



lekker braai *digital* *recipe mag*



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Snappy Chef

A
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FACTS & BENEFITS

SUPERLIGHT 30CM ROUND CASSEROLE

The Snappy Chef Superlight Cast Iron Round Casserole is great for a variety of quick and easy everyday meals as well as the more special dishes, the heat resistant glass lid locking in moisture and flavour. The Snappy Chef Superlight Cast Iron Casserole can be taken directly from the stove to the table, perfect for entertaining guests and family alike.



General Information

SKU CIRC030

Barcode 0762210830012



Specifications

Size 4 litres
30cm x 8cm

Weight 2.7 kgs

Lid Domed glass-lid
Steel rimmed

Body Light-weight cast iron

Finish Red enamel outer coating
Cream enamel interior
coating

Warranty 5 years*

Other Oven safe to 180°C

Suitable for



INDUCTION



STOVE



GAS



OVEN



DISHWASHER



Use & Care
Guide

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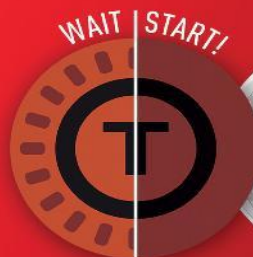
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Jamie Oliver

— GET CREATIVE —

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Master the Meal





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First Choice Creamy Oven Potatoes



Ingredients

- 6 medium potatoes, peeled
- 1 cup First Choice Cheddar Cheese, grated
- 1 cup First Choice Cream
- 250 g button mushrooms
- Chives, chopped
- Salt & pepper, to taste

Method

1. Preheat the oven to 180°C.
2. Thinly slice the potatoes and line a medium sized oven proof dish with a layer of potato.
*Thicker slices affect cooking time
3. Add salt and pepper to taste.
4. Add a layer of halved mushrooms.
5. Add a layer of chopped chives.
6. Repeat layers until dish is full, then pour over First Choice Cream.
7. Cover with grated First Choice Cheese.
8. Place in the oven uncovered and cook for 45 minutes or until potatoes are soft.
9. Serve and enjoy!



with Award Winning **First Choice UHT Cream**





WELLINGTON'S

Bump up the flavour

Wellington's Sweet Jalapeño Prawns



Wellington's Sweet Jalapeño Prawns

Preparation time: 40 min

Cooking time: 8 min

Serves: 6 - 8

Ingredients:

20 medium prawns, butterflied, shell on
¼ cup olive oil
Pinch of salt
Ground black pepper, to taste
2 tbsp. freshly squeezed lemon juice
1 tsp. lemon zest
1 clove garlic, grated
¼ cup Wellington's Jalapeño Sweet Chili Sauce,
for marinade
¼ cup Wellington's Jalapeño Sweet Chili Sauce,
for glazing
10g fresh parsley
1 lemon, cut into wedges

Assembly:

Serve each skewer, garnished with fresh parsley
and a squeeze of lemon juice.

Method:

- Mix everything except the prawns, parsley and lemon wedges for the marinade.
- Place the prawns into the marinade and cool.
- Thread two prawns onto each skewers.
- Prepare the braai grid and arrange the prawn skewers onto the grid.
- Braai the prawns for 2 - 3 minutes on each side until they turn pink in colour.
- Glaze the prawns with Wellington's Jalapeño Sweet Chili Sauce.

Share with
Friends!



chicken



[click here to go back to index](#)



Apelkoos & Mayo Hoender
Baked Chicken & Chorizo
Botterhoender
Brandrissie Hoender
Cape Malay Chicken Curry
Chakalaka Hoender
Chicken & Prawn Curry
Chicken Casserole
Chilli Caramel Chicken Wings
Chutney, Mayo & Oros Hoender
Coq a la Biere
Dijon Mostert Hoender
Garlic Chicken with Sherry
Gemmerbier Hoender
Hoender met Broccoli
Hoender a la King
Hoender in Coke
Hoender met Sjerrie
Hoender Pastei
Klapper Peri Peri Hoender
Lipaflek Hoender
Marius se Dronk Hoender
Pikante Hoender

APPELKOOS EN MAYO HOENDER KASSEROL



Bestanddele

2kg bevrore hoender stukkies
1 pak sampioen soppoeier
(of ½ sampioen gemeng met ½ wit
uiesop)
Appelkooskonfyt

Sous

20ml middelmatige kerriepoeier
450ml mayonnaise
20 ml worcestersous
20ml Wellington Sweet Chilly Sauce
200ml blatjang
Sout en peper

Metode

Stel oond op 180°C.
Rol hoender in soppoeier en plaas in oondskottel.
Sit bietjie appelkooskonfyt op elke stukkies hoender.
Meng res van bestanddele en skep oor hoenderstukke.
Bedek en bak tot sag.
Verwyder deksel en bak tot bruin.

MY WENK:

Werk baie lekker as 'n potjie

BAKED CHICKEN & CHORIZO



Ingredients

a little oil, for frying
12 boneless chicken thighs,
seasoned
2 red onions, sliced
250g chorizo, sliced
2 red peppers, halved,
deseeded and cut into small
chunks
1tbsp sweet smoked
paprika
2tbsp tomato purée
150ml dry sherry
300ml chicken stock
handful pitted black olives

Method

Heat the oven to 180°C, 160°C fan. Heat 1tbsp oil in a frying pan, and, in batches, fry the chicken thighs on both sides until golden. Fry the onions until softened, add the chorizo and peppers, and fry for 3 minutes. Add the paprika, tomato purée, sherry and stock, bring to the boil then reduce to a gentle simmer for 10 minutes. Put into a large dish, spacing the chicken out in 1 layer. Bake for 1 hour, adding the olives 10 minutes before the end.

BOTTERHOENDER



Bestanddele

- 8 hoenderborsies, in blokkies gesny
- 2 eetlepels botter
- 1 ui, gekap
- 4 knoffeltoontjies, fyngemaak
- 4 eetlepels masala
- 1 tamatie, gerasper
- 2 eetlepels tamatiepuree
- 1 koppie Griekse joghurt
- vars koljander
- 1 koppie room, of 1 blik klappermelk

Metode

Braai die ui en knoffel in die botter en hou eenkant.

Braai die hoender in die botter tot ligbruin.

Plaas die ui en knoffel terug, en voeg die tamatie, puree en speserye by. Roer vir 2 minute.

Voeg die joghurt by en laat dit vir 10 minute prut.

Voeg die room/klappermelk by.

Bedien op basmatirys met vars koljander.

BRANDRISSIEHOENDER MET GEGEURDE RYS



**8 hoenderstukke
30 ml (2 e) kerriepasta
15 ml (1 e) olie
1 groen soetrissie, in
blokkies gesny
4 sprietuie, gekap
60 ml (¼ k)
tamatiepuree
15 ml (1 e) paprika
500 ml (2 k) rys, gekook**

1 Verhit die oond tot 200 °C.

2 Sny met 'n skerp mes splete in die hoendervleis. Vryf die kerriepasta oor die hoender en by die splete in. Verplaas na 'n bakplaat en bak 20 minute. Verhoog die hitte tot 220 °C en bak nog 10 minute of tot die vel bros is.

3 Verhit die olie in 'n pan en soteer die soetrissie en sprietuie 3 minute. Voeg die tamatiepuree en paprika by en kook nog 3 minute. Gooi die rys by en roer tot goed bedek. Sit die hoender op die rys voor.

KAAPS-MALEISE HOENDERKERRIE

15 ml masala-kerrie
125 ml koekmeel
6 hoenderborsies
olyf- of avokado-olie, vir
vlakbraai
2 uie, in skyfies gesny
10 ml komynsaad
1 knoffelhuisie, fyngedruk
3 cm grootte stukkie
gemmer, fyngerasper
1 blik (410 g) gekapte
tamaties
375 ml ongegeurde jogurt +
ekstra
'n hand vol koljander, gekap



1. Meng helfte van die masala en die meel saam. Geur. Sny die hoender in happiegrootte blokkies en meng dit met die meel. Skud die oortollige meel af. Verhit 'n bietjie olie in 'n pan oor matige hitte en vlakbraai die hoender in sarsies tot goudbruin. Geur en plaas eenkant.

2. Verhit nog 'n bietjie olie in 'n pan en soteer die uie en komynsaad. Voeg die knoffel, gemmer en die ander helfte van die masala by en vlakbraai 1 minuut. Voeg die tamaties by en laat die mengsel prut. Voeg die hoender by en laat die mengsel nog 5 minute prut tot deurgaar. Indien nodig, voeg 'n bietjie water by om te voorkom dat die kerrie uitdroog.

CHAKALAKA HOENDER



Pak hoender in casserol. Sny dik skywe uie oor. Gooi sout peper en knoffel vlokkies oor en 1 blikkie chakalaka met butternut. Ek het skywe butternut met skil aan ook bygesit – In die oond (bedek) vir 1 uur na 1 uur 15 minute @ 180 C – Net voor opdining – onder die grill indien verkies tot velletjie lekker bruin en bros is.

