

q cuisine: with YOUR COOK HYLTON

When I was young, my mother always encouraged me to learn the basics of cooking, and was keen for me to start building my own book of easy recipes, upon which to build in the future. I have fond memories of my late mother teaching me how to make certain dishes, a lot of her guidance consisting of measurements such as “a pinch” of this and “a goodly pour” of that. When Fannie Farmer introduced the standardised cup measure in the late 19th century, she clearly didn’t have my mother in mind, either that or my grandmother never really took notice. Over the years I’ve learnt to combine cooking by recipe with cooking by taste and sight. While a recipe can be a wonderful guide, creativity, daring, and overall experience is what’s going to broaden your horizons.

As George Bernard Shaw wrote, “There is no love sincerer than the love of food,” and expanding upon that, there is nothing more loving than sharing food with family or friends. Relationships amongst families in many cultures are tempered by breaking bread together, an activity that has more and more fallen to the wayside in recent times. I have often cooked not for myself, but just for others, to see a smile cross their face when they bite into something into which I’ve put my love and good energy.



During this very difficult time, wherever you are around the globe, it is likely that certain events may be taking their toll on your sanity. For those of you not able to work, or even those who are, free time is a perfect opportunity to expand your culinary repertoire or try something new.

Take out those cookbooks your family gave you for Christmas umpteen years ago and give something a whirl. Perhaps, for a meal you enjoy regularly, but thought was lacking in one regard or another, add a little something extra, experiment. The worst that can happen is that you don’t add that next time.

I tend to double the following recipe, because I do like leftovers, and also, if I’m not quite in the mood to make a half-batch of rumballs, I hate to waste half a can of condensed milk. I will also begrudgingly admit, that with the amount of cocktails made in my household, I do have bottled lime juice on hand most of the time. Also, depending on availability, I’m known to use canned passionfruit pulp, otherwise, depending on where you live, and what season it is, this recipe can be somewhat costly.

Ingredients:

- 1 cup (250mL) pouring cream
- 1/2 cup (approx. 1/2 can) condensed milk
- 1/2 cup of passionfruit juice, strained through a small sieve (approx 1 can). Reserve pulp for serving.
- 1 tbsp (20mL) lime juice

Method:

- In a medium bowl, combine condensed milk, passionfruit and lime juice.
- In a smaller bowl, whip cream with an electric mixer until soft peaks form.
- Pour and scrape cream into the bowl with other ingredients. Stir to combine.
- Pour into serving glasses (latte or martini glasses work well). Cover with cling wrap and refrigerate for at least 1 hour.
- Garnish with passionfruit pulp and serve.

