

Classic Prawn Cocktail

Ingredients

400g cooked prawn
4 Little Gem lettuces, washed and trimmed
5 heaped tbsp mayonnaise
5 tbsp tomato chutney
2 tsp Worcestershire sauce
tiny splash Tabasco or hot sauce
squeeze lemon juice
paprika, for dusting
4 tsp snipped chive

Method

Step 1

Break the lettuces into individual leaves, then divide the leaves evenly between 6 small glass bowls.

Step 2

Sprinkle the prawns over the lettuce and season with black pepper.

Step 3

Mix the mayonnaise, tomato chutney, Worcestershire sauce and Tabasco together. Season to taste with lemon juice and salt and pepper, then spoon sparingly over the prawns. Dust the top with a little paprika and sprinkle with chives. Serve immediately. Delicious with brown bread.

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COOKERY

by The Secret Jozi Chef

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

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Avocado Ritz

INGREDIENTS

3 avocados
juice of 1 lemon
salt, to taste
cayenne pepper, to taste
mixed lettuce, to serve
400g shrimps, boiled
50ml fresh flat-leaf parsley, finely chopped

Seafood sauce

100g good quality mayonnaise
50ml tomato sauce
50ml crème fraîche
20ml brandy
juice of $\frac{1}{2}$ lemon
finely ground black pepper, to taste

Step 1

To start roughly chop your iceberg lettuce and arrange on a serving plate.

Step 2

Cut your avocado in half, deseed it and then peel it. Slice the avocado into slices, drizzle with lemon juice to prevent from darkening, season with a pinch of cayenne, salt and pepper - arrange on the serving platter over the lettuce.

Step 3

Arrange the blanched shrimp over the avocado, the season with a pinch of cayenne (paprika), salt and pepper

Step 4

To make your seafood sauce add all ingredients to a bowl and whisk well to combine

Step 5

Drizzle the sauce sparingly over the prawns, garnish with curly parsley and serve immediately



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Crepes Suzette

Ingredients

100g plain flour
1 tbsp golden caster sugar
2 large eggs
1 tbsp sunflower oil
300ml semi-skimmed milk
splash of beer, about 2 tbsp (optional)
To make the sauce for crepes suzette
100g butter
100g golden caster sugar
150ml freshly squeezed orange juice (about 12 large oranges)
2 tsp finely grated orange zest
1 tsp finely grated lemon zest
3 tbsp Grand Marnier
2 tbsp cognac

Method

Put the flour, sugar and a pinch of salt in a large bowl. Make a well in the centre, add the eggs, oil and 2 tbsp of the milk, and beat together with a wooden spoon until smooth. Slowly start to pour in a little milk, mixing as you pour, to keep the batter smooth. Pour in the rest of the milk, a bit more quickly now, until it looks like single cream. Finally, add the beer.

Heat a 15cm/6in crêpe pan. Measure 2 1/2 tbsp of the batter into a jug, then pour into the pan, moving it around so the mixture swirls and fits the bottom of the pan. When the crêpe is golden underneath (in about 15 seconds if pan is the right temperature), turn and cook for a further 30 seconds, until spotted brown.

Slide the crêpe on to a plate. Wipe the pan with oiled kitchen paper and continue frying until all the batter is used, stacking the crêpes on top of each other as you cook them.

TO MAKE CRÊPES SUZETTE - Make the crêpes as above.

For the sauce, heat the butter and sugar in a deep frying pan (about 25cm/10in) over a low heat, stirring occasionally, until the sugar begins to dissolve; turn up the heat and bubble quite fast, until the mixture just starts to go brown and caramelise (about 4 minutes), stirring only towards the end. Pour in the orange juice (see left); add the orange and lemon zests, letting the mixture bubble for 3-4 minutes to thicken slightly. Add the Grand Marnier and cognac, heat for a few seconds and lower the heat.

Put one crêpe into the juices and, holding it with a fork, coat it well in the mixture. Fold it into quarters and push to one side of the pan. Continue the coating and folding with the remaining pancakes. Serve 2-3 crêpes per person with the sauce.

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Steak Diane

Ingredients

4 x small sirloin steaks, approx 200gms.
3 shallots, peeled
4 ounces crimini mushrooms, cleaned (if crimini unavailable use button mushrooms instead)
1 tablespoon salted butter
1 garlic clove, peeled
1 -2 tablespoons Worcestershire sauce, to taste
1 tablespoon Dijon mustard
1/3 cup brandy or cognac
1 cup heavy cream
Small handful of flat-leaf parsley

Method

Step 1

Using a meat mallet or rolling pin, roll out the steaks to flatten and cut off any excess fat. Season the steaks on both sides with salt and pepper. Heat a little olive oil in a skillet pan large enough to accommodate the 4 steaks in one layer. Quickly sauté the steaks for up to a minute on each side then remove from the pan and set aside to rest.

