

HumanEATies

100 Recipes

By the Faculty of Humanities
University of Pretoria



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Faculty of Humanities
Fakulteit Geesteswetenskappe
Lefapha la Bomotho



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FOREWORD

Alecia Samuels

The idea for this cookbook was born, of course, while eating, specifically while enjoying breakfast with staff from the Centre for Augmentative and Alternative Communication. Who knew that from those first tentative conversations, a creation of such deliciousness would emerge from our colleagues in the Faculty of Humanities? Many of these recipes were sourced during the COVID-19 pandemic lockdown when cooking and baking seemed to present a welcome distraction from the uncertainties going on in the world. With this publication, the Faculty of Humanities has shown that there is more to being an academic than just teaching and research and that some wonderfully creative foodies are occupying our spaces. I hope, like me, that you can't wait to test some of these decadent delights.





INTRODUCTION

Prof Vasu Reddy, Dean: Faculty of Humanities

Why a cookbook, and why does it matter to a Faculty of Humanities?

Food represents our edible world. It is a concept, an idea and a practice. It is because food is more than a micronutrient and a science. Food represents what Appadurai¹ describes as the social lives of things. It is deeply sociocultural² and fundamentally associative and relational.

Food is about its potentialities and multiple meanings: it is comforting, energising, and restorative. It plays a special role in our personal lives and sense of self-definition and shapes our well-being. Food speaks to the sensorial and the affective: taste, smell, sight and the various pleasures and emotions it induces when combining ingredients, flavours, aromas, tools and techniques. It becomes even more meaningful when it is shared and exchanged. But food also turns our attention to wicked challenges that must matter to us: hunger, starvation, global capitalism and much more. Let us not forget the latter in the visceral and embodied pleasures of eating.

In this cookbook, we are in celebration mode, flavoured with bits of nostalgia and memory-making. If food opens up mediated relationships, then a Faculty of Humanities is possibly also best placed to showcase our engagement with food and its resonance with some other markers of our collective selves: identity, memory, culture, race, class, gender, national origin, community and heritage. Food, in some ways, opens up bonds of mediated intimacies, what Pratt³ labels a 'contact zone' and the entanglement of various things that induce social attachments. Food represents how we share our histories and heritage. It represents how we learn and how we collectively celebrate. This is because food travels in mysterious and circuitous ways. It lacks a distinctive authenticity inasmuch as we may think it does because it takes on new meanings in the associations it opens up.

The gestation of *HumanEATies* may be traced to a food ritual and act of eating in one of our departments in 2019 when the Faculty celebrated its centenary. When the idea was mooted, I thought this was an ideal way to make sense of our 'food selves' in a Faculty deeply dedicated to a liberal arts education. And so began this book's journey. We invited all our staff and some students to submit recipes they wanted to share that had meaning in their lives.

Of course, life happened in 2020 when things came to a grinding halt with lockdowns

and physical, social distancing in a pandemic world. Yet, in our lives, food, cooking and eating were a welcome constant beyond life and work. Food was embraced and became even more comforting with renewed fervour. Our culinary behaviours and habits shifted during the pandemic and we created communities of foodies too! Food and recipe exchanges were rich in variety, opportunities and flavours. As many of us experienced, we might have even flouted healthy eating in favour of comfort

Assembled here is a selection of recipes in a traditional template of a cookbook that challenges Appadurai's⁴ view that cookbooks belong to "the humble literature". Morris⁵ contends that cookbooks contribute significantly to broader national issues, including the formation of national cuisine and identity⁶. I believe *HumanEATies* represents a particular variant of a UP Humanities-specific foodscape that tells "cultural tales"⁷ and some of which have travelled beyond the written word. What we have packaged represents distinctive food cultures from our faculty.

These recipes also provide personal memories of our staff and students. They were also tested repeatedly during the COVID-19 lockdowns to confirm their broader therapeutic and health benefits that stretch beyond the comfort they provide.

We were also delighted when Dr Hennie Fisher and his final-year Hospitality and Consumer Food Sciences students in the Faculty of Natural and Agricultural Sciences teamed up with us. This cookbook is a truly transdisciplinary project between the two Faculties, and we are delighted to present you with a feast of flavours and aromas. Of course, my thanks and appreciation go to our incredible staff and students who generously contributed their recipes, my team led by Heather Thuynsma and Danolien van den Berg, Mariki and Lourens Uitenweerde from Eyescape for the elegant photography, and colleagues who kindly endorsed the book.

I hope that these recipes will provide you with joy and pleasure, indeed memorable cooking and eating for you too!

ENDNOTES

- 1 Appadurai, A. 1986. *The Social Lives of Things: Commodities in Cultural Perspective*, Cambridge: Cambridge University Press.
- 2 Counihan, C. 1999. *The Anthropology of Food and Body: Gender, Meaning, and Power*. New York and London: Routledge.
- 3 Pratt, M. L. 1991. "Arts of the Contact Zone." *Profession*, 91: 33-40.
- 4 Appadurai, A. 1988. "How to Make a National Cuisine: Cookbooks in Contemporary India." *Comparative Studies in Society and History*, 30(1): 3.
- 5 Morris, C. 2013. "Kai or Kiwi? Māori and 'Kiwi' Cookbooks, and the Struggle for the Field of New Zealand Cuisine." *Journal of Sociology*, 49(2-3): 210-23.
- 6 see also Murcott, A. 1996. "Food as an Expression of Identity." In: *The Future of the National State: Essays on Cultural Pluralism and Political Integration*, edited by S. Gustaffson and L. Lewin, 49-77. Stockholm: Nerenius and Santerus; Ohnuki-Tierney, E. 1993. *Rice as Self: Japanese Identities through Time*. Princeton, NJ: Princeton University Press; Parveen, R. 2017. *Recipes and Songs: Analysis of Cultural Practices from South Asia*. New York, NY: Palgrave Macmillan.
- 7 Appadurai, A. 1988. "How to Make a National Cuisine: Cookbooks in Contemporary India." *Comparative Studies in Society and History*, 30(1): 8.

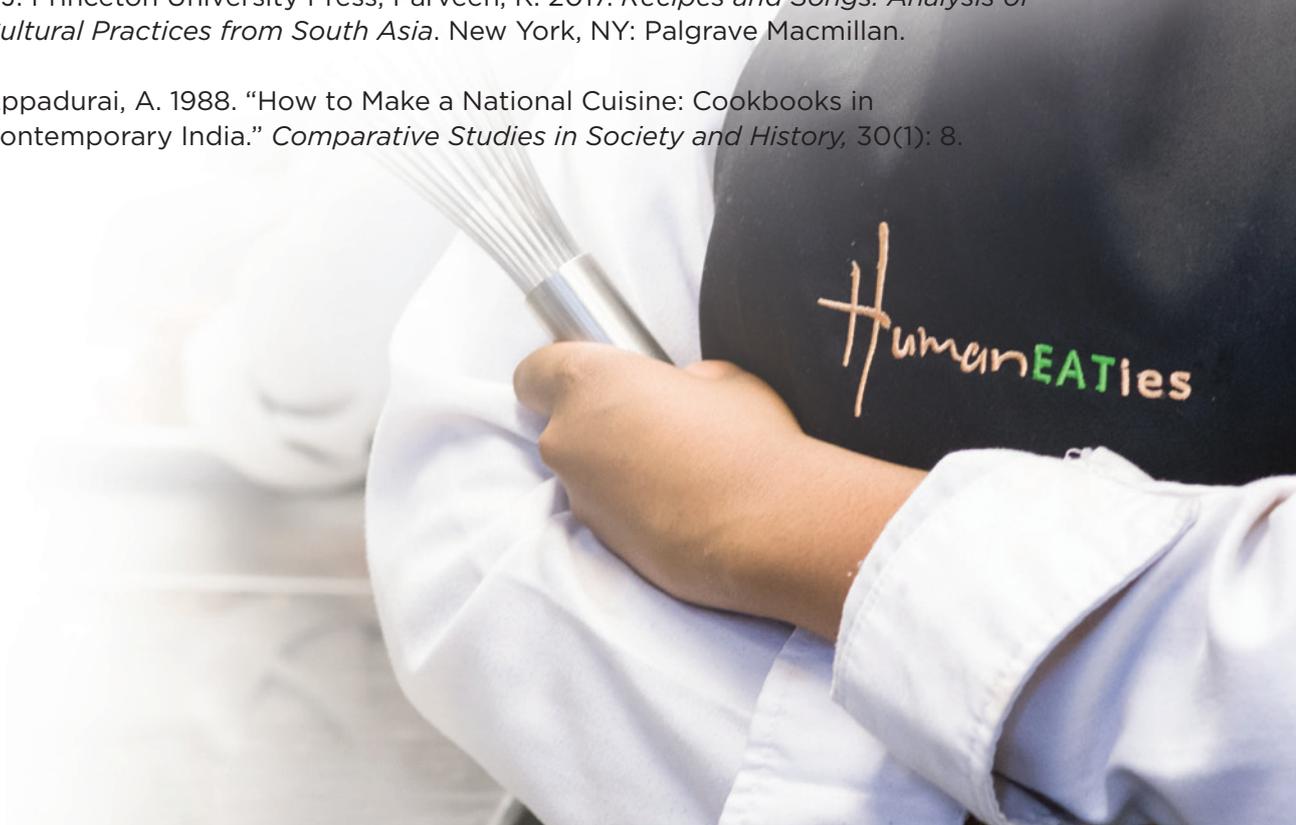




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MY APPROACH TO COOKING/FOOD

Food brings people together; it is much more than just eating. Some of the best memories are made around the table. Food just tastes better when shared with family and friends.

HISTORY OF MY DISH

My husband and two daughters love this soup! They always ask me to make it when our family (aunts, uncles, nieces, grandparents, etc.) has our annual 'soup evening'. We are a very close family, and we love to spend time together, eating and visiting. Our family has a tradition of having a soup evening every winter, where family members then bring their favourite soup, freshly baked bread and dessert. This soup will always remind me of those special times.

TWO-CHEESE, MUSHROOM AND BILTONG SOUP

Erin Moolman

INGREDIENTS

Milk	500 ml
Basil leaves	20 g
Mushrooms, chopped	500 g
Onion, grated	160 g
Butter	143 g
Flour	100 g
Nutmeg	1 ml
Coriander	2,5 ml
Salt	7 g
Black pepper	5 g
Beef or vegetable stock	1,5 L
Cheddar cheese, grated	150 g
Biltong powder	200 g
Cream	200 ml
Feta or blue cheese	100 g

METHOD

1. Heat the milk and add the fresh basil leaves; cover the pot with cling film and set aside for 30 minutes to allow the basil to infuse the milk. Strain the milk after 30 minutes.
2. Brown the chopped mushrooms and onions in some olive oil.
3. Melt the butter in a deep saucepan. Add the flour to form a roux. Add all the spices (nutmeg and coriander) and lightly flavour with salt and pepper.
4. Add the beef stock and milk to the roux.
5. Bring to a boil and cook for 2 to 3 minutes while stirring. The sauce will thicken slightly.
6. Remove from the heat and add the mushrooms, grated cheddar and powdered biltong. Do not boil again until just before serving. Set aside.
7. Just before serving, add the cream and heat the soup.
8. Crumble the feta cheese into the soup and serve with extra biltong on top.
9. Serve with a generous bunch of fresh basil and crusty farm-style bread.

YIELD 6 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES

BUTTERNUT SOUP

Andrea du Toit

MY APPROACH TO COOKING/FOOD

I have grown to love making and eating soup in winter over the last few years. I must admit I was not a fan of soup in my younger years, but once I moved out of my parents' place and suddenly had to 'adult' by myself, I found that soup was an easy meal that required very little effort and can be quite cheap to make. Butternut soup is one of my favourites. It is creamy and filling and heats you up from the inside. The chilli gives it a wonderful blend of sweet and spicy tastes.

HISTORY OF MY DISH

Butternut soup is certainly not a new phenomenon. It has been around for almost as long as the butternut itself, whose origins are rumoured to be from America. It did, however, become very popular in South Africa, where it quickly became a food favourite. Of the many uses of the butternut, soup is one of my personal favourites. The recipe is one of many varieties, with some people preferring a roasted flavour, while others choose more herbs over sweetness. The alternatives are endless, all to be tried during the cold months of winter.

INGREDIENTS

Onion, chopped	160 g
Green pepper, chopped	125 g
Butter	50 g
Salt	13 g
Pepper	3 g
Garlic, minced	15 g
Water	1 L
Chicken stock cubes	20 g
Butternut, cubed and cooked (uncooked)	1 kg
Sugar or honey	24 g or 50 g
Coconut milk powder, optional	5 g
Oregano or Italian spice, optional	2 g
Curry powder	2.5-5 g
Fresh chilli (seeds removed)	15-30g
Cream	250 ml

METHOD

1. Fry the onion and green pepper in the butter until soft; add some salt and pepper.
2. Add the garlic and cook a little longer.
3. Add the water and the chicken stock cubes to the pot and bring to a boil.
4. Add the cooked butternut and the sugar/ honey and mix well.
5. If you are adding coconut milk powder, mix it with some water first to make a paste and then stir it into the butternut mixture.
6. Mix in the rest of the spices and chilli and allow to simmer for 20 minutes, stirring occasionally.
7. Stir in the cream and let it simmer for another 10 minutes.
8. Serve hot with warm bread and butter.

YIELD 4-6 SERVINGS

PREPARATION TIME 20 MINUTES

TOTAL TIME 1 HOUR

MOM'S EGG MESS

Mishumo Madima

MY APPROACH TO COOKING/FOOD

This meal is fast, nutritious, and best served with a starch of your choice. I usually add more vegetables, such as pepper or spinach, if I have them available and have more time on hand.

HISTORY OF MY DISH

My mother began her tertiary studies after all four of her children were born. This scrambled egg recipe, served with pap or rice, was one of my favourite dinners. It was only once I had grown up and had to juggle work and full-time studies that I realised what a saving grace it was for her, just as it is for me now.

INGREDIENTS

Butter	14-28 g
Onion, diced	250 g
Tomatoes	150-300 g
Eggs, medium	6-8 units
Salt and pepper	To taste

METHOD

1. Melt the butter in a large frying pan.
2. Sauté the diced onions.
3. Add tomatoes and the eggs; mix until squishy.
4. Add salt and pepper and scramble until done.
5. Serve and enjoy.

YIELD 10-12 SERVINGS

PREPARATION TIME 10 MINUTES

TOTAL TIME 15 MINUTES



MY APPROACH TO COOKING/FOOD

I love baking and cooking for people close to me. Nothing is more satisfying than seeing someone enjoy something you prepared for them. Being in the kitchen is therapeutic. For me, capturing moments and making memories always involve food. Food resembles love, happiness, and laughter and belongs on a dinner table surrounded by family and friends.

HISTORY OF MY DISH

I love snacking, especially when it comes to something sweet. Who doesn't love chocolate? Since I started investing in my health and fitness, I explored healthier options to satisfy my sweet tooth ... When you educate yourself, it is much easier to find healthy alternatives to those guilty pleasures. FoodiesofSA shared this delectable recipe which I just made a bit healthier using a few substitutions that contain less sugar.

HEALTHY SNACK ON THE GO

Sonja Mostert

INGREDIENTS

Dark chocolate, sugar-free	100 g
Dried cranberries	12 g
Salted, roasted cashew nuts or crushed, roasted almonds	17 g
Salted pretzels	11 g
Pumpkin seeds	19 g

METHOD

1. Prepare a sheet pan by lining it with baking paper.
2. Melt the chocolate in the microwave oven or use a double boiler on the stove.
3. Using a tablespoon, spoon the chocolate onto the baking sheet forming a solid circle about 3 cm in diameter.
4. Sprinkle mixed cranberries, nuts, pretzels and pumpkin seeds on the chocolate while still soft.
5. Refrigerate for 1 to 2 hours.

YIELD 10-12 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 30 MINUTES PREP
+ 1-2 HOURS (SETTING)

FLATBREAD

Maxi Schoeman

MY APPROACH TO COOKING/FOOD

I really like interesting food that is different and creative. I think food should be simple and have a mixture of textures and flavours. I am not a dedicated or committed cook (I rather prefer other people to cook for me) but I am prepared to try things that are easy and interesting. As a vegetarian (though eating fish once a week), I am always on the lookout for meat-free recipes that do not try to copy the taste or texture of meat.

HISTORY OF MY DISH

This dish comes from one of those shows or newspaper articles about how to cook a meal when you have not planned anything, and there is not much food and even less when it comes to ingredients. This straightforward recipe was a find because most people have both flour and yoghurt in the house, and it is also delicious if you just have thickly ground salt as the topping. As an afterthought—there are hundreds of flatbread recipes, and it is one dish that can be found across cuisines in most cultures: a truly international dish fitting for those interested in international relations!

INGREDIENTS

Self-raising flour	240 g
Greek yoghurt	237 g
Leftovers for the topping	
As desired	

METHOD

1. Mix flour and yoghurt into a ball; leave to rest for 20 minutes.
2. Divide into 8 balls on a slightly oiled board.
3. Heat a non-stick pan and cook for about 30 seconds on each side until they freckle. Do not burn.
4. Add a topping of your choice—grated cheese, tomato, tuna, etc.—then place under the grill until golden brown.

YIELD 8 FLATBREADS

PREPARATION TIME 5 MINUTES

TOTAL TIME 45 MINUTES



MY APPROACH TO COOKING/FOOD

I enjoyed my childhood, and Dr Seuss's stories were my favourite reads while growing up. So naturally, when I started cooking, I found recipes replicating the dishes my favourite characters enjoyed.

HISTORY OF MY DISH

Anyone who grew up with Dr Seuss's stories will recall Guy-Am-I, after many travails, saying to Sam-I-Am: 'I do so like green eggs and ham'. Well, so do I, though as a vegetarian, the ham can be dropped from the recipe. Green eggs (and ham) make for a good breakfast or brunch.

GREEN EGGS AND HAM (OR NOT)

Heather Thuynsma

INGREDIENTS

Eggs	2 units
Basil, chopped	±15 g
Feta, crumbled	20 g
Ham, chopped (optional)	37 g
Salt and pepper	To taste
Sourdough bread	1 thick slice

METHOD

1. Crack the eggs into a bowl and beat them lightly.
2. Place the mixture in a pan on low heat and slowly scramble the eggs.
3. Halfway through the cooking process, remove the pan from heat and add the chopped basil, crumbled feta and ham.
4. Place the egg mixture back on the heat and continue to scramble the egg mixture.
5. When cooked, serve the green scrambled egg mixture on a thick slice of sourdough bread.

YIELD 1 SERVING

PREPARATION TIME 3 MINUTES

TOTAL TIME 5 MINUTES



MY APPROACH TO COOKING/FOOD

Cooking and baking were things that my mother and grandmother taught me. I use their recipes because they are familiar, and each recipe has been adapted over the years to work perfectly every time.

HISTORY OF MY DISH

Ginger beer was very popular in the Dutch kitchens of Cape Town. Besides lemonade, most refreshments were essentially sugar beer flavoured with additional ingredients, such as ginger. On 5 October 1658, Jan van Riebeeck supervised the first brewing of beer by the Dutch after they arrived in 1652. Ginger beer, however, was later crafted to be brewed with sugar, water, ginger, yeast and raisins and has since been brewed accordingly in many South African households.

GINGER BEER

Dominique Niemand

INGREDIENTS

Warm water (not boiling)	4 L
Ground ginger	8 g
Cream of tartar	6 g
Instant yeast	7 g
Sugar	800 g
Fresh ginger, grated	12 g
Raisins	130 g

METHOD

1. Mix all the ingredients together in a bucket, stir until the sugar has dissolved completely and close the lid tightly.
2. Cover the bucket with a fleece blanket and leave it in a warm place to ferment. (Do not put it in the sun.)
3. Leave the ginger beer to ferment for 24 hours.
4. Pour the ginger beer through a kitchen sieve to remove all the large pieces. Then sieve through a cotton cloth.
5. Pour into bottles (not too full) and add some of the removed raisins. Close the bottles (not too tight) and put them in the fridge to chill. Serve chilled.

YIELD 4 LITRES

PREPARATION TIME 10 MINUTES

TOTAL TIME 24 HOURS 30 MIN.



MY APPROACH TO COOKING/FOOD

I am a total pain in the kitchen. I measure everything precisely, prefer to have no people around me, and my husband completes my dishes with amazing garnishing when I'm done. To summarise: the proof is not in the pudding—it is in the expression of my husband's talent.

HISTORY OF MY DISH

When my husband eventually received a promotion, a colleague gave him this recipe with a lovely antique cake knife and sparkling wine. It left me no choice but to bake the cake. People who like these tastes will simply love this cake.

CAMEMBERT AND OLIVE CAKE

Rina du Toit

INGREDIENTS

Butter, softened	250 g
Brown sugar	100 g
Eggs, extra large	4 units
Salt	3 g
Baking powder	3 g
Cake flour	120 g
Black olives, pitted and finely chopped	24 g
SF's fig & olive marmalade	135 g
SF's fig & sherry sauce	110 g
Camembert, sliced	600 g-1,2 kg
Fruit (combination of green figs, watermelon and/or orange pieces)	400 g
Variety of fresh fruit in season	
As desired	

METHOD

1. Preheat the oven to 180°C. Grease two springform pans.
2. Beat the butter and sugar until light yellow.
3. Add the eggs one by one and beat well after each addition.
4. Add the salt, baking powder and flour to the mixture and mix well using a whisk.
5. Add the olives, marmalade and sherry sauce and mix until well combined.
6. Divide the mixture between the two springform pans.
7. Bake for 40 to 50 minutes.
8. Remove from the oven and let cool in the springform pans for a while.
9. Turn out onto a rack to cool down completely.
10. Place the one cake layer on an attractive serving dish.
11. Cover the cake with slices of camembert.
12. Stack half of the marmalade and fruit (green figs, watermelon and/or orange pieces) on the camembert.
13. Baste with some of the syrup of the fruit.
14. Place the other cake layer on top.
15. Cover the cake with camembert.
16. Push toothpicks through the cake and cheese layers to stabilise the cake.
17. Stack the rest of the marmalade and fruit pieces on the camembert.
18. Decorate with fresh seasonal fruit.
19. Baste with the marmalade syrup and sherry sauce.
20. Wrap one or two pretty ribbons around the cake.
21. Serve the cake instead of a cheese platter, as a dessert with dessert wine, or as an entrée with sparkling wine.

YIELD 10-12 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 2 HOURS

EASY CHEESE SOUFFLÉ

Heather Thuynsma

MY APPROACH TO COOKING/FOOD

For me, food must be delicious, but it must also be simple—I am certainly no cook, let alone a chef! And in a world that is as busy as ours, I think it is always good to have a reliable dish that is sophisticated, filling and has lots of cheese!

HISTORY OF MY DISH

The soufflé originated in eighteenth-century France, and I am sure my colleagues in Historical and Heritage Studies will be able to give a more thorough background. As a political scientist who studies political communication, I find this recipe to be as versatile as the rhetoric of some of our politicians. With a slight tweak to the savoury components, you can make anything sound sweet and palatable—especially if you use chocolate!

INGREDIENTS

To coat the ramekins (so the soufflés don't stick)

Butter, melted	30 ml / 29 g
Parmesan cheese (or any hard cheese), grated	30 ml / 9 g

To make the soufflé

Eggs, large, room temperature	2 units
White sugar	12 g
Cake flour	7 g
Salt	1 g
Lemon zest	2 g
Cream cheese, softened	50 g
Cheddar cheese, shredded	25 g
Salt	Pinch

METHOD

1. Preheat the oven to 200°C.
2. Grease two ramekins by brushing melted butter on the bottom and sides.
3. Scoop some parmesan cheese into the ramekins and rotate them to coat while pouring most of the cheese back into its container.
4. Place ramekins on a shallow baking pan.
5. Separate the eggs using two bowls; yolks in one bowl and whites in the other.
6. Add sugar, flour, salt, lemon zest, cream cheese and cheddar cheese to the yolks.
7. Mix the cream cheese mixture (soufflé base) with a spatula until well combined.
8. Sprinkle a pinch of salt over the egg whites.
9. Beat with a whisk until soft peaks form—peaks should hold their shape but not be stiff or dry.
10. Stir and fold half of the egg whites into the soufflé base until combined.
11. Gently fold the rest of the egg whites into the batter.
12. Fill ramekins up to the lip with the batter.
13. Bake in the preheated oven until puffed and browned, about 12 minutes.
14. Serve immediately.

YIELD 2 SERVINGS

PREPARATION TIME 20 MINUTES

TOTAL TIME 32 MINUTES



MY APPROACH TO COOKING/FOOD

Cooking is like art; you get to create a masterpiece!

HISTORY OF MY DISH

This is such an easy recipe and always a huge success, whether over a weekend or on holiday—always a welcome snack.

GIGANTIC SCONES

Michael Barrett

INGREDIENTS

Self-raising flour	675 g
Baking powder	8 g
Salt	2 g
Butter, cold and cubed	175 g
Eggs	3 units
Buttermilk	500 ml
Milk	100 ml

METHOD

1. Preheat the oven to 180°C. Grease a giant muffin pan thoroughly.
2. Sift together the flour, baking powder and salt.
3. Rub the butter into the flour using your fingertips.
4. Whisk together the eggs, buttermilk and milk and stir into the flour mixture gently until moistened. Do not over-mix.
5. Spoon the batter into the prepared pan (don't be shy, you can fill the pan completely).
6. Bake for 30 to 35 minutes. You may cover the top with foil should it brown too quickly.
7. Allow to cool, and enjoy with jam and cheese.

YIELD 6 SCONES

PREPARATION TIME 10 MINUTES

TOTAL TIME 1 HOUR



MY APPROACH TO COOKING/FOOD

It is very satisfying when family and friends are together, and I can see how they enjoy the food I prepared. I use readily available ingredients in my home to prepare meals. I prefer not to add too many herbs or spices to my dishes.

HISTORY OF MY DISH

To cater to fussy eaters in the family, I had to try something my whole family would eat. Obviously, no two dishes are the same as I use whatever is available in the house. I prefer to make this dish in my electric frying pan on very low heat—it can take a while until the dish is ready to eat. However, it is also possible to bake it in an oven dish or muffin pans, which can shorten the baking time. This dish can be served as a main meal with a green salad or mixed salad.

