

# ROASTED ZAATAR AUBERGINES

loaded with flavour!

## SALAD

### INGREDIENTS

1 globe eggplant  
1 ½ tablespoons olive oil  
1 tablespoon zataar spice mix  
1 tablespoon Ras el Hanout  
¼ teaspoon salt, more to taste  
1 fat garlic clove

### METHOD

Step 1: Preheat oven to 200C

Step 2: Slice Eggplant in half, then slice deeply at a diagonal at one inch intervals - "crosshatching" ( see photos above) careful not to cut through skin.

Step 3: Season each side with ¼ teaspoon kosher salt, sprinkling it into the slices if possible.

Step 4: Mix oil, spices, garlic together in a bowl to make a paste. Brush or spoon the entire contents over the eggplant and place on a sheet pan in the oven and bake for 1 hour rotating halfway through. After an hour, pierce with a fork and if they are very tender and juicy, they are done. Bigger eggplants may take longer.

## TAHINI SAUCE

### INGREDIENTS

½ cup tahini paste ( liquids and solids both- not just the "oil". )  
¼ cup warm tap water, more to desired consistency.  
1-2 tablespoons lemon juice ( or add to taste)  
2 garlic cloves (finely minced)  
½ teaspoon kosher salt ( see notes)  
¼ teaspoon pepper

### METHOD

Step 1: If your tahini paste has separated try to mix it in the jar with a fork before measuring. If it's very cold, this may not work very well, so be sure to use both the solids and the oil.

Step 2: Make the tahini sauce in a medium bowl, start by adding the tahini.

Step 3: If your tahini sauce is very cold, whisk using a fork or mini whisk, with the warm water. Start with ¼ cup warm water, and add more to desired consistency. ( ½ cup) for a looser "dressing" consistency. Or feel free to keep it thick. Also keep in mind, different brands of tahini paste are thicker than others. Once you start whisking, it will actually thicken.

Step 4: Add the remaining ingredients to the jar – lemon juice, minced garlic, salt, pepper and whisk until creamy and smooth. It will thicken as it cools in fridge.

Taste and adjust salt and lemon to your liking.

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# MUJADARA

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## INGREDIENTS

4 medium cloves garlic, smashed and peeled  
2 bay leaves  
1 tablespoon ground cumin  
1  $\frac{3}{4}$  teaspoons fine sea salt, divided  
Freshly ground black pepper  
5 cups water  
1 cup brown\* basmati rice, rinsed and drained  
1 cup regular brown or green lentils\*\*, picked over for debris, rinsed and drained  
 $\frac{1}{3}$  cup extra-virgin olive oil  
2 medium-to-large yellow onions, halved and thinly sliced  
 $\frac{1}{2}$  cup thinly sliced green onions (from 1 bunch), divided  
 $\frac{1}{2}$  cup chopped fresh cilantro or flat-leaf parsley, divided  
  
Plain whole-milk or Greek yogurt, for serving  
Spicy sauce, for serving (optional): shatta or zhoug or store-bought chili-garlic sauce or even sriracha

## METHOD

### Step 1

In a large Dutch oven or soup pot, combine the garlic, bay leaves, cumin, 1  $\frac{1}{2}$  teaspoons of the salt and about 20 twists of freshly ground black pepper. Add 5 cups water and bring the mixture to a boil over medium-high heat.

### Step 2

Once boiling, stir in the rice and reduce the heat to medium. Cover and cook, stirring occasionally and adjusting the heat as necessary to maintain a controlled simmer, for 10 minutes.

### Step 3

Stir in the lentils and let the mixture return to a simmer. Cover again, reduce the heat to medium-low, and cook until the liquid is absorbed and the rice and lentils are tender, about 20 to 23 minutes.

### Step 4

Meanwhile, warm the olive oil in a large (12-inch) skillet over medium-high heat. When it's warm enough that a slice of onion sizzles on contact, add the remaining onions. Stir to combine.

