

Avgolemeno

Ingredients

Extra Virgin Olive Oil (I used Private Reserve Greek olive oil)
½ to 1 cup finely chopped carrots
½ to 1 cup finely chopped celery
½ to 1 cup finely chopped green onions
2 garlic cloves, finely chopped
8 cups low-sodium chicken broth
2 bay leaves
1 cup rice
Salt and pepper
2 cooked boneless chicken breast pieces, shredded (about 6 to 8 oz store-bought rotisserie chicken will work)
½ cup freshly-squeezed lemon juice
2 large eggs
Fresh parsley for garnish (optional)

Method

Step 1:

In a large Dutch oven or heavy pot, heat 1 tbsp olive oil on medium-high. Add the carrots, celery and green onions, toss together to sauté briefly then stir in the garlic.

Step 2:

Add the chicken broth and bay leaves then raise the heat to high. Once the liquid has come to a rolling boil, add the rice, salt and pepper.

Step 3:

Turn the heat to medium-low and simmer for 20 minutes or until the rice is tender. Now stir in the cooked chicken.

Step 4:

To prepare the egg-lemon sauce, in a medium bowl, whisk together the lemon juice and eggs. While whisking add 2 ladles-full of the broth from the cooking pot (this helps temper the eggs). Once fully combined, add the sauce to the chicken soup and stir. Remove from the heat immediately.

Step 5:

Garnish with fresh parsley, if you like. Serve hot with your favorite bread. Enjoy!



by The Secret Jozie Chef

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

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MAKARONIA ME KIMA

INGREDIENTS

1 1/2 tbsp olive oil
2 white onions diced
1 carrot diced
2 celery stalks diced
800-900 g ground beef
3/4 cup red wine
4 garlic cloves minced
2 1/2 tsp salt
1 tsp pepper
1 tsp cinnamon
1/4 tsp ground cloves
1 tbsp dried basil
3/4 tsp all spice
3 bay leaves
600gms canned tomatoes, diced
1 tbsp sugar
2 tbsp tomato paste
1 cup water
1 package spaghetti noodles (454g package)
olive oil
grated parmesan or kefalograviera cheese

INSTRUCTIONS

Step 1: Add olive oil to a large pot over medium-high heat. Add onion, carrot and celery and cook until softened, about 4-5 minutes.

Step 2: Stir in the ground beef, stirring occasionally to break up the meat and cook for about 10-12 minutes until cooked through.

Step 3: Pour in the red wine to deglaze the pan. Cook it for a few minutes until most of the wine has evaporated.

Step 4: Stir in the garlic, spices (salt, pepper, cinnamon, cloves, dried basil, all spice) and bay leaves until incorporated. Next stir in the diced or whole tomatoes (if using whole tomatoes crush them up a bit when added to the pot), sugar, tomato paste and water and bring to a boil. Once simmering, turn the heat to medium-low and let simmer with the lid on until the sauce has cooked down and most of the liquid has evaporated.

Step 5: Near the end of the cooking time, cook the spaghetti noodles in salted water until al dente. Drain the noodles.

Step 6: Serve the spaghetti noodles in bowl with a drizzle of olive oil and spoon the sauce overtop. Add grated parmesan or kefalograviera cheese and enjoy!

THE
COOKERY

by The Secret Jozi Chef

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

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BOUGATSA

INGREDIENTS

270 g granulated sugar
4 eggs
2 egg yolks
400 g milk
400 g heavy cream
1 pinch salt
1 teaspoon(s) vanilla extract
1 teaspoon(s) baking powder
450 g phyllo dough sheet 150
g butter
1 tablespoon(s) dark brown soft sugar
2 tablespoon(s) icing sugar
1 tablespoon(s) cinnamon

METHOD

Step 1

Preheat the oven to 200°C (390°F) set to fan.

Step 2

Melt the butter in a small saucepan over medium heat, and using a pastry brush, brush a 30x35 cm baking pan generously with butter.

Step 3

Brush a sheet of phyllo dough with butter and place it in the pan. Brush another sheet with butter and place it on top.

Step 4

Do not brush the rest of the phyllo sheets with butter; instead drizzle some butter on to them, one at a time. Crumple each sheet, folding it like an accordion and transfer to the pan.

Be careful not to press down on them so they don't flatten.

Step 5

Continue in the same way, placing each folded sheet of phyllo gently next to the other, until all of the sheets of phyllo dough are in the pan.

