



# COOKSISTER

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



# No better vleis to be!

## MEAT LOVERS, THIS ONE IS FOR YOU ALL

HELLO everyone, today is dedicated to all meat eaters.

There is so much you can do with a good cut of meat. I love cooking a good lamb curry, with meat that's so tender, it literally falls off the bone. Another favourite is a charred lamb chops or ribs, braai'd to

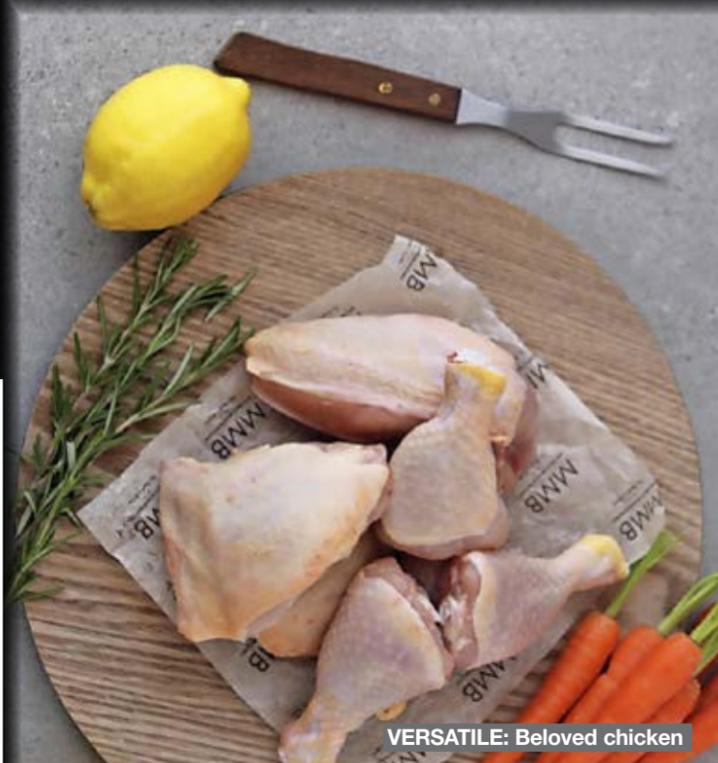
BY FARZANA KUMANDAN

perfection and served with a lekker potato salad.

Beef I tend to enjoy when it's slow-cooked to maximise the flavour. Nothing beats a slow cooked beef stew on a cold day, or a beef roast for Sunday lunch, or on special occasions.

What I look for when purchasing meat is good quality, fresh produce at affordable prices with most of the excess sinew, fat and bone trimmed off to ensure minimal wastage and getting value for your money.

Today I feature one of my favourite



VERSATILE: Beloved chicken

butcheries, Mitchell's Moslem Butchery.

It is my one stop shop as it has everything under one roof from meat, groceries, an in-house bakery and the freshest of vegetables. It is the perfect place for me to find supper, or just inspiration for my next meal.

MMB was founded three decades ago by the Sablay family. They live up to their motto, "The People's Butcher" because of their invaluable relationship with their customers.

Based in Woodlands, they also offer a delivery service that extends as far as the Cape Town CBD, Stellenbosch and Paarl.

This week MMB celebrates their 30th anniversary, with amazing sales and they have also shared some of their most loved recipes with the *Daily Voice*.

For more info and recipes, visit their store or Instagram page @mitchells\_moslem\_butchery.

Happy cooking, Love your Cooksister

## OVEN BAKED CHICKEN

Recipe Credit MMB @mitchells\_moslem\_butchery

### Ingredients

- 1 kg assorted chicken pieces
- 1 tbsp dried crushed chillies
- 1 tbsp paprika
- 1 tsp crushed garlic
- 1 tsp oregano
- 1 tbsp salt (adjusted to your taste)
- Cracked black pepper
- 2 tbsp olive oil
- Juice of one lemon
- 2 tbsp honey
- 1 heaped teaspoon Dijon mustard

### Method

Preheat oven to 180°C. Mix all the ingredients together. Place the chicken in a baking dish and pour the marinade over the chicken. Bake, uncovered, for 40-45 minutes or until fully cooked.



## CHEESY JALAPEÑO SAUSAGE ROLLS

Recipe Credit MMB @mitchells\_moslem\_butchery

A quick and simple, no-fuss addition to a snack platter.

### Ingredients

- 1 roll of puff pastry
- 6-8 links of Cheesy Jalapeño sausages (exclusive to MMB)
- 1 egg, whisked.

### Method

Defrost your pastry sheet until it's bendable.

