

# MootMark

Your Local Business Guide

Edition 60: June 2025

NEXT CUT-OFF DATE: 13/6

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**CUT-OFF DATE for JULY issue:**  
**13 JUNE - Distribution from 1 JULY**

van voedsel tot skole

**FOOD | FUNCTIONS | CHILDREN**

Food Wagon p 3

skoonheid van buite

**BEAUTY | HOBBIES**

Avon & Justine, Bets p 3

Rietondale Music Academy p 4

Salon NiQuitta, Nails p 4

**NAALDWERK | KLASSE**

Dag- en Aanddrag p 3

gesondheid & fiksheid

**FITNESS | THERAPY**

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In en om die huis

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van werk tot geld

**FINANCES | FUNERAL | LEGAL**

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## Outydse Melkkos

**Bestandele:** *via Facebook :Braai resepte*

- 10ml bakpoeier
- 7 koppies melk
- 3 eiers (geskei)
- 200ml koekmeelblom
- 2ml sout
- 50ml gesmelte botter
- 50ml witsuiker
- Kaneelsuiker om bo-oor te strooi



### Metode:

1. Sif bakpoeier, meel en sout saam
2. Klits 1 koppie melk saam met die droë bestandele tot 'n pasta
3. Klop botter by die pasta mengsel in
4. Klits eiergele en suiker tot donsig
5. Verhit die res van die melk en voeg bietjie warm melk by die pasta en meng
6. Meng die res van die melk geleidelik by die pasta mengsel
7. Kook op lae temperatuur tot gaar en laat effens afkoel
8. Klits eierwitte styf en vou in
9. Dien op met kaneelsuiker

## Uie & Beesrib Sop

*via Facebook: Die armgat chef*

### Bestandele:

- 30ml olyfolie
- 350g bees kort ribbetjies
- 4 groot uie, dun gesny
- 4 knoffelhuisies, fyngekap
- 1.5l beesaftreksel
- 15ml balsamiese asyn/appelwynasyn
- 5ml vars tiemie/2.5ml gedroogde tiemie
- 1 lourierblaar
- Sout en peper na smaak
- Growwe brood gesny & 250g gerasperde kaas



### Metode:

Verhit die olyfolie in 'n groot pot oor medium hitte. Geur die beesribbetjies met sout en peper en braai tot bruin aan alle kante. Verwyder en sit eenkant. In dieselfde pot, braai die uie stadig tot gekarameliseer en goudbruin. Voeg die knoffel by en braai. Plaas die ribbetjies terug in die pot. Voeg die beesaftreksel, balsamiese asyn, tiemie, lourierblaar, sout en peper by. Bring tot kookpunt, en laat prut vir 1.5 tot 2 uur of tot die vleis sag is. Rooster intussen die broodskywe in die oond tot liggies bros. Verwyder die ribbetjies, trek die vleis van die been af, en plaas terug in die sop. Skep die sop in oondvaste bakkies, plaas 'n sny roosterbrood in bakkie, en strooi kaas oor sop. Plaas onder die oondrooster tot die kaas gesmelt en borrelig is.



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- Meer as 25 Jaar Ondervinding

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