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FOOD
LOVER'S
MARKET

Food Jam

@JanKriel

www.foodjam.co.za

Jan Kriel School focusses on the teaching and training of learners with special educational needs. What started as 6 learners in a horse stable in 1937, has expanded to an infrastructure that supports over 500 learners. This centre of excellence is made possible by friends and donors who have supported Jan Kriel learners for almost 90 years.

Give a child a chance!

FoodJam @ JanKriel is hosted by the JAN KRIEL INSTITUTE, which originated from the church's caring involvement since the beginning. The Institute focuses on nurturing and managing the network of support needed for the learners of Jan Kriel School by raising awareness and the funds necessary to support our learners.

**FoodJam@ JanKriel 2026
is once again proudly
sponsored by:**



Johan de Villiers – Italiaans oor die Kole

FILLET CARPACCIO Crispy capers, shaved parmesan and wild rocket
BRUSCHETTA with confit tomatoes, Pecorino, basil & Balsamic reduction
ARTICHOKE DIP
BISTECCA ALLA FIORENTINA Fire grilled Sirloin Tomahawk steak with smoked salt
ROMESCO SAUCE Roasted red bell pepper sauce
MELANZANE ALLA PARMIGIANA Layers of baked Aubergine, tomato passata, mozzarella and parmesan
BROCCOLINI AVVOLTI NEL PROSCIUTTO Tenderstem broccoli wrapped with thinly sliced prosciutto
INSALATA DI POMODORI ITALIAN Textures of tomato & arugula/rocket salad
AUTHENTIC SICILIAN CANNOLI

Lorianne Heyns- Mexican Soiree

PIÑARITA & JALAPENO POPPER Welcome snack and drink from your hosts
CARNE ASADO CORN TACO Fire grilled sirloin taco with bone marrow, crispy onions, pico de gallo, sour cream, cilantro and lime
CHICHARRONES & GUACAMOLE Crispy fried pork belly with chilli salt and crushed avocado salsa
RAPIDO LAMB 'BARBEOA' Marinated and fire rilled rack of lamb Barbacoa with fresh citrus
MAÍZ MEXICANO Mexican corn with creamy mayo, feta cheese, lime, chilli and cilantro
CALABACITAS CON QUESO Roasted squash with homemade Queso Fresco cheese & granadilla
ENSALADA DE FRIJOLES Mexican bean salad with zesty dressing and fresh herbs
CHURROS CON DULCE DE LECHE Fried pastry with caramel

Johané Neilson- Ta-Da! Lyk moeilik, maar is maklik

BLOUKAAS-KAASKOEK met groenvye
EIERVRUGSTAPELS
BOTTERSKORSIEPASTEI
LUGBRAAIERVARKLIES met chinese 5 speserye
SPRIETUI-PANNEKOEKE
REËNBOOGKOOLSLAAI met staafmenger mayo
SJOKOLADE-EN-FRAMBOOSBROWNIES met sjokoladesous
TUILLE-SKOENLAPPERS

Marinda Engelbrecht- Hook, line & dinner

KRAPSTOKKIE SLAAI
KONINGS KERRIE STOKVIS
VISKOEKIES met tartaresous
GEROOSTERDE BOTTERSKORSIE EN FETASLAAI met hotcross bun croutons
VYE, KOMKOMMERLINT, APPEL EN BLOUKAASSLAAI KRANS
MEDITERREENSE AARTAPPEL- EN OLYFSLAAI
KLASSIEKE OONDGEBAKTE GEELBEK met dille & suurlemoen
HADDOCKPASTEI
GEVULDE WIT AMARULA PAASEIERS

Bo Zang- Sushi Spectacular

SALMON SASHIMI
SALMON ROSES
CALIFORNIA ROLLS
BEAN CURD
NIGIRI

Chevonne Fourie- Amazing Asian

PORK CHIVE DUMPLINGS with dipping sauce
VEGETABLE SPRING ROLLS with homemade sweet chilli sauce
PRAWN RICE PAPER SPRING ROLLS with peanut dipping sauce
MISO RAMEN WITH PAK CHOI AND SOFT-BOILED EGGS
TERIYAKI PORK BELLY BOA BUNS with slaw and cashews
CRUSHED QUICK CUCUMBER KIMCHI
MOCHI filled with fresh fruits and cream



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FILLET CARPACCIO

To serve group of 20

Ingredients:

The Beef

- **2 kg** Whole Beef Fillet (center-cut), trimmed of silver skin
- **2 tbsp** Olive oil (for rubbing)
- **To taste** Coarse sea salt and cracked black pepper

The Toppings

- **200g** Fresh Rocket (Arugula)
- **300g** Parmesan Cheese block (for shaving)
- **2 cups** Capers, drained and patted bone-dry
- **2 cups** Neutral oil (Canola or Sunflower for frying)

The Dressing

- **1 cup** Extra Virgin Olive Oil (high quality)
- **4 Large Lemons** (2 for juice, 2 cut into wedges for serving)
- **To taste** Flaky sea salt (like Maldon)





... FILLET CARPACCIO
(continued)

Instructions

1. The Coal Sear

- **Prepare the Fire:** Light a charcoal or wood fire. Wait until the coals are white-hot and glowing.
- **Season:** Rub the whole fillets with olive oil and season heavily with salt and pepper.
- **Flash Sear:** Place the fillets directly over the hottest part of the coals. Sear for **45–60 seconds per side**. You want a dark, smoky char on the outside while the inside remains completely raw.
- **Chill:** Remove immediately. Let it cool for 10 minutes, then wrap tightly in plastic wrap to form a neat cylinder.
- **Firm Up:** Place in the freezer for **60 minutes**. This is the "sweet spot" that allows for paper-thin slicing.

2. The Crispy Capers

- **Dry:** Ensure capers are dried thoroughly on paper towels (moisture causes oil to splatter).
- **Fry:** Heat neutral oil in a small saucepan. Fry capers in small batches for **1–2 minutes** until they "bloom" open and become crunchy.
- **Drain:** Remove with a slotted spoon and drain on fresh paper towels.

3. The Prep (Can be done 2 hours ahead)

- **Slice:** Using a very sharp carving knife or a meat slicer, cut the chilled beef into wafer-thin slices.
- **Plate:** Arrange the slices on large chilled platters, slightly overlapping. Cover tightly with plastic wrap and keep in the fridge.
- **Shave:** Use a vegetable peeler to create long, thin ribbons of Parmesan.

4. The Assembly (Last minute)

- **Dress the Rocket:** In a large bowl, toss the rocket with a splash of olive oil, a squeeze of lemon, salt and pepper.
- **Topping:** Scatter the dressed rocket over the beef slices.
- **Garnish:** Generously distribute the crispy capers and Parmesan shavings over the top.
- **Finish:** Drizzle the entire platter with Extra Virgin Olive Oil and a final crack of black pepper. Serve with lemon wedges on the side.



BRUSCHETTA WITH TOMATO CONFIT, SHAVED PARMESAN & BALSAMIC REDUCTION

Serves 20 people (Appetizer portion)

Ingredients:

The Tomato Confit

- **2 kg** Cherry tomatoes
- **2 cups** Extra Virgin Olive Oil (enough to nearly submerge tomatoes)
- **6-8** Garlic cloves, peeled and smashed
- **4-5** Sprigs of fresh Thyme
- **1 tsp** Sugar (to balance acidity)
- **To taste** Salt and freshly cracked black pepper

The Base & Toppings

- **3** Large Baguettes loaves (aim for ~40 slices total)
- **250g** Grana Padano Shavings
- **1 large bunch** Fresh Basil (leaves only)
- **1/2 cup** Balsamic Reduction (store-bought glaze or homemade)
- **2** Garlic cloves, halved (for rubbing the bread)





... BRUSCHETTA WITH TOMATO CONFIT, SHAVED PARMESAN & BALSAMIC REDUCTION
(continued)

Instructions

1. The Tomato Confit (Prepare ahead)

- **Slow Roast:** Preheat your oven to **130°C - 150°C (260°F - 300°F)**.
- **Combine:** Place tomatoes, smashed garlic and herbs in a single layer in a deep baking dish. Pour over the olive oil until tomatoes are half to three-quarters submerged. Sprinkle with sugar, salt, and pepper.
- **Cook:** Bake for **1 hour** until the tomatoes are shrivelled and soft but not completely falling apart.
- **Cool:** Let them cool. (This can be made up to 3 days in advance and kept in the fridge.)

2. The Crostini

- **Slice:** Cut the baguettes on a diagonal into 1/2-inch-thick slices.
- **Toast:** Arrange on baking sheets. Lightly brush with some of the **infused oil** from the tomato confit. Bake at **200°C (400°F)** for 5-8 minutes until golden and crisp.
- **Garlic Rub:** While the bread is still warm, lightly rub one side of each slice with the cut side of a raw garlic clove for a subtle aromatic punch.

3. The Parmesan shavings & Basil

- **Parmesan:** Use a vegetable peeler to create thin, wide ribbons of Parmesan.
- **Basil:** Stack the basil leaves, roll them tightly, and slice into thin ribbons just before serving to prevent browning.

4. Assembly

- **Topping:** Spoon 2-3 confit tomatoes onto each slice of bread, pressing slightly so they release their juices into the toast.
- **Layer:** Top with a few ribbons of fresh basil and 2-3 Parmesan shavings.

5. Finish

- **Drizzle** generously with the [balsamic reduction](#) and a final sprinkle of flaky sea salt.



BISTECCA ALLA FIORENTINA (FLORENTINE STEAK)

To serve a crowd of 20

Ingredients

- **10 x Sirloin Tomahawk steaks (approx. 1.3kg–1.5kg each)** - each sliced 5cm minimum thick
- **1 cup** Extra-virgin olive oil (for brushing and finishing)
- **½ cup** Coarse sea salt (Maldon or similar)
- **3 tbsp** Freshly ground black pepper
- **1 large bunch** Fresh herbs (Rosemary, Sage, and Thyme) tied into a "brush"
- **250g** Butter (optional, for basting)
- **5 Lemons**, cut into wedges (for serving)

Instructions

1. Preparation (Crucial for 20 People)

- **Temper the Meat:** Remove the steaks from the fridge at least 2 hours before cooking. This is vital for such thick cuts to ensure the center isn't ice-cold when searing.
- **Season:** Just before grilling, pat the steaks bone-dry with paper towels. Brush generously with olive oil and season heavily with coarse salt and cracked black pepper.

