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**FOOD LOVER'S MARKET**

**Food Jam**

*@JanKriel*

**FOOD LOVER'S MARKET**

Food Jam @ Jan Kriel is hosted by the JAN KRIEL INSTITUTE that originated from the church's caring involvement with the history of Jan Kriel School (since 1937). The Institute focuses on nurturing and managing the network of support for the Children of Jan Kriel School by raising awareness and funds for children with special educational needs. FoodJam 2024 is once again proudly sponsored by Food Lover's Market in association with Delhiem Wines.

# Give a child a chance!

## Barbara Joubert- Mediterranean

LAMSVLEIS-EN-PISTASIENEUT-FRIKKADELLE  
JOGURT PLATBRODE  
SUURLEMOEN HEUNING HOENDERVLERKIES  
IMAMBALDI (gevulde eiervrug) (V)  
GEROOMDE FETAKAAS MET GEROOSTERDE TAMATIES  
KOMKOMMER-EN-JOGURT-SLAAI MET GEROOSTERDE KEKERERTJIES  
GRIEKSE MELKTERT

## Le Roux van Vuuren – Seafood Feast

MOSSLS IN GEURIGE SOUS  
MANGO FISH CURRY  
BOTTERSKORSIE-EN-KOESKOES-RISOTTO (V)  
PAN-FRIED TROUT FILLETS WITH LEMON, DILL & APRICOT BUTTER SAUCE  
SUMMER BARBECUE RICE SALAD  
GROENBONE GEBRAAI MET TAMATIE EN SPEK  
HONEY, ROSEWATER & CINNAMON PANNA COTTA

## Martelize Brink – Asian-Italian Fusion

LAMSRIB MET SPINASIE EN SAMPIOEN VULSEL  
TUISGEMAAKTE GNOCCHI (V)  
CHINESE HOENDER  
KRAKERIGE, ASIES-GEINSPIREERDE SLAAI  
VUUR-EN-VLAM SOETSUUR EIERVERUG  
BAGNA CÁUDA-SOUS  
SICILIAANSE LEMOENKOEK



**DELHEIM**

Nate Smith – Cape Malay

CHICKEN AHKNI  
SMOKED LENTIL DHAL CURRY (V)  
BUNNY CHOW  
POTATO AND PEA SAMOOSAS  
MINT AND CORIANDER CHUTNEY  
CAPE MALAY SAMBALS  
DALTIJES  
RASPBERRY SNOWBALLS

Martin de Kock – Italian Cuisine

POTATO GNOCCHI WITH WALNUT BEURRE NOISLETTE, PARMESAN  
'PORCHETTA'  
MUSHROOM AND PROSCIUTTO RISOTTO  
ROASTED RED PEPPER PANZANELLA SALAD  
CHARRED RADICCHIO, ORANGE AND BURRATA SALAD  
BABY MARROW, SAGE AND CHILLI BAKE  
VANILLA PANNA COTTA, ROASTED PEACHES, THYME, NITRO WHITE CHOCOLATE ICE CREAM

Anel Potgieter – Indian Cuisine

LAMB ROGAN JOSH  
MASOOR DHAL TADKA (Indian red lentil dahl) (V)  
CHICKEN VINDALOO  
POPPADOMS  
PARATHA  
YOGURT, CORIANDER AND MINT RAITA  
VAGHARELI CHAWAL (aromatic rice)  
TOMATO CHUTNEY  
GULAB JAMUNS (Bengali sweetmeats)



# LAMSVLEIS-EN-PISTASIENEUT-FRIKKADELLE

Genoeg vir sowat 60 klein frikkadelle

*180 g pistasie neut (uit die dop) (pistachio)*

*80 g vars roket blare*

*3 groot knoffelhuisies*

*45 ml olyfolie*

*2 uie, in kwarte gesny*

*1½ kg lams maalvleis*

*sout en varsgemaalde swartpeper*

Plaas die pistasie neuter in 'n voedselverwerker. Verwerk tot grof gekap. Plaas in bak. Plaas die roket nou in die voedselverwerker en kap vir 'n paar sekondes. Plaas die gekapte roket by die pistasie neuter. Plaas die uie en knoffel in die voedselverwerker en verwerk tot gladde pasta. Voeg by pistasie en roket. Voeg die maalvleis en olyfolie by, geur met sout en peper. Vorm in frikkadelle.

*Finale stap:* Sprinkel olyfolie in 'n pan en braai (nie almal op een slag) vir sowat 7 minute tot goudbruin en gaar.

# JOGURT PLATBRODE

Sowat 16 – 18 klein brode

*560 g (1000 ml) koekmeel*

*20 ml bakpoeier*

*ekstra meel*

*10 ml sout*

*680 g Griekse-styl jogurt*

*Platbrode:* Plaas meel, sout en bakpoeier in 'n groot mengbak. Meng met 'n vurk. Voeg jogurt by en meng tot deeg vorm. Plaas deeg op meelbedekte werksoppervlak. Knie tot gladde deeg vorm. Verdeel deeg in 16 brode. Vorm ronde balletjies en bedek met skoon kombuislap. Rol elke bal in groot sirkel. Verhit 'n groot nie-kleefpan en braai een brood op 'n slag – sowat 3 minute. Sodra jy die brood uit die pan haal smeer met knoffel botter.

*125 g botter*

*20 g pietersielie, fyngekap*

*3 knoffelhuisies, fyngekap*

*Knoffelbotter:* Smelt die botter, voeg res van die bestanddele by en meng.

# SUURLEMOEN HEUNING HOENDERVLERKIES

## Vir 60 hoendervlerkies

*bakpapier (nie waksapier nie)*

*400 ml water*

*8 knoffelhuiesies*

*20 ml droë origanum*

*45 ml heuning*

*200 ml olyfolie*

*vars tiemie takkies*

*4 blokkies hoenderaftreksel*

*4 ml wit peper*

*45 ml Dijon mosterd*

*sap van 6 suurlemoene*

*sout*

*sowat 60 hoendervlerkies*

Verhit die oond tot 180 °C. Neem 'n groot stuk bakpapier, frommel dit en maak dit nat. Voer 'n groot oondbak uit met die bakpapier. Plaas die water, hoenderaftreksel blokkies, knoffel, peper, origanum, mosterd, heuning, suurlemoensap en olyfolie in 'n voedselverwerker. Verwerk tot glad en geur met sout. Gooi helfte van die sous in die uitgevoerde oondbak en plaas hoendervlerkies bo-op sous. Gooi res van sous oor.

Neem nog 'n groot stuk bakpapier en frommel. Maak nat en bedek die hoender met die papier. Plaas in oond vir 1 uur. Haal papier af en plaas terug in oond tot sag en bruin.

# IMAMBALDI (gevulde eiervrug) (V)

Genoeg vir 16 gaste

*8 groot eiervrugte*

*3 uie, fyngekap*

*4 knoffelhuisies, fyngekap*

*6 groot tamaties, in skywe gesny*

*ekstra olyfolie om oor te sprinkel*

*sowat 100 ml olyfolie*

*5 groot tamaties, opgekap*

*groot handvol pietersielie, fyngekap*

*sout en varsgemaalde swartpeper*

Verhit die oond tot 180 °C. Halveer die eiervrugte en skep die saad en kerngedeelte uit. Kap die stukke eiervrug wat jy uitgehaal het, grof op. Verhit die olyfolie in 'n kastrol en braai die uie en knoffel tot sag en deurskynend. Voeg die gekapte tamatie en eiervrug by en laat kook vir 30 minute. Geur met sout en varsgemaalde swartpeper. Roer die gekapte pietersielie deur.

Plaas die uitgeholde eiervrug-helftes in 'n groot oondbak. Skep die eiervrugmengsel binne-in elke eiervrug-helfte. Plaas 2–3 snye tamatie bo-op elke eiervrug. Vul die bak met water so 1cm diep. Sprinkel olyfolie oor en geur met varsgemaalde swartpeper. Plaas in oond en bak vir 30–40 minute tot sag.

*Finale stap:* Laat in water afkoel en skep na opdienbord.

