

LEMON BLUEBERRY CHEESECAKE BARS

INGREDIENTS

For the crust:

2 cups all-purpose flour
½ cup granulated sugar
½ teaspoon salt
1 cup (2 sticks) butter - chilled and cut into small cubes

For the filling

240gms cream cheese - softened
2 cups granulated sugar
¼ cup flour
¾ cups fresh-squeezed lemon juice
⅓ cup powdered sugar - plus more for topping
1 cup blueberries
6 large eggs
1 teaspoon vanilla

METHOD

STEP 1: Preheat oven to 350 degrees and line a 9x13 inch pan with foil or parchment with plenty of overhang around the edges to lift the bars out of the pan before cutting.

STEP 2: Prepare the crust by combining flour, sugar, salt, and butter cubes in a food processor or blender. Cover and pulse until fine crumbs form. (You can also do this with a pastry cutter, fork, or with your fingers in a large bowl.)

STEP 3: Press crust into prepared pan and bake for 10 minutes while you prepare the filling.

STEP 4: Prepare the filling by combining cream cheese and sugar in a large bowl. Cream together until smooth. Mix in flour, powdered sugar, lemon juice, eggs, and vanilla until completely incorporated. Now stir in the blueberries.

Pour filling over crust and return to oven for 30 minutes.

STEP 5: Allow to cool for about 20 minutes, then cover and transfer chill in the fridge 4 hours or overnight. Lift the foil edges to remove the bars from the pan, slice into squares, sprinkle with additional powdered sugar, and serve.

THE
COOKERY

by The Secret Jozi Chef

ROASTED CHERRY TOMATO & RICOTTA BRUSCHETTA

INGREDIENTS

300gms multicolored cherry tomatoes
2 garlic cloves, thickly sliced
5 tablespoons extra-virgin olive oil, plus
more for drizzling
Salt & Pepper
4 thin slices of pancetta
32 sage leaves
1 pound fresh ricotta cheese
8 slices of country bread, cut 1/4-inch
thick and toasted
Flaky sea salt, for serving

METHOD

STEP 1:

Preheat the oven to 190C°. In a bowl, toss the tomatoes with the garlic and 1 tablespoon of the olive oil; season with kosher salt and pepper. Transfer the tomatoes to one side of a parchment-lined baking sheet and lay the pancetta slices out on the other side. Bake for 25 minutes, until the pancetta is crisp. Transfer the pancetta to paper towels to drain, then crumble.

Step 2

Roast the tomatoes for about 10 more minutes, until bursting and lightly caramelized. Transfer the tomatoes and any rendered fat from the pancetta to a bowl.

Step 3

Meanwhile, in a small skillet, heat the remaining 1/4 cup of olive oil over moderately high heat. Add the sage and fry until bright green and crisp, 30 to 45 seconds. Drain the sage on paper towels; reserve the oil for another use.

Step 4

Spread the ricotta on the toasts and top with the tomatoes and crumbled pancetta. Drizzle with olive oil, sprinkle with sea salt and pepper and top the toasts with the sage leaves. Serve immediately.

THE
COOKERY

by The Secret Jozi Chef

GRILLED NECTARINE & MOZARELLA SALAD

INGREDIENTS

15g unsalted butter
2 tbsp caster sugar
50g whole pecans
3 ripe nectarines, stoned and cut into eighths lengthways
4 tbsp extra virgin olive oil, plus extra for brushing
2 tbsp balsamic vinegar
1 tsp honey
2 x 100g balls of fresh mozzarella
70g rocket
bunch of basil leaves, roughly torn
pinch of chilli flakes

METHOD

STEP 1

Heat the butter and sugar in a small frying pan over a medium heat until the butter has melted. Add the pecans and stir to coat in the buttery sugar. Continue to cook for about 5 mins, stirring until the pecans are crisp and caramelised. Tip out onto a sheet of baking parchment and leave to cool. Once cooled, roughly chop and set aside.

STEP 2

Heat a griddle pan over a high heat and generously brush the nectarine slices with some olive oil. Griddle for 1-2 mins on each side until charred and caramelised. Remove to a serving platter and set aside.

STEP 3

Whisk the 4 tbsp olive oil, vinegar and honey together with some seasoning to make a dressing.

