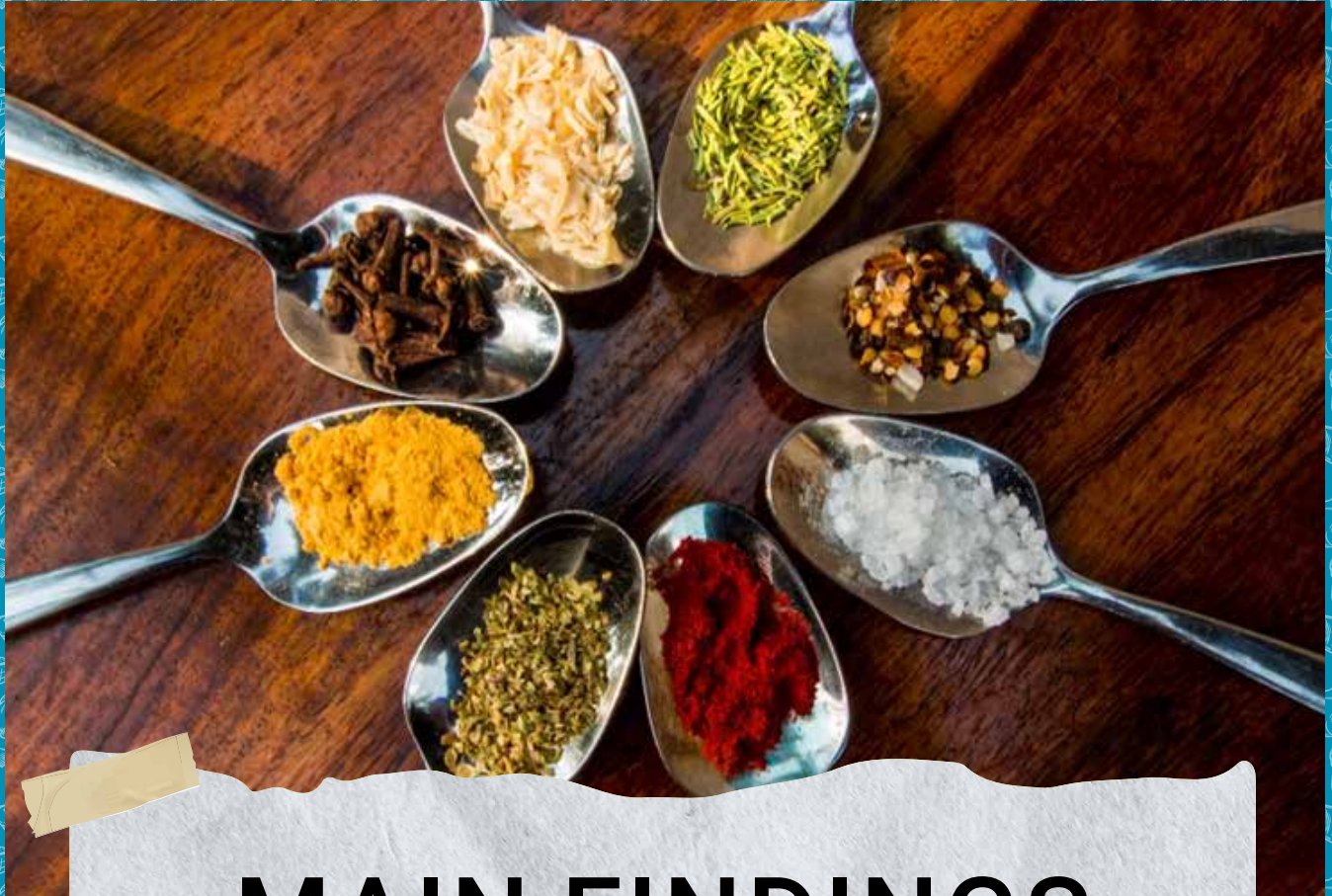


Chapter 3



MAIN FINDINGS

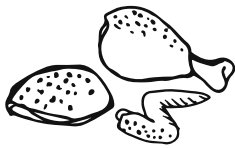
(Savoury & Satisfying)

3.1 GALLUS GALLUS DOMESTICUS

(chicken)

Peachy Chicken

RONEL CALLAGHAN



1.5 kg chicken pieces salted and peppered and lightly fried in butter

Fry 1 big chopped onion in the chicken pot

Drain 1x 410g tin of peaches - heat the syrup

Boil for 10 min: the peaches, 250ml orange juice, 125ml apple juice, 2ml mustard, 2ml ginger powder

Combine the chicken and onion; syrup; and peach mixture in the chicken pot and boil together for approximately an hour until the sauce has a good consistency.

Bake in the oven for another half an hour.

INGREDIENTS

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Coronation Chicken

JESS VAN PUTTEN

INGREDIENTS

500g fusilli pasta (the curliness provides more surface area for flavour to stick)
2 finely chopped large onions
1 rotisserie chicken cut into bite size pieces
2 cups of mayonnaise
¾ cup of canola seed oil
One large tin of canned peaches with syrup
2 tbsp of mild and spicy curry powder
One teaspoon of ground cumin
One teaspoon ground coriander
One teaspoon ground turmeric
Salt to taste

RECIPE

Thoroughly caramelize onions in a little oil, then add the curry powder, cumin, coriander and turmeric and allow to simmer for 2 minutes. Remove from the heat and add the chicken, the mayonnaise and the cubed peach slices with the syrup as well as the canola seed oil. Stir the mixture thoroughly. Fold this mixture into the cooked pasta. Seal thoroughly in an airtight container. Leave overnight in the fridge and serve chilled the next day.



Blatjanghoender (chutney chicken)

SOPHIA LE ROUX

INGREDIENTS

1 groot hoender / 1 large chicken
1 pak bruin uie sop (69g) / 1 packet
brown onion soup (69g)
½ kp mayonnaise / ½ c mayonnaise
½ kp blatjang / ½ c chutney
½ tp sout / ½ tsp salt



Sny hoender in porsies, of gebruik dye of boudjies, pak in vuurvaste skottel. Meng mayonnaise, soppoeier en blatjang in aparte bak. Giet oor rou hoender, tesame met sout. Plaas deksel op en bak 1 ½ - 2 ure op 180°C (vir 1ste uur) en daarna 140°C, met deksel af.

Cut the chicken into portions, or use thighs and drumsticks, and pack into an oven dish. Mix the mayo, soup powder and chutney in a separate bowl. Pour this sauce over the raw chicken and add the salt. Cover with a lid and roast for 1½ - 2 hours at 180°C for the first hour, and then at 140°C, with the lid off.

Slight variation:

Chutney chicken according to Birdie

VERNON CANDIOTES



Birdie se Bird. (Salome's version)

12+ chicken pieces varied but not huge.
Salt, pepper, chicken-spice
Onion Soup powder - 1 packet.
Chutney + Mayonnaise 1 cup of each
½ cup water.

Place chicken pieces in oven Dish
Spice them
Mix Soup powder, chutney and Mayonnaise + water.
Pour over chicken.
Cook for 1½ hrs on 180°C
if it looks dry mix up a little more chutney / Mayo and throw over.





