

Miang Kham

Quick, fresh and zesty - street food at its best!

Ingredients

1 lime, cut into tiny pieces
1 piece ginger, cut into tiny cubes (rinse off in cold water once chopped)
1 red onion, cut into tiny cubes
1/2 cup roasted peanuts, chopped
1/2 cup coconut flakes
5 green chillies, chopped into tiny discs
1 lemon grass cut into small chunks
20 bok choy leaves / or tender spinach leaves
6 tbsp sweet plum sauce

Method

To assemble the Miang Kham, prepare all the ingredients and place into individual bowls, arranged around the pile of bok choy leaves.

To eat, place a small amount of the different fillings into the bok choy, drizzle with a little plum sauce, wrap up and enjoy.

THE
COOKERY

by The Secret Jozi Chef

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

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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

Method

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.

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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Green Curry Paste

9 small green chillies
1 slice galangal/ ginger (or both)
2/3 of a stalk of lemon grass
peel of 2 limes
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 stoned mortar and grind until a smooth paste is formed and all the aromas have been released.

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Thai Green Curry

Ingredients

1 x cup sliced chicken breast
2 tbsp Green Curry Paste
4 x lime leaves, thin sliced
1 x red chilli
3 x baby marrow, sliced cm
10 green beans, cut into thirds
3 x patty pan, quartered
1 x red onion, quartered
1/2 cup basil
2 cans coconut milk
1 tbsp fish sauce
1 tsp sugar
Coconut/sunflower oil for frying

Method

In a medium saucepan, on medium-high heat, start by adding your oil and half the curry paste till aromas are released.

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 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, chilli and lime leaves till the end)

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

Stir through sliced basil, whole chilli & finely shredded lime leaves and serve with rice.

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Thai Hot & Sour Prawn Soup

Ingredients

8 prawns, cleaned (keep shell on)
5 oyster mushrooms, cut into slices
2 tomatoes, cut into chunks
3 red onion, cut into 8ths
5 crushed green chillies
1 stalk lemongrass, cut into thin pieces and crushed
4 slices galangal/ginger (half of each),
4 lime leaves, sliced thin
1/2 cup spring onion, chopped
Handful of chopped coriander
2 cups chicken stock, 1 cup water
1 tbsp lime juice
1 tbsp fish sauce
Sunflower oil for frying

Method

In a medium saucepan, on medium high heat, lightly pan fry the prawns until they are blushed pink on both sides. Remove them from the saucepan and set aside.

Add chicken stock and water to the same saucepan and bring to the boil.

Add lemongrass, galangal/ginger, red onion, chillies and lime leaves and boil for 2-3 minutes until fragrant

Add red onion (leave your spring onion for the end), tomato, mushrooms, lime juice and fish sauce and boil for a further 2-3 minutes.

Add the prawns, along with any of the prawn juices collected, back into the soup and cook for 1-2 minutes or until prawns are cooked through.

Garnish with spring onion and coriander.

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PAD KEE MAO - THAI NOODLES

Ingredients

7 oz /200g dried rice noodles , wide

STIR FRY

2 tbsp oil (peanut, vegetable or canola)

3 large cloves of garlic , minced

2 birds eye chilli or Thai chillies , deseeded, very finely chopped

1/2 onion , sliced

200g, cut into bite size pieces

2 tsp fish sauce

2 tsp soy sauce

2 green onions , cut into 3cm

1 cup Thai or Thai Holy Basil leaves (sub regular basil)

SAUCE

3 tbsp oyster sauce

3 tbsp oyster sauce

1 1/2 tbsp light soy sauce

1 1/2 tbsp dark soy sauce

2 tsp sugar

1 tbsp water

Method

Step 1

Prepare noodles per packet directions.

Step 2

Mix Sauce in a small bowl.

Step 3

Heat oil in wok or large heavy based skillet over high heat.

Step 4

Add garlic and chilli and cook for 10 seconds. Don't inhale - the chilli will make you cough!

Add onion, cook for 1 minute.

Step 5

Add chicken and fish sauce, and fry until cooked, around 2 minutes.

Step 6

Add green onion, noodles and sauce and cook for 1 minute until the sauce reduces and coats the noodles.

Step 7

Remove from heat and immediately add basil, toss until just wilted, then serve immediately.

