

MUSHROOM STUFFED CHICKEN ROLLS

INGREDIENTS

600 g piece of chicken breast
salt and pepper

Stuffing:

3 king oyster mushrooms cleaned and chopped
10 Crimini mushrooms cleaned and chopped
1 clove garlic minced
1 shallot minced
3 Tbsp evo oil
Pinch of chili flakes and rosemary
½ tsp each of dried marjoram, thyme, oregano
¼ cup white wine
½ cup panko breadcrumbs
¼ cup of fine Italian bread crumbs
½ tsp white truffle oil
113 g plain good quality cream cheese

Wrapping:

8 slices of Italian Prosciutto Crudo

Roasting:

1 Tbsp evo oil
2 carrots peeled and cut into wedges
¼ onion chopped

Garnish:

a drizzle of olive oil
6 lemon slices

INSTRUCTIONS

Step 1: Cut chicken in half lengthwise, cover with plastic wrap on both sides and pound with a meat cleaver until somewhat flat. Do the same for the other fillet of chicken. Season with salt and pepper lightly, then set aside in the fridge.

Stuffing:

Step 2: In a heavy based pan drizzle in olive oil. Sprinkle in chili flakes and toss in garlic and shallot.

Step 3: Saute for about 5 minutes on low to medium heat.

Step 4: Throw in chopped mushrooms and season with salt & pepper.

Step 5: Add in marjoram, thyme, oregano. Stir well and let cook for 5 minutes. Pour in white wine and cook for an additional 3-4 minutes or until the wine has evaporated.

Step 6: Take off heat and stir in breadcrumbs until well incorporated and set aside. If it is a bit dry add some vegetable stock.

Chicken:

Step 7: Take the two fillets of chicken and lay on a wood board. Spread your seasoned cream cheese all over the inside of the chicken in a thin layer.

Step 8: Spoon mushroom stuffing on top of the cream cheese, then start rolling the chicken to form a round roll.

Step 9: Wrap mushroom chicken roll in the Prosciutto Crudo slices. Do the same for the remaining chicken fillet

Roasting:

Step 10: Pre-heat oven to 190C. In a medium roasting dish place carrots onto the bottom of the pan. Sprinkle the onion on top.

Step 12: Place chicken rolls perpendicular to the carrots. Cover with foil wrap and place in middle wrack of oven.

Step 13: Bake for 35 minutes then uncover and cook for another 25 minutes. Make sure to check different areas of the roll. Take out of oven and let rest 10 minutes.

THE
COOKERY

by The Secret Jozi Chef

LEMON MASCARPONE MOUSSE

INGREDIENTS

210gms mascarpone cheese
1 cup cream whole, whipping or heavy cream cold
2-3 tablespoons icing sugar
1 tablespoon lemon zest
1-2 tablespoons lemon juice

INSTRUCTIONS

- Step 1:** In a large bowl whip the cream until stiff. (set aside 1/2 cup of whipped cream for the topping).
- Step 2:** In a medium bowl, beat the mascarpone, sugar, juice and zest until creamy. Fold the mascarpone mixture into the whipped cream until combined.
- Step 3:** Spoon the mousse into 4 cups or glasses and chill for 1 hour. Top with a dollop of whipped cream, sprinkle with chopped white chocolate or lemon zest before serving if desired. Enjoy!

THE
COOKERY

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LEMON GLAZED BLONDIES

INGREDIENTS

½ cup salted butter , softened (1 stick)
¾ cup granulated sugar
1 lemon , zested
2 large eggs
1 Tablespoon fresh lemon juice
¾ cup all-purpose flour
½ teaspoon baking powder

INSTRUCTIONS

- Step 1:** Preheat the oven to 180c. Prepare an 20 X 20 pan by spraying with cooking spray or lining with parchment paper, and set aside.
- Step 2:** In a large bowl or the bowl of a stand mixer, beat together 1/2 cup salted butter, 3/4 cup sugar, and zest of one lemon until light and fluffy.
- Step 3:** Add 2 eggs one at a time, mixing well after each addition. Then add 1 Tablespoon lemon juice.
- Step 4:** Add 3/4 cup flour and 1/2 teaspoon baking powder, and mix until just combined
- Step 5:** Pour the batter into the prepared pan and smooth into an even layer. Bake 20-25 minutes, or until a toothpick inserted into the blondies comes out clean. Let cool for 10-15 minutes
- Step 6:** For the glaze, whisk together 3/4 cup powdered sugar, 1 1/2 Tablespoons lemon juice and 1/2 lemon zest, then pour over the blondies, spreading evenly to coat.
- Step 7:** Cool and slice. Let cool completely before slicing. Then slice into 16 squares.