FRITTATA-IN-A-PAN

Ensa Johnson

INGREDIENTS

Basic ingredients

Coconut oil	15 g
Eggs, large	10–12 units
Salt	To taste
Seasoning	To taste
Mushroom or white onion soup powder	50 g
Milk or cream	125–200 ml
Cheddar cheese, grated	76 g

Additional ingredients

(add whatever you like or is available in your house—these are examples of possible additional ingredients)

Bacon bits	250 g
Vienna sausages	84 g
Ham, cubed	125 g
Mushrooms, sliced	250 g
Onion, chopped	160 g
Potatoes, cubed	400 g
Cherry tomatoes	As desired
Frozen vegetables, optional	
As desired	

METHOD

1. Warm a large saucepan (or electric frying pan) over low heat and add coconut oil.
2. Heat the additional ingredients, for example, bacon, onion, potato cubes and mushrooms, in the saucepan until cooked.
3. Beat the eggs.
4. Add the salt, seasoning and soup powder to the milk/cream to the beaten eggs. (Omit the soup powder if you use muffin pans.)
5. Add the grated cheese to the egg mixture and mix well.
6. Pour the egg mixture over the other ingredients in the pan or add the other ingredients to the egg mixture and pour into the dish/muffin pan (for small frittatas).
7. Put the Viennas, frozen vegetables and cherry tomatoes on top of the mixture in the pan or dish.
8. Add more grated cheese to cover the mixture.
9. Put a lid on the saucepan and cook slowly until the edge of the frittata turns lighter in colour (about 10 to 20 minutes). Put the pan in the oven and bake for about 20 to 30 minutes (keep an eye on it to avoid overcooking) until the eggs are puffed and appear cooked. (When a knife is inserted in the centre, it comes out clean.) Remove frittatas from the oven.
10. Or: Cook mixture in an electric frying pan for at least 1 ½ hours until ready (a knife inserted in the centre comes out clean).
11. Or: Pour the mixture into a dish and bake in preheated oven at 180°C for 40 to 45 minutes or until a knife inserted in the centre comes out clean. Reduce the baking time to about 20 minutes if muffin pans are used.

YIELD

6 SERVINGS

PREPARATION TIME

15 MINUTES

TOTAL TIME

1 HOUR 45 MINUTES



MY APPROACH TO COOKING/FOOD

I have come to enjoy cooking and baking by spending multiple evenings with my mother in the kitchen. It has provided me with fond memories of being covered in flour, many oil burns and frizzy hair from a steamy kitchen. For me, time in the kitchen, cooking and baking, was a significant way of bonding with my mother. But it was also a learnt expectation that I had to learn cooking and baking to fulfil my role as the Indian daughter who would one day become part of another household as a daughter-in-law taking my mother's culinary wisdom with me.

HISTORY OF MY DISH

This dish specifically is derived from a famous Indian cookbook called *Indian Delights*, which is part of many South African Indian kitchens across the country. It is a popular dish for my mother to whip up whenever we would have impromptu guests, as it is frowned upon to not have something to offer guests. Cooking and baking often represent mothers and their role as nurturers and nourishers—the woman who feeds her family and others. This has become the image of my mother, who tirelessly works in the kitchen to ensure there is a cornucopia of food on the table. I have memories of sizzling oil and sharing stories with the women and girls in my family who had come to the sacred kitchen to help prepare food, all while the men sat in the distant lounge, talking politics and football.

MOM'S CHILLI BITES

Vickashnee Nair

INGREDIENTS

Chickpea/gram flour	73 g
Cake flour	30 g
Potato	200 g
Onion	250 g
Fresh coriander	±40 g
Lettuce or baby spinach, shredded	30 g
Whole coriander seeds, crushed	5 ml
Ground cumin or ground coriander	5 ml
Green chillies, ground or finely chopped	7 g
Baking powder	7 g
Salt	7 g
Water	125 ml
Oil, enough for deep frying	

METHOD

1. Sift the chickpea flour and cake flour together.
2. Chop the potato, onions, and fresh coriander finely.
3. Fold the chopped ingredients into the flour lightly together with the rest of the ingredients.
4. Mix with the water to make a soft batter.
5. Heat oil in a heavy-based saucepan on medium heat. Gently drop tablespoonfuls of dough, in batches, into hot oil, turning until browned evenly.
6. Remove from oil and place onto a paper towel to drain once fried.
7. Serve and enjoy!

YIELD 6 SERVINGS

PREPARATION TIME 25 MINUTES

TOTAL TIME 35 MINUTES



MY APPROACH TO COOKING/FOOD

I love experimenting and improving my cooking skills as it improves my quality of life, and, above all, I am a meal lover, and I eat a lot!

HISTORY OF MY DISH

My grandmother used to cook morogo wa thepe for us as her grandchildren. She had 12 children and 9 grandchildren, and meat was too expensive for her to provide for us all through the month. Morogo wa thepe was easy to get because it grew anywhere. We would never go hungry as she made sure that maize meal and sugar were always available in the household. If we had those, the relish was not a problem as we had our morogo wa thepe. I have learned through the years to cook it in so many ways that I enjoy experimenting with morogo wa thepe.

MOROGO WA THEPE

Shalate Belinda Pakati

INGREDIENTS

Olive oil	30 ml
Mushrooms, sliced	500 g
Crushed garlic	10 ml
Frozen morogo wa thepe	400 g
Salt	7 g
Pepper	3 g
Water	250 ml

METHOD

1. Heat oil in a frying pan and fry the mushrooms and garlic until golden.
2. Add the frozen morogo wa thepe to the fried mushrooms and garlic.
3. Add salt and pepper.
4. Stir in 15 ml of olive oil and water and simmer for 10 minutes.
5. Serve hot.

YIELD 4 SERVINGS

PREPARATION TIME 5 MINUTES

TOTAL TIME 15 MINUTES

THAI STICKY CHICKEN WINGS

Hlengiwe Mindu

HISTORY OF MY DISH

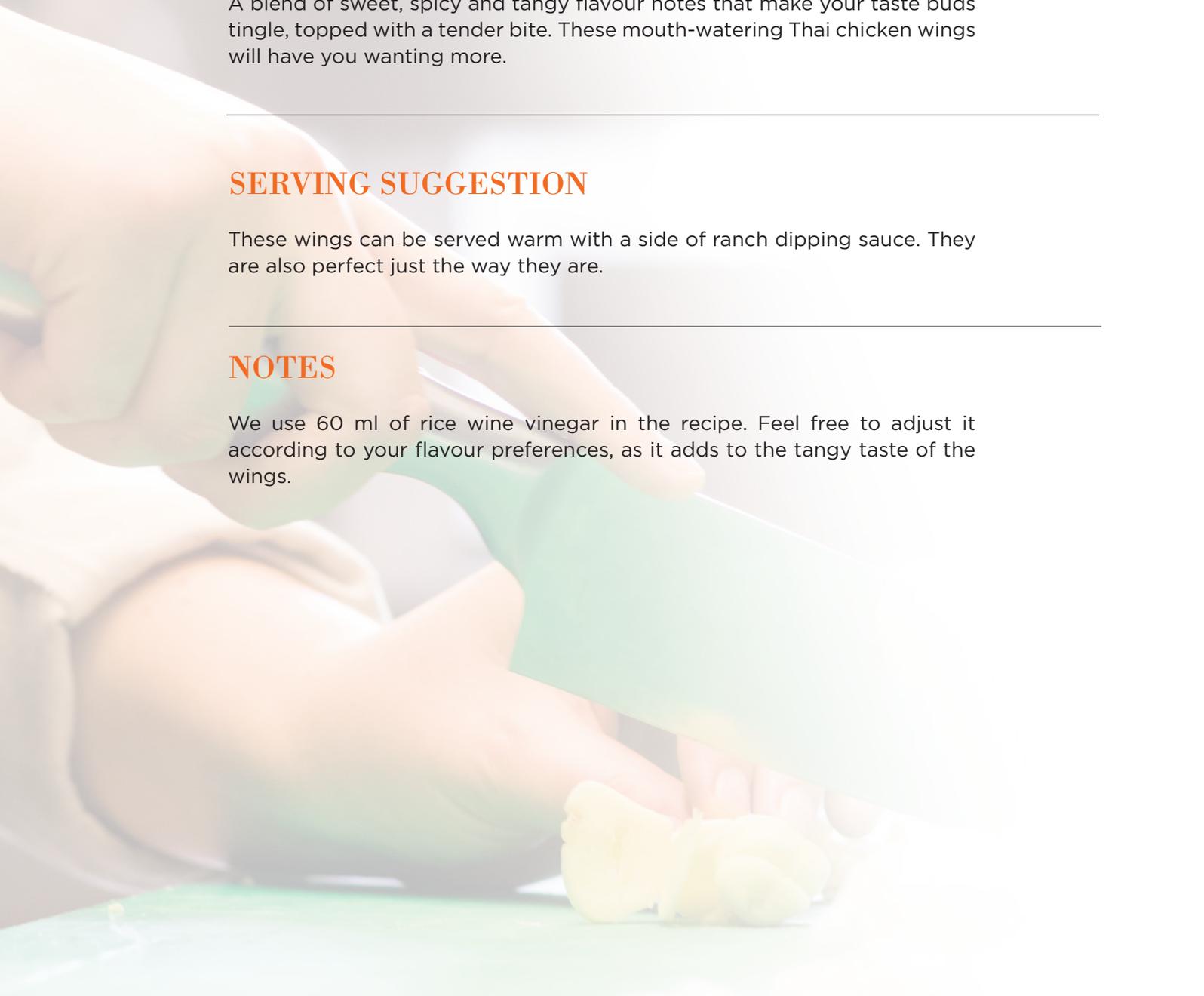
A blend of sweet, spicy and tangy flavour notes that make your taste buds tingle, topped with a tender bite. These mouth-watering Thai chicken wings will have you wanting more.

SERVING SUGGESTION

These wings can be served warm with a side of ranch dipping sauce. They are also perfect just the way they are.

NOTES

We use 60 ml of rice wine vinegar in the recipe. Feel free to adjust it according to your flavour preferences, as it adds to the tangy taste of the wings.



INGREDIENTS

Chicken wings, cut & trimmed	1 kg
Thai chilli sauce	280 g
Soy sauce	60 g
Rice wine vinegar	58 g
Honey	75 g
Hoisin sauce	16 g
Garlic, finely minced	15 g
Ground ginger	2 g
Salt	3 g
Pepper	1 g
Spring onions, chopped	To taste
Chilli flakes	To taste

METHOD

1. Preheat the oven to 190°C. Place a wire rack on top of a rimmed baking sheet and set aside.
2. Rinse the chicken wings and pat dry with a paper towel. Sprinkle lightly with salt and pepper on both sides.
3. In a separate bowl, combine the chilli sauce, soy sauce, vinegar, honey, hoisin sauce, minced garlic and ground ginger. Whisk to combine.
4. Pour half of the sauce over the chicken wings in the bowl and toss to coat the wings.
5. Place the wings on the wire rack and bake for 15 minutes.
6. As the wings bake, heat the remaining sauce in a saucepan. Bring to a boil and reduce to a simmer. Cook for 10 minutes until the sauce has thickened.
7. Remove the wings from the oven, turn them over and brush with thickened sauce. Return to the oven and bake for a further 15 minutes.
8. Turn on the grill setting of the oven. Flip the wings and baste with more sauce. Grill for 2 minutes.
9. Repeat this process of turning and basting the wings until they are well coated with the sauce and sticky.
10. Sprinkle with the freshly chopped spring onion and chilli flakes before serving.

YIELD 6 SERVINGS

PREPARATION TIME 20 MINUTES

TOTAL TIME 1 HOUR

MODERN POLISH *PIEROGI*

Ian Macqueen

HISTORY OF MY DISH

This recipe is inspired by the classic *Kraków Chef for Thrifty Housewives* (1892) cookbook recipe for Polish *pierogi* (dumplings). Poles were among the many European immigrants to South Africa and my research explores these links between Poland and South Africa after the Second World War. South Africa was one of many countries to take in Polish refugees during the Second World War, particularly the celebrated instance of the care of Polish orphans in Oudsthoorn. Polish *pierogi* is a delicious meal, and while there are many variants, this one is especially delicious.

INGREDIENTS

Eggs, large	2 units
Water	65 ml
Salt	5 g
All-purpose flour	240 g

INGREDIENTS

FILLING

Eggs, large	1 unit
Salt	8 g
Sugar	5 g
Pepper	To taste
Soft farmer cheese or whole-milk ricotta cheese	250 g
Butter	15–60 g

PREPARATION TIME 40 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES

METHOD

1. In a large bowl, whisk the eggs, water and salt together until they are blended.
2. Gradually stir in the flour to make a dough.
3. Transfer the dough to a lightly floured surface and knead it 10 to 12 times until it forms a firm dough.
4. Cover the dough with plastic wrap and let it rest for 10 minutes.
5. For the filling, whisk the egg, salt, sugar and pepper together in a small bowl. Stir in cheese.
6. Divide the rested dough into 4 portions.
7. On a lightly floured surface, roll each portion to 0,6 cm thickness; cut with a floured 10 cm round cookie cutter.
8. Place 1 tablespoon of filling in the centre of each circle.
9. Moisten edges with water; fold in half and press edges to seal.
10. Repeat with the remaining dough and filling.
11. In a large stockpot, bring the water to a boil.
12. Add the *pierogi* to the water in batches; reduce the heat to a gentle simmer.
13. Cook the *pierogi* for about 2 to 3 minutes until they float to the top and are tender.
14. Remove them with a slotted spoon.
15. In a large skillet, heat 1 tablespoon of butter over medium-high heat.
16. Add the *pierogi* to the skillet in batches and cook for 1 to 3 minutes on each side until golden brown, adding additional butter as necessary.
17. Serve with sour cream if desired.



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Zimkhitha Tsotso



MY APPROACH TO COOKING/FOOD

My approach to whatever I attempt is 'innovative design'. I love to adapt recipes using whatever ingredients I have in the house and turn the dish into a new culinary creation.

HISTORY OF MY DISH

Instead of baking a loaf of bread, I prefer making muffins, as they need less baking time, do not crack on top, are easier to turn out, and leftovers can be frozen to go into a lunch box. My helper of 15 years, Jemina Setumu, follows images more easily than text. Thus, I have converted a number of my favourite recipes to pictorial recipes with minimal text. Jemina loves serving these muffins with grilled meat or boerewors.

SWEETCORN MUFFINS

Adelia Carstens

INGREDIENTS

Cake flour	240 g
Baking powder	10 g
Salt	3 g
Mixed herbs	1 g
Eggs	2 units
Milk	100 ml
Tinned sweet corn	410 g

METHOD

1. Preheat the oven to 200°C.
2. Sift the cake flour, baking powder and salt into a large bowl.
3. In a separate bowl, beat the mixed herbs, eggs, milk and sweetcorn until combined. Add the wet ingredients to the dry ones and mix until combined.
4. Spoon the muffin mixture into a greased muffin tin and bake for 15 to 20 minutes.
5. Remove from the oven and cool on a cooling rack or serve while still warm.

YIELD 24 MUFFINS

PREPARATION TIME 20 MINUTES

TOTAL TIME 40 MINUTES

PORK LIVER PÂTÉ

Kgothatso Setshedi

HISTORY OF MY DISH

Pork liver pâté is made from ground pork liver or lard meat; it originates from Eastern and Northern Europe. Liver pâté became popular in Scandinavia, where it is known as leverpostej. 'It is made from a mixture of pork liver, lard, onion, flour, egg, salt, pepper, and spices, poured into a loaf pan and then baked in the oven. In Denmark, leverpostej was introduced in 1847 by the Frenchman François Louis Beauvais in Copenhagen. At that time, it was considered a luxury dish and was expensive. Today, it is a common and affordable food item. In two 1992 surveys, Danes ranked leverpostej as their favourite sandwich topping' (Labensky, 2015).

ADDITIONAL INFORMATION

This pâté can be served as a spread on bread or crackers and can be garnished with some greens.

INGREDIENTS

Onion, chopped	180 g
Vegetable oil	15 ml
Pork liver	600 g
Bacon	360 g
Eggs	2 units
Salt	20 g
Ground black pepper	1 g
All-spice	2 ml
Ground clove	1 g
Ginger, fresh	1 g
Full-cream milk	240 ml
Brown veal stock	180 ml

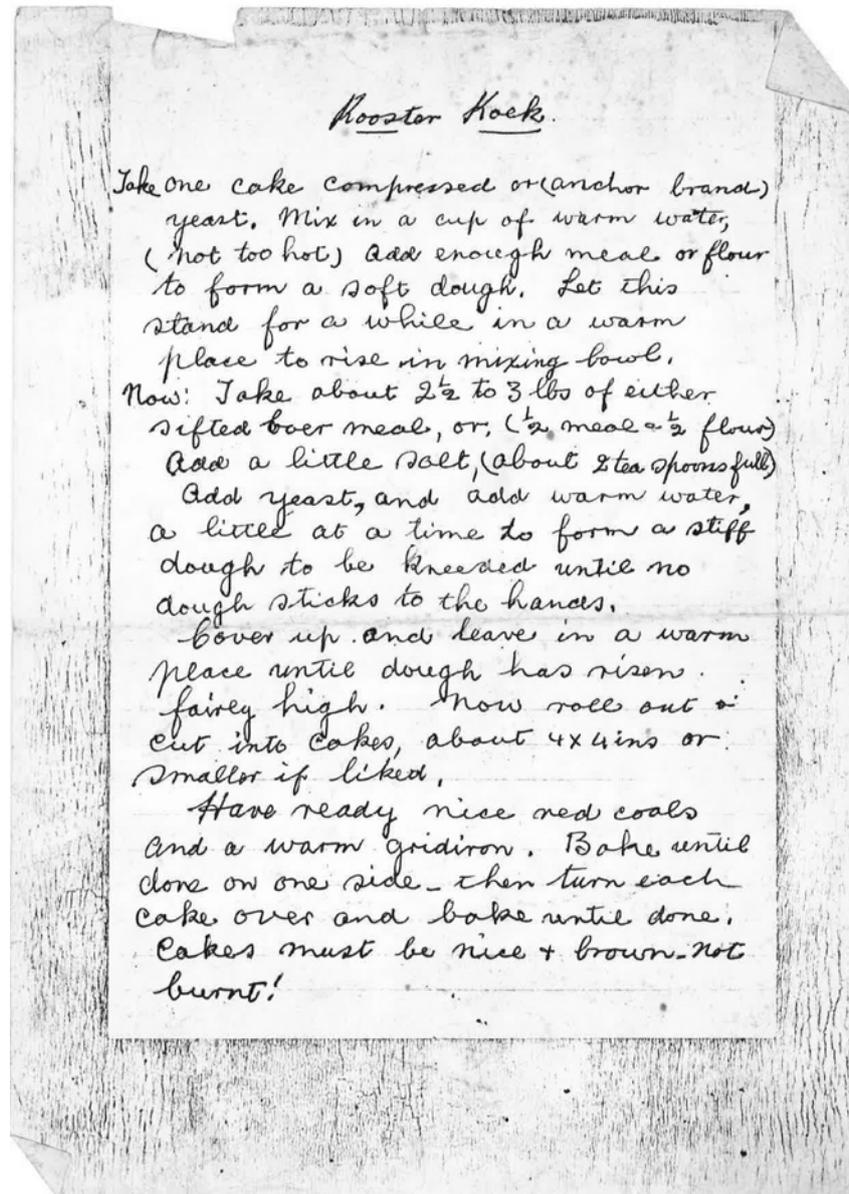
METHOD

1. Trim the connective tissue and fat from the liver and discard.
2. In the pan, sauté the onion in the vegetable oil.
3. Add the bacon to the onion, fry until brown and remove from the pan.
4. Store the bacon and onion mix at room temperature.
5. Return the pan to the heat, sauté the liver, season with salt and pepper, and cook until well done.
6. Deglaze the pan with brown veal stock.
7. Purée in a food processor: put the pork liver mixture in the food processor and add the bacon and onion.
8. Beat the eggs and add the remaining spices, fresh ginger and mixture of stock.
9. Add the beaten eggs to the pork mixture in the food processor, together with full-cream milk.
10. Strain the pâté using a fine sieve to obtain a fine consistency.
11. Place into ramekins and refrigerate for an hour.

YIELD 240 G (6-8 SERVINGS)

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR



HISTORY OF MY DISH

This is a family favourite recipe from my maternal grandmother who was born in 1900. We have made her handwritten "Rooster Koek" recipe many a time with a weekend braai. Her addition at the end, "Not burnt", was a side comment for my dad who always overcooked her beautifully made cakes.

ROOSTERKOEK

Karen Harris

INGREDIENTS

Yeast	10 g
Warm water	250 ml
<i>Boer</i> meal	
($\frac{1}{2}$ meal & $\frac{1}{2}$ flour, sifted)	$\pm 1,2$ kg
Salt	10 g

METHOD

1. Sift the flour and salt together.
2. Add yeast to sifted flour and salt.
3. Add warm water a little at a time.
4. Mix to form a stiff dough.
5. Knead it until no dough sticks to the hands.
6. Cover up and leave in a warm place until the dough has risen fairly high.
7. Now roll out and cut into cakes, about 4 × 4 inches or smaller if preferred.
8. Have nice red coals and a warm gridiron ready.
9. Bake until done on one side and then turn each cake over until done.
10. Cakes must be nice and brown-not burnt!

PREPARATION TIME 15 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES

CUCUMBER AND APPLE SALAD

Kgothatso Setshedi

INGREDIENTS

Apple, julienne	200 g
Cucumber, julienne	200 g
Apple cider vinegar	15 ml
Salt	3 g
Black pepper	3 g

HISTORY OF MY DISH

It was developed when healthy diets were trending (Labensky, 2015).

METHOD

1. Cut the apple and cucumber into thin, even strips (julienne) and put them in a bowl.
2. Add the vinegar, season with salt and pepper and refrigerate for 30 minutes.

YIELD 340 G (3 SERVINGS)

PREPARATION TIME 10 MINUTES

TOTAL TIME 30 MINUTES

CREAMY SAMP

Sannah Gomba

MY APPROACH TO COOKING/ FOOD

I like to cook hearty meals with abundant nourishment. I mostly prefer cooking samp in a slow cooker—the best thing ever for cooking samp!

INGREDIENTS

Samp, washed and soaked overnight	400 g
Water	1,5 L
Salt	To taste
Cream	125 ml

HISTORY OF MY DISH

Samp consists of dried maize kernels that have been crushed (but not too finely). Samp forms the basis of many traditional dishes of the people of South Africa.

METHOD

1. Drain the samp (after soaking overnight) and bring to a boil in a large pot on the stove.
2. Simmer slowly until soft or to the preferred texture.
3. Add salt to taste.
4. Once the samp is ready to serve, add cream and mix well.
5. Leave on the stove to rest for five minutes and serve.

SUGGESTED VARIATION

Replace the cream with brown onion soup.

YIELD 6 SERVINGS

PREPARATION TIME 10 MINUTES

TOTAL TIME 2 HOURS



MY APPROACH TO COOKING/FOOD

I grew up in a family with friends constantly joining us for meals around the table. This impressed on me the idea of always cooking more than enough to share with others. I am not very brave in testing new things but am instead a 'safe' cook, sticking to the tried-and-tested recipes I know. It gives me great pleasure to make food that I know my family enjoys and that they want to share with their friends. I have a recipe book with my grandmother's recipes, my mother's best recipes, and even some of my aunts' recipes. I can refer to that recipe book as my tried-and-tested cooking Bible, passed down from generation to generation. I will also pass this recipe on to my sons as it was taught to me.

HISTORY OF MY DISH

My grandparents stayed in their own place close to our house. They were very much a part of our daily lives, including cooking and baking. I spent many hours in the kitchen with my grandmother, who taught me some of her remarkable cooking and baking skills. During these times, we did not only cook but also had conversations that added lots of wisdom for life in general. She taught me how to make pumpkin fritters, and she always said that if you cooked something with much attention to detail and with lots of love, people would enjoy it. This side dish is now my family's favourite dish and is often enjoyed with a lamb roast for Sunday lunches. My family says it tastes like pudding, and they do not eat pumpkin any other way.

PUMPKIN FRITTERS

Elmien Claassens

INGREDIENTS

PUMPKIN FRITTERS

Pumpkin, cooked	260 g
Cake flour	150 g
Eggs	2 units
Baking powder	13 g
Salt	7 g
Oil, for deep frying	500 ml

INGREDIENTS

CARAMEL SAUCE

Milk	250 ml
Water	250 ml
Sugar	200 g
Ground cinnamon	2 g
Cornflour	3-6 g

YIELD 10-20 FRITTERS

PREPARATION TIME 10 MINUTES

TOTAL TIME 40 MINUTES

METHOD

1. Combine all the ingredients and mix until the batter is smooth and thick.
2. Heat the oil in a medium saucepan and fry spoonfuls of batter until golden brown and crisp (2 to 3 minutes).
3. Remove all the fritters from the oil and allow to drain on kitchen paper to remove excess oil.
4. Place fritters in an ovenproof dish

METHOD

1. Combine all the ingredients in a medium saucepan and cook for 10 minutes on medium heat.
2. Add the cornflour and cook for another 5 minutes to thicken.
3. Pour the sauce over the fritters in the ovenproof dish. If I am still busy preparing other dishes, I keep the pumpkin fritters covered with the sauce in a warm oven—it drenches the fritters with the lovely sauce.

NOTE

These pumpkin fritters freeze very easily but do so without the sauce. So, when frozen, take out of the freezer to thaw for a couple of hours, prepare the caramel sauce and pour the warm sauce over the fritters. Warm them slowly in the oven, and enjoy! We always have some in the freezer, and it is a delicious side dish that goes well with chicken or any meat dish.



MY APPROACH TO COOKING/FOOD

This is a hearty, complete meal. The more people you eat it with, the merrier. The trick is to knead the dough well and let it rise completely. Place it somewhere warm. I usually serve it with a boiled bean stew.

HISTORY OF MY DISH

uJeqe is a traditional Zulu recipe, often served as a main dish with stew. You can also slather butter over a slice for your morning tea. The recipe is a family favourite and a point of competition since we have all been taught how to make it differently. Ultimately, it doesn't matter how you make or serve it as long as you do it right. Good luck figuring out what 'right' is.

UJEQE (STEAMED BREAD)

Naledi Mpanza

INGREDIENTS

Cake flour	240 g
Yeast	5 g
Salt	20 g
Sugar	24 g
Unsalted butter	125 g
or vegetable oil	250 ml

METHOD

1. Mix flour and yeast together in a large bowl. Add the salt, sugar and butter (or oil).
2. Add lukewarm water until you have a soft ball.
3. Knead the dough thoroughly to activate the yeast.
4. Place the dough in a large plastic bowl and cover it with a large dishcloth and pot lid.
5. Allow the dough to rise in a warm place, and check on it regularly (every 20 minutes or so).
6. Repeat steps 3 to 5 three times.
7. Grease a metal bowl with butter or oil and transfer the dough to it.
8. Add 750 ml of water into a large pot (it needs to be big enough to accommodate the rising dough).
9. Depending on your stove, use setting 5 (medium heat).
10. Place the metal bowl with the dough into the pot.
11. Close the lid and make sure it seals well.
12. Cook for 45 minutes without opening the lid. To check if it is cooked, use a fork or toothpick.
13. When ready, remove the bread from the pot and place it on a wooden chopping board. Allow to cool and slice as preferred.

YIELD 4-6 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME
APPROXIMATELY 2-3 HOURS
(MOST TIME IS SPENT ALLOWING
THE DOUGH TO RISE)

OKRA (LADY'S FINGERS)

Shakila Dada

INGREDIENTS

Lady's fingers, washed and patted dry	1 kg
Oil	30 g
Onion, medium	160 g
Garlic	2 g
Cumin	5 g
Garam masala	2 g
Turmeric powder	2 g

METHOD

1. Preheat the oven to 120°C.
2. Cut the lady's fingers into 1 cm slices.
3. Drizzle 30 ml oil over the lady's fingers.
4. Cook in preheated oven for about 15 minutes.
5. Stir the lady's fingers halfway through the baking process, and cook for the remainder of the time. They should soften slightly.
6. Heat extra oil in a skillet.
7. Add the onion (thinly sliced) and fry until translucent.
8. Add the spices and lady's fingers.
9. Cook until tender.

