



Affordable,
tasty recipes
for the whole family
– whether gathered around a
table or a **braai**
Braai Edition

By **Heleen Meyer** and **Ashleigh Delbridge**

Photography by **Adel Ferreira** Design by **Natascha Mostert**

A JOINT INITIATIVE WITH



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

Cooking from the heart 4 is a joint initiative between
Pharma Dynamics and
The Heart and Stroke Foundation South Africa

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Printed by Trident Press Printing
Cape Town, August 2019

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Launched in partnership
with JanBraai



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Foreword

Whether you're a meat-eater or vegetarian, we as South Africans have **braaiing in our DNA**. It is an activity many of us indulge in at least once a week, because we don't need much of a reason to light a fire and be social. We braai on weekends because it's relaxing or during the week because the weather allows it. Braaiing has become so important to us that we even have a public holiday and the whole month of September dedicated to it. National Braai Day is now synonymous with **Heritage Day** which takes place on the 24th of September.

While the vast majority of South Africans enjoy spending time around the fire, surrounded by good company and the great aroma of food sizzling on the fire, not all braais are good for the heart. This is why **Pharma Dynamics** have created the **fourth recipe book**, a **braai edition** of **Cooking from the heart**. It is aimed at putting a healthy spin on traditional South African braais by showing everyone that braaiing can be good for both your body and mind.

This edition of **Cooking from the heart** is filled with heart-healthy braai recipes and tips on our collective braai etiquette, which we have gathered from various South Africans from all cultural backgrounds and walks of life. In partnership with **The Heart and Stroke Foundation South Africa**, we have acquired a team of dietitians who have given all the recipes in this book their stamp of approval. So, keep paging through the book for heart-healthy inspiration. May we as a nation continue to share many fire-lit evenings under the African sky.

Yours in health,

pharma dynamics
EFFECTIVE AFFORDABLE HEALTHCARE

*'May we as a nation continue to share
many fire-lit evenings under the African sky.'*

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TRUE SOUTH AFRICANISMS

In our rainbow nation, with its variety of languages and colourful cultures, it comes as no surprise that we have many words we all use, irrespective of our mother tongue. Look through this book for more **South Africanisms** we can all relate to:

🌸 **HOWZIT?** /HOEZIT /HEY /EITA: informal greeting, often used instead of 'hello' or 'how are you?'

🌸 **MZANSI** /MZANZI /MZANTSI: popular term that refers to South Africa, highlighting our country's energy and warm spirit

🌸 **UBUNTU**: having compassion, kindness, humanity – 'I am because we are'

CONVERSION TABLES

1 tsp stands for 1 teaspoon
= **5 ml**



1 tbsp stands for 1 tablespoon
= **15 ml**



¼ tsp	=	1,2 ml
½ tsp	=	2,5 ml
1 tsp	=	5 ml
½ tbsp	=	7,5 ml
1 tbsp	=	15 ml
¼ cup	=	60 ml
⅓ cup	=	80 ml
½ cup	=	125 ml
¾ cup	=	190 ml
1 cup	=	250 ml
1½ cup	=	375 ml
2 cups	=	500 ml
4 cups	=	1 litre

Ingredient measurements in **grams and millilitres** are not the same. This useful table will help you with some conversions.

The following amount in grams = **250 ml (1 cup)**

➔ **1 cup = grams**

almonds	=	150 g
cake flour	=	140 g
cheddar & mozzarella cheese	=	100 g
cocoa powder	=	100 g
coconut	=	80 g
cornflour	=	120 g
feta	=	150 g
lentils: red & brown	=	200 g
mealie meal	=	120 g
oats	=	90 g
raisins & sultanas	=	150 g
rice	=	200 g
seeds: lin, sesame & poppy	=	150 g
sugar: brown & white	=	200 g
sunflower seeds	=	150 g
wholewheat flour	=	150 g



'SERVES ...'

The serving recommendation at the top of each recipe is a **guide** to help with **portion control**.

Serves
4-6

Ready in
20 mins

'READY IN...'

The indication of **how long a recipe takes to prepare** is just a guide, but includes marinating, cooking and cooling times where relevant.



SHISA NYAMA /TSHISA NYAMA /BRAAI: cooking over a fire or coals; popular social event and a lifestyle in sunny South Africa

LET'S BRAAI

– the Cooking from the heart way

What is a braai? This is something every South African can answer. In our beautiful country, it's a culture! No matter where you are from, a braai brings family and friends from all walks of life together. We love to centre our celebrations around food.

'a braai brings family and friends from all walks of life together'

Whether for a **relaxed family meal**, **social get-together**, **special celebration** or when supporting sports teams with friends, or perhaps just because the sun is shining (and even when it isn't), we are ready to light a fire.

Braaiing is not just a way to cook food – it's a social event. Part of the 'kuier' or 'ukuvakashela' is the time spent socialising and waiting for the coals to be ready for those first pieces of meat or veggies to hit the hot grid.

This book **encourages everyone** to follow the **Cooking from the heart** way of eating, even at a braai. Eating healthily is important for the whole family. The emphasis of this recipe book is to make healthy living easier for everyone as this should be the way every family eats.

Cooking from the heart 4 is all about making the best choices when it comes to putting your braai menu together. Enjoying healthy and balanced meals doesn't mean it will be bland or boring, as it's easy to make it tasty, healthy and wholesome.

Can a braai actually be unhealthy?

Yes, braaiied food can be unhealthy but it's easy to turn this around. Let's start with the most popular ingredient at a braai – the meat. Part of a healthy way of eating, is to control portions as well as the amount and type of fat and oil in your meals. Meat, especially red meat, tends to have a higher fat content, but by making the best choices and following a few basic

guidelines, you can still enjoy a variety of meat cooked over the coals. See pages 22-31 for more detail.

Then there are the sides and starchy dishes. We have all been to a braai, where the table is loaded with meat and 'white' starches. This can range from potato salad, different breads, **PAP**, **BRAAIBROODJIES**, pasta or other starch-based salads, rich potato bakes and more. But having a more balanced plate of food remains the best way to make sure that your meal is also nutritious. Salads and non-starchy veggie dishes should always be part of the meal to enjoy something from every food group. Read more on the **Plate model** on pages 6-9.

Another part of a **BRAAI** that could be less healthy, is convenience foods and other ready-made products used. This includes marinades, salad dressings, sauces, snacks, pre-prepared salads, side dishes and desserts. Shop-bought versions tend to be much higher in salt, sugar, chemical preservatives, colourants and other refined products. These should be limited or avoided as much as possible. The solution is to rather make it at home. At **Cooking from the heart**, we always say: 'homemade is best'.

So, if you are still wondering whether delicious and nutritious can be used in the same sentence, the answer is, yes! Just keep on reading and enjoy every recipe in this book.

1

Enjoy a variety of foods

Eating different foods gives your body all the nutrients it needs. Enjoying a variety of foods also prevents boredom associated with eating the same food every day. The **more colourful your plate of food** is, the wider the variety of nutrients. This is important when eating at a braai – it shouldn't only be meat and starches.

2

Eat dry beans, split peas, lentils or soya regularly

These are good sources of **protein**, **low in fat** and **high in fibre**. You can replace meat in some meals with these ingredients and they are the best plant-based protein for vegetarian meals. Keep in mind that these contain **both protein** and **carbohydrates**.

6

Use salt and foods high in salt sparingly

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 you eat can come from **processed foods**. Examples are stock cubes, soup powders, crisps and processed meats like polony. **Gradually cut down** on adding salt and soon you won't notice the difference. Shop-bought spice mixes, marinades and sauces used when braaiing can be very high in salt – rather make your own, see pages 41–45.

7

Have milk, maas or yoghurt every day

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

3

Eat plenty of 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 diseases. Enjoy veggies or salad at least twice a day. Aim for a total of **five portions** of vegetables and fruit every day of which some should be raw. Make use of these ingredients for sides and salads with a braai.

4

Make unrefined starchy foods part of most meals

These foods are high in fibre and can help you **feel fuller for longer** and lower your risk of developing obesity, heart disease and cancer. Good choices are **unrefined**, **unprocessed** or **wholegrains**, like brown or wholewheat bread, coarse maize (mealie) meal, oats and brown rice. This could also include starchy veggies like butternut and sweet potato. Remember to enjoy these in controlled portions. This is especially important at a braai, as there are often too many starchy dishes on the table.

5

Fish, chicken, lean meat or eggs can be eaten daily

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 disease. Remember to remove any excess fat from meat and chicken before cooking or braaiing these. 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**. Fresh fish is delicious prepared over the coals.

9

Use fats sparingly. Choose vegetable oils rather than hard fats

Eating too much fat and fried food can make you gain weight and raise your cholesterol levels. For a person who needs to lose weight or who wants to maintain a healthy weight, this is important. Limit the amount of fatty red meat, butter, hard margarine, cream, lard and ghee that you use. Rather **use good (unsaturated) fats** like oils (canola, olive or sunflower oil) and soft tub margarine in small to moderate amounts. **Nuts**, **seeds**, **peanut butter** and **avocados** are sources of good fats. See pages 9 and 13–15.

10

Drink lots of clean, safe water

You need about 6–8 **glasses of water** a day. Most of this should come from tap water and includes drinks like tea or coffee without any sugar. Remember that fruit juice has a high concentration of fruit sugars which can affect the amount of energy added to a meal or snack. Rather dilute juice by a third with water or choose fresh fruit instead. If you do drink alcohol, **drink in moderation**.

GUIDELINES FOR healthy eating

A healthy lifestyle helps to prevent and manage chronic diseases such as **diabetes**, **high blood pressure**, **heart disease**, **strokes** and **cancer**. Remember to keep an eye on your **portion sizes**, keep **physically active** and **avoid smoking**. Also read about the **Plate model** on pages 6–9.

PLATE MODEL

– a practical guide

Portion control and eating a variety of wholesome foods are important when considering a healthier way of eating. In South Africa, we are often guilty of piling our plates, firstly with too much food and often with too many starchy side dishes, especially at a braai.

KEEP IT BALANCED

Is there an easy way to make eating in moderation and with a good enough variation of foods a way of life? Yes, indeed. Use this model to manage and control the portion sizes of the different food groups you and your family eat every day. By dividing the plate into

starches, vegetables, proteins and fats, it is easy to determine how much of each food we should eat.

Eating a variety of healthy foods in the correct quantities is the aim. This will provide our bodies with enough nutrients – an important step towards a healthy way of eating. This practical model makes it easier to plan balanced family meals (for anyone older than 2) with the ideal portions. The focus is to have a **balanced plate of food** and not, for instance, too much starch or fatty foods. Rather increase the portion of non-starchy veg and have a moderate portion of the other foods. The recipes in this book each indicate the amount of portions it serves — use this as a guide to know how big a portion of each recipe should be.

Here are a few examples of how you can choose better starchy foods to include in your meals to keep you feeling fuller for longer:

Sweet potato, in the skin	Potato, peeled
Brown rice	White rice
Coarse mealie meal	Fine mealie meal
Lentils and legumes	White rice, pasta or pap
Raw, unsalted nuts and seeds	Chips and other salty snacks
Seasonal fruit	Sweets and chocolates
Wholewheat bread or low GI brown bread for braai broodjies	White bread, pre-made roosterkoek or garlic bread

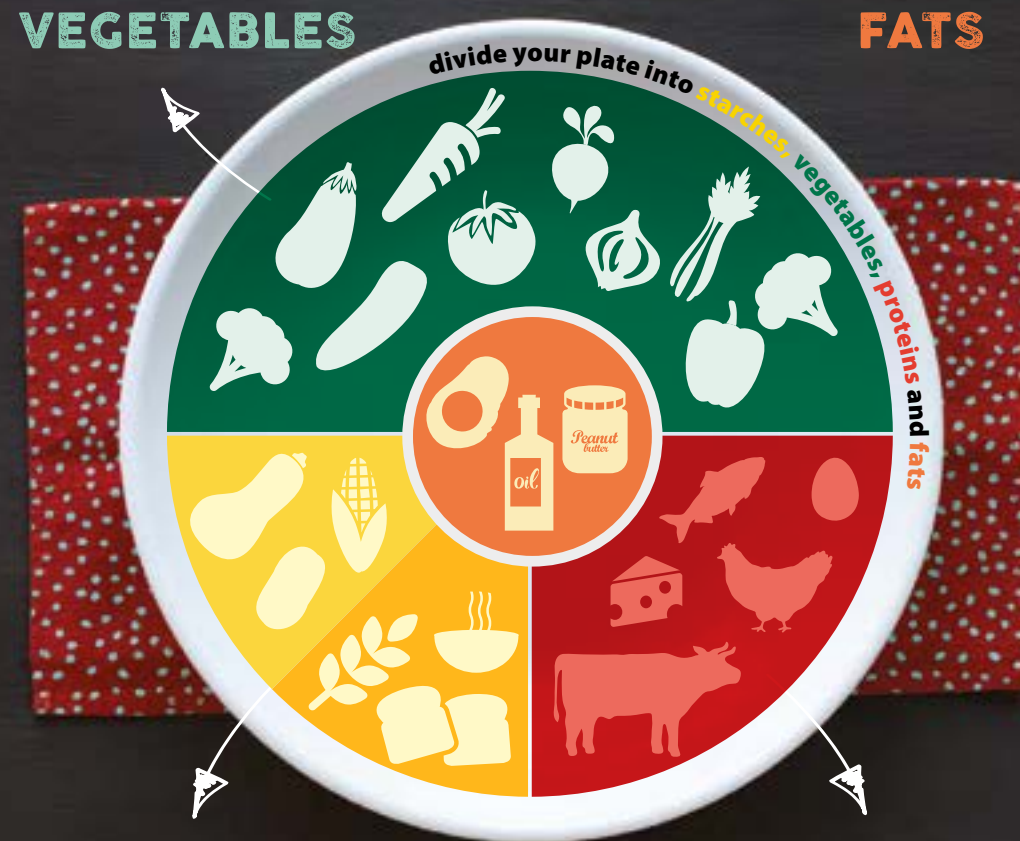
instead of

* Baby marrows * Beetroot * Brinjal * Broccoli * Cabbage * Carrots * Cauliflower * Celery * Cucumber * Green beans * Lettuce * Marogo * Mushrooms * Onions * Peppers * Spinach * Tomatoes

* Avocado * Nuts * Oil * Peanut butter * Seeds

VEGETABLES

FATS



STARCHES

PROTEINS

STARCH * Bread * Brown rice * Lentils * Pap * Pasta * Porridge * Rotis * Samp * Wholegrain cereal

* Beef * Cheese * Chicken * Chickpeas * Dried beans * Eggs * Fish * Lentils * Ostrich * Red meat

STARCHY-VEG * Butternut * Mealies * Potatoes * Sweet potatoes

STARCHES Starch is a carbohydrate-rich food. **Carbohydrates** (carbs) are the main source of energy for our body to function properly. It should provide enough fibre to support our digestive system. **Carbs** easily fill you, but need to keep you feeling full for longer.

