

RECIPES THAT CUT THE MUSTARD

People from all walks of life, cultures and countries have one thing that unites them: good food.

We've taken a short break from cooking up clever copy, managing a melting pot of campaigns, and creating stirring artwork to jot down some of our favourite comfort food recipes.

Bon appétit!



Magwinya

BY ZONDI MAHLANGU

These tasty bites are perfect for those cold winter mornings as you gear up for the day. It brings back so many memories for me. Growing up in a large family, we would sit around and catch up on events ko kasi (in our township) with tea and vetkoeks (or as we call them, magwinya). For most black families during winter, not a week goes by without indulging in this popular treat.

INGREDIENTS:

- 2 cups lukewarm water
- ¼ cup white sugar
- 10 g dry yeast
- 7 cups all-purpose flour
- 2 tsp salt
- 3 cups frying oil

DIRECTIONS:

1. Mix the lukewarm water, sugar and yeast in a small bowl. Let it stand until the yeast softens and begins to bubble slightly (about 5 minutes).
2. Sift flour and salt together in a large bowl.
3. Pour the water mixture over the flour mixture and knead until the dough is smooth and elastic (5 – 7 minutes). Cover the bowl with a clean cloth and let the dough rise for 45 minutes to an hour until it has doubled in volume. Put it somewhere warm to rise quicker.
4. Pinch off a piece of dough that is roughly the size of a tennis ball and roll until smooth. Flatten the ball until it is the size of your palm and set it aside on a floured surface. Repeat until you have used all of the dough.
5. Heat the oil in a deep-fryer or large saucepan to 175°C.
6. Fry the flattened pieces of dough in the hot oil, 2 – 3 pieces at a time, until golden brown (about 3 minutes per side). They will puff into perfect magwinya balls.



Real Fruity Rusks as You Like It

BY WESLEY FIGAJI

If you love lots of fruit in your rusks, then this recipe is for you. The great thing is that you can decide how much fruit, oats, nuts or bran you prefer. I adapted this recipe because my beloved partner kept asking for more and more fruit, until the rusks eventually resembled a fruitcake! This recipe makes 30 to 40 rusks, depending on what size you cut them.



EQUIPMENT:

- An oven (ha-ha-ha)
- A medium-sized microwave-safe bowl
- A large mixing bowl
- A large oven pan (or two smaller ones depending on how thick you like your rusks)
- Foil or baking paper to line the oven pan
- A large spoon

INGREDIENTS:

- 500 g butter
- 500 ml buttermilk
- 1 ½ cups of sugar
- 3 large eggs
- 1 kg self-raising flour
- 2 tsp baking powder
- 1 tsp salt

DIRECTIONS:

1. Preheat your oven to 200°C.
2. Cut the butter into chunks and melt it in a bowl in the microwave. Then let it cool down a bit.
3. Add the eggs, sugar and buttermilk to the melted butter and beat together briefly. Keep the bowl aside for now.
4. In a separate bowl (preferably a large one), sift the self-raising flour, baking powder and salt together. Add the oats, wheat flakes, nuts and dried fruit. Then use your hands to mix it all together.
5. Now combine the ingredients of both bowls and mix well using your hands. It helps to have a really large mixing bowl, otherwise you can use two bowls using half of each mixture in each. It's good sticky fun!
6. Line your oven pan with foil or baking paper.
7. Spoon the mixture into the lined oven pan and spread it evenly using a large spoon or spatula.
8. Put it into the preheated oven and bake for 25 minutes.
9. Then reduce the heat to 180°C for another 25 minutes, or until the mixture has turned a lovely golden-brown.
10. Remove from the oven and allow to cool slightly before turning it out. Let it cool some more before slicing into the size of rusks that you like the most.
11. Place the rusks back into the oven (preferably on a drying rack or simply use the oven pan again) and dry them at 80°C until they are crunchy and brittle. I usually keep them in the oven for about 3 hours and then leave them there overnight with the oven switched off.



The Perfect Egg

BY MELISSA HOLTZHAUSEN

I can't cook, but I can fry a mean egg! A perfectly fried egg can upgrade pretty much anything, from avocado toast to a hamburger. Follow these steps to fry an egg like a pro. If I can do it, everyone can do it!

CHOOSE THE RIGHT PAN

It's all about a non-stick pan, which also makes cleaning easy. I basically bought a non-stick pan just for cooking eggs, and it's worth it.

CHOOSE THE RIGHT FAT

Butter is a classic choice for frying eggs, just because it's so good and it gives the eggs those deliciously golden crunchy edges.

SUNNY-SIDE UP

Everyone likes their eggs differently, and that's okay, but I prefer sunny-side up. The trick to perfectly fried egg white with runny yolk is covering the pan with a lid and adding some water halfway through. This will create steam to give the egg white that spongy texture whilst the yolk remains runny.



