

# Cape Malay Cooking

20 recipes for everyday Cape Malay home cooking

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## *Lamb Kofta Tangine*

Moroccan meatballs cooked in a spicy tomato sauce.

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### Ingredients:

#### For the sauce

1 onion, chopped roughly  
1 large potatoes, cubed  
2 carrots, chopped in chunks  
1 courgette, chopped in chunks  
Approximately 15 green beans  
½ tin chopped tomatoes  
450ml vegetable stock  
Salt and pepper to taste  
1 teaspoon paprika  
1 teaspoon ground garlic

#### For the meatballs:

500g fat free mince  
1 onion, finely chopped  
1 small green pepper, finely chopped  
1 tomato, finely chopped  
½ teaspoon nutmeg  
1 teaspoon crushed garlic  
1 slice slightly stale bread, soaked in water  
1 egg  
Salt and pepper to taste

### Method:

Add all the ingredients in a large saucepan, cover and gently simmer over a medium heat for 15 minutes, stirring occasionally. Meanwhile make the meat balls.

#### Method for the meatballs:

Wash and drain minced meat well.

Soak bread in water and squeeze excess water out.

Chop onion, pepper, tomato, finely. Add all the ingredients in a mixing bowl and mix thoroughly using your hands. Roll into small balls and fry in a preheated saucepan with little oil until brown and cooked both sides. Place the meatballs in the sauce. Do not stir but just let them sit on top of the sauce.

Lower the heat, cover and cook for another 8-10 minutes. Uncover and let simmer another couple minutes if you feel the sauce needs thickening. Serve with lots of crusty bread for dipping in the sauce or over spaghetti or over boiled rice.



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## *Kool Frikaddel*

CABBAGE FRIKKADEL (KOOL FRIKKADEL / OUMENS ONDER DIE KOMBERS) Serves 6

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### Ingredients

500g mutton pieces  
2 tablespoons oil  
2 onions, chopped  
Salt to taste  
7 cloves  
1 – 2 green chilies, deseeded and chopped  
1 piece stick cinnamon  
1 large cabbage  
Nutmeg  
Butter  
Water as needed

### Frikkadel ingredients

500gr fat free minced meat  
1 onion  
1 small green pepper  
1 tomato  
1/2 bunch dhanya (optional)  
1/2 teaspoon nutmeg  
1 teaspoon crushed garlic  
1 slice of slightly stale bread soaked in water  
1 egg  
Salt & pepper to taste

### Method

Heat the oil in a large deep pot. Braise the onions until very brown, add the meat and spices and cook until the meat are brown and tender, 20 – 30 depending on you meat, adding water (not excessive) to prevent it from burning. In the meantime separate the outer cabbage leaves, cutting the veins from each leave but don't cut through the leave. Chop the inside (the hard part) of the cabbage finely, put the chopped cabbage in a colander. Pour boiling water over the cabbage and leave to drain. When the meat is nicely browned add the chopped cabbage in the pot, stir and cook another 10 minutes until the cabbage are browned as well, stirring often to prevent burning. Wash the cabbage leaves you left whole and steam on top of the meat remove when softened and set aside.

### To complete

Prepare your frikkadel. Place a small ball (40ml) of frikkadel mixture in the centre of each cabbage leave and fold into parcels. Place the frikkadel parcels on top of the mutton mixture, add 1 cup of water. Sprinkle with grated nutmeg, dot with small pieces of butter and cook, covered for about 30 minutes on medium. Serve, with white rice and atchar.

# Wortel en Ertjies



Serves: 4—6

## Instructions

Heat oil in a large saucepan and braise onions until golden brown, 5-10.

Add washed and drained meat and braise until dark brown, 10-15 minutes.

Add salt, chillies, allspice and enough water; simmer until meat is nearly tender, 15-20minutes.

Add carrots and potatoes and cook until potatoes are nearly soft adding water if necessary.

Add frozen peas and cook a further 10 minutes or until potatoes are soft. Garnish with chopped parsley.

Serve with boiled rice and atchars.

