

# Recipe of the Week

## spicy mexican bean nachos

### Ingredients

1 packet of nacho chips

#### bean mixture

5 ml oil

20 g onions, diced

2 jalapenos, chopped

2 ml garlic, crushed

pinch of ground cumin

pinch of paprika

5 ml peri-peri sauce

5 ml sugar

60 ml baked beans in  
tomato sauce

60 ml red kidney beans, drained

30 ml corn kernels, drained

5 ml tomato paste

20 ml tomato and onion mix

5 ml coriander, chopped

### Method

Heat the oil in a pot and fry the onions until soft, add the chillies and garlic and fry for 2 minutes.

Add all the spices, sugar, tomato paste and peri-peri and fry for 2 minutes. Add the corn kernels and mix thoroughly. Add the baked beans in sauce, kidney beans, tomato mix and reduce heat to a simmer. Allow to cook for a further few minutes or until the mixture begins to thicken slightly. Stir in the chopped coriander and season. To serve, top the nacho chips with the hot bean mixture, sprinkle with cheddar cheese and place under a salamander or grill until the cheese has melted. Serve immediately.



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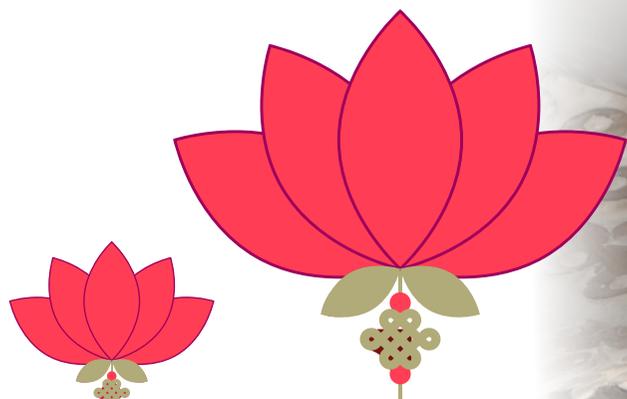
## balti style chicken

### Ingredients

### Method

- 6 chicken breasts
- 1 teaspoon of fresh chilli, chopped
- 1 teaspoon of garlic, crushed
- 1 teaspoon of masala
- 1 teaspoon Cooking with... Ground Ginger
- 1 teaspoon Cooking with... Durban Curry
- 1 teaspoon Cooking with... Garlic Herb
- 1 teaspoon of brown sugar
- 20 ml Cooking with... Tomato Paste
- 250 ml greek yoghurt
- 300 ml of Cooking with... Tomato & onion mix
- 1 chicken stock, dissolved in 125 ml of water
- 1 onion, diced
- 30 ml vegetable oil
- 125 ml of cream
- fresh coriander, chopped to garnish

Dice the chicken and marinate it for one hour with the yoghurt, crushed garlic, ground ginger, brown sugar, tomato paste and the chilli. Fry the onions and curry powder and garlic herb in the oil and add the chicken mixture. Add the tomato & onion mix and chicken stock and cook for 10 minutes. Once the chicken is cooked, finish with the cream and stir thoroughly. Sprinkle with the masala and coriander, and serve.



# Recipe of the Week

## trinchado sauce

### Ingredients

- 80 ml onions, finely diced
- 35 g butter
- 1 teaspoon of chilli, chopped
- 40 ml worcester sauce
- 60 ml chilli sauce
- 120 ml peri-peri sauce
- 1 teaspoon of paprika
- 1 teaspoon of paprika
- 2 whole bay leaves
- 2 teaspoons of garlic, crushed
- 250 ml beef stock liquid
- 250 ml fresh cream
- pinch of salt and pepper

### Method

Melt the butter in a saucepan. Add the chopped onions, garlic and chopped chilli and sauté to develop the flavour and soften the onions.

Add the worcester sauce, bay leaves and paprika and stir well to combine. Add the beef stock, chilli sauce and peri-peri sauce.

Add the cream and cook for 10 minutes or until the sauce thickens. Season with salt and pepper. Blend for a smooth sauce or keep it chunky. Serve hot with crusty bread or beef strips/cubes sautéed in the sauce.

Hint: Cut the trinchado from trimmed pieces of Chef's Classique Beef Rump.



# Recipe of the Week

## cinnamon-buttermilk pancakes

*with glazed pears*

### Ingredients

#### glazed pears

- 250 ml red wine
- 250 ml castor sugar
- 120 ml water
- 15 ml fresh lemon juice
- 4 firm pears, peeled, cored and cut into 8 slices each

#### pancakes

- 200 ml buttermilk
- 250 g ricotta cheese, crumbled
- 4 jumbo eggs, separated
- 250 ml self raising flour
- 2 ½ ml bicarbonate of soda
- 5 ml ground cinnamon
- 60 ml castor sugar
- 50 ml cooking oil for frying
- mascarpone to serve

### Method

To make the glazed pears, combine the red wine, castor sugar, water and lemon juice in a large heavy-based frying pan. Stir over low heat until the sugar dissolves. Add the pear slices in a single layer and simmer, turning occasionally, over medium heat for 20-25 minutes until the syrup is thick and the pears are glazed. Transfer to a bowl and leave to cool.

To prepare the pancakes: Combine the buttermilk, ricotta and egg yolks in a bowl and whisk until combined. Sift the flour, bicarbonate of soda and cinnamon into a separate bowl. Gradually whisk the flour mixture into the buttermilk mixture to form a thick, smooth batter. Whisk the egg whites until soft peaks form, then gradually add the sugar and whisk until stiff. Using a large metal spoon, mix half the egg white mixture into the pancake batter. Add the remaining egg white mixture and fold it in gently. Heat the cooking oil in a nonstick heavy-based frying pan. Add spoonfuls of the pancake batter, cook for 2-3 minutes over medium heat until the underside is golden, then flip and cook for 2-3 minutes more or until the pancake has cooked and puffed. Remove, cover and keep warm in the oven on low heat. Repeat with the remaining pancake mixture. Serve the pancakes immediately, topped with a little mascarpone and the pear slices and drizzled with the pear syrup.

