

AVOCADO & ROMAINE SALAD

Light, quick and fresh!

SALAD

INGREDIENTS

1 cup cherry tomatoes (halved)
1 tablespoon chives (fresh, chopped)
1 1/3 cup avocado (chopped)
3 cups romaine hearts (chopped)
2 teaspoons parsley (chopped)
1 teaspoon dill (chopped)
Drizzle balsamic vinegar (to taste)
Drizzle extra virgin olive oil (to taste)

METHOD

Step 1: PREPARE THE INGREDIENTS: start by cutting tomatoes, roughly chop the chives, parsley, and dill, add everything to a bowl. Roughly chop the romaine lettuce and add to the bowl, toss gently and season with a little salt and pepper, place in a serving platter

Step 2: Gently peel the avocados, and cut into rough chunks and add these to the tomato and lettuce salad.

SALAD DRESSING

INGREDIENTS

2 tbsp red wine vinegar
6 tbsp extra virgin olive oil

METHOD

Step 1: PREPARE THE SALAD DRESSING: Whisk together the olive oil and vinegar, season with a little salt & pepper, drizzle over the prepared salad.

THE
COOKERY

by The Secret Jozi Chef

BISTRO SALAD WITH GOATS CHEESE CROUTESES

INGREDIENTS

240gms goat cheese log (fresh chèvre-style goat cheese)
1/2 cup panko or bread crumbs (chilled)
1 tablespoon vegetable oil
6 cups lettuce (tender lettuces such as spring mix, butter lettuce, or oak leaf lettuce)
3 tablespoons extra virgin olive oil
1 tablespoon good quality red wine vinegar
1/4 teaspoon ground mustard
1 dash fine sea salt
1 dash freshly ground black pepper

METHOD

Step 1: Cut the goat cheese into 8 to 10 disks. Put the panko or bread crumbs into a shallow bowl. If you will be baking the goat cheese croutes, mix the vegetable oil in with the panko.

Heat the oven to 180C if you will be baking the goat cheese croutes.

Step 2: For either preparation, press the goat cheese disks into the panko. Flip the disks to make sure both sides are completely covered and roll the edges through the panko as well. Set the coated goat cheese on a baking sheet or platter. Place the platter in the freezer for 15 to 30 minutes. This allows the croutes to set prior to cooking.

Step 3: While the goat cheese sets, tear the lettuce into bite-size pieces, wash and dry the lettuce, and set aside. If you are using herbs in addition to lettuce, wash, dry, and prepare them for the salad.

Step 4: In a large salad bowl, whisk together the olive oil, vinegar, and mustard. Add salt and pepper to taste and add the clean lettuce to the bowl.

Step 5: If cooking on the stove, heat the vegetable oil in a large frying pan over medium-high heat. Add the goat cheese rounds. Cook, without disturbing, until they're brown on one side. Flip them over and cook until they're brown on the second side. Remove them from the heat and drain them on a paper towel-lined plate.

Step 6: Toss the salad gently to coat the lettuce thoroughly with the dressing. Divide the salad between four salad plates. Top each salad with 2 or 3 goat cheese croutes and serve immediately.

THE
COOKERY

by The Secret Jozi Chef

CHICKEN FRICASSEE

A classic of chicken in a light cream and herb sauce!

INGREDIENTS

1 Tbsp olive oil
8 chicken thighs and legs combined
salt and pepper to taste
1 Tbsp butter
1 small onion chopped
2 cloves garlic minced
2 carrots cut in large pieces
3-4 sprigs thyme (leaves only)
2 Tbsp all-purpose flour
1/2 cup dry white wine such as Sauvignon Blanc
1 1/2 cup chicken stock
1/2 cup heavy cream

METHOD

Step 1: Preheat oven to 180C. Pat dry chicken with a paper towel and season with salt and pepper. Place a large deep pan over medium/high heat with 1 Tbsp olive oil. Brown chicken approximately 4 minutes per side until golden on each side but not cooked through. Remove to a plate and set aside until needed. Discard excess fat leaving 1 Tbsp in the pan.

