

## Roast Lamb Shoulder – Serves 6

### Ingredients:

- 1KG Lamb shoulder -bone in
- 30g Toasted ground cumin
- 30g Toasted ground coriander
- 8 Garlic cloves
- 1 Large bunch thyme
- 1 Large bunch rosemary
- 1 Large tablespoon butter
- Fine salt



### Instructions:

1. Rub the lamb in the spices, salt and place in a casserole dish.
2. Place thyme and rosemary in the casserole dish along with the smashed garlic cloves.
3. Cover with foil.
4. Cook at 140 degrees Celsius for 4 hours while covered, checking periodically.
5. After the third hour add the large tablespoon of butter on top of the shoulder.
6. Uncover after 4 hours and increase the temperature of the oven to 160 degrees Celsius to give the shoulder some colour.

## Afrisotto – Serves 6

### Ingredients:

- 1kg Maize rice
- 300g softened butter
- 200g grated Parmesan
- 50g Parmesan for garnish
- Salt to taste
- Lemon juice to taste



### Instructions:

1. Bring 1 liter of salted water to the boil.
2. Once boiling whisk in the maize rice to avoid clumping.
3. Boil on a low heat, covered until the maize rice is cooked but still has some chew, all the water should be absorbed.
4. Uncover and allow it to sit for 15min.
5. Add the butter in 3rds while stirring with a wooden spoon, you may need to add a little bit of water to loosen it. It should resemble cooked oats.
6. Once all the butter is added stir in the grated cheese and season with salt and lemon.
7. Serve with Parmesan.

## Tomato Salad – Serves 6

### Ingredients:

- 1kg Baby tomatoes
- 1 Large white onion
- 250ml Balsamic vinegar
- 150g Sugar
- 2 Sprigs rosemary
- 50g Sweet Italian basil
- 100ml Olive oil
- Salt to taste
- Black pepper to taste



### Instructions:

1. Bring 1 liter of salted water to the boil.
2. In a separate pan add the balsamic vinegar, sugar and rosemary to a medium heat.
3. Cut the white onion from top to tail in half, cut the halves 3 more times in half following the same direction. (It should resemble petals)
4. Add the onion to the balsamic pan making sure to stir occasionally so the onion cooks evenly.
5. The onions should be dark brown and a balsamic syrup should have formed in the pan.
6. Allow to cool.
7. Make a small cross with a sharp knife at the top of each tomato just puncturing the skin.
8. When the water is rapidly boiling drop half your tomatoes into the water for 10 seconds.
9. The skin should crack along the cross.
10. Quickly remove the tomatoes and add to a bowl of ice water to stop the cooking.
11. The skin of the tomato should peel off easily.
12. Add the peeled tomatoes to a bowl, toss with olive oil, black pepper and salt.
13. Use the onion petals to garnish the top of the dressed tomatoes.
14. Tear the basil leaves and layer them on top of the salad.

## Whole Roasted Cauliflower – Serves 6

### Ingredients:

- 1 Whole cauliflower
- 300g Butter - softened
- 50g Rosemary
- 50g Thyme
- 150g Toasted almonds
- 1 Lemon
- Salt to taste



### Instructions:

1. Preheat oven to 160 degrees celcius.
2. Place the whole head of cauliflower into an oven safe dish or pan on top of the herbs.
3. Cover the cauliflower in the softened butter and a generous pinch of salt.
4. Place the pan in the oven and baste periodically with the butter at the bottom of the pan.
5. Once golden and cooked through grate the zest of half the lemon and squeeze the juice into the butter and baste before serving.
6. Sprinkle the toasted almonds on the top.