Step 2

To make the sauce for the steaks, heat some olive oil in a separate pan. Slice the shallots and add to the pan, allow to soften briefly before slicing and adding the mushrooms with a tablespoon of butter.

Step 3

Crush in the garlic using a garlic press. Add the Worcestershire sauce, then the mustard and heat through for a minute. Turn up the heat and tilt the pan away from you. Pour the brandy into the far end and allow it to ignite - be careful that the flame that flares up doesn't singe your eyebrows! Once the alcohol has burnt off, swirl the juices around the pan.

Step 4

Add the cream and allow the sauce to thicken before turning down the heat. Introduce the steaks back into the pan and cook a little further depending on how well done you would like them. Chop the parsley and add half to the pan. Serve immediately

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Chicken a la king

Ingredients

500gms deboned chicken thighs
Knob of butter
Punnet wild mushrooms
Punnet portabellini mushrooms
1 tsp finely chopped fresh thyme
1 sprig rosemary
2 cloves garlic, finely chopped
1 red chili, deseeded and finely chopped (optional)
60ml brandy
3 tbsp cake flour
200ml cream
150ml chicken stock

Method:

Step 1

Dust the chicken pieces with some seasoned flour. Now heat a heavybased frying pan and add a little butter and olive oil.

Step 2

Once the oil is hot add the whole rosemary sprig then the chicken, allow to brown before turning, once browned, remove and set aside

Step 3

In the same heavybased pan, heat the butter and then add the chopped garlic, finely chopped shallot and thyme, cook until tender

Step 4

Now increase the heat and add the sliced mushrooms, cook until the mushrooms have collapsed.

Step 5

Carefully add the brandy and flambe, once the alcohol has cooked off you can add the chicken stock and return the chicken to the pan

Step 6

Cook for a few minutes until the chicken is done, now add the fresh cream.

Step 7

Check and adjust seasoning and allow to cook until just thick enough.



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Dauphinoise Potatoes

Ingredients

500ml double cream
500ml milk
3 garlic cloves
8 large King Edward or Maris Piper potatoes
100g Gruyère cheese (optional)

Method

Step 1

Tip the cream, milk and garlic into a large saucepan and bring to a simmer.

Step 2

Slice the potatoes very finely, about 3-4mm, add them to the cream and simmer for 3 mins until just cooked. Gently stir to separate the potato and stop it sinking and catching on the bottom of the pan.

Step 3

Remove the potatoes with a slotted spoon and place in a wide shallow ovenproof dish so that they are about 5cm in depth. Pour over the garlic infused cream (discarding the garlic) – just enough to seep through the layers and leave a little moisture on the surface.

Step 4

Scatter over the cheese, if using, then bake for 30 mins until the potatoes are soft and browned – increase the heat for 5 mins if not brown enough.



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Baby Carrots in Ginger & Orange Glaze

900g baby carrots, washed and scrubbed
50g butter
25g piece ginger, peeled and finely grated
2 tbsp clear honey
zest 1 orange

Bring a large pan of salted water to the boil and add the carrots. Simmer for 5 mins until slightly tender, then drain.

In a wide pan, heat the butter until melting, then add the carrots, ginger, honey and orange zest. Cook over a medium heat for 25-30 mins, turning them gently every now and then, until the carrots start to go golden and sticky.

Turn the carrots gently in the pan every now and again until all sides are browning. Season well before serving



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Creamed Spinach with Nutmeg

Ingredients

50g butter
1 onion, finely chopped
4 tbsp plain flour
400ml full-fat milk
800gms spinach
200ml single cream
fresh nutmeg, for grating

Instructions

Step 1:

Heat the butter in a saucepan, then add the onion and cook for 5 mins until softened. Stir in the flour and cook for 3-4 mins, then slowly start to whisk in the milk. When it has all been incorporated, gently cook for 5 mins until the sauce has thickened.

Step 2:

Meanwhile, place the spinach in a large pot. Place over medium high heat and close with the lid, if you need to add the spinach as it collapses. Once the spinach is well wilted, place the spinach in a clean dishcloth, squeeze out any excess liquid, then roughly chop.