2. The Grilling (Over Hot Coals)

- **High Heat:** Prepare a large charcoal or wood-fired grill. You need intense, direct heat to achieve the signature charred crust.
- **The Sear:** Place steaks on the grill. Cook for 4–6 minutes per side.



... BISTECCA ALLA FIORENTINA (FLORENTINE STEAK)
(continued)

- **The "Standing" Trick:** A true Florentine technique is to stand the steak upright on its T-bone for the final 5 minutes of cooking. This conducts heat through the bone to warm the interior without overcooking the meat.
- **Baste:** While grilling, use your herb bundle (dipped in olive oil or melted butter) to brush the steaks, adding a subtle aromatic smokiness.

3. Resting & Slicing

- **The Rest:** Transfer the steaks to a warm board and let them rest for 10 minutes. This allows the juices to redistribute so they don't run out when carved.
- **The Carve:** To serve a large group, carve the meat away from the bone. Slice the fillet and the **strip steak into thick slices (tagliata style) across the grain.**

4. Service

- Arrange the sliced meat back around the bone on large heated platters.
- Finish with a final drizzle of high-quality extra-virgin olive oil and a sprinkle of flaky salt. Serve with lemon wedges on the side.

Authenticity Tips

Don't Overcook: Traditionally, this steak is served rare. The high heat creates a "crust" (the Maillard reaction) while the inside remains ruby red and tender.

Quality First: Because the seasoning is minimal, the flavor relies entirely on the quality of the beef. Look for well-marbled, dry-aged cuts if Chianina is unavailable.





ROMESCO SAUCE

To serve group of 20

Ingredients

- **1.2kg** Roasted red peppers (approx. 6 large fresh peppers)
- **800g** Ripe plum tomatoes (approx. 5-6 medium tomatoes)
- **200g (1 ½ cups)** Toasted almond flakes (or a mix of almonds and hazelnuts)
- **3-4 slices** Stale sourdough or baguette, toasted and torn
- **8-10** Garlic cloves, peeled (roasted for sweetness, raw for punch)
- **300ml (¾ cup)** Extra-virgin olive oil
- **100ml (1/3 cup)** Sherry vinegar (or red wine vinegar)
- **1 ½ tbsp** Smoked paprika (Pimentón)
- **1 tsp** Salt (adjust to taste)
- **½ tsp** Red pepper flakes (optional)

Instructions

1. Prep the Base:

- Using whole peppers and tomatoes, roast them at **200°C (400°F)** until charred (approx. 30–40 mins) but the ideal will be to roast on open fire coals. Peel the skins and remove seeds once cooled.

2. Toast:

- Toast the nuts in a dry pan until fragrant.
- Toast the bread slices until very golden and crisp (this provides the "body" of the sauce).



... ROMESCO SAUCE
(continued)

3. Process:

- Place the nuts, garlic, and toasted bread into a large food processor. Pulse until they form a coarse, sandy crumb.
- Add the roasted peppers, tomatoes, smoked paprika, vinegar, salt, and pepper flakes.
- Blend until a thick, chunky paste forms.

4. Emulsify:

- While the motor is running on low, slowly stream in the **olive oil**.
- The sauce should thicken and become creamy but still retain a slightly rustic, nutty texture.

5. Finish:

- Taste and adjust with more salt or vinegar if needed.

Chef's Tip:

This sauce is quite thick. If you reach the 1.2L – 1.5L mark and it feels more like a paste than a sauce, whisk in 2–3 tablespoons of warm water to loosen it to a "spoonable" consistency.





ARTICHOKE DIP

To serve group of 20

Ingredients

- **4 cans** Artichoke hearts (approx. 400g each)
- **4 tubs** Cream cheese (approx. 230g–250g each)
- **1 cup** Mayonnaise
- **8–12** Garlic cloves, minced (adjust to taste)
- **2 cups** Grated Parmesan (divided: ~1 ⅓ cups for mixing, ⅔ cup for topping)
- **To taste** Salt and freshly cracked black pepper

Instructions

1. **Prep the Artichokes:** Drain all 4 cans of artichoke hearts. Place them in a colander, sprinkle with salt and pepper, and leave to drain thoroughly to ensure the dip stays creamy, not watery.
2. **Mix the Base:** In a large bowl, mix the cream cheese, mayonnaise, minced garlic, and 1 ⅓ cups of the grated Parmesan.
3. **Combine:** Roughly break or chop the drained artichokes and fold them into the cream cheese mixture.
4. **Bake:** Transfer the mixture into a large oven-proof dish. Sprinkle the remaining ⅔ cup of Parmesan over the top.
5. **Cook:** Bake for **30 minutes at 180°C (350°F)** until bubbling and golden. Serve hot with plenty of crusty bread.

Chef's Tip:

If you want a bit of extra texture, you can pulse half of the artichokes in a food processor and hand-chop the rest for a "chunky-meets-smooth" consistency.



PROSCIUTTO-WRAPPED BROCCOLINI (LONG STEM)

To serve group of 20

Ingredients

- **2 kg** Long stem broccolini (approx. 60 stems / 8–10 bunches)
- **400g** Prosciutto di Parma (approx. 25–30 thin slices, halved lengthways)
- **1/3 cup** Extra-virgin olive oil
- **3** Garlic cloves, very finely minced
- **2** Lemons (zested + Juice)
- **To taste** Freshly cracked black pepper (no salt needed)

Instructions

1. Blanch & Shock (The "Bright Green" Secret)

- **Boil:** Bring a large pot of salted water to a rolling boil.
- **Blanch:** Drop the broccolini in for **only 60 seconds**. It should be vibrant green but still have a firm "snap."
- **Ice Bath:** Immediately plunge into a bowl of ice water for 2 minutes.
- **Dry:** Drain and pat **completely dry** with a clean kitchen towel. If they are wet, the prosciutto won't crisp up.

2. Season & Wrap

- **Toss:** In a large bowl, toss the dry broccolini with the olive oil, minced garlic, lemon zest, and black pepper.
- **Bundle:** Take 1 large stem (or 2 small ones) and wrap a half-slice of prosciutto tightly around the middle. The ham should overlap to "glue" itself together.

3. The High-Heat Finish

- **Oven:** Arrange the bundles in a single layer on large baking sheets. Roast at **220°C (425°F)** for **8–10 minutes**.
- **Goal:** You want the prosciutto to become shrivelled and crispy, and the bushy tops of the broccolini to get slightly charred.



MELANZANE ALLA PARMIGIANA (EGGPLANT PARMESAN)

To serve group of 20

Ingredients:

The Base

- **4 kg** Eggplants (approx. 8–10 medium), sliced into 8mm–1cm rounds
- **As needed** Fine salt (for sweating)
- **As needed** Olive oil (for brushing/roasting)

The Tomato Sugo

- **2.2 Liters** Tomato passata (pureed tomatoes)
- **2** Small onions, finely diced
- **8** Garlic cloves, minced
- **1 Large bunch** Fresh basil, hand-torn
- **3 tsp** Sugar (to balance acidity)
- **To taste** Salt and freshly cracked black pepper

The Layers

- **1kg** Mozzarella (fior di latte or shredded), cubed and drained
- **300g** Parmigiano Reggiano, freshly grated





... MELANZANE ALLA PARMIGIANA (EGGPLANT PARMESAN)
(continued)

Instructions

1. Prepare the Eggplant (The Healthy "Side" Method)

- **Sweat:** Layer the sliced eggplant in a colander, sprinkling each layer with salt. Let sit for **30–45 minutes**.
- **Dry:** Rinse the slices to remove excess salt and pat **completely dry** with a clean kitchen towel.
- **Roast:** To save time and keep the side dish lighter, brush slices with olive oil and bake on parchment-lined trays at **200°C (400°F)** for **20–25 minutes** until tender and golden.

2. Prepare the Tomato Sugo

- **Sauté:** Heat olive oil in a large pot. Sauté onions and garlic until soft and translucent.
- **Simmer:** Add passata, sugar, salt, and pepper. Simmer for **30 minutes** until thickened. Stir in half the basil at the very end.

3. Assembly

- **Base:** Spread a thin layer of sauce in two large baking dishes (approx. 30x40cm).
- **Layering:** Place a layer of eggplant, a layer of sauce, a light scattering of mozzarella, a sprinkle of Parmesan, and a few basil leaves.
- **Repeat:** Aim for **3 layers** of eggplant.
- **Top:** Finish with a final thin layer of sauce and the remaining Parmesan and mozzarella.

4. Bake & Rest

- **Bake:** Bake at **180°C (350°F)** for **30 minutes** until the cheese is golden and bubbling.
- **Rest:** Crucially, let the dishes rest for **at least 20 minutes** before serving. This allows the layers to set so they can be cut into neat squares to plate alongside the sliced steak.

Chef's Tip:

*Since this is a side for the Bistecca, keep the layers **compact and tidy**. This allows you to cut small, elegant squares that won't overwhelm the plate next to the meat.*



ITALIAN TOMATO & ARUGULA/ROCKET SALAD (PANZANELLA STYLE)

To serve group of 20

Ingredients

- **3 kg** Ripe Heirloom or Mixed Cherry Tomatoes (roughly chopped)
- **400g** Fresh Rocket (Arugula) — provides a peppery bite
- **3 Large Red Onions**, thinly sliced into half-moons
- **2 cup** Pitted Kalamata or Castelvetrano Olives
- **1 bunch** Fresh Basil, torn
- **Optional:** 2 Cucumbers, peeled and sliced into half-moons

The Vinaigrette

- **1 cup** Extra Virgin Olive Oil
- **1/2 cup** Red Wine Vinegar
- **2 tbsp** Dried Oregano
- **1 tbsp** Dijon Mustard (to emulsify)
- **To taste** Salt and freshly cracked black pepper



... ITALIAN TOMATO & ARUGULA/ROCKET SALAD (PANZANELLA STYLE)
(continued)

Instructions

1. **Prep the Onions:** Soak the sliced red onions in a bowl of cold water for 10 minutes. This removes the harsh "burn" and keeps them crunchy. Drain and pat dry.
2. **The Tomatoes:** Place the chopped tomatoes in a large bowl and sprinkle with a teaspoon of salt. Let them sit for 15 minutes; the salt draws out the juices, which will become part of the dressing.
3. **Make the Dressing:** Whisk together the olive oil, red wine vinegar, mustard, oregano, salt and pepper in a jar or small bowl.
4. **Assemble (Just before serving):** In your largest serving bowls, combine the tomatoes (and their juice), rocket, soaked onions, olives, and cucumbers.
5. **Toss:** Pour the dressing over the top and toss gently. Scatter the torn basil leaves over the top at the very last second.





