

Chimichurri Marinade

Ingredients

30g flat leaf parsley
5 large cloves garlic
1 tsp dry oregano
150ml olive oil
1/2 tsp dry chili flakes
35ml red wine vinegar
1 tsp sea salt
1 tsp freshly ground black pepper

Directions

Step 1:

Bring a small pan of water to the boil and have an ice bath ready. Blanch the parsley for 1 minute, then drain immediately and plunge into icy water. Drain and pat dry

Step 2:

Place all the ingredients into a food processor and pulse. Serve immediately or refrigerate in a sealed container for 3-4 days

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretojzichef

Guacamole

Ingredients

6 ripe avocados
3 limes, juiced
1 medium yellow onion, chopped
2 serrano chiles, cut into rounds
1 big handful fresh cilantro with stems, about 1/2 cup, finely chopped
Extra-virgin olive oil
Coarse salt
Freshly ground black pepper

Directions

Step 1:

Halve and pit the avocados. With a tablespoon, scoop out the flesh into a mixing bowl. Mash the avocados using either a fork or potato masher, leaving them still a bit chunky.

Step 2:

Add the remaining ingredients, and fold everything together. Drizzle with a little olive oil, adjust seasoning with salt and pepper and give it 1 final mix with a fork.

Step 3:

Lay a piece of plastic wrap tight on the surface of the guacamole so it doesn't brown and refrigerate for at least 1 hour before serving.

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretojzichest

Fajita spice

Ingredients

3 tablespoon cornstarch
6 teaspoons chili powder
3 teaspoon salt
3 teaspoon paprika
3 teaspoon white sugar
1 1/2 teaspoon onion powder
1 teaspoon cayenne pepper
1 1/2 teaspoon ground cumin

Instructions

Step 1:

Combine cornstarch, chili powder, salt, paprika, sugar, onion powder, cayenne pepper, and cumin together in a small bowl.

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretjozichef

Chicken Fajita

Ingredients

450gms skinless, boneless chicken thighs, cut in half

3 tbsp fajita seasoning

1 tablespoon vegetable oil

1 green bell peppers, chopped

1 red bell peppers, chopped 1 onion, chopped

Optional extras:

Fresh chopped chilli, cilantro, spring onion, etc

Instructions

Step 1:

Toss the chicken with the fajita seasoning, then, heat some oil in a non stick frying pan. Add the chicken when the oil is hot, do not overcrowd the pan. Allow to brown for 2-minutes before turning, allow to brown, remove and set aside - keeping warm. Repeat until all the chicken is finished. It is ok if the chicken is a little pink it will finish cooking in the peppers.

Step 2:

Heat a little extra oil in the same frying pan over medium heat. Stir in the green bell peppers, red bell peppers, onion and cook until the peppers have begun to soften. Once the veggies are almost cooked stir in the chicken and allow and chicken. Cook and stir until the vegetables have softened, about 10 minutes.

Step 3:

If you are using any optional extras top the cooked chicken with them and serve with warm soft tortillas

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretojzichef

Feijao - Black Beans

Ingredients

2 tbsp olive oil
1 large onion, finely chopped
1 garlic clove, finely chopped
1 small carrot, finely diced
1 celery stick, finely diced
1/2 tsp ground cumin
1 tsp paprika
1 1/2 tbsp tomato paste
800gms canned black beans
1 vegetable stock cube
Few sprigs of thyme

Directions

Step 1:

Heat the oil in a large saucepan, add the chopped vegetables and cook over a medium-low heat, until softened, about 8-10 minutes

Step 2:

Stir in the spices and thyme, and cook for a further 2-3 minutes.

Step 3:

Add the tomato puree and the drained black beans, the stock cube and 150ml water.

Step 4:

Bring to a simmer for about 10-12 minutes until slightly thickened

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Esquites (Charred Corn Salad)

Ingredients

4 cups corn (about 5 ears)
1 tbsp olive oil
1/2 red bell pepper chopped
1/2 small red onion finely chopped
1/2 cup fresh cilantro chopped
6 spring onions chopped
1 jalapeno pepper diced
1/2 avocado chopped
4 tbsp lime juice (from about 2 limes)
1/2 tsp cumin ground
1/2 tsp smoked paprika
1/4 tsp black pepper ground
1/4 tsp salt
2 tbsp sour cream (or yogurt)
2 tbsp mayonnaise
1/2 cup feta, crumbled

Instructions

Step 1

Start by charring the corn over a hot braai or in a very hot griddle pan. Allow to cool until it can be handled, then cut the corn off the cob and set aside in a large bowl.