Step 3:

Stir into the sauce with the cream, gently heat, then finely grate over some nutmeg and season well.



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Pâté de foie de poulet

Ingredients

225gms chicken livers, well-trimmed
1/2 small onion, thinly sliced
1 small garlic clove, smashed and peeled
1 bay leaf
1/4 teaspoon thyme leaves
fine salt
120ml light chicken stock
175gms unsalted butter, at room temperature
2 teaspoons Cognac or Scotch whisky
Freshly ground pepper

Method

Step 1:

In a medium saucepan, combine the chicken livers, onion, garlic, bay leaf, thyme and 1/2 teaspoon of salt. Add the stock/water and bring to a simmer.

Step 2:

Cover, reduce the heat to low and cook, stirring occasionally, until the livers are barely pink inside, about 3 minutes. Remove from the heat and let stand, covered, for 5 minutes.

Step 3:

Discard the bay leaf. Using a slotted spoon, transfer the livers, onion and garlic to a food processor; process until coarsely pureed. With the machine on, add the butter, 2 tablespoons at a time, until incorporated.

Step 4:

Add the Cognac, season with salt and pepper and process until completely smooth. Scrape the pâté into 2 or 3 large ramekins. Press a piece of plastic wrap directly onto the surface of the pâté and refrigerate until firm.



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Pea & Mint Soup

Ingredients

2 tablespoons unsalted butter
2 cups chopped leeks, white and light green parts (2 leeks)
1 cup chopped yellow onion
4 cups chicken stock, preferably homemade
5 cups freshly shelled peas or 2 (10-ounce) packages frozen peas
2/3 cup chopped fresh mint leaves, loosely packed
2 teaspoons salt
1/2 teaspoon freshly ground black pepper
1/2 cup creme fraiche
1/2 cup freshly chopped chives
Garlic croutons, for serving

Method

Step 1

Heat the butter in a large saucepan, add the leeks and onion, and cook over medium-low heat for 5 to 10 minutes, until the onion is tender.

Step 2

Add the chicken stock, increase the heat to high, and bring to a boil. Add the peas and cook for 3 to 5 minutes, until the peas are tender. (Frozen peas will take only 3 minutes.) Off the heat, add the mint, salt, and pepper.

*Puree the soup in batches: place 1 cup of soup in a blender, place the lid on top, and puree on low speed. With the blender still running, open the venthole in the lid and slowly add more soup until the blender is three-quarters full. Pour the soup into a large bowl and repeat until all the soup is pureed. Whisk in the creme fraiche and chives and taste for seasoning. Serve hot with garlic croutons.



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Moules Marinieres

Ingredients

2 tablespoons unsalted butter
1 small leek, white and light green parts only, thinly sliced
1 small shallot, thinly sliced
4 medium cloves garlic, thinly sliced
2 bay leaves
Coarse salt and freshly ground black pepper
1 cup hard dry cider or white wine
1kg mussels, cleaned
2 to 3 tablespoons heavy cream
1 tablespoon juice and 1 teaspoon grated zest from 1 lemon
3 tablespoons minced fresh parsley leaves
Additional homemade mayonnaise for serving (optional, see note above)
1 loaf rustic sourdough bread, thickly sliced, drizzled with olive oil, and broiled until heavily toasted

Method

Step 1:

Melt 1 tablespoon butter in a large saucepan over medium-low heat. Add leeks, shallot, garlic, and bay leave. Season lightly with salt and heavily with black pepper and cook, stirring, until vegetables are very soft but not browned, about 10 minutes.

Step 2:

Increase heat to high and add cider or wine. Bring to a boil and let reduce by half, about 2 minutes. Add mussels, stir, cover, and cook, shaking pan constantly and peeking every 30 seconds to stir. As soon as all the mussels are open, transfer mussels to a bowl using tongs. Place pan lid over bowl to keep mussels warm.

Step 3:

Remove from heat and whisk in remaining butter along with heavy cream. Return mussels to pot, add parsley, lemon juice, and lemon zest, stir to combine, then transfer to a warm serving bowl. Serve immediately.

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French Meatballs in the Dijon style

Ingredients

700 gms ground beef
Salt and freshly ground black pepper to taste
1 cup parsley/thyme/sage leaves, finely minced
2 minced garlic cloves
1 egg
1/2 cup vegetable oil
1 cup finely minced onion (about 1/2 large onion)
1/2 cup dry white wine
3 tablespoons Dijon mustard
1 1/2 cups heavy cream

Method

Step 1

In a mixing bowl, we combined the beef, salt and pepper, parsley garlic and egg. We mixed it all well together and shaped the meat into 12 meatballs.

