

RECIPES BY CHEF BENNY



Smoked Salmon Trout with Sour Cream, Lime & Dill

INGREDIENTS:

- 1-2 SLICES OF SMOKED SALMON TROUT
- 2 TBSP SOUR CREAM
- 1 TBSP LIME JUICE (ABOUT A QUARTER OF A LEMON)
- SEASONING SALT AND FRESH BLACK PEPPER
- SAVOURY CRACKERS
- GARNISH LIME SEGMENTS AND CHIVES



Instructions:

1. Place the sour cream, and lime juice into a bowl with a pinch of salt and some freshly ground black pepper. Mix well and taste for seasoning.
2. Now simply spread a generous spoonful of the sour cream mixture onto the crackers, smoked trout and garnish with a lime segment and a strand of chive.
3. Serve immediately

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Springbok Carpaccio with Onion Marmalade

INGREDIENTS:

- 80G SPRINGBOK CARPACCIO
- SAVOURY CRACKERS
- BABY ROCKET LEAVES
- 2 TBSP MAYONNAISE
- 1 TSP SWEET CHILLI SAUCE
- 2 TBSP ONION MARMALADE



Instructions:

1. Mix the mayonnaise and sweet chili sauce in a small bowl.
2. Spread the mayonnaise mix on the crackers.
3. Place 2-3 rocket leaves on the crackers, then the springbok.
4. Garnish with onion marmalade and serve

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Mini Boerewors Meatballs with Spicy Tomato

INGREDIENTS:

- 100G BOEREWORS MINCE
- 1/2 ONION PEELED AND GRATED
- 1 EGG
- 2 TEASPOONS PARSLEY - CHOPPED
- 15 ML OLIVE OIL
- 1 TSP GARLIC - FINELY CHOPPED
- 1 CHILLI - FINELY CHOPPED
- 1 ONION PEELED AND CUT INTO SMALL CUBES
- 1 TIN PEELED & CHOPPED TOMATOES
- 1 TSP FRESH THYME
- 1 TBSP SUGAR
- 1 TBSP BALSAMIC VINEGAR
- SALT AND PEPPER TO SEASON
- PANINI LOAF SLICED AND TOASTED



Instructions:

1. Preheat the oven to 180 °C; prepare an oven safe baking dish.
2. Add the boerewors mince in a mixing bowl, add the grated onion, egg, herbs and mix through with your hands.
3. Grease an oven safe baking dish with oil, and use some for your hands as well while rolling the mince into small size meatballs.
4. Arrange in baking dish, set aside.
5. In a medium sized saucepan, heat the olive oil and sauté the onion, garlic and chilli until soft. Add the tomato cans, set to a simmer and add the herbs, sugar, vinegar and seasoning – stirring while simmering for about 10 minutes.
6. Cover the meatballs with sauce, and bake for 20 minutes at 180 °C stirring every now and then.
7. After about 20 minutes, your meat should be cooked through. Serve hot, on toasted panini

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Chicken Roulade with Spicy Coconut Sauce, Guacamole, Salsa and Crispy Potato Crisps

INGREDIENTS:

- 4 CHICKEN BREASTS
(FULL BREASTS THAT YOU CAN SLICE OPEN/BUTTERFLY TO STUFF)
- 4 ROASTED RED PEPPERS.
- 200 ML CREAM CHEESE
- 1 PKT ROCKET LEAVES
- OLIVE OIL
- SPICES – GARLIC POWDER, SALT, AND PEPPER
- 100G GUACAMOLE



Instructions:

1. Slice open and butterfly the chicken breast. Once all chicken breasts are butterflied and open, place a piece of plastic wrap over the top and pound them with a meat mallet (or rolling pin) into a thin even layer
2. Season chicken with salt, pepper and the spice mix liberally on the top side.
3. Cut open a roasted red bell pepper and pat dry. Spread the red bell pepper as evenly as possible over the butterflied chicken.
4. Spread the cream cheese over the peppers and then the rocket leaves.
5. To roll, start with the narrow end of the chicken breast and tightly roll and tuck the ingredients into the breast, until it creates one solid log.
6. Once all stuffed chicken rolls are done, place on the baking sheet, drizzle the tops with olive oil. Then sprinkle with seasoning mix, and additional salt and pepper.
7. Roast in the oven for 20-25 min. at 180 degrees Celsius.