AUTHENTIC SICILIAN CANNOLI

Serves 20 people (approx. 20–25 cannoli)

Ingredients:

For the Ricotta Filling

- **1.2 kg Ricotta** (preferably sheep's milk), **strained overnight**
- **300g Powdered** (Confectioners') **Sugar**
- **1 tsp Vanilla Paste or Extract**
- **Optional:** 1/2 cup **Mini Chocolate Chips or chopped Candied Orange Peel**

For Garnish

- **100g Chopped Pistachios**
- **Extra Powdered sugar for dusting**

Instructions

1. Prepare the Filling

- **Drain:** Place the ricotta in a cheesecloth-lined sieve over a bowl to remove all excess moisture.

2. Mix: Pass the dry ricotta through a fine sieve into a bowl for a smooth texture. Fold in the powdered sugar, vanilla, and any optional chocolate chips.

- **Chill:** Keep refrigerated in a piping bag until the very moment of serving.

3. Roll and Fry

- **Thinning:** Roll the dough out until paper-thin (about 1–1.5mm).
- **Shape:** Cut 10cm circles or ovals. Wrap loosely around cannoli tubes, sealing the edge with a dab of egg white (avoid getting egg on the tube!).
- **Fry:** Heat oil to **180°C (350°F)**. Fry shells for **1–2 minutes** until golden and bubbly.
- **Cool:** Slide off the tubes while still warm but handleable.



... AUTHENTIC SICILIAN CANNOLI
(continued)

4. Assembly (Serve Immediately)

- **Pipe:** Only fill the cannoli **shortly before serving** to prevent them from becoming soggy.
- **Decorate:** Dip the ends in chopped pistachios and dust heavily with powdered sugar.

Tips:

Filling the shells more than an hour before serving will make them soft. Always fill at the last second for that perfect crunch!

Make sure your oil stays at a consistent temperature; if it's too cool, the shells will be greasy instead of bubbly.





CARNE ASADO Fire grilled sirloin taco with bone marrow, crispy onions, pico de gallo, sour cream, cilantro and lime.

Corn Tortilla

PREPARATION TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

SERVES: 20

Ingredients

- *2kg Masa Harina*
- *1tsp Fine salt*

METHOD

Combine the masa harina, salt and about 1L of water and stir until it becomes a moist, but not sticky dough.

Using your hands, shape the dough into balls the size of golf balls. Line a tortilla press with two sheets of plastic wrap (clingfilm). Put the ball of dough between the sheets of plastic and press to make a tortilla.

Alternatively, roll out each ball on the lightly floured surface, keeping an even round shape, to make a paper-thin disk about 12 cm in diameter. As they are rolled, stack them up interleaved with sheets of wax (greaseproof) paper.

Heat a cast iron pan and cook the tortillas, one at a time, for 2 - 3 minutes or until the dough becomes opaque. Then turn and cook for an additional 2 - 3 minutes.



... CARNE ASADO CORN TACO
(continued)

Pico de Gallo

PREPARATION TIME: 20 MINUTES

RESTING TIME: 45 - 90 MINUTES

SERVES: 20

Ingredients

- 1kg Heirloom Tomatoes
- 1 White onion
- 2 Jalapeno peppers
- 1 cup Cilantro,
- 60ml Lime juice
- 10ml Salt
- 2.5ml Black Pepper

METHOD

Dice the tomatoes and onions into small pieces, this does not have to be perfect, just similar sizes.

Slice the Jalapeno's in ½ and remove the seeds, then chop finely along with the cilantro.

Mix all the ingredients together and let it sit until needed – The key to a traditional pico de gallo is in letting it rest.



... CARNE ASADO CORN TACO
(continued)

Crispy Onions

PREPARATION TIME: 20 MINUTES

COOKING TIME: 3 - 4 MINUTES

SERVES: 20

Ingredients

- 500g Shallots
- 1L milk
- 2 cups Flour
- 10g Salt
- Fryer at 170°C

METHOD

Peel, then thinly slice the shallots on a madonline slicer.

Pour the milk into a bowl along with all the sliced onions and let it sit for about 5 minutes.

Mix the salt and flour together and give it a light whisk.

Remove the onions from the milk working in batches and dredge in the flour, making sure to shake off excess flour before frying.

Fry in small batches in the hot oil till golden and crispy.

Soak on papertowel once ready and keep warm till needed.



... CARNE ASADO CORN TACO
(continued)

Bone Marrow

PREPARATION TIME: 5 MINUTES

COOKING TIME: 10 - 15 MINUTES

SERVES: 20

Ingredients

- 10 x Marrow Bones
- 1 tsp chili powder,
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp crushed chilli
- 1/2 tsp dried oregano
- 2 tsp paprika
- 1 tsp ground cumin
- 3tsp sea salt
- 1tsp black pepper
- 1 tsp ground cinnamon

METHOD

Toast all the spices together and rub over the bone marrow.

Roast the marrow bones in the oven at 180°C for roughly 10 - 15 minutes, or until soft right through and golden on top. Remove from the oven when ready and let it rest.

Once needed, warm the marrow bones again for 2-3 minutes in the oven and remove the bonemarrow from the bone, chop into chunky pieces and top the tortilla with it.



... CARNE ASADO CORN TACO
(continued)

Sirloin

PREPARATION TIME: 10 MINUTES

COOKING & RESTING TIME: 30 - 45 MINUTES

SERVES: 20

Ingredients

- *Whole sirloin*
- *20g Medium sea salt*
- *20g Black pepper corns*
- *20g Coriander seeds*
- *500g Browned butter*

METHOD

Toast the coriander seeds and peppercorns together in a hot dry pan, till it starts to become fragrant, and remove from the heat.

Ground the pepper, and coriander together till fine and mix with the salt.

Rub the sirloin with the salt mix and let it sit for 10 minutes.

In the meantime, melt the butter down in a heavy based pot and let it cook till the milk solids start to brown - you will see the fat separating from the white foam, which are the milk solids. Once the white part sinks to the bottom, it will start to brown to a hazelnut colour. Remove from the heat, give a vigorous whisk and keep one side till needed.

Now over hot coals, cook the sirloin fat down till golden and crusty - roughly 6 minutes. Turn over and cook for another 6 minutes. Turn and cook its other two sides for 6 minutes each. Remove from the heat and let it rest in the brown butter until needed



To Serve

20 Corn tacos
Grilled Sliced Sirloin
Chopped Grilled Bone Marrow
Pico De Gallo
Fresh coriander
Sour Cream
Fresh lime wedges





RAPIDO LAMB BARBACOA Marinated and fire grilled

Lamb rump Barbacoa with fresh citrus

PREPARATION TIME: 15 MINUTES

COOKING TIME: 30-45 MINUTES

SERVES: 20

Ingredients

- 30g Cumin
- 30g Dried oregano
- 20g Onion powder
- 20g Garlic powder
- 20g Smoked Maldon salt
- 20g Paprika
- 15g Chipotle chili powder
- 15g Toasted & ground black pepper
- 10g Brown Sugar
- 4 Oranges, Zested and Juiced

METHOD

Mix the dry rub together to make a barbacoa rub and rub into the lamb rumps and Marinade for 30 Minutes



... *RAPIDO LAMB BARBACOA*
(continued)

Braaiing the Lamb Rump Steaks

Once your coals are ready (5 second rule), it's time to braai the lamb rump steaks.

Place the steak directly over the coals and cook for 4-5 minutes per side for medium-rare, 5-6 minutes per side for medium, or 6-7 minutes per side for medium-well.

Use a meat thermometer to ensure that the steak reaches the desired internal temperature: 54°C for medium-rare, 60°C for medium, and 66°C for medium-well.

Resting the Lamb Rump Steaks

After braaiing, it's essential to allow the lamb rump steak to rest for 10-15 minutes before slicing and serving.

This resting period allows the juices to redistribute throughout the steak, resulting in a more tender and flavorful eating experience.

Slicing and Serving

Once the lamb rump steak has rested, thinly slice it against the grain. This will help to break down the muscle fibers and make the steak even more tender.

Heat a cast iron pan and cook the tortillas, one at a time, for 2 - 3 minutes or until the dough becomes opaque.

Then turn and cook for an additional 2 - 3 minutes.



CHICHARRONES & GUACAMOLE

Crispy fried pork belly
with chilli salt and crushed avocado salsa

Chicharrones

PREPARATION TIME: 20 MINUTES

COOKING & RESTING TIME: 60 MINUTES

SERVES: 20

Ingredients

- 16 cloves garlic grated
- ½ cup fresh lime juice
- 2 tsp freshly ground black pepper
- 2 tsp ground cumin
- 2 Tbsp Sazón seasoning
- Lime wedges, for serving
- 8 tsp. dried oregano
- 8 tsp Maldon salt
- 3L Neutral oil
- 4kg pork belly rashers
- Chilli Salt

METHOD

In a bowl, combine garlic, oregano, lime juice, salt, cumin, and pepper. Add the pork belly to the bowl and massage the marinade into the meat until evenly distributed.

Refrigerate and let marinade for at least 30 minutes.

Place a large heavy pot over high heat and bring 5L water to a boil.

Add sazón, pork, and any leftover marinade to the pot and cook until the pork fat is softened, which should take about 30 minutes.

Use a spider for the easiest way to lift the pork from the pot and transfer to a paper towel-lined baking sheet. Pat dry with paper towels, getting the pork as dry as possible. Let cool for 10 minutes.



Meanwhile, ensure the fryer is turned to 180°C

The pork will pop and splatter when frying, so be careful! Working in batches, fry the pork rashers, partially covered to minimize any splatter, until deep golden brown and completely crisp all over, 10 to 12 minutes.

Transfer pork to a wire rack to drain. For the finishing touches, season with a pinch of kosher salt and serve with lime wedges and guacamole.



Chilli Salt

Ingredients

- 50g Maldon Salt
- 10g Ancho Chillis

Blend together



... CHICHARRONES & GUACAMOLE
(continued)

Guacamole

PREPARATION TIME: 10 MINUTES

COOKING & RESTING TIME: 30 - 45 MINUTES

SERVES: 20

Ingredients

- 15 Avocados, diced
- 1kg Heirloom tomatoes, diced
- 6 Red Onions, diced
- 2 Chillies, seeded & chopped
- 1 Cup Cilantro chopped
- 100ml Olive oil
- ½ Cup Lime Juice
- Salt & Pepper to taste

METHOD

In a bowl, mix together the tomatoes, onions, chillies, lime juice and coriander and season with a couple of pinches of salt and freshly cracked pepper

Gently fold in the avocado and adjust seasoning if needed. Add the olive oil and mix gently again.



