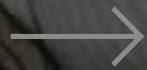


5 Recipes for the Christmas Holiday

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What you can expect to find

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Rooibos pancake cake

Ingredients

PANCAKES:

3 eggs

Rooibos Teabags

4 cups milk

4 Tbls oil

1 Tbls vanilla essence

3 cups cake flour

Pink food coloring for

1/2 the batter

ICING:

3 tubs cream cheese

6 Tbls strawberry yogurt

1/2 cup icing sugar

TOPPING:

Strawberries for garnish
Dusting of icing sugar
In a saucepan.

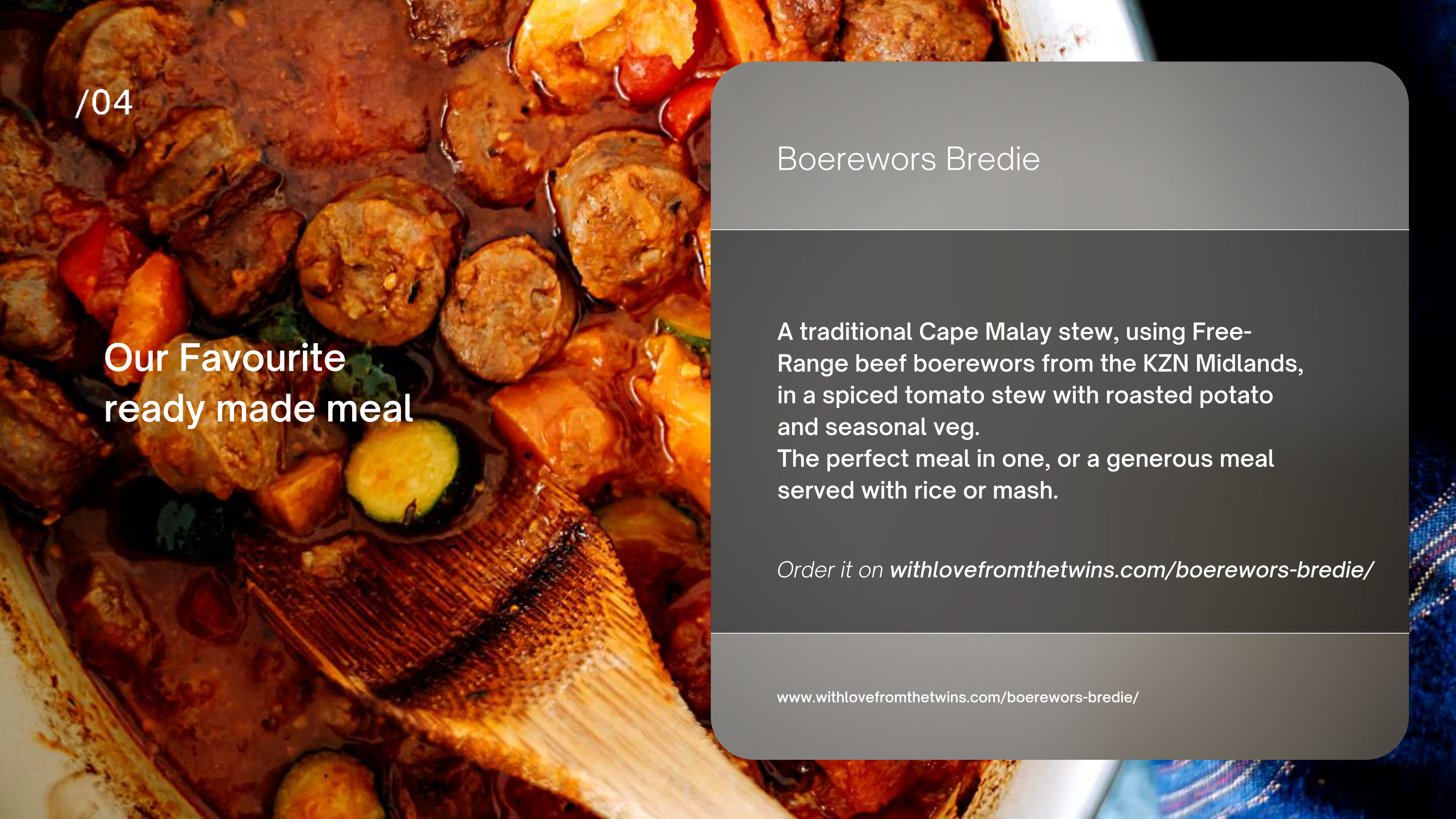
Method

In a large bowl, combine the eggs, milk, oil and vanilla essence.

Sift the flour and baking powder into the wet mixture. Blend together until smooth using a hand mixer. Divide batter into two bowls. Color the one bowl of batter with a few drops of pink coloring. Mix till combined.

Use a non-stick pan to make pancakes. Heat a bit of oil or use cooking spray for the pan. Fry the pancakes. For the icing, blend all the ingredients together till smooth. Spread icing over each pancake and then stack the pancakes one ontop of the other. Alternating colors.

Pink and White. Ice the top of the pancake cake and garnish with fresh strawberries and a dusting of icing sugar. Slice and serve.



