

Peri Peri Sauce

Ingredients

½ cup white vinegar
½ cup freshly squeezed lemon juice
½ cup olive oil
2 tbsp chili powder
2 tbsp paprika
2 tbsp salt
2 tbsp chopped garlic
5-10 bird's eye chillies, minced

Method

Blend all ingredients together until smooth and emulsified.

THE
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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KALAMARAKIA TIGANITA

INGREDIENTS

700g calamari (25 oz.)
100g bread flour (3.5 oz.)
50g semolina flour (1.5 oz.)
1 tbsp peppercorns (or ground pepper)
2 tbsps salt
1/2 tbsp paprika (optional)
1 tbsp oregano (optional)
vegetable oil for frying

METHOD

Step 1

To start clean the calamari and wash thoroughly. Using a sharp knife cut the calamari in slices, approx. 1 cm each. This will create the rings. Place the calamari rings on some paper towel to get ride of the excessive water.

Step 2

Prepare the seasoning for the fried calamari. In a blender add the seasoning and pulse until powdered. (Alternatively you can use a pestle.)

Step 3

In a large sandwich bag or tupperware add the flour and seasoning. Place in the sliced calamari and shake well to coat (you will need to do this in batches). Remove the calamari onto a plate, shaking off any excess flour.

Step 4

Into a medium sized frying pan pour enough vegetable oil to deep fry the calamari. Heat the oil to medium high heat until it begins to bubble. Test if the oil is hot enough by dipping one of the calamari rings in; if it sizzles the oil is ready. Fry the calamari in batches for about 2-3 minutes, until nicely golden.

Step 5

Remove the fried calamari using a slotted spoon and place on some paper towel to dry for 1-2 minutes. Have a taste and sprinkle with some more salt.

Step 6

Serve hot with some lemon wedges.

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Panzanella Salad

Ingredients:

4 large red capsicum
4 slices sourdough bread
1/3 cup (80ml) extra virgin olive oil
1 clove garlic, peeled
250g cherry tomatoes, halved
100g pitted kalamata olives, halved
1/2 cup torn basil leaves
1 tablespoon balsamic vinegar*

Directions:

Step 1

Preheat a barbecue or char-grill over medium heat. Cook capsicum, turning, for 10-15 minutes or until skins blacken and blister. Set aside to cool.

Step 2

Brush bread with 1 tablespoon oil, then cook for 30 seconds each side or until lightly charred. Rub bread all over with peeled garlic clove. Tear into bite-sized pieces.

Step 3

Place in a large bowl.

Step 4

Peel capsicum over a bowl to save juice. Discard skins then cut capsicum in half, discarding seeds. Cut capsicum into 3cm pieces and add to bread pieces together with tomatoes, olives and basil. Season to taste with salt and pepper. Toss gently to combine.

Step 5

Whisk remaining oil, vinegar and capsicum juice together. Season to taste, then pour dressing over salad. Toss gently to combine. Serve.

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GREEK ZUCCHINI & FETA SALAD

INGREDIENTS

4-5 cups diced zucchini from 1.5 lbs whole zucchini
4 oz crumbled feta cheese
15 ounce can chickpeas drained and rinsed
1/3 cup chopped kalamata olives
1/4 cup chopped shallot or red onion
1/2 cup chopped parsley
2 tbsp fresh lemon juice
1/4 cup extra virgin olive oil
1/2 tsp salt
1/4 tsp pepper or to taste

METHOD

Step 1
Mix together all ingredients.
Step 2
Adjust seasoning as desired. Enjoy!

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PSARI PLAKI

For the sauce

2 tablespoons Extra virgin olive oil
1 large yellow onion, halved and thinly sliced (half moons)
2 large garlic cloves, minced
2 cans whole peeled tomatoes
2 teaspoons dried oregano
Black pepper
2 pounds white fish filet, such as halibut or cod
Kosher salt and black pepper

For The Fish:

Kosher salt
 $\frac{1}{2}$ teaspoon dried oregano
1 teaspoon sweet paprika
 $\frac{1}{2}$ teaspoon ground cumin
2 lemons, divided
 $\frac{1}{4}$ cup fresh parsley, chopped

Instructions

Step 1: Heat the oven. Preheat the oven to 200C and position a rack in the middle.

