

# Chocolatōn

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## Ingredients

6 eggs (separate whites and yolks)  
350gms semi-sweet chocolate chips  
226gms butter  
3/4 cup sugar  
1 tsp. Vanilla

## Method

Step 1

Melt the butter and chocolate chips together. This can be done on top of the stove in a double boiler, or in a microwave oven for about 1 1/2 minutes.

Step 2

Stir the melted chocolate and melted butter together until smooth.

Step 3

Whip the egg whites into a fluffy meringue.

Step 4

When the meringue starts to peak, add the sugar, bit by bit.

Step 5

Fold in the egg yolks.

Step 6

Add the (warm) chocolate mixture and the vanilla to the meringue.

Step 7

Gently blend together until it is completely mixed.

Step 8

Pour into a serving bowl or individual cups.

Step 9

Chill for at least an hour before serving.

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by The Secret Jozi Chef

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

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# Picadillo Cubano

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## Ingredients

3 Tbsp olive oil  
1 small onion, diced  
 $\frac{1}{2}$  green bell pepper, diced  
2 cloves fresh garlic, pressed  
750gms beef mince  
1 tsp. Salt  
 $\frac{1}{2}$  tsp. Pepper  
1 can (8 oz) tomato sauce  
1 small can tomato paste  
 $\frac{1}{4}$  cup dry white wine  
4 Tbsp. Pimiento-stuffed green olives, sliced  
 $\frac{1}{4}$  cup of dark raisins  
 $\frac{1}{2}$  tsp. Cumin  
 $\frac{1}{2}$  tsp. Oregano

## Directions

### Step 1

Heat the olive oil in a large skillet over medium heat. Saute the onion, green pepper and garlic until the onion is translucent.

### Step 2:

Add the ground beef and brown over medium heat.

### Step 3:

Add the rest of the ingredients and continue cooking until meat is tender and completely cooked through.  
About 25 minutes.

### Step 4:

Serve over white rice and tostones.

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# Chimichurri Marinade

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## Ingredients

30g flat leaf parsley  
5 large cloves garlic  
1 tsp dry oregano  
150ml olive oil  
1/2 tsp dry chili flakes  
35ml red wine vinegar  
1 tsp sea salt  
1 tsp freshly ground black pepper

## Directions

### Step 1:

Bring a small pan of water to the boil and have an ice bath ready. Blanch the parsley for 1 minute, then drain immediately and plunge into icy water. Drain and pat dry

### Step 2:

Place all the ingredients into a food processor and pulse. Serve immediately or refrigerate in a sealed container for 3-4 days

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# Vegetable Moqueca

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## Ingredients

4 tbsp olive oil  
2 white onions, chopped  
2 yellow peppers, deseeded and thinly sliced  
2 red peppers, deseeded and thinly sliced  
8 spring onions, trimmed and finely chopped  
6 cloves of garlic, finely chopped  
4 tsp sweet paprika  
1 - 1 1/2 chili powder  
800ml coconut milk  
200ml vegetable stock  
4 large tomatoes, deseeded and chopped  
4 tbsp tomato puree  
1 cup pumpkin, cut into 1.5cm chunks  
6 small courgette's, cut into 1.5cm chunks  
6 pattipan cut into quarters  
1 cup mushrooms, cut into quarters  
Juice of 2 lime  
Handful of fresh coriander  
Sea salt and black pepper

## Method

### Step 1:

Heat the oil in a frying pan over medium high heat, add onions and peppers and fry till softened (4-6 minutes)

### Step 2:

Add the spring onion, garlic, paprika and chili powder and cook for another minute

### Step 3:

Now add the chopped tomato and tomato puree, bring to a simmer and cook uncovered for 5 minutes, add a little of the stock when needed. Once the tomatoes have collapsed add the coconut milk, and remaining vegetable stock, Season with salt and pepper

### Step 4:

Add the pumpkin and cook for 15 minutes until almost tender before adding courgette's, pattipans and mushrooms - simmer for another 4-5 minutes until just tender.

