaroni

1 klein ui, fyn gekap

1 tamatie, blokkies gesny

½ groen soetrissie, fyn gekap

½ kop mayonnaise aangemaak met bietjie melk
sout en peper

Metode:

1. Kook macaroni gaar.

2. Meng gekapte ui, soetrissie en tamatie by die
macaroni.

3. Meng die mayonnaise deur.

YOUR NOTES:

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04. Salads:

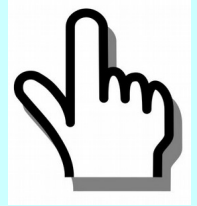
04.2 Macaroni Salad

Ingredients:

- 2 cups macaroni
- 1 small onion finely chopped
- 1 tomato cut in small blocks
- ½ green pepper finely chopped
- ½ cup mayonnaise mixed with a bit of milk, salt and pepper

Method:

1. cook the macaroni
2. add the chopped onion, pepper and tomato to the macaroni
3. pour the mayonnaise over the mixture and stir well



NOTE!

All recipes amounts are
for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

YOUR NOTES:
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04. Slaaie:

04.3 Blomkool en beetslaai

Bestanddele:

- 1 klein blomkool, gekook
- 4 middelslag bete, gekook
- Suurlemoensap
- Sout en peper
- Slaaiblar
- Mayonnaise

Metode:

1. Breek die blomkool in blommetjies
2. Sny die beet in blokkies
3. meng die beet en die blomkool en gooi suurlemoensap, sout en peper oor.
4. Plaas die slaaiblar op 'n bord en rangskik die beet en blomkool op die slaaiblar.
5. Dien die mayonnaise apart in 'n bakkie op.

YOUR NOTES:

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04. Salads:

04.3 Cauliflower and Beetroot Salad

Ingredients:

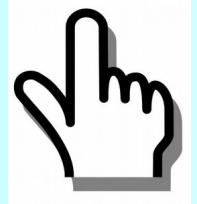
1 small cauliflower cooked
4 medium sized beetroot cooked
lemon juice
salt and pepper
salad leaves
mayonnaise

Method:

1. break the cauliflower into small flowers
2. cut the beetroot in small blocks
3. mix the beetroot and cauliflower and add lemon juice, salt and pepper
4. put the salad leaves on a large plate and arrange the beetroot and cauliflowers on them
5. serve the mayonnaise in a separate bowl

YOUR NOTES:

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NOTE!

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for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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04. Slaai:

04.4 Aartappelslaai

Bestanddele:

6 aartappels

1 ui

1 kop mayonnaise (gooi bietjie melk by om meer
loperig te maak)

sout en peper

pietersielie

hardgekookte eier

Metode:

1. Kook die aartappels gaar.
2. Trek die skille van die gaar aartappels af.
3. Sny die aartappels in blokkies
4. Kap die ui fyn en gooi by die aartappels.
5. Gooi mayonnaise en sout en peper oor en meng goed deur.

YOUR NOTES:

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04. Salads:

04.4 Potato Salad

Ingredients:

6 potatoes

1 onion

1 cup mayonnaise mixed with a bit
of milk to make it more fluid
salt and pepper

parsley

eggs hard boiled

Method:

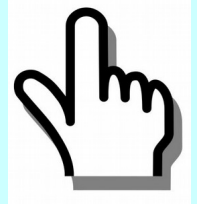
1. cook the potatoes

2. peel the potatoes

3. cut the potatoes in blocks

4. chop the onions finely and add to
the potatoes

5. add the mayonnaise, salt and pepper and stir
well



NOTE!

All recipes amounts are
for 4 adults or 5 kids
under 12

multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

YOUR NOTES:

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04. Slaaie:

04.5 Kool en wortelslaai

Bestanddele:

Halwe kop kool

4 geelwortels

1 kop Mayonnaise (gooi bietjie melk by om die bi-
etjie looperig te maak)

Sout en peper

Metode:

1. Sny die kool in fyn repies

2. rasper die wortels

3. Meng die kool en wortel

4. Gooi mayonnaise , sout en peper oor en meng
deur.

YOUR NOTES:

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04. Salad:

04.5 Cabbage and Carrot Salad

Ingredients:

½ cabbage

4 carrots

1 cup mayonnaise mixed with a bit
of milk to make it more fluid
salt and pepper

Method:

1. cut the cabbage in fine strips
2. grate the carrots
3. mix cabbage and carrots
4. add the mayonnaise, salt and pepper and stir well

YOUR NOTES:

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NOTE!

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for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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05. Brode:

05.1 Mieliepapbolle

Bestanddele:

- 1 kop koue mieliepap
- 1 kop broodmeel/koekmeel
- 1 eier
- 1 ui, gekap
- olie

Metode:

1. Meng al die bestanddele deeglik, voeg water by om lekker stywe deeg te vorm.
2. Braai teelepels vol van die deeg in warm olie.

YOUR NOTES:

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05. Bread:

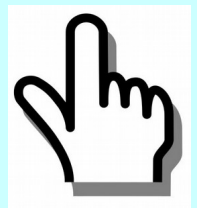
05.1 Maize Pap Balls

Ingredients:

1 cup cold maize pap
1 cup bread or cake flour
1 egg
1 onion chopped
oil

Method:

1. mix all ingredients well, add the water and work the dough till it has a stiff consistency
2. fry teaspoon sized balls in hot oil



NOTE!

