

FEEL GOOD FOOD

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# contents

A person wearing a white short-sleeved shirt and a long, flowing skirt with vertical blue and white stripes is holding a large, round, woven basket. The basket is filled with several bright yellow sunflowers with green leaves. The background is a soft, out-of-focus light color.

## Introduction

## little hunger

Milk tart oats

Moer koffie French toast

Brûlée banana parfaits

Ultimate Plant based rusks

## main/dejeuner/dinner

Seasonal harvest braai salad

Lentil bobotie sausage rolls

Mushroom burgeoning pasta

French onion gnocchi bake

## dessert

Crème brûlée milk tart

Salted caramel apple malva pudding

Chocolate ganache tart

Sweet potato chocolate mousse

# introduction

We've all have a story to tell. Mine started with food. 22 years young, moving to France with one suitcase and only bonjour as part of my vocabulary. Hungry and ready for a new adventures rather than the familiar dirt roads of my tiny town in the Free state. Greeted by age old trees and buildings, drizzling rain, kisses on the cheek and warm banquets.

Whilst living in France as a young newlywed, foreign to most things that I came in contact with, I reverted back to food. It was my comfort, therapy and let out for this foreign situation I was in. I missed family, my moms warm embrace and the way her cooking soothed me. France has taught me how much I love food, our South African culture, and the way we use food to bring us all together. Miles away from my family I had to teach myself to make these dishes and recreate them to fit in to my new style of eating. Rusks with morning coffee, Sunday lunch dessert malva pudding with custard. I made it my mission, cultural drive even to recreate my way back home.

Things our South African and French cultures have in common are the love for food, favorite recipes, passing it down from one generation to the next and eplorings cultures, stories and opinions over plates of food. I have learnt over the years that food is a language that can't be explained but rather embraced. It can be turned into something new by translation of every person that makes it.

This book is dedicated to those who seek the familiar taste of home but with a feel good factor. Comfort but with a plant based twist. Most of these recipes have been created through my experiences of living abroad. I roomed through the markets looking for new ideas on how I could implement these ingredients with our South African heritage in mind, but certainly my French influence came in to play. How good does creme brûléed Milk tart sound? It's the perfect balance between chic and lekker.







# milk tart oats

how to make the perfect oats?

Soak 2 cups of rolled oats in water the night before, cook on a medium temperature, adding peanut butter, sliced bananas and plant milk whilst cooking. Then add a pinch of salt and splash of vanilla before serving.

Milk tart filling ingredients

1 tbsp cashew nut butter / macadamia, sub with any other smooth nut butter of choice  
1 cup plant-based milk  
1/4 cup coconut cream  
2 tbsp liquid sweetener of choice  
1 tbsp corn starch  
1 tsp vanilla extract  
Pinch of salt

## Method

1. Heat the milk until boiling point, mix the nut butter, coconut cream, sweetener, corn starch, vanilla and the salt in a bowl.
2. Whisk the corn starch mixture vigorously in to the milk until combined and then gradually heat up until thickened.
3. Serve the milk tart filing on top of your oats, serve with cinnamon sugar