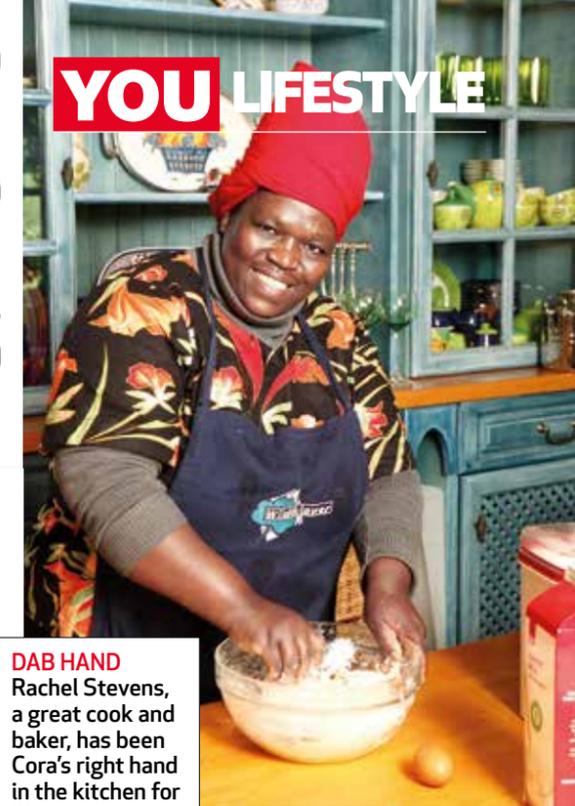




YOU's Carmen Niehaus helps Cora de Kock with a carrot cake with a tipsy cream cheese icing. On the right are potato bread and rolls.

CARMEN COOKS IN BARKLY WEST



DAB HAND Rachel Stevens, a great cook and baker, has been Cora's right hand in the kitchen for 23 years.



MAKE A PLAN ABOVE: Every Thursday the farm managers gather at Cora's home for a planning session and a delicious meal. From left are Simon Phahtlane, Martin Oosthuizen, John Stevens and George Botha. Louis was overseas at the time of our visit. BELOW: Cora and Louis' daughter Madelein with Thinus du Preez.



ENJOYING GIFTS OF THE EARTH

We visit the farm kitchen of Cora de Kock who swopped a career in law for the land

By CARMEN NIEHAUS Pictures: DAVID BRIERS

IT'S the final episode of KykNet's Megaboer series and we're glued to the TV with Cora de Kock on the farm Wildeklaer near Barkly West. Tonight the spotlight is on her one-time farmer-of-the-year husband, Louis, and their extensive irrigated farms on the banks of the Vaal and Orange rivers where they grow and pack vegetables on a vast scale.

They're known as onion producers and are introducing SA's first sweet red onion to the market this month.

They bought their land 29 years ago – while Louis was lecturing in agricultural engineering and Cora was an attorney in Pretoria – and turned it into the magnificent farm it is today. When

they had three children – twins Louis Jnr and Madelein (now 25) and Christine (23) – in two years, Cora bid her legal practice in Kimberley farewell. She later took over the marketing and promotions for Wildeklaer full time.

She loved cooking from a young age and learnt the finer art of food preparation when she was inducted into the 12-member Douglas Gourmet Guild 17 years ago. Every year during the Wildeklaer Super Schools festival in Kimberley she ("and everybody on the farm") entertains 700 to 800 rugby and netball players at their home.

When travelling they gen up on new products and make an effort to find out more about other food cultures.

POTATO BREAD
MAKES 2 LOAVES OR 12 ROLLS
Preparation: 25 min
Resting time: 40 min
Baking: 30-40 min

- ▶ 4 x 250 ml (4 c) flour
- ▶ 10 ml (2 t) salt
- ▶ 10 ml (2 t) sugar
- ▶ 1 packet (10 g) instant yeast
- ▶ 60 g butter
- ▶ 125 ml (½ c) sour cream
- ▶ 125 ml (½ c) lukewarm milk
- ▶ 375 ml (1½ c) cooked mashed potato
- ▶ 1 egg
- ▶ 125 ml (½ c) chopped chives
- ▶ extra milk and flour

Preheat the oven to 190 °C. Grease a baking tray.

- 1 Mix the flour, salt, sugar and yeast.
- 2 Heat the butter and add the sour cream and milk. Add the potato and mix until smooth. (The mixture should be lukewarm).

3 Add the potato mixture to the dry ingredients, mix and knead well until the dough is smooth and no longer sticks to your hands. Cover and allow to rise in a warm spot until doubled in volume.

