



STARTER: GINGER AND LIME CRAB SALAD

Ingredients

200g/1 cup crab meat
 1/4 red onion, finely chopped
 1/2 dill gherkin, finely chopped
 1/2 stalk celery, finely chopped
 4 cherry tomatos, thinly sliced
 1 naartjie, segmented
 100g mixed salad leaves

dressing:

1 tbsp ginger, grated
 zest and juice of 1 lime
 1 tbsp olive oil
 1/3 cup mayonnaise
 1/2 tsp crushed red chilli
 salt and pepper to taste

Crab Cakes:

200g/1 cup crab meat
 1/4 red onion, finely chopped
 1/2 dill gherkin, finely chopped
 1/2 stalk celery, finely chopped
 2 eggs, beaten separately
 1/4 cup fresh breadcrumbs
 salt and pepper to taste
 1/4 cup flour
 12 cup dry breadcrumbs
 oil for frying

Method

- Heat the olive oil, ginger and lime zest to infuse. Add to the rest of the dressing ingredients and mix. Combine with the salad ingredients.
- For the cakes, mix all the ingredients, shape, crumb and fry. Drain on absorbent paper.
- Serve the cakes with the dressing as a dipping sauce and garnish both items with fresh herbs.

STARTER: SHRIMP AND ASPARAGUS CARI WITH TOMATO SAMP AND ABACATE SALAD

Ingredients

4 tbsp butter or ghee
 1 tbsp crushed garlic
 1/2 onion, finely chopped
 1/2 red chilli, crushed
 1/2 tsp ground turmeric
 2 tbsp red wine vinegar
 2 cups asparagus heads, sliced lengthwise
 1/4 cup red pepper, finely diced
 1 cup fish stock or water
 1 tbsp lemon zest
 1 tsp honey
 2 tbsp chopped parsley
 2 tbsp chopped chives
 1/2 cup fresh cream
 1/4 tsp saffron, dried, crushed & steeped in 1/4 cup hot water
 500g shrimp or prawns, peeled & deveined

TOMATO SAMP
 1 1/2 cups crushed maize/samp
 1 tsp masala
 1 tsp onion seeds
 Water for boiling
 1 tbsp butter
 1 cup sliced cherry tomatoes
SALAD
 1 avocado, peeled, sliced & rubbed with lemon juice
 1/2 red chilli, crushed
 1 tsp lemon zest, finely chopped
 1/2 tsp elachi powder
 1/4 cup herb lettuce, shredded
 1/4 cup ground pistachios

Salt and pepper to taste

Red pepper curls
 Mixed fresh herbs

Method

- Cook the curry in the sequence of ingredients and simmer on low heat.
- Boil the samp for 40 to 50 minutes with the rest of the ingredients, adding more water if necessary, until fully cooked.
- Mix all the ingredients to make the salad.
- Season, plate and garnish as desired.



MAIN: CHICKEN AND PRAWN GREEN CURRY WITH STICKY BASMATI RICE

Ingredients:

500g chicken breasts, cut into bite-size pieces
500 prawn meat, shelled and deveined
1 red pepper, deseeded and chopped
1 green pepper, deseeded and chopped
4 whole lime leaves
1 cup fresh basil leaves
3 tbsp oil
1 tbsp butter

SAUCE:

1 tin coconut milk
2 green chillis
1 small onion, roughly chopped
3 cloves garlic
1 tbsp ginger
1 tsp ground coriander
3 tbsp fish sauce
1 tsp soy sauce
1 cup fresh dhanian with stems, roughly chopped
1 tsp sugar
1 tbsp fresh lime juice

RICE:

1 cup basmati rice, washed and drained
1/2 tsp ground turmeric
1 tsp poppy seeds
salt to taste

Method

- Fry chicken in oil and butter until browned, while pureeing sauce ingredients, except lime leaves, in blender.
- Pour sauce over chicken, stir, cover, and allow to simmer on very low heat for 45 minutes, adding water as required to maintain a gravy consistency.
- Cook rice, with turmeric powder and salt, according to package instructions. Add more water to rice and over-cook until sticky. Mix in poppy seeds.
- After 45 minutes of cooking curry, add prawns and peppers, and cook for a further 15 minutes, until prawns are pink. Switch off heat and mix basil leaves into curry, without breaking leaves.
- In a hot & deep plate, mould rice off-centre, ladle in curry and garnish as desired with fresh dhanian, coconut shavings and red pepper curls.

MAIN: SPANISH SEAFOOD BIRYANI

Ingredients:

olive oil for frying
butter for frying
1 onion, finely chopped
2 cloves crushed garlic
1 tsp crushed ginger
1 tsp jeera powder
1 crushed red chilli
2 tomatos, chopped
300g chicken, cut in small chunks and marinated in 1/4 cup of yoghurt
300g mixed seafood (squid, fish, prawns, etc.), marinated in 1/4 cup of yoghurt
1 1/2 cups medium grain rice
1/2 tsp elachi powder
1/2 tsp cinnamon powder
5 cups chicken stock
few threads saffron
2 tbsp lemon juice
salt and pepper to taste
1/2 cup green peas
1/2 cup green beans

1 red pepper, seeded and thinly sliced
1/2 onion, fried
1/2 cup toasted flaked almonds
a few fried prawns

MANGO ACHAR:

4 medium green mangos, peeled and cut in chunks
1 tsp mustard powder
1/2 tsp fennel seeds
1/2 tsp kalonji (onion) seeds
1 clove crushed garlic
2 crushed green chillis
1/2 cup oil
1/4 cup vinegar
1/4 cup honey
salt to taste

Method

- In a large pot, cook pilau ingredients in sequence, adding stock as it reduces, until the rice is has absorbed all the liquid and is fully cooked. Finally add the the green peas and beans and allow to steam.
- For the achar, combine all the ingredients in a bowl and allow to rest.
- Garnish the pilau with the thinly sliced red pepper, fried onion, toasted flaked almonds and fried prawns.