/04

Our Favourite
ready made meal

Boerewors Bredie

A traditional Cape Malay stew, using Free-Range beef boerewors from the KZN Midlands, in a spiced tomato stew with roasted potato and seasonal veg.

The perfect meal in one, or a generous meal served with rice or mash.

Order it on [withlovefromthetwins.com/boerewors-bredie/](https://www.withlovefromthetwins.com/boerewors-bredie/)

www.withlovefromthetwins.com/boerewors-bredie/

Naked Spicy carrot cake with cream cheese

Ingredients

Cake:

4C Flour
4 tsp Bicarbonate of Soda
4 tsp Ground Cinnamon
4 tsp Mixed Spice
1 tsp Nutmeg
1 tsp Salt
6 Eggs
1 1/2C Buttermilk
1 1/4C Oil
3C Castor Sugar
2 tsp Vanilla paste/essence

4C Grated Carrots
2C Desiccated Coconut
2C Pistachio Nuts, chopped
2 Cans crushed Pineapple
1 1/2C Raisins

Cream Cheese Frosting:

2C Cream Cheese
1C Softened Butter
2C Icing Sugar
Zest of 1 Orange

Method

Preheat oven to 180 degrees celsius.

Sift all the dry ingredients together(except fruit, nuts and coconut).

In another bowl mix the buttermilk and oil together. Thoroughly mix the wet and dry ingredients together.

Then mix the rest of the ingredients together and gently fold into the batter.

Spoon into a prepared cake tin. (You may divide into 3 tins to make 3 layers).

Bake for 1 hour or until testing pin comes out clean when inserted.

Cool completely before icing.

For the icing, beat all the ingredients together until light and fluffy.

Lightly ice all the layers together to create a cake sandwich then dirty ice the entire cake. Pipe the rest of the icing on top and garnish with edible flowers and chocolate.

Kale smoothie

Ingredients

1 1/2 Banana
frozen1 C Kale
2 Kiwis, ripe
2 C Almond Milk
1 tsp Honey
1 Tbs Chia Seeds
1/2 C Ice

Method

Blend all ingredients together until smoothie.

We started being health conscious a lot when we started traveling. We heard that everybody comes back home from America fat so we didn't want that to be us at all. We watched everything we ate and had minimal cheat days. You were never going to catch us slipping... No, no, no.

www.withlovefromthetwins.com/kale-smoothie/

Brie Basil and Pomegranate crostini

This is always a fantastic starter to any meal. We always serve crostinis when we host people, it's a great distraction for when you're preparing the main meal. Honestly, pomegranate makes everything better, we know you might be a bit skeptical to try this but trust, you'll love and then you can thank us later.

Recipe is on the next page



Ingredients:

2 Fresh Baguettes

thickly sliced

Olive Oil

400g Brie Cheese

thinly sliced

250g Basil

roughly chopped

250g Pomegranate Rubies

100ml Honey

250g Sour CreamBlack Pepper

Serves: 8-10

Prep time: 10-15 mins

Method:

Preheat oven to 200 degrees celcius.

Prepare two baking sheets. Layer the bread slices flat on the baking sheet, drizzle with olive oil.

Toast in the oven for 7-10 mins or until golden brown and crispy.

Spread sour cream on the crostini, sprinkle with black pepper.

Layer slices of the Brie cheese on the crostini.

Top with basil and pomegranate.

Drizzle with a bit of honey and serve.

www.withlovefromthetwins.com/brie-basil-pomegranate-crostini/

Who We Are

/09

Twins

We are Tebo and Lebo Ndala. We are born and bred in Pretoria, South Africa. We studied culinary arts at Stellenbosch. We then moved to the United States for a few months and studied further through the University of California Los Angeles Extension.

Chefs

We love cooking, we absolutely love what we do. Our passion grows with every experience we have. We currently work in the food and media industry, preparing to be the best food editors and food stylists in the world!!! We are not just chefs, we are creators and artists.

With Love from the Twins

We started “With Love From The Twins” . We host pop up restaurants, cater for private functions and parties We are a two-women team but we eventually want to be become huge and create jobs for other people who share the same passion for food

The Future

We are very passionate about children, nutrition, mental and physical growth and good health. Our natural instinct is to feed people and because we live in a continent so badly affected by poverty, we feel it is our responsibility to do something about it. Our ultimate goal is to teach Africa to feed itself.

In Food Stories, Tebo and Lebo Ndala share quick and easy meals, while making you laugh. Join them as they go back to their roots with recipes for tripe, chakalaka and chicken feet and learn about their family feast called Seven Colour Sunday. See how they give an African twist to American dishes, like corn bread, corn dogs and corn burgers, tour to Thailand and enjoy coconut and pineapple fried rice with steamed chicken in banana leaves, experience traditional recipes with a twist when you sit down for spinach and agushi curry with baked jollof rice, and so many other recipes.

All With Love from the Twins.

You can buy the book on www.loot.co.za or any of these book stores:



FOOD STORIES

Our favourite recipes, with love from the twins

Tebo and Lebo Ndala



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