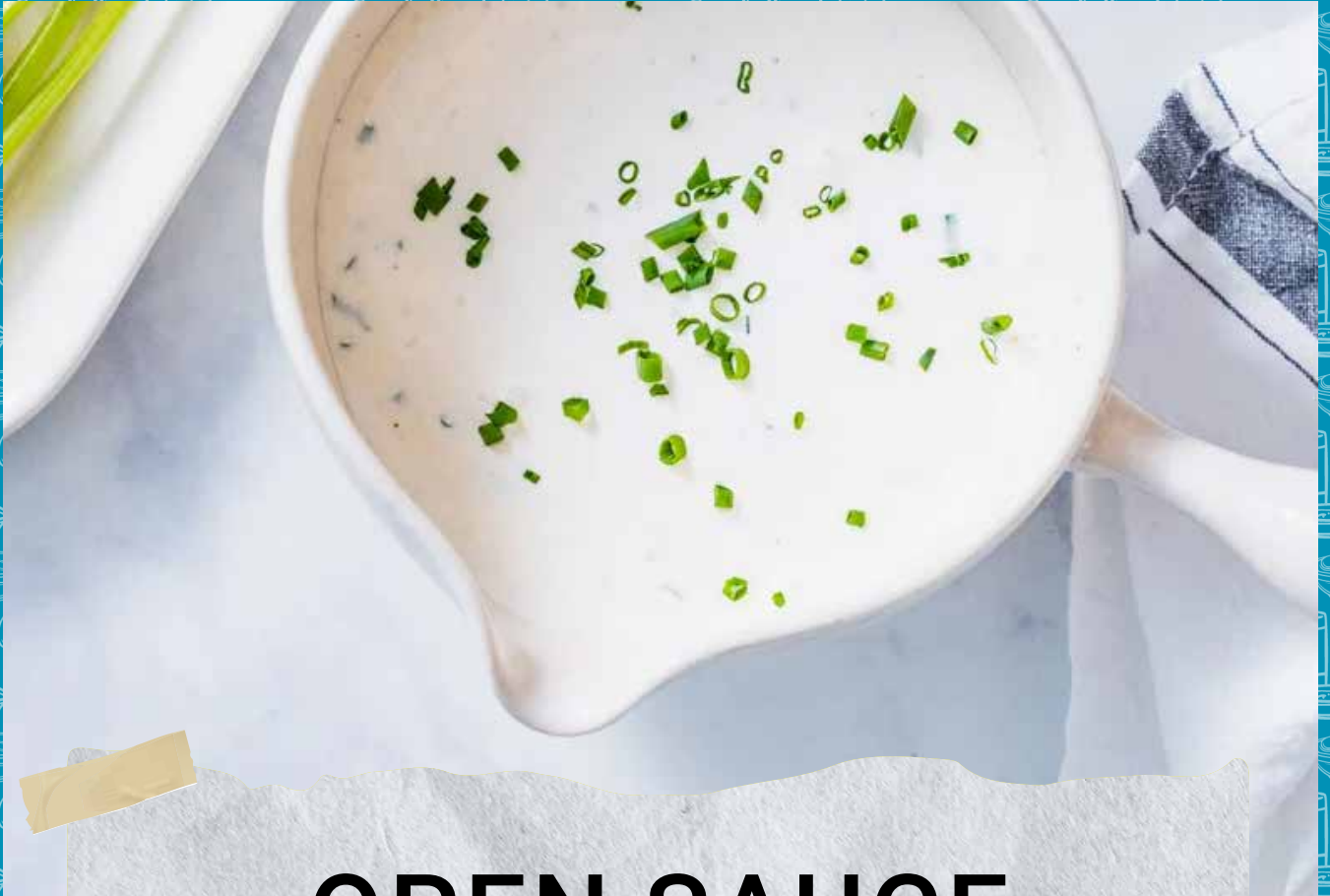


# Chapter 8



## OPEN SAUCE

(All things saucy)





# Chakalaka

RIAN DE VILLIERS

Make a large batch and freeze in little ziplock bags. If you love spicy food, two chilli peppers give it a real kick, so add less in accordance with your own preferences.