Refined carbs cannot sustain your energy levels as well as unrefined carbs, therefore these should be limited in both meals and snacks. Wholegrain and unrefined starches provide additional health benefits and nutrients important for a healthy body. Unrefined carbs are known for having a low GI which means they maintain a gradual release of glucose (sugar) into the bloodstream and keep you fuller for longer. This limits the constant need to nibble on something in between meals. Good examples are wholewheat bread and brown rice although portion control is still important.

The **combination of more than one type of starch**, e.g. potatoes and bread, at a braai or other meal, easily contributes to eating **too many carbohydrates**. If you need to lose weight or avoid gaining weight, as part of your healthier lifestyle, cutting down on portions of excess carbs will make a big difference. An active person with a normal body weight can enjoy a slightly bigger portion of carbs, as long as it is burnt as energy. Balancing starch, protein and veg is important for every meal.

One quarter of your plate or about the **size of your fist** is the recommended starch portion size for meals. Remember to keep the portion small when dishing up more than one carb to stay within the ideal portion size. Examples of starch include rice, potatoes, pasta, bread, cereals, porridge, mealie pap, rotis or samp. Starchy vegetables like potatoes, butternut, sweet potatoes and mealies also count as carbs. Always make the best choice and prepare these in a healthy way.

FRUIT & VEGETABLES Fill the largest portion of your plate with **non-starchy veg** and/or **some fruit**. Non-starchy vegetables are low in energy, but high in nutritional value. These veggies are rich in vitamins, minerals, fibre and other nutrients. When prepared in a healthy way they don't lead to weight gain. It's recommended to enjoy some of the veg and fruit in the day, raw. Make your plate appetising by adding a variety of veg with different colours, textures and tastes. If you are familiar with the South African tradition of a **seven colour Sunday lunch**, it's a great example of enjoying a variety of fresh ingredients in a meal.

Avoid serving fresh ingredients with sauces and dressings high in hidden fat or sugar. These sauces and dressings can increase the total energy of your meal and have a significant effect on your weight. Keep in mind that fruit do contain natural sugars, so manage your portions per day.

PROTEIN Our bodies need **protein** to repair any damaged tissue, grow properly and function well. Proteins are also important **building blocks for muscles**. The recommended protein portion size for a meal is the **size of the palm of your hand** or a quarter of the plate. See pages 22-31 for practical guidelines. Good choices are meat, fish, chicken and turkey, eggs, beans, lentils, soya and cheese. Choose lean cuts of meat and remove any visible fat or skin before cooking or braaiing.



FATS Many people believe we should avoid fats, but it is important to know that our bodies do need **healthy fats** as a valuable source of energy and to function well. Fats are important to help the body absorb fat-soluble vitamins, like vitamin A, D, E, and K. Although fats are important, we should not eat too much, as fats are very high in energy (kilojoules) that could lead to weight gain. Fats to limit are saturated fats like animal fats, and trans fats in some commercially baked products. Rather choose healthy fats from nuts, avocado, olives, seeds and oily fish. Removing fat from meat or making sure that excess fat cooks out when braaiied over the coals, is another way to reduce the amount of fat that will be in the meal.

MAKING GOOD CHOICES

A braai is an informal and social way of getting together and sharing a meal with family and friends. Nobody wants to spend hours in the kitchen, but to turn to convenience food to make this easier, is not the answer.

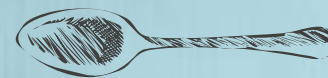
As discussed on page 3, the **Cooking from the heart** phrase '**homemade is best**' is also true for a braai. Rather use some of the quick, delicious and wholesome recipes in this book, instead of working too hard or resorting to shop-bought options. Get everyone involved to help with the braai and make it more fun.

Unhealthy foods and products often used as part of a braai menu could include shop-bought marinades, dressings, accompaniments like tinned **CHAKALAKA** or other tomato-based sauces, pre-made salads, **ROOSTERKOEK** (griddle breads) or garlic breads and pre-marinated meats. To make these at home is often not that difficult and for the sake of healthier meals, worth the effort. If you have a tested recipe you can trust, then you know that you will be serving meals with less salt, sugar and unhealthy fats to your family.

LEKKER: Afrikaans word with multiple meanings describing food, something or someone as great, delicious, amazing, nice or fun!

A teaspoon of salt
5 g salt = 2000 mg sodium

Why should too much salt and sugar be limited?



Small amounts of salt form part of a healthy way of eating but eating more than your body needs is not ideal. Too much salt can increase your blood pressure, which could in turn lead to an increased risk of developing heart disease or strokes.

The **recommended amount of salt per day per person, is only 1 tsp (5 ml or 5 g)** and should not be exceeded. This includes the amount of salt added during cooking, at the table and what is found in ready-made foods.

Limit products like bottled marinades or marinade powders, sauces, soup powders, meat tenderisers, salt mixes, especially braai salt mixes, as these often contain lots of hidden salt. This can be true for pre-marinated meats, sausages and other convenience products to braai. When using salty ingredients like **Worcestershire or soy sauce**, don't add more salt to the food out of habit. First taste and try healthier suggestions, like lemon, before adding more salt. **Read the food labels** for these products to know what is added to your family braai. See pages 13 -15.

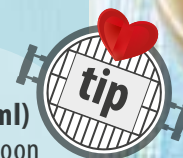
SALT is made up of two parts, **sodium and chloride**. Sodium is the part that should be limited and this is what is indicated on food labels. Take into consideration that a teaspoon of salt contains 2 000 mg of sodium.

Many people enjoy **sweet and sugary foods** and treats and without realising, include lots of unnecessary energy (kilojoules) in their meals. Our bodies don't need sugar to function properly and too much sugar could lead to weight gain and many other health problems, like diabetes, heart disease and strokes. Once you do get used to a certain level of sweetness, it can be difficult to adapt to less sweet tastes when trying to follow a healthy way of eating.



Lemon is the 'new' salt and brings out the natural flavour of food.

Keep a **½ tsp (2,5 ml)** measuring spoon in your salt dish to know how much you are adding, rather than just grabbing the salt shaker.





SUGAR is found **naturally** in some **foods like fruit**, but there is often lots of sugar added to pre-prepared and convenience foods during manufacturing. This includes sweets and treats, but also drinks, some dairy products and maybe even your favourite shop-bought meat marinade.

Many South Africans love sweet side dishes, salads, dressings and sauces. Ingredients like sugar, honey, condensed milk, sweetened yoghurt and even mayonnaise are often used to add flavour. Pre-prepared marinades and sauces, salads and snacks can also be very high in sugar, even if it has a savoury taste. **Always read the food label** and rather **add natural sweetness** to recipes by using sweeter tasting vegetables like carrots, butternut and sweet potato or fresh fruit and sweeter spices, like cinnamon, for desserts and other sweet treats.

DRINKS & ALCOHOL Many drinks include more sugar than we may think. This includes fruit juices, fizzy, energy and powdered drinks, cordials, iced teas, cocktails, mixers, ciders, beer and wine. These may add more energy (kilojoules) to a meal than you realise. Rather avoid alcoholic drinks that are high in carbs and sugar and choose dry wine or spirits mixed with water or soda water. Remember to read the label of so-called diet, low-sugar and sugar-free drinks, to know what they contain. If you do drink alcohol, drink in moderation and have it with a meal. **Have a glass of water handy** to enjoy as part of the meal and get-together.



Part of making good choices, is knowing what is in different food products. The habit of always reading food labels will benefit the whole family and is an important part of following a healthy lifestyle. Knowing what to look out for, is a good start.

Every food label looks a little different, but should contain certain important information to help you decide whether or not it is a healthy option. Understanding what this information means, will make reading labels so much easier. **Use this 2-step guide** to understand the two important aspects of reading food labels: first the **nutrition information panel**, followed by the **list of ingredients** in the product.

step 1: read the **nutrition information panel**

The Nutrition Information Panel on a label is often divided into columns. One column shows the nutritional value per 100 g of food and the other column, the values per suggested serving size, indicated for that specific product. In an additional column, the nutritional elements are listed and should indicate the **energy, protein, fat, carbohydrates, sugar and sodium (salt)** in food. General guidelines for the ideal amount of each nutrient have been suggested on the next two pages.



step 1: read the **nutrition information panel**

SERVING SIZE

Note: The serving size on the label may not be the ideal portion size. Always look at the 'per 100 g' column to compare products

CARBS

Total or glycaemic amount and sugars | Limit foods high in added sugar
Aim for less than 5 g per 100 g

Note: Ignore the grams of sugar on the Nutrition Information Table as it is included in the grams of total or glycaemic carbohydrates

FATS

Total | Aim for less than 10 g per 100 g
For milk and yoghurt aim for less than 2 g per 100 g

Saturated | Aim for less than 3 g per 100 g or as low as possible

Trans | Aim for less than 1 g per 100 g

Oils and margarines are high in fat
Choose poly- and monounsaturated varieties and use sparingly

DIETARY FIBRE

Aim for 3 g or more per serving

SALT (Sodium)

Aim for less than 120 mg per 100 g (see table on page 15)

TYPICAL NUTRITIONAL INFORMATION

Average values	per 100 g	per 20 g serving (if applicable)
Energy	1550 kJ	310 kJ
Protein	11,9 g	2,4 g
Glycaemic carbohydrate of which total sugar	73 g 2,5 g	15 g 0,5 g
Total fat of which:	3,0 g	0,6 g
saturated fat	0,7 g	0,1 g
trans fat	0,0 g	0,0 g
monounsaturated fat	0,5 g	0,1 g
polyunsaturated fat	1,8 g	0,4 g
Cholesterol	0 mg	0 mg
Dietary fibre*	3,3 g	0,7 g
Total sodium	662 mg	128 mg

Remember that **sugar**, **fat** and **salt** can be listed under different names on a label.

Sugar

concentrated fruit juice, corn syrup, dextrose, fructose, glucose, glucose syrup, golden syrup, maple syrup, honey, lactose, malt, malt extract, maltose, isomaltose, maltodextrin, molasses, sucrose, raw sugar, cane sugar, invert sugar, treacle

Fat

animal fat, beef fat, butter, chocolate, carob, coconut oil, cream, dripping, ghee, hydrogenated oils, lard, margarine, milk solids, monoglycerides, palm oil, seeds, nuts, coconut, shortening, tallow, trans fats, vegetable fat

Salt

baking soda, salt, MSG (monosodium glutamate), any word containing the term sodium, nitrates, nitrites

step 2: read the **list of ingredients**

The **list of ingredients** should be indicated in **order of highest to lowest quantity** in the specific food (see the examples below). The first three ingredients on the label make up the largest portion of the product. **Be aware of either sugar, salt or fat** as one of these first ingredients, as this may indicate that it's not such a healthy choice. Also take note that these ingredients are sometimes 'hidden' in products and listed under different names, which could be confusing.

Example 1: **brown onion soup powder**

INGREDIENTS: wheat flour (gluten), corn starch, salt, flavour enhancers (E508, E627, E631), sugar, dehydrated vegetables (carrot, leek), vegetable fat (palm fruit, TBHQ [E319], BHT [E321], hydrolysed vegetable protein (soya), colourant (E150a), thickener (E412), irradiated onion, irradiated herbs, anti-caking agent (E551), irradiated garlic, acidity regulator (E330), irradiated spices, flavourings

Example 2: **tin of chopped tomatoes**

INGREDIENTS: tomatoes, tomato paste, citric acid, calcium chloride

Use this practical table to know the **ideal value of each nutrient** in different foods.

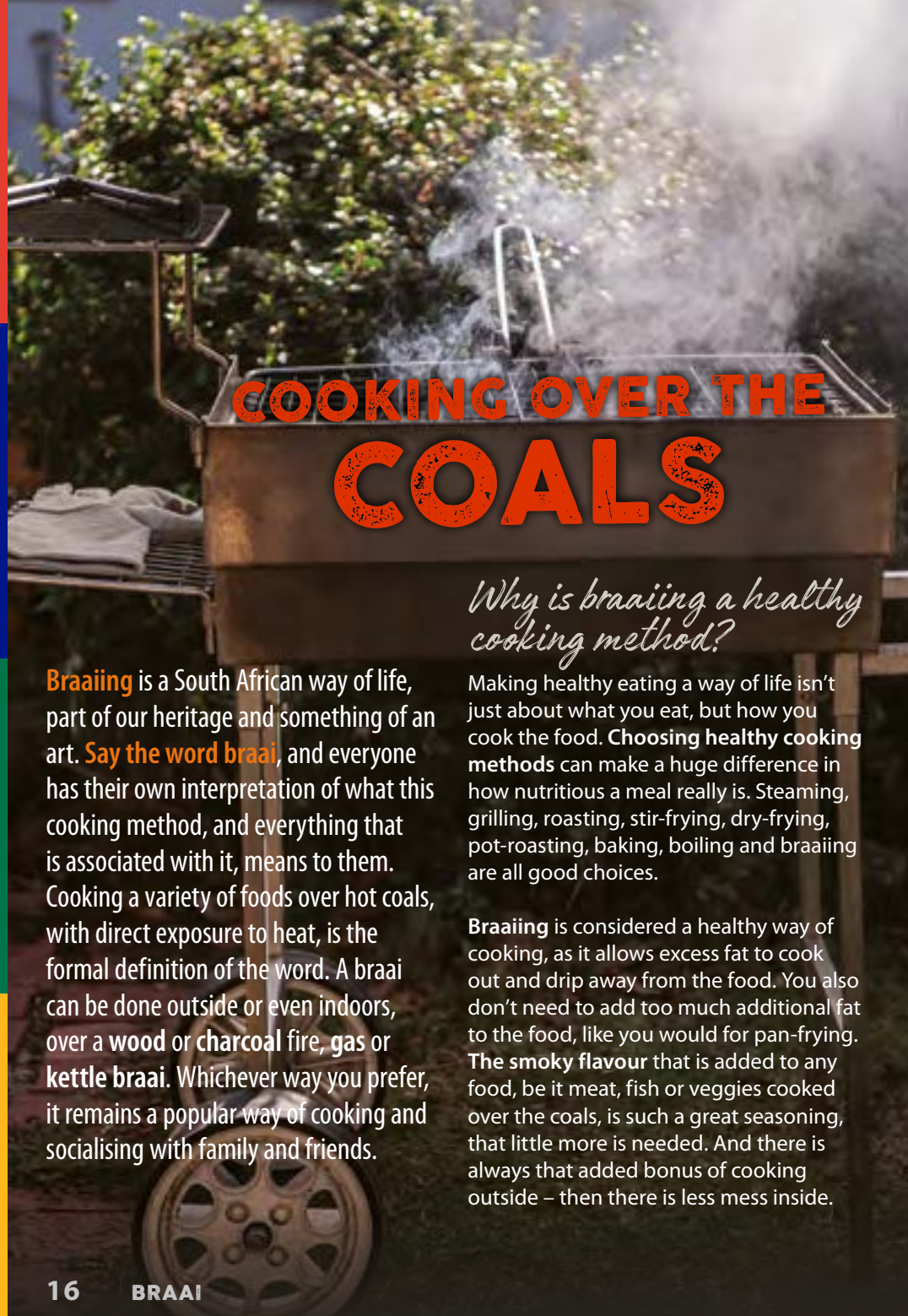
Nutrient Per 100 g of food	Fat	Saturated fat	Sugar	Salt (Sodium)
low Eat more often	< 3 g	< 1,5 g	< 5 g	< 120 mg
medium Eat seldom	3-20 g	1,5-5 g	5-15 g	120-600 mg
high Avoid	> 20 g	> 5 g	> 15 g	> 600 mg

< stands for **less than**
> stands for **more than**



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

The Heart and Stroke Foundation South Africa implemented a healthy foods endorsement programme called the Heart Mark programme, about 25 years ago. The **Heart Mark logo** on the food labels indicates that it is a product low in salt, saturated fat, trans fat and sugar and high in fibre. Heart Mark products can contribute to reducing and controlling lifestyle diseases, like high blood pressure, bad cholesterol, heart diseases and strokes. Keep in mind that no product should be eaten in excessive portions or too frequently, even if it carries the Heart Mark.