Whole-wheat Yoghurt Bread

BY CAVELL DANCKWERTS

I found this recipe in my grandmother's recipe book, so it always reminds me of her when I make it. It's just as wholesome as she is!



INGREDIENTS:

- 480 g whole-wheat flour
- 125 ml full cream milk
- 10 ml bicarb of soda
- 12,5 ml oil
- 120 g bread or cake flour
- 12,5 ml honey
- 500 ml plain Greek yoghurt,
- maas or buttermilk
- 5 ml salt



DIRECTIONS:

1. Combine all the dry ingredients in a bowl.
2. Heat the milk and honey for 1 – 2 minutes on high, then add oil.
3. Add the milk mixture and yoghurt to the dry ingredients and mix well.
4. Spoon into a loaf pan and bake at 180°C for 10 – 15 min.
5. Test with a skewer and allow to stand for 5 minutes before slicing.

OPTIONAL: Sprinkle sesame or sunflower seeds on top before baking.

BELLY-WARMING MAIN MEALS

Asian Beef Shortrib *with Miso Pumpkin*

BY HESTER ROBINSON

This is my ultimate Saturday evening long table meal with good friends and lots of good wine. It requires very little effort and garners many compliments! I got the recipe from Taste magazine, but usually alter it slightly because it's at its best when served on mashed butternut cooked with the traditional South African butter and sugar. Serve a typical Asian-inspired red coleslaw salad on the side for even more flavour and crunch. This is just one of those meals that lingers on your taste buds for the rest of the evening. My secret ingredient is 2 cups of apple juice for extra flavour.

INGREDIENTS:

- 3 kg beef shortrib, cut into chunks
- olive oil for frying
- 2 red onions, sliced
- 1 x 2 cm piece of fresh ginger, peeled and grated
- 4 garlic cloves, roughly chopped
- 3 star anise
- 2 cinnamon sticks
- 1 tsp chilli flakes
- 2 oranges, zested and juiced
- 2 cups apple juice
- ¼ cup Indonesian soya sauce
- 340 ml beef stock concentrate
- 2 tsp sweet soya sauce

FOR THE MISO PUMPKIN:

- 2 medium pumpkins, cut into wedges
- 2 tsp miso paste
- ½ cup freshly squeezed orange juice

DIRECTIONS:

1. Preheat the oven to 160°C. Brown the shortrib in olive oil in a large pan in batches for 2 – 3 minutes on each side, then set aside.
2. Soften the onions in the same pan, then add the ginger, garlic, spices, orange zest, orange juice, apple juice and simmer for 2 – 3 minutes, or until fragrant.
3. Add both of the soya sauces and stock and bring to a boil.
4. Place the shortrib in a deep baking tray and pour over the sauce, reserving ½ cup, ensuring the meat is completely submerged. Braise in the oven for 5 – 6 hours, or until the beef is fall-apart tender.
5. To make the miso pumpkin, roast the pumpkin for 1 ½ hours until tender but still firm while the beef is cooking. Make a paste using the miso paste, orange juice and reserved shortrib sauce. Bring to a simmer in a pan and reduce until thick for 5 minutes.
6. Caramelize the pumpkin wedges in the miso paste mixture before serving.



Beef and Tomato Stew

BY NATASHA MARAIS

If you're anything like me then you're into easy, effortless cooking that hardly even requires your presence in the kitchen. This is the easiest dinner ever! I frequently make it for my family, and we practically lick our plates clean every time.



INGREDIENTS:

- 2 cups beef stock (using 2 stock cubes)
- 1 kg beef stewing meat
- 3 medium-sized carrots, peeled and cubed
- 300 g baby potatoes, skin on
- 1 onion, chopped
- 3 tbsp olive oil
- Pinch of salt and pepper
- 3 heaped tbsp sugar
- 1 can whole tomatoes
- 1 can chopped tomatoes
- (Woolworths Mediterranean tomato mix can substitute)
- 2 sachets tomato puree
- Maizena to thicken (optional)



DIRECTIONS:

1. Literally pile everything in a pressure cooker on the stove, close the lid, and cook for 2 hours.
2. After 2 hours, you can open up the cooker and add Maizena to thicken, then put it back onto the stovetop for another 5 minutes to cook through.
3. Serve as is or with rice.

BELLY-WARMING MAIN MEALS

Bolognese

BY LYNÉL VISSER

My mom gave me this recipe when I went to varsity and it's been my favourite go-to ever since. My husband loves it and I make it on a weekly basis. This recipe is ideal because you can easily convert it into a few different dishes. I use it in my lasagne where I combine it with layers of eggplant instead of pasta sheets. I've added beans to it and converted it into chilli con carne. Sometimes I use it in fresh wraps, add it to pizza, or even just eat it inside an avo. This dish is super versatile and freezes beautifully!

