
Feasting with the tribe
WITH MMULE
COOKBOOK



Mmule Setati

Mmule Setati is a passionate chef, author, and the founder of the beloved cookbook Feed My Tribe. She grew up in Mohlakeng, a vibrant township in Johannesburg's West Rand, she is a loving mother of two young boys. Inspired by the culinary traditions passed down from her mother and grandmother, Mmule believes that cooking is a powerful bridge to healing and connection.

Her cookbook, Feed My Tribe, shows her ideas of creating meals that the entire family can enjoy together, without the need to cook separate dishes for kids. This family-centric approach resonates deeply with her followers, as evidenced by her impressive social media presence—boasting 115K followers on Instagram and 70,8K on TikTok.

Mmule is a self-taught cook and social media influencer. She has gained recognition for her culinary skills, participating in the popular show Ready Steady Cook South Africa. Through her engaging cooking style and relatable content, she has become a well-known figure in the culinary community, inspiring families to gather around the table and enjoy the magic of home-cooked meals.

" 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



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Loaded Hummus Recipe

- Chickpeas
- Olive Oil
- Tahini
- Garlic
- Lemon Juice
- Cucumber
- Tomatoes
- Microgreens

#S3FestiveSpecials #S3DoTheMost

Biltong Potato Salad

- Roasted Potatoes
- Biltong
- Blue cheese
- Onion
- Salt and Pepper
- Smoked paprika
- For the sauce, add sour cream, double cream yoghurt mix them together and add some blue cheese
- Add spring onion onto your mixture





Salmon and Watermelon Salad Recipe

- Watermelon
- Red onion
- Salmon or Trout Ribbons
- Feta Cheese
- Mint Sprigs
- Microgreens
- Black Pepper
- Oilve Oil

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Malawian Kale Salad

- Kale
- Peanuts
- Onions
- Tomatoes
- Garlic
- Masala Spice



Honey and Mustard Pork Fillet



- ½ Tbsp Salt & Pepper
- Garlic Powder
- Paprika
- Onion Powder
- Butter
- Mustard Powder
- Honey
- Fresh Cream
- Dijon Mustard (Seedless)



Zimbabwean Peanut Butter Rice (Mupunga une dovi)

Rice (Jasmine)

Peanut butter

Season with salt and pepper

Make sure your rice is soggy, so it absorbs the peanut butter nicely

Amarula ice cream

1 cup vanilla ice cream

1/4 Amarula

Mix the ice cream with Amarula. Then put it on the freezer for 30 minutes and serve.



Orange Glazed Leg of Lamb



DIRECTION

Make incisions into the leg of lamb on both sides

Stuff garlic and rosemary in the incisions



FOR MARINADE

Cut thumb of ginger, sliced whole orange, half a lemon, cloves of garlic, add olive oil and throw 2
pieces of star anise and blend
When it's done blending, decant the mixture into a bowl add salt and pepper, onion powder,
smoked paprika, honey and more olive oil and a squeeze of lemon juice.
Rub the mixture onto the leg of lamb.
In a pan add slices of orange underneath for extra flavor
Pop your leg of lamb into the oven for 4 hours, 2 hours on each side



Malva Pudding

In a bowl whisk your egg, sugar, butter and jam for about 2 minutes, now add the vinegar, milk and whisk for a minute till well combined. Sift the dry ingredients into bowl and mix till all ingredients are combined. Pour in a cupcake greased pan.

Bake for 30 minutes at 180 °C.While the cake is baking put all your sauce ingredients in a small saucepan and bring to the simmer and stir till hot - keep warm one side. When your cake is done take out of oven and immediately pour over all the sauce.



INGREDIENTS

1 egg

1 cup of sugar

1 cup of cake flour

1/2 tsp baking powder

1 tsp baking soda

1 Tbsp of apricot jam

1 Tbsp of Vinegar

1 cup of milk

2 Tbsp of butter

FOR SAUCE

1/4 cup of milk

3 Tbsp of sugar

2- 3 Tbsp of butter

1 Tbsp of vanilla essence

1/4 cup of Amarula



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