

PANEER TIKKA MASALA

INGREDIENTS

For the curry

2 tablespoons ghee (clarified butter)
1 onion, finely chopped
4 cloves garlic, minced
1 tablespoon ground cumin
1 teaspoon salt
1 teaspoon ground ginger
1 teaspoon Kashmiri chilli powder
1/2 teaspoon ground cinnamon
1/4 teaspoon ground turmeric
1 (14 ounce) can tomato sauce
1 cup heavy whipping cream
2 teaspoons paprika
1 tablespoon white sugar
1 tablespoon vegetable oil

For the paneer

1 clove garlic, crushed
1 tsp crushed ginger
500gms, paneer, cut into bite size chunks
1 teaspoon curry masala powder
1/2 teaspoon salt, or to taste (optional)
1 teaspoon white sugar, or to taste (optional)

METHOD

For the curry

- Step 1 Heat ghee in a large skillet over medium heat add the onion and cook - about 5 minutes.
- Step 2 Stir in garlic; cook until fragrant - about 1 minute.
- Step 3 Stir cumin, 1 teaspoon salt, ginger, cayenne pepper, cinnamon, and turmeric into the onion mixture; fry until fragrant, about 2 minutes.
- Step 4 Stir tomato sauce into the onion and spice mixture, bring to a boil, and reduce heat to low. Simmer sauce for 10 minutes, then mix in cream (yoghurt), paprika, and 1 tablespoon sugar. Bring sauce back to a simmer and cook, stirring often, until sauce is thickened, 10 to 15 minutes.
- Step 5 Now add the grilled paneer and cook for a further 15 - 20 minutes

For the paneer

- Step 1 Add the crushed garlic and ginger to a bowl, add the masala powder, salt, sugar and few tbsp of oil. Make a paste. Coat the paneer with it, now thread onto skewers.
- Step 2 To cook, heat your grill/braai to high then cook the paneer until slightly charred - Once charred add to the curry

THE
COOKERY

by The Secret Jozi Chef

DHAL MAKHANI

INGREDIENTS

1 cup lentils
1/4 cup dry kidney beans (optional)
water to cover
5 cups water
2 tablespoons salt
2 tablespoons vegetable oil
1 tablespoon cumin seeds
4 cardamom pods
1 cinnamon stick, broken
4 bay leaves
6 whole cloves
1 1/2 tablespoons ginger paste
1 1/2 tablespoons garlic paste
1/2 teaspoon ground turmeric
1 pinch cayenne pepper, or more to taste
1 cup canned tomato puree, or more to taste
1 tablespoon chili powder
2 tablespoons ground coriander
1/4 cup butter
2 tablespoons dried fenugreek leaves (optional)
1/2 cup cream (optional)

METHOD

Step 1

Place lentils and kidney beans in a large bowl; cover with plenty of water. Soak for at least 2 hours or overnight. Drain.

Cook lentils, kidney beans, 5 cups water, and salt in a pot over medium heat until tender, stirring occasionally, about 1 hour. Remove from heat and set aside. Keep the lentils, kidney beans, and any excess cooking water in the pot.

Step 2

Heat vegetable oil in a saucepan over medium-high heat. Cook cumin seeds in the hot oil until they begin to pop, 1 to 2 minutes. Add cardamom pods, cinnamon stick, bay leaves, and cloves; cook until bay leaves turn brown, about 1 minute

Step 3

Reduce heat to medium-low; add ginger paste, garlic paste, turmeric, and cayenne pepper. Stir to coat.

Step 4

Stir tomato puree into spice mixture; cook over medium heat until slightly reduced, about 5 minutes. Add chili powder, coriander, and butter; cook and stir until butter is melted.

Step 5

Stir lentils, kidney beans and any leftover cooking water into tomato mixture; bring to a boil, reduce heat to low. Stir fenugreek into lentil mixture.

Step 6

Cover saucepan and simmer until heated through, stirring occasionally, about 45 minutes. Add cream and cook until heated through, 2 to 4 minutes.

