

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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Old Fashioned Apple Pie

Ingredients

320gms flour
1 teaspoon salt
170gms cold butter, cut into cubes
8 tablespoons ice water, or as needed

FILLING

2 ½ lb granny smith apple, cored, sliced, peeled (1 kg)
¾ cup sugar (150 g)
2 tablespoons flour
½ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
½ lemon
1 egg, beaten
1 tablespoon sugar

Preparation

Pastry

1. In a medium-sized bowl, add the flour and salt. Mix with fork until combined.
2. Add in cubed butter and break up into flour with a fork. Mixture will still have lumps about the size of small peas.
3. Gradually add the ice water and continue to mix until the dough starts to come together. You may not need all of the water, but if the dough is too dry then add more. The dough should not be very tacky or sticky.
4. Work the dough together with your hands and turn out onto a surface. Work into a ball and cover with cling wrap. Refrigerate.

Filling

1. Peel the apples, then core and slice.
2. In a bowl, add the sliced apples, sugar, flour, salt, cinnamon, nutmeg, and juice from the lemon.
3. Mix until combined and all apples are coated. Refrigerate.
4. Preheat the oven to 375°F (200°C).

Assembling the pie

1. On a floured surface, cut the pie dough in half and roll out both halves until round and about -inch (3 mm) thick.
2. Roll the dough around the rolling pin and unroll onto a pie dish making sure the dough reaches all edges. Trim extra if necessary.
3. Pour in apple filling mixture and pat down.
4. Roll the other half of the dough on top.
5. Trim the extra dough from the edges and pinch the edges to create a crimp. Make sure edges are sealed together.
6. Brush the pie with the beaten egg and sprinkle with the sugar.
7. Cut four slits in the top of the pie to create a vent.
8. Bake pie for 50-60 minutes or until the crust is golden brown and no greyish or undercooked pastry remains.
9. Allow to cool completely before slicing.



by The Secret Jozie Chef

PIDE

INGREDIENTS

For the dough:

300 gr + 2 tbsp. all-purpose plain flour
1 tsp. salt
14 gr dried yeast
1 pinch of sugar
1 cup warm water
3 tbsp. olive oil

For the topping:

1 medium onion, finely chopped
2 cloves garlic
400 gr/14 oz. ground beef or ground lamb or mixture
 $\frac{1}{2}$ red/yellow bell pepper or 1 green pointy pepper, finely diced
2 medium tomatoes, deseeded and diced
1 tbsp. lemon juice
1 tbsp. olive oil
1/2 tsp ground cumin
1/2 tsp cinnamon
1 tsp paprika
1 tsp ground all spice
1/2 tsp chili powder
1 tbsp tomato paste
Small bunch flat leaf parsley
Salt (1 tsp. salt is recommended) and freshly ground black pepper to taste

Pinch chili powder

1 egg + 15 ml/ 1 tbsp. olive oil to brush the pide

METHOD

Step 1: Preheat the oven to 180 C/ 350 F

Step 2: Stir in the dried yeast and sugar in a small bowl and pour in $\frac{1}{2}$ cup warm water. Dissolve the yeast in water, mixing with your fingers. Set aside for the yeast mixture to get frothy for 5 minutes.

Step 3: Combine the flour and salt in a large bowl.

Make a well in the middle and pour in 2 tbsp. olive oil and the yeast mixture.

Step 4: Pour in the remaining $\frac{1}{2}$ warm water to the flour mixture. Using your hands, draw in the flour from the sides and work the mixture into a dough.

Step 5: Knead for 3 -5 minutes, until you reach a soft, smooth dough. The dough gets sticky as you knead, so pour the remaining 1 tbsp. olive oil and stir in additional 2 tbsp. flour to help shape into a soft dough.

Step 6: Place the dough in large bowl and cover with a cling film. Leave it in a warm place for 1 hour; it will be doubled in size.

Step 7: In the meantime, prepare your filling. Heat 15ml/ 1tbsp. olive oil in a wide heavy pan and stir in the onions, garlic and peppers. Sauté for 2-3 minutes over medium heat, until they start to soften.

