

CHAO SAN GU & BOK CHOY

Ingredients

For the mushrooms

2 tbsp (30g) dried shitake mushrooms, rinsed and soaked (soaking water retained)
1 tbsp oil
3 garlic cloves, thinly sliced
230gms enoki or shimeji mushrooms
80g portabellini mushrooms, washed, trimmed and sliced
2 tbsp rice wine vinegar
3 tbsp oyster sauce
1 tbsp soy sauce
2 tsp sugar
4 tbsp mushroom soaking water

GARNISH

2 tbsp minced green onions (scallions)
A few sprigs cilantro

For the Bok choy

300gms baby bok choy (280 grams, bottoms trimmed and split in half lengthwise)
1tbsp vegetable oil
1 teaspoon salt

METHOD

Step 1

Soak the shitake in warm water, once tender remove, reserve soaking water. Cut larger mushrooms into 3 or 4 and leave small ones complete.

Step 2

Heat the oil in a pan and fry the garlic slivers until lightly golden, now add the soaked shitake and stir fry for 1 minute.

Step 3

Now add the remaining mushrooms and continue to fry

Step 4

Add the rice wine, soy sauce and oyster sauce, sugar and 4 tbsp soaking water.

Step 5

Reduce the heat and cook for about 8-minutes, stirring constantly, until the mushrooms are cooked and most of the liquid is gone. While this is happening prepare your bok choy.

Step 6

Serve onto the same platter as your cooked and waiting bok choy, drizzle lightly with sesame oil and garnish with chopped scallions and coriander

Preparing the Bok Choy

Step 1:

Wash your cut bok choy in a large bowl of water so the vegetables are fully submerged. Agitating or stirring the vegetables in the water will release any dirt or sand. Repeat this process another 2 times or as necessary, until the water is clean and there is no sand or dirt at the bottom of the bowl.

Step 2

Bring 6 cups of water, 1 tablespoon vegetable oil, and 1 teaspoon salt to a boil. Blanch the bok choy for 40 seconds, stirring occasionally. They should be just wilted and bright green. Scoop out the bok choy into a bowl and pour 2 cups of cool water over them. The water will stop the cooking process, but you don't want your veggies to be ice cold, so pour the bok choy into a colander right after they've been submerged in the cool water. Drain.

Next, arrange the bok choy into a circle around a large serving plate, with a space in the middle for the mushrooms.

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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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Nuoc Cham Sauce

Ingredients:

6 tablespoons fresh lime juice

3 tablespoons Asian fish sauce (preferably nuoc mam)

1/4 cup sugar

1/2 cup warm water

1 garlic clove, forced through a garlic press

2 small thin fresh red or green Asian chilies (1 to 2 inches long) or serrano chilies, seeded and chopped fine
(wear rubber gloves)

Method

Step 1

In a small bowl stir together all the ingredients until all the sugar is dissolved

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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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THAI CUCUMBER SALAD

Ingredients

1/4 cup fresh lime juice
1 tablespoon fish sauce
1 tablespoon sugar
2 Thai chiles, thinly sliced
1 small garlic clove, finely grated
2 tablespoons canola oil
3 English cucumbers, halved lengthwise,
seeded, and sliced crosswise 1/4-inch thick
1 cup packed cilantro, chopped
1/2 cup salted roasted peanuts
1/2 small red onion, very thinly sliced
Kosher salt

METHOD

Step 1

In a small bowl, whisk the lime juice with the fish sauce, sugar, chiles, garlic, and oil. In a large bowl, toss the cucumbers, cilantro, peanuts and onion. Add the dressing and toss to coat. Season with salt and serve right away.

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Prawn & Chicken Nasi Goreng

Ingredients

Olive oil spray
2 eggs, lightly whisked
1 brown onion, finely chopped
1 carrot, peeled, finely chopped
2 teaspoons sambal oelek
1 (about 200g) single chicken breast fillet, thinly sliced
250g peeled small green prawns
450g (3 cups) cooked white long-grain rice, chilled
1/2 small wombok (Chinese cabbage), hard core removed, finely shredded
200g grape tomatoes, halved
1 tablespoon salt-reduced soy sauce
1 Lebanese cucumber, halved, thinly sliced

Method

Step 1

Heat a wok over high heat. Spray with olive oil spray. Add half the egg and swirl to coat the base. Cook for 30 seconds or until just set. Transfer the omelette to a chopping board. Roll up and thinly slice. Repeat with remaining egg.

Step 2

Heat wok over high heat. Spray with olive oil spray. Add the onion, carrot and sambal oelek. Stir-fry for 1 minute. Add the chicken and stir-fry for 2 minutes or until golden. Add the prawns. Stir-fry for 1 minute or until prawns change colour.

