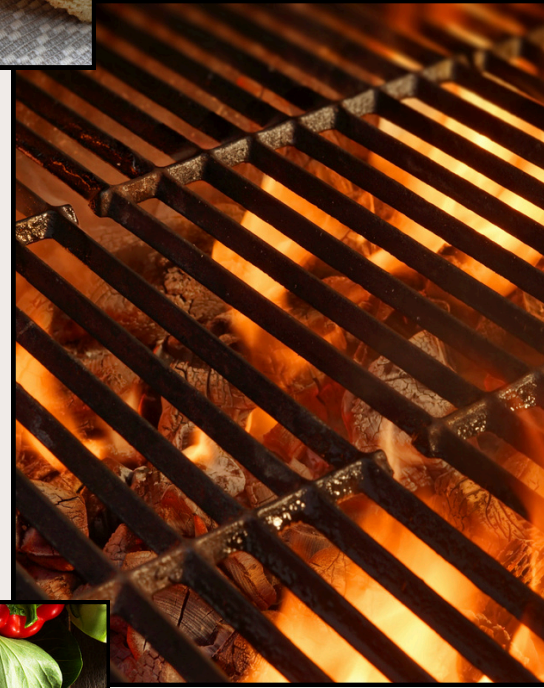




COOK ON A BUDGET



In the current South African economy AND with the electricity outages - we go back to basics!

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Stretching Your Grocery Budget: Smart Shopping for South Africans

Food prices are rising, but with smart shopping strategies, you can stretch your grocery budget and still prepare nutritious meals for your family. Here are some key ways to shop smarter in South Africa:

1. Buy in Bulk and Look for Specials

Buying non-perishable staples like rice, maize meal, and beans in bulk is often cheaper than smaller portions. Look out for monthly specials at wholesalers and supermarkets.

2. Shop at Local Markets and Butcheries

Fresh produce is often cheaper at local markets than at supermarkets. Butchers may offer bulk deals on meat, and some allow you to buy in bulk and pay in instalments.

3. Plan Your Meals and Make a List

Avoid impulse buying by planning meals in advance and sticking to a list. This prevents overspending and ensures you only buy what you need.

4. Choose Store Brands Over Big Names

Supermarket own-brand products are usually just as good as well-known brands but cost much less.

5. Use a Price Comparison App

Compare prices between different stores before shopping to find the best deals. Apps like PriceCheck or supermarket websites can help.

6. Buy Seasonal and Frozen Vegetables

Seasonal fresh produce is cheaper and more nutritious. Frozen vegetables are also an affordable alternative to fresh ones.

7. Reduce Food Waste

Store leftovers properly, repurpose food scraps, and freeze extra portions to prevent waste and save money.

By implementing these tips, you can maximise your grocery budget while still enjoying nutritious and tasty meals.



Batch Cooking & Freezing: Save Time and Money

Batch cooking is a great way to save both time and money while ensuring you always have a meal ready to go. By preparing food in large quantities and freezing portions, you can cut down on waste and avoid the temptation of expensive takeaways. Here's how to make it work for you:

1. Plan Your Meals in Advance

Choose recipes that freeze well, such as stews, curries, soups, and pasta sauces. Planning ahead ensures that you buy ingredients in bulk, which is usually more cost-effective.

2. Invest in Good Storage Containers

Use airtight containers or freezer bags to keep meals fresh for longer. Label each container with the date and name of the dish to avoid confusion.

3. Cook in Bulk and Portion Wisely

Prepare large quantities of food at once and divide them into meal-sized portions before freezing. This makes it easy to defrost just what you need.

4. Use Freezing-Friendly Ingredients

Not all foods freeze well. Stick to items like cooked meats, rice, beans, and most vegetables. Avoid freezing potatoes and dairy-heavy dishes unless properly prepared.

5. Rotate Your Freezer Stock

Use older meals first to prevent freezer burn and food waste. Keep an inventory list to track what you have stored.

6. Reheat Properly

Thaw frozen meals in the fridge overnight or use a microwave's defrost setting. Always reheat thoroughly before serving.



Affordable & Nutritious Substitutes for Expensive Ingredients

Eating well doesn't have to break the bank. Many expensive ingredients can be replaced with more affordable, yet equally nutritious alternatives. Here are some cost-saving swaps to try:

1. Swap Fresh Meat for Beans and Lentils

Meat is one of the most expensive grocery items. Replacing some or all of it with protein-packed lentils or beans in dishes like curries and stews can stretch your budget without sacrificing nutrition.

2. Use Frozen Vegetables Instead of Fresh

Frozen vegetables are just as nutritious as fresh ones, often cheaper, and have a longer shelf life. They're a great alternative for stir-fries, soups, and side dishes.

3. Opt for Oats Instead of Breakfast Cereals

Boxed cereals can be pricey and often contain added sugar. Oats are a more affordable, healthier option that can be flavoured with fruit, honey, or cinnamon.

4. Make Your Own Stock Instead of Buying It

Save vegetable peels, chicken bones, and herb stems to make homemade stock. It's cheaper, reduces food waste, and is free from additives.

5. Use Powdered Milk Instead of Fresh Milk

If milk prices are high, consider powdered milk for cooking and baking. It lasts longer and can be reconstituted when needed.

6. Replace Expensive Fish with Canned Tuna or Pilchards

Fresh fish can be costly, but canned tuna, sardines, or pilchards provide similar omega-3 benefits at a fraction of the price.



