

MEDJOOL DATE STICKY TOFFEE PUDDING

INGREDIENTS

Syrup Ingredients:

226.8 g medjool dates*, pitted
240 ml boiling water
75g butter , room temperature
145 g light brown sugar , firmly packed
8.5 g vanilla extract
2 large eggs , room temperature
35g molasses
210g all-purpose flour
1 heaped tsp baking powder
1tsp baking soda
Pinch of salt

METHOD

1. **Preheat** the oven to 175C. **Lightly grease** a 12-cup muffin tin or **ramekins**.
2. **Add the dates** to the bowl of a **food processor** blender and **pour boiling water** on top. Set aside for **5 minutes**.
3. Meanwhile, prepare the batter: **Cream together butter** and **brown sugar**. **Add eggs**, one at a time, beating after each addition. **Add the molasses** and **vanilla** and mix.
4. **Sift** together the **flour, baking powder and salt**, and then **stir into the batter**.
5. **Pulse the date mixture** in a food processor, then stir in **baking soda**. **Pour date mixture into batter** (no need to strain) and fold in gently to combine (**don't over-mix**).
6. Pour batter into prepared pan. **Bake for about 18 – 20** minutes or until toothpick inserted in the center comes out clean or with few crumbs. Don't overbake or cake will be dry.
7. **Serve** muffin cakes flat-side up, **with warm toffee sauce** on top.

Toffee Sauce Ingredients:

120ml heavy whipping cream
115g butter
165g light brown sugar , packed
1 Pinch salt
1 tsp vanilla extract

1. **Add cream, butter, brown sugar**, and salt to a saucepan. Cook over low heat, **stirring**, until **sugar dissolves** and sauce is smooth, and **slightly thickened about 7-10** minutes. Remove from heat and stir in vanilla.



by The Secret Joz Chef

GNOCCHI ALLA NORMA

INGREDIENTS

800g eggplant , cut into 2.5cm/1" cubes
2 tbsp extra virgin olive oil
1/2 tsp each salt and pepper
2 tbsp extra virgin olive oil
4 garlic cloves , finely minced
1/2 small onion , very finely chopped
65 ml dry white wine , anything not too sweet or woody
700g tomato passata
65 ml water
1 tsp dried oregano
1/2 tsp red chili flakes , optional (for a hint of heat)
Salt and pepper to taste

METHOD

- 1.** Preheat oven to 220°C fan. Line a tray with baking / parchment paper. Toss eggplant with oil, salt and pepper. Spread on the tray and roast for 20 minutes. Flip, then roast for a further 5 minutes. Cool on tray
- 2.** Heat oil in a very large skillet over medium heat. Add garlic, cook for 20 seconds until golden, then add onion, chili pepper and cook for 2 to 3 minutes until translucent and cooked through.
- 3.** Increase heat to medium-high and add wine, if using. Let it simmer, scraping the base of the pan to deglaze, until the wine mostly evaporates.
- 4.** Add tomato passata, dried herbs, red pepper flakes, salt and pepper. Stir and simmer 20-25 minutes.
- 5.** Stir in eggplant, then add cooked and drained gnocchi. GENTLY toss until gnocchi is coated in the sauce (so the eggplant doesn't turn into complete mush!).
- 6.** Serve immediately, garnished with a good pinch of fresh basil and parmesan.

THE
COOKERY

by The Secret Joz Chef

TRUFFLE AIOLI

TRUFFLE MAYO

INGREDIENTS

1 egg yolk room temperature

1 teaspoon Dijon mustard

1 teaspoon lemon juice

¼ teaspoon kosher salt

1 tablespoon truffle oil black truffle preferred

Up to ¾ cup neutral oil such as vegetable oil or vigorously. You are making an emulsion, and grapeseed oil