ENSALADA DE FRIJOLES Mexican bean salad with zesty dressing and fresh herbs

PREPARATION TIME: 30 MINUTES

COOKING TIME: 1 HOUR

SERVES: 20

Ingredients

- 4 tins black beans, rinsed and drained
- 4 tins kidney beans, rinsed and drained
- 4 tins cannellini beans, rinsed and drained
- 5 x Cooked corn on the cob
- 2kg Sweet Palermo peppers diced
- 3 x Jalapenos, seeded and chopped
- 4 red onions, diced
- 1 cup olive oil
- 125ml red wine vinegar
- 125ml sherry vinegar
- ½ cup chopped fresh cilantro
- ¼ cup chopped oregano
- 80ml fresh lime juice
- 80ml lemon juice
- 3 cloves garlic, crushed
- 100ml castor sugar
- 50ml Salt
- 20ml ground cumin
- 15ml ground black pepper
- 10ml chili powder
- 20ml Tabasco
- ½ cup chopped parsley



METHOD

Prepare all ingredients. Combine beans, bell peppers, jalapeno, corn, and red onion in a large bowl.

Whisk olive oil, vinegars, herbs, lime juice, lemon juice, garlic, sugar, salt, cumin, and black pepper together in a small bowl. Season with chili powder and tabasco. Pour dressing over bean mixture and toss well. Refrigerate until chilled, about 1 hour.

Serve cold.





MAÍZ MEXICANO

Mexican corn with creamy mayo, feta cheese, lime, chilli and cilantro

Sauce

PREPARATION TIME: 5 MINUTES

COOKING & RESTING TIME: 30 - 45 MINUTES

SERVES: 20

Ingredients

- 1 cup mayonnaise
- 1 cup sour cream
- 2 tsp chilli powder
- 4 Tbls lime juice, plus wedges of a lime
- for serving

METHOD

Mix together mayonnaise, sour cream, chilli powder, and lime juice in a bowl.



Corn on the cob

PREPARATION TIME: 10 MINUTES

COOKING & RESTING TIME: 10 MINUTES

SERVES: 20

Ingredients

- *20 medium-size ears of yellow corn on the cob*
- *4 Tbls melted butter*

METHOD

Lightly brush corn on the cob with melted butter.

Grill corn, over medium hot coals, turning occasionally until it is browned in spots.

Keep an eye on it as this happens rather quickly.

To Serve

- *2 cups crumbled feta cheese*
- *200ml Fresh Cilantro, roughly chopped*
- *4 tsp coarse chilli flakes*

METHOD

Brush each grilled corn with the mayo mixture and sprinkle with feta cheese.

Garnish with cilantro and a sprinkle of coarse chilli flakes and serve.



CALABACITAS CON QUESO

Roasted squash with
homemade Queso Fresco & granadilla

Filled Pumpkins

PREPARATION TIME: 20 MINUTES

COOKING & RESTING TIME: 30-45 MINUTES

SERVES: 20

Ingredients

- 3kg Pumpkins, cut into halves
- 5 cups Queso Fresco
- 5 medium onions chopped
- 2kg tomatoes diced
- 5 Yellow Peppers diced
- 3 Jalapeño peppers chopped
- 15 Tbsp olive oil
- 2 ½ tsp ground coriander
- 10 garlic cloves minced
- 2 ½ tsp ground pepper
- 10 Granadilla's halved
- 200ml Chopped Italian Parsley
- Salt to taste

METHOD

Heat oil on a pan or cast-iron skillet over medium heat. Add poblano, jalapeño peppers, and onions. Sauté for 5 minutes or until onions become transparent and peppers start to soften.

Add tomatoes and garlic. Season with coriander, salt, and pepper. Mix well and allow everything to cook for 3-4 minutes stirring constantly. Cover and cook stirring from time to time until all vegetables are tender.

Place a small knob of butter in each half pumpkin and season with salt. Roast in the oven till soft and tender. Remove from the oven and fill each pumpkin with the roasted vegetable mix and top with Queso Fresco. Return to the oven and bake till cheese starts puffing



... CALABACITAS CON QUESO
(continued)

Queso Fresco

PREPARATION TIME: 20 MINUTES

COOKING & RESTING TIME: 30-45 MINUTES

SERVES: 20

Ingredients

- 8L Full Cream milk
- 500ml freshly squeezed lemon juice
- Crushed Maldon Salt

METHOD

Line colander with cheesecloth and set over large bowl. Heat milk in a large pot over medium-low heat, stirring frequently, until it registers 74°C to 82°C. Add the lemon juice and vinegar 1 tablespoon at a time, stirring gently after each addition. Stop adding the acid when the curds separate from the whey - you will see white clumps of curd suspended in a pale translucent whey. Let sit uncovered for at least 5 minutes and up to 20 while the separation finishes.

Using slotted spoon or wire skimmer, transfer curds to prepared colander, cover exposed top with plastic wrap, and allow to drain until desired texture is reached, about 40 minutes for fresh curds. Gently stir in salt to taste.

To Serve

- *Filled Roasted Pumpkins*
- *Queso Fresco*
- *Granadilla pulp*
- *Chopped Parsley*





CHURROS CON DULCE DE LECHE

Fried pastry with
caramel

PREPARATION TIME: 30 MINUTES

COOKING TIME: 30-45 MINUTES

SERVES: 20

Ingredients

- 1 L Still Water
- 224g Salted butter
- 120g Sugar
- 1Tsp Vanilla Paste
- 12g Fine Sea salt
- 600g Cake Flour
- 4 Large Eggs
- 4 Egg Yolks

Cinnamon Sugar

- 400g Castor Sugar
- 18g Cinnamon Powder

METHOD

In a saucepan, boil water, butter, sugar, vanilla, and salt. Add the all-purpose flour. Stir continuously with a heatproof spatula or wooden spoon until the mixture comes together and is thoroughly combined, then cool 5–7 minutes. Once cooled, beat in egg and yolk with the electric mixer until the dough is smooth and homogeneous. Transfer to a piping bag fitted with a star nozzle. Fill the deep fat fryer and heat to 185°C

Mix sugar and cinnamon in a small bowl.

Cut and place forty 10 x 10 cm paper squares on a tray and spray each square with cooking spray to ensure the churro does not stick when frying. Starting in the center of each square, pipe a tight spiral of the dough leaving a small border around each square.

When you're ready to fry, carefully lay the churro—still attached to the parchment paper—in the hot oil. (Fry no more than 4 to 5 at a time.) When the paper loosens, use tongs to carefully remove it from the oil and then discard it. Allow the churro to fry for 2 to 4 minutes more or until crisp golden brown. Transfer to a wire rack, and drain for 15 seconds before immediately tossing in the cinnamon sugar.





BLOUKAAS-KAASKOEK MET GROENVYE

Lewer een 23 cm-kaaskoek

Vorbereiding: 20 minute

Baktyd: 45 minute

Oondtemperatuur: 180°C

Dié pikante kaaskoek met net die regte sweempie soet is 'n allemintige voorgereg of sout nagereg saam met druiwe en gekerfde biltong.

Kors

- 200 g semelbeskuitjies (“digestives”), fyngemaak
- 80 ml gesmelte botter
- 6 ingelegde groenvye, in skyfies gesny, pus ekstra vir garnering

Vulsel

- 4 ekstragroot eiers
- gerasperde skil van 1 suurlemoen
- 15 ml vars uitgedrukte suurlemoensap
- 500 g mediumvet-roomkaas by kamertemperatuur
- 100 g bloukaas, plus 100g ekstra vir garnering
- 125 ml suuroom
- 30 ml meel
- 15 ml strooisuiker



... BLOUKAAS-KAASKOEK MET GROENVYE
(vervolg)

METODE

1 Voorverhit die oond. Voer die bodem van 'n 23 cm-losboomkoekpan uit met bakpapier en spuit met kleefwerende kossproei. Meng die koekiekrummels en botter en druk dit met die agterkant van 'n lepel gelyk op die bodem van die voorbereide koekpan. Sit die groenvye in 'n lagie bo-op. Seël die buitekant van die koekpan met foelie sodat daar nie water kan inlek terwyl dit bak nie en sit dit in 'n oondroosterpan waarin dit knus pas.

2 Verwerk die vulselbestanddele saam tot glad met 'n staafmenger of klitser. Geur die mengsel met 'n knippie sout en 'n strooisel peper (ons het pienk peper gebruik). 'n Paar takkies tiemie is 'n opsionele ekstra.



3 Keer die vulsel uit op die voorbereide kors en vul die oondbak met kookwater tot halfpad teen die pan se rand op. Bak vir 45-50 minute of tot die kaaskoek 'n mooi ligbruin kleur bo-op begin kry en net effens wikkel in die middel as jy die pan beweeg. Haal uit die oond, lig die pan versigtig uit die waterbad en laat die koek heeltemal afkoel. Verkoel in die yskas.

4 Versier met ekstra blokkies bloukaas, 'n paar kruieblaartjies en dun skyfies biltong. Sit voor met ekstra biltong en ingelegde groenvye vir selfhelp.



EIERVRUGSTAPELS

Genoeg vir 4

Vorbereiding: 40 minute

Baktyd: 25-30 minute

Oondtemperatuur: 180 °C

Die weergawe van parmigiana, 'n geliefde oondgebakte eiervrug-tamatie-en-kaasgereg uit die suide van Italië, gaan selfs die vleisetters laat vra vir nog!

Bestanddele

- 4 middelslag-eiervrugte
- 125 ml koekmeel
- 3-4 eiers, geklits
- groenteolie vir diepbraai
- 8 skywe mozzarellakaas, elk sowat 5 mm dik
- 300 ml fyngerasperde parmesaan- of pecorino-kaas

Tamatiesous

- 1 ui, gekap
- 45 ml olyfolie
- 3 knoffeltoontjies, gekap
- 3 ansjovisfilette, gekap (opsioneel)
- 'n knippie gedroogde rissievlokkies
- 'n knippie gedroogde tiemie
- 2 lourierblare, vars of gedroog
- 2 blikke (400 g elk) gekapte tamaties
- 5 ml suiker
- 'n hand vol vars basilieblare, gekap, plus 'n paar ekstra blaartjies vir garnering



... EIERVRUGSTAPELS
(vervolg)

METODE

1 Maak eers die tamatiesous. Braai die ui in 30 ml olyfolie tot glansend en sag. Roer die knoffel, ansjovis, rissie, tiemie en lourierblare by en braai tot geurig. Voeg die tamaties by, geur met die suiker, sout en vars gemaalde swartpeper en laat prut vir 20 minute of tot effens verdik. Roer die gekapte basilie en orige olyfolie by en hou gereed.

