



# South African Traditional Recipes

50 Tried and Tested Recipes.



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## **Introduction.**

South African Traditional cuisine - recipes influenced by many cultures over hundreds of years.

Outdoors and indoors recipes that came through the years, and which has now become household recipes, passed from one generation to the next.

Diverse cooking methods that stems from the 1800's when there were no facilities, apart from open fires, and living and cooking in the outdoors.

This lead to the development, through trial and error, of unique ways and measures to ensure a diverse, healthy diet, where no wastage could be afforded, despite the lack of facilities etc.

Due to the "trekking", meal times, especially dinner and Sunday lunch times, became very important social affairs, where many tales, planning and the exchange of news and new ideas with regards to handling, acting and social skills protocols were exchanged, especially, since due to the "trekking", many new cultures and different climates etc. were found and experienced, each with its unique rules of acceptable behaviour and social protocols.

This holds true even today, where numerous gatherings etc. be it family orientated or close friends meeting for sports events, still takes place on weekends in the form of either informal "braai's or potjiekos" or more formally in the form of Sunday lunches.

# Buttermilk Rusks

## “KarringmelkBeskuit” recipe

This is a traditional rusk - great for dunking in your tea or coffee early in the morning when you watch the sun rise as the “**Boer trekkers or Voortrekkers**” did every morning when they travelled from the Cape to the Transvaal.

**If the rusks are to be kept for a long time, do not substitute margarine for the butter.**

**If no buttermilk or yogurt is available, use fresh milk curdled with lemon juice or white vinegar.**



### Ingredients

375g butter  
500g sugar  
2 extra-large eggs  
1,5kg self-rising flour  
30ml (2 tablespoons) baking powder  
500ml (2 cups) buttermilk or plain drinking yogurt

### Instructions on how to make it

Preheat oven to 180°C.

Cream the butter and sugar together very well. Add the eggs, one at a time. Sift the flour and baking powder together, and add this to the creamed mixture, using a fork to mix. Add the buttermilk or yogurt, using a little milk to rinse out the carton. Mix well with a fork and then knead lightly. Pack lightly rolled, golf ball sized buns of the dough into the greased bread pans close together, and bake for 45-55 minutes. Place the pans in the middle of the oven, with a sheet of brown paper on the top shelf to protect the buns from becoming browned too quickly.

Remove the paper after the buns are well risen and cooked through, to brown the tops. Reduce the heat to the lowest possible setting. Turn out the buns on to cake racks, cool them and separate them, using 2 forks. Pack them on wire racks or on cooled oven racks – air must circulate. Place them in the cool oven, leaving the door ajar, for 4-5 hours, or overnight, to dry out.

## Cape Brandy Pudding Recipe

Perfect for a change from the traditional Christmas pud, this one has a South African twist and can be served with cream or custard!



### Ingredients

250g dates, roughly chopped

250 ml water

5ml bicarbonate of soda

100g butter, softened

200ml caster sugar

1 egg

250ml plain flour

5ml baking powder

100g pecan nuts, chopped

For the syrup:

250ml sugar

120ml water

120ml brandy

5ml vanilla essence

30ml butter

1/2 tsp ground cinnamon

## **Method**

Preheat the oven to 180C and grease an oven-proof dish.

Combine the dates with the water in a small pot and bring to the boil. Remove from the heat and add the bicarbonate of soda.

Cream together the butter, sugar and egg. Sift the flour and baking powder and add to the creamed mix together with the cooled dates and mix well.

Mix in the nuts and pour into the greased dish. Bake for about an hour or until a skewer comes out clean

For the syrup, boil the sugar, water, butter and vanilla essence together for about 10 minutes. Add the brandy and cinnamon and mix well.

Serve the pudding with the syrup poured over it and top with some whipped cream (or custard if preferred).

Serves 6.

