

PISTACHIO & WATERMELON SALAD

INGREDIENTS

1/2 cup pistachio kernels
1/2 (1.75kg) small seedless watermelon,
peeled, quartered
1/4 cup olive oil
2 teaspoons finely grated lemon rind
125g feta, lightly crumbled

METHOD

Step 1: Heat a small frying pan over medium heat. Add pistachios. Cook, stirring occasionally, for 5 minutes or until light brown. Transfer to a bowl. Cool for 5 minutes. Roughly chop.

Step 2: Slice watermelon quarters into 1cm-thick wedges.
Arrange on plates.

Step 3: Place oil and lemon rind in a screw-top jar. Season with salt and pepper. Secure lid. Shake to combine. Crumble feta over watermelon. Sprinkle with pistachios. Serve drizzled with oil mixture.

THE
COOKERY

by The Secret Jozi Chef

MUSHROOM STUFFED PORK TENDERLOIN

INGREDIENTS

For the chicken

5 tablespoons extra-virgin olive oil, plus more for brushing
4 slices bacon, chopped
8 ounces cremini mushrooms, thinly sliced
Kosher salt and freshly ground pepper
1 clove garlic, finely chopped
1 tablespoon breadcrumbs
1/2 cup chopped fresh parsley
2 pork tenderloins (2 to 2 1/2 pounds total), trimmed
1/2 teaspoon grated lemon zest

METHOD

Step 1: Heat 2 tablespoons olive oil in a large skillet over medium heat. Add the bacon and cook until crisp, about 8 minutes. Add the mushrooms, 1/2 teaspoon salt, and pepper to taste; cook until the mushrooms are soft, about 4 minutes. Add the garlic and cook 1 minute.

Step 2: Remove from the heat and stir in the breadcrumbs and all but 2 tablespoons parsley. Let cool.

Soak 10 to 12 toothpicks in water to prevent them from burning. Rinse the pork and pat dry. Butterfly the pork: Make a 1-inch-deep incision down the length of each tenderloin; do not cut all the way through. Open the meat like a book so the tenderloins lie flat.

Step 3: Cover the pork with plastic wrap; pound with the flat side of a meat mallet until about 1/2 inch thick, starting from the middle and working outward. Spread the mushroom mixture over the 2 tenderloins. Starting with a long side, tightly roll up each tenderloin. Secure the seams with the toothpicks.

Step 4: Heat the same skillet over medium heat and add 2 Tbsp oil. Once oil is hot, place tenderloin in the skillet (toothpick-side-down) and sear about 2 minutes per side (6-8 minutes total).

Step 5: Transfer the skillet with the tenderloin to the oven and bake at 400°F for 18-20 min or until an instant read thermometer reads 145-150°F in the thickest portion of the meat. Transfer to a cutting board, brush with the pan drippings and rest 10 minutes.

Step 6: Mix the remaining 3 tablespoons olive oil and 2 tablespoons parsley, the lemon zest, and salt and pepper to taste in a bowl. Remove the toothpicks and slice the pork rolls. Top with parsley oil. Serve hot.

THE
COOKERY

by The Secret Jozi Chef

LEMON ROASTED CAULIFLOWER & BROCOLLI

INGREDIENTS

1 head broccoli, cut into florets
1 head cauliflower, cut into florets
3 tablespoons extra virgin olive oil
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
4 cloves garlic,, minced
2 teaspoons Italian seasoning
1/2 teaspoon red pepper flakes
1 tablespoon freshly squeezed lemon juice
1 lemon,, sliced
1/4 cup grated Parmesan cheese,
(optional)

METHOD

Step 1

Preheat the oven to 425 degrees F. Combine broccoli and cauliflower in a large bowl.

Step 2

In a small bowl, stir together olive oil, salt and pepper, minced garlic, Italian seasoning, and lemon juice, Pour mixture over veggies and toss to coat well.

Step 3

Spread veggies out on a large baking sheet making sure the veggies are in one layer and not overlapping or piled on each other. (You can add lemon slices here if you like for added lemon flavor and garnish). If using parmesan cheese, sprinkle over veggies now.

Step 4

Cook in a preheated oven for 15 to 20 minutes, until veggies are fork-tender and begin to brown on the edges. Serve immediately.