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under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

YOUR NOTES:

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05. Brode:

05.2 Mieliemeelbroodjie

Bestanddele:

375ml (1 ½ k) melk

500ml (2 k) mieliemeel

5ml (1 tl) sout

60ml (4 el) botter/vet of margarien

3 eiers, goed geklits

10 ml (2tl) bakpoeier

ekstra botter/vet

Metode:

1. Bak area moet voorberei word. Indien oond 180°C en die pot of pan moet gesmeer word met olie of vet.
2. Verhit 1 koppie melk en meng orige melk met die mieliemeel.
3. Voeg aangemaakte meel, sout en botter by warm melk en meng goed.
4. Laat afkoel en voeg geklitste eiers en bakpoeier by.
5. Meng alles goed saam en skep in pannetjie.
6. Bak 30 – 40 minute lank.
7. Smeer met botter en dien vars op.



Brood kan skywe gesny word en op 'n koel plek gelaat word om uit te droog. Kan as beskuit geet word deur in koffie te doop.

YOUR NOTES:

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05. Bread:

05.2 Maize flour Bread Rolls

Ingredients:

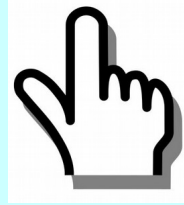
- 1 ½ cups milk
- 2 cups maize flour
- 1 tsp salt
- 4 tbsp butter, butterfat or margarine
- 3 eggs, well beaten
- 2 tsp baking powder
- some extra butter, butterfat or margarine

Method:

1. pre-heat oven to 180°C, grease baking form with oil or fat
2. heat 1 cup of milk and mix the rest of the milk with the maize flour
3. add this dough, salt and butter to the warm milk and stir well
4. let it cool down and then add the beaten eggs and the baking powder
5. mix dough well and fill the baking form
6. bake for 30 – 40 minutes
7. spread the rolls with butter and serve warm



The rolls can be sliced and stored in a cool and dry space to dry out completely. Can then be served as rusks dunked in coffee.



NOTE!

All recipes amounts are for 4 adults or 5 kids under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100 kids

YOUR NOTES:

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05. Brode:

05.3 Plaatkoekies

Bestandele:

2 eiers
halwe koppie suiker
1 kop melk
2 el of vet of olie
2 kop witbroodmeel
4 tl bakpoeier
knippie sout

Metode:

1. Klits die eiers en suiker saam.
2. Voeg helfte van die melk en olie by
3. Meng die meel, bakpoeier en sout en voeg dit by die melkmengsel.
4. Voeg die res van die melk by en roer goed tot alles goed gemeng is en daar nie klonte is nie.
5. Verhit bietjie olie in 'n pan en drup lepelsvol in die pan.
6. Bak eers die een kant en as dit vol lugblasies is, draai jy die plaatkoekie om. Braai dit nou die ander kant tot bruin.
7. Sit dit voor met konfyt en botter of eet dit somer net so.

YOUR NOTES:

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05. Bread:

05.3 Pan Fried Flatbread (Pita Bread)

Ingredients:

- 2 eggs
- ½ cup sugar
- 1 cup milk
- 2 tbsp fat or oil
- 2 cups white bread flour
- 4 tsp baking powder
- a pinch of salt

Method:

1. beat the eggs with the sugar
2. add half of the milk and the oil
3. mix the flour, baking powder and salt and add it to the milk mix
4. add the rest of the milk and mix well until there are no clumps any more
5. heat a bit of oil in a pan a drip the dough into the hot oil bit by bit
6. bake the one side until its creates air bubbles all over, then turn the flatbread and fry the other side until brown
7. serve with butter and jam or enjoy it as it is

YOUR NOTES:

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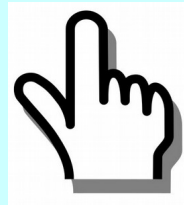
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NOTE!

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multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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05. Brode:

05.4 Potbrood

Bestandele:

- 1 kg witbrood of bruinbroodmeel
- 1 pakkie kitsgis
- 4 kop water (lou warm, jy moet jou hand kan indruk sonder om te brand)
- 1 tl sout
- 1 tl suiker

Metode:

- 1. Meng droë meel, gis, sout en suiker in skottel.
- 2. Maak holte in die middle van die meel en voeg water bietjie bietjie by.
- 3. Meng goed en begin knie totdat jy 'n lekker slap deeg het.
- 4. Bedek met 'n doek en laat rys op warm plek vir so 'n uur.
- 5. Smeer die broodpanne met vet of olie.
- 6. Knie die deeg af en plaas in gesmeerde broodpanne.
- 7. Maak die broodpanne halfvol. Laat rys weer tot die deeg die panne volgers het.
- 8. Bak vir 45min tot 'n uur tot bruin bo op.
- 9. As jy met jou vuis klop en die brood klink hol, dan is dit gaar.
- 10. Keer uit en draai die brood in doeke toe.

