

MEAT AKNI

An easy way to serve curry and rice as all the ingredients are cooked in one pot so that the rice becomes moist and takes on the flavour of the curry

Ingredients

20 ml cooking oil
2 large onions, finely chopped
1 kg lamb/ mutton pieces (OR thick rib)
1 green chill, finely chopped
15 ml salt or to taste
15 ml fine ginger and garlic paste
5 ml jeera powder
15 ml ground coriander powder
5 ml ground barishap/ fennel
15 ml turmeric
15 ml chilli powder
1 whole cloves
3 cardamom seeds
3 pieces of stick cinnamon
4 medium potatoes, peeled and quartered
100 ml hot water as needed
4 x 250 ml uncooked rice
60 ml chopped dhunya

Method

- Heat oil in a large pot. Add onions and braise until golden and soft.
- Add meat, spices and cook covered over medium heat until meat is tender.
- Add potatoes and water and cook for another 10 min.
- Pour over rice, and enough water to cook rice. Fast boil rice without stirring.
- When settled stir well and steam covered for 20-30 min or until rice is done.
- Garnish with dhunya and serve with athcar and salads.

MEAT BREYANI

Meat sauce

2 onions, finely chopped PLUS oil to sauté onions
1 kg meat, washed, trimmed and drained
20 ml garlic and ginger
2 green chillies
2 pieces stick cinnamon
3 cardamom pods
3 whole cloves
3 all spice berries
30 ml ground koljana
15 ml turmeric
10 ml fine cumin
10 ml fine fennel/ barishap
15 ml chilli powder
1 large tomato, grated
250 ml yoghurt
125 ml bunch fresh coriander, chopped
5 ml saffron soaked in boiling water
250 ml crispy fried onions, well golden
125 ml cooked lentils, kept aside
125 ml melted butter
14 small potatoes, fried in oil

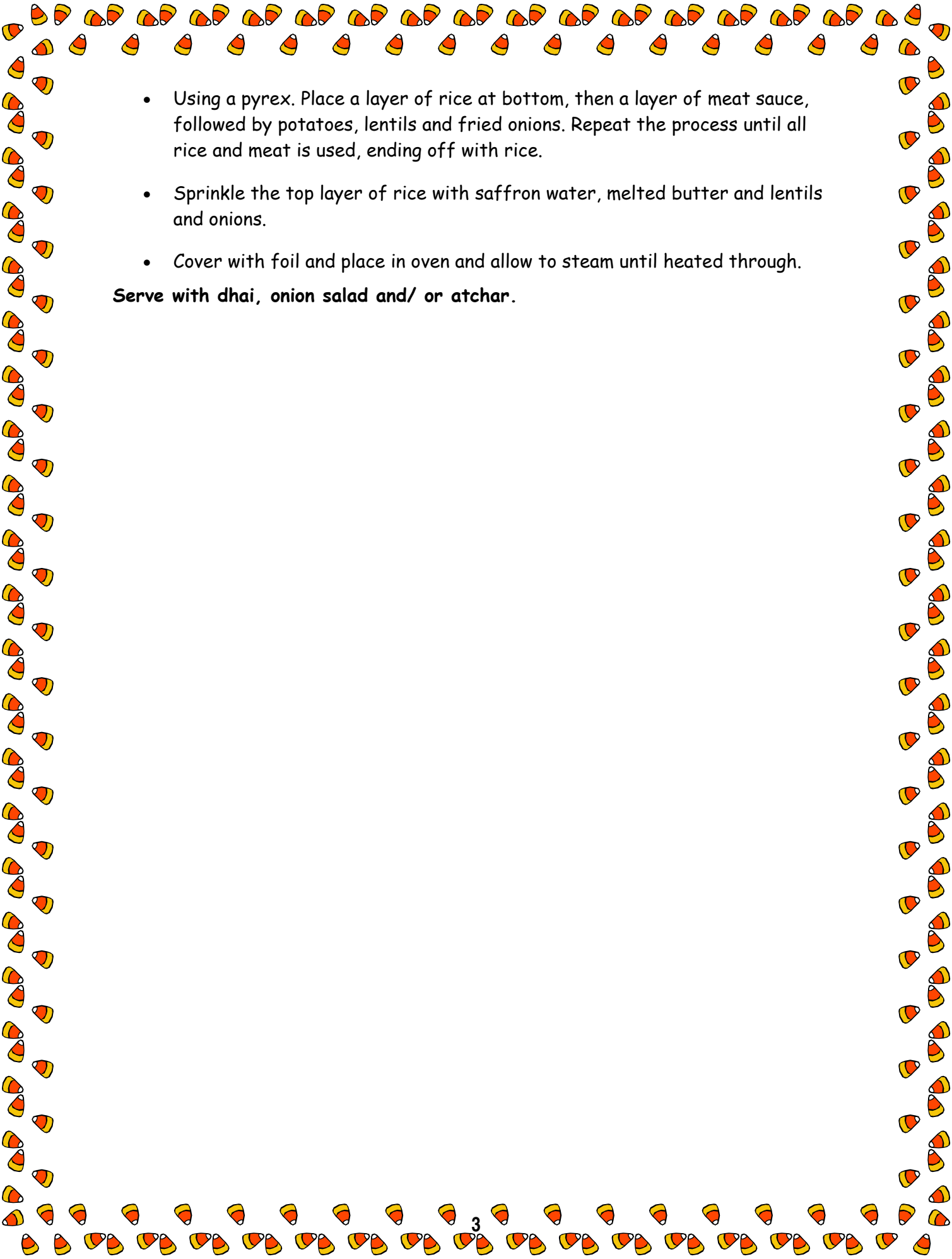
Method

- Heat oil in large pot. Add onions and sauté until golden. Add meat, ginger and garlic and sauté for 20 min add water if necessary.
- Add all spices and tomato and cook till soft. Lastly add yoghurt and fresh coriander. Cook for a further 10 min and until sauce is reduced

The rice

Boil 4 cups rice with 2 stick cinnamon, 3 cloves, 3 all spice berries, 3 cardamom pods, 60 ml oil, 20 ml salt in 2 litres of water until rice is $\frac{3}{4}$ done. Rice must not be very soft. Drain.

