

5 Recipes for the Month of Love

February 2021

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Creamy Chicken Livers

Ingredients

1Kg Chicken Livers
3 Tbs Olive Oil
1 Onion, chopped
2 Tbs Garlic and Ginger Paste
5ml Chili Flakes
2 Tbs Dried Thyme
3 Tbs Olive Oil
Zest of 1 Lemon
100ml Sherry
200g Cream
50g Cream Cheese Grated Parmesan, optional

Method

In a hot pan, add oil, fry the onion, garlic and ginger paste until soft, add the chili flakes, thyme and stir.

Add the chicken livers, fry until cooked, add the zest and sherry.

Adjust seasoning. Add the cream and cream cheese and cook until the sauce has reduced a little.

Meanwhile, prepare the sourdough toast, grilled on pone fire or in a toaster.

Serve the lives on toasted crusty sourdough.

Sprinkle over some Parmesan..

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Ingredients:

1 1/4 cup milk
5 Tbls Rooibos loose tea
leaves
2 eggs
1/2 cup castor sugar
2 Tbls vanilla paste
2 cups cream

Rooibos infused vanilla ice cream

In a saucepan, bring the milk to the boil and turn off heat. Add the tea leaves and allow to infuse for about 5 minutes. Allow to cool. Beat the eggs and sugar till fluffy, add the vanilla paste and beat till well combined. Add just one cup of the cooled milk tea to the egg mixture as well as the cream and briefly mix.

Run mixture through an ice-cream maker according to instructions.

****if you don't have an ice-cream maker, beat the cream until stiff, fold in the egg mixture and the milk. Make sure to not beat the air out. Pour mixture into a plastic freezer bowl and freeze for about 6-8 hours. Mix the ice-cream every 1 1/2 hours.**

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Rooibos Beef Curry served with Roti

Ingredients

500g Beef Shoulder, cubed	2 tsp Coriander
2 Tbs Oil	2 tsp Chili Powder
2 Onions, finely chopped	1 Tbs Five Spice
2 Carrots, peeled and cubed	Salt and Pepper
2 Potatoes, diced	425g Canned Tomatoes
2 Tbs Minced Garlic	2C Strong Rooibos Tea
2 Green Chilies, finely chopped	45ml Curry Paste
2 Tbs Minced Ginger	150ml Coconut Cream
2 tsp Tumeric	Roti to serve
2 tsp Cumin	

Method

In a large saucepan, brown the meat on both sides.

Remove from the heat and set aside.

In the same pan, sauté onions until golden brown.

Add the garlic and ginger, sauté for 2 mins.

Stir in the spices and cook for a further 2 mins.

Add the meat back in as well as the vegetables, adjust seasoning.

Stir in the curry paste and add in the tomatoes and the Rooibos tea.

Simmer for 45 mins, until the meat is tender. Just before dine, stir in the coconut cream.

Serve with Roti. Garnish with fresh herbs..

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Mango Smoothie

Ingredients

1C Mangoes, cubed and frozen
1/2C Pineapple, frozen
1/2C Bananas, frozen
1 Tbs Honey
1 Tbs Lemon Juice
1/2C Ice Cubes
1/2C Spinach (optional)

Method

Blitz all the ingredients together until smooth.
Serve chilled

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Brown Bread with Antipasti

When making bread make sure you put a timer on for 10 mins, knead the bread for the entire 10 mins, don't stop even when your hands get tired. Trust us, it will all be worth it. If your bread is sticking to the counter, avoid adding more flour (it will dry it out), add a bit of oil, it should work like a charm.

Recipe is on the next page



Ingredients:

2C Brown
Bread/Wholewheat Flour
1/2C Cake Flour
1 Pkt Instant Yeast
2 Tbs Sugar
1 tsp Salt
1/2C Lukewarm Water
1/2C Lukewarm Milk
2 Tbs Olive Oil

Antipastos:
Cured meats
Olives
Anchovies
Cheese
Tepanade
Chutney

Serves: 8-10

Prep time: 45 mins

Method:

Preheat the oven to 180 degrees celsius.
Mix all the dry ingredients together in a large bowl.
Mix the wet ingredients into a jug, stir gradually into the dry ingredients.
Beat with a hook paddle for 2 mins on high speed.
Place dough on a floured surface and knead for 10 mins until soft and pliable.
Cover the dough and leave to rest until double its size.
Knock down and shape into a loaf tin or desired shape.
Cover with a kitchen cloth and leave to rise for about 20 mins. Bake in the oven for 30 mins.
Once done, leave to cook on the rack before serving.
Serve with the Antipastos.

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Who We Are

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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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