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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

Mpumi 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

YIELD 2-4 SERVINGS (150 G EACH)

PREPARATION TIME 15 MINUTES

TOTAL TIME 1 HOUR 10 MINUTES

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.



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

PREPARATION TIME 30 MINUTES

TOTAL TIME 2 HOURS

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.