



# South African Traditional Recipes

50 Tried and Tested Recipes.



Compiled by  
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# **South African Traditional Recipes 50**

by

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## **Introduction.**

South African Traditional cuisine - recipes influenced by many cultures over hundreds of years.

Outdoors and indoors recipes that came through the years, and which has now become household recipes, passed from one generation to the next.

Diverse cooking methods that stems from the 1800's when there were no facilities, apart from open fires, and living and cooking in the outdoors.

This lead to the development,through trial and error, of unique ways and measures to ensure a diverse, healthy diet, where no wastage could be afforded, despite the lack of facilities etc.

Due to the "trekking", meal times, especially dinner and Sunday lunch times, became very important social affairs, where many tales, planning and the exchange of news and new ideas with regards to handling, acting and social skills protocols were exchanged, especially, since due to the "trekking", many new cultures and different climates etc. were found and experienced, each with its unique rules of acceptable behaviour and social protocols.

This holds true even today, where numerous gatherings etc. be it family orientated or close friends meeting for sports events, still takes place on weekends in the form of either informal "braai's or potjiekos" or more formally in the form of Sunday lunches.

# Buttermilk Rusks

## "KarringmelkBeskuit" recipe

This is a traditional rusk - great for dunking in your tea or coffee early in the morning when you watch the sun rise as the "**Boer trekkers or Voortrekkers**" did every morning when they travelled from the Cape to the Transvaal.

**If the rusks are to be kept for a long time, do not substitute margarine for the butter. If no buttermilk or yogurt is available, use fresh milk curdled with lemon juice or white vinegar.**



### Ingredients

375g butter  
500g sugar  
2 extra-large eggs  
1,5kg self-rising flour  
30ml (2 tablespoons) baking powder  
500ml (2 cups) buttermilk or plain drinking yogurt

### Instructions on how to make it

Preheat oven to 180°C.

Cream the butter and sugar together very well. Add the eggs, one at a time. Sift the flour and baking powder together, and add this to the creamed mixture, using a fork to mix. Add the buttermilk or yogurt, using a little milk to rinse out the carton. Mix well with a fork and then knead lightly. Pack lightly rolled, golf ball sized buns of the dough into the greased bread pans close together, and bake for 45-55 minutes. Place the pans in the middle of the oven, with a sheet of brown paper on the top shelf to protect the buns from becoming browned too quickly.

Remove the paper after the buns are well risen and cooked through, to brown the tops. Reduce the heat to the lowest possible setting. Turn out the buns on to cake racks, cool them and separate them, using 2 forks. Pack them on wire racks or on cooled oven racks - air must circulate. Place them in the cool oven, leaving the door ajar, for 4-5 hours, or overnight, to dry out.

# Cape Brandy Pudding Recipe

Perfect for a change from the traditional Christmas pud, this one has a South African twist and can be served with cream or custard!



## Ingredients

250g dates, roughly chopped

250 ml water

5ml bicarbonate of soda

100g butter, softened

200ml caster sugar

1 egg

250ml plain flour

5ml baking powder

100g pecan nuts, chopped

For the syrup:

250ml sugar

120ml water

120ml brandy

5ml vanilla essence

30ml butter

1/2 tsp ground cinnamon

## **Method**

Preheat the oven to 180C and grease an oven-proof dish.

Combine the dates with the water in a small pot and bring to the boil. Remove from the heat and add the bicarbonate of soda.

Cream together the butter, sugar and egg. Sift the flour and baking powder and add to the creamed mix together with the cooled dates and mix well.

Mix in the nuts and pour into the greased dish. Bake for about an hour or until a skewer comes out clean

For the syrup, boil the sugar, water, butter and vanilla essence together for about 10 minutes. Add the brandy and cinnamon and mix well.

Serve the pudding with the syrup poured over it and top with some whipped cream (or custard if preferred).

Serves 6.

# "Koeksisters"



## Ingredients dough

250 ml (1 cup) cake flour  
250 ml (1 cup) self-rising flour  
5 ml ( 1 tsp.) salt  
60g (1/4 cup) butter  
5 ml (1tsp) ground ginger  
5 ml (1 tsp.) ground cinnamon  
5 ml (1 tsp.) ground mixed spice  
2.5 ml (1/2 tsp.) ground cardamom  
10 ml (2 tsp.) soft brown sugar  
10 ml (2 tsp.) white sugar  
7.5 ml (1 1/2 tsp.) instant dry yeast  
375 ml (1 1/2 cups) warm water

## Syrup

*Make syrup the day before and refrigerate. When frying "kikkies", take out of fridge and place in a container which is layered with ice cubes at the bottom.*

250ml (1 cup) water  
125ml (1/2 cup) sugar  
15ml (1 tbsp.) desiccated coconut  
1 piece of "naartjie" peel

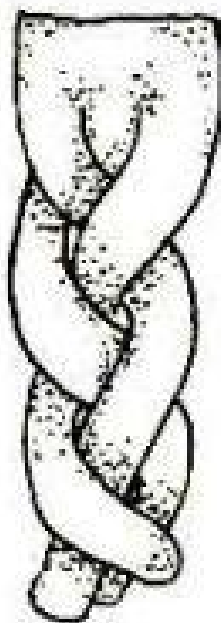
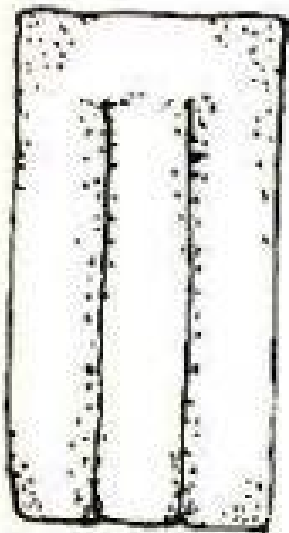
To make the syrup bring, water, sugar, coconut and "naartjie" peel to a slow boil in a large saucepan until syrup starts to bubble.

## Method Dough

In a mixing bowl combine the flours with salt.

Add butter and rub in lightly till it resembles fine breadcrumbs. Add remaining ingredients, using the warm water to form dough.

Do not knead. Cover with plastic and leave in a warm place for about 1/1/2 to 2 hours or raised until doubled in size then turn out on a lightly floured surface.



Dip fingers and knife into flour and use your hands to stretch the dough.

Cut into 4cm X8cm strips and deep fry over medium heat in a deep saucepan.

Insert fork to check if done, and remove quickly one by one and drain in colander or on kitchen paper.

Prick each "koeksister", and then lower into syrup. Add as many "koeksisters" as the pan will hold. Turn and cook for 5 minutes each side or till browned. Remove with slotted spoon place on platter with some extra coconut. Sprinkle coconut over them and serve while hot.



# Mealie Bread



## Ingredients:

1 1/2 cup frozen corn kernels, thawed

2 eggs

2 Tbsp. butter, melted

1 cup flour

2 tsp. baking powder

2 Tbsp. sugar

1/2 tsp. salt

## Preparation:

Preheat the oven to 350F and grease a loaf pan.

Blend 1 cup of corn, the eggs, and melted butter together until a coarse mixture forms.

Add the remaining 1/2 cup of corn and pulse the mixture one or two more times.  
Leave many kernels whole.

Whisk together the flour, baking powder, sugar, and salt.

Using a large spoon, combine the dry ingredients with corn mixture until a thick mixture forms.

Add it to your loaf pan and bake about 30 to 35 minutes.

Allow the bread to cool slightly before slicing.

# Milk Tart

A homemade **South African "melktert"** is always a winner. Whether you need **dessert** for your dinner party, a cake for a special occasion or simply just a slice of something sweet with your afternoon cup of tea -this **easy "melktert" recipe** will sort you out.



## Ingredients -pastry:

2 cups flour  
1 egg  
1/2 cup sugar  
2 tsp baking powder  
125g butter  
pinch of salt

## Method -pastry:

Cream butter and sugar well together and add the egg, before beating well.

Add all other ingredients -making stiff dough.

Press into one or two round cake tins/pie dishes and bake at 180°C until light brown.

## Ingredients -filling:

4 1/2 cups milk  
2 1/2 tbsp. corn flour  
1 cup sugar  
3 eggs  
pinch of salt  
2 1/2 tbsp flour  
1 tsp vanilla essence  
a big spoon of butter

## **Method -filling:**

Bring milk to the boil.

