

# Chapter 4



**PLANT BASED**  
(Often with Research Onions)





# Broccoli Bake

Groente:

Broccoli: (Carre)

HANLIE BOTHA

500 g bevrore broccoli - Kook tot sag  
 12,5 ml botter  
 1 fyn ui  
 1 fyn knoffelhuisie  
 1 blik sampioenroomsoep

1 blik sampiëne  
 170 g soetmelkkaasmeer  
 5 ml worcestersous  
 125 ml vars broodkrummels  
 paprika

1. Oond op 180°C Braai ui + knoffel in botter
2. Voeg sop, sampiëne + kaasmeer by (Tot gesmelt)
3. " worcestersous by. Krummels + paprika bo-oor, nadat sop oorgegoei is.
4. ± 20 min sonder deksel (6-8)

## INGREDIENTS

500g frozen broccoli, cooked until soft  
 1tbsp butter  
 1 onion, finely chopped  
 1 finely chopped clove of garlic  
 1 tin of mushroom soup  
 1 tin of mushrooms  
 170 g of sweetmilk cheese spread  
 5 ml Worcester sauce  
 125 mg fresh breadcrumbs  
 Paprika to taste

## RECIPE

Pre-heat oven to 180°C. Fry the onions and garlic in butter and add mushroom soup, mushrooms and cheese spread until melted. Pour the sauce over the broccoli.  
 Add the Worcester sauce, the sprinkle breadcrumbs and paprika on top and bake until golden brown and delicious!

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# Gem squash bake

lemmerpampoenstjies (Annelie 6-8 p)

6 pampoenstjies, sag gekook en uitgesteep

3/4 k suiker

2 eetl botter

2 eetl vlakpoeier

2 eiers

1 k melk

1. Meng alles. Spoi in gesmeerde bak. Strooi kaneel oor.
2. Bak by 30 min by 180°C



## INGREDIENTS

6 cooked gem squash with the seeds removed  
 3/4 cup of sugar  
 2 tablespoons of butter  
 2 eggs  
 2 tbsp custard powder  
 1 cup of milk  
 A sprinkling of cinnamon

Mix all the ingredients together except the cinnamon and place in a butter oven proof dish. Sprinkle cinnamon over the top. Bake for 30 minutes at 180°C

HANLIE BOTHA





# Dumplings & Curry

CLIMANT KHOZA



## DUMPLINGS

4 cups of all-purpose flour  
A pinch of salt  
Cold tap water  
Baking powder (4 teaspoons)  
Mixed herbs and/or grated carrots

Put the 4 cups of flour in a bowl. Add a pinch of salt (no sugar). Add the mixed herbs and grated carrots. Add the two cups of cold water. Mix until the wet and dry ingredients are combined. Use your fist to mold the dough until it is soft (No flour should be left on the surface of the bowl or in your hands). Put the dough aside.

## CURRY

To make your curry, you will need the following  
1 medium-sized brown onion  
2 gloves of garlic  
Robot peppers  
3 large carrots  
Baby potatoes cut into two  
Spices and herbs: Curry leaves. Mix masala, Paprika and Biryani mix

Put all your ingredients in the pot and add just enough cooking oil then fry to perfection. Add half a jug of lukewarm water in the pot and let boil. When the potatoes are beginning to get soft, roll the dough into balls then put it into the curry. Add more water. Close the lid. Keep adding water when necessary. Do not use cold water and do not put water on top of the dumplings. To check if your dumplings are ready, poke with a fork.

# Niekie's chickpea curry

NIEKIE BLOM

## INGREDIENTS

1 tbsp oil	1 fresh tomato, chopped
1 onion, chopped	400g tin chickpeas, drained and rinsed
1 garlic clove, crushed	5cm/2in piece root ginger, grated
¼ tsp salt	pinch of garam masala
½ tsp cumin powder	4-6 curry leaves
¼ tsp coriander powder	Oregano
¼ tsp turmeric powder	½ tin of coconut cream
¼ tsp red chilli powder	handful of cashew nuts
	pitta breads or plain basmati rice, to serve



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## RECIPE

1. Heat a deep, lidded saucepan or a medium sized wok and add the oil. Fry the onions and garlic, until the onions are caramelised
2. Add the salt, cumin, coriander, turmeric and red chilli powders. Mix for a minute and tip in the tomato. Cook the sauce until it begins to thicken.
3. Add 4 tablespoons water and stir. Then tip in the chickpeas and mix. Mash a few of the chickpeas while cooking. Cover and simmer for 5 minutes. Then add the ginger and the garam masala. Cook for another minute.
4. Add curry leaves, pieces of lemon/lime, oregano and half a tin of coconut cream
5. Add cashew nuts before serving
6. Serve with pitta breads or plain basmati rice.







## Peas with Onion & Mushroom

HANLIE BOTHA

### INGREDIENTS

2 tbsp butter/ margarine  
1 finally diced onion  
¼ lb sliced mushrooms  
10 oz of frozen peas  
¼ tsp salt  
Pepper to taste

### RECIPE

Melt the butter.  
Fry the onion and mushroom in the butter.  
Allow the mixture to simmer for 3 minutes. Add the peas and stir. Season with salt and pepper.

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## Veggie Bake

SONJA VAN PUTTEN

### INGREDIENTS

Broccoli florets  
Cauliflower florets  
Baby marrows, cut into chunks  
Mushrooms, cut into chunks  
Any other vegetable that may be lying around in your fridge, cut into chunks

### RECIPE

Cheese sauce made as follows:

Place 4 tbsp of butter in a jug. Add 3 tbsp of flour and 1 tsp of salt. Micro for 30 sec. Add 400 ml milk and 1 cup grated cheese. Micro for 4 mins, stirring regularly. Make more cheese sauce if you have lots of veggies.