Step 8: Stir in the tomatoes and sauté for another 2 minutes. Pour in the lemon juice and season with salt and ground black pepper. Turn the heat off.

Place the ground meat, spices, tomato paste and fresh herbs in a bowl and combine with the cooked vegetables mix well. The topping is ready.

Step 9: Once the dough is risen, place the dough on a lightly floured surface. Knead the dough for a minute then divide the dough into two pieces and roll into two balls.

Step 10: On a lightly floured surface, roll the dough balls into 2 oval shapes of 20 cm x 40 cm, with $\frac{1}{2}$ cm (0.2") thickness. Line a large baking tray with baking paper and place the 2 oval flat bread dough on the tray.

Step 11: Spread the filling evenly over the 2 flat breads, leaving 2 cm at the edges as a border with no filling (it is easier to spread the filling while the oval flat bread is in the tray). Fold in the sides to act as border to keep the filling intact. Squeeze the oval dough at each end to make it pointy.

Step 12: Beat an egg in a small bowl and mix it with 1 tbsp. olive oil. Brush the edges of dough with this mixture.

Bake for 25 - 30 minutes, until the pides are golden brown and crispy at the edges.

Step 13: Once cool, cut into slices and serve.

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by The Secret Jozi Chef

ROASTED TOMATO SOUP

Ingredients

1,3kg fresh tomatoes (mix of fresh heirlooms, cherry, vine and plum tomatoes)
6 cloves garlic, peeled
2 small yellow onions, sliced
Vine cherry tomatoes for garnish, optional
1/2 cup extra-virgin olive oil
Salt and freshly ground black pepper
1 quart chicken stock
2 bay leaves
4 tablespoons butter
1/2 cup chopped fresh basil leaves, optional
3/4 cup heavy cream, optional

Directions

Step 1

Preheat oven to 220C.

Step 2

Wash, core and cut the tomatoes into halves. Spread the tomatoes, garlic cloves and onions onto a baking tray. If using vine cherry tomatoes for garnish, add them as well, leaving them whole and on the vine. Drizzle with 1/2 cup of olive oil and season with salt and pepper. Roast for 20 to 30 minutes, or until caramelized.

Step 3

Remove roasted tomatoes, garlic and onion from the oven and transfer to a large stock pot (set aside the roasted vine tomatoes for later). Add 3/4 of the chicken stock, bay leaves, and butter. Bring to a boil, reduce heat and simmer for 15 to 20 minutes or until liquid has reduced by a third.

Step 4

Wash and dry basil leaves, if using, and add to the pot. Use an immersion blender to puree the soup until smooth. Return soup to low heat, add cream and adjust consistency with remaining chicken stock, if necessary. Season to taste with salt and freshly ground black pepper. Garnish in bowl with 3 or 4 roasted vine cherry tomatoes and a splash of heavy cream.

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COOKERY

by The Secret Jozie Chef

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TARTE AU CITRON

Pâte Sucrée

220 g flour, plain/all purpose
50 g soft icing sugar / powdered sugar, sifted
15 g almond meal / ground almonds
1/4 tsp salt
100g / 7 tbsp butter, unsalted, softened, cut into 1cm cubes
1 large egg, at room temperature

Curd Filling

1 tbsp lemon zest (1 lemon's worth)
125 ml lemon juice (from 1 – 2 lemons)
150 g white sugar
170 g unsalted butter, cut in 1cm (1/2") cubes
3 whole eggs large,
3 egg yolks (from large-size eggs,

