

Caponata with Grapes & Pine nuts

Ingredients:

1 kilo (2 lbs.) eggplant, cut into small cubes
1 bunch of celery, cut into bite-sized pieces
1 large onion, thinly sliced
1 small can of tomatoes or 250g (1/2 lb) fresh, skinned and seeded
Salt and pepper
A handful of capers
A handful of pignoli nuts
250g (1/2 lb.) of green olives, pitted and halved
1 cup seedless green grapes, halved
A sprig of fresh marjoram
1tsp sicilian oregano
Olive oil
Red wine vinegar & sugar, to taste

Directions:

Optional: needed for larger, more mature eggplant. Remove the excess liquid from the eggplant by sprinkling the eggplant cubes with salt and placing them in a colander, with a small plate on top to exert some gentle pressure and one below to catch the eggplant liquid as it drains. Let the eggplant steep for an hour or more.

Step 1

Gather up a handful of eggplant with a paper towel, give it a gentle squeeze to dry the cubes, and throw them into abundant olive oil—about 1 cm (1/2 in) deep—in a large pot. (Enameled cast iron pots work particularly well.) Work in batches to avoid crowding the eggplant, removing them with a skimmer when the eggplant cubes are just lightly browned to a basket or bowl lined with paper towels to soak up the excess oil.

Step 2

When all your eggplant is done, there should be less oil in the pan, but still enough to cook with. Add the celery, sauté for a few minutes until the celery is tender but still has some ‘bite’ left in it. Season with salt and pepper as it cooks. Remove with a skimmer and set aside.

Step 3

Now add the onion to the remaining oil in the pot and sauté it gently until it is quite soft. Add the tomato. Simmer the tomato until it has melted and reduced to a nice, sauce-like consistency.

Step 4

Now add back your eggplant and celery, along with the capers, pine nuts, olives, grapes and the marjoram. Allow everything to simmer together for about 5-10 minutes. A minute or two before it's done, add the sugar and vinegar, mix well (but gently!) and let it finish simmering. Turn off the heat and let the dish cool entirely before serving.



by The Secret Jozie Chef

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

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PRAWN & SAFFRON RISOTTO

INGREDIENTS

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For the Prawns:

1kg prawns, shell on, deveined and cleaned
3tbsp butter
1/4 cup olive oil
2 cloves of garlic, finely chopped
1 glass white wine
Salt & pepper

For the risotto:

8 cups prawn stock
1/4 cup olive oil
1 medium onion, diced
1 stick of celery, finely chopped
1 carrot, finely chopped
Large pinch of saffron
2 cups arborio rice
1 cup dry white wine
1 tablespoon flat leaf parsley, chopped
4 tablespoons cold butter
Salt and pepper

METHOD

STEP 1:

To Make the Stock:

1. In a large heavybased saucepan, add the butter and olive oil. Place over a medium heat. Once it is hot add the garlic and stir quickly. Almost immediately add the prawns. Add them in a single layer allowing them to colour, but NOT cook all the way through.
2. As the prawns are cooked remove and set aside. Once all the prawns have been cooked, remove their heads and shells. Reserve all the juices and shells.
3. Return the pan to the heat, add half a roughly chopped onion, a small bunch of fresh celery leaf and stir to coat.
4. Once the onion starts to soften add the white wine and deglaze the pan. Now add back all the prawn shells and reserved juices.
5. Add 2litres of a good quality light vegetable stock and simmer for 20-minutes, skimming off any foam that surfaces.
6. Strain and use immediately, or allow to cool and freeze

To Make the Risotto

1. Heat the oil in a large saucepan over medium heat; add onion, carrot and celery and season with salt and pepper
2. Add the rice and stir to coat with the oil; season with salt and pepper and cook until slightly translucent.
6. The rice should be hot and sizzling, you should stir carefully to ensure it does not stick.
7. Add wine to the hot rice, the liquid should hiss and be quickly absorbed. Stir gently until almost all the liquid has cooked off. Add hot stock and broth mixture, a ladleful at a time, completely stirring in the liquid each time. Remember at this stage you are trying to coax the starches out the rice by gently and continuously stirring.
8. Keep adding broth as needed so there is always a 1/2cm liquid layer over the rice.
9. After about 8 minutes add add the saffron which has been soaked in 2 tbsp warm water
10. After 15 to 20 minutes, the rice should be close to al dente.
11. At this stage add the reserved prawn meat, cut into bite size hunks, and stir to combine well - the prawns will cook through in the heat of the rice.
12. Taste and adjust seasoning
13. Now cover the pan, and allow it to stand for 2-3minutes.

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CAPRESE SALAD WITH PESTO

INGREDIENTS

For the 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 live oil.

