



B-well™

Cookbook

~ 15 FAN FAVOURITES ~

Recipe Index

We wanted to create a recipe book that inspired people to cook again. To show people just how easy it is to recreate restaurant quality dishes from the comfort of their homes. Dishes which are not only easier on the wallet, but much tastier as well.

Here are our top 15 fan favourite recipes for 2016.
So get in the kitchen and start cooking, enjoy!

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*Creamy Autumn
Pumpkin Soup*



B-WELL'S

Creamy Autumn Pumpkin Soup

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Here's a creamy soup to help ease your family into the colder months. Easy to make, every bite gives you that "feel good" feeling.



Ingredients:

- 2 Tbsp **B-well Olive Canola Oil**
- 1 onion, *roughly chopped*
- 2 garlic cloves, *roughly chopped*
- 650g Pumpkin, *peeled, chopped*
- 1 potato, *chopped*
- 2 carrots, *chopped*
- 1 leek (white part only), *chopped*
- 1 tsp ground nutmeg
- 3 cups (750ml) chicken stock
- ½ cup (125ml) pure (thin) cream
- 1 Tbsp pumpkin seeds, *toasted*
- finely chopped flat-leaf parsley, *to serve*



Method:

Heat **B-well Olive Canola Oil** in a large saucepan over medium heat. Add onion and cook for 2-3 minutes until soft. Add garlic, pumpkin, potatoes, carrots, leeks and nutmeg. Add stock and 2 cups (500ml) of water, then bring to a boil. Reduce heat to low, cover and cook for 25 minutes or until the pumpkin is tender.

In batches, transfer to a blender and whiz until smooth. Return soup to the saucepan and place over low heat. Stir in cream, then season.

To serve, ladle into bowls and top with seeds and parsley, then drizzle with cream.



Did you know:

B-well Olive and Canola blend offers you the best of both oils, the taste of olive with the health benefits of canola oil.

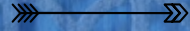
Serves: 6-8 people

Time: 30 min

For more recipes, visit: www.bwellfoods.co.za or 



Spicy Mince
Lahmacun



B-WELL'S Spicy Mince Lahmacun



Lahmacun (pronounced "lock-mah-June") is a type of Turkish pizza covered in a spicy mince mixture.



Ingredients:

- B-well Canola Baking Spray
- B-well Olive Canola oil
- 1 Tbsp butter
- 1 onion, *finely chopped*
- 3 cloves of garlic, *minced*
- 220g lamb or beef mince
- 2 tomatoes, *peeled, seeded and chopped*
- ½ tsp sweet paprika
- ½ tsp cayenne pepper
- ½ green pepper, *finely chopped*
- 1 Tbsp tomato paste
- 1/4 cup finely chopped fresh mint (*optional*)
- 1/4 cup finely chopped fresh parsley
- A fresh ball of pizza dough (store bought)
- Juice of 1 lemon
- Salt and freshly ground black pepper, *to taste*

Method:

Preheat oven to 220°C. Melt the butter in a skillet, add the onion and sauté until softened, for 5-7 minutes. Add the garlic and sauté another minute. Transfer onion mixture to a large bowl, add all the remaining ingredients (except the lemon juice), and mix thoroughly with your fingertips. If mixture seems too dry, add a teaspoon of water.

Place a ball of dough on a floured surface and roll into a round, flat circle, roll the dough out really thin so it looks like a medium to large pizza base. Apply some **B-well Canola Baking Spray** on a baking tray and place the thinly rounded dough on a flat baking tray. Brush the top of the dough with **B-well Olive Canola Oil** and spread with a thin, even layer of the meat filling, leaving a 1cm border around the edge.

Repeat with the remaining dough and filling and bake for 12-15 minutes. The dough should still be soft enough to roll up.

Squeeze a little lemon juice and drizzle some **B-well Canola Olive Oil** over the lahmacun, and serve immediately either flat or rolled up as cones.