COOKING OVER THE COALS

Why is braaiing a healthy cooking method?

Braaiing is a South African way of life, part of our heritage and something of an art. **Say the word braai**, and everyone has their own interpretation of what this cooking method, and everything that is associated with it, means to them. Cooking a variety of foods over hot coals, with direct exposure to heat, is the formal definition of the word. A braai can be done outside or even indoors, over a **wood or charcoal fire, gas or kettle braai**. Whichever way you prefer, it remains a popular way of cooking and socialising with family and friends.

Making healthy eating a way of life isn't just about what you eat, but how you cook the food. **Choosing healthy cooking methods** can make a huge difference in how nutritious a meal really is. Steaming, grilling, roasting, stir-frying, dry-frying, pot-roasting, baking, boiling and braaiing are all good choices.

Braaiing is considered a healthy way of cooking, as it allows excess fat to cook out and drip away from the food. You also don't need to add too much additional fat to the food, like you would for pan-frying. **The smoky flavour** that is added to any food, be it meat, fish or veggies cooked over the coals, is such a great seasoning, that little more is needed. And there is always that added bonus of cooking outside – then there is less mess inside.



What do you need for a successful braai?

There are many factors that play a role in a successful braai. Some say it's all about the company, others will say the type of wood is crucial and for others it will be all about the type of food that is braaiied.

Heat & height The temperature of the coals and the distance between the coals and grid are possibly two of the most important things to have in place. If the coals are too hot or the food is too close to it, the food will burn before it is cooked and if it's too cold, the cooking takes very long and ingredients like meat could dry out and lose a lot of its natural juices that would keep it moist. Hot coals can be 'managed' by having the grid slightly higher above them, so being able to move the grid into different positions is necessary. If your braai set-up doesn't allow for this, even a brick or two will do the trick, to lift the grid higher.

To get that sizzle going The expression, **sizzling hot coals**, are used for a reason. Food should make a sizzling sound when going onto a grid and definitely not burn immediately, but brown and cook evenly.

One way to make sure that there is a **glowing red bed of coals**, is to light the fire in time. Rushing it may result in coals that are either too hot or not enough. Be patient and wait for a large enough bed of coals to form. Ideally there should be no flames when the food is placed on the grid, as these could burn the food. Fat that drips onto the hot coals may cause

flames to shoot up, but manage the exposure of the food to the flames as best you can. Lift the grid and allow the flames to subside before continuing to braai.

Consider whether a **wood, charcoal or briquette** fire will be made. A combination of all of these can be used, to make sure that there will be enough coals for the duration of the braai. Think about what needs to be braaiied – is it only steak or are there also chicken and veggies to braai?

The hand test Measure the heat of the coals, by holding your hand more or less at the height that the grid will be. You should be able to keep your hand there for **5-6 seconds for the ideal heat**.

Almost any food can be braaiied over this heat, the intervals between turning the grid may just vary according to the food that is used. Steak, for instance, can take more heat than fish. Or adjust the height of the grid over the coals as needed.

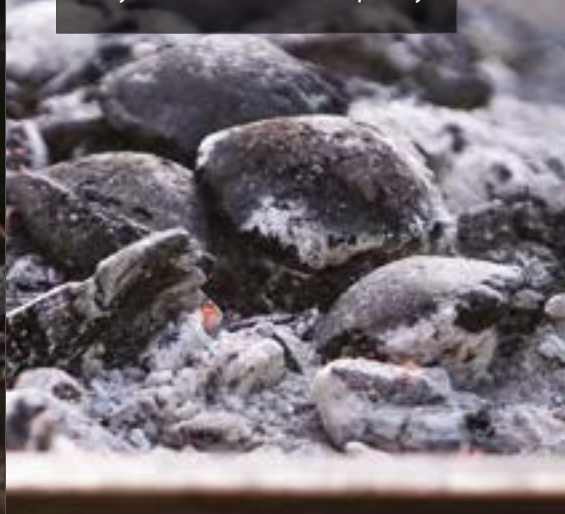


Wood fires:

allow enough space between pieces of wood when packing the first stack to start the fire. This will allow air to circulate, so that the fire continues to burn.

Briquettes:

after burning for a while, a thin layer of white ash indicates that these are ready to start braaiing. Don't move them too much, as they will cool down too quickly.



To braai with:

- 🌀 **Tongs:** it's best to have one set for the coals and one for the meat. Make sure that these are long enough, so that you don't burn yourself, have insulated handles and a good grip.
- 🌀 **Gloves:** for working with a hot grid, wood or coals. A heavy duty, asbestos version is more heat-resistant and available from most hardware stores.
- 🌀 **Grids:** closed-hinged braai grids of various shapes and sizes.
- 🌀 **Braai dishes:** for marinating, using around the fire and serving when the meat is done.

BRAAI UTENSILS & REQUIREMENTS

Everyone has their preferred list of utensils and equipment, but here are a few suggestions to make things easier.

To light the fire:

- 🌀 **Matches** or a gas-lighter.
- 🌀 **Firelighters** or **soak** used, dried **tea bags** in a jar of **paraffin** to use as affordable and recycled firelighters.
- 🌀 **Small sticks**, pine cones, balls of newspaper as fire starters.
- 🌀 **Wood**, charcoal or briquettes.



🌀 **EISH** /HAIBO /HAYIBO /YOH /JISLAAIK /AIKHONA: exclamation of surprise, shock, disbelief, confusion, anger and even joy

🌀 **SHAP-SHAP** /SHARP: indicating that everything is great, understood, agreed, sorted or even to say goodbye



PRACTICAL BRAAI TIPS

❖ **Cold or frozen food:** for the best results, remember to take meat, chicken or fish out from the fridge an hour or two before braaiing, to get it closer to room temperature. Ingredients braai better when not ice cold. If foods are frozen, remove from the freezer well in advance.

❖ **Braai in the right order:** put the longest cooking food on the coals first, or foods that can be kept warm, like sausages, chicken and veggies. Steak and fish should be eaten immediately, as it will continue to cook once taken off the heat and can easily be overcooked, so braai these just before serving.

❖ **Never burn the meat** or other ingredients, as these **burnt parts could have carcinogenic** properties. This has been linked to an increased risk of developing cancer.

❖ **Rub a braai grid** over hot coals with half an **onion** to help clean the grid before braaiing. This can also prevent the meat or other ingredients from sticking.

❖ **Season meat and veggies** with salt just before or while being braaied. If added too soon, salt can draw out the natural juices, leaving the end result less juicy. Remember to limit the amount of salt used and always measure first. Use natural seasonings like lemon, herbs, salt-free spices, ginger, garlic or chilli before adding more salt. See the recipes for ideas on seasoning the natural way.



❖ **Never poke meat** or other ingredients with a fork to turn it on the braai. Rather turn with tongs or a lifter. If the food is poked, the natural juices will run out and could lead to a drier and less tasty end result.



❖ **Suggested order:** sausage (can stand or be served as starter snacks); chicken; veggies; make more coals, if necessary; then braai steak and chops; fish should be braai last and served immediately.

POTJIES

A **potjie** is another typical South African word, referring to a stew or one-pot meal prepared over the coals. A black cast-iron pot is mostly used for this and it can either be a three-legged version or one with a flat base. Less tender, more affordable cuts of meat are perfect to turn into a potjie cooked over the coals. A delicious smoky flavour is the big difference when compared to a similar dish prepared on the stove. The same recipes used for cooking stews can be used to prepare a variety of potjies.

This cooking method is a wonderful way to add veggies to a meat dish. Firmer veggies like onions, carrots, butternut, potatoes or sweet potatoes are often added during the first part of the cooking process. Tender veggies like mushrooms, green beans, cabbage, broccoli or cauliflower can all be added towards

the end of the cooking time. You can even prepare vegetarian potjies successfully. Use soaked dried beans, lentils and split peas to add wholesome proteins to the pot. Tinned options can also be used but add these with the tender veggies.

Remember that when making a potjie, the same basic healthy guidelines apply. Healthy, natural seasonings, like herbs, lemon, garlic, ginger and salt-free spices are best. Avoid using soup, sauce or stock powders or other pre-prepared ingredients high in salt, sugar and artificial seasonings. Rather thicken the sauce with cornflour, flour or veggies (like butternut or sweet potato), than cream or tinned soups.

Don't make the coals for a potjie too hot, as the same long, slow cooking process is required on the fire, as when it is prepared on the stove.

Find inspiration for your next potjie in some of the previous **Cooking from the heart** recipes on www.cookingfromtheheart.co.za

Cooking from the heart 1 ♥ Stew with beef and tomatoes ♥ Beef stew with vegetables
♥ Beef sishebo with beans ♥ Masala chicken with potatoes ♥ One-pot chicken ♥ Spicy samp and beans
Cooking from the heart 3 ♥ Bean & beef casserole

Braaiing

MEAT, CHICKEN, FISH & VEG

Cooking meat over the coals has been done for centuries and is indeed a delicious way to prepare meat and other ingredients. In our sunny country, we love to gather around a fire and share wonderful meals together.

There are a few practical tips and cooking guidelines when it comes to preparing food over the coals. The **type and cut of meat**, **choice of veggies** and whether or not to **marinate** all play a role in the final dish.

What does a meat portion look like? To make it practical, estimate a **portion** as more or less the size of the **palm of your hand**. According to basic healthy guidelines the recommended amount of meat per meal is: **90 - 120 g for women** and **120 - 150 g for men**.



Lean meats: venison and ostrich are red meats that are low in fat. Chicken without the skin, pork with the fat removed and fish are also considered lean and can all be eaten regularly.

Medium-fat meats: most cuts of beef, lamb, chicken with the skin, sausages and fried fish should be eaten less often.

High-fat meats: spareribs, pork sausages and processed meats should be limited.



Cooking from the heart tips when cooking meat

3 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's meals.

4 Make red meat go further by adding extra veggies and dried beans or lentils to your stews and other red meat dishes.

5 When available at a good price, use **ostrich and venison** as these are lower in fat than beef and lamb.

2 Spoon any fat from the top of a potjie before serving.

1 Remove all visible fat from meat or chicken before cooking.

For tips on marinating see pages 41-45.

'In our sunny country, we love to gather around a fire and share wonderful meals together.'

RED MEAT

IDEAL CUTS TO BRAAI

Not all cuts of meat are ideal for braaiing. Tender and mature cuts, like steak and chops are better. The cuts of meat that worked the hardest, like neck, shin and shoulder are **tougher cuts** and are best prepared with **moist cooking methods like when making a potjie**. These are often more affordable cuts of meat.

Cuts that have done less work, like chops, loin, rump, ribs and fillet are all considered **tender cuts** of meat and are ideal to braai.

WHEN IS THE MEAT DONE?

Raw and rare meat: completely soft and springy.

Medium: slightly firmer, braai 4-5 minutes on each side (depending on the thickness).

Well-done: completely firm (not recommended as it could become tough and dry), braai 7-8 minutes per side (depending on the thickness).

'tender cuts of meat are ideal to braai'

BRAAI CUTS & PORTION SIZES PER PERSON

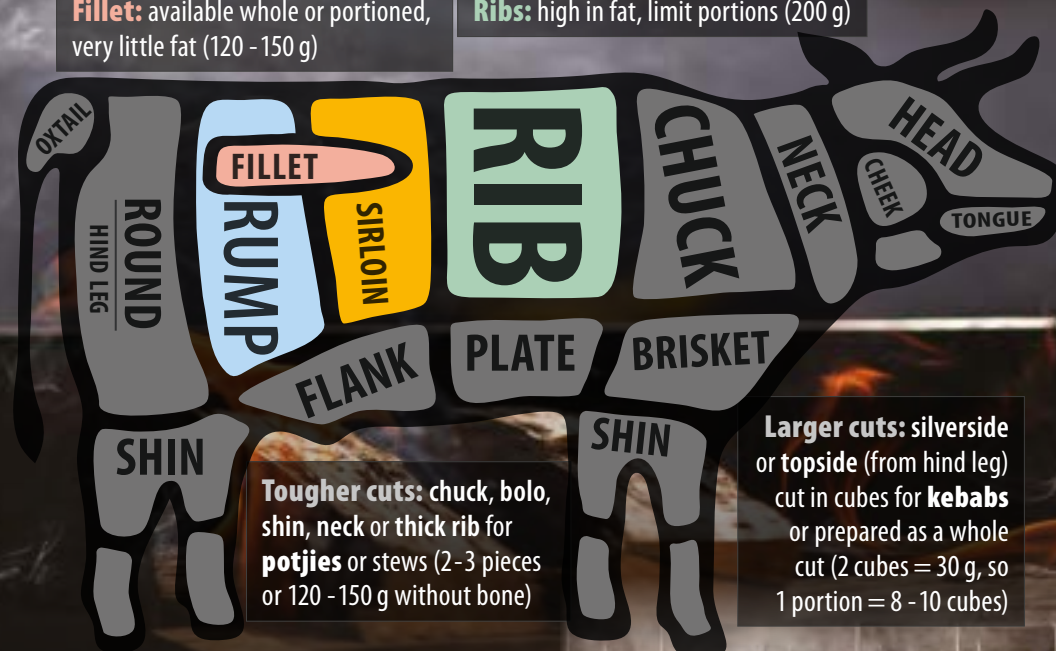
BEEF

STEAK: rump, sirloin, porterhouse, T-bone, remove visible fat (120 - 150 g without bone)

CHOPS: loin, chump, remove visible fat (1 medium = 90 g without bone)

Fillet: available whole or portioned, very little fat (120 - 150 g)

Ribs: high in fat, limit portions (200 g)



Tougher cuts: chuck, bolo, shin, neck or thick rib for **potjies** or stews (2-3 pieces or 120 - 150 g without bone)

Larger cuts: silverside or **topside** (from hind leg) cut in cubes for **kebabs** or prepared as a whole cut (2 cubes = 30 g, so 1 portion = 8 - 10 cubes)

South Africans love **BOEREWORS** (**sausages**) cooked over the coals, but it can be high in salt, preservatives and unhealthy fat. Read the food labels and look out for leaner options that are lower in salt, fat and other additives. South Africa has legislation that governs the ingredients in sausages. When shopping, look out for real 'boerewors'. To be labelled boerewors, it must contain a minimum of 90% meat, of which no more than 30% should be fat. Boerewors may not contain any offal or processed meat.