YOUR NOTES:

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05. Bread:

05.4 Potbread

Ingredients:

- 1 kg white or brown bread flour
- 1 packet of yeast
- 4 cups hand-warm water (test with finger!)
- 1 tsp salt
- 1 tsp sugar

Method:

- 1. mix flour, yeast, salt and sugar in a bowl
- 2. add water little by little, working the dough continuously
- 3. work dough until it reaches a smooth consistency
- 4. cover with a towel and let dough rise for about 1 hour in a warm place and no draft
- 5. grease baking form with oil or fat
- 6. work the dough again well and place into the baking form
- 7. fill the baking form halfway only and let the dough rise again until it fills the form
- 8. bake for 45 to 60 minutes and nice and brown on the top
- 9. tilt the bread out of the form and knock it with your fist / finger – if it sounds hollow its done
- 10. to store wrap in a cloth

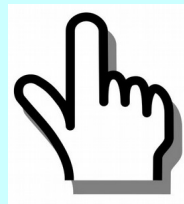
YOUR NOTES:

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NOTE!

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under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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05. Brode:

05.5 Maklike vetkoek

Bestandele:

- 1 kop meel
- 1 tl bakpoeier
- knippie sout
- 1 eier
- ½ koppie water

Metode:

1. Meng die meel, bakpoeier en sou.
2. Klits die eier en voeg dit by die meel en voeg die water by om 'n slap deeg te vorm.
3. verhit genoeg olie om die boom van die pan te bedek
4. Skep die degie met 'n groot lepel in die warm olie en braai tot bruin aan albei kante.

YOUR NOTES:

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05. Bread:

05.5 Fat Dumpling Easy Recipe

Ingredients:

- 1 cup flour
- 1 tsp baking powder
- a pinch of salt
- 1 egg
- ½ cup water

Method:

1. mix the flour, baking powder and salt
2. beat the egg and add it to the flour together with the water. Work dough until it reaches a smooth consistency
3. heat ample oil in a pan
4. use tablespoon to add dough into the hot oil and fry until nice and brown on all sides

YOUR NOTES:

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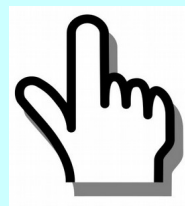
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NOTE!

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multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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06. Poedings:

06.1 Pannekoek

Bestandele:

1 kop witbrood meel
knippie bakpoeier
knippie sout
1 kop melk
2 eiers
kaneelsuiker (koppie suiker gemeng met 2 el
kaneel)

Metode:

1. Meng die meel, bakpoeier en sout.
2. voeg melk bietjie bietjie by, roer tot die mengsel glad en sonder klonte is.
3. Klits die eiers goed en voeg by, meng alles goed deur.
4. Laat staan vir 'n rukkie
5. verhit 'n bietjie olie in 'n pan.
6. Gooi bietjie pannekoekmengsel in die warm pan en beweeg die pan sodat die mengsel die hele pan se boom vol le (moet lyk soos 'n sirkel)
7. Indien borreltjies vorm kan jy die pannekoek om-draai en dan aan die ander kant ook bak tot lig-bruin.
8. Keer die pannekoek uit op 'n bord waarop kaneelsuiker gestrooi is en strooi op die ander kant ook kaneelsuiker.
9. Rol die pannekoek op en eet lekker.

YOUR NOTES:

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06. Deserts:

06.1 Pancakes

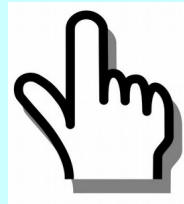
Ingredients:

- 1 cup white bread flour
- a pinch of baking powder
- a pinch of salt
- 1 cup milk
- 2 eggs
- cinnamon sugar (1 cup of sugar mixed with 2 tbsp of cinnamon)

Metode:

1. mix the flour, baking powder and salt
2. add the milk bit by bit, work dough until it reaches a smooth consistency without clumps
3. beat the egg and add it to the dough working it in well
4. let the dough rest for a while
5. heat a little bit of oil in a pan
6. pour a bit of the dough into the hot oil and tilt the pan so that the dough spreads across the whole surface of the pan.
7. as soon as bubbles form turn the pancakes and bake until its light brown
8. flip the pancake on a board covered with cinnamon sugar and sprinkle more on the top side of the pancake.
9. roll up the pancake and serve

YOUR NOTES:



NOTE!

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for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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06. Poedings:

06.2 Ryskluitjies

Bestanddele:

6 el witbrood meel

1 tl bakpoeier

knippie sout

1 kop gaar rys

2 eiers

witbrood meel on te rol

kookwater

2 el botter/vet, gesmelt

kaneelsuiker (koppie suiker gemeng met 2 el
kaneel)

Metode:

1. Sit meel, bakpoeier en sout saam.

2. Voeg rys by.

3. Klits eiers en voeg by, meng goed.

4. Maak balletjies en rol elkeen in die meel.

5. Plaas kluitjies in 'n kastrol halfvol kookwater en
sit die deksel op.

6. Kook 15min lank, as die kluitjies bo dryf is hulle
gaar.

7. Skep die kluitjies uit, gooi die warm botter/ vet
oor en strooi kaneelsuiker oor.

YOUR NOTES:

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06. Deserts:

06.2 Rice Dumplings

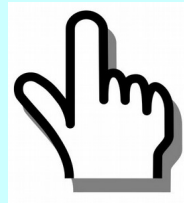
Ingredients:

- 6 tbsp white bread flour
- 1 tsp baking powder
- a pinch of salt
- 1 cups cooked rice
- 2 eggs
- white bread flower to roll out
- cooking water
- 2 tbsp butter / butterfat molten
- cinnamon sugar (1 cup of sugar mixed with 2 tbsp of cinnamon)

Metode:

1. mix flour, baking powder and salt
2. add the rice
3. beat the eggs well and add, mix all well
4. form little balls and roll each in the flour
5. put these balls in an pot half full with boiling water, cover pot with lid
6. cook for 15minutes, when the dumplings start rising to the top they are done
7. take the dumplings out with a ladle and cover with warm butter and cinnamon sugar

YOUR NOTES:



NOTE!

