

# 't Clark's Cookbook

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*Various Collected Bits :-)*

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## Frankie's Soda Bread, as adapted :-)

500g flour  $\approx$  3 $\frac{1}{2}$  cups  
 1 tsp salt  
 1 tsp Cream of Tartar  
 1 tsp Bicarb  
 2 Tblsp Olive Oil

2 tsp dried herbs  
 2 tsp crushed garlic

1 $\frac{1}{2}$  cup milk + 2 Tblsp lemon juice

(Quick) Start with oven, then milk+lemon juice. Mix. Make sure that the dough is moist enough, adding milk if necessary. Divide the dough into 8 balls, and place in the small bread tin (220 by 110mm). Bread breaks conveniently! Bake at 220° for 35 min. (Also 1C Sauerkraut works well)

## Al's Pancakes

1 cup flour  
 1 egg

1 $\frac{1}{3}$  cup water  
 2 Tblsp Oil

Mix well with a balloon whisk. (Double batch required for us! makes 15 pancakes) Put  $\frac{1}{2}$  Tblsp oil into each pan, \*WAIT\* until a faint blue haze rises from the oil, THEN put in a ladle of batter!

## Macaroni and Cheese (from Mom, as adapted :-)

500g Macaroni  
 2 small onions, chopped  
 240g cheese, chopped ( $\frac{1}{2}$  in,  $\frac{1}{2}$  on)  
 500g Bacon Cutts, fried & chopped

2 $\times$  white sauce:  
 2 Tblsp Butter(1oz, 28g)  
 2 Tblsp Flour  
 2 cup Milk  
 2 tsp Paarman stock powder

White sauce made Delia's way: All cold into the pot, including onion and  $\frac{1}{2}$  cheese. (Alt: Fry onion with bacon. . .) Stir continuously with baloon whisk. After thickening, simmer until onion done. Mix cooked macaroni, bacon, and sauce; put into two small loaf tins (220 by 110 mm). Rest of cheese on top. Bake at 180°C for 30 min, and then Grill until browned.

## Rhubarb

$\frac{1}{2}$  kg Rhubarb, chopped in 1cm lengths | 2 tsp Ground Ginger  
 40g Sugar (3 Tblsp)

Simmer gently 15–20 minutes. Note **NO** H<sub>2</sub>O.

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## Easy Pudding (from Mom)

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|                       |                      |
|-----------------------|----------------------|
| <i>1 cup of flour</i> | <i>2 Tblsp syrup</i> |
| <i>1/2 cup sugar</i>  | <i>3/4 cup milk</i>  |
| <i>1 tsp bicarb</i>   | <i>1 egg</i>         |

Place all ingredients into oven-proof bowl and mix well. 5 blobs of butter on top. Put lid on bowl. Bake  $\frac{1}{2}$  hour at 180°C.

Usually a double-batch in large glass dish. Traditionally served with custard.

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## Chilli Sauce—Tony Jackman

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|   |  |
|---|--|
| <i>1 kg tomatoes, ripe</i>                | <i>In Pot:</i>                         |
| <i>4 large green peppers</i>              | <i>3 cups white vinegar</i>            |
| <i>250g green chillies</i>                | <i>1 cup water</i>                     |
| <i>4 med onions</i>                       | <i>3 tsp paprika</i>                   |
| <i>6 cloves garlic (or 4 tsp crushed)</i> | <i>3 tsp whole cumin seeds (Jeera)</i> |
| <i>Olive Oil</i>                          | <i>3 Tblsp lemon juice</i>             |

In a baking tray, place tomatoes, peppers, peeled onions, garlic cloves, and de-stemmed chillies. Drizzle with Olive Oil. Roast at 180°C for 45 minutes. Should get soft and brown.

In the pressure pot put the vinegar, paprika, Jeera, lemon juice, and crushed garlic if not roasting cloves.

After roasting, place in pot, and simmer for 20 mins with lid to keep liquid in (not pressured!).