### Step 5

Add the lime juice then taste and adjust seasoning. Remove from heat and add coriander. Serve with coconut rice

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# Coconut Ice Cream

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## Ingredients

2 cups milk  
2 cups heavy cream  
2 cups coconut milk  
1 cup coconut flakes, toasted  
8 egg yolks  
1 1/2 cups sugar  
Pinch salt

## Method

### Step 1

Bring milk, heavy cream, coconut milk, and coconut flakes to simmer in heavy saucepan for a few minutes. Allow to steep for 10 minutes.

### Step 2

Whisk the egg yolks, sugar, and salt together, long enough to dissolve the sugar.

### Step 3

Temper hot liquid into egg mixture. Return all back into saucepan over low heat, stirring all the while, until mixture starts to thicken. Strain through a chinois. Chill immediately over ice bath.

### Step 4

Churn in a standard ice cream machine.



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# Spicey Malagueta Chicken

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## Ingredients

500g boneless, skinless chicken thighs  
5 tbsp Spicy Malagueta Marinade  
1 large red pepper, deseeded and cut into 2-3cm thick strips

## Honey Mustard Glaze

2 tbsp honey  
1 tbsp cider vinegar  
1 tsp Dijon Mustard mixed well  
Salt and black pepper

## Method

### Step 1:

Place chicken thighs into a bowl. Add the Spicy Malagueta marinade and toss to coat evenly. Allow chicken to marinade for as long as possible (best overnight)

### Step 2:

Preheat grill to medium. Thread chicken thighs and red peppers alternately onto skewers. Season with salt and pepper and cook for 10-15 minutes, turning occasionally.

### Step 3:

Baste with honey glaze and return to heat for a few minutes until golden brown and just cooked through.

### Step 4:

Remove from heat, let stand for a few minutes then arrange on a serving plate

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# Spicy Malagueta Marinade

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## Ingredients

70g small red chillies  
5 garlic cloves, lightly crushed  
70ml olive oil  
2 tbsp red wine vinegar  
2 1/2 tsp tomato puree  
2 1/2 tsp caster sugar  
1/2 tsp dry chilli powder  
1 heaped tbsp sweet paprika  
2 tsp fine salt  
Pinch dry oregano

## Directions

### Step 1:

Preheat oven to 180. Split chilies lengthways and place them in a small pan or roasting tray, roasting tray with the garlic and olive oil. Roast for 10 minutes or cook over low heat for 10-minutes to not allow the garlic to brown

### Step 2:

Leave to cool for a few minutes, then transfer to a food processor. Add the remaining ingredients for the marinade and blend till smooth (if using a mortar and pestle start by crushing the roasted chili and garlic with the salt, before adding the balance of dry spices, alternating with the wet.

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# Spicey Mexican Ceviche

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## Ingredients

450gms fresh, skinless snapper, bass, halibut, or other ocean fish fillets, cut into 1/2-inch dice  
1 1/2 cups fresh lime juice  
1 medium white onion, chopped into 1/2-inch pieces  
2 medium-large tomatoes (about 1 pound), chopped into 1/2-inch pieces  
Fresh hot green chiles (2 to 3 serranos or 1 to 2 jalapeños), stemmed, seeded and finely chopped  
1/3 cup chopped cilantro, plus a few leaves for garnish  
1/3 cup chopped pitted green olives (manzanillos for a typical Mexican flavor)  
1 to 2 tablespoons extra-virgin olive oil (optional)  
Salt  
3 tablespoons fresh orange juice or 1/2 teaspoon sugar  
1 large or 2 small ripe avocados, peeled, pitted and diced  
Tostadas, tortilla chips or crostini for serving

## Instructions

### Step 1:

In a large stainless steel bowl, combine the fish, lime juice and onion. Use enough juice to cover the fish and allow it to float freely; too little juice means unevenly "cooked" fish.

### Step 2:

Cover and refrigerate for about 4 hours, until a cube of fish no longer looks raw when broken open. Drain in a colander.

### Step 3:

In a large bowl, mix together the tomatoes, green chiles, cilantro, olives and optional olive oil. Stir in the fish and season with salt, usually about 1/2 teaspoon. Add the sugar. Cover and refrigerate if not serving immediately. Just before serving, gently stir in the diced avocado.



