



# COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



## BUTTERNUT SOUP

Recipe from @wonderbagworld.com

### Ingredients

- 1 butternut squash, peeled, de-seeded and cut into 1-inch (25mm) cubes
- 2 yellow onions, finely diced
- 3 T of olive oil
- 1 t fresh thyme
- ½ t cinnamon
- 4 cups vegetable or chicken stock
- Salt and pepper to taste
- ½ cup of heavy cream (optional)

### Method

Heat the olive oil in a large pot over medium-high heat  
 Add the onions and sauté until translucent (about 5 minutes)  
 Add the butternut squash, thyme and stock.  
 Increase the heat to high, and bring to a boil.  
 Reduce heat to medium-low and simmer, covered for about 5 minutes  
 Place your lidded pot in the Wonderbag for a minimum of 2 hours to finish cooking.  
 Add cream if using.  
 Purée using a staff-blender or food processor.  
 Season with salt and pepper to taste, and serve.

# Wonderbag

# wonders

BY FARZANA KUMANDAN

**HAVE** you heard of The Wonderbag? True to its name, this bag really does create wonders!

This bag is a revolutionary non-electric slow cooker that enables you to cook a variety of dishes, from rice, to curries and even desserts!

The Wonderbag was invented in 2008 by Cape Town entrepreneur, Sarah Collins, and is locally manufactured in Durban.

Her inspiration came when she wanted to create something to aid people during loadshedding.

The Bag allows food to slow cook for up to 12 hours without any electricity or any additional energy sources, making use of the ancient technology of heat retention cooking.

This simple concept goes back 100 years and has been perfected by Wonderbag to suit the modern kitchen.

### Kick-start

It works by giving your pot of food a kick-start on a high heat (either on the stove or over the fire), allowing it to come to a rapid boil, and then transferring the pot to the Wonderbag, closing it tightly to seal in the heat, let it do its thing, and *voila!*

This bag has many benefits and it allows you to save up to 50% of your energy costs.

The food is nutritious, colourful and delicious and not having to watch the pot on the stove while it cooks is an extra added bonus.

Today I would like to introduce the face behind 'Wonderbag Cape Town', Fahmieda Barends, who is very passionate about helping others on their food journey, and who started the popular Facebook group, Swop Cooking Ideas.

The Wonderbag is ideal for every home, for informal food traders and food delivery companies.

Picnics and camping will never be the same again because your homemade meals can be cooking safely in the boot of your car while you enjoy your day out.

"Your food would be hot in your Wonderbag and no reheating is required," says Fahmieda.

Wonderbag is also a non-electric freezer.

Items can remain frozen for up to two days making it a game changer for campers with limited freezer space.



WHOLE SOME: Butternut Soup

## DELICIOUS SLOW COOKING MEALS WITHOUT THE FUSS

### Wonderbag guidelines

- Rice - 5 minutes on the stove, 1 hour in the Wonderbag.
- Chicken - 20 minutes on the stove, 2 hours in the Wonderbag.
- Lamb - 20 minutes on the stove, 3-4 hours in the Wonderbag.
- Beef - 45 minutes on the stove, 3-4 hours in the Wonderbag.
- Dhal and lentils - 15 min on stove, 2-3 hours in the Wonderbag.
- Beans/Samp - 20 minutes on the stove, 3 hours in the Wonderbag.

## LAMB AKNI



Recipe by Fahmieda Barends

### Ingredients

- 1 kg lamb pieces
- 1 large onion chopped
- 1 tomato chopped
- 1 T garlic and ginger paste
- 1 T cumin
- 1 T coriander
- 1 t turmeric
- 1 t chilli powder
- 2 cups of fragrant white rice - rinsed
- 2 ½ t salt
- ½ bunch rinsed chopped fresh coriander
- 1 cup yoghurt /Amasi
- 1 T of butter
- 2-3 large potatoes quartered
- 3 ½ - 4 cups boiling water

### Method

Braise onion until soft.  
 Add meat, garlic and ginger paste and braise for 10 minutes.  
 Add tomato, all the spices and salt, and stir.  
 Add potatoes and half cup of water.  
 Cook for 10 minutes on medium heat.  
 Add rice, the rest of boiling water, yoghurt, butter and fresh coriander and bring to high heat and rapidly boil for 5 minutes.  
 Place pot into the Wonderbag for 3 to 4 hours to continue slow cooking.  
 For the demo on this dish, check out the Daily Voice Facebook page.

## SIMPLE BEEF STEW

Recipe from wonderbagsa.co.za

### Ingredients

- 1kg Beef stew pieces
- 1 large onion
- 1 large tomato (optional)
- 3 medium potatoes (peeled and cubed)
- 4 carrots
- 2 cups of frozen pea
- Salt, pepper seasoning of choice

### Method

Braise 1 large chopped onion in oil and add 1 kg stewing beef pieces.  
 Once meat is browned add salt and pepper and some stock and simmer for 30 minutes.  
 Add quartered potatoes, a few sliced carrots and some frozen peas.  
 Place in Wonderbag and allow to slow cook for at least 3 hours.  
 Serve with rice  
 Tip: The longer you leave it in the bag, the more tender the meat becomes.



## COOKSISTER COMPETITION

Fahmieda Barends is giving away one large Wonderbag to one lucky reader. Stand a chance to win and SMS Cooksister + your Name and Surname to 33258.

SMS line closes on 18 August 2021 at midnight.

Terms and conditions apply.

For more information or to find out where you can purchase The Wonderbag, follow them on Facebook @Cooking Bag Revo-



lution, Instagram @wonderbagct, check out their website at [www.wonderbagsa.co.za](http://www.wonderbagsa.co.za) or via WhatsApp on 072 834 3888.