Step 2: Make the sauce. In a large oven-safe pan or skillet, heat 2 tablespoons extra virgin olive oil over medium-high heat until shimmering. Add the sliced onions and season with a big pinch of kosher salt. Cook, tossing regularly, until the onions have softened and gained a slight golden-brown color (about 7 minutes). Add the garlic toss briefly, then add the canned tomatoes with their juices. Using a wooden spoon, break the tomatoes up. Season with a dash more salt. Add the oregano and a big dash of black pepper. Bring the sauce to a boil, then lower the heat and let it simmer for 10 to 15 minutes or so.

Step 3: Season the fish. Pat the fish dry and season on both sides with kosher salt, the oregano, paprika and cumin. Cut and squeeze one lemon over the fish (leave the other lemon for later).

Step 4: Combine the sauce and the fish. When the sauce is ready, nestle the fish in the sauce and scoop up some of the sauce to cover the top of the fish well.

Step 5: Bake. Place the fish on the center rack of the heated oven and bake until the fish turns opaque white and flakes easily at the touch of a fork (15 to 25 minutes, but because ovens do vary, it is a good idea to check occasionally to make sure the fish does not overcook or dry out).

Step 6: Serve. Slice the remaining lemon into wedges. Finish the fish with the fresh parsley and serve with the lemon wedges to the side.

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PEAR, WALNUT SALAD

INGREDIENTS

200g mixed lettuce (arugula, romaine, etc.)

1 ripe pear - unpeeled, cored, sliced

55g walnuts, roughly chopped

55g Pecorino Romano cheese, shaved

Vinaigrette

2 tablespoon white wine vinegar

1/2 teaspoon mustard

1/2 tsp finely minced garlic

6 tablespoons olive oil

METHOD

Step 1

To make the vinaigrette, combine, vinegar, mustard and garlic. Whisk till well combined. While whisking constantly, slowly pour in a steady stream of the olive oil.

Step 2

Prepare the remaining ingredients, toss the vinaigrette with them and serve.



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Moules Marinieres

Ingredients

2 tablespoons unsalted butter
1 small leek, white and light green parts only, thinly sliced
1 small shallot, thinly sliced
4 medium cloves garlic, thinly sliced
2 bay leaves
Coarse salt and freshly ground black pepper
1 cup hard dry cider or white wine
1kg mussels, cleaned
2 to 3 tablespoons heavy cream
1 tablespoon juice and 1 teaspoon grated zest from 1 lemon
3 tablespoons minced fresh parsley leaves
Additional homemade mayonnaise for serving (optional, see note above)
1 loaf rustic sourdough bread, thickly sliced, drizzled with olive oil, and broiled until heavily toasted

Method

Step 1:

Melt 1 tablespoon butter in a large saucepan over medium-low heat. Add leeks, shallot, garlic, and bay leave. Season lightly with salt and heavily with black pepper and cook, stirring, until vegetables are very soft but not browned, about 10 minutes.

Step 2:

Increase heat to high and add cider or wine. Bring to a boil and let reduce by half, about 2 minutes. Add mussels, stir, cover, and cook, shaking pan constantly and peeking every 30 seconds to stir. As soon as all the mussels are open, transfer mussels to a bowl using tongs. Place pan lid over bowl to keep mussels warm.

Step 3:

Remove from heat and whisk in remaining butter along with heavy cream. Return mussels to pot, add parsley, lemon juice, and lemon zest, stir to combine, then transfer to a warm serving bowl. Serve immediately.