Biryani

(key recipe) for 6-8 persons

INGREDIENTS

1 chicken (1½kg) washed and disjointed	2 springs mint
2 cups masoor (whole black lentils)	¼ tsp saffron
2 cups rice	¼ tsp turmeric (arad)
2 pieces cinnamon sticks (tuj)	1 tsp salt
4 elachi (cardomom)	1 tsp dhunia/jeero (coriander/cummin)
1 tsp jeero (cummin)	1½ tsp red chillies
4 green chillies (slit)	6 small potatoes
1 cup yogurt	3 hard-boiled eggs
2 tblsp fresh tomato (grated or pureed)	¾ cup oil and ¼ cup ghee
1 tblsp lemon juice	2 fair sized onions
	1 ½ tsp ginger/garlic

RECIPE

Allow saffron strands to become crisp over very low heat. Crush fine with back of spoon. Steep in a tablespoon of hot water.

Keep some saffron aside for tinting, 3 or 4 tblsp of the cooked rice. This must be spread on top of other rice, in streaks.

Fry onions in oil to a pale golden colour. Drain and cool. Leave aside 1 tablespoon of fried onions and crush rest coarsely. Wash and drain disjointed chicken. Place in large bowl. Add saffron and smear ginger/garlic over meat pieces by tossing it around meat, with spoon. Add yogurt, tomatoes, spices, fried onions, whole green chillies, sprigs of mint and allow to marinate for at least 1 hour.

Meanwhile, boil masoor in salted water till done. Drain off in colander. Boil rice with 2 elachi and 1 piece tuj, the rest of elachi, etc., must be added to marinating meat. Rice must be drained when only half done. (Boil rice as for Pilau but leave slightly underdone). Fry potatoes to light yellow colour in oil used for frying onions. Remove from ghee and set aside.

In large flat bottomed pot (2-3 litre size) put in oil that was used for frying, plus half of ghee. Sprinkle a handful of rice and masoor over the bottom. Now arrange the marinating chicken and masalas carefully over bottom of pot.

Now spread masoor over chicken, then the potatoes and then half of the rice. Place peeled hard boiled eggs over rice. Now spread rest of rice over eggs. Many people prefer to tint a little of the white rice with a tinge of saffron. This looks very attractive and puts the finishing touch to the Biryani.

Decorative with left-over fried onions, and sprinkle rest of ghee and half a cup of cold water over the top. Close and seal lid of pot tightly. Place over high heat for 5 minutes and as soon as it starts sizzling, lower heat and let simmer for 1 hour. By this time all moisture should have evaporated. Serve with fried rice papads, onion kachoomers, and its essential accompaniment, spiced dahi.

NOTE: if mutton is used then add 1 more teaspoon of ginger/garlic as well as 1/2 cup more of yogurt. Pot should be allowed to steam half an hour or so longer depending on the toughness of meat. Remember to crack elachi pods open by pressing between fore-finger and thumb, but take care that seeds do not spill out.

FARIHAH JAFFER



CHIPS-HOENDER

1 gaar hoender (ontbeen + in stukkes)
 1 groot ui (soteer eers 'n bietjie)
 1-2 k. rys (gaar)
 1 k. mayonnaise
 1 bl. hoenderroom sop
 1 groot pak Sout + Asyn Chips (maak fyn)
 Los 'n bietjie fyn chips om bo-oor te gooi.

Meng al die bestanddele. Sit in bak, liggies gesmeer met margarine. Bak 30min in 180° oond. Onthou om eers die chips oor te strooi. ♥

JESS VAN PUTTEN

Chips Chicken

INGREDIENTS

1 cooked chicken deboned and in pieces
 1 large onion, sautéed
 1-2 cups of cooked rice
 1 cup mayo
 1 tin cream of chicken soup
 1 large packet Salt & Vinegar chips, crushed (leave a little to sprinkle on top)

RECIPE

Mix everything together and place in lightly buttered dish. Bake for 30min at 180°. Remember to sprinkle remaining chips on top when done.



Chicken Wrap

CORENE COETZEE

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INGREDIENTS

Wraps from Woolies, PnP or Checkers (also called tortillas)
 Crumbed chicken schnitzel, bought where you bought the wraps, cooked and cut into strips
 Pineapple, fresh and cut into strips
 Cherry tomatoes, halved
 Cucumber, cut into strips
 Carrots, cut into thin strips
 Cheddar cheese, cut into strips
 Sauces: mayonnaise, sweet chilli, chutney, tomato sauce etc.

RECIPE

Place each of the ingredients in separate bowls: each person assembles their own wrap.
 Spread the sauces over the wrap, according to taste.
 Place ingredients of choice onto 2/3 of the wrap. Fold over the remaining third and the sides to form a parcel. Eat.

By the way, if you place a tortilla on a baking sheet, prick it here and there with a fork so that it doesn't bubble up, and put it in the oven just like that for a few minutes at 180°C, you can use it as a pizza base.



Butter Chicken

Butter Chicken

4 fillets of chicken
 2 tsp ginger garlic
 1/2 tsp lemon juice
 1/2 tsp chilli powder

4 tbspn yoghurt
 1 tsp crushed cumin
 1 tsp crushed coriander seeds
 1/2 tsp tumeric
 1/5 tsp salt
 1/2 tsp pepper

Cook chicken a little
 Clean pan - add ghee + onions
 2 tsp ginger garlic
 1 tsp coriander powder
 1 tsp garam masala
 1/2 tumeric
 1/2 tsp chilli powder

Add chicken 50g
 Add tomato paste + butter
 Add rest of marinade and add
 in fresh cream before serving



FARIHAH JAFFER

Chicken Jambalaya

JODY JOUBERT

INGREDIENTS

Ingredients
 500g Chicken Pieces
 1 Onion
 Garlic to taste
 1 Red/green/yellow pepper
 1 stem celery (absolute must!)
 1 whole chorizo, diced
 2 tbsp cajun spice (Ina Parman)
 2 cups rice
 2 tins diced or plum tomato
 700ml chicken stock

RECIPE

Start by browning the chicken pieces in some oil until sealed with a slight bit of colour. Add some salt if you want. Remove from the pot once done. Using the remaining oil (add some if needed) saute the onion until they start to go translucent. At the same time add the pepper, garlic, chorizo and cajun spice. Saute until fragrant and chorizo starts rendering.

Add tomato, stock and chopped celery
 Add rice, cover the pot and refrain from stirring (unless to cover the rice).

Cook for 15 minutes, give it a good stir. Continue to cook for 5 to 10 minutes until the rice is soft and the sauce is thick.



