

A Lazy Christmas

WITH MOGAU

COOKBOOK


Mako

The Lazy Makoti – Mogau

Mogau is a trained chef and award winning cookbook author. She founded The Lazy Makoti in 2014 after leaving the corporate world to focus on her love for food. What began as lessons for a friend, a bride-to-be who was afraid of being labelled "The Lazy Makoti" (the lazy daughter-in-law) because she couldn't cook, evolved into a business, and inspired its name.

Through The Lazy Makoti, Mogau shares her passion for food and people through her live interactive cooking lessons and her widely followed social media. As a food content creator whom people turn to when they are looking for quick , easy delicious recipes to impress their loved ones. She has made cooking easy for her audience across all her social media platforms



" Food is a delight we get to share our love, life, creativity and precious spaces over. The holiday specials we brought you are a reminder to explore the wonder of food...try new things, put a new spin on the traditional and push the tastebuds on what is possible. You will be amazed at what you can achieve. We look forward to seeing your dishes and holiday connections inspired by S3."

S3 Head of Bouquet - Sane Zondi



The Table of

CONTENTS

STARTER 6

Cheese boards

MAIN 8

Kiwi and cucumber salad

DESSERT 16

Amasi and coconut cake



Starter

Cheese Boards

This is the perfect way to start the occasion, whenever I am hosting this is what I serve. It's simple to put together and the perfect conversation starter as everyone gets a sample of everything on a small plate, people serve themselves and enjoy a little bit of everything.

INGREDIENTS

An assortment of crackers
An assortment of cheeses
An assortment of grapes and berries
Nuts and biltong
Edible flowers
Dips and jams
Salami







Mains

Kiwi and Cucumber Salad

I love to add fruit in salads. it makes for tasty, colourful side dishes with so much texture and flavour.



INGREDIENTS

2-3 kiwi fruit, peeled and sliced
2 cups (50 g) rocket
1 feta round, cubed
½ small red onion, finely chopped
½ cucumber, sliced

For the dressing:
¼ cup (60 ml) olive oil
juice of 1 lemon
2 teaspoons (10 ml) honey
1 tablespoon (15 ml) vinegar
salt and pepper to taste

1. Combine salad ingredients in a large bowl.
2. Combine dressing ingredients and mix well.
3. Dress salad and toss well.





Garlic and spinach parmesan mielie rice

Mielie rice is a South African favourite and today im making it inspired by 2 of my favourites: savoury samp and creamy risotto. Those two delicious staples are the inspiration for this creamy luxurious garlic and spinach mielie rice. Fits amazing with the rest of my menu, it is great to have with the stew, the mielie rice just soaks up all extra flavour

INGREDIENTS

- 2 cups Mielie rice
- 1 onion, finely chopped
- 2 teaspoon garlic, minced
- 1 cup mushroom, sliced
- 2 cups spinach, washed and chopped
- ¼ cup fresh cream
- ¼ cup parmesan, grated



Kgodu pumpkin pap

Kgodu, which is a kind of pumpkin pap is one of the traditional recipes we always incorporate to our Christmas lunch menu. This is a family recipe that has been passed down for generations and it was taught to my mom by my koko and it's always special

INGREDIENTS

- 500g pumpkin/ butternut, peeled and cubed
- 3 tablespoons brown sugar
- 1 teaspoon butter
- Pinch salt
- 2 cups maize meal

- Place pumpkin in a saucepan with salt and a little water and cook till soften, then mash with sugar roughly with a wooden spoon.
- In a bowl combine maize meal and water then stir into the mashed pumpkin till porridge like consistency
- Cover and leave to cook for 10 mins
- Gradually add in another cup of maize meal and combine with a wooden spoon making sure there are no lumps. Cook another 15 - 20 mins covered then serve hot

Ting sorghum tabbouleh salad

Sorghum is one of the indigenous ancient grains in South Africa. As MoPedi, sorghum has always been a staple, we ferment it make it into ting or motepa which is a morning porridge. This is a completely new and different way to enjoy this South African grain that is as healthy as it is delicious. For a new take on the traditional, I soak it overnight, cook it and make it into a rainbow salad that your whole family will love.