Serves: 6 people

Time: 30 min



For more recipes, visit: www.bwellfoods.co.za or



Tomato, Salami,
Basil & Olive
Quiche





B-WELL'S Tomato, Salami, Basil & Olive Quiche



*This beautiful looking quiche leaves a great first impression.
Whether it's brunch or lunch, the combination
of flavours "just work".*

Ingredients:

- 1 large tomato
- **B-well Olive Canola Oil**
- 50g parmesan
- 200g cheddar cheese
- handful of feta cheese
- 10 olive halves
- 8 thin slices of salami
- 2 eggs
- 285ml pot double cream
- handful of basil leaves,
shredded, *(plus a few small
ones left whole for garnishing)*
- 2 tsp Salt
- 1 tsp Black Pepper
- store bought puff pastry



Method:

Preheat oven to 200°C and grease a 23cm diameter flan pan. Use store bought pastry to line the base and sides of the pan. Blind bake the pastry by placing a sheet of baking paper over it and pouring enough uncooked rice or beans over the paper to completely cover the base. Bake for 10 minutes then remove from oven and discard paper and rice.

Reduce oven temperature to 180°C.

Combine eggs, cream, and salt and pepper in a jug and whisk to combine. Pour over mixture in the pastry case.

Grate cheddar and sprinkle over the top of the quiche. Bake the quiche for 30 minutes and briefly remove from the oven. Layer over the top of the quiche thinly sliced tomatoes, small feta cubes/chunks, halved olives, parmesan and salami.

Return to oven and bake for 5 minutes. Remove from oven and sprinkle over shredded and whole basil. Drizzle over some **B-well Olive Canola Oil** and serve.

Serves: 8-10 people

Time: 40 min

For more recipes, visit: www.bwellfoods.co.za or 



B-well[®]

Creamy Beef Burrito
Lasagne





B-WELL'S Creamy Beef Burrito Lasagne

Mexican cuisine can be described as
versatile, fresh, simple and delicious.
¡Buen Provecho!

Ingredients:

- **B-well Olive Canola Oil**
- 450g ground beef
- ½ an onion, *chopped*
- 25g package taco seasoning
- lasagne flat pasta (alternatively you could even use large tortillas)
- 1 can refried beans
- 2-3 cups cheddar cheese
- 1 cup mozzarella cheese
(*optional*)
- 1 can cream of mushroom soup
- ½ cup sour cream
- jarred hot sauce
(*we used smoked hot sauce*)



Method:

Pan fry the beef mince and onions in **B-well Olive Canola Oil** until brown, remove from the frying pan.
Add taco seasoning, hot sauce and beans.

Mix the can of mushroom soup and sour cream in a separate bowl.

Spread half of the meat and bean mixture in the bottom of a casserole dish or large cast iron skillet.


Spread half of the sour cream and mushroom soup mixture over the layer of meat and bean mixture.

Next, layer the lasagne pasta over the sour cream and mushroom mixture.

Repeat the layers as many times as you like, with the pasta layer always being on top.

Finally, sprinkle over all your cheese and place the lasagne in a preheated oven at 180°C for 20-30 minutes.

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Serves: 10 people Time: 40 min

For more recipes, visit: www.bwellfoods.co.za or 



Alfredo Pasta
with
Bacon & Mushrooms



B-WELL'S

Alfredo Pasta

with Bacon & Mushrooms



This is definitely a hearty dish, you might have to take a rain check on your diet...

It's decadent!



Ingredients for Pasta:

- 5 boneless skinless chicken breasts, *cut into small chunks*
- 8 slices bacon, *chopped into chunks or cooked ham slices*
- 600g linguine, spaghetti or pasta
- Alfredo sauce (*see below*)

Ingredients for Sauce:

- 2 Tbsp butter
- 250g of chopped mushrooms
- 1 ½ Tbsp fresh minced garlic
- 2 tsp pepper
- 1 tsp smoked paprika
- 3 Tbsp flour
- 2 cups full-cream milk
- 1 cup mushroom sauce powder, *mixed with milk*
- 1 cup heavy whipping cream
- 1 cup grated parmesan cheese
- B-well Olive Canola Oil

Method:

Cook the pasta in a large pot of boiling salted water until just al dente (*drain but do not rinse*).

