

A Taste of South Africa

Aromatic, versatile and exotic



A Taste of South Africa

Many years ago, there evolved in South Africa a style of cooking that in Europe has become trendy under the name 'fusion cuisine': the mixture of African cooking with European and Asian flavours.

Travel with us across the beautiful South African continent and discover the full diversity of Cape cuisine: from baba ghanoush and Cape Malay bobotie with raisins and chicken potjie, to koeksisters with sugar syrup.

A Taste of South Africa

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Introduction





The best from three continents: Europe and Asia meet at the southern tip of the African continent

Centuries ago, a style of cooking established itself in South Africa, in so-called Cape cuisine, that has recently become very fashionable in Europe under the label “fusion cuisine”. This is a mixture of classic European cuisine with exotic flavours and Asian cooking style.

Immigrants from Indonesia, the so-called Cape Malays, shaped the modern culinary style of South Africa, and Indian immigrants contributed their own preference for curries, chutneys and samosas. If we add the influences of Dutch and French cuisine, it is not surprising that in South Africa the typical potjies, the stews of the Boers, are flavoured with Malay spices, ostrich and antelope meat is fried quickly in European style, and wine is drunk with Indian satays.

South African cuisine combines in a simple, independent-minded way, influences from the three continents of Europe, Asia and Africa and has developed into an extremely tasty and, above all, varied cuisine.

Ideal for a quick bite to eat: snacks from the multicultural

Cape cuisine

South African snacks are often quite simple and straightforward. They range from simple jerky appetisers to delicious kebabs and tasty filled samosas derived from Indian cuisine, particularly popular in the Durban area.

Prime examples of African slow food: bredies and potjies

Bredie is the generic term for the typical South African meat and vegetable stews. They are often to be found on menus, for the supply of fresh vegetables, fish, meat and seafood is plentiful and of excellent quality. What could be better than to serve up this bounty in a nutritious stew or a fine soup? Curry, coconut milk, mint and peanut butter give a dish its unique flavour. Traditionally, potjies – the dishes are named after the cookware – are cooked in a cast-iron three-legged saucepan, the potjeko, over an open fire.

In making these dishes, people followed, to a great extent, well-known recipes from Europe, but enriched them with other ingredients, especially game and poultry. The addition of ostrich or warthog turned many classics of European cuisine into novel dishes containing all the exotic magic of South Africa.

Delights from the Garden of Eden:there is no shortage of fresh salad and vegetables in South Africa

Garden Route is the name given to Route 62 between Cape Town and Port Elizabeth, and indeed a veritable Garden of Eden stretches out to left and right of the road. The sub-tropical climate and fertile soils are ideal for growing vegetables, salad and fruit.

In the Western Cape, between vineyards, citrus and apple orchards, mange-tout, beans, tomatoes, potatoes, sweet potatoes and carrots grow in abundance. Moroho, a wild, spinach-like vegetable that can be used as a salad green, also grows here.

Salads are popular summer meals. They are often served with a dressing of crushed, hard-boiled egg yolks, red wine vinegar, oil, a little mustard, salt and sugar.

The pillars of South African cuisine: chutneys and sauces

Actually “chatni” in Hindi means “to lick” – and this really fits the fruity, sweet and sour, and sometimes fiery hot, chutneys which are eaten in the Cape with almost everything. The South Africans dunk grilled meat or fish into the bitter preserve, stir it into their stews or dip their favourite snack, biltong, into it. The most famous chutney is “Mrs Ball’s”, which you can buy ready prepared in bottles. The homemade version is of course even more delicious: ripe fruits or vegetables are cooked for hours with sugar, vinegar and aromatic spices to make a thick jam. The tendency is to cook large quantities which can then be stored. Chutneys develop their full flavour only after a few days’ storage in cool dark rooms.

Even the South African sauces, served with grilled meats, rice and vegetables, are based on fruity flavours. They are flavoured with nuts and Asian spices such as coriander, chilli and curry powder – and are thus an essential part of Cape Malay cuisine. Only a few exceptions, such as the typical sauce made from sweetcorn and okra, are derived from the original cuisine of the indigenous population.

Cape cuisine offers a wealth of meat specialities

Meat, game and poultry dishes feature in abundance in South African menus, in every conceivable variation and always of the best quality.

In the Cape of Good Hope, farming as we know it in Europe is virtually unheard of, and animals either run wild or live on huge pastures. This applies to cattle, lamb and goat as well as ostrich, springbok, kudu and buffalo. Venison specialities in particular are exotic and tasty.

The descendants of the Boers love savoury meat: air-dried biltong; the rich, spicy country-style sausage called boerewors; and stews with lots of meat.

Sausages, lamb steaks and lobsters – they taste best grilled!

However different eating habits, cultural practices, and social and economic

disparities in South Africa may be, the whole country is united about one thing: its love of braai. Braai is the short form of braaivleis, meaning “grilled meat”.

No matter where you're travelling on a Sunday, the smell of grilled meat wafts in the air and fills the senses. The South Africans grill everywhere: on pavements, in the garden, at the cricket ground or in the backyard. And they never grill alone, but with the whole family or with friends. Braai is therefore not only the most popular type of cooking in the country, but always also a social event.

With braai, the glow of the embers matters

In Europe, we tend to view grilling as a fast method of preparation, but this is alien to South Africans. Even the glow of the embers takes careful preparation in the Cape, because it is not produced with charcoal but wood, which needs to burn until a uniform glow has developed. So it can take hours until the meat is placed on the grill. As the grilling stretches over a long period of time, socialising is at a premium. While the men take charge of the grilling and the women prepare the sauces and side dishes, they chat over a cool drink, leaving fish, meat, sausages and kebabs to sizzle along appetisingly.



South Africa – a dream for lovers of fish and seafood

The unique location of South Africa, where the Atlantic and Indian Oceans

converge, accounts for the abundance of fish in the region. Huge shoals form off the coasts: herring and mackerel, hake and pilchards. The Atlantic Ocean along the west coast is one of the richest stretches of water in the world. There, in the Cape and the big cities, fish is consumed in vast quantities, often appearing on the menu under the heading “fish line”, meaning “catch of the day”. Especially popular is the dense, low-fat meat of the Kingklip or cusk eel. Among the delicacies of the country is the Snoek (pike) which is particularly suitable for grilling because of its fat-rich meat.

Oysters, crayfish, abalone – shellfish and seafood are much in demand

As is the case with fish, the selection of seafood on offer is also more than ample. When in season in South African coastal towns, crayfish is usually the only thing that is served in restaurants. There are two types of crayfish on offer: one that is found only in the warm Indian Ocean, the other just in the cold Atlantic. Both types are either marinated and grilled or seasoned with garlic, salt and pepper and fried in butter.

Oysters are freshly caught, as in France, and eaten raw. Mussels are turned into wonderful stews, calamari are cooked with very spicy peri peri.

In addition to fruit for dessert, pastries are also commonly served in the Cape, as a sweet ending to any meal.

Fruit is in season all year round in South Africa. In the spring, strawberries, cherries and apricots ripen in abundance. Summer and autumn bring melons and peaches, followed by grapes, dates, figs, kumquats, plums, apples, papayas, pears and quinces. In winter you find oranges, tangerines and bananas on the table.

As far as cakes and pastries are concerned, tastes are dominated by the European influence: hence the preference of the English for fruit cake, malva pudding and biscuits, as well as the Dutch preference for fat-rich pastries. Biscuits and short pastry top the list of favourites, but also pastries such as koeksisters and melkert (milk tart) are very popular. Sugar is used in generous quantities in baking, and pastry is often dipped into syrup. Even old-fashioned

puddings of the sort once popular in Britain are not uncommon as desserts – but unlike in Britain, they are oven-baked rather than steamed.



Bredies, potjies etc.



Venison liver pâté with mushrooms



Preparation time: approx. 25 minutes (plus cooling time)

Per serving approx. 710 kcal/2982 kJ

38 g P, 50 g F, 11 g CH

Serves 4

700 g venison liver
300 g mushrooms
2 onions
275 g butter
200 ml dry white wine
125 ml dry sherry
1 pinch of ground cloves
freshly grated nutmeg
a little cayenne pepper
½ bunch dill
red onions for garnish

- 1 Trim the liver. Wipe the mushrooms clean and cut into small cubes. Peel the onions and chop finely.
- 2 In a pan, melt 3 tablespoons of butter and sauté the onions. Add the liver and mushrooms and fry for 5 minutes.
- 3 Pour in the wine and sherry. Season well with cloves, nutmeg and cayenne pepper and simmer for 5 minutes.
- 4 Remove from the heat, allow to cool and leave overnight in the refrigerator. Then purée in a blender. Gradually add the rest of the butter and work everything into a smooth paste.
- 5 Wash the dill, shake dry and chop very finely and mix with the pâté. Pour everything into a pâté mould and smooth over. Refrigerate for at least 3 hours before serving. Garnish with red onion rings and serve with bread.

Chapatti

with vegetables



Preparation time: approx. 55 minutes (plus time for rising)

Per serving approx. 810 kcal/3402 kJ

17 g P, 32 g F, 111 g CH

Serves 4

600 g flour

salt

approx. 150 ml oil

300 g carrots

1 bunch spring onions

2 tbsp butter

175 g drained bean sprouts

pepper

grease for the bowl

flour for the working surface

1 Mix the flour with 1 teaspoon of salt. Add 250 ml water and 100 ml of oil to make a soft dough. Then knead on a floured surface for 5 minutes. Place the dough in a greased bowl, cover and leave to rest for 30 minutes.

2 Roll out the dough into 8 thin circles of flat bread. Drizzle the flat breads with 1 teaspoon of oil, fold in the sides and re-shape each one into a ball. Roll the dough balls out again on a little flour until thin.

3 Brush a pan with the remaining oil, and heat. Fry the chapattis on both sides for 2–3 minutes. Then put in a warm place.

4 Trim the carrots and spring onions, and peel, wash and chop them. Fry in butter until tender, add bean sprouts and season with salt and pepper. Fill the chapattis with the mixture.

Tip

Chapattis can be stored in a tightly closed container, so they do not go hard.

Maize beads with biltong



Preparation time: approx. 25 minutes (plus cooking and baking time)

Per serving approx. 740 kcal/3108 kJ

23 g P, 10 g F, 137 g CH

Serves 4

salt

750 g maize meal

175 g biltong or *viande des Grisons*

some tomato relish (ready-made)

butter for the baking dish

1 Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Boil 1 litre of water in a large saucepan and add salt. Pour in the maize meal at once, reduce the heat and let it simmer, stirring constantly until the mixture has thickened. Then pour into a buttered baking dish and smooth.

2 Allow the mixture to bake for approx. 20 minutes in the pre-heated oven. Remove and leave to cool.

3 Meanwhile, cut the biltong or *viande des Grisons* into thin slices. With a tablespoon separate out small lumps of the maize mixture and form into round shapes. Lay the biltong or *viande des Grisons* on top and serve with some tomato relish.

Pumpkin fritters

with sauce



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 487 kcal/2045 kJ

16 g P, 14 g F, 70 g CH

Serves 4

800 g of cooked pumpkin flesh

3 small eggs

275 g flour

salt

1 tsp baking powder

40 g sugar

125 ml milk

25 g butter

1 tsp cornflour

oil for frying

1 Mash the pumpkin flesh with a fork. Beat the eggs and stir in. Mix the flour with 1 teaspoon of salt and the baking powder. Add the flour mixture to the pumpkin and mix everything together.

2 For the sauce, bring to the boil 250 ml of water with the sugar, milk, butter, and a pinch of salt. Mix the cornflour with a little water and stir into the boiling mixture. Cook well for 4 minutes in an open saucepan.

3 Heat the oil, add the dough teaspoon by teaspoon and bake until golden brown all over. Remove, drain on kitchen paper and keep warm. Serve with the sauce.

Baba ghanoush with flatbread



Preparation time: approx. 10 minutes (plus cooking time)

Per serving approx. 695 kcal/2919 kJ

12 g P, 52 g F, 43 g CH

Serves 4

3 tbsp sesame seeds
3 tbsp poppy seeds
2 tbsp chopped fresh thyme
150 ml olive oil
2 flatbread or pitta bread
2 aubergines
2 cloves garlic
4 tbsp tahini (sesame paste)
40 g ground almonds
juice of ½ lemon
½ tsp cumin powder
½ tsp salt
10 mint leaves

1 Toast the sesame seeds in a dry frying pan. Allow to cool and then crush the poppy seeds and the thyme using a pestle and mortar. Stir in 125 ml of the oil. Cut the flat bread or pitta bread horizontally. Spread with the oil mixture and then grill crispy brown.

2 Wash and dry the aubergines and place on the hot grill. Turn frequently, and grill until the surface is black and producing small bubbles. Peel the aubergine, chop coarsely, drain in a colander, then mash and purée the flesh.

3 Peel the garlic and chop with the tahini, almonds, lemon juice, cumin and salt, mix to a smooth paste and combine with the aubergine purée.

4 Wash the mint, shake dry and chop half of it coarsely, then stir in to the mixture. Spread the baba ghanoush on the bottom slices of flatbread, sprinkle with the remaining mint and drizzle with the rest of the olive oil. Cover with the top slices of bread.

Samosas

with vegetables and lamb



Preparation time: approx. 35 minutes (plus resting time)

Per serving approx. 677 kcal/2843 kJ

46 g P, 19 g F, 77 g CH

Serves 4

375 g flour

salt

some turmeric powder

1 tsp vinegar

2 onions

2 cloves garlic

5 spring onions

4 dried chilli peppers

1 tbsp oil

500 g minced lamb

1 tsp chopped fresh ginger

2 tsp chopped fresh coriander

1 tsp garam masala

flour for the working surface

oil for frying

chutney for serving

1 Mix the flour with a pinch of salt, a pinch of turmeric, 250 ml of water and the vinegar to make a dough, and set aside. For the filling, peel the onions and garlic and chop finely. Wash and cut the spring onions into thin rings. Finely chop the chilli.

2 Heat the oil, and fry the onions, spring onions and garlic until translucent. Add the minced meat and fry, stirring constantly. Add the ginger and coriander, garam masala, chilli and 1 teaspoon of salt, and fry until all the liquid has evaporated. Then allow to cool.

Place the dough on some flour and roll out thinly, then cut out circles (13 cm in

3 diameter). Put approx. 2 teaspoons of filling on each dough circle, fold, press down edges, make a cut and let the samosas rest for 20 minutes.

4 Meanwhile, heat the oil in a deep fryer or chip pan. Fry the samosas in the oil until golden brown. Remove, drain on kitchen paper and serve hot or cold with chutney.

Mini sosaties with chicken fillet



Preparation time: approx. 20 minutes (plus marinating and grilling time)

Per serving approx. 577 kcal/2423 kJ

34 g P, 41 g F, 14 g CH

Serves 4

3 lemons

150 ml oil

5 cloves garlic

2 onions

1 piece ginger (approx. 4 cm)

5 chilli peppers

500 g chicken fillet

wooden skewers

200 ml coconut milk

150 ml soy sauce

1 For the marinade, squeeze the lemon juice into a bowl. Mix in the oil. Peel the garlic and onions and add, finely chopped. Then peel the ginger, cut into 8–12 fine strips and add to the marinade. Wash the chillies, cut in half, remove and discard the stalk and seeds, finely chop and also add. Stir to combine all the ingredients.

2 Cut the chicken into thin strips. Mix thoroughly with the marinade and leave to marinate for 30 minutes in the refrigerator.

3 Remove the strips of chicken from the marinade and thread onto wooden skewers in a wave shape. Grill the skewers until the chicken is cooked. Turn halfway through cooking and drizzle with a little of the marinade.

4 Mix the coconut milk with the soy sauce in a saucepan, simmer until thickened and serve with the sosaties.

Warthog potjie with vegetables



Preparation time: approx. 35 minutes (plus cooking time)

Per serving approx. 755 kcal/3171 kJ

70 g P, 20 g F, 69 g CH

Serves 4

1 red and 1 green pepper

4 tbsp oil

1.2 kg diced warthog meat or wild boar

600 ml vegetable stock

3 onions

10 carrots

approx. 1 kg cabbage

4 potatoes

4 sweet potatoes

2 small baby pumpkins

5 tomatoes

4 cloves garlic

salt

pepper

250 g mushrooms

1 Wash the peppers, remove the seeds and cut into small dice. Fry the peppers in the oil in a large roasting pan, remove and set aside. Sear the meat in the frying fat. Pour in the vegetable stock and bring to the boil.

