

Kerrie perskes



Koringslaai met Kerrie Perskes: 200gram koring, 50ml olie, 1grt soetrissie gekap, 3ml borrie, 6ml matige of sterk kerrie na smaak, 1grt ui gekap, 1grt blik perskes gedreineer, 25ml bladjan, 25ml suiker, 25ml asyn, Metode: Kook die koring tot gaar en spoel af. Meng die ui, soetrissie en perske stukkie met koring. Meng die sous best in houer tot suiker gesmelt is. Gooi oor slaai en meng goed.

Kerrie Perske slaai: 1grt blik perskes skywe gesny of gesnipper, 2 uie dun skywe gesny, 2tel matige kerrie, 125ml asyn, 125ml suiker. ±2 eetlep stroop van die perskes. Metode: Braai ui tot sag en deurskynend. Voeg die ander best behalwe die perskes by. Laat die stroop, uie, kerrie mengsel effens dik kook. Koel af en gooi oor die perskes. Heerlik by vleis geregte. .

Pickled Fish



PICKLED FISH

Ingredients

800 g Skinless Hake or Kingklip

15 ml Oil

Seasoned flour (flour with Sea salt and White pepper)

6 Bay Leaves

4 Onions sliced

375 ml Brown Vinegar

250 ml Water

185 ml Sugar

15 ml Turmeric

45 ml Curry powder

45 ml Corn Flour

5 ml Salt

10 Mixed Peppercorns

Instructions

Cut Hake into large cubes.

Dust with the seasoned flour and fry in hot oil until golden brown and cooked through. Remove from the pan and set aside on absorbent paper.

Cook onions for 10 minutes in vinegar, water, Bay Leaves, sugar, Turmeric, curry powder, Atlantic Sea and Mixed Peppercorns until soft.

Mix the corn flour with a little water and add to sauce mixture. Stir until well blended. Simmer uncovered until sauce thickens.

Layer the fish with onion sauce and cover.

Refrigerate for 1 – 2 days before serving to allow the flavors

to develop

DIE OU MANIER VAN KERRIE MARINADE VIR SOSATIES



BENODIG:

8 Uie sny in ringe
2 eetlepels Kerriepoeier
1 e Borrie
4 eetlepels Suiker
2 eetlepels Maziena
2 koppies Asyn
2 koppies Water
1 koppie Blatjang
1 koppie Appelkooskonfyt

MAAK SO:

Braai die uie, voeg Kerrie, Borrie, Suiker en asyn by, Meng die Maziena en water. Voeg by mengsel en bly verhit en sodra begin borrel voeg Blatjang en Appelkooskonfyt by. Kook deur en sit af. Gooi oor jou vleis en roer elke dag om. Die lekkerste is as jy dit sewe dae laat marineer.

Terloops, varkvleis maak fantastiese sosaties.

RUMPSTEAK is net so lekker.

chicken curry with vegetables



Ingredients

2 tablespoons vegetable oil
3 tablespoons red Thai curry paste
1 yellow onion, sliced with the grain
2 chicken breasts, cut into cubes
Salt and freshly ground black pepper
1 1/2 cups broccoli florets
1 1/2 cups chopped carrots
1 teaspoon dried basil
3 cloves garlic, minced
Zest of 1/2 lime
1 1/4 cups coconut milk
1/4 cup chicken stock
One can diced tomatoes
Lime wedges, for squeezing

Directions

Cook 1 tablespoon of the oil, the curry paste and onions in a large saute pan over medium heat, stirring often and letting sizzle, 5 to 6 minutes. Pat the chicken dry, sprinkle with salt and pepper and add the remaining oil to the pan. Cook the chicken in the onion-curry mixture until golden on all sides. Add the broccoli, carrots, basil, garlic and lime zest and cook, stirring, until the vegetables are coated, about 2

minutes. Add the coconut milk, chicken stock and tomatoes and bring to a simmer. Let the chicken simmer until cooked through and the sauce begins to thicken, about 20 minutes. Squeeze with lime juice before serving.

Mango Salsa



Vegetarian tonight and just made the best Brinjal curry, such a great compliment to any spicy dish:

INGREDIENTS

2 mangos – peeled, seeded, and diced
2 green onions, chopped
1 clove clove of garlic, minced, or to taste
3 tablespoons chopped fresh Coriander
1 tablespoon lime juice
1 tablespoon orange juice
(add any additional fruit as desired)

DIRECTIONS

Stir the mangos, green onions, garlic, cilantro, lime juice, and orange juice together in a bowl. Chill at least 1 hour before serving.

Kerrievis weergawe)

(my

Banting



[Louise Venter](#) :

1 kg ferm visfilette

Kerriesous:

100ml olyfolie

2 uie, dun gesny

3 knoffelhuisies fyngemaak

350 ml wit druiweasyn

100 ml water

5 ml stevia

15 ml borrie

30ml matige kerrie

5 ml allspice

5 ml gemmer

2 rissies fyngesny of 5 ml rissiepoeier

5 lourierblare

Handvol vars koljander

sout en peper na smaak

Geur die vis met die sout en peper.

Verhit jou oond tot 200 °C.

Plaas die visfilette op 'n bakplaat. Geur met sout en vars gemaalde swartpeper.