Method: Pâte Sucrée

- Step 1: Place all the dry ingredients in the bowl of a food processor.
- Step 2: Add the cold butter and pulse until the butter is incorporated. Now add the whole egg and run the machine until the dough starts to come together.
- Step 3: Gather the dough and wrap in clingwrap, shape into a 2cm thick disc, place in the freezer for 10 minutes
- Step 4: Remove the pastry from the freezer and on a lightly floured surface roll out until 3mm thick.
- Step 5: Transfer the pastry to your baking tin and gently ease it into the sides, do not stretch the pastry as this will cause shrinking. Dock the pastry thoroughly to avoid the pastry from rising. Place the pastry shell in the freezer for 10 minutes.
- Step 6: Remove from the freezer add a sheet of baking paper and fill with baking beans place in the preheated oven to 200°C / 390°F (180°C fan). Bake for 15 minutes then remove the beans and baking paper and bake for a further 10-minutes until the base is lightly golden. Remove from the oven and allow to cool completely before filling, this will keep the crust nice and crisp.

LEMON TART FILLING:

Preheat oven: Preheat oven to 180°C

Step 1: Whisk ingredients together: Put all ingredients in a medium saucepan and whisk to combine.

Step 2: Thicken on stove: Place the saucepan on the stove over low / medium low heat. Whisk constantly, especially as the butter is melting, to ensure it doesn't split. Keeping stirring until the mixture thickens enough to visibly mound (i.e. holds its shape briefly) on the surface when dolloped – about 5 minutes, though it might take longer depending on stove strength, saucepan heat retention etc.

Strain into a bowl using a fine mesh strainer.

Fill tart: Pour into tart shell and smooth the filling surface using an offset spatula or similar.

Bake: Bake for 5 minutes. It will still be a soft custard when you touch it but not liquidity. It will set more when cooled so it's sliceable.

Allow to cool completely before cutting as this will allow the tart to firm up.



by The Secret Jozie Chef

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

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POTATO & LEEK SOUP

INGREDIENTS

- 3 tablespoons unsalted butter
- 4 large leeks, white and light green parts only, roughly chopped (about 5 cups)
- 3 cloves garlic, peeled and smashed
- 900g potatoes, peeled and roughly chopped into $\frac{1}{2}$ -inch pieces
- 7 cups chicken or vegetable stock
- 2 bay leaves
- 3 sprigs fresh thyme
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 cup heavy cream
- Chives, finely chopped, for serving

INSTRUCTIONS

- Step 1:** Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.
- Step 2:** Add the potatoes, broth, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.
- Step 3:** Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.

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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!

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MERCIMEK CORBASI

INGREDIENTS

5 tablespoons extra virgin olive oil
1 medium yellow onion, chopped
3 garlic cloves, minced, divided
2 to 3 carrots, peeled and chopped
1 medium russet potato, peeled and small diced or chopped
Kosher salt
2 tablespoons tomato paste
6 cups low-sodium vegetable broth
2 teaspoons Aleppo pepper, divided
1 teaspoon cumin
 $\frac{1}{2}$ teaspoon coriander
1 cup red lentils, picked over and rinsed
1 large lemon, cut into wedges

METHOD

In a large Dutch oven or cooking pot, heat 2 tablespoons extra virgin olive oil over medium-high heat until shimmering.

Add the onions, 2 minced garlic cloves, carrots, and potatoes. Season with a good dash of kosher salt, and cook, stirring occasionally until the vegetables have softened (about 5 to 7 minutes).

Add the tomato paste and toss to coat the vegetables with the paste, then add the broth 1 teaspoon of Aleppo-style pepper and the rest of the spices.

Add the lentils and stir.

Allow the soup to come to a rolling boil for 4 to 5 minutes, then lower the heat and cover the Dutch oven with the lid leaving a small opening.

Let the soup simmer on the lowest heat setting for about 15 to 20 minutes or until the lentils and the vegetables are completely tender. (Check occasionally and give the soup a stir as needed. If it is getting too thick, add a little bit more vegetable broth about $\frac{1}{2}$ to 1 cup more).

Remove the pot from the heat and carefully blend the soup using an immersion blender until smooth and creamy. (Alternatively, transfer the soup to a standard blender, let some of the steam escape. Blend in batches until all of the soup is smooth.)

