



BRAAI BOOK

VOL 2

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TOP TIPS FOR A GOOD BRAAI

- Never use petrol to try start a braai.
- Never Leave a braai unattended.
- Remember that even if you are using a gas braai, it needs to be preheated for approximately 10-15 minutes before using. charcoal or wood fires can take up to an hour to attain the correct heat.
- Always use tongs to turn food on the braai. Forks or sharp objects pierce the food, causing a loss of flavourful juices
- Braai meat in the correct order - boerewors, sausages, chops. Braai steaks last to prevent them from becoming tough.
- Meat and chicken should be seasoned with salt just before cooking, as salt draws out the meat juices and makes it tough.
- Always keep a spray bottle filled with water handy to douse flame fire-upw. Beer works well too.
- Ensure the braai is hot, but not too hot, before you begin cooking. The coals should be glowing red and covered with a layer of pale grey ash.
- Never rush when cooking on the braai.

Make sure that all the food, particularly chicken, is cooked through. Don't assume that the food is charred on the outside will be cooked on the inside. To test if meat is cooked, pierce the thickest part of the meat and, if the juices run clear, the food is cooked.

- Toss small branches of the bay tree or rosemary bush over a charcoal or wood fire before cooking - this gives the food a lovely aroma. The branches don't need to be soaked beforehand.
- Keep raw and cooked or partially cooked meat separately, as the raw meat juices may come into contact with the cooked meat.
- Remember that most marinates contain sugar or other sweet ingredients that burn very quickly over the flames. Remove as much marinate as possible from meat / chicken before placing over the grill. Marinates can be served as an accompaniment but must be cooked separately before serving because it contains raw meat juices.
- If combining meat or chicken on a skewer with vegetables, ensure that everything is cut into equally sized portions to cook evenly.
- Clean braais thoroughly after use.

Beef Recipes



Cheesy Mustard Steaks

Ingredients:

4 x 300g Rump Steaks, 25mm Thick
30ml English Mustard
15ml Cooking Oil
15ml Lemon Juice
10ml Fresh Chopped Herbs (Marjoram, Parsley & Thyme)
or 3ml dried Mixed Herbs
4 Thin Slices Cheddar Cheese

Method:

Mix mustard, oil and lemon juice together. Braai steaks over hot coals for 5 - 6 minutes on one side, then turn and spread half the mustard mixture on the cooked side. Braai for another 5 - 6 minutes (rare) or 8 - 10 minutes (medium)
Turn the steaks again and spread the remaining mustard mixture on the other side.

Sprinkle with herbs and put a slice of cheese on top.

Serve immediately, before the cheese starts to drip.

Enjoy.

MG
BUCO Brits



Steak with Garlic Butter

Ingredients:

1.5Kg Steak (e.g. ribeye/Sirloin)

6 Clove Garlic - minced

125ml Butter - room temperature

Salt & Pepper to taste

Method:

Preheat the braai grid medium to high heat.

In a small bowl, mix Garlic, Butter, Salt & Pepper.

Rub the garlic butter mixture onto both sides of the steak.

Grill the steak on both sides until grilled to your preference (Med rare to well done)

Serve with side dish of your choice.



SCOTCH FILLET WITH BRAAI SAUCE

Ingredients:

4 x Scotch Fillet Steaks, 25mm Thick

Braai Sauce:

125ml Tomato Sauce

60ml Worcestershire Sauce

15ml Hot Chutney

5ml Dry Mustard Powder

125ml Vinegar

15ml Cooking Oil

1 Clove Garlic, Crushed

15ml Brown Sugar

125ml Cream

Method:

Mix all the ingredients for the braai sauce together, except the cream and marinate the meat in it for about 2 hours. Remove the steaks from the sauce and braai them over hot coals for 10–12 minutes (rare) or 16–18 minutes (medium). Add the cream to the sauce, heat it slightly over the fire and serve it with the steaks.

Enjoy.



Marlize Grobbelaar
BUCO Brits

Gavin Smoked Paprika Brisket

2kg Deboned Brisket
100g Smoked Paprika
2 Lemons
Salt & Pepper to taste
2 Clove Garlic, crushed
2 Teaspoons Olive oil
2 Small Cloves
100ml Worcester Sauce
1 Pinch Thyme

Method:

Mix olive oil, smoked paprika, lemon juice, crushed garlic and cloves in a bowl with 100ml Worcester sauce and thyme.

Rub brisket and leave overnight in fridge covered with foil.

Heat Kettle Braai and distribute coals around edges of kettle Braai only until medium heat is maintained.
Take brisket in foil and place in the centre of the Kettle Braai and cover with air lid
medium open for 3 hours while continuously monitoring the heat.

Serve with baked potato and sauerkraut.



Gavin Vorster
BUCO Honeydew

FILLET WITH BACON

Ingredients:

1.5Kg Whole Fillet
15ml Prepared Mustard
6 Large Gherkins Chopped
250g Rindless Bacon
Ground Black Pepper to Taste

Method:

Make an incision lengthwise in the fillet without cutting right through. Mix mustard, gherkins, and pepper together and spread inside the meat. Close up the fillet and wrap bacon rashers around it, securing the ends with thin toothpicks. Braai over low coals for about 30 minutes (rare) or 40 minutes (medium). Remove the fillet from the fire but leave it to rest in a warm place for about 10 minutes before carving.

Enjoy.



Marlize Grobbelaar
BUCO Brits

Boerewors Braai

Ingredients:

1 Pack Boerewors Sausages
4 Hotdog Rolls
1 Large Tomato - Sliced
1 Large Onion - Sliced
50ml chutney
Salt & Pepper to taste
250g Grated Cheddar Cheese
20g Mustard

Method:

Preheat the braai grid to medium heat.
Place the Boerewors Sausages on the braai grid.
Slice the hotdog rolls in half and place them on the grid for about 2-3 minutes until lightly brown.

Once the boerewors is cooked, cut it into slices (wheels).

Spread chutney to the bottom half of the toasted rolls, followed by the boerewors wheels, tomato and onion.

Season with salt, pepper, mustard and cheese

Serves 4 people.

