

# CHORIZO & PEA FRITTATA

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## Ingredients:

1 tsp oil  
1 onion, roughly chopped  
1 red pepper, seeds removed, chopped  
200g chorizo, skin removed and roughly chopped  
6 free-range eggs  
50ml/2fl oz milk  
1 garlic clove, finely chopped  
200g cooked potatoes, roughly chopped  
100g frozen peas  
2 tbsp chopped flatleaf parsley

## Directions:

Preheat the oven to 200C.

### Step 1

Heat an ovenproof frying pan on the hob until just hot, then add the oil, onion and red pepper and fry for 2 minutes, until just softened. Turn the heat up, add the chorizo and cook for 3-4 minutes until it has released its oil and is crisp around the edges. The mixture will go a lovely red colour.

### Step 2

Meanwhile, crack the eggs into a large jug and whisk with the milk, a pinch of salt and plenty of black pepper.

### Step 3

Add the garlic and potatoes to the chorizo mixture and fry for another 2 minutes, stirring gently, until just hot through. Add the peas and cook for another minute, until the whole mixture is hot.

### Step 4

Pour in the egg, stir briefly, turn down to a medium heat and scatter the parsley over the top. Fry without stirring, for 1-2 minutes, then carefully lift the edge of the frittata with a spatula to check if it is cooked and golden-brown underneath. If it isn't, cook for another minute then check again.

### Step 5

Place the pan in the oven and bake for 10-12 minutes. When the top is bubbled up and slightly golden use a tea towel to grab the handle and give the pan a gentle shake. If the middle wobbles it needs a little longer. If it's fairly firm, put it aside to cool slightly.

### Step 6

Slide the frittata out of the pan onto a plate. You can serve this hot or cold but make sure to let it cool to room temperature before storing it in a sealable container in the fridge. Cut it into slices and serve with a green salad.

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# CHEESE & SPINACH MUFFINS

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## Ingredients:

2 medium eggs  
150ml / 1/2 cup milk  
75g / 1/2 cup butter, melted  
150g / 2 cups grated cheddar cheese  
1 spring onion, chopped  
75g / 2 cups fresh baby spinach, chopped  
1/2 red pepper, diced, and lightly pan fried  
250g / 2 cups self raising flour  
1/2 vegetable stock cube (can use low or no sodium stock cube)  
salt and pepper to taste (but can be left out)

## Directions:

Preheat the oven to 180C and line a muffin tin with 12 muffin cases.

### Step 1

Gently whisk the eggs in a large bowl and stir in the milk and melted butter. Mix in the grated cheese, spring onion, baby spinach and diced cooked red pepper.

### Step 2

Finally, add in the flour, salt and pepper (if using) and crumble in the stock cube and mix just enough until all the ingredients have combined.

### Step 3

Divide the mixture between the 12 muffin cases and bake in the oven for 20-25 minutes until cooked through (a skewer stuck into the middle should come out dry).

## HINT:

These muffins can be frozen once they have cooled completely. To defrost simply leave out for a few hours or overnight.

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# PECAN & CRANBERRY SCONES

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## Ingredients:

¾ cup milk  
1 teaspoon white vinegar  
2 cups all-purpose flour  
¼ cup white sugar  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
½ teaspoon grated nutmeg  
½ cup butter, chilled and cut into small pieces  
1 cup dried cranberries  
½ cup chopped pecans  
1 egg white, beaten

## GLAZE

1 ½ cups confectioners' sugar  
2 tablespoons milk

## Directions:

### Step 1

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.

### Step 2

Combine ¾ cup milk and vinegar in a bowl; let stand until milk is curdled, about 5 minutes.

### Step 3

Combine flour, sugar, baking powder, baking soda, salt, and nutmeg in a large bowl; cut in butter with a pastry blender. Smooth remaining butter clumps with hands; stir in milk mixture, cranberries, and pecans. Knead until dough comes together in a ball.

### Step 4

Place dough onto a floured work surface. Roll out with a rolling pin to 1.8cm thickness. Cut into long, 2-inch wide strips with a sharp knife; cut strips into triangles. Transfer to the baking sheet. Brush tops with egg white.

### Step 5

Bake in the preheated oven until tops are golden brown, about 15 minutes.