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CROSTINI WITH WHITE BEANS & ANCHOVY SALSA

INGREDIENTS

1 baguette
Olive oil for drizzling
For the cannellini bean purée

400g tin cannellini beans, rinsed and drained
1 small clove garlic
Grated zest and juice 1 lemon
50ml olive oil
For the anchovy salsa

Handful fresh flatleaf parsley
50g good quality anchovy fillets in olive oil, drained
2 tbsp capers, drained
 $\frac{1}{2}$ garlic clove, finely grated
Grated zest and juice 1 lemon
2-3 tbsp extra-virgin olive oil

METHOD

Step 1: Heat the oven to 160°C. Cut the baguette diagonally into thin slices and arrange on a baking sheet. Drizzle with olive oil and bake for 10-12 minutes until crisp. Set aside to cool.

Step 2: Put the beans, garlic, lemon zest and half the juice in a food processor. Pulse briefly while drizzling in the 50ml olive oil to give a chunky purée. Add salt and pepper, along with more lemon juice if needed.

Step 3: For the salsa: chop the parsley, anchovies and capers, transfer to a bowl and add the garlic, lemon zest and juice. Add the olive oil to cover. Stir well and season with salt, pepper and more lemon juice if needed.

Step 4: Dollop the bean purée onto the crostini and drizzle generously with anchovy salsa to serve.

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ROASTED RED PEPPER CHERRY TOMATO, RICOTTA & ANCHOVIES

INGREDIENTS

4 - 6 red bell peppers
6-12 oil-packed anchovy fillets, finely chopped
1 garlic clove, peeled
1 cup basil leaves, divided
Kosher salt, freshly ground pepper
2 tablespoons plus $\frac{1}{3}$ cup olive oil
1 pint cherry tomatoes, halved
 $\frac{1}{3}$ cup fresh ricotta
 $\frac{1}{4}$ cup pitted small black and/or green olives
Flaky sea salt

INSTRUCTIONS

Step 1: Over an open flame, or in a 225C oven place the red peppers and char until the skin is blackened all round. Remove, set aside and place in a bowl covered in clingwrap, allow to cool

Step 2: Once the red peppers have cooled enough, carefully remove the blackened skin, seeds and any membranes and cut the peppers into generous strips.

Step 3: Add the peppers to a bowl and add 4 tbsp olive oil and 2-3 tbsp red wine vinegar and season with salt and pepper, toss to coat. Then arrange the peppers in a layer on your serving plate.

Step 4: Meanwhile, blend $\frac{3}{4}$ cup basil, $\frac{1}{3}$ cup oil, 1 clove of garlic and ricotta in a blender until smooth; season the mix with salt and black pepper.

Step 5: Then top the roasted red peppers with tomatoes, dollops of flavoured ricotta, olives, and remaining basil, then drizzle with olive oil and season with sea salt and black pepper.

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Fresh Egg Pasta

INGREDIENTS

300g 00" Flour
3 large eggs (Free Range)
30ml Olive Oil
Pinch of salt

INSTRUCTIONS

Step 1

Mound the flour on a work surface and make a well in the center

Step 2

Break the eggs into the well, adding your pinch of salt and the olive oil. Using a fork, start whisking the eggs and oil together, incorporating

a little flour as you do. Slowly blend the flour and eggs, working from the center outwards

Step 3

Knead the dough on a lightly floured surface for 6 minutes, or until dough is smooth, soft, elastic but dry to the touch. If sticky, add a little

more flour. Once correct texture is reached, cover in plastic wrap and allow to rest for 30 minutes,

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Petti di Pollo alla pizzaiola

Chicken Breasts with a rich tomato sauce

Serves 4

Ingredients

For the chicken

4 chicken breasts

2tbsp cake flour, seasoned with salt & pepper

Olive oil to fry

For the sauce

1 onion, diced

2 cloves garlic, minced

1 red bell pepper, stem and seeds removed and sliced julienne

1 green bell pepper, stem and seeds removed and sliced julienne

2 tablespoons freshly chopped parsley leaves

1 tablespoon freshly chopped basil leaves

2 teaspoon freshly chopped oregano leaves

1 can crushed tomatoes

30 gms capers

30 gms anchovy fillets

1 bay leaf

1 tablespoon olive oil

Method

For the Chicken:

Cut each chicken breast into 4 strips. Dust lightly with seasoned flour and cook in a pan until browned and just cooked through. Set aside.

For the sauce:

In the same pan as the chicken, heat the olive oil in a large saute pan and cook the onions, anchovies, garlic, and red and green peppers until the onions begin to turn translucent and the peppers begin to soften, being careful not to burn the garlic. Stir in the parsley, basil, and oregano. Add the crushed tomatoes and bay leaf. Over medium heat, bring the mixture to a boil, then reduce heat and allow to simmer for about 20 minutes.

To serve, place the chicken in a dish and then top with the hot pizzaiola sauce.

