



# *Lockdown cuisine:*

chicken soup for the soul

(Scroll down to see the recipes.)



NWU staff: our favourite recipes



RECIPE PROVIDED  
BY **ROLY**  
(**DR ROLAND**  
**GOLDBERG**)



## **ROLY'S HILLBILLY CHICKEN SOUP**

### **INGREDIENTS:**

1 kg chicken thighs  
185 g carrots, peeled and chopped into 2cm pieces  
185 g celery, chopped into 2cm pieces  
1 large brown onion, diced  
1 garlic clove, finely diced  
1 tablespoon (30ml) olive oil  
2,5 litre water  
1 chicken stock cube  
25 g soup pasta (e.g. Risoni, Ditalini)

### **METHOD:**

Heat the olive oil in a large pot. Add the chicken and brown it. Add the carrot, celery, onion and garlic to the pot. Cook for approximately 5 minutes, until the onions become translucent. Add the water and stock cube to the pot and bring to the boil.

Reduce to a low heat and simmer for 1,5 hours.  
Add the pasta to the pot and cook for 10 minutes.  
Remove the soup from the heat and discard the layer of fat that's formed on the top.

Using a spoon or fork, remove the chicken from the bone. The chicken should be tender and come off the bone with ease. Discard the bones and serve in soup bowls.



RECIPE PROVIDED  
BY **ESMÉ  
LABUSCHAGNE**

## **EASY CINNAMON BUNS**

### **DOUGH INGREDIENTS:**

4 cups of cake flour  
2 tablespoons of sugar  
2 tablespoons of butter  
10 grams of instant yeast  
1 cup of lukewarm milk  
Pinch of salt

### **DOUGH METHOD:**

Mix all the ingredients into a smooth dough, then put in a warm place until the dough rises to double the size.

Mix 1 cup of sugar and 2 tablespoons of cinnamon. Roll out the dough and spread with butter. Sprinkle the cinnamon sugar over the dough. Roll the dough up and cut into pieces. Place in a glass bowl and let it rise again. Bake for 20 min in an oven at 180 °C.

### **ICING INGREDIENTS:**

1 cup of icing sugar  
20 ml milk  
2 tablespoons butter  
5 ml vanilla

### **ICING METHOD:**

Melt butter in microwave oven, mix in icing sugar, milk and vanilla and pour over hot buns.



RECIPE PROVIDED  
BY **DR MELISSA  
JACOBS**

## **CURRY ONION SALAD**

### **INGREDIENTS:**

6 big onions, peeled and sliced  
375 ml (1½ cup) brown vinegar  
60 ml (¼ cup) water  
45 ml (3 tablespoons) sugar  
5 ml (1 teaspoon) turmeric  
10 ml (2 teaspoons) curry powder  
4 bay leaves  
8 peppercorns  
Salt

### **METHOD:**

Cook all the ingredients together for 10 minutes and bottle in sterilised jars. Keep in the fridge and ENJOY!



RECIPE PROVIDED  
BY **LOUISE JANSEN  
VAN RENSBURG**

## **LAMB SHANKS IN RED WINE**

### **INGREDIENTS:**

45 ml cooking oil  
1 kg sliced lamb shanks  
2 carrots, cut into slices  
2 cinnamon quills or 5 ml cinnamon (powder)  
150 ml red wine (Pinotage)  
1 can chopped tomatoes with oreganum and basil  
1 teaspoon mild curry powder  
3 ml fine cumin  
½ cup Coke  
1 teaspoon coffee powder  
Juice of two oranges  
Zest of one orange  
Salt and pepper to taste

### **METHOD:**

Place the meat in hot oil (use a deep pot to reduce oil splashes) and fry until brown. Season with salt and pepper on both sides while roasting. Add the carrots, cinnamon, wine, canned tomato mix, curry powder, cumin, orange juice, orange zest, Coke and coffee powder. Simmer for 1 to 2 hours until tender.

Thicken sauce with 2 teaspoons corn starch and season if needed.

Serve on couscous or rice.



RECIPE PROVIDED  
BY **PROF SONIA  
SWANEPOEL**

## **BULGUR WHEAT SALAD**

### **INGREDIENTS:**

250 ml bulgur wheat  
Sundried tomato pieces  
Feta cheese pieces  
2-3 tablespoons basil pesto  
Avocado pieces  
Chopped spring onions

### **METHOD:**

Cook bulgur wheat with 500 ml water for 10 minutes — taste that it is cooked. Rinse bulgur wheat with cold water to rinse off the starch, and cool down. Mix with rest of ingredients.

Serve with fish, meat or as a starter with prawns.



RECIPE PROVIDED  
BY **LEE NEL**

## **CURRY CHOWDER**

### **INGREDIENTS:**

1 kg stewing beef cooked with 1 onion and seasoned with curry, turmeric, herbs, garlic, salt and pepper  
750 ml chicken stock  
2 tomatoes chopped  
Chopped baby carrots  
4-5 medium potatoes, roughly chopped

### **METHOD:**

Brown the meat with the chopped onion and spices added. (Do this in the pressure cooker while the lid is off and the cooker builds up its heat.)

