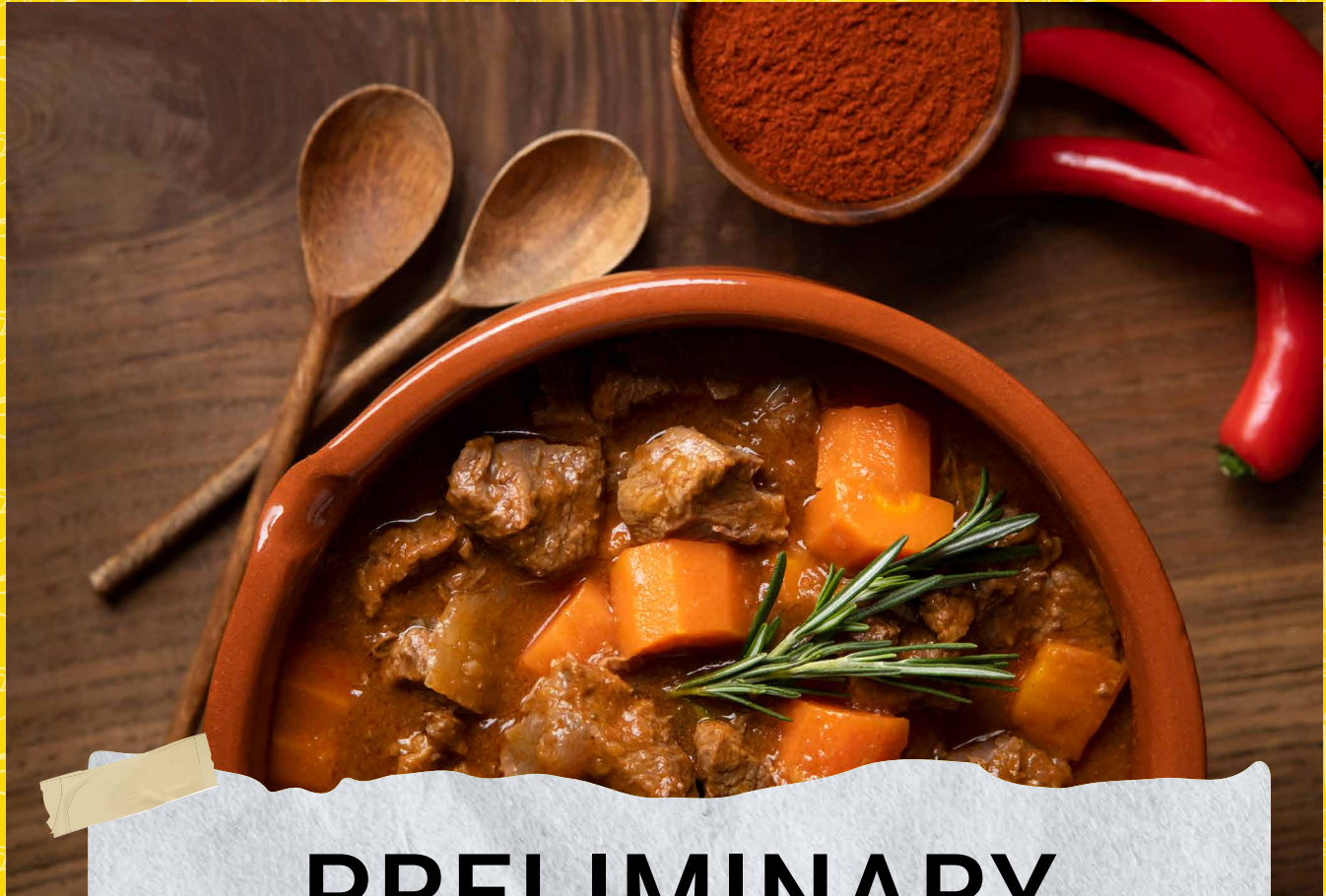


Chapter 1



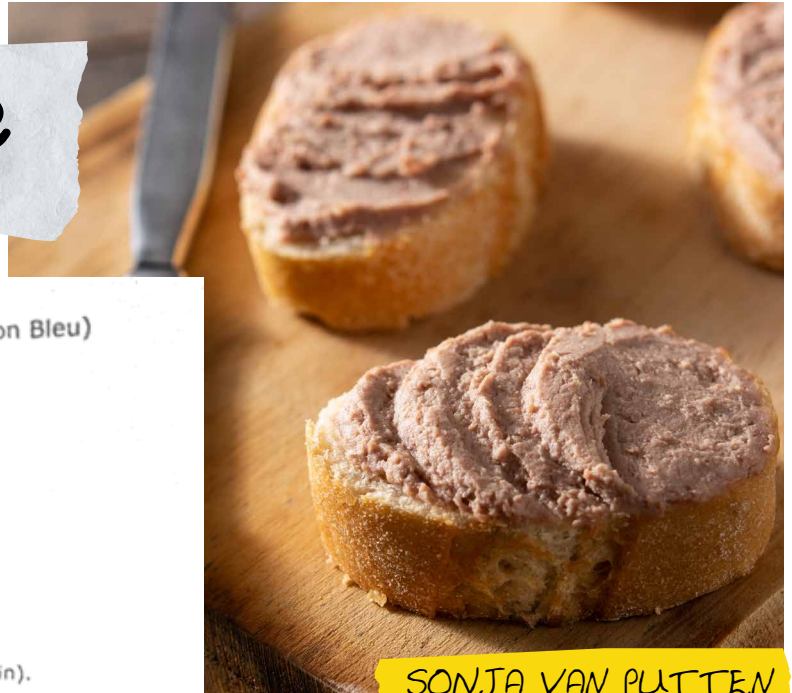
PRELIMINARY FINDINGS

(starters, including soups)



Irène se patée

(Cordon Bleu)



Irène se patée (Cordon Bleu)

- 8 onz Chicken liver (x6)
- 1 small onion
- 1 large clove garlic
- 4 onz butter
- Salt & pepper
- Pinch of Thyme or Mixed Herbs
- 1 desert spoon Brandy

- Melt butter (1 onz, about 30g)
- Cook onion & garlick; add liver.
- Increase heat & sauté briskly 'till firm (2-3 min).
- Cool mixture & pass through blender.
- Beat butter in mixture.
- Add brandy & herbs; season well with Fondor.
- Put in small container in fridge.
- When stiff, top with clarified butter.
- Scoop foam off.
- 6-8 onz butter – serves 4 people.

Ek gebruik een houertjie Free Range Chicken Liver van Woolies – dit is Ek vermenigvuldig die resep 6x. Ek sit dit in klein opskephouers in die vrieskas.

SONJA VAN PUTTEN

Irène uses Free Range chicken livers from Woolies i.e. 6x the recipe. What you don't use you can place in small containers in the freezer.

2

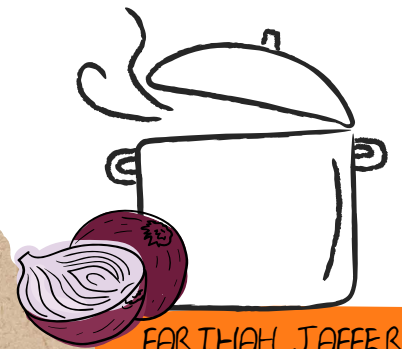
Haleem (Chicken Broth)

INGREDIENTS

750 g chicken or 500g leg mutton
 1½ cups wheat or mixture of: 1 cup wheat,
 ½ cup barley, 1 tblsp chana dhal gram (to be
 boiled in salted water till tender. then grind
 through mincer)
 2 tsp ginger garlic
 1 fair sized onion
 ½ tsp arad (tumeric)
 ½ tsp red dry chillies
 1 tsp whole jeero (cummin)
 1 tsp gharum masala
 ¼ cup chopped shallot and dhunia leaves
 A few elachi, pepper and cloves.
 1 tsp salt
 2 pieces tuj (cinnamon)
 1 tsp green pounded chillies
 1 tsp dhunia/jeero
 2 whole green chillies
 ¼ cup oil
 2 tblsp ghee

RECIPE

Boil wheat or combination of cereals till tender. Grind through mincer. Braise jeero, green chillies and onion in oil till light golden colour. Add washed meat pieces and the masalas and braise till it is well coated on meat and add water to fill pot. Cook meat till tender and add ground dhals. Cook till all well blended and haleem is consistency of broth (3 or 4 hours). Make a vagaar of two tablespoons of ghee and a few rings of sliced onions with little jeero and the green chillies. Pour over haleem, add gharum masala and mix well. Just before serving add chopped greens.



