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# YOUR FAMILY

JUNE 2016 R28.00 (INCL VAT)  
Other countries R24.56 (excl tax)

## The easy issue

- ✓ PLAN A FAMILY ESCAPE
- ✓ EPIC MEALS WITH CHEAPER CUTS
- ✓ TURN A PREMIX INTO A STAR BAKE
- ✓ STEP-BY-STEP RISOTTO

## LOOKING great

- \* dry skin remedies
- \* wrap up in style

Where you're ageing **FASTEST**  
(HINT it's not your face)

**CROCHET**  
a classic cropped jacket

**FINALLY!**  
Outsmart colds & flu



### IN THE CROSSFIRE

Why we hurt the ones we love, and how to stop

JUNE 2016

CAXTON MAGAZINES

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everything today's mom wants

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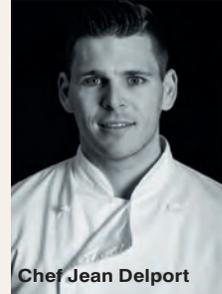
# at our TABLE

Margie shares her latest foodie finds



## For your DIARY

Make sure you catch The Hermanus FynArts Festival between 10 and 19 June, with its interesting line-up of performers, filmmakers, winemakers, chefs, sculptors and exquisite artists. One of the highlights is the cooking demonstrations by chef Jean Delport on Monday 13 June at Mac Brothers Pop-up Kitchen. Jean will present an ice-cream sandwich pastry demonstration as well as a fine-dining dish and an at-home alternative. Tickets cost R110 via Hermanus Tourism or visit Hermanus.co.za



Chef Jean Delport



### THE BENEFITS OF PRUNES

While prunes might not present themselves as the sexiest of fruits, they're incredibly versatile. A prune is a dried plum and may be used in both sweet and savoury dishes. They can be stewed into a compote to serve with polenta cakes or with rice pudding, or cooked with chicken or beef into North African tagines and stews. They can also be turned into teatime treats like date balls, stuffed with an almond and dipped in chocolate, or used instead of sugar in cakes and muffins. Prunes are a well-known cure for constipation, and for keeping you regular. They're also high in antioxidants and a great source of energy.



## Kitchen essentials

The Eetrite range makes most kitchen tasks easier, with everything from a tin opener, garlic press, ice-cream scoop and apple corer to a peeler, pizza cutter, cheese slicer and grater. The ergonomic, soft touch handles make for a comfortable, easy grip. R39-R109



Visit [Yourfamily.co.za](http://Yourfamily.co.za) for Chef Preshanthan's Duck Calvados recipe.



#### 5 MINUTES WITH CHEF PRESHANTHAN



The newly promoted executive chef at Gold Reef City, Preshanthan Pillay epitomises the role, from exacting standards and creative talent to his steadfast belief in the power of food. We found out a little more about him:

**BEST KITCHEN TIP?** Preparation is the art to any successful kitchen. Keep your pantry stocked and try to use fresh produce.

#### WHAT DO YOU LOVE EATING AT HOME?

I have a weakness for toasted cheese sarmies.

#### WHAT'S YOUR IDEAL FATHER'S DAY MEAL?

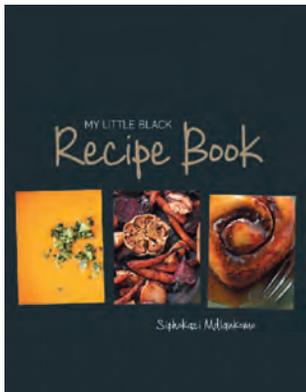
Duck Calvados (slow roast duck with apples).

#### FAVOURITE FOOD DESTINATION AND

**CUISINE?** South Africa! Each region has its own unique dish: pickled fish in Cape Town, bunny chow in Durban, pap 'n vleis in the Free State, and a melting pot of tastes in Gauteng.

## Secret shares

In *My Little Black Recipe Book* (Metz Press) Siphokazi Mdlankomo shares a wide variety of her favourite recipes. They include simple scones and ginger beer her mom taught her to make many years ago, mouth-watering braised oxtail, cinnamon cream pears, and other sumptuous dishes that she developed on her way to the *MasterChef 2014* finale. R235



## INSIDE story

Carolyn Robb was personal chef to the Prince and Princess of Wales, Prince William and Prince Harry for 10 years. In her new cookbook *The Royal Touch* (ACC Editions), Carolyn shares 100 recipes for special occasions, which are easy to prepare and practical. She also shares intimate stories and personal letters from her time at Kensington Palace. R825

*Your Family* readers will receive a 50% discount when registering on [Ccdistribution.com](http://Ccdistribution.com) and entering the promotional code **RT50** upon purchase. Try this delicious recipe they shared with us...



### chocolate biscuit cake

'When Prince William and Prince Harry were very young, I made my mother's recipe of the Chocolate Biscuit Cake. It was a favourite in the royal nursery, so much so that, many years later, Prince William chose to have the cake as his groom's cake for The Royal Wedding!'

• Serves 16-20 • Takes 35 mins

#### FOR THE CAKE

- 1 350g butter
- 180ml golden syrup
- 160ml cocoa powder
- 120g dark chocolate, chopped
- 8ml vanilla essence
- 600g digestive biscuits, crushed

#### TO DECORATE

- 300g dark chocolate
- 50g white chocolate
- selection of small chocolate sticks and dark and white Maltesers or Whoppers

- 1 Line a 20cm round or square cake tin with baking paper. Heat butter and syrup on medium until melted. Do not let it boil. Take off the heat and add the cocoa, chocolate and vanilla. Stir until you have a smooth, glossy mixture.
- 2 Add the crushed biscuits and stir well.
- 3 Press the mixture into the prepared tin. Cool to room temperature, then chill in the fridge for about 2 hours until firm.
- 3 Remove from the tin and place on a cooling rack. Melt the dark chocolate and white chocolate separately. Spread the dark chocolate all over the cake. Decorate with the selection of sweets before the chocolate sets. Drizzle with the white chocolate. Store in an airtight container in the refrigerator for 2 weeks.