

CHORIZO & PEA FRITTATA

Ingredients:

1 tsp oil
1 onion, roughly chopped
1 red pepper, seeds removed, chopped
200g chorizo, skin removed and roughly chopped
6 free-range eggs
50ml/2fl oz milk
1 garlic clove, finely chopped
200g cooked potatoes, roughly chopped
100g frozen peas
2 tbsp chopped flatleaf parsley

Directions:

Preheat the oven to 200C.

Step 1

Heat an ovenproof frying pan on the hob until just hot, then add the oil, onion and red pepper and fry for 2 minutes, until just softened. Turn the heat up, add the chorizo and cook for 3-4 minutes until it has released its oil and is crisp around the edges. The mixture will go a lovely red colour.

Step 2

Meanwhile, crack the eggs into a large jug and whisk with the milk, a pinch of salt and plenty of black pepper.

Step 3

Add the garlic and potatoes to the chorizo mixture and fry for another 2 minutes, stirring gently, until just hot through. Add the peas and cook for another minute, until the whole mixture is hot.

Step 4

Pour in the egg, stir briefly, turn down to a medium heat and scatter the parsley over the top. Fry without stirring, for 1-2 minutes, then carefully lift the edge of the frittata with a spatula to check if it is cooked and golden-brown underneath. If it isn't, cook for another minute then check again.

Step 5

Place the pan in the oven and bake for 10-12 minutes. When the top is bubbled up and slightly golden use a tea towel to grab the handle and give the pan a gentle shake. If the middle wobbles it needs a little longer. If it's fairly firm, put it aside to cool slightly.

Step 6

Slide the frittata out of the pan onto a plate. You can serve this hot or cold but make sure to let it cool to room temperature before storing it in a sealable container in the fridge. Cut it into slices and serve with a green salad.

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CHEESE & SPINACH MUFFINS

Ingredients:

2 medium eggs
150ml / 1/2 cup milk
75g / 1/2 cup butter, melted
150g / 2 cups grated cheddar cheese
1 spring onion, chopped
75g / 2 cups fresh baby spinach, chopped
1/2 red pepper, diced, and lightly pan fried
250g / 2 cups self raising flour
1/2 vegetable stock cube (can use low or no sodium stock cube)
salt and pepper to taste (but can be left out)

Directions:

Preheat the oven to 180C and line a muffin tin with 12 muffin cases.

Step 1

Gently whisk the eggs in a large bowl and stir in the milk and melted butter. Mix in the grated cheese, spring onion, baby spinach and diced cooked red pepper.

Step 2

Finally, add in the flour, salt and pepper (if using) and crumble in the stock cube and mix just enough until all the ingredients have combined.

Step 3

Divide the mixture between the 12 muffin cases and bake in the oven for 20-25 minutes until cooked through (a skewer stuck into the middle should come out dry).

HINT:

These muffins can be frozen once they have cooled completely. To defrost simply leave out for a few hours or overnight.

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ORANGE & CARDAMOM FRENCH TOAST WITH SPICED APPLE TOPPING

Ingredients:

1 1/2 cups whole milk
4 large eggs
1 tablespoon light brown sugar
1 teaspoon lightly packed orange zest
1/2 teaspoon vanilla extract
1/2 teaspoon ground cardamom
1/2 teaspoon kosher salt
8 (1-inch thick) slices sweet batard or brioche
3 or 4 tablespoons unsalted butter

Directions:

Step 1

In a large bowl, whisk together milk, eggs, sugar, orange zest, vanilla, cardamom, and salt until eggs are broken up and evenly combined. Soak 3 bread slices in egg mixture turning once, until soaked through,

Step 2

Meanwhile, melt 1 tablespoon of butter in a large frying pan over medium heat. When butter foams, place 3 pieces soaked bread in the pan and cook until browned, about 2 minutes per side. Repeat with remaining bread. Serve topped with Honeyed Strawberries.