Step 2: Add 1 Tbsp butter to the pan and saute chopped onions and carrots over low heat for 7-10 minutes. Add minced garlic and fresh thyme leaves and cook briefly for 30 seconds. Add 2 Tbsp flour and cook while stirring until flour is completely absorbed by the fat and mixture smells nutty. Add 1/2 cup white wine and simmer until slightly reduced. Pour in 1 1/2 cups chicken stock.

Step 3: Return chicken to the pan together with the juices and bake uncovered at 180C for 45 minutes.

Step 4: Take the chicken out of the oven and add 1/2 cup heavy cream, stir until combined. Taste and season with salt if needed.

THE
COOKERY

by The Secret Jozi Chef

PROVENCAL OLIVE TAPENADE

Intense and loaded with flavour!

INGREDIENTS

1/2 cup pitted black olives, such as Niçoise or oil-cured olives
1 tablespoon drained capers
2 drained oil-packed anchovy fillets
3 medium cloves garlic
5 basil leaves (optional)
1 tablespoon loosely packed fresh oregano, marjoram, or thyme leaves
1 teaspoon Dijon mustard
1 teaspoon fresh juice from 1 lemon
Extra-virgin olive oil, as needed

METHOD

If using a food processor: Combine olives, capers, anchovies, garlic, basil (if using), other herbs, and mustard in the work bowl and process, scraping down the sides, until a finely chopped paste forms. Process in lemon juice. With the processor running, drizzle in just enough olive oil to loosen to a spreadable paste, about 2 tablespoons. Season with salt and pepper only if needed.

If using a mortar and pestle: Roughly chop olives, capers, anchovies, and garlic, then add to mortar with basil (if using) and other herbs. Tap, crush, and smash with pestle until ingredients have been reduced to a thick paste (a little chunkiness is okay). Using pestle, work in mustard and lemon juice, then drizzle in just enough olive oil to form a spreadable paste, about 2 tablespoons. Season with salt and pepper only if needed.

THE
COOKERY

by The Secret Jozi Chef

MOULLES MARINIERES

A simple taste of the sea!

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.

THE
COOKERY

by The Secret Jozi Chef

QUICHE LORRAINE

INGREDIENTS

For the pastry

175g plain flour
100g cold butter, cut into pieces
1 egg yolk

METHOD

Step 1:

For the pastry, put the flour, butter, egg yolk and 4 tsp cold water into a food processor. Using the pulse button, process until the mix binds. Tip the pastry onto a lightly floured surface, gather into a smooth ball, then roll out as thinly as you can. Line a 23 x 2.5cm loose-bottomed, fluted flan tin, easing the pastry into the base. Trim the pastry edges with scissors (save any trimmings) so it sits slightly above the tin (if it shrinks, it shouldn't now go below the level of the tin). Press the pastry into the flutes, lightly prick the base with a fork, then chill for 10 mins. Put a baking sheet in the oven and heat oven to 200C/fan 180C/gas 6.1

Step 2

Line pastry case with foil, shiny side down, fill with dry beans and bake on the hot sheet for 15 mins. Remove foil and beans and bake for 4-5 mins more until the pastry is pale golden. If you notice any small holes or cracks, patch up with pastry trimmings. You can make up to this point a day ahead.

While the pastry cooks, prepare the filling.

INGREDIENTS

For the filling

200g pack lardon, unsmoked or smoked
50g Gruyère
200ml carton crème fraîche
200ml double cream
3 eggs well beaten
pinch ground nutmeg

METHOD

Heat a small frying pan, tip in the lardons and fry for a couple of mins. Drain off any liquid that comes out, then continue cooking until the lardons just start to colour, but aren't crisp. Remove and drain on paper towels. Cut three quarters of the cheese into small dice and finely grate the rest. Scatter the diced cheese and fried lardons over the bottom of the pastry case.

Step 4

Using a spoon, beat the crème fraîche to slacken it then slowly beat in the double cream. Mix in the beaten eggs. Season (you shouldn't need much salt) and add nutmeg. Pour three-quarters of the filling into the pastry case.

Step 5

Half-pull the oven shelf out and put the flan tin on the baking sheet. Quickly pour the rest of the filling into the pastry case – you get it right to the top this way. Scatter the grated cheese over the top, then carefully push the shelf back into the oven. Lower the oven to 190C/fan 170C/gas 5. Bake for about 25 mins, or until golden and softly set (the centre should not feel too firm). Let the quiche settle for 4-5 mins, then remove from the tin. Serve freshly baked, although it's also good cold.