### Step 5

Stir only every 3 minutes or so at first, then more often once the onions at the edges of the pan start browning. If the onions are browning before they have softened, dial down the heat to give them more time. Cook until the onions are deeply caramelized and starting to crisp at the edges, about 20 to 30 minutes. In the meantime, line a large plate or cutting board with a couple paper towels.

### Step 6

Using a slotted spoon or fish spatula, transfer the onions to the lined plate and spread them evenly across. Sprinkle the remaining teaspoon salt over the onions. They'll crisp up as they cool.

### Step 7

When the lentils and rice are done cooking, drain off any excess water (if there is any) and return the mixture to the pot, off the heat. Lay a kitchen towel across the top of the pot to absorb steam, then cover the pot and let it rest for 10 minutes.

### Step 8

Remove the lid, discard the bay leaves, and smash the garlic cloves against the side of the pan with a fork. Add about  $\frac{3}{4}$  of the green onions and cilantro, reserving the rest for garnish. Gently stir and fluff the rice with a fork. Season to taste with additional salt and pepper, if necessary.

### Step 9

Transfer the rice and lentil mixture to a large serving platter or bowl. Top with the caramelized onions and the remaining green onions and cilantro. Serve hot, warm or at room temperature, with yogurt and spicy sauce (optional) on the side.

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# TABOULEH

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## INGREDIENTS

### SALAD

1.5 cups couscous  
2tbsp olive oil  
1 tsp salt

15 cherry tomatoes, seeded and chopped  
30gms fresh parsley  
30gms coriander  
20gms mint  
1 small cucumber, seeds removed, and  
chopped  
1/2 red pepper, cut into tiny pieces  
1/2 red onion, cut into tiny pieces  
2tbsp finely chopped chives  
1/2 cup flaked almonds

Juice of 1 lemon  
4tbsp olive oil  
2tbsp red wine vinegar  
1 clove garlic, crushed

## METHOD

### STEP 1

Place the couscous in a bowl, add salt and stir. Boil water, and add just enough to cover the coucous. Wrap with cling wrap and set aside.

### STEP 2

Prepare all the individual ingredients, cutting everything into a very small dice.

### STEP 3

To assemble the salad, start by loosening the couscous with a fork. The couscous should be loose and fluffy.

### STEP 4

Now add all the prepared ingredients to the coucous, add everything before stirring to mix to avoid making the coucous mushy

### STEP 5

Add the dressing and gently stir to combine all the ingredients.

## INGREDIENTS

### DRESSING

Juice of 1 lemon  
4tbsp olive oil  
2tbsp red wine vinegar  
1 clove garlic, crushed

## METHOD

### STEP 1

Prepare your dressing by combining the juice of 1 lemon, 4tbsp olive oil, 2tbsp red wine vinegar, salt, pepper and the crushed garlic.

### STEP 2

Set aside until needed

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# Mahalabia

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## Ingredients

3 cups milk  
3/4 cup white sugar  
1 cup cold water  
6 tablespoons cornstarch  
1 cup heavy whipping cream  
1 tablespoon rose water  
2 cardamom pods, crushed

*Pistachio & Pomegranate syrup to garnish*

## Instructions

### STEP 1

Combine milk and sugar together in a saucepan; bring to a boil.

### STEP 2

Whisk water and cornstarch together in a bowl until smooth; stir into boiling milk. Cook milk mixture over medium heat until thickened to the consistency of cake batter, 15 to 20 minutes.

### STEP 3

Remove saucepan from heat and stir cream, rose water, and cardamom into the mixture.

### STEP 4

Refrigerate milk mixture until completely cooled, 2 to 4 hours.

