

Fusion Potatoes

I am weak for these potatoes. I have no resistance to a warm potato with this wasabi mayo dressing! And the pink and green radish and cucumber garnish are my favourite colours together. When I walk past this salad as it is being made, Lucinda flashes a sharp forbidding glance at me, “Don’t do it, K!”

1½kg potatoes, unpeeled
10 tbsp mayonnaise
3 tbsp Chinese wine vinegar
1 tsp sesame oil
2 cloves of garlic, crushed
2 tbsp wasabi paste
juice of 1 lemon
8 spring onions, sliced
6 radishes, finely sliced
10g parsley, thyme or coriander
salt and pepper
1 medium cucumber, shaved into
ribbons with a peeler
large handful of watercress for garnish

Boil the potatoes in plenty of boiling water until just tender. Drain and leave in the colander until they are cool enough to handle. Mix the mayonnaise, Chinese vinegar, sesame oil, garlic, wasabi and lemon juice. Break the potatoes gently with your fingers into bite-sized pieces. Stir the wasabi mayo mix gently-gently through the still-warm potatoes and arrange on the platter, layering generously with the finely sliced spring onions, radishes and herbs so that all the potatoes get a bit of all this colour and seasoning. Once all the potatoes have been layered, garnish with the remaining chopped herbs, ribboned cucumber, radish and watercress.

Serves 8

Honey Mustard Sausages

There really is nothing quite like a warm honey mustard sausage, glistening and sticky. It is Temptation itself.

1½kg top-quality pork bangers
½ cup wholegrain mustard
½ cup runny honey
(Equal parts grainy mustard and honey)

Line a baking sheet with baking paper. Pour on a drizzle of vegetable oil. Line up the sausages in ranks. Mix together equal parts of grainy mustard and honey. Smother the sausages with the honey mustard mixture. Bake in a preheated oven at 190°C for 25–35 minutes. You may need to turn them halfway through cooking and baste with the honey mustard glaze to ensure even and perfect colour.

Serves 8



Black Rice with Sesame, Lime & Coriander

Many of our regulars come into the shop and ask me expectantly, "That one with the black rice ... do you have it today?" This is THAT salad. You can buy the rice from Asian supermarkets.

3 cups black rice
2 white onions
6 red onions, cut into chunky wedges
2 garlic cloves, crushed
2 tsp cumin seed
¼ cup lime juice
2 tbsp fish sauce
¼ cup honey
4 tsp sesame oil
1½ tsp salt, white pepper
6 spring onions, peeled and sliced
finely on the diagonal
1 cup pitted dates, chopped
60g fresh coriander, roughly chopped

Boil the black rice in plenty of water until tender, about 40 minutes. Watch during cooking that it does not catch and burn. You might need to add more water. When tender, drain in a colander and rinse with cold water.

While the rice is cooking, sauté the onions in a little oil until they are soft and translucent, about 15 minutes. Add the garlic and cumin seed and cook for a further 3 minutes. Add the lime juice, fish sauce and honey and sesame oil, and sauté for a further 2 minutes.

Remove from the heat and add the warm sauce to the cold rice with 1½ teaspoons salt and a shake of white pepper. Stir through the rice to combine. And set aside to cool.

Finally add the spring onions, dates and roughly chopped coriander.

Serves 8

Slaw Tartar

I can eat whole bowls of this slaw. You can make a fine tartar sauce to serve with grilled fresh fish by mixing all the ingredients besides the cabbage and the vinegar. As an accompaniment to fish, you might want to add the grated zest of 1 lemon too and a few tablespoons of chopped parsley.

¼ cup capers, roughly chopped
¼ cup chopped gherkins, plus
2 tbsp of the juice
1 tbsp Dijon mustard
2 cups mayonnaise
¾ tsp sea salt
½ tsp freshly ground black pepper
5 tbsp cider vinegar
½ tsp sugar
1 large green cabbage, finely julienned

In a small bowl, mix together all but the julienned cabbage.

In a larger bowl, toss the cabbage with as much of the tartar sauce as you like. Taste to see if you would like to add more salt and pepper.

Serves 8



Gammon

Gammon is a pleasure to serve the whole year through. Slice as thinly as possible with a sharp slicer or carving knife. We glaze our gammons with our honey mustard mix but you could experiment with any sweet sticky business: mustard and marmalade, cranberry, sticky brown sugar and English mustard.

