

## 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 chilli, 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

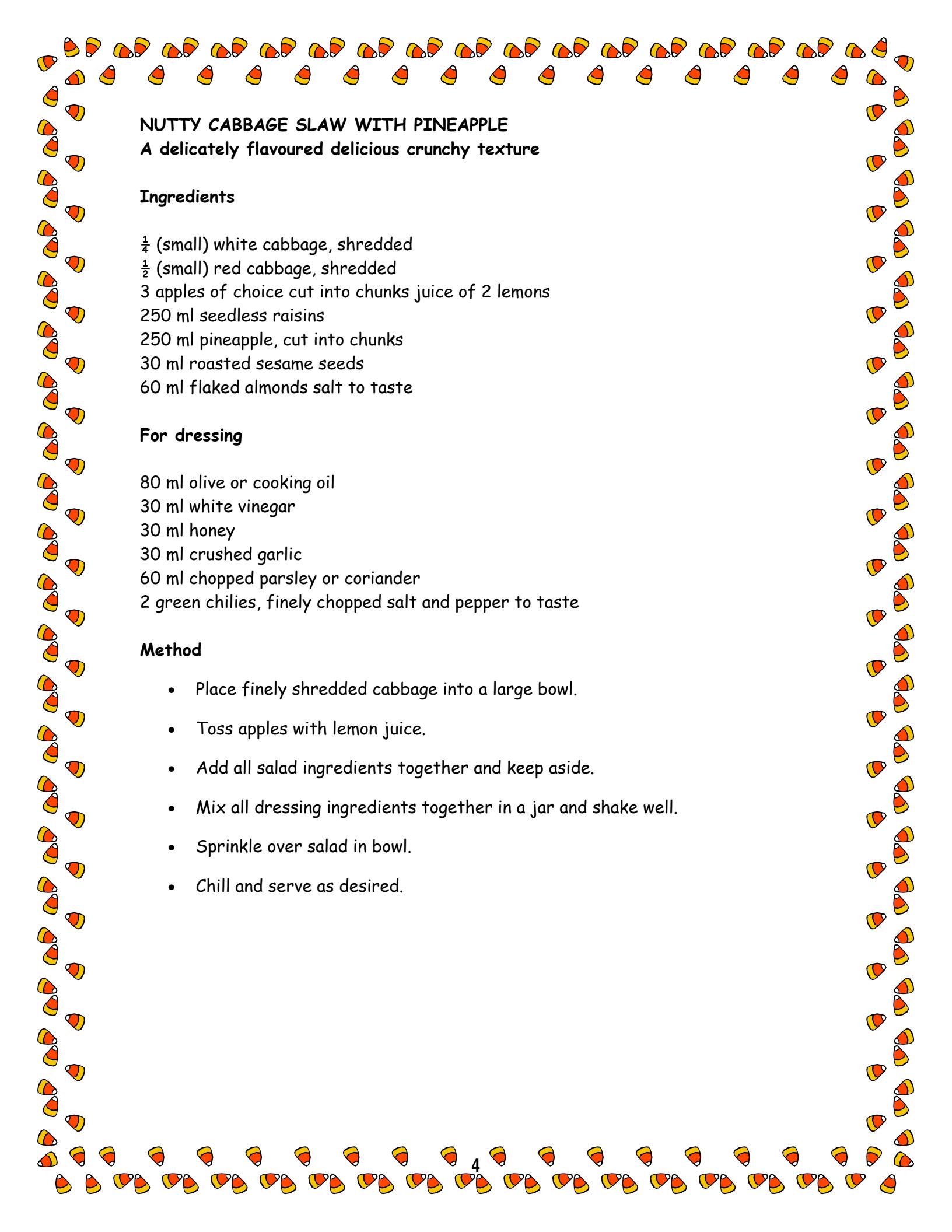
### The rice

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

- 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

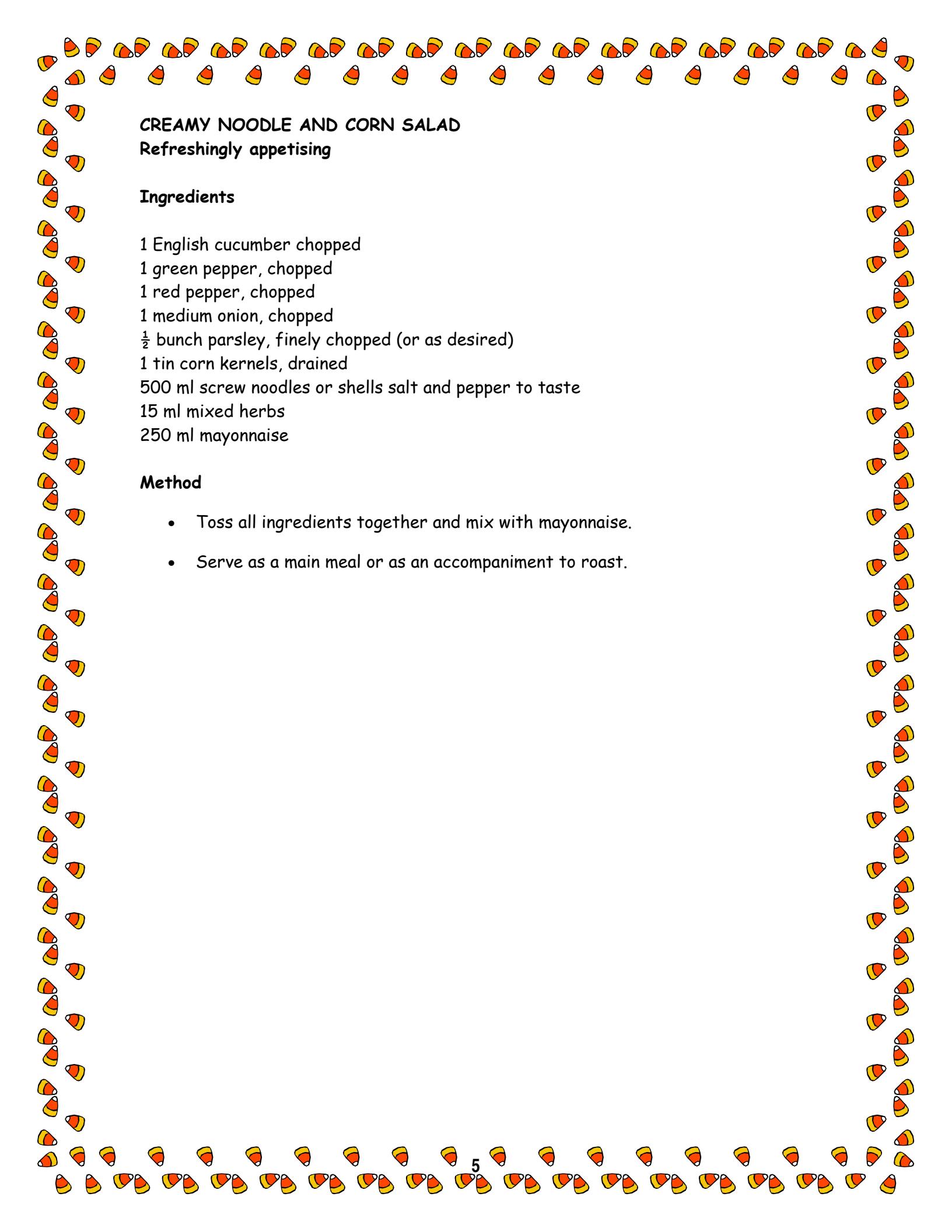
$\frac{1}{4}$  (small) white cabbage, shredded  
 $\frac{1}{2}$  (small) red cabbage, shredded  
3 apples of choice cut into chunks juice of 2 lemons  
250 ml seedless raisins  
250 ml pineapple, cut into chunks  
30 ml roasted sesame seeds  
60 ml flaked almonds salt to taste