To finish, in a small skillet, warm about 3 tablespoons extra virgin olive oil over medium heat. Add the remaining Aleppo pepper and minced garlic and cook briefly until the garlic is golden brown and the oil has taken on a red hue from the Aleppo pepper. Remove from the heat and pour the warmed oil all over the soup.

Serve with lemon wedges to the side.

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FRESH CUSTARD

INGREDIENTS

200ml double cream
700ml whole milk
4 large egg yolks
3 tbsp cornflour
80 - 100g caster sugar
1 tsp vanilla extract

METHOD

STEP 1: Put the cream and milk into a large pan and gently bring to just below boiling point. Meanwhile, in a large bowl, whisk the yolks, cornflour, sugar and vanilla. Gradually pour the hot milk mixture onto the sugar mixture, whisking constantly.

STEP 2: Wipe out the saucepan and pour the mixture back into it. Heat gently, stirring with a wooden spoon (see Steps 1 and 2, for stirring tips) until the custard is thickened, but before any lumps form. Eat hot or cold.

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QUICK PHO

INGREDIENTS

240g dried rice vermicelli noodles
2 deboned, chicken fillets, sliced finely across the grain
1 large yellow onion , quartered
2 (2-inch pieces) fresh ginger , unpeeled and halved, length-wise
6 cups chicken stock
2 cups water
1/2 tsp ground coriander
2 whole clove (optional)
3 Tablespoons fish sauce (or less, to taste preference)
1/2 teaspoon hoisin sauce
1/2 teaspoon soy sauce
1 teaspoon red chili paste (sambal oelek)
1 stick cinnamon
salt and freshly ground black pepper

METHOD

STEP 1: Place a large dry pot over medium heat add the onion halves and ginger pieces. Cook for 4 minutes, stirring occasionally.

STEP 2: Add the stock, water, coriander, clove, fish sauce, hoisin sauce, soy sauce, chili garlic paste, cinnamon stick and a pinch of fresh cracked salt and pepper to the pot. Bring to a slow boil, then reduce heat and simmer for 30 minutes.

STEP 3: Meanwhile, prepare noodles according to package instructions. Once soft, drain, rinse and set aside.

STEP 4: Ready the garnishes in individual small bowls for serving: cilantro, basil, green onions, bean sprouts, lime wedges and sliced chilies.

STEP 5: 1-5 minutes before the broth is done cooking, add finely sliced chicken to the broth to cook, just until done

STEP 6: Discard the ginger, clove, cinnamon stick and onion pieces from the pot.

STEP 7: Divide the noodles among bowls; ladle broth on top, flaked chicken. Add desired toppings.

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BANH PATE SO

INGREDIENTS

700gms puff pastry
¾ cup chopped shallot or red onion
1 tablespoon minced garlic
300gms ground pork
15gms woodear or shitake mushrooms, finely minced
1 spring onions, finely chopped
1 tbsp finely chopped coriander (optional)
1 tsp finely grated ginger
1 tablespoon sugar
1 teaspoon salt
1 teaspoon freshly ground pepper
1 large egg, lightly beaten for sealing and brushing

METHOD

STEP 1: Cut the puff pastry into 9cm rounds. You will need 24 rounds. Place them on lined baking sheet and refrigerate until ready to use.

STEP 2: Finely chop the shallots or red onions and fry until tender in a little neutral oil, once the onions are tender add the grated ginger and garlic and fry for 1 minute, remove and set aside.

STEP 3: Mix sauted shallot mixture with with ground pork, chopped mushrooms, sugar, salt, freshly ground pepper and the finely chopped spring onion and coriander if using.

STEP 4: Take 2 tablespoons of pork mixture and place it in the center of puff pastry round.

STEP 5: Brush the edges with beaten egg, place another pastry round on top. Use a fork to press around the edges of pastry to seal.

STEP 6: Place unbaked pate so on lined baking sheet and freeze for 15 minutes.

STEP 7: Preheat oven to 180C.

STEP 8: Brush pastries with egg. Place tray on middle rack and bake for 25 minutes until golden brown.

