

MUSHROOM STUFFED CHICKEN ROLLS

INGREDIENTS

600 g piece of chicken breast
salt and pepper

Stuffing:

3 king oyster mushrooms cleaned and chopped
10 Crimini mushrooms cleaned and chopped
1 clove garlic minced
1 shallot minced
3 Tbsp evo oil
Pinch of chili flakes and rosemary
½ tsp each of dried marjoram, thyme, oregano
¼ cup white wine
½ cup panko breadcrumbs
¼ cup of fine Italian bread crumbs
½ tsp white truffle oil
113 g plain good quality cream cheese

Wrapping:

8 slices of Italian Prosciutto Crudo

Roasting:

1 Tbsp evo oil
2 carrots peeled and cut into wedges
¼ onion chopped

Garnish:

a drizzle of olive oil
6 lemon slices

INSTRUCTIONS

Step 1: Cut chicken in half lengthwise, cover with plastic wrap on both sides and pound with a meat cleaver until somewhat flat. Do the same for the other fillet of chicken. Season with salt and pepper lightly, then set aside in the fridge.

Stuffing:

Step 2: In a heavy based pan drizzle in olive oil. Sprinkle in chili flakes and toss in garlic and shallot.

Step 3: Saute for about 5 minutes on low to medium heat.

Step 4: Throw in chopped mushrooms and season with salt & pepper.

Step 5: Add in marjoram, thyme, oregano. Stir well and let cook for 5 minutes. Pour in white wine and cook for an additional 3-4 minutes or until the wine has evaporated.

Step 6: Take off heat and stir in breadcrumbs until well incorporated and set aside. If it is a bit dry add some vegetable stock.

Chicken:

Step 7: Take the two fillets of chicken and lay on a wood board. Spread your seasoned cream cheese all over the inside of the chicken in a thin layer.

Step 8: Spoon mushroom stuffing on top of the cream cheese, then start rolling the chicken to form a round roll.

Step 9: Wrap mushroom chicken roll in the Prosciutto Crudo slices. Do the same for the remaining chicken fillet

Roasting:

Step 10: Pre-heat oven to 190C. In a medium roasting dish place carrots onto the bottom of the pan. Sprinkle the onion on top.

Step 12: Place chicken rolls perpendicular to the carrots. Cover with foil wrap and place in middle wrack of oven.

Step 13: Bake for 35 minutes then uncover and cook for another 25 minutes. Make sure to check different areas of the roll. Take out of oven and let rest 10 minutes.

THE
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by The Secret Jozi Chef

LEMON MASCARPONE MOUSSE

INGREDIENTS

210gms mascarpone cheese
1 cup cream whole, whipping or heavy cream cold
2-3 tablespoons icing sugar
1 tablespoon lemon zest
1-2 tablespoons lemon juice

INSTRUCTIONS

- Step 1:** In a large bowl whip the cream until stiff. (set aside 1/2 cup of whipped cream for the topping).
- Step 2:** In a medium bowl, beat the mascarpone, sugar, juice and zest until creamy. Fold the mascarpone mixture into the whipped cream until combined.
- Step 3:** Spoon the mousse into 4 cups or glasses and chill for 1 hour. Top with a dollop of whipped cream, sprinkle with chopped white chocolate or lemon zest before serving if desired. Enjoy!

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SAVIOARDI COOKIES

INGREDIENTS

3 eggs

$\frac{1}{3}$ cup white granulated sugar superfine or castor sugar is best (75 grams)

$\frac{1}{2}$ teaspoon very finely grated lemon zest
lemon extract or lemon oil can be used

1 teaspoon vanilla extract

95gms cake flour

2 tablespoons cornstarch

pinch fine salt

50gms powdered sugar, more as needed

INSTRUCTIONS

Step 1: Preheat the oven to 180°C. Line two large baking trays with non stick baking paper.

Step 2: Separate the eggs, putting the egg yolks into a small bowl for later. Beat the egg whites with an electric mixer with the whisk attachment until stiff peaks.

Step 4: Gradually add the sugar and continue beating until the sugar is dissolved and the mixture is thick and glossy.

Step 5: Mix the lemon zest and vanilla extracts into the egg yolks.