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for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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06. Poedings:

06.3 Kastrolpoeding

Bestandele:

1 kop koekmeel

1 tl fyn gemmer

knippie sout

2 el botter

of

2 el olie

2 el appelkooskonfyt

1 tl koeksoda aangemaak met halwe koppie melk

Stroop:

2 koppies water

1 koppie suiker

Metode:

1. Kook die stroop, in kastrol op die vuur of op die stoof.

2. Meng die meel, gemmer en sout.

3. Voeg die olie by.

4. Meng die koeksoda en appelkooskonfyt en melk en voeg by die meelmengsel

5. Skep die deeg in die stroop.

6. Sit die deksel op en bak tot gaar vir 30 minute of tot poeding donkerbruin van kleur is.

YOUR NOTES:

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06. Deserts:

06.3 Pot Pudding

Ingredients:

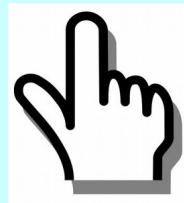
- 1 cup cake flour
- 1 tsp ginger finely crushed
- a pinch of salt
- 2 tbsp butter
- or
- 2 tbsp oil
- 2 tbsp apricot jam
- 1 tsp baking soda dissolved in $\frac{1}{2}$ cup of milk

For the Syrup:

- 2 cups water
- 1 cup sugar

Method:

1. prepare the syrup in a cast iron pot
2. mix the cake flour, ginger and salt
3. add the oil
4. mix the baking soda milk and apricot jam and add it to the dough
5. fill the dough into the pot with the syrup
6. cover the pot with a lid and bake for 30 minutes or until the pudding is dark brown in colour



NOTE!

All recipes amounts are
for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

YOUR NOTES:

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06. Poedings:

06.4 Plaatkoek

Bestandele:

- 3 kop witbroodmeel of koekmeel
- 2 kop suiker
- 5 el kakao
- 4 tl bakpoeier
- 2 tl koeksoda
- knippie sout
- 1 kop olie
- 2 tl vanilla essence
- 5 el asyn
- 1 kop koue water
- 1 kop warm water

Metode:

1. meng al die bestandele saam
2. Bak 30 minute by 180°C

YOUR NOTES:

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06. Deserts:

06.4 Tray Bake

Ingredients:

- 3 cups white bread or cake flour
- 2 cups sugar
- 5 tbsp cacao
- 4 tsp baking powder
- 2 tsp baking soda
- a pinch of salt
- 1 cup oil
- 2 tsp vanilla essence
- 5 tbsp vinegar
- 1 cup cold water
- 1 cup warm water

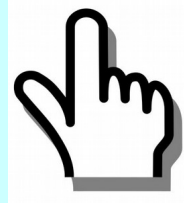
Method:

1. mix all the ingredients together
2. Bake for 30 minutes at 180°C

YOUR NOTES:

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NOTE!

All recipes amounts are
for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

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07. Beskuit:

07.1 Karringmelkbeskuit

Maak jou eie karringmelk deur 2 el asyn by 2 kop melk te voeg. Laat staan tot dit dik raak.

Bestanddele:

250 g vet of botter

1 kop suiker

2 tl sout

2 kop karringmelk

1 kg witbroodmeel

4 el bakpoeier

3 eiers, geklits

Metode:

Verhit jou oond tot 180°C of as jy 'n gasstoof het tot 375°C.

1. Smelt die botter in 'n kastrol oor lae hitte en roer die suiker, sout en karringmelk daarby tot goed gemeng.

2. Meng die meel en bakpoeier saam in skottel.

3. Meng die eiers met die loutwarm melkmengsel.

4. Roer die melkmengsel by die meelmengsel en knie liggies.
5. Smeer broodpanne.
6. Rol balletjies van die deeg en plaas styf teen mekaar in die broodpanne.
7. Bak dadelik vir 30 min lank. Dit moenie rys nie.
8. Laat dit afkoel as dit gaar is en breek in stukke.
9. Sit dit op 'n bakplaat en droog uit in die oond by 100°C of gasstoof 200°C. Die oond moenie te warm wees nie.
10. Die beskuit is klaar as dit heeltemal droog is en daar nie meer sagte stukkie is nie.