Sinah Vilakazi
BUCO Thabazimbi



Boerewors Braai

Ingredients:

1 Pack Boerewors Sausages
4 Hotdog Rolls
1 Large Tomato – Sliced
1 Large Onion – Sliced
Mrs. Balls Chutney
Salt & Pepper to taste

Method:

Preheat the braai grid to medium heat.
Place the Boerewors Sausages on the Braai grid, turn frequently until cooked.
Slice the Hotdog rolls in half and place them on the grid for about 2-3 minutes until lightly brown.
Once the boerewors is cooked, take off the grill.
Spread Mrs. Balls Chutney to the bottom half of the toasted rolls, followed by the boerewors, tomato and onion.
Season with Salt, Pepper.
Serve with side salad of your choice.
Serves 4 People





Pork Recipes



P·R·I·D·E FIRELIGHTERS



Honey-Glazed Pork Chops

Ingredients:

- 4 Lean Pork Chops
- 4 Tablespoons clear honey
- 1 Tablespoon Sherry
- 4 Tablespoons orange juice
- 2 Tablespoons olive oil
- 2.5cm Fresh ginger root grated
- Salt & Pepper

Method:

1. Season pork chops, with salt and pepper
2. Place the honey, sherry, orange juice, oil and ginger in a small pan and heat gently while constantly stirring, until all ingredients are well mixed and blended.
3. Grill the chops on oiled rack over hot coals plus minus 5 minutes on both sides.
4. Brush the chops with the glaze and grill for a further 2-4 minutes on each side, frequently basting with glaze.
5. Serve warm.



PORK CHOPS WITH THYME BUTTER

Ingredients:

6 - 8 Pork Chops, 20mm Thick

Thyme Butter:

60g Butter

5ml Lemon Juice

15ml Freshly Chopped or 5ml Dried Thyme

2ml Grated Lemon Rind

Salt & Ground Black Pepper to Taste

Method:

To make the thyme butter, beat the butter to soften it and then whip in the remaining ingredients, mixing it well.

Place the butter on a piece of foil, shape it into a roll, wrap it and place it in the freezer for about 20 minutes.

Cut into slices as you need it.

Braai the chops over moderate coals for 14 – 16 minutes. Serve them immediately with a pat of thyme butter on each.

Enjoy.

Marlize Grobbelaar
BUCO Brits



Lamb Recipes



LIVE HANDS-ON

 GET READY FOR BRAAI DAY 2024!



KAUFMANN

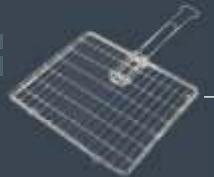
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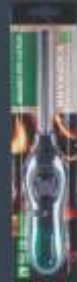
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V0404175
**BRAAI GRID MULTI PURPOSE
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BBQ FLEXI TURBO**



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BBQ FLEXI TURBO
EXTRA LARGE**



V2550111
FIRE LIGHTERS

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Marinated Grilled Lamb Chops

Ingredients:

12 Lamb Chops
Kashmiri Chilli Powder
Ginger and Garlic paste
Worcester Sauce
Salt and Pepper

Method:

In a bowl marinate the lamb chops with Kashmiri Chilli powder, ginger and garlic and salt and pepper. Refrigerate for 30min before braaiing or grilling.



Nazreen
BUCO Rietpan

Garlic Lamb Chops

Ingredients:

**4 x Rib / Loin Chops, 20mm Thick
2 Cloves Garlic, crushed**

Wine Baste:

**125ml Dry White Wine
5ml Freshly Chopped Oregano or 2ml Dried Oregano
Salt & Ground Black Pepper to taste**

Method

**Mix the Wine Baste ingredients together
Rub the garlic onto the meat surface.
Braai the chops immediately over moderate coals
for 10 - 12 minutes, basting them frequently.**

Enjoy



MARINATED LAMB CHOP BRAAI

INGREDIENTS:

1KG LAMB CHOPS
1/2 CUP (80ML) OLIVE OIL
2 CLOVE GARLIC – MINCED
5ML LEMON JUICE
SALT & PEPPER TO TASTE

MARINADE:

MIX OLIVE OIL, GARLIC & LEMON JUICE TO MAKE THE MARINADE.
PUT THE MEAT IN A BAG AND REFRIGERATE FOR AT LEAST 2 HOURS IN THE MARINADE.

METHOD:

PREHEAT YOUR BRAAI TO MEDIUM HEAT.
REMOVE THE LAMB FROM THE MARINADE.
PLACE THE LAMB ON THE BRAAI GRID, TURN FREQUENTLY.
BRAAI FOR 5-7 MINUTES OR UNTIL COOKED.

SERVE WITH A SIDE DISH OF YOUR CHOICE.



Chicken Recipes



BRAAI LIKE A PRO:

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BRAAI



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CHARCOAL BRAAI



14/019

TOTAL HELIX CHARCOAL
DRUM BRAAI

Doritos Crumbed Chicken Strips

Ingredients:

2 Packets Doritos Chips

(Any 2 flavours - Don't be scared to mix the flavours)

4 Chicken Fillets

4 Eggs (Beaten)

4 Tablespoons Milk

Oil for Deep Frying

Method:

Crumb / Brake / Smash / Grind Doritos to get it as fine as possible

Cut Chicken Fillets in desired sized strips

Beat eggs & milk together

Dip chicken strips in egg mixture followed by the crumbed doritos.

Fry the Doritos covered strips till golden crispy.

Enjoy with a dip sauce of your choice.



GAVS Coca Cola Chicken

Ingredients:

1.5kg Chicken pieces
¼ Teaspoon Ginger
2 Cloves garlic
100ml Worcester sauce
20 Baby Potatoes
Salt and pepper
6 Tablespoons Olive oil

Heavy bottom cast iron pot

Heat up oil, add chicken and fry till golden brown, add garlic, ginger and Worcester Sauce on high heat.

Simmer for 20 minutes and add 2lt Coke and potatoes

Leave on simmer until liquid is reduced to sauce consistency

Enjoy



Gavin Vorster
BUCO Honeydew

SPICY CHICKEN

INGREDIENTS:

- 4 Chicken portions**
- 1 Clove Garlic**
- 1 Tablespoon sticky dark Brown Sugar**
- 3 Tablespoons Paprika**
- 2 Tablespoons Cayenne pepper**
- 1 Tablespoon dried Oregano**
- 1 Tablespoon dried Sage**
- 1 Tablespoon dried Thyme**
- 4 Tablespoons Sunflower oil**
- 2 Tablespoons lemon juice, salt and pepper**

- 1. Remove the skin from the chicken if you want to reduce fat.
Make 2 - 3 slashed in the flesh of the chicken**
- 2. Cut the garlic clove in half and rub over the chicken, season with salt and pepper.**
- 3. Mix all the spices, dried herbs in a small bowl, sprinkle over the chicken and rub into the flesh. Cover and leave to stand for two to three hours.**
- 4. Mix together the oil and lemon juice in a bowl and brush over the chicken.**
- 5. Grill the chicken over medium hot coals for about 30 minutes turning and basting occasionally with the oil mixture.**

Make sure chicken is cooked properly before serving.



Chicken Mushroom Braai

Ingredients

1Kg Boneless Chicken Breasts or Thighs
- cut into pieces
500g Mushrooms - whole
2 Cloves garlic - Minced
5ml Olive Oil
5ml Butter
5ml Paprika
Salt & Pepper to taste

Method:

Preheat the braai grid to medium heat.
For the Marinade mix together in a bowl, garlic, Butter, olive oil, Paprika, Salt & Pepper.
Marinate the Chicken for about 30 minutes.
Remove the chicken from the marinade and grill for about 5 - 7 minutes.
Grill the mushrooms for 3 - 7 minutes until cooked.
Once the chicken and the mushrooms are cooked combined them and serve.