FOR THE GLAZE:

¾ cup powdered sugar
1 ½ Tablespoons fresh lemon juice
zest of 1/2 lemon

THE
COOKERY

by The Secret Jozi Chef

COZZE ALLA TARANTINA

INGREDIENTS

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

INSTRUCTIONS

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

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

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

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

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

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AJI VERDE

INGREDIENTS

½ cup mayonnaise

2 cups lightly packed fresh cilantro

2 medium jalapeños, seeds and membranes removed but reserved, roughly chopped

2 cloves garlic, roughly chopped

¼ cup (1 ounce) grated Cotija or Parmesan cheese

1 tablespoon lime juice

¼ teaspoon fine sea salt

INSTRUCTIONS

Step 1: In a food processor or blender, combine all of the ingredients. Blend until the cilantro has broken into very tiny pieces and the sauce is green and mostly smooth.

Step 2: Taste and adjust as needed. This sauce is designed to be bold and spicy. If the flavor is too intense, blend in 1 tablespoon of olive oil while the food processor is running. For more heat, add some reserved jalapeño seeds and blend again. If it lacks tang, add another tablespoon of lime juice or a pinch of salt.

Step 3: Aji verde keeps well in the refrigerator, covered, for about 1 week, serve with grilled chicken, fish or vegetables.

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CHIPOTLE CHICKEN

INGREDIENTS

500G chicken breasts / deboned thighs, cut into bite-sized pieces

wood skewers (optional)

Chipotle Marinade:

1 1/2 tablespoon honey

1 chipotle pepper in adobo, minced

1 clove garlic, grated

1/2 Tbsp chili powder

1 tsp ground cumin

1/2 tsp paprika, preferably smoked paprika

1/2 tsp ground black pepper

1/4 tsp garlic powder

1/4 tsp onion powder

1/4 tsp dried oregano

Pinch red pepper flakes, optional

1 orange, zest and juice (1–2 teaspoons zest and 1 tablespoon juice)

1 teaspoon salt, or more to taste

1 tablespoon sunflower oil

INSTRUCTIONS

Step 1: If using wooden skewers, start by soaking the skewers in water for 15-30 minutes while you prep the chicken.

Step 2: In a bowl combine all the ingredients for the marinade, mix well and give it a taste, adjust seasoning if needed. Then using your hands or tongs, mix the chicken with the chipotle mix. It'll look very saucy and a bit messy, but in the best possible way

Step 3: Thread the chicken pieces onto skewers (usually I get 4 skewers with a pound of chicken).

Step 4: Grill the skewers until charred and cooked through, if using fillet be careful to not overcook them. Finish with a drizzle of honey, and if using chicken fillet a brush of melted butter to add to the juiciness.

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COOKERY

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ASPARAGUS, PEA & BABY SPINACH SAUCE

INGREDIENTS

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

METHOD

Step 1:

In a large pot or frying pan with a lid, heat the butter or oil on low heat.

Step 2:

Add the garlic and the red pepper flakes, and fry until just fragrant.

Step 3:

Now add the peas and asparagus and fry for 1 minute.

