

COMMON GROUND CHURCH

RECIPES

FOR

small groups

CONTENTS

Vegetables

- 1 Corn and garlic potato bake
- 2 Thai butternut soup
- 3 Lentil and butternut bobotie
- 4 Macaroni cheese
- 5 Pea soup

Chicken

- 6 Various Oven bakes eg. Crumbed chicken
- 7 Chicken in the valley
- 8 Sweet and sour chicken
- 9 Chicken à la King
- 10 Chicken pie
- 11 Coronation chicken

Beef

- 12 Cottage pie
- 13 Bobotie
- 14 Chilli con carne
- 15 Curry (Chicken, beef or mutton)
- 16 Meat balls in tomato sauce with spaghetti or mash
- 17 Savoury sausage roll

Miscellaneous

- 18 Cold tuna salad with noodles
- 19 Various meals on the Braai eg. Kebabs
- 20 Hotdogs
- 21 Pizza

Corn and garlic potato bake



Serves 12

INGREDIENTS

2 T margarine

2 onions finely chopped

2 tins sweet corn kernels

2 chillies seeded

8 large potatoes washed and sliced thinly

2 sachets Knorr Garlic and herb potato bake

900 ml milk

2 cups cheddar cheese

METHOD

Preheat oven to 180°C.

Melt margarine and fry onions.

Add corn and chillies and cook for 2 mins.

Put potatoes in a casserole dish and spoon over corn and chilli mixture.

Mix a small amount of milk with Knorr sachets to make a paste, then add the rest of the milk.

Pour milk mix over potatoes – sprinkle with grated cheese.

Bake for 1 hour till golden and potatoes are cooked.

Thai butternut soup



Serves 8

INGREDIENTS

4 Onions chopped	1 litre chicken stock
8 T butter	700 ml coconut milk
2 kg butternut cubed	3 t red curry paste
8 T melted butter	Salt and pepper
Brown sugar	

METHOD

Sauté onions in butter until they are translucent.

Sprinkle sugar onto the butternut pieces and roast for 15 minutes at 200°C.

Add roasted butternut to onion.

Pour in stock and simmer for 20 mins. Then puree with a blender.

Add coconut milk and curry paste.

Add salt and pepper to taste.

lentil and butternut bobotie



Serves 12

INGREDIENTS

2 tins brown lentils	8 eggs
2 slices bread	90 ml olive oil
200 ml milk	1kg butternut cubed
4 onions chopped	2 t chilli paste
8 garlic cloves chopped	4 bay leaves
2 t curry powder	2 sachets roasted veg bake from Knorr
2 tins of tomatoes	750 ml milk

METHOD

Drain lentils.

Soak bread in 200 ml milk.

Sauté onions in oil.

Add butternut and cook for 5 mins.

Add garlic, chilli paste, bay leaves and lentils.

Add tomatoes and veg bake sachets. Mix and simmer for 15 mins.

Stir in soaked bread and mix well.

Place mixture in casserole dish and spread flat.

Beat eggs and 750ml milk and pour over lentil and butternut mixture.

Bake at 180°C for 45 mins until set and brown.

Serve with rice and chutney.

Macaroni cheese



Serves 15

INGREDIENTS

2 x 500g penne or macaroni

2 tsp mustard

6 bay leaves

4 sprigs thyme or oregano

2 sprigs parsley

4 slices of onion

2 strips lemon peel

2 litres full cream milk

200 g butter

4 x 115 g (tins) of tomato paste

8 T flour

4 cups mature cheddar cheese

Salt and pepper & garlic salt to taste

6 tomatoes skinned and sliced

8 T bread crumbs

For added flavour you could add fried bacon or chopped up ham or even chopped up chicken.

METHOD

Cook pasta in boiling, salted water.

Butter the casserole dish.

Sauce

Heat the milk with mustard, bay leaves, thyme, parsley, onion and lemon peel. Bring to the boil, then strain and set aside.

Melt butter till it foams – remove from heat and stir in flour until smooth.

Return to stove, stirring constantly, till paste forms. Remove from heat.

Add strained milk and tins of tomato paste - return to heat till simmering on moderate heat – whisk constantly – then boil for a minute

Remove from heat.

Add ½ cheese, salt and pepper, and stir until the cheese is melted.

Layer cooked pasta and sliced tomatoes in dishes – buttered or sprayed with olive oil.

Pour over the cheese sauce.

Top with left over cheese and bread crumbs.

Bake for about 20 minutes at 180°C and then grill till golden and a little crisp.

Accompany

Roasted tomatoes and ½ garlic bulbs on garlic bread.

Salad.