'look out for real boerewors'

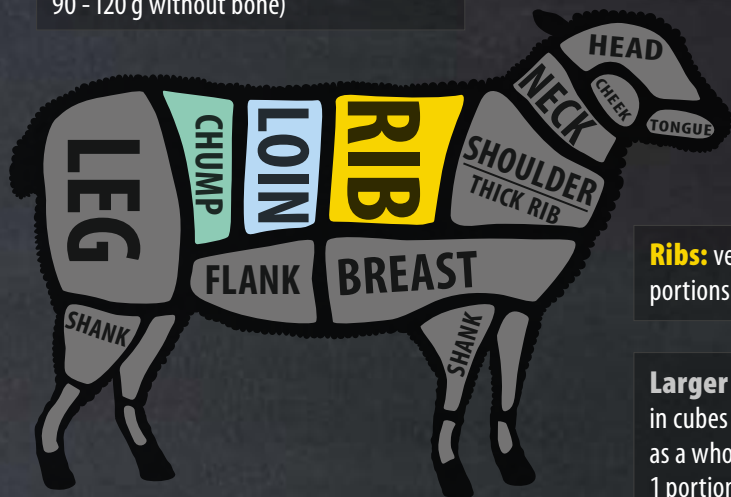
BOEREWORS: literally 'farmers' sausage' – this term describes a savoury sausage seasoned with coriander and other spices – usually braai'd



CHOPS: loin, **chump**, thick rib chops, remove visible fat (2 small or 1 medium, 90 - 120 g without bone)

BRAAI CUTS & PORTION SIZES PER PERSON

LAMB



Ribs: very high in fat, limit portions (only 2 rib pieces)

Larger cuts: leg or shoulder in cubes for **kebabs** or prepared as a whole cut (2 cubes = 30 g, so 1 portion = 8 - 10 cubes)

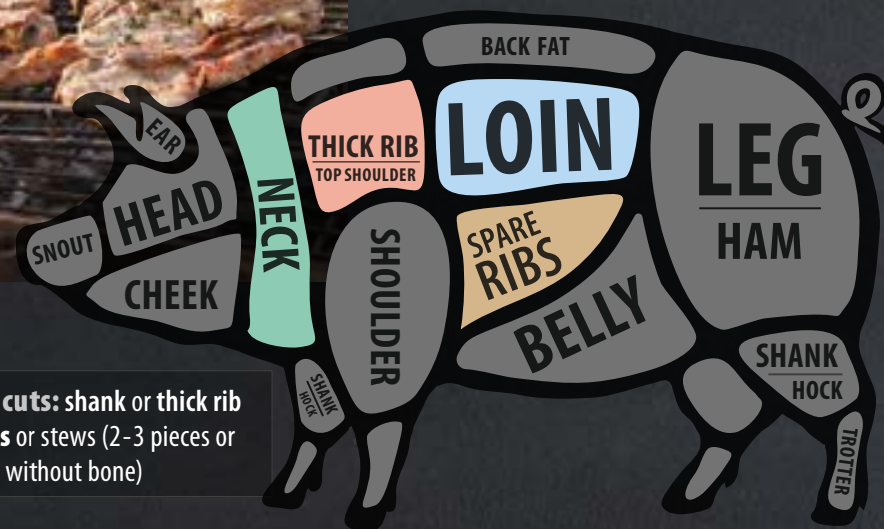
Tougher cuts: neck, shoulder, shank or thick rib for **potjies** or stews (2-3 pieces or 120 - 150 g without bone)

CHOPS: loin, **neck**, **chump**, remove visible fat (1 medium = 90 g without bone)

BRAAI CUTS & PORTION SIZES PER PERSON

PORK

Larger cuts: **neck steaks** are ideal to braai, use deboned neck, leg or shoulder in cubes for **kebabs** or prepare as a whole cut (2 cubes = 30 g, so 1 portion = 8 - 10 cubes)



Tougher cuts: shank or thick rib for **potjies** or stews (2-3 pieces or 120 - 150 g without bone)

TIPS

- 🌸 To prevent chops from curling up, remove the rind and fat and make small slits on the side where the fat strip was.
- 🌸 Always **carve** meat against the grain, otherwise it could seem tough.
- 🌸 **Don't cut** steaks too thin as they can easily overcook and dry out – 2,5 cm thick is a good guide.
- 🌸 **When braaiing** chops or steak, don't turn the meat unnecessarily. Allow it to braai on the one side until brown and then turn and braai on the other side. Turn once more if a little extra colour is needed. Remember to turn with tongs and not poke with a fork to retain meat juices.

VENISON & OSTRICH

These are naturally lean red meats that can be braai very successfully. Fillets and steaks are delicious over the coals but shouldn't be overcooked as they can become dry or tough. Tougher cuts like ostrich neck or larger cuts of venison are delicious for potjies or stews.

CHICKEN

BRAAI CUTS & PORTION SIZES PER PERSON

Breasts on the bone: quite low in fat, can easily dry out, can be deboned and cubed for **kebabs** (one big, two small) (2 cubes = 30 g, so 1 portion = 8 - 10 cubes)

Breast fillets: quick to cook, very low in fat, can easily dry out, ideal for **kebabs** (1 - 1½ breasts) (2 cubes = 30 g, so 1 portion = 8 - 10 cubes)

Thighs: juicy cut with more natural fat than breasts, ideal for braaiing (1 - 2 pieces)

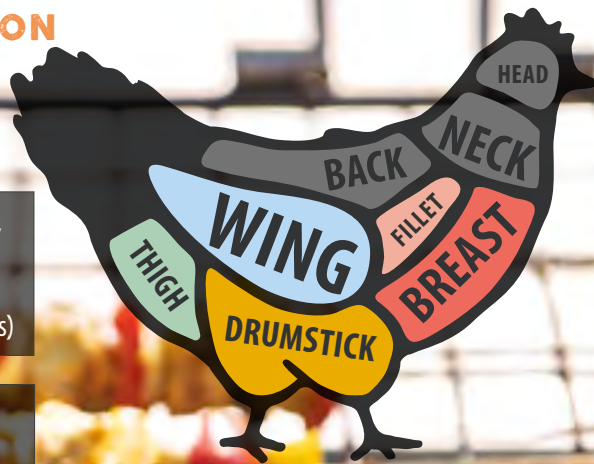
Drumsticks: juicy cut, ideal to braai (2 - 3 drumsticks)

Wings: skewer before braaiing to make turning easier (3 - 5 wings)

Potjies: **breast on the bone**, **thighs**, **drumsticks** (2 - 3 pieces or 120 - 150 g without bone)

Other cuts: feet (runners), neck (small portions, as they are high in fat)

Larger cuts: quarter, half or spatchcock chicken or whole chicken in a kettle braai (120 - 150 g without bone)



IDEAL CUTS TO BRAAI

The aroma of a piece of chicken prepared over the coals is mouth-watering. Any cut of chicken can be successfully braaied, making it even more versatile. Chicken on the bone takes longer to cook and is often juicier and tastier. Chicken without the bone, like breast fillets cook very fast and can easily dry out.

'chicken wings, best when eaten with your fingers'

TIPS

❗ **Chicken overcooks** easily and can become tough and dry, so it is important to take care when cooking chicken over the coals. Chicken on the bone does require a little more patience. The fire shouldn't be too hot so that the chicken is cooked all the way through and not burnt on the outside.

❗ **Although chicken skin** is high in fat, it can be kept on when braaiing, to protect the meat from drying out. Remember to remove the skin before eating though, as it can make the fat content of your meal too high.

WHEN IS THE CHICKEN DONE?

Chicken must be cooked all the way through and the best way to test this is to cut a thin slit with a sharp knife in the thickest part of the portion. Any juices that run out should be clear, if it is still pink it should be cooked for a little longer.



FISH

IDEAL TYPES TO BRAAI

Fish is a healthy source of protein, lower in fat than red meat and easy to digest. A firmer line fish is easier to braai as it can be turned more easily without falling apart. Try fish like dorado, yellowtail, snoek, sardines or Cape or sea bream (hottentot).



BRAAI CUTS & PORTION SIZES PER PERSON

All fish portions
(120 - 150 g)

Larger cuts:
cleaned, whole or
butterflied with the
skin; firmer fish can also
be cut into cubes for
kebabs

Potjies:
choose **firmer**
fish like dorado
or yellowtail

*'Fish is a healthy source of protein
and lower in fat than red meat.'*

WHEN IS THE FISH DONE?

Fish is cooked
when it flakes easily
with a fork and changes
from a translucent to a
solid colour. If the fish
is overcooked it dries
out and falls
apart.

TIPS

- 🌸 **Take care** as fish can easily dry out. Always braai last and eat immediately as it will continue to cook, even when taken off the heat.
- 🌸 **Larger cuts** with the skin on, like whole or butterflied fish are also more manageable on a braai.
- 🌸 **Braai fish** on a closed-hinged braai grid so that it is easy to turn.
- 🌸 **The best** way to braai fish is to lightly brush the grid with oil and place the fish skin-side down. Braai this side first over hot to medium coals, until the meat changes to a solid colour and the juices gently bubble. Turn over for a few minutes, just to give it some colour.

SEAFOOD

Seafood like mussels, prawns and calamari are not recommended as part of a healthy way of eating as these are all high in fat. Enjoy small portions for a special occasion.



veggies

PORTION SIZES PER PERSON

**Some starchy
veggies:** (firmer veggies,
portions as per cooked veg)

- ☀ Sweet potato (100 g or ½ cup)
- ☀ Corn (½ cup or 1 cob)
- ☀ Baby potatoes in the skin (100 g or 2 small)
- ☀ Butternut, pumpkin or squash (150 g or 1 cup)

Remember, when including starchy
veggies in a meal, to not include
another starchy side dish.

**Non-starchy
veggies:** broccoli,
spinach, green beans, baby
marrow, tomatoes, etc.

These can be seen as **‘free veggies’**
and can be eaten more or less without
restriction but allow for ½ cup
cooked veggies or 1 cup raw
veggies as a portion.



Only eat one carb at a meal, rather than
combining them and fill your plate with
non-starchy, low-carb veggies instead.
This allows for a portion of dessert too.

IDEAL OVER THE COALS

A variety of veggies are ideal to prepare
over the coals. The type of veggie will
determine whether it is cooked directly
over the coals or wrapped in foil.

Firmer, sturdier veggies like butternut,
sweet potatoes, potatoes and beetroot
can be **brushed with oil or a marinade**
and **wrapped in a double layer of foil**.
Cook these over direct coals or to the side
in the cooler coals until tender.

More **tender veggies**, like mushrooms,
baby marrow or corn is great when
cooked over direct coals. These can be
marinated and skewered to make it
easier to turn or even wrapped in foil. The
cooking time for tender veggies will be
much shorter than for firmer veggies.



*‘free veggies can be eaten more or less
without restriction’*

WHEN IS IT DONE?



It is better
to **cook veggies**
over an even heat so that
they cook all the way through,
without burning on the outside.
Firmer veggies should be tender
right through. More delicate veggies
can still have a little bite to them
and should definitely not be
overcooked. **Test veggies with**
a skewer or the point of a
sharp veggie knife.

TIPS

- ☀ **Cut veggies** in even-sized pieces so
that they cook in the same time.
- ☀ **Enjoy the** natural flavour of veggies
and don't overpower them with heavy sauces
or too much salt. Lemon, herbs and salt-free spices
are delicious.
- ☀ **Brush veggies** or the grid with a little oil
before braaiing to prevent them from sticking.
- ☀ **Don't peel** firmer veggies. The skin will help to
protect the flesh of the veggies over the coals.

BRAAI ETIQUETTE

Although a braai is an informal, relaxed event and often spontaneous, everyone agrees that a few 'rules' should apply.

The way everybody braais is different amongst various cultures, groups and generations. Whether you're the host or hostess or being invited as the guest, following some braai etiquette tips may make the get together even more enjoyable. Having a braai is all about having fun together.

As the host or hostess

DO'S:

- ✓ Find out in advance if there are **vegetarian** or other **special dietary requirements**. Try to accommodate this in the best possible way or ask guests to provide what they would like to eat.
- ✓ **Share the guest list** as people appreciate knowing who else is attending and to know how much to cater for if they need to contribute anything.
- ✓ Let your guests know if they **should bring anything** and for how many people. Indicate whether it's a bring-and-braai, whether meat will be shared or whether everybody eats the meat they've brought.
- ✓ **Plan your menu** with snacks, meat, side dishes and desserts in mind and make sure there is enough for everyone.
- ✓ **Be prepared** – set the table, marinate meat and prepare side dishes ahead of time if possible.
- ✓ Clean the braai and **have all braai 'gear' ready** before your guests arrive.
- ✓ Provide enough ice and **chill drinks** well in advance.
- ✓ Make sure everyone is having a good time mingling, is comfortable and that enough seating is provided.
- ✓ Have meat and other food ready to **braai as soon as the coals are ready**.
- ✓ Be the **dedicated braai master** or put somebody else in charge, if it's not your strong point.
- ✓ Respect people's choice of **how well-done** they prefer their meat or other food.
- ✓ **Serve older people** and children first as it is still considered good manners.