1 garlic clove minced or grated

METHOD

1. Whisk together egg yolk, dijon mustard, lemon juice, and salt in a small-medium bowl. I like to use a glass bowl so you can really see what is happening.
2. In a measuring cup with a spout, combine the truffle oil and neutral oil.
3. Very slowly, begin to drip the oil into the bowl with the egg mixture, whisking constantly and vigorously. You are making an emulsion, and emulsions are very tricky. At the beginning, you must literally add the oil drop by drop, making sure it is incorporated before adding more.
4. The mixture will thicken little by little at first, and then faster and faster. Once you have added about ¼ cup of the oil, you can speed up the rate at which you are adding the oil.
5. Continue to whisk constantly, taking a break if your arm tires. If your bowl is moving around a lot, you can try stabilizing it by placing it on top of a damp kitchen towel. After about ½ cup of oil has been added, you can speed up even more until all the oil is incorporated.
6. If the aioli is too thick, add a teaspoon of water at a time to loosen it up to what you desire.
7. Whisk in the minced garlic and let sit for at least 10 minutes, to allow the flavors to meld.

THE
COOKERY

by The Secret Joz Chef

FRESH CUSTARD

CREAMY & DREAMY

INGREDIENTS

200ml double cream
700ml whole milk
4 large egg yolks
3 tbsp cornflour
50g caster sugar
1 tsp vanilla extract

METHOD

1. Put the cream and milk into a large pan and gently bring to just below boiling point. Meanwhile, in a large bowl, whisk the yolks, cornflour, sugar and vanilla. Gradually pour the hot milk mixture onto the sugar mixture, whisking constantly.
2. Wipe out the saucepan and pour the mixture back into it. Heat gently, stirring with a wooden spoon until the custard is thickened, work quickly to ensure that no lumps form. Eat hot or cold.

THE
COOKERY

by The Secret Jozie Chef

APRICOT & PISTACHIO COUSCOUS

INGREDIENTS

1/2 cup red onion, chopped
1/4 cup lemon juice
1 300g box couscous, about 1 1/3 cups
2 tablespoons extra virgin olive oil, divided
1 teaspoon salt, plus more to taste
1/2 cup shelled raw pistachios (optional)
10 dried apricots, chopped
1/3 cup parsley, chopped
Optional 2 teaspoons harissa paste

METHOD

- 1. Soak chopped onion in lemon juice:**
Place the chopped onion in a small bowl. Pour the lemon juice over the onions, set aside and let the onions soak in the lemon juice.
- 2. Toast pistachios:** Toast the pistachios in a small pan on medium-high heat until lightly browned and fragrant. (Take care when toasting nuts, they can burn quickly if you don't pay attention!) Remove from heat and place into a small bowl to cool.
- 3. Cook the couscous:** Put 2 cups of water in a medium saucepan and bring to a boil. Add one tablespoon of olive oil and one teaspoon of salt to the water. Once the salt dissolves, stir in the couscous, turn off the heat and cover the pot. Move the pot off the hot burner and let the couscous steam, covered, for 5 to 6 minutes.
- 4. Combine ingredients to make salad:** Scoop out the couscous into a large bowl and fluff with a fork. Stir in the harissa, if using. Stir in the pistachios, chopped apricots and parsley. Stir in the red onion and lemon juice. Add one more tablespoon of olive oil, stir well and add salt to taste. Serve warm or at room temperature.

THE
COOKERY

by The Secret Joz Chef

CHICKEN CACCIATORE

THE HUNTERS CHICKEN

INGREDIENTS

4 bone in chicken thighs large (1 kg / 2 lb)

4 chicken drumsticks

1/2 tsp salt

Large pinch tsp black pepper

1 tbsp olive oil

Cacciatore:

1 onion , halved, finely sliced

2 rosemary sprigs (about 15 cm/6" long), or 1 tsp dried rosemary

2 bay leaves , preferably fresh else dried

3 garlic cloves , finely minced

3 anchovy fillets (or 1 tsp anchovy paste), optional

250g / 8 oz mushrooms , sliced

2 medium red peppers or 1 large red pepper, sliced 8 mm thick (medium, not giant)