### Step 6

Combine confectioners' sugar and 2 tablespoons milk in a small bowl; mix until combined. Drizzle over scones.

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# ORANGE & CARDAMOM FRENCH TOAST WITH VANILLA STRAWBERRIES

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## Ingredients:

1 1/2 cups whole milk  
4 large eggs  
1 tablespoon light brown sugar  
1 teaspoon lightly packed orange zest  
1/2 teaspoon vanilla extract  
1/2 teaspoon ground cardamom  
1/2 teaspoon kosher salt  
8 (1-inch thick) slices sweet batard or brioche  
3 or 4 tablespoons unsalted butter

## Honeyed Strawberries:

1 tablespoon honey  
1 sachet vanilla sugar  
1/4 cup freshly squeezed orange juice  
1 pound strawberries, hulled, and halved lengthwise

## Directions:

### Step 1

In a large bowl, whisk together milk, eggs, sugar, orange zest, vanilla, cardamom, and salt until eggs are broken up and evenly combined. Soak 3 bread slices in egg mixture turning once, until soaked through,

### Step 2

Meanwhile, melt 1 tablespoon of butter in a large frying pan over medium heat. When butter foams, place 3 pieces soaked bread in the pan and cook until browned, about 2 minutes per side. Repeat with remaining bread. Serve topped with Honeyed Strawberries.

## Honeyed Strawberries:

Mix honey, vanilla sugar, and orange juice together in a medium bowl until honey is dissolved. Add strawberries, stir to coat, and let sit until berries give off their juices, at least 5 minutes. Stir briefly before using.

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# FLAMBE 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  
1 tot of brandy  
200ml dry apple cider  
1 bay leaf  
2 chorizo, sliced diagonally  
2 tsp sherry vinegar  
2 tsp fresh chopped flat leaf parsley

## Method

### Step 1:

Heat the oil in a frying pan over medium high heat, add the sliced chorizo and cook until starting to crisp

### Step 2

Now add the finely chopped onion and cook for 3-minutes, stirring occasionally, until the onions are soft and golden.

### Step 3

Add the paprika and cook for 1 minute.

### Step 4:

Now carefully add the brandy and cook off the alcohol - remembering it will ignite

### Step 5

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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# CREAMY HERBED MUSHROOMS

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## Ingredients:

12 large free range eggs  
100ml cream  
40gms butter

Large knob of butter  
2 tbsp olive oil  
2 punnets portabellini mushrooms  
2 clove garlic, finely chopped  
pinch of dry red chili  
1 red onion  
2 tsp finely chopped parsley  
50ml brandy/cognac  
100ml cream

## Method:

### Step 1:

In a large frying pan add the butter and olive oil. Once it is hot add the finely chopped red onion, cook until tender. Now add the finely minced garlic and the dry red chili. Add the mushrooms, stirring occasionally, if needed add a little extra olive oil or butter. Add salt and pepper.

### Step 2:

Once the mushrooms have reduced down and cooked through add the brandy, being careful in case the flame catches.

### Step 3:

Cook off the brandy, then add the cream, and cold butter and the fresh parsley. Stir well, check and adjust seasoning. Serve warm over the scrambled eggs.

To make the scrambled eggs, scramble the eggs, cream with some salt and pepper. In a non stick frying pan, add the butter and over a medium heat allow it to melt. Once the butter has almost all melted, add the well scrambled eggs. To create creamy scrambled eggs don't be tempted to overwork the mixture. Allow it to set slightly at the bottom of the pan before moving the mixture in long movements across the whole pan. You want to create large creamy mounds of eggs. When the eggs are about 80% cooked through switch off the heat. Gently fold the mixture until the eggs are just set but not dry.

Serve the eggs onto a warmed platter and top with the mushrooms and an extra scatter of herbs and some parmesan shavings.

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# SHAKSHUKA

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## Ingredients:

3 tbsp olive oil  
3 cloves garlic, finely chopped  
2 onions cut into fine rings  
4 medium size red/yellow/green pepper  
1 tsp ground cumin  
1 tsp unsmoked paprika  
1000ml ready made tomato sauce  
200gms danish feta  
100ml white wine  
2 tbsp finely shredded basil  
12 large free range eggs  
extra olive oil for drizzling

## Method:

### Step 1:

Start by heating the olive oil in a large saucepan with a fitting lid.