YOUR NOTES:

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07. Biscuit:

07.1 Buttermilk Biscuit

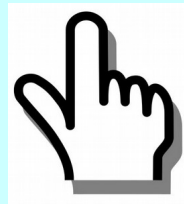
Make your own buttermilk by mixing 2 tbsp of vinegar into 2 cups of milk. let it stand until the milk thickens

Ingredients:

- 1 cup of fat or butter
- 1 cup sugar
- 2 tsp salt
- 2 cups buttermilk
- 1 kg white bread flour
- 4 tbsp baking powder
- 3 eggs beaten

Method:

- heat oven to 180°C or 350°C in case of gas oven
1. melt the butter in a pan on low heat and stir the sugar, salt and buttermilk into it, stir well
 2. mix the flour and the baking powder in a bowl



NOTE!

All recipes amounts are
for 4 adults or 5 kids
under 12
multiply x5 for 25 kids
multiply x10 for 50 kids
multiply x15 for 75 kids
multiply x20 for 100
kids

3. mix the eggs with the hand warm milk mix
4. stir the milk mix into the flour mix and work lightly
5. grease baking form with oil or fat
6. roll balls and place into the form tightly against each other
7. immediately bake for 30 minutes. They should not start raising
8. once done let them cool down and take them out and break them into pieces
9. place the biscuits on a baking tray and let them dry in the oven at 100°C or 200°C in case of a gas oven. Ensure that the oven is not too warm
10. the biscuit is done when its dry through and through with no soft spots any more

YOUR NOTES:

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08. Ietsie vir die kinders :

08.1 Sagte speelklei

Bestanddele

2 kop water

4 el olie

5 kop meel

2 kop sout

koek kleursel (as jy dit wil kleur)

Jy kan net die helfte aanmaak indien die resep te veel is.

Metode:

1. Meng die water, olie, klein bietjie kleursel.
2. Roer dan die meel en die sout by en meng goed.
3. Bere dit in 'n sakkie wat mooi toegeknoop word of 'n plastiek bakkie met 'n deksel.
4. Bere dit in die koelkas of 'n koel plek.

08.2 Klei wat hard word

Hierdie klei kan gebruik word om beeldjies of goedjies te maak wat jy kan verf as dit droog is.

Bestanddele:

- 1 kop sout
- 3 kop meel
- water

Metode:

1. Meng die sout en meel en voeg net genoeg water by om dit 'n sagte degie te maak.
2. Maak jou beeldjie en laat dit droog word. Jy kan dit verf as dit droog is.

08. Something For Kids:

08.1 Soft Flour Putty

Ingredients

- 2 cups water
- 4 tbsp oil
- 5 cups flour
- 2 cups salt
- food colouring (if you want colours)

Try half the recipes amounts if it seems too much.

Method:

1. mix the water and oil and some food colouring
2. then stir in the flour and salt and mix well
3. store it in a plastic bag that can be closed well (ZipLock) or in a plastic container with a tight lid
4. keep in it the fridge or in a cool place

08.2 Flour Putty That Turns Hard

This putty is ideal if you want to make forms and sculptures that, when dry, can be painted

Ingredients:

1 cup salt
3 cups flour
water

Method:

1. mix the flour and the salt and just enough water to make a soft knead-able dough
2. make your form or sculpture and let it dry. Once dry it can be painted

Last edited:
WS 2019/10/11

Manual for

Natural Cleaning Detergents in Soup, Communal and School Kitchens

sponsored by chefsblog.blogspot.com



Healthy Nutrition = Healthy Living.

Natural Cleaning Detergents Training Manual for Community Kitchen Cooks

Compiled, Edited & Layout by
Wolfgang Schenck
nuevas ideas consultant

Sponsored by
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Supported by the
Namibian Chefs Association



Household w/o Poison & Chemicals

Using natural products as household detergents

www.marketingforecast.com



Harmful ingredients in just about everything under your kitchen sink:

- ammonia
- lye
- phosphate
- chlorine

→ use these for the easy way!

OR

for the healthy & environmentally friendly but harder way use

cleaningsupplies.blogspot.com



- salt
- vinegar
- baking soda
- ash
- honey
- baby powder
- baby oil
- Coca Cola

• Mint

...and muscle power, scrubbers and sponges



Check out on your next shopping spree:

→ most bottles with strong chemicals as cleaning detergent are in green or blue, letting you think its an environmental product!

For many home-cleaning chores, you can make your own cleaning products using the tips listed in this manual.

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LIVING!**



www.treehugger.com



Home-made Substitutions

YOUR NOTES:

There are many inexpensive, easy-to-use natural alternatives which can safely be used in place of commercial household products. Here is a list of common, environmentally safe products which can be used alone or in combination for a wealth of household applications.

- Baking Soda → cleans, deodorizes, softens water, scours.
- Soap → unscented soap in liquid form, flakes, powders or bars is biodegradable and will clean just about anything. Avoid using soaps which contain petroleum distillates.
- Lemon → one of the strongest food-acids, effective against most household bacteria.
- Borax → (sodium borate) cleans, deodorizes, disinfects, softens water, cleans wallpaper, painted walls and floors.
- White Vinegar → cuts grease, removes mildew, odours, some stains and wax build-up.
- Washing Soda → or SAL Soda is sodium carbonate decahydrate, a mineral. Washing soda cuts grease, removes stains, softens water, cleans wall, tiles, sinks and tubs. Use care, as washing soda can irritate mucous membranes. Do not use on aluminium.
- Isopropyl Alcohol → is an excellent disinfectant. (It has been suggested to replace this with ethanol or 100 proof alcohol in solution with water. There is some indication that isopropyl alcohol build-up contributes to illness in the body.
- Cornstarch → can be used to clean windows, polish furniture, shampoo carpets and rugs.
- Citrus Solvent → cleans paint brushes, oil and grease, some stains. (Citrus solvent may cause skin, lung or eye irritations for people with multiple chemical sensitivities.)