FARIHAH JAFFER





Thai Noodle Soup

with ginger and prawns

INGREDIENTS

2 tsp ginger root, raw and grated
 1 tsp(s) spices, pepper, white to taste
 1 tsp(s), fish sauce, ready-to-serve
 400g prawns
 50 g concentrated liquid real chicken stock
 250g egg noodles, cooked
 1 cup steamed fresh bean sprouts
 240 ml unsweetened coconut milk
 ½ teaspoon salt



CELESTE COMBRINCK

RECIPE

Flash fry prawns in olive oil on the stove
 Add all other ingredients together in pressure cookers,
 and cook for approximately 10 minutes



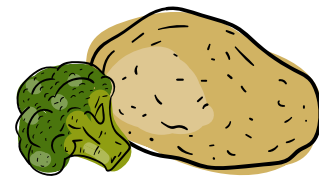
3

Broccoli Feta Sop

Broccoli Feta Soup

INGREDIENTS

5 groot aartappels / 5 large potatoes
 2 hoender ekstrak blokkies / 2 chicken stock cubes
 500-750 ml warm water
 2 koppe broccoli / 2 heads of broccoli
 4 ringe feta kaas / 4 rings of feta cheese
 250ml vars room / 250ml fresh cream
 10 ml margarien of botter / 10ml margarine or butter
 5 ml vars knoffel / 5 ml fresh garlic



RECIPE

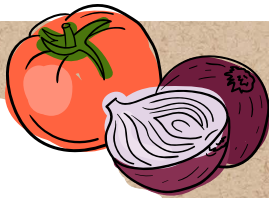
Skil aartappels en sny in blokke. Smelt margarien of botte en voeg knoffel by. Gooi dan die blokkies aartappel by en braai. Los die hoender ekstrak blokkies in warm water op en gooi by aartappels. Gooi dan broccoli by en kook tot sag. Voeg dan laaste jou feta en room by. Gooi sout en swart peper by. Voeg bietjie maizena by as die sop te waterig is. /

Peel and cut the potatoes into cubes. Melt the marg/butter and add the garlic. Add the potatoes and fry. Dissolve the chicken stock in the warm water and add to the potatoes. Add the broccoli and cook till soft. Lastly add the cream and feta, as well as salt and pepper to taste. You can add a little maizena if the soup is too watery.

Bedien met heerlike vars brood. / Serve with lovely fresh bread.

SOPHIA LE ROUX





Quick Tomato Soup

GERRIT STOLS

INGREDIENTS

1 onion, chopped
9 tomatoes (peeled and grated)
2 stock cubes
2 cups boiling water
1 cup fresh basil, chopped
100g tomato paste

RECIPE

Brown the onion in a little oil.
Add the tomatoes and basil.
Dissolve the stock cubes in the water and add to the tomatoes. Leave to boil for about 30 min.
Add tomato paste, and salt and pepper to taste.
Enjoy with a little Greek yoghurt or small meatballs.
Can also be used as a pasta sauce if you add less water.

Not So Quick Roasted Tomato & Basil Soup

JESS VAN PUTTEN

INGREDIENTS

4

2kg roma or plum tomatoes, cut in half
8 cloves garlic, peeled
3 tablespoons olive oil
Freshly ground salt and pepper
2 onions, roughly chopped
1 cup packed basil leaves
1-2 cups water
Freshly ground salt and pepper, to taste

Optional add ins:

Light/Regular coconut milk for a creamy vegan soup
Whole dairy milk/heavy cream for a creamy texture
Parmesan cheese, for a tangy, flavour enhancing flavour
A tablespoon or two of butter, for richer flavour



RECIPE

Preheat oven to 180°C. In a large bowl, coat the halved tomatoes, onions and garlic cloves on with the olive oil. Generously season with salt and pepper. Place on a baking sheet (tomatoes should be cut side down) with the onions and garlic between the tomatoes. Roast in the oven for 40-45 minutes.