### 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.



## CREAMY NOODLE AND CORN SALAD

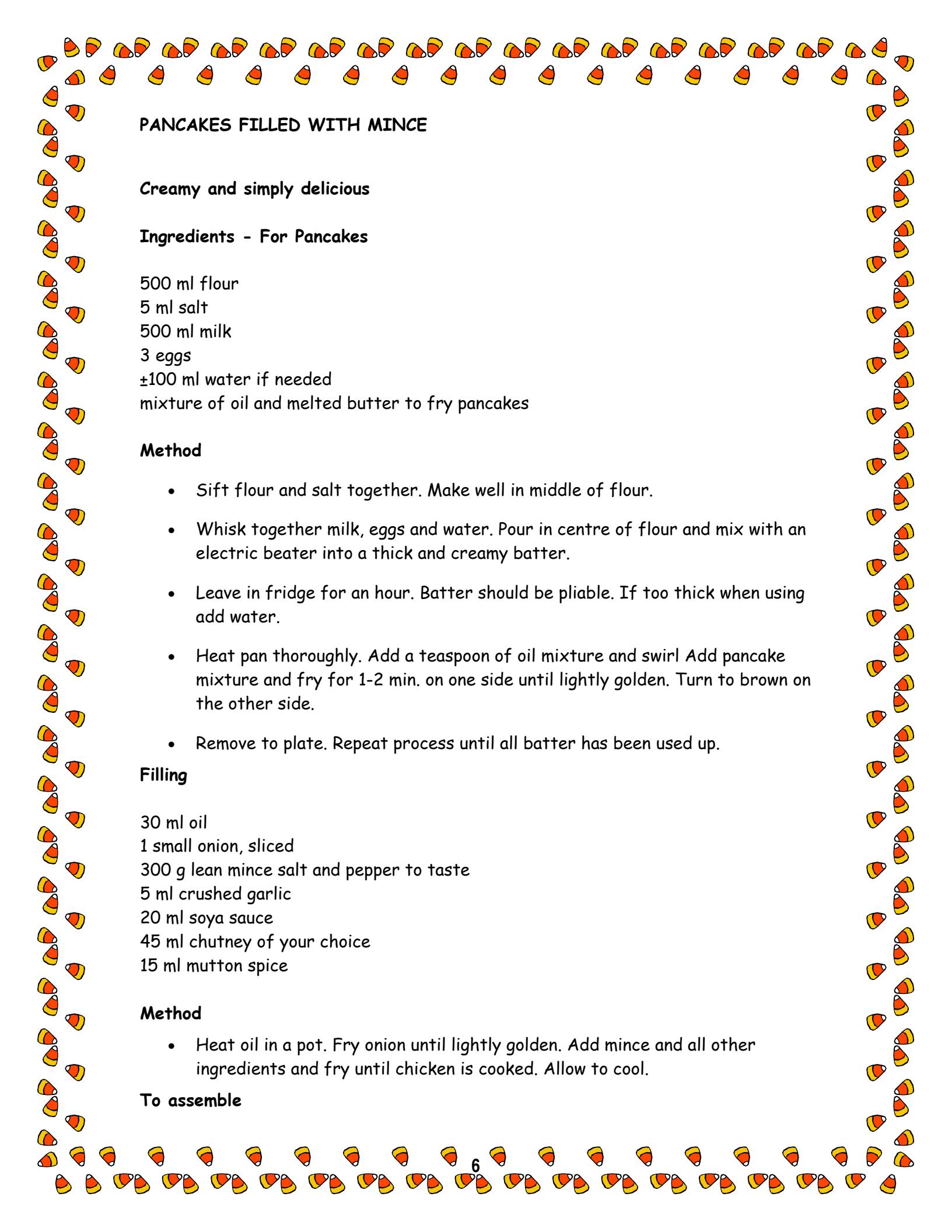
Refreshingly appetising

### 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.

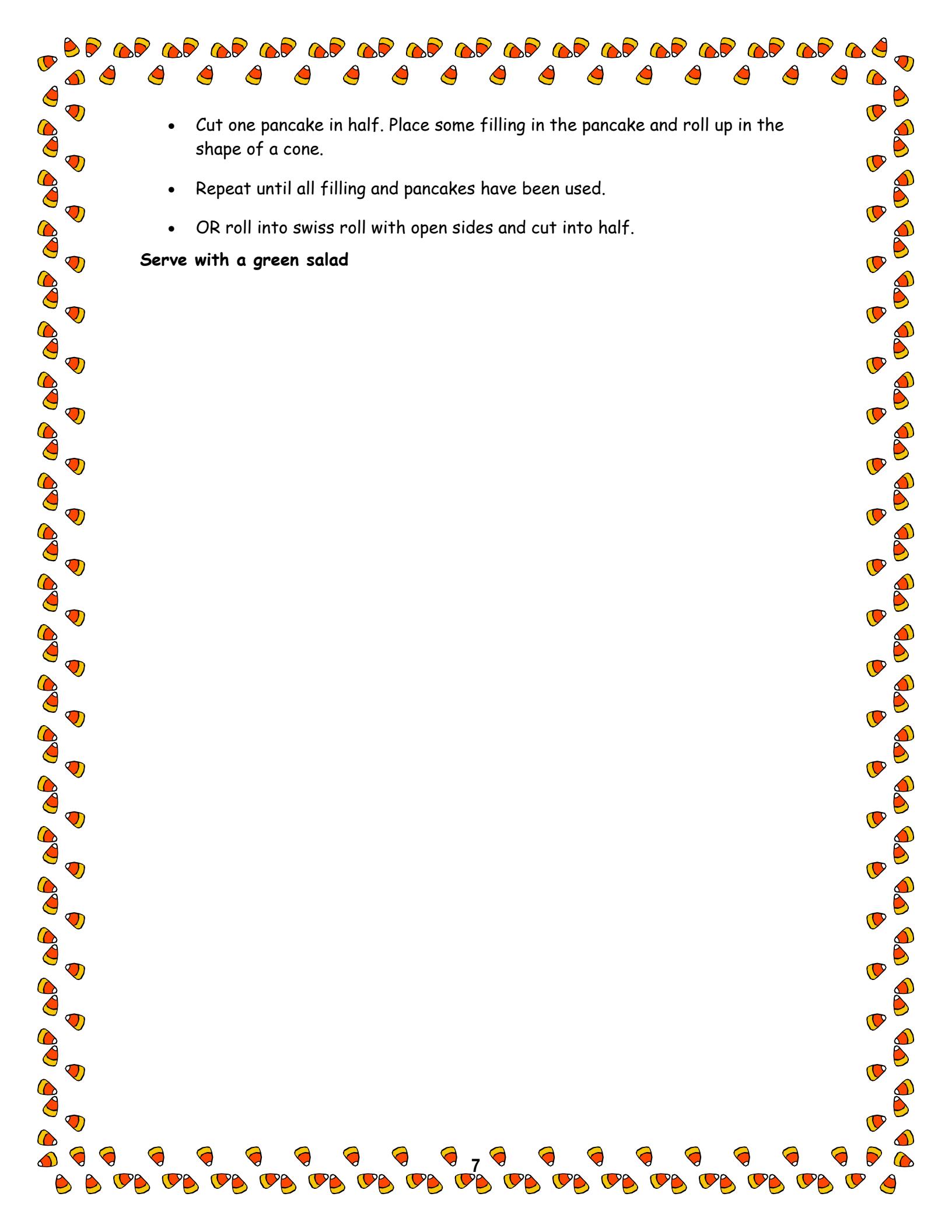
### Filling

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

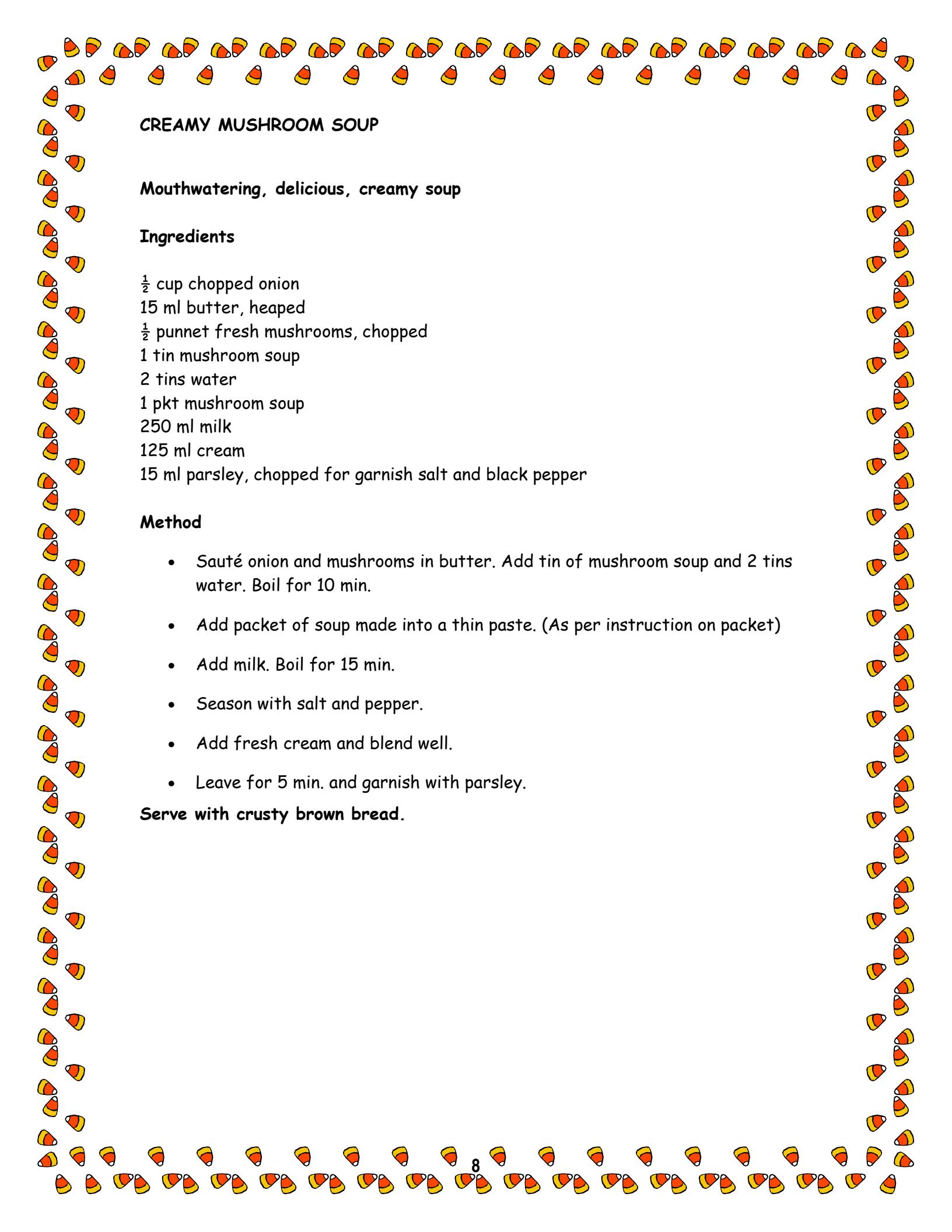
