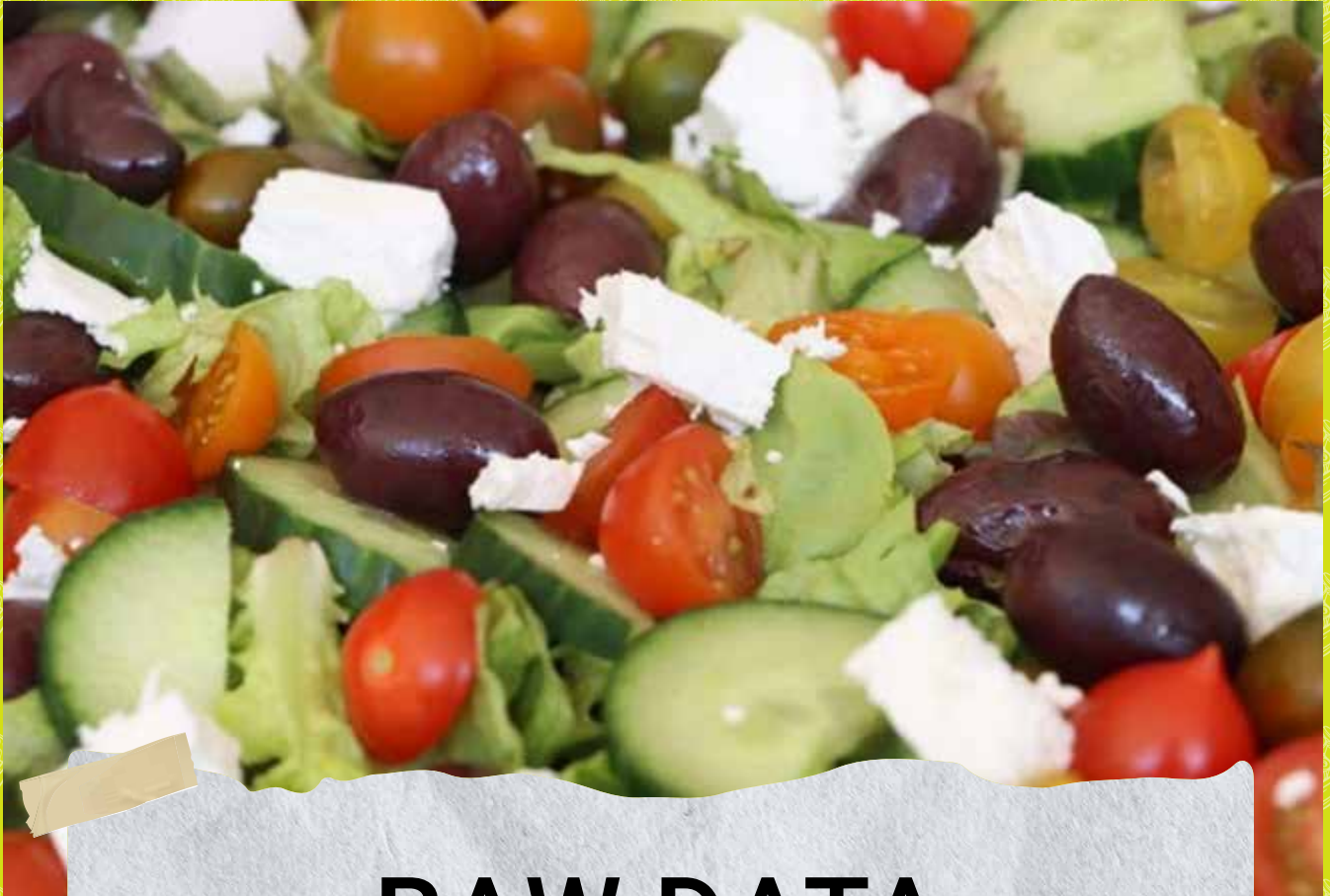


Chapter 2



RAW DATA

(Salad et al.)

