

f a m i l y c o u n t r y r e c i p e s

# ONS VOLUME 3 KOS

Now including  
recipes' and  
preparing for  
camping safaris

"ONS KOS", first published in 2010, started off as a Xmas present for our family and friends. Vol. 2 was published in 2012 – and the long awaited vol 3 will be available mid-Dec 2018. During the past six years ONS KOS has travelled to England, Australia and Nieu Zealand with more and more people participating in the cooking and food photography experience.

The aim is:

- to expand country cooking throughout South Africa and have these recipes added to ONS KOS;
- to share and compare the now more than 150 recipes, tips and tricks; and
- very importantly to drink a toast with the FROG & TOAD bar cocktails.

After all- 'die skinker is Hemel toe'.

**For only R200.00, this is a great Xmas gift for the whole family!**

Pre order before 6 Dec is essential to have delivery by 15 Dec.

**HOW TO ORDER:**

If you will be collecting your from us, please pay the amount for the number of books you would like to order into the account. Use your name as reference and send proof of payment with your order to [christine@vsscreative.com](mailto:christine@vsscreative.com). If we have to post your order, please add R100.00 to the amount and let us know which Postnet is closest to you. We will send your order via Postnet counter to counter for you to collect.

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# HEIN'S FAMOUS BOTSWANA CHICKEN TIKA MASALA

**SERVES 8**

- 1 kg chicken breasts cut into bite size pieces
- 1 bottle mild Peppadews
- 32 small cherry tomatoes
- 2 big onions cut into squares or 4 small onions sliced into circles
- 2 big green peppers sliced into squares
- 250 gm button Marinated



## CREPE SUZETTE

**For the crepes:**

- 200g self raising flour
- 25ml sunflower or canola oil
- 2 eggs
- 400ml full cream milk
- 2 table spoons (30ml) maple syrup
- 1/2 teaspoon salt

**For the sauce:**

- 300ml orange juice
- 1 lemon

## BRINJAL DISH

**Ingredients:**

- 1 big or 2 small brinjals
- 1 cup diced pineapple
- 1/2 cup cottage cheese
- 1 slice cored potato
- 1/2 cup olive oil

**Ingredients:**

- 500 ml finely ground carrots
- 1 Packet of Finest Black Pepper, soya sauce
- 125 ml Sugar
- 1 ml Salt
- 1 X 440 g Tinned Crushed Pineapple
- 125 ml Cream

**Method:**

1. Drain



**Step 2**

- a. Move brinjal to side and put pineapple in middle of pan, add soya sauce on pineapple.
- b. Fry another 10 min without lid.

**Step 3**

- a. Add cottage cheese, cored potato, and pineapple, sprinkled with cream, and fry another 5 min.

## GARAM MASALA

- 10 Green or 6 Black Cardamoms, pods cracked and seeds removed and discarded.
- 1 Tablespoon black pepper corns
- 2 Teaspoons Cumin seeds
- 1/2 Teaspoon Coriander seeds
- 2 Small dried red chillies, seeds removed and discarded
- Grind to fine powder.

## CURRY POWDER

- 2 Tablespoons Cumin Seeds
- 2 Tablespoons Fenugreek Seeds
- 1 1/2 Teaspoon Mustard Seeds
- 1 Tablespoon Black Pepper corns



# VENISON WILD

## GEMSBOK BIRYANE

- 750g Venison cut into pieces
- 600g Basmati rice, washed & drained
- 300g Onions, sliced & fried crisp
- 200 g Tomatoes, peeled & chopped
- 1 ½ Tablesp Garlic paste
- 1 ½ Tablesp Ginger paste
- 1 Cup fresh cream
- Salt
- ½ Cup Coconut oil
- 3 - 4 pieces Cinnamon
- 3 - 4 Cloves
- 8 - 10 Black Peppercorns
- 2 Gre
- 2 Bay
- 2 Gre
- 1 Tab

What a story!  
 Preferably do this in the company of  
 friends and a glass of wine.

## MOROCCAN TAGINE OF OSTRICH AND FAFA BEANS

Traditionally made with lamb,  
 es not eat lamb therefore  
 the fava beans,  
 lemon  
 lives.