DON'TS:

- ✗ If there is a game on television to watch, **don't forget about the fire**, light it at half time.
- ✗ Side dishes should not be left to be prepared just before the meat is ready, rather **spend time socialising** with your guests.
- ✗ Guests don't like to be left hungry and thirsty, **have enough healthy snacks** and give an indication of when the meal will be ready.
- ✗ If it's cold and rainy, don't expect guests to sit out in the cold – provide **blankets** or have **indoor seating**.
- ✗ Don't leave the braai unattended – it's unsafe especially if there are children.
- ✗ **Don't rush things** – allow guests to finish their meal before you start clearing the table.
- ✗ Guests should be allowed to indicate how they want **their meat seasoned or marinated**, so don't decide on their behalf.

🌟 **CHOMMIE** /TJOMMIE /CHINA /CUZ /BRA /BRU /BROER /BOET: close friend, old pal

🌟 **KUIER** /UKUNDWENDWELA /UKUVAKASHELA: a get-together, spending time with others and having fun



As the guest

DO'S:

- ✓ **Accept or decline** the invitation well in advance.
- ✓ **Offer to bring something**, and ask how many people should be catered for, unless the host indicates otherwise.
- ✓ Be open and honest with the host if you or a family member have a dietary requirement and **offer to bring what you would eat**. This will prevent any uncomfortable situations.
- ✓ **Be on time**.
- ✓ **Offer to help** both before and after the meal.
- ✓ Keep the braai master company but **respect their way of braaiing**.
- ✓ **Accept the arrangement by the host**, they are in charge. Let them decide regarding sharing or just eating your own meat if it is a bring-and-braai.
- ✓ Drink in moderation, **never drink and drive**.
- ✓ Respect the hosts and other guests and **don't misbehave** or take over the party.
- ✓ **Show appreciation** for the planning and effort made by the host or hostess.
- ✓ **Send a thank you message** after the braai.

DON'TS:

- ✗ **Never** get in the way of the braai master or **give him or her cooking advice**.
- ✗ **Frozen meat cannot be braaied** – always bring meat that is already defrosted.
- ✗ It's the host's braai not yours, **don't bring uninvited guests**.
- ✗ **Never arrive empty-handed**, even if you bring a small gift or gesture it will be appreciated.
- ✗ Be mindful and **don't over-stay your welcome**.
- ✗ **Don't double dip** when it comes to snacking – keep it appetising for everyone.
- ✗ Be considerate when dishing up – **don't dish up large portions**, keep the number of guests in mind so that there is enough for everyone.

🌟 **JA-NEE** /YEBO-YES: a double positive showing agreement, approval or of confirmation

🌟 **NOW** /NOW-NOW /JUST NOW: when something will happen or be done, not just yet, but soon

🌟 **SERIOUS** /SEERIAAS /ISSIT /IS'T? exclamation of shock or disbelief; casual way of saying 'oh really?'



Menu 1

Potato salad with herb dressing (page 56), with steak over the coals, seasoned with **Dry braai rub** (page 44) and a salad with tomatoes and lettuce

Menu 2

Pull-apart bread (page 58), with chicken kebabs over the coals (use any of the **marinades** on pages 42-45) & a salad with papaya, cucumber and lettuce



Menu 3

Colourful slaw with ginger & peanuts (page 51), with spatchcock chicken over the coals (use any of the **marinades** on pages 42-45) & wholewheat rolls, homemade roosterkoek or mealie bread (recipe in **Cooking from the heart 1**)

MENU ★ IDEAS

Planning a braai menu should follow the same healthy principles as any other meal, whether a weekday family meal or for a special event with family and friends. When deciding on the menu, consider the amount and variety of foods that will be enjoyed during the rest of the day. Make sure that each meal remains balanced and use the **Plate model** on pages 6-9 as a practical guide.

Each meal of the day should keep you feeling full until the next meal and making good choices regarding ingredients, seasonings and cooking methods is an excellent start.

Here are a number of delicious and well-balanced meals, using recipes from this recipe book. Refer to pages 42-73 to see photos of these.

Use the **PLATE MODEL** to control your portions and to make better choices. This is just as important when having a braai or eating out. See pages 6-9 for more information.

Menu 4

Tomato salad (page 52), with sausage over the coals & mealie pap (made with coarse mealie meal), served with the **Barbecue sauce** (page 45), or homemade roosterkoek

Menu 5

Broccoli salad with cooked mustard dressing (page 50), with chicken thighs and drumsticks over the coals (use any of the **marinades** on pages 42-45) & roasted butternut wedges

Menu 6

Salsa (page 53), with pork chops over the coals (use any of the **marinades** on pages 42-45) & potatoes in the skin (baked in the oven or cooked over the coals in foil)

Menu 7

Curried green beans & onions (page 54), with snoek over the coals (use **Lemon & herb** or **Spicy marinade** on pages 42 and 43) & sweet potatoes cooked in foil over the coals with cherry tomato skewers

Menu 8

Baby marrow foil parcels (page 55), with beef kebabs made with onions, mushrooms and lemon leaves over the coals (use any of the **marinades** on pages 42-45) & corn on the cob (page 59)

Menu 9

Mealie meal & corn bake (page 57), with lamb chops over the coals (use any of the **marinades** on pages 42-45) & a green salad with cucumber, lettuce and sunflower seeds

Plan your menu properly – from snacks and how long it will be before the meal is served, to the meat, veggies, sides and salads, drinks (including water) and ice, and of course dessert.



*'Eat the rainbow!
Enjoy a variety of fresh ingredients in
every meal for great health benefits.'*



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marinades & sauces

The characteristic smoky taste that a braai lends to food is why we love it so much. Often when braaiing, all you need is a little salt, pepper and a squeeze of lemon juice to enhance the **natural flavour** of meat or veggies. However, many people do enjoy adding a marinade to food before braaiing it. **Homemade** marinades and seasonings are **versatile** and indeed a **healthier choice** than ready-made versions.

If you like to be creative when it comes to braaiing by adding a different flavour every time, marinades are ideal. Marinades can vary from a **dry rub** to an **oil-based** version or even a **homemade sauce** that can double up as a condiment and a marinade. By marinating meat or veggies the end result will be even more tasty, as the flavours will be drawn into the ingredients.

Marinades normally consist of an acidic ingredient, like lemon juice, oil to help retain moisture and of course seasonings like herbs, spices, garlic or ginger. The **main focus** must always be the natural flavour of the marinated ingredient, which should never be overpowered by the seasonings. Rather **complement** the natural texture and aromas. **Don't add salt** to a marinade as it will draw natural moisture from the food, making it seem tough and dry. Rather season with salt just before braaiing. Try to **limit sweet ingredients** like honey, sugar or chutney as these burn easily.

Red meat like beef, pork or lamb can marinate for 1-2 hours or even overnight and large cuts of meat can marinate successfully overnight. Marinating meat for too long can however affect the texture of the food and could make it seem tough. Don't marinate fish, chicken or veggies for longer than 30 minutes to an hour, but allow food to marinate for at least 30 minutes to **allow the flavours to develop**.

Marinate food in the fridge and not at room temperature and always place cooked meat in a clean container when ready to serve. Don't marinate in aluminium or cast iron as these metals react to acidic ingredients, like lemon juice, which could affect the flavour of the food. Glass, plastic or stainless-steel containers are best for marinating.

LEMON & HERB MARINADE

A versatile marinade for almost any fresh ingredient.

¼ cup (60 ml) olive or canola oil
3 tbsp (45 ml) lemon juice
1 tbsp (15 ml) finely grated lemon rind
2 tsp (10 ml) each chopped fresh rosemary, thyme, oregano and parsley (see tips)
black pepper to taste

- 1. Mix** all the ingredients together in a large mixing bowl and season with black pepper. Only season meat once ready to braai, with no more than 1½ tsp (7,5 ml) salt per kilogram meat.
- 2. Place** the meat, chicken or fish in the bowl and mix well with the marinade to make sure that it is well coated.
- 3. Allow** to marinate for 1-2 hours or overnight in the fridge. Fish should not marinate for more than 30 minutes.
- 4. Braai** over medium coals until cooked to your preference. Cooking time will depend on the type of meat used. Brush with any extra marinade while braaiing.

TIPS

- 1. Use** dried herbs if preferred, but only use ½ - 1 tsp (2,5-5 ml) each. Or choose your favourite herbs, using 8 tsp (40 ml) fresh or 4 tsp (20 ml) dried.
- 2. This** marinade is best to be made and used straight away, as the fresh herbs tend to discolour after some time.
- 3. Replace** half the lemon juice and rind with orange juice and rind.
- 4. Salad** ingredients, like cucumber, green beans, tomatoes and even avocado will be delicious with this marinade as a dressing. Or serve over lightly cooked green veggies.
- 5. Toss** butternut, baby marrows or veggies of your choice in the dressing and roast at 180 °C.

Enough
for 8-10
portions or
± 1,5 kg of
meat

SPICY MARINADE

This marinade is delicious with chicken, beef, lamb or fish and ideal for homemade sosaties.

¼ cup (60 ml) olive or canola oil
1 tbsp (15 ml) mild curry powder or to taste
½ tsp (2,5 ml) turmeric
1 tsp (5 ml) ground cumin
1 tsp (5 ml) coriander seeds, crushed (see tips)
3 tbsp (45 ml) apple juice or Rooibos tea
2 tbsp (30 ml) lemon juice
1 tsp (5 ml) finely grated lemon rind
2 tbsp (30 ml) finely grated fresh ginger or 1 tsp (5 ml) ground ginger
black pepper to taste

- 1. Mix** the oil with the rest of the ingredients together in a jug. Remember to only season meat once ready to braai, with no more than 1½ tsp (7,5 ml) salt per kilogram of meat.
- 2. Place** the meat, fish or chicken in a bowl and pour the marinade over. Mix until well coated.
- 3. Allow** to marinate for 1-2 hours or overnight in the fridge. Fish should not marinate for more than 30 minutes.
- 4. Braai** over medium coals until cooked to your preference. Cooking time will depend on the type of meat used. Brush with any extra marinade while braaiing.
- 5. Any** unused marinade can be heated and served as a sauce. It is delicious served with brown rice, pap or even potatoes in the skin and the meat. Make double the marinade and refrigerate in a sterilised jar for up to two weeks.

TIPS

- 1. Crush** the coriander seeds with a rolling pin to release more flavour.
- 2. The** strength of the curry powder will determine the spiciness of this marinade. Or add a finely chopped chilli for an even spicier version.
- 3. Tandoori:** add ½ tsp (2,5 ml) paprika to half the marinade and stir this mixture into 1 cup (250 ml) low-fat plain yoghurt. Marinate lamb or chicken in this mixture overnight and brush over the meat while braaiing.
- 4. Sosaties:** thread 1 kg of marinated meat onto kebab sticks. Try beef rump, sirloin or chicken fillets. Add onion, mushrooms, peppers, pineapple and fresh lemon or bay leaves for colour and flavour. Braai to your preference.

Enough
for 8-10
portions or
± 1,5 kg of
meat

Enough
for 8-10
portions or
± 1,5 kg of
meat

TIP

1. For a spicier rub, substitute all, or half of the paprika with chilli powder or cayenne pepper.



DRY BRAAI RUB

Make a big batch of this dry rub and store in a jar to have in your kitchen for a variety of meals.

- 1 tbsp (15 ml) ground coriander
- 1 tbsp (15 ml) paprika
- 2 tsp (10 ml) ground cumin
- 2 tbsp (30 ml) dried thyme
- 2 tbsp (30 ml) dried oregano
- 2 tsp (10 ml) dried rosemary
- 2 tsp (10 ml) dried parsley

1. Mix all the ingredients together. Meat, chicken, fish or veggies should only be seasoned with salt and pepper before braaiing it. Use no more than 1½ tsp (7,5 ml) salt per kilogram of meat.

2. Place rub in an airtight container or glass jar and store away from direct sunlight, like in a cupboard or drawer. The mixture will last for 2-3 months if stored correctly.

- 3. To use as a dry rub:** rub 4 tsp (20 ml) or to taste onto 750 g meat, like steak, chicken, other meat or even veggies. Allow to marinate for 30 minutes or braai immediately.
- 4. To use as a marinade:** mix 4 tsp (20 ml) of the rub with ¼ cup (60 ml) olive or canola oil and 2 tbsp (30 ml) lemon juice. This is enough for about 1,5 kg of food or 8-10 portions.
- 5. Place** marinade in a large mixing bowl, add ingredients and mix until well coated. Marinate for 1-2 hours or overnight.
- 6. Braai** over medium coals until cooked to your preference. Cooking time will depend on the ingredient used. Brush with any extra marinade during the cooking time.

Enough for
8-10 portions



BARBECUE SAUCE

A versatile sauce, as it can be used as a marinade or sauce to accompany meat and side dishes.

- 2 tsp (10 ml) olive or canola oil
- 2 onions, finely chopped
- 2 cloves of garlic, crushed
- 2 tbsp (30 ml) finely grated fresh ginger or 1 tsp (5 ml) ground ginger
- 1 tsp (5 ml) ground coriander
- 1 x 50 g sachet tomato paste
- 1 x 400 g tin chopped tomatoes
- ½ cup (80 ml) strong Rooibos tea, water or apple juice
- ¼ cup (60 ml) tomato sauce (see tips)
- ¼ cup (60 ml) chutney (see tips)
- 2 tsp (10 ml) dried mixed herbs
- 2 tsp (10 ml) Worcestershire sauce
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) finely grated lemon rind
- 1 tbsp (15 ml) mild mustard or 1 tsp (5 ml) dried mustard powder
- black pepper to taste

TIPS

- 1. Chakalaka:** fry 1 carrot, coarsely grated and ½ red or green pepper, chopped, with the onions and add 1 tsp (5 ml) mild curry powder with the coriander.
- 2. The** sauce will last for 2 weeks in the fridge in an airtight container or sterilised glass jar.
- 3. When** buying sauces like chutney or tomato sauce, choose a good quality option that is lower in salt and sugar.
- 4. When** using this sauce, take care to season meat or other ingredients in the meal lightly with salt, as there are already salty seasonings in the sauce. If using it as a marinade with meat, only season meat with 1 tsp (5 ml) salt per kilogram of meat, instead of 1½ tsp (7,5 ml) salt per kilogram of meat.
- 5. If** you prefer a smoother barbecue sauce, blend the cooked sauce with a hand blender.