# GEROOMDE FETAKAAS MET GEROOSTERDE TAMATIES

Genoeg vir 15 gaste

*800 g fetakaas*

*fyn gerasperde skil van 1 suurlemoen*

*800 g baba Rosa tamaties*

*sowat 120 ml olyfolie*

*sout en varsgemaalde swartpeper*

*60 g vars basiliekruidblare*

*500 g roomkaas*

*sowat 100 ml olyfolie*

*8 knoffelhuisies, in dun skyfies gesny*

*45 ml balsamiese asyn*

*heuning*

*Geroomde fetakaas:* Dreineer fetakaas en plaas in voedselverwerker. Verwerk tot glad. Voeg roomkaas en suurlemoenskil by. Meng goed. Voeg olyfolie bietjies vir bietjies by tot verlangde dikte. Smeer fetakaas op opdienbord en skep geroosterde tamaties bo-op.

*Geroosterde tamaties:* Verhit oond tot 180 °C. Voer 'n groot bakplaat met bakpapier. Plaas tamaties en knoffel in die bakplaat. Sprinkel met olyfolie en asyn. Geur met sout en peper en plaas in oond. Rooster vir 20 – 30 minute tot tamaties sag en effe oopgebars is. Haal uit en laat afkoel.

*Finale stap:* Wanneer afgekoel skep bo-op geroomde fetakaas. Sprinkel bietjie heuning oor en garneer met vars basiliekruidblare.

# KOMKOMMER-EN-JOGURT SLAAI MET GEROOSTERDE KEKERERTJIES

Genoeg vir 15 gaste

*2 groot komkommers*

*20 g vars dille, fyngekap*

*sout en varsgemaalde swartpeper*

*500 g Griekse-styl jogurt*

*20 g vars kruisementblare, fyngekap*

*Komkommer-en-jogurtslaai:* Sny komkommers in skywe. Meng jogurt, dille en kruisement. Geur met sout en varsgemaalde swartpeper en meng goed. Meng jogurt met komkommers.

*2 blikke kekerertjies*

*15 ml sumac-speserye*

*sout en varsgemaalde swartpeper*

*15 ml olyfolie*

*30 ml gerookte paprika*

*Geroosterde kekertjies:* Verhit oond tot 180 °C. Voer 'n bakplaat met bakpapier. Dreineer kekerertjies in 'n vergietes of sif. Spoel goed af en plaas op 'n skoon komuislap. Vryf die kekerertjies goed tot droog. Verwyder die skille wat afkom. Meng olyfolie, sumac en paprika in 'n bakkie. Gooi oor kekerertjies en geur met sout en peper. Meng goed deur en plaas op bakplaat. Plaas in oond en rooster vir sowat 45 minute. Skud die pan so elke 15 minute. Haal uit en laat afkoel.

*Opdiening:* Plaas komkommers op opdien bord en skep kekerertjies bo-op.



# GRIEKSE MELKERT

Genoeg vir 15 gaste

1,2 liter melk

6 eiergele

225 g (360 ml) semolina

300 g botter gesmelt

9 eiers

300 g (375 ml) suiker

2 vanieljepeule of 15 ml vanielje geursel

*Vulsel:* Verhit oond tot 190 °C. Gooi die melk in 'n kastrol en verhit tot net kookpunt. Haal af en laat afkoel. Klits eiers, eiergele en suiker tot lig en romerig. Voeg die semolina by en meng. Skraap die vanielje sade uit die peul en voeg by. Voeg die melk geleidelik by en meng goed.

Gooi die mengsel terug in die kastrol. Verhit terwyl jy aanmekaar roer totdat dit dik en romerig en dikker word. Haal van die hitte af en voeg gesmelte botter by. Meng goed.

2 pakke fillodeeg

600 g (750 ml) suiker

30 ml suurlemoensap

300 g botter, gesmelt

400 ml water

2 kaneelstokke

*Fillodeeg:* Voer 'n groot oondbak met bakpapier en sif 'n klein bietjie meel bo-op. Plaas fillodeeg in die oondbak en laat die deeg oor die rand van die bak hang. Smeer met bietjie gesmelte botter en herhaal sodat daar 3 lae fillodeeg is. Skep vulsel in bak en vou die deeg wat oor die bak hang bo-oor die vulsel. Plaas 4 lae fillodeeg bo-op en smeer elke laag met botter tussen-in. Smeer met botter bo-op en sny in porsies. Plaas in oond. Na 15 minute verlaag die temperatuur na 160 °C. Bak verder vir 30 minute tot mooi goudbruin en bros.

*Kook intussen die Stroop:* Plaas suiker, water, suurlemoensap en kaneel in pot en bring tot kookpunt terwyl jy elke nou en dan roer. Prut vir sowat 10 minute.

*Opdiening:* Gooi die warm stroop oor die melktert wanneer dit uit die oond kom.

# MOSSELS IN GEURIGE SOUS

Bedien 6 persone

*45 ml olyfolie*

*2 knoffelhuisies, fyngekap*

*2 brandrissies, fyngekap*

*25 ml droë sjerrie*

*30 ml donker sojasous*

*1 hand vol vars koljander, fyngekap*

*1 ui, in skyfies gesny*

*1 stuk vars gemmer, fyngerasper*

*4 sprietuie, fyngekap*

*25 ml ligte sojasous*

*1 kg swartmossels*

Verhit die olyfolie in 'n middelslagpot tot goed warm. Voeg die uie, knoffel, gemmer, rissies en sprietuie by. Roerbraai 3-5 minute of tot die ui begin verbruin. Voeg die sjerrie en sojasous by. Bring tot kookpunt en voeg mossels by. Meng deur met 'n houtlepel en plaas die deksel op die pot. Laat 5-8 minute stoom of tot die mosseldoppe oopgaan. Verwyder die mossels wat nie oopgegaan het nie en gooi weg. Roer koljander deur en sit voor.

# MANGO FISH CURRY

Serves 4-6 people

<i>Flesh of 2 mangoes</i>	<i>1-2 chillies, minced</i>
<i>1-2 tsp of hot pepper sauce</i>	<i>2 large cloves garlic, minced</i>
<i>1 TBSP ginger, finely minced</i>	<i>¼ cup desiccated coconut</i>
<i>1 tsp ground cumin</i>	<i>1 cup coconut cream</i>
<i>¼ cup lemon juice</i>	<i>3 TBSP fresh coriander, chopped</i>

*Curry sauce:* Puree all ingredients. Transfer mixture to a saucepan and simmer for 3 minutes.

<i>2 TBSP peanut oil</i>	<i>1 red and 1 yellow pepper, finely diced</i>
<i>500 g boneless fish, cut in 4 cm cubes or 500 g green prawns</i>	

In a separate pan, heat the oil and cook the peppers for 2-3 minutes until their colour changes. Add the mango sauce and bring to a simmer.

*Final steps:* Mix in the seafood and cook for about 2-3 minutes covered, without stirring, until fish is cooked. Do not over cook.

# BOTTERSKORSIE-EN-KOESKOES-RISOTTO

Bedien 5-6 persone

45 ml olyfolie  
1 groot botterskorsie, in kwarte gesny en pitte verwyder

6 takkies tiemie, fyngekap

Verhit die oond tot 220°C. Plaas die botterskorsie in 'n oondroosterbak en sprinkel die olyfolie en tiemie daaroor. Plaas in die warm oond en rooster 15-20 minute of tot sag en gaar.

45 ml olyfolie  
2 knoffelhuisies, fyngekap  
250 ml groente-aftreksel  
100 g (250 ml) bevrore ertjies  
180 g (250ml) koeskoes

1 ui, fyngekap  
125 ml witwyn  
250 ml room  
30 g parmesaan, fyngerasper  
sout en varsge maalde swartpeper

*Terwyl die botterskorsie rooster, maak die Risotto:* Verhit die olyfolie in 'n middelslagpan tot goed warm. Voeg die ui en knoffel by en roerbraai 3 minute. Voeg die witwyn, aftreksel, room en ertjies by. Bring tot kookpunt en laat prut tot dit met 'n derde verminder het. Verwyder van die hitte en roer die parmesaan by.

*Opdiening:* Plaas die koeskoes in 'n groot glasbak en gooi die warm roommengsel daaroor. Maak die bak met kleefplastiek toe en laat 5 minute staan. Roer met 'n vurk. Geur goed met sout en swartpeper. Sit voor met die geroosterde botterskorsie.

*Wenk:* Sodra die koeskoes gaar is en gereed is om voorgesit te word, kan jy nog 'n klein bietjie warm room by roer om dit, soos 'n risotto moet wees, ekstra romerig te maak.