Chicken Stew

GONTSE MTHELEBOFU

INGREDIENTS

1 tbsp olive oil
1.5 kg bone in, skin on chicken thighs and drumsticks (6 to 8 pieces)
Salt and pepper
2 onions, halved and cut into wedges
2 garlic cloves, minced
3 large carrots, cut
4 celery stalks, cut into chunks
1/2 cup (125 ml) water
3 tbsp (35g) flour
3 cups (750 ml) chicken broth
2 tbsp tomato paste
2 tsp Worcestershire sauce
3 sprigs thyme, or 1 tsp dried thyme (or other herb)
2 bay leaves (dried or fresh)
600 g baby potatoes, halved (quarter large ones)

SERVING (OPTIONAL):

Fresh thyme or parsley (chopped)
Warm crusty bread

RECIPE

1. Preheat oven to 180°C.
2. Heat oil in a large pot over high heat. Brown chicken on both sides until light golden, sprinkling with salt and pepper. Remove from pot. (Do in 2 batches if pot not big enough).
3. If there is too much oil in the pot, discard some. Add onion and garlic. Cook for 2 minutes until onion is translucent.
4. Add carrots and celery, cook for 1 minute.
5. Add water. Stir, scraping the bottom of the pan to dissolve the brown bits into the liquid. Cook for 1 minute until liquid is mostly gone.
6. Sprinkle flour across surface, stir.
7. Add broth, tomato paste, Worcestershire sauce, thyme and bay leaves. Stir to dissolve tomato paste.
8. Place chicken on top, keeping the skin above the liquid level as much as you can.
9. Bring to simmer then cover. Bake for 45 minutes.
10. Remove from oven, remove lid. Add potatoes, pushing them into the liquid and rearranging chicken so they sit on top (for lovely crispy skin).
11. Return to oven without the lid for a further 40 minutes until the chicken skin is deep golden and super crispy, the potatoes are soft and the sauce is thickened.
12. Taste sauce and adjust salt and pepper to taste.
13. Serve with warm crusty bread on the side to dunk in the sauce - or go all the way with garlic bread!

Optional: garnish with extra fresh thyme leaves or parsley.



3.2 BOS TAURUS (Beef)

Devilishly Lekker Steak

Deesseleis

- Duiwels lekker biefstuk :
- | | |
|-------------------------|---------------------|
| 1 kg biefstuk, in skywe | 50 ml olie |
| 25 g (50ml) meel | 250 ml water |
| 10 ml sout | 20 ml worcestersous |
| 7 ml mosterdpoeier | 5 ml sojasous |
| 1 ml peper | |
1. Sif meel, sout, mosterd e peper. Kop dit in olie
 2. Braai vleis tot bruin. Meng water, worcestersous e sojasous.
 3. Gooi oor vleis. Bedek e prut vir 2-3 uur. Moenie deksel lig nie.
(Ken 1 eelt tamatiesous, 1 eelt bisto, Promat bygeel)

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HANLIE BOTHA



INGREDIENTS

1 kg steak cut into slices
25g or 50ml flour
10ml salt
7ml mustard powder
1ml pepper
50 ml oil
250ml water
20ml Worcester sauce
5ml soya sauce

RECIPE

Sift together the flour, salt, mustard and pepper. Chop this into the meat (sprinkle flour mixture over meat and chop with the edge of a saucer.

Fry the meat till brown.

Mix water, Worcester sauce and soya sauce, and pour over the meat.

Cover and simmer for 2-3 hours, without lifting the lid.

(You can add 1 tbsp tomato sauce, 1 tbsp Bisto and Promat, if you like)





INGREDIENTS

Onion, green, red & yellow pepper, ginger & garlic (diced veggies)
 To be added later once meat is tender: mushrooms, or even frozen mixed veggies optional
 Chicken stock powder
 Steak n chops spice
 White pepper (not too much)
 BBQ sauce
 Monkey gland sauce

RECIPE

Boil beef with chicken stock powder and white pepper, add steak n chops spice and keep checking because it has a tendency to burn.

Once the meat has boiled for some time add all the diced veggies. Let it continue to cook. Once the meat is tender, add sliced mushrooms or frozen mixed veg/chunky mixed veg of choice. Add BBQ and monkey gland sauce (not a lot). Let it simmer.

There you go. Warning: this is comfort stew not to be eaten everyday

Beef Stew



BUHLE OLIPHANT

Busy Mom's Oxtail

KEDIBONE MAIFADI



INGREDIENTS

1.2kg oxtail
 Chilli beef cubes 2-3
 1 onion (chopped)
 Peri peri powder (1-2 teaspoons)

RECIPE

In a pressure cooker, cook the oxtail for 30 minutes.

From a pressure cooker transfer the oxtail to a pot on the stove.

In a pot cook the oxtail for 2 hours on high heat or until meat separates from bone.

Then add the remaining ingredients and let it simmer for 30 minutes on medium to high heat.





Ma se Bredie (mom's Stew)

CELESTE COMBRINCK



Bestanddele vir Bredie/ Ingredients for stew:

500 gram bees skeen (met bene) of stowe lamsvleis /
500g shin or stewing lamb
4 groot wortels (fyngkap) / 4 large carrots, finely chopped
4 groot aartappels - sny in blokkies / 4 large potatoes cut
into blocks
1 groot ui, rooi of sprietuie / 1 large onion, red or spring
onions
2 groot tomaties / 2 big tomatoes
250 ml bees aftreksel / 250ml beef stock
3 teelepels gemmer (gerasper) / 3 tsp grated ginger
2 koppies gekookte rys / 2 cups cooked rice
1 teelepel pietersielie / 1 tsp parsley
Swartpeper en sout na smaak / Salt and Black pepper to
taste
2 teelepels basiliekruid fyngkap / 2 tsp basil, finely
chopped
2 teelepels olyf olie / 2 tsp olive oil

Bestanddele vir vleis kluitjies / Ingredients for dumplings:

2 koppies meelblom / 2 cups flour
4 teelepels bakpoeier / 4 tsp baking powder
 $\frac{3}{4}$ koppie melk / $\frac{3}{4}$ cup milk
2 eelepels olie (of botter) / 2 tbsps oil or butter

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RECIPE

Bredie / Stew:

Meng alle bestanddele vir gebruik in drukkoker. Kook vir 1 uur (kan ook op stoof gekook word of in outydse stoompot) / Place all ingredients into pressure cooker and cook for 1 hr (can also be done on the stove)

Kluitjies / Dumplings:

Meng en sif droë bestanddele / Mix and sift ingredients
Meng melk, olie en voeg by droë bestanddele / Add mixed oil and milk
Meng tot slap deeg / Mix to form sloppy dough

Bredie met kluitjies / Stew with dumplings:

Na bredie gekook het, skep deeg oor vleis en kook vir 15 minute met deksel toe / After stew has cooked, pour dough over the meat and cook for 15 minutes with lid on and without opening.