Serves 20

INGREDIENTS

3 kgs of mince	200ml Worchester sauce
6 medium onions finely chopped	200 g of sultanas
+/- 5 T Curry and spices – depends on how hot you want it. Mix can be bought.	5 T of vinegar
2 cloves of garlic and a couple of bay leaves	6 eggs
salt	5 cups of milk
½ cup of chutney (or more for flavour)	½ loaf of white bread
½ cup apricot jam	6 carrots grated
	A couple of drops of almond essence

METHOD

Soak bread in milk and set aside.

Fry onions in oil until soft.

Add carrots and mix well.

Add mince – Fry and stir until lightly browned.

Add salt, vinegar, chutney, Worchester sauce, sultanas, almond essence.

Mix it all well.

Remove from stove and add ½ the eggs and bread that has been soaked in the milk (squeezing it out and setting the milk aside).

Mix well and pour into casserle dishes..

Beat the rest of the eggs, the milk, add salt and pepper and then pour over the meat etc.

Bake for about 30 – 40 minutes at 180°C, until the egg and milk has set.

Serve with yellow rice (add some turmeric), sliced bananas, chutney, chopped tomatoes, or a salad.

Chicken in the Valley



Serves 20

INGREDIENTS

3 cooked chickens (remove meat from the bones and chop into small bite-sized pieces)
1 litre of white sauce (see below)

3 pkts of mushroom soup
3 tins of spaghetti in tomato sauce
Mixed or Italian herbs, salt and pepper

METHOD

Mix all the above and place into baking dishes.
Sprinkle about 3 cups of grated cheese over the mixture.
Crush about 7 cups of cornflakes and sprinkle thinly over the cheese.
Bake for 30 to 40 minutes at 180°C.
Serve with rice and cooked mixed veggies or salads.

WHITE SAUCE:

4 Tbsp Butter - melt until it foams
4 Tbsp Flour - Add to the butter stirring consistently until a paste forms.
4 cups of milk - Add slowly

heat over medium heat stirring constantly until mixture thickens. Add salt and pepper to taste.

Sweet and sour chicken



Serves 20

INGREDIENTS

4 chickens cut into pieces or packets of chicken pieces. About 2½ pieces per person (depending on size).

Sauce

500 g thinly sliced carrots

500 g green beans – halved

2 green peppers thinly sliced

2 red peppers thinly sliced

About 8 spring onions chopped

1 can of pineapple chopped into small pieces

4T soy sauce

4 T honey

2 T brown sugar

1 litre chicken stock

100 g butter

1 tsp ginger

Salt and pepper to taste.

METHOD

Spread the chicken pieces in 2 baking pans.

Sprinkle with chicken spice and a little garlic salt.

Roast in an oven at 180°C till cooked and brown.

While the chicken is roasting make the sauce.

Add all the sauce ingredients to a large pot.

Slowly bring to the boil.

Thicken with maizena if necessary – not too thick.

Simmer for about 5 minutes.

Pour sauce over the chicken pieces.

Optional: Sprinkle some thinly sliced roasted almonds on top.

Serve with rice and mixed veggies or salad.



INGREDIENTS

Ingredients for base	10 g yeast
500 g white bread flour	2 t salt
	325 ml of warm (not hot) water

Mix the flour and salt in a large mixing bowl.

Activate the yeast and dissolve in another bowl with warm water.

Stir gently.

Sprinkle a handful of flour over the yeast to prevent a crust forming.

Leave for about 10 minutes – a froth will form.

Gradually add the yeast mixture to the flour and mix well until it becomes dough.

If too sticky add a bit of flour, and if too dry add a bit more water.

Knead for about 10 minutes until smooth and elastic.

Sprinkle flour on the work surface and place dough on top.

Cover with a damp dish towel and leave to rise for about 30 minutes in a warm spot.

It should double in size.

Tear a fist sized piece from the dough.

Place on a surface that has been sprinkled with flour.

Spread out with fingers and roll dough as thin as possible.

Do not allow to tear or break.

Tomato Sauce Spread::

Tin of tomatoes

Chopped garlic

Olive oil

Fresh basil chopped finely

Salt and pepper

Cook until slightly reduced. Puree. Spread onto pizza bases.

Ingredients for Toppings:

Add bacon, cooked spinach, wors, marinated chicken, olives, sausage, seafood, capers, chillies, jalapenos, onions, peppers, pepperdews, feta cheese, freshly grated parmesan cheese (a light dusting), pineapple, avocado (add afterwards), banana.

Make combinations of toppings and finish with cheese. Bake on baking sheets for 15 at 180 degrees celsius, until bases are cooked through.

Serve with salad.