THE
COOKERY

by The Secret Jozi Chef

GRUYERE GOUGERES

Delicious light cheesy puffs!

INGREDIENTS

5tbsp butter
1 teaspoon salt
1/4 teaspoon fresh ground black pepper
1/4 teaspoon freshly ground nutmeg
1 cup water, plus 1/2 teaspoon water, divided
1 cup all-purpose flour
1 cup grated gruyere cheese
5 large eggs, at room temperature (very important)

METHOD

Step 1:

Add butter, salt, pepper and nutmeg to 1 cup water in a medium saucepan and bring to a boil over medium-high heat.

Step 2: When butter melts, reduce the heat to low.

Step 3: Add flour to saucepan all at once and beat with a wooden spoon over low heat for about a minute until mixture pulls away from sides of the pan.

Step 4: Remove pan from heat.

Step 5: Add cheese to pan and beat with wooden spoon until thoroughly mixed.

Step 6: Add 4 eggs, one at a time, beating each into the batter until well mixed before adding the next.

Step 7: Continue beating mixture until it is smooth, shiny and firm.

Step 8: Now in a frying pan heat sufficient oil to deep fry small balls, until 140C

Step 9: Now carefully fry small tsp size balls of batter until puffed up and golden and cooked through, remove with a slotted spoon and drain on paper towel, sprinkle with salt and serve warm

THE
COOKERY

by The Secret Jozi Chef

PORK TENDERLOIN WITH APPLES, SAGE & LOXTONIA CIDER

INGREDIENTS

1 1/4 lb boneless pork tenderloin
1-2 tbsp olive oil
2 tsp chopped sage
salt and pepper
1 Gala apple core removed and cut into chunks
with the skin on
125ml Loxtonia Cider or good quality cider
1/2 a yellow onion diced
2 tbsp balsamic vinegar
1 cup apple jam

METHOD

Step 1:

Preheat the oven to 180C. Heat 1 tablespoon of olive oil in a cast-iron skillet over high heat. Carefully place the pork tenderloin into the pan and cook each side for approximately 3 to 4 minutes, or until each side is nicely browned.

Step 2:

Lower the heat to medium-low. Remove the tenderloin from the pan, temporarily placing it on a plate. Add a generous pinch of salt to both sides of the tenderloin, as well as a small pinch of freshly ground pepper; set aside.

Step 3:

To the pan, add another tablespoon of oil (if needed). Add the apple chunks and diced onion. Give everything a stir and sauté for a couple of minutes until the onions turn translucent. Pour in 1 tablespoon of balsamic vinegar and again stir everything together. Remove the skillet from the heat.

Step 4:

Gently push aside the apple chunks and onions to clear a space in the middle of the pan for the pork tenderloin. Transfer the tenderloin back into the pan, pouring its residual juices on the plate in as well. Add the cider to the pan as well.

Step 5:

Warm the apple jam for 30 seconds in the microwave, then add a tablespoon of balsamic vinegar to it. Stir in the vinegar until its incorporated, then smear the jam all over the pork tenderloin. Sprinkle the chopped sage over the entire contents of the pan.

Step 6:

Cover the skillet with a sheet of foil, then bake the tenderloin for 20 minutes, stopping to remove the sheet of foil. Bake for another 10 to 20 minutes, until it is cooked through. Once it's done baking, let the tenderloin rest for at least 5 minutes before slicing on the diagonal and serving.

THE
COOKERY

by The Secret Jozi Chef

PÂTÉ DE FOIE DE POULET

INGREDIENTS

225gms chicken livers, well-trimmed
1/2 small onion, thinly sliced
1 small garlic clove, smashed and peeled
1 bay leaf
1/4 teaspoon thyme leaves
fine salt
120ml light chicken stock
175gms unsalted butter, at room temperature
2 teaspoons Cognac or Scotch whisky
Freshly ground pepper

METHOD

Step 1:

In a medium saucepan, combine the chicken livers, onion, garlic, bay leaf, thyme and 1/2 teaspoon of salt. Add the stock/water and bring to a simmer.