NOTE: This booklet contains mostly just tips on what you can use for what – it does not always give recipes with amounts, volumes, clearly defined mixes. These vary from use to use and you best experiment yourself to find the best concoction.



TIP: When you change over to natural recipes for your household cleaning chores, change over step by step, keep on doing some jobs in the old 'chemical' way for some time. This will allow you to compare how well natural cleaners work!

YOUR NOTES:

Tips for the Kitchen – Cleaning

All-purpose Spray:

Make your own all-purpose
spray with vinegar and lemons.

What You'll Need:

- 2 cups lemon peels and orange peels
- 1 pint container
- 2 cups white vinegar
- Small spray bottle

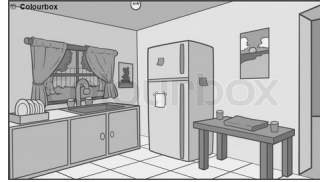
Directions:

Place the orange and lemon peels in the
glass container to create the base of the
spray cleaner. You only want the peels, so
use a sharp knife to cut away any fruit that
is still connected. Cover with vinegar, seal
the jar, and place in a cool, dark spot for
one week.

Citrus peels contain limonene, a natural
solvent that helps clean your home, while
vinegar effectively kills most mould, bac-
teria, and germs, due to its level of acidity.

Strain into a spray bottle, reserving the rinds, and your
home-made cleaner is ready to use.

Use for cleaning wood furniture, refreshing kitchen counter-
tops, or in the bathroom. And you can reuse the peels, cov-
ering again with vinegar, to make another batch.



→ Baby Oil

Dish and Glass Unsticker:

If you have a dish or glass stuck to a wood
tabletop, don't try to pull it off or you'll dam-
age the finish. Instead, squirt some baby oil
around the base of the dish and let it sit for
a few minutes. A gentle twist and the dish
should pull off easily without damaging the
tabletop.



→ Baking Soda

YOUR NOTES:

Make a Surface Soft Scrub:



For safe, effective cleaning of bathroom
tubs, tile and sinks – even fibreglass and
glossy tiles – sprinkle baking soda lightly on
a clean damp sponge and scrub as usual.
Rinse thoroughly and wipe dry. For extra
cleaning power, make a paste with baking
soda, coarse salt and liquid dish soap.

Let it sit then scour off.

Hand-wash Dishes and Pots & Pans:

Add 2 heaping tablespoons baking soda (along with your
regular dish detergent) to the dish water to help cut grease
and foods left on dishes, pots and pans.

For cooked-on foods, let them soak in the baking soda and
detergent with water first, then use dry baking soda on a
clean damp sponge or cloth as a scratchless scouring
powder.

Clean the Microwave:

Baking soda on a clean damp sponge cleans gently inside
and outside the microwave and never leaves a harsh chem-
ical smell. Rinse well with water.

Clean Stove Hood Vent:

Add 1/2 cup SLOWLY to a boiling pot of water to clean the
stove hood vent.

Clean the Oven:

Sprinkle baking soda onto the bottom of the oven. Spray with
water to dampen the baking soda. Let sit overnight. In the
morning, scrub, scoop the baking soda and grime out with a
sponge, or vacuum, and rinse.

Clean Coffee and Tea Pots:

Remove coffee and tea stains and eliminate bitter off-tastes
by washing mugs and coffee makers in a solution of 1/4 cup
baking soda in 1 quart of warm water. For stubborn stains,
try soaking overnight in the baking soda solution and deter-
gent or scrubbing with baking soda on a clean damp sponge.

Deodorize and Clean Dishwashers:

Use baking soda to deodorize before you run the dishwasher
and then as a gentle cleanser in the wash cycle.

YOUR NOTES:

Deodorize Your Refrigerator:

Place an open box in the back of the fridge to neutralize odours.

Deodorize the Cutting Board:

Sprinkle the cutting board with baking soda, scrub, rinse.

Deodorize Lunch Boxes:

Between uses, place a spill-proof box of baking soda in everyone's lunch box to absorb lingering odours.

Deodorize Trashcans:

Sprinkle baking soda on the bottom of your trash can to keep stinky trash smells at bay.

Deodorize Recyclables:

Sprinkle baking soda on top as you add to the container. Also, clean your recyclable container periodically by sprinkling baking soda on a damp sponge. Wipe clean and rinse.

Deodorize Drains:

To deodorize your sink and tub drains, and keep lingering odours from resurfacing, pour 1/2 cup of baking soda down the drain while running warm tap water—it will neutralize both acid and basic odours for a fresh drain. (This a good way to dispose of baking soda that is being retired from your refrigerator.)

Freshen Sponges:

Soak stale-smelling sponges in a strong baking soda solution to get rid of the mess (4 tablespoons of baking soda dissolved in 1 quart of warm water).

Insect Repellent:

Put it under sinks and along basement windows to repel cockroaches and ants.