INGREDIENTS:

- 500 g beef mince
- 1 tsp garlic, minced
- 1 tsp fresh chillies, minced
- 1 tsp oreganum
- 2 tsp mixed herbs
- 2 tbsp Worcester sauce
- 2 bay leaves
- 2 tbsp tomato paste
- 1 can chopped tomatoes
- 1 tbsp tomato sauce
- 1 tbsp chutney
- 1 tbsp sweet chilli sauce
- Salt & pepper to taste
- Fresh basil & parmesan cheese for garnish

DIRECTIONS:

1. Fry the mince and garlic until brown.
2. Cover in Worcester sauce, chillies, oreganum, mixed herbs and bay leaves.
3. Add tomato paste and chopped tomatoes and let simmer for about 20 minutes.
4. At the very end, stir in the tomato sauce, chutney and sweet chilli sauce.
5. Add salt & pepper to taste.
6. Serve with spaghetti, penne, fusilli or any pasta of your choice.



Butternut and Coconut Soup

BY MAXINE OBERHOLZER

Every year my hubby and I host Father's Day on the family farm in Magaliesburg. We have three dads between the two of us (I am blessed with a stepdad that I love as my own father) and it's just a whole lot easier gathering all the parents, kids and grandkids in one beautiful place every year. When the tradition began, so did this soup recipe, and I do not dare skip making it!



INGREDIENTS:

- 4 cups butternut
- 1 cup sweet potato
- 1 large onion
- 2 cans coconut cream
- 1 vegetable or chicken stock pot
- 500 g diced bacon
- 1 tsp chilli flakes
- Olive oil for frying
- Salt and pepper to taste

DIRECTIONS:

1. Preheat the oven to 180°C.
2. Peel and chop up the butternut, sweet potato and onion. Place in a roasting pan, drizzle with olive oil and lightly season with salt, pepper and chilli flakes. Roast in the oven until tender and lightly golden.
3. In the meantime, fry the bacon in the pot you will use for the soup until nice and crispy (if you don't like crispy bacon, then cook until it is perfect for you). Remove the bacon from the pan, and place in a bowl on the side.
4. When the vegetables are ready, pour 1 litre of boiling water in the pot the bacon was fried in, with a vegetable or chicken stock pot, and stir until dissolved.
5. Add the vegetables to the pot of stock water and blend until smooth with a hand blender.
6. Stir the coconut cream into the soup.
7. Season the soup to your liking, but keep in mind that bacon is salty.
8. Simmer for 15 – 20 minutes and stir occasionally.
9. Depending on how thick you like your soup, you can slowly add extra stock water until you have the consistency you like. This is a thick-ish soup as is.
10. Dish the soup in a bowl and top with bacon.



BELLY-WARMING MAIN MEALS

Cottage Pie

BY STAN MBATHA

I love this simple old classic but with a twist, because I get to add my own personality to it. My mom used to make traditional cottage pie the night before I'd have a big soccer game or athletics at school, so the memory of this meal is very special to me. I switch it up nowadays and add sausages (Russians) instead of mince and make the potatoes extra creamy with milk or a little cream cheese.

INGREDIENTS:

- 2 – 3 potatoes
- ½ cup cream or milk
- 2 tbsp olive oil
- 1 carrot
- 2 tsp rosemary
- 2 tsp thyme
- 1 red onion
- 1 basil leaf
- 1 – 2 tomatoes
- 1 beef stock cube
- 500 g beef mince or chopped sausages
- 200 g cheese
- 1 garlic clove
- 2 small slices of ginger
- 1 tsp turmeric
- 1 sachet tomato paste
- Salt and pepper to taste
- Parsley for garnish

DIRECTIONS:

1. Braise the meat in olive oil with the onions and add beef stock as you stir.
2. Add tomato, chopped garlic and ginger.
3. Once the meat starts to brown or onions begin to soften, add a little water and then add tomato paste.
4. Add turmeric, rosemary and thyme and cook for 5 – 10 minutes. Add salt to taste.
5. Boil the potatoes until soft and mashable.
6. Add salt and mix in cream or milk as you mash.
7. Pour out the meat mixture into a wide pan or glass bowl.
8. Layer the potato mash on top of the mince and grate cheese over the mash. Place it into a 180°C oven for 5 – 8 minutes.
9. Garnish with parsley and a basil leaf.



BELLY-WARMING MAIN MEALS

Chicken and Red Wine Pie

BY KIRSTI DOLINSCHKEK

This chicken pie has always been a staunch favourite in my family. The recipe was handed down from my gran to my mom, and then to me. Each generation adds a slightly different spin to this old favourite and makes it relevant for our lives and own families yet always keeping the heart of the dish the same. Happy eating from my mom and me!

