



FOOD

FOR

Living



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Soji

Serves 4

Ingredients

- ¼ cup semolina or taystee wheat
- 8 tblsp clarified butter or ghee
- ¼ tsp crushed cardamom
- 1 ½ cups of low fat milk
- ½ cup of xylitol
- 2 tsp almond powder
- 1 egg

Method

1. In a mixing bowl beat the egg and then add the milk, almond powder and xylitol. Set aside.
2. Heat the ghee on medium heat in preferably a non-stick flattish pot. (A serving contains 12.7 grams of fat, minimal amounts of protein, and no carbohydrates, dietary fibre or sugars.)
3. Add the taystee wheat/semolina and sauté until a pale colour. Do not let it turn brown please. Whilst braising the taystee wheat/semolina add in the crushed cardamom.
4. Now add the milk mixture stirring as the consistency thickens.
5. You don't want this to be too stiff so your best bet is to liken it to a very thick porridge. As soon as the desired consistency is reached remove from the heat.
6. Serve warm and sprinkle with pistachios.



by ZIRA

Other options

Instead of the almond powder you can use desiccated coconut. So then you have Coconut Soji

Almond Kulfi Ice Cream

Serves 4

Ingredients

- 2 cups of skim milk
- 1 cup skim milk powder
- ½ cup of evaporated low fat milk
- 1 tblsp custard powder
- 1/3 cup sweetener
- 1/3 cup almonds finely ground
- 1 tsp vanilla essence

Method

1. Combine the milk, milk powder and custard powder and heat until the mixture thickens.
2. Low heat is preferable.
3. Remove from the heat and add in the sweetener, almonds and vanilla essence.
4. Once this mixture has cooled place into an ice cream machine to form the ice cream and then place in the freezer.
5. If you do not have an ice cream machine you may freeze the mixture overnight in an ice block tray.



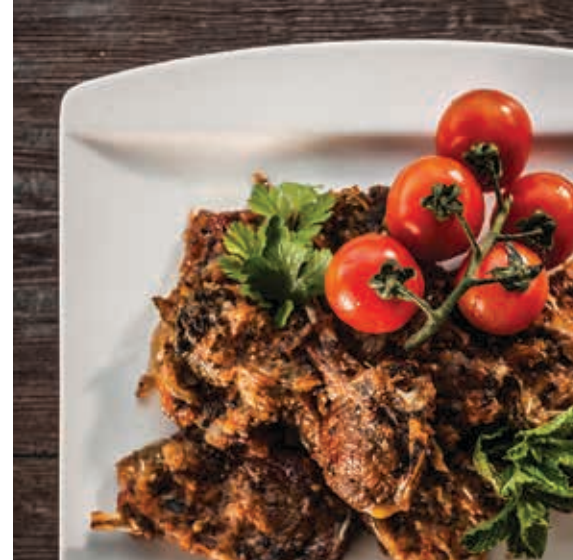
by ZIRA

Slow Cooked Lamb Cutlets

Serves 4

Ingredients

- 8 lamb cutlets, excess fat trimmed
- 2 ripe fresh tomatoes
- ½ cup brown vinegar
- 2 tbsp sugar substitute
- ¼ cup olive oil
- Splash of Worcester sauce
- 2 onions, grated
- 2 tsp crushed garlic
- 1 whole bunch fresh mint, chopped
- Salt & pepper to taste



by Shaun Munro

Method

1. Preheat oven 160°C, season the meat well and grill in a hot pan with a little of the olive oil making sure you have good colour and sealing the meat on both sides.
2. Then simply mix all other ingredients together and pour over the meat ensuring you coat the cutlet well.
3. Then cover with foil and bake in the oven for 1½ hours, then remove the foil and cook for a further ½ hour allowing the sauce to reduce slightly.
4. Remove/pour off excess oil and serve.

Salmon Gravalax

Serves 4

Ingredients

- 1 side fresh salmon fillet, on the skin, pin bones removed
- 2 cups grated raw beetroot
- ¼ cup crushed black pepper
- Zest of 1 lemon
- ½ cup chopped fresh dill

Method

1. Mix together the sugar, salt, pepper and dill - this is a curing mixture.
2. Get an appropriate container/tray; with wide sides that the fish will fit into. Sprinkle a third of the curing mixture on the base on the container/tray.
3. Lay the fish skin side down onto the curing mixture and then pack the top on the fish with the remaining curing mixture and then pack the beetroot and lemon zest on top.
4. Carefully wrap the entire container in plastic and refrigerate for 3 days.
5. On day 3 remove the plastic wrap and carefully wipe away the curing mixture from both top and under the fish fillet.
6. Simply brush with good olive oil and finely slice.
7. Served with fresh lemon wedges, reduced-fat tartare sauce, black pepper mill and fresh 100% rye bread.