Serves 20

INGREDIENTS

3 kg mince
5 carrots
1 pkt savoury toppers
5 chopped onions
1 beef stock cube (Knorr Tasty Rich Oxtail
(2 in 1) is very good for taste)

Salt, garlic salt and pepper to taste
1 tin baked beans
1 tin red beans
You can also add mushrooms and 1 red
pepper chopped

METHOD

Cook the onions, pepper, mushrooms and carrots, and set aside.
Cook the mince, and then add everything else to the meat.
Mix well, then place in baking dishes and allow to cool.
*Spread mashed potatoes over the mixture – about 2cm thick.
Place in the oven at 180°C until top browns.
Serve with rice and veggies or a salad.

TOPPING

*MASH POTATO TOPPING OR “SMASH”
SACHETS.

5 Medium potatoes, peeled and chopped.
2 T butter/Marg
+/- 1/2 a cup of milk

METHOD

Boil potatoes until very soft.
Add butter and milk
Mash until smooth (can use a whisk)

Curry (Chicken, beef or mutton)



Serves 15

INGREDIENTS

3kg of chicken or mutton or beef	1 T gurum masala
2 large onions	1 T garlic and ginger paste
5 curry leaves	1½ T Chilli paste
3 bay leaves	5 potatoes (peeled and chopped)
2 or 3 cinnamon sticks	1 tin of tomato mix
5 cloves	Water to cover
2 cups of oil	Chutney
2 T medium to hot masala	

METHOD

Chop the meat into large pieces and place in a container, and add masala, gurum masala, garlic and ginger paste, chilli paste.

Mix all of this into the meat and let it sit, the longer the better.

While this is happening chop up onions and add your curry leaves, bay leaves, cinnamon sticks and cloves to the onions and fry (two cups of oil) until the onions are blonde.

Pre boil your potatoes for about 10 min.

Add the meat to the pot and fry until the meat is cooked (make sure it does not burn or stick).

Add the pre-cooked potatoes to the meat and mix well.

Add 1 tin of tomato paste. Mix well, add enough water to ensure that the items in the pot are covered.

Cook for awhile and have a sample, if the curry is too hot add half a bottle of any fruit chutney (this is the secret). You basically add the chutney until the burn is reduced and the ideal taste is there. This is about feel and personal preference.

Serve with rice and sambals, e.g; chopped tomatoes, coconut, chutney and sliced bananas.

Chilli con carne



Serves 15

INGREDIENTS

3 kg mince	5 onions (finely chopped)
1 tin chilli beans	1 tin onion and tomato mix
1 tin baked beans	4 grated carrots
2 chilli stock cubes	

METHOD

Sauté the onions and carrots.

Add the mince and brown, and then add everything else to the pot. Simmer for 20min.

Serve with rice and salad.

Chicken à la King



Serves 15

INGREDIENTS

3 chickens	1 each of red, green and yellow pepper, chopped.
2 pkts of mushroom soup	Garlic salt
2 pkts of mushroom sliced	Pepper
5 onions (Finely chopped)	Mixed herbs
1 cube of chicken stock	

METHOD

Cook the chickens and when cool strip all the meat off the bones.

Fry the sliced onions, peppers, and mushrooms until soft.

Mix the chicken stock and soup for the sauce (You can also buy very good chicken-a-la-king sauces in a packet).

Add everything together and cook for about 10 minutes.

Serve over rice or with pasta, and with veggies or salad.

Meat balls in tomato sauce with spag-



Serves 12

INGREDIENTS

2 x 450 g lean beef mince

4 slices of whole wheat bread

6 Tbsp of milk

2 large onions finely chopped

2 t mixed dried herbs

2 cans tomato and onion mix

2 sachets tomato paste

Half a cup water

6 T sugar

METHOD

Chop onion finely and microwave for 5 mins in a little marge.

Crumble bread and mix with 6 T milk, add onion, herbs and minced beef.

Roll into balls about the size of golf balls and place evenly in a large flat casserole dish.

Make sauce with tomato and onion mix, tomato paste, sugar and half cup of water.

Pour over meat balls.

Cook in microwave for 10 mins on high (900 watts).

Turn them over half way, spoon sauce over the balls.

Makes about 40 meat balls.

Season and add more water if sauce is a bit thick.

Serve with spaghetti or mash and salad.

Cold tuna salad with noodle shells



Serves 10

INGREDIENTS

500 g small noodle shells
2 tins small peas

1 cup mayonnaise
2 tins solid pack tuna in brine

METHOD

Cook noodles till soft.

Mix in mayo, peas and tuna.

Serve with a green salad.

