

Cape Malay Koeksisters

Type of dish: Dessert

Cultural background: South African

Family name contributing the recipe: DAVIDS

Malay women would make these on Fridays to have with tea after the men return from Friday mosque

(at 1 pm). These are called koeksisters but are not to be confused with the traditional South

African plaited koeksiste

Ingredients:

500 g cake flour

100 ml self raising flour

100 ml sugar

2 ml salt

10 ml fine ginger

5 ml fine cardamom

10 ml grated dry Clementine (nartjie) peel (optional)

125 ml sunflower oil

250 ml cold milk

250 ml cold water

20 ml dry active yeast

5 ml sugar

750 ml sunflower oila

Sugar syrup*

150 ml fine coconut

Method:

1. Sift flour, sugar and salt in mixing bowl and stir spices and peel in.
2. Rub 125 ml oil into the mixture until it looks crumbly.
3. Mix milk, water and dissolve dry yeast and 5 ml sugar in half of this milk mixture.
4. Add flour to the rest of the milk mixture.
5. Mix to soft dough.
6. Moisten hands with oil and rub over the dough.
7. Cover dough with a dishtowel and let it rise for about 2 hours until double in volume.
8. Roll dough on an oiled surface into a roll of about 5 cm in diameter.
9. Cut strips of about 2cm off and shape into a flattish doughnut.
10. Leave aside for 30 minutes to rise again.
11. Heat oil in a pot or deepfryer and deep-fry koeksisters 5 minutes each side until brown.
12. Drain on towel paper.
13. Boil koeksisters in sugar syrup for 1 minute – a few at a time – drain and roll in coconut.

* Enough for 60 koeksisters



*** Sugar Syrup Ingredients:**

500 ml water

250 ml sugar

Pinch of baking soda

10 ml butter

Method:

1. Boil water and sugar until sugar has melted and syrup starts to thicken.
2. Stir baking soda and butter in.
3. Use as syrup for koeksisters.

This recipe is from Faldela Williams' *Kaapse Maleier Kookkuns*

Makloubeh

Type of dish: Main

Serves: 4 - 6

Cultural background: Palestinian

Family name contributing the recipe: AMMARI

The appearance is unusual. Makloubeh, which means "upside down" in English, is a dish made with

layers of chicken or meat and vegetables. What is unique about this meal is that it is flipped upside

down onto a large platter before being served.

There are numerous variations as to how to best prepare Makloubeh. You can use lamb, beef instead

of chicken. But the basic methods remain the same.

Ingredients for Makloubeh

Serves 4 to 6 people

- 3 cups short grain rice – wash and soak in hot water for 20 minutes then drain
- 1 whole chicken – cut into 8 pieces
- 1 large eggplant – peeled and sliced length-wise
- 1 small onion – diced
- 1 large onion – sliced length-wise
- ¼ cup pine nuts or almonds
- ½ teaspoon black pepper
- ½ teaspoon allspice
- 1 teaspoon salt
- 2 tablespoons unsalted butter
- 1 large tomato
- 2 bay leaves
- 6 cups hot water
- 2 tbsp olive oil
- 3 cups cooking oil

Preparation for Makloubeh

1. In large pot, melt 2 tablespoons unsalted butter on medium-low heat; add diced onion and saute until golden.
2. Add chicken pieces and bay leaves. Stir chicken pieces to coat. Cover and let simmer for ten minutes or until water is absorbed, stirring frequently.
3. Add 6 cups hot water to chicken and bring to boil on medium-high heat, skimming the froth from the surface. Boil until chicken is cooked. Remove chicken pieces from broth and set aside. Save broth. Discard bay leaves.
4. In deep skillet, heat 3 cups cooking oil. Fry sliced eggplant until golden brown. Remove and set aside.
5. In small pan, fry sliced large onion in 2 tbsp olive oil until golden, then remove. In same pan, fry ¼ cup pine nuts or almonds until golden, then remove.
6. In a bowl, mix 3 cups short rice with salt, pepper and allspice.
7. In large pot, begin to evenly layer bottom of the pot starting with sliced tomato. Then add fried eggplant, sliced onion and chicken pieces.

8. Cover chicken pieces with rice mix.
9. Pour enough broth to completely cover the rice.
10. Cook on high heat until it comes to a boil. Cover and simmer on low-heat for 45 minutes to 1 hour or until broth is absorbed.
11. Remove and let sit for 10 minutes.

Flip pot of Makloubeh onto large platter and lift. Do so carefully so as to not lose the shape of the dish. Garnish with fried pine nuts or almonds. Maklouba is best served with a garden salad and sour cream.



CASSOULET (pronounced KASA-LAY)

Type of dish : Main

Serves: 4

Cultural background: French

Family name contributing the recipe : JACOBSEN

Ingredients

- 400g can of cannellini beans
- 2 tsp. olive oil
- 500g pork belly, cut into 2cm pieces
- 200g speck, cut into batons (find this in the deli)
- 2 (about 150g) garlic sausages
- 2 duck Maryland's or breast fillets
- 2 brown onions, coarsely chopped
- 2 garlic cloves, crushed
- 1 sprig thyme
- 1 sprig rosemary
- 400g can chopped tomatoes
- 4 cups (1L) chicken stock
- 1 1/2 cups breadcrumbs (preferably fresh)
- 30g butter, melted

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Method

1.Preheat oven to 140°C. Heat oil in a large casserole pan over high heat. Add pork and cook, stirring, for 5 minutes or until browned. Transfer to a large bowl.

