

QUICK PHO

INGREDIENTS

240g dried rice vermicelli noodles
2 deboned, chicken fillets, sliced finely across the grain
1 large yellow onion , quartered
2 (2-inch pieces) fresh ginger , unpeeled and halved, length-wise
6 cups chicken stock
2 cups water
1/2 tsp ground coriander
2 whole clove (optional)
3 Tablespoons fish sauce (or less, to taste preference)
1/2 teaspoon hoisin sauce
1/2 teaspoon soy sauce
1 teaspoon red chili paste (sambal oelek)
1 stick cinnamon
salt and freshly ground black pepper

METHOD

STEP 1: Place a large dry pot over medium heat add the onion halves and ginger pieces. Cook for 4 minutes, stirring occasionally.

STEP 2: Add the stock, water, coriander, clove, fish sauce, hoisin sauce, soy sauce, chili garlic paste, cinnamon stick and a pinch of fresh cracked salt and pepper to the pot. Bring to a slow boil, then reduce heat and simmer for 30 minutes.

STEP 3: Meanwhile, prepare noodles according to package instructions. Once soft, drain, rinse and set aside.

STEP 4: Ready the garnishes in individual small bowls for serving: cilantro, basil, green onions, bean sprouts, lime wedges and sliced chilies.

STEP 5: 1-5 minutes before the broth is done cooking, add finely sliced chicken to the broth to cook, just until done

STEP 6: Discard the ginger, clove, cinnamon stick and onion pieces from the pot.

STEP 7: Divide the noodles among bowls; ladle broth on top, flaked chicken. Add desired toppings.

THE
COOKERY

by The Secret Jozi Chef

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

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BANH PATE SO

INGREDIENTS

700gms puff pastry
¾ cup chopped shallot or red onion
1 tablespoon minced garlic
300gms ground pork
15gms woodear or shitake mushrooms, finely minced
1 spring onions, finely chopped
1 tbsp finely chopped coriander (optional)
1 tsp finely grated ginger
1 tablespoon sugar
1 teaspoon salt
1 teaspoon freshly ground pepper
1 large egg, lightly beaten for sealing and brushing

METHOD

STEP 1: Cut the puff pastry into 9cm rounds. You will need 24 rounds. Place them on lined baking sheet and refrigerate until ready to use.

STEP 2: Finely chop the shallots or red onions and fry until tender in a little neutral oil, once the onions are tender add the grated ginger and garlic and fry for 1 minute, remove and set aside.

STEP 3: Mix sauted shallot mixture with with ground pork, chopped mushrooms, sugar, salt, freshly ground pepper and the finely chopped spring onion and coriander if using.

STEP 4: Take 2 tablespoons of pork mixture and place it in the center of puff pastry round.

STEP 5: Brush the edges with beaten egg, place another pastry round on top. Use a fork to press around the edges of pastry to seal.

STEP 6: Place unbaked pate so on lined baking sheet and freeze for 15 minutes.

STEP 7: Preheat oven to 180C.

STEP 8: Brush pastries with egg. Place tray on middle rack and bake for 25 minutes until golden brown.

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Thai Glass Rolls

Ingredients

8 rice wrappers (8.5 inch diameter)
1 red pepper, thin sliced
1 carrot, julienned
Handful bean sprouts
1 1/3 tablespoons chopped fresh Thai basil
3 tablespoons chopped fresh mint leaves
3 tablespoons chopped fresh cilantro
2 leaves lettuce, chopped

4 teaspoons fish sauce
1/4 cup water
2 tablespoons fresh lime juice
1 clove garlic, minced
2 tablespoons white sugar
1/2 teaspoon garlic chili sauce

Method

3 tablespoons hoisin sauce
1 teaspoon finely chopped peanuts

Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.

Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften.

Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end

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Panaeng Curry Paste

3 dried red chilli, soaked and finely chopped
1 slice galangal/ ginger (or both)
2/3 of a stalk of lemon grass
1.5 shallots/ small red onions
Peel of 2 limes
2 clove garlic
1 slice fresh turmeric/ 1 tsp dry turmeric
1/2 tsp roasted coriander seed
1 tsp crushed, roasted peanuts
1 tsp peanut butter
1/2 tsp salt
1/4 tsp shrimp paste

Start by finely chopping all the ingredients, as much as possible. Then add them to a heavy stoned mortar and grind until a smooth paste is formed and all the aromas have been released.