In a large skillet add a dash of **B-well Olive Canola Oil** blend over medium heat; add in the chicken chunks and bacon; cook for about 2-3 minutes, remove chicken and bacon to a large bowl.

For the Alfredo sauce, in the same skillet melt 2 tablespoons butter over medium heat; add in mushroom slices and sauté until browned (*about 10-12 minutes*). Add fresh garlic, pepper and smoked paprika; stir for 2 minutes.

Add in flour and stir for 1 minute, then add milk, mushroom sauce and heavy whipping cream; bring to a simmer over medium heat stirring constantly, until thickened. Remember to mix the mushroom sauce powder with 1 cup of milk before adding it.

Add the chicken and bacon back into the skillet with the Alfredo sauce, also add in the cooked pasta along with 2 tablespoons butter and the Parmesan cheese, mix everything together. Turn off the heat and keep mixing everything together until the butter and cheese is melted in properly.

Add the butter and Parmesan at the last moment.

Serves: 7-8 people

Time: 25 min



Spaghetti Carbonara



B-WELL'S Spaghetti Carbonara



Planning on making Alfredo pasta tonight?
Perhaps this authentic Carbonara recipe
will change your mind?

Ingredients:

- 2 Tbsp **B-well Olive Canola Oil**
- 2 egg whites and 4 egg yolks
- 1/3 cup grated pecorino Romano cheese (*optional*)
- 1/3 cup grated Parmesan cheese
- 2 pinches ground black pepper
- 2 garlic cloves, *minced*
- 150g Pancetta, *thinly sliced*
- 340g spaghetti or egg noodles



Method:

Place your pasta in a large pot of boiling salted water for 8-10 minutes until it's al dente.

Place egg whites, egg yolks, parmesan and pecorino cheese into a bowl. Season with a pinch of salt and 2 pinches ground black pepper, then mix everything together.

Heat **B-well Olive Canola Oil** blend in a large skillet over medium heat, add the pancetta and sauté for about 2-3 minutes. Add garlic and cook for another 30 seconds.

Turn off the heat and add your spaghetti to the frying pan (only add the spaghetti not the water) containing the Pancetta and garlic, mix everything together so the spaghetti absorbs all the flavour.

Immediately add your egg and cheese mixture to the pan, stir everything together nicely for about 10-15 seconds then remove from the stove (even though the heat is turned off, the stove could still retain some heat).

Dish up and dress it with a bit of additional grated pecorino or Parmesan cheese and a generous pinch of ground black pepper.

Serves: 5-6 people Time: 15 min

For more recipes, visit: www.bwellfoods.co.za or 



Beer-Battered

Hake





B-WELL'S Beer-Battered Hake



We've been on a mission to find the best fish batter recipe in South Africa and we believe that we might have found it.

Ingredients:

- 1 cup cake flour
- 4 tsp paprika
- 1 tsp baking powder
- 2 tsp salt
- 1 tsp ground black pepper
- 1 tsp medium curry powder
- ½ cup milk
- ½ beer optional but recommended or ½ cup water

Lemon Parsley Mayo:

- ½ cup **B-well Tangy Mayonnaise**
- 1/3 cup Cream
- Juice of ½ lemon
- 1 large pickle, *finely chopped*
- 1 tsp **B-well Lemon-infused Canola Oil**
- Small handful parsley, *chopped*

Method:

Mix everything together and add the liquid slowly to ensure the batter is not too runny. Reduce liquid quantity if needed.

Gently dip the fish in the batter and place the fish in medium hot **B-well Canola Cooking Oil**.

