



## SOUTH AFRICAN DINNER



By Joan Reynolds .. dinner will be on March 29 at 6:30 at Joan's home. Please call her or email her at reynolds5j@aol.com 510-538-0790 to choose the item you want to prepare.

From the very beginning, South Africa has been a melting pot where East meets West. In the 17 Century Malay cooks were sought after in the Dutch homes by adding nutmeg and cinnamon but the exotic spices of their birth land to create dishes as bobotie, soaties pickled fish, chili atjars, blatjangs and sambals. Fish and seafood were a big part of the diet. The older generation loved sweetmeats like koesisters and crunchy tameljies. Fruit in the Cape because of it's Mediterranean climate was in abundance and eaten fresh or preserved in a light syrup.

In South Africa food is served buffet style in the camps and Zulu Park I did this method for the Cal Singles gourmet group I had here but the very special flavours are lost in the combination so I am recommending that this menu be served in 4 courses plus dessert .

I have my table set for this occasion Joan Reynolds

PICKLED FISH	PEASANT BREAD
CAULIFLOWER BREDIE (LAMB STEW)	
BOBOTIE (MEATLOAF)	
ORANGE BAKED PUMPKIN	GLAZED CARROTS
CUCUMBER AND ONION SALAD	BEET ONION SALAD
PRAWN RICE	
GRANNY'S LEMON PUDDING	TAMELETJIES

## PICKLED FISH

This is a Christmas and New Year's dish. Any firm flesh white may be used

3-4 pounds fish cut into portions

Salt and white pepper

### Curry Sauce

2 tsp curry powder

1 tsp chili powder

5 bay leaves

Season fish portions with salt and pepper. Heat oil in deep frying pan and fry fish for 5 minutes on each side. Remove from oil .

And drain.

SAUCE cook onions, vinegar, sugar and spices in saucepan until blended. 5-10 min Place drained fish slices in in a deep dish and cover with onion mixture. Store covered for 24 hours to allow flavor to develop. Serve with Peasant Bread first course.

BREDIE Bredie is an old Cape name for a dish of meat and vegetables stewed together so that the flours intermingle and it is also impossible to separate one from the other. The Unique flour is determined by the kind of vegetable added, tomato, bean or cauliflower. More than one vegetable may be added to onions and potatoes. The potato helps thicken the gravy. The meat is almost lamb or mutton. Recipes for bredies have been handed down through many generations and have changed very little. The flavor is so delicious there is very little need for additional herbs and spices.

## PEASANT BREAD

3-<sup>3</sup>/<sub>4</sub> pound flour

1 large sweet potato

1.5 packets instant yeast

<sup>1</sup>/<sub>4</sub> tsp salt

<sup>3</sup>/<sub>1</sub>/<sub>2</sub> c lukewarm water

Method

boil potato in water until soft

Discard skin and mash Add water with dissolved yeast and fold in dry ingredients Knead well until smooth and elastic Cover with wrap and allow to rise in a warm place until double in size. Beat down. Knead and divide the dough into 4 portions on a well-floured board Place on baking sheet shape each portion into slightly flattened ball Cover with wrap and allow to rise in a warm place, sprinkle with water and cut 2 slits on top. Bake at 200 C for 15 min then reduce heat to 180 C until loaves are hollow when tapped.



## CAULIFLOWER BREDIE

A surprisingly tasty bredie to make in winter months. Sprinkle with a little grated nutmeg before serving.

2 onions, thinly sliced  
¼ c sunflower oil  
2 ½ pounds lamb leg cut into cubes  
1 ½ t salt  
5 whole cloves  
2 whole allspice  
1 green chilli or ½ t dried chillis  
2 t sugar  
½ c water  
1 large cauliflower, broken into florets  
3 potatoes, quartered

Braise onions in heated oil until golden  
5-10 min. Add meat and simmer slowly  
for 10 min Add salt, cloves, allspice,  
sugar and water. Simmer very slowly  
for 10 min until flours are well blended  
Add cauliflower and potatoes and cook  
very slowly until vegetables are soft.  
Serve with Cucumber and onion salad



## CUCUMBER AND ONION SALAD

1 large onion, thinly sliced  
1 t salt  
2 c hot water  
1 large English cucumber, peeled and sliced  
1 t crushed dried chillis  
2 t sugar  
½ c white vinegar

Sprinkle onion with salt and rub well in  
Pour hot water over and leave to drain  
in colander Squeeze out excess moisture  
Scrape peeled cucumber with tines of  
fork before slicing for a decorative edge  
Combine with remaining ingredients