2 Sny die eiervrug in die lengte in skywe van sowat 7,5 mm dik. Gooi die eerste en laaste skywe van elke eiervrug op die komposhoop; jy benodig 20 skywe vir vier stapels wat elk uit vyf lae bestaan. Sit die meel en eier in aparte vlak bakke, reg vir doop.

3 Verhit 'n bietjie groenteolie oor matige hitte. Doop die eiervrugskywe een vir een eers in die meel en dan in die eier tot oraloor bedek. Braai die bedekte skywe dadelik in die warm olie tot alkant goudbruin. Dreineer die gebraaide skywe op kombuispapier en braai die volgende sarsie.

4 Geur die gebraaide eiervrug met 'n strooisel sout en verdeel die skywe in vier stapels. Maak torings van klein na groot met die groter skywe bo-op, reg vir rangskik in 'n oondbak.

5 Voorverhit die oond. Skep 'n lepel vol tamatiesous onder in die oondbak en pak vier groot eiervrugskywe langs mekaar bo-op. Bou jou stapel met lae mozzarella, tamatiesous, eiervrug en parmesaan. Eindig met 'n skeppie sous en 'n strooisel parmesaan. Bak vir 25-30 minute of tot deurwarm en borrelend. Sit warm voor met ekstra basilie, vars brood en slaai.

Wenk As daar tamatiesous oorbly, hou dit vir pasta! Ek maak altyd eerder te veel as te min. óf bedruip met bietjie chillie olie.





BOTTERSKORSIEPASTEI

Genoeg vir 8 as bykos, 6 as hoofgereg

Vorbereiding: 45 minute

Gaarmaaktyd: 1 uur

Oondtemperatuur: 200°C en 180°C

Dié gereg is eintlik 'n onderstebo-quiche en omdat die deeg bo-op is pleks van onder die vulsel, bly dit heerlik bros en kan dit maklik vooraf berei en herverhit word of teen kamertemperatuur bedien word. Dit is 'n heerlike bykos of vegetariese hoofmaal.

Bestanddele

- 2 middelslag-botterskorsies, geskil en in blokkies of stafjies gesny
- 30 ml olyfolie
- 3 takkies tiemie, blaartjies gestroop
- 3 ml elk komyn, koljander en rissievlokkies
- 1 rooi ui, in wiggies gesny
- 3 heel knoffeltoontjies
- 15 ml ligbruinsuiker
- 4 eiers
- 250 ml room
- 5 velle filodeeg
- sowat 125 ml botter, gesmelt
- 12 salieblare



... BOTTERSKORSIEPASTEI
(vervolg)

METODE

1 Voorverhit die oond. Meng die botterskorsieblokkies met die olyfolie, tiemie en speserye en versprei saam met die ui en knoffel in 'n oondpan. Strooi die suiker oor sowel as sout en swartpeper na smaak en bak vir 30 minute of tot gaar. Rooster vir 'n ekstra 5 minute onder die roosterelement om lekker gekaramelliseerde puntjies te kry.

2 Skep oor in 'n geskikte pasteibak, druk die knoffel uit die skilletjies en druk saam met van die gaar pampoen fyner met 'n vurk. Laat effens afkoel.

3 Verlaag die oondtemperatuur tot 180°C. Klits die eiers en room saam tot glad, geur goed met sout en peper en hou gereed.

4 Knip die filovelle oor die lengte in die helfte. Verf een vir een met botter, strooi 'n salieblaar of twee oor en frommel in 'n rowwe roos. Herhaal met al die velle. Giet die eiervla oor die gaar pampoen, sit die filorose bo-op en verf enige oorblywende botter oor. Strooi die laaste salie ook oor en bak tot gaar, sowat 30 minute.





LUGBRAAIER-VARKLIES MET CHINESE 5 SPESERYE

Genoeg vir 6, afhangend van die bykos

Voorbereiding: 10 minute, plus die uitdroogtyd oornag

Gaarmaaktyd: 55 minute

Min dinge is so lekker soos bros krakeling en sappige varklies, 'n wenkombinasie met legio opsies vir 'n feesmaal. Vir die spyskaart is die idee dat gaste hul sprietuipannekoekies smeer met pruimsous (of ekstra mayo!), 'n bros blaar byvoeg, dit top met 'n reep sappige vark en dan 'n skeppie koolslaai.

Bestanddele

- 800 g ontbeende varklies met die vel aan (sien wenk)
- 30 ml Chinese 5-speserye (of jou gunsteling BBQ rub)
- sowat 5 ml vars gemaalde pienk sout

METODE

1 Smeer die vleiskant van die vleisstuk oraloor met die speserye en 'n bietjie sout sonder om dit op die sooltjie te kry. Draai nou die vleisstuk om en prik die vel oraloor met 'n metaal-sosatiestokkie. (As jy 'n "meat tenderising tool" het, sal dit die taak aansienlik vergemaklik). Gebruik dan 'n vlymskerp nutsmessie en sny die vel in repies, 1 cm uit mekaar – sny net deur die vel en vetlagie. Dan is dit later makliker om deur die gaar vleis en bros sooltjie te sny.

2 Vryf nou die sout oraloor in die vel in; maak seker dit gaan in al die kepe. Sit die vleis oop, met die vel na bo, in 'n nie-reaktiewe pan of bak (glas, keramiek of emalje) in die yskas vir minstens 12 uur of oornag sodat die vel kan uitdroog. Hierdie stap is opsioneel, maar een van die maklikste maniere om 'n bros sooltjie te verseker.



... LUGBRAAIER-VARKLIES MET CHINESE 5 SPESERYE
(vervolg)

- 3 Haal die vleis vroegtydig uit die yskas, druk die vel goed droog en laat dit kamertemperatuur bereik. Gebruik 'n dubbellaag foelie met die dowwe kant na buite en vou 'n "bakkie" waarin die vleis knus pas. Die doel van die foelie is om die vet wat uit die vleis kook, op te vang.
 - 4 Sit die vleis in die foeliebakkie en die bakkie dan versigtig in die mandjie van die lugbraaier (maak vooraf seker dit gaan daarin pas) en bak vir 40 minute op 180°C.
 - 5 Lig die vleis en die opgevangde vet versigtig met behulp van die foelie uit die mandjie. Haal die vleis uit die foeliebakkie en sit dit net so terug in die lugbraaier se mandjie (die vet en foelie het hul doel gedien en kan weggegooi word). Verhoog die temperatuur nou na 220 °C en braai die vleis vir nog 10-15 minute of tot die krakeling bros en goudbruin is. Laat die vleis goed rus, en sny in porsies.
- Wenk** Kies 'n stuk varklies wat nie dikker as 2 cm is nie, met 'n goeie vleis-tot-vetverhouding. 'n Vleisstuk wat dikker is aan die een kant, gaan nie eweredig gaar word nie.
- *Onthou om pruimsous te koop vir opdiening!





REËNBOOGKOOLSLAAI MET STAAFMEGER MAYO

Die hoeveelhede vir hierdie slaai is baie persoonlik. Proe en karring gerus met die geurmiddels sodat dit na jou smaak is. As jou koolslaai nie vars koljander in het nie, oorweeg 'n strooisel ekstra.

Bestanddele

- 350g reënboogkoolslaai
- 30 ml gepekelde gemmer-skyfies (sushigemmer), gesnipper
- sowat 60 ml tuisgemaakte of Kwepie-mayonnaise (sien onder)
- 60 ml gesoute grondboontjies, grof gekap
- 2 koppe cos- of Crunchita-blaarslaai, stingelent afgesny en in blare gebreek
- *Optioneel: 'n strooisel granaatpitte*

METODE

Plaas die koolslaai in 'n bakkie en snipper dit nog fyner met 'n kombuisskêr. (Dis makliker om dit in te skep en die slaabakkies met fyner kool te vul.) Roer die gemmer en mayonnaise by. Strooi die grondboontjies en granaatpitte oor. Sit die snipperslaai in 'n mooi plat bak met die bros blaarslaaiblaare langsaan, gereed vir selfhelp.



... REENBOOGKOOLSLAAI
(vervolg)

Staafmenger-mayonnaise:

- 1 heel eier
- 2 eiergele
- 7,5 ml Dijonmosterd
- 2,5 ml gekapte vars knoffel
- 'n groot knippie rooipeper
- 2 ml Maldon-sout, plus ekstra na smaak
- 2 ml suiker
- 15 ml appelasyn of vars suurlemoensap
- sowat 200 ml sonneblom- of kanola-olie

1 Kies 'n maer maatbeker waarin jou staafmenger lekker knus pas. Sit die eier en eiergele sowel as die mosterd knoffel en ander geurmiddels in die beker (alles behalwe die olie). Sit jou staafmenger in die maatbeker en maak seker die lemme raak aan die eier. Giet die olie bo-oor.

2 Laat die menger aan die bodem raak, skakel dit aan en begin die mengsel verwerk. Wag totdat die mengsel begin emulsifiseer en verdik voor jy die kop van die staafmenger effens oplig sodat meer en meer olie met die mayonnaise kan meng.

3 Sodra die mayonnaise dik is, met 'n bietjie ongebruikte olie bo-op, kan jy die staafmenger op en af beweeg soos nodig totdat alles deurgemeng is. Verwyder die lem, proe of daar nog 'n knippie sout, suiker of rooipeper kort en pas aan na smaak.



SPRIETUI-PANNEKOEKE

Maak 8 pannekoeke (of 12 minis)

Vorbereiding: 30 minute, plus 1 uur rustyd

Gaarmaaktyd: 'n paar minute per pannekoek

Bestanddele

- 500 ml koekmeel, plus 'n bietjie ekstra
- 'n ruim knypie sout
- 200 ml water
- sowat 30 ml sesamolie
- 3 sprietuie, fyngekap
- 15 ml sesamsaadjes



METODE

1 Meng die meel en sout en roer die water geleidelik by met 'n vurk totdat die deeg te dik is om te roer. Keer dit uit op 'n skoon werkoppervlak en knie driftig vir sowat 5 minute of tot glad en elasties. As die deeg te klewerig is na jou sin, voeg 'n bietjie ekstra meel by. Vorm die gladde, elastiese deeg in 'n netjiese bal, sit dit in 'n mengbak wat met 'n bietjie olie gesmeer is en laat rus vir 1 uur onder 'n klam vadoek.

