

# Breakfast!

Delicious, stylish and relaxed recipes that make morning dining a pleasure

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## Fresh cut fruit, Prosecco and Chantilly cream

Serves 4

### INGREDIENTS

2 nectarines, cut in wedges  
100ml gooseberries, cut in half  
8 strawberries, cut in quarters  
1 pineapple, cut in cubes  
10ml castor sugar  
zest of half a lemon  
375ml Italian sparkling wine  
(Prosecco)

### METHOD

- 1 Combine the fruit together with the sugar and lemon zest in a bowl.
- 2 Spoon the fruit into 4 tall glasses and pour 60-80ml Prosecco into each glass.
- 3 Top with spoonfuls of Chantilly cream and serve immediately.

## Chantilly cream

### INGREDIENTS

150ml cream  
30ml icing sugar  
½ vanilla bean

### METHOD

- 1 Place the cream in a bowl, sift over the icing sugar and add the vanilla bean seeds.
- 2 Using an electric whisk or by hand, whisk the cream until soft peaks form.
- 3 Refrigerate until needed.

# Trio of melon salad

served with Parma ham, fresh rocket and watermelon foam

Serves 4

## INGREDIENTS

16 watermelon batons/6cm x 1cm x 1cm  
12 cantaloupe melon batons/ 6cm x 1cm x 1cm  
12 winter melon batons/ 6cm x 1cm x 1cm  
8 slices Parma ham  
30g fresh wild rocket

## METHOD

- 1 Place a watermelon baton on a plate, place a cantaloupe baton next to the watermelon and repeat.
- 2 Place another watermelon baton across the bottom layer followed by a winter melon baton and repeat.
- 3 Place two slices of Parma ham on top of the melon.
- 4 Scoop some watermelon foam over the Parma ham slices and then top with the fresh rocket leaves.

## Watermelon foam

### INGREDIENTS

500ml chopped watermelon, de-seeded

### METHOD

- 1 Using a high-speed blender, process the chopped watermelon. Allow the juice to settle, about 10 minutes. A thick layer of froth will form on the top.

(If more watermelon foam is required, 5ml soy lecithin granules can be added to the liquid which should be frothed again using a hand blender)

# Blueberry and Granadilla MUFFINS

Serves 6-8

## INGREDIENTS

baking paper and string  
440ml cake flour  
7, 5ml baking powder  
250ml castor sugar  
5ml ground cinnamon  
250ml sour cream  
60g soft butter  
10ml lemon zest  
1 egg  
80ml granadilla pulp  
250ml blueberries

## METHOD

- 1 Pre-heat the oven to 180°C.
- 2 Roll small lengths of baking paper into 8 cylinders 8cm high and 6cm wide, and secure them with string. Place baking paper cylinders in ramekins.
- 3 Place flour, baking powder, sugar and cinnamon in a bowl and mix together.
- 4 Place sour cream, butter, lemon zest, egg and granadilla pulp in a separate bowl and mix to combine.
- 5 Add the sour cream mixture to dry ingredients and mix until just combined, then fold in the blueberries.
- 6 Spoon the mixture into the cylinders until they are just over three-quarters full.
- 7 Bake until they are cooked when tested with a cake tester, about 35-40 minutes.

# Plum and nectarine muesli crumble; vanilla waffles and burnt honey ice cream

## Burnt-honey ice cream

### INGREDIENTS

125ml honey  
30ml castor sugar  
500ml cream  
250ml milk  
7 egg yolks  
10ml vanilla extract

### METHOD

- 1 Place the honey and sugar in a heavy-based saucepan and cook, without stirring, over a high heat until the mixture is a dark caramel colour.
- 2 Remove from heat and add the cream and milk, return to the stove and stir over a medium heat until smooth.
- 3 Whisk the egg yolks and vanilla together until smooth, then temper the honey mixture into the egg yolks.
- 4 Transfer mixture to a clean saucepan and stir over low heat until it thickens enough to coat the back of a wooden spoon - do not allow it to boil.
- 5 Strain through a sieve and cool.
- 6 Churn in an ice cream maker. When done keep frozen in an airtight container until needed.

## Vanilla waffles

### INGREDIENTS

225g cake flour  
30ml sugar  
10ml baking powder  
125ml cream  
185ml milk  
45ml butter, melted  
2 large eggs, separated  
5ml vanilla extract  
2 egg whites

- 1 Sift the flour, sugar and baking powder together.
- 2 Combine the cream, milk, melted butter, yolks and vanilla extract. Add this mixture to the flour mixture and combine well.
- 3 Whisk the egg whites until medium-stiff peaks form, then fold into the batter.
- 4 Pour the batter into a heated waffle pan and cook until golden on both sides.