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CUCUMBER RAITA & TOMATO SAMBALIS

Cucumber Raita

500ml natural yoghurt
1 cucumber, grated or finely chopped
large handful mint leaves, chopped
large pinch salt
2 green chilli, de-seeded and finely chopped
(optional)

Method

Wrap the grated cucumber in a tea towel and squeeze out any excess water.
Mix together all the ingredients and serve chilled as an accompaniment to any curry or as a dip for poppadoms.

Tomato Sambals

4 large tomato, de-seeded and roughly diced
1 onion, diced
3 spring onion, finely chopped
4 teaspoon lemon juice
A few sprigs of freshly chopped coriander
3 green chillies, sliced
Salt to taste

Method

Combine the diced tomato into a large salad bowl. Add in the finely chopped onion.

Stir in the sliced spring onion.

Toss in the thinly chopped chives, coriander and green chillies.

Stir in the salt and lemon juice

Mix well to ensure an even distribution of seasoning.

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PILAU RICE

INGREDIENTS

60gms butter
2 cup basmati rice
2 teaspoon turmeric
2 bay leaf
6 green cardamom pods
8 cloves
1 teaspoon fennel seed
2 teaspoon salt
3 cups boiling water

METHOD

- Step 1
Melt the butter in a saucepan.
- Step 2
Add the spices and toast
- Step 3
Stir in the rice and salt, stir until it is coated in the butter.
- Step 4
Add the boiling water.
- Step 5
Cover with a tight fitting lid, and simmer on the lowest heat for 15 minutes--do not stir in the meantime

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GREEN BEANS FRY

250 grams Green beans (French Beans)
1/2 red onion finely chopped
1 clove garlic, finely minced
1/2 teaspoon Cumin seeds (Jeera)
1 Green Chilli , finely chopped
1 teaspoon Red Chilli powder
1/2 teaspoon Turmeric powder (Haldi)
1 teaspoon Coriander Powder (Dhaniya)
Oil , as required
Salt , as required

Step 1: To prepare Green Beans Fry Recipe, clean the beans and chop them finely, chop the red onion and garlic and set aside.

Step 2: Heat oil in a heavy bottomed pan and add the onion and cook until starting to colour and soften, now add the cumin seeds. Sauté it for 15 to 20 seconds.

Step 3: After 15 to 20 seconds, add green chillies and beans.

Step 4: Add salt and turmeric powder and let it cook for 3 to 5 minutes.

Step 5: After 3 to 5 minutes, add in the red chilli powder and coriander powder.

Step 6: Cover the lid and cook it till the beans becomes soft and cooked, if necessary add a tablespoon or two of water.

Step 7: Keep stirring in between so that the beans don't get burned.

Step 8: Once done, switch off the stove and the Green Beans Fry Recipe is ready to serve with boiled/steamed rice and Mixed Vegetable Sambar to make a wholesome meal.

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CUCUMBER SALAD WITH CHILIS

INGREDIENTS

2 cucumbers
1 small red onion finely sliced
1 tbsp white vinegar
3 green chillis, finely chopped
1 tbsp light olive oil
Salt to taste

METHOD

Step 1

Peel skin off cucumber

Step 2

Cut cucumber in half and remove the seeds

Step 3

Finely slice the halves into a bowl

Step 4

Finely slice the chillis and onion and add to a separate bowl.

Step 5

To the bowl with the onion and chili add the oil and vinegar, as well as salt and pepper

Step 6

Now add the finely sliced cucumber and mix well, - set aside for at least 10-minutes

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ALOO JEERA

INGREDIENTS

Jeera Aloo Spice Mix

2 tsp turmeric powder divided

1.5 tsp red chili powder I use Kashmiri chili powder, which is potent; adjust to taste!