Cooking Without Electricity: Budget-Friendly Solutions

With rising electricity costs and unexpected power outages, learning how to cook without electricity can save money and ensure you always have a meal ready. Here are some affordable and effective alternatives:

1. Invest in a Gas Stove or Portable Burner

A small gas stove or portable burner is a cost-effective solution for cooking during load-shedding or power failures. It's easy to use and works well for most cooking needs.

2. Use a Wonderbag for Slow Cooking

A Wonderbag is an insulated slow cooker that retains heat and continues cooking food even after being removed from a heat source. It saves gas or firewood and is great for stews and soups.

3. Cook with a Braai or Open Fire

South Africans are no strangers to braais! A simple outdoor braai or fire pit can be used to grill meat, cook vegetables, and even bake bread using a cast-iron pot.

4. Try No-Cook Meals

Salads, wraps, sandwiches, and overnight oats are nutritious, filling, and require no cooking at all. Perfect for days when you want to save energy.

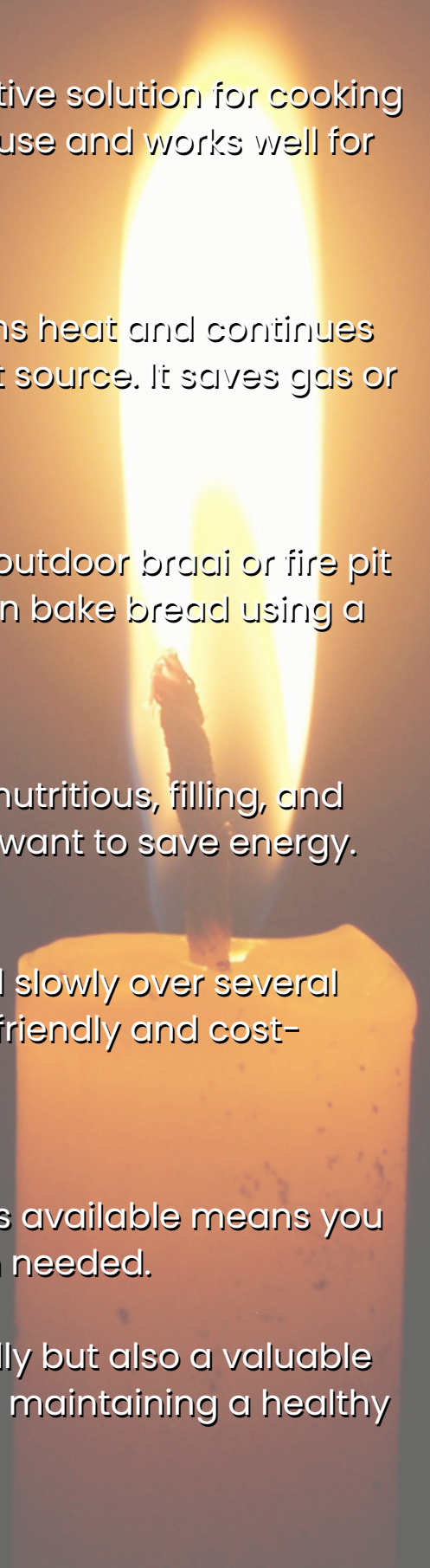
5. Use Solar Cooking

Solar cookers harness the sun's energy to cook food slowly over several hours. While it requires planning ahead, it's an eco-friendly and cost-effective alternative.

6. Prepare and Store Meals Efficiently

Batch cooking and freezing meals when electricity is available means you can defrost and eat with minimal preparation when needed.

Cooking without electricity is not only budget-friendly but also a valuable skill for managing unexpected power outages while maintaining a healthy diet.



Meal Planning on a Shoestring Budget

Meal planning is one of the best ways to save money while ensuring you and your family eat nutritious, balanced meals. Here's how to make the most of your grocery budget with effective meal planning:

1. Set a Realistic Budget

Determine how much you can afford to spend on groceries each week or month. Stick to your budget by focusing on essential ingredients and avoiding impulse purchases.

2. Plan Around Affordable Ingredients

Base your meals on cost-effective staples like rice, beans, lentils, pasta, and seasonal vegetables. These ingredients provide good nutrition without breaking the bank.

3. Cook in Bulk and Freeze Leftovers

Preparing larger portions and freezing meals saves both time and money. Dishes like stews, soups, and casseroles are ideal for batch cooking.

4. Stick to a Shopping List

Before heading to the store, make a list based on your meal plan. This prevents unnecessary spending and helps you stay focused on budget-friendly items.

5. Use Leftovers Creatively

Transform leftovers into new meals to minimize waste. For example, roast chicken from one meal can be used in sandwiches, salads, or soups the next day.

6. Take Advantage of Specials and Discounts

Look out for supermarket promotions, bulk discounts, and loyalty rewards to maximize savings on essential grocery items.

7. Keep Meals Simple

You don't need fancy ingredients to make delicious meals. Stick to simple, wholesome recipes that use minimal but nutritious components. With careful planning, you can stretch your grocery budget further while still enjoying healthy, home-cooked meals.



Breakfast & Light Meals Recipes

1. Cornflakes & Hot Milk Breakfast

Ingredients:

- 1 cup cornflakes
- 1 cup hot milk
- 1 tsp sugar or honey (optional)

Method:

- 1.Heat the milk on the stove or in the microwave.
- 2.Pour over the cornflakes.
- 3.Add sugar or honey if desired.

💡 Budget Tip: Buy store-brand cornflakes for a cheaper alternative.

