

# 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 almond extract or 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, the 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 almond or liquer 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.



by The Secret Jozie Chef

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# CARPACCIO DI SALMORIGLIO

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## INGREDIENTS

700gms beef fillet  
45gms black pepper corns  
4tbsp fresh thyme leaves  
3 lemons  
100g parmesan  
150gms wild rocket leaves  
Extra Virgin Olive Oil as needed

## METHOD

### Step 1

Roughly crush the black pepper and 1 tbsp salt in a mortar, place in a single layer on a chopping board.

### Step 2

Preheat a grill or a pan to very hot. Roll the fillet in the salt and pepper mix, then briefly grill, turning continuously to blacken the outsides, but making sure that the centre remains raw. Remove and place in fridge

### Step 3

Slice the cold fillet into 1/2cm slices on a board. Using a large pointed cooking knife, press and spread the slices to make them thin and lacy. The grilled edges will hold the pieces together.

### Step 4

To make the Thyme Salmoriglio, pound 4 level tablespoons fresh thyme with 1 teaspoon sea salt until completely crushed. Add 2 tablespoons lemon juice. Pour 8 tablespoons extra virgin olive oil slowly into the mixture. Add a little freshly ground black pepper.

### Step 5

Spread out the slices on the plate, and spoon over the thyme sauce. Lightly toss the rocket leaves with the oil and Lemon Dressing.

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# Chicken Saltimbocca

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## Ingredients

4 180gm skinless, boneless chicken breast halves, butterflied and lightly pounded

Salt and freshly ground pepper

8 large sage leaves

4 thin slices prosciutto di Parma

All-purpose flour, for dusting

2 tablespoons extra-virgin olive oil

4 tablespoons unsalted butter, cut into tablespoons

1/4 cup plus 2 tablespoons dry white wine

1 cup chicken stock or low-sodium broth

## Method

### Step 1

Season the chicken with salt and pepper. Place 2 sage leaves on each breast. Top with a slice of prosciutto, trimming it to fit. Press the prosciutto to help it adhere to the chicken. Dust the chicken with flour, shaking off the excess.

### Step 2

Heat a large skillet. Add the oil and 2 tablespoons of the butter. Add 2 of the breasts, prosciutto side up, and cook over high heat until nearly cooked through, about 3 minutes. Turn the chicken and cook just until the prosciutto begins to shrink, about 1 minute. Transfer the chicken to a plate; repeat with the remaining chicken. Pour off any fat and wipe out the skillet.

### Step 3

Add the remaining butter to the skillet. Add the wine and cook over high heat until reduced by half, 2 minutes. Add the stock and bring to a boil. Cook until reduced by half, 3 minutes.

### Step 4

Return the chicken to the skillet, prosciutto side up, and simmer over moderate heat until the chicken is cooked through, about 2 minutes; season with salt and pepper. Transfer the chicken to plates, pour the sauce on top and serve.



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# Arancini - Suppli' di Riso

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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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# 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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# 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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# Fresh Egg Pasta

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## INGREDIENTS

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

## INSTRUCTIONS

### Step 1

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

### Step 2

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

### Step 3

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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# Green Beans & Tomatoes

## Ingredients

300g ripe fresh tomatoes  
500g fine green beans  
2 garlic cloves  
2 tbsp fresh basil leaves  
Extra virgin olive oil as needed

## Method

### Step 1

Skin the tomatoes and cut in half removing the seeds and juice.

### Step 2

Trim the stalk end from the green beans, peel and finely slice the garlic.

### Step 3

Heat 2 tbsp olive oil in a thick bottomed pan, and lightly brown the garlic. Add the tomatoes, season, cover and cook for 15-minutes on a medium heat.

### Step 4

Boil the beans in well salted water until just soft about 7-10 minutes. Drain then stir into the tomato sauce.

### Step 5

Season with salt & pepper, drizzle with olive oil and the roughly torn basil leaves and serve.

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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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# Zuppa di Cozze

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## Ingredients:

3 tbs. olive oil  
1 medium onion, chopped  
2 stalks of celery, chopped 3-  
4 cloves of garlic, minced Salt  
& Pepper to taste  
1/2 cup dry white wine  
1 cup Water  
1 (14 oz.) Can Chopped Tomatoes  
1.5 kg mussels, scrubbed with beards removed 1/4 cup chopped fresh parsley

Heat the oil in a large saucepan and saute the onion, celery and garlic until translucent. Add the tomatoes, salt and pepper and cook 5-10 minutes or until the sauce begins to thicken.

Add the wine and cook an additional 10 minutes, adding as much water as needed if the sauce becomes too thick.

Add the cleaned, drained mussels, cover, and cook until the shells open, which should be about 5 additional minutes.