Step 2:

Cover, reduce the heat to low and cook, stirring occasionally, until the livers are barely pink inside, about 3 minutes.

Remove from the heat and let stand, covered, for 5 minutes.

Step 3:

Discard the bay leaf. Using a slotted spoon, transfer the livers, onion and garlic to a food processor; process until coarsely pureed. With the machine on, add the butter, 2 tablespoons at a time, until incorporated.

Step 4:

Add the Cognac, season with salt and pepper and process until completely smooth. Scrape the pâté into 2 or 3 large ramekins. Press a piece of plastic wrap directly onto the surface of the pâté and refrigerate until firm.

THE
COOKERY

by The Secret Jozi Chef

Fricassee of green bean

Ingredients

300g green beans
2 shallot, finely sliced
1/2 clove garlic
pinch dry red chilli
small knob of butter
dash olive oil

Instructions

Step 1:

For the beans, bring a pan of water to the boil, add the green beans and simmer for four minutes. Prepare a bowl of ice cold water.

Step 2:

Remove the beans from the heat, drain and briefly place into the cold water. Drain again.

Step 3:

In a pan, lightly fry the shallot in a little oil and add the green beans. Season to taste with salt and freshly ground black pepper.

Step 4:

Serve the beef with the sauce, bean fricassee and champ.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

TARTE AU CITRON

Pâte Sucrée

220 g flour , plain/all purpose
50 g soft icing sugar / powdered sugar , sifted
15 g almond meal / ground almonds
1/4 tsp salt
100g / 7 tbsp butter , unsalted, softened, cut into 1cm cubes
1 large egg , at room temperature

Curd Filling

2 tbsp lemon zest (2 lemon's worth)
250 ml lemon juice (from 1 – 2 lemons)
300 g white sugar
340 g unsalted butter , cut in 1cm (1/2") cubes
6 whole eggs large,
6 egg yolks (from large-size eggs,

Method: Pâte Sucrée

Step 1: Place all the dry ingredients in the bowl of a food processor.

Step 2: Add the cold butter and pulse until the butter is incorporated. Now add the whole egg and run the machine until the dough starts to come together.

Step 3: Gather the dough and wrap in clingwrap, shape into a 2cm thick disc, place in the freezer for 10 minutes

Step 4: Remove the pastry from the freezer and on a lightly floured surface roll out until 3mm thick.

Step 5: Transfer the pastry to your baking tin and gently ease it into the sides, do not stretch the pastry as this will cause shrinking. Dock the pastry thoroughly to avoid the pastry from rising. Place the pastry shell in the freezer for 10 minutes.

Step 6: Remove from the freezer add a sheet of baking paper and fill with baking beans place in the preheated oven to 200°C / 390°F (180°C fan). Bake for 15 minutes then remove the beans and baking paper and bake for a further 10-minutes until the base is lightly golden. Remove from the oven and allow to cool completely before filling, this will keep the crust nice and crisp.

LEMON TART FILLING:

Preheat oven: Preheat oven to 180°C

Step 1: Whisk ingredients together: Put all ingredients in a medium saucepan and whisk to combine.

Step 2: Thicken on stove: Place the saucepan on the stove over low / medium low heat. Whisk constantly, especially as the butter is melting, to ensure it doesn't split. Keeping stirring until the mixture thickens enough to visibly mound (ie. holds its shape briefly) on the surface when dolloped – about 5 minutes, though it might take longer depending on stove strength, saucepan heat retention etc.

Strain into a bowl using a fine mesh strainer.

Fill tart: Pour into tart shell and smooth the filling surface using an offset spatula or similar.

Bake: Bake for 5 minutes. It will still be a soft custard when you touch it but not liquidity. It will set more when cooled so it's sliceable.

Allow to cool completely before cutting as this will allow the tart to firm up.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Steak au poivre

Ingredients

4 fillet steaks, 180gms each and no more than 4cm thick

Coarse salt

2 tablespoons whole peppercorns

1 tablespoon unsalted butter

1 teaspoon olive oil

1/3 cup Cognac, plus 1 teaspoon

1 cup heavy cream

Method

Step 1:

Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking. Sprinkle all sides with salt.