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Green Beans & Tomatoes

Ingredients

300g ripe fresh tomatoes
500g fine green beans
2 garlic cloves
2 tbsp fresh basil leaves
Extra virgin olive oil as needed

Method

Step 1

Skin the tomatoes and cut in half removing the seeds and juice.

Step 2

Trim the stalk end from the green beans, peel and finely slice the garlic.

Step 3

Heat 2 tbsp olive oil in a thick bottomed pan, and lightly brown the garlic. Add the tomatoes, season, cover and cook for 15-minutes on a medium heat.

Step 4

Boil the beans in well salted water until just soft about 7-10 minutes. Drain then stir into the tomato sauce.

Step 5

Season with salt & pepper, drizzle with olive oil and the roughly torn basil leaves and serve.

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ORANGE RICOTTA CAKE

INGREDIENTS

Pastry:

$\frac{3}{4}$ cup butter, softened
1 $\frac{1}{2}$ cups sugar
450gms whole milk ricotta cheese
3 large eggs
1 teaspoon vanilla
1 large orange, 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 175C. 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, orange zest, and orange 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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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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Fresh Potato Gnocchi

Ingredients:

1kg floury potatoes, medium Nicola are best
3 large eggs, beaten
300g plain flour or less, depending on the texture of the potatoes

Instructions

Step 1

Add the whole potatoes in their skins to a pot of salted boiling water. Bring back to the boil and simmer for 10-15 minutes until just soft (will depend on the size of your potatoes). Test with a knife – the potatoes should be cooked, but not overcooked, otherwise they will be mushy and will have absorbed too much water. Hold them in a dish cloth to peel as they will be hot.

Step 2

Using a mouli/potato ricer/sieve press the potatoes into a bowl or onto a clean work surface. Make a hollow in your pile of potatoes, then pour in the egg and sprinkle over half the flour. Start to blend everything with your hands, adding more flour but as little as you can get away with. Work carefully and quickly, as the more you handle the dough, the harder and bouncier it will become. You need the same lightness you would use for pastry.

You should now have a soft dough that holds together, doesn't feel sticky and can be easily shaped.

Step 3

Divide the dough into 3 equal pieces. Roll a piece at a time into long, thumb-nail thick cylinders on a lightly floured surface, again working lightly and quickly. As you roll you will also be gently stretching the dough. Keep the surface well floured as you don't want the gnocchi to stick.

Step 4

Cut the dough into thumb-nail long lengths. To score the gnocchi use the back of a fork pressed against the gnocchi. This will help to carry the sauce that you use, it is not essential however.

Step 5

Bring a large, deep pot of salted water to the boil. Working with a few at a time, drop in the gnocchi and listen for the wonderful kissing noise they make as they go in. Let them cook for 2 minutes, during which time they will bob back up to the surface, then scoop them out with a slotted spoon. Taste - they should be soffici e leggeri (soft and light), the gnocchi equivalent of al dente.



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MASCARPONE GELATO

INGREDIENTS

4 large egg yolks
3/4 cup granulated sugar
2 cups whole milk
1 cup heavy cream
1/2 teaspoon kosher salt
1 1/2 teaspoons pure vanilla extract
240gms mascarpone

METHOD

Step 1: In a medium saucepan, whisk together the egg yolks and sugar until smooth, thick, and pale yellow. This will take around 30 seconds. Whisk in the milk, cream, salt and vanilla until evenly combined.

Step 2: Place the saucepan over medium heat. Whisking almost constantly, cook the mixture until an instant-read thermometer reads 170 degrees F, approximately 10 minutes.

Step 3: Place the mascarpone cheese in a medium-sized bowl. Carefully add one or two ladles of the hot gelato base and whisk until smooth. Continue adding the hot liquid and whisking until the mascarpone is completely incorporated.

Step 4: Strain the gelato base through a fine mesh strainer into a medium-size bowl, preferably one with a pouring spout.

Step 5: Place plastic wrap directly against the surface of the liquid to prevent a skin from forming. Chill until the mixture is very cold, at least 6 hours or up to two days in advance.

Step 6: Briefly whisk the mixture, then prepare in an ice cream maker according to manufacturer instructions.

Step 7: Once the gelato has finished spinning, it will likely be a soft serve consistency. Transfer to a loaf pan (or similar sized pan), cover, and freeze until fully frozen but scoopable, up to 2 hours.

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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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ROASTED ASPARAGUS WITH A HERB PANGRATTATO

FOR THE ASPARAGUS AND PANGRATTATO

1 kg asparagus washed, dried and wood ends removed if necessary
3 tablespoons unsalted butter, melted
2 tablespoons olive oil
5 cloves garlic, minced
1/2 cup fresh grated Parmesan cheese (or Parmigiano-Reggiano cheese)
1/2 cup Panko breadcrumbs
2 teaspoons parsley, finely chopped
Zest of 1 lemon
Salt and pepper, to taste (about 1/2-3/4 teaspoon salt and 1/4 teaspoon pepper)

Instructions

Step 1: Preheat the oven to 205°C. Lightly grease a baking tray or sheet with non stick cooking oil spray.

