



Things are heating up here at NoMU and with orders coming in steadily, there's been quite a bit more pressure and a lot less sleep to be had (thanks partly to Joseph too). As things have begun to pick up pace, Paul and I noticed that our breakfast patterns haven't changed much to accommodate it. We were still living on a huge bucket of coffee and a handful of my homemade rusks (see recipe mailer #4) which is not exactly a breakfast of champions. That 11 'o clock slump was beginning to get quite obvious and kind of ominous. So we decided to change all that this month and give you some of our favourite, healthier, more practical and energizing breakfast indulgences to get your day rolling with some style and some substance. Although a Champagne breakfast is also always a fun idea, we just couldn't justify wine pairings for breakfast I'm afraid, so this month the mailer will not feature the contributor details as per normal. Enjoy!

Tracy



eat. drink. live.

flavour files

oranges



Oranges are one of mother nature's best super-foods, packed with an array of disease fighting nutrients. They also contain loads of anti-oxidants which we all know are essential for anti-aging!

There are essentially 2 groups of oranges, sweet and bitter. Sweet varieties, such as Valencia or Murcia are ideal for juice extraction, whereas bitter oranges are used to make delicious liqueurs like Triple Sec or Grand Marnier. The most prized of bitter oranges is the Seville orange, essential for making the classic marmalade thanks to its thick, dimpled skin packed with pectin. Other sweet varieties include Tangerines, Mandarin, Satsumas and Clementines.

The flowers of the orange tree are also used to make a clear perfumed distillation called orange flower water which is often added to Middle Eastern dishes and cakes as well as desserts such as rice pudding. Orange blossom honey gets its wonderful flavour by placing the beehives in the citrus groves during bloom.

We love pairing orange with dark chocolate. For a real treat add a splash of Cointreau to NoMU Chocolate Chunks! Last but not least don't overlook the very familiar combination of gold Tequila which would not be the same without a slice of orange!

bircher muesli

This recipe definitely needs to be made up the night before and served the next morning with your favourite berries.

- 2 Granny Smith apples, grated and peeled
- Juice of one freshly squeezed orange
- 2 cups thick Greek yoghurt
- 250 g organic rolled oats
- 1/2 cup cream
- 80 g caster sugar
- 1 tsp **NoMU Vanilla Extract**
- 60 ml raisins
- 2 punnets Cape Gooseberries
- 1 tsp maple syrup
- 1 tsp caster sugar

Whip the cream to soft-peak stage. In a mixing bowl combine the grated apple, orange juice and yoghurt. Fold in the oats, cream, vanilla, sugar and raisins. Cover with clingfilm and leave in the fridge overnight or for at least 6 hours.

Before serving the muesli gently heat the gooseberries, maple syrup and caster sugar in a saucepan. Cook until the berries have softened and the sugar has dissolved.

Spoon the muesli into beautiful bowls and top with the warmed gooseberries.

Serves 6 - 8.



granola

Great with a splash of milk or thick farmhouse yoghurt!

- 250 g rolled oats
- 80 ml sunflower seeds
- 100 g whole almonds, roughly chopped
- 1 tsp **NoMU Sweet Rub**
- 80 g brown sugar
- 1/2 cup honey
- 50 g unsalted butter

Preheat the oven to 150°C.

In a mixing bowl combine the oats, sunflower seeds, almonds and Sweet Rub.

In a saucepan melt the butter, sugar and honey. Pour this mixture over the oat mixture and mix really well with a wooden spoon. When it is cool enough to handle you can also mix with your hands.

Spread this thinly and evenly over a baking tray and bake in the oven for 15 - 20 minutes. Check the granola every now and then to make sure the nuts and seeds are not burning. Bake until the granola is completely golden.

Remove from the oven and allow to cool before placing in an airtight container.

Makes 800 g.



Healthy and wholesome! Serve warm with good old fashioned farmhouse butter and some marmalade.