(You can also use canned corn or frozen corn. If using frozen, no need to thaw it out. You will need to char it in a very hot dry pan)

Step 2

Transfer the corn to a large bowl and let it cool for a couple minutes.

Step 3

To the same bowl, add the remaining ingredients. Stir everything together (excluding the diced avocado) until well combined. Now add the avocado, mix gently, taste and then adjust lime juice and salt and pepper as necessary.

Step 4

To serve garnish with additional cheese and cilantro, if preferred.



by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Mexican Chipotle Meatballs

Ingredients

1 teaspoon sunflower oil

1 large brown onion, finely diced

For the meatballs

800 g grass-fed beef mince (1.8 lb ground beef)

3 medium dried chipotle chilies (tinned chipotle can also be used, seeds out/ 2 level tsp chipotle paste)

2 tablespoons chopped fresh coriander (cilantro)

2 large garlic cloves, finely diced

1 teaspoon ground coriander seed or powder

1 teaspoon ground cumin seed or powder

1 teaspoon sweet or medium paprika

1 ½ teaspoon of sea salt

1 tablespoon virgin olive oil

2 tablespoons lard, ghee or coconut oil

For the sauce

½ brown onion, mentioned above

2 garlic cloves, finely diced

2 medium chipotle chilies, seeds out

½ teaspoon ground coriander seed or powder

1 teaspoon ground cumin seed or powder

½ teaspoon paprika

2 bay leaves

400 g diced tomatoes or tomato puree (about 1 ½ cups)

½ teaspoon sea salt

Instructions

Step 1:

If using dried chipotle chilies, place them in hot water to rehydrate, for at least an hour before using.

Step 2

Heat a teaspoon of cooking fat in a large frying pan over medium heat and add the onion. Sauté the onion for 3-5 minutes until translucent. Remove to a bowl. Use half of the onion for the meatballs mix and reserve the rest for the sauce.

Step 3

While onion is cooking, pre-chop other ingredients for the meatballs. Slice the chipotle chilies in half and remove the seeds. Chop with a knife or grind with mortar and pestle into a paste-like consistency.

Combine ground beef with half of the cooked onion, chopped garlic and chipotle chilies, paprika, cumin, coriander seed, salt and olive oil. Mix and knead through using your hands. Using clean, wet hands roll the mix into small balls (somewhere between a walnut and a golf ball size). Set aside until ready to cook.

Step 4

Preheat some hot oil in a large frying pan until sizzling hot. Cook the meatballs on medium-high heat for 3 minutes on each side, until well browned. Remove and set aside.

Step 5

Add the rest of the cooked onion, garlic, two chopped chilies and the sauce spices to the pan. Stir through and add the diced tomatoes/puree. Combine and cook for 8-10 minutes uncovered, stirring frequently to make sure the sauce is evenly cooked. Now add the meatballs and simmer together for 15-minutes until the meatballs are cooked through. Add water if needed. Serve garnished with fresh cilantro



Chocolatōn

Ingredients

6 eggs (separate whites and yolks)
350gms semi-sweet chocolate chips
226gms butter
3/4 cup sugar
1 tsp. Vanilla

Method

Step 1

Melt the butter and chocolate chips together. This can be done on top of the stove in a double boiler, or in a microwave oven for about 1 1/2 minutes.

Step 2

Stir the melted chocolate and melted butter together until smooth.

Step 3

Whip the egg whites into a fluffy meringue.

Step 4

When the meringue starts to peak, add the sugar, bit by bit.

Step 5

Fold in the egg yolks.

Step 6

Add the (warm) chocolate mixture and the vanilla to the meringue.

Step 7

Gently blend together until it is completely mixed.

Step 8

Pour into a serving bowl or individual cups.

Step 9

Chill for at least an hour before serving.

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretojzichest

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.