## “Koeksisters”



### Ingredients dough

250 ml (1 cup) cake flour  
250 ml (1 cup) self-rising flour  
5 ml ( 1 tsp.) salt  
60g (1/4 cup) butter  
5 ml (1tsp) ground ginger  
5 ml (1 tsp.) ground cinnamon  
5 ml (1 tsp.) ground mixed spice  
2.5 ml (1/2 tsp.) ground cardamom  
10 ml (2 tsp.) soft brown sugar  
10 ml (2 tsp.) white sugar  
7.5 ml (1 1/2 tsp.) instant dry yeast  
375 ml (1 1/2 cups) warm water

### Syrup

*Make syrup the day before and refrigerate. When frying “koeksisters”, take out of fridge and place in a container which is layered with ice cubes at the bottom.*

250ml (1 cup) water  
125ml (1/2 cup) sugar  
15ml (1 tbsp.) desiccated coconut  
1 piece of “naartjie” peel

To make the syrup bring, water, sugar, coconut and “naartjie” peel to a slow boil in a large saucepan until syrup starts to bubble.

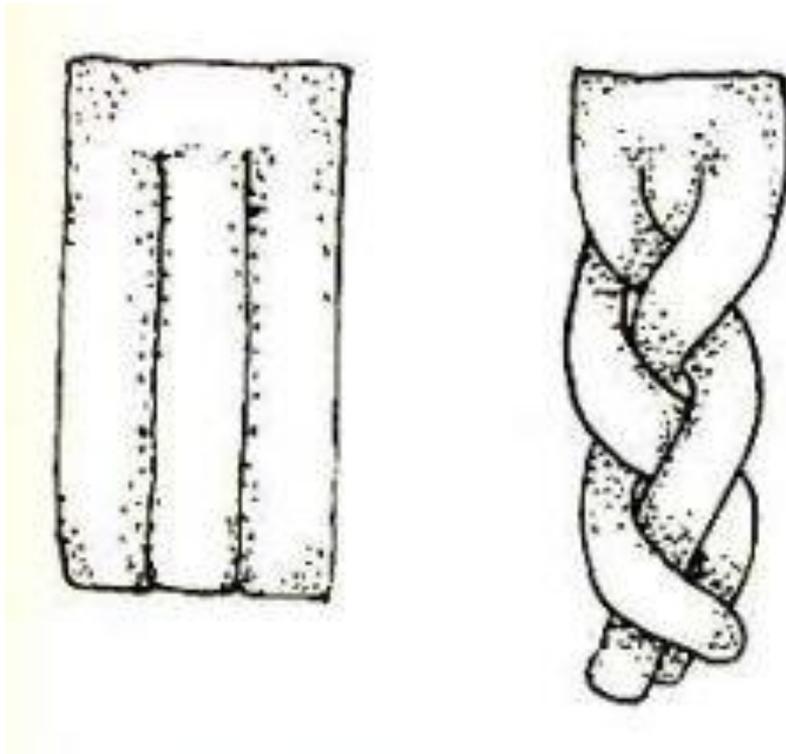
## Method Dough

In a mixing bowl combine the flours with salt.

Add butter and rub in lightly till it resembles fine breadcrumbs.

Add remaining ingredients, using the warm water to form dough.

Do not knead. Cover with plastic and leave in a warm place for about 1/1/2 to 2 hours or raised until doubled in size then turn out on a lightly floured surface.



Dip fingers and knife into flour and use your hands to stretch the dough.

Cut into 4cm X8cm strips and deep fry over medium heat in a deep saucepan.

Insert fork to check if done, and remove quickly one by one and drain in colander or on kitchen paper.

Prick each "koeksister", and then lower into syrup. Add as many "koeksisters" as the pan will hold. Turn and cook for 5 minutes each side or till browned. Remove with slotted spoon place on platter with some extra coconut. Sprinkle coconut over them and serve while hot.

## Mealie Bread



### Ingredients:

1 1/2 cup frozen corn kernels, thawed

2 eggs

2 Tbsp. butter, melted

1 cup flour

2 tsp. baking powder

2 Tbsp. sugar

1/2 tsp. salt

### Preparation:

Preheat the oven to 350F and grease a loaf pan.

Blend 1 cup of corn, the eggs, and melted butter together until a coarse mixture forms.

Add the remaining 1/2 cup of corn and pulse the mixture one or two more times. Leave many kernels whole.

