



COOKSISTER

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



CHICKEN BRAAI MARINADE

Recipe by Farzana Kumandan @sprinklesandspicect

Ingredients

1-2kg chicken
Cleaned, rinsed and drained of all excess water
2 tablespoons Cajun chicken spice
(Or your favourite chicken spice)
1 grated clove garlic
1 cup chutney
1 cup chicken braai or BBQ sauce

Method

Marinate chicken for at least 2 hours.
Braai over medium hot coals.
This marinade is extra saucy, so you have enough sauce to baste your chicken with every turn.



BRAAI ROASTED BUTTERNUT SALAD

Recipe by Farzana Kumandan @sprinklesandspicect

Ingredients

1 Packet baby spinach or lettuce
½ cucumber chopped
¼ red onion sliced
1 small butternut cut in chunks
2 rings feta cut in blocks
½ green pepper sliced
½ red pepper sliced
2 carrots cut in strips
2 tablespoons dried cranberries
1 tablespoon pan toasted almonds
1 tablespoon pan toasted sesame seeds

Method

Boil butternut in water until semi soft.
Grill on the braai until it has char bits, then allow to cool.
In a large plate, layer the lettuce or spinach, cucumber, onion, peppers, carrots, butternut, cranberries and almonds.
Top with feta and sprinkle over sesame seeds.
Drizzle over a dressing made with 2 tablespoons vinegar and 4 tablespoons sweet chilli sauce.

CHAKALAKA BRAAIBROODJIES

Recipe By Rhodes Quality Foods

Ingredients

1 x 400 g can Rhodes Quality Mild & Spicy Chakalaka
1 farm style loaf bread
Butter for spreading
2 cups grated cheddar cheese
Salt and black pepper

Method

Remove the crusts and slice the loaf lengthwise into 4 even slices.
Butter two slices of bread on one side and place the buttered side down on a board.

Sprinkle the cheese evenly over both slices.

Spread a generous layer of the Rhodes Quality Mild & Spicy Chakalaka down the centre of each slice.

Cover with the two remaining



slices of bread and butter the tops.

Place the sandwiches inside a braai grid and slowly toast them over warm coals until golden brown.

Serve hot off the fire.

BY FARZANA KUMANDAN

IT'S a short week and on Friday, we can look forward to celebrating Heritage Day.

This day is dedicated to celebrating each family's unique values, diverse cultures, and traditions.

Passed down from generation to generation, each culture makes a significant contribution to our beautiful Rainbow Nation.

On Heritage Day it is also tradition to honour our culture by dressing up in our favourite cultural outfits.

Many schools allow kids to dress up and it is accompanied by a celebration of dance and song.

Each family has a special story to tell, and little faces light up with excitement waiting for their turn to share their heritage.

South Africans also look forward to this day, otherwise and informally known as Braai Day.

Although we all have different cultures, our love for food always unites us, especially our tradition of gathering around a fire to cook.

We don't need an excuse to light a fire and a braai is a *kwaai* way to *kuier* with your loved ones.

Whether you have meat, chicken, boerewors, snoek or even a slow cooking *potjie* on the coals, there's something about a *lekker* braai that just hits the spot perfectly.

Fire

Even if you're just toasting marshmallows on a *stokkie* or simple *braaibroodjies*, it's all about enjoying that yumminess straight off the fire.

The best part for me is how far a *lekker* braai goes.

Leftover braai tastes just as *lekker*. Breakfast the next day is a *tjoppie*, *braaibroodjies* or a *lekker boerewors* roll.

To celebrate Heritage Day, I'm sharing a few of my favourite braai recipes, as well as my Breakfast Boerie recipe.

So get those braai aprons on and light the fires!

Love, your Cooksister

CULTURE ON YOUR COALS



TRADITIONAL: Lekker braaivleis



WHOLESUME: The Breakfast Boerie



A FIRM FAVOURITE: Delicious chops

ENJOY SA HERITAGE WITH LEKKER BRAAI RECIPES

BREAKFAST BOERIE

Recipe by Farzana Kumandan @sprinklesandspicect

Ingredients

6 toasted hot dog rolls
Tomato or chilli
6 pieces braaid sausage
Scrambled eggs
Baked beans
Coriander for garnish

Method

Add a dash of tomato or chilli sauce on the toasted roll

Add the scrambled egg
Add the sausage and top with baked beans
Garnish with fresh Coriander

CHOP BRAAI MARINADE

Recipe by Farzana Kumandan @sprinklesandspicect

Ingredients

1-2kg chops
Cleaned, rinsed and drained of all excess water
3 heaped tablespoons BBQ or steak and chops spice (Any brand you prefer)

1 grated clove garlic
1 teaspoon white pepper
4 tablespoons tomato sauce
½ cup chutney

Method

Marinate meat for at least 2 hours
Braai over medium hot coals.

APRICOT CHILLI WINGS

Recipe by Farzana Kumandan @sprinklesandspicect

Ingredients

16 chicken wings
1 cup apricot jam
3 tablespoons brown sugar
3 tablespoons soya sauce
2 tablespoons lemon juice
1 teaspoon lemon zest
1 tablespoon crushed chillies
¼ cup water

Method

For the marinade - on the stove, add all the ingredients

to a pot and bring to boil.

Simmer on a low heat, stirring continuously until sauce is thick and bubbly (3-5minutes)

Remove from heat and allow to cool completely.

In a deep bowl, wash and trim the wings.

Pour over half the marinade, mix well and allow to rest for at least a half hour.

Braai over medium hot coals and marinade as needed.