Leave the fish until golden brown and transfer to a paper towel-lined plate.



Preparing the Mayo:

Mix all the mayonnaise ingredients together in a bowl and serve with crispy hake fillet and a couple wedges of lemon.

Tip: Drizzle mayonnaise with a little **B-well Chilli-infused Canola Oil** for a spicy bite.

Serves: 6 people

Time: 25 min



For more recipes, visit: www.bwellfoods.co.za or



A large platter of fried calamari, featuring golden-brown rings and bite-sized pieces. A small white bowl of creamy dipping sauce sits in the center, garnished with fresh cilantro. Two lemon wedges are placed on the platter, and a bed of shredded purple and white cabbage salad is visible at the bottom. The entire dish is presented on a dark, textured surface.

B-well

*Dusted
Calamari*





B-WELL'S Dusted Calamari



Dusted golden calamari with a garlic and parsley mayonnaise dipping sauce, a meal fit for kings.

Ingredients:

- ½ cup corn flour
- ½ cup self-raising flour
- 1 tsp salt
- 1 tsp paprika
- ½ tsp ground white pepper or black
- 3 tsp thyme, finely chopped
- 1kg calamari tentacles, rings or strips
- juice of ½ a lemon
- 1L **B-well Canola Oil**, to fry

Garlic Parsley Mayo:

- ½ cup **B-well Tangy Mayonnaise**
- 1/3 cup cream
- juice of ½ lemon
- 1 garlic clove, *crushed*
- 1 tsp **B-well Garlic-infused Canola Oil**
- small handful parsley, *chopped*

Method:

Pour a bottle of **B-well Canola Cooking Oil** into a deep, heavy based pot. Heat until sizzling.

Sift all the dry ingredients into a large bowl. Add the calamari and coat in the flour mixture, immediately fry in batches for 45 seconds to a minute or until golden in colour.

Using a slotted spoon carefully remove the calamari from the oil and drain on kitchen paper. Squeeze the juice of ½ a lemon over the fried calamari.



Preparing the Mayo:

Mix all the mayonnaise ingredients together in a bowl and serve with golden calamari and a couple wedges of lemon.

Tip: Drizzle mayonnaise with a little **B-well Chilli-infused Canola Oil** for a spicy bite, or if you're not a fan of garlic you could also use the **B-well Lemon-infused Canola Oil**.

Serves: 5 people

Time: 20 min



For more recipes, visit: www.bwellfoods.co.za or 



*Creamy
Lemon Garlic Butter*
Prawns
with Ginger



B-WELL'S

Creamy Lemon garlic Butter Prawns with Ginger

Here's our secret recipe for the
most succulent prawns you will ever eat!

Ingredients:

- 1 cup **B-well Creamy Gourmet Mayonnaise**
- 3 Tbsp butter
- 500g Tiger Prawns
- 6 heaped tsp minced garlic
- 5 heaped tsp minced ginger
- 4 tsp paprika
- ½ lemon's juice, squeezed
- salt and pepper, *to taste*
- fresh coriander



Method:

Add the butter, garlic, ginger and lemon juice to a medium-high heat pan and let it cook for about 1 minute.

Increase the temperature to high heat and let the pan warm up for about 3 minutes while keeping all the ingredients in the pan.

Add the prawns, **B-well Creamy Gourmet Mayonnaise** and paprika to the pan, stir everything together and let it cook for about 2-3 minutes. Remember to add a pinch of salt and some pepper, you only need a tiny bit of salt to bring out the flavours.

Remove from pan immediately and transfer to a plate, drizzle all the sauce from the pan over the prawns.

Tip: Please do not overcook the prawns, if need be increase the temperature and decrease the cooking time. We used shelled prawns, you will find that these prawns are much more flavourful and succulent.