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Seafood Paella

Ingredients

4 cups fish stock (2 cups chicken stock / 2 cups fish stock)
1 teaspoon saffron threads
2 tablespoons olive oil
250g firm fish fillets (such as blue eye), cut into 2cm pieces
1 brown onion, finely chopped
2 garlic cloves, crushed
2 cups Arborio Rice
2 tomatoes, peeled, deseeded, diced
2 teaspoons smoked paprika
500g medium green king prawns, peeled, deveined
150g baby squid, cleaned, cut into 1cm-thick rings
12 mussels, scrubbed, debearded
2/3 cup frozen peas

Method

Step 1

Combine stock, 1 cup cold water and saffron in a medium saucepan over medium heat. Bring to the boil. Cover and reduce heat to medium-low. Keep at a simmer.

Step 2

Meanwhile, heat 1 tablespoon oil in a 24cm (base) non-stick frying pan over medium-high heat. Add fish and cook for 1 minute each side or until light golden. Transfer to a plate. Add remaining 1 tablespoon oil to pan. Add onion and garlic. Cook for 5 minutes or until soft. Add rice, tomatoes and paprika. Stir to combine. Using a spoon, spread mixture evenly over base of pan.

Step 3

Add half the stock mixture to frying pan and bring to the boil over high heat. Shake pan to spread mixture across pan (do not stir). Reduce heat to medium. Cook, uncovered, without stirring, for 10 minutes or until stock is absorbed.

Step 4

Add prawns, squid and mussels, pressing into rice mixture. Add 1/2 cup stock mixture and cook until all liquid is absorbed. Repeat with remaining stock mixture, 1/2 cup at a time, adding fish and peas with the last 1/2 cup stock (this will take 15 to 20 minutes). Remove from heat. Stand, covered, for 5 minutes. Season with pepper. Serve.

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Arancini - Suppli' di Riso

Little Oranges - small crisp deep fried rice balls

Ingredients

1 cup long-grain rice
1 small onion
1 stick celery finely chopped
1 small carrot finely chopped
4 tbs. butter
3 cups chicken broth
5 tbs. grated Parmigiano
80 gms finely diced Mozzarella
40 gms finely diced anchovy fillets
30gms parsley, chopped
4 eggs
breadcrumbs
nutmeg
olive oil
salt
pepper
Flour

Method

In a heavy based pot saute the onion, carrot and celery in the butter until soft and translucent. Then add the rice and fry it until it is sizzling. Then add the hot broth slowly, stirring frequently. The rice should be done in about 20 min. When the rice is ready, mix in half the parmesan, and then spread the rice out in a flat baking tray to cool.

Mix the chopped mozzarella and anchovy, the rest of the parmesan, the chopped parsley, 1 egg, nutmeg, salt and pepper (if the mixture is a little wet add some more parmesan). With slightly damp hands, take a handful of rice in one hand, and a pinch of stuffing with the other. Push the stuffing into the middle of the rice. Squeeze the rice all around the stuffing and mould it into an egg shape.

When you have used up all the mix, flour the croquettes, dip into beaten eggs, and then roll again in breadcrumbs. Fry the suppli' in very hot oil, once golden and cooked through place on paper towel to drain and serve immediately.

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CAPRESE SALAD WITH PESTO

INGREDIENTS

For the Pistachio Pesto

4 cups fresh basil leaves
1/2 cup almonds roasted
1/2 cup parmesan cheese grated or shredded
3 cloves garlic
1/8 teaspoon red pepper flakes
1 tablespoon lemon juice
1/2 cup olive oil - more if needed
salt and pepper to taste

For the Salad

3 vine-ripe tomatoes, 1/4-inch thick slices
450gms fresh mozzarella, 1/4-inch thick slices
20 to 30 leaves (about 1 bunch) fresh basil
Extra-virgin olive oil, for drizzling
Coarse salt and pepper

METHOD

Step 1:

Place all the ingredients in the bowl of a food processor except the olive oil. Pulse until the mixture is chopped then run the machine while adding the olive oil. Allow it to mix until your desired texture.

Step 2:

Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.