2 Peel the onions, cut into rings and spread over the meat along with the peppers. Peel the carrots and cut into batons. Clean, wash and cut the cabbage into strips. Peel the potatoes and sweet potatoes, wash and chop into small pieces. Peel the pumpkins and grate coarsely. Peel the tomatoes, wash and dice.

3 Layer the prepared vegetables on the meat, peel the garlic and crush on top. Add the salt and pepper, cover the saucepan and allow the meat to cook without stirring for approx. 45 minutes.

4 Add a little liquid if required and continue cooking for a further 45 minutes.
+ Shortly before the end of the cooking time, add the mushrooms, brushed clean and (depending on the size) halved or quartered.

Cape Malay bobotie

with raisins



Preparation time: approx. 30 minutes (plus stewing and baking time)

Per serving approx. 820 kcal/3444 kJ

48 g P, 49 g F, 44 g CH

Serves 4

1 piece ginger (approx. 3 cm)
1 tbsp curry powder
1–2 tbsp brown sugar
salt
pepper
5 onions
100 g butter
125 g raisins
2 tbsp apricot jam
2 tbsp wine vinegar
3–4 tbsp chutney (ready made)
1–2 tsp Worcestershire sauce
1½ tbsp tomato purée
300 g minced beef
300 g beef tartare
3 slices white bread
300 ml milk
2 eggs
100 g grated Parmesan cheese

1 Pre-heat the oven to 175 °C (Gas Mark 4, fan oven 155 °C). Peel the ginger and grate finely. Fry with the curry powder, sugar, 2 teaspoons of salt and ½ teaspoon of pepper in a hot saucepan for approx. 2 minutes while stirring. Peel the onions and chop finely. Add with the butter to the curry mixture and fry until translucent.

Mix the raisins with the apricot jam, vinegar, chutney, Worcestershire sauce and

2 tomato purée in a bowl with the minced beef and the beef tartare. Dip the white bread in 50 ml of the milk and add to the minced beef mixture.

3 Add the contents of the bowl to the ingredients in the saucepan and simmer for 30 minutes. Then transfer to a baking dish. Whisk 250 ml milk with the eggs and pour over the beef mixture.

4 Bake in the oven for approx. 1 hour. Before serving, sprinkle with Parmesan cheese.

Guinea fowl maafe

with peanut butter



Preparation time: approx. 20 minutes (plus marinating and cooking time)

Per serving approx. 515 kcal/2163 kJ

39 g P, 35 g F, 10 g CH

Serves 4

1 guinea fowl
2–3 small chillies
1 tsp ground cinnamon
1 tbsp each coriander, cumin and paprika
2–3 cloves garlic
1 piece ginger (approx. 3 cm)
100 ml oil
3 onions
4 tbsp tomato purée
250 g tomatoes (tinned)
75 g peanut butter
400 g fresh spinach
pepper
salt

1 Wash the guinea fowl, pat dry and divide into portions. Clean the chillies, cut in half, remove stem and seeds, wash and chop. Mix with the cinnamon, coriander, cumin and paprika. Peel the garlic and ginger, chop finely and add to the spices. Mix the ingredients with 50 ml of the oil, pour over the guinea fowl and leave to marinate for 2 hours in the refrigerator, turning frequently.

2 Remove the pieces of guinea fowl from the marinade and fry in the remaining hot oil. Peel the onions, cut into small pieces and fry. Stir in the tomato purée and fry for 5 minutes.

3 Chop the tomatoes finely and add with their juice. Stir in 500 ml of warm water along with the peanut butter until smooth, and allow to simmer for 20 minutes. Stir continuously.

Wash the spinach, drain, cut into strips and add to the meat. Season with salt
4 and pepper.

Chicken soup with coconut milk



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 795 kcal/3339 kJ

35 g P, 58 g F, 33 g CH

Serves 4

2 carrots

2 onions

1 sprig thyme

1 bunch parsley

40 g butter

1 bay leaf

1 prepared boiling fowl

salt

125 g long grain rice

250 ml coconut milk

2 egg yolks

200 ml cream

freshly grated nutmeg

1 Peel the carrots and onions. Cut the carrots into slices and finely chop the onions. Wash the herbs, shake dry and chop finely. Heat the butter in a large saucepan and sauté the onions until translucent. Add the carrots, thyme, parsley, bay leaf and boiling fowl.

2 Pour in 3 litres of water, add some salt and simmer everything for 1 hour. In the meantime, cook the rice in salted water and drain.

3 Remove the fowl from the soup. Skin, bone and cut the chicken meat into bite-sized pieces. Put the bones and skin back into the soup and cook for a further 30 minutes. Then strain the soup through a fine sieve and skim off the fat. Add the rice and meat to the soup, boil and stir in the coconut milk.

4 Boil down the soup until it thickens slightly. Whip the egg yolks with the cream until slightly foamy and fold in to the soup. Heat through but do not allow it to boil! Serve sprinkled with a little nutmeg.

Fish soup with curry



Preparation time: approx. 15 minutes (plus time for soaking and cooking)

Per serving approx. 297 kcal/1247 kJ

14 g P, 13 g F, 22 g CH

Serves 4

500 g fish heads and bones of pike, monkfish or cod

2 large potatoes

2 onions

1 piece celeriac (approx. 75 g)

1 leek

1 clove garlic

1 piece ginger (approx. 3 cm)

60 g butter

3 tbsp flour

150 ml dry white wine

1 pinch saffron

1 tsp curry powder

salt

pepper

200 g smoked pike

1 Soak the fish heads and bones for 1 hour. Peel the potatoes, wash and cut into small dice, peel the onions and chop coarsely. Wash the celeriac and leek, peel and dice the celeriac, and cut the leek into rings.

2 Peel the clove of garlic and the ginger and chop finely. In a large saucepan, sauté everything for 5 minutes in the butter, then add the fish heads. Dust with flour and pour in the wine. Pour in 1 litre of water, bring to the boil and allow the soup to cook for 30 minutes. Mix the saffron and the curry powder with a little water, stir into the soup and continue to simmer for 30 minutes.

3 Pass the soup through a fine sieve. Season with salt and pepper. Cut the smoked pike diagonally into thin slices and divide between 4 cups or bowls. Pour the hot soup over it.

Cold cucumber and fruit soup with cream cheese



Preparation time: approx. 20 minutes (plus cooking and cooling time)

Per serving approx. 407 kcal/1709 kJ

16 g P, 22 g F, 36 g CH

Serves 4

1 large cucumber

2 onions

1 tbsp oil

1 tbsp butter

½ tsp dried dill

grated zest of 1 unwaxed lemon

750 ml chicken broth

salt

1 kg ripe pears

150 g cream cheese

freshly ground black pepper

- 1 Peel the cucumber and set aside some thin slices as garnish. Cut the rest of the cucumber into small cubes. Peel the onions and cut into thin slices.
- 2 Heat the oil with the butter in a large frying pan. Simmer the cucumber, onion, dill and lemon zest in it while stirring for 5 minutes.
- 3 Pour in the chicken broth, season with salt, cover and leave to simmer for 10 minutes. Peel the pears, remove the stalk and seeds and add the flesh, finely diced, to the broth. Continue to simmer for 10 minutes. Remove the soup from the heat, stir in the cream cheese and let the soup cool down.
- 4 Purée the cold soup finely and allow to cool for at least 8 hours in the refrigerator.
- 5 Season to taste again before serving. Garnish the soup with cucumber slices and sprinkle with a little freshly ground black pepper.

Peanut soup

with coconut cream



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 807 kcal/3389 kJ

19 g P, 61 g F, 41 g CH

Serves 4

1 clove garlic

1 onion

2 carrots

3 tbsp oil

75 ml dry white wine

1 leek

1 tbsp honey

1 tbsp sugar

2 tsp curry powder

750 ml vegetable stock

175 g unsalted peanuts

150 ml cream

250 ml coconut cream

2 tbsp peanut butter

salt

pepper

chilli oil

1 Peel the garlic, onion and carrots. Finely chop the garlic and cut the onion and carrots into thin slices. Sauté everything in the oil until soft. Pour in the wine and let it boil.

2 Wash the leek, cut into slices and add to the pan with the honey, sugar and curry powder. While stirring, bring to the boil, pour in the vegetable stock and continue to simmer for 6 minutes.

Dry roast the peanuts in a frying pan and then stir into the soup along with the cream, coconut cream and peanut butter. Simmer for 10 minutes.

3

4 Stir the soup, then allow to simmer for a further 3 minutes, while stirring constantly. Season with salt and pepper, pour into soup bowls and serve drizzled with a little chilli oil.

Chicken potjie with pumpkin



Preparation time: approx. 15 minutes (plus cooking time)

Per serving approx. 507 kcal/2129 kJ

42 g P, 22 g F, 33 g CH

Serves 4

1 large roast chicken

salt

freshly ground pepper

approx. 200 ml oil

500 g potatoes

5 carrots

1 small pumpkin

200 g green beans

300 g white cabbage

1 sprig rosemary

300 ml chicken broth

1 Wash the chicken, pat dry, and rub the inside and one outer side vigorously with the salt and freshly ground pepper.

2 Heat the oil in a saucepan, but not too hot. Place the chicken with the seasoned side down, cover and let it brown for approx. 20 minutes over low heat.

3 Season the other side of the chicken and turn it over. Continue to cook for approx. 5 minutes. Peel the potatoes and carrots, cut the pumpkin flesh from the rind and wash the beans. Cut everything into pieces. Wash and cut the cabbage into strips.

4 Wash the rosemary and place it on the chicken. Spread the vegetables over the chicken, pour on the broth and cook everything covered for approx. 1½ hours. Divide the meat into individual portions before serving.

Biltong snack

– a classic



2 kg wild game meat, ostrich or kudu

2 tsp roasted coriander seeds

2 tsp coarsely ground black pepper

3 tbsp brown sugar

½ tsp saltpetre

150 ml red wine vinegar

4 tbsp salt

1 Cut the meat into strips approx. 15 cm long and 4 cm thick. Pound the roasted coriander seeds with the pepper, sugar and saltpetre.

2 Rub the strips of meat with red wine vinegar and place in layers in a mould. Sprinkle with the salt and the crushed spice mixture and let it rest covered in the refrigerator.

3 After 12 hours, remove the thinner strips and marinate the thicker ones for another 12 hours.

4 Dip the meat strips briefly in boiling water and dry thoroughly. Hang in an airy place, and leave to dry for approx. 5 days.

Pike pâté

with white wine



Preparation time: approx. 15 minutes (plus cooling time)

Per serving approx. 318 kcal/1302 kJ

27 g P, 17 g F, 8 g CH

Serves 4

1 kg smoked pike

300 ml white wine

75 g butter

grated zest and juice of

1 unwaxed lemon

½ tsp freshly ground black pepper

200 ml cream

1 Bone the fish and with a fork pull into small pieces. Then mix with the wine and the butter in a bowl. Purée everything with the blender until a smooth paste is formed.

2 Add the lemon zest, lemon juice and freshly ground pepper and mix thoroughly. Whip the cream until stiff and fold in.

3 Pour the mixture into a bowl, cover and leave to marinate for at least 2–3 hours in the refrigerator. Serve with fresh bread.

Tip

In South Africa, this dish is prepared with smoked snoek.

Biltong in crispy pastry rolls with cheese



Preparation time: approx. 25 minutes (plus cooling and baking time)

Per serving approx. 675 kcal/2835 kJ

38 g P, 46 g F, 29 g CH

Serves 4

400 g frozen puff pastry

flour for the work surface

3 sprigs sage

100 g tasty cheese

175 g biltong (you can substitute dried beef)

baking paper for lining

1 Thaw the puff pastry according to package instructions and roll out approx. 3 mm thick on a floured surface. Wash the sage, shake dry and pluck the leaves from the stems. Sprinkle the sage leaves evenly over the pastry. Grate the cheese finely and also spread on the pastry.

2 Cut the biltong into very thin slices, lay it on the cheese and roll up everything into a tight roll. Leave the roll wrapped in cling film in the refrigerator for approx. 2 hours.

3 Pre-heat the oven to 225 °C (Gas Mark 8, fan oven 200 °C). Cut the pastry roll into slices approx. 0.5 cm thick and place on a baking tray lined with baking paper. Bake for approx. 6 minutes. Take out, turn the slices carefully and return to the oven to bake for a further 6 minutes. Take out and leave to cool on a wire rack.

Tomato bredie with lamb



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 838 kcal/3518 kJ

70 g P, 45 g F, 37 g CH

Serves 4

1 pinch chopped thyme

some sugar

3 tbsp oil

4 large onions

2 cloves garlic

1 kg lamb chops

salt

pepper

250 ml meat stock

8 large tomatoes

4 potatoes

- 1** Heat the thyme, 1 pinch of sugar and the oil in a saucepan. Peel the onions, cut into rings and fry. Peel the garlic and crush.
- 2** Add the lamb chops with $\frac{1}{2}$ teaspoon of salt, pepper and the meat stock. Cover and simmer for approx. 10 minutes.
- 3** Wash, peel, and chop the tomatoes coarsely and add them to the saucepan. Peel the potatoes, wash, dice, mix in and let the stew continue to cook on a slow heat for approx. 10 minutes.

Rooihartebees stew with mushrooms



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 435 kcal/1827 kJ

37 g P, 25 g F, 11 g CH

Serves 4

3 onions

3 cloves garlic

4 tbsp oil

1.2 kg antelope meat

some flour for turning

400 ml red wine

slightly granulated stock

salt

pepper

1 bay leaf

2 sprigs thyme

5 carrots

1 tbsp tomato purée

250g chestnut mushrooms

2 tomatoes

200 ml cream

some grated cheese

1 Pre-heat the oven to 150 °C (Gas Mark 2, fan oven 130 °C). Peel the onions and garlic, chop finely and fry in the oil. Remove and set aside. Cut the meat into bite-sized pieces, roll in flour and fry in the oil.

2 Pour in the wine, add the onion mixture, stock, seasoning and washed herbs.

3 Peel the carrots, dice and stir in. Leave the stew to simmer for 5 minutes.

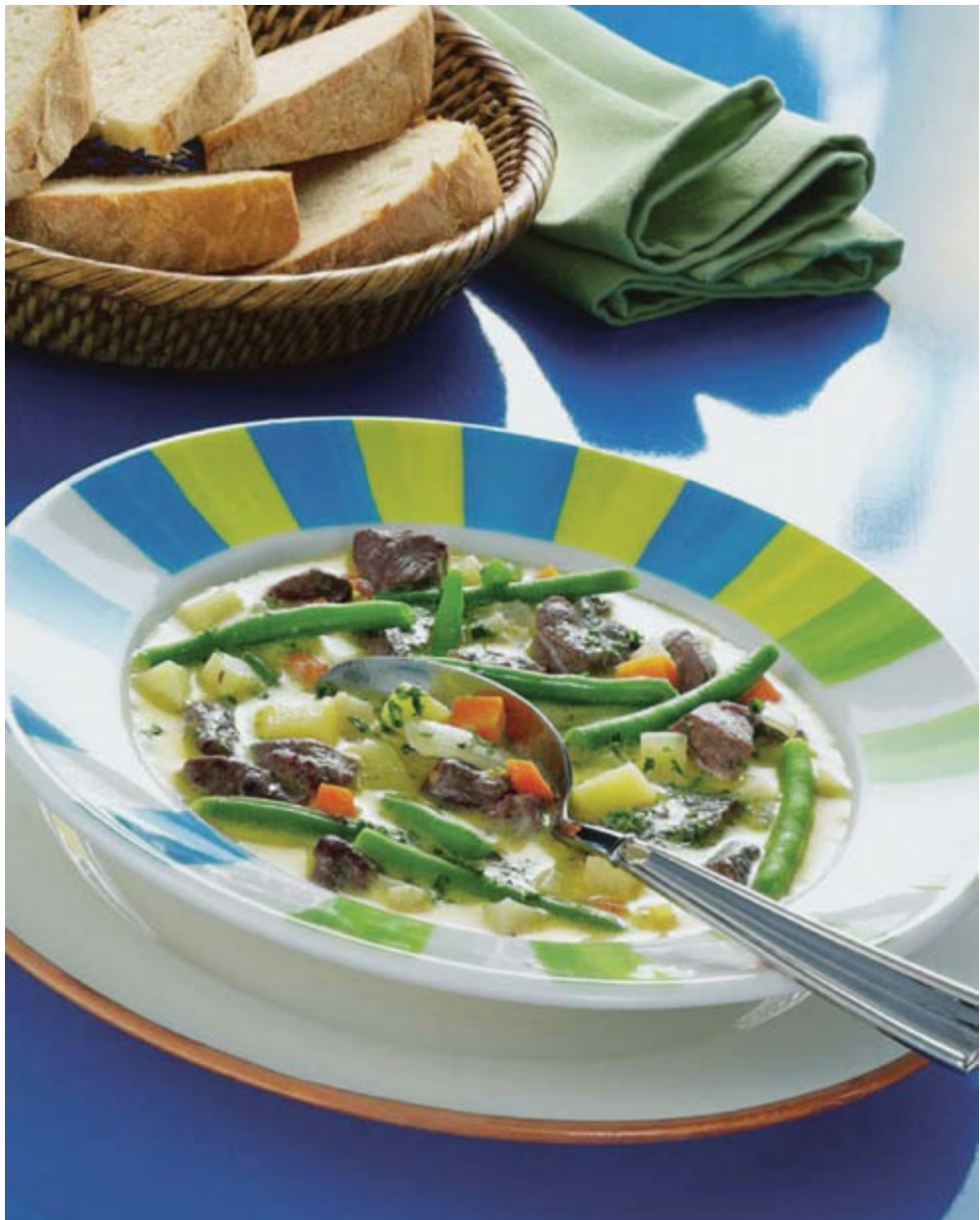
Stir in the tomato purée, cover and cook in the oven for approx. 1 hour.

