

Gerna van Rooyen and Eleni (Helen) Savvas - TEAM 8

Legumes D'Afrique Du Sud Spice Route Re-Invented



Special Requirements: not suitable for people with nut allergies

INGREDIENTS

Ingredient	Amount	Unit	Remark
Mint leaves	20	g	1packet
Plain Bulgarian Yoghurt	500	ml	1 double-thick
Baby marrows	4		Medium
Tomato paste	20	g	1 small tin
Grape vinegar	20	ml	to taste
Onions	4		medium Spanish red onions
Cardamom	5	g	8 whole
Baby Tomatoes	100	g	1 Red Cherry - Fresh & On-Stalk
Brown Wild Rice	180	g	
Combined Ginger/Garlic/Chillies	2		Pre-packed prepared 4 piece pack
Olive oil	200	ml	extra virgin
Korma Curry Paste	15	g	2 table spoons
Cinnamon stick	1		
Coriander	15	g	1 table spoon of dried coriander
Lemons	3		whole lemon
Orange	1		large Outspan orange
Lentils	250	g	1 Sabot Black Caviar lentils
Carrots	50	g	1 Fresh baby carrots
Argon oil/nutty oil substitute	100	ml	Moroccan Argon oil or nut oil
Coarse Sea salt & Black pepper	10	g	to taste
Five Spice	10	mg	
Red, Yellow & orange Peppers availability	4		Bell peppers colour dependant on
Chick Peas	250	g	

Cashews	50	g	peri-peri
Tabasco Sauce	5	ml	drops to taste
Shallots	4		fresh
Fresh Green Beans	100	g	French String Beans

METHOD

1. Use kitchen utensils and LG electrical equipment as per competition rules.
2. Heat a little bit of olive oil, sauté all onions & shallots, set aside.
3. In the same pot, add blanched lentils and rice and bring slowly to the boil.
4. In meantime roast cherry tomatoes and sliced bell peppers with a touch of olive oil.
5. When lentil and rice mix get to the boil, add sliced carrots, beans & baby marrows.
6. Add tomato paste.
7. Slowly add and stir condiments & ginger, chillies, garlic per ingredients above into lentil base mix, lower the heat and allow simmering.
8. Add drained chickpeas to lentil & rice mix.
9. Combine the onions, shallots & roasted vegetables into the lentil, rice & chickpea mix.
10. Add vinegar, nut oil, seasoning incl. salt, black pepper, lemon, orange rind & juice.
11. Complete for presentation with yoghurt, mint, cashews etc. according to the artistic direction of the team.

Proudly brought to you by