THE
COOKERY

by The Secret Jozi Chef

BEEF FILLET WITH A WALNUT CRUST

INGREDIENTS

750 g beef fillet
1 tbsp olive oil
1/2 cup coarsely chopped fresh flat leaf parsley
1/4 cup coarsely chopped fresh dill
1 clove garlic, crushed
2 tsp finely grated lemon zest
2 tsp lemon juice
1/4 cup coarsely chopped roasted walnuts
1 tbsp olive oil

METHOD

- Step 1
Preheat oven to 220C
- Step 2
Rub beef with oil. Now heat a frying pan until hot and then add the beef fillet, sear on all sides until browned all over.
- Step 3
Combine the herbs,, lemon zest, lemon juice, olive oil and nuts in a bowl, stir to combine.
- Step 4
Transfer beef to oven, roast beef uncovered for 15-minutes. Remove and sprinkle with 3/4 of the herb and nuts mixture
- Step 4
Cover with foil and roast a further 15-minutes or until cooked as desired.
- Step 5
Remove the beef from the oven, and stand for 10-minutes, now slice the beef finely and serve sprinkled with the remaining herb and nut mixture.

THE
COOKERY

by The Secret Jozi Chef

PEAS, BEANS & HAZELNUTS

INGREDIENTS

1 1/2 cup frozen peas
300gms fine french beans
300g sugar snap peas
30g butter
1/2 cup hazelnuts, roasted
1 clove garlic, crushed

METHOD

Step 1

In a saucepan over a medium heat bring enough water to the boil to cook the vegetables.

Step 2

Working in batches first cook the fine beans until just tender, remove and set aside

Step 3

Now cook the peas until just tender, remove and add to the beans

Step 4

Finally add the sugar snap peas to the hot water for no more than 30-seconds, drain and add to the other cooked beans and peas.

Step 5

In a large frying pan, melt the butter and then add the chopped hazelnuts, cook over a medium heat until the nuts just begin to turn brown, remove from the heat, and remove the nuts from the pan with a slotted spoon.

Reserve and set aside

Step 5

Add the crushed garlic and a little extra butter if needed return to the heat, and add the cooked vegetables, toss to coat.

Step 6

Serve in a platter topped with the toasted hazelnuts

THE
COOKERY

by The Secret Jozi Chef

CHICKEN LIVER PATE

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.

THE
COOKERY

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APPLE & CHERRYSTRUDEL

INGREDIENTS

STRUDEL PASTRY

300g cake flour
1 tsp salt
2 egg yolks
3 tbsp sunflower oil
125ml water

Strudel Filling

125gms fresh white breadcrumbs
100g butter
750g Granny Smith apples (peeled, cored and thinly sliced)
150g cherries, deseeded
125g light brown sugar
50g flakes toasted almonds
1 tsp cinnamon
100g melted butter
Runny honey to glaze

METHOD

Strudel Pastry

Step 1

Sift the flour and the salt into the bowl, in a separate large bowl combine the eggs, water and sunflower oil.

Step 3

Make a well in the centre of the flour and add the liquid, bring together into a ball and transfer to the counter

Step 4

Knead until a soft smooth dough has been formed, about 15 minutes. Wrap in cling wrap and set aside for 30-minutes

Step 1

Preheat the oven to 200C. In a frying pan fry the breadcrumbs with the butter until golden brown. Remove from heat and transfer to a bowl.

Step 2

Peel the apples and slice them into very thin slices in a large bowl.

Step 3

Add the breadcrumbs, sugar, almonds, cinnamon and breadcrumbs to the apples. Mix very well using your hands to ensure the breadcrumbs coat all the pieces of apple

Step 4

Lightly flour a very clean tablecloth. Gently roll out the dough and then stretch it out with your hands. Stretch the dough until it reaches a 60cm square piece. Then using a knife trim the edges.

Step 5

Brush the dough with the melted butter, reserving some to glaze the outside.

Step 6

Scatter the filling evenly over the dough, and then using the tablecloth as a guide, roll up the strudel into a long long

Step 7

Transfer the strudel to a greased baking sheet and glaze with the remaining butter. Bake for 40-minutes until the strudel is golden brown and cooked through.

Step 8

Remove the strudel from the oven and glaze with a little honey, serve warm with a simple custard

THE
COOKERY

by The Secret Jozi Chef

MANGO & LIME ICECREAM

INGREDIENTS

3/4 cup thawed frozen mango pulp
1/3 cup sweetened condensed milk
Grated zest and juice of 1 lime
1/4 cup confectioners' sugar
1/4 teaspoon coconut extract
150ml unsweetened coconut cream, chilled
1 cup cold heavy cream

METHOD

Step 1:

Whisk the mango pulp, condensed milk, lime zest and juice, confectioners' sugar and coconut extract in a large bowl until smooth; set aside.