- 3 1/2 cups nutty wheat flour
- 2 1/2 tsp bicarbonate of soda
- 500 ml buttermilk
- 1/2 cup sunflower oil
- 1 1/2 cups brown sugar
- 1 tbsp **NoMU Sweet Rub**
- 2 eggs
- 1 cup of raisins

Preheat the oven to 180°C.

Mix all the ingredients in a large mixing bowl while being careful not to overmix the mixture. Pour the batter into greased muffin trays, only filling half way.

Bake in the oven for 20-25 minutes. Insert a skewer into a muffin and if it comes out clean, they are ready.

Makes 24 small muffins or 12 large breakfast muffins.



orange marmalade

- 1 kg oranges
- 2.5 litres of water
- 2 kg sugar
- 3 tbsp **NoMU Sweet Rub** (optional)
- Juice of 3 lemons

Thinly peel the rind of the oranges, excluding the white pith, and cut into fine threads. Squeeze the juice of all the oranges and put the juice and rind into a large saucepan with the water. In a muslin bag tie up all the left-over orange pieces with the pith and pips and add this to the pan. Bring the mixture slowly to the boil, reduce the heat and simmer for 2 hours.

Remove the muslin bag from the pot and add the sugar, Sweet Rub and lemon juice. Stir very slowly until the sugar has completely dissolved. Then increase the heat and boil until the mixture has a more jam-like consistency. Remove any foam that may rise to the surface with a slotted spoon.

While the marmalade is still warm, spoon into sterilized jars with airtight lids.

Makes 2 kg of marmalade.
Keeps for 3-4 months.

raspberry crumpets

Make this batter ahead of time and keep in the fridge, ready to whip up for breakfast and really wow your guests!

- 350 g cake flour
- 110 g caster sugar
- 2 g salt
- 20 g baking powder
- 2 tbsp **NoMU Sweet Rub**
- 90 ml sunflower oil
- 1 tbsp **NoMU Vanilla Paste**
- 2 eggs
- 300 ml milk
- A punnet of raspberries

Add all the dry ingredients and sugar into a mixing bowl. Make a well in the centre. Mix together all the wet ingredients and add to the dry ingredients. Beat everything together with a whisk to form a very smooth light batter and fold in the raspberries.

Use a tablespoon to pour some batter into a lightly greased frying pan. Do not make the batter too thick as it will take very long to cook through to the middle of the crumpet. Wait for bubbles to rise to the surface before flipping the crumpet over. Cook on both sides until golden brown.

Serve with maple syrup and for real decadence serve with crispy bacon on the side!

Makes 20 crumpets.



Other flavours to add to your basic batter mixture:
Blueberries, sliced banana,
NoMU Chocolate Chunks



froggy bread

A sure-fire way to get kids to eat breakfast!

For an adult version use a more conventional cutter and add a splash of orange liqueur!

- 6 slices of toasting bread, cut into your desired shape
- 1 tbsp grated orange zest
- 3 large free range eggs
- 1 tbsp **NoMU Sweet Rub**
- 1/4 cup milk
- 1/2 tsp NoMU Vanilla Extract
- A knob of butter for frying

In a bowl whisk together the eggs, sugar, vanilla extract, zest and milk. Add your slices of bread and give them a good soak.

Heat the butter in a large non-stick frying pan. Shake the bread out of the milky mixture and fry until golden. Turn and cook the other side until golden and firm.

Serve drizzled with maple syrup.

800 g smoked haddock fillets
 1 brown onion, sliced in half
 A bay leaf
 1 clove of garlic, sliced in half
 1 tbsp of butter
 1 brown onion, finely diced
 1 heaped tsp of **NoMU Indian Rub**
 1 cup of long grain white rice
 3 cups of the poaching liquid
 3 soft boiled eggs
 15 g chopped Italian flat leaf parsley
 Juice of 1 lemon
 Another knob of butter
 1 tsp **NoMU Masala Rub**
NoMU Just Salt
NoMU Just Pepper

Place the haddock fillets in a saucepan with the onion, garlic and bay leaf and fill with enough water to just cover the fillets. Bring up to a simmer and gently poach the fish until just cooked through. This will take about 15 minutes. Do not boil.