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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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BANANA FRITTERS

Ingredients

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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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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Vietnamese Lemongrass Beef Salad

Ingredients:

For marinade

2 stalks fresh lemongrass, outer leaves discarded and root end trimmed
6 garlic cloves, minced
2 tablespoons Asian fish sauce (preferably nuoc mam)
1 tablespoon soy sauce
4 teaspoons sugar
2 tablespoons vegetable oil
1/2 teaspoon Asian sesame oil
a 1- to-1 1/4 pound skirt steak or flank steak
1/2 pound dried rice-stick noodles (rice vermicelli)
1/2 cup fresh basil leaves (preferably Thai basil), washed well and spun dry
1/2 cup fresh mint leaves, washed well and spun dry
1/2 cup fresh coriander leaves, washed well and spun dry
about 1 cup Nuoc Cham (Vietnamese lime sauce)
a 1-pound seedless (European) cucumber, halved lengthwise and cut diagonally into 1/4-inch-thick slices
about 2 tablespoons Toasted Rice Powder
2 to 4 small thin fresh red or green Asian chilies (1 to 2 inches long) or serrano chilies, seeded and sliced very thin (wear rubber gloves)
Garnish: Thai basil, mint, or coriander sprigs

Ingredients

Step 1

Make marinade:

Thinly slice lower 6 inches of lemongrass stalks, discarding remainder of stalks. In a food processor or blender finely grind together sliced lemongrass and garlic. Add remaining marinade ingredients and blend well. In a large resealable plastic bag combine marinade and steak and seal bag, pressing out excess air. Marinate steak, chilled, turning bag once or twice, at least 4 hours or overnight.

Step 2

In a large bowl soak noodles in hot water to cover 15 minutes, or until softened and pliable.

Prepare grill (or preheat broiler). Bring a kettle of salted water to a boil for noodles.

Step 3

Discard marinade and grill steak on an oiled rack set 5 to 6 inches over glowing coals 3 to 5 minutes on each side for medium-rare. (Alternatively, steak may be broiled on rack of a broiler pan about 3 inches from heat about same amount of time.) Transfer steak to a cutting board and let stand 5 minutes.

Step 4

While steak is cooking, drain noodles in a colander and cook in boiling water 30 seconds to 1 minute, or until just tender. In a colander drain noodles and rinse under cold water to stop cooking. Drain noodles well.

In a large bowl toss noodles with herbs and half of nuoc cham.

Step 5

Divide cucumber among 4 bowls or plates and top with noodles. Sprinkle each serving with 1 to 1 1/2 teaspoons rice powder. Thinly slice steak on the diagonal and divide among noodles, mounding it. Sprinkle chilies over each serving and garnish with herb sprigs. Serve remaining nuoc cham on the side.



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GOBI MANCHURIAN

INGREDIENTS

To make gobi manchurian

250 grams cauliflower florets (gobi cleaned)
½ cup all-purpose flour (maida, prefer organic or at least unbleached)
¼ cup cornstarch (white corn flour or yellow corn flour)
½ to 1 teaspoon red chilli powder or paste (less spicy variety) (optional)
¼ teaspoon black pepper crushed or ground
¼ teaspoon salt (adjust to taste)
½ cup water (more if needed)
Oil for deep frying as needed

For Manchurian sauce

1½ tablespoons oil
1 tablespoon garlic finely chopped
½ tablespoon ginger finely chopped
1 green chili chopped (optional)
⅓ cup onions or spring onions finely chopped
¼ cup bell pepper (capsicum chopped finely) (optional)
1 tablespoon soya sauce
2 to 3 tablespoon Red Chilli sauce
1 to 2 tablespoon tomato ketchup (optional, use if using hot sauce)
½ teaspoon Red chili powder
½ tablespoon rice wine vinegar
1 teaspoon sugar (adjust to taste)
Salt as needed
3 to 4 tablespoons water
½ to ¾ teaspoon black pepper crushed or ground
⅛ teaspoon salt (adjust to taste)
2 tablespoons spring onion greens chopped for garnish

METHOD

Preparing The gobi

1. Clean 250 grams of gobi and cut the florets to medium size.
2. Add them to 3 cups of hot water and rest for 5 minutes.
3. Later drain the gobi completely to a colander or spread on a clean cloth until no moisture remains on the gobi.
4. You can do this ahead and set aside. Any moisture in the gobi will cook it to soft and not crisp.
5. Heat up the oil for deep frying on a medium heat.
6. Meanwhile make the batter by adding cornstarch, all-purpose flour, red chilli powder, black pepper and salt to a mixing bowl.
7. Mix and add water little by little as needed and make a free flowing lump free batter. The consistency has to be medium and not too thick or very runny. Adjust salt as needed by tasting the batter.
8. Then add the gobi florets to the batter in batches, coat them well.

