



The Kitchen Life

ebook edition

Joël Samuel Kapepula



Recipe 1 - Plain Waffles

Waffles are my absolute favorites, I love that they are perfect for any meal during the course of the day. I have managed to come up with more than 1 recipe with different toppings, for now check out this plain waffle recipe with a small twist.

Ingredients

- 250g of Flour
- 4 eggs
- 100 to 200ml of milk
- Condensed milk
- 100g of non-salted butter 1 tsp
- baking powder

Preparation

1. Melt the butter first and let it cool down, then mix in a big bowl the melted butter, condensed milk and eggs. whisk all these ingredients together.
2. In a separate bowl, mix flour and baking powder
3. Mix all the wet ingredients together with the dry ingredients, then gradually add milk until you get a nice consistency which is not too heavy.

Direction

1. Preheat the waffle iron/waffle maker.
2. Pour the mixture into the waffle iron/waffle maker.
3. Leave for 2-3 minutes,until it's ready to heat.

Serving

To enjoy with :

- sliced banana
- strawberry
- bacon Maple
- syrup



Recipe 2 The Juicy Biggy

I love this recipe, mainly because its the perfect mix of all my favorite ingredients in a burger, check the ingredients list below

Ingredients

- 500g of lean beef mince
- 1 egg
- 250 diced bacon
- 250g Cheddar cheese
- 1 cup red onion
- 1 tomato
- pickles
- rocket
- cream cheese
- 1/2 tsp salt & 1 tsp pepper
- Cooking oil
- 2 Brioche rolls

Preparation

1. Cook the bacon first until its not too crispy, then let it cool for few minutes
2. Mix the mince in a bowl with the cooked bacon, cheddar cheese, egg, salt and pepper. Mix all these ingredients together until everything is well mixed.
3. Make the patty, using the size of the brioche as the measure, usually 1 1/2 the size of the brioche is perfect for the Juicy Biggy, mainly because the patty will shrink slightly on the grill.

Direction

1. Turn on the grill or my favorite use a barbecue grill with coals
2. Put the patty on the fire for 3-4 per side, this mainly depends on how you like you burger, I like mine medium to well done.

Serving

To enjoy with:

- Cut the brioche in 2, then put on the grill for 30-60sec max,
- Spread the cream cheese of both side of the brioche
- On the base side of the brioche, put the rocket first then add the pickle, then the patty
- Add the tomato and the red onion on top of the patty. And finally add the top side of the brioche
- Repeat this for the rest, for 500g of mince you should get 2-3 patties.
Enjoy with some sweet potato fries or normal potato fries.



Recipe 3 Chocolate brownies

I am not going to lie, I was introduced to brownies not too long ago and ever since I became addicted to them and I tried to change the recipe as much as I could to accommodate me, starting with the flour

Ingredients

- 500g Flour
- 6 Eggs
- 1 container Condensed milk
- 100-200ml Skim milk
- White and Dark Chocolate Chips (as much as you want butter
- (250g
- baking powder (50g
- 200g-250g cocoa powder

Optional

- Pecan nuts (100g or more)
- or Almond flakes (100g or more)
- Ground Coffee beans (50g)

Preparation

1. Mix all the dry ingredients together in a bowl : flour, Chocolate chips, cocoa powder, baking powder, almond flakes or pecan nuts. If you choose to add coffee then mix together with all the other ingredients. Mix everything together
2. Mix all the wet ingredients together: eggs, melted butter (melt first then let cool down for few minutes), condensed milk. Mix everything together
3. Mix everything together, I like to mix the wet ingredients to the dry ingredients instead of the other way around. Whisk everything together.

Direction

1. Preheat the oven at 220 degrees Celsius
2. Using a baking paper or cooking spray in the baking tray
3. Pour the mixture in the tray, nicely lay the mixture evenly on all sides.
4. Let cook at 220 degrees celsius for 15-20 minutes, then raise the temperature at 200 degrees for 10 minutes then reduce the temperature to 180 degrees for the last 5minutes. then switch off the oven and let the brownies cool down for 5minutes before serving
5. To test if the brownies are ready, stab a knife in the middle and see what the knife reveals.
6. I like my brownies nice and moist so I usually don't let it set for too long. They taste even better the day after.

Serving

To enjoy with:

- Ice cream
- Melted white chocolate
- A nice warm cup of hot chocolate.