Step 2

In heavy pan, heat the vegetable oil over medium-high heat until the vegetable oil shimmers. We cooked the meatballs, about 3 minutes on each side, until they were light brown. The meatballs won't stick to the pan, because you're using so much oil (and more fat will be rendered from the meatballs). Fortunately, most of that fat gets poured off.

Step 3

Once the meatballs are browned off remove and add keep warm

Step 4

Once all the meatballs are cooked, remove most of the oil from the pan then add the finely chopped onion. Let the onions cook over medium heat until tender, but not brown, about 3 minutes. Then add the wine and let it all simmer and cook down a bit.

Step 5

Now whisk in the Dijon mustard once it is amalgamated whisk in the cream, and then add back the meatballs. Cook the meatballs in the cream over medium heat, uncovered, about 5 minutes, or until the cream had reduced by about 1/3. Cover the pan and simmer on a low flame until the meatballs are cooked through.

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Chocolate Mousse

Ingredients

200gms of medium to dark chocolate
6 eggs, separated
2 tablespoon of real vanilla extract
60gm of butter
90ml tablespoons milk

Directions:

Step 1

In a double boiler, in a bowl, break the chocolate into pieces, add the milk and then slowly heat it while stirring, occasionally, until it the chocolate is melted.

Step 2

Remove the bowl from the hot water, let the chocolate cool a little bit - then add the vanilla extract and the butter and stir them into the chocolate, stir until the butter is melted and the chocolate look nice and glossy.

Step 3

Whisk your egg yolks then add the mixture to the chocolate, stir until well combined.

Step 4

Next, beat egg whites till stiff then gently fold them into the chocolate mixture until they are mixed well in.

Step 5

Divide the mixture into pudding bowls, cover and put into the refrigerator overnight.

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BOERENKAAS & HERB GOUGERES

INGREDIENTS

5tbsp butter
1 teaspoon salt
1/4 teaspoon fresh ground black pepper
1/4 teaspoon freshly ground nutmeg
1/2 tsp finely chopped thyme
1 tsp finely chopped flat leaf parsley
1 cup water, plus 1/2 teaspoon water, divided
1 cup all-purpose flour
1 cup grated Boerenkaas cheese
4 large eggs, at room temperature (very important)

METHOD

Step 1:

Add butter, salt, pepper and nutmeg to 1 cup water in a medium saucepan and bring to a boil over medium-high heat.

Step 2: When butter melts, reduce the heat to low.

Step 3: Add flour to saucepan all at once and beat with a wooden spoon over low heat for about a minute until mixture pulls away from sides of the pan.

Step 4: Remove pan from heat.

Step 5: Add cheese to pan and beat with wooden spoon until thoroughly mixed.

Step 6: Add 4 eggs, one at a time, beating each into the batter until well mixed before adding the next.

Step 7: Add the herbs and continue beating mixture until it is smooth, shiny and firm.

Step 8: Now in a frying pan heat sufficient oil to deep fry small balls, until 140C

Step 9: Now carefully fry small tsp size balls of batter until puffed up and golden and cooked through, remove with a slotted spoon and drain on paper towel, sprinkle with salt and serve warm

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CRANBERRY ALMOND BABY SPINACH SALAD

INGREDIENTS

1 tablespoon butter
3/4 cup almonds, blanched and slivered
450gms baby spinach, rinsed and torn into bite-size pieces
1 cup dried cranberries
2 tablespoons toasted sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
2 teaspoons minced onion
1/4 teaspoon paprika
1/4 cup white wine vinegar
1/4 cup cider vinegar
1/2 cup vegetable oil

METHOD

STEP 1:

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.

STEP 2:

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil.

STEP 3:

Toss with spinach just before serving.

In a large serving dish, combine the spinach with the toasted almonds and cranberries.