4 Cut and form 2 round loaves or 12 rolls. Cut a cross in the bread or slits in the rolls. Place on the greased baking tray, brush with milk and sift extra flour over. Cover lightly with plastic and allow to rise until doubled in volume.

5 Bake the loaves for 30-40 minutes or the rolls for 15-20 minutes. Serve lukewarm with jam.

Tip Place a sausage in each roll and fold to enclose in the dough. Make cuts in the top. Bake until cooked or fry in shallow oil. (Turn over)

t - teaspoon/s T - tablespoon/s c - cup/s



FARM GIRL Madelein is doing her honours in agriculture at the University of the Free State. The farm's new sweet red onion doesn't make your eyes water or burn your mouth.





GINGER ONION MARMALADE

Yummy with roast gammon and spiced peaches.

MAKES ABOUT 500 ML (2 C)

Preparation: 15 min

Cooking: about 40 min

- ▶ 4 sweet red onions, cut into rings
- ▶ 15 ml (1 T) olive oil

- ▶ 1 bay leaf
- ▶ 125 ml (½ c) water
- ▶ 5 ml (1 t) salt
- ▶ 250 ml (1 c) sugar
- ▶ 60 ml (¼ c) red wine vinegar
- ▶ 10 ml (2 t) finely grated fresh ginger
- ▶ 2-5 ml (½-1 t) chopped chili

Fry the onion in the oil

until soft. Add the bay leaf and water and simmer until the water has evaporated. Add the salt, sugar and vinegar and simmer slowly for 30 minutes, stirring occasionally, until thick but not too sticky. Allow to cool and store in the fridge.



BEETROOT AND RED ONION SALAD

SERVES 4

Preparation:

15 min

Cooking: 40 min

BEETROOT

- ▶ 1-2 bunches of beetroot
- ▶ salt
- ▶ oil
- ▶ thyme sprigs

DRESSING

- ▶ 45 ml (3 T) olive oil
- ▶ 20 ml (4 t) grape vinegar
- ▶ 7 ml (1½ t) wholegrain mustard

- ▶ pinch of sugar

SALAD

- ▶ baby spinach leaves
- ▶ 1 sweet red onion, cut into rings
- ▶ 1 ripe avocado, flesh scooped out
- ▶ 1-2 rounds of feta cheese, broken into pieces
- ▶ large handful of mixed nuts
- ▶ 15 ml (1 T) air-dried onion flakes

- ▶ micro herbs

Preheat the oven to 200 °C.

1 Beetroot

Arrange the beetroot on a baking sheet. Season with salt, drizzle oil over and sprinkle thyme on top. Bake until soft. Allow to cool slightly then remove the skins. Cut the flesh into pieces.

2 Dressing Mix

all the ingredients and pour over the warm beetroot. Allow to cool.

4 Salad

Arrange the spinach on a platter and arrange the beetroot on top. Add the onion rings, avocado and feta and sprinkle with nuts, onion flakes and micro herbs on top.



CARROT CAKE WITH A KICK

MAKES 1 LARGE CAKE

Preparation:

15 min

Cooking: 30 min

- ▶ 500 ml (2 c) flour
- ▶ 10 ml (2 t) baking powder
- ▶ 7 ml (1½ t) bicarbonate of soda
- ▶ 5 ml (1 t) salt
- ▶ 12 ml (2½ t) ground cinnamon
- ▶ 500 ml (2 c) sugar
- ▶ 375 ml (1½ c) oil
- ▶ 4 eggs
- ▶ 500 ml (2 c) coarsely grated carrots
- ▶ 400 g fresh

- ▶ pineapple, finely grated
- ▶ 250 ml (1 c) chopped pecan nuts
- ▶ 60 ml (¼ c) whisky

ICING

- ▶ 100 g butter
- ▶ 250 g cream cheese
- ▶ 20 ml (4 t) whisky
- ▶ 500 g icing sugar
- ▶ canned or glazed fruit such as quince, citrus and citron pieces

Preheat the oven to 180 °C. Grease two square baking

tins and line with grease-proof paper.

1 Cake Sift together the flour, baking powder, bicarbonate of soda and cinnamon.

2 Beat the sugar, oil and eggs and add to the dry mix.

3 Stir in the carrot, pineapple, nuts and whisky.

4 Pour into the baking tin and bake for 30 minutes or until a skewer inserted in the middle comes out clean.

5 Allow to cool

slightly in the tin then transfer to a wire rack to cool completely.

6 FILLING Beat the butter and cream cheese until soft, add the whisky and icing sugar and beat well. Add more whisky if the mixture is still too thick.

7 Sandwich the two cake layers with a bit of the icing. Spread the rest of the icing on top and decorate with canned or glazed fruit. ■