INGREDIENTS:

- 1 red onion, finely diced
- 1 stick of celery, finely chopped
- 1 carrot, finely chopped
- 2 cloves of garlic, finely chopped
- 1 ½ potatoes, peeled and diced into small cubes
- 2 tsp mixed herbs
- 1 whole pre-roasted chicken (Woolies' rotisserie chicken works well too)

- 3 heaped tbsp double thick cream
- 250 ml red wine (optional)
- 3 tbsp olive oil
- 1 roll of pre-prepared puff pastry
- 1 egg, whisked
- Salt and pepper to taste

DIRECTIONS:

1. Debone the chicken and chop all of the meat into small chunks – keep roasting juices on the side.
2. Fry the onions, garlic, celery, carrot and potatoes in olive oil until soft.
3. Add the mixed herbs, chicken and chicken roasting juices to the above and mix well over medium heat.
4. Preheat oven to 180°C.
5. Add the wine and double thick cream to the chicken and vegetable mix and allow to simmer for 20 minutes to let the flavours develop.
6. Add salt and pepper to taste.
7. Place the chicken and vegetable mixture into an adequate pie dish (there should be approximately 1 cm between the top of chicken mix and the top of pie dish).
8. Gently roll out the puff pastry.
9. Paint the rim of the pie dish with egg wash.
10. Place the pastry gently on top of the pie dish and cut to size.
11. Use the back of a fork to seal the pastry edges to the dish.
12. Poke 4 x 1 cm holes into the pastry to allow steam to escape.
13. Give the top of the pastry a gentle brush with egg wash.
14. Bake in the preheated oven for 45 minutes or until the puff pastry has puffed and is golden brown.
15. Serve with quinoa, cous-cous or rice.



BELLY-WARMING MAIN MEALS

Mac-Winnie-Feast

BY CHANTÈ SMITH

The name of this dish comes from our high school days. My husband and I go way back – since we were 14 years old! The “Mac” obviously stands for “macaroni”, “Winnie” was my husband’s grandfather’s dog that I loved dearly, and “Feast” stands for “McFeast Deluxe” from McDonald’s, because it was our favourite burger when we were in school. This was the very first dish I made for us when I was just 16 years old and my husband enjoyed it so much that it is still his favourite today.

INGREDIENTS:

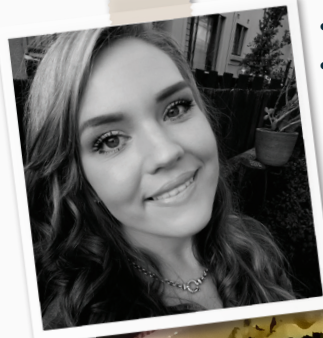
- 8 chicken fillets, sliced
- 1 pack streaky bacon, diced
- 500 g macaroni
- 1 onion
- 2 tsp fresh parsley
- 1 clove garlic, crushed
- 1 tsp paprika
- 1 tsp onion powder
- 1 tbsp apricot jam
- 1 tbsp olive oil
- Salt and pepper to taste

FOR THE SAUCE:

- 2 tbsp flour
- 4 tbsp butter
- 1 cup milk
- 2 tbsp sweet chilli sauce
- 2 tsp Dijon mustard
- 200 g grated cheese
- Salt and pepper to taste

DIRECTIONS:

1. Cook the bacon and set aside. Keep the fat in the pan.
2. Cook the pasta for 12 minutes.
3. Add olive oil to the bacon fat and fry the onions and garlic until golden.
4. Add the chicken and all the spices.
5. Add the apricot jam to the chicken.
6. Add the bacon and mix well.
7. Add the pasta to the chicken and mix well. Put aside while making the sauce.
8. On low heat, add the butter to a saucepan until melted.
9. Add the flour and combine. When the mixture forms a ball, cook for 2 minutes before adding the milk.
10. Add the milk and stir quickly to get rid of clumps.
11. Cook until bubbles form on top. Add milk if the sauce is too thick.
12. Add salt, pepper, cheese, Dijon mustard and sweet chilli sauce.
13. Add the sauce to the chicken and pasta mixture and combine well.
14. Transfer the mixture to an ovenproof dish and sprinkle cheese on top. Melt the cheese in the oven.
15. Add parsley on top and enjoy!



Mince and Noodle Dish

BY JANINE COOMER DAVIDSON

This is a firm favourite in my family. My mom included it in a recipe book she did for the Rotary Anns Cookbook called West Coast Winners in 1981. This meal goes so far, and I usually make it if I know we are going to be a big crowd. It goes even further with Portuguese rolls and fresh side salad. It's flop-proof and both of my daughters will tell you it's their favourite meal that I make whenever they visit.



