

# SALADS & LIGHT MEALS



Sweetcorn muffins | 47

*Adelia Carstens*

Pork liver pâté | 48

*Kgothatso Setshedi*

Roosterkoek | 51

*Karen Harris*

Cucumber and apple salad | 52

*Kgothatso Setshedi*

Creamy samp | 53

*Sannah Gomba*

Pumpkin fritters | 55

*Elmien Claassens*

Ujeqe (steamed bread) | 57

*Naledi Mpanza*

Okra (Lady's Fingers) | 58

*Shakila Dada*

Spinach and cheese | 59

*Nastasiya Very*

The-looker-that-lasts salad | 61

*Adri Prinsloo*

Chakalaka salad | 63

*Constance Ntuli*

Biltong salad stack | 65

*Makone Maja*

Morogo and sorghum naan bread | 67

*Simmy Maenetsa*

Sweet peri-peri springbok jerky | 68

*Simmy Maenetsa*

South African sushi | 69

*Retha Alberts*

No-bake avocado tart | 71

*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

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## 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).

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### 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

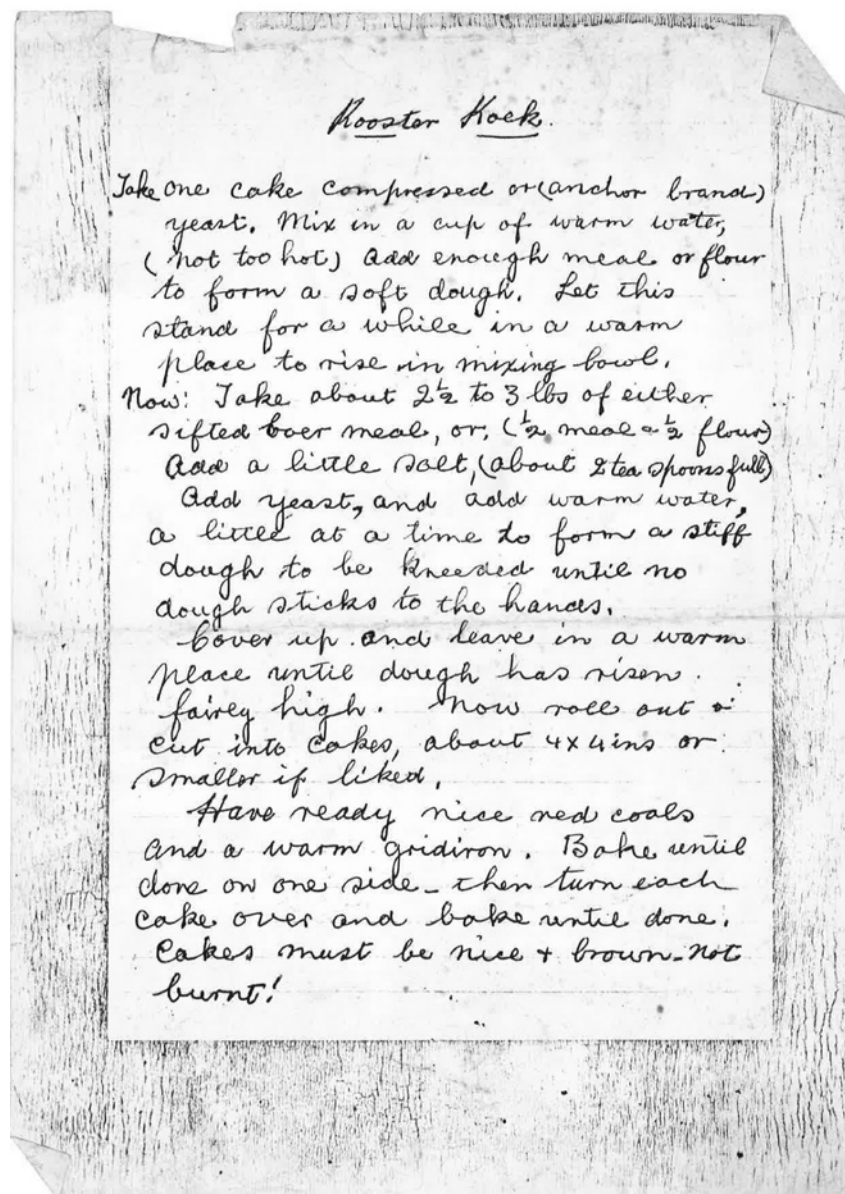
## METHOD

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

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## 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

