

From Tins to Tables

A Culinary Thread Through Time

A South African Story for the Ages



I'm Douglas Warren, and as the last of my generation, I'm sharing **"A Culinary Thread Through Time"** to keep Nan Warren's recipes alive before they're lost forever. Tucked in her Benoni kitchen tins at 40 Mowbray Avenue, these dishes, savored with Mazawattee tea by family and friends, are Nan's gift to the world, joined by gems from loved ones. Verifying them is a slow dance—Nan cooked by instinct, her tricks often unwritten, a chef's second nature. This eFlipbook is for my family and anyone craving tradition, a way to hold onto a fading world of home cooking. In a time of endless food choices, these simple recipes, with few ingredients but bold flavors, shine. My knack for eBooks brings this cloud-hosted collection to life, available 24/7, updating automatically as we uncover more from the tins. It's Nan's thrift meeting modern times, ensuring her legacy grows. Join us in celebrating these dishes - from hotpots to peri-peri, crafted for tables filled with love and laughter, keeping the heart of home cooking beating strong.

*Footnote: Curated by Douglas Warren, inspired by Nan Warren's legacy.

Recipes adapted for modern kitchens.

[See "Nan's Baking Basics" for measures.](#)

Gran's Cherished Recipes

- Agnes May Warren (Nee - Randall) -

Born 03 September 1911

*A Taste of yesterday
A legacy for tomorrow*

This book is more than just a collection of recipes; it's a journey through time, a testament to the enduring power of family, and a celebration of the culinary heritage passed down through generations. These recipes, carefully preserved within the confines of two well-loved cake tins, represent more than just ingredients and instructions—they are the stories of our family, whispered from kitchen to kitchen, from generation to generation.

My grandmother's hands, now resting, once kneaded dough, stirred sauces, and carefully measured spices, infusing each dish with a love that transcended mere sustenance. These recipes are not simply instructions; they are echoes of laughter, shared meals, and the comforting aroma of home. They are a tangible link to a past that continues to shape our present and will undoubtedly flavor our future.

This book is a tribute to her, a way to keep her memory alive through the simple act of cooking and sharing. It's an invitation to taste the past, to savor the flavors of tradition, and to carry on a culinary legacy that has nourished our family for years. May the warmth of these recipes bring joy to your kitchen, just as they brought joy to ours.

Glossary

Click on the links to be taken to each section

1. [Let the Story Begin](#)
2. [The Origins of the Family Recipe Book](#)
3. [A Century in Two Tins](#)
4. [Key Family Members](#)
5. [Preserving Culinary Traditions](#)
6. [Nan's Secret](#)
7. [Nan's Smiles – Recipe for Life](#)
8. [Nan's Smiles – Hints for a Helpless Husband](#)
9. [A taste of then and now](#)
10. [Nan's Baking Basics](#)
11. [Gran and Tea](#)
12. [Nan's Shortbread](#)
13. [Chocolate Cake](#)
14. [Chocolate Cake Icing](#)
15. [Cornish Pasty's](#)
16. [Tart Pastry](#)
17. [Topsy Tart](#)
18. [Date Slices](#)
19. [Baked Roly-Poly](#)
20. [Custard Fruit Cake](#)
21. [Roast Chicken](#)
22. [Pork Chops](#)
23. [Lancashire Hotpot](#)
24. [Pastry Secrets \(All about Pastry\)](#)
25. [Delicious Carrot Pudding](#)
26. [Brandied Bananas](#)
27. [Doug's Dishes and their Stories](#)
28. [Galinha Peri-Peri \(Chicken Peri-Peri\)](#)
29. [Kleftiko \(Greek Lamb\)](#)
30. [Banana Bread \(Liz\)](#)
31. [Passing down the Recipes](#)
32. [Classic Shakshuka \(Ina's Recipe\)](#)

33. [Boiled Salad Dressing](#)
34. [Scones – Alice Theron](#)
35. [Chocolate Fingers \(Molly\)](#)
36. [Date Biscuits \(Mrs Potty\)](#)
37. [Rice Krispie Biscuits – Marlene](#)
38. [Peppa-Pot Chicken – Nan](#)
39. [Pan Cakes – Mrs Potty](#)
40. [Understanding Bread Dough](#)
41. [Doug's Artisanal Bread](#)
42. [This is not the end](#)



Gran loved music – I fondly remember Nan for these 2 songs

- Lynn Anderson – [I never promised you a Rose Garden](#)
- Tony Orlando & Dawn – [Knock Three Times](#)

Click on the links to listen. Sometimes the links do not open. If this happens refresh your browser.

Let the story begin

The Origins of the Family Recipe Book

A Window in Time: The Legacy of Agnes May Warren
Picture me at five, by Nan's Defy Dover stove in Benoni, yelling, "It's cooking, Nan!" Agnes May Warren's kitchen at 40 Mowbray Avenue was pure magic—fresh bread, pasty's she called "pasty's" (I said pies), and Mazawattee tea in fancy tins. In today's fast-food world, I'm saving her legacy, a window into a bygone era. This eFlipbook is for our family, sharing her recipes and stories.

The Origins and Evolution

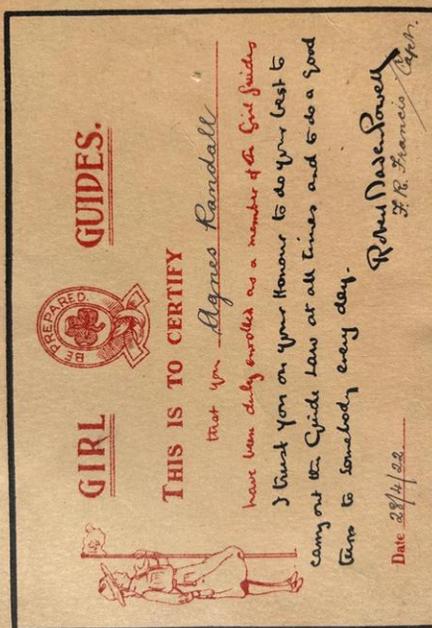
Born in 1911 in Matatiele, Natal, Nan grew up with ox wagons and her well-to-do mom, Great Granny Randall, who sparked her love for cooking. Food brought us together—family, friends, even my previous wife(Liz) - around her Bakelite table, swapping tales with Mrs. Pottie over MooiRiver butter treats. Nan perfected every recipe, stuffing two cake tins with handwritten notes, clippings, and remedies from her **1922 Girl Scout days** to Benoni's bustling years.

Signature Dishes and Stories

Opening her Queen Elizabeth tin—likely for the 1947 royal wedding—I found a "Pastry for Pasties" from Mrs. Van A. It's the start of Nan's favourites, tied to memories of her lunar-cycle garden and that stove, burning 24/7.

Preserving Her Legacy

Those papers, some from 1914, are crumbling. Passed from Nan to Dad, Mom, then me, her favoured grandson, these tins hold her fierce spirit. After Grandad's passing when I was ten, she thrived alone, her outhouse lasting into the late 1980s. This eFlipbook, with photos and transcribed recipes, keeps her love alive for our family and beyond. Read on for Nan's story, one dish at a time.





The Origins of the Family Recipe Book



These two cake tins are like time machines—one decked out with Queen Elizabeth and her husband, maybe for their 1947 wedding, the other just as special, packed with Nan's treasures. When I lifted their lids, I found her life—fragile papers, some from 1914, scribbled with pasty countless recipes and remedies. These pages are crumbling, yellowed by time, and sitting in the archives won't save them. That's why I'm pulling them into this eFlipbook, snapping photos and typing them up so her Cornish pasty's and Mazawattee tea moments live on. Nan's spirit deserves more than a dusty box—it needs to shine for our family now and generations to come. Her tins, once tucked away, are now my mission to share with the world.

A Century in Two Tins

The Heart of Nan's Kitchen

The house where it all began—40 Mowbray Avenue, Benoni—stands proud, a beacon of family. Snipped from Google Maps, this home, its current owner's unknown, cradles the soul of Agnes May Randall—Nan's—kitchen.

Nan Warren's Defy Dover stove churned out delights like Aunty Joan's Date Slices, enjoyed around her Bakelite table with steaming Mazawattee tea, no lounge required. Her sons and daughters-in-law—Derek with Joan, Percy with Marlene, my parents Allan and Daphne—alongside her daughter Sheila and husband Piet, filled the Benoni kitchen at 40 Mowbray Avenue with joy and chatter.

That pine tree on the left? It's my youth—climbing with cousins, playing with friends, basking in Nan's love. From her Matatiele roots, Nan swapped recipes with Mrs. Potty or Mrs. Pieterse, filling her Queen Elizabeth tin with stories.

This house, with its warm hearth, was where Mom and Dad savored Nan's pasties and tarts, binding our clan's heart. It's more than bricks; it's our legacy, alive in every bite, ready to spark joy in your kitchen today.



Key Family Members

Gran

Great-Grandparents' Role

My great-grandmother, Great Granny Randall, was a well-to-do lady in Matatiele who shaped Nan's love for cooking, filling her with the know-how to whip up dishes that brought folks together. Her influence echoes in the recipes Nan tucked into those cake tins, passed down to me through the generations. This eFlipbook keeps their legacy alive, sharing the flavors and stories that started with them for our family to cherish.

Dad

Mom

Nan's Role in this book

My Nan, is the soul of this eFlipbook, her passion for cooking filling those cake tins with handwritten recipes and remedies that define our family's story. From her Benoni kitchen, where she baked pasty's and brewed Mazawattee tea, she crafted a legacy of love and flavor. I'm bringing her creations to life here, sharing her warmth and spirit for our family and future generations to savor.

Me

Family Culinary Traditions

Our family's culinary traditions, sparked by Nan's kitchen in Benoni, revolve around her hearty pasty's, MooiRiver butter treats, and Mazawattee tea shared at her Bakelite table. Some of these recipes, passed from Granny Randall to Nan, to Mom and Dad, then to me, bring us together with flavors that tell stories of love and laughter. This eFlipbook keeps those traditions alive, so future generations can taste the warmth of our family's gatherings..



Preserving Culinary Traditions

Our Family's Heartbeat

Shaped by Granny Randall's Matatiele roots, we're a clan defined by shared meals and stories that spark connection. This eFlipbook holds that essence, keeping our vibrant identity alive for future generations to embrace.

Culinary History

Preserving family recipes helps keep our culinary history alive, allowing future generations to connect with their roots and stories.

Cooking Nan's Way for Now and Tomorrow

Today's fast-food world meets Nan's golden age of cooking through this eFlipbook, where modern tech brings to life her recipes, once tucked in cake tins, now shine for our family and future generations, keeping the warmth of her Benoni kitchen alive. We're sharing her traditional flavours to inspire tasty connections far into the future

Nan's secret

Nan's Benoni kitchen at 40 Mowbray Avenue was a haven of love - and a secret kept close.

Tucked in her Queen Elizabeth tin, I found a baptismal certificate for Muriel Maud Randall, Nan's younger sister, baptized on November 8, 1914.

A Google search uncovered her death certificate—she passed at 12 months on November 15, 1915, a sister never spoken of, lost to time. This tender tribute honours Muriel Maud, whose brief life touched Nan's heart, shaping her quiet strength.

From Matatiele roots, Nan wove love into recipes, shared with Mrs. Potty, but kept Muriel's memory silent. With these certificates, we celebrate Muriel Maud, her story alive in Nan's legacy, binding our family's heart to yours.

One Lord,
One Faith,
One Baptism

He that believeth and is baptized shall be saved.

Muriel Maud Randall
was **Baptised**
at St. Stephen's, Matatiele
by Rev. A. Moultrie
on Nov. 8, 1914.

SPONSORS
Basil O'Connor Hood
Nina Elizabeth Randall

Signed Arthur Donohoe

THE PRESENTATION

By one Spirit are we all Baptized into one Body.

NOTICE TO SPONSORS.
Ye are to take care that this child be brought to the Bishop to be confirmed by him so soon as he can say the Creed, the Lord's Prayer, and the Ten Commandments, in the vulgar tongue, and be further instructed in the Church-Catechism set forth for that purpose.

Baptizing them in the Name of the Father and of the Son and of the Holy Ghost.

No 127 S.P.C.K.

FORM OF INFORMATION OF A DEATH: ACT No. 7 OF 1894.

WARNING—The penalties for false statements wilfully made are the same as those for perjury. Anyone who issues a COMPLETED registration form is liable to a penalty not exceeding £5.

DECEASED—

- Christian Names and Surname *Muriel Maud Randall*
- Sex *Female*
- Usual place of Residence *Matatiele*
- Age *4 months*
- Race (a) *European* (b) *Birthplace: Matatiele*
- Whether Single, Married, Divorced or Widowed (b) *Child*
- Occupation
- Date of Death *15th November 1915*
- Place of Death *Matatiele*
- Intended Place of Burial *Matatiele*
- Cause of Death *Acute Bronchitis & Heart Failure*
- Duration of last Illness *2 Days*
- Medical Man's Name *D. J. P. O'Connell*

INFORMANT—

- Original Signatory (or Next of Kin) *Arthur Donohoe*
- Qualification *Father present at death*
- Residence *Matatiele*

Signed in my presence on this *16th* day of *November 1915*
at *Matatiele*
Witness (c) *Arthur Donohoe*

The following spaces are reserved for the use of Associates for Urban Areas and of the Deputy Registrar.

No one else should fill them up.

When Registered *1915* Sub-District of *Matatiele*
(Signature) *S. J. P. O'Connell* Registrar (Urban Areas)
Wages Received *2/- - 11/-* (Signature) *Arthur Donohoe* Deputy Registrar. No. of Entries *44*

N.B.—If the Certificate of a Medical Practitioner is produced, the cause of Death and duration of illness need not be recorded in the Registration Book by the Deputy Registrar and Associate to the Deputy Registrar (Urban Areas) as stated in such Certificate, which is to be attached to the Form.

(a) If more than one Cause of Death, enter on the same line in addition to the date, the name of the County, District, County Ward, or Town.

(b) If married, divorced or widowed, state on this line. (c) The total number of children born to the mother.

(d) When a Head, Assistant, Public Health Officer, or other officer is required, he should add the words "From within" or "From without" and enter in "From within" or "From without" as the case may be.

(e) If the Certificate of a Medical Practitioner is produced, the cause of Death and duration of illness need not be recorded in the Registration Book by the Deputy Registrar and Associate to the Deputy Registrar (Urban Areas) as stated in such Certificate, which is to be attached to the Form.

(f) If more than one Cause of Death, enter on the same line in addition to the date, the name of the County, District, County Ward, or Town.

(g) The total number of children born to the mother.

(h) When a Head, Assistant, Public Health Officer, or other officer is required, he should add the words "From within" or "From without" and enter in "From within" or "From without" as the case may be.

(i) If the Certificate of a Medical Practitioner is produced, the cause of Death and duration of illness need not be recorded in the Registration Book by the Deputy Registrar and Associate to the Deputy Registrar (Urban Areas) as stated in such Certificate, which is to be attached to the Form.