BOBOTOTIE

A light textured meatloaf topped with a golden savory custard

2 slices stale white bread, crust removed	1 t salt	1 ½ T lemon juice
Water	2 t curry powder	2 T sugar
2 T sunflower oil	1 t tumeric	4 lemon leaves
1 onion, thinly sliced	1 # ground beef	for garnish
2 t ground cloves	2 eggs	
1 t crushed garlic	2 T hot water	

Topping      1 egg, lightly beaten      milk 1 c +1T +1 t

Method

Soak bread in water for 10 minutes, then squeeze dry. Heat oil in a large frying pan and braise onion until golden 5-10 min Add cloves, garlic, salt, curry powder and tumeric and simmer for 5 minutes. Add to meat with eggs, hot water, lemon juice, sugar and mix to combine Pour mixture into a loaf pan and bake 160 C for 40 minutes or until golden brown Remove from oven Beat egg and milk well and pour over Bobotie Add lemon leaves and bake further 5-10 min at 180 C      Serve with Orange-Baked Pumpkin

ORANGE –BAKED PUMPKIN

1 # + pumpkin, cut into chunks	Place all ingredients in a oven bag
5 oz dried peaches or apricots	secure bag, piercing a hole near the top
½ c fresh orange juice	to allow steam to escape Place in oven

1 T brown sugar  
1 piece stick cinnamon  
3 t butter

proof dish and bake at 180 C for 30 min



## PRAWN RICE

¼ c sunflower oil  
4 oz butter  
1 large onion, thinly sliced  
1 t crushed garlic  
2 pieces stick cinnamon  
3 cardamon seeds  
1 large tomato, thinly sliced  
1 t salt  
1 t chilli powder  
1 red pepper, seeded and diced  
1 c rice  
salted water  
1 # + prawns, shelled and deveined

Heat oil and butter in a large frying pan  
Add onion, garlic, cinnamon, cardamon  
seeds and braise until onions are golden  
5-10 min Add tomato, salt, and chilli  
and cook further 10 min then add pepper  
Meanwhile cook rice in salted water  
to cover for 15 min Melt butter in frying  
pan and cook prawns until pink about 5  
to 10 min Combine all ingredients in a  
covered shallow casserole on med for  
15 min in Microwave



## GLAZED CARROTS WITH ALMONDS

1 pound carrots	¼ c water
3 T butter	2 oz slivered blanched almonds
3 T brown sugar	½ t ground cinnamon
½ t salt	
pinch chilli powder	

Peel carrots, slice into long strips  
**MICROWAVE** all ingredients covered on full power for 6-8 min, stirring once Add almonds



## BEETROOT AND ONION SALAD

Sprinkle a little coarsely ground pepper over just before serving for variation, grate beetroot and chop onions finely, then sprinkle with ¼ c vinegar

4 large or 6 medium beetroots    2 medium onions, cut into rings    2 t salt  
2 c hot water    1 c brown vinegar- balsamic    2 t sugar

Boil beetroot in water until tender about 45 minutes or cook in pressure cooker for 15min  
Peel and slice beetroot thinly Sprinkle onions with salt, pour boiling water over and drain onions very well in a colander Combine beetroot and onions, pour vinegar over, sugar and extra salt. Serve with  
**GLAZED CARROTS AND PRAWN RICE**

## GRANNY'S LEMON PUDDING

For extra flavor decorate with lemon leaves before baking

4 oz granulated sugar    1/3 c + 1 T + 1 t butter  
2 eggs, separated    1 c flour    pinch of salt  
2 cups of milk    1 t baking powder

Beat butter and sugar until light and creamy then beat in yolks well Sift flour and BKP and salt together  
Beat egg whites until stiff peaks form Fold flour into yolk mixture with lemon rind and juice and 1 cup  
of milk Fold in egg whites lightly, then remaining milk Pour into a well greased oven proof dish  
**BAKE** at 350 degrees for 30-40 minutes until well risen The pudding makes a crusty top with a creamy  
lemon custard pudding



## TAMELELETJIES

In the summer months when we were children we used visit Vredhock on the slopes of Table Mountain  
in Capetown and search for pine kernels which fell from the stone pines

2 c water    2 pieces dried ginger    2 c pine nuts  
2 c sugar    3 t butter

Boil water, sugar and ginger until sticky and brown Remove ginger Stir in butter then pine kernels and

stir to combine well Pour mixture into individual paper cases or cookie cups To make rectangular paper cases called kadoesies cut brown paper rectangles 7 X 12 cm and fold up along each side to form a casing