Step 4:

Add the lemon juice, and cream and for until slightly thickened.
Now add the baby spinach and allow to collapse before adjusting seasoning

Step 5:

Add the gnocchi and some of the reserved pasta water, toss to coat and serve

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SPINACH & RICOTTA CONCHIGLIE

INGREDIENTS

2 tbsp olive oil
1 small onion , finely chopped
4 garlic cloves , finely minced
1 bay leaf , fresh (sub dried)
1/2 tsp dried thyme
1/2tsp dried oregano
100 g tomato paste
700g passata
85 mlwhite wine
1 litre vegetable stock , low sodium
3/4 tsp salt, or more as needed
1 1/2 tsp sugar, if needed
1/3tsp black pepper

Filling:

500g fresh chopped spinach
500g ricotta, full fat!
50 g parmesan, finely grated
100 g grated Mozzarella
1 egg
1 large garlic clove, pasted
Grated fresh nutmeg (just a sprinkling) or
1/8 tsp nutmeg powder (optional)
3/4 tsp salt
1/2 tsp black pepper

Stuffed shells

250g jumbo conchiglie
150 grated mozzarella
50 g grated parmesan
Fresh basil
Extra parmesan, for garnish (optional)

Instructions

INSTRUCTIONS

Step 1: Heat oil in a small pot over medium high heat. Add garlic, onion, bay leaf, thyme and oregano. Cook for 3 - 4 minutes until the onion is translucent. Add tomato paste and cook for 1 minute.

Step 2: Add wine, increase heat to high and let it simmer rapidly until mostly evaporated.

Step 3: Add passata, stock, sugar, salt and pepper. Stir then simmer on low, uncovered for 20 minutes. Use while hot.

Filling:

Step 1: Saute your chopped spinach with a little oil to wilt down and remove and then squeeze to remove excess liquid. Cool then proceed with recipe.

Step 2: Place spinach in a bowl with remaining Filling ingredients. Mix well.

Assemble & Bake:

Step 1: Preheat oven to 200°C or 180°C fan.

Step 2: Stuff UNCOOKED shells with spinach ricotta filling. Stuff them full!

Step 3: Assemble - Pour the hot tomato sauce in a 23 x 33 cm. Gently place the stuffed shells in - most will be submerged, some may poke above surface.

Step 4: Cover with some foil or a baking tray then bake for 70 minutes.

Step 5: Check the shells are cooked - they should be al dente! (If not, return to oven, covered). Sprinkle with mozzarella then parmesan. Bake 15 minutes until melted and just starting to go golden

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PEAR & CHOCOLATE CAKE

INGREDIENTS

4 large, very firm and hard pears
170 g of '00 flour
30 g of bitter cocoa powder
170 g of sugar
70 g sunflower seed oil or melted butter
2 eggs
125 g of berry yogurt (or classic plain yogurt) at room temperature
130 g dark chocolate (in flakes or drops)
1 sachet of vanilla or 1 teaspoon of extract
1 sachet of baking powder

INSTRUCTIONS

- Step 1:** To start beat eggs, sugar and vanilla for 2 minutes in a stand mixer with a whisk attachment, until the mixture becomes frothy and light. Then with your machine running add the oil in a thin stream.
- Step 2:** In a second bowl, sift the flour, baking powder and cacao and then set aside.
- Step 3:** Now add a third of the flour mixture to the egg mixture and stir until all the flour has been absorbed, then add half of the yoghurt mixture and stir until combine.
- Step 4:** Repeat with the last half of the flour and then the balance of the yoghurt. Finally add the chocolate pieces, reserving a few to use on top.
- Step 5:** Now peel your pears and cut them into 3 mm thick slices, and set aside, it is important that the pears are firm.
- Step 6:** Now add your cake batter into a greased and lined 24cm, baking tin
- Step 7:** Now add the sliced pears into the batter, place them in upright so that they create interest, some slices can be pushed all the way into the batter and others you can keep sticking out partially.
- Step 8:** The trick is to creating a beautiful design of pear and chocolate cake is to not to push the pears below the surface
- Step 9:** Finally add the reserved chocolate pieces over the top
- Step 10:** Bake in a preheated oven at 180° for 40 – 45 minutes. The time is indicative and may vary depending on the oven!
- Step 11:** The pear and chocolate cake is ready when it has risen and a toothpick inserted comes out dry!

