

A Taste of South Africa

Aromatic, versatile and exotic



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Many years ago, there evolved in South Africa a style of cooking that in Europe has become trendy under the name 'fusion cuisine': the mixture of African cooking with European and Asian flavours.

Travel with us across the beautiful South African continent and discover the full diversity of Cape cuisine: from baba ghanoush and Cape Malay bobotie with raisins and chicken potjie, to koeksisters with sugar syrup.

A Taste of South Africa

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Introduction





The best from three continents: Europe and Asia meet at the southern tip of the African continent

Centuries ago, a style of cooking established itself in South Africa, in so-called Cape cuisine, that has recently become very fashionable in Europe under the label “fusion cuisine”. This is a mixture of classic European cuisine with exotic flavours and Asian cooking style.

Immigrants from Indonesia, the so-called Cape Malays, shaped the modern culinary style of South Africa, and Indian immigrants contributed their own preference for curries, chutneys and samosas. If we add the influences of Dutch and French cuisine, it is not surprising that in South Africa the typical potjies, the stews of the Boers, are flavoured with Malay spices, ostrich and antelope meat is fried quickly in European style, and wine is drunk with Indian satays.

South African cuisine combines in a simple, independent-minded way, influences from the three continents of Europe, Asia and Africa and has

developed into an extremely tasty and, above all, varied cuisine.

Ideal for a quick bite to eat: snacks from the multicultural Cape cuisine

South African snacks are often quite simple and straightforward. They range from simple jerky appetisers to delicious kebabs and tasty filled samosas derived from Indian cuisine, particularly popular in the Durban area.

Prime examples of African slow food: bredies and potjies

Bredie is the generic term for the typical South African meat and vegetable stews. They are often to be found on menus, for the supply of fresh vegetables, fish, meat and seafood is plentiful and of excellent quality. What could be better than to serve up this bounty in a nutritious stew or a fine soup? Curry, coconut milk, mint and peanut butter give a dish its unique flavour. Traditionally, potjies – the dishes are named after the cookware – are cooked in a cast-iron three-legged saucepan, the potjeko, over an open fire.

In making these dishes, people followed, to a great extent, well-known recipes from Europe, but enriched them with other ingredients, especially game and poultry. The addition of ostrich or warthog turned many classics of European cuisine into novel dishes containing all the exotic magic of South Africa.

Delights from the Garden of Eden:there is no shortage of fresh salad and vegetables in South Africa

Garden Route is the name given to Route 62 between Cape Town and Port Elizabeth, and indeed a veritable Garden of Eden stretches out to left and right of the road. The sub-tropical climate and fertile soils are ideal for growing vegetables, salad and fruit.

In the Western Cape, between vineyards, citrus and apple orchards, mange-tout, beans, tomatoes, potatoes, sweet potatoes and carrots grow in abundance. Moroho, a wild, spinach-like vegetable that can be used as a salad green, also grows here.

Salads are popular summer meals. They are often served with a dressing of crushed, hard-boiled egg yolks, red wine vinegar, oil, a little mustard, salt and sugar.

The pillars of South African cuisine: chutneys and sauces

Actually “chatni” in Hindi means “to lick” – and this really fits the fruity, sweet and sour, and sometimes fiery hot, chutneys which are eaten in the Cape with almost everything. The South Africans dunk grilled meat or fish into the bitter preserve, stir it into their stews or dip their favourite snack, biltong, into it. The most famous chutney is “Mrs Ball’s”, which you can buy ready prepared in bottles. The homemade version is of course even more delicious: ripe fruits or vegetables are cooked for hours with sugar, vinegar and aromatic spices to make a thick jam. The tendency is to cook large quantities which can then be stored. Chutneys develop their full flavour only after a few days’ storage in cool dark rooms.

Even the South African sauces, served with grilled meats, rice and vegetables, are based on fruity flavours. They are flavoured with nuts and Asian spices such as coriander, chilli and curry powder – and are thus an essential part of Cape Malay cuisine. Only a few exceptions, such as the typical sauce made from sweetcorn and okra, are derived from the original cuisine of the indigenous population.

Cape cuisine offers a wealth of meat specialities

Meat, game and poultry dishes feature in abundance in South African menus, in every conceivable variation and always of the best quality.

In the Cape of Good Hope, farming as we know it in Europe is virtually unheard of, and animals either run wild or live on huge pastures. This

applies to cattle, lamb and goat as well as ostrich, springbok, kudu and buffalo. Venison specialities in particular are exotic and tasty.

The descendants of the Boers love savoury meat: air-dried biltong; the rich, spicy country-style sausage called boerewors; and stews with lots of meat.

Sausages, lamb steaks and lobsters – they taste best grilled!

However different eating habits, cultural practices, and social and economic disparities in South Africa may be, the whole country is united about one thing: its love of braai. Braai is the short form of braaivleis, meaning “grilled meat”.

