

BISTRO SALAD WITH GOATS CHEESE CROUTES

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 Joz Chef

PROVENÇAL 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
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Reine de Saba

Ingredients

12 tablespoons (1 1/2 sticks) butter, more for pan
180gms bittersweet chocolate, chopped into small pieces
A few drops almond extract
2 tablespoons strong coffee
4 large eggs, separated
Pinch of salt
1 cup sugar
1 3/4 cups finely ground almonds
FOR THE GLAZE:
2 tablespoons sugar
1 tablespoon honey
120gms bittersweet chocolate, chopped into small pieces
1 tablespoon butter

Method

Step 1:

Heat oven to 165C. Butter a 24cm springform pan, and line the side wall with parchment paper.

Step 2:

In a heavy-bottomed pan, combine 12 tablespoons butter, the chopped chocolate, almond extract and coffee. Melt over low heat, then transfer to a bowl and allow to cool.

Step 3:

With an electric mixer, whisk egg whites and salt until soft peaks form. Slowly add 1/2 cup sugar until thick and glossy. Set aside.

Step 4:

In a separate bowl, whisk together egg yolks with remaining 1/2 cup sugar until thick. Fold in the melted chocolate mixture. Add ground almonds and mix well. Whisk in a dollop of egg whites to lighten mixture. Using a rubber spatula, gently fold in the rest of egg whites, keeping batter airy.

Step 5:

Scrape batter into pan and bake until cake is dry on top and a bit gooey in center, 30 to 40 minutes. (After 30 minutes of baking, check center of cake with a tester or toothpick. If center seems very wet, continue baking.) Cool cake on a rack for 20 minutes, then remove side of pan. Allow to continue cooling. Top of cake may crack as it cools, but glaze will cover most cracking.

PREPARE GLAZE:

Step 1

In a small saucepan, combine 2 tablespoons sugar, the honey and 1/4 cup water. Bring to a boil, then remove from heat. Add 4 ounces chopped chocolate, swirl pan to mix, and allow to stand until melted, about 3 minutes.

Step 2:

Whisk 1 tablespoon butter into icing, then pour evenly over cake. Use a spatula to ease icing out to edges of cake. Allow icing to cool, and set before slicing.



by The Secret Jozi Chef

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

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ROASTED BALSAMIC TOMATO & THYME GALETTE

For the cherry tomato filling

500gms cherry tomatoes
2 tablespoons olive oil
2 tablespoons balsamic vinegar
7-8 cloves garlic adjust to taste
1 tablespoon fresh chopped thyme
 $\frac{1}{4}$ teaspoon salt

For the Galette Pastry

1 and $\frac{1}{2}$ cups all purpose flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup unsalted butter
5-6 tablespoons ice cold water

For the galette dough

Step 1: Mix together the flour and salt in a large mixing bowl. Using a pastry cutter or your fingers, cut in the cubes of butter until they are crumbly and pea-sized.

Step 2: Mix in the ice-cold water one tablespoon at a time, stirring with a wooden spoon until a cohesive ball of dough forms. The dough will still be slightly crumbly, that's okay. Wrap tightly in plastic wrap and let rest in the fridge for 30 minutes.

Preheat the oven to 220C.

For the cherry tomato filling:

Step 1: Meanwhile, prep the filling. Roughly chop the garlic. Heat the olive oil over medium heat in a large skillet. Add the garlic, cherry tomatoes, balsamic vinegar, thyme, and salt. Sauté just until the cherry tomatoes burst, about 8-10 minutes, stirring frequently. Set aside.

To assemble the galette

Step 1: On a lightly floured surface, roll out the pastry dough into a 12-inch circle. Place on a parchment paper lined sheet pan or on a preheated pizza stone.

Step 2: Pour the cherry tomato filling into the center of the galette, leaving about 2 inches of a border. Fold the border in over just the edges of the cherry tomatoes

Step 3: Bake for 25-30 minutes at 220C on the middle oven rack, until the galette is golden brown. Remove the galette from the oven and allow to cool for 10 to 15 minutes before cutting.

THE
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ARANCINI WITH ANCHOVY & MOZARELLA

INGREDIENTS

For the rice

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

For the filling:

80 gms finely diced Mozzarella
10 - 12 anchovy fillets
30gms parsley, chopped
1 egg

To coat the arancini

3 eggs
breadcrumbs
nutmeg
olive oil
salt
pepper
Flour

METHOD

Step 1: 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.

Step 2: Mix the chopped mozzarella and finely chopped anchovies, 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.

Step 3: 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

THE
COOKERY

by The Secret Jozi Chef

CARPACCIO DI ZUCCHINI

INGREDIENTS

500g green zucchini 500g yellow zucchini
5 tablespoons (100ml) extra virgin olive oil
Juice of 1 small lemon
2 teaspoons grated lemon rind
225g baby rocket
100g shaved parmesan

METHOD

Step 1

Trim the ends of the zucchini and slice diagonally into wafer-thin rounds. Place in a bowl.

