

# SPINACH & FETA PIE



- 100g (3½oz) pinenuts
- 5 free range or organic eggs
- 300g (10½oz) feta cheese
- 50g (1¾oz)
- Cheddar cheese
- Dried oregano
- 1 lemon
- A knob of butter
- 400g (14oz) prewashed baby spinach
- 1 x 270g pack of filo pastry
- Cayenne pepper
- 1 whole nutmeg

## METHOD

TO START: Get all your ingredients and equipment ready. Turn the oven on to 200C/ gas 6. Put a medium (approx 26cm/10½in diameter) ovenproof frying pan on a medium heat. Put the standard blade attachment in the food processor.

SPINACH & FETA PIE: Put the pinenuts into the dry ovenproof frying pan to toast, tossing occasionally. Keep an eye on them. Crack 5 eggs into a mixing bowl and crumble in 300g (10½oz) feta. Grate in the Cheddar.

Add a pinch of pepper, a couple of pinches of dried oregano, zest of 1 lemon and a glug of olive oil. Once the nuts are light golden, add them to the egg mixture and mix well.

Put the empty frying pan back on the heat, add a little olive oil and a knob of butter and pile in half of the spinach. Gently push and move it around and add more as it wilts down. Make sure it doesn't catch on the bottom and, when there's room, start adding the rest, stirring frequently.

Meanwhile, take the pastry out of the fridge.

Lay a large sheet of greaseproof paper, approx 50cm (20in) long, on the worktop, rub a little olive oil all over it, then scrunch it up and lay it out flat again. Arrange 4 filo pastry sheets in a large rectangle, overlapping at the edges, so they almost cover the paper. Rub some olive oil over them. Sprinkle over a good pinch of salt and pepper and a pinch of cayenne. Repeat until you have 3 layers. Don't worry about any cracked bits. Remember to keep stirring the spinach.

Once the spinach is really nice and dense, take the pan off the heat. Add the wilted spinach to the egg mixture and grate in  $\frac{1}{2}$  a nutmeg. Mix well. Carefully move the greaseproof paper and filo into the empty frying pan so the edges spill over. Push it down into the sides of the pan, then pour in the egg mixture and spread it out. Fold the filo sheets over the top and let them fall where they will (for more help go to [www.jamieoliver.com/how-to-filo-pie](http://www.jamieoliver.com/how-to-filo-pie)).

Put the pan back on a medium heat for a couple of minutes to get the bottom cooking, then put the pan into the oven on the top shelf to cook for 18 to 20 minutes, or until golden and crisp.

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## Tuna with Capers, Olives and Lemon



# Ingredients

$\frac{1}{4}$  cup white wine vinegar

$\frac{1}{4}$  cup caster sugar

1 lemon

4 x 2cm thick tuna steaks

extra virgin olive oil for cooking and drizzling

$\frac{1}{4}$  cup sliced black olives, drizzled with extra virgin olive oil

$\frac{1}{4}$  cup capers, rinsed, dried and drizzled with extra virgin olive oil

micro coriander, for garnish

salt, to taste

## Method

1. Place white wine vinegar and caster sugar in a bowl and stir to combine. Peel zest from lemon, thinly slice and add to vinegar solution. Segment lemon and cut into pieces. Place lemon segments in a bowl and drizzle with extra virgin olive oil.
2. Place a frypan over high heat. Drizzle tuna with olive oil and sprinkle with salt. Once frypan is really hot, add tuna and cook to your liking, about 3-4 minutes per side for medium. Remove from heat and drizzle with a splash of extra virgin olive oil.
3. Place cooked tuna on serving plates, sprinkle with black olive slices, capers, candied lemon zest, and lemon segments. Garnish with micro coriander, drizzle with extra virgin olive oil, vinegar solution and season with

salt.