No matter where you're travelling on a Sunday, the smell of grilled meat wafts in the air and fills the senses. The South Africans grill everywhere: on pavements, in the garden, at the cricket ground or in the backyard. And they never grill alone, but with the whole family or with friends. Braai is therefore not only the most popular type of cooking in the country, but always also a social event.

With braai, the glow of the embers matters

In Europe, we tend to view grilling as a fast method of preparation, but this is alien to South Africans. Even the glow of the embers takes careful preparation in the Cape, because it is not produced with charcoal but wood, which needs to burn until a uniform glow has developed. So it can take hours until the meat is placed on the grill. As the grilling stretches over a long period of time, socialising is at a premium. While the men take charge of the grilling and the women prepare the sauces and side dishes, they chat over a cool drink, leaving fish, meat, sausages and kebabs to sizzle along appetisingly.

Oysters are freshly caught, as in France, and eaten raw. Mussels are turned into wonderful stews, calamari are cooked with very spicy peri peri.

In addition to fruit for dessert, pastries are also commonly served in the Cape, as a sweet ending to any meal.

Fruit is in season all year round in South Africa. In the spring, strawberries, cherries and apricots ripen in abundance. Summer and autumn bring melons and peaches, followed by grapes, dates, figs, kumquats, plums, apples, papayas, pears and quinces. In winter you find oranges, tangerines and bananas on the table.

As far as cakes and pastries are concerned, tastes are dominated by the European influence: hence the preference of the English for fruit cake, malva pudding and biscuits, as well as the Dutch preference for fat-rich pastries. Biscuits and short pastry top the list of favourites, but also pastries such as koeksisters and melktert (milk tart) are very popular. Sugar is used in generous quantities in baking, and pastry is often dipped into syrup. Even old-fashioned puddings of the sort once popular in Britain are not uncommon as desserts – but unlike in Britain, they are oven-baked rather than steamed.



Bredies, potjies etc.



Maize beads with biltong



Preparation time: approx. 25 minutes (plus cooking and baking time)

Per serving approx. 740 kcal/3108 kJ

23 g P, 10 g F, 137 g CH

Serves 4
salt

750 g maize meal

175 g biltong or *viande des Grisons* some tomato relish (ready-made)

1 butter for the baking dish Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Boil 1 litre of water in a large saucepan and add salt. Pour in the maize meal at once, reduce the heat and let it simmer, stirring constantly until the mixture has thickened. Then pour into a buttered baking dish and smooth.

2 Allow the mixture to bake for approx. 20 minutes in the pre-heated oven. Remove and leave to cool.

3 Meanwhile, cut the biltong or *viande des Grisons* into thin slices. With a tablespoon separate out small lumps of the maize mixture and form into round shapes. Lay the biltong or *viande des Grisons* on top and serve with some tomato relish.

Baba ghanoush with flatbread



Preparation time: approx. 10 minutes (plus cooking time)

Per serving approx. 695 kcal/2919 kJ

12 g P, 52 g F, 43 g CH

Serves 4

3 tbsp sesame seeds 3 tbsp poppy seeds 2 tbsp chopped fresh thyme
150 ml olive oil 2 flatbread or pitta bread 2 aubergines

2 cloves garlic

4 tbsp tahini (sesame paste)

40 g ground almonds

juice of ½ lemon ½ tsp cumin powder ½ tsp salt

10 mint leaves

1 Toast the sesame seeds in a dry frying pan. Allow to cool and then crush the poppy seeds and the thyme using a pestle and mortar. Stir in 125 ml of the oil. Cut the flat bread or pitta bread horizontally. Spread with the oil mixture and then grill crispy brown.

2 Wash and dry the aubergines and place on the hot grill. Turn frequently, and grill until the surface is black and producing small bubbles. Peel the aubergine, chop coarsely, drain in a colander, then mash and purée the flesh.

3 Peel the garlic and chop with the tahini, almonds, lemon juice, cumin and salt, mix to a smooth paste and combine with the aubergine purée.

4 Wash the mint, shake dry and chop half of it coarsely, then stir in to the mixture. Spread the baba ghanoush on the bottom slices of flatbread, sprinkle with the remaining mint and drizzle with the rest of the olive oil. Cover with the top slices of bread.

Cape Malay bobotie with raisins



Preparation time: approx. 30 minutes (plus stewing and baking time)

Per serving approx. 820 kcal/3444 kJ

48 g P, 49 g F, 44 g CH

Serves 4

1 piece ginger (approx. 3 cm)

1 tbsp curry powder

1–2 tbsp brown sugar salt

pepper

5 onions

100 g butter 125 g raisins 2 tbsp apricot jam

2 tbsp wine vinegar

3–4 tbsp chutney (ready made) 1–2 tsp Worcestershire sauce 1½ tbsp tomato purée 300 g minced beef 300 g beef tartare 3 slices white bread 300 ml milk 2 eggs

100 g grated Parmesan cheese

1 Pre-heat the oven to 175 °C (Gas Mark 4, fan oven 155 °C). Peel the ginger and grate finely. Fry with the curry powder, sugar, 2 teaspoons of salt and ½ teaspoon of pepper in a hot saucepan for approx. 2 minutes while stirring. Peel the onions and chop finely. Add with the butter to the curry mixture and fry until translucent.