YIELD 4 SERVINGS

PREPARATION TIME 15 MINUTES

TOTAL TIME 30 MINUTES

SPINACH AND CHEESE

Nastasiya Very

MY APPROACH TO COOKING/ FOOD

I enjoy healthy food and experimenting with vegetarian dishes. I tend to crave my veggies more than chocolate!

INGREDIENTS

Spinach	64 g
Feta cheese, crumbled	100 g
Cheddar, grated	100 g
Eggs	2 units
Tomatoes	800 g
Salt and pepper	To taste

NOTES

- Make sure the eggs are mixed with the spinach properly, as the eggs serve as a binding agent.
- The sliced tomato must cover the entire surface area of the dish.
- The ovenproof dish that you want to serve the food in can be any shape.

YIELD
2 SERVINGS
PREPARATION TIME
10 MINUTES
TOTAL TIME
30 MINUTES

HISTORY OF MY DISH

By growing up as a very active child, competing in sports from an early age, such as hockey, ballet, tennis, swimming, running and synchronized swimming, sport has become an essential part of my life and is now a true passion of mine. At this moment, I am a swimmer for the University of Pretoria. As a serious competitive swimmer, my diet should be healthy and nutritious. Spinach with feta is my go-to quick light meal between training sessions as it is quick, easy and not too heavy on the stomach.

METHOD

1. Preheat oven to 150°C.
2. Rinse the spinach leaves under cold water and dry them with a paper towel.
3. Slice the tomatoes thinly.
4. Blanch the spinach by boiling some salted water, adding the spinach to the boiling water and letting it cook for 1 to 2 minutes. Remove from the boiling water and immerse in ice water immediately. Remove from ice water and pat dry with a paper towel.
5. Mix the egg with the spinach.
6. Lightly oil an ovenproof dish and place the first layer in the dish—the spinach mixture.
7. Add the second layer—the sliced tomato.
8. Then add the third layer—the feta and cheddar.
9. Season with salt and pepper.
10. Bake for 15 to 20 minutes until golden brown.



MY APPROACH TO COOKING/FOOD

The talking cure ...

Much of what psychologists do happens in the background or behind closed doors and usually involves talking or communicating. We ask people their opinions in research, their responses on an assortment of tests, and therapy is widely considered a talking activity and cure. Also, what psychologists do is often layered and may seem rather complex from the outside.

The layered salad is similar; it may look like the cook made something quite complicated, but this is not true. The layers of the salad beautifully 'talk' to one another. It is also preferable to complete the layering before the guests arrive. The hostess or host can then delight in joining the company and conversing with friends or family, knowing that the salad is ready.

HISTORY OF MY DISH

This salad is also known as the '24-hour salad', a name that certainly does not match the pizzazz of this beautiful, scrumptious salad that really lasts longer than a day. It is also versatile because layers can be omitted and replaced with other ingredients, such as spaghetti carrots. The recipe was passed down to my mom from her sister in the early 1980s and became a regular on our Christmas table, which usually entails a variety of cold meats and other salads. My family is rather chatty, and, as such, it is not uncommon for food to get burned, forgotten in the microwave, or simply not made. This salad is a stalwart for any busy chatty cook!

THE-LOOKER-THAT-LASTS SALAD

Adri Prinsloo

INGREDIENTS

Iceberg lettuce, shredded	300 g
Celery, chopped	100 g
Hard-boiled eggs, sliced	4 units
Uncooked peas, defrosted	150 g
Red/yellow sweet bell peppers, sliced	125 g
Sweet corn	273 g
Red onion, chopped	110 g
*Bacon, fried and cubed	113 g
Good quality mayonnaise	482 g
Cheddar cheese, grated	151 g

**Omit bacon for a vegetarian version or if your main meal already has meat.*

METHOD

In a clear glass bowl, layer the ingredients as follows:

1. Scatter shredded lettuce in the bottom of the bowl.
2. Now continue layering using the rest of the ingredients listed.
3. End the layering with the mayonnaise, and lastly, sprinkle the cheese on top.

YIELD 10 - 12 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 40 MINUTES



MY APPROACH TO COOKING/FOOD

I regard cooking as therapy, and it helps me to calm down after a long day. Once I start cooking, I sometimes come up with new ideas to add to a regular meal. My family members are my food critics. Their opinions and facial expressions give me a thumbs-up or thumbs-down if they enjoy the meal or not. But I love food, so it is a plus ... I create art, that's all.

HISTORY OF MY DISH

Now and again, I love spicy food with a zing, and I like the fact that it is quick and easy to make. It is a perfect side food for a family braai or for any occasion and does not affect your budget, making it a winner.

CHAKALAKA SALAD

Constance Ntuli

INGREDIENTS

Red bell peppers	125 g
Green bell peppers	125 g
Yellow bell peppers	125 g
Onion, large	250 g
Olive oil	10 ml
Jalapeños, chopped	750 ml
Vegetable achar	400 g
Mayonnaise	97 g

METHOD

1. Slice or dice the peppers, as you prefer.
2. Slice the onions.
3. Sauté the peppers and onions in olive oil until soft and set aside to cool.
4. Mix the chopped jalapeños and the vegetable achar in a shallow bowl.
5. Add the sautéed onions and peppers and mix well.
6. Add the mayonnaise and combine with the rest of the ingredients by stirring well.
7. Clean the bowl and serve.

YIELD 15 SERVINGS

PREPARATION TIME 20 MINUTES

TOTAL TIME 30 MINUTES



MY APPROACH TO COOKING/FOOD

When I began cooking, I would tire myself trying to plan and get every single ingredient, and I would follow every instruction to a T. That was quite stressful and discouraging, and most days, I would be tired before I had even started. This is a sure way to induce anxiety and never even get to cooking. As I became more experienced, I realised the power of substitution. It offers you, the cook, a creative licence and the freedom to own the dish and make it yours.

HISTORY OF MY DISH

The original recipe of the dish uses shrimp instead of biltong. As you may know, shrimp is quite expensive, and when I tried biltong as a substitute, it not only made the dish more South African and affordable, but it also made it taste and look incredible. It combines a bunch of my favourite foods—guacamole, biltong, quinoa and homemade dressing—bringing together some grain, protein, and healthy fats. It also marries different textures and flavours. It is perfect for the lazy cook who also likes to keep things nutritional, flavourful, and savoury.

BILTONG SALAD STACK

Makone Maja

INGREDIENTS

Quinoa	125 g
Water or stock	250 ml
Ripe avocado, peeled, stoned and diced	400 g
Tomato, diced	150 g
Red onion, finely chopped	80 g
Garlic, finely chopped	3 g
Fresh coriander, chopped	±80 g
jalapeños or chilli, finely chopped	20 g
Lemon juice	23 ml
Olive oil	Drizzle
Salt and pepper	To taste
Red bell pepper	250 g
Biltong	70 g

METHOD

1. Soak the quinoa for two hours to remove any bitterness. Add to a saucepan, adding the water or stock and a little salt.
2. Bring to a boil and reduce to a simmer afterwards. Cover with a lid and allow the quinoa to simmer until all liquid has been absorbed (15 to 20 minutes). Fluff with a fork when the bottom is dry, and all the liquid has been absorbed.
3. Put the avocado in a mixing bowl. Add all chopped and diced ingredients, lemon juice, and olive oil. Season with salt and pepper to taste (approximately half a teaspoon of salt). Mix all ingredients well and refrigerate.
4. Roast the bell pepper until the skin turns black, then peel off the skin. Slice into even strips.
5. On your serving plate, place a cookie cutter or mould in the centre. Scoop 30 ml of quinoa into the mould and pack it nicely and tight with clean edges. Add enough bell pepper strips to cover the quinoa, making sure to cover the edges. Add a layer of guacamole.
6. Layer the biltong on top of the stack. Very steadily, remove the cutter and clean up any bits that may fall on the plate.
7. Add a swirl of basil aioli sauce or whatever dressing you prefer in a salad, adding a little water if too thick. You can also add a little basil oil for colour. (Simply blend fresh basil and olive oil. Add salt to taste.) Garnish with fresh coriander.

YIELD 3 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 2 HOURS 30 MINUTES



MY APPROACH TO COOKING/FOOD

I am a very free and adventurous person, and my approach to cooking has always been filled with curiosity and the pursuit of knowledge. I strive to cook with all the senses. Enjoying the journey, meeting people, and growing with every recipe I taste, that is my journey and my dragon to slay

HISTORY OF MY DISH

This is the best flatbread recipe I have tasted in my life, mixed with sorghum flour and morogo. This is a recreation of my childhood. I still remember those days eating mabele pap with morogo late at night. Sorghum is a bit dense, so the bread will be a bit flatter than regular naan bread.

MOROGO AND SORGHUM NAAN BREAD

Simmy Maenetsa

INGREDIENTS

Bread flour	228 g
Sorghum flour	128 g
Dry instant yeast	7 g
Sugar	4 g
Salt	7 g
Morogo leaves, finely chopped	32 g
Black onion (nigella) seeds	10 ml
Water, lukewarm	188 ml
Plain yoghurt	130 g
Butter or ghee, melted	58 g

METHOD

1. Mix the bread flour, sorghum flour, yeast, sugar, salt, morogo leaves, and onion seeds in a large bowl.
2. Make a well in the flour mixture and add the lukewarm water, yoghurt, and melted butter.
3. Draw in the flour and mix gently with a wooden spoon to combine. Keep mixing for 5 minutes until it forms a rough dough.
4. Cover and keep warm until doubled, about 1 hour.
5. Preheat the oven to 475°F (240°C). Place two baking sheets in the oven.
6. Knock back the dough. Knead the dough on a floured surface until smooth. Divide into four equal pieces.
7. Roll each piece into an oval shape about 24 cm long.
8. Transfer the bread to the preheated sheets and bake for 6 to 7 minutes, until well puffed.
9. Preheat the grill to its hottest setting. Transfer the breads to the grilling pan.
10. Cook the naans for 30 to 40 seconds on each side or until they brown and blister. When grilling, be sure not to put the breads too close to the heat to prevent burning.
11. Transfer to a wire rack and serve warm.

YIELD

4 NAAN BREADS

PREPARATION TIME

1 HOUR 15 MIN.

TOTAL TIME

1 HOUR 45 MINUTES

SWEET PERI-PERI SPRINGBOK JERKY

Simmy Maenetsa

MY APPROACH TO COOKING/ FOOD

I am a very free and adventurous person, and my approach to cooking has always been filled with curiosity and the pursuit of knowledge. I strive to cook with all the senses. Enjoying the journey, meeting people, and growing with every recipe I taste is my journey and my dragon to slay.

INGREDIENTS

Hungarian paprika	15 g
Black peppercorns	2,5 ml
Cayenne pepper	2,5 ml
Bird's eye chillies, dried	15 g
Dried lemon peel	2,5 ml
BBQ sauce	36 g
Black Label beer	250 ml
Pineapple juice	250 ml
Soy sauce	30 ml
Red wine vinegar	125 ml
Lemon juice	10 ml
Brown sugar	67 g
Curing salt	30 g
Lean springbok meat strips	1 kg

HISTORY OF MY DISH

I always thought that biltong and jerky were the same until I discovered otherwise. This recipe is exactly that, learning from my mistakes and growing as an individual. This recipe reminds me of the many American movies I have watched that have influenced my thinking. This recipe is dedicated to American romantic comedy movies I hold in my heart and my interest in the taste of springbok meat.

METHOD

1. In a spice blender, blend all the spices together.
2. Mix all liquid ingredients, brown sugar, salt and spice blend in a pan, then heat on the stove until the sugar has dissolved.
3. You can add more beer or water if you plan to precook/boil the meat. If not, let the liquid cool to room temperature, then add the meat strips and marinate them in the refrigerator for 12 to 24 hours.
4. The meat can be left to dehydrate or can be dried in your oven at 76 to 95°C.

YIELD

700 G OF JERKY

PREPARATION TIME

20 MINUTES

TOTAL TIME

12-24 HOURS

SOUTH AFRICAN SUSHI

Retha Alberts

MY APPROACH TO COOKING/ FOOD

I love food because it not only nourishes the body but the soul and spirit as well—no wonder the first congregations in Acts ate together daily (O'Loughlin, 2015:27–37). Apart from the social aspect, I believe in getting as much taste as possible into every mouthful.

INGREDIENTS

Maize porridge, cooked	320 g
Boerewors, cooked	1 kg

OPTIONAL INGREDIENTS (TO TASTE)

Biltong dust
Onions (crispy)
Peppadews
Carrots
Spring onions (crispy)
Micro herbs
Cheese (grated)
Bacon (crispy)

YIELD 12 SERVINGS

PREPARATION TIME 20 MINUTES

TOTAL TIME 40 MINUTES

HISTORY OF MY DISH

This South African sushi resulted from my daughter participating in an informal cooking competition where they were given limited produce and had to come up with something original!

METHOD

1. Place a piece of cling wrap on the countertop.
2. Spread some cooked maize porridge (cooled) onto the cling wrap.
3. Place a length of cooked boerewors (cooled) in the middle.
4. Roll the maize porridge into a sausage shape around the boerewors with the aid of the cling wrap.
5. Remove the cling wrap.
6. Using a small, serrated knife heated in hot water, slice the roll into 2 cm wide medallions.
7. Place flat on a serving platter and garnish.

VARIATIONS

1. Roll the maize 'sausage' in biltong dust before slicing.
2. Add grated cheese or a splash of peppadew to each medallion.
3. Place thin slices of avocado on top.



NO-BAKE AVOCADO TART

Zimkhitha Tsotso

HISTORY OF MY DISH

I wasn't going to supply a recipe as I don't enjoy following recipes to the T. I enjoy playing around with ingredients and making things according to taste, however, I found a simple avocado tart recipe, which is delicious. Since the recipe needed a historical aspect, I have found that according to archaeologists, avocados have formed part of the Mesoamerican diet since 5000 BC. Spanish explorers were instrumental in the exporting of the fruit to countries in Europe and England in the sixteenth century. Although the avocado was initially named after a Nahuatl word which described its shape, Sir Hans Sloane coined the name, "avocado" in 1696.

INGREDIENTS

FILLING

Avocado	2 units
Lemon juice	125 ml
Condensed milk	385 g

BASE

Butter (melted)	125 ml
Marie biscuits (crushed)	200 g

METHOD

1. Make the base by mixing the crushed biscuits with butter or margarine. Put the mixture into a tart dish and chill in the fridge for 10 minutes.
2. Mix the avocado, lemon juice and condensed milk together.
3. Pour the tart mixture into the tart dish with the chilled base.
4. Refrigerate until served.
5. Garnish with whipped cream or sliced kiwi, as desired.

YIELD 1 TART

PREPARATION TIME 10 MINUTES

TOTAL TIME 20 MINUTES



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Tshegofatso Isabel Kutumela





MY APPROACH TO COOKING/FOOD

I am not a chef and do not like cooking, but some days desperation makes things happen. Also, I do not taste food while cooking, except when I make chips, then I have to use all my willpower not to 'taste' all the time. Therefore, the way food I have prepared lands on the plate is the way it must be eaten by everybody involved.

HISTORY OF MY DISH

This recipe 'happened' from not knowing what to cook, starting with the meat and adding ingredients as I went along. It tasted so good (sometimes I surprise myself!), I just had to write it down immediately after the meal in case I forgot what I had done and wanted to make it again. And, oh yes, Arra was one of my nicknames growing up, hence the recipe's name.

LAMB NECK À LA ARRA

Aretha Roux

INGREDIENTS

Oil	30 ml
Onion, chopped/sliced	160 g
Garlic, finely chopped	6 g
Lamb neck	1 kg
Salt	To taste
Lemon pepper	2,5 ml
Mixed spice	5 ml
Ground coriander	5 ml
Lemon juice	10 ml
Water	250 ml
Carrots, julienne	260 g
Patty pans, halved	250 g
Baby marrows, halved	250 g
Potatoes, quartered	800 g
Bisto gravy powder	2 g
White onion soup powder	25 g
Milk	125 ml

METHOD

1. Heat the oil and fry the onions and garlic.
2. Add the meat and fry.
3. Add salt, lemon pepper, mixed spice, coriander, lemon juice and water.
4. Close the pot and cook for 30 minutes until the meat is tender.
5. Add the vegetables and more water, if required. Replace the lid and cook until tender.
6. Mix the Bisto and soup powder with the cold milk, add to the food and cook until the sauce is thick and well cooked.
7. Do not stir to avoid breaking the vegetables.
8. Serve on rice.

YIELD 4 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES



MY APPROACH TO COOKING/FOOD

I love cooking Asian food. Cooking and music go hand in hand, so preparing any dish with a good playlist in the background is always a fun workout.

HISTORY OF MY DISH

Dhal, also known as lentil soup, is an easy go-to dish. It is hearty and mildly spicy and pairs well with almost anything.

DHAL

Lakshana Arnachellan

INGREDIENTS

Dried dhal (yellow split peas)	240 g
Turmeric powder	2,5 ml
Green chillies	30 g
Garlic	10 g
Tomato, chopped	75 g
Onions	160 g
Red chilli, dried	2 g
Cumin seeds	5 ml
Curry leaves	6 units

METHOD

1. Sift the dried dhal to remove stones or blemished pieces.
2. Soak for an hour, then boil until the dried dhal has broken down into smaller pieces. Add the turmeric to give it a rich yellow colour, the split green chillies and whole garlic cloves for flavour and cook until it is reduced to a soft soup-like consistency. Add the chopped tomato to increase the thickness of the consistency if it is too runny, and boil for another 10 minutes.
3. To braise the dhal, begin by roasting the cumin seeds.
4. Fry the onions until brown; add the red chilli, cumin seeds and curry leaves.
5. Keep some of this mixture aside for garnishing. Add the rest to the boiled dhal.
6. Mix and allow to boil for 10 minutes.
7. Remove from stove. Garnish with onion and cumin mix. Serve warm.

TIP

Take care not to let the dhal boil over; keep on medium heat to avoid spills. If it does boil over, it is best to clean it as soon as possible, as it will be more difficult to clean once the liquid has dried.

YIELD 4-5 SERVINGS

PREPARATION TIME 10 MINUTES

TOTAL TIME 50 MINUTES



HISTORY OF MY DISH

As you may know, Sushi is one of the most famous dishes in Japan. For my graduation ceremony, I visited a sushi restaurant with my friends, but usually, for my birthday parties, my family would prepare Temaki sushi, which we loved to have at home. You just need to prepare a platter of sushi rice, nori (seaweed sheet) and fillings such as smoked salmon, soft biltong, fried chicken, baked egg, and sliced veggies/avocado. Then, all make their own hand-rolled sushi at the table using their favourite ingredients. To make your table look more gorgeous, prepare fillings in different colours.

TEMAKI SUSHI

Keiko Arai

INGREDIENTS

Short-grain rice	450 g
Water	540 ml
Rice vinegar	80 ml
Sugar	24-36 g
Salt	3 g
Nori sheet	5 units

FILLINGS

Use whatever goes with rice!

Here are some examples:

Tuna fish
 Shrimp
 Baked egg
 Tomato
 Biltong
 Ham
 Cucumber
 Lettuce
 Fried fish
 Roast beef
 Avocado
 Cheese

METHOD

1. Wash and rinse the rice with water a few times and soak for not less than 30 minutes.
2. Drain the rice thoroughly.
3. Put the rice and water in a heavy-bottomed pot with a tight-fitting lid.
4. Close the lid and bring the rice to a boil over medium heat.
5. Once water is boiling, turn down the heat to low and cook covered for 12 to 13 minutes, or until the water has been absorbed completely.
6. Let it steam for 10 minutes.
7. Place rice in a glass or wooden bowl and gradually mix in the rice vinegar, sugar and salt.

YIELD 5 SERVINGS

PREPARATION TIME 40 MINUTES

TOTAL TIME 40 MINUTES

VEGETARIAN BIRYANI

Lakshana Arnachellan

MY APPROACH TO COOKING/ FOOD

I love cooking Asian food. Cooking and music go hand in hand, so preparing any dish with a good playlist in the background is always a fun workout.

INGREDIENTS

BIRYANI SPICE

Cinnamon sticks	2 units
Bay leaves	2 units
Cloves, whole	4 units
Star anise	1 unit
Fennel seeds	15 ml
Cardamom pods	3 units

INGREDIENTS

RICE

Basmati rice	400 g
Water	750 ml
Salt	3,5 g

HISTORY OF MY DISH

Biryani has always been my favourite dish while growing up. It is comforting and filling, consists of various spices and flavours and can be served with almost any protein. My favourite way of eating it is with some dhal (lentil soup), over rice and a good carrot salad on the side.

METHOD

1. To prepare the biryani spice, grind all the whole spices together.

METHOD

1. Pour the water into a heavy-based pan, add the salt, and boil.
2. Add the rice and boil for 2 to 3 minutes.
3. Remove from heat. Drain. Rinse until the water is clear. This procedure removes the starch and makes the rice less sticky. Set aside and prepare the sauce component.

INGREDIENTS

SAUCE

Ghee	42 g
Onion, medium (some set aside for topping)	160 g
Biryani spice	30 ml
Durban masala	5 ml
Turmeric, fresh or ground	5 ml
Ginger and garlic paste	5 ml
Oyster mushrooms, cubed (set some aside for topping before cubing)	500 g
*Chopped mixed vegetables	500 g
Coconut milk	375 ml
Rice	As prepared above
Water	250ml

INGREDIENTS

TOPPING

Ghee	14 g
Onions, finely chopped	7 g
Durban masala	5 ml
Biryani spice	5 ml
Oyster mushrooms, whole or large slices	86 g
Chives, chopped	9 g

**Chopped mixed vegetables can include peas, carrots, potatoes and green beans*

METHOD

1. Heat the ghee in a heavy-based pan. Add onions and fry until soft.
2. Add the biryani spice, masala, turmeric, ginger and garlic. Fry for 2 minutes and add the chopped mushrooms and vegetables.
3. Fry until the mushrooms and vegetables are coated with the spice mixture and appear brown.
4. Add the coconut milk.
5. Top with rice.
6. Add one cup of water.
7. Cover and allow to simmer for 15 to 20 minutes.
8. Remove from heat. Mix gently, turning to combine the rice and sauce.

METHOD

1. Heat a heavy-based pan on medium heat. Add the ghee and onions and fry until soft.
2. Add spices, fry for 1 to 2 minutes and then add the mushrooms. Fry until slightly brown and crisp.
3. Remove from the stove and place over the rice. Top with chopped chives.

YIELD	4-5 SERVINGS
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PREPARATION TIME	15 MINUTES
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TOTAL TIME	45 MINUTES
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HISTORY OF MY DISH

Dhal is a ubiquitous food on the Indian subcontinent. A meal of rice and dhal (with or without a vegetable and/or fish accompaniment) is frequently the only daily cooked meal in the diets of the very poor and millions of villagers across India.

The word ‘dhal’ signifies both the cooked curry and the lentil, and there are as many types of dhals as there are lentils. The dhal above is made of one of the most common lentils, the split brown lentil, or masoor dhal, which is readily available in most local supermarkets. It is believed that the cultivation of pulses, particularly the varieties of dhals (mung, chana [yellow split pea], oil and toor dhal), were significant components of agriculture in the ancient Indus Valley civilisation. The implication is that dhal has been part of the Indian diet for thousands of years. It has, however, changed significantly throughout its history and has taken on regional (substituting lemon juice with tamarind

juice, for example, is common across South India) and social twists and turns over the centuries. For instance, Dhal makhani is a richer, creamier dhal—not something the ordinary villager can afford. In recent years it has become a favourite on Indian restaurant menus globally.

In the Konkan region (the coastal region of the state of Maharashtra) from which I originate, this is the simplest and humblest village fare served daily. The dhal is often very watery to make it stretch for a large family. My mother cooked this at least once a week for us and served a less watery version. As a student at UCT, dhal served by the Hare Krishna devotees was a perfect winter warmer, not just for me but for hundreds of students who queued in the basement level of the Leslie Building. This basic dhal recipe can be jazzed up with any number of additions. Add one small, chopped onion to the garlic and mustard seed sauté. Cubed, pre-fried eggplant added at the end also makes a delicious variant.

DHAL (LENTIL CURRY)

Nisa Paleker

INGREDIENTS

Red split lentils (masoor dhal)	250 g
Turmeric	5 ml
Oil/ghee	15 ml
Mustard seeds, whole	5 ml
Green chilli	15 g
Garlic, crushed	10 g
Cumin powder (jeera powder)	5 ml
Lemon juice	23 ml

METHOD

1. Soak the lentils in lukewarm water for 2 hours.
2. Boil the lentils with salt and 2,5 ml turmeric.
3. When the lentils are cooked, drain the excess water and blend them until they have the consistency of a smoothie.
4. Heat the oil in a pot.
5. Add the mustard seeds, green chilli and crushed cloves of garlic.
6. Add the remaining 2,5 ml of turmeric and the cumin powder.
7. Then add the liquidised lentils. If the dhal is too thick, add a little water.
8. Add the lemon juice.
9. Serve with rice (basmati boiled with whole cumin is a delicious option).

YIELD

5 - 6 SERVINGS

PREPARATION TIME

2 HOURS 15 MINUTES (INCLUDES SOAKING LENTILS FOR 2 HOURS)

TOTAL TIME

2 HOURS 35 MINUTES

EISBEIN WITH MUSTARD SAUCE

Aretha Roux

MY APPROACH TO COOKING/FOOD

I am not fond of cooking, but this is a quick, effortless meal fit for even a king.

HISTORY OF MY DISH

The recipe originates from a dear friend of mine. It is a lovely, rich, filling meal that can be enjoyed in summer with salads or in winter with cooked vegetables. **IMPORTANT WARNING:** to avoid prosecution and a severe solitary jail sentence, **ALWAYS** serve with baked potatoes!



INGREDIENTS

Eisbeins, cooked until soft and sliced	2 units
Cooking oil	25 ml
Cake flour	12 g
Mustard powder	12 g
Sugar	100 g
Salt	3 g
Water, boiled	250 ml
Vinegar	50 ml
Mayonnaise	230 g
Lemon juice	120 g
Fresh breadcrumbs	As needed

METHOD

1. Mix the oil, flour, mustard powder, sugar and salt with boiled water.
2. Heat to boiling point and remove from heat.
3. Mix in the vinegar, mayonnaise and lemon juice.
4. Arrange slices of meat in a dish.
5. Pour the sauce over the meat.
6. Cover with breadcrumbs.
7. Bake at 180°C for 30 minutes.
8. Serve with baked potatoes and a fresh salad, or with rice, vegetables and baked potatoes, baked potatoes, and yes, most definitely baked potatoes ...

YIELD 6 SERVINGS

PREPARATION TIME 1 HOUR

TOTAL TIME 1 HOUR 30 MINUTES



MY APPROACH TO COOKING/FOOD

Feeding the family and cooking is my hobby. I love trying various ways of cooking dishes.

HISTORY OF MY DISH

This is an IsiZulu main dish enjoyed by the whole family.