## INGREDIENTS

Enough for 4-6

- 1 large onion, finely chopped
- 2 tsps (10 ml) vegetable spices
- 3 tsps (45 ml) canola oil
- 2 green peppers, deseeded and diced
- 1 to 2 green chillies, finely chopped
- 4 tsps (20 ml) curry powder
- 4 carrots, grated
- 410 g can of baked beans in tomato sauce
- ½ cup (125 ml) peri-peri marinade
- 1 tsp (10 ml) garlic pepper spices



## RECIPE

98

1. Flavour the onions with the vegetable spice.
2. Heat a large saucepan over a moderate heat. Sauté the onions, green pepper and chilli in oil, till the onions are glassy.
3. Add half of the curry powder so that the onions turn a golden yellow.
4. Add the grated carrots and stir till the carrots are soft.
5. Add the remaining curry powder.
6. Drop the heat, place a lid on the pan and let it simmer for 15 minutes stirring frequently.
7. Add the baked beans and peri-peri marinade. Add garlic pepper spice to taste.
8. Stir well and leave it on a low simmer for 15 minutes.

It is delicious on braai sandwiches (braaibroodjies) or serve warm as part of any of our authentic South African dishes like pap and wors for example.



# Guacamole

## INGREDIENTS

- 2 ripe avocados, peeled and pitted
- ½ small onion, finely chopped
- 1 ripe tomato, chopped (optional)
- 1 clove garlic, finely minced
- 1 lemon, juiced
- ½ tsp ground coriander seeds
- Salt and pepper to taste

## RECIPE

Mash avocado in a medium serving bowl. Stir in onion, tomato, and garlic. Season with lemon juice, coriander seeds, salt, and pepper. Cover and chill guacamole for 30 minutes to allow flavours to blend.

JESS VAN PUTTEN





# Green goddess dressing

JESS VAN PUTTEN

## INGREDIENTS

1 cup chopped fresh basil  
 6 chopped spring onions, white and green parts  
 1 cup mayonnaise  
 ¼ cup fresh lemon juice  
 1 clove garlic  
 1 tsp salt  
 1 tsp pepper  
 1 cup sour cream/ Greek yoghurt

Optional: 2 anchovy fillets, minced (you won't taste the anchovies, but it definitely gives the dressing a fuller flavour)



## RECIPE

Place the mayonnaise, green onions, basil, lemon juice, garlic, salt, pepper, and anchovies in a blender, and blend until smooth. Add sour cream, blending until just incorporated. Taste, and add more salt or pepper if desired. Use immediately, or cover and store in the fridge for up to 2 weeks.

Delicious used as a salad dressing or on baked potatoes.

Add 2 tbs olive oil when blending to make a tasty cold pasta salad sauce, add feta and crispy bacon bits and voila a delish basil, bacon, feta pasta salad

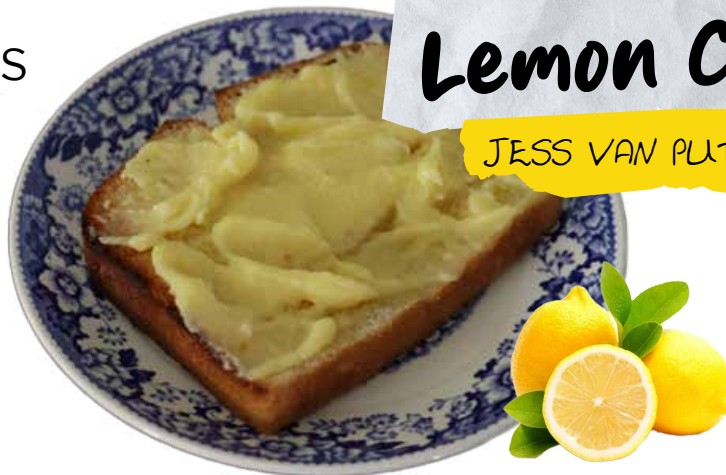
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## INGREDIENTS

6 lemons  
 Rind of 2 lemons  
 350mg sugar  
 200g butter  
 6 eggs

# Lemon Curd

JESS VAN PUTTEN



## RECIPE

Melt butter in the micro

In a saucepan, add melted butter to sugar and lemon rind. Stir till sugar is dissolved. Add the lemon juice and let it boil.

Beat the eggs. Using a whisk, slowly add the eggs to the lemon mix.

(Add a little of the lemon mixture to the egg to help prevent scrambled eggs)

Keep stirring on a low heat till the mixture has the consistency of runny custard.





## Easy sauce for Ice Cream

DELICIOUS, EASY CHOCOLATE SAUCE FOR ICE CREAM  
(Serve hot or cold)

250ml fresh cream  
½ big tin of condensed milk  
2 big Bar One's

Put all ingredients into a pot and bring to the boil on low heat, stirring from time to time, until the Bar One is melted. Serve hot or cold on vanilla ice cream.

SONJA VAN PUTTEN