### Method

- 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

- 
- 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

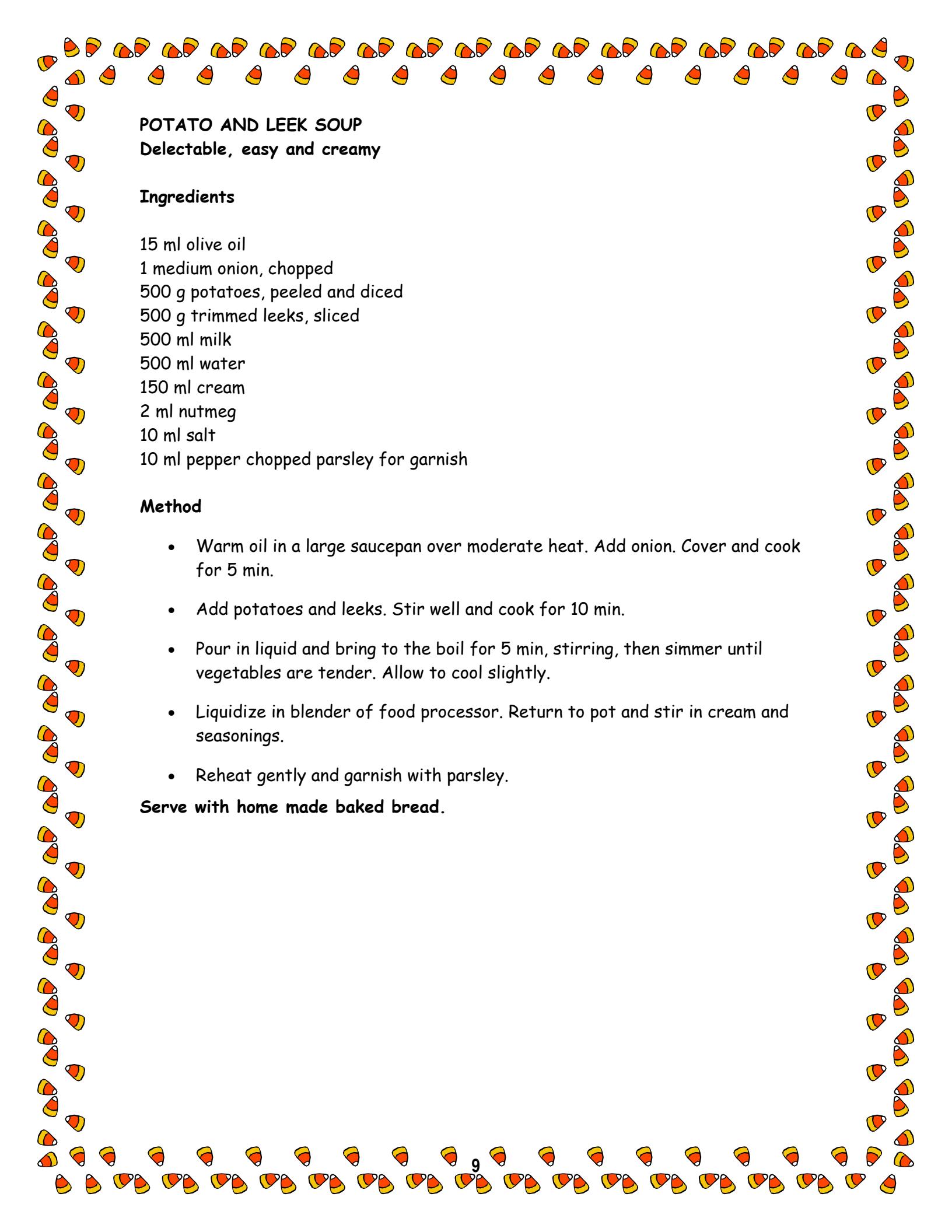
### Ingredients

$\frac{1}{2}$  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

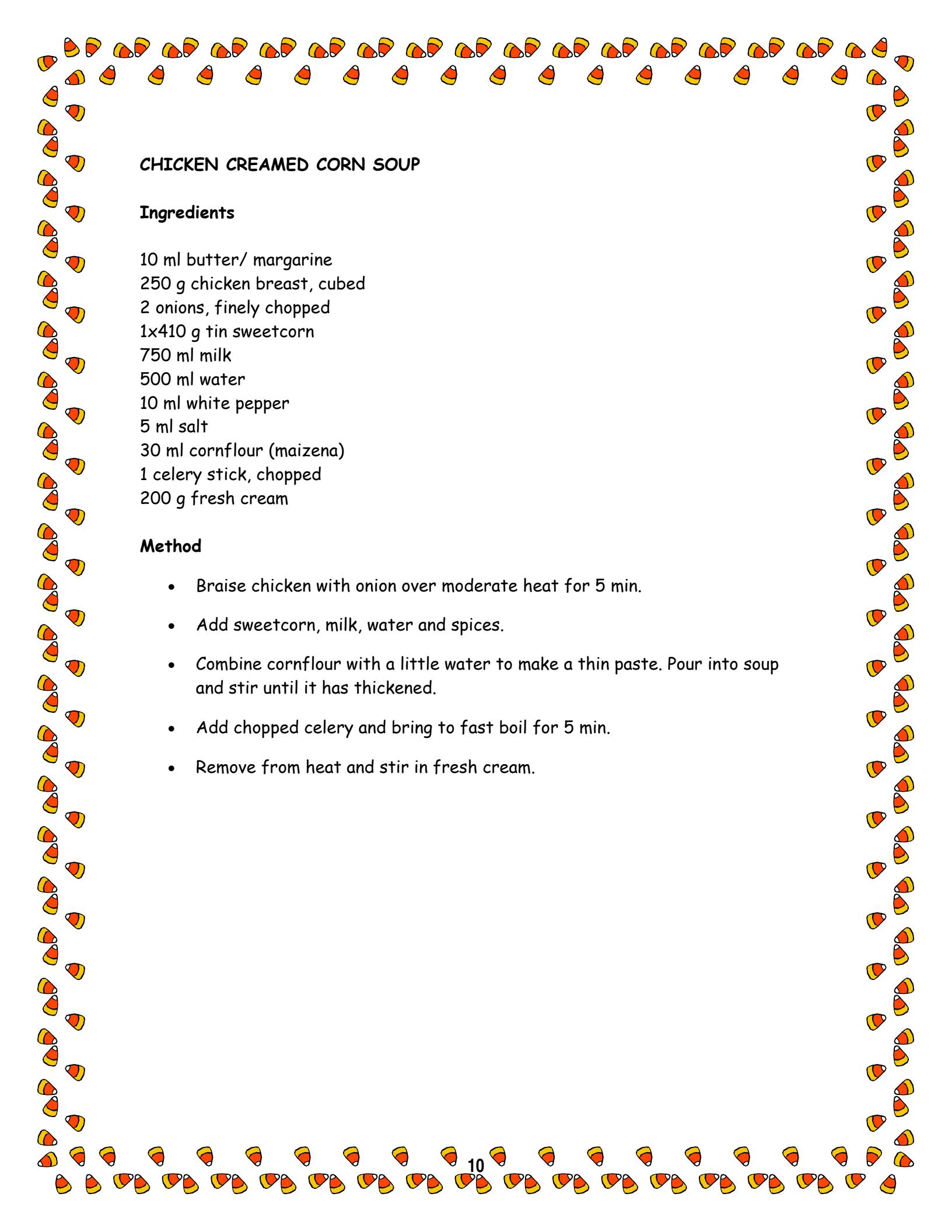
### Ingredients

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.