UMBHAQANGA/ISIGWAGANE

Mpumzi Zondi

INGREDIENTS

Crossbow sugar beans	1 kg
Mealie meal	1 kg
Salt	20 g

METHOD

1. Clean, wash and boil the sugar beans until thoroughly cooked. Ensure that there is sufficient water in your beans.
2. Add salt to the cooked beans.
3. Add 2 cups of mielie meal and keep boiling.
4. After 5 minutes, stir with the back of the wooden spoon.
5. Lower the heat and stir 3 more times at 3-minute intervals.
6. It may be served hot or cold.

YIELD 6 - 10 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR



MY APPROACH TO COOKING/FOOD

Cooking needs to satisfy a need for comfort, and I love traditional recipes like this one.

HISTORY OF MY DISH

My grandmother made this family dish, which is still my favourite meal. The original Dutch version was called 'jachtschotel' (hunting dish).

HUNTER-GATHERER SUPPER

Anonymous

INGREDIENTS

Potatoes, medium	1,6 kg
Butter	180 g
Beef, ostrich or venison mince	750 g
Salt and pepper	To taste
Onion, medium	480 g
*Unsweetened pie apples	385 g
Grated nutmeg	For garnish

**Can substitute with three fresh apples, sliced and lightly boiled in water to soften.*

METHOD

1. Peel potatoes and cut them into bite-sized chunks. Boil in water with 5 ml of salt, until just soft.
2. Drain the water, close the pot with the lid and shake the potatoes until fluffy. Note: The potatoes are not mashed, just shaken. Set aside.
3. Put 15 ml of the butter in a pan and stir-fry the mince until loose and lightly cooked. Add salt and pepper to taste. Set aside.
4. Peel and slice the onion, and fry in 15 ml of the butter until soft and glassy. Set aside.
5. In an ovenproof dish (about 4-5 cm deep), layer the cooked ingredients as follows: potato > onion > mince (add a few dabs of butter on top for juiciness).
6. Repeat the layers one more time.
7. Pack a layer of apples on top and sprinkle a little grated nutmeg over the dish.
8. Bake in the oven at 180°C for 15 minutes or until heated thoroughly.
9. Serve with a salad.

YIELD	6 SERVINGS
PREPARATION TIME	20 MINUTES (PLUS 30 MINUTES TO BOIL POTATOES)
TOTAL TIME	1 HOUR 30 MINUTES

LAMB AND POTATO CURRY

Lakshana Arnachellan

MY APPROACH TO COOKING/FOOD

I love cooking Asian food. Cooking and music go hand in hand, so preparing any dish with a good playlist in the background is always a fun workout.

HISTORY OF MY DISH

This reminds me of home. My granny used to make this fantastic curry for Sunday lunch. It is savoury and tasty, slightly spicy and very aromatic. You must try it to understand how good it is because words cannot do it justice.

INGREDIENTS

Lamb or mutton shoulder (preferably boneless)	2 kg
Tomatoes	267 g
Onions, finely sliced	320 g
Garlic, finely sliced	3 g
Ginger, finely sliced	3 g
Coriander	To taste
Curry leaves	5 g
Meat curry masala	30 ml
Garam masala	7,5 ml
Turmeric powder	7,5 ml
Cardamom powder (or 6 cardamom pods)	1 ml
Ground cinnamon (or 4 whole sticks)	1 ml
Salt	To taste
Cooking oil	60 ml
Tomato paste	19 g
Water	500 ml
Potatoes, cubed	800 g

YIELD	8 SERVINGS
PREPARATION TIME	15 MINUTES
TOTAL TIME	1 HOUR

METHOD

1. Prepare the meat. Trim excess fat and cut it into small pieces.
2. Prepare the tomatoes. Remove tomato skin by soaking it in boiling water for 5 minutes. Remove the tomatoes from the boiling water and place them into an ice bath; peel them, remove the seeds, and grate them or chop them finely into small cubes.
3. Peel and finely slice onions, ginger and garlic. Using a spice grinder or pestle and mortar, make a paste combining the ginger, garlic and onion.
4. Start by searing the meat. Heat a pan on high heat. Add 15 ml oil. When the pan is hot, add pieces of meat one at a time. Allow meat to sear for at least 5 to 7 minutes. Turn once, cook on the other side for 5 minutes and then remove from the pan. Set aside.
5. Lower the heat and add the remaining oil. Add the onion paste (onion, ginger and garlic). Fry until the onion paste softens.
6. Add the spices and fry for 3 to 5 minutes, gently combining onions and spices.
7. Add all the meat and mix well. Fry for 5 minutes.
8. Add the tomato but do not stir too much. From here on, the mutton curry can simply cook on its own.
9. Add water to prevent the gravy from burning during the cooking process.
10. Add the potatoes to the pot. Cover and allow to cook. There is no need to mix the curry.
11. Allow to cook on moderate heat for 35 to 40 minutes.
12. Remove from heat and serve warm with rice or roti



MY APPROACH TO COOKING/FOOD

Growing up with a big family at home, I often didn't see much of them. My siblings were always busy with school or with their friends. My father was always at work, and my mother was often unwell and busy around the house. I used to watch her cook, and one day, at the age of six or seven, I decided to try to make food for everyone.

Sadly, everything burned, and it was a mess. Instead of getting angry, my mother decided to teach me how to cook. I loved taking random things and turning them into something great. I also loved how my food brought my family together to share a meal.

HISTORY OF MY DISH

I first tasted this dish in 2016 when I met my now fiancé. She made this dish to show me what food she grew up with in her home country, Gabon. It was like nothing I had ever tasted before. The main ingredient of this dish is cassava leaves. It is a very cheap and commonly used ingredient in West African cuisine. It is also considered a superfood and is very nutritious. You can use any meat to make this dish or no meat at all. Eating regularly and eating right is very important, especially for people on medication such as ARVs.

LES FEUILLES DE MANIOC

Chris Joubert

INGREDIENTS

Onion, thinly cubed	320 g
Pork, cubed	350 g
Crushed garlic	15 ml
Black pepper	2 ml
Aromat	15 ml
Palm oil	185 g
Cassava leaves	350 g
Ghost chilli	7 g
Unsweetened peanut butter	47 g
Water	250 ml
Salt	3 g

METHOD

1. Preheat the stove plate.
2. Fry the onions, pork, garlic, pepper and Aromat together in a heavy-based saucepan for 20 minutes.
3. Add the palm oil and fry for 5 minutes.
4. Mix the cassava leaves and chilli with the pork mixture.
5. Add the water and cook for 10 to 15 minutes.
6. Add the peanut butter to the mixture and mix well.
7. Slowly add more water while stirring the mixture until it is smooth.
8. Add salt and leave to cook for 5 minutes.
9. Serve with white rice.

YIELD 4 SERVINGS

PREPARATION TIME 10 MINUTES

TOTAL TIME 1 HOUR

BACALHAU À GOMES DE SÁ (PORTUGUESE SALTED COD)

Gabriela Pinheiro

MY APPROACH TO COOKING/FOOD

Cooking is especially important to me because, in the context of my Portuguese-South African family, it has formed part of how we connect and challenge traditional Portuguese gender dichotomies. In our home, many lessons were learned through food. My mother and father modelled a more equal relationship (in terms of the domestic space and allocation of food-related responsibilities), which taught us the values of fairness, of sharing and of equality in the home and the world outside the home.

HISTORY OF MY DISH

Bacalhau is the official national dish of Portugal, where people claim to know 1001 ways to prepare this special fish that has become known amongst Portuguese consumers as *fiel amigo* (faithful friend). My Avó Palmeira made this dish every single year at Christmas time, and it always formed the centre of our family table. What makes me proud and joyful about this Bacalhau recipe is that it almost single-handedly disrupted the Portuguese patriarchy in my family. Against gendered convention, my father's mother taught him to make Bacalhau before she died. It has since informed part of a broader journey for the boys and men in our family of cooking and playing more active roles in the domestic sphere.

INGREDIENTS

Salted cod	500 g
Potatoes, medium	600 g
White onion	160 g
Olive oil	15 ml
Butter, melted	60 g
Salt	7 g
Black pepper	2 g
Black olives	60–75 g
Fresh, flat-leaf parsley	±30 g
Hard-boiled egg, cut into wedges	2–3 units
Fresh lemon	120 g
Toasted breadcrumbs	Generous handful

METHOD

1. Prep the salted cod. Rinse it in cold water and place it in a bowl. Fill the bowl with water and place it in the refrigerator. Soak the cod for at least 16 (but up to 48) hours, replacing the water twice.
2. Remove the cod from the water and place it in a large pot. Cover with water and bring to a boil. Reduce the heat to medium-low and simmer for 10 minutes.
3. Drain and set aside to cool (for about 20 minutes).
4. At the same time, place the potatoes in a separate pot and cover them with water. Bring to a boil. Reduce the heat to medium-low and simmer until just tender (about 10 minutes).
5. Drain and set aside to cool (about 20 minutes).
6. Heat the oil in a hot pan over medium-low heat. Add the onion and a pinch of salt. Sauté the onion until caramelised, reducing the heat as necessary to prevent burning (stirring every few minutes).
7. Once the cod and potatoes have cooled down, shred the cod with a fork and slice the potatoes into 3,5 cm slices.
8. Gently toss the potatoes with the melted butter, salt and pepper.
9. Preheat the oven to 180°C.
10. Add half of the potatoes to a casserole or gratin dish, then layer half of the fish, black olives, parsley and caramelised onions on top. Repeat the layering process with the remaining ingredients.
11. Bake for 30 minutes and sprinkle with toasted breadcrumbs before serving with egg and lemon wedges.
12. Eat and enjoy!

YIELD 8 SERVINGS

PREPARATION TIME 90 MINUTES

TOTAL TIME OVERNIGHT SOAK
(16+ HOURS)

UMPHURHU

Sponono Mahlangu

MY APPROACH TO COOKING/ FOOD

I like to feed the family and cook indigenous food to give them a sense of what was eaten during the olden days.

INGREDIENTS

Pumpkin leaves	±300 g
Raw peanuts	156 g
Water	125 ml
Salt	7 g
Margarine	14 g

HISTORY OF MY DISH

This is one of the amaNdebele's favourite dishes and has been passed down from one generation to the next. It is the same as spinach but very delicious.

METHOD

1. Wash the green pumpkin leaves.
2. Grind peanuts finely.
3. Put the pumpkin leaves and the ground peanuts in a pot and add the water and salt. Boil until cooked.
4. When both the pumpkin leaves and peanuts are fully cooked, add the margarine.
5. Mash together and serve hot or cold with pap.

YIELD 5-8 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR

VEGAN BUTTERNUT CHICKPEA CURRY

Jenna Matthews

INGREDIENTS

Butternut, cubed	390 g
Vegetable oil	As needed
Salt and pepper	To taste
Coconut oil, melted	30 g
Red onion, minced	150 g
Garlic, minced	28 g
Ginger, grated	5 g
Curry powder, medium	6 g
Garam masala	2 g
Ground cumin	1,5 g
Cumin seeds	1 g
Turmeric	1 g
Chilli powder	0,6 g
Tinned chopped tomatoes	400 ml
Coconut milk	400 ml
Vegetable stock	200 ml
Tinned chickpeas	400 g
Salt	6 g
Pepper	2 g
Fresh coriander, chopped	For garnish
Basmati rice	As needed

METHOD

1. Preheat oven to 200°C. Cut both ends off the butternut, peel it and cut it in half lengthways. Cut into roughly equal-sized cubes, about 1 cm.
2. Place on a large baking tray, drizzle generously with oil, salt and pepper, toss and place in the oven for 35 to 40 minutes until soft and starting to brown on the edges.
3. In the meantime, start the curry. Add the coconut oil to a large pan on medium heat. Once melted, add finely chopped onion. Stir and fry the onion for a few minutes, then add the crushed garlic and grated ginger. Leave to cook for a further minute.
4. Add all the spices—curry powder, garam masala, cumin, cumin seeds, turmeric and chilli powder. Cook for 30 seconds until fragrant, adding a little more oil if needed, so it does not burn.
5. Add the chopped tomatoes, coconut milk and vegetable stock. Bring to a gentle simmer and let cook for 10 minutes. Transfer the mixture to a bowl, blend with a hand blender until smooth, or use a food processor. Transfer back to the pan.
6. Add the chickpeas and cook for a further 5 to 10 minutes. It should have thickened and be nice and creamy and orange in colour. Taste the sauce and season with salt and pepper. If you like it spicy, you can add some extra chilli powder.
7. Add the roasted butternut, stir and serve! Top with some chopped fresh coriander and serve with basmati rice and your favourite sides.

HISTORY OF MY DISH

This recipe was introduced to me when I started my health journey a couple of years ago, and it pushed me to find delicious and nutritious recipes. It combines beautiful flavours with stunningly healthy ingredients.

YIELD 2-4 SERVINGS (150 G EACH)

PREPARATION TIME 15 MINUTES

TOTAL TIME 1 HOUR 10 MINUTES



MY APPROACH TO COOKING/FOOD

I love food because it not only nourishes the body but the soul and spirit as well—no wonder the first congregations in Acts ate together daily (O’Loughlin, 2015:27–37). Apart from the social aspect, I believe in getting as much taste as possible into every mouthful.

HISTORY OF MY DISH

The pappadells were a firm favourite in the Piet Retief farming community from where I hail—no braai was complete without it.

PAPPADELLS

Retha Alberts

INGREDIENTS

Maize meal	320 g
Maize rice	320 g
Water, boiling	2 L
Salt	13 g
Maize kernels	410 g
Butter	60 g
Oil	45 ml
Onions, large and finely chopped	500 g
Garlic, finely chopped	10 g
Tomato puree	410 g
Oxtail soup powder	50 g
Water, boiling	500 ml
Chutney	470 g
Sugar	24 g
Cheddar cheese, grated	150 g
Salt and pepper	To taste

METHOD

1. Boil the maize meal and maize rice in 1,5 L (6 cups) of water until cooked.
2. Add the seasoning, stir in the maize kernels and the butter, and leave to cool.
3. In a pan, heat the oil and fry the onions and garlic until caramelised.
4. Add the rest of the ingredients except the cheese.
5. Season and boil for 15 minutes.
6. Preheat the oven to 180°C. Roll the cooled mixture into golf ball-sized shapes and pack tightly in an ovenproof dish.
7. Pour the onion mixture over the pappadells, sprinkle with cheese and bake for 30 minutes.

YIELD 24 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR

BOERE TAGINE (MOROCCAN LAMB POTJIE)

Maggi Loubser

MY APPROACH TO COOKING/ FOOD

‘Kos is liefde.’ As in most Afrikaans families, no gathering or ‘kuier’ happens without food. The time and energy poured into the pot symbolise love and caring. It does not matter what is going on in my life; the minute I put on an apron and start throwing ingredients into a pot with wild abandon (a tall glass of red wine on the side), all is well with the world.

INGREDIENTS

SPICE RUB

Cumin seeds	5 ml
Coriander seeds	7,5 ml
Fennel seeds	5 ml
*Coarsely ground chillies	25 ml
Fresh rosemary, finely chopped	1 sprig
Ginger, peeled and finely chopped	20 g
Garlic, minced	20 g
Salt and pepper	To taste
Olive oil	60 ml

HISTORY OF MY DISH

Thinking about something to represent Tangible Heritage Conservation, I thought nothing represents South African heritage like a black three-legged pot on the fire, whether it is a rich beef stew and putu feeding wedding guests or a humble umngqusho for the family, whether it is a biryani steaming away in a handi or a potjie cooked with friends sitting around the fire. I devised this recipe for a potjiekos competition at my parents’ church, and my dad’s pride when our pot won will remain one of my happiest memories.

METHOD

1. Place all the ingredients in a pestle and mortar and pound into a coarse paste.

**Can be reduced to taste; 10 ml chillies add beautiful flavour without the bite.*

INGREDIENTS

POTJIE

Lamb knuckles	1,5 kg
*Sweet potatoes, cut into thick chunks	520 g
*Carrots, cut into thick chunks	400 g
Red onions, quartered	320 g
Baby vine tomatoes	500 g
*Dried kumquats	Handful
Bay leaves	4 units
Cinnamon sticks	3 units
Orange, zested and juiced	150 g
Pickled lemon	100 g
White wine	750 ml
Nomu lamb stock concentrate	15 ml
Fresh coriander	±80 g
Bulgarian yoghurt	±30 ml

**Substitutions can be used for these ingredients; sweet potatoes can be replaced with regular potatoes, carrots with butternut and dried kumquats with dried apricots.*

METHOD

1. Rub meat with the spice paste and leave a few hours (preferably overnight) for the flavour to develop.
2. Make fire under a 3-legged pot and prepare enough coals to feed the pot continuously for 2 hours.
3. Brown meat in the olive oil over an initial hot fire. Add kumquats/apricots, bay leaves, cinnamon sticks, orange zest and juice, lemon preserve and wine and let the pot slowly simmer until the meat is soft, about an hour and a half.
4. Feed coals slowly, and be careful not to burn the meat on too high heat.
5. Taste, and add a squirt of Nomu lamb stock concentrate if the salt is too little.
6. Layer the sweet potatoes, carrot, onions and tomatoes on top and steam for another 15 to 30 minutes until all the vegetables are soft.
7. Add yoghurt and coriander and mix well.

YIELD 6-10 SERVINGS

PREPARATION TIME 20 MINUTES

TOTAL TIME 3 HOURS

DOMBOLO WITH BEEF STEW, COVO & MUSHROOM

Sipho Sibanda

MY APPROACH TO COOKING/ FOOD

I am a stout traditional Ndebele man. My approach to cooking is that I do not go anywhere near the kitchen. Where I come from, it is a serious offence for a man to be found in the kitchen cooking. It is a transgression punishable by the ancestors. I try by all means not to get into the kitchen to protect my wife from being banished from the home by the family elders. Therefore, my role is to work in the garden and produce food for her to cook. My part is to treat my wife like a queen; in turn, she prepares the food I ask for and serves me like a king. When she is not at home, I usually have no option but to find something for the children and me to eat. Without her and without food, I will die. The food that I usually ask her to prepare for me, such as this recipe, feeds my soul. It is the best meal ever.

INGREDIENTS

DOMBOLO (STEAMED BREAD)

Cake flour	720 g
Salt	7 g
Sugar	12 g
Dry instant yeast	5 g
Warm water to knead the bread	

HISTORY OF MY DISH

This is a traditional African dish; it unites South African nationals with Zimbabwean nationals. They will miss out if they do not work together to prepare this dish. The dombolo is predominantly South African, and the covo mixed with mushroom and peanut butter is predominantly Zimbabwean. Well, beef stew is for everyone. My wife says this recipe has been handed down to her from generation to generation and has stood the test of time. My two sons love it, so I trust them to encourage their future wives to keep the recipe alive. Enjoy this rich African dish. It is our food—it is who we are. It is best served with Stoney ginger beer in an enamel mug. It is more enjoyable when seated outside at sunset, feeling the fresh breeze in the garden trees and listening to birds. A person serving it has to kneel down to complement the respect that the dish deserves, and the person receiving it has to use both hands to show respect to the meal and to save it from falling, for it is a heavy meal. Eat it like a king.

METHOD

1. Mix all dry ingredients together.
2. Add the warm water, knead the dough, and then leave it in a warm place to rise.
3. Knead the dough again, place it in an enamel dish and leave it to rise.
4. Pour cold water into a large pot, place the enamel dish with the dough in the pot and bring to a boil for 1 hour.

INGREDIENTS

BEEF STEW WITH CARROTS

Olive oil	30 ml
Onion, diced	160 g
Garlic, minced	5 g
Beef, diced	As desired
BBQ fiesta spice	To taste
Jimmy steakhouse sauce	To taste
Carrots, peeled and diced	150 g
Water	125 ml
Beef stock	500 ml

INGREDIENTS

MUSHROOM AND COVO

Vegetable oil	As needed
Onion, chopped	160 g
Rajah spice	To taste
Mushrooms	250 g
Vegetable spice	To taste
Covo, finely chopped	Handful
Water	150 ml
Salt	To taste
Mushroom soup	50 g
Peanut butter	31 g

YIELD 4 SERVINGS

PREPARATION TIME 40 MINUTES

TOTAL TIME 2 HOURS 30 MINUTES

METHOD

1. Heat the oil in a large pot.
2. Put the onion and garlic into the pot.
3. Season the beef with BBQ fiesta spice, and add it to the pot, occasionally stirring until browned (about 6 to 8 minutes).
4. Add the Jimmy steakhouse sauce.
5. Add the carrots, water and beef stock and bring to a boil. Boil for 20 minutes.
6. Simmer until the carrots are tender and the stew thickens, about 20 minutes.
7. Serve immediately.

METHOD

1. Heat vegetable oil in a pan.
2. Add the onion and season with Rajah spice.
3. Add the mushrooms and season with vegetable spice stirring constantly.
4. Add the covo and the water.
5. Season with salt to taste.
6. Bring to a boil and boil for 10 minutes.
7. In a cup, mix water and mushroom soup as per the instructions and add this to the pot.
8. Let it simmer for 10 minutes.
9. Add the peanut butter and constantly stir until it thickens.



MY APPROACH TO COOKING/FOOD

When you get a chance to have organic chicken, it is best to keep it simple and allow its own flavours to shine. Getting the chicken to be soft right through is the tricky part and takes a bit of experience. My starch of choice is pap.

HISTORY OF MY DISH

Hardbody chicken is the organic, free-range chicken usually found in rural backyards. It is generally chased, slaughtered and prepared during special occasions, but the demand for it in urban areas has led to the emergence of many suppliers who deliver to households and African restaurants. A hardbody chicken might have less meat than the store-bought kind, but its flavour makes every bit of the chicken, from its crown, insides and feet, full of flavour. My mother taught me how to make this recipe.

HARDBODY CHICKEN

Sepetla Molapo

INGREDIENTS

Whole organic chicken	±1,5 kg
Water	500 ml
Salt	To taste
Onion, diced	250 g
Garlic, minced	10-15 g
Tomatoes, diced	300-450 g

METHOD

1. Cut the organic chicken into pieces and place them into a medium to large pot.
2. Add the water and salt and cook at low to medium heat.
3. In a separate saucepan, fry the onion and garlic until slightly brown.
4. Once the water has been reduced, and the chicken is soft, add the onion and garlic mix and diced tomatoes to make a sauce.
5. Serve with a starch of choice.

YIELD 6-8 SERVINGS

PREPARATION TIME 10 MINUTES

TOTAL TIME 2-3 HOURS

KASILICIOUS SHISA NYAMA (TOWNSHIP BRAAI)

Ntembie Bila

MY APPROACH TO COOKING/FOOD

I was born in the Eastern Cape, and the Xhosa people love meat. Hence, there are three kinds of meat in my dish. I inherited my passion for cooking from my mother. When I was young, I realised that my mother stirred love into every dish she prepared. I am very creative when cooking and want my plate to be attractive and entice a person from afar. Furthermore, I enjoy it when people admire the art I display in every dish I prepare. I am very hospitable and like entertaining friends and family. Therefore, shisa nyama is my favourite dish as it brings people together.

INGREDIENTS

TOWNSHIP BRAAI (SHISA NYAMA)

Beef chuck chops	1 kg
Lamb braai chops	1 kg
Wors	1 kg

SPICE MIX

Salt	13 g
Chilli powder	3,5 g
Paprika	7 g
Six gun spice	14 g
Ground cumin	7 g
Black pepper	14 g

HISTORY OF MY DISH

Shisa nyama is a term used in many South African townships to describe a barbecue or braai where people (friends or families) come together to grill meat on an open fire (usually near a butchery). The site is usually provided by the butcher, and only people who buy meat from the butcher are allowed to use the facility. Shisa nyama is a Zulu phrase that literally means to 'burn meat'. Shisa nyama started as a way for township butcheries to increase weekend sales. However, this soon became a gathering place for both up-and-coming urban professionals wanting to reconnect with their roots and local township residents looking for company and a place to drink and eat. They soon evolved and are now much more than venues to eat braai meat.

METHOD

1. To make the spice mix, mix all the ingredients well.
2. Generously season the braai meat with spice.
3. Braai to your liking in the braai stand with charcoal.
4. Brush the marinade onto the meat whilst grilling.
5. Serve with pap and chakalaka (spicy relish).

YIELD	8-10 SERVINGS
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PREPARATION TIME	30 MINUTES
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TOTAL TIME	2 HOURS
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INGREDIENTS

MARINADE

Jimmy steakhouse sauce	To taste
Worcestershire sauce	To taste

INGREDIENTS

PAP

Water	1 L
Salt	13 g
Maize meal (Tafelberg)	640 g

INGREDIENTS

CHAKALAKA (SPICY RELISH)

Onion, finely chopped	200 g
Baked beans in tomato sauce	410 g
Tomatoes, peeled and chopped	240 g
Red bell pepper, seeded and chopped	80 g
Green bell pepper, seeded and chopped	80 g
Carrots, grated	280 g
*Peri-peri powder	13 g
Cayenne pepper	6 g
Vegetable stock cube	10 g

METHOD

1. Place water in a pot and bring it to a boil. Add salt and the maize meal to the boiling water.
2. Whisk to remove lumps and add maize meal to thicken the pap.
3. Cover it and let it cook until it smells ready approximately 20 minutes.
4. Whisk it for the last time and serve.

METHOD

1. Heat the oil in a large pan and fry the onions until soft (about 5 minutes).
2. Add all the other ingredients and cook over low heat for about 20 minutes.
3. Stir occasionally until relish has formed.

**Reduce the amount of peri-peri powder if you prefer it milder.*



MY APPROACH TO COOKING/FOOD

In my family, we love to host. We usually invite friends over, choose a theme and try different types of food, like Cuban, West African and Asian cuisine. I was born in Mozambique, which makes Portuguese food one of our family favourites. This recipe is elaborate and needs a day to prepare, but it is well worth the time and effort.

HISTORY OF MY DISH

Bacalhau (cod) is one of the signature ingredients in Portuguese cuisine, which was adopted in Mozambique because of colonisation. This deep-fried salted cod recipe is one of the more popular ways to prepare it, served by itself as a starter or with some rice as the main course.

PASTÉIS DE BACALHAU (SALTED COD FRITTERS)

Rosa Da Costa-Bezuidenhout

INGREDIENTS

Salted cod	500 g
Milk	500 ml
Potatoes, peeled and chopped	800 g
Onion, finely chopped	160 g
Garlic, minced	20 g
Parsley, finely chopped	3 g
Cilantro, finely chopped	3 g
Eggs, large	2 units
Salt and pepper	To taste
Vegetable oil	500 ml
Lemons, thinly sliced	240 g

METHOD

1. Soak the dried cod in cold water for a day. You will need to change the water 3 to 4 times.
2. The next day, drain and rinse the cod, and place it in a large pot.
3. Add the milk and enough water to cover the cod by about 2,5 cm. Simmer gently over medium-low heat until the cod is tender. This should take about 20 to 25 minutes.
4. In another large pot, simmer potatoes in 2,5 cm of water on medium heat until very tender. This should take about 20 to 25 minutes,
5. Drain the potatoes, and mash them well.
6. Add the cod to the potatoes in a bowl, along with the onion, garlic, parsley, cilantro, and eggs.
7. Season with salt and pepper to taste while beating the mixture firmly with a spoon. The mixture needs to have a smooth and even consistency.
8. Shape the cod mixture into medium-sized cylinder-shaped pieces.
9. To deep-fry, pour the oil into a deep heavy skillet or pot and place it on high heat.
10. Add the pieces one by one, turning them over until they are golden brown.
11. Once done, remove the pieces and place them on a plate with paper towels to drain excess oil.
12. Serve hot with the sliced lemons for extra flavour.