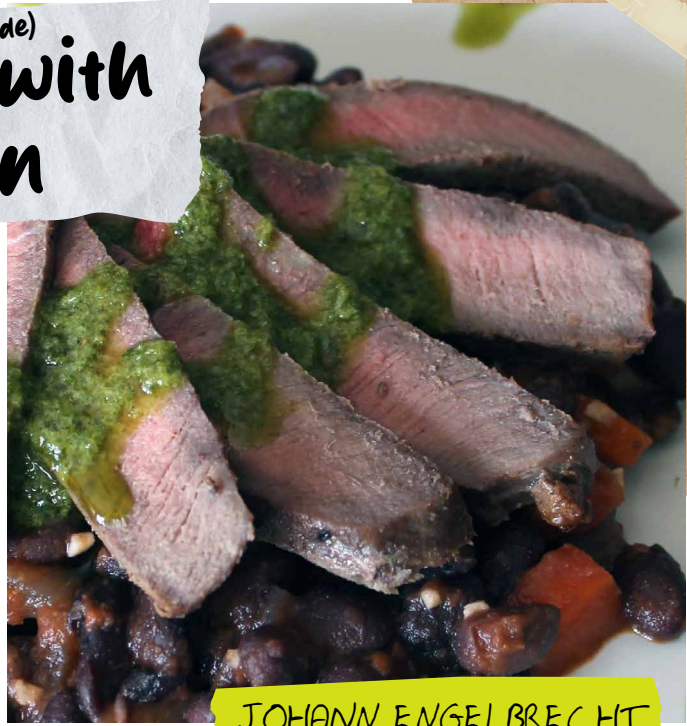
(sirloin or topside)

Round Steak with Black Bean

INGREDIENTS

By Diana Rattray, About.com

- 1 can diced tomatoes with green chillies or 1 1/2 cups salsa
- 1 can condensed cream of mushroom soup
- 1 can black beans, drained
- 1 large onion
- 1/4 tsp each cumin, chili powder, oregano, and garlic powder
- About 1kg steak, cut in serving size pieces, or stew beef



JOHANN ENGELBRECHT

RECIPE

Combine all ingredients in the crock-pot (slow cooker) (about 3.5 litre). Mix well. Cover and cook on low for 8 to 10 hours (4 to 5 hours on high). Serve over hot rice or with mashed potatoes.

Serves 4 to 6.

Note: This makes quite a bit of juice, so you may double the meat and freeze half for future meals.

Beef casserole (lekker!)

HANLIE BOTHA

Beefkasseroel (lekker!)	
30 ml olie	1 rooivissie (in skywe)
500 g binnebaud (blokkies)	25 ml meelblom
6-8 uiepiekels	1 blik tomaties
3 wortels (in skywe)	250 ml eijies
2 selderysingels	15 ml maggi kits biefstokstrapoor
250 g sampioene (in skywe)	300 ml water

INGREDIENTS

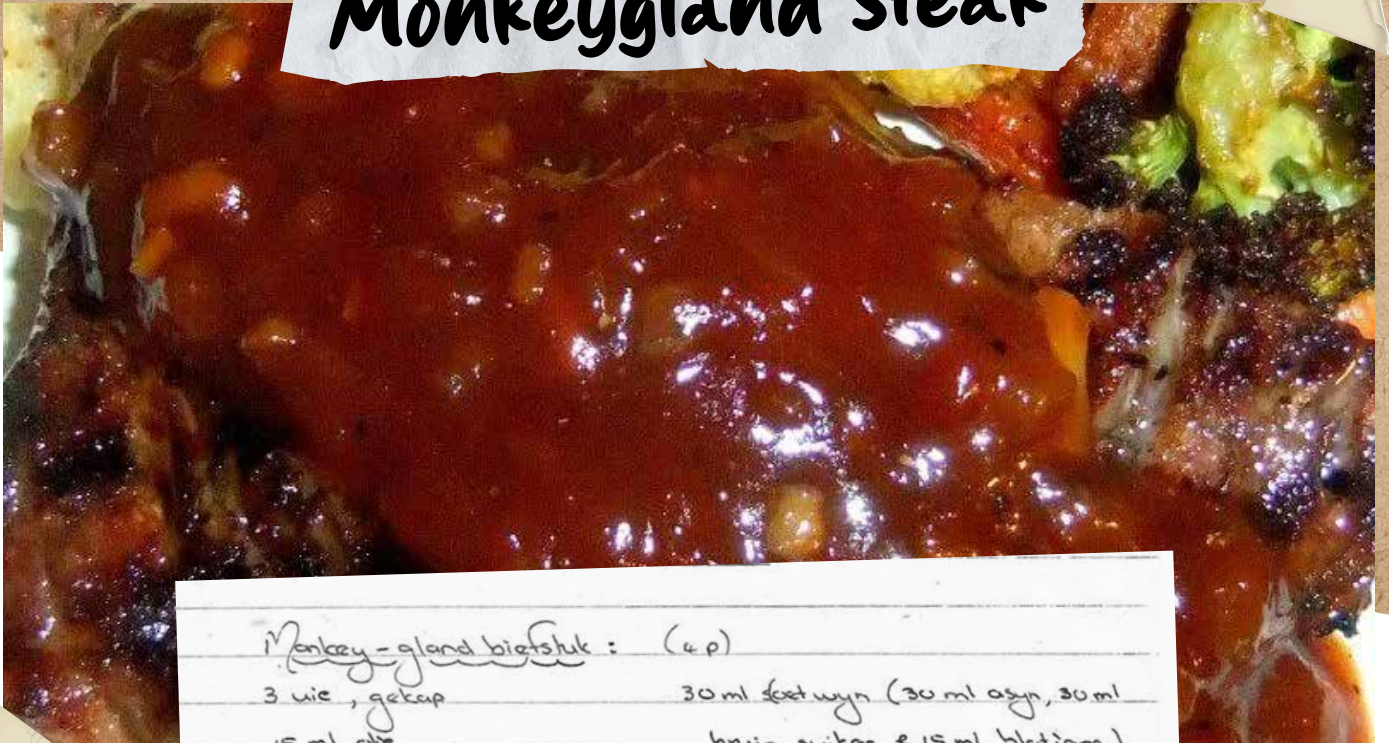
- 30ml oil
- 500g rump
- 6-8 pickled onions, chopped
- 3 carrots, sliced
- 2 celery stems, chopped
- 250g mushrooms, sliced
- 1 red pepper, chopped
- 25ml flour
- 250ml peas
- 15ml Maggi instant beef stock powder
- 300ml water

INGREDIENTS

Mix everything together, pour over meat and simmer on stove or bake in oven for about 2 hours



Monkeygland steak



Monkey-gland biefstuk : (4 p)

3 uie, gekap

15 ml olie

30 ml tomatiesous

30 ml worcestersous

30 ml soetwyn (30 ml agyn, 30 ml

bruin suiker e 15 ml bladjong)

sout e peper

gemengde kruie

1. Braai uie en voeg tomatiesous, worcestersous e wyn by, e sout e peper
2. Prut vir 2 min. Geur vleis met sout e peper. Kap kruie in.
3. Plaas vleis in sous en braai oor matige hitte.

HANLIE BOTHA

INGREDIENTS

3 onions, chopped
15ml oil
30ml tomato sauce
30ml Worcester sauce
30ml sweet wine or 30ml vinegar
mixed with 30ml brown sugar and
30ml chutney
Salt and pepper
Mixed herbs

RECIPE

- 1 Fry onions and add tomato sauce, Worcester sauce, wine and salt & pepper
- 2 Simmer for 2 min, adding more salt & pepper if necessary and add chopped herbs.
- 3 Place the meat in this sauce and fry over medium heat.