Chicken pie en mesh



Serves 12

INGREDIENTS

2 cooked chickens deboned and chopped up	900 ml milk and water
Half packet bacon chopped up	Ready made puff pastry
One large onion chopped	Milk and egg (about 2T)
250g button mushrooms sliced	Sesame seeds (optional)
2 pkts mushroom soup	

METHOD

Mix mushroom soup into a paste with small amount of water.

Add milk and boil in saucepan till thick, whisking all the time to prevent lumps.

Fry cut up bacon and chopped onions.

Add and fry sliced mushrooms.

Mix in chopped up chicken pieces, bacon, onions and mushrooms.

Put into large greased baking dish.

Pour mushroom soup sauce over.

Roll out pastry on floured surface and cover filling. Pinch around sides to seal it firmly.

Brush with egg and milk and sprinkle with sesame seeds.

Bake in oven at 180°C till golden. Probably about 45 minutes.

Serve with green salad.

Caribbean chicken



Serves 20

INGREDIENTS

4 cooked chickens deboned and cut up

8 t curry powder

8 T apricot jam

2 cups water

$\frac{3}{4}$ cup mayonnaise (or more if too dry)

Small tin pineapple or 3 bananas cut up

METHOD

Make curry sauce in a pot with curry powder, jam and water.

When cool whisk in mayonnaise.

Add pineapple or banana.

Mix in cold cooked chicken pieces.

Serve over rice with salad and bread.

Sausage sausage roll



Serves 12

INGREDIENTS

2 pkts ready made puff pastry	Milk and egg (about 2T)
Sliced tomatoes	Sesame seeds (optional)
2 pkts pork sausages	SAUCE:
Sauce made from half cup of chutney, 1T Worcester sauce and 2T sugar	1/2 a cup of chutney 1T worcester sauce
2 tins of baked beans	2T Sugar

METHOD

Do one roll of puffed pastry at a time.

Roll out pastry on floured surface.

Put on greased baking trays or flat oven dish. Dish needs to be long.

In centre of each rectangle place two sausages side by side down length of pastry, using up one packet of sausages.

Put slices of tomato on top.

Spread over half of the sauce.

Spread over one tin of beans.

Paint milk down each side to seal roll.

Close roll over and slice with knife diagonally along top to decorate and let it breathe.

Brush with egg and milk and sprinkle with sesame seeds.

Repeat for the second one.

Bake in middle of oven at 200°C for 20 mins or till golden brown.

Pea soup



Serves 10

INGREDIENTS

1 pkt no soaking required split peas	3 litres chicken stock (use stock powder or cubes)
2 chopped onions	4 T sugar
4 carrots peeled and chopped	Salt to taste (about 4 teaspoons)
Half packet bacon cut up and all fat removed	

METHOD

Put all the above ingredients into a pressure cooker and cook for 45 mins on high.

Use masher to mash veggies.

Season to taste.

Serve with croutons or crusty bread.

Meals on the Braai



Serves 20

2 PORK SAUSAGES per person grilled till brown.

Pour over Jimmy's Braai sauce heated.

Serve on hot dog rolls with a green salad.

2 CHICKEN BREASTS per person grilled.

Pour over Jimmy's Braai sauce or serve with sauce of choice, eg. mushroom sauce made from pkt mushroom soup with half liquid required, made with milk and add in cooked sliced mushrooms.

Serve on rolls with tin of pineapple rings and salads.

2 CHICKEN KEBABS per person made from breasts or deboned thighs, mushrooms, green peppers, corgettes, pineapple pieces grilled on braai. Serve on hot dog rolls with salad.

WHOLE FILLET/SIRLOIN/RUMP grilled on braai (slice thinly). Serve with sauces of choice, rolls, salad and boiled baby potatoes sprinkled with herbs and olive oil baked in oven for 30 mins.

BOEREWORS grilled on braai - 15 cm of sausage per roll.

2 rolls per person.

Serve with salads.

2 TOASTED SANDWICHES on braai (eg. cheese, tomato and onion) per person.

Serve with green salad.

2 HAMBURGERS per person (use meatball recipe and add grated apple) grilled on braai.

Serve with round rolls, sauces and salad.

Various Oven Bakes



Serves 20

FROZEN READY MADE SAUSAGE ROLLS bought in large boxes in freezer section.

2 per person.

Serve with tomato sauce and salad.

FROZEN FISH pieces baked in oven – choose largest number of pieces per box.

Serve with mayonnaise and tomato sauce, salad and two French loafs.

CRUMBED CHICKEN pieces baked in oven.

Serve with sauce, salad and French loaf.

Hotdogs



Serves 20

INGREDIENTS

2 or 3 Vienna sausages per person boiled or grilled on the braai. Hotdog rolls.

Serve with sauce of choice and salad.