Step 6: Use a spatula to combine the egg yolk mixture with the egg whites until just incorporated.

Step 7: Sift the cake flour, cornstarch and salt over the egg mixture.

Step 8: Use a spatula to gently fold the dry ingredients in until just mixed. It is important to fold very gently to not to deflate the batter meaning that the savoiardi would be flat and not as spongy. The mixture will deflate a little but that's fine – you've got a lot of air into those egg whites.

Step 9: Use a piping bag with a plain $\frac{1}{2}$ inch (1.5cm) tip (or you could just snip the end off, or use a ziplock bag filled with the batter).

Step 10: Pipe the batter into 5 inch (12cm) lengths leaving space between each to allow for spreading.

Step 11: Sift half of the powdered sugar over the savoiardi and wait for 5 minutes. The sugar will melt and look wet. That's what it's meant to do.

Step 12: After 5 minutes, sift over the remaining powdered sugar. You may need a little bit more. Sprinkling with powdered sugar is what creates the characteristic crust of savoiardi.

Step 13: Bake savoiardi cookies for 10 minutes, then rotate the baking trays and bake for another 5 minutes.

Step 14: Allow to cool for 5 minutes then remove with a metal spatula while still warm and cool on a wire rack.

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COZZE ALLA TARANTINA

INGREDIENTS

1kg Mussels
400g Canned tomatoes, crushed
2 cloves garlic
1 Fresh chili pepper
50ml white wine
3tbsp Extra virgin olive oil
Black pepper to taste
Fine salt to taste
Parsley to taste

INSTRUCTIONS

Step 1: Pour half of the olive oil into a pot and add a whole peeled garlic clove, fry until the garlic clove begins to turn golden. Then add in the mussels, some of your fresh chopped parsley and the white wine. Place the lid on your pot and allow the mussels to steam and open. Once they open remove the mussels from the pan and set aside under foil to keep them warm.

Step 2: Set aside any of the liquid that the mussels have released and then add the remaining olive oil to your pan and return the pan to a medium low heat.

Step 3: Finely chop the unused clove of garlic and the chilli and add it to the oil, and over a low heat allow the garlic to cook until just browning. Now add the reserved clove of garlic, that you had since pasted and allow it to cook for a minute.

Step 4: Once the garlic is lightly golden and fragrant add your pureed tomatoes and any reserved liquid and allow the tomato sauce to cook for 10-15 minutes. Add salt and pepper to taste, keep it light as you want to allow the mussels to share their flavour.

Step 5: Return the mussels to the pan and toss to coat, once warmed through, garnish with more fresh chopped parsley serve with crusty bread.

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Fagiolini verdi con aglio e mentuccia

Green Beans with garlic & mint

Ingredients

1 tablespoon fine sea salt
160g fine green beans
1/4 cup extra virgin olive oil
1 tbsp red wine vinegar
2 tablespoons finely sliced mint leaves
1 clove garlic, finely sliced
Freshly ground salt & black pepper

Instructions

Step 1

Bring 2 litres of water to the boil in a large saucepan, then stir in the fine salt

Step 2:

Add the beans, return to the boil, cook for 3-4 minutes until just tender. Drain beans and plunge into ice water

Step 3

When the beans are cool, drain well and pat dry.

Step 4:

Toss with mint, oil, vinegar, garlic, salt and pepper and serve at room temperature

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COOKERY

by The Secret Jozie Chef

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

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Fresh Egg Pasta

INGREDIENTS

300g 00" Flour
3 large eggs (Free Range)
30ml Olive Oil
Pinch of salt

INSTRUCTIONS

Step 1

Mound the flour on a work surface and make a well in the center

Step 2

Break the eggs into the well, adding your pinch of salt and the olive oil. Using a fork, start whisking the eggs and oil together, incorporating

a little flour as you do. Slowly blend the flour and eggs, working from the center outwards

Step 3

Knead the dough on a lightly floured surface for 6 minutes, or until dough is smooth, soft, elastic but dry to the touch. If sticky, add a little

more flour. Once correct texture is reached, cover in plastic wrap and allow to rest for 30 minutes,

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HERB FILLED RAVIOLI

INGREDIENTS

1 cup ricotta
2tbsp grated Parmesan
2tsp fresh chopped chives
1tbsp fresh chopped flat-leaf parsley (Italian Parsley)
2tsp fresh chopped basil
1tsp fresh chopped thyme

200g butter
12 fresh Sage leaves

INSTRUCTIONS

Step 1

Mix the ingredients for your filling, and season with salt/pepper. Taste to see saltiness.