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretojolichef

Spicey Mexican Ceviche

Ingredients

450gms fresh, skinless snapper, bass, halibut, or other ocean fish fillets, cut into 1/2-inch dice
1 1/2 cups fresh lime juice
1 medium white onion, chopped into 1/2-inch pieces
2 medium-large tomatoes (about 1 pound), chopped into 1/2-inch pieces
Fresh hot green chiles (2 to 3 serranos or 1 to 2 jalapeños), stemmed, seeded and finely chopped
1/3 cup chopped cilantro, plus a few leaves for garnish
1/3 cup chopped pitted green olives (manzanillos for a typical Mexican flavor)
1 to 2 tablespoons extra-virgin olive oil (optional)
Salt
3 tablespoons fresh orange juice or 1/2 teaspoon sugar
1 large or 2 small ripe avocados, peeled, pitted and diced
Tostadas, tortilla chips or crostini for serving

Instructions

Step 1:

In a large stainless steel bowl, combine the fish, lime juice and onion. Use enough juice to cover the fish and allow it to float freely; too little juice means unevenly "cooked" fish.

Step 2:

Cover and refrigerate for about 4 hours, until a cube of fish no longer looks raw when broken open. Drain in a colander.

Step 3:

In a large bowl, mix together the tomatoes, green chiles, cilantro, olives and optional olive oil. Stir in the fish and season with salt, usually about 1/2 teaspoon. Add the sugar. Cover and refrigerate if not serving immediately. Just before serving, gently stir in the diced avocado.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Chili Sin Carne

Ingredients

1 onions, finely chopped
2 cloves garlic, minced
1/2 dried chili peppers, minced
1 green peppers, diced
2 tbsp canola oil
1 2/3 cup canned tomatoes (diced)
2 tbsp tomato paste
ground pepper to taste (optional)
1 tsp ground cumin
2 tbsp brown sugar
1/2 cup vegetable broth, low-sodium
2 tbsp water, if necessary
3 cups beans/lentils/legumes (canned)
1 pinch salt (optional)
1 tbsp fresh cilantro, chopped (optional)
1 limes (optional)

Directions

Step 1:

Prepare the vegetables. Finely chop the onion, mince the garlic and chili pepper, and finely dice the bell pepper.

Step 2:

Heat the oil in a skillet or a pan over medium heat. Cook the onion and garlic about 3 min until the onion is soft and translucent, with occasional stirring, paying attention not to let them burn.

Step 3:

Add the diced tomatoes, tomato paste, diced bell pepper, minced chili pepper, cumin, and brown sugar. Pour in the warm broth. Cover and cook 15 min, checking occasionally that the mixture stays moist. Add water if necessary.

Step 4:

Drain the legumes, rinse them and drain again. Add them to the pan, mix well, and cook an additional 20 min. Add salt and pepper to taste. Sprinkle with freshly chopped cilantro leaves, garnish with lime wedges, then serve.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Beef Nachos with Pico di gallo salsa

A mix of authentic Mexican with a little US influence

Ingredients

Pico di gallo salsa

4 vine ripe tomatoes, seeded and chopped
1 jalapeno pepper, seeded and finely chopped, for medium to hot heat level
1 small red onion, chopped
1/4 cup, 2 handfuls, cilantro leaves, finely chopped -- substitute parsley if cilantro is not to your liking

Beef Topping

1 tablespoon extra-virgin olive oil
1 pound ground sirloin
2 cloves garlic, chopped
1 small onion, chopped
1 jalapeno pepper, seeded and chopped
1 teaspoon salt
1 1/2 teaspoons dark chili powder
1 1/2 teaspoons ground cumin, half a handful
2 teaspoons to 1 tablespoon cayenne pepper sauce, giving you medium to hot heat level
1 can black beans, 15 ounces, drained

Cheese Sauce:

2 tablespoons butter
2 tablespoons all-purpose flour
2 cups milk
300gms gouda, shredded, about 2 1/2 cups

Directions

Step 1:

Arrange a mixture of 2 varieties of corn chips on a very large platter or use your broiler pan as a platter.

Step 2:

Combine salsa ingredients in a bowl and set aside for flavors to marry.