Step 6

Drizzle the leftover butter over the top of the folded phyllo in the pan. Bake for 20 minutes or until the phyllo turns golden brown and crunchy. To make sure it does become as crunchy as possible, place the baking pan on the highest rack in the oven so the air is able to reach both the top and bottom of the pan.

Step 7

While the phyllo is baking, prepare the custard. Start by beating the 4 eggs, 2 egg yolks, and sugar in a bowl, using a hand whisk. Beat until the sugar has completely dissolved.

Add the vanilla, baking powder, milk, heavy cream, salt similar to a crème anglaise.

Step 8

When the sheets of phyllo dough are ready, remove from the oven. Turn the heat down to 180C.

Pour the custard mixture over the phyllo. Allow the pastry to absorb the custard for a few minutes.

Step 9

Sprinkle soft brown sugar over the top. This will give the surface a sweet crunch.

Step 10

Return to the oven and bake for 20-25 minutes more.

When ready, remove from the oven and set aside to cool for a bit.

Sprinkle with icing sugar and cinnamon. Cut into pieces and serve.



by The Secret Jozi Chef

Spanakopita

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

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 Jozie Chef

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

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MAROULOSALATA

INGREDIENTS

2 hearts of romaine
4 green onions
1/2 bunch dill
1/2 bunch mint
1/2 cup crumbled feta cheese

For the Dressing

Juice of 1 large lemon
Salt
1/2 teaspoon dried oregano
1/3 cup extra virgin olive oil

INSTRUCTIONS

Step 1: Prepare a large mixing bowl with ice water. Thinly slice the romaine lettuce, then add to the ice water for 5 minutes to crisp while you prepare the dressing and remaining ingredients.

Step 2: Trim and finely chop the green onions (both the white and green parts). Finely chop the dill and mint leaves, discarding the stem.

Step 3: Make the dressing. In a medium mixing bowl, add the lemon juice, a large pinch of kosher salt, and the oregano and whisk to combine. Continue whisking as you drizzle in the extra virgin olive oil. Whisk until emulsified. Set aside for now.

Step 4: Drain the salad from the ice water and dry very thoroughly. A salad spinner helps if you have one, or use paper towels. Add to a large serving bowl, along with the chopped herbs, and feta. Give everything a gentle toss.

Step 5: Just before serving, give the dressing one more quick whisk and pour it all over the salad. Mix well (or use your hands to massage the salad and coat it well with the dressing). Serve immediately.

THE
COOKERY

by The Secret Jozie Chef

AMPELOFASOLIA SALATA

INGREDIENTS

Water
450gms green beans, trimmed
Salt and pepper, to taste
Crushed red pepper flakes, optional, to taste
100gms quality crumbled feta cheese, to taste
2 tbsp (or more to your liking) pitted olives, chopped
Handful of cherry tomatoes, cut in half

For dressing

2 tbsp extra virgin olive oil
2 tbsp freshly squeezed lemon juice
1 to 2 garlic cloves, minced
2 tbsp chopped fresh dill
1/2 tsp sweet Spanish paprika
Salt and pepper, to taste

INSTRUCTIONS

Step 1: Prepare dressing. In a small bowl, whisk together extra virgin olive oil, lemon juice, garlic, fresh dill, Spanish paprika, pinch of salt and pepper. Set aside for now.

Step 2: Bring a large pot filled with water to a boil. Add green beans. Cook for 5 minutes, then, keep the pot of boiling water going, but using tongs, transfer green beans to an ice bath (a bowl of ice and ice cold water) for 5 minutes. Return beans to boiling water to finish cooking until tender, about 10 more minutes or so. Drain well.

Step 3: Transfer warm beans to a mixing bowl. Add the chopped tomatoes, toss with a little salt and pepper. Give the dressing a quick stir to combine well, then pour over the green beans. Toss again to coat.

Step 4: Transfer to a serving platter. Sprinkle crushed pepper flakes and crumbled feta. Top with chopped olives. Serve at room temperature.

THE
COOKERY

by The Secret Jozi Chef

Saganaki Halloumi

Deep fried strips of halloumi cheese

Ingredients

500gms halloumi cheese
flour (for dredging)
 $\frac{1}{2}$ cup olive oil (or less)
2 lemons, cut into wedges

Directions

Cut the cheese into strips 2cm wide and 1cm thick.