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Fresh Potato Gnocchi

Ingredients:

1kg floury potatoes, medium Nicola are best

3 large eggs, beaten

300g plain flour or less, depending on the texture of the potatoes

Instructions

Step 1

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

Step 2

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

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

Step 3

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

Step 4

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

Step 5

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

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by The Secret Jozie Chef

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

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BABA GANOUSH

Smokey aubergine and tahini dip

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

METHOD

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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PRAWN & TOMATO FETTUCINE

INGREDIENTS

500 g cherry tomatoes washed and halved
2 garlic cloves peeled and finely chopped
3-4 tablespoon extra virgin olive oil
1 handful fresh parsley chopped
1 teaspoon dried thyme
700g prawns in the shell
1 glass white wine
2-3 garlic cloves peeled and finely chopped
20 g butter

INSTRUCTIONS

Step 1: Wash the tomatoes and cut them in half. Peel and chop the garlic

Step 2: Heat some olive oil in a large frying pan or skillet and add the chopped garlic. Once it starts to soften, add the tomatoes and the thyme. Simmer until the tomatoes start to soften. Now add the chopped parsley and remove from the heat

Step 3: In a separate pan melt the butter with a tablespoon of olive oil. Add the garlic and fry until it starts to soften. Then add the prawns and fry them until the shells start to brown (5 mins). Pour in the white wine and cook for two minutes. Stir every now and again.

Step 4: Turn off the heat and remove the prawns from the pan with a slotted spoon. Keep the cooking juices and wine. Once they have cooled enough to handle, remove the shells from the prawns and cut the peeled prawns into 2-3 pieces.

Step 5: Add the reserved juices to the tomato sauce once it is almost ready, then add the prawn pieces. Now cook your pasta.

Step 6: Once the pasta cooked add it to the prawn and tomato sauce and toss to coat. If the sauce seems dry add some of the pasta cooking water. Stir everything together well.

Step 7: Serve immediately with a sprinkling of chopped parsley and a pinch of peperoncino flakes if

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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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by The Secret Jozi Chef

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

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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

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

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

Step 2:

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

Step 3:

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by The Secret Jozie Chef

Vietnamese Glass Roll SALAD

INGREDIENTS

DRESSING INGREDIENTS

1 tbsp olive oil
1½ tbsp soy sauce
1 tbsp rice wine vinegar
2 garlic cloves, minced
1 tbsp fresh grated ginger, minced
1/3 cup peanut butter, smooth
1 tsp sriracha, or hot sauce of choice
1 tbsp honey
1/2 lime, juiced
1 or 2 tbsp water to thin, or extra lime

CHICKEN INGREDIENTS:

450g chicken breast
1 tbsp olive oil, to fry the chicken
salt and pepper

SALAD INGREDIENTS

100 grams vermicelli noodles
1½ cups purple cabbage, shredded
2 mini cucumbers, chopped
2 carrots, shredded
1 jalapeño , chopped
1 avocado, chopped
1/4 cup green onions, chopped
1/4 cup fresh cilantro, chopped
1/4 cup fresh mint, chopped
1/4 cup peanuts, roughly chopped for
topping

INSTRUCTIONS

Step 1: Season the chicken with salt and pepper and then in a medium size frying pan, add the olive oil and pan fry the chicken on medium heat for 4-5 minutes per side, until cooked through.

Step 2: Set aside to cool while you prepare the salad and dressing.

Step 3: Prepare the vermicelli noodles according to package instructions. Set aside until ready to use.

Step 4: Prepare the peanut dressing by adding everything to a small bowl and whisk well, adding extra lime juice or water to thin out slightly, to achieve the perfect consistency.

Step 5: Assemble the salad ingredients in a large serving bowl, starting with the vermicelli noodles followed by all other ingredients.

Step 6: Now shred the chicken with two forks and then top the salad before drizzling with the creamy peanut dressing.

Step 7: Toss together nicely to ensure it is well mixed and then enjoy right away!