2 Verdeel dan die deeg in 8 gelyke dele en werk met een op 'n slag. Rol die deeg so dun moontlik uit in 'n naastenby reghoekige vorm. Verf 'n lagie sesamolie oor met 'n kwassie en strooi dan 'n bietjie gekapte sprietuie en sesamsaad oor. Rol nou die deeg in die lengte ligweg op in 'n lang strook; rol dié dan in 'n spiraal en plaas eenkant. Herhaal met die res van die deeg.

3 Olie jou werkoppervlak liggies en rol die spirale een vir een so dun moontlik uit in 'n ronde pannekoek. Een of twee klein skeurtjies in die oppervlak is nie die einde van die wêreld nie, maar probeer die pannekoek so eweredig moontlik hou. Die pannekoekies moet effens aan die werkoppervlak vaskleef sodat dit kan rek, so moenie uit die staanspoor te veel olie gebruik nie.

4 Verhit 'n kleefwerende pan tot lekker warm en braai die pannekoeke een vir een tot alkante goudbruin en effens opgepof.



SJOKOLADE-EN-FRAMBOOSBROWNIES

Genoeg vir: 12 brownies

Bereidingstyd: 25 minute

Oondtemperatuur: 160 °C

Bestanddele

- 80 ml koekmeel
- 125 ml versiersuiker
- 100 g gemaalde amandels
- 3 eierwitte
- 100 g botter, gesmelt
- 200 g donkersjokolade, gesmelt
- 120 g bevrore frambose, ontdooi

1 Voorverhit die oond. Smeer 'n diep oondpannetjie (20 x 25 cm) met botter.

2 Plaas die koekmeel, versiersuiker, gemaalde amandels, eierwitte, botter en sjokolade in 'n mengbak en meng deur. Giet in die oondpan en sprinkel die bessies bo-op. Bak vir 35-45 minute of tot gaar wanneer dit met 'n toetspen getoets word. Die brownies is klewerig binne-in, maar die sjokolade rys effens uit bo-op sodra dit reg is.

3 Om voor te sit: Keer die brownies uit die oondpan op 'n kapplank en sny in blokkies. Rangskik op 'n mooi bord en sit net so voor saam met koffie, óf met geklopte room of sjokoladesous, ekstra bessies en Tuille-skoenlappers.

Sjokoladesous

- 250 ml room
- 200 donkersjokolade, fyngekap (dit smelt vinniger)

Verhit die room en sjokoladeblokkies saam tot alles gesmelt is. Verwyder die sous van die hitte en laat dit 'n rukkie staan voordat jy dit bedien.



TUILLE-SKOENLAPPERS

Genoeg vir 'n hele swetterjoel. Bereidingstyd: 45 minute, plus rustyd
Baktyd: 'n paar minute per bakplaat

Ek het dié papierdun Franse koekies by die ICA-sjefskool geleer maak; hulle is ideaal wanneer jy 'n gewone nagereg in iets besonder wil omtower.

Bestanddele

- 80 g meel, gesif
- 100 g versiersuiker, gesif
- 100 g eierwitte (sowat 3 ekstragroot eierwitte indien jy nie 'n skaal het nie)
- 100 g botter, gesmelt en afgekoel



METODE

1 Meng die meel en versiersuiker saam in 'n mengbak. Klits die eierwitte in 'n maatbeker en voeg dit geleidelik by die droë bestanddele terwyl jy aanhoudend klits – dit keer dat klonte vorm. Wanneer die mengsel glad is, klits die botter geleidelik by. Bedek die bak met kleefplastiek en sit dit vir 1 uur in die yskas voor gebruik.

2 Om die dun koekies in 'n egalige dikte te vorm, het jy 'n stensil nodig – 'n stuk plastiek soos 'n roomysbak se deksel is die perfekte dikte. Teken jou skoelappers of die vorms van jou keuse met 'n pen op die deksel en sny dit met 'n nutsmessie uit.

3 Voorverhit die oond tot 180 °C. Sit die stensil op bakpapier neer (dis belangrik om op bakpapier te werk) en smeer met 'n paletmessie 'n eweredige laag tuille-beslag oor die uitgesnyde openinge. Lig die stensil op en herhaal, maar moenie te veel vorms op een vel papier maak nie. Sit die bakpapier met die skoelappers op 'n bakplaat en bak vir sowat 2–5 minute, afhangend van die dikte, tot ligbruin van kleur – hou maar dop. Sodra dit uit die oond kom, werk vinnig en lig die skoelappers met 'n paletmes van die papier; vou die koekies sodat dit lyk of die skoelappers vlieg. Gebruik 'n omgekeerde muffinpan om hulle in dié posisie te ondersteun. Die koekies raak bros wanneer hulle afkoel en sal breek as jy hulle dan probeer vorm. Moet dus nie te veel op 'n slag bak nie. Herhaal tot al die beslag opgebruik is.



KRAPSTOKKIE SLAAI

Bedien 6-8 gaste

Bestanddele

- 500 g krapstokkies uit omhulsel
- ½ komkommer in klein blokkies gesny
- 1 bossie sprietuie in dun ringetjies gesny
- 250 ml kwepi mayonnaise
- 90 ml soyasous
- 15 ml srirachasous
- 1 avo in repies gesny
- 90 ml geroosterde sesamesaad
- Piekkel gemmer
- Wasabi na smaak
- Vir luuks kaviaar

Metode

1. In 'n voedselverwerker kap die krapstukkies tot nog baie grof.
2. Meng die krapstokkies, komkommer en sprituie saam in 'n bak.
3. Meng die mayo, sriracha en soya saam. Proe en voeg by wat jy dink is nodig
4. Meng die sous deur die krapmengsel en proe en pas aan na smaak. Meng stukkies geskeurde gemmer deur.
5. Pak die krap op n mooi bord. Pak avo bo-op die slaai.
6. Sprinkel met sesamesaad en sit lepels kaviaar bo-op.
7. Bedien met wasabie en suurlemoenwiggies.



KONINGS KERRIE STOKVIS

Bedien 6-8 gaste

Bestanddele

- 400 g gaar stokvis
- 250 ml mayonnaise
- 125 ml Griekse jogurt
- 2 tl kerriepoeier
- 1 tl appelkooskonfyt
- 1 tl suurlemoensap
- 30 ml mango blatjang
- Sout en peper
- 30 g gevlokte amandels
- Rocketblare en melba roosterbrood om te bedien



Metode

1. Meng mayonnaise en jogurt saam.
2. Roer kerriepoeier, appelkooskonfyt en blatjang in.
3. Voeg suurlemoensap by en geur met sout en peper.
4. In 'n mengbak roer die gevlokte vis by.
5. Bedien op rocketblare met gevlokte amandels.



VISKOEKIES

Bedien 6-8 gaste

Bestanddele

- 500 g gaar vis
- 300 g gaar aartappels
- 1 koppie (250ml) fyn gesnipperde pietersielie
- 1 ui gerasper
- 2 eiers
- sout
- peper
- 30 ml suurlemoensap
- gekoopte broodkrummels om dit in te rol
- 1 bottel olie om dit in te braai.

Metode

1. Kook die vis in water wat dit net bedek vir 20 minute. Die vis vlok maklik as jy met 'n vurk op dit druk.
2. Skil die aartappels en sny dit in kwarte. Kook dit in water tot sag. As n vurk maklik in dit gaan is dit sag. Druk dit fyn met 'n vurk of aartappel "masher". Mash dit.
3. Snipper pietersielie fyn. Sit dit in 'n beker en knip met 'n sker in die beker. Dit sny lekker fyn.
4. Skil die ui en rasper fyn met jou rasper of kap dit fyn in jou voedselverwerker.
5. Klits die eiers met 'n vurk tot lekker gemeng. Klits sommer in 'n beker.



... VISKOEKIES
(vervolg)

6. Plaas die vis, fyn aartappels, pietersielie, ui, sout, peper, eiers, uie en suurlemoensap in 'n bak. Meng alles lekker met jou hande. Maak koekies so groot soos golfballe en druk bietjie plat.
7. Rol die viskoekies in die broodkrummels. Plaas op 'n bord en laat dit rus vir 1 uur in die yskas.
8. Sit die olie in 'n diep pan en laat dit warm word. Braai die viskoekies mooi bruin in die olie.



TATARESOUS

Bedien 6-8 gaste

Bestanddele

- 250 ml mayonnaise
- 1 klein fyngerasperde wortel
- 30 ml gerasperde argurkie
- 30 ml gerasperde ui
- 30 ml vars suurlemoensap
- Sout en peper

Metode

Meng alles saam.



VYE, KOMKOMMERLINT, APPEL EN BLOUKAASSLAAI KRANS

Bedien 6-8 gaste

Bestanddele

- Babaslaaiblare
- 6-8 vars vye, gehalveer
- 2 groenappels dun gesny
- 1 groot komkommer (lintjies gesny met 'n groenteskiller)
- 40 g bloukaas, gekrummel
- 40 g geroosterde pekanneute
- mikrokruië of kruië vir garnering

Bloukaas-sous- Meng net alles saam en hou die sous effens dik

- 100 g bloukaas, gekrummel
- 125 ml mayonnaise
- 80 ml Griekse jogurt
- 1 tl suurlemoensap
- Zest van een suurlemoen
- swartpeper

Rangskikking vir die krans

1. Plaas 'n klein bakkie of glas in die middel van 'n groot bord.
2. Pak slaaiblare rondom die bakkie om 'n sirkel te vorm.
3. Rangskik komkommerlintjies in klein rolletjies tussen die blare vir volume.
4. Pak die appel tussen die komkommerlinte.
5. Plaas vye eweredig rondom die krans met die snykant na bo.
6. Strooi pekanneute en bloukaas oor.
7. Verwyder die bakkie en drup die bloukaas-sous liggies oor die krans.





MEDITERREENSE AARTAPPEL- EN OLYFSLAAI

Bedien 6-8 gaste

Bestanddele

- *800 g baba aartappels, gaar en gehalveer*
- *80 g swart olywe*
- *150 g kersietamaties, gehalveer*
- *1 klein rooi ui, dun gesny*
- *3 e olyfolie*
- *1 e rooiwynasyn*
- *Vars pietersielie*

Metode

1. Meng aartappels, olywe, tamaties en ui.
2. Klits olie en asyn saam.
3. Gooi oor slaai en sprinkel pietersielie oor.



KLASSIEKE OONDGEBAKTE GEELBEK MET DILLE & SUURLEMOEN

Bedien 6-8 gaste

Bestanddele

- 1 heel geelbek ($\pm 1-1.2$ kg), skoongemaak
- 45 ml olyfolie
- Sap van 1-2 suurlemoene
- 1 suurlemoen, in skywe
- 20 ml vars dille, gekap
- 3 knoffelhuisies, fyn
- Sout en vars gemaalde peper
- Vars pietersielie



Metode

1. Voorverhit oond tot 180°C.
2. Maak 3 snitte aan elke kant van die vis.
3. Meng olyfolie, suurlemoensap, knoffel en dille.
4. Smeer goed oor en binne-in die vis.
5. Sit suurlemoenskywe en pietersielie in die holte.
6. Bak vir 30-35 minute (groter vis vat effens langer).