90 g tomato paste

180 ml dry red wine

500 ml chicken stock/broth , low sodium

400g/14 oz canned crushed tomato

16 whole kalamata olives , pitted, drained

1/4 tsp cooking/kosher salt

1/4 tsp black pepper

1 tsp dried oregano

METHOD

1. Season – Spread the chicken out on a tray. Sprinkle both sides with the salt and pepper. Heat the oil over high heat in a large, deep, heavy based pan, preferably one with a lid. Place the chicken thighs in the pan, skin side down, and cook until the skin is golden brown, around 6 minutes. Turn and cook the flesh side for just 1 minute, then remove the chicken onto the same tray. Repeat until all chicken is browned. Remove onto the tray.

Step 1: Turn the heat down to medium and let the pan cool slightly. Add the onion, rosemary leaves, bay leaves and dried oregano. Cook for 3 minutes until the onion is starting to soften.

Step 2: Clear a space in the middle of the pan. Add the anchovies and garlic, cooking, mashing up the anchovies, until the garlic is light golden, then stir it into the onion.

Step 3: Turn the heat back up to high. Add the mushroom and capsicum. Stir until softened – about 5 minutes (the mushrooms will go watery then the water will evaporate). Add the tomato paste and cook for 2 minutes to cook out the sour flavour – do not shortcut this.

Step 4: Add the wine. Stir, bring to simmer then allow to reduce by around 75%. Add the stock, canned tomato, salt and pepper. Stir, bring to a simmer.

Step 5: Simmer – Then carefully place the chicken into the sauce (skin side up) and pour any juices on the tray in as well. When the liquid returns to a simmer, cover, reduce the heat to medium then simmer energetically for 20 minutes. Remove lid, add olives, simmer for a further 10 minutes (no lid). This will reduce and thicken the sauce.

Serve – Serve the chicken with plenty of sauce over mashed potato or polenta, sprinkled with parsley if desired.

THE
COOKERY

RAGU BIANCO

WHITE RAGU

INGREDIENTS

525g minced beef (not too lean)

225 gr of salsiccia

Approximately 600 ml of meat stock

3 tablespoons of extra virgin olive oil

1 large carrot or two small ones

1 - 2 ribs of celery

1 large or 2 medium onions

2 sprigs rosemary

2 bay leaves

Large pinch nutmeg

250ml dry white wine

1 1/2 tablespoon of cornstarch or cornstarch
(or flour)

salt

METHOD

1. Finely chop the onion, carrot, and celery. Heat 2–3 tablespoons of oil in a saucepan and sauté the vegetables for about 1 minute.

2. Add the minced meat and the sausage (with the casing removed). Stir briefly, then mix in the spoonful of cornstarch—this trick helps achieve a creamy white ragù.

3. Increase the heat and let the mixture cook until fragrant. Pour in the white wine and let it evaporate over high heat.

4. Add 2–3 ladles of boiling meat broth, ensuring the meat is fully covered. Then, place two whole sprigs of rosemary, bay leaves and pinch of nutmeg in the pan.

5. Cover and let it simmer over low heat for at least 40 minutes, allowing the flavors to meld.

6. In the final few minutes, remove the lid and let the ragù thicken further on the heat. The texture should be creamy, rich, and not watery.

7. Taste and adjust with salt as needed. If the sauce requires it, drizzle in another spoonful of olive oil before serving.

THE
COOKERY

by The Secret Joz Chef

WHITE BEAN & ROSEMARY CROSTINI

INGREDIENTS

4 garlic cloves
½ tbsp roughly chopped fresh rosemary
1 tbsp fresh parsley leaves
1 tbsp extra-virgin olive oil
400g tin cannellini beans, drained and rinsed
2 salad onions, sliced
30g frozen peas, defrosted
4 thick slices seeded bread

METHOD

1. Crush or whizz together 3 garlic cloves, the rosemary and the parsley with the olive oil and a splash of water using a pestle and mortar or mini food processor.
2. Cook half the garlic-rosemary paste in a non-stick frying pan for 3 minutes over a low heat. Add the beans and toss to coat thoroughly, then cook until heated through. Roughly crush the beans with a fork or potato masher, leaving some whole. Stir in the salad onions and peas.
3. Toast or grill the bread, then rub each slice with the remaining garlic clove. Spread with the bean mash, then top with a little of the remaining garlic-rosemary paste.