To assemble

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- A decorative border of candy corns surrounds the text. The border is composed of many small, stylized candy corns with yellow bodies, orange tips, and white outlines, arranged in a slightly irregular, hand-drawn style.
- Using a pyrex. Place a layer of rice at bottom, then a layer of meat sauce, followed by potatoes, lentils and fried onions. Repeat the process until all rice and meat is used, ending off with rice.
 - Sprinkle the top layer of rice with saffron water, melted butter and lentils and onions.
 - Cover with foil and place in oven and allow to steam until heated through.

Serve with dhai, onion salad and/ or atchar.

NUTTY CABBAGE SLAW WITH PINEAPPLE

A delicately flavoured delicious crunchy texture

Ingredients

$\frac{1}{4}$ (small) white cabbage, shredded
 $\frac{1}{2}$ (small) red cabbage, shredded
3 apples of choice cut into chunks juice of 2 lemons
250 ml seedless raisins
250 ml pineapple, cut into chunks
30 ml roasted sesame seeds
60 ml flaked almonds salt to taste

For dressing

80 ml olive or cooking oil
30 ml white vinegar
30 ml honey
30 ml crushed garlic
60 ml chopped parsley or coriander
2 green chilies, finely chopped salt and pepper to taste

Method

- Place finely shredded cabbage into a large bowl.
- Toss apples with lemon juice.
- Add all salad ingredients together and keep aside.
- Mix all dressing ingredients together in a jar and shake well.
- Sprinkle over salad in bowl.
- Chill and serve as desired.

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CREAMY NOODLE AND CORN SALAD

Refreshingly appetising

Ingredients

1 English cucumber chopped
1 green pepper, chopped
1 red pepper, chopped
1 medium onion, chopped
 $\frac{1}{2}$ bunch parsley, finely chopped (or as desired)
1 tin corn kernels, drained
500 ml screw noodles or shells salt and pepper to taste
15 ml mixed herbs
250 ml mayonnaise

Method

- Toss all ingredients together and mix with mayonnaise.
- Serve as a main meal or as an accompaniment to roast.

PANCAKES FILLED WITH MINCE

Creamy and simply delicious

Ingredients - For Pancakes

500 ml flour
5 ml salt
500 ml milk
3 eggs
±100 ml water if needed
mixture of oil and melted butter to fry pancakes

Method

- Sift flour and salt together. Make well in middle of flour.
- Whisk together milk, eggs and water. Pour in centre of flour and mix with an electric beater into a thick and creamy batter.
- Leave in fridge for an hour. Batter should be pliable. If too thick when using add water.
- Heat pan thoroughly. Add a teaspoon of oil mixture and swirl. Add pancake mixture and fry for 1-2 min. on one side until lightly golden. Turn to brown on the other side.
- Remove to plate. Repeat process until all batter has been used up.

