

## MAKE in IT minutes

### PEANUT BUTTER CHOCOLATE CHIP CRISPY RICE TREATS

1/2 cup honey  
3/4 cup natural-style smooth peanut butter  
2/3 cup semisweet chocolate chips (may substitute chopped dried fruit)  
5 cups crispy brown rice cereal

Combine the honey and peanut

butter in a large pot over medium-low heat for 2 to 3 minutes, until melted. Remove from the heat.

Stir in the chocolate chips and then the brown rice cereal, coating it evenly.

Grease a 22-by-33-cm shallow baking dish with cooking oil spray.

Transfer the rice mixture to the baking dish. Lay a piece of plastic wrap over it to prevent your hands from sticking as you press the mixture evenly and firmly into the pan.

Cover and refrigerate for 40 minutes until set, then cut into 15 equal pieces.



**T**HERE are certain vegetables we have a reflexive instinct to peel: carrots, parsnips, potatoes, beetroot.

Anything that grows in the ground, really. Especially when there's visible dirt on the vegetables when you buy them.

But is peeling those vegetables necessary? No. Is peeling them good for you and the planet? Not really.

I've pretty much stopped peeling root vegetables. I never understood the urge to peel cucumbers, either. Cucumbers can be a kind of watery food, and the skin adds some needed flavour, in my book.

Potatoes, I'm still coming around to, I'll admit. My favourite types to eat with the peel are Yukon Gold and red potatoes. Those labelled as "new" are good bets, too, because they're young with thin skins. Russets? Well, I tried leaving some in my mashed potatoes and was not a fan of the rough, tough texture. I'm more inclined to sweet potato skins, especially when thoroughly roasted so that the juices explode out and make the outside all caramelised and crisp.

Here are the reasons we should stop wasting our time peeling:

- It's extra work. Do you like doing more than you have to in the kitchen? I don't.

- A good wash is plenty sufficient to clean produce. Run your produce under cold running water while gently scrubbing it. This is enough to remove dirt and bacteria, and drying the produce with a clean paper towel or cloth will help, too.

For firm items such as carrots, turnips, parsnips or beetroot, feel free to use a brush and scrub to your heart's content. Don't use soap or bleach to clean your food, because you'll run the risk of ingesting those.

Peeling also doesn't guarantee that you will eliminate pesticides, which can penetrate produce from the outside or find their way inside through the water supply. If you're concerned about exposure to pesticides, you can certainly choose to buy organic produce, but even that needs to



MUCH HEALTHIER: There are many reasons to keep the peel on your vegetable produce, both aesthetic and nutritional.

# Here's the SKINNY

Why are you still peeling all those vegetables? asks **Becky Krystal**

be washed and can still harbour natural pesticides or other types of pesticides that have drifted from conventional produce grown nearby. At least one cleaning method seems to hold promise in breaking down pesticides: a soak in a water bath with baking soda.

- Peeling contributes to food waste. We've all heard the scary numbers about how much of our food ends up in landfills. Chucking vegetable peels in the trash only makes it worse. (If you absolutely must peel, try throwing the scraps in vegetable broth or at least the compost bin.)

- You lose part of what's good about fresh produce. Fruits and vegetables are high in fibre, which helps you feel fuller and aids in digestion. There's a lot of fibre

in the exteriors of vegetables, so when you peel them away, you lose that benefit. Vitamins, minerals and antioxidants can also reside in or just below the skin.

- Keeping the peel on can be an aesthetic thing, too. Surely I'm not the only one who finds that peeled carrots look weirdly sanitary? Embrace rustic chic. Don't peel your carrots. Also, beets. Especially when your beets are being cooked whole, leaving the peel on can keep your beets vibrant.

Wedges or slices of winter squash, roasted with the skin on hold together well. And if they're cooked long enough, even tough skins such as butternut will become tender enough to eat. – The Washington Post

## Mean and messy but oh so good

LEBOHANG MOSIA

IF YOU plan on hitting the streets this winter, you're bound to run into The Filthy Moustache, a local gourmet food truck in Johannesburg with American-style dining.

The Filthy Moustache is called "filthy" for a reason – a napkin will be required when you are done eating. The gourmet burgers and hot dogs the food truck serves, demand you to eat by hand to fully enjoy the meal.

"When we decided on our menu, we knew it was going to be mean and messy food. So the Filthy Moustache is essentially what you're going to get left with after eating our food," says co-owner Jade Greef.



The food truck opened in 2016 after the owners, Greef and Candice Nicolas, watched Jon Favreau's *Chef*, which is about a man who quits his position at world-renowned restaurant to start a food truck business that travels all over the US.

The Filthy Moustache has six simple items on their menu – three burgers and three hot dogs.

The Bro-Stache – the first burger ever on the Filthy Moustache menu, is the most popular. This masterpiece isn't just your "slap together" burger.

It's an appropriately-named grandiose gourmet experience. I fully recommend it. It comes with 180g beef patty that could double up as a pouffe in a seventies living room, one melted cheese choice, crispy bacon strips, golden brown caramelised onions and a sauce of one's choice.

The Lip Rug – for the spicy food lovers, is embellished with spicy jalapeños and isn't for the capsaicin-sensitive customer. The burgers are juicy and reasonably



The gourmet burgers and hot dogs the food truck serves demand you eat by hand to fully enjoy the meal.

priced considering the quality of the ingredients. Every time I think the burger wars have ended, another competitor joins the battlefield, and The Filthy Moustache is a strong contender.

The gourmet hot dogs on the menu are: the Crumb Catcher, the Lady-Tickler and the New Guy.

You can find The Filthy Moustache at Pure and Crafted, Deep Roots Market, Fourways Farmers Market, Rand Show, Bedfordview Night Market, and First Thursdays on Keyes Avenue.

You'll also find them on Alice Lane in Sandton, once a month from Monday to Friday.