



VKB Milling (Pty) Ltd  
10 Hereford Street, Mokopane, 0600.  
Tel: 015 491 9000

[www.magnifisan.co.za](http://www.magnifisan.co.za)



## MEAL TIME MAGIC RECIPE BOOK ONE



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## *Magnifisan Maize Meal Mince Lasagne*

### **Mince sauce**

20 ml sunflower oil

2 x 410 g Sesehebo tomato, onion mix with chillie

800g beef mince

20 ml fresh parsley, finely chopped

Salt and pepper, to taste

50 g cheddar cheese, grated

### **Maize Meal**

2 litres of water

Pinch of salt

500 ml (2 cups) **Magnifisan Super Maize Meal**

Heat the oil in a saucepan and add mince. Cook until slightly cooked.

Add the tomato and onion mixture, parsley and season well.

Cover and cook for about 20 minutes.

Make the pap by boiling the water and salt in a medium pot. Slowly add the maize meal in a slow stream. Stir with a fork to prevent any lumps from forming. Cover and leave to simmer for about 10 minutes. Stir once again with a wooden spoon and continue to simmer for a further 20 minutes. Preheat the oven to 180°C.

In a 20cm baking tray spoon a little of the pap to form a base next spoon the mince mixture and top with another layer of pap and mince sprinkle with the cheese and bake until the cheese has melted. Remove from the tray and serve while still hot.

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## *Magnifisan Pan Fried Bread*

310 ml **Magnifisan Super Maize Meal**

190 ml Super-Sure Cake Flour

10 g instant yeast

60 ml sugar

Pinch of salt

10 ml baking powder

5 ml bicarbonate of soda

80 ml milk

250 ml Amasi

2 large eggs, lightly beaten

125 ml butter, melted

Preheat the oven to 200° and place a cast iron frying pan inside to heat.

In a large mixing bowl, whisk together the maize meal, flour, sugar, salt, baking powder and bicarbonate of soda. Add the milk, amasi and eggs and whisk to combine. Continue whisking whilst adding almost all the melted butter.

Reduce the oven to 180°C. Carefully remove the frying pan from the oven and brush the bottom with the remaining butter. Pour the batter into the frying pan and bake until it is almost cooked.

Carefully remove from the oven and sprinkle with the cheese or whatever else you would like to add, such as cubed bacon, ham, chicken pieces and vegetables and continue to bake until the cheese has melted. Serve.



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## *Magnifisan Pizza with Mushrooms and Ham*

### **Base**

1 litre water

Pinch of salt

250 ml **Magnifisan Super Maize Meal**

### **Topping**

1 x 410 g tomato and onion mixture

150 g mozzarella, grated

250 g (1 punnet) button mushrooms

50 g sandwich ham, cubed

10 ml dried oregano

Preheat the oven to 200°. Lightly grease an oven tray.

For the pizza base, bring the water and salt to a boil and slowly add the maize in a slow stream stirring with a fork to prevent any lumps from forming.

Cover and leave to cook for 10 minutes. Stir with a wooden spoon and continue to cook for a further 10 minutes.

Flatten the pap evenly down on the oven tray and top with the tomato and onion mixture, then the mozzarella, mushrooms, ham and sprinkle with the oregano. Bake until the base is cooked and crispy, about 10 – 20 minutes.

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## *Magnifisan Magic Pancakes*

2 litres of water  
Pinch of salt  
500 ml **Magnifisan Super Maize Meal**  
2 large eggs  
1 x 410 g whole corn kernels, drained  
10 ml baking powder  
Cinnamon and honey, for serving

Make the pap by boiling the water with the salt in a medium pot.

Slowly add the maize meal in a slow stream. Stir with a fork to prevent any lumps from forming. Cover and leave to simmer for about 10 minutes. Stir once again with a wooden spoon and continue to simmer for a further 20 minutes.

Mix the cooked pap with the rest of the ingredients except for the cinnamon and honey.

Heat a little oil in a frying pan and spoon, spoonful of the pap mixture and fry until golden brown on both sides, for about 5 minutes and drain. Continue until all of the mixture is used.

Serve sprinkled with cinnamon and drizzle with honey.

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## Magnifisan Orange Cake

200 g butter, at room temperature

150 g sugar

3 large eggs

10ml vanilla essence

200 g Super-Sure Cake Flour

100 g **Magnifisan Super Maize Meal**

Zest of 2 large oranges

10 ml baking powder

### Syrup

Juice of 3 oranges

130 g castor sugar

1 cinnamon stick

Preheat the oven to 180°C. Line a 20cm springform cake tin and set aside.

Beat the butter and sugar in a large mixing bowl until light and creamy, beat the eggs in one at a time, beating well after each addition. Mix in the vanilla.