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FLAMBE CHORIZO IN CIDER

Ingredients:

3 tsp olive oil
1 red onion
1 1/2 tsp paprika
1/4 cup chicken stock
1 tot of brandy
200ml dry apple cider
1 bay leaf
2 chorizo, sliced diagonally
2 tsp sherry vinegar
2 tsp fresh chopped flat leaf parsley

Method

Step 1:

Heat the oil in a frying pan over medium high heat, add the sliced chorizo and cook until starting to crisp

Step 2

Now add the finely chopped onion and cook for 3-minutes, stirring occasionally, until the onions are soft and golden.

Step 3

Add the paprika and cook for 1 minute.

Step 4:

Now carefully add the brandy and cook off the alcohol - remembering it will ignite

Step 5

Increase the heat to high and add the cider, stock and bay leaf simmer until liquid begins to reduce and cling to the chorizo, stir in the sherry vinegar to taste, and garnish with the chopped flat leaf parsley.

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CREAMY HERBED MUSHROOMS

Ingredients:

12 large free range eggs
100ml cream
40gms butter

Large knob of butter
2 tbsp olive oil
2 punnets portabellini mushrooms
2 clove garlic, finely chopped
pinch of dry red chili
1 red onion
2 tsp finely chopped parsley
50ml brandy/cognac
100ml cream

Method:

Step 1:

In a large frying pan add the butter and olive oil. Once it is hot add the finely chopped red onion, cook until tender. Now add the finely minced garlic and the dry red chili. Add the mushrooms, stirring occasionally, if needed add a little extra olive oil or butter. Add salt and pepper.

Step 2:

Once the mushrooms have reduced down and cooked through add the brandy, being careful in case the flame catches.

Step 3:

Cook off the brandy, then add the cream, and cold butter and the fresh parsley. Stir well, check and adjust seasoning. Serve warm over the scrambled eggs.

To make the scrambled eggs, scramble the eggs, cream with some salt and pepper. In a non stick frying pan, add the butter and over a medium heat allow it to melt. Once the butter has almost all melted, add the well scrambled eggs. To create creamy scrambled eggs don't be tempted to overwork the mixture. Allow it to set slightly at the bottom of the pan before moving the mixture in long movements across the whole pan. You want to create large creamy mounds of eggs. When the eggs are about 80% cooked through switch off the heat. Gently fold the mixture until the eggs are just set but not dry.

Serve the eggs onto a warmed platter and top with the mushrooms and an extra scatter of herbs and some parmesan shavings.

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SHAKSHUKA

Ingredients:

3 tbsp olive oil
3 cloves garlic, finely chopped
2 onions cut into fine rings
4 medium size red/yellow/green pepper
1 tsp ground cumin
1 tsp unsmoked paprika
1000ml ready made tomato sauce
200gms danish feta
100ml white wine
2 tbsp finely shredded basil
12 large free range eggs
extra olive oil for drizzling

Method:

Step 1:

Start by heating the olive oil in a large saucepan with a fitting lid.

Step 2:

Now add the finely chopped onions and the finely sliced peppers and cook until very tender and caramelised before adding the garlic and cumin.

Step 3:

Cook for two minutes until garlic begins to soften and the spice is nicely roasted.

Step 4:

Now add the paprika, fry for 1-minute before adding the tomato sauce and the wine and bring to a rapid boil.

Step 5:

Cook for 10-minutes over medium heat until the wine has cooked off, reduce the heat to a low simmer, check sauce for seasoning.

Step 6:

Crack the eggs and add them carefully to the tomato sauce, making little holes in the sauce as you go. Once all the eggs are added, scatter with the fresh herbs and the crumbled feta. Cover the pan and simmer slowly for 7-9 minutes until the egg whites are cooked through and the yolks are still runny.