### Step 2:

Now add the finely chopped onions and the finely sliced peppers and cook until very tender and caramelised before adding the garlic and cumin.

### Step 3:

Cook for two minutes until garlic begins to soften and the spice is nicely roasted.

### Step 4:

Now add the paprika, fry for 1-minute before adding the tomato sauce and the wine and bring to a rapid boil.

### Step 5:

Cook for 10-minutes over medium heat until the wine has cooked off, reduce the heat to a low simmer, check sauce for seasoning.

### Step 6:

Crack the eggs and add them carefully to the tomato sauce, making little holes in the sauce as you go. Once all the eggs are added, scatter with the fresh herbs and the crumbled feta. Cover the pan and simmer slowly for 7-9 minutes until the egg whites are cooked through and the yolks are still runny.

### Step 7:

Serve topped with fresh flat leaf parsley with some garlic toasted ciabatta

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# RASPBERRY FLAPJACKS

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## Ingredients:

1,5 cups cake flour, less 2 tbsp  
4 tbsp finely ground pistachios  
2 tsp baking powder  
1 cup raspberries  
0,5tsp bicarbonate  
2 tbsp sugar  
0,5tsp salt  
  
2 tbsp oil  
2 large eggs  
1,5 cups milk, plus a litte extra if needed

## Method

### Step 1:

Sieve together all the dry ingredients. In a small bowl whisk together the oil, eggs and milk. Add this mixture to the flour and without overworking it combine the two, if the batter is too heavy add a little extra milk.. Now stir through the raspberries, reserving a few

### Step 2:

To cook the pancakes, heat a non stick frying pan and add a little butter to it. Once the pan is hot add enough batter to achieve the flapjack of the size and thickness you want, usually a 1/4 cup of batter gives a nice size [MAKE SURE TO LIFT THE BATTER FROM THE BOTTOM AS THE RASPBERRIES WILL SINK, ENSURE EACH PANCAKE GETS A FEW RASPBERRIES.

### Step 3:

Once the batter starts to bubble it is time to turn the flapjack. Allow it to cook through, remove and keep warm while you finish making the rest.

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# PARMA HAM & MELON

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## INGREDIENTS

1 canteloupe or spanspek  
8 Parma ham slices  
Freshly ground pepper  
Olive oil, for drizzling  
Parsley, for garnishing

## INSTRUCTIONS

### Step 1

Peel the melon, remove the seeds and cut into 8 slices.

### Step 2

Wrap each melon wedge with a slice of Parma ham.

### Step 3

Drizzle the dish with olive oil and sprinkle with parsley and pepper. Serve immediately.

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# BUTTERMILK SCONES

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## Ingredients:

### Dough

2 cups self-raising flour  
1 tablespoon caster sugar  
Pinch of salt  
60g butter, chilled, chopped  
3/4 cup buttermilk  
Extra buttermilk, for brushing

## Method

### Step 1

Preheat oven to 220C/200C fan-forced. Line a baking tray with baking paper. Position oven rack in the top half of oven.

### Step 2

Sift flour, sugar and salt into a bowl. Add butter. Using fingertips, rub butter into flour mixture until mixture resembles fine breadcrumbs.

### Step 3

Make a well in centre of mixture. Add buttermilk. Using a flat-bladed knife, stir until a sticky dough forms. Turn out onto a lightly floured surface. Knead gently until just smooth.

### Step 4

Using a lightly floured rolling pin, gently roll dough out until 2cm thick. Using a 6cm round cutter, cut out scones. Press leftover dough together. Repeat to make 12 scones.

### Step 5

Place scones, just touching, on prepared tray. Brush with buttermilk. Bake for 12 to 15 minutes or until golden and hollow when tapped on top. Serve with jam and cream.

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# RUM CARAMELISED PINEAPPLE

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## Ingredients

4 small pineapples, peeled, cut into rings and cored  
3tbsp brown sugar  
60gms butter  
2 tbsp vanilla rum

## Instructions

### Step 1

To start, peel the pineapples, then carefully remove any hard core. Now sprinkle both sides of the sliced pineapples with the brown sugar.