- 1. Heat** oil over a medium heat in a saucepan. Fry onions for a few minutes until soft. Add garlic and ginger and fry for another few minutes.
- 2. Stir** coriander and tomato paste into onions and mix well. Add tomatoes, rinse tin with liquid and add to ingredients in saucepan.
- 3. Add** the remaining ingredients and bring to the boil. Reduce heat and simmer without lid for 10-15 minutes or until thickened. Stir often.
- 4. Season** with more lemon juice and pepper if necessary.
- 5. Use** to marinate meat, before being braai. Or serve as a sauce to accompany the meat and side dishes.



CHAKALAKA /SHEBA /SESHEBO /SMOOR:

South African vegetable relish, usually spicy, served with pap (mealie pap) and meat



snacks, salads & sides

Snacks at a braai are a typical part of the social event and by making good choices, they could also be healthy and delicious. Be creative and think a little further than a bag of salty crisps and a tub of ready-made dip. Take care not to over-indulge on snacks before the meal is ready. Rather pace yourself, nibble on veggie sticks and a healthy dip or some of the other ideas in this chapter – remember there's a full meal on its way.

Salads and sides shouldn't only be an after-thought, they should complement the main components of a meal. A braai menu should be planned with the side dishes and salads in mind to make sure that the meal remains **balanced, wholesome and exciting**. See page 36 for some ideas.

Whether you are the host or the guest make an effort to ensure that what you contribute to the braai adds to the variety. Having a table full of starchy side dishes and no light or healthy salads is not ideal. Remember that a potato, pasta or rice salad is not considered a salad, but a starchy side dish. Preparing salads and sides is a great opportunity to make sure that the braai table is **colourful** and has a good **variety** of flavours and textures. This makes it easy for everyone to dish up their meal with the Plate model in mind (see page 6).

A balance between more filling and lighter side dishes, can even leave room for a healthier, homemade dessert. Try the Broccoli salad with cooked mustard dressing, Colourful slaw or Tomato salad with fresh herbs. This chapter has a selection of **salads, veggie dishes and starchy sides**. Treat your guests with the Mealie meal & corn bake or Pull-apart bread.

Here is a selection of **healthy snacks to enjoy before a braai**. Consider the rest of the menu in order to make the best choice and be creative with healthy ingredients.

healthy snacks

VEGGIE CHIPS (serves 6-8)

Thinly slice 500 g potatoes or sweet potatoes, in the skin, with a sharp vegetable knife. Mix with 2 tbsp (30 ml) olive or canola oil and ¼ tsp (1,2 ml) salt. Pack in a single layer on a large baking tray and roast at 200-220 °C for 15-20 minutes or until golden brown and crispy. Serve with a homemade dip or one of the suggested dips on these pages.



FRESH VEGGIE PLATTER

Instead of opening another bag of shop-bought crisps, arrange a colourful platter of fresh veggies. Choose ingredients like carrot sticks, cucumber slices, cherry tomatoes, blanched broccoli and green beans, red or green pepper, celery sticks and mushrooms. Enjoy as is or with a homemade dip, like the Pea & yoghurt dip, plain low-fat cottage cheese or a homemade guacamole.



COTTAGE CHEESE DIP (serves 6)

Season 1 cup (250 ml) plain smooth low-fat cottage cheese with 3 tbsp (45 ml) chopped fresh parsley and 2 tsp (10 ml) wholegrain mustard. Enjoy as a dip with veggies or sauce with a salad, side dish or meat.



PEA & YOGHURT DIP (serves 4-6)

Rinse 1 cup (250 ml) frozen peas in water. Drain well and blend with ¼ cup (60 ml) plain low-fat yoghurt and 1 tbsp (15 ml) chopped fresh mint until smooth. Season with about ½ tsp (2,5 ml) lemon juice or to taste and black pepper. Serve as a dip with veggies or the Veggie chips.



CHICKEN WINGS

Marinate chicken wings in any of the marinades on pages 42-45 for about 30 minutes to an hour. Braai over medium coals for 10-12 minutes on each side or until cooked. Or see page 28 for tips when braaiing chicken. Serve 2 wings per person as a snack or 3-4 for a full meal.



NUTS

Unsalted nuts like **peanuts** or **almonds** are delicious as a healthy snack. Mix nuts with seeds like **sunflower** or **pumpkin seeds** and add a pinch of cumin, paprika or cayenne pepper for a spicy flavour. Serve about 20-25 nuts per person as a snack. Nuts are a healthier option than a bag of crisps, but remember that they are high in fat. Even though they contain good fats, enjoy in moderation.

OTHER SNACK IDEAS

Fresh fruit, low-fat cheese or **homemade popcorn** are good options. **Biltong** is quite high in salt, so enjoy in small portions and choose lean biltong, with excess fat removed or venison biltong. Season **mashed avocado** with lemon juice, a pinch of cumin or paprika and black pepper to serve as a dip with veggies or the Veggie chips. The Carrot & bean patties (page 67) and Pull-apart bread (page 58) are delicious as snacks.



Serves
4-6

Ready in
45 mins



BROCCOLI SALAD WITH COOKED MUSTARD DRESSING

This dressing is a healthier alternative to mayo. It's also delicious with other salads, potatoes, slaw or lightly cooked green beans.

Dressing

100 ml low-fat milk
100 ml water
1 egg, beaten
4 tsp (20 ml) lemon juice
2 tsp (10 ml) cornflour
1 tsp (5 ml) sugar
1 tbsp (15 ml) wholegrain mustard
¼ tsp (1,2 ml) salt
lemon juice and black pepper to taste

Salad

300 g broccoli, cut into florets
1 red or green apple with the skin, cut into thin wedges
1 celery stalk, thinly sliced
½ cup (80 ml) sunflower seeds, toasted (see tip)

TIP

1. **Toast** sunflower seeds in a dry pan, without any oil, over a medium heat until golden brown. Take care as they burn easily.

1. **Dressing:** Mix half the milk and the rest of the ingredients until well combined, without any lumps.

2. **Pour** mixture into a small pot and bring to a gentle simmer over a low heat, while stirring continuously. The sauce will start to thicken after 2-3 minutes, but don't let it boil too fast.

3. **Season** with more lemon juice and pepper to taste. Spoon sauce into a bowl, stir in remaining milk and allow to cool.

4. **Salad:** Place broccoli in a large bowl and cover with boiling water. Allow to stand for 10-12 minutes or until bright green and still crunchy. Drain well and rinse with cold water to stop the cooking process. Drain very well and pat dry.

5. **Mix** broccoli with apple and celery in a large bowl. Toss through the sauce and sprinkle with seeds. Serve immediately.

COLOURFUL SLAW WITH GINGER & PEANUTS

The colours in the salad remind us of the tradition of a special seven colour Sunday lunch – something many South Africans enjoy.

Dressing

¼ cup (60 ml) olive or canola oil
3 tbsp (45 ml) red grape or apple cider vinegar
2 tbsp (30 ml) soy sauce
4 tsp (20 ml) finely grated fresh ginger
1 small red chilli, seeded and finely chopped, or to taste (optional)
3 tbsp (45 ml) chopped fresh coriander or parsley
¼ cup (60 ml) finely chopped unsalted peanuts
lemon juice and black pepper to taste

Salad

500 ml (2 cups) each shredded white and red cabbage (or more white)
1 large spinach leaf, shredded
2 carrots, peeled and coarsely grated
¼ cucumber, quartered and thinly sliced
1 medium pineapple, quartered and thinly sliced
1 celery stalk with the leaves, thinly sliced
½ red or green pepper, seeded, quartered and thinly sliced

1. **Dressing:** Stir all the ingredients together in a mixing bowl.

2. **Salad:** Mix all the slaw ingredients together in a large bowl. Pour the dressing over and toss well. Allow salad to stand for 10-15 minutes before serving it. This will allow the salad to marinate.

3. **Serve** slaw as a side dish at a braai.

TIPS

1. This dressing can be used as a marinade for fish, chicken, pork or veggies.

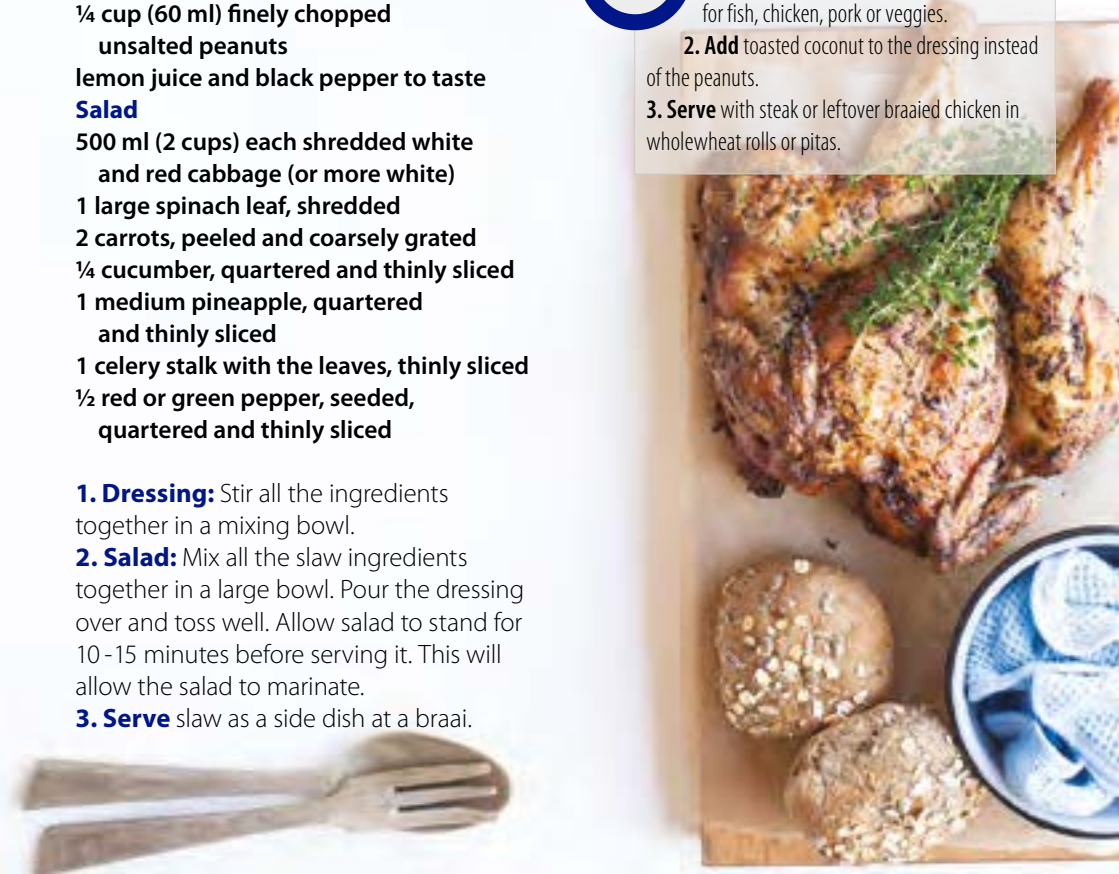
2. **Add** toasted coconut to the dressing instead of the peanuts.

3. **Serve** with steak or leftover braai chicken in wholewheat rolls or pitas.



Serves
8-10

Ready in
1 hour



TOMATO SALAD

Such a simple combination of ingredients, which results in a refreshing salad to serve with any meal.

- 1 tbsp (15 ml) olive or canola oil
- 2 tsp (10 ml) red wine or balsamic vinegar
- black pepper to taste
- 4 large ripe tomatoes
- 1 slice feta, crumbled
- 2 tbsp (30 ml) fresh origanum leaves or 1 tsp (5 ml) dried origanum

- 1. Mix** oil and vinegar in a bowl and season with pepper to form a dressing.
- 2. Slice** tomatoes and place with the feta in the dressing. Allow to marinate for 10 minutes.
- 3. Arrange** tomato and feta on a salad platter or place in a salad bowl, with the origanum scattered in between.



TIPS

- 1. Use** a combination of large and baby tomatoes for an interesting look.
- 2. Add** mint or parsley with the origanum, or as an alternative.
- 3. Add** thin slices of cucumber for a variation.

SALSA

- ½ cucumber, cubed
- 1 red or green pepper, seeded and cubed
- 1 small pineapple, cubed
- 4 tsp (20 ml) red wine vinegar, lemon or lime juice
- 4 tsp (20 ml) olive or canola oil
- black pepper to taste
- 10 large fresh mint leaves, shredded
- OR ADD ANY of the following to the salsa:**
- 2 ripe tomatoes, cubed
- ½ medium papaya, cubed
- 1 mango, cubed (when in season)
- 1-2 avocados, cubed (when in season)
- 1 chilli or to taste, finely chopped
- handful fresh parsley or coriander leaves
- pinch of toasted coriander or cumin seeds

- 1. Gently** mix all the ingredients together and season with more vinegar or lemon juice and pepper to taste.
- 2. Serve** as a side dish or accompaniment with any meal.

TIP

1. This salsa will be delicious served with leftover braaied chicken in wholewheat wraps.



salad

CURRIED GREEN BEANS & ONIONS

The sweet-sour flavour of curried beans is typically South African but can be very sweet. This version has a good balance between the different flavours.

- 350 g green beans, halved width-wise
- 1 onion, halved and cut into thin wedges
- 1 clove of garlic, crushed
- 1 cup (250 ml) strong Rooibos tea or water
- 2 tbsp (30 ml) cornflour, mixed with
2 tbsp (30 ml) water to form a paste
- 2 tbsp (30 ml) lemon juice
- 4 tsp (20 ml) finely grated lemon rind
- 4 tsp (20 ml) white grape vinegar
- 2 tsp (10 ml) mild curry powder
- ½ tsp (2,5 ml) turmeric
- 4 tsp (20 ml) sugar or honey
- ¼ tsp (1,2 ml) salt

veggie
side

- 1. Place** beans, onion and garlic in a pot. Add tea or water and bring to the boil over medium heat.
- 2. Reduce** heat and simmer with a lid for 5-7 minutes or until the veggies are almost tender. Stir once during this time.
- 3. Meanwhile**, mix cornflour paste with lemon juice and rind, vinegar, curry powder, turmeric and sugar or honey.
- 4. Add** cornflour mixture to the veggies and stir well to coat. Simmer with a lid for another 5-7 minutes or until the sauce thickens. The beans and onions should be cooked, but the beans should still be green and crunchy, well coated with the sauce.
- 5. Stir** in the salt. Allow to cool and serve at room temperature.

TIPS

- 1. Prepare** the recipe as above, but leave out the green beans. Stir any tin of well-drained beans of your choice into the sauce, simmer as above and allow to cool.
- 2. The** thickness of the green beans will determine the cooking time.
- 3. Any** leftover curried beans can be stored in a sterilised container for up to two weeks.