Curry pastes can be stored in the fridge in a clean container for 7-10 days - but they are best fresh.

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Thai Panaeng Pork Curry

Ingredients

400gms sliced pork fillet
2 tbsp Panaeng Curry Paste
8 lime leaves, shredded
1 red chilli
3 x baby marrow, sliced 2cm
3 x patty pan, quartered
A handful of broccoli florets
2 cans coconut milk
1/2 cup shredded basil
1 tbsp fish sauce
1 tsp peanut butter
1 tsp sugar
Coconut/sunflower oil for frying
1 tbsp Roasted, chopped peanuts for serving

Method

In a medium saucepan, on medium-high heat, start by adding your oil and half the curry paste and cook until aromatic.

Brown your pork in the curry paste, adding salt to taste

Remove the pork once browned and set aside.

In the same saucepan, add coconut milk and bring to a simmer, making sure to stir and deglaze the bottom

Once simmering, add the rest of the curry paste, vegetables (Keep the basil and chilli till the end), fish sauce, peanut butter, and sugar.

When the vegetables are cooked halfway (around 6 minutes), add your pork back into the curry and simmer for another 5 minutes or until pork is cooked through.

Stir through the chopped basil, and red chilli. Serve with rice



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SWEET SAMBAL GREEN BEANS

INGREDIENTS

400 grams trimmed green beans
1 tablespoon vegetable oil
3 cloves garlic, minced
2 tablespoons minced fresh ginger
1 tablespoon grated palm sugar
2 tablespoons soy sauce
1 tablespoon toasted sesame oil
2 tablespoons Sambal Oelek
100 grams peanuts, roasted & salted

INSTRUCTIONS

- Step 1:** Heat a wok or large skillet over medium high heat
- Step 2:** Add 1 Tbsp oil to the wok. Add the ginger and garlic to the pan, and stir around for a few seconds.
- Step 3:** Add the green beans and cook, stirring, for about 3 minutes or until the green beans are crisp, tender and bright green. The skin will also start to blister, which is what we want.
- Step 4:** Add the soy sauce, chili paste, palm sugar, and sesame oil, and stir fry until the green beans are coated, and the sauce starts to look sticky. Add a few drops of water if necessary
- Step 5:** Toss in the chopped peanuts and toss for another few seconds until they get coated in the sauce too.

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BHUJIA

INGREDIENTS

1 1/2 cups Chickpea flour
½ cup self raising flour
1 tsp baking powder
1 tsp coriander powder
1 tsp cumin powder
¼ tsp tumeric
1 tsp salt
1-2 tsp red chilli flakes(depending how hot you like it)
1 large potato, coarsely grated
1 large onion, coarsely grated
2 handfuls finely shredded spinach leaves
Oil for frying

METHOD

- Step 1 Sift all the dry ingredients into a large mixing bowl.
- Step 2 Add the remaining ingredients to the above.
- Step 3 Mix in enough water to make a thick batter.
- Step 4 Heat some oil in a large frying pan; add a heaped teaspoonful of this mix to the oil.
- Step 5 Turn over when they are golden brown.
- Step 6 Once the other side is golden brown, remove and drain on absorbent paper.

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Tandoori Chicken Skewers

Ingredients:

6 Tbsp vegetable oil
2 teaspoon ground coriander
2 teaspoon ground cumin
2 teaspoon ground turmeric
2 teaspoon Kashmiri chili powder
2 Tbsp garam masala
2 Tbsp sweet (not hot) paprika
2 cup plain yogurt (can sub buttermilk)
4 Tbsp lemon juice
8 minced garlic cloves
4 Tbsp minced fresh ginger
2 teaspoon salt
10 chicken breasts cut into chunks (deboned thighs work very well)

Method:

1. Preheat the oven to 200C, fan on. Soak skewers in water
2. Heat the oil in a small pan over medium heat, then cook the coriander, cumin, turmeric, cayenne, garam masala and paprika, stirring often, until fragrant (approximately 2-3 minutes). Let cool.
3. Mix the spice mixture into the yogurt, add lemon juice, garlic, salt, ginger and stir till combined.
4. Coat the chicken pieces with the marinade, and chill for at least an hour (preferably 6 hours but no longer!)
5. Thread the chicken pieces onto the skewers
6. Place the skewers on a roasting tray and roast in the hot oven till cooked through and slightly charred. Don't overcrowd the roasting tray and turn once during cooking.