Nan's Smiles

Nan - hid this grief, yet her humour sparkled, teasing Allan, Daphne, Shiela, Piet, Derek, Joan, Percy and Marlene with cheeky quips over Mazawattee tea at her Bakelite table, no lounge needed. She'd chuckle, hiding burnt tarts, her Defy Dover stove a stage for mischief.

Nan's wisdom—sprinkled with humor, baked with kindness—shone through her Defy Dover stove's warmth, even as she held secrets like Muriel Maud's memory close. Her words, untouched, are a gift to us all, inviting generous helpings of love in every kitchen.



NAN'S RECIPE FOR LIFE

Take equal parts of faith and courage. Mix well with a sense of humour, sprinkle with a few tears and a large helping of kindness to others. Bake in a good-natured oven, dust with laughter. Remove all self pity, scrape away self indulgence that is apparent, and serve in generous helpings.

Recipe of Life.

Take equal parts of Faith and Courage.
Mix well with a sense of Humour, sprinkle with
a few tears and a large helping of Kindness
to others. Bake in a Goodnatured oven, dust
with laughter. Remove all self-pity, scrape
away self-indulgence that is apparent, and
serve in Generous Helpings.

Nan's Smiles

Nan's Benoni kitchen at 40 Mowbray Avenue was a stage for love—and laughter. Tucked in her Queen Elizabeth tin, this handwritten gem, **“Hints for a Helpless Husband on How to Make an Omelette,”** reveals Agnes May Randall—Nan’s—mischievous humor.

Picture her at the Bakelite table, teasing Allan, Daphne, Shiela, Piet, Derek, Joan, Percy and Marlene with a wink over Mazawattee tea, her Defy Dover stove humming. Perhaps she penned this for a family “helpless husband,” chuckling at eggy chaos. From Matatiele roots, Nan’s wit danced through her recipes, shared with Mrs. Potty, brightening even quiet moments like Muriel Maud’s memory.



Hints for a Helpless Husband on How to Make an Omelette

Crack an egg on the side of a cup - Scoop the mess off the table and begin again. Crack another egg and repeat the scooping process. Place your egg inside the cup and hit it sharply with a salmon tin. Pick out the bits of shell and pour into the frying pan. Drop a lump of lard into the pan. Wipe the hot fat from your face with the kitchen towel and go in search for the Vaseline. Return to the frying pan, empty the contents into the dustbin and rub the bottom of the pan with Emory paper - Open the tin of salmon.

Hints for a helpless Husband on how to make an Omelette.

Crack an egg on the side of a cup -
scoop the mess off the table and begin again.
Crack another egg and repeat the scooping process
Place your egg inside the cup and hit it sharply
with a salmon tin.
Pick out the bits of shell and pour into the
frying pan. Drop a lump of lard into the pan.
Wipe the hot fat from your face with the
kitchen towel, and go in search of the
vaseline. Return to the frying pan, empty the
contents into the dustbin and rub the
bottom of the pan with emory paper. -
Open the tin of salmon!



A Taste of Then and Now

Step into Nan's Benoni kitchen at 40 Mowbray Avenue, where her flaky Cornish pasty's and MooiRiver butter treats, pulled from her Queen Elizabeth tin, made her a legend in our family. Her Mazawattee tea, poured from those fancy tins she loved, warmed every gathering, tying us to Granny Randall's Matatiele days when food was family. As our matriarch, Agnes May Warren didn't just cook—she wove us together, collecting recipes from aunts, uncles, and nieces, each scribbled note crediting “Auntie Sheila's scones,” “Eulinda's Chocolate cake,” or “Uncle Piet's Smoked Ham.”

Those dishes, swapped over tea with her pal Mrs. Pottie, filled her Defy Dover stove's air with love. I'm tossing in my own recipes, ones I've honed over years—maybe a curry with Nan's spice—proof her cooking fire still burns in me.

Cousins and kin pitched in too; their jottings tucked in Nan's cake tins beside her handwritten notes and press clippings from as far back as 1914. Those pages are a treasure, but time's been rough—some are faded, others just list ingredients, leaving me to guess the rest. I can't share them all, so I'm picking the clearest, user-friendly ones, fleshing them out with memories of Nan's stove-side warmth, her hands kneading dough as we chatted. Those tins, passed from Nan to Dad, then Mom, and now me, her favoured grandson, hold more than recipes—they carry our clan's heart. From her glowing kitchen to my table, this eFlipbook keeps our love cooking, sharing our family's tastes, from pasties to pies, with you and generations to come, so Nan's legacy never fades.

*“Come along as we dive into
Nan's kitchen, where her
culinary magic weaves
a tale of love and flavour.”*

Nan's Baking Basics

Nan's Baking Basics

In Nan's Benoni kitchen at 40 Mowbray Avenue, Agnes May Warren—Nan—worked magic with her Defy Dover stove, measuring by feel as much as by spoon. Her recipes, shared with family over Mazawattee tea, used simple scoops we've clarified for your baking joy. This guide converts Fahrenheit to Celsius, millilitres to fluid ounces, and rough measures for teaspoons and tablespoons, with a nod to flour and sugar weights, making Nan's tarts and slices a breeze. From Matatiele roots, her Queen Elizabeth tin held love and wisdom—now yours to bake with.

Baking Measurement Guide

Temperature:

325°F = 160°C

350°F = 180°C

375°F = 190°C

400°F = 200°C

Volume:

1 tsp = 5 ml = 0.17 fl oz

1 tbsp = 15 ml = 0.5 fl oz

1 dessert spoon = 10 ml = 0.34 fl oz

1 cup = 240 ml = 8 fl oz

100 ml = 3.4 fl oz

Weights:

1 cup all-purpose flour = ~125g

*(Use cake/plain flour, not bread flour)

1 cup sugar = ~200g

Pan Sizes:

8 inch = 20 cm

9 inch = 23 cm

13 inch = 33 cm

Rough Measures:

1 tsp: Pinch with fingers

1 tbsp: Heaped teaspoon

1 cup: Standard mug (240 ml)

Keep this handy for Nan's recipes,
baked with heart at every table.

"Come along as we dive into Nan's kitchen, where her culinary magic weaves a tale of love and flavour."



Gran and Tea

Nan's Perfect Brews

Come along as we step into Nan's cozy Benoni kitchen at 40 Mowbray Avenue, where her Defy Dover stove burned 24/7, and her Bakelite table with four chairs was the heart of every moment - no lounging in the lounge here, just kitchen magic. Agnes May Warren - Nan - lived for her Mazawattee tea, always loose-leaf, never tea bags, paired with a delightful homemade shortbread, chocolate cake, or other goodies from her pantry. Her tea ritual was pure love, sipped around that table. Here's how she made it sing.

Nan's Mazawattee Tea Ritual

1. Boil water in the kettle on the Defy Dover stove, pour into a steel teapot to warm it, then let it cool slightly—boiling leaches flavor, Nan warned.)
2. Add Mazawattee Tea loose-leaf tea to the teapot. Let it draw for 5 minutes, the metal pot keeping it warm.
3. Warm teacups (no mugs!) with hot water, discard it, then add milk first for that special milky taste Nan loved.
4. Pour the hot tea through a strainer into the milk-filled cups. Add sugar, sip with a pantry treat, and savor.
5. Brew fresh for a second cup-old tea turns bitter, Nan said.
6. Save leftover tea and leaves for her prolific vegetable garden. Thrifty Nan wasted nothing.

This tea, with her shortbread, was Nan's kitchen at its warmest.

Nan's Oven



Short Bread
Flour. 15 ozs
Corn flour. 6 ozs
Castor Sugar. 6 ozs
Butter 12 ozs.
Pinch of Salt.
Bake 1 hour in
coal stove 400°
Wood fire

Nan's Shortbread

Step into Nan's Benoni kitchen at 40 Mowbray Avenue, where her Defy Dover Coal stove hummed and her Bakelite table with four chairs buzzed with family—no lounging in the lounge, just pure warmth. Nan - worked magic with treats like her shortbread, always tucked in her pantry to pair with Mazawattee tea. She'd cream unsalted butter with a wooden spoon, never rushing, to craft these buttery, crumbly delights that melted in your mouth. Her shortbread, dusted with sugar and served with a cuppa alongside Mrs. Potty or kin, wasn't just food; it was love from Granny Randall's Matatiele roots to my table. Here's how Nan baked it, straight from her heart.

Nan's Melt-in-Your-Mouth Shortbread

1. Preheat your oven to 350°F (180°C). Grease a 9-inch square pan well with butter, just like Nan did.
2. Cream 12 oz (350g) softened unsalted butter with 6 oz (175g) castor sugar using a wooden spoon until smooth and fluffy—Nan's way, slow and steady.
3. Sift 15 oz (440g) cake flour, 6 oz (175g) corn flour, and a pinch of salt. Gently mix into the butter until crumbly—don't knead it!
4. Press the crumbly dough into the pan, about ½ inch thick, then lightly roll with a rolling pin for an even surface, smoothing with a spoon.
5. Prick the surface with a fork for those classic shortbread holes, then bake for 35–40 minutes until pale golden—watch to keep it from browning.
6. Cool in the pan for 10 minutes, slice into fingers while warm, and dust with castor sugar for a sweet finish, then cool fully in the turned-off oven to stay crisp.

Storage Tip: Keep shortbread fresh in an airtight tin, like Nan's tea tins, for up to 2 weeks at room temperature. For longer, freeze for 3 months, layered with parchment paper, ready for tea-time surprises.

- This shortbread, sparkling with sugar, is Nan's kitchen in every bite. Enjoy with tea, her way.
- * Footnote: Temperatures have been adjusted for modern electric ovens, which are more efficient than Nan's coal-fired Defy Dover stove, originally set at 400°F (200°C).

Nan's Oven

Chocolate Cake

Cakes Straight from Nan's Oven

Nan's Benoni kitchen at 40 Mowbray Avenue was the heart of our family, her Defy Dover stove glowing and her Bakelite table alive with chatter—no lounge needed when her chocolate cake was baking. Handed down from our great-grandparents through Granny Randall's Matatiele days, this cake, rich with cocoa and love, was a pantry star, perfect with Nan's Mazawattee tea. Agnes May Randall—Nan—mixed it with care, using extra-large eggs to match the hearty eggs of yesteryear, creating a moist, tender treat that brought kin together. Her handwritten recipe, tucked in her Queen Elizabeth tin, carries our story. Here's how she baked it, straight from her heart.

Nan's Timeless Chocolate Cake

1. Preheat your oven to 350°F (180°C)*. Grease and flour two 8-inch round cake pans, Nan's way.
2. Cream 3 rounded tbsp (45g) softened unsalted butter with 1 cup (200g) castor sugar and 2 extra-large eggs using a wooden spoon until fluffy.
3. Stir in 1 cup (240ml) milk, mixing well. Sift 2 cups (240g) cake flour (minus 2 tbsp for cocoa) with 2 tbsp (6g) cocoa powder, then gently fold into the wet mix.
4. Let the batter rest for 30 minutes to soften—Nan's patient touch.
5. Add 2 tsp (10g) baking powder, stir gently, then divide evenly between the pans.
6. Bake for 18–20 minutes until a toothpick comes out clean—check to avoid overbaking. Cool in pans for 10 minutes, then turn onto racks.

Storage Tip: Store the cake in an airtight tin for up to 3 days or freeze layers for 1 month, wrapped tightly, for tea-time treats anytime. [See "Nan's Baking Basics" for measures.](#)

This cake, paired with tea, is our family's legacy in every bite.

Nan's Oven



Chocolate Cake Icing

Cakes Straight from Nan's Oven

Nan's Benoni kitchen at 40 Mowbray Avenue was pure magic, her Defy Dover stove baking up love and her Bakelite table hosting tea-time chatter—no lounge could compete. Agnes May Randall—Nan—made her great-grandparents' chocolate cake a masterpiece, layering it with apricot jam, slathering it with chocolate icing, and crowning it with glossy cherries, all paired with Mazawattee tea. This assembly, straight from her pantry wisdom, turned a simple cake into a family heirloom, tying Matatiele roots to my table. Here's how Nan finished it, full of heart.

Nan's Old-School Chocolate Cake Icing and Assembly

1. Cream 4 oz (115g) softened unsalted butter with a wooden spoon until fluffy - Nan's steady hand.
2. Sift 2 cups (250g) icing sugar and 2 tbsp (6g) cocoa powder, then mix into the butter with 2–3 tbsp (30–45ml) milk until creamy.
3. Spread ¼ cup (60g) apricot jam over the first cake layer, top with the second layer, then coat the top and sides with icing.
4. Glaze the top with 6–8 halved glacé cherries for a shiny, festive touch, just like Nan's.

Storage Tip: Store the iced cake in an airtight tin for 3 days or refrigerate for 5 days, serving at room temperature. [See "Nan's Baking Basics" for measures.](#)

- * Footnote: Apricot jam and cherry glaze added from memory to complement Nan's great-grandparents' cake, as no original icing recipe was found.
- This cake, with jam and cherries, is Nan's tea-time legacy in every slice.

Savory Tarts & More

Cornish Pasty's

Savory Stars: Pasty's and More

Nan's Benoni kitchen at 40 Mowbray Avenue was a cozy hub, her Defy Dover stove crafting Cornish pasties that packed her Bakelite table with family—no lounge could compare. Agnes May Randall—Nan—wove her Matatiele roots into these flaky parcels, using just salt and pepper to let the beef and potatoes shine, a nod to Granny Randall's Cornish traditions. Likely shared with Mrs. Van A, these pasties, crimped with a fork's charm, paired perfectly with Mazawattee tea, binding our clan's love. Here's how Nan made them, straight from her heart.

Nan's Flaky Cornish Pasty

1. **For pastry**, grate ½ lb (225g) Holsum vegetable fat into 2 cups (250g) all-purpose flour and 1 tsp salt. Mix with ~4 tbsp cold water, adding more if needed, to form a stiff dough. Wrap and chill for 1–2 hours.
 2. **For filling**, thinly slice 1.5 lbs (680g) rump steak, 6 large potatoes, and finely chop 1 large onion. Mix with 1 tsp each salt and pepper—Nan's traditional touch.
 3. Preheat oven to 375°F (190°C)*. Roll out dough to ¼ inch thick, cutting 6–7-inch rounds (saucer size).
 4. Place filling on one half of each round, add a small knob of butter, avoiding edges.
 5. Whisk 1 egg; brush on pastry edges to seal. Fold into half-moons, crimp tightly with a fork for a pretty, leak-proof edge—no vent needed, per tradition.
 6. Brush pasties with egg wash for a golden shine. Bake on a greased tray for 45 minutes until crisp.
 7. **Storage Tip:** Store pasties in an airtight tin for 2 days or freeze for 1 month, reheating at 350°F to crisp up.
- Footnote: Temperature adjusted for modern ovens, more efficient than Nan's coal-fired Defy Dover stove (~400°F). Holsum, a South African vegetable fat, can be substituted with Crisco (vegetable shortening) or unsalted butter for similar results. Salt and pepper kept traditional, per Cornish roots. [See "Nan's Baking Basics" for measures.](#)

These pasties, warm and flaky, are Nan's kitchen in every juicy bite.

Sweet Tarts & More

Tart Pastry

Cakes Straight from Nan's Oven

Nan's Benoni kitchen at 40 Mowbray Avenue was a treasure trove, her Defy Dover stove baking up delights shared at her Bakelite table—no lounge needed. Tucked in her Queen Elizabeth tin, this tart pastry from Mrs. Pieterse, Nan's neighbor, brought a zesty flair with orange juice and brandy, perfect for sweet tarts to pair with Mazawattee tea. Agnes May Randall—Nan—loved such swaps, tying her Matatiele roots to friends like Mrs. Potty. This rich, tender pastry, ideal for jam or custard tarts, carries our family's love. Here's how to make it, Nan's way.

Mrs. Pieterse's Extravagant Tart Pastry

1. Sift 4 heaped cups (500g) all-purpose flour, 2 tsp baking powder, ½ tsp cream of tartar, and a pinch of salt into a bowl—Nan's light touch.
2. Rub in 1.5 cups (450g) chilled unsalted butter until crumbly, like coarse sand.
3. Mix 1 dessert spoon (10ml) orange juice, 1 tsp (5ml) brandy, and ~2–4 tbsp cold water to form a soft dough—add water sparingly.
4. Wrap and rest overnight at room temperature for best flavor or chill in the fridge for 1–2 hours if baking sooner.
5. Preheat oven to 375°F (190°C)*. Roll out to ¼ inch thick, line tart pans, and prick bases with a fork.
6. Blind bake (with weights) for 15 minutes, remove weights, and bake 5–10 minutes until golden. Fill as desired.

Storage Tip: Store unbaked dough in an airtight container in the fridge for 3 days or freeze for 1 month, ready for tart-time treats.

[See "Nan's Baking Basics" for measures.](#)

- * Footnote: Adapted from Mrs. Pieterse's recipe, shared with Nan. All-purpose flour and unsalted butter used for clarity; baking steps added for modern

Sweet Tarts & More

Tipsy Tart

Cakes Straight from Nan's Oven

Nan's Benoni kitchen at 40 Mowbray Avenue was a haven of joy, her Defy Dover stove baking up treats that filled her Bakelite table with family—no lounge could compete. Tucked in her Queen Elizabeth tin, this Tipsy Tart, rich with dates and a brandy-soaked syrup, was a cheeky delight, perfect with Mazawattee tea. Agnes May Randall—Nan—brought her Matatiele roots to this sweet, sticky tart, likely shared with Mrs. Pieterse or Mrs. Potty, weaving our family's love into every bite. Here's how Nan made it, straight from her heart.

Nan's Boozy Tipsy Tart

1. Mix 1 cup (150g) chopped dates, 1 tsp bicarbonate of soda, and 1 cup (240ml) boiling water. Let cool slightly.
2. Cream 2 rounded tbsp (30g) softened unsalted butter, 1 cup (200g) sugar, and 1 extra-large egg until fluffy—Nan's steady hand.
3. Sift 1.5 cups (180g) all-purpose flour and ¼ tsp salt. Alternate adding flour mix and date mix to the creamed mixture, stirring gently. Fold in ¼ cup (30g) chopped almonds or nuts.
4. Pour into a greased 8- or 9-inch tart pan. Bake at 375°F (190°C)* for 20–30 minutes until a toothpick comes out clean.
5. For syrup, boil 1.25 cups (250g) sugar, ¾ cup (180ml) boiling water, and 1 tbsp (15g) butter for 5 minutes. Cool, add ⅓ cup (30ml) brandy, and pour over warm tart.
6. Serve with whipped cream or a dollop of vanilla ice cream for extra indulgence.

Storage Tip: Store in an airtight tin for 3 days or refrigerate for 5 days, warming slightly before serving.

* Footnote: Temperature adjusted for modern ovens, more efficient than Nan's coal-fired Defy Dover stove (~400°F). Syrup poured over warm tart for traditional absorption. See "[Nan's Baking Basics](#)" for measures.

- This tart, spiked with brandy, is Nan's tea table in every sticky bite.

Sweet Tarts & More

Date Slices

Cakes Straight from Nan's Oven

Nan's Benoni kitchen at 40 Mowbray Avenue was a hub of love, her Defy Dover stove baking treats that warmed her Bakelite table—no lounge needed. This Date Slices recipe, a gift from Aunty Joan, wife of Nan's son Derek, was a tea-time star, its sticky dates and fluffy meringue a nod to Matatiele roots. Agnes May Randall—Nan—served these with Mazawattee tea, sharing stories with Mrs. Potty or kin, weaving our family's legacy. Here's how she made it, straight from her heart.

Aunty Joan's Date Slices

1. Cream $\frac{1}{4}$ lb (115g) softened unsalted butter and $\frac{1}{2}$ cup (100g) sugar. Carefully separate 2 extra-large eggs, adding yolks to the mixture and reserving whites for meringue; mix in 1 tsp vanilla essence.
2. Sift 2 cups (250g) all-purpose flour, 1 tsp baking powder, and a pinch of salt. Stir into the creamed mixture to form a dough.
3. Chop 1 lb (450g) dates, mix with $\frac{1}{2}$ cup (120ml) water and juice of $\frac{1}{2}$ lemon (~15ml) in a pan. Heat gently, mashing until smooth; cool slightly.
4. Preheat oven to 350°F (180°C)*. Roll dough into a greased 9x13-inch pan, pressing evenly. Spread date mixture over the base.
5. Beat reserved egg whites with 1 cup (200g) castor sugar to stiff peaks for meringue. Spread over dates.
6. Bake for 30–35 minutes until meringue is golden and base is set. Cool before slicing.

Storage Tip: Store slices in an airtight tin for 3 days or refrigerate for 5 days, serving at room temperature.

* Footnote: Adapted from Aunty Joan's recipe, shared with Nan. All-purpose flour, unsalted butter, and 350°F used for modern ovens, more efficient than Nan's coal-fired Defy Dover stove (~375°F).

[See "Nan's Baking Basics" for measures.](#)

- These slices, sweet and sticky, are Nan's tea table in every bite.

Sweet Tarts & More

Baked Roly-Poly

Cakes Straight from Nan's Oven

Nan's Benoni kitchen at 40 Mowbray Avenue was a haven of sweet joy, her Defy Dover stove baking treats that filled her Bakelite table with Allan, Daphne, Derek, and Joan—no lounge needed. [Photo: Roly-Poly recipe] This Baked Roly-Poly, swirled with apricot jam and drenched in tangy syrup, was a tea-time gem, sipped with Mazawattee tea. Agnes May Warren—Nan—crafted this from her Matatiele roots, likely shared with Mrs. Potty, its sticky warmth a hug in every bite. Here's how she made it, straight from her heart.

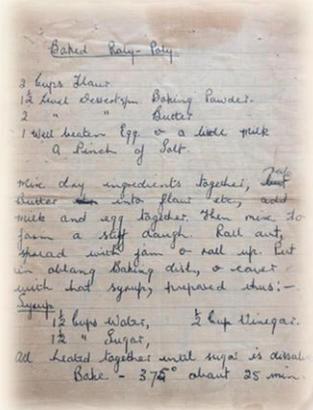
Nan's Baked Roly-Poly

1. Sift 2 cups (250g) all-purpose flour, 1.5 tbsp (22.5ml) baking powder, and a pinch of salt into a bowl—Nan's light touch.
2. Rub in 2 tbsp (30g) chilled unsalted butter until crumbly.
3. Beat 1 extra-large egg with $\frac{1}{4}$ cup (60ml) milk. Mix into dry ingredients to form a stiff dough.
4. Roll dough on a floured surface to a 10x8-inch rectangle. Spread with $\sim\frac{1}{2}$ cup (120g) apricot jam. Then roll up tightly like a Swiss roll.
5. Place in a greased 9x5-inch loaf tin. For syrup, heat 1.5 cups (360ml) water, 1.5 cups (300g) sugar, and $\frac{1}{2}$ cup (120ml) white vinegar until sugar dissolves; pour warm syrup over unbaked roly-poly.
6. Bake at 375°F (190°C)* for 25–30 minutes until golden. Optionally, dust with 1–2 tbsp icing sugar before slicing.
7. Serve warm with custard or Vanilla Ice cream.

Storage Tip: Store in an airtight tin for 2 days or refrigerate for 4 days, reheating gently before serving.

* Footnote: Adapted from Nan Warren's recipe. All-purpose flour, increased butter, and 375°F used for modern ovens, more efficient than her coal-fired Defy Dover stove ($\sim 400^\circ\text{F}$). Icing sugar optional for elegance. See "[Nan's Baking Basics](#)" for measures.

- This roly-poly, sticky and tangy, is Nan's love in every slice.



Sweet Tarts & More



Custard Fruit Cake

Cakes Straight from Nan's Oven

In September 1947, Nan's kitchen hummed with her Defy Dover stove, baking treasures for our extended family. This Custard Fruit Cake, rich with mixed fruit and a unique custard bind, was a Mazawattee tea delight. Agnes May Warren—Nan—poured her Matatiele roots into this hearty cake, likely swapped with Mrs. Potty, its flavours deepening over a week. Here's her 1947 recipe, straight from her heart.

Nan's Custard Fruit Cake

1. Sift 1 lb (450g) all-purpose flour (South African cake/plain flour) and 1 tsp (5ml) salt into a bowl. Rub in ½ lb (225g) chilled unsalted butter until crumbly.
2. Stir in ½ lb (225g) sugar, 2 tsp (10ml) bicarbonate of soda, 1 tsp (5ml) mixed spice, and 2½ lb (1.13kg) mixed fruit (or 2 lb/~900g for lighter texture).
3. Heat ¾ pint (425ml) milk to near-boiling (~180°F/82°C). Temper 2 well-beaten extra-large eggs by slowly adding hot milk, stirring to form a custard.
4. Pour warm custard into dry mixture, add 1 tsp (5ml) each vanilla, almond, and lemon essence, and mix well.
5. Pour into a greased, parchment-lined 9-inch round or 8x8-inch square tin. Bake at 325°F (160°C)* for 3–3½ hours until a skewer comes out clean with moist crumbs.
6. Cool in tin, wrap in foil, and store for 1 week before slicing.

Storage Tip: Keeps in an airtight tin for 1 month or refrigerate for 2 months, flavours improving over time.

* Footnote: Adapted from Nan Warren's 1947 recipe. All-purpose flour, 325°F, and pan size clarified for modern ovens, cooler than her coal-fired Defy Dover stove (~350°F). [See "Nan's Baking Basics" for measures.](#)

- This fruit cake, rich and custardy, is Nan's legacy in every slice.

Traditional fare



Roast Chicken



Savory Stars

Nan's Benoni kitchen at 40 Mowbray Avenue glowed with Sunday roasts, her Defy Dover stove turning simple chickens into golden delights for family. Agnes May Warren—Nan—stuffed her birds with savoury bread and herbs, served with crispy potatoes, and, after carving, hung wishbones above her wash basin for her grandkids' wishing games. This 1940s recipe, rooted in her Matatiele thrift, was a Mazawattee tea-time triumph, likely shared with Mrs. Potty. Here's her roast, straight from her heart.

Nan's Roast Chicken with Stuffing and Crispy Potatoes

1. Preheat oven to 375°F (190°C)*. Pat dry a 4 lb (1.8kg) whole chicken. Season cavity with salt and pepper.
2. For stuffing: Sauté 1 chopped onion in 2 tbsp (30g) butter until soft. Mix with 2 cups (100g) fresh breadcrumbs, 1 tsp (5ml) dried thyme, 1 tsp (5ml) parsley, salt, pepper, and 2 tbsp (30ml) milk. Stuff cavity loosely.
3. Rub chicken with 2 tbsp (30g) softened butter, season with salt, pepper, and juice of ½ lemon. Place in a 13x9-inch (33x23cm) roasting tin with lemon halves.
4. Parboil 2 lb (900g) potatoes (cut into chunks) for 10 minutes, drain, shake to roughen edges. Toss with 2 tbsp (30ml) chicken fat or butter, salt, and pepper. Arrange around chicken.
5. Roast for 1½–2 hours, basting every 30 minutes, until juices run clear (165°F/74°C internal). Potatoes should be golden and crispy. Rest chicken 15 minutes.
6. Carve, serve with potatoes, and remove wishbone to dry for wishing.

Storage Tip: Refrigerate leftovers in an airtight container for 3 days; use carcass for stock.

- * Footnote: Adapted from Nan Warren's style. 375°F suits modern ovens, cooler than her Defy Dover (~400°F). [See "Nan's Baking Basics" for measures.](#)
- This roast, golden and wishful, is Nan's love on every plate.

Traditional fare



Pork Chops

Pork Chops (Very Tasty)
Rub chops with dry mustard + Brown Sugar, Salt to taste, Place in baking dish + Sprinkle with finely chopped onion; and a little Sage. Cover with milk. Bake moderate oven for 1 1/2 hrs.
(350 F or 175 C)



Savory Stars

Nan's Benoni kitchen at 40 Mowbray Avenue was a hub of flavour, her Defy Dover stove crafting dishes like these pork chops, dubbed "(VERY TASTY)" in her hand, for family and friends at her Bakelite table. Agnes May Warren - Nan -rubbed chops with Colman's dry mustard and brown sugar, baked them in milk with sage, and served them with Mazawattee tea, likely swapping tales with Mrs. Potty. This 1940s recipe, rooted in her Matatiele thrift, delivers tender, golden chops you'll savour. Here's her dish, straight from her kitchen.

Nan's Pork Chops (Very Tasty)

1. Mix 2 tsp (5g) Colman's Hot English dry mustard, 2 tsp (10g) brown sugar, and 1 tsp (5g) salt. Rub evenly over 4 pork chops (~1.5 lb/680g).
2. Heat 1 tbsp (15ml) butter in a skillet over medium heat. Sear chops 2-3 minutes per side until golden; transfer to a 9x9-inch (23x23cm) baking dish.
3. Sprinkle chops with 1 medium onion (~150g), finely chopped, and ½ tsp (1g) dried sage.
4. Pour 2 cups (480ml) milk over chops to cover, ensuring onions are submerged.
5. Bake at 350°F (180°C)* for 1½ hours, uncovered, until chops are tender (145°F/63°C internal) and top is lightly golden with a creamy sauce.
6. Serve hot with the sauce spooned over, paired with Nan's crispy potatoes or bread.

Storage Tip: Refrigerate leftovers in an airtight container for 3 days; reheat gently in sauce.

* Footnote: Adapted from Nan Warren's recipe. Colman's dry mustard specified, searing added, and 350°F used for modern ovens, cooler than her Defy Dover (~375°F). See "[Nan's Baking Basics](#)" for measures.

- These chops, tangy and creamy, are Nan's love in every bite.

Traditional fare



Lancashire Hotpot

Savory Stars

On cold winter evenings, Nan's Benoni kitchen at 40 Mowbray Avenue filled with the aroma of Lancashire Hotpot, a cozy dish warming family and friends around her Bakelite table. Agnes May Warren—Nan—layered mutton and potatoes in her Defy Dover stove, crafting a Matatiele-inspired supper that felt like a hug, served with Mazawattee tea and shared with family. This 1940s recipe brings homely comfort to any table. Here's her hotpot, straight from her heart.

Nan's Lancashire Hotpot

1. Preheat oven to 350°F (180°C)*. Trim 1 lb. (450g) best end of mutton into bite-sized pieces.
2. Wash 2 sheep's kidneys (~100g), remove white sinew, and slice thinly. Peel and thinly slice 2 medium onions (~300g) and 1 lb. (450g) starchy potatoes.
3. In a 2-liter (8-cup) casserole dish, layer half the potatoes, then mutton, kidneys, and onions, seasoning each layer with salt and pepper (~½ tsp/2g each total). Top with remaining potatoes.
4. Pour ½ pint (285ml) mutton, beef, or chicken stock over, ensuring potatoes are moist but not submerged.
5. Cover and bake for 1½ hours. Uncover for 30 minutes to brown potatoes, until meat is tender and potatoes soft.
6. Serve hot with pickled red cabbage and crusty bread to soak up juices.

Storage Tip: Refrigerate in an airtight container for 3 days; reheat in oven at 300°F (150°C).

- * Footnote: Adapted from Nan Warren's recipe. Pan size, stock type, and doneness clarified for modern kitchens. [See "Nan's Baking Basics" for measures.](#)
- This hotpot, warm and hearty, is Nan's love in every bite.

Pastry Secrets

All about Pastry

Nan's Treasured Finds

Tucked in Nan's Queen Elizabeth tin at 40 Mowbray Avenue, Benoni, was this gem: *Holsum Kitchen Pastry Book* by Betty Louw. Agnes May Warren—Nan—relied on its simple steps to whip up flaky pastries on her Defy Dover stove, delighting all with these wondrous treats.

Betty Louw's guide demystifies pastry-making with clear instructions, a recipe section, and a "what went wrong" section, perfect for home bakers of her 1940s–1950s South African era. Its practical tips, likely swapped with Mrs. Potty, reflect Nan's Matatiele thrift and love for no-fuss cooking.

The scanned pages below bring her kitchen to life, sharing her pastry secrets. For global bakers, Holsum—a vegetable shortening—can be swapped with Crisco (US), Trex (UK), Copha (Australia), or butter (richer but denser, use 1:1, chill well).

Vegetable shortenings best mimic Holsum's flakiness. Dive into Nan's treasured find, and bake with her heart.

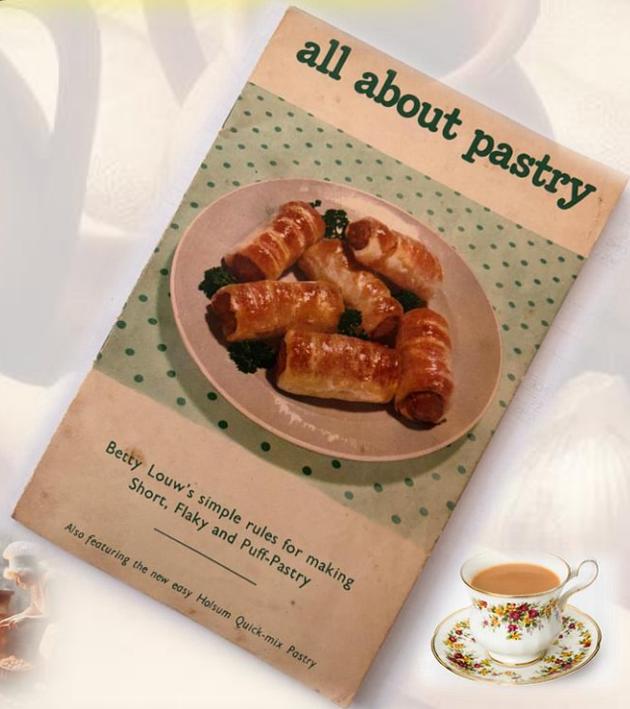
Holsum Substitutes for International Bakers

- **US/Canada:** Crisco or butter
- **UK/Europe:** Trex, Cookeen, or butter
- **Australia:** Copha or butter
- **Note:** Butter adds flavor but may be less flaky; chill dough thoroughly.

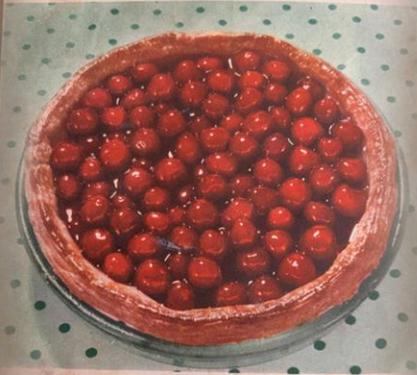


Pastry Secrets

All about Pastry



all about pastry



Betty Louw's simple rules for making
Short, Flaky and Puff-Pastry

Also featuring the new easy Holsum Quick-mix Pastry

Issued in the
INTERESTS OF BETTER BAKING
by the
Holsum Cookery Service
P.O. BOX 909 :: DURBAN

Pastrymaking can be easy and fascinating once you have learnt the simple rules. This little book contains some useful hints, and gives you easy step-by-step methods for making Short pastry, Rough Puff, Flaky and Puff pastry.

The best fat to use for all your pastry is **HOLSUM**—so light and firm, it rubs into the flour at a touch. Economical too, because it contains no moisture, goes much further than other types of fat.

Some housewives prefer a simple pastry mix which can be used for all daily needs—so why not try the special Holsum Quick-Mix pastry described on page 11. Always successful, it gives you wonderfully light, tender pastry to go with meat pies, fruit tarts and other desserts.

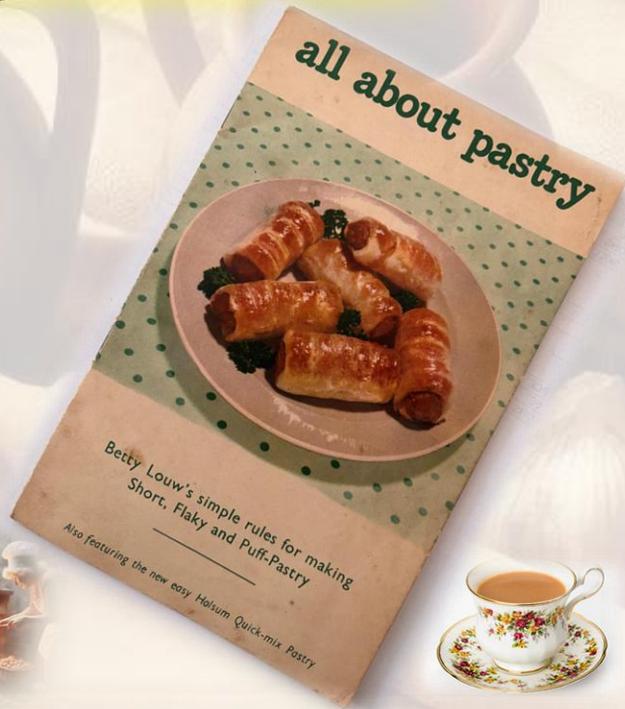
So prove for yourself that Holsum makes the best pastry . . . and you'll realise too, how convenient it is to use the one fat for all your cooking.

Wishing you happy and successful baking.

Betty Louw

Pastry Secrets

All about Pastry



Why different types of pastry ARE different

Generally speaking, pastry is made from fat, flour and water. The type of pastry made depends upon the proportion of fat to flour—which in turn determines the amount of water to be added, and the method of making and baking.

Whether your pastry will be short or flaky depends on controlling the action of a sticky substance in the flour called Gluten. You'll see how this gluten is controlled in the following notes:

SHORT PASTRY:

Short pastry should rise to form a mass of tiny short and crisp particles—so the Gluten in the flour must be broken up. You rub the fat into the flour so that each grain of flour is covered. In this way the fat acts as a protective covering which keeps the grains apart when water is added. If this protective action was not present, the addition of water could make the flour stick together in lumps and the pastry would not be short.

FLAKY, ROUGH PUFF AND PUFF PASTRY:

For these types, the pastry rises in layers or flakes. Here the Gluten in the flour must be in long strands and not broken up, so that you get long flakes of pastry. The fat is added in large pieces and by the method of folding and rolling, the layers of dough are covered with layers of fat. The dough consists of flour and water, with only sufficient fat to bind it together, leaving most of the fat to act as a protective coating to the layers of dough in order to preserve the flaky layers in the final pastry.

One of the secrets of successful pastry making is to

Keep Everything Cool

THE FAT must be as cool and firm as possible to coat the flour—if it's too soft it gets absorbed into the flour and the pastry will not rise so well. The fat should not start to melt until it reaches the oven.

YOUR HANDS must be cool before rubbing the fat into the flour—just run them under the cold water tap beforehand, you'll find it a great help.

THE PASTRY BOWL and rolling pin should also be cool. Again when rolling out, the pastry board should be in a cool place away from a hot stove.

Another reason for keeping everything cool is that the cold air in the pastry expands under heat more than hot air. This helps the pastry to rise better. That is why Flaky, Rough-Puff and Puff pastry are left in a cool place several times during the rolling process.

Now try making SHORT PASTRY

The ingredients necessary:

- 8 oz. Flour
- ½ teaspoon Salt
- 4 oz. Holsum
- 3-4 tablespoons Cold Water

The method you use:

THE OVEN must be turned on 15 minutes before being required and set to fairly hot (400°F.) unless otherwise stated in the recipe.

THE FLOUR AND THE SALT should be sieved together in a bowl.

THE HOLSUM should be cut into half-inch squares and added to the flour. Lift up the Holsum and flour between the finger-tips and rub together until the mixture looks like fine bread-crumbs. This is called "rubbing in."

THE WATER should be added all at once. Now mix with the blade of a knife until you get a stiff paste and the sides of the bowl are left clean.

NOW form the pastry into a ball with your finger-tips and turn it on to a lightly floured board. Your rolling pin must also be lightly floured. Roll out thinly with light, quick, forward strokes, turning the pastry round as necessary.

FINALLY bake on the second shelf from the top of a fairly hot oven (400°F.) unless otherwise directed.

For Sweet Short Pastry Simply dissolve one rounded tablespoon or one ounce of castor sugar in the water before you use it, then follow the directions for Short pastry. (Note: Make sure the sugar dissolves—otherwise undissolved grains will melt and cause brown spots on top of the baked pastry).



Pastry Secrets

All about Pastry



Here Are The Reasons For What You Do . . .

Short Pastry

The Oven—The oven must be turned on at least a quarter of an hour before it is needed. This ensures that when the pastry goes into the oven, the heat inside will be at the correct temperature so that the flour absorbs the fat as it melts, and the pastry sets quickly as it rises.

The Flour and Salt—These are sieved together to get as much air as possible in the mixture, to get rid of lumps and to distribute the salt evenly through the flour.

The Holsum is cut into half-inch squares, to make it easier to "rub in."

The Flour and Holsum—You must lift the flour and Holsum up out of the bowl as much as possible when you're rubbing in, so that air can get into the mixture.

Rubbing in—The Holsum must be rubbed into the flour until the mixture looks like fine bread crumbs. This means that every particle of flour is covered with Holsum in order to control the development of the Gluten when water is added, and to make the pastry short and crisp.

The Water should be carefully measured because the proportion of fat to flour is small, and only sufficient water to make a stiff paste is required. If too much water is used it breaks down the "protective" action which the fat has upon the flour. This stops the dough from rising properly, interferes with the absorption of the fat into the flour during baking, and makes the pastry hard and brittle.

Pressing Together—Use your fingertips to press the pastry together, so that you handle it as little as possible. Do not knead as Short pastry contains only a little water.

Rolling out—Use light, quick, forward strokes with the rolling-pin so that you don't press the air out. Don't overstretch the pastry or it will shrink away at the edges during baking, and have an uneven, ragged look.

Baking—Bake Short pastry on the second shelf from the top of a fairly hot oven—400°F. unless otherwise directed, because the top of the oven is the hottest part and only a fair heat is needed to get a short, crisp result.

4

Next comes an easy form of flaky type pastry . . . it's called

Rough Puff Pastry

The ingredients you need :

- 1 lb. Flour
- $\frac{1}{2}$ teaspoon Salt
- $\frac{1}{2}$ teaspoon Cream of Tartar
- 10 oz. Holsum
- $\frac{1}{2}$ pint Cold Water to which 1 teaspoon of lemon juice has been added.

The method :

THE OVEN.—Turn the oven on 15 minutes before the pastry is ready to bake and set to HOT (450°F.) or VERY HOT (500°F.) according to recipe used.

THE FLOUR, SALT AND CREAM OF TARTAR should be sieved into a basin.

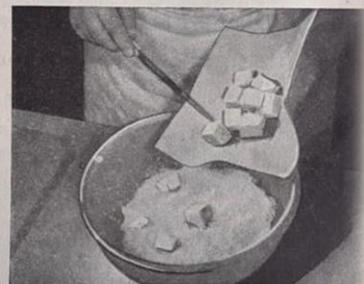
THE HOLSUM should be cut into half-inch squares. Add to the flour and mix lightly with the finger-tips—each piece should be coated with flour but not broken up.

THE WATER.—Add half a pint of water with one teaspoon lemon juice added and mix lightly with the blade of a knife, making sure that you still keep the pieces of Holsum whole. If all the flour has not mixed in with the dough add more water, a teaspoon at a time, until all the flour is worked in and the dough is fairly soft.

SPRINKLE WITH FLOUR, gather together with the finger-tips and turn out on to a floured board.

SPRINKLE WITH FLOUR, and roll into an oblong strip. Fold in three by folding the bottom third of the pastry upward and the top third downwards over the bottom fold.

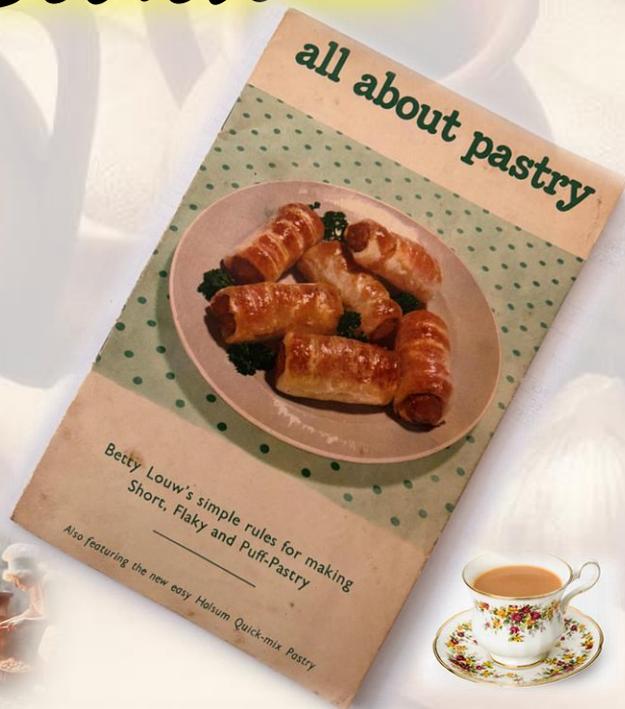
BRUSH OFF the surplus flour with a pastry brush. See ROLLING INSTRUCTIONS, page 9, for the secret of rolling good ROUGH PUFF PASTRY.



5

Pastry Secrets

All about Pastry



Next . . . a delightful

Flaky Pastry

The ingredients you need:

- 1 lb. Flour
- $\frac{1}{2}$ teaspoon Salt
- $\frac{1}{2}$ teaspoon Cream of Tartar
- 10 oz. Holsum
- $\frac{1}{2}$ pint Cold Water to which 1 teaspoon of lemon juice has been added.

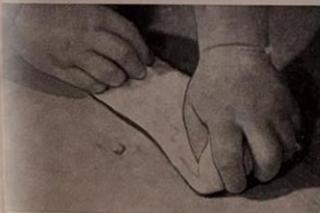
The method:

THE OVEN must be turned on 15 minutes before the pastry is ready to bake and set to HOT (475°F.) or VERY HOT (500°F.) according to the recipe used.

THE FLOUR should be sieved with the salt and cream of tartar into a basin.

RUB IN half an ounce of Holsum into the flour.

THE WATER.—Add all the water. Mix with the blade of a knife to a smooth elastic dough. If the dough is too stiff or if there is still some loose flour in the bowl, add an extra teaspoon of water at a time and mix in, until the dough is smooth.



SPRINKLE WITH FLOUR, turn out on to a floured board, sprinkle with flour again and KNEAD for at least five minutes until the dough is completely smooth and silky.

SPRINKLE WITH FLOUR again, cover with a damp cloth and leave to rest on the board for about 10 minutes.

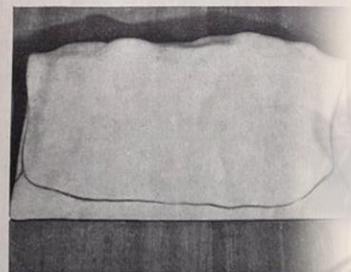
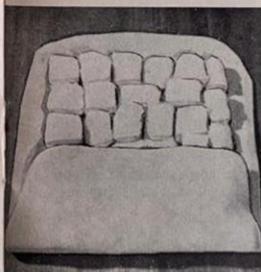
ROLL OUT the dough into an oblong strip—see illustration on next page.

6

HOLSUM.—Cut the rest of the Holsum into half-inch squares and place them closely together on the top two-thirds of the dough. Leave a margin of half an inch all round.



NEXT fold the bottom uncovered third of the pastry upwards, and the top third of the pastry downwards to cover it.



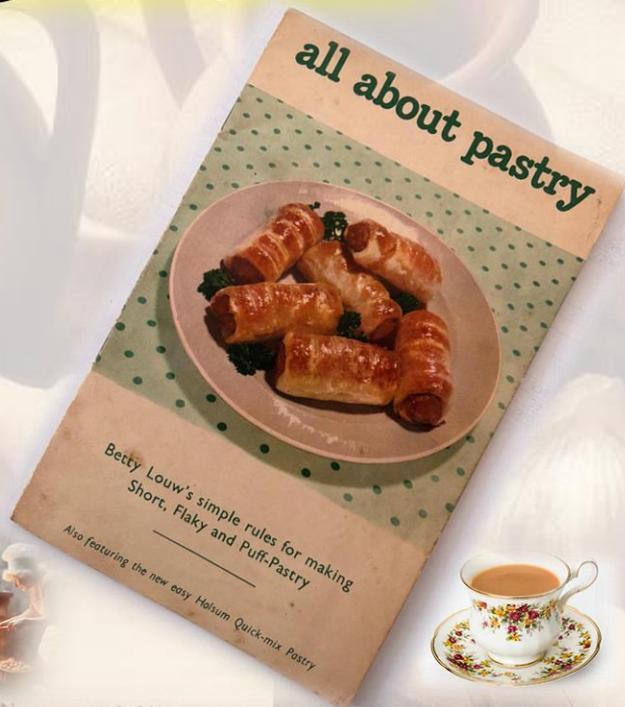
BRUSH off any surplus flour with a pastry brush.

ROLLING INSTRUCTIONS—see page 9—for the secret of rolling good FLAKY PASTRY.

7

Pastry Secrets

All about Pastry



And now . . . a really delicious

Puff Pastry

The ingredients you need

- 1 lb. Flour
- $\frac{1}{2}$ teaspoon Salt
- 14 oz. Holsum
- $\frac{1}{2}$ pint Cold Water to which juice of $\frac{1}{2}$ lemon has been added.

The method:

THE OVEN.—Turn on the oven 15 minutes before the pastry is ready to be baked and set to **EXTREMELY HOT (500°F.)** unless otherwise directed.

THE FLOUR AND SALT should be sieved together in a basin.
RUB IN 2 oz. Holsum.

THE WATER—add half a pint of water to which juice of half a lemon has been added, and mix with a knife to a stiff dough.

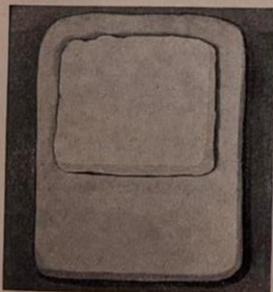
PRESS TOGETHER with the fingers into a ball, leaving the sides of the bowl clean. You may have to sprinkle with flour if the dough is too sticky.

NOW turn out on to a lightly floured board and **KNEAD** thoroughly for about five to seven minutes until the dough is so smooth that there are no creases on the surface.

THEN sprinkle with flour and cover with a slightly damp cloth for about 15 minutes.

FLOUR the board, rolling-pin, your hands and the Holsum. Press and roll the remaining Holsum into an oblong about half an inch thick.

ROLL THE DOUGH into an oblong about double the size of the Holsum. Now place the slab of Holsum on the top end of the dough, leaving a margin of about half an inch all round.



FOLD the rest of the dough over half the Holsum and press the upper edges of the dough down gently.

NOW fold the top half over towards you so that the dough is folded into three.

BRUSH OFF any surplus flour at every stage, with a pastry brush.

ROLLING INSTRUCTIONS →

8

Now . . . read this carefully

it's the secret of

Rolling Rough Puff, Flaky and Puff Pastry

1st ROLLING

Seal the three open edges by pressing lightly with a rolling pin. This ensures that the air doesn't escape and that the Holsum is sealed in.

Turn the pastry round so that the sealed right-hand edge faces you. Now roll out into a long strip, following the three gradual phases illustrated. Use light, quick forward strokes so that you don't press the air out. Never turn pastry over during rolling. By turning it round on the board, each time you roll, you get the fat and water evenly distributed throughout the dough.

2nd ROLLING

Fold the pastry in three again, seal the edges and turn it round so that the right-hand edge faces you. Roll out to the same size as before.

BRUSH OFF ANY SURPLUS FLOUR

Now fold in three again, place the pastry on a floured plate, sprinkle with flour and cover with a damp cloth. This prevents a skin forming on top of the dough. Now leave it to rest in the fridge for at least 20 minutes. This allows the Holsum to become firm again and lets in more cold air.

3rd ROLLING

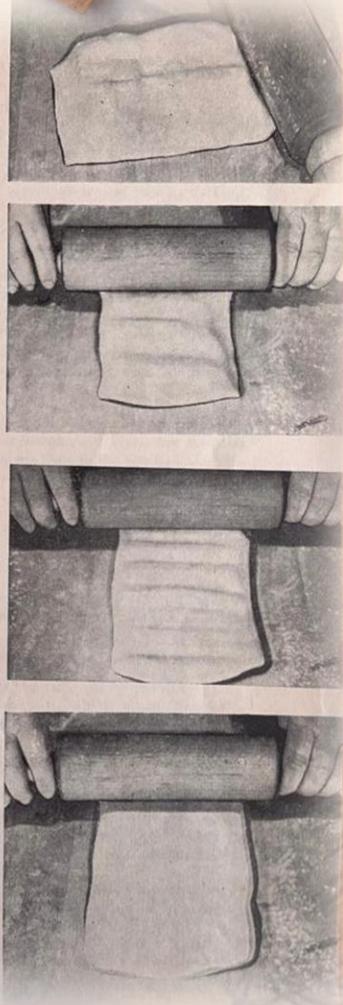
Brush off surplus flour and seal the edges. Roll out in the same way as before and again fold in three. Leave covered on a plate again in a cool place for 20 minutes.

FINALLY—4th ROLLING

Roll out again for the fourth time, and leave to rest for 10–20 minutes.

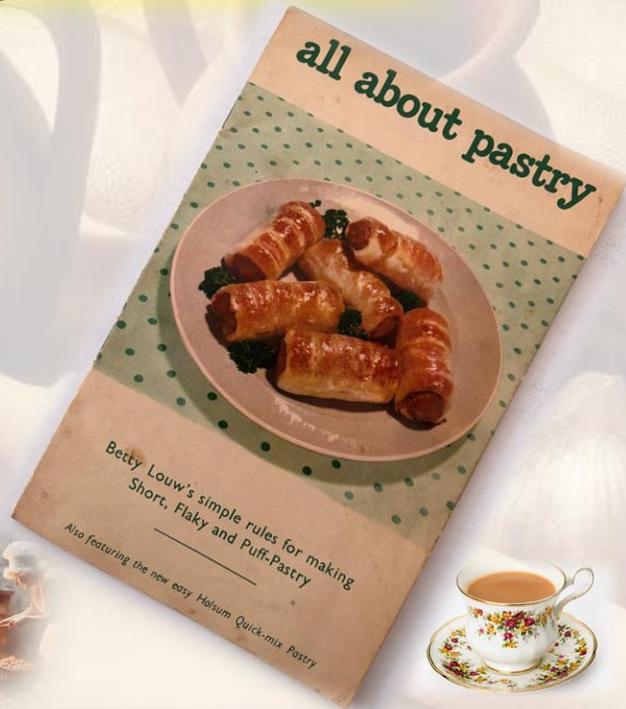
In very hot or very cold weather it may be necessary to give the dough another one or two rollings and restings, but take care not to over-roll, or the layer formation will be destroyed. Then roll out to the thickness required and use as directed.

9



Pastry Secrets

All about Pastry



Points to Remember . . .

in making Rough-Puff, Flaky and Puff Pastry

The Holsum

The Holsum must be cool and firm so that it's easy to roll out when making the pastry, and doesn't start to melt until it reaches the heat of the oven.

Pieces of Holsum

In **Rough Puff and Flaky** pastry, the Holsum should be cut into half inch squares. If the pieces are made too large they will come up through the dough when you're rolling out. If too small they will mix with the dough and you'll get short pastry. In **Rough Puff** pastry, be sure and not break up the pieces of Holsum—keep them whole even after the water has been added! This is because their purpose is to form flat, firm layers of fat between layers of dough when rolled out.

Handling the dough

In **Rough Puff** pastry, the dough should be handled as little as possible. Mix it with the finger-tips so that you keep as much air as possible in it, and so that the Holsum doesn't melt with the heat of your hands.

In **Flaky and Puff** pastry, the dough has to be well kneaded so that the water is evenly distributed and the long strands of Gluten in the flour are strengthened.

Surplus flour

Surplus flour must be brushed off at every stage so that it doesn't get into the dough, otherwise your pastry becomes lumpy and less rich.

Number of rollings

You have to roll the pastry about four times so that it is even, with no patches of Holsum showing on the surface, and to get the formation of innumerable flaky layers. But beware of rolling too often! It's just as bad as not rolling enough, because the Holsum mixes with the dough instead of remaining in layers.

Oven Temperature

A hot oven, of the correct temperature, quickly turns the water in the pastry to steam which forces the pastry to rise in flakes, provided that it has been made and rolled correctly.

It also enables the flour to absorb the Holsum as it melts, before the pastry sets, instead of running out and destroying the flaky layers.

10

Here is a very simple Pastry Mix . . . well worth trying!

Holsum Quick-mix Pastry

The conventional methods of pastymaking already described enable various types of pastry to be made. However, many housewives prefer one simple pastymix which can be used for all day to day needs.

Holsum Quick-Mix pastry is the simplest recipe of all—and it gives you wonderfully light, tender pastry which can be used for meat pies, pasties, fruit tarts and other desserts.

The recipe below provides a "ready mix" which can be kept in the fridge for as long as a month, handy for use at any time—you simply cut off the amount required every time you bake. It's both time-saving and economical, and you'll be delighted with the wonderful pastry it makes.

11 oz. Holsum 1 cup Boiling Water
1 lb. Flour ½ teaspoon Salt

Cut Holsum into small pieces into mixing bowl. Pour the boiling water over, and stir to melt Holsum—let stand for a few minutes to cool. Then stir in flour and salt and mix thoroughly. Chill in fridge until the dough hardens, then roll out once on a floured board.

You now have a "ready mix" for all your pastry needs. Simply take what you require for your particular recipe, and wrap the remainder in grease-proof paper and return it to the fridge.

Why not try Holsum Quick-Mix pastry with some of these popular recipes:

Cornish Pasties

1 lb. finely chopped Beef	1 large chopped Onion
2 medium sized Carrots—diced	1½ teaspoons Salt
½ teaspoon Pepper	½ cup of Water
1 tablespoon Flour "Quick-Mix" Pastry	2 or 3 large Potatoes cut in small sections

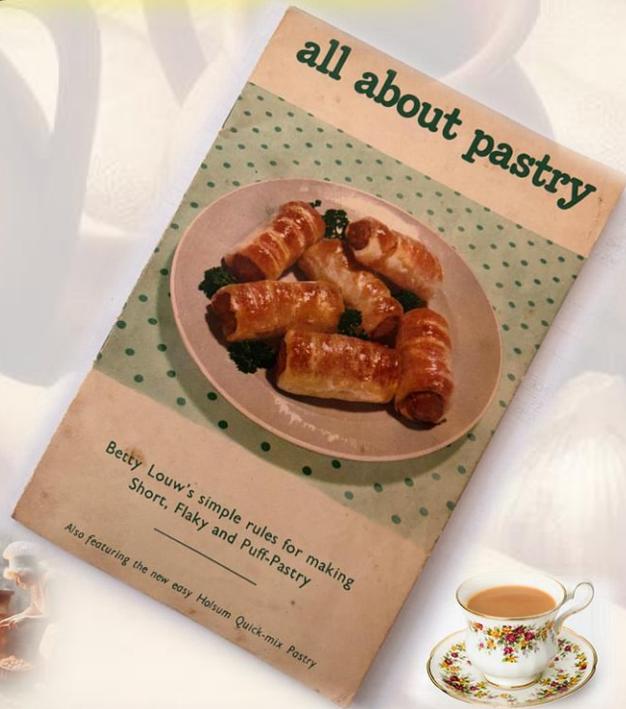
Place ingredients, except flour, into saucepan, bring to boil and simmer for 30 minutes. Add flour which has been mixed with a little water and leave to boil another five minutes. Remove from stove and leave to cool.

Roll "Quick-Mix" Pastry to quarter-inch thick. Cut into four-inch rounds. Now roll each round slightly in the middle, until it measures approximately six inches in length. This will give a piece of pastry oval in shape and thicker at the two ends than in the middle. Brush with water, place meat in middle and close up so that two thick ends are together, and press down firmly. Cut slit on top. Brush with egg and bake for 15–20 minutes, placing them in oven at 475°F., then switching down to 425°F.

11

Pastry Secrets

All about Pastry



Steak Pie

INGREDIENTS

1 lb. Stewing Steak
1 tablespoon Flour
1½ teaspoons Salt
½ teaspoon Pepper
2 medium sliced Onions
1 tablespoon Holsum
½ teaspoon mixed Spice
½ teaspoon ground Cloves
1 cup cold Water
2 medium diced Carrots

METHOD

Cut meat into small pieces.
Mix flour, salt and pepper and roll meat in the mixture.
Brown onions slightly in Holsum, then add floured meat and brown slightly.
Add spices, carrots and pour water over it, and leave to simmer until soft.

Roll piece of "Quick-Mix" Pastry to one-eighth inch thick. Cut piece to cover pie dish (allowing approximately one inch for shrinkage). Brush around sides of pie dish with water and line dish around the top with strips of pastry. Now fill dish with cooked meat, and cover with pastry, first brushing the pastry lining with water. Flute edges of pastry, brush with beaten egg and cut two slits on top to allow steam to escape. Bake at 450° for 20 minutes. Sufficient for four servings.

Sausage Rolls

1 lb. Beef Sausage Meat
1 teaspoon Onion Salt
Juice of half a Lemon

1½ teaspoons Garlic Salt
½ teaspoon Pepper
Chopped Parsley

Mix all ingredients thoroughly. Roll out required piece of Holsum Quick-mix Pastry till one-eighth inch thick. Cut into long strips three inches wide, place meat on strips, brush with egg along one side, roll over, closing on the side brushed with egg. Cut into sizes required. Brush with egg and bake for 20 minutes at 425°F.

Apple Tart

1 lb. tin Pie Apples
2 Cloves
1 tablespoon Sweet Wine or Van der Hum Lléueur

1 tablespoon Sugar
2 sticks Cinnamon
1 tablespoon Currants

Empty contents of tin in saucepan. Add all ingredients except currants and bring to boil. Remove from heat and leave to cool. Also remove cinnamon sticks and cloves.

Roll out "Quick-Mix" Pastry to one-eighth inch thick, line a seven-inch tart dish and brush with white of egg. Leave egg to dry, sprinkle currants on pastry and fill with apple mixture, cover with some more "Quick-Mix" Pastry, first brushing around edges of pastry with water. Flute the edges, brush top with beaten egg and cut two slits to allow steam to escape. Bake at 450° for 15-20 minutes.

12

Dutch Milk Tart

2 cups Milk

Stick of Cinnamon

4 tablespoons Sugar

Almond Essence

1 tablespoon Cornflour

1 tablespoon Flour

2 Eggs

Holsum "Quick-Mix" Pastry

Add sugar and cinnamon to milk and boil. Mix flour and cornflour with a little milk and add to boiling milk, stirring well to avoid lumps, and boil for two minutes. Remove from heat and add well-beaten yolks of egg, return to heat, stir but do not boil. Now remove from stove and add well-beaten egg whites, folding in lightly. Add few drops of Almond Essence, and leave to cool.

Roll out "Quick-Mix" pastry to quarter-inch thick and line tart plate with it. Now cut strips and make double pieces of pastry on the border of the plate, first brushing bottom layer with water. Flute outer edges. Fill inside with custard mixture and brush outer edges of pastry with beaten egg. Bake for 20-25 minutes with the oven at 500°F., switching down to 450°F. after five minutes.

Cherry Tart

1 7" Pastry Shell

2 tablespoons Sugar

1 heaped tablespoon Cornflour

1 lb. tin Canned Cherries

Pinch of Salt

Almond Essence

Strain cherries and use one cup of the syrup, and if not sufficient, add water. Add sugar and salt and bring to boil. Add cornflour which has been blended with a little cold water and stir continuously to avoid lumps. Boil for two minutes and remove from fire. Add quarter-teaspoon almond essence and leave to cool slightly, then pour mixture into pastry shell. Place cherries on top of this and leave until cold. Top with whipped cream if desired.

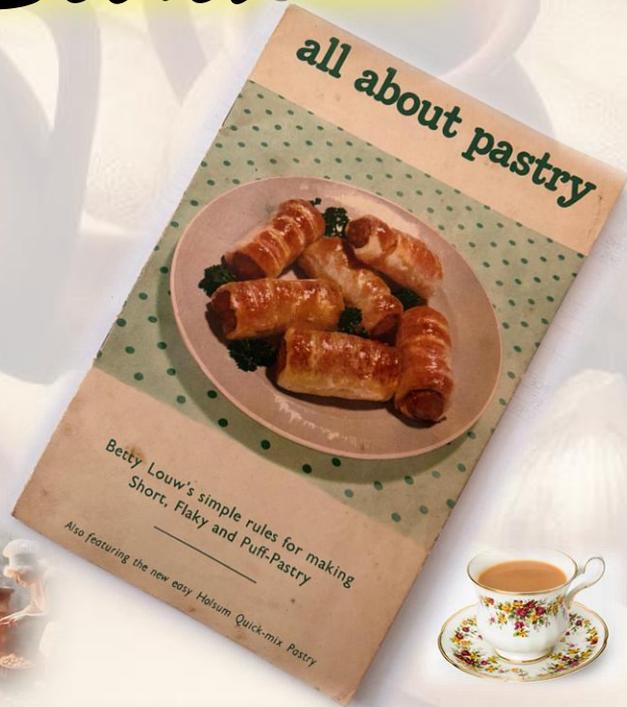
How to make Pastry Shell

Roll "Quick-Mix" Pastry to one-eighth inch thick, line tartplate with the pastry easing it gently into position and do not stretch. Put a layer of greaseproof paper into the shell and fill with dry beans to keep pastry in position, while baking. When pastry has set, remove paper and beans and return to oven to finish baking. Temperature at 450°F.

13

Pastry Secrets

All about Pastry



A few tips . . .

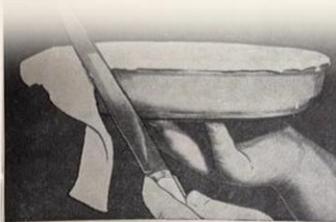
FLANS AND TARTS

Pastry for tarts, flans, etc., must not rise at the bottom. To prevent this, cover the pastry at the bottom of the tin with a round of grease-proof paper. Then fill with crusts or haricot beans and bake the pastry for 10 minutes before adding the filling. Remove the crusts, then add the filling and bake for the rest of the time. If the filling doesn't need baking, just take the crusts out after 10 minutes and let the pastry bake well, all over.

COVERING A PIE

If you are making a lid for a pie the best way to lift the dough is shown here. Place the rolling pin on the pastry, just past the centre.

Fold about one-third of the pastry over the rolling pin. Lift the rolling pin over it and roll it over the top of the pie. Always make slits in pastry when meat or fruit filling is used, to allow steam to escape.



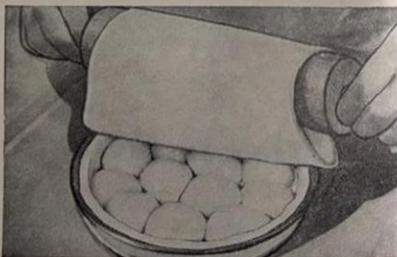
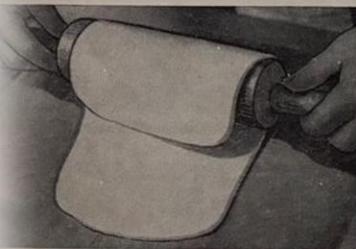
FINISHING TOUCHES . . . make all the difference! Take great care over trimming, flaking and fluting pie edges—and make sure that you do it the right way!

Always cut off the edges with the knife handle pointed towards the bottom of the dish, holding the dish up on the palm of the other hand.

This helps to stop pastry shrinking away from the edges.

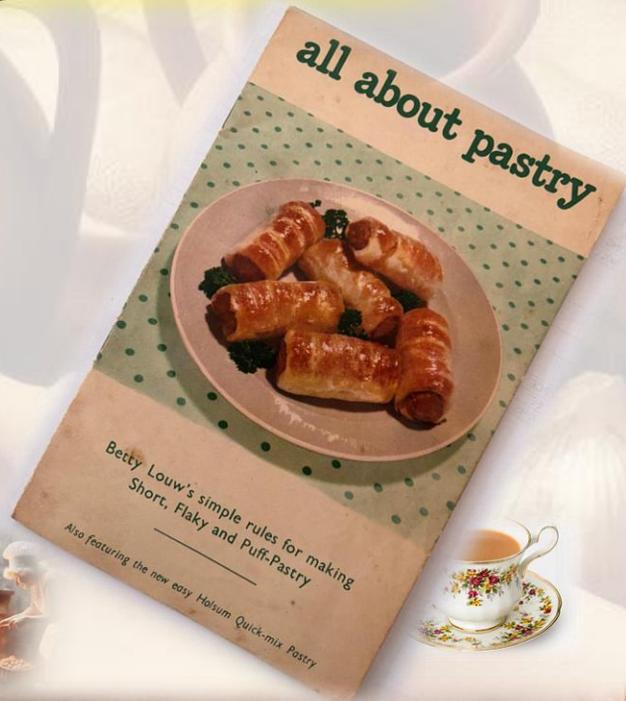
Flaking the edges means gently marking with a knife along the edges of the pastry (see illustration).

Fluting means marking the top rim with the thumb or finger and thumb (see illustration).



Pastry Secrets

All about Pastry



What went wrong . . . and how to avoid it

FAULT

CAUSES

ALL TYPES OF PASTRY

- | | |
|------------------------------------|--|
| Soggy Pastry | No slit for steam from meat or fruit filling to escape. |
| Uneven rising | Uneven pressure in rolling—always roll forwards; never sideways! |
| Blister on top of pastry | Adding water too slowly or unevenly. |

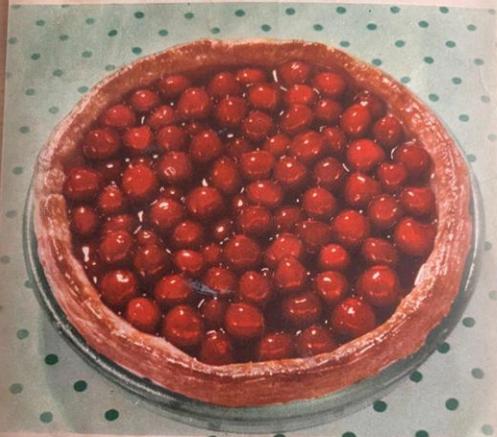
SHORT OR SWEET PASTRY

- | | |
|--|--|
| Hard and tough | Holsum not well rubbed into flour. Too much liquid. Baked too long. Not enough Holsum. Over-handled. |
| Soft, crumbly, difficult to handle | Too little water. Too much Holsum. |
| Pale on top, not cooked underneath | Heat too low. Baked too low in oven. Not baked long enough. |
| Dark on top. Scorched edges | Temperature too high. Baked too long. |
| Bottom pastry rising in flans, tarts | Pastry not baked with crusts or beans before filling is added. |

ROUGH PUFF, FLAKY OR PUFF PASTRY

- | | |
|---|--|
| Poor volume and too close | Holsum too soft. Not rested enough. |
| Not flaky enough | Rolled out too heavily or too much. Oven too slow or baked too low in oven. |
| Outside crisp, inside heavy and damp | Oven too hot, outside baked too quickly preventing steam from escaping. Too much water. |
| Rough and uneven on top | Dough not kneaded enough. |
| Very oily with fat running on to baking sheet | Oven not hot enough. Holsum too soft when rolling. Edges not sealed before rolling. Rolling too heavy. |
| Pale in colour | Underbaked. Oven too slow or baked on wrong shelf. |
| Dark; crumbly at edges | Overbaked. |
| Hard | Too much water. Oven not hot enough. Over-baked. |
| Pastry shrinking from sides of dish | Pastry stretched or pulled when placing on dish or trimming edges. Oven too cool. |
| Pastry soggy inside pie | Filling not cooked before putting into dish or no hole made to allow steam to escape. |
| Crispness lost too quickly | Insufficiently baked throughout. Oven too hot. |

all about pastry



Betty Louw's simple rules for making Short, Flaky and Puff-Pastry

If you have any particular cookery problem, why not write to BETTY LOUW for free advice

Her address is:

Betty Louw
Holsum Cookery Service
 P.O. BOX 909 :: DURBAN

Further copies of this Booklet are also obtainable from the same address price 1/- (post free)

Traditional fare

Delicious Carrot Pudding

Puddings from Nan's Pot

Nan's Benoni kitchen at 40 Mowbray Avenue was a haven of comfort, her Defy Dover stove steaming puddings that warmed family and friends at her Bakelite table. This Delicious Carrot Pudding, with its sweet carrots and tangy syrup, was a Mazawattee tea-time joy, rooted in Agnes May Warren—Nan's—Matatiele thrift. Likely shared with neighbours like Mrs. Potty and family, its moist texture and zesty sauce made it a favourite. Here's her recipe, straight from her heart.

Nan's Delicious (Steamed) Carrot Pudding

1. Grease a 1.5-liter (6-cup) pudding basin. Set a pot with boiling water (halfway up basin) for steaming.
2. In a bowl, mix $\frac{3}{4}$ cup (90g) cake/all-purpose flour (South African cake/plain flour), 1 tsp (5g) baking powder, and a pinch of salt.
3. Add 2 cups (240g) finely grated carrots, 1 cup (200g) sugar, 2 tbsp (30g) melted unsalted butter, 2 extra-large eggs (beaten), and 1 tsp (5ml) vanilla essence. Stir until just combined.
4. Pour into basin, cover with greased parchment and foil, secure with string. Steam for 2 hours, topping up water as needed, until a skewer comes out clean with moist crumbs.
5. For syrup: Boil 3 cups (720ml) water with 1 cup (200g) sugar. Mix 1 dessertspoon (10ml) custard powder with a little water, stir in, and thicken. Add 1–2 tbsp (15–30ml) vinegar to taste.
6. Unmould pudding, slice, and serve hot with warm custard (or vanilla ice cream), drizzled with syrup.

Storage Tip: Refrigerate pudding in an airtight container for 5 days; reheat slices by steaming. Store syrup separately for 1 week.

* Footnote: Adapted from Nan Warren's recipe. Flour corrected to $\frac{3}{4}$ cup, sugar added, and steaming clarified for modern kitchens. [See "Nan's Baking Basics" for measures.](#)

- This pudding, sweet and zesty, is Nan's love in every bite.