4 tbsp chickpea flour

2 tsp salt

4 tsp water to form slurry with chickpea flour

Jeera Aloo Subzi (Dry Curry)

2 tbsp vegetable oil you can add extra if you like

1 tsp mustard seeds skip if unavailable

1.5 tsp cumin seeds can substitute with cumin powder - check recipe notes

6 potatoes medium, Yukon Gold

METHOD

Step 1: Bring a pot of water to boil along with 1 tsp of turmeric powder. Quarter the potatoes (no need to peel) and drop them into the water once you start to see bubbles appear in the water. Boil for about 10-15 minutes

Note: At the 10 minute mark, take a fork and poke your potatoes. If the fork goes through cleanly, you're good to go. If they don't, let them cook a bit more, checking every minute using the same technique. You don't want to over boil them.

Prep Spice Mix

Step 1: In a medium sized bowl (that can hold all the potatoes) add the chickpea flour, remaining turmeric, salt, and red chili powder and give it a good whisk.

Make Jeera Aloo (aka Bombay Potatoes)

Step 1: Once the potatoes are done boiling, remove from heat using a colander or slotted spoon. Rinse the potatoes under cold water to stop them from further cooking and peel the potatoes (the peels should come right off)

Step 2: Drop the peeled potatoes into the bowl with the spice mix and give it a good toss to coat them evenly. Now, add about 4 teaspoons of water to make sure the spices stick to the potatoes. Don't add too much water!

Step 3: In a skillet, heat vegetable oil on medium heat.

Once the oil starts to glisten, add mustard seeds. Then, once the mustard seeds starts sputtering, add cumin seeds. Toast for about 20 seconds taking care not to burn the seeds.

(Note: You can skip the mustard seeds if you don't have them, and add the cumin seeds straight to the oil. If you plan to use cumin powder, skip this step entirely and add the cumin powder after you add the potatoes.)

Step 4: Toss the potatoes into the skillet, taking care not to overcrowd them. Give them a good stir and let them cook for about 3 to 4 minutes. Then give them one more good stir and let them cook another 3 to 4 minutes. Your potatoes should be golden brown by this time. If not, give it a few more minutes until they are.

Once they are golden brown, turn the heat off, garnish with some curry leaves or cilantro if you wish, and serve hot with naan, rice or any other main dish of choice.

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AMBOT TIK

INGREDIENTS

for the prawns

20 Jumbo Prawns or Shrimp, cleaned and deveined

Enough water to soak the prawns completely

Masala

8-10 dried Kashmiri Red Chillies

6 Garlic Cloves

1 teaspoon whole Peppercorns

1 tablespoon whole Coriander Seeds

1 teaspoon Cumin seeds

1 small knob of Tamarind (1 teaspoon Tamarind Paste)

1 teaspoon Turmeric Powder

1/2 cup grated Coconut

1 cup Coconut Milk

Curry

2 tablespoons Coconut Oil

1 tablespoon finely minced Ginger

1/2 cup finely chopped Onions

1/2 cup finely chopped Tomatoes

Salt to taste

8-10 Curry Leaves

METHOD

Step 1

Rinse and pat dry your prawns and set them aside.

Step 2

In a frying pan, gently heat the dried red chili, peppercorns, coriander seeds until just fragrant - remove from heat straight away and allow to cool.

Step 3

Grind all the ingredients for the masala to a smooth paste and set aside.

Step 4

In a pan, heat oil and add ginger and onions. Sauté the onions till they are a light golden brown now add the tomatoes. Cook the tomatoes for 5-7 minutes till they break down easily with the back of a spoon.

Step 5

Add the ground masala and salt to the pan and bring it to a boil. Reduce the flame and simmer the masala for 10-15 minutes till the color deepens slightly.

Step 6

Add the prawns to the gravy and cook them for 7-8 minutes.

Step 7

Sprinkle curry leaves on top, mix well and switch off the flame. Let the curry rest for 5 minutes before serving with steamed rice.

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BURFI ICE CREAM

INGREDIENTS

2 cups heavy whipping cream
1 cup milk
150g white sugar
5 egg yolks
1-2 tsp ground cardamom powder
1 tsp rose essence
1/4 cup flaked almonds, toasted lightly
Large pinch of saffron (Optional)

METHOD

Step 1:

Combine heavy cream, milk, sugar, and cardamom powder in a saucepan; bring to a simmer over low heat. Cook and stir until sugar is dissolved, about 5 minutes. Remove from heat, if adding saffron add now. 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 rose essence into the cold ice cream mixture, taste and adjust the rose based on your preferences. Freeze in an ice cream maker according to manufacturer's directions.

