

HAPPY NOVEMBER

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Can you believe we only have two more months left of this year?

Where has the time gone?

If you've walked around any mall, you would've noticed all the Christmas decorations going up. Yep, it's already that time of the year again.

We are slowly getting into the festive mood, and since the Americans will be celebrating thanksgiving soon, we thought why not have our very own 'friendsgiving' celebrations right here in Mzansi.

This is the perfect time to gather all your favourite people and share a meal together.

We have so much to be grateful for, and so much to celebrate.

Whether it's small victories or big ones, every milestone deserves a celebration.

We have some easy festive recipes that will get you into the right mood.

Recipes that are fun for the whole family to enjoy.

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MERINGUE INGREDIENTS

6 Egg Whites

1 1/2 C Castor Sugar

2 tsp Corn Starch

1/2 Tbs Lemon Juice

1/2 Tbs Vanilla Extract

METHOD

Preheat oven to 180 degrees celsius.

Line a baking sheet with baking paper.

Draw a 4 inch circle with a pencil on the baking paper.

In a mixer, beat egg whites until foamy, gradually add sugar.

Whisk on high speed for 6-7 mins until stiff and glossy.

Add lemon juice and vanilla. Sift in corn starch and whisk until blended.

Transfer meringue onto baking paper inside the circle.

Bake for 1hr30 mins, then turn the oven off and with the door closed, leave the meringue in the oven overnight to cool completely.

Remove from the oven and cover using cling wrap and leave to rest.

CRANBERRY MASCARPONE CREAM INGREDIENTS:

1/2 C Cranberries
1/3 C Pomegranate Rubies
1 Tbs Castor Sugar
1/2 C Apple Juice
1 C Whipping Cream
1/2 C Mascarpone Cheese
1 tsp Vanilla Extract
Rosemary Springs and
Pomegranate Rubies to garnish

METHOD

In a saucepan, combine cranberries, pomegranate, sugar and apple juice and bring to a boil. Stir until the mixture has thickened. Pulse in a blender until smooth and strain the mixture into a jug. Leave to cool completely. In a bowl, beat the cream, mascarpone and vanilla for 3 mins until soft peaks. Fold the cream with the cooled cranberry mixture.



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TOPPING INGREDIENTS

1/3 C Cranberries
1/2 C Sugar and 3 Tbs extra
1/2 C Water

METHOD

Boil water with 1/2 cup sugar until the sugar has dissolved. Leave to cool in a bowl.

Drop the cranberries into the sugar syrup and stir, freeze for 30 mins. Drain and reserve the syrup for later. Dump the cranberries into the remaining castor sugar.

Make sure the cranberries are completely covered in sugar. Leave to dry on the counter.

ASSEMBLY

Dollop the mascarpone mixture into the pavlova. Garnish with the cranberries, pomegranate rubies and rosemary sprigs



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