STEP 4

Scatter the rocket and basil across the base of your serving plate, then nestle the charred nectarine before tearing the balls of mozzarella and dotting across the salad. Drizzle over the dressing, scatter with the pecans and sprinkle with a pinch of chilli flakes to serve.

THE
COOKERY

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QUICK CRÈME BRÛLÉE

500 ml cream

1 vanilla pod OR 1 tsp vanilla bean paste

5 egg yolks

50 g caster sugar

Caramel Topping

40 g caster sugar

Step 1: If you are using a vanilla bean infuse cream: Simmer uncovered over low heat for 10 minutes. Remove from stove and set aside to infuse for 1 hour with lid on (you can skip this step if using paste or extract, just let it cool to lukewarm). Remove vanilla pod. Skim off any skin that has formed on the surface.

Preparation: Preheat oven to 130°C. Place 4 x empty ramekins in a baking pan with high enough sides that enough water can be poured in to come halfway up ramekins.

Boil water: Boil a kettle of water.

Whisk egg yolks and sugar: Whisk yolks and sugar until just well combined. Don't whisk too much, as this can create bubbles.

Add cream: Pour cream into eggs and gently stir to combine. Divide mixture between ramekins with a soup ladle.

Water bath: Pour in enough boiling water so it comes halfway up the sides of the ramekins. (If you have too much water, ramekins will float around – not good!)

Bake: Bake for 35 – 40 minutes, or until the custard is set but there is still a slight wobble when you GENTLY give the ramekin a little shake.

Chill: Remove ramekins from water. Leave to cool, then refrigerate for at least 6 hours and preferably overnight (up to 3 days is OK).

Blow torch method: Sprinkle 1/2 tsp sugar over the surface of each crème brûlée. Use a blow torch to melt and caramelise the sugar. Serve immediately.

THE
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ROASTED BALSAMIC TOMATO & THYME GALETTE

For the cherry tomato filling

500gms cherry tomatoes
2 tablespoons olive oil
2 tablespoons balsamic vinegar
7-8 cloves garlic adjust to taste
1 tablespoon fresh chopped thyme
 $\frac{1}{4}$ teaspoon salt

For the Galette Pastry

1 and $\frac{1}{2}$ cups all purpose flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup unsalted butter
5-6 tablespoons ice cold water

For the galette dough

Step 1: Mix together the flour and salt in a large mixing bowl. Using a pastry cutter or your fingers, cut in the cubes of butter until they are crumbly and pea-sized.

Step 2: Mix in the ice-cold water one tablespoon at a time, stirring with a wooden spoon until a cohesive ball of dough forms. The dough will still be slightly crumbly, that's okay. Wrap tightly in plastic wrap and let rest in the fridge for 30 minutes.

Preheat the oven to 220C.

For the cherry tomato filling:

Step 1: Meanwhile, prep the filling. Roughly chop the garlic. Heat the olive oil over medium heat in a large skillet. Add the garlic, cherry tomatoes, balsamic vinegar, thyme, and salt. Saute just until the cherry tomatoes burst, about 8-10 minutes, stirring frequently. Set aside.

To assemble the galette

Step 1: On a lightly floured surface, roll out the pastry dough into a 12-inch circle. Place on a parchment paper lined sheet pan or on a preheated pizza stone.

Step 2: Pour the cherry tomato filling into the center of the galette, leaving about 2 inches of a border. Fold the border in over just the edges of the cherry tomatoes

Step 3: Bake for 25-30 minutes at 220C on the middle oven rack, until the galette is golden brown. Remove the galette from the oven and allow to cool for 10 to 15 minutes before cutting.

THE
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KARIDOPITA

INGREDIENTS

For the cake

380g chopped walnut (13 ounces)
180g powdered Melba toast or
breadcrumbs
20g baking powder
1 flat tsp powdered nutmeg
2 tsps powdered cinnamon
1/2 tsp ground clove
200g butter
165g sugar
7 eggs (separated into whites and yolks)
zest of 1 orange
75ml brandy (1/3 of a cup)

For the syrup

2 cups sugar
100 grams honey (3.5 oz)
2 cups water
1 tsp vanilla extract
1 tbsp orange juice
1/4 of a cup cognac

INSTRUCTIONS

Step 1: Use an electric mixer to mix the sugar and butter; mix at medium-high speed for at least 5 minutes, until smooth and creamy. Add the egg yolks, one at a time, whilst continue mixing; wait each time for each egg to be absorbed, before adding the next. Pour in the brandy and the orange zest and mix for 10 more seconds. Set aside.

