

PEANUT BUTTER BREAD PUDDING

HERO: BLACKCAT

FEATURE BRANDS: KOO & AG
MIXED FRUIT JAM



PEANUT BUTTER BREAD PUDDING

Serves 4-6

Ingredients

8 slices white bread
45ml (3 tablespoons) BLACK CAT PEANUT BUTTER
65ml (¼ cup) ALL GOLD MIXED FRUIT JAM
1 can (410g) KOO PEACH SLICES, drain but retain syrup
375ml (1 ½ cups) milk
3 eggs

Method

Preheat oven to 180 degrees C. Grease a one litre ovenproof dish with butter.
Spread each slice with peanut butter and jam, remove crusts from bread and slice into a triangle.
Arrange the bread slices, overlapping and buttered side up, in the baking dish. Sprinkle with 2 teaspoons of ground cinnamon.
Spread peach slices over bread.
In a bowl whisk together syrup from peaches, milk and eggs. Pour over bread and make sure the bread is soaked

SAUSAGE AND BEAN HOTPOT

HERO: AG T&O

OTHER BRANDS USED:

Koo, BENNY



SAUSAGE AND BEAN HOTPOT

Serves 4-6

Ingredients

45ml (3 tablespoons) oil

500g beef or pork sausages

125ml (½ cup) ALL GOLD TOMATO & ONION MIX

30ml (2 tablespoons) BENNY CHICKEN STOCK POWDER

1 can (410g) KOO RED KIDNEY BEANS

Method

In a saucepan, heat oil and fry sausages until brown. Add ALL GOLD tomato and onion mix, cook for 5 minutes.

Add BENNY stock powder, stir in KOO RED KIDNEY BEANS with sauce, season with freshly ground black pepper to taste.

Bring to a boil, turn heat down and simmer gently for 30 minutes, stirring occasionally.

BEEF SHORTRIB STEW ON PAP

HERO: ALL GOLD BRAAI RELISH

OTHER BRANDS USED:

HOLBROOKS & BLACK CAT



BEEF SHORTRIB STEW ON PAP

Serve 4

Ingredients

500g beef short ribs, cut into chunks

2 cans (410g) ALL GOLD BRAAI RELISH

15ml (1 tablespoon) HOLBROOKS WORCESTERSHIRE SAUCE

45ml (3 tablespoons) BLACKCAT PEANUT BUTTER

500ml (2 cups) ACE quick cook maize meal

Method

In a large saucepan, add a $\frac{1}{4}$ cup of water, bring to a boil, add the short ribs and steam fry until brown, stirring constantly.

Stir in ALL GOLD Braai relish, HOLBROOKS

Worcestershire sauce and BLACK CAT peanut butter. Add a cup of water and cook over gentle heat for 60 minutes.

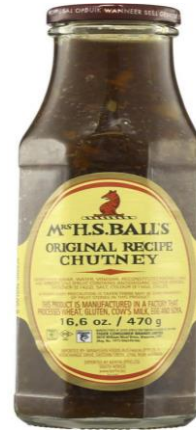
Replenish the water if stew runs dry.

Cook pap according to instructions on packet, season with salt and butter. Spoon onto a bowl and serve the short rib stew over the pap.

CREAMY CHICKEN CASSEROLE

HERO: CROSSE & BLACKWELL CREAMY & MRS BALLS CHUTNEY

FEATURE BRANDS: KOO CHAKALAKA



CREAMY MAYO CHICKEN CASSEROLE

Serves 4-6

Ingredients

60ml (4 tablespoons) oil

8 chicken thighs

1 can (410g) KOO CHAKALAKA MILD AND SPICY

65ml (¼ cup) MRS BALLS ORIGINAL CHUTNEY

125ml (½ cup) CROSSE & BLACKWELL CREAMY MAYONNAISE

Method

Heat oil in a large saucepan and fry chicken thighs until brown.

Add KOO CHAKALAKA and a cup of water add to the chicken.

Stir in MRS BALLS CHUTNEY and CROSSE & BLACKWELL CREAMY MAYONNAISE.

Transfer into an ovenproof dish and cook in oven for 45 minutes, stir and turn the chicken occasionally.

Serve warm with rice, garnish with fresh herbs.

CHAKALAKA & MAYO BAKED FISH

HERO: **C&B TANGY MAYONNAISE**

OTHER BRANDS USED:

BENNY & KOO



CHAKALAKA & MAYO BAKED FISH



CHAKALAKA & MAYO BAKED FISH

Serves 4

Ingredients

500g Hake or whiting steaks

30ml (2 tablespoons) BENNY CHICKEN STOCK POWDER

250ml (1 cup) CROSSE & BLACKWELL TANGY
MAYONNAISE

½ can (410g) KOO CHAKALAKA HOT & SPICY

100g (1 cup) grated Cheddar cheese

Method

Preheat oven to 180°C. Place fish, in a lightly greased baking dish, sprinkle with BENNY stock powder.

In a bowl, combine CROSSE & BLACKWELL Tangy mayonnaise and KOO chakalaka.

Spread mixture evenly over fish filets, top with grated cheese. Bake for about 1 minute, or until fish is flaky. To finish cooking, place fish under the griller, for another 2-3 minutes, or until fish is golden brown.

HEART WARMING BEEF STEW

HERO: KOO MILD AND SPICY CHAKALAKA

OTHER BRANDS USED:

BENNY



HEART WARMING BEEF STEW

Serves 4-6

Ingredients

60ml (4 tablespoons) sunflower oil

1kg beef chuck, cut into chunks

1 can (410g) KOO CHAKALAKA HOT AND SPICY

60ml (4 tablespoons) COLMAN'S Worcestershire sauce

30ml (2 tablespoons) BENNY POWDERED CHICKEN STOCK

Method

Heat oil in a large saucepan and brown beef, add KOO CHAKALAKA, COLMAN'S Worcestershire sauce and BENNY stock powder dissolve in 1 cup water.

Season with salt and pepper and simmer gently for 45 minutes, stirring occasionally.

Serve warm over steamed dumpling or rice. Garnish with fresh thyme.

COTTAGE PIE

HERO: KOO MIXED VEGES

OTHER BRANDS USED:
HOLBROOKS & ALL GOLD T&O



QUICK AND EASY COTTAGE PIE

Serves 4

Ingredients

750g lean beef mince

125ml (½ cup) ALL GOLD TOMATO & ONION MIX

45ml (3 tablespoons) HOLBROOK'S Worcestershire sauce

1 can (410g) KOO CURRIED MIXED VEGETABLES (Durban Curry)

6 potatoes, peeled and diced

Method

Preheat oven to 180 degrees C.

Add mince into a saucepan and brown lightly. Add the tomato relish, HOLBROOKS Worcestershire sauce and KOO curried mixed vegetables and simmer for 20 minutes.

Cook the potatoes in salted water for 10 - 15 minutes or until tender. Drain and season to taste with salt and pepper. Mash until smooth, if desired add a bit of butter.

Spoon mince into an ovenproof and cover with the mashed potato.

Bake in oven for 20 - 25 minutes or until golden.