3.3 OVIS ARIES (LAMB)

(mainly Provided by Johann - Thanks, Johann)

Khima Biryani

INGREDIENTS

1kg mince (chicken or mutton)	2 whole green chillies
2 cups of any of following: chana, dhal, masoor, fresh peas or fresh toovar.	½ tsp dhunia/jeero powder, (cummin/coriander)
2 cups rice (boiled in salted water) but drained when half done. Boil fresh peas or the type of dhal till nearly done (drain dry).	A few potatoes (halved if big)
2 small onions	¼ teaspoon saffron
¼ tsp turmeric	¼ cup tomato juice (fresh) grated or pureed
½ cup yogurt	1 lemon (juice)
1 tsp pounded red chillies	1 tsp salt
	1 tsp ginger/garlic
	1 cup ghee/oil
	¾ tsp jeero (cummin)

RECIPE

Braise mince with ginger/garlic, salt, pounded chillies and dhunia/jeero. When dry, remove from fire and cool. Now add the saffron, dahi, tomato juice, lemon juice and the whole jeero. Add a few elachi, tuj amd cloves.

Fry onions in ghee/oil. remove when a light golden colour.

Drain from the ghee and when cool crush with the back of a spoon and add to the mince (saving a little whole fried onion for decoration on top of rice).

Fry potatoes in same ghee/oil to a pale yellow colour. Put ghee/oil in pot or heat-proof glass casserole (in which event it is served straight from casserole at table). Sprinkle a little rice and masoor over ghee/oil.

Now distribute the mince over the floor of casserole. Place potatoes over this, then the masoor or whatever has been used instead. Lastly, add the rice to cover all.

Sprinkle left-over onion over rice, add a few tablespoons of ghee, sprinkle with a little cold water and steam gently in 180 oven till done (about 30-45minutes).

NOTE

Any rice dish that is to steam in the oven must have either more moisture or must be well covered with foil to prevent rice drying out.



FARIHAH JAFFER



Greek Roast Lamb

JOHANN ENGELBRECHT



INGREDIENTS

About 2kg leg of lamb.
18 baby potatoes.
2 cloves garlic, halved and peeled.

1 onion, chopped finely.
Juice of half a lemon.
1 cup of dry white wine.
½ cup of water.

½ cup of vegetable oil.
3 tablespoons of butter, melted.
1 tablespoon of salt.
Pinch of pepper.

RECIPE

Wash the leg of lamb thoroughly.
Slit the lamb in 4 places and insert garlic into the slits; then season with salt and pepper.

Combine the melted butter and lemon juice and brush over the lamb. Place in a roasting pan with a lid. Add the white wine, onion, and water. Cover and bake at 160°C for 2 hours. Remove the lid and increase heat to 190°C and bake for another 1 hour, basting every 15 minutes. Transfer to platter and keep warm.
In a skillet, heat vegetable oil to sizzling and fry the potatoes until golden brown.

Skim fat from the meat pan and add the potatoes to the meat drippings.
Then bake everything together, uncovered, at 190°C for 30 minutes or until cooked through.

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Tandoori-Spiced Leg of Lamb

JOHANN ENGELBRECHT

INGREDIENTS

1 cup plain whole-milk yogurt
¼ cup fresh lime juice
3 large garlic cloves, minced
1 tablespoon grated lime peel
1 tablespoon minced peeled fresh ginger
2 teaspoons salt
1½ teaspoons Hungarian sweet paprika
1½ teaspoons ground coriander

1 teaspoon ground cumin
1 teaspoon ground cardamom
½ teaspoon dry mustard
½ teaspoon cayenne pepper
¼ teaspoon ground fenugreek (optional)
1/8 teaspoon ground cloves
1/8 teaspoon ground cinnamon
Large whole bone-in leg of lamb

RECIPE

1 Combine yogurt, lime juice, garlic, lime peel, ginger, salt, paprika, coriander, cumin, turmeric, cardamom, dry mustard, cayenne pepper, fenugreek, cloves, and cinnamon in small bowl; whisk to blend. Place leg of lamb on rack set in large roasting pan. Coat leg of lamb with yogurt mixture. Cover lamb loosely with plastic wrap or tent with aluminium foil (do not allow aluminium foil to touch coating) and refrigerate overnight.

2 Preheat oven to 180°C. Roast leg of lamb uncovered until thermometer inserted into thickest part of meat (not touching bone) registers 60° for medium-rare, about 1 hour 35 minutes. Let lamb rest 15 minutes before serving.



Tips and bastingings for Lamb

Cooking Tip:

The firmer the feel of the meat, the more well-done it is. Just press the lamb—when it has a springy but firm texture and is moderately juicy, the lamb is done. Most people prefer lamb medium-rare or medium, but lamb is also delicious when cooked well-done.

Classic Seasoning

3 teaspoons olive oil
1 tablespoon rosemary, dry
6 garlic cloves*

*Note: Cut small slits in leg and push in garlic cloves before placing in oven.

Mustard and Rosemary

½ tablespoon Dijon or whole grain mustard
1 tablespoon honey
2 teaspoons olive oil
½ teaspoon rosemary, dry
2 garlic cloves, crushed
salt and freshly ground black pepper, to taste

Italian

225g tomato paste
1 teaspoon oregano, fresh or dry
1 teaspoon basil, dry
2 garlic cloves, crushed
½ cup vermouth or dry red wine (optional)
freshly ground black pepper, to taste



JOHANN ENGELBRECHT

Grilled (braaied) Butterflied Leg of Lamb

JOHANN ENGELBRECHT

INGREDIENTS

- ½ onion
- 4 cloves garlic, peeled
- 2 tbsp fresh rosemary leaves, or 1 tbsp dried
- Zest of 1 lemon
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil
- Kosher salt and freshly ground black pepper
- 1 boneless leg of lamb, 2-2.5kg, butterflied



RECIPE

1 Put onion, garlic, rosemary, lemon zest, apple cider vinegar, and olive oil into a food processor and pulse to combine. (If you don't have a food processor, just chop the onions, garlic, and rosemary very well and combine with the rest.)

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2 Sprinkle a generous amount of salt and pepper over the lamb. Place marinade and lamb into a large freezer bag. Spread marinade over all sides of the meat. Seal the bag and refrigerate for 1 to 2 hours.



3. Remove lamb from refrigerator and leave for about 20 minutes. When ready to put on grill, remove from marinade bag. To help make the lamb easier to turn on the grill you can insert a couple of skewers through the lamb, crosswise.



4. Prepare grill. If you are using a charcoal grill, prepare the coals so that they are double layered on one side of the grill, and sparsely single layered on the other side of the grill (this is called "banked" grilling). If you are using a gas grill, heat the grill on high on all burners to start. After the initial browning you will reduce the heat.



5 Place the lamb, fat side down, on the grill on the hot side (double layer charcoals). Sear one side for 4 minutes, then flip the lamb over to sear the other side for another 4 minutes. Then, if you are using a charcoal grill, move the roast to the less hot side of the grill. If you are using a gas grill, lower the heat to low. You will want to maintain a temperature of 150°-180°C. Cover the grill and let cook for an additional 35-45 minutes (depending on how thick and heavy the roast is), until a meat thermometer inserted into the thickest part of the roast registers 55°C (for medium rare).



6 Transfer to a cutting board with a well to catch the juices. Cover with aluminum foil and let rest for 5-10 minutes. Remove the skewers if you are using any. Cut across the grain, about 1cm thick slices. Serve slices on a warm platter; pour meat juices over the slices. Serve with mint jelly or horseradish. Serves 8-10.