2 Mix the raisins with the apricot jam, vinegar, chutney, Worcestershire sauce and tomato purée in a bowl with the minced beef and the beef tartare. Dip the white bread in 50 ml of the milk and add to the minced beef mixture.

3 Add the contents of the bowl to the ingredients in the saucepan and simmer for 30 minutes. Then transfer to a baking dish. Whisk 250 ml milk with the eggs and pour over the beef mixture.

4 Bake in the oven for approx. 1 hour. Before serving, sprinkle with Parmesan cheese.

Biltong snack – a classic



2 kg wild game meat, ostrich or kudu 2 tsp roasted coriander seeds 2 tsp
coarsely ground black pepper

3 tbsp brown sugar

½ tsp saltpetre

150 ml red wine vinegar

4 tbsp salt

1 Cut the meat into strips approx. 15 cm long and 4 cm thick. Pound the roasted coriander seeds with the pepper, sugar and saltpetre.

2 Rub the strips of meat with red wine vinegar and place in layers in a mould. Sprinkle with the salt and the crushed spice mixture and let it rest covered in the refrigerator.

3 After 12 hours, remove the thinner strips and marinate the thicker ones for another 12 hours.

4 Dip the meat strips briefly in boiling water and dry thoroughly. Hang in an airy place, and leave to dry for approx. 5 days.

Vegetables & side dishes



Green beans in a curry



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 144 kcal/604 kJ

4 g P, 7 g F, 14 g CH

Serves 4

500 g green beans 3 tomatoes 3 onions

2 tbsp oil 1 tsp red chilli powder 2 tsp coriander powder 1 tsp cumin powder 1 tbsp turmeric powder

1 tbsp curry powder

1–2 tbsp sugar syrup 1 cinnamon stick

1 tbsp mustard

3–4 tbsp vinegar

1 tsp salt

1 $\frac{1}{2}$ tsp pepper $\frac{1}{2}$ tsp sugar Peel, wash and cut the beans into large pieces. Cut a cross in the tomatoes and remove the stems. Blanch the tomatoes in boiling water, then skin, remove the seeds and cut into small dice.

2 Peel the onions, chop finely and sauté in the oil until translucent. Add the chilli powder, coriander, cumin, turmeric and curry powder. Sauté for 5 minutes, stirring constantly.

3 Add the beans along with the tomatoes, sugar syrup, cinnamon stick, mustard and vinegar. Simmer the curry mixture over a low heat for approx. 30–45 minutes. Season with salt, pepper and sugar to taste,

remove the cinnamon stick and serve.

Geelrijs with cinnamon and sugar



Preparation time: approx. 15 minutes (plus cooking time)

Per serving approx. 417 kcal/1751 kJ

4 g P, 5 g F, 84 g CH

Serves 4

225 g long grain rice 1 cinnamon stick 1 tbsp turmeric powder 1 tsp salt
1 tsp sugar
125 g raisins 75 g brown sugar

25 g butter

1 Put the rice with double its volume of water in a saucepan. Add the cinnamon stick with the turmeric, salt and sugar. Bring to the boil and cook for approx. 12 minutes.

2 Wash the raisins in hot water, drain and also add to the saucepan. Let everything continue to cook for approx. 10 minutes until the rice is tender and the water has been absorbed.

3 Remove the cinnamon stick and stir in the brown sugar. Dab small flakes of butter on the rice and fold in with a fork.

Mealie bread pudding with ginger



Preparation time: approx. 15 minutes (plus baking time)

Per serving approx. 387 kcal/1625 kJ

6 g P, 22 g F, 39 g CH

Serves 4

90 g butter

2 eggs

100 g flour

100 g icing sugar

1 piece of ginger (approx. 4 cm)

50 g of candied ginger

1 2–3 tbsp milk butter for the mould Pre-heat the oven to 130 °C (Gas Mark 1, fan oven 110 °C). Stir the butter in a bowl until foamy and beat in the eggs one after another.

2 Sieve and mix the flour and the icing sugar. Peel the fresh ginger root and finely grate. Chop the candied ginger very fine.

3 Gradually stir the flour mixture, fresh and candied ginger into the butter mixture. Place the mixture in a buttered ovenproof dish, flatten slightly and cover with greaseproof paper.

4 Place the mould in a water bath and cook for approx. 1 hour in the oven. Turn the pudding out from the mould and serve hot.

Pickled mustard fruits with garlic



Preparation time: approx. 20 minutes (plus time for marinating)

Per glass approx. 1055 kcal/4431 kJ

5 g P, 64 g F, 110 g CH

Makes 4 glasses

600 g dried mixed fruit, such as mangoes, apples, pears, apricots, peaches
8 cloves garlic

1 tsp mustard powder 6 dried chillies

250 ml wine vinegar 1 tsp turmeric powder 4 tsp salt

250 ml cold pressed oil

1 tbsp black peppercorns

2–3 cloves

1 125 ml fruit syrup (tinned) Cut the dried fruit cut into strips approx. 0.5 cm wide. Peel and halve the garlic. Place the mustard powder in a bowl.