## Plum and nectarine mix

### INGREDIENTS

100g brown sugar  
100ml water  
1 star aniseed  
4 juniper berries  
1 cinnamon stick  
4 plums, cut into wedges  
4 nectarines, cut into wedges  
2 apples, cut into cubes

- 1 Combine the sugar, water and spices in a medium sized saucepan.

- 2 Bring the mixture to the boil and stir until the sugar has dissolved.
- 3 Remove from the heat and add the fruit. Leave to infuse overnight.

## Muesli crumble

Makes 450g

### INGREDIENTS

15ml olive oil  
80ml apple juice  
50ml maple syrup  
2,5ml vanilla extract  
pinch salt  
200g rolled oats  
50g oat bran  
25g sunflower seeds  
50g mixed nuts

- 1 Gently warm the oil, apple juice, maple syrup, vanilla and a pinch of salt in a small pan and stir to combine.
- 2 Mix the rolled oats, oat bran, sunflower seeds and nuts in a large bowl. Pour the liquid mixture over this and stir well to coat thoroughly.

## Assembly

Place the plum and nectarine mixture into 6 ovenproof dishes and spoon the muesli mixture on top. Bake the dishes at 180°C until the filling is bubbling and the top is golden brown, about 15-20 minutes. Serve warm with the burnt honey ice cream and vanilla waffles.

# Oyster mushrooms, spicy chipolatas with cornmeal flatbread

Serves 4

## INGREDIENTS

7g dried yeast  
325ml lukewarm water  
400g cake flour  
100g cornmeal/polenta  
5ml sea salt  
10ml fresh rosemary, chopped  
60ml extra virgin olive oil

## METHOD

- 1 Combine the yeast and warm water in a small jug and leave to stand for 10 minutes.
- 2 Combine flour, cornmeal, salt and rosemary. Gradually add the yeast mixture and stir it into the flour mixture.
- 3 Add and mix in the olive oil, using your hands.
- 4 Knead the dough on a floured surface until smooth and elastic, about 5-10 minutes, then place in a lightly oiled bowl.
- 5 Cover with plastic wrap and leave in a warm place for 1 hour or until doubled in size.
- 6 Pre-heat the oven to 200°C. Divide the dough in half and roll out each piece on a floured surface to a 2-3mm

thickness.

- 7 Sprinkle two oven trays with cornmeal and place the rolled out dough on top, then sprinkle over more cornmeal and prick dough with a fork.
- 8 Allow to prove for another 15 minutes, then bake until golden, about 5-10 minutes.

## Beef chipolatas

Chipolatas are best bought in from your butcher, seeing that you require special attachments for your mixer to make sausages - but ICA does have recipes for chipolata sausages should you require one.

## Oyster mushrooms

### INGREDIENTS

500g oyster mushrooms  
40ml oil  
2 cloves garlic, puréed  
5ml Balsamic vinegar  
salt and freshly ground black pepper

### METHOD

- 1 Cut the oyster mushrooms in half if they are too big, otherwise keep them whole. Heat the oil in a frying pan over a high heat and cook the mushrooms, tossing, until softened, about 2-3 minutes.
- 2 Add the garlic and vinegar, cook over a medium heat for a further minute. Season to taste.

## Roasted rosa tomatoes

### INGREDIENTS

100g rosa tomatoes, washed  
30ml olive oil  
salt and freshly ground black pepper

### METHOD

- 1 Preheat oven to 180°C.
- 2 Place the tomatoes on an oven tray, drizzle with the olive oil, season to taste and roast for 10 minutes.

## Crispy pancetta

### INGREDIENTS

12 slices pancetta

### INGREDIENTS

- 1 Preheat oven to 180°C.
- 2 Place the slices of pancetta on a silicone mat or baking paper. Place on an upturned oven tray, and cover with another silicone mat or baking paper, and then place another oven tray right side-up on top.
- 4 Bake for 10-15 minutes, then carefully remove the top tray.
- 5 Remove from the oven tray and drain on paper towels.

## Assembly

### INGREDIENTS

30g wild rocket  
olive oil

Toss the rocket in a little bit of olive oil. Top the cornmeal bread with the oyster mushrooms and chipolatas. Serve together with the rosa tomatoes and crispy pancetta. Alternatively serve everything separately for guests to help themselves.