THE
COOKERY

by The Secret Jozie Chef

CREAMY ZUCCHINI SOUP

INGREDIENTS

1 tbsp olive oil or butter

2 garlic cloves , minced

1 large onion , chopped (brown, yellow or white)

1 kg zucchinis , cut into 1.5cm / 3/5" slices, larger ones halved

750 ml vegetable or chicken broth , preferably salt reduced

250 ml water

185 ml cream, heavy / thickened

250 ml milk , full cream milk, or more cream

Garnish:

Cream , for swirling

Finely shredded parmesan

METHOD

- 1.** Heat oil in a large pot over medium high heat. Add garlic and onions, and cook for 3 - 4 minutes until they are light golden brown.
- 2.** Add zucchinis, broth and water. Bring to a boil, then cover and reduce heat to medium. Optional: Scoop brown foam (scum) off surface every now and then.
- 3.** Cook for 15 - 20 minutes or until zucchini is very soft.
- 4.** Use a stick blender to whizz until smooth. Stir through cream and milk. Add salt and pepper to taste. Ladle into bowls, swirl over a touch of cream if desired, a pinch of shredded parmesan, and more pepper. Serve hot or at room temperature.



by The Secret Jozie Chef

FRESH POTATO GNOCCHI

LIGHT DELICATE DUMPLINGS

INGREDIENTS

1kg floury potatoes, medium
Nicola are best
2 large eggs, beaten
300g plain flour - divided,
200g + 100g
1tbsp fine salt
Pinch of nutmeg

METHOD

- 1.** Add the whole potatoes in their skins to a pot of salted boiling water. Bring back to the boil and simmer for 10- 15 minutes until just soft (will depend on the size of your potatoes). Test with a knife – the potatoes should be cooked, but not overcooked, otherwise they will be mushy and will have absorbed too much water. Hold them in a dish cloth to peel as they will be hot.
- 2.** Using a mouli/potato ricer/sieve press the potatoes into a bowl or onto a clean work surface. Make a hollow in your pile of potatoes, then pour in the egg, salt, nutmeg and sprinkle over 200g of flour. Start to blend everything with your finger tips,. Work carefully and quickly, as the more you handle the dough, the harder and bouncier it will become. You need the same lightness you would use for pastry.
- 3.** You should now have a soft dough that holds together, doesn't feel sticky and can be easily shaped. Flour the outside of it lightly to make it easier to handle.
- 4.** Divide the dough into 6 equal pieces. Roll a piece at a time into long, thumb-nail thick cylinders on a lightly floured surface, again working lightly and quickly. As you roll you will also be gently stretching the dough. Keep the surface well floured as you don't want the gnocchi to stick.
- 5.** Cut the dough into thumb-nail long lengths. To score the gnocchi use the back of a fork pressed against the gnocchi. This will help to carry the sauce that you use, it is not essential however.
- 6.** Bring a large, deep pot of salted water to the boil. Working with a few at a time, drop in the gnocchi and listen for the wonderful kissing noise they make as they go in. Let them cook for 2 minutes, during which time they will bob back up to the surface, then scoop them out with a slotted spoon. Taste - they should be soffici e leggeri (soft and light), the gnocchi equivalent of al dente.