Step 2:

Scoop the solids off the top of the can of coconut cream into a separate large bowl. (Discard the liquid; if any liquid has risen to the top, pour it off before scooping out the solids.) Break the solid coconut cream into small chunks, then add the heavy cream and beat with a mixer on medium-high speed until stiff peaks form, 1 to 2 minutes. (There may be a few small chunks of coconut cream.)

Step 3:

Fold about half of the whipped cream into the mango mixture with a rubber spatula until combined, then fold in the remaining whipped cream until no white streaks remain.

Step 4:

Spoon the mixture into a freezer-safe 9-by-5-inch loaf pan or 2-quart baking dish. Cover with plastic wrap and freeze until firm and scoopable, at least 6 hours or overnight. Let soften about 20 minutes at room temperature before scooping.

THE
COOKERY

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CRUNCHY HERB CALAMARI

INGREDIENTS

700g calamari (25 oz.)
100g bread flour (3.5 oz.)
50g semolina flour (1.5 oz.)
1 tbsp peppercorns (or ground pepper)
2 tbsps salt
1/2 tbsp paprika (optional)
1 tbsp oregano (optional)
vegetable oil for frying

METHOD

Step 1

To start clean the calamari and wash thoroughly. Using a sharp knife cut the calamari in slices, approx. 1 cm each. This will create the rings. Place the calamari rings on some paper towel to get ride of the excessive water.

Step 2

Prepare the seasoning for the fried calamari. In a blender add the seasoning and pulse until powdered. (Alternatively you can use a pestle.)

Step 3

In a large sandwich bag or tupperware add the flour and seasoning. Place in the sliced calamari and shake well to coat (you will need to do this in batches). Remove the calamari onto a plate, shaking off any excess flour.

Step 4

Into a medium sized frying pan pour enough vegetable oil to deep fry the calamari. Heat the oil to medium high heat until it begins to bubble. Test if the oil is hot enough by dipping one of the calamari rings in; if it sizzles the oil is ready. Fry the calamari in batches for about 2-3 minutes, until nicely golden.

Step 5

Remove the fried calamari using a slotted spoon and place on some paper towel to dry for 1-2 minutes. Have a taste and sprinkle with some more salt.

Step 6

Serve hot with some lemon wedges.

THE
COOKERY

by The Secret Jozi Chef

DUCK FAT ROASTED POTATOES

INGREDIENTS

1kg potatoes, peeled and cut into pieces
170g duck fat
 $\frac{1}{2}$ tbs salt
2 tbs polenta

METHOD

Step 1

Preheat your oven to 240°C

Place the duck fat in a roasting tray & place in the oven to start heating up. The secret to these potatoes is to get the duck fat ferociously hot.

Step 2

In a large pot, cover the potatoes with cold water, season well & bring to the boil. Parboil the potatoes for no more than 10 minutes. Drain the potatoes & return them to the pot

Step 3

Place the polenta/semolina in the pot, cover tightly & give the potatoes a ferocious shake to coat them evenly & smash up their edges a bit (these are the parts that really crisp up nicely) Carefully remove the tray from the oven & using a pair of tongs, place the potatoes gently into the sizzling duck fat

Step 4

Return the tray to the oven & roast the potatoes for 1 hour, turning them throughout the cooking time so that they brown on all sides

Step 5

Remove from the trays, drain on some kitchen towel & serve immediately. Golden, crusty, crunchy perfection

THE
COOKERY

by The Secret Jozi Chef

GOLDEN ROAST CHICKEN

INGREDIENTS

THE BIRD

1.75 - 2 kg whole chicken, patted dry
Salt and pepper
2 tsp olive oil
1 lemon, quartered
3 rosemary sprigs

THE BIRDS RUB:

100 g, melted
3 garlic cloves , minced
1 tbsp sage , finely chopped
2 tsp rosemary , finely chopped
1 tbsp parsley , finely chopped
1/2 tsp each salt and black pepper

THE BIRDS BED:

1 cup / 250 ml dry white wine , or low sodium

METHOD

Step 1

Take the chicken out of the fridge 30 minutes before cooking.