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by The Secret Jozi Chef

LAMB MOUSSAKA BURGERS

INGREDIENTS

500 g minced lamb
2 tablespoon tomato paste
1 small red onion finely diced
2 garlic cloves crushed
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon dried oregano
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
2 tablespoon sunflower oil
4 slices mature Cheddar
4 burger buns
Rocket leaves
Red onion rings
Tomato slices

INSTRUCTIONS

- Step 1:** Place minced lamb in a bowl along with the tomato paste, onion and garlic. Sprinkle on the cinnamon, allspice, oregano, salt and pepper.
- Step 2:** Use your hand to mix the ingredients together thoroughly. Divide the mixture into 4 equal portions.
- Step 3:** Shape each portion into a ball and flatten to the size of your burger bun.
- Step 4:** Place burgers on a grill and grill for about 14 minutes turning occasionally until cooked through.
- Step 5:** To finish off top each burger with a slice of cheese over each burger and grill until cheese melts. You can also add your burger buns to the grill pan if you wish to have them toasted (keep an eye on them)!
- Step 6:** Finally assemble your burger in the bun using the rocket leaves, onion rings, tomato slices, and then top with some baba ganoush to add the delicious flavour of aubergine

THE
COOKERY

by The Secret Jozi Chef

Brocolli, Ricotta Bruschetta

Ingredients:

Knob of butter
4tbsp extra virgin olive oil
120gms brocolli
1 clove garlic
pinch dried chilli
100gms ricotta cheese
parmesan shavings
salt & pepper
12 slices of baguette
extra virgin olive oil
1 clove garlic

Directions:

Bring some salted water to the boil. Cook the brocolli for 2-minutes until starting to go tender. Drain and set aside. In a frying pan heat the olive oil and knob of butter, then add the finely sliced garlic and the dried chilli. As soon as the garlic begins to brown add the brocolli to the pan and pan fry for 2-3 minutes.

To prepare the ricotta season fresh ricotta with salt and pepper and a drizzle of extra virgin olive oil.

Toast the bruschetta in a hot pan and then rub with cut clove of garlic and drizzle with olive oil.

To serve top the bruschetta with some ricotta cheese and pile on some hot brocolli, top with parmesan shavings.



by The Secret Jozie Chef

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

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CHARRED CORN WITH BABY SPINACH

INGREDIENTS

4 slices bacon, diced
1 tablespoon butter
1 shallot, minced
3 cups fresh or frozen corn kernels
½ cup chopped red bell pepper
Pinch of red pepper flakes, optional
Kosher salt
Freshly ground black pepper
2 to 3 scallions, sliced
4 cups baby spinach leaves

INSTRUCTIONS

- Step 1:** Cut the bacon into 1/2cm pieces then in a large frying pan on medium-high heat, fry the pieces until crispy, stirring occasionally.
- Step 2:** Remove the bacon and set aside, now add the butter, then the diced red onion and saute until soft.
- Step 3:** Add corn, bell pepper, and red pepper flakes. Season to taste with salt and pepper. Cook until the corn is tender, 3-5 minutes, don't stir often allow the corn and pepper to start charring.
- Step 4:** Now add the bacon back, along with the spring onion and half the spinach. Stir until the spinach has wilted, then add the rest of the spinach. Cook until all the spinach has collapsed, taste and adjust seasoning.
- Step 5:** Give the mixture a final stir and serve warm.

THE
COOKERY

by The Secret Jozi Chef

BLACK BEAN SUMMER SALAD

INGREDIENTS

400g black beans, drained
2 large handfuls baby spinach leaves, roughly chopped
500g ripe tomatoes, chopped into large chunks
½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
1 large red onion, halved and finely sliced
6-8 radishes, sliced
2 avocados, peeled and sliced
100g feta, crumbled
handful of herbs (reserved from the dressing)

INSTRUCTIONS

Step 1: Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

Step 2: Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

For the dressing

large bunch mint
small bunch coriander
small bunch basil
1 fat green chilli, deseeded and chopped
1 small garlic clove
100ml extra virgin olive oil
2 limes, zested and juiced
2 tbsp white wine vinegar
2 tsp honey

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GREEN BEAN ALMOND & FETA SALAD

