

# Gelato alla crema Fiorentina

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## Ingredients:

275 g of milk  
135 g of cream  
3 egg yolks  
90 g of sugar  
1/2 tsp vanilla  
40 g of dried amaretti  
1 teaspoon of bitter almond liqueur

## Directions:

### Step 1

Separate the eggs, reserve the yolks in a large bowl. Add the sugar and vanilla and then whisk until the mixture is pale and creamy. Meanwhile, heat the milk over low heat and before it reaches boiling point remove it from the heat, then pour it slowly into the egg yolk mixture whisking all the time, be careful not to rush this or you may scramble the eggs.

### Step 2

Once you have added all the milk, return the custard to the pot and place it on the stove over a low heat, whisking all the time., make sure you get into the corners of the pot, once the custard has thickened, remove it from the heat. Do not allow the mixture to boil.

### Step 3

Remove the mixture from the heat and let it cool completely. Meanwhile coarsely chopped amaretti biscuits, use dry amaretti biscuits and not the soft spongey ones. When the mixture is cold add the cream, the amaretti and the bitter almond and mix with the immersion mixer or blender

### Step 4

Pour the mixture into the ice cream maker and when it is ready you can serve with a soft amaretto as a garnish.

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**COOKERY**

by The Secret Jozie Chef

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

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# CANTUCCI DI PRATO

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## FOR THE DOUGH

500g 00 Flour  
350g caster sugar  
280g raw almonds, in skin  
80g butter  
150g whole eggs + 2 egg yolks  
1 tsp baking powder  
Zest of 1 Orange  
Large pinch of salt

## FOR GLAZING

1 egg (or if you had any egg left over from measuring your 150g you can use this)

## Instructions

**Step 1:** Preheat the oven to 180C. Now spread your almonds out in a pan, and bake for 15 minutes until lightly golden and fragrant. Remove and set aside to cool. Reduce the oven to 175C.

**Step 2:** While your nuts are roasting, melt your butter in a small pan, once melted remove from the heat and add your orange zest and allow to cool.

**Step 3:** In the bowl of a stand mixer, or in a large bowl add your eggs and caster sugar. Whip with the whisk attachment for at least 10 minutes to make a light and airy mixture. Don't rush this step.

**Step 4:** Once the eggs are beaten, add your cooled orange butter, salt and the almonds to the mixture, mix well to combine.

**Step 5:** Sieve your flour and baking powder into the bowl with your egg and butter mixture. If you are using a stand mixer swap to the paddle attachment, and mix until a slightly sticky dough forms.

**Step 6:** Lightly flour a surface and then divide your dough into 3 equal parts, approx 450g each, now shape into 3 equal loaves about 30cm long, work lightly so that you do not need to add too much extra flour.

**Step 7:** Place your loaves on lined baking sheets, and bake in the preheated oven for about 30 minutes or until the surface is golden. Remove from the oven and allow to cool slightly. Reduce the oven to 160C.

**Step 8:** Now cut the loaves into slices about 1 finger thick. Place the slices back onto the baking sheet, return to the oven for 10 minutes, remove and flip the cantucci and repeat for a further 10 minutes, until the biscuits are golden and crunchy. Remove and allow to cool.

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# Parpardelle Ragu

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## Ingredients

### Ragu

500gms pork mince  
2tbsp olive oil  
2 cloves garlic minced  
1 can whole peeled tomato  
1 onion, finely diced  
1 carrot, peeled and diced  
1 tsp fennel seeds  
1/2 tsp finely chopped fresh rosemary  
125ml white wine  
1 dry red chili (optional)  
100gms mascarpone

## Method

1. In a heavy based saucepan over medium heat, add the olive oil. Now add the pork to the pan, add the dried chili, garlic and rosemary as well. Fry the mince breaking it up into a smaller pieces, until it has nicely caramelised. Add the finely chopped onion, carrot and celery and cook until tender, about 10-minutes.

Now add the white wine and cook until it has been absorbed by the meat and reduced.

Now add the chopped tomato. Stir to deglaze the bottom of the pan, cover partially with a lid and simmer for 20-25 minutes. To serve stir through cream or mascarpone and add the cooked pasta.

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# LEMON RICOTTA CAKE

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## 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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# Chicken Piccata

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## Ingredients

2 skinless and boneless chicken breasts, butterflied and then cut in half

Sea salt and freshly ground black pepper

All-purpose flour, for dredging

6 tablespoons unsalted butter

5 tablespoons extra-virgin olive oil

1/3 cup fresh lemon juice

1/2 cup chicken stock

1/4 cup brined capers, rinsed

1/3 cup fresh parsley, chopped

## Method

Season chicken with salt and pepper. Dredge chicken in flour and shake off excess.

In a large skillet over medium high heat, melt 2 tablespoons of butter with 3 tablespoons olive oil. When butter and oil start to sizzle, add 2 pieces of chicken and cook for 3 minutes. When chicken is browned, flip and cook other side for 3 minutes. Remove and transfer to plate. Melt 2 more tablespoons butter and add another 2 tablespoons olive oil. When butter and oil start to sizzle, add the other 2 pieces of chicken and brown both sides in same manner. Remove pan from heat and add chicken to the plate.