2 Add the finely grated chillies. Mix everything with the vinegar. Stir in the turmeric, salt and oil. Crush the peppercorns and add with the cloves. Stir in the fruit syrup.

3 Place the fruits and the garlic in the spicy marinade and mix thoroughly.

4 Spoon the pickled fruits into jars and leave for at least 1 week in the refrigerator, occasionally shaking vigorously.

Extra spicy mixed pickles



Preparation time: approx. 20 minutes (plus time for marinating)

Per serving approx. 128 kcal/537 kJ

2 g P, 1 g F, 26 g CH

Serves 4

600 g small onions 125 g carrots

2 cloves garlic 4 green chillies 1 tsp black peppercorns 275 ml wine vinegar

2 tsp salt

1 Peel the onions carefully and place in a bowl. Wash the carrots, peel and then cut into thick slices. Peel the garlic cloves and cut in half or quarters.

2 Clean the chillies, cut in half, then remove the stalk and seeds and wash the peppers and chop finely. Coarsely crush the peppercorns. Mix all the ingredients and pour into a clean container.

3 Boil the vinegar with 50 ml of water and the salt and immediately pour over the ingredients, so they are completely covered. Seal the container and leave the vegetables to marinate in the refrigerator for approx. 14 days. Occasionally shake the container vigorously.

Chakalaka with fiery spices



Preparation time: approx. 25 minutes
Per serving approx. 187 kcal/784 kJ
7 g P, 9 g F, 19 g CH

Serves 4

2 onions 1 clove of garlic 2 large red chillies 125 ml oil 3 yellow bell peppers 500 g grated cabbage

500 g shredded carrots

½ tbsp cayenne pepper

1 tbsp chilli powder

150 g peas (tinned) salt
pepper

1 Peel the onions and the garlic and dice small. Clean and halve the chillies, remove the stalk and seeds and then wash the peppers and chop very small. Sauté the onions, garlic and chillies in half the oil, until soft.

2 Clean, wash and cut the bell peppers in half, then remove the stalk and seeds. Cut the peppers into strips and add to the onions in the pan. Cook for approx. 2–3 minutes, stirring constantly.

3 Add the remaining oil. Add the cabbage with the carrots and the spices and cook, stirring constantly, until *al dente*. Add the drained peas and heat through. Season well with salt and pepper.

Chutneys, sauces etc.



Apple and date chutney with walnuts



Preparation time: approx. 25 minutes (plus time for cooking and marinating)

Per glass approx. 272 kcal/1142 kJ

3 g P, 6 g F, 47 g CH

Makes 4 glasses 250 g sour apples

200 g fresh dates

1 piece ginger (approx. 2 cm) 40 g walnuts

125 g onions

¼ tsp cayenne pepper pepper

salt

125 ml red wine vinegar

3 tbsp sugar

- 1** Peel, core and dice the apples. Clean the dates, wash, stone and cut the fruit into strips.
- 2** Peel the ginger and chop finely. Finely chop the walnuts. Peel the onions, chop finely and cook in 50 ml of water for approx. 5 minutes.
- 3** Add the diced apple and leave to simmer for 10 minutes. Add the dates with the walnuts, ginger, cayenne pepper, ½ teaspoon of pepper, 1½ teaspoons of salt and half the vinegar.

4 Allow all the ingredients to simmer until the mixture thickens. Stir occasionally. Stir in the sugar and the remaining vinegar. Continue to simmer until the chutney is thick.

5 Put the chutney into jars and seal. Leave to marinate for 2–3 weeks in the refrigerator before serving.

Avocado cream with honey



Preparation time: approx. 15 minutes
Per serving approx. 402 kcal/1688 kJ
3 g P, 39 g F, 9 g CH

Serves 4

3 ripe avocados 4 tsp sugar cane

2 tsp honey

1 approx. 1 tsp lemon juice Wash the avocados, cut in half and remove the stone. Carefully spoon out the flesh from the avocado shells and purée in blender.

2 Place the avocado shells to one side. Combine the avocado purée with the brown sugar and honey, stirring well.

3 Add lemon juice to the avocado cream to taste. Spoon the cream back into the avocado shells.

Prawn and chilli sauce with ginger



Preparation time: approx. 15 minutes (plus cooking time)

Per glass approx. 166 kcal/697 kJ

12 g P, 8 g F, 10 g CH

Makes 4 glasses 50 g dried chillies 2 onions

150 ml oil

125 g tomato purée 1 piece ginger (approx. 8 cm) salt
pepper

1 200 g ground, smoked prawns (available in Asian food stores) Soak the chillies in approx. 150 ml of water and set aside. Peel the onion and chop finely. Heat the oil in a pan and fry the onions, stirring for approx. 3 minutes.

