



1. Milk tart



2. Green fig konfyt



3. Koeksisters



4. Rooibos brûlée



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## Sweet wine matches

### 1. Milk tart

An evergreen favourite with a slightly sweetened short-crust pastry.

#### PASTRY

- 750ml flour
- salt to taste
- 10ml baking powder
- 30g butter
- 45ml (3 tbsp) sugar
- 2 eggs
- a little iced water

Sift flour, salt and baking powder. Cream butter and sugar in a separate bowl. Beat eggs and add to creamed butter and sugar; beat thoroughly. Sift flour into egg mixture and gently mix to form a soft dough. Add a little iced water if necessary. Roll out into 5mm thickness and line a loose-bottomed tin of 25cm diameter. Press dough lightly into tin, neatly finish off edges, prick with fork and brush with lightly beaten egg white to prevent the dough from becoming soggy.

#### FILLING

- 500ml sugar
- 50ml flour pinch of salt
- 1 litre milk
- 5ml vanilla essence
- 4 cardamom pods
- 2 sticks cinnamon
- 9 eggs, separated
- 30g butter
- 30ml cinnamon sugar

Mix half the sugar with flour and salt. Bring milk to the boil over low heat. Carefully stir the flour mixture into the milk and continue stirring over low heat until the mixture thickens. Remove from heat and add vanilla essence, cardamom and cinnamon. Beat egg yolks. Add the rest of the sugar and beat until mixture is light and creamy. Stir egg mixture into milk mixture. Leave to cool slightly and remove cardamom pods and cinnamon sticks. Beat egg whites until stiff and fold into filling. Spoon filling into unbaked crust. Dot with butter and sprinkle with cinnamon sugar. Bake at 180°C for 30 minutes. Reduce heat to 160°C and bake until crust is golden.



### 2. Green fig konfyt

- 500g green figs
- water to cover figs
- 75ml slaked lime (available at pharmacies)
- 5ml bicarbonate of soda
- basic syrup
- 3 sticks cinnamon
- 3 pieces dried ginger
- sterilised jars for bottling

Carefully grate off the peel of each fig and cut a cross into the blossom end. Soak figs in water and lime mixture overnight. Wash thoroughly to remove all traces of lime. Boil figs in water and bicarbonate of soda until tender; drain. Make basic syrup, adding cinnamon and ginger, then add the figs. Boil slowly until syrup is thick and figs are shiny. Bottle in sterilised jars while still hot.

#### BASIC SYRUP

- for every 500g of fruit: 500g sugar
- 750ml water
- 30ml lemon juice

Place all ingredients in a saucepan. Stir over low heat until sugar has dissolved. Do not allow syrup to boil.



# Sweet wine matches

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3.

## Koeksisters

The success of this recipe depends on the smoothness of the potato mixture. Makes 36.

- 6 medium potatoes, peeled
- 250ml milk
- 60ml vegetable oil
- 60g butter, melted
- 1 large egg, lightly beaten
- 1 packet (10ml) instant yeast
- 60ml sugar
- 1 250ml flour
- 5ml salt
- 7ml ground cinnamon
- 5ml ground ginger
- 2ml ground cloves
- 5ml ground naartjie peel
- 2ml ground cardamom
- 5ml whole aniseed
- vegetable oil for deep frying

Boil potatoes in water until soft. Drain and mash roughly. Add milk, oil, butter and egg, and mash well making sure there are absolutely no lumps. Place yeast, sugar, flour, salt and all the spices in a large mixing bowl. Add mashed potato mixture and mix well to form a smooth dough. Cover dough with cling wrap and leave in a warm place to rise until doubled in volume (about 1 hour). Knock down the dough and turn out onto a well-floured surface. Form into oblong shapes (60mm by 25 mm) and allow to rise for 15 minutes. Deep-fry in hot oil until golden brown. Remove with a slotted spoon and drain on paper towel.

### SYRUP

- 250ml water
- 250ml sugar
- 2 cardamom pods
- 1 stick cassia
- dessicated coconut for sprinkling over

To make syrup, place all ingredients in a saucepan and bring to the boil. Stir over low heat until syrup forms a film on the spoon. Dip koeksisters in hot syrup and sprinkle with coconut on all sides.



4.

## Rooibos brûlée with honeyed orange

(Chef: Wade van der Merwe) Serves 4.

- 1 rooibos tea bag
- 120ml cream
- 3 egg yolks
- 25g sugar
- 1 orange
- 1 tablespoon honey

Bring cream to the boil. Remove from heat, infuse the tea bag to colour, then add to the egg yolks and sugar. Over a bain-marie cook until thick, being careful not to let the mixture separate. Segment the orange and fold in the honey.

### TO SERVE

Place the orange segments in the bottom of shot glasses and top up with the brûlée.