## Notes

**Wortel en ertjies bredie (carrots and peas stew)**

**A delicious stew recipe make the perfect comfort food during the winter months.**

## Ingredients

30ml oil

1 large onion, chopped

500g mutton or lamb pieces

800g carrots cut into julienne strips

3 potatoes quartered

1 ½ cups frozen peas

3 allspices

1-2 green chillies

Salt to taste

Water as needed

Chopped parsley for garnishing

# Shepherd's Pie



Serves: 4—6

## Instructions

Wash and drain minced meat well.  
Soak bread in water and squeeze excess water out.  
Chop onion, pepper, tomato, dhanya finely.  
Add all the ingredients in a mixing bowl and mix thoroughly using your hands.  
Bake in a preheated oven for 30-40 minutes at 180C.  
Top with mashed potatoes and sprinkle with grated nutmeg.  
Grill in the oven until top is slightly browned.  
Serve with yellow rice, steamed vegetables or fresh salad.

## Notes

One of the quickest and easiest supper dishes is shepherds pie. (oond frikaddel)

As you can see with this easy Shepherds Pie recipe, traditionally the pie is made with ground lamb, but if using ground beef it would be called a Cottage Pie. However, the recipe is the same for both.



## Ingredients

500gr fat free minced meat  
1 onion  
1 small green pepper  
1 tomato  
1/2 bunch dhanya  
1/2 teaspoon nutmeg  
5 cloves garlic, crushed  
1 slice day old bread soaked in water  
1 egg  
Salt & pepper to taste

# Cauliflower Bredie

Serves: 4—6

## Instructions

Heat the oil in a heavy-based saucepan and fry the onions until golden brown.

Add the meat and cinnamon.

Brown the meat, ensuring it is well browned but not burned.

Add a little water, cover and reduce the heat.

Simmer until the meat is nearly tender, approximately 30 - 45 minutes.

Add the cauliflower, potatoes, chillies, salt to taste and simmer until the potatoes are tender.

Add more water as required.

Stir in the sugar if using.

Serve with white rice and atchars

## Notes

Bredies (stew) are simple, traditional South African mutton stews in the Cape Malay tradition. The most popular are green bean bredie, tomato bredie, cabbage, cauliflower and is good winter food...



## Ingredients

600g mutton pieces, washed and drained

60ml cooking oil

2 onions, chopped

salt, to taste

1 - 2 green chillies, chopped

2 pieces stick cinnamon

1 large cauliflower, leaves cut off and broken into pieces

3 potatoes, peeled and sliced into quarters

30ml Sugar (optional)



# Creamy Chicken & Pumpkin

Serves: 4—6

## Instructions

Rub the cut side of the lemon over the chicken slices. Heat the oil in a pan large enough to hold chicken in one layer. Add chicken and brown on both sides. Transfer to a casserole dish. Heat the oven to 180C. Melt the butter in a medium pan. When it stops foaming, add onion and 1 teaspoon salt, then sauté until pale gold. Add pumpkin pieces to onion and sauté for 5 minutes. Add mushrooms and cook for 5 minutes more, stirring frequently. Stir in the cream and seasoning if you wish. Simmer uncovered for 10-12 minutes until reduced slightly, and then pour over the chicken. Cover and cook in the oven for 30-40 minutes, turning the chicken once or twice and adding a few spoonfuls of water if the sauce becomes a little dry. Serve with boiled white or fragrant rice.

## Notes

Use butternut instead of pumpkin



## Ingredients

1kg chicken breast cut into thin slices  
1 lemon, halved  
2 tablespoons olive oil  
25g unsalted butter  
1 small onion, finely chopped  
300g pumpkin (you can use butternut as well), peeled, seeded and cut into 2cm cubes  
200g mushrooms, roughly chopped  
284ml carton double cream

# Dhal Curry

Serves: 4—6

## Instructions

Bring 1 litre water to boil in a deep saucepan. Add washed, drained, dhal. Cover and simmer for 30-40 minutes or until dhal is mushy. Heat oil, add garlic, curry leaves, tomatoes and stir. Add all dry masala powders, salt and 2 tablespoons water. Stir and cook for a few seconds. Add cooked dhal, stir and bring to boil. Cover and simmer for 10 minutes. Remove from heat, add lemon juice. Stir well, add dhanya leaves. Serve hot with steamed rice, puris or vetkoek.