INGREDIENTS

- 2 cups sorghum, soaked overnight and cooked
- 1/2 yellow pepper, diced
- 1/2 cucumber, chopped
- 1 feta round
- 1/2 red onion, finely chopped
- 1 cup cherry tomatoes
- 1 cup herbs (parsley, chives, dill) very finely chopped

Dressing Ingredients:

- 1/2 cup lemon flavoured avo oil
- 2 tablespoons honey
- juice of 1 lemon
- salt and pepper to taste

Combine salad ingredients in a big bowl. Make the dressing by combining the dressing ingredients. Pour generously over salad and toss

Beetroot carpaccio with goat cheese

No celebration table is complete without beetroot. And that's exactly what a great Christmas menu is, a celebration in a meal. So think Sunday 7 colours amplified. And it salad adds even more colour to this menu. The dish draws from the appearance of the traditional carpaccio, which is made with thinly sliced raw beef however this is the vegetarian alternative.

INGREDIENTS

- 2 tablespoon olive oil
- 1/4 cup red wine vinegar
- 100g rocket
- 4 beetroot, cooked and thinly sliced
- 100g goat cheese
- Handful microherbs

Arrange the beetroot in a circle on a large platter/ plate. drizzle the red wine vinegar and olive oil. Add the goat cheese and rocket. Finish with micro herbs



Goat stew

Now this is an underrated protein option. Many communities enjoy goat meat and it's relatively easy to find at a local butcher. I love introducing people who believe they dislike it to goat meat. It's always such a happy surprise when they enjoy it

INGREDIENTS

- 1kg goat meat
- Salt and pepper to taste
- 3 tablespoons oil
- 1 onion, chopped
- 1 teaspoon garlic
- 1 teaspoon ginger
- 2 teaspoons curry powder
- 1 teaspoon paprika
- 1 beef stock cube
- 1 teaspoon dried mixed herbs
- 1 cup water
- 2 tablespoons Worcestershire sauce

- Season the mean with salt and pepper. Heat 1 tablespoon oil and fry the meat the meat to brown. Remove from pot and set aside

- Add the rest of the oil and over medium heat, fry onion, garlic and ginger with curry powder and paprika

-Return goat meat to the pot and crumble the stock cube and add in the mixed herbs. Toss to combine and coat

- Add the water and Worcestershire sauce

Bring to a simmer and cook till meat is tender about an hour

Chakalaka marinated roast whole chicken cooked in a pot on the fire

This mouthwatering, succulent chicken is what happens when you take our national relish, blend it with some fragrant spices use as a marinade. Let's make a chakalaka marinated roast chicken

INGREDIENTS

- 1 whole chicken
- 125g butter
- 2 cups chakalaka, blended
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 4 tablespoons finely chopped mixed herbs
- 1 medium onion, halved

- Heat coal and pat chicken dry
- in a small bowl, combine butter, spices and herbs and mix well
- Rub the chicken generously with the butter mixture including inside the cavity and under the skin.
- Do the same with the chakalaka
- Stuff the cavity with the onion
- Place chicken on a pot to roast. Cover lid and place more hot coals on the lid. Cook till golden and cooked through 2 hour. Turn once or twice and baste during cooking

Dessert

Amasi and Coconut Bundt Cake

Amasi is thick curdled sour fermented milk that works great in baking, it adds moisture and makes for a light and fluffly texture to this amasi and coconut cake



#S3FestiveSpecials #S3DoTheMost

INGREDIENTS

2&1/2 cup cake flour

1/2 teaspoon salt

2 teaspoons baking powder

1 cup butter

1&1/2 cup castor sugar

6 eggs

1 teaspoon vanilla essence

1 cup amasi

2 tablespoons desiccated coconut

1/4 cup granadilla pulp

For the glaze

- 1& ½ cups amasi
- 1 &1/2 cups icing sugar
- ¼ cup desiccated coconut
- Edible flowers to garnish

Preheat oven to 180 and grease a Bundt tin

In a bowl sift together dry ingredients

In a separate bowl cream the butter and sugar till light and fluffy

Add in eggs one at a time beating well after each addition

Add milk and vanilla essence.

