

WARMTH URBAN KITCHEN OPERATOR RECIPE BOOK



Courtesy of:

WARMTH Project
War Against Malnutrition, Tuberculosis and Hunger

A Programme of Catholic Welfare & Development

P.O. Box 80, Rondebosch, 7701 · 146 Lawrence Road, Athlone, 7764

Tel: 021 696 1313 · Fax: 021 696 1316

Email: warmthpr@iafrica.com · Website: www.warmth.org.za

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Happy Cooking!!!

WARMTH Soup

Provided by: **WARMTH**

Ingredients (Serves 80):

- 18,75L *Water*
- 20 *Carrots*, chopped
- 10 *Onions*, chopped
- 20 *Spinach*, chopped
- 20 *Potatoes*
- 20 cans *Tomato Paste*
- *Salt*
- *Pepper*
- 20 tbsp *Fish Oil*

Directions:

1. Bring water to boil. Boil water for 15 minutes to remove any toxins.
2. Add carrots, onions, potatoes, spinach and fish oil. Boil, then cover and let simmer for an hour.
3. Add tomato paste, salt and pepper.
4. Bring back to boil and simmer for about 15 minutes.

☺ A high soya diet can lead to improvements in memory and mental flexibility.

Soya Stew with Rice

Provided by: **Maleta Gladile, Phola Park** and **Lillian “Nokuku” Lukashe, E505**

Ingredients:

- *Soya Mince*
- *Carrots, chopped*
- *Onions, chopped*
- *Cabbages, chopped*
- *Potatoes, chopped*
- *Peas*
- *Beef Stock*
- *Curry Powder*
- *B.B.Q. Spice*
- *Fish Oil*
- *Water*
- *Yellow Rice (optional)*

Directions:

1. Soak soya mince and peas in lukewarm water for 15 minutes.
2. Fry all vegetables in a little oil until soft and tender.
3. Add fried vegetables and soya to small amount of boiling water.
4. Add potatoes and spices (beef stock, curry, B.B.Q.) to mixture. Cook for 30 minutes.
5. Serve with yellow rice.

► After the soya stew is cooked, **Lillian** adds a standard cup of soup to thicken and lets it simmer.

► **Maphetho Nkhahle**, Kitchen Operator at *Samora Machel*, adds beans and tomato paste to her soya. She also substitutes rice for stef pap on occasion.

Soya Stew with Fish

Provided by: **Vivian “Nonzwakazi” Lukashe, Site B Clinic**

Ingredients:

- *Soya Mince*
- 2 cans *Pilchards Lucky Star Fish*
- 12 *Onions*, chopped
- 6 *Green Peppers*, chopped
- *Curry Powder*
- 4 blocks *Beef Stock*
- 2 standard cups *Fish Oil*
- *Rice* (optional)

Directions:

1. Soak soya mince in lukewarm water.
2. Fry chopped onions with green peppers in oil until tender and soft.
3. Add fish. Then add soya with a little water, beef stock and curry powder to mixture and let simmer.
4. Serve with rice.

Provided by: **Fazlin Paulse, Egoli**

Ingredients:

- *Soya Mince*
- 3 tins *Pilchards Fish*
- 5kg *Rice*
- 4 big *Onions*
- *Breyani Spice*
- *Jeera Spice*
- *Turmeric*
- *Salt*
- *Fish Oil*

Directions:

1. Boil rice.
2. Fry onions in fish oil until brown.
3. Add soya and let simmer for 30 minutes.
4. Add fish, then spices.
5. Mix all ingredients with rice and serve.

◆ **Fazlin** says that this is “one delicious soya meal!!!”

Soya Breyani

Provided by: **Lorraine Martins, Uitsig**

Ingredients (Medium Pot):

- 4 500ml cups *Soya*
- 6 500ml cups *Rice*
- 3 packets *Lentils*
- 4 *Onions*
- 50g *Turmeric*
- 50g *Breyani Masala*
- 4 tbsp *Salt* (or to taste)
- 1 250ml cup *Fish Oil* (may have to use more for taste)

Direction:

1. Soak soya mince in lukewarm water for about 20 minutes.
2. Boil rice for about 20-25 minutes. Then add turmeric.
3. Boil lentils for 20 minutes.
4. Braise onions.
5. Put soya mince in the pot and cook for 15-20 minutes. Add spices (masala and salt) to soya while cooking.
6. Add rice and lentils to soya and mix well.
7. Let simmer.

Soya Frikkadels #1

Provided by: **Lorraine Martins, Uitsig**

Ingredients:

- 4 500ml cups *Soya*
- 3 slices *Bread*
- 4 Onions, grated
- 100g B.B.Q. Spice
- 1 bunch *Dhania*, cut into small pieces
- 2 tsp *Garlic & Ginger Paste*
- 50g *Pepper*
- *Salt* to taste
- 6 *Eggs*
- 1 bottle *Fish Oil*

Directions:

1. Soak soya in lukewarm water and soak bread in cold water.
2. Mix soya, bread, eggs, pepper, garlic and ginger spice, dhania, pepper and salt together.
3. Form small, round balls from mixture.
4. Fry in hot oil.

Soya Frikkadels #2

Provided by: **Jackie Wilson, Parkwood**

Ingredients:

- 1,75 kg *Soya Mince*
- 500g *Flour*
- 1,5 loaves *hard Bread* (white or brown, but white is better)
- 1 packet *Frikkadels Mix*
- 3 *Green Peppers*
- 6 *Tomatoes*
- 12-15 *Onions* (if small, use 20)
- 1 Bunch or 1,5 bunch *Parsley*
- ½ *Garlic*
- Small bag *Chillies*
- ½ packet *Mixed Herbs*
- *Masala*
- ½ bag *Salt*
- 6 *Eggs*
- 1 or 1,5 bottle *Fish Oil*
- *Turmeric* (for rice)
- *Rice*

Directions:

1. Soak bread in one bucket and soya in another.
2. Cut onions, chillies, green peppers and parsley finely.
3. Squeeze water out bread (must be very dry) and put in a big bowl.
4. Squeeze water out soya (must be very dry) and put in same bowl with bread.
5. Add garlic, onions, chillies, peppers, herbs, masala, parsley, salt, eggs and tomatoes (everything except the flour) to the bowl. Mix well.
6. Flour a tray and your hands. Then mould mixture into ball shapes. Use enough flour to make balls firm.
7. Pack balls onto tray.
8. Warm oil until hot. Place frikkadels in oil (must hear frikkadel sizzle).
9. Cook for about 2 minutes on top and 2 minutes on bottom until brown.

▲ **Jackie** serves her frikkadels with yellow rice and veg and sells them for R1.

Soya Potjie Kos #1

Provided by: **Alfreda “Freda” Coetzee, St. Clements**

Ingredients:

- 1kg *Soya*
- 3 *Butternuts*, cut into chunks
- 2 *Cabbages*, coarsely cut
- 1 *Green Pepper*
- 6 large *Carrots*, cut into chunks
- 1kg *Potatoes*, cut into blocks
- 8 *Onions*, sliced
- *Chillies*
- *Salt* to taste
- *Sugar* to taste
- *Rice* (optional)

Directions:

1. Braise onions and green pepper.
2. Add cabbage, carrots, and potatoes and simmer.
3. Then, add butternut and simmer further.
4. Add salt, sugar, chillies and soya and simmer on lower heat for a few more minutes.
5. Serve with white rice.

☺ **Useful TIP from Alfreda:** If you need to clean garlic, ginger or onions in a hurry, pour boiling water over them and then peel.