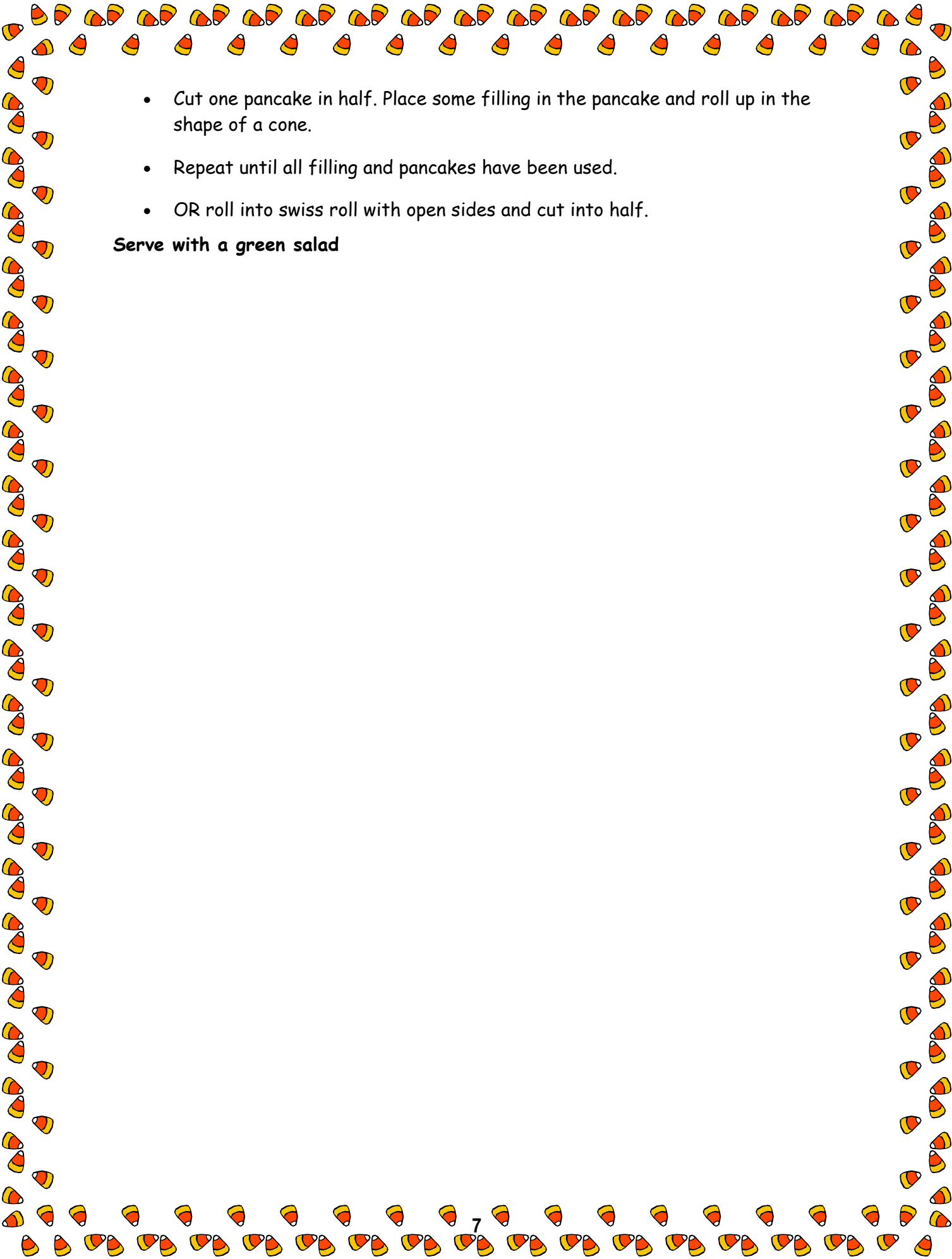
Filling

30 ml oil
1 small onion, sliced
300 g lean mince salt and pepper to taste
5 ml crushed garlic
20 ml soya sauce
45 ml chutney of your choice
15 ml mutton spice

Method

- Heat oil in a pot. Fry onion until lightly golden. Add mince and all other ingredients and fry until chicken is cooked. Allow to cool.

To assemble

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- Cut one pancake in half. Place some filling in the pancake and roll up in the shape of a cone.
 - Repeat until all filling and pancakes have been used.
 - OR roll into swiss roll with open sides and cut into half.

Serve with a green salad



CREAMY MUSHROOM SOUP

Mouthwatering, delicious, creamy soup

Ingredients

$\frac{1}{2}$ cup chopped onion
15 ml butter, heaped
 $\frac{1}{2}$ punnet fresh mushrooms, chopped
1 tin mushroom soup
2 tins water
1 pkt mushroom soup
250 ml milk
125 ml cream
15 ml parsley, chopped for garnish salt and black pepper

Method

- Sauté onion and mushrooms in butter. Add tin of mushroom soup and 2 tins water. Boil for 10 min.
- Add packet of soup made into a thin paste. (As per instruction on packet)
- Add milk. Boil for 15 min.
- Season with salt and pepper.
- Add fresh cream and blend well.
- Leave for 5 min. and garnish with parsley.

Serve with crusty brown bread.



POTATO AND LEEK SOUP

Delectable, easy and creamy

Ingredients

15 ml olive oil
1 medium onion, chopped
500 g potatoes, peeled and diced
500 g trimmed leeks, sliced
500 ml milk
500 ml water
150 ml cream
2 ml nutmeg
10 ml salt
10 ml pepper chopped parsley for garnish

Method

- Warm oil in a large saucepan over moderate heat. Add onion. Cover and cook for 5 min.
- Add potatoes and leeks. Stir well and cook for 10 min.
- Pour in liquid and bring to the boil for 5 min, stirring, then simmer until vegetables are tender. Allow to cool slightly.
- Liquidize in blender or food processor. Return to pot and stir in cream and seasonings.
- Reheat gently and garnish with parsley.

Serve with home made baked bread.



CHICKEN CREAMED CORN SOUP

Ingredients

10 ml butter/ margarine
250 g chicken breast, cubed
2 onions, finely chopped
1x410 g tin sweetcorn
750 ml milk
500 ml water
10 ml white pepper
5 ml salt
30 ml cornflour (maizena)
1 celery stick, chopped
200 g fresh cream

Method

- Braise chicken with onion over moderate heat for 5 min.
- Add sweetcorn, milk, water and spices.
- Combine cornflour with a little water to make a thin paste. Pour into soup and stir until it has thickened.
- Add chopped celery and bring to fast boil for 5 min.
- Remove from heat and stir in fresh cream.

CHICKEN STIR-FRY

Ingredients

350 g pasta bows or spirals
2 chicken fillets, cut into strips
5 ml salt
15 ml olive oil
30 ml crushed garlic
1 red pepper, sliced
1 green pepper, sliced
3 baby marrows, cut into julienne
3 carrots, cut into julienne
100 g snow peas or mange tout
1 punnet mushrooms, sliced
100 g sundried tomato, cut into strips
60 ml soya sauce
30 ml Portuguese spice
30 ml paprika powder
30 ml fresh coriander, chopped salt and coarse pepper to taste

Method

- Cook pasta as per instructions.
- Heat oil in wok and stir-fry all vegetables for 5 min.
- Add chicken and stir-fry for 7 min.
- Add remaining ingredients.
- Mix pasta with vegetables and place in shallow ovenproof dish.