2. Homemade Mealie Meal Porridge

Ingredients:

- 1/2 cup maize meal (mealie meal)
- 2 cups water
- 1/2 cup milk (optional)
- 1 tsp sugar or salt (to taste)

Method:

- 1.Boil 1 cup of water in a pot.
- 2.Mix the maize meal with 1 cup of cold water to form a paste.
- 3.Slowly add the paste to the boiling water, stirring constantly.
- 4.Cook for 5-10 minutes until thick.
- 5.Add milk, sugar, or salt as desired.

💡 Budget Tip: Buy maize meal in bulk to save money.

3. Bread & Bovril Soldiers

Ingredients:

- 2 slices of bread
- 1 tsp Bovril (or Marmite)
- 1 tbsp butter

Method:

- 1.Toast the bread until golden.
- 2.Spread butter and Bovril evenly.
- 3.Cut into strips (soldiers) for easy dipping.

💡 Budget Tip: Use store-brand Bovril/Marmite for a cheaper alternative.

4. Scrambled Eggs with Chakalaka on Bread

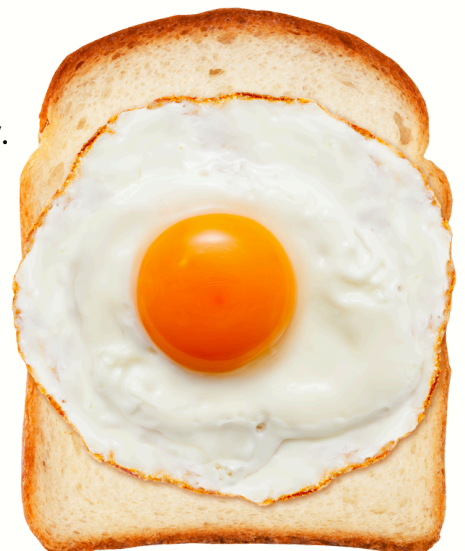
Ingredients:

- 2 eggs
- 1 tbsp oil or butter
- 2 tbsp chakalaka
- 2 slices of bread

Method:

- 1.Heat oil in a pan and scramble the eggs.
- 2.Toast the bread.
- 3.Spread chakalaka on the toast and top with scrambled eggs.

💡 Budget Tip: Buy chakalaka in bulk or make your own.



5. Mielie Bread (Cornbread) with Butter

Ingredients:

- 1 cup maize meal
- 1/2 cup flour
- 1 tsp baking powder
- 1 cup milk
- 1 egg
- 1/2 tsp salt
- 2 tbsp sugar

Method:

1. Preheat oven to 180°C.
2. Mix dry ingredients in a bowl.
3. Add milk and egg and mix well.
4. Pour into a greased baking tin and bake for 25-30 minutes.
5. Serve with butter.

💡 Budget Tip: Freeze extra slices for later use.

6. Simple Mabele Porridge (Sorghum Porridge)

Ingredients:

- 1/2 cup sorghum meal (mabele)
- 2 cups water
- 1 tbsp sugar or honey
- 1/2 cup milk (optional)

Method:

1. Mix sorghum meal with 1 cup of cold water to make a paste.
2. Boil the remaining water and slowly add the paste, stirring continuously.
3. Cook for 10 minutes until thick.
4. Add sugar and milk if desired.

💡 Budget Tip: Sorghum is cheaper than most cereals and highly nutritious.

7. Homemade Breakfast Rusks

Ingredients:

- 3 cups flour
- 1/2 cup sugar
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1/2 cup butter
- 1 egg

Method:

1. Preheat oven to 180°C.
2. Mix dry ingredients in a bowl.
3. Melt butter and add to the mixture with milk and egg.
4. Shape into small logs and bake for 30-40 minutes.
5. Once baked, dry out in the oven at a low temperature (100°C) for 2-3 hours.

💡 Budget Tip: Make in bulk and store in an airtight container.



8. Sweet Pumpkin Pap

Ingredients:

- 1 cup maize meal
- 2 cups water
- 1/2 cup mashed pumpkin
- 1 tbsp sugar or honey
- 1 tsp cinnamon

Method:

1. Cook maize meal in boiling water as usual.
2. Add mashed pumpkin and stir well.
3. Sweeten with sugar or honey and sprinkle with cinnamon.

💡 Budget Tip: Use leftover pumpkin from other meals.

9. Homemade Breakfast Wraps (Using Leftover Pap)

Ingredients:

- 1 cup leftover pap
- 2 tbsp flour
- 1 egg
- 1 tbsp oil
- Fillings: scrambled eggs, cheese, or leftover veggies

Method:

1. Mix pap, flour, and egg to form a dough.
2. Roll out thin and fry in a pan like a pancake.
3. Fill with scrambled eggs or leftovers.

💡 Budget Tip: Great way to use leftover pap!

10. Boiled Eggs & Fried Bread

Ingredients:

- 2 eggs
- 2 slices of bread
- 1 tbsp oil or butter

Method:

1. Boil eggs for 8 minutes until hard.
2. Fry bread in butter or oil until crispy.
3. Serve with eggs.

💡 Budget Tip: Eggs are one of the cheapest protein sources.



Budget-friendly Hearty Main Meal recipes:

1. Spicy Bean and Tomato Stew

Ingredients:

- 1 can of red kidney beans, drained
- 1 can of chopped tomatoes
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp paprika
- 1 tsp cumin
- ½ tsp chili powder (optional)
- 1 tbsp oil
- Salt and pepper to taste

Method:

1. Heat oil in a pot and sauté the onions and garlic until soft.
2. Add paprika, cumin, and chili powder, and cook for another minute.
3. Stir in the chopped tomatoes and simmer for 10 minutes.
4. Add the kidney beans and cook for another 5 minutes.
5. Season with salt and pepper, then serve with rice or bread.