Serves: 3-4 people

Time: 10 min

For more recipes, visit: www.bwellfoods.co.za or 

A close-up photograph of a stainless steel bowl filled with Indian Butter Chicken. The chicken is coated in a thick, orange-red tomato-based sauce and garnished with fresh green cilantro leaves. In the background, a wooden bowl contains white rice topped with more cilantro. To the right, another stainless steel bowl holds a green chutney. The entire dish is set on a red fabric surface with a decorative gold patterned cloth at the bottom left.

B-well

Indian Butter Chicken





B-WELL'S Indian Butter Chicken



Here is our take on the lovely butter chicken dish
which we believe should give your favourite
Indian restaurant a run for their money.

Ingredients:

- 6 Tbsp butter, *separated*
- 900g of chicken breasts
- 1 onion, *diced*
- 3 minced garlic cloves
- 3 tsps garam masala
- 1 Tbsp freshly grated ginger
- 1 Tbsp **B-well Chilli-infused Canola Oil**
- 1 tsp chilli powder
- 1 tsp cayenne pepper
- 1 tsp ground cumin
- 1½ cups tomato sauce
- 1 cup heavy cream
- 1 cup water
- 1 cup **B-well Creamy Gourmet Mayonnaise**
- salt and pepper, *to taste*
- naan bread or rice and saag paneer, *to serve*



Method:

Add 2 tablespoons of butter in a large skillet over medium high heat, add approx. 2cm diced chicken and brown it on both sides. Finally, add **B-well Chilli-infused Canola Oil** and transfer the chicken to a plate and set aside until later.

In the same pan melt another 2 tablespoons of butter. Add the diced onion and cook until it begins to soften. Add the garlic, garam masala, ginger, chilli powder, cumin, and cayenne. Stir everything together and cook for about 1 minute before adding the tomato sauce.

Bring the mixture to a simmer for about 5 minutes before adding the cream, water and **B-well Creamy Gourmet Mayonnaise**. Bring the mixture back to a simmer, add back the browned chicken, and allow to simmer for 10-15 minutes.
Keep the heat low.

Add the remaining 2 tablespoons of butter and season with salt and pepper, to taste. Serve with a naan bread or rice and saag paneer.

Serves: 4-5 people Time: 25 min

For more recipes, visit: www.bwellfoods.co.za or



Chocolate Chip Cookies



B-WELL'S Chocolate Chip Cookies



These cookies are crispy on the outside and super gooey on the inside. All you need is a large glass of milk to wash everything down.

Ingredients:

- B-well Canola Baking Spray
- 1 cup butter, *softened*
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 tsp vanilla extract
- 3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp hot water
- ½ tsp salt
- 2½ cups semi-sweet chocolate chips

Method:

Preheat oven to 175°C.

With a wooden spoon or with an electric mixer cream together the butter, white sugar, and brown sugar until smooth. The butter is “creamed” when it has almost doubled in mass and it has lightened to a yellowish-white colour. Beat in the eggs one at a time, then stir in the vanilla.

Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour and chocolate chips. Spray your baking trays with **B-well Canola Baking Spray**, roll the batter into small individual balls and place them 1½cm apart. The larger the cookie balls you roll, the larger the cookies will be.

Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.



Serves: 5 people

Time: 20 min



For more recipes, visit: www.bwellfoods.co.za or





Chocolate Fondant





B-WELL'S Chocolate Fondant



For the ultimate chocolate fix and for an uncontrollable smile after the very first bite, try this recipe and spoil yourself..

Ingredients:

- **B-well Canola Baking Spray**,
to spray ramekins
- 200g quality dark chocolate,
chopped into small chunks
- 200g butter, *chopped into small chunks*
- 200g castor sugar
- 4 egg whites and 6 egg yolks
- 200g plain flour

Method:

Using **B-well Canola Baking Spray**, give the ramekins a good spray. Place a bowl over a pot of simmering water, then slowly melt the chocolate and butter together. Remove bowl from the heat and stir until smooth.