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# Beef Nachos with Pico di gallo salsa

A mix of authentic Mexican with a little US influence

## Ingredients

### Pico di gallo salsa

4 vine ripe tomatoes, seeded and chopped  
1 jalapeno pepper, seeded and finely chopped, for medium to hot heat level  
1 small red onion, chopped  
1/4 cup, 2 handfuls, cilantro leaves, finely chopped -- substitute parsley if cilantro is not to your liking

### Beef Topping

1 tablespoon extra-virgin olive oil  
1 pound ground sirloin  
2 cloves garlic, chopped  
1 small onion, chopped  
1 jalapeno pepper, seeded and chopped  
1 teaspoon salt  
1 1/2 teaspoons dark chili powder  
1 1/2 teaspoons ground cumin, half a palmful  
2 teaspoons to 1 tablespoon cayenne pepper sauce, giving you medium to hot heat level  
1 can black beans, 15 ounces, drained

### Cheese Sauce:

2 tablespoons butter  
2 tablespoons all-purpose flour  
2 cups milk  
300gms gouda, shredded, about 2 1/2 cups

## Directions

### Step 1:

Arrange a mixture of 2 varieties of corn chips on a very large platter or use your broiler pan as a platter.

### Step 2:

Combine salsa ingredients in a bowl and set aside for flavors to marry.

### Step 3:

Heat a medium nonstick skillet over medium high heat. Add oil, garlic, onion and peppers to the pan and saute 2 minutes, then add meat and crumble with wooden spoon. Season meat with salt, chili powder, cumin and cayenne pepper sauce. Cook meat 5 minutes, then stir in beans and reduce heat to low.

### Step 4:

In a medium sauce pot, melt butter and add flour to it. Cook flour and butter 1 to 2 minutes over moderate heat, then whisk in milk. When milk comes to a bubble, stir in cheese with a wooden spoon. Remove cheese sauce from the heat.

### Step 5:

Pour cheese sauce evenly over the massive spread of chips and top evenly with beef and beans and the pico de gallo. UBER NACHOS! Serve immediately as is or, garnish with your choice of extra toppings from the toppings list.

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# Esquites (Charred Corn Salad)

## Ingredients

4 cups corn (about 5 ears)  
1 tbsp olive oil  
1/2 red bell pepper chopped  
1/2 small red onion finely chopped  
1/2 cup fresh cilantro chopped  
6 spring onions chopped  
1 jalapeno pepper diced  
1/2 avocado chopped  
4 tbsp lime juice (from about 2 limes)  
1/2 tsp cumin ground  
1/2 tsp smoked paprika  
1/4 tsp black pepper ground  
1/4 tsp salt  
2 tbsp sour cream (or yogurt)  
2 tbsp mayonnaise  
1/2 cup feta, crumbled

## Instructions

### Step 1

Start by charring the corn over a hot braai or in a very hot griddle pan. Allow to cool until it can be handled, then cut the corn off the cob and set aside in a large bowl.

(You can also use canned corn or frozen corn. If using frozen, no need to thaw it out. You will need to char it in a very hot dry pan)

### Step 2

Transfer the corn to a large bowl and let it cool for a couple minutes.

### Step 3

To the same bowl, add the remaining ingredients. Stir everything together (excluding the diced avocado) until well combined. Now add the avocado, mix gently, taste and then adjust lime juice and salt and pepper as necessary.

### Step 4

To serve garnish with additional cheese and cilantro, if preferred.



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# Churros

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## Ingredients

250ml water  
1 tbsp granulated sugar  
2.5ml salt  
175gms cake flour  
1 large egg, beaten

Oil for deep frying

## Directions

### Step 1:

Bring the water, salt and sugar to the boil. Remove from the heat and beat in the flour until you have a smooth paste. Now add the well beaten egg and mix until the mixture is smooth and satiny.

### Step 2:

Spoon the mixture into a piping bag with a large star nozzle fitted.

### Step 3:

Heat the oil in a frying pan or saucepan, the oil should be deep enough that the churros can float. Pipe 7cm strips of the batter into the hot oil a few at a time, cook for 3-4 minutes or until golden brown.

### Step 4:

Drain the churros on kitchen towel before dusting with a mixture of caster sugar and fresh ground cinnamon.