Step 3

Drizzle the pistachio pesto over the salad right before serving, if it is too thick dilute it with a bit of olive oil.

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Fagiolini verdi con aglio e mentuccia

Green Beans with garlic & mint

Ingredients

1 tablespoon fine sea salt
160g fine green beans
1/4 cup extra virgin olive oil
1 tbsp red wine vinegar
2 tablespoons finely sliced mint leaves
1 clove garlic, finely sliced
Freshly ground salt & black pepper

Instructions

Step 1

Bring 2 litres of water to the boil in a large saucepan, then stir in the fine salt

Step 2:

Add the beans, return to the boil, cook for 3-4 minutes until just tender. Drain beans and plunge into ice water

Step 3

When the beans are cool, drain well and pat dry.

Step 4:

Toss with mint, oil, vinegar, garlic, salt and pepper and serve at room temperature

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LEMON RICOTTA CAKE

INGREDIENTS

Pastry:

$\frac{3}{4}$ cup butter, softened 1 sticks
1 $\frac{1}{2}$ cups sugar
15 ounces whole milk ricotta cheese
3 large eggs
1 teaspoon vanilla
1 large lemon, zested and juiced
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups flour
powdered sugar for dusting top of cake (optional)

METHOD

Step 1

Preheat oven to 350 degrees. Grease a 9 inch springform pan using butter and powdered sugar; set aside.

Step 2

In a large mixing bowl or stand up mixer, cream together the butter and sugar until combined. Add in the ricotta cheese and blend until light and fluffy, about 4 to 5 minutes.

Step 3

Mix in the eggs, one at a time. Add in the vanilla, lemon zest, and lemon juice and mix to combine. In the same bowl, stir in the baking soda and salt. Lastly, add in the flour and mix until just combined, scraping down the sides of bowl to full incorporate all of the ingredients.

Step 4

Pour the batter into the prepared springform pan. Bake for 45-55 minutes, or until the cake is set and a toothpick inserted in the middle of the cake comes out clean.

Step 5

Let cool in pan for 15 minutes before removing the collar and base of the pan. Cool on a wire rack and dust with powdered sugar before serving.

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LEMON ICE CREAM

INGREDIENTS

2 cups heavy whipping cream
1 cup half-and-half cream
1 1/8 cups white sugar
3 tablespoons grated lemon zest
5 egg yolks
3/4 cup fresh lemon juice

METHOD

Step 1:

Combine heavy cream, half and half, sugar, and lemon zest in a saucepan; bring to a simmer over low heat. Cook and stir until sugar is dissolved, about 5 minutes. Remove from heat. Cover saucepan and allow the mixture to steep for 10 minutes.

Step 2:

Uncover pan and bring back to a simmer over low heat. Beat the egg yolks in a bowl. Gradually stir one cup of the hot cream mixture into the eggs, several tablespoons at a time. This will help to bring the eggs up to temperature without scrambling them.

Step 3: Stir the egg mixture back into the cream mixture in the saucepan. Cook and stir over low heat until the mixture just coats the back of a spoon, 5 to 10 minutes. Transfer to a large bowl; cover. Refrigerate overnight.

Step 4: Stir the lemon juice into the cold ice cream mixture. Freeze in an ice cream maker according to manufacturer's directions.

Step 5: Transfer ice cream to a lidded freezer container, and freeze for 4 hours to ripen flavors before serving.

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SICILIAN TUNA CEVICHE

INGREDIENTS

1 tuna fillet
2 large lemons
1/2 large tomato
1 shallot
1 large bunch of fresh mint
1 handful of basil leaves
1 pinch of cinnamon powder
1 teaspoon of extra virgin olive oil.
salt

METHOD

Step 1: Squeeze the lemons and reserve the juice in a bowl.
Step 2: Cut the tuna fillet into small cubes, place it in a bowl and cover it with lemon juice. Keep it aside and leave it to marinate, at room temperature, for at least a couple of hours.
Step 3: Meanwhile finely chop the shallot, tomato and fresh herbs. Put everything in a bowl, season with olive oil, a pinch of salt and cinnamon. Keep it aside.
Step 4: When the fish is ready (the meat is lightened), drain and gently combine the contents of the two bowls.
Step 6: Serve with crusty bread