2 Add the tomato purée to the onions and sauté. Allow to simmer for approx. 10 minutes until it forms a paste. Meanwhile purée the chillies finely with a quarter of the soaking water in a blender.

3 Peel and finely grate the ginger. Add the chilli purée with the ginger to the paste. Season well with salt and pepper.

4 Stir the ground prawns into the chilli and tomato mixture. If the sauce is too thick, add a little more oil. Then allow the prawn and chilli sauce to simmer for approx. 8 minutes, stirring constantly.

5 Pour the sauce into clean containers and seal. Store the sauce in refrigerator.

Okra and sweetcorn chutney with tomatoes



Preparation time: approx. 20 minutes (plus cooking time)

Recipe by: [www.1070.com](#)

Per serving approx. 208 kcal/873 kJ
7 g P, 5 g F, 30 g CH

Serves 4

400 g okra 1 small tin sweetcorn 2 green peppers 7 onions 2 cloves
garlic

3 tbsp oil

300 g peeled tomatoes (tinned) salt
pepper

- 1** Wash and thinly slice the okra. Drain the sweetcorn in a colander.
1 Wash the peppers and chop into small pieces.
- 2** Peel the onions and the garlic, chop the onion finely and crush the
garlic. In a saucepan heat the oil and sauté the onions with the garlic
in it.
- 3** Add the okra slices with the sweetcorn and diced peppers. Coarsely
chop the tomatoes and add along with the juice.
- 4** Mix everything together and allow to simmer for approx. 15 minutes
until all the vegetables are tender. Season with salt and pepper.

Hot and fiery avocado sambal



Preparation time: approx. 20 minutes (plus cooling time)

Per serving approx. 175 kcal/735 kJ

3 g P, 15 g F, 4 g CH

Serves 4

1 large ripe avocado 250 g yoghurt

2 green chillies

¼ bunch cilantro or parsley

1 tsp sugar

1 Cut avocado in half and remove the stone. Spoon out the flesh from the avocado shells and purée in a blender. Add the yogurt and mix in.

2 Wash and halve the chillies. Remove the stalks and seeds. Then wash the peppers, chop into small pieces and add to the sambal.

3 Wash the coriander or parsley, shake dry and chop the leaves, setting some aside for the garnish. Add the chopped coriander or chopped parsley with the sugar to the sambal and mix.

4 Seal the sambal in an airtight container and refrigerate. Garnish with coriander or parsley.

Peanut and hot pepper sauce



Preparation time: approx. 15 minutes
Per serving approx. 357 kcal/1499 kJ
15 g P, 28 g F, 11 g CH

Serves 4

3 cloves garlic

1 piece ginger (approx. 3 cm)

200 g peanut butter

½ tsp cardamom powder ½ tsp cumin powder 2–3 drops hot pepper sauce ½ tsp paprika ½ tsp pepper 1 tsp salt

250 g yoghurt

1 Peel the garlic and chop finely. Also peel the ginger and grate finely. Heat the peanut butter in a saucepan, stir in the garlic and ginger and allow to cook. Season with the cardamom, cumin, paprika and hot pepper sauce.

2 Heat, stirring continuously, but do not boil. Remove the pan from the heat, season with salt and pepper.

3 Add the yogurt and fold in. Serve the sauce warm or cold.

Mango and chilli relish with lime and



mint

Preparation time: approx. 15 minutes

Per serving approx. 27 kcal/113 kJ

1 g P, 1 g F, 5 g CH

Serves 4

1 ripe mango

2 red chillies

1 piece ginger (approx. 1 cm)

1 lime

2–3 stalks mint salt

pepper

honey

1 Peel the mango and cut the flesh from the stone. Then cut into small pieces. Clean the chillies, cut in half lengthwise, remove the seeds and wash. Peel the ginger and grate finely. Squeeze the lime. Wash the mint, shake dry and pluck the leaves from the stems. Finely chop the mint leaves.

2 Purée the mango, chillies, grated ginger, lime juice and mint in a blender. Season well with salt, pepper and honey.

Tip

This relish goes well with grilled dishes.

Pineapple and onion chutney with



ginger

Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 267 kcal/1117 kJ

2 g P, 1 g F, 60 g CH

Serves 4

1 pineapple 300 g onions 200 g brown sugar 200 ml white wine vinegar 4 tsp curry powder

2 tsp grated ginger

$\frac{1}{4}$ dried chilli salt
pepper

1 Peel the pineapple, cut into slices, remove the hard core and cut into chunks. Peel the onions, chop and then mix with the pineapple chunks in a saucepan.

2 Add the sugar, white wine vinegar, curry powder, grated ginger and crumbled chilli and bring to the boil. Allow to simmer for approx. 30 minutes until the liquid has reduced. Season with salt and pepper.