2. Budget-Friendly Chicken & Veg Bake

Ingredients:

- 4 chicken drumsticks or thighs
- 2 potatoes, cubed
- 2 carrots, chopped
- 1 onion, sliced
- 1 tsp dried mixed herbs
- 2 tbsp oil
- Salt and pepper to taste

Method:

1. Preheat oven to 180°C.
2. Place chicken, potatoes, carrots, and onion in a baking dish.
3. Drizzle with oil and sprinkle with mixed herbs, salt, and pepper.
4. Toss everything together, then bake for 45–50 minutes until golden and cooked through.
5. Serve hot with a side of rice or bread.



3. One-Pot Lentil & Rice Dish

Ingredients:

- 1 cup lentils, rinsed
- 1 cup rice
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1 tsp cumin
- 1 tbsp oil
- 4 cups water or stock
- Salt and pepper to taste

Method:

1. Heat oil in a pot, add onions and garlic, and cook until soft.
2. Add turmeric and cumin, stir for 30 seconds.
3. Add lentils, rice, and water/stock. Stir well.
4. Bring to a boil, then cover and simmer for 20 minutes until everything is cooked.
5. Season with salt and pepper, then serve.

4. Creamy Peanut Butter Cabbage & Rice

Ingredients:

- 2 cups cabbage, shredded
- 1 cup rice, cooked
- 2 tbsp peanut butter
- 1 onion, chopped
- 1 tbsp oil
- 1 cup water
- Salt and pepper to taste

Method:

- 1.Heat oil in a pan and sauté the onions until soft.
- 2.Add cabbage and stir-fry for 5 minutes.
- 3.Stir in peanut butter and water, then simmer for 5 more minutes.
- 4.Serve over cooked rice, seasoning with salt and pepper to taste.

5. Cheap and Easy Mince & Pasta

Ingredients:

- 250g minced beef
- 1 onion, chopped
- 1 can chopped tomatoes
- 1 tsp dried oregano
- 2 cups cooked pasta
- 1 tbsp oil
- Salt and pepper to taste

Method:

- 1.Heat oil in a pan and cook the onions until soft.
- 2.Add the mince and cook until browned.
- 3.Stir in the chopped tomatoes and oregano, then simmer for 10 minutes.
- 4.Add the cooked pasta and mix well.
- 5.Season with salt and pepper, then serve.



Here are 10 budget-friendly side dish recipes that South Africans can enjoy, with easy-to-find ingredients:

1. Pap and Tomato Gravy

Ingredients:

- 1 cup maize meal (pap)
- 2 cups water
- Salt to taste
- 2 tbsp vegetable oil
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 tbsp tomato paste
- 1 tsp sugar
- Salt and pepper to taste

Instructions:

1. Bring water to a boil, add salt, and stir in maize meal to make pap. Stir continuously until thickened, then reduce heat and simmer for 5 minutes.
2. For the gravy, heat oil in a pan, sauté onions until golden.
3. Add chopped tomatoes, tomato paste, sugar, salt, and pepper. Simmer for 10 minutes.
4. Serve the pap with tomato gravy on top.

2. Braai Potato Salad

Ingredients:

- 4 large potatoes, boiled and diced
- 1 onion, chopped
- 1 cup mayonnaise
- 2 tbsp mustard
- 1 tbsp vinegar
- Salt and pepper to taste
- Fresh herbs (optional)

Instructions:

1. Boil potatoes and let them cool.
2. In a bowl, mix mayonnaise, mustard, vinegar, salt, and pepper.
3. Add boiled potatoes, chopped onion, and mix well.
4. Garnish with fresh herbs if desired.

3. Spinach and Cheese Bake

Ingredients:

- 500g spinach, chopped
- 1 onion, chopped
- 1 cup cheese, grated
- 1 cup milk
- 1 tbsp butter
- 1 tbsp flour
- Salt and pepper to taste

Instructions:

1. Sauté onion and spinach in a pan until soft.
2. In another pan, melt butter and add flour to make a roux. Gradually add milk and whisk until smooth.
3. Add the spinach mixture and cheese to the sauce. Stir to combine.
4. Transfer to a baking dish and bake at 180°C for 15–20 minutes until golden and bubbly.



4. Chakalaka

Ingredients:

- 1 onion, chopped
- 1 green pepper, chopped
- 2 carrots, grated
- 1 can baked beans
- 2 tbsp curry powder
- 2 tbsp vegetable oil
- Salt and pepper to taste

Instructions:

1. Heat oil in a pan, sauté onions, green pepper, and grated carrots until soft.
2. Add curry powder, salt, and pepper, and cook for a minute.
3. Add baked beans and simmer for 10 minutes.
4. Serve warm as a side dish.

5. Butternut Squash and Bean Salad

Ingredients:

- 500g butternut squash, peeled and cubed
- 1 can kidney beans, drained and rinsed
- 1 tbsp olive oil
- 1 tsp cumin
- Salt and pepper to taste
- Fresh coriander (optional)



Instructions:

1. Roast butternut squash cubes with olive oil, cumin, salt, and pepper at 180°C for 25 minutes.
2. Once the squash is tender, mix with kidney beans.
3. Garnish with fresh coriander and serve.