Serves 4 - 6 People

Sinah Vitakazi
BUCO Thabazimbi



Marinated Chicken Braai

Ingredients:

1 Kg Chicken Drumsticks or Chicken Thighs
¼ cup(80ml) Olive Oil
2 Garlic Cloves – minced
5ml Lemon Juice
Salt & Pepper to taste

Marinade:

Mix Olive oil, Garlic & Lemon juice to make the marinade.
Put the meat in a bag and refrigerate for at least 2 hours in the marinade.

Method:

Preheat your braai to medium heat.
Remove the Chicken from the marinade.
Place the Chicken on the braai grid, turn frequently.
Braai for 5-7 minutes or until cooked.

Serve with a side dish of your choice.



Anike Motsomane
BUCO Thabazimbi

Fish Recipes



GRILLED BREAM

INGREDIENTS

- 2 Small sea Breams, Scaled, Guttled, trimmed, and cleaned**
- 2 Slices Lemon**
- 2 Bay Leaves, Salt and Pepper**

BASTE:

- 4 Tablespoons olive oil**
- 2 Tablespoons lemon juice**
- 1/2 Tablespoon fresh chopped Oregano**
- 1/2 Tablespoon Chopped fresh Thyme**

METHOD:

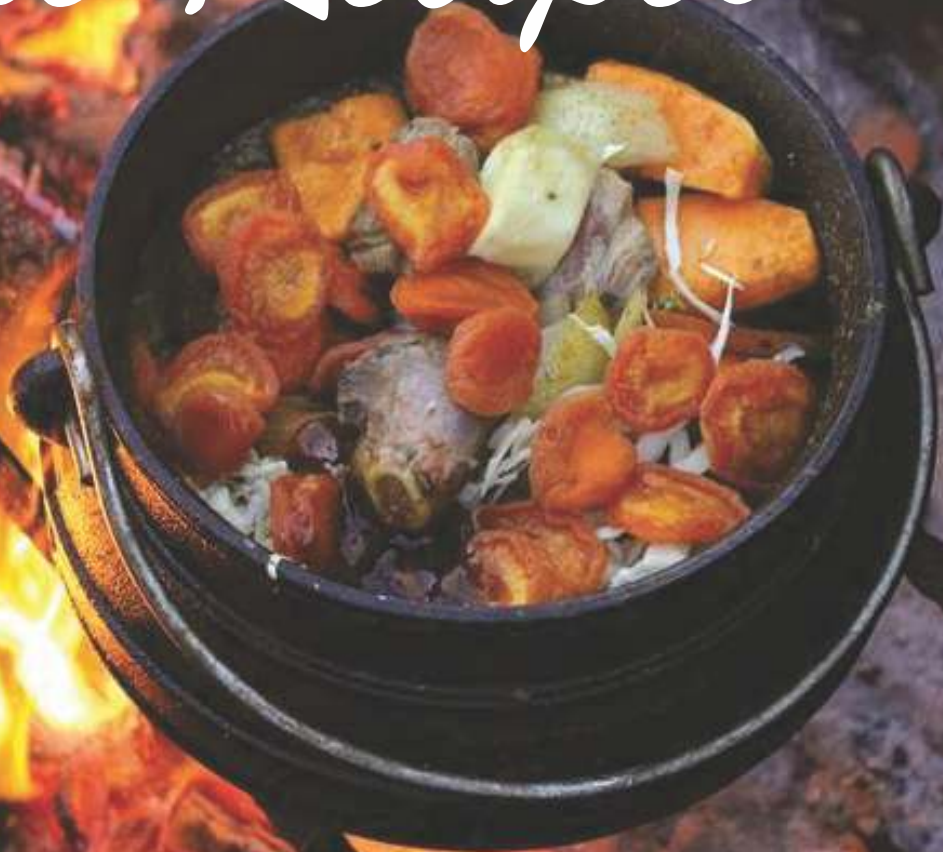
- 1. Cut two to three deep slashes into the bodies of both fish in order to help them absorb the flavor of the basting sauce.**
- 2. Place a slice of lemon and one bay leave inside each fish with salt and pepper.**
- 3. In a bowl mix the ingredients for the baste using a fork.**
- 4. Brush some of the baste over the fish and place them on the grill and grill them over hot coals for 20 - 30 minutes, Turning and basting frequently.**

Ready to serve.



***Maik Fenner
BUCO Brits***

Datjie Recipes





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Kudu Fillet Potjie

Ingredients

5kg kudu fillets
500g chicken skin
4 large onions
500 g bacon
2 teaspoons garlic
Salt
Pepper
10ml nutmeg
Brown onion soup
1 teaspoon coffee

Vegetables

Small potatoes
Small onions
Beans
Sweet potatoes
Carrots
Mushrooms
Butternuts
Cabbage

Procedure

Cut the fillet into bite sizes. Cut the onions, chicken skin, bacon, and garlic and put them all into your pot, together with your spices and coffee.

You then braai your ingredients till you see that your meat is almost done. [this does not take long because it is fillet]

You then put 2 cups of water in with your meat, together with your small potatoes, onions carrots, sweet potatoes, and butternut. Cook until the veg is almost done. You then put your beans and mushrooms into the pot.

You then mix you brown onion soup and pour it over the contents of your pot.

Remove most of the heat [coals].

You then take the cabbage leaves and seal your pot. Place them all around the top of your veg.

[this works like a steam pot.]

Let simmer for 30min.

Serve with rice or stamp mielies.....



Paul Scruton
BUCO Thabazimbi

TRIBE POTJIE

INGREDIENTS:

1kg Clean Tripe
15ml (1 Dessert spoon) Cooking Oil
1kg lamb Neck slices - 20mm Thick
20ml (1.5 Dessert spoons) Medium Curry
375ml Apple Juice
375ml Meat Extract
20ml (1.5 Dessert spoons) Smooth apricot jam
10 Pickled onions
12 Small Potatoes
250ml (1 Cup) dried Apricots

DUMPLINGS & INGREDIENTS:

360g (750ml - 3 Cups) Cake Flour
10ml (2 Teaspoons) Baking powder
7ml (Half Dessert spoon) salt
30ml (2 Dessert spoons) Freshly chopped Parsley
450ml (1 Cup) Water

Method:

Rinse cleaned Tripe in cold water, Tap dry and cut into cubes, Keep aside...
Heat cooking oil in braai pot and add the lamb neck slices and braai until brown.
Add the curry powder and braai slightly. Heat the apple juice and the meat extract in a separate pan then add to the pot and add the Tripe.

Whilst waiting for the tribe to cook well, let's start making the dumplings.