Place veggies in oven dish and sprinkle with condiments of your choice. Pour cheese sauce over the veggies. Sprinkle grated cheese on top and bake for approx. 40 min on 180°







## Another Veggie Bake



SONJA VAN PUTTEN

### INGREDIENTS

Leftover fresh veggies (any), roughly cut  
1 tomato, roughly chopped  
1 onion, roughly chopped  
Some mushrooms, if you have, roughly cut

### RECIPE

Stir-fry the veggies for just a few minutes until nearly done (still crisp). Mix together 1c self-raising flour, 1c milk, 1 egg, salt to taste. Pour over veggies in an ovenproof dish (do not stir in), and bake for about 25min, till golden brown and the crust is cooked.

## Onion Fritters

SONJA VAN PUTTEN



### INGREDIENTS

2 - 3 onions, grated  
2 - 3 large potatoes, grated  
2 eggs  
About 1/2 c self-raising flour  
Salt & pepper to taste

### RECIPE

Place grated onions and potatoes in a colander to drain off excess liquid, then mix all the ingredients together. The dough should be sloppy. Fry in shallow oil till golden.







# Crushed Baked Potatoes

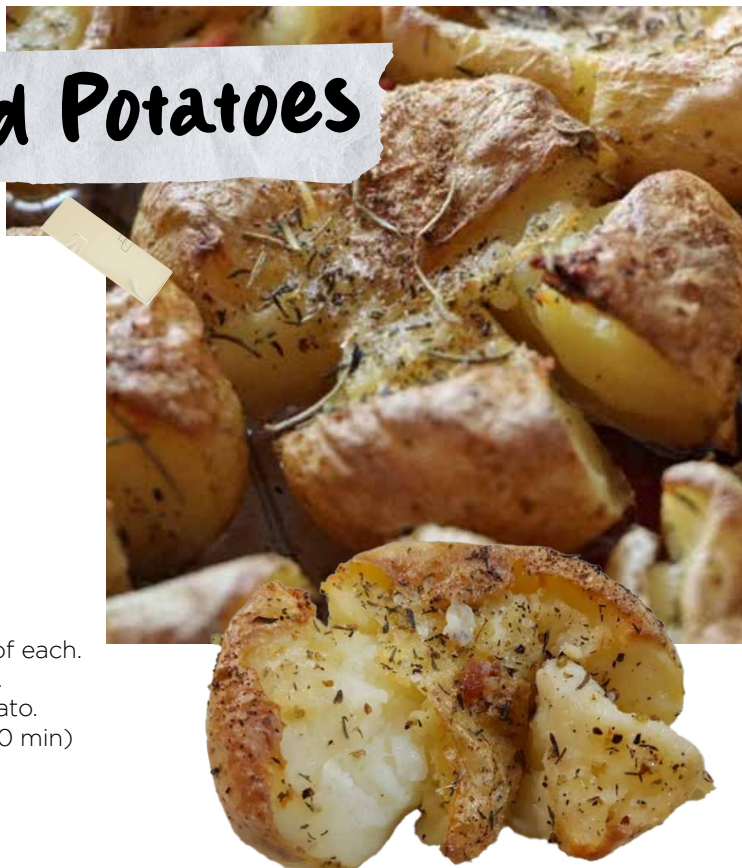
JESS VAN PUTTEN

## INGREDIENTS

As many potatoes as you like  
 Oil  
 Herbs of your choice (maybe rosemary, rosemary & olive spice, a little thyme)  
 Salt and ground pepper to taste

## RECIPE

Cook potatoes in micro till done.  
 Place in a dish and cut a cross in the top of each.  
 Sprinkle herbs, salt and pepper over each.  
 Drizzle about 2 tbsps of oil over each potato.  
 Bake at 180° till brown and crisp (about 30 min)



# Roasted Stuffed Butternut

JESS VAN PUTTEN

**HUGE TIP: BUTTERNUT CAN BE AWFUL TO CUT, SO COOK WHOLE BUTTERNUT IN MICRO ON HIGH FOR ABOUT 2 MINS - NOT COOKED, BUT CAN BE CUT!**

## INGREDIENTS

1 whole medium butternut  
 Olive Oil for coating and drizzling  
 2 tablespoons pine nuts  
 2 teaspoons dry oregano  
 150g crumbled feta  
 Salt and pepper  
 2 teaspoons fresh chopped parsley

## RECIPE

Preheat oven to 350°F (180°C)  
 Wash the outside of the butternut and pat dry. Cut down the middle (lengthwise). Scrape out all the seeds with a small spoon, set seeds aside. Score the cut surface with a criss-cross pattern. Coat butternut (skin and inside) with olive oil and add salt, pepper and oregano. Roast for about an hour until soft.  
 Remove from oven, and fill the cavity with crumbled feta and a few pine nuts; scatter the rest of the feta on top of the whole butternut. Continue to roast for about 10 minutes.  
 Remove, drizzle with olive oil, sprinkle with parsley and serve.

# Morogo



DAVID SEKAO

## INGREDIENTS

Cooking oil (preferably canola),  
Onion (diced),  
Garlic,  
Peeled tomato,  
Mushroom,  
Spinach (organic and fresh from  
the garden),  
Salt, black pepper  
Cream.

## RECIPE

Fry diced onion  
Add tomato and garlic  
Add mushroom  
(don't be stingy with it - it is the core ingredient for my Morogo)  
Add spinach: ensure that, after washing it, excess water is  
removed before cooking  
After about 20mins, add salt and black pepper, and then about  
10 mins later add cream.  
Ready to serve - lekker with home baked bread and braai vleis!