Beat eggs well and add sugar, flour, corn flour and salt.

Mix well.

Pour boiling milk into the mixture and stir well. Return to stove and stir well until mixture thickens.

Add butter and vanilla essence and pour into cooked shell.

Allow to cool in the fridge (you do not need to cook the tart any further) To decorate, sprinkle with cinnamon.

# "Mosbolletjie"

The best way to describe "mosbolletjies" is that it's a sweet brioche, traditionally made with fermented grape juice (these days we just use normal grape juice) and flavoured with aniseed. The texture is feathery and there is just nothing on earth like a torn piece of "mosbolletjie" with thickly spread butter and golden syrup.



## Ingredients

1 kg cake flour

10 ml salt

100 g sugar

10 g instant dry yeast

30 ml whole aniseed

250 ml white grape juice

125 ml lukewarm milk

250 ml lukewarm water

30 ml sugar mixed with 30 ml lukewarm water (sugar syrup for brushing after baking)

## Method

Sift flour and salt together. Add sugar, yeast and aniseed. Stir well.

Heat butter and grape juice in a saucepan until butter has melted. Do not boil. Add to dry ingredients along with milk and water, then mix to form a soft dough.

Turn out dough on a lightly floured surface, then knead for 5-10 minutes, or until the dough is soft and elastic. Place in a large oiled bowl, then cover and leave to rise in a warm place for about 30 minutes, or doubled in size.

Knock down dough on a floured surface, and knead until smooth. Divide into equal pieces and shape into balls (the correct technique is to squeeze balls of dough through a circle made by your thumb and forefinger, using oiled/buttered hands, this way you get nice smooth balls of dough). Pack the balls tightly into 2 loaf tins of about 22 cm each. Cover and leave to rise for about 30-45 minutes.

Bake in a pre-heated oven at 180 degrees C for 35-40 minutes. Turn out onto wire racks, then brush immediately with syrup.

Leave to cool slightly, then eat warm, or break into pieces and dry out in a cool oven at 70 degrees C overnight.

# Roosterkoek Recipes

(Bread made on the grill when braaiing)

Roosterkoek for the braai or 'Stok Brood' (Pieces of dough pressed on stick and kids can braai their own bread.)



## Ingredients:

500g Self-raising flour

1 can of Beer

1 teaspoon Salt

You can add a hand full of grated cheese, herbs, honey, molasses, garlic or any of your yummy favourite ingredients

## Method:

Add all the ingredients together and mix well. Place the dough in a dish and cover it with a cloth.

Place in warm oven that has been preheated at very low temperature and let it rise until double in size. It will take about 1 hour, depending on your dough.

Have a flat baking tray ready that you have sprinkled with flour.

Remove the dough from the oven.

DO NOT knead the dough.

Break off small pieces without flattening it and place on prepared baking tray. Repeat until all the dough has been used. I do sprinkle a little flour on the top as not to dry it out.

Place the dough back in the oven to rise.

Remember, Cook your Roosterkoek rolls first before you start braaiing.

When the fire is ready, clean the grill.

Carefully place the little Roosterkoek rolls on the grill without touching it on the top. Turn the Roosterkoek rolls using braai tongs by gripping it on the sides to turn, that will prevent you from flattening the Roosterkoek rolls. It takes about 10 minutes, depending on the heat of your fire. Kids love it.



# Roosterkoek Dough Recipe



## Ingredients:

5 Cups bread flour

1 tsp Salt

2 Tablespoons sugar

10 g (one packet) Yeast

1/4 Cup of milk

50 ml Oil

1 Egg

2 Cups lukewarm water

## Method:

Sift the flour and add the other ingredients.

Add the water, milk, oil and egg in the middle of the ingredients and mix well.  
Knead it for at least 10 minutes.

Place in warm oven or place covered. When it has doubled in size, knead again.

Flatten slightly and roll in flour.

Cut into squares.

Place gently on a clean greased grill over the coals and cook for about 10 minutes on each side. (Test with a toothpick.)

# "Skilpadjies"

(mince, bacon and ox liver that's spiced)

This is a traditional South African recipe for a classic blend of mince, bacon and ox liver that's spiced, wrapped in caul fat and roasted or barbecued to cook.



## Ingredients

4 pieces of pork caul fat (about 30cm square)

100g minced meat (beef, venison or ostrich)

50g smoked streaky bacon, finely chopped

500g ox liver, cleaned and finely chopped

30g butter 1 small onion, finely chopped

1 garlic clove, crushed

1/2 tsp. freshly-ground black pepper

1/2 tsp. freshly-grated nutmeg 1/2 tsp. salt

1/2 tsp. fresh marjoram, finely chopped

1 tbsp. currants onion gravy, to accompany

## **Method**



Set the caul fat pieces to soak in a bowl of iced water.

The liver and bacon should be cut into peppercorn-sized pieces.

In a bowl mix together the liver, bacon and your choice of minced meat.

Add the onion, garlic, black pepper, nutmeg, salt, marjoram and currants to the meat mix.

Mix well to combine then divide the mixture into four portions. Remove the first piece of caul fat from its iced water bath and pat dry.

Spoon the meat mixture into the centre of the caul fat then fold over the edges to form a small sealed parcel and secure the edges with a cocktail stick

Repeat with the remaining caul pieces until you have four parcels.

Sit on a baking tray then transfer to an oven pre-heated to 180C and bake for 60 minutes (they are even better if cooked on a barbecue).

To test for doneness, insert a metal skewer into the centre of the skilpadjie.

Remove the skewer and lay it gently against your lower lip.

If the skewer feels hot, then the skilpadjie is cooked through. Serve hot, accompanied by rice, a green salad and onion gravy.

# All In One Potjie



## INGREDIENTS

750g bolo or boneless chuck of beef  
1 pig's trotter  
30ml cooking oil  
2 onions, sliced  
10ml salt  
freshly ground black pepper to taste  
200g uncooked pearl wheat  
4 tomatoes, peeled and coarsely chopped  
250ml dry white wine  
250ml meat stock  
2 leeks, sliced  
5 baby marrows, sliced

## METHOD

Cut the bolo or chuck into cubes and saw the trotter into portions.

Heat the cooking oil in a "potjie" and brown the meat.

Add the onion and fry until it is translucent.

Season with salt and pepper and add the pearl wheat and tomatoes.

Heat the wine and meat stock together in a small pan over the fire, then pour the liquid into the "potjie" and cover with the lid.

Let the meat simmer over low coals for 3-4 hours, until it is tender.

Layer the leeks and baby marrows on top and simmer for another 20 minutes.

# Beef Curry Soup



## Ingredients:

1 pound cubed beef stew meat

2 onions, chopped

2 tablespoons margarine

6 cups beef stock

2 tablespoons curry powder

2 bay leaves

2 potatoes, sliced

2 tablespoons distilled white vinegar

2 teaspoons salt

## Preparation:

In a large saucepan or pot, brown the beef cubes and onions in butter or margarine.

Add the beef stock, curry and bay leaves. Cook at low heat for 30 minutes. Add the potatoes, vinegar, and salt. Simmer for 45 minutes to 1 hour, until all is tender. Serve hot.

# Biltong & Peppadew Terrine



## INGREDIENTS

3 cups moist beef biltong, thinly sliced

300 g Peppadew Cottage Cheese

1 cup Peppadews, drained

## INSTRUCTIONS

Place a sheet of cling wrap on a flat working surface. Place 3 rows of biltong in rows to measure a rectangle of 15cm x 25cm, and press down. Spread evenly with cheese.

Top with a row of Peppadews about 5cm from the bottom. Place both hands under the cling wrap, and fold over towards the centre.

Peel the cling wrap back to the working surface. Fold the top over to the centre in the same way, keeping the cling wrap intact. Carefully fold the bottom cling wrap over and fold in the sides.

Mould the terrine in a sausage shape with both hands. Refrigerate overnight.

Remove plastic and slice with sharp knife just before serving.

# BILTONG History and Hints

The word BILTONG is derived from the words "BIL" (BUTTOCK) or meat and "TONG" or strip. So it is just a strip of meat. Also known as "Jerky" in the USA.



For centuries mankind has endeavoured to preserve meat. Seafarers, centuries ago, pickled meat in large wooden caskets and devoured this during the months they were at sea. No wonder they suffered from scurvy!!