Sif dry ingredients together add the parsley and mix well.
Pour enough water to create a soft mix (dough) keep aside until meat is almost soft.
Add a little of the "Pot Liquid" to the apricot jam and stir until it becomes a paste.
Pour it into the pot then add the Potatoes and dried apricots (You can also add other veggies)
Now add the Dumpling Mix (In spoon sizes) on the top. cover the Pot and let it cook for one hour.

Should serve 8 portions.



***Maik Fenner
BUCO Brits***

Veldkos (Venison Meat Stew)

Ingredients:

Venison meat (Impala, Eland, Kudu or Warthog)

Veggies: Tomatoes, onions, garlic, carrots, potatoes

Wild Herbs (Rosemary, Thyme) & beef stock & spice to taste

Description:

A hearty stew made with venison meat like Impala, eland, Kudu, or Warthog cooked with vegetables and wild herbs found in the field. The meat is typically marinated to tenderize it before being slow-cooked.

Served with pap or crusty bread (Pot bread)



Sauce Recipes



Mushroom Sauce

Ingredients:

- 1 x 250g Fresh Button Mushrooms (Sliced)
- 1 x Onion (Sliced)
- 1 x 50g Packet Knorr Thick White Onion Soup Powder
- 1 x Teaspoon Crushed Garlic
- 1 x 250ml Fresh Cream
- Salt & Pepper to Taste

Method:

- Fry onion, garlic and mushrooms until cooked.
- Mix White Onion Soup Powder with Fresh Cream.
- You can add Milk if sauce is too thick.
- Add sauce to mushrooms, onions & garlic and cook for +- 10 minutes.

Enjoy with Steak or pap!



Marlize Grobbelaar
BUCO Brits

BAARDJANG TAAI BILTONG MENGSEL

WAT JY BENODIG:

500g gekerfde Biltong

250g gekerfde Droewors

250g gekerfde Cabanossi of Salami

80ml ROOIBAARD Baardjang (Matige Tamatie Blatjang)

WAT JY DOEN:

1. Plaas die gekerfde biltong, droewors, cabanossi en salami in 'n bak.
2. Gooi die ROOIBAARD Baardjang oor die vleismengsel en meng deeglik.
3. Vir ekstra avontuur strooi met ROOIBAARD Leaveld Grinder Spice.



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Bread Recipes



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“Frikkie se Muffins”

Serves 12

Ingredients:

- 1½ Cups all purpose flour
- 2 Teaspoons Baking Powder
- ½ Teaspoon Baking Soda
- 1 Cup milk
- 1 Cup shredded Cheddar Cheese
- 6 Table spoons butter, melted and cooled slightly
- ½ Cup frozen chopped spinach-thawed, drained and squeezed dry

Method:

1. Preheat the oven to 350 degrees F (175 degrees C) lightly grease a 12-cup muffin tin or line with paper liners.
2. Whisk flour, baking powder, baking soda and salt together in a bowl.
3. Stir milk, cheddar, melted butter, spinach and egg together in a large mixing bowl until evenly blended. Slowly stir in flour mixture to form a batter. Spoon about 2 table spoons into each prepared muffin cup.
4. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean. About 35 minutes.



Frikkie
BUCO Thabazimbi

Beer Bread

Ingredients:

- 500g Self-raising flour
- 250g Chopped Bacon
- 200g Grated cheese (cheddar)
- Beer of your choice
- Salt to taste

Method:

1. Braai the chopped bacon in oil until nice and crispy. Let it cool down.
2. Mix cheese and bacon bits with the self-raising flour in a mixing bowl.
3. Add the beer - enough beer until you find the correct consistency in the dough. Use your hands to knead the dough.
4. Take your bread pan or black cast iron pot, spray it with spray and cook / better still to smear it with traditional butter to prevent the dough to stick to the pan.
5. Allow for it to rise: Place close to the fire and introduce the pan to the heat (Hot coal), but allow for a decent gap between the pan and the coal. Put a few coals on top of the lid.
6. Be careful not to overheat the pan and keep rotating from the heat. The bread should take its time to rise and bake.
7. Serve hot with butter.



“Victor se Roosterkoek Broodjie”

Ingredients:

4 to 6 “Roosterkoek broodjies”
1 Red Onion
1 Small bottle Peppadew
1 Small bottle Basil paste
1 Parmalat garlic and parsley butter
1 Pack Mozzarella Cheese (Grated)
1 Roll Foil

Method:

Cut the onion into very small blocks
Cut the “roosterkoek broodjies” open on one side
(make a pocket)
Spread the Parmalat garlic butter in the inside
Spread the basil paste on the one side not to thick
Mix the mozzarella cheese, peppadews and onions together
Put in the “roosterkoek” pocket - do not add too much so it opens the side of the bread.
Spread some garlic butter on the outside of the bread
cover them one by one with foil - make sure that the bread is completely covered.
Put it on a mild fire and turn frequently every 2 to 3 min. Be careful not to burn it
Keep on heat until the mixture inside has been melted.

Enjoy

Victor van Wyk
BUCO Potchefstroom



Cheezy Bacon Rolls

Hotdog Rolls

Cheddar Cheese (Grated)

Mozzarella Cheese (Grated)

Streaky Bacon (Fried)

This recipe you can make the way you want depending on the quantity of Guests.

Method:

Cut roll in Slices but not all the way through.

Spread garlic butter into each slice

Cut Bacon into smaller slices and place a piece in each slice.