Step 3:

Heat a medium nonstick skillet over medium high heat. Add oil, garlic, onion and peppers to the pan and saute 2 minutes, then add meat and crumble with wooden spoon. Season meat with salt, chili powder, cumin and cayenne pepper sauce. Cook meat 5 minutes, then stir in beans and reduce heat to low.

Step 4:

In a medium sauce pot, melt butter and add flour to it. Cook flour and butter 1 to 2 minutes over moderate heat, then whisk in milk. When milk comes to a bubble, stir in cheese with a wooden spoon. Remove cheese sauce from the heat.

Step 5:

Pour cheese sauce evenly over the massive spread of chips and top evenly with beef and beans and the pico de gallo. UBER NACHOS! Serve immediately as is or, garnish with your choice of extra toppings from the toppings list.



by The Secret Jozi Chef

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

www.facebook.com/secretojzic Peace

Mexican Coleslaw with a cumin & lime dressing

Ingredients

4 cups shredded cabbage mix , (a mix of red and green cabbage / shredded carrots)
1 red pepper , medium sized

Dressing:

½ cup chopped cilantro
½ cup chopped red onion
½ cup red wine vinegar , or vinegar of choice
¼ cup olive oil,
2 tablespoons lime juice , about one lime
1 tablespoon cumin
1/2 teaspoon sea salt
A few tbsp vegetable stock to thin out dressing if needed , up to a 1/4 cup

Directions

Step 1:

Place all dressing ingredients in a mixing bowl or container and whisk or shake well. After mixing, allow dressing to sit while prepping the rest of the salad so that the flavors can combine. You can also do this the day before.

Step 2:

Thinly slice the red pepper, cabbage, red green cabbage, and place in a large mixing bowl.

Step 3:

Combine dressing and coleslaw, toss well to coat all the ingredients and serve.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Churros

Ingredients

1 cup boiling water

1 tbsp olive oil

1/2 tsp salt

1 cup cake flour

1 tsp baking powder

Oil for deep frying

Cinnamon Sugar for dusting

Directions

Step 1:

Place the flour, salt, baking powder in a bowl, stir well to combine.

Step 2:

Adding the boiling water and olive oil, and stir quickly to combine - do not over mix it should form a heavy batter

Step 3:

Transfer to a piping bag and set aside to cool while you heat the oil

Step 4:

Heat the oil to 160C, then add 10cm long strips of the batter using a pair of scissors to cut them - cook till golden brown and cooked through about 4-minutes, drain on paper towel and once cooled dust with cinnamon sugar

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretojzichest

QUICK TEX MEX PULLED PORK

INGREDIENTS

3 teaspoons vegetable oil
2 cloves garlic, chopped
1 small onion, chopped
Kosher salt and freshly ground black pepper
2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon ground cinnamon
1/4 teaspoon cayenne pepper
1 1/2 cups low-sodium chicken broth
1/3 cup ketchup
2 tablespoons molasses
1/3 cup plus 1 tablespoon apple cider vinegar
1 pork tenderloin (about 1 pound), cut into 4 pieces
1 tablespoon whole-grain mustard

METHOD

Step 1:

In a large Dutch oven, heat 2 teaspoons of the oil over medium heat. Add the garlic and onion and season with salt and pepper. Cook until softened and lightly browned, about 5 minutes.

Step 2:

Add the chili powder, cumin, cinnamon and cayenne and cook until toasted, 1 minute more. Stir in the chicken broth, ketchup, molasses and 1/3 cup of the vinegar. Bring to a simmer and add the pork. Simmer, covered, until the pork is just cooked through and tender, about 20 minutes.

Step 3:

Meanwhile, in a medium bowl, whisk the mustard with the remaining 1 teaspoon oil and 1 tablespoon vinegar in a large bowl. Add the broccoli slaw and toss well. Season with salt and pepper and set aside.

Step 4:

Remove the pork to a cutting board and let stand for 5 minutes. Increase the heat under the Dutch oven to medium high and cook the sauce until thickened, about 5 minutes.

Step 5:

Shred the pork with 2 forks into large chunks and return to the thickened sauce. Toss well to coat and simmer 10 minutes, tossing occasionally, to let the pork absorb the sauce. Serve on the buns with the slaw on the sandwiches or on the side.