Broccoli Salad

HANLIE BOTHA

INGREDIENTS

1 or 2 Broccoli
1 or 2 Bacon bits
± 1 ½ Mayonnaise - Salad cream (ctb)
1 Packet cashew Nuts (chopped)
150ml Raisins
150ml Sunflower seeds
3 tbs Balsamic Vinegar
3 tbs Sugar
Onion (chopped) -kraai uie
Chutney
Alles opgechop in draaiding

Mix everything together, it seems



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Cold Pea Salad

JOHANN ENGELBRECHT

INGREDIENTS

16-ounces (500g) frozen petit pois (do not thaw)
6 ounces (170g) salted almonds, chopped
1/2 cup chopped green onions
8 ounces (230g) chopped water chestnuts or celery/ hazelnuts/ radish if you don't have chestnuts
2/3 cup mayonnaise
2 tsp yellow curry powder
Salt and freshly ground pepper to taste

RECIPE

1 Combine the frozen peas, green onions, almonds, and water chestnuts. Mix together the mayonnaise and curry powder in a separate bowl.

2 Gently fold the mayonnaise mixture into peas. Add salt and freshly ground black pepper to taste.
Serves 6.





really easy

Celery & Apple Salad

SONJA VAN PUTTEN



INGREDIENTS

1 bunch celery – use only the stems, but save the leaves for another salad.

4 or so apples, chopped unpeeled

Mix and add mayonnaise to taste.

You can add chopped pecan nuts and maybe grapes, and then you can call it a Waldorf salad.

Lekker slaai (Vir 6 persone)

Blare gemeng met spinasie
→ Avocado in blokkies
1 Piesang in halwe wiele
1 1/2 gekookte eiers in blokkies gemeng
Rosyne
Ma se staisous (nie te baie nie)
Salt + gemaalde swartpeper
Herhaal lae
Roai wijes boer.

Ma se mayonnaise
1 blik kondensmelk
1/2 - 1/3 blik olie
1 eier geklets
Mustard
Salt
Gemaalde swartpeper

Lekker: said Lack-err with a rolling 'r'

This wonderful Afrikaans adjective, meaning delicious or pleasant, has become part of South African vernacular. The word is similar to cool and is widely used to describe any excellent or pleasurable thing. Lekker is, simply put, a lekker word to describe anything positive.

Lekker Slaai

HANLIE BOTHA

RECIPE

Place the following in layers:
mixed green salad with spinach added
1/2 diced avocado
1 banana cut in half and then into slices
1/2 boiled eggs
Raisins
Mom's salad dressing (not too much)
Salt and cracked black pepper to taste

Repeat the layers
Red onions as garnishing on final layer

Mom's mayonnaise
Tin of condensed milk
1/4 to a 1/3 tin of sunflower oil
1 egg beaten
Mustard
Pinch of salt
cracked black pepper





Bread Salad

MARYKE MIHAI



INGREDIENTS

½ a loaf of white bread cut into cubes and fried.
 1½ cups of cheese cubes
 Dressing:
 3 eggs, beaten
 ½ cup of vinegar
 1 tin condensed milk
 ¼ tsp salt
 1 tsp mustard

RECIPE

Mix vinegar and condensed milk and add to eggs. Add salt and mustard. Boil until cooked. Cool and serve with bread and cheese. You can add a bit of mayo if you need more dressing.

Broodslaa (joke)
 ½ witbrood blokkies (gebraai)
 1½ k kaasblokkies

Slaaisous:

3 eiers
 ½ k asyn
 1 bl kondensmelk
 ¼ tl sout
 1 tl mosterd

klits eiers
 kondensm + asyn
 roer + kook gaar
 meng met mayo
 vir meer

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No Mayo Potato Salad

WILLEM RAUSCHER

INGREDIENTS

4 medium size potatoes
 5 to 6 medium/large pickled gherkins
 1 onion
 ¼ cup of hot water
 ± 2 tablespoons vinegar
 1 tablespoon sunflower oil
 1 teaspoon ground black pepper
 Salt to taste

RECIPE

Cook the unpeeled potatoes until they are soft throughout (it must not be hard in the middle).
 Drain the potatoes and allow them to cool enough to handle.
 Finely chop the onion.
 Cut the gherkins into slices.
 Peel the still warm/lukewarm potatoes - the peel comes off easily using your hands.
 Cut the potatoes into uneven (rough) chunks and place them in a bowl.
 Add the chopped onion and gherkin slices to the potato chunks.
 Add the sunflower oil, vinegar, ground black pepper, hot water and salt and mix carefully - the potatoes must not become mashed potatoes.

Note: I prefer to serve the potato salad immediately while it is still warm/lukewarm, although it is also tasty when served cold.





MARIEN GRAHAM

Beetroot, butternut, feta and walnut salad

This salad is colourful, healthy and vibrant. It is easy to make and can be served as a main meal, starter or side dish. This salad has the added advantage that it contains many “superfood” ingredients, e.g. beetroot improves blood flow and lowers blood pressure, butternut is packed with vitamins and minerals (one cup of butternut provides more than 450% of the recommended dietary intake of Vitamin A), feta has calcium that helps maintain healthy teeth and bones and walnuts are rich in antioxidants, support healthy aging and lowers blood pressure. This is not even mentioning the health advantages of the rocket leaves, the extra virgin olive oil and the lemon (which are too many to list here).

INGREDIENTS FOR SALAD

50 g walnuts (or hazelnuts)
500 g butternut squash (or pumpkin) cut into chunks
500 g beetroot chunks cooked and cooled (*I use the already cooked and cooled beetroot from the shop, but you can cook your own and cool it*)
200 g rocket leaves
150 g feta cheese
Himalayan salt and freshly ground black pepper

INGREDIENTS FOR SALAD DRESSING

3 tablespoons extra virgin olive oil
1 teaspoon Dijon mustard
The juice of half a lemon (freshly squeezed)
Add Himalayan salt and freshly ground black pepper to taste

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INSTRUCTIONS FOR THE SALAD

Preheat the oven to 180°C. Roast the butternut squash chunks in the oven for 40 - 45 minutes or until the vegetables are tender. Allow cooling for a few minutes. Season with salt and pepper after cooling.

Roughly chop the walnuts.

Place the rocket leaves into a serving bowl. Toss in the butternut and beetroot, crumble the feta on top, and then sprinkle with the walnuts.

Drizzle with the freshly made salad sauce before serving.

INSTRUCTIONS FOR THE SALAD DRESSING

Mix the Dijon mustard and the lemon juice.

Slowly emulsify the olive oil with the mix, which involves adding the olive oil slowly and constantly whisking to ensure the mustard and lemon juice mixture doesn't separate from the oil.

Add Himalayan salt and freshly ground black pepper to taste.



Mexican Green Bean Salad

INGREDIENTS

450g fresh green beans, topped and tailed, cut 4cm pieces
1/4 cup onion, finely chopped
2 tbsp lime juice or white vinegar
1 tbsp olive oil
1/2 teaspoon sea salt
1/2 teaspoon dried oregano
3/4 cup packed, chopped fresh coriander
1/3 cup chopped chillies, or less, if you're afraid
1/3 cup chopped red onion
1/2 cup crumbled feta cheese
1/2 avocado, sliced or cut into 3 cm pieces
1 medium tomato, cut into 8 wedges, or a cup of halved cherry tomatoes



JOHANN ENGELBRECHT

RECIPE

- 1 Bring a large saucepan of salted water to a boil. Add the beans and simmer until just crisp tender, about 5 minutes. Drain the beans and run cold water over them to cool them quickly. Drain completely.
- 2 Place beans in a large bowl. Gently mix in the lime juice or vinegar, olive oil, 1/4 cup onion, chopped chillies, sea salt, oregano and coriander. Let sit for half an hour.
- 3 When ready to serve, gently mix in the chopped red onion and feta cheese. Serve the avocado slices and tomato wedges on the side or mixed into the salad.

Serves 4.

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Tinned Bean Salad

JOHANN ENGELBRECHT



INGREDIENTS

6 cans of black beans, rinsed and drained
3 cans of Garbanzo beans rinsed and drained
2 cans of black eyed peas rinsed and drained
1 large red pepper, diced
6 small green onions with some green tops - finely diced
1 tin sweet corn
1 bunch of coriander -- chopped, some stems may be included

RECIPE

Mix all the above ingredients with the dressing

DRESSING: Mix 1/2 cup of lemon juice, 2 tsp sugar, pepper to taste. The dressing should be neutral, not sour.