Step 2

Preheat oven to 220C/450F (standard) or 200C/430F (fan/convection). Put shelf in the middle.

STEP 3

Mix together Butter ingredients. Add juice from 2 wedges of lemon.

STEP 4

Place chicken in a roasting pan. Use a dessert spoon to loosen skin from chicken. Do the top (the breast) and the drumsticks – not the underside.

STEP 5

Prop chicken upright, drizzle butter under skin, using most of the garlic/herb sludge, but saving a bit of butter for the skin (Note 3).

STEP 6

Drizzle / smear remaining butter all over surface of the chicken. Squeeze over juice of 2 lemon wedges.

STEP 7

Stuff used lemon wedges and rosemary inside chicken.

Tie drumstick ends with string and tuck wing tips under the chicken.

Sprinkle all over with salt and pepper.

STEP 8

Place onion and garlic in the pan, place chicken on top. Pour wine around, drizzle chicken with oil.

STEP 9

Transfer to oven. Roast for 10 minutes, then turn oven down to 180C/350F (all oven types). Roast for a further 1 hr 15 minutes, or until the internal temperature is 75C/165F or until juices run clear when pierced at the join between the drumstick and the body.

STEP 10

Baste twice (30 min then at 1 hr), spooning pan juices over skin. Rest for 15 minutes – don't cover, skin becomes wet.

Serve with pan juices (see video for how to carve). I discard onion but use the garlic in the pan.

THE
COOKERY

by The Secret Jozi Chef

MUSHROOM GALETTE

INGREDIENTS

Crust:

1 1/4 cup unbleached white flour
1/4 teaspoon salt
8 Tablespoons frozen unsalted butter cut into small pieces
1/4 cup plain Greek yogurt
1/4 cup ice cold water
2 teaspoons lemon juice

Galette:

1 cup ricotta
Kosher salt
3 tablespoons olive oil, divided
4 ounces maitake mushrooms, torn, and/or crimini mushrooms, thinly sliced
1 garlic clove, finely chopped
1 large bunch Swiss chard, ribs and stems removed, leaves cut into bite-size pieces
All-purpose flour (for parchment)
1 large egg, beaten to blend
1 cup mixed fresh tender herbs (such as flat-leaf parsley, cilantro, dill, and/or chives)
1 teaspoon finely grated lemon zest

METHOD

Step 1:

To prepare crust, combine flour and salt in the bowl of a food processor. Pulse twice to combine. Add butter and pulse until mixture resembles coarse meal. Transfer mixture to a large bowl.

Step 2:

In a smaller bowl, whisk together yogurt, water, and lemon juice. Pour over flour mixture and use hands or a wooden spoon to form dough into a ball. Wrap in plastic and store in freezer for 20 minutes.

For galette:

Preheat oven to 200°C. Season ricotta with kosher salt and pepper; set aside.

Step 2:

Heat 1 tablespoon oil in a large skillet over medium-high heat. Add mushrooms; season with kosher salt and pepper and cook, stirring occasionally, until golden brown and crisp, about 5 minutes. Transfer to a small bowl.

Step 3:

Heat 1 tablespoon oil in same skillet over medium heat. Cook garlic, stirring, until fragrant, about 30 seconds. Add half of chard, season with kosher salt and pepper, and cook, tossing, until slightly wilted. Add remaining chard and cook, tossing occasionally, until completely wilted, about 4 minutes. Remove from heat; season with salt and pepper. Set aside.

Step 4:

Roll out dough on a lightly floured sheet of parchment to a 14" round about 1/8" thick. Transfer on parchment to a baking sheet. Spread three-fourths of ricotta over dough, leaving a 1 1/2" border. Top with reserved chard, then mushrooms. Dollop remaining ricotta over vegetables. Bring edges of dough up and over filling, overlapping as needed, to create a 1 1/2" border; brush with egg. Bake galette, rotating once, until crust is golden brown and cooked through, 35–40 minutes. Let cool slightly on baking sheet.

Step 5:

Toss herbs with lemon juice and remaining 1 tablespoon oil in a small bowl; season with pepper. Top galette with herbs, zest, and sea salt.

