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COOKING IS FUN WITH RITEBRAND



SHOPRITE 

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With Ritebrand products Shoprite strives to be the cheapest on the shelf in a particular category, without ever compromising on quality. To ensure that quality specifications are consistently met, Shoprite employs an independent food consulting company to monitor these requirements on a continuous basis.



Penne pasta with tuna and tomato sauce

This lovely pasta dish is a piquant, light meal whether you serve it hot or cold.

(4 portions)

1 packet Ritebrand penne pasta

SAUCE:

15 ml (1 tbsp) Ritebrand sunflower oil

6 cloves of garlic, crushed

1 chilli, seeds and membranes removed, chopped

2 x 400 g tins chopped tomatoes

7,5 ml (1½ t) sugar

Handful of basil leaves, torn OR a bunch of spring onions, chopped

2 x 170 g tins Ritebrand tuna shredded in water, drained

Ritebrand ground sea salt and black pepper

1. Boil pasta according to instructions on package until soft, but firm (al dente), drain and keep warm.
2. Heat oil over medium heat and sauté garlic and chilli in it until translucent. Add tomatoes and sugar and simmer until flavoursome and thick. Add basil or spring onions and season with salt and pepper. Mix tuna lightly with fork through tomato sauce and heat through. Add sauce to pasta and mix lightly with forks. Serve warm or cold.

Pilchard tart

A wholesome meal baked in one dish. Moreover, it is popular among young and old.

CRUST: Any shortcrust or puff pastry of your choice.

FILLING:

60 ml (4 tbsp) butter or Ritebrand margarine

60 ml (4 tbsp) cake flour

750 ml (3 c) Ritebrand full-cream milk

200 g Cheddar cheese, grated

1 bunch of spring onions, chopped

Ritebrand table salt and ground black pepper

4 extra large eggs, separated

1 x 425 g tin Ritebrand pilchards in tomato sauce, drained

Preheat oven to 190 °C. Grease a 30 cm round or square oven-dish and line with dough.

1. Melt butter in a heavy-bottomed saucepan. Add flour, mix well with a wire whisk and cook for 1 min. Remove from heat, add milk and stir until smooth. Heat again and cook until thick. Stir constantly. Add cheese, onions, salt and pepper. Remove from heat as soon as cheese has melted.
2. Beat egg yolks lightly, add a little hot sauce to it and mix quickly. Add egg mixture to sauce and mix well, and allow to cool a bit. Beat egg-whites until it reaches soft-peak stage and fold into mixture. Ladle into crust. Arrange whole pilchards in lines or in wheel pattern on filling and bake tart until golden and cooked. Serve warm.



Savoury tart (Cover recipe)

Serve this tasty, savoury tart as a light meal or pack it in lunch-boxes as a wholesome snack.

CRUST: Use any crust of your choice or this potato base:

500 ml (2 c) cooked, mashed potatoes

45 ml (3 tbsp) Ritebrand margarine

2 large eggs, beaten + 1 egg-white

a pinch of Ritebrand table salt and ground black pepper

5 ml (1 t) baking powder

1. Mix all ingredients in order of ingredients list.
2. Cover bottom of 20 x 30 cm oven-dish with mixture, brush with egg-white and cover with clingwrap. Keep in refrigerator until you've prepared filling.

FILLING:

15 ml (1 tbsp) Ritebrand sunflower oil

250 g fresh, young spinach leaves, chopped

1 x 275 g tin Ritebrand viennas, chopped

1 x 300 g tin Ritebrand corned meat, chopped

1 bunch of spring onions, chopped

45 ml (3 tbsp) parsley, chopped

½ greenpepper, membranes and seeds removed, chopped

2 boiled eggs, mashed very finely

250 ml (1 c) grated Cheddar cheese

250 ml (1 c) Ritebrand full-cream milk

ground black pepper

Preheat oven to 180 °C.

1. Heat oil in a pan over medium heat. Stir-fry spinach for a few minutes until it wilts, let cool and press all fluid out of it through a sieve.
2. Mix all ingredients, pour onto crust and bake until golden and cooked. Serve warm with green salad.



Fish cakes

With salad and bread these fish cakes serve as a light meal. It is also delicious as a snack or lunch-box tuck.

Ritebrand sunflower oil

1 x 425 g tin Ritebrand pilchards in tomato sauce, mashed

1 bunch of spring onions, chopped

1 extra large egg, beaten with fork

75 ml (5 tbsp) cake flour

5 ml (1 ½ tsp) baking powder

Ritebrand table salt and ground black pepper

Heat oil over medium heat.

1. Mix rest of ingredients to a firm consistency. Spoon batter in "cakes" of 15 ml (1 tbsp) in oil and bake on both sides until cooked and golden brown. Serve warm or cold.
2. **Variation:** Bake **corned meat cakes** by substituting the pilchards by **1 x 300 g tin of Ritebrand corned meat**. Follow rest of recipe above.



Sweetcorn bake

This delicious dish is prepared in a jiffy. It can be served as breakfast fare, as part of the braai spread or as side-dish to any other main dish.

4 extra large eggs

62,5 ml (1/4 c) Ritebrand sugar

pinch of Ritebrand table salt

750 ml (3 c) Ritebrand full-cream milk

1 x 410 g tin Ritebrand cream style sweetcorn

5 ml (1 t) baking powder

30 ml (2 tbsp) Ritebrand margarine

Preheat oven to 180 °C. Grease a medium oven-dish.

1. Beat eggs and sugar until light and fluffy. Add rest of ingredients one by one and mix well. Pour into oven-dish, dot with cubes of margarine and bake until cooked and golden. Leave to rest for 15 min. and serve warm.
2. **Variation:** Serve with golden syrup or honey.

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