CHICKEN JALFREZI

Creamy spicy creation. This recipe is based on traditional Indian style. The secret to this recipe is the special care in the sauté of the onions and the spices.

Ingredients

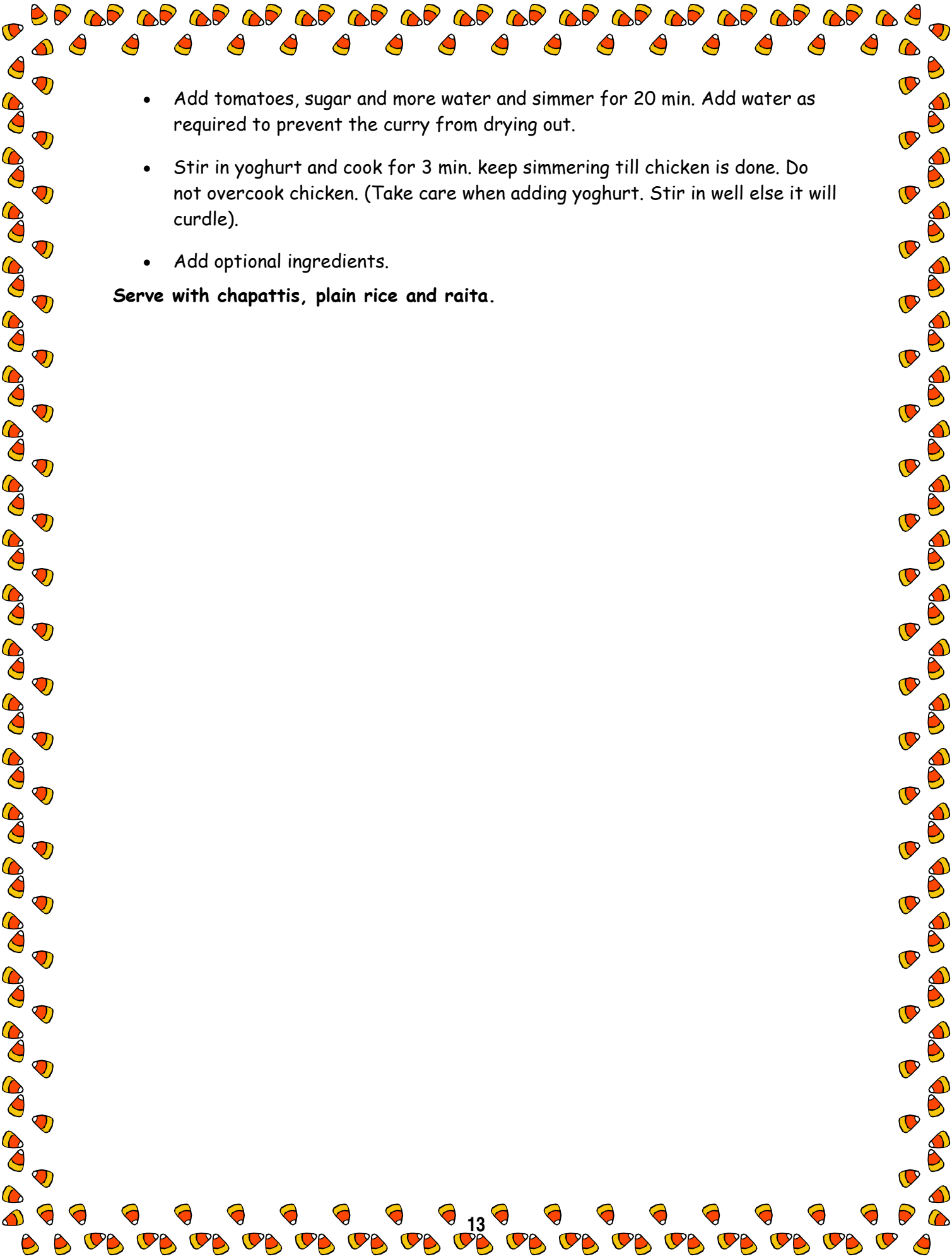
2 medium onions, finely sliced
60 ml butter/margarine
salt as required
10 ml turmeric
10 ml cumin powder
5 ml chilli powder
5 ml coriander powder
15 m paprika
10 ml garam masala
30 ml fresh garlic and ginger paste
3 medium tomatoes, liquidized
5 ml sugar, optional
250 ml yoghurt
1 kg chicken pieces, cut into small pieces

Optional

20 ml tomato chutney or tomato sauce
3 whole green chillies
10 ml fenugreek leaves or fresh dhanya, chopped
vegetables of choice, steamed separately. Then added.
8 small potatoes, steamed.

Method

- Melt butter in large pot. Add onion. Stir-fry till golden, taking care not to burn onion.
- Add 90 ml water. Lower heat. Place a piece of greaseproof paper over pot. Then place the lid over the paper. Steam till onions are soft and pulpy.
- Meanwhile mix spice with 250 ml of water to make a soft paste. Add to onions and cook for 5-10 min. until well blended, stirring often. Add chicken and stir well.

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- A decorative border made of small, stylized corn cobs in yellow and orange, arranged in a rectangular frame around the page content.
- Add tomatoes, sugar and more water and simmer for 20 min. Add water as required to prevent the curry from drying out.
 - Stir in yoghurt and cook for 3 min. keep simmering till chicken is done. Do not overcook chicken. (Take care when adding yoghurt. Stir in well else it will curdle).
 - Add optional ingredients.