THE
COOKERY

by The Secret Jozi Chef

BEETROOT GNOCCHI

INGREDIENTS

1 kg floury potatoes, boiled
400g roasted beetroot, peeled and roughly chopped
300g plain flour
1 free-range egg, lightly beaten
pinch salt

Blue Cheese Pancetta Sauce
Half cup blue cheese
Cup cream
80g pancetta
60ml white wine (optional)

METHOD

Step 1

Place potatoes through a potato ricer (or mash them by fork) onto a floured surface

Step 2

Place the roasted beetroot into a food processor and blend until smooth. If necessary, run the puree through a sieve

Step 3

Gently mix the beetroot puree into the potatoes, and make a well from the mixture. Then add beaten egg as well as pinch of salt, and half the flour to the mixture.

Step 4

Gently start folding the mixture into itself (do NOT OVERWORK), gradually adding the balance of the flour (eventually bringing the dough into a ball)

Step 5

Split the dough into smaller size balls, and gently start rolling them out into 1cm thick ropes. Cut at 1-2cm intervals and transfer gnocchi to a floured baking tray. To cook - add to rapidly boiling salted water. Remove when floating and transfer to blue cheese sauce.

To prepare the sauce:

In a frying pan, over medium heat, add the pancetta and fry until it has rendered and started to release its oils. If using wine add at this stage and cook until the wine has reduced to a syrup. Now add the cream and the blue cheese cook over a medium heat until the blue cheese has melted, - switch off the heat

THE
COOKERY

by The Secret Jozi Chef

VEGAN MOUSSAKA

INGREDIENTS

For the aubergine layers:

- 2 aubergines
- 2 tbsp olive oil

For the lentil layers:

- 1 onion
- 1 courgette
- 1 carrot
- 2 tbsp olive oil
- 1 tsp garlic purée / ready-chopped garlic
- 1/2 tsp cinnamon
- 1 tsp dried oregano
- 2 tbsp tomato purée
- 400 g tinned lentils (green or brown – drained and rinsed)
- 150 ml red wine (check it is vegan)
- 150 ml water
- 1/2 tsp vegetable stock powder (check it is vegan)

For the potato & béchamel layer:

- 2 large potatoes
- 60 g dairy-free block margarine
- 60 g plain flour
- 500 ml dairy-free milk unsweetened
- 50 g dairy-free cheese
- grated nutmeg (to taste)

METHOD

Step 1

Preheat the oven to 180°C (fan) / 350°F / Gas Mark 4. Slice the aubergines into rounds about 1/2cm thick. Brush with oil on both sides, season with salt and black pepper and lay on baking trays. Roast for 25 minutes or so, turning half way through cooking, until golden brown all over and soft.

Step 2

Meanwhile, finely chop the onion, carrot and courgette. Heat the olive oil in a large lidded casserole or frying pan, and gently cook the onion and carrot for 4-5 minutes until starting to soften, then add the courgette and garlic and continue to cook for a further 4-5 minutes.

Step 3

Add the cinnamon, oregano and tomato purée to the pan, stir well, then add the lentils and red wine. Turn up the heat to bring to the boil, then reduce to a simmer. After 2-3 minutes, add the water and stock powder then cover and cook gently for 20-25 minutes until the lentils are soft. If the mixture becomes too dry before the end of cooking, add a little more water, and if there is too much liquid left over just remove the lid for a further few minutes of cooking. Taste and add salt and pepper as required.

Step 4

Whilst the lentil mixture is cooking, bring a saucepan of water to the boil. Peel and thickly slice the potatoes, then add these to the pan and cook for 5 minutes until almost cooked through but not falling apart. Drain and set aside in a bowl.

Step 5

Melt the margarine in the same saucepan, and add the flour. Cook gently, stirring constantly for 2-3 minutes, then add the milk a little at a time until you have a thick and glossy sauce. Remove from the heat and stir through the grated cheese and nutmeg. Taste and add salt and pepper if required.

Step 6

To layer up the moussaka, see the video above: Place half the aubergine slices in the bottom of an ovenproof dish, followed by half the lentil mixture. Top with the remaining aubergine slices, then the remaining lentil mixture, then the potato slices, and finally pour over the béchamel sauce.

Step 7

Bake in the oven for 35-40 minutes until the top is turning golden brown. Serve immediately with crusty bread and a crisp green salad.

THE
COOKERY

by The Secret Jozi Chef

PISTACHIO & ROSE BAKLAVA FINGERS

INGREDIENTS

1 cup roasted unsalted pistachios meat.
1 -2 teaspoons rose water.
3 Tablespoons simple syrup. (See below)
1/2 1lb package of phyllo dough, about 18 sheets.
1/2 cup melted butter.