4

5 Wipe the mushrooms clean, wash the tomatoes and cut into quarters.

6 Add the mushrooms and tomatoes to the meat, stir in the cream and continue to cook for approx. 40 minutes. Serve sprinkled with cheese.

Ostrich meat stew



Preparation time: approx. 15 minutes (plus cooking time)

Per serving approx. 533 kcal/2237 kJ

46 g P, 21 g F, 40 g CH

Serves 4

1 onion

2 carrots

2 root parsley

1 tbsp oil

750 g ostrich meat

salt

cayenne pepper

1 tsp paprika powder

500 g sweet potatoes

500 g green beans

1–2 cloves garlic

125 g sour cream

2 tbsp fresh chopped parsley

1 Peel the onion, carrots and root parsley, and finely chop everything. Heat the oil in a saucepan, add the chopped vegetables and sauté.

2 Rub the meat with salt, cayenne pepper and paprika powder and cut into small pieces.

3 Remove the vegetables from the saucepan and set aside. Add the meat cubes to the frying oil and fry well for approx. 10 minutes.

4 Pour in enough warm water to cover the meat. Simmer over a low heat, covered, for approx. 45 minutes.

5 Meanwhile, peel, wash and dice the sweet potatoes, wash the beans and remove the strings. After 30 minutes of the cooking time, add to the meat. Peel and crush the garlic, and add. Continue cooking the stew for 10 minutes, then add the vegetables that had been left to one side, and allow to warm

through briefly. Remove the pan from the heat and, when it has stopped bubbling, stir in the sour cream. Season to taste with salt and serve sprinkled with parsley.

Pear curry soup

with cream



Preparation time: approx. 15 minutes (plus cooking and cooling time)

Per serving approx. 430 kcal/1806 kJ

7 g P, 22 g F, 52 g CH

Serves 4

2 onions

1 tbsp butter

1 tsp curry powder

300 ml chicken stock

750 g pears

3 tomatoes

3 potatoes

250 ml cream

1 tbsp roughly chopped parsley

some paprika powder

1 Peel the onion and chop finely. In a pan, fry in butter until translucent. Sprinkle on the curry powder and cook while stirring, until it begins to smell. Pour in the chicken stock.

2 Peel the pears, cut in half, remove the stem end, core and dice the pear halves into small cubes. Cut crosses into the tomatoes, blanch with boiling water, peel, remove the seeds and dice finely.

3 Peel, wash and finely dice the potatoes as well. Add the ingredients to the soup. Simmer over medium heat for approx. 15 minutes until everything is soft.

4 Purée the soup and then stir in the cream. Allow to cool and chill in the refrigerator. Serve sprinkled with parsley and paprika.

Cold papaya soup with mint



Preparation time: approx. 10 minutes (plus cooling time)

Per serving approx. 91 kcal/380 kJ

2 g P, 1 g F, 6 g CH

Serves 4

4 papayas

350 ml fruity white wine

salt

8 sprigs fresh mint

some goat's cheese

1 Peel, halve and seed the papayas. Cut the flesh into small cubes and purée in a blender. Pour the purée into a saucepan, stir in the white wine and cook everything slowly.

2 Season the soup with salt, remove from the heat and allow to cool.

3 Wash the mint, shake dry and chop finely. Then mix into the well-cooled soup.

4 Cut the goat's cheese into thin slices or small cubes and serve in the soup.

Pumpkin soup

with sherry and olives



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 303 kcal/1271 kJ

4 g P, 25 g F, 12 g CH

Serves 4

1 pumpkin

2 onions

4 tbsp extra virgin olive oil

curry powder

freshly grated nutmeg

900 ml chicken stock

175 ml milk

100 ml cream

juice and grated zest of

1 unwaxed orange

1 apple

100 ml sherry

salt

pepper

75 g black olives

baked orange zest to garnish

1 Halve and peel the pumpkin. Remove the inner fibres and dice the flesh.

2 Peel the onions, chop into small pieces and fry in 3 tablespoons of the oil. Add the diced pumpkin flesh and sauté for approx. 3 minutes. Also sauté a little curry powder and freshly grated nutmeg, stirring constantly, until you can smell the spices.

3 Pour in the chicken stock with the milk and cream. Also add the orange juice and zest. Bring to the boil and allow to simmer for 20 minutes.

Peel the apple, remove the seeds, grate finely and stir into the soup. Then purée

4 everything and season with sherry, salt and pepper.

5 Stone the olives, chop finely and mix with the remaining oil. Pour the soup into plates and serve garnished with olives and strips of baked orange zest.

Vegetables & side dishes



Green beans in a curry



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 144 kcal/604 kJ

4 g P, 7 g F, 14 g CH

Serves 4

500 g green beans

3 tomatoes

3 onions

2 tbsp oil

1 tsp red chilli powder

2 tsp coriander powder

1 tsp cumin powder

1 tbsp turmeric powder

1 tbsp curry powder

1–2 tbsp sugar syrup

1 cinnamon stick

1 tbsp mustard

3–4 tbsp vinegar

1 tsp salt

½ tsp pepper

½ tsp sugar

1 Peel, wash and cut the beans into large pieces. Cut a cross in the tomatoes and remove the stems. Blanch the tomatoes in boiling water, then skin, remove the seeds and cut into small dice.

2 Peel the onions, chop finely and sauté in the oil until translucent. Add the chilli powder, coriander, cumin, turmeric and curry powder. Sauté for 5 minutes, stirring constantly.

3 Add the beans along with the tomatoes, sugar syrup, cinnamon stick, mustard and vinegar. Simmer the curry mixture over a low heat for approx. 30–45 minutes. Season with salt, pepper and sugar to taste, remove the

cinnamon stick and serve.

Banana salad

with apricot and curry mayonnaise



Preparation time: approx. 20 minutes (plus cooling time)

Per serving approx. 470 kcal/1974 kJ

6 g P, 25 g F, 51 g CH

Serves 4

4 egg yolks

2 tsp mustard

grated zest of 1 unwaxed lemon

4 tsp lemon juice

250 ml sunflower oil

salt

pepper

1 tbsp curry powder

1 tbsp apricot jam

6 large bananas

lettuce for serving

- 1 Whisk the egg yolk, mustard, lemon zest and lemon juice. Add the oil in a fine stream, stirring constantly. Season the mayonnaise with salt and pepper.
- 2 Stir the curry powder with the apricot jam and the mayonnaise until smooth; if necessary, heat the jam slightly beforehand.
- 3 Peel the bananas and cut into slices. Immediately add to the curry mayonnaise and mix gently.
- 4 Allow the salad to rest for at least 1 hour in the refrigerator before serving. Serve on a bed of lettuce.

Cabbage rolls

with vegetables



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 183 kcal/768 kJ

3 g P, 9 g F, 19 g CH

Serves 4

1 medium head of cabbage

salt

3 onions

3 tbsp oil

75–100 g maize meal

1 tsp curry powder

1 tsp pepper

toothpicks for securing

4 tomatoes

1 Clean and wash the cabbage, blanch the 4 outer leaves of the cabbage for 2 minutes in boiling salted water. Then rinse with cold water and drain.

2 Peel the onions, chop finely and fry in 2 tablespoons of the oil. Stir in the maize meal. Add some of the curry powder, pepper and salt and mix everything into a paste.

3 Spread the paste over the drained cabbage leaves, fold the sides inwards and roll up into roulades. Secure the roulades with a toothpick.

4 Cut the remaining cabbage into small chunks and fry in the remaining oil. Add the roulades and just cover with water. Put a lid on the pan and simmer over low heat until almost all the liquid has been absorbed.

5 Cut a cross in the tomatoes, remove the stems, blanch in boiling water, then skin, remove the seeds and chop the tomatoes into small pieces. Add the remaining curry powder, salt and pepper to taste and leave to simmer for approx. 4 minutes. Serve the cabbage rolls on the bed of vegetables.

Geelrijs

with cinnamon and sugar



Preparation time: approx. 15 minutes (plus cooking time)

Per serving approx. 417 kcal/1751 kJ

4 g P, 5 g F, 84 g CH

Serves 4

225 g long grain rice

1 cinnamon stick

1 tbsp turmeric powder

1 tsp salt

1 tsp sugar

125 g raisins

75 g brown sugar

25 g butter

1 Put the rice with double its volume of water in a saucepan. Add the cinnamon stick with the turmeric, salt and sugar. Bring to the boil and cook for approx. 12 minutes.

2 Wash the raisins in hot water, drain and also add to the saucepan. Let everything continue to cook for approx. 10 minutes until the rice is tender and the water has been absorbed.

3 Remove the cinnamon stick and stir in the brown sugar. Dab small flakes of butter on the rice and fold in with a fork.

Boere pap

South African polenta



Preparation time: approx. 15 minutes (plus baking time)

Per serving approx. 877 kcal/3683 kJ

29 g P, 44 g F, 90 g CH

Serves 4

300 g white maize meal

3 onions

2 eggs

200 g streaky bacon

1 large tin sweetcorn

200 g butter

salt

pepper

grease for the baking tray

100 g cheese, such as cheddar

1 Pre-heat the oven to 175 °C (Gas Mark, 4, fan oven 155 °C). Boil the maize meal in 1 litre of water for approx. 15 minutes. Meanwhile, peel the onion and chop finely. Hard boil the eggs, peel and chop into small dice. Cut the bacon into small cubes. Drain the sweetcorn in a colander.

2 Heat 2 tablespoons of butter in a pan until it foams, and the bacon and fry. Add the onions and sauté.

3 Mix the polenta with the diced bacon, onions, eggs, sweetcorn and the remaining butter, and season with salt and pepper. Spread the mixture on a greased baking sheet. Grate the cheese and sprinkle evenly over the polenta.

4 Bake in the oven for approx. 10 minutes, until the surface is golden brown. Cut into diamond shapes before serving.

Bean and mushroom curry

with nuts



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 352 kcal/1478 kJ

18 g P, 22 g F, 18 g CH

Serves 4

500 g mushrooms

3 carrots

3 green chillies

3 onions

2 cloves of garlic

3 tbsp oil

1 pinch cardamom powder

pepper

1 tsp cumin

3 tbsp tomato purée

750 g green beans

salt

125 g yoghurt

125 g shelled nuts

1 Brush the mushrooms, wipe clean and cut into quarters. Clean, peel and coarsely grate the carrots. Clean and halve the chillies. Remove the stalk and seeds, then wash the chillies and chop finely.

2 Peel the onions and the garlic. Finely dice the onions and chop the garlic. Heat the oil in a pan, and sauté the onions, garlic, chillies, cardamom, pepper and 1 pinch of cumin in it.

3 Add the mushrooms with the carrots, tomato purée and approx. 125 ml of water. Wash the beans, remove the strings, and also add. Cover and allow to simmer for approx. 20 minutes.

4 Season with salt and pepper. Remove the pan from the heat and stir in the yoghurt. Leave everything to marinate for 5 minutes. Serve sprinkled with

nuts.

Mealie bread pudding with ginger



Preparation time: approx. 15 minutes (plus baking time)

Per serving approx. 387 kcal/1625 kJ

6 g P, 22 g F, 39 g CH

Serves 4

90 g butter

2 eggs

100 g flour

100 g icing sugar

1 piece of ginger (approx. 4 cm)

50 g of candied ginger

2–3 tbsp milk

butter for the mould

- 1 Pre-heat the oven to 130 °C (Gas Mark 1, fan oven 110 °C). Stir the butter in a bowl until foamy and beat in the eggs one after another.
- 2 Sieve and mix the flour and the icing sugar. Peel the fresh ginger root and finely grate. Chop the candied ginger very fine.
- 3 Gradually stir the flour mixture, fresh and candied ginger into the butter mixture. Place the mixture in a buttered ovenproof dish, flatten slightly and cover with greaseproof paper.
- 4 Place the mould in a water bath and cook for approx. 1 hour in the oven. Turn the pudding out from the mould and serve hot.

Pickled mustard fruits

with garlic



Preparation time: approx. 20 minutes (plus time for marinating)

Per glass approx. 1055 kcal/4431 kJ

5 g P, 64 g F, 110 g CH

Makes 4 glasses

600 g dried mixed fruit, such as mangoes, apples, pears, apricots, peaches

8 cloves garlic

1 tsp mustard powder

6 dried chillies

250 ml wine vinegar

1 tsp turmeric powder

4 tsp salt

250 ml cold pressed oil

1 tbsp black peppercorns

2–3 cloves

125 ml fruit syrup (tinned)

1 Cut the dried fruit cut into strips approx. 0.5 cm wide. Peel and halve the garlic. Place the mustard powder in a bowl.

2 Add the finely grated chillies. Mix everything with the vinegar. Stir in the turmeric, salt and oil. Crush the peppercorns and add with the cloves. Stir in the fruit syrup.

3 Place the fruits and the garlic in the spicy marinade and mix thoroughly.

4 Spoon the pickled fruits into jars and leave for at least 1 week in the refrigerator, occasionally shaking vigorously.

Potato and onion curry with ginger



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 202 kcal/848 kJ

4 g P, 5 g F, 31 g CH

Serves 4

750 g potatoes

salt

2 onions

2 cloves of garlic

1 piece of ginger (approx. 4 cm)

2 tbsp butter

1 tsp hot curry powder

1 tsp flour

1 tsp sugar

300 ml vegetable stock

1 tsp vinegar

- 1 Peel, wash and boil the potatoes in salted water. Then drain and allow to cool slightly and cut into approx. 2 cm cubes.
- 2 Peel the onions, the garlic and the ginger. Chop the onions and garlic finely, and also grate the ginger finely.
- 3 Foam up the butter in a wide pan. Sauté the onions, garlic and ginger until translucent. Add the curry powder and fry, stirring constantly until you can smell the spices.
- 4 Add the potatoes and heat. Sprinkle with flour and sugar and mix with the potatoes.
- 5 Add the stock along with the vinegar. Cook everything for approx. 3 minutes and serve hot.

Extra spicy mixed pickles



Preparation time: approx. 20 minutes (plus time for marinating)

Per serving approx. 128 kcal/537 kJ

2 g P, 1 g F, 26 g CH

Serves 4

600 g small onions

125 g carrots

2 cloves garlic

4 green chillies

1 tsp black peppercorns

275 ml wine vinegar

2 tsp salt

- 1** Peel the onions carefully and place in a bowl. Wash the carrots, peel and then cut into thick slices. Peel the garlic cloves and cut in half or quarters.
- 2** Clean the chillies, cut in half, then remove the stalk and seeds and wash the peppers and chop finely. Coarsely crush the peppercorns. Mix all the ingredients and pour into a clean container.
- 3** Boil the vinegar with 50 ml of water and the salt and immediately pour over the ingredients, so they are completely covered. Seal the container and leave the vegetables to marinate in the refrigerator for approx. 14 days. Occasionally shake the container vigorously.