Serve with chapattis, plain rice and raita.

MASHED POTATO STEAK PIE

Creamy mashed potato served with spicy steak strips...

Ingredients - For the mash potato

1 kg large potato, peeled
30 ml butter
100 ml milk
15 ml garlic paste
salt to taste
freshly ground black pepper to taste

Method - Boil potato in salted water until soft

- Pour off water, add butter and mash using a potato masher
- Add milk, place pot over gentle heat and reheat, stirring to prevent potato from burning
- Add salt and pepper to taste.
- Add more milk if needed

For the steak filling

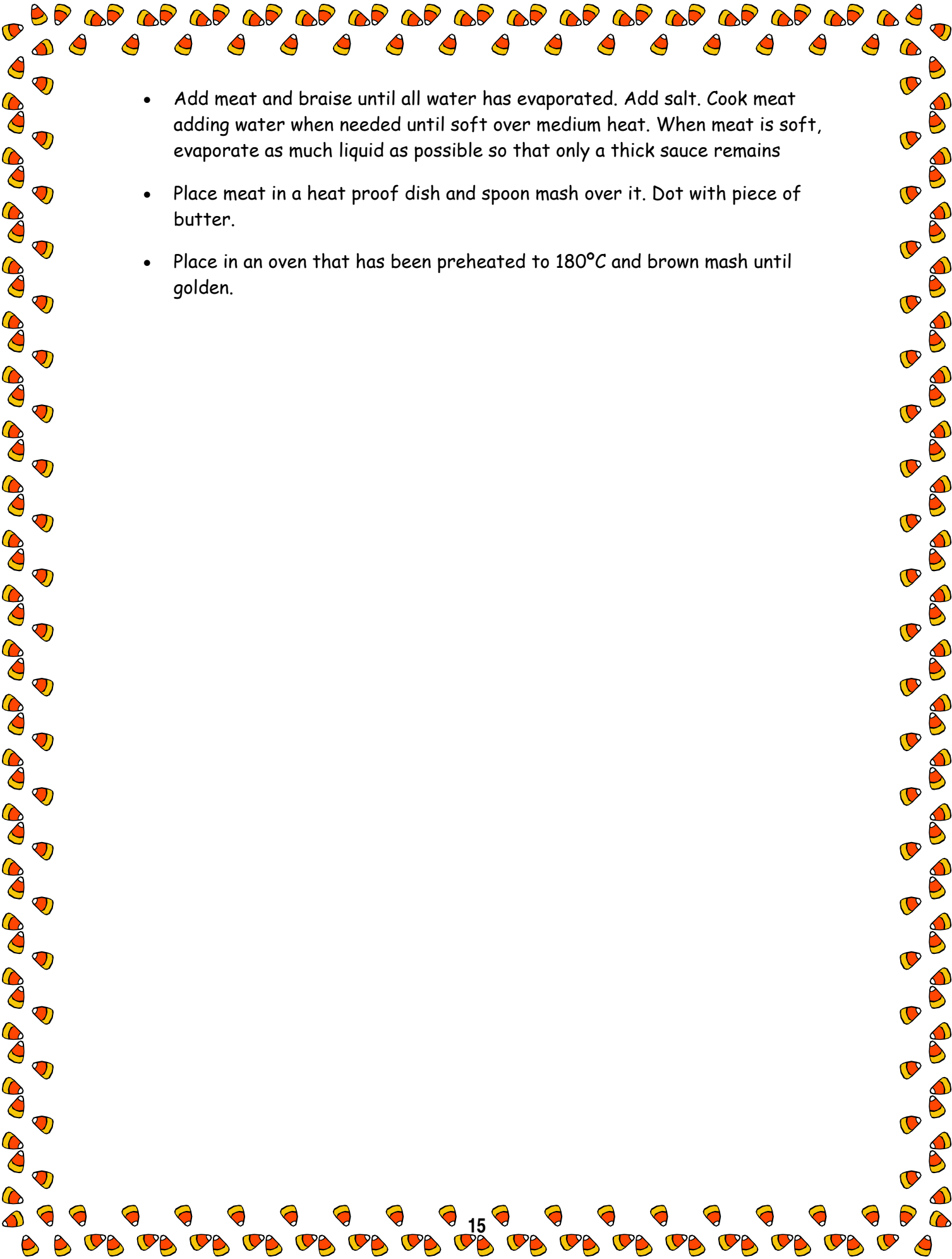
500 g steak strips
15 ml paprika
15 ml cajun spice
15 ml barbeque spice
10 ml garlic and ginger
Salt to taste
Marinate the steak overnight in the spices above.

Then - To braise steak

1 large onion, sliced finely
15 ml oil

Method

- Heat oil in pot. Add onions and sauté until golden adding water when necessary to soften the onions.

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- Add meat and braise until all water has evaporated. Add salt. Cook meat adding water when needed until soft over medium heat. When meat is soft, evaporate as much liquid as possible so that only a thick sauce remains
 - Place meat in a heat proof dish and spoon mash over it. Dot with piece of butter.
 - Place in an oven that has been preheated to 180°C and brown mash until golden.