BABY MARROW FOIL PARCELS

- 6-8 large baby marrows, halved and cut into quarters lengthwise
- 2 large ripe tomatoes, cut into wedges
- 1 slice feta, cubed
- 1 tbsp (15 ml) olive or canola oil
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) fresh thyme leaves or chopped parsley
- black pepper to taste
- 8 large pieces of heavy-duty foil (about 25 x 25 cm each)
- extra fresh thyme leaves or chopped fresh parsley

- 1. Place** veggies and feta in a large mixing bowl. Add oil, lemon juice, herbs and pepper. Toss through to coat the veggies evenly.
- 2. Place** two pieces of foil together to make a double layer, with the shiny side towards the food. Divide veggie mixture between the pieces of foil and fold corners of foil together at the top, to make little closed-up parcels. Allow some space between the veggies and foil, to create space for the hot steam to move over the veggies.
- 3. Place** parcels over medium coals for 12-15 minutes or until the veggies are just cooked, but not too soft. Or place in cooler coals to the side of the braai and cook until done.
- 4. Serve** a parcel per person with more fresh herbs.

veggie
side

TIPS

- 1. Origanum** will also be delicious with the veggies.
- 2. Bake** the parcels in the oven at 180 °C for about 15 minutes or until just cooked.
- 3. Other** veggies like potatoes, whole onions or small sweet potatoes can be brushed with oil, seasoned with lemon juice, herbs and pepper and wrapped in a double layer of foil. 'Bake' in the cooler coals until tender.

starchy
side**POTATO SALAD WITH
HERB DRESSING**

750 g baby potatoes in the skin
1 tsp (5 ml) salt
100 ml olive or canola oil
¼ cup (60 ml) lemon juice or to taste
2 tsp (10 ml) finely grated lemon rind
1 tsp (5 ml) mild mustard
3 tbsp (45 ml) chopped fresh
parsley (*see tips*)
1 tbsp (15 ml) chopped fresh
origanum (*see tips*)
black pepper to taste
½ red or green pepper, seeded and cubed
1-2 hard-boiled eggs, peeled and
coarsely chopped (optional)

1. Place potatoes with 1 cup (250 ml) water and the salt in a pot. Bring to the boil over medium heat.

2. Reduce heat and simmer with a lid for 15-20 minutes or until the potatoes are just cooked. Take care that they don't boil too fast, as the potatoes will burst open and absorb too much water.

3. Meanwhile, mix the oil, lemon juice and rind, mustard, herbs and black pepper together.

4. Drain potatoes and slice each potato in half. Place in a large mixing bowl and toss with the dressing. Allow potatoes to cool in the dressing – this will allow them to absorb more flavour.

5. Gently stir in peppers, top with the eggs (if using) and serve at room temperature.

TIPS

1. Any fresh herbs are delicious in a potato salad. Try fresh thyme or a combination of the parsley, origanum and thyme.

2. Spicy version: add curry powder to taste to the dressing.

starchy
side**MEALIE MEAL & CORN BAKE**

3 cups (750 ml) coarse mealie meal
2 cups (500 ml) water
1½ cups (375 ml) low-fat milk
½ tsp (2,5 ml) salt
¼ cup (60 ml) olive or canola oil
1 x 410 g tin cream style sweetcorn
1 small onion, cut into thin wedges
3 tbsp (45 ml) chopped fresh parsley
¼ cup (60 ml) coarsely grated
cheddar cheese
1 corn on the cob, kernels cut from
the cob or ½ cup (125 ml) frozen
whole kernel corn, rinsed

1. Preheat oven to 180 °C. Place the mealie meal, water, milk, salt, oil and sweetcorn in a large mixing bowl. Stir well so that no dry meal is visible.



PAP: a staple food for many South Africans; a porridge made from mealie meal (maize meal) cooked with water and salt to different consistencies

2. Lightly grease a 20 x 27 cm oven dish with oil and spoon mealie meal mixture into dish.

3. Arrange onion wedges on mealie meal. Mix parsley, cheese and corn and sprinkle evenly over onions.

4. Bake for 1 hour or until the mealie meal is cooked through. Serve hot.

TIPS

1. Serve with Barbecue sauce on page 45.
2. Bake the mealie meal mixture without the onion and cheese mixture until cooked.

Mix 1 x 410 g tin onion and tomato mix with the parsley and onion wedges. Spoon onto cooked mealie meal bake, sprinkle with cheese and corn and bake for another 10 -15 minutes or until the cheese has melted and the tomato layer is heated through. Serve immediately.

PULL-APART BREAD

3 cups (750 ml) wholewheat flour
 1½ cups (375 ml) cake flour
 2 tbsp (30 ml) baking powder
 ½ tsp (2,5 ml) salt
 2 tbsp (30 ml) chopped fresh parsley
 1 tbsp (15 ml) fresh thyme leaves
 ½ cup (125 ml) coarsely grated cheddar cheese
 2 eggs, beaten
 2 cups (500 ml) plain low-fat yoghurt
 ¼ cup (60 ml) low-fat milk, plus
 2 tsp (10 ml) for brushing
 ½ cup (125 ml) sunflower oil
 2 cloves of garlic, crushed (optional)
 pinch of cayenne pepper
 or paprika to taste

1. Preheat oven to 180 °C. Line and lightly grease a baking tray and dust with a little extra cake flour.
2. Mix flours, baking powder and salt in a mixing bowl.
3. Stir half the herbs and half the cheese into the dry flour mixture.
4. Beat eggs, yoghurt, milk and oil together in a separate bowl and add garlic, if using.
5. Stir egg mixture into the flour with the back of a knife, 'cutting' the liquid into the dry ingredients until it just forms a dough.
6. Gently form dough into 18-20 balls, but take care not to handle the dough too much. (Dust your hands with extra flour if the dough is difficult to handle.)
7. Pack balls close together in a circle, but without touching each other, on the baking tray. Start with one ball in the middle of the baking tray and then pack a circle with another 5 or 6 balls around the middle one. Repeat with the remaining balls to form a second circle.

TIPS

- 1. Place** dough balls in a lightly oiled flat-based cast iron pot and bake as above over medium coals. Place a few small coals on the lid to have even heat distribution from all sides.
- 2. The** dough balls can also be packed in a lightly greased oven dish, before baking.
- 3. For** a smaller group, the recipe can be halved successfully to make a smaller bread.

starchy side



- 8. Brush** dough with milk. Mix remaining herbs and cheese with cayenne pepper or paprika and sprinkle on top of dough.
- 9. Bake** for 25-30 minutes or until golden brown and baked through.
- 10. Serve** warm as the starch for a meal or as a starter.

BRAAIBROODJIES: toasted sandwiches or 'sarmies' prepared over the coals, usually with a tomato and cheese filling

BRAAIBROODJIES

Fry 2 onions, halved and thinly sliced, in 2 tsp (10 ml) olive or canola oil in a large frying pan until completely soft.
Season with 1 tsp (5 ml) dried or 2 tsp (10 ml) fresh thyme leaves, lemon juice and black pepper. **Divide** 2 tbsp (30 ml) softened butter between 12 slices of low GI, brown or wholewheat bread. **Spread** 2 tbsp (30 ml) chutney on 6 slices of bread. **Slice** 2 large ripe tomatoes and arrange on the 6 bread slices. **Divide** onions and ½ cup (125 ml) grated cheddar or mozzarella cheese between the 6 slices and top each with a second bread slice. **Place** in a closed-hinged braai grid and toast over medium to low coals. Take care that the bread doesn't burn before the filling starts to heat up and the cheese melts. **Serve** 1 braaibroodjie per person if this is the only starch for the meal. With more starches, serve only a half.

starchy sides



CORN ON THE COB

Place 6 cobs of corn with ½ cup (125 ml) water in a large pot. **Bring** to the boil, reduce heat and simmer with a lid for 8 - 10 minutes or until just cooked. The kernels should not shrivel up – then the corn is overcooked. **Drain** well. Enjoy like this or grill corn over medium coals until lightly grilled. **Mix** ¼ cup (60 ml) olive or canola oil, 1 tbsp (15 ml) chopped fresh parsley, 1 tbsp (15 ml) sesame seeds and ½ tsp (2,5 ml) paprika or cayenne pepper together. **Drizzle** over corn instead of butter. **The** oil mixture is also delicious over other veggies.



vegetarian

Yes! Vegetarians can also join in at a braai. They don't only have to eat the salads and side dishes, but with creative planning, can still enjoy a **wholesome** and **filling** meal. There are many exciting ideas to prepare over the coals.

When planning a meal, it is important to include enough **protein**, whether plant-based for vegetarians or from animal sources for everyone else. Ingredients like **lentils, beans, chickpeas, low-fat cheese or dairy and seeds or nuts** are all good sources of protein which can form part of a delicious vegetarian meal.

For a braai menu, dishes like the ones in this chapter are ideal for vegetarian meals and can also be served as side dishes with a portion of meat. When any of these are served as a meal, think of the Plate model to make sure that a good variety is included. If you are enjoying these as side dishes, remember to keep a balance between starch and veggie sides (see page 47-59 for Salad and side dish recipes). For each of these Vegetarian recipes, portion sizes have been indicated for both meal and side servings.

Serves 4
as a meal

Serves 6-8
as a side dish

Ready in
1 hour

BROWN RICE & LENTILS WITH GREEN VEGGIES

Equal quantities of brown rice and lentils cooked together makes a complete protein – great as a vegetarian option.

- ½ cup (125 ml) uncooked brown lentils
- ½ cup (125 ml) uncooked brown rice
- ½ tsp (2,5 ml) dried origanum
- 2 strips lemon rind, made with a vegetable peeler
- ½ tsp (2,5 ml) salt
- 100 -150 g broccoli, cut into florets
- 1 cup (250 ml) frozen peas, rinsed
- 1 large spinach leaf, shredded
- 3 tbsp (45 ml) olive or canola oil
- lemon juice and black pepper to taste
- 2 tbsp (30 ml) chopped fresh parsley
- 2 tbsp (30 ml) chopped fresh mint or origanum
- ½ cup (80 ml) sunflower seeds or raw, chopped almonds

1. Place lentils, rice, origanum, lemon rind and salt in a pot with 2½ cups (625 ml) cold water. Bring to the boil over a medium heat.

2. Reduce the heat and simmer with a lid for 25-30 minutes or until cooked, but not too soft. Drain well (see tips).

3. Place broccoli in a shallow dish and cover with boiling water. Allow to stand for about 10-15 minutes or until just cooked, and drain well. Or simmer gently in a small amount of water until bright green, still crunchy and not overcooked.

4. Stir broccoli, peas, spinach and oil into the rice and lentils. Season with lemon juice and pepper. Stir herbs and sunflower seeds or nuts into the rice mixture.

5. Serve warm or at room temperature as a vegetarian meal or starchy side.

TIPS

- 1. To** serve at room temperature, rinse cooked lentils and rice with cold water to keep it loose and fluffy, before adding the other ingredients.
- 2. Any** leftover brown rice and lentils can be enjoyed as a light meal the next day. Or make it a non-vegetarian meal, by adding leftover cooked chicken or braai'd meat.
- 3. Serve** with 1 slice feta, crumbled or dollops of plain low-fat cottage cheese.

Serves 4
as a meal

Serves 6
as a side dish

Ready in
1 hour 15 mins

CHUNKY ROASTED VEGGIES WITH BEANS

How does a three 'b' salad sound? Roasted beans, butternut & beetroot, don't only look colourful, but tastes delicious and is wholesome too.

- 3 tbsp (45 ml) olive or canola oil
- 2 tbsp (30 ml) red grape or balsamic vinegar
- 2 tbsp (30 ml) strong Rooibos tea or water
- 1 tsp (5 ml) honey or sugar
- 1 clove of garlic, crushed
- 500 g butternut, peeled and cut into chunky pieces
- 300 g beetroot, peeled and quartered
- 1 x 400 g tin butter beans, drained
- 1 tbsp (15 ml) chopped fresh origanum
- 1 tbsp (15 ml) chopped fresh parsley
- 1 tbsp (15 ml) chopped fresh mint or more parsley
- 1 slice feta, crumbled
- lemon juice and black pepper to taste
- 2 handfuls lettuce leaves

1. Preheat oven to 200 °C.

2. Mix 2 tbsp (30 ml) of the oil with vinegar, tea or water, honey or sugar and garlic together in a large mixing bowl.

3. Toss butternut and beetroot in oil mixture until well coated. Spoon in a single layer into an oven dish or baking tray.

4. Roast for 30-40 minutes or until cooked. Stir beans, herbs, remaining oil and feta into veggies. Season to taste with lemon juice and pepper.

5. Spoon veggie and bean mixture onto salad leaves and serve warm or at room temperature.

TIPS

- 1. Substitute** butternut or beetroot with sweet potato in the skin, brinjal or carrots.
- 2. Prepare** these veggies over the coals as described on page 55 for the Baby marrow foil parcels. You may need some more foil and the heat of the coals will determine the cooking time.

VEGGIE SKEWERS

These skewers are delicious braaied over the coals. Serve as a side dish with a plant-based protein, like the Carrot & bean patties on page 67.

- 125 g button mushrooms, halved
- 3 baby marrows, thickly sliced
- 200 g baby tomatoes
- 1 green, yellow or red pepper, seeded and cut into large cubes
- 15-20 bay or fresh lemon or lime leaves (optional)
- 8-10 metal skewers or wooden kebab sticks, soaked in water for 30 minutes
- ¼ cup (60 ml) olive or canola oil
- 3 tbsp (45 ml) lemon juice
- 1 tbsp (15 ml) finely grated lemon rind
- 2 tsp (10 ml) each chopped fresh thyme, oregano and parsley
- 1 clove of garlic, crushed
- black pepper to taste
- ½ tsp (2,5 ml) salt

1. Place mushrooms in a shallow dish and cover with boiling water. Soak for 8-10 minutes to prevent the mushrooms from breaking apart when skewered. Drain well and pat dry.

2. Thread mushrooms and veggies onto skewers or kebabs sticks, alternating the different veggies for a colourful end result. Add 1-2 bay, lemon or lime leaves in between veggies.

3. Mix oil, lemon juice and rind, herbs and garlic together and season with pepper.

4. Brush oil mixture onto skewers on all sides and marinate for 30 minutes. Season skewers with salt.

5. Grill over medium to low coals or until the veggies are just cooked, but not too soft. Brush with more of the marinade,

while braaig, if necessary.

6. The kebabs can be served with the Pea & yoghurt dip or Cottage cheese dip on pages 48 and 49. Serve with a protein-rich vegetarian dish for a balanced meal, like any of the recipes in this chapter.