6. Sweet Potato Fries

Ingredients:

- 4 medium sweet potatoes, peeled and cut into fries
- 2 tbsp olive oil
- Salt and pepper to taste
- Paprika (optional)

Instructions:

1. Preheat oven to 200°C.
2. Toss sweet potato fries with olive oil, salt, pepper, and paprika.
3. Spread evenly on a baking tray and bake for 25–30 minutes until crispy.



7. Cabbage and Carrot Stir-Fry

Ingredients:

- 1 small cabbage, shredded
- 2 carrots, julienned
- 1 onion, sliced
- 2 tbsp oil
- 1 tbsp soy sauce
- Salt and pepper to taste



Instructions:

- 1.Heat oil in a pan, sauté onions until soft.
- 2.Add cabbage and carrots, stir-fry for 5 minutes.
- 3.Add soy sauce, salt, and pepper, and cook for another 5 minutes. Serve warm.

8. Baked Beans with Onions

Ingredients:

- 2 cans baked beans
- 1 onion, chopped
- 1 tbsp vegetable oil
- 1 tbsp brown sugar
- Salt and pepper to taste

Instructions:

- 1.Heat oil in a pan, sauté onions until soft.
- 2.Add baked beans, brown sugar, salt, and pepper. Stir and simmer for 10 minutes.
- 3.Serve as a side with bread or pap.

9. Green Bean Salad

Ingredients:

- 500g green beans, trimmed and boiled
- 1 onion, chopped
- 1 tbsp vinegar
- 1 tbsp olive oil
- 1 tsp mustard
- Salt and pepper to taste

Instructions:

- 1.Boil green beans until tender, then drain and let cool.
- 2.Mix vinegar, olive oil, mustard, salt, and pepper.
- 3.Toss the green beans and onions in the dressing and serve chilled.

10. Corn on the Cob with Butter

Ingredients:

- 4 corn cobs, husked
- 4 tbsp butter
- Salt to taste

Instructions:

- 1.Boil corn in salted water for 10-15 minutes until tender.
- 2.Drain and serve with butter and a sprinkle of salt.



These recipes are simple to make, cost-effective, and full of South African flavours. Perfect as side dishes for any meal!

10 budget-friendly dessert recipes that South Africans can enjoy, using simple, locally available ingredients:

1. Malva Pudding

Ingredients:

- 1 cup sugar
- 1 egg
- 1 tbsp apricot jam
- 1 tsp bicarbonate of soda
- 1 cup flour
- 1/2 tsp salt
- 1/4 cup milk
- 1 tbsp vinegar
- 1/4 cup butter
- 1 cup cream (for sauce)
- 1/2 cup sugar (for sauce)

Instructions:

1. Preheat oven to 180°C. Grease a baking dish.
2. Mix sugar, egg, apricot jam, and bicarbonate of soda in a bowl.
3. Add flour, salt, milk, vinegar, and melted butter. Mix well.
4. Pour batter into the dish and bake for 30-40 minutes.
5. In a separate pot, combine cream and sugar for the sauce and heat until sugar dissolves.
6. Pour the warm sauce over the hot pudding and let it soak. Serve warm.

2. Milk Tart (Melktert)

Ingredients:

- 1 pre-made tart base (or make your own with flour, butter, and water)
- 2 cups milk
- 1/2 cup sugar
- 2 eggs
- 1 tbsp cornflour
- 1 tsp vanilla essence
- Cinnamon for sprinkling

Instructions:

1. Preheat oven to 180°C. Bake the tart base if homemade.
2. In a saucepan, heat milk, sugar, and vanilla over medium heat.
3. In a bowl, mix eggs and cornflour. Add some warm milk to the egg mixture to temper.
4. Slowly add the egg mixture into the saucepan while stirring constantly until thickened.
5. Pour the filling into the tart base and bake for 20-25 minutes.
6. Sprinkle with cinnamon and serve.

3. Crunchy Peanut Butter Bars

Ingredients:

- 1 cup peanut butter
- 1/2 cup honey
- 2 cups cornflakes
- 1/4 cup powdered sugar

Instructions:

1. In a pan, melt peanut butter and honey together over low heat.
2. Stir in powdered sugar and mix well.
3. Add cornflakes and mix until evenly coated.
4. Press the mixture into a greased baking tray and refrigerate for 2 hours before cutting into squares.



4. Melon and Mint Sorbet

Ingredients:

- 1 small melon, peeled and cubed
- 2 tbsp sugar
- A handful of fresh mint leaves
- Juice of 1 lime

Instructions:

1. Blend melon, sugar, mint, and lime juice in a blender until smooth.
2. Pour into a shallow dish and freeze for 3-4 hours, stirring every 30 minutes.
3. Scrape with a fork before serving to create a sorbet texture.

5. Apple Crumble

Ingredients:

- 4 apples, peeled and sliced
- 1/2 cup sugar
- 1 tsp cinnamon
- 1/2 cup flour
- 1/4 cup butter
- 1/4 cup oats

Instructions:

1. Preheat oven to 180°C. Grease a baking dish.
2. Mix apples, sugar, and cinnamon in a bowl and spread in the dish.
3. In another bowl, rub butter into flour to make a crumble. Stir in oats.
4. Sprinkle the crumble mixture over the apples and bake for 25-30 minutes until golden brown.

6. Caramel Milkshake

Ingredients:

- 2 cups milk
- 2 scoops vanilla ice cream
- 1/4 cup caramel syrup
- Ice cubes

Instructions:

1. Blend milk, vanilla ice cream, caramel syrup, and ice cubes until smooth.
2. Pour into glasses and drizzle with extra caramel syrup before serving.