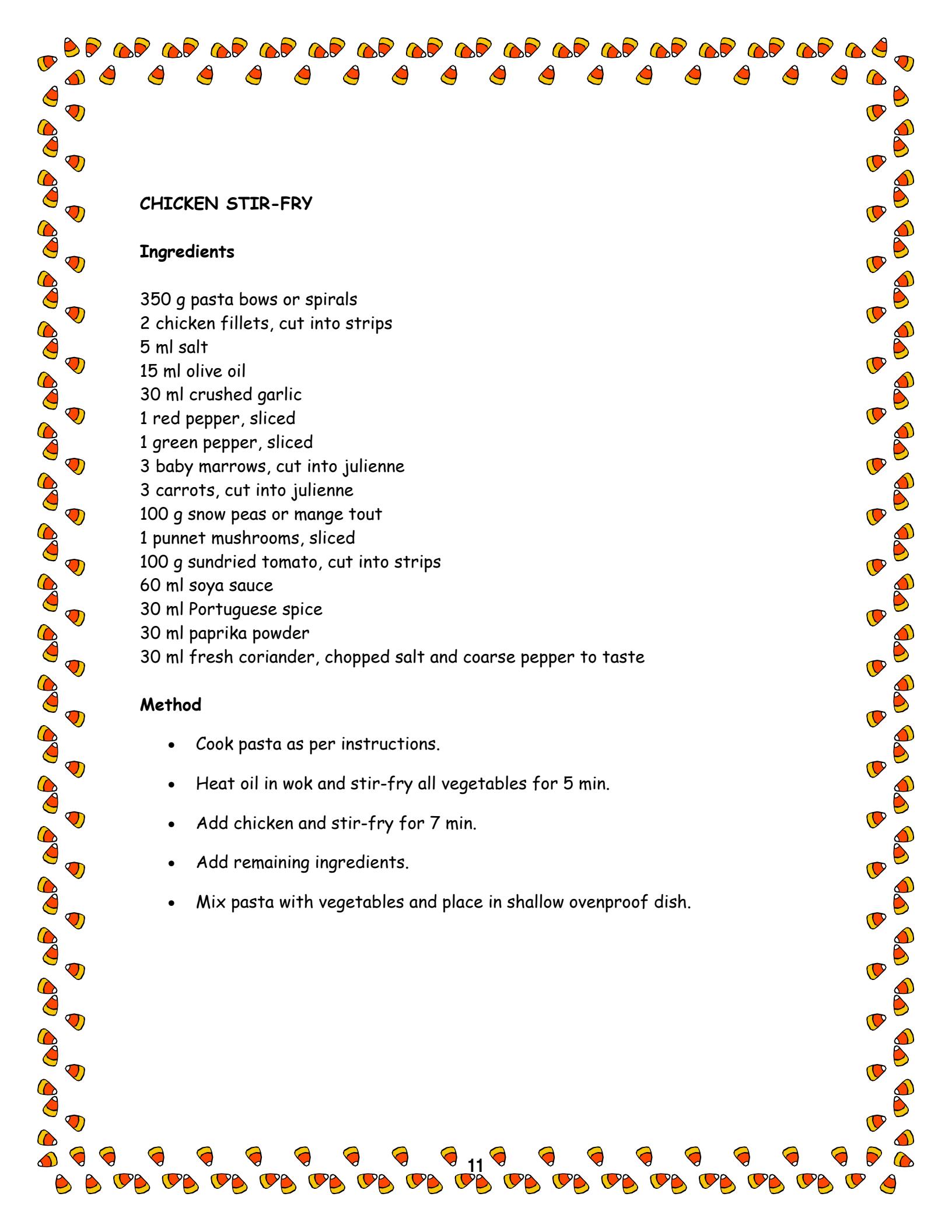
## CHICKEN CREAMED CORN SOUP

### 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.



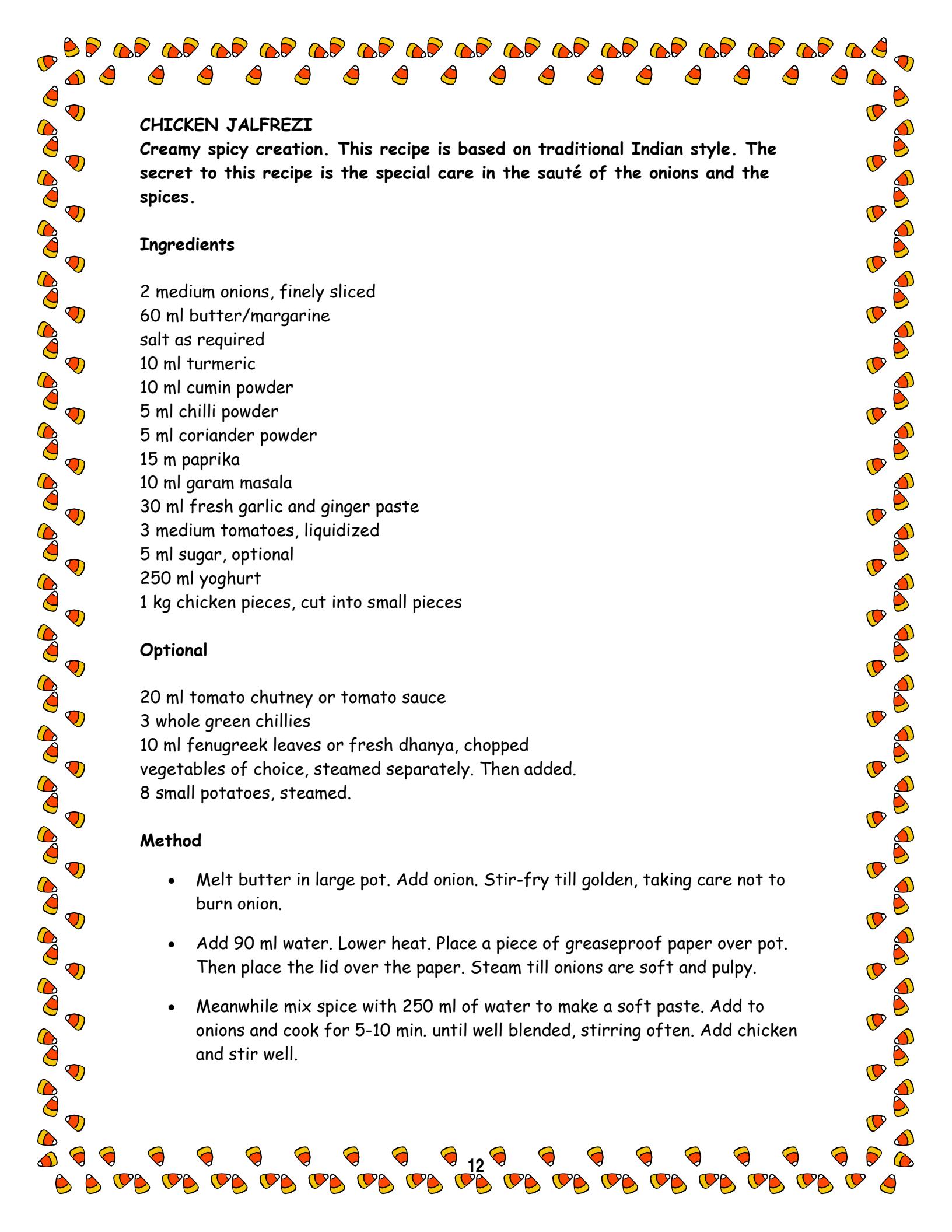
## CHICKEN STIR-FRY

### 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

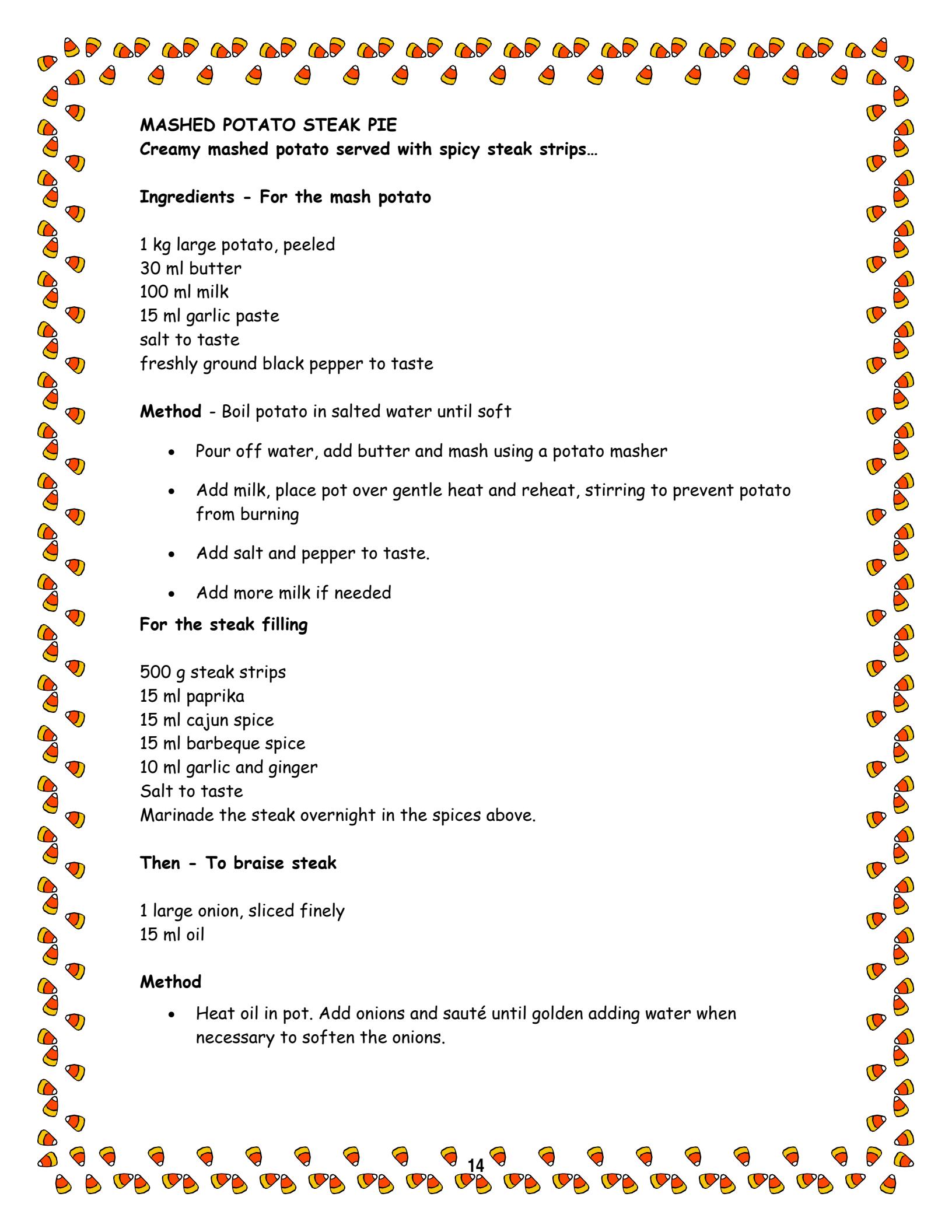
20 ml tomato chutney or tomato sauce  
3 whole green chillies  
10 ml fenugreek leaves or fresh dhanya, chopped  
vegetables of choice, steamed separately. Then added.  
8 small potatoes, steamed.