INGREDIENTS:

- 500 g lean beef mince
- 1 packet shell egg noodles
- 1 can undiluted tomato soup
- 1 can cream-style sweetcorn
- 1 onion
- 1 tsp crushed garlic
- 250 g grated mature cheddar cheese (use however much your heart desires)
- Salt and pepper to taste

DIRECTIONS:

1. Cook pasta as per packet instructions.
2. Fry onions with garlic in a little oil.
3. Add mince and cook well.
4. When cooked, add tomato soup.
5. Lastly, add sweetcorn and salt and pepper to taste.
6. Mix the mince mixture with the noodles and place in a microwave safe dish.
7. If you want, you could make a cheese sauce, but I just add a good handful of cheese and mix it through.
8. Sprinkle liberally with grated cheese over the top and place in the oven at 180°C until the cheese is golden brown.



BELLY-WARMING MAIN MEALS

Mutton Curry

BY KERISHA GOVENDER

This dish is a firm family favourite. It reminds me of simpler times when I was a kid and we would look forward to eating this on a Saturday afternoon!

INGREDIENTS:

- Half an onion, chopped
- 1 tomato, chopped
- Spices (cinnamon sticks, bay leaf, star anise, mustard seeds, elachi, cumin seeds)
- 2 stems of curry leaves, washed
- ¼ tsp turmeric powder
- 1 tsp ginger and garlic, crushed
- Masala (Kashmiri blend)
- 1 kg mutton or lamb, cut and washed
- 2 potatoes, peeled and cut into quarters or cubed
- Fresh coriander for garnish
- Salt to taste
- Canola oil for frying

DIRECTIONS:

1. Add 1 or 2 tbsp of canola oil to a hot pot.
2. Add chopped onions and braise until translucent.
3. Add salt, spices and curry leaves while onions are cooking.
4. Add the tomatoes.
5. Add the crushed ginger and garlic, turmeric powder, Masala, and mix well.
6. Add meat to the pot and stir.
7. Once the meat is almost cooked, add the potatoes
8. and a little water if necessary. Allow to cook until the potatoes are soft
9. Add fresh coriander once the curry is cooked.
10. Serve with rice, bread or roti.



BELLY-WARMING MAIN MEALS

Skop Le Tlhakwana

BY MATSHIDISO “BIRDY” MODISE

“Skop” means sheep, cow or goat’s head and “tlhakwana” are the feet. My family has enjoyed this meal for generations, usually as part of a ceremony right after the animal was slaughtered. It is very special to me because it brings my whole family together around the fire for a day of laughter and good food. What can be more heart-warming than that?



INGREDIENTS:

- 1 whole sheep's head
- 4 sheep's feet
- Water (as much as your pot can take)
- 2 beef stock cubes
- 2 tsp cayenne pepper
- 2 tsp salt
- 1 small onion, chopped
- 2 tbsp cooking oil

DIRECTIONS:

1. Place the skop and tlhakwana by the fire so the hairs can burn, making it easy to scrape off.
2. Place it in a big pot over hot coals and pour in enough water to cover them. Add the stock. Allow to cook for about 3 – 4 hours.
3. When the water has evaporated, pour oil in the pot and add the onions.
4. Add all the spices.
5. Add some more water and cook for another hour.
6. Serve with rice and your favourite side vegetables.



BELLY-WARMING MAIN MEALS

Sweet and Spicy Chicken

BY **CHERIE DAVIDSE**

I got this delicious recipe from a dear friend who is like a sister to me. I always think of her when I make it, especially now that we can't really enjoy this meal together during lockdown.

INGREDIENTS:

- 1 onion, chopped
- 4 chicken fillets
- 1 or 2 tsp Rajah Mild & Spicy curry powder (use 2 if you like heat)
- 1 tbsp braai spice
- 1 tsp garlic and ginger paste
- 250 g mushrooms, chopped
- 1 can crushed pineapple
- 125 ml chutney
- 1 packet chicken noodle soup
- 250 ml cream
- Fresh coriander leaves for garnish

DIRECTIONS:

1. Dice or slice the chicken fillets and season with braai spice and a pinch of salt.
2. Fry the onions in the garlic and ginger paste and add the curry powder.
3. Add the chicken. When it is almost cooked, add the mushrooms and cook for another 10 minutes.
4. Add chutney and crushed pineapple and lower the heat as the pineapple might stick if the heat is too high.
5. Add the soup powder and cook through slowly.
6. Stir in the cream and cook slowly for 10 more minutes.
7. Lastly, garnish the dish with coriander.



BELLY-WARMING MAIN MEALS

Sweet Potato Bake

BY JANA FERREIRA

I'm all about comfort food in winter and usually chunky soups are my forté, but I wanted to share this hearty meal with you because it is my own recipe, not taken from a cookbook or website, and it's just too yummy to keep to myself! It looks like lasagne and tastes almost like lasagne, but it takes far less effort to make. I use sweet potato layers instead of pasta to eliminate any wheat or gluten from the dish. Trust me, you won't even miss it!

