

OLD JOE'S KAIA GUESTHOUSE

Physical address: N4 Schoemanskloof Valley
Mpumalanga, South Africa
Tel: +27 (0)13 733 3045/6
Fax: +27 (0)86 518 1778
Website: www.oldjoes.co.za
E-mail: info@oldjoes.co.za



Chakalaka

...is whatever you want it to be—a salsa, pesto, dip, condiment, a scoop...

- Fry in oil until glazed:* 200 g onions, finely chopped
30 g garlic, squashed and finely chopped
30 g fresh ginger, grated
20 g fresh chillies, finely chopped
- Add, fry for two more minutes while stirring:* 10 ml paprika
15 ml curry powder
10 ml ground coriander
10 ml ground cumin (optional)
- Add and simmer until thick:* 1 tin Italian tomatoes, chopped
2.5 ml salt
- Add, just bring to the boil, then cool. Add a little extra water if too thick:* 300 g green (or yellow) pepper, finely chopped
300 g carrots, finely chopped
200 g green beans, finely chopped
30 ml sweet chutney
1 tin baked beans

This recipe will keep in the fridge for a couple of days and matures as well as any good curry does. However, it also freezes well. Pack it in small containers and you'll have many quick solutions!