# PAN-FRIED TROUT FILLETS WITH LEMON, DILL & APRICOT BUTTER SAUCE

Serves 4 people

*juice and finely grated rind of 1 lemon (+ more if needed)*

*125 g butter*

*10 ml (2 tsp) soy sauce (optional)*

*2 TBSP fresh dill, finely chopped*

*30 ml (2 TBSP) smooth apricot jam*

*1 clove garlic, finely grated*

*salt and freshly ground black pepper*

*Sauce:* Melt the butter in a small pot, then add the lemon juice and rind, jam, soy sauce, garlic and dill and season generously with salt and pepper. Stir and bring to a simmer. Cook for 2-3 minutes, stirring, then remove from the heat and set aside. Taste and adjust seasoning if necessary.

*about 600 g trimmed pin boned trout fillets, skin on*

*45 ml (3 TBSP) extra virgin olive oil*

Rinse the trout fillets under cold running water and pat dry with a clean tea towel or kitchen paper. Cut the fish into four portions and season with salt and pepper. Heat the oil in a large non-stick pan (non-stick is crucial, as the flesh-side of the fish easily sticks to regular pans). When the pan is hot, add the fillets skin-down, and cook for 4-5 minutes or until the edges start to turn pink and the skin is crispy. Working quickly, use a pastry brush to coat the flesh side in marinade, then turn the fish over for just a minute or so to get some colour. You're aiming for a result that is still ever-so-slightly undercooked in the centre.

*Serving:* Remove from the pan and transfer to a serving platter, skin-side down. Brush the fish again with the butter sauce to give it a nice shine.

# SUMMER BARBECUE RICE SALAD

Serves 8 guests

*½ cup olive oil*

*1 tsp lemon rind*

*1 tsp ginger, grated*

*2 TBSP lemon juice*

*1 clove garlic, crushed*

*1 tsp honey or sugar*

*Dressing:* Mix all ingredients and set aside.

*1 cup brown rice cooked with 2 cups water*

*½ onion or a couple of spring onions*

*½ cup peanuts*

*½ cup sunflower seeds*

*1 red pepper, chopped*

*½ cup sultanas*

*¼ cup soy sauce*

*½ cup pumpkin seeds*

*½ cup sesame seeds*

*1 grated carrot*

Cook the rice and while still warm, add chopped onion and soy sauce. Leave to stand overnight or at least 2 hours. Roast peanuts, pumpkin seeds, sunflower seeds and sesame seeds.

*Final steps:* Mix roasted ingredients, the rice with pepper, grated carrot and sultanas. Combine with dressing and enjoy!

# GROENBONE GEBRAAI MET TAMATIE EN SPEK

Bedien 4-6 persone

*45 ml olyfolie*

*2 uie, in skyfies gesny*

*250 g spek, grof gesny*

*200 g aspersies*

*400 g Franse groenbone*

*40 g (45 ml) botter*

*4 knoffelhuisies, fyngekap*

*700 g kersietamaties, gehalveer*

*1 hand vol vars koljander, fyngekap*

*sout en varsgemaalde swartpeper*

Aspersies en groenbone moet vir 1 minuut in kookwater gedompel word as voorbereiding.

Verhit die olyfolie en botter in 'n groot braaipan tot goed warm. Voeg die uie, knoffel en spek by. Roerbraai 5-6 minute of tot goudbruin. Voeg die groenbone, aspersies en tamaties by. Braai 5-8 minute of tot die groente warm is en die tamaties begin bars. Roer die koljander by. Geur goed met sout en swartpeper. Sit warm voor.

*Wenk:* Gebruik 'n braaitang om die aspersies en groenbone tydens die braaiproses op te lig en om te draai. Jy kan dit ook makliker daarmee opdien.

# HONEY, ROSEWATER & CINNAMON PANNA COTTA

Serves 4 people

*500 ml (2 cups) fresh cream*

*60 ml (¼ cup) sugar*

*1 cinnamon stick*

*honey, to drizzle*

*10 ml (2 tsp) powdered gelatin*

*20 ml (4 tsp) honey & extra for serving*

*10 ml (2 tsp) rosewater*

*sliced fresh strawberries, to serve*

Lightly spray four small ramekins (160-180 ml capacity) with non-stick cooking spray and set aside. Pour 45ml (3 TBSP) of the cream into a cup and mix with the gelatine. Leave the mixture for 10 minutes to sponge.

In the meantime, heat the rest of the cream, sugar, honey, cinnamon stick and rose-water in a small pot on the stove, stirring, until the sugar has melted (do not boil). Add the sponged gelatine mixture and stir gently to melt. Remove from the heat, remove the cinnamon stick and pour into four ramekins or glasses. Cool and refrigerate until set (about 1 hour).

*Final steps:* Serve with a drizzle of honey and sliced strawberries. Tilt the ramekins from side to side to help the honey spread.



# LAMSRIB MET SPINASIE EN SAMPIOEN VULSEL

Genoeg vir 4-6 mense

125 g spinasie

2 knoffelhuisies

1 ETL vars roosmaryn

½ t neutmuskaat

1 t peper

1 ETL botter

Hand vol pekanneute of kasjoeneute of amandels of dennepitte (opsioneel)

250 g sampioene

1 groot ui

6 piekel-knoffelhuisies (of agurkies)

1 t sout

1 ETL olyfolie

1 t geroosterde fyn koljandersade

*Vulsel:* Blits al die bestanddele, behalwe die olyfolie en botter, in sarsies in 'n voedselverwerker tot lekker fyn. Verhit die olie en botter in 'n pan en kook die mengsel tot die water ten volle afgekook het, dit moenie nat wees nie. Laat afkoel.

1 ontbeende lamsrib (± 2 kg)

olyfolie vir smeer

Sout en peper na smaak

Sit die ontbeende lamsrib plat neer, bedek met bakpapier en kap tot effe platter en gelyk. Hierdie stap is nie verplig nie maar help om meer eenvormige rol te vorm en meer vulsel toe te laat. Verwyder bakpapier. Bedek die lamsrib met vulsel tot op die rante. Rol die lamsrib op en bind vas met slagterstou sodat die rol mooi netjies sal bly. Smeer met olyfolie en geur met sout en peper. Indien jy nie gepaste tou het nie, laat lê 6 sosatiestokkies met skerp punte in water vir 30 minute. Breek dan in helfde en druk in 'n ry in die rol om dit bymekaar te hou. Rooster in die ketelbraaier oor matig hoë hitte vir ongeveer 35-45 minute tot goudbruin en deurwarm.

*Finale stap:* Sny in skywe en bedien met sous of slaai.

# TUISGEMAAKTE GNOCCHI (V)

Genoeg vir 4-6 persone

*6 groot aartappels (± 1 kg)*

*120 g witbroodmeel*

*Ekstra meel vir bereiding*

*1 extra groot eier*

*5 ml sout*

Voorverhit die oond tot 200°C. Bak aartappels in die oond tot gaar, ongeveer 40 minute. Indien jy nie die oond wil gebruik nie, kan jy die aartappels op die stoof ook kook. Die idee is net om soveel moontlik vog te verwyder. Sodra aartappels gaar is, laat 'n klein bietjie afkoel om uit skil te skep, maar moet nog warm wees om fyn te maak. Druk fyn met aartappeldrukker of skep in 'n sif en werk deur met lepel se bodem. Daar moet geen klontjies in die kapokaartappels wees nie.

Laat die aartappels afkoel, wanneer koud voeg geklitse eier by en meng. Voeg die meel en sout geleidelik by en meng goed. Voeg nog meel by indien dit te taai of moeilik is om te bewerk. Probeer om dit nie te veel te bewerk nie, jy wil nie die gluten in meel ontwikkel nie. Neem 'n tennisbal-grootte van die deeg en rol dit tot 'n duimdikte "slang" op 'n meelbestrooide oppervlak. Sny die deegsling in 1,5cm-stukkies en skuif dit eenkant op 'n meelbestrooide oppervlak. Herhaal die proses tot jy die deeg opgebruik het. Druk nou elke stukkie deeg liggies oor die agterkant van 'n vurk met jou duim, om groewe te vorm (hierdie is die tradisionele metode sodat sous beter kan klou, maar dis nie nodig nie).