Hint: These are fantastic on the braai, brush the grid with some oil before placing the skewers on and cooking till charred and ready.



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THAI PEANUT SLAW

Ingredients

FOR THE GINGER PEANUT DRESSING

60 ml honey
60 ml vegetable oil
60 ml unseasoned rice vinegar
1 tablespoon soy sauce
1 teaspoon Asian sesame oil
2 tsp fish sauce
1 tablespoon peanut butter
Heaping $\frac{1}{2}$ teaspoon salt
1 teaspoon Sriracha sauce (optional)
1 tablespoon minced fresh ginger
1 large garlic clove, minced

FOR THE SLAW

170 g finely sliced cabbage
230 g grated carrots
1 red bell pepper, thinly sliced into bite-sized pieces
150 g cooked and shelled edamame
2 medium scallions, finely sliced
70 g chopped salted peanuts (or you can leave them whole)
Small bunch loosely packed chopped fresh cilantro

METHOD

Step 1

In a medium bowl, whisk together all of the ingredients for the dressing (be sure the peanut butter is dissolved). Set aside.

Step 2

Combine all of the slaw ingredients in a large mixing bowl. Add the dressing and toss well. Let the slaw sit for at least ten minutes so the vegetables have a chance to soak up the dressing.

Step 3:

Taste and adjust seasoning if necessary. Serve cold. This slaw is best served fresh but leftovers will keep in a covered container in the refrigerator for a few days.



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Coconut Ice Cream

Ingredients

2 cups milk
2 cups heavy cream
2 cups coconut milk
1 cup coconut flakes, toasted
8 egg yolks
1 1/2 cups sugar
Pinch salt

Method

Step 1

Bring milk, heavy cream, coconut milk, and coconut flakes to simmer in heavy saucepan for a few minutes. Allow to steep for 10 minutes.

Step 2

Whisk the egg yolks, sugar, and salt together, long enough to dissolve the sugar.

Step 3

Temper hot liquid into egg mixture. Return all back into saucepan over low heat, stirring all the while, until mixture starts to thicken. Strain through a chinois. Chill immediately over ice bath.

Step 4

Churn in a standard ice cream machine.

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DHAL MAKHANI

INGREDIENTS

1 cup lentils
1/4 cup dry kidney beans (optional)
water to cover
5 cups water
2 tablespoons salt
2 tablespoons vegetable oil
1 tablespoon cumin seeds
4 cardamom pods
1 cinnamon stick, broken
4 bay leaves
6 whole cloves
1 1/2 tablespoons ginger paste
1 1/2 tablespoons garlic paste
1/2 teaspoon ground turmeric
1 pinch cayenne pepper, or more to taste
1 cup canned tomato puree, or more to taste
1 tablespoon chili powder
2 tablespoons ground coriander
1/4 cup butter
2 tablespoons dried fenugreek leaves (optional)
1/2 cup cream (optional)

METHOD

Step 1

Place lentils and kidney beans in a large bowl; cover with plenty of water. Soak for at least 2 hours or overnight. Drain.

Cook lentils, kidney beans, 5 cups water, and salt in a pot over medium heat until tender, stirring occasionally, about 1 hour. Remove from heat and set aside. Keep the lentils, kidney beans, and any excess cooking water in the pot.

Step 2

Heat vegetable oil in a saucepan over medium-high heat. Cook cumin seeds in the hot oil until they begin to pop, 1 to 2 minutes. Add cardamom pods, cinnamon stick, bay leaves, and cloves; cook until bay leaves turn brown, about 1 minute

Step 3

Reduce heat to medium-low; add ginger paste, garlic paste, turmeric, and cayenne pepper. Stir to coat.

Step 4

Stir tomato puree into spice mixture; cook over medium heat until slightly reduced, about 5 minutes. Add chili powder, coriander, and butter; cook and stir until butter is melted.

Step 5

Stir lentils, kidney beans and any leftover cooking water into tomato mixture; bring to a boil, reduce heat to low. Stir fenugreek into lentil mixture.

Step 6

Cover saucepan and simmer until heated through, stirring occasionally, about 45 minutes. Add cream and cook until heated through, 2 to 4 minutes.

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PISANG GORENG

:

Ingredients

100g All-Purpose Flour
2 teaspoons baking powder
pinch of salt
150 ml water
1 Tablespoon vegetable oil
1 Banana
Sugar and/or shredded coconut for coating

Method

Step 1

In a bowl, add the flour, baking powder, and salt.

