

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.

THE
COOKERY

by The Secret Jozi Chef

PRAWN TOM YUM

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

Step 1

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.

Step 2

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

Step 3

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

Step 4

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.

Step 5

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.

THE
COOKERY

by The Secret Jozi Chef

Panaeng Curry Paste

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

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

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

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretjozichef

Thai Panaeng Pork Curry

Ingredients

400gms sliced pork steak
2 tbsp Panaeng Curry Paste
8 lime leaves, shredded
1 red chilli
3 x baby marrow, sliced 2cm
3 x patty pan, quartered
A handful of broccoli florets
400ml coconut milk
200ml coconut cream
1/2 cup shredded basil
1 tbsp fish sauce
1 tsp peanut butter
1 tsp sugar
Coconut/sunflower oil for frying
1 tbsp Roasted, chopped peanuts for serving

Method

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

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

Remove the pork once browned and set aside.

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

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

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

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

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

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.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

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.

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

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretjozichef

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

THE
COOKERY

by The Secret Jozi Chef

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

www.facebook.com/secretjozichef

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.

**THE
COOKERY**

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

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

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

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.

www.facebook.com/secretjozichef

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.

THE
COOKERY

by The Secret Jozie Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024. www.facebook.com/secretjozichef

www.facebook.com/secretjozichef

Sesame Udon noodles

Ingredients

2 cloves garlic, minced
1 tablespoon minced fresh ginger root
1/4 cup soy sauce
3 tablespoons rice vinegar
1/4 cup peanut oil
3 tablespoons sesame oil
1 dash hot pepper sauce
1/2 green bell pepper, julienned
1/2 red bell pepper, julienned
1/2 yellow bell pepper, julienned
4 green onions, minced
2 cups diagonally sliced snap peas
2 tablespoons sesame seeds, toasted
1 (7 ounce) package fresh udon noodles

Method

Step 1

In a bowl combine the garlic, ginger, soy sauce, rice vinegar, peanut oil, sesame oil and hot pepper sauce. Whisk well until well blended. Set aside to let the flavors blend.

Step 2

Bring a large pot of water to a boil. Add udon noodles, and cook until tender, about 3 minutes. Drain, and place in a serving bowl.

Step 3

In a wok or heavybased frying pan, add a little oil, and then saute the green, red, and yellow peppers with green onion and peas. Fry until they begin to collapse. Add to the noodles to the pan and toss to coat.

Step 4

Now pour the dressing over all. Toss to coat everything in dressing, remove from the heat, and then sprinkle toasted sesame seeds over the top.

THE
COOKERY

by The Secret Jozie Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024. www.facebook.com/secretjozichef

www.facebook.com/secretjozichef

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.

THE
COOKERY

by The Secret Jozie Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024. www.facebook.com/secretjozichef

www.facebook.com/secretjozichef

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.

THE
COOKERY

by The Secret Jozie Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024. www.facebook.com/secretjozichef
www.facebook.com/secretjozichef

SWEET CHILI SAUCE

INGREDIENTS

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

METHOD

Step 1

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

Step 2

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

Step 3

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

THE
COOKERY

by The Secret Jozi Chef

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.

**THE
COOKERY**

by The Secret Jozi Chef

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.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

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.



by The Secret Jozi Chef

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

www.facebook.com/secretjozichef

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!

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

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.

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Thai Chicken with a Red Peanut Sauce

Ingredients

For the Chicken

1/4 cup soy sauce (use gluten-free if needed)
3 tablespoons dark brown sugar, packed
Zest of one lime
2 tablespoons vegetable oil
3 garlic cloves, minced
1 tablespoon curry powder
1/2 teaspoon ground ginger
1/4 teaspoon ground cardamom
1/2 teaspoon salt
2-1/2 - 3 pounds boneless, skinless chicken breasts

For the Coconut-Peanut Sauce

1 (13-oz) can coconut milk (do not use low fat)
1/4 cup peanut butter
1/3 cup dark brown sugar, packed
1-1/2 tablespoons soy sauce (use gluten-free if needed)
1 tablespoon red curry paste
3 tablespoons fresh lime juice, from 2 limes

For Serving

1 lime, cut into wedges (optional)

Method

Step 1

Cut the thighs into medium sized chunks and set aside.