Place the tomato combination in a large pot. Add the water and the basil and allow to simmer for 15min, stirring occasionally. Allow to cool for 10 min, then blend until smooth.

To serve, garnish with parmesan cheese and serve with grilled cheese, if desired.
Delicious served with a toasted cheese sandwich.

Note: for a fantastic topping on pizza, leave out the water.





CELESTE COMBRINCK

Beef u want some soup

INGREDIENTS

60 g Beef stir-fry style
2 sachets Beef Stock Concentrated Liquid
50 g tomato paste
250 g raw carrots (*chopped, diced, strips, baby, whole*)
330 g potato
1 tablespoon (15ml), Extra Virgin olive oil.
 $\frac{3}{4}$ c low fat milk
12 g salt
150 g tomatoes
6 tbsp olive oil

RECIPE

Fry beef in some olive oil
Thereafter put all ingredients in your pressure cooker and select soup option
Cook for approximately 1 hour

5

Caulibroc Soup

SONJA VAN PUTTEN



INGREDIENTS

About $1\frac{1}{2}$ heads of cauliflower
(slightly roasted, if you like)
1 head of broccoli
1 onion, chopped
 $1\frac{1}{2}$ litres chicken stock
2 cups grated cheese
1 cup milk

RECIPE

Fry onion in a little oil till soft. Add cauliflower and broccoli florets, and chicken stock.
Boil for about 20 min till veggies are soft. Add salt and pepper to taste, and maybe a little nutmeg, if you like.
Blitz with a stick blender till smooth (or mash until smooth if you don't have a blender).
Add cheese and milk and boil for 5 min till cheese has melted completely.
Serve hot.



Red Lentil Soup

This is the easiest soup ever and it doesn't take hours and hours to make. Also really cheap and freezes well.

INGREDIENTS

1 bag of red lentils
 2 grated onions
 2 grated potatoes
 2 grated carrots
 2 blocks of chicken stock in 15 litres boiling water, or about 15-20 litres of homemade stock.
 Salt, pepper and herbs to taste.



SONJA VAN PUTTEN

Boil together for about 1.5 hours, till everything is soft. Not necessary to blend.

Biltong Soup

JESS VAN PUTTEN

BILTONGSOP

Niel Stemmet van Le Must in Upington se resep.

125 ml botter
 2 blokkies beesvleisafreksel
 10ml grofgemaalde peper
 2 ml neutmuskaat
 2 ml koljander
 250 ml koekmeelblom
 500 ml melk (of ½ melk en ½ room)
 1,5 liter kookwater
 250 ml grofgeraspede cheddarkaas
 200 g fyngekerfde klam biltong
 room en port
 100 g bloukaas, gerasper

Smelt die botter in 'n swaarboomkastrol. Krummel die afrekselblokkies by en voeg ook die speserye by. Voeg die meel by en verhit, terwyl aanhoudend geroer word, tot die meel begin prut. Meng die melk en kookwater saam. Roer stadig by die meelringsel in en verhit oor matige hitte tot dit begin prut en verdik-roer aanhoudend. Verwyder van die hitte en roer die cheddar en ½ van die biltong by. Moenie die mengsel weer laat kook nie. Hou warm tot en met bediening. Roer die room en port by, netvoor opdiening. Garneer met orge biltong en gekrummelde bloukaas. Rond af met broodstokkies.

INGREDIENTS

125ml butter
 2 beef stock cubes
 10ml roughly ground pepper
 2ml nutmeg
 2ml coriander
 250ml flour
 500ml milk or milk/cream
 1.5 litres boiling water
 250ml roughly grated cheddar cheese
 200g finely sliced wet biltong
 Cream and Port
 100g blue cheese



RECIPE

Melt butter in a heavy-bottom pot. Add crumbled stock cubes and spices.
 Add the flour, and heat while stirring continuously until the flour starts to simmer.
 Mix the milk and boiling water. Add this slowly to the flour mixture and heat over mild heat until the mixture begins to simmer and thicken. Stir continuously.
 Remove from heat and add the cheddar and half the biltong. Don't allow the mixture to boil again.
 Keep warm till served. Add the cream and the port just before serving.
 Garnish with remaining biltong and crumbled blue cheese. Also bread sticks.