Combine wet and dry ingredients and fold until just mixed into a smooth batter.

Add the coconut and granadilla and mix.

Pour batter into prepared yum and bake 45-50 min.

Make the syrup by combining granadilla and sugar in a saucepan over medium heat. Simmer while stirring to dissolve sugar

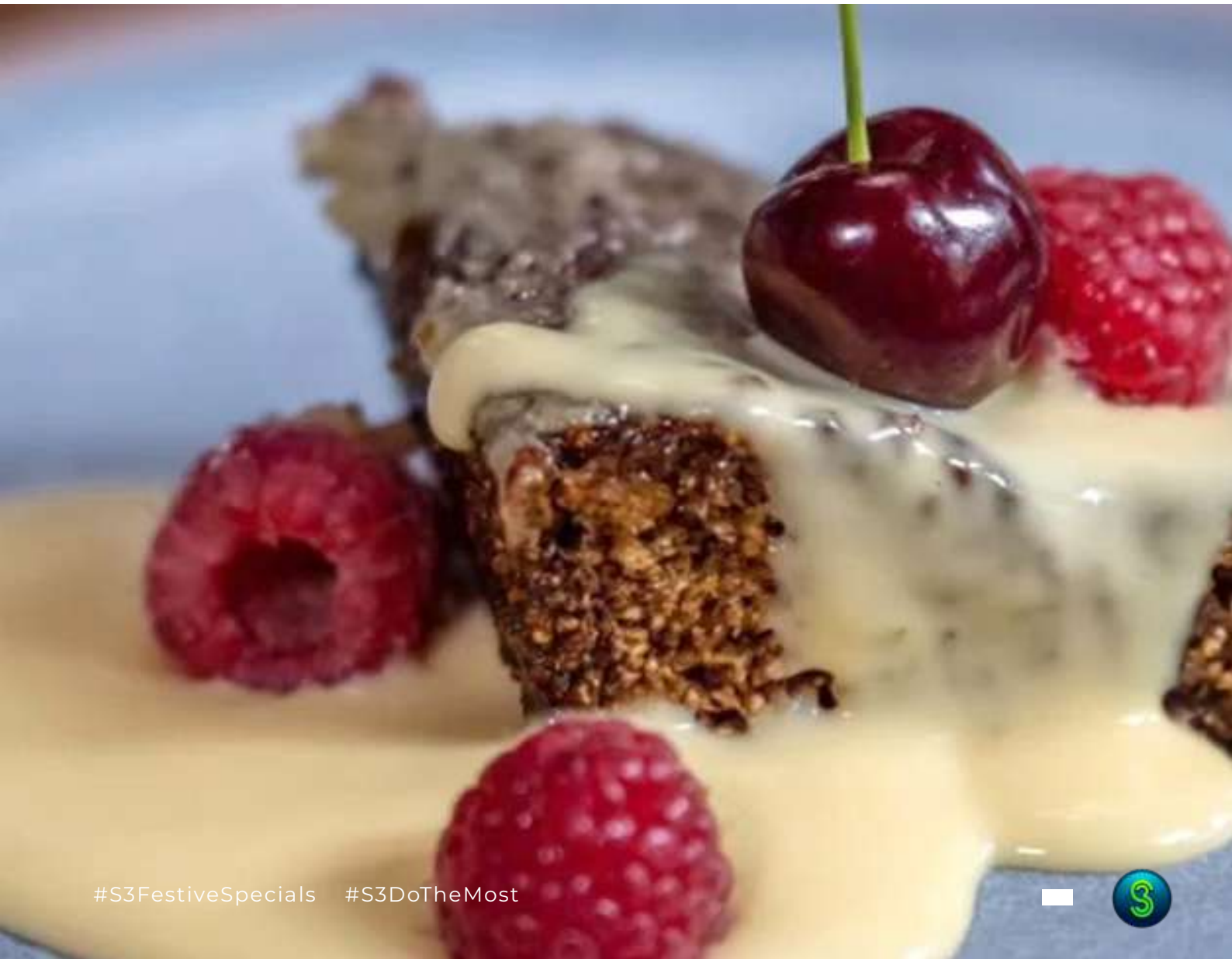
Once cake is baked, remove from tin to cool. Pour syrup over cake allowing it to dry down the sides

