

MEAL PLANNER FUSION SUPPER



RUMBIE C. SHOKO

ABOUT THIS COOK BOOK

Preparing supper can often be a challenge. No, actually, WHAT to prepare for supper everyday can be a headache. I often would find myself drifting away during the day thinking what I'll be preparing for supper for my family. This is when I thought about going ahead to do this meal planner for Zimbokitchen users.

This two week supper meal planner is designed to help you do just that, i.e. plan your supper meals with ease! What I've compiled together here is a variation of the foods that you eat almost everyday. The ingredients are sourced locally and they are things that you would probably have in your pantry or cupboards anyway, with the exception of a few things here and there. In essence, I'm helping organise your ingredients :)

I've put together meals that will bring excitement to the dinner table. Monotony can certainly be a drag and this applies to everything in life, including meals. Here's hoping that this supper meal planner will rekindle the fire of cooking in you and propel the passion if you already were fired up!

Growing up, my mum impressed on me that each meal should be balanced, i.e. having foods from the different food groups. Your meal should consist of a starch, protein and vegetables (which provide our minerals and vitamins, fruits can also be squeezed in there). Also, at least once a week one should have fish. I've also tried to apply this in this meal planner. I encourage you to read through each recipe before you start to familiarise yourself with it.

Enjoy!

Yours Truly

Rumbie

ABOUT RUMBIE

Rumbie runs a popular food blog found at the url <http://www.zimbokitchen.com> which launched from Harare back in 2012. She has a passion for cooking and baking and specializes not only in traditional dishes but also variants of traditional dishes as well as fusion dishes done in a Zimbabwean context.

She is a loving wife and dedicated mother of 3 wonderful young daughters who are already learning the ropes of great culinary skills. She runs culinary classes from her home kitchen from time-to-time.

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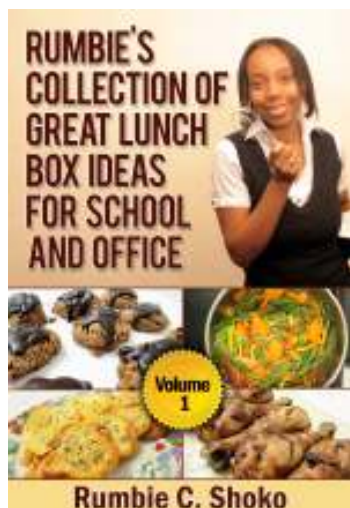
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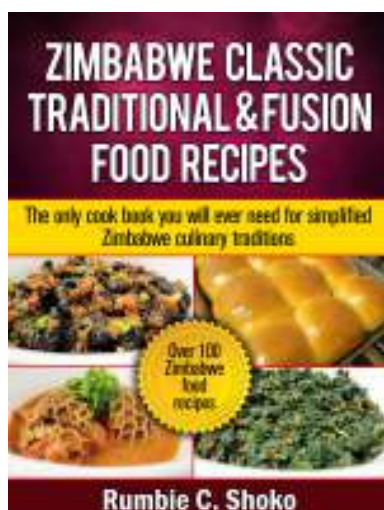
OTHER COOKBOOKS BY RUMBIE



Lunchboxes represent a strong tradition among many of us Zimbabweans. We grew up packing and carrying along lunchboxes for school, our parents had them for work. That tradition has pretty much carried on among a significant segment of our society; so has the constant decision or rather indecision of what variety or ideas to work with for school or for work. This ebook recognises this problem. In this Volume 1 ebook Rumbie presents some fantastic lunchbox recipes to consider. This ebook is a must have if you love to pack stuff for yourself or others and be thanked for it.



Do you love PIZZA? This is the ultimate ebook for the home pizza maker. Rumbie teaches the fundamentals of pizza making for the home cook. She begins by listing the key equipment you will need to make pizza at home then delves into the dough types and how to make them. She then moves on to teach about pizza base sauces and how to make them at home before looking at pizza toppings; the heart of your pizza. This ebook will enable you to make any pizza flavour you crave in the world. To get you started, Rumbie gives several easy to follow pizza recipes.



This is the popular 3-in-1 cook book. It includes the meat and starch ebooks above and more. It is a collection of Rumbie's top traditional and fusion recipes from a Zimbabwean perspective. This will be the only cook-book you will ever need if looking for traditional Zimbabwean culinary culture. With over 200 pages of easy to follow recipes you will be busy for a while to come. Ever heard of Mawuyu (Baobab fruit) smoothie? This is also included in this thick recipe ebook so are amancimbi (mopani worms) recipes and much more. The Zimbabwe Classic Starches Recipes cookbook above is also included in its entirety in this 3-in-1 ebook

DISCLAIMER

**PLEASE NOTE THAT THIS MEAL PLANNER IS NOT
TO BE USED IN ANY WAY AS A MEDICAL RESOURCE.**

**PLEASE CONSULT YOUR DOCTOR OR
NUTRITIONIST FOR MEDICAL MEAL PLANS.**

WEEK ONE SUMMARY

sunday

- Potato Dauphinoise,
- Honey & Soy Steak,
- Steamed Mixed Vegetables
- Trifle

saturday

- Fries, Steak 'n Chops Steak,
- Creamy Chunky Mushroom Sauce
- Fruity Coleslaw
- Rich egg-free chocolate cake

monday

- Mushroom Flavoured Sadza,
- Chicken Stew
- Fried Muriwo weRape

friday

- Plain Sadza
- Goat Stew,
- Simple Sauteed Cabbage with Carrots

tuesday

- Plain Rice,
- Grilled Garlic & Herb Bream,
- Tomato & Onion Soup
- Tomato & Mozzarella Salad
- Dried soaked Groundnuts

thursday

- Fried Samp with Egg& Corned Meat,
- Simple Rustic Boerewors,
- Simple Cucumber Salad

wednesday

- Spaghetti Bolognaise,
- Warm Lettuce Salad,
- Fruit Salad

SUNDAY WEEK 1BRIEF

Hey there! We're starting off our week and on the menu is

*Potato Dauphinoise served with Honey & Soy
Steak and Steamed Mixed Vegetables Dessert
is Trifle.*

What a better way to start the week., with a punch! The potatoes are absolute bliss in the mouth. The steak, when prepared properly will be succulent and full of flavour. The steamed mixed veg, humbly prepared with subtle flavours but tasty all the same. The dessert is amazing. The trifle ingredients put together hit all the right notes in the right places as you're tucking into it!

Now you don't have to serve the trifle in mason jars if you don't have. Your dessert bowl will do just fine.

Taking a closer look at our menu, the potatoes are our source for starch, the steak is our source for protein and the vegetables are our source of minerals and vitamins. The dessert is an extra treat from the sweets food group. There goes your balanced meal.

SUNDAY

Potato Dauphinoise



ingredients

3 kg potatoes
1 medium onion
3 cloves garlic (chopped)
250 ml fresh milk
250 ml fresh cream
250 g cheddar cheese (grated)
1 egg (lightly beaten)
2 tsp salt
1 tsp ground black pepper

method

Remember to reserve a tablespoon of fresh cream and some cheese which you will need to use as topping at the end.

1. Wash and peel potatoes, soaking them in water. Put garlic in casserole dish (to make the base). Slice your potatoes into thin "rings" and pat dry them then place a layer of potatoes on top of the garlic.
2. Layer onion rings on top of the potatoes slices, sprinkle salt and ground black pepper then spoon some fresh cream (3 tbsp) over this layer.
3. Finish off this layer by sprinkling some grated cheese on top. Repeat process until potatoes and onion rings are finished. When you've reached the top of your casserole dish, sprinkle the remaining cheese on top.
4. Pour milk over the top. Mix the lightly beaten egg with the reserved tablespoon of fresh cream then whisk lightly until just mixed. Pour this mixture on top of the potato, onion and cheese layers to make your final topping. Put in oven and bake for 1 hour or until golden brown at 180 degrees Celsius/ 350 degrees Fahrenheit/ Gas mark 3. And there you have it.. your dauphinoise potatoes are ready to be consumed :) !

4-5 SERVINGS, OVEN TIME 60 MIN

Honey & Soy Steak



ingredients

700 g beef steak
Honey and Soy Marinade
3 tbsp Oil for frying

method

NB: Do not overheat your oil when you are ready to begin the frying as this may cause your meat to burn before it has even cooked. This is because of the marinade which contains honey. Let your oil be moderately hot.

1. Cut your steak into good sized pieces. Dip it into the honey and soy marinade. Stir until every piece is evenly coated with the marinade. Refrigerate for a minimum of 1 hour to allow the flavours to infuse into the meat.
2. Heat oil in pan (3 tbsp), add steak pieces and fry until both sides have browned and your meat is tender. And there you have it, your pan-fried honey and soy beef steak. Enjoy!

4-5 SERVINGS, COOKING TIME 40 MIN

SUNDAY

Steamed Mixed Veggies



ingredients

250g mixed vegetables of your choice
1 tsp salt
2 tbsp water
1 tsp margarine/ butter
1 tsp mixed herbs

method

1. Place mixed vegetables in colander and wash them thoroughly under running water. Put them in microwavable dish, add water and salt.
2. Toss the vegetables to allow the salt to mix well with them. Put vegetables in microwave and cook on high for 3 minutes 30 seconds. When they're done, add margarine and stir.
3. Add mixed herbs and toss. Give it a quick stir again and your vegetables are ready.