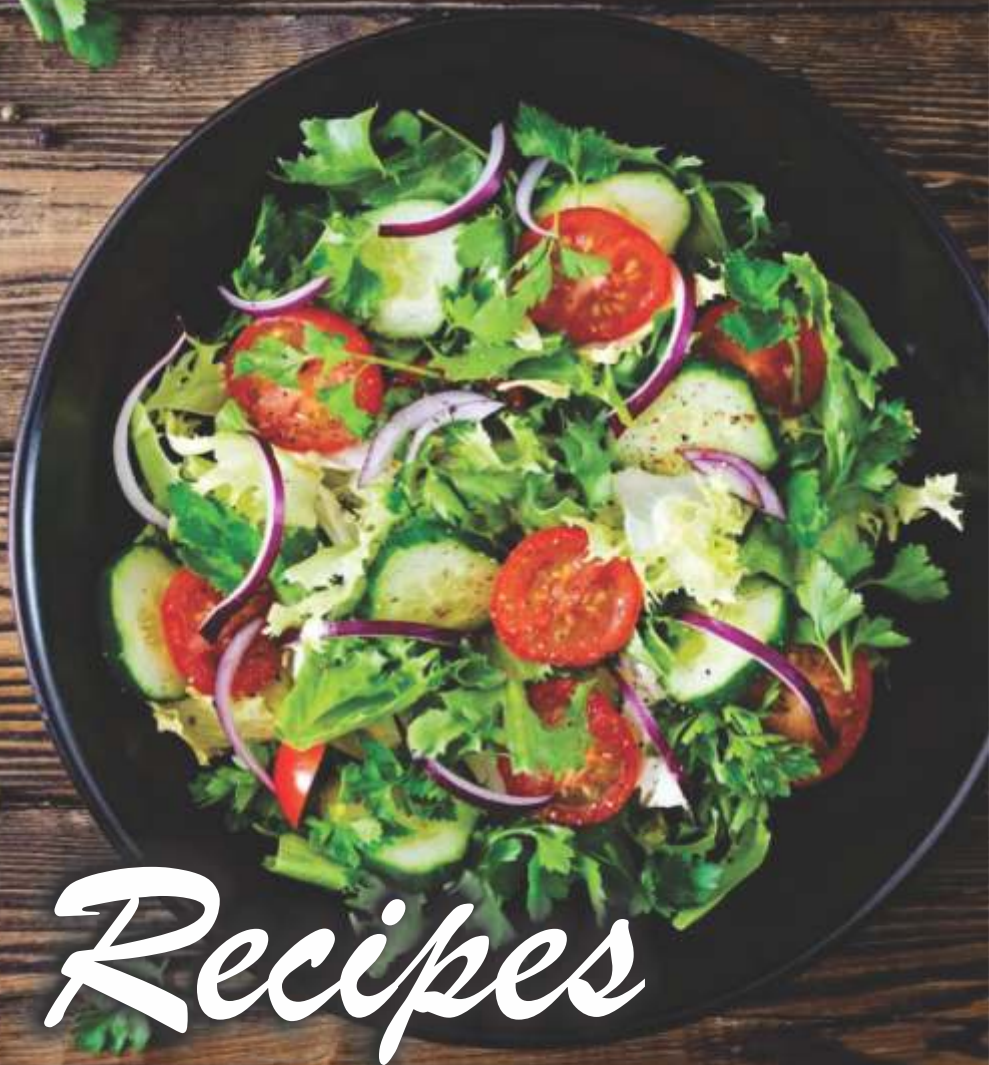
Cover with grated Cheddar & Mozzarella Cheseese

Cover with Foil (Shinny side inside and sprayed with Spray & Cook)

Braai on the side.



Charl van der Nest
BUCO Brits



Salad Recipes

High Heat

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Egg Salad

Ingredients:

1 Lettuce Head – finely chopped into strips
1 Leek – finely sliced
1 Celery – finely sliced
1 Onion - Sliced (Medium size)
4-6 Eggs – boiled and cut into slices
1 Bunch of Spinach - cleaned and leaves chopped
250g Peas - cooked
300ml Mayonnaise
Salt & Pepper to taste

Method:

Mix all the ingredients in a large bowl.
Add the Mayonnaise and spice to taste.

Serves 8-12 People



***Gladwin Manganye
BUCO Thabazimbi***

Cheese, Apple and Tomato Salad

Ingredients:

Red apples
Cucumber
Tomatoes
Onion
Pepper
Cheese (Cheddar/Gouda)

Method:

**Dice all the ingredients into cubes and mix in a bowl.
For the dressing mix white vinegar, sugar and ground
pepper a pinch of salt and drizzle over the mixture.
Garnish with mint leaves.**



Nazreen
BUCO Rietpan

Smoked Chicken Salad

Great for those hot summer days...

- 4 Pieces of Smoked Chicken (cut Chicken portions in half (length ways) and slice into thin slices +- 2-5mm)
- 1 Can Sliced Peaches (Sliced into smaller slices)
 - Keep sauce aside
- 1 - 2 cups Nola Ultra Creamy Mayonaise
- 1/2 cup Wall nuts / Pecan Nuts - Roughly Diced (Optional)
- 1/2 - 1 cup Cranberries
- 1/2 Cup Mixed Seeds (Optional)

Method:

Mix Mayo and 4 Tablespoons Sauce (Left over sauce from Peaches) together.
Add sliced chicken, peaches, cranberries, nuts & seeds to mayo mix
Mix together and chill for 1 hour before serving.
More mayo and sauce can be added to taste and consistency.



Butternut Salad

Ingredients:

1 Large Butternut (Peeled and unpitted)

1 Can Crushed pineapple - Drained (Keep sauce aside)

Or

1 Can Peaches (Cut or sliced into smaller pieces) - Keep sauce aside

OR

1 Mango (Peeled, cut or sliced into smaller pieces)

1 Packet Peach / Orange / Pineapple Jelly

Method:

Grate butternut (Small grater / Shredder side) and place in bowl.

Sprinkle jelly powder over grated butternut, mix well.

Add 4 - 6 table spoons of left over sauce.

Add all other ingredients and mix well.



**Charl van der Nest
BUCO Brits**

Noodle/Pasta Salad

Ingredients:

250ml All Gold Tomato Sauce

1 (250ml) Onion

50ml Sugar

60ml Oil

500g Pasta (Your own choice)

1 Big Green Peppers

30ml Medium Rajah Currie Powder



Method:

Chop the onion & peppers into small pieces and mix well.

Add the tomato sauce, curry powder, sugar, oil with the onion and pepper mix.

Keep in a bowl with lid in the fridge overnight, to enhance the flavor.

Cook the pasta of your choice as normal, drain off water and mix in the pepper mix with warm pasta.

Let the pasta mix cool down in the fridge with no lid and serve cold.

Serve about 4-6 people.

Marina Botha

BUCO Thabazimbi



Tart Recipes

BRAAI-TYDJIE!



Hoping to host the perfect Bring & Braai, but not sure where to start? Here is LK's top must-have accessories:

124/46



Light up even in windy weather with this Jet Lighter with refill.

122/29



Set up your braai almost anywhere with this Ember Maker & Grid Stand.

102/7



This Salad Tong works perfect for meat too!



Use this Potjie Cooker set to end the night off with a Chocolate fondue.

118/32



Keep your ice cold and the meat warm with this Bring & Braai bak.

107/28



Teach the kids to help braai with their own Kiddles Braai Grid & Apron set.

320/013



Prepare pizza on the fire for starters (or for hangry kids)!

122/33



Serve the crispiest chops with our Tjop rack.

145/2



Cook and serve with this beautiful Red Enamel 3-legged Potjie.

Samp Dish

Ingredients:

1kg Cooked Samp (Must be soft)

400ml Cream

400g Bacon (diced or cut in pieces)

250g Chopped onion

1½ pk Potato bake (Bacon and sour cream)

Black Pepper and garlic as preferred

250g Cheese (or as preferred)

250g Sliced Mushrooms

Method:

Fry the onions, bacon and mushrooms until cooked.

Add black pepper and garlic and chopped parsley.

Remove from heat and place in a Casserole (Oven proof)

Add the cooked samp and half of the cheese.