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EMPANADAS

INGREDIENTS

375 g plain/all-purpose flour
175g cold unsalted butter , cut into 1 cm cubes
1 tsp cooking/kosher salt
1 egg yolk
125 ml warm milk , full fat (30 sec microwave)

EMPANADA FILLING:

1 1/2 tbsp olive oil
1/2 onion , finely chopped
1 garlic cloves , minced
300g beef mince
120g chorizo
2 tsp tomato paste
1 tsp fresh thyme , finely chopped
1/2 tsp dried oregano
1/2tsp cumin
1/2 tsp paprika
1/4 tsp cayenne pepper
1/4 tsp salt
180 ml chicken stock
125 ml tomato passata
150g potato peeled, cut into 8mm cubes
1/3 cup green onion , finely sliced

METHOD

STEP 1: Roughly chop chorizo into small pieces. Blitz using a food processor until it becomes a paste

STEP 2: Heat oil in a large non stick pan over high heat. Cook onion and garlic for 2 minutes.

STEP 3: Add chorizo and cook for 2 minutes. Add beef and cook until you no longer see raw beef. Add tomato paste and cook for 1 minute. Then add everything else except green onion, then stir.

STEP 4: Bring to a simmer then lower heat so it's simmering gently. Cook for 15 minutes, stirring every now and then. Goal – juicy but not watery filling, with cooked potato.

STEP 5: Stir through green onion. Transfer to bowl and fully cool before using (about 2 hours).

EMPANADA SHORTCRUST PASTRY:

STEP 1: Whisk milk and yolk in a small jug. Pulse flour, salt and butter in a food processor until the butter becomes fine crumbs – largest lumps no bigger than peas (~ 4 to 6 times). Add egg-milk mixture, then blitz on low until it comes together into a ball of dough – about 10 seconds. (Note 2 for hand method)

STEP 2: Turn out onto a lightly floured work surface, then bring together into a smooth log ~20cm long. Cut in half, shape into 2cm thick round discs. Wrap in cling wrap then refrigerate 30 - 1 hour minutes

STEP 3: Place one chilled disc on a lightly floured work surface. Roll out to 3 mm thickness. Cut 15 cm rounds, or other size as desired. Keep covered in the fridge, stacked on paper, as you continue to roll and cut. You should get 10 or 11 rounds.

MAKE EMPANADAS:

Preheat oven to 220°C/425°F (200°C fan).

THE COOKERY

Filling + Filling should be cold but spreadable (Note

by The Secret Jozie Chef

EMPANADAS cont...

INGREDIENTS

375 g plain/all-purpose flour
175g cold unsalted butter , cut into 1 cm cubes
1 tsp cooking/kosher salt
1 egg yolk
125 ml warm milk , full fat (30 sec microwave)

EMPANADA FILLING:

1 1/2 tbsp olive oil
1/2 onion , finely chopped
1 garlic cloves , minced
300g beef mince
120g chorizo
2 tsp tomato paste
1 tsp fresh thyme , finely chopped
1/2 tsp dried oregano
1/2tsp cumin
1/2 tsp paprika
1/4 tsp cayenne pepper
1/4 tsp salt
180 ml chicken stock
125 ml tomato passata
150g potato peeled, cut into 8mm cubes
1/3 cup green onion , finely sliced

METHOD

ASSEMBLE EMPANADAS:

STEP 1: Preheat oven to 220°C.

STEP 2: Filling should be cold but spreadable). Place 3 tablespoons of filling on the top half of a round of pastry. Spread flat in a half-moon shape, leaving a 1.5cm

STEP 3: Brush edge with egg white, fold to enclose, pressing out air and sealing the edge. Then crimp with fork or leave plain.

STEP 4: Place empanadas on 2 baking trays. Brush with egg yolk. Bake 20 minutes or until golden brown all over and crispy on the base.

STEP 5: Serve hot with dipping sauce of choice – my favourite is the homemade Empanada Sauce!

THE
COOKERY

by The Secret Jozie Chef

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

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ROASTED RED PEPPER & FETA DIP

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

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. Season with salt and pepper. Chill at least 3 hours or overnight.