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Spaghetti alla Puttanesca

Spaghetti in the style of "whores"

Serves 6

Ingredients

450g dried spaghetti

1/2 cup (120ml) extra-virgin olive oil, divided

4 medium cloves garlic, thinly sliced or finely chopped by hand (see note above)

4 to 6 anchovy fillets, finely chopped (20–30ml chopped anchovy)

Large pinch red pepper flakes

1/4 cup capers, drained and chopped (60g)

1/4 cup chopped pitted black olives (60g)

1 (14-ounce; about 400g) can whole peeled tomatoes, preferably San Marzano, roughly broken up by hand

Small handful minced fresh parsley leaves

1 ounce (30g) finely grated Pecorino Romano or Parmesan cheese, plus more for serving

Freshly ground black pepper

Method

1. In a medium skillet, combine 6 tablespoons oil, garlic, anchovies, and red pepper flakes. Cook over medium heat until garlic is very lightly golden, about 5 minutes. (Adjust heat as necessary to keep it gently sizzling.) Add capers and olives and stir to combine.
2. Add chopped and deseeded tomatoes, stir to combine, and bring to a bare simmer. Continue to simmer until tomatoes have started to break down and flavours have balanced nicely.
3. Now cook your spaghetti to just under al dente (about 1 minute less than the package recommends).
4. Using tongs, transfer pasta to sauce. Alternatively, drain pasta through a colander, reserving 1 cup of the cooking water. Add drained pasta to sauce.
5. Add a few tablespoons of pasta water to sauce and increase heat to bring pasta and sauce to a vigorous simmer. Cook, stirring and shaking the pan and adding more pasta water as necessary to keep sauce loose, until pasta is perfectly al dente, 1 to 2 minutes longer. (The pasta will cook more slowly in the sauce than it did in the water.) Stir in remaining olive oil, parsley, and cheese.
6. Season with salt and pepper. (Be generous with the pepper and scant with the salt—the dish will be plenty salty from the other ingredients.) If using, stir in canned tuna and break it up with a fork. Serve immediately with more grated cheese at the table.

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Lemony Roast Potatoes

Ingredients

1kg potatoes peeled and chopped into chunky wedges
6 garlic cloves crushed
1/2 cup chicken broth (or vegetable broth)
2tbsp white wine
1/2 cup olive oil
1 large lemon, zested and juiced (medium to large)
1 tablespoon oregano dried
1 teaspoon salt
1/2 teaspoon pepper
parsley for sprinkling at the end (completely optional)

Method

Step 1:

Grease a large baking dish or tray with olive oil and preheat the oven to 400F / 200C.

Step 2

Cut the potatoes into chunky wedges and set aside.

Step 3

In a large bowl combine the garlic, stock, white wine, olive oil, lemon juice & zest, oregano and salt and pepper. Stir well, then add the potatoes and coat well. Pour the potato wedges into the dish/tray in an even layer.

Step 4

Bake uncovered for 45 minutes. Then stir well, turning all the potatoes and spooning over the liquid. Bake again for another 45 minutes or until the potatoes are well browned.

Step 5

Scatter with parsley (if using) and serve with some of the delicious juices. Don't forget the burnt crispy bits on the bottom of the pan.

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Spanakopita

1kg. fresh spinach, washed, dried, trimmed, and coarsely chopped
3 Tbs. extra-virgin olive oil
1 bunch scallions (about 3 oz. or 10 small), white and light-green parts only, trimmed and finely chopped
2 cups crumbled feta cheese (10 oz.)
1/2 cup finely grated Greek kefalotyri cheese or Parmigiano-Reggiano
2 large eggs, lightly beaten
1/2 cup finely chopped fresh dill
1/3 cup finely chopped fresh flat-leaf parsley
1/4 tsp. freshly grated nutmeg
Kosher or fine sea salt

For the assembly:

1/3 cup extra-virgin olive oil for brushing; more as needed
Eighteen 9x14-inch sheets frozen phyllo dough, thawed and at room temperature
2 tsp. milk

TIP:
Phyllo dries out very fast and becomes brittle when exposed to the air. Check out our test kitchen tips for working with it.
Position a rack in the center of the oven and heat the oven to 375°F.