2.Add speck to the pan and cook, stirring, for 2 minutes or until brown. Transfer to bowl. Add sausages and cook, turning occasionally, for 5 minutes or until brown all over. Slice thickly diagonally and transfer to bowl.

3.Add duck and cook for 4-5 minutes each side or until browned, slice duck and transfer to the bowl. Add onion and garlic and cook, stirring, for 5 minutes or until soft. Add pork, speck, sausage and duck from the bowl back into the casserole pan then add beans, tomato,thyme,rosemary and stock. Remove from heat.

4.Bake in preheated oven, covered, for 1 1/2 hours alternatively you can place in a slow cooker for 4 hours.

5.Combine breadcrumbs and butter in a bowl. Sprinkle breadcrumb mixture over cassoulet. Bake, uncovered, for 30-40 minutes or until top is crisp and golden. Remove from oven and serve.

Serving Instructions

Serve straight from Casserole pan with fresh Baguette



Irish Stew with Champ

Type of dish: Main

Serves: 4-6

Cultural background of dish: Irish

Family name contributing the recipe: JACOBSEN

Ingredients for Stew

- 1 kg of mutton or chuck steak diced into thick cubes
- 4 potatoes cut into quarters
- 2 large carrots cut into chunks
- 1 stalk of Celery cut
- 4 brown onions cut into quarters
- 1 cup of Parsley chopped coarsely
- ½ cup of barley
- Salt & pepper to taste

Ingredients for Champ

- 6 Potatoes sliced
- Scallions (Spring onions) chopped
- ½ cup milk (add more if you want it really creamy)
- 30g butter
- Salt & pepper to taste

Method for Stew

Cover ingredients with cold water in a large pot and bring to boil, skim off any scum then simmer for 2-3hours (or until meat is tender) over a low heat on stove.

Method for Champ

Boil potatoes until cooked, drain, mash & stir through scallions, milk & butter

Serving Instructions

Serve straight from Pots



Cabbage Rolls

Type of dish: Main

Serves: 6

Cultural background: Eastern Europe/Balkans

Family name contributing the recipe: ASPER

Ingredients:

Slow cooker

500gm premium mince

1 large cabbage

500 gm bacon bones

500 ml tomato paste

Cornflour & cold water to suit for thickening of gravy

Paprika to suit taste

Pepperoni to suit as required (optional)

Method :

Boil cabbage until leaves are soft enough to fold without tearing

Brown mince in frying pan with rice

Remove cabbage from heat & separate leaves

Place one tablespoon of minced rice into each cabbage leaf

Fold from outer edge of leaf to the centre & roll up

Place a layer of cabbage leaves into bottom of slow cooker

Add layer of bacon bones

Place finished cabbage rolls evenly within slow cooker on bacon bones

Heat tomato puree in pan & add thickener & paprika to suit

Place remaining bacon bones on top of rolls

Pour sauce evenly over rolls

Heat on high for a minimum of 6 hours

Serving Suggestion:

Serve with mashed potatoes



Soop Pak – Steam Vegetables Salad

Type of dish: Main/side

Serves: 4-6

Cultural Background: Laos

Family name contributing the recipe: PETERSONS/SIRIPHOKHA

Vegetables

Any seasonal green vegetable that retain its crunch after being steamed or blanched could be used in this recipe.

The sesame dressing is what makes the Soop pak what it is.

Recommended:

Bunch of broccolini chop 5cm length

Bunch Chinese broccoli (Gai Lan) chop as above

1 cup Beans cut chop as above

Tray of Oyster mushroom chop as above (usually sold in tray)

Coriander roughly chop for garnish (alternatively dill if having fish)

Dressing:

1 large clove garlic

1/2 Chili (optional)

2 thin slice of ginger

2 tbs sesame dry roast*

2/3 tsp fish sauce (alternatively salt to taste)

Blanch or steam vegetable and remove as needed as vegetable will cook at different rate. Set aside in bowl to cool.

If blanching remove as much water as possible from veg especially mushroom.

Grill garlic, chili and ginger until slightly charred. Remove from heat as needed.

Roast sesame.

Pound all ingredients in pestle and mortar to paste.

Sprinkle dressing ingredients onto the steamed vegetable. Add some coriander, mix ingredients evenly and well and add fish sauce to taste.

Plate up and garnish with remaining coriander. Serve at room temp or warm.



Chilli Chicken Roast

Type of dish: Main

Serves: 6

Cultural background of dish: Indian

Family name contributing the recipe: VIJENDRAN

Chilli Chicken Roast

1 chicken, about 2kg, skinned and cut into pieces

Ingredients for blending together

200 ml yoghurt

80 g cloves garlic

80 g ginger

2 red chillies

100 g shallots

50 ml water

1tsp ground turmeric

6 tsps. ground chilli (adjust to preference of spicyness required)

2 tsps. ground aniseed

A little yellow colouring (optional)

Ingredients for frying

- tabsps oil
- onions, sliced
- cloves garlic, slices

A few sprig curry leaves

- sticks cinnamon

8 cardamons

7 cloves

2 tsps. aniseed, coarsely pounded

Additional Ingredients

- tabsps fried onions, crushed

1 ½ tabsps cumin, dry roasted and powdered

METHOD

1. Put chicken piece into a bowl. Add the blended ingredients and mix well. Leave aside for 4 hours or more
2. Heat oil. Fry ingredients for frying till fragrant and onion slices becomes lightly browned
3. Add in the chicken pieces with the marinade
4. First cook over gentle heat (about 15 minutes), then turn up the heat
5. Keep turning the chicken until the pieces are cooked and no moisture is left
6. Add the pounded cumin and the crushed fried onions. Mix well.

Serve with hot rice