by Shaun Munro

Sesame Seeded Prawn Toast

Serves 4

Ingredients

- ± 200g shelled prawn meat, minced
- 2 spring onions, finely chopped
- ½ tpsps crushed garlic
- ½ tpsps crushed ginger
- 1 tsp finely chopped fresh coriander
- 4 x 2 day old bread slices
(Preferably Low GI)
- 4 tbsps sesame seeds
- Salt
- Olive oil
- Chopped chilli & dash of olive oil
- Lemon wedges

Method

1. Mix together the prawn meat, onion, garlic, ginger and coriander add seasoning.
2. Thickly smear the prawn paste onto the bread and press into the sesame seeds creating a sesame crust.
3. Carefully heat the oil and fry the bread slices (turning over and over a few times). Drain on kitchen paper towel.
4. Serve with and lemon wedges.



by Shaun Munro

Magic Mushrooms on Toast

Serves 4

Ingredients

- 4 large brown mushrooms
- 8 cups baby spinach leaves
- ½ cup whole almonds, chopped
- 2 tsp flax seeds
- 150 g reduced-fat feta cheese
- 150 g halloumi cheese, cut into 8 slices
- 1 lemon (zest)
- Black pepper
- Olive oil
- 2 x tomatoes on the vine
- Whole seed loaf, Pick n Pay selection

Method

1. On a baking tray, lightly oil the mushrooms and cherry tomatoes, season with black pepper. Place into a hot oven for 12 minutes
2. In a hot pan, wilt the spinach, set aside to slightly cool before squeezing off any excess water. Roughly chop and place into a mixing bowl with the chopped almonds, flax seeds, crumbled feta cheese, lemon zest.
3. Mix lightly with a spoon and set aside.
4. In a pan, lightly sear the halloumi until golden brown on both sides, set aside.
5. Slice the whole seed loaf, lightly toast before topping with the halloumi cheese.
6. Spoon the spinach mixture onto the mushrooms and place onto the baking tray with the seed loaf slices and the tomatoes.
7. Place back in the oven for another 5 minutes until all three items are hot and ready to serve.



by Dean Uren

Basic Hummus

Serves 4

Ingredients

- 1 tin cooked chickpeas, skin removed
- 2 tsp olive oil
- ¼ cup lemon juice
- ½ tsp ground cumin spice
- Salt
- 3 tsp water
- Tahina

Method

1. In a blender, add the tahina, lemon juice and olive oil, blend for 1 minute.
2. Add the chickpeas and the water if required to form a smooth paste.
3. Add a pinch of salt and cumin and more if desired to your taste.

To Complete:

- Add a large dollop of hummus onto each plate.
- Remove the tray from the oven, place the mushroom onto the halloumi toast and onto the plate.
- Add the tomatoes onto the hummus and serve.



by Dean Uren

Breakfast Smoothie

Serves 4

Ingredients

- 300 g whole or frozen berries (blue berries, black berries, raspberries, currants)
- 200g guava, cleaned
- 500 ml plain low fat yoghurt
- 100 ml low fat milk
- 2 tsp chia seeds
- 1 small bunch mint

Method

1. Simply add all the ingredients, berries, cleaned and cut guava, yoghurt, milk, seed and mint into a clean blender jug.
2. Pulse to start and then blend for 1 minute on high speed.
3. Once smooth, pour into 4 clear glasses.
4. Place some berries and fresh mint on top for an attractive smoothie.



by Dean Uren

3 Bean Paneer

Serves 4

Ingredients

- 100g red beans
- 100g broad beans
- 100g green beans
- 3 tblsp canola oil
- 1 tblsp freshly ground ginger and garlic
- 2 onions chopped
- ½ cup freshly chopped tomato
- 1 tsp chilli powder
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 300g paneer cubed
- Curry leaf
- Salt to taste
- Fresh coriander

Method

1. In a pot boil the sugar beans and broad beans until soft. Blanch the green beans.
2. Heat oil, add onions, and freshly ground ginger and garlic. Add curry leaves. Fry for one minute.
3. Add all the spices and the freshly chopped tomatoes.
4. Add the salt and simmer for 5 minutes.
5. Add the three types of beans into the pot. And cook for 5 minutes.
6. Grill the paneer and add it into the curry without breaking it. Simmer for a minute or two and remove from the heat.
7. Before serving garnish with fresh coriander.
8. Serve with brown basmati rice.