Plaas in die warm oond en rooster vir 8 – 10 minute.

Verhit die olie in 'n kastrol en braai die uie, knoffel, kerriepoeier en borrie saam vir so 5 minute.

Meng die stevia, asyn en water saam en voeg by.

Geur met allspice, sout en peper en kook vir 10 minute met die deksel op.

Voeg vars koljander by en kook nog 5 minute.

Pak jou gaar vis in 'n bak en gooi die warm sous oor.

Laat afkoel en maak toe met kleefplastiek.

Laat vir 2 – 3 dae in die yskas om lekker te piekel.

CHICKPEAS COCONUT MILK CURRY | CHANNA CURRY FOR CHAPATHI



Prep time – 10 mins

Cook time – 15 mins

Serves – 2-3 generously

Serving suggestion – Along with chapathi, roti or rice/ pulao

Ingredients

Chickpeas/ channa – 1/2 cup soaked overnight & pressure cooked for 5 hisses
Oil – 1 tbsp
Bay leaf – 1
Cardamom – 1
Clove – 1
Cinnamon stick – 1/2 " piece
Fennel seeds – 1/2 tsp
Onion – 1 large finely chopped
Tomato – 2 medium mashed
Green chilli – 2 long slit
Ginger garlic paste – 2 tsp
Turmeric powder – 1 pinch
Coriander powder – 4 tsp
Jeera/ cumin powder – 1 tsp
Garam masala – 1/4 tsp
Coconut milk – medium thickness – 1/4 cup
Salt – to taste
Coriander leaves – 1 tbsp to garnish, chopped

Method

1. In a wide pan heat oil add in the whole spices – bay leaf, cinnamon, cardamom, clove and fennel seeds, once they release aroma add in the onions and green chilli.
- 2 Sauté for 2-3 minutes until they are cooked and fully transparent. Add the ginger garlic paste and let it cook until the raw smell goes away (2-3 minutes)
3. Add in the mashed tomato and add 1/2 salt and cover the lid, let it cook for 2 minutes until mushy.
4. Now add all the spices, turmeric, coriander, cumin and mix well. Now the base of the curry is thick add the pressure cooked chickpeas and water (1/2 cup).
5. Cover the lid and let it cook for 3-4 minutes. Now add in the coconut milk and reduce the flame to medium-low and cook for 3 minutes covered.
6. Check for salt and spices, garnish with coriander leaves, garam masala, give it a good mix and switch off.
7. Cover with lid for 10 minutes and later serve it with rice or chappathi.

CHILLI CONCARNE DIABOLO

Sanseveria



Ongewoonlike' Chilli met Koffie, Bier, Whiskey en Sjokolade

Bestanddele vir 4 persone

500g maalvleis

3 uie

2 knoffelhuisies

3 chillis (vars of ingelê)

1 peperoni (groen_

1 blikkie mielies

400g tamaties (blik)

200 ml sterk swart koffie

200 ml bier (donker, bv stout)

200 ml vleisaftreksel

1 blok donker sjokolade (25g) gerasper

1 eetl. paprikapoeier (mild)

1 eetl paprikapoeier (skerp)

1 eetl origanum

1 teel chillipoeier

1 teel. komynsaad

1 eetl whiskey

3 blikkies bone (enige)

Olie

Braai die vleis in die olie in 'n groot pot

Voeg kleingekapte uie, peperoni, chilli en knoffel by en braai liggies

Voeg die mielies ook by en braai kort saam

Giet vleisaftreksel, koffie, en bier daaroor en verdik vir 30 minute

Voeg tamaties, spesrye en sjokolade by en laat op lae hitte 'vir n uur lank liggies laat kook.

Laastens wor die bone met hulle vloeistof bygevoeg en word dit vir nog 'n halfuur laat prut. (Indien dit te dik word kann nog water of vleisaftreksel bygevoeg word)

Die chilli smaak nog lekkerder die volgende dag.

Fatima's Pickled fish recipe



Ingredients

10-15 pieces of fish (I'm using hake)

6 / 8 large onions chopped into rings

1 cup of water

1 cup of vinegar

5 bay leaves

Some peppercorns
Coriander seeds
1/2 cup of sugar
2 tsp of salt
2 tablespoons of masala
2 teaspoons of turmeric
Some cake flour

You may use pickled fish masala

Method

Season fish with 1 tsp of salt and fish masala and some turmeric or packo masala , dip the seasoned fish in a little cake flour and then fry in shallow oil about two minutes on each side depending on thickness of fish .place in a big bowl and put aside .

In a medium sized pot on high heat add a cup of water and a cup of vinegar , five bay leaves and some peppercorns ,2 teaspoons of turmeric and 2 tbsps of fish masala or packo masala (pickle fish masala you may use) and land a 1/2 tsp of salt . Bring to the boil and add six to eight onions that has been chopped/ ringed onions ... Add half a cup of sugar . Simmer for 8 minutes until all the flavours has infused into onions . Take off heat and pour over the fish in a bowl ... Wait to cool . Cover and place in fridge until ready to eat . Enjoy.

Tip – Do not cook onions for too long or fry them , this is a pickle , meaning the onion should still have a tiny bit of crunch to it .

Delicious

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 skootjie 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 !!!