HADDOCKPASTEI

Bedien 6-8 gaste

Bestanddele

- 1.2 kg haddock
- 6 swartpeperkorrels
- 750 ml melk

Kaassous

- 125 ml botter
- 125 ml koekmeel
- 750 ml melk (gebruik die melk waarin jy die vis gekook het. Vul aan indien nodig)
- 250 ml geraperde kaas
- 2.5 ml mostertpoeier
- Sout en peper na smaak

Kapokaartappels

- 5 groot aartappels gekook
- 125 ml warm melk
- 90 ml botter
- Sout en peper
- Rooipeper opsioneel vir bo-oor strooi





... HADDOCKPASTEI
(vervolg)

Metode

- Kook die vis in die melk met die peperkorrels tot dit gaar is.
- Haal dit uit die melk (behou die melk vir jou kaassous) en vlok die vis. Gooi die peperkorrels weg.)
- Vir die kaassous smelt die botter in 'n potjie.
- Roer die meel by met 'n draadklitser.
- Gooi die melk wat jy gehou het van die vis by en roer tot dit glad is met die draadklitser. Laat dit prut vir 5 minute.
- Proe en sout en peper na smaak.
- Roer die kaas by.
- Roer die gevlokte vis by en skep in 'n oondbak.
- Maak jou kapokaartappels deur die botter en warmmelk te roer in die warm aartappels. Druk lekker fyn met 'n masher.
- Sout en peper na smaak.
- Skep oor jou vis in die oondbak en sprinkel rooipeper oor sou jy van n bietjie brand hou.
- Bak vir 30 minute by 180° Celsius.



GEROOSTERDE BOTTERSKORSIE EN FETASLAAI MET HOTCROSS BUN CROUTONS

Bedien 6-8 gaste

Bestanddele

- 1 medium botterskorsie in blokkies gesny
- 150 g feta
- 50 g pampoensade
- 10 ml balsamiese asyn
- 2 hotcross buns in blokkies gesny en gerooster in die airfryer (skud die blokkies in 'n bak met bietjie gerookte paprika en geelsout. As jy dit in die airfryer sit spuit met olyfolie)
- 100 g babaspinasie en roket gemeng
- Olie om oor die botterskorsie te spuit

Metode

1. In 'n bak meng die botterskorsies met die olyfolie en balsamiese asyn.
2. Bak in die oond tot sag en bruin teen 180°C.
3. Rooster die pampoenpitte in 'n pan en hou eenkant.
4. Rooster die hot cross bunblokkies in jou airfryer tot crisp.

Slaaisous

- 80 ml olyfolie
- 20 ml witasyn of suurlemoensap
- 10 ml heuning
- 5 ml Dijonmosterd
- Sout en peper

Gooi alles in 'n glasbotteljie en skud.
Proe en pas aan.





GEVULDE WIT AMARULA PAASEIERS

Bestanddele

- *Harde wit paaseiers*
- *Amarula likeur*

Metode

Boor gaatjies in die harde wit paaseiers.
Gebruik 'n spuit en spuit dit vol Amarula likeur.
Sit 'n strootjie in en geniet dit.



SALMON SASHIMI

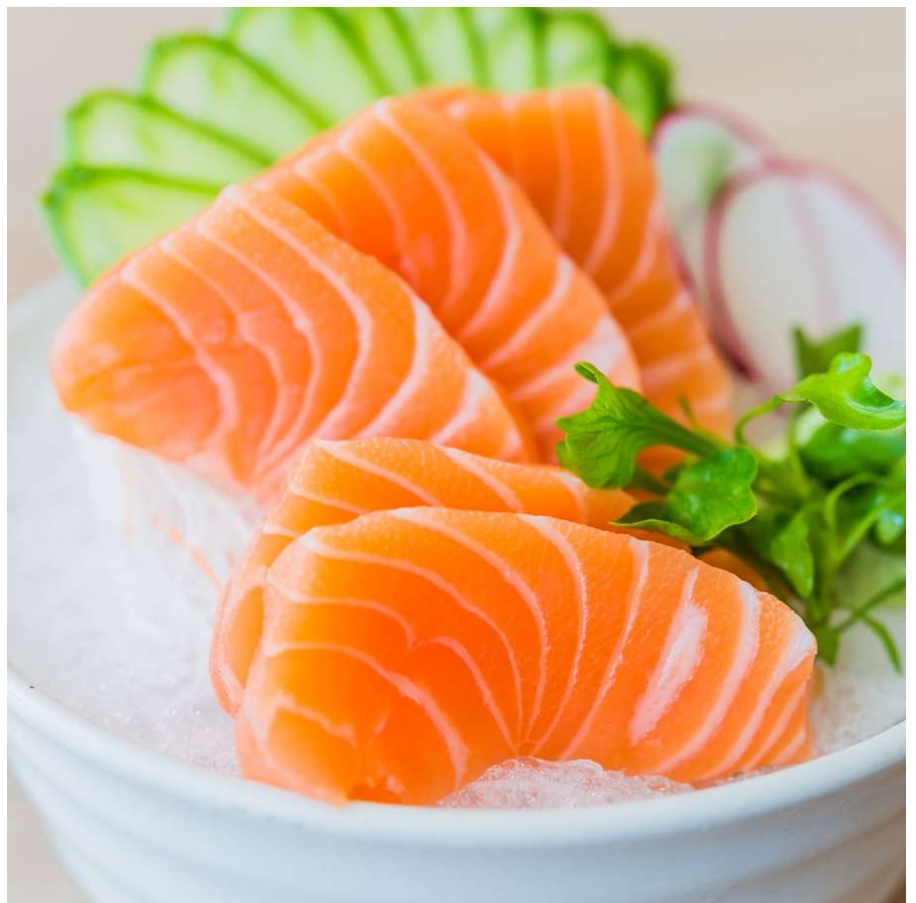
4 pieces

Salmon 90g

Soy Sauce 20g

Wasabi 3g

Pickled Sushi Ginger 20g





SALMON ROSES

6 pieces

Salmon 60g

Rice 50g

Sushi Vinegar 3g

Mayo 40g

Wasabi 3g

Sushi Ginger 20g

Soy Sauce 20g Caviar 2g





CALIFORNIA ROLLS

8 pieces

Salmon 50g

Prawn 1pc

Crab 1pc

Nori Sheet ½

Rice Vinegar 3g

Rice 80g

Avo ¼

Wasabi 3g

Sushi Ginger 20g

Soy Sauce 20g

Sesame Seeds Mix 4g





BEAN CURD

2 pieces

Inari 1pc

Mayo 25g

Sesame Seeds 3g

Rice 30g

Salmon 40g

Prawn 2pcs

Crab 1pc





SALMON NIGIRI

2 pieces

Salmon 40g

Rice 30g





PORK CHIVE DUMPLINGS

Serves 18-20 guests

Ingredients

Dumplings:

- 600g pork mince
- 60g chives, finely chopped
- 40g coriander, finely chopped
- 2 packets spring onion, finely sliced
- 6 cloves garlic, minced
- 15ml fresh ginger, minced
- 90ml soya sauce
- 50ml oyster sauce
- 45ml fish sauce
- 10ml white pepper
- 45ml sesame oil
- 2 eggs beaten
- 2x 50-piece packet dumpling wrappers

Dumpling lace: recipe for each pan

- 15ml cornflour
- 60ml water
- 20ml oil (to fry)

Dipping sauce:

- 125ml Chinese black vinegar
- 60ml Soya sauce
- 15ml chilli crisp
- 15ml sesame oil
- 15ml fish sauce
- 2 cayenne green chillies, sliced (optional)



... PORK CHIVE DUMPLINGS
(continued)

Instructions

Dumplings:

1. To a large mixing bowl, add all the dumplings filling ingredients. Using your hands, mix well until everything is well combined.
2. Open the dumpling wrappers and place under a moist cloth while working to ensure the wrappers do not dry out while you fold the dumplings.
3. Take one of the dumpling wrappers and place a large teaspoon full of the filling in the middle. Using your finger, lightly wet the edges of the dumpling wrapper. Fold the wrapper in half over the filling, only touching the centre of the wrapper together. Create pleats by folding the wrapper in, in small segments toward the middle-pinched segment (this step will be demonstrated by the Chef)
4. Pack your dumplings into a hot non-stick pan over medium low heat with a light drizzle of oil. Fry the dumplings at the bottom until golden brown and crispy.
5. Once dumplings are crispy, add your cornflour mixture and cover with a lid to steam.
6. When all the water has gone and the dumplings are cooked, remove the lid and allow the lace to crisp up on low heat. This take some time, so be patient.
7. Once the dumplings lace is crispy and lightly brown, flip the dumplings onto a large plate or platter, serve with the dipping sauce.

Dipping sauce:

Add all the ingredients to a small serving bowl and mix well. You can add fresh sliced chillies if you like more heat and crunch.



MISO RAMEN WITH PAK CHOI AND SOFT-BOILED EGGS

Serves 18-20 guests

Ingredients

- 2 packets spring onions, sliced, whites and greens kept apart
- 15ml fresh ginger, minced
- 4 cloves fresh garlic, sliced
- 60ml gochujang paste
- 3 litre vegetable stock
- 3 tins coconut milk
- 60ml miso paste
- 60ml soya sauce
- 2 x 220g baby pak choi (half pak choi per person)
- 12 eggs, room temperature
- 12 packets Indomie Mi Goreng instant noodles
- 125ml white sesame seeds, toasted

Instructions

1. In a large pot, add some oil and fry the ginger, garlic and spring onion whites until tender and fragrant (not browned).
2. Add the gochujang paste and miso paste and stir though. Add the stock, coconut milk, soya sauce and instant noodles spice packets and bring to the boil. Boil on low for about 15 minutes.
3. In a separate pot of boiling water, blanch the pak choi, remove and add the cold water. In the same water boil the noodles until tender.
4. Bring a medium size pot of water to the boil, carefully lower the eggs in ensuring not to drop them, this will crack the shell and the eggs will cook out of the shell. Boil the eggs on medium heat for 5-6 minutes.
5. Remove eggs from boiling water and place into a bowl of ice water to cool completely, this will make them easy to peel.
6. To serve: add a handful of noodles to the bottom of your bowl, top with hot broth, a piece of pak choi, a soft-boiled egg half, toasted sesame seeds and spring onion greens.



