

# Patatas Bravas

Warm spiced potatoes served tapas style

For the potatoes:

4 potatoes, peeled and cut into 2.5cm cubes

Sunflower oil flavoured with 1 cup olive oil

1 tbsp salt

For the sauce:

3tbsp olive oil

1 onion diced

1 clove garlic, finely chopped

1 red chili minced

½ tsp smoked paprika

1 can whole peeled tomatoes – drained

¼ cup mayonnaise

1. Combine potatoes, oils, and 3 teaspoons salt in a large cold skillet. Heat on medium low and cook until potatoes are softened, 12 to 15 minutes. Increase heat to high and fry until golden, 5 to 6 minutes. Drain on paper towels.
2. Heat 3 tablespoons olive oil in a large saucepan over medium heat. Cook and stir onion with 1 teaspoon salt in the hot oil until onion has softened, 3 to 4 minutes. Add garlic, chili, and smoked paprika; simmer for 1 to 2 minutes. Stir in tomatoes and return to a simmer. Transfer tomato mixture to a blender, cover, and puree until tomato sauce is smooth.
3. Serve patatas bravas with tomato puree and mayonnaise for dipping.

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COOKERY

by The Secret Jozie Chef

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

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# Pollo al Ajillo

*Garlicky chunks of fried chicken served with crusty bread*

12 large chicken thighs, cut in half  
Fine sea or kosher salt  
Freshly ground black pepper  
1/3 cup olive oil  
12 cloves garlic, peeled and lightly crushed  
2 bay leaves  
2 teaspoons chopped fresh thyme leaves  
200ml white wine  
200ml chicken stock

## **Method**

Start by rinsing and patting dry your chicken pieces. Now in a heavy based pan add the oil and the garlic cloves. Now slowly bring the oil up to heat and allow the garlic pieces to start to brown. As soon as they are lightly browned remove the garlic and set aside to use later.

Increase the heat to high, and add your chicken pieces and bay leaves (add the chicken pieces in batches do not overcrowd the pan), and fry the chicken over a medium high heat until it is cooked through and golden.

Remove chicken and set aside. Now drain most of the oil away. Add the cooked garlic, white wine and stock and allow it to come to the boil, once it has reduced slightly, add back the chicken pieces and cook for a few minutes until cooked through and sauce slightly thickened.

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# zucchini & herbed potato frittata

## with parmesan shavings

### Ingredients

12 large free range eggs

1 tsp chopped parsley

150gms grated parmesan cheese 80ml cream

salt & pepper to taste

1 red onion, finely chopped

20 pattypan (mixed colours)

generous knob of butter clove

garlic crushed

sprig of thyme

salt & pepper to taste

1 tbsp olive oil

3 large potatoes

6 tbsp olive oil clove of garlic rosemary

To start, par boil the potatoes, before cutting them into small sized chunks. Now heat the olive oil in a pan and add the rosemary and the clove of garlic. Allow them to infuse before removing the garlic and rosemary and adding the boiled, drained and cut potatoes. Fry the potatoes until crisp and well cooked, remove from the oil, season with salt and set aside.

To prepare the patty pan, start by cutting it into thin slices. In a frying pan, the one you intend making the frittata in heat the butter, thyme and garlic. As soon as it starts to sizzle add the finely chopped onion, cook until tender before adding the sliced patty pan. Allow the patty pan to caramelise and develop colour before stirring and allowing to cook completely. Once the patty pan is ready add in the cooked potato pieces, check seasoning and adjust, remember your parmesan will add extra saltiness.

Now in a bowl whisk together, eggs, parsley, salt & pepper, parmesan and cream, add it to the hot potato mixture. Using a wooden spoon or spatula loosen the bottom slightly and allow thick pieces to form, before reducing the heat and allowing the bottom of the frittata to set completely.

To finish the frittata you can either loosen the bottom of the frittata once it has set, and carefully flip it over, and cook through or you can finish it under a hot grill in the oven. To serve, garnish with some fresh herbs and finely shaved parmesan.