Place strips one by one under the cold water tap and coat lightly with flour, set aside until you have dredged all the strips.

Heat oil in a heavy skillet and pan fry the cheese, turn once until golden brown on both sides.

Remove dab with paper towels and serve immediately with lemon wedges.

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COOKERY

by The Secret Jozi Chef

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Grilled Lemon & Chicken Skewers

Ingredients

800gms, skinless deboned chicken thighs, trimmed of excess fat
1 teaspoon salt
2 Tbsp plain yogurt
2 cloves garlic, minced (about 2 teaspoons)
1 Tbsp minced fresh oregano 1/2 teaspoons dried oregano
1/8 teaspoon freshly ground black pepper
1 teaspoon lemon juice
1 Tbsp olive oil plus more for the grill
2 lemons, thinly sliced

Method

Step 1: Soak bamboo or wooden skewers, place them in water to soak while you prepare the recipe. You'll need either 4 flat skewers or 8 regular round skewers.

Step 2: Cut chicken thigh into even chunks, then place in a bowl and sprinkle with salt. Add the yogurt, minced garlic, oregano, pepper, lemon juice, and olive oil to the bowl with the chicken, stir to combine. Marinate for 30 minutes to an hour - the longer the better.

Step 3: Thread skewers with chicken and lemon slices: Prepare your grill for direct high heat. While the grill is heating, prepare the skewers. Use either flat bamboo or metal skewers or double up regular bamboo skewers so that the chicken is easier to turn on the grill. Thread the chicken pieces onto the skewers with a lemon slice folded over like a taco between each piece of chicken.

Step 4: Once the grill is ready brush the grill grates with a little olive oil (use a paper towel folded over several times and dipped in olive oil, hold with tongs). Brush some olive oil over the chicken skewers as well. Place the chicken skewers directly over the hottest part of the grill and cover the grill.

Step 5: Sear on one side (about 2 to 3 minutes), then turn the chicken skewers over to the other side, cover and cook 2 to 3 minutes more, until the chicken is browned and just cooked through.

Step 6: Remove from grill and serve immediately with tzatziki sauce.

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by The Secret Jozie Chef

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TIROKEFTERI

INGREDIENTS

4 red bell peppers
1/4 cup extra-virgin olive oil
2tbsp red wine vinegar
2 garlic cloves, peeled
2 cups crumbled feta cheese
1-2 red chili (optional)

METHOD

Step 1:

Char peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and quarter peppers.

Step 2: Puree peppers, oil, garlic, red wine vinegar and cheese in processor (add the chili at this stage if using). Season with salt and pepper. Chill at least 3 hours or overnight.

THE
COOKERY

by The Secret Jozi Chef

Lemony Roast Potatoes

Ingredients

1kg potatoes peeled and chopped into chunky wedges 6
garlic cloves crushed
1/2 cup chicken broth (or vegetable broth)
2tbsp white wine
1/2 cup olive oil
1 large lemon, zested and juiced (medium to large)
1 tablespoon oregano dried
1 teaspoon salt
1/2 teaspoon pepper
parsley for sprinkling at the end (completely optional)

Method

Step 1:

Grease a large baking dish or tray with olive oil and preheat the oven to 400F / 200C.

Step 2

Cut the potatoes into chunky wedges and set aside.

Step 3

In a large bowl combine the garlic, stock, white wine, olive oil, lemon juice & zest, oregano and salt and pepper. Stir well, then add the potatoes and coat well. Pour the potato wedges into the dish/tray in an even layer.

Step 4

Bake uncovered for 45 minutes. Then stir well, turning all the potatoes and spooning over the liquid. Bake again for another 45 minutes or until the potatoes are well browned.

Step 5

Scatter with parsley (if using) and serve with some of the delicious juices. Don't forget the burnt crispy bits on the bottom of the pan.



by The Secret Jozi Chef

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

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Kolokithokeftedes

Ingredients

500 g zucchini, grated
2 spring onions, only the green part, thinly sliced
1 bunch of mint, only the leaves, finely chopped 1/3 bunch of dill, finely chopped
1 bunch of basil, finely chopped
grated zest of 2 limes
1 levelled teaspoon ground cumin
2 pinches chili flakes
200 g feta cheese, crumbled 2 eggs
80 g all-purpose flour
2-3 tablespoons olive oil

For Frying: 1/2 inch sunflower oil (or canola oil)

Method Step 1: Line a bowl with a thin kitchen towel. Grate the zucchini on to the towel in the bowl, using the large blades of the grater.

