

Malagueta Prawns

Ingredients

6 red chillies, finely chopped
3 cloves garlic
4 tbsp tomato puree
1 tsp dried oregano
2 tsp red chilli flakes
4 tbsp red wine vinegar
2 tsp sweet paprika
3 tsp salt
50ml ground nut oil
1kg prawns, deveined, shell on

Directions

Step 1:

Split the chillies and place in a pan with the oil and garlic. Roast in an 180°C oven for ten minutes.

Step 2:

Remove and blend with all the other ingredients.

Step 3:

Drain the prawns and mix well with the marinade.

Step 4:

Place on a metal skewer, sprinkle with sea salt and grill until the prawns turn completely opaque.

Step 5:

Serve immediately with a wedge of lime to garnish.

THE
COOKERY

by The Secret Jozi Chef

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

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Bolinhos

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
70gms grated Parmigiano
80 gms finely diced smoked cheese
80 gms finely diced chorizo
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.

In a heavy based frying pan add over medium high heat, fry the little cubes of chorizo until crispy.

Mix the chopped smoked cheese and chorizo once it has cooled slightly, add 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 bolinhos in very hot oil, once golden and cooked through place on paper towel to drain and serve immediately.

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Banana Upside Down Cake

Ingredients

For the banana caramel
300gms caster sugar
5 ripe bananas
1/4 tsp cinnamon

For the cake Batter

140gms soft unsalted butter
180gms plain cake flour
1 1/2 tsp baking powder
1tsp ground cinnamon
4 eggs, separated
140gms caster sugar
2 large ripe bananas, peeled and mashed

Method

Step 1:

Preheat the oven to 170C

Step 2:

Generously butter the base and side of a heavy based 23cm spring form tin, the line it with baking paper

Step 3:

To make the banana caramel, put the sugar and 150ml water in a heavy based saucepan and cook over a high heat until the sugar has dissolved. Let it boil until thickened to a golden brown caramel, pour it into the cake tin, tipping slightly from side to side until evenly coated.

Step 4:

Peel the bananas and cut them in half lengthways, arrange them over the caramel in a nice pattern, trimming any extra if need be. Now dust with the ground cinnamon

Step 5:

TO make the cake batter, sift together the flour, baking powder and cinnamon into a large bowl. Put the egg whites in a separate clean bowl and whisk until stiff peaks form. Put the butter and sugar in the bowl of a mixer and whisk until light and fluffy. Slowly whisk in the egg yolks one at a time. Then fold in the mashed bananas followed by the dry ingredients. Once combined, fold in the stiff egg whites.

Step 6:

Pour the batter into the tin and spread evenly with a spatula. Bake for 50-60 minutes, or until a skewer inserted into the centre comes out cleanly.

Step 7:

Remove and leave to cool for a few minutes before unmolding. Be careful when unmolding the caramel will be warm.

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Feijao - Black Beans

Ingredients

2 tbsp olive oil
1 large onion, finely chopped
1 garlic clove, finely chopped
1 small carrot, finely diced
1 celery stick, finely diced
1/2 tsp ground cumin
1 tsp paprika
1 1/2 tbsp tomato paste
800gms canned black beans
1 vegetable stock cube
Few sprigs of thyme

Directions

Step 1:

Heat the oil in a large saucepan, add the chopped vegetables and cook over a medium-low heat, until softened, about 8-10 minutes

Step 2:

Stir in the spices and thyme, and cook for a further 2-3 minutes.

Step 3:

Add the tomato puree and the drained black beans, the stock cube and 150ml water.

Step 4:

Bring to a simmer for about 10-12 minutes until slightly thickened

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Bahian Coconut Rice

Ingredients:

250gms basmati rice
1tbsp olive oil
1 medium onion, finely chopped
1 1/2 tsp sea salt
50gms grated fresh coconut
200ml coconut milk

Directions:

Step 1:

Put the rice in a sieve and wash under cold water until the water runs clear. Leave to drain for a few minutes

Step 2:

Heat the oil in a sauce pan over a medium heat. Add the onion and cook gently for about 8-minutes, until softened. Add the salt and grated coconut now. Pour in the coconut milk and 200ml water and stir again.