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# Warm Kale, Almond and ham salad

## Ingredients

2 shallots, sliced into rounds  
2 tsp vegetable oil  
200g kale, large stalks removed, leaves roughly torn  
4-6 slices serrano ham or your choice of cured ham  
3 celery stalks, thinly sliced on an angle  
shavings of Manchego cheese, to garnish (optional)

## For the dressing

2 tbsp sherry vinegar  
2 tbsp extra virgin olive oil  
2 tsp Dijon mustard  
pinch of sugar  
2 tbsp raisins

## For the almonds

2 tbsp whole blanched almonds  
 $\frac{1}{2}$  tsp vegetable oil  
good pinch of sweet smoked paprika

## Method

1. Heat oven to 200C. Toss the shallots with 1 tsp oil on a large non-stick baking tray. Separate the rings a little as you turn them in the oil. Roast for 10 mins, stirring halfway, until starting to soften and turn golden here and there.
2. In a large bowl, whisk the vinegar, oil, mustard, sugar and some seasoning together to make the dressing, then tip in the raisins and leave to soak. In a smaller roasting tin, toss the almonds, oil, paprika and a pinch of sea salt. Rub the kale all over with 1 tsp vegetable oil and some seasoning.
3. Remove the shallot tray from the oven, mix in the kale (it's fine if it mounds a bit), then return the tray to the oven and put the almonds on the shelf below. Roast for 7 mins, giving the kale a turn halfway through, until crisp in some places, wilted in others.
4. Ruffle the ham onto serving plates. Tip the kale, shallots and celery into the dressing bowl, make sure it coats the kale well, then mound on top of the ham and scatter with the almonds and the cheese, if using.

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# Seafood Paella

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## Ingredients

4 cups fish stock (2 cups chicken stock / 2 cups fish stock)  
1 teaspoon saffron threads  
2 tablespoons olive oil  
250g firm fish fillets (such as blue eye), cut into 2cm pieces  
1 brown onion, finely chopped  
2 garlic cloves, crushed  
2 cups Arborio Rice  
2 tomatoes, peeled, deseeded, diced  
2 teaspoons smoked paprika  
500g medium green king prawns, peeled, deveined  
150g baby squid, cleaned, cut into 1cm-thick rings  
12 mussels, scrubbed, debearded  
2/3 cup frozen peas

## Method

### Step 1

Combine stock, 1 cup cold water and saffron in a medium saucepan over medium heat. Bring to the boil. Cover and reduce heat to medium-low. Keep at a simmer.

### Step 2

Meanwhile, heat 1 tablespoon oil in a 24cm (base) non-stick frying pan over medium-high heat. Add fish and cook for 1 minute each side or until light golden. Transfer to a plate. Add remaining 1 tablespoon oil to pan. Add onion and garlic. Cook for 5 minutes or until soft. Add rice, tomatoes and paprika. Stir to combine. Using a spoon, spread mixture evenly over base of pan.

### Step 3

Add half the stock mixture to frying pan and bring to the boil over high heat. Shake pan to spread mixture across pan (do not stir). Reduce heat to medium. Cook, uncovered, without stirring, for 10 minutes or until stock is absorbed.

### Step 4

Add prawns, squid and mussels, pressing into rice mixture. Add 1/2 cup stock mixture and cook until all liquid is absorbed. Repeat with remaining stock mixture, 1/2 cup at a time, adding fish and peas with the last 1/2 cup stock (this will take 15 to 20 minutes). Remove from heat. Stand, covered, for 5 minutes. Season with pepper. Serve.

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# Meatballs in tomato sauce

Best eaten hot and fresh right out the pan with crusty bread

## Ingredients

2 tablespoons of olive oil  
750gms ground beef  
1 1/4 cup fresh white breadcrumbs  
8 tablespoons grated Manchego or Parmesan cheese  
3 tablespoon tomato paste  
4 cloves garlic, chopped fine  
1 1/2 red onions, chopped fine  
3 teaspoons chopped fresh thyme  
1 1/4 teaspoon turmeric  
Salt and pepper, to taste  
500ml canned plum tomatoes, chopped  
4 tablespoons red wine  
4 teaspoons chopped fresh basil leaves  
3 teaspoons chopped fresh rosemary

## Method

In a bowl, thoroughly mix together the beef, breadcrumbs, cheese, tomato paste, garlic, scallions, egg, thyme, turmeric, salt, and pepper. Using your hands, shape the mixture into 24 to 30 firm balls.

Heat the olive oil in a skillet over medium-high heat. Add the meatballs and cook for several minutes or until browned on all sides. Remove the meatballs and set aside.

Add the tomatoes, wine, basil, and rosemary. Simmer gently for around 15 minutes, then add back the meatballs and cook until the meatballs are done. Season generously with salt and pepper and serve hot with crusty bread and good olive oil.

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# Churros

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## Ingredients

1 cup boiling water  
1 tbsp olive oil  
1/2 tsp salt  
1 cup cake flour  
1 tsp baking powder

Oil for deep frying  
Cinnamon Sugar for dusting

## Directions

### Step 1:

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

### Step 2:

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

### Step 3:

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

### Step 4:

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

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# Chickpeas & Spinach

## Ingredients

500g chickpeas in brine  
300 grams fresh spinach, washed  
2 thick slices of day old bread (sourdough works well) with crusts removed and cut into cubes  
15 blanched unsalted almonds  
 $\frac{1}{4}$  cup tomato sauce  
3 garlic cloves, chopped  
Extra virgin olive oil  
2 Tablespoons Sherry vinegar (or red wine vinegar if sherry vinegar is hard to come by)  
1 teaspoon ground cumin  
Ground cayenne pepper (to taste)  
Salt  
Black pepper (to taste)  
Smoked Spanish paprika (I use pimentón dulce, but you could also use pimentón picante)

## Instructions

### Step 1

Coat a large saucepan with extra virgin olive oil (approx. 2 T) and heat to medium high. Before the oil gets too hot, add the spinach (in batches if necessary). Sauté the spinach until just wilted and remove to strain in a colander

### Step 2

Re-coat the pan with olive oil and add in the bread cubes and raw almonds. Fry until the bread and almonds are browned and crispy on each side

### Step 3

Add the chopped garlic, cumin, cayenne and black pepper and sauté for a couple of minutes, until the garlic is fragrant and turning brown. Transfer the ingredients to a blender/food processor and add the sherry vinegar

### Step 4

Blend the ingredients together until you have a thick paste (don't over blend and make it gooey). Return the paste to the saucepan and add your chick peas and tomato sauce. Stir gently until the chickpeas are fully coated by the sauce and add a bit of water to thin things out

### Step 5

Add the spinach and stir gently until it is evenly incorporated and hot. Season with salt and pepper

Step 6: Plated, drizzle a swirl of extra virgin olive oil on top of each dish, then sprinkle a small amount of smoked Spanish paprika on top

Enjoy!

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# Chorizo in Cider

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## Ingredients

3 tsp olive oil  
1 red onion  
1 1/2 tsp paprika  
1/4 cup chicken stock  
200ml dry apple cider  
1 bay leaf  
2 chorizo, sliced diagonally  
2 tsp sherry vinegar  
2 tsp fresh chopped flat leaf parsley

## Method

Heat the oil in a frying pan over medium high heat, add the sliced chorizo and cook until starting to crisp, now add the finely chopped onion and cook for 3-minutes, stirring occasionally, until the onions are soft and golden. Add the paprika and cook for 1 minute.

Increase the heat to high and add the cider, stock and bay leaf simmer until liquid begins to reduce and cling to the chorizo, stir in the sherry vinegar to taste, and garnish with the chopped flat leaf parsley.,

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# Spanish Oven Roasted Chicken

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## Ingredients

1 whole chicken, cut up  
3 tablespoons olive oil  
1 (8 ounce) can tomato sauce  
 $\frac{1}{8}$  cup red wine vinegar  
 $\frac{1}{8}$  cup medium sherry (spanish if you can find it)  
1 onion, cut in chunks  
5 cloves garlic, crushed  
1 tablespoon flat leaf parsley, finely chopped  
6 bay leaves  
 $\frac{1}{8}$  cup butter

## Method

### Step 1

Cover the bottom of a large roasting tray, with the olive oil.

### Step 2

Place cut up chicken in pan skin side up.

### Step 3

Place a bay leaf and chunk of onion under each piece of chicken.

### Step 4

Dof chicken with butter pieces.

### Step 5

Mix together tomato sauce, wine vinegar, sherry and crushed garlic.

### Step 6

Pour mixture over chicken and sprinkle parsley on chicken.

### Step 7

Bake uncovered at 180c degrees until chicken is cooked through, baste frequently.

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# Spanish Saffron Mussels

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## Ingredients

1/2 cup dry sherry a pinch of saffron  
1/2 teaspoon crushed red pepper  
1 tablespoon olive oil (I like Spanish olive oil)  
1 teaspoon garlic (minced)  
1 shallot (finely chopped)  
2 ounces Spanish chorizo 1/4" dice\* 4 cups seafood broth/stock\*  
1 teaspoon smoked paprika (hot or mild)  
1 bay leaf  
2 1/2 to 3 pounds fresh mussels (see notes) parsley to garnish

## Method

### Step 1

Warm the sherry (30 seconds in the microwave works), and add the pinch of saffron.

### Step 2

To a deep pot with a lid over medium-high heat, add a drizzle of olive oil, the garlic, shallot, and crushed red pepper.

### Step 3

When the shallot and garlic are fragrant (not browned), add the diced chorizo. Saute until the chorizo begins to give up some color, and shallot is transparent - about 5 minutes total.

### Step 4

Add the broth/stock, saffron infused sherry, smoked paprika, and bay leaf. Lower heat and simmer while you prepare the baguette.

### Step 5

Just prior to serving, add the mussels to the pot, cover, and cook 2 to 3 minutes (until the mussels are open). Ladle the broth over the mussels to let the shells catch a bit of the goodness, then ladle into shallow bowls.

### Step 6

Garnish with chopped parsley and toasted baguette.



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# PIPIRANA SALAD

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## INGREDIENTS

2 large tomatoes  
1 large cucumber  
1 medium onion  
1 large green/red pepper

2 cloves garlic minced  
A pinch of cumin  
 $\frac{1}{2}$  teaspoon salt

3 tablespoons extra virgin olive oil  
2 tablespoon red wine vinegar

Instructions

## INSTRUCTIONS

**Step 1:** Chop the onion in small cubes and soak in water.

**Step 2:** Chop the tomatoes, cucumber and pepper and place in a bowl.

**Step 3:** Drain the onions and add them to the rest of the vegetables.

**Step 4:** Place the garlic in a mortar with a pinch of cumin and a pinch of salt and a few drops of olive oil until you have a paste. In another small bowl mix the rest of the olive oil, vinegar and salt, add the garlic paste and mix well.

**Step 5:** Add the dressing to the salad and mix well. Cover and refrigerate.

**Step 6:** Serve chilled with some crusty bread

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# SPANISH GARLIC GREEN BEANS

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## INGREDIENTS

2 tbsp extra virgin olive oil

450gms green beans

5 cloves garlic roughly chopped

2 tbsp chopped fresh parsley

1/2 tbsp sherry vinegar

pinch sea salt

dash black pepper

## INSTRUCTIONS

**Step 1:** Fill a stock pot half ways with water, season generously with sea salt and heat with a high heat

**Step 2:** Meanwhile, add the green beans into a colander and rinse under cold running water

**Step 3:** Once the water comes to a boil in the stock pot, add in the green beans, once it comes back to a boil cook the green beans for exactly 2 minutes, then remove them from the stock pot and add into a bowl with iced water, after a couple of minutes drain the green beans and pat completely dry, then trim off a little bit from the ends

**Step 4:** Heat a large fry pan with a medium to medium high heat. Once the pan is nice and hot, add in the olive oil and the green beans, mix every 30 seconds so all the green beans evenly sautee, after 3 to 4 minutes and they're starting to lightly blister, add in the chopped garlic, mix continuously, after 30 seconds add in the sherry vinegar, chopped parsley and season with sea salt & black pepper, quickly mix together and then remove from the heat

**Step 5:** Transfer into a serving dish, serve warm or at room temperature, enjoy!

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# SPANISH SMOKEY BEANS & TOMATOES

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## INGREDIENTS

1 tablespoon extra virgin olive oil  
1 onion diced  
2 garlic cloves finely chopped  
1 teaspoon sweet smoked paprika pimenton dulce - or hot paprika if you like it spicy  
2 bay leaves  
2 cans butter beans, drained and rinsed  
2 cans plum tomatoes  
Sea salt and black pepper  
2 large handfuls spinach roughly chopped

## METHOD

### Step 1:

In a large saucepan, heat the oil over a medium heat. Add the onions and fry, stirring continuously, for 3-5 minutes until translucent but not browned.

### Step 2:

Add the garlic, paprika and bay leaves and fry for a further minute.

### Step 3:

Add the beans and tomatoes. Stir and break up the tomatoes a bit, then season with salt and pepper. Stir well and reduce the heat to low. Simmer for 15 minutes, checking regularly so it doesn't stick to the bottom of the pan.

### Step 4:

As it finishes, stir the spinach through to wilt.

### Step 5:

Serve hot or cold, as tapas or a side dish, sprinkled with the fresh parsley.

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# POLVORONES

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3 ½ (400g) cups all-purpose flour  
1 ½ cups (150g) powder sugar  
1 cup (200g) lard (or melted butter)  
1 cup (125g) raw almonds, peeled

1. Grind the peeled raw almond. In the meantime preheat the oven to 180 °C
2. In a tray suitable for the oven with flour and ground almonds. Put them in the oven to toast for at least 40 minutes. Rotate the tray so it toasts evenly.
3. Take them out of the oven and let them cool. At the same time in another bowl mix the lard and powdered sugar.
4. Add the flour and almond mixture to that bowl and mix everything together.
5. With the dough that was formed, make a ball, cover it with plastic wrap and let it rest at room temperature for 30 minutes. Don't need to put it in the refrigerator because it will get too hard and difficult to handle.
6. Then roll out the dough with a rolling pin until it is one centimeter thick
7. Cut them out with a cookie cutter and carefully place them in a baking tray.
8. While you fill the tray with cookies, preheat the oven to 180 ° C. Cook them at that temperature for 15 minutes
9. Let them cool completely and dust them with powdered sugar.

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# CRUNCHY TANGY ROAST POTATOES

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## INGREDIENTS

900g starchy potatoes

2 tbsp tomato paste

1 tbsp smoked paprika

2-3 tbsp fresh diced parsley

2 tsp dried thyme

1/2 tsp salt, plus a bit extra for salting your water

1/2 tsp pepper

2 1/2 tbsp olive oil

1/2 fresh lemon

extra parsley for garnish

## INSTRUCTIONS

**Step 1:** Preheat your oven to 200 C, and line a baking sheet with aluminum foil. Set aside.

**Step 2:** Bring a pot of salted water to a boil while you dice your potatoes. Cook the potatoes 8-10 minutes until just al dente, you don't need to cook them through, but a fork should be able to pierce a cube.

**Step 3:** While the potatoes are cooking, combine your spices, tomato paste, and olive oil in a large mixing bowl. Drain the potatoes and then add them to the mixing bowl and mix until well coated.

**Step 4:** Place the seasoned potatoes on your baking sheet and bake 40-50 minutes, turning halfway, until cooked through and crispy.

**Step 5:** Top with juice from half a lemon and fresh parsley just before serving. Serve immediately and enjoy!

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# Chocolatōn

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## Ingredients

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

## Method

### Step 1

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

### Step 2

Stir the melted chocolate and melted butter together until smooth.

### Step 3

Whip the egg whites into a fluffy meringue.

### Step 4

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

### Step 5

Fold in the egg yolks.

### Step 6

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

### Step 7

Gently blend together until it is completely mixed.

### Step 8

Pour into a serving bowl or individual cups.

### Step 9

Chill for at least an hour before serving.

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