Lamb riblets

JOHANN ENGELBRECHT

INGREDIENTS

- 1 large onion, chopped
- 1 tbs. olive oil
- 2 pounds lamb riblets
- 1 clove garlic, crushed
- 3 tbs. vinegar
- 3 tbs. lemon juice
- 2 tbs. brown sugar
- 1/3 cup chili sauce
- 1/3 cup ketchup
- 1/2 cup dry red wine
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 tsp. dried rosemary

RECIPE

1. Sauté onion in olive oil until tender, but not brown. Remove onion and discard. Brown meat on all sides in oil.
2. Add remaining ingredients, cover and bring to boil. Simmer about 1 hour.
3. Place riblets on pan, spoon sauce over, broil until done

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Chinese lamb ribs with hoisin sauce

Chinese Barbecued Lamb Ribs

INGREDIENTS

- 6 tbs. soy sauce
- 1/4 c. sauce
- 1/4 c. dry sherry
- 1/4 c. honey
- 1/4 c. tomato sauce
- 1 1/2 tsp. minced garlic
- 1 tsp. minced peeled fresh ginger
- 3/4 tsp. salt
- About 2kg lamb back ribs



JOHANN ENGELBRECHT

RECIPE

1. Whisk first 8 ingredients together in a medium bowl to blend.
2. Place ribs in a large baking pan. Pour marinade over, turning to coat ribs. Refrigerate at least 4 hours or overnight.
3. Preheat oven to 180°. Remove ribs from marinade and place in single layer on shallow baking pan rack. Bake 30 minutes. Turn and baste with marinade. Continue baking until tender, about 35 minutes, basting once. Serve hot.

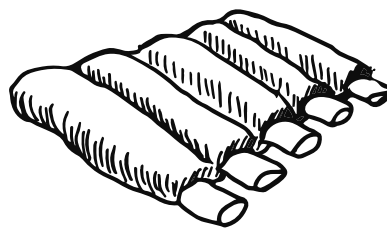


Devilled lamb ribs (with mustard)

JOHANN ENGELBRECHT

INGREDIENTS

- 2 1/2 c. lemon juice
- 1 tbsp. grated onion
- 8 cloves garlic, sliced
- 4 tsp. salt
- 4 tsp. dry mustard
- 4 tsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. thyme, crushed
- 1/2 tsp. seasoned pepper
- About 4 kg lamb spare ribs
- Paprika



RECIPE

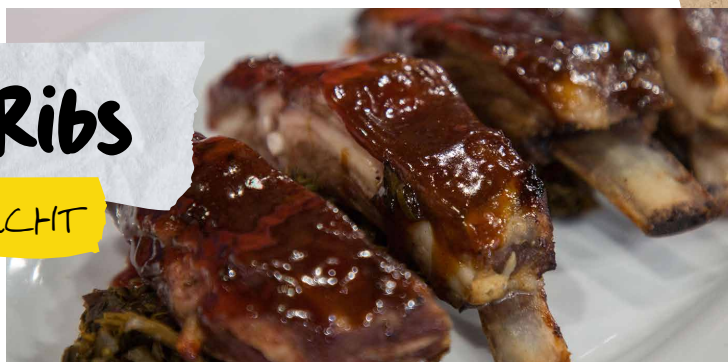
Mix lemon juice, grated onion, garlic, and a mixture of salt, dry mustard, chili powder, cumin, thyme, and seasoned pepper. Pour over lamb in a large shallow dish or pan. Cover and marinate in refrigerator 6-8 hours, or overnight; turn occasionally.

Remove spare ribs from marinade and place on rack in shallow roasting pan. Roast at 325°C degrees for 1 1/2 hours, basting occasionally with marinade. Sprinkle spare ribs with paprika, roast 1/2 hour longer, or until tender. Place ribs in a serving dish and garnish with parsley sprigs.

About 12 servings

Baked Lamb Ribs

JOHANN ENGELBRECHT



INGREDIENTS

- 4 pounds lamb ribs
- 2 onions
- 4 garlic cloves: vary this amount according to your preference
- 2 celery stalks with leaves (optional)
- 2 carrot(s) (optional)
- 2 bay leaves
- bunches of fresh herbs: parsley, thyme, oregano, rosemary

Make an herb sauce: (or use prepared barbeque sauce if you wish)

- 2 garlic cloves, or more, if you wish
- 1/4 cup olive oil
- 2 tablespoons fresh herbs, finely chopped; or 2 teaspoons crumbled dried herbs
- 1 teaspoon salt, and pepper to taste

Servings: 4
Prep Time: 1 hour
Cook Time: 2 hours

RECIPE

Put the ribs, fresh or frozen, into a stock pot or pan large enough to hold them easily with vegetables and cooking liquid. Add several cut-up onions and garlic cloves, a teaspoon of salt, a few bunches of herbs of your choice, and if you wish, cut up carrot and/or celery. Add water to cover everything and bring to a boil. Reduce the heat to a slow simmer and skim off any scum that rises to the surface during the first few minutes of cooking. Cover with lid slightly ajar and continue to simmer until the meat begins to be tender - about an hour.

Remove the ribs and set the cooking liquid aside. While the ribs cool, mash together in a small bowl 1 teaspoon salt and 2 or more minced or pressed cloves of garlic. Add and mash in 2 tablespoons finely chopped fresh herbs (or 2 teaspoons dried and crushed herbs): a mix of some (or all) thyme, oregano, marjoram and rosemary. Stir in the olive oil and set aside.

Remove some of the fat from the ribs. Then, spread the ribs out in a roasting pan and smear all over with the olive oil mixture or a prepared barbeque sauce. Cover tightly with aluminum foil and bake at 350°C for an hour. Remove foil and bake for another 20 - 30 minutes to crisp up the surfaces, or until the meat is very tender.

Freeze the cooking liquid (without the fat) for use as a mutton stock.



Lebanese Lamb Chops Korabiak



JOHANN ENGELBRECHT

INGREDIENTS

1/4 c butter
1 x garlic powder
10 mushrooms sliced
Salt and pepper
3 green onions sliced
1 c dry red wine
4 lamb chops
1/2 tsp Rosemary

RECIPE

Melt half of butter in large skillet over medium high heat. Add mushrooms and onions and saute until tender, about 5 to 10 minutes. Remove and keep warm.

Melt remaining butter in same skillet over medium high heat. Sprinkle chops with rosemary, garlic powder and salt and pepper. Add to skillet and sauté until browned on both sides, about 5 minutes.

Reduce heat to medium and continue cooking until tender. Transfer lamb chops to heated platter. Pour wine into skillet and cook over medium high heat, scraping up any brown residue clinging to bottom of pan, until liquid is reduced by about 1/3.

Spoon vegetables over chops and top with sauce.