Into the pan add the lemon juice, stock and capers. Return to stove and bring to boil, scraping up brown bits from the pan for extra flavour. Check for seasoning. Return all the chicken to the pan and simmer for 5 minutes.

Remove chicken to platter. Add remaining 2 tablespoons butter to sauce and whisk vigorously. Pour sauce over chicken and garnish with parsley.

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# Tuscan Chicken Cacciatore

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## Ingredients:

Knob of butter  
2 tbsp olive oil  
4 chicken legs, divided into thighs and drumsticks (skin removed if desired)  
Seasoned flour, to dust  
5 cloves garlic, peeled and left whole  
Small bunch of rosemary  
1 carrot, peeled and diced  
1 stick of celery, diced  
1 onion  
Half a glass of white wine  
250ml chicken stock  
100g tinned plum tomatoes in juice, roughly chopped (or 100g really ripe fresh tomatoes, skinned and chopped)

## Directions:

### Step 1

Heat the butter and oil in a large, heavy-based casserole dish over a medium-high heat. Dust the chicken pieces in seasoned flour, then fry them in batches until golden brown on all sides. Remove the chicken from the pan and set aside.

### Step 2

Fry the onion, garlic, rosemary, carrot and celery, with a little more oil if necessary, for a few minutes until slightly golden.

### Step 3

Pour in the wine and scrape the bottom of the pan to dislodge any crusty bits, then simmer until well reduced. Tip in the stock, tomatoes and olives, and replace the chicken. Bring to a simmer, cover, turn down the heat and cook gently for 45 minutes, until the meat is falling from the bone.

### Step 4

Season to taste and sprinkle generously with fresh parsley



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# FRESH POTATO GNOCCHI

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## INGREDIENTS

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

## METHOD

### 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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# 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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# PEAR & WALNUT SALAD

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## 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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# Basic Plain Pasta Dough

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## Ingredients

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

## Instructions

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

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

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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# RISOTTO RUSTICO DELLA TRADIZIONE TOSCANA

## Ingredients

### For the Meat Sauce

100 g minced meat  
200g chicken livers  
50 ml red wine ( 1 glass )  
40 g butter  
35 extra virgin olive oil  
2 tablespoons tomato paste  
55 g red onion  
60 g carrot  
25 g celery  
12 g fine salt  
Generous Crack of black pepper

### For the Risotto

360 g Carnaroli rice ( Aquerello )  
10 g butter  
55 g red onioncon  
1 l meat broth  
40 g Parmigiano Reggiano DOP  
2tbsp Finely chopped flat leaf parsley

## Method

### For the Meat Sauce

Step 1: Let's start preparing the sauce by cleaning and washing the vegetables, put them in the blender or chop them with the mezzaluna, the mince must be a little coarse, but not rough.

Step 2: Place three tablespoons of extra virgin olive oil in the pan, then place it on medium heat. Wash the liver well with water and place it in water and wine vinegar while the vegetables are browning ; this is to remove some of its flavor that not everyone loves. Brown the soffrito and then add the minced meat and the rinsed chicken liver and the spoons of tomato preserve diluted in a ladle of hot broth. At this point you can salt the meat.

Step 3: Continue cooking slowly and covered, for about 40 minutes, with a glass of red wine and, if this is not enough, adding a little broth.

Step 4: For the last 10 minutes, uncover the pot to thicken the sauce, break up the liver with a fork and mix it all together.

Step 5: Now prepare the risotto, by placing the butter in a saucepan and adding the finely chopped onion.

Step 6: When the browning process is finished, add the rice and toast for two minutes, stirring constantly with a wooden ladle. Start by adding, little by little, the very hot meat broth, stirring often and keeping the flame on medium heat.

Step 7: Bring the rice up slowly, adding the broth little by little and letting it absorb before adding more.

Step 8: Once you have reached two thirds of the cooking time, add about half of the meat sauce, which must be hot. When the rice is cooked, taste for salt and adjust if necessary.

Step 9: Stir in the grated parmesan. Serve hot and, on top of the risotto, put two good spoonfuls of the meat sauce. Sprinkle with freshly ground pepper. It will also be delicious with an aromatic pepper.

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# Roasted Pumpkin Soup with Truffles

## Ingredients

1.5kg pumpkin  
sea salt and freshly ground black pepper  
1 head of garlic, cut in half horizontally  
handful of rosemary sprigs  
olive oil, to drizzle  
1½ tbsp olive oil  
1 onion, peeled and chopped  
pinch of freshly grated nutmeg  
30g Parmesan, freshly grated  
800ml hot chicken stock  
100ml double cream  
15g butter

## Method

### Step 1

For the pumpkin purée, preheat the oven to 170°C. Cut the pumpkin in half horizontally and remove the seeds - save these to make a snack. Score the flesh, season with salt and pepper, then rub with the cut garlic halves. Lay rosemary and thyme sprigs and a garlic half in each pumpkin half. Drizzle with a little olive oil and place on baking trays.

