

Chicken Livers

Spicy and warm with a touch of chili and smoked paprika

Ingredients

250g chicken livers
Seasoned flour for dusting (salt, pepper, paprika)
1/2 onion diced
2 cloves garlic
Dry red chili
75ml white wine
100ml cream
2 tbsp fresh chopped parsley
Olive oil
Thyme
Salt & Pepper

1. Rinse & clean the livers, then pat dry.
2. Lightly dust the livers in the seasoned flour (1 tbsp flour; 1 tsp paprika, salt & pepper to taste)
3. Add olive oil to the pan, and brown livers on med-high heat, till edges are crisped but liver still rare.
4. Remove livers and set aside, then add onion and minced garlic to the pan. Cook till softened over medium heat.
5. Now add the white wine to the pan, cook over medium high heat until wine begins to reduce.
6. Add your cream and sprinkling of thyme, now add the livers back to the pan and cook until the sauce thickens and the livers are just cooked.
7. Check and adjust seasoning and sprinkle with parsley.
8. Serve immediately with some sliced baguette

THE
COOKERY

by The Secret Jozi Chef

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

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Galinha Zambeziana

Ingredients

1 chicken, cut into pieces
3/4 cup peri peri sauce
3/4 cup coconut milk
1/4 cup lemon juice
1 clove garlic
Salt to taste

Method

1. In a large bowl, combine all the ingredients for the marinade.
2. Add the chicken, cover, and allow to stand at room temperature for up to 2 hours
3. Heat your grill until hot, then grill the chicken, basting often with the remaining marinade, until the chicken is cooked through, and charred on the edges.

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Beer Prawns

Most likely influenced by the Mozambican Portuguese community

Ingredients

Juice of 2 lemons

1.5kg prawns, cleaned and heads removed (optional, although I don't suggest it)

4 tbsp butter

150ml olive oil

10 cloves garlic, crushed

3 Tbsp piri-piri sauce (or more if desired)

2 can beer

1 cup chopped parsley

Salt & pepper

Method

1 Heat the butter and olive oil in a saucepan, add the garlic, peri-peri, salt and beer, and simmer for two minutes. Remove from the heat and cool for 15 minutes.

2. Once cooled, pour marinade, lemon juice and half your chopped parsley over your cleaned prawns (When cleaning, try avoid butterflying them. Cut a slice into the back of the prawn and begin the butterflying process, without fully opening the prawn (this allows them to hold moisture better)

3. Set your prawns aside in the fridge for 30min – 1 hour

4. Heat butter and olive oil on medium-high heat in a pan. Remove your prawns from the marinade, removing as much liquid as possible, and pan fry them 3-4 minutes a side, or until cooked through. Remove from pan and keep warm in a dish. Once you have cooked all the prawns, pour remaining marinade back into pan and reduce, pour the thickened liquid over your prawns.

5. Finish with some fresh chopped parsley

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Peri Peri Sauce

Ingredients

½ cup white vinegar
½ cup freshly squeezed lemon juice
½ cup olive oil
2 tbsp chili powder
2 tbsp paprika
2 tbsp salt salt
2 tbsp chopped garlic
5-10 bird's eye chillies, minced

Method

Blend all ingredients together until smooth and emulsified.

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Pasteis de Nata

Now you too know how to make your own

Ingredients

- 1 whole egg (large)
- 2 egg yolks (large)
- 100g caster sugar
- 2 tbsp cornflour
- 400ml full cream milk
- 2 tsp vanilla extract
- 1 piece of lemon rind
- 1 cinnamon quill
- 1 sheet ready rolled puff pastry

Method

1. Grease a muffin tray with butter, pop into the fridge, preheat your oven to 180C then start with the custard.
1. Mix the 2 yolks, full egg, corn flour, vanilla and sugar. Mix well until mixture lightens in colour and sugar is given time to dissolve
2. Heat the milk in a saucepan on a medium heat with lemon and cinnamon until just hot. Slowly add warmed milk bit by bit to the egg mixture, whisking constantly so that the eggs doesn't split.
3. Pour the mixture back into the saucepan and heat until custard thickens. This should happen quite rapidly.
4. Once thickened, remove from heat, pour into a glass bowl, place cling film ON the surface of the custard so that it doesn't make a skin and chill.
5. In the meantime, cut pastry sheet into two pieces and place them on top of each other. Roll the pastry tightly, from the short side, into a log and cut the log into 12 even sized discs.
6. Take each disk, and working on a lightly floured surface, roll each disk out into 10cm disks, and press the pastry into the muffin tray
7. Once custard is cooled, scoop the custard into the pastry bases filling them just shy of the brim (about 3/4 full)
8. Pop the tray into the oven for 20-25 minutes until dark patches start appearing on the custard. The custard might rise, this is ok, it will sink again.
9. Remove from oven. IF NECESSARY switch oven to high heat grill. Once oven is ready, pop them back in for 2-3 minutes to finish giving them their dark patches and colouring.
10. Serve hot or cold, with a dusting of icing sugar and cinnamon if desired.