THE
COOKERY

by The Secret Jozie Chef

MUSHROOMS IN A BRANDY SAUCE

INGREDIENTS

250g Portabelini or Wild mushrooms
1 clove garlic, finely minced
1 tbsp butter
1 tbsp olive oil
60ml marsala or sherry or brandy
1/4 tsp finely chopped red chili
1 tsp finely chopped thyme
1/2 cup cream

1 tsp black truffle paste (optional)

METHOD

- 1.** In a pan heat the olive oil, butter the garlic and chili
- 2.** Cook for 1-minute or 2 until garlic gets a touch of gold, now add the sliced mushrooms (brush and remove tough parts first)
- 3.** Cook the mushrooms for a few minutes, add a little extra olive oil if you need
- 4.** Once the mushrooms are cooked add the marsala and burn off the alcohol
- 5.** Add the cream and reduce
- 6.** Now add the parsley and stir through before serving - add the truffle if using it

THE
COOKERY

by The Secret Jozie Chef

GUCCI PAP SOFT POLENTA

INGREDIENTS

500gms polenta
2 cloves garlic
1,2 litre water
500ml full cream milk
100gms salted butter
200gms grated parmesan
Salt & Pepper for seasoning

METHOD

- 1.** Heat the milk, water and the crushed garlic until almost hot, add 1 tsp salt and some pepper. Then stir in the polenta and bring to a slow simmer (be careful it can splash)
- 2.** After 3-minutes stir in 3/4 of the milk, the butter and parmesan. Check consistency, if too thick add more milk until you have your desired consistency.
- 3.** Check seasoning again and serve warm with chicken cacciatore.

THE
COOKERY

by The Secret Jozie Chef

VEGETABLE TAGINE

SPICEY AND WARMING

INGREDIENTS

1/4 cup extra virgin olive oil, more for later
2 medium yellow onions, peeled and chopped
8–10 garlic cloves, peeled and chopped
2 large carrots, peeled and chopped
2 large russet potatoes, peeled and cubed
1 large sweet potato, peeled and cubed
Salt
1 1/2 teaspoons ras el hanout, you can increase this if you like it a little spicier
1 tsp ground coriander
1 tsp ground cinnamon
1/2 tsp ground turmeric
2 cups canned whole peeled tomatoes
1/2 cup heaping chopped dried apricot
1 litre vegetable/chicken stock
2 cups cooked chickpeas
1 lemon, juice of
Handful fresh parsley leaves

METHOD

1. In a large heavy pot or Dutch Oven, heat olive oil over medium heat until just shimmering. Add onions and increase heat to medium-high. Saute for 5 minutes, tossing regularly.
2. Add garlic and all the chopped veggies. Season with salt and spices. Toss to combine.
3. Cook for 5 to 7 minutes on medium-high heat, mixing regularly with a wooden spoon.
4. Add tomatoes, apricot and broth. Season again with just a small dash of salt.
5. Keep the heat on medium-high, and cook for 10 minutes. Then reduce heat, cover and simmer for another 20 to 25 minutes or until veggies are tender.
6. Stir in chickpeas and cook another 5 minutes on low heat.
7. Stir in lemon juice and fresh parsley. Taste and adjust seasoning, adding more salt or harissa spice blend to your liking.
8. Transfer to serving bowls and top each with a generous drizzle of Private Reserve extra virgin olive oil. Serve hot with your favorite bread, couscous, or rice. Enjoy!

THE
COOKERY

by The Secret Joz Chef

SPICEY AND WARMING CHICKEN LIVERS

INGREDIENTS

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

METHOD

1. Rinse & clean the livers, then pat dry.
2. Lightly dust the livers in the seasoned flour (1tbsp 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. Now add the tomato paste and cook for a further minute or two until the tomato paste begins to darken.
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

ZUPPA DI COZZE

MUSSEL SOUP

INGREDIENTS

3 tbs. olive oil
1 medium onion, chopped
2 stalks of celery, chopped
3-4 cloves of garlic, minced
Salt & Pepper to taste
1/2 cup dry white wine
1 cup Water
1 (14 oz.) Can Chopped Tomatoes
1,5 kg mussels, scrubbed with beards removed
1/4 cup chopped fresh parsley

METHOD

- 1.** Heat the oil in a large saucepan and saute the onion, celery and garlic until translucent.
- 2.** Add the tomatoes, salt and pepper and cook 5-10 minutes or until the sauce begins to thicken.
- 3.** Add the wine and cook an additional 10 minutes, adding as much water as needed if the sauce becomes too thick.
- 4.** Add the cleaned, drained mussels, cover, and cook until the shells open, which should be about 5 additional minutes.
- 5.** Add the parsley just before serving.
- 6.** You can serve this dish on grilled garlic bread, spooning the juices over the bread in a shallow bowl, or serve with a good crusty bread on the side.

