

**COOKING**  
from the  
heart

A JOINT INITIATIVE BY



*pharma* *dynamics*  
EFFECTIVE AFFORDABLE HEALTHCARE

Compiled by Heleen Meyer  
Photography by Adriaan Vorster

Affordable, tasty recipes –  
good for the whole family

## Foreword



Food is central to the identity of South Africans. During meals the family meets around the table. On holidays and high days we gather around the braai and the potjie pot which reflect the diversity of our country. Food has many memories associated with it – the soup that warms our bodies and our souls, the dish for our homecomings, and the recipes that take us back to our youth.

Food can also be our enemy. We are seeing rising levels of lifestyle diseases in South Africa, with terrible impacts on our health – heart disease, stroke, type two diabetes and cancers are all on the rise, due to our increasingly poor diet.

We all know that staying healthy can be difficult. We have busy schedules, and shrinking household budgets. Healthy foods recommended to us often seem unavailable and unaffordable, leaving us feeling inadequate. It can be time-consuming to make the journey to the supermarket and to prepare a meal, when fast food is closer to home.

Can we afford to spend more on so-called 'healthy foods'? Do we have the time to slave over a stove to make dishes that our families turn their noses up at? The truth is healthy eating doesn't have to be boring, expensive or complicated! It can be as simple as making small changes to your family's favourite dishes. This recipe book shows how to make food that tastes good, is simple to prepare and is easy on the pocket. By using everyday ingredients, you too can prevent yourself and your families from the dangers of different lifestyle diseases.

I am passionate about making healthy living accessible to everyone in South Africa and increasing our understanding of the risk factors of serious diseases. It has so many implications for the future of our nation. This recipe book can show us how we can take responsibility for our own health, and how to protect our families now and in the future.

Desmond Tutu

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### Something to remember:

1 tbsp stands for 1 tablespoon = 15 ml  
1 tsp stands for 1 teaspoon = 5 ml

½ tsp	=	2,5 ml
1 tsp	=	5 ml
2 tsp	=	10 ml
1 tbsp	=	15 ml
2 tbsp	=	30 ml
¼ cup	=	60 ml
½ cup	=	125 ml
1 cup	=	250 ml
2 cups	=	500 ml

The recipes in this book were selected from family favourites contributed by people all over South Africa. These have been **adapted** to follow the guidelines of the Heart and Stroke Foundation South Africa. Remember that healthy eating is important for the **whole family** and not only for the person affected by a lifestyle disease.

Teach your **children** to eat healthily from a young age to protect them from chronic diseases later in life. Healthy food doesn't have to be expensive or bland and boring.

We show you how to use as little fat, oil, salt and sugar as possible and rather use herbs, lemon juice, salt-free spices and other seasonings to prepare **delicious** food. We want to encourage you and your family to **gradually** make changes to the way you eat and cook. This will make a huge difference to your health.



## How healthily do you and your family eat? \_\_\_\_\_

A healthy diet includes plenty of vegetables, fruit and high-fibre starchy foods, and is low in fat (especially saturated fat), salt and sugar. Take the quiz on the next page to see how healthily you and your family are eating. Your results will show whether you need to improve your eating habits.

If you ticked **"No"** for any of the questions, your and/or your family's diet can be improved. The more **"No"** answers you ticked, the more unhealthy your diet is and the higher your risk of chronic diseases such as high blood pressure, diabetes, heart disease, stroke and cancer. You need to think about changing your diet to improve your overall health. You can make a start by following the healthy eating guidelines (pages 4-13) in this book and by preparing some of the delicious recipes.



If you ticked **"Yes"** for some questions, you are making good progress, but you can still benefit by making more changes to your eating habits.

If you ticked **"Yes"** every time – well done! You are well on your way to preventing chronic diseases because you are choosing healthier options and avoiding the unhealthy foods eaten by many South Africans.

Carry on reading to learn more about healthy eating and why it is important for you and your family ...

## 2. Cooking from the heart



DO YOU USUALLY ...?	YES	NO
Choose wholewheat or brown bread and flour, rather than white bread or flour?		
Have at least 3 vegetables a day?		
Have at least 2 fresh fruit a day?		
Choose fat-free or low-fat dairy like milk, maas or yoghurt?		
Eat red meat (like mutton, beef or boerewors) less than 3 times a week?		
Include dried or tinned beans, split peas, lentils or soya in your meals at least twice a week?		
Remove all the visible fat from meat before you eat it?		
Remove the skin from chicken before cooking it?		
Avoid eating high-fat foods such as chips, viennas, polony or chocolate?		
Eat fish at least twice a week?		
Avoid eating takeaways or street foods like doughnuts, pies, vetkoek, samosas, fried chips, fried chicken, gatsbies or 'kotas'?		
Try to cook with less oil and avoid deep-frying foods?		
Avoid salty foods like polony, bacon, viennas, crisps, salty biscuits and high-salt sauces like soya or barbeque sauce?		
Avoid adding extra salt to your food at the table?		
Try to avoid adding high-salt ingredients like soup powders, stock cubes or salty seasonings to your food?		
Choose healthier snacks like fruit, vegetables, low-fat or fat-free yoghurt between your meals?		
Use soft tub margarine for your bread, rather than butter or brick margarine?		
Avoid drinking sugary cold drinks or juices?		

Healthy eating questionnaire adapted from *Love my body love myself*, Dr Marjanne Senekal, Cape Town, 2005.



## Guidelines for healthy eating

**A healthy lifestyle helps to prevent and control chronic diseases such as high blood pressure, diabetes, heart disease, stroke and cancer. Healthy eating is one of the most important things you can do for a healthier life.** Remember that you also need to **exercise regularly** and **avoid smoking**. The following tips will help you and your family to eat healthily.

**1 Enjoy a variety of foods.** Eating different types of food gives your body all the nutrients it needs. The more colourful your plate of food, the wider the variety.

**2 Eat dried beans, split peas, lentils or soya at least twice a week.** They are a good source of protein, low in fat and high in fibre. You can replace meat in some meals with these foods.

**3 Make high-fibre starchy foods part of most meals.** These foods can help you feel fuller for longer and lower your risk of developing obesity,

heart disease and cancer. Good examples are brown or wholewheat bread, coarse maize (mealie) meal, oats and brown rice.

**4 Try to eat 5 vegetables and fruit every day.** Remember to eat vegetables and fruit from the different colour groups (red, green, yellow and orange). The vitamins, minerals and fibre in these foods help to protect you against chronic diseases.

**5 Chicken, fish, meat or eggs can be eaten every day.** Choose lean or lower fat options with less bad (saturated) fats.

**Bad fats can increase your cholesterol and block your blood vessels, which can lead to a stroke or heart attack.** Try to include tinned or fresh fish as part of your diet at least twice a week. Good examples are pilchards, snoek, sardines or tuna.

**6 Have low-fat milk, maas or yoghurt every day.** Dairy products are an excellent source of calcium. This can help protect your bones and help prevent high blood pressure, diabetes, osteoporosis and heart disease. Good options are low-fat or fat-free dairy products and reduced-fat cheeses.

**7 Eat less salt and avoid foods high in salt.** Eating too much salt can raise your blood pressure and increase your risk of stroke, heart attack and cancer. Some salt in your diet comes from salt added at the table or during cooking, but **more than half of the salt that you eat comes from processed foods.** Examples are stock cubes, soup powders, salty snacks like chips and processed meats like polony. Ideally, you shouldn't have more than 1 teaspoon of salt a day from all sources. Gradually cut down on adding salt to your food and soon you won't notice the difference.

**8 Eat less fat and use the right type of fats or oils.** Eating too much fat and fried food can make you gain weight and raise your cholesterol. Limit the amount of fatty red meat, butter, hard margarine, cream, lard and ghee that you use. Rather use good (unsaturated) fats like vegetable oils and soft tub margarine in small amounts. Nuts, seeds, peanut butter and avocados are also sources of good fats.

**9 Eat less sugar and avoid food or drinks high in sugar.** Too much sugar can also make you gain weight, which increases your risk of

**chronic diseases.** Sugar in your diet comes from sugar added to hot drinks, cereals and cooking. High amounts of sugar are also found in cakes, biscuits, doughnuts, sweets, chocolates and sweetened cold drinks.

**10 Drink plenty of clean, safe water every day.** You need about 6-8 glasses of water a day. Most of this should come from tap water, but can include drinks like tea, coffee or diluted fruit juice as well.

**11 If you drink alcohol, drink in moderation.** Women should not have more than 1 drink a day and men not more than 2 drinks a day. One drink is equal to a can of beer (340 ml) or a small glass of wine (120 ml) or a tot of spirits (25 ml). **Pregnant and breast-feeding women should not drink any alcohol at all, as it is very dangerous for the baby.**



## Planning healthy meals

**Planning your meals can help you eat more healthily within your budget.** The food you eat should ideally be divided into 3 small mixed meals a day, with healthy snacks in between. The advice and guidelines on the next page will help you plan effectively. **Remember not to skip meals as it will make you feel hungry and may tempt you into eating unhealthy junk food, or eating too much at one time.**

### Controlling your portion size

Many South Africans are overweight or obese. One way to prevent this is to control the portion size of the food you eat. These tips may help you:

- Use a smaller plate and don't overfill it.
- Dish up only once and avoid having a second helping.
- Eat slowly and chew your food properly.
- Don't finish your kids' leftovers.
- Gradually make your portion sizes smaller.
- Each recipe in this book shows the number of people that it serves. Use this to guide your portion sizes.



Here are some suggestions to make your meal planning easier. Choose one option per meal and one mid-morning and mid-afternoon snack.

Breakfast	Wholewheat or brown toast with peanut butter and banana
	Coarse mealie meal or sorghum (mabella) porridge with low-fat or fat-free milk or maas
	Wholewheat or brown toast with boiled egg and soft tub margarine, thinly spread
	Cooked oats porridge with cinnamon and low-fat or fat-free milk
	Seasonal fresh fruit with low-fat or fat-free yoghurt sprinkled with raw oats
Light meal	Wholewheat or brown bread with pilchards OR left-over lean chicken or meat with lettuce, tomato and soft tub margarine, thinly spread
	Baked beans on wholewheat or brown toast and soft tub margarine, thinly spread
	Brown or wholewheat bread thinly spread with soft tub margarine with mozzarella cheese OR low-fat or fat-free cottage cheese OR boiled egg with lettuce and tomato
	Rotis (p83) with left-over vegetable curry
	Hearty bean soup (p20) with wholewheat or brown toast and soft tub margarine, thinly spread
Main meal	Chutney chicken (p56) with mashed potatoes (p32) and a green salad
	Spaghetti bolognese (p65) with salad or vegetables
	Fish cakes with pilchards (p41) with baked potatoes, peas and carrots
	Beef stew with vegetables (p67) on pap
	Spicy samp and beans (p48)
Snacks	Fresh fruit OR a small handful of dried fruit
	Low-fat or fat-free yoghurt OR low-fat maas
	Unsalted peanuts OR unsalted mopani worms OR homemade unsalted popcorn (not pre-packaged) with no added butter
	Raw vegetable sticks like cucumber, carrots, celery or broccoli dipped in low-fat or fat-free cottage cheese or yoghurt OR roasted or boiled mealies (corn on the cob)
	Slice of wholewheat or brown bread with peanut butter OR pilchards OR lentil spread OR avocado (when in season)

**Note** – these ideas serve as a guide. For specific conditions such as diabetes, high cholesterol, hypertension or for weight loss, an individualised meal plan and portion guide is recommended. A dietitian could help you with more information if you have one of these conditions.

## Takeaways and eating out

Eating out can still be part of a healthier lifestyle if you choose your meals carefully. **Remember that many takeaway and restaurant meals can be loaded with hidden fat, salt or sugar and the portions are often far too big.**



### A few tips to remember:

- Choose restaurants, shebeens or takeaways that provide healthier options and not just deep-fried foods. Look out for menu items with the Heart Mark logo.
- Beware of 'eat as much as you like' offers as this often makes you eat too much and become overweight.
- Choose salads and veggies on the side instead of chips.
- Eat half of your meal and keep some for lunch the next day.
- Rather pack your own lunch box to take to work or school. This is cheaper and will help you avoid buying fast or street foods.

Here are some good ideas on how to make healthier choices when eating out or when buying fast food from the cafeteria, street vendor or tuck shop.

INSTEAD OF ...	RATHER CHOOSE ...
<b>Fried foods</b> <ul style="list-style-type: none"> <li>• Fried, battered, crumbed, deep-fried</li> </ul>	<b>Healthier cooked foods</b> <ul style="list-style-type: none"> <li>• Grilled, baked, roasted, steamed, boiled</li> </ul>
<b>Big portions</b> <ul style="list-style-type: none"> <li>• Large, giant, mega, super-sized, jumbo</li> </ul>	<b>Smaller portions</b> <ul style="list-style-type: none"> <li>• Small, half, ladies, kiddies</li> <li>• Order starter instead of main meal or share main meal</li> </ul>
<b>Greasy breakfasts</b> <ul style="list-style-type: none"> <li>• Fried or scrambled egg, bacon, sausages, chips</li> <li>• Omelette with meat and cheese fillings</li> <li>• Pastries, croissants, white toast, chocolate or sweet muffins</li> </ul>	<b>Healthier breakfasts</b> <ul style="list-style-type: none"> <li>• Poached or boiled egg with grilled tomato and mushrooms</li> <li>• Omelette with veggie fillings</li> <li>• Brown or wholewheat toast, muesli, fruit salad, low-fat or fat-free yoghurt</li> </ul>
<b>Fatty main meals</b> <ul style="list-style-type: none"> <li>• Fried fish, calamari, fish cakes, chicken, schnitzels or ribs, fatty cuts of steak</li> <li>• Large pizza with thick base, lots of cheese and meat toppings</li> </ul>	<b>Leaner main meals</b> <ul style="list-style-type: none"> <li>• Grilled fish, chicken breasts or lean steak</li> <li>• Small pizza with a thin base, half the cheese and more veggie toppings</li> </ul>
<b>Side dishes high in fat</b> <ul style="list-style-type: none"> <li>• Fried chips, potato with sour cream, fried rice</li> </ul>	<b>Healthier side dishes</b> <ul style="list-style-type: none"> <li>• Steamed veggies, salad, baked potato (plain or with cottage cheese), steamed rice</li> </ul>
<b>Cream-based sauces</b> <ul style="list-style-type: none"> <li>• Sauces made with cream, butter, cheese</li> </ul>	<b>Lower fat sauces without cream or butter</b> <ul style="list-style-type: none"> <li>• Tomato-based sauce, chilli sauce. Order sauces on the side, so you can control how much you use</li> </ul>
<b>Salads loaded with fats</b> <ul style="list-style-type: none"> <li>• Creamy dressings, mayonnaise or toppings like bacon, fried croutons, high-fat cheeses</li> </ul>	<b>Healthier salads</b> <ul style="list-style-type: none"> <li>• Salads with a variety of fresh veggies, low-fat dressings on the side, used sparingly</li> </ul>
<b>Oily lunches</b> <ul style="list-style-type: none"> <li>• Fried hamburgers with creamy sauces and chips</li> <li>• Vetkoek, gatsbies or 'kotas' with processed meats (viennas, polonies, russians, boerewors, salami), pies, samoosas, chilli bites</li> </ul>	<b>Healthier lunches</b> <ul style="list-style-type: none"> <li>• Grilled chicken or pure beef burger with a salad or chicken or veggie wrap</li> <li>• Brown, seeded or wholewheat bread or pita with a lean filling (lean ham, beef or chicken, tuna, pilchards, low-fat or fat-free cottage cheese) and green salad</li> </ul>
<b>Sugary drinks</b> <ul style="list-style-type: none"> <li>• Sweetened fizzy cold drinks, energy drinks, juices with added sugar, milkshakes</li> <li>• Sweet wine, sherry, spirits with sweetened cold drinks, beers, ciders, spirit coolers</li> </ul>	<b>Smarter drinks</b> <ul style="list-style-type: none"> <li>• Water, sugar-free cold drinks, 100 % pure fruit juices (preferably diluted with water), low-fat yoghurt drinks, rooibos tea</li> <li>• Dry wine, spirits with water, soda water or diet cold drinks, light beers</li> </ul>
<b>Rich desserts</b> <ul style="list-style-type: none"> <li>• Creamy cakes, tarts, doughnuts, ice cream, creamy mousses, chocolate, cream</li> </ul>	<b>Slimmer desserts</b> <ul style="list-style-type: none"> <li>• Fruit salad, frozen low-fat yoghurt or sorbet, baked fruit</li> </ul>



## Frequently asked questions about healthy cooking

Cooking healthy meals is not as difficult as you may think. **By making small changes to the cooking methods and ingredients you use, your meals can be much lower in fat, salt and sugar.**

### 1 How can I cut down on fat when cooking meat for my family?

- ♥ Always remove the visible fat from meat and the skin from chicken.
- ♥ Drain off visible fat when cooking. Spoon out and throw away any left-over fat in the pan.
- ♥ Allow soups, stews and mince dishes to cool down. Then spoon off the fat on top and throw it away.
- ♥ When pan-frying or roasting meat, rather brush the meat with oil instead of pouring lots of oil in the pan.

### 2 Which cooking methods use less fat or oil?

- ♥ Grill, steam, microwave, slow-cook, bake, stir-fry or pan-fry with very little oil, rather than deep-frying food.
- ♥ Braise onions in a

little water instead of frying them in oil.

- ♥ Cooking food on a medium to low temperature allows you to use less oil.
- ♥ Use cooking sprays for grilling or stir-frying.
- ♥ A non-stick or good quality stainless steel pan can also help you to use less oil.

### 3 Do you have some ideas to get fussy eaters to eat more vegetables?

- ♥ Introduce kids to a variety of vegetables from a young age. Teach them to enjoy the natural flavour of veggies early on, without adding fat, salt or sugar.
- ♥ Season vegetables with spices like cinnamon or nutmeg with pumpkin, instead of butter or sugar.
- ♥ Make vegetables fun for kids by preparing

colourful vegetable skewers, cutting veggies into different shapes or arranging them into funny faces.

- ♥ Add grated or mashed vegetables as a hidden ingredient to fish cakes, meat balls, mince dishes, muffins, rice, stews and soups. This will also make your meals go further, add flavour and fibre, and will help them eat enough veggies in a day.

### 4 How can I prepare vegetables without losing their goodness?

- ♥ Only peel vegetables when necessary.
- ♥ When cooking veggies try to use as little water as possible and don't overcook them.
- ♥ Don't soak cut veggies in water, as the vitamins and minerals will leak into the water.

Make your favourite recipes healthier by swapping some of these ingredients.