Step 2:

Coarsely crush the peppercorns with a mortar and pestle, the bottom of a cast iron skillet, or using a mallet and pie pan. Spread the peppercorns evenly onto a plate. Press the fillets, on both sides, into the pepper until it coats the surface. Set aside.

Step 3:

In a medium skillet over medium heat, melt the butter and olive oil. As soon as the butter and oil begin to turn golden and smoke, gently place the steaks in the pan. For medium-rare, cook for 4 minutes on each side. Once done, remove the steaks to a plate, tent with foil and set aside. Pour off the excess fat but do not wipe or scrape the pan clean.

Step 4:

Off of the heat, add 1/3 cup Cognac to the pan and carefully ignite the alcohol with a long match or firestick. Gently shake pan until the flames die. Return the pan to medium heat and add the cream. Bring the mixture to a boil and whisk until the sauce coats the back of a spoon, approximately 5 to 6 minutes. Add the teaspoon of Cognac and season, to taste, with salt. Add the steaks back to the pan, spoon the sauce over, and serve.



by The Secret Jozie Chef

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

www.facebook.com/secretjozic和平

Dauphinoise Potatoes

Ingredients

3 lbs waxy potatoes, peeled and thinly sliced
180gms gruyere cheese, grated
3/4 pint double cream
salt
fresh ground black pepper
2 -4 garlic cloves, peeled and crushed
2 sprigs fresh thyme
1 ounce butter

Directions

Step 1

Preheat the oven to 300F/150C/gas mark 2.
Take a heavy-bottomed dish or an ovenproof gratin dish (a Le Creuset is ideal - the potatoes tend not to catch), and grease it will with some of the butter.

Step 2

Layer the potato slices in the dish, slightly overlapping each other, seasoning lightly with the salt and pepper, and sprinkling a liberal amount of cheese on each layer.

Sprinkle cheese on the top of the last layer.

Step 3

Put the double cream, garlic and sprigs of thyme in a pan and bring to them gently to the boil, then remove the thyme and pour hot cream over the potatoes.

Step 4

Dot the top of the gratin with the remaining butter and some extra cheese if you wish, and bake for about 1 hr to 1 1/2 hrs, or until the potatoes are soft, and the top is crispy and golden brown.

Serve bubbling hot as a main meal or as an accomiment.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Chocolate Mousse

Ingredients

200gms of medium to dark chocolate
6 eggs, separated
2 tablespoon of real vanilla extract
1/4 cup sugar
60gm of butter
45ml milk
45ml strong coffee

Directions:

Step 1

In a double boiler, in a bowl, break the chocolate into pieces, add the milk and coffee and then slowly heat it while stirring, occasionally until the chocolate is melted.

Step 2

Remove the bowl from the hot water, let the chocolate cool a little bit - then add the vanilla extract and the butter and stir them into the chocolate, stir until the butter is melted and the chocolate look nice and glossy.

Step 3

Whisk your egg yolks and sugar until the ribbon stage, then add the mixture to the chocolate, stir until well combined.

Step 4

Next, beat egg whites till stiff then gently fold them into the chocolate mixture until they are mixed well in.

Step 5

Divide the mixture into pudding bowls, cover and put into the refrigerator overnight.

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretjozichef

SALADE NICOISE

For the salad

8 new potatoes
50g green beans (or a small handful), trimmed and halved
3 eggs
2 Little Gem lettuces, quartered
50g pitted black olives
2 medium tomatoes (plum are good), quartered
145g can tuna in olive oil, drained, oil reserved (see below)

For the dressing

½ garlic clove
1 anchovy fillet (optional)
1 tbsp Dijon mustard
2 tbsp red wine vinegar
4 tbsp reserved olive oil from the tuna can (topped up, if needed)

STEP 1

To make the dressing, mash the garlic and anchovy, if using, with a small pinch of salt on a board using the blade of a large knife, or in a pestle and mortar. Combine the paste with the mustard and vinegar, then slowly stir in the tuna oil. Set aside.

STEP 2

Tip the new potatoes into a large pan of cold salted water, ensuring they're well covered. Bring to the boil, then reduce the heat to a simmer. Add the beans and cook for 5 mins, then remove with a slotted spoon and immediately plunge into a bowl of iced water to cool. Cook the potatoes for another 5 mins until tender, then drain and leave to cool. When cool enough to handle, halve or quarter them, and toss in a large bowl with 1 tbsp of the dressing. Leave to cool completely.