Use hand-blender and funnel into All-Gold Tomato bottles: fills  $3\frac{1}{2}$

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## White Sauce—Deals's

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|  |   |
|--|---|
| <i>1 Tblsp butter (<math>\frac{1}{2}</math> oz, 14g)</i> | <i><math>\frac{3}{4}</math> cup milk</i>  |
| <i>3 Tblsp flour</i>                                     | <i><math>\frac{3}{4}</math> cup water</i> |

Cold, mix butter, flour, milk, water. (Deals's cold white sauce method) Using a balloon whisk, stir until it gets hot, balloon whisk until thick, use!

Add 1 tsp chicken stock powder (Ina Paarman), for something a bit more tangy.

Add 2 tsp crushed garlic, for a garlic variety.

Add 30g (1 matchbox) chopped cheese, for a cheese sauce.

Add 2 Tblsp chopped capers, and 2Tblsp chopped fresh parsley for fish: Excellent!

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## Robert's Crumpets

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|                      |                            |
|----------------------|----------------------------|
| <i>1 egg</i>         | <i>3 tsp baking powder</i> |
| <i>2 Tblsp sugar</i> | <i>1 Tblsp oil</i>         |
| <i>1 cup milk</i>    | <i>pinch salt</i>          |
| <i>1 cup flour</i>   |                            |

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Beat egg & sugar, add milk, add dry ingredients slowly, then oil. In frying pan, wait for bubbles to pop on top before turning.

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## Robert's Shortbread

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|                           |  |
|---------------------------|--|
| <i>500g butter</i>        | <i>5 cups flour</i>                            |
| <i>1 cup castor sugar</i> | <i>1<sup>1</sup>/<sub>2</sub> cups maizena</i> |

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Cream butter and sugar. Add flour gradually, then maizena. Lay on greased tray. Bake at 180°C for 20 minutes, until golden brown. Sprinkle with castor sugar, and cut.

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## Miracle Muffins (<sup>1</sup>/<sub>2</sub> batch :- ) (from Ann)

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|  |   |
|--|---|
| <i>3 cups bran</i>   | <i>1 cup boiling water</i>                              |
| <i>1<sup>1</sup>/<sub>2</sub> cups sugar</i>                         | <i><sup>1</sup>/<sub>2</sub> cup marge(melted)</i>      |
| <i>1<sup>1</sup>/<sub>4</sub> cups cakeflour (or part oats)</i>      | <i>500ml buttermilk</i>                                 |
| <i>1<sup>1</sup>/<sub>4</sub> cups Nutty Wheat (or part coconut)</i> | <i>2 beaten eggs (only add when mixture has cooled)</i> |
| <i>2<sup>1</sup>/<sub>2</sub> tsp bicarb</i>                         | <i>Raisins, chopped apples, dates, cherries,</i>        |
| <i>1 Tblsp Cinnamon</i>  | <i>etc</i>  |
| <i>Pinch of salt</i>   |   |

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Mix above. Spray 'n Cook muffin trays; Bake at 220°C for 20 min. Mixture lasts in fridge for a month.

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## Soetkoekies

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|  |                               |
|--|-------------------------------|
| <i>4 cups flour (1ℓ)</i>                     | <i>1 tsp bicarb</i>           |
| <i>1<sup>1</sup>/<sub>2</sub> cups sugar</i> |                               |
| <i>1 tsp ground cloves</i>                   | <i>100ml(7 Tblsp) oil</i>     |
| <i>2 tsp ground cinnamon</i>                 | <i>≈ 200ml(13 Tblsp) milk</i> |
| <i>2 tsp ground ginger</i>                   | <i>2 eggs, beaten</i>         |

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Mix, Roll into 1<sup>1</sup>/<sub>2</sub> " sausage, freezer for <sup>1</sup>/<sub>2</sub> hour. Slice (5–10mm). 3 trays, baking paper lined. Bake at 200°C for 15 min. Be Vigilant! Makes 48 biscuits, 4 × 4 per tray :-)

## Robert's Pizza Dough

|                                 |                          |
|---------------------------------|--------------------------|
| 2 1/2 cup Flour                 | Tomato Sauce             |
| 1/2 10g sachet instant yeast    | Crushed Garlic           |
| 3/4-1 cup warm H <sub>2</sub> O | Durban Masala            |
|                                 | 170g Cheese, grated      |
|                                 | 2 Russians/Bangers/Bacon |

Mix yeast and flour. Add warm water slowly & knead till elastic, adding water if necessary. Leave in warm place until doubled in size > 15 minutes.