INGREDIENTS:

- 1.3 kg lean beef mince
- 200 g carrots, sliced
- 250 g thin green beans, sliced
- 100 g celery, sliced
- 1 large red onion, finely chopped
- 3 large sweet potatoes, peeled and sliced lengthways
- 250 g grated cheese (preferably Cheddar)
- 2 tbsp butter
- 500 ml store-bought cheese sauce
- 45 ml Italian seasoning
- 200 ml fresh cream (or full cream milk)
- 1 can diced tomatoes with garlic
- Salt and pepper to taste

DIRECTIONS:

1. Cut, slice and dice the onion, carrots, green beans and celery.
2. Peel and slice the sweet potatoes. Keep their thickness consistent for even cooking. About ½ cm thick.
3. Preheat the oven to 200°C. Heat butter over medium heat in a deep saucepan or large pot and add the onions. Sauté until translucent.
4. Add the mince, breaking it up with a wooden spoon or spatula. Very generously spice with Italian herbs, salt and pepper.
5. Once the meat has started browning, add the carrots and celery.
6. When the meat has totally browned, add the canned tomatoes and green beans. Mix it well and let it simmer covered for at least 20 minutes. Add salt and pepper to taste and stir periodically.
7. Remove the lid and let it simmer for another 15 minutes, or just until the tomato liquid has reduced.
8. In the meantime, add the cheese sauce to a small pot over low to medium heat and add the cream or milk to add volume and make it a little runnier.
9. Get a deep oven dish and butter the insides well so the sweet potatoes at the bottom don't stick. Then start with a layer of sweet potato. Overlap them for maximum coverage.
10. Scoop some delicious mince mixture onto the sweet potato layer. Add cheese sauce on top.
11. Repeat the process again by adding another layer of sweet potatoes, more mince mixture and finishing off with a final thick layer of cheese sauce. Top it off with grated cheese.
12. Bake for 1 hour. Serve with hot chutney on the side.



BELLY-WARMING MAIN MEALS

Tomato Soup and Cheesy Pizza Bread

BY TYLER SCHEFFERS

This recipe was created on a cold, miserable day during the first few weeks of lockdown. The ingredients used were inexpensive and actually a few odds and ends left in the kitchen. It was also an excuse to whip up something hearty for the family to enjoy. This dish is so special to me because it will always remind me of those little happy moments during these uncertain times.

INGREDIENTS:

- 3 Italian style canned tomatoes
- 1 large onion
- 1 large tomato
- 2 garlic gloves
- 1 tsp ginger
- 1 chilli
- 1 chicken stock cube
- 2 tbsp olive oil
- ½ tbsp brown sugar
- Fresh basil leaves
- Fresh Italian parsley leaves

FOR THE CHEESY PIZZA BREAD:

- 1 ciabatta loaf
- Grated cheese (any type)
- Dry oregano or mixed herbs
- Pizza base sauce (optional)

DIRECTIONS FOR SOUP:

1. While you prepare the tomato soup, preheat the oven to 180°C for the cheesy toasted bread.
2. Heat the olive oil on medium heat in a medium sized pot. Add the diced onions and cook slowly until softened and beginning to colour. Add the garlic, ginger and chilli and sauté for 5 – 10 minutes.
3. Roughly dice 1 large tomato and add it to the sautéed mix. Let it simmer until it becomes a chunky paste.
4. Add canned tomatoes to the pot with 1 chicken stock cube, dried oregano, roughly chopped Italian parsley, and basil leaves.
5. Add brown sugar and allow to simmer on low heat. Cook for 20 – 25 minutes.
6. Once the soup has thoroughly cooked through, blitz the soup mixture for 2 minutes in a blender for a smooth texture (if you prefer a chunkier soup, blitz for 1 min).

DIRECTIONS FOR CHEESY PIZZA BREAD:

7. Spray a generous amount of spray & cook onto a large baking tray.
8. Lay finely sliced ciabatta bread on the baking tray and roughly spread butter onto each side.
9. Spread a tsp of pizza base sauce (optional) on the top of the slices.
10. Cover with cheese and add dried oregano on top of the cheese.
11. Pop into the oven for 10 – 15 minutes until the cheese has melted and the bread is golden brown.
12. Serve the soup in a medium-sized soup bowl and garnish with a few basil leaves. Serve cheesy bread as a side with your dish.



BELLY-WARMING MAIN MEALS

The Best Mustard Mac n Cheese

BY JEANNE-MARI GREYLING

Our family loves good food and every now and again we all need a little bit of comfort too, especially on a chilled weekend or as a quick mid-week meal. This dish is as close to receiving a mother's loving hug as it could be.