THE
COOKERY

by The Secret Jozi Chef

STEAK AU POIVRE

STEAK WITH BLACK PEPPER

INGREDIENTS

4 fillet steaks, 180gms each and no more than 4cm thick

Coarse salt

2 tablespoons whole peppercorns

1 tablespoon unsalted butter

1 teaspoon olive oil

1/3 cup Cognac, plus 1 teaspoon

1 cup heavy cream

METHOD

1. Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking.

Sprinkle all sides with salt.

2. Coarsely crush the peppercorns with a mortar and pestle, the bottom of a cast iron skillet, or using a mallet and pie pan. Spread the peppercorns evenly onto a plate. Press the fillets, on both sides, into the pepper until it coats the surface. Set aside.

3. In a medium skillet over medium heat, melt the butter and olive oil. As soon as the butter and oil begin to turn golden and smoke, gently place the steaks in the pan. For medium-rare, cook for 4 minutes on each side. Once done, remove the steaks to a plate, tent with foil and set aside. Pour off the excess fat but do not wipe or scrape the pan clean.

4. Off of the heat, add 1/3 cup Cognac to the pan and carefully ignite the alcohol with a long match or firestick. Gently shake pan until the flames die. Return the pan to medium heat and add the cream. Bring the mixture to a boil and whisk until the sauce coats the back of a spoon, approximately 5 to 6 minutes. Add the teaspoon of Cognac and season, to taste, with salt. Add the steaks back to the pan, spoon the sauce over, and serve.

THE
COOKERY

by The Secret Jozi Chef

LAMB MOUSSAKA

LAMB & AUBERGINE BAKE

INGREDIENTS

2 large eggplant
Olive oil
1 tablespoon olive oil
1 medium brown onion, finely chopped
2 garlic cloves, crushed
800g lamb mince
420g can crushed tomatoes
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/3 cup grated mozzarella
Lemon wedges, to serve

WHITE SAUCE

75g butter
1/3 cup plain flour
2 cups milk

METHOD

1. Spray or brush eggplant with oil. Heat a large frying pan over medium-high heat. Cook eggplant, in batches, for 2 to 3 minutes each side or until browned. Transfer to a large plate.
2. Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 5 minutes or until onion has softened.
3. Add mince. Cook, stirring with a wooden spoon to break up mince, for 6 to 8 minutes or until browned. Add tomatoes, cinnamon and allspice. Bring to the boil. Reduce heat to medium-low. Simmer for 30 minutes or until sauce is thick and liquid has evaporated.
4. Meanwhile, make sauce Melt butter in a saucepan over medium-high heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Gradually stir in milk. Bring to the boil. Reduce heat to medium. Cook, stirring, for 5 minutes or until mixture has thickened. Remove from heat.
5. Preheat oven to 180°C/160°C fan-forced. Grease an 8 cup-capacity ovenproof dish. Place one-third of the eggplant, slightly overlapping, over base of prepared dish. Spread half the meat sauce over eggplant. Repeat layers, ending with eggplant. Spread white sauce over eggplant. Sprinkle with cheese.
6. Bake for 45 minutes or until golden. Stand 15 minutes. Serve with lemon wedges.

THE
COOKERY

by The Secret Jozi Chef

BACON WRAPPED PORK FILLET WITH APPLE STUFFING

INGREDIENTS

2 tablespoons olive oil

1 medium apple, peeled and cut into small dice (about 1 cup)

1/4 medium yellow onion, finely chopped (about 1/3 cup)

1 tablespoon chopped fresh rosemary

1 tablespoon chopped fresh thyme

1 to 2 thick slices bread (enough to make 1/2 cup coarse breadcrumbs)

1 tablespoon Dijon mustard

1/8 teaspoon salt, plus more to taste

1/8 teaspoon pepper, plus more to taste

1 pork fillet (650gms)

8 to 10 strips bacon (about 360gms), cut in half

INSTRUCTIONS

Step 1: Heat the oven to 220C. In a pan over medium heat, heat the oil. Add the apple, onion, rosemary, and thyme, and cook for 7 to 9 minutes, or until softened. Meanwhile, pulse the bread slices in a food processor until you make coarse crumbs. You should have about 1/2 cup of breadcrumbs.