4 SERVINGS, COOKING TIME 4 MIN

Trifle in a Jar



ingredients

1 box strawberry jelly
Vanilla cake, cut into small slices
Tinned/Fresh Mixed Fruits
150ml fruit juice of your choice
200ml custard
200ml fresh cream, whipped
100g milk chocolate, grated

method

1. Get your mason jars ready.
2. Get your ingredients ready. By this time you need to have prepared your custard and jelly.
3. Begin to assemble your trifle. The first layer is usually the cake. Pour the fruit juice or syrup from tinned fruits over the cake. Next layer is the jelly, followed by the fruits (reserve a few fruits for the topping). You may use a tablespoon to assemble.
4. The next layer will be the custard, followed by more cake then whipped cream. Add reserved fruits and grated chocolate as the topping.

4-5 SERVINGS, PREP TIME 10 MIN

SUNDAY

Honey & Soy Marinade



ingredients

- 3 tbsp pure honey
- 3 tbsp water
- 3 cloves garlic (chopped)
- 3 tbsp soy sauce
- 1/2 tsp ground black pepper

method

1. Put garlic in bowl, add pepper, soy sauce and water.
2. Add honey, and stir until everything is mixed together (about 2 minutes)
3. Your Honey and Soy marinade is ready for use.

30ML, PREP TIME 5 MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Sunday recipes.

1. 3 kg potatoes
2. 1 medium onion
3. 6 cloves garlic
4. Fresh milk
5. Fresh cream
6. 250 g cheddar cheese
7. Eggs
8. Salt
9. Ground black pepper
10. 700 g beef steak
11. Cooking Oil
12. Pure honey
13. Soy sauce
14. 250g mixed vegetables of your choice
15. Margarine/Butter
16. Mixed herbs
17. 1 box strawberry jelly
18. Vanilla cake/ Swiss roll
19. Tinned/Fresh Mixed Fruits
20. Fruit juice of your choice
21. 200ml custard
22. Milk chocolate

MONDAY BRIEF

On the menu today is

Mushroom flavoured Sadza served with Chicken Stew and Fried Muriwo weRape (Kale).

The Chicken Stew has a bit of a twist with a touch of fresh cream added to it making it richer in terms of flavour.

Our meal is balanced, getting our Starch from the Sadza, the protein from the Chicken and the minerals, nutrients and Vitamins from our vegetables. Kale is particularly rich in Iron and Folate which is great in carrying oxygen to our body cells and organs amongst other things.

Tomorrow we're having fish. If you don't eat fish for one reason or another, you may marinate some more chicken using garlic, ginger, vinegar, salt, pepper and fresh herbs of your choice. See note below. You could also opt for a simple beef stew.

MONDAY

Mushroom Flavoured Sadza



ingredients

300g Mealie-meal
2 Tbsp cream of mushroom soup
2 Tbsp Margarine
1 cup warm water
750ml boiling water

method

1. Put mealie-meal in pot, add soup powder, add warm water and stir to make a paste.
2. When paste is ready, add boiling water to pot whilst stirring simultaneously.
3. Keep stirring until it starts to boil, reduce heat to medium and let it simmer for 20 minutes. After 20 minutes, start adding more mealie-meal and mix or as we say it in our vernacular (mona sadza!). When the sadza is the consistency you want add margarine and mix it again.
4. Your sadza is ready, enjoy!

4-5 SERVINGS, COOKING TIME 30 MIN

Chicken Stew



ingredients

700g chicken portions
1/2 medium onion (chopped)
1 whole tomato (chopped)
1/4 green pepper (chopped)
1 tsp salt
5 tbsp fresh cream
450ml water
oil for frying

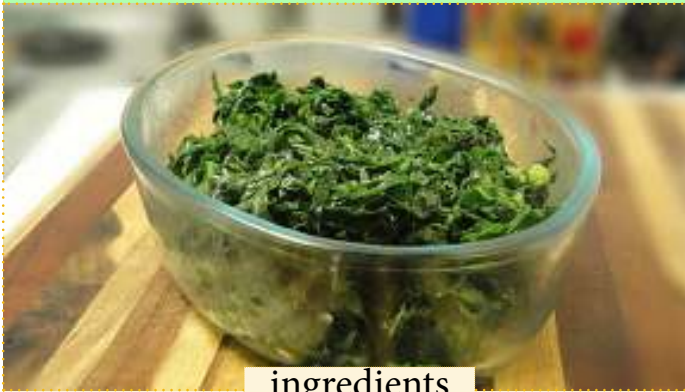
method

1. With your ingredients ready, Place your chicken portions into a good sized pot. Add water (300ml) and salt. Partly cover and bring to the boil for about 10 – 15 minutes or until the water is finished.
2. Add oil to the pot and brown the chicken. When the chicken has browned up add garlic and ginger and stir.
3. Add onions and sweat them (2 minutes). Add tomatoes and green pepper and stir.
4. When the tomatoes and pepper are cooked through add water (150 ml) and fresh cream. Stir and simmer on low heat for 5 minutes so all the flavours can marry. And that's it!! Quick and easy.

4-5 SERVINGS, COOKING TIME 35 MIN

MONDAY

Muriwo weRape (Kale)



ingredients

- 1 Bunch of Rape veggies (muriwo weRape)
- 3 tbsp oil for frying
- 1 tsp salt

method

1. Wash vegetables thoroughly under running water and break-off steam. Cut veggies into thin strips. Heat oil in pan.
2. Test if oil is ready by throwing a strip of the vegetables. If strip sizzles add rest of vegetables. Add salt and stir occasionally for the next 5 to 8 minutes. Do not exceed 8 minutes.
3. Your muriwo weRape is ready!



Important

Tonight you will need to marinate your chicken for tomorrow (Tuesday) and leave in the refrigerator overnight. When supper time preps comes tomorrow all you'll need to do in as far as the meat is concerned is to put in the grill!

4-5 SERVINGS, COOKING TIME 30 MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Monday recipes.

1. Mealie-meal
2. 1 packet Cream of mushroom soup powder
3. Margarine
4. 700g chicken portions
5. Medium onion
6. 1 Tomato
7. 1 Green pepper
8. Salt
9. Fresh cream
10. Cooking oil
11. 1 Bunch of Rape veggies (muriwo weRape)

TUESDAY BRIEF

Today on the menu we have

Plain Rice served with Grilled Garlic 'n Herb Bream, Tomato and Onion Soup and Tomato and Mozzarella Salad with Soaked then Roasted Groundnuts for a snack later!

In trying to achieve a balanced meal, our starch is coming from the Rice, Protein and essential amino acids from Fish and our minerals and vitamins from the salad.

As mentioned earlier, for the good health of our body, it's important to eat fish at least once a week. It's a fantastic food for our brain. So this here is our weekly dose of this super food!

If you're going to follow the recipe to the last 'T' ensure that your fish is about 3kg else the final product will be too salty or lemony if you use anything smaller without adjusting the rest of the ingredients.

The groundnuts are an optional after supper snack, not mandatory!

TUESDAY

Plain Rice



ingredients

- 4 cups long grain rice
- 1 tsp salt
- 1 tbsp pure vegetable oil

method

1. Put your rice in the pot. Wash and rinse it until the water is no longer milky white. Add water which will be about 5cm above your rice (if measurements are too difficult, the water level should be about three quarter way up between the two lines on your index finger when you place it on top of the rice).
2. Add salt and pure vegetable oil then partly cover pot. Bring rice to the boil then reduce the heat one notch down. As soon as the water is not visible, reduce the heat again one notch down and close the pot until the water is completely finished.
3. When the water's finished, the rice should be done, take a fork and fluff it up. Close pot if not serving right away, add a little of water and keep on the lowest heat on the stove until required

4-5 SERVINGS, COOKING TIME 25 MIN

Grilled Garlic & Herb Kariba Bream



ingredients

- 1 large bream (about 3kg)
- 3 tsp lemon rind
- 60 ml lemon juice
- 3 tbsp dried mixed herbs
- 5 cloves garlic, chopped
- 3 tbsp olive oil/ pure vegetable oil
- 3 tsp coarse salt
- 1/4 tsp ground black pepper
- 4 lemon wedges

method

1. With your bream (scale and clean your bream). Put dried mixed herbs, garlic, lemon juice, lemon rind, ground black pepper and olive oil in a bowl. Give a quick mix until everything is combined.
2. Line your roasting tray with 2 sheets of aluminium foil paper. Cut three slits into the bream on each side. Spoon the lemon, garlic and herb mixture onto the fish. (Scoop in as much of the mixture into the slits as you can, and massage the rest of it onto the bream.) Sprinkle the coarse salt onto the fish and put some around the fish on the foil paper. Place the lemon wedges on each end of the bream.
3. Wrap your bream in the foil paper. Put in the oven and grill for 1 hr 30 minutes at 180 degrees Celsius/ 350 degrees Fahrenheit/ Gas Mark 3. After 1 hour of cooking, unwrap the bream and leave it open so it can brown up a little and place it back in the grill for the remaining 30 minutes. And your grilled garlic and herb Kariba bream is ready. Serve hot with a squeeze of lemon juice!