Mix the cream and the potato bake powder, add the mixture in the casserole, as well as your other variations of ingredients.

Finish off with the rest of the cheese.

Put in the oven just to heat everything up for about 20min on 180 degrees.

Grill the cheese just before serving.



Rihanne van Dijk
BUCO Brits

Nella Pap Tert Baked on Lk's Pizza Oven

Ingredients:

250ml Mieliemeel

1 Can Sweetcorn

1 Can Whole Kernel Corn

50ml Sugar

2 Eggs

25m Salt

500ml Cream

1 Can Tomato & Onion Mix

1 Cup Grated Cheese

25ml Baking Powder

Method:

**Mix all the ingredients. Bake 45 minutes at 180 Degrees C
Poke holes and pour the cream, can tomato & onion mix.
Sprinkle grated cheese and bake till the cheese is melted.**



Mielietert

Ingredients:

- 2 410g Tins Sweetcorn
- 1 410g Tin Whole kernel corn (strained)
- 3 Heaped tablespoons cake flour
- 2 Large eggs
- 2 Tablespoons vegetable oil
- 1½ Cup grated Cheddar cheese
- 1 Heaped Teaspoon Baking Powder
- 2 Tablespoons butter
- Salt & Pepper to taste

Method:

- Preheat oven to 200 degrees C
- Mix sweetcorn, corn, flour, eggs and oil together to a well combined batter
- Add the baking powder last with the salt and pepper and half of the cheese and fold through.
- Pour the mixture into a buttered oven dish.
- Sprinkle the rest of the cheese on top.
- Bake for 40 - 50 minutes until set and slightly browned on top.
- Let it rest for a while before serving.



"Paptert"

Braai onions, bacon and mushrooms

Mix 250ml cream with a pack of

Cream Cheese and Chives Potato Bake

Pour extra milk in to make it thinner.

**Mix cooked "pap" with one can sweetcorn, bacon mix
and grated cheese.**

Pour potato bake over, make small holes for it to soak through.

**Bake in oven, when almost done, put grated cheese on and
bake until cheese is melted.**



Mielie Pap tert

1 Cup Mielie Meel

1/2 Cup Sugar

1/2 Teaspoon Baking Powder

250ml Cream

1 Can Cream Style corn

Pinch of salt

Method:

In a Large Mixing Bowl mix all ingredients till well combined

**Pour in a ovenproof dish and bake @ 180 C
until Golden Brown**



*Charl van der Nest
BUCO Brits*

Easy Savory Tart

Step 1:

3 Slices White bread (Crust removed)

2 Cups Milk

1 Teaspoon Butter

In a big pot cook above ingredients till well combined for +- 50min then switch of stove.

Step 2:

2 Cups Grated Cheese

12 Vienna's cut into thin wheels (Wheels can be sliced in half if preferred)

1 Tablespoon Parsley

1 Grated Onion

4 Eggs (Beaten)

Mix Step one & two's ingredients together in pot till well combined.

Pour in a greased Ovenproof dish and bake @ 180 degrees for +- 30 minutes.

You can add anything of your choice to this dish for example.

Whole Kernel Corn

Bacon

Peppers

Russians

The choice is yours.

Natassha Huysamen
BUCO Rustenburg



Wors Paptert

Ingredients:

250g Mushrooms - sliced
1 Pkt Robot Peppers (Red, Green, Yellow)
2 Big size Onions
250g Bacon Bits
150g Boerewors
1 Can Sweetcorn
1Kg Seleka Maize Meal
250ml Fresh Cream
500g Cheddar Cheese
Salt

Method:

Boil water for the maize, add 10ml salt, mix the sweetcorn in the boiling water, then add the maize. chop Peppers in small pieces and grate cheese in a separate bowl.

Take the meat out of the boerewors casing and fry with onions, bacon and peppers in a pan. Add the fresh cream, stir until a creamy sauce forms.

Layer the maize with the bacon sauce and cheese in a big oven size pan. Leave some cheese to put on top as the top layer and bake in the oven on 180 Deg for 1 hour. Cut in blocks and serve.

Serves 6-8 people



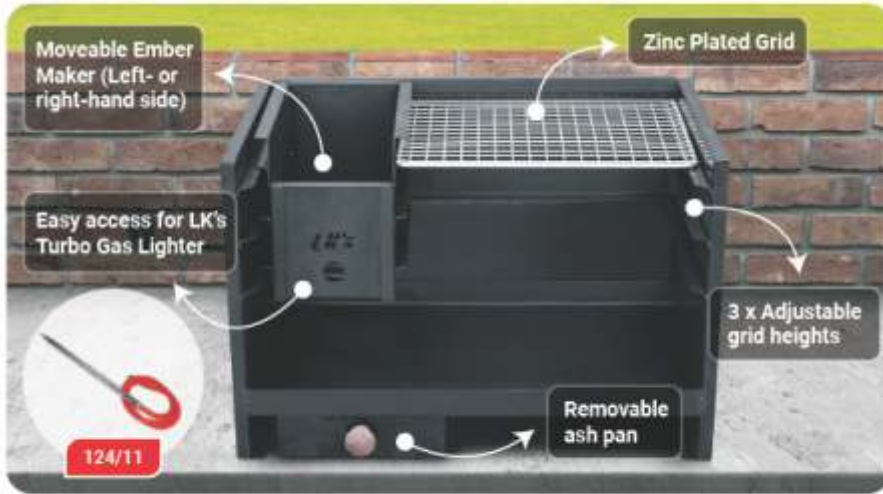


Dessert Recipes

COUNTER-TOP BRAAIS



Looking to upgrade your braai-corner but don't have the budget for a built-in braai set-up? LK's range of Countertop Braais are the perfect choice! Place them on any heat-resistant counter or simply slide them into your built-in braai cavity and VOILA!



113/55
Countertop Braai 700mm Mild Steel
• 700 x 500 x 455mm



Reserve/Restore your braai with LK's high heat Braai Paint
(product code: 105/79)



113/56
Countertop Braai 1000mm Mild Steel
• 1000 x 500 x 455mm



113/59
Countertop Braai 1000mm Stainless Steel
• 1000 x 500 x 455mm

Malva Pudding

Batter

20ml Butter
250ml Castor sugar
2 Eggs
30ml Apricot Jam
5ml Baking Soda
125ml Milk
5ml White Vinegar
250ml Cake Flour, sifted
Pinch of salt

Sauce:

250ml Cream (I use Spar's long life 300ml one)
250ml Sugar (I use brown sugar)
125ml Boiling water
5ml Vanilla essence(I use 10ml)

Method:

Pre-heat the oven to 180 C. Grease oven dish. Cream the butter and castor sugar, add the eggs one by one and mix well after each. Add the apricot jam. Add the baking soda to the milk and then the vinegar. Taking turns add the flour-and-salt and milk mixture to the butter-and castor sugar mixture and mix well. Pour the batter in the prepared oven dish and bake for +- 45 minutes (or tester/toothpick comes out clean).