Sweet potatoes with pineapple and ham



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 307 kcal/1289 kJ

12 g P, 9 g F, 41 g CH

Serves 4

600 g sweet potatoes

3 tbsp butter

1 small pineapple

pepper

salt

1 tsp cane sugar

ground cinnamon

200 g cooked ham

1 Peel, wash and cut the sweet potatoes into thin slices. In a pan, heat the butter until it foams, add the sweet potato slices and cook, turning constantly.

2 Peel the pineapple and remove the woody stalk, then cut the flesh into small cubes. Add the pineapple cubes to the sweet potatoes. Season the mixture with pepper, salt, sugar and cinnamon, and add a little water.

3 Allow everything to simmer in a pan over a low heat for approx. 15 minutes, adding water when necessary. Dice the ham, add to the sweet potato and pineapple mixture and warm through.

Carrots

in rosemary mustard



Preparation time: approx. 20 minutes

Per serving approx. 101 kcal/424 kJ

2 g P, 6 g F, 7 g CH

Serves 4

600 g carrots

salt

4 sprigs rosemary

8 stalks parsley

2 cloves garlic

3 tbsp butter

1 tsp mustard powder

1–2 tsp sugar

1 Wash, peel and cut the carrots into sticks. Cook in a saucepan in a little salted water for approx. 5 minutes until *al dente*. Then drain.

2 Wash the herbs and shake dry. Pluck the needles from the rosemary stalks and chop fine. Lay the parsley aside.

3 Peel the garlic. Heat 2 tablespoons of the butter in a pan until foamy. Stir the butter with the mustard powder, the chopped rosemary and sugar and mix to a paste.

4 Crush the garlic, add, and stir in the carrots. Add the remaining butter, cover the pan and leave to simmer lightly for approx. 5 minutes. Chop the parsley and add to the carrots at the end of the cooking time.

Barley risotto

with asparagus



Preparation time: approx. 15 minutes (plus cooking time)

Per serving approx. 307 kcal/1289 kJ

9 g P, 16 g F, 31 g CH

Serves 4

250 g green asparagus

2 tbsp butter

175 g dehulled barley styes

125 ml chicken stock

125 ml cream

salt

pepper

1–2 tbsp freshly grated cheese

1 tsp chopped fresh marjoram

1 Discard the woody part of the asparagus, wash and peel. Then cut diagonally into approx. 3 cm long pieces. Melt the butter in a pan and sauté the asparagus for 5 minutes.

2 Stir in the barley and the chicken stock and allow to simmer over a low heat until the liquid has almost evaporated. Pour in the cream and allow to simmer slowly.

3 Once the barley is cooked, season the risotto with salt and pepper. Before serving, sprinkle with the grated cheese and the chopped fresh marjoram.

Corn on the cob

with garam masala



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 115 kcal/483 kJ

3 g P, 6 g F, 10 g CH

Serves 4

6 fresh corn on the cob

2 tbsp butter

2 tbsp garam masala

1 tsp mustard seeds

1 green and 1 red chilli

100 ml milk

salt

- 1 Wash the corn on the cob and remove the corn kernels from the cob with a sharp knife.
- 2 Heat the butter in a wide pan until it is foamy. Add the garam masala, mustard seeds and corn kernels and cook, stirring constantly.
- 3 Clean and halve the chillies, remove the stalk and seeds, wash the chillies and add, finely diced. Add the milk, season with salt, cover and simmer everything gently until the corn is cooked.
- 4 The milk should then be boiled away until the corn kernels are dry and cooked through. Add a little extra milk during cooking if necessary.

Split pea fritters

Cape Malay style



Preparation time: approx. 30 minutes (plus resting time)

Per portion approx. 65 kcal/275 kJ

2 g P, 3 g F, 9 g CH

Makes 24

250 g peasemeal (flour from yellow peas)

40 g wheat flour

1 tsp baking powder

2 small apples

1 handful spinach or chard leaves

2 small onions

1 egg

1 tsp cumin powder

1 tsp coriander powder

pepper

salt

1–2 tsp chilli powder

½ tsp turmeric powder

oil for frying

1 Mix the pea flour with the wheat flour and the baking powder and sieve into a large bowl. Wash the apples, peel and core, then grate the flesh finely and mix with the flour.

2 Wash the spinach or chard leaves and drain well. Then cut into strips. Peel the onion and chop finely. Add the onions and spinach or chard to the flour mixture.

3 Add the egg, cumin, coriander, ½ teaspoon of pepper, 1 teaspoon of salt, the chilli powder and turmeric and work into a stiff dough with approx. 100 ml of water. Cover the dough and leave to stand for approx. 1 hour.

4 From the dough, shape balls of roughly walnut size and deep fry in batches in hot oil. Remove and drain on paper towels. Serve hot.

Chakalaka

with fiery spices



Preparation time: approx. 25 minutes

Per serving approx. 187 kcal/784 kJ

7 g P, 9 g F, 19 g CH

Serves 4

2 onions

1 clove of garlic

2 large red chillies

125 ml oil

3 yellow bell peppers

500 g grated cabbage

500 g shredded carrots

½ tbsp cayenne pepper

1 tbsp chilli powder

150 g peas (tinned)

salt

pepper

1 Peel the onions and the garlic and dice small. Clean and halve the chillies, remove the stalk and seeds and then wash the peppers and chop very small. Sauté the onions, garlic and chillies in half the oil, until soft.

2 Clean, wash and cut the bell peppers in half, then remove the stalk and seeds. Cut the peppers into strips and add to the onions in the pan. Cook for approx. 2–3 minutes, stirring constantly.

3 Add the remaining oil. Add the cabbage with the carrots and the spices and cook, stirring constantly, until *al dente*. Add the drained peas and heat through. Season well with salt and pepper.

Date salad

with onions and chilli



Preparation time: approx. 20 minutes (plus time for marinating)

Per serving approx. 375 kcal/1575 kJ

3 g P, 1 g F, 86 g CH

Serves 4

500 g fresh dates

2 onions

salt

2 dried chilli peppers

150 ml balsamic vinegar

2 tsp sugar

alfalfa sprouts for serving

1 Wash the dates, cut into quarters and remove seeds. Peel the onions and cut into thin rings. Bring a saucepan of water to the boil, add salt and boil the onions for 1 minute.

2 Shake off the water and drain well on paper towels.

3 Layer the date quarters and the onion rings in a salad bowl, and scatter the finely ground chilli peppers between them.

4 Warm the vinegar just slightly, dissolve the sugar in it and pour the whole mix over the salad.

5 Leave the dates to marinate for a good while before serving on a bed of alfalfa sprout salad.

Red cabbage with apples



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 154 kcal/647 kJ

4 g P, 5 g F, 22 g CH

Serves 4

1 kg red cabbage

1 tbsp wine vinegar

2 tbsp butter

1–2 tsp honey

3 tart apples

ground cloves

some sugar

½ tsp salt

1 Peel, wash and quarter the red cabbage. Cut out the stalk and cut the cabbage into thin strips. In a large saucepan boil some water, add the wine vinegar followed by the cabbage and cook for approx. 10 minutes.

2 Then drain well. Melt the butter in a saucepan and sauté the red cabbage in it, stirring constantly. Drizzle the honey over it.

3 Wash the apples, peel and core, then cut into slices and mix with the cabbage. Season with a little ground cloves, sugar and salt. Pour in some water, cover and simmer for 30 minutes.

Chutneys, sauces etc.



Apple and date chutney with walnuts



Preparation time: approx. 25 minutes (plus time for cooking and marinating)

Per glass approx. 272 kcal/1142 kJ

3 g P, 6 g F, 47 g CH

Makes 4 glasses

250 g sour apples

200 g fresh dates

1 piece ginger (approx. 2 cm)

40 g walnuts

125 g onions

$\frac{1}{4}$ tsp cayenne pepper

pepper

salt

125 ml red wine vinegar

3 tbsp sugar

- 1** Peel, core and dice the apples. Clean the dates, wash, stone and cut the fruit into strips.
- 2** Peel the ginger and chop finely. Finely chop the walnuts. Peel the onions, chop finely and cook in 50 ml of water for approx. 5 minutes.
- 3** Add the diced apple and leave to simmer for 10 minutes. Add the dates with the walnuts, ginger, cayenne pepper, $\frac{1}{2}$ teaspoon of pepper, $1\frac{1}{2}$ teaspoons of salt and half the vinegar.
- 4** Allow all the ingredients to simmer until the mixture thickens. Stir occasionally. Stir in the sugar and the remaining vinegar. Continue to simmer until the chutney is thick.
- 5** Put the chutney into jars and seal. Leave to marinate for 2–3 weeks in the refrigerator before serving.

Avocado cream with honey



Preparation time: approx. 15 minutes
Per serving approx. 402 kcal/1688 kJ
3 g P, 39 g F, 9 g CH

Serves 4

3 ripe avocados

4 tsp sugar cane

2 tsp honey

approx. 1 tsp lemon juice

- 1 Wash the avocados, cut in half and remove the stone. Carefully spoon out the flesh from the avocado shells and purée in blender.
- 2 Place the avocado shells to one side. Combine the avocado purée with the brown sugar and honey, stirring well.
- 3 Add lemon juice to the avocado cream to taste. Spoon the cream back into the avocado shells.

Prawn and chilli sauce with ginger



Preparation time: approx. 15 minutes (plus cooking time)

Per glass approx. 166 kcal/697 kJ

12 g P, 8 g F, 10 g CH

Makes 4 glasses

50 g dried chillies

2 onions

150 ml oil

125 g tomato purée

1 piece ginger (approx. 8 cm)

salt

pepper

200 g ground, smoked prawns (available in Asian food stores)

1 Soak the chillies in approx. 150 ml of water and set aside. Peel the onion and chop finely. Heat the oil in a pan and fry the onions, stirring for approx. 3 minutes.

2 Add the tomato purée to the onions and sauté. Allow to simmer for approx. 10 minutes until it forms a paste. Meanwhile purée the chillies finely with a quarter of the soaking water in a blender.

3 Peel and finely grate the ginger. Add the chilli purée with the ginger to the paste. Season well with salt and pepper.

4 Stir the ground prawns into the chilli and tomato mixture. If the sauce is too thick, add a little more oil. Then allow the prawn and chilli sauce to simmer for approx. 8 minutes, stirring constantly.

5 Pour the sauce into clean containers and seal. Store the sauce in refrigerator.

Okra and sweetcorn chutney with tomatoes



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 208 kcal/873 kJ

7 g P, 5 g F, 30 g CH

Serves 4

400 g okra

1 small tin sweetcorn

2 green peppers

7 onions

2 cloves garlic

3 tbsp oil

300 g peeled tomatoes (tinned)

salt

pepper

- 1 Wash and thinly slice the okra. Drain the sweetcorn in a colander. Wash the peppers and chop into small pieces.
- 2 Peel the onions and the garlic, chop the onion finely and crush the garlic. In a saucepan heat the oil and sauté the onions with the garlic in it.
- 3 Add the okra slices with the sweetcorn and diced peppers. Coarsely chop the tomatoes and add along with the juice.
- 4 Mix everything together and allow to simmer for approx. 15 minutes until all the vegetables are tender. Season with salt and pepper.

Onion and apricot sauce with curry



Preparation time: approx. 15 minutes (plus time for marinating)

Per serving approx. 99 kcal/415 kJ

2 g P, 4 g F, 10 g CH

Serves 4

6 onions

3 tbsp oil

2 tbsp curry powder

1½ tsp cayenne pepper

1–2 tbsp apricot jam

300 ml wine vinegar

salt

pepper

- 1** Peel the onions and chop very finely. Heat the oil in a saucepan and fry the onions until translucent, stirring constantly.
- 2** Stir in the curry powder and cayenne pepper and sauté until you can smell the spices. Stir in the apricot jam. Pour in the vinegar and stir.
- 3** Season the sauce thoroughly with salt and pepper and stir well. Allow to cool and leave to marinate for at least 1 day.

Cape Malay Barbecue sauce with spring onions



Preparation time: approx. 15 minutes (plus time for marinating)

Per serving approx. 114 kcal/478 kJ

2 g P, 3 g F, 19 g CH

Serves 4

8 spring onions

1 clove garlic

1 tsp apricot jam

1 tsp hot mustard

1 tsp Worcestershire sauce

3 tbsp red wine vinegar

3 tbsp olive oil

200 ml tomato ketchup

pepper

salt

- 1 Peel, wash and chop the spring onions. Peel the garlic and chop finely.
- 2 In a bowl, mix the apricot jam with the mustard, the Worcestershire sauce, red wine vinegar and the oil.
- 3 Add the tomato ketchup and stir. Season well with salt and pepper.
- 4 Add the spring onions and the garlic to the sauce and stir in. Leave the sauce to marinate, covered, for at least 4 hours.

Hot and fiery avocado sambal



Preparation time: approx. 20 minutes (plus cooling time)

Per serving approx. 175 kcal/735 kJ

3 g P, 15 g F, 4 g CH

Serves 4

1 large ripe avocado

250 g yoghurt

2 green chillies

¼ bunch cilantro or parsley

1 tsp sugar

- 1 Cut avocado in half and remove the stone. Spoon out the flesh from the avocado shells and purée in a blender. Add the yogurt and mix in.
- 2 Wash and halve the chillies. Remove the stalks and seeds. Then wash the peppers, chop into small pieces and add to the sambal.
- 3 Wash the coriander or parsley, shake dry and chop the leaves, setting some aside for the garnish. Add the chopped coriander or chopped parsley with the sugar to the sambal and mix.
- 4 Seal the sambal in an airtight container and refrigerate. Garnish with coriander or parsley.

Peanut and hot pepper sauce



Preparation time: approx. 15 minutes
Per serving approx. 357 kcal/1499 kJ
15 g P, 28 g F, 11 g CH

Serves 4

3 cloves garlic

1 piece ginger (approx. 3 cm)

200 g peanut butter

½ tsp cardamom powder

½ tsp cumin powder

2–3 drops hot pepper sauce

½ tsp paprika

½ tsp pepper

1 tsp salt

250 g yoghurt

1 Peel the garlic and chop finely. Also peel the ginger and grate finely. Heat the peanut butter in a saucepan, stir in the garlic and ginger and allow to cook. Season with the cardamom, cumin, paprika and hot pepper sauce.

2 Heat, stirring continuously, but do not boil. Remove the pan from the heat, season with salt and pepper.

3 Add the yogurt and fold in. Serve the sauce warm or cold.

Chilli and herb sauce with garlic



Preparation time: approx. 15 minutes (plus cooking time)

Per serving approx. 412 kcal/1730 kJ

3 g P, 34 g F, 21 g CH

Serves 4

75 g green chillies

1 onion

8–10 cloves garlic

1 piece ginger (approx. 7 cm)

125 ml olive oil

75 ml balsamic vinegar

125 ml wine vinegar

50 g sugar

salt

2 bunches coriander or parsley

1 Clean and halve the peppers, remove the stalk and seeds, and wash the chillies. Peel the onion and garlic and chop finely. Peel the ginger and grate finely.

2 Heat a little of the oil in a saucepan. Fry the onion, garlic and ginger in it until the onion is translucent. Add the chilli halves and pour in the balsamic vinegar. Add the sugar and stir in. Season the mixture with salt. Stirring constantly, continue to cook until it has reduced in volume to about a half.

3 Pour in the remaining olive oil and bring to a boil. Remove from heat and purée everything finely. Wash the coriander or parsley, shake dry and purée. Add the herb purée to the sauce and stir.

4 The sauce can be sealed and kept for approx. 3 months when stored in the refrigerator.

Barbecue marinade

with ginger



Preparation time: approx. 15 minutes (plus marinating time)

Per serving approx. 27 kcal/114 kJ

1 g P, 1 g F, 5 g KH

Serves 4

5 cloves garlic

1 piece ginger (approx. 5 cm)

2 tsp coriander powder

75 ml oil

3 tbsp apricot chutney (ready-made)

2 finely chopped chillies

salt

juice of 1 lemon

1 Peel the garlic and ginger and chop very finely. Stir in the coriander, oil, chutney, chillies,

1 teaspoon of salt and the lemon juice.