Step 2: Remove the pan with the onions and apples from the heat, and stir in the breadcrumbs, mustard, salt, and pepper. Set aside to cool briefly.

Step 3: Cut a deep lengthwise slit down the center of the tenderloin, stopping about 1.5cm from the bottom of the roast. Open it up like a book. Cover with a piece of plastic wrap, and with a mallet or rolling pin, gently pound it until it is of an even thickness.

Step 4: Spread the stuffing in a line along the center of the meat. Bring the edges of the meat together to return it to its original shape. Secure with toothpicks.

Step 5: Lay out the bacon slices on a cutting board, overlapping them slightly. Place the tenderloin on top with the toothpicks facing up. Removing the toothpicks as you work, wrap the bacon slices around the pork to form a log. Place the tenderloin, bacon seam side down, on the baking sheet.

Step 6: Roast for 20 to 25 minutes. If the roast is ready before the bacon browns, place the tenderloin under the broiler for 3 to 5 minutes to brown the bacon.

Step 7: Let the tenderloin rest for 10 minutes before cutting into slices:

Step 8: Serve with the pan juices spooned over top if desired.

THE
COOKERY

by The Secret Jozi Chef

APPLE & PEAR CRUMBLE

INGREDIENTS

500g apple peeled, cored and cut into large chunks
1 lemon zested
1/2 lemon juiced
2 tbsp light muscovado sugar
500g pear peeled, cored and cut into large chunks

For the crumble topping

100g pack walnut
175g plain cake flour
85g butter, diced
85g caster or light muscovado sugar

METHOD

1. Heat oven to 190C/fan 170C/gas 5. Put the chopped apples, lemon zest, and sugar in a saucepan. Add the lemon juice and cook for 3-4 mins. Tip in the pears and cook 2-3 mins more, until the fruits are just beginning to soften. Spoon the fruits and juices into a 1.7 litre pudding dish and flatten slightly.
2. For the crumble, finely chop half the walnuts in a food processor until reduced to the consistency of ground almonds. Add the flour, butter and sugar and continue to blitz to a coarse or fine crumble mix, whichever you prefer.
3. Roughly break the remaining walnuts with your fingers and stir into the crumble. Scatter the crumble mix on top of the fruits and bake for 20-25 mins until golden brown. Serve warm with cream or custard.

THE
COOKERY

by The Secret Jozie Chef

PANCETTA & GRUYERE QUICHE

INGREDIENTS

For the pastry

175g plain flour

100g cold butter, cut into pieces

1 egg yolk

METHOD

Step 1:

For the pastry, put the flour, butter, egg yolk and 4 tsp cold water into a food processor. Using the pulse button, process until the mix binds. Tip the pastry onto a lightly floured surface, gather into a smooth ball, then roll out as thinly as you can. Line a 23 x 2.5cm loose-bottomed, fluted flan tin, easing the pastry into the base. Trim the pastry edges with scissors (save any trimmings) so it sits slightly above the tin (if it shrinks, it shouldn't now go below the level of the tin). Press the pastry into the flutes, lightly prick the base with a fork, then chill for 10 mins. Put a baking sheet in the oven and heat oven to 200C/fan 180C/gas 6.1

Step 2

Line pastry case with foil, shiny side down, fill with dry beans and bake on the hot sheet for 15 mins. Remove foil and beans and bake for 4-5 mins more until the pastry is pale golden. If you notice any small holes or cracks, patch up with pastry trimmings. You can make up to this point a day ahead.