Roast the pumpkin halves for about 1 hour until tender; the timing will depend on the variety, density and thickness. It is ready when you can effortlessly slip a knife into the thickest part of the flesh. Take out the rosemary and garlic; reserve the garlic. While still hot, scoop out the pumpkin flesh and purée in a blender or food processor.

### Step 2

For the soup, heat the olive oil in a large saucepan, add the onion and cook for 5–6 minutes until soft and translucent. Scoop out the flesh from 2 or 3 roasted garlic cloves and add to the pan with the nutmeg and a little seasoning. Sauté for a further 1–2 minutes.

### Step 3

Stir in the pumpkin purée and Parmesan, then pour in the stock. Bring to the boil, lower the heat and simmer for 10–12 minutes. Stir in the cream and heat for a minute.

In batches, ladle the soup into a blender and blend until smooth. Add the butter and blitz again to a velvety smooth texture.

### Step 4

Pour the soup into a clean pan to reheat.

### Step 5

Pour the hot soup into warmed bowls and dot with some black truffle paste and some shaved parmesan.

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# Polenta (Gucci Pap)

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Serve with the Cacciatore

## Ingredients:

500gms polenta  
2 cloves garlic  
1.2 litre water  
500ml full cream milk  
100gms salted butter  
200gms grated parmesan  
Salt & Pepper for seasoning

## Directions:

Heat the milk, water and the crushed garlic until almost hot, add 1 tsp salt and some pepper. Then stir in the polenta and bring to a slow simmer (be careful it can splash)

After 3-minutes stir in 3/4 of the milk, the butter and parmesan. Check consistency, if too thick add more milk until you have your desired consistency.

Check seasoning again and serve warm with chicken cacciatore.



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# GARLIC & MINT ZUCCHINI

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2 courgettes (zucchinis)  
2 tablespoon extra virgin olive oil  
1 garlic clove, (peeled but not sliced)  
1 handful fresh mint  
juice of  $\frac{1}{4}$  lemon  
salt and pepper, to taste

## Instructions

**Step 1:** First, cut the zucchini into 3cm x .5cm batons.

[Optional pre-salting the zucchini - Place the zucchini batons in a colander set over a bowl and liberally sprinkle salt over them. Quickly mix the salt into the courgettes with your hands and leave for 5-10 minutes so that the salt can draw out the juices from the courgette. Once the batons look wet and glistening, rinse them under the tap in the colander to wash away all the salt and any juices. Then dry in a clean tea towel or kitchen towel.]

**Step 2:** In the meantime, slice the fresh mint thinly.

**Step 3:** Heat the oil in a large frying pan over a medium heat. Once hot, add the whole garlic clove and move around in the pan to brown on all sides and flavour the oil. Once browned, remove from the pan and discard (or use to flavour in something else).

**Step 4:** Add the courgette batons in one single layer. Do not overlap the batons. You may need to sauté the courgette batons in batches. Sauté the courgette batons until the underside is golden brown (about 2-4 minutes), then, using a pair of kitchen tongs, turn each slice over to cook on all the other side. Cook until golden brown on all sides.

**Step 5:** Once cooked, add the chopped mint and a squeeze of lemon juice and stir over the heat for 30 seconds until the mint has wilted and the lemon juice is mixed into the courgette batons. (If cooking in batches, add the pre-cooked slices back into the pan at this point and stir all together over the heat). Season with salt and pepper to your taste. Serve hot.

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# CROSTINI ALLE ALICI

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## INGREDIENTS

1 baguette  
2 large fresh mozzarella balls  
4 desalted and boned anchovies  
50 gr butter  
salt  
Pepper

## METHOD

### Step 1

Slice the baguette into finger thick slices. Brush lightly with olive oil, then in a non-stick pan over medium high heat, toast lightly.

### Step 2

Top each slice of crostini with a finger thick slice of mozzarella and place on a baking sheet. Bake in 200C oven until the cheese begins to melt and the crostini has depened in colour.

### Step 3

While the crostini are toasting, melt the butter with the anchovies in a small pan. Do this gently until the anchovies have melted.

### Step 4

Remove the toasted crostini, arrange on a serving platter, and then drizzle with the anchovy butter.

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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  
80 gms finely diced prosciutto  
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 prosciutto, 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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# Moules Marinieres

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## 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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# Pan Fried Wild Mushrooms

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Make the most of the earthy flavours of mushroom

## Ingredients

250g Portabelini or Wild mushrooms

1 clove garlic, finely minced

2 tbsp butter

3 tbsp olive oil

60ml marsala or sherry

1/4 tsp finely chopped red chili

1 tbsp finely chopped flat leaf parsley

2 tbsp cold butter, cut into pieces

## Method

1. In a pan heat the olive oil, butter until bubbling
2. Now add the garlic and chili to the pan
3. Cook for 1-minute, now add the sliced mushrooms (brush and remove tough parts first)
4. Cook the mushrooms for a few minutes, add a little extra olive oil if you need
5. Once the mushrooms are cooked add the marsala and burn off the alcohol
6. Add the flat leaf parsley
7. Now add the cold butter and stir through before serving

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