2 Coat the grilled meat of your choice in the marinade and leave to marinate for at least 2 hours.

3 Continue to spoon a little of the marinade over the meat.

Tomato chutney

with cloves



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 136 kcal/569 kJ

1 g P, 4 g F, 22 g CH

Serves 4

400 g tomatoes

1 onion

3 tbsp olive oil

1 dried chilli pepper

3 cloves

75 ml red wine vinegar

75 g brown sugar

salt

pepper

1 Cut a cross in the tomatoes and remove the stalk. Then blanch the tomatoes in hot water. Once the skin starts to loosen, pour off the water and skin the tomatoes. Cut the flesh into cubes.

2 Peel and chop the onion. Then simmer in hot olive oil until translucent. Finely chop the chilli. Add the tomatoes together with the chilli, cloves, red wine vinegar and sugar to the onion mixture and simmer for approx. 20 minutes. Season with salt and pepper.

Tip

This chutney goes very well with meat and fish.

Mango and chilli relish

with lime and mint



Preparation time: approx. 15 minutes

Per serving approx. 27 kcal/113 kJ

1 g P, 1 g F, 5 g CH

Serves 4

1 ripe mango

2 red chillies

1 piece ginger (approx. 1 cm)

1 lime

2–3 stalks mint

salt

pepper

honey

1 Peel the mango and cut the flesh from the stone. Then cut into small pieces. Clean the chillies, cut in half lengthwise, remove the seeds and wash. Peel the ginger and grate finely. Squeeze the lime. Wash the mint, shake dry and pluck the leaves from the stems. Finely chop the mint leaves.

2 Purée the mango, chillies, grated ginger, lime juice and mint in a blender. Season well with salt, pepper and honey.

Tip

This relish goes well with grilled dishes.

Pineapple and onion chutney with ginger



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 267 kcal/1117 kJ

2 g P, 1 g F, 60 g CH

Serves 4

1 pineapple

300 g onions

200 g brown sugar

200 ml white wine vinegar

4 tsp curry powder

2 tsp grated ginger

$\frac{1}{4}$ dried chilli

salt

pepper

1 Peel the pineapple, cut into slices, remove the hard core and cut into chunks. Peel the onions, chop and then mix with the pineapple chunks in a saucepan.

2 Add the sugar, white wine vinegar, curry powder, grated ginger and crumbled chilli and bring to the boil. Allow to simmer for approx. 30 minutes until the liquid has reduced. Season with salt and pepper.

Meat, game & poultry



Wild bredie with apricot and beer



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 742 kcal/3116 kJ

65 g P, 21 g F, 69 g CH

Serves 4

1 kg venison fillet

1 small onion

1 clove garlic

100 ml olive oil

250 ml beef stock

100 ml beer

300 g baby corn on the cob

3 tbsp honey

3 tbsp apricot jam

200 g apricots

200 g mixed berries, such as gooseberries, boysenberries or raspberries

1 Wash the fillet, pat dry and cut into large cubes. Peel the onion and garlic and chop finely.

2 Heat the oil in a pan and sauté the onion with the garlic until translucent. Fry the venison fillet vigorously. Pour in the beef stock and the beer. Simmer and reduce the liquid by about one third.

3 Meanwhile, wash and dry the corn cobs. Then cut in half lengthwise. Heat the honey with the apricot jam in a pan. Glaze the corn in it, then leave to stand for a while.

4 Wash and dry the apricots and berries. Cut the apricots in half and remove the stones. Then add the fruit to the corn in the pan and also cover with the glaze.

5 Dish out the meat, and then distribute the corn and the fruit on top.

Springbok

with honey and lemon sauce



Preparation time: approx. 20 minutes (plus marinating and cooking time)

Per serving approx. 605 kcal/2541 kJ

45 g P, 26 g F, 24 g CH

Serves 4

750 g springbok or

venison fillet

salt

pepper

freshly grated nutmeg

40 ml medium cream sherry

500 ml dry red wine

1–2 tbsp Dijon mustard

2 tbsp olive oil

1 onion

75 g butter

2 tbsp brown sugar

150 ml stock

grated zest and juice of 1 unwaxed lemon

75 g honey

- 1** Wash the meat, pat dry and rub with salt, pepper and nutmeg. Mix with the sherry, wine and mustard, and leave the meat for 3–4 hours to marinate.
- 2** Pre-heat the oven to 220 °C (Gas Mark 7, fan oven 200 °C). Remove the meat from the marinade, pat dry and fry in the hot oil. Then continue to cook in the oven for approx. 10 minutes.
- 3** Peel the onion and chop finely. Heat half the butter in a frying pan until foamy and fry the onion until translucent. Add the sugar and cook for 5 minutes.
- 4** Pour the stock into the frying pan, stir in the lemon zest and juice and continue to simmer for 10 minutes. Beat the honey and remaining butter

into the sauce, but do not boil.

5 Take the meat out of the oven and leave to rest for 10 minutes wrapped in aluminium foil. Stir the meat juices from the pan into the sauce. Cut the meat into thin slices and serve with the sauce.

Beef

with cranberries and apples



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 785 kcal/3297 kJ

53 g P, 55 g F, 20 g CH

Serves 4

1 kg beef

3 onions

2 apples

2 tbsp oil

2 tbsp butter

175 g cranberry sauce (ready-made)

150 ml apple juice

200 ml game stock or vegetable stock

2 sprigs rosemary

400 ml cream

pepper

salt

- 1** Wash the beef, pat dry and cut into 1.5 cm cubes. Peel the onion and chop finely. Peel the apples, remove the core and cut into slices.
- 2** Heat a little oil in a pan. Sear the meat lightly on all sides. Add the apple slices and sauté for 1 minute. Remove the meat and apples and set aside. Place the butter in the frying fat and fry the onions in it until translucent. Stir in the cranberry sauce, pour in the apple juice and let it boil until quite thick.
- 3** Add the game stock or vegetable stock and the washed and dried rosemary sprigs. Pour in the cream and let the liquid simmer again until the sauce is thick.
- 4** Season the sauce with salt and pepper. Add the meat and the apple slices to the sauce. Bring to the boil again and serve immediately.

Guinea fowl on cabbage



Preparation time: approx. 30 minutes (plus braising time)

Per serving approx. 1160 kcal/4872 kJ

117 g P, 57 g F, 43 g CH

Serves 4

2 guinea fowl (approx. 1 kg each)

salt

6 slices white bread

250 ml milk

4 small onions

40 g butter

50 g raisins

pepper

toothpicks for fastening

4 tbsp oil

800 g cabbage

400 ml chicken stock

juice of 1 lemon

1 Wash the fowl, dry and rub with salt inside and out. Dice the white bread, pour the boiling milk on top and leave to swell for 5 minutes. Meanwhile, peel the onions and chop finely. Melt the butter in a pan and fry the onions until translucent.

2 Remove the pan from the heat and mix the onions with the raisins and the soaked bread. Season well with salt and pepper.

3 Fill the guinea fowl with this mixture and fasten shut with toothpicks. Fry each one in hot oil until brown all over, remove and set aside.

4 Wash the cabbage, then cut into quarters, remove the stalk and cut the leaves into strips. Fry in the frying fat, and season with salt and pepper. Add the stock and the lemon juice. Then place the guinea fowl on top and allow to braise for approx. 1 hour over a medium heat.

Chicken

in mango and sweetcorn sauce



Preparation time: approx. 20 minutes (plus marinating and cooking time)
Per serving approx. 705 kcal/2961 kJ
34 g P, 58 g F, 11 g CH

Serves 4

1 roasting chicken

Juice of 3½ lemons

150 g natural yoghurt

1 tbsp curry powder

1 tsp granulated chicken stock

1 small tin sweetcorn

1 large ripe mango

175 ml mayonnaise

100 ml cream

8 stalks parsley

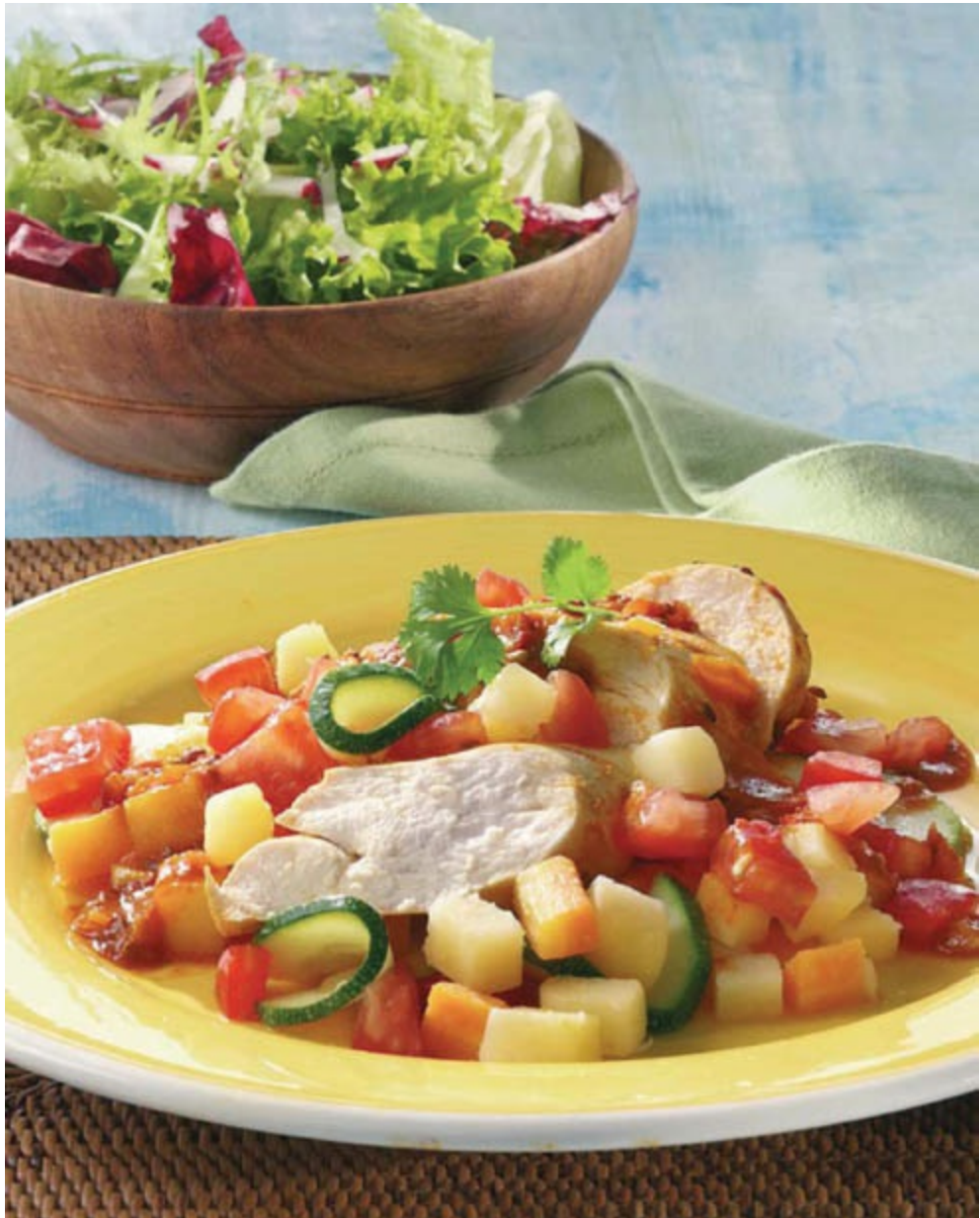
1 Wash the chicken, pat dry and cut into serving portions. Stir in the juice of 3 lemons together with the yoghurt, curry powder and chicken stock. Coat the meat with the yoghurt mixture, cover and marinate for at least 3 hours.

2 Pre-heat the oven to 200 °C (Gas Mark 6). Place the chicken in the pre-heated oven and cook under the grill for approx. 30–40 minutes.

3 Drain the sweetcorn in a colander. Peel the mango, cut the flesh from the stone and chop into small pieces. Combine the mayonnaise, cream and remaining lemon juice. Add the mango and sweetcorn to the mayonnaise and stir.

4 Wash the parsley, shake dry, chop finely and stir in. Serve the chicken with the mango and sweetcorn sauce.

Cape Malay chicken with Asian spices



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 657 kcal/2759 kJ

122 g P, 9 g F, 18 g CH

Serves 4

3–4 tbsp sunflower oil

½ tsp cardamom seeds, fennel and dill seeds per serving

2 pieces cassia or 2 cinnamon sticks

1 tsp cumin powder

3 star anise

4 cloves of garlic

1 piece ginger (approx. 3 cm)

4 tomatoes

1 red chilli

2 kg chicken breast fillet

1 tsp cumin

1 tsp coriander powder

1 tbsp mild curry powder

1 tbsp garam masala

1 tsp turmeric powder

300 g potato, cooked and chopped

300 g carrot, cooked and chopped

200 g sliced courgettes

1 Heat the oil in a roasting pan. Add the cardamom seeds, fennel and dill seeds, cassia or cinnamon, cumin and star anise and sauté. Do not allow the spices to turn brown.

2 Peel the garlic and ginger, chop finely and add. Wash 2 tomatoes and the chilli. Remove the seeds from the chilli and roughly chop the tomatoes and chilli. Add to the roasting pan and heat through.

Add the chicken breast fillets. Sprinkle with the cumin, coriander, curry powder,

3 garam masala and turmeric.

4 Cover the pan and cook for approx. 25 minutes, stirring occasionally. Mix the chopped vegetables in with the meat and heat through.

5 Cut a cross in the remaining tomatoes, remove the stems, blanch them in boiling water, peel and cut into small dice. Sprinkle the diced tomatoes over the meat and vegetables.

Breyani chicken with potatoes



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 1087 kcal/4565 kJ

99 g P, 51 g F, 54 g CH

Serves 4

1 large roasting chicken (2 kg)

salt

pepper

3 onions

3 cloves of garlic

4–5 tbsp oil

200 g long grain rice

1 tsp each peppercorn, coriander and cumin powder

1 tbsp turmeric

1 tbsp cardamom powder

1 piece ginger (approx. 2 cm)

3 star anise

1 cinnamon stick

1–2 dried chillies

500 ml chicken stock

150 g potatoes

2 beefsteak tomatoes

300 g plain yoghurt

juice of 1 lemon

- 1** Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Cut the chicken into 10 pieces and rub with salt and pepper.
- 2** Peel the onions and garlic and chop finely. In a roasting pan heat 2–3 tablespoons of oil, fry the rice with the onions and garlic until translucent.

3 Add the spices, pour in the stock and simmer for 5 minutes. Peel, wash and cut the potatoes into small cubes. Add the potatoes to the rice mixture and leave to simmer for another 5 minutes.

4 Heat the remaining oil in a pan, fry the chicken pieces in it briefly and add to the rice mixture. Braise in the oven for 10–15 minutes. Do not stir, but pour in a little stock if necessary.

5 Cut a cross in the tomatoes, remove the stems, and blanch in boiling water. Then remove the skins, dice finely and add to the chicken.

6 Allow to simmer for 10 minutes more. Remove from the heat before folding in the yoghurt and lemon juice. Leave to stand for 5 minutes for the flavours to develop.

Karoo lamb with a crust



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 657 kcal/2759 kJ

53 g P, 13 g F, 76 g CH

Serves 4

350 g breadcrumbs

4 sprigs thyme

4 sprigs rosemary

2 tbsp finely grated spicy cheese

2 tbsp softened butter

2–3 tbsp olive oil

4 lamb steaks

pepper

salt

175 g pearl onions

175 ml balsamic vinegar

5 tbsp brown sugar

1 Pre-heat the oven to 220 °C (Gas Mark 7, fan oven 200 °C). Put the breadcrumbs in a bowl. Wash the herbs, shake dry , then separate the leaves or needles from the stalks, chop and mix in. Stir in the grated cheese and the softened butter.

2 Heat a little oil, fry the lamb steaks briefly and season with salt and pepper.

3 Spread the herb mixture over the lamb steaks and press it down slightly. Bake in the oven for approx. 10 minutes under a hot grill. Meanwhile, sauté the peeled onions in the remaining oil until golden brown, remove and set aside.