TIPS

- 1.** Add pineapple to the skewers for a sweet flavour – it is delicious with pork or chicken.
- 2.** A pinch of cumin or paprika or a chopped chilli can be added to the oil mixture if preferred.
- 3.** For a different flavour add 1 tbsp (15 ml) finely grated fresh ginger or add 1 tsp (5 ml) mild mustard to the oil mixture.



LENTIL BOWL WITH BABY MARROW & PEPPERS

- 1 cup (250 ml) uncooked brown lentils
- 1 bay leaf
- ½ tsp (2,5 ml) salt
- 1 tbsp (15 ml) olive or canola oil
- 1 onion, halved and cut into wedges
- 1 clove of garlic, crushed
- 1 tsp (5 ml) ground cumin
- 3 baby marrows, cut into thick diagonal slices
- 1 red or green pepper, seeded, quartered and sliced
- finely grated rind and juice of 1 lemon
- ¼ cup (60 ml) chopped fresh coriander or parsley
- black pepper to taste
- extra lemon rind and herbs
- 1 avocado, sliced (when in season) or dollops of plain low-fat yoghurt

1. Place lentils and bay leaf with 2½ cups (625 ml) water in a pot. Bring to the boil over a medium heat.

2. Reduce heat and simmer with a lid for 25-30 minutes or until cooked, but not too soft. Drain well and season with salt.

3. Meanwhile, heat oil over a medium heat in a large frying pan. Fry onion for a few minutes. Add garlic and cumin and fry until the onion is soft and slightly caramelised. Spoon out.

4. Fry baby marrows for a few minutes in the same pan until lightly browned, but not mushy. Add red or green pepper and fry until cooked, but still crunchy. Stir onion back into the pan.

5. Season veggies with half of the lemon rind, juice and herbs and black pepper.

6. Stir the remaining lemon rind, juice, herbs and black pepper into the lentils.

7. Spoon lentils into bowls and top with veggies. Serve warm or at room temperature with extra lemon rind, herbs and avocado or yoghurt, if preferred.



TIP

1. Season the oil with the garlic, cumin and some of the lemon rind, juice and herbs. Skewer the veggies and brush with the oil mixture. Braai over medium coals and serve on the lentils, prepared as above.


TIP

1. The seasoned yoghurt is delicious with any other veggie dish or with the Carrot & bean patties on page 67.

ROASTED CAULIFLOWER, SWEET POTATO & CHICKPEAS

¼ cup (60 ml) olive or canola oil
¼ cup (60 ml) lemon juice
2 tbsp (30 ml) water
2 tsp (10 ml) ground cumin
2 tsp (10 ml) paprika
1 tsp (5 ml) ground cinnamon
large pinch of ground cloves
2-3 medium sweet potatoes in the skin,
halved and cut into thick wedges
2 onions, halved and cut into thin wedges
500 g cauliflower, cut into florets
1 x 400 g tin chickpeas or white
beans, drained and rinsed
½ cup (80 ml) raw, unsalted
almonds or peanuts
3 tbsp (45 ml) chopped fresh
parsley or coriander
1 cup (250 ml) plain low-fat yoghurt
extra ½ tsp (2,5 ml) ground cumin

- 1. Preheat** oven to 200 °C.
- 2. Mix** 3 tbsp (45 ml) of the oil with the lemon juice, water and spices in a large bowl. Toss sweet potato and onions through oil mixture.
- 3. Spoon** sweet potato and onions in a single layer into a large oven proof dish. Roast for 30 minutes or until almost tender.
- 4. Toss** cauliflower, chickpeas or beans and nuts in the remaining oil mixture and add to sweet potato in the oven dish. Mix through and add any remaining oil mixture from the bowl.
- 5. Roast** for another 10 minutes or until the veggies are just cooked and the chickpeas or beans are slightly roasted.
- 6. Stir** 2 tbsp (30 ml) of the herbs and remaining oil into the veggie mixture. Season the yoghurt with the rest of the herbs and extra cumin.
- 7. Serve** veggies warm or at room temperature with spoonfuls of the yoghurt.

CARROT & BEAN PATTIES

2 tbsp (30 ml) olive or canola oil
1 onion, finely chopped
1 clove of garlic, crushed
1 tbsp (15 ml) finely grated fresh ginger
4 medium carrots, peeled
and coarsely grated
1 small (200 g) sweet potato in
the skin, coarsely grated
¼ cup (60 ml) Rooibos tea or
fresh orange juice
1 x 400 g tin red kidney beans,
drained and rinsed
1 egg, beaten
1 tbsp (15 ml) lemon juice
¼ tsp (1,2 ml) salt
1 tsp (5 ml) ground coriander
1 tsp (5 ml) ground cumin
1 tsp (5 ml) paprika
lemon juice and black pepper
to taste

- 1. Heat** half of the oil over a medium heat in a frying pan. Fry onion and garlic until almost soft. Add ginger, carrots and sweet potato and fry for another few minutes or until almost cooked.
- 2. Stir** in liquid, reduce the heat and simmer with a lid for 10 - 15 minutes or until the veggies are completely soft.
- 3. Mash** beans in a large mixing bowl with a fork until smooth. Stir in carrot mixture and the rest of the ingredients, except the remaining oil. Mix well and season to taste with more lemon juice and pepper, but take care not to add too much liquid.
- 4. Shape** into 8 - 10 patties, using about ¼ cup (60 ml) of the mixture per patty.
- 5. Line** a braai grid with a double layer of foil and lightly brush with remaining oil.

Braai patties over medium to hot coals, without turning, for about 8 - 10 minutes so that they keep their shape. Turn over to brown on the other side. Continue to braai until golden brown and cooked (see tips).
6. Serve patties with any side dish of your choice. Or enjoy as burgers on wholewheat rolls with salad ingredients.


TIPS

- 1. To** prepare in a frying pan, heat remaining oil and pan-fry until golden brown and cooked.
- 2. Other** beans that could be used are small white beans, like haricot or cannellini, or butter beans.
- 3. Make** small patties to serve as a snack with any of the dips on page 48-49 or the seasoned yoghurt on page 66. Serve 2-3 per person.
- 4. The** patties can be made in advance and refrigerated for up to 30 minutes before frying or braaiing.



desserts

A social gathering like a braai always calls for a dessert or treat to end off the meal. There is a wonderful **range of ingredients and seasonings** to choose from to help you make **healthier choices**. Seasonal fruit, nuts, coconut, vanilla, cinnamon, small portions of chocolate and even ice cream can be enjoyed. Serve these with homemade custard or plain unsweetened low-fat yoghurt to make it even more special.

It's however always important to keep desserts healthier by having **smaller portions**. Each recipe in this chapter indicates the recommended portions it serves. When planning a dessert as part of the menu, you should **consider the rest of the meal**, especially in terms of the amount of carbs and sugar. For example, if the meal included potatoes or bread, fill the rest of your plate with non-starchy options to leave room for dessert. If the meal was high in starch, rather opt for a fresh fruit-based dessert or smaller portions to still treat yourself.

Make dessert even more social by serving a fondue that everyone can dip into or enjoy ice cream with a selection of healthy toppings. Dessert can even be cooked over the coals, like chocolate bananas, toasted marshmallows for the fondue or roasting fruit in foil parcels. Let's not forget about South African favourites, like this **Cooking from the heart** version of a Malva pudding with homemade custard.

 **MALVA PUDDING:** sweet spongy pudding made with apricot jam and vinegar and often served with custard; a true South African favourite

HEALTHY ICE CREAM TOPPINGS

Everyone loves ice cream, but to keep it healthier, stick to this guideline — use about **1 large or 2 small scoops** (about 125 ml in total) of ice cream per person and enjoy with any of the following toppings. When making your choices, consider the amount of sugar in the toppings. For example, if you add chocolate, granadilla pulp and fruit salad, use slightly smaller portions as these all contain more sugar than nuts or poppy seeds.

Chocolate bananas: Cut a long, deep slit, lengthwise in **3 bananas** in the skin, without cutting all the way through. Keep the stems on, to use as a 'handle'. Press **4 blocks of dark chocolate** into each slit. Heat on a braai grid over medium coals until the chocolate starts to melt. The skins will turn black, but don't worry. Serve **half a chocolate banana per person** with **1 large or 2 small scoops** (about 125 ml in total) of ice cream. (See photo on page 68.)



other
toppings

Use these toppings in combination or on their own (enough for 6 portions):

- ¼ cup (60 ml) **desiccated coconut**, toasted in a dry pan
- 1 x 115 g tin **granadilla pulp** or 2-3 fresh granadillas, scooped out
- ⅓ cup (80 ml) chopped **raw, unsalted nuts**
- ¼ cup (60 ml) **poppy seeds**
- sprinkle of **ground cinnamon**
- ½ x 120 g slab good quality **dark chocolate**, chopped
- **cocoa powder**
- homemade **chocolate sauce** (on page 72) or **Malva pudding sauce** (on page 73)

Quick fruit salad: choose your favourite seasonal fresh fruit for a quick fruit salad. Mix **600-800 g fruit** with **100 ml fresh orange juice** and stir in **5-8 large fresh mint leaves**, torn. Marinate for 15 minutes. Combine apples, bananas, pears, berries, oranges or naartjies, mango, papaya, pineapple or grapes to your preference.

FRUIT PARCELS OVER THE COALS

Prepare these parcels over medium to cooler coals. Have them ready so that you can cook them on the fire, once you have finished braaiing and everyone is clearing the table.

- 8-12 large pieces of heavy-duty foil** (about 25 x 25 cm each)
- 1 small pineapple, cut into small triangles**
- 2 pears or apples, cut into thin wedges**
- 2 naartjies or 1 orange, peeled, halved and thickly sliced**
- berries, raisins or other seasonal fruit like bananas, peaches, apricots, nectarines, mango or grapes**
- 1 tbsp (15 ml) honey**
- 1 tbsp (15 ml) butter**
- 3-4 tbsp (45-60 ml) lemon juice or Rooibos tea**
- sprinkle of ground cinnamon or cloves**
- ⅓ cup (80 ml) raw, unsalted almonds or peanuts, chopped**
- extra lemon rind, poppy seeds or toasted coconut** (see tips)
- 175 ml plain low-fat yoghurt**

TIPS

- 1. Bake** parcels in the oven at 180 °C for the same time as indicated above.
- 2. To toast coconut**, place ¼ cup (60 ml) desiccated coconut in a dry frying pan and heat over a medium heat. Toast until golden brown, tossing the pan often as coconut burns easily.

1. Place two pieces of foil on top of each other to make a double layer with the shiny side facing upwards.

2. Divide fruit between the foil squares. Drizzle with honey and place a small piece of butter on the fruit. Pour the lemon juice or tea over and season with spices.

3. Bring the points of the foil squares together, above the fruit, to form a sealed parcel. Take care not to fold the foil too tightly over the fruit to allow space for the hot steam. Work carefully so that the foil doesn't tear.

4. Place over medium coals for 10-15 minutes or until the fruit just softens and is heated through.

5. Let everyone turn their parcel of warm fruit into a bowl and enjoy it with a spoonful of yoghurt, nuts, extra lemon rind and poppy seeds or toasted coconut.



CHOCOLATE FONDUE

- 1 cup (250 ml) low-fat milk
- ½ x 80 g good quality dark chocolate, broken into pieces
- 2 tsp (10 ml) sugar
- 1 tbsp (15 ml) cornflour
- 1 tbsp (15 ml) cocoa powder
- ¼ tsp (1,2 ml) ground cinnamon or more to taste
- 1 tsp (5 ml) vanilla essence
- 2 small fruit skewers per person, made with seasonal fruit, like apple, pear, papaya, citrus, banana or strawberries
- 12-18 marshmallows, toasted over the coals, if preferred
- 12-18 tennis or Marie biscuits to dip

- 1. Place** milk, chocolate and sugar in a small pot. Heat over a low heat, while stirring all the time, to melt the chocolate and dissolve the sugar.
- 2. Mix** cornflour, cocoa and cinnamon with 2 tbsp (30 ml) water to form a smooth paste without lumps.
- 3. Add** some of the warm milk mixture to the paste and stir well. Stir back into the milk mixture in the pot.
- 4. Stir** continuously over a medium heat for 8-10 minutes or until slightly thickened. Remove from the heat and stir in the vanilla. Spoon into a warm bowl.
- 5. Dip** fruit or some of the other suggested ingredients in the warm chocolate sauce.

TIPS

- 1. The** sauce will thicken as it cools down. Just stir in a tablespoon of boiling water to thin it down again.
- 2. The** chocolate sauce can also be served with ice cream. Only use 2 tsp (10 ml) cornflour and prepare as above. The recipe will then serve 8-10.

MALVA PUDDING

This is a much-loved traditional dessert. Few things can warm and comfort like a bowlful with homemade vanilla custard. This version is not too sweet and the buttermilk adds a soft texture.

- ½ cup (125 ml) cake flour
- ½ cup (125 ml) wholewheat flour
- 1 tsp (5 ml) bicarbonate of soda
- 1 egg, beaten
- 100 ml sugar
- 2 tbsp (30 ml) apricot jam
- 1 tsp (5 ml) vanilla essence
- 1 cup (250 ml) buttermilk or maas
- 2 tbsp (30 ml) butter
- 2 tsp (10 ml) white grape vinegar
- Sauce**
- ½ cup (125 ml) low-fat milk
- ½ cup (125 ml) strong Rooibos tea (see tips)
- ¼ cup (60 ml) butter
- ¼ cup (60 ml) sugar
- 1 tsp (5 ml) vanilla essence

- 1. Preheat** oven to 180 °C and lightly grease a 1,5 litre oven dish with oil.
- 2. Mix** flours and bicarb together.
- 3. Beat** egg, sugar, jam and vanilla until smooth, light and fluffy.
- 4. Stir** buttermilk and butter in a pot over a medium heat until butter has melted. Add the vinegar – the mixture will curdle, but don't worry.
- 5. Whisk** the flour mixture into the egg mixture. Gradually add the warm buttermilk mixture and beat to form a smooth batter.
- 6. Pour** into oven dish and bake for 30-35 minutes or until a skewer comes out clean.

TIPS

- 1. Make** strong Rooibos tea with 1 tea bag in ½ cup (125 ml) boiling water.
- 2. For** a different flavour, substitute the Rooibos tea in the sauce for orange juice.
- 3. When** buttermilk is not available: mix 1 cup (250 ml) low-fat milk with 1 tbsp (15 ml) lemon juice. Allow to stand for a few minutes and use as above.
- 4. Low-sugar** homemade custard: make custard with 2 cups (500 ml) low-fat milk, 2-3 tbsp (30-45 ml) custard powder and 2 tbsp (30 ml) sugar by following the instructions on the packaging. Season with vanilla essence and finely grated lemon rind. This serves 6.