Step 2: Place the trimmed asparagus in a bowl. In a second bowl combine the butter, olive oil, 1 large clove minced garlic, parsley and bread crumbs, mix to combine well. If the mixture is too wet add an additional tbsp of bread crumbs.

Step 3: Add the crumb mixture to the asparagus and mix by hands to carefully and evenly coat the asparagus with the oil and crumbs.

Step 4: Transfer the asparagus and breadcrumb mixture onto prepared baking sheet and arrange into one even layer. Bake for about 10 minutes, or until the asparagus are just tender.

Step 5: Grill for 2-3 minutes until breadcrumbs are golden browned and asparagus has reached desired doneness
Serve warm on a warmed platter.

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SICILIAN CEVICHE

INGREDIENTS

450gms kingklip fillet
2 large juicey 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 kingklip 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 opaque), drain and gently combine the contents of the two bowls.
Step 6: Serve with crusty bread

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ASPARAGUS, PEA & BABY SPINACH SAUCE

INGREDIENTS

2 tablespoons unsalted butter or olive oil
1 pound gnocchi
10 spears asparagus, give or take, cut into 1 inch lengths
1 clove garlic, minced
 $\frac{1}{8}$ teaspoon red pepper flakes
juice of $\frac{1}{2}$ lemon
2 tablespoons cream
1 cup fresh or frozen peas
100g baby spinach (couple of big handfuls)
salt and pepper, to taste

METHOD

- Step 1:
In a large pot or frying pan with a lid, heat the butter or oil on low heat.
- Step 2:
Add the garlic and the red pepper flakes, and fry until just fragrant.
- Step 3:
Now add the peas and asparagus and fry for 1 minute.
- Step 4:
Add the lemon juice, and cream and for until slightly thickened.
Now add the baby spinach and allow to collapse before adjusting seasoning
- Step 5:
Add the gnocchi and some of the reserved pasta water, toss to coat and serve

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COZZE ALLA TARANTINA

INGREDIENTS

1kg Mussels
400g Canned tomatoes, crushed
2 cloves garlic
1 Fresh chili pepper
50ml white wine
3tbsp Extra virgin olive oil
Black pepper to taste
Fine salt to taste
Parsley to taste

INSTRUCTIONS

Step 1: Pour half of the olive oil into a pot and add a whole peeled garlic clove, fry until the garlic clove begins to turn golden. Then add in the mussels, some of your fresh chopped parsley and the white wine. Place the lid on your pot and allow the mussels to steam and open. Once they open remove the mussels from the pan and set aside under foil to keep them warm.

Step 2: Set aside any of the liquid that the mussels have released and then add the remaining olive oil to your pan and return the pan to a medium low heat.

Step 3: Finely chop the unused clove of garlic and the chilli and add it to the oil, and over a low heat allow the garlic to cook until just browning. Now add the reserved clove of garlic, that you had since pasted and allow it to cook for a minute.

Step 4: Once the garlic is lightly golden and fragrant add your pureed tomatoes and any reserved liquid and allow the tomato sauce to cook for 10-15 minutes. Add salt and pepper to taste, keep it light as you want to allow the mussels to share their flavour.

Step 5: Return the mussels to the pan and toss to coat, once warmed through, garnish with more fresh chopped parsley serve with crusty bread.

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Tagliata with rocket & Parmesan

Ingredients

6 sirloin or ribeye steaks, 3cm thick
1 1/2 tbsp chopped rosemary
1 1/2 tbsp chopped sage
Zest of 1 lemon
Coarse sea salt and freshly ground pepper
1 boneless rib eye steak, cut 2 inches thick (2 1/4 pounds)
Extra-virgin olive oil
1 pack of rocket
1 tablespoon lemon juice
1 cup shaved Grana/Parmigiano-Reggiano

Method

1. Start by finely chopping the rosemary and the thyme, add to a bowl.
2. Now add a generous tsp of freshly crushed black pepper and sea salt
3. To this add a finely zested peel of 1 lemon
4. Add a splash of olive oil to wet the mixture slightly and coat the steaks with it.
5. To cook the steaks add a splash of oil to a frying pan and place over medium high heat until almost smoking
6. Add the steaks and cook until nicely browned, about 3-minutes per side for rare
7. Remove the steaks, set aside and allow to stand under some foil
8. Now prepare in a separate bowl add your lemon juice and olive oil and mix to combine.
9. Arrange the rocket leaves on the platter, then slice the steaks into strips and arrange over the rocket
10. Finally drizzle with the olive and lemon dressing before topping with the parmesan shavings

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