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# Granadilla and Lemon Fridge Tart



What you will need:

200g tennis biscuits  
300g can condensed milk  
1 cup boiled water  
2 small cans of granadilla pulp/ 8 granadilla  
Lemon flavoured jelly

How to prepare:

1. Grease a 20cm dish that can be placed in your fridge.
  2. Line it with a layer of biscuits.
  3. Dissolve the jelly in the boiling water; add the condensed milk and granadilla pulp.
  4. Smooth the mixture on top of the biscuits and refrigerate overnight.
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# AMARULA KOEK/POEDING



60 ml Kakao  
125 ml kookwater

3 eiers  
220 ml suiker  
60 ml olie  
250 ml koekmeel  
10 ml bakpoeier  
2 ml sout

#### STROOP

200 ml suiker  
250 ml water  
60 ml Amarula-likeur  
1 blik karamelkondensmelk  
styf geklopte room vir versiering Flake-sjokolade

Stel oond op 180 C

Beslag: 1. Meng kakao met kookwater en laat dit afkoel.  
2. Klits eiers, suiker en olie saam, voeg koue kakaomengsel by en meng deeglik.  
3. Sif res van droë bestanddele by en meng goed.  
4. Skep in 22 cm x 30 cm-pan en bak ongeveer 20 min. of tot toetspen skoon uitkom.

Stroop:1. Kook suiker en water saam vir 5 minute en verwyder van stoof en voeg Amarula by. Roer goed. .2. Prik koek met 'n vurk sodra dit uit die oond kom en gooi warm stroop oor.Versier:1. Laat goed koud word, verwyder uit pan, smeer karamelkondensmelk en styf geklopte room oor. 2. Versier met Flake indien verkies

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## Grenadella tert



You will need:

1 cup purée/fruit

1 1/2 packs coconut biscuits

\*\*\*1 can evaporated milk\*\*\*

(Must be chilled well, at  
least 6 hours)

1 packet lemon jelly (Jello)

2 cups heavy whipping cream

1/2-1 cup sugar to taste.

Line 9×13 pan w/biscuits-some will have to be split to make them lay nicely. Set aside extra to crumble on top. Boil 1 cup water, add lemon jelly, stir well and put in fridge to chill. Whip heavy cream set aside in fridge. Whip CHILLED can of evaporated milk till fluffy (won't do stiff peaks), then add jelly, fruit/purée and sugar-add more/less sugar depending on taste. Last, fold in whipped cream till well mixed. Pour over biscuits in pan, top with remaining crumbled biscuits, or for prettier tart, top with more whipped cream, the filling of a few fresh passionfruit, or some toasted coconut, and cookie crumbs if you like. Chill in fridge covered till ready to serve. Enjoy!!!

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## PINEAPPLE FRIDGE TART



1 pkt tennis biscuits

1 tin crushed pineapple

2 cups lukewarm water

2 pkts pineapple jelly (jello powder)

1 tin ideal milk (evaporated milk)

Fruits of the cape yogurt (medium)

Layer biscuits in dish.

Mix jelly with pineapple juice and 2 cups lukewarm water; set

aside to cool.

Once cooled mix in ideal milk full tin, add in all the yogurt, and pineapple pieces; mix together. Pour over slowly onto biscuits.

Set aside in refrigerator for 2-3 hours.

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## Cape Malay fish curry



### Ingredients

- **600 g** rock ling, hake or other firm white fish fillets, skin removed
- salt, to season, plus 1 tsp, approximately, extra
- pepper, to season
- **60 ml** ( $\frac{1}{4}$  cup) cooking oil
- **pinch** of fennel seeds
- **pinch** of cumin seeds
- **1** onion, finely chopped
- **1 tsp** crushed garlic
- **1** red birdseye chilli, halved lengthways
- **1 tsp** ground coriander
- **1 tsp** ground cumin
- **1 tsp** ground fennel
- $\frac{1}{2}$  **tsp** garam masala
- $\frac{1}{2}$  **tsp** ground turmeric
- **1 tbsp** hot masala, or to taste
- **1 tsp** medium masala
- **3** tomatoes, peeled, grated
- **1 tsp** tamarind pulp, mixed with 60 ml ( $\frac{1}{4}$  cup) boiling

water and strained

- **1 tbsp** raw sugar, or to taste
- **10** fresh curry leaves, bruised
- **½ cup** chopped coriander leaves
- yellow rice, to serve

## Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

## Instructions

Season the fish with salt and pepper and cut into large bite-size pieces.