Step 2

Combine the oil, lemon juice and rind, and season with salt and pepper. Pour mixture over zucchini and leave for 5 minutes. Pile the rocket onto serving plates, then top with the zucchini and finish with the parmesan.

Step 3

Serve as a first course or as an accompaniment to simply grilled meat and fish.

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Moulles Marinieres

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 Jozie Chef

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

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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.

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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

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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.

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PORK TENDERLOIN WITH APPLES & SAGE

INGREDIENTS

700gms 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
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.

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 registers at least 165°F on a meat thermometer. Once it's done baking, let the tenderloin rest for at least 5 minutes before slicing on the diagonal and serving.

THE
COOKERY

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POTATO & LEEK SOUP

INGREDIENTS

3 tablespoons unsalted butter
4 large leeks, white and light green parts only, roughly chopped (about 5 cups)
3 cloves garlic, peeled and smashed
900g potatoes, peeled and roughly chopped into $\frac{1}{2}$ -inch pieces
7 cups chicken or vegetable stock
2 bay leaves
3 sprigs fresh thyme
1 teaspoon salt
 $\frac{1}{4}$ teaspoon ground black pepper
1 cup heavy cream
Chives, finely chopped, for serving

INSTRUCTIONS

Step 1: Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.

Step 2: Add the potatoes, broth, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.

Step 3: Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.

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FRESH GNOCHI

INGREDIENTS

1kg floury potatoes, medium Nicola are best
3 large eggs, beaten
300g plain flour or less, depending on the texture of the potatoes
1 level tbsp fine salt Generous pinch nutmeg
50g finely grated parmesan (optional)

METHOD

Step 1

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

Step 2

Using a mouli/potato ricer/sieve press the potatoes into a bowl or onto a clean work surface. Make a hollow in your pile of potatoes, then pour in the egg, salt & nutmeg 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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LEMON RICOTTA CAKE

INGREDIENTS

Pastry:

$\frac{3}{4}$ cup butter, softened
1 $\frac{1}{2}$ cups sugar
500gms whole milk ricotta cheese
3 large eggs
1 teaspoon vanilla
1 large lemon, zested and juiced
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups flour
powdered sugar for dusting top of cake
(optional)

METHOD

Step 1

Preheat oven to 175C. Grease a 24cm springform pan using butter and powdered sugar; set aside.

Step 2

In a large mixing bowl or stand up mixer, cream together the butter and sugar until combined. Add in the ricotta cheese and blend until light and fluffy, about 4 to 5 minutes.

Step 3

Mix in the eggs, one at a time. Add in the vanilla, lemon zest, and lemon juice and mix to combine. In the same bowl, stir in the baking soda and salt. Lastly, add in the flour and mix until just combined, scraping down the sides of bowl to full incorporate all of the ingredients.

Step 4

Pour the batter into the prepared springform pan. Bake for 45-55 minutes, or until the cake is set and a toothpick inserted in the middle of the cake comes out clean.

Step 5

Let cool in pan for 15 minutes before removing the collar and base of the pan. Cool on a wire rack and dust with powdered sugar before serving.

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ASPARAGUS & LEMON GNOCCHI

INGREDIENTS

$\frac{2}{3}$ cup extra-virgin olive oil
1 large bunch asparagus, trimmed, thinly sliced on a deep diagonal
4 garlic cloves, smashed
1 cup fresh cream
4 3"-long strips lemon zest
 $\frac{1}{2}$ tsp. crushed red pepper flakes
8 large basil leaves
2 lemons, halved
2 oz. Parmesan, finely grated (about 1 cup), plus more for serving

METHOD

Step 1

Cook gnocchi in a large pot of boiling salted water, stirring occasionally, until al dente. Drain gnocchi, reserving $1\frac{1}{2}$ cups pasta cooking liquid.

Step 2

Meanwhile, heat oil in a large Dutch oven or other heavy pot over medium-high until shimmering. Add asparagus, season with salt, and cook, stirring often, until just beginning to take on color, about 1 minute.

Step 3

Add garlic, lemon zest, and red pepper flakes and cook, stirring, until fragrant, about 30 seconds.

Step 4

Add 1/2 cup stock and basil to pot with asparagus mixture and return to medium-high heat. Squeeze juice from both lemons into pot and add 60gms Parmesan and 1/4 reserved gnocchi cooking liquid.

Step 5

Cook, tossing vigorously, but gently, after 1 minute add the cream stir until the sauce is well combined and emulsified and pasta is coated, about 1 minute. Taste and season with more salt if needed. Remove and discard garlic. Add the cooked gnocchi and stir gently to coat, if needed add a small splash of water

Step 6

Divide pasta among bowls, placing a lemon strip in each, and top with more Parmesan.

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PRAWN & SAFFRON RISOTTO

INGREDIENTS

INGREDIENTS

For the Prawns:

1kg prawns, shell on, deveined and cleaned
3tbsp butter
1/4 cup olive oil
2 cloves of garlic, finely chopped
1 glass white wine
Salt & pepper

For the risotto:

8 cups prawn stock
1/4 cup olive oil
1 medium onion, diced
1 stick of celery, finely chopped
1 carrot, finely chopped
Large pinch of saffron
2 cups arborio rice
1 cup dry white wine
1 tablespoon flat leaf parsley, chopped
4 tablespoons cold butter
Salt and pepper

METHOD

STEP 1:

To Make the Stock:

1. In a large heavybased saucepan, add the butter and olive oil. Place over a medium heat. Once it is hot add the garlic and stir quickly. Almost immediately add the prawns. Add them in a single layer allowing them to colour, but NOT cook all the way through.
2. As the prawns are cooked remove and set aside. Once all the prawns have been cooked, remove their heads and shells. Reserve all the juices and shells.
3. Return the pan to the heat, add half a roughly chopped onion, a small bunch of fresh celery leaf and stir to coat.
4. Once the onion starts to soften add the white wine and deglaze the pan. Now add back all the prawn shells and reserved juices.
5. Add 2litres of a good quality light vegetable stock and simmer for 20-minutes, skimming off any foam that surfaces.
6. Strain and use immediately, or allow to cool and freeze

To Make the Risotto

1. Heat the oil in a large saucepan over medium heat; add onion, carrot and celery and season with salt and pepper
2. Add the rice and stir to coat with the oil; season with salt and pepper and cook until slightly translucent.
6. The rice should be hot and sizzling, you should stir carefully to ensure it does not stick.
7. Add wine to the hot rice, the liquid should hiss and be quickly absorbed. Stir gently until almost all the liquid has cooked off. Add hot stock and broth mixture, a ladleful at a time, completely stirring in the liquid each time. Remember at this stage you are trying to coax the starches out the rice by gently and continuously stirring.
8. Keep adding broth as needed so there is always a 1/2cm liquid layer over the rice.
9. After about 8 minutes add add the saffron which has been soaked in 2 tbsp warm water
10. After 15 to 20 minutes, the rice should be close to al dente.
11. At this stage add the reserved prawn meat, cut into bite size hunks, and stir to combine well - the prawns will cook through in the heat of the rice.
12. Taste and adjust seasoning
13. Now cover the pan, and allow it to stand for 2-3minutes.

THE
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Fagiolini verdi con aglio e mentuccia

(Green Beans with garlic & mint)

Ingredients

1 tablespoon fine sea salt
160g fine green beans
1/4 cup extra virgin olive oil
1 tbsp red wine vinegar
2 tablespoons finely sliced mint leaves
1 clove garlic, finely sliced
Freshly ground salt & black pepper

Instructions

Step 1

Bring 2 litres of water to the boil in a large saucepan, then stir in the fine salt

Step 2:

Add the beans, return to the boil, cook for 3-4 minutes until just tender. Drain beans and plunge into ice water

Step 3

When the beans are cool, drain well and pat dry.

Step 4:

Toss with mint, oil, vinegar, garlic, salt and pepper and serve at room temperature

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COOKERY

by The Secret Jozie Chef

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

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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

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Tagliata with rocket & Parmesan

Ingredients

6 sirloin or ribeye steaks, 3cm thick
1 1/2 tbsp chopped rosemary
1 1/2 tbsp chopped sage
Zest of 1 lemon
Coarse sea salt and freshly ground pepper
1 boneless rib eye steak, cut 2 inches thick (2 1/4 pounds)
Extra-virgin olive oil
1 pack of rocket
1 tablespoon lemon juice
1 cup shaved Grana/Parmigiano-Reggiano

Method

1. Start by finely chopping the rosemary and the thyme, add to a bowl.
2. Now add a generous tsp of freshly crushed black pepper and sea salt
3. To this add a finely zested peel of 1 lemon
4. Add a splash of olive oil to wet the mixture slightly and coat the steaks with it.
5. To cook the steaks add a splash of oil to a frying pan and place over medium high heat until almost smoking
6. Add the steaks and cook until nicely browned, about 3-minutes per side for rare
7. Remove the steaks, set aside and allow to stand under some foil
8. Now prepare in a separate bowl add your lemon juice and olive oil and mix to combine.
9. Arrange the rocket leaves on the platter, then slice the steaks into strips and arrange over the rocket
10. Finally drizzle with the olive and lemon dressing before topping with the parmesan shavings

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COOKERY

by The Secret Jozie Chef

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

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Chicken Piccata

Ingredients

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

Sea salt and freshly ground black pepper

All-purpose flour, for dredging

6 tablespoons unsalted butter

5 tablespoons extra-virgin olive oil

1/3 cup fresh lemon juice

1/2 cup chicken stock

1/4 cup brined capers, rinsed

1/3 cup fresh parsley, chopped

Method

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

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

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

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

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