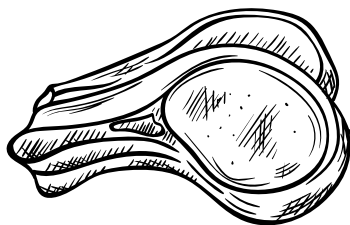
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Parmesan and Olive Crusted Lamb Chops

JOHANN ENGELBRECHT

INGREDIENTS

36 each Loin lamb chops
6 oz (1 1/2 cups) Parmesan cheese, grated
2 Tbsp. Garlic, finely chopped
12 oz 1 1/2 cups Black olives, finely chopped
2 Tbsp. Fresh thyme, chopped
9 oz. 18 Tbsp Olive oil, divided.



RECIPE

Combine the Parmesan cheese, garlic, black olives, thyme and 12 tbsp. of olive oil. Spread 1 tbsp. of Parmesan mixture evenly on one side of each chop. Heat the remaining oil in a non-stick sauté pan.

Place the chops in the pan, with the Parmesan mix side up. Brown the chops then flip and cook for 30 seconds to 1 minute. Using a spatula, flip the chops again onto a baking tray and place in a preheated 180°C oven for 5-7 minutes or until the chops reach an internal temperature of 60°C.



3.4 SUS SCROFA DOMESTICUS (Pork)

Spaghetti Carbonaro

CELESTE COMBRINCK



(servings 5)

INGREDIENTS

250 g uncooked, Gluten Free Spaghetti
2 large, Eggs
250 g, Lean Diced Bacon
1 cup Almond Milk (Unsweetened)
6 g Salt
100 g, Country Mix - Mixed Vegetables

RECIPE

Fry bacon on the stove
Cook spaghetti
Add together other ingredients on the stove and cook on low heat until eggs are mixed in and cooked

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Smoked Gammon (not just for Christmas)

SONJA VAN PUTTEN

RECIPE

Smoked gammon of a size that will fit into your airfryer
Boil for about an hour, till soft and done (I use the pressure cooker for this). You can add cloves and bay leaves, if you like.
DO NOT THROW THE LIQUID AWAY!

Remove and score the top in diagonal cuts. Then cover with a glaze of your choice (try honey or brown sugar, Dijon mustard, salt and little lemon juice). Wrap in tin foil and airfry for about 20 min at 150°C. If you like it to be crisp, you can remove the foil and airfry at 200°C for about 6 min.

Use the liquid in which you boiled the gammon to make a delicious peas soup using dried split peas.





INGREDIENTS

Genoeg vir 6/ Enough for 6

25 ml olie/ 25ml oil

500 ml fyngerasperde sampioene/ 500ml grated mushrooms

1 ui, fyngekap/ 1 finely chopped onion

5 ml gemengde kruie/ 5ml mixed herbs

6 snye brood/ 6 slices of bread

80 ml botter/ 80ml butter

6 eiers/ 6 eggs

12 skywe ham/ 12 ham slices

6 kaasvelletjies/ 6 slices of cheese (the ones in plastic sheets)

Sout en peper/ Salt & pepper



RECIPE

1. Braai die sampioene, uie en kruie in 'n pan./ Fry the mushrooms, onions and herbs together.
2. Rol die snye brood dun uit met 'n roller en smeer weerskante met botter./ Flatten the slices of bread by rolling with a rolling pin. Spread butter on both sides.
3. Voer die muffinpannetjie uit met die brood./ Line muffin pan hollows with the bread.
4. Voer die brood uit met die ham./ Place a slice of ham into the bread cup.
5. Plaas 'n velletjie kaas op elke hamskyf./ Place a slice of cheese over the ham.
6. Skep die sampioen-en-uiemengsel op die kaas./ Spoon the mushroom and onion mixture onto the cheese.
7. Breek 'n eier in elke holte. Geur met sout en peper. / Crack an egg into each cup and season to taste.
8. Bak by 180 grade Celsius tot die wit van die eier gestol het./ Bake at 180°C till the egg whites are set.

Bedien warm. /Serve warm.

RIAN DE VILLIERS

Bacon-and-egg pie



SONJA VAN PUTTEN

INGREDIENTS

Puff pastry (bought - life is too short to make your own)

Eggs and bacon, with chopped onions and mushrooms if you wish.

RECIPE

Butter an oven proof dish. Roll out half the pastry to cover the bottom of the dish. Press slight hollows into the pastry with the back of a spoon and crack an egg into each hollow.

Cover all with bacon strips. Add fried onions and mushrooms if desired.

Cover with the other half of the pastry. Bake at 180°C for about 16 mins till eggs are set.

Serve hot - good for brunches and light lunches with salad.



3.5 OSTEICHTHYES

(Fish)

Summer Tuna Salad with bacon (semi-structured)

INGREDIENTS

Lettuce
Baby tomatoes, halved
Cucumber, diced
Pineapple, fresh and diced
Shell pasta, cooked and cooled (1 cup uncooked, or more, if you like)
Pecan nuts, roughly chopped
Roasted pumpkin pips
Fetta cheese, diced
Cheddar cheese, diced



CORENE COETZEE

Mayonnaise
Chutney
Sweet chilli sauce
Bacon, chopped and fried crisp
2 tins shredded tuna

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RECIPE

Roast the pumpkin pips as follows: place a handful in a frying pan or wok without any oil, butter, water or anything, in fact. Medium heat. Stir occasionally. Some pips will burst. Some will discolour. When most have burst, remove from heat. Allow to cool.

Shred the lettuce.

Drain the tuna.

Mix the mayonnaise, chutney and chilli sauce to form a dressing, about 1.5 cups in total.

Mix all the ingredients, including the sauce, except the pumpkin pips. Pips you sprinkle on top.

Salmon Tagliatelle

SONJA VAN PUTTEN



RECIPE

Pink salmon ribbons
1 x cup (250ml) sour cream
2 x small onions
tagliatelle pasta
dill

1. cook the tagliatelle pasta on it's own.
2. fry the onion in olive oil
3. cut the salmon in pieces and fry with the onion
4. pour the sour cream over and simmer for a while.
5. put lays of dill on top, it must look like a 'lawn'
6. Place the salmon mixture on top of the tagliatelle and serve.

ENJOY!



Tuna Salad (with veggies)

KEDIBONE MAIFADI

INGREDIENTS

2 medium onions (diced)
 1 medium green pepper (diced)
 1 medium red pepper (diced)
 1 medium yellow pepper (diced)
 Punnet of mushrooms (diced)
 Green beans (fresh and chopped into small pieces)

250g carrots (Grated)
 3 tins of tuna (drain water/oil)
 Mayonnaise
 Chilli beef Aromat
 Fish oil

RECIPE

On a medium heat, fry onions. Once they are soft, add the diced peppers.
 Add green beans, fry till soft.
 Add grated carrots.
 Season with chilli beef Aromat.
 When everything is soft, remove from heat and let it cool.
 Once cooled, add tuna, then mayonnaise.

Quick Tuna Quiche

Quick Tuna Quiche

Ingredients: (Mostly determined by capacity and taste)

- 1 tin of flaked tuna in brine
- 1 thick slice of white bread (crumbled)
- 1 cup milk
- 1 cup cheddar cheese (grated)
- 3 eggs (beaten)
- 1 wheel feta cheese (cubed)
- 1 baby marrow grated
- a sprig of spring onion

Pre-heat oven to 180°C

Mix everything and pour into a pie-dish

Bake for 25 min or until set.

CORENE COETZEE

Hake & Haddock Paella

(Servings 9 kilojoules per serving)

INGREDIENTS

900 g Brown or white Rice Cooked
 2 medallion, Hake Medallion
 500 g, Haddock Fillets
 350 g, Country vegetable Mix
 250 g, White Button Mushrooms
 35 ml salted butter
 400 g White Cook-in-sauce
 Bone broth fresh
 Olive oil for frying
 Salt and pepper



CELESTE COMBRINCK

RECIPE

First cook the rice in the bone broth. Fry the haddock, mushrooms and hake in olive oil. In a large frying pan, fry all the ingredients together and add salt and pepper to taste

Nutrition Facts

Servings 9.0	
Amount Per Serving	
kilojoules 1002	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 37 mg	12 %
Sodium 500 mg	21 %
Potassium 0 mg	0 %
Total Carbohydrate 33 g	11 %
Dietary Fiber 4 g	16 %
Sugars 5 g	
Protein 15 g	30 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

Tuna Pie a la Marno



Marno se Tunatert
 (1/6/19 vir Karlien se kombuistee)

Kors

- 1 koppie meel
- 1 koppie gerasperde cheddarkaas
- 100g gerasperde botter

Meng alles saam en plaas as kors in tertbak.

Vulsel

- 2 blikkies tuna
- 1 snytjie ui fyngekap
- 6 geklitste eiers
- ¼ k melk
- 1 el sampioen soppoeier
- Sout
- Peper

Bak by 160°C vir 45 min.

CRUST

1 c flour
 1 c grated cheddar cheese
 100g grated butter
 Mix all together and place in pie dish.

FILLING

2 tins tuna
 1 slice of onion, chopped finely
 6 eggs, beaten
 ¼ c milk
 1 tbsp mushroom soup powder
 Salt & pepper to taste
Bake at 160° for 45 min



ANNEL VAN ROOYEN

3.6 GROUNDED THEORY (All Things Minced)

Jody's Bobotie

JODY JOUBERT

Bobotie

Ingredients

2	Thick slices of bread	1 kg	Mince
500ml	Milk		Oil
2	Big onions, diced	15ml	Curry Powder
15 ml	Apricot Jam	75g	Raisins/Grated Apple
5ml	Ginger		Salt, to taste
2	Eggs		Bay leaves or diced almonds

Method

In a bowl, soak the bread in 250ml of the milk.

Sauté the onions in a little oil until soft and starting to Caramelize.

Add Curry powder, ginger, apricot jam, raisins/apple and stir.

Add the mince, stir and cook through.

Squeeze the milk out of the bread (keep the excess). Add the bread to the meat.

Mix the eggs, remaining milk and some salt. Add half of this to the meat mixture.

Now, transfer the meat mixture into an oven dish. Add the remaining milk mixture over the top. Garnish with bay leaves or almonds.

Bake in a 180°C oven for 45 minutes.



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Gemista

Stuffed Tomatoes / Greenpeppers.

6 medium size Tomatoes	Olive oil / Butter.
6 green, red-peppers	
1 Medium Onion	
1 pack Mince Meat	
1/2 cup cooked Tastic Rice	
Chopped parsley	
Salt + Pepper	
Kellags Bread Crumbs	

Slice Top of Tomatoe off remove pulp with a Teaspoon.

Slice Top of green-pepper (And) and clean out the insides
Sieve pulp + set aside - keep lids of Tomatoes and Peppers.

Put Tomatoes + Peppers in a large Baking Tray not to shallow

Butter in a pan - saute onions - Add Mince

Brown Mince then add cooked rice, parsley, St.P. and a cup of tomatoe pulp

Cover and cook 10-15 minutes

Remove from heat and cool.

Fill the Tomatoes and peppers leaving a bit of room as rice will swell

Replace Tops

Pour over olive oil about 2 TBS.

1 cup Tomatoe pulp

Sprinkle with Bread Crumbs

Cook 1 to 1 1/2 hrs @ 180°C.



VERNON CANDIOTES



Curried banana meatballs

(great favourite)

(Kerrie Piesang Frikkadelle (Groot gunsteling))

FRIKKADELLE

1 kg maalvleis / 1kg mince
Sout en peper na smaak / Salt and pepper to taste
½ tp fyn neut / ½ tsp ground nutmeg
½ tp fyn naeltjies / ½ tsp ground cloves
½ tp fyn koljander / ½ tsp ground coriander
2 groot aartappels gerasper / 2 large potatoes, grated
3 snye witbrood / 3 slices white bread
2 gekookte eiers (gerasper) / 2 boiled eggs, grated
1 groot uie gerasper / 1 large onion, grated

Week brood in water, druk water goed uit / Soak the bread in water, then squeeze liquid out

Meng al die bestandele en maak frikadelle / Mix all the ingredients and form into balls

Pak in oondpan / Bake in an oven pan



SOPHIA LE ROUX

SOUS

2 kp bruin asyn / 1 c brown vinegar
Sout en peper na smaak / Salt and pepper to taste
3 el appelkoos konfyt / 3 tbsp apricot jam
10 piesangs / 10 bananas
3 kp water / 3 c water
2 e suiker / 2 tbsp sugar
1 ½ e Kerrie / 1 ½ tsp curry powder
1 e borrie / 1 tbsp turmeric
2 e meel / 2 tbsp flour
5 groot ui gerasper / 5 large onions, grated

Braai uie, kerrie en borrie / Fry the onions, curry and turmeric

Meng al die bestandele saam en kook tot dik / Mix all the ingredients and cook till thickened

Gooi sous oor frikadelle en bak by 180°C vir 1 ½ uur / Pour sauce over meatballs and bake at 180°C for 1 ½ hours

Bêre in yskas. / Store in fridge

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Easy Meatballs

NELÉ LOUBSER

INGREDIENTS

500g mince
1 packet brown onion soup
1 large egg
125 ml cream or plain yogurt

RECIPE

Mixed methods Methodology:

Combine all the ingredients and mix well.

Form into frikkadels and bake at 180°C for half an hour.



Moussaka

Moussaka

1/2 kg Mince (good quality red mince)

Onion, Salt, pepper

1 Onion

1 Large Firm Brinjal or 3 small

1 Tin Italian Tomatoes - pureed

1 TBS Tomatoe paste

2 Large Potatoes peeled

White Sauce :-

90g Butter

4 Cups Milk

90g Flour

1 Satchet Parmesan cheese

Method

Chop up onion and brown in Olive Oil.

Add Mince and Herbs/Spices and brown. Add Tomatoes. Cook 1 hour.

Slice Brinjals in Thin slices and fry both sides in Olive oil until light brown.

Cut potatoes in chip like slices and boil until Tender but not falling apart must be firm.

Large pyrex Dish - Line it with the Brinjals

Sprinkle with Salt + pepper + parmesan

Make the white Sauce

Put a thin layer over brinjals

Add the Potatoes layer over Brinjals.

Add Mince - Don't add too much juice of the Mince

Add the Rest of the white Sauce

Sprinkle with Bread Crumbs (Kellogs)

Dot with butter.

Bake at 180°C for 1 to 1 1/2 hours.



VERNON CANDIOTES