Heat the oil in a wok or wide saucepan over high heat. Add the fennel and cumin seeds and cook for 1 minute, or until fragrant. Add the onion and cook for 5–6 minutes, or until golden brown. Add the garlic and chilli and cook for 1 minute. Add the remaining spices and 2–3 tbsp water to prevent spices from burning and sticking to pan. Cook for 1–2 minutes.

Add the tomato and tamarind water, reduce heat to low and cook for another 5 minutes. Add the sugar and extra salt, adjusting each to ensure a balance of sweet and sour. Stir in the curry leaves and simmer for another 10 minutes, or until sauce is slightly thickened.

Place the fish in the wok and gently spoon over the sauce to coat. Cover, reduce heat to medium–low and simmer for 8 minutes, or until fish is just cooked through. Just before serving, top with chopped coriander and serve on a bed of yellow rice.

## Note

- The tomato mixture must have the correct taste and consistency before adding the fish.
- If you like a thick gravy, boil and mash a small potato before adding the fish. Add more salt if necessary.
- Don't be tempted to add more water as the fish has its own moisture.
- It's important not to stir the curry or the fish will break up.
- If the sauce is too watery, remove the lid and simmer uncovered until the sauce thickens slightly.

Recipe from *Jislaaik It's Lekker*.

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# Bobotie



## Ingredients

- **2 tsp** coriander seeds, roasted
- **1 tsp** cumin seeds, roasted
- **½ tsp** ground allspice
- **pinch** of salt
- **1 tsp** curry powder
- **1 knob** ginger root, peeled and roughly chopped
- **1 piece** fresh turmeric root, peeled and roughly chopped
- **3** garlic cloves, chopped
- **½ long** green chilli, sliced
- **2 small** hot chillies
- **2 slices** bread
- **125 ml** (½ cup) milk
- **50 ml** vegetable oil
- **2** onions, finely chopped, or **6** French shallots, thinly sliced

- **500 g** coarsely ground beef mince
- **500 g** coarsely ground lamb mince
- **1** green apple, peeled and finely diced
- **1 tbs** Mrs H. S. Ball's Original Recipe Chutney, plus extra to serve
- **75 g** raisins, soaked in warm water, drained
- $\frac{1}{2}$  lemon, juiced
- freshly ground black pepper

## Custard

- **2 large** eggs
- **200 ml** milk
- **4** fresh bay leaves

## Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

## Instructions

**Resting time** 20 minutes

Preheat the oven to 160°C.

Use a mortar and pestle to ground the coriander seeds, cumin seeds, allspice and salt to a powder. Add the curry powder, ginger, turmeric, garlic and chillies, and pound until a fine paste forms.

Soak the bread in the milk for about 10 minutes, then strain and fluff up bread up with a fork.

Heat the oil in a frying pan over medium heat. Add the onions and cook for 5–6 minutes, or until soft. Add the spiced chilli paste and cook for 2 minutes, or until fragrant. Increase the heat to high, then add the beef and lamb cook, stirring to break up any lumps, for 8 minutes, or until browned.

Add the apple, chutney, raisins, lemon juice and mashed bread. Season with salt and pepper and spoon into a shallow baking dish.

To make the topping, whisk together the eggs and milk and pour over the meat. Place the bay leaves on top and bake for 20–25 minutes, or until custard is just set.

Remove from the oven and stand for 10 minutes to allow the custard to finish cooking. Serve with yellow rice and condiments, such as Mrs H. S. Ball's Chutney, freshly grated coconut dressed with lime juice, or peeled and sliced pisang (small, thin-skinned bananas).