MUTTON CURRY

Traditional meat curry

Ingredients

60 ml melted butter
30 ml cooking oil
2 large onions, finely sliced
1 piece stick cinnamon, broken
2 cloves
2 all spice
2 cardamom pods
1 kg mutton pieces (washed and trimmed)
1 large tomato, liquidized or chopped
10 ml salt
1 tomato, liquidized or chopped
60 ml garlic and ginger
15 ml barishap/cumin
15 ml cumin/jeera
30 ml chilli powder
15 ml turmeric
30 ml coriander powder

Method

- Heat butter and oil in pot. Add onion, cinnamon, cloves, all spice and cardamom.
- Braise onions till well browned. Add meat. Cook for 20 min.
- Add tomato and spices. Cook till meat is tender.
- Add garlic and ginger paste. Then add 1 cup water and simmer for 10 min.
- Serve with roti or rice.
- Garnish with fresh coriander.

MAVROU

A traditional dish

Ingredients

1 kg cubed steak or goulash
10 ml salt
10 ml ground jeera
15 ml ground koljana
10 ml barishap
15 ml crushed red chillies
3 cloves
3 whole all spice
10 ml ground ginger
10 ml ground garlic
3 cardamom pods
3 cinnamon sticks few strands saffron
4 large onions, thinly sliced oil for braising onions
2 large tomatoes, grated

Method

- Combine all spices and mix well with meat. Marinate for an hour
- Heat oil in large pot and braise onions until soft and golden, adding water when necessary.
- Add meat and cook covered until soft, adding water when necessary.
- Garnish with finely chopped dhunya.
- Serve with white or savoury rice.

BUTTER CHICKEN

A traditional butter chicken

Ingredients

60 g butter/margarine
15 ml oil
1 kg chicken fillet, cut into cubes
2 medium onions, finely chopped
20 ml garam masala
20 ml ground koljana
30 ml garlic and ginger paste
20 ml chilli powder
5 ml salt
3 cardamom pods
5 black peppercorns
150 ml natural yoghurt
30 ml tomato puree
150 ml milk water - half water, half milk
2 bay leaves
10 ml cornflour
200 ml cream

Method

- Heat butter and oil in a pot. Sear the chicken pieces until they are brown. Remove from pot.
- Fry onions until they are golden and soft.
- In a separate bowl, blend together all the spices, yoghurt, tomato puree and chicken pieces.
- Add this to the onions.
- Add the milk and bay leaves and leave to simmer for 15 min, stirring occasionally.
- Turn the chicken pieces over and simmer for another 15 min.
- Mix the flour with the cream. Add to chicken. Cook for a further 10-15 min.
- Garnish with fresh coriander and chopped green onions.

ALFREDO

Penne with a fresh mushroom cream sauce

Ingredients

300 g penne
50 g butter
1 medium onion chopped
200 g mushrooms, sliced
30 ml barbecue spice
30 ml garlic paste
500 ml fresh cream
15 ml oil
finely chopped parsley
salt and freshly ground pepper to taste

Method

- Bring 4 litres of water to boil. Add 5 ml salt and 15 ml oil.
- Add pasta, stir, and cook till al dente. Drain, toss with oil and keep aside.
- Melt butter in saucepan. Add onion and cook for 10 min. or until soft and golden. Add mushrooms. Sauté for 5 min. Add spices and garlic.
- Add cream and heat to boiling point, stirring until thick and creamy.
- Add sauce to pasta and serve garnished with chopped parsley and freshly ground black pepper.

Hint*** add fresh milk to sauce if necessary to thin sauce down.

BBQ ROAST CHICKEN

A fused barbecue chicken "simply" transform

Ingredients

1 whole chicken, cut into pieces
5 ml chilli powder
30 ml BBQ spice
5 ml paprika
5 ml chicken spice
5 ml salt
10 ml garlic and ginger paste
15 ml lemon juice
15 ml oil

Method Preheat oven at 180°C. Spray and Cook a baking tray.

- Mix spices with oil and lemon juice.
- Mix spice well with chicken. Marinate overnight or minimum one hour.
- Arrange chicken on prepared baking tray.
- Bake until golden brown. Turn halfway during cooking time.
- Bake for 25-30 min.
- Serve with a green salad, a pasta salad of choice and some crusty rolls.

NB: Use chicken wings instead of whole chicken.

