

# STARTERS & SNACKS



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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

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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.

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## 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

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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.

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### 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

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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

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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.

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## 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

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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!

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## 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

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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.

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## SERVING SUGGESTION

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

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## 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.