In another mixing bowl, combine the flour, maize, zest and baking powder. Gently stir the maize mixture into the egg mixture and pour into the prepared cake tin.

Bake until cooked for about 40 – 50 minutes.

In the meantime prepare the syrup by boiling the orange juice with the sugar and cinnamon stick for about 10 minutes.

Once the cake is cooked remove from the oven and pour the hot syrup over the cake. Leave the cake to absorb the syrup before gently removing from the tin and serving with fresh cream, custard or ice cream.

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## *Magnifisan Pap Balls*

### **Pap Balls**

1 litre water

Pinch of salt

250 ml **Magnifisan Super Maize Meal**

### **Filling**

100 g corned meat

50 g cheddar cheese, grated

### **Coating**

2 large eggs, lightly beaten

100 g fresh breadcrumbs

To make the pap balls, bring the water and salt to a boil and slowly add the maize in a slow stream stirring with a fork to prevent any lumps from forming. Cover and leave to cook for 10 minutes. Stir with a wooden spoon and continue to cook for a further 10 minutes.

For the filling, mix the corned meat and cheddar together. Take a handful of pap and form a ball. With your thumb, push to make a large hole big enough to fill with the corned meat mixture. Roll closed and dip into the egg and then coat with the breadcrumbs. Refrigerate for 30 minutes.

Heat enough oil to deep fry the pap balls until golden and serve while still hot with sweet chillie sauce.

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## *Magnifisan Maize Meal Roti*

### **Curried pilchards**

- 1 x 410 g diced tomatoes
- 1 x 155 g Pilchards in hot chilli sauce
- 1 fresh curry leaf
- 5 ml mild curry powder
- Salt and pepper, to taste

### **Roti**

- 1 litre water
- Pinch of salt
- 250 ml **Magnifisan Super Maize Meal**
- 250 ml Super-Sure Cake Flour

Place all the curried pilchard ingredients into a small pot and cook for about 15 minutes.

To make the roti, bring the water and salt to a boil and slowly add the maize in a slow stream stirring with a fork to prevent any lumps from forming.

Cover and leave to cook for 10 minutes. Stir with a wooden spoon and continue to cook for a further 10 minutes.

Add the flour a little at a time kneading into a smooth dough. The dough should not be sticky or hard.

Break into little pieces and roll into balls. Flatten to your desired size. Heat a flat frying pan and toast the roti until cooked. Top or roll with the curry and serve.



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## *Magnifisan Cream & Jam Scones*

350 g **Magnifisan Super Maize Meal**

5ml baking powder

5 ml salt

60 g butter chilled and cubed

45 ml castor sugar

150 ml amasi

Preheat the oven to 220°C.

In a large bowl, sift the maize, baking powder and salt. Rub the butter into the maize until it resembles fine breadcrumbs.

Add the sugar and mix to combine. Make a well in the centre of the maize ingredients and add the amasi. With the back of a knife mix until the mixture just comes together to form a dough.

Turn the dough onto a lightly maize-dusted work surface and pat the dough out to about 2cm in thickness. Using a cookie cutter, dip into a little maize meal and cut out rounds.

Gently lift onto a prepared baking tray and bake for 10 – 12 minutes. Serve with jam and cream while still hot.

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## *Magnifisan Maize Meal Bunny Chow*

### **Bread**

180 g **Magnifisan Super Maize Meal**

240 g Super-Sure Cake Flour

10 g instant yeast

Pinch of salt

250 ml warm water

2 tbsp sunflower oil

### **Filling**

4 Grain Field Chickens Chicken Breast Fillets, cubed

1 x 400g chakalaka corn

Preheat the oven to 180°C.

In a large mixing bowl, combine the flour, yeast, salt, maize and water. Stir vigorously until smooth. Stir in 1 tablespoon of the oil. Mix until a smooth dough has formed. Place in a greased bowl and set aside covered in a warm place until doubled in size.

With a pastry brush, coat the bottom and sides of a 23cm loaf tin and gently turn the dough out into the tin. Let it rise in a warm place until doubles in size once more, for another 30 minutes. Bake until the top is golden for about 40 minutes.

In the meantime make the chakalaka chicken, by cooking the chakalaka corn with the chicken cubes until the chicken is cooked. Season well.

Once the bread is done, spoon the chicken chakalaka onto the top of the bread that has been cut open and serve while still hot.

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## *Magnifisan Maize Meal Milk Tart*

230 g **Magnifisan Maize Meal**

750 ml milk

190 ml sugar

190 ml milk powder

10 ml vanilla essence

2 ml yellow food colouring

Mix all the ingredients well together and bring to the boil. Once thickened, pour into a baking dish cover and refrigerate until set, for about 4 hours.

Remove from the baking dish and gently cut into squares serve topped with fresh fruit.