Just before the pudding is done, mix all the sauce ingredients till boiling point. Before pouring the sauce, use a fork to poke small holes in the pudding, then proceed to pour the sauce immediately when the pudding's out of the oven.



*Natasha
BUCO Rustenburg*

Barone Chocolate Sauce

6 Medium Barone's (Cut into 1 cm slices)
1 Can Caramel Condensed Milk (Treat)
250ml Cream

Method:

Melt Barone Pieces in a Microwave safe bowl
(Be careful not to burn)
Add caramel condensed milk and mix well
Microwave for 4 minutes mixing every minute
Add cream and mix well
Microwave for 5 minutes mixing every minute

Serve hot over ice cream or mix with milk for
a chocolaty drink.



***Charl van der Nest
BUCO Brits***

Milk tart Cake - Charl van der Nest

Pancake Mix:

(Enough for 12 pancakes)

- 1 Cup Cake Flour
- 1 Teaspoon Baking Powder
- 1 Cup Water
- 1 Tablespoon Water
- 1 Egg
- 1 Teaspoon Vinegar

Mix all ingredients together to a smooth batter. Milk can be added to make a runnier batter. Bake pancakes and put aside.

Milk tart filling:

- 1 Can Condensed Milk
- 3 Can's Milk (Use empty condensed milk can)
- 1 Tablespoon Margarine
- Pinch of Salt
- 3 Heaped Tablespoons Maizena (Dissolve in a little milk)
- 3 Eggs (Beaten)
- 1 Teaspoon Vanilla Essence

Mix first four ingredients together in a pot. Heat slowly till boiling point. Mix Maizena mixture with beaten eggs and add to boiling mixture. Cook slowly till mixture thickens. Remove from heat and mix in vanilla essence.

Topping:

- 1 Can Caramel Condensed Milk (Treat)
- Cherries
- Nuts (Optional)
- Chocolate Flake (Optional)

Method:

Place 1 pancake in a plate
Dish part of milk tart filling (+- 10 - 14 Tablespoons) onto the pancake and spread out evenly till 5mm thick and place another pancake on top of filling and repeat until mixture is finished. Cake should be about 8 - 12cm high.

Warm up Caramel Condensed milk to a smoother or runnier consistency. Pour over top of cake.
Decorate with cherries, nuts or Flake.

Enjoy



Other Recipes



CUTS SUITABLE FOR BRAAIING

BEEF

Prime rib (1) and **wing rib(2)** - club steaks, Scotch fillet or rib-eye (without bone), 25 -30 mm thick

Sirloin (3) - T-bone steaks cut from the part nearest the wing rib, 25-30mm thick. (This steak has a distinct T-shaped bone with the fillet on one side and a larger eye muscle on the other)

-entrecote steak, cut from the larger eye muscle of the T-bone, 25-30mm thick

-porterhouse steaks, cut from the part nearest the rump, 50mm thick (one steak serves two people)

Rump (4) - rump steaks, 25-30mm thick

Fillet (5), the small eye muscle extending from the sirloin through the rump - fillet steaks, e.g. chateaubriand or tournedos, 25-30mm thick

To enjoy a really succulent steak have all the above, except porterhouse, cut 25-30mm thick. Porterhouse is best 50mm thick.

Short ribs (6), the last, triangular rib bones of the thin flank, and **flat rib (7)** are not as tender as the cuts listed above but are very tasty. They can be marinated and cut crosswise into portions.

Clockwise from top right: club steak, Scotch Fillet, rump steak, fillet and T-bone steak



LAMB

Lamb chops most suitable for braaiing come from the **rib (1)**, **loin (2)** and **chump (3)** cuts of the carcass.

Thick rib (4) and **leg (5)** chops can also be braaied but are less tender.

For succulent chops, have them cut 20-25mm thick.

Clockwise from top right: thick rib, rib, loin and chump chops



As well as chops, other cuts of lamb can be braaied.

Saddle of lamb is the loin section which is removed before the carcass is halved and therefore contains two cuts of loin. Saddle chops are also cut from the loin before the carcass is halved and are therefore twice the size of ordinary loin chops.

Leg or shoulder can be spit-roasted whole, boned and cut open to form a butterfly leg or shoulder, or boned and rolled.

Breast should be sawn into ribbetjies before braaiing, and is good marinated.

Noisettes are taken from the rib or loin. The cut is boned, rolled and secured with string at 25mm intervals. The roll of meat is then sliced between the pieces of string to form "wheels". Similar "wheels" secured with skewers are known as saratoga chops.

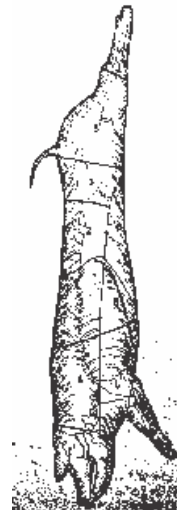
Cutlets are taken from the rib and resemble rib chops, except that the back bone has been removed and the meat and thin membrane covering the tip of the bone have been cut away.

MUTTON

Less tender than lamb, mutton generally has more flavour and is excellent for potjiekos. Only well-ripened rib, loin and chump chops are suitable for braaiing on grid.

PORK

Pork cuts are similar to those of lamb, apart from the **spareribs (6)** which are equivalent to the short ribs on a beef carcass.



If using meat other than the cuts recommended above, the meat should be marinated, cooked in foil or braaied in a covered grill.

Green Pepper Braai Mix

Ingredients:

Pepper Whole
Red Onion
Mushroom
Tomato
Chilli
Salt and pepper
Cheese

Method:

In a pot fry onion, mushroom and tomatoes. Cut off the top of the peppers, fill all the fried ingredients and top with cheese and chilli. Smoke on the braai until peppers are partially burnt and cheese has melted.



Nazreen
BUCO Rietpan

Ouma Rita's Cheesey Carrot Balls

Ingredients

3 Cups Mieliepap

2 Grated Carrots

30ml Aromat

Mozarella Cheese cut into small cubes

Foil (Cut into 12cm x 12cm squares)

Method:

Cook Mieliepap mixed with carrots till cooked forming a stiff pap.

(Add Aromat instead of salt)

When cooked leave to cool of (Cool enough to roll balls with your hands)

Roll balls of pap inserting the block of cheese in the center.

Spray shinny side of foil with spray & cook.

Using the foil cover the pap ball (Shinny side inside)

Place on a medium heat fire and braai until cheese has melted.

Dip Sauce:

Use Rooibaard's Tomato Chutney mixed with a little Mayonaise of your choice.