Step 2: Into a large bowl, add the chopped walnut, the powdered Melba toast, the cinnamon, the clove, the nutmeg, the baking powder and blend with a spoon. (Chop the walnut, using a blender, but be careful not to powder it; the authentic greek walnut cake calls for roughly chopped walnuts.)

Step 3: Combine the two mixtures and blend, until smooth.

Step 4: Place the egg whites into the bowl of the electric mixer, along with a pinch of salt. Make sure your egg whites, bowl and whisk attachments are clean and free of any water. Whisk the egg whites until the mixture is very thick and glossy and a long trailing peak forms when the whisk is lifted (meringues).

Step 5: With a spatula add gradually the meringues into the mixture and blend with light circular movements from the bottom up.

Step 6: Butter the bottom and the sides of a round baking tray, approx 30cm diameter and bake in a preheated oven at 170C, for about 35 minutes, until nicely colored on the outside and baked through.

Step 7: Let the karidopita (greek walnut cake) to cool and then prepare the syrup. Add all the ingredients for the syrup into a pot, and boil, until the sugar has dissolved. Scar the cake into pieces, and slowly ladle the hot syrup over the cold cake, allowing time for each ladle of syrup to be absorbed.

Step 8: Let it cool down for a while, before serving. This Greek walnut cake is ideally served cold with some vanilla ice-cream aside. Enjoy!!

THE
COOKERY

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MUSHROOM SOUP

INGREDIENTS

30g / 2 tbsp unsalted butter
1 onion , chopped
2 garlic cloves , minced
400g white mushrooms
200g Portabellini Mushrooms
800 ml vegetable stock or chicken stock
1/4 tsp salt , cooking/kosher
pinch tsp black pepper
200 ml crème fraiche or cream

INSTRUCTIONS

- Step 1:** Chopping mushrooms: Cut mushrooms into 4 slices, then dice into 3 or 4 pieces.
- Step 2:** Melt butter in a large pot over medium high heat. Add onion and garlic. Cook for 3 minutes until softened, but not golden.
- Step 3:** Add mushrooms and cook for 10 minutes, stirring regularly. Do not try to brown; they won't as the pot is too crowded but we do not need colour.
- Step 4:** Add vegetable stock, salt and pepper. Bring to a boil, then lower heat to medium and simmer gently for 15 minutes without a lid.
- Step 5:** Stir in cream (or crème fraîche), then simmer for another 5 minutes
- Step 6:** Transfer to a blender (do in batches, if necessary). Remove the cap from the feeding hole in the blender lid (Note 5), cover the hole with a folded tea towel. Blend until completely smooth.
- Step 7:** Return to pot, simmer for a minute or two until bubbles caused by blending largely subside and soup is hot.
- Step 8:** Serve: Ladle into bowls. Garnish with a drizzle of extra virgin olive oil or cream, croutons and parsley or (if you're feeling a bit fancy), chervil. Don't forget bread for dunking!

THE
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STEAK & CAFE AU LAIT SAUCE

Ingredients

Rub for the steak

3 Tbsp (45 ml) medium ground coffee beans
2 Tbsp (30 ml) sea salt
1 Tbsp (15 ml) paprika
1 Tbsp (15 ml) brown sugar
1 Tbsp (15 ml) ground garlic
1 Tbsp (15 ml) onion powder
1 Tbsp (15 ml) mustard powder
1 Tbsp (15 ml) cumin
1-2 tsp (5-10 ml) chilli powder
1 tsp (5 ml) black pepper

Café au Lait Mushroom Sauce

375 ml fresh cream
1½ Tbsp freshly ground coffee
a knob of butter
150 g shiitake and shimeji mushroom mix
125 ml good quality beef stock
1 Tbsp fresh thyme, chopped
1 Tbsp chives, chopped
sea salt and freshly ground pepper

The Steaks

Sunflower oil
4 x 250 g centre cut fillet steaks
a big knob of butter
2 garlic cloves, whole but squashed
a big spring of thyme

Method

Step 1

Mix the rub ingredients together well set aside until ready to use.