Step 3

Add the rice, wombok and tomato to the wok and stir-fry for 2 minutes. Add the soy sauce and stir-fry for 1-2 minutes. Add half the omelette. Toss to combine. Divide among serving bowls. Top with cucumber and remaining omelette to serve.

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PASSION FRUIT & COCONUT ICECREAM

INGREDIENTS

1 cup passionfruit puree
1 can (400ml) coconut milk
1 can (400gms) condensed milk
1 cup heavy cream
 $\frac{1}{4}$ cup milk powder

METHOD

Step 1

Blend all the ingredients together in a blender till well combined. Transfer to ice cream maker and freeze according to the manufacturer's instructions.

Optional

To make this ice cream without an ice cream maker, after you have blended all the ingredients, either transfer it in into the container that you plan to freeze the ice cream in, or if you have enough freezer space leave the blended ice cream in the blender. After 45min- 1 hour check on it and if you see the mixture freezing at the edges, remove from freezer and give it a whizz. Repeat process 3-4 times and then transfer to the container you want the ice cream to freeze in and let freeze completely.

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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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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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Chicken Rendang

Ingredients

1 1/2 pound boneless and skinless chicken breasts or thighs, cut into cubes
1/3 cup cooking oil
1 cinnamon stick
3 cloves
3 star anise
3 cardamom pods
1 lemongrass, white part only, pounded and cut into strips
1 cup coconut milk
1 cup water
5 lime leaves, bruised
5 tablespoons toasted grated coconut (kerisik)
1 tablespoon sugar or to taste
Salt to taste

Spice Paste:

6 shallots
1-inch piece galangal
3 stalks lemongrass, white part only
4 cloves garlic
1-inch piece ginger, peeled
10 dried chilies (chili arbol), seeded

Method

Step 1

All all the ingredients of the Spice Paste in a food processor. Blend well.

Step 2

Heat the oil in a skillet, add the Spice Paste, cinnamon, cloves, star anise, and cardamom pods and stir-fry them until aromatic. Add the chicken and lemongrass, stir to combine well with the spices. Add the coconut milk, water, and simmer on medium heat, stirring frequently until the chicken is almost cooked.

Step 3

Add the lime leaves, toasted coconut, stir to blend well with the chicken. Lower the heat to low, cover the lid, and slowly simmer for 30 minutes or until the chicken is tender and the liquid has dried up. Add more sugar and salt to taste to taste. Serve immediately.

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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 tsp shrimp paste
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.
2. Once rehydrated, drain and chop dried chillies to smaller pieces for easier blending.
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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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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AYAM GORENG

INGREDIENTS

1.25 kg / 2.5 lb chicken thighs ad
drumsticks, bone in skin on

Toasted spices:

2 tsp coriander seeds
2 tsp cumin seeds
1 tsp fennel seeds

Ayam Goreng Curry Paste:

3 garlic cloves , roughly chopped
1 tbsp ginger , roughly chopped
1 tbsp galangal , roughly chopped
1 1/2 tsp curry powder (any type fine, mild
or spicy – your choice)
1 lemongrass , white part only roughly
chopped
1 tsp turmeric powder
2 small shallots, peeled and roughly
chopped
1 tsp fine salt
1/2 tsp chilli powder , adjust to taste
2 tsp brown sugar
7 tbsp coconut milk

Cooking:

1/2 cup cornflour / cornstarch
1.75 litres oil

Garnish (optional):

1 tbsp garlic ,minced (not too small, else it
burns)
1 tbsp large red chilli (cayenne pepper),
deseeded and minced
1 tbsp green onion , minced
Pinch of salt
Coriander/cilantro leaves

INSTRUCTIONS

Step 1: Toast spices: Toast spices in a small skillet over medium heat (no oil) for 2 minutes or until the spices smell fragrant. Transfer seeds into blender, small food processor OR into a tall jug that fits a stick blender.

Step 2: Add remaining Curry Paste ingredients and blend until smooth. Pour Curry Paste over chicken in a ziplock bag or bowl. Toss to coat, then marinate for 24 hours in the fridge, up to 48 hours.

Step 3: Dechill chicken: Remove chicken from fridge 30 minutes prior to cooking and transfer into a bowl (most marinade should be stuck to chicken).

Step 4: Cornflour coating: Add cornflour to chicken and toss to coat – it will thicken the paste, this is what makes the craggy coating.

Step 5: Pour oil into a wide, heavy based pot to a depth of 6 cm. Heat over medium high heat to 180°C – maintain temp as best you can

Step 6: Carefully place 3 pieces of chicken in, do not touch for 2 min (to let crust adhere). Oil temperature should drop to 150°C/300°C – increase heat if needed.