Soya Potjie Kos #2

Provided by: **Shirley Addinall, Elsie's River**

Ingredients:

- 10 500ml cups *Soya*
- 500ml *Maizena Flour*
- 10 *Onions*
- 5 *Cabbages*
- 15-20 *Potatoes*, cut into blocks
- 10 *Carrots*
- 3 *Butternuts*
- 4 tbsp *Garlic and Ginger Paste*
- *Salt*
- *Pepper*
- *Fish Oil*

Directions:

1. Braise onions until brown.
2. Then add cabbage, potatoes, carrots, pepper and garlic and ginger spice to onions.
3. Then add soya mince and salt.
4. Let boil for 20 minutes. Then add butternuts.
5. Let simmer for a while.
6. After mixture is done simmering, put maizena paste in to add a nice flavour.

► **Fazlin Palse**, Kitchen Operator at *Egoli*, adds *spinach* and *potjie kos spice* to her dish—then you have “the best Soya Potjie Kos.”

Soya Lasagne

Provided by: **Shirley Addinall, Elsie's River**

Ingredients:

- 4 standard cups *Soya* (soaked in water)
- 1 packet *Green Strips of Pasta*
- 1 packet *Macaroni*
- 6-8 spoons *Flour*
- ½L *Milk*
- ¼ *Butter*
- 3 *Onions*
- ¼ *Green Pepper*
- 2 tins *Tomato Paste*
- 1 tbs *Garlic, Ginger and Dhania Paste*
- 3 *Chillies*
- 4 spoons *Sugar* (to taste)
- *Salt* to taste
- ¼ standard cup *Fish Oil*
- *Cheese*

Directions:

1. Cook green strips of pasta and macaroni separately.
2. Braise onions, garlic, ginger and dhania paste, green pepper and chillies until brown.
3. Add tomato paste, sugar and salt to taste.
4. Add soya and cook until ready (for 20-30 minutes).
5. Next, add maizena paste (maizena and water) to soya.
6. Then, make topping by mixing milk, butter, flour and maizena paste until thick.
7. Add food in layers (one layer green pasta, one layer food, then one layer macaroni) until full in a big oven bowl.
8. Lastly, add the topping and cheese on top and cook in oven for 15 minutes.

Soya and Lentil Bobotie

Provided by: **Dyla “Katrina” Martiens, Ocean View**

Ingredients:

- 4 cups *Soya Mince*
- 500g *Lentils*
- 4 slices *Bread*
- 4 *Eggs*
- ½ cup *Raisins*
- 2 *Onions*
- 1 tbsp *mild Curry Powder*
- 1 tbsp *Aromat or Flavomate*
- 1 tbsp *Turmeric*
- *Garlic*
- 1 tbsp *Salt*
- *Rice* (optional)

Directions:

1. Soak soya mince and lentils together in water overnight.
2. Fry onions and garlic until brown.
3. Add water, curry powder, turmeric, salt, aromat and raisins.
4. When mixture cools, add soya mince, lentils and eggs.
5. Whisk and cover food. Bake in oven on 180°C for 20 minutes.
6. Serve with rice.

- ☺ The soya bean has been an important ingredient in Chinese cooking for thousands of years.

Chicken Stew

Provided by: **Sheilla Tokhwe, Lusaka**

Ingredients:

- *Chicken*
- 3 *Carrots*, grated
- 3 *Potatoes*, grated
- 2 *Onions*, grated
- *Curry Powder*
- *Beef Stock*
- *Rice* (optional)

Directions:

1. Fry vegetables.
2. Mix all ingredients together and cook with water for 30 minutes.
3. Serve with rice.

Chicken Breyani

Provided by: **Alfreda "Freda" Coetzee, St. Clements**

Ingredients:

- 8 to 10 cups *Rice*
- 250g *Lentils*
- 4kg *Chicken*
- 6 to 8 *Onions*
- 1 *Tomato*
- 1 *Green Pepper*
- 5 to 6 *Chillies*
- 2 *Bay Leaves*
- 6 *Cloves*
- 4 sticks *Cinnamon*
- 1 packet *Breyani Masala*
- *Garlic and Ginger Paste* (or fresh *Garlic and Ginger*)
- *Fresh Dhania*
- *Borrie Salt to taste*
- *Butter or Margarine*
- *Fish Oil*

Directions:

1. Braise onions, bay leaves, cloves and cinnamon.
2. Add green pepper and braise in fish oil.
3. Then add chicken and braise until tender.
4. Add spices, chillies, garlic and ginger paste, and tomato last.
5. Then, boil rice and lentils separately and set aside.
6. Layer chicken and vegetables, rice and lentils until everything has been used.
7. Sprinkle with fresh dhania. Put in a little butter or margarine.
8. Cover with lunch wrap or brown paper and simmer for 10 to 15 minutes.

Chicken Curry

Provided by: **Maphetho Nkhahle, Samora Machel**

Ingredients:

- *Chicken Skews*
- *Onions*
- *Potatoes*
- *Borrie Spice*
- *Salt*
- *Sugar*
- *Vinegar*
- *Oil*
- *Beef Stock* (optional)

Directions:

1. Fry onions in oil.
2. Add potatoes, salt or beef stock, borrie spice, vinegar, sugar and chicken to fried onions.
3. Cook and serve.

Seafood Paella

Provided by: **Alfreda “Freda” Coetzee, St. Clements**

Ingredients:

- $\frac{1}{2}$ *Snoek* (cut into small pieces and fried without flour)
- 500g *Noodles* (different shapes)
- 300g *Seafood Mix*
- 4 to 6 *Onions*
- 1 *Green Pepper*
- *Chillies*
- *7 in 1 Fish Masala*
- 1 pinch *Borrie Salt* (or to taste)

Directions:

1. Boil noodles and set aside with fried snoek.
2. Braise onions, green pepper, and chillies.
3. Add spices and seafood mix.
4. Add everything together and simmer for 5 minutes.

► This recipe can be made with *steak, chicken, or beef blocks*. Just use *meat spices* and *garlic*.

Vetkoek (Fatcake) #1

Provided by: **Mandisa Citani, Malawi Camp**

Ingredients:

- 2,5kg *Flour* (preferably Golden Cloud)
- 1 sachet *Yeast* (Gold Star suggested)
- 1 sachet *Baking powder*
- 250g *Sugar*
- 2 tsp *Salt*
- 1L *Fish Oil*

Directions:

1. Put flour in large dish and heat water to boiling.
2. Add half jug of cold water and half jug of hot water to flour.
3. Add yeast, salt, sugar and spoon baking powder.
4. Knead well for 15 minutes. Leave to rise for 1 hour in Wonderbags.
5. Heat fish oil in pot until hot.
6. Make the size vetkoek you want in a round shape and cook in oil for about 3 minutes each until brown all over.

- ☹ Soya produces a molecule in the intestine that stops a hormone that can cause prostate cancer in men.

Vetkoek #2

Provided by: **Nowethu "Patricia" Papiyana, Town 2**

Ingredients:

- 2,5kg *Flour*
- 1 packet *Dry Yeast*
- $\frac{1}{4}$ *Margarine*
- 2 *tbsp Salt*
- 1 *cup Sugar*
- *Fish Oil*

Directions:

1. Sift flour through strainer (because flour is not always fresh and strainer will remove impurities).
2. Dig a hole in middle of flour and put dry yeast, margarine salt, sugar there.
3. Add lukewarm water to the hole and stir with wooden spoon until mixed (should look like bread crumbs).
4. Dough should be elastic. On a surface covered lightly in flour, stretch dough up in air with both hands, and then throw down. Then flatten dough out on table.
5. Cover dough with plastic to allow it to rise.
6. When dough has risen, knead it with fist.
7. Then, cover dough with plastic again and allow it to rise.
8. Pour flour over table and spread dough out. Cut dough and cover with plastic to allow it to rise again.
9. Fry in fish oil.

☺ **Nowethu** learned this recipe from a baking course given by Pick n' Pay.

Rooti

Provided by: **Latiefa Jacobs, De Duine**

To make the Rooti:

Ingredients:

- 1kg *Snowflake Cake Flour*
- 250g *Butter*
- ½ tsp *Salt*
- *Fish Oil*
- 1L *lukewarm Water*

Directions:

1. Mix flour, butter, salt and water to make a big ball of dough.
2. Flatten dough and roll whole thing out on surface. Sprinkle a little flour so dough doesn't stick.
3. Then, cut big ball of dough in long strips and roll over piece by piece to make smaller balls.
4. Flatten rooti and fry in fish oil until brown on both sides.

To make soya mince served with Rooti:

Ingredients:

- *Soya mince*
- *Onions*
- *Potatoes*
- *Green Pepper*
- *Peas*
- *Garlic*
- *Breyani Masala*
- *Dhania*
- *Salt*

Directions:

1. Braise onions. Add soya mince and breyani masala spice.
2. Put in potatoes, garlic, dhania, green pepper, and salt.
3. Let it cook until potato is soft, and then add peas.

► **Latiefa** sells her rooti for R1.

Spicy Rice

Provided by: **Tammy Arend, St. Clements**

Ingredients:

- 4 to 5 cups *Rice*
- *Lemon*
- 1 large *Onion*, chopped
- 1 *Green Pepper*, chopped
- 1 large *Carrot*, grated
- *Braise Spice*
- *Spice for rice*
- *Garlic Spice*
- 1 *Chilli*, chopped
- Pinch of *Salt*
- *Fish Oil*

Directions:

1. Cook rice and strain when ready.
2. Braise onions until brown. Add green pepper, chilli, and spices.
3. Combine rice with braised onions. Add fish oil and let simmer.
4. Garnish with grated carrots and spice for rice.

Mixed Vegetable Stew

Provided by: **Nosikhumbuzo “Queenie” Foloti, KTC Clinic**

Ingredients:

- 20 *Potatoes*
- 2 bunches *Carrots*
- 2 *Cabbages*
- 12 *Onions*
- 2 tins *Tomato Paste*
- *Beef Stock*
- *Curry Powder*
- *B.B.Q. Spice*
- *Steak and Chop*
- *Oil*
- *Soup* (optional)
- *Rice* (optional)
- *Stef Pap* (optional)
- *Samp* (optional)

Directions:

1. Chop all vegetables into small pieces and fry with the vegetable oil until tender.
2. Add hot water and spices (beef stock, curry and B.B.Q. spice). Let boil for 30 minutes.
3. Then, add tomato paste. You can thicken stew with soup.
4. Serve with rice, stef pap or samp.

Vegetable Lasagne

Provided by: **Tammy Arend, St. Clements**

Ingredients:

- 500g *Noodles*
- 5 to 6 tbsp *Self-rising Flour*
- 1L *Milk*
- *Cheese*, grated
- 1 packet frozen *Country Mix Vegetables* or *fresh vegetables*, chopped
- 1 large *Onion*, chopped
- 1 *Green Pepper*, chopped
- *Chillies*, chopped
- *Garlic and Ginger Paste*
- *Chilli Powder*
- *Peri-peri*
- *Lemon and Garlic Spice*
- *Mixed Herbs*

Directions:

1. Cook noodles and veggies separately.
2. Braise onions until brown. Add green pepper, chillies, and spices. Then add vegetables and let simmer.

To make white sauce:

3. Bring milk to boil.
4. Mix flour and water until flour dissolves. Add salt to taste.
5. Combine flour mixture with milk. Stir constantly and bring to boil.

To assemble dish:

6. Layer noodles and vegetables into pie dish. Top off with white sauce and grated cheese.
7. Place in oven and bake at 180°C for 20 – 30 minutes or until cheese is golden brown.

- ☺ Soya is a low fat, high carbohydrate “quality” protein and could help with weight loss.

Salad

Provided by: **Maureen Hamse-Soga, Crossroads**

Ingredients:

- *Cucumber*
- *Lettuce*
- *Tomato*
- *Onion*
- *Black Pepper*
- *White Pepper*
- *Salt*
- *Fish Oil*

Directions:

1. Cut cucumber, lettuce, onion and tomato and mix them together.
2. Pour salt and oil on salad.
3. Add black and white pepper.
4. Stir the mixture for a few seconds.
5. Cover for 5 minutes to allow it to set before serving.

Bean Salad

Provided by: **Nokuzola “Annie” Velile, Mbwekweni**

Ingredients:

- 4 *Onions*
- 4 cans *Baked Beans in Tomato Sauce*
- ½ bottle *Chutney*
- 1 packet *Curry Powder*
- ½ packet *White Pepper*
- 1 tbsp *Sugar* (optional)
- 3 tbsp *Fish Oil*

Directions:

1. Fry chopped onion in fish oil until soft and tender.
2. Then add chutney, curry powder, white pepper and baked beans. Add sugar in chutney if not sweet enough.
3. Mix everything together and pour in a salad bowl.

▲ **Nokuzola** sells her bean salad for R5.

Chakalaka

Provided by: **Lhinki Qukaza, Bloekombos**

Ingredients:

- 3 cans *Green Beans*
- 10 *Carrots*, grated
- 6 *Onions*
- 3 cans *Baked Beans*
- *Red Cayenne Pepper*
- 1 tbsp *Salt*
- 1 standard cup *Fish Oil*

Directions:

1. Cook the carrot first (do not fry it) until soft.
2. Then, fry onions with carrots in oil.
3. Add baked beans, green beans, salt and cayenne pepper and mix.

▲ **Lhinki** sells one plate soya with veg and rice, plus chakalaka for R1.

Instant Vegetable Atchar

Provided by: **Pauline Webber, Lotus River**

Ingredients:

- *Cabbage*
 - *Cauliflower*
 - *Green Beans*
 - *Carrots*
 - *Salt*
 - *Atchar Masala*
 - *Crushed Chillies*
 - *Red Masala*
 - *Vinegar*
 - *Oil*
- Green Peppers* (optional)

Directions:

1. Shred all vegetables. Boil in vinegar and add salt. If vinegar is too strong, add water. Vegetables must be crisp.
2. Drain vegetables well, but do not rinse. Allow to cool.
3. Add masalas and chillies.
4. Cover in oil.

Bisto

Provided by: **Ntombekhaya “Ntombi” Pike, Guguletu**

Ingredients:

- *Onions* (enough to make a big bowl)
- 5 tins *Tomato Paste*
- 1 small cup *Sugar*
- 1 tsp *Salt*

Directions:

1. Fry onions until soft.
2. Mix in sugar and salt.
3. Mix tomato paste with water and add to other mixture.
4. Let simmer for 20 minutes.

► Can serve with samp, bread or vetkoek (fatcake).

Dhal

Provided by: **Alfreda “Freda” Coetzee, St. Clements**

Ingredients:

- 250g *Red Lentils*
- 3 large *Onions*
- 1 *Green Pepper*
- 1 *Tomato*
- 3 *Chillies* or *Chilli Powder*
- 1 pinch *Borrie Salt* (or to taste)
- 10ml *Curry Powder*
- 10ml *Barishap*
- 10ml *Jeera*
- *Sugar* to taste

Directions:

1. Braise onions.
2. Add green pepper, tomato and spices.
3. Drain lentils and add to vegetables.
4. Simmer until lentils are very soft.

► Very nice with white rice, fish or fish cakes.

Umngqusho (Samp and Beans)

Provided by: **Daphne Funani, Phillipi** and **Nonkululeko “Gladys” Twalo, New Rest**

Ingredients (Serves 10-12):

- 1kg *Samp and Bean Mix*, rinsed and soaked overnight
- 2 *Onions*, sliced
- 2ml *whole Cloves*
- 5ml *Allspice*
- 2ml *Nutmeg*
- *Black Pepper*
- *Salt*
- *Oil*
- 2 cloves *Garlic*, crushed (optional)
- 50ml *Butter* (optional)

Directions:

1. Pour off water after soaking and place samp and bean mix in a large saucepan.
2. Cover with water and simmer slowly until samp and beans are nearly soft and most of the water has evaporated. (Add extra water if necessary.) Season well with salt.
3. In the meantime, braise onion and garlic in a little oil until soft.
4. Add cloves and allspice. Continue to simmer until the samp mix is completely soft.
5. Season with nutmeg and black pepper and extra salt to taste, if necessary.
6. Stir in the butter.

◆ **Daphne** encourages you to add whatever combination of vegetables you desire. She also says that it takes her about 2 hours to prepare.

► **Nonkululeko** adds *beef stock*, *curry powder* and *tomato paste* to her dish.

► Can serve with *meat* and *gravy*, if desired.

Toffee

Provided by: **Tammy Arend, St. Clements**

Ingredients:

- 460g *Sugar*
- 60ml *Golden Syrup*
- 40g *Margarine* or *Butter*
- 3 tbsp *Vinegar*
- 3 tbsp *Water*

Directions:

1. Combine all the ingredients in a pot. Stir over low heat until the sugar dissolves.
2. Bring the syrup to boil without stirring. Boil until a teaspoon of syrup dropped into cold water turns hard and brittle.
3. Pour the mixture into a greased lamington pan or ice cube trays.
4. Put in freezer or leave to cool.

Cremora Fridge Tart

Provided by: **Tammy Arend, St. Clements**

Ingredients:

- 500g *Cremora*
- 1 tin *Condensed Milk*
- 1 cup *Lemon Juice*
- 1 pack *Tennis Biscuits*
- 1 cup *boiling Water*
- *Flake*

Directions:

1. Whisk cremora and boiling water until cremora has completely dissolved. Put in fridge and leave to cool.
2. When cool, add condensed milk and mix until creamy. While mixing, slowly add lemon juice and beat until stiff.
3. Dip biscuits into milk and layer into pie dish. Pour mixture on to biscuits. Decorate with flake.

Isophu (Bean and Corn Soup)

Provided by: "Traditional South African Recipes" -
<http://funkymunky.co.za/recipes.html>

Ingredients:

- 500ml *Sugar Beans*
- 500ml *fresh Corn*
- 10ml *Salt*
- 1L *Water*

Directions:

1. Bring water to boil. Add sugar beans, corn and salt.
2. Reduce heat and simmer gently for two hours, adding water when necessary. Cook until beans and corn are soft.

Mealie Soup

Provided by: "African Recipes," Univ. of Pennsylvania -
http://www.sas.upenn.edu/African_Studies/Cookbook/Soups.html

Ingredients (Serves 8):

- ½L canned *Kernel Corn*
- ½L canned *Cream-style Corn*
- 1 tin *Condensed Milk*
- ¼L *Yellow Onions*, finely chopped
- ¼L *fresh Tomatoes*, cut in 1¼ cm pieces
- ¾L *Chicken Stock* (or water and 3 chicken-bouillon cubes)
- 1 tbsp *Salt*
- 1 tbsp *Black Pepper*
- 60ml. *Butter*

Directions:

1. In a saucepan, braise yellow onions in butter until soft, but not brown.
2. Add tomatoes. Simmer for about 3 minutes.
3. Then add all corn, milk, chicken stock, salt and pepper. Simmer while lightly covered for 15 minutes.
4. Serve piping hot with crackers.

Fish and Onion Soup

Provided by: "Traditional South African Recipes" - www.funkymunky.co.za/recipe.html

Ingredients:

- 4 pieces *Hake* (thick)
- 4 *medium Onions*, sliced
- 1 bunch *Parsley, Oregano* or *Bay Leaf*
- 2 cloves *Garlic*, peeled and cut in half
- 1 tsp *Salt*
- *Black Pepper*
- 1.25L *Water*
- 6 tbsp *Olive Oil*
- 4 slices *French Bread* (optional)

Directions:

1. In a large heavy pan, braise onions in half the olive oil until lightly browned.
2. Add water, parsley, salt and pepper. Bring to the boil, then cover and cook over moderate heat for 15 minutes.
3. Add fish, re-cover and simmer over low heat for one hour.
4. While the fish is cooking, fry the bread in the remaining olive oil and rub each slice with half a clove of garlic.

To serve:

5. Carefully remove fish from pot with a draining spoon and arrange in a warmed deep dish. Top each piece of fish with a slice of fried bread.
 6. Taste soup and adjust seasoning if necessary. Then pour soup over fish.
 7. Serve immediately.
- ☺ A substance in soya, known as isoflavones, may help reduce chances of osteoporosis, a condition where bones become brittle, by helping women retain stronger bones after menopause.

Chicken Stew

Provided by: "African Recipes," Univ. of Pennsylvania -
http://www.sas.upenn.edu/African_Studies/Cookbook/Soups.html

Ingredients:

- 1kg *Stewing Chicken*
- 1 large *fresh Pepper*, chopped
- 2 large *Onions*
- 1 large *Tomato*, chopped
- 4ml *Tomato paste*
- 1 tsp *Salt*
- ½ tsp *Pepper*
- ½ tsp *Poultry Seasoning*
- 1 tsp *Garlic Powder*
- 2 tbs *Lemon Juice* or *Juice of ½ Lemon*
- ½L *Oil*
- 120ml *Water*

Directions:

1. Skin and trim fat from chicken. Cut 8 to 10 pieces.
2. Rub in lemon juice. Rinse and drain chicken.
3. Add spices and rub into chicken. Refrigerate for 10 hours.
4. Heat oil and brown chicken.
5. Braise onions and pepper for ½ hour; add tomato and tomato paste. Stir to distribute evenly.
6. Add salt to taste, chicken and water and simmer over low heat till chicken is tender (10-15 minutes).

- ☺ 76mg of phytoestrogens, natural plant extracts in soya, a day reduced hot flashes in menopausal women by 45-50% in a study at the Centre for Metabolic Disease in Hull.

Sweet 'N Spicy Curry Stew

Provided by: "Traditional South African Recipes" -
www.funkymunky.co.za/recipe.html

Ingredients (Serves 6):

- 500g *White Fish Steaks* (like Hake), frozen or fresh OR 750g *Pork Fillet*, cubed
- *Seasoned Flour*
- 45ml *Sunflower Oil*
- 150ml *seedless Sultanas*, soaked
- 1 *Onion*, chopped
- 300g *Sweet Potato*, cooked and cubed
- 410g *Tomatoes*, chopped
- 20ml *Turmeric*
- 3ml *Chilli Powder*
- 5ml *Dhania Powder*
- 10ml *Garam Masala*
- 60ml *Tomato Paste*
- 45ml *Brown Sugar*
- 125ml *natural low-fat Yoghurt*
- 90ml *fresh Dhania Leaves* or *Parsley*, chopped

Directions:

1. Season fish/meat cubes with turmeric. Then put meat in flour and shake off any excess.
2. Heat oil in a saucepan.
3. Add fish/meat and cook until lightly browned. Remove and set aside.
4. Braise onion until it is clear. Add sweet potato, chilli powder, dhania powder, and masala and stir-fry until aromatic, about one minute.
5. Add sultanas with their liquid, tomatoes, tomato paste and sugar. Simmer for 8 minutes or until slightly thickened.
6. Return fish/meat to saucepan and simmer for 5 minutes for fish or 10 minutes for meat.
7. Remove from heat and stir in yoghurt and fresh dhania and serve.

Mealie Bread (Sweet Corn Bread)

Provided by: "Traditional South African Recipes" - www.funkymunky.co.za/recipe.html

Ingredients:

- 120ml *fresh Yellow Sweet Corn* (cut off the cob)
- 5g (or half a packet) *instant Dried Yeast*
- $\frac{3}{4}$ L *White Flour*
- 5 tsp *White Sugar*
- 1 tsp *Salt*
- 235ml *lukewarm Water*

Directions:

1. Mix all ingredients together in a large mixing bowl, until it forms dough, taking care to add water slowly at the end so it doesn't become too wet. Knead for only one minute.
2. Put into a greased 20cm loaf tin and leave in a warm place covered with a damp tea towel for about 1 hour, or until double in size.
3. Then place in a preheated oven (82°C) for about 1 hour, or until golden brown.

Steamed Mealie Bread

Ingredients:

- 10 *Mealies*, kernels cut from the cob
 - 60ml *Cake Flour*
 - 15ml *Baking Powder*
 - 3 *Eggs*, beaten
 - 30ml *Butter*
 - Pinch *Salt*
- 1 slice *Bread*, thick (optional)

Directions:

1. Mince or process mealie kernels. If you're using very young mealies, add a thick slice of bread, when processing.
2. Stir flour into processed mealies. Add baking powder, beaten eggs, butter and salt. This mixture should look like cake batter.
3. Spoon mixture into a well-greased container, cover with greased tin foil and secure tightly with string.
4. Steam for 2 hours and 30 minutes or until cooked. Boiling water must be replenished every 30 minutes or so.
5. Serve steaming hot with lots of butter!

Banana Bread

Provided by: "Traditional South African Recipes" -
www.funkymunky.co.za/recipe.html

Ingredients:

- 180ml *All-purpose Flour*
- 2 tsp *Baking Powder*
- ¼ tsp *Baking Soda*
- ½ tsp *Salt*
- 150ml *White Sugar*
- 80ml *Butter*, softened
- 2 *Eggs*
- 240ml *Banana*, mashed
- 120ml *Walnuts*,

Directions:

1. Grease a loaf pan. Preheat oven to 175°C.
2. In a large mixing bowl, sift together flour, baking powder, baking soda, salt and sugar. Add butter, eggs, nuts and mashed banana. Beat until well blended.
3. Pour batter into prepared pan and bake about 1 hour, or until a toothpick inserted in centre of loaf comes out clean.

- ☺ Soybeans may reduce the risk of Alzheimer's disease, especially in post-menopausal women.

Basic Braai Bread

Provided by: "Traditional South African Recipes" -
www.funkymunky.co.za/recipe.html

Ingredients:

- 500g *Cake Flour*
- 10g *instant Yeast*
- 25g *Margarine*
- 5ml *Salt*
- 5ml *Sugar*
- 315ml *lukewarm Water*

Directions:

1. Mix together flour, salt and sugar. Add yeast and mix. Rub margarine into flour mixture with fingertips.
2. Add just enough lukewarm water (about 315 ml) to form a soft dough.
3. Knead dough for about five minutes, until smooth and elastic.
4. **Choose one of the variations, using this basic dough.**

Roosterkoek with Filling:

Ingredients:

- 2 *Onions*, chopped
- 200g *Cheese*, grated
- 1 *Egg*, beaten

Directions:

1. Mix together onions and cheese.
2. Roll out dough into a rectangle. Sprinkle onion and cheese over half of the dough.
3. Fold over other half and cut into 10 x 10 cm squares. Press sides firmly to seal edges and brush surface with egg.
4. Allow rising for about 15 minutes, until doubled in size.
5. Place on a braai grid and braai over medium coals until baked, turning frequently, or bake at 200°C for 15 minutes.

Brown Ginger Loaf

Provided by: "Traditional South African Recipes" -
www.funkymunky.co.za/recipe.html

Ingredients (Makes medium-sized loaf):

- 500ml *brown Bread Flour*
- 125ml *Butter*
- 4ml *Salt*
- 4 ml *Ginger*
- 4ml *Cinnamon*
- 125ml *Castor Sugar*
- 1 extra-large *Egg*
- 125ml *Golden Syrup*, slightly heated
- 4ml *Sparkling Soda*
- 125ml *boiling Water*
- *Oil*

Directions:

1. Preheat the oven to 180 °C. Grease a 22 x 11 x 7 cm loaf tin.
2. Sift flour, salt, sparkling soda, ginger and cinnamon together in a large mixing bowl.
3. Mix butter until creamy and add small quantities of sugar at a time while beating continuously.
4. Add egg and golden syrup and beat well.
5. Add dry ingredients, alternating with boiling water. Mix well.
6. Turn into the prepared loaf tin and bake for 35-40 minutes or until loaf is done.
7. Cool slightly and turn out onto a wire rack to cool.
8. Slice and serve with butter.

Basic Braai Bread #2

Pot Bread:

Ingredients:

- *Flour*
- 30g *Margarine*
- 10ml *lukewarm Water*
- 1 *Egg*, beaten

Directions:

1. Add margarine and extra lukewarm water to dough.
2. Place dough on a lightly floured surface, cover with greased plastic wrap and leave to rest for five minutes.
3. Shape into a round bread. Place in greased pot and allow to rise until doubled in size (30 to 45 minutes).
4. Brush with lightly beaten egg and bake at 200°C for 40 to 50 minutes.

Malay Fish Cakes

Provided by: “**Traditional South African Recipes**” -
www.funkymunky.co.za/recipe.html

Ingredients:

- *Flaked Fish*, skinned and boned
- 2 slices *thin Bread*, soaked in a little water and oil
- *Flour*
- *Tomato*, chopped
- *Parsley*, chopped
- *Salt*
- *Pepper*
- *Nutmeg*
- 1 *Egg*, beaten
- *Lemon Juice*
- *Oil*

Directions:

1. Mix all ingredients together and form into balls and roll in flour. The mixture must not be too soft.
2. Fry in oil.

► For variation, *mincemeat* can replace the fish.

Cape Malay Pickled Fish

Provided by: "Traditional South African Recipes" -
www.funkymunky.co.za/recipes.html

Ingredients:

- 1kg *Yellowtail*, scaled and filleted, skin on
- 2 large *Onions*, sliced
- 5 cloves *Garlic*, chopped
- 120ml *Golden Brown Sugar*
- 2 tsp *Dhania*, ground
- 2 tsp *Cumin*, ground
- 1 tbsp *Masala*
- 1 tsp *Turmeric*
- 2 *Bay Leaves*
- 4 *Allspice Berries*
- 4 *Cloves*
- 8 *Peppercorns*
- *Salt*
- ¼L *Grape Vinegar*
- 120ml *Water*
- *Oil*

Directions:

1. To firm up flesh, sprinkle coarse salt on both sides of the fillet and let it stand in the sink for 20 minutes.
2. Rinse under running water and pat dry with a dry cloth. Cut fish in portions with skin attached.
3. Pan-fry pieces of fish in oil without flour or butter till cooked through.
4. To make sauce, simply boil, and then simmer the rest of the ingredients together till the onions are cooked but still crisp to the bite (about 7 minutes).
5. Layer the fish pieces in a ceramic or glass serving dish and cover each layer with the sauce and some onion. Be sure that the last layer is covered with sauce.
6. Let it cool, then refrigerate.

► Will stay fresh for a week in a cool place and longer in a fridge.

Fish Curry

Provided by: **“Traditional South African Recipes”** -
www.funkymunky.co.za/recipe.html

Ingredients:

Directions:

1. Season fish with salt and pepper, sprinkle with lemon juice and set aside.
 2. Heat a little oil in a saucepan and braise onion and garlic for 5 minutes or until onion is clear.
 3. Add curry powder and turmeric and mix well. Sprinkle flour over and stir it in.
 4. Add water and bring to boil, stirring.
 5. Reduce heat to low. Add fish, allspice and bay or lemon leaf.
 6. Simmer, covered for 15 minutes.
 7. Mix vinegar, sugar and apricot jam and add to saucepan.
 8. Simmer, stirring occasionally, for another 15 minutes.
 9. Add more salt and pepper, if necessary.
 10. Serve immediately with rice.
- ☺ The US Food and Drug Administration suggests that 25g of soya protein a day, as part of a diet low in saturated fat and cholesterol, might reduce the risk of heart disease.

Curry Bites

Provided by: "Traditional South African Recipes" - www.funkymunky.co.za/recipe.html

Ingredients (Makes 25-30):

- 250ml *Chicken*, cooked and diced
- 250ml *Rice*, cooked
- 100g *whole-kernel Sweet Corn*, drained
- 150ml *Self-raising Flour*
- 125ml *Milk*
- 375ml *Potato*, peeled and grated
- 310ml *Onion*, finely grated
- 7ml *mild/medium Curry Powder*
- 15ml *Parsley*
- *Salt*
- *Black Pepper*
- 2 *extra large Eggs*
- *Oil*

Directions:

1. Mix rice, milk, eggs, self-raising flour and curry powder well till it turns to batter. Use a food processor, if possible, for 1 minute. Chill batter.
2. Place potato and onion in a mixing bowl and add enough boiling water to cover. Leave for 3 minutes and drain well.
3. Pat dry with cloths or paper napkins. Add potato, onion, chicken, sweet corn and parsley to batter. Season with salt and black pepper.
4. Heat oil in a pan and fry spoonfuls of batter for about 4 minutes on each side until golden brown and done.
5. Drain on cloth and keep warm until ready to serve.

► These delicious mild curried snacks are a great way to use leftover chicken and rice.

Creamy Chicken Curry

Provided by: “**Traditional South African Recipes**” -
www.funkymunky.co.za/recipe.html

Ingredients (Serves 4-6):

- 3 *Chicken Breasts*
- 1 *Onion*, chopped
- 250ml *natural Yoghurt*
- 200ml *Red Lentils*
- 1 *Apple*, peeled and diced
- 2 *Tomatoes*, chopped
- 2 *Potatoes*, quartered
- 100g *Green Beans*, halved
- 250ml *Butternut*, peeled and cubed
- 2 cloves *Garlic*, crushed
- 30-40ml *Curry Powder*
- 550ml *Chicken Stock*
- 30ml *dried Coconut*
- 15ml *Vinegar*
- 30ml *Sunflower Oil*

Directions:

1. Heat oil in a large saucepan. Add onion and garlic and braise until soft.
2. Add curry powder and braise for 30 seconds.
3. Add chicken stock and bring to the boil.
4. Add chicken and reduce heat to simmer. Simmer, covered, for 40 minutes until chicken is cooked through.
5. Remove chicken from pot and cool slightly. Pull meat off bones and cut into bite-sized pieces.
6. Return chicken meat to saucepan, along with remaining ingredients, except yoghurt. Simmer, covered, for 20 minutes or until vegetables are tender.
7. Stir in the yoghurt and season to taste.
8. Serve with rice.

► In this recipe the chicken meat has been taken off the bone to make it go further. Also, yoghurt is used instead of coconut or cream, to give it a creamy finish.

☺ **Useful TIP from Alfreda:** To keep left over coconut from going rancid, keep in the freezer.

North Indian Chicken with Spiced Potatoes

Provided by: “Traditional South African Recipes” - <http://funkymunky.co.za/recipes.html>

To make North Indian Chicken:

Ingredients (Serves 4):

- 6-8 *Chicken Thighs*
- 1 410g can *Indian-style Tomatoes**
- 1 medium *Onion*, chopped
- 4 *Carrots*, cut into strips
- 2 cloves *Garlic*, crushed
- 15ml *Jeera*
- 45ml *fresh Dhania*, chopped
- *Salt*
- 35ml *Sunflower Oil*

*If these are unavailable, use 410g chopped or whole *tomatoes* and 5-10ml *masala*.

Directions:

1. Heat oil in a large saucepan. Add jeera (and masala, if using) and stir for 30 seconds.
2. Add onion and garlic and braise until softened.
3. Add tomatoes and carrots and stir to combine. Add chicken pieces.
4. Spoon sauce over chicken, then cover and simmer for 30 minutes or until chicken is cooked through.
5. Season to taste with salt and sprinkle with fresh dhania.
6. Serve with spiced potatoes.

To make Spiced Potatoes:

Ingredients:

- 30ml *Sunflower Oil*
- 6 *Potatoes*, washed and cut into cubes
- 5ml *Mustard Seeds*
- 5ml *Jeera Seeds*
- 1ml *Turmeric*
- 10ml *Lemon Juice*
- 5ml *dried Chillies*, crushed

Directions:

1. While chicken is cooking, heat oil in a pan. Add mustard and jeera seeds.
2. When they pop, add potato cubes and remaining spice. Stir to coat potatoes, then cover with a lid and cook over medium heat for about 15 minutes until tender.
3. Season with salt and lemon juice and serve.

Boerewors

Provided by: "South African Recipes" - www.3men.com/south.htm

Ingredients (Makes 3.5kg):

- 1.5kg *Beef*
- 1.5kg *Pork*
- 500g *Bacon*, chopped
- 25ml *Salt*
- 5ml *Black Pepper*
- 50ml *Dhania*
- 2ml *Nutmeg*, grated
- 1ml *Cloves*, chopped
- 2ml *Dried Thyme*
- 125ml *Red Wine Vinegar*
- 2ml *Allspice*
- 1 clove *Garlic*, crushed
- 50ml *Worcestershire Sauce*
- 85g *Sausage Casings*

Directions:

1. Cut beef and pork meat into cubes and mix it with all other ingredients except sausage casings.
2. Grind meat using a medium-course grinding plate.
3. Fill sausage casings firmly but not too tightly with meat mixture.
4. Can be fried, grilled or barbecued over coals.

Biltong

Provided by: "Traditional South African Recipes" -
<http://funkymunky.co.za/recipes.html>

Ingredients:

- 12.5kg *Venison, beef or ostrich meat* (fillet, rump or sirloin)
- 560g *fine Salt*
- 25ml *Sparkling Soda*
- 12.5ml *Pepper*
- 125ml *Brown Sugar*
- 125ml *Dhania*
- 2.5L *warm Water*
- 250ml *Brown Vinegar*
- 10ml *Saltpetre* (optional)

Directions:

1. Cut meat along the natural dividing lines of muscles, down the length of the whole leg or a portion of it. Cut pieces into strips 5-7 cm thick, with some fat on each strip.
2. Mix salt, sugar, sparkling soda, saltpetre, pepper and dhania together and rub mixture into the strips of meat. Layer the meat in a cool place for about 1 to 2 days, depending on how thick meat is and how salty you want it to be.
3. Mix vinegar and water and dip biltong into it. Pat pieces of meat dry and hang them up on S-shaped hooks - or use pieces of string - about 5 cm apart so that air can circulate freely in a cool dry place. Leave for 2 to 3 weeks until biltong is dry.

Samoosas

Provided by: "Traditional South African Recipes" -
<http://funkymunky.co.za/recipes.html>

Dough

Ingredients:

- 375g *Cake Flour*
- 15ml *Butter* or *Margarine*, melted
- 5ml *Salt*
- 5ml *Lemon Juice*
- 250ml *cold Water*
- *Sunflower Oil*

Directions:

1. Sift flour and salt together and add enough cold water to make a stiff dough.
2. Add lemon juice and knead dough gently until elastic.
3. Divide dough into 12 pieces and roll each into a ball. Roll out 6 balls on a floured surface and shape them into 10-cm diameter rounds.
4. Brush each with melted butter or oil and sprinkle with flour.
5. Stack rounds, leaving final round ungreased and unfloured.
6. Roll out stack into a large, very thin round and trim sides to form a square.
7. Heat an ungreased baking sheet in oven at 230°C until very hot, remove and place dough square on it.
8. Turn square over several times until dough puffs up slightly.
9. Remove square from baking sheet as soon as this happens.
10. Repeat for remaining 6 balls of dough.

Filling

Ingredients:

- 500g *Beef**, minced
- 2ml *Turmeric*
- 5ml *Salt*
- 1 large clove *Garlic*
- 1 root *Ginger*
- 10ml *Dhania Leaves*, chopped
- 1 *Green Chilli*, crushed
- 2 *medium Onions*, finely chopped
- 15ml *Butter*, melted
- 4 *Spring Onions*, finely chopped
- 2ml *Garam Masala*

*Can also use *mutton*, *lamb* or *chicken* instead of beef.

Samosas (cont.)

Directions:

1. Cook meat with a mixture of turmeric, salt, garlic and ginger pounded together, dhania leaves and chillies.
2. When nearly dry, add onions and cook till liquid is gone, stirring often to stop lumps from forming.
3. Add melted butter and allow mixture to cool. Add spring onion and garam masala.

To assemble

1. Cut prepared dough squares into strips (8 cm wide and 25 to 30 cm long). Separate into layers before pastry cools. Cover with a damp cloth to prevent drying out while making samosas.
2. Holding a strip of pastry in your left hand, pull bottom corner across and fold it up to form a triangle with sharp corners and a pocket in which to put filling.
3. Fill with 10 ml of filling. Then continue folding pastry across top of the triangle to seal off opening. Tuck edges round to form a neat triangle. Seal remaining edge with a paste of flour and water and pinch two bottom edges lightly together.
4. Leave in a cool place for about 30 minutes before cooking.
5. Fry samosas in hot oil for about 10 minutes, or until golden, turning often. Then, remove and drain.

- ☺ A National University of Singapore study found that women who ate more soya were 60% less likely to have high-risk dense breast tissue, which could lead to breast cancer.

Vegetable Alecha (an Ethiopian Dish)

Provided by: "African Chop" - <http://www.african Chop.com/chopwa.htm>

Ingredients (Serves 4-6):

- 6 small *Red or White Potatoes*
- 3 *Carrots*
- ¼ kg *Green Beans*
- 2 *Onions*, cut in eight pieces each
- 1 *Sweet Green Pepper*, seeded and cut in strips
- 6 *Scallions*, trimmed and cut in thin strips
- 1-2 *fresh Hot Peppers*, depending on taste, seeded and minced
- 2 cloves *Garlic*, minced
- 1 tbsp *Fresh Ginger*, peeled and minced
- 1 tsp *Salt*
- ¼ tsp *Black Pepper*
- 4 tbsp *Peanut or Vegetable Oil*
- *Rice* (optional)

Directions:

1. Peel potatoes, if desired. Slice in 6.5 mm slices, then cut into thin strips. Peel carrots and cut into thin slices about 5 cm long. Trim ends from green beans and leave whole.
2. Bring a large pot of water to a boil. Add potatoes, carrots and green beans. Bring water back to a simmer and cook over medium heat for 5 minutes. Drain vegetables immediately and set aside.
3. Heat oil in a large skillet. Add onions, green pepper and hot peppers. Simmer 5 minutes while stirring, until onions begin to soften.
4. Add garlic, ginger, scallions, salt and pepper to skillet. Simmer 10 minutes more, stirring occasionally.
5. Add drained cooked vegetables to skillet, stirring well to coat with oil. Continue to cook and toss vegetables for about 10 minutes more, until they are heated through and tender.

► Can serve with rice.

Curried Banana Salad

Provided by: "Traditional South African Recipes" - www.funkymunky.co.za/recipes.html

Ingredients (Serves 6):

- 20ml *Cornflour*
- 8 *Bananas*, sliced
- 3 *Onions*, sliced into rings
- 4 *Tomatoes*, peeled and diced
- *Salt* to taste
- *Pepper* to taste
- 250ml *Sugar*
- 30 ml *Curry Powder*
- 125ml *Apricot Jam*
- 190ml *Grape Vinegar*
- *Oil*

Directions:

1. Braise onions in oil until soft.
2. Add tomatoes and simmer until a purée is formed.
3. Season with salt and pepper to taste.
4. Blend vinegar, sugar, cornflour and curry powder in a saucepan and heat until mixture comes to boil and thickens. Stir continuously.
5. Add apricot jam and mix. Mix with tomato mixture and simmer slowly for about 10 minutes.
6. Cool completely before adding the sliced bananas.

- ☺ A study at the University of California suggested that eating soy foods during adolescence may help reduce breast cancer later on.

Curried Egg and Potato Salad

Provided by: "Traditional South African Recipes" - www.funkymunky.co.za/recipes.html

Ingredients (Serves 8):

- 1 large *Onion*, chopped
- 12 *medium Potatoes*
- 2 cloves *Garlic*, crushed
- 2 ml *Garam Masala*
- 1 ml *Jeera Powder*
- 7 ml *mild Curry Powder*
- 5 ml *strong Curry Powder*
- 1 ml *Dhania Powder*
- 1 stick *Cinnamon*
- 125ml *Chicken Stock*
- Pinch *Ginger Powder*
- *Apricot Jam* to taste
- 8 *hard-boiled Eggs*, cut into wedges
- *Oil*

For the Dressing:

- 250ml *plain Yoghurt*
- 65ml *creamy Mayonnaise*
- *Salt*
- *Black Pepper*
- 1 handful *fresh Dhania Leaves* (optional)

Directions:

1. Heat about 20ml oil in a pan and braise onion and garlic over medium heat until tender and glossy.
2. Add spices and cinnamon stick and stir-fry for another minute.
3. Add chicken stock and stir in apricot jam. Stir until jam has melted and bring to boil.
4. Reduce temperature, cover and simmer sauce slowly for 15 minutes until slightly reduced and thickened. Pour into a mixing bowl and cool slightly.
5. Boil potatoes in lightly salted water until cooked and drain. Skin while potatoes are still hot and cut into uniform pieces.
6. Add egg wedges, saving a few. Blend yoghurt and mayonnaise with curry powder and season with salt, black pepper and apricot jam to make a sweeter dressing.
7. Pour $\frac{3}{4}$ salad dressing over potato slices and mix lightly.
8. Chop dhania leaves, if using, and stir into salad.
9. Spoon salad into serving bowls, top with remaining egg wedges and finish with a scoop of curry dressing.
10. Garnish with extra dhania or lemon leaves.