Café au Lait Mushroom Sauce

Step 1: Add the cream and ground coffee to a small saucepan over medium heat and stir to combine. Bring the cream to a boil and then simmer for 1 minute before removing from the heat. Allow the cream to infuse for 15 minutes then strain the cream through a very fine sieve or a piece of muslin cloth. Set the coffee cream aside until ready to use.
Step 2: Melt the butter in a large frying pan over a medium-high heat. Fry the mushrooms for 3-4 minutes until golden brown, then remove the mushrooms from the pan and set aside.
Step 3: Add the coffee cream and stock to the pan and bring to a boil. Simmer for a 5-7 minutes to reduce and thicken. Then add the mushrooms, thyme and chives to the cream and stir gently to combine. Season with salt and pepper and turn off the heat. Reheat the sauce when you are ready to serve your steaks.

The Steaks

Step 1: Pat the fillet steaks dry and then season with coffee rub. Drizzle with canola oil and set aside.
Step 2: Heat a large cast iron pan over high heat until the pan begins to smoke. Carefully place the oiled steaks into the pan and cook for 1 minute. Flip the steaks and cook for another minute then add the butter, thyme and garlic.
Step 3: Carefully tilt the pan and baste the steaks with the foaming, melted butter. Continue cooking the steaks for 1 minute a side and basting with every flip for a total of 3-4 minutes a side depending on how you like your steak.
Rest the steaks for at least 10-minutes, then serve with warm café au lait mushroom sauce.

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SPINACH WITH A FETA SAUCE

INGREDIENTS

1.5kg swiss chard
1 red onion, finely chopped
1 leek, cut into stripes
1/2 bunch fresh dill, finely chopped
1 tbsp sea salt
4 tbsps extra virgin olive oil

For the feta sauce

80ml milk (1/4 of a cup)
80ml milk cream (1/4 of a cup)
300g feta cheese (10.5 ounces)
1/2 tbsp thyme
salt and pepper to taste
1/2 tsp sweet paprika

INSTRUCTIONS

- Step 1:** Wash the swiss chard thoroughly and drain.
- Step 2:** Into a large saucepan pour the olive oil, add the onions and leeks and sauté for 3-4 minutes, until wilted.
- Step 3:** Add the swiss chard and mix with a wooden spoon. As soon as they become wilted, lower the heat and add 1/2 cup of water.
- Step 4:** With the lid on, simmer for 35 minutes, until the wild greens are boiled.
- Step 5:** In the meantime, prepare the feta sauce. Into a blender add the feta cheese (crushed).
- Step 6:** In a small pot, warm the milk and the milk cream at low heat. Right before it comes to the boil, remove from the stove and let it cool for 1 minute.
- Step 7:** Pour the milk in the blender, along with the herbs and spices and blend, until the sauce becomes smooth.
- Step 8:** Serve the salsa at room temperature and drizzle some extra virgin olive oil and lemon juice. Top with the feta sauce and some grated tomato, if you wish.

THE
COOKERY

by The Secret Jozi Chef

Sage & Butternut Risotto

Paul Maciel - The Cookery

Serves: 6-8

INGREDIENTS

For the butternut:

800gms butternut
3tbsp butter
1/4 cup olive oil
4 cloves of garlic

For the burnt sage butter:

4tbsp butter
2tbsp olive oil
20 fresh sage leaves

For the rice:

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

1. Preheat the oven to 200C. Now cut the butternut into 2cm cube pieces. Add to a roasting pan, dot with the butter, drizzle with olive oil. Now add the finely chopped thyme, salt, pepper and the whole pieces of garlic.
 2. Bake the butternut in the centre of the oven for 30-40 minutes, until it is charred and caramelised.
 3. Heat the oil in a large saucepan over medium heat; add onion, carrot and celery and season with salt and pepper; add some of the roasted garlic from the butternut, and cook until slightly translucent. Cook until the vegetable mix has cooked and softened but not browned.
 4. Now add a third of the roasted butternut, and stir to coat with oil. Cook for one minute.
 5. 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 of 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 another third of the roasted butternut.
 10. After 15 to 20 minutes, the rice should be close to al dente.
 11. At this stage add the remaining butternut and stir to combine well.
 12. Taste and adjust seasoning, remember the butternut is sweet. Remove from heat and stir in butter, then cheese.
 13. Now cover the pan, and allow it to stand for 2-3minutes.
 14. While the risotto is standing, heat the remaining butter, and olive oil until hot. Then add the washed and dried sage leaves. Cook for about 60 seconds until the leaves have crisped, remove from heat.
- To serve, spoon risotto into shallow bowls, add a crispy sage leaf and some of the sage flavoured butter, a shave of Parmesan and enjoy.