### 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.

- 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 barbecue spice  
10 ml garlic and ginger  
Salt to taste

Marinade the steak overnight in the spices above.

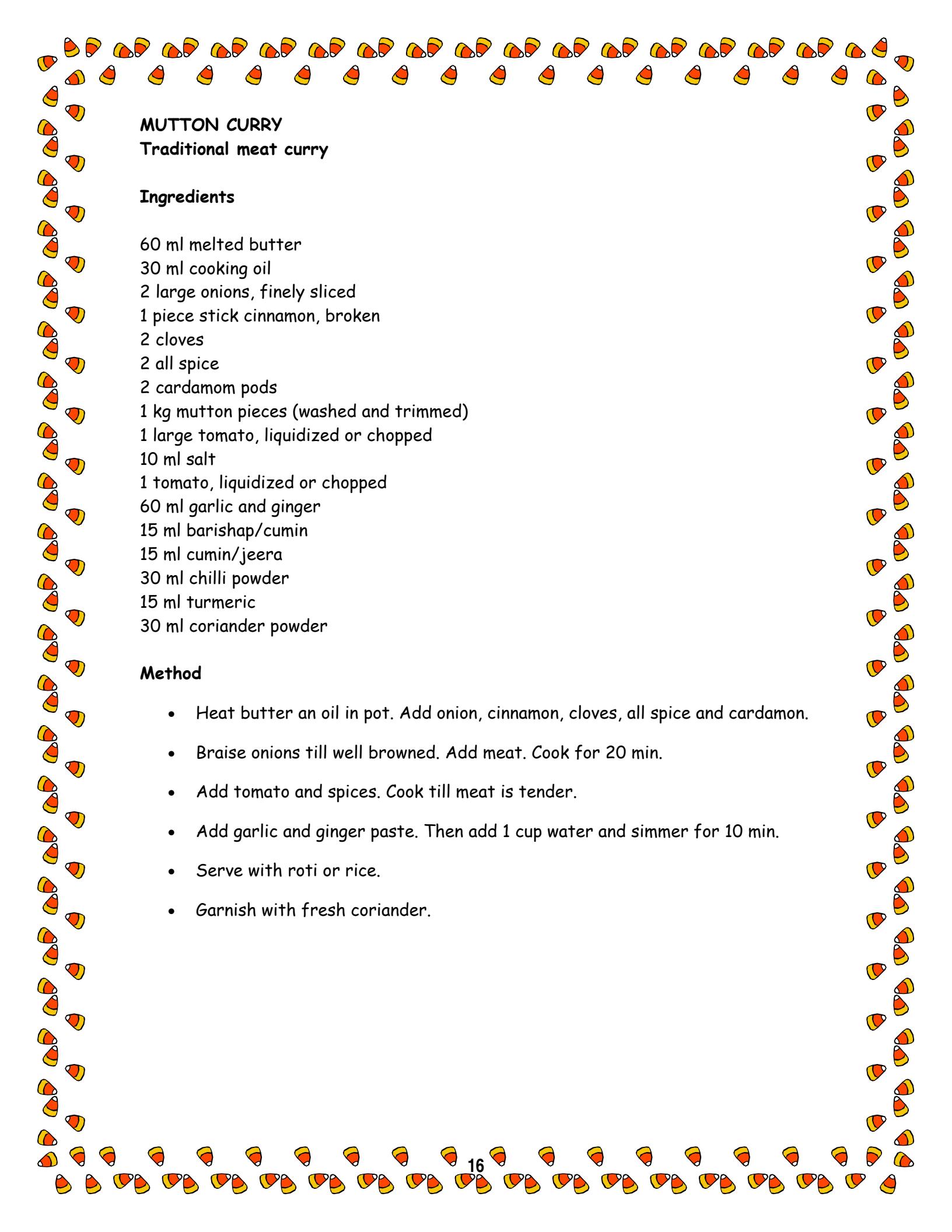
### Then - To braise steak

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.

- 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

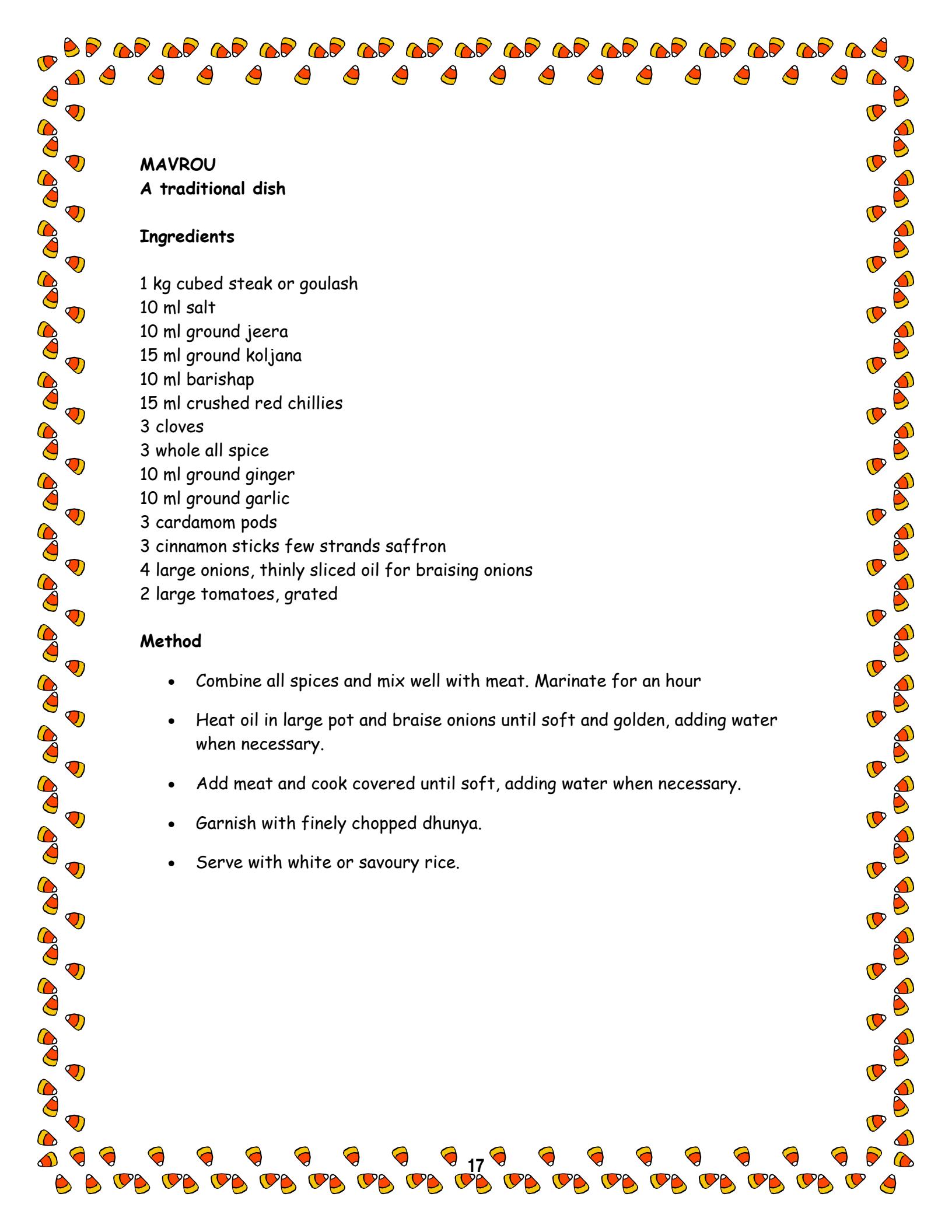
### Traditional meat curry

#### 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 an oil in pot. Add onion, cinnamon, cloves, all spice and cardamon.
- 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

