

# Aartappel koekies



220g aartappels, skil , kook, en maak fyn

220g aartappels, skil, en rasper rou

200ml koekmeel

1 t sout

1/2 t bakpoeier

1 eier

Meng alles tot sagte deeg

Skep lepels vol in pan met vlak olie

Braai albei kante tot goud bruin

Wenk: voeg by na smaak-

Pietersielie

Beacon

Uie

Kaas

Mielies

Sprietuie

---

# Lentil Curry



## Ingredients

1 pack of brown lentils cooked till soft and tender . ( 35minutes)  
10-15 pieces of beef or lamb .  
4 medium onions chopped finely  
6-8 cloves of garlic peeled and chopped finely  
3 cardamom pods  
3 stick cinnamon  
1 tablespoon of salt  
2 teaspoons of turmeric  
3 tablespoons of roasted masala ( I use Pakco)  
1 tablespoon of sugar  
1 tablespoon of vinegar.  
3 tablespoons of vegetable oil

## Method

In a heated large pot add your oil , meat, onions , garlic , cinnamon, salt and cardamom ... Braise till meat and onions are golden brown .. Now add 1 cup of boiling water and turn heat down to medium and allow water to cook away .. Stirring occasionally .. Repeat this process of add hot water and cooking slowly until your meat is almost tender , Beef will

take about an hour and lamb about 35 minutes . Now add your masala , turmeric and sugar . Braise meat with a skoortjie warm water ( 2 tablespoons ) and stir cooking away the little water and allowing spices too cook and permeate into meat ... Repeat this process about 5 times always stirring . Now add your cooked lentils and stir , cook on high heat for about 10 minutes , remembering to stir . Now add 1 cup of hot water and cook on a low to medium heat for half an hour – stirring occasionally otherwise lentils will stick to bottom of the pot .

Now switch off heat and allow lentil curry to sit for 15-20 minutes before serving with rice and onion salad . Delicious !!!

---

## 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
- **½ tsp** garam masala
- **½ 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*.

---

## **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 tbsp** Mrs H. S. Ball's Original Recipe Chutney, plus extra to serve
- **75 g** raisins, soaked in warm water, drained
- **½** 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).

---

# 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 tbs** ( $\frac{1}{3}$  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](#).*

---

## 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.*

*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](#).*

---

## Lamb kebabs (sosaties)



### Ingredients

- 2.5 kg lamb shoulder, boned, skin removed, trimmed, cut into 3 cm cubes

- **500 g** ( $3\frac{1}{3}$  cups) large dried apricots
- **3** onions, cut into 3cm wedges

## Marinade

- **110 g** ( $\frac{1}{3}$  cup) apricot jam
- **80 ml** ( $\frac{1}{3}$  cup) white wine vinegar
- **55 g** ( $\frac{1}{4}$  cup) brown sugar
- **3** bay leaves
- **4** garlic cloves, finely chopped
- **2 tsp** ground turmeric
- **40 g** ( $\frac{1}{3}$  cup) mild korma curry powder

## 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

**Marinating time** overnight

**Soaking time** 30 minutes

Start this recipe a day ahead to marinate lamb. You will need 12 metal skewers.

To make marinade, combine all ingredients in a large bowl. Transfer one-quarter of the marinade to a small bowl and set aside. Add lamb pieces to remaining marinade and toss to coat. Refrigerate overnight.

Soak apricots in hot water for 30 minutes or until plump. Drain and set aside. Thread 4 lamb pieces alternately onto

each skewer with 3 apricots and 3 onion wedges.

Heat a barbecue or chargrill plate to medium. Cook skewers, brushing with reserved marinade and turning them occasionally, for 15 minutes or until browned and cooked through.

Photography by Brett Stevens.

---

## SKILPADJIES



SKILPADJIES: [PICK N PAY RECIPES]

An authentic Karoo hors d'oeuvre. Order them ready-made from selected PnP stores if the ingredients give you.

INGREDIENTS:

1 lamb/ox liver

1 lamb heart

2 lamb kidneys

1 PnP red onions

1 pinch PnP salt, or to taste

1 caul fat, (fatty membrane that surrounds internal organs)

WHAT TO DO:

- Mince heart, kidneys, liver, onion and seasoning together.
- Cut caul fat into 10cm squares.
- Spoon 1 Tbsp (15ml) mince mixture into the centre of each square.

- Fold into parcels and secure with a toothpick.
  - Place in a freezer-proof container and freeze.
  - Thaw several hours before needed.
  - Braai skilpadjies (still slightly frozen) over medium coals until cooked through and crispy.
  - Serve immediately.
- 

## pofadder



Kry die harslag van 'n bok, skaap of springbok  
Haal die vliese van die lewer ,hart en niere af en maak skoon  
soos normaal .

1 Groot ui

Lewer, hart & niere

Vetderm skoongemaak en met koue water deugespoel

Sout – na smaak

Peper – nasmaak

Worcester sous – na smaak

Grof gemaalde geroosterde koljander – 1 teelepel

Sny die ui in kwarte

Sny die lewer , hart en niere in blokke van +/- duim blokkies

Voeg bogenoemde in jou voedselverwerker

Voeg speserye by en en kap met die metaal lem totdat die

inhoud korrelrig is en nie 'n totale pappery nie.

Bind die onderkant van die vetderm toe met 'n toutjie of hierdie draadjies vir plestieksakkies .

Sny die bekgedeelte van 'n 2liter plastiek koeldrankbottel af sodat dit 'n tregter vorm .

Bind die bokant van die vetderm vas waar die prop van die bottel moet wees .

Skep nou die inhoud van die voedselverwerker met 'n koppie of ander gabba en stop die pofadder . Onthou dit moet nie stokstyf wees nie anders gaan dit bars , so 75 % vol .

Daar gaan vulsel oorbly waarvan jy later koekies mee kan bak .

Braai oor matige kole soos wors . Jy sal sien as die pofadder begin vaal en styf word is dit reg .

Groete uit Namibie

Barry Husselmann