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Edition 68 February 2026

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van voedsel tot skole

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Sensably Pilates p 3

Elmarie van Vuuren p 3

Moot Tae-Box p 7

Muurbal p 4

In en om die huis

BUILDING | RENOVATIONS

Afdakke / Carports p 1

Building Plans p 1

RBM Build p 8

Verfwerk p 7

W&M Handyman p 7

EIENDOM

Chass Everitt p 1

ELECTRICAL

1st Tek Electrical p 5

BC Electric & Plumbing p 1

GARDENS | PESTS | POOLS

Able Arborers p 5

Die Boomgogga p 7

Grasdakke p 5

Jacobus Tuindienste p 5

PLUMBERS

Atomic Plumbers p 3

JD Plumbers p 1

M&N Solars & Plumbing p 5

Plumber p 4

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Garage Doors p 1

Incredible Doors p 4

Ludiks Staalwerke p 7

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Hoender-en-Spaghetti-Pastei

via Facebook:: Resepte vir die jonger geslag, Huisgenoot 24/01/2014

Bestandele:

HOENDER

- 1 heelhoender
- 7 ml ($1\frac{1}{2}$ t) sout
- 2 ml ($\frac{1}{2}$ t) droë gemengde kruie
- 2 ml ($\frac{1}{2}$ t) fyn naeltjies
- 2 ml ($\frac{1}{2}$ t) fyn koljander
- 2 ml ($\frac{1}{2}$ t) fyn gemmer
- 2 ml ($\frac{1}{2}$ t) swartpeper
- 1 liter (4 k) kookwater
- 1-2 hoenderaftrekselblokkies

PASTEI

- 250 g spaghetti
- 250 g rugspekvleis, gekap
- 2 uie, gekap
- 250 g sampioene, in skyfies gesny
- 60 ml ($\frac{1}{4}$ k) gekapte sopseldery
- 30 ml (2 e) gekapte pietersielie
- 200 g mozzarellakaas, gerasper
- 6 eiers
- 750 ml (3 k) melk
- sout en peper



Metode:



Voorverhit die oond tot 200°C. Smeer 'n oondvaste bak.

1. HOENDER Plaas die hoender, sout, kruie en speserye, kookwater en aftrekselblokkie in 'n groot kastrol en aftrekselblokkie in 'n groot kastrol en kook sowat $1\frac{1}{2}$ uur tot sag en gaar.
2. Verwyder die hoender uit die aftreksel. Haal die bene uit en pluig die vleis.
3. PASTEI Kook die spaghetti in die aftreksel en nog water indien nodig tot sag en dreineer. Behou 250 ml (1 k) van die aftreksel.
4. Braai die spekvleis, uie, sampioene en seldery tot sag en gaar.
5. Voeg die hoender, spaghetti, aftreksel en pietersielie by. Skep die helfte van die hoendermengsel in die voorbereide bak. Sprinkel die helfte van die kaas oor, skep die res van die hoendermengsel oor en sprinkel die orige kaas oor.
6. Klits die eiers en melk saam en giet oor die pastei. Bak 45 minute tot die eier gestol het en die pastei gaar is.
7. Sit warm voor saam met slaai.



huise - dakke - mure

Henk

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- Boomslopings
- Ontworteling
- Snoei van bome



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