Step 7: Fry for 8 minutes (wings for 5 minutes), or until deep golden brown and internal temperature at thickest part is cooked through.

Keep warm: Place cooked chicken onto rack and keep warm in oven. Cook remaining chicken.

Serve immediately, sprinkled with coriander and garlic-chilli garnish, if using.

GARNISH:

Heat 3 tbsp oil in a small skillet over medium heat. Add garlic and chilli, cook until garlic is starting to go light golden. Then add green onion and cook until garlic is golden. Drain on paper towels, sprinkle with salt. Cool then sprinkle on chicken.

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ACAR KETIMUN

INGREDIENTS

2 cucumbers
100 ml vinegar
1 red chilli
2 shallots
1 tablespoon sugar

INSTRUCTIONS

Step 1: Mix the vinegar with a tablespoon of sugar in a medium bowl, stirring until the sugar has mostly dissolved.

Step 2: Wash the cucumbers and cut them into thin slices. You can do this with a mandoline or with a chef's knife.

Step 3: Peel the shallots and cut them into thin rings. Remove the seeds from the red chilli, if desired, and cut into pieces.

Step 4: Mix the cucumber, red chilli and shallot well with the vinegar, and season with salt.

Step 5: This cucumber salad is best when the flavour has time to develop. Delicious as a side dish or as part of an Indonesian meal. Enjoy your dinner!

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Red Curry Paste

Fiery, and flavourful - the basis of many great dishes

Ingredients

3 dried red chillies 3 small red chillies
1 slice galangal/ ginger (or both) 2/3 of a stalk of lemon grass
peel of 2 limes (remove and use the peel only, avoid the bitter white pith)
1.5 shallots/small red onions
2 clove garlic
1 slice of turmeric/ 1 tsp dry turmeric 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 stone 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 Red Curry

Ingredients

4 chicken breasts, sliced
2 tbsp fresh Red Curry Paste
1 red chilli
3 baby marrow, sliced cm 3 patty pan, quartered
3 baby squash, halved
1 red onion, quartered 1/2 cup basil
400ml coconut milk 200ml coconut cream
1 tbsp fish sauce
1 tsp sugar
Coconut/sunflower oil for frying

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

Method

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

Remove the chicken once browned and set aside.

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

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

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

Stir through chiffonade of basil and garnish with the red chilli and serve with rice.

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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 over 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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LARB GAAI

Ingredients

4 tsp cornflour / cornstarch
6 tbsp water
5 tbsp lime juice (1 to 2 limes)
4 tbsp fish sauce
4 tsp brown sugar
4 tbsp peanut oil (or other high smoke point cooking oil)
2 tbsp fresh ginger , grated or very finely chopped
4 garlic cloves , large, minced
2 lemon grass stalk , white and very pale green part only, finely chopped
4 Thai or birds eye chilli , deseeded and finely chopped (adjust to taste)
1000g chicken mince (ground chicken) OR pork
1 red onion , cut into 4 wedges then finely sliced
2/3 cup coriander/cilantro leaves , plus extra to garnish
2/3 cup mint leaves , plus extra to garnish

SERVING

6 tbsp crushed peanuts (optional)
12 - 8 small to medium lettuce leaves
Extra lime wedges, chilli

Method

Step 1

Sauce: Place water and cornflour into a small bowl. Mix into a slurry. Add lime juice, fish sauce and sugar and mix to combine. Set aside.

Step 2

Heat peanut oil in a wok (or heavy based fry pan) over medium high heat. Add ginger, garlic, lemongrass and chilli and sauté for 45 seconds to 1 minute until fragrant. Do not let the garlic burn, it will taste bitter.

Add the chicken and turn up the heat to high. Cook the chicken, breaking up the mince into small pieces.

Once the chicken turns white and is almost cooked through (about 3 to 4 minutes), add Sauce. Cook for 45 seconds to 1 minute to coat the chicken and for the sauce to thicken.

Remove wok from heat. Stir through onion, coriander/cilantro and mint.

Step 3

Spoon filling into a bowl, and serve with lettuce, peanuts, extra herbs and lime wedges on the side - leave everyone to make their own. Spoon filling into lettuce cups and garnish with what you want!