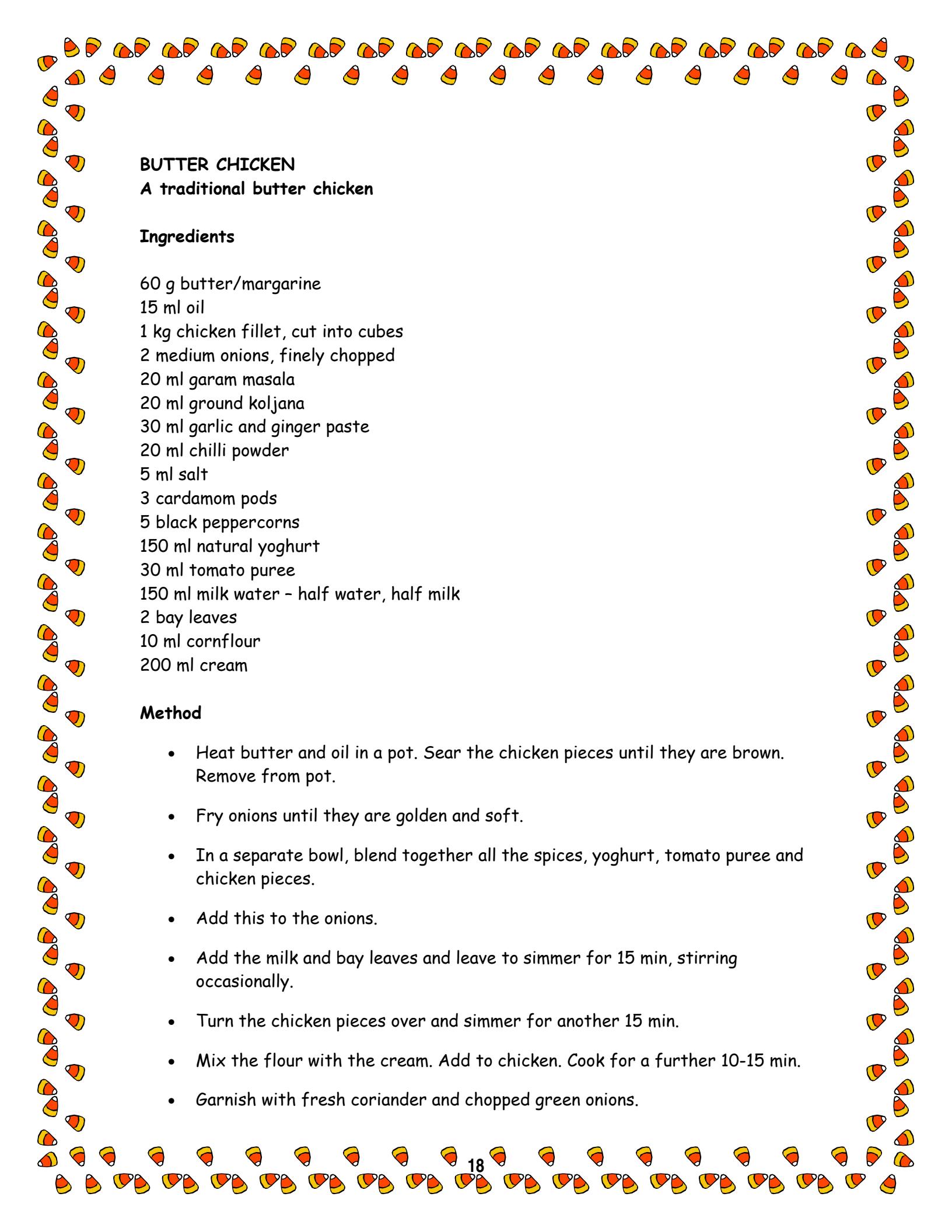
### A traditional dish

#### 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

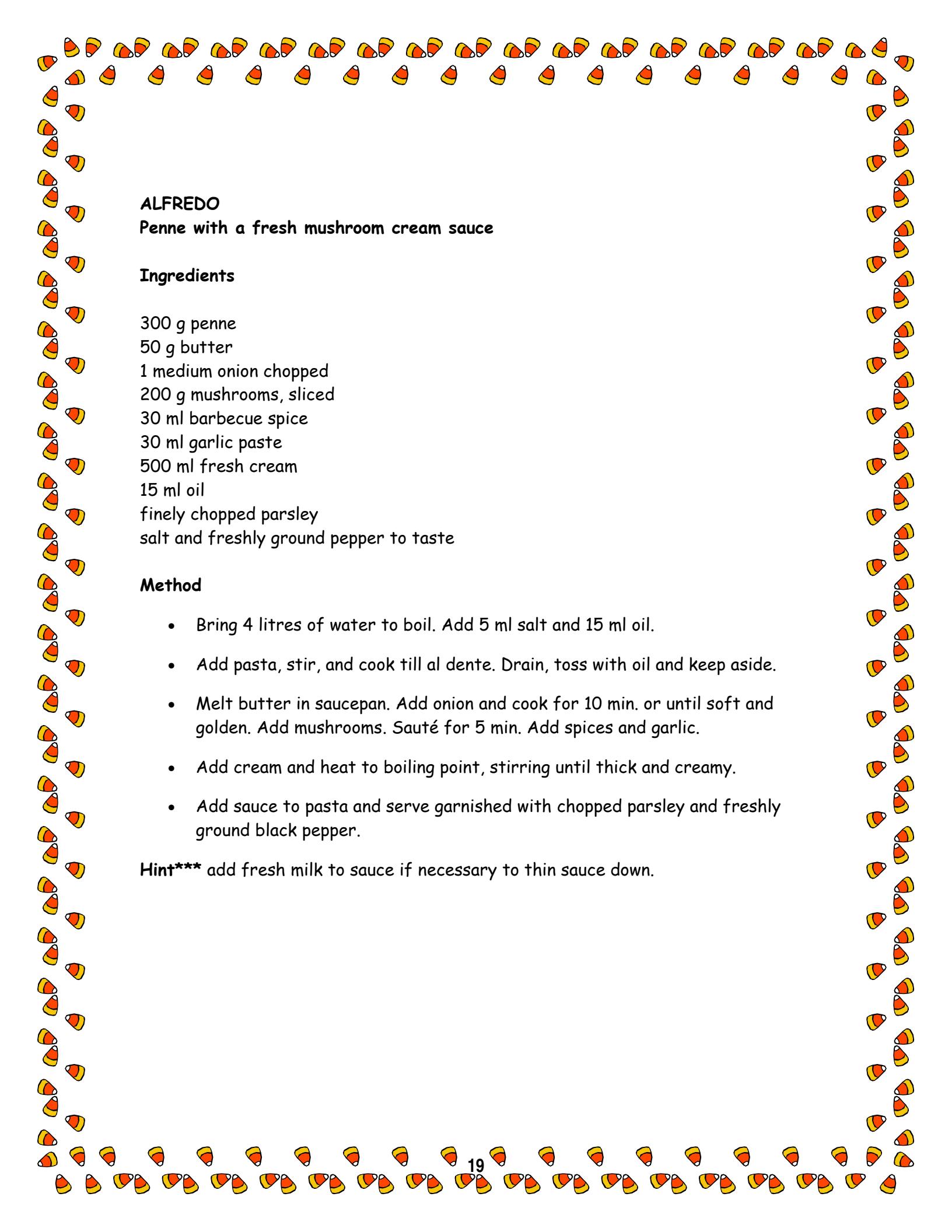
### A traditional butter chicken

#### 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

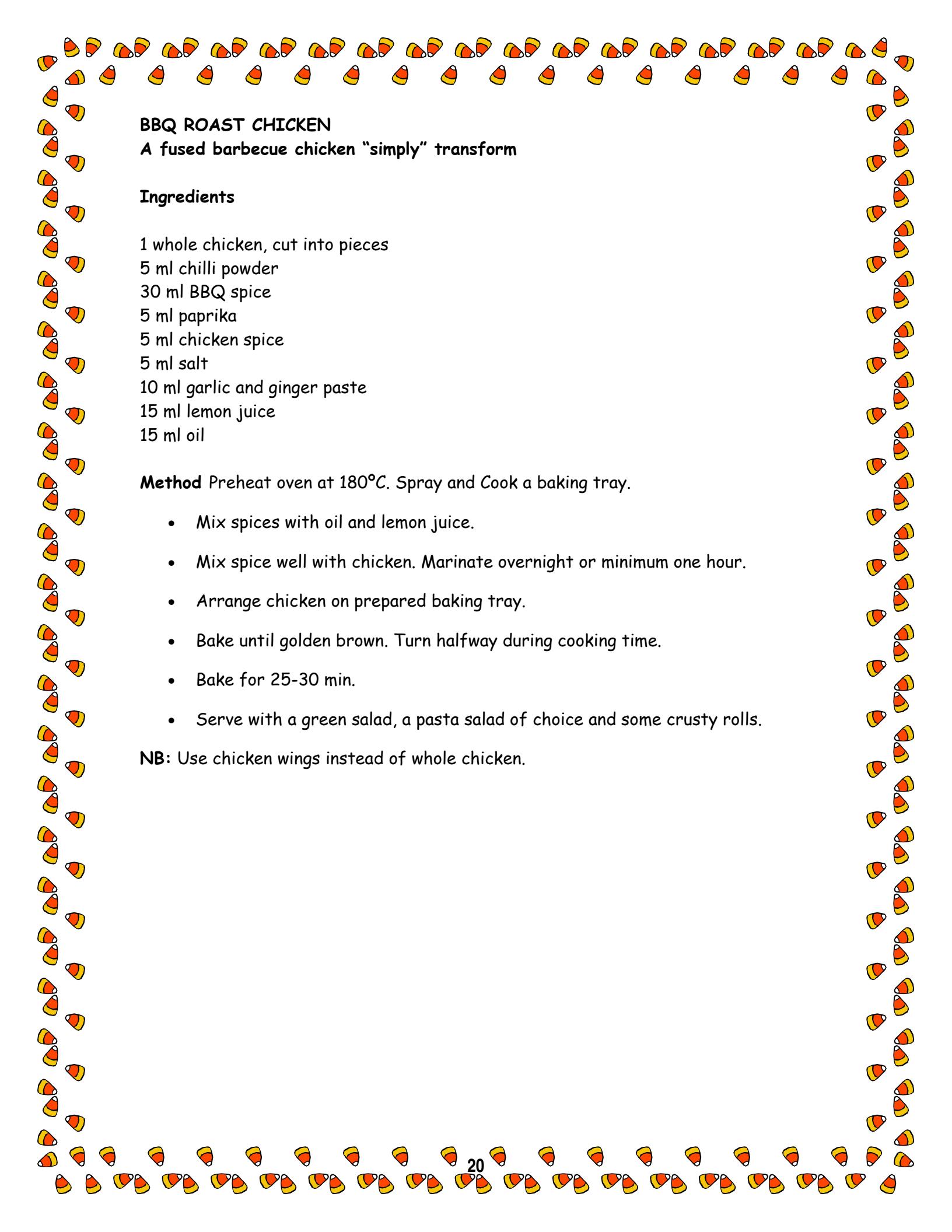
### Ingredients

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