INSTEAD OF USING ...	RATHER CHOOSE ...
Cream cheese, processed cheeses, cheese spread or high-fat cheese like Cheddar	Low-fat or fat-free cottage cheese, lower fat cheeses like mozzarella
Full-cream milk, maas or cream	Low-fat or fat-free milk, maas, plain yoghurt or reduced-fat evaporated milk
Butter, hard or brick margarine, ghee, shortening or lard	Vegetable oil (like sunflower or canola oil) or soft tub margarine
Oily sauces like mayonnaise and creamy salad dressings	Reduced-fat sauces like low-fat mayonnaise, plain yoghurt, tomato-based sauces, lower fat salad dressings
White flour, white bread, white bread-crumbs	Brown or wholewheat flour, bread, bread-crumbs, brown rice. Lentils or beans added to white rice also helps increase your fibre intake
Fatty meat or mince, organ meats or offal (tripe, brains, trotters, chicken feet)	Meat with very little fat, lean or extra lean mince, fish, skinless chicken, beans and lentils. Game, goat and ostrich meat are leaner choices
Processed meats like polony, viennas, salami, russians and boerewors	Lean, unprocessed cold meats. Make good use of your left-overs like fish, skinless roast chicken (p50) or lean meat for sandwiches
Food canned in oil or brine	Food canned in tomato sauce. If you use fish canned in oil, drain off excess oil. Food canned in brine can be lightly rinsed with water to get rid of the extra salt
Creamy, buttery or sugary sauces with vegetables	Make a lower fat sauce using low-fat or fat-free milk and leave out the butter. Use just a little sauce over veggies. Use herbs or spices to flavour veggies or enjoy them raw
Stock cubes, soup powders	Homemade stock (p15), cornflour, cake flour or split lentils to thicken soups or stews
Salt, salty seasonings like braai salt, barbecue or chicken spice	Fresh or dried herbs, lemon juice, green pepper, onions, parsley, garlic, ginger, salt-free spices (like chilli powder, coriander, cumin, curry powder, masala, paprika, pepper, turmeric)

- **Make a shopping list:** Plan your meals and shopping. If you shop when you are hungry, you may buy unnecessary or unhealthy luxuries.
- **Know the price:** Get to know the average price of groceries or the price per kilogram. Look out for specials on the things you really need.
- **Buy in bulk and in season:** Buy vegetables and fruit when they are in season, as these are usually cheaper. Buy more veggies if fruit is too expensive. Buying discounted bulk or combo food and sharing with friends or family can help save money. Buy more veggies rather than more expensive meat.
- **Stick to affordable healthy foods:** It is unnecessary to buy olive oil – sunflower or canola oil are good choices. Choose low-fat or fat-free milk – these often cost the same as full-cream milk. Skim-milk powder is cheaper and healthier than coffee or tea creamers. Tinned fish often costs less than fresh fish or meat and is just as nutritious. Oats, sorghum (mabella) or coarse mealie porridge are healthier and cheaper than some breakfast cereals.
- **Do it yourself:** Buy a whole chicken, cut into portions and remove the skin. Grate cheese or cut up veggies at home rather than buying expensive convenience food and meals.

**If healthier and more affordable options are not always available at your local shop, ask the manager to stock them and encourage others to do the same.**

- **Cook with the right size pot:** Try to use a pot or pan that is the same size as the stove plate or gas hob, to prevent wasting electricity or gas.
- **Cook with a lid:** When making a stew or soup, keep the lid on. This way the food cooks faster and less electricity is used.
- **Cook for more than one meal at a time:** This saves you time and electricity. Be creative with left-overs and use them for lunches or to prepare a second meal.
- **Make your meals go further:** Adding beans, lentils or vegetables to bulk up meat or mince dishes can make your meals healthier and more affordable.
- **Think about your cooking options:** Use the stove top or microwave instead of the oven to save electricity. Hay or wonder boxes are very effective for slow-cooking beans, lentils, rice or stews as they do not use electricity.

Reading food labels helps you make healthier choices. You'll soon learn which foods are better choices. **There are a few things you need to look out for on labels when shopping.**

**Ingredients list**

The first few ingredients listed on a label makes up the largest portion of the food. Therefore avoid or eat less of a food if the following words are listed in the first few ingredients.

- ✗ Fat, oil, lard, butter, cream, shortening, trans fat (or partially hydrogenated fats).
- ✗ Salt or any word with 'sodium', MSG, nitrates or nitrites.
- ✗ Sugar, sucrose, glucose, maltose, dextrose, cane sugar, corn syrup, fructose.

**Nutritional Information table**

- This shows you how much of each nutrient is in the food.
- Look at the numbers per 100 g of the product to compare similar foods with each other.
- Use the table below to decide if the food is high or low in fat, saturated fat, sugar and sodium (salt).
- Foods in the 'low' group can be eaten more often, but foods in the 'high' group should be eaten seldom or on special occasions.

Nutrient (values are per 100 g of food)	Low Go ahead! Eat more often	Moderate Watch out! Eat sometimes	High Too much! Avoid
Fat	Less than 3 g	3 g - 20 g	More than 20 g
Saturated fat	Less than 1.5 g	1.5 g - 5 g	More than 5 g
Sugar	Less than 5 g	5 g - 15 g	More than 15 g
Sodium (salt)	Less than 120 mg	120 mg - 600 mg	More than 600 mg

**Choose food with these logos.** Health organisations have logos which they award to foods that are healthier choices. If you include these foods as part of a healthy diet, they can help prevent heart disease, cancer or diabetes.





## A bowl of soup

A steaming bowl of soup is a wholesome way to feed a family. There is a soup for everyone – from a chicken and corn soup to a hearty bean soup. Flavour your soups with herbs and spices instead of salty ingredients like stock cubes.

15. Homemade chicken stock
16. Chicken and corn soup
17. Vegetable soup with mince
18. Mushroom soup
19. Butternut soup
20. Hearty bean soup
21. Spicy red lentil and vegetable soup

### Homemade chicken stock

Recipe from Thabisa Dingiswayo  
Makes about 1 litre

This tasty stock can be used to flavour soups, stews or any other dish that requires stock. Shop-bought stocks are often very salty, so rather make your own. It's also a great way to use the chicken carcasses that you would normally throw away.

- 1 cooked chicken carcass or bones from 4-6 portions
- 1 large carrot, quartered
- 1 large onion, quartered
- 1 celery stalk with leaves, quartered
- 6 cups (1,5 litres) water
- 2 sprigs parsley
- 2 bay leaves
- 3 whole cloves
- 5 black peppercorns

1. Place all the ingredients in a large pot.
2. Bring to the boil, reduce the heat and simmer without a lid for 45 minutes to develop the flavours.
3. Pour the stock through a sieve or spoon out veggies, herbs, spices and bones.
4. Use stock according to the recipe or cool completely and refrigerate for 2-3 days. Alternatively, freeze and use instead of bought stock.



#### Tips

1. Use fish heads or double the veggies to cook fish or vegetable stock.
2. Add any other whole spices or add a slice of fresh ginger, 2-3 cloves of garlic, a cinnamon stick or curry leaves for more flavour.



## A bowl of soup



### Tip

**Fish soup:** Replace the chicken with left-over fish or hake. Stir into soup at step 5.

### Chicken and corn soup

Recipe from Fazlin Sandan  
Serves 6 – 8

This family recipe is a very popular meal with both kids and grown-ups.

- 2 chicken breasts on the bone, skin and all fat removed
- 1 tbsp (15 ml) sunflower oil
- 2 onions, chopped
- 1 clove of garlic, finely chopped
- 2 large potatoes, peeled and chopped
- 1 tsp (5 ml) ground cumin

- 2 tsp (10 ml) ground coriander
  - 4 cups (1 litre) water
  - 2 tbsp (30 ml) dried mixed herbs
  - 1 cup (250 ml) low-fat or fat-free milk
  - 1 cup (250 ml) frozen whole kernel corn, rinsed (optional)
  - 1 x 410 g tin cream style sweetcorn
  - lemon juice and black pepper to taste
  - 3 tbsp (45 ml) chopped fresh coriander or parsley
1. Cut chicken breasts in half with kitchen scissors or a sharp knife.

2. Heat oil in a large pot and fry chicken, onions and garlic for a few minutes.
3. Add potatoes, cumin, ground coriander, water and dried herbs. Bring to the boil, reduce the heat and simmer for 30 minutes or until the chicken is cooked.
4. Spoon out the chicken. Remove bones and shred meat.
5. Stir chicken, milk, corn and sweetcorn into the soup and heat through.
6. Season with lemon juice and pepper. Stir in fresh herbs and serve.
7. Remember that the tinned sweetcorn contains salt, so don't add salt at the table.

### Vegetable soup with mince

Recipe from Hettie Little  
Serves 8 – 10

- 1 tbsp (15 ml) sunflower oil
- 250 g lean beef mince
- 1 large onion, chopped
- 1 clove of garlic, finely chopped
- 1 tbsp (15 ml) paprika
- 2 tsp (10 ml) ground coriander
- 1 tbsp (15 ml) dried mixed herbs
- 1 tbsp (15 ml) Worcester sauce
- 2 large tomatoes, peeled and chopped
- 3 potatoes, peeled and cubed
- 4 carrots, grated
- 3 celery stalks with leaves, roughly chopped
- 4 cups (1 litre) Homemade stock (p15) or water with 2 tbsp dried mixed herbs
- 8 cups (2 litres) water
- ½ x 500 g packet dried soup mix
- 2 tsp (10 ml) sugar
- 2 tsp (10 ml) garam masala
- lemon juice and black pepper to taste

1. Heat half the oil in a large pot and fry mince until golden brown. Spoon meat out and drain off any excess fat.
2. Add rest of the oil and fry onion and garlic in the same pot with paprika, coriander and herbs.
3. Add mince and Worcester sauce and simmer for 10 minutes. Add remaining ingredients, except the garam masala, lemon juice and pepper. Stir well.
4. Simmer, with a lid, over a low heat for about 2 hours or until the soup mix is cooked and the soup is thick. Stir every now and then.
5. Add the remaining ingredients and serve warm.

### Tips

1. Enjoy left-overs for lunch the next day, or freeze for another meal.
2. **Pea soup:** Replace soup mix with dried split peas.
3. Stir in thinly shredded cabbage or spinach at the end of the cooking time.



## A bowl of soup

### Mushroom soup

Recipe from Mariam Jaffar  
Serves 4

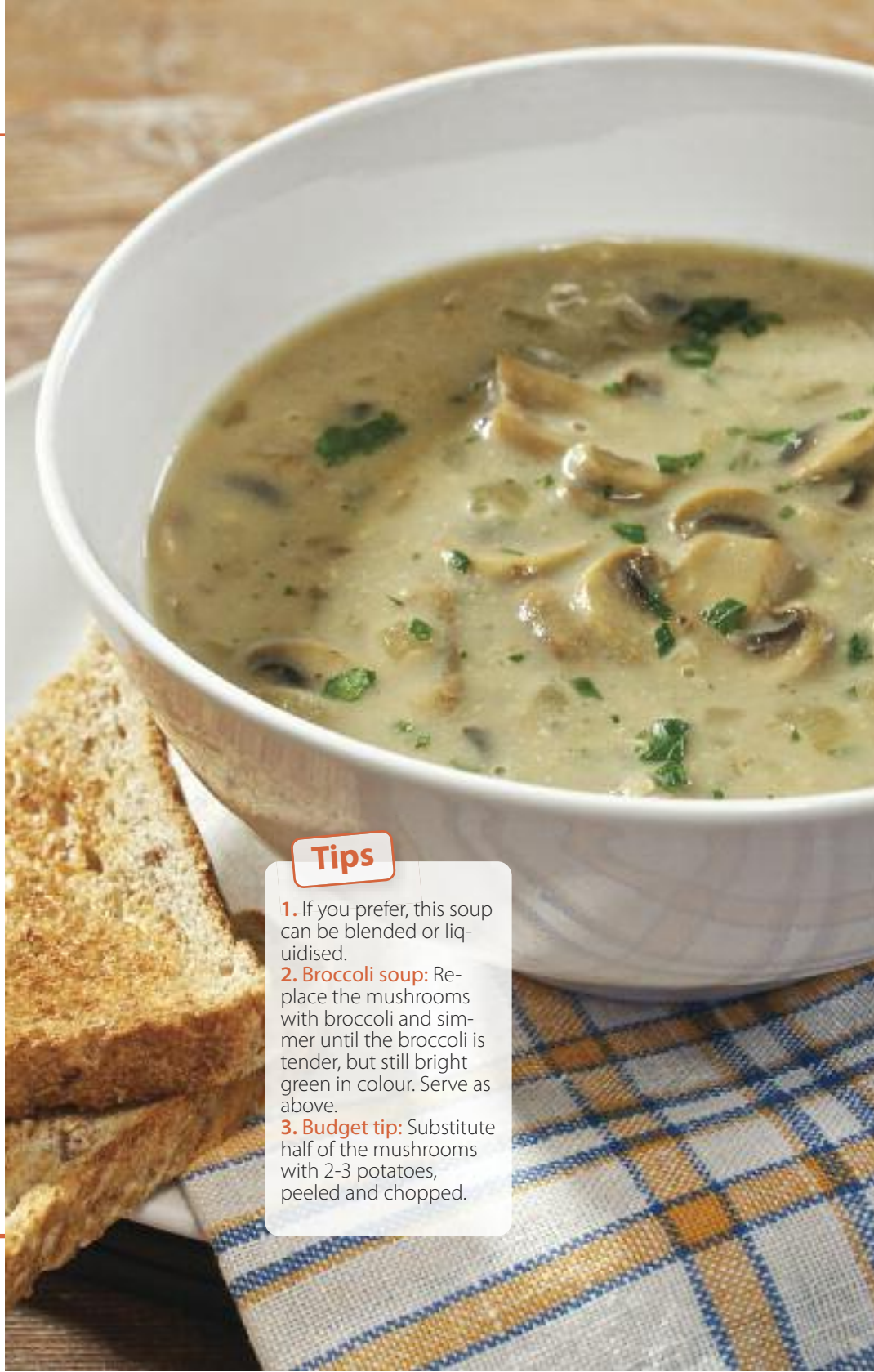
Mariam says that her recipe has been in the family for years and is perfect for a special occasion. The home-made stock is delicious and contains no added salt.

- 1 tbsp (15 ml) sunflower oil
- 1 large onion, chopped
- 1 clove of garlic, finely chopped
- 500 g mushrooms, sliced
- ½ tsp (2,5 ml) curry powder or to taste
- ¼ cup (60 ml) cake flour
- 4 cups (1 litre) Homemade stock (p15) or water with 2 tbsp dried mixed herbs
- 1 cup (250 ml) low-fat or fat-free milk
- lemon juice and black pepper to taste
- 2 tbsp (30 ml) chopped fresh parsley or thyme

1. Heat oil in a large pot and fry onion and garlic for a few minutes.
2. Add mushrooms and curry powder and fry until golden brown.
3. Stir in the flour until well blended.
4. Add stock and bring to the boil. Reduce heat and simmer for 20 minutes, or until slightly thickened.
5. Stir in the milk. Season with lemon juice and pepper and stir in parsley.
6. Serve soup on its own or with 1-2 slices of brown or wholewheat bread per person as a main meal.

#### Tips

1. If you prefer, this soup can be blended or liquidised.
2. **Broccoli soup:** Replace the mushrooms with broccoli and simmer until the broccoli is tender, but still bright green in colour. Serve as above.
3. **Budget tip:** Substitute half of the mushrooms with 2-3 potatoes, peeled and chopped.



Komane Ramolwetsi

### Butternut soup

Recipe from Komane Ramolwetsi  
Serves 6

The spices and apple add delicious flavours to the soup and the potatoes give it a creamy texture.

- 1 large (1 kg) butternut, peeled and chopped
- 2 large potatoes, peeled and chopped
- 2 onions, chopped
- 1 Granny Smith apple, chopped
- 2 tsp (10 ml) ground nutmeg
- 1 tbsp (15 ml) ground cumin
- 7 cups (1,75 litres) boiling water
- ½ cup (125 ml) low-fat or fat-free milk
- lemon juice and black pepper to taste

#### Tips

1. This soup freezes well if liquidised. Make double and freeze for another day.
2. **Cauliflower soup:** Replace the butternut with 400 g cauliflower and another 2 potatoes. Cook as above.
3. Sweet potato can be used instead of the potatoes. The butternut can also be replaced with sweet potato for a sweet potato soup.





### Hearty bean soup

Recipe from Hilda Williams  
Serves 8

The dried beans, lentils and veggies make this a filling soup for winter. Beans and lentils are a healthy source of protein.

- 1 cup (250 ml) dried sugar beans
- 1 tbsp (15 ml) sunflower oil
- 2 carrots, chopped
- 1 onion, chopped
- 1 clove of garlic, finely chopped
- 8 cups (2 litres) Homemade stock (p15) or water with 3 tbsp dried mixed herbs

- 1 tbsp (15 ml) dried mixed herbs
  - 1 cup (250 ml) uncooked brown lentils
  - 4 tomatoes, chopped
  - 1 tbsp (15 ml) tomato paste
  - 2 cups (500 ml) thinly sliced cabbage or spinach
  - ¼ cup (60 ml) chopped fresh parsley
  - 2 tsp (10 ml) sugar
  - ½ tsp (2,5 ml) salt
  - lemon juice and black pepper to taste
1. Soak beans in 1 litre of water overnight. Rinse and drain.
  2. Heat oil in a large pot and

3. fry carrots, onion and garlic. Stir in the stock, dried herbs, lentils and beans.
4. Bring to the boil and reduce the heat. Simmer, with a lid, for 1½-2 hours or until the beans are tender.
5. Add tomatoes, tomato paste and cabbage and simmer for another 15 minutes. Stir in the parsley, sugar and salt.
6. Season with lemon juice and pepper.

#### Tip

Only add the tomatoes after the beans are cooked, otherwise they will prevent the beans from softening.



### Spicy red lentil and vegetable soup

Recipe from Delicia Czech  
Serves 6 – 8

Remember that red lentils cook in 20 minutes, making this a quick soup.

