



DE'LISH 1 RECIPES EPISODE 5 - FREEDOM DAY

STARTER: INDOOR SOSATIES WITH "LAKKE" :) CHAKALAKA

MAIN: MOROGO BOBOTIE BUNNY CHOW

DESSERT: SAFFRON SYRUP KOEKSUSTERS WITH FRESHLY CUT FRUIT

STARTER: INDOOR SOSATIES WITH "LAKKE" :) CHAKALAKA

Ingredients

Sosaties:

1kg chicken breasts, cubed
170ml oil
170g dried apricots
60ml smooth apricot jam
20ml curry powder
20ml brown sugar
80ml white vinegar
1 tsp tamarind paste
2 cloves garlic, finely chopped
2 bay leaves, crumbled
1/2 tsp fresh ginger, finely chopped
salt, to taste
white pepper, to taste
4 medium onions, quartered

Chakalaka:

2 tbsp oil
1 onion, finely chopped
1 clove garlic, crushed
1 tsp curry powder
1 red pepper, roughly chopped
1/2 cabbage, roughly chopped
1/2 cauliflower, roughly chopped
3 medium carrots, grated
2 red chillis
2 tomatoes, roughly chopped
salt, to taste

fresh dhania/coriander, for garnishing

Method

Sosaties

- Soak the dried apricots in water overnight.
- Soak the skewers in water to prevent splintering.
- Heat the jam, curry powder, sugar, vinegar, tamarind paste, garlic, bay leaves, salt and pepper until the sugar has dissolved and the mixture thickens. Allow to cool.
- Thread the chicken, apricots and onion quarters onto the skewers.
- Grill sosaties on a griddle pan, basting frequently with the marinade. Keep remaining marinade to use in Chakalaka.

Chakalaka

- Heat the oil and fry the onion, garlic and pepper with the curry powder, and until soft.
- Add the cabbage, cauliflower and carrots and fry until cooked.
- Add the chillis and tomatoes and simmer for about 10 minutes. Season with salt and allow to cool until warm. Puree in blender.
- Serve the hot sosaties on a platter arranged around a sauce bowl containing the chakalaka sauce. Garnish with fresh dhania/coriander.

MAIN: MOROGO BOBOTIE BUNNY CHOW

Ingredients:

2 bunches morogo/spinach, washed, stalks removed, and chopped
1kg mutton, ostrich or beef mince
2 medium onions
30ml oil
20ml curry powder
1tsp manja/turmeric
30ml lemon juice or vinegar
15ml sugar
125ml raisins
50g peanuts, roasted
125ml sultanas
125ml slivered almonds
45ml fruit chutney
1 cup milk

3 large eggs
4 bay leaves
salt, to taste
1 loaf white bread with a thick crust, quartered along length and each quarter hollowed out to create "bowl" (middle quarters of bread to be left with thicker "bottom" of "bowl" so that bobotie mixture is still contained in bunny)
4 sticks droewors, optional, as garnish
4 mopani worms, optional, as garnish
fresh dhania/coriander, for garnishing

Method

- Set the oven to 180 degrees Celsius.
- In a medium-sized bowl, soak the chunks of white bread removed to create the "hollows" in the milk. Squeeze the bread dry, strain the milk and set aside for use later.
- Fry the onion in the oil until soft, adding the manja and curry powder.
- Add the mince and brown. Add the morogo and cook further until wilted. Add all other ingredients, including the squeezed bread, except the milk and eggs.
- Beat the eggs and milk together. Place the Morogo Bobotie mixture into the hollowed-out bread quarters. Pour the egg and milk mixture over the Morogo Bobotie mixture and put into the oven immediately. Bake until the egg and milk mixture is set.
- Garnish the bunnies as desired and serve.

DESSERT: SAFFRON SYRUP KOEKSUSTERS WITH FRESHLY CUT FRUIT

Ingredients

Syrup:

4 cups sugar
1 threads of saffron, dried and crushed
250ml water
1 tsp cream of tartar
1/2 tsp tartaric acid
1 tsp vanilla essence

Dough:

1 large egg, beaten
2 cups flour
30ml butter
75ml milk
2 tsp baking powder
1 tsp salt
oil for deep frying

Method

Syrup:

- Add the dry ingredients to the water and bring to the boil. Simmer for 10 minutes. Set aside and allow to cool. Refrigerate.

Dough:

- Sift the baking powder, flour and salt into a large bowl.
- Cut the butter into the dry ingredients.
- In a small bowl, mix the egg with the milk.
- Mix the wet ingredients into the dry, taking care not to work the dough too much. Let the dough rest in the fridge for 1 hour.
- Roll the dough approximately 5mm thick, then cut strips approximately 3cm long and 1cm wide.
- Cut each strip into two along length, leaving one end of each strip uncut. Plait the pieces.
- Deep fry the Koeksusters until they are golden brown. Drain on paper towel and then dip in the cold syrup while they are still warm.
- Serve stacked in the middle of a platter, surrounded by freshly cut and sliced fruit. Enjoy :)