Reserve the warm poaching liquid and with a fork flake the haddock into nice generous pieces. Melt the butter in a deep non-stick pan and when it is foaming, cook the onion until almost translucent and then add the Indian Rub. When you can smell all the spices add the rice, making sure all the granules become coated in the buttery spices. Add the warm poaching liquid and bring it up to a simmer. Cover the pan with a tight fitting lid and cook gently until the grains are tender.

When the rice is ready, add the flaked haddock, chopped parsley, lemon juice and for added richness the knob of butter. Sprinkle over the Masala Rub and give it a good mix and season with salt and pepper. Spoon onto a warm platter and garnish with the soft boiled eggs.

Serves 4.



eggs en cocotte with porcini mushrooms

4 large free range eggs
 4 large porcini mushrooms, finely chopped
 1 small porcini mushroom, sliced thinly
 into 4 slices for garnish
 3 shallots, finely diced
 1 clove of garlic, finely crushed
 A good grinding of **NoMU One for All**
NoMU Just Salt
NoMU Just Pepper
 2 tbsp crème fraîche
 2 tbsp of butter

Preheat the oven to 180°C.

In a frying pan heat the butter and when it begins to foam sauté off the shallots and garlic until translucent. Add the chopped porcini mushrooms and a little more butter if needed. Season with a good grinding of One for All, salt & pepper. Cook the mushroom mixture until all the liquid has evaporated and the mixture is quite dry. Stir in the crème fraîche and set aside.

Place the mushroom mixture at the bottom of 4 ramekins, making a small indentation with a spoon where the egg will be placed. Break an egg into each ramekin and season with salt & pepper. Add a knob of butter on top of each egg and place the ramekins in a deep baking tray. Fill the baking tray with boiling water till half way up the ramekins. Place the tray in the centre of the oven and cook for 10 -15 minutes. You still want the eggs to be slightly runny so watch them closely.

While they are baking, sear the 4 slices of porcinis in a frying pan with a little butter. When the eggs are ready garnish with a slice of porcini on top.

Serve with toasted farmstyle bread.

oriental eggs in a wok

Sunflower oil for frying
 1 shallot, finely sliced
 1 clove of garlic, finely crushed
 1 tsp finely grated ginger
 ¼ chilli, finely sliced
 ½ tsp **NoMU Oriental Rub**
 3 shiitake mushrooms,
 stalks removed and thinly sliced
 A few healthy glugs of sunflower oil
 2 large free range eggs
 1 tbsp **NoMU Stir (tomato & herb)**
 1 tbsp hot water
 1 tbsp soy sauce

Prepare the Stir sauce by simply rehydrating the Stir with a tablespoon of hot water and then add the tablespoon of soy sauce.

In a non-stick wok, heat the oil until it shimmers on the surface. Add the shallots and move around in the wok until they are translucent. Add the chilli, Oriental Rub, garlic, ginger and lastly the mushrooms. Keep on moving them around in the wok until the mushrooms are just cooked.

Remove this tasty mix from the wok and set aside.

With some paper towel, give the wok a quick clean and add another healthy glug of sunflower oil. Don't be alarmed by the amount of oil as it really does give a crispy light finish to your eggs and you can drain of any excess oil afterwards.

Crack the eggs into a bowl and pour into the hot oil of the wok. Use a spoon to pour some hot oil over the surface of the eggs to cook the top. This will go really quickly as you still want the eggs to be runny.

Remove any excess oil and carefully slide the eggs onto a warmed plate, top with the mushroom and shallot mix and drizzle over the sauce. Garnish with fresh spring onions and eat straight away!