### STEP 5

Serve into small bowls, sprinkle with chopped pistachio and drizzle with some pomegranate syrup



by The Secret Jozi Chef

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

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# FATTOUSH

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## INGREDIENTS

2 loaves pita bread  
Early Harvest Extra Virgin Olive Oil  
1/2 tsp sumac, more for later  
Salt and pepper  
1 heart of Romaine lettuce, chopped  
1 English cucumber, chopped  
5 Roma tomatoes, chopped  
5 green onions (both white and green parts),  
chopped  
5 radishes, stems removed, thinly sliced  
2 cups chopped fresh parsley leaves, stems  
removed  
1 cup chopped fresh mint leaves (optional)

## LIME-VINAIGRETTE

1 1/2 lime, juice of  
1/3 cup Extra Virgin Olive Oil  
Salt and pepper  
1 tsp ground sumac  
1/4 tsp ground cinnamon  
scant 1/4 tsp ground allspice

## METHOD

### Step 1

Toast the pita bread in your toaster oven until it is crisp but not browned. Heat 3 tbsp of olive oil in a large pan. Break the pita bread into pieces, and place in the heated oil. Fry briefly until browned, tossing frequently. Add salt, pepper and 1/2 tsp of sumac. Remove the pita chips from the heat and place on paper towels to drain.

Step 2: In a large mixing bowl, combine the chopped lettuce, cucumber, tomatoes, green onions with the sliced radish and parsley.

Step 3: To make the lime vinaigrette, whisk together the lime juice, olive oil and spices in a small bowl.

Step 4: Dress the salad with the vinaigrette and toss lightly. Finally, add the pita chips, and more sumac if you like, and toss one more time. Transfer to small serving bowls or plates. Enjoy!

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# BABA GANOUSH

Smokey aubergine and tahini dip

## 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

## METHOD

### 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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# HUMMUS

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## INGREDIENTS

1 can chick peas  
2tbsp Tahini  
4 cloves garlic,crushed  
2 tsp ground cumin  
1/4 cup lemon juice  
3 tbsp olive oil  
Large pinch cayenne pepper  
Vegetable stock  
Extra lemon juice, olive oil, paprika and flat leaf to garnish

## METHOD

### STEP 1:

Place all the ingredients, except the vegetable stock, into a food processor and process until smooth

### STEP 2:

With the motor running, slowly add vegetable stock until the desired consistency is achieved

### STEP 3:

Check and adjust seasoning

### STEP 4:

Serve in a bowl, topped with a sprinkle of paprika, drizzle of olive oil and a splash of lemon juice

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# MOROCCAN CHICK PEA STEW

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## INGREDIENTS

1/4 cup extra-virgin olive oil  
3 large garlic cloves, peeled  
2 cups thinly sliced red onion  
1/2 cup dried apricots, sliced  
1 tablespoon ras el hanout (Moroccan spice blend) or garam masala  
1 teaspoon salt  
3/4 teaspoon black pepper  
1/4 teaspoon crushed red pepper  
1 (3-inch) cinnamon stick  
1/2 cup water  
1 1/2 teaspoons grated lemon rind  
1 1/2 tablespoons fresh lemon juice  
2 (15-ounce) cans chickpeas, rinsed and drained  
2 cans whole tomatoes, undrained and chopped  
6 cups chard/spinach, torn into 1-inch pieces  
1 cup cilantro leaves  
1/4 cup mint leaves  
1/2 cup roasted whole almonds, coarsely chopped

## METHOD

### Step 1

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat.

### Step 2

Add garlic; cook for 1 minute, stirring constantly. Remove garlic from pan using a slotted spoon; discard or reserve for another use.

### Step 3

Add onion and fry for two minutes, then add the dried apricots, ras-el hanout, salt, black pepper, crushed chilli pepper, and cinnamon stick.

### Step 4

Saute for 7 minutes or until the onion is lightly browned, stirring occasionally.

### Step 5

Add 1/2 cup water, lemon rind, juice, chickpeas, and tomatoes; bring to a boil. Reduce heat, and simmer for 10 - 15 minutes, stirring occasionally. Add a little extra water if you need.

### Step 6

Stir in spinach; simmer for a few minutes or until spinach wilts. Remove from heat. Sprinkle with cilantro and mint; top with almonds.

Serve over couscous.