- 1 tbsp (15 ml) sunflower oil
- 2 large onions, chopped
- 2 cm piece fresh ginger, grated
- 1 tbsp (15 ml) ground coriander

- 4 tsp (20 ml) ground cumin or to taste
- 2 tsp (10 ml) curry powder or to taste
- 8 cups (2 litres) water
- 1 cup (250 ml) uncooked red lentils
- 3 carrots, coarsely grated
- 2 potatoes, peeled and grated
- 2 tomatoes, peeled and chopped
- 1 tbsp (15 ml) chopped fresh mint
- 1 tbsp (15 ml) chopped fresh parsley or coriander

- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste

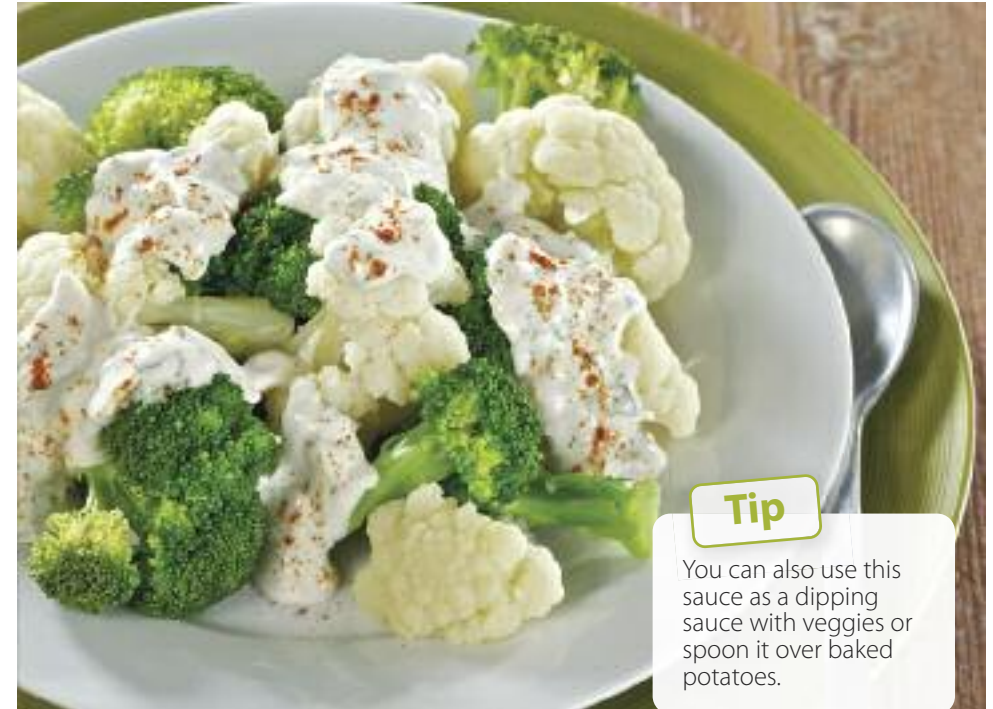
1. Heat oil in a large pot and fry onions, ginger and spices.
2. Add water, lentils, carrots and potatoes.
3. Bring to the boil, reduce the heat and simmer with a lid for 20 minutes or until the lentils are tender.
4. Add tomatoes, herbs and salt and heat through.
5. Season with lemon juice and pepper and remember not to add extra salt at the table.



## Salads and veggies

Make the most of the natural flavours of veggies when preparing salads and side dishes. Although some veggies need to be cooked, eating raw veggies is an important part of a healthy way of life.

- 23.** Broccoli and cauliflower with a creamy sauce
- 24.** Three bean salad
- 25.** Potato salad
- 26.** Green goddess pasta salad
- 27.** Yummy potato bake
- 28.** Butternut and sweetcorn bake
- 29.** Oven-baked chips
- 30.** Pearled wheat and spinach salad
- 31.** African salad with a twist
- 32.** Sweetcorn fritters
- 32.** Creamy mashed potatoes
- 33.** Coleslaw with apple and yoghurt



### Tip

You can also use this sauce as a dipping sauce with veggies or spoon it over baked potatoes.

### Broccoli and cauliflower with a creamy sauce

Recipe from Susan Erlank  
Serves 6

This is a lighter version of the well-known cauliflower cheese. By using yoghurt instead of a rich cheese sauce, broccoli and cauliflower is still a delicious side dish.

200 g broccoli  
200 g cauliflower

¼ cup (60 ml) grated Cheddar cheese, preferably reduced fat

175 ml plain low-fat yoghurt

½ cup (125 ml) plain smooth low-fat cottage cheese

½ tsp (2,5 ml) ground nutmeg or paprika

4 tsp (20 ml) chopped fresh parsley

1 tsp (5 ml) prepared mustard (optional)

½ tsp (2,5 ml) salt  
pinch paprika or peri peri

- 1.** Cut broccoli and cauliflower into smaller pieces.
- 2.** Place in a pot with 1-2 cm of water and simmer until tender, but still crunchy. Drain well.
- 3.** Mix cheese, yoghurt, cottage cheese, nutmeg, parsley, mustard and salt.
- 4.** Pour some of this sauce over the veggies. Sprinkle with paprika and serve with the rest of the sauce.
- 5.** Serve hot or at room temperature as a side dish with meat or chicken.



## Salads and veggies

### Three bean salad

Recipe from Natasja de Jager  
Serves 6

Everybody knows a three bean salad. This version uses less oil and sugar and is just as tasty.

200 g green beans, quartered

1 x 410 g tin butter beans or red kidney beans, drained

1 x 410 g tin baked beans in tomato sauce

1 onion, finely chopped (see tip)

1 red or green pepper, seeds removed and chopped

2 tbsp (30 ml) chopped fresh parsley or 1 tsp dried parsley

2 tsp (10 ml) sugar

¼ cup (60 ml) white or red grape vinegar

2 tbsp (30 ml) sunflower oil

1 small clove of garlic, finely chopped

black pepper to taste

1. Place green beans in 2 cm of water in a small pot and bring to the boil.

2. Reduce the heat and simmer for 10 minutes or until just tender, but still bright green. Drain well.

3. Mix the green and tinned



beans, onion and red pepper together.

4. Mix the remaining ingredients. Stir into the bean mixture and refrigerate for 1 hour or overnight.

5. Serve as a side dish or salad.

#### Tip

To soften the strong flavour of raw onion, cover with boiling water and allow to stand for a few minutes. Drain well and use as above.

### Potato salad

Recipe from Anna Nkoana  
Serves 8

Potato salad is often covered in mayonnaise. The combination of yoghurt and mayonnaise makes it lower in fat and even more yummy.

8 medium potatoes in the skin

1 tsp (5 ml) salt

pinch of mustard powder

lemon juice and black pepper to taste

½ cup (125 ml) mayonnaise, preferably reduced fat

½ cup (125 ml) plain low-fat yoghurt

1 tbsp (15 ml) chopped fresh parsley

½ red or green pepper, seeds removed and chopped

½ onion, finely chopped (see tip on p24)

1 hard-boiled egg, peeled and chopped (optional)

1. Place potatoes and ½ tsp of the salt in a pot with water. Bring to the boil and cook until tender. Allow to cool, peel and cut in cubes.

2. Mix mustard, the rest of the salt, lemon juice,

pepper, mayonnaise, yoghurt and parsley.

3. Mix sauce into potatoes with red pepper and onion.

4. Sprinkle with egg and serve as a side dish.

#### Tip

If fresh chives are available, add 2 tbsp chopped chives to the sauce.







### Green goddess pasta salad

Recipe from Margot Ann Garson  
Serves 6

The name of this recipe was a way for Margot to convince her kids to eat fresh veggies.

250 g shell noodles or other small pasta shapes  
½ tsp (2,5 ml) salt  
3 tbsp (45 ml) sunflower oil  
1 tsp (5 ml) prepared mustard  
3 tbsp (45 ml) lemon juice  
1 tsp (5 ml) sugar

1 green or red pepper, seeds removed and chopped  
½ cucumber, chopped  
2 tomatoes, chopped  
1 green chilli, finely chopped (optional)  
1 cup (250 ml) frozen whole kernel corn or peas, rinsed  
3 tbsp (45 ml) chopped fresh parsley or coriander  
black pepper to taste

1. Bring a large pot of water to the boil. Add pasta and salt. Cook until tender and drain well.
2. Meanwhile mix the oil, mustard, lemon juice and sugar.
3. Pour half of this dressing over the warm pasta and mix through. Allow to cool.
4. Mix remaining ingredients with the pasta and dressing and season with pepper.

#### Tips

1. When in season, an avocado is delicious in this salad.
2. You can add left-over chicken or tuna a light meal.
3. This salad can be made with 2 cups cooked brown rice instead of pasta.



Marthie Roux

### Yummy potato bake

Recipe from Marthie Roux  
Serves 8 – 10

A potato bake is always a favourite, but is often very rich and salty. Try this version with yoghurt and mushrooms and watch how it becomes your new favourite.

1 cup (250 ml) plain low-fat yoghurt  
3 tbsp (45 ml) low-fat or fat-free milk  
2 tbsp (30 ml) cake flour  
2 tsp (10 ml) dried oregano or mixed herbs

½ tsp (2,5 ml) salt  
black pepper to taste  
10 medium potatoes in the skin, thinly sliced  
2 onions, sliced  
1 clove of garlic, finely chopped  
125 g mushrooms, sliced  
¼ cup (60 ml) grated Cheddar cheese, preferably reduced fat

1. Preheat oven to 180 °C.
2. Mix yoghurt, milk, flour, herbs, salt and pepper.
3. Spread a little of this sauce on the base of an oven dish.
4. Layer half the potatoes on the sauce. Place onions, garlic and mushrooms in an

even layer on top.  
5. Cover with remaining potatoes and pour over the rest of the sauce.  
6. Sprinkle with cheese, cover with foil and bake for 45 minutes. Remove the foil and bake for another 15 minutes or until golden brown and cooked.

#### Tips

1. Dried or fresh thyme is delicious in this dish.
2. You can replace half the potatoes with sliced butternut or sweet potatoes.





### Butternut and sweetcorn bake

Recipe from Husna Momim  
Serves 4 – 6

Butternut is a versatile veggie with a naturally sweet flavour. The creamy sweetcorn makes this a sweet and delicious side dish without the need for cream or butter.

400 g butternut, cut in cubes

400 g sweet potatoes with the skin, cut in cubes

½ onion, halved and sliced

1 tbsp (15 ml) sunflower oil

½ x 410 g tin cream style sweetcorn

½ tsp (2,5 ml) ground nutmeg

black pepper to taste

1. Preheat oven to 180 °C.
2. Mix butternut, sweet potatoes, onion and oil together in an oven dish.
3. Bake for 30 minutes or until the veggies are just cooked.
4. Pour sweetcorn over veggies and season with nutmeg and pepper.
5. Bake for another 15 minutes or until golden brown. Serve as a side dish with meat or chicken or a braai.

### Oven-baked chips

Recipe from Keneoe Moroa  
Serves 8

These are a healthy alternative to deep-fried chips. Kids love them and the garlic becomes sweet and golden for the adults. Do try the flavour options in the tips.

8 medium potatoes in the skin

3 tbsp (45 ml) sunflower oil

black pepper to taste

½ tsp (2,5 ml) salt

1 tsp (5 ml) dried thyme or rosemary

6-8 cloves of garlic, peeled

1. Preheat oven to 180 °C.
2. Cut potatoes into wedges and place in a bowl.
3. Mix the rest of the ingredients and pour over the potatoes. Mix well to coat the potatoes with the oil.
4. Place in a single layer on an oven tray. Bake for 30-45 minutes or until golden brown and crispy.



#### Tips

1. This recipe works well with sweet potatoes and butternut, or a combination of these.
2. The potatoes can be boiled or microwaved until almost tender and then cut into wedges. Then they will bake for 20 minutes.
3. **Spicy potatoes:** Replace the herbs with 2 tsp paprika, curry powder or turmeric.



## Salads and veggies

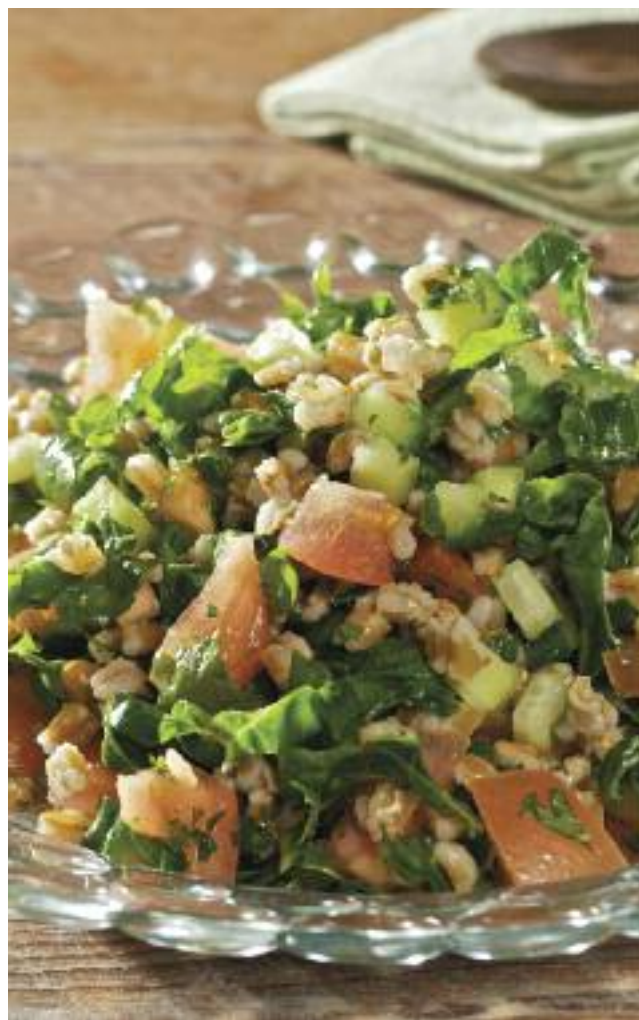
### Pearled wheat and spinach salad

Recipe from Candice Shaw  
Serves 6 – 8

A more-ish salad with fresh herbs and veggies that Candice loves to make in summer, for a braai or special family occasion.

- 1 cup (250 ml) pearled wheat (stampkoring)
- 1 cinnamon stick or bay leaf
- ½ tsp (2,5 ml) salt
- 3 tbsp (45 ml) lemon juice or white grape vinegar
- 3 tbsp (45 ml) sunflower oil
- black pepper to taste
- 2 tomatoes, chopped
- ½ cucumber, chopped
- 100 g spinach leaves, cut into strips
- 3 tbsp (45 ml) chopped fresh parsley
- 3 tbsp (45 ml) chopped fresh mint or more parsley

1. Place pearled wheat in a pot with cinnamon stick and salt. Cover with water and bring to the boil.
2. Reduce the heat and simmer for 30 minutes or until the wheat is tender. Drain and cool.
3. Mix lemon juice, oil and pepper to make a dressing.
4. Mix veggies and herbs with the wheat. Stir in the dressing.



5. Refrigerate for 30 minutes and serve cold or at room temperature as a side dish.

#### Tip

Add ¼ cup unsalted peanuts just before serving. Pineapple is also delicious in this salad.

### African salad with a twist

Recipe from Elizabeth Mlomzale  
Serves 6

Pap is eaten in many South African homes. Each family has their way of enjoying it, with either maas or buttermilk or a tomato-based sauce.

- 2¼ cups (560 ml) water
- ½ tsp (2,5 ml) salt
- 3 cups (750 ml) coarse mealie meal

Chakalaka sauce

- 2 tsp (10 ml) sunflower oil
- 1 onion, chopped

1 cm piece fresh ginger, chopped

1 green pepper, seeds removed and chopped

1 tsp (5 ml) curry powder

4 tomatoes, chopped

2 tsp (10 ml) sugar

lemon juice and black pepper to taste

OR

2 cups (500 ml) low-fat maas or buttermilk

1. Place water and salt in a large pot and bring to the boil. Pour mealie meal into the water, but don't stir yet.
2. Simmer for 2 minutes, then stir well with a wooden spoon or fork. Reduce the heat.
3. Cover with a lid and steam over a low heat for

30-40 minutes or until cooked. Stir occasionally to prevent it from burning.

4. **Chakalaka:** If you enjoy mealie pap with a sauce, prepare this while the pap cooks.

5. Heat oil in a pot and fry onion, ginger and green pepper until soft. Add curry powder, tomatoes and sugar and simmer on a low heat for 20 minutes. Season with lemon juice and pepper.

6. Serve pap warm or at room temperature with the chakalaka sauce or maas as a side dish.

#### Tip

**Umfino (pap with spinach):** Place 1 chopped onion or 1 bunch of spring onions, chopped with 1 bunch of spinach and ½ a cabbage, shredded in a large pot. Add some water and simmer for a few minutes. Then add the mealie meal with the 2¼ cups water and cook as above.







### Tips

- 1. Pumpkin fritters:** Substitute kernel corn and sweetcorn for 2-3 cups cooked and mashed pumpkin or butternut. Fry as below.
- 2. Mixed veggie fritters:** Replace the kernel corn with 1 carrot and 1 baby marrow, grated. Fry as below.
- 3.** Any left-overs are ideal for lunch boxes.

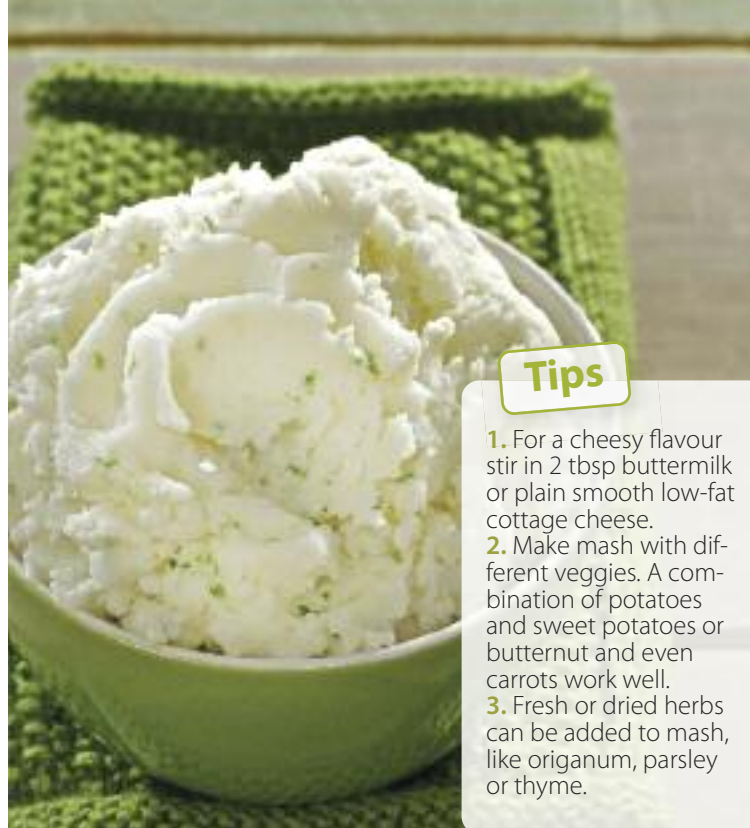
### Sweetcorn fritters

Recipe from Miemie Adshade  
Makes 30 small fritters

- ½ x 410 g tin whole kernel corn, drained
- 1 x 410 g tin cream style sweetcorn
- 1 cup (250 ml) wholewheat flour
- ½ tsp (2,5 ml) baking powder

- 1 egg, beaten
- ½ cup (125 ml) low-fat or fat-free milk
- 1 tsp (5 ml) ground mixed spice
- ½ small onion, finely chopped or grated
- 2 tbsp (30 ml) sunflower oil

- 1.** Mix all the ingredients, except the oil, together in a large bowl.
- 2.** Heat a thin layer of the oil in a frying pan. Add tablespoonfuls of the mixture to the pan and fry on both sides until golden brown.
- 3.** Repeat with the rest of the oil and mixture.
- 4.** Drain on paper towel and serve warm as a side dish.