Step 5: Transfer ice cream to a lidded freezer container, sprinkle with the lightly toasted almonds and freeze for 4 hours before serving.

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Coconut Ice Cream

Ingredients

2 cups milk
2 cups heavy cream
2 cups coconut milk
1 cup coconut flakes, toasted
8 egg yolks
1 1/2 cups sugar
Pinch salt

Method

Step 1

Bring milk, heavy cream, coconut milk, and coconut flakes to simmer in heavy saucepan for a few minutes. Allow to steep for 10 minutes.

Step 2

Whisk the egg yolks, sugar, and salt together, long enough to dissolve the sugar.

Step 3

Temper hot liquid into egg mixture. Return all back into saucepan over low heat, stirring all the while, until mixture starts to thicken. Strain through a chinois. Chill immediately over ice bath.

Step 4

Churn in a standard ice cream machine.

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MOROCCAN CHICK PEA & APRICOT TAGINE

INGREDIENTS

1/4 cup extra-virgin olive oil
3 large garlic cloves, peeled
2 cups thinly sliced red onion
1/2 cup dried apricots, sliced
1 tablespoon ras el hanout (Moroccan spice blend) or garam masala
1 teaspoon salt
3/4 teaspoon black pepper
1/4 teaspoon crushed red pepper
1 (3-inch) cinnamon stick
1/2 cup water
1 1/2 teaspoons grated lemon rind
1 1/2 tablespoons fresh lemon juice
2 (15-ounce) cans chickpeas, rinsed and drained
2 cans whole tomatoes, undrained and chopped
6 cups chard/spinach, torn into 1-inch pieces
1 cup cilantro leaves
1/4 cup mint leaves
1/2 cup roasted whole almonds, coarsely chopped

METHOD

Step 1

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat.

Step 2

Add garlic; cook for 1 minute, stirring constantly. Remove garlic from pan using a slotted spoon; discard or reserve for another use.

Step 3

Add onion and fry for two minutes, then add the dried apricots, ras-el hanout, salt, black pepper, crushed chilli pepper, and cinnamon stick.

Step 4

Saute for 7 minutes or until the onion is lightly browned, stirring occasionally.

Step 5

Add 1/2 cup water, lemon rind, juice, chickpeas, and tomatoes; bring to a boil. Reduce heat, and simmer for 10 - 15 minutes, stirring occasionally. Add a little extra water if you need.

Step 6

Stir in spinach; simmer for a few minutes or until spinach wilts. Remove from heat. Sprinkle with cilantro and mint; top with almonds.

Serve over couscous.

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ETHIOPIAN DORO WAT

INGREDIENTS

4 medium-sized red onions
1.6kg chicken
3/4 to 1 cup Vegetable oil or any good cooking oil of your choice
2 tablespoon kibbeh Ethiopian spiced butter
2 tablespoons tomato paste optional
6 eggs hard-boiled
2 tbsp minced garlic
2 tbsp grated ginger
1/4 cup water
salt to taste
1/2 cup of berbere spice
1 cup vinegar and 2 cups water to clean chicken

METHOD

Step 1

Clean the chicken very well and soak it in water and vinegar. Rinse and drain when ready to use.

Boil the eggs, peel, and set aside.

Step 2

Finely dice the onions. Use a food processor to save time. Add the onions to a pot over low to medium heat. The onions will sweat and create the water they will simmer in. Continue to stir the onions to prevent burning until they change color (light pink color). About 30 to 40 minutes. When they are done, the water will evaporate, and the onions will begin to stick to the bottom of the pot.

Step 3

Stir in the oil, minced garlic, salt, and berbere spice. Stir well.

Add the butter and the tomato paste and stir.

Step 4

Slash the chicken in two or three places. This step is optional, but it will allow the flavors of the stew to penetrate the chicken. Add the chicken inside the stew and stir.