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# Bahian Coconut Rice

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## Ingredients:

250gms basmati rice  
1tbsp olive oil  
1 medium onion, finely chopped  
1 1/2 tsp sea salt  
50gms grated fresh coconut  
200ml coconut milk

## Directions:

### Step 1:

Put the rice in a sieve and wash under cold water until the water runs clear. Leave to drain for a few minutes

### Step 2:

Heat the oil in a sauce pan over a medium heat. Add the onion and cook gently for about 8-minutes, until softened. Add the salt and grated coconut now. Pour in the coconut milk and 200ml water and stir again.

### Step 3:

Bring to the boil, reduce the heat to low and cover the pan. Simmer for 10-minutes until most of the liquid has been absorbed.

### Step 4:

Remove from the heat and leave to steam covered for about 10-minutes.

### Step 5:

Garnish with some fresh coriander and serve the rice warm



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# Mexican Coleslaw with a cumin & lime dressing

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## Ingredients

4 cups shredded cabbage mix , (a mix of red and green cabbage / shredded carrots)  
1 red pepper , medium sized

Dressing:

½ cup chopped cilantro  
½ cup chopped red onion  
½ cup red wine vinegar , or vinegar of choice  
¼ cup olive oil,  
2 tablespoons lime juice , about one lime  
1 tablespoon cumin  
1/2 teaspoon sea salt  
A few tbsp vegetable stock to thin out dressing if needed , up to a1/4 cup

## Directions

Step 1:

Place all dressing ingredients in a mixing bowl or container and whisk or shake well. After mixing, allow dressing to sit while prepping the rest of the salad so that the flavors can combine. You can also do this the day before.

Step 2:

Thinly slice the red pepper, cabbage, red green cabbage, and place in a large mixing bowl.

Step 3:

Combine dressing and coleslaw, toss well to coat all the ingredients and serve.

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# Mousse de Maracuya

## Ingredients

400ml passion fruit pulp (100% pulp)  
1 small can cream  
1 can condensed milk  
450ml heavy whipping cream

## Method

### Step 1:

Remove the fruit required to make up 400ml pulp and add it to the jug of blender.

### Step 2:

Whip heavy cream. I use an electric hand held mixer. Whip until peaks of the cream stay firm and don't lose their shape. Set it aside. Do not overwhip the cream.

### Step 3:

Blend the passion fruit pulp, cream and condensed milk.

### Step 4:

Pour the blended mix into the bowl where you whipped the cream. Make sure you have a big enough mixing bowl.

### Step 5:

Fold the blended mix into the whipped cream. Pour onto serving cups. You can add crumbled cookies in the bottom if desired. Refrigerate for at least 2 hours.

### Step 6:

Serve with fresh passion fruit, raspberries, whipped cream and optional other toppings according to taste.



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# Feijao - Black Beans

## Ingredients

2 tbsp olive oil  
1 large onion, finely chopped  
1 garlic clove, finely chopped  
1 small carrot, finely diced  
1 celery stick, finely diced  
1/2 tsp ground cumin  
1 tsp paprika  
1 1/2 tbsp tomato paste  
800gms canned black beans  
1 vegetable stock cube  
Few sprigs of thyme

## Directions

Step 1:

Heat the oil in a large saucepan, add the chopped vegetables and cook over a medium-low heat, until softened, about 8-10 minutes

Step 2:

Stir in the spices and thyme, and cook for a further 2-3 minutes.

Step 3:

Add the tomato puree and the drained black beans, the stock cube and 150ml water.

Step 4:

Bring to a simmer for about 10-12 minutes until slightly thickened

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# Chili Sin Carne

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## Ingredients

1 onions, finely chopped  
2 cloves garlic, minced  
1/2 dried chili peppers, minced  
1 green peppers, diced  
2 tbsp canola oil  
1 2/3 cup canned tomatoes (diced)  
2 tbsp tomato paste  
ground pepper to taste [optional]  
1 tsp ground cumin  
2 tbsp brown sugar  
1/2 cup vegetable broth, low-sodium  
2 tbsp water, if necessary  
3 cups beans/lentils/legumes (canned)  
1 pinch salt [optional]  
1 tbsp fresh cilantro, chopped [optional]  
1 limes [optional]

## Directions

### Step 1:

Prepare the vegetables. Finely chop the onion, mince the garlic and chili pepper, and finely dice the bell pepper.

