

# CHAKALAKA

*We tried our hand at another South African favourite, chakalaka! Of course it's conveniently available at your nearest supermarket, but nothing beats a good old fashioned homemade chakalaka. There are many variations to this spicy vegetable relish, but you can basically include anything, from cabbage to butternut.*



## Ingredients

**CHAKALAKA  
PREPARED IN AMC**

**MAKES 2 LITRES**

1 - 2 onions, peeled and diced  
1 red and green pepper, chopped  
5 ml fresh garlic, crushed  
5 ml chilli power (optional)  
20 ml curry powder  
5 ml smoked paprika  
3 - 4 large carrots, coarsely grated  
4 - 6 tomatoes, chopped  
10 ml sugar  
1 tin baked beans  
salt and freshly ground black pepper  
to taste  
125 ml milk, cream or sour cream

## Method

1. Heat an AMC 24 cm Gourmet High over a medium temperature until the Visiotherm® reaches the first red area.
2. Sauté onions and peppers until tender before adding garlic. Cook for a few more minutes.
3. Add all remaining ingredients, except the baked beans, salt and pepper. Stir through. Cover with lid and reduce heat to lowest setting. Cook for 5 - 7 minutes or until vegetables are tender.
4. Stir through baked beans and cook for an additional 5 - 7 minutes. Season to taste. Serve with bread, pap, samp, stew, or a curry.

### TIPS & VARIATIONS:

- Omit the beans and pureé the vegetables – use this as a sauce or marinade for meat or kebabs.
- Shredded cabbage, cauliflower florets or butternut cubes can also be added to the chakalaka.
- Chakalaka freezes well so prepare a large batch and freeze portions.