4 Pour the balsamic vinegar into the frying fat and leave to boil down by half. Stir in sugar and dissolve. Add the onions and cook again for approx. 4 minutes, until the sauce is thick. Serve the meat with the onions.

Beef

with green banana and coconut



Preparation time: approx. 20 minutes (plus marinating and cooking time)

Per serving approx. 700 kcal/2940 kJ

61 g P, 24 g F, 46 g CH

Serves 4

1 kg beef

250 ml dry white wine

1 tbsp hot curry powder

2 red peppers

1 small cauliflower

5 onions

3 green bananas

1 tbsp butter

5–6 tbsp oil

salt

a little cayenne pepper

1 small tin coconut milk

1 Cut the beef into thin strips and mix with 50 ml of the wine and the curry powder. Cover and marinate for 1 hour.

2 Cut the peppers in half, wash and remove the seeds and chop into small dice. Wash and cut the cauliflower into small florets. Peel the onions and cut into rings. Peel the bananas, cut into slices and fry in the butter.

3 Remove the meat from the marinade, and reserve the marinade. Fry the drained meat strips in hot oil in batches. Season with salt and cayenne pepper. Add the bananas, diced peppers, onion rings and cauliflower florets and sauté them.

4 Pour in the remaining wine, the reserved marinade and the coconut milk. Cover the dish and braise for 10–15 minutes. Season with salt and cayenne pepper.

Ostrich fillet

with gooseberry sauce



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 375 kcal/1575 kJ

35 g P, 11 g F, 21 g CH

Serves 4

2 small onions

250 g fresh

Cape gooseberries

3–4 tbsp olive oil

250 ml dry white wine

50 ml balsamic vinegar

125 g apricot chutney (ready-made)

4 ostrich fillets (approx. 600 g)

salt

freshly ground pepper

- 1** Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). For the sauce, peel the onion and chop very finely. Wash and drain the Cape gooseberries.
- 2** Heat 2 tablespoons of olive oil in a pan and fry the chopped onions, stirring until translucent. Stir in the Cape gooseberries. Pour in the wine and vinegar. Add the chutney to the sauce, stir and cook until the sauce thickens.
- 3** Meanwhile, heat the remaining olive oil in a large frying pan until smoking point. Sear the ostrich fillets on both sides.
- 4** Put the ostrich fillets in the oven and cook for approx. 10 minutes. Finally, season with salt and pepper and serve with the sauce.

Braised chicken with hot peppers



Preparation time: approx. 15 minutes (plus cooking time)

Per serving approx. 273 kcal/1145 kJ

17 g P, 20 g F, 6 g CH

Serves 4

2 small chickens

150 ml peanut oil

5 onions

1 green bell pepper

1 red chilli

1 yellow chilli

approx. 200 ml lemon juice

3 tbsp vinegar

salt

pepper

- 1** Cut the chicken into pieces and fry in oil or grill over a wood fire. Then place the chicken pieces in a saucepan.
- 2** Peel the onions and add to the saucepan in slices. Clean and halve the green pepper and the chillies. Remove the stalks and seeds, wash and dice the pepper and chillies finely.
- 3** Add the diced peppers and chillies to the chicken together with the lemon juice, vinegar and approx. 300 ml of water. Season with salt and pepper and braise for approx. 20 minutes.

Lamb stew

with tamarind juice



Preparation time: approx. 20 minutes (plus soaking and cooking time)

Per serving approx. 518 kcal/2174 kJ

87 g P, 16 g F, 6 g CH

Serves 4

1 tsp tamarind seeds

1.2 kg lamb

3 onions

3 cloves garlic

4 chillies

3 tbsp oil

3 cloves

1 pinch freshly grated nutmeg

2 tsp salt

1 tsp pepper

2 tbsp brown sugar

1 Soak the tamarind seeds in 125 ml of water for 1 hour. Then drain through a sieve and reserve the juice.

2 Wash, dry and cut the meat into bite-sized cubes. Peel the onions and garlic and chop finely. Clean the chillies, cut in half, remove the seeds, wash and finely chop. Heat the oil, sauté the onions and garlic in it.

3 Remove and set aside. Sauté the meat in the frying fat.

4 Add the onions and garlic. Then add the chillies with the cloves, nutmeg, salt and pepper.

5 Pour in the tamarind juice, cover and simmer over a medium heat for approx. 1½ hours. Add brown sugar to taste.

Ostrich fillet with bean purée



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 350 kcal/1470 kJ

50 g P, 10 g F, 14 g CH

Serves 4

2 large tins white beans

½ tbsp cumin seeds

½ bunch coriander

6 cloves garlic

3–4 tbsp olive oil

juice of 1 lemon

salt

pepper

4 ostrich fillets (approx. 600 g)

oil for frying

1 Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Rinse the beans and drain. Roast the cumin in a frying pan and then add to the beans. Wash the coriander, shake dry and add. Peel the garlic and also add to the beans.

2 Purée everything with 2 tablespoons of oil and the lemon juice. If the purée is too thick, add a little more oil. Season with salt and pepper.

3 Heat the remaining oil in the frying pan and fry the ostrich fillets in it vigorously.

4 Place in the oven and allow to cook for approx. 10 minutes. Season again with salt and pepper and serve with the purée.

Lamb and bean stew

with white wine



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 425 kcal/1785 kJ

52 g P, 7 g F, 34 g CH

Serves 4

1.2 kg lamb

pepper

salt

1 kg green beans

3 onions

2 cloves garlic

1 piece ginger (approx. 6 cm)

2 tbsp oil

125 ml dry white wine

350 ml vegetable stock

5 large potatoes

2 green chillies

1 tbsp brown sugar

2 tart apples

freshly grated nutmeg

1 Wash the meat, cook and cut into bite-sized cubes, then season with salt and pepper. Clean the beans, chop them, place in water and set aside.

2 Peel the onions, the garlic and the ginger, and chop everything into small pieces. In a roasting pan heat the oil and fry the meat, ginger, onions and garlic in it. Pour in the wine and stock. Cover and leave to simmer for 1 hour.

3 Peel, wash and cut the potatoes into thin slices. Clean the chillies, cut in half, remove the stalk and seeds, and dice finely. Add to the meat together with the potatoes, drained beans and sugar. Cover and cook for approx. 30 minutes until the vegetables are tender.

Peel, core and dice the apples. Add the diced apples 10 minutes before the end

4 of the cooking time. Season with nutmeg.

TIP

In South Africa, this dish is prepared with waterblommetjie.

Braai – barbecue & more



Sosaties

with apricots and garlic



Preparation time: approx. 20 minutes (plus marinating and grilling time)

Per serving approx. 477 kcal/2003 kJ

61 g P, 8 g F, 37 g CH

Serves 4

5 onions

5 cloves of garlic

6 tbsp apricot jam

1 tbsp brown sugar

2 tbsp curry powder

1 tsp cornflour

1 tbsp wine vinegar

800 g lamb

150 g dried apricots

4 skewers

salt

pepper

- 1 Peel the onions and the garlic, quarter the onions and finely chop the garlic.
1 Place the onions and garlic in a saucepan.
- 2 Add the apricot jam, sugar, curry powder, cornflour and vinegar to the pan.
2 Stir all the ingredients together and cook for 5 minutes, then set aside.
- 3 Wash the meat and dry it, cut into bite-sized cubes and place in the warm
3 marinade. Cover and leave to marinate for 12 hours in the refrigerator.
- 4 The next day, soak the apricots for 30 minutes in some warm water. Then
4 thread them on the dampened skewers, alternating the apricots with the
cubes of marinated meat. Season with salt and pepper and grill on all sides, over
a hot charcoal grill for approx. 10 minutes. Brush from time to time with a little
of the marinade.

Ostrich satay with peanut sauce



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 790 kcal/3318 kJ

56 g P, 58 g F, 11 g CH

Serves 4

600 g ostrich meat

2 large red peppers

2 large yellow peppers

4 skewers

salt

pepper

2 onions

1 tbsp oil

250 g peanut butter

200 ml cream

400 ml chicken stock

1 Wash, dry and cut the ostrich meat into bite-sized cubes. Clean the peppers and cut in half. Remove the stalks and seeds, and wash the peppers.

2 Thread the peppers on dampened skewers alternating with the meat cubes. Season with salt and pepper and grill on a charcoal grill for approx. 10–15 minutes.

3 To make the sauce, peel the onions and chop finely. Sauté in hot oil until golden brown. Reduce the heat and stir in the peanut butter. Pour in the cream and season with salt and pepper. Add the stock and gradually bring to the boil. Serve the sauce with the skewers.

Grilled peri peri prawns



Preparation time: approx. 20 minutes (plus marinating and grilling time)

Per serving approx. 270 kcal/1134 kJ

42 g P, 8 g F, 6 g CH

Serves 4

800 g raw prawns, in their shells

1 clove of garlic

2 tbsp oil

50 ml of peri peri oil

salt

pepper

½ bunch flat-leaf parsley

wooden skewers

1 Pull the prawns from their shells, taking care not to remove the tail fin. Cut the prawns in half lengthwise and remove the black intestine.

2 For the marinade, peel the garlic, chop finely and place in a bowl. Pour in the oil with the peri peri and stir well. Season with the salt and pepper and marinate the prawns for approx. 15 minutes. The longer the prawns stay in the marinade, the more piquant they become.

3 Wash the parsley, shake dry and pluck the leaves from the stems. Put some parsley on each of the marinated prawns. Thread the prawns on the wooden skewers. Grill the prawn skewers on all sides over a hot barbecue for approx. 5 minutes.

Ostrich kebabs

with port wine sauce



Preparation time: approx. 20 minutes (plus marinating and grilling time)

Per serving approx. 760 kcal/3192 kJ

67 g P, 23 g F, 49 g CH

Serves 4

1 kg ostrich meat

3 red peppers

8 skewers

250 g dried apricots

3 tbsp olive oil

1 tbsp lemon juice

pepper

salt

1 unwaxed lemon

75 g cranberries (from a jar)

500 ml beef stock

250 ml port wine

1 tbsp vinegar

2 tbsp butter

1 Wash the meat, pat dry and cut into bite-sized cubes. Wash the peppers, cut in half, remove the stalk and seeds and cut into fairly large pieces. Thread the meat onto the dampened skewers, alternating with pieces of pepper and apricots.

2 Stir olive oil with the lemon juice, pepper and salt to make a marinade. Marinate the skewers for at least 4 hours. Then take them out and grill for approx. 8–10 minutes over charcoal.

3 To make the sauce, wash the lemon and cut it into wedges. Simmer the cranberries, beef stock, port wine, vinegar and butter in a saucepan for 30 minutes until reduced and the sauce is slightly thickened. Season with salt and pepper. Serve the ostrich kebabs with the sauce and lemon wedges.

Grilled barracuda



Preparation time: approx. 15 minutes (plus grilling time)

Per serving approx. 450 kcal/1890 kJ

69 g P, 18 g F, 1 g CH

Serves 4

1 oven-ready barracuda (1.5 kg)

75 g butter

pepper

salt

juice of 1 lemon

- 1 Wash the fish, pat dry, cut into thick slices and place on skewers. Melt the butter in a pan, then brush the fish with it on all sides.
- 2 Season with freshly ground pepper and salt. Squeeze the lemon and drizzle the juice over the fish.
- 3 Place the fish on the hot grill and cook for 5 minutes, then turn over and continue grilling on the other side for approx. 5–10 minutes.

Medallions of wild boar



Preparation time: approx. 25 minutes (plus marinating and grilling time)

Per serving approx. 727 kcal/3053 kJ

42 g P, 56 g F, 8 g CH

Serves 4

1 small onion

3–4 cloves garlic

3 tbsp olive oil

125 ml red wine

2 tbsp each chopped fresh thyme and rosemary

2 juniper berries

1 leek

800 g of oven-ready wild boar fillet cut into thick medallions

1 small fresh pineapple,

1 tsp oil

coarsely ground pepper

salt

pepper

mustard

4 slices bacon

1 Peel the onion and garlic, chop finely and place in a bowl. Stir in the oil, red wine, herbs and juniper berries.

2 Trim and wash the leeks, and cut into thin rings. Add the meat and the leeks to the marinade and allow the meat to marinate for 24 hours.

3 Peel the pineapple, remove the hard core and cut the flesh into thick slices. Spread the slices with oil and turn in the coarsely ground pepper.

4 Remove the meat from the marinade, season with salt and pepper. Spread the medallions with mustard and wrap in the bacon.

Grill the meat under the hot grill for approx. 6–10 minutes, turning occasionally.

Also grill the peppered pineapple slices on each side for approx. 3 minutes.

5

Grilled fish cakes



Preparation time: approx. 25 minutes (plus grilling time)

Per serving approx. 335 kcal/1407 kJ

41 g P, 9 g F, 20 g CH

Serves 4

750 g cooked white fish,

such as cod

5 large slices white bread

1 tomato

1 onion

1 clove of garlic

3 eggs

2 tbsp chopped fresh dill

salt

pepper

freshly grated nutmeg

some oil

lemon slices for garnish

1 Flake the cooked fish with a fork into small pieces and place in a bowl. Cut the bread into rough cubes and soak in hot water. Then squeeze out the water.

2 Cut a cross in the tomato, blanch with boiling water, then remove the skin, remove the seeds and chop into small pieces. Peel the onion and garlic and chop very finely. Add together with the bread and diced tomatoes to the fish.

3 Beat the eggs and add the beaten eggs along with the dill. Season with salt and pepper and freshly grated nutmeg. Mix all the ingredients together thoroughly.

4 Taking small amounts of the mixture, with wet hands form small flat patties. Brush the patties with a little oil and grill on a hot grill on both sides for approx. 3 minutes. Serve garnished with lemon slices.

Boerewors

homemade sausages



Preparation time: approx. 25 minutes (plus grilling time)

Per serving approx. 465 kcal/1953 kJ

70 g P, 20 g F, 2 g CH

Serves 4

500 g beef

500 g lamb or pork

200 g bacon

1 clove garlic

2 tbsp Worcestershire sauce

3 tbsp vinegar

1 tsp coriander seeds

½ tsp cayenne pepper

1 tbsp chopped fresh thyme

1 pinch freshly grated nutmeg

1 tsp pepper

1 tbsp salt

sausage casings

1 Mince the beef together with the lamb or pork and bacon using a meat mincer.

2 Peel the garlic clove, finely chop and add along with the remaining ingredients. Mix everything thoroughly and season well.

3 Pour the mixture into thin sausage casings and divide into sausages. Grill the sausages for 8–10 minutes on the charcoal grill. Serve with baguette.

Kingklip

with shallot wine sauce



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 595 kcal/2499 kJ

32 g P, 37 g F, 30 g CH

Serves 4

8 shallots

8 small mushrooms

40 g butter

200 ml sweet white wine

75 ml chicken broth

125 ml fish stock

200 ml cream

200 ml sugar syrup (ready-made)

125 seedless green grapes

1 tbsp hot curry powder

100 ml olive oil

4 kingklip (cusk eel) fillets (250 g each)

salt

pepper

- 1 For the sauce, peel and finely chop the shallots. Wash the mushrooms, wipe clean and cut into thin slices.
 - 2 In a saucepan, sauté the shallots and mushrooms slowly in hot butter until tender. Pour in the wine and leave to reduce by half.
 - 3 Pour in the chicken stock and the fish and let it reduce again by half. Pour in the cream and leave to simmer for 5 minutes.
 - 4 Simmer the sugar syrup separately until it thickens. Wash the grapes, drain and remove the seeds.
 - 5 Add the grapes to the sugar syrup and cook for 1 minute, then set aside.
- Stir the curry powder into the olive oil to make a thin liquid paste. Spread the

6 fish with the paste, sprinkle with salt and pepper and cook on a hot grill for approx. 4 minutes. Serve the fish with the sauce and grapes.

Mixed grill

with potatoes and mushrooms



Preparation time: approx. 20 minutes (plus grilling time)

Per serving approx. 838 kcal/3518 kJ

66 g P, 56 g F, 18 g CH

Serves 4

1 beef tenderloin (approx. 1.5 kg)
1 kg boerewors or air-dried sausage
2–4 cloves of garlic
12 brown mushrooms
salt
some olive oil
10 potatoes
3 onions
pepper
a little oil for the foil
skewers

- 1 Wash the tenderloin, pat dry and remove the fat. Make several cuts in the boerewors or sausage. Peel the garlic, rub into the cuts and set aside.
- 2 Wash the mushrooms, wipe clean and dry. Sprinkle with salt and drizzle with a little olive oil.
- 3 Peel, wash and make a cut along the length of each potato. Peel the onions and cut into 10 thick slices.
- 4 Stuff one onion slice into each cut potato, add salt and pepper and wrap in oiled aluminium foil. Place the potatoes on the hot grill and cook for approx. 30 minutes, turning every 5 minutes.
- 5 Thread the mushrooms on the skewers and after 20 minutes' cooking time place on the grill next to the potatoes.
- 6 Put the tenderloin and the boerewors or sausage on the grill and cook for 8 minutes, turning every 2 minutes.

Grilled lobster

with paprika



Preparation time: approx. 20 minutes (plus grilling time)

Per serving approx. 150 kcal/633 kJ

11 g P, 10 g F, 4 g CH

Serves 4

2 large lobsters

salt

1 lemon

4 cloves garlic

1 pinch chilli powder

1 pinch rose paprika

3 tbsp olive oil

1–2 tsp balsamic vinegar

skewers

lemon and tomato wedges to garnish

- 1** Drop the lobsters tail first into boiling salted water and cook for approx. 15 minutes.
- 2** Remove the lobsters and leave to cool slightly. Separate the big claws from the bodies. Cut, first the bodies and then the tails lengthwise, then crosswise into 4 pieces and remove any soft parts.
- 3** Squeeze the lemon, drizzle the lobsters with lemon juice and add salt.
- 4** Peel the garlic cloves, finely chop and place in a small bowl. Add the chilli powder and the rose paprika and mix all the ingredients with the olive oil and the vinegar.
- 5** Place the lobster pieces on skewers and grill on all sides under a hot grill for approx. 10 minutes. Turn the lobsters occasionally during cooking and brush with the oil mixture from time to time. Serve with lemon and tomato wedges.

Fish & seafood



Perch pot with onions



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 385 kcal/1617 kJ

42 g P, 6 g F, 33 g CH

Serves 4

800 g fillet of perch

salt

pepper

some flour

300 g potatoes

300 g pearl onions

80 g butter

1 tbsp coriander seeds

2 tbsp oil

100 ml white wine vinegar

3 tbsp raisins

300 g cherry tomatoes

1 Wash the fish, pat dry, cut into bite-sized cubes, season with salt and pepper and turn in some flour. Peel the potatoes and onions, wash and dice the potatoes and blanch first the potatoes and then the onions in salted water for 3 minutes. Drain and cool.

2 Heat approx. half of the butter in a pan until foamy and fry portion of the fish until golden brown. Remove and keep warm.

3 Roast the coriander seeds in a pan while stirring for 1 minute and allow to cool. Caution: they burn quickly.

4 Sauté the onions and the potatoes in the remaining butter and the oil. Add the vinegar and the roasted coriander and cover, then simmer everything until the vegetables are cooked. Add the raisins with the washed and halved tomatoes. Simmer for 2 minutes, add the pieces of fish and allow to warm through.

Pickled fish

with carrots and courgettes



Preparation time: approx. 30 minutes (plus cooking and marinating time)

Per serving approx. 467 kcal/1961 kJ

53 g P, 7 g F, 40 g CH

Serves 4

4 onions

125 ml oil

1 kg halibut fillets

125 g sugar

1 tsp cayenne pepper

4 tsp curry powder

2 tsp turmeric powder

1 tsp coriander powder

3 bay leaves

salt

1 piece ginger (approx. 3 cm)

500 ml vinegar

100 g carrot batons

100 g courgette batons

- 1** Peel the onions, cut into slices and fry in hot oil for 4 minutes. Remove from the pan and set aside.
- 2** Wash the fish fillets, pat dry, cut into pieces and fry for approx. 5 minutes in hot cooking oil. During cooking, carefully turn the fish. Remove and set aside.
- 3** Pour the sugar with the cayenne pepper, curry powder, turmeric, coriander, bay leaves and 1 pinch of salt into the pan.
- 4** Peel the ginger, grate finely and add. Pour in the vinegar with 250 ml of water and stir in the vegetables.
- 5** Simmer for approx. 25 minutes over a low heat. Add the fish and onions to the pan, cover and continue to simmer for a further 10 minutes. Allow

everything to cool and leave to marinate for 2–3 days in the refrigerator.

Cioppino

with vegetables



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 542 kcal/2276 kJ

86 g P, 8 g F, 15 g CH

Serves 4

2 onions

4 cloves garlic

1 green bell pepper

some olive oil

40 g tomato purée

1 bunch fresh parsley

1 small tin peeled tomatoes

300 ml dry white wine

1 kg cod fillet

2 ready-to-cook lobsters

salt

250 g ready-to-cook prawns

750 g mussels

1 sprig oregano

1 Peel the onions and garlic and chop finely. Wash the pepper, cut in half, remove the stalk and seeds and cut into small pieces. Heat some oil in a large saucepan, fry the onions, pepper and garlic. Stir in the tomato purée and sauté.

2 Wash the parsley and shake dry. Reserving a little for the garnish, add the chopped parsley to the saucepan. Coarsely chop the tomatoes and add along with their juice. Pour in the white wine, bring to the boil and simmer everything over a low heat.

3 Meanwhile, wash the fish, pat dry and cut into pieces. Cut the lobster into pieces. Then put the salt and the fish, prawns and lobster in the stock and allow to stand for approx. 20 minutes.

Wash the mussels, brush clean and discard any that are open. Add the closed
4 mussels along with the washed oregano. Continue to simmer everything for approx. 10 minutes until the mussels have opened. Mussels that have not opened in that time should then be removed and discarded.

5 Spoon onto plates and serve with baguette and garnished with parsley.

Halibut

with pickled cucumber



Preparation time: approx. 35 minutes (plus cooking and drawing time)

Per serving approx. 442 kcal/1856 kJ

45 g P, 12 g F, 25 g CH

Serves 4

500 g floury potatoes

150 g carrots

150 g celeriac

salt

pepper

freshly grated nutmeg

1 bay leaf

3 juniper berries

2 tbsp lemon juice

250 ml vegetable stock

250 ml dry white wine

1 cucumber

4 halibut steaks (each approx. 200 g)

some borage for garnish

100 g crème fraîche

1 Peel the potatoes, carrots and celeriac and cut them into thin slices. Place the vegetables together with 1 teaspoon of salt, ½ teaspoon of pepper, 1 pinch of nutmeg, the bay leaf and the juniper berries in a saucepan. Pour the lemon juice, stock and wine over the vegetables and cook until *al dente*. Remove, allow to cool, and add a little seasoning. Set the vegetable stock to one side.

2 Wash the cucumber, peel and core, then cut into thin slices. Wash the halibut steaks, pat dry, place in a saucepan and distribute the cucumber slices on top. Pour the cooled vegetable stock on top. Cook the fish over a low heat for approx. 15 minutes.

Wash the borage and shake dry, then cut into small pieces. Add to the fish along with the crème fraîche. Leave to marinate well in the refrigerator.

3

4 Arrange the fish on the bed of vegetables, with the cucumber slices on top and pour over the stock.

Clam chowder with coconut milk



Preparation time: approx. 20 minutes (plus time for marinating and cooking)
Per serving approx. 320 kcal/1344 kJ
33 g P, 9 g F, 23 g CH

Serves 4

1 onion

3 stalks fresh lemon grass

3 cloves garlic

1–2 tbsp oil

300 ml milk

200 ml coconut milk

1 tin sweetcorn

½ lemon

1.2 kg clams

fish sauce (ready-made)

parsley

- 1 Peel the onion and chop finely. Wash the lemon grass, then finely chop and crush.
- 2 Peel the garlic and fry until golden brown in a little oil. Add the onion and lemon grass. Pour in the milk and the coconut milk and simmer on a low heat.
- 3 Remove the pan from the heat and leave to marinate for at least 2 hours to allow the flavour of the lemon grass to develop well.
- 4 Pour the milk through a fine sieve. Drain the sweetcorn and purée finely. Squeeze the lemon and stir in the juice.
- 5 Stir the sweetcorn purée into the milk and heat. Wash the clams and discard any open ones. Add the clams to the milk and heat for 10–15 minutes.
- 6 Season the whole with a little fish sauce. Wash the parsley, shake dry and garnish the clams with it. Clams that have not opened should be removed.

Mussels

in garlic sauce



Preparation time: approx. 15 minutes
Per serving approx. 538 kcal/2259 kJ
26 g P, 41 g F, 12 g CH

Serves 4

2 kg oven-ready mussels

6 cloves garlic

150 ml oil

300 ml dry white wine

200 ml cream

juice of 1 lemon

100 g butter

- 1** Remove the beards from the mussels. Discard any opened mussels. Peel the garlic and chop finely.
- 2** Heat the oil to a high temperature in a large saucepan and pour in the mussels with the garlic. Pour in the wine, the cream and the lemon juice, cover and cook for approx. 5 minutes.
- 3** Shake the saucepan vigorously and frequently. Mussels that have not opened should be removed and discarded. Plate up the mussels. Beat the stock with the butter until frothy and serve.

Fish potjie

with mussels and prawns



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 483 kcal/2027 kJ

71 g P, 15 g F, 10 g CH

Serves 4

20 mussels

8 prawns

4 shark steaks (80 g each)

juice of ½ lemon

1 onion

2 cloves garlic

2 tbsp oil

1 tbsp tomato purée

½ tbsp freshly chopped oregano

1 tsp peppercorns

1 seeded and chopped red chilli

150 ml white wine

175 ml fish stock

- 1** Remove the beards from the mussels and wash thoroughly under running water. Peel the prawns, remove the innards and wash.
- 2** Wash the shark steaks, pat dry and sprinkle with lemon juice. Peel the onion and garlic and chop finely.
- 3** Sauté the onion and garlic in the oil. Briefly sauté the tomato purée, oregano and pepper.
- 4** Add the fish, chilli, prawns and mussels and cook.
- 5** Pour in the wine and fish stock and cook everything for approx. 25 minutes.

TIP

Since shark steaks can be difficult to obtain, we recommend substituting with monkfish fillets.

Vindaye fish

with chilli and ginger



Preparation time: approx. 30 minutes

Per serving approx. 283 kcal/1187 kJ

50 g P, 7 g F, 6 g CH

Serves 4

1 kg pike fillet

½ tsp turmeric powder

salt

1 piece ginger (approx. 5 cm)

5 cloves garlic

1–2 dried chillies

3 tsp mustard

juice of 1 lemon

3–4 tbsp oil

8 onions

3 green chillies

1 Wash the fish, pat dry and cut into bite-sized cubes, then rub with turmeric and salt.

2 Peel the ginger and grate finely. Also peel the garlic, chop finely and mix with the ginger.

3 Crumble the dried chilli and mix with the mustard. Slowly stir in the lemon juice, add the ginger and garlic and stir everything with a little water to form a paste.

4 Heat the oil in a pan and fry the fish on both sides until golden brown. Remove and set aside.

5 Peel the onions, cut into quarters and fry lightly in the frying fat. Add the ginger paste and mix well. Let everything simmer for approx. 1 minute.

6 Reduce the heat and place the fish back in the pan.

Wash the fresh green chillies and cut in half, then remove the stalks and the

seeds, and add to the fish. Allow the chillies to cook through for approx. 3
/ minutes before serving.

Coconut trout

with garlic and ginger



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 215 kcal/900 kJ

32 g P, 6 g F, 8 g CH

Serves 4

4 large trout

pepper

salt

juice of ½ lemon

2 onions

2 cloves garlic

1 piece ginger (approx. 2 cm)

1 dried chilli pepper

1 tbsp tomato purée

500 g cherry tomatoes

2 tbsp oil

300 ml coconut milk

grease for the baking dish

- 1 Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C).
- 2 Sprinkle the trout inside and out with salt, drizzle with lemon juice and place in a greased baking dish. Bake in the oven for approx. 15 minutes.
- 3 Peel the onions, the garlic and the ginger and chop finely. Mix with the crumbled chilli pepper and the tomato purée. Wash and cut the tomatoes in half and mix in.
- 4 Heat the oil in a pan, add the onion and tomato mixture and cook till bubbling.
- 5 Pour in the coconut milk and simmer for approx. 5 minutes, stirring constantly.

Pour the tomato and cocounut mixture evenly over the fish and continue to

6 cook in the oven for approx. 12 minutes.

Bay mussels

in onion and garlic sauce



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 433 kcal/1817 kJ

32 g P, 25 g F, 16 g CH

Serves 4

1.5 kg mussels

2 onions

4 cloves garlic

1 tbsp butter

225 ml dry white wine

250 ml cream

½ bunch basil

salt

pepper

- 1 Brush the mussels clean under running water. Discard those that are open. Peel the onions and garlic, then chop coarsely.
- 2 Froth the butter in a skillet over a medium heat and sauté the onions, stirring until translucent. Add the garlic and cook for 2 minutes.
- 3 Then add the mussels to the pan, pour in the wine and cream and cook until the liquid is reduced by half.
- 4 Mussels that have not opened after cooking should be removed and discarded.
- 5 Wash the basil and shake dry, pluck the leaves from the stems and chop coarsely. Add to the mussels and stir in. Season with salt and pepper and serve.

Sole

with lime butter



Preparation time: approx. 20 minutes (plus marinating and cooking time)

Per serving approx. 425 kcal/1785 kJ

44 g P, 27 g F, 2 g CH

Serves 4

1 kg fillet of sole

1 tbsp lemon juice

salt

pepper

3 cloves garlic

1 tbsp finely chopped dill

juice of 3 limes

200 g butter

some flour

oil for frying

1 Rinse the fish fillets under running water and pat dry. Drizzle with the lemon juice, and season with salt and pepper. Peel the garlic, crush, and rub over the fish, then sprinkle with the chopped dill. Cover and leave to marinate for 1 hour.

2 Heat the lime juice a little. Cut the butter into pieces and place over a low heat. Gradually add the melted butter to the lime juice. Caution: if the sauce gets too hot, it coagulates very quickly. Season with salt and pepper.

3 Sprinkle the fish with flour and fry in hot oil for approx. 4 minutes on each side.

4 Drain and serve the fillets with the lime butter.

Fish plaki

with garlic and tomatoes



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 403 kcal/1691 kJ

47 g P, 19 g F, 6 g CH

Serves 4

2 kg ready-to-cook salmon

salt

pepper

juice of 1 lemon

2 cloves garlic

2 onions

1 bunch of parsley

oil for frying

1 tin peeled tomatoes

200 ml dry white wine

1 unwaxed lemon

1 Cut the fish into 4 portions and make 2 or 3 diagonal cuts into the fish on the skin side without cutting all the way through. Season the fish pieces with salt, pepper and lemon juice.

2 Peel the garlic and the onions and chop finely. Wash the parsley, shake dry and chop.

3 Heat a little oil in a pan and fry the fish in it. Add the garlic, onions and parsley whilst frying.

4 Once the onions are translucent, add half of the roughly chopped tomatoes and continue to fry for approx. 5 minutes on a low heat.

5 Then add the wine and the remaining tomatoes. Wash the lemon with hot water and cut into thin slices, and also add.

6 Continue to cook everything over a medium heat for a further 45 minutes. Season with salt and pepper. Fish plaki can be served hot or cold.

Highly seasoned fish with tamarind



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 325 kcal/1365 kJ

54 g P, 3 g F, 18 g CH

Serves 4

1.5 kg fish, such as cod

1 piece ginger (approx. 2 cm)

6 cloves garlic

500 ml coconut milk

2 tsp hot curry powder

salt

2 chillies

100 g tamarind pulp

1 Cut the fish diagonally on the skin side several times. Peel the ginger and garlic. Grate the ginger finely and chop the garlic very finely. Mix together and rub the fish inside and out with the ginger and garlic.

2 Mix the coconut milk with the curry powder, a little salt, the cleaned and chopped chillies and the tamarind pulp and mix well.

3 Grill the fish on both sides under a hot grill for approx. 8 minutes, turning several times.

4 Then coat the fish all over with the coconut and spice paste and after allowing to rest for a short while, grill the fish under medium heat for approx. 15–20 minutes until it is cooked through.