4-5 SERVINGS, COOKING TIME 1HR 30MIN

TUESDAY

Tomato & Onion Soup



ingredients

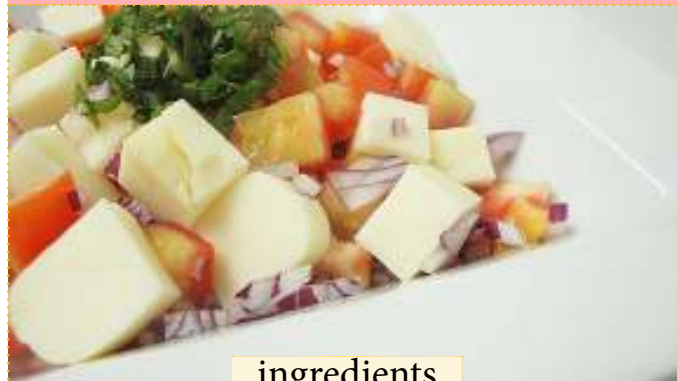
1/2 onion
1/2 tomato
1/2 tsp curry powder
1/2 tsp salt
2 tbsp tomato soup powder
60ml cold water
oil for frying

method

1. Gather ingredients. Chop onions, tomatoes and garlic finely. Heat oil in pan and add garlic first and stir. (30 seconds)
2. Add onions and stir. Add curry powder and stir.
3. When onions are done and the curry powder has infused well with the onions add tomatoes and stir. Add soup powder and water, stir and let it simmer for 3 minutes, stirring occasionally until soup thickens. And your soup is ready!

4-5 SERVINGS, COOKING TIME 10 MIN

Tomato & Mozzarella Salad



ingredients

2 medium tomato, chopped into cubes
180g Mozzarella cheese, cubed
1/2 small red onion, chopped finely
4-5 fresh leaves basil, chopped

method

1. Get your ingredients ready.
2. Put your tomatoes and red onion in the bowl/plate.
3. Add your mozzarella cheese.
4. Mix gently with your tablespoon. Garnish with the basil.

4-5 SERVINGS, PREP TIME 5 MIN

TUESDAY

Dried then Soaked Roast Nuts (optional)



ingredients

250g Shelled Groundnuts (*dzaka menyewa*)
Water
Salt to taste

method

1. Get your dried raw peanuts and soak in a bowl with water for some 5 to 7 minutes. Optionally add some salt to the water if you wish to have a seasoned final product.
2. After some 5-7 minutes of soaking, drain the water out and put the now soaked groundnuts into a heavy base pan (regular kitchen pan should also work), place pan on stove top and turn on the heat.
3. As the pan gets hot and roasts the nuts, the soaked water in the groundnuts begin to "cook" the peanuts from inside. Stir the nuts in the pan all this time to prevent them from burning. There is moderate browning of the groundnuts which indicates the nuts are getting ready. Feel free to reduce heat if it appears as if the nuts are burning.
4. Pick a few nuts from the pan for a taste to check if you are happy with the roasting. Typically they should be soft and well cooked yet a little browned on the outside.

4-5 SERVINGS, COOKING TIME 10 MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Tuesday recipes.

1. Long grain rice
2. Table Salt
3. Pure vegetable oil
4. 1 large bream (about 3kg)
5. 4 lemons
6. Dried mixed herbs
7. Fresh garlic
8. Coarse salt
9. Ground black pepper
10. 1 onion
11. 3 medium tomatoes
12. Curry powder
13. Tomato soup powder
14. 180g Mozzarella cheese
15. 1 small red onion
16. Fresh basil
17. 250g Shelled Groundnuts (optional)

WEDNESDAY BRIEF

On the Menu today is

Spaghetti Bolognaise served with Warm Lettuce Salad with Fruit Salad as Dessert.

It's mid-week, let's have dessert! It's simple to prepare. You can have it as is or with a light drizzle of fresh cream (totally optional).

Looking at our menu, we're getting out starch from the Spaghetti, our protein from the Mince and our minerals, nutrients and vitamins from the two salads!



Tomorrow we'll be having fried samp. To cut on cooking time tomorrow, please soak your samp overnight today. Better still, situation permitting, you can then have it boiled during the day tomorrow then you finish off in the evening.

WEDNESDAY

Spaghetti Bolognese



ingredients

400g Spaghetti
600g Fat free mince
1/2 onion (chopped)
1 can tinned tomatoes (410g)
1/2 green pepper (chopped)
2 cloves garlic (chopped)
1 teaspoon fresh ginger (chopped)
1/4 tsp ground black pepper
1 tsp salt
3 tsp dried mixed herbs
60 ml water
2 tbsp tomato puree
1 tsp Worcestershire Sauce
Parmesan cheese (optional)
oil for frying

method

1. Prepare your spaghetti according to the instructions on the packet. Get your other ingredients ready.
2. Heat oil in pan, add your garlic and ginger and give a quick swirl.
3. Add chopped onions and green pepper. Saute onions until they are translucent (about 2 mins). Add the mince and fry until it has browned up.
4. Add the tinned tomatoes and tomato puree, water and salt, ground black pepper, dried mixed herbs and Worcestershire sauce.
5. Stir and simmer on low heat for 5 minutes. Your mince is ready. When serving, spoon this over your spaghetti and grate some Parmesan cheese on top. Bon Appetite!

5 SERVINGS, COOKING TIME 35 MIN

Warm Lettuce & Baby marrow Salad



ingredients

5 lettuce leaves
1 small tomato, chopped
2 spring onions, chopped finely
6 baby marrow, chopped
Salt and freshly ground black pepper to taste
1 1/2 tbsp mayonnaise (optional)

method

1. Cut your baby marrow and steam them on the stove top or microwave for 2 min 30 sec.
2. As they are cooking, break up your lettuce leaves and put in bowl. When the baby marrow is cooked, add it to the bowl with lettuce immediately, whilst it's still hot.
3. Add the diced spring onions and chopped tomato. Season with salt and freshly ground black pepper.
4. Add the mayonnaise just before serving and combine gently. Enjoy!

5 SERVINGS, PREP TIME 5 MIN

WEDNESDAY

Apples, Peaches & more in a Jar



ingredients

- 2 medium green apples
- 1 punnet strawberries
- 1 medium bunch grapes
- 1/2 small paw paw
- 1 large peach
- 2 medium bananas

method

1. Get together all the fruits you want to use.
2. Get your mason jars ready.
3. Wash your fruits then slice them in whichever way you wish.
4. Begin to layer your fruits in the mason jars. Here I started with apples, followed by strawberries and the paw-paws.
5. Continue with the layering of the fruits until you reach to the top and you leave about 1 cm from the top of the bottle. Squeeze some orange juice into the bottle for flavour as well as to prevent the apples from discoloring (if you're using apples). That's it, Bon Appetite!

4-5 SERVINGS, PREP TIME 8MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Wednesday recipes.

1. 400g Spaghetti
2. 600g Fat free mince
3. 1 onion
4. 1 can tinned tomatoes (410g)
5. 1 Whole Green pepper
6. Garlic cloves
7. Fresh ginger
8. Ground black pepper
9. Salt
10. Dried mixed herbs
11. Tomato puree
12. Worcestershire Sauce
13. Parmesan cheese (optional)
14. Cooking oil
15. 1 head Lettuce
16. 1 Tomato
17. Spring onions
18. 6 baby marrow
19. Mayonnaise of your choice (optional)
20. 2 Medium Green apples
21. 1 punnet Strawberries
22. Grapes
23. Paw paw
24. 1 Peach
25. 2 Bananas

THURSDAY BRIEF

On our menu today is

Fried Samp served with Simple Rustic Boerewors and Simple Cucumber Salad.

As usual, looking at our menu, we're gaining our starch from the samp, our protein from the boerewors as well as the other components in the fried samp. Our minerals, nutrients and vitamins are coming from the salad and again from some of the elements in the fried samp. A power-packed meal!

THURSDAY

Fried Samp with Egg & Corned Meat



ingredients

300g samp (manhunchu), cooked
1 large can corned meat/ equivalent shredded chicken
1 small onion, chopped
2 medium carrots, cooked
2 large eggs, beaten
1/4 large green pepper, chopped
2 cloves garlic, chopped
4 tbsp oil, for frying
1 tsp curry powder
2 tsp tumeric

method

1. Gather your ingredients together.
2. Heat oil in pan. Add the eggs and stir as though you are making scrambled eggs. As soon as they seem done, take them out of the pan and put them in a plate or bowl and set aside.
3. In the same pan, add onions, carrots, curry powder, tumeric and garlic. Cook for about 3 minutes, stirring as you go.
4. Add corned meat (or shredded cooked chicken if that's what you're using) and green pepper.
5. Stir until just combined.
6. Immediately add the samp and combine gently. Take set aside eggs and mix into the samp.
7. Your fried samp is ready!

4 SERVINGS, COOKING TIME 15 MIN

Simple Rustic Boerewors



ingredients

500g Boerewors sausage
1/2 medium onion
1/4 large red pepper
1/4 large green/yellow peppers
1 tbsp fresh basil
2 tsp fresh parsley

method

1. Get your ingredients ready.
2. Put your sausage in the pan. Depending on what type you're using you won't need to add any oil as it will contain some already. As the sausage is cooking, the juices and oil will naturally flow out.
3. Fry until sausage is browned. If the juices that flow out are too much you may drain and leave just what you need to continue cooking. Add the onions.
4. Fry until sausage is browned. If the juices that flow out are too much you may drain and leave just what you need to continue cooking. Add the onions.
5. Add the herbs and cook for just 30 seconds. Your dish is ready!