WENK: Pak jou aartappels saam in met die hoender – jou hoender, pampoen en aartappels is alles op een slag gaar. Gewone Mild chakalaka kan ook gebruik word.

CHICKEN & PRAWN

CURRY

1 Tbsp turmeric powder
½ tsp chili powder
¼ tsp cinnamon powder
1 teaspoon ground coriander
¼ cup lemon juice
500g cubed chicken breast
½ cup oil
Salt and pepper to taste
300 g prawns, shelled and deveined
1 large onion, finely sliced
1 tsp ginger paste
1 teaspoon garlic paste
2 tomatoes, pureed or chopped
1 tin coconut cream
½ cup curry leaves, finely sliced
1 handful fresh coriander chopped



Mix together all powdered spices, add lemon juice to form a paste.

Season the chicken with salt and pepper and fry until golden brown.

Remove from the pan and keep aside. Add the prawns and fry until semi cooked. Remove and place with the chicken.

Add the onion and fry until translucent.

Then add the curry paste and sauté until fragrant, mix in the tomatoes and cook for a further 6 minutes on medium heat.

Blend in the curry leaves and cook well, adding some water if required until the consistency of a thick curry sauce is achieved.

Then mix in the chicken and the prawns, cover and allow to simmer until the chicken is tender. Now pour in the coconut cream and allow to cook for a further 5 mins, season with salt and pepper.

Add the coriander just before serving. Especially good with rotis.

EASY CHICKEN CASSEROLE

6 chicken legs or breasts
1 large onion, diced
4 celery stalks, diced
3 carrots, thickly chopped
2 cloves garlic, minced
Pinch of dried mixed
herbs
120ml chicken stock
1 can of tomatoes
3 tablespoons of tomato
paste
Seasoning to taste
Handful of finely chopped
parsley to sprinkle on top
Oil for frying



Heat oil in a saucepan over high heat and fry chicken until lightly golden.

Add onion, celery, carrots, garlic and mixed herbs to the chicken and soften for a few minutes.

Add the stock and heat up. Turn down the heat to a gentle simmer then add the tomatoes, tomato paste, salt and pepper. Cover and simmer on a low heat for 50 - 60 minutes, the longer the better. Alternatively you could bake it in the oven at 200C for an hour, until the liquid has reduced.

Taste and season with salt and pepper before serving.

Sprinkle fresh parsley on top just before serving.

CHILLI CARAMEL CHICKEN WINGS



24 chicken wings
Salt and pepper
2 Tbs olive oil
100g Selati muscovado sugar
90ml water
2 red chillies, sliced (use less if you like it less spicy)
1 thumb size ginger, cut into matchsticks
2 garlic cloves, sliced
1 lime, juiced and zested
50ml water
2 Tbs soy sauce

Preheat the oven to 180C

Cut the chicken wings into drummets and wingets, discard the wind tip then place into a roasting tray, season with salt and pepper, drizzle with olive oil then roast in the oven for 30 minutes.

Place the sugar and 90ml water into a wok, then het gently until the sugar dissolves.

Bring to a boil, then cook the caramel for 5 minutes or until the sugar is a thick, bubbly caramel.

Toss in the chillies, ginger, garlic, lime juice and zest, soy sauce, and water then stir until the sauce is smooth.

Turn the heat up high, then toss in the chicken wings and stir fry until the wings are coated with the caramel sauce.

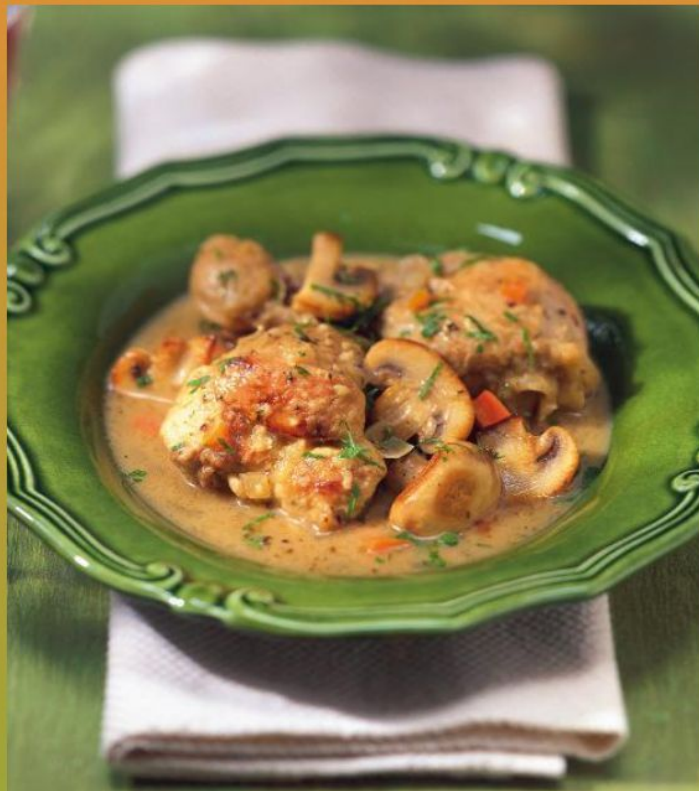
Serve the wings with lime wedges, garnished with fresh coriander and spring onions

CHUTNEY, MAYONAISE & OROS HOENDER



Oond 180 gr C. Sprinkel 15 stukke hoender met hoenderspesserye en bak bietjie bruin in kookolie. Pak hoender in oondpan en gooi vlg sous oor. Meng saam: 1 k Oros, 1 k mayonaise en 1 k Chutney. Bak vir 1 en 1/2 uur tot mooi bruin en gaar. Bedien met wit rys en slaai.

COQ A LA BIERE



Ingredients

8 pieces of chicken
30 ml Olive oil
30 ml flour
salt and pepper
fresh thyme
2 bay leaves
4 cloves garlic
4 shallots or small onions –
peeled, but kept whole
500 ml beer of your choice
125 ml cream

Method

Preheat oven to 180 C. I use a oven-proof cast iron pan for this dish.

Dust the chicken pieces with flour and fry in a pan until golden brown. Add all the other ingredients for the and cover the pot with its lid. Place the pot in the oven and cook the chicken for at least 45-50 minutes. Open the lid and roast until the chicken is brown. If the Coq à la Bière is dry, add a little more beer or stock. Now add the cream, place the toasties on top of the chicken, some toasties may even have their bottoms in the sauce and bake for another 10 minutes or until the cheese is golden brown and bubbly

DIJON MOSTERT HOENDER



Bestanddele

1 ui
1 t knoffel
Olyf olie
4 hoender fillette, happie
grootte opgesny
250 g knopie sampioene,
gehalveer
50 ml Wit wyn
250 ml room
3 t Dijon Mosterd
3 t Heel korrel mosterd
Sout en peper na smaak

Metode

Braai die ui en knoffel tot deurskynend
Voeg die hoender fillette en braai vir 2-3 minute, of totdat
bruin aan beide kante
Voeg die wyn by en laat dit weggook
Voeg die sampioene by
Gooi die room en mosterds by en laat dit stadig prut totdat
die room byna weg gekook het (ten minste 20 minute)
Moenie oorhaastig wees met hierdie stap nie, want die stap
laat die geure trou en die wonderlike romerigheid/mosterd
smaak kom te vore
Bedien met vars gekookte pasta of Basmati Rys

GARLIC CHICKEN WITH SHERRY

**4tbsp extra virgin olive
oil
2 bay leaves
8 garlic cloves,
unpeeled
8 chicken thighs, skin
on and bone in
75ml dry sherry
2tsp pimentón pepper
4tbsp chopped fresh
parsleyd**



Put the olive oil, bay leaves and garlic into a small pan and leave to infuse over a low heat for 15 mins.

Heat the oven to 180°C. Put the oil, bay leaves and garlic into a large sauté pan. Season the chicken with salt and pepper and cook in the sauté pan, skin-side down, until the skin is crispy. Then put skin-side up on a baking tray in the oven and cook for 35 minutes or until cooked through.

Return the chicken to the infused oil in the sauté pan, turn up the heat and add the dry sherry. Allow it to bubble to burn off the alcohol then sprinkle over the pimentón and parsley. Serve with a tomato salad and some crusty bread with a drizzle of olive oil to dip into the sauce

GEMMERBIER HOENDER



8 Hoenderporsies (ons
het hoenderdye en
boudjies gebruik)

Sout en peper (wees
versigtig vir te veel
sout)

1 pakkie minestrone
soppoeier (nie kitsop
nie)

500 ml gemmerbier

Bespuut oondvaste bakskottel (wat 8 porsies kan vat)
met kossproei.

Plaas die hoenderporsies in die bakskottel en
sprinkel sout, peper en soppoeier oor.

Laat staan vir so 10 minute sodat die soppoeier kan
kleef aan die hoender.

Gooi nou die gemmerbier stadig oor die
hoenderporsies.

Bedek met foelie en bak by 180° vir 40 tot 50 minute,
haal die deksel af en bak nog vir 20 minute sodat dit
mooi kan verbruin.

Bedien op Basmatirys met gemengde slaai daarby.