In a separate bowl whisk the eggs and yolks together with the sugar until thick and pale and the whisk leaves a trail. Sift the flour into the egg mixture, then beat together.

Pour the melted chocolate into the egg mixture in thirds, beating well between each addition, until all the chocolate is added and the mixture is completely combined to a loose cake batter. Tip the fondant batter into a jug, then evenly divide between the ramekins.

Heat oven to 180°C. Place the fondants on a baking tray, then cook for 10 minutes until the tops have formed a crust and they are starting to come away from the sides of their ramekins. Remove from the oven, then leave to sit for 1 minute before turning out.

Loosen the fondants by moving the tops very gently so they come away from the sides, easing them out of the ramekins and serving on a small plate.

Serves: 4 people Time: 20 min



For more recipes, visit: www.bwellfoods.co.za or 



B-wellTM

Crème
Caramel





B-WELL'S Crème Caramel



*Crème caramel is the perfect dessert
to round off a lovely night.
Absolutely delicious...*

Ingredients for Flan:

- 1/4 cup sugar
- 2 tsp vanilla extract
- 2 cups (500ml) milk, *hot*
- 3 eggs, *lightly beaten*

Ingredients for Caramel:

- ½ cup (125ml) sugar
- 2 tablespoons (30ml) water
- **B-well Canola Baking Spray**

Method:

Preheat the oven to 180°C and using **B-well Canola Baking Spray**, give ramekins a good spray.

For the caramel sauce, boil the sugar and water in a saucepan until it turns to a dark golden brown (mahogany). Divide among three 250ml capacity ramekins or six 125ml capacity ramekins.

Allow to cool.

Next, for the flan, add the sugar and vanilla extract to the hot milk. Stir until the sugar has dissolved. In a bowl, beat the eggs. Whisk in the hot liquid. Pour into the ramekins.

Place the ramekins in the baking dish or tray and fill halfway up with simmering water. Bake for about 40 minutes. The water should never boil.

Remove from the oven and water. Cool. Refrigerate. Run the blade of a knife around the ramekins, turn the ramekins upside down on a small plate so the sauce is on top. Serve very cold.



Serves: 6 people

Time: 45 min



For more recipes, visit: www.bwellfoods.co.za or 



B-well™

Carrot Cake





B-WELL'S Carrot Cake



The flavours and scents of the cinnamon, ginger and nutmeg takes centre stage in this super moist carrot cake.

Ingredients:

- 2 cups sifted flour
- 2 tsp baking powder
- 1½ tsp baking soda
- 1½ tsp salt
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp freshly grated nutmeg
- 1½ cups sugar
- 1½ cups **B-well Canola**
Cooking Oil
- 4 eggs
- 2 cups finely grated carrot
- 1 can (250g) of crushed pineapple, *drained*
- ½ cup finely chopped pecans (*optional*)
- 120g flaked coconut (*optional*)

Cream Cheese Frosting:

- ½ cup butter
- 1 cup cream cheese
- 2 tsp vanilla extract
- 28g icing sugar, *sifted*



Method:

Preheat your oven to 180°C and grease three 23cm round cake pans. Sift together the flour, baking powder, baking soda, salt, ginger, nutmeg and cinnamon. Then add the sugar, canola oil, and eggs; mix well.

Next add the carrot, pineapple, pecans (optional), and coconut (optional). Blend thoroughly.

Distribute the batter evenly among the three pans. Bake the cakes for 35-40 minutes. Be careful not to over-bake them.

Remove the pans from the oven and cool for 15-20 minutes before turning out onto wire racks to cool completely.

When your cakes have cooled, make your cream cheese frosting by mixing all the ingredients together in a bowl using an electric mixer while gradually adding the icing sugar.

Finally frost the cake and spread a thin layer between each layer of cake, saving enough to cover the top and sides of the cake. Garnish the top with chopped nuts if you like.