→ **Coca Cola**

Pot Cleaner:

The bottom of household pots sometimes become blackened. Pour Coca Cola into your pots and let it sit. Wash the pot as normal with fixation on the blackened areas and the Coke will likely remove the stains!



© PinPNG

Pan Cleaner:

Clean burnt pans: let the pan soak in the Coke, then rinse.

Descaler:

Descalc a kettle (same method as with burnt pans).

YOUR NOTES:

Chrome:

Coke and aluminium foil will bring Chrome to a high shine.

→ **Coffee Filter**



Soak up oil:

Because coffee filters are superabsorbent, use for soaking up oil after frying foods. Simply lay a filter flat on a plate, and place your freshly fried goodie on top. Let rest for a minute, and all that excess oil will soak into the filter.

Mess catcher:

Cover your food while in the microwave with a coffee filter to contain any potential mess.

→ **Mint**



Mosquito and Mouse Prevention

Mice (and other rodents such as squirrels, rats and chipmunks) are allergic to mint, and because of their acute sense of smell, will avoid those areas.

Place a few potted mint plants in your kitchen.

You'll enjoy the smell just as much as mice detest it.

→ **Salt**



Coffee Cup Cleaner:

Clean coffee-stained cups with salt and a little dish soap.

Baked-On Mess Remover:

If your casserole bubbles over, sprinkle the bottom of your oven with a handful of salt over the spill. It won't smoke and will bake into a crust that's easier to clean once things have cooled.

Degreaser:

For extra greasy pans, sprinkle with salt and then wipe with a paper towel. The salt naturally breaks down the grease and cleans pans fast.

YOUR NOTES:

Iron Cleaner:

Clean your iron with basic table salt. To fix things fast, sprinkle a sheet of paper with salt, and then run the warm iron over the salt, which helps remove stains and any lingering residue from ironing your clothes. After a couple of runs, unplug the iron, and once it's cooled, wipe clean once with a soft cloth.

Bad-Smell Eliminator:

After chopping garlic or onions, rub your fingers with salt to get rid of any lingering smells.

Drain Buster:

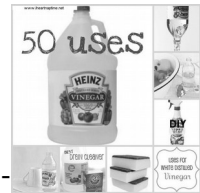
Clean sink drains by pouring salt down the drain followed by hot water, which naturally keeps grease from building up and deodorizes pipes.

→ **Vinegar**

All(a)round Vinegar

You may not like the smell of vinegar, so here is a tip to help the smell...

- Save orange, lemon or lime peels and put them in a glass jar. Fill with vinegar and let it sit for a couple weeks. Strain it out and you have citrus smelling vinegar. It doesn't smell like regular vinegar so no yucky smell. It makes everything smell good.



Coffee maker cleaner (automatic):

White distilled vinegar can help to dissolve mineral deposits that collect in automatic drip coffee makers from hard water. Fill the reservoir with white distilled vinegar and run it through a brewing cycle. Rinse thoroughly with water when the cycle is finished.

Clean the microwave:

Add 1/4 cup vinegar to a bowl with one cup water. Heat up the mixture in your microwave for a few minutes, and let it evaporate. Then, wipe down your microwave and the condensed drops after removing the bowl.

Clean the refrigerator:

Wash with a solution of equal parts water and white vinegar.

Clean and disinfect wood cutting boards:

Wipe with full strength white distilled vinegar.

YOUR NOTES:

Cleaning Stainless Steel Appliances:

Wipe down stainless-steel surfaces with a mixture of baking soda and vinegar.

What You'll Need:

- Sponge
- Baking soda
- Vinegar
- Lemon or orange peel
- Olive oil
- Paper towel

Directions:

Give your sink a quick wash and rinse, removing any food bits from the drain. Then sprinkle the entire sink with baking soda and use a soft sponge, working in a circular movement, to scrub the basin. Baking soda softly cleans without scratching stainless steel.

Rinse the sink with vinegar, which will bubble and fizz. Vinegar naturally disinfects while helping remove hard water stains from your stainless steel sink. Then lightly rub with the sponge and rinse the sink with water.

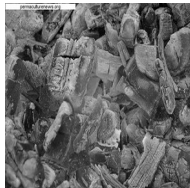
Deodorize the kitchen drain:

Pour a cup of white distilled vinegar down the drain once a week. Let stand 30 minutes and then flush with cold water.

Getting Rid of Fruit Flies/Gnats in Your Kitchen:

Place a bowl filled with ½ quart water, 2 tbsp. sugar, 2 tbsp. apple cider vinegar and a couple of drops of dish soap to attract the fruit flies. Always eliminate the source of attraction, i.e., ripened produce.

→ Wood Ash



Heavy Duty Cleaner:

Use ash and a rough sponge and a bit of water to clean grimy and burned pots, braai grids, potjies etc.

Wood Cleaner:

If you have a water stain on a piece of wood furniture, make a paste of wood ash and water and gently rub it on the stain. Repeat until stain fades.



Training Manual for

Cooks Tips for Soup Kitchens Communal Kitchens School Kitchens

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Healthy Nutrition = Healthy Living.