African folklore has it that migrating African tribesmen, herding their stock, would place strips of venison under the saddles on their horses as the chaffing would tenderise the meat and the sweat of the animals would spice it! This must be when vegetarians were born!!

There is nothing like real South African Biltong and you can make it yourself! BILTONG as we know this delicacy today is a rich inheritance from pioneering South African forefathers who sun dried meat during their trek across the African Subcontinent.

The basic spicing is a dramatic blend of vinegar, salt, sugar, coriander and other spices. Various brine recipes and marinades were created and handed down for generations!

BILTONG and DROE WORS (dried South African sausage) is most sought after delicacies in Southern Africa.





## **HINTS AND TIPS FOR MAKING BILTONG**

### **THE MEAT**

Biltong can be made from virtually any beef or venison but remember, the better the cut and grade of the meat, the better the Biltong!

Silverside is perfect.

Always use freshly cut meat. If at all possible do not use vacuum sealed meat. (See "MOULD" below)

Always slice the meat with the grain and use a very sharp knife for best results.

### **Slicing the meat**

This is very important. The thicker the meat the longer it takes to dry. Aim for slices of anything up to 1cm in thickness. Careful now, as these needs a bit of concentration. While slicing, one inevitably tends to end up with the bottom of the strip being much thicker than the top. It is not like slicing bread! The trick is to start slicing thinly, and to carry on slicing till the strip of meat falls away. Do not hack at the meat, and then stop to assess your progress, and slice further. You will end up with unattractive strips of meat covered in nicks and cuts.

### **Marinating the meat**

When marinating the meat always put the thicker pieces at the bottom of the dish or tray with the thinner pieces at the top. ALWAYS use a cover to keep away any flies for hygienic purposes.

### **Hanging the meat**

Always hang your meat in a dry, "drafty" area, free of insects and flies. If flies lay eggs on the meat you will end up with maggots and you can throw your biltong away!

## **Storing your Biltong**

Biltong or smoked foods should be consumed within a week of preparation in order to avoid the possibility of mould, especially during wet and rainy periods or if you live in humid coastal areas.

If you want to keep biltong over an extended period, rather put some pieces into a plastic bag, suck out as much air as possible through a straw, seal, and freeze for months.

If mould should occur, it can be removed by wiping it off with a cloth which has been dampened with vinegar.

## **MOULD**

A few simple precautions will prevent the occurrence of this irritating phenomenon. Biltong, especially the "wettish" type, can be affected by mould after it has been purchased and not consumed within a few days. It can also occur while making your own biltong. The following are the most common causes of mould and include some tips on how to prevent it:

Mould is more likely to occur during hot and humid summer periods, especially at coastal areas. Traditionally the "Biltong Making Season" was during the winter months. However, with the new methods of making biltong such as drying cabinets, you can now make your biltong all year round. Just avoid putting your Biltong Maker in humid damp surroundings.

Mould is very likely to occur if strips of meat touch each other during the hanging period. Special care should therefore be taken to ensure that each strip of meat hangs freely. Remember, if mould starts up it rapidly spread to the rest of the batch.

Mould is also more likely to form on meat that has been vacuum sealed or pre-packed and been lying in its own blood for a few days on the cold racks in shops. If you only have access to vacuum or pre-packed meat, establish whether the bloodiness has gone "tacky" when you unseal it. If it has, beware, this is a prime mould stimulant. You will need to wipe the meat thoroughly with a cloth dipped in vinegar, and pat it dry with a kitchen towel before starting with your preparations for making biltong. The best is to always buy fresh meat at the butcher.

Do not hang meat in a dank out-building or a musty room which has been closed for months on end. The fresher the air and the better the ventilation, the less danger there will be of mould contamination.

Many people hang their biltong in the kitchen and there is nothing wrong with that. Take care however, if the kitchen is very compact the steam from the cooking pots, kettles and the wash-up can create unacceptably high humid conditions.

It is quite fine to keep your Biltong Maker in an air-conditioned area. This will prevent mould

from happening especially in humid conditions.

If you detect the first signs of mould forming you can save your batch by acting quickly. Wipe of all traces of mould with cloth which has been dipped in vinegar. This kills of the mould spores and you can continue hanging the meat to dry.

If mould has severely contaminated a batch of hanging biltong it will not dry out, irrespective of how long it hangs. Give it to the dogs. It is not a pretty sight and it will get worse the longer it hangs!



# Biltong Pasta potjie recipe



Rich, festive, fabulous, and expensive, a biltong potjie is special dish for a special occasion.

4 to 5 servings

## Ingredients

2 onions

2 cloves of garlic, crushed or chopped

250 gram mushrooms

2 sprigs of thyme

500 gram biltong

1 cup frozen or 1 tin pitted corn

500 gram twisted or shell noodles, cooked al dente

1 red capsicum

250 ml fresh cream

1 cup of grated cheese (Cheddar or NZ Tasty)

Fry onion until soft over medium heat.

Add garlic, mushrooms, capsicum and thyme and cook for about 5 minutes.

Reduce heat.

Add corn, biltong and cooked noodles, cream and cheese and heat slowly through until cheese starts to melt.

# Biltong Potjie Recipe



*(Use an Nr 2 sized Pot which serves 4-6)*

## **Ingredients**

3 Onions

250g Bacon (chopped up)

1Kg Button or Brown Mushrooms

2 Cloves Garlic -crushed or finely grated

250ml Hot Beef Stock

750ml Rice -cooked

750g Biltong sliced

100g ParmigianoReggiano - finely grated (not the powder you buy in the store please but freshly grated from a wedge of beautiful real cheese!)

Few sprigs of thyme -leaves picked off the stalks

200g Cheddar Cheese

25g Butter



Build your fire and allow the coals to become medium hot

Preheat your potjie over the coals

Melt the butter in the bottom of the potjie.

Add the chopped onions and bacon and saute till the onions are limp & translucent and the bacon is cooked

Add the mushrooms & garlic and saute till the liquid has evaporated and they start to go light brown

Add the beef stock and thyme

Add the cooked rice and the sliced biltong in layers - a layer of rice, a layer of biltong until all used up

Add half of the parmigianoreggiano cheese and then add the cheddar cheese in one layer on top.

Cover with the lid and allow standing for 5-10 minutes over low heat coals. If the fire is too hot at this stage the rice will start to burn

When the cheese has melted remove the potjie from the heat, set aside and leave to stand for about half an hour for the flavours to develop.

Just before serving use a large wooden spoon to gently stir the potjie so that all the layers are mixed together and evenly distributed.

Sprinkle over the rest of the grated parmigianoreggiano cheese and serve with salads and freshly baked pot bread.

# Biltong Recipe



## Ingredients

2 kg lean roasting beef. (Silverside, Topside or such)(London broil)

125 gram rock salt (Any coarse salt will do. The coarser the better)

25 ml brown sugar.

5 ml bicarbonate of soda.

2.5 ml coarsely ground black pepper.

12.5 gram coarsely ground coriander seeds.

200 ml vinegar mixed with 50ml Worcestershire sauce.

1 liter warm water.





Cut meat into strips of approximately 1cm thick.

Mix together all dry ingredients. Rub dry spice mixture into the meat.

Layer meat in bowl with the thicker pieces at the bottom, sprinkling a little vinegar mixture over each layer. Leave in cool place for 24 hours.

Remove meat, strain the vinegar mix and add a litre of warm water to the mix.

Dip the meat into the vinegar/water mix and rub off any salt and spices that still cling.

Squeeze meat dry with hands or dry with paper towel.

Skewer meat and hang.

# Bobotie

(pronounced bo-boo-tee)

South African Bobotie (serves 6-8)



## Group A

1.5 tbsp. ground ginger

1.5 tbsp. soft brown sugar

1 tbsp. mild curry powder

1 tbsp. turmeric

1 tsp. salt

Pinch of black pepper

50 ml olive oil

5 chopped onions

## Group B

2 thick slices of white bread soaked in water

1 kg lean beef mince

150 ml raisins

2 tbsp. Mrs Ball's fruit chutney

1 tbsp. apricot jam

1 tbsp. Balsamic vinegar

1 tbsp. Worcester sauce

1 tbsp. tomato paste

### **Group C**

250 ml low fat milk

2 large eggs

4 dried bay leaves (optional)

Put all the ingredients of group A into a pot and saute in a big saucepan. Drain most of the water from the bread and mix the bread with the rest of the ingredients in group B. Add all of group B with group A in the saucepan and boil for 20 minutes over medium heat. Stir regularly. Put in an oven proof dish.