*Water vir kook*

*6-8 ETL botter vir braai*

*100 g parmasan-kaas*

*5 ml sout*

*1 t salie*

*3 ETL dennepitte (pine nuts)*

*Kook en bedien:* Bring 'n groot kastrol water met 'n teelepel sout tot kookpunt. In 'n aparte pan, smelt 'n paar eetlepel botter. Voeg 'n paar hande vol gnocchi by die kokende water. Sodra die gnocchi dryf is dit gaar. Skep die gaar gnocchi oor na die pan met botter en sprinkel met fyngekapte salie. Sout en peper na smaak. Bedien met genoeg parmesan-kaas en olyfolie bo-oor.

# CHINESE HOENDER

Genoeg vir 4-6 mense

<i>4 gedroogde shiitake-sampioene</i>	<i>2 ETL olie</i>
<i>1 ½ kg hoenderstukke</i>	<i>sout en peper na smaak</i>
<i>1 groot ui opgesny</i>	<i>4 knoffelhuisies, opgekap</i>
<i>1 groot duim gemmer, fyn repies</i>	<i>2 rooi brandrissies, gekap &amp; ekstra</i>
<i>1 ETL rys/ witwynasyn (of lemmetjiesap)</i>	<i>½ k Chinese ryswyn (of 100ml sjerrie)</i>
<i>¼ k ligte sojasous</i>	<i>1 t vyfspesery-mengsel</i>
<i>2 ETL heuning</i>	<i>2 k hoenderaftreksel</i>
<i>Peper na smaak</i>	<i>500 g gemengde sampioene</i>
<i>2 wortels, opgesny</i>	<i>250 g brokkoli</i>
<i>4 sprietuie, opgesny</i>	<i>Hand vol koljander, opgekap</i>
<i>Sesamolie vir bo-oor sprinkel</i>	

Plaas gedroogde shiitake-sampioene in warm water en hou eenkant. Verhit die olie in 'n pot en braai die hoenderstukke tot die vel lekker bruin gebraai is. Geur met sout en peper. Hou eenkant. Braai die uie tot goudbruin in dieselfde pot. Braai die knoffel, gemmer en rissie vir 'n paar minute. Plaas die hoender terug in die pot.

Meng die speserye, ryswynasyn, ryswyn, sojasous, heuning, hoenderaftreksel en peper saam en giet oor die hoender. Sny die gedroogde sampioene in repe en voeg by die pot. Voeg die res van die sampioene en wortels by. Prut vir 30 minute. Voeg die brokkoli en ¾ van sprietuie by. Prut vir nog 20 minute of tot hoender sag is, geur met sout en peper.

*Bedien:* Sprinkel koljander, orige sprietuie, ekstra brandrissie (indien verkies) en sasamolie bo-oor.

# KRAKERIGE, ASIËS-GEÏNSPIREERDE SLAAI

Genoeg vir 8 mense

1 ETL vissous

3 ETL sesamsaad

2 ETL sesamolïe

60 ml sojasous

2 ETL heuning

sap van 2 lemmetjies

*Slaaisous:* Meng die bestanddele tot die heuning opgelos is-

350 g 'angel-hair' noedels/vermicelli noedels

4 knoffelhuisies, gerasper

2 rooi/geel soetrissie, julienne gesny

2 tamaties, fyn opgesny

1 koppie vars koljander, opgekap

Handvol kasjoe neutte gerooster, oor slaai gesprinkel

4 wortels julienne, gesny

1 komkommer, julienne opgesny

3 sprietuie, opgesny

1 duim vars gemmer, gerasper

*Slaai:* Berei die noedels voor volgens die verskaffer se aanduidings, gewoonlik net 'n paar minute lê in water. Meng die slaaisous, noedels en res van die bestanddele saam.

# VUUR-EN-VLAM SOETSUUR EIERVRUG

Genoeg vir 4 persone

<i>2 groot eiervrugte</i>	<i>olie vir diepbraai</i>
<i>2 knoffelhuisies, fyngekap</i>	<i>1 duim groot stuk gemmer, fyngerasper</i>
<i>2 brandrissies, sade verwyder/ fyngekap</i>	<i>5 ml rissiepoeier</i>
<i>5 ml sichuan-peper (opsioneel)</i>	<i>2½ ml gerookte paprika</i>
<i>45 ml asyn</i>	<i>80 ml sojasous</i>
<i>30 ml suiker</i>	<i>250 ml groente- of hoenderaftreksel</i>

Skil die eiervrug en sny in lang reepe soos slaptjips. Diepbraai in olie tot goudbruin, haal uit en dreineer op kombuis/ bruinpapier, hou eenkant.

In 'n ander pan, braai die knoffel, gemmer en rissies in 'n bietjie olie tot die knoffel liggies begin verbruin. Voeg die res van die bestanddele en die eiervrug by en prut vir 20-30 minute tot sag, begin disintegreer en die sous dik word. Sit voor as bygereg of doopsous.

# BAGNA CÁUDA-SOUS

Lewer sowat 1½ k sous

<i>1/3 k olyfolie</i>	<i>12 ansjovisfilette (in olie ingelê)</i>
<i>5 knoffelhuisies gerasper</i>	<i>1/3 k botter</i>
<i>1 k room</i>	<i>1 t witpeper</i>

Plaas olyfolie, ansjovis en knoffel in 'n pan en braai oor 'n baie lae hitte totdat die ansjovis heeltemal verbrokkel het. Die knoffel moet nie verbruin nie, roer dus gereeld. Voeg die botter, room en witpeper by en prut stadig vir 3-5 minute tot 'n sous vorm, bedien dadelik.

# SICILIAANSE LEMOENKOEK

Genoeg vir 8 mense

<i>150 g sagte botter &amp; ekstra</i>	<i>200 g suiker</i>
<i>3 ekstra groot eiers</i>	<i>1 t vanielje-ekstrak</i>
<i>1 k koekmeel</i>	<i>1 k mieliemeel</i>
<i>2 t bakpoeier</i>	<i>½ k ongegeurde jogurt</i>
<i>1 ETL perskekonfyt</i>	<i>1 rooi brandrissie (opsioneel)</i>
<i>1 groot lemoen met skil, opgesny sonder pitte</i>	

*Lemoenkoek:* Smeer 'n plat 25cm-swartpot dik met ekstra botter. Klits die botter en suiker saam tot lig en romerig. Klits die eiers een-een by en dan die vanielje-ekstrak. Voeg die koekmeel, mieliemeel, bakpoeier, jogurt en konfyt by die eiermengsel. Plaas die rissie en lemoenstukke in 'n voedselverwerker en verpulp. Voeg by die beslag en meng alles goed deur. Plaas die beslag in die voorbereide pot en bak vir ongeveer 1 uur. Druk na 50 minute 'n toetsstokkie in die middel van die koek en kyk of dit skoon uitkom.

<i>½ k lemoensap</i>	<i>5 kardemompeule</i>
<i>1/3 k suiker</i>	<i>Hand vol gekapte pistasieneute</i>
<i>250 g houer romerige ricotta/ Crème Fraîche</i>	

*Oorgietsous:* Verhit die lemoensap, kardemompeule en suiker tot die suiker opgelos is. Verwyder die kardemompeule. Giet die sous oor die koek sodra dit van die hitte af kom. Laat heeltemaal afkoel. Maak die koek versigtig los om die kante en onder en keer uit op 'n opdienbord of bedien direk uit die pot.

*Bedien:* Meng ricotta/ Crème Fraîche en sprinkel neutte oor. Versier met lemoenskywe as jy wil.

# CHICKEN AHKNI

Serves 15 guests

<i>2 tsp chilli powder</i>	<i>1 tsp turmeric</i>
<i>2 tsp cumin</i>	<i>2 tsp dhania (coriander)</i>
<i>fresh coriander</i>	<i>2 TBSP masala/ curry powder</i>
<i>2 tsp cayenne pepper</i>	<i>2 TBSP garlic-and-ginger paste</i>
<i>5 cardamom pods</i>	<i>3 cinnamon sticks</i>
<i>4 star anise</i>	<i>1 cup buttermilk</i>
<i>4 TBSP tomato paste</i>	<i>± 20 chicken drumsticks</i>

*Chicken and Marinade:* Combine all the spices. Add the buttermilk and tomato paste. Add the chicken to the marinade and leave in the fridge for 2 hours.