### Step 2

Then in a non stick frying pan, heat the butter until foaming, add the pineapple slices and cook for two minutes a side or until golden brown, flip and repeat. Remove and set aside in a serving platter.

### Step 3

Repeat until all the pineapple is cooked (if you require extra butter you can add). Once all the pineapple is cooked add the rum and a little extra butter to the pan, bring to the boil and then pour over pineapple slices.

### Step 4

Serve warm with some yoghurt.

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# SMOKED SALMON PATE

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## INGREDIENTS

150g smoked salmon, trimmings are fine  
200g tub cream cheese  
1 tbsp crème fraîche  
juice half a lemon  
Pinch of finely zested lemon rind  
small bunch dill, finely chopped  
Small bunch chives, finely chopped  
  
breadsticks or granary toast, to serve

## METHOD

### Step 1:

If you aren't using smoked salmon trimmings then chop the salmon into small pieces.

### Step 2:

Tip the soft cheese, crème fraîche and lemon juice into a food processor, season generously with black pepper and blitz until smooth.

### Step 3:

Add the smoked salmon and pulse a few times if you want the pâté chunky or blitz some more if you want the pâté smooth and pink.

### Step 4:

Stir the herbs and lemon zest into the pâté and spoon into a large or four smaller bowls and serve with warm toast as a starter or with breadsticks as a dip.

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# BUTTERNUT, SPINACH FRITTATA

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## INGREDIENTS

10 large eggs

½ cup half and half (or milk)

¾ tsp kosher salt

½ teaspoon freshly ground black pepper

3 tablespoon olive oil, divided

5 cups butternut squash, cubed

6 cups loosely packed spinach leaves

1 teaspoon brown sugar

⅛ teaspoon freshly ground nutmeg

1 cup ricotta

additional salt and pepper to taste

## Method:

Preheat the oven to 200C.

On a baking sheet lined with parchment paper, spread out the butternut squash. Drizzle with 2 tablespoon olive oil, brown sugar, nutmeg, ½ teaspoon of salt, and ¼ teaspoon pepper. Toss to coat.

Roast the squash in the oven for 20-25 minutes, until browned and easily pierced with a fork.

While the squash is roasting, prepare the frittata base. In a medium bowl, whisk together the eggs, half and half, ¼ teaspoon salt, and ¼ teaspoon of pepper. Set aside.

Remove the squash from the oven and lower the oven temperature to 180C. In a 10-inch oven-safe skillet, heat the remaining 1 tablespoon oil on medium heat. Saute the spinach until wilted and coated with the oil. Add the cooked butternut squash, and gently mix to incorporate.

Turn the heat down to medium-low. Add the egg mixture to the pan. Make sure the ingredients are evenly spread out before adding the egg mixture. Cook the frittata on the stove for about 10-12 minutes. Use a spatula to pull the eggs away from the sides, allowing the liquid to drip to the bottom. This ensures that the frittata is cooking evenly. Cook on the stove until the sides are set and the frittata begins to firm up. Drop the ricotta by tablespoons on top in 4-5 areas, covering the pan. Season with additional salt and pepper.

Remove the pan from the stove and finish cooking in the oven for about 15 minutes. The frittata will be ready when it is browned on top and firm (not runny in the middle). The frittata will puff up, then deflate - this is normal. Serve warm or at room temperature.

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# DOUBLE CHOCOLATE MUFFINS

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## INGREDIENTS

1 1/2 cup all purpose flour  
1/2 cup cocoa powder  
3/4 cup granulated sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 cup chocolate chips  
1 cup milk  
2 eggs  
1 teaspoon vanilla extract  
1/3 cup vegetable oil

## Method:

Preheat your oven to 180C and prepare a 12-cup muffin tin with paper liners.

In a large bowl, whisk together the flour, cocoa powder, sugar, baking powder, and salt, along with the chocolate chips, reserving a few chocolate chips for topping the muffins (optional).

Into a large liquid measuring cup or bowl, add the milk, eggs, vanilla and oil. Whisk together with a fork.

Add the liquid ingredients and mix everything together just until no streaks of flour remain.

Divide the batter evenly between the 12 muffin cups and top with the remaining chocolate chips (optional).

Bake at 180C for about 23-25 minutes, or until a toothpick inserted into the centre of one of the muffins comes out clean.

