



STARTER: OYSTER & BOK CHUOY SALAD AND ACHARD DE LEGUMES

MAIN: CHICKEN & PALM HEART FRICASSEE WITH PUMPKIN MASH & CUCUMBER SAMBAL

DESSERT: BANANA, PERSIMMON & WHITE CHOCOLATE TARTLETS + COCONUT SWEETS

STARTER: OYSTER & BOK CHUOY SALAD AND ACHARD DE LEGUMES

Ingredients

Salad:

1 cup smoked oysters (including oil)
 1 bunch bok choy leaves, washed (about 200g)
 ½ tsp crushed garlic
 ½ tsp crushed ginger
 ½ tsp fennel seeds
 ½ red chilli, crushed (1/4 tsp)
 1/4 tsp salt
 1/4 tsp black pepper
 1 naartjie, peeled & segmented
 1/2 red onion, thinly sliced (1/3 cup)
 ¼ cup sliced cherry tomatoes

Achard de Legumes:

4 tbsp olive oil
 1 small onion, finely chopped, (1/2 cup)
 1 tsp crushed garlic
 1 tsp black mustard seeds
 ½ tsp turmeric powder
 ½ tsp cinnamon powder
 1 green chilli, crushed (1/2 tsp)
 ½ cup julienned carrots
 ½ cup shredded cabbage
 ½ cup julienned green beans
 ½ cup cauliflower, chopped
 1 tsp sugar
 ¼ cup vinegar

Method

- To make the salad, saute the bok choy in olive oil on high heat for a few minutes until slightly softened. Mix with the rest of the salad ingredients and chill before serving. Garnish with mixed seeds.
- For the achard, cook the ingredients on low heat for a few minutes. Cool and allow to pickle for at least an hour before serving.

MAIN: CHICKEN & PALM HEART FRICASSEE WITH PUMPKIN MASH & CUCUMBER SAMBAL

Ingredients:

4 tbsp butter or ghee
 ½ an onion, finely chopped (1/2 cup)
 500g chicken breasts, cut in cubes
 ¼ tsp turmeric powder
 1 tsp elachi powder
 ½ tsp clove powder
 ½ cup yoghurt
 1 red chilli, crushed (1/2 tsp)
 2 tomatoes, chopped
 2 palm hearts, cleaned, sliced & soaked in milk
 2 cloves garlic, crushed (1 tsp)
 2 tbsp chopped parsley
 2 tbsp chopped thyme

Cucumber Sambal:

½ large cucumber, peeled, grated & squeezed (1 cup)
 ½ green chilli, finely chopped (1/4 tsp)
 ½ tsp crushed ginger
 1 tsp curry leaves, finely chopped
 1 tbsp mint leaves, finely chopped
 1 tbsp olive oil
 1 tbsp lemon juice

Salt and pepper to taste

garnish:

Fresh parsley and thyme

Pumpkin Mash:

4 cups chopped pumpkin
 1 tbsp butter
 2 tbsp pumpkin seeds
 2 tbsp coconut shavings

Method

- Cook the fricassee in the sequence of ingredients and allow to simmer on low heat, maintaining a thick gravy by adding chicken stock, vegetable stock or water during cooking.
- To make the mash steam the pumpkin until soft. Mash with the butter, pumpkin seeds and coconut shavings.
- For the sambal, mix all the ingredients, cover & refrigerate until chilled.
- Season all items.
- Plate and garnish as desired.

DESSERT: BANANA, PERSIMMON & WHITE CHOCOLATE TARTLETS + COCONUT SWEETS

Ingredients

Tart pastry:

2 cups all-purpose flour
 ½ cup margarine
 1 cup water

Tart filling:

4 small bananas
 4 small persimmons/sharon fruit
 ¼ cup sugar
 ¼ cup grated white chocolate

Coconut Gateau (sweets):

1 cup grated coconut
 ¼ cup grated white chocolate
 ½ cup cream
 ¼ cup sugar
 ½ tsp elachi powder

garnish:

white chocolate & poppy seed cutouts
 fresh berries
 fresh mint leaves

Method

- To make the tartlets, combine the flour, margarine and some water in a large mixing bowl to make a firm dough. Do not knead. Wrap in cling-plastic, refrigerate and allow to rest for half an hour. Slice the bananas and persimmons, cook on low heat with the sugar, adding some water, until the persimmons have softened. Switch off the heat and stir in the chocolate. Remove the pastry from the fridge, uncover and roll out to a thickness of about a centimetre. Grease tartlet cases and line with the pastry. Pour the filling mixture into the tart shells and bake for 30 minutes at 180 degrees Celsius. Serve warm with vanilla ice-cream and garnish as desired.
- For the gateau (sweets), heat the cream then add the chocolate. Once melted, stir in the rest of the ingredients and cook on low heat until thickened and dried out. Shape while warm and cool before serving.