THE
COOKERY

by The Secret Jozie Chef

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

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Carpaccio di zucchini

Ingredients:

500g green zucchini
500g yellow zucchini
5 tablespoons (100ml) extra virgin olive oil
Juice of 1 small lemon
2 teaspoons grated lemon rind
225g baby rocket
100g shaved parmesan

Directions:

Step 1

Trim the ends of the zucchini and slice diagonally into wafer-thin rounds. Place in a bowl.

Step 2

Combine the oil, lemon juice and rind, and season with salt and pepper. Pour mixture over zucchini and leave for 5 minutes. Pile the rocket onto serving plates, then top with the zucchini and finish with the parmesan.

Step 3

Serve as a first course or as an accompaniment to simply grilled meat and fish.

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GREEN GODDESS SALAD

INGREDIENTS

2 hearts of romaine
4 green onions
1 stalk celery chopped
1 cup cherry tomatoes, diced
1/2 bunch dill
1/2 bunch mint
1/2 cup crumbled feta cheese

For the Green Goddess Dressing

1 cup whole milk Greek yogurt
1 cup fresh parsley
1 cup mixed soft leafy herbs, dill, mint, tarragon and/or cilantro
2 tablespoons chopped chives
2 tablespoons fresh lemon juice, plus 1/2 teaspoon zest
1 tablespoon extra-virgin olive oil
2 teaspoons capers
1 small garlic clove
1/4 teaspoon sea salt
Freshly ground black pepper

INSTRUCTIONS

Step 1: Prepare a large mixing bowl with ice water. Thinly slice the romaine lettuce, then add to the ice water for 5 minutes to crisp while you prepare the dressing and remaining ingredients.

Step 2: Trim and finely chop the green onions (both the white and green parts). Finely chop the dill and mint leaves, discarding the stem.

Step 3: Make the dressing. In a food processor, combine the yogurt, parsley, mixed herbs, chives, lemon juice, zest, olive oil, capers, garlic, salt, and pepper. Pulse until well combined. Season to taste.

Step 4: Drain the salad from the ice water and dry very thoroughly. A salad spinner helps if you have one, or use paper towels. Add to a large serving bowl, along with the celery, chopped tomatoes, chopped herbs, and feta. Give everything a gentle toss.

Step 5: Just before serving, give the dressing one more quick whisk and pour a third of it all over the salad. Mix well and coat it well with the dressing). If preferred add some more dressing. Serve immediately.

THE
COOKERY

by The Secret Jozie Chef

GIGANTES PLAKI

Extra-virgin olive oil

1/2 large onion, roughly chopped

1 large carrot, peeled and roughly chopped

1 celery stalk, roughly chopped

2 large garlic cloves, minced

Salt

1 can diced tomatoes, with juices

6 Tablespoons water

1/4 cup chopped flat-leaf parsley, plus more for garnish

1/2 Tablespoon fresh thyme leaves

3/4 teaspoon dried oregano

1/4 to 1/2 teaspoon red pepper flakes

1/4 teaspoon ground black pepper

1/8 to 1/4 teaspoon ground cinnamon

1 dried bay leaf

1 450g can butter beans, drained and rinsed (or the largest beans you can find)

Creamy feta cheese, crumbled

Rustic bread, for serving

Step 1: Preheat oven: Position a rack in the center of the oven and preheat the oven to 190C.

Step 2: Sauté the vegetables: In a large oven-safe skillet set over medium-high heat, add 1/8 cup olive oil. Once the oil shimmers, add the onion, carrot, celery, and garlic. Season with a pinch of salt (about 1/4 teaspoon). Cook, stirring frequently, until the vegetables soften, 5-7 minutes.

Step 3: Add the tomatoes and spices: Add the tomatoes with their juices and the water. Season with another pinch of salt (about 1/4 teaspoon). Add the parsley, thyme, oregano, red pepper flakes, black pepper, cinnamon, and bay leaf.

Step 4: Add the beans: Stir in the beans and cook for 5 minutes over high heat. At this point, taste and adjust the seasoning to your liking, then transfer the mixture to the oven and bake until thickened and the top layer turns a light golden brown, 20 to 30 minutes.