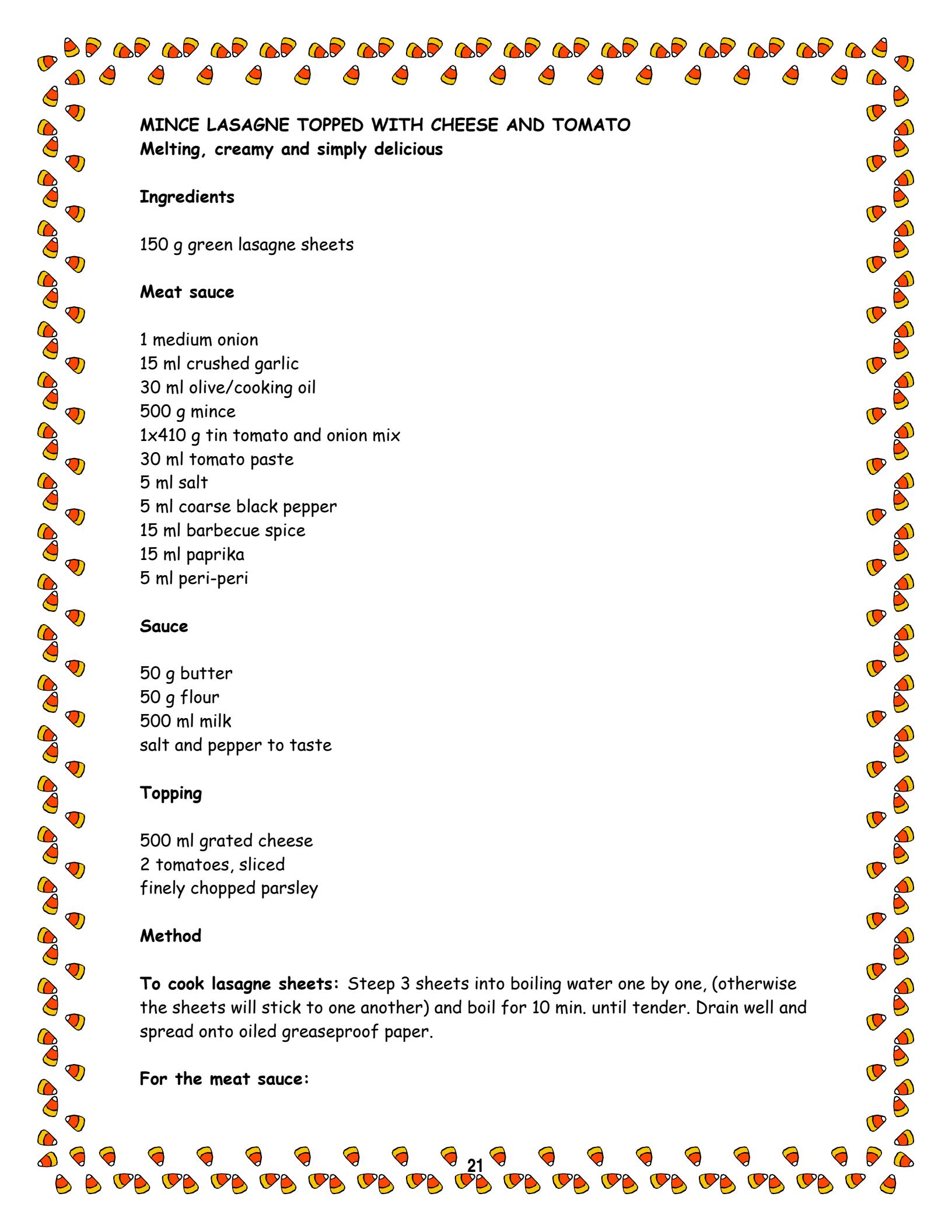
#### Ingredients

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

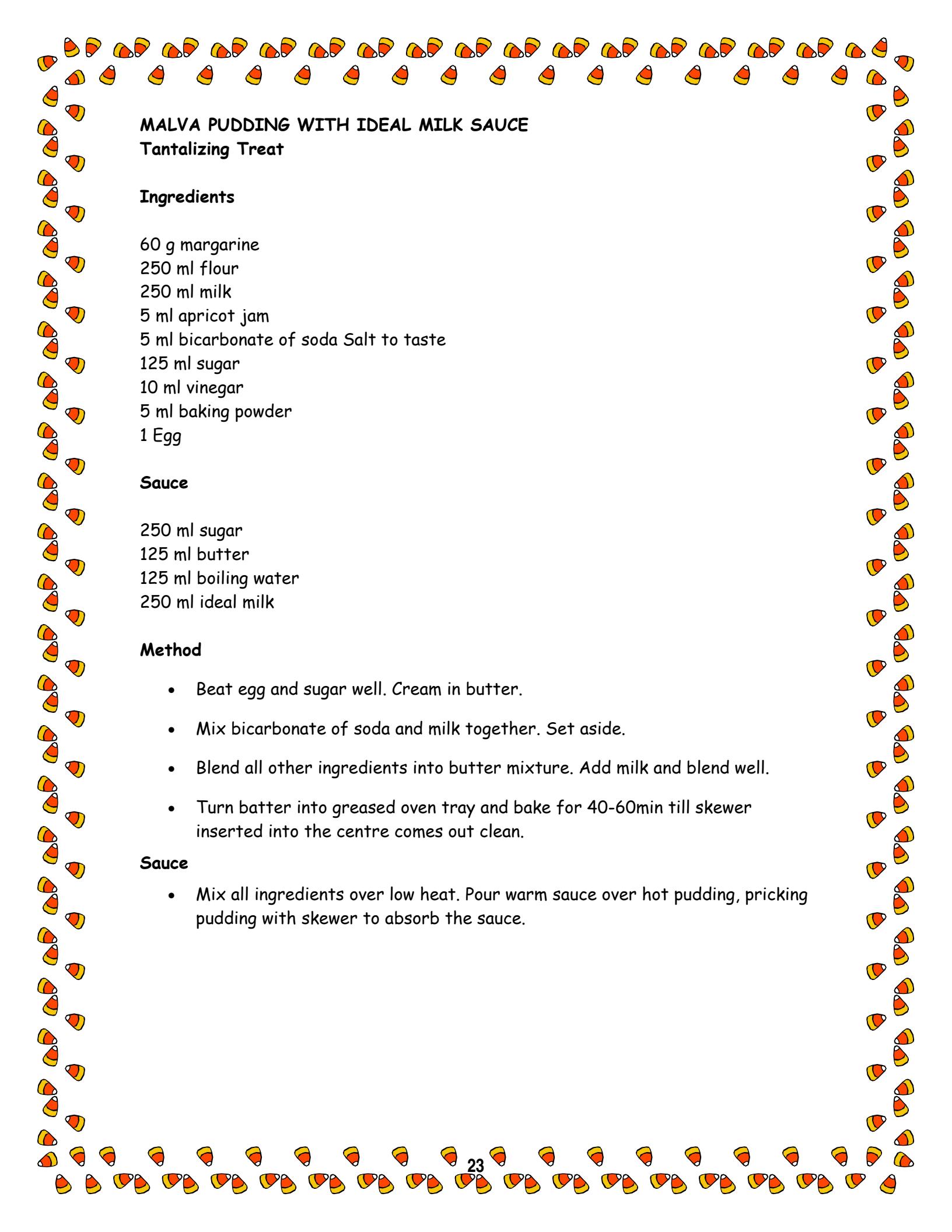
**To cook lasagne sheets:** Steep 3 sheets into boiling water one by one, (otherwise the sheets will stick to one another) and boil for 10 min. until tender. Drain well and spread onto oiled greaseproof paper.

