

ISSUE 6 | JUNE 2025

FREE!



Garden Route *gateway*

YOUR LOCAL INFORMATION & BUSINESS GUIDE

DISCOVER THE GARDEN ROUTE



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Egg-in-the-hole Bacon Sandwich

Ingredients

- oil, for frying
- 4 rashers smoked streaky bacon
- 2 thick slices sourdough
- 1 tbsp mayonnaise
- 1 small egg
- 1 tbsp ketchup or brown sauce, to serve



Method

- Heat a splash of oil in a large, non-stick frying pan. Fry the bacon until crispy, then put on a plate covered with foil to keep warm.
- Using a cookie cutter, cut a hole in 1 slice of bread, then spread mayonnaise on one side of both slices. Fry the bread in the same pan. When browned on one side, flip both over and crack the egg into the hole. Fry for 2-3 mins, then turn down the heat and cover the pan until the white of the egg is set but the yolk is still runny. Remove everything from the pan.
- Spread the non-egg slice with the sauce, add the bacon, then top with the egg slice. Halve and tuck in.



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Peanut-and-Coca Cola Chicken Potjie

Ingredients

- 1 whole chicken
- sea salt and ground black pepper
- 1 butternut, peeled
- 2 x 25 g sachet chicken stock
- 2 T olive oil
- 1 onion, quartered
- 1 large knob ginger, grated
- 4 cloves garlic, crushed
- 1 large pinch chilli flakes
- 1 cup Coca-Cola
- 2 T soya sauce
- 2 T smooth peanut butter
- 1 T miso paste
- 420 g rice



Method

- Break up the chicken into portions. Cut the chicken breasts in half and season well.
- Halve the butternut, remove the seeds and slice thickly.
- Dissolve the stock in 2 cups hot water.
- Heat the oil in a flat-bottomed potjie or casserole dish. Brown the chicken pieces and onion. Stir through the ginger, garlic and chilli flakes and cook for a further minute. Add the butternut and add the stock, Coca-Cola, soya sauce, peanut butter and miso paste.
- Simmer over low coals or in the oven at 180°C for 1 hour, removing the lid for the last 15 minutes to reduce the sauce.
- Cook the rice until light and fluffy and serve with the potjie.



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Ingangsfooie

Guinness Chocolate Puddings

Ingredients

- 150g unsalted butter plus extra for the ramekins
- 200g dark chocolate (70% cocoa), roughly chopped
- 90g caster sugar
- 3 large eggs
- 90ml Guinness
- thick double cream, to serve



Method

- Butter four 9 x 5cm ramekins and set aside. Tip the butter, chocolate and a generous pinch of salt into a heatproof bowl. Set over a small pan of just-simmering water and stir until melted, then remove from the heat and leave to cool a little.
- Put the sugar and eggs in a large mixing bowl and beat with an electric whisk until pale, almost doubled in volume and thick enough to leave a trail when the beaters are lifted up. Gently fold in the melted chocolate and the Guinness. Spoon the mixture into the ramekins, then chill in the fridge for 1 hr. Heat oven to 200C/180C and put a baking tray on the top shelf to heat up.
- Place the ramekins on the hot baking tray and bake for 18 mins. Remove from the oven and leave to stand for a minute, then serve with a dollop of cream, if you like.

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Psychological Effects

- Harmful habits
- self-isolation
- decreased self-esteem
- Unusual withdrawal

Physical Effects

- Stomach ache
- Issues with sleeping
- Recurring headaches

Mental Effects

- Lack of concentration
- Anxiety
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- Negative thoughts

Emotional Effects

- Embarrassment
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- Depression



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