

Crispy chicken goujons

You've watched the [Food Network](#) a number of times and heard some of the chefs mentioning goujons? What are goujons? These are basically small strips of fish or chicken, coated in breadcrumbs and deep-fried – a cheffy way of saying nuggets, but much tastier and healthier. The kids love them.

Ingredients

- 3 or 4 chicken breasts
- 1/2 cup fat-free plain Greek yogurt
- 2 tsp lemon juice
- 1/4 tsp lemon zest
- 1 Tbsp chopped fresh coriander
- 1/2 garlic clove, finely minced
- 1/2 tsp Dijon mustard
- 100g fresh breadcrumbs
- salt and freshly ground black pepper, to taste
- Vegetable oil for frying

Method

1. Cut the chicken into fingers or chunks, not too thick.
2. Mix the yoghurt, lemon juice, zest, coriander, garlic and mustard together.
3. In a separate dish mix the breadcrumbs and salt and pepper.
4. Mix the chicken into the yoghurt mixture and let stand in the fridge for 30 minutes. If you can't wait, don't worry.
5. Take out the chicken pieces, allowing the excess to drip off, then coat in breadcrumbs, pressing them on lightly with your fingers. Put on a plate. Repeat until all the pieces are coated.
6. Pour a few teaspoons of oil into a non-stick frying pan and place over a medium heat. When the oil is hot, add

the pieces to the pan (you'll may need to do this in batches).

7. Fry for about four minutes each side until golden.

8. Drain on kitchen paper.

I served these with a fresh garden salad and a selection of dips, aioli for the adults, All-gold tomato sauce for the kiddies or even some mustard or sweet chilli sauce goes down a treat.

Stuffed roast chicken for Sunday lunch

Sundays are for family. There's nothing better than having the entire family around the lunch table. In South Africa this tradition normally involves a braai (barbeque), roast leg of lamb or as our family often does, a stuffed roast chicken with all the trimmings (think potatoes roasted in garlic and rosemary or candied thyme carrots).

Ingredients:

- 1 whole chicken
- 5 rashers of bacon, diced
- 1 red onion, chopped
- 2 cloves garlic, crushed
- 1 can chickpeas
- 8 sun dried tomatoes in oil
- 2 tablespoons mixed herbs
- smoked paprika
- salt & pepper
- 1 cup white wine
- 1 cup water

Method:

1. Pre-heat the oven to 200C
2. Fry the bacon in a little olive oil till brown. Add the onion, garlic, herbs, sun dried tomato and chickpeas till hot.
3. Drizzle the chicken with some olive oil and sprinkle with salt, pepper and paprika.
4. Stuff the chicken with the chickpea mix.
5. Pour the wine and water in a roasting pot, add the chicken and cover with the lid.
6. Cook at 200 for 1 hour.
7. Uncover and transfer the chicken to grill for a further 25-30 minutes, until the juices run clear.
8. Make a gravy out of the pan juices.
9. Rest the chicken for 15 minutes.
10. Cut the chicken up and pour over some of the gravy.
11. Serve with the stuffing, some garlic and rosemary roast potatoes, candied carrots or a tomato, leafy green salad.



Note

I used a rose wine instead of white wine which made the gravy a tad too vinegary. If the wine is not cooked off enough to your taste, add a tablespoon or two of brown sugar and cook the gravy a little longer. The longer it cooks, the more the wine will cook off. The sugar definitely balances out the wine/vinegar taste.

Thai chicken curry and white chocolate cardamom mousse for dessert

A few weeks ago we visited the [Fourways Farmers market](#), curious to see and sample some fresh local produce and home made treats.

[Victoire](#) was looking for cardamom pods for some time and as luck would have it, managed to not only find a vendor that had cardamom, but also a smörgåsbord of other fresh herbs, spices and tidbits for our cooking endeavours. He even made up some barbeque spice for us. Watch out though, if you don't pay close attention you'll end up with some really hot spices and a huge dent in your pocket.

Inspired by the cardamom find, I happened to recall a recipe for white chocolate cardamom mousse from [Nigel Slater's Real Food cookbook](#) – something I wanted to try for a long time. So this weekend, I finally got all the ingredients together for the decadent dessert.

Check out this quick Vine video of me whipping up the white chocolate cardamom mousse.

Whipping up a white chocolate cardamom mousse for dessert tonight. <https://t.co/3HJNYR20so>

– Nico Olwagen (@nolwagen) [August 4, 2013](#)

[Read more about this recipe here.](#)

With dessert sorted, I decided to continue on the fragrant Asian theme and make a Thai chicken curry for a change.

This one is very simple and is quite adaptable to whatever

vegetables you have in your fridge.

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The dish turned out deliciously fragrant with just a hint of heat. The family gobbled it all up with no left-overs for a snack or work lunch. That to me is a sign of a successful dish.

We ended the meal off with the white chocolate cardamom mousse – a very rich, velvety finish to a delicious meal.