While the pastry cooks, prepare the filling.

INGREDIENTS

For the filling

200g pack lardon, unsmoked or smoked

50g Gruyère

200ml carton crème fraîche

200ml double cream

3 eggs well beaten

pinch ground nutmeg

METHOD

Heat a small frying pan, tip in the lardons and fry for a couple of mins. Drain off any liquid that comes out, then continue cooking until the lardons just start to colour, but aren't crisp. Remove and drain on paper towels. Cut three quarters of the cheese into small dice and finely grate the rest. Scatter the diced cheese and fried lardons over the bottom of the pastry case.

Step 4

Using a spoon, beat the crème fraîche to slacken it then slowly beat in the double cream. Mix in the beaten eggs. Season (you shouldn't need much salt) and add nutmeg. Pour three-quarters of the filling into the pastry case.

Step 5

Half-pull the oven shelf out and put the flan tin on the baking sheet. Quickly pour the rest of the filling into the pastry case – you get it right to the top this way. Scatter the grated cheese over the top, then carefully push the shelf back into the oven. Lower the oven to 190C/fan 170C/gas 5. Bake for about 25 mins, or until golden and softly set (the centre should not feel too firm). Let the quiche settle for 4-5 mins, then remove from the tin. Serve freshly baked, although it's also good cold.

THE
COOKERY

by The Secret Jozie Chef

TENDERSTEM BROCOLLI WITH CITRUS & ALMONDS

300gms tender stem broccoli
1 orange
1/4 cup olive oil
3 cloves garlic
1/4 tsp. crushed red pepper flakes
1/4 cup flaked almonds
salt

INSTRUCTIONS

1. Fill a large saucepan with 1 inch water and fit with a steamer basket (or fill a large pot with 1/2 inch water). Bring to a simmer. Place the broccoli in the steamer basket or saucepan (if using broccoli, cut into large florets), cover, and steam until just tender, 3 to 5 minutes. Transfer to a platter.
2. Meanwhile, using a vegetable peeler, remove 3 strips of orange zest; thinly slice the zest.
3. In a small saucepan, heat the oil, garlic, and red pepper over low heat until the garlic is just golden, 4 to 6 minutes. Transfer to a small bowl.
4. Squeeze 2 tablespoons orange juice into the bowl. Add the zest and 1/2 teaspoon salt and stir to combine. Spoon over the broccoli.

THE
COOKERY

by The Secret Joz Chef

GREEN BEANS & TOMATOES

300g ripe fresh tomatoes
500g fine green beans
2 garlic cloves
2 tbsp fresh basil leaves
Extra virgin olive oil as needed
300g ripe fresh tomatoes

INSTRUCTIONS

- 1.** Skin the tomatoes and cut in half removing the seeds and juice.
- 2.** Trim the stalk end from the green beans, peel and finely slice the garlic.
- 3.** Heat 2 tbsp olive oil in a thick bottomed pan, and lightly brown the garlic. Add the tomatoes, season, cover and cook for 15-minutes on a medium heat.
- 4.** Boil the beans in well salted water until just soft about 7-10 minutes. Drain then stir into the tomato sauce.
- 5.** Season with salt & pepper, drizzle with olive oil and the roughly torn basil leaves and serve.

THE
COOKERY

by The Secret Jozie Chef

PEAR & WALNUT SALAD

SALAD

200g mixed lettuce (arugula, romaine, etc.)
1 ripe pear - unpeeled, cored, sliced
55g walnuts, roughly chopped
55g Pecorino Romano cheese, shaved

Vinaigrette

2 tablespoon white wine vinegar
1/2 teaspoon mustard
1/2 tsp finely minced garlic
6 tablespoons olive oil

INSTRUCTIONS

1. To make the vinaigrette, combine, vinegar, mustard and garlic. Whisk till well combined. While whisking constantly, slowly pour in a steady stream of the olive oil.
2. Prepare the remaining ingredients, toss the vinaigrette with them and serve.

THE
COOKERY

by The Secret Jozi Chef