- 1 gammon, about 2kg
- 2 onions, cut into quarters
- 2 carrots, cut in half crosswise
- 5 all-spice cloves
- 2 star anise
- 2 apples, cut into quarters

Glaze

- 4 tbsp grainy Dijon mustard
- 4 tbsp runny honey

Cover the gammon with water and add all the ingredients.

Boil according to instructions on the package, usually 45 minutes to an hour. Preheat the oven to 180°C.

Remove the gammon from the water and allow to rest. When cool enough to handle, slip the surrounding net off the gammon and then with a sharp knife, slice off the top layer of tough skin, leaving a good slab of fat. Lightly cut lines in the fat to make diamond shapes and coat the gammon with the honey mustard glaze.

Pop in the oven for 10–15 minutes until the gammon has a beautiful bronzed colour.

Serves 8

Puri Potatoes

I am shameless in bookstores. I sit down at the Cookery Books section and feast. One day I came across this recipe based on the Indian street food, Bhel Puri. I was particularly captivated by the use of sev, the Indian chickpea flour “slangetjies”, which you can buy all over the Western Cape at most corner cafés. There are all kinds of flavours from chilli to chutney. Some have peanuts. A salad with all kinds of fresh bits: crunchy, sweet, spicy, topped with slangetjies ... how could you go wrong?

- 6 potatoes
- ¾ cup plain yoghurt
- 5 tbsp tamarind chutney (or similar)
- 4 tbsp lemon or lime juice
- Sea salt, black pepper
- 1 cucumber, chopped into 1cm dice
- 1 red chilli, deseeded and very finely chopped (optional)
- 1½ red onions, finely chopped
- 150g dried dates, sliced or chopped
- leaves from a bunch of coriander (about 50g)
- 100g slangetjies (sev)
- 160g plain roasted peanuts

Boil the potatoes in a large saucepan in plenty of water.

Cook until tender for about 20–30 minutes. Drain and allow to cool before cutting into bite-sized cubes.

In a bowl or deep jug, whisk together yoghurt, chutney and lemon juice and season with salt and pepper. Pour this mixture over the potatoes and stir to coat without making mush of your potatoes.

Now begins the exciting layering:

On your chosen platter, start with the tamarind yoghurt potatoes. Next, layer the diced cucumber, then the chopped chilli (if using), the red onion, dates, coriander leaves, sev and peanuts.

Serves 8



Crisp Clear Coleslaw

This coleslaw has the sweet virtue of a great summer day!

"i thank You God for most this amazing day: for the leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural which is infinite which is yes."

– e.e. cummings

½ white cabbage, very finely shredded
1 small red onion, diced
1 large carrot, peeled and grated
1 stalk celery, finely sliced
3 tbsp organic white sugar
½ cup white vinegar
¼ cup vegetable oil
1½ tsp salt
1½ tsp dry mustard
black pepper to taste

In a large bowl, combine the cabbage, red onion, carrot and celery. Sprinkle with the sugar and mix well.

In a small saucepan, combine the vinegar, oil, salt, dry mustard and pepper. Bring to the boil. Pour the hot dressing over the cabbage and mix well.

Serves 8

Asian Roasted Sweet Potatoes

The Asian lime and sesame flavours in this salad are a great contrast to the rich roasted sweet potatoes. This is an unusual and substantial salad that is delicious with grilled fish. The black beans add a surprising texture. Stir them through the flavoured onion mix so that all the flavours become acquainted with each other.

1½kg red (or orange)
sweet potatoes cut into chunks
¼ cup sunflower oil
5 red onions, sliced
1½ tsp crushed garlic
1½ tsp cumin seed
¼ cup lime juice
4 tsp sesame oil
2 tbsp fish sauce
¼ cup honey
optional: 250g black beans, soaked
overnight and boiled until tender
3 spring onions,
finely sliced on the diagonal
30g coriander, roughly chopped

Toss the sweet potato chunks with the vegetable oil and roast in the hottest oven, spread out evenly on a baking tray, until golden and slightly toasted on the edges. This will take 25–30 minutes. Fry the onions over medium heat until softened and translucent – about 12 minutes. Then add the garlic, cumin seed, lime juice, sesame oil, fish sauce and honey, and cook a little more to make a nice gloopy sauce. Stir the black beans (if using) through this mixture so that they become acquainted with the sauce. Very gently, using two wooden spoons, stir the onion mixture through the roasted sweet potatoes. Garnish with sliced spring onions and the roughly chopped coriander.

Serves 8

