

Chapter 5



SECONDARY DATA

(Sides)

Steamed Dumpling

(idombolo)

GONTSE MTHELEBOFU



RECIPE

INGREDIENTS

480 g flour - cake wheat
5 ml salt
15 ml sugar
10 g Superbake Instant Yeast
375 ml water - lukewarm
1 egg

1. Mix together cake wheat flour, salt, sugar and instant yeast. Make a hole in the middle and pour in lukewarm water, beaten egg and oil.
2. Mix together and knead for at least 10 minutes to form a soft pliable dough. Cover dough with shrink wrap and allow to rise to double its size. Knock dough down by kneading again. Divide it into 4 equal parts. Add kernel corn to one part, curried mixed vegetables to the next and chopped mushrooms to the third portion. Leave the fourth plain.
3. Place the 4 portions of dough next to each other in a greased heatproof dish. Pour water in a large saucepan to come up to one-third of the bowl and bring to a boil. Place bowl with dough into water. Cover saucepan tightly and steam for an hour over medium heat. Add water if it goes dry.
4. Test by inserting a skewer into the dumpling. If it comes out clean, the dumpling is cooked. Serve with soup, meat or chicken stew.

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RECIPE

Rinse samp, then let it cook for 1 hour. Keep checking - should not burn - add water as needed. Once cooked, add margarine (not a lot), aromats and salt. If you like, you can add dried parsley for colour (not too much). You can also add fried mushrooms.

Mix all together see what a nice colour you will get.

mhhhhhhhhhhhhhhhh yum

Creamy Samp

BUTHLE OLIPHANT



Mealie Pap Balls

SONJA VAN PUTTEN

RECIPE

Make a stiff mealie pap and allow to cool slightly. Roll into balls the size of meatballs. Place in an oven dish.

Dice onions, mushrooms, tomatoes and bacon. Fry together.

Poke a hole into each ball with your thumb and spoon the bacon mixture into the hole.

Pour a punnet of cream over the balls and cover with grated cheese. Make sure the cream runs in between the balls. Bake at 180°C for about an hour. You can add sweetcorn to the pap if you like.





Dauphinoise potatoes

GONTSE MTHELEBOFU



INGREDIENTS

Butter (for greasing)

1 kg potatoes, peeled and finely sliced

A large bowl of cold water

300 ml double cream

4 cloves garlic grated or crushed

6 sprigs thyme leaves only

Salt and pepper to taste (I use 15 twists of salt and 15 twists of pepper)

50 g cheddar cheese or more if you like a really cheesy topping!

RECIPE

1. Preheat your oven to 160°C. Lightly grease a baking dish with butter.
2. Peel the potatoes and slice them finely – you are aiming for 2-3mm (1/8 inch) thick.
3. As soon as you have sliced each potato, place the slices in the large bowl of cold water.
4. Mix the cream, garlic, 3/4 of the thyme leaves, salt and pepper together in a jug.
5. Drain the potatoes.
6. Layer the potatoes and the cream mixture: a layer of potatoes first, then a couple of tablespoons of the cream mixture, then another layer of potatoes, then another layer of cream and so on, until all the potatoes have been used. Finish by pouring all the remaining cream over the top of the last layer of potatoes. Try to keep each layer as flat as possible and don't overlap the potatoes too much.
7. Cover the dish tightly with foil and place in preheated oven for 1 hour.
8. After 1 hour, turn the oven up to 220°C, then remove the potatoes from the oven and take off the foil. Scatter with the cheese and the remaining thyme and return the potatoes to the oven for a further 15-20 minutes, or until the top is golden brown.

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Kale Dish

(in case you've never known what to do with kale)

1. **2** large bunches kale
2. **2** tablespoons olive oil
3. **2** cloves garlic, thinly sliced
4. **2** teaspoons sugar
5. **1** teaspoon salt
6. **12** Kalamata olives, pitted and chopped
7. **14**-ounce jar roasted red peppers
8. **2** tablespoons aged balsamic vinegar

DIRECTIONS

1. Cut the kale into bite-size pieces, removing any tough stems. Rinse and shake dry.
2. Warm the oil and garlic in a large stockpot over medium-high heat. Remove the garlic as soon as it browns (don't let it burn). Add the kale and stir-fry 5 minutes. Add 1/4 cup water, cover, and cook 8 to 10 minutes or until tender. Uncover and add the sugar, salt, olives, and peppers. Cook over medium-high heat until the liquid has evaporated.
3. Spoon into a serving dish; scatter the garlic over the top. Drizzle with the balsamic vinegar. Serve warm or at room temperature.

FARIHAH JAFFER

Pumpkin Fritters

RIAN DE VILLIERS

INGREDIENTS FOR DUMPLINGS

750 ml gaar fyngemaakte pampoen/ 750ml mashed, cooked pumpkin
500 ml bruismeel/500ml self-raising flour
2 eiers/ 2 eggs

5 ml sout/ 5ml salt
15 ml bakpoeier/ 15ml BP
500 ml olie/ 500ml oil

1. *Klop die gaar fyngemaakte pampoen, eiers en sout saam./ Beat the pumpkin, eggs and salt together.*
2. *Meng die bruismeel en bakpoeier by./ Add the flour and BP.*
3. *Verhit die olie in 'n pan en skep lepels vol van die beslag in die warm olie. Draai om wanneer dit bruin is./ Heat the oil in a pan and scoop spoonfuls of the batter into the hot oil. Turn over when brown.*
4. *Haal uit wanneer dit oral bruin is en dreineer op kombuispapier. Hou warm./ Remove when golden brown all over and set to drain on paper towelling.*

500 ml suiker/ 500ml sugar
250 ml water
125 ml melk/ 125ml milk

30 ml botter/ 30ml butter
Knippie sout/ Pinch of salt
10 ml mielieblom/ 10ml maizena

1. *Mikrogolf die suiker, water, melk, botter en sout vir 5 minute./ Heat the sugar, water, milk, butter and salt for 5min in micro.*
2. *Roer dit tot die suiker opgelos is/ Stir till sugar is dissolved.*
3. *Meng die mielieblom met 'n klein bietjie water tot dit glad is./ Mix the maizena with a little cold water until smooth*
4. *Roer dit by die suikermengsel in en mikrogolf vir nog 2 minute./ Add the maizena to the sugar mixture and microwave for a further 2 minutes.*
5. *Gooi die warm stroop oor die warm poffertjies. / Pour the warm syrup over the fritters.*