3-4 SERVINGS, COOKING TIME 15-20 MIN

THURSDAY

Simple Cucumber Salad



ingredients

- 1 large cucumber, chopped
- 1 large tomato, chopped
- 1/2 red onion, sliced
- 2 tbsp salad dressing of choice

method

1. Get your ingredients together.
2. Chop your tomato and cucumber (removing the seeds).
3. Slice your onion. Put the cucumber, onion and tomato into a bowl and give a quick toss.
4. Add the salad cream and mix gently. Refrigerate until required and enjoy!

4-5 SERVINGS, PREP TIME 8MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Thursday recipes.

1. Samp (manhunchu)
2. 1 large can corned meat/ equivalent shredded chicken
3. 2 Onions
4. 2 medium carrots
5. 2 large eggs
6. 1 green pepper
7. Fresh Garlic cloves
8. Cooking oil
9. Curry powder
10. Tumeric
11. 500g Boerewors sausage
12. 1 Red pepper
13. 1 Yellow pepper
14. Fresh basil
15. Fresh parsley
16. 1 large cucumber
17. 1 large tomato
18. 1 Red onion
19. Salad dressing of choice

FRIDAY BRIEF

On the menu today is

Sadza served with Goat Stew and Simple Sautéed Cabbage & Carrots

The sadza is where our starch is coming from, with the goat stew providing the protein and our vitamins and minerals coming from the cabbage and carrots.

If you don't fancy Goat meat for one reason or another you may prepare beef stew instead. However, before you quickly dismiss the goat meat because of the scent it produces during during, you don't have to worry about that. The herbs, vinegar and lemon added to the boiling water deals with it ruthlessly :D !

FRIDAY

Plain Sadza (Pap)



ingredients

350g mealie-meal
1 cup cold water
750 ml boiling water

method

1. Put mealie-meal in pot. Add cold water to make a paste. Put pot on stove and add boiling water whilst stirring simultaneously.
2. Keep stirring until rakukwata (it's boiling). Cover pot, reduce heat and let it simmer for 15 minutes.
3. After 15 minutes, add more mealie-meal bit by bit and as we say it in our vernacular, mona sadza (mix). Be sure to do it well.
4. When it's just about to reach the consistency you want, cover it rishinyire (loosely translated- let it simmer) for 5 minutes. Your sadza is ready. Serve with your preferred relish.

4 SERVINGS, COOKING TIME 25 MIN

Goat Stew



ingredients

500g super goat meat
3 lemon rings
3 whole cloves garlic
2 tbsp white wine vinegar
1/2 tsp salt
2 tbsp pure vegetable oil
1/2 small onion, chopped
3 large tomatoes, chopped

method

1. With your ingredients prepared, cut and wash your goat meat.
2. Add enough water to just cover it.
3. Add garlic, lemon, dried thyme, salt and white wine vinegar.
4. Bring to the boil then reduce heat to medium high and allow it cook until tender.
5. When meat is tender, discard the lemon. Add pure vegetable oil. Fry until meat begins to brown.
6. Add onions and sweat them for about 2 minutes. Add tomatoes and cook for about 3 minutes.
7. Reduce heat further to a gentle simmer and let it simmer for about 3-5 minutes. Your meat is ready.

4 SERVINGS, COOKING TIME 1HR 15MIN

FRIDAY

Simple Sauteed Cabbage with Carrots



ingredients

- 1 large carrot (grated)
- 1/4 small cabbage head (shredded)
- 1 tsp salt
- 2 tbsp oil for frying

method

1. With your grated carrots and shredded cabbage ready, heat oil in pan.
2. Add the cabbage and salt. Fry for about 2 minutes.
3. Add the carrots. Fry for another 2 minutes and that's it. Your sauteed cabbage and carrots are ready.

4-5 SERVINGS, PREP TIME 5MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Friday recipes.

1. Mealie meal
2. 500g super goat meat
3. 3 lemon rings
4. 3 whole cloves garlic
5. 2 tbsp white wine vinegar
6. Salt
7. Pure vegetable oil
8. 1 small onion
9. 3 large tomatoes
10. 1 large carrot
11. 1 small cabbage head

SATURDAY – BRIEF

Hoza weekend! Time to cook up a storm in the kitchen :) On the menu today is

*Crispy potato fries served with Steak 'n Chops
Steak, Creamy Chunky Mushroom Sauce and
Fruity Coleslaw Salad. Dessert is Rich egg-free
chocolate cake served with custard or ice-cream*

This is certainly one loaded menu. The flavours in these dishes are totally amazing. You'll be left craving for more with every bite!

Our protein is coming from the Steak, the Starch from the fries, minerals and vitamins from the salad. The cake is a little treat from the sweets food group! Even if you're on a diet, a little treat once in a while is good! Note I said LITTLE treat, ONCE IN A WHILE!

SATURDAY

Crispy Fries



ingredients

2 kg potatoes
Oil for frying
Salt and pepper

method

1. Wash and peel potatoes. Cut them into chips. Don't make them too thin or too thick. After cutting them into chips heat oil in pan. Rinse and pat dry chips and put them in pan.
2. Just as your chips are about to turn golden brown, remove them from the pan sprinkle your seasoning and allow them to cool.
3. Just before serving return them to the pan to achieve the golden color and crispness on the outside. Keep an eye on them turning them to achieve an even golden brown color on all of them.
4. Once you have achieved the even golden brown color remove from heat and serve immediately your crisp on the outside and soft on the inside chips are ready.

4 SERVINGS, COOKING TIME 20-25 MIN

Steak 'n Chops Steak



ingredients

700g tender steak
Steak and Chops spice
Pure Vegetable/ Olive oil

method

1. Have your seasoning ready, that is your steak and chops spice.
2. Rub the meat with a bit of oil and the seasoning on both sides (to your heart's content!)
3. Lightly grease the pan with oil and heat it up. Add the meat and fry until browned (about 3-5 min on each side depending on the thickness of the steak)

2-3 SERVINGS, COOKING TIME 20 MIN

SATURDAY

Creamy Chunky Mushroom Sauce



ingredients

150g button mushrooms
150ml fresh cream
1/2 tsp salt
1/2 tsp freshly ground black pepper
3 cloves garlic, chopped
1 tsp fresh basil, chopped
1 tbsp butter/ margarine/olive oil
1 tbsp plain flour
150ml fresh milk

method

1. Gather your ingredients together.
2. Melt the butter (or margarine suitable for making sauces) in a pot.
3. Add the garlic and basil. Saute for about 30 seconds.
4. Add the mushrooms and allow them to cook for about 5 min, stirring occasionally.
5. Add the fresh cream.
6. Stir until the fresh cream is evenly incorporated.
7. Replace the lid and allow the fresh cream to gently simmer until it has evaporated/is reduced! The mushrooms should now also have a lovely golden brown colour to them!
8. When the mushrooms are golden brown and the fresh cream has reduced strain out the excess oil now created from the fresh cream.
9. Mix flour and a little milk in a small bowl to make a paste. Pour this paste into the pot with mushrooms. Add the rest of the milk and allow it to simmer gently for 10 min, stirring occasionally. Season with salt and pepper. Enjoy!

4 SERVINGS, COOKING TIME 20-25 MIN

Fruity Coleslaw Salad



ingredients

1/4 cabbage (shredded)
1 large carrot (finely grated)
2 tbsp pineapples (diced into small chunks)
1 shallot (finely chopped)
1/2 medium sized apple (grated)
3 tbsp raisins
3 tbsp mayonnaise

method

1. With your ingredients ready, add your grated carrots to the cabbage. Mix well then add the chopped shallots.
2. Add raisins, pineapple chunks and finally the apple. Mix up everything together.
3. When everything's mixed up well add mayonnaise.
4. Mix well one last time and refrigerate for at least 30 min. Serve chilled with your favorite acc



Tip

When you grate your apple squeeze a bit of lemon juice in it to avoid oxidation which will cause the apple to discolor. If you do not have lemon juice just grate the apple when you're about to add it to the rest of the ingredients in the bowl.

5-6 SERVINGS, COOKING TIME 8 MIN

SATURDAY

Rich Egg Free Chocolate Cake



ingredients

1/2 cup cocoa powder
2 cups old fashioned brown sugar
3 cups self-raising flour
3/4 tsp salt
1 tsp bicarbonate of soda
Pinch Cream of Tartar
3/4 cup pure vegetable oil
2 1/2 tsp vanilla essence
2 1/2 cups warm water
2 tbsp white vinegar

method

1. Preheat oven to 170 degrees Celsius/ 330 degrees Fahrenheit. Grease and line your baking tin with grease-proof paper. Measure your ingredients and get ready to start.
2. Sift the flour, cocoa powder, bicarbonate of soda, salt, and cream of tartar into your mixing bowl.
3. Add sugar and whisk until it is a uniform colour.
4. Add oil, vinegar, essence, water and mix.
5. Mix until just combined, be careful not to over-beat this. You want everything to be just combined.
6. Pour your batter into the prepared baking tin and bake for 35-40 minutes or until skewer comes out clean. Enjoy your cake.