YIELD

4 SERVINGS

PREPARATION TIME

10 MINUTES

**(DRIED COD NEEDS
TO BE SOAKED THE DAY BEFORE)**

TOTAL TIME

1 HOUR 30 MINUTES

EXOTIC KUDU SAUSAGE

Simmy Maenetsa

MY APPROACH TO COOKING/FOOD

I am a very free and adventurous person. My approach to cooking has always been filled with curiosity and the pursuit of knowledge. I strive to cook with all the senses. Enjoying the journey, meeting people, and growing with every recipe I taste is my journey and my dragon to slay.

HISTORY OF MY DISH

I love sausage, and this recipe is truly a sausage recipe full of adventure, and it is very filling. The spice blend and the kudu meat ensure a taste of the karoo. This recipe will take you on an extraordinary culinary expedition.

INGREDIENTS

TUNISIAN FIVE SPICE

Peppercorns	18 g
Cassia-cinnamon, ground	4 g
Grains of paradise	6 g
Cloves, whole	2 g
Nutmeg, freshly shaved or grated	1 g

METHOD

1. Combine all the ingredients and grind them together in a coffee mill as finely as needed.

INGREDIENTS

SAUSAGE

Kudu meat	1 kg
Pork belly, skin removed	500 g
Streaky bacon, chopped	250 g
Curing salt	15 g
Black pepper, ground	3 g
Tunisian five spice	1,25 g
Breadcrumbs	200 g
Dried thyme	2,5 ml
Lemon, zest	2,5 ml
Lime, zest	2,5 ml
Parsley	2,5 ml
Garlic, chopped	5 g
Red wine, chilled	200 ml
Casing, any casings	200 g

METHOD

1. Cool, dice and then mince the venison, pork and bacon together and place in a bowl. Use the medium plate on the grinder or roughly work in the food processor. Add the seasoning, spice blend and breadcrumbs, and mix into the meat.
2. Add the thyme, zests, parsley and garlic to the wine and stir well. Make holes in the meat with your fingertips and pour the wine into them. Using your hands, mix well until all is combined.
3. Prepare the casings for stuffing. Evenly fill the casings with the meat mixture and make links every 12-16 cm.
4. Cover with cling wrap or place in a plastic container with a lid and allow to rest in the fridge for 2 hours before cooking. To freeze, place the sausage in freezer bags or vacuum pack before freezing.
5. I find oven roasting in a greased roasting pan the best and gentlest method of cooking these sausages. Preheat the oven to 160°C (Gas 3) and cook for about 25 to 30 minutes.

YIELD 12 SAUSAGES

PREPARATION TIME 60 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES



MY APPROACH TO COOKING/FOOD

I associate food and cooking with travelling, new discoveries, lazy lunches, and spending time with loved ones. The smell of food takes me back to the places I have visited and the good memories associated with these travels. I am an adventurous cook and enjoy attending cooking classes when visiting other countries. I improvise on most recipes, and I find cooking to be a creative outlet after spending hours in front of the computer.

HISTORY OF MY DISH

This paella takes me back to Barcelona, where I first learnt how to cook Spanish food. I savour the memories of food markets, long, sunny days, tapas, and walks along the promenade. Back home, this dish is one of my favourites when I entertain during the summer months because you can do it outside while chatting with friends. Served with a big mixed salad, it feeds several people.

MEMORIES ARE MADE OF ... MIXED PAELLA

Tharina Guse

INGREDIENTS

Tomatoes	300 g
Prawns, large	±670 g
Smoked paprika	5 ml
Ground black pepper	1 ml
Boneless chicken thighs or breasts	500 g
Plain chorizo, sliced	100 g
Olive oil	15 ml
Onion, finely chopped	160 g
Garlic, minced	10 g
Risotto rice (arborio)	400 g
Chicken stock	1 L
Turmeric	5 ml
Mussels	±960 g
Fresh parsley, chopped	13 g
Lemon, cut into 8 wedges	120 g

METHOD

1. Halve the tomatoes and grate the flesh side of each half. Discard the skins and set them aside.
2. Season the prawns with salt, pepper and 1 ml of smoked paprika. Refrigerate.
3. Season the chicken with salt and pepper. Refrigerate.
4. Heat the grill to 200°C. Place a large paella pan on the grill, add the chorizo and cook for 2 minutes. Remove the chorizo from the pan and set aside.
5. Add the chicken and a little oil to the pan in a single layer, occasionally stirring until golden brown, about 6 minutes. Remove the chicken and add to the chorizo.
6. Add a bit more oil to the pan, the onion, garlic, and the remaining 4 ml of smoked paprika. Cook briefly, about 30 seconds.
7. Add the grated tomatoes and cook briefly.
8. Add the rice and stir to coat in the tomato mixture.
9. Mix the chicken stock and turmeric. Add to the rice and stir to combine. Arrange the rice mixture in an even layer. Distribute the chorizo and chicken over the rice. From this point onwards, do not stir the rice.
10. Close the grill and simmer for about 12 minutes, occasionally checking, until the rice grains have swelled and most of the liquid has been absorbed.
11. Arrange the prawns and mussels in the rice. Close the grill and cook for a further 10 to 12 minutes until the prawns are just cooked, the mussels are piping hot, and the rice is tender but still firm.
12. Sprinkle with parsley and serve with lemon wedges, crusty bread ... and a glass of white wine.

NOTE

This recipe can be made on a covered gas grill or a Weber braai. It can also be adapted to make on the stove, using medium heat.

YIELD	6-8 SERVINGS
PREPARATION TIME	30 MINUTES
TOTAL TIME	1 HOUR 30 MINUTES



MY APPROACH TO COOKING/FOOD

I am a very free and adventurous person. My approach to cooking has always been filled with curiosity and the pursuit of knowledge. I strive to cook with all the senses. Enjoying the journey, meeting people, and growing with every recipe I taste is my journey and my dragon to slay.

HISTORY OF MY DISH

This recipe was created by taking an African recipe and changing it to be more filling and grounded in its taste while keeping the core elements of its origin. It is a simple dish I have cooked on multiple occasions, and I have learnt to love making it. Tube vegetables piqued my curiosity as I learnt more and more about them, and, as such, I infused them into my cooking. This is a recipe to ground you and remind you of home.

BEEF AND TUBE VEGETABLES STEW

Simmy Maenetsa

INGREDIENTS

Canola oil	500 g
Rice	500 g
Onion, chopped	150 g
Boneless stew beef, cut into 2,5 cm cubes	800 g
Tomato paste	100 g
Water	
Cayenne pepper	
Salt	As needed
Pepper	As needed
Dried thyme	5 ml
Green cabbage, cored, cut into 8 wedges	400 g
Yam, large peeled	7 500 g
Carrots, quartered	3 units
Sweet potato, large, peeled and quartered	180 g
Turnips (or parsnips)	450 g
Potato, large	368 g
Peanut butter, smooth	130 g

METHOD

1. Heat the canola oil over medium-high heat in a large casserole or Dutch oven. Cook the onions until translucent, stirring continuously for about 5 minutes.
2. Add the beef, and once it browns, add the tomato paste, water, cayenne, salt, black pepper, and thyme.
3. Reduce the heat to low, cover, and cook for 1 hour.
4. Add the cabbage, carrots, yam, sweet potato, potato and turnips. Cover and cook until tender, 2 to 2 ½ hours.
5. Remove about ½ cup of the liquid from the casserole and stir into the peanut butter in a small bowl. Pour this sauce over the meat and cook for 5 minutes.
6. Serve over plain rice.

YIELD 8 PORTIONS OF 65 ML

PREPARATION TIME 60 MINUTES

TOTAL TIME 3 HOURS 30 MINUTES



HISTORY OF MY DISH

Potjiekos evolved from a venison stew with vegetables and was originally cooked in a potjie. It originates from the Netherlands.

Idombolo is most famous among Nguni people and pairs very well with stews. This meal can therefore be classified as a hearty South African meal.

YIELD	2 SERVINGS
PREPARATION TIME	20 MINUTES
TOTAL TIME	3 HOURS

RED WINE POTJIE WITH IDOMBOLO

Tshegofatso Isabel Kutumela

INGREDIENTS

RED WINE POTJIE

Streaky bacon	40 g
Vegetable oil	10 g
Stewing beef	500 g
Cake flour	10 g
Salt	1 g
Pepper	0,5 g
Stock cubes	5 g
Onion, chopped	55 g
Carrots	70 g
Garlic cloves	5 g
Bay leaves	2 units
Thyme, dried	1 mg
Tomato paste	4 g
Red wine, Pinotage or Shiraz	100 g
Water	200 g
Button mushrooms	55 g

IDOMBOLO

Cake flour	145 g
Salt	1 g
Granulated sugar	2 g
Yeast	2 g
Warm water	51 g

METHOD

1. In a pot/pan, brown the bacon in the oil and set aside.
2. Mix the flour, salt and pepper and toss the meat in it. Brown the tossed meat in the same pan used for the bacon and then remove it from the pot once browned.
3. Brown the onions, and add carrots, stock, garlic cloves, bay leaves, thyme and tomato paste. Sauté for 2 to 3 minutes.
4. Add the red wine and water and let it simmer for a minute or two. Add seasoning if necessary.
5. Put the beef back into the pot and cover. Cook until tender, adjusting liquids as necessary.
6. Sauté the mushrooms and set aside. Add to the beef when the beef is tender.
7. When the beef is cooked, remove the bay leaves.
8. Sprinkle some bacon over the meat on the plate.

METHOD (IDOMBOLO)

1. Mix cake flour, salt and sugar in a bowl.
2. Dissolve the yeast in the water and add to the flour mix.
3. Combine and knead for 8 to 10 minutes.
4. Place the dough in a greased bowl, cover it with a damp cloth or cling wrap and leave to rise until the dough has almost doubled in size.
5. Divide and shape the dombolo into balls or as desired.
6. Leave them to proof (rise again).
7. Steam the balls for roughly 15 to 20 minutes. If they spring back when pressed, they should be ready.

ASSEMBLY

Let the idombolo balls simmer in the potjie for about 5 minutes, serve on a plate or bowl, and top with bacon. OR Serve the potjie on a plate, put the idombolo on the sides and then top with bacon.



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MY APPROACH TO COOKING/FOOD

Cooking and baking were something that my mother and grandmother taught me. I use their recipes because they are familiar, and each recipe has been adapted over the years to work perfectly every time.

HISTORY OF MY DISH

Many variations of these cookies exist in the households of mothers who had often baked this for their sons who served in the South African Defence Force. The cookie became ideal for a troop as it was able to endure the journey to the troops on the border. The cookie was also seen as an energising snack which would help the troop with the required energy to engage in combat. The recipe usually yields a bulk of these cookies to provide the troops with a long-lasting amount.

‘TROEPEKOEKIES’

Dominique Niemand

INGREDIENTS

Cake flour	650 g
Coconut	300 g
Oats	250 g
Bran	30 g
Nuts (chopped)	100 g
Salt	7 g
Sugar	800 g
Butter or margarine	500 g
Eggs	4 units
Vanilla essence	10 g
Honey or golden syrup	33 g
Baking powder	13 g
Baking soda	20 g

METHOD

1. Preheat the oven to 180°C.
2. Grease baking trays. Place the oven rack in the middle of the oven.
3. Mix the flour, coconut, oats, bran, nuts and salt in a large mixing bowl.
4. Cream the sugar and butter or margarine in another bowl.
5. Add the eggs and vanilla essence and mix.
6. Heat the honey or syrup slightly and mix the baking powder and baking soda into the honey/syrup. It forms a thick foam.
7. Add this to the flour mixture and mix slightly. Add the rice crispies and mix.
8. Roll balls as big as about the size of 1 ½ walnut and place them 5 cm apart on the baking tray.
9. Bake for 18 to 20 minutes. Let them cool down for 10 minutes before removing them from the pan.

YIELD 30-40 COOKIES

PREPARATION TIME 20 MINUTES

TOTAL TIME 50 MINUTES

15-MINUTE MILK TART

Andrea Mitas

MY APPROACH TO COOKING/ FOOD

I enjoy baking the most as it allows me to do something fun with my daughters Emily (11) and Emlynn (5). It is not only fun and therapeutic but allows for some special bonding time.

INGREDIENTS

Tennis Biscuits, ground	200 g
Butter, melted	80 g
Condensed milk	385 g
Milk	700 ml
Cornflour/Maizena	56 g
Water	80 ml
Vanilla essence	5 g
Eggs	2 units
Salt	2 ml
Cinnamon, ground, for dusting	3 g

YIELD

6-8 SERVINGS

PREPARATION TIME

15 MINUTES

TOTAL TIME

15 MINUTES

HISTORY OF MY DISH

My mother-in-law used this recipe, which she passed on to me. It is quick and easy and a lot safer using the microwave than the stove, especially for children. It is a recipe I now see as a 'generational treasure', one which was passed down from her grandmother to her mother, to me and one which I have now passed down to my daughters. In a nutshell, it is a recipe of quick and easy LOVE!

METHOD

1. Crush the biscuits until fine. Mix in the butter and press the mixture into a 27 cm tart dish. Chill in the fridge.
2. Mix the condensed milk and milk, and microwave for 3 minutes.
3. Mix the cornflour/Maizena, water, vanilla, eggs and salt.
4. Stir this mixture into the condensed milk mixture until smooth.
5. Microwave for about 5 minutes, stirring every minute, until it starts to thicken.
6. Pour the warm mixture over the biscuit base.
7. Keep aside until set and cooled.
8. Dust with cinnamon.
9. Chill in the fridge until ready to serve with a lovely cup of tea.

CRUSTLESS MILK TART (HILDAGONDA DUCKITT'S RECIPE)

Rachel Botes

HISTORY OF MY DISH

Hildagonda Duckitt was born on the farm, Groote Post, in the Darling district, in 1840. The recipe was published in 1891 in Hilda's "where is it" of Recipes. She describes it as Tart (MILK) (Old Dutch Specialité). She gives no further description of why it is called a Dutch Specialité. The recipes in the book are arranged alphabetically with the names of the person she obtained the recipe from (where applicable). In the introduction to the book, she writes that this book came about because she had friends in England who spent time at the Cape and that she would like to keep their interest in South Africa alive. She wishes that those who have not yet copied their mother's recipes will find this book helpful. 'Few Colonial cooks of the present day understand the art of cooking; it is therefore absolutely necessary for the lady of the house to know something about it so that she can direct them.' This recipe was sourced from: Duckitt, H.J. 1902. *Hilda's Diary of a Cape Housekeeper*. London: Chapman and Hall.

INGREDIENTS

Milk	590 g
Sugar	24 g
Butter	14 g
Maizena	8 g
Eggs	2 units
Cinnamon	1 unit

METHOD

1. Preheat the oven to 180°C.
2. Place a pot over medium heat, add the milk, sugar and cinnamon and bring to a boil.
3. Mix the butter, Maizena and a little cold milk and pour into the boiling milk.
4. Boil for 5 minutes, pour into a bowl and allow to cool.
5. Beat the eggs well and add to the cooled milk mixture.
6. Pour the milk mixture into a buttered pie dish and bake for 20 minutes.

YIELD 1 TART

PREPARATION TIME 25 MINUTES

TOTAL TIME 45 MINUTES



MY APPROACH TO COOKING/FOOD

My mother and grandmother taught me how to cook and bake. I use their recipes because they are familiar, and each recipe has been adapted over the years to work perfectly every time.

HISTORY OF MY DISH

The tart originated in 1510 when Thomas van der Noot published the first Dutch cookbook. The recipe initially consisted of almond milk, plant oil, flour, rice flour, ginger and cinnamon, which were mixed to form a porridge. Van der Noot modernised the recipe by adding eggs and using less flour, which led to the recipe used in South Africa today. Milk tart is still enjoyed today and is usually served during tea as an artisan tart.

MILK TART

Dominique Niemand

INGREDIENTS

Eggs, separated	4 units
Sugar	200 g
Butter or margarine	60 g
Baking powder	3 g
Cake flour	140 g
Milk	100 ml
Vanilla essence	5 g
Cinnamon sugar	40 g
Salt	2 ml

METHOD

1. Preheat the oven to 180°C. Grease two tart dishes with a volume of 1 litre each.
2. Beat the egg yolks, sugar and butter or margarine together until it reaches a creamy texture.
3. Sift together the cake flour, baking powder and salt and mix it into the egg mixture.
4. Add the milk and vanilla essence and mix.
5. Beat the egg whites until stiff, and use a metal spoon to gently fold the egg whites into the milk mixture; the mixture is thin.
6. Pour the mixture into the tart dishes and sprinkle with the cinnamon sugar.
7. Bake the milk tarts for 40 to 50 minutes until done.

YIELD 2 TARTS

PREPARATION TIME 20 MINUTES

TOTAL TIME 60 MINUTES



MY APPROACH TO COOKING/FOOD

Baking, especially holiday cookies, was part of growing up. We liked to help Mom, especially because it was too much work to do alone. Although I do not bake regularly, I have many German cookie recipes for Christmas. I have a very good German friend whose kitchen smells like cookies for weeks before Christmas. I try my best to make many different 'Kersfeeskoekies' during the early days of the December holidays.

HISTORY OF MY DISH

This recipe is in my grandmother's recipe book. It is a newspaper clipping, under the title: *Oupa het daaraan gesmul, Kleinboet sal ook* (Oupa tucked in, Kleinboet will too). It was one of a few so-called Voortrekker recipes, like curried fish (*ingelegde vis*) and rusks (*beskuit*). We used to prepare the dough the evening before we baked the cookies (to eat during the December holidays). The rolling out of the dough and baking the whole batch was a time-consuming activity—but, as the saying goes: *vele hande maak ligte werk* (many hands make light work).

'BOERE SOETKOEK'

Nerina Bosman

INGREDIENTS

Wheat flour	840 g
Sugar	500 g
Baking powder	3 g
Ginger, powdered	6 g
Cinnamon	4 g
Cloves	2 g
Salt	3 g
Butter	238 g
Pork fat, this includes butter and pork lard	300 g
Eggs	2 units
Milk, to add to dough for consistency	As needed

METHOD

1. Sift all the dry ingredients together.
2. Combine the butter and pork fat with the dry ingredients (best done using your hands).
3. Beat the eggs and add to the dough, then add some milk until you have a stiff but workable dough.
4. Wrap the dough in a damp cloth and leave for anything between half an hour to overnight.
5. Preheat the oven to 180°C.
6. Roll out the dough and use cookie cutters to cut out the cookies.
7. Bake in the preheated oven for 10 to 12 minutes. Cookies will be slightly soft straight out of the oven but harden once they cool down.

YIELD 60 COOKIES

PREPARATION TIME 20 MINUTES

TOTAL TIME 32 MINUTES
+ WAITING TIME



HISTORY OF MY DISH

This cake is the first recipe in my mother's handwritten recipe book. She emigrated to South Africa from Germany shortly after I was born and always kept up her German baking traditions—including Christmas cookies in December (although she complained bitterly that she 'had' to do this during the summer heat!). This particular cake was a favourite for birthdays. However, the topping was sometimes made with desiccated coconut rather than almonds (almonds were expensive, and my mother was extremely frugal). Baking with my mom on a Saturday afternoon is one of my treasured memories of growing up.

MY APPROACH TO COOKING/FOOD

I love baking because one does not need to multitask! Having four or more pots and pans on the stove at the same time overwhelms me completely. Baking a cake is a linear process with little deviation—it appeals to my left brain.

YIELD	10 PORTIONS
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PREPARATION TIME	30 MINUTES
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TOTAL TIME	1 HOUR 30 MINUTES
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BIENENSTICH (BEE STING)

Kerstin Tönsing

INGREDIENTS

SPONGE CAKES

Eggs	4 units
Sugar	200 g
Flour	240 g
Baking powder	7 g
Butter	120 g
Milk	250 ml
Vanilla	10 ml

TOPPING

Milk	90 ml
Butter	85 ml
Sugar	150 g
Almonds, flaked or chopped	150 g

FILLING

Moirs Vanilla Flavoured Instant Pudding	90 g
Milk	350 ml

METHOD (SPONGE CAKES)

1. Preheat the oven to 180°C.
2. Melt the butter on the stove or in the microwave, and put it aside.
3. Beat the eggs until light and fluffy.
4. Slowly add the sugar and vanilla essence to the eggs while beating continuously.
5. In a different container, mix the flour and baking powder.
6. Add the flour mixture to the egg mixture.
7. Add the milk to the melted butter.
8. Add the buttermilk mixture to the egg-flour mixture and mix well.
9. Grease two identical round baking pans.
10. Divide the mixture between the two pans.
11. Bake in the preheated oven for about 30 to 45 minutes until a skewer inserted into the middle of each cake comes out clean.
12. Let the cakes cool in the pans.

TOPPING

1. Bring the milk and butter to a boil on the stove.
2. Add the sugar and almonds.
3. Cook the mixture until it thickens somewhat, stirring all the time.
4. Spread the hot mixture onto one of the baked sponge cakes in the pan.
5. Put it under the grill for 1 to 2 minutes, watching all the time to ensure it does not burn. The topping should bubble slightly and possibly brown just a little.

FILLING

1. Add the pudding powder to the milk.
2. Beat with an electric mixer for about 1 minute.
3. Allow to set in the fridge for at least 30 minutes.
4. Once the sponge cakes have cooled completely, remove them from the pans.
5. Spread the filling onto the sponge cake without the topping.
6. Carefully place the sponge cake with the topping on top.



HISTORY OF MY DISH

This is an old family recipe passed down from my wife's grandparents. We baked these during family time in the lockdown, and they became the preferred treat for binge eating during that period.

PROMISES

Anonymous

INGREDIENTS

Butter	115 g
Sugar	115 g
Flour	230 g
Baking powder	3 g
Egg	1 unit
Salt	As needed
Jam	As needed

METHOD

1. Preheat the oven to 200°C.
2. Beat the butter and sugar until fluffy.
3. Add the egg and mix well.
4. Add the flour, baking powder and salt to the butter mixture.
5. Scoop tablespoonfuls of dough into your hand and roll into balls the size of walnuts.
6. Place the balls on a greased baking tray, about two fingers apart.
7. Make a hole in each ball and fill it with jam of your choice.
8. Bake in the preheated oven for approximately 12 to 14 minutes or until light brown.

YIELD 20 COOKIES

PREPARATION TIME 20 MINUTES

TOTAL TIME 35 MINUTES



MY APPROACH TO COOKING/FOOD

I like simple and easy recipes as I am not a good cook. These chocolate squares tick the box. They make an excellent treat-gift and hardly take any time to make. I usually have some in the fridge just in case I have unexpected guests for coffee.

HISTORY OF MY DISH

A neighbour gave me this recipe more than 40 years ago—we both had small boys who were always hungry and constantly nagging us for sweet treats. I have made this ever since, and my sons grew up with this as one of their favourites. The promise of making chocolate squares kept them out of my hair during those long PhD days! More recently, my granddaughters started making these, so it is becoming a kind of family recipe, never thus intended. At the time, it was a time-saving, effortless and relatively affordable recipe that the boys loved. But beyond ease and family stories lies the history of cacao. The tree was domesticated more than 5 000 years ago in Equatorial Central America and, before the Spanish conquest, even served as a local currency in the region. Over time, African countries like Ghana also started growing cacao, mainly for export to Europe. Several African countries became single-crop exporters, increasing their dependence on raw material exports. So, not meaning to spoil your appetite, do spare a thought for the difficulties of structural change in terms of international trade patterns still suffered by many economies in the global South.

CHOCOLATE SQUARES

Maxi Schoeman

INGREDIENTS

Marie biscuits	200 g
Margarine	250 g
Icing sugar	500 g
Cocoa powder	38 g
Egg	1 unit
Chopped nuts, optional	As needed

METHOD

1. Crush the Marie biscuits.
2. Melt the margarine.
3. Add the icing sugar and cocoa to the margarine and stir well.
4. Remove from the stove and very quickly stir in the egg.
5. Add the biscuit crumbs to the margarine mixture and combine well.
6. Pour into a greased dish.
7. Put in the fridge to set—about 2 hours.
8. Cut into smallish squares and keep refrigerated.

YIELD MANY

PREPARATION TIME 10 MINUTES

TOTAL TIME 20 MINUTES

BREXIT BREAD-AND-BUTTER PUDDING

Molly Brown

INGREDIENTS

White bread, thick slices, generously buttered	4 units
Apricot jam	77 g
Raisins, seedless	100 g
Eggs	2 units
Milk	740 g
Sugar	100 g
Salt	2 ml

METHOD

1. Preheat the oven to 160°C (325°F).
2. Put the bread in a baking dish, buttered side down.
3. Spread thickly with the jam.
4. Sprinkle raisins over the spread bread.
5. Beat the eggs, then add the remaining ingredients and mix.
6. Pour the egg and milk mixture over the bread and soak for 20 minutes.
7. Cover and bake in preheated oven for half an hour.
8. Uncover and bake until the top browns.
9. Serve with whipped cream, ice cream or custard.

SERVING SUGGESTION

The recipe may be adapted by omitting the apricot jam and serving with moskonfyt, adding generous quantities of chocolate chips or even sprinkling desiccated coconut on top before baking.

YIELD 4 SERVINGS

PREPARATION TIME 10 MINUTES
+ 20 MINUTES FOR STANDING TIME

TOTAL TIME 60 MINUTES

SWEET RICE (KHEER)

Avasha Rambiritch

HISTORY OF MY DISH

Sweet rice or kheer is considered a dish fit for the gods and is offered to Hindu deities during religious ceremonies and weddings.

INGREDIENTS

White rice	200 g
White sugar	100 g
Fresh milk	2 L
Cardamom powder	2 g
Sliced almonds	As needed

MY APPROACH TO COOKING/FOOD

My mom, who has a reputation for being an excellent cook, believes firmly in the power of food to bring our family together and make memories. Cooking for her family has always been the centre of her world, and she thrives on ensuring that we are all thoroughly spoilt by her wonderful cooking and baking. She has never believed in recipes or writing down her recipes. According to her, they are all in her head.

METHOD

1. Rinse the rice and boil it in 1 cup of water.
2. Once the rice is cooked and the water has evaporated, add 1 litre of milk and leave to boil over low heat. Stir continuously and gradually add all the remaining milk.
3. When rice is nearly dry (once all the milk has been absorbed), add sugar, almonds and cardamom powder, and leave to simmer.
4. Serve warm.

YIELD 4 SERVINGS

PREPARATION TIME 15 MINUTES

TOTAL TIME 60 MINUTES



MY APPROACH TO COOKING/FOOD

I see cooking as a skill and love the way it connects people. There is something restful about working with different textures, flavours and aromas, and the tang of lemon is one of the best!