Make the filling: Heat a 10-inch straight-sided saute pan over medium-high heat. Add a few large handfuls of the spinach and cook, tossing gently with tongs. As the spinach starts to wilt, add the rest a few handfuls at a time. Cook until all the spinach is wilted and bright green, about 4 minutes. With a slotted spoon, transfer the spinach to a colander set in a sink. Let cool slightly and squeeze with your hands to extract as much of the remaining liquid as you can.

Wipe the pan dry with a paper towel. Heat the oil in the pan over medium heat. Add the scallions and cook until soft and fragrant, about 4 minutes. Stir in the spinach, turn off the heat, and let cool for 5 minutes. Then stir in the cheeses, eggs, dill, parsley, nutmeg, and 1/2 tsp. salt and mix thoroughly.

Assemble the pie: With a pastry brush, lightly coat the bottom and sides of a 9x13x2-inch baking pan with some of the oil. Working quickly, lightly oil one side of a phyllo sheet and lay it in the pan oiled side up and off center so that it partially covers the bottom and reaches halfway up one long side of the pan (the edge on the bottom of the pan will be about 1 inch from the side). Lightly oil the top of another phyllo sheet and lay it oiled side up and off center so it reaches halfway up the other long side of the pan. (If your pan has sloped sides, the sheets may be slightly longer than the bottom of the pan; if so, let the excess go up one short side of the pan and then alternate with subsequent sheets.) Repeat this pattern with 4 more phyllo sheets.

Next, lightly oil the tops of 3 phyllo sheets and layer them oiled side up and centered in the pan. Spread the filling evenly over the last layer.

Repeat the oiling and layering of the remaining 9 phyllo sheets over the filling in the same way you layered the previous 9. With the oiled bristles of the pastry brush, push the edges of the phyllo down around the sides of the pan to enclose the filling completely.

With a sharp knife, score the top phyllo layer into 24 rectangles, being careful not to cut all the way through to the filling. Using the same pastry brush, brush the milk along all the score marks (this will keep the phyllo from flaking up along the edges of the squares). Bake the spanakopita until the top crust is golden brown, 35 to 45 minutes. Let cool until just warm. Cut out the rectangles carefully along the score marks and serve.

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SOFT AMARETTI COOKIES

INGREDIENTS

2 $\frac{1}{4}$ cups almond flour
2/3 cup granulated sugar
 $\frac{1}{4}$ teaspoon salt
2 large egg whites room temperature
1 teaspoon lemon zest
 $\frac{1}{2}$ teaspoon almond extract
 $\frac{1}{2}$ cup powdered sugar

METHOD

Step 1:

Preheat the oven to 150C. Line a large baking sheet with parchment paper and set aside.

Step 2:

In a mixing bowl, whisk together 2 $\frac{1}{4}$ cups almond flour, 2/3 cup granulated sugar, 1 tsp lemon zest, and $\frac{1}{4}$ tsp salt.

Step 3:

In a separate mixing bowl, using a mixer, beat 2 large egg whites until stiff peaks.

Then transfer the beaten egg whites to the dry ingredients, add $\frac{1}{2}$ tsp almond extract, and using a spatula, fold it in until well combined.

Step 4:

Prepare $\frac{1}{2}$ cup powdered sugar on a plate.

Using a 1 $\frac{1}{2}$ tbsp ice cream scoop or a regular spoon, scoop out the cookie dough and roll it into a 1-inch ball. Roll it in powdered sugar to cover from all the sides and transfer to a baking sheet. Repeat the same with the rest of the dough.