Squish into a full baking tray, forked at 1" intervals, trying to ensure even distribution. Leave for 5 minutes to rise in the tray.

Bake at 180°C for 15 minutes. (Yes, on its own! This is *key*).

For the topping:

Spread All Gold tomato sauce on the base, some crushed garlic, crispy bacon/sausage etc, and cover with about 170g of Grated Cheese. Just a touch of Durban Masala :-)

Bake for 5 minutes, until the cheese is browned. Grill to finish.

## Crunchies (from Mom)

|                   |                           |
|-------------------|---------------------------|
| 2 cups of flour   | 2 tsp bicarbonate of soda |
| 2 cups of coconut |                           |
| 2 cups of oats    |                           |
| 1 cup of sugar    | 250g marger               |
| 1/2 tsp salt      | 2 tablespoons syrup       |

Mix dry ingredients in a bowl. Gently melt the rest of the ingredients together and mix together. Press mixture into presprayed oven pan (grey job) and bake in preheated oven at 180°C for about 20 min. Cut into squares before cold.

## Chunky Beef Soup

|  |   |
|--|---|
| 500g Beef Shin, cubed                    | 3 Freshly picked Bay leaves   |
| 100g (3 1/2 oz) Pearled Barley (8 Tblsp) |   |
| 2 carrots                                | 110g (4oz) homegrown frozen tomatoes (or 1 tin)                       |
| 2-4 sticks Celery/Chard/Kale             | 1 tin Tomato Paste  |
| 1 large Onion                            | 1.2 l (≈ 5 cups) Beef Stock (8 tsp Parmesan powder, or 2 stock cubes) |
| 1 tsp dried Parsely                      | Ground Black Pepper   |
| 1 tsp dried Thyme                        |   |
| 1/2 tsp whole Cumin (Jeera)              |   |

Cube beef, roughly chop up veggies, and add all other ingredients. Simmer slowly (covered) for 3 1/2 hours. Just fits in Black pot.

## Burger or Hot Dog Buns—allrecipes

1 cup milk  
1/2 cup water  
1/4 cup butter 2oz 56g

1 pkt instant yeast 10g  
2 Tblsp sugar  
1 1/2 teaspoon salt

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4 1/2 cup flour

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1 egg

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Heat milk, water, butter until 50°C. Mix 2 cups of the flour with rest of dry ingredients and the hot liquids. Then mix in the egg. Add the rest of the flour (2 1/2 cups), 1/2 cup at a time.

Knead for 10 minutes. Divide dough into 12 pieces. (Can do this by weight :-) Ball; sausage; or flat rectangle—rolled up; onto 2 spray 'n cooked baking sheets. Cover and rise for two hours. Bake for 12 minutes at 200°C.

## AI's Vinaigrette Salad Dressing, adapted from Deals'

1 tsp coarse salt  
2 tsp crushed garlic  
2 tsp Colmans mustard powder

3 Tblsp Balsamic vinegar  
6 Tblsp (90ml) Olive (or Canola) oil

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Using a Pestle and Mortar, crush salt and garlic; add 1 Tblsp vinegar, crush; add mustard, crush; pour into bottle, add rest. Makes a “standard” glass vinegar-serving-bottle. Three batches fit into a “Trim” Jar, and despite Deals saying it must be fresh, it improves with age. (useful uncrushed too!)

(4× into Mayo jar: 4t salt; 8t mustard; 8t garlic; balsamic to line1 (12T); oil to line2 (24T) :-)

## AI's Honey-Mustard Spinach Salad

1/3 cup (80ml) oil  
1/4 cup (60ml) honey  
1/4 cup (60ml) apple cider vinegar

2 Tblsp wholegrain (Dijon) mustard  
Home Grown Freshly Picked De-stalked  
Swiss Chard

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Combine :-) If Colmans Wholegrain mustard powder can be found, it works very well, otherwise Staffords Traditional style Dijon. Spinach should be chopped into 20mm strips, washed, dried and chilled (Sadly, de-stalked). Add some sauce before serving. Sauce lasts in sealed bottle for at least 5 salads.