<i>4 TBSP oil</i>	<i>3 chillies, halved</i>
<i>6 potatoes, peeled and quartered</i>	<i>3-4 cups basmati rice</i>
<i>6 cups water</i>	<i>1-2 TBSP salt</i>
<i>1 handful fresh dhania, finely cut</i>	<i>100 g butter</i>
<i>5 onions (2 ringed, braised, set aside &amp; 3 diced to sauté)</i>	

Fry the ringed onions until brown, remove from the pot and set aside. Add the oil and diced onions with the chillies to the pot and sauté until soft. Add the marinated chicken to the pot and simmer for 5-10 minutes. Now add the quartered potatoes and cook on high heat for 5 minutes. Turn down the heat and add the dried, uncooked basmati rice and the water. At this stage I add more salt and a handful of fresh dhania. Close the pot and leave, checking at regular intervals to see if more water is needed or whether rice and potatoes are cooked.

Once satisfied that it's cooked, add the butter and cover with lunch wrap. Replace the lid, and leave on low heat.

*To serve:* Just before serving, add the fried ringed onions and more fresh dhania. Serve with sides of your choice.

# SMOKED LENTIL DHAL CURRY (V)

Serves 15 guests

*2 packets brown lentils*

*3 tsp salt*

*Water to cover the lentils*

Wash and rinse lentils. Drain the water in which the lentils was smoked. Transfer to pot, cover with water and add the salt. Boil till soft. About 45 min. Lentil must be able to be pressed flat with fingers. Mash some of the lentils using a potato masher.

*3 TBSP ghee*

*9 TBSP salted butter*

*3 white onions, grated*

*2 cloves garlic*

*2 horns ginger*

*1 tin boerie relish tomato*

*1½ tsp kashmiri red chili powder*

*¾ tsp garam masala*

*1 TBSP Leaf masala*

*1½ tsp salt or to taste*

*4½ cups water, as needed*

*1 cup cream (250 ml)*

To make the masala, in a large pot/pan, heat 2 tablespoons and 1 tablespoon ghee on medium heat.

In separate pan, grate onion finely using food processor and add to butter once melted and hot. Cook the onion for around 6- 7 minutes or until it turns light golden brown. Keep stirring continuously so that it doesn't burn and keep heat on medium. Add the ginger & garlic paste and cook for 1-2 minutes until the raw smell goes away. Add garam masala, leaf masala, kashmiri red chili powder and salt. Mix to combine. Add the tomato puree and mix. Cook for 2 minutes or until the puree mixes well with masala and oil starts oozing out from the sides.



...SMOKED LENTIL DHAL CURRY (V)  
(continued)

Add in the boiled lentils and mix. Add ½ cup water, stir and set heat to low. Let it simmer on low heat uncovered for around 45 minutes. Stir often (every 10 minutes or so) else dhal will stick to the bottom of the pot. You will also need to add water. I added total of 1 ½ cups water as the dhal was simmering. Also add the remaining 1 tablespoon butter and 1/4 cup cream. Mix well. Simmer for 10 more minutes on low heat after adding the cream. Dhal will become really creamy by now. You may serve the dhal at this point or do the additional step of giving it a smokey flavor.

*½ cup cream for serving*

*more salted butter for serving*

*piece of charcoal for giving dhal a smokey flavor (optional)*

This last step (dhungar method) is optional but recommend.

*For the smokey flavor:* place a steel bowl on top of a trivet placed inside the dhal. Then heat a piece of charcoal over direct heat until it's red hot. Place hot charcoal in that steel bowl on top of the trivet. Pour melted ghee (around 1 tablespoon) on top of charcoal. You will immediately see fumes coming out of charcoal. Immediately close the pan with a lid.

Let it remain like this for 2 minutes. After 2 minutes, remove lid and remove the bowl from dhal. The longer you keep the lid closed, the smokier dhal will get but no longer than 5 minutes. Garnish dhal makhani with more cream and serve with a pat of amul butter. Enjoy!

# BUNNY CHOW

Serves 4-6 guests

<i>½ cup (125 ml) vegetable oil</i>	<i>1 large onion, chopped</i>
<i>2 green cardamom pods, slightly bruised</i>	<i>2 cinnamon sticks</i>
<i>1 tsp (5 ml) fennel seeds</i>	<i>1 bay leaf</i>
<i>2 whole cloves</i>	<i>½ tsp (2.5 ml) turmeric</i>
<i>¼ cup (60 ml) mother-in-law masala</i>	<i>1 tsp (5 ml) garam masala</i>
<i>¼ tsp (1.25 ml) ground cardamom</i>	<i>2 tsp (10 ml) garlic and ginger paste</i>
<i>1 medium ripe tomato, peeled/ grated</i>	<i>1 TBSP (15 ml) tomato paste</i>
<i>700 g deboned leg of lamb, cubed</i>	<i>2 tsp (10 ml) salt</i>
<i>6 fresh curry leaves</i>	<i>2 cups (500 ml) water</i>
<i>fresh coriander, chopped (garnish)</i>	<i>4 potatoes, quartered</i>

*Filling preparation:* Heat the oil in a fairly large saucepan on medium to high heat. Immediately add the chopped onion and cardamom pods, cinnamon, fennel seeds, bay leaf and cloves and fry for about 2 minutes. Stir in the turmeric, both masalas, the ground cardamom and garlic and ginger paste and cook for a few seconds. Add a few spoons of water if you find that the mixture is too dry. Stir in the grated tomato and tomato paste and simmer for about 2 minutes. Add the meat and salt, and adjust the heat to medium, then cook, covered, for about 10 minutes.

Add the curry leaves and 1 cup (250ml) of water, stir, and then simmer for 20 minutes. Add the potatoes and the remaining cup of water.

Increase the heat to high and bring to a boil, then turn down the heat immediately to medium. Simmer for about 10 minutes. Reduce the heat further to low and simmer for 15 minutes, or until the meat is tender. Assemble as below.

...*BUNNY CHOW*  
(continued)

*2 cups warm water (not boiling)*

*½ cup white sugar*

*1½ TBSP active dry yeast*

*1½ tsp salt*

*¼ cup vegetable oil*

*5-6 cups flour*

*Bread preparation:* In a large bowl, dissolve the sugar in warm water and then stir in yeast. Allow to proof until yeast resembles a creamy foam, about 5 minutes. Mix salt and oil into the yeast. Mix in flour one cup at a time. Knead dough for 7 minutes. Place in a well oiled bowl, and turn dough to coat. Cover with a damp cloth. Allow to rise until doubled in bulk, about 1 hour.

Punch dough down. Knead for 1 minute and divide in half. Shape into loaves and place into two greased 9×5 inch loaf pans. Allow to rise for 30 minutes, or until dough has risen 1 inch above pans. Bake at 180°C for 35 minutes

*Assemble the Bunny Chow:* Use an unsliced rectangular loaf of bread. I find it easier to divide the loaf into thirds. Use a sharp, pointed knife and cut out most of the soft white bread (reserve it for serving), leaving a thick wall and base. It should resemble a square bread bowl, as this will hold your curry. Ladle the curry into the bread bowls, garnish with fresh coriander, and then put the bit of bread you've removed on top of the bread bowl.

# POTATO AND CORN SAMOOSAS

Make about 25 samoosas

<i>3 cups water</i>	<i>5 med potatoes, peeled/ cubed</i>
<i>12 TBSP sunflower oil</i>	<i>1 tsp brown mustard seeds</i>
<i>4 fresh curry leaves</i>	<i>1 large onion, finely chopped</i>
<i>2 cloves garlic, minced</i>	<i>1½ cups fresh/ frozen peas (not tinned)</i>
<i>1 tsp tumeric</i>	<i>1 tsp ground coriander</i>
<i>2 tsp ground cumin</i>	<i>1 tsp leaf masala/ curry powder</i>
<i>1 tsp garam masala</i>	<i>Salt to taste</i>
<i>2 spring onions, chopped</i>	<i>2-4 green chillies, chopped</i>
<i>½ bunch fresh coriander, chopped</i>	<i>Samoosa pastry</i>

Pour the water into a medium-size saucepan and bring to a boil on high heat. Add the potatoes and cook for about 10 minutes, or until the potatoes have just softened on the outside but are still slightly firm on the inside. Drain in a colander and set aside.

In a separate medium-size saucepan, warm the oil on high heat for 1-2 minutes and add the mustard seeds and curry leaves. Once the seeds start popping, add the onion and garlic and switch off the heat. Sauté the onions and garlic for 2-3 minutes in the warm oil and then add the potatoes and peas. It's important at this stage to give all the ingredients a good stir, but be careful not to mash the potatoes. Remove from the heat and tip the ingredients into a mixing bowl. Add all the powdered spices and the salt, and mix through thoroughly. Cover with a kitchen towel and allow the filling to cool completely.