Step 2

Take a pasta sheet, and gently fold along its midline to make a crease, then re-open it.

Step 3

Keeping your spacing at about 3 cm, place 1 tbsp of your filling at a time along the bottom half of your sheet
Lightly moisten the outside edges of your sheet using a little water on a pastry brush

Step 4

Fold it over along the earlier crease. Press from the folded point outwards to remove any excess air
Gently pat the dough down around each filling to create a seal.

Step 5

Finally use a pasta cutter to cut your ravioli into squares.

Alternatively - Panzarotti

Take your pasta sheet, and using the floured rim of a water glass, make discs along your sheet. Remove excess pasta. Place a ball of filling in the center of the disc,
Brush outside edges with very little water and then gently fold in half, trying to remove as much air as possible when doing so.

Use a fork to crimp the edges and form a seal. Plunge into rapidly boiling, salted water, for 3-4 minutes

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SPRING MINESTRONE

INGREDIENTS

Ingredients:

2 Tbsp olive oil
6 green onions
2 large garlic cloves
450gms potatoes cut into 2cm chunks
1 can of tomatoes, chopped before using
4 cups vegetable stock or chicken stock
Salt
1 cup zucchini, roughly chopped
1 can of butter beans, rinsed and drained
1 cup peas (fresh or frozen)
250gms asparagus, cut into 1-inch chunks
2 cups greens (chard, spinach, kale, etc), sliced into thin ribbons
Up to 1/4 cup pesto
Grated parmesan or pecorino cheese for garnish (omit for vegan version)
1 teaspoon black pepper

METHOD

Step 1

To begin preapre your vegetables, chop the onions, garlic, peel and cut the potatoes, and slice the zucchini into discs

Step 2

Now in a dutch oven add some olive oil then sauté the onions, once softened but not browned add the garlic cook for 1 minute. Now add the potatoes and cook 1 minute more.

Step 3

Now add the tomatoes, stock, salt, and then simmer:

Step 4

Bring to a simmer, add salt to taste, then cover and cook over medium-low heat for 15 minutes.

Step 5

Now add the cannellini beans, finely shredded kale and zucchini discs and cook for another 5-minutes

Step 6

Finally add the peas and cut asparagus spears, and cook on a low heat until the potatoes and all vegetables are cooked.

Step 7

Turn off the heat and stir in the pesto. Add black pepper and more salt to taste (depending on how salty your stock is, you may need to add 1 to 2 teaspoons of salt).

Step 8

Serve topped with grated cheese.

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ASPARAGUS, PEA & BABY SPINACH SAUCE

INGREDIENTS

2 tablespoons unsalted butter or olive oil
1 pound gnocchi
10 spears asparagus, give or take, cut into 1 inch lengths
1 clove garlic, minced
 $\frac{1}{8}$ teaspoon red pepper flakes
juice of $\frac{1}{2}$ lemon
2 tablespoons cream
1 cup fresh or frozen peas
100g baby spinach (couple of big handfuls)
salt and pepper, to taste

METHOD

Step 1:

In a large pot or frying pan with a lid, heat the butter or oil on low heat.

Step 2:

Add the garlic and the red pepper flakes, and fry until just fragrant.

Step 3:

Now add the peas and asparagus and fry for 1 minute.

Step 4:

Add the lemon juice, and cream and for until slightly thickened.
Now add the baby spinach and allow to collapse before adjusting seasoning

Step 5:

Add the gnocchi and some of the reserved pasta water, toss to coat and serve

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CARPACCIO DI SALMORIGLIO

INGREDIENTS

700gms beef fillet
45gms black pepper corns
4tbsp fresh thyme leaves
3 lemons
100g parmesan
150gms wild rocket leaves
Extra Virgin Olive Oil as needed

METHOD

Step 1

Roughly crush the black pepper and 1 tbsp salt in a mortar, place in a single layer on a chopping board.