Step 7:

Serve topped with fresh flat leaf parsley with some garlic toasted ciabatta

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PARMA HAM & MELON

INGREDIENTS

1 canteloupe or spanspek
8 Parma ham slices
Freshly ground pepper
Olive oil, for drizzling
Parsley, for garnishing

INSTRUCTIONS

Step 1

Peel the melon, remove the seeds and cut into 8 slices.

Step 2

Wrap each melon wedge with a slice of Parma ham.

Step 3

Drizzle the dish with olive oil and sprinkle with parsley and pepper. Serve immediately.

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BUTTERMILK SCONES

Ingredients:

Dough

2 cups self-raising flour
1 tablespoon caster sugar
Pinch of salt
60g butter, chilled, chopped
3/4 cup buttermilk
Extra buttermilk, for brushing

Method

Step 1

Preheat oven to 220C/200C fan-forced. Line a baking tray with baking paper. Position oven rack in the top half of oven.

Step 2

Sift flour, sugar and salt into a bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.

Step 3

Make a well in centre of mixture. Add buttermilk. Using a flat-bladed knife, stir until a sticky dough forms. Turn out onto a lightly floured surface. Knead gently until just smooth.

Step 4

Using a lightly floured rolling pin, gently roll dough out until 2cm thick. Using a 6cm round cutter, cut out scones. Press leftover dough together. Repeat to make 12 scones.

Step 5

Place scones, just touching, on prepared tray. Brush with buttermilk. Bake for 12 to 15 minutes or until golden and hollow when tapped on top. Serve with jam and cream.

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SMOKED SALMON PATE

INGREDIENTS

150g smoked salmon, trimmings are fine
200g tub cream cheese
1 tbsp crème fraîche
juice half a lemon
Pinch of finely zested lemon rind
small bunch dill, finely chopped
Small bunch chives, finely chopped

breadsticks or granary toast, to serve

METHOD

Step 1:

If you aren't using smoked salmon trimmings then chop the salmon into small pieces.

Step 2:

Tip the soft cheese, crème fraîche and lemon juice into a food processor, season generously with black pepper and blitz until smooth.

Step 3:

Add the smoked salmon and pulse a few times if you want the pâté chunky or blitz some more if you want the pâté smooth and pink.

Step 4:

Stir the herbs and lemon zest into the pâté and spoon into a large or four smaller bowls and serve with warm toast as a starter or with breadsticks as a dip.

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QUICK CINNAMON BUNS

DOUGH

480g cake flour, sifted
1 tsp salt
177ml lukewarm milk
90ml lukewarm cream
50g sugar
23 g fresh yeast (1 1/2 envelope active dry yeast)
90 g melted butter
2 egg yolk
1 tsp vanilla extract

FOR THE TOPPING:

160g softened butter
180g soft dark sugar
6 tsp finely ground cinnamon
1 tsp vanilla extract

STEP 1: In a medium bowl stir fresh yeast with 2 tbsp of the sugar until it liquefies. Stir in the lukewarm milk and cream and then add the egg yolks and melted butter - Whisk to combine.

STEP 2: In a large bowl whisk together the flour and salt.

STEP 3: Pour the milk mixture over the dry ingredients and start kneading it until it pulls away from the edges of the bowl. Give the dough the shape of a ball. Sprinkle oil onto a clean bowl, place the dough and cover with plastic wrap. Let it rest for about 1 hour at room temperature (warm space) until doubled in size.

STEP 4: While the dough rises, add your vanilla extract to the soft butter and work it in, until the butter is light and creamy and the vanilla has been incorporated. Set aside. Combine cinnamon and brown sugar. Set aside.

Preheat the oven to 190C. Butter two 12 cup muffin tins, generously with the reserved butter.

STEP 6: On a floured surface, using a rolling pin roll the dough to a square of 50 x 50 cm. Roll the dough gently allow the rolling pin to do the work. Then trim the pastry into a neat square.