## Notes

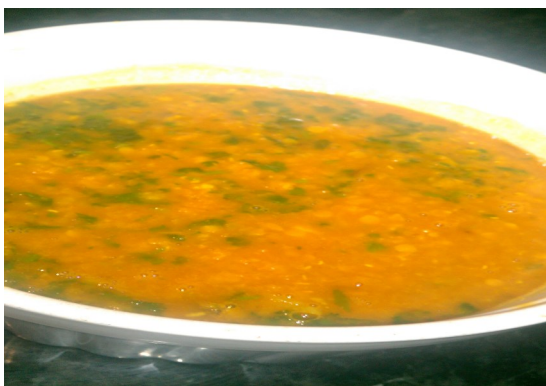
### Variation

Add 4 hard boiled eggs to dhal before serving.

Serve with atchars.

Serve dhal with fish frikkadel or

Fried masala fish and blatjang.



## Ingredients

1 cup dhal, washed and soaked for 20-30 minutes

1 small tomato, finely chopped

2 cloves garlic, crushed

Few curry leaves

½ lemon, juice extracted

1 tablespoon dhanya, finely chopped

2 green chillies, halved

¼ teaspoon turmeric powder

½ teaspoon jeera powder

½ teaspoon garam masala

½ teaspoon koljana powder

3 cardamom seeds

1 piece stick cinnamon

Salt to taste

Oil



# Sugar Bean Bredie

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Serves: 4—6

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## Instructions

Soak sugar beans overnight in cold water. Drain and cook in a saucepan with enough water to cover. When the water starts boiling remove from heat, pour beans into a colander and rinse thoroughly under cold tap. Return the beans to the saucepan and boil once again, remove from heat. Heat oil in a large saucepan and braise onions until golden brown, 5-10. Add washed and drained meat and braise until dark brown, 10-15 minutes. Add salt, chillies, garlic and cooked beans and enough water; simmer very slowly until beans are well cooked, 50-60 minutes. Halfway into the cooking add the sugar and the tomato paste. Serve with boiled rice and atchars.

## Notes

A classic lamb and bean bredie from the Cape Malay cooking tradition of South Africa.

## Ingredients

250g sugar beans  
30ml oil  
1 large onion, chopped  
500g mutton or lamb pieces  
1 heaped teaspoon crushed garlic  
1-2 green chillies  
30ml tomato paste  
Salt to taste  
2 teaspoons sugar  
Water as needed

# Chicken Tikka

Serves: 4—6

## Instructions

Mix together all the wet ingredients and then add the masalas and mix together.  
Add the chicken breast and marinate for 5-6 hours or overnight.  
After chicken has been marinated, put marinade #2 ingredients in a mixer and blend to fine paste.  
Add to marinated chicken.  
Heat a fry pan over medium heat and add a little bit of oil.  
When the oil is semi hot, add chicken.  
Flip over each piece after about 1 minute. Keep turning for about 5-6 minutes.  
If the chicken is done, but the gravy hasn't dried up yet, take the chicken out and let the gravy finish cooking.  
You want it to be very dry and stick to the chicken.  
Keep stirring, because without the chicken, the gravy burns FAST!!!  
Once there is just a little gravy left, add the chicken back in and stir to coat.

## Notes

Serve with roti, pita bread or rice with a fresh green salad and yoghurt sauce.



