

Kastrolpoeding

Ingredients:

- 1 k. Apricot jam mixed with a desert spoon baking soda
- 1/2 k. Margarine, mixed with two cups of flower and a pinch of salt

Method: Mix the ingredients together. Skep in kastrol met stroop en kook vir 1 uur stadig op stoof.

Syrup:

- 1/2 k Suiker, gekook saam met 4 k. water .

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