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Matapa

A traditional peanut & coconut milk spinach

Ingredients

150g onions, finely chopped
2 Tbsp oil (vegetable oil may be substituted)
2 cloves garlic
150g peanut butter
250ml of coconut milk
2 tsp vegetable stock powder
salt to taste
1 tsp crushed red pepper, or to taste
1,5 kg fresh, young cassava leaves, (spinach, finely chopped)

Method

Step 1

Boil spinach leaves with garlic till cooked. Remove garlic and reserve, squeeze spinach

Step 2

Sauté onion pieces in a small amount of oil in a saucepan over medium-low heat. Cook until onions are softened, but do not brown them, now finely chop the garlic from the boiling water and add, cook for 2-minutes till fragrant.

Step 4

Add the peanuts, coconut milk, salt, vegetable stock and a pinch of crushed red pepper and keep stirring over low heat, simmer for a few minutes.

Step 6

Add drained and squeezed spinach leaves.

Step 7

Keep stirring until peanut and spinach is nicely cooked about 10 minutes. Check and adjust seasoning.

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Mozambican Prawn Curry

Ingredients

800 g frozen prawn meat (defrost overnight in fridge)

4 tsp sunflower oil

2 onions, finely chopped

2 Tbsp fish masala

½ tsp turmeric

2 tomatoes, finely chopped

1 tin coconut cream

Salt and black pepper to taste

50gms grated coconut

Chopped fresh coriander to garnish

Method

Step 1

Heat the oil in a saucepan and add the onions and finely chopped garlic. Sauté the onions until translucent.

Step 2

Add the fish masala to the onions. Stir through and cook until the aroma is released. Now add the dried coconut and cook for two minutes

Step 3

Add the tomato and simmer for 20 minutes, add a little water if needed.

Step 4

Add the prawns and gently simmer for two or three minutes.

Step 5

Stir through the coconut cream and simmer for 5 minutes.

Step 6

Garnish with the chopped coriander and serve with coconut rice.

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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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Pasteis de Bacalhau

What Portuguese menu would be complete without cod fish!

Ingredients

250 g boiled bacalhau
300 g potatoes, boiled with skin on
2 tbsp milk
2 eggs
1 onion, fine chopped
Half cup chopped parsley
1 tsp paprika
Black pepper & salt to taste
Fine sliced red chilli (optional)

Method

1. Take your frozen bacalhau and submerge in water for 2-3 days (depending on flavour), changing the water half-daily
2. Put your potatoes on to boil for 35 min with skin on. Then boil the bacalhau in water for 15-20 minutes (depending on size), adding 1 bayleaf to the water (this helps with surviving the smell)
3. Once boiled, remove skin and ALL bones, then shred the fish into tiny fibres using a pestle and mortar (Its quite a task, but worth it as my mom always said)
4. Peel your cooked potatoes, then mash them. DO NOT USE A FOOD PROCESSOR.
5. Add your shredded fish, potatoes, chopped parsley, diced onion, paprika and chilli then stir well. Add your eggs one at a time, stirring as you do.
6. Shape your uncooked fritters with two dessert spoons, then shallow fry them in quite a bit of oil, turning them every minute or so.
7. Once golden throughout, remove and drain on some kitchen paper.

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Chocolate Mousse

Ingredients

200gms of medium to dark chocolate
6 eggs, separated
2 tablespoons of real vanilla extract
60gm of butter
90ml tablespoons milk

Directions:

Step 1

In a double boiler, in a bowl, break the chocolate into pieces, add the milk and then slowly heat it while stirring, occasionally, until it the chocolate is melted.

Step 2

Remove the bowl from the hot water, let the chocolate cool a little bit - then add the vanilla extract and the butter and stir them into the chocolate, stir until the butter is melted and the chocolate look nice and glossy.

Step 3

Whisk your egg yolks then add the mixture to the chocolate, stir until well combined.