Finish and serve: Remove and discard the bay leaf. Finish the dish with a drizzle of olive oil, a pinch of parsley, and a good sprinkle of feta. Serve with rustic bread.

THE
COOKERY

by The Secret Jozi Chef

PANTZAROSALATA

INGREDIENTS

400g strained yogurt
2 medium raw or pre-cooked beets
2-4 sheets minced garlic (depending on how strong you want it)
Salt to taste
1/2 cup finely chopped walnuts
1 tbsp chopped dill
2-3 tbsp. vinegar
5-6 tbsp. olive oil

METHOD

STEP 1:
Using gloves grate the beet on the fine side of a grater.
STEP 2:
In a bowl add your yoghurt, finely minced or grated garlic, salt, vinegar, finely chopped dill and olive oil. Whisk to combine.
STEP 3:
Add the finely grated beet to the dressing and stir well to combine. Taste and adjust seasoning.
STEP 4:
Top with the roasted walnut pieces and some extra dill, serve as a dip or as a salad besides roasted meats.

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Melitzanosalata

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

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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GREEN BEAN, OLIVE & FETA SALAD

INGREDIENTS

Water
450gms green beans, trimmed
Salt and pepper, to taste
Crushed red pepper flakes, optional, to taste
100gms quality crumbled feta cheese, to taste
2 tbsp (or more to your liking) pitted olives, chopped
Handful of cherry tomatoes, cut in half

For dressing

2 tbsp extra virgin olive oil
2 tbsp freshly squeezed lemon juice
1 to 2 garlic cloves, minced
2 tbsp chopped fresh dill
1/2 tsp sweet Spanish paprika
Salt and pepper, to taste

INSTRUCTIONS

Step 1: Prepare dressing. In a small bowl, whisk together extra virgin olive oil, lemon juice, garlic, fresh dill, Spanish paprika, pinch of salt and pepper. Set aside for now.

Step 2: Bring a large pot filled with water to a boil. Add green beans. Cook for 5 minutes, then, keep the pot of boiling water going, but using tongs, transfer green beans to an ice bath (a bowl of ice and ice cold water) for 5 minutes. Return beans to boiling water to finish cooking until tender, about 10 more minutes or so. Drain well.

Step 3: Transfer warm beans to a mixing bowl. Add the chopped tomatoes, toss with a little salt and pepper. Give the dressing a quick stir to combine well, then pour over the green beans. Toss again to coat.

Step 4: Transfer to a serving platter. Sprinkle crushed pepper flakes and crumbled feta. Top with chopped olives. Serve at room temperature.

**THE
COOKERY**

by The Secret Jozi Chef

FRESH SAUSAGE ROLLS

INGREDIENTS

1/2 tbsp olive oil
2 cloves garlic , minced
1 brown onion , small, finely chopped
1 celery stalk , finely chopped
150g bacon , finely minced (streaky and fatty, not the lean stuff!)
2 tsp fennel seeds , toasted (optional)
500g pork mince (ground pork) (not lean)
3/4 cup / 40g panko breadcrumbs
1 egg
1/2 tsp salt
Black pepper

Baking & Serving

2 1/2 sheets puff pastry , thawed then each cut into half
1 egg , lightly whisked

INSTRUCTIONS

Step 1: Heat oil in a non stick fry pan over medium high heat. Sauté garlic, onion & celery for 2 minutes, then add bacon.

Step 2: Cook for a further 2 minutes (don't make bacon golden) then transfer to bowl and allow to cool for 10 minutes.

Step 3: Add remaining Filling ingredients into the bowl. Use your hands to mix well.

Step 4: Lay out a rectangle of pastry, long edge closest to you. Brush egg along one long edge.

Step 5: Get 1/5 th of the filling and shape into a long log shape down the middle of the pastry. Ensure the meat is tight and compact, without gaps.

Step 6: Brush edge of pastry with egg. Then roll up, finishing with the seam side down. Roll up, sealing on the edge with egg wash on it .

Step 7: If you have time/patience, refrigerate for 1 hour (makes it easier/heater to cut)

To Cook

Step 1: Preheat oven to 350F/180C.

Step 2: Cut each log into equal lengths, just two if you want full size sausage rolls. Brush with egg.