To make the glaze combine the amasi, icing sugar and drizzle on cake allowing it to drip down the sides. Dust the coconut and add edible flowers

Dessert

Amarula malva pudding

What's more South African that this decadent dessert with a special twist. I love adding the distinct flavour of the amarula fruit to make it even more decadent



INGREDIENTS

1&1/2 cup cake flour
2 teaspoons baking powder
1/2 cup brown sugar
1/4 teaspoon salt
2 large eggs
1 teaspoon bicarbonate of soda
1 teaspoon vinegar
3 tablespoons apricot jam
2 tablespoons melted butter
1/2 cup milk
¼ cup amarula

For the sauce
1 cup fresh cream
1/4 cup amarula
1/3 cup butter
1/3 cup sugar
1/2 cup water
1 teaspoon vanilla essence

- Preheat oven to 180 and grease a baking dish or 6 ramekins
- Combine flour, baking powder, bicarbonate of soda, sugar and salt in a large bowl
- in a separate bowl combine egg, jam, butter, milk, amarula and vinegar. Mix well
- Add wet ingredients into the dry and mix till well combined
- Transfer into baking dish or ramekins and bake 30mins
- To make the sauce, combine all ingredients in a small saucepan over medium heat and stir till sugar is dissolved
- Pour sauce over cooked pudding and leave a few minutes to absorb. Enjoy!

Home made vanilla custard

INGREDIENTS

Prep time: 10 minutes

Cooking time: 20 minutes

Makes: 2 cups (500 ml) custard

1½ cups (375 ml) milk

1 cup (250 ml) fresh cream

½ cup (100 g) castor sugar

1½ teaspoons (8 ml) vanilla essence

6 egg yolks

1. In a small saucepan, heat milk, cream, ¼ cup (50 g) castor sugar and vanilla essence, stirring occasionally until sugar dissolves completely. Simmer over medium heat till bubbles form around the edges - do not boil. Turn off heat and leave to cool for 15 minutes.
2. In the meantime, combine rest of sugar with egg yolks in a large bowl. Beat well to combine.
3. While whisking, slowly and steadily add ¾ of the warm cream mixture to the eggs. This slowly raises the temperature of the eggs to prevent them scrambling.
4. Pour egg mixture into the rest of the cream mixture and return to the heat. Cook over low-medium heat, stirring constantly, to thicken, 5-7 minutes.
5. Strain through a sieve. Serve hot or cold.





Chocolate wreath cake

INGREDIENTS

1 & 3/4 cups cake flour

2 tablespoons cocoa powder

1 teaspoon baking powder

½ teaspoon bicarbonate of soda

Pinch salt

½ cup Butter

1 cup sugar

4 eggs

200g milk chocolate

1 teaspoon vanilla essence

1 cup milk

Rosemary and berries to garnish

For the Chocolate ganache

- ½ cup fresh cream
- 200g dark chocolate

- Heat oven to 180 degree and grease bundt pan
- Sift together flour, cocoa, baking powder, bicarb and salt
- In a separate bowl, beat sugar till pale.
- Add eggs one at a time
- Gently fold in the melted chocolate till combined
- Beating gently, add in flour mixtute
- Add vanilla essence and milk
- Spoon into prepared pan and with back of spoon
- Bake 30-35 min till skewer inserted in the middle comes out clean
- Make chocolate sauce by heating cream for 1 min then add chocolate
- Stir to melt and drizzle on cake then garnish with sprigs of rosemary and raspberries

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