by Sandren Govender

Pan Grilled Norwegian Salmon

Serves 4

Ingredients

- 200g norwegian salmon fillet
- 50g orange, lemon and grapefruit segments
- 30g green asparagus (peeled)
- 30g baby leeks
- 20g fine beans
- 50g baby potatoes (skin on)
- 4g coriander
- 2g flat leaf parsley
- 2g chives
- Extra virgin olive oil
- Salt and pepper to taste

Method

1. Prep and clean all vegetables, as well as all citrus fruits, turning out segments of all citrus fruit.
2. Bring 2 pots of water to boil over a medium heat, one for the veg and one for the baby potatoes. Pre heat a pan for the salmon.
3. Boil potatoes, once boiled set aside.
4. Blanch each veg separately, and place into an ice bath.
5. Season salmon with pepper, rub with extra virgin olive oil, and grill in a hot pan skin side down. Allow 80% of the fish to cook on the skin and then turn over and turn off stove.
6. Crush baby potatoes with pepper and chopped herbs and 1 tablespoon olive oil
7. Reheat all vegetables in boiling water, remove from water and season. Add 1 teaspoon olive oil and chopped parsley.
8. Plate up crushed potatoes on the center off the plate , place salmon on top and vegetables around and on top of the fish, and lastly garnish with citrus fruits.



by Cresan Ramjathan

Wholemeal Bruschetta with Mushrooms & Herbs

Serves 4

Ingredients

- Slices of whole-wheat low GI or seeded bread, cut into halves
- 4 cloves of fresh garlic cut in half
- Olive oil
- 1 medium red onion, finely chopped
- 2 garlic cloves, crushed
- 2 ¼ tbsps balsamic vinegar
- 60mls (¼ cup) low-sodium vegetable stock
- 400g exotic mushrooms, sliced
- 1 tbsps chopped mixed fresh herbs (like parsley, sage & thyme)
- Ground black pepper, to taste
- Extra mixed fresh herbs, to serve

Method

1. Heat a little oil in a large frying pan over medium heat and cook the onion for 5 minutes or until soft.
2. Add the garlic and cook for a further 1 minute. Add the balsamic vinegar and stock and simmer until reduced by half.
3. Add the mushrooms and chopped herbs to the pan and cook for 3-5 minutes or until almost all the liquid has evaporated.
4. Meanwhile, brush both sides of the bread slices lightly with the olive oil. Place on a baking tray and toast under the preheated grill for 1-2 minutes each side or until golden. Remove from grill and keep warm.
5. To serve, pile the mushroom mixture onto the toasted bread and serve, sprinkled with pepper and the extra fresh herbs.



by Janice Annetts

Lamb & Brinjal Samosas

Serves 4

Ingredients

- 1 tbsp canola oil
- 1 onion, chopped
- 1 tsp salt
- 1 tbsp cumin seeds
- 1 tsp ground turmeric
- 1 tsp chilli powder
- 1 garlic clove, crushed
- 300g ostrich
- 400g brinjal (peeled & finely diced)
- 1 tbsp lemon juice
- 1/3 cup coriander leaves, chopped
- 30ml sesame seeds to coat
- 1 egg (egg wash)
- Filo pastry



by Janice Annetts

Method

1. Preheat oven to 200°C/180°C. Line baking tray with baking paper. Heat oil and fry onions until tender. Add curry paste and cook until fragrant.
2. Add brinjal to pan. Stir to coat. Increase heat to high. Add ¾ cup cold water. Cook, stirring occasionally for 10 minutes or until water has evaporated and brinjal is just tender.
3. Place 1 sheet of filo pastry onto a flat surface then brush with a little egg.
4. Top with another sheet of filo pastry. Cut crossways into 6 even strips. Place 3 heaped teaspoons of brinjal into the mixture at 1 short end of 1 filo strip.
5. Fold over to form a triangle. Continue folding, keeping triangle shape to enclose filling.
6. Repeat with remaining filo, egg and filling.
7. Place triangles onto prepared tray. Brush with egg.
8. Bake for 20 minutes, or until golden.
9. Serve with dip (see following page).

