

GEBAK: SES VERSIERDE KOEKIES



Voorkoms:50%

Smaak: 50%

Vereistes:

6 koekies versier met koninklike inloopversiersel wat 'n tema uitbeeld, aangebied op 'n plat bord.

Resep:

125 g botter
125 g margarine
500 ml (400g) suiker
3 eiers
1250 ml (680g) koekmeel
25 ml bakpoeier
knippie sout

Metode:

1. Room botter en suiker vir 10 min.
2. Voeg eiers een vir een by en meng goed.
3. Voeg droë bestandele by en meng tot 'n deeg.
4. Voeg bietjie water by indien te droog.
5. Bedek en laat rus vir een uur.
6. Rol deeg ongeveer 'n half cm dik uit, druk vorms af.
7. Bak 10 – 12 minute by 180 C.
8. Laat afkoel en versier met koninklike versiersel.

Koninklike (Royal) versiersel

1 eierwit by kamertemperatuur
200 g versiersuiker (ongeveer)
Bietjie suurlemoensap

Metode:

1. Klits die eierwit liggies.
2. Sif die versiersuiker deeglik deur 'n baie fyn sif.
3. Meng dit geleidelik by die eierwit in om 'n sagte, romerige versiersel te kry.
4. Voeg net genoeg versiersuiker by sodat wanneer die lepel uit die mengsel gelig word, dit 'n gladde, skerp punt vorm en behou. As die versiersuiker goed gemeng is, sal dit 'n mooi wit kleur hê. Gebruik dit dan vir buitelyne van ontwerp.
5. Voeg nou 'n paar druppels suurlemoensap by om inloopversiersel te kry.
6. Laat inloop binne ontwerpelyne.

Wenke:

Wanneer deeg uitgerol word, plaas 2 no 9-breinaalde aan weerskante van die deeg. Rol dan bo-oor naalde vir mooi egalige dikte.

LW. PUNTE INDELING IS NIE TRADISIONEEL AANGESIEN VOORKOMS BAIE BELANGRIK IS .

BAKING: SIX COOKIES DECORATED WITH ICING

Appearance: 50%

Taste 50%

Requirements:

Six cookies decorated with Royal glazed icing, depicting a theme and presented on a smooth plate.

Recipe:

125 g butter

125 g margarine

500 ml (400 g) sugar

3 eggs

1250 ml (600 g) cake flour

25 ml baking powder

pinch of salt

Method:

1. Cream butter, margarine and sugar for 10 minutes.
2. Add eggs individually and mix well.
3. Add dry ingredients gradually and mix to form pastry dough.
4. Add a LITTLE bit of water if dough is dry and not elastic.
5. Cover and let it rest for an hour.
6. Roll out to half an inch thickness and press out shapes for cookies.
7. Bake for 10 – 12 minutes at 180°C.
8. Let them cool down and decorate with Royal glazed icing.

Royal Icing:

1 egg white at room temperature

200 g icing sugar (approximately)

Few drops of lemon juice

Method:

1. Lightly beat egg white.
2. Sift icing sugar through a very fine sieve.
3. Add icing sugar gradually to egg white to get a soft, creamy icing. Only add enough icing sugar so that when spoon is lifted out, a smooth, sharp point is formed and retained.
4. If icing is mixed well the result will be a nice white colour.
5. Use for outline of designs.
6. Now add a few drops of lemon juice to form glazed icing.

Hints:

When rolling out the pastry, place two no 9-knitting needles on both sides of the dough and roll over them to obtain a smooth and even thickness.

NB. THE ALLOCATION OF MARKS IS NOT TRADITIONAL AS APPEARANCE IS MOST IMPORTANT