HISTORY OF MY DISH

I dedicate this dish to Lena in Athol Fugard's *Boesman and Lena* because Lena, who is homeless, longs for one of the key ingredients of this dish—she sings: “Ou blikkie kondensmelk / Maak die lewe soet”.

LEMON DELIGHT (FOR LENA)

Anonymous

INGREDIENTS

Tennis biscuits,	
lemon	200 g to 300 g
Milk	516 g
Custard powder	42 g
Sugar	100 g
Lemon leaf, optional	1 unit
Condensed milk, sweetened	385 g
Lemon, large, juice, grated rind (rough-skinned lemons give the mildest flavour)	1 unit

METHOD

1. Make a medium-thick custard according to the instructions on the packet. This should be thicker than a pouring or instant custard (about 4 to 5 tablespoons of custard powder added to 500 ml of milk—depending on the make). Allow to cool slightly.
2. Mix the condensed milk with the juice and lemon rind. The condensed milk will thicken slightly.
3. In a pie dish or cake tin, layer as follows: biscuits > custard > condensed milk/lemon mix. Keep a biscuit or two separately to use as decoration.
4. Repeat to add a second layer.
5. Crumble the remaining biscuits and sprinkle on top as decoration.
6. Place in the fridge to cool for 30 minutes or longer.
7. (The tart can be served at room temperature in the first few hours but must be kept in the fridge afterwards. Eat within 2 days.)

YIELD 8-12 SERVINGS

PREPARATION TIME 15-20- MIN.

TOTAL TIME 60 MINUTES



HISTORY OF MY DISH

This is one of my COVID-19 lockdown concoctions. It is super simple and elegant.

SIMPLE ORANGE AND ALMOND TART (SUGAR AND GLUTEN-FREE)

Alexander Johnson

INGREDIENTS

Xylitol	200 g
Butter, soft	200 g
Coconut flour or flaked coconut	15 g
Ground almonds or almond flour	200 g
Vanilla essence	5 g
Almond essence	1.25 g
Eggs	3 units
Orange, zest	2 units
Orange, juice and pulp	1 unit
Baking powder	3 g
Salt	2 ml
Polenta	200 g

METHOD

1. Preheat the oven to 160-170°C.
2. Cream together the xylitol and butter to a light foamy texture.
3. Add the coconut flour, almond flour, vanilla and almond essence.
4. Add eggs last and mix for a few more seconds.
5. Stop the mixer, add the orange juice, zest, salt and polenta, and mix well with a spoon or spatula.
6. Pour into a greased springform pan and bake for 50 to 60 minutes.
7. Leave to cool and serve with whipped cream, mascarpone or crème anglaise.

YIELD SINGLE-LAYER MEDIUM CAKE

PREPARATION TIME 10 MINUTES

TOTAL TIME 60 MINUTES

NEW YORK CHEESECAKE

Helena Vorster

MY APPROACH TO COOKING/ FOOD

I have loved baking and cooking since an early age. The ability to create something from 'nothing' allows me to switch off from the daily routines of life and find happiness and fulfilment by seeing the end product and how it is enjoyed.

INGREDIENTS

CRUST

Butter, melted	100 g
Digestive biscuits	400 g

HISTORY OF MY DISH

I love baked cheesecake—it is definitely one of my favourites. I got this recipe from a dear friend, and I will forever keep it in my archive of recipes. This recipe gets a lot of compliments and has never let me down!

METHOD

1. Preheat the oven to 230°C and prepare a springform pan.
2. Crush the biscuits and mix with the melted butter.
3. Press the crumbs into an even layer on the bottom of the pan.
4. Bake in the preheated oven for 10 minutes.

INGREDIENTS

FILLING

Cream cheese	900 g
Sugar	250 g
Cake flour	22 g
Eggs	3 units
Egg yolk	1 unit
Sour cream	240 g
Vanilla	10 g

INGREDIENTS

TOPPING

Sour cream	240 g
Castor sugar	13 g
Lemon, juice	1 unit

METHOD

1. Whisk the cream cheese, sugar and cake flour together for 3 minutes.
2. Add the eggs and mix well.
3. Add the sour cream and vanilla and mix well.
4. Pour over the crust and bake in the preheated oven for another 10 minutes. Lower the oven temperature to 110°C and bake for another 30 minutes.
5. Turn off the oven and leave the cake to cool for 2 hours.
6. Remove from the oven and pan, and place the cake onto a plate to cool completely.

METHOD

1. Mix all the ingredients and pour over the cooled cake.

YIELD 12 SLICES

PREPARATION TIME 90 MIN.

TOTAL TIME 2 HOURS 30 MINUTES



MY APPROACH TO COOKING/FOOD

I love all things sweet, and I, therefore, gravitate towards baking. I enjoy seeing a fantastic end product after a few hours of preparation and baking and then experiencing its positive effect on people around me.

HISTORY OF MY DISH

This cheesecake is one of my favourites as it is quick to prepare and requires no baking. It is always a crowd-pleaser, and anyone with limited kitchen skills can produce a fantastic result. The credits for this lovely recipe go to Sally on Sally's Baking Addiction, whose work I follow daily: <https://sallysbakingaddiction.com/>

EASY FRIDGE CHEESECAKE

Esedra Krüger

INGREDIENTS

CRUST

Coconut biscuits (Tennis biscuits)	200 g
Brown sugar	64 g
Unsalted butter, melted	120 g

INGREDIENTS

FILLING

Heavy cream/ whipping cream	288 g
Full-fat cream cheese, softened to room temperature	625 g
White sugar	100 g
Sour cream	58 g
Icing sugar	15 g
Lemon juice	9 g
Vanilla extract	5 g

METHOD

1. Mix the crust ingredients together and pack into a small pie dish or springform pan (approximately 5 cm). Pack the crust firmly by pressing it down with another container and then freeze for a few minutes while making the filling.

METHOD

1. Use a mixer and whip the cream into soft peaks (4 to 5 minutes). Set aside for later.
2. Using a mixer, combine the cream cheese and the granulated sugar and mix until smooth. Add the icing sugar, sour cream, lemon juice, and vanilla extract and beat until smooth and combined. Keep beating the mixture until it has no lumps.
3. Slowly fold the whipped cream into the cream cheese mixture.
4. Remove the crust from the freezer and fill with the cream cheese filling, smoothing out the top using a spatula.
5. Cover with foil or plastic wrap and keep refrigerated for at least 8 hours. Serve with a topping of your choice.

YIELD SINGLE LAYER MEDIUM CAKE

PREPARATION TIME 60 MINUTES

TOTAL TIME 9 HOURS & OVERNIGHT
REFRIGERATION



MY APPROACH TO COOKING/FOOD

I enjoy experimenting with new recipes and testing them on my family. I especially enjoy baking and cooking if I have a lot of work—baking gives me the feeling that I am busy with something important without feeling guilty.

HISTORY OF MY DISH

My mother (Sarah van Wyk) was a lecturer at the University of Pretoria for many years. She enjoyed baking and cooking for family and friends. She used to bake the ginger biscuits for her children and family regularly. This recipe was so part of her that when she passed away, her granddaughters decided to bake ginger biscuits for those who attended her funeral. Each guest got a ginger biscuit neatly packed in a small parcel. This recipe, therefore, especially reminds me of my mother.

OUMA SARAH'S GINGER BISCUITS

Maggi Soer

INGREDIENTS

Golden syrup	500 g
Rama margarine	500 g
Sugar	500 g
Self-raising flour	1 kg
Ginger powder	6 g
Bicarbonate of soda	7 g

METHOD

1. Preheat the oven to 180°C.
2. Cream the margarine and sugar.
3. Add the syrup to the margarine and sugar while mixing.
4. Add the flour, ginger and bicarbonate of soda while mixing into a soft dough.
5. Make small balls and place them on a baking tray.
6. Bake for 12 to 15 minutes in the preheated oven.

YIELD ± 80 BISCUITS

PREPARATION TIME 15 MINUTES

TOTAL TIME 1 HOUR 15 MINUTES



MY APPROACH TO COOKING/FOOD

Be bold and enjoy the process of creating something delectable. A recipe is a guideline, not a set of rules.

HISTORY OF MY DISH

I am part of a large family that had the privilege of sharing a Sunday braai regularly. Each aunt had to bring an additional dish to the braai. My father loves ice cream, and my mother loves my father, so we ended up having ice cream and homemade chocolate sauce for dessert. Fond memories of good food, family, and the South African culture of braai were created.

MA EERKIE'S CHOCOLATE SAUCE

Carlien Vorster

INGREDIENTS

Chocolate slab	150 g
Pouring cream	240 g
Condensed milk	385 g
Nuts	As needed

METHOD

1. Set up a double boiler with water in the pot and place the broken chocolate slab into the saucepan. Stir while the chocolate melts. Ensure the water is only just boiling (medium heat) to prevent the chocolate from burning and separating.
2. Once the melted chocolate has a smooth texture, add the condensed milk while stirring slowly.
3. Turn off the heat and allow it to cool for five minutes before adding the cream.
4. Optional: add nuts of your choice to enhance the taste and texture.
5. Let it cool for two to four minutes before pouring over your ice cream.

NOTES

If you want a thinner consistency, add more cream.

Once cooled, the sauce has a toffee texture if you did not add additional cream. Lovely to eat with a spoon or add to your coffee.

YIELD 8-12 SERVINGS

PREPARATION TIME 25 MINUTES

TOTAL TIME 25 MINUTES



MY APPROACH TO COOKING/FOOD

To have fun, to experiment, and to be creative.

HISTORY OF MY DISH

These are favourite flavours in my home, which we often have around the holidays and festive season. It is a fun game trying to say the name of the dish, which always proves entertaining with friends and family around.

SALTED-CARAMEL NUTTER-BUTTER OAT-COOKIE SANDWICHES

Casey Jane Eslick

INGREDIENTS

COOKIES

All-purpose flour	120 g
Oats	110 g
Baking soda	3 g
Baking powder	1 g
Salt	3 g
Butter, room temperature	125 g
Peanut butter	130 ml
White sugar	100 g
Light brown sugar	100 g
Egg, large	1 unit

METHOD

1. Preheat the oven to 180°C. Grease a large baking tray and set aside.
2. Whisk together the flour, oats, baking soda, baking powder, and salt.
3. Beat the butter, peanut butter, and both sugars on medium speed until light and fluffy.
4. Add the egg and vanilla extract. Mix until combined.
5. At low speed, slowly add the dry ingredients, mixing just until combined.
6. Place cookie dough in the fridge for 10 minutes if too soft.
7. Take about 1 tablespoon of dough and roll into a cookie ball.
8. Place rolled balls onto the prepared baking tray, leaving about 4 cm between the cookies.
9. Press cookie dough flatter to make thin cookies for sandwiches.
10. Bake for 8 to 10 minutes until the cookies are golden and the edges are set.
11. Let the cookies cool on the baking sheet for 5 minutes, then transfer them to a wire rack to cool completely.

YIELD 15-20 COOKIES

PREPARATION TIME 50 MINUTES

TOTAL TIME 1 HOUR 15 MINUTES

CONTINUED OVERLEAF

SALTED-CARAMEL NUTTER-BUTTER OAT-COOKIE SANDWICHES

Casey Jane Eslick

INGREDIENTS

FILLING

Butter, room temperature	125 g
Icing sugar	120 g
Salt	As needed
Caramel treat	65 g

INGREDIENTS

CHOCOLATE DIP

Dark chocolate	400 g
Cream	173 g
Coarse salt for sprinkling	As needed

METHOD

1. Beat the butter until light and fluffy.
2. Add the icing sugar and beat the mixture until incorporated.
3. Add the salt and caramel treat, tasting as you go, and mix until thoroughly combined.
4. Add food colouring if using.
5. Fill each cookie evenly with filling. Spread about 1 tablespoon of the filling on the flat side of a cookie (depending on the size of the cookies - approximately 8 to 10 cm in diameter). Then top with another cookie, pressing down slightly.
6. Continue until all cookie sandwiches have been made.
7. Store in an airtight container in the fridge.

METHOD

1. Place the cookie sandwiches on a baking tray and place them in the freezer for at least 10 minutes before dunking in the chocolate.
2. While the cookies are in the freezer, place the chocolate in a heatproof bowl (a small pot works well). Heat the cream in the microwave until hot, and then pour over the chocolate.
3. Stir until completely melted and smooth. Dip each semi-frozen cookie sandwich into the ganache, place on a parchment-lined baking sheet, and sprinkle with sea salt while still tacky.
4. Continue until all the cookies have been dunked in the chocolate and sprinkled with salt.
5. Allow the cookies to set.
6. Leftover cookies are best stored in an airtight container in the fridge.

KHEER

Shakila Dada

INGREDIENTS

Rice, washed	400 g
Condensed milk	385 g
Cream (tin)	43 g
Milk	1 651 g
Cardamom, pods	2 units
Sago	234 g
Almonds, thinly sliced	24 g
Saffron	Few strands

METHOD

1. Boil all the ingredients in a pot on slow heat until the liquid has been absorbed and serve warm.

YIELD 6-8 SERVINGS

PREPARATION TIME 10 MINUTES

TOTAL TIME 90 MINUTES

FLAN OR TANT ALIX'S BREAD PUDDING

Debby Bonnin

MY APPROACH TO COOKING/ FOOD

In the tradition of all old family recipes, there are no precise measurements. As one makes it, one gets a feel for the consistency of the mixture and instinctively knows to add a little more or less of the different ingredients.

INGREDIENTS

White sugar, for the caramel sauce	108 g
White sugar, for the pudding	72 g
Eggs	4 units
Butter, melted	28 g
Full-cream milk	1 290 g
Vanilla pod	0,5 unit
Brandy	30 g
White bread, sliced	8 units

HISTORY OF MY DISH

You might wonder why this dessert, traditionally called a 'flan' (English pronunciation with a hard 'n'), has no pastry or fruit. But it is not the English word 'flan' but rather the French word 'flan', which in a loose translation means a caramel custard or a custard dessert with a layer of clear caramel sauce. This is an old family recipe passed down from my grandmother to my aunts (and her mother before her), brought from Mauritius to South Africa and passed to my cousins and me.

METHOD

1. Preheat oven to 180°C.

METHOD

CARAMEL SAUCE

1. Put some white sugar (approximately 9 tablespoons—depending on how thick you would like the caramel sauce to be or how much you would like) into a cake tin, place the tin on the stovetop and gently heat the sugar until it has melted into a good caramel colour. Watch closely, as it can burn very quickly.
2. Once caramelised, quickly plunge the tin into a sink of (prepared) cold water (about 2 to 3 cm deep) to halt the caramelising process and prevent the sugar from burning. Ensure that no water splashes into the tin. The caramel sauce will harden immediately.
3. Remove from the sink of cold water when cooled and set aside. Caution, melted sugar is very hot.

YIELD

1 PUDDING

PREPARATION TIME

15-20 MIN.

TOTAL TIME

1 HOUR 20 MINUTES

METHOD

BREAD PUDDING

1. Remove the crusts from the bread.
2. Break the bread into a bowl and pour over some of the milk to soften the bread.
3. Once soft, mash with a fork, then add the sugar.
4. Break eggs into a separate bowl and beat.
5. Add the beaten eggs, melted butter, split vanilla pods, brandy and remaining milk to the softened bread mixture.
6. Mix well. If preferred, scrape the seeds from the vanilla pod into your mixture.
7. Pour this mixture onto the hardened caramel.
8. Place the cake tin (with the mixture) into a bain-marie and place it into the preheated oven.
9. Cook for one hour (check that it is well set before removing).
10. Once cooked, remove it from the oven and let it cool.
11. Place the pudding in the fridge to cool before serving, as it is extremely hot.

SERVING

1. Turn the pudding upside down onto a flat serving dish. Ensure the dish has an edge sufficient to contain the caramel sauce, or else it will run everywhere, and you won't have a caramel pudding.
2. Slice like a cake, spoon over the cameral sauce and serve. Keep refrigerated.

MY APPROACH TO COOKING/FOOD

There is more to it than just utter deliciousness when baking; it also creates mindfulness and well-being in the moment and contributes to being satisfied. Baking allows you to be creative by engaging in pleasurable activities. It gives you a chance to forget about negative things, resulting in a positive and creative happy moment. We live in a busy world; we all have things to get done, and it is easy to lose our connection to the real world—the present moment. Mindfulness is ‘an exercise’ to purposefully focus on the ‘now/present moment’ instead of getting engrossed in worries or things we cannot change right now.

In baking, you need to be focussed on the now and present time to make your delicious indulgence. Mindfulness and well-being are key elements in reducing stress, improving mental and physical health, improving sleep, and creating overall happiness. Baking not only allows you to be creative, but it also assists you in expressing your feelings. You show people how you feel, what you feel for them, and it becomes a celebration. In turn, a celebration becomes a gift, a gift of giving and a wonderful way to show the people around you how much you care about them. Anyone can turn something baked into a special moment. Remember to practise gratitude when you are baking; think of where the products come from and the journey it took to reach your kitchen ...

I see baking as a time of bonding with my boys or friends. It brings people closer and transforms tastes into memories. It creates a spark with your senses; you see, smell, touch and taste the beautiful creation. The aroma and laughter with friends or family around a flavourful piece of indulgence uplift your well-being and creates positive thoughts and moments.



HISTORY OF MY DISH

The apple slices are nestled in cake batter, baked, and then smothered in a rich, decadent, seductive sauce. Enjoy this tart with your loved ones and include them in the baking to create a positively mindful experience.

A variation of this recipe* might well be one of South Africa's most popular apple tarts, baked for generations. Some people enjoy it cold, but my ‘men’ absolutely love it served hot with vanilla ice cream. To make it a bit healthier, you could reduce the sugar—but who wants that when you can eat a seductively saucy apple tart.

YIELD	± 21 SINGLE SERVINGS
PREPARATION TIME	15–20 MINUTES
BAKE TIME	± 30–35 MINUTES
TOTAL TIME	30–40 MINUTES

SEDUCTIVELY SAUCY APPLE TART

Juanita Haug

INGREDIENTS

TART BATTER

Brown sugar	400 g
Butter, salted, soft	85 g
Eggs, large	6 units
Cake flour	240 ml
Baking powder	7 g
Salt	2 ml
Milk	129 g
Unsweetened apple slices, large tin	770 g

INGREDIENTS

SAUCE

Milk	258 g
Evaporated milk (Ideal milk)	397 g
Condensed milk	385 g
Vanilla essence	10 g

FINISHING & SERVING

Once the apple tart is out of the oven, immediately prick the cake using a fork. While still piping hot, pour the sauce over the tart slowly, allowing it to be absorbed little by little. Let the tart sit for 10 minutes (if you can wait that long) and serve with vanilla ice cream or custard. The sauce will thicken while resting.

METHOD

TART BATTER

1. Make the tart batter first, and while the tart is baking, make the seductive sauce.
2. Preheat the oven to 180°C.
3. Spray a glass oven dish (± 30 cm × 40 cm) well with cooking spray.
4. Cut the apple slices into blocks (± 2 cm in size) or leave them in slices and put a single layer in the sprayed dish.
5. Beat the butter and sugar until creamy.
6. Add the eggs one at a time while continuously beating the mixture.
7. Add the cake flour, baking powder and salt while mixing to make a 'semi-runny mix'.
8. Add the milk and mix well.
9. Pour a layer of batter over the apples (enough to cover it completely), then place another layer of apples on the batter. Do not press it into the batter.
10. If you still have batter left, repeat steps 3, 4 and 9 in a smaller oven dish.
11. Bake for ± 30 to 35 minutes or until golden brown. Test by sticking a skewer in the centre. If the skewer comes out clean, it is ready.

METHOD

SAUCE

1. Boil all the sauce ingredients together in a pot over low heat until all the sugar has dissolved.
2. Be careful not to burn the sauce (high sugar content), and ensure it does not boil over (milk contents).
3. This sauce is poured over the tart once baked.



MY APPROACH TO COOKING/FOOD

Political scientists understand that the simpler a message, in this case, a recipe, the more persuasive voters will find it. This is a simple cake, baked in an oven dish and served from the same dish. The combination of fresh rosemary and apple makes this something delicious. Serve with *crème fraîche* or whipped cream.

HISTORY OF MY DISH

I found a bottle of Verjuice in my pantry while rummaging around during the pandemic lockdown. I had never heard of Verjuice but have since learned (thanks to Google and Woolworths!) that it is an unfermented juice made from unripe fruit, primarily grapes. It is a versatile replacement for wine or vinegar. It has a sour-sweet taste that Australian chef, Maggie Beer, has made famous. It is a wonderful addition to this cake and balances the sweetness of the apples and the sugar in the recipe.

ROSEMARY, APPLE, NUT AND OLIVE OIL CAKE

Anonymous

INGREDIENTS

Apples, peeled and thinly sliced	
250 g	
Olive oil	15 g
Verjuice	250 g
Rosemary, fresh, chopped	4 g
Chopped pecan nuts	
(optional)	50 g
Eggs, separated	3 units
Castor sugar	125 g
Cake flour	60 g
Baking powder	2 g
Olive oil	60 g
Poaching liquid, cooled down	60 g

METHOD

1. Preheat the oven to 180°C.
2. Stew the apple slices in the olive oil, Verjuice and rosemary.
3. Beat the egg yolks with half of the castor sugar until pale and light.
4. Beat the egg whites with the remaining castor sugar to form soft peaks.
5. Sift in flour and baking powder to the yolk mixture.
6. Add the $\frac{1}{4}$ cup of olive oil and a quarter cup of poaching liquid.
7. Fold the egg whites into the flour mixture slowly.
8. Place the apples in a greased oven dish.
9. Pour the cake mixture over the apples.
10. Bake in the preheated oven for 20 to 25 minutes.
11. Dust with castor sugar and serve.

YIELD 1 CAKE

PREPARATION TIME 30 MINUTES

TOTAL TIME 50-55 MINUTES



MY APPROACH TO COOKING/FOOD

When I try different bakes with my children, I call it bonding time. This not only brings us together but also helps to relieve stress caused by an overwhelming workload.

HISTORY OF MY DISH

I remember vividly how Sunday mornings were very special during my time as a high-school boarder. Our breakfast consisted of very bland mealie-meal porridge with only sugar and salt (no peanut butter) from Monday to Saturday. Then on Sundays, we would be served the very eagerly awaited, tasty 'sugar-coated buns' famously called saiboko in Shona. These were served with a dollop of butter that melted on the warm buns and a cup of tea. This breakfast was so special to the extent that some boys would use an analogy of referring to all the beautiful girls as 'Sunday saibokos'. This is why I find the history of sugar-coated buns fascinating, and I feel that the recipe is worth sharing.

SUGAR-COATED BUNS (SAIBOKO)

Shingairai Chigeza

INGREDIENTS

Plain flour	500 g
Milk	310 g
Salt	7 g
Sugar	36 g
Quick acting yeast	7 g
Egg	1 unit
Margarine	40 g

METHOD

1. Mix the milk and margarine and warm the mixture on the stove. Do not allow the milk to boil.
2. Sift the flour and salt into a bowl and make a well in the centre.
3. Put the yeast and egg in the well, then sprinkle the sugar on the flour.
4. Pour the milk mixture into the well and mix thoroughly. It should not be runny.
5. Knead the dough and place it in an oiled bowl.
6. Cover the dough with a damp dish towel or a plastic bag and leave to rise until double in size.
7. Knead again to knock the air out of the dough, cut into smaller pieces, roll into buns, and lay on a tray.
8. Cover the tray with a damp dish towel or plastic cling wrap and let the buns rise.
9. Bake in an oven at 200°C for 15 minutes or until golden brown.

NOTE

For glazing, melt 2 tablespoons of sugar in 2 tablespoons of water and boil on the stove. Brush the glaze on the buns and enjoy!

YIELD 8 PORTIONS

PREPARATION TIME 90 MINUTES

TOTAL TIME 1 HOUR 45 MINUTES



MY APPROACH TO COOKING/FOOD

'The art of dining well is no slight art, the pleasure, not a slight pleasure.'

- Michel de Montaigne

HISTORY OF MY DISH

This is a much-loved recipe from my childhood and has got us through thick and thin and also through thick and thin if you know what I mean?

CORNFLAKE AND CONDENSED MILK SQUARES

Janine Engelbrecht

INGREDIENTS

Condensed milk	385 g
Brown sugar	100 g
Butter	75 g
Vanilla essence	5 g
Golden syrup	61 g
Cornflakes	140 g
Coconut	80 g
Cocoa	24 g
Icing sugar, sifted	130 g
Butter, melted	250 g

METHOD

1. Grease a square cake tin (23 × 23 cm).
2. Pour the condensed milk, brown sugar, butter, vanilla essence, and golden syrup into a saucepan and heat the mixture over moderate heat, stirring continuously. Continue for about 8 minutes until the mixture is thick and turns caramel. Allow to cool slightly.
3. Place half the cornflakes, coconut, cocoa and icing sugar in a large mixing bowl. Pour half the melted butter on top and stir into the dry ingredients until mixed well. Press the mixture into the prepared cake tin and refrigerate for 10 minutes.
4. Spread the caramel on top of the cornflake base and return it to the fridge until set. Mix the remaining cornflakes, coconut, cocoa and icing sugar, add the rest of the butter, mix thoroughly and firmly press this mixture down on top of the caramel layer. Return it to the fridge until set, and then cut into squares.

YIELD 20-25 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 2 HOURS



MY APPROACH TO COOKING/FOOD

My approach to baking has changed over the years, from doing everything myself to ordering it myself. However, malva pudding is nostalgic; it must be homemade from my mother's recipe. To me, malva pudding represents family, love and care. The tradition of South African hospitality gives me great joy to bake malva pudding for the South African mentors and Fordham University students on the Ubuntu Programme. In true Ubuntu spirit, sharing the malva experience and recipe has found its way to some US families' dessert tables.

HISTORY OF MY DISH

The exact origin of the malva pudding is unclear. There is speculation that it was brought to South Africa by Dutch settlers and owes its name to a marshmallow called malva in Afrikaans. Another view is that Maggie Pepler invented the malva pudding. Although it may be true that her specific recipe (as there is a variety) became the traditional South African recipe, it is more likely that it originates from Dutch settlers, as in my family, it was passed on through four generations. My nostalgia for the malva pudding brings back memories of my childhood, as it was a traditional dessert for Sunday lunch. It was served after a traditional hot meal with the family members around the table. It continued into my adulthood when a Sunday visit at home included malva pudding. My son's favouring of this dessert ensures that the tradition of malva pudding will continue in my family.

MALVA PUDDING

Antoinette Lombard

INGREDIENTS

MALVA

Cake flour	98 g
Sugar	200 g
Butter	14 g
Milk	258 g
Egg	1 unit
Smooth apricot jam	7 g
Bicarbonate of soda	7 g
Vinegar	5 g

SAUCE

Cream	240 ml
Sugar	200 g
Butter	120 ml
Boiling water	125 g

METHOD

1. Preheat the oven to 180°C.
2. Cream the butter and sugar.
3. Add the egg, apricot jam, bicarbonate of soda and vinegar and mix well.
4. Add the flour and milk bit by bit while mixing.
5. Pour into an ovenproof dish.
6. Bake in preheated oven for 45 to 60 minutes.