## Ingredients

1st marinade  
500g boneless chicken breast, cut into small pieces  
2 tablespoons yogurt  
3 tablespoons fat free sour cream  
2 tablespoons barbeque sauce  
1 tablespoon honey  
1 tablespoon ginger/garlic paste  
1 teaspoon soy sauce (optional)  
1 teaspoon oil  
1/2 teaspoon turmeric  
1/2 teaspoon cayenne pepper  
1 teaspoon cumin powder  
Handful dhanya, chopped

2nd marinade:  
1 onion, chopped  
1 teaspoon cumin  
a little bit of water

# Spiced Rice with Prawns

Serves: 4

## Instructions

Tip the rice into a pan of boiling, salted water and simmer for 10 minutes, adding the peas for the last 3 minutes. Drain well. While the rice is cooking, heat the 2 tablespoons of oil in a large frying pan or wok. Add the onion and stir fry for 3-4 minutes, until the onion starts to turn golden. Stir in the curry paste and cook for a few seconds, then tip in the prawns and heat them through for a minute or so.

Push the prawn mixture to one side of the pan and add the drop of oil to the other side. Pour the egg into the oil, stir until cooked like scrambled eggs, then mix into the prawns. Add the rice and peas and mix well. Serve immediately, with soy sauce for sprinkling, if you like.

## Notes

A very easy, deliciously tasty and spicy prawn dish - a must try for prawn lovers



## Ingredients

200g long grain rice  
175g frozen peas  
2 tablespoons oil, plus a drop extra  
1 onion, chopped  
1 tablespoon tikka masala curry paste  
250g peeled cooked tiger prawns, thawed if frozen  
1 egg, beaten  
Soya sauce to serve

# Chick Pea Rice

Serves: 4—6

## Instructions

Heat oil in a saucepan.  
Add onions and sauté till translucent.  
Add the chicken now if using.  
Stir and cook approximately 10 minutes or until chicken are cooked.  
Then add the ginger garlic paste and sauté for 30 sec before adding the tomatoes.  
Add the chick peas and some salt.  
Cover and cook for about 5 minutes till the chick peas are cooked.  
Add the turmeric, chili powder and garam masala and sauté for another couple of minutes.  
Add in the cooked rice and mix it up well the cooked chick peas.  
Garnish with chopped coriander leaves.  
Serve warm.

## Notes

Having canned chick peas on hand is quite useful for a quick and easy meal. When using canned chick peas, you don't even have to cook for long. To make rice using chick peas doesn't take much time at all. I like to add chopped pieces of boneless chicken for a filling meal for the kids. I don't use much chili powder but to make an adult version, go ahead and increase the amount of chili powder and add some chopped green chilies to spice it



## Ingredients

2 cups of cooked rice  
1 tin of canned chick peas  
1 onion, chopped  
1 tomato, chopped  
Salt to taste  
½ teaspoon ginger and garlic paste  
½ teaspoon chili powder  
Pinch of turmeric  
½ teaspoon garam masala  
½ teaspoon jeera powder  
2 teaspoons oil  
Small pieces of boneless chicken  
Chopped dhanya leaves for garnish

# Easy Split Pea Soup

Serves: 4-6

## Instructions

Add olive oil to a big pot over med-high heat. Stir in onions and salt and cook until the onions soften, just a minute or two. Add the split peas and water. Bring to a boil, dial down the heat, and simmer for 20 minutes, or until the peas are cooked through (but still a touch al dente). Using a large cup or mug ladle half of the soup into a bowl and set aside. Using a hand blender (or regular blender) puree the soup that is still remaining in the pot. Stir the reserved (still chunky) soup back into the puree - you should have a soup that is nicely textured. If you need to thin the soup out with more water (or stock) do so a bit at a time. Stir in the lemon juice and taste. If the soup needs more salt, add more a bit at a time until the flavor of the soup really pops.

Ladle into bowls or cups, and serve each drizzled with olive oil and topped with a good pinch of paprika and a touch of lemon zest.

## Notes

Soups are nutritious, filling, cheap, easy with loads of flavour and variety

## Ingredients

1 tablespoon extra virgin olive oil  
2 large onions, chopped  
1/2 teaspoon salt  
2 cups dried split green peas, picked over and rinsed  
5 cups water  
juice of 1/2 lemon (reserve the zest)  
a few pinches of paprika  
more olive oil to drizzle



# Mushroom Soup

Serves: 4—6

## Instructions

Wipe the mushrooms clean and chop them into rough dice. Chop the onions and crush the garlic. Put the chicken stock to heat in a separate pan.