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CHICKEN & SUNDRIED TOMATO SAUSAGE ROLLS

INGREDIENTS

1kg chicken thighs, deboned and skinless, minced
1 medium brown onion, chopped finely
1/2 cup breadcrumbs
1 egg
1/4 cup finely chopped fresh basil
1/2 tsp dried oregano
1/2 cup drained semi-dried tomatoes in oil, finely chopped
2 tbsp tomato paste
5 sheets puff pastry
1 egg, extra to glaze

METHOD

- Step 1
Preheat the oven to 220C/200C fan forced. Line oven trays with baking paper
- Step 2
Combine mince, onion, breadcrumbs, egg, basil, semi-dried tomato and paste in a large bowl
- Step 3
Cut pastry sheets in half lengthways. Place equal amounts of chicken filling mixture along the centre of each pastry piece; roll pastry to enclose the filling
- Step 4
Cut each into 6 equal pieces, place seam side down, on trays. Brush with extra egg
- Step 5
Bake rolls for about 30-minutes. Serve warm with a home made tomato sauce

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Sticky Toffee Pudding

Ingredients:

1/4 cup (1/2 stick) unsalted butter, room temperature, plus more for pan
1 1/2 cups sifted all-purpose flour plus more for pan
1 1/2 cups chopped pitted dates (about 6 ounces)
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon sea salt
1 cup sugar
1 teaspoon vanilla extract
2 large eggs

Sauce:

1 1/4 cups (packed) light brown sugar
1/2 cup heavy cream
1/4 cup (1/2 stick) unsalted butter
1 teaspoon brandy (optional)
1/2 teaspoon vanilla extract
Whipped cream or vanilla ice cream

Special Equipment

A 6-cup Bundt pan or 6 one-cup Bundt pan molds

Directions:

Preheat oven to 180C. Butter and flour the Bundt pan.

Bring dates and 1 1/4 cups water to a boil in a medium heavy saucepan with tall sides. Remove from heat; stir in baking soda (mixture will become foamy). Set aside; let cool.

Whisk 1 1/2 cups flour, baking powder, and salt in a small bowl. Using an electric mixer, beat 1/4 cup butter, sugar, and vanilla in a large bowl to blend (mixture will be grainy). Add 1 egg; beat to blend. Add half of flour mixture and half of date mixture; beat to blend. Repeat with remaining 1 egg, flour mixture, and date mixture. Pour batter into mold.

Bake until a tester inserted into center of cake comes out clean, 40-45 minutes. Let cool in pan on a wire rack for 30 minutes. Invert pudding onto rack. DO AHEAD: Can be made 1 day ahead. Cover and let stand at room temperature.

For sauce:

Bring sugar, cream, and butter to a boil in a small heavy saucepan over medium heat, stirring constantly. Continue to boil, stirring constantly, for 3 minutes. Remove from heat; stir in brandy, if using, and vanilla. DO AHEAD: Can be made 4 hours ahead. Let stand at room temperature. Rewarm gently before using.



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Asparagus & Pancetta Risotto

INGREDIENTS

8 cups vegetable stock
2tbsp olive oil
1 medium onion, diced
1 stick of celery, finely chopped
1 carrot, finely chopped
200gms, diced pancetta
2 cups arborio rice
1 cup white wine
1 tablespoon flat leaf parsley, chopped
4 tablespoons cold butter
200gms asparagus
150gms grated pecorino
Salt and pepper

To Make the Risotto

1. Heat the oil in a large saucepan. Now add the diced pancetta. Fry until golden and crispy.
2. Remove half the pancetta and reserve for later. Add onion, carrot and celery and season with salt and pepper
4. Add the rice and stir to coat with pork fat and oil; cook until rice is slightly translucent.
5. The rice should be hot and sizzling, you should stir carefully to ensure it does not stick.
6. Add wine to the hot rice, the liquid should hiss and be quickly absorbed. Stir gently until almost all the liquid has cooked off. Add hot stock mixture, a ladleful at a time, stirring in the liquid each time.
7. Remember at this stage you are trying to coax the starches out the rice by gently and continuously stirring. After about 10-minutes add the reserved asparagus trimmings.
8. Keep adding stock as needed so there is always a 1/2cm liquid layer over the rice.
9. After 15 to 20 minutes, the rice should be close to al dente.
10. At this stage add the reserved pancetta, asparagus and asparagus puree and cold butter and the finely grated cheese.
11. Taste and adjust seasoning
12. Now cover the pan, and allow it to stand for 2-3 minutes.

To Prepare the stock and asparagus:

1. Bring your vegetable stock to the boil then blanche the asparagus spears briefly in it. Remove and set aside.
2. Trim the bottom 1cm from the asparagus and set aside to use half way through the cooking of the risotto
3. Now cut the remaining asparagus in half, the tips will be added at the very end of cooking the risotto.
4. To make the asparagus puree, blend the middle third of the asparagus spears with a few tablespoons of stock in a small processor until completely smooth, reserve.

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