HOENDER BROCCOLI GEREK

500g Hoender

600g Broccoli

1 blik

Sampioenroomsop

250 ml Mayonaisse

5 ml Suurlemoensap

5 ml Kerriepoeier

260 g Cheddarkaas

2 Snye brood

**Sout en peper na
smaak**



Kook hoender en sny op

Voorverhit oond tot 180 grade Celsius

Kook broccoli in soutwater en breek in stukkies

**Meng hoender en broccoli, en plaas in ~n
oondvaste bak**

**Meng sop, mayonaisse, suurlemoensap en
kerriepoeier**

Gooi oor hoender en broccoli

Rasper kaas en brood, en meng goed.

Sprinkel bo-oor gerek en stip met botter

Bak vir 30 minute of tot dit borrel

MAKLIKE HOENDER A LA KING



**1 elk groen en rooi soetrissie
- in reepe gesny
250 g sampioene - in kwarte
gesny
1 rooi ui - in ringe gesny
60 g botter
30 ml koekmeel (2 el)
250 ml melk (1 kop)
60 ml hoenderaftreksel (¼
kop)
sout en peper na smaak
375 g oorskiet gaar hoender -
in stukkies gebreek**

**Braai die soetrissies, sampioene en ui in die helfte van die
botter in 'n verhitte pan tot net sag, skep uit.**

**Voeg die orige botter by, verhit tot gesmelt, verwyder van
die hitte en roer die koek meel by, roer tot glad.**

Plaas terug op die hitte en laat prut.

**Roer die melk en aftreksel by en bring tot kookpunt
terwyl geroer word.**

Geur met sout en peper.

Roer die hoender by en verhit tot warm.

HOENDER IN COKE



1 kg hoenderstukke
Marinade
60 ml (¼ k) sojasous
60 ml (¼ k) bruinsuiker
30 ml (2 e) bruinasyn
sout en varsgemaalde
swartpeper
340 ml-blik Coke
roosmaryntakkie of
enige ander vars kruie

Meng al die marinade-bestanddele saam. Giet oor hoenderstukke en marineer vir omtrent 1 uur in yskas.

Plaas hoender in 'n swaarboomkastrol en kook vir ongeveer 45 minute in die marinade. Draai hoender gereeld om.

Skep die meeste van sous af en braai die hoenderstukke in die laaste bietjie marinade tot goudbruin. Sit warm voor met 'n stysel of groente na smaak.

HOENDER MET SJERRIE



8 hoenderstukke
sap van 1 suurlemoen
1 ui, gekap
1 blokkie hoenderekstrak,
opgelos in 500 ml water
4 wortels, gekap
sout en peper
½ koppie room
½ koppie sjerrie
1 pakkie sampioene,
gebraai in botter

Plaas hoenderstukke in oondbak.

Sprinkel suurlemoensap oor.

Voeg die ui en wortels by.

**Voeg die opgeloste hoenderekstrak, sout en
peper by.**

Bak vir 45 min teen 180 grade.

**Voeg die room, sjerrie, sampioene en die
vloeistof van die hoender wat uitgekook het, in
'n kastrol.**

Laat dit kook en prut dan vir 3 minute.

Gooi die sous oor die hoender en bedien.

Kullende hoenderpotpastei

Bestanddele:

*1 vel Today-blaardeeg, ontvries
1 e olie
1 groot ui, in klein stukkies gekap
350 g aartappels, in klein stukkies
gekap
1 k hoenderaftreksel
1/2 t sout
1 e Maizena
1/2 k ingedampde melk
2 k gesnipperde braaihoender
1 k bevrore mielies
1 k bevrore ertjies
1/2 k gekapte gaar spek*



Metode:

Sny vier 10 cm-sirkels uit die blaardeeg en rangskik dit op 'n bakplaat wat met bakpapier uitgevoer is. Bak 15 minute by 200 ° C. Verhit die olie oor matige hitte in 'n groot pan, voeg die gekapte ui by en braai 5 minute. Voeg die aartappels, hoenderaftreksel en sout by. Sit die deksel op en laat kook 10 minute.

Roer Maizena by die ingedampde melk in en voeg dit saam met die hoender, mielies en ertjies by die aftrekselmengsel in die pan. Laat prut 3 minute. Sprinkel die spek oor elke porsie en bedek met die deeg voordat jy hierdie heerlike pastei voorsit.

KLAPPER PERI PERI

HOENDER



6 – 8 Porsies Hoender
1 tlp (5 ml) Sout
1 tlp (5 ml) Paprika
½ tlp (2,5 ml) Peper
1 eetlp (15 ml) Knoffel (Fyngekap)
1 eetlp (15 ml) Gemmer (Fyngekap)
30 g Olyfolie
1 Blikkie Klapper Room (Coconut Cream)
1 eetlp (15 ml) Peri-Peri Sous
1 eetlp (15 ml) Sweet Chilli Sous (kan ook Chutney gebruik)
30 g Corriander (Vars

Voorverhit oond (180' C) Vryf Hoenderstukke in met Sout, Paprika, Peper en die helfde (15 ml) van die Olyfolie Plaas in oondpan in oond Bak vir 20 min Draai om en bak nog 20 min of tot byna gaar. (wanneer die velletjies afgetrek word, mag die hoender vinnig uitdroog) INTUSSEN op die stoof: Braai die Knoffel en Gemmer in die res (15 ml) Olyfolie Voeg Peri-Peri en Sweet Chilli souse by Voeg nou die Klapper room by en kook (matige hitte) tot dik. Kap die helfde van die Corriander (fyngekap) by die Klapperroommengsel Haal Hoender uit die oond en draai sodat die velletjies na bo wys NB Skep alle olierigheid uit die oondpan ! Gooi nou die helfde van die Klapperroommengsel oor die die Hoender en Plaas terug in die oond vir nog 10 min Haal uit en plaas in opdienbak en gooi res van die Klapperroommengsel oor en Garneer met die res van die Corriander.

Bedien op Pasta rys en saam met Soet Patats en/of Mengelslaai)

LIP-AFLEK VINNIGE HOENDER

12 stukkies hoender
1 ui in ringe gesny
1 pakkie sampioene in
kwarte gesny
1 pakkie sampioensop
1 liter appelkoossap
sout en peper



Pak die uieringe in n oondbak en pak die hoender
bo-op. Geur met sout en peper.

Strooi die sampioene oor die hoender.

Gooi die soppoeier oor die sampioene en giet dan die
appelkoossap bo-oor alles.

Bak toe met foelie vir 30 minute by 180 grade celsius.
Haal dan die foelie af en bak vir nog 45 minute tot dit
mooi bruin is.

Bedien die trooskos met rys, soet pampoen en ertjies.

MARIUS SE DRONK HOENDERFILETTE

4 hoenderfilette
sout en peper
2 eetlepels
mosterd
olie
½ koppie soetwyn
of port
1 koppie room



Sny filette in groterige stukke.
Meng die sout, peper en mosterd met die vleis
en laat dit vir 'n rukkie rus.
Verhit pan met olie op hoë hitte.
Braai die vleis vinnig tot bruin.
Voeg die soetwyn of port by en laat dit prut.
Voeg die room by en kook tot gaar.
Bedien saam met rys of aartappels.

PIKANTE HOENDER

*Die sap van 1 lemmetjie
125 ml hot blatjang
60 ml Dijon-mosterd
6 hoenderborsies,
skoongemaak
30 ml botter
Gewone jogurt
Vars gekapte koljander*



Meng die lemmetjiesap met die blatjang en mosterd. Dit is nou jou marinade waarin jy die hoenderborsies gaan laat lê, bedek in die yskas, vir 30 minute. Sorg dat die marinade oraloor die borsies is.

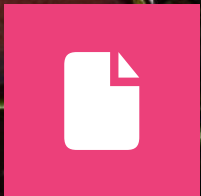
Na 30 minute haal jy die hoender uit die sous. Behou die marinade.

Smelt die botter in 'n pan en braai die hoender daarin vir 10 minute.

Gooi die marinade nou by en kook vir nog 5 minute. Verwyder die hoender uit die pan en kook die oorblywende sous oor hoe hitte vir 1 minuut.

Gooi die sous oor die hoender en bedien dan saam met 'n skeppie jogurt. Strooi die koljander oor.

meat



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Beef & Beer Stew
Beef Short Rib
Best Marinated Rib Eye Steak
Biltong Tert
Blatjang Wildsmaalvleis
Brandewyn & Sampione Steak
Deconstructed Carpetbagger Steak
Eisbein met Bier
Frikadella in Koolkombersies
Goulash
Groenboontjie Bredie
Heuning & Mostert Vark Ribbejies
Katemba Potjie
Kerry Afval
Lamb Chops, Garlic ,Lemon & Rosemary
Lamskenkel in Rooiwyn
Lamskenkelpot
Lemon & Honey Glazed Lamb Chops





Lewer
Maalvleis & Boontjies
Mongoolse Bief
Monkeygland Steak
Parmesan Lamb Chops
Romerige Brandewyn Steak
Sage Roasted Pork Belly
Sappige Frikkadels
Sirloin Steak
Skaapstertjies
Skilpadjies
Soutribbetjies
Spaanse Chorizo Bredie
Spare Ribs met Coke
Sticky Steak Strips
Trinchado
Varkribbetjies met Blatjangsous
Varkwors Stroganoff
Whole Roast Lamb neck

BEEF BEER STEW

60 ml oil
1 tsp crushed garlic
1 large onion, roughly chopped
80ml cake flour
salt and freshly ground black pepper
to taste
1kg stewing beef, cut into 1,5cm
cubes
250ml beer
250ml red wine
375ml beef stock
50g tomato paste
15ml chopped fresh or dried mixed
herbs
3 carrots, slice thickly
3 potatoes, peeled and quartered
fresh herbs to garnish



In a large saucepan heat half the oil over a medium heat and fry the garlic and onions until soft and brown, remove with a slotted spoon and set aside.

Season the flour with salt and pepper and roll the meat cubes in the seasoned flour until well coated.

Fry the meat cubes in small batches in the saucepan used to brown the onion and garlic, adding more oil as needed.

After you have browned all the meat, return it to the saucepan with the fried onion and garlic.

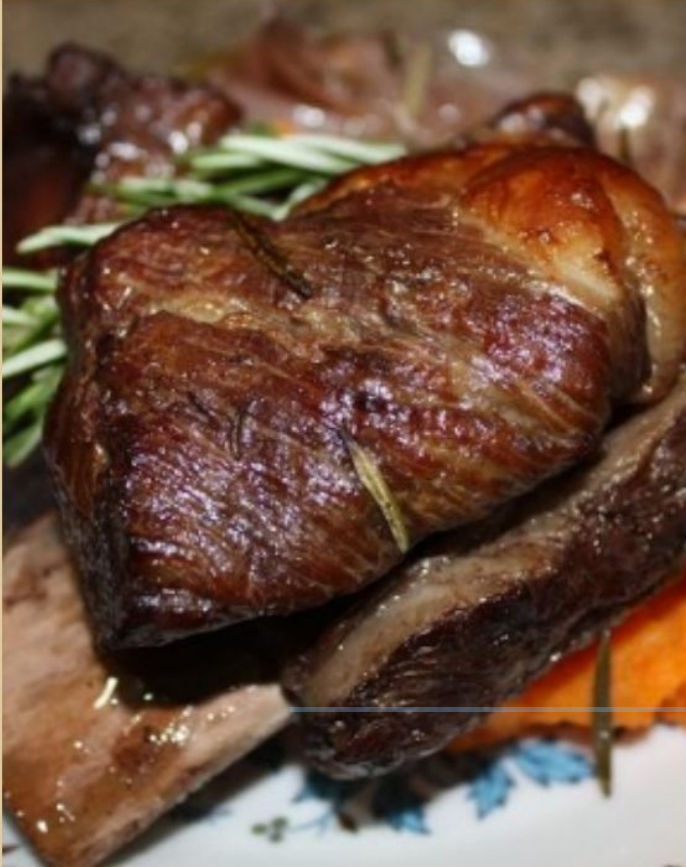
Add the beer, red wine, stock, tomato paste and herbs.

Cover with a lid, bring to the boil, reduce the heat and simmer gently for about 30 minutes.

Add the carrots and potatoes and simmer for a further 50 to 60 minutes or until the meat is tender.

Garnish with fresh herbs and serve with rice or mashed potatoes

NINE HOUR BEEF SHORT RIB



- 1 whole beef short rib, deboned**
- 3 onions, diced**
- 4 carrots, diced**
- 1 leek, chopped**
- 1 bunch thyme**
- 1 stick of celery, chopped**
- 5 garlic cloves**
- 1 bunch of parsley**
- 1 bay leaf**
- 3 litre beef stock**
- 300 ml red wine**
- Salt & pepper**

Preheat oven to 150 °C. Season the beef rib with salt and pepper, and place in a large oven tray. Sweat the onions, carrots, leeks, thyme and celery together in a large frying pan, and brown over med heat, add the garlic, parsley and bay leave, and deglaze with the red wine. Add the mixture to the beef rib and pour over the beef stock. Wrap the oven tray with foil. Place the tray in oven and cook for 9 hours. When rib is done remove the rib from the cooking liquid, strain the liquid into a pot and reduce the liquid till a rich sauce consistency.

BEST MARINATED RIB-EYE STEAK



**olive oil, for frying
2 rib-eye steaks**

**2 tablespoons of each, olive oil,
lemon juice, soy sauce and
Worcestershire sauce**

**1 large stem rosemary,
de-stalked**

**1 clove garlic, bruised
generous pinch dried red chilli
flakes**

freshly ground black pepper

Place all the marinade ingredients in a bowl and mix to combine. Coat the meat in the marinade, cover and chill overnight.

Remove the meat from the fridge and bring to room temperature. If you're pan frying, heat a griddle pan until searingly hot. Drizzle a little olive oil on the meat and season with salt. Place the meat in the pan and cook for about 3 – 4 minutes. Turn and cook for an additional 3 minutes or to your liking.

Pour the remaining marinade over the meat to deglaze the pan and turn the meat to coat in the sticky pan juices. If you're doing the meat over the coals, baste the rib-eye with the left-over marinade while on the coals. Cover the meat with foil and rest for a couple of minutes before carving

BILTONGTERT



1 rol Puff pastry
160g klam biltong
1 koppie gerasperde kaas
250ml room
2 ekstragroot eiers
(of 3 groot eiers)

- 1. Verhit oond tot 180**
- 2. Rol deeg op meelbestrooide oppervlak uit.**
Laat sak dit in jou bak (spuit met spray en cook) moenie deeg rek nie (dit krimp terug as dit bak) Maak die randte van die bak netjies.
- 3. Strooi die biltong op bak se bodem.**
- 4. Strooi kaas bo-oor**
- 5. Klits room en eiers saam. Gooi mengsel oor biltong en kaas.**
- 6. Bak in oond vir 35-40 minute. Haal uit en laat afkoel.**
- 7. Dien dit loutwarm op saam met 'n groen slaai.**

BLATJANG WILDSMAELVLEIS



2 Uie
2 Seldery stingels in dun
skyfies gesny
2 Eiers
1 Kg wildsmaelvleis
1 Eetlepel pietersielie
2 Koppies broodkrummels
2 Teelepels kerriepoeier
1.5 Teelepels sout
0.25 Teelepel growwe swart
peper.
Sous
0.5 Koppie blatjang (Mrs Balls
Hot Chutney is 'n wenner)
0.5 Koppie tamatiesous
2 Eetlepels Worcestershire
sous
2 Eetlepels asyn
2 Eetlepels bruinsuiker
1 Teelepel kitskoffiepoeie in
0.25 koppie water opgelos

Verhit oond tot 180 grade

Braai uie en seldery effens en voeg dan met kerriepoeier by die
maelvleis

Braai die maelvleismengsel tot dit net-net gaar is

Meng die res van die vestandele by die vleismengsel en plaas in
oondskottel

Meng sous bestandele saam

Gooi sous oor vleismengsel en bak dan vir 1 uur op 180 grade.

ROMERIGE BRANDEWYN EN SAMPIOEN STEAK



**4 x 25 mm dik kruisskywe
knyp sout
vars gemaalde
swartpeper
150 g botter
200 ml suurroom
3 knoffelhuisie, fyn gekap
15 ml gekapte vars
gemengde kruie
pakkie gekapte vars
sampioene
60 ml brandewyn
20 ml suurlemoensap**

**Meng die bestanddele van die
brandewyn-en-sampioenroom saam.
Rooster die vleis oor gloeiende kole tot liggaar,
10-12 minute aan albei kante, of halfgaar, 16-18
minute aan albei kante.**

**Geur met sout en peper. Verdeel die
-brandewyn-en-sampioenroom in vier gelyke
dele en skep 'n deel daarvan bo-oor elke
vleisskyf.**

DECONSTRUCTED CARPETBAGGER FILLET



**2 x 200 g fillet steaks
125 ml cream
1 tin smoked oysters
Two knobs of butter
1 Tbs olive oil
30 ml finely chopped
parsley
Good quality
barbeque basting
sauce**

- 1 Heat the butter and oil in a pan and fry the steaks on high heat, only turning the steaks once for each side, until cooked medium rare.**
- 2 Add a little barbeque basting sauce to the steaks, and coat both sides, then remove the steaks from the pan, and allow to rest.**
- 3 Add the cream and smoked oysters to the pan, and another knob of butter. Allow the sauce to thicken, and then drizzle over the steaks, presenting the oysters on top, and decorate with chopped parsley.**

EISBEIN MET BIER



**4 gerookte eisbeins
6 lourierblare
6 naeltjies
1 teelepel peperkorrels
1 ui
100ml bruin suiker
2 blikkies bier
½ koppie heuning
2 eetlepels botter**

**Sny fyn kepies in die eisbein se vel.
Sit dit in 'n kastrol met al die bestandele,
behalwe die heuning en botter.
Kook dit stadig vir 'n uur en 'n half bo-op die
stoof tot sag en gaar.
Haal die eisbein uit die kastrol en gooi die sous
weg.
Smelt die botter en heuning en smeer dit oor
die eisbein.
Bak oop in oond teen 220 grade vir 15 minute
tot bruin.**

FRIKADELLA IN KOOLKOMBERSIES

250 ml maalvleis
2 – 3 varkworsies, vleis
uit die velletjie gedruk
1 sny brood, geweek in
melk
1 eier
1 ui, gekerf
sout en peper
1 teelepel neutmuskaat
1 teelepel Worcestersous
1 teelepel sojasous
'n paar groot koolblare,
in kookwater geweek en
die groot aar uitgesny



Braai die ui in 'n bietjie olie.
Meng al die bestanddele en rol dit in balletjies.
Vou elke frikkadel in 'n koolblaar toe.
Braai dit liggies in die pan.
Plaas die "vinke" in 'n oonbak met 'n halwe koppie
water.
Bak met die deksel op teen 160 grade vir uur en 'n
half.