Frying the gobi

1. When the oil turns hot enough, check by dropping a small amount of batter to the hot oil. The batter has to rise without browning. This is the correct temperature.
2. Pick up each cauliflower floret with a spoon or fingers & gently drop them one by one to the hot oil. The flame has to be medium initially and should be increased slightly as more gobi is added. Reduce the flame to medium and fry until the florets turn golden and crisp. Keep stirring in between for even frying.
3. Drain them to a kitchen tissue or a steel colander. Repeat the same steps of adding the rest of the cauliflower florets to the batter, coating them well and then frying them in hot oil until crisp.
4. For extra crisp gobi manchurian, you can also refry the once fried gobi again in oil.

Making the Manchurian Sauce

1. Mix together red chili powder with little water to a paste and keep aside. This step is optional and is used mainly for the red color.
2. Heat 1½ tablespoons oil in a wide pan.
3. When the oil turns hot, add garlic, ginger and green chilies. Sauté for a minute or two.
4. Then add spring onions & capsicum. Sauté them on a high flame for 2 mins.
5. Add soya sauce, red chili sauce, tomato ketchup, red chili paste, sugar and vinegar.
6. Mix and add water. Mix and cook stirring and add pepper.
7. Cook on a medium heat until the sauce thickens.
8. Turn off the stove and check the taste.
9. The sauce has to be slightly sour, sweet & hot. If needed you can adjust the salt & add more sauces as well.
10. Allow the sauce to cool for 1 to 2 mins.
11. Add the fried cauliflower and stir gently to coat the gobi well with the manchurian sauce.
12. Garnish gobi manchurian with spring onion greens.
13. Serve immediately as a appetizer or as a side with noodles or fried rice

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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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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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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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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KOREAN FRIED CHICKEN

For the chicken:

8 chicken breasts
1 teaspoons salt
pinch black pepper (or to taste)
1 teaspoon grated ginger
4-5 cups oil for frying about 2-inch deep (use deep, bottom heavy, medium size pot or pan)

For the wet batter option

1/2 cup all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder.
1/4 cup potato starch (or cornstarch)
3/4 cup water

For the red spicy sauce

2 tablespoons grated onion
1 tablespoon minced garlic
1 teaspoon finely grated ginger
1 tablespoon soy sauce
4 tablespoons rice wine (or mirin)
2 - 3 tablespoons hot sauce like Siracha
4 tablespoons chili sauce or ketchup
2 tablespoons gochujang
2 tablespoons corn syrup or honey
1 tablespoon sugar
1 teaspoon sesame oil

Instructions:

Step 1: Wash chicken wings, and drain thoroughly. Mix with the salt, pepper, and ginger. Let it sit in the fridge for 2 hours or longer (overnight to 24 hours).

Step 2: Mix the wet batter ingredients in a bowl, and stir well until smooth with no visible lumps.

Step 3: Add the oil to a deep fryer, wok, or large pot. Heat the oil to 320°F (up to 330°F). Drop the chicken in the oil, one piece at a time. If using wet batter, dip each piece in the wet batter with tongs and shake off excess batter before dropping the chicken in the oil. Fry them in two batches. Cook until lightly golden, about 6 minutes, depending on the size of the chicken wings. Remove them with a wire skimmer or a slotted spoon. Drain on a wire rack or in a large mesh strainer set on a bowl.

Step 4: Reheat the oil to 350°F (up to 360°F). Add the chicken (you can do this in one batch for the second frying), and deep fry again, for about 5 minutes, until golden brown. Drain on a wire rack or in a large mesh strainer set on a bowl.

Step 5: You can either toss the fried chicken pieces in the sauce or hand-brush them. Sprinkle with the optional sesame seeds or chopped scallion to serve.

RED SAUCE RECIPE: Add 1 tablespoon of cooking oil and then the onion, garlic, and ginger. Stir for a minute until fragrant. Add all other sauce ingredients, and stir well. Simmer until it thickens slightly, about 4 to 5 minutes. Turn the heat off. The sauce will get slightly thicker as it cools down.

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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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Thai Green Curry

Ingredients

1 x cup sliced chicken breast
2 tbsp Green Curry Paste
4 x lime leaves, thin sliced
1 x red chilli
3 x baby marrow, sliced cm
10 green beans, cut into thirds
3 x patty pan, quartered
1 x red onion, quartered
1/2 cup basil
2 cans coconut milk
1 tbsp fish sauce
1 tsp sugar
Coconut/sunflower oil for frying

Method

In a medium saucepan, on medium-high heat, start by adding your oil and half the curry paste till aromas are released.

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 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, chilli and lime leaves till the end)

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

Stir through sliced basil, whole chilli & finely shredded lime leaves and serve with rice.

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