STEP 3

Meanwhile, cook the eggs in a second pan of simmering water for 7½ mins, then transfer to a bowl of iced water to cool. Drain the beans and eggs, then peel and halve the eggs.

STEP 4

Tip the lettuce quarters, cooked beans and olives into the bowl with the potatoes. Add most of the remaining dressing and gently toss. Divide the salad between two bowls, and top with the tomatoes and eggs. Flake over the tuna, then drizzle with the rest of the dressing and season.

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretjozichef

BOUILLABAISSE

1 tablespoon hot fish stock or clam broth
2 cloves garlic, peeled
1 small red hot pepper
1/2 teaspoon salt
1/4 cup soft white bread, pulled into bits
1/2 cup olive oil

Bouillabaisse:

1.2kg of at least 3 different kinds of fish fillets, cut into 2-inch pieces
450g mussels
450g prawns
1/4 cup extra virgin olive oil
1 cup onions, thinly sliced
2 leeks, white and light green parts only, thinly sliced
1/4 fennel bulb, thinly sliced, or 1 teaspoon fennel seeds
2 cloves garlic, crushed
3 large tomatoes, roughly chopped
1 bay leaf
3 sprigs fresh thyme
1/2 teaspoon saffron threads
2 teaspoons salt
1 long, wide strip orange zest
1 cup clam juice or fish stock
1/4 teaspoon freshly ground black pepper
Sliced rustic French bread, plain or toasted

STEP 1

Make the sauce rouille:
Put the hot fish stock or clam broth into the bottom of a blender. Add the garlic and red hot pepper, salt and bread. Blend until very smooth. With the blender still running, add olive oil slowly and stop the blending as soon as the oil disappears. Set aside.

STEP 2: Heat 1/4 cup of olive oil in a large pot on medium high heat. When the oil is hot, add the onions, leeks, and fennel. Stir to coat the vegetables with the olive oil. Cook on medium heat until softened but not browned, about 10 to 15 minutes.

STEP 3: Add the crushed garlic, chopped tomatoes, bay leaf, thyme, saffron, salt, and orange zest. Cook until the tomatoes are soft and broken down, about 10 more minutes.

STEP 4: Bring 2 cups of water to a boil. Lay the fish pieces over the vegetable mixture and pour over with 2 cups of boiling water. Add clam juice or fish stock. Bring everything to a boil, reduce to a simmer, and cook, uncovered, for about 5 minutes.

STEP 5: Add the mussels, squid, and prawns, pushing aside the fish so that the shellfish is now covered in liquid, and simmer for 10 minutes more, uncovered.

STEP 6: Add freshly ground black pepper, and more salt to taste. Remove the bay leaves, thyme sprigs, and orange zest from the broth.

Serve with bread and rouille:

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

LEMON ICE CREAM

INGREDIENTS

2 cups heavy whipping cream
1 cup half-and-half cream
1 1/8 cups white sugar
3 tablespoons grated lemon zest
5 egg yolks
3/4 cup fresh lemon juice

METHOD

Step 1:

Combine heavy cream, half and half, sugar, and lemon zest in a saucepan; bring to a simmer over low heat. Cook and stir until sugar is dissolved, about 5 minutes. Remove from heat. Cover saucepan and allow the mixture to steep for 10 minutes.

Step 2:

Uncover pan and bring back to a simmer over low heat. Beat the egg yolks in a bowl. Gradually stir one cup of the hot cream mixture into the eggs, several tablespoons at a time. This will help to bring the eggs up to temperature without scrambling them.

Step 3: Stir the egg mixture back into the cream mixture in the saucepan. Cook and stir over low heat until the mixture just coats the back of a spoon, 5 to 10 minutes. Transfer to a large bowl; cover. Refrigerate overnight.

Step 4: Stir the lemon juice into the cold ice cream mixture. Freeze in an ice cream maker according to manufacturer's directions.

Step 5: Transfer ice cream to a lidded freezer container, and freeze for 4 hours to ripen flavors before serving.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef