

IRRESISTIBLE SWEET AND STICKY TREATS 3 WAYS

Corn Flake Tart

Serves 8

INGREDIENTS

1 roll (400g) store-bought shortcrust pastry
1/3 cup (75g) butter
1/2 cup Illovo Golden Syrup
2 1/2 cups corn flakes
3/4 cup strawberry jam

Serving suggestion:

Store-bought custard

METHOD

1. Preheat the oven to 180°C and grease a 23cm-diameter fluted tart dish.
2. Roll the sheet of shortcrust pastry out over the greased dish and gently press into place. Cut off any excess pastry, allowing a little pastry to hang over the edge.
3. Prick the pastry base all over with a fork and allow to chill in the fridge for 20 minutes.
4. Place a layer of baking paper over the pastry and fill with baking beans or uncooked rice. Place in the oven to bake 'blind' for 15 minutes. Remove the paper and beans and return to the oven for another 8-10 minutes until pale golden and slightly crisp. Remove from the oven and allow to cool.
5. Heat the butter and Illovo Golden Syrup in a medium pot over a low heat and stir until melted.
6. Remove the pot from the heat and add the corn flakes. Gently stir through until the corn flakes are well coated in the sticky syrup.
7. Spread the strawberry jam evenly over the tart base, then cover with the sticky corn flake mixture.
8. Bake the cornflake tart for 10 minutes, then remove from the oven and allow to cool for 20 minutes.
9. Slice the sticky cornflake tart and serve with your favourite store-bought custard. ENJOY!



Pecan Nut Pie Cheesecake Squares

Makes 12

INGREDIENTS

For the cheesecake:

- 1 pack (200g) vanilla biscuits
- $\frac{1}{3}$ cup melted butter
- 1 kg plain double cream yoghurt
- $\frac{1}{2}$ cup condensed milk
- $\frac{1}{2}$ cup Illovo Caramel Flavoured Syrup
- 1 tbsp lemon juice

For the pecan caramel topping:

- $\frac{1}{3}$ cup Illovo Caramel Flavoured Syrup
- 3 tbsp butter
- $1\frac{1}{2}$ tbsp brown sugar
- Pinch of salt
- 1 cup pecan nuts

METHOD

1. Place the vanilla biscuits in a resealable plastic bag and crush using a rolling pin.
2. Add the crushed biscuits to a greased medium-sized square baking dish (23cmx23cm). Add the melted butter and mix well. Press the wet crumb tightly into the dish and set in the fridge until needed.
3. Combine the yoghurt, condensed milk, Illovo Caramel Flavoured Syrup and lemon juice in a microwave-safe bowl. Place in the microwave and cook on high for 3 minutes. Remove, whisk vigorously and place back in the microwave for another 3 minutes. Whisk again and carefully pour the mixture over the biscuit base. Place the cheesecake mixture in the fridge to set, overnight for best results.
4. When the cheesecake has set, slice into equal squares.
5. To make the pecan nut caramel topping, combine the Illovo Caramel Flavoured Syrup with the butter, sugar and a pinch of salt in a microwave-safe bowl. Microwave on high for 2-3 minutes, stirring every minute. Stir in the pecan nuts and allow to cool slightly. It will thicken and become syrupy when cooling.
6. Serve a cheesecake square on a small plate and drizzle over pecan nut caramel sauce and ENJOY!



Sweet & Sticky Amagwinya (Vetkoek)

Makes 16

INGREDIENTS

500g cake flour
1 packet (10g) dry yeast
1 tsp salt
1 cup Illovo White Sugar
1½ cups lukewarm water
Oil, for frying
Illovo Traditional Syrup, to drizzle

METHOD

1. In a large bowl, sift the flour, yeast, salt and ½ cup Illovo White Sugar. Mix well.
2. Add a third of the warm water and start mixing. Slowly add the rest of the water until a soft dough forms.
3. On a lightly floured surface, knead the dough for about 8-10 minutes, until smooth. Place the dough into a lightly floured bowl and cover. Allow to rise for 1 hour, or until double in sized.
4. Preheat an 8cm depth of oil over a medium heat in a medium-sized pot.
5. Divide the dough into 16 golf ball-sized small pieces and roll neatly into smooth balls.
6. In batches, fry the amagwinya, turning often for uniform colour, until golden brown. Drain on paper towel.
7. Roll each fried amagwinya through the remaining sugar until well coated.
8. When ready to serve, stack the amagwinya in a tower and drizzle the Illovo Traditional Syrup generously over them. ENJOY!