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# MOROCCAN SPICED ORANGES

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## INGREDIENTS

2 1/2 cups orange sections, cut into 1/2-inch pieces (about 6)  
1/4 cup slivered almonds  
2 1/2 tablespoons chopped pitted dates (about 4)  
1 tablespoon powdered sugar  
1 tablespoon fresh lemon juice  
1/4 teaspoon ground cinnamon  
  
Ground cinnamon (optional)  
Grated orange rind (optional)

## METHOD

Step 1  
Peel oranges carefully removing all white membrane, then carefully cut wedges of orange, removing the segments from the central pith  
Set aside in a bowl  
Step 2  
Now add the remaining ingredients, and gently stir to combine  
Step 3  
Set aside in the fridge to chill and then serve plain

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# MATBUCHA

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## INGREDIENTS

6 medium ripe tomatoes (cored and chopped into 1-inch pieces)  
4 to 6 cloves garlic (peeled and finely chopped)  
1 small green jalapeño pepper (seeded and diced OR 2 medium green bell peppers, chopped)  
1/3 cup oil (canola or olive)  
2 tablespoons paprika  
1 1/2 teaspoons kosher or sea salt  
1/2 to 1 teaspoon freshly ground black pepper

## METHOD

### Step 1

Place the tomatoes, garlic, and peppers in a heavy-bottomed 3-quart saucepan.

### Step 2

Set over medium heat and cook, uncovered, for 20 minutes, stirring frequently with a spoon.

### Step 3

When the vegetables are nice and soft, add the oil, paprika, salt, and pepper.

### Step 4

Cook, stirring frequently, for another 10 minutes.

### Step 5

When the mixture is well blended and most of the liquid has evaporated, the matbucha is ready.

### Step 6

Cool and store in a covered container in the refrigerator.

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# SOFT FLATBREADS

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## 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.

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# HARIRA SOUP

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## 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

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# CHICKPEA SALAD WITH SUMAC ONIONS

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## INGREDIENTS

1 x 14oz can of precooked chickpea / garbanzo beans  
1tsp/5ml ground sumac  
1tsp/5ml ground cumin  
½ medium red onion, halved and thinly sliced  
10 cherry tomatoes, quartered  
3 spring onions/scallions, finely chopped  
1 red bell pepper, deseeded and finely chopped  
40g spinach leaves, washed and roughly chopped

### For the dressing:

30ml/2tbsp extra virgin olive oil  
½ juice of lemon  
Salt and freshly ground black pepper to taste  
Sprinkle of extra sumac to serve  
Flatbread or pita bread to serve

## METHOD

### Step 1

In a mixing bowl, rub a pinch of salt and ground sumac into the onion slices with your hands really well. This will soften the onions and make them more palatable, will also help infuse tangy sumac to the onion slices.

### Step 2

Place the precooked chickpeas or garbanzo beans on a colander, drain its liquid and rinse over running water. Combine the chickpeas with the onions in the mixing bowl. Stir in the ground cumin and season with salt to your taste, mix well.

### Step 3

Stir in the chopped tomatoes, peppers, spring onion and spinach into the bowl and combine well with the chickpeas and onion mixture.

### Step 4

For the dressing; combine the extra virgin olive oil and lemon juice in a small container. Season with salt and freshly ground pepper to your taste.

### Step 5

Pour in the seasoning over the salad and combine well. Transfer the salad into a serving plate. Serve with an extra pinch of ground sumac sprinkled over, if you like, with plenty flat breads or pita bread by the side, to mop up the delicious juices.

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# Muska Börégi

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## 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 parmesan  
1 cup grated mozzarella  
2 large eggs, lightly beaten  
1tsp paprika  
1/2tsp ground cumin  
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.

## METHOD

### Step 1

**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 garlic and cook until soft and fragrant, about 4 minutes. Now add the paprika and cumin. Stir in the spinach, turn off the heat, and let cool for 5 minutes. Then stir in the cheeses, eggs, 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.

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# TURKISH BULGUR SALAD

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## INGREDIENTS

2 cups Bulgur Wheat dry (I used Turkish Bulgur)  
3 cups boiling water  
1/4 cup tomato paste  
2 tablespoons roasted red pepper paste  
1 tsp. Salt or more to taste  
  
1/4 cup olive oil I used Turkish Olive Oil  
1 cup cucumber diced  
1 red bell pepper diced  
3/4 cup green onion chopped  
1/3 cup fresh parsley chopped  
3/4 tsp. Cumin powder or 7 spice  
1 lemon juiced  
2 tbps. pomegranate molasses  
1/3 cup purple onion optional  
2 tablespoons Jalapeño Pepper optional if you like spicy

## METHOD

- Step 1  
In a bowl, soak the bulgur with the boiling water for 20-30 minutes, mixing occasionally until they are soft and tender. Bulgur should not be chewy.
- Step 2  
Meanwhile dice and chop all your ingredients.
- Step 3  
In a frying pan bring the olive oil, salt, tomato and pepper paste to simmer and keep cooking on low for about 5-7 minutes, stirring occasionally to form a creamy tomato paste base. Turn off the heat.
- Step 4  
Add in the bulgur and mix to coat well with the tomato paste. Allow the bulgur to cool down for about 10 minutes.
- Step 5  
In a bowl, add in all the salad ingredients with the bulgur, pomegranate molasses, lemon juice and cumin. Taste to see if you prefer to add more salt.
- Step 6  
Serve right away or cool in the fridge to serve cold.

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# QUICK FALAFEL

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## 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.

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# VEGETABLE TAGINE

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## INGREDIENTS

1/4 cup extra virgin olive oil, more for later  
2 medium yellow onions, peeled and chopped  
8-10 garlic cloves, peeled and chopped  
2 large carrots, peeled and chopped  
2 large russet potatoes, peeled and cubed  
1 large sweet potato, peeled and cubed  
Salt  
1 tbsp Harissa spice blend  
1 tsp ground coriander  
1 tsp ground cinnamon  
1/2 tsp ground turmeric  
2 cups canned whole peeled tomatoes  
1/2 cup heaping chopped dried apricot  
1 quart low-sodium vegetable broth (or broth of your choice)  
2 cups cooked chickpeas  
1 lemon, juice of  
Handful fresh parsley leaves

## METHOD

### Step 1:

In a large heavy pot or Dutch Oven, heat olive oil over medium heat until just shimmering. Add onions and increase heat to medium-high. Saute for 5 minutes, tossing regularly.

### Step 2:

Add garlic and all the chopped veggies. Season with salt and spices. Toss to combine.

### Step 3:

Cook for 5 to 7 minutes on medium-high heat, mixing regularly with a wooden spoon.

### Step 4:

Add tomatoes, apricot and broth. Season again with just a small dash of salt.

### Step 5:

Keep the heat on medium-high, and cook for 10 minutes. Then reduce heat, cover and simmer for another 20 to 25 minutes or until veggies are tender.

### Step 6:

Stir in chickpeas and cook another 5 minutes on low heat.

### Step 7:

Stir in lemon juice and fresh parsley. Taste and adjust seasoning, adding more salt or harissa spice blend to your liking.

### Step 8:

Transfer to serving bowls and top each with a generous drizzle of extra virgin olive oil. Serve hot with your favorite bread, couscous, or rice.

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# SARAGLI

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## Ingredients

### For the syrup

500 g granulated sugar  
300 g water  
1 stick(s) cinnamon  
50 g glucose  
6 cloves  
peel, of 1 lemon  
1 tablespoon(s) lemon juice

### For the saragli

400 g butter  
150 g walnuts  
150 g almonds  
1 teaspoon(s) cinnamon  
1/2 teaspoon(s) cloves, ground  
900 g phyllo dough sheet  
pistachios, ground, to serve

## Method

### For the syrup

1. In a pot, add the sugar, water, cinnamon stick, glucose syrup, cloves and lemon rind.
2. Place pot over medium heat.
3. In about 2-3 minutes, as soon as the sugar melts, remove pot from heat.
4. Add the lemon juice, stir and set aside to cool.

### For saragli

Step 1: Melt the butter in a saucepan over low heat.

Step 2: In a food processor or using a mortar and pestle, grind the walnuts, almonds, cinnamon and cloves together. You don't want to finely grind them but you don't want to have large pieces because they will rip through the phyllo dough.

Step 3: Transfer the filling to a bowl and transfer the melted butter to a separate bowl.