THE
COOKERY

by The Secret Jozi Chef

Picadillo Cubano

Ingredients

3 Tbsp olive oil
1 small onion, diced
 $\frac{1}{2}$ green bell pepper, diced
2 cloves fresh garlic, pressed
750gms beef mince
1 tsp. Salt
 $\frac{1}{2}$ tsp. Pepper
1 can (8 oz) tomato sauce
1 small can tomato paste
 $\frac{1}{4}$ cup dry white wine
4 Tbsp. Pimiento-stuffed green olives, sliced
 $\frac{1}{4}$ cup of dark raisins
 $\frac{1}{2}$ tsp. Cumin
 $\frac{1}{2}$ tsp. Oregano

Directions

Step 1

Heat the olive oil in a large skillet over medium heat. Saute the onion, green pepper and garlic until the onion is translucent.

Step 2:

Add the ground beef and brown over medium heat.

Step 3:

Add the rest of the ingredients and continue cooking until meat is tender and completely cooked through.
About 25 minutes.

Step 4:

Serve over white rice and tostones.

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretojozichef

Bahian Coconut Rice

Ingredients:

250gms basmati rice
1tbsp olive oil
1 medium onion, finely chopped
1 1/2 tsp sea salt
50gms grated fresh coconut
200ml coconut milk

Directions:

Step 1:

Put the rice in a sieve and wash under cold water until the water runs clear. Leave to drain for a few minutes

Step 2:

Heat the oil in a sauce pan over a medium heat. Add the onion and cook gently for about 8-minutes, until softened. Add the salt and grated coconut now. Pour in the coconut milk and 200ml water and stir again.

Step 3:

Bring to the boil, reduce the heat to low and cover the pan. Simmer for 10-minutes until most of the liquid has been absorbed.

Step 4:

Remove from the heat and leave to steam covered for about 10-minutes.

Step 5:

Garnish with some fresh coriander and serve the rice warm



by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

CORIANDER & LIME CHOPPED SALAD

INGREDIENTS

1 head of lettuce washed and leaves cut or torn into large pieces
2 tomatoes sliced or quartered
 $\frac{1}{2}$ red onion thinly sliced
1 avocado sliced or diced
1 tbs finely chopped cilantro
Juice of 2 limes
2 tbs olive oil
Salt and pepper to taste

METHOD

Step 1:
Prepare the dressing by mixing the chopped cilantro, lemon juice, oil, salt and pepper. Set aside.
Step 2:
Put the lettuce, tomatoes, onion and avocado in a salad bowl.
Step 3:
Add the dressing to the salad and toss well.

THE
COOKERY

by The Secret Jozi Chef

Pao de Queijo

Ingredients

1 cup grated Parmesan cheese
1 10oz round of Queso Fresco, crumbled
1 cup full fat milk
1/4 cup vegetable oil, plus 1 Tbsp for oiling your hands
2 eggs
1 lb tapioca flour also known as tapioca starch
2 tsp kosher salt

Directions

Step 1:

Prepare the Dough: Preheat oven to 175C.

Step 2:

Add the tapioca flour and the salt to a large bowl, whisk to combine and set aside.

Step 3:

In a medium bowl, combine the cheeses and the eggs and set aside.

Step 4:

Add the milk and the oil to a small saucepan and bring to a simmer on stove top over medium heat.

Step 5:

When the liquid simmers, remove the pan from heat, and immediately pour the hot liquid into the tapioca mixture and using a wooden spoon, stir to combine – the mixture will not be homogeneous, it'll be gummy and clumpy.

Step 6:

Wait 5-10 minutes until the tapioca mixture is cool to touch, and only then add the cheese and egg mixture to the tapioca mixture. Mix with a wooden spoon, or your hands to combine. Now you should have a homogeneous mixture and it should come together as a ball. You'll still see some white tapioca specks in the dough – don't worry, that's totally normal!

Roll the Little Balls:

Oil your hands, then scoop a Tbsp to 2Tbsp size portions, roll them into balls, and arrange them in a baking sheet approximately 2" apart from one another. Bake until golden brown, approximately 30-35 minutes.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef