



A taste

of 2018

Flower infusions, Hawaiian Poke
Pseudograins, textures & ginger
Ethnic cuisine (Greek, Asian & Middle Eastern)
Locally sourced meat & plant based food

Salmon Poke bowl, black rice, wasabi tahini dressing
Greek sheep & goat's milk feta baked in phyllo, orange, rosemary,
honey & verjuice sauce and zesty Greek yoghurt
Free range chicken thighs with Vietnamese lemongrass &
chilli marinade (allergy Oyster sauce)
Pickled carrots
Sweet & sour brinjal & sun-dried tomato salad,
pomegranate dressing
Frozen lemon parfait, crunchy ginger crumb, butterscotch sauce
and popping candy

Table & crafts
Cherry Blossom

Floral infused Bubbly

-
- Your choice of dry /off dry Sparkling wine or MCC
- *I served Perdeberg Sparkling Chenin blanc 2015 from Boucheron*
- A Splash of Belvoir fruit farms Elderflower and Rose cordial (Poetry)
- 1/4 -1 sachet Secco Hibiscus & Raspberry infusion (Yuppiechef)



HAWAIIAN POKE (“po-kay”) is a mixture of island style flavours with Asian and sushi influences

How to build a Poke bowl (this is very flexible)

Choose a base: Black rice, sushi rice, brown rice, soba noodles or leafy greens like Kale and red cabbage

Choose a protein: cubed raw fish like Tuna, Salmon, cubed cooked tofu, cubed or sliced smoked chicken or grilled rump or cooked prawns

Choose a dressing: Use a base of ponzu, black bean, tahini, sriracha, soy, wasabi, mayo

Choose fresh fruit and or veg: Avocado, melon, onions, bean sprouts, edamame, radish, mango, carrots, peppers, pineapple, fresh herbs like coriander and mint

Choose texture: Nuts, seeds, spices, Nori

Choose some heat: Wasabi, chillies, jalapenos

Choose a pickle: Ginger, mushrooms, red onions, carrots, cucumber, cauliflower (see a quick and easy pickled carrot recipe below, which can be adapted to pickle these)

MY SALMON POKE BOWL (6-8)

2-3 Scottish salmon fillets, skin removed and cut into cubes with a sharp knife

2 tablespoons toasted black and white sesame seeds

3 -4 tablespoons “Indomex” sweet soy sauce (do not use the Woolworth’s sweet soy sauce)

1 packet (1/2 a box) Woolworth’s Black Elephant Thai rice. *Cook with 2 cups water for about 25 minutes, add 2 tablespoons of rice vinegar and 2 tablespoons of caster sugar and cool*

½ to 1 cup cubed fresh pineapple

6-8 tablespoons pickled ginger, sliced

2 large carrots julienned or coarsely grated

2 small seedless cucumbers, julienned

2 cups finely sliced red cabbage

Coriander and Kewpie Mayonnaise to garnish and serve

Tahini and wasabi dressing

¼ cup tahini

2 tablespoons olive oil

2 tablespoons rice vinegar

1 teaspoon sesame oil

2 tablespoons soy sauce

1-2 teaspoons wasabi paste

1 tablespoon honey

- Coat the salmon in the sweet soy sauce
- Build bowls according to your plate shape, drizzle with dressing, scatter with sesame seeds and coriander and finish off with a squeeze of Kewpie mayonnaise on the salmon

GREEK SHEEP AND GOAT'S FETA BAKED IN PHYLLO (8)

1 roll (1/2 box) of frozen phyllo. One roll makes 24 fingers.

2 blocks Woolworth's aged sheep and goat's feta, sliced into 3 or 4 fingers (the cheese varies in size)

Melted butter (about 1/2 cup)

Black sesame seeds or nigella seeds to sprinkle

1. Open the phyllo and use a damp dish towel to keep the sheets moist while you work with just one sheet at a time. If the pieces are torn, just work around it, patch it up with butter and fold
2. Layer 2 small squares of phyllo with melted butter
3. Roll the cheese up like a spring roll (roll once, tuck the sides in, then role to close) brushing with melted butter, then scatter with the seeds
4. At this stage, the little cheese cigars can be placed in a Tupperware container in the fridge, until ready to bake
5. Bake at 180 °C for about 25 minutes or until golden brown
6. Serve immediately drizzled with sauce and add a dollop of yoghurt on the side

YOGHURT

- Combine 500g tub of full fat Greek yoghurt with the zest of 2 oranges

ORANGE, ROSEMARY, HONEY & VERJUICE

1/2 cup raw honey

1/4 cup verjuice/rice wine vinegar

Juice of one orange

1 rosemary stick-leaves removed

Optional-12 halved black or green seedless grapes

- Place the ingredients in a saucepan and allow to boil and reduce slightly. Adjust the taste to your preference -more orange juice for sweetness or more vinegar for tartness.

Cook's notes: Instead of cigars, make little pies. Brush an eight-hole muffin pan with melted butter. Mash soft goats cheese (you can also add pistachios and orange zest). Cut small squares from the phyllo, overlap 1 square over the other at an angle and press into the muffin pan, brushing with butter. Fill the holes with cheese and then crinkle some remaining phyllo over the top and then fold the bottom layer of pastry over, sealing the pies. Brush with melted butter and bake.