Spicy squid in tomato sauce



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 368 kcal/1544 kJ

35 g P, 20 g F, 11 g CH

Serves 4

5 tomatoes

3 onions

2 cloves garlic

2 tbsp butter

2 tbsp oil

½ bunch basil

3 tbsp tomato purée

pepper

salt

800 g squid rings

2 tbsp peri peri sauce

150 g crème fraîche

1 Clean the tomatoes, wash, remove the stalks and cut the flesh into small pieces. Peel the onions and garlic and chop finely. Sauté half of the onions and the garlic in half of the hot butter and oil until translucent.

2 Stir in the tomatoes and simmer everything over medium heat for 10 minutes. Wash the basil, shake dry and cut the leaves into thin strips. Add the tomato purée, pepper and salt, cover and simmer for approx. 3 minutes.

3 Fry the squid rings in a hot frying pan for 5 minutes, drain the liquid and set aside the squid rings. Briefly sauté the remaining onions and garlic in the rest of the hot butter and oil. Then add the squid rings and cook briefly.

4 Add the tomato sauce and the peri peri sauce, cover the pan and cook everything on a low heat for 6 minutes. Stir in the crème fraîche and serve.

Cakes & desserts



Ystervarkies

chocolate squares with shredded coconut



Preparation time: approx. 45 minutes (plus baking and cooling time)

Per serving approx. 882 kcal/3704 kJ

13 g P, 55 g F, 78 g CH

Serves 4

2 eggs

85 g sugar

40 g flour

40g cornflour

1 tsp baking powder

1 tbsp cocoa powder

greaseproof paper for lining

200–300 g couverture chocolate

50 ml brandy

200 g shredded coconut

1 Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Separate the eggs. Beat the egg yolks with half the sugar and 1 tablespoon hot water until thick and frothy.

2 Beat the egg whites with the remaining sugar until stiff. Add the egg whites to the foamy egg yolk mixture. Mix the flour with the cornflour, baking powder and cocoa and sieve over the eggs.

3 Carefully mix the ingredients together. Spread the cake mix into a baking tin lined with greaseproof paper and bake in the pre-heated oven for approx. 15 minutes. Remove from the oven, turn out, pull away the paper and leave to cool.

4 Cut the cake into 3 cm squares. Cut up the couverture into pieces and carefully melt it in a bain marie. Add the brandy and stir.

5 Dip the squares first in the chocolate and then in the shredded coconut. Chill in the refrigerator and serve when the chocolate is firm.

Pancakes

with vanilla ice cream and liqueur



Preparation time: approx. 15 minutes (plus baking time)

Per serving approx. 425 kcal/1785 kJ

15 g P, 24 g F, 34 g CH

Serves 4

4 eggs

½ tsp salt

1 tbsp sugar

300 g flour

2 tsp baking powder

375 ml milk

oil for frying

300 ml vanilla ice cream

75 g butter biscuits

some cream liqueur such as Amarula cream

- 1 Whisk the eggs with the salt and the sugar. Mix the flour with the baking powder, add the eggs and stir well together with the milk until smooth.
- 2 Fry small quantities of the pancake mixture in a little oil in a frying pan to make small thin pancakes and keep warm.
- 3 For the filling, let the ice cream thaw slightly. Put the butter biscuits in a freezer bag and crumble coarsely with a rolling pin. Then add the crumbled biscuits to the ice cream and stir in together with a little liqueur.
- 4 Roll up the pancakes into cones, fill with ice cream and serve.

Koeksisters

with sugar syrup



Preparation time: approx. 35 minutes (plus cooking time)

Per portion approx. 398 kcal/1671 kJ

5 g P, 11 g F, 68 g CH

Makes approx. 20

1 piece ginger (approx. 6 cm)

600 g sugar

1 tbsp sugar syrup

1 tsp lemon juice

200 g butter

100 g sugar

2 eggs

900 g flour

2 tsp baking powder

½ tsp ground cinnamon

1 tsp salt

125 ml milk

4 tbsp cream

flour for the work surface

oil for frying

1 To make the syrup, peel the ginger, grate and cook for approx. 10 minutes with 375 ml of water, 600 g of sugar, the sugar syrup and lemon juice, stirring constantly, then allow to cool.

2 Cream the butter with the sugar. Gradually stir in the eggs taking care not to let the eggs curdle. Mix the flour, baking powder, cinnamon and salt. Mix the milk with the cream.

3 Stir all the ingredients together using two thirds of the flour mixture to form a loose dough. Then knead in the remaining flour. Roll out the dough to approx. 1 inch thick on a floured work surface.

Cut the dough into thin strips and shape into braids approx. 12–15 cm in length.

4 Lay the braids on a lightly floured board.

5 Heat the oil and fry the koeksisters until golden brown. Remove from the oil, drain on kitchen paper and then dip into the cold sugar syrup. Serve the koeksisters cold.

Hertzogies

apricot tarts with meringue topping



Preparation time: approx. 30 minutes (plus resting and baking time)

Per portion approx. 446 kcal/1873 kJ

8 g P, 20 g F, 57 g CH

Makes 12

50 g butter

275 g sugar

3 eggs

1 tsp vanilla sugar

500 g flour

salt

2 tbsp milk

flour for the working surface

butter for the moulds

3 egg whites

275 g shredded coconut

12 tsp apricot jam

1 Stir the butter with 50 g of the sugar until light and fluffy. Beat in the eggs with the vanilla sugar. Mix the flour with a pinch of salt and add to the butter and egg mixture. Work in with a little milk to form a stiff pastry dough. Cover the pastry and let it rest for 1 hour.

2 Pre-heat the oven to 190 °C (Gas Mark 5, fan oven 170 °C). Then roll out the pastry to approx. 0.5 cm thick on a floured surface. Cut out circles of pastry and press into small buttered tartlet moulds.

3 For the meringue, beat the egg whites until semi-stiff, add the remaining sugar and continue to beat the egg whites until stiff. Carefully fold in the shredded coconut. Put 1 teaspoon of apricot jam in the bottom of each tartlet. Divide the coconut mixture between the tartlets spreading it to the edges so no jam escapes during cooking.

4 Bake in the oven for approx. 15 minutes, until the pastry base is crispy and the meringue topping is golden brown.

Malva pudding

oven-baked



Preparation time: approx. 35 minutes (plus baking time)

Per portion approx. 1205 kcal/5061 kJ

11 g P, 65 g F, 141 g CH

Makes 4

375 ml cream

155 g butter

salt

350 g sugar

3 tbsp apricot jam

1 egg

1 tsp baking powder

125 ml milk

250 g flour

1 tbsp vinegar

butter for the moulds

1 For the sauce, bring the cream to the boil in a saucepan together with 125 g of the butter, a pinch of salt, 250 g of the sugar and 1 tablespoon of the apricot jam, and simmer for approx. 2 minutes.

2 Cream the remaining butter and sugar together in a bowl. Carefully stir in the remaining jam and the egg.

3 Dissolve the baking powder in the milk, mix the flour with a pinch of salt and stir into the milk, teaspoon by teaspoon. Then stir in the vinegar. Add to the butter and sugar mixture and fold in. Divide the mixture between four individual ovenproof buttered moulds.

4 Pour half of the sauce over the top of the puddings. Cover the puddings with aluminium foil and bake in a pre-heated oven at 175 °C (Gas Mark 4, fan oven 155 °C) for approx. 30 minutes.

5 Remove the foil, pour over the remaining sauce and bake uncovered for a further 15 minutes until the puddings are cooked and the sauce is bubbling round the edges. Serve the puddings hot.

Melktert

with cinnamon and sugar



Preparation time: approx. 45 minutes (plus cooling and baking time)

Per serving approx. 1172 kcal/4922 kJ

24 g P, 64 g F, 124 g CH

Serves 4

500 g flour

salt

1 egg yolk

2 tbsp lemon juice

250 g cold butter

300 ml milk

1 cinnamon stick

1 tbsp butter

1 tbsp flour

3 tbsp cornflour

4 eggs

100 g sugar

3 tbsp cinnamon sugar

flour for the working surface

- 1** Mix the flour and $\frac{1}{2}$ teaspoon of salt. Add the egg yolk, lemon juice and a little water and work into a pastry dough.
- 2** Roll out the pastry to approx. 1 cm thick on a floured surface. Cut the butter into small cubes and dot over the pastry. Then fold in the pastry edges toward the centre sealing in the butter. Roll out the pastry again and fold once more. Repeat this process approx. 5 times, until the butter is incorporated in the pastry. Allow to rest in the refrigerator for approx. 45 minutes.
- 3** Pre-heat the oven to 200 °C (Gas Mark 6, fan oven 180 °C). Boil 225 ml of the milk with the cinnamon stick, 1 tbsp butter and $\frac{1}{2}$ teaspoon of salt. Combine the remaining milk with 1 tbsp flour and the cornflour and use to thicken the cinnamon milk. Take the saucepan off the heat and remove the cinnamon stick. Separate the eggs, and beat the egg yolks with the sugar. Whisk

the egg whites until stiff. Stir the egg yolks and sugar into the cinnamon milk and then fold in the egg whites.

4 Roll out the pastry and cut into squares of approx. 5 x 5 cm. Spread the cinnamon mixture over half of the pastry squares and cover with the remaining squares. Press the pastry edges together to seal them. Bake in the oven for approx. 10 minutes. Reduce the oven temperature to 175 °C (Gas Mark 4, fan oven 155 °C) and continue baking for approx. 8 minutes. Remove and sprinkle with cinnamon sugar.

Cape cake with brandy syrup



Preparation time: approx. 20 minutes (plus baking time)

Per serving approx. 1360 kcal/5838 kJ

21 g P, 53 g F, 3 g CH

Serves 4

400 g fresh dates

1 tsp bicarbonate of soda

125 g butter

175 g sugar

3 eggs

250 g flour

1 tsp baking powder

salt

125 g chopped nuts

grease for the baking tin

For the syrup:

250 g sugar

20 g butter

1 packet vanilla sugar

salt

125 ml brandy

1 Wash the dates, remove the stones and cut into strips, place together with the bicarbonate of soda in 250 ml of boiling water and bring back to the boil. Then drain and cool.

2 Beat the butter with the sugar until fluffy. Add the eggs and beat together until creamy. Add the sifted flour with the baking powder and a pinch of salt and mix everything together.

3 Stir in the nuts and the dates and pour the cake mixture into a greased baking tin. Bake in the oven at 180 °C (Gas Mark 4, fan oven 160 °C) for approx. 40 minutes.

4 Meanwhile, for the syrup, bring 200 ml of water to the boil together with the sugar and butter. Add the vanilla sugar with a pinch of salt and the brandy. Pour the syrup over the cake while it is still hot. Serve hot or cold with cream.

Rooibos sorbet

with Kräuterbrand



Preparation time: approx. 15 minutes (plus freezing time)

Per serving approx. 233 kcal/977 kJ

2 g P, 40 g F, 50 g CH

Serves 4

750 ml cold rooibos tea

250 ml sugar syrup

40 ml Kräuterbrand

2 egg whites

- 1 Mix the rooibos tea with the sugar syrup and the Kräuterbrand. Freeze the rooibos mixture in the freezer and stir every 15 minutes until it becomes a sorbet after 2–3 hours.
- 2 Then whisk the sorbet with a hand mixer until it is smooth. Beat the egg whites until they are stiff, and fold them into the sorbet. Cover and refreeze.
- 3 Once it is firm, scoop out balls of sorbet with an ice cream scoop. Serve with fresh fruit.

Roly poly

cake roll with apricot



Preparation time: approx. 25 minutes (plus resting and baking time)

Per serving approx. 465 kcal/1953 kJ

4 g P, 16 g F, 76 g CH

Serves 4

250 g flour

1 tbsp baking powder

salt

60 g butter

1–2 tbsp milk

2 small eggs

150 g apricot jam

200 g sugar

1 packet vanilla sugar

flour for the working surface

butter for the cake tin

apricot slices for garnish

1 Mix the flour with the baking powder and a pinch of salt, then work together with half the butter. Whisk the milk with the eggs, add to the flour mixture and knead into a firm dough. Cover the cake dough and let it rest for 1 hour.

2 Sprinkle flour over a work surface and roll the cake dough out into a rectangle. Stir the jam until it is smooth, if necessary heat it slightly or dilute with a little water. Spread the jam over the cake, then roll it up and place in a buttered cake tin.

3 Mix the remaining butter together with the sugar, vanilla sugar and 300 ml of hot water until smooth and then pour it over the cake roll.

4 Bake in the oven at 175 °C (Gas Mark 4, fan oven 155 °C) for approx. 1 hour. Remove from the oven, turn out carefully and serve cold, garnished with apricot slices.

Waterbuck doughnuts

with fresh berries



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 933 kcal/3917 kJ

12 g P, 1 g F, 215 g CH

Serves 4

500 g sugar

500 g flour

1 pinch salt

1 tsp ground cinnamon

2 tsp baking powder

2 tbsp apricot jam

vanilla sauce for serving

currant jelly

350 g fresh berries, such as raspberries, currants

- 1 For the syrup, heat the sugar in 1.25 l of water in a saucepan until it dissolves.
- 2 Mix the flour in a bowl with the salt, cinnamon and baking powder. Stir in the apricot jam with as much cold water as is needed to produce a smooth, not too stiff dough.
- 3 Place spoonfuls of dough carefully in the hot syrup. Cover the pan closing the lid tightly and allow the dough balls to cook for approx. 10 minutes.
- 4 Remove from the syrup and serve while still hot with custard, jelly and fresh berries.

Baked Naartlies

mandarins with vanilla ice cream



Preparation time: approx. 15 minutes (plus baking time)

Per serving approx. 224 kcal/939 kJ

1 g P, 1 g F, 52 g CH

Serves 4

6 unwaxed mandarins or tangerines

150 g brown sugar

baking paper for lining

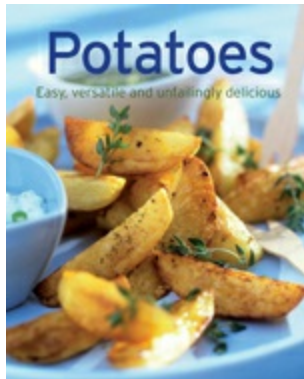
12 short cinnamon sticks

250 ml orange juice

vanilla ice cream for serving

- 1 Pre-heat the oven to 225 °C (Gas Mark 8, fan oven 200 °C). Wash the mandarins and dry them, then cut in half and sprinkle with half the sugar.
- 2 Heat a frying pan to a high temperature, and sauté the mandarins in it briefly. Then place them on a baking tray lined with baking paper.
- 3 Insert 1 cinnamon stick into the middle of each half mandarin.
- 4 Bake in the oven for approx. 10 minutes. Heat the remaining sugar with the orange juice, stirring constantly, and simmer for 5 minutes.
- 5 Pour the orange syrup over the mandarins and serve with vanilla ice cream.

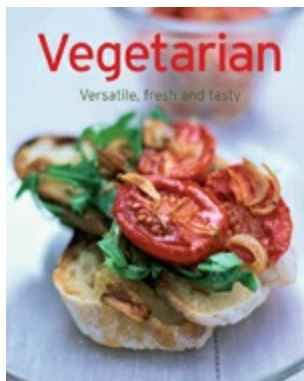
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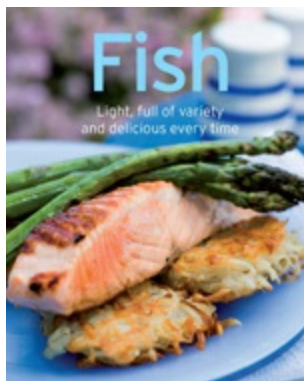
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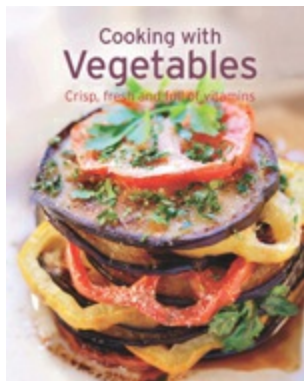
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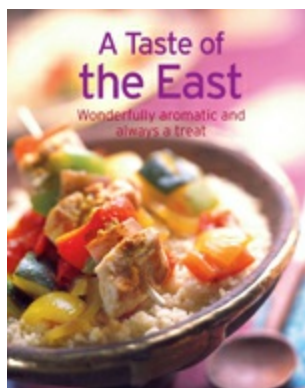
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