Step 3: Place on 2 baking trays lined with baking paper (or sprayed with oil). Bake for 30 - 35 minutes in total, swapping tray shelves at 20 minutes, or until the pastry is deep golden brown. (Note: The filling will still look pink because of the bacon, but it's easy to tell from texture that it's cooked)

Step 4: Cool slightly on trays. Serve hot or warm with tomato sauce or ketchup!

THE
COOKERY

by The Secret Jozi Chef

4 CHEESE BAKED PASTA

Ingredients

Macaroni

250 g (elbow pasta)

1 tbsp unsalted butter

Topping:

2/3 cup panko breadcrumbs

2 tbsp unsalted butter

1/4 tsp salt

Sauce:

60 g unsalted butter

1/3 cup plain flour (all purpose flour)

3-4 cups milk, warmed

200g grated cheese (cheddar/gruyere)

100g grated mozzarella cheese, or more other cheese of choice (Note 2)

3/4 tsp salt

Seasonings (optional):

½ tsp mustard powder

1 tsp black truffle paste

100gm pancetta, cut into cubes, and dry fried until crispy

Directions

Preheat oven to 180C/350F.

Pasta:

Bring a large pot of water to the boil. Add macaroni and cook per packet directions MINUS 1 minute.

Drain, return pasta to pot, add butter and toss until melted. Set aside to cool while making the Sauce

Topping:

Mix together Topping. Set aside.

Sauce:

In a large saucepan or in an ovenproof skillet, melt butter over medium heat. Add flour and cook, stirring constantly, for 1 minute.

Add about 1 cup of the milk and mix to dissolve the paste into the milk. Then add remaining milk and mix until lump free (use whisk if required).

Mix in salt and Seasonings if using.

Cook, stirring/whisking regularly, for 5 - 8 minutes until thickened to a cream consistency. When the Sauce coats the back of a wooden spoon, you should be able to draw a path with your finger.

Remove from stove, add the crisp pancetta pieces, truffle paste and cheese and stir - the cheese doesn't need to melt. Taste and adjust salt to taste.

Assembling:

Pour Sauce into pot with Macaroni. Stir quickly, then pour back into the skillet or a baking dish. Sprinkle with breadcrumb topping.

Bake for 25 minutes or until top is light golden. Don't bake too long otherwise you'll bake away the Sauce! Serve immediately!

CRANBERRY ALMOND BABY SPINACH SALAD

INGREDIENTS

1 tablespoon butter
3/4 cup almonds, blanched and slivered
450gms baby spinach, rinsed and torn into bite-size pieces
1 cup dried cranberries
2 tablespoons toasted sesame seeds
1 tablespoon poppy seeds 1/2 cup white sugar
2 teaspoons minced onion
1/4 teaspoon paprika
1/4 cup white wine vinegar
1/4 cup cider vinegar
1/2 cup vegetable oil

METHOD

STEP 1

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.

STEP 2:

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil.

STEP 3:

Toss with spinach just before serving.

In a large serving dish, combine the spinach with the toasted almonds and cranberries.

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HONEY GARLIC CHICKEN BREASTS

INGREDIENTS

500g, boneless and skinless

Salt and pepper

60 g flour

(50g) unsalted butter (or 2 1/2 tbsp olive oil)

2 garlic cloves , minced

1.5 tbsp apple cider vinegar (or white or other clear vinegar)

1 tbsp soy sauce , light or all purpose

90 g honey

INSTRUCTIONS

Step 1: Cut the breasts in half horizontally to create 4 steaks in total. Sprinkle each side with salt and pepper.

Step 2: Place flour in a shallow dish. Coat chicken in flour and shake off excess.

Step 3: Melt most of the butter in a large skillet over high heat – hold back about 1 tsp for later.

Step 4: Place chicken in skillet and cook for 2 – 3 minutes until golden. Turn and cook the other side for 1 minute.

Step 5: Turn heat down slightly to medium high.

Step 6: Make a bit of room in the pan and add garlic and top with remaining dab of butter. Stir garlic briefly once butter melts.

Step 7: Add vinegar, soy sauce and honey. Stir / shake pan to combine. Bring sauce to simmer, then simmer for 1 minute or until slightly thickened.

Step 8: Turn chicken to coat in sauce. If the sauce gets too thick, add a touch of water and stir.

Step 9: Remove from stove immediately. Place chicken on plates and drizzle over remaining sauce.

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