### Tips

- 1.** For a cheesy flavour stir in 2 tbsp buttermilk or plain smooth low-fat cottage cheese.
- 2.** Make mash with different veggies. A combination of potatoes and sweet potatoes or butternut and even carrots work well.
- 3.** Fresh or dried herbs can be added to mash, like origanum, parsley or thyme.

### Creamy mashed potatoes

Recipe from Nompumelelo Thanjekwayo  
Serves 8

Mashed potato has its own creamy texture. Just a little bit of milk and oil is enough to make it smooth. Try out your own flavours with different herbs and spices.

- 8 medium potatoes, peeled and quartered
- 2 cloves of garlic, quartered
- 1 tsp (5 ml) salt
- 2 tbsp (30 ml) sunflower oil

- 1 tbsp (15 ml) chopped fresh parsley or chives
- ¼ cup (60 ml) low-fat or fat-free milk
- lemon juice and black pepper to taste

- 1.** Place potatoes, garlic, ½ tsp of the salt and some water in a pot. Bring to the boil and reduce the heat.
- 2.** Simmer for 30 minutes or until potatoes are tender.
- 3.** Drain well and return potatoes and garlic to the pot.
- 4.** Mash with a potato masher and stir in the remaining ingredients to form a smooth mixture.
- 5.** Serve as a side dish with a meat dish of your choice.



### Tips

- 1.** Replace carrots with a thick slice of butternut, grated.
- 2.** If preferred, you can add ¼ cup each raisins and unsalted peanuts.
- 3.** Replace cumin with garam masala for a different flavour.

### Coleslaw with apple and yoghurt

Recipe from Louise Bronkhorst  
Serves 6

A coleslaw should be a crunchy, fresh salad. By serving the sauce on the side the veggies and apple stay crispy.

- 4 cups (4 x 250 ml) cabbage, finely shredded or grated
- 2 carrots, grated
- 1 apple, peeled and grated
- 1 tsp (5 ml) ground cumin

- ½ cup (125 ml) mayonnaise, preferably reduced fat
- ¾ cup (180 ml) plain low-fat yoghurt
- ½ tsp (2,5 ml) cumin seeds (optional)
- black pepper to taste

- 1.** Mix the veggies and apple with the orange juice.
- 2.** Mix the rest of the ingredients together to form the sauce.
- 3.** Serve the coleslaw with the yoghurt sauce on the side. This is a delicious salad with pork or chicken.



## Lunch and supper

Make the main meal of the day not only a time for the family to get together, but a healthy part of your weekly meals. Remember to remove any visible fat from meat and chicken and use veggies, herbs and salt-free spices to prepare interesting, tasty meals for the whole family. Try some of the vegetarian recipes to improve your family's health even more.

### Fish

- 35. Spicy pilchard stew
- 36. Tuna bake
- 37. Brown rice and tuna salad
- 38. Tuna pie with potato topping
- 39. Baked fish with tomatoes
- 40. Pasta with tuna and peas
- 41. Fish cakes with pilchards
- 42. Snoek with apricot jam

### Chicken

- 50. Whole roasted peri-peri chicken
- 51. Chicken biryani
- 52. Masala chicken with potatoes
- 53. Chicken pie
- 54. Chicken pasta with broccoli
- 55. One-pot chicken
- 56. Chutney chicken
- 57. Chicken à la king
- 58. Lemon chicken
- 59. Chicken stir-fry

### Vegetarian

- 43. Brown lentil patties
- 44. Roasted vegetables with pasta
- 45. Lentils and rice
- 46. Mac and cheese with lentils
- 47. Vegetable curry bunny chow
- 48. Spicy samp and beans
- 49. Ratatouille with eggs

### Meat

- 61. Stew with beef and tomatoes
- 62. Meat balls
- 63. Buttermilk marinated chops
- 64. Steak with mushroom sauce
- 65. Spaghetti bolognese
- 66. Pork sosaties
- 67. Beef stew with vegetables
- 68. Beef sishebo with beans
- 69. Cottage pie with sweet potatoes



### Spicy pilchard stew

Recipe from Tebatso  
Motsepe  
Serves 4

Some people call this a pilchard stew and others know it as a smorrie or smootjie. It doesn't matter what you call it, you will enjoy this healthy meal.

- 2 tsp (10 ml) sunflower oil
- 1 large onion, chopped
- 2 cloves of garlic, finely chopped
- 1-2 green chillies or to taste, thinly sliced (optional)
- 2 tsp (10 ml) curry powder or to taste
- 1 tsp (5 ml) ground cumin
- 2 tomatoes, chopped
- 1 x 425 g tin pilchards in tomato sauce
- ½ tsp (2,5 ml) sugar or apricot jam
- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste

1. Heat oil in a frying pan and fry onion and garlic.
2. Add chillies, curry powder and cumin and fry for a few minutes.
3. Stir in tomatoes, pilchards with the sauce, sugar and salt. Simmer over a low heat for 15 minutes.
4. Season with lemon juice and black pepper. Serve with a small portion of brown rice.

### Tip

Try this stew with pasta of your choice. Pap or samp is also delicious.



## Tuna bake

Recipe from Donnell Isobell  
Serves 4

This is so easy that you can get the kids to help. Donell's son loves helping his mom make this.

4 slices brown or whole-wheat bread

1 cup (250 ml) low-fat or fat-free milk

3 eggs, beaten

2 x 170 g tins tuna in brine, drained

1 onion, chopped

1 green pepper, seeds removed and chopped

½ tsp (2,5 ml) salt

1 tbsp (15 ml) chopped fresh parsley

lemon juice and black pepper to taste

1 tsp (5 ml) paprika or to taste

¼ cup (60 ml) grated Cheddar cheese, preferably reduced fat

1. Preheat oven to 180 °C.
2. Soak bread in milk until soft and mash with a fork.
3. Mix bread and milk with eggs, tuna, onion, green pepper and salt.
4. Season with parsley, lemon juice, pepper and half the paprika.
5. Spoon into an oven dish and sprinkle with cheese and remaining paprika.
6. Bake for 30-40 minutes or until golden brown and cooked.
7. Serve immediately with a salad.

Lunch and supper

Fish



## Brown rice and tuna salad

Recipe from Noleen Narainsamy  
Serves 4 – 6

Instead of a rich mayonnaise dressing, try this rice salad with a homemade dressing.

1 cup (250 ml) uncooked brown rice

½ tsp (2,5 ml) salt

1 x 170 g tin tuna in brine, drained

2 tomatoes, cut in wedges

½ cucumber, halved and sliced

½ cup (125 ml) frozen whole kernel corn, rinsed

1 carrot, chopped

2 tbsp (30 ml) chopped fresh parsley

1 tbsp (15 ml) chopped fresh mint or origanum

Dressing

3 tbsp (45 ml) sunflower oil

2 tbsp (30 ml) white grape vinegar

black pepper to taste

1 tbsp (15 ml) lemon juice

1. Place rice and salt in a pot and cover with water.
2. Bring to the boil and simmer for 40 minutes or until tender. Drain, rinse and allow to cool.
3. Dressing: Mix ingredients in a bowl until well blended.
4. Stir tuna, veggies and herbs into the rice with the dressing.
5. Serve as a light meal or lunch.

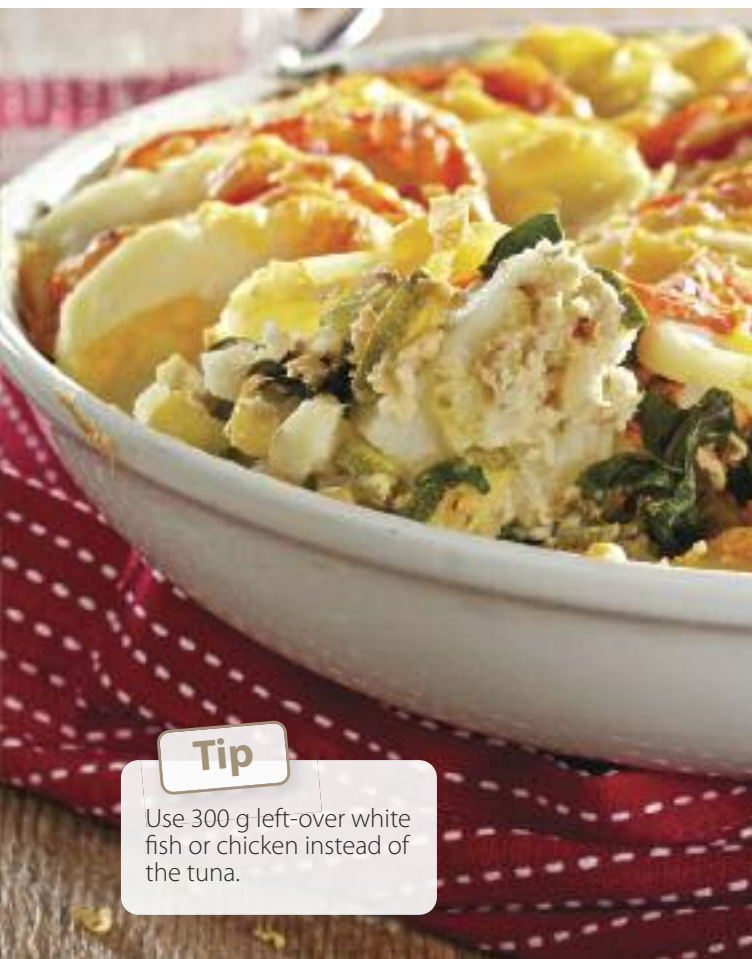
### Tip

Substitute the bread with 1-1½ cups of cooked brown rice and use as above. Left-over rice works well.

### Tip

Replace tuna with left-over chicken.





**Tip**

Use 300 g left-over white fish or chicken instead of the tuna.

**Tuna pie with potato topping**

Recipe from Michael Smith  
Serves 4 – 6

5-6 medium potatoes in the skin  
½ tsp (2,5 ml) salt

3 tomatoes  
1 onion, finely chopped  
2 cloves of garlic, finely chopped  
1 celery stalk, thinly sliced  
4 baby marrows, chopped  
2 x 170 g tins tuna in brine, drained

5 tbsp (75 ml) mayonnaise, preferably reduced fat  
3 tbsp (45 ml) low-fat or fat-free milk  
2 tbsp (30 ml) chopped fresh parsley  
1 tsp (5 ml) paprika or to taste  
2 tsp (10 ml) Worcester sauce  
lemon juice and black pepper to taste  
4 spinach leaves, cut into thick strips  
¼ cup (60 ml) grated Cheddar cheese, preferably reduced fat

1. Preheat oven to 180 °C.
2. Boil potatoes in water with the salt, until cooked.
3. Peel and mash 2 of the potatoes. Chop 1 tomato and mix with the mashed potato. Add onion, garlic, celery, baby marrows, tuna, mayonnaise and milk.
4. Season with parsley, paprika, Worcester sauce, lemon juice and pepper.
5. Spoon into an oven dish and layer the spinach on top.
6. Slice the rest of the potatoes and tomatoes in thin slices and pack on top.
7. Sprinkle with cheese and bake for 30 minutes or until the veggies are golden brown on top.
8. Serve with a salad of your choice.



**Tip**

Crumbed chicken: Dip chicken portions in buttermilk and then in the crumbs. Bake as below.

**Baked fish with tomatoes**

Recipe from Dolores Adams  
Serves 4

If you often prepare fish with a creamy white sauce, rather try this healthy and tasty tomato and herb version.

2 slices brown or whole-wheat bread  
juice and grated rind of 1 lemon  
½ tsp (2,5 ml) salt  
black pepper to taste

2 cloves of garlic, finely chopped  
1 tbsp (15 ml) dried or chopped fresh origanum  
4 x 160 g firm white fish portions, thawed if frozen  
3 tomatoes, sliced  
1 tbsp (15 ml) sunflower oil  
¼ cup (60 ml) water

1. Preheat oven to 180 °C.
2. Crumble bread with your fingertips to form small pieces.
3. Mix breadcrumbs with lemon rind, salt, pepper, garlic and origanum.

4. Place fish in an oven dish or baking tray and pack a few slices of tomato on top of each portion.
5. Sprinkle with bread-crumble mixture and pour lemon juice and oil over the fish. Pour water into the dish to prevent fish from sticking and drying out.
6. Bake for 20 minutes or until the fish is just cooked and the crumbs are golden brown. Don't overcook the fish.
7. Serve immediately with salad or veggies and a baked potato.



## Pasta with tuna and peas

Recipe from Denise da Silva  
Serves 6

A simple, yet tasty family supper.

- 250 g elbow noodles
- 1 tsp (5 ml) salt
- 2 tbsp (30 ml) sunflower oil
- 1 onion, chopped
- 1 green pepper, seeds removed and chopped
- 1 tsp (5 ml) curry powder
- 2 x 170 g tins tuna in brine, drained
- 1 x 410 g tin cream style sweetcorn
- ¼ cup (60 ml) low-fat or fat-free milk
- 1 cup (250 ml) frozen peas, rinsed
- lemon juice and black pepper to taste

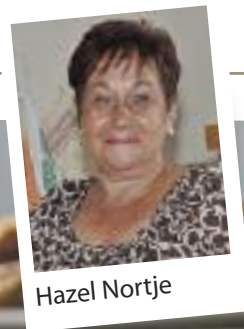
1. Bring a large pot of water to the boil. Add pasta and ½ tsp of the salt. Cook until tender and drain well. Stir in 1 tbsp of the oil and keep warm.
2. Preheat oven to 180 °C. Meanwhile, heat rest of the oil in a pot and fry onion and green pepper.
3. Add curry powder and fry for a few minutes.
4. Remove from the heat. Stir in remaining ingredients with the rest of the salt.
5. Mix sauce with warm pasta and season with lemon juice and pepper.
6. Spoon into an oven dish and bake for 20 minutes or until golden brown.

### Tip

If you prefer a spicier sauce, fry 1 chilli, chopped with the onion.

Lunch and supper

Fish



Hazel Nortje



## Fish cakes with pilchards

Recipe from Hazel Nortje  
Makes about 20 fish cakes

Fish on a Friday is a familiar favourite. A tin of pilchards can go a long way to feed a family quickly.

- 1 x 425 g tin pilchards in tomato sauce
- 2 eggs, beaten
- 1 small onion, grated
- 1 carrot or baby marrow, grated
- ½ cup (125 ml) self-raising flour
- 5 tbsp (75 ml) oats
- ½ tsp (2,5 ml) salt

lemon juice and black pepper to taste  
3 tbsp (45 ml) chopped fresh parsley

3 tbsp (45 ml) chopped fresh coriander or more parsley

1 tbsp (15 ml) tomato sauce or chutney

1 tbsp (15 ml) sunflower oil

1. Flake fish and small bones with a fork, in the tomato sauce.
2. Mix fish with the remaining ingredients, except the oil.
3. Heat a thin layer of oil in a frying pan and place spoonfuls of the batter in the pan.
4. Fry on both sides until golden brown and cooked. Drain on paper towel and

keep warm. Repeat with the rest of the oil and batter.  
5. Serve with lemon wedges, a green salad and a baked potato per person.

### Tips

1. Replace pilchards with any fish of your choice, like tuna or left-over hake or snoek and add another 2 tbsp tomato sauce.
2. These can be served with a green salad, the Creamy mashed potatoes on p32 and the Chakalaka sauce on p31.



## Snoek with apricot jam

Recipe from Martin van Deventer  
Serves 6

Snoek is delicious with a touch of sweetness and a mild spice like cumin. Try it in the oven or braai it outside.

- ¼ cup (60 ml) chutney
- 1 tbs (15 ml) apricot jam
- 1 tsp (5 ml) ground cumin
- 2 tbs (30 ml) lemon juice
- 1 tbs (15 ml) sunflower oil
- ½ tsp (2,5 ml) salt
- black pepper to taste
- 1,2 kg whole fresh snoek or line fish, head removed and butterflied

1. Mix chutney, jam, cumin, lemon juice, half the oil and salt. Season with pepper.
2. Brush a braai grid with the rest of the oil and place fish, with the skin side on the grid.
3. Brush fish with jam mixture. Braai for 15-20 minutes over medium coals, with the skin side down.
4. Turn over and brown on the other side for a few minutes until the fish flakes easily. Take care not to burn or overcook the fish.
5. Serve with baked sweet potatoes and a green salad.



### Tip

To bake in the oven, brush a large piece of foil with half the oil. Place fish on foil in an oven dish and brush fish as above. Bake at 180 °C for 20 minutes or until cooked. The top of the fish will brown in the oven.

## Lunch and supper

## Vegetarian



## Brown lentil patties

Recipe from Barbara Blake  
Makes 8 – 10 patties

- ½ cup (125 ml) uncooked brown lentils

1 x 410 g tin butter beans, drained

1 onion, finely chopped

2 eggs

5 tbs (75 ml) wholewheat or cake flour

1 carrot, grated

1 tbs (15 ml) tomato sauce

½ tsp (2,5 ml) baking powder

1 tbs (15 ml) lemon juice

½ tsp (2,5 ml) salt

- 2 tsp (10 ml) dried mixed herbs

½ tbs (7,5 ml) ground coriander

black pepper to taste

1 tbs (15 ml) sunflower oil

1. Place lentils in a pot with enough water and bring to the boil. Simmer for 30-40 minutes or until soft. Drain well and cool.

2. Mash lentils and butter beans with a fork or potato masher and mix with the remaining ingredients, except the oil.

3. Heat some of the oil in a frying pan. Spoon about ¼ cup of the mixture into the pan per patty.

4. Fry patties over a medium heat. When the top

begins to set, turn over and fry until golden brown. Repeat with the rest of the oil and mixture.  
5. Serve on a wholewheat roll as a hamburger with lettuce, tomato and cucumber.

### Tips

1. Add a pinch of nutmeg or chopped fresh herbs like coriander or parsley to the mixture.
2. Bake in the oven: Roll the mixture into balls, place in an oven dish and pour a tin of chopped tomatoes over. Bake at 180 °C for 30 minutes or until cooked.