Whisk together the flour, baking powder, sugar, and salt.

Using a large spoon, combine the dry ingredients with corn mixture until a thick mixture forms.

Add it to your loaf pan and bake about 30 to 35 minutes.

Allow the bread to cool slightly before slicing.

## Milk Tart

A homemade **South African “melktert”** is always a winner. Whether you need **dessert** for your dinner party, a cake for a special occasion or simply just a slice of something sweet with your afternoon cup of tea – this **easy “melktert” recipe** will sort you out.



### Ingredients – pastry:

2 cups flour  
1 egg  
½ cup sugar  
2 tsp baking powder  
125g butter  
pinch of salt

### Method – pastry:

Cream butter and sugar well together and add the egg, before beating well.

Add all other ingredients – making stiff dough.

Press into one or two round cake tins/pie dishes and bake at 180°C until light brown.

### Ingredients – filling:

4 ½ cups milk  
2 ½ tbsp. corn flour  
1 cup sugar  
3 eggs  
pinch of salt  
2 ½ tbsp flour  
1 tsp vanilla essence  
a big spoon of butter

### **Method – filling:**

Bring milk to the boil.

Beat eggs well and add sugar, flour, corn flour and salt.

Mix well.

Pour boiling milk into the mixture and stir well.

Return to stove and stir well until mixture thickens.

Add butter and vanilla essence and pour into cooked shell.

Allow to cool in the fridge (you do not need to cook the tart any further)

To decorate, sprinkle with cinnamon.

## “Mosbolletjie”

The best way to describe “mosbolletjies” is that it’s a sweet brioche, traditionally made with fermented grape juice (these days we just use normal grape juice) and flavoured with aniseed. The texture is feathery and there is just nothing on earth like a torn piece of “mosbolletjie” with thickly spread butter and golden syrup.



### Ingredients

1 kg cake flour

10 ml salt

100 g sugar

10 g instant dry yeast

30 ml whole aniseed

250 ml white grape juice

125 ml lukewarm milk

250 ml lukewarm water

30 ml sugar mixed with 30 ml lukewarm water (sugar syrup for brushing after baking)

## Method

Sift flour and salt together. Add sugar, yeast and aniseed. Stir well.

Heat butter and grape juice in a saucepan until butter has melted. Do not boil. Add to dry ingredients along with milk and water, then mix to form a soft dough.

Turn out dough on a lightly floured surface, then knead for 5-10 minutes, or until the dough is soft and elastic. Place in a large oiled bowl, then cover and leave to rise in a warm place for about 30 minutes, or doubled in size.

Knock down dough on a floured surface, and knead until smooth. Divide into equal pieces and shape into balls (the correct technique is to squeeze balls of dough through a circle made by your thumb and forefinger, using oiled/buttered hands, this way you get nice smooth balls of dough). Pack the balls tightly into 2 loaf tins of about 22 cm each. Cover and leave to rise for about 30-45 minutes.

Bake in a pre-heated oven at 180 degrees C for 35-40 minutes. Turn out onto wire racks, then brush immediately with syrup.

Leave to cool slightly, then eat warm, or break into pieces and dry out in a cool oven at 70 degrees C overnight.

# Roosterkoek Recipes

(Bread made on the grill when braaiing)

Roosterkoek for the braai or 'Stok Brood' (Pieces of dough pressed on stick and kids can braai their own bread.)



## Ingredients:

500g Self-raising flour

1 can of Beer

1 teaspoon Salt

You can add a hand full of grated cheese, herbs, honey, molasses, garlic or any of your yummy favourite ingredients

## Method:

Add all the ingredients together and mix well.

Place the dough in a dish and cover it with a cloth.

Place in warm oven that has been preheated at very low temperature and let it rise until double in size. It will take about 1 hour, depending on your dough.

Have a flat baking tray ready that you have sprinkled with flour.

Remove the dough from the oven.

DO NOT knead the dough.

Break off small pieces without flattening it and place on prepared baking tray. Repeat until all the dough has been used. I do sprinkle a little flour on the top as not to dry it out.

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