Step 3:

Bring to the boil, reduce the heat to low and cover the pan. Simmer for 10-minutes until most of the liquid has been absorbed.

Step 4:

Remove from the heat and leave to steam covered for about 10-minutes.

Step 5:

Garnish with some fresh coriander and serve the rice warm

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Vegetable Moqueca

Ingredients

4 tbsp olive oil
2 white onions, chopped
2 yellow peppers, deseeded and thinly sliced
2 red peppers, deseeded and thinly sliced
8 spring onions, trimmed and finely chopped
6 cloves of garlic, finely chopped
4 tsp sweet paprika
1 - 1 1/2 chili powder
800ml coconut milk
200ml vegetable stock
4 large tomatoes, deseeded and chopped
4 tbsp tomato puree
1 large aubergine, cut into 2.5cm chunks
6 small courgette's, cut into 1.5cm chunks
Juice of 2 lime
Handful of fresh coriander
Sea salt and black pepper

Method

Step 1:

Heat the oil in a frying pan over medium high heat, add onions and peppers and fry till softened (4-6 minutes)

Step 2:

Add the spring onion, garlic, paprika and chili powder and cook for another minute

Step 3:

Add the coconut milk, vegetable stock, chopped tomato and tomato puree, bring to a simmer and cook uncovered for 5 minutes. Season with salt and pepper

Step 4:

Add the aubergines and cook for 2 minutes before adding courgette's - simmer for another 4-5 minutes until just tender

Step 5

Add the lime juice then taste and adjust seasoning. Remove from heat and add coriander. Serve with coconut rice

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CHILI CUMIN BURGER

Ingredients

500g minced beef
30g dried breadcrumbs
3 - 4 tbsp chilli cumin marinade mini
bread rolls
4 tbsp chili mayo
3 plum tomatoes, sliced
4 tsp chimichurri marinade
Salt and black pepper

Method

Step 1

First make the burgers: place beef mince and breadcrumbs in a large bowl, add chili and cumin marinade, season with salt and pepper and mix well. Divide the mince into equal size portions (around golf ball sized), then flatten into patties and refrigerate to firm them up

Step 2:

Heat a griddle pan to very hot, then reduce heat to medium. Lightly oil both sides of your patties, and cook for 4 minutes a side (make sure to brown the patty). Remove from heat and let stand for a few minutes (You can opt to do this on a braai following the same procedure)

Step 3:

Slice, brush lightly with olive oil and toast the burger buns. In the meanwhile, warm up the black beans in a pan

Step 4:

To assemble, put the bottom halves of the buns onto a serving plate. Spread the top halves with chili mayo. Arrange sliced tomato on the bun bases and place a burger on top. Spoon a little chimichurri marinade, followed by a tablespoon of black beans (optional). Close the burger and serve immediately

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Chilli & Cumin Marinade

Ingredients

70g red chillies, deseeded and roughly chopped
5-6 garlic cloves
3 tbsp rice wine vinegar
2 tbsp red wine vinegar
2 tsp fine salt
1 heaped teaspoon toasted cumin seeds
1/2 tsp dry oregano
60ml olive oil

Directions

Place all your ingredients into a small food processor or mortar and pestle and blend till smooth.

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Chimichurri Marinade

Ingredients

30g flat leaf parsley
5 large cloves garlic
1 tsp dry oregano
150ml olive oil
1/2 tsp dry chili flakes
35ml red wine vinegar
1 tsp sea salt
1 tsp freshly ground black pepper

Directions

Step 1:

Bring a small pan of water to the boil and have an ice bath ready. Blanch the parsley for 1 minute, then drain immediately and plunge into icy water. Drain and pat dry

Step 2:

Place all the ingredients into a food processor and pulse. Serve immediately or refrigerate in a sealed container for 3-4 days

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Caipirinha Beer Can Chicken

Ingredients

1 whole chicken
Olive oil for drizzling
5 sage leaves, finely chopped
2 tbsp cachaça (or cane)
1 tbsp soft brown sugar
Salt and black pepper

For the steam marinade
Juice of 2 large limes
2 tbsp soft brown sugar
3 tbsp cachaça (or cane)
3 garlic cloves, finely chopped or crushed
1/2 tsp fine salt
2 tbsp olive oil
5-6 large sage leaves, chopped

Directions

Step 1:

Preheat oven to 200 degrees. Rub entire chicken with some olive oil, chopped sage, salt and pepper making sure to get into the cavity of the bird

Step 2:

Place all ingredients for the steam marinade into a bowl and stir till sugar has dissolved

Step 3:

Take an empty can, making sure all labels are peeled off and the can is washed thoroughly, and add your steam marinade to it

Step 4:

Wrap the outside of a heavy-based roasting tin with kitchen foil, then place the can and marinade into the middle,. Sit the chicken on top of the can so that the can enters the cavity. Spread out the legs to support the birds weight. Take a squeezed lime, and pop it into the neck to form a plug, preventing steam escaping (alternatively, wrap the neck in tin foil)

Roasting

Roast for 45 minutes, until the chicken is almost cooked. Mix remaining cachaça and brown sugar and carefully brush over the chicken. Cook for a further 10-15 minutes until golden and the juices from the chicken run clear. Transfer to a serving plate and drizzle with the thick sticky marinade

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Spicey Malagueta Chicken

Ingredients

500g boneless, skinless chicken thighs
5 tbsp Spicy Malagueta Marinade
1 large red pepper, deseeded and cut into 2-3cm thick strips

Honey Mustard Glaze

2 tbsp honey
1 tbsp cider vinegar
1 tsp Dijon Mustard mixed well
Salt and black pepper

Method

Step 1:

Place chicken thighs into a bowl. Add the Spicy Malagueta marinade and toss to coat evenly. Allow chicken to marinade for as long as possible (best overnight)

Step 2:

Preheat grill to medium. Thread chicken thighs and red peppers alternately onto skewers. Season with salt and pepper and cook for 10-15 minutes, turning occasionally.

Step 3:

Baste with honey glaze and return to heat for a few minutes until golden brown and just cooked through.

Step 4:

Remove from heat, let stand for a few minutes then arrange on a serving plate

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Spicy Malagueta Marinade

Ingredients

70g small red chillies
5 garlic cloves, lightly crushed
70ml olive oil
2 tbsp red wine vinegar
2 1/2 tsp tomato puree
2 1/2 tsp caster sugar
1/2 tsp dry chilli powder
1 heaped tbsp sweet paprika
2 tsp fine salt
Pinch dry oregano

Directions

Step 1:

Preheat oven to 180. Split chillies lengthways and place them in a small pan or roasting tray, roasting tray with the garlic and olive oil. Roast for 10 minutes or cook over low heat for 10-minutes to not allow the garlic to brown

Step 2:

Leave to cool for a few minutes, then transfer to a food processor. Add the remaining ingredients for the marinade and blend till smooth (if using a mortar and pestle start by crushing the roasted chili and garlic with the salt, before adding the balance of dry spices, alternating with the wet.

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3 cloves garlic
4 tbsp tomato puree
1 tsp dried oregano
2 tsp red chilli flakes
4 tbsp red wine vinegar
2 tsp sweet paprika
3 tsp salt
50ml ground nut oil
1kg prawns, deveined, shell on

Directions

Step 1

Split the chillies and place in a pan with the oil and garlic. Roast in an 180°C oven for ten minutes.

Step 2:

Remove and blend with all the other ingredients.

Step 3:

Drain the prawns and mix well with the marinade.

Step 4:

Place on a metal skewer, sprinkle with sea salt and grill until the prawns turn completely opaque.

Step 5:

Serve immediately with a wedge of lime to garnish.

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Pao de Queijo

Ingredients

1 cup grated Parmesan cheese
1 300g Ricotta, crumbled
1 cup full fat milk
1/4 cup vegetable oil, plus 1 Tbsp for oiling your hands
2 eggs
500g tapioca flour also known as tapioca starch
1 tsp kosher salt

Directions

Step 1:

Prepare the Dough: Preheat oven to 175C.

Step 2:

Add the tapioca flour and the salt to a large bowl, whisk to combine and set aside.

Step 3:

In a medium bowl, combine the cheeses and the eggs and set aside.

Step 4:

Add the milk and the oil to a small saucepan and bring to a simmer on stove top over medium heat.

Step 5:

When the liquid simmers, remove the pan from heat, and immediately pour the hot liquid into the tapioca mixture and using a wooden spoon, stir to combine – the mixture will not be homogeneous, it'll be gummy and clumpy.

Step 6:

Wait 5-10 minutes until the tapioca mixture is cool to touch, and only then add the cheese and egg mixture to the tapioca mixture. Mix with a wooden spoon, or your hands to combine. Now you should have a homogeneous mixture and it should come together as a ball. You'll still see some white tapioca specks in the dough – don't worry, that's totally normal!

Roll the Little Balls:

Oil your hands, then scoop a Tbsp to 2Tbsp size portions, roll them into balls, and arrange them in a baking sheet approximately 2" apart from one another. Bake until golden brown, approximately 30-35 minutes.

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BRASILIAN COCONUT & CHICK PEA CURRY

1.5 tbsp olive oil
1 onion , finely chopped
2 garlic cloves , minced
1 red capsicum/bell peppers , cut into 3 x 0.75cm strips
2 cans chickpeas , drained
400ml coconut milk , full fat for best flavour
400ml can crushed tomato
1 cup (250ml) chicken or vegetable stock/broth , low sodium
1 tbsp paprika
1 tbsp cumin
1/2 - 1 tsp cayenne pepper (adjust spiciness to taste)
1.5 tsp sugar
0.5 tsp salt
50g baby spinach leaves (or kale)

FINISHING & SERVING:

3 tbsp coriander cilantro , roughly chopped, plus more for serving)
1 tbsp lime juice , plus extra wedges for serving

Step 1: Heat oil in a pot or large deep skillet over high heat. Add garlic and onion, cook for 1 minute.

Step 2: Add capsicum, cook for 2 minutes until onion is translucent and slightly golden on edges.

Step 3: Add remaining Curry ingredients except baby spinach. Stir, bring to simmer then lower to medium low so it's simmering gently.

Step 4: Simmer 12 - 15 minutes until it changes from pale pink to an orangey red colour.

Step 5: Stir in spinach until just wilted, then stir in coriander and lime juice. Add more salt if needed.

Step 6: Serve over rice with a dollop of yogurt, extra sprinkle of coriander and squeeze of lime (don't go overboard, I often do and it's too sour!)

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BROA DE MILHO

INGREDIENTS

100g fine corn meal or polenta
100g plain flour
1 tsp salt
1 tbsp baking powder
1/2 tsp baking soda
75g caster sugar
2 large eggs
150ml buttermilk
4 tbsp olive oil, plus extra for greasing
200g creamed sweetcorn

METHOD

STEP 1: Preheat the oven to 180C. Lightly grease a 20CM square baking tin with baking paper.

STEP 2: Sift all the dry ingredients into a large bowl. Beat eggs, buttermilk and olive oil together in a separate bowl.

STEP 3: Pour the egg mixture into the dry ingredients and fold it through. Finally fold in the creamed sweetcorn, then pour into the prepared tin and spread out evenly.

STEP 4: Bake for 20-25 minutes, until it is golden brown and a skewer inserted in the middle comes out clean. Remove and leave to cool slightly.

STEP 5: Cut into 16 squares and serve warm.

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