Meat, game & poultry



Wild bredie with apricot and beer



Preparation time: approx. 30 minutes (plus cooking time)

Per serving approx. 742 kcal/3116 kJ

65 g P, 21 g F, 69 g CH

Serves 4

1 kg venison fillet 1 small onion
1 clove garlic
100 ml olive oil 250 ml beef stock

100 ml beer

300 g baby corn on the cob 3 tbsp honey
3 tbsp apricot jam

200 g apricots

200 g mixed berries, such as gooseberries, boysenberries or raspberries

1 Wash the fillet, pat dry and cut into large cubes. Peel the onion and garlic and chop finely.

2 Heat the oil in a pan and sauté the onion with the garlic until translucent. Fry the venison fillet vigorously. Pour in the beef stock and the beer. Simmer and reduce the liquid by about one third.

3 Meanwhile, wash and dry the corn cobs. Then cut in half lengthwise. Heat the honey with the apricot jam in a pan. Glaze the corn in it, then leave to stand for a while.

4 Wash and dry the apricots and berries. Cut the apricots in half and remove the stones. Then add the fruit to the corn in the pan and also

cover with the glaze.

5 Dish out the meat, and then distribute the corn and the fruit on top.

Chicken in mango and sweetcorn



sauce

Preparation time: approx. 20 minutes (plus marinating and cooking time)

Per serving approx. 705 kcal/2961 kJ

34 g P, 58 g F, 11 g CH

Serves 4

1 roasting chicken

Juice of 3½ lemons 150 g natural yoghurt 1 tbsp curry powder 1 tsp granulated chicken stock 1 small tin sweetcorn 1 large ripe mango 175 ml mayonnaise 100 ml cream

8 stalks parsley

1 Wash the chicken, pat dry and cut into serving portions. Stir in the juice of 3 lemons together with the yoghurt, curry powder and chicken stock. Coat the meat with the yoghurt mixture, cover and marinate for at least 3 hours.

2 Pre-heat the oven to 200 °C (Gas Mark 6). Place the chicken in the pre-heated oven and cook under the grill for approx. 30–40 minutes.

3 Drain the sweetcorn in a colander. Peel the mango, cut the flesh from the stone and chop into small pieces. Combine the mayonnaise, cream and remaining lemon juice. Add the mango and sweetcorn to the mayonnaise and stir.

4 Wash the parsley, shake dry, chop finely and stir in. Serve the chicken with the mango and sweetcorn sauce.

Cape Malay chicken with Asian



spices

Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 657 kcal/2759 kJ

122 g P, 9 g F, 18 g CH

Serves 4

3–4 tbsp sunflower oil ½ tsp cardamom seeds, fennel and dill seeds per serving 2 pieces cassia or 2 cinnamon sticks 1 tsp cumin powder 3 star anise

4 cloves of garlic

1 piece ginger (approx. 3 cm) 4 tomatoes

1 red chilli

2 kg chicken breast fillet 1 tsp cumin

1 tsp coriander powder 1 tbsp mild curry powder 1 tbsp garam masala

1 tsp turmeric powder

300 g potato, cooked and chopped 300 g carrot, cooked and chopped

200 g sliced courgettes

1 Heat the oil in a roasting pan. Add the cardamom seeds, fennel and dill seeds, cassia or cinnamon, cumin and star anise and sauté. Do not allow the spices to turn brown.

2 Peel the garlic and ginger, chop finely and add. Wash 2 tomatoes and the chilli. Remove the seeds from the chilli and roughly chop the tomatoes and chilli. Add to the roasting pan and heat through.

- 3 Add the chicken breast fillets. Sprinkle with the cumin, coriander, curry powder, garam masala and turmeric.

- 4 Cover the pan and cook for approx. 25 minutes, stirring occasionally. Mix the chopped vegetables in with the meat and heat through.

- 5 Cut a cross in the remaining tomatoes, remove the stems, blanch them in boiling water, peel and cut into small dice. Sprinkle the diced tomatoes over the meat and vegetables.

Beef with green banana and



coconut

Preparation time: approx. 20 minutes (plus marinating and cooking time)

Per serving approx. 700 kcal/2940 kJ

61 g P, 24 g F, 46 g CH

Serves 4

1 kg beef

250 ml dry white wine 1 tbsp hot curry powder 2 red peppers 1 small cauliflower 5 onions

3 green bananas

1 tbsp butter

5–6 tbsp oil salt

a little cayenne pepper

1 small tin coconut milk

1 Cut the beef into thin strips and mix with 50 ml of the wine and the curry powder. Cover and marinate for 1 hour.

2 Cut the peppers in half, wash and remove the seeds and chop into small dice. Wash and cut the cauliflower into small florets. Peel the onions and cut into rings. Peel the bananas, cut into slices and fry in the butter.

3 Remove the meat from the marinade, and reserve the marinade. Fry the drained meat strips in hot oil in batches. Season with salt and cayenne pepper. Add the bananas, diced peppers, onion rings and cauliflower florets and sauté them.

4 Pour in the remaining wine, the reserved marinade and the coconut milk. Cover the dish and braise for 10–15 minutes. Season with salt and cayenne pepper.