Sprinkle with a generous amount of salt to help the zucchini release more moisture. Mix and squeeze the mixture with your hands. Wrap in the towel and squeeze very tightly in your hands to release as much liquid as possible. The less moisture the zucchini mixture has, the crunchier your fritters will become! Transfer from towel to a clean, dry bowl.

Step 2: Finely chop the green part of the spring onions. Finely chop the mint leaves, dill and basil and add them all to the bowl. Add the lime zest, cumin, chili flakes, crumbled feta and 2 eggs. Mix until all of the ingredients are completely combined.

Add the flour and mix just to combine. Do not overmix.

Step 3:

Place a nonstick pan over medium to high heat. Add 2-3 tablespoons of olive oil. Pick up spoonfuls of the mixture and carefully add them to the hot oil. Do not crowd your pan. Gently press down on the patties to spread them out a little.

Step 4: Fry on both sides until nice and golden, just like pancakes! When ready, transfer to a plate lined with paper towels so they can drain from excess oil. Repeat the same process until all of your mixture has turned in to crunchy fritters.



The Colony Shopping Centre, 345 Jan Smuts Avenue, Craugnall, Johannesburg, South Africa

GREEK ZUCCHINI & FETA SALAD

INGREDIENTS

4-5 cups diced zucchini from 1.5 lbs whole zucchini
4 oz crumbled feta cheese
15 ounce can chickpeas drained and rinsed
1/3 cup chopped kalamata olives
1/4 cup chopped shallot or red onion 1/2 cup chopped parsley
2 tbsp fresh lemon juice
1/4 cup extra virgin olive oil
1/2 tsp salt
1/4 tsp pepper or to taste

METHOD

Step 1
Mix together all ingredients.
Step 2
Adjust seasoning as desired. Enjoy!

**THE
COOKERY**

by The Secret Jozi Chef

Melitzanosalata

Ingredients

1 large eggplant
1/4 cup tahini, plus more as needed
3 garlic cloves, minced
1/4 cup fresh lemon juice, plus more as needed
1 pinch ground cumin salt, to taste
1 tablespoon extra virgin olive oil
1 tablespoon chopped fresh flat-leaf parsley
1/4 cup brine-cured black olives, such as kalamata, stones removed

STEP 1:

Prick the eggplant with a fork in several places and bake in a hot oven for 25-40 minutes until the aubergine is blistered and soft

STEP 2:

Remove from the oven, let cool slightly, and peel off and discard the skin.

STEP 3:

Place the eggplant flesh in a bowl. Using a fork, mash the eggplant to a paste. Add the 1/4 cup tahini, the garlic, the 1/4 cup lemon juice and the cumin and mix well.

STEP 4:

Season with salt, then taste and add more tahini and/or lemon juice, if desired.

STEP 5:

Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well. Drizzle the olive oil over the top and sprinkle with the paprika.

THE
COOKERY

by The Secret Jozie Chef

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

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Mussels Saganaki

Ingredients

1 1/2 kg mussels, washed and debearded
1 glass white wine (dry) 20 cherry tomatoes
1 pepper
1 red onion
1 spring of celery
1 carrot
2 cloves of garlic
1 bunch fresh parsley
100g feta cheese (optional) 1/2 cup olive oil

Chop the red onion, pepper, celery, and carrot into tiny (0.5cm x 0.5cm) chunks.

Method

Heat a large saucepan into high heat and add the olive oil. Pour in the vegetable mixture and sauté, until tender.

Cut the cherry tomatoes into halves and add them into the pan along with the mussels and the feta cheese (crushed).

Pour in the white wine and cook at high heat, with the lid on, for 8-10 minutes.

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TZATZIKI

INGREDIENTS

1 medium cucumber, peeled, sliced in half and seeded, and finely chopped
1/8 teaspoon plus 1/4 teaspoon salt
1 cup plain yogurt
1 tablespoon olive oil
1 teaspoon fresh lemon juice or white wine vinegar
1 teaspoon minced fresh dill or oregano leaves
1 teaspoon minced garlic

METHOD

Step 1

Put the cucumber in a strainer set over a bowl. Sprinkle with 1/8 teaspoon salt and allow to drain for 20-minutes. Now wrap it in a clean tea towel and carefully wrap the cucumber tightly to squeeze out the water.