Beat milk and egg together and pour over the mince mix. Place bay leaves on top of the mix.

Bake in the oven for approximately 45 minutes in a preheated oven (1800C or 3500F).

Serve with yellow rice (recipe below).

### **Yellow Rice (Serves 6)**

350g basmati rice

50g butter

1 heaped tbsp. caster sugar

1 tsp. ground cinnamon or 1/2 cinnamon stick

6 cardamom pods, shelled and seeds crushed

Just less than 1 tsp. ground turmeric

5 tbsp. raisins

Put all the ingredients in a large pan with 1 tsp. salt and 500ml water, then heat until boiling and the butter has melted.

Stir, cover and leave to simmer for 6 minutes. Take off the heat and leave, still covered, for 5 minutes.

Fluff up and tip into a warm bowl to serve.

# Boerewors (History)



Boerewors (farmer's sausage) is as traditionally South African as Biltong, Koeksisters, Pap (maize porridge) and Vetkoek (fat cake). "Boeries" as it is affectionately known by locals, is staple fare in South Africa. It is wholesome, delicious and reasonably inexpensive. Above all, it tastes like nothing else on the rest of this planet!



## History

Boerewors is another inheritance from our pioneering forefathers who used to combine minced meat and cubed "spek" (pork and/or beef fat) with spices and preservatives (vinegar) which were freely available from the then Cape Colony.

During their trek through the hinterland large quantities of wors would be made during their outspan (stopover) and that which could not be eaten would be hung to dry and taken along for sustenance as they continued their explorations.

In the decades that followed this type of wors gradually evolved and the term "Boerewors" became entrenched in our culture.

Up until the early 1960's, boerewors in South Africa was known only as boerewors and by no other name. Thousands of butchers vied with each other to produce, in their opinion, the best "boeries" you could find anywhere. Competition was fierce, the consumer was happy! The unique taste of boerewors was enhanced by making adjustments to the quantities of the traditional ingredients used. Some masterful "boeries" was, and still is, produced with the creators jealously guarding the mix of their magic potions.

The secret in the making of good boerewors lies in the quality of the ingredients used. The better the quality of the meat, the better tasting the boerewors.

# "Pap en Wors"

(Maize meal porridge with Flame Grilled Sausage and Sauce.)



*Pap is "mielie" or maize flour based porridge.*

*"Boerewors" is a sausage, typically made with beef and pork, ground meat and cooked on a "braai" or open heat, outdoors.*

Add 3 cups of "mielie" maize meal to a cup of cold water until smooth

Add another 3 cups and some salt.

Place pot on stove and heat until the pap starts boiling.

Add more water if necessary.

Reduce heat and cook slowly for 1 hour stirring and adding more water (if necessary) every 10 minutes. Serve with sauce.

## **Sauce**

Grate an apple Finely chop an onion Crush two cloves of garlic Finely chop one tomato Fry in olive oil

Add 1 tablespoon of sugar, tomato sauce, 2 tablespoons soya sauce.

Add 1 can of chopped tomatoes

Flavour with salt and pepper

Cook until the onion is cooked and you have a thick sauce.

To serve - Place pap on plate, add a chunk of "boerewors" and top with sauce.

# Droe "wors" (Dried Sausage) Recipe



Any good quality "wors" of the thin variety can be hung out to dry. This practise dates right back to the era of the Great Trek in the early nineteenth century.

This is how Droe"wors" (dried sausage) tasted hundreds of years ago! Fundamentally the spice ingredients and the method of preparation remain the same as the "boerewors" recipe but the meat ingredients differ.

For the Trekkers in those days venison, beef and mutton was abundantly available, but pigs were not suitable company for them and their nomadic lifestyle.

Therefore, we use the same spices and method as for making "boerewors", but the meat type and quantity is slightly different.

## Traditional Recipe

### Ingredients

3 kg beef or venison (no pork or veal, it goes rancid when dried)

100 gr beef fat (no pork or "spek")

25 ml salt.

5 ml ground black pepper.

15 ml corriander, singed and ground (see hints and tips).

1 ml ground cloves.

2 ml nutmeg powder.

125 ml brown vinegar.



25 ml brandy (optional).

25 ml marsala (optional).

200 gr narrow (thin) sausage casings.

### **IMPORTANT NOTE:**

Always use very lean beef. However, even lean beef might have a certain amount of fat in it. Make sure that there is no more than 53/4 fat in the mix otherwise you will end up with a very greasy dry "wors"!

### **Method**

Cube all meat.

Mix together thoroughly and mince coarsely.

Place meat in large bowl.

Add all dry spices, vinegar and brandy (if used).

Mix together lightly with a two pronged fork. Place in fridge for +/- 2 hours to blend flavours. Soak casings in water during this period.

Fit casings to sausage maker and fill with mixture.

Do not over- or under-stuff.

This "wors" is more suitable for drying than it is for cooking. Due to the absence of pork and "spek", it is not as succulent as normal "boerewors" and many people find the cooked variety of this recipe a bit too dry for their liking.

Also, hang this "wors" a bit longer than other types of "wors" as most people prefer it drier than the rest. It should snap like a twig when bent.

# Traditional Boerewors Recipe



## Ingredients:

1 kg beef.

1 kg mutton.

1 kg veal or lean pork.

500 g spek (firm pork fat from under the skin).

25 ml salt.

5 ml ground black pepper.

15 ml coriander, singed and ground.

1 ml ground cloves.

2 ml nutmeg powder.

125 ml brown vinegar.

25 ml brandy (optional).

25 ml marsala (optional).

200 g wide sausage casings.

## Preparation:

Cube all meat and spek.

Mix together thoroughly and mince coarsely.

Place meat in large bowl.

Add all dry spices, vinegar and brandy (if used).

Mix together lightly with a two pronged fork.

Place in fridge for +/- 2 hours to blend flavours.

Soak casings in water during this period.

Fit casings to sausage maker and fill with mixture.

Do not over or under-stuff.

# Oxtail "Potjie"

probably the tastiest "potjie" recipe



## **INGREDIENTS**

500g Oxtails cut 2 inches thick pieces  
10 slices Bacon cut in 1 inch pieces  
1/4 cup Flour seasoned with salt and pepper  
1 litre beef stock  
1 can tomato paste  
1 Bay leaf  
6 black peppercorns  
1 bouquet garni  
6 large leeks, chopped coarsely  
2 large onions, chopped coarsely  
6 large carrots, chopped coarsely  
20 button mushrooms  
1 cup red wine  
1/4 cup sherry  
1/4 cup cream  
2 tablespoons butter  
2 tablespoons olive oil  
2 tablespoons crushed garlic

## **METHOD**

Dry oxtail pieces with paper towel.

Put seasoned flour in a Zip lock bag, then add the Oxtail and shake to coat with flour.

Heat butter and olive oil and saute bacon pieces.

Remove bacon and brown Oxtail in resulting fat, remove and drain. Finely dice 4 of the carrots. Coarsely chop the onions and the leeks. Add the finely diced carrots, leeks, onions

and saute until softened

Add Oxtail, bacon, bouquet garnish, bay leaf, peppercorns, garlic, tomato sauce, red wine, and sherry.

Bring slowly to a boil and cook slowly for 3 - 4 hours.

1 hour before serving cut the remaining carrots into 1 inch pieces and add them and mushrooms and continue cooking slowly.

Just prior to serving, add cream and stir in.

If you want to thicken the sauce mix some corn-starch with the cream before adding.