Serves 1-2.

for garnish

1 spring onion, finely sliced
 and/or chives





- A splash of oil
- A knob of butter
- 1 onion, finely diced
- 1 clove of garlic, finely crushed
- A good grinding of **NoMU Hooked**
- 200 g smoked salmon, roughly sliced
- 15 g dill, finely chopped
- 8 eggs, lightly beaten
- NoMU Just Salt**
- NoMU Just Pepper**
- 150 g crème fraîche

Preheat the oven to 180°C.

Heat the oil and butter in a 20cm deep non-stick oven-proof frying pan and when the butter starts to foam, sauté the onion and garlic with a good grinding of Hooked until translucent. Set aside to cool.

Lightly beat the eggs and add the crème fraîche. Do not squash the cheese but simply try to spread "pockets" of the cheese through the egg mixture. Add the dill, sliced salmon and the sautéed onions and garlic and give a good stir to combine.

Season with salt & pepper to taste and pour into the same deep frying pan. Cook the frittata on a low to medium heat until the sides look slightly firmer.

Place the pan in the preheated oven and cook until the frittata is set enough to cut into slices and has a beautiful golden colour on top.

Serves 6 - 8.

how best to enjoy your eggs!

scrambled eggs

For the best scrambled eggs you need to be generous with your butter and you need to be patient. You also need to know exactly when to start cooking and when to stop.

- Whisk 2-3 eggs for one portion. Add a splash of milk if you prefer. Season with NoMU Just Salt & Just Pepper.
- For herbed scrambled egg, add a good grinding of NoMU One for All.
- Get the butter hot and foamy in a non-stick frying pan and then pour in the eggs.
- As soon as the eggs hit the pan reduce the heat and move around for 2-3 minutes.
- When the eggs start to form larger "lumps" immediately take them off the heat and stir in a knob of butter.
- Spoon the eggs onto hot buttered toast and eat immediately.

fried eggs

My idea of a perfect fried egg has crispy edges, a wobbly egg yolk and no translucent egg white. If you are serving fried eggs with bacon you can use the same pan to cook your eggs as well as the bacon. This little cheat adds delicious flavour.

- Heat the pan until your butter or fat is shimmering and then add the cracked eggs.
- Allow them to settle for a few seconds and then turn the heat down.
- Tilt the pan slightly and, with a spoon, baste the top of the eggs with the fat to help them cook on top.
- Fried eggs are ready after a minute of cooking so plate them quickly and eat straight away.

Toasted ciabatta with crispy bacon, a fried egg and a good drizzle of Stir is a really great way to start any morning!

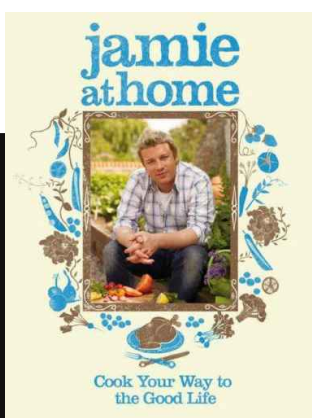
boiled eggs

- Bring a saucepan of water to a simmer and add a pinch of salt.
- Make sure the saucepan is big enough so that the eggs don't bump into each other and you have enough water to cover the eggs completely.
- Lower the eggs gently into the water with a slotted spoon and remember to have your timer set.
- Simmer the eggs for one minute and then remove the pot from the heat.
- Put a lid on the pot and for a soft yolk keep the eggs in the water for 6 minutes. For a firmer yolk keep the eggs in the pot for 7 minutes.
- Remove the eggs from the heat and serve immediately with buttered toast, salt and freshly ground pepper.

poached eggs

Please refer to recipe mailer #28.

BEST EGG TIP : Always use the freshest free range or organic eggs you can find. To check for freshness, add your egg to a jug of water. If it sinks, it's fresh. If it floats, it's not. Look for omega 3 enriched eggs for an added bonus.



Next month we'll be giving away 3 copies of Jamie Oliver's latest book, "Jamie at Home", which is all about "getting down and dirty with nature" and growing as well as cooking your own produce. All of our recipe mailer subscribers are automatically entered into the draw - visit www.nomu.co.za for all the details.