7. Chocolate Rice Krispie Treats

Ingredients:

- 3 cups Rice Krispies cereal
- 200g milk chocolate
- 1/4 cup butter
- 1/4 cup golden syrup or honey

Instructions:

1. Melt butter, golden syrup, and chocolate in a pot over low heat.
2. Stir in Rice Krispies until evenly coated.
3. Press the mixture into a greased baking tray and refrigerate for 2 hours before cutting into squares.



8. Banana Fritters

Ingredients:

- 2 ripe bananas, mashed
- 1 cup flour
- 1 egg
- 1/2 tsp baking powder
- 1/4 cup milk
- 2 tbsp sugar
- Oil for frying

Instructions:

1. Mix mashed bananas, flour, egg, baking powder, milk, and sugar to form a batter.
2. Heat oil in a frying pan and spoon tablespoons of batter into the oil.
3. Fry until golden brown on both sides and drain on paper towels.
4. Serve warm with powdered sugar or syrup.



9. Coconut Ice

Ingredients:

- 2 cups desiccated coconut
- 1/2 cup condensed milk
- 1/2 cup icing sugar
- Pink food colouring (optional)

Instructions:

1. Mix coconut, condensed milk, and icing sugar until it forms a dough.
2. Divide the mixture in half. Add a few drops of pink food colouring to one half.
3. Press the white mixture into a greased dish, then layer the pink mixture on top.
4. Refrigerate for 1-2 hours before cutting into squares.

10. Sago Pudding

Ingredients:

- 1/2 cup sago pearls
- 1 cup milk
- 1/4 cup sugar
- 1/2 tsp vanilla essence

Instructions:

1. Boil sago pearls in water for 15 minutes until translucent, then drain.
2. Heat milk, sugar, and vanilla in a pot.
3. Add cooked sago pearls to the milk mixture and cook for another 10 minutes until thick.
4. Serve warm or chilled with a sprinkle of cinnamon or grated chocolate.

These dessert recipes are simple to make, delicious, and budget-friendly, perfect for South African families or anyone looking for a sweet treat without breaking the bank!



10 budget-friendly sweet recipes that South Africans can enjoy, using simple, easily accessible ingredients:

1. Crunchies

Ingredients:

- 1 cup oats
- 1 cup coconut
- 1/2 cup flour
- 1/2 cup brown sugar
- 1/2 cup butter
- 2 tbsp golden syrup
- 1/2 tsp baking soda



Instructions:

1. Preheat oven to 180°C and grease a baking tray.
2. Melt butter and golden syrup in a pan.
3. In a bowl, mix oats, coconut, flour, sugar, and baking soda.
4. Pour the melted mixture into the dry ingredients and mix well.
5. Press the mixture into the tray and bake for 15–20 minutes until golden.
6. Let it cool before cutting into squares.

2. Milk Tart Biscuits

Ingredients:

- 1 cup flour
- 1/2 cup butter
- 1/2 cup sugar
- 1/2 cup milk
- 1 tbsp cornflour
- 1 tsp vanilla essence
- Cinnamon for sprinkling

Instructions:

1. Preheat oven to 180°C. Grease a baking sheet.
2. Cream butter and sugar, then add milk and vanilla essence.
3. Add flour and cornflour, mixing until a dough forms.
4. Roll out dough and cut into circles.
5. Bake for 12–15 minutes, then sprinkle with cinnamon before serving.

3. Coconut Macaroons

Ingredients:

- 2 cups desiccated coconut
- 1/2 cup condensed milk
- 1/4 cup sugar
- 1/2 tsp vanilla essence

Instructions:

1. Preheat oven to 180°C and line a baking tray with parchment paper.
2. Mix coconut, condensed milk, sugar, and vanilla in a bowl until combined.
3. Drop spoonfuls of the mixture onto the tray.
4. Bake for 12–15 minutes until golden brown.
5. Cool before serving.



4. Caramel Popcorn

Ingredients:

- 1/2 cup popcorn kernels
- 1/2 cup butter
- 1/2 cup brown sugar
- 1/4 cup golden syrup
- 1/2 tsp vanilla essence

Instructions:

1. Pop the popcorn and set aside.
2. In a pot, melt butter, brown sugar, and golden syrup over medium heat, stirring until it boils.
3. Let it boil for 2-3 minutes, then remove from heat and stir in vanilla essence.
4. Pour the caramel over the popcorn and toss until well coated.
5. Spread on a tray and let it cool.



5. Jam Tarts

Ingredients:

- 1 cup flour
- 1/2 cup butter
- 1/4 cup sugar
- 1 egg yolk
- 2 tbsp cold water
- 1/4 cup fruit jam

Instructions:

1. Preheat oven to 180°C. Grease a muffin tray.
2. Mix flour, butter, sugar, egg yolk, and water to form a dough.
3. Roll out the dough and cut circles to fit the muffin tray.
4. Spoon jam into each tart shell.
5. Bake for 12-15 minutes until golden and set aside to cool.



6. Chocolate Fudge

Ingredients:

- 1 cup condensed milk
- 200g chocolate (milk or dark)
- 1/4 cup butter
- 1/4 cup cocoa powder
- 1/2 tsp vanilla essence

Instructions:

1. Melt butter and chocolate together in a pan over low heat.
2. Stir in condensed milk, cocoa powder, and vanilla essence.
3. Pour the mixture into a lined baking dish.
4. Refrigerate for 2 hours or until set, then cut into squares.