Step 2

Put the yogurt in another strainer set over a bowl and drain for 1 hour. Combine the cucumber and yogurt in a bowl with the remaining ingredients and stir well.

Step 3

Cover and chill for at least 30-minutes before serving.

THE
COOKERY

by The Secret Jozi Chef

PANTZAROSALATA

INGREDIENTS

400g strained yogurt
2 medium raw or pre-cooked beets
2-4 sheets minced garlic (depending on how strong you want it)
Salt to taste
1/2 cup finely chopped walnuts
1 tbsp chopped dill
2-3 tbsp. vinegar
5-6 tbsp. olive oil

METHOD

STEP 1:
Using gloves grate the beet on the fine side of a grater.
STEP 2:
In a bowl add your yoghurt, finely minced or grated garlic, salt, vinegar, finely chopped dill and olive oil. Whisk to combine.
STEP 3:
Add the finely grated beet to the dressing and stir will to combine. Taste and adjust seasoning.
STEP 4:
Top with the roasted walnut pieces and some extra dill, serve as a dip or as a salad besides roasted meats.

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COOKERY

by The Secret Jozie Chef

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

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Greek Lemon Cake

Ingredients

3 cups cake flour
1 teaspoon baking soda
1/4 teaspoon salt
6 eggs, separated
2 cups white sugar, divided
1 cup butter, softened
2 teaspoons grated lemon zest
2 tablespoons lemon juice
1 cup plain whole-milk yogurt

Method

Step 1:

Preheat oven to 175 degrees C. Grease one 10-inch tube pan.

Step 2

Sift the flour, baking soda, and salt together. Set mixture aside.

Step 3

In a large bowl, beat the egg whites until soft peaks form. Gradually add 1/2 cup of the sugar, beating until stiff glossy peaks form. Set aside.

Step 4

Beat butter and remaining 1 1/2 cups sugar in a large bowl with an electric mixer until fluffy, 3 to 5 minutes. The mixture should be noticeably lighter in color.

Step 5

Blend in egg yolks, lemon zest, and lemon juice. Add flour mixture alternately with the yogurt, mixing until combined. Gently fold in the egg whites and pour the batter into the prepared pan.

Step 6

Bake in preheated oven until a tester inserted in the center comes out clean, 50 to 60 minutes. Let cake cool in pan for 10 minutes, then turn out onto a rack to finish cooling. Serves 12.



by The Secret Jozie Chef

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

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PRAWNS SAGANAKI

INGREDIENTS

1 tablespoon olive oil
1 small brown onion finely chopped
2 garlic cloves minced
 $\frac{1}{2}$ teaspoon sugar
1 teaspoon dried herbs like thyme or oregano
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ red chilli finely chopped
1 tablespoon tomato paste
400 g tinned chopped tomatoes
60 ml dry white wine
1kgs king prawns raw, defrosted if frozen
100 g feta crumbled
1 tablespoon parsley finely chopped

INSTRUCTIONS

- Step 1:** Heat the olive oil in a medium oven-proof pan (like cast iron skillet) over low-medium heat. Add the finely chopped onions and saute for 5 minutes until softened, but not browned.
- Step 2:** Add the garlic, salt, sugar, dried herbs and chilli and stir for a minute.
- Step 3:** Tip in a tin of chopped tomatoes, tomato paste, white wine and stir. Bring the sauce to a gentle simmer and carry on cooking for 20 minutes until the sauce has reduced by about half.
- Step 4:** In a separate pan add a little olive oil and heat, then season your prawns with salt and pepper and pan fry on each side for two minutes until blushed, remove and set aside while you finish the rest of the prawns. Return all the prawns to the hot pan and flambe with the 1/4 brandy. Remove prawns and allow to cool slightly before peeling the prawns..
- Step 5:** Add the brandy and any prawn juices to the tomato sauce and then add the prawn meat cut into large chunks to the tomato sauce.
- Step 6:** Take the saganaki dish off the heat and crumble the feta cheese on top. Scatter the parsley on top and serve with rice or crusty sourdough bread!