*Final steps:* Once cooled, add the freshly chopped spring onions, chillies and coriander and give it a quick mix. Have a taste and check the salt content. I often find that at this stage additional salt is required. Store the filling in the fridge for about 1 hour. This helps with stiffening the filling and makes it easier to work with. Now you're ready to fill your samoosas, shaping and fry.

# MINT AND CORIANDER CHUTNEY

Serves 4-6 people

*100 g fresh mint leaves*  
*Juice of 1 lime or lemon*  
*100 g fresh coriander (stalks and leaves)*  
*½ cup (125 ml) Mrs Ball's original or peach chutney*  
*Salt to taste*

*3 green chillies*  
*1 clove garlic*

Roughly chop mint leaves and coriander. Finely chop chillies and crush the garlic. Combine in blender and serve.

# CAPE MALAY SAMBALS

Serves 6-8 guests

*2 TBSP Apricot Jam*  
*1 cup (250 ml) boiling water*  
*2 ripe tomatoes, finely chopped*  
*¼ cup (60 ml) brown or white sugar*

*1 tsp (5 ml) salt*  
*1 cup (250 ml) brown spirit vinegar*  
*1 green chillie, thinly sliced*  
*2 brown/ white onions, thinly sliced*

Place the sliced onions into a bowl, add salt and rub this into the onions. Add the boiling water and apricot jam and set aside for 5-10 minutes. Rinse under cool running water, drain and set aside for about 10 minutes.

Add remaining ingredients in the same bowl and give everything a good stir. Set aside for about 20 minutes before serving.

# DALTJIES

Makes 12-14 bite-sized fritters

<i>6 spinach leaves</i>	<i>1 medium onion, coarsely grated</i>
<i>2 cups (500ml) Pakco Chillie Bite mix</i>	<i>1 cup (250ml) water</i>
<i>1 tsp (5ml) baking powder</i>	<i>1 medium potato, peeled/ grated</i>
<i>3 cups (750ml) oil for deep frying</i>	

*Preparing the Spinach:* Rinse the leaves under running water until it runs free of any sand. Drain and pat dry with a kitchen or paper towel. Fold each leaf in half (lengthways) and remove the hard, white stem with a sharp paring knife. Stack a few trimmed leaves on top of each other and roll up tightly like a cigar. Slice across to form ribbons and then chop roughly.

*Preparing the Onion and Potato:* Peel the onion and potato and use the coarsest setting on your grater to grate both ingredients.

*Preparing the batter:* Place the prepared vegetables into a large bowl and mix well. Add the remaining ingredients, except the oil, and mix to form a fritter batter. Heat the oil for about 5 minutes over high heat and then reduce to a medium setting.

Drop spoonfuls of the batter into the warm oil. The fritters will sink to the bottom, then slowly rise to the surface as they start cooking. When this happens, gently turn over the fritters to fry the other side until golden and light. Remove from the oil and place on a paper towel to rest, just before serving. The fritters should be crispy and crunchy with a soft and sponge-like centre.

# RASPBERRY SNOWBALLS

Serves 6-8 guests

<i>150 g butter (room temperature)</i>	<i>1 cup castor sugar</i>
<i>2 large eggs</i>	<i>1 TBSP vanilla essence</i>
<i>2 cups sifted cake flour</i>	<i>1 cup milk</i>
<i>2 tsp baking powder</i>	

*Cake:* With electric mixer, whisk butter for a minute add the sugar and beat until light and creamy, about 2-3 minutes, add one egg at a time and whisk, add vanilla essence, mix, now add half of milk, flour and all the baking powder and mix in with spoon or spatula until just combined. Next, add the remaining milk and flour and mix together just until combined. Bake in greased or sprayed with Spray & Cook muffin pans for 15-20 minutes on 180°C, cool off completely and remove. You can also bake in cupcake holders in the muffin pans and remove the cupcake holders once cooled.

<i>1 cup Apricot jam</i>	<i>1 tsp vanilla essence</i>
<i>1 packet Raspberry Jelly powder</i>	<i>fine coconut</i>
<i>½ cup of warm water</i>	

*Dip & roll:* In a bowl add the jam, warm water and Raspberry jelly powder, vanilla essence and stir until smooth. In a separate bowl put in the fine coconut.

<i>250 ml fresh whipping cream</i>	<i>1 TBSP vanilla essence</i>
<i>2 TBSP Icing sugar</i>	

Pour all the cream, icing sugar and vanilla essence into a chilled bowl, whisk with electric mixer until stiff peaks form. Do not over whip.

*Assembly:* Dip the cakes into the jam mixture and ensure all sides are covered with the jam syrup. Now dip quickly and gently into the coconut. Next, cut the little cakes each in half and pipe the cream on top each individual cake's bottom half, place top half of small cake on top of the piped cream. Snowball done. Or pipe cream on top of the Snowball.

# POTATO GNOCCHI WITH WALNUT BEURRE NOISETTE, PARMESAN

Serves 15 guests

*900 g cooked potato (approximately 4 large raw potatoes)*

*300 g Semolina flour & extra for rolling      2 large eggs*

*100 g Parmesan grated      salt and White pepper to season*

*Gnocchi:* Preheat the oven to 200°C and get a large pot of lightly salted water on the stove. Lightly drizzle the potatoes with olive oil and roast in a 200°C oven for approximately 1 hour or until completely cooked through. While hot pass the potatoes through a fine sieve to make a mash.

Forming a little 'well' with the potatoes add two-thirds of the flour and both the eggs. Using a spoon quickly beat the mixture before the eggs cook. Once a ball has formed add the parmesan, seasoning and remaining third of flour and quickly stir until combined. Place into a piping bag with large round hole in front ±3-4cm. Using the excess semolina sprinkle a thin layer on top of a chopping board. Pipe the potato onto the chopping board into 30-40cm logs. Quickly and very gently roll the logs with the tips of your fingers to coat them evenly with flour. Using a knife slice the logs at 5cm intervals to create the shape we require.

Prepare an ice bath using a large mixing bowl filled with ice and water (This is to quickly cool down the gnocchi once we have cooked them). Gently shake the chopping board above the cooking water until the gnocchi drops into the water. Take care not to use hands to retain the shape. Simmer the gnocchi for approximately 3 minutes or once they float to the top allow for another 30 seconds of cooking before placing them into the ice bath using a strainer or wire skimmer. Repeat until all the mix is finished



...POTATO GNOCCHI WITH WALNUT  
BEURRE NOISETTE, PARMESAN  
(continued)

200 g walnuts roughly chopped                      400 g butter  
Parmesan (microplane over for serving)

*Beurre noisette:* To make the beurre noisette add the 400g butter to a large pan and turn on to a medium heat. Wait until all the butter has melted and gently starts to foam and turn a very light brown. Once it has started to turn brown add the walnuts and continue to toast until a thick brown foam appears in the butter. Immediately remove from the heat and place in a tray to cool.

*Serving:* Once ready to serve we will preheat a pan and add a small amount of oil. Add small batches of gnocchi and fry both sides until golden brown about 1min a side. Reheat the beurre noisette in a small saucepan and drizzle over the gnocchi. Microplane a generous amount of parmesan over the top

# 'PORCHETTA'

Serves 15 guests

<i>2½ kg +/- of pork belly, skin loose</i>	<i>2 sprigs of rosemary, leaves picked</i>
<i>3 sprigs of fresh thyme, leaves picked</i>	<i>1 large bulb of black garlic</i>
<i>1 TBSP of fennel seeds</i>	<i>1 pinch of chilli flakes</i>
<i>1 lemon, zested</i>	<i>2 TBSP of white wine</i>
<i>1 tsp flaky sea salt (Maldon)</i>	<i>½ tsp cracked black pepper</i>
<i>600 ml of water</i>	<i>3 onions diced into large cubes</i>

Preheat the oven to 180°C. To begin, place the fennel seeds and chilli flakes in hot, dry pan and toast for 30 seconds, until fragrant. Peel the garlic cloves and place in a pestle and mortar. Add the herbs, toasted spices, salt, pepper and white wine and grind to a rough paste.

Place the pork belly fat side down. Trim the belly down to size so it rolls up neatly. Lightly score the belly flesh in a 2cm diagonal pattern and massage the stuffing paste into the belly. Roll up tightly and tie up with butcher's string. Arrange the diced onions in a roasting tray and place the pork on top making sure the pork doesn't directly touch the tray. Pour in the 600ml of water and cook in the oven for 3 hours. Leave to rest for 30 minutes before carving.