Enjoy

Makes 10 - 12 Pap Balls

Victor Van Wyk

BUCO Potchefstroom



Pap Pot Dish

Ingredient:

Pap (Maizemeal) - Quantity according to guests

Pinch of Salt

Potato Bake (Creamy Cheddar)

Bacon Bits

1 Can Boerie Relish

1/2 Can Sweetcorn

1/2 Can Whole Kernel Corn

Grated Cheese

Oil/Margarin (For Frying)

Method:

Place pot with water on stove (High)

Stir in Potato Bake

As soon as water boils set stove to low heat and stir in pap. Keep stirring to avoid lumps. Fully cook the pap on low heat

Sauce:

In a deep pan fry bacon bits

add boerie relish to bacon bits

add the sweetcorn & whole kernel corn

mix ingredients together and simmer on low heat for 5 minutes

In a ovenproof dish (Indoor use) or flat bottom Cast Iron Pot (Bake pot for outside use with fire) dish a layer of pap followed by a thick layer of sauce, Layer the last pap on sauce and top with grated cheese

Bake in oven till cheese is melted OR Place on the side of fire with little coals around the pot and on the lid to melt cheese.



Dewald Visagie
BUCO Brits

Spicy Portuguese Potatoes

- 1 Medium Bag Baby potatoes
- 1 Bottle Nando's Bushveld Braai Sauce - Medium Flour
- 1 Bottle Prego Sauce
- 1 - 2 Onion (Diced into small cubes)
- ½ Green Pepper (Diced into small cubes)
- ½ Yellow Pepper (Diced into small cubes)
- ½ Red Pepper (Diced into small cubes)
- 2 Packets Diced or minced Bacon
- Crushed Garlic

Method:

Cook baby potatoes till soft. Let cool.

Fry onions & bacon till golden brown.

Cut potatoes in half.

Place sauces in a pot & bring to boiling point. Add all other ingredients (add garlic to taste), mix together and simmer for 2 - 5 minutes mixing pot regularly (prevent from burning to pot)

Best served with braai vleis



CRISPY POTATO SKINS

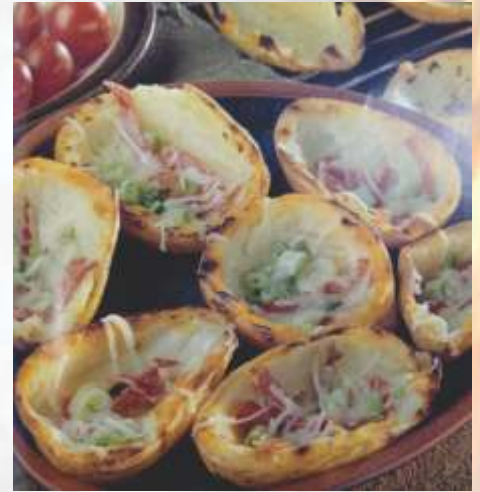
INGREDIENTS

8 x Small Baking Potatoes, Scrubbed
50g Melted Butter, salt and pepper

Optional...

6 x Spring Onions, sliced
50g Salami or bacon cut into thin strips
50g x Grated Gouda or Edam Cheese

1. Preheat oven to 200 Deg c. Prick potatoes with a fork and bake for one hour or until tender.
Alternatively cook in a microwave on high for 12 - 15 minutes.
2. Cut the potatoes in half and scoop out the inner potato leaving just about 5mm potato flesh lining the skin.
3. Brush the insides of the potato with melted butter.
4. Place the skins cut side down, over medium hot coals and grill for 10-15 minutes. Turn over and grill for a further 5 minutes or until crispy. Do not burn.
5. Season the potato skins with salt and pepper to taste.
6. Sprinkle with slices of spring onion, grated cheese and chopped salami or bacon.
7. Serve when cheese is slightly melted.



Babelas Chips

Ingredients:

3 Kg Potatoes

1Kg onions - sliced

500g Bacon Bits

1 Pkt Spur Cheese Sauce

1 Pkt Potato Bake Sauce

500ml Milk

2 Avo's

Sweet & Sour Pickled Gherkins

200ml Oil

500g Cheddar Cheese - grated

Method:

Take the potatoes cut in long strips, bake in oil until brown.

In a separate pan, start frying the Bacon Bits and Onions together.

In a bowl, mix milk with the pkt Spur Cheese Sauce as well as the pkt Potato Bake sauce.

Once Bacon is crispy, add the milk mix to the bacon mix in the pan, cook until the sauce has thickened.

Place the fried potatoes an oven pan and pour the Bacon sauce mixture over the potatoes, sprinkle the grated cheese over the dish and put in the oven @180deg until cheese is melted. Remove from the oven, let it cool down.

Cut the Gherkins and Avo's in slices and add on top over the potato cheese pan.

Serves 8-12 People.



Kaila Rohbeck
BUCO Thabazimbi

Creamy Potato Chips

Ingredients:

***250ml Fresh Cream
120g Simba Chips (your favorite) crushed finely
2kg Potatoes
500g Cheddar Cheese***

Method:

***Preheat oven to 180deg.
Boil potatoes until soft.
Add salt to taste.***

***Use a big oven dish with a lid.
Cut the boiled potatoes in slices.
Place the potatoes slices all around the edge of the oven dish and work to the middle.***

***Layer with the chips and cheese 2-4 times until the oven dish is filled to the top.
Make sure the last layer has a bit more cheese on top.
Pour the fresh cream over the Cheese and potato mix and close the lid.***

Put in the oven for 1hour.

Serve 6-10 People

***Victor Van Wyk
BUCO Potchefstroom***



Sweet Mayo Onions

(Based on 10 Large onions)

10 Onions thinly sliced and halved

1 Cup Mayo

1/2 - 1 Cup Sugar

Method:

Fry Onion in a little oil & margarine till it starts turning a brownish colour.

Add Mayo and Sugar and mix on low heat till sugar is dissolved.

Best Served on a Boerewors Roll.



Charl van der Nest
BUCO Brits

Crumbed Mushrooms

1 Packet whole mushrooms

2 - 3 Cups Flour

2 Tablespoons Spice (I use Robertsons Veggie Spice)

2 Eggs (Beaten)

2 Tablespoons Milk

Oil for Deep frying

Method:

Mix Spice & Flour Together

Mix Milk & Eggs together

Dip Mushrooms in egg

Roll mushroom in flour mix till covered in flour

Deep fry till golden brown

Enjoy with a dip of your choice.

*Charl van der Nest
BUCO Brits*



Marogo (Wild Spinach)

A dish made from leafy greens known as Marogo, often combined with onions, tomatoes, and some crushed peanuts for added flavour.

Marogo (or any available leafy greens like spinach), onions, tomatoes, potatoes.

- **Salt & Pepper, and spice to taste.**
- **Oil and crushed peanuts**
- **Serving Suggestion: Can be served as a side dish with pap (Maize porridge) or on its own.**
- **Serving Suggestion: Served with pap, bread or as a side to Braaied meat.**



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