MINCE LASAGNE TOPPED WITH CHEESE AND TOMATO

Melting, creamy and simply delicious

Ingredients

150 g green lasagne sheets

Meat sauce

1 medium onion

15 ml crushed garlic

30 ml olive/cooking oil

500 g mince

1x410 g tin tomato and onion mix

30 ml tomato paste

5 ml salt

5 ml coarse black pepper

15 ml barbecue spice

15 ml paprika

5 ml peri-peri

Sauce

50 g butter

50 g flour

500 ml milk

salt and pepper to taste

Topping

500 ml grated cheese

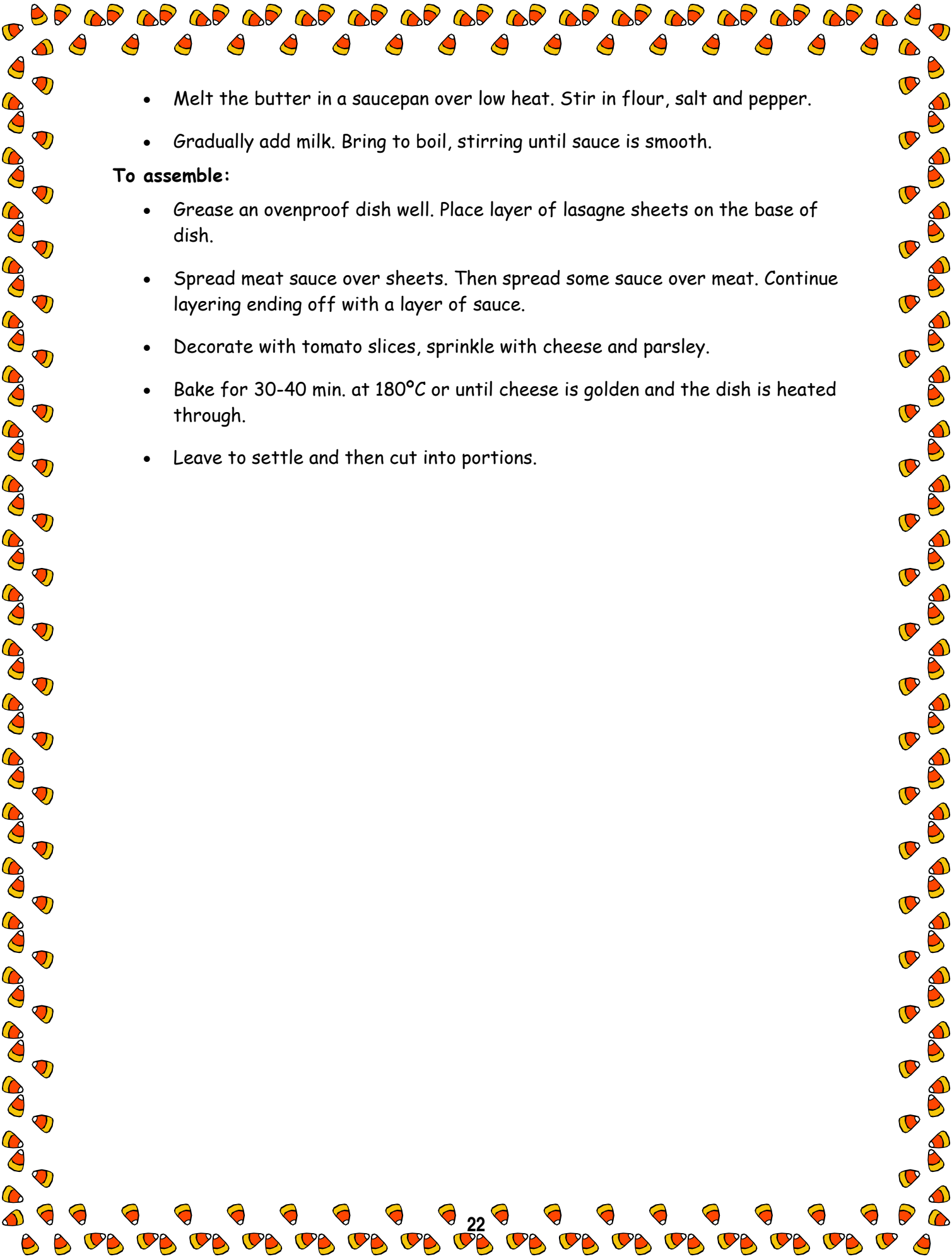
2 tomatoes, sliced

finely chopped parsley

Method

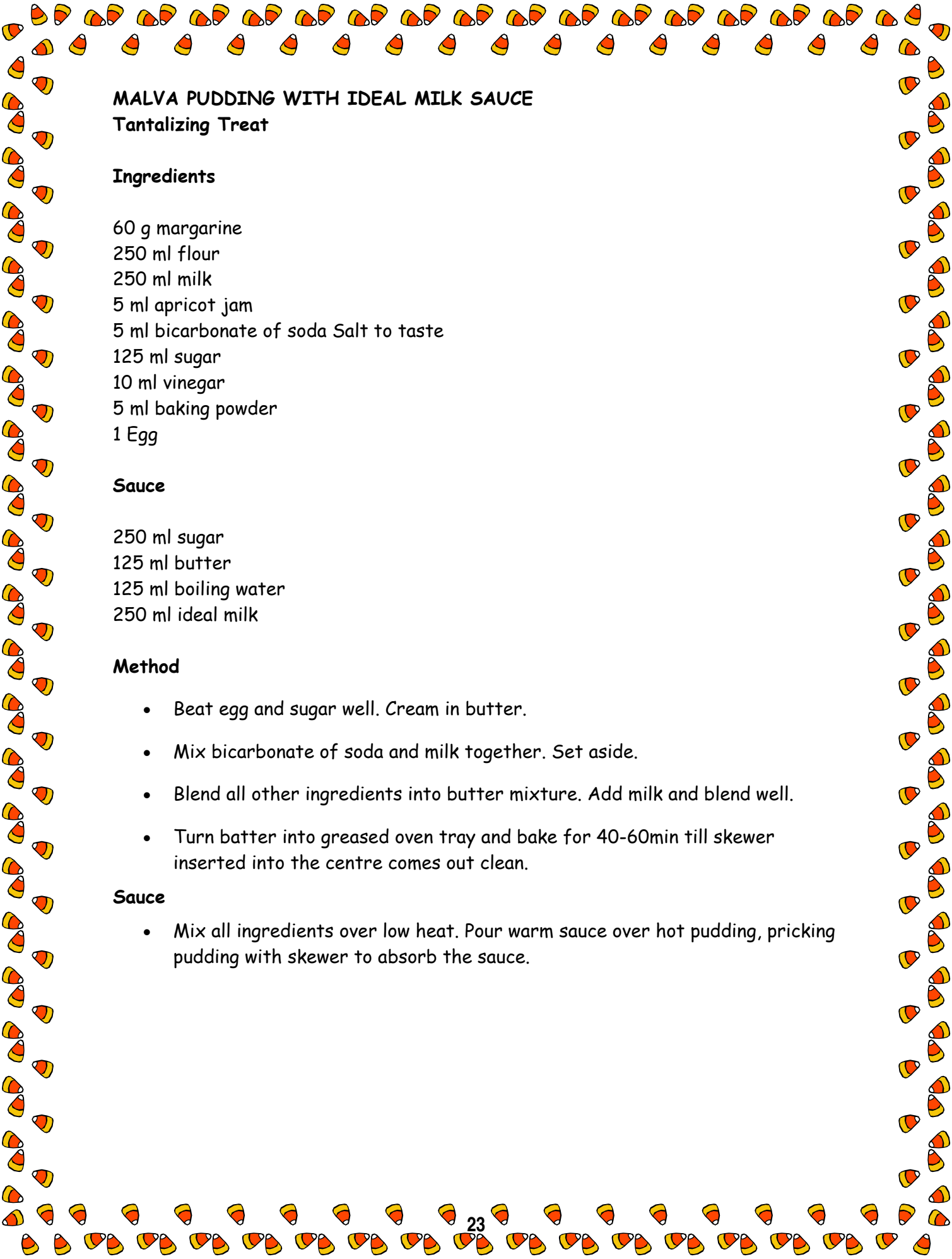
To cook lasagne sheets: Steep 3 sheets into boiling water one by one, (otherwise the sheets will stick to one another) and boil for 10 min. until tender. Drain well and spread onto oiled greaseproof paper.

