

HERITAGE  DAY

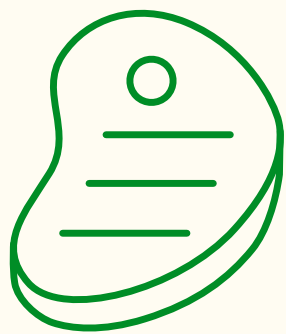
POTLUCK PARTY

TWEENS & TEENS COOK-OFF
RECIPE BOOKLET

Click on a recipe to view



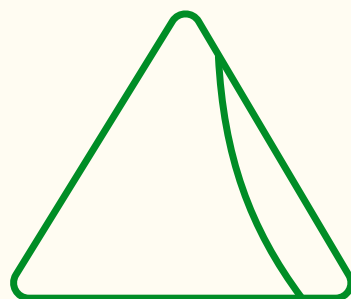
PAP &
SHEBA



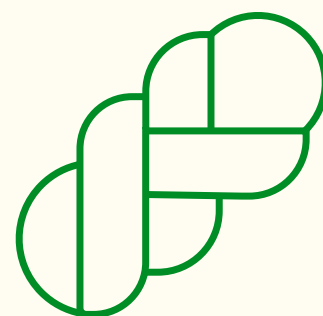
SHISA
NYAMA



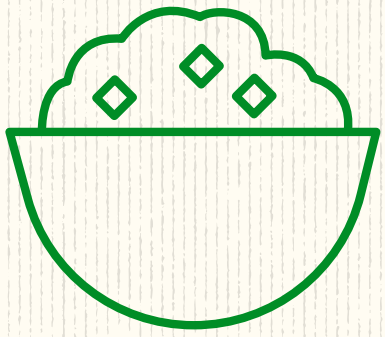
BRAAI
BROODJIES



SAMOSAS



KOEKSISTERS



SOUTH AFRICAN PAP & SHEBA

SERVES 10

Pap, also known as maize porridge, is a traditional South African dish made from maize meal. It is a staple food in many South African households, especially among the Sotho, Tswana, and Zulu cultures. Pap is often served with Sheba, a tomato and onion sauce that adds a flavourful punch to the meal. The combination of Pap and Sheba represents unity and sustenance, making it a beloved comfort food.

INGREDIENTS

PAP

- 6 cups maize meal (mielie meal)
- 12 cups water
- 1 teaspoon salt

SHEBA

- 3 tablespoons cooking oil
- 3 large onions, chopped
- 6 garlic cloves, minced
- 12 ripe tomatoes, chopped
- 2 teaspoons sugar
- Salt and pepper to taste

UTENSILS

- Large pot with a lid
- Large spoon for stirring
- Knife (with parental supervision)
- Chopping board
- Large frying pan

P

Parental help needed

STEPS

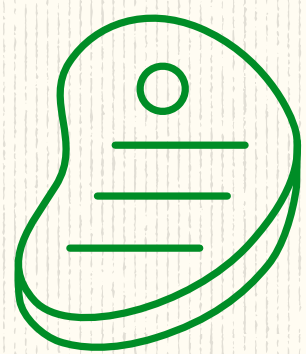
PAP

- 1 Prepare the Water:** Pour 12 cups of water into a large pot and bring it to a boil.
- 2 Add Maize Meal:** Once the water is boiling, slowly add the maize meal while stirring continuously to avoid lumps.
- 3 Cook the Pap:** Reduce the heat to low, cover the pot, and let the pap simmer for about 20 minutes. Stir occasionally.
- 4 Serve:** Once the pap is thick and smooth, it's ready to serve.

SHEBA

- 1 Heat the Oil:** In a large frying pan, heat 3 tablespoons of cooking oil over medium heat.
- 2 Cook the Onions and Garlic:** Add the chopped onions and garlic to the pan and sauté until they're soft and golden.
- 3 Add Tomatoes:** Stir in the chopped tomatoes, sugar, salt, and pepper. Let the mixture cook for about 15 minutes until the tomatoes break down into a thick sauce.
- 4 Serve:** Pour the Sheba over the pap and enjoy!





SOUTH AFRICAN BRAAI

SHISA NYAMA

SERVES 10

Shisa Nyama, which means “burn the meat” in Zulu, is a traditional South African braai (barbecue) where meat is grilled over an open flame. It’s not just a meal but a social gathering, bringing family and friends together. Shisa Nyama is a cornerstone of South African culture, enjoyed during celebrations, weekends, and public holidays.

INGREDIENTS

- 3 kg beef steak, lamb chops, or chicken pieces (choose your favourite)
- Salt and pepper to taste
- 6 tablespoons barbecue sauce (optional)

UTENSILS

- Braai (barbecue grill) or gas grill
- Tongs
- Basting brush (if using barbecue sauce)
- Plates for serving

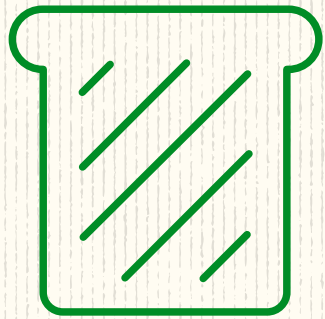
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Parental help needed

STEPS

- 1 Season the Meat:** Season the meat with salt, pepper, and barbecue sauce (if using).
- P Preheat the Braai:** Light the braai and let the coals get hot and ashy before grilling.
- 3 Grill the Meat:** Place the meat on the braai and grill, turning occasionally with tongs until it’s cooked to your liking. Beef should be grilled for about 7-10 minutes per side, chicken for about 10-15 minutes per side.
- 4 Serve:** Once the meat is nicely grilled, remove it from the braai and serve hot.