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## Leek, onion, and potato soup (Deals's pg69)

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4 large leeks  
 4 med potatoes  
 1 med onion  
 50g butter (2oz)

850ml chicken stock (3<sup>1</sup>/<sub>2</sub> cup)  
 275ml milk (1 cup + 2 Tbsp)  
 uSawoti iPelepele

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Chop leeks, potatoes and onions. Sweat *slowly* with the butter for 15 min, after ensuring that all bits have been covered with the melted butter. Add stock and milk, slowly simmer for 20min. Hit the hand-blender.

(8 leeks (850g); 5 potatoes (500g); 3 onions (260g); 100g butter; 1<sup>1</sup>/<sub>2</sub> ℓ H<sub>2</sub>O + 1 chicken stock cube; 500ml milk produced 4ℓ).

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## Salmon/Yellowtail/Snoek Steaks

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2×200g Salmon Steaks (frozen)  
 15g butter

2 fresh Bay leaves  
 salt and pepper

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Wrap in foil, bake at 180°C for 45 min.

(Also Kingklip 300g, 40 min; Yellowtail 400g, 45 min; Snoek 500g 30 min.)

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## Al's Short Crust Pastry

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2 cups flour  
 1/2 cup marge

2 tsp baking powder  
 a LITTLE water

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Rub the marge into the dry ing. When well mixed, add a *little* water until dough consistency is reached. Sufficient quantity for a standard Meat 'n Tater Pie.

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## Lemonade (from the Siebörgers)

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1ℓ lemon juice  
 Finely grated rind of 6 lemons  
 2.5 kg white sugar

5 tsp citric acid  
 4 tsp epon salts  
 3 tsp tartaric acid

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Mix together in large bowl. Add 2ℓ boiling water. Stir until fluid is clear. Dilute to taste as cordial.



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## Pane Rustica (adapted from David Fankhauser)

---

4 cups flour  
1 tsp salt

1 sachet Instant yeast  
2 cups warm water

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Mix dry ingredients well, add water.

Makes a rather sticky dough! Best results obtained if covered and allowed to rise overnight. Next morning, flour a plastic breadboard (use back of spoon to coat it evenly), and using a wooden spoon scrape dough out of bowl onto board. Using floured hands, fold dough in on itself 3 or 4 times (knocking down equivalent for squishy mess). Cover with bowl and allow to prove for an hour. Wash floured hands.

Preheat Dutch Oven (Cast Iron flat pot, "3F" 260mm diameter, 80mm high) in 230°C oven. (Takes about 15 minutes) (lid separate from bottom)

Scrape dough into *hot* Dutch Oven bottom: never mind shape. Put hot lid on top, and bake for 30 minutes. Remove Dutch Oven lid. Bake 15 minutes to brown top.

Cool on rack until you can't stand it anymore; slice thickly, apply Springbok Unsalted Butter. *Die.*

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## Ginger Beer (David Fankhauser, as yet unadapted)

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1 cup sugar  
2 Tblsp finely grated fresh Ginger root  
Juice of 1 lemon

1/4 tsp of instant yeast  
H<sub>2</sub>O

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Add sugar to a 2ℓ pop bottle (with screw-cap lid!) Add yeast, shake. Add ginger, (grated on the the little ordinary grating side of the 4-sided grater, not the sticking-out starred side) and lemon juice, using the back of a teaspoon to force down the funnel :-). Add water to within an inch of the top. Cap.

Leave for 1–4 days until bottle is *quite* hard to dent. Refrigerate (to stop the fermentation!). Strain ginger shavings out of first bit if objectionable, and note that the yeast bed at bottom may cloud: Pour like homebrew!

**Note: Thou Shalt Not Use Glass.** To Quote David Fankhauser: Exploding plastic bottles are messy. Exploding glass bottles are dangerous. . .

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## Stew (Slow Cooker)

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|  |                                  |
|--|----------------------------------|
| <i>1/2 kg Stew meat</i>                | <i>1 tsp Dried Thyme</i>         |
| <i>1 Onion, sliced in rings</i>        | <i>1 tsp Dried Basil</i>         |
| <i>3 Fresh Bay leaves</i>              | <i>2 tsp Curry (Mild Rajah)</i>  |
| <i>1 cup Frozen Carrots</i>            | <i>1 tsp Durban Masala</i>       |
| <i>1 cup Frozen (Home-grown) Beans</i> | <i>1 tsp Turmeric</i>            |
| <i>1 cup Red Wine/Water, sadly</i>     | <i>1 tsp Whole Cumin (Jeera)</i> |
| <i>2 tsp Chicken Stock powder</i>      | <i>5 Cardamom Pods</i>           |
| <i>2 Tblsp Vinegar</i>                 | <i>Salt &amp; Pepper</i>         |

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Put in Slow Cooker :-) Turn to "Auto" for at least 7 hours. Thicken gravy if necessary.

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## Chicken à la King

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|                                 |                                   |
|---------------------------------|-----------------------------------|
| <i>1/2 kg cooked chicken</i>    | <i>1 tsp Paarman stock powder</i> |
| <i>1 onion, chopped (200g)</i>  | <i>1 cup milk</i>                 |
| <i>2 tsp crushed garlic</i>     | <i>1 can chopped mushrooms</i>    |
| <i>1/2 bell pepper, chopped</i> | <i>1 tsp cumin seeds (Jeera)</i>  |
| <i>60g butter</i>               | <i>1/2 tsp Peri-peri</i>          |
| <i>3 Tblsp flour</i>            | <i>1/2 tsp Nutmeg</i>             |
|                                 | <i>2 Tblsp chopped Parsley</i>    |

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Cook chicken bits in  $\mu$ wave, debone and shred. Fry onion, garlic, and bell pepper. Do White sauce Deals's way: cold into pot: butter, flour, stock powder, milk. Thicken, then add fried stuff, then add mushrooms, jeera, peri-peri, nutmeg, parsley, simmer for 5 min, add chicken. Serve with rice.

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## Buttery Kedgeree—Deals's

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|                                 |                                    |
|---------------------------------|------------------------------------|
| <i>200g "Haddock", cooked</i>   | <i>1 tsp Durban Masala</i>         |
| <i>50g butter</i>               | <i>2 hard-boiled eggs, chopped</i> |
| <i>1 small onion, chopped</i>   | <i>2 tsp chopped fresh parsley</i> |
| <i>1 tsp Rajah Curry Powder</i> | <i>1 Tblsp lemon juice</i>         |

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Boil eggs 10 min, grill haddock: flake. Heat  $1/2$  butter in pot and soften onions: add curry and masala. Add flaked fish, eggs, parsley, lemon juice and other  $1/2$  butter. Simmer 5 min and serve with rice. Can boil haddock.

## Hake Mornay

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|   |  |                                  |
|---|--|----------------------------------|
| <i>1/2 kg Fish:Hake, Yellowtail</i>       |  | <i>2 eggs</i>                    |
| <i>2 tsp Paarman Chicken Stock Powder</i> |  | <i>60g cheese, chopped (2oz)</i> |
| <i>1 cup milk</i>                         |  | <i>1 T butter</i>                |

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Place fish in APCF oven dish. Sprinkle stock powder, rub. Fork-mix eggs and milk, pour over, add cheese and butter in blocks on top of fish. Bake at 180°C for 1/2 hour, until custard is set; Grill to finish :-)

## Chutney Chops

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|                                      |  |   |
|--------------------------------------|--|---|
| <i>4 chops</i>                       |  | <i>1 tsp mint(lamb)/Italian Herbs(pork)</i> |
| <i>1 tsp Colman's mustard powder</i> |  | <i>4-6 Tblsp Chutney</i>                    |
| <i>1 tsp Aromat</i>                  |  | <i>2 Tblsp Vinegar</i>                      |

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Mix. Place chops on Baking Sheet, bake at 180°C for 10 min. Spoon 1/2 mixture onto the chops: bake for 10 min. Turn chops over, spoon rest of mixture onto chops: bake 10 min. Grill to finish.