For the meat sauce:

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- Melt the butter in a saucepan over low heat. Stir in flour, salt and pepper.
 - Gradually add milk. Bring to boil, stirring until sauce is smooth.

To assemble:

- Grease an ovenproof dish well. Place layer of lasagne sheets on the base of dish.
- Spread meat sauce over sheets. Then spread some sauce over meat. Continue layering ending off with a layer of sauce.
- Decorate with tomato slices, sprinkle with cheese and parsley.
- Bake for 30-40 min. at 180°C or until cheese is golden and the dish is heated through.
- Leave to settle and then cut into portions.



MALVA PUDDING WITH IDEAL MILK SAUCE

Tantalizing Treat

Ingredients

60 g margarine
250 ml flour
250 ml milk
5 ml apricot jam
5 ml bicarbonate of soda Salt to taste
125 ml sugar
10 ml vinegar
5 ml baking powder
1 Egg

Sauce

250 ml sugar
125 ml butter
125 ml boiling water
250 ml ideal milk

Method

- Beat egg and sugar well. Cream in butter.
- Mix bicarbonate of soda and milk together. Set aside.
- Blend all other ingredients into butter mixture. Add milk and blend well.
- Turn batter into greased oven tray and bake for 40-60min till skewer inserted into the centre comes out clean.

Sauce

- Mix all ingredients over low heat. Pour warm sauce over hot pudding, pricking pudding with skewer to absorb the sauce.

SAGO GUAVA, BANANA SUMMER PUDDING

Ingredients

180 ml sago (soaked in water)
6x250 ml milk
1 large can nestle cream
1 large tin ideal milk
375 ml sugar
1 large tin guava can fruit lightly liquidize to pulp
5 bananas cut into circles

Method

- Boil milk and sago together till sago is transparent.
- Add sugar and simmer. Leave to cool.
- Mix nestle cream, ideal milk well together.
- Liquidize guavas to light pulp. Add all mixtures together. Cut bananas into circles and mix well.
- Serve chilled, with dollop of cream if desired.

Note: this pudding does not set. It is a milky, thick and creamy soft pudding.

BOBOTIE

Ingredients

2 slices white bread
400 ml milk
2 medium onions
30 ml butter
30 ml koljana
15 ml jeera
15 ml tumeric
15 ml chilli powder
30 ml ginger and garlic
30 ml barbeque spice
6 eggs
60 ml mrs ball chutney
1 kg mince
30 ml lemon juice
10 ml salt
5 lemon leaves or bay leaves

Method

- Preheat the oven to 180°C. soak bread in milk. Peel onions and chop fine and lightly sauté the onion in butter.
- Stir in spices and fry onion lightly adding water if necessary.
- Press most of the milk out of the bread (reserve the milk) and crumble the bread finely.
- Beat one of the eggs.
- Mix the bread, beaten egg, curried onions, minced beef, lemon juice, sugar and salt.
- Spoon the mince mixture into an ovenproof proof dish. Add leaves to the mixture. Beat remaining eggs and milk together and pour over meat mixture.
- Bake the bobotie for about 1 hour till golden brown.

Serve hot with yellow rice and chutney.

DENNINGVLEIS

"The traditional denningvleis"

Ingredients

1 kg leg mutton or mutton/lamb pieces
500 g onions, thinly sliced
60 ml oil for braising of onion
15 ml ginger and garlic paste
20 ml crushed chillies
15 ml salt or to taste
15 ml freshly ground black pepper
4 bay leaves
4 curry leaves
8 all spice berries
15 ml sugar (or to taste)
30 ml brown vinegar
10 ml lemon juice
 $\frac{1}{2}$ bunch fresh coriander/dhunia leaves, to be added last
2 fresh green chillies

Method

- Combine all spices and marinate meat for 1hour.
- Heat oil and sauté onions till golden and soft, adding water if necessary. (Must be soft and mushy)
- Add meat, cook covered over medium heat, adding water to prevent meat from drying out.
- Cook till gravy is thick and meat is soft
- Add dhunia and chillies.
- **Serve with vegetables and sweet rice.**