

# South African Recipes

## Umleqwa Chicken Recipe

'Umleqwa' is iXhosa for 'road runner' chicken – a free-range bird that has spent its life foraging in gardens, fields and streets. South Africa's hardbody chickens – they're tough but tasty.

Here is your recipe to try!

<https://bit.ly/3n3OPLc>



## Chalalaka Vegan Relish

Chakalaka is a traditional South African vegetable relish that tastes amazing served with bread, stews, meat and more. Although its exact origins are unknown, some believe it originated from mineworkers in Johannesburg who added tomatoes, beans, chilli and anything else they had into a pot to create a vegetable dish with a Portuguese flair.

Here is your recipe to try!

<https://bit.ly/3Neu5ek>



## Melk Tart

Milk tart with creamy filling and a homemade crust is a South African classic. A sweet pastry crust is filled with a custard filling and topped with a generous dusting of cinnamon. Some milk tart recipes call for the custard to be baked but my favorite version is unbaked custard gently flavored with almond extract, vanilla and nutmeg set in a flaky pie crust. If you love custard-based pies, you will LOVE milk tart.

Here is your recipe to try!

<https://bit.ly/3V7Vy3q>



### Koeksister

A traditional Afrikaner confectionary made of fried dough infused with honey or syrup. The name derives from the Dutch word : Koek which generally means a wheat flour confectionary and can also relate back to sisters plaiting their dough and dunking them in syrup.

Here is your recipe To try!

<https://bit.ly/2JKwm27>



### Rusks ANYTIME

South African rusks originated in the Cape Colony, settled by the Dutch East Indies Company as a way-station along the Spice Route in the mid-1600s. “The word beskuit [Afrikaans for biscuit] has its roots in the French biscuit de guerre—an extremely hard, close to inedible rusk of flour and water.

This article is a very interesting read on the origins and dunking abilities of rusks!

<https://bit.ly/44ntNYL>



### Monkey Gland Sauce

This oddly named condiment has been a staple item on South Africa’s restaurant menus for decades. Monkey gland sauce refers to a sweet and tangy sauce typically served as a topping for grilled steaks and burgers. Recipes vary but it’s typically made with chutney and tomato sauce along with other ingredients like onions, garlic, vinegar, soy sauce, ketchup, mustard, and Worcestershire sauce. Aside from burgers and steaks, it’s also used as a marinade and dipping sauce for roasted potatoes, onion rings, and french fries.



### Potjiekos

The word potjiekos literally means “small pot food” and refers to a traditional South African dish cooked in a round cast-iron cauldron called a potjie. Used outdoors and fueled by a wood or charcoal fire, the potjie is descended from the Dutch oven and is a common apparatus found in many homes and villages throughout the country. What makes potjiekos different from a traditional stew is that the pot is never stirred. This is to ensure that the flavors from the different ingredients stay separate during the cooking process.



For a great read on South African Food..

<https://bit.ly/3niEdlv>