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## Bunny chow with bean curry and carrot salad



### Ingredients

- **400 g** (2 cups) dried borlotti beans, rinsed, soaked overnight
- **125 ml** ( $\frac{1}{2}$  cup) vegetable oil
- **3** large onions, chopped
- **6** garlic cloves, crushed
- **2 cm** piece ginger, finely grated

- 5 long green chillies (optional), chopped
- 6 fresh curry leaves
- 4 **tbsp** ( $\frac{1}{3}$  cup) curry powder
- 3 cardamom pods, lightly crushed
- 1 cinnamon quill
- 2 **tsp** ground turmeric
- 1 **tsp** ground cumin
- 1 **tsp** ground coriander
- 5 tomatoes, finely chopped
- 2 loaves of unsliced white bread
- 1 bunch coriander, leaves and stems chopped

### **Carrot salad**

- 2 carrots, peeled, grated
- 1 onion, finely chopped
- 1 tomato, finely chopped
- $\frac{1}{4}$  bunch coriander, chopped,
- 2 long green chillies (optional), finely chopped
- 1 **tbsp** white vinegar

### **Cook's notes**

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

### **Instructions**

#### **Soaking time overnight**

Rinse soaked beans under running water. Place in a large saucepan with 2 litres water and 1 tsp salt. Bring to the

boil, then reduce heat to low-medium and simmer for 30 minutes or until tender. Drain.

Heat oil in a saucepan over high heat. Cook onions for 4 minutes or until golden. Stir in garlic, ginger, chillies (if using), curry leaves, curry powder and all the spices, and cook for 1 minute or until fragrant. Add cooked beans, tomatoes and 250 ml water, reduce heat to low and cook, stirring occasionally, for 25 minutes or until slightly thickened.

Meanwhile, to make carrot salad, combine all ingredients in a bowl, season with salt and pepper, and toss gently to combine. Cover and refrigerate until needed.

Cut each loaf of bread into 3. Using a metal spoon, hollow out each piece, removing bread in one large piece and leaving base intact to make a shell; be sure to leave enough in the base to hold the curry. Reserve removed bread.

Stir coriander and 1 tsp salt into curry. Remove and discard cardamom pods and cinnamon quill. Fill bread shells with curry and top with salad and reserved bread to serve.

*Photography by Christopher Ireland.*

*As seen in Feast magazine, Jan 2012, Issue 5. For more recipes and articles, pick up a copy of this month's Feast magazine or check out our great subscriptions offers [here](#).*

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# Samosas



## Ingredients

- **60 ml** ( $\frac{1}{4}$  cup) olive oil
- **1** large onion, finely chopped
- **2** garlic cloves, crushed
- **1 cm** piece ginger, finely grated
- **2 tbsp** curry powder
- **1 tsp** ground cumin
- **1 tsp** ground coriander
- **500 g** minced beef
- **1 cup** firmly packed coriander leaves
- **1** egg, lightly beaten
- **125 ml** ( $\frac{1}{2}$  cup) milk
- **24** sheets (2 packets; 21.5 cm square) spring roll pastry
- vegetable oil, to deep-fry
- tomato wedges and coriander sprigs, to serve

## Cook's notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55-60 g, unless specified.

## Instructions

Heat olive oil in a frying pan over high heat. Cook onion for 2 minutes or until softened. Add garlic, ginger, curry powder

and spices, and cook for 1 minute or until fragrant. Add beef and cook, breaking up lumps, for 3 minutes or until browned. Season with salt and pepper, and stir in coriander. Cool.

Whisk together egg and milk in a bowl. Cut each pastry sheet into 4 strips and cover with a clean, damp tea towel. Place 2 strips, slightly overlapping, vertically on a work surface, so the short sides are towards you. Brush underside of overlapped edge with egg wash to seal and form one long strip. Bring up bottom right-hand corner to overlap left edge of the strip and tuck under to create a triangular pocket. Place 2 tsp beef mixture into pocket and fold triangle over to seal. Keep folding over the triangle until you reach the end of the strip. Seal edges with egg wash and place on a lined oven tray. Repeat with remaining pastry and beef mixture.

Fill a deep-fryer or large saucepan one-third full with vegetable oil and heat over medium heat to 180°C (or until a cube of bread turns golden in 10 seconds). Working in batches of 5, carefully drop samoosas into oil and fry, turning halfway, for 4 minutes or until crisp and golden. Remove with a slotted spoon and drain on paper towel. Serve on a plate with tomato wedges and coriander sprigs.

*Photography by Christopher Ireland.*

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