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# Sundried Tomato & Ricotta Twisted Loaf

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## Ingredients

### Dough

2 1/4 cups flour  
1/2 tsp salt  
3/4 cup lukewarm milk  
1 tbsp sugar  
15 g fresh yeast (1 envelope active dry yeast)  
1/8 cup (30 g) melted butter  
1 egg yolk

### Filling

1/4 cup (70 g) softened butter  
5 tbsp grated parmesan  
120gms sundried tomato halves  
200gms ricotta cheese  
100gms grated white cheddar

## Method

### Step 1

In a medium bowl stir fresh yeast with sugar until it liquefies. Stir in the lukewarm milk and then add the egg yolk and melted butter. In a large bowl whisk together the flour and salt.

### Step 2

Pour the milk mixture over the dry ingredients and start kneading it until it pulls away from the edges of the bowl. Give the dough the shape of a ball. Sprinkle oil onto a clean bowl, place the dough and cover with plastic wrap. Let it rest for about 1 hour at room temperature (warm space) until doubled in size.

### Step 3

While the dough rises, process together the butter, sundried tomatoes, parmesan & ricotta cheese. Set aside.

### Step 4

Preheat the oven to 400 F (200 C). Line a baking sheet with parchment paper. On a floured surface, using a rolling pin roll the dough to a rectangle of about 18x12 inches. Spoon the filling over top (keep about 1 tbsp of the filling for the end), spreading evenly, leaving a clean 1/2-inch border around the edges. Sprinkle the grated cheddar cheese.

### Step 5

Roll up the dough and using a sharp knife, cut the log in half lengthwise leaving one edge uncut for about 1/2 inch. Start braiding the two pieces, trying to keep the open layers exposed so the cut ends remain on top (this is what makes this bread effect). Pinch the ends together. Transfer it to the prepared baking sheet.

### Step 6

Brush the wreath with the left butter filling. Bake for 20-25 minutes until golden brown. For the last 10 minutes you can reduce the oven temperature to 180 C (350 F).

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# Kolokithokeftedes

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## Ingredients

500 g zucchini, grated  
2 spring onions, only the green part, thinly sliced  
1 bunch of mint, only the leaves, finely chopped  
1/3 bunch of dill, finely chopped  
1 bunch of basil, finely chopped  
grated zest of 2 limes  
1 levelled teaspoon ground cumin  
2 pinches chili flakes  
200 g feta cheese, crumbled  
2 eggs  
80 g all-purpose flour  
2-3 tablespoons olive oil

For Frying: 1/2 inch sunflower oil (or canola oil)

## Method

### Step 1

Line a large bowl with a thin kitchen towel. Grate the zucchini on to the towel in the bowl, using the large blades of the grater.

Sprinkle with a generous amount of salt to help the zucchini release more moisture. Mix and squeeze the mixture with your hands. Wrap in the towel and squeeze very tightly in your hands to release as much liquid as possible. The less moisture the zucchini mixture has, the crunchier your fritters will become! Transfer from towel to a clean, dry bowl.

### Step 2:

Finely chop the green part of the spring onions. Finely chop the mint leaves, dill and basil and add them all to the bowl. Add the lime zest, cumin, chili flakes, crumbled feta and 2 eggs. Mix until all of the ingredients are completely combined.

### Step 3:

Add the flour and mix just to combine. Do not overmix.

### Step 4:

Place a nonstick pan over medium to high heat. Add 2-3 tablespoons of olive oil. Pick up spoonfuls of the mixture and carefully add them to the hot oil. Do not crowd your pan. Gently press down on the patties to spread them out a little.

### Step 5:

Fry on both sides until nice and golden, just like pancakes! When ready, transfer to a plate lined with paper towels so they can drain from excess oil. Repeat the same process until all of your mixture has turned in to crunchy fritters.

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

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# ROASTED RED PEPPER & FETA DIP

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## INGREDIENTS

4 red bell peppers  
1/4 cup extra-virgin olive oil  
2tbsp red wine vinegar  
2 garlic cloves, peeled  
2 cups crumbled feta cheese

## METHOD

### Step 1:

Char peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and quarter peppers.

Step 2: Puree peppers, oil, garlic, red wine vinegar and cheese in processor. Season with salt and pepper. Chill at least 3 hours or overnight.

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