10 SERVINGS, BAKING TIME 35MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Saturday recipes.

1. 2 kgs potatoes
2. Cooking oil
3. Salt
4. Ground black pepper
5. 700g tender steak
6. Steak and Chops spice
7. 150g button mushrooms
8. Fresh cream
9. Fresh Garlic cloves
10. Fresh basil
11. Butter/ Margarine/ Olive oil
12. Plain flour
13. 1 ltr Fresh milk
14. Cabbage head
15. 1 large carrot
16. Pineapple (tinned or fresh)
17. Shallots
18. 1 apple
19. Raisins
20. Mayonnaise
21. Cocoa powder
22. Old fashioned brown sugar
23. Self-raising flour
24. Bicarbonate of soda
25. Cream of Tartar
26. Vanilla essence
27. White vinegar
28. Custard powder
29. Granulated sugar

WEEK TWO SUMMARY

sunday

- Garlic & Ginger Rice,
- Sweet 'n Sour Pork/Chicken,
- Cucumber, Tomato & Peppers
- Banana Fritters served with ice-cream/custard

saturday

- Crispy seasoned potato wedges,
- Sweet 'n sour Spare Ribs,
- Green Salad with a twist
- Custard and Orange Loaf

monday

- Chicken Noodle Stir-fry

friday

- Sadza,
- Plain Roast Chicken,
- Spinach ine dovi (in peanut butter sauce)

tuesday

- Sadza,
- Moist 'n Tasty Bream,
- Covo with tomatoes and onion

thursday

- Creamy Bacon and Broccoli Pasta Bake,
- Crispy Lettuce Salad

wednesday

- Yellow rice with currants,
- Peppered Ox Kidney with Spring Onion,
- Bean Curry
- Protein Over-load Salad
- Plain Scones

SUNDAY WEEK 2 BRIEF

The last day of the weekend and first day of the week. We're ending the weekend and starting the new week on a high note. On the menu today is

Garlic and Ginger Rice served with Sweet 'n Sour Pork with Peppers and Cucumber Tomato and Peppers. Dessert is Banana Fritters served with ice-cream or custard.

Again, the flavours in these dishes are fantastic. The garlic and ginger rice is absolutely delicious. Pairing it with the sweet 'n sour pork is a perfect match and the cucumber salad is cool and refreshing. If you don't eat pork you can substitute it with chicken and prepare sweet 'n sour chicken. Our dessert is very simple yet so delicious.

SUNDAY

Garlic and Ginger Rice



ingredients

- 2 cups long grain rice
- 4 cups water
- 3 cloves garlic, chopped
- 1 tsp ginger, chopped
- 3/4 tsp salt
- 1 tsp all in one curry powder
- 1 small onion, chopped
- 1 large carrot, cubed

method

1. Have your ingredients ready.
2. Put your oil in a pot. Add the garlic and ginger. Fry on low heat for about 2 min.
3. This is so that the oil adopts the flavour of the garlic and ginger. Increase the heat and add the onions and curry powder. Fry for a minute. Add the carrots and fry for a further 2 min, stirring occasionally.
4. Add the rice and stir. Allow this to fry for 3 min, stirring regularly to make sure the rice does not stick to the pot.
5. Add water and salt. Stir a little and close the pot.
6. Bring to the boil then reduce the heat to a gentle simmer until the rice is cooked.
7. Fluff up the rice using a fork.

4 SERVINGS, COOKING TIME 20-25 MIN

Sweet 'n Sour Pork



ingredients

- 400g pork steak
- cloves garlic (chopped)
- 1/2 tsp ginger chopped
- 1/2 cup corn flour
- 1 tsp salt
- 2 tsp soy sauce
- 3 tsp olive oil
- 1/2 tsp ground black pepper
- 1/4 Large Green pepper
- 1/4 Large Red Pepper
- 1/4 Large Yellow Pepper
- Sweet and Sour Sauce
- Pure vegetable Oil for frying

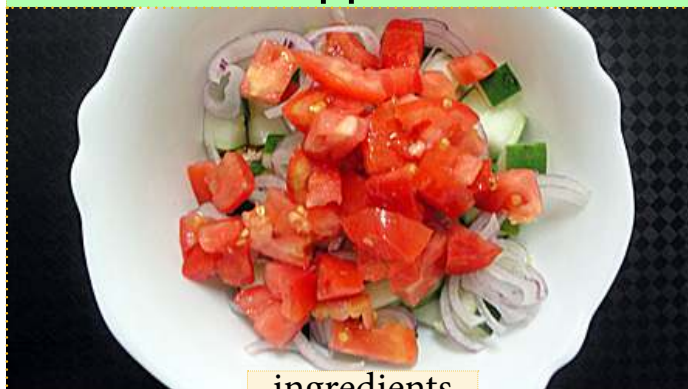
method

1. Cut pork into fairly sized cubes. Add 3/4 of the garlic and ginger, then add salt and ground black pepper. Add olive oil and mix well. Refrigerate in an airtight container for 48 hours.
2. After 48 hours, add soy sauce, mix and refrigerate for another 2 hours. After 2 hours, coat each pork cube in cornflour.
3. Heat oil in pan, add coated pork cubes to the heated oil and brown the pork. When pork is done, set aside and begin to prepare your sweet and sour sauce.
4. When your sauce is ready, cut your red, green and yellow peppers into julienne strips and dice your onion. Heat oil in pan, add garlic, onion and green pepper.
5. Add red pepper, yellow pepper and stir. Reduce heat then add the sweet and sour sauce.
6. Finally, fold in your set aside browned and crispy pork cubes, stir, cover pan and let simmer for 3 mins. Your pork's ready. Bon Appetite!

4 SERVINGS, COOKING TIME 35 MIN

SUNDAY

Cucumber & Tomato with Peppers



ingredients

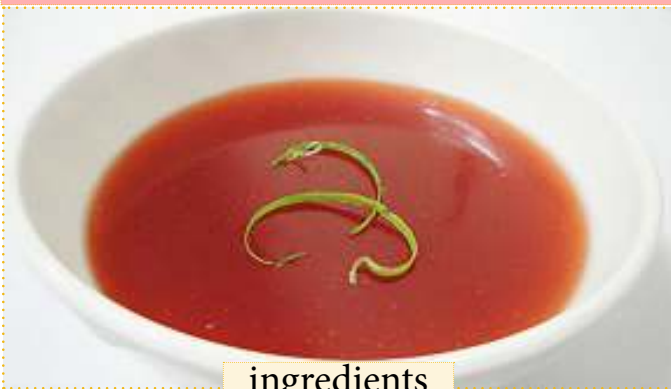
1 large cucumber, chopped
1 large tomato, chopped
1/4 large red pepper, chopped
1/4 large green pepper, chopped
1/4 large yellow pepper, chopped
2 small gherkins, sliced
1 tbsp olive/ pure vegetable oil
1 tbsp white vinegar
1 tsp sugar
1/2 tsp salt
1/4 tsp ground black pepper
2 cloves garlic, finely chopped

method

1. Get your ingredients together.
2. Chop your tomato and cucumber (removing the seeds).
3. Chop the peppers and slice the gherkins. Put all the chopped and sliced vegetables in a bowl and give a quick toss. Refrigerate until required.
4. In the meantime prepare your salad dressing. In a small bowl or jug, put the oil, vinegar, sugar, salt, ground black pepper and garlic. Give a good mix using a whisk. Pour this over your salad just before serving and enjoy!

4-5 SERVINGS, COOKING TIME 8 MIN

Sweet 'n Sour Sauce



ingredients

1/2 cup tomato sauce
1 cup brown sugar
1/4 cup vinegar
1 tbsp honey
3 tsp soy sauce
1 cup pineapple juice
2 tbsp canned pineapple (cut into slices)
2 cloves garlic (minced)
1 tsp fresh ginger (minced)
1 cup water
3 tsp corn flour

method

1. Get your ingredients ready. In a sauce pan add pineapple pieces, pineapple juice and sugar.
2. Add tomato sauce, vinegar, water, garlic and ginger.
3. Add soy sauce, stir all the ingredients until the sugar is dissolved. Close your pot and bring to the boil for about 5 minutes. After 5 minutes add honey and stir.
4. Blend your sauce. Alternatively, you may use a sieve. Take your corn flour and add a little water to make a thick paste. Add paste to the sauce and stir. Reduce heat and simmer for 3 minutes.
5. After 3 minutes your sauce should be ready to be served.

2 CUPS, PREP TIME 7 MIN

SUNDAY

Banana Fritters Served with Ice Cream or Custard



ingredients

5 large bananas (halved)
1/4 cup fresh milk
1/4 cup plain flour
1/4 cup self raising flour
1/2 tsp salt
1/2 tsp pure vegetable oil
1 tsp vanilla essence
1 egg (lightly beaten)
Oil for frying
2 tbsp castor sugar

method

1. With your bowl ready, sift your dry ingredients into the bowl. These are plain flour, self-raising flour and the salt.
2. Gradually whisk in the egg.
3. Whisking still, add milk, vanilla essence and oil. Whisk until everything is mixed well and the batter is of a thin consistency.
4. Working in batches, dip banana halves into the batter. Heat oil in pan and add the batter-coated bananas.
5. Fry until bananas turn golden brown. Repeat process until all the banana halves are cooked. Do not overcrowd your pan.
6. Once the banana fritters have turned golden brown, remove them from heat and place on greaseproof paper.
7. Immediately sprinkle castor sugar onto the banana fritters whilst they are still hot. And there you have it, your banana fritter are ready. Serve with Ice-cream or custard

4-5 SERVINGS, COOKING TIME 5 MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Sunday recipes.

