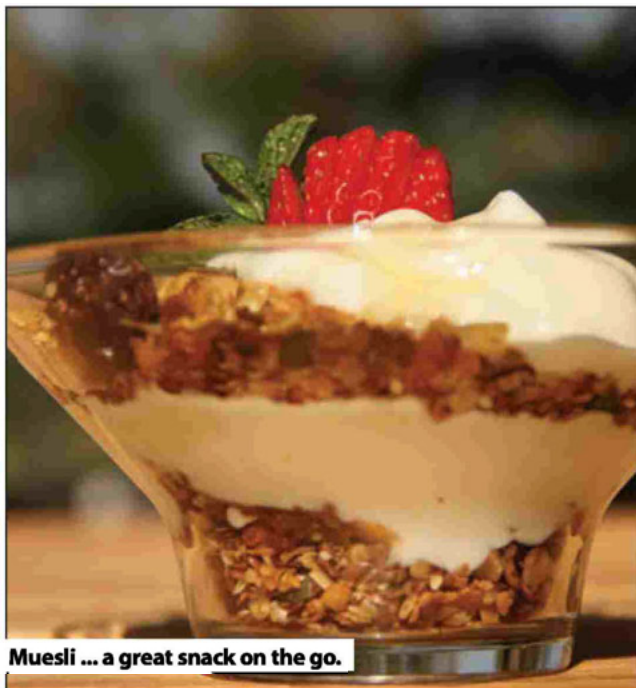


Bush-style cook-up

Delicious fare from the chef at Lion Sands Game Reserve



How come food always, always tastes so much better when you're out in the bush? At a recent visit to **Lion Sands Game Reserve** in the Sabi Sands Reserve we put diets to one side and enjoyed everything from mopani worms to springbok shanks. Not wanting to be quite that adventurous at home, we asked head chef at the camp, Faith Gina, for a couple of her favourite (and easy) recipes. This mother of three-year-old twins has a sweet tooth ... try her fave dessert ... chocolate mousse with a scoop of ice cream.



Muesli ... a great snack on the go.

Muesli

This muesli is served on the game drives to snack on, and it's offered at breakfast ... delish with Greek yoghurt and a berry coulis. Heat up 100g butter and 200g maple syrup over low heat and when it's melted, add 200g mixed, unsalted nuts of your choice and 25g each poppy seeds, sesame seeds, sunflower seeds, and pumpkin seeds and stir until golden brown. Add 1 cup each of Jungle Oats and Rice Crispies plus half a cup of All-Bran flakes. Stir well, remove from heat and flatten out in a baking tray. Dry out the mixture in the oven, set at the lowest temperature, for a couple of hours.

Chocolate mousse

This is Faith's favourite desert ... and has consequently become ours too. Cream 7 egg yolks and 250g castor sugar together and slightly cook over double boiler for 10 minutes. Once the egg mixture has cooled down, melt 550g dark chocolate and then fold into the egg mixture. Then fold in 1 litre of whipped cream, pour into pretty individual serving bowls and refrigerate to set.

Cinnamon pecan nut nibbles

Sitting in the tree house, listening to the sound of the birds and sipping a glass of wine and nibbling on these ... life is pretty perfect. Simply mix 500g pecan nuts, 100ml butter and 1tbsp cinnamon together. Slow roast in the oven at low temperature until they're crispy – be careful not to burn them.



Mmm-mmm Banoffee pie.

Banoffee pie

We had this for pud the night we arrived ... heaven! Mix 250ml whipped cream with 1 tin Caramel Treat and 5ml vanilla paste until combined. In individual moulds or a single pie dish press down crispy muesli or crunchies crumbled – enough to cover the base of your mould or pie dish (you may have to use a little butter to combine), then add the cream mixture then add a generous amount of sliced banana on top. Pop in the fridge and serve chilled.