METHOD (SAUCE)

1. Start preparing the sauce just before the pudding comes out of the oven.
2. Put all the ingredients into a pot.
3. Boil the ingredients for about 2 minutes while stirring.
4. Take the pudding out of the oven.
5. Slowly pour the boiling sauce over the pudding.
6. Put the pudding back into the oven and leave until the sauce has caramelised.
7. Serve with vanilla ice cream, cream, or custard.

YIELD 6-8 PORTIONS

PREPARATION TIME 20 MINUTES

TOTAL TIME 1 HOUR 20 MINUTES



MY APPROACH TO COOKING/FOOD

I am mostly interested in cakes and desserts. I grew up with a grandmother who always had a cake ready when we visited her and a father who instilled in me a love for chocolate. Hence, I am drawn to cake recipes for both their beauty and the promise of heavenly indulgence!

HISTORY OF MY DISH

In 1993, I worked as a social worker at Sonitus School for hard-of-hearing children. Staff meetings were usually accompanied by delicious refreshments made by staff members. On one such occasion, Bertha Olivier, a teacher, spoiled us with this Poppy seed cake. Just one bite, and I was on cloud nine! Needless to say, I had to have the recipe and shared it with my family. Over the years, my sister has baked the cake countless times for family gatherings, and it has become an institution. No one ever complains, though, as this cake is divine and always a success!

BERTHA'S POPPYSEED CAKE

Corlie Giliomee

INGREDIENTS

MALVA

Sugar	300 g
Eggs	3 units
Sunflower oil	125 g
Self-raising flour	120 g
Desiccated coconut	100 g
Poppy seeds	140 g
Natural yoghurt	250 g

SAUCE

Chocolate, milk or white	150 g
Icing sugar	38 g
Milk	62 g
Butter	38 g
Vanilla essence	15 g
Top Deck chocolate, shavings for decoration	150 g

METHOD

1. Preheat the oven to 180°C.
2. Grease an ovenproof dish of approximately 27 × 17 cm.
3. Cream the sugar and eggs in a mixing bowl until pale in colour (preferably with an electric hand beater).
4. Add the yoghurt and sunflower oil to the egg mixture.
5. Sift the flour and add the desiccated coconut and poppy seeds.
6. Fold the dry ingredients into the wet ingredients until smooth.
7. Pour the mixture into the prepared dish and bake for 45 minutes.

METHOD

1. Melt the chocolate and butter until smooth and without lumps in a heat-resistant bowl over boiling water in a saucepan.
2. Gradually add the milk and vanilla essence and mix until smooth.
3. Pour the chocolate mixture over the cake when it comes out of the oven and allow to cool.
4. Just before serving, dust with the chocolate shavings. Enjoy with a cup of tea!

YIELD ONE MEDIUM SIZED CAKE

PREPARATION TIME 35 MINUTES

TOTAL TIME 1 HOUR 20 MINUTES

MALVA PUDDING WITH A TWIST

Makone Maja

MY APPROACH TO COOKING/FOOD

I grew up in the golden era of reality food television and could spend hours binge-watching the chefs and cooks on TV. Their enthusiasm and zest channelled my love towards food and its preparation. Today my motivation for cooking isn't just skill-oriented, but it is also an expression of creativity and paying service to nourishing the body and feeding my family and friends. Watching them enjoy my food is the ultimate reward.

HISTORY OF MY DISH

Malva pudding is a South African classic. The original Malva pudding recipe calls for apricot jam, but I had made a huge batch of grapefruit marmalade and was thinking of creative ways to use it. Finally, I recalled that Malva pudding uses a tangy yet sweet jam-like apricot in its recipe. I figured orange or grapefruit marmalade would work quite well, given both are citrusy and have a bit more zing than apricot jam. I prefer my Malva pudding cold with two generous scoops of vanilla ice cream. I know Malva traditionalists will not be impressed by me for this.

INGREDIENTS

Egg	1 unit
Vanilla extract	10 g
Butter, melted	14 g
Grapefruit or orange marmalade	20 g
Castor sugar	250 g
Vinegar	5 g
Flour	250 g
Milk	250 g
Bicarbonate of soda	7 g
Baking powder	2 g
Salt	3 g
Evaporated milk	253 g
Vanilla ice cream or custard to serve	As needed

METHOD

1. Preheat the oven to 180°C. Grease a 24 cm baking pan and set aside. You can use any sized baking dish you have; just remember to adjust the baking time.
2. In a big mixing bowl, whisk together the egg, sugar, grapefruit or orange marmalade, 5 ml vanilla extract and butter to cream for 2 minutes.
3. Mix the dry ingredients in a separate bowl, including flour, baking soda, baking powder and salt.
4. Add half the dry ingredients, the vinegar and half the milk to the egg mixture and mix. Add the remaining half of the dry ingredients and milk and mix that in as well. If there are little lumps—that is normal. They will not affect the taste of the pudding.
5. Pour the batter into the prepared baking dish. Bake for 25 to 30 minutes until the top is browned.
6. Whisk together the evaporated milk in a big jar, 45 to 60 ml of castor sugar and the remaining 5 ml of vanilla extract. Heat the contents in a microwave or on a stovetop, stirring in the sugar until it is dissolved. Slowly pour the sauce over the malva pudding as soon as it comes out of the oven, making sure to let the contents absorb before adding more.
7. Serve hot or cold with custard or vanilla ice cream.

YIELD 12 SERVINGS

PREPARATION TIME 15 MINUTES

TOTAL TIME 50 MINUTES

KAAPSE KOE'SISTERS

Alecia Samuels

MY APPROACH TO COOKING/ FOOD

I enjoy baking and have coined the term 'procastibaking'—occupying myself with baking when I don't feel like doing other important things. These are not great for the waistline and not great for anything else, for that matter, although colleagues at work do seem to enjoy the fruits. However, I think I love it because there is a beginning, a middle and a satisfying end product. As an academic, I have so many unfinished things on my desk that baking makes me feel like I have finished something.

INGREDIENTS

SUGAR SYRUP

Water	250 g
Sugar	400 g
Cinnamon stick	1 unit
Cardamom pods	2 units
Sunflower oil, deep frying	750 g
Coconut, desiccated or fine	160 g

HISTORY OF MY DISH

As a child, I would often wake up on a Sunday morning to the inviting fragrance of cardamom and cinnamon sugar syrup boiling on the stove. This was the signal to get ready for church, but before that, there would be the promise of a warm koe'sister, as only my mom could make it. Do not confuse the Kaapse koe'sister with the Afrikaans koeksister or twisted sister, as some call it. No, this one is spicier and comes from the Cape Malay tradition of cooking. I chose this recipe because my mom was a great baker, but sadly because of dementia, she has stopped baking. Many of her recipes are now lost to me as she often just knew how to make things by heart, having made them millions of times. Who knew, therefore, that one day in July 2018 would be the last batch of koe'sisters my mom would ever make for me. I really wish I could go back in time.

METHOD

1. Boil the sugar, water, cinnamon stick and cardamom until the sugar has dissolved and the syrup is slightly thickened and sticky. Add drops of water if the syrup becomes too sticky.
2. Dunk the koe'sisters into the hot syrup for approximately 1 minute, turning and ensuring the whole koe'sister is covered and some of the syrup has been absorbed.
3. Finally, roll in desiccated or fine coconut and enjoy a *lekker warm* koe'sister Kaapse style.

YIELD

30 PORTIONS

PREPARATION TIME

2 HOURS 30 MIN.

TOTAL TIME

3 HOURS

Aniseed, fine	2 g
Naartjie peel, ground and dried (optional)	5 g
Egg, large	1 unit
Sunflower oil	15 g
Milk	129 g
Water, hot	125 g

INGREDIENTS

KOE'SISTER DOUGH

Potatoes, medium	426 g
Baking margarine or butter	14 ml
Cake flour	480 g
Baking powder	3 g
Active instant dry yeast	20 g
Sugar	80 g
Salt	1 g
Ginger, fine	4 g
Cinnamon, fine	1 g
Mixed spice	1 g
Cardamom, ground	1 g

- Roll out the dough on a floured surface and cut a coil off lengthwise. To see some pictures and a video of how my mom used to do this, scan the following QR code:



- From each coil, cut off a square of dough about 3 cm thick and shape by gently pulling each koe'sister into an oblong, flattened doughnut shape (see the pictures).
- Heat the oil in a large saucepan (for deep frying) over medium heat – place a few pieces of koe'sister dough into the oil and fry on each side for about 4 minutes or until golden brown and cooked.

METHOD

- Cook and mash the potatoes with butter.
- Sift flour, sugar and salt into a large mixing bowl and stir in spices and optional naartjie peel.
- Beat the egg and oil together.
- Add the liquid mixture and mashed potatoes to the dry ingredients and mix into a soft dough. (According to my mom, the mashed potato makes a light and fluffy koe'sister.) Also, add 125 ml of the milk-water mix. If the dough is too stiff, add the remaining milk-water mixture. It should be a slightly loose, wet dough.
- Set the dough aside in a warm place, and cover to rise until double in size (about 1,5 to 2 hours).

ROCK BUNS

Mellissa Simbisai Mlambo

MY APPROACH TO COOKING/ FOOD

I prefer baking because it is less stressful than cooking! It also feeds into my sweet tooth, so having this skill helps to cut down on buying sweet treats. Baking is also a very relaxing activity and quite fulfilling. It is really nice creating something delicious that can be shared with the people you love.

INGREDIENTS

Butter or margarine	100 g
Self-raising flour	240 g
Salt	1 g
Mixed spice	2 g
Ground nutmeg	2 g
Sugar	144 g
Mixed peel, chopped	14 g
Dried fruit	156 g
Egg, beaten	1 unit
Milk to mix	As needed

YIELD 12 SERVINGS

PREPARATION TIME ± 10 MINUTES

TOTAL TIME ± 30 MINUTES

HISTORY OF MY DISH

This was one of my favourite go-to baking treats during high school. It is quick, simple and a family hit. I am not really sure how this recipe got into the family. Still, I have a sneaking suspicion it may have been a recipe from our high school magazine. I liked it and ran with it, and it has not let me down since. I especially love the mixed spice and nutmeg because they give the recipe a nice kick.

METHOD

1. Preheat the oven to 400°F (mark 6) / 200°C (fairly hot).
2. Grease a baking tray.
3. Using your fingers, rub the margarine into the flour, salt and spice until the mixture is as fine as breadcrumbs.
4. Stir in the sugar, fruit and peel.
5. Make a well in the flour mixture, pour in the egg and a little milk and mix. Add more milk if necessary to form a stiff dough.
6. Scoop spoonfuls of mixture onto the tray.
7. Bake towards the top of the oven for 15 to 20 minutes.

SPICED BREAD

Kgothatso Setshedi

INGREDIENTS

Water, warm	1170 g
Active dry yeast	30 g
Bread flour	1,8 kg
Salt	37 g
Ground ginger	2 g
Garlic powder	11 g
Fresh garlic, minced	80 g
Allspice	2 g
Egg wash	10 g

METHOD

1. Mix the water and yeast in a small container, and leave at room temperature.
2. Mix the flour, salt and yeast mixture while it is still warm and mix at low speed using a dough hook until all the flour has been incorporated.
3. Mix the spices and minced garlic and add to the flour mixture.
4. Increase the beater's speed to medium and knead the dough until it is smooth and elastic.
5. Leave the dough to rise until doubled in size. Punch down, divide into four loaves, and shape. Proof the loaves again until doubled in size and brush them with egg wash.
6. Bake in a preheated oven at 200°C, adding steam during the first few minutes of baking. Do this by placing an ovenproof pan on the lowest rack in the heating oven. Boil about a cup of water and pour this into the pan in the oven when you put the loaves into the oven. Bake until the crust is golden brown and the bread is baked completely, approximately 12 minutes for rolls and 20 minutes for small loaves.

YIELD 4 LOAVES

PREPARATION TIME 40 MINUTES

TOTAL TIME 60 MINUTES



CARDAMOM RICE PUDDING

Andre van der Linde

INGREDIENTS

Milk, full cream	1 L
Short grain rice	200 g
Ground cardamom	6 g
Vanilla essence	5 g
Egg yolk, large	2 units
Granulated sugar	125 g
Salt	To taste

METHOD

1. Add the milk, rice and cardamom to a large pot and bring to a boil. Reduce the heat to a simmer and simmer uncovered for 15 minutes, stirring frequently.
2. Cover the pot and simmer covered for 15 minutes, stirring occasionally.
3. Uncover the pot and simmer uncovered for 10 minutes, stirring frequently.
4. Whisk the egg yolk and sugar together until it reaches a pale colour with a creamy consistency.
5. Temper the rice mixture with the egg yolks, taking care not to split the eggs.
6. Return the mixture to the pot over medium heat and simmer until it thickens and covers the back of a spoon.
7. Add the vanilla essence and salt, mixing it in thoroughly.
8. Eat warm or allow to cool in a serving dish and enjoy cold.

YIELD 1 LITRE, 4-6 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR

APPLE COBBLER

Rachel van Zyl

HISTORY OF MY DISH

Cobblers are a beloved food in the south of the United States since it relies on seasonal fruits and does not require difficult cooking and baking techniques. Settlers in America brought their favourite recipes with them but had to use the ingredients available, which led to a lot of improvising. The settlers turned traditional Roman pies (which often contained meat) into fruit cobblers using berries, peaches, apples, pears, etc. Cobblers were traditionally eaten as a first course or as breakfast but only later became a dessert with a deep-dish fruit filling and a thick crust. Today cobblers are loved all over America and the world as a delicious, bright, and warming dessert to add a little bit of warmth on cooler days.

INGREDIENTS

TOPPING

White sugar	50 g
Baking powder	10 g
Salt	7 g
Cake flour	280 g
Butter, unsalted, chilled, cut into pieces	115 g
Cream, chilled	317 g

METHOD (TOPPING)

1. Whisk granulated sugar, baking powder, lemon zest, salt, and flour in a medium bowl. Add butter and toss to coat. Quickly rub the butter into the flour mixture with your fingers, working until the largest pieces are about the size of a pea.
2. Gradually stream the cream into the flour mixture, tossing it constantly with a fork to distribute. Using a flexible bench scraper or a stiff plastic spatula, fold the dough over and onto itself several times, scraping the bottom and sides of the bowl, to bring everything together into a mass (the dough will feel very wet and sticky).
3. Turn out the dough onto a generously floured surface. Pat into a 1,5 cm thick rectangle or square using floured hands. Use a bench scraper or spatula to lift the dough and dust underneath with more flour to prevent sticking. Dust the surface with more flour, cut the dough into four equal pieces and stack them on top of each other. Dust with flour and press down on the stack with a rolling pin to flatten it to a workable height. Roll out to 1,2 cm thick, dusting with more flour as needed.
4. Use a cutter to punch out topping rounds as closely as possible, dipping the cutter into the flour often. Transfer the topping rounds to a plate. You should have about 40. Gather up the dough scraps, reroll, and punch out more if needed. Chill until ready to use.

INGREDIENTS

FILLING

Apples, peeled, cored and sliced	1,8 kg
Fresh lemon juice	28 g
Light brown sugar	73 g
Corn starch	8 g
Cinnamon, ground	1 g
Nutmeg, ground	1 g
Vanilla essence	5 g
Butter, cut into cubes	57 g

METHOD (FILLING & ASSEMBLY)

1. Place a rack in the middle of the oven and preheat to 200°C.
2. In a large mixing bowl, toss the apples with the lemon juice until well coated. Add the brown sugar, corn starch, cinnamon, nutmeg, and vanilla extract. Pour into a 20 cm × 30 cm baking dish. Dot the top with the cubed butter.
3. Arrange chilled topping rounds over the filling, fitting snugly, so they touch with only a few gaps. Brush generously with butter; sprinkle with raw sugar.
4. Bake the cobbler for 10 minutes. Reduce the heat to 180°C and continue to bake until biscuits are golden brown and juices are bubbling, 40 to 55 minutes more. Let cool slightly.

SERVING SUGGESTION

The apple cobbler is best served warm with a scoop of vanilla ice cream.

NOTES

The topping rounds can be made one day in advance and kept in the fridge until ready to use. The cobbler can be made one day ahead and be kept at room temperature, covered tightly.

YIELD 12 PORTIONS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES



INGREDIENTS

BASE

Finger biscuits, crushed finely 100 g

Butter, melted 75 g

METHOD (BASE)

1. Preheat the oven to 250°C. Prepare a 20 cm springform pan with non-stick cooking spray.
2. Mix the finely crushed biscuits with the melted butter. Push onto bottom of the pan until the bottom is covered completely. Place the pan in the refrigerator for 15 minutes to set.

BLUEBERRY COTTAGE CHEESECAKE

Urika Dittmar

INGREDIENTS

CHEESECAKE

Cottage cheese	625 g
Castor sugar	150 g
All-purpose flour	30 g
Salt	2 ml
Orange, zest	1 unit
Eggs, extra large	2 units
Egg yolks, extra large	2 units
Cream, fresh	58 g
Blueberries, fresh	150 g

TOPPING

Blueberries, fresh	150 g
Water	30 g
Sugar, granulated	50 g
Lemon juice	10 g

METHOD (CHEESECAKE)

1. Beat the cottage cheese with a mixer until creamy. (If you don't have a mixer, you can mix by hand.)
2. Add the sugar, flour, and salt, and mix until incorporated.
3. Add the orange zest and then add the eggs one by one while continuously mixing.
4. Stir in the cream and fresh blueberries. Pour the mixture into the pan over the set base.
5. Place the pan in the preheated oven and bake for 5 minutes. Lower the heat to 100°C and bake for a further 30 minutes.
6. Switch off the oven and leave the cake in the oven overnight or for at least 2 hours.
7. Remove the cheesecake from the oven and place it in the fridge to cool completely before removing it from the pan.

METHOD (TOPPING)

1. Mix half of the blueberries and all the other ingredients in a saucepan.
2. Cook over medium heat for about 10 minutes.
3. Add the remaining blueberries and cook for 8 minutes, stirring frequently.
4. Pour the mixture, either hot or cold, over the cheesecake.
5. The cheesecake is now ready to be served.

YIELD 1 X 20CM CHEESECAKE

PREPARATION TIME 30 MINUTES

TOTAL TIME 2 HOUR 50 MINUTES



MY APPROACH TO COOKING/FOOD

I love experimenting in the kitchen with new desserts and baking ideas! This allows me to be myself completely as I explore new flavours. I do this when I feel like relaxing.

HISTORY OF MY DISH

I have always been fascinated by different fruits in desserts.

This recipe is an adaptation of a recipe I stumbled upon while making lunch one day. It consists of preserved peaches baked into a cake—quick and easy for a simple Sunday dessert. I love serving this with vanilla ice cream.

PEACH VANILLA SYRUP CAKE

Dené Kirsten

INGREDIENTS

Peaches	825 g
Self-raising flour	120 g
Sugar	370 ml
Milk	83 g
Butter, melted	38 g
Eggs	2 units
Vanilla essence	2 g

METHOD

1. Preheat the oven to 180°C. Grease a 30 cm cake tin with butter.
2. Empty the can of peaches, draining the liquid from the peaches. Slice the peaches thinly and pack them in the bottom of the cake tin, distributing them evenly.
3. In a saucepan, simmer 250 ml of the peach liquid with 250 ml of sugar until reduced to $\frac{3}{4}$ of the liquid.
4. Mix the self-rising flour and the remaining 120 ml sugar in a bowl.
5. In a separate bowl, mix the milk, melted butter and eggs thoroughly.
6. Add the wet ingredients to the dry ingredients and mix until smooth.
7. Pour the peach and sugar liquid over the peaches in the cake tin.
8. Carefully scoop the cake batter onto the peaches. Bake in the preheated oven for 20 minutes or until golden brown.
9. Serve with vanilla ice cream.

YIELD 6 SERVINGS

PREPARATION TIME 30 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES

PECAN CINNAMON BUNS

Tshepiso Moloji

MY APPROACH TO COOKING/ FOOD

For me, baking is a stress reliever and a way to test new and outrageous ideas I may have.

CINNAMON BUNS

INGREDIENTS

DOUGH

Milk, full cream	186 ml
Active dry yeast	8 g
White sugar	50 g
Eggs	2 units
Salted butter, melted	57 g
Cake flour	346 g
Salt	2 ml

FILLING

Brown sugar	128 g
Ground cinnamon	6 g
Salted butter, softened	57 g

HISTORY OF MY DISH

Growing up, my now late grandmother would always bake different things for us. I remember the different sweet smells I would always come home to (half of the time, the house smelled like coconut).

I have always had a sweet tooth, so naturally, my favourite recipe combines my two favourite dessert recipes. This recipe combines the flavours of a pecan pie and cinnamon buns.

METHOD (TOPPING)

1. Warm the milk in the microwave for 30 seconds.
2. Transfer the milk to a bowl and add the yeast on top.
3. Add the sugar, eggs and melted butter.
4. Mix to combine the ingredients.
5. Add in the flour and the salt. Combine with a spatula to form the dough.
6. Knead the dough on a well-floured surface for 10 minutes until the dough is smooth.
7. Transfer the dough to a lightly oiled bowl and cover it with a damp cloth. Allow to proof for 30 to 45 minutes until it doubles in size.
8. Mix the filling ingredients to form a paste.
9. On a floured surface, roll out the dough into a rectangle. Spread the filling onto the dough.
10. Roll the dough tightly, starting from the shorter side.
11. Using a serrated knife, cut into nine equal pieces.

PECAN 'PIE'

INGREDIENTS

PECAN PIE

Salted butter	170 g
Brown sugar	96 g
Cinnamon	4 g
Vanilla essence	30 g
Cream	58 g
Pecans, roughly chopped	100 g

METHOD

1. Heat the sugar in a saucepan over medium heat, constantly stirring with a rubber spatula.
2. Once the sugar has melted completely, stir in the butter until melted and combined.
3. Add the cream while stirring continuously. Once fully incorporated, add the cinnamon.
4. Boil for 30 seconds to combine all the ingredients.
5. Remove from heat and add the vanilla essence.

METHOD (ASSEMBLY)

1. Preheat the oven to 180°C.
2. Pour the cinnamon caramel into the bottom of a baking dish.
3. Sprinkle the pecans over the cinnamon caramel in the dish.
4. Add the rolled cinnamon buns on top.
5. Cover with a damp cloth and let the buns rise again for 30 minutes.
5. Bake the buns in the preheated oven for 20 to 25 minutes until lightly browned.

SERVING SUGGESTION

Serve warm with a simple glaze if preferred.

SIMPLE GLAZE

Mix icing sugar and milk for a glaze and drizzle over the buns.

YIELD 9 BUNS

PREPARATION TIME 90 MINUTES

TOTAL TIME 2 HOURS 30 MINUTES



HISTORY OF MY DISH

Rooibos tea is a popular South African tea made from the leaves of the *Aspalathus linearis* plant. This plant cannot be grown anywhere else in the world other than the South African Cederberg, making it a commodity unique to South Africa. Rooibos tea was consumed by early Cape-Dutch settlers because of the high cost of importing black tea and has since become a staple in the Afrikaans culture.

My grandmother, who loves herbal remedies, warm drinks and hoarding, discovered a brand of loose-leaf rooibos tea that she declared 'superior to any other' and naturally bought more than she could drink in the remainder of her lifetime. She decided to share her found treasure with all the grandchildren as Christmas presents. Since rooibos tea is not my warm drink of choice on most occasions, I started looking for a different way to use my gift from my grandmother.

These cookies have a strong rooibos flavour, which brings back several childhood memories and an accompanying sense of nostalgia. The white chocolate provides the perfect creamy sweetness to offset the herbal bite of the tea. I prefer them warm and straight from the oven, but they are just as good a few days later.

ROOIBOS AND WHITE CHOCOLATE COOKIES

Lerika Potgieter

INGREDIENTS

Cake flour	149 g
Baking soda	3 g
Rooibos tea leaves, divided	45 ml
Butter	200 g
Dark brown sugar	108 g
White sugar	100 g
Salt	7 g
Vanilla essence	10 g
Egg	1 unit
Egg yolk	1 unit
White chocolate, chopped	160 g

METHOD

1. Preheat the oven to 190°C. Line a baking sheet with baking paper.
2. Mix the flour, baking soda and 30 ml of the rooibos tea leaves. Set aside.
3. In a small saucepan, melt 150 g of the butter over medium-high heat. Add the remaining tea leaves and continue to cook, constantly stirring, for 3 to 5 minutes until the butter is golden brown and has a nutty aroma.
4. Transfer the melted butter to a large bowl and whisk in the remaining butter until melted.
5. Add the brown sugar, white sugar, salt and vanilla to the butter and whisk until incorporated.
6. Add the egg and egg yolks and whisk until smooth, about 30 seconds. Allow the mixture to rest for a few minutes, then whisk again. Repeat twice more until the mixture is thick and smooth.
7. Fold in the flour mixture until just combined, then stir in the white chocolate.
8. Scoop the dough into 30 ml balls and place them on the lined baking sheets, allowing enough room between each cookie to rise and expand.
9. Bake for 10 to 14 minutes, rotating the baking sheet halfway through the baking time.
10. Serve warm or allow to cool completely on a cooling rack before storing in an airtight container at room temperature for up to seven days.

YIELD 24 COOKIES

PREPARATION TIME 1 HOUR

TOTAL TIME 1 HOUR



MY APPROACH TO COOKING/FOOD

Since I was young, I have always loved being in the kitchen. My dream was to become a famous chef, and my passion still burns deep. I have recently discovered a passion for healthier, higher-protein recipes to fuel a healthy and active lifestyle while still doing what I love most: cooking.

HISTORY OF MY DISH

This high-protein muffin provides your body with nutrients while being completely delicious and nutritious. Everyday foods that have a healthy twist really interest me. My favourite meal of the day is breakfast, and I thought there was no better recipe to share than my favourite high-protein healthy breakfast substitute. These muffins can also be used as a snack, pre-workout, or even post-workout for recovery. This recipe is gluten- and dairy-free; it can also be adapted for vegans if the eggs are replaced with flax eggs and vegan protein and vegan chocolate are used.

HIGH-PROTEIN BANANA AND CHOCOLATE CHIP BREAKFAST MUFFINS

Abigail Jacob

INGREDIENTS

Bananas, ripe, mashed	400 g
Egg whites	2 units
Honey	125 g
Coconut oil, melted	45 g
Rolled oats	190 g
Vanilla whey protein powder	250 g
Baking powder	3 g
Bicarbonate of soda	7 g
Cinnamon	1 g
Ginger, ground	2 g
Dairy-free milk chocolate chips	100 g

METHOD

1. Preheat the oven to 180°C.
2. Spray muffin pans generously with cooking spray.
3. Place mashed bananas in a bowl. Add the egg whites, honey and coconut oil until well combined.
4. In a blender, make the rolled oats into oat flour, then add baking powder, bicarbonate of soda, cinnamon, and ginger. Stir to combine.
5. Mix in the whey powder and chocolate chips.
6. Fill the muffin pans about $\frac{3}{4}$ full of batter. Do not overfill.
7. Bake the muffins in the preheated oven for 15 minutes.
8. Remove from the oven and allow to cool.