FOR THE SIMPLE SYRUP:

1 cup sugar.
1/2 cup water.
1/2 teaspoon lime juice.
1/4 cup honey.
1/2 teaspoon vanilla extract***

METHOD

Step 1

MAKE THE SYRUP:

In a saucepan over medium heat, combine syrup ingredients until it boils, reduce heat and simmer for 10 minutes.

Set aside to cool completely.

MAKE THE FILLING:

In your food processor, pulse the pistachios until finely ground. Add simple syrup and the rose water to the pistachios and mix well until you get a sticky coarse paste.

ASSEMBLE THE ROLLS:

Step 1

Preheat oven to 160C

Step 2

On a clean working surface, take two phyllo sheets out, brush lightly by melted butter. Spoon about 1 1/2 Tablespoons of the filling and form a log on the short side of the sheet and roll all the way through.

Step 3

Brush the finished roll with more butter and place in a baking sheet.

Step 4

Bake in oven until top is golden brown, about 40 minutes depending on your oven.

Step 5

Pour 1/2 to 1 cup of simple syrup over and let it cool completely, preferable overnight if you can.

Step 6

Take phyllo cigars out, cut into 2 or 4 equal parts.

Step 7

Serve and enjoy!.

THE
COOKERY

by The Secret Jozi Chef

SPANAKOPITA

INGREDIENTS

1kg. fresh spinach, washed, dried, trimmed, and coarsely chopped
3 Tbs. extra-virgin olive oil
1 bunch scallions (about 3 oz. or 10 small), white and light-green parts only, trimmed and finely chopped
2 cups crumbled feta cheese (10 oz.)
1/2 cup finely grated Greek kefalotyri cheese or Parmigiano-Reggiano
2 large eggs, lightly beaten
1/2 cup finely chopped fresh dill
1/3 cup finely chopped fresh flat-leaf parsley
1/4 tsp. freshly grated nutmeg
Kosher or fine sea salt

For the assembly:

1/3 cup extra-virgin olive oil for brushing; more as needed
Eighteen 9x14-inch sheets frozen phyllo dough, thawed and at room temperature
2 tsp. milk

METHOD

TIP:

Phyllo dries out very fast and becomes brittle when exposed to the air. Check out our test kitchen tips for working with it.

Position a rack in the center of the oven and heat the oven to 375°F.

Make the filling: Heat a 10-inch straight-sided saute pan over medium-high heat. Add a few large handfuls of the spinach and cook, tossing gently with tongs. As the spinach starts to wilt, add the rest a few handfuls at a time. Cook until all the spinach is wilted and bright green, about 4 minutes. With a slotted spoon, transfer the spinach to a colander set in a sink. Let cool slightly and squeeze with your hands to extract as much of the remaining liquid as you can.

Wipe the pan dry with a paper towel. Heat the oil in the pan over medium heat. Add the scallions and cook until soft and fragrant, about 4 minutes. Stir in the spinach, turn off the heat, and let cool for 5 minutes. Then stir in the cheeses, eggs, dill, parsley, nutmeg, and 1/2 tsp. salt and mix thoroughly.

Assemble the pie: With a pastry brush, lightly coat the bottom and sides of a 9x13x2-inch baking pan with some of the oil. Working quickly, lightly oil one side of a phyllo sheet and lay it in the pan oiled side up and off center so that it partially covers the bottom and reaches halfway up one long side of the pan (the edge on the bottom of the pan will be about 1 inch from the side). Lightly oil the top of another phyllo sheet and lay it oiled side up and off center so it reaches halfway up the other long side of the pan. (If your pan has sloped sides, the sheets may be slightly longer than the bottom of the pan; if so, let the excess go up one short side of the pan and then alternate with subsequent sheets.) Repeat this pattern with 4 more phyllo sheets.

Next, lightly oil the tops of 3 phyllo sheets and layer them oiled side up and centered in the pan. Spread the filling evenly over the last layer.

Repeat the oiling and layering of the remaining 9 phyllo sheets over the filling in the same way you layered the previous 9. With the oiled bristles of the pastry brush, push the edges of the phyllo down around the sides of the pan to enclose the filling completely.