STEP 7: Dab the butter around the pastry and then spread it until you have a thin, even layer about 2mm thick. Now take your reserved cinnamon sugar and scatter it evenly over the entire piece of pastry. Very gently with your hands smooth out the sugar so that the pastry is evenly coated. Now gently press the sugar down into the butter.

STEP 8: Measure your dough and then, measure a third of the way along the pastry and carefully fold the pastry. Press down gently on the folded half, now lift the pastry over again to close it, check to ensure it lines up evenly in thirds and press down again gently.

STEP 9: Trim the open edges with a sharp knife coated in flour. Now cut the pastry into 2.5cm strips. Taking one strip at a time, gently pat the strip flat, until it is nicely tightened. With your sharp floured knife, cut the pastry twice all the way through the bottom resulting in three even strips.

STEP 10: Now plait these strips all the way through and then take the closed end and roll it inwards. Place in a muffin cup. Once all the strips are plaited, beat your egg and glaze the tops of the buns lightly.

STEP 11: Bake in the preheated oven for 25 - 30 minutes, until cooked through and nicely golden. Allow to cool for a few minutes in the tin and then carefully remove to a cooling rack.

STEP 12: Once warm dust with icing sugar or a runny icing glaze for a decadent treat drizzle them whilst warm with a warm caramel sauce.

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STRAWBERRY ORANGE & SPICE SALAD

INGREDIENTS

1 pound strawberries, hulled and halved (or quartered if very large)
3 oranges
1/4 tsp ground cardamom
1 tablespoon fresh lemon juice, plus more to taste
2-1/2 tablespoons light brown sugar, packed
1 tablespoon finely chopped fresh mint, plus a sprig for garnish

METHOD

Step 1:

Hull and half or quarter the strawberries into a serving bowl.

Step 2:

Cut a slice off the top and bottom of each orange so they sit flat on a cutting board. Using a sharp knife, work your way around the fruits to remove all the skin and pith. Cupping the orange in one hand and working over the serving bowl, carefully cut the segments out from between the membranes. (Be sure to cut only until you reach the middle of the fruit!) Over a separate small bowl, firmly squeeze the remaining membranes to release all the orange juice.

Step 3:

Add the lemon juice and brown sugar to the freshly squeezed orange juice and stir until the sugar is dissolved. Pour over the strawberries and orange segments and gently toss to combine.

Step 4:

Sprinkle with fresh mint. Taste and add more lemon juice if necessary (the syrup should have a perfect balance of tart and sweet). Refrigerate for at least 30 minutes or up to six hours.

Step 5:

Garnish with sprigs of fresh mint and serve chilled

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ANNO  1694
HAUTE CABRIÈRE
FRANSCHHOEK

CHICKEN & SUNDRIED TOMATO SAUSAGE ROLLS

INGREDIENTS

1kg chicken thighs, deboned and skinless,
minced
1 medium brown onion, chopped finely
1/2 cup breadcrumbs
1 egg
1/4 cup finely chopped fresh basil
1/2 tsp dried oregano
1/2 cup drained semi-dried tomatoes in oil,
finely chopped
2 tbsp tomato paste
5 sheets puff pastry
1 egg, extra to glaze

METHOD

Step 1

Preheat the oven to 220C/200C fan forced. Line oven trays with baking paper

Step 2

Combine mince, onion, breadcrumbs, egg, basil, semi-dried tomato and paste in a large bowl

Step 3

Cut pastry sheets in half lengthways. Place equal amounts of chicken filling mixture along the centre of each pastry piece; roll pastry to enclose the filling

Step 4

Cut each into 6 equal pieces, place seam side down, on trays..
Brush with extra egg

Step 5

Bake rolls for about 30-minutes. Serve warm with a home made tomato sauce

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Kolokithokeftedes

Ingredients

500 g zucchini, grated
2 spring onions, only the green part, thinly sliced
1 bunch of mint, only the leaves, finely chopped
1/3 bunch of dill, finely chopped
1 bunch of basil, finely chopped
grated zest of 2 limes
1 levelled teaspoon ground cumin
2 pinches chili flakes
200 g feta cheese, crumbled
2 eggs
80 g all-purpose flour
2-3 tablespoons olive oil

For Frying: 1/2 inch sunflower oil (or canola oil)

Method

Step 1

Line a large bowl with a thin kitchen towel. Grate the zucchini on to the towel in the bowl, using the large blades of the grater.