# ROASTED RED PEPPER PANZANELLA SALAD

Serves 15 guests

<i>1 red onion</i>	<i>2 large ciabatta (can be stale)</i>
<i>6 TBSP of capers</i>	<i>2 cucumbers</i>
<i>8 red peppers</i>	<i>750 g cherry tomatoes</i>
<i>2 cloves garlic</i>	<i>4-6 TBSP of verjuice/ white wine vinegar</i>
<i>4-6 TBSP of extra virgin olive oil</i>	<i>60 g basil (preferably purple)</i>
<i>flaky salt (Maldon)</i>	<i>black pepper to taste</i>

Drizzle the red peppers with olive oil and place into an oven on 180°C for 30 minutes or until just browning and soft. Remove and place in a bowl and cover with cling film. Peel and thinly slice the red onion. Set the slices aside in a small bowl of cold water.

Cut the Ciabatta into medium, bite-sized pieces, gently sprinkle with olive oil and toast in the oven for 8 minutes, then set aside in a bowl and add the capers. Using a Microplane grate the raw garlic onto the toasted bread and toss until completely incorporated.

Peel and deseed the cucumber and cut it into thick slices. Tear the basil and add it to the bowl along with the cucumber pieces. Thinly slice the peppers and add them to the mixture. Gently crush the tomatoes and add them. Drain the onions and pat the slices dry on a piece of kitchen towel. Add them to the bowl, followed by verjuice, extra virgin olive oil. Season well with freshly ground salt and pepper then toss until everything is combined and place into a serving bowl

*Serving:* Leave so the bread soaks up the juices for 10–20 minutes before serving.

# CHARRED RADICCHIO, ORANGE AND BURRATA SALAD

Serves 15 guests

*6 heads red radicchio*

*100 g pine nuts*

*1 L orange juice freshly squeezed*

*150 ml olive oil*

*100 g rocket*

*760 g pickled beetroot, grated in jar*

*5-6 splashes orange bitters*

*4 large Burrata cheese balls*

Take the 1L orange juice and pour through a fine sieve to remove any pulp. Then place in a sauce pan and reduce to 200ml. Once reduced add 6 splashes of orange bitters and the 150ml olive oil and cool. Slice the radicchio length ways in half and wash thoroughly under running water.

Heat a large pan until very hot then add a small splash of olive oil. Make sure the radicchio is completely dry (be very careful) then place them in the pan cut side down. Allow to char for about 2 minutes on one side then remove from the heat. Lightly toast the pine nuts in a pan for 2 minutes making sure they do not burn.

Cut the stems of the raddichio once cooled then arrange the leaves on a platter. Strain the pickled beetroots and place dollops around the plate.

*Serving:* Sprinkle with pine nuts and rocket then place the Burratas gently on the plate. Season with salt and black pepper and drizzle the orange dressing on everything.

# BABY MARROW, SAGE AND CHILLI BAKE

Serves 15 guests

*2 kg baby marrows*

*3 red chillies deseeded*

*500 ml cream*

*Pecorino cheese to serve*

*30 g sage*

*5 cloves garlic*

*250 ml double thick cream*

*salt and white pepper to taste*

Wash the baby marrows thoroughly and slice into 2cm thick slices. In a pan gently brown one side of the baby marrows with olive oil. Finely chop the red chillies and garlic. Wash and tear the sage leaves. In a bowl toss the chilli, garlic, sage and baby marrows together then place into a roasting dish. Mix the 500ml cream and 250ml double cream and season with salt and white pepper then pour over the baby marrow mixture.

Bake in the oven on 180°C for approximately 45 minutes until the cream has reduced and large bubbles form. Remove from the oven and grate a small amount of pecorino cheese over the top.

# VANILLA PANNA COTTA, ROASTED PEACHES, THYME, NITRO WHITE CHOCOLATE ICE CREAM

Serves 15 guests

*1½ L cream*

*1 vanilla pod*

*500g sugar*

*500 ml double thick cream*

*10 leaves gelatine*

*Panna Cotta:* Select 16 bowls that you will be serving the panna cotta in. Split the vanilla pod in half, length wise using a sharp knife. Using the back of the knife scrape the pods and add the seeds and pods to the cream. Bring the cream and double thick cream to the boil with the sugar. Once boiled reduce and simmer for 5 minutes, then add the gelatines leaves and stir until incorporated.

Strain the mixture through a fine sieve into a metal bowl. Place the metal bowl into an ice bath (Bowl of ice and water) to cool down quickly. Keep stirring the mixture to avoid lumps. Once the mixture starts to thicken pour into 16 moulds, approximately 180ml per bowl. Transfer to the fridge and let it set until time to serve.

*7 nectarines*

*50 ml water*

*200 g sugar*

*20 g thyme*

*Caramelised nectarines:* Cut the nectarines in half and remove the pips. In a pot bring the sugar, water and thyme to a boil and cook until it starts to caramelize (140°C). Pour the caramel into a baking tray and place the nectarines cut side down onto the caramel. Cover with tinfoil and roast for 15 minutes. Remove from the oven, pick out the thyme stems. Then let cool in the fridge.

...VANILLA PANNA COTTA, ROAST PEACHED, THYME,  
NITRO WHITE CHOCOLATE ICE CREAM  
(continued)

900 ml cream  
6 egg yolks

150 g white chocolate  
175 g sugar

*Ice cream:* Bring the cream to the boil. Mix the egg yolks and sugar in a separate bowl with a whisk. While hot pour the cream onto the egg yolk and sugar mixture taking care not to pour too quickly. Vigorously mix with a whisk while pouring until completely incorporated. Add the chocolate and stir until dissolved. Strain the mixture and place in the fridge covered with cling film.

*Serving:* Once ready to serve place a dollop of the caramelised peach mixture on top of the panna cotta. Then in a stand mixer with the whisk attachment on a medium speed slowly add liquid nitrogen to the ice cream mix until it forms a smooth ice cream. Add one scoop per plate and keep the rest in the freezer.



# LAMB ROGAN JOSH

To serve 15 guests

<i>oil for frying</i>	<i>2 cinnamon sticks</i>
<i>6 cardamom pods, bruised</i>	<i>4 cloves</i>
<i>1 tsp ground cumin</i>	<i>1 tsp ground coriander</i>
<i>2 tsp paprika</i>	<i>3 tsp salt</i>
<i>2 onions, finely sliced</i>	<i>6 cups water</i>
<i>2 kg leg of lamb, deboned and cut into bite sized pieces</i>	

*Lamb:* In a large pan, heat about 3 tablespoons of oil until bubbling hot. Add all the spices and let it come to a sizzle for about 30 seconds. Fry the meat in batches in this spice oil. Season with the salt while you are frying. If needed, add more oil to the pan.

When done take the meat out and add the onions and fry until golden brown. If needed, add a bit more oil. Add the meat back to the pan and stir. Add 1 cup of water, put the lid on and let it simmer for 10 minutes.

<i>8 TBSP canola oil</i>	<i>4 onions, finely chopped</i>
<i>4 TBSP garlic and ginger paste</i>	<i>5 TBSP paprika</i>
<i>2 tsp chilli powder</i>	<i>3 TBSP medium curry powder</i>
<i>1 tsp ground cumin</i>	<i>1 tsp ground coriander</i>
<i>16 cashew nuts</i>	<i>400 g tinned tomatoes, chopped</i>
<i>± 1 cup mutton stock (or chicken)</i>	<i>6 TBSP double thick yogurt</i>
<i>2 tsp garam masala (garnish)</i>	<i>6 TBSP fresh coriander (garnish)</i>

*For the curry sauce:* In a large pot heat the oil over a medium to high heat. Add the onions and fry for about 10 minutes until soft and starting to brown. Add the garlic and ginger paste and fry for 1 more minute. Add the paprika, chilli powder, medium curry powder, cumin, coriander and cashew nuts. Stir and add the tinned tomatoes and bring to boil. Add this to a blender and blend to smooth. Add back to the pot over medium high heat and bring to simmer. Add the lamb and simmer for about 30 minutes until meat is soft and the sauce nice and thick. If it is too thick add a bit more water or stock. Stir in the yoghurt one tablespoon at a time. Taste and add more seasoning if needed.

*Serving:* Dish up and dust the top with garam masala and chopped coriander.