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Cambodian Fish Amok

Ingredients

2 dried red chillies (see note), soaked in boiling water, drained, chopped
3 garlic cloves, chopped
1 tablespoon grated fresh turmeric (see note)
2 tablespoons grated galangal (see note)
2 lemongrass stems (inner core only), grated
2 eschalots, chopped
Finely grated zest of 1 lime
1 tablespoon shrimp paste (see note)
1/4 cup (65g) grated palm sugar (see note)
6 lime leaves, finely shredded (see note)
400ml coconut milk
400g skinless blue-eye fillet, cut into 3-4cm pieces
12 green prawns, peeled (tails intact), deveined
2 banana leaves (see note)
1 long red chilli, thinly sliced
Steamed rice, to serve

Method:

Step 1

Combine the chilli, garlic, turmeric, galangal, lemongrass, eschalot, lime zest, shrimp paste, palm sugar, half the lime leaves and 2 teaspoons salt in a mortar and pestle or small food processor and pound or whiz until a fine paste.

Step 2

Transfer paste to a frypan over medium heat and cook, stirring, for 3-4 minutes, until fragrant. Add the coconut milk (reserving 2 tablespoons for serving) and bring to a simmer. Remove from heat, transfer to a bowl and allow to cool slightly. Add the seafood and toss to combine.

Step 3

Cut each banana leaf into two 25cm x 15cm rectangles. Carefully wave both sides of each leaf over a medium-high flame, then set aside (the heat from the flame will soften the leaves, making them more pliable). Lay each banana leaf out, divide the seafood among the leaves and fold in the ends, securing with toothpicks to form 4 small trays. Top with remaining marinade and sprinkle with remaining lime leaves and half the sliced chilli. Place in a steamer over medium-high heat and cook for 15 minutes or until the fish is tender and cooked through.

Step 4

Place the seafood parcels on serving plates. Remove toothpicks, drizzle with remaining 2 tablespoons coconut milk and scatter with remaining sliced chilli. Serve with rice.

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Coconut Ice Cream

Ingredients

2 cups milk
2 cups heavy cream
2 cups coconut milk
1 cup coconut flakes, toasted
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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TOM KHA GAI SOUP

Ingredients

1 tablespoon coconut oil
½ of one onion sliced
2 cloves garlic chopped
½ of one red jalapeno pepper sliced, or a couple Thai chiles, halved
3 ¼-inch slices galangal or ginger
1 lemongrass stalk pounded with the side of a knife and cut into 2-inch long pieces
2 teaspoons red Thai curry paste (optional)
4 cups chicken stock
4 cups canned coconut milk
2 medium chicken breasts cut into bite-sized pieces/vegetarian or to use shrimp
240gms mushroom, sliced or torn
2-3 plum tomatoes, deseeded and roughly chopped
1-2 tablespoons sugar
1 ½ – 2 tablespoons fish sauce plus more to taste
2-3 tablespoons fresh lime juice
2-3 green onions sliced thin
fresh cilantro chopped, for garnish

Method

Step 1

In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, jalapeno or chile, galangal or ginger, lemongrass, and red curry paste and cook, stirring frequently, for 2 minutes, the onions will not have collapsed. Add chicken broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.

Step 2:

Strain out the aromatics (the garlic, onions, lemongrass, and ginger) and discard. Add in coconut cream or milk, chicken breast (or tofu or shrimp), mushrooms and tomatoes. Simmer until chicken breast pieces are just cooked through, then add fish sauce, sugar, and lime juice, plus more of each to taste.

Step 3:

Cook 2 minutes, then ladle into serving bowls and top with sliced green onions and fresh cilantro.

THE
COOKERY

by The Secret Jozie Chef

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

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MANGO ICECREAM

INGREDIENTS

1cup sugar
6 egg yolks
620ml milk
175ml cream
2-3 large mangoes
1 1/2 tablespoon lemon juice
1 tsp vanilla extract

INSTRUCTIONS

Step 1: Peel and cut the mango into pieces. Squeeze as much flesh off as possible. Blend it in the blender or food processor along with the lemon juice. Strain the mango mix into a bowl, so that the stringy bits are eliminated from the puree. You should have about 1 1/4 cups mango puree.

Ice Cream base:

Step 2: Whisk egg yolks and sugar till pale.

Step 3: In a medium/heavy saucepan, bring milk and cream to a simmer. Turn off heat and whisk half of the mixture into the yolks.

Step 4: Return everything to the sauce pan over a very low heat and keep on stirring it till it thickens.

Step 5: Remove from heat and strain it into a large bowl. Let it cool for 5 or 6 minutes and then mix in mango puree.

Step 6: Chill the mix until ice cold, overnight or in an ice bath. Then 10 mins before processing in the ice cream machine, put the mango custard into the freezer and also put the ice cream dasher into the freezer. (this SHOCKS the mix so that not much air is whipped in).

Step 7: Process in your ice cream maker until set, chill in the freezer for a firmer ice cream.

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