## Roasted vegetables with pasta

Recipe from Ina Koegelenberg  
Serves 6

1 medium (750 g) butter-nut, cubed

4-5 baby marrows, thickly sliced

250 g mushrooms, quartered (optional)

1 onion, thickly sliced  
1 tomato, cut in wedges  
3 tbsp (45 ml) grape vinegar  
2 tsp (10 ml) sugar  
1 tbsp (15 ml) sunflower oil  
2 tsp (10 ml) dried origanum or rosemary  
lemon juice and black pepper to taste  
1 x 410 g tin butter beans, drained  
300 g ribbon noodles or any pasta of your choice  
½ tsp (2,5 ml) salt  
2 tbsp (30 ml) chopped fresh origanum or parsley

1. Preheat oven to 180 °C. Place veggies in a single layer in an oven dish.  
2. Mix vinegar, sugar, half the oil, dried herbs and season with lemon juice and pepper.  
3. Pour vinegar mixture over veggies and toss until well coated. Roast for 30-45 minutes or until the veggies are cooked. Stir in the beans to warm through. Keep warm.  
4. Meanwhile, bring a large pot of water to the boil. Add pasta and salt. Cook until tender and drain well. Stir in remaining oil.  
5. Mix veggies and beans with warm pasta and sprinkle with fresh herbs.

### Tips

1. Fry veggies in the vinegar mixture in a large pan. Reduce heat and simmer with a lid for 30 minutes or until the veggies are cooked. Stir into beans and pasta as above.  
2. Sunflower seeds are delicious sprinkled over the veggies.  
3. Vegetarian lasagne: Use these veggies and the White sauce on p46. Layer with lasagne sheets or the noodles. Bake for 30 minutes or until golden brown.

## Lunch and supper

## Vegetarian



### Lentils and rice

Recipe from Antoinette Bakos  
Serves 4 – 6

Brown rice and lentils are a perfect combination. Together they form a complete protein, making this a wholesome meal.

2 tsp (10 ml) sunflower oil  
2 onions, chopped  
2 cloves of garlic, finely chopped  
2 carrots, sliced

1 green pepper, seeds removed and chopped

1 tsp (5 ml) ground cumin  
1 tsp (5 ml) dried mixed herbs

1 bay leaf and 1 cinnamon stick

1 cup (250 ml) uncooked brown lentils

1 cup (250 ml) uncooked brown rice

3 cups (750 ml) water  
½ tsp (2,5 ml) salt

lemon juice and black pepper to taste

2 tbsp (30 ml) chopped

fresh parsley or coriander

1. Heat oil in a pot and fry onions, garlic, carrots and green pepper for a few minutes.  
2. Add cumin, dried herbs, bay leaf and cinnamon with the lentils, rice, water and salt.  
3. Bring to the boil, reduce the heat and simmer with a lid for 30-40 minutes or until the rice and lentils are tender. Add another ½ cup of water if necessary.  
4. Season with lemon juice and pepper. Stir in the fresh herbs and serve warm.





### Mac and cheese with lentils

Recipe from Marian Annandale  
Serves 6

This mac and cheese is not rich and heavy like many other versions.

- 300 g macaroni
- ½ tsp (2,5 ml) salt
- 1 tsp (5 ml) sunflower oil
- 1 cup (250 ml) cooked or tinned lentils, drained
- 1 cup (250 ml) frozen mixed vegetables, rinsed
- 2 slices brown bread
- 1 tbsp (15 ml) dried mixed herbs

¼ cup (60 ml) grated Cheddar cheese, preferably reduced fat

#### White sauce

- 3 tbsp (45 ml) cake flour
- 600 ml low-fat or fat-free milk
- 1 tsp (5 ml) Worcester sauce
- 1 tsp (5 ml) prepared mustard
- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste

1. Bring a large pot of water to the boil. Add macaroni and salt. Cook until tender and drain well. Stir in oil.

2. **White sauce:** Meanwhile, mix cake flour with a little bit of the milk in a small pot to make a paste.
3. Heat gently and gradually stir in the rest of the milk until a smooth mixture forms.
4. Simmer for a few minutes until the sauce thickens and season with remaining ingredients.
5. Preheat oven to 180 °C. Mix white sauce with the pasta, lentils and veggies. Spoon into an oven dish.
6. Crumble bread with your fingertips into smaller pieces and mix with dried herbs and cheese.
7. Sprinkle bread mixture over pasta and bake for 25 minutes or until golden brown and heated through. Serve with a salad.

### Vegetable curry bunny chow

Recipe from Rae Douglas  
Serves 6

A bunny chow is a delicious meal for many people. This vegetarian version is filling and comforting.

- 1 tbsp (15 ml) sunflower oil
- 1 onion, chopped
- 2 cloves of garlic, finely chopped
- 3 carrots, chopped
- 1-2 green chillies, chopped (optional)
- 3 curry leaves (optional)
- ½ tsp (2,5 ml) turmeric
- 1 tbsp (15 ml) curry powder or to taste

- 1 tsp (5 ml) masala of your choice
- 3 tomatoes, chopped
- 2 potatoes, peeled and chopped
- 1 brinjal, chopped
- ½ cup (125 ml) water
- ½ tsp (2,5 ml) salt
- 1 cup (250 ml) chopped cauliflower or green beans
- ¼ medium cabbage, chopped
- 1 x 410 g tin baked beans in tomato sauce
- lemon juice and black pepper to taste
- 4 cm thick slice brown or wholewheat bread per person

1. Heat oil in a large pot and fry onion, garlic, carrots, chillies, curry leaves and spices.
2. Add tomatoes and simmer for a few minutes. Stir in potatoes, brinjal, water and salt.
3. Bring to the boil, reduce the heat and simmer with a lid for 20 minutes.
4. Stir in cauliflower, cabbage and baked beans and simmer for another 20 minutes or until the potatoes are tender. Season with lemon juice and black pepper.
5. Hollow out the thick slices of bread and spoon the curry inside.

#### Tips

1. Substitute baked beans for any other beans of your choice and add more tomatoes if necessary.
2. Make this vegetable curry as spicy as you like and serve with chopped fresh coriander.







Benedict Thutloa

## Spicy samp and beans

Recipe from Benedict Thutloa  
Serves 8

This dish (also known as umngqusho) needs a bit of planning as you need to soak the samp and beans overnight.

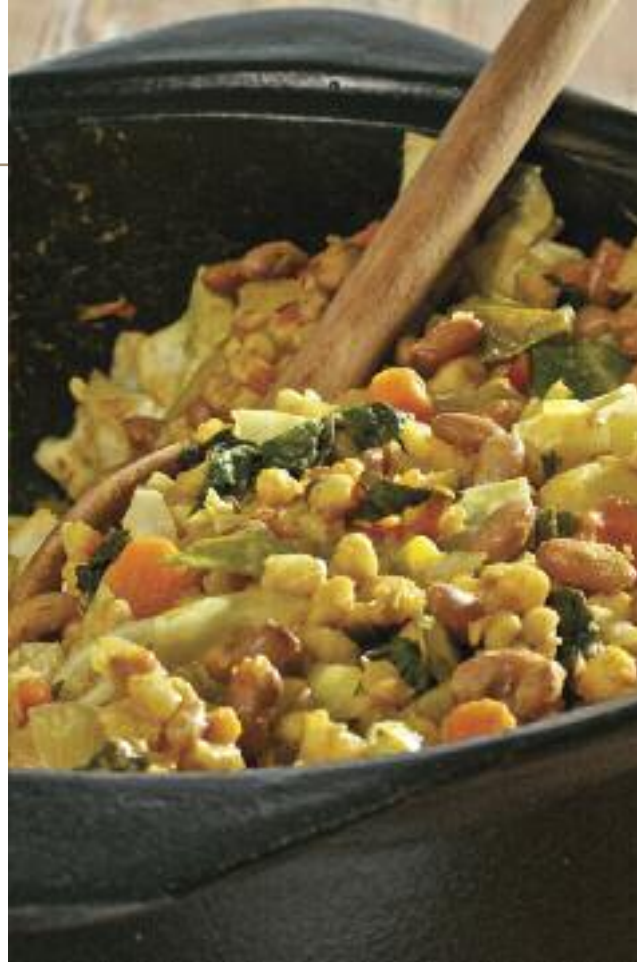
- 1 cup (250 ml) uncooked samp
- 1 cup (250 ml) dried sugar beans
- 2 bay leaves
- 2 tsp (10 ml) sunflower oil
- 2 onions, chopped
- 4 carrots, sliced
- 1 tbsp (15 ml) curry powder or to taste
- 3 tomatoes, chopped
- ¼ medium cabbage, cut into strips
- 4 spinach leaves, cut into strips
- 1 tsp (5 ml) salt
- lemon juice and black pepper to taste

1. Soak samp and beans overnight in enough water and drain well.
2. Place in a large pot with bay leaves and cover with 4 cups of fresh water. Bring to the boil, reduce the heat, cover and simmer for 2 hours or until tender. Add more water if necessary.
3. Heat oil in a pot and fry onions, carrots and curry powder.
4. Add tomatoes and simmer for 10 minutes.
5. Drain samp and beans if necessary. Add with cabbage, spinach and salt to

onions and simmer for another 10 minutes.  
6. Season to taste with lemon juice and pepper and serve warm.

### Tip

Add 300 g stewing beef, fat removed, to the samp and beans and cook together. Follow the recipe as above and increase the curry powder to taste.



## Ratatouille with eggs

Recipe from Lindi van Zyl  
Serves 6

Eggs are an important part of a healthy diet. So include them as part of your weekly meals.

- 4 tsp (20 ml) sunflower oil
- 2 onions, chopped
- 1 green or red pepper, seeds removed and chopped
- 4 baby marrows, chopped
- 3 ripe tomatoes, chopped or 1 x 410 g tin chopped tomatoes
- 1 brinjal, chopped (optional)
- 2 tsp (10 ml) dried mixed herbs

- 1 tsp (5 ml) sugar
- 1 tbsp (15 ml) Worcester sauce
- lemon juice and black pepper to taste
- 3 tbsp (45 ml) chopped fresh parsley or basil (optional)
- 6 eggs

1. Heat half the oil in a large frying pan and fry onions and green pepper for a few minutes.
2. Add baby marrows, tomatoes and brinjal with dried herbs, sugar and Worcester sauce.
3. Fry for a few minutes, reduce the heat and simmer without a lid for 15-20 minutes.
4. Season with lemon juice, pepper and half the parsley.
5. Make 6 hollows in the

sauce and pour in the rest of the oil.  
6. Crack an egg into each hollow. Simmer with a lid for about 4-5 minutes or until the egg is just cooked to your preference. Sprinkle with the rest of the parsley.  
7. Spoon an egg with some of the sauce onto 1-2 slices brown or wholewheat toast per person. Serve as a light meal.

### Tip

Leave out the eggs and use the sauce as a side dish with meat or a sauce on pap.



## Whole roasted peri-peri chicken

Recipe from Corrie Foreman  
Serves 4 – 6

A roast chicken is often served as a Sunday lunch and is always popular. Remember that peri-peri is quite hot, so season it to your family's preference.

1 tbsp (15 ml) sunflower oil  
black pepper to taste  
1 tbsp (15 ml) tomato paste

2 tsp (10 ml) peri-peri or to taste  
2 tbsp (30 ml) lemon juice  
2-4 cloves of garlic, finely chopped  
1 tsp (5 ml) paprika  
1,2 kg whole chicken, skin and all fat removed  
6 potatoes, quartered  
½ tsp (2,5 ml) salt  
½ cup (125 ml) water

1. Preheat the oven to 180 °C.  
2. Mix the oil with all the seasonings, except the salt, in the bowl. Spread some of this paste over the chicken.

3. Place chicken in a large oven dish.  
4. Toss the potatoes with the remaining paste and place in the oven dish around the chicken.  
5. Sprinkle potatoes with salt and pour the water into the oven dish. Cover with foil and roast chicken and potatoes for 30 minutes. Remove foil, toss potatoes in liquid and roast for another 30 minutes or until cooked.  
6. Serve with green veggies or a salad.

### Tips

1. The chicken bones can be used for the Homemade stock on p15.
2. Lemon and herb chicken: See the tip on p58.
3. Use more paprika instead of peri-peri for a milder flavour.
4. If your oven is big enough, double the recipe and make 2 chickens. Use the other chicken for another meal.

## Lunch and supper **Chicken**



## Chicken biryani

Recipe from Mumtaz Abdool  
Serves 8

Many people make a mutton biryani, but a chicken version is lower in fat and quicker to cook.

### Marinade

3 chicken breasts on the bone, skin and all fat removed  
1 tsp (5 ml) turmeric  
2 tsp (10 ml) each cumin seeds and chilli powder  
2 cinnamon sticks  
3 cardamom pods  
3 tbsp (45 ml) lemon juice  
2 tbsp (30 ml) tomato paste

2 tomatoes, finely chopped  
2 cloves of garlic, finely chopped  
2 tbsp (30 ml) chopped fresh coriander  
1 green chilli, chopped (optional)  
1 cup (250 ml) plain low-fat yoghurt or buttermilk

### Rice

2 cups (500 ml) uncooked brown rice  
1 tsp (5 ml) salt  
1 cinnamon stick  
2 cardamom pods  
1 cup (250 ml) uncooked brown lentils  
3 potatoes, peeled and cubed  
1 tsp (5 ml) turmeric

2 tsp (10 ml) sunflower oil  
3 onions, thinly sliced  
½ cup (125 ml) boiling water

1. Marinade: Cut chicken breasts into chunky pieces. Mix all the marinade ingredients together.
2. Stir chicken into marinade and refrigerate for 1 hour or overnight.
3. Rice: Place rice, ½ tsp of the salt, cinnamon and cardamom with enough water in a pot. Simmer until the rice is cooked and drain.
4. Meanwhile, cook lentils in a separate pot with enough water until tender and drain.
5. Boil potatoes with the rest of the salt and a pinch of the turmeric until tender. Drain.
6. Heat oil in a large pot and fry onions until tender. Keep half the onions for garnish.
7. Add chicken to onions in the pot and fry for a few minutes. Add marinade, reduce heat and cover with a lid. Simmer for 15 minutes.
8. Place potatoes in a layer over the chicken. Spoon the lentils and rice in layers on top.
9. Mix the turmeric with the boiling water and pour over the rice.
10. Spoon the fried onions on top. Cover with a lid and steam over a very low heat for 15 minutes or until heated through.
11. Serve with fresh coriander, a spoonful of plain low-fat yoghurt and salad.





### Masala chicken with potatoes

Recipe from Farnaaz Ally  
Serves 6 – 8

1 tbsp (15 ml) sunflower oil  
6 chicken breasts on the bone, halved and skin and all fat removed  
2 large onions, thinly sliced  
1 clove of garlic, finely chopped  
1 cm piece fresh ginger, grated

3-4 cardamom pods  
1 large cinnamon stick  
1 tbsp (15 ml) ground cumin  
2 tsp (10 ml) chilli powder or to taste  
2 tsp (10 ml) ground coriander  
1 tsp (5 ml) each turmeric and garam masala  
3 tomatoes, finely chopped  
1 tbsp (15 ml) tomato paste

2 cups (500 ml) water or Homemade stock (p15)  
3 potatoes, peeled and cubed  
1 tsp (5 ml) salt  
½ cup (125 ml) buttermilk or plain low-fat yoghurt (optional)

1. Heat oil in a large pot and fry chicken until golden brown. Spoon out and set aside.
2. In the same pot fry onions, garlic and ginger for a few minutes. Stir in all the spices.
3. Add tomatoes, tomato paste and water and simmer for a few minutes.
4. Add chicken, potatoes and salt to sauce and simmer over a low heat for 30 minutes or until the chicken and potatoes are cooked.
5. Stir in the buttermilk and serve with small portions of brown rice. Garnish with fresh coriander.

#### Tips

1. When cooking rice, make sure you only use ½ tsp salt in the water per cup of uncooked rice.
2. For a milder curry, add 2 apples, cubed and replace chilli powder with mild curry powder.

### Chicken pie

Recipe from Maria Oosthuizen  
Serves 6

Instead of a typical puff pastry, chicken pie can be just as delicious with a homemade pouring batter on top.

6 chicken breasts on the bone, skin and all fat removed  
1 bay leaf  
3 black peppercorns  
4 whole cloves  
½ tsp (2,5 ml) salt  
1½ cups (375 ml) water  
2 tsp (10 ml) sunflower oil  
2 large onions, chopped  
1 clove of garlic, finely chopped  
¼ cup (60 ml) sago or spaghetti (broken into pieces)  
1 tsp (5 ml) dried thyme or rosemary  
½ tsp (2,5 ml) ground nutmeg  
1½ cups (375 ml) frozen mixed vegetables, rinsed  
lemon juice and black pepper to taste

#### Pouring batter

¾ cup (180 ml) whole-wheat flour  
½ tsp (2,5 ml) baking powder  
2 tsp (10 ml) dried mixed herbs

pinch of salt  
2 eggs, beaten  
2 tbsp (30 ml) sunflower oil  
½ cup (125 ml) buttermilk  
2 tbsp (30 ml) water

1. Place chicken, bay leaf, peppercorns, cloves, salt and water in a large pot. Bring to the boil and reduce the heat.
2. Simmer for 30 minutes or until the chicken is cooked. Spoon chicken out and remove bones. Keep liquid aside and remove spices, if preferred.
3. Heat oil in the same pot and fry onions and garlic for a few minutes.
4. Add reserved liquid with sago and simmer over a low heat for 15-20 minutes or until thickened.
5. Stir in thyme, nutmeg, chicken and veggies and season with lemon juice and pepper.
6. Spoon into an oven dish and preheat the oven to 180 °C.
7. Batter: Combine the dry ingredients. Mix the eggs, oil, buttermilk and water. Stir into the flour mixture until smooth.
8. Pour batter over the filling and bake for 40 minutes or until golden brown and cooked.
9. Serve with salad or veggies such as broccoli and butternut.



#### Tips

1. Use the chicken bones for the Homemade stock on p15.
2. Add any veggies of your choice such as carrots, mushrooms or broccoli to the pie filling.
3. Use any of the toppings on p38 or p69 instead of the batter.



## Chicken pasta with broccoli

Recipe from Nomvula Mthembu  
Serves 6

Kids love pasta as a meal, making this ideal for the whole family.

- 1 tbsp (15 ml) sunflower oil
- 3 chicken breasts on the bone, halved and skin and all fat removed
- 2 tsp (10 ml) dried mixed herbs
- 1 cup (250 ml) water
- 2 onions, chopped
- 1 green or red pepper, seeds removed and chopped

- 2 cloves of garlic, finely chopped
- 3 tbsp (45 ml) cake flour
- 1 cup (250 ml) low-fat or fat-free milk
- 200 g broccoli, cut in small pieces
- 2 tsp (10 ml) prepared mustard
- 1 tsp (5 ml) salt
- lemon juice and black pepper to taste
- 250 g fusilli or any pasta shape of your choice

1. Heat 1 tsp of the oil in a pot and fry chicken until golden brown. Reduce the heat and add herbs with water.
2. Cover with a lid and simmer for 20 minutes or until cooked. Spoon out and remove bones. Keep liquid aside.