Step 4: Preheat the oven to 160° C (320° F) Fan.

Step 5: Spread out the phyllo dough on a clean working surface.

Step 6: Lay one sheet of phyllo dough separately on your working surface. Drizzle with melted butter, making sure not to let the brush directly touch the phyllo.

Step 7: Cover with another sheet of phyllo and drizzle with butter. Spread the filling over the entire surface.

Step 8: Place two wooden sticks in the middle of the phyllo and roll the smaller side towards the middle, leaving an empty space at the edge.

Step 9: Do not roll too tight and gently press the ends together towards the middle with your hands, creating folds in the phyllo and remove the sticks.

Step 10: Brush a 30x40 cm baking pan with butter and add the sargli.

Step 11: Drizzle with butter immediately and repeat the same process until the baking pan is full of saragli rolls.

Step 12: When the pan is full, drizzle any leftover butter over the sargli rolls.

Step 13: Bake for 70-90 minutes.

Step 14: When ready, remove from oven and immediately pour the cool syrup over the scorching hot saragli rolls.

Step 15: Allow them to soak up the syrup for 30 minutes.

Step 16: Sprinkle with ground pistachio nuts and serve.

# THE COOKERY

by The Secret Jozie Chef

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

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# MANAKISH

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## Ingredients

2 tsp active dry yeast  
300 ml water (warm)  
500 g flour  
2 tsp salt  
2 tsp sugar  
12 tbsp olive oil  
6 tbsp Za'atar  
300 g halloumi  
lemon (for serving)

## Method

### Step 1:

Dissolve yeast in lukewarm water. Add flour, salt, and sugar to a bowl. Make a well and add yeast mixture, followed by one third of the olive oil. Work into a dough using your hands and knead for 5 min. until elastic. The dough should spring back when poked with your finger. Form dough into a ball, place in a large bowl, oil the top, and cover with plastic wrap. Set aside somewhere warm for 1 hr.

**Step 2:** Once the dough has risen, roll out into a log and divide into 4 equal pieces. Place on a parchment-lined baking sheet and press out slightly into flatbreads. Cover with a clean kitchen towel and let rise again while you prepare the topping. Mix the Za'atar with remaining olive oil. Grate halloumi on the largest side of a box grater, then add to the Za'atar mixture and mix to combine.

**Step 3:** Preheat oven to 200°C/400°F. Stretch out the flatbreads and dimple the surfaces with your fingertips. Top each generously with the Za'atar-halloumi mixture and drizzle more olive oil, if desired. Transfer to oven and bake for approx. 8 min. Serve immediately with lemon wedges. Enjoy!

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# MUHAMARRA

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## For the dip

2 red bell peppers  
4 tablespoon Extra Virgin Olive Oil divided  
125g shelled toasted walnuts  
1 garlic clove roughly chopped  
2 ½ tablespoon tomato paste  
¾ cup bread crumbs  
2 tablespoon pomegranate molasses  
1 teaspoon Aleppo pepper  
½ teaspoon sugar  
1 teaspoon sumac  
½ teaspoon salt  
½ teaspoon cayenne pepper optional

## Instructions

Step 1: Preheat the oven to 220C.

Step 2: Brush the bell peppers with 1 tablespoon of olive oil, and place in a lightly oiled oven-safe pan or cast-iron skillet. Roast the peppers in the 220C heated oven for 30 minutes or so, turning them over once or twice.

Step 3: Remove from the oven and place the peppers in a bowl. Cover with plastic wrap for a few minutes. This traps the steam from the roasted peppers, making them easy to peel. When cool enough to handle, simply peel the peppers, remove the seeds and slice the peppers into small strips.

Step 4: Now in the bowl of a large food processor, combine the roasted red pepper strips with 3 tablespoon extra virgin olive oil, garlic, walnuts, tomato paste, bread crumbs, pomegranate molasses, Aleppo pepper, sugar, sumac, salt and cayenne. Blend into a smooth paste.

Step 5: Transfer to a serving bowl. You may cover the muhammara and refrigerate, but be sure to bring the dip to room temperature before serving.

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