Ostrich fillet with bean purée



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 350 kcal/1470 kJ

50 g P, 10 g F, 14 g CH

Serves 4

2 large tins white beans

½ tbsp cumin seeds ½ bunch coriander

6 cloves garlic

3–4 tbsp olive oil juice of 1 lemon salt
pepper

1 4 ostrich fillets (approx. 600 g) oil for frying Pre-heat the oven to 180 °C (Gas Mark 4, fan oven 160 °C). Rinse the beans and drain. Roast the cumin in a frying pan and then add to the beans. Wash the coriander, shake dry and add. Peel the garlic and also add to the beans.

2 Purée everything with 2 tablespoons of oil and the lemon juice. If the purée is too thick, add a little more oil. Season with salt and pepper.

3 Heat the remaining oil in the frying pan and fry the ostrich fillets in it vigorously.

4 Place in the oven and allow to cook for approx. 10 minutes. Season again with salt and pepper and serve with the purée.

Braai – barbecue & more



Kingklip with shallot wine sauce



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 595 kcal/2499 kJ

32 g P, 37 g F, 30 g CH

Serves 4

8 shallots

8 small mushrooms 40 g butter

200 ml sweet white wine 75 ml chicken broth 125 ml fish stock

200 ml cream

200 ml sugar syrup (ready-made) 125 seedless green grapes 1 tbsp hot
curry powder

100 ml olive oil

4 kingklip (cusk eel) fillets (250 g each) salt
pepper

- 1** For the sauce, peel and finely chop the shallots. Wash the mushrooms, wipe clean and cut into thin slices.
- 2** In a saucepan, sauté the shallots and mushrooms slowly in hot butter until tender. Pour in the wine and leave to reduce by half.
- 3** Pour in the chicken stock and the fish and let it reduce again by half. Pour in the cream and leave to simmer for 5 minutes.
- 4** Simmer the sugar syrup separately until it thickens. Wash the grapes, drain and remove the seeds.

5 Add the grapes to the sugar syrup and cook for 1 minute, then set aside.

6 Stir the curry powder into the olive oil to make a thin liquid paste. Spread the fish with the paste, sprinkle with salt and pepper and cook on a hot grill for approx. 4 minutes. Serve the fish with the sauce and grapes.

Fish & seafood



Clam chowder with coconut milk



Preparation time: approx. 20 minutes (plus time for marinating and cooking)

Per serving approx. 320 kcal/1344 kJ

33 g P, 9 g F, 23 g CH

Serves 4

1 onion

3 stalks fresh lemon grass 3 cloves garlic 1–2 tbsp oil

300 ml milk

200 ml coconut milk 1 tin sweetcorn ½ lemon

1.2 kg clams

fish sauce (ready-made) parsley

1 Peel the onion and chop finely. Wash the lemon grass, then finely chop and crush.

2 Peel the garlic and fry until golden brown in a little oil. Add the onion and lemon grass. Pour in the milk and the coconut milk and simmer on a low heat.

3 Remove the pan from the heat and leave to marinate for at least 2 hours to allow the flavour of the lemon grass to develop well.

4 Pour the milk through a fine sieve. Drain the sweetcorn and purée finely. Squeeze the lemon and stir in the juice.

5 Stir the sweetcorn purée into the milk and heat. Wash the clams and

— discard any open ones. Add the clams to the milk and heat for 10–15 minutes.

6 Season the whole with a little fish sauce. Wash the parsley, shake dry and garnish the clams with it. Clams that have not opened should be removed.

Fish potjie with mussels and prawns



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 483 kcal/2027 kJ

71 g P, 15 g F, 10 g CH

Serves 4
20 mussels

8 prawns

4 shark steaks (80 g each) juice of ½ lemon 1 onion
2 cloves garlic

2 tbsp oil

1 tbsp tomato purée ½ tbsp freshly chopped oregano 1 tsp peppercorns
1 seeded and chopped red chilli 150 ml white wine

175 ml fish stock

- 1** Remove the beards from the mussels and wash thoroughly under running water. Peel the prawns, remove the innards and wash.
- 2** Wash the shark steaks, pat dry and sprinkle with lemon juice. Peel the onion and garlic and chop finely.
- 3** Sauté the onion and garlic in the oil. Briefly sauté the tomato purée, oregano and pepper.
- 4** Add the fish, chilli, prawns and mussels and cook.

4

5 Pour in the wine and fish stock and cook everything for approx. 25 minutes.

TIP

Since shark steaks can be difficult to obtain, we recommend substituting with monkfish fillets.

Highly seasoned fish with tamarind



Preparation time: approx. 20 minutes (plus cooking time)

Per serving approx. 325 kcal/1365 kJ

54 g P, 3 g F, 18 g CH

Serves 4

1.5 kg fish, such as cod

1 piece ginger (approx. 2 cm) 6 cloves garlic 500 ml coconut milk 2 tsp hot curry powder salt

2 chillies

1 100 g tamarind pulp Cut the fish diagonally on the skin side several times. Peel the ginger and garlic. Grate the ginger finely and chop the garlic very finely. Mix together and rub the fish inside and out with the ginger and garlic.