INGREDIENTS

½ cup sliced almonds
450gms green beans, trimmed and cut into 7cm long pieces
¼ cup water
½ teaspoon fine sea salt, divided
2 tablespoons extra-virgin olive oil
1 tablespoon lemon juice (about ½ lemon)
2 teaspoons Dijon mustard
1 small-to-medium clove garlic
1/4tsp freshly ground black pepper
Pinch of red pepper flakes
¼ cup crumbled feta cheese, divided
3 to 4 large basil leaves, torn or chopped, for garnish
Lemon zest from about ½ lemon, for garnish

INSTRUCTIONS

Step 1: Start with a large skillet over medium heat. Add the almonds and cook, stirring frequently (careful, they burn quickly). After 3 minutes, reduce the heat to medium-low, and continue stirring until they are fragrant and turning golden on the edges, about 1 to 3 more minutes. Transfer the almonds to a bowl to cool.

Step 2: Make sure the heat is set to medium-low and place the skillet back on the heat. Immediately add the green beans, water and ¼ teaspoon salt. Cover and cook, stirring occasionally, until the beans are nearly tender, about 7 to 10 minutes. Remove the lid, raise heat to medium-high, and cook until the liquid evaporates, 2 to 5 minutes. Remove the skillet from the heat and set aside.

Step 3: Meanwhile, whisk together the olive oil, lemon juice, mustard, garlic, black pepper, red pepper flakes and remaining ¼ teaspoon salt. Set aside.

Step 4: Once the green beans are done cooking, whisk the olive oil mixture once more, then pour it into the skillet. Pour the almonds back into the skillet, and add about half of the feta, reserving the other half for garnish. Toss to combine, then taste and add more lemon juice or black pepper if necessary.

Step 5: Transfer the green beans to a serving bowl or platter. Sprinkle the remaining feta and the torn basil leaves on top. Lightly grate some lemon zest on top, and serve promptly.

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COOKERY

by The Secret Jozie Chef

SICILIAN CEVICHE

INGREDIENTS

450gms kingklip fillet
2 large juicey lemons
1/2 large tomato
1 shallot
1 large bunch of fresh mint
1 handful of basil leaves
1 pinch of cinnamon powder
1 teaspoon of extra virgin olive oil.
salt

METHOD

Step 1: Squeeze the lemons and reserve the juice in a bowl.
Step 2: Cut the kingklip fillet into small cubes, place it in a bowl and cover it with lemon juice. Keep it aside and leave it to marinate, at room temperature, for at least a couple of hours.
Step 3: Meanwhile finely chop the shallot, tomato and fresh herbs. Put everything in a bowl, season with olive oil, a pinch of salt and cinnamon. Keep it aside.
Step 4: When the fish is ready (the meat is opaque), drain and gently combine the contents of the two bowls.
Step 6: Serve with crusty bread

THE
COOKERY

by The Secret Jozi Chef

WHITE CHOCOLATE & LEMON BLONDIES

INGREDIENTS

BLONDIES:

3/4 cup butter, cubed
1-1/2 cups packed light brown sugar
2 large eggs, room temperature
1 teaspoon vanilla extract
2-1/4 cups all-purpose flour
1-1/2 teaspoons baking powder
1/4 teaspoon salt
Zest of 2 lemons
Juice of 1 lemon
180gms white chocolate, coarsely chopped

LEMON GLAZE

1 tablespoon grated lemon zest, optional
150gms icing sugar
3tbsp lemon juice

METHOD

STEP 1:

Preheat oven to 175C°. In a small pot, melt the butter and lemon zest, remove from heat; stir in the brown sugar. Cool slightly.

STEP 2:

Beat in 1 eggs at a time, then the lemon juice and vanilla - stir to combine well.

STEP 3:

In another bowl, whisk together flour, baking powder and salt; stir into butter mixture. Stir in the chopped chocolate (batter will be thick). Spread into a lined and greased 20 x 32cm pan.

STEP 4:

Bake until golden brown and a toothpick inserted in center comes out clean (do not overbake), 18-21 minutes. Cool for 10-15 minutes in the tin then add the glaze.

STEP 1:

In a small bowl combine the lemon zest, lemon juice, vanilla and icing sugar, whisk for 2 minutes until thoroughly combine, then cover the top of the still warm blondies. Allow to cool completely and then remove and cut into cubes.

THE
COOKERY

by The Secret Jozi Chef