1. Long grain rice
2. Fresh Garlic bulb
3. Fresh Ginger bulb
4. Salt
5. All in one curry powder
6. 1 small onion
7. 1 large carrot
8. Tomato sauce
9. Brown sugar
10. White Vinegar
11. Honey
12. Soy sauce
13. Pineapple juice
14. Canned pineapple pieces
15. Corn flour
16. 400g pork steak
17. Olive/ Pure vegetable oil
18. Ground black pepper
19. 1 Green pepper
20. 1 Large Red Pepper
21. 1 Large Yellow Pepper
22. 1 large cucumber
23. 1 large tomato
24. Gherkins
25. 5 large bananas
26. Fresh milk
27. Plain flour
28. Self raising flour
29. Vanilla essence
30. Eggs
31. Castor sugar and Custard Powder

MONDAY BRIEF

Our Monday menu is as follows;

Chicken Noodle Stir-fry!

Yes, just one dish! Where are the vegetables you may be wondering. Don't you worry, it's an all-in-one dish. The starch, protein, minerals, vitamins and nutrients are all in the one dish. How fantastic is that! Convenience at it best in my opinion.

Look out for the crunchiness in the chicken. Absolutely delish! It's got a bite, a crunchiness on the outside, yet so tender and moist on the inside :)

MONDAY

Chicken Noodle Stir-fry



ingredients

4x75g pkt noodles
500g chicken breasts (cut into strips)
3 1/2tbsp cornflour
1 1/2 tbsp sweet paprika
3/4 small onion, chopped
5 cloves garlic, crushed
1 1/4 tsp fresh ginger, chopped
4 tbsp pure vegetable oil
6 cups frozen mixed veg
2 tsp salt
1 1/2 tsp soy sauce

method

1. Get all the ingredients you'll need ready. Prepare the noodles as you normally would and set aside.
2. Season your cornflour with paprika and salt (1 tsp).
3. Season your chicken breast strips with a little salt (1 tsp) too. Coat the chicken strips with the seasoned cornflour.
4. Heat oil in pan. Shake off an excess cornflour from the chicken strips and add them to the pan.
5. Fry until golden brown. Remove from pan and set aside.
6. Using the same pan, add garlic and ginger and fry on low heat for a minute so the oil can get a lovely flavour.
7. Increase heat a little and add the onions. Fry for about 2 minutes. Add the frozen mixed veg and fry for 1 minute.
8. Add noodles, chicken strips and soy sauce stir and cook for another minute and you're good to go! Enjoy!

4-5 SERVINGS, COOKING TIME 15MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Monday recipe.

1. 4x75g pkt noodles
2. 500g chicken breasts (cut into strips)
3. Cornflour
4. Sweet paprika
5. 1 small onion
6. 5 cloves garlic
7. Fresh ginger
8. Pure vegetable oil
9. Frozen mixed veg
10. Salt
11. Soy sauce

TUESDAY – BRIEF

It's Tuesday and on the menu today is

Sadza served with Moist'n Tasty Bream and Covo with tomatoes and onion.

Here is our weekly dose of fish! Made differently this time. My family and I absolutely love this fish and I hope you will too. There's no soup on this menu as the vegetables are somewhat 'soupy'. If you however feel that you need some soup you can go ahead and prepare some tomato and onion soup.

Again if you don't eat fish you may prepare chicken or beef as an alternative.



A sneak peek on tomorrow's Menu. There's Sugar beans with a hint of sweetness. Much like we did with samp last week, we need to soak our beans overnight to cut on our cooking time by half. Again if permitting, you could have these boiled during the day, come supper time you do your thing!

TUESDAY

Plain Sadza



ingredients

350g mealie-meal
1 cup cold water
750 ml boiling water

method

1. Put mealie-meal in pot. Add cold water to make a paste. Put pot on stove and add boiling water whilst stirring simultaneously.
2. Keep stirring until rakukwata (it's boiling). Cover pot, reduce heat and let it simmer for 15 minutes.
3. After 15 minutes, add more mealie-meal bit by bit and as we say it in our vernacular, mona sadza (mix). Be sure to do it well.
4. When it's just about to reach the consistency you want, cover it rishinyire (loosely translated- let it simmer) for 5 minutes. Your sadza is ready. Serve with your preferred relish.

4-5 SERVINGS, COOKING TIME 25 MIN

Moist 'n Tasty Kariba Bream



ingredients

2 x 700g Kariba Breems
100g plain flour
50g beef flavoured soup powder
2 eggs, beaten
1 tsp salt
Pure vegetable/ Olive oil for frying

method

1. Get your ingredients ready.
2. Wash, de-scale and cut each fish in half horizontally.
3. Combine the flour, soup powder and salt in one of the dinner plates.
4. Pour the beaten egg in the other dinner plate. Dip the fish in the egg and coat it well. Shake off any excess egg, dip the fish in the seasoned flour and again shake off any excess coating. Repeat process for each piece.
5. Heat oil in pan. Add the fish then immediately reduce the heat.
6. Fry until golden brown, crispy and fish is cooked, turning the fish not more than two times to avoid it from breaking up.
7. When the fish is cooked through and ready, put it in the other dinner plate on top of absorbent/ grease proof paper for any excess oil to be absorbed by the paper. Your fish is ready. Enjoy!

4 SERVINGS, COOKING TIME 35 MIN

TUESDAY

Covo with Tomatoes & Onions



ingredients

- 1 onion, chopped
- 1 large tomato, chopped
- 1 bundle Covo
- 2 tsp salt
- Pure vegetable oil for frying

method

1. With your onions, tomatoes and vegetables washed and chopped, heat oil in pan.
2. Add the onions and saute them for about a minute. Add the vegetables and salt.
3. Stir and cook for about a minute.
4. Add the tomatoes and stir. Cover pot, reduce heat and simmer for about 3 minutes and that's it.

4-5 SERVINGS, COOKING TIME 15MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Tuesday recipes.

1. Mealie meal
2. 2 x 700g Kariba Brems
3. Plain flour
4. Beef flavoured soup powder
5. 2 eggs
6. Salt
7. Pure vegetable/ Olive oil
8. 1 onion
9. 1 large tomato
10. 1 bundle Covo

WEDNESDAY BRIEF

On our mid-week Menu today we have

Yellow Rice with Currants served with Peppered Ox Kidney with Spring Onions, Sugar Beans with a hint of sweetness and Protein Over-load Salad. Scones and Tea for later!

A simple and straight forward menu. The rice is our source of starch, the kidney, beans and salad our source of protein. We're also gaining minerals and vitamins from some of the salad components.

Seeing as it's mid-week we always have a little extra something :) (totally optional though) Today it's scones. Before you scratch them because of time, they take less than 30 min to prepare and bake! You can enjoy them with a late night cuppa. Spread some margarine and jam or whipped fresh cream.

WEDNESDAY

Yellow Rice with Currants



ingredients

- 3 cups long grain rice
- 1 tsp turmeric
- 1 tsp salt
- 1 tbsp pure vegetable oil
- 1/2 cup currants/ raisins/ sultanas (optional)

method

1. Get your rice, turmeric and currants ready.
2. Put the rice in a pot and wash it until the water's no longer milky white. Add water (I usually use my index finger to measure the amount of water. Place your index finger above the rice. The water level should be just below the second line on your index finger.)
3. Add salt and turmeric.
4. Add oil, partly close the pot and bring it to the boil. In the meantime, put currants in jug or bowl and pour water, just enough to cover them.
5. When the rice begins to boil, reduce heat. When the water's finished and rice is cooked, fluff it up using a fork. If you're using them, now would be the time to add currants and mix using a fork and you're done.

4 SERVINGS, COOKING TIME 15-20 MIN

Sugar Beans with a Hint of Sweetness



ingredients

- 250g dried sugar beans
- 600ml Beef stock
- ½ teaspoon salt
- 1 tsp curry powder
- 5 tbsp granulated brown sugar
- 2 medium carrots, diced
- 3 cloves garlic, chopped
- 50ml pure vegetable oil
- ½ medium onion
- 3 tomatoes, chopped
- 2 tbsp tomato sauce
- 3 tbsp tomato soup powder
- 60 ml water
- 2 tsp Worcestershire Sauce

method

1. Get the ingredients ready.
2. Put the beans in a pot. Add water/beef stock. (Beef stock will work better as it will add more flavour to the beans.)
3. Close pot, bring to the boil then reduce heat to a gentle simmer. Simmer until the beans are tender. Put the beans in a separate bowl together with any excess liquid.
4. Use the same pot to prepare the soup. Heat oil in the pot. Add carrots, garlic, onions and curry powder. Stir until onions are translucent and carrots are a bit cooked but still crunchy (3 minutes).
5. Add tomatoes and stir. Cook for another 3 minutes. Return cooked beans together with any excess liquid to the pot and stir.
6. Add the sugar.
7. Give a good stir to incorporate the sugar into the stew evenly.
8. Mix the soup powder with the 60 ml cold water to make a smooth paste. Pour this into the bean stew together with the tomato sauce and Worcestershire sauce. Close the pot one last time and simmer for a further 5-10 minutes to allow the flavours to marry and infuse into the beans. Enjoy!