Curried Pasta Salad

Provided by: "Traditional South African Recipes" -
www.funkymunky.co.za/recipes.html

To make Dressing:

Ingredients:

- 1 clove *Garlic*, crushed
- 5ml *Curry Powder*
- 1,5 ml *Chilli Powder*
- 1 tsp *Brown Sugar*
- 60ml *White Wine, Vinegar* or *Lemon Juice*
- 15ml *Oil*

Directions:

1. Place all ingredients in a jar with a top that screws and shake well.

To make Salad:

Ingredients:

- 250g *Shell Pasta*
- 100g *Cauliflower Florets*
- 100g *Broccoli Florets*
- 100g *Green Beans*, topped, tailed and sliced
- 100g *Carrots*, peeled and grated
- 250g *Baby Corn*, drained (try to use fresh, not canned)
- 15ml *Sesame seeds*, toasted

Directions:

1. Cook pasta in boiling water until just tender. Drain and rinse under cold water.
2. Blanch cauliflower, broccoli and beans, and combine in a salad bowl with carrot and corn.
3. Toss with sesame seeds and dressing. Cover and chill.

► Serve with wholemeal pita bread for lunch or with braais or grills.

Ntomo Krakro (Sweet Potato Fritters)

Provided by: "Traditional South African Recipes" -
<http://funkymunky.co.za/recipes.html>

Ingredients:

- 120ml *Flour*
- ½kg *Sweet Potatoes*, peeled and cut in half
- 1 tsp *Salt*
- *Black Pepper* to taste
- 1 *Egg*, beaten
- 1 tbsp *Peanut Oil*

Directions:

1. In a heavy saucepan or fryer, heat 5 cm of oil to 190°C.
 2. Grate sweet potatoes into medium-sized bowl. Cover with boiling water and let stand for 15 minutes.
 3. Drain off water and slowly add flour, egg, salt and pepper, stirring to make sure it is well mixed. You should have a thick paste that will hold its shape when picked up with a spoon. If mixture is too thick, add a bit of warm water. If it is too thin, add a bit more flour.
 4. Drop mixture, a few tablespoons at a time, into hot oil and cook fritters for 3 to 5 minutes, or until they float to the surface, turning them once to make sure that they are slightly browned on each side.
 5. Drain on cloth or napkin and serve hot.
- ▶ One of the tricks to great fritters is to use clean oil and to make sure that the oil is hot enough before beginning.
- ▶ These fritters go with a spicy hot sauce when served as a starter. They can also be lightly dusted with sugar and served as a dessert.

Traditional Spicy Biscuits

Provided by: "Traditional South African Recipes" -
<http://funkymunky.co.za/recipes.html>

Ingredients (Makes about 100):

- 500g *Cake Flour*
- 15ml *Baking Powder*
- 250g *Margarine*
- 5ml *Salt*
- 2ml *Ginger*
- 2ml *Cinnamon*
- 2ml *Mixed Spice*
- 250g *White Sugar*
- 2 *large Eggs*

Directions:

1. Sift flour, baking powder, salt, ginger, cinnamon and mixed spice into a mixing bowl.
2. Mix margarine and sugar until creamy, and then add eggs one by one, beating well after each addition.
3. Pour in flour mixture and mix well.
4. Roll out dough on slightly floured surface (about 5 mm thick) and cut out rounds with a biscuit cutter.
5. Place rounds on greased baking sheets and bake at 180°C for approx. 10 minutes.

Melktert (Milk tart)

Provided by: "South African Food Shop" -

<http://www.southafricanfoodshop.com/custom2.html>

Ingredients (Makes 2):

- 2 *Graham Cracker Pie Shells*
- 1 tin *Condensed Milk**
- 2 tins *Fresh Milk*
- *Cinnamon Powder*
- 2 heaped tbsp *Cornflour*
- 1 heaped tbsp *Custard Powder*
- 1 tsp *Vanilla Essence or Flavouring*
- 2 *Egg*

Directions:

1. Whisk condensed milk and 1 tin of fresh milk together and heat until about to boil for about one and a half minutes while stirring.
2. Whisk cornflour, custard powder, eggs, vanilla essence and 1 tin of fresh milk together.
3. Pour hot milk mixture onto custard and egg mixture. Then whisk together and heat while stirring until combined mixture is smooth and thick.
4. Pour mixture into a graham cracker pie base, smooth surface and sprinkle with cinnamon powder.
5. Allow melktert to cool and then store in a refrigerator until set.

Traditional South African Pancakes

Provided by: "Traditional South African Recipes" -
<http://funkymunky.co.za/recipes.html>

Ingredients:

- 600ml *Milk*
- 60ml *Cream*
- 30ml *melted Butter* or *Sunflower Oil*
- 240g *Cake Flour*
- 2ml *Baking Powder*
- 2ml *Salt*
- 15ml *Brandy*
- *Sunflower Oil*
- 2 large *Eggs*
- *Cinnamon* (optional)
- *Sugar* (optional)
- *Banana* (optional)
- *Jam* (optional)

Directions:

1. Combine cake flour, baking powder and salt.
2. Beat eggs and milk until foamy. Then gradually beat in flour mixture. Beat in cream, then melted butter or oil and brandy.
3. Heat a small frying pan and grease it lightly with oil. Pour in a thin layer of pancake batter, tilting pan to distribute it evenly.
4. Fry pancake on one side for about 1 minute, then turn pancake with a spatula and fry it for another minute.
5. Turn pancake out onto a plate and keep warm while making remaining pancakes.
6. Sprinkle each pancake with cinnamon sugar.
7. Roll up pancakes and serve.

► You can also cut up a *banana* and use it as pancake filling before rolling up, or your favourite jam!!

Koeksisters

Provided by: "South African Food" - <http://library.thinkquest.org/22897/food.htm>

Ingredients:

- 1L *Flour*
- 3 tsp *Baking Powder*
- ¼ L *Milk*
- 2 tbsp *Margarine*
- Pinch *Salt*
- 2 *Eggs*, beaten
- *Oil*

Directions:

1. Strain dry ingredients (to remove impurities).
2. Mix margarine into flour. Add eggs and milk and mix into a dough.
3. Roll out into ½ cm thick by 2 cm wide strips. Intertwine strips lightly. Cut 8 cm lengths. Seal ends by pinching dough together.
4. Fry in oil.
5. Finally, dip in syrup (**recipe below**).

Syrup

Ingredients:

- 1L *Water*
- 1L *Sugar*
- 10 ml *Syrup*
- 5 ml *Lemon Juice*

Directions:

1. Boil sugar and water for 15 minutes.
 2. Add syrup and lemon juice.
 3. Allow to cool.
- ☺ Soya could ward off heart disease by lowering levels of the body's "bad" cholesterol and raising its levels of "good cholesterol."

Umfino (Maize with Mixed Vegetables)

Provided by: "Traditional South African Recipes" -
<http://funkymunky.co.za/recipes.html>

Ingredients:

- 250ml *Mealie Rice*
- 375ml *Mealie Meal*
- 125g *Margarine*
- 1 *medium Cabbage*, shredded
- 1 bunch *Turnips*, peeled and chopped
- 1 bunch *Spinach*, shredded
- 1 bunch *Spring Onions*, chopped
- *Salt* to taste
- *Pepper* to taste
- 500ml *Water*

Directions:

1. Wash and rinse vegetables.
2. In a large saucepan bring water to boil. Add all vegetables, toss with a fork to mix and allow to simmer for 10 minutes.
3. Add mealie rice, mix through and then stir in mealie meal. Use a wooden spoon to mix the ingredients to a pulp.
4. Cook over low heat for 25 minutes, stirring occasionally.

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Thank you!!! ENJOY YOUR FOOD!