Traditional fare

Brandied Bananas

Puddings from Nan's Pot

Nan's Benoni kitchen at 40 Mowbray Avenue sparkled with desserts like this Brandied Bananas, a boozy delight that lit up family and friends at her Bakelite table. [Photo: Brandied Bananas recipe] Agnes May Warren—Nan—blended citrus, cherries, and brandy for a Matatiele-inspired treat, likely shared with family, neighbours like Mrs. Potty and Mrs. A over Mazawattee tea. Its golden, syrupy warmth was pure joy. Here's her recipe, straight from her heart.

Nan's Brandied Bananas

1. Preheat oven to 180°C (350°F)*. Peel 8 medium bananas (~1.2kg), split lengthwise, halve, and place cut-side up in a 9x13-inch (33x23cm) baking dish.
2. Sprinkle bananas with 2 tbsp (25g) sugar, 1 tsp (5ml) nutmeg, and 1 tsp (5ml) cinnamon. Scatter 1 cup (150g) halved glacé or fresh cherries over top.
3. Warm 1 cup (250ml) brandy slightly (to reduce flammability). Mix with juice of 4 small oranges (~120ml), juice of 3 lemons (~90ml), and 2 tbsp (30ml) honey. Pour over bananas.
4. Dot with 2 tbsp (30g) unsalted butter. Cut thin strips of peel from 2 oranges and 2 lemons, arrange over bananas.
5. Bake for 40 minutes until bananas are soft, syrupy, and golden-edged.
6. Serve hot with fresh whipped cream (or vanilla ice cream), spooning syrup over top.

Storage Tip: Refrigerate in an airtight container for 3 days; reheat gently in oven or microwave.

- * Footnote: Adapted from Nan Warren's recipe. Pan size, cherry type, and doneness clarified for modern kitchens. [See "Nan's Baking Basics" for measures.](#)
- This fiery, fruity pudding is Nan's love in every bite.

Doug's Dishes and Their Stories



My Mediterranean Adventures

Growing up in the Southern Suburbs of Johannesburg, where gold mines hummed and cultures flourished, I, found my culinary heart. The vibrant Portuguese community, especially my friend Sunday dos Santos and his family, introduced me to fiery peri-peri chicken, and soulful bacalhau, sparking a lifelong love for bold flavors.

Nan Warren's Benoni kitchen, with its comforting hotpots and puddings, grounded me in tradition, while her Mazawattee tea gatherings with family and friends taught me food's power to connect. My travels—savoring sushi in Japan, Greek lamb under olive trees, North Indian curries, frogs' legs in France, and even haggis in Scotland—shaped a palate that embraces Portuguese, Indian, Greek, French, English, Japanese, and South African cuisines. Yet, I hold simplicity at the core of my cooking, believing too many ingredients mask honest flavors. My recipes, like Galinha Peri-Peri, come from memory, hand-me-down tips, and my own twists, blending Nan's thrift with global zest.

Often hard to document, they're tasted and tweaked, poured from the heart. This section shares my dishes, inspired by Nan's legacy and a world of flavors, crafted for family tables where laughter and love reign. Join me in celebrating good, simple food that tells our story.

* Footnote: Douglas Warren's recipes build on Nan Warren's influence, adapted for modern kitchens. [See "Nan's Baking Basics" for measures.](#)

Grandson Doug



Galinha Peri-Peri

My Portuguese Adventures

My love for Mediterranean flavours spices up the family table with this Galinha Peri-Peri, a Portuguese-inspired dish that sizzles with Nan Warren's Benoni kitchen spirit at 40 Mowbray Avenue. Bursting with citrus and chili, it's perfect for gatherings. Grilled to smoky perfection, this chicken with crispy chips reflects Douglas's adventurous palate, rooted in Nan's legacy of love. Here's his recipe, straight from the heart.

Douglas's Galinha Peri-Peri with Patata Frita

1. Blend 6 crushed garlic cloves (~18g), 4–5 red chilies (~50g), 1 habanero (~5g), 1 tsp (5g) black pepper, 1 tsp (5g) cayenne pepper, 1 tsp (5ml) Tabasco, 1 tbsp (12g) sugar, 3 bay leaves, ½ cup (120ml) Portuguese olive oil, juice of 4 lemons (~120ml), and 450ml dry white wine until smooth. Reserve ¼ cup (60ml) marinade for serving.
2. Butterfly a 1.5–2kg whole chicken, make shallow slits in skin (thighs and legs), and season with 1 tsp (5g) salt. Place in a resealable bag with ¾ of marinade, massage to coat, and marinate in fridge for 8–24 hours.
3. Preheat grill to medium (or oven to 375°F/190°C)*. Lightly oil grate. Grill chicken skin-side down over indirect heat, covered, for 5 minutes. Turn, basting periodically with juice of 2 lemons (~60ml) and marinade, and grill ~1 hour, turning often, until 165°F (74°C) internal. Place 3–4 lemon peel strips from 1 lemon on top for the last 10 minutes.
4. Serve with a side salad, buttered Portuguese bread rolls, and reserved marinade. Pair with Katemba (red wine and cola over ice) or chilled Chardonnay. Finish with a tot of Aguardiente (~30ml).

Storage Tip: Refrigerate chicken in an airtight container for 3 days; reheat at 300°F (150°C).

* Footnote: Adapted from Douglas Warren's recipe. Sugar clarified, and doneness specified. [See "Nan's Baking Basics" for measures.](#)

- This fiery feast is Douglas's love in every bite.

Grandson Doug



Kleftiko



My Greek Connection

Douglas Warren's passion for Mediterranean cuisine shines in this Kleftiko, a Greek-inspired dish that brings warmth to the family table, echoing Nan Warren's Benoni kitchen at 40 Mowbray Avenue. Slow-baked lamb, infused with lemon zest and herbs, reflects Douglas's love for simple, bold flavours, honed in Johannesburg's Southern Suburbs and global travels. Served with wine and laughter, it's a hug for family and friends. Here's his recipe, straight from the heart.

Douglas's Kleftiko

1. Blend juice of 4 lemons (~120ml), 100ml Greek olive oil, 1 tsp (2g) dried thyme, 250ml dry white wine, 1 red chili (~5g), 1 mint leaf, 1 tsp (5g) salt, and 1 tsp (5g) pepper until smooth. Marinate 1.5–2kg bone-in lamb (shoulder or leg) in a sealed container for 1–2 hours in fridge.
2. In a pan, sauté 1½ medium onions (~225g), sliced, with 1 tbsp (12g) sugar and 2 cloves garlic (~6g), sliced, until golden.
3. Layer sautéed onions in a 4-liter cast iron Dutch oven. Place lamb on top, reserving marinade.
4. Toss 4–5 medium potatoes (~600g), wedged, 1½ onions (~225g), sliced, and 2–4 cloves garlic (~6–12g), sliced, in marinade with 3 bay leaves and 1 tsp (2g) oregano. Pour over lamb. Arrange 8–12 lemon skin slices around pot edges.
5. Seal pot with foil (shiny side down) under lid. Bake at 160°C (320°F)*, preheating to 200°C (400°F) then lowering, for 3½–4 hours, until lamb reaches 195°F (90°C). Do not open during cooking.
6. Remove lid and discard the lemon slices. Serve with Pinotage, roasted carrots, and parboiled green beans.

Storage Tip: Refrigerate in an airtight container for 3 days; reheat at 150°C (300°F).

* Footnote: Adapted from Douglas Warren's recipe. Pot size, doneness, and vegetables clarified. [See "Nan's Baking Basics" for measures.](#)

- This tender feast is Douglas's love in every bite.

Granddaughter Liz



Banana Bread

Family Favorites

In Nan Warren's Benoni kitchen at 40 Mowbray Avenue, Liz, Douglas Warren's previous wife, shared this Banana Bread recipe, penned in her diary on August 10, 1976. Nan's deep fondness for Liz bloomed in hours of chats over Mazawattee tea, weaving love into every recipe and filling the Bakelite table with warmth for family and friends. This simple, moist loaf, treasured by Nan, carries their bond forward. Here's Liz's recipe, straight from the heart.

Liz's Banana Bread

1. Preheat oven to 350°F (180°C)*. Grease and line a 9x5-inch (23x13cm) loaf tin.
2. Cream 3 oz (85g) unsalted butter with $\frac{3}{4}$ cup (150g) sugar until light and fluffy.
3. Beat 2 extra-large eggs and mix into butter-sugar mixture.
4. Mash 2½ large bananas (~300g) and stir into wet mixture.
5. Sift 1½ cups (180g) all-purpose flour (South African plain flour), $\frac{3}{4}$ tsp (3g) baking powder, and a pinch of salt. Fold into wet mixture.
6. Mix $\frac{3}{8}$ tsp (1.5g) bicarbonate of soda with 1 tsp (5ml) vanilla essence and a splash of $\frac{1}{4}$ cup (60ml) milk. Add to batter, mixing well. Add remaining milk if needed for a smooth, pourable consistency.
7. Pour into tin and bake for 1 hour, until a skewer comes out with clean crumbs.
8. Cool in tin for 10 minutes, then transfer to a rack. Serve with butter or cream cheese.

Storage Tip: Store in an airtight container for 5 days or freeze for 3 months.

* Footnote: Adapted from Liz's 1976 recipe, saved by Nan Warren. Tin size, vanilla, and doneness clarified. [See "Nan's Baking Basics" for measures.](#)

- This tender loaf is Liz's love in every slice.

Passing Down the Recipes to Future Generations



Welcome to Nan's Kitchen

Hey there, This is me, inviting you to keep Nan Warren's Benoni kitchen alive through *From Tins to Tables: A Culinary Thread Through Time - A South African Story for the Ages*. These recipes—hotpots, peri-peri, banana bread—are our South African heart, binding family and friends over Mazawattee tea. Each dish, pulled from Nan's tins at 40 Mowbray Avenue, holds our history, love, and thrift, passed down by cherished ones. As the last of my generation, I'm urging you to carry this on.

Gather the family, especially the young ones, to cook together. Hand them a spoon to mash bananas or toss potatoes—it's joy that sparks their love for our traditions. These moments teach who we are, ensuring Nan's legacy lives.

Make it fun: knead dough, smell herbs, and share tales—like how Nan's kitchen buzzed with laughter or how I learned chili's kick from a friend. Stories make recipes stick, turning flour and spice into memories. Around the table, with sticky hands and full hearts, we keep our South African story thriving. Dive in, cook with your loved ones, and pass these dishes forward for generations to savor.



Doug's Wife - Ina



Classic Shakshuka

Family Favourites

Ina's Classic Shakshuka brings a Middle Eastern sunrise to Nan Warren's Benoni kitchen at 40 Mowbray Avenue, filling *From Tins to Tables* with warmth. This Tunisian favourite, with eggs poached in a spicy tomato-pepper sauce, is perfect for breakfast or anytime, shared with family and friends over Mazawattee tea. Ina's vibrant dish adds a bold chapter to our South African story. Here's her recipe, straight from the heart.

Ina's Classic Shakshuka

1. Heat 2 tbsp (30ml) olive oil in a 10–12-inch (25–30cm) deep skillet over medium heat. Sauté 1 medium onion (~150g), chopped, and 3 garlic cloves (~9g), minced, until soft, ~5 min.
2. Add 2 medium green bell peppers (~200g), diced, and cook until tender, ~5 min.
3. Stir in 6 fresh Roma tomatoes (~600g), diced (or 400g canned, crushed), 1 tsp (5g) paprika, 1 tsp (5g) cumin, ½ tsp (2g) coriander, a pinch of chili flakes (optional), and 1 tsp (5g) each salt, pepper and sugar. Simmer until thickened, 15–20 min.
4. Make 6 wells in the sauce; crack 6 large eggs into them. Cover and cook until whites are set but yolks are runny, 5–7 min.
5. Garnish with chopped parsley. Serve hot with crusty bread or pita, soaking up the sauce with family.

Storage Tip: Refrigerate sauce in an airtight container for 3 days; reheat gently, then add fresh eggs. [See "Nan's Baking Basics" for measures.](#)

Traditional fare

Boiled Salad Dressing

Family Favorites

Mrs. L, a dear friend of Nan Warren, gifted this Boiled Salad Dressing to *From Tins to Tables*, straight from Nan's Benoni kitchen tins at 40 Mowbray Avenue. [Photo: Salad with dressing] This creamy, tangy treasure, drizzled over salads or braai sides, brings family and friends together with Mazawattee tea and memories. Here's Mrs. L's recipe, shared with love.

Mrs. L's Boiled Salad Dressing

1. In a 2-liter saucepan, bring 1½ cups (375ml) full-cream milk to a gentle boil over medium heat. Remove from heat and stir in 3 tbsp (42g) unsalted butter until melted.
2. In a bowl, beat 2 extra-large eggs. Whisk in 2 tbsp (16g) all-purpose flour (South African plain flour), 3 tbsp (36g) sugar, 3 tsp (9g) dry mustard, and ½ tsp (2.5g) salt until smooth.
3. Gradually whisk in the hot milk mixture to the egg mixture to prevent curdling. Return to saucepan.
4. Cook over medium-low heat, stirring constantly, until thickened and smooth, ~5–7 min. Do not boil.
5. Remove from heat and cool completely, ~30 min. Stir in ½ cup (125ml) white vinegar until well combined.
6. Transfer to a sealed jar. Drizzle over potato salad, green salads, or braai veggies.

Storage Tip: Refrigerate in a sealed jar for up to 1 week; shake well before use.

*Footnote: Adapted from Mrs. L's recipe by Douglas Warren, inspired by Nan Warren's legacy. Vinegar and method clarified. See "Nan's Baking Basics" for measures.

- This zesty dressing is Mrs. L's love in every spoonful. [See "Nan's Baking Basics" for measures.](#)
- This zesty dressing is Mrs. L's love in every spoonful.

Teatime Treats

Scones – Alice Theron

Family Favorites

Alice Theron, a dear friend of Nan Warren, shared these classic scones, a gem from Nan's Benoni kitchen tins at 40 Mowbray Avenue, for *From Tins to Tables*. Light and fluffy, they're perfect for tea-time with family and friends, slathered with butter, jam, and a dollop of fresh cream, carrying Nan's love. Here's Alice's recipe, baked with heart.

Alice Theron's Scones

1. Preheat oven to 200°C (400°F)*. Grease a standard baking tray.
2. Sift 2 cups (240g) cake flour (South African soft flour), 3 tsp (12g) baking powder, and 1 tsp (5g) salt into a bowl.
3. Rub 60g (4 tbsp) cold butter into dry ingredients with fingertips until it resembles coarse crumbs.
4. Gradually add $\frac{3}{4}$ cup (180ml) milk, mixing with a fork to form a soft, slightly sticky dough. Add up to $\frac{1}{4}$ cup (60ml) more milk if needed.
5. Turn dough onto a lightly floured surface, knead gently (5–6 times), and roll to 2cm thickness. Cut into ~5cm rounds with a cutter, making ~8 scones.
6. Place scones on tray, 2cm apart. Bake for 15–20 minutes until golden and they sound hollow when tapped.
7. Serve warm with butter, strawberry or apricot jam, and a dollop of beaten fresh cream, alongside Mazawattee tea.