Natural Little Cooking Friends Training Manual for Community Kitchen Cooks

Compiled, Edited & Layout by
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nuevas ideas



Natural Little Cooking Friends

Using natural products as little helpers and friends when cooking

Some tedious tasks in the kitchen can be made a lot easier, simpler and faster using:

- baking soda
- Coca Cola
- coffee filters
- salt
- vinegar

***TO BE A HAPPY CHEF
use these for the easy
way!***



***HAPPY HEALTHY
LIVING!***





Tips for the Little Friends in the Kitchen

YOUR NOTES:

→ Baking Soda



Substitute for Baking Powder

Use it as a substitute for baking powder by mixing with it with cream of tartar or vinegar.

Dried Beans

Soak dried beans in a baking soda solution to make them more digestible.

Smelly Fish

Remove the fishy smell from your fillets by soaking the raw fish in a baking soda solution for an hour inside the fridge.

Omelets

Make fluffier omelets by adding half a teaspoon of baking soda for every three eggs used.

Tomatoes

Reduce the acid content of your tomato-based recipes by sprinkling them with a pinch of baking soda.

→ Coca Cola



Stomach Soother:

Coca Cola helps balance the pH levels in your stomach and will temporarily relieve heartburn and indigestion. Eat salt sticks to improve the results even more.

YOUR NOTES: → **Coffee Filters**



Fresh scent:

If you love the smell of an apple pie baking, use a coffee filter to simmer spices, which will have your house smelling amazing in minutes.

What You'll Need:

- Coffee filter
- Orange, lemon, or apple peels
- Ground or whole peppercorns, cloves, and cinnamon
- Ends of fresh herbs, such as rosemary or thyme
- Raisins, dates, or apple slices
- Cotton string
- Scissors
- Small saucepan

Directions:

Gather the ingredients for making your spice bag. Really, just about anything that smells good works. And it's a great opportunity to clean out your spices. For scenting your home, cinnamon sticks, orange peels, lemon ends, and rosemary create a really homey Fall smell.

Pull together the edges of the coffee filter, and secure with a length of cotton string. Now bring a pot of water to a simmer, and pop in the coffee filter packet.

Once things get going, your home will smell amazing! And you can keep adding water, which makes the simmered spice smell last all day. Pull out the packet when you're done, and save it for another day.

Fresh greens:

After rinsing your fresh greens, wrap in a coffee filter before storing in your fridge. They'll keep your fresh stuff nice and crisp.

→ **Salt**



Egg Checker:

Add two teaspoons to one cup of water, and let dissolve. Fresh eggs will sink, and bad eggs will float.

Fruit Helper:

Instead of reaching for citrus, sprinkle a dusting of salt over fruits to keep them from browning. And the hardly there salt actually accentuates the fruit's flavour.

YOUR NOTES:

Cheese-Life Extender:

Extend the life of cheese by wrapping it in a cloth moistened with salt water.

→ Vinegar



Cooking fish:

Try soaking fish in vinegar and water before cooking it. It will be sweeter, more tender and hold its shape better. When boiling or poaching fish, a tablespoon of vinegar added to the water will keep it from crumbling so easily.

Cake icing:

Cake icing can be prevented from becoming sugary if a little vinegar is added to the ingredients before cooking. The same is true when making home-made candy.

Boiling eggs:

When boiling an egg and it's cracked, a little vinegar in the water will keep the white from running out.

Keeping potatoes white:

A teaspoon of white distilled or cider vinegar added to the water in which you boil potatoes will keep them nice and white. You can keep peeled potatoes from turning dark by covering them with water and adding 2 teaspoons of vinegar.

Fluffy Egg Whites:

Soak a paper towel with 1-2 Tablespoons of white distilled vinegar. Wipe mixing bowl and beaters or whisk with the vinegar-soaked paper towel, then dry with a cloth or paper towel prior to whipping egg whites.

Fluffier Rice:

For fluffier and great tasting rice, add a teaspoon of white distilled vinegar to the boiling water before adding rice. Rice will be easier to spoon and less sticky.

Freshen vegetables:

Freshen up slightly wilted vegetables by soaking them in cold water and vinegar.

YOUR NOTES: **Fruit and vegetable wash:**
Add 2 tablespoons white distilled vinegar to 1 pint water and use to wash fresh fruits and vegetables, then rinse thoroughly. Research has shown that vinegar helps kill bacteria on fruits and vegetables.

Frying doughnuts:
Before frying doughnuts, add ½ teaspoon of vinegar to hot oil to prevent doughnuts soaking up extra grease. Use caution when adding the vinegar to the hot oil.

Flavour booster:
Perk up a can of soup, gravy or sauce with a teaspoon of your favourite speciality vinegar. It adds flavour and tastes fresher.

Meat tenderizer:
As a tenderizer for tough meat or game, make a marinade in the proportion of half a cup of your favourite vinegar to a cup of heated liquid, such as bouillon; or for steak, you may prefer to a mix of vinegar and oil, rubbed in well and allowed to stand for two hours.

Getting the last drops:
When you can't get the last bit of mayonnaise or salad dressing out of the jar, try dribbling a little of your favourite vinegar into it, put the cap on tightly and shake well. You'll be amazed at how much you've been wasting.

Fruit stains:
Remove fruit or berry stains from your hands by cleaning them with vinegar.

Get rid of cooking smells:
Let simmer a small pot of vinegar and water solution.

**YOU WILL BE A HAPPY
CHEF when using these little
helpers and friends when
cooking**