Step 2

Preheat a grill or a pan to very hot. Roll the fillet in the salt and pepper mix, then briefly grill, turning continuously to blacken the outsides, but making sure that the centre remains raw. Remove and place in fridge

Step 3

Slice the cold fillet into 1/2cm slices on a board. Using a large pointed cooking knife, press and spread the slices to make them thin and lacy. The grilled edges will hold the pieces together.

Step 4

To make the Thyme Salmoriglio, pound 4 level tablespoons fresh thyme with 1 teaspoon sea salt until completely crushed. Add 2 tablespoons lemon juice. Pour 8 tablespoons extra virgin olive oil slowly into the mixture. Add a little freshly ground black pepper.

Step 5

Spread out the slices on the plate, and spoon over the thyme sauce. Lightly toss the rocket leaves with the oil and Lemon Dressing.

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CARPACCIO DI ZUCCHINI

INGREDIENTS

500g green zucchini 500g yellow zucchini
5 tablespoons (100ml) extra virgin olive oil
Juice of 1 small lemon
2 teaspoons grated lemon rind
225g baby rocket
100g shaved parmesan

METHOD

Step 1

Trim the ends of the zucchini and slice diagonally into wafer-thin rounds. Place in a bowl.

Step 2

Combine the oil, lemon juice and rind, and season with salt and pepper. Pour mixture over zucchini and leave for 5 minutes. Pile the rocket onto serving plates, then top with the zucchini and finish with the parmesan.

Step 3

Serve as a first course or as an accompaniment to simply grilled meat and fish.

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ARANCINI WITH ANCHOVY & MOZARELLA

INGREDIENTS

For the rice

1 cup long-grain rice
1 small onion
1 stick celery finely chopped
1 small carrot finely chopped 4
tbs. butter
3 cups chicken broth
5 tbs. grated Parmigiano

For the filling:

80 gms finely diced Mozzarella
10 - 12 anchovy fillets
30gms parsley, chopped
1 egg

To coat the arancini

3 eggs
breadcrumbs
nutmeg
olive oil
salt
pepper
Flour

METHOD

Step 1: In a heavy based pot saute the onion, carrot and celery in the butter until soft and translucent. Then add the rice and fry it until it is sizzling. Then add the hot broth slowly, stirring frequently. The rice should be done in about 20 min. When the rice is ready, mix in half the parmesan, and then spread the rice out in a flat baking tray to cool.

Step 2: Mix the chopped mozzarella and finely chopped anchovies, the rest of the parmesan, the chopped parsley, 1 egg, nutmeg, salt and pepper (If the mixture is a little wet add some more parmesan). With slightly damp hands, take a handful of rice in one hand, and a pinch of stuffing with the other. Push the stuffing into the middle of the rice. Squeeze the rice all around the stuffing and mould it into an egg shape.

Step 3: When you have used up all the mix, flour the croquettes, dip into beaten eggs, and then roll again in breadcrumbs. Fry the suppli' in very hot oil, once golden and cooked through place on paper towel to drain and serve immediately

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GARLIC & MINT ZUCCHINI

2 courgettes (zucchinis)

2 tablespoon extra virgin olive oil

1 garlic clove, (peeled but not sliced)

1 handful fresh mint

juice of $\frac{1}{4}$ lemon

salt and pepper, to taste

Instructions

Step 1: First, cut the zucchini into 3cm x .5cm batons.

[Optional pre-salting the zucchini - Place the zucchini batons in a colander set over a bowl and liberally sprinkle salt over them. Quickly mix the salt into the courgettes with your hands and leave for 5-10 minutes so that the salt can draw out the juices from the courgette. Once the batons look wet and glistening, rinse them under the tap in the colander to wash away all the salt and any juices. Then dry in a clean tea towel or kitchen towel.]

Step 2: In the meantime, slice the fresh mint thinly.

Step 3: Heat the oil in a large frying pan over a medium heat. Once hot, add the whole garlic clove and move around in the pan to brown on all sides and flavour the oil. Once browned, remove from the pan and discard (or use to flavour in something else).