## Wessel du Plessis SNOEK TERRINE

**Wessel du Plessis Snoek Terrine** (the cream cheese way) done at Hotel California (the 'Ons Kos' and Hein & Christines residential adobe). I always smoke snoek, trout chicken and even catfish with a Cadac smoker on a gas braai, in this case I used oak barrel chafings and a Mojito while doing so.



## OYSTER CHEESE MOULD

... starting to set.  
 Stir into cheese and dried oysters roughly  
 egg white.  
 Pour into 10 mould/cups  
 Refrigerate for  
 Serves 10.



... together.  
 ... gelatine mixture  
 ... fold in cream a  
 ... refrigerate fo  
 ... still one of the best di  
 ... could treat our Transvaal friends  
 ... with every possible lift they could fir  
 ... They used to send us frozen crayfish  
 ... breakfast, lunch and dinner.  
 ... relatively cheap, and we used to eat cr  
 ... fish for  
 ... In those years crayfish was cheap, or at least  
 ... Lamberts Bay.  
 ... Brynard, owned the Kreehuus restaurant in  
 ... Many years ago my parents, Danie & Lena

# CRAYFISH THERMIDOR A LA CHRISTINE



# 2 FISH

## KINGKLIP & BLUE CHEESE SAUCE + PEARS IN RED WINE

### The Kingklip

Minimal spicing is done since the blue cheese sauce will excite the taste buds

- 4 kingklip fillets halved
  - 200 ml canola oil
  - 100 g butter
  - salt and black pepper
1. Sprinkle salt and black pepper generously on both sides of fillets
  2. On a hot plate add canola oil + 100 g butter, oil prevents butter from burning.
  3. Fry Kingklip and turn over after 2-3 min.
  4. Grill for another 2-3 min or until done.

### Pears in Red Wine

Prep: 5 min Cook 1 ½ hours Serves 6-8 and pairs well with Kingklip and Blue Cheese sauce, Can also be served with ice cream as a topping.

- 4 pears peeled
  - 2 cups red wine
  - 3 cups sugar
  - 1 vanilla bean split and seeds scraped (I used vanilla essence!)
  - 4 cardamom pods
1. Combine liquid, sugar and spices in pot and boil until sugar dissolved. Add pears and simmer until tender + pour out pears + reduce sauce by half (cook) until it becomes syrupy. Pour syrup over pears and roll down before putting in refrigerator.

### Blue Cheese Sauce

Prep: 1 min Cook 3 min Serves 6. Pairs well with Sole, Kingklip and Pears in Red Wine

- 250 ml fresh cream
- 200 g Blue Cheese
- 10 ml crushed garlic
- 1 tbsn Worcestershire sauce

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Rustenberg Unwooded Chardonnay was chosen for this meal

# TYPICAL PAGE IN ONS KOS





# PRESERVES

## CHRISTINE'S GREEN FIG JAM

### Ingredients:

- A bowl full of green figs - must not be hollow inside
- Bicarb of Soda
- Sugar (500g for 500g figs)
- Cloves

## HEIN'S KOEMKWART MARMELADE

### Ingredients:

- 1kg washed kumera

# KAMP KOS - ON SAFARI

## VSS KAMP BREAKFAST

### ± 20 hungry student portions

- 50ml canola oil
- 1 tbls ground b pepper
- 2 ts salt
- 30 large eggs
- 3 green sliced peppers
- 4 tomatoes
- 4 onions
- 1 tablesp garlic
- 1 tbls mixed herbs

NAMIBIA TRIP 2018 - 18 days, 18 people, 6 000 km through this strikingly beautiful country!

## PRE-PREPARED MEALS TO FREEZE FOR TRIP

### OXTAIL

Serves 18 - 20

- 7 kg Oxtail extra fat trimmed
- 5 medium onions cut into rings
- 50 ml coconut oil
- 5 oxtail stock blocks
- 10 cloves
- 125 g ground coriander
- 10 ml nutmeg
- 20...

### Quiche

Simple

## F&T MOJITO

Frog and Toad (F&T) only use Bacardi for Mojito in respect for Cuba from which it hails around 500 years ago.

A 500ml (pint size) beer mug with sturdy glass container is used. Lemon or lime can be used - lime has a softer taste but F&T prefers the more 'wild' lemon taste.

- Lemon
- Mint leaves
- Sugar