Add the parsley just before serving.

You can serve this dish on grilled garlic bread, spooning the juices over the bread in a shallow bowl, or serve with a good crusty bread on the side.

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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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# BRUTTI E BUONI

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240g blanched hazelnuts

160gms confectioners' sugar

Pinch of salt

2 large egg white, lightly beaten

2 teaspoons pure vanilla extract

## Instructions

**Step 1:** Preheat the oven to 200°C. Spread the hazelnuts on a large rimmed baking sheet and toast for about 12 minutes, until the nuts are fragrant then remove and set aside to cool. Alternatively, lightly toast the almonds in a pan.

**Step 2:** In a food processor, pulse the cooled hazelnuts with the confectioners' sugar and salt until finely chopped. Scrape the hazelnut mixture into a medium bowl.

**Step 3:** Whisk the egg whites until just at soft peaks, now add the vanilla and finally the ground hazelnut flour, stir gently until combined.

**Step 4:** Line the baking sheet with parchment paper. Spoon tablespoon-size mounds of the hazelnut dough onto the prepared baking sheet 2.5cm apart.

**Step 5:** Bake the cookies in the center of the oven for about 14 minutes, until browned in spots (about 13 minutes for chewy cookies and 15 minutes for slightly crisp cookies). Let the cookies cool on the baking sheet before serving.

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# Beetroot Gnocchi

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## Ingredients

1 kg floury potatoes, boiled  
400g roasted beetroot, peeled and roughly chopped  
300g plain flour  
1 free-range egg, lightly beaten  
pinch salt

## Blue Cheese Pancetta Sauce

Half cup blue cheese  
Cup cream  
80g pancetta  
60ml white wine (optional)

## Method

### Step 1

Place potatoes through a potato ricer (or mash them by fork) onto a floured surface

### Step 2

Place the roasted beetroot into a food processor and blend until smooth. If necessary, run the puree through a sieve

### Step 3

Gently mix the beetroot puree into the potatoes, and make a well from the mixture. Then add beaten egg as well as pinch of salt, and half the flour to the mixture.

### Step 4

Gently start folding the mixture into itself (do NOT OVERWORK), gradually adding the balance of the flour eventually bringing the dough into a ball

### Step 5

Split the dough into smaller size balls, and gently start rolling them out into 1cm thick ropes. Cut at 1-2cm intervals and transfer gnocchi to a floured baking tray. To cook - add to rapidly boiling salted water. Remove when floating and transfer to blue cheese sauce.

## To prepare the sauce:

In a frying pan, over medium heat, add the pancetta and fry until it has rendered and started to release its oils. If using wine add at this stage and cook until the wine has reduced to a syrup. Now add the cream and the blue cheese cook over a medium heat until the blue cheese has melted, - switch off the heat



by The Secret Jozie Chef

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# Tuscan Chicken Cacciatoro

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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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# PESTO BIANCO

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## INGREDIENTS

1/2 cup walnut halves  
2 cloves garlic  
10 basil leaves, chopped  
Leaves from 1 sprig marjoram  
2 tablespoon extra-virgin olive oil  
1 teaspoon fine sea salt Freshly ground white pepper  
1 1/2 cups well-drained whole milk ricotta

A few tablespoons whole milk or half-and-half (optional; for sauce) 450g pasta, such as fettuccine, spaghetti, penne, cavatelli, or orecchetti

1/2 cup Parmigiano-Reggiano, plus more for serving

## METHOD

**STEP 1** Preheat the oven to 180C.

**Step 2** Spread the walnuts on a small baking sheet and bake for 5 to 7 minutes, until they have turned a shade darker and are fragrant. Let them sit until cool enough to handle, then rub off as much of the thin skins as possible.

**STEP 3** In a food processor or blender, blitz the nuts to grind them up. Add the herbs, oil, salt and pepper and process or blend again. Add the ricotta and process/blend briefly to incorporate the ingredients. Transfer to a bowl and stir vigorously to incorporate air and make the pesto fluffy.

**STEP 4** Using immediately, spoon the pesto into a container with an air-tight lid and refrigerate. Otherwise, if you're going to use the pesto as a sauce for pasta, transfer it to a bowl and stir in 3 or 4 tablespoons of whole milk to loosen it.

**SERVING INSTRUCTIONS** To serve, bring a pot of water to a rolling boil and salt it generously. Cook the pasta (I used a shape called 'rocchetti' which is, essentially, large cavatelli) until al dente. Drain, reserving a little of the cooking water, and return the pasta to the pot. Spoon the pesto into the pasta (you might not use all the pesto) and stir to incorporate it. Stir in the Parmigiano and add a splash or two of the pasta water to loosen the sauce if necessary. Spoon into bowls and serve with more Parmigiano for sprinkling on top.