## Butternut Soup

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|  |  |  |
|--|--|--|
| <i>1 butternut, peeled, diced (750g)</i> |  | <i>2 Tblsp flour</i>                       |
| <i>1/2 apple, peeled</i>                 |  | <i>1/2 tsp Nutmeg</i>                      |
| <i>1 onion, chopped</i>                  |  | <i>1 chicken stock cube in 1 cup water</i> |
| <i>2 Tblsp butter (1oz, 30g)</i>         |  | <i>1 cup milk</i>                          |
| <i>1 tsp Curry</i>                       |  |  |

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Fry onion till translucent, add curry. Add diced butternut & apple. Add flour and nutmeg. Add chicken stock and milk. Simmer >1/2 hour. Kershooker.

## Lamb Leg

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*Leg of Lamb, for Passover*

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Make some nice deep cuts and shove some crushed garlic down the holes. A couple of de-insected sprigs of Rosemary works wonders. 1/2 cup of Red Wine into the roasting pan works very well.

Roast at 180°C for “half an hour to the pound”. Then inspect and give extra time if necessary.

All other schemes (higher temp, then half etc) tend to overcook the lamb. There is no need for searing in a closed roaster, and this way, it can be cut through the joint (Bloodiest bit) and given extra time without drying the daylights out of it. Nothing worse than the most expensive meat becoming chewy!!

## Tuna Pasta Bake

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### For the Tuna Pasta sauce

1/2 onion chopped  
 25g butter  
 1 Tblsp Maizena  
 400g tin tomato soup or:  
 50g pkt tomato paste + 1/2 cup H<sub>2</sub>O  
 1 tsp Italian Herbs  
 2 tins tuna

150g pasta

### Chard Cheese sauce:

1/2 onion, chopped  
 25g butter  
 2 Tblsp flour  
 300ml milk  
 100g de-stalked spinach, chopped  
 140g cheese 1/2 in, 1/2 on

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Boil pasta, drain.

Tuna Sauce: fry onion in butter until translucent, mix cornflour in a little water, add to pot with tomato paste and water. Add herbs, and simmer for a few minutes. Add drained tuna, mix well. Needs to be quite thick.

Chard cheese sauce: long way. Could do Deals's. fry onion in butter until translucent, add flour and stir continuously. Gradually add the milk, stirring continuously. Add finely chopped chard until wilted, add cheese, stirring to avoid burning.

In a baking dish, mix pasta and Tuna sauce, pat it down level. Pour Chard cheese sauce on top, sprinkling the extra cheese on top of that.

Bake for 1/2 hour at 180°C. Grill cheese if necessary.

## Prawn Curry.

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### Marinade

400g Prawn meat "Small Vannamei"  
 PnP  
 1 tsp Turmeric  
 1/2 tsp grated Coriander  
 1/2 tsp Jeera (Cumin seeds)  
 1/2 tsp Ginger  
 Juice of 1 lemon

### Sauce

1 Onion (≈ 150g), chopped not too finely.  
 3 tsp Garlic

3 Tblsp Olive Oil  
 1 tsp Cayenne pepper  
 1 tsp Turmeric  
 1 tsp Ginger  
 1 tsp Jeera  
 1 tsp Garum Masala  
 1 tsp Durban Masala  
 2 tsp Curry Powder

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1 tin Chopped tomato

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Defrost prawns in sink of hot water :-). Construct marinade, combine for 1/2 hour, stirring occasionally.

Fry onion in 1 matchbox of butter, add Garlic, 5 min. Add Olive oil, and all dry spices. (Med. heat for 5 min). Add tomato, cook for 10 min, stir often.

Add Prawns-in-Marinade, cook for max 5 min. (to avoid Rubbery Prawns :-)

*Abridged. . .*