4 SERVINGS, COOKING TIME 2HRS 30 MIN

WEDNESDAY

Peppered Ox Kidney with Spring Onion



ingredients

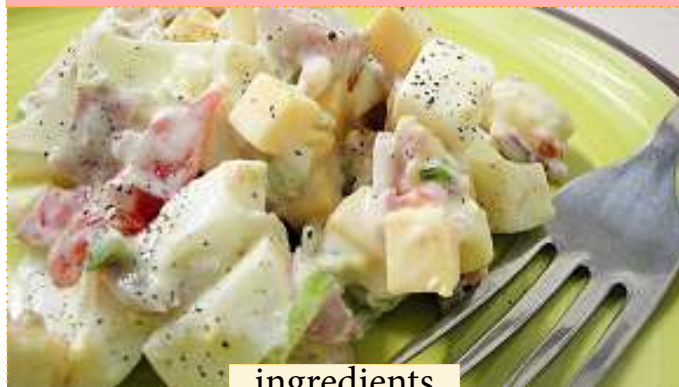
500g ox kidney liver
2 tbsp olive oil
3/4 tsp freshly ground black pepper
4 sprigs spring onions
1/4 tsp salt

method

1. Get your ingredients ready.
2. Chop the spring onions, get your black pepper ready and cut your kidney into bite size pieces, removing all excess fat.
3. Heat oil in pan, add the cut up kidney. Sprinkle with salt and pepper and fry until the meat is browned, stirring occasionally.
4. When the meat has browned, add the spring onions and fry for a minute. Your kidney is done. Enjoy!

4SERVINGS, COOKING TIME 15-20MIN

Protein Overload Salad



ingredients

4 hard-boiled eggs
1/4 red onion, finely chopped
1/4 tomato, chopped
1/4 green pepper, chopped
100g cheese, cubed
115g corned meat, cubed
3 tbsp salad cream
Salt and pepper to taste

method

1. Get your ingredients ready. Peel and cut the boiled eggs into chunks. Season with salt and pepper. Add the cheese and corned meat.
2. Add the red onion, green pepper, tomato and combine gently.
3. Add your salad cream and again combine gently. Chill in refrigerator until required. Serve chilled.

4 SERVINGS, COOKING TIME 15MIN

WEDNESDAY

Plain Scones



ingredients

5 cups self- raising flour
4 tbsp brown granulated sugar
2 eggs
1/4 tsp salt
400 ml milk/buttermilk (lacto)
50 g margarine/butter
extra flour for kneading
extra milk for brushing

method

1. Gather the ingredients you'll be using together. Lightly grease your baking sheet. Preheat oven to 180 degrees Celsius/ 350 degrees Fahrenheit/ Gas Mark 3.
2. Sift flour, sugar and salt into a bowl and add butter/margarine. Rub in the butter/margarine until a crumbly texture forms.
3. Make a well in the middle, add eggs, combine briefly then add milk and mix until a sticky dough forms.
4. Take extra flour for kneading and sprinkle on board or surface.
5. Place dough on lightly floured board or surface and knead briefly until dough is smooth and not sticky anymore (5 minutes).
6. Use your hands to flatten the scone dough, to about 2 cm thickness. Use a 5cm cutter to cut the scones and place them on the greased baking sheet. Lightly brush each scone with a little milk. Put in oven and bake for 15-20 minutes. And you're done!

22SERVINGS, BAKING TIME 15-20MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Wednesday recipes.

1. Long grain rice
2. Tumeric
3. Salt
4. Pure vegetable oil/ Olive oil
5. Currants/ raisins/ sultanas (optional)
6. Dried sugar beans
7. Beef stock cubes
8. Curry powder
9. Granulated brown sugar
10. 2 medium carrots
11. Fresh Garlic cloves
12. 1 medium onion
13. 4 tomatoes
14. Tomato sauce
15. Tomato soup powder
16. Worcestershire Sauce
17. 500g Ox kidney liver
18. Ground black pepper
19. Spring onions
20. 6 Eggs
21. 1 red onion
22. 1 green pepper
23. 100g cheese of your choice
24. 115g corned meat
25. Salad cream of your choice
26. Self- raising flour
27. Fresh milk/buttermilk (lacto)

THURSDAY BRIEF

Our Thursday Menu is a fabulous

Creamy Bacon & Broccoli Pasta Bake served with Crispy Lettuce Salad

These are very simple dishes and the taste is great! As usual, looking at our menu, the pasta is our source of starch, the bacon/chicken will be our source of protein together with the cheese. Our minerals and vitamins are coming from the salad as well as the broccoli. In fact, broccoli is an amazing source of Calcium, a mineral that our body uses to provide strong, healthy bones and teeth.



A point to note when preparing your bacon. DO NOT add any oil. Bacon already contains some fat and it will be released during the cooking process. It is this same oil that we'll use to prepare the other ingredients (for the flavour). If you're using chicken breast you may then add oil to cook it!

THURSDAY

Creamy Bacon & Broccoli Pasta Bake



ingredients

500g pasta
250g premium bacon
250g mozzarella cheese, grated
200g broccoli
White sauce
4 cloves garlic, chopped
1 medium tomato
1 tsp salt
1 tsp freshly ground black pepper
White wine vinegar
100 fresh milk
100 ml fresh cream

method

1. Get all your ingredients ready. Wash and break off the broccoli into small-medium sized florets.
2. Put chopped bacon in frying pan (no oil needed).
3. Fry on medium heat until bacon begins to brown, deglazing it with a few drops at a time of white vinegar as you go. When the bacon has browned, remove from the pan using your slotted spoon, making sure your straining the bacon fat, leaving it in the pan for the next stage.
4. Add the broccoli florets and garlic to the very same pan.
5. Fry them for about 3 minutes, leaving them a bit crunchy and set aside. Prepare white sauce.
6. Preheat your oven to 180 degrees Celsius/ 350 degrees Fahrenheit/ Gas Mark 3.
7. When your white sauce is done add the cooked pasta to it. Add the broccoli and half the bacon. Mix until just combined.
8. Put your bacon and broccoli pasta in the casserole dish.
9. Layer the tomato rings on top of the pasta. Take the remaining bacon and sprinkle it over the tomatoes and pasta. For that extra kick, sprinkle a bit of freshly ground black pepper on top.
10. As the final topping, sprinkle the grated cheese and lastly combine milk and fresh cream and pour this over the pasta.
11. Bake for 10- 15 minutes or until the top begins to turn into a lovely golden brown colour and you're done!

4SERVINGS, COOKING TIME 15-20MIN

Crispy Lettuce Salad



ingredients

1/2 lettuce head
2 medium tomatoes, cut into wedges
1/2 large cucumber, cut into wedges
1/4 large green pepper, cut into strips
1/2 medium red onion, cut into thin wedges
75g macadamia nuts, cut in half (optional)
2 medium cloves garlic, finely chopped
2 teaspoons parsley, chopped
1/2 tsp salt
1/2 tsp freshly ground black pepper
2 1/2 tbsp olive oil/ pure vegetable oil
2 tbsp white vinegar
2 tbsp white granulated sugar

method

1. Prepare all your ingredients.
2. Break off the lettuce into rough bits and put in the bowl.
3. Add the tomatoes wedges.
4. Add the rest of the ingredients in no particular order. Give everything a quick toss using the tongs or your hands!
5. Prepare your salad dressing by putting the garlic, parsley, salt, ground black pepper, oil, vinegar and sugar in a jug. Give a good whisk until well combined.
6. Add the salad dressing just before serving. This is so that your salad (esp the lettuce leaves) do not become soggy. Adding the salad dressing just before serving also enhances the flavour of your salad).
7. 6. Give another quick toss and your salad is ready. Enjoy!

4 SERVINGS, COOKING TIME 5 MIN

THURSDAY

White Sauce



ingredients

- 1 tbsp margarine
- 1 1/2 tbsp plain (all purpose) flour
- 2 cups fresh milk
- 1 tsp salt
- 1/2 tsp black pepper

method

1. Gather the ingredients you'll need together.
2. Melt the margarine in pot.
3. Once margarine has completely melted add the flour.
4. Stir briskly until mixture become crumbly.
5. Add your milk bit by bit and whisk, again briskly, to avoid getting lumps in your sauce.
6. Keep adding milk until you get the consistency you want. Add your salt and black pepper and whisk.
7. Your white sauce is ready.

4 SERVINGS, PREP TIME 10MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Thursday recipes.

1. 500g pasta
2. 250g premium bacon
3. 250g mozzarella cheese
4. 200g broccoli
5. Fresh Garlic cloves
6. 3 medium tomato
7. Salt
8. Ground black pepper
9. White vinegar
10. Fresh milk
11. Fresh cream
12. Margarine
13. Plain flour
14. Lettuce head
15. 1 large cucumber
16. 1 large green pepper
17. 1 medium red onion
18. 75g macadamia nuts (optional)
19. Parsley
20. White granulated sugar

FRIDAY BRIEF

Nearing the end of the week, on the brink of the weekend. We're keeping things simple and the menu is

Sadza served with Plain roast Chicken and Spinach ine dovi (in peanut butter sauce)

As we now are aware, the sadza is our source of starch, the chicken our source of protein and the spinach our source of minerals and vitamins. Since we 're adding peanut butter to our spinach it doubles up and also becomes a source of protein. #fingerlickinggood

FRIDAY

Plain Sadza



ingredients

350g mealie-meal
1 cup cold water
750 ml boiling water

method

1. Put mealie-meal in pot. Add cold water to make a paste. Put pot on stove and add boiling water whilst stirring simultaneously.
2. Keep stirring until rakukwata (it's boiling). Cover pot, reduce heat and let it simmer for 15 minutes.
3. After 15 minutes, add more mealie-meal bit by bit and as we say it in our vernacular, mona sadza (mix). Be sure to do it well.
4. When it's just about to reach the consistency you want, cover it rishinyire (loosely translated- let it simmer) for 5 minutes. Your sadza is ready. Serve with your preferred relish.

4-5 SERVINGS, COOKING TIME 25 MIN

Plain Roast Chicken



ingredients

700g Chicken portions
Salt and pepper to taste

method

1. Simply place your chicken portions in an oven proof dish, add a splash of white spirit vinegar and season with salt (and pepper if you wish) then chuck into the oven. 2. Grill-bake at 180 degrees Celsius/350 degrees Fahrenheit/ Gas Mark 3 for 50 minutes or until golden brown and skin is crispy.



Tip

There will be no need to add oil when roasting chicken as it already contains some fat which will be released during the cooking process.

4 SERVINGS, COOKING TIME 35 MIN

FRIDAY

Spinach ineDovi (in Peanut Butter Sauce)



ingredients

- 1/2 big bunch fresh spinach
- 1 small onion, chopped
- 2 medium tomatoes, chopped
- 3 tbsp peanut butter
- 3 tbsp oil for frying
- 50 ml water

method

1. Get all your ingredients ready.
2. Cut your spinach into fine strips.
3. Heat oil in pan, add the spinach and salt.
4. Add onions and fry for about 2 minutes. Add tomatoes, stir and cook for another 2 minutes.
5. Add peanut butter and a little bit of water, stirring until it's not too thick. It starts off thick and then thins out.
6. Close pot, reduce heat to the lowest possible mark and allow this to simmer for about 3-5 minutes. And that's it!

4 SERVINGS, PREP TIME 10MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Friday recipes.

1. Mealie meal
2. 700g Chicken portions
3. Salt
4. Ground Black Pepper
5. 1/2 big bunch fresh spinach
6. 1 small onion
7. 2 medium tomatoes
8. Peanut butter
9. Cooking oil

SATURDAY BRIEF

It's hoza weekend once again! And as usual, we're whipping up a great meal. On the menu today is

Crispy Seasoned Potato Wedges served with Sweet 'n Sour Spare Ribs and Green Salad. Dessert is Custard and Orange Loaf served with Custard or Ice-cream

We need to marinate the ribs for at least 3 hrs for the flavours to sip into the meat and bones. (The longer you can marinate it for, the better and more intense the flavour will be.) Be sure to use heavy duty foil paper for this recipe. Heavy duty foil paper is the best when grilling/baking. Light weight foil paper will tear up and won't work for this purpose.

Seeing as the dessert, potatoes and ribs will need the oven, I suggest that you prepare the dessert and ribs first ahead of time. You may then leave the ribs wrapped in the foil paper.

When you're now preparing the whole meal, start with the wedges and put them in the warmer as you return the ribs to the oven and warm them up uncovered.

SATURDAY

Crispy Seasoned Potato Wedges



ingredients

1.5 kg potatoes
2 1/2 tsp dried mixed herbs
4 tbsp olive oil or pure vegetable oil
3 1/2 tsp salt
1/2 tsp ground black pepper
1 3/4 tsp paprika
1/4 tsp turmeric

method

1. Have your spices ready and your potatoes washed and scrubbed.
2. Cut them up into wedges by first cutting each potato into half, vertically, then each half into 3 or four thick vertical strips which will be the wedges and put them in a bowl.
3. Immediately season and oil the potato wedges. Toss them about ensuring each wedge is evenly coated.
4. Line your baking sheet with foil paper, lay the wedges skin side down and grill for 60 minutes or until crispy and golden brown. Enjoy!

4SERVINGS, COOKING TIME 60MIN

Sweet 'n Sour Spare Ribs



ingredients

1 kg pork spare ribs
110ml sweet and sour sauce
1 tsp salt

method

1. Preheat oven to 180degrees Celsius/ 350 degrees Fahrenheit. Prepare your sweet & sour sauce. Put ribs in marinating container.
2. Generously spread the sweet and sour sauce on the ribs. Season with salt.
3. Close the container firmly and refrigerate for at least 3 hours
4. After your marinating time, your meat will be ready to be cooked.
5. Line your oven-proof dish with heavy duty foil paper.
6. Tear another separate sheet of heavy duty foil paper and place the ribs on the centre.
7. Place the ribs on the lined baking sheet/oven-proof dish. Fold the foil paper and seal the ribs inside. This is so that your ribs get cooked through whilst remaining juicy at the same time. It also ensures that the flavour is intensified during the cooking. Put in preheat oven and grill for 1 hour.
8. After 1 hour of cooking, add more sweet and sour sauce and massage it into the meat. Return the meat into the oven and grill for a further 15 minutes or until a beautiful caramelized colour is achieved. This time do not cover the ribs with the foil to ensure the heat caramelizes (browns) the meat.

4 SERVINGS, COOKING TIME 1HR 15MIN

SATURDAY

Green Salad



ingredients

Iceberg lettuce
Fancy lettuce
1 carrot
1 tomato
1 apple
1/2 cucumber
1 tbsp olives
1/4 medium red onion (optional)
4 tbsp Lemon juice
2 tbsp pure vegetable oil
1 tbsp white granulated sugar
1/8 tsp Salt
1/4 tsp Freshly ground black pepper
4 tbsp white grape/spirit vinegar

method

1. Get all your ingredients ready. Wash your vegetables, pat dry or allow them to dry.
2. Dice your apples into thin wedges. Soak them for 10 min in water that has lemon juice (2tbsp), sugar (1 tbsp) and vinegar (2 tbsp). This is so they do not discolour.
3. Break your lettuce into smaller pieces and put it in your bowl or serving plate straight..
4. Break the fancy lettuce into small pieces also and mix with the iceberg lettuce.
5. Peel and dice your carrot and add it to the lettuce. Next up, add the olives.
6. Dice your cucumber and add it to the bowl/ serving plate. If you're using the red onion now would also be the time to add it.
7. Finally, add your diced, soaked apples last and give everything a gently mix. For the dressing combine oil (2 tbsp), lemon juice (2 tbsp), freshly ground black pepper and salt. Pour over salad just before serving. Enjoy!

4SERVINGS,PREP TIME5MIN

Orange & Custard Loaf



ingredients

2 cups self-raising flour
1/3 cup custard powder
1 tsp baking powder
1 1/2 cup castor sugar
rind from 1 large orange
250ml orange juice
100g butter
3 eggs

method

1. Preheat oven to 180 degrees Celsius/ 350 degrees Fahrenheit. Grease and line your loaf tin with grease proof/ baking paper. Get the ingredients ready.
2. Sift custard powder, baking powder and self raising flour together into a bowl. Rub in the margarine until a coarse crumbly texture is formed.
3. Make a well in the middle and add the rest of the ingredients (in no particular order). Mix with wooden spoon until combined.
4. Pour batter into prepared loaf tin. Bake in preheat oven for 35-40 min or until skewer comes out clean when inserted. Allow to cool before attempting to take it out of the tin. Enjoy!

8SERVINGS,BAKING TIME40MIN

SATURDAY

Sweet 'n Sour Sauce



ingredients

- 1/2 cup tomato sauce
- 1 cup brown sugar
- 1/4 cup vinegar
- 1 tbsp honey
- 3 tsp soy sauce
- 1 cup pineapple juice
- 2 tbsp canned pineapple (cut into slices)
- 2 cloves garlic (minced)
- 1 tsp fresh ginger (minced)
- 1 cup water
- 3 tsp corn flour

method

1. Get your ingredients ready. In a sauce pan add pineapple pieces, pine apple juice and sugar.
2. Add tomato sauce, vinegar, water, garlic and ginger.
3. Add soy sauce, stir all the ingredients until the sugar is dissolved. Close your pot and bring to the boil for about 5 minutes. After 5 minutes add honey and stir.
4. Blend your sauce. Alternatively, you may use a sieve. Take your corn flour and add a little water to make a thick paste. Add paste to the sauce and stir. Reduce heat and simmer for 3 minutes.
5. After 3 minutes your sauce should be ready to be served.

2 CUPS, PREP TIME 7MIN

Shopping list



Please note, ingredients with quantities here are based on recipe servings. You may adjust according to the servings you want to cater for. This shopping list caters for the Saturday recipes.

1. 1.5 kg potatoes
2. Dried mixed herbs
3. Olive oil or pure vegetable oil
4. Salt, Ground black pepper
5. Paprika, Turmeric
6. Tomato sauce
7. Brown sugar
8. Vinegar, Honey
9. Soy sauce
10. Pineapple juice
11. Canned pineapple pieces
12. Fresh Garlic cloves
13. Fresh ginger
14. Corn flour
15. 1 kg pork spare ribs
16. Iceberg lettuce
17. Fancy lettuce
18. 1 carrot, 1 tomato
19. 1 apple, 1 cucumber
20. Olives (optional)
21. 1 medium red onion (optional)
22. Lemon juice
23. White granulated sugar
24. Self-raising flour
25. Custard powder
26. Baking powder
27. Castor sugar
28. 1 large orange
29. Orange juice
30. 100g butter,
31. 3 eggs

NOTES