Samosa Dipping Sauce

Serves 4

Ingredients

- 2 fresh long green chillies, deseeded, coarsely chopped
- 1/3 cup chopped fresh coriander
- 1/3 cup chopped fresh mint
- 130g (1/2 cup) low fat plain yoghurt
- 1 tbsp fresh lemon juice

Method

1. Place the chilli, mint and coriander in the bowl of a small food processor and process until finely chopped.
2. Add the yoghurt and lemon juice and process until combined.



by Janice Annetts

Chicken Tikka Kebabs

Serves 4

Ingredients

- 600g skinless chicken thigh fillets, cut into 3cm pieces
- 2 tbsp tikka masala curry paste
- ½ tsp cumin seeds
- 2½ tbsp olive oil
- 2 tbsp fresh lime juice
- 2 cucumbers, quartered lengthways, coarsely chopped
- 3 radishes, trimmed, halved, thinly sliced
- ½ small red onion, thinly sliced
- 200g cherry tomatoes, halved lengthways
- ½ cup fresh coriander leaves



by Janice Annetts

Method

1. Combine the chicken, curry paste, cumin seeds and half the oil in a bowl.
2. Thread the chicken mixture onto 8 metal or soaked bamboo skewers.
3. Brush a barbecue flat plate or chargrill with a little of the remaining oil and heat on medium-high.
4. Cook the skewers, turning once, for 5 minutes or until cooked through.
5. Meanwhile, combine the lime juice, cucumber, radish, onion, tomato, coriander and remaining oil in a bowl. Season with salt & pepper.
6. Serve as a sambal with tikka kebabs.

Roasted Chicken with Pistachio Nuts & Cranberry

Serves 4

Ingredients

- 30g butter
- 1 whole chicken
- 2 cloves garlic crushed
- Olive oil for brushing
- 300ml chicken stock

Method

Preheat the oven to 180°C

Make the stuffing:

1. Place the stock in a saucepan over high heat and bring to the boil.
2. Add the bulghur wheat, remove from heat and cover with a lid, allow to stand for 30 minutes.
3. Melt butter in a pan and fry the onion until soft then add garlic and fry for a minute.
4. Add the rest of the stuffing ingredients to the pan and mix to combine.
5. Season the cavity of the chicken.
6. Truss the chicken with a kitchen string.
7. Brush with olive oil and sprinkle with salt and pepper.
8. Pour the stock into a roasting pan and place the chicken on a rack and roast for 50 minutes or until the juices run clear and the skin is crispy.
9. Serve with crispy oven-baked potatoes and a salad.

For the stuffing:

- 250ml chicken stock
- 1 cup bulghur wheat
- 1 onion finely chopped
- 1 clove garlic crushed
- 30g pistachio nuts chopped
- 30g dried cranberries
- 2 sprigs fresh thyme stalks removed
- 1 tbs lemon zest
- Salt and pepper



by Siphokazi Mdlankomo

Baby Marrow & Apple Salad

by Siphokazi Mdlankomo

Serves 4

Ingredients

- 4 baby marrows thinly sliced
- 2 carrots peeled and shaved
- 2 granny smith apples thinly sliced
- 100g white cabbage shredded
- 100g red cabbage shredded
- 6 spring onions sliced
- Handful of fresh basil
- Salt and pepper

Method

1. Combine all ingredients.

Buttermilk Salad Dressing

Serves 4

Ingredients

- 250ml low fat buttermilk
- 2 tbsp white balsamic vinegar
- 2 tbsp olive oil
- 1 tsp dijon english mustard
- Salt and pepper

Method

1. Place the ingredients (except the dressing ingredients) in a salad bowl and mix to combine.
2. Place the dressing ingredients in a bowl and whisk.
3. Pour the dressing over the salad and toss to combine.



by Siphokazi Mdlankomo

Yoghurt Mousse

Serves 4

Ingredients

- 1 cup plain fat-free yoghurt
- ¼ cup water
- 1 envelope (about 2½ teaspoons) unflavored powdered gelatin
- 2 eggs
- 250grams fresh strawberries
- 4 Kiwi fruits peeled

Method

1. To a small bowl, add water. Sprinkle gelatin on top and set aside.
2. Fill a medium saucepan halfway with water. Boil over medium heat.
3. Meanwhile, to the bowl of a stand mixer, add egg whites, salt, and sugar, stirring gently to combine.
4. Once water is boiling, carefully lower stand mixer bowl into saucepan.
5. Whisk gently until sugar is dissolved and eggs are near-scalding to the touch.
6. Remove bowl from pan.
7. Scrape gelatin into egg mixture and whisk quickly and thoroughly to combine.
8. Whip egg mixture at medium-high speed until the outside of the bowl is totally cool to the touch.
9. Once this occurs, add yogurt mixture. Continue whipping a few more seconds, until it's all combined.
10. Divide mixture among serving glass with fruit
11. Place in vessels and refrigerate for at least 45 minutes.
12. Serve cold.