Sprinkle with a generous amount of salt to help the zucchini release more moisture. Mix and squeeze the mixture with your hands. Wrap in the towel and squeeze very tightly in your hands to release as much liquid as possible. The less moisture the zucchini mixture has, the crunchier your fritters will become! Transfer from towel to a clean, dry bowl.

Step 2:

Finely chop the green part of the spring onions. Finely chop the mint leaves, dill and basil and add them all to the bowl. Add the lime zest, cumin, chili flakes, crumbled feta and 2 eggs. Mix until all of the ingredients are completely combined.

Step 3:

Add the flour and mix just to combine. Do not overmix.

Step 4:

Place a nonstick pan over medium to high heat. Add 2-3 tablespoons of olive oil. Pick up spoonfuls of the mixture and carefully add them to the hot oil. Do not crowd your pan. Gently press down on the patties to spread them out a little.

Step 5:

Fry on both sides until nice and golden, just like pancakes! When ready, transfer to a plate lined with paper towels so they can drain from excess oil. Repeat the same process until all of your mixture has turned in to crunchy fritters.

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SPICED APPLE TOPPING

Ingredients

- ▣ 2 medium apples - peeled and sliced
- ▣ ¾ cup brown sugar
- ▣ 4 tablespoons butter
- ▣ ½ teaspoon vanilla - divided
- ▣ 1 teaspoon cinnamon - divided

Method

Step 1: Peel and slice the apples then add to a medium sized pan.

Step 2: Now add the brown sugar, and butter.

Step 3: Now cook over medium high heat until brown sugar has dissolved and butter has melted. Add 1/4 teaspoon vanilla and 1/2 teaspoon cinnamon and reduce heat to simmer.

Step 4: Cook 6-8 minutes longer. Remove from heat and allow to cool slightly and thicken while you prepare the french toast.

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CHOCOLATE, ORANGE & SPICE MUFFINS

INGREDIENTS

2 oranges, - zest and juice
Milk to make up 250ml - you may not need this
1 egg, - beaten well
90 ml vegetable oil
250 g plain flour
2 tsp baking powder
1/2 tsp salt
1/2 tsp bicarbonate of soda
5 tbsp unsweetened cocoa powder
1 tsp ground cinnamon
100 g sugar

INSTRUCTIONS

Step 1: Preheat the oven to 190C. Line a muffin tin with paper cases (remember, muffin cases are bigger than cupcake cases, so if you're using a cupcake tray, this mix will probably make more than 12 and will need a little less cooking time).

Step 2: Pop the zest & juice from the oranges in a jug, then top up with enough milk reach 250ml.

Step 3: Add in the beaten egg and oil and stir well.

Step 4: In a large mixing bowl, sift the flour, baking powder, salt, bicarb, cinnamon and cocoa powder together. Add the sugar and mix to combine.

Step 5: Pour the jug of wet ingredients into the bowl of dry, and quickly and smoothly fold them together.

Step 6: Spoon into the awaiting cases and bake for 20 - 25 minutes until the tops spring back when pressed, and a skewer comes out clean.

Step 7: Let cool fully before storing or freezing.