3. Heat another 1 tsp of the oil in the same pot and fry onions, green pepper and garlic for a few minutes.
4. Stir in the flour until absorbed. Slowly stir in the cooking liquid until it forms a sauce.
5. Stir in the milk and simmer for a few minutes until the sauce thickens.
6. Add the chicken, broccoli, mustard, ½ tsp of the salt and season with lemon juice and pepper.
7. Simmer until the broccoli is just tender, about 10 minutes.
8. Meanwhile, bring a large pot of water to the boil. Add pasta and the other ½ tsp of salt. Cook until tender and drain well. Stir the remaining 1 tsp of oil into the warm pasta.
9. Stir the sauce into the pasta and serve warm.

### Tips

1. Use left-over chicken or meat and add in step 6 or use 2 tins of tuna in brine, drained.
2. Pasta bake: Spoon pasta mixture into an oven dish. Sprinkle with ¼ cup of grated Cheddar cheese, preferably reduced fat, and bake at 180 °C until golden brown.

## Lunch and supper

## Chicken



### One-pot chicken

Recipe from Marlene Weston  
Serves 6

- 2 tsp (10 ml) sunflower oil
- 1 large onion, chopped
- 1 clove of garlic, finely chopped
- 4 chicken breasts on the bone, halved and skin and all fat removed
- 2 large carrots, thickly sliced
- 3 baby marrows, thickly sliced
- 1 x 410 g tin chopped tomatoes

- 1 tbsp (15 ml) tomato paste
- ½ tsp (2,5 ml) paprika or cayenne pepper or to taste
- 1 tsp (5 ml) dried oregano or 1 tbsp chopped fresh oregano
- ½ cup (125 ml) water
- 1 x 410 g tin baked beans in tomato sauce
- 1 x 410 g tin butter or red kidney beans, drained (optional)
- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste
- 2 tbsp (30 ml) chopped fresh parsley

1. Heat oil in a large pot and fry onion and garlic for a few minutes. Add chicken and fry until golden brown.
2. Add carrots, baby marrows, tomatoes, tomato paste, paprika and oregano.
3. Add water, reduce heat and simmer with a lid for 30 minutes or until the chicken is cooked.
4. Add tins of beans, salt and season with lemon juice and pepper. Heat through and stir in the parsley.
5. Serve on small portions of pap, mealie rice or mashed potatoes.



## Chutney chicken

Recipe from Catherine Harvey  
Serves 4 – 6

Thanks to chutney being a true South African ingredient, everyone has a variation of this recipe. To make it lower in fat, but still yummy, yoghurt is used instead of mayonnaise.

6-8 chicken portions e.g. drumsticks and thighs, skin and all fat removed

1 large onion, halved and sliced

1 cup (250 ml) plain low-fat yoghurt

½ cup (125 ml) chutney

½ cup (125 ml) orange juice or rooibos tea

½ tsp (2,5 ml) salt

2 tsp (10 ml) cornflour, mixed with water to make a paste

1. Preheat oven to 180 °C.
2. Place chicken and onion in an oven dish.
3. Mix yoghurt, chutney, juice, salt and cornflour paste and pour over the chicken.
4. Bake for 30-45 minutes or until golden brown and cooked.
5. Serve with small portions of brown rice or mashed potatoes with broccoli and carrots.

### Tip

Pork chops with all fat removed, can be cooked in the same way for 20-30 minutes. Add cubes of butternut to the oven dish for extra flavour.



## Chicken à la king

Recipe from Shireen Sallie  
Serves 4 – 6

1,2 kg whole chicken, skin and all fat removed

1 cup (250 ml) water

1 bay leaf

1 tbsp (15 ml) sunflower oil

1 onion, chopped

2 cloves of garlic, finely chopped

1 each green and red pepper, seeds removed and sliced

250 g mushrooms, sliced (optional)

3 tbsp (45 ml) cake flour

½ cup (125 ml) low-fat or fat-free milk

1 tsp (5 ml) dried parsley

1 tsp (5 ml) dried thyme or 1 tbsp fresh thyme leaves

1 tsp (5 ml) salt

lemon juice and black pepper to taste

1. Place chicken in a large pot with water and bay leaf. Bring to the boil and reduce the heat.
2. Simmer with a lid for 1 hour. Spoon out chicken, remove bones and shred meat. Keep liquid aside.
3. Heat oil in the same pot and fry onion, garlic, green and red peppers and mushrooms.
4. Stir in flour until absorbed. Gradually stir in cooking liquid and milk.
5. Simmer until the sauce thickens. Stir in chicken,

herbs, salt and season with lemon juice and pepper.  
6. Serve with small portions of brown rice and veggies of your choice.

### Tips

1. If mushrooms are not available substitute with 1 cup of frozen peas, rinsed.
2. Beef stroganoff: Replace cooked chicken with 500 g lean beef strips. Fry the meat first and then continue as from step 3. Prepare the sauce with 1½ cups of milk as you will not have any cooking liquid.



## Lemon chicken

Recipe from Frank Swanepoel  
Serves 4

8 chicken drumsticks or  
4 chicken breasts on the  
bone, halved

2 large sweet potatoes  
with the skin, cubed

1 clove of garlic, finely  
chopped

juice and grated rind of  
1 lemon

½ cup (125 ml) water or dry  
white wine

2 tsp (10 ml) sunflower oil

1 tsp (5 ml) sugar

1 tsp (5 ml) salt

5 sprigs thyme or 2 tsp  
dried thyme

black pepper to taste

1. Preheat the oven to 180 °C.

2. Remove skin and all fat  
from chicken.

3. Place chicken and sweet  
potatoes in an oven dish.

4. Mix the rest of the ingredi-  
ents and pour over the  
chicken and sweet pota-  
toes.

5. Cover with foil and bake  
for 20 minutes. Remove foil  
and bake for another 20  
minutes or until the chicken  
and sweet potatoes are  
cooked.

6. Serve with a salad.

### Tips

1. Make this dish on the  
stove. Fry chicken in the  
sunflower oil in a large  
pot. Add the rest of the  
ingredients.

Simmer with a lid over a  
low heat for 40 minutes  
or until the chicken is  
cooked.

2. Origanum, rosemary  
or cumin is also deli-  
cious in this dish.

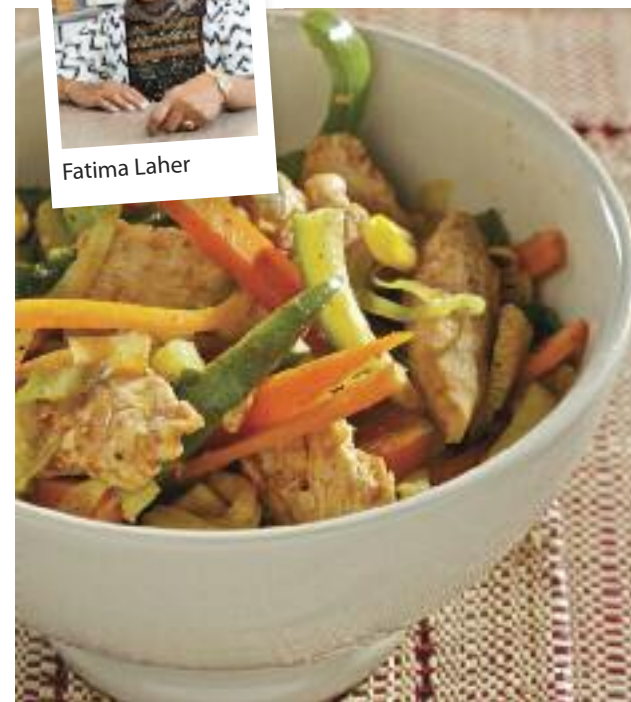
3. Lemon and herb  
chicken: Prepare and  
roast a whole chicken as  
on p50. Use the season-  
ings from this recipe.



## Lunch and supper **Chicken**



Fatima Laher



### Chicken stir-fry

Recipe from Fatima Laher  
Serves 6

Swop your Chinese take-  
aways for this delicious  
home version, which is less  
fatty and salty, and quick to  
make.

2 tbsp (30 ml) grape  
vinegar or lemon juice

1 tsp (5 ml) sugar

1 tbsp (15 ml) Worcester  
sauce

¼ cup (60 ml) tomato sauce  
4 chicken breast fillets, cut  
in strips

1 tbsp (15 ml) sunflower oil

1 onion, sliced

1 green or red pepper,  
seeds removed and sliced

1 cm piece fresh ginger,  
grated

3 carrots, cut in thin strips

2-3 baby marrows, cut in  
thin strips

1 cup (250 ml) frozen  
whole kernel corn, rinsed

1 cup (250 ml) shredded  
cabbage

2 tbsp (30 ml) water

black pepper to taste

1. Mix the first 4 ingredients  
and stir chicken into the  
mixture. Marinate for 20  
minutes.

2. Heat oil in a frying pan  
and stir-fry chicken in  
batches and spoon out.  
Keep the marinade.

3. Fry onion, green pepper  
and ginger for a few min-  
utes.

4. Add carrots and baby  
marrows. Fry until the  
veggies are almost cooked,  
but not too soft.

5. Stir corn, cabbage and  
chicken with the marinade  
into the veggies. Add water  
and cover with a lid. Allow  
to simmer for a few minutes  
or until the cabbage is just  
cooked.

6. Season with pepper.  
Serve immediately with  
small portions of brown rice  
or spaghetti.

### Tips

1. Pineapple or broccoli  
is also delicious in a  
stir-fry. Add unsalted  
peanuts for an extra  
crunch.

2. Vegetarian stir-fry:  
Substitute chicken with  
a tin of beans of your  
choice and add the  
marinade to the fried  
veggies.

3. Use left-over chicken  
and add in step 5 with  
marinade. Also try it  
with lean strips of pork  
or beef.



### Things to remember when cooking red meat

- Remove all visible fat from meat before cooking.
- Spoon any fat from the top of a stew before serving.
- Limit your red meat to no more than 2-3 meals per week. Cook chicken, fish or vegetarian options for the rest of the week.
- Make red meat go further by adding extra veggies, dried beans or lentils to your stews and other red meat dishes.
- When available at a good price, use ostrich and venison as these are lower in fat than beef and lamb.

### Stew with beef and tomatoes

Recipe from Liesl Nel  
Serves 6

- 2 tsp (10 ml) sunflower oil
- 1 kg beef stewing meat with bones, all fat removed
- 2 onions, chopped
- 3 celery stalks, thickly sliced
- 3 carrots, sliced diagonally into large chunks
- 1 clove of garlic, finely chopped
- 1 x 410 g tin chopped tomatoes
- 2 tbsp (30 ml) tomato paste
- 1 tsp (5 ml) dried mixed herbs
- 1 tbsp (15 ml) dried or chopped fresh oregano
- 2 bay leaves
- 1 tsp (5 ml) paprika
- ½ tsp (2,5 ml) salt
- ½ cup (125 ml) water or dry red wine
- ½ cup (125 ml) Homemade stock (p15) or water with 2 tbsp dried mixed herbs
- lemon juice and black pepper to taste
- pinch of cayenne pepper

1. Heat oil in a large pot and fry meat in batches until browned. Spoon out.
2. Fry onions, celery, carrots and garlic for a few minutes.
3. Add tomatoes, tomato paste, meat, herbs, bay leaves, paprika, salt, water and stock. Bring to the boil.
4. Reduce the heat and simmer with a lid for 1½-2 hours or until the meat is tender.
5. Season with lemon juice, pepper and cayenne pepper. Remember not to add more salt at the table.
6. Serve on small portions of brown rice or mashed potatoes and green beans.

### Tips

1. Substitute the beef with chicken, skin and all fat removed, and simmer for 45 minutes.
2. To bulk up this stew, add a tin of butter beans, drained.





## Meat balls

Recipe from Marthé Bakkes  
Serves 6

This recipe is a great way to hide veggies from fussy eaters. Make double the batch and freeze for later.

2 thick slices brown or wholewheat bread  
½ cup (125 ml) water  
500 g lean beef mince  
1 egg, beaten  
1 onion, grated  
1 carrot, grated  
½ tsp (2,5 ml) salt  
lemon juice and black pepper to taste

pinch of ground cloves  
½ tsp (2,5 ml) ground nutmeg  
2 tsp (10 ml) ground coriander  
½ tsp (2,5 ml) curry powder or to taste  
1 tbsp (15 ml) sunflower oil

1. Soak bread in water until soft and mash with a fork.  
2. Mix mince with bread and the rest of the ingredients, except the oil.  
3. Shape into small meat balls.  
4. Heat a thin layer of oil in a large frying pan and fry meat balls on both sides until golden brown.  
5. Reduce the heat and simmer with a lid for 8-10 min-

utes or until cooked.  
6. Repeat the frying process with the rest of the mince and oil, if necessary.  
7. Serve with small portions of mashed potatoes and veggies of your choice.

### Tips

1. These can also be served with small portions of pasta or brown rice. Alternatively shape into burger patties and serve on wholewheat rolls with salad ingredients.
2. If available, ostrich mince is lower in fat and delicious in this recipe.



Esmé Hanekom

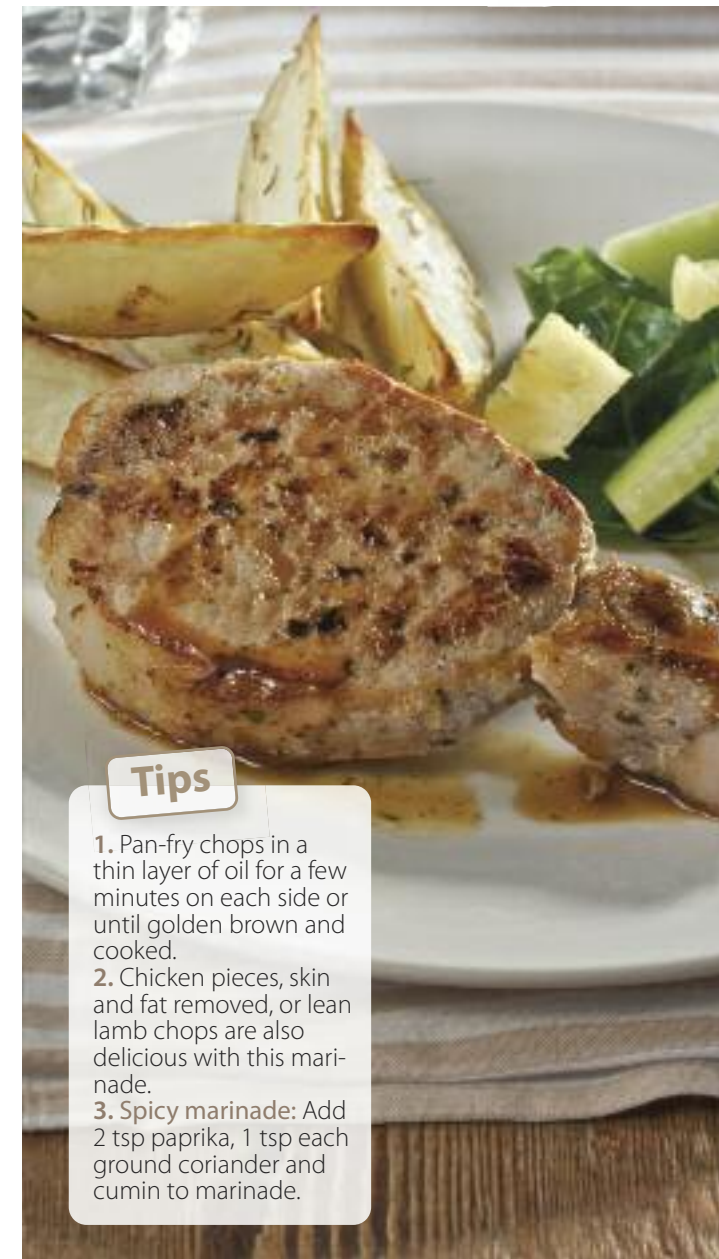
## Buttermilk marinated chops

Recipe from Esmé Hanekom  
Serves 6

South Africa loves to braai. Try this buttermilk marinade, instead of a shop-bought marinade.

1 tbsp (15 ml) sunflower oil  
juice and grated rind of 1 lemon  
½ cup (125 ml) buttermilk  
2 cloves of garlic, finely chopped  
1 tsp (5 ml) dried parsley or 1 tbsp chopped fresh parsley  
1 tsp (5 ml) salt  
6 x 160 g pork chops, all fat removed

1. Mix all the marinade ingredients together in a bowl.  
2. Place pork chops in a shallow dish and pour marinade over.  
3. Stir through to coat chops with marinade. Refrigerate for 30 minutes.  
4. Braai chops over medium coals for 5-8 minutes on each side or until cooked to your preference.  
5. Serve with Oven-baked chips on p29 and a salad.



### Tips

1. Pan-fry chops in a thin layer of oil for a few minutes on each side or until golden brown and cooked.
2. Chicken pieces, skin and fat removed, or lean lamb chops are also delicious with this marinade.
3. Spicy marinade: Add 2 tsp paprika, 1 tsp each ground coriander and cumin to marinade.



## Steak with mushroom sauce

Recipe from Elize van Zyl  
Serves 4

4 tsp (20 ml) sunflower oil  
1 onion, sliced  
250 g mushrooms, halved and sliced  
2 tbsp (30 ml) cake flour  
1 cup (250 ml) low-fat or fat-free milk  
lemon juice and black pepper to taste

1 tsp (5 ml) Worcester sauce  
½ tsp (2,5 ml) dried thyme  
4 x 160 g steaks or chops, all fat removed  
½ tsp (2,5 ml) salt

1. Heat half the oil in a pan and fry onion and mushrooms until tender and browned.
2. Stir in flour until absorbed and add milk a little at a time. Stir well to form a sauce.
3. Simmer for a few minutes to thicken. Season with

lemon juice, pepper, Worcester sauce and thyme.

4. Heat rest of the oil in a frying pan over a medium heat. Fry meat for 5-7 minutes on the one side.
5. Sprinkle with half the salt and season with lemon juice and black pepper. Turn over.
6. Fry for another 5-7 minutes and season again. Steak or chops should still be juicy when cooked.
7. Serve meat immediately with mushroom sauce, butternut and salad or green veggies.