### Step 2:

Heat the oil in a skillet or a pan over medium heat. Cook the onion and garlic about 3 min until the onion is soft and translucent, with occasional stirring, paying attention not to let them burn.

### Step 3:

Add the diced tomatoes, tomato paste, diced bell pepper, minced chili pepper, cumin, and brown sugar. Pour in the warm broth. Cover and cook 15 min, checking occasionally that the mixture stays moist. Add water if necessary.

### Step 4:

Drain the legumes, rinse them and drain again. Add them to the pan, mix well, and cook an additional 20 min. Add salt and pepper to taste. Sprinkle with freshly chopped cilantro leaves, garnish with lime wedges, then serve.



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# CORIANDER & LIME CHOPPED SALAD

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## INGREDIENTS

1 head of lettuce washed and leaves cut or torn into large pieces  
2 tomatoes sliced or quartered  
 $\frac{1}{2}$  red onion thinly sliced  
1 avocado sliced or diced  
1 tbs finely chopped cilantro  
Juice of 2 limes  
2 tbs olive oil  
Salt and pepper to taste

## METHOD

Step 1:  
Prepare the dressing by mixing the chopped cilantro, lemon juice, oil, salt and pepper. Set aside.  
Step 2:  
Put the lettuce, tomatoes, onion and avocado in a salad bowl.  
Step 3:  
Add the dressing to the salad and toss well.

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# Pao de Queijo

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## Ingredients

1 cup grated Parmesan cheese  
1 10oz round of Queso Fresco, crumbled  
1 cup full fat milk  
1/4 cup vegetable oil, plus 1 Tbsp for oiling your hands  
2 eggs  
1 lb tapioca flour also known as tapioca starch  
2 tsp kosher salt

## Directions

Step 1:

Prepare the Dough: Preheat oven to 175C.

Step 2:

Add the tapioca flour and the salt to a large bowl, whisk to combine and set aside.

Step 3:

In a medium bowl, combine the cheeses and the eggs and set aside.

Step 4:

Add the milk and the oil to a small saucepan and bring to a simmer on stove top over medium heat.

Step 5:

When the liquid simmers, remove the pan from heat, and immediately pour the hot liquid into the tapioca mixture and using a wooden spoon, stir to combine – the mixture will not be homogeneous, it'll be gummy and clumpy.

Step 6:

Wait 5-10 minutes until the tapioca mixture is cool to touch, and only then add the cheese and egg mixture to the tapioca mixture. Mix with a wooden spoon, or your hands to combine. Now you should have a homogeneous mixture and it should come together as a ball. You'll still see some white tapioca specks in the dough – don't worry, that's totally normal!

Roll the Little Balls:

Oil your hands, then scoop a Tbsp to 2Tbsp size portions, roll them into balls, and arrange them in a baking sheet approximately 2" apart from one another. Bake until golden brown, approximately 30-35 minutes.

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# BEIJINHOS

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## Ingredients

1 can of sweet condensed milk  
1 cup of unsweetened, shredded coconut  
1 tablespoon of butter plus a little more for your hands  
1/4 cup of heavy cream  
16 whole cloves for decorating optional

## Method

1. Add the condensed milk, the butter, and the cream to a medium sauce pan and place it over medium heat until the butter melts.
2. After the butter has melted, add half of the shredded coconut (1/2 cup) to the pan and stir.
3. Continue to cook over medium heat, for approximately 10 mins, stirring repeatedly, scraping the sides and the bottom of the pan with a spatula to avoid burning.
4. The beijinho is ready when you scrape the bottom of the pan, and the mixture takes 2-3 seconds to come back to its place, or when the mixture reaches 99-104C – You can use a candy thermometer, or just a regular food thermometer to check.
5. Pour the hot coconut mixture into a dish, or plate, cover with plastic wrap to contact and let it cool – about 2 hours.
6. Meanwhile, pour the remaining shredded coconut in a deep plate or bowl.
9. When the beijinho mixture has cooled, butter your hands, and scoop 1/2 Tbsp to Tbsp portions and roll little balls.
10. Roll the little balls in the shredded coconut, and insert a whole clove to each little coconut ball to decorate, if desired.
11. Keep them in a cool place or in the refrigerator until serving time.

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