Serves: 8-10 people

Time: 50 min



Mayo Chocolate Cake



B-WELL'S Mayo Chocolate Cake

»————»
The name might sound strange, but those who have tried it know that this is one of the most insanely moist cakes you will ever have.



Ingredients:

- 2 cups flour
- 3 eggs
- 2 tsp baking soda
- ½ cup cocoa
- 1 cup sugar
- ½ teaspoon salt
- 1 cup **B-well Creamy Gourmet Mayonnaise**
- 1 cup water
- 2 tsp vanilla
- **B-well Canola Baking Spray**

Method:

Sift the flour, cocoa, baking soda and salt together.

In a separate bowl whisk together the eggs, sugar, mayonnaise, water and vanilla until it is creamy and fluffy.

Add the bowl of dry ingredients to the bowl with the ingredients you just whisked and stir everything together.


Spray some **B-well Canola Baking Spray** in your cake pan, we used a 23cm x 6cm pan. Pour ingredients over into your cake pan.

Bake at 180°C for about 25 minutes, after 25 minutes test with a knife to ensure the cake is not raw and remove from the oven.

Once the cake has cooled down, you may start putting your chocolate icing on. The icing we used for this cake was a dark chocolate ganache icing. We simply chopped up 250g of dark chocolate (70% cocoa) and added the chocolate to 1 cup of heavy whipping cream. You simply heat up the cream in a sauce pan, once it starts boiling remove from heat immediately and add the dark chocolate, whisk together until the chocolate has melted completely.

Serves: 8-10 people Time: 50 min



For more recipes, visit: www.bwellfoods.co.za or 

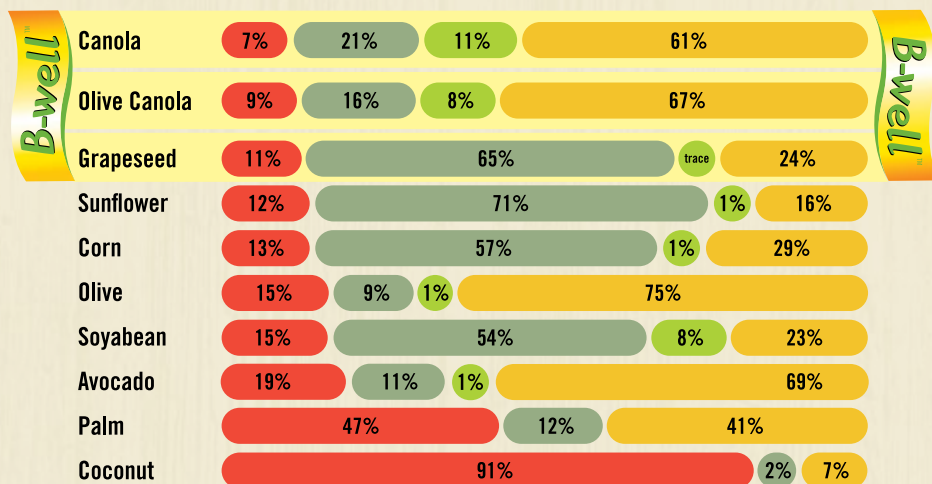
Did you know...

We believe that everyone should be able to eat delicious food that's healthier, more affordable and better for the environment.

B-well Canola oil is cholesterol free, with only 7% saturated fat (compared to Sunflower 12% and Olive 15%) - naturally it is the healthier option. Our Canola Oil is also endorsed by the Heart & Stroke Foundation SA and it is the only cooking oil in South Africa to carry the CANSA Smart Choice Seal, this is due to the ideal 2:1 ratio of Omega 6 to Omega 3.

TYPICAL FATTY ACID VALUES OF DIFFERENT OILS

● Polyunsaturated Fats Ideal ratio 2:1 (CANSA)
 ● Linolenic: Omega 6
 ● Alpha-Linolenic Acid: Omega 3
 ● Monounsaturated Fat *Include these fats*
● Saturated Fat *Limit these fats*





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