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# TORTA BAROZZI

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## INGREDIENTS

250 g chocolate dark with 70% Cocoa

30 g cocoa powder unsweetened

60 g almonds blanched

110 g butter, unsalted

150 g granulated sugar

4 eggs

40 g peanuts skinless and unsalted

10g - 20 g instant coffee

1 pinch salt

powdered sugar or unsweetened cocoa powder for decoration, optional

## INSTRUCTIONS

**Step 1:** To Toast the almonds and peanuts. Place them in a preheated oven at 200°C for 5 minutes. Once toasted, remove from the oven and allow to cool. Drop the oven temperature to 170°C

**Step 2:** Place the toasted almonds and peanuts in a food processor and pulse until you have a medium to fine flour. Set aside.

**Step 3:** In a double boiler, melt the chopped dark chocolate and butter at room temperature. Stir occasionally with a spatula. You want a smooth, even cream of chocolate and butter. Set aside.

**Step 4:** Using an electric whisk, beat the sugar with the egg yolks until creamy and fluffy.

**Step 5:** Add the ground almonds and peanuts, cocoa powder and coffee grounds.

**Step 6:** Mix well with a spatula. Add the melted chocolate and butter. Mix everything with a spatula until the mixture is thick and smooth.

**Step 7:** Beat the egg whites with a pinch of salt until stiff.

**Step 8:** Add the beaten egg whites to the chocolate mixture. Add a little at a time, stirring in gentle circular motions from bottom to top so as not to break up the egg whites.

**Step 9:** Line the baking pan with parchment paper. Pour the Barozzi cake mixture into the pan.

**Step 10:** Bake in oven preheated to 170°C for about 30 minutes. Check that the cake is done by inserting a toothpick in the center. It should come out clean and dry.

**Step 11:** Remove from oven and let cool. Cut into squares and serve dusted with icing sugar or cocoa powder.

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# RISOTTO AL BAROLO

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## INGREDIENTS

320 g of Arborio rice  
80 g of Leeks / white onion  
200g of Barolo Red wine  
1 liter of beef stock  
30 g of Extra Virgin Olive Oil  
45 g of butter  
2 bay Leaves  
80 g of Grana Padano  
Pinch of salt, if needed

## INSTRUCTIONS

**Step 1:** To prepare the Risotto al Barolo, start by making the meat broth; then finely dice your onion. Add the onion to a high-sided pan with a knob of butter, brown with the extra virgin olive oil and cook everything for about six minutes since the spring onion should be practically melted.

**Step 2:** Now add your rice and toast the rice for a couple of minutes on a high flame, pour in the Barolo and let it evaporate completely. Then add a ladle of broth, a washed bay leaf and continue cooking the risotto, pouring more broth only when the previous liquid has been mostly absorbed.

**Step 3:** Once cooked, it will take about 15 minutes, remove the bay leaf and, if you think it is necessary, adjust the salt. Then add the butter and parmesan for the creaming and mix the ingredients well together: finally plate the Risotto al Barolo and serve.

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# WINTER MINESTRONE

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## INGREDIENTS

2 tablespoons olive oil  
1 onion, chopped  
2 carrots, peeled, chopped  
2 celery ribs, chopped  
90gms thinly sliced pancetta, coarsely chopped  
2 garlic cloves, minced  
450g swiss chard, stems trimmed, leaves coarsely chopped  
1 russet potato, peeled, cubed  
1 can diced tomatoes  
1 fresh rosemary sprig  
1 can cannellini beans, drained, rinsed  
500ml beef broth  
30g parmesan cheese, rind  
2 tablespoons chopped fresh Italian parsley  
salt and pepper

## INSTRUCTIONS

**Step 1:** Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, celery, pancetta, and garlic. Saute until the onion is translucent, about 10 minutes.

**Step 2:** Add the Swiss chard and potato; saute for 2 minutes. Add the tomatoes and rosemary sprig. Simmer until the chard is wilted and the tomatoes break down, about 10 minutes.

**Step 3:** Meanwhile, blend 3/4 cup of the beans with 1/4 cup of the broth in a processor until almost smooth. Add the pureed bean mixture, remaining broth, and Parmesan cheese rind to the vegetable mixture. Simmer until the potato pieces are tender, stirring occasionally, about 15 minutes.

**Step 4:** Stir in the whole beans and parsley. Simmer until the beans are heated through and the soup is thick, about 2 minutes. Season with salt and pepper, to taste. Discard Parmesan rind and rosemary sprig (the leaves will have fallen off of the stem.).

**Step 5:** Ladle the soup into bowls and serve..

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