Step 2

Add the water and oil and combine with a hand whisk. The consistency should be thick, like heavy cream and be able to coat a spoon. If it is too thick, add a drop more water, too thin, add a little more flour. Set aside.

Step 3

Heat a pan with vegetable oil until it reaches 180 C or 350 F. Make sure you do not overfill the pan with oil. I use a small saucepan and cook in batches, filling the pan 1/3rd deep with cooking oil.

Step 4

Whilst the oil is heating up, peel the banana, cut in half and then slice lengthways in half so you have 4 pieces.

Dip each piece in the batter so it is fully coated and carefully place in the pan, cooking both sides until golden brown. ** To tell if the oil is hot enough, drop a tiny bit of batter, the size of a pea into the oil. If it sizzles and floats to the top immediately, the oil is hot enough.

Step 5

Place the fritters on some kitchen paper then dip into a bowl with sugar and coconut if using, to coat.

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SWEET CHILI SAUCE

INGREDIENTS

1 cup water
1 cup rice vinegar
1 cup sugar
2 teaspoons fresh ginger root, finely grated
1 teaspoon garlic, finely grated
2 teaspoons hot chile, minced 2
teaspoons tomato sauce
2 teaspoons cornstarch

METHOD

Step 1

Pour water and vinegar into a saucepan, and bring to a boil over high heat.

Step 2

Stir in sugar, ginger, garlic, chile pepper, and ketchup; simmer for 5 minutes.

Step 3

Stir in cornstarch. Remove saucepan from stove to cool. Then transfer to a bowl, cover, and refrigerate until needed.

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Vegetable Spring Rolls

Ingredients

Ingredients for filling

3 cups cabbage shredded
1 medium carrot about $\frac{1}{2}$ cup shredded
 $\frac{1}{4}$ cup bell pepper or capsicum julienned
2 sprigs spring onions (white & green separated)
1 to 2 tsps olive oil
1 to 2 tsp soya sauce or soy sauce
1 tsp vinegar
 $\frac{1}{4}$ to $\frac{1}{2}$ tsp pepper powder or crushed
salt very little
1 cup cooked noodles or half noodle cake (optional)

6 spring roll wrappers
1 cup oil for deep frying or 1 tbsp oil for baking

Method

Step 1

Add oil to a hot pan and saute spring onion whites, now add all the veggies except the onion greens.

Step 2

Fry on a high flame until half done yet crunchy. Add soya sauce and vinegar. Mix well.

Step 3

Add onion greens, pepper and very little salt. Mix and off the stove.

Step 4

If you wish to use noodles, boil them al dente. Rinse well and drain completely. Add them to the stir fried veggies and fry for a min. Pour 1 tsp more soya sauce. Sprinkle some salt and pepper.

Step 5

Cool this completely.

1. Place a damp cloth over the frozen sheets for 5 to 7 mins or follow the instructions mentioned on the pack.
2. Spread one wrapper, place a spoonful of stuffing.
3. Roll one edge towards the inner side covering the stuffing. Bring the sides to the center. Dampen the left over edge and roll the wrapper to seal.
4. Keep them covered otherwise they will dry up..
5. Heat oil until hot enough. To check drop a small piece of wrapper in the oil. If the oil is hot enough It rises in the oil without browning.
6. Add the rolls in hot oil and fry evenly by stirring until golden. Drain them on kitchen tissue.

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PAD THAI

INGREDIENTS

1 cup dried noodles, soaked in warm water until softened
1/2 cup sliced tofu
1/2 cup bean sprouts (half for cooking, half for garnish)
1/4 cup shredded carrot
6 sticks of chive, cut into 1cm pieces
1/2 cup cubed tofu
1 egg, beaten
2 cloves garlic, fine chopped
1 tbsp fish sauce
3 tbsp oyster sauce
2 tbsp tamarind juice (use tamarind paste and dilute with water as needed)
1 tsp sugar
1/4 cup chicken stock
Coconut/sunflower oil for frying
1 tbsp roasted peanuts for serving

METHOD

STEP 1:

First, mix fish sauce, oyster sauce, tamarind juice, sugar and chicken stock in a bowl. Set aside

STEP 2:

Heat garlic and oil in a frying pan on low heat until aromatic and garlic starts softening.