THE
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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.



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PIYAZ SALAD

INGREDIENTS

1 can cannellini beans drained
2 tomatoes diced
1/2 red onion thinly sliced
1 cup fresh parsley chopped
1 tsp sumac
1/2 tsp Aleppo pepper
1/2 tsp salt
1 lemon juice of
2 tbsp olive oil

METHOD

Step 1

Place the drained cannellini beans in a large bowl and add chopped tomatoes, sliced red onions and chopped parsley to the beans. Stir well and set aside.

Step 2

In a small bowl, mix sumac, Aleppo pepper, salt, lemon juice and olive oil and pour it on the salad.

Step 3

Toss the salad with the dressing and refrigerate for 30 minutes. Serve cold as a side dish.

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AVOCADO & ROMAINE SALAD

Light, quick and fresh!

SALAD

INGREDIENTS

1 cup cherry tomatoes (halved)
1 tablespoon chives (fresh, chopped)
1 1/3 cup avocado (chopped)
3 cups romaine hearts (chopped)
2 teaspoons parsley (chopped)
1 teaspoon dill (chopped)
Drizzle balsamic vinegar (to taste)
Drizzle extra virgin olive oil (to taste)

METHOD

Step 1: PREPARE THE INGREDIENTS; start by cutting tomatoes, roughly chop the chives, parsley, and dill, add everything to a bowl. Roughly chop the romaine lettuce and add to the bowl, toss gently and season with a little salt and pepper, place in a serving platter

Step 2: Gently peel the avocados, and cut into rough chunks and add these to the tomato and lettuce salad.

SALAD DRESSING

INGREDIENTS

2 tbsp red wine vinegar
6 tbsp extra virgin olive oil

METHOD

Step 1: PREPARE THE SALAD DRESSING: Whisk together the olive oil and vinegar, season with a little salt & pepper, drizzle over the prepared salad.

THE
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by The Secret Jozi Chef

Sundried Tomato & Ricotta Twisted Loaf

Ingredients

Dough

2 1/4 cups flour
1/2 tsp salt
3/4 cup lukewarm milk
1 tbsp sugar
15 g fresh yeast (1 envelope active dry yeast)
1/8 cup (30 g) melted butter
1 egg yolk

Filling

1/4 cup (70 g) softened butter
5 tbsp grated parmesan
120gms sundried tomato halves
200gms ricotta cheese
100gms grated white cheddar

Method

Step 1

In a medium bowl stir fresh yeast with sugar until it liquefies. Stir in the lukewarm milk and then add the egg yolk and melted butter. In a large bowl whisk together the flour and salt.

Step 2

Pour the milk mixture over the dry ingredients and start kneading it until it pulls away from the edges of the bowl. Give the dough the shape of a ball. Sprinkle oil onto a clean bowl, place the dough and cover with plastic wrap. Let it rest for about 1 hour at room temperature (warm space) until doubled in size.

Step 3

While the dough rises, process together the butter, sundried tomatoes, parmesan & ricotta cheese. Set aside.

Step 4

Preheat the oven to 400 F (200 C). Line a baking sheet with parchment paper. On a floured surface, using a rolling pin roll the dough to a rectangle of about 18x12 inches. Spoon the filling over top (keep about 1 tbsp of the filling for the end), spreading evenly, leaving a clean 1/2-inch border around the edges. Sprinkle the grated cheddar cheese'.

Step 5

Roll up the dough and using a sharp knife, cut the log in half lengthwise leaving one edge uncut for about 1/2 inch. Start braiding the two pieces, trying to keep the open layers exposed so the cut ends remain on top (this is what makes this bread effect). Pinch the ends together. Transfer it to the prepared baking sheet.

Step 6

Brush the wreath with the left butter filling. Bake for 20-25 minutes until golden brown. For the last 10 minutes you can reduce the oven temperature to 180 C (350 F).

THE
COOKERY

by The Secret Jozi Chef