VEGETABLE SPRING ROLLS

Serves 18-20 guests

Ingredients

Spring roll: (these can be made in a large batch and frozen until you need them)

- 2 x 50-unit spring roll pastry
- 60ml oil (for frying)
- 1 medium red cabbage, thinly sliced.
- 1 medium white cabbage, thinly sliced.
- 1000g carrots, thinly sliced into matchsticks
- 3x 150g shimeji mushrooms, bottoms removed and separated.
- 4 punnets white mushrooms, thinly sliced
- 4 packets spring onion, thingy sliced
- 6 cloves garlic, minced
- 20ml fresh ginger, minced
- 10ml salt
- 1L-2L oil for deep frying spring rolls





... VEGEATABLE SPRING ROLLS
(continued)

Sweet chilli sauce:

- 10 large red chillies, finely chopped (remove seeds if you want a milder sauce)
- 8 large garlic cloves, minced
- 20 ml fresh ginger, minced
- 250ml white sugar
- 250ml rice vinegar or white vinegar
- 250ml water
- 5ml salt
- 15ml cornflour

Instructions

For the filling:

1. In a very hot wok or pan, add in the oil and mushrooms. Fry the mushrooms until they start turning lightly brown.
2. Add the cabbage and carrots and fry until slightly tender but still crisp. Lastly add the spring onions, garlic, ginger and season to taste and mix well. Remove from the pan and let cool for 5 minutes.
3. To roll: remove the pastry from the package and store under a moist cloth to prevent it from drying out while you roll.
4. Place one piece of pastry on the table, place a large tablespoon full of the vegetable filling on the edge of one side of the pastry, roll the pastry over the filling once, fold in the sides and then roll the remaining pastry up, sealing the ends with a brush and water.
5. To fry: Heat enough oil in a deep pan or wok to fry the spring rolls.
6. Once the oil is hot, place the spring rolls into the hot oil and fry until brown and crispy.
7. Remove the spring rolls from the oil and place onto kitchen towel to drain excess oil.
8. Serve the spring rolls on a platter with homemade sweet chilli sauce.

Sweet chilli sauce:

1. Place all the ingredients in a pot and bring to the boil while whisking the whole time.
2. Once sauce has thickened, remove from heat, allow to cool.



RICE PAPER PRAWN SPRING ROLLS

Serves 18-20 guests

Ingredients

Spring roll: *these need to be made fresh and served asap*

- 6 packets rice paper spring rolls (15 units per pack/200g)
- 800g prawn tail meat
- 1 lemon
- 15ml salt, for water
- 400g dried vermicelli noodles
- 2 large butter lettuce, leaves picked apart
- 40g mint leaves, picked and washed
- 4 cups bean sprouts

Peanut dipping sauce:

- 60ml smooth peanut butter
- 125ml hoisin sauce
- 90ml fresh lime juice
- 1 cup milk or water
- 3 garlic cloves, minced



... RICE PAPER PRAWN SPRING ROLLS
(continued)

Instructions

1. Blanch the prawn in seasoned lemon water until just cooked though. Slice the prawn in half to create a thinner prawn.
2. Place vermicelli into a bowl and pour over boiling water, drain after 2 minutes.
3. Make lettuce rolls, take a lettuce leaf, fill with noodles and sprouts, roll the lettuce closed around the noodles and sprouts. Place aside for when you roll a spring roll.
4. To roll: dip 2 sheets of rice paper into a bowl of water. Place the wet rice paper on a clean surface on top of each other.
5. On the lower half centre of the rice paper, place 3 pieces of sliced prawn and 3 mint leaves, place the lettuce wrap on top of prawns.
6. Roll the bottom piece of rice paper tightly over the filling, fold in the sides and roll the roll over until completely sealed.
7. Sauce: Place all the ingredients for the sauce into a mixing bowl and whisk until smooth. Pour into a serving bowl.
8. Pack spring rolls on to a platter and serve with peanut sauce.





PORK BELLY BOA BUNS WITH SLAW AND PEANUTS

Serves 18-20 guests

Pork belly:

- *2kg pork belly, deboned*
- *45ml oil*
- *30ml garlic powder/salt*
- *30ml ginger powder*
- *30ml onion powder*
- *5ml Chinese 5 spice*
- *15ml salt*
- *Tinfoil*

Instructions

1. Score the pork fat with a diamond pattern with a very sharp knife or an anti-cuttter. The pork fat needs to be scored to help release the fat into the skin and make the skin super crispy.
2. Rub the meat side (not the hard fat – keep the fat dry) with oil and spices.
3. Place the pork belly on top of a piece of tinfoil, fold the tin foil around the sides of the meat but leaving the top/fat exposed.
4. Rub the pork belly fat with salt and place into a preheated oven.
5. Roast the pork belly for 1 ½ /2 hours at 170°C until tender.
6. Once meat is tender, place pork belly under grill to crisp up the fat. Keep a close eye on it, as this will burn quickly.
7. Once crispy, remove from the oven and let rest for 15 minutes so meat keeps its juices.
8. Once meat has rested, slice into pieces that will fit into the boa buns.



... PORK BELLY BOA BUNS WITH SLAW AND PEANUTS
(continued)

Boa buns:

- 720g cake flour
- 10g baking powder
- 10g instant yeast
- 70g white sugar
- 70g oil
- 400g warm water (can be less or more depending on dough hydration)
- 60ml activated charcoal
- 60ml instant milk powder
- Baking paper, cut into small blocks slightly larger than rolled buns

Instructions

1. Combine all ingredients together and knead for 10 min.
2. Rest 1 hour or until double in size.
3. Knead for 2 min.
4. Weigh the balls into the size you need. Normally 75g per ball. Roll into a tight ball. Let rest 5 minutes.
5. On a clean surface, roll the ball out into an oval shape. Brush the top with oil and fold the oval in half to form a fat half-moon.
6. Place onto a baking paper block and prove for 10 min.
7. Steam buns for 12 min.





... PORK BELLY BOA BUNS WITH SLAW AND PEANUTS
(continued)

Glaze:

- 1 cup low sodium soy sauce
- 60ml rice vinegar
- ½ cup brown sugar
- 2 tablespoons honey
- 15ml fresh ginger, minced
- 2 cloves garlic, minced
- 20ml corn flour, 20ml water Mixed together for thickening
- 1 green chilli, sliced

Instructions

1. Place all the ingredients for the glaze into a pot and mix well.
2. Bring mixture to a boil, string the whole time until the sauce thickens.
3. Once thickened, remove from the heat and let cool. The sauce will thicken once it cools.
4. This sauce can also be stored in a glass jar in your fridge for 2 weeks.

Slaw:

- 2 baby red cabbage / ¼ medium red cabbage, thinly sliced
- 4 large carrots, sliced with peeler into ribbons
- 5ml salt
- 20g coriander leaves, torn with hands
- ¼ sesame seeds, toasted
- 60ml rice wine vinegar
- 30ml sugar
- To serve: 200g cashews, roasted and roughly chopped

Instructions

Combine all the ingredients in a large bowl, using your hands, massage the vinegar into the cabbage/carrot until it starts to soften.

To assemble: Open a bun, add some slaw, a piece of pork belly, top with a spoonful of sauce and roasted cashews.

QUICK CUCUMBER KIMCHI

Serves 18-20 guests

Ingredients

- 4 large English cucumbers
- 2 teaspoons salt (for salting the cucumbers)
- 4 cloves garlic, minced
- 2 teaspoons fresh ginger, minced
- 30ml Korean red chilli flakes (gochugaru)
- 30ml fish sauce
- 10ml sugar
- 1 packet spring onion, chopped large pieces
- 1 small white onion, finely chopped
- 30ml sesame seeds, toasted (garnish)



Instructions

1. Cut the cucumbers in half and then into bite sized abstract pieces (ask chef if unsure)
2. Place cucumbers into a bowl and sprinkle with salt, make sure all the cucumbers have salt on them, this will draw out water and keep the cucumbers crispy. Let rest for 30 minutes.
3. Drain the cucumbers, removing as much water as possible.
4. In a separate large bowl combine the garlic, ginger, gochugaru, fish sauce, sugar, spring onion and white onion. Using your hands, mix and massage the paste together.
5. Add the cucumbers and lightly massage the past into them.
6. Leave to marinate as long as possible.
7. This can be stored and only gets better with time.
8. Serve in a bowl sprinkled with sesame seeds.



FRUIT CREAM MOCHI BALLS

Serves 18-20 guests

Ingredients

Dough:

- 3 cups glutinous rice flour
- $\frac{3}{4}$ cup white sugar
- 560ml water
- 500g cornflour, for dusting when assembling

Whipped cream:

- 1 litre meadow land cream
- $\frac{1}{3}$ cup icing sugar
- 15ml vanilla essence

Fruit:

- Variety of fruits to choose from: Strawberries (2 punnets), kiwis (6 loose), naartjies (1 packet small size), figs (1 punnet)

Food colouring: 1 of each – red, green, orange, blue

Cupcake papers for serving



... FRUIT CREAM MOCHI BALLS
(continued)

Instructions

1. Combine the rice flour, sugar and water together in a microwave safe bowl, mix well and microwave for 1 minute.
2. Stir mixture and continue microwaving in 30 second intervals (about 2-3 minutes) until mixture is thick and sticky.
3. Dust a clean surface with corn flour and empty the mochi dough out onto the table and let cool for 10 minutes (or until you can work with it without burning).
4. While that is cooling, whip the cream: place the cream into a bowl with the icing sugar and vanilla. Whisk cream until thick and fluffy.
5. Place cream into a piping bag.
6. Once the mochi has cooled, divide the dough into even parts for different colours for each fruit, add a little different colour to each dough and knead well.
7. Make small balls (about a tablespoon size) and roll out with a rolling pin and corn flour into a thin circle.
8. Pipe some cream into the centre of the circle, push a piece of fruit into the cream and fold the mochi closed, pinching the edges together to seal the ball. Place the sealed side down into a cupcake paper.
9. Chill in the fridge for at least 15 minutes before serving.



Gee 'n Kind 'n Kans!



Jan Kriel

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