STEP 3:

Then turn heat up and add tofu, frying for about 2 minutes and making sure not to crumble the tofu

STEP 4:

Add bean sprouts, carrot and chives and egg. Stir well on medium heat

STEP 5:

Next, add the noodles, and the seasoning mixture and cook till noodles are cooked.

STEP 6:

Serve with some crushed peanuts, and a wedge of lime to squeeze over the finished Phad Thai

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SINGAPOREAN SATAY

INGREDIENTS

500g boneless, skinless chicken thighs, chopped into 1/2-inch cubes
1 onion or 5 small shallots, chopped
2 garlic cloves
4 lemongrass, white inner core, sliced
1-inch ginger, chopped
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp turmeric powder
1 tsp salt, or to taste
2 tbsps palm sugar
1/4 cup water, for easier blending

INSTRUCTIONS

- Step 1:** Add onions or shallots, garlic, ginger, lemongrass, ground cumin, ground coriander, turmeric powder, salt and palm sugar to a blender. Add water for easier blending. Blitz until a smooth paste forms.
- Step 2:** Add chopped chicken bites in a container. Pour in the blended paste into the container. Massage marinade onto chicken, coating each piece evenly. Allow to marinade for 2 hours, overnight is best for full flavour infusion.
- Step 3:** Soak bamboo skewers in water for at least 20 minutes before use. Take a piece of marinated chicken, and carefully skewer with the sticks. Stop the chicken halfway through the sticks. Continue until the chicken or the bamboo skewers are all used up.
- Step 4:** Before cooking, prepare a bowl of coconut oil and a brush on the side. Cook the Chicken Satays according to your preferred method:

Grilling:

1. Grill the skewers over an open flame or on a grill until the chicken is cooked to perfection. Make sure the grill is hot before putting on the satays.
2. Continuously brush the oil on the chicken pieces to keep them moist.

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SATAY PEANUT SAUCE

INGREDIENTS

500g roasted peanuts

Blended Paste

25g dried chillies, rehydrated in hot water and chopped
1 onion, chopped
4-5 shallots, chopped
5 cloves garlic
1-inch ginger, chopped
1-inch galangal, chopped
2 stalks lemongrass, bruised and sliced
1 tbsp dried shrimps, rehydrated in hot water
1/4 cup water, for easier blending

Peanut Sauce

1 cup vegetable oil, with extra on the side
4 cups water, with extra on the side
100g palm sugar, or to taste
1 tbsp salt, or to taste
1 cup coconut milk
2 tbsps tamarind paste, or to taste
1 tbsp dark sweet soy sauce

INSTRUCTIONS

Step 1: Add peanuts to a blender or food processor. Give them a rough pulse, so that you get chunks of peanuts in the sauce. Once processed, remove and set to one side.

Blending the Aromatic Paste

1. Soak the dried chillies with hot water for 5 minutes, or until the chillies rehydrate and soften. Once rehydrated, drain and chop dried chillies to smaller pieces for easier blending.
2. At the same time, soak the dried shrimps in hot water for 5 minutes, or until soften.
3. Peel and roughly chop the onions and shallots, garlic, ginger and galangal.
4. Remove the hard outer layer of lemongrass, and the top and bottom root part. Bruise lemongrass with the back of the knife, or a pestle to release fragrance. Slice at a diagonal.
5. Add all of the prepped ingredients in the blender. Add about 1/4 cup of water, for easier blending. Turn the blender on and blitz to a smooth paste.

Making the Peanut Sauce

Step 1: Add plenty of oil to the wok, and heat over low to medium heat. Once hot, add the blended paste.

Step 2: Continuously stir fry until the paste is fragrant and slightly dries down. The paste should have emulsified and released oil. If the paste is too dry before oil is released, add more oil. This 'pecah minyak' or oil splitting process can take 10 minutes or so. Once the dried chilli paste has cooked down, add the blitzed peanuts and water. Stir to combine.

Step 3: Add your blocks of palm sugar and salt to taste. Let this to come to a boil, before turning the heat down and allow to simmer for 15 minutes, or until the palm sugar blocks melt.

Step 4: Once the palm sugar has melted, add coconut milk and tamarind paste. If too much liquid has cooked off, add more water. Add dark sweet soy sauce.

Step 5: Let sauce come up to another boil. Taste test and season accordingly with sugar and salt, if needed. Once you're happy with the taste, satay sauce is done. Serve hot!

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