Step 5:

Bake at 150C for 30-35 minutes or until the tops are set and cracked and the bottom is light golden color. Then take out of the oven and let sit on the counter for about 10-15 minutes, they will finish setting and baking inside. Then transfer to a wire rack and let cool off completely.

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Grilled Lemon & Chicken Skewers

Ingredients

800gms, skinless deboned chicken thighs, trimmed of excess fat
1 teaspoon salt
2 Tbsp plain yogurt
2 cloves garlic, minced (about 2 teaspoons)
1 Tbsp minced fresh oregano
1/2 teaspoons dried oregano
1/8 teaspoon freshly ground black pepper
1 teaspoon lemon juice
1 Tbsp olive oil plus more for the grill
2 lemons, thinly sliced

Method

Step 1:

If using bamboo or wooden skewers, place them in water to soak while you prepare the recipe. You'll need either 4 flat skewers or 8 regular round skewers.

Step 2

Cut the chicken thigh into even chunks, then place in a bowl and sprinkle with salt. Add the yogurt, minced garlic, oregano, pepper, lemon juice, and olive oil to the bowl with the chicken, stir to combine. Marinate for 30 minutes to an hour - the longer the better.

Step 3

Thread skewers with chicken and lemon slices: Prepare your grill for direct high heat. While the grill is heating, prepare the skewers. Use either flat bamboo or metal skewers or double up regular bamboo skewers so that the chicken is easier to turn on the grill. Thread the chicken pieces onto the skewers with a lemon slice folded over like a taco between each piece of chicken.

Step 4

When the grill is ready brush the grill grates with a little olive oil (use a paper towel folded over several times and dipped in olive oil, hold with tongs). Brush some olive oil over the chicken skewers as well. Place the chicken skewers directly over the hottest part of the grill and cover the grill.

Step 5

Allow to sear on one side (about 2 to 3 minutes), then turn the chicken skewers over to the other side, cover and cook 2 to 3 minutes more, until the chicken is browned and just cooked through.

Step 6

Remove from grill and serve immediately with tzatziki sauce.

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SPAGHETTI AI GAMBERI

INGREDIENTS

800 g of fresh prawns
320 g of Spaghetti
300 g of cherry tomatoes
50 g of Extra Virgin Olive Oil
50 g of white wine
50 g of water
2 cloves of garlic
1 shallot
to taste of fine salt
parsley to taste

INSTRUCTIONS

Step 1: To prepare Spaghetti with Prawns, start by cleaning the prawns, taking care to keep the heads aside and eliminate the internal black vein.

Step 2: Wash, clean and cut the cherry tomatoes in half. Peel the garlic clove, clean the shallot and slice it quite finely.

Step 3: Pour a tbsp or two of olive oil into a large pan, add the prawn heads, one of the two cloves of garlic, the sliced shallot, a couple of cherry tomatoes and cook for a few minutes. Until the prawns and garlic are fragrant and starting to colour.

Step 4: Add the wine and water and continue cooking for another fifteen minutes, taking care to crush the prawn heads with a wooden spoon to flavor the stock.

Step 5: In the meantime, take a non-stick pan, pour in the remaining oil, add the garlic clove, the leftover cherry tomatoes and sauté everything over a high heat for a few minutes.

Step 6: While this is happening cook the spaghetti in plenty of lightly salted water, remembering to drain it when it is still al dente.

Step 7: Add the cleaned prawns to the pan with the tomatoes, continuing cooking for another couple of minutes.

Step 8: Take the pan with the prawn heads again, remove them, process the rest of the ingredients with a food mill and then pass the liquid obtained through a narrow mesh strainer.

Step 9: Add the liquid just obtained into the pan with the cherry tomatoes and prawns, stir to combine and also add the spaghetti.

Step 10: Stir to combine the spaghetti with the sauce and finish cooking the pasta. Plate, sprinkle with fresh chopped parsley and serve.

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