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Hi,

This story made me smile:

Groucho Marx an American billionaire who enjoyed working in his garden, was mistaken for a casual worker by a passer-by. 'Gardener' she calls out through her car window 'how much does the lady of the house pay you?' Groucho wiped the sweat off his brow and replied: 'I don't get paid in dollars. The lady of the house just lets me sleep with her'.

May is the month when we pay our respects to mothers of all ages. Our [menu this month](#) is for an afternoon tea because it is such a traditional way for women to get together to enjoy delicious sweet and savoury nibbles while exchanging the latest news and views.

We are giving you a wide range of choices to select from. On the **savoury side** there is a Prawn Paté served with Melba Toast or a beautiful Tomato Tart made with Cholesterol Free Olive Pastry.

The **sweet treats** on offer range from an irresistible Sour Cream Cherry Loaf (on video), delicious little Chocolate Biscuit Bites or a decadent Caramel and Banana Cheese Dessert with Pecan Nuts.

The **Cape Town Food & Wine Festival** is also on from 24 to 27 May, and we will have our usual stand close to the entrance. **Our new little cookbook 'Supper's Up'** will be on sale at a special R20 show price. We are giving away [4 free tickets on our Facebook page](#).

This month it is time for all our [Junior Chefs](#) and their Mom's to line up for 10 stunning prizes. A special junior chef apron is the main attraction but there are also Cake Mixes, Icing Kits and Spatulas to be won!

Best regards and good cooking!

PS Many of you may have a **surplus crop of tomatoes** now that the season is ending. Here are some ideas on how best to preserve them for the lean months to come.

1. Freeze tomatoes whole without any wrapping. When hard, put them in plastic bags in the freezer. Use as needed in stews, casseroles, etc. Once semi-defrosted the skins peel away and they are a breeze to use.
2. Cut fresh tomatoes into quarters spread out on a baking sheet. Season with our Seasoned Sea Salt and some sugar. Bake at 200°C (open) until tomatoes start browning. Cool and freeze in plastic bags. Because some of the moisture has been driven off (in the process the flavour becomes concentrated) and the fibre has been broken down, the tomatoes take up much less space in the freezer. Use as above. Excellent in a tomato and onion smoor.

new recipes in **may**

mother's day tea

Prawn Paté with Melba Toast
 Fresh and Sundried Tomato Tart
 Sour Cream Cherry Loaf
 Caramel and Banana Cheese Dessert with Pecan Nuts
 Chocolate Biscuit Bites



ina's choice



weeknite winners



[more info](#) ⇄

haddock chowder



[more info](#) ⇄

minestrone with
 chicken balls



[more info](#) ⇄

avo and tuna

monthly lucky draw

Every month **subscribers** have a chance to enter our lucky draw and win fabulous prizes.
 Click here to view this month's lucky draw.



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