Step 4

Next, beat egg whites till stiff then gently fold them into the chocolate mixture until they are mixed well in.

Step 5

Divide the mixture into pudding bowls, cover and put into the refrigerator overnight.

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Feijoada

1 onion cut, into dice
1 carrot cut, into dice
1 medium potato cut into dice
1 stalk of celery cut into small pieces
1 Portuguese chorizo
1 medium can 420 gr red kidney beans (with the liquid of the can)
½ can 210 gr white beans drained.
2 cups fresh spinach
1 garlic clove minced
1 tbsp tomato paste
1 cup of meat broth
1 cup water
1 bay leaf
1 tsp thyme
Sprinkle of pepper
1 tsp olive oil

Method

1. In a big sauté pan over medium heat pour the olive oil and cook the chorizo cut into slices. Remove the chorizo from the pan when it is semi-crispy and has released its natural oil. That's the key for the flavor.
2. Toss the onion and after a couple minutes add the garlic and cook until the onion is almost transparent.
3. Toss the carrot, the potato, the celery and the tomato paste. Stir well.
4. Add the red kidney beans (with the liquid), the white beans, the chorizo and the spinach. Pour the meat broth and the water. Season with the bay leaf, thyme, and pepper. Simmer for about 15 minutes over medium heat.
5. Remove the bay leaf and serve with some fluffy white rice.

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Salada de Grão

Ingredients

2 can chickpeas, drained, washed
1/2 red onion, sliced thin
2 boiled eggs
Handful of chopped parsley
1/3 olive oil
1/4 cup white wine vinegar
Salt & pepper

Method

1. Place chickpeas, sliced onion, olive oil, balsamic, salt, pepper and half the chopped parsley in a salad bowl and toss.
2. Slice hard-boiled egg into wheels, and place on top of the salad.
3. Finish with fresh chopped parsley
4. This salad is traditionally done with flakes of cooked bacalhau spread on top of the salad

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Caldo Verde

Rustic hearty soup

Ingredients

400g kale, rinsed and fine sliced
5 Potatoes, peeled and sliced 1cm
250ml stock + 1.5l water
1 x chorizo, split into 3
1 onion, diced
2 clove garlic, minced
Olive oil
Salt & Pepper

Method

1. In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil till softened. Stir in potatoes and 1/3 thin sliced chorizo and cook, stirring constantly for 3 minutes. Pour in water and stock, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.
2. Meanwhile, in a frying pan over medium-low heat, fry the remaining chorizo, sliced then halved, until it has released most of its fat and slightly crispy
3. Puree the potato mixture with a blender or food processor. Stir 1/3 chorizo, salt and pepper into the soup and return to medium heat.
4. Cover and simmer 5 minutes.
5. Stir kale into soup and simmer for 20min, until kale is tender and jade green. Stir in the remaining tablespoon of olive oil, serve, and finish with a sprinkling of crispy chorizo

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Bolo Polana

A Gluten Free Potato & Cashew Nut Cake

Ingredients

1 1/2 cups butter
1 cup white sugar
2 teaspoons zest of lemon
2 teaspoons zest of orange
9 egg yolks
5 egg whites
2 medium sized potatoes peeled, cooked and mashed until smooth
2 cups raw unsalted cashew nuts ground in a blender or food processor until smooth

Method

Step 1: Preheat oven to 360 degrees
Step 2: Butter the bottom and sides of a spring form cake tin
Step 3: In a large bowl, cream the butter and sugar until light and creamy
Step 4: Beat in the mashed potatoes, ground cashew nuts, zest of lemon and orange
Step 5: Add in the egg yolks one at a time and blend well.
Step 6: In a separate bowl, whisk the egg whites until stiff
Step 7: fold the egg whites into the batter
Step 8: Pour the batter into the cake tin
Step 9: Bake in the oven for one hour or until golden brown
Step 10: Remove and let cool before removing from the form.
Step 11: garnish with a few roasted cashew nuts
Enjoy!

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Rustic Green Salad

Ingredients

Butter/iceberg lettuce
2 carrots, julienne
2 tomatoes, thin sliced
Olives
White onion rings
2 tbsp Spirit Vinegar
5tbsp Olive oil

Method

1. Tear the lettuce roughly add to a bowl
2. Cut the carrots into a fine julienne strips, add to the lettuce
3. Slice the tomatoes and remove the pits from the olives and add to the bowl
4. In a separate bowl whisk together the olive oil, vinegar and a little salt and pepper
5. Add the dressing just before serving and toss together, taste and adjust seasoning

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