2 Mix the coconut milk with the curry powder, a little salt, the cleaned and chopped chillies and the tamarind pulp and mix well.

3 Grill the fish on both sides under a hot grill for approx. 8 minutes, turning several times.

4 Then coat the fish all over with the coconut and spice paste and after allowing to rest for a short while, grill the fish under medium heat for approx. 15–20 minutes until it is cooked through.

Spicy squid in tomato sauce



Preparation time: approx. 25 minutes (plus cooking time)

Per serving approx. 368 kcal/1544 kJ

35 g P, 20 g F, 11 g CH

Serves 4

5 tomatoes 3 onions 2 cloves garlic 2 tbsp butter

2 tbsp oil

½ bunch basil 3 tbsp tomato purée pepper

salt

800 g squid rings

2 tbsp peri peri sauce

1 150 g crème fraîche Clean the tomatoes, wash, remove the stalks and cut the flesh into small pieces. Peel the onions and garlic and chop finely. Sauté half of the onions and the garlic in half of the hot butter and oil until translucent.

2 Stir in the tomatoes and simmer everything over medium heat for 10 minutes. Wash the basil, shake dry and cut the leaves into thin strips. Add the tomato purée, pepper and salt, cover and simmer for approx. 3 minutes.

3 Fry the squid rings in a hot frying pan for 5 minutes, drain the liquid and set aside the squid rings. Briefly sauté the remaining onions and garlic in the rest of the hot butter and oil. Then add the squid rings and cook briefly.

4 Add the tomato sauce and the peri peri sauce, cover the pan and cook everything on a low heat for 6 minutes. Stir in the crème fraîche and serve.

Cakes & desserts



Rooibos sorbet with Kräuterbrand



Preparation time: approx. 15 minutes (plus freezing time)

Per serving approx. 233 kcal/977 kJ

2 g P, 40 g F, 50 g CH

Serves 4

750 ml cold rooibos tea

250 ml sugar syrup

40 ml Kräuterbrand

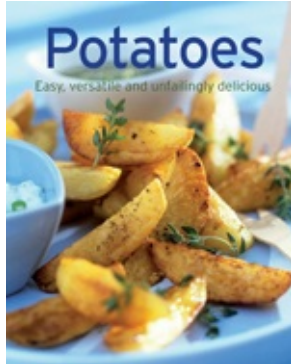
2 egg whites

1 Mix the rooibos tea with the sugar syrup and the Kräuterbrand. Freeze the rooibos mixture in the freezer and stir every 15 minutes until it becomes a sorbet after 2–3 hours.

2 Then whisk the sorbet with a hand mixer until it is smooth. Beat the egg whites until they are stiff, and fold them into the sorbet. Cover and refreeze.

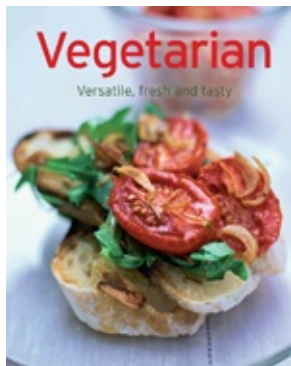
3 Once it is firm, scoop out balls of sorbet with an ice cream scoop. Serve with fresh fruit.

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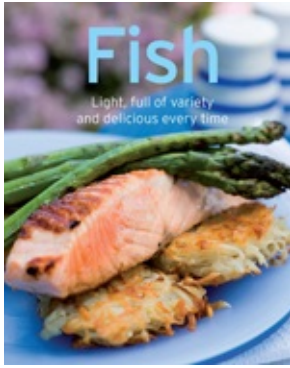
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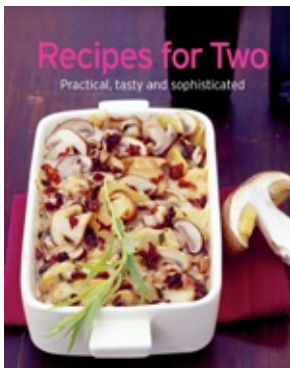
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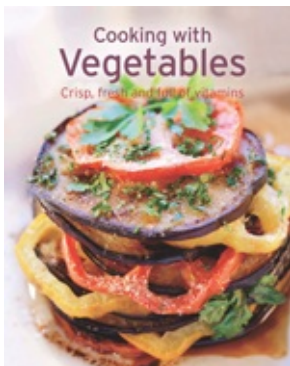
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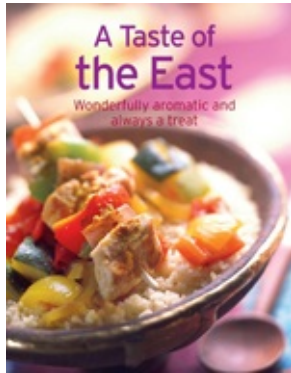
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