# MASOOR DHAL TADKA (Indian Red Lentil Dahl)

To serve 15 guests

*3 cups red lentils, well rinsed*

*8 cups water*

Bring lentils and water to a boil in a large pot, then turn the heat down to simmer. Skim off any foam that collects on top. Cook, partially covered, until tender, +/- 15-20 minutes. While the lentils are cooking, make the tadka.

*3 TBSP canola oil*

*2 large onions, finely diced*

*6 cloves garlic, grated*

*1 large finger of ginger, grated*

*2 green chillies, finely chopped*

*2 TBSP curry powder*

*2 tsp mustard seeds*

*2 tsp ground coriander*

*2 tsp ground cumin*

*1½ tsp salt, more to taste*

*400g (1 tin) chopped tomatoes*

*2 TBSP cream*

*1 TBSP lemon juice*

*1 cup double thick yogurt (garnish)*

*1 bunch fresh coriander, chopped (garnish)*

*Tadka:* Heat a pan/ pot over medium heat, add the oil and onion, garlic, ginger, chillies, and a pinch of salt. Fry until soft, about 5 minutes. Add the spices: curry powder, mustard, coriander, and cumin, along with the salt. Stir to combine and cook for about 60 seconds, then add the tomatoes. Cook about 7 minutes to cook down the tomatoes. Add the lentils, simmer over low heat for about 5 minutes to infuse.

*Final touches:* Stir in the cream and lemon juice. Season to taste. Serve with chopped coriander and dollops of yogurt.

# CHICKEN VINDALOO

To serve 15 guests

*15 whole black peppercorns*

*4-5 red chillies or to taste*

*1 ½ tsp cumin seeds*

*1 big piece ginger, grated*

*3 TBSP water*

*1½-2 tsp salt*

*¼ cup canola oil*

*½ tsp salt*

*1 tsp sugar, plus more as needed*

*Big bunch of fresh coriander (garnish)*

*8 whole cloves*

*1 cinnamon stick*

*10 garlic cloves, grated*

*4 TBSP apple cider vinegar, plus extra*

*15 chicken drumsticks*

*2 tsp ground turmeric*

*3 medium onions, finely chopped*

*2 TBSP tomato paste*

*½ cup water*

Heat a large, heavy-bottomed pan or pot with a lid over medium heat. Once hot, add the peppercorns, cloves, chillies, cinnamon stick and cumin seeds. Swirl the pan around, or toss the spices with a wooden spoon, and toast until fragrant, about 1 minute, taking care not to burn the spices. Transfer to a small plate to cool.

Once spices are cool, place in a spice grinder or a mortar and pestle, breaking up the cinnamon and chillies, if needed; grind to a fine powder. Add the garlic, ginger, vinegar and 3 tablespoons water, and continue grinding until the mixture becomes a smooth paste.

Place the drumsticks in a large bowl and make a shallow slit in the thickest part of the flesh; this helps all the flavours seep into the chicken and helps it cook evenly. Season with salt and the turmeric. Add the curry paste to the chicken and mix until coated. Cover and marinate at room temperature for 30 minutes.

...CHICKEN VINDALOO  
(continued)

In the same pan used to toast the spices, heat the oil over medium-high. Add the onions and cook, stirring frequently, until golden, 12 to 15 minutes. Reduce heat to medium, and season the onions with a little salt. Make a little well in the middle of the onions and add the tomato paste to the pan. Cook until its colour has deepened, drizzling in a little more oil, if needed, about 1 minute.

Add the chicken and all the marinade, sprinkle on the sugar, stir and cook just until the chicken takes on a little colour, about 5 minutes. Add ½ cup of water, bring to a simmer and cover. Reduce heat to low and cook, stirring and occasionally turning the drumsticks, until the chicken is cooked through and tender, about 45 minutes. The chicken will release its own liquid; check the gravy occasionally and add more water as needed, depending on whether you'd like a drier or juicier curry. As the chicken cooks, taste and adjust salt, sugar and vinegar — the vindaloo should have enough spice to make you take notice but not overpower all the other flavours.

*Final touch:* Top with coriander and serve.

## POPPADOMS

To serve 15 guests

Fry and prepare as per packet instructions:

15 cumin poppadoms (uncooked)

1 L oil

# PARATHA

To serve 15 guests

*6 cups flour & extra for rolling out*

*1½ cups melted butter*

*1 cup butter for spreading*

*3 tsp salt*

*± 2 cups hot water*

Place the flour in bowl. Work in the salt and melted butter with your fingertips. Mix in enough water to form a soft dough. Knead for a few minutes and then divide the dough into 12-15 small portions, shape into balls. Roll one ball into a circle on a lightly floured board. Spread with 1 tablespoon of butter, lightly sprinkle with flour and make fingertip imprints on the dough. Roll into a sausage shape, then roll each end in the opposite direction, forming an 'S' shape. Place one rolled up end onto the other and press on lightly floured board. Roll this into a flat round circle.

*Cook and Serve:* Heat the heavy frying pan. Cook the paratha on an ungreased pan until freckled with golden spots on both sides. Reheat by warming on a heated pan for 1 min on each side.

# YOGURT, CORIANDER AND MINT RAITA

To serve 15 guests

Prepare and mix all the ingredients together. Taste for seasoning:

*2 cups double thick yogurt*

*1 bunch mint leaves, chopped*

*2 green chillies, chopped*

*salt to taste*

*1 large bunch fresh coriander, chopped*

*4 cloves garlic, grated*

*1-2 TBSP lemon juice*

# VAGHARELI CHAVAL (aromatic rice)

To serve 15 guests

<i>4 cups of basmati rice</i>	<i>Salt to taste</i>
<i>4 TBSP canola oil</i>	<i>4 TBSP butter</i>
<i>8 cardamom pods</i>	<i>5 whole cloves</i>
<i>3 tsp cumin seeds</i>	<i>4 cinnamon sticks</i>
<i>4 large onions, finely sliced</i>	<i>¼-½ cups water</i>

*Rice:* Cook per packet instructions.

*Vaghar:* Heat the butter and oil in a pot with a lid over medium to high heat. Add the cardamom, cloves, cumin and cinnamon and fry till fragrant 2-3 minutes. Be careful not to burn the spices. Add the onions and fry until golden brown.

*Final steps:* Carefully stir the rice into this mixture. Add the water and simmer with lid on for about 10 minutes until the rice has heated through and absorbed the aromas.

# TOMATO CHUTNEY

To serve 15 guests

Prepare and mix all the ingredients together:

<i>5 large tomatoes, seeded</i>	<i>2 tsp cumin seeds</i>
<i>1 green chilli, chopped</i>	<i>2 TBSP fresh coriander, chopped</i>
<i>2 tsp lemon juice</i>	<i>2 tsp brown vinegar</i>
<i>1 tsp salt</i>	

# GULAB JAMUNS (Bengali sweetmeats)

To serve 15 guests

<i>3 cups cake flour + extra for rolling out</i>	<i>2½ tsp baking powder</i>
<i>500 ml semolina</i>	<i>6 TBSP butter</i>
<i>1 TBSP canola oil</i>	<i>1 TBSP nutmeg</i>
<i>2 tsp cardamom seeds</i>	<i>1 can of condensed milk</i>
<i>1 cup lukewarm water</i>	

In a deep bowl, sift together the flour and baking powder. Add the semolina, butter, oil, nutmeg and cardamom and rub to a fine texture with your fingertips. Add the condensed milk and blend to a soft dough with the lukewarm water. Knead well for about 2 minutes. Take 1 tablespoon of dough and press into an oval between your palms. Roll into a cigar shape about 6x1 cm. Repeat until all the dough is used.

<i>900 g sugar</i>	<i>3 cups water</i>
<i>1 tsp lemon juice</i>	<i>2 tsp rose water</i>
<i>1 tsp vanilla essence</i>	<i>3 L canola oil (for frying)</i>
<i>1 pkt desiccated coconut (for serving)</i>	

*Syrup:* Boil the sugar and water together for about 20 minutes. Flavour with rose water and vanilla and take off the heat. The syrup must be thin. Keep warm. In a pot add the oil over medium temperature. When hot, slide a few cigars into the oil and fry slowly until pale brown; they will expand and split in the centre.

*To serve:* Remove from the oil and immediately dip into the warm syrup for about 10 seconds. Drain in colander. Roll in coconut.

Gee 'n Kind 'n Kans!



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