INGREDIENTS:

- 1 large onion, chopped
- 250 g diced bacon
- 250 g mushrooms, chopped
- 2 cloves garlic, crushed
- 500 g macaroni
- 600 ml milk
- 1 tub cream cheese
- 1 tbsp Dijon mustard (because everything is better with a little mustard)
- 200 g grated white cheddar cheese
- Salt and pepper to taste

DIRECTIONS:

1. Boil the macaroni in a pot, as per packet instructions.
2. In a pan, braise the onion, add the diced bacon and fry for a few minutes.
3. Add the crushed garlic and lightly roast it in the pan before adding the mushrooms.
4. Combine the milk and cream cheese in a microwavable bowl and heat it up for 2 minutes.
5. Add the mustard, salt and loads of black pepper, and microwave for another 2 minutes or until a thick white sauce has formed (heating times may vary, and the sauce may be thickened further with corn starch if you wish).
6. Place all the ingredients into a large ovenproof dish, top with grated cheese and bake for 15 minutes.
7. Grill slightly until the cheese is golden brown then let it rest for 10 minutes before serving.



BELLY-WARMING MAIN MEALS

Waterblommetjebredie

BY SUNANDI DE WET

My late mother-in-law used to make this dish very often. It was something I never knew growing up but when my husband and I first started dating, she made it right throughout winter and I quickly learned to enjoy it too. All three of her sons absolutely adore this dish so now, in her absence, I make it whenever the family gets together.

INGREDIENTS:

- 1 kg waterblomme, washed 3 times
- in saltwater
- 1 pack bacon, diced
- 2 large onions, finely chopped
- 2 garlic cloves, minced
- 6 large carrots, sliced into rounds
- 8 large potatoes, quartered
- 1 pack oxtail
- 1 pack mushrooms, sliced
- 2 lemons, juiced
- 3 large tomatoes, peeled
- 1 tbsp Worcester sauce
- 1 tbsp tomato sauce
- 2 ½ tbsp butter
- Salt and pepper to taste

DIRECTIONS:

1. Sauté the onions, bacon and garlic in butter.
2. Brown the oxtail meat in a separate pot or pan.
3. Add the oxtail to the onion mix.
4. Add Worcester sauce and cook until the meat has softened.
5. Add the carrots and potatoes.
6. Add the waterblomme and cook until softened.
7. Add chopped tomatoes, salt, pepper, tomato sauce, mushrooms and lemon juice.
8. Add 2 tbsp butter and mix carefully. Use the spoon to crush some of the potatoes.
9. Serve with rice.



DECADENT DESSERTS

Annette Human's Chocolate Pudding for Winter

BY AMORI VAN ZYL

After we finished our studies, my husband and I decided to go to London for a year. At the UKKASIE event – the KKNK for Londoners – I became extremely homesick after a Lucas Maree performance, so I bought an Afrikaans cookbook called Annette Human – Spyskaarte vir elke seisoen. The first recipe I made was this chocolate pudding. It reminded me of home at that stage, and now it reminds me of those carefree days in London. It also combines my 2 favourite things – chocolate and coffee. It's our ULTIMATE comfort food.



INGREDIENTS:

- 300 g sugar
- 275 g cake flour
- 60 ml cocoa
- 15 ml baking powder
- 2 ml salt
- Pinch of cloves
- 50 g butter or margarine
- 250 ml milk
- 5 ml vanilla essence
- Chopped nuts and ice cream or cream can be added to the warm pudding for extra decadence.

FOR THE SAUCE:

- 150 g soft brown sugar
- 30 ml cocoa
- 625 ml black coffee

DIRECTIONS:

1. Preheat the oven to 180°C and grease an ovenproof container that can take 2.5 litres.
2. Sift all the dry ingredients together.
3. Melt the butter or margarine and mix in the milk and vanilla essence.
4. Mix dry and wet ingredients well and pour the batter into the ovenproof container.
5. Mix the soft brown sugar and cocoa and sprinkle over the batter.
6. Pour the coffee over everything.
7. Bake the pudding for 40 minutes.

DECADENT DESSERTS

Black Magic Cake

BY LEANNE NELL

I have always loved chocolate but was never much of a baker. I found this recipe online and was intrigued by the name, so decided to try my hand at making it. It has now become a weekly request in my family!