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

Portokalopita

Ingredients

500 g. phyllo sheets
4 large eggs,
200 g. sugar
2 oranges (zest)
300 g. Greek yogurt
2 tsp. vanilla extract
1 tsp. baking powder
200 ml plus 2 tbsp. sunflower oil

For the syrup:

200 g. 1 cup sugar
1 ½ cup lukewarm water
2 oranges (juice)
1 cinnamon stick

Instructions

Step 1

Preheat the oven to 180C .

Step 2

Remove the phyllo sheets from package and shred into ½ inch pieces, using a knife or your hands.

Step 3

Grease a round baking dish or cake tin with sunflower oil.

Step 4

Combine the eggs with the sugar in a large bowl. Beat with a hand mixer until pale and frothy. Add the orange zest, Greek yogurt, vanilla extract and baking powder. Beat on medium speed until well combined. Slowly add the sunflower oil and beat again. Stir in the phyllo sheets gradually whisking each time with a spatula, until fully incorporated.

Step 5

Pour mixture into prepared dish and bake for 1 hour.

Step 6

In a saucepan, bring sugar, water, orange juice and cinnamon stick to a boil over medium heat, for 2 minutes; remove from heat. Pour the hot syrup over the cold portokalopita or vice versa. Set aside for 1 hour until the syrup has soaked in. Slice and serve.

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COOKERY

by The Secret Jozie Chef

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Lamb Moussaka

Ingredients

2 large eggplant, thinly sliced
Olive oil cooking spray
1 tablespoon olive oil
1 medium brown onion, finely chopped
2 garlic cloves, crushed
800g lamb mince
420g can crushed tomatoes
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/3 cup grated pizza cheese
Lemon wedges, to serve
WHITE SAUCE
75g butter
1/3 cup plain flour
2 cups milk

Method

Step 1 Brush eggplant with oil. Heat a large frying pan over medium-high heat. Cook eggplant, in batches, for 2 to 3 minutes each side or until browned. Transfer to a large plate.

Step 2 Oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 5 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 6 to 8 minutes or until browned. Add tomatoes, cinnamon and allspice. Bring to the boil. Reduce heat to medium-low. Simmer for 30 minutes or until sauce is thick and liquid has evaporated.

Step 3 While, make sauce Melt butter in a saucepan over medium-high heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Gradually stir in milk. Bring to the boil. Reduce heat to medium. Cook, stirring, for 5 minutes or until mixture has thickened. Remove from heat.

Step 4 Preheat oven to 180°C/160°C fan-forced. Grease an 8 cup-capacity ovenproof dish. Place one-third of the eggplant, slightly overlapping, over base of prepared dish. Spread half the meat sauce over eggplant. Repeat layers, ending with eggplant. Spread white sauce over eggplant. Sprinkle with cheese. Bake for 45 minutes or until golden. Stand 15 minutes. Serve with lemon wedges.



by The Secret Jozie Chef

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TIROPITA

INGREDIENTS

8-10 sheets of phyllo pastry
340g feta cheese, crumbled
100g mild goats cheese,
120g Parmesan, or regato or Kefalograviera
2 egg, beaten
a splash of milk
fresh mint or dill, chopped (optional)
olive oil or melted butter
freshly ground pepper

METHOD

Step 1:

To prepare the tiropita, start by preparing the filling. Crush the feta cheese into a large bowl and add the grated cheese, the egg, a splash of milk, and season with freshly ground pepper. Mix well with a spoon to combine the ingredients. (At this point you can add some chopped fresh herbs if you like; some fresh dill or mint will surely lift the flavour).

Step 2:

Preheat the oven at 180C and start preparing the tiropita.

Step 3:

Spread one sheet of the phyllo dough on the kitchen counter and with a cooking brush drizzle with some melted butter or olive oil. Spread one more sheet on top and drizzle with some more butter.

Step 4:

Cut the sheets into three or four lanes (depending on if you like the tiropita to be small or larger). At the end of each lane add one tablespoon of the filling. Fold one corner to form a triangle and continue folding the triangle upon itself, until the entire piece of phyllo is used. Continue with the rest phyllo sheets and filling.

Step 5:

Oil the bottom of a large baking tray, place the tiropita and brush them with some melted butter on top. Bake in preheated oven at 180C for 25-30 minutes, until golden and crispy.

TO FOLD:

Cut each phyllo sheet into six, 5 cm strips along the long side. Brush generously with the melted butter. Add one tablespoon of the filling to one side of the long strip and begin to fold into a triangle as the diagram below suggests. Continue until you have used up all of the filling.

THE
COOKERY

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