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Roasted Sweet Potato, Fennel and Carrot Salad

SERVES 4

Preparation time: 20 minutes

Cooking time: 30 minutes

This New South African dish is from my friend Flora. It may be served hot or cold.

4 sweet potatoes, scrubbed and cubed
½ cup (125 ml) olive oil
2 fennel bulbs, sliced
4 carrots, grated (on the largest blade) into strips
4 T (60 ml) balsamic vinegar
salt and pepper, to taste

Place the sweet potatoes on a flat tray and pour over a ¼ cup (60 ml) of olive oil or enough to roast them nicely. Pop them in the oven at 180 °C for 30 minutes or until they're golden and crispy.

When the potatoes have been in the oven for approximately 20 minutes, place the fennel and carrots under a grill for about 10 minutes on a medium heat. You may pour a little olive oil over these if you like.

Once all the vegetables are ready, put them in a bowl and add the balsamic vinegar, the leftover olive oil, and salt and pepper to taste.



Karen's Grilled Line Fish with Gourmet Smoortjie

SERVES 5-6

Preparation time 15 minutes

Cooking time: 1 hour

This wonderful New South African gourmet meal originates from my 'master chef' friend, Karen.

5-6 pieces (750-900 g) fish (such as Cape
Salmon, Yellowtail, Kingklip, Butterfish)
4 T (60 ml) olive oil
salt and pepper, to taste
a pinch dried origanum

GOURMET SMOORTJIE

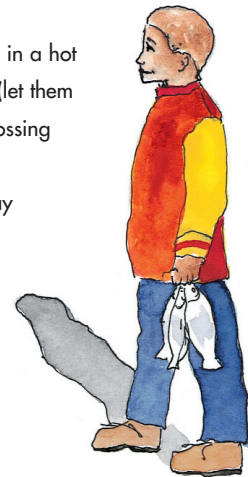
1 kg baby onions, peeled

5 T (75 ml) olive oil
1 t (5 ml) dried thyme
1 kg small tomatoes (a cherry/yellow/plum mix)
½ T (7.5 ml) brown sugar
½ cup (125 ml) balsamic vinegar
1-2 fresh bay leaves
salt and pepper, to taste
½ handful basil leaves or chopped parsley

Par grill the fish in a pan: cook for 3 minutes on each side. Season with salt, pepper and origanum.

Place the onions in a dish, pour olive oil over and sprinkle with thyme. Roast until soft (\pm 25 minutes in a hot oven). Put the tomatoes in the oven 10 minutes after the onions, in a separate dish. Do not prick them (let them pop). Sprinkle sugar over the tomatoes and add 4 T (60 ml) olive oil. Cook for 15-20 minutes. Keep tossing the onions, do not allow them to dry out. When the tomatoes and onions are ready they must look caramelized. Toss them in a flattish, ovenproof dish with 1 T (15 ml) olive oil, balsamic vinegar and bay leaves. Season well with salt and pepper. Arrange the fish in the 'smoortjie' and bake at 180 °C for another 20 minutes. Spoon some of the cooking juices liquid from the onions and tomatoes over the fish and sprinkle with basil or chopped parsley.

LEFT: *One morning at Hout Bay, Cape Town, a man gave me advice on one of my pictures. I took it.*



Darling Evita's Dried Fruit Bobotie of Reconciliation

SERVES 6

Preparation time: 45 minutes

Cooking time: 45 minutes



I feel very honoured to have a recipe from Evita Bezuidenhout. Anybody who makes this Cape Malay dish will be touched by her culinary magic!

6 dried apricots	2 t (10 ml) turmeric
6 dried apple rings	1 kg minced beef
½ cup (125 ml) seedless raisins	2 thick slices stale white bread, crumbed
1 cup (250 ml) cold black tea	3½ T (52.5 ml) vinegar
2 large onions, peeled and sliced	salt and pepper, to taste
1 cup (250 ml) orange juice	4 eggs
2 T (30 ml) olive oil	½ cup (125 ml) milk
1 T (15 ml) curry powder	fresh lemon leaves (optional)

Soak the apricots, apple rings and raisins in the tea until soft. Drain the fruit, halve the apricots and cut the apple rings into pieces. Preheat the oven to 180 °C. Grease an ovenproof dish well.

Boil the onions in the orange juice until soft, drain, then fry lightly in oil.

Add curry powder, turmeric, minced beef, breadcrumbs, vinegar, salt, pepper and soaked fruit. Mix lightly with a large fork and place in the dish. Beat the eggs and milk together and pour over the mixture. Fold a few lemon leaves into triangles and tuck them into the mixture.

Bake the bobotie on the middle rack of the oven for 45 minutes, or until the egg 'custard' has set. Serve hot.

This tastes wonderful with a crunchy salad.

LEFT: *Evita Bezuidenhout and her bobotie.*



Pumpkin Fritters

SERVES 10-12

Preparation time: 10-15 minutes

Cooking time: 15-20 minutes

This is another traditional South African recipe from Evita se Perron, for which I would like to thank Evita Bezuidenhout and Marlene George.

FRITTERS

500 g pumpkin, skinned, seeded and cubed
a pinch salt
water, to cover pumpkin
1 egg, lightly beaten
250 g cake flour
1 t (5 ml) baking powder
a pinch ground cinnamon
1-2 T (15-30 ml) vegetable oil

SYRUP

125 g brown sugar
½ cup (125 ml) water
1 t (5 ml) cornflour

CINNAMON SUGAR

2 t (10 ml) ground cinnamon
½ cup (125 ml) sugar

Cook the pumpkin in a little salted water over medium heat until soft. Drain and mash with the egg, flour, baking powder and cinnamon. Heat a little vegetable oil in a frying pan and drop in spoonfuls of the batter. Fry the fritters on both sides until golden.

For the syrup, combine the sugar, water and cornflour in a small saucepan and bring to the boil, slowly stirring until the sugar dissolves. Boil briskly until thick and syrupy. Pour the syrup over the fritters, then sprinkle with cinnamon sugar, made by mixing cinnamon and sugar.