In a large pan cook the onions, thyme and garlic in the butter over a medium heat, until they are soft and translucent but not browned.

Add the mushrooms, raise the heat and cook, stirring frequently, for about 3 minutes.

Sprinkle the flour over the mushrooms and stir it in so that it coats the mushrooms, then and cook, stirring constantly, for another minute.

Pour the hot chicken stock over the mushrooms and bring back to the boil. Add the bay leaf and reduce the

## Notes

This is a quick and easy mushroom soup recipe, wonderful for the colder months because it really warms you up. It's very simple but delicious!



## Ingredients

500g mushrooms  
90g butter  
2 medium onions chopped  
1 clove garlic  
2 tablespoons cake flour  
1 liter chicken stock  
1 sprig of thyme  
1 bay leaf  
½ cup fresh cream  
salt and pepper



# Sago Pudding

Serves: 4—6

## Instructions

Preheat the oven at 160C.  
Grease a large pudding dish lightly.  
Heat milk to nearly boiling, then add sago, salt, and nutmeg or cinnamon.  
Simmer over very low heat until sago is transparent.  
Add the 1/2 cup sugar, butter and vanilla, and stir in well. Remove from heat.  
Separate the eggs, and whisk the yolks. Add yolks to the sago mixture, whisk or mix through well, and pour the mixture into the prepared oven dish.  
Whisk the egg whites until stiff, and add the extra 1/2 cup sugar slowly, whisking until incorporated.  
Spread this meringue over the sago pudding.  
Bake in the preheated oven for about 40 - 45 minutes, until set, and the meringue is light brown on top.  
Serve warm

## Notes

Sago pudding is a sweet pudding made by boiling sago with either water or milk and adding sugar and sometimes additional flavourings



## Ingredients

4 cups milk  
1 cup sago  
1/2 teaspoon salt  
1/2 teaspoon ground nutmeg or 1/2 teaspoon cinnamon  
1/2 cup sugar  
5 tablespoons butter  
1 teaspoon vanilla  
4 eggs  
1/2 cup sugar (extra)

# Crustless Milk Tart

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Serves: 4

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## Instructions

Put all the ingredients together into a bowl or food processor and beat to a smooth batter.

Pour into a buttered pie dish, approximately 23cm in diameter.

Sprinkle the cinnamon over the top.

Bake for 40 minutes at 180C.

Serve warm or cold.

## Notes

I made this quick and simple version of milk tart the other day. Although it's no where as delicious as the traditional milk tart, everyone enjoyed it and it disappeared as quick as it was made. When it came out of the oven it was quite high but it sinks and becomes denser as it cools.



## Ingredients

¾ cup self-raising flour  
2 cups milk  
3 eggs  
½ cup sugar  
1 teaspoon vanilla essence  
25g melted butter  
Pinch salt  
½ teaspoon fine cinnamon

# Bread Pudding

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Serves: 4—6

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## Instructions

Butter bread slices and cut into 1 inch squares.  
Place bread squares in a lightly buttered 11 x 7 inch baking dish.  
Lightly beat the eggs and sugar until sugar has dissolved.  
Add cinnamon and cardamom.  
Add custard powder and mix well.  
Add the milk and mix well.  
Pour on top of greased bread. (during this stage the bread will float to the top)  
Bake at 180C for 40 - 50 minutes, or until firm.

## Notes

**VARIATION:**  
Add a handful of raisings



## Ingredients

6 eggs  
6 - 8 slices white bread, crusts removed  
Butter  
1 cup sugar  
2 teaspoons custard powder  
1 teaspoon ground cinnamon  
1 teaspoon ground cardamom  
1 liter milk

# Lemon Pudding

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Serves: 4—6

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## Instructions

Beat butter and sugar until light and creamy, add yolks. Sift flour.

Whip egg whites until stiff peaks.

Fold flour into yolk mixture with lemon rind and juice and 250ml milk. Fold egg whites in lightly, and then stir in remaining milk.

Pour into a well-greased ovenproof dish.

Bake at 180C for 30 minutes. Serve warm.