# Traditional "Frikkadels" Meat Balls



## Ingredients

15g butter

2 shallots, chopped

1 clove garlic, chopped

1cm root ginger, chopped

10 savoy cabbage leaves, stem removed

350g ground beef

30mls mango "atchar"

30mls fresh basil, finely sliced

salt and freshly ground black pepper to season

1 x 400g tin whole cherry tomatoes

Pinch of sugar - I used fructose

## Method

Preheat the oven to 1800 Celsius

Heat the butter in a large frying pan

Add the shallots, garlic, ginger and chilli and saute until the shallot is soft

Remove and set aside and leave to cool

Blanch the cabbage leaves in boiling water and refresh in ice water to stop the cooking process

Pat dry

Once the shallots are cool, add them to the beef together with the "atchar", basil and a generous amount of seasoning

Roll the meat into 10 equal sized balls

Wrap each ball in a cabbage leaf

Pour the tomatoes into an ovenproof dish that has a lid

Season and add the fructose

Gently place the cabbage balls into the tomatoes, opening side down

Season the top of the cabbage balls

Cook for 20 minutes in the preheated oven

# "Flippen LEKKER" Chicken and Pasta Pot Recipe

'FLIPPEN LEKKER' dish for any occasion. You can make it outside in a cast iron pot on the braai, or just make it on the stove in a cast iron pot that has a flat surface. whatever you do, don't invite too many people because it's so delicious that seconds is inevitable. When doing this dish on the braai, make sure it's not too hot but have coals ready to add when needed.



## Ingredients

1 Kg Chicken breasts - boneless or chicken portions - 12 pieces.

Mushrooms

1 Large onion

1 Packet of Cook in Sauce mushrooms and wine flavour

500 g Paste Rice

250 ml Coconut cream or milk

Olive Oil

Cheddar cheese - 1 cup grated

2 Tomatoes Black pepper Preparation

Cut the chicken in small chunks

Slice the mushrooms, onions, red and green peppers.

Grate the Cheese

Slice the two tomatoes

## Method



Heat the pot and add the olive oil. Saute the onions, red and green pepper until lightly golden brown, add the chicken pieces, brown them lightly. Add in the mushrooms and mix well. Pour in The Cook in Sauce and add water until covered. The pasta rice must be added to this mixture, mix well and cover. Keep on slow heat for 45 min to 1 hour or until the pasta is cooked.

Take off the heat. Stir in the cream, sprinkle the cheddar cheese over the top and place tomatoes on top of the cheese. Grind with black pepper and place under the grill if you are making it on the stove, or otherwise add hot coals on the lid for 30 minutes.

# Braai Pie



## Ingredients:

Sandwich type grid with edges

2 Rolls of Puff Pastry

1 Packet of Spinach

1 or 2 Chicken Breasts (fillets) -optional

1 Packet Shredded Bacon

1 Onion

1 Red Pepper

1 Yellow Pepper

1 Packet of mushrooms

Feta Cheese

Mozzarella and/or Cheddar to taste

## Method:

Defrost the dough and roll the first one out onto the grid

Tip: do not defrost for too long in the microwave, else the dough goes soggy... your best bet is to let the dough defrost slowly on its own.

Tip: use some Spray & Cook on the grid before laying out the dough.

Fry onion, bacon and peppers together, and if you're using chicken in your recipe, fry (or braai) the chicken separately

Place half of raw spinach on dough.

Tip: Make sure to dry the spinach off properly before placing it on the dough. The less water/moisture you have before you start the better.

Cut chicken into pieces and place on spinach Add onion, pepper and bacon mixture. Chop and add the mushrooms

Tip: you could opt for frying the mushrooms in with the bacon and onion as well

Add the different cheeses (grated)

Finish off with the rest of the spinach (PS. The Spinach should cover the dough nicely, it helps to prevent too many juices from seeping through and getting the dough wet.)

Place the second roll of dough on top. Seal the dough (as if you are making pies)

Tip: Egg wash the dough for that extra golden brown effect.

Place it high up on the fire and turn constantly until golden brown... This is not a steak: rather turn too much than too little :-)

That's basically it: The important stuff is the puff pastry and spinach, feel free to experiment.

# Chicken bunny chow

Described as street food with taste, bunny chows are quintessentially the food lover's favourite.



## Ingredients

- 1 whole chicken, cut into pieces and cubes or 1kg chicken pieces
- 4 cardamon seeds (green)
- 1 large onion, diced
- 3 garlic cloves, crushed
- 5 cloves
- 2 tablespoons curry powder (you may choose between mild or hot)
- 3 bay leaves
- 1 teaspoon fresh ginger, crushed
- 4 star aniseeds
- 4 tablepoons chili flakes
- 2 tablespoons cumin
- 2 tablespoons coriander
- 2 tablespoons turmeric
- 2 green chilies, thinly cut
- 2 medium carrots, peeled and diced

2 medium potatoes, cubed

2 large tomatoes, skinned and diced

Salt and pepper to taste

## **Method**

Fry garlic, onion, chilies, chili flakes, bay leaves, cardamon seeds, cloves, ginger, aniseed, cumin, coriander, turmeric in olive oil until the onions are tender. Throw in the chicken and fry for another 5 minutes. Pour in the rest of the ingredients and season well. Cook for about 60 minutes on low heat.

Garnish with fresh coriander and serve in a D loaf of bread or panini.

# Chicken Curry Potjie recipe



Chicken Curry Potjie (pot) is a great way to be able to entertain and still enjoy a great meal by simply adding all the ingredients into a huge pot over the fire place and leaving to simmer.

## Ingredients

2kg skinless chicken thighs or breasts

3 large grated onions

5 skinless tomatoes

1 large tin tomato paste

4 heaped teaspoons masala

3 bay leaves

2 dessert spoons crushed garlic

1 table spoon coriander

1 teaspoon fennel

2 large sticks cinnamon

2 teaspoons salt

2 teaspoons sugar

1 litre red wine

6 Large potatoes cut in half

## Instructions

Saute your onions and garlic until soft, then add the spices and let simmer for a couple of minutes. Add tomatoes and tomato paste together with some red wine - simmer for about 5 minutes.

Add chicken pieces and potatoes with a little more wine. Place the lid on your potjie, simmer on a low heat for about 45 minutes, checking the liquid level regularly, adding more red wine when needed. About 15 minutes before you are ready to eat add sugar to taste.

Serve on a bed of rice, cooked together with mustard seeds, turmeric and onion flakes for added flavour.

# Chicken Pie



## Ingredients

1 chicken weighing 1.5kg

Salt and pepper to taste

1 large onion

500ml hot water

125ml white wine

8 peppercorns

1ml ground mace

5 allspice berries

15ml sago

30ml vermicelli

30ml butter

1 egg yolk

Juice of 1 lemon

4 slices ham

2 hard-boiled eggs

Puff pastry



15ml milk

## **To make the Chicken Pie**

Wash, singe and cut the bird into pieces

Sprinkle each piece with salt and pepper and place in heavy saucepan Chop the onion finely and add it, the hot water and white wine to the saucepan Tie the spices in cheesecloth and add Simmer the chicken gently until tender and the meat falls off the bones

Add the sago, vermicelli and 15ml [1 Tbsp] butter stirring carefully to ensure the sago and vermicelli do not burn

Remove the bag containing the spices as well as all the large chicken bones

Preheat the oven to 230oC [450oF]

Beat the egg yolk, set 5ml aside and mix the rest with the lemon juice

Add the egg/lemon mixture to the chicken and stir slowly until thick and creamy then remove from the heat

Place the chicken in a pie dish with pieces of ham and sliced hard-boiled egg inbetween and dot the meat with the remaining butter

Place a heat-proof egg cup in the centre of the pie dish to prevent the pastry from sagging

Cover the chicken [and egg cup] with the puff pastry and garnish with strips of the pastry. Brush the top of the chicken pie with the reserved egg yolk and milk

Make a few slits in the pastry to let steam escape and then bake for 30 minutes.

# Chocolate "Mielie Meal" Pudding

Madiba - Nelson Mandela was very specific about using South African ingredients even though he was in a foreign country. Pete was asked to create a dessert that portrayed the New South Africa. He created this twist on a favourite using "mielie meal" in Mandela's honour.



## Ingredients:

10x whole eggs

10x egg yolks

500g dark chocolate

500g unsalted butter

250g castor sugar

40g maize meal

30g cake flour

Pinch of salt

## Method:

Melt chocolate and butter in a double boiler.

Mix eggs, egg yolks and castor sugar until the sugar is almost dissolved- be careful not to whisk the mixture too rapidly or incorporate too much air.

Once the chocolate is melted, slowly add the egg mixture, stirring gently and not beating.

Mix in sieved flour, maize meal and salt and mix gently until the flour is well- incorporated.

Fill well-greased **Dariole moulds** three-quarters of the way with the mixture, allowing for expansion. Bake at 250C for seven minutes.

# Homemade Yoghurt



## Ingredients

1 L Full cream milk

1 tub plain yoghurt

## Method

Heat milk in micro for 2 D mins.

Add tub plain yoghurt and whisk in quickly.

Cover with cling wrap and wrap towel or blanket around bowl to keep warm overnight.

Any of the following may be added the next day: sugar, honey, chopped fruit + nuts or for savoury yoghurt add chopped herbs and chives. Etc.

Refrigerate and enjoy.

To continue the process, keep one tub of the above and start all over again.

# Malva Pudding



## Ingredients:

- 1 cup flour
- 1 tablespoon bicarbonate of soda
- 1 cup sugar
- 1 egg
- 1 tablespoon apricot jam
- 1 tablespoon vinegar
- 1 tablespoon melted butter
- 1 cup milk.

## Method:

Butter an ovenproof glass or porcelain container. Sift the flour and bi-carb into a bowl and stir in the sugar. In another bowl beat the egg very well and add the other ingredients (excluding those for the sauce) one by one, beating well. Using a wooden spoon beat the wet ingredients into the dry.

Pour batter into the baking dish, cover with greased foil, greased side down, and bake in a 180°C preheated oven for 45 minutes until well risen and for another 5 minutes if not browned enough.

**If not sufficiently baked the pudding won't absorb the sauce making it stodgy inside.**

## Sauce

When baking is almost done, heat the ingredients for the sauce making sure all the sugar and butter are melted. When the pudding is done, remove from the oven, pour over the sauce. Serve hot or at room temperature with a little cream.

**For the sauce:** 1/2 cup cream 1/2 cup milk

- 1 cup sugar
- 1/2 cup hot water
- 1/2 cup butter

# Quick and Easy "Melkkos" Recipe



"Me/kkos" (milk food) is one of those South African heritage dishes that conjure up memories of family dinners 'round the kitchen table and the sweetness of childhood.

The recipe for the traditionally Afrikaans creamy, milky, "cinnamony" concoction is often passed down from a long line of grandparents and parents.

We grew up eating our grandmother and mother's "me/ksnyse/s" (noodles boiled in milk) and "me/kkos", the latter of which we took more of a liking to, thanks to weekly doses at our boarding school, and below we shared our take on the once-a-week favourite.

## EASY MEIKKOS RECIPE

Serves 6

### ***Ingredients:***

2L full cream milk

1 cinnamon stick

2 cardamom pods, lightly crushed

12SmL sugar

300mL cake flour

SmL salt

2SmL butter

***Method:***

Combine the milk, cinnamon stick, cardamom pods and sugar in a medium pot and heat slowly to boiling point. While the milk mixture is being heated, mix the flour and salt and rub the butter in the dry mixture until it resembles breadcrumbs. Remove the cinnamon stick and cardamom pods from the milk mixture. Sprinkle the crumbed mixture into the boiling milk and simmer for 8 minutes, while stirring with a whisk. Remove from heat and serve immediately.

***To serve:***

Serve the "melkkos" with a knob of butter and a sprinkle of cinnamon sugar on top. Spoon it up on cold winter evenings while you're curled up on a sofa or in front of a crackling fire.

# Souskluitjies (Old fashioned dumplings with cinnamon and sugar)

These Souskluitjies are best when they are freshly made and still piping hot, but they can be reheated the next day and should still hold their nostalgic magic!



## Ingredients:

1 D Cup Flour

1 Teaspoon Baking Powder

Pinch of Salt

$\frac{3}{4}$  Cup Butter

2 Eggs

2 Table Spoons Sugar

Water

D Teaspoon Salt

1 Stick Cinnamon

Sugar and Cinnamon mixed in bowl to sprinkle

D Cup melted butter

## Method:

Sift the Flour, baking powder and salt together.

With your fingers rub in the butter into the flour until it has like a crumbs



Beat the Eggs and sugar until light and fluffy.

Mix the beaten eggs to the flour mixture. Make sure to use a spoon and mix lightly.

Add water in a saucepan about 5 cm deep, salt and cinnamon, bring to boil.

Spoon teaspoons of your dough into the boiling water. You can do it all at one time. Simmer on low heat for 10 minutes, cover, taking care that the mixture does not boil over. Just regulate the temperature so that it is simmering very slowly, without peeping too often!

Remove the dumplings with a slotted spoon and arrange in a serving dish. Sprinkle generously with cinnamon sugar (you will need more than you think, because the batter is not sweetened) and drizzle with the butter.

Let it stand for 5 minutes to give the sugar some time to melt, then serve at once.

# Fish Cakes



## Ingredients

250 ml (1 c) cooked fish, skinned and boned

250 ml (1 c) boiled mashed potatoes

15 ml (1 T) chopped parsley

15 ml (1 T) grated onion

15 ml (1 T) butter or margarine

2 eggs

Salt and pepper Dry breadcrumbs Fat or oil for frying Lemon slices

## Method

Flake the fish and combine with the mashed potatoes, parsley, onion and butter.

Beat one egg, season with salt and pepper and add to the fish mixture.

Shape into round balls and flatten slightly.

Beat the second egg well, roll each fish cake in the beaten egg and then coat with breadcrumbs.

Fry the fish cakes in hot fat in a pan until golden brown on both sides.

Serve with slices of lemon.

# Snoek with Apricot Jam



## Serves 6

Snoek is delicious with a touch of sweetness and a mild spice like cumin. Try it in the oven or braai it outside.

## Ingredients

1/2 cup (60 ml) chutney

1 tbsp. (15 ml) apricot jam

1 tsp. (5 ml) ground cumin

2 tbsp. (30 ml) lemon juice

1 tbsp. (15 ml) sunflower oil

1/2 tsp. (2.5 ml) salt

Black pepper to taste

## Method

1,2 kg whole fresh snoek or line fish, head removed and butterflied

Mix chutney, jam, cumin, lemon juice, half the oil and salt and season with pepper. Brush a braai grid with the rest of the oil and place fish, with the skin side on the grid. Brush fish with jam mixture. Braai for 15-20 minutes over medium coals with the skin side down.

Turnover and brown for a few minutes or until the fish flakes easily. Take care not to burn or overcook the fish.

Serve with baked sweet potato and a green salad.

## **Tip**

To bake in the oven, brush a large piece of foil with half the oil. Place fish on foil in an oven dish and brush fish as above. Bake at 180 OC for 20 minutes or until cooked. The top of the fish will brown in the oven.

# Curried Fish (pickled fish)



## Ingredients

1.78 kg Geelbek (Cape salmon ) Kabeljou, Kingklip or any dry white fish

Salt or pepper

4 medium-sized onions

128 ml (D c) sugar

48 ml (3 T) medium curry powder

18 ml (1 T) turmeric

20 ml (4 t) salt (or to taste)

2.8 ml (D t) cayenne pepper (optional)

780 ml (3 c) vinegar

128 ml (D c) water

6 crushed lemon leaves

## Method

Clean and fillet the fish. Sprinkle lightly with salt and pepper. Peel and slice the onions into thin rings.

Mix the sugar, curry powder, turmeric, salt, cayenne pepper, vinegar and water in a large flat-

bottomed saucepan (do not use an iron or aluminium saucepan).

Add the onion rings and lemon leaves and allow cooking for 20 to 30 minutes.

Carefully place the fish fillets in the mixture, ensuring that they are well covered, and cook for a further 20 minutes or until done. Baste with the curry sauce from time to time and turn the fillets if necessary.

Pack the fish in layers in jars or an enamel dish, covering each layer completely with the hot curry sauce. Pour over the remaining sauce and allow cooling. Seal and store in a cool place. The fish is ready to eat after two or three days.

Hake can be used. Fillet, sprinkle with salt and refrigerate overnight before using.

# Durban Bunny Chow



## Ingredients

800g Lamb  
100ml vegetable oil  
2 Cloves  
1 Bay Leaf  
3 Sticks Cinnamon  
1tsp Fennel Seeds  
1 Large Onion Chopped  
1TBS Tomato Paste  
3 Curry Leaves  
2 tsp. Crushed Garlic  
2 tsp. Grated Fresh Ginger  
2 tsp. Salt  
One Quarter of a Teaspoon Turmeric  
4 tbsp. Masala  
1 tsp. Garam Masala  
6 Potatoes peeled and cubed

Heat a heavy based pot on the stove.

Add oil and fry onion and all spices except masala for a minute or two.

Then add Masala and Garam Masala, ginger and garlic and fry but be careful not to burn these.

Lower temperature and add tomato, paste and meat and cook until brown.

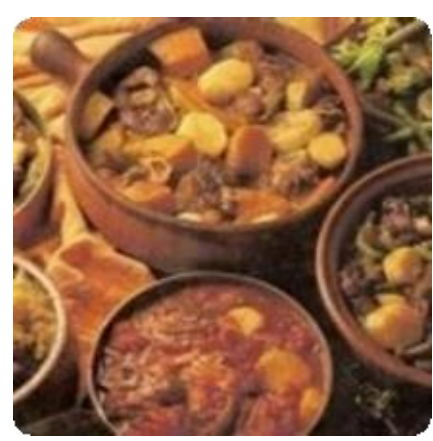
Add curry leaves, salt and potatoes and cook until soft, about 20-30mins. Add a bit of water to help the potatoes cook but not too much.

When done, half a loaf of white bread, hollow out and fill with curry. Use the bread from the

inner to mop up the curry gravy. Garnish with coriander.



# Mild lamb curry potjie recipe



Lamb curry potjie is a real favourite of mine; particularly easy to do in the winter time and when you want to entertain large crowds without having to spend hours in the kitchen.

## Ingredients

780g x 2 cubed lamb (you can use half beef and half lamb, but it is nicer if you use only lamb)

4-8 sweet potatoes peeled and cut in large chunks

1 D teaspoons ground cumin

1 D teaspoons ground coriander seed

1 teaspoon chilli jam

2 teaspoons Garam masala

1cm ginger peeled and grated

6 garlic cloves crushed

2 bay leaves

1/4 ground turmeric

1 tablespoon oil

2 onions chopped

800g tin peeled tomatoes

## Instructions on how to make it

Liquidize the tin peeled tomatoes in the food processor.

Fry the onions in the oil remove the onions.

Use the same pot to dry fry the herbs and spices for a moment.

Add the onions and the liquidized tomatoes.

Add the meat bring to boil.

Cook for 1 hour on the stove top with the lid on the pot.

If too dry you can add half a cup of water.

Add sweet potatoes cook for another hour or till sweet potatoes are tender.

The sweet potato thickens the sauce.

**Eat and enjoy. The mild curry freezes well.**

# Lamb Neck and Cabbage "Potjie"

A "**Potjie**" is a 3 legged, round bottomed cast iron pot where you put your ingredients in, and it simmers merrily over coals while everyone sits around it chatting away and sipping you know what.

It's much more sociable than a BBQ where the men usually gather round the fire and the women are usually busy in the kitchen, but don't be mistaken, this is strictly a male domain and the women are only required to do the side dishes.

Everyone usually has his own "secret" ingredients and "**Potjie**" competitions are very popular at fairs. Any large cast iron pot with a thick base and a lid should do.



## Ingredients

2 tbsp. cooking oil  
2 large onions, chopped  
14 lamb neck chops  
280g bacon, diced  
16 small potatoes, peeled and quartered  
1 small cabbage, cut in 8 pieces  
dash of lemon juice with 800ml water  
dash of mixed herbs  
salt and black pepper to taste

## METHOD

Heat the oil in a medium-size "potjie", then fry the onions, bacon and lamb chops for about 1 hour, stirring from time to time. Cover with lid and leave to cook for about 48 minutes.

Open pot, stir, then add layer of potatoes, finishing off with the cabbage. Add the water/lemon

juice mixture, herbs and spices. (Don't stir yet)

Cover with lid and cook for about another 2 hours slowly over medium coals, check if there's enough water after a while, and add more if necessary.

Stir through; the meat should fall off the bones.

Serve with brown rice and sweet mashed cinnamon pumpkin.

# Sosaties (Skewered cubes of meat) recipe



Sosaties on the BBQ have never tasted better especially when there is Boerewors on offer too. These kebabs can contain many types of meat (or vegetables) but lamb sosaties seem to always taste the best.

## Ingredients

800g boned shoulder or leg of lamb, cut into 28mm cubes

2 large onions, one sliced into rings, the other chopped finely

80ml olive or cooking oil

4 cloves of peeled and crushed garlic

One tablespoon of curry powder a teaspoon of turmeric  
a tablespoon of brown sugar

4 crushed bay leaves

One tablespoon of lemon juice, plus two lemons cut into small wedges

120ml of meat stock

128g packet of dried apricots

One green pepper cut into blocks the same size as the meat cubes

A good blob of butter

Wooden skewer sticks (you can buy them from most supermarkets)

## Instructions

Place the meat in a non-metal bowl with the bay leaves at the bottom. Heat the butter in a

saucepan and saute the chopped onion, garlic and curry powder for a few minutes.

Add the turmeric, lemon and meat stock, bring to the boil.

As soon as the marinade comes to the boil, pour it over the meat.

Allow to cool and place in fridge overnight.

When ready to cook skewer the meat, apricots, green pepper and onion rings onto the sticks.

Pour the marinade into a saucepan, add a blob of butter and salt and pepper to taste, bring to the boil and serve warm with the sosaties and lemon wedges.

To prepare the sosaties you can either grill them under a very hot grill for about 10 minutes, or braai them over very hot coals, turning them as you go along.

Serve with the lemon wedges and for side dishes you can make a bowl of fluffy white rice, potato salad, baked potato or small jacket potatoes and crispy bread to soak up the sauce.

NOTE: If you like hot food, add more garlic, a few crushed chillies, crushed curry leaves and a sprinkling of peri-peri powder to the marinade.

# 'Koringslaai' (Wheat) Salad Recipe

This is a very old fashioned recipe from many years ago. You can adjust you ingredients to suit your taste. A very popular salad for any occasion.



## Ingredients:

280ml uncooked Wheat (If wheat is not available, use brown Basmati Rice)

1 Green Pepper, red or yellow can be used, slice in small pieces

410g tin of Peaches (more or less the quantity) slice in small pieces (I keep the sauce of the peaches left in the tin to add it to the sauce.

62ml Sultanas or Raisons

Salt for cooking process of Wheat

Sauce:

80ml Olive Oil

3ml turmeric powder

6ml curry powder

28ml Mrs Balls Chutney

28ml Sugar

28ml Vinegar

1 Tin Condensed Milk (optional)

## Method

Soak the wheat for at least 2 hours

Rinse and add enough water to cover and microwave for 10 minutes on high power

Place wheat in colander and rinse under cold water

Place in bowl, add green peppers, sultanas and peaches

Mix all the ingredients for the sauce together and make sure the sugar is dissolved, and then you add the condensed milk.

Cover the dish and place in fridge.

The taste will improve after a day and will keep in fridge for at least 4 days.



# Baked Stuffed Onions



## Ingredients

4 medium onions, skinned

30 ml (2 level tbsp.) fresh breadcrumbs

Salt and pepper

80 g Cheddar cheese, grated

A little milk A little butter For the sauce:

28 g butter

28 g plain flour

400 ml milk

80 g Cheddar cheese, grated

Salt and pepper

## Method

Cook the onions in boiling salted water for 18 - 20 minutes, removing them before they are soft. Drain and leave to cool. Cut the tops off the onions, using a sharp, pointed knife, and scoop out the centres with a teaspoon. Chop the onion centres finely, mix with the breadcrumbs, seasoning and half the cheese, and moisten with a little milk if necessary. Fill the onions with this mixture and place them in a greased ovenproof dish. Put small knobs of butter on top and sprinkle with the remaining grated cheese. Bake in the oven at 200 C (400 F) mark 6 for 20-30 minutes until the onions are cooked and brown.

## To make the sauce

Melt the butter in a saucepan and stir in the flour. Cook for 1-2 minutes. Remove from the heat and gradually stir in the milk. If liked, use some of the onion liquor and make up to 400 ml with milk. Bring to the boil, stirring all the time, until the sauce thickens. Stir in the cheese, salt and pepper and cook until the cheese has melted. Serve the sauce with the onions.

# Carrot "Bredie" (Stew)

Carrot Bredie is a traditional South African vegetable dish, It's sort of like mashed potatoes but with a more round and pleasing flavour.



## Ingredients

1 onion, chopped

1 Tablespoon oil

8 carrots, washed, scraped, and chopped

2 potatoes, washed, scraped, and chopped

Pinch of salt

Pinch of black pepper

1 cup water

## How to make

Measure the oil into a skillet, and heat over medium heat.

Add the chopped onion, and cook until the onion is golden brown.

Add the vegetables and the seasoning.

Add the water and stir. Bring the mixture to a boil.

Reduce the heat and place a cover on the pot, but leave it ajar, to allow steam to escape.

Let the bredie simmer until the water has evaporated and the vegetables are soft.  
Remove from heat and mash.

Serve immediately with a little butter stirred in.

# Chakalaka • Thick Spicy Vegetable sauce



## Ingredients:

- 1/4 cup canola oil
- 2 Tbsp. chopped fresh ginger
- 2 Tbsp. chopped fresh garlic
- 1 Tbsp. chopped chili peppers
- 1 cup chopped onions
- 2 cups tomatoes, roughly chopped
- 1/2 cup green peppers, roughly chopped
- 1/2 red peppers, roughly chopped
- 3 1/2 Tbsp. masala
- 1 cup grated carrots
- 2 cups vegetarian baked beans, in tomato sauce
- 2 tsp. fresh coriander

## Preparation:

Fry ginger, garlic, chillies, and onions in the oil. Add the leaf masala or curry powder of your choice. Add the tomatoes and cook for 10 minutes.

Add peppers and carrots and cook for 10 minutes.

Add baked beans and cook for 8 minutes.

Remove from heat and add coriander. Check seasoning. Serve with Bread, pap, Boerewors and pap, Boerewors Rolls, or whatever you want, hot or cold.

# Copper Penny Carrot Salad Recipe

Super salad for the holidays! This traditional South African salad can be served as a side dish and its great to keep in a jar.



## **Ingredients: (Salad)**

1 kg Carrots

3 Onions

3 Green Chillies or if you prefer Green Pepper

## **Method: Salad**

Cut carrots into rings.

Boil carrots 18 minutes (Not too soft) with a little salt. (The last six minutes you add the onion rings)

Cut onions into rings and cook with the carrots for 6 minutes.

Dice green peppers or chillies.

Add carrots, onions and chillies or green peppers in a low bowl. (Remember not to use stainless steel bowl, as it will cause a reaction due to acidity) A glass Jar would be perfect.

## **ingredients : (Sauce)**

280ml water

1 packet of tomato cream soup

200 ml Vinegar

280 ml Sugar

128 ml Oil

10 ml Worcester Sauce

7 ml Mustard

**Method:**

Add all the ingredients together and bring to boil for about 8 minutes.

Pour hot sauce over the vegetables.

Refrigerate for at least one day.



# Curried Samp and Beans

Samp and Beans are made from crushed dry maize/corn kernels (a.k.a. samp) and slowly cooked sugar beans. The aroma that fills a kitchen as it's cooking brings home cherished childhood memories for many South Africans.



## INGREDIENTS

4 cups cooked samp and bean mix

18ml sunflower oil

1 onion, finely chopped

1 green pepper chopped

1 red pepper chopped

3 fat garlic cloves chopped

1 tsp red chilli flakes

1 tbles curry powder

Salt to taste

1 410gr can chopped tomatoes

3 cups finely chopped spinach

D cup water

Fresh coriander chopped

## INSTRUCTIONS

Soak the samp and beans overnight in lots of water.

Drain the samp and bean mix after soaking overnight and place in a large pot covered with clean water and simmer slowly until nearly soft. tender and all the water has been absorbed.

Lightly fry the onion until soft and translucent.

Add the garlic, rainbow peppers, curry powder and chilli flakes together in a little oil.

Add the tomato and simmer on medium heat for approx 20 mins.

Add the water and let it simmer again till thick and saucy.

Stir the samp and bean mix and the spinach through the tomato mixture and heat through for approx 8 - 10 mins.

Garnish with the chopped coriander. Serve hot with a main course of your choice.

Tip: To save time cook a 800gr pkt of samp and bean mix, which makes 8 cups when cooked and freeze the rest for another time.

# Honey Roasted Sweet Potatoes



## Ingredients

4 medium sweet potatoes, peeled and chopped into wedges

2 T butter

2 T honey

Salt and pepper, to taste

## Method

Preheat the oven to 180 C. Distribute the raw potato wedges evenly in a microwave and oven-proof dish and microwave on high for about 8 minutes, until cooked through ( when they can be easily pierced with a knife).

Remove from the microwave, dress with the butter and honey and toss gently. Roast the potatoes in the oven for about 10 minutes and then grill for a further 3 - 8 minutes until they turn a lovely golden colour.

Serves 4-6

# Mashed Beans Recipe



**SERVINGS 4**

## Ingredients

14 ounces green beans

1 potato, medium, peeled and sliced

1 onion, medium, peeled and sliced

1/2 teaspoon sugar

1/3 teaspoon white pepper (to taste)

1/2 teaspoon salt (to taste)

1/3 teaspoon nutmeg, as garnish, to taste (optional)

Butter, to taste

## DIRECTIONS

Wash and tail beans. Please note that you could use more; the quantity doesn't matter. If you're cooking for more than 4 people, use more beans and maybe 2 potatoes.

Cut the beans cross-wise into rounds -- anything from thinly sliced to 1" long.

Carry on until all the beans have been cut.

Put in a pot, and slice the peeled potato and onion over the beans.

Add about 1/3 cup water, sugar, white pepper and salt. (Yes, white pepper is the best here, but

black pepper is fine). Don't mix: just put lid on and bring to boil then lower heat and let simmer.

Bring to the boil, lower heat, put lid on, and let the whole lot simmer until everything is very soft.

Mash the beans, potato and onion, but don't try to beat it to a pulp -- there should be texture.

Usually there is a bit too much liquid left. Drain this off -- I use a sieve -- or you can boil it away over high heat, but be careful not to burn the veggies.

Add a good knob of real butter, fork through, and sprinkle with nutmeg to serve. This simple dish can easily be made ahead and warmed up -- the flavour improves. Serve as a vegetable side dish.

# Old-Fashioned Bean Soup



## INGREDIENTS

2 lbs mutton (such as ham) or 2 lbs pork, Cubed (such as ham)

3 slices bacon, Chopped

2 quarts beef broth

2 tablespoons olive oil

1 medium onion, Finely Chopped

2 stalks celery, Chopped

1 large carrot, Chopped

2 (18 ounce) cans navy beans

3 teaspoons salt

1/2 teaspoon pepper

## DIRECTIONS

Place meat, bacon and broth in a pot and bring to a boil. Cover and simmer for 1 hour.

Heat oil in pan and saute onion, celery and carrot for 10 minutes.

Add vegetables to the meat and simmer for 20 minutes.

Add salt and pepper and serve.

# Siaphakskeentjies - Traditional South African (Onion Salad)

'Slaphakskeentjies' is an traditional South African salad recipe that goes with a braai, and is part of the South African's life like Rugby that stood the test of time.

3 to 4 portions.



## Ingredients:

12 small pickling onions

1/2 cup water

1/4 cup wine vinegar

1/4 cups sugar

1/2 teaspoon mustard powder or 1 teaspoon Dijon mustard

1/2 teaspoon salt

1 egg, whisked

## Method:

Peel the onions, taking care to keep them whole.

Boil the onions in salted water until just done (al dente). Don't boil them too long, because that will cause them to fall apart. Drain.

Mix water, vinegar, sugar, mustard and salt together over heat, until the sugar is dissolved and then boil for 8 minutes.

Let the mixture cool down and whisk eggs into the cooled mixture.

Slowly bring it to a low simmer over low heat while whisking. If you heat it too fast, the egg will separate. Remove from heat when it has thickened.

Give the warm dressing a final whisk before pouring over the boiled onions.

Allow to cool.



# Siow'cooked Sweet Potatoes



**SERVINGS 4**

## **Ingredients**

4 sweet potatoes, skinned and cut into thick slices

180g brown sugar

4 cinnamon sticks

4 tbsp. butter salt to taste

## **Method**

In a heavy-bottomed metal casserole dish layer half the butter, sweet potato slices, sugar, salt and cinnamon sticks. Start again with butter for the next layer and continue with the sweet potato, sugar, salt and cinnamon until done. Place the lid on the pot and place on low heat on the stove for about 2D hours. The dish can also be baked in a moderate oven and will keep for two days in the refrigerator, if needed.