7. Sugar Dumplings

Ingredients:

- 1 cup flour
- 1/2 cup sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup milk
- 1 tbsp butter

Instructions:

1. Preheat oven to 180°C.
2. Mix flour, sugar, baking powder, and salt in a bowl.
3. Add milk and butter to form a dough.
4. Roll into small balls and place them on a greased baking tray.
5. Bake for 12–15 minutes until golden. Dust with icing sugar before serving.

8. Cinnamon Sugar Donuts

Ingredients:

- 1 cup flour
- 1/2 cup sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/4 cup milk
- 1/4 cup melted butter
- 1/2 cup sugar (for coating)
- 1 tsp cinnamon (for coating)

Instructions:

1. Preheat oven to 180°C and grease a donut tray.
2. Mix flour, sugar, baking powder, salt, and cinnamon in a bowl.
3. Add milk and melted butter, stirring to form a batter.
4. Spoon the batter into the donut tray and bake for 10–12 minutes.
5. Mix the sugar and cinnamon in a bowl and roll the warm donuts in the mixture.



9. Peanut Butter and Chocolate Balls

Ingredients:

- 1 cup peanut butter
- 1/4 cup powdered sugar
- 1/4 cup cocoa powder
- 1/2 cup rice crispies
- 100g chocolate (for coating)

Instructions:

1. Mix peanut butter, powdered sugar, cocoa powder, and rice crispies in a bowl.
2. Roll the mixture into small balls and set aside.
3. Melt the chocolate and dip each ball into the chocolate.
4. Place the balls on parchment paper and refrigerate until the chocolate hardens.

10. Banana Ice Cream

Ingredients:

- 4 ripe bananas
- 1/4 cup milk (optional)
- 1 tsp vanilla essence

Instructions:

1. Peel the bananas and freeze them for a few hours.
2. Blend the frozen bananas with milk and vanilla essence until smooth and creamy.
3. Scoop into bowls and serve immediately as a soft serve or freeze for 1 hour to firm up.



MOST RECIPES ON AN OPEN FIRE – FOR THE NEW COOKS !

1. Braai Boerewors

Ingredients:

- 500g boerewors
- Salt and pepper to taste

Instructions:

1. Place the boerewors on the braai and cook over medium heat for about 20 minutes, turning occasionally until cooked through.
2. Season with salt and pepper and serve with pap or a salad.

2. Grilled Chicken Thighs

Ingredients:

- 8 chicken thighs
- 2 tbsp olive oil
- 1 tbsp paprika
- Salt and pepper to taste

Instructions:

1. Rub the chicken with olive oil, paprika, salt, and pepper.
2. Grill the chicken over medium heat for 30 minutes, turning occasionally.

3. Braai Snoek

Ingredients:

- 1 whole snoek, cleaned and gutted
- 1 tbsp olive oil
- 1 lemon, juiced
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. Brush the snoek with olive oil, lemon juice, garlic, salt, and pepper.
2. Place on the braai over indirect heat and cook for 15-20 minutes, basting every 5 minutes.

4. Grilled Corn on the Cob

Ingredients:

- 4 corn cobs
- 2 tbsp butter
- Salt to taste

Instructions:

1. Peel back the husks of the corn, removing the silk.
2. Brush with butter and season with salt.
3. Grill over medium heat for 10-15 minutes, turning occasionally.

5. Mieliepap (Maize Porridge)

Ingredients:

- 1 cup maize meal
- 2 cups water
- Salt to taste

Instructions:

1. Boil the water in a pot on the fire.
2. Stir in the maize meal and cook for 10-15 minutes, stirring constantly to prevent lumps.
3. Serve with tomato sauce or gravy.



6. Grilled Vegetable Skewers

Ingredients:

- 1 red bell pepper, cut into chunks
- 1 zucchini, sliced
- 1 onion, quartered
- 1 cup mushrooms, whole
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Thread the vegetables onto skewers.
2. Brush with olive oil and season with salt and pepper.
3. Grill over medium heat for 10-15 minutes, turning occasionally.

7. Grilled Garlic Bread

Ingredients:

- 4 slices of bread
- 2 tbsp butter
- 2 cloves garlic, minced
- 1 tbsp parsley, chopped

Instructions:

1. Mix butter, garlic, and parsley in a bowl.
2. Spread the mixture onto the bread slices.
3. Grill over the fire for 3-5 minutes, turning until golden.

8. Grilled Pineapple

Ingredients:

- 1 ripe pineapple, peeled and sliced
- 2 tbsp brown sugar
- 1 tsp cinnamon

Instructions:

1. Sprinkle the pineapple slices with brown sugar and cinnamon.
2. Grill over medium heat for 3-5 minutes on each side.

9. Pap and Tomato Sauce

Ingredients:

- 1 cup maize meal
- 2 cups water
- Salt to taste
- 1 can tomato sauce

Instructions:

1. Prepare mieliepap as described above.
2. Heat the tomato sauce on the side and serve over the pap.

10. Grilled Sausages

Ingredients:

- 8 sausages (your choice of flavour)

Instructions:

1. Grill the sausages over medium heat for 15-20 minutes, turning until golden and cooked through.





11. S'mores

Ingredients:

- 8 graham crackers
- 8 marshmallows
- 8 pieces of chocolate

Instructions:

1. Roast marshmallows over the fire until golden and soft.
2. Place the roasted marshmallow between two graham crackers with a piece of chocolate and serve.

12. Skillet Potatoes

Ingredients:

- 4 potatoes, diced
- 2 tbsp olive oil
- 1 tbsp rosemary, chopped
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a cast-iron skillet over the fire.
2. Add diced potatoes, rosemary, salt, and pepper.
3. Cook for 15-20 minutes, stirring occasionally until potatoes are crispy.