PICKLED CARROTS

1 large carrot, finely julienned/grated

1/2 teaspoon salt

2 tablespoons rice vinegar

1 tablespoon castor sugar

- Combine all ingredients and leave to pickle for 20 minutes

VIETNAMESE- STYLE CHICKEN THIGHS WITH PICKLED CARROTS (8)

Chicken

16 free-range local chicken thighs/portions

To serve fresh coriander and mint

Marinade

1 pack of Woolworths ginger, garlic, lemongrass tub

alternatively

Blend 2 chopped lemon grass stalks, 4 garlic cloves, a sliced knob of ginger

¼ cup honey

1 teaspoon turmeric

½ cup oyster sauce

½ cup soy sauce

1. Combine ingredients and marinate the chicken for an hour or overnight
2. Place on a non-stick mat and roast at 180 °C for 45 minutes (depending on size) to an hour or until crispy on the outside and tender inside.

COOK'S NOTES: Pickled carrots can also be added to Poke bowl. They are also a delicious addition to a chicken salad. Use greens and Chinese cabbage, mint and basil, toasted peanuts and add a flaked Woolworth's chicken. Dess with the Vietnamese caramel sauce.

VIETNAMESE CARAMEL SAUCE

¼ cup (60ml) soft muscovado or caramel sugar

¼ cup (60ml) castor sugar

¼ cup (60ml) plain oil like canola or sunflower (flavourless)

3 tablespoons (45ml) fish sauce

3 tablespoons lime juice

½ -1 teaspoon of red or green chilli

¼ cup coriander leaves (optional)

1. Place both sugars and ¼ cup (60 ml) water in a saucepan (if you have a glass lid pop this on)
2. Boil, while the sugars dissolve and allow to reduce to a slightly thicker sauce
3. Cool and add the remaining ingredients
4. Serve on the side of the chicken

BRINJAL AND SUNDRIED TOMATO SALAD (8-10)

1 cup (or more if needed) vegetable oil
3 large brinjals cut into cubes
1 packet sun dried tomatoes (like Woolworth's), drained and cut into strips
½ punnet of flat leaf parsley
1 packet of rocket/greens
½ loaf of stale sourdough bread, torn or chopped
Pomegranate rubies

1. Pan fry the brinjal cubes in the hot oil for about 15-20 minutes until the centre is soft and the white flesh has turned golden brown. Remember that brinjals need plenty of oil to cook properly, so add more oil if the pan becomes dry
2. Place the cooked brinjal between paper towels and press gently to drain off the oil. Cool.
3. Coat the brinjal and the sourdough bread in the dressing
4. Place the dressed brinjal and bread on a bed of rocket, scatter with the sundried tomato, rubies and fresh Italian parsley leaves. The greens or rocket can be omitted in winter.

DRESSING

¼ cup honey
2 tablespoons tomato paste
1/4 cup olive oil
1 teaspoon Harissa spice
100ml bottle of Woolworth's Pomegranate molasses or 125ml of the Delft reduction.

1. Combine the dressing ingredients mix well and then coat the brinjals

FROZEN LEMON & GINGER PARFAIT

- A)** 1 packet ginger biscuits (200g)
4 preserved ginger nuts with syrup poured in to fill a ¼ cup
- Blend together until a wet crumb is formed (delicious over ice-cream or sorbet)
- B)** 1 can condensed milk
2x80ml (1/3 cup x2) lemon juice
Zest of 2 lemons
500ml (2 cups) cream whipped
- Whip cream and then add remaining ingredients and combine
1. Use a silicone loaf pan, ring pan or a springform cake pan lined with baking paper
 2. Layer the ice-cream with crumb
 3. Cover and freeze overnight

BUTTERSCOTCH SAUCE (1 ½ CUPS)

¾ cup muscovado or caramel sugar
½ cup golden syrup
2 tablespoons butter
½ cup cream

Optional-some of the ginger syrup or chopped ginger from the stem ginger

1. Combine the brown sugar, golden syrup and butter in a small saucepan
2. Bring to the boil over medium heat, stirring constantly, dissolving the sugar
3. Stir in cream and ginger syrup
4. Store in an airtight container. Refrigerating the sauce will thicken it and you may need to add additional cream. It's best served at room temperature.
5. Mix/stir the sauce before serving
6. Remove Parfait from tin and drizzle with sauce and top with popping candy mix

The popping candy mix that I have used is from Nicoletta online (popping candy mixed with sprinkle crunch). Only the chocolate is available in small quantities, the caramel crunch and cocoa popping candy comes in bulk.

CRAFTS AND TABLE

Cherry blossom paper and printable fans - <https://cookstudio.co.za/category/printables>

Shabby chic vintage paper- Chinese market Hillfox (R14 for 3 rolls)

Chinese bowls, tea, chopsticks, buns, sweet treats and fortune cookies- Cyrildene

Pink underplates, white and floral vases- Mr Price

Silk cherry blossoms -Garden World Bryanston

Bamboo serving dishes -CRS

Brown wooden fans and ceramic spoons- Chinese market Hillfox

Birdcage, scale with vintage Chinese sifter, books, cutlery and teacups -own

Tea towel for gift wrapping -Poetry

Napkins with pom poms for gift wrapping -Mr Price

Cherry blossom stickers and labels- Love Letters Stationery online

Pale pink tonic water fever Tree (Woolworths or bottle store)

TIPS FOR A CHERRY BLOSSOM PARTY

Print the papers online and use to wrap drink bottles, chopsticks (cut small circles and fold over), use as place mats and make paper fortune cookies

Purchase Chinese wooden serving boats and paper baskets at CRS

Purchase chopsticks, fans and fortune cookies at Chinese suppliers

Use upside down Chinese lanterns to display flowers

Pluck silk cherry blossoms from the stem (look at Garden World, Lifestyle, Flower spot and Chinese markets) and re-glue them onto painted white or plain sticks/twigs/branches to go further

Fill clear bags with fortune cookies and decorate with a chopstick, ribbon and tag to place on place setting

Washi tape the ends of plain chopsticks with your preferred colours and patterns

Make upside down lanterns with a white paper bag and ribbon and string to make bunting