With a sharp knife, score the top phyllo layer into 24 rectangles, being careful not to cut all the way through to the filling. Using the same pastry brush, brush the milk along all the score marks (this will keep the phyllo from flaking up along the edges of the squares). Bake the spanakopita until the top crust is golden brown, 35 to 45 minutes. Let cool until just warm. Cut out the rectangles carefully along the score marks and serve.

THE
COOKERY

by The Secret Jozi Chef

MOROCCAN INSPIRED CHICK PEA STEW

INGREDIENTS

For the chicken
2 Tbspn olive oil or coconut oil
1 onion, finely diced
3 garlic cloves, crushed
1.5 cups pumpkin, cut into cubes (approx 220gm / 7.07oz)
1 medium carrot, chopped (approx 136gm / 4.8 oz)
2 cups cooked chickpeas or 1.5 can chickpeas, rinsed and drained
2 cans (400gm/14.5oz)chopped tomatoes
2 tspn ground coriander
2 tspn ground cumin
2 tspn garam masala
1 tspn harissa
1 tspn turmeric

METHOD

Step 1: In a medium sized pan add the olive oil and then on a low heat saute the onions and garlic for a couple of minutes until translucent.
Step 2: Add the spices to the pan and stir through the onions and garlic cook for 1 minute.
Add the chopped pumpkin, carrot and chickpeas and stir through the spices and onions and garlic. Cook for 2-3 minutes.
Step 3: Add the chopped tomatoes and tomato paste, cover and simmer on a medium low heat for 20 - 25 minutes until the vegetables are cooked through.
Step 4: While the stew is cooking place a small skillet on a medium heat and then add the sliced almonds. "Dry roast" them for a couple of minutes, turning frequently so they don't burn. Remove and set aside.
Step 5: After the vegetables are cooked through in the stew remove the lid, stir through the sugar, currants, salt and pepper and cook for another 2-5 minutes until stew is reduced to desired thickness. Taste and add more sugar or salt and pepper if desired.
Step 6: Remove from heat and place in a serving bowl, top with fresh coriander and the sliced almonds.

THE
COOKERY

by The Secret Jozi Chef

MEJADRA (MIDDLE EASTERN SPICED RICE)

INGREDIENTS

2 tbsp olive oil
2 tsp cumin seeds (or 1 tsp ground cumin)
1 1/2 tbsp coriander seeds (or 1 1/2 tsp ground coriander)
1 cup basmati rice (or long grain)
1 1/4 cup / 315 ml water (see notes)
400g / 14 oz canned brown lentils, drained (1 can), drained
1/2 tsp ground turmeric
1 1/2 tsp ground cinnamon
1 tsp sugar
1 tsp salt
Black pepper

CRISPY FRIED ONIONS

3 large or 4 small onions , very finely sliced
1 cup / 250 ml vegetable or sunflower oil
Salt

METHOD

Step 1:

Prepare the Onions: Heat oil in a medium saucepan over medium high heat. Add about 1/3 of the onions and cook for 5 minutes until golden and crispy. Drain on paper towels. Repeat with remaining onions, in two batches.

Step 2:

RICE

Put the olive oil, cumin seeds and coriander in a saucepan over medium heat.

Cook for a couple of minutes until the spices are fragrant.

Step 3:

Add the rice and stir to coat with the oil and spices.

Step 4:

Add the water and lentils.

While it comes to boil, add all the other spices, salt and pepper.

Step 5:

When it comes to a boil, turn it down to medium-low, cover with lid and let cook for 10 to 12 minutes, or until all the liquid has mostly been absorbed.

Step 6:

Remove from heat and let it rest for 10 minutes - during this time, any residual liquid will absorb.

Step 7:

Fluff rice with a fork and adjust the seasoning with more salt if you wish.

Step 8:

Just prior to serving, stir through most of the onions and top with remainder. Sprinkle with chopped coriander if desired. Best served warm.

THE
COOKERY

by The Secret Jozi Chef

SOFT FLATBREADS

INGREDIENTS

600gms cake flour
1 tsp baking powder
2 tsp fine salt
140ml extra virgin olive oil
200ml yoghurt
170ml water
2 tsp zaatar / finely chopped rosemary / oregano (optional)

Oil to cook

METHOD

STEP 1:

Add your flour and baking powder to a large bowl, to it add the salt and if you are adding any herbs add them now and mix with a whisk to distribute.

STEP 2:

In a small pot over medium high heat, add the oil and water. As soon as it begins to bubble switch it off and add the yoghurt and stir to combine.