Step 4: Add the courgette batons in one single layer. Do not overlap the batons. You may need to sauté the courgette batons in batches. Sauté the courgette batons until the underside is golden brown (about 2-4 minutes), then, using a pair of kitchen tongs, turn each slice over to cook on all the other side. Cook until golden brown on all sides.

Step 5: Once cooked, add the chopped mint and a squeeze of lemon juice and stir over the heat for 30 seconds until the mint has wilted and the lemon juice is mixed into the courgette batons. (If cooking in batches, add the pre-cooked slices back into the pan at this point and stir all together over the heat). Season with salt and pepper to your taste. Serve hot.

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PACCHERI WITH PORK RAGU & RICOTTA

1tbsp chopped fresh oregano

150g ricotta

1 onion, chopped

1 celery stalk, chopped

1 carrot, chopped

Olive oil

400g minced pork

160ml red wine

400g canned tomatoes

1/2 tsp ground cinnamon

Instructions

Step 1: To begin finely chop the oregano, and then mix it well with the ricotta cheese, set aside

Step 2: Gently fry the finely chopped onion, carrot and celery in some olive oil.

Step 3: Add the minced pork, and stirring often allow the meat to cook until it begins to brown.

Step 4: Pour in the red wine, and when it has evaporated add the cinnamon and tomato, reduce heat and allow to simmer for about 30-minutes

Step 5: Cook the pasta to pack instructions, then once ready toss the pasta through the sauce, once well coated, top it with the reserved ricotta and serve hot.

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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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PEAR & CHOCOLATE CAKE

INGREDIENTS

4 large, very firm and hard pears
170 g of '00 flour
30 g of bitter cocoa powder
170 g of sugar
70 g sunflower seed oil or melted butter
2 eggs
125 g of berry yogurt (or classic plain yogurt) at room temperature
130 g dark chocolate (in flakes or drops)
1 sachet of vanilla or 1 teaspoon of extract
1 sachet of baking powder

INSTRUCTIONS

- Step 1:** To start beat eggs, sugar and vanilla for 2 minutes in a stand mixer with a whisk attachment, until the mixture becomes frothy and light. Then with your machine running add the oil in a thin stream.
- Step 2:** In a second bowl, sift the flour, baking powder and cacao and then set aside.
- Step 3:** Now add a third of the flour mixture to the egg mixture and stir until all the flour has been absorbed, then add half of the yoghurt mixture and stir until combine.
- Step 4:** Repeat with the last half of the flour and then the balance of the yoghurt. Finally add the chocolate pieces, reserving a few to use on top.
- Step 5:** Now peel your pears and cut them into 3 mm thick slices, and set aside, it is important that the pears are firm.
- Step 6:** Now add your cake batter into a greased and lined 24cm, baking tin
- Step 7:** Now add the sliced pears into the batter, place them in upright so that they create interest, some slices can be pushed all the way into the batter and others you can keep sticking out partially.
- Step 8:** The trick is to creating a beautiful design of pear and chocolate cake is to not to push the pears below the surface
- Step 9:** Finally add the reserved chocolate pieces over the top
- Step 10:** Bake in a preheated oven at 180° for 40 – 45 minutes. The time is indicative and may vary depending on the oven!
- Step 11:** The pear and chocolate cake is ready when it has risen and a toothpick inserted comes out dry!

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SICILIAN CEVICHE

INGREDIENTS

450gms kingklip fillet
2 large juicey lemons
1/2 large tomato
1 shallot
1 large bunch of fresh mint
1 handful of basil leaves
1 pinch of cinnamon powder
1 teaspoon of extra virgin olive oil.
salt

METHOD

Step 1: Squeeze the lemons and reserve the juice in a bowl.
Step 2: Cut the kingklip fillet into small cubes, place it in a bowl and cover it with lemon juice. Keep it aside and leave it to marinate, at room temperature, for at least a couple of hours.
Step 3: Meanwhile finely chop the shallot, tomato and fresh herbs. Put everything in a bowl, season with olive oil, a pinch of salt and cinnamon. Keep it aside.
Step 4: When the fish is ready (the meat is opaque), drain and gently combine the contents of the two bowls.
Step 6: Serve with crusty bread

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