Step 5

Add the water and cook on medium heat for 30 to 40 minutes stirring occasionally to prevent burning. Continue to cook until the stew thickens up and the chicken becomes tender.

Step 6

Stir in the eggs and leave to cook for another 15 to 20 minutes.

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Mozambican Prawn Curry

Ingredients

800 g frozen prawn meat (defrost overnight in fridge)
4 tsp sunflower oil
2 onions, finely chopped
2 Tbsp fish masala
 $\frac{1}{2}$ tsp turmeric
2 tomatoes, finely chopped
1 tin coconut cream
Salt and black pepper to taste
50gms grated coconut
Chopped fresh coriander to garnish

Method

Step 1

Heat the oil in a saucepan and add the onions and finely chopped garlic. Sauté the onions until translucent.

Step 2

Add the fish masala to the onions. Stir through and cook until the aroma is released. Now add the dried coconut and cook for two minutes

Step 3

Add the tomato and simmer for 20 minutes, add a little water if needed.

Step 4

Add the prawns and gently simmer for two or three minutes.

Step 5

Stir through the coconut cream and simmer for 5 minutes.

Step 6

Garnish with the chopped coriander and serve with coconut rice.

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Panaeng Curry Paste

3 dried red chilli, soaked and finely chopped
1 slice galangal/ ginger (or both)
2/3 of a stalk of lemon grass
1.5 shallots/ small red onions
Peel of 2 limes
2 clove garlic
1 slice fresh turmeric/ 1 tsp dry turmeric
1/2 tsp roasted coriander seed
1 tsp crushed, roasted peanuts
1 tsp peanut butter
1/2 tsp salt
1/4 tsp shrimp paste

Start by finely chopping all the ingredients, as much as possible. Then add them to a heavy stoned mortar and grind until a smooth paste is formed and all the aromas have been released.

Curry pastes can be stored in the fridge in a clean container for 7-10 days - but they are best fresh.

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Thai Panaeng Pork Curry

Ingredients

400gms sliced pork fillet
2 tbsp Panaeng Curry Paste
8 lime leaves, shredded
1 red chilli
3 x baby marrow, sliced 2cm
3 x patty pan, quartered
A handful of broccoli florets
2 cans coconut milk
1/2 cup shredded basil
1 tbsp fish sauce
1 tsp peanut butter
1 tsp sugar
Coconut/sunflower oil for frying
1 tbsp Roasted, chopped peanuts for serving

Method

In a medium saucepan, on medium-high heat, start by adding your oil and half the curry paste and cook until aromatic.

Brown your pork in the curry paste, adding salt to taste

Remove the pork once browned and set aside.

In the same saucepan, add coconut milk and bring to a simmer, making sure to stir and deglaze the bottom

Once simmering, add the rest of the curry paste, vegetables (Keep the basil and chilli till the end), fish sauce, peanut butter, and sugar.

When the vegetables are cooked halfway (around 6 minutes), add your pork back into the curry and simmer for another 5 minutes or until pork is cooked through.

Stir through the chopped basil, and red chilli. Serve with rice

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Thai Glass Rolls

Ingredients

8 rice wrappers (8.5 inch diameter)
1 red pepper, thin sliced
1 carrot, julienned
Handful bean sprouts
1 1/3 tablespoons chopped fresh Thai basil
3 tablespoons chopped fresh mint leaves
3 tablespoons chopped fresh cilantro
2 leaves lettuce, chopped

4 teaspoons fish sauce
1/4 cup water
2 tablespoons fresh lime juice
1 clove garlic, minced
2 tablespoons white sugar
1/2 teaspoon garlic chili sauce
Method
3 tablespoons hoisin sauce
1 teaspoon finely chopped peanuts

Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.

Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften.

Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end

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SWEET SAMBAL GREEN BEANS

INGREDIENTS

400 grams trimmed green beans
1 tablespoon vegetable oil
3 cloves garlic, minced
2 tablespoons minced fresh ginger
1 tablespoon grated palm sugar
2 tablespoons soy sauce
1 tablespoon toasted sesame oil
2 tablespoons Sambal Oelek
100 grams peanuts, roasted & salted

INSTRUCTIONS

Step 1: Heat a wok or large skillet over medium high heat

Step 2: Add 1 Tbsp oil to the wok. Add the ginger and garlic to the pan, and stir around for a few seconds.

Step 3: Add the green beans and cook, stirring, for about 3 minutes or until the green beans are crisp, tender and bright green. The skin will also start to blister, which is what we want.

Step 4: Add the soy sauce, chili paste, palm sugar, and sesame oil, and stir fry until the green beans are coated, and the sauce starts to look sticky. Add a few drops of water if necessary

Step 5: Toss in the chopped peanuts and toss for another few seconds until they get coated in the sauce too.

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Chicken Rendang

Ingredients

1 1/2 pound boneless and skinless chicken breasts or thighs, cut into cubes
1/3 cup cooking oil
1 cinnamon stick
3 cloves
3 star anise
3 cardamom pods
1 lemongrass, white part only, pounded and cut into strips
1 cup coconut milk
1 cup water
5 lime leaves, bruised
5 tablespoons toasted grated coconut (kerisik)
1 tablespoon sugar or to taste
Salt to taste

Spice Paste:

6 shallots
1-inch piece galangal
3 stalks lemongrass, white part only
4 cloves garlic
1-inch piece ginger, peeled
10 dried chilies (chili arbol), seeded

Method

Step 1

All all the ingredients of the Spice Paste in a food processor. Blend well.

Step 2

Heat the oil in a skillet, add the Spice Paste, cinnamon, cloves, star anise, and cardamom pods and stir-fry them until aromatic. Add the chicken and lemongrass, stir to combine well with the spices. Add the coconut milk, water, and simmer on medium heat, stirring frequently until the chicken is almost cooked.

Step 3

Add the lime leaves, toasted coconut, stir to blend well with the chicken. Lower the heat to low, cover the lid, and slowly simmer for 30 minutes or until the chicken is tender and the liquid has dried up. Add more sugar and salt to taste to taste. Serve immediately.

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CHICKEN TIKKA MASALA

INGREDIENTS

For the curry

2 tablespoons ghee (clarified butter)
1 onion, finely chopped
4 cloves garlic, minced
1 tablespoon ground cumin
1 teaspoon salt
1 teaspoon ground ginger
1 teaspoon Kashmiri chilli powder
1/2 teaspoon ground cinnamon
1/4 teaspoon ground turmeric
1 (14 ounce) can tomato sauce
1 cup heavy whipping cream
2 teaspoons paprika
1 tablespoon white sugar
1 tablespoon vegetable oil

For the chicken

1 clove garlic, crushed
1 tsp crushed ginger
500gms, deboned, skinless chicken thighs, cut into bite-size pieces
1 teaspoon curry masala powder
1/2 teaspoon salt, or to taste (optional)
1 teaspoon white sugar, or to taste (optional)

METHOD

For the curry

Step 1
Heat ghee in a large skillet over medium heat add the onion and cook - about 5 minutes.
Step 2
Stir in garlic; cook until fragrant - about 1 minute.
Step 3
Stir cumin, 1 teaspoon salt, ginger, cayenne pepper, cinnamon, and turmeric into the onion mixture; fry until fragrant, about 2 minutes.
Step 4
Stir tomato sauce into the onion and spice mixture, bring to a boil, and reduce heat to low. Simmer sauce for 10 minutes, then mix in cream (yoghurt), paprika, and 1 tablespoon sugar. Bring sauce back to a simmer and cook, stirring often, until sauce is thickened, 10 to 15 minutes.