STEP 3:

Add this mixture to the flour and mix with a spoon until it begins to form a dough, then take over with your hands. Move the dough to the counter and knead for a few minutes until you have a nice smooth dough. Add the dough back to a bowl and cover with clingwrap and let the dough rest on the counter for 30-minutes to an hour.

STEP 4:

Now divide the dough into 8 equal parts (approx 130gms each), roll into a ball, and then with a rolling pin, roll until about 2mm thick. Turn 45 each time your roll to help you achieve a round shape.

STEP 5:

Now heat a heavy based frying over medium high heat until hot, then brush each wrap with some oil and cook in the pan for about 2-minutes a side until dotted with brown spots and cooked through, flip and repeat on the opposite side. Keep warm between two plates lined with a clean dishcloth – the steam will help keep them nice and soft.

THE
COOKERY

by The Secret Jozi Chef

QUICK FALAFEL

INGREDIENTS

1 can chickpeas (rinsed, drained and patted dry)
1/3 cup chopped fresh parsley
4 cloves garlic, minced
2 medium shallots (minced)
2 Tbsp raw sesame seeds
1 1/2 tsp cumin (plus more to taste)
1/4 tsp each sea salt and black pepper (plus more to taste)
1 healthy pinch coriander (optional)
3-4 Tbsp all-purpose flour
3-4 Tbsp oil for cooking
Bread crumbs for coating

METHOD

Step 1:

Add chickpeas, parsley, shallot, garlic, sesame seeds, cumin, salt, pepper (and coriander and cardamom if using) to a food processor or blender and mix/pulse to combine, scraping down sides as needed until thoroughly combined. You're looking for a crumbly dough, not a paste.

Step 2:

Add flour 1 Tbsp at a time and PULSE to combine until no longer wet and you can mold the dough into a ball without it sticking to your hands - about 4 Tbsp

Step 3:

Taste and adjust seasonings as needed. I added a bit more salt, pepper, and a dash of coriander. You want the flavor to be pretty bold, so don't be shy.

Step 4

Transfer to a mixing bowl, cover and refrigerate for 1-2 hours to firm up. If you're in a hurry you can chill in the freezer for 45 minutes or skip this step - but they will be a little more fragile when cooking.

Step 5

Once chilled, scoop out rounded Tablespoon amounts (~30 g in weight // I used this scoop) and gently form into 11-12 small discs (amount as original recipe is written // adjust if altering batch size).

OPTIONAL: Sprinkle on panko bread crumbs and gently press to adhere - flip and repeat. This will produce a crispier falafel, but it's optional.

Step 6

Heat a large skillet over medium heat and add enough oil to generously coat the pan - about 2 Tbsp (30 ml). Swirl to coat.

Step 7

Once the oil is hot, add only as many falafel as will fit very comfortably in the pan at a time - about 5-7.

Step 8

Cook for a total of 4-5 minutes, flipping when the underside is deep golden brown. Repeat until all falafel are browned - the deeper golden brown they are, the crispier they'll be. They will also firm up more once slightly cooled.

THE
COOKERY

by The Secret Jozi Chef

HARIRA SOUP

INGREDIENTS

1-2 tbsp oil
2 large onions, finely chopped
4 garlic cloves, chopped
2 tsp turmeric
2 tsp cumin
1/2 tsp cinnamon
2 red chillies, deseeded and sliced
500g carton passata
1.7l vegetable stock
1 can green lentils, rinsed and drained
2 carrots, chopped into small pieces
1 sweet potato, peeled and diced
5 celery sticks, chopped into small pieces
2/3 small pack coriander, few sprigs reserved, the rest chopped
1 lemon, cut into 4 wedges, to serve

METHOD

STEP 1:

Heat the oil in a large non-stick sauté pan over a medium heat and fry the onions and garlic until starting to soften.

STEP 2:

Tip in the spices and chilli, stir briefly, then pour in the passata and stock. Add the lentils, carrots, sweet potato and celery, and bring to the boil.

STEP 3:

Cover the pan and leave to simmer for 30 mins, then cook uncovered for a further 5-10 mins until the vegetables and lentils are tender.

STEP 4:

Stir in the chopped coriander and serve in bowls with lemon wedges for squeezing over, and the reserved coriander sprinkled over

THE
COOKERY

by The Secret Jozi Chef