Add your sausages in a single row. Brush the edges of that row with egg and cut it length-way.

Fold it with seam side down. Repeat the process until the pastry is done.

Cut into bite size pieces and place on a non-stick tray.

Brush with the remainder of the egg. Add a few slits on top of each roll.

Bake in a pre-heated oven at 200°C for 10 minutes or until the roll puffs up, then reduce the heat to 180°C for another 10 minutes or until the rolls are golden brown.

Serve with jalapeño mayonnaise or dip of choice.



TOP QUALITY: Mitchell's Moslem Butchery

Recipe Credit MMB @mitchells\_moslem\_butchery

### Ingredients

- 1kg of lamb shanks, marinade in:
- 4 All Spice 6 Peppercorns
- 2 level tsp garlic and ginger paste
- ¼ cup of Worcester sauce
- 2 tsp Steak and Chops seasoning
- Freshly ground black pepper
- 1 tsp of crushed chillies (if you like heat)

## LAMB SHANKS

2 tablespoons garlic butter

### Method

Marinate for one hour, or overnight for best results.

Slowly brown the meat in a pot over low heat with some garlic butter.

Once brown, add ½ cup water every 10-15 minutes, until the lamb is tender.

This can take just over one and a half hours.

Make a paste with 2 teaspoons cornflour and 2 tablespoons Worcester sauce.

Add it to the pot for a thick gravy.

Note: Steak and Chops seasoning has its own salt so you may add extra salt according to your taste.



## T-BONE STEAK

Recipe Credit MMB @mitchells\_moslem\_butchery

### Ingredients

- 300g, 2cm thick single steak
- ½ tsp cracked black pepper
- ½ tsp chilli flakes (if you like heat)
- ½ tsp crushed garlic
- A dash of oil to form a paste
- Mix and massage these spices into the steak and let it marinate for an hour, or overnight.
- More ingredients
- 2 cloves garlic
- 2 tablespoons butter
- A few sprigs of rosemary and thyme.

### Method

Bring the steak to room

temperature and season with salt.

Sear in a hot pan with a bit more oil.

Let it brown, but not burn, before turning.

Render the fat cap, and at this point add loads of butter, some garlic bulbs, rosemary and thyme.

Let your butter foam when basting.

A total cook time of 5-7 minutes or an internal temp of 60°C will give you a medium finish.

Cook for longer if you prefer medium to well, or much shorter with an internal temp of 55°C for medium/rare.

Rest the steak for a few minutes before cutting.

## BEEF STROGANOFF

Recipe Credit MMB @mitchells\_moslem\_butchery

### Ingredients

- 600g beef strips
- 2 tbsp olive oil
- 2 tbsp BBQ seasoning
- 300g sliced mushrooms
- 3 tbsp butter
- 2 tbsp flour
- 1 cup broth of choice
- 1 tbsp Dijon mustard
- 150ml sour cream
- Pepper to taste
- Chopped chives

### Method

Marinate the beef strips with the BBQ seasoning and pepper. Heat your skillet with 1 tablespoon of oil and sear the steak until brown. Remove from the

pan.

Add butter, and sauté the onions, then add the sliced mushrooms and fry till golden.

Add the flour and stir for 1 minute.

Add half the broth while stirring – once incorporated add the remainder of the broth and a half cup of water.

Once slightly thickened add the sour cream and mustard.

The sour cream will look like it's splitting but keep stirring until it melts.

Reduce the heat and let it simmer until the sauce thickens.

Add the strips back in, simmer for one minute.

Serve on top of tagliatelle pasta. Garnish with chives.

Tip: The BBQ seasoning and broth will both have salt so please adjust accordingly.



## LEBANESE KOFTA KEBABS

Recipe Credit MMB @mitchells\_moslem\_butchery

- 1 tsp olive oil
- Wooden skewers

### Method

Combine all the ingredients with the mince in a bowl.

Once thoroughly mixed, shape onto skewers and bake in a non-stick tray in a preheated oven at 180°C for 25-30 minutes or until completely cooked.

This works wonderfully on a braai as well.

If you are using wooden skewers remember to soak them in a tray of water before the time so that it does not burn.

### Ingredients

- 1kg beef mince
- 1 onion finely chopped
- 1 handful of chopped mint or parsley
- 1 tsp of salt (adjusted to your taste)
- 1 tsp sumac (optional)
- ½ tsp pepper
- ½ tsp ground cumin
- ½ tsp paprika
- ½ tsp ground cinnamon
- 1 tsp crushed green chillies (if you like heat)
- 1 heaped teaspoon of crushed garlic