



BOVRIL MUFFINS

Muffins

Preheat the oven to 180°C, and grease and flour a mini muffin pan. Sift the dry ingredients into a mixing bowl. Add milk and cheese, and mix to incorporate. Spoon the batter into the muffin pan and bake for 10 to 12 minutes.

Sauce

Heat butter and Bovril together and whisk until combined. When the muffins come out of the oven, dip them in the sauce to coat them completely and leave to cool on a wire rack with a drip tray underneath.

Makes 16 muffins

150 g cake wheat flour
10 ml baking powder
pinch of salt
375 ml milk
120 g cheddar cheese, grated

230 g butter
60 ml Bovril spread

ROOT VEGETABLE CRISPS

Trim top and bottom and then slice all vegetables thinly using a mandolin or sharp knife. Soak sliced vegetables in water for about 1 hour to draw out starch; this will help them not to brown too quickly. Drain and pat dry with paper towel. Combine rosemary and salt in a small bowl.

Heat oil in a large pot or deep-fryer to 180°C. Fry each vegetable separately in batches and, using a mesh sieve or slotted spoon, remove the chips to a baking tray lined with paper towel to absorb excess oil. Sprinkle rosemary-and-salt mixture over and transfer to a serving plate.

Makes 2 ℓ containerful

2 sweet potatoes, washed and dried
2 beetroots, washed and dried
2 carrots, washed and dried
1 potato, washed and dried
1 rosemary sprig, leaves picked and minced
10 ml salt
2,5 ℓ vegetable oil

CURRY SPICED NUTS

Preheat the oven to 180°C and lightly grease 2 baking trays. (You'll need to bake this quantity of nuts in batches.) Place nuts and seeds in a large mixing bowl, add the rest of the ingredients and toss to combine. Spread the coated nuts and seeds in the trays in a single layer. Bake for 15 to 20 minutes, stirring every 4 minutes, or until lightly toasted and fragrant. Allow to cool and store in airtight containers.

Makes about 3 kg

2,25 kg mixed nuts, shelled, unroasted and unsalted
560 g pumpkin seeds
334 g maple syrup
40 ml curry powder
25 ml paprika
40 ml mixed dried herbs
20 ml salt