

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.



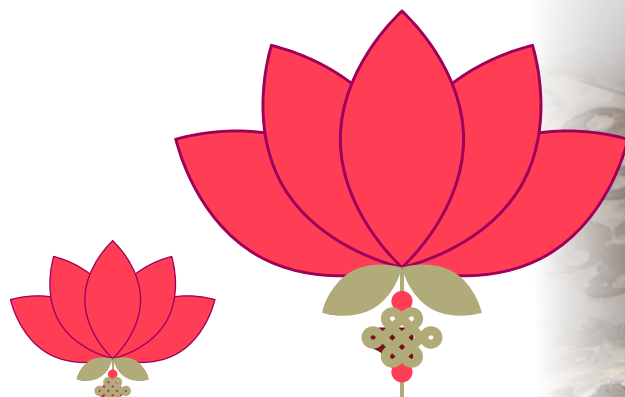
Recipe of the Week

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

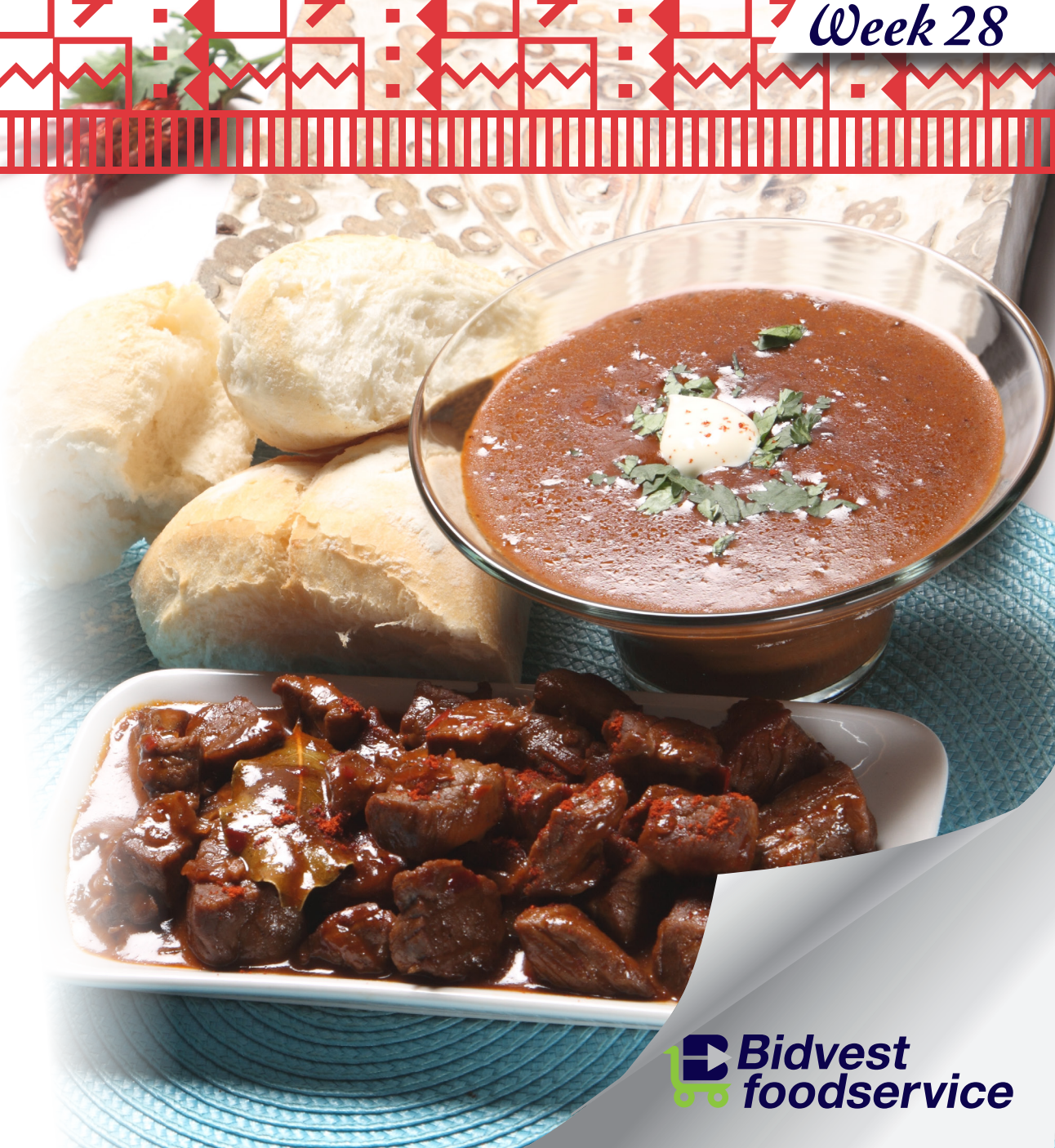
Ingredients

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.