SOUTH AFRICAN GRILLED SANDWICHES

BRAAI BROODJIES

Braai Broodjies are a beloved addition to any South African braai. These grilled sandwiches, filled with cheese, tomato, and onion, are a simple yet delicious side dish. They're typically cooked on the braai alongside the meat, adding a comforting and familiar taste to the meal.

SERVES 10

INGREDIENTS

- 20 slices of bread
- 10 slices of cheese
- 3 large tomatoes, sliced
- 2 large onions, thinly sliced
- Butter or margarine for spreading
- Salt and pepper to taste

UTENSILS

- Braai (barbecue grill) or sandwich press
- Spatula
- Knife (with parental supervision)
- Chopping board
- Butter knife

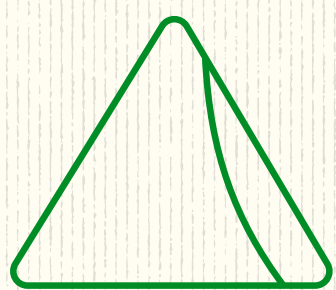
STEPS

- 1 Prepare the Sandwiches:** Spread butter on one side of each slice of bread. Place a slice of cheese, tomato, and onion on the unbuttered side of 10 slices of bread. Sprinkle with salt and pepper, then top with the remaining bread slices, buttered side up.
- P Grill the Sandwiches:** Place the sandwiches on the braai and grill for about 3-5 minutes per side until the bread is golden and the cheese is melted. Use a spatula to flip them carefully.
- 3 Serve:** Once the sandwiches are crispy and melted, remove them from the grill and cut them in half before serving.



Parental help needed





INDIAN SAMOSAS

SERVES 10

Samosas are a traditional Indian snack that has become popular worldwide. These triangular pastries are filled with spiced potatoes, peas, or meat and are usually fried until crispy. In South Africa, samosas are a common treat at cultural events and celebrations, reflecting the country's rich Indian heritage.

INGREDIENTS

- 6 cups all-purpose flour
- 3/4 cup vegetable oil
- 1 teaspoon salt
- Water (as needed)
- 6 large potatoes, boiled and mashed
- 2 cups peas
- 3 large onions, chopped
- 6 garlic cloves, minced
- 3 teaspoons curry powder
- Salt to taste
- Oil for frying

UTENSILS

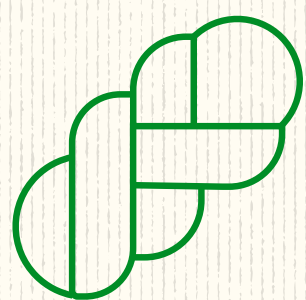
- Rolling pin
- Knife (with supervision)
- Frying pan
- Large pot for frying (with parental supervision)
- Mixing bowl
- Tongs or a slotted spoon for frying

P Parental help needed

STEPS

- 1 Make the Dough:** In a mixing bowl, combine the flour, salt, and vegetable oil. Slowly add water and knead until you have a soft dough. Cover and let it rest for 30 minutes.
 - 2 Prepare the Filling:** Heat a frying pan with a little oil and sauté the onions and garlic until soft. Add the curry powder, mashed potatoes, peas, and salt. Mix well and cook for 5 minutes, then let it cool.
 - 3 Roll Out the Dough:** Divide the dough into small balls. Roll each ball into a thin circle using a rolling pin. Cut each circle in half.
 - 4 Fill the Samosas:** Fold each half-circle into a cone shape, fill it with the potato mixture, and seal the edges with a little water.
- P Fry the Samosas:** Heat oil in a large pot over medium heat. Fry the samosas in batches until they are golden brown and crispy. Use tongs or a slotted spoon to remove them from the oil and drain on paper towels.





AFRIKAANS

KOEKSISTERS

SERVES 10

Koeksisters are a traditional South African dessert, particularly popular in Afrikaans culture. These twisted pastries are fried until golden and then soaked in a sweet syrup, making them sticky and delicious. Koeksisters are often enjoyed with tea or as a sweet treat after a meal.

INGREDIENTS

- 6 cups all-purpose flour
- 6 teaspoons baking powder
- 1 teaspoon salt
- 6 tablespoons **cold** butter
- 1 1/2 cups milk
- Oil for frying
- 6 cups sugar
- 3 cups water
- 3 teaspoons lemon juice

UTENSILS

- Rolling pin
- Knife (with parental supervision)
- Frying pan
- Large pot for frying (with parental supervision)
- Mixing bowl
- Tongs or slotted spoon for frying

P

Parental help needed

STEPS

- 1 Make the Dough:** In a mixing bowl, combine the flour, baking powder, and salt. Rub in the butter until the mixture resembles breadcrumbs. Add the milk and knead to form a soft dough. Cover and let it rest for 30 minutes.
- 2 Prepare the Syrup:** In a saucepan, combine the sugar, water, and lemon juice. Bring to a boil, then simmer until the syrup thickens slightly. Remove from heat and let it cool completely.
- 3 Shape the Koeksisters:** Roll out the dough on a floured surface to about 1/4 inch thick. Cut into strips, then twist each strip to form the koeksisters.
- P Fry the Koeksisters:** Heat oil in a large pot over medium heat. Fry the koeksisters in batches until golden brown. Use tongs or a slotted spoon to remove them from the oil.
- 5 Dip in Syrup:** While still warm, dip the koeksisters in the cooled syrup, ensuring they are well coated. Let them soak briefly before serving.