**For the meat sauce:**

- 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

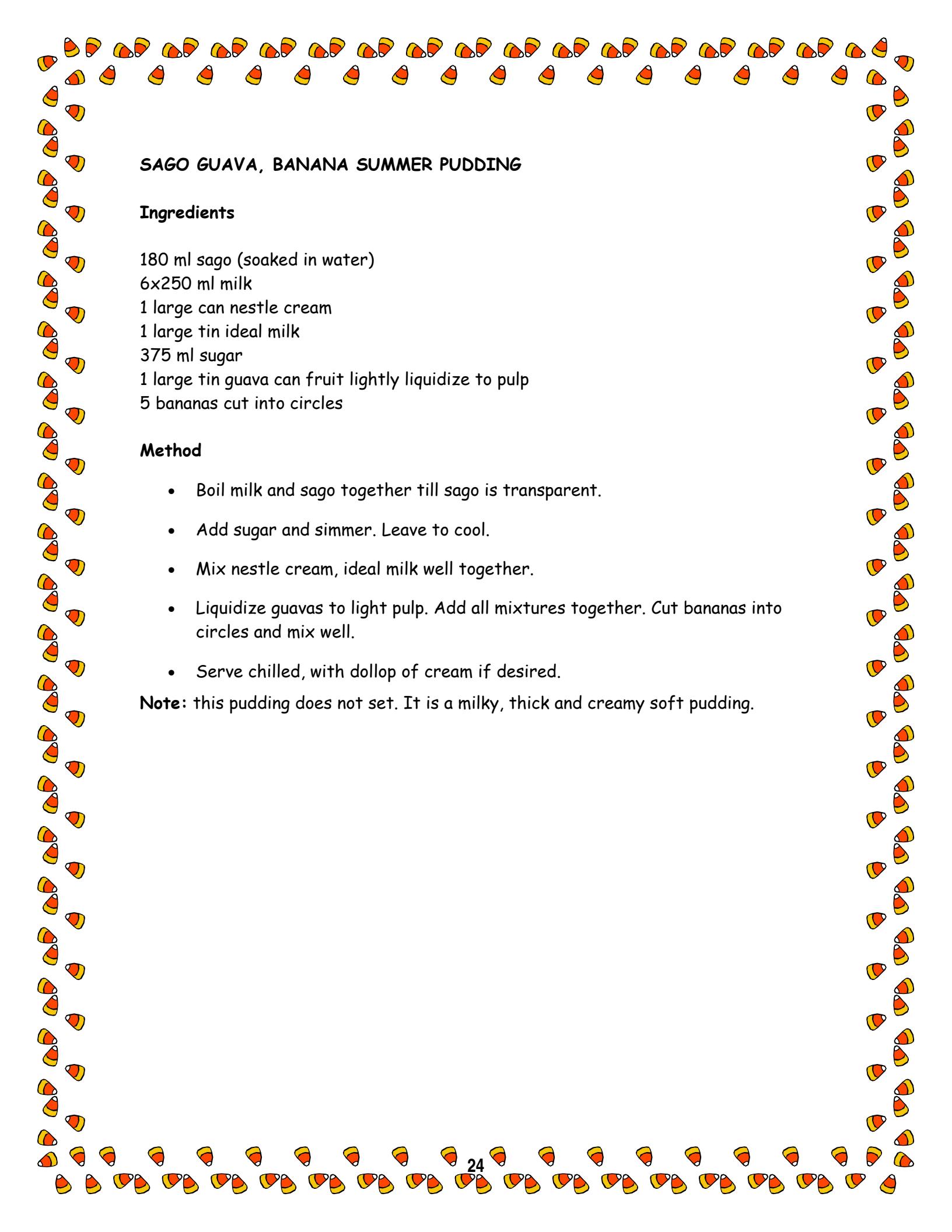
250 ml sugar  
125 ml butter  
125 ml boiling water  
250 ml ideal milk

#### 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

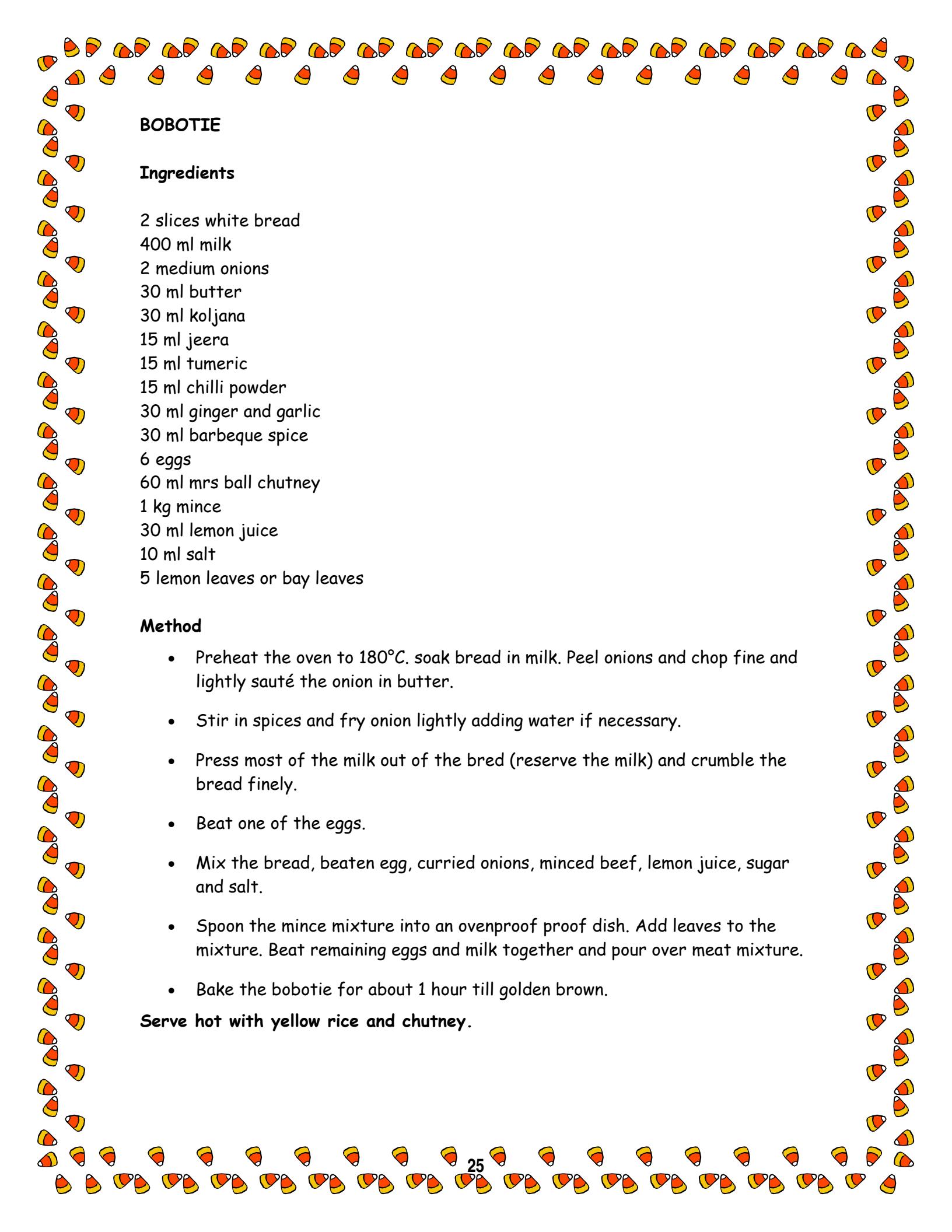
### Ingredients

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

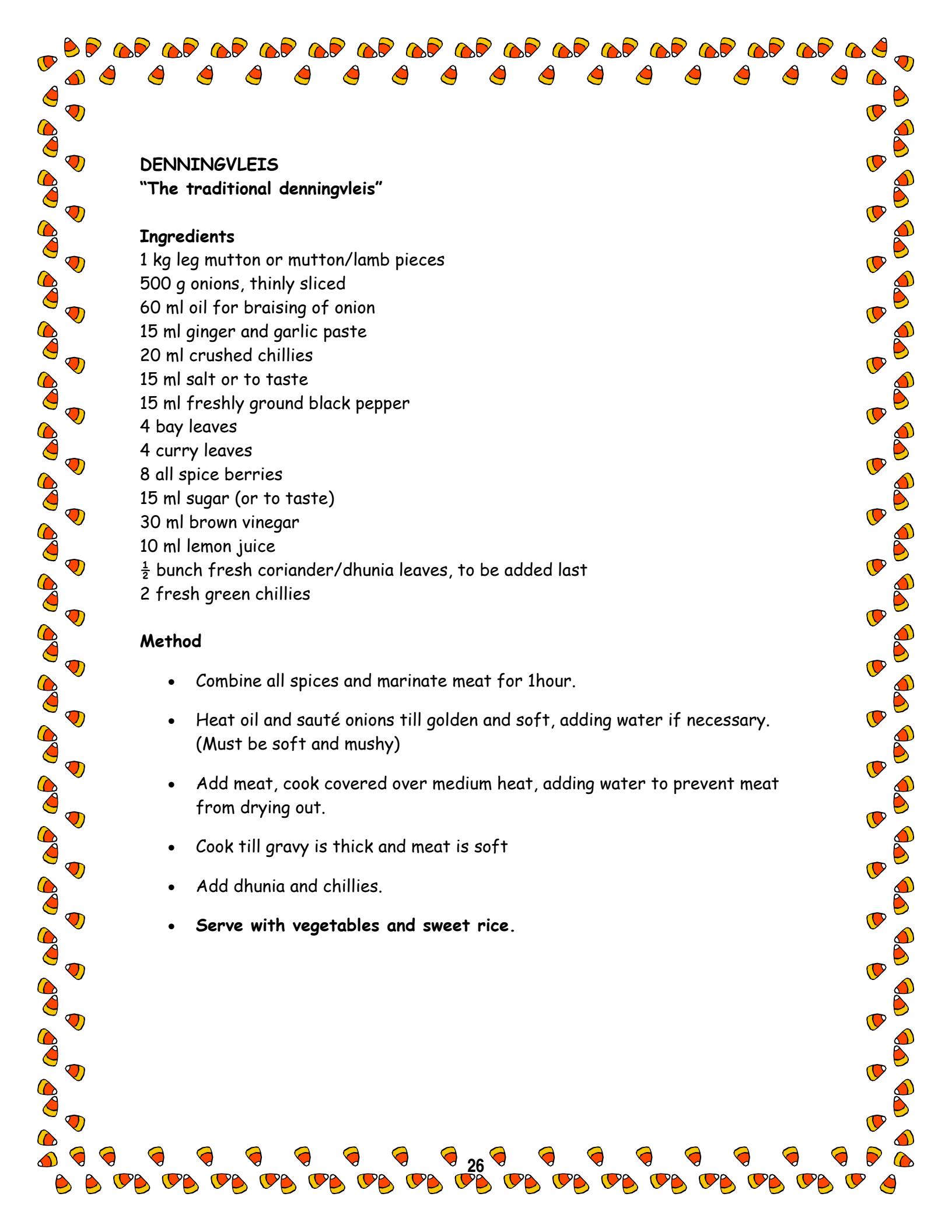
### Ingredients

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 barbecue 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 bred (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.