

FOOD PREPARATION SANAE

CAKE AND DESERTS FIRST DAY

1	Quick-mix cake jam filling and butter icing	13	Jam roll (Cooked in in saucepan)	51
2	Chocolate Quick-mix cake custard filling and butter icing	13	Cinnamon dumplings	57
3	Date loaf ^{4.40.}	16	Fruit jelly (Guava)	53
4	Quick-mix cake - make Lamingtons	13 71	Cheddar cheese pennies	66
5	Cherry loaf	65	Froth pudding	54
6	Appletart	20	Tipsy pudding	52
7	Savoury tart - asparagus	20	Brown pudding with custard	55
8	Dough nuts	59	Custard and milk froth	53
9	Crunchies	15	Upside-down-pudding Pineapple rings	56
10	Spice cake	16	Baked caramel	57
11	Ginger loaf	17	Shortcrust tart Fruit filling (peaches)	67
12	Pineapple fridge tart		Apricot froth pudding	54
13	2 Swiss Rolls-	61	Trifle	60
14	Chocolate Swiss Roll (add 25 ml cocoa) cream filling		assist with trifle	
15	late cookies (puffed rice)		ago-pudding	
16	Coffee sponge cake		Trape Suzette with grapefruit or mandarin	

FOOD PREPARATION SANAE

MEAT AND VEGETABLES - 2ND DAY

1	Curried beef	30	Rice salad	48
2	Crumbed pork chops	24	Spaghetti bolognaise	39
3	Shepherdspie - Partially cook meat loaf mixture then bake in oven <i>pg 41 & 28</i>	24 28	Green peas with sugar	42
4	Beef roll	27	Pancakes with fish filling	69
5	Braised steaks with savoury sauce	68	Yellow rice with raisins	47
6	Stuffed chicken	32	Cabbage with sour sauce	44
7	Pork chops with raisin sauce	25	Green beans	43
8	Tomato stew with dumplings	30	Fish pie - tinned fish	37
9	Oven roast - Sirloin Basting sauce	25	Mash potato-oven baked	41
10	Fricadelle (2 varieties)	28	Baked sweet corn	44
11	Chickenpie	34	Omelette with filling (egg powder)	49
12	Bobotie	29	Savoury meat roll Scone dough	70
13	Stuffed shoulder (pot roast)		Fish cakes (tinned fish) Make jelly	38
14	Crumbed lamb chops	24	Tinned meat dish	36

15	Chicken casserole	34	"Savoury mince" ¹ / ₂ packet with macaroni and grated cheese	35
16	Muttonpie - Follow recipe for chickenpie	34	Mock crayfish (tuna)	38

FOOD PREPARATION SANAE
YEAST PRODUCTS AND QUICK FLOUR MIXTURES
THIRD DAY

GROUPS	GROUP ACTIVITIES	YEAST PRODUCTS		SCONES AND PANCAKES	
1	Large quantity White Bread (double recipe)	Brown batter bread	5	Breakfast scones	7
2		White bread rolls	4	Brown scones*	8
3		Raisin bread	3	Tea scones	8
4		Shaping white bread and plaited bread		Pancakes (some batter to 8 + 9)	10
5		Pizza-white bread dough filling	10	Sausage rolls scone dough	9
6		Shaping white bread		Cinnamon wheels (tea scones)	8
7		Toasted sandwiches	6	Savoury scones (cheese scones + bacon)	8
8		Vetkoek white bread dough with meat filling		Fruit fritters (pancake batter thickend)	10
9		Breadrolls - brown bread dough		Mushroom fritters (pancake batter thickend)	10
10		Vetkoek baking powder recipe	11	Scone dough dried Fruit roll	64
11		Beer bread	63	Cheese scones whole wheat	8

GROUP	GROUP ACTIVITIES	YEAST PRODUCTS		SCONES AND PANCAKES	
12	Large quantity Brown Bread (double recipe)	French bread - white breadroll recipe	4	Brown scones	8
13		Raisin bread and raisin rolls	3	Breakfast scones	7
14		Buttermilk rusks	12	Tea scones	8
15		Vetkoek - whole wheat flour	11	Cheese scones	8
16		Shaping brown bread		French toast (egg powder)	7