### Tips

1. Serve steak with the Chakalaka sauce on p31.
2. Remember not to have red meat more than 2-3 times a week.



## Spaghetti bolognese

Recipe from Shirley Parker  
Serves 6

This basic mince sauce can be used in many ways and is perfect for a mid-week meal.

1 tbsp (15 ml) sunflower oil  
500 g lean beef mince  
1 onion, chopped  
1 celery stalk with leaves, chopped  
2 cloves of garlic, chopped  
1 green pepper, seeds removed and chopped  
2 carrots, grated  
2 tsp (10 ml) each dried thyme and mixed herbs  
1 x 410 g tin chopped tomatoes  
1 tbsp (15 ml) tomato paste

2 tbsp (30 ml) chutney  
1 tsp (5 ml) salt  
lemon juice and black pepper to taste  
300 g spaghetti

1. Heat 1 tsp of the oil in a frying pan and fry mince until browned. Spoon out and drain excess fat.
2. Heat another 1 tsp of the oil in the same pan and fry onion, celery, garlic and green pepper for a few minutes.
3. Add carrots, herbs, tomatoes, tomato paste, chutney and ½ tsp salt with meat. Reduce heat, cover with a lid and simmer for 30-45 minutes.
4. Season well with lemon juice and pepper.
5. Meanwhile, bring a large pot of water to the boil. Add pasta and the remaining ½ tsp salt. Cook until tender and drain well. Stir in the

remaining 1 tsp oil.  
6. Serve warm pasta with spaghetti sauce.

### Tips

1. To bulk up the mince, add cubes of butternut or brinjal with the carrots or stir in a tin of baked beans in tomato sauce.
2. Fresh or dried herbs like basil, rosemary and oregano are delicious with mince.
3. Lasagne: Use the White sauce on p46 and layer with the mince and lasagne sheets or noodles. Bake in the oven for 45 minutes.
4. Curry mince: Add ½ tbsp curry powder and ½ tsp each ground cumin and coriander to the onions.



### Pork sosaties

Recipe from Ria van Wyk  
Serves 4 – 6

- 2 tbsp (30 ml) lemon juice
- 2 tbsp (30 ml) sunflower oil
- 2 tbsp (30 ml) chopped fresh origanum
- ½ tsp (2,5 ml) salt
- black pepper to taste
- 500 g leg or shoulder of pork, all fat removed and cut in cubes
- 1 onion, cut in pieces
- 1 green or red pepper, seeds removed and cut in pieces
- ½ pineapple, cut in pieces

1. Mix lemon juice, oil, origanum, salt and pepper.
2. Place meat in a shallow dish and pour marinade over. Stir through to coat the meat.
3. Marinate for 30 minutes to 1 hour.
4. Thread meat with onion, pepper and pineapple onto sosatie sticks.
5. Braai over medium coals for 8-10 minutes on each side or until the meat is cooked, but still juicy.

#### Tips

1. Fry these sosaties over a medium heat in a frying pan using the marinade. This marinade can be used to make chicken or fish sosaties.
2. If available, dried prunes or apricots are delicious on these sosaties.
3. Add 1 tsp curry powder to the marinade, if preferred.



### Beef stew with vegetables

Recipe from Kedibone Sechuane  
Serves 6

We all enjoy a mouth-watering stew on a cold day. Remember to remove all visible fat from the meat.

- 1 tbsp (15 ml) sunflower oil
- 1 kg beef stewing meat with bones, all fat removed
- 1 onion, chopped
- 2 large potatoes, peeled and chopped

- 2 large carrots, chopped
- 1 tbsp (15 ml) ground coriander
- 1 bay leaf
- ½ cup (125 ml) water
- ½ cup (125 ml) Homemade stock (p15) or water with 2 tbsp dried mixed herbs
- ½ medium cabbage, cut in thick strips
- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste
- 3 tbsp (45 ml) chopped fresh parsley

1. Heat half the oil in a large

- pot and fry meat in batches until golden brown. Spoon out and set aside.
2. Heat the rest of the oil in the same pot. Fry onion, potatoes and carrots with coriander and bay leaf.
3. Add water, meat and stock. Simmer with a lid for 1½ hours or until the meat is tender.
4. Add cabbage and simmer for another 15 minutes. Stir in salt.
5. Season with lemon juice and black pepper and stir in parsley.
6. Serve with small portions of pap or mashed potatoes.





### Beef sishebo with beans

Recipe from Beauty Maseko  
Serves 4 – 6

A flavourful one-pot supper. The butternut and spices are perfect with the beef and beans.

½ cup (125 ml) dried sugar beans or white beans  
2 tsp (10 ml) sunflower oil  
500 g beef stewing meat with bones, all fat removed  
2 onions, chopped  
2 carrots, chopped  
1 green pepper, seeds removed and chopped

2 cups (500 ml) water  
1 cinnamon stick (optional)  
2 tbsp (30 ml) curry powder  
2 potatoes, chopped  
300 g butternut, cubed  
2 tomatoes, chopped  
½ tsp (2,5 ml) salt  
lemon juice and black pepper to taste

1. Soak beans in 1 litre of water overnight. Rinse and drain.
2. Heat half the oil in a pot and fry meat until golden brown. Spoon out and set aside.
3. Heat the rest of the oil and fry onions, carrots and green pepper for a few minutes.

4. Add beans, meat, water and cinnamon. Bring to the boil and reduce the heat.
5. Simmer with a lid for 1½ hours or until the beans are cooked.
6. Add the remaining ingredients and simmer for another 30 minutes or until the meat, beans and vegetables are tender.
7. Season with lemon juice and pepper and serve hot.

#### Tip

Leave out the potatoes and serve on a small portion of samp. Add 1 cup of frozen peas to the sishebo at the end.



### Cottage pie with sweet potatoes

Recipe from Ursula Bezuidenhout  
Serves 6

Try this sweet potato version of an old classic. The sweet potatoes add flavour and are delicious with the beans.

1 tbsp (15 ml) sunflower oil  
500 g lean beef mince  
1 large onion, chopped  
2 cloves of garlic, chopped  
2 carrots, grated  
1 x 410 g tin chopped tomatoes

1 x 410 g tin baked beans in tomato sauce  
2 tsp (10 ml) dried oregano  
lemon juice and black pepper to taste  
1 cup (250 ml) frozen mixed vegetables, rinsed  
3 large sweet potatoes or 6 medium potatoes, peeled and quartered  
½ tsp (2,5 ml) salt  
2 tbsp (30 ml) warm low-fat or fat-free milk  
½ tsp (2,5 ml) ground nutmeg

1. Heat half the oil in a pot and fry mince until browned. Spoon out and drain off excess fat.

2. Heat the rest of the oil in the same pan and fry the onion, garlic and carrots until soft.
3. Add tomatoes, mince, beans and herbs. Simmer with a lid for 20 minutes or until the mixture thickens.
4. Season with lemon juice and black pepper. Stir in mixed vegetables and spoon into an oven dish.
5. Preheat oven to 180 °C.
6. Meanwhile, place sweet potatoes, salt and enough water in a pot. Bring to the boil and simmer until tender.
7. Drain and mash with a potato masher. Stir in milk and nutmeg and spread over the mince mixture.
8. Bake for 30 minutes or until golden brown. Serve with a salad.



## Sweet treats and desserts

Everyone deserves a treat once in a while. These sweet treats and desserts aren't completely healthy, but they are better options than most. So rather eat these in moderation and save them for special occasions.

- 71.** Milk tart
- 73.** Apple pudding
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- 80.** Scones
- 81.** Oat cookies



### Milk tart

Recipe from Shayne Ackerman  
Serves 8

This no-bake custard filling is delicious and easy to make.

#### Crust

- 3 tbsp (45 ml) soft tub margarine
- 2 tbsp (30 ml) sugar
- 1 egg, beaten
- ½ tsp (2,5 ml) ground cinnamon
- ¾ cup (180 ml) cake flour
- ¼ cup (60 ml) wholewheat flour

#### Filling

- 2 cups (500 ml) low-fat or fat-free milk
- 2 eggs, beaten
- ¼ cup (60 ml) sugar
- 3 tbsp (45 ml) cornflour
- ½ tsp (2,5 ml) vanilla or almond essence
- 1 tbsp (15 ml) ground cinnamon

- 1. Crust:** Preheat oven to 180 °C. Beat together the margarine and sugar. Add the egg and mix well.
- 2.** Mix cinnamon and flours together. Gradually add to the egg mixture to form a soft dough. Press the dough into a 22 cm tart or pie dish.

- 3.** Prick with a fork and bake for 15-20 minutes or until golden brown. Allow to cool.
- 4. Filling:** Place milk in a pot, bring to the boil and remove from heat. Beat eggs and sugar well.
- 5.** Mix cornflour with a little water to make a paste. Stir into egg mixture.
- 6.** Add half the milk into egg mixture and stir well.
- 7.** Pour egg mixture into the pot with the rest of the milk and stir well.
- 8.** Return to a low heat and stir all the time. Allow to simmer very gently until it thickens – at least 10 minutes.
- 9.** Stir vanilla in and pour into pie crust. Allow to cool and refrigerate. Sprinkle with cinnamon and serve.





## Sweet treats and desserts

### Apple pudding

Recipe from Joany Tim  
Serves 8

Apples and cinnamon are comforting flavours, especially in winter. Swop your custard or ice cream for plain low-fat yoghurt.

4 medium Granny Smith apples, seeds removed and cut in wedges

1 cinnamon stick

¼ cup (60 ml) sugar

3 eggs, beaten

3 tbsp (45 ml) sunflower oil

¾ cup (180 ml) low-fat or fat-free milk

½ cup (125 ml) plain low-fat yoghurt

1 cup (250 ml) cake flour

½ cup (125 ml) whole-wheat flour

2 tsp (10 ml) baking powder

2 tsp (10 ml) ground cinnamon

Syrup

½ cup (125 ml) low-fat or fat-free milk

½ cup (125 ml) water

¼ cup (60 ml) sugar

1 cinnamon stick optional

1. Place apples with 2 tbsp of water and the cinnamon in a pot. Bring to the boil, reduce the heat and simmer for 3-5 minutes or until just tender, but not mushy.

2. Preheat oven to 180 °C. Beat sugar and eggs until well blended. Add oil, milk and yoghurt and mix well.

3. Combine the flours, baking powder and half the cinnamon in a mixing bowl.

4. Beat liquid into the flour mixture to form a smooth batter.

5. Spoon apples into an oven dish and pour batter on top.

6. Bake for 30 minutes or until golden brown and cooked.

7. **Syrup:** Meanwhile, place all the ingredients in a small pot and stir over a low heat.

8. Simmer for a few minutes or until slightly thickened.

9. Prick warm pudding with a fork or skewer and pour syrup over. Sprinkle with the rest of the ground cinnamon. Serve warm with plain low-fat or fat-free yoghurt.

### Tip

Make the pudding with fresh pears as above. Or use a tin of pie apples or peach slices and leave out step 1.



## Strawberry yoghurt tart

Recipe from Talana Kluits  
Serves 8

Make this strawberry tart as a tea-time treat or dessert and try different fruit flavours of jelly and yoghurt the next time you make it.

½ x 200 g packet Marie biscuits

2 tbsp (30 ml) soft tub margarine, melted  
1 x 80 g packet strawberry jelly powder  
300 ml strawberry low-fat yoghurt  
1 x 250 g tub plain smooth low-fat cottage cheese

1. Place biscuits in a plastic bag and crush with a rolling pin or a small glass.  
2. Mix biscuit crumbs with margarine. Press onto the base of a tart dish.

3. Dissolve the jelly powder with ½ cup boiling water and allow to cool, but not set.  
4. Mix yoghurt and cottage cheese and stir into the cooled jelly.  
5. Pour over biscuit crumbs and refrigerate for 3 hours or overnight.  
6. Serve cold with fresh fruit.



Toine Vos

## Sweet treats and desserts



## Baked sticky pudding

Recipe from Toine Vos  
Serves 8

Most baked puddings are very sweet. The combination of buttermilk and ginger makes this an interesting variation on a well-loved favourite.

1 cup (250 ml) cake flour  
½ cup (125 ml) sugar  
½ tsp (2,5 ml) ground ginger  
3 tbsp (45 ml) sunflower oil  
2 eggs, beaten  
½ cup (125 ml) low-fat or fat-free milk  
½ cup (125 ml) buttermilk  
1 tsp (5 ml) bicarbonate of soda

2 tbsp (30 ml) apricot jam  
1 tbsp (15 ml) white grape vinegar

### Syrup

½ cup (125 ml) water  
½ cup (125 ml) apple juice  
¼ cup (60 ml) sugar  
½ tsp (2,5 ml) vanilla essence

1. Preheat oven to 180 °C. Combine the flour, sugar and ginger in a large mixing bowl.  
2. Mix oil, eggs, milk and buttermilk and stir in the bicarb until dissolved.  
3. Mix in the jam and vinegar. Gradually stir liquid into the flour mixture until a smooth batter forms, with no lumps.  
4. Pour the batter into an oven dish and bake for

35 minutes or until golden brown.  
5. **Syrup:** Meanwhile place all the syrup ingredients in a small pot. Bring to the boil and simmer for 10-15 minutes or until syrupy.  
6. Prick the warm pudding with a fork and pour the warm syrup over. Allow the pudding to absorb the syrup. The pudding will sink quite a bit as it absorbs the syrup. Serve warm with fresh fruit of your choice like pears or bananas.

### Tips

1. Soak ¼ cup chopped dates in hot water. Add with the vinegar to the batter.
2. **Chocolate pudding:** Substitute 2 tbsp of the flour with cocoa.





### Bread pudding

Recipe from Ravitha Sigamoney  
Serves 6

8 slices day-old brown bread  
¼ cup (60 ml) raisins (optional)  
1 cup (250 ml) low-fat or fat-free milk  
1 cup (250 ml) buttermilk  
3 eggs, beaten  
½ tsp (2,5 ml) vanilla essence  
2 tbsp (30 ml) sugar

½ tsp (2,5 ml) ground mixed spice  
1 tsp (5 ml) ground cinnamon  
pinch of ground nutmeg  
2 tbsp (30 ml) apricot jam

1. Cut each slice of bread into 4 triangles.
2. Pack the triangles in rows in an oven dish. Sprinkle raisins in between.
3. Mix milk, buttermilk, eggs, vanilla and sugar together. Add mixed spice and cinnamon.
4. Spoon milk mixture over the bread and allow to stand for 15 minutes.

5. Meanwhile, preheat oven to 180 °C. Sprinkle nutmeg over the bread and dot with apricot jam.
6. Bake for 30-45 minutes or until golden brown and set.

#### Tips

1. Add ¼ cup of chopped nuts with the raisins.
2. Serve with a small portion of homemade custard made with low-fat or fat-free milk and a little sugar.



### Lemon cheesecake

Recipe from Natasha van Rensburg  
Serves 12

This is an easy and simple fridge cheesecake. Most recipes use cream cheese and cream, but smooth cottage cheese is delicious and the cream is not necessary.

1 x 200 g packet Marie biscuits  
1 tsp (5 ml) grated lemon rind or ½ tsp ground mixed spice  
1 tbsp (15 ml) hot water  
3 tbsp (45 ml) soft tub margarine, melted

1 x 385 g tin condensed milk  
½ cup (125 ml) lemon juice  
1 x 250 g tub plain smooth low-fat cottage cheese

1. Place biscuits in a plastic bag and crush with a rolling pin or a small glass.
2. Mix biscuit crumbs with lemon rind in a mixing bowl and add water and margarine. Stir to bind it together.
3. Press onto the base and sides of a 22 cm pie dish and place in the fridge until needed.

4. Mix condensed milk and lemon juice in a mixing bowl until thickened and stir in the cottage cheese.
5. Pour filling over the biscuit base and refrigerate for 2 hours or overnight.
6. Serve with any fresh fruit.

#### Tip

Stir 1 x 115 g tin granadilla pulp into filling for a different flavour.



## Sweet treats and desserts



### Chocolate cake

Recipe from Emelda Amir  
Serves 20

There is nothing like some chocolate to treat yourself. This is so easy to bake and ideal for a birthday or school market day.

3 cups (750 ml) cake flour  
1¼ cups (310 ml) sugar  
4 tsp (20 ml) baking powder  
1 tsp (5 ml) bicarbonate of soda  
6 tbsp (90 ml) cocoa  
2 cups (500 ml) hot water  
½ cup (125 ml) buttermilk  
5 tbsp (75 ml) sunflower oil  
2 tbsp (30 ml) white grape vinegar  
2 tsp (10 ml) vanilla essence

Chocolate topping  
150 ml sugar  
300 ml water  
1 tbsp (15 ml) soft tub margarine  
¼ cup (60 ml) cocoa  
½ tsp (2,5 ml) vanilla essence  
3 tbsp (45 ml) cornflour  
1 tbsp (15 ml) grated chocolate

1. Preheat oven to a 180 °C and line a large rectangular (20 x 30 cm) baking tin or oven dish with baking paper.  
2. Sift all dry ingredients together. Mix the liquids together and gradually fold into the dry ingredients. Pour batter into tin or dish.  
3. Bake for 20-25 minutes or until a skewer comes out clean. Remove from the tin

and cool.

4. **Topping:** Meanwhile, place all the ingredients, except the chocolate, in a pot and stir over a low heat to dissolve the sugar.  
5. Bring to the boil and simmer gently. Stir until the mixture thickens. Cool slightly and pour over the cooled cake. Sprinkle with grated chocolate.

### Tips

1. **Citrus and spice cake:** Replace the cocoa in the cake with cake flour and add 1 tsp grated lemon or orange rind. Use 3 tbsp lemon or orange juice instead of the vinegar. Add 2 tsp ground mixed spice or cinnamon to the batter. Bake as above and dust with a little icing sugar.  
2. **Cupcakes:** Halve the recipe above. Line a 12-hole cupcake pan with paper cups. Spoon cake batter into the cups and bake for 15-20 minutes or until a skewer comes out clean. Make only half the topping.  
3. Dust cake with icing sugar or cocoa instead of the topping, if preferred.

### Pancakes with fruit

Recipe from Pienie Steenkamp  
Makes about 20 pancakes

Most families have a pancake tradition, whether it's just because it's raining or for a special treat.

1½ cups (375 ml) cake flour  
½ cup (125 ml) whole-wheat flour  
2 tsp (10 ml) baking powder

pinch of ground nutmeg  
3 eggs, beaten  
3 tbsp (45 ml) sunflower oil  
1 tbsp (15 ml) white grape vinegar  
3 cups (750 ml) water  
2 tsp (10 ml) sunflower oil for frying

1. Place dry ingredients in a mixing bowl. Mix all liquids together, except the oil for frying.  
2. Gradually add liquid to

the dry ingredients and beat well to form a smooth batter.  
3. Heat some of the oil in a frying pan. Pour in just enough batter to form a thin pancake.  
4. Fry until set on top, turn over and fry for another minute. Keep warm and continue with remaining batter and a thin layer of oil when necessary.  
5. Serve with fresh fruit, such as apples, naartjies or banana, or a sprinkling of cinnamon sugar and lemon juice.