Add the chicken stock, tomatoes, carrots and potatoes and stir through while browning. Then set the cooker to the “meat” or “stew” setting, and cook for 45 min.

Open the lid and add the following:

Half a tin baked beans

And paste made from:

1 tablespoon Maizena

2 tablespoons tomato sauce

1-2 tablespoons gravy powder (brown onion, oxtail or beef stew mix)

2 tablespoons apricot jam

Simmer until thickened (approx. 10-15 minutes)



RECIPE PROVIDED  
BY **MARIZA  
RICHARDS**

## **BBQ BAKED BEANS**

### **INGREDIENTS:**

2 cans baked beans  
¾ cup light brown sugar  
1 teaspoon mustard powder  
½ cup tomato sauce  
1 cup bacon pieces (or as much as you prefer)

### **METHOD:**

Grease a 20x20 cm baking pan. Mix together the beans, brown sugar, dry mustard, tomato sauce and bacon pieces. Pour into baking pan. Place in a pre-heated oven, 160 °C and bake uncovered for about 75 minutes (1 hour and 15 minutes).

If it is sticky on top and a brown layer is forming at the edges the dish, it is done. If not, leave another 15 minutes. (The original recipe calls for 2 hours of baking time, but that is too much, it burns).

(Adapted from: *thecookinchicks*)



RECIPE PROVIDED  
BY **MARIZA  
RICHARDS**

## **PURPLE COLESLAW**

### **INGREDIENTS:**

Purple cabbage, finely chopped  
Fried bacon cut into pieces/cubes/shreds  
Cheese cut into small cubes  
Raisins  
Carrots, finely grated (optional)  
Mayonnaise  
Condensed milk

The ingredients are not exact; you make as much as you need (depending on the number of people), and add as much or as little of the ingredients as you like.

### **METHOD:**

Mix all the slaw ingredients in a bowl. Make a sauce by mixing the mayonnaise and the condensed milk. Pour over the slaw and mix well. Put in the fridge to cool before serving.



RECIPE PROVIDED  
BY **MARIZA  
RICHARDS**

## **CHOCOLATE SLAB CAKE** **(without eggs, butter or milk)**

### **INGREDIENTS:**

Sieve together:

3 cups flour

1 teaspoon bicarbonate of soda

4 teaspoons baking powder

1 ½ cups sugar

⅓ cup cocoa

½ teaspoon salt

Mix together:

1 cup cooking oil

2 cups boiling water

50 ml vinegar

2 teaspoons vanilla

### **METHOD:**

Slowly add the wet ingredients to the dry ingredients and mix well. The bicarbonate of soda and vinegar will form bubbles. Mix well, to incorporate all the “bubbles” but do not overmix. Pour in a greased oven pan.

Bake in a preheated oven at 180 °C for 20 min.

*If you do not want a slab cake, you can also make cupcakes from the same batter. You can decorate the slab cake/cup cakes with ordinary chocolate icing, or use Caramel Treat as icing.*



RECIPE PROVIDED  
BY **WILMÉ  
VAN HEERDEN**

## **MINCE AND CHEESE DOUGH FILLING**

### **INGREDIENTS:**

Dough:

- 500 ml cake flour
- 2 ml salt
- 125 g butter, grated
- 125 ml sour cream
- Sesame seeds for sprinkling (optional)

Meat:

- 500 g mince
- 15 ml olive oil
- 1 onion chopped
- 15-20 ml mild curry powder
- 30-40 ml chutney
- 10 ml soy sauce
- 2 chopped tomatoes
- 5 ml cumin seed (optional)
- 10 ml Worcester sauce
- 5 ml salt
- 2 ml black pepper
- 1½ cup grated cheddar cheese
- 1 egg, beaten



### **METHOD:**

#### Filling:

Brown onion and curry in oil and add mince. Add remaining meat ingredients, without the beaten egg and grated cheese. Allow meat to cool.

#### Dough:

Sift flour and salt together, grate butter over flour and rub in. Add sour cream and mix/knead until stiff dough forms. Cover with non-stick plastic and rest in refrigerator for 1 hour.

Roll out dough into greased rectangular cookie tray. Spoon cooled mince with a strainer spoon to restrict liquid (mince can build up liquid/sauce) in the middle along the length of rectangular dough.

Keep 2 cm of space open on the width-side of the dough above and below. Sprinkle grated cheese over meat. Cut open strips 2-3 cm apart on both sides. Brush strips with egg. Fold left strip over meat and bring right strip over first strip. Do this with the rest of strips of dough (braid effect).

Brush beaten egg over braid and sprinkle sesame seeds over (optional). Bake in pre-heated oven at 200 °C for 30 minutes until golden brown.