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RECIPES BY CHEF BENNY



SPICY COCONUT SAUCE

INGREDIENTS:

- 1 RED ONION - FINELY CHOPPED
- 1 ROASTED PEPPER - FINELY CHOPPED
- 60G PEPPADEWS - CHOPPED
- 1 TBSP GARLIC - CHOPPED
- 200ML COCONUT CREAM
- 1/2 BUNCH CORIANDER (CHOPPED)
- 1 TBSP TOMATO PASTE
- 3 TBSP CAJUN SPICE MIX
- SALT & BLACK PEPPER

Instructions:

1. Sauté the onions, pepper, garlic and Cajun spice until vegetables are soft.
2. Add tomato paste and cook for a further 1min.
3. Add the peppadews and coconut and bring to the boil over medium heat and reduce until half.
4. Check for seasoning and adjust accordingly.
5. Add the coriander and let simmer for 5 minutes.
6. Remove from heat and reserve.

Once the chicken is cooked, remove from oven and rest for 5 min.

Before slicing and serving with the spicy coconut sauce, guacamole and potato crisps.

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Roasted Lamb Loin with Grilled Vegetables, Thyme Jus and Chakalaka Purée

INGREDIENTS: LAMB LOIN

- 1 KG BONELESS LAMB LOIN ROAST, FAT TRIMMED, SKIN ON, TRUSSSED WITH A STRING
- 5 SMALL ROSEMARY SPRIGS, CHOPPED
- 5 CLOVES GARLIC, PEELED & CHOPPED
- SALT
- BLACK PEPPER
- OLIVE OIL

INGREDIENTS: FRENCH-TRIMMED RACK OF LAMB

- 600G RACK OF LAMB CUT INTO 4 CHOPS
- 1 TBS THYME - CHOPPED
- SALT
- BLACK PEPPER
- OLIVE OIL

INGREDIENTS: VEGETABLES

- BABY CARROTS (BLANCHED)
- COURGETTES
- PATTY PANS
- LONG STEM BROCCOLI

INGREDIENTS: MEALIE PAP

- 4 CUPS WATER
- SALT, TO TASTE
- 2 CUPS MAIZE MEAL
- 2 TBSP BUTTER
- 2 TBSP CHOPPED PARSLEY

INGREDIENTS: CHAKALAKA

- 1 ONION - CHOPPED
- 1 BELL PEPPER - CHOPPED
- 2 TOMATO - CHOPPED
- 2 CARROTS - GRATED
- 1 TIN BAKED BEANS
- 2 TBSP HOT CURRY POWDER
- 10G TURMERIC POWDER
- 2 TBSP TOMATO PASTE

Instructions:

1. Preheat oven to 200 degrees celsius . To roast lamb, in a large roasting pan. Place lamb seam-side down.
2. Using a small paring knife make a few shallow incisions scattered all over the top of the rolled lamb loin roast; taking care not to cut the kitchen string. Stuff rosemary and garlic into each incision.
Drizzle with oil, season with salt & pepper and roast for 1¼ hours or until cooked to your liking.
Rest for 15 minutes before carving, reserve.
3. Drizzle some oil on the lamb chops and season with thyme, salt and pepper. On a medium heat braai, grill the chops to medium-well(7-10 min.) Reserve
4. For the mealie pap, bring water to a boil, add salt. Gradually stir in the maize meal and cook over low heat, stirring constantly with a wooden spoon for about 20 minutes until cooked through. Mix in butter and parsley to taste. Stir well until stiff and cooked through.
5. Meanwhile, drizzle olive oil and season the vegetables with salt & pepper to taste. Grill them In a hot griddle pan for 2-3 min. on each side.
6. Make chakalaka by sautéing carrots, peppers and onions with curry powder and turmeric, until soft (3-5 min.) then add the tomato paste and tomato and let simmer for 7-10 min. Add baked beans, then remove from heat. Once cooled down, blend into a paste and reserve
7. Bring the lamb jus to a boil on medium heat, add the thyme and let simmer for 5-7min.
8. To serve, place all components decoratively on a plate.

Trio of Decadent Desserts

Chocolate

Caramel

Strawberry