### Tips

1. **Cinnamon sugar:** Mix a pinch of ground nutmeg, 1 tsp ground cinnamon and 3 tbsp sugar.  
2. The mince on p65, roasted veggies on p44 and Chicken à la king on p57 can all be enjoyed in the pancakes as a main course.  
3. **Crumpets:** Substitute water for 2 cups buttermilk and use 2 eggs instead of 3. Leave out the vinegar. Heat a thin layer of oil in a pan and spoon 2 tbsp of batter per crumpet in the pan. Fry on both sides and serve with fruit and low-fat yoghurt.  
4. The oil in the batter means that less oil is needed for frying.





### Tip

A pinch of cayenne pepper or paprika can be sprinkled on top for a savoury scone.

### Scones

Recipe from Elza de Beer  
Makes 12 small scones

- 1 cup (250 ml) wholewheat flour
- 1 cup (250 ml) cake flour
- 1 tbsp (15 ml) baking powder
- 1 egg, beaten
- 1 cup (250 ml) plain low-fat yoghurt
- ¼ cup (60 ml) sunflower oil

1. Preheat oven to 180 °C. Lightly grease a baking tray and dust with a little cake flour.
2. Mix flours and baking powder in a mixing bowl. Beat egg, yoghurt and oil together.
3. Stir egg mixture into the flour until it just forms a soft dough.
4. Gently press dough out onto a lightly floured surface to about 2 cm thick. Take care not to handle the dough too much.
5. Cut out scones using a small cookie cutter or water glass. Dip the cutter or glass in extra flour if necessary.
6. Place scones on baking tray. The left-over dough can be pressed together and cut into more scones.
7. Bake for 15-20 minutes or until golden brown and cooked.
8. Serve with a thin layer of margarine and jam.

### Oat cookies

Recipe from Jacqueline Jantjies  
Makes 40 small cookies

Surprise your kids with these yummy cookies. They won't even know they are high in fibre.

¼ cup (60 ml) peanut butter

¼ cup (60 ml) soft tub margarine

¾ cup (180 ml) sugar

3 eggs, beaten

3 tbsp (45 ml) low-fat or fat-free milk

2 cups (500 ml) oats

1 cup (250 ml) wholewheat flour

½ tsp (2,5 ml) bicarbonate of soda

½ cup (125 ml) raisins

½ tsp (7,5 ml) ground cinnamon or mixed spice

1. Preheat oven to 180 °C. Line a baking tray with baking paper.
2. Beat peanut butter and margarine until well blended. Add sugar and mix well. Beat in eggs one at a time. Stir in milk.
3. Mix oats, flour, bicarb, raisins and cinnamon. Stir into sugar mixture until well blended.
4. Allow the mixture to stand for a few minutes. Roll into small balls and place on baking tray. Press down with a fork or spoon.
5. Bake for 10-15 minutes or until light golden brown. Allow to cool. Store in an airtight container and serve as a tea-time treat.

### Tip

Substitute 3 tbsp of the flour with cocoa for a chocolate flavour.





## Snacks, breads and baking

Whether you regularly bake your own bread or just enjoy baking, there is a recipe for everyone in this chapter. There are some great lunch-box or mid-meal snacks. Homemade are healthier than shop-bought baked goods.

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### Rotis

Recipe from Jannifer Foster  
Makes 8 rotis

Rotis are often associated with a time-consuming process and for being quite fatty. These are easy to make and don't require lots of fat.

1 cup (250 ml) cake flour  
1 cup (250 ml) wholewheat flour  
2 tbsp (30 ml) sunflower oil  
½ tsp (2,5 ml) salt

1 tsp (5 ml) ground cumin (optional)

1 cup (250 ml) boiling water

2 tsp (10 ml) sunflower oil for frying

1. Place flours in a large mixing bowl. Rub the 2 tbsp of oil, salt and cumin into the flour with your fingertips until it looks like bread-crumbs.
2. Mix water into the flour mixture and knead to form a soft dough.
3. Divide dough into 8 balls

and roll each ball out into a circle.

4. Fold the circle in half and half again and roll into a circle again. Repeat with all the balls and cover with a clean tea towel until ready to fry. For a perfect circle, cut roti with the lid of a small pot.
5. Heat a thin layer of oil over a medium heat in a frying pan. Fry roti on one side until it puffs up. Turn over and fry on the other side until lightly golden brown.
6. Serve as a starch with any meat dish of your choice. This is delicious with curries or as a wrap.





**Tips**

1. Mix 2 tsp sugar with a pinch of ground cinnamon and sprinkle on muffins before baking.
2. To serve as a tea time treat, decorate muffins with a lemon icing. Mix ½ cup icing sugar with 1 tbsp lemon juice and drizzle over muffins.
3. Bake as a cake in a 20 cm cake tin for 30-35 minutes. Use icing in tip 2.
4. The apples can be replaced with more carrots for a carrot muffin or cake.

**Apple and cinnamon muffins**

Recipe from Mariëtta Hillhouse  
Makes 12 muffins

- 1 cup (250 ml) cake flour
- 1 cup (250 ml) wholewheat flour
- 1 tbsp (15 ml) baking powder
- 2 tsp (10 ml) ground cinnamon
- ½ cup (125 ml) sugar
- 1 cup (250 ml) grated apples
- 1 cup (250 ml) finely grated carrots
- 3 eggs, beaten
- 100 ml low-fat or fat-free milk
- ½ cup (125 ml) sunflower oil
- 1 tsp (5 ml) vanilla essence

1. Preheat oven to 180 °C and place paper muffin cups into a 12-hole muffin pan.
2. Mix dry ingredients together in a mixing bowl. Stir in apples and carrots until blended.
3. Beat eggs, milk, oil and vanilla together. Stir egg mixture into the dry ingredients until just mixed through. Take care not to overmix.
4. Divide batter between muffin cups and bake for 15-20 minutes or until golden brown and cooked through.



**Buttermilk and cheese bread**

Recipe from Lydia Franciscus  
Makes 1 loaf

Many people know a recipe for a buttermilk bread using soup powder, but is very salty. This version works equally well and goes perfectly with a braai.

- 3 cups (750 ml) cake flour
- ¼ cup (60 ml) bran
- 1 tbsp (15 ml) baking powder
- 2 cups (500 ml) buttermilk
- 2 tbsp (30 ml) water

- 1 egg, beaten
- 1 tbsp (15 ml) dried mixed herbs or chopped fresh parsley
- ½ tsp (2,5 ml) salt
- ½ cup (125 ml) grated Cheddar cheese, preferably reduced fat

1. Preheat oven to 180 °C and lightly grease a 1,5 litre bread tin.
2. Mix all ingredients together, but keep half the cheese aside.
3. Spoon mixture into bread tin. Sprinkle with the rest of the cheese.
4. Bake for 30-45 minutes or until a skewer comes out clean. Cool on a cooling rack.

**Tips**

1. **Savoury muffins:** Line a 12-hole muffin pan with paper cups. Spoon mixture into cups and bake for 15-20 minutes. These make a delicious lunch-box snack.
2. Add any herbs or seasonings of your choice, like chopped onion. Sprinkle with paprika or cayenne pepper and bake as above.
3. **Pot bread:** Grease a cast-iron pot and bake bread over medium coals.
4. This makes delicious toast the next day.





Elaine van Vuuren

### Banana bread

Recipe from Elaine van Vuuren  
Makes 1 loaf

Banana bread is perfect for a lunch-box snack for the kids.

- 5 tbsp (75 ml) sunflower oil
- ½ cup (125 ml) sugar
- 2 eggs, beaten
- 1 tsp (5 ml) vanilla essence
- 4 ripe bananas, mashed
- ½ tsp (2,5 ml) bicarbonate of soda
- ¾ cup (180 ml) lukewarm low-fat or fat-free milk
- 1½ cups (375 ml) cake flour
- ½ cup (125 ml) wholewheat flour
- ½ tsp (2,5 ml) baking powder

1. Preheat oven to 180 °C. Lightly grease a 1,5 litre bread tin.
2. Beat oil, sugar, eggs and vanilla and stir in bananas.
3. Dissolve bicarb in milk and stir into egg mixture.
4. Place dry ingredients in a large mixing bowl and stir in the egg mixture.
5. Spoon batter into the bread tin. Bake for about 40 minutes or until a skewer comes out clean. Cool on a cooling rack.

#### Tips

1. Add 1 tsp ground nutmeg and 1 tbsp ground cinnamon or mixed spice to the batter.
2. Use overripe bananas to make this bread.

### Mealie bread

Recipe from Nompumelelo Diko  
Makes 1 loaf

This is one of those popular South African recipes and is great for a side dish at a braai or as part of a lunch-box snack.

- 1 cup (250 ml) coarse mealie meal
- 2 tsp (10 ml) baking powder
- 1 cup (250 ml) cake flour
- ½ tsp (2,5 ml) cayenne pepper or paprika or to taste
- ½ tsp (2,5 ml) salt
- 1 cup (250 ml) low-fat maas or buttermilk
- 3 eggs, beaten
- ¼ cup (60 ml) sunflower oil
- 1 x 410 g tin cream style sweetcorn

1. Preheat oven to 180 °C and lightly grease a 1,5 litre bread tin.
2. Place dry ingredients in a mixing bowl.
3. Combine the maas, eggs, oil and sweetcorn. Mix into the dry ingredients until well blended.
4. Spoon into the bread tin. Bake for 45-60 minutes or until a skewer comes out clean.
5. Allow to cool in the pan for a few minutes. Turn out onto a cooling rack.



#### Tip

Grate 2-3 baby marrows and add to the mixture. Stir ¼ cup grated reduced fat, preferably into the batter or sprinkle half on top.





### Homemade brown bread

Recipe from Louise Goosen  
Makes 1 large loaf

6½ cups (6 x 250 ml + 125 ml) brown bread flour

¼ cup (60 ml) crushed wheat (optional)

1 x 10 g sachet instant yeast

½ tsp (2,5 ml) salt

1 tsp (5 ml) sugar

3 tbsp (45 ml) sunflower oil  
about 700 ml lukewarm water

¼ cup (60 ml) oats

1. Mix flour, wheat, yeast, salt and sugar together in a mixing bowl.
2. Stir in the oil and 2 cups of the water. Stir well.
3. If necessary, add more water to form a dough that you can knead. It shouldn't be too sticky, or too dry.
4. Knead on a lightly floured surface for 10 minutes or until a smooth soft dough forms. If you press the dough lightly with your finger it should spring back.
5. Place in a clean bowl and cover with cling wrap. Allow to rise in a warm place until doubled in size.
6. Knock down the dough with your knuckles. Knead lightly.
7. Lightly grease a 2 litre bread tin. Shape dough into a loaf and place in tin.
8. Cover with a clean tea towel and allow to rise for 20-30 minutes or until doubled in size.
9. Meanwhile, preheat oven to 200 °C. Brush bread with a little milk and sprinkle oats on top.
10. Bake for 45 minutes or until it sounds hollow when tapped.
11. Turn out onto a cooling rack.

### Tips

1. **Pot bread:** Grease a cast-iron pot and bake bread over medium coals.
2. **Roosterkoek:** Divide dough into 12-15 balls at the end of step 6. Braai for a few minutes over medium coals until golden brown on both sides or until it sounds hollow when tapped.
3. **Tray-baked pizza:** Prepare as above up to the end of step 6. Roll out until about ½ cm thick and press into a lightly greased baking tray. Prick and bake at 200 °C for 10-15 minutes or until just cooked. Spread with tomato paste, sprinkle with ¼ cup of grated cheese, preferably reduced fat and any of your favourite pizza toppings. Green peppers, tomatoes, left-over chicken and sliced onions are good options. Bake again until the cheese is melted.
4. **Ugeqe (steamed bread):** At step 7, lightly grease a large bowl that fits inside a large pot and place the dough inside. Place bowl in the pot and carefully pour boiling water around the bowl to reach halfway up the sides of the bowl. Cover with a lid and simmer gently for about 1½ hours or until baked through.



## Rusks

Recipe from Marina Miller  
Makes about 100 rusks

Rusks are delicious at tea time or for a coffee break.

- 1 cup (250 ml) bran
- 6 cups (6 x 250 ml) cake flour
- 2 cup (500 ml) oats
- 2 tbs (30 ml) baking powder
- ¾ cup (180 ml) sugar
- ½ tsp (2,5 ml) salt
- ½ cup (125 ml) sunflower or other seeds (optional)
- 1 cup (250 ml) sunflower oil
- 1 cup (250 ml) water
- 2 eggs, beaten
- 2 cups (500 ml) buttermilk or low-fat maas

1. Preheat oven to 180 °C. Lightly grease and line 2 x 20 cm cake tins or a large oven dish.
2. Mix dry ingredients together in a mixing bowl.
3. Rub oil into the dry ingredients with your fingertips until it looks like breadcrumbs.
4. Beat water, eggs and buttermilk. Stir egg mixture into dry ingredients until well blended.
5. Spoon into baking tins. Bake for 45-60 minutes or until a skewer comes out clean.
6. Remove from the tins and cool. Slice into rusks and place on a baking tray.
7. Heat oven to 100 °C and dry rusks out for 6-8 hours or overnight. Cool and pack in an airtight container.

## Crustless vegetable quiche

Recipe from Michelle Reynolds  
Serves 8

Pastry is very high in fat so this crustless quiche is a healthier alternative and great for both tea time or as a light lunch with a salad.

- 2 tsp (10 ml) sunflower oil
- 2 onions, chopped
- 2-3 baby marrows, sliced
- 4 large spinach leaves, chopped
- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste
- 3 eggs, beaten
- 1 cup (250 ml) low-fat or fat-free milk
- 1 tsp (5 ml) paprika
- 2 tbs (30 ml) chopped fresh parsley
- ¼ cup (60 ml) grated Cheddar cheese, preferably reduced fat

1. Preheat oven to 180 °C and grease an oven dish or pie dish.
2. Heat oil in a frying pan and fry onions and baby marrows for a few minutes.
3. Add spinach and stir until just soft. Add salt and season with lemon juice and pepper.



4. Beat eggs and milk together and add paprika and parsley.
5. Spoon veggies into oven dish and pour egg mixture over. Sprinkle with cheese and bake for 30-45 minutes or until set.

### Tips

1. Left-over chicken or a tin of tuna can be added for a light meal.
2. Replace ½ of the milk with ½ cup of plain smooth low-fat cottage cheese.



English	Afrikaans	Zulu	Setswana
apples	appels	ama-aphula	apole
bay leaves	lourierblare	amabheyilifu	matlhare a bei
beans	boontjies	ubhontshisi	dinawa
bran	semels	ibhreni/amakhoba	moroko
brinjals/eggplant	eiervrug	ubhilinjolo	borinjale
buttermilk	karringmelk	ibhathamilkhi	mokaro
butternut	botterskorsie	ibhathanathi	lephutshe
cabbage	kool	iklabishi	khabetšhe
cardamom	kardemom	ikhadamoni	khadamomo
cauliflower	blomkool	ikholidflawa	kholidfolawa
chillies	brandrissies	upelepele	pherefere/tšhilisi
cinnamon	kaneel	isinamoni	sinamono
cloves	naeltjies	ikilovu	tlelafo
coriander/dhania	koljander	ikhoriyanda	khorienda
cornflour	mielielblom	ukhonifulawa	sethunabele
cottage cheese	maaskaas	ushizi osamasi	kase ya khotheije
cumin/jeera	komyn	ijira	jera
curry powder	kerriepoeier	ukhariphawuda	kheri/poere ya kheri
garlic	knoffel	ugalikhi	kaliki
ginger	gemmer	ujinja	gemere
green peppers	groen soetrissies	uphepha oluhlaza	pepere e e tala
lemon juice	suurlemoensap	ujuzi kalamula	surunamune
lentils	lensies	amalentili	letlhodi/ditloo
maas	maas	amasi	madila
mealie meal	mieliemeel	impuphu	bopi jwa mmidi
mint	kruisement	iminti	minti
mushrooms	sampioene	amakhowa	dithuntshwane
nutmeg	neutmuskaat	inathimegi	natemeke
oats	hawermout	i-othsi	outšhe
onions	uie	u-anyanisi	eie
pearled wheat	stampkoring	ukolweni ohlutshiwe	kôrông e e ebotsweng
pilchards	sardyne	usadinsi	tlhapi e e mo kaneng
raisins	rosyntjies	amareyizini	dirasenkisi
samp	stampmielies	isitambu	setampa
spinach	spinasie	isipinashi	sepinatšhê
tomatoes	tamaties	utamatisi	ditamati
wholewheat flour	volkoringmeel	ufulawa kakolweni ongacolisekile	bopi jwa kôrông
yoghurt	jogurt	iyogathi	yokate

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**Thank you to the following contributors:**

**General health pages:** Erika Ketterer, Katherine Everett-Murphy, Anniza de Villiers, Lucy Gericke

**Recipe selection and adaptation:** Heleen Meyer, Ashleigh Badham-Thornhill, Erika Ketterer and Lucy Gericke

**Community-based research:** Anniza de Villiers, Katherine Everett-Murphy, Jillian Hill, Debbie Jonathan, Zandile Mchiza

**Recipe testing and styling:** Heleen Meyer and Ashleigh Badham-Thornhill

**Food preparation:** Ashleigh Badham-Thornhill and Gabriella Vealle

**Photography, graphic design and layout:** Adriaan Vorster [www.adriaanvorster.co.za](http://www.adriaanvorster.co.za)

**Project management:** Ashleigh Kuttner

**Heart and Stroke Foundation:** Vash Mungal-Singh (CEO), Shân Biesman-Simons, Victoria Clarke

**Pharma Dynamics:** Mariska Fouché, Esdie Hillebrand

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The Heart and Stroke Foundation SA's vision is to encourage more people to adopt healthier lifestyles. We recognised that making healthy choices is not always that simple. As a result, we initiated the development of this guide to support home cooking in a way that is culturally popular, affordable and surprisingly tasty.



Dr Vash Mungal-Singh  
CEO, Heart and Stroke Foundation SA

Pharma Dynamics, SA's leading generic supplier of cardiovascular medicines, has significantly increased the accessibility of life-changing, affordable medicines to many.

To proactively address the health crisis we are facing, Pharma Dynamics has partnered with the Heart and Stroke Foundation SA to bring *Cooking from the heart* to life. This recipe book is a heart-friendly, multi-cultural book by South Africans, for South Africans.

Yours in Heart-health,



Paul Anley  
Founder & CEO, Pharma Dynamics



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