Step 5
Now add the grilled chicken and cook for a further 20 - 30 minutes until

For the chicken

Step 1
Add the crushed garlic and ginger to a bowl, add the masala powder, salt, sugar and few tbsp of oil. Make a paste. Coat the chicken with it, now thread the chicken onto skewers.
Step 2
To cook, heat your grill/braai to high then cook the chicken until slightly charred - it is not essential to cook the chicken through. Once charred add to the curry

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BHUJIA

INGREDIENTS

1 1/2 cups Chickpea flour
1/2 cup self raising flour
1 tsp baking powder
1 tsp coriander powder
1 tsp cumin powder
1/4 tsp tumeric
1 tsp salt
1-2 tsp red chilli flakes(depending how hot you like it)
1 large potato, coarsely grated
1 large onion, coarsely grated
2 handfuls finely shredded spinach leaves
Oil for frying

METHOD

Step 1

Sift all the dry ingredients into a large mixing bowl.

Step 2

Add the remaining ingredients to the above.

Step 3

Mix in enough water to make a thick batter.

Step 4

Heat some oil in a large frying pan; add a heaped teaspoonful of this mix to the oil.

Step 5

Turn over when they are golden brown.

Step 6

Once the other side is golden brown, remove and drain on absorbent paper.

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Tandoori Chicken Skewers

Ingredients:

6 Tbsp vegetable oil
2 teaspoon ground coriander
2 teaspoon ground cumin
2 teaspoon ground turmeric
2 teaspoon Kashmiri chili powder
2 Tbsp garam masala
2 Tbsp sweet (not hot) paprika
2 cup plain yogurt (can sub buttermilk)
4 Tbsp lemon juice
8 minced garlic cloves
4 Tbsp minced fresh ginger
2 teaspoon salt
10 chicken breasts cut into chunks (deboned thighs work very well)

Method:

1. Preheat the over to 200C, fan on. Soak skewers in water
2. Heat the oil in a small pan over medium heat, then cook the coriander, cumin, turmeric, cayenne, garam masala and paprika, stirring often, until fragrant (approximately 2-3 minutes). Let cool.
3. Mix the spice mixture into the yogurt, add lemon juice, garlic, salt, ginger and stir till combined.
4. Coat the chicken pieces with the marinade, and chill for at least an hour (preferably 6 hours but no longer)
5. Thread the chicken pieces onto the skewers
6. Place the skewers on a roasting tray and roast in the hot oven till cooked through and slightly charred. Don't overcrowd the roasting tray and turn once during cooking.

Hint: These are fantastic on the braai, brush the grid with some oil before placing the skewers on and cooking till charred and ready.



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Cambodian Fish Amok

Ingredients

2 dried red chillies (see note), soaked in boiling water, drained, chopped
3 garlic cloves, chopped
1 tablespoon grated fresh turmeric (see note)
2 tablespoons grated galangal (see note)
2 lemongrass stems (inner core only), grated
2 eschalots, chopped
Finely grated zest of 1 lime
1 tablespoon shrimp paste (see note)
1/4 cup (65g) grated palm sugar (see note)
6 lime leaves, finely shredded (see note)
400ml coconut milk
400g skinless blue-eye fillet, cut into 3-4cm pieces
12 green prawns, peeled (tails intact), deveined
2 banana leaves (see note)
1 long red chilli, thinly sliced
Steamed rice, to serve

Method:

Step 1

Combine the chilli, garlic, turmeric, galangal, lemongrass, eschalot, lime zest, shrimp paste, palm sugar, half the lime leaves and 2 teaspoons salt in a mortar and pestle or small food processor and pound or whiz until a fine paste.

Step 2

Transfer paste to a frypan over medium heat and cook, stirring, for 3-4 minutes, until fragrant. Add the coconut milk (reserving 2 tablespoons for serving) and bring to a simmer. Remove from heat, transfer to a bowl and allow to cool slightly. Add the seafood and toss to combine.

Step 3

Cut each banana leaf into two 25cm x 15cm rectangles. Carefully wave both sides of each leaf over a medium-high flame, then set aside (the heat from the flame will soften the leaves, making them more pliable). Lay each banana leaf out, divide the seafood among the leaves and fold in the ends, securing with toothpicks to form 4 small trays. Top with remaining marinade and sprinkle with remaining lime leaves and half the sliced chilli. Place in a steamer over medium-high heat and cook for 15 minutes or until the fish is tender and cooked through.