GOULASH



Ingredients

- 300g Pork offcuts or Bacon
- 1kg beef chuck, cut into cubes
- 2 red onions, finely chopped
- 2 cloves garlic, crushed
- 2 chillies, chopped
- 2 Tbsp smoked paprika
- 4 peppers of your choice, cut into little 2cm cubes
- 1 tin chopped tomatoes
- 2 bay leaves
- Rind of 1 lemon, peeled into strips
- 375ml beef stock
- 1 bunch fresh oregano, chopped
- 1 bunch parsley, chopped
- Sour cream, to serve

Method

1. In a large saucepan, heat up a good glug of olive oil.
2. Fry the pork or bacon and beef chuck until brown. Don't worry if you don't get a perfect grilled look, you're just looking to seal the cubes and draw a bit of fat out of the pork for cooking. Once done, remove with a slotted spoon and keep the pan on medium heat.
3. Add the onions to the pan fat or add a dash of oil if necessary. Add garlic, cook for another minute then add the chillies, paprika, and peppers. Cook for a few minutes to heat up and soften slightly .
4. Add the tinned tomatoes, bay leaves, stock and lemon rind. Add the meat back in and bring to a gentle simmer and cook for about 2 hours until the meat is tender.
5. Before serving, stir through the chopped herbs and serve with mash or rice and a dollop of sour cream.

GROENBOONTJIE BREDIE

**45 ml olyfolie
800 g lamsnek
1 ui, fyngekap
2 knoffelhuisies, fyngekap
1 blik (410 g) gekapte tomaties
5 ml gemengde droë kruie
1 kg bevrore groenbone
sout en vars gemaalde
swartpeper na smaak
250 ml kookwater
2 aartappels, geskil en in
kwarte gesny**



Verhit oond tot 180 °C. Verhit olyfolie in 'n groot oondvaste kastrol. Braai lamsnek tot bruin. Voeg ui en knoffel by. Roer tomaties, kruie en bevrore groenbone by. Geur met sout en swartpeper. Gooi kookwater by en meng goed. Plaas aartappels bo-op. Maak kastrol toe en plaas in die warm oond vir 1 tot 1½ uur, totdat die vleis sag is. Kyk nou en dan dat dit nie droog kook nie. As dit droog lyk, kan jy 'n bietjie water byvoeg.

HEUNING EN MOSTERD VARKRIBBETJIES



1,5 kg varkribbetjies
½ koppie heuning
50 ml Dijon-mosterd...
50 ml korrelmosterd
25 ml olyfolie
1 teelepel sout

1. Maak die sous: Meng al die bestanddele (behalwe die ribbetjies) in 'n bak. As jy dinge eenvoudiger wil hê en net een soort mosterd wil gebruik, maak so, maar verdubbel die hoeveelheid.
2. Braai die hele stuk varkribbetjie oor matige hitte vir 'n halfuur totdat hy amper gaar is.
3. Haal die ribbetjie van die vuur af en sit hom op 'n kerfplank. Sny hom op in afsonderlike ribbetjies.
4. Roer die ribbetjies in die bak marinade rond en maak seker hulle is behoorlik gesous. Laat die ribbetjies vir 'n minuut of drie in die marinade lê sodat die vleis die sous kan absorbeer.
5. Braai nou die ribbetjies vir tussen twee en tien minute totdat die sous gekaramelliseer het. As jy met die snyery gesien het die ribbetjies is omtrent gaar en sal gou uitdroog, braai hulle net vir 'n minuut of twee. Maar as jy gesien het hulle is nog ver van gaar, braai hulle eerder vir 10 minute of selfs langer en laat hul sykante ook kole toe kyk

KATEMBA POTJIE



- 1.5 kg chuck steak (deboned and in cubes)**
- 1 tot olive oil**
- 2 onions (chopped)**
- 2 cloves garlic (chopped)**
- 1 tot paprika**
- 1 tsp chilli powder**
- 1 tsp salt**
- 1 tsp black pepper**
- 2 tomatoes (chopped)**
- 1 tot tomato paste**
- 1 cup Coke**
- 1 cup red wine**

Heat the oil in a potjie and fry half of the meat for a minute or two. You literally just want to sear each piece a bit. You don't need to cook the meat, nor sear it on all sides. Remove the meat from the potjie and repeat with the other half. When the second batch is done, all the meat can be put aside in a covered bowl or plate for reintroduction to the meal later on.

Fry the onions in the potjie for about 4 minutes until they start to soften, then throw in the garlic. Onions take longer to cook than garlic, so always fry onions before adding the garlic.

Add to the potjie all the seared beef cubes from step 1, the paprika, chilli powder, salt and pepper. Toss everything around for a minute. Now add the tomatoes, tomato paste, Coke and red wine, and mix to combine them all. Bring to the boil and then simmer over low coals. You want a very gentle simmer. Ideally you want it to bubble very gently for 1 hour - at that point remove the lid and let it continue to simmer until you are happy with the consistency of the sauce. This might take another 30 minutes. Keep in mind that as soon as you think the sauce is thick enough, the meal is ready to serve. If your fire is very hot or the lid of your potjie does not fit very well, this might happen sooner rather than later so pay close attention. If you're in a hurry, add more heat to the bottom of the potjie to make it boil more rapidly and reduce quicker. Whenever you are happy with the sauce, take the potjie off the fire and let it stand for a few minutes.

Serve with chunks of fresh bread toasted on the fire and dollops of sour cream.

KERRIE AFVAL

2 SKOON afvalle, pens en pootjies

Water

Witasyn



500g skaap kookvleis

2 uie, grof gekap

SOUS:

2 e matige Kerrie

1 e Masala

250ml Bruin asyn

250ml Suiker

250ml Water

1 t Allspice

1 t Koljander

1/2 t fyn naeltjies

1/2 kaneel

1/2 t gemmer

**4 aartappels geskil en in groot blokkies
gesny**

**Laat die skoon afvalle oornag week in water en witasyn mengsel. 2 lt
water en 500ml asyn.**

Sny die pens in repies van so 2cm.

Pak pens en pootjies in groot casserole saam met die uie en skaapvleis.

Meng al die bestanddele van die sous en giet oor.

Meng deur.

Maak toe en sit in oond op 150C vir 4 ure

Sit aartappels by en bak verdere minimum van 1 en half uur voor ete.

**Hoe langer hoe beter. Verdik sous met Maizena net voor opdiening so
dik soos jy dit wil he.**

LAMB CHOPS WITH ROSEMARY, GARLIC & LEMON



**8 lamb chops
3 cloves of garlic
1 lemon
a few sprigs of rosemary
salt/pepper
olive oil**

Place the garlic in a pestle and mortar and bash until it becomes a paste. You can add some coarse salt that will help the process somewhat. When it is a soft paste, add some olive oil and mix. Add some lemon juice and you are ready to go. Place the lamb chops in a Ziploc bag and pour the marinade over it. Close and leave in fridge for at least ½ hour. although overnight is best!

When you are ready to cook the chops, remove from the bag and scrape off the excess marinade. Heat your griddle pan until it is very hot and grill the chops to perfection.

Grill chops about 2 minutes or less per side, turning only once. They will cook quickly and are best if kept at medium-rare or under.

ROOIWYN LAM



Bestanddele

4 heel lamskenkels

growwe seesout

swartpeper

blare van 2 takkies roosmaryn

1 liter natuurlike joghurt

4 knoffeltoontjies, fyngemaak

2 uie, gekap

2 medium wortels, gekap

2 koppies wyn

2 koppies water

Metode

Smeer skenkels in met die sout, peper en roosmaryn.

Plaas dit saam met die knoffel en joghurt in 'n plastieksak wat kan seël.

Marineer die vleis oornag in die yskas in die sakkie.

Plaas die uie en wortels in 'n oondbak.

Plaas die vleis en marinade bo-op die groente.

Voeg die wyn en water by.

Bedek met foelie.

Bak teen 180 grade vir 1½ uur.

Haal foelie af, en rooster vir 'n halfuur.

LAMSKENKELPOT



3 eetlepels olyfolie
3 uie, fyngekap
3 knoffeltoontjies, gekneus en
fyngekap
1 groot wortel, geskraap en in klein
blokkies gekap
2 selderystingels, in stukkies gekap
1 rooi brandrissie, fyngekap
4 heel lamskenkels
6 – 8 tiemietakkies
sap en gerasperde skil van 1 le
moen
1 koppie beesvleisaftreksel
sout en vars gemaalde swartpeper na
smaak

Verhit die olie in 'n swaarboompot oor matige hitte en braai die uie, wortel en seldery daarin totdat die ui sag en deurskynend is. Voeg die knoffel en brandrissie by en braai vir nog 'n minuut of twee voordat jy die skenkels byvoeg. Laat die skenkel stadig saam met die bestanddele in die pot braai totdat dit van kleur verander en 'n bruinerige sous begin vorm. Voeg die res van die bestanddele by en bring tot kookpunt.

Bedek die pot en plaas in 'n voorverhitte oond van 180°C vir 1½ tot 2 uur. Skep die skenkels in 'n opdienbak en kook die sous in die kastrol af tot dit ongeveer met die helfte verminder het en giet bo-oor die skenkels. Bedien met pastarys, kapokaartappels of stampmielies.

LEMON & HONEY GLAZED LAMB CHOPS



6 Tbs Honey
**8 Tbs reduced-sodium soy
sauce**
**2 tsp freshly grated lemon
zest**
6 Tbs lemon juice
½ tsp cayenne pepper
1 Tbs olive oil
1 kg chops

Mix all of the above ingredients well together. Add to a large bowl and add meat pieces making sure they are all well coated.

Cover bowl and refrigerate for at least 2 hours or overnight.

Remove the meat from the marinade (reserve the marinade) and grill as usual.

Place the left over marinade in a small saucepan over medium heat and boil until reduced to about half and thickened to a glaze, plus minus 8 – 10 minutes.

Drizzle over your meat before serving.

KOBUS SE LEWERLEKKERTE



**1 kg lewer, skoongemaak
en in repies gesny
olie
1 ui, gekap
½ koppie wit asyn
sap van 1 suurlemoen
1 eetlepel bruinsuiker
braaispeserye, na smaak
knypie tiemie
knypie roosmaryn
knypie oreganum
1 koppie room**

Braai die ui in kastrol.

Verwyder dit en hou eenkant.

Braai die lewer net tot amper bruin.

**Voeg die ui en die res van die bestanddele, behalwe die
room, by**

Prut vir 5 minute.

Voeg die room by net voor opdiening.

Bedien met rys, pap of potbrood.

MAALVLEIS & BOOTJIEGEREG



**10 ml kookolie
2 uie, in blokkies gesny
1 groen soetrissie, ontpit
en in blokkies gesny
300 g maalvleis
1 x 410 g blikkie
tamaties
3 ml gemengde kruie
15 ml gekapte vars
tiemie
15 ml bruinsuiker
1 x 410 g blikkie
boontjies in tamatiesous
(Baked Beans)
Sout en peper na smaak**

**Verhit die olie in 'n pan en braai die uie en
soetrissie tot sag en deurskynend.
Voeg die maalvleis by en roer deur tot gaar.
Voeg die res van die bestanddele (behalwe die
boontjies) by en prut tot die sous verdik.
Roer die boontjies liggies deur, geur met sout
en peper en bedien.**

MONGOOOLSE BIEF



Bestanddele

- 1 kg rump in repies
- 3 koffelhuisies in stukkies
- 5 spring unions gekap
- halwe k soyasous
- kwart kop sjerrie
- 1 t wit wyn asyn
- 2 t sesameolie
- swart peper
- 1t molasse
- 1t fyn gemmer
- 1 t rissie vlokkies
- 3t bruin suiker
- kwart k mezena

Metode

Sit repies vlein saam mezena in plasiese sakkie en skud tot goed gemeng.
Sit alle vloeistof en speserye in prutpot en voeg bief by en meng liggies. Kook op laag vir 4 ure.
Bedien op rys.

MONKEYGLAND STEAK



2 Pieces Steak
2 Large onions, sliced
1 Tablespoon Chutney
2 Tablespoon Worcester
sauce
2 Tablespoons Vinegar
2 Tablespoons Tomato sauce
1 teaspoon Mustard
2 teaspoons Bovril/Marmite
1 teaspoon sugar

- 1. Mix the chutney, Worcester sauce, vinegar, tomato sauce, mustard, Bovril/marmite, sugar and sliced onion together.**
- 2. Cut steaks into suitable sizes and marinade in onion sauce mixture for 2 – 3 hours.**
- 3. Take steak out, scraping off excess sauce and onions and fry until cooked.**
- 4. Remove the steak pieces once cooked and then in the same used frying pan, fry the sauce and onion mixture.**
- 5. Once the mixture is heated through, pour over steaks.**

Best served with mash potatoes

PARMESAN CRUSTED LAMB CHOPS



8 – 10 lamb chops, cleaned
1 egg
¼ cup breadcrumbs
40 g Parmesan cheese
grated
1 tbsp parsley chopped
70 g PEPPADEW® Mild
Piquanté Peppers Chopped
1 tbsp cake flour
Salt and pepper to taste
1 tsp oil

**In a bowl add the egg, breadcrumbs, cheese, parsley,
PEPPADEW® Mild Piquanté Peppers Chopped and
cake flour, mix well until combined**

Season the lamb chops with salt and pepper

Spread mixture over the side of the chop

**Heat the oil in a pan and add the lamb chop to the
pan**

**Once the crust has brown flip the lamb chop and
brown other side**

Place in the oven at 180 'c for 15 minutes

Remove and serve hot

ROMERIGE BRANDEWYN EN SAMPIOEN STEAK

4 x 25 mm dik kroisskywe
knyp sout
vars gemaalde swartpeper
150 g botter
200 ml suurroom
3 knoffelhise, fyn gekap
15 ml gekapte vars gemengde
kroie
pakkie gekapte vars
sampioene
60 ml brandewyn
20 ml suurlemoensap



METODE:

Meng die bestanddele van die brandewyn-en-sampioenroom
saam.

Rooster die vleis oor gloeiende kole tot liggaar, 10-12
minute aan albei kante, of halfgaar, 16-18 minute aan albei
kante.

Geur met sout en peper. Verdeel die
-brandewyn-en-sampioenroom in vier gelyke dele en skep 'n
deel daarvan bo-oor elke vleisskyf.

Bedien dadelik

SAGE-ROASTED PORK BELLY



**2 heads garlic, cloves
separated**

**2,3kg pork belly, on
the bone**

60ml (¼ cup) olive oil

**80ml (1/3 cup) sea
salt flakes**

4 bunches fresh sage

Preheat the oven to 160°C.

**Arrange the garlic over the base of a baking
dish. Rub the olive oil all over the pork belly
and rub the salt into the skin.**

**Place skin-side down on top of the garlic and
cook for 3 hours. Increase the heat to 180°C.
Turn the pork over, add the sage and cook for
a further 30 minutes or until the skin is
golden and crunchy.**

SAPPIGE FRIKKADELS



Oon 180 gr C. Meng alle bestandele liggies saam in bak. 750 gr maalvleis, 1 groot gekapte ui, 3 knoffelhuisies, gekap, 1 groot gerasperde wortel, 1 k vars broodkrummels, 1 E asyn, 1 E tamatiessous, 1 E blatjang, 1 E worcestersous, 1 t mosterdpoeier, 1 E fyn koljander, 2 t droë gemengde kruie, half t sout en 1 geklitste eier.

Maak bolletjies van mengsel en plaas in oondbak. Sprinkel 2 E olyfolie oor. Bak vir 30 minute. Lekker vir inpak vir padkos of skool/werk kosblikke.

LENDESKYWE MET SWARTBIERMARINADE



Bestanddele:

- 4 Lendekywe ('sirloin steaks')
- 1 Eetlepel canola-olie
- 1 Eetlepel swartpeper
- 1 Knoffelhuisie, gekneus
- 1 Koppie swartbier (ons het Castle Milk Stout gebruik)
- 1 Teelepel heuning
- ½ Koppie biefaftreksel

Metode:

1. Verf die vleis met olie, geur dit met gemaalde swartpeper en hou dit eenkant. Meng die knoffel, bier en heuning en giet dit oor die vleis. Laat dit vir minstens 2 uur marineer, maar verkieslik oornag.
2. Haal die vleis uit die marinade en druk dit versigtig droog met kombuispapier. Hou die orige marinade eenkant. Braai die vleis vir 3-4 minute aan 'n kant oor lekker warm kole.
3. Gooi intussen die orige marinade in 'n kastrolletjie, skink die biefaftreksel by en kook dit vir 10 minute tot dit met die helfte afgekook het. Sit dit voor met 'n groenslaai.

SKAAPSTERTJIES



**1 kg cleaned sheep tails
fresh sprigs of thyme or
rosemary
salt and pepper – about
1T/15 ml of each
250 ml water
OR
30 ml biltong spice**

Preheat the oven to 180 C. Season the sheep tails with salt and pepper or use the Biltong Spice. Place in a oven casserole with sprigs of thyme or rosemary. Add the water, place the lid on and cook for 1 – 1½ hours or until the meat comes off the bones easily. This can be done the day before. You can also cook the sheep tails in your pressure cooker for 30-40 minutes. This is the only way, the meat will literally fall off the bone if you eat them.

Light a fire and when the coals are medium heat, slowly grill the sheep tails to perfection. They must be a deep, golden color. Just before serving, squeeze some lemon over the meat. Serve piping hot with warm clean face cloths for the dripping fat.

SPEK & LEWER SKILPADJIES



Bestanddele

- 1,5 - 2 kg netvet
- 750 g skaaplewer, skoongemaak
- 1 pakkie spekrepies
- 1 ui, fyngekap
- 2 knoffelhuissies, fyngekap
- 1 sny witbrood
- ½ teelepel (2,5 ml) fyngemaalde naeltjies
- ½ teelepel (2,5 ml) neutmuskaat
- ½ teelepel (2,5 ml) vars tiemie, fyngekap
- 2 eetlepels (30 ml) bruinasyn
- 2 eetlepels (30 ml) Worcestersous
- sout en swartpeper na smaak

Metode

Week die netvet in warm water tot sag.

Week die lewer in melk vir $\pm$ 1 uur.

Sny die helfte van die spek in kleiner stukkies en plaas saam met die res van die bestanddele, behalwe die netvet, in 'n voedselverwerker en verwerk tot fyn.

Sny die dik rante van die netvet af en sny in $\pm$ 12 vierkante van 10 x 10 cm.

Skep 'n eetlepel van die mengsel op elke vierkant en vou netjies toe.

Draai 'n repie spek om elk en steek met 'n tandestokkie vas.

Braai die skilpadjies oor matige kole vir 30 – 45 minute of in 'n pan tot die spek bros is en die vulsel gaar is.

Bedien tradisioneel met krummelpap en tamatiesmoor.

SOUTRIBBETJIE



**1 k sout (dis reg, ja)
2 E bruinsuiker
1 E grofgemaalde
koljander
1 lamsribbetjie**

**Meng die sout, bruinsuiker en koljander en
vryf die ribbetjie daarmee in.**

Bedek en laat lê dit vir twee dae in die yskas.

**Hang die ribbetjie vir 'n dag waar die kat dit
nie kan bykom nie.**

**Bedek die ribbetjie met water en kook tot dit
sag is.**

**Dreineer en braai die ribbetjie tot die vet
bruin en krakerig bros gebraai is.**

SPAANSE CHORIZO BREDIE



Bestanddele

- 1 e olyfolie
- 120 g Spaanse chorizo, in dun halfmaantjies gesny
- 2 groot wortels, gekap
- 1 middelslag-ui, fyngekap
- 425 g geblikte kekerertjies, gedreineer
- 2 k hoenderaftreksel
- 800 g geblikte gekapte tomaties
- 340 g spinasie, geskeur
- korserige brood

Metode

Verhit 1 e olyfolie in 'n 8 l-kastrol en braai 120 g Spaanse chorizo, in dun halfmaantjies gesny; 2 groot wortels, gekap; en 1 middelslag-ui, fyngekap, daarin vir 5 minute of totdat die ui begin sag raak.

Voeg 425 g geblikte kekerertjies, gedreineer, en 2 k hoenderaftreksel by. Verhit oor hoë hitte totdat dit prut; laat prut vir 10 minute en roer af en toe.

Roer 800 g geblikte gekapte tomaties en 340 g spinasie, geskeur, by. Laat vir 5 minute prut terwyl jy roer. Sit met korserige brood voor.

SPARE RIBS MET COKE



Plaas 1 kg spare rib stukkies in oondpan. [Voer jou pan met 2 lae foelie uit] Skakel oond op 180 gr C. Meng sous in 'n beker: 125 ml tamatiesous, 125 ml bladjang, 1 pakkie bruin uiesoppoeier en 300 ml coke. Klits klonte uit met draadklitser. Sny 2 uie in stukkies en plaas op ribbes. Gooi sous oor en bak vir 2 ure. Draai ribbes 2 maal om. Bak tot sous gaar en taai.

STICKY STEAK STRIPS



**1 rump steak
125ml Worcestershire
sauce
125ml olive oil
100ml honey
3 tbsp sesame seeds
Coarse salt according to
taste**

- 1. Mix all the ingredients together.**
- 2. Marinate the steak for at least 2 hours.**
- 3. Grill steak on an open fire until they are cooked to preference (rare, medium-rare, well-done).**
- 4. Cut steak into strips and dig in**

TRINCHADO



500g beesvleis (fillet werk
die beste) in 2cm-blokkies
gesny
½ bottle Wellingtonsoet
rissiesous
50ml sonneblom olie
50 ml worcestersous
50 ml sojasous
25ml asyn
1 ui, fyngekap
1 koppie rooiwyn
2 e fyn knoffel

1. Braai die ui in die olie totdat dit sag is, gooi dit dan saam met al die ander bestandele, behalwe die vleis, in 'n pot en laat dit prut vir 5 minute
2. Voeg die rou vleis by die pot en laat dit gaar kook vir ongeveer 10minute, toets die vleis of dit gaar is en moniteer dit totdat dit lekker gaar is
3. Bedien die trinchado met brood rolletjies of gekapokte aartappelse

VARKRIBBIETJIES MET BLATJANGSOUS



100 ml olie
250 ml (1 k) matige
blatjang
60 ml (¼ k)
suurlemoensap
60 ml (¼ k) lemoensap
60 ml (¼ k) worcestersous
10 ml (2 t)
heelkorrelmosterd
1 knoffelhuisie, fyn
gedruk
Vleis
1 varkribbetjie van 2,5 kg
sout

Marinade Meng al die bestanddele en giet oor die vleis. Laat staan terwyl die kole gereedgemaak word, of oornag indien verkies.

Vleis Geur die ribbetjie met die sout en braai dit 1-1½ uur hoog bo warm kole. Verf gereeld met die marinade.

VARKWORS STROGANOFF



8 varkworsies
4 repe spekvleis, gekap
1 ui, fyn gekap
2 knoffelhuisies, fyn
gekap
500 g sampioene, gesny
250 ml
beesvleisaftreksel
60 ml tomatiepasta
1 teelepel paprika
60 ml gewone jogurt

Braai wors tot gaar en mooi bruin.
Sny elke wors in 3 of 4 stukke en sit eenkant.
Voeg olyfolie 'n pan en braai uie tot sag.
Voeg spek en knoffel by en braai tot spek gaar is.
Voeg sampioene by en braai vir ongeveer 5 minute
of totdat sampioene sag is.
Voeg beesvleisaftreksel, tomatiepasta en paprika
by en bring tot 'n prut, roer goed.
Voeg gaar wors stukke by en prut vir 'n paar
minute.
Roer jogurt by, meng goed en prut tot deurwarm.
Sit voor saam met kapokaartappels of rys.

Heel geroosterde skaapnek

1 medium-groot heel skaapnek

4 groot wortels, geskil en in groterige stukke gesny

**6-8 pekel-uie, geskil en in die helfte gesny met die
lengte langs**

2 heel huisies knoffel, ongeskil

2 takkies tiemie

1 takkie roosmaryn

2 lourierblare (vars, nie gedroog nie)

½ koppie water

sout en peper

goeie olyfolie

1 blik botterbone, gedreineer

groot handvol pietersielie, sonder stingels

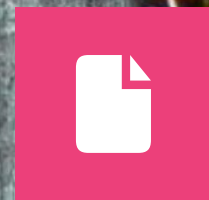
1 suurlemoen



Voorverhit jou oond tot 160 grade Celsius. Pak die wortels en uie in 'n groot roosterbak met 'n deksel. Sit die tiemie, roosmaryn, knoffel en lourierblare by en gee die lot 'n klein skeut olyfolie, 'n paar draaie sout en growwe swartpeper. Verhit 'n dikbodempan en gee dit 'n blerts olyfolie. Bestrooi die skaapnek mildelik met sout en verbruin dit alkant in die olyfolie. Sit die skaapnek op die groente, gooi die water by, sit die deksel op en gooi die knaap in die oond vir vier ure.

Na vier ure behoort hy smelt-in-die-mond sag te wees . Gooi die botterbone by en roer deur sodat dit met die groente in die bodem meng. Rooster vir 'n verdere halfuur sonder die deksel sodat daai vetlagie van die nek lekker brosbruin word. Druk die knoffel (wat teen die tyd puree sal wees) uit hulle huisies en roer in die groente in. Gee die groente 'n drukkies suurlemoensap, en proe of dit nog sout of peper nodig het. Bedien die skaapnek op die groente en strooi pietersielie gemeng met fyn gerasperde suurlemoenskil oor die lot. 'n Paar bitter blare soos roket gekus met olyfolie en suurlemoensap is heel gaaf hierby. Ek is meer van die dik-eet as dun-eet oortuiging. 'n Hele nek is egter te veel vir my. Hierdie resepte gemaak met 'n 15cm skaapnek is meer as genoeg vir twee om aan te smul.

seafood



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Seafood Recipes

Crayfish Braai

Creamy Seafood Potjie

Garlic & Herb Pan Fried Angel Fish

Gerookte Makriel Kitsery

Maklike Tunatert

Mossels in Roomerige Witwyn

Pan Fried Hake

Prawn & Mussel Curry

Smoky Yellowtail Braai



Crayfish on the braai



Ingredients
4 crayfish
garlic
melted butter
lemon juice

Fire up the braai.