by Siphokazi Mdlankomo

Winter Pumpkin Swiss Roll

Serves 4

Ingredients

Cake:

- 3 eggs
- 1 cup sucrose/ xylitol or any polysol that works with your diet
- 1 cup pumpkin (mashed)
- 1 tsp lemon juice
- 1 cup self-rising flour

- 2 tsp ground cinnamon
- 1 tsp ground nutmeg

Filling:

- 120g reduced-fat cream cheese, softened
- 1 mango pureed
- 2 tbsp sucrose/ xylitol



by Greg Henderson

Method

1. **For Cake:** Beat eggs and 1 cup sucrose/ xylitol or any polysol that works with your diet for 5 minutes in mixing bowl on medium speed of mixer.
2. Stir in pumpkin and lemon juice.
3. Blend in flour, cinnamon and nutmeg until well combined.
4. Line a jelly roll pan with waxed paper. Spread batter evenly in pan. Bake in preheated 180 degree oven for 5 to 8 minutes or until wooden pick comes out clean.
5. Cool for 3 minutes in pan; turn out onto a cloth and roll up from the narrow end.
6. Chill in refrigerator until completely cool.
7. **For Filling:** Beat cream cheese, pureed mango and 2 tablespoons sucrose/ xylitol or any polysol that works with your diet in mixing bowl on medium speed of mixer until smooth and spreadable.
8. Unroll pumpkin roll and spread with filling.
9. Re-roll.
10. Cover and refrigerate until ready to serve.

Spicy Pumpkin Soup

*with Smoked Paprika,
Chorizo and Granny Smith Apples*

Serves 4

Ingredients

- 1 medium onion diced (180g)
- 2 cloves garlic (20g)
- 100g leek
- 50ml olive oil
- 2 granny smith apples diced (350g)
- 1 celery stalk diced (40g)
- 800g diced pumpkin
- 3 tsp smoked paprika
- 100g diced chorizo (keep 40g for end)
- 1 level tbspd dried chilli flakes
- 500ml water
- 500ml low fat or reduced fat cream
- 4 leaves sage chopped
- 10g salt (to taste)
- 10g pepper (to taste)

Method

1. Over a medium heat in your olive oil, sauté apples, garlic, onions, leeks, chorizo, celery and pumpkins for 8 minutes until onions and celery are soft.
2. Add chilli flake and paprika and cook for a further 2 minutes.
3. Add cream, water and sage and simmer on a medium low heat for 30 minutes.
4. Blend until smooth and add salt and pepper to taste.
5. Serve with crusty low GI, seeded bread and (40g) chorizo you saved.



by Greg Henderson

Oat, Chia & Date Balls

Makes 25-30 balls

Ingredients

- 110g rolled oats
- 400g pitted dates
- 2 tbsp chia seeds
- 2 tbsp coconut
- 1 tbsp honey
- 2 tsp vanilla extract
- 1 tbsp sunflower seeds
- 1 tbsp cocoa powder

Method

1. Cover the dates with boiling water and let stand for a few minutes to soften.
2. Put all the ingredients in a blender and pulse until it comes together.
3. Roll into balls with wet hands.
4. Roll in some more coconut if desired



by Marcelle Roberts

Crudites

Serves 2

Ingredients

- 1 tub low fat creamed cheese
- Zest of one lemon
- Packet split peas / mange tout
- Packet carrot sticks
- Packet cherry tomatoes

Method

1. Place low fat cream cheese with a dash of lemon grated lemon zest into a small container.
2. Place small container and chopped raw vegetables into the lunch box.



by Marcelle Roberts

Wholewheat Quesadillas with Chicken

Serves 2

Ingredients

- 2 whole wheat wraps
- 1 avocado chopped
- Handful shredded cooked chicken
- 1 tomato
- 1 tub low fat cheese

Method

1. Place shredded chicken, chopped tomato and diced avocado onto the wrap.
2. Sprinkle grated low fat cheese on top.
3. Roll up the wrap and cut into 3 portions to place in the lunch box.



by Marcelle Roberts

Ants on a Log

Serves 2

Ingredients

- 1 stick of celery
- 1 tub sugar free peanut butter
- Packet dried cranberries

Method

1. Cut washed celery into 4 portions.
2. Fill curve of celery sticks with sugar free peanut butter.
3. Sprinkle cranberries on top.



by Marcelle Roberts



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