Step 2

Make the marinade by combining the soy sauce, dark brown sugar, lime zest, vegetable oil, garlic, curry powder, ginger, cardamom and salt in a large bowl. Add the chicken pieces to the bowl and mix until chicken is evenly coated. Cover the bowl with plastic wrap and marinate in the refrigerator for at least 4 hours or overnight.

Step 3

Make the sauce by whisking together the coconut milk, peanut butter, brown sugar, soy sauce and red curry paste in a medium saucepan. Bring to a simmer, then cook over medium heat, stirring occasionally, for about 3 minutes. Add the fresh lime juice. Set aside.

Step 4

Preheat the grill to high heat. Meanwhile, thread the chicken pieces onto skewers. Grease the grill. Place the skewers on the grill and cook for about 10 minutes, turning once, or until the chicken is cooked through. Serve the chicken skewers with the Coconut-Peanut Sauce and lime wedges, if desired.



by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

Thai Tea Cake with Condensed Milk Custard Sauce Recipe

INGREDIENTS

1 1/4 whole milk, room temperature
1 ceylon tea bag
1 small cinnamon stick
1 star anise / 1 tsp of anise seeds
6 cardamom pods
1/2 tsp turmeric
1 tsp vanilla extra
113g butter, softened
1 1/2 cups granulated sugar
3 large eggs, room temperature
281g all-purpose flour
1/2 teaspoon salt
2 teaspoons baking powder

For the custard

6 large egg yolks
3/4 cup milk
1 can condensed milk
1 tsp vanilla extract

INGREDIENTS

STEP 1: Separate 1 1/4 cups of milk and place in a small saucepan over low heat. To this add 1 ceylon tea bag, 1 stick cinnamon, 6 cardamom pods, 1 star anise and a 1/2 tsp of turmeric. As soon as you see small bubbles around the edge of the pot, switch off the heat and allow the tea to infuse for 10 minutes, stirring occasionally, until the liquid is cool. To this add 1tsp of vanilla extra.
STEP 2: Grease 25cm springform pan , and line it with a piece of parchment paper; set aside. Preheat oven to 180° .
STEP 3: In a medium bowl stir together flour, salt, and baking powder; set aside. In a large mixing bowl beat butter with an electric mixer on medium speed until fluffy, about 30 seconds. Add sugar, 1/4 cup at a time, and continue to beat until the mixture is well combined, scraping down the sides of the bowl as needed.
STEP 4: Add eggs to the butter mixture, one at a time, beating after each addition, about 1 minute total.
STEP 5: Strain cooled tea-infused milk through a fine mesh strainer. With a rubber spatula, alternately fold in flour mixture and tea-infused milk to butter mixture. Once the batter is well combined, spread it into the prepared pan, and bake until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Remove the cake from the oven and let it cool in the pan.

STEP 1: Meanwhile, make the custard sauce by putting 3/4 milk and condensed milk in a heavy-bottomed pot or sauce pan over medium-low heat, whisking to combine.

STEP 2: Place egg yolks in a medium mixing bowl and whisk until smooth.

STEP 3: Once the condensed milk mixture starts to boil, immediately remove the pot from heat. With one hand, slowly pour the hot milk into the yolks in thin stream. With the other hand, whisk the mixture vigorously making sure everything is well blended.

STEP 4: Pour the egg mixture back into the empty milk pot and put it on low heat, whisking constantly. In less than a minute, the custard sauce will thicken up. Take the pot off the heat, strain the custard through a fine-mesh strainer into a serving container, preferable one with a spout; keep covered and warm. (You should end up with approximately 2 1/2 cups of sauce.)

THE
COOKERY

by The Secret Jozie Chef

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

www.facebook.com/secretjozichef

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.

THE
COOKERY

by The Secret Jozi Chef