INGREDIENTS:

- 1 $\frac{3}{4}$ cups all-purpose flour
- 2 cups sugar
- $\frac{3}{4}$ cup cocoa
- 2 tsp baking soda/bicarb
- 1 tsp baking powder
- 1 tsp salt
- 2 eggs
- 1 cup buttermilk
- 1 cup strong black coffee
- $\frac{1}{2}$ cup oil
- 1 $\frac{1}{2}$ tsp vanilla essence



FOR THE ICING:

- 200 g dark (70%) chocolate (normal Cadbury Bournville works fine!)
- $\frac{2}{3}$ cup cream
- 200 g unsalted butter
- $\frac{1}{3}$ cup cocoa
- 2 cups icing sugar
- 1 tsp vanilla essence
- A pinch of salt

DIRECTIONS:

1. Heat oven to 180°C fan-assisted (160°C when not). Grease two standard-sized (23 cm) round cake tins.
2. In a mixing bowl add the flour, sugar, cocoa, baking soda, baking powder and salt. Stir it with a fork.
3. Then add the eggs, buttermilk (or milk mixed with lemon juice), oil, vanilla essence and salt. Beat on medium speed for a minute before adding the hot coffee. Then mix for a further 2 minutes. The batter will be pretty thin, so don't worry.
4. Pour the batter evenly into your two prepared pans.
5. Bake for 28 – 30 minutes or until a sharp knife inserted into the centre comes out clean.
6. Cool for a few minutes in the pans before taking them out and cooling them completely on wire racks.
7. Make the icing.

DIRECTIONS FOR ICING:

The icing is made up of two parts: buttercream and ganache. Start by making the ganache.

1. Finely chop all of the chocolate and set aside.
2. Heat the cream in a small pot over low heat until it starts to boil. Remove the pot from the heat and then pour in all of the chopped chocolate. Make sure the chocolate is completely covered by the cream. Leave for a few minutes then stir into a smooth glossy ganache. Let it cool for a bit.
3. In a mixing bowl beat the butter, cocoa and icing sugar on medium speed for about 4 minutes until light and creamy. Scrape down the sides of the bowl every so often.
4. Add the vanilla essence and beat until well combined.
5. Divide your ganache in half. Add one half of it to the buttercream and mix until nice and smooth.
6. Place one layer of your cooled cake on a serving plate and then spread about half of the buttercream over the top. Place the second cake layer on it and then spread the remaining buttercream over the top.
7. Pour the other half of the ganache into the middle of the top layer of the cake (over the buttercream). Using a knife or the back of a big spoon, spread it out into an even layer.

Granadilla Custard Slices

BY BEAUDENE STEYN

This recipe means so much to me because it belonged to my nan. She was a very sweet lady who loved to treat her grandchildren with this dessert. Now I enjoy making it for my own family and think of her whenever I do.



INGREDIENTS:

- 1 packet of cream crackers
- 1 can (397 g) Nestlé condensed milk
- 600 ml water
- 1 can Nestlé dessert cream
- 5 ml vanilla essence
- 75 ml Crosse & Blackwell custard powder
- 2 eggs
- 400 g granadilla topping
- 2 tbsp icing sugar, sifted
- 20 ml melted butter

DIRECTIONS:

1. Line a rectangular baking dish (approx. 20 x 32 cm) with a double layer of foil.
2. Place 5 rows of 3 cream crackers into the base of the dish, all lying in the same direction.
3. Combine condensed milk, 2/3 of the water, cream, custard powder and vanilla essence and heat until almost boiling (7 minutes on high in the microwave).
4. Pour very carefully over the crackers and then place another layer of crackers on top of the custard, all laying in the same direction as the first layer.
5. Leave to chill in the fridge overnight.
6. Once the custard slices are firm, mix the granadilla juice and pulp with the icing sugar and butter.
7. Spread over the crackers and allow to chill until set.
8. Use the tin foil to lift the dessert out of the dish and trim any excess custard away. Cut into squares using the crackers as a guide.

DECADENT DESSERTS

Warm Caramel Apple Tart

BY TANJA GERBER

My grandmother used to make this tart every winter, simply making up the recipe as she went along. One day my mom decided to write down what her mother was doing and so this recipe came into being. It has since been passed down to the third generation – me – and it is something I now make for my family every winter.

INGREDIENTS:

- 4 tbsp margarine/butter
- ¾ cup sugar
- 2 eggs
- 1/3 cup milk
- 1 cup self-raising flour
- 1 medium can tart apples
- 1 tsp fine cinnamon

FOR THE CARAMEL SAUCE:

- ½ cup sugar
- ¾ cup evaporated milk (Ideal milk)
- 1 tbsp caramel sauce

DIRECTIONS:

1. Beat eggs and sugar.
2. Add milk and beat again.
3. Melt the margarine/butter and add to the above mixture.
4. Stir flour in until a loose dough takes shape.
5. Add the dough to an ovenproof dish (smeared with butter).
6. Add the tart apples in a nice arrangement.
7. Lightly sprinkle cinnamon on top.
8. Bake in a 180°C oven for 45 minutes.
9. Make the caramel sauce by cooking the sugar, Ideal milk and caramel sauce until the sugar has melted.
10. Pour the warm sauce over the tart as soon as it comes out of the oven.
11. Allow to rest for 5 minutes until the sauce has been absorbed.
12. Enjoy with ice cream (vanilla is best).