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GINGERBREAD PANCAKES

INGREDIENTS

2 cups all-purpose flour (240g)
2 teaspoons baking powder
¼ teaspoon baking soda
1 teaspoon salt
2 teaspoons ground ginger
2 teaspoons ground cinnamon
½ teaspoon ground cloves
1¼ cup whole milk (300ml)
2 large eggs
⅓ cup unsulphured molasses (80ml)
4 tablespoons unsalted butter melted (56g)

INSTRUCTIONS

Step 1: In a large mixing bowl, whisk together the flour, baking powder, baking soda, salt, ginger, cinnamon, and cloves.

Step 2: In a separate bowl, whisk together the milk, eggs, molasses, and melted butter until well combined. Pour the wet ingredients into the dry ingredients, and whisk together until just combined. (A few lumps are okay.)

Step 3: Preheat a griddle or nonstick skillet over medium heat. Lightly grease with butter.

Step 4: Working in batches, drop the batter by about ¼ to ⅓ cup for each pancake onto the skillet, and cook until bubbles form on top and the bottom is golden brown, 2 to 3 minutes. Flip the pancakes and cook until golden on the other side, about 2 minutes. Continue, buttering the pan between batches. Serve the warm pancakes with butter and maple syrup, if desired.

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BABA GANOUSH

Smokey aubergine and tahini dip

INGREDIENTS

1 large eggplant
1/4 cup tahini, plus more as needed
3 garlic cloves, minced
1/4 cup fresh lemon juice, plus more as needed
1 pinch ground cumin
salt, to taste
1 tablespoon extra virgin olive oil
1 tablespoon chopped fresh flat-leaf parsley
1/4 cup brine-cured black olives, such as kalamata, stones removed

METHOD

STEP 1:

Prick the eggplant with a fork in several places and bake in a hot oven for 25-40 minutes until the aubergine is blistered and soft

STEP 2:

Remove from the oven, let cool slightly, and peel off and discard the skin.

STEP 3:

Place the eggplant flesh in a bowl. Using a fork, mash the eggplant to a paste. Add the 1/4 cup tahini, the garlic, the 1/4 cup lemon juice and the cumin and mix well.

STEP 4:

Season with salt, then taste and add more tahini and/or lemon juice, if desired.

STEP 5:

Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well.

Drizzle the olive oil over the top and sprinkle with the paprika.

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APPLE & BLUEBERRY CRUMBLE

Ingredients

8 medium-large apples (4 tart (like granny smith), 4 sweet (like honey crisp) // organic when possible)
1 lemon, juiced (1 lemon yields ~ 2 Tbsp or 30 ml)
2/3 cup sugar
1 1/2 tsp ground cinnamon
3 Tbsp arrowroot starch or cornstarch (for thickening)
1/4 cup fresh apple juice (or water)
3/4 tsp fresh grated ginger (optional // or sub 1/2 tsp ground ginger per 3/4 tsp fresh)
1 pinch nutmeg (optional)

TOPPING

1 cup gluten-free rolled oats
1/2 cup almond meal
1/2 cup unbleached all-purpose flour*
1/2 cup sugar
1/2 cup muscovado sugar (or sub organic brown sugar)
1/2 cup pecans (roughly chopped)
1/4 tsp sea salt
1 tsp ground cinnamon
1/2 cup olive oil

Method

STEP 1:

Preheat oven to 180 degrees C.

STEP 2:

Peel apples, quarter, remove cores, and use a paring knife to thinly slice lengthwise

Add to a large mixing bowl and top with remaining filling ingredients. Toss to combine. Add to a 9x13 (or similar size // as original recipe is written // use smaller or larger is altering batch size) baking dish.

STEP 3:

Rinse and wipe out your mixing bowl and add all topping ingredients. Stir to combine, then use fingers to break down any clumps of muscovado sugar. Pour over apples in an even layer.

STEP 4:

Bake for 50 minutes to 1 hour (uncovered) or until the filling is bubbly, the apples are very fork tender (especially in the center of the dish), and the topping is deep golden brown.

STEP 5:

Let rest at least 30 minutes before serving. This is delicious with coconut whipped cream or vanilla bean coconut ice cream.

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