13. Grilled Steak

Ingredients:

- 2 steaks (your choice of cut)
- Salt and pepper to taste

Instructions:

1. Season the steaks with salt and pepper.
2. Grill over high heat for 5-7 minutes on each side, depending on thickness and desired doneness.

14. Braai Burgers

Ingredients:

- 500g ground beef
- 1 egg
- 1 onion, finely chopped
- Salt and pepper to taste

Instructions:

1. Mix the beef, egg, onion, salt, and pepper in a bowl.
2. Form the mixture into patties and grill for 5-7 minutes on each side.

15. Grilled Chicken Kebabs

Ingredients:

- 4 chicken breasts, cubed
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 tsp paprika
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Skewer the chicken, onion, and bell pepper.
2. Brush with olive oil, paprika, salt, and pepper.
3. Grill for 12-15 minutes, turning occasionally.



16. Grilled Fish Tacos

Ingredients:

- 2 fish fillets (tilapia or snoek)
- 4 taco shells
- 1 avocado, sliced
- 1 small cabbage, shredded
- 2 tbsp lime juice

Instructions:

1. Grill fish fillets for 5-7 minutes on each side.
2. Flake the fish and place in taco shells with avocado, cabbage, and lime juice.



17. Grilled Zucchini Boats

Ingredients:

- 2 zucchinis, halved lengthwise
- 1 tbsp olive oil
- Salt and pepper to taste
- 1/2 cup grated cheese

Instructions:

1. Brush zucchini halves with olive oil and season with salt and pepper.
2. Grill over medium heat for 5-7 minutes, then top with cheese and grill for an additional 3 minutes.

18. Campfire Chili

Ingredients:

- 1 can kidney beans
- 1 can chopped tomatoes
- 1 onion, chopped
- 1 tbsp chili powder
- 1 tsp cumin
- Salt to taste

Instructions:

1. Sauté onion in a pot over the fire for 5 minutes.
2. Add beans, tomatoes, chili powder, cumin, and salt.
3. Simmer for 20-30 minutes and serve.

19. Grilled Halloumi

Ingredients:

- 200g halloumi cheese, sliced
- 1 tbsp olive oil
- 1 tsp oregano

Instructions:

1. Brush halloumi slices with olive oil and sprinkle with oregano.
2. Grill for 2-3 minutes on each side until golden and crispy.

20. Campfire Apple Crumble

Ingredients:

- 4 apples, peeled and chopped
- 1/2 cup oats
- 1/4 cup flour
- 1/4 cup butter
- 1/4 cup sugar

Instructions:

1. Place chopped apples in a cast-iron skillet.
2. Mix oats, flour, butter, and sugar to form a crumble.
3. Sprinkle over the apples and grill for 15 minutes until golden.



21. Grilled Mushrooms

Ingredients:

- 1 cup large mushrooms
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Brush mushrooms with olive oil and season with salt and pepper.
2. Grill over medium heat for 5-7 minutes.

22. Pap with Cheese

Ingredients:

- 1 cup maize meal
- 2 cups water
- Salt to taste
- 1/2 cup grated cheese

Instructions:

1. Prepare mieliepap as described earlier.
2. Stir in grated cheese for a creamy finish.

23. Grilled Eggplant

Ingredients:

- 2 eggplants, sliced
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Brush eggplant slices with olive oil and season with salt and pepper.
2. Grill over medium heat for 3-5 minutes on each side.

24. Roasted Peppers

Ingredients:

- 4 bell peppers
- 1 tbsp olive oil
- Salt to taste

Instructions:

1. Roast peppers directly over the fire until the skin is charred.
2. Peel the skin off and drizzle with olive oil and salt.

25. Grilled Banana

Ingredients:

- 4 ripe bananas, peeled
- 2 tbsp honey
- 1 tsp cinnamon

Instructions:

1. Grill the bananas for 2-3 minutes on each side.
2. Drizzle with honey and sprinkle with cinnamon before serving.



26. Grilled Cheese Sandwich

Ingredients:

- 4 slices of bread
- 4 slices cheese
- Butter

Instructions:

1. Butter each slice of bread.
2. Place cheese between the slices and grill for 3-5 minutes on each side until golden.

27. Grilled Sweet Potatoes

Ingredients:

- 4 sweet potatoes, sliced
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Brush sweet potato slices with olive oil and season with salt and pepper.
2. Grill for 10-12 minutes, flipping once, until tender.



28. Campfire Stew

Ingredients:

- 500g beef stew meat
- 2 carrots, chopped
- 1 onion, chopped
- 1 can tomatoes
- 1 liter beef stock
- Salt and pepper to taste

Instructions:

1. Brown the beef in a pot over the fire.
2. Add the carrots, onions, tomatoes, stock, salt, and pepper.
3. Simmer for 2-3 hours, adding water if needed.



29. Grilled Pears

Ingredients:

- 4 pears, halved and cored
- 2 tbsp honey
- 1/4 tsp cinnamon

Instructions:

1. Brush pears with honey and sprinkle with cinnamon.
2. Grill for 5-7 minutes until golden and soft.

30. Grilled Flatbreads

Ingredients:

- 2 cups flour
- 1 tsp baking powder
- 1/2 tsp salt
- Water as needed

Instructions:

1. Mix flour, baking powder, and salt.
2. Gradually add water to form a dough.
3. Roll out dough and grill for 2-3 minutes on each side.



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