Keep crayfish whole in their shells but cut through the middle of the tail shell so that your garlic butter basting can get in there to flavour the flesh.

Mix together your melted butter, garlic and lemon juice and baste the tails of each crayfish.

Place the crayfish shell side down over hot coals and baste continuously with your butter mixture.

Your crayfish won't take more than a few minutes a side to cook, time depending on their size.

Serve with crusty bread, garlic and lemon butter mixture and a light green salad.

CREAMY WHITE WINE SEAFOOD POTJIE

250ml Tub cream
500g Packet of mixed seafood
1 onion, roughly chopped
5 Fresh pepperdews, finely
chopped
1 Punnet mushrooms, roughly
chopped
2 Medium tomatoes, roughly
chopped
1 bottle dry white wine
Salt & pepper
4 tsp garlic, crushed
oil



Light the coals and allow to cool down to a medium heat.
Once the coals have died down, put your small potjie pots/ medium pot over the coals and add the oil to cover the bottom of the pot.
Once the oil has heated up, add the onions, stir and allow to go translucent.
Once the onions look glossy, add the mushrooms, stir and allow to fry for a minute.
Once the mushrooms have softened slightly, add the pepperdews, tomatoes and garlic. Stir and allow to fry.
Add the seafood mix, stir.
Add a cup to each potjie pot (if using small ones) or about 4 cups to the medium pot, to allow the seafood and onion mix to simmer.
For 30 minutes allow the seafood mixture to simmer in the juices and white wine with the lid on. Watch the pot, and make sure the liquid does not dry out. If it does keep adding white wine.
After 30 minutes, add the cream gradually, stir and allow to simmer over a medium to low heat with the lid off.
Once the liquid looks thicker, take the pots / pot off the heat.
Serve with fresh bread rolls and salad.

GARLIC & HERB PAN FRIED ANGEL FISH

**4 x Greenfish Angel Fish
Fillets (pin boned)
2 x lemons or 6 Tbsp
lemon juice
4 x garlic cloves
2 teaspoon dried Thyme
2 teaspoon dried Mixed
Herbs
Salt & Pepper to taste
4 Tbsp Butter
4 Tbsp Olive Oil**



In glass dish add the juice of two lemons, minced garlic cloves, herbs, salt and pepper and cover the fish fillets with the marinade on both sides.

Leave covered in the fridge for approximately half an hour.

In a frying pan add the butter and olive oil and heat the pan on a high heat.

Add the fish to the sizzling pan (reduce the heat to medium). Allow the fish to cook for approximately 3-5 minutes per side depending on the thickness of the fillets.

Baste the fish with the butter and olive oil frequently while cooking.

Fish is done when it flakes easily with a fork.

GEROOKTE MAKRIEL KITSERY

1 e olyfolie
1 ui, in dun skyfies gesny
1 e matige kerriepoeier
¼ t fyn borrie
500 g gaar bruinrys
200 ml warm groenteaftreksel
2 groot eiers
225 g gerookte, gepeperde makriel
2 tamaties, fyngekap
sap van 1 suurlemoen, plus ekstra
wiggies vir opdiening (opsioneel)
'n hand vol pietersielie, grofgekap



Verhit die olie in 'n groot, diep pan. Braai die ui vir 8 tot 10 minute oor matige hitte tot sag. Voeg die speserye by en braai dit vir nog 1 minuut. Roer die rys by sodat dit deur die speseryolie bedek word, en braai dit vir 1 minuut. Voeg nou die aftreksel by, bring tot kookpunt en laat prut vir 3 tot 5 minute tot kokend warm.

Bring intussen 'n mediumgroot kastrol water tot kookpunt, plaas die eiers daarin en laat prut dit vir 7 minute tot saggekook. Dreineer die eiers in 'n vergiettes en spoel dit onder lopende koue water af tot afgekoel. Dop die eiers af en halveer dit. Vlok die makriel en gooi enige vel weg.

Voeg die tamaties, suurlemoen sap en pietersielie by die rysmengsel, geur goed en meng. Skep die makriel en eiers bo-op. Sit voor met ekstra suurlemoenwiggies om bo-oor uit te druk as jy wil.

MAKLIKE TUNATERT

2 eiers, effens geklits
5 ml (1 t)
worcestersous
1 blikkie (170 g) tuna
in pekelwater,
gedreineer
1 klein ui, gekap
45 ml (3 e) koekmeel
5 ml (1 t) bakpoeier
250 ml (1 k)
gerasperde
cheddarkaas
250 ml (1 k) melk



Voorverhit die oond tot 180 °C. Smeer 'n
pasteibak van 20 cm.
Plaas al die bestanddele in 'n bak. Hou 'n bietjie
kaas eenkant om bo-oor te sprinkel.
Meng goed en skep in die gesmeerde bak.
Sprinkel die orige kaas oor. Bak 35 minute tot
gestol en goudkleurig.
Sit warm of koud voor.

MOSSELS IN 'N ROMERIGE WITWYNSOUS

2 e olie
1 ui, fyn gekap
2 e vars gekapte knoffel
½ k gekapte seldery
½ k gekapte wortels
(opsioneel)
1 k droë witwyn
500g mossels,
skoongemaak
250ml room
gekapte pietersielie, vir
opdien



Maak die olie warm en braai die uie, knoffel, seldery en wortels ligweg. Gooi die wyn by en kook 2 minute. Voeg die mossels by. Sit die deksel op en stoom die mossels tot dit oopmaak (ongeveer 2-3 minute). Gooi mossels wat nie oopmaak nie, weg. Haal die mossels uit die kookvloeistof en gooi die kookvloeistof deur 'n fyn sif. Meng die room in by die gesifte vloeistof. Proe die sous en gooi sout en swartpeper by indien nodig. Gooi roomsous oor die mossels. Besprinkel met die pietersiele en bedien met 'n vars Franse brood.

PAN-FRIED HAKE WITH HERB BUTTER & MUSHY PEAS

200g butter
4 tbsp chopped, flat-leaff
parsley, chopped parsley
2 cloves garlic, chopped
garlic
sea salt and black pepper,
to season
400g frozen peas
6 mint leaves
4 x 200g portions hake
2 tbsp (30ml) olive oil



Soften 150g of butter and mix in the flat-leaf parsley, garlic and salt. Spoon into the middle of a piece of cling wrap and roll into a log shape. Twist the sides to secure and place in the fridge to set. Boil the peas for 3-4 minutes until cooked, drain and add to a small saucepan with the remaining butter and the mint. Remove from heat when coated and blend in a food processor until smooth. Rub the fish with olive oil and sprinkle the skin with salt, then pan fry. Place skin-side down in a hot non-stick pan and leave for four minutes until the skin is crispy. Flip each piece over and continue to cook for a further 3-4 minutes until cooked through. Serve hot with a slice of parsley-and-herb butter and minted mushy peas. Tip: complement this lovely dish with a glass of white wine.

PRAWN & MUSSEL CURRY

**1 tin of diced peeled
tomatoes**

**1 large garlic clove,
grated**

**5 ml fresh ginger,
grated**

15 ml olive oil

**10 ml of strong curry
powder (all depends
how strong you like it)**

8 prawn heads

2.5 ml salt

8-10 medium prawns

15 mussels in shells



Cook the tomatoes, garlic, ginger, olive oil, salt, curry powder and prawn heads over medium heat for +-8 minutes. Stir constantly. It must have a thickish consistency. Add the prawns and mussels, cover your pot with a lid and allow to simmer for a further 8 minutes. Taste and adjust seasoning. If you want you can add a dash of cream but I love it just the way it is.

SMOKY YELLOWTAIL BRAAI

**750g Greenfish
Yellowtail Fillet, skin
on (plus minus 250g
per person)
A few knobs of
Butter
2-3 teaspoons of
crushed Garlic
Salt & Pepper**



Place the fillet on the braai grid skin side down and season with salt and pepper. Spread a few teaspoons of crushed garlic over the fillet and place a couple of knobs of butter on top.

Place the grid high above the coals on a medium heat and braai skin side down. Cooking on a medium heat high above the coals will prevent the skin from burning. You will see the meat change from translucent pink to white. Cook until you can see this colour change has just gone past half way (this process will take approximately 15 -18 minutes).

Flip the grid over so that the flesh side is now above the coals and cook for approximately 3-5 minutes until almost done. When the fillet looks 95% cooked remove from the heat as it will continue to cook once taken off the coals.

Enjoy with friends

LEKKER BRAAI SOETGOED RECIPES



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