Step 4

Place the seafood parcels on serving plates. Remove toothpicks, drizzle with remaining 2 tablespoons coconut milk and scatter with remaining sliced chilli. Serve with rice.

THE
COOKERY

by The Secret Jozie Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024. www.facebook.com/secretjozichef

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THAI PEANUT SLAW

Ingredients

FOR THE GINGER PEANUT DRESSING

60 ml honey
60 ml vegetable oil
60 ml unseasoned rice vinegar
1 tablespoon soy sauce
1 teaspoon Asian sesame oil
2 tsp fish sauce
1 tablespoon peanut butter
Heaping $\frac{1}{2}$ teaspoon salt
1 teaspoon Sriracha sauce (optional)
1 tablespoon minced fresh ginger
1 large garlic clove, minced

FOR THE SLAW

170 g finely sliced cabbage
230 g grated carrots
1 red bell pepper, thinly sliced into bite-sized pieces
150 g cooked and shelled edamame
2 medium scallions, finely sliced
70 g chopped salted peanuts (or you can leave them whole)
Small bunch loosely packed chopped fresh cilantro

METHOD

Step 1

In a medium bowl, whisk together all of the ingredients for the dressing (be sure the peanut butter is dissolved). Set aside.

Step 2

Combine all of the slaw ingredients in a large mixing bowl. Add the dressing and toss well. Let the slaw sit for at least ten minutes so the vegetables have a chance to soak up the dressing.

Step 3:

Taste and adjust seasoning if necessary. Serve cold. This slaw is best served fresh but leftovers will keep in a covered container in the refrigerator for a few days.

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JAMAICAN CHICKEN CURRY

INGREDIENTS

2 tablespoons (2 tablespoons) Oil
1 tablespoon (1 tablespoon) Minced Ginger
1 tablespoon (1 tablespoon) Minced Garlic
1 cup (160 g) onions, chopped
1.5 tablespoons (1.5 tablespoons) Jamaican Curry Powder
1 Scotch Bonnet Pepper, sliced
3 sprigs Fresh Thyme, or 1/2 teaspoon Dried Thyme
1 teaspoon (1 teaspoon) Kosher Salt
1/2 teaspoon (0.5 teaspoon) Ground Allspice
500gms Boneless Skinless Chicken Thighs, cut into 3 pieces each
1 Potatoes, large, cut into 1-inch chunks
1 cup (250 ml) Water

METHOD

Step 1:

Heat a large pot or saute pan over medium heat, once hot add the oil.

Step 2:

When the oil is hot, add ginger and garlic, and stir for 20 seconds.

Step 3:

Add chopped onion and mix well, cook until the onions have softened up (about 1-2 minutes).

Step 4:

Add the Jamaican curry powder, the sliced scotch bonnet pepper, thyme, salt and allspice and mix well.

Step 5:

At this point, if you have any browning or sticking that has occurred, use 1/4-1/3 cup of water to deglaze, scraping well, and allowing the water to evaporate.

Step 6:

Add chicken, potato, and 1-2 cups of water, stir well and then simmer on medium heat for about 20-30 minutes covered, checking and adding liquid as required.

Step 7:

Once the potatoes are cooked and the chicken is tender remove from the heat. Check and adjust seasoning.

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JAMAICAN CURRY POWDER BLEND

INGREDIENTS

2 teaspoons coriander
2 teaspoons fenugreek seeds
2 teaspoons turmeric
2 teaspoons cumin
2 teaspoons black pepper
1 teaspoon cinnamon
1 teaspoon bay leaf, dried
1 teaspoon fennel seed
1 teaspoon nutmeg
1/2 teaspoon clove
1/2 teaspoon ginger
1/2 teaspoon cayenne
1/2 teaspoon allspice
1/2 teaspoon cardamom

METHOD

Step 1

Grind all whole spices and seeds and bay leaves to a powder.

Combine all the ingredients and store in an airtight jar.

Note: While you can use pre-ground spices, the flavor is really better if you grind whole cloves, nutmeg, etc.

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