Storage Tip: Store in an airtight container for 2 days or freeze for 1 month; reheat at 150°C (300°F).

* Footnote: Adapted from Alice Theron's recipe by Douglas Warren, inspired by Nan Warren's legacy. Milk, oven, and cream clarified. [See "Nan's Baking Basics" for measures.](#)

- These scones are Alice's love in every crumb.

Sweet Treats



Chocolate Fingers - Molly

Family Favorites

Molly, a beloved friend of Nan Warren, shared these Chocolate Fingers, a sweet gem from Nan's Benoni kitchen tins at 40 Mowbray Avenue, for *From Tins to Tables*. This no-bake treat, with creamy cocoa and crunchy Marie biscuits, delights family and friends at tea-time with Mazawattee tea. Here's Molly's recipe, shared with love.

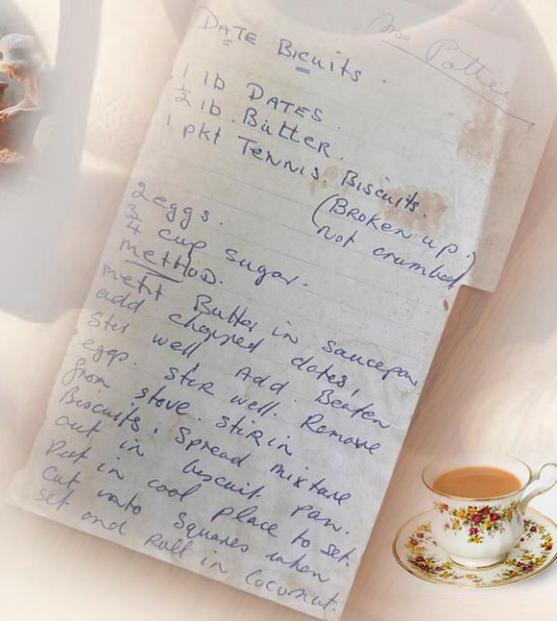
Molly's Chocolate Fingers

1. Line a 20x20cm (8x8-inch) dish with parchment paper.
2. In a 1–2-liter saucepan, melt 227g (1 cup) unsalted butter over low heat, ensuring it doesn't boil. Remove from heat.
3. In a bowl, beat 1 extra-large egg. Gradually whisk in a few tablespoons of warm butter to temper, then add to saucepan. Stir over low heat until mixture reaches 160°F (71°C), ~2 min, for safety.
4. Stir in 227g (~1¾ cups sifted) icing sugar and 2 tbsp (12g) unsweetened cocoa until smooth. Add 1 tsp (5ml) vanilla essence, mixing well.
5. Fold in 200g (~20) roughly broken Marie biscuits or 150g chopped nuts (e.g., almonds) until evenly coated.
6. Pour into dish, smooth top, and refrigerate for 2–3 hours until firm. Cut into ~24 fingers.
7. Serve with Mazawattee tea or coffee, savouring the crunch and chocolatey joy.

Storage Tip: Refrigerate in an airtight container for 1 week or freeze for 1 month.

- * Footnote: Adapted from Molly's recipe by Douglas Warren, inspired by Nan Warren's legacy. Egg safety and dish size clarified. [See "Nan's Baking Basics" for measures.](#)
- These fingers are Molly's love in every bite.

Sweet Treats



Date Biscuits - Mrs Potty

Family Favorites

Mrs. Potty, a treasured friend of Nan Warren, shared these Date Biscuits, a sticky delight from Nan's Benoni kitchen tins at 40 Mowbray Avenue, for *From Tins to Tables*. With chewy dates, crunchy Tennis biscuits, and coconut, they're a tea-time joy for family and friends, steeped in Mazawattee tea moments. Here's Mrs. Potty's recipe, shared with love.

Mrs. Potty's Date Biscuits

1. Line a 20x20cm (8x8-inch) pan with parchment paper.
2. In a 1–2-liter saucepan, melt 227g (1 cup) unsalted butter over low heat. Add 454g pitted, chopped dates, stirring until softened, ~3 min.
3. In a bowl, beat 2 extra-large eggs with $\frac{3}{4}$ cup (150g) sugar. Gradually stir into date mixture over low heat, cooking until it reaches 160°F (71°C), ~3–5 min, for safety.
4. Remove from heat. Fold in 200g (~20) roughly broken Tennis biscuits until evenly coated.
5. Spread mixture evenly in pan, pressing down. Refrigerate for 2–3 hours until firm.
6. Cut into ~16 squares. Roll each in ~100g desiccated coconut to coat.
7. Serve with Mazawattee tea, savouring the sweet, crunchy bliss.

Storage Tip: Refrigerate in an airtight container for 1 week or freeze for 1 month.

- * Footnote: Adapted from Mrs. Potty's recipe by Douglas Warren, inspired by Nan Warren's legacy. Egg safety and pan size clarified. [See "Nan's Baking Basics" for measures.](#)
- These biscuits are Mrs. Potty's love in every square.

Sweet Treats



Rice Krispie Biscuits Aunty Marlene

Family Favourites

Aunty Marlene, Nan Warren's daughter-in-law, shared these Rice Krispie Biscuits, a crunchy treat from Nan's Benoni kitchen tins at 40 Mowbray Avenue, for *From Tins to Tables*. With coconut, oats, and a Rice Krispies snap, they're a tea-time favourite for family and friends, baked with Mazawattee tea moments. Here's Marlene's recipe, with my margarine twist, shared with love.

Aunty Marlene's Rice Krispie Biscuits

1. Preheat oven to 180°C (356°F)*. Grease or line two standard baking trays.
2. Cream 227g 1 cup unsalted butter with 2 cups (400g) sugar until light and fluffy.
3. Beat in 2 extra-large eggs and 1 tsp (5ml) vanilla essence until smooth.
4. In a bowl, sift 2½ cups (300g) cake flour (South African soft flour), 1½ tsp (6g) bicarbonate of soda, 2 tsp (8g) baking powder, and ½ tsp (2.5g) salt. Stir in 2 cups (180g) rolled oats and 2 cups (200g) desiccated coconut.
5. Mix dry ingredients into wet until combined. Gently fold in 2 cups (60g) Rice Krispies.
6. Roll into walnut-sized balls (~2.5cm), placing 5cm apart on trays (~36 biscuits).
7. Bake for 10–12 minutes until golden at edges. Cool on trays for 5 minutes, then transfer to a rack. Serve with Mazawattee tea.

Storage Tip: Store in an airtight container for 1 week or freeze for 1 month.

* Footnote: Adapted from Aunty Marlene's recipe by Douglas Warren, with margarine substitution, inspired by Nan Warren's legacy. Oven and shaping clarified. [See "Nan's Baking Basics" for measures.](#)

- These biscuits are Marlene's love in every crunch.

Traditional fare



Peppa-Pot Chicken

Family Favourites

Nan Warren's Peppa-Pot Chicken, a soulful dish from her Benoni kitchen at 40, Mowbray Avenue, shines in *From Tins to Tables*. This peppery, soy-kissed chicken, simmered to tenderness, gathers family and friends with Mazawattee tea and laughter. Here's Nan's recipe, bursting with love.

Nan's Peppa-Pot Chicken

1. Coat ~1.5kg whole chicken pieces (~8–10 pieces) well in 2 tbsp (30ml) soy sauce. In a bowl, mix $\frac{1}{3}$ cup (~40g) (~ all-purpose flour (South African plain flour), 1 tsp (5g) salt, and $\frac{3}{4}$ tsp (3g) ground black pepper. Roll chicken in flour mix to coat.
2. In a large deep skillet (~30cm) or Dutch oven, heat 3 tbsp (45ml) vegetable oil over medium-high heat. Brown the chicken on all sides, ~5–7 min per side. Remove and set aside.
3. In the to skillet, add $\frac{1}{2}$ cup (~120g) chopped onion (~120g), and 1 diced green pepper (~100g), and sauté until soft, ~4 min.
4. Dissolve 1 chicken stock cube (~6g) in $1\frac{1}{2}$ cups (~375ml) hot water. Add to skillet with $\frac{1}{4}$ tsp (~0.5g) ground ginger (~0.5g) and $\frac{1}{2}$ tsp (~1.5g) garlic powder (~1.5g). Return the chicken to the skillet.
5. Cover and simmer over low heat for 30–45 min until chicken reaches 165°F (74°C) and juices run clear.
6. Serve hot with ~200g cooked rice (~200g), ~200g steamed green peas (~200g), and ~500g parsley boiled potatoes (~500g), feeding family love.

Storage Tip: Refrigerate leftovers in an airtight container for 3–4 for days; reheat gently. Freeze for up to 2 months.

Footnote: Adapted from Nan Warren's recipe by Warren Wilson, inspired by Nan's legacy. Nan's Oil, doneness, and pan clarified.

[See "Nan's Baking Basics" for measures.](#)

- This chicken's Nan's love in every bite.

Sweet Treats

Pan Cakes – Mrs Potty

Family Favourites

Mrs. Potty, a cherished friend of Nan Warren, shared this Pancake Recipe, a breakfast gem from Nan's Benoni kitchen tins at 40 Mowbray Avenue, for *From Tins to Tables*. These light, tangy pancakes, kissed with vinegar, bring family and friends together with Mazawattee tea. Here's Mrs. Potty's recipe, shared with love.

Mrs. Potty's Pancakes

1. In a large bowl, beat 4 extra-large eggs with 4 cups (960ml) water until frothy. Add 1 cup (240ml) vegetable oil and ¼ cup (60ml) white vinegar, mixing well.
2. Sift together 4 cups (480g) cake flour (South African soft flour), 4 tsp (16g) baking powder, 1 tsp (4g) bicarbonate of soda, and 1 tsp (5g) salt. Gradually stir into wet ingredients until smooth, avoiding lumps.
3. Heat a 20–25cm non-stick frying pan over medium heat. Grease lightly with oil for the first pancake only.
4. Pour ~¼ cup (60ml) batter per pancake, cooking ~2–3 min per side until golden brown with set edges (~12–16 pancakes).
5. Stack and serve warm with syrup, honey, or fresh berries, delighting family at breakfast or tea-time.

Storage Tip: Refrigerate batter for 1 day or cooked pancakes in an airtight container for 2 days; reheat in a pan. Freeze for 1 month.

* Footnote: Adapted from Mrs. Potty's recipe by Douglas Wilson, inspired by Nan Warren's legacy. Flour, oil, and cooking clarified. [See "Nan's Baking Basics" for measures.](#)

- These pancakes are Mrs. Potty's love in every fluffy bite.

Bread

Understanding Bread Dough

What Is Dough Hydration?

- Dough hydration refers to the percentage of water in a dough relative to the amount of flour, calculated by weight (not volume).

The formula is:

$(\text{Water weight} \div \text{Flour weight}) \times 100 = \text{Hydration percentage}$

For example:

- 500g flour + 250g water → 50% hydration
- 500g flour + 340g water → 68% hydration
- 500g flour + 400g water → 80% hydration

Measuring by weight ensures accuracy, as cup measurements can vary based on how flour is packed.

Why Does Hydration Matter?

Hydration affects everything from dough texture to handling and final crumb structure:

- **Low hydration (50%-60%)** → Firm, easy to handle, holds shape well. Suitable for sandwich bread, bagels, or pizza dough.
- **Medium hydration (65%-75%)** → More extensible, softer crumb. Used for classic artisan bread, dinner rolls, or soft loaves.
- **High hydration (80%-100%)** → Sticky, requires stretch & fold techniques. Produces open, airy crumbs like ciabatta or focaccia.

As hydration increases, dough becomes softer, spreads more, and needs different handling techniques.

Does Hydration Apply Only to Sourdough?

- No, hydration is a general term in bread-making, not just for sourdough! It applies to all yeast-leavened bread, from sandwich loaves to rustic, artisan-style breads.
- However, sourdough bakers often discuss hydration more because it influences fermentation, gluten development, and the final texture of the bread.

Here's what to take from this post.

- Understanding hydration helps you control dough consistency, troubleshoot issues, and improve your baking skills.

Bread

Doug's Artisanal Bread

Douglas' Bread, a crusty masterpiece inspired by Nan Warren's Benoni kitchen at 40 Mowbray Avenue, joins *From Tins to Tables*. This tangy, olive oil-kissed loaf, with its chewy crumb, brings family and friends together for Mazawattee tea. Here's my favourite recipe, baked with love.



Douglas's Crusty Bread

1. In a large mixing bowl, combine $2\frac{1}{3}$ cups (560ml) lukewarm water (38–43°C/100–110°F) and 1 tbsp (12g) sugar, stirring until dissolved. Add 10g (~2 tsp) instant dry yeast (Anchor), stir gently, cover, and let sit ~15 min until bubbly.
2. Mix 1 tbsp (15g) salt with 4 cups (520g) sifted bread flour. Add to yeast mixture, stirring with a wooden spoon's back. Add 2 tbsp (30ml) apple cider vinegar and 2 tbsp (30ml) olive oil (Gallo). Mix until sticky dough forms.
3. Cover and rest 45 min. Dip fingers in cold water, stretch and fold dough edges 8 times, turning bowl. Rest 45 min, repeat twice.
4. On a floured surface, stretch and fold once more, shaping firmly. Transfer to a greased 23x13cm (9x5-inch) loaf tin. Cover with a damp cloth, rest 45 min.
5. Snip top with scissors, rest 40 min. Preheat oven to 210°C (conventional). Cover tin with foil, bake on low rack for 35 min. Uncover, move to middle rack, bake 20 min until crusty and hollow-sounding (190–200°F/88–93°C).
6. Cool slightly, serve with butter, apricot jam, or cheese.

Storage Tip: Store in a cloth bag for 2–3 days or freeze slices for 1 month.

*Footnote: Shared by Douglas Warren, inspired by Nan Warren's legacy. Tin and doneness clarified.

[See "Nan's Baking Basics" for measures.](#)

- This loaf's my heart in every slice.

This is not the end rather the beginning of preserving Nan's Legacy

From Tins to Tables: A Culinary Thread Through Time - A South African Story for the Ages isn't done yet—it's just the beginning! Nan Warren's Benoni kitchen at 40 Mowbray Avenue is brimming with more dishes to share, from Traditional Vetkoek and Koeksisters to Auntie Sheila's Chocolate Cake, Eulinda's treats, Nan's old-time remedies, Mrs Van A' Milk tart, and so much more.

As I uncover these gems from family and friends, this cloud-hosted eFlipbook updates automatically, keeping Nan's South African legacy alive with every click.

Want to join the journey or share your own? Contact me [HERE!](#) With families spread worldwide, the internet lets us swap stories and flavours anytime.

I'm also dreaming big—helping others craft eBooks to unite their tables, their heritage and preserving family tradition and memories for now and generations to come. Nan's love is for everyone hungry for tradition.

Keep watching for more recipes, more stories, more heart—our South African table is just getting started!



Miss you Gran – Wish you were here
Your spirit lives on through these memories of a life well lived
Thank you for watching over me

Curated by Douglas Allan Warren
Grandson of Agnes May Warren