

Pickled red onions

My grandfather used to pickle or chutney every conceivable ingredient he could lay his hands on. One of the more successful and lasting endeavours must be his pickled red onions.

This is super simple and takes only 10 minutes to make. Ready to give a lift to any sandwich, or add a tart, sweet and zippy flavour to a tomato, cucumber and avocado salad or salsa. We also often have them on a grilled steak or fish.



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Since this is not a big batch and we're doing this in winter, the mixture tends to cool down quite quickly. So you could tuck into the pickled onions almost immediately. For best results, let it stand in the fridge for a day or two to develop flavour.



While these pickled onions will last indefinitely in your fridge, I doubt it will be there for too long in any case. Next time you can play around with different flavour pairings such as red peppercorns, cloves, star anise, ginger, cumin, bay leaves or any other spice you have available.

Quick garlic bread with rosemary and sea salt

When the craving for garlic bread hits you this quick garlic bread with rosemary and sea salt recipe will fill that gap for sure.

I cannot profess to be any good at baking, in fact, I would rather steer clear of baking if I can help it. Outside of [malva pudding](#), sticky toffee pudding, [balsamic caramelised onion and blue cheese tart](#) or breakfast pastry cups, my baking repertoire is fairly limited.

So when the craving for some home-made crusty buttery garlic bread rolls hits, you heed the call. I know it's not LCHF/Banting friendly, but look at all the other ingredients that are good for you. Garlic is rich in several different nutrients, including vitamin C, calcium and iron while rosemary is a good source of iron, calcium, and vitamin B6. The Himalayan pink salt includes over 84 minerals and trace elements such as calcium, magnesium, potassium, copper and iron. Hmm, just look at all that calcium.

I used to be in the Voortrekkers (Afrikaans version of the Scouts) and were taught how to make potbrood (pot bread), griddlecakes (roosterkoek) and stokbrood (stick bread) – quite literally bread dough wrapped around a stick and baked on the fire. When it was ready, we would dollop some fresh butter and honey in the cavity created by the stick. The steam created inside the cavity would melt the butter and honey and every bite was heaven on earth.

Whenever we had a big family gathering we would do a traditional braai (barbeque) with loads of salads, veggies and of course garlic pot bread. The garlic bread would be baked in a cast iron pot with some medium-hot coals underneath and on top of the lid to bake as if in an oven.



For the bread dough you have two options – make it yourself (full recipe below) or for a quick option, just pop over to your local grocery store or bakery and buy one of their bags of fresh bread dough. It works out to around R10 a kilo and

makes enough bread to feed 8 hungry people.

If you want to be a bit more rustic about it and you have the time, why not make your own. Our go to recipe is as follows:

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Serve with a good dollop of butter, perhaps add some honey, chunky peach or apricot jam for a sweet treat. But it is perfect just with a dash of butter.



Parmesan roasted brussels sprouts and sweet potato

Parmesan roasted brussels sprouts and sweet potato makes one of the easiest side dishes that pairs very well with most meat and chicken based meals.

I know that brussels sprouts normally have a bad rap, many people don't like them, but I hasten to bet that it is because they've either been steamed or boiled to death. Ever

considered roasting them?

The kids love the little caramelised cabbage heads and it has become one of the staple dishes in our repertoire. The addition of sweet potato bulks up the dish a bit and adds a nice sweet note. It is pretty moreish, trust me.

This couldn't be easier. You'll probably want to double the recipe next time. Try them with bacon bits, a sprinkling of paprika or a dash of balsamic vinegar. The options are endless.

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Crumbly pap – porridge

Crumbly pap is a nice variant to the traditional "[putu pap](#)" eaten at braais. Serve with tomato and onion gravy or with milk, sugar and a little butter for breakfast the next day.

Ingredients:

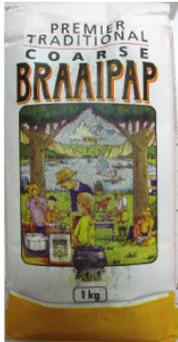
- 500ml water
- 5ml salt
- 750ml Traditional Braaipap

Method:

- Bring water and salt to the boil in a pot
- Add pap, cover with lid and simmer for 15 minutes
- Stir with a fork until porridge becomes crumbly
- Simmer for 20-30 minutes, stirring occasionally

This recipe serves 4-6.

Putu pap – porridge



Any self-respecting South African knows that a braai should never be attempted without a good serving of pap.

For the non-South Africans, pap is basically a maize porridge best served with a tomato and onion gravy.

Below is an easy pap recipe for your next braai. We normally use the Premier Traditional Coarse Braai Pap as it has proven to give us the best results without fail.

You can pick these up at your local Spar or Pick 'n Pay.

Ingredients:

- 1 lt water
- 5ml salt
- 500ml traditional braai pap

Method:

- bring water and salt to the boil in a large pot
- Add pap
- stir and cover with lid
- Reduce heat and simmer for 40mins, stirring occasionally
- Add another 125ml cold water to pap
- simmer over low heat for another 30mins

This recipe serves 4-6.

One last note. You're almost assured that the bottom of the pap will burn a crust in the pot, don't stress, this is quite normal and does not influence the taste negatively. Some would say that this is the best bit, served with a bit of butter and golden syrup/sugar. Yumm.