## Notes

A recipe for a delicious, quick and easy Lemon Pudding. The top is light and fluffy, almost like a soufflé, while the bottom is a delectable lemony sauce.

## Ingredients

100ml butter

100g castor sugar

2 large eggs, separated

250ml self-raising flour

Grated rind and juice of 1 lemon

500ml milk



# Malva Pudding

Serves: 4—6

## Instructions

Heat your oven to 190 Celsius.

Beat castor sugar and eggs until fluffy then beat in apricot jam until you have a nice creamy consistency

Sift dry ingredients into separate bowl.

Melt butter in a small pot on a medium heat and add vinegar and milk then add to the sifted ingredients along with the Milk and give it a good mix. Now mix in the eggs mix one at a time until you have well combined mixture.

Pour into ovenproof casserole dish that takes about 2 litres.

Bake at 190C for 45 minutes until the top is nicely browned and your kitchen smells fantastic.

Melt all the sauce ingredients together in a small pot over a medium heat and pour over the pudding before serving, preferably while it's still hot.

Serve it with whipped cream or custard or both. Enjoy!

## Notes

Malva Pudding is usually served hot with custard or ice-cream and is a typical South African dessert

## Ingredients

1 cup castor sugar  
2 eggs (room temp)  
15ml smooth apricot jam  
1¼ cups cake flour  
5ml bicarbonate of soda (5ml)  
Pinch salt  
30ml butter (30ml)  
15ml vinegar (15ml)  
125ml milk

The Sauce:

250ml Cream  
125ml butter  
125ml sugar  
125ml water/Orange juice



# Koesisters

Makes about 30

## Instructions

Melt butter and sugar in hot water. Stir in egg. Add enough milk to make 1/2 litre. Mix flour, spices and yeast into a mixing bowl. Add the liquid mixture to the flour and mix to a soft dough. Set dough aside, covered, to rise until double in size. Divide dough into approximately 30 small balls on a slightly oiled surface. Heat oil in large saucepan. Once oil is hot gently pull koesister into an oblong shape and fry each side until browned. Drain on absorbent paper.

Sugar syrup

500ml water

250ml sugar

Boil water and sugar until sugar is dissolved and syrup is slightly thickened and sticky. Add drops of water if syrup becomes too sticky.

Boil koesisters in sugar syrup for approximately 1 minute.

Sprinkle with desiccated coconut.

## Notes

Leftover unsugared koesisters can be frozen for up to 2 months. Defrost thoroughly before dipping/boiling in hot sugar syrup for a couple of minutes.

Enjoy!

## Ingredients

500gram cake flour

1 teaspoon dry ginger powder

1 teaspoon cinnamon powder

1/2 teaspoon cardamom powder

2 teaspoons aniseed powder

1 packet instant yeast

1/2 cup sugar

1 cup hot water

1 dessertspoon butter

1 egg

Milk

750ml vegetable for frying





# Scones

Makes 10

## Instructions

Preheat the oven to 220C. Sift the flour, baking powder and salt. Rub in the butter until the mixture resembles breadcrumbs. Stir in the sugar. Reserve 1 tablespoon milk and add the rest to the flour all at once. Mix to a soft, but not sticky, dough. Lightly flour your hands and bring the dough together, handling it as little as possible. Leave the dough to rest for 30 minutes. Turn the dough out onto a lightly floured surface and pat to a thickness of 2cm, lightly flour a 5cm pastry cutter and cut out as many scones as possible. Put onto two greased baking trays, leaving a gap between each scone. Gather the remaining dough together and repeat until used up. Brush the tops with milk. Bake for 12-15 minutes until risen and golden. Cool on a wire rack until just warm, or leave to go completely cold.

## Notes

Serve with:  
Whipped cream and strawberry jam or butter and apricot jam



## Ingredients

225g self-raising flour, plus extra for rolling out  
1 level teaspoon baking powder  
Pinch of salt  
55g butter, chilled and cut into small cubes  
50g caster sugar  
150ml milk (approx.)

**With compliments of Salwaa Smith**

**Cape Malay Cooking**

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