YIELD 12 MUFFINS

PREPARATION TIME 30 MINUTES

TOTAL TIME 45 MINUTES



MY APPROACH TO COOKING/FOOD

I believe baking is an excellent form of relaxation with the bonus of having delicious treats afterwards. And nothing is quite as calming and delicious as eating Mom's chocolate cake. The recipe has been passed down through two generations, so the 'mom' is actually my grandmother. This recipe holds a lot of meaning for my family, as it has been made for almost every birthday party and/or family gathering over the years. Without it, those celebrations would just not have been so sweet. It was also one of the first recipes I learnt to bake, so I can assure you it is beginner friendly and, with a hand mixer or stand mixer, takes minimal effort.

MOM'S CHOCOLATE CAKE

YIELD	23 × 23CM SQUARE CAKE (± 900 G/9 PORTIONS)
PREPARATION TIME	20 MINUTES
STORAGE	THE CAKE CAN BE STORED IN AN AIRTIGHT CONTAINER AT ROOM TEMPERATURE BEFORE BEING ICED. ONCE ICED WITH CREAM ICING, THE CAKE SHOULD BE STORED IN A REFRIGERATOR IN AN AIRTIGHT CONTAINER

CHOCOLATE CREAM ICING

YIELD	200 ML
PREPARATION TIME	30 MINUTES
STORAGE	STORE IN AN AIRTIGHT CONTAINER IN THE REFRIGERATOR

MOM'S CHOCOLATE CAKE AND CHOCOLATE CREAM ICING

Leila Schultz

INGREDIENTS

MOM'S CHOCOLATE CAKE

Cake flour	120 g
Castor sugar	212 g
Baking powder	14 g
Cocoa powder	19 g
Salt	1 g
Vegetable oil	120 g
Boiling water	125 g
Eggs, large	4 units
Vanilla essence	5 g

CHOCOLATE CREAM ICING

Fresh cream	127 g
Icing sugar	32 g
Cocoa powder	10 g
Vanilla essence	2 g

METHOD (MOM'S CHOCOLATE CAKE)

1. Preheat the oven to 180°C.
2. Separate the eggs into yolk and whites.
3. Mix the flour, sugar, two-thirds of the baking powder, cocoa powder and salt in the bowl of a stand mixer using the paddle attachment.
4. Add the oil and boiling water and mix until just combined.
5. While beating at low speed, add the egg yolks one at a time until just combined. Do not overmix. Add the vanilla essence.
6. Beat the egg whites to stiff peaks, add the rest of the baking powder and gently fold it into the cake mixture.
7. Pour the mixture into a greased square cake tin and bake in preheated oven for 30 to 35 minutes. Test if the cake is cooked by inserting a skewer into the centre of the cake before removing it from the oven. The cake tester should come out clean with no crumbs or batter stuck to it.
8. Remove the cake from the oven and place it on a cooling rack to cool completely.

SERVING SUGGESTION

Cover with the chocolate cream icing and decorate as desired. Perfect for an afternoon tea or birthday party.

METHOD (CHOCOLATE CREAM ICING)

1. Place the cream in a medium bowl. Sift the dry ingredients into the cream and whisk to combine.
2. Cover with plastic wrap and leave in the fridge for 15 to 20 minutes.
3. Remove from the fridge and add the vanilla essence.
4. Using a hand mixer, whisk until the cream forms stiff peaks.

SERVING SUGGESTION

Use as the icing for Mom's chocolate cake.



MY APPROACH TO COOKING/FOOD

Since I was young, I have always loved being in the kitchen. My dream was to become a famous chef, and my passion still burns deep. I have recently discovered a passion for healthier, higher-protein recipes to fuel a healthy and active lifestyle while still doing what I love most: cooking.

HISTORY OF MY DISH

This recipe is inspired by my mum. I would always make these date and nut balls for her on weekends. It is a simple, foolproof recipe that children, adults and cooks with any level of experience can make. My mum allowed me to make this recipe because it is impossible to flop, so no ingredients went to waste.

DATE AND NUT BALLS

Abigail Jacob

INGREDIENTS

Butter	250 g
Sultanas	140 g
Glazed cherries	100 g
Egg, beaten	1 unit
Marie biscuits	400 g
Dates, pitted	250 g
Sugar	160 g
Macadamia nuts, roasted, salted	100 g
Desiccated coconut	80 g

METHOD

1. Break the Marie biscuits into small pieces, cut the cherries into quarters and cut the macadamia nuts in half.
2. Put the butter, dates, sultanas, cherries, and sugar in a saucepan over medium heat and stir until the sugar has dissolved.
3. Allow the mixture to cool for 15 minutes.
4. Add the egg, nuts and chopped biscuits.
5. Mix well.
6. Roll the mixture into balls, approximately 30 ml per ball.
7. Roll the balls in the coconut.
8. Place in the fridge and allow to cool completely before serving.

YIELD 20 DATE BALLS

PREPARATION TIME 45 MINUTES

TOTAL TIME 1 HOUR 15 MINUTES



MY APPROACH TO COOKING/FOOD

I love cooking Asian cuisines and desserts. Cooking and music go hand in hand, so preparing any dish with a good playlist in the background is always a fun workout.

HISTORY OF MY DISH

Chocolate cake is always awesome, that is, if you are a chocolate lover. However, if you have many dietary restrictions like I do, having a regular chocolate cake is not always viable; hence the eggless chocolate cake was made.

EGGLESS CHOCOLATE CAKE

Lakshana Arnachellan

INGREDIENTS

Baking powder	5 g
Bicarbonate of soda	7 g
Flour	60 g
Cocoa powder	50 g
Full fat yoghurt	250 g
Olive oil or vegetable oil	125 g
Sugar	100 g
Vanilla essence	2,5 g

METHOD

1. Preheat the oven to 150°C.
2. Mix the yoghurt, baking powder and bicarbonate of soda. Set aside for 3 to 5 minutes until the mixture bubbles and rises.
3. Grease a baking sheet with butter or vegetable oil. Alternatively, line the baking sheet with baking paper.
4. Sift the flour, cocoa and icing sugar.
5. Add olive oil to the yoghurt mixture and slowly sift the flour, cocoa and sugar into the mixture.
6. Mix well to form a smooth batter.
7. Pour the batter evenly into the sheet pan. Bake for 20 minutes on the convection setting. To test if the cake is ready, insert a skewer into the centre of the cake, and if it comes out clean, the cake is ready. Allow the cake to cool before removing it from the cake pan.

YIELD 6 SERVINGS

PREPARATION TIME 10 MINUTES

TOTAL TIME 30 MINUTES

LEMON MERINGUE PIE

Angel Ekata

INGREDIENTS

Granulated sugar	420 g
Corn starch	45 g
Salt	0,5 g
Water, cold	360 g
Egg yolks	5 units
Lemon juice, fresh	110 g
Lemon zest, grated	15 g
Unsalted butter	30 g
Flaky dough pie shell	1 unit
Egg whites	120 g

METHOD

1. Preheat the oven to 200°C (400°F).
2. To make the filling, whisk 300 g of the sugar, corn starch, salt and water together in a heavy saucepan. Cook over medium-high heat, constantly stirring until the mixture becomes thick and almost clear.
3. Remove from the heat and slowly whisk in the egg yolks. Stir until completely blended. Return to the heat and cook, constantly stirring, until thick and smooth.
4. Stir in the lemon juice and zest. When the liquid is completely incorporated, remove the filling from the heat. Add the butter and stir until melted.
5. Set the filling aside to cool briefly. Fill the pie shell with the lemon filling.
6. To prepare the meringue, whip the egg whites until soft peaks form. Slowly add the remaining 120 g of sugar while whisking constantly. The meringue should be stiff and glossy, not dry or spongy looking.
7. Top the filling with the meringue, creating decorative patterns with a spatula. Be sure to spread the meringue to the edge of the crust so that all the filling is covered.
8. Place the pie in the preheated oven and bake until the meringue is golden brown, approximately 5 to 8 minutes. Let it cool at room temperature, then refrigerate. Serve the same day.

YIELD 1 PIE, 10 CM

PREPARATION TIME 45 MINUTES

TOTAL TIME 1 HOUR 30 MINUTES

PANNA COTTA

Pamela Moyo

INGREDIENTS

Fresh milk	77 g
Unflavoured gelatine	5 g
Heavy cream	600 g
White sugar	106 g
Vanilla extract	7,5 g

YIELD 6 SERVINGS

PREPARATION TIME 15 MINUTES

TOTAL TIME 4 HOURS 20 MINUTES

HISTORY OF MY DISH

This traditional and delicious Italian custard can be kept in the refrigerator and served with fresh berries or a warm sauce of your choice. It may be eaten for dessert.

METHOD

1. Pour the milk into a small bowl and add the gelatine powder. Mix until the milk and gelatine are all well combined, and leave aside.
2. Stir the heavy cream and the sugar together in a saucepan. Boil over medium heat but be careful as the cream can quickly bubble up and boil over; therefore, remove the saucepan from the heat immediately once the cream starts boiling.
3. Immediately add the gelatine mixture to the boiling cream and stir until all the gelatine has dissolved. Let this cook for about 1 minute while stirring.
4. Remove the pan from the heat, add the vanilla extract and mix.
5. Pour the mixture into six individual ramekins. Let these rest without covering for about 20 minutes until cool.
6. Once cool, cover the ramekins with cling wrap, refrigerate and let them set for about 4 hours.
7. Garnish with fresh berries and berry sauce.

CHOC-VANILLA PANCAKE CAKE

Runyararo Tiwirayi Mhere

MY APPROACH TO COOKING/ FOOD

I have always loved putting together and cooking hearty, homely meals. Preparing meals with a history or a tale is always enjoyable. When preparing meals, my intention is to make people happy and remind them that home is only a spoonful of food away.

INGREDIENTS

VANILLA PANCAKE

Self-raising flour	180 g
Salt, fine	5 g
Eggs, large	3 units
Margarine, melted	66 g
Milk, full cream	361 g
Vanilla essence	5 g
Oil for cooking	As needed

HISTORY OF MY DISH

I am not a great baker, and anything that is sweet and needs to go into the oven is not my favourite thing to make. Recently I had to make a birthday cake for one of my friends, and I was definitely not going to bake from scratch or use a cake mix. This choc-vanilla pancake cake thus originated from my decision to make a cake using the one 'baked good' I have mastered—pancakes.

METHOD

1. Mix the flour and salt in a large bowl.
2. In another bowl, whisk the eggs, milk and vanilla essence together.
3. Slowly whisk the liquid mixture into the flour mixture until all lumps have disappeared. Then whisk in the melted margarine.
4. Place a large frying pan over medium-low heat and grease it with oil.
5. Pour a quarter of the batter into the centre of the pan. Swirl the pan in a circular motion to coat the pan with a thin layer of batter.
6. Once bubbles begin to form and the bottom starts turning golden brown, flip and cook the other side. Cook just until golden brown, 30 seconds to 1 minute.
7. Repeat the process with the remaining batter.

INGREDIENTS

CHOCOLATE PANCAKE

Self-raising flour	154 g
Cocoa powder	26 g
White sugar	24 g
Salt, fine	1 g
Eggs, large	2 units
Margarine, melted	43 g
Milk, full cream	196 g
Oil	As needed

WHIPPING CREAM

Fresh cream	240 g
Castor sugar	18 g

METHOD

1. Sift together the flour, cocoa, sugar and salt in a bowl.
2. In another bowl, whisk eggs, melted butter, and milk. Pour the liquid ingredients into the dry ingredients and mix gently until the batter is just moistened (there will be some lumps).
3. Then follow the same procedure for baking as for the vanilla pancakes.

METHOD

1. Prepare the whipped cream by vigorously whisking the cream and sugar by hand or using a hand mixer until soft to medium peaks have formed. Be careful not to overwhip the mixture.

ASSEMBLY

1. On a cake board, smear a spoonful of the cream as the base.
2. Place a layer of vanilla pancake, cinnamon sugar, honey and cream on the base.
3. Then place a chocolate pancake, cinnamon sugar, honey and cream on the vanilla pancake layer.
4. Repeat the layering process until all the pancakes have been used.
5. Top the cake with the left-over cream and decorate with pieces of fruit of your choice.

YIELD 1 CAKE OF 6 PORTIONS

PREPARATION TIME 45 MINUTES

TOTAL TIME 1 HOURS

CHOCOLATE CAKE WITH CARAMEL MOUSSE

Hlengiwe Mindu

INGREDIENTS

CAKE BATTER

Sugar	400 g
Flour	210 g
Cocoa powder	120 g
Baking powder	5 g
Bicarbonate of soda	10 g
Salt	3 g
Eggs	2 units
Milk	258 g
Vegetable oil	125 g
Hot water	250 g
Coffee	1 g

CARAMEL MOUSSE

Whipped cream	96 g
White chocolate	85 g
Caramel sauce (can add more according to preference)	86 g

YIELD 2 CAKES

PREPARATION TIME 40 MINUTES

TOTAL TIME 2 HOURS 20 MINUTES

HISTORY OF MY DISH

This is a moist chocolate cake with a decadent and flavourful salted caramel mousse that gives a light and airy bite of pure satisfaction. Making this recipe is fun, and it is made with ingredients readily available in a baker's pantry.

METHOD

1. Preheat the oven to 180°C. Prepare and grease a 25 cm × 14 cm × 6 cm cake pan.
2. Mix the flour, sugar, cocoa powder, baking powder and bicarbonate of soda in a mixing bowl. Add the eggs, milk and oil and whisk together.
3. In a small bowl, mix the hot water and coffee, and pour into the batter. Whisk until combined. Be careful not to overmix. The batter should be runny.
4. Pour the batter into the prepared pans and bake for 45 minutes. When done, remove from the oven and allow to cool completely.

METHOD

1. Prepare a double boiler by boiling water in a medium-sized pot. Pour the whipping cream into a stainless steel or heat-resistant bowl (a bit bigger than the pot) and place the bowl over the boiling water.
2. As the cream starts to heat up, remove it from the heat and add the white chocolate chips. Stir until the chocolate has melted and is well incorporated. Let it cool, and place it in the fridge to chill for an hour.
3. Once ready, decorate the cake with the mousse and serve.

VERMICELLI PAYASAM

Lakshana Arnachellan

MY APPROACH TO COOKING/ FOOD

I love cooking Asian food. Cooking and music go hand in hand, so preparing any dish with a good playlist in the background is always a fun workout.

INGREDIENTS

Vermicelli	100 g
Butter or ghee	2 g
Cardamom powder	1 g
Hot water	250 ml
Salt	1 ml
Milk, low fat	310 g
Almonds or nuts of your choice	30 g
Sugar (recommended—if you prefer, use desired limit)	12 g

YIELD 4 SERVINGS

PREPARATION TIME 15 MINUTES

TOTAL TIME 30 MINUTES

HISTORY OF MY DISH

Semiya payasam (pie-a-sam), also known as vermicelli payasam, is a personal childhood favourite. This creamy, sweet and buttery dessert with hints of cardamom and nuts is a perfect way to end a meal.

There are many different types of payasam, which can be adapted and used to your liking.

METHOD

1. Heat a heavy-based pan on medium heat. Spread the butter or ghee on the surface of the pan. Once melted, use a pastry brush to distribute the butter evenly on the pan's surface.
2. Place the vermicelli in the pan. Allow to 'fry' for 3 to 5 minutes until the vermicelli appears slightly golden brown, then turn to brown on the other side.
3. Pour the hot water over the vermicelli. Add the salt, cover and allow to cook for 5 minutes. The hot water helps soften the vermicelli. If you are using spiral vermicelli, it will have broken apart. You can also break it into smaller pieces with a spoon. Once the water has evaporated, add the milk.
4. Add the sugar and cardamom powder, stir, and then add the nuts. Allow to simmer for 10 minutes or until the milk has boiled.
5. Remove from the stove. Serve warm.



MY APPROACH TO COOKING/FOOD

I mentioned elsewhere that I am not a good cook, but I am hugely interested in food and the older I get, the more of a sweet tooth I have! I usually do not like ‘unbaked’ cheesecakes—I am a firm follower of baking a cheesecake and have a whole collection of wonderful baked cheesecake recipes. One does, however, sometimes come across an ordinary ‘fridge’ cheesecake that tastes as good as a baked version, and this is one such recipe. I also sometimes make/bake cheesecake in smaller pie dishes as they make lovely homemade gifts.

HISTORY OF MY DISH

A few years ago, I was very impressed when I read that, since 2009, 7 July has been ‘World Chocolate Day’, and I immediately came up with this chocolate cheesecake to celebrate this wonderful day annually. In a world in turmoil and with just about every day of the year ‘dedicated’ to some kind of global political, economic or social crisis or problem or challenge, what better than to have one day dedicated to something as deliciously decadent as lots of high-quality (preferably very dark and with a high cacao content of at least 70%) chocolate, mixed with sugar and cream and topped with nuts!

7 JULY CHOCOLATE CHEESECAKE

Maxi Schoeman

INGREDIENTS

CRUST

Oreo biscuits, crushed/ crumbled	100 g
Marie biscuits, crushed/ crumbled	100 g
Butter, melted	100 g

CAKE

Smooth plain cottage cheese/ cream cheese	600 g
Castor sugar	100 g-120 g
Vanilla essence	5 g
Cocoa powder	12 g
Chocolate, melted and slightly cooled	240 g
Whipping cream	240 g

TOPPING

Chocolate	80 g
Peanut butter	80 g
Chopped pecan nuts	69 g

METHOD

1. Mix the melted butter and crushed biscuits and press into a greased springform cake pan or a pie dish.
2. Chill for 2 hours.

CAKE

1. Stir the castor sugar into the cottage/cream cheese.
2. Add the vanilla essence and cocoa and whisk until light and creamy.
3. Carefully stir the melted chocolate into the mixture.
4. Whisk the cream until stiff peaks form and fold into the mixture.
5. Pour the mixture into the crust.
6. Chill for about four hours.
7. If you have used a springform pan, remove the cake and place it on a plate.

TOPPING

1. Melt the chocolate and peanut butter and spread over the cheesecake.
2. Sprinkle lavishly with chopped pecan nuts.

STORING SUGGESTIONS

This cake will keep for about 7 days; it also freezes very well.

SERVING SUGGESTIONS

Remove the cake from the fridge about 30 minutes before serving—cheesecake should be served at room temperature.

YIELD 1 MEDIUM-SIZED CHOCOLATE CHEESECAKE

PREPARATION TIME 30 MINUTES

TOTAL TIME 6 HOURS, AS IT INVOLVES CHILLING THE CRUST AND TIME FOR THE FILLING TO SET

STRAWBERRY MOUSSE

Angel Ekata

INGREDIENTS

Fresh cream	275 g
Vanilla essence	8 g
Chicken and lamb broth	400g
Castor sugar	150 g
Strawberries	445 g
Lemon juice	22 g

YIELD

4 PORTIONS

PREPARATION TIME

45 MINUTES

TOTAL TIME

3 HOURS 30 MINUTES

HISTORY OF MY DISH

I developed this dish as part of the Recipe Development and Standardisation module offered by the Department of Consumer and Food Sciences at the University of Pretoria.

METHOD

1. Rinse the strawberries in water.
2. Remove the stems and chop the strawberries into thirds.
3. Put the chopped strawberries, lemon juice, chicken and lamb broth and castor sugar into a small saucepan and simmer for approximately 20 to 25 minutes on medium heat until the strawberries are soft and cooked.
4. Remove from heat and allow the mixture to cool.
5. In the meantime, whip the cream with the vanilla essence until it holds medium-firm peaks.
6. Once the strawberry mixture has cooled, place it in a blender and blend until it forms a smooth purée, about 2 minutes, and then strain the mixture using a sieve.
7. Using a large spoon, fold the strawberry purée into the cream until thoroughly combined.
8. Spoon the mousse into glasses, cover and chill for at least 3 hours or until set.

DEATH BY VOLCANO MINI CAKE

Maria du Toit

MY APPROACH TO COOKING/ FOOD

I love trying out new recipes and playing with my kitchen appliances. Cooking and baking are adventures of exploring other worlds, cultures and mixtures. And, of course, my husband loves the taste part of it! I enjoy treating my family to new recipes.

INGREDIENTS

70% dark chocolate	165 g
Large egg yolks	3 units
Eggs	3 units
Castor sugar	85 g
Cocoa powder for dusting	1 g
Cake flour.	15 g
Unsalted butter	165 g
Thick cream	As needed

HISTORY OF MY DISH

We are a large family that enjoys getting together for weekends or Sunday lunch. Every household usually contributes a dish to the meal, for the love of sharing a meal with loved ones. This quickly prickled my sense of adventure and created an opportunity to try a new recipe for every get-together! This definitely is a favourite amongst us, and—the best of all—it is a guilt-free portion size!

METHOD

1. Grease six small pudding moulds/muffin pans with butter and dust the insides with cocoa powder. Refrigerate for 30 minutes.
2. Melt the chocolate and butter in a heatproof bowl set over a pan of simmering water. Set aside to cool slightly.
3. Using an electric whisk, whisk the eggs, egg yolks and castor sugar together for several minutes until a pale, thick, mousse-like consistency.
4. Carefully fold the cooled melted chocolate mixture into the egg and sugar mix.
5. Carefully fold in the cake flour to avoid knocking any air out of the mixture.
6. Pour the mixture evenly into the prepared moulds. Place in the fridge for at least two hours or until firm. You can make the puddings up to 24 hours in advance and leave them in the fridge until you are ready to bake them.
7. Preheat the oven to 200°C (180°C for fan-assisted oven).
8. Bake for 8 minutes or until puddings have risen but are not cracked.
9. Turn out the puddings on a serving plate and serve with pouring cream and strawberries (optional).

YIELD 6-8 BIG PORTIONS

PREPARATION TIME 38 MINUTES

TOTAL TIME 3 HOURS



MY APPROACH TO COOKING/FOOD

I enjoy following the banting diet (no carbs and no sugar) of Prof Tim Noakes, as it results in mental sharpness and healthy weight loss.

HISTORY OF MY DISH

I found this recipe in the book *The Real Meal Revolution* by Prof Tim Noakes, Sally-Ann Creed, Jonno Proudfoot and David Grier. I cannot recommend this highly enough—innovative and tasty cooking, but super healthy at the same time!

BLUEBERRY AND CREAM CHEESE HOTCAKES

Ben Schoeman

INGREDIENTS

Almond flour	50 g
Coconut flour	40 g
Ricotta	350 g
Milk	186 g
Baking powder	3 g
Eggs, separated	4 units
Salt	
Blueberries, fresh or frozen	180 g
Butter	50 g
Cream cheese, full fat	200 g

METHOD

1. Combine flours, egg yolks, milk, ricotta, baking powder and salt in a bowl and mix with a food processor, gradually adding the blueberries to the blend.
2. Fold whisked egg whites into the mix in two batches.
3. Melt the butter in a pan over medium heat.
4. Fry the hotcakes in the heated pan (roughly 2 tablespoons of the above mixture per hotcake).
5. Add some cream cheese on top of each hotcake and serve warm. (Possibly add some honey if it is not sweet enough; these hotcakes can also be served with strawberries.)

YIELD 4 SERVINGS

PREPARATION TIME 15 MINUTES

TOTAL TIME 20 MINUTES

HISTORY OF MY DISH

To my knowledge, the recipe has been in our family since the early 1900s when they settled in the town of Kakamas in the Northern Cape. I know it to have been in use by the late 1920s thus the recipe is in its fourth generation now. However, I would not be surprised if its origins lie even further back, in the mid to late 1800s.

Another assumption is that they may originate from the early Nama people in Namakwaland, and that the recipe became more urbanised as it travelled to different settlements and small towns across the provinces. Today, the Nama still considers it as part of their “food heritage”. The usage of “soft fat” leads me to believe that this might be where it truly came from before it became commercialised in Afrikaner cooking books. The interactions between the Namibian Germans, Nama and Afrikaners miners on the Diamond Coast (the northernmost part of the West Coast of southern Africa) is where I am thinking.

This is quite a common recipe in the western parts of the Northern Cape (Boesmanland, Namakwaland, Richtersveld and West Coast areas) and the Western Cape.

INGREDIENTS

Cake flour	2,5 kg
Salt	13 g
Dry instant yeast	20 g
Lukewarm water	1 L
Unsalted butter (or soft fat)	250 g
Aniseed	15 ml
Fine nutmeg	2,5 ml
Cooking oil	250 ml
Sugar (white)	600 g
Sugar (brown)	8 g
Fine cinnamon	1 g

I assume this recipe originates from the same “food family” as “mosbolletjies” seeing as they largely have the same ingredients, and the only real difference is the cooking method, with one being baked and the other one being fried.

The aniseed also gives them a distinct “liquorice” taste which is quite popular in the above-noted regions.

They also have an incredibly long shelf life (and now freezer life) and can be stored for weeks on end. This might be why they are so popular in these regions seeing as they are very convenient to travel with considering the geographic landscape of the two provinces.

“Skuinskoeke” are an all-around delight seeing as they can serve as a snack on the run, or they can be served as a starchy side to a Sunday meal. They are quite indulgent and I would assume that the amount of sugar within the recipe would also serve as an energy booster if you still had tasks to complete later in the day. I have also seen people dunk it in black coffee for breakfast.

YIELD 15-20 'SKUINSKOEKE'

PREPARATION TIME 90 MINUTES

TOTAL TIME 2 HOURS

‘BOESMANLAND SKUINSKOEKE’

CR Botha

METHOD

1. Thoroughly mix all main dry ingredients together in a bowl (flour, salt, instant yeast, aniseed, nutmeg and white sugar—exclude brown sugar and cinnamon from this step).
2. Add the water to the dry mixture a little bit at a time; start stirring the mixture until all ingredients in the bowl start coming together in a dough-like consistency.
3. After the dough has formed in the bowl, add the unsalted butter or soft fat a little at a time. As you add the butter/fat, start kneading the dough.
4. Knead the dough for 15 minutes.
5. Once done, wrap the bowl with the soft dough inside an oiled plastic bag; place the covered bowl inside a blanket and place the blanket in a warm spot.
6. The dough needs to rise to double its original size. This may take 30 to 60 minutes.
7. While waiting, heat the cooking oil in a large pot suitable for deep frying. If you have additional soft fat left over, it can be added to the pot for frying. Mix the brown sugar and cinnamon in a separate bowl to use later.
8. Once risen, remove the dough and knead it down to its original size; then pinch off a good size ball of dough and roll it lengthwise in the form of a long sausage.
9. Once completed, flatten the rolled dough slightly until it is about 1 cm thick; then cut it diagonally into the size of ‘skuinskoeke’ you prefer (remember, they expand once cooked); the general recommendation would be about 5 cm long.
10. Throw diagonally sliced dough forms into the hot oil and fry until golden brown; keep turning the dough in the frying pan to ensure that all sides brown evenly.
11. Once cooked in the middle, remove from the oil, place onto a serving platter, and immediately sprinkle with the already prepared cinnamon sugar.



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DR FISHER

ANGEL
EKATAJENNA
MATTHEWSABIGAIL
JABOSDENE
KIRSTENKGTHATSO
SETSHEDIANDRE
VAN DER LINDEHLENGIWE
MINDULAKSHANA
ARNACHELLANLEILA
SCHULTZPAMELA
MOYOSIMMY
MAENETSALERIKA P
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