



Sides & Sauces

HERITAGE DAY



THANK YOU FOR DOWNLOADING
OUR EBOOK.

We've put together some of our favourite sides and sauces in this book. All of the recipes are either South African favourites, a twist on an SA favourite, or hopefully bound to become a recipe you'll love. And if you're celebrating Heritage Day with a braai, then this ebook is definitely for you! Sides are sometimes the afterthought to a braai, but are important to balance your meal and can be the highlight of the plate.





THREE BEAN SALAD

SERVES 10 - 12 | **Suggested Cookware:** 20 cm Gourmet Low or 28 cm Chef's Pan

This twist on a South-African classic is great for feeding a crowd. Next time you are invited to a bring-and-braai, this is the recipe to take with. It's a much healthier alternative and more delicious than any pre-made version you can buy. Don't skip the process to caramelize the onions as it adds a naturally sweet flavour to the beans. An AMC 28 cm Chef's Pan is ideal for this step, as it helps retain the heat, enabling you to caramelize the onions without burning them.

INGREDIENTS

200 g green beans, cut into thirds	30 ml fresh thyme leaves	200 g baby tomatoes, halved or another ripe tomato, quartered and sliced
30 ml olive oil	30 ml tomato paste	
2 onions, quartered and cut into thin wedges	1 x 410 g tin red kidney beans, drained	1 red pepper, seeded and cubed
30 ml apple cider vinegar	1 x 410 g tin butter beans, drained	100 ml roughly chopped fresh Italian parsley
30 ml honey	lemon juice, salt and pepper	extra sprigs of fresh thyme to serve
75 ml water	1 ripe tomato, quartered and sliced	

1. Place green beans with 50 ml water in an AMC 20 cm Gourmet Low over a medium temperature with the lid on. Heat until the Visiotherm® reaches the first red area. Simmer on medium for 3-5 minutes or until just cooked, but still bright green and crunchy. Remove from the heat immediately. Rinse in cold water then drain and set aside to cool.
2. Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Add half of the oil and fry the onions until soft and lightly caramelised. If they do brown too fast before softening, add a little water and allow it to cook out and then continue frying.
3. Reduce the heat and add the remaining oil, vinegar, honey, water and thyme. Simmer for a few minutes and stir in the tomato paste.
4. Spoon onion mixture with tinned beans into a large mixing bowl. Season with lemon juice, salt and pepper and toss through. Allow to cool.
5. Gently toss the bean mixture with the green beans, tomatoes and red pepper. Stir in the parsley and sprinkle with extra thyme.



20 cm Gourmet Low
A versatile saucepan to be used for all your basics, from steaming veg to cooking breakfast oats.



28 cm Chef's Pan
A frying pan for the family - essential for frying breakfast, pancakes or flapjacks.

WHEAT, CORN & CHICKPEA SALAD

SERVES 6 | Suggested: 20 cm Gourmet High

This combination of ingredients with coriander, mint and spices is so refreshing and can be served anytime. An ideal salad or side to serve with roast chicken or a braai, and leftovers make a great lunch for the next day. Alternatively serve as a light meal or lunch or vary the salad adding pan fried and cubed chicken fillets for a simple meal-in-one on a warm evening.

INGREDIENTS

Salad:		
250 ml pearled wheat	10 Turkish apricots, diced	25 ml apple cider or white grape vinegar
1 cinnamon stick	75 ml sultanas	10 ml finely grated lemon rind
750 ml water	75 ml sunflower seeds, toasted	7,5 ml ground cumin
salt to taste	30 - 45 ml each fresh, chopped coriander and fresh mint	2,5 ml ground cinnamon
250 ml sweetcorn kernels (frozen, tinned or cooked sweetcorn – see tips)		40 ml fresh, chopped coriander
1 tin chickpeas, drained		20 ml fresh, chopped mint
	Dressing:	salt and freshly ground black pepper to taste
	125 ml olive oil	
	40 ml lemon juice	

1. Place wheat, cinnamon stick, water and salt in an AMC 20 cm High and heat over a medium temperature until the Visiotherm® reaches the first red area. Reduce heat to lowest setting and cook for 30 - 40 minutes or until just tender.
2. Drain through a sieve or colander, rinse with cold water and leave to drain for a few minutes. Spoon into a large salad or mixing bowl and allow to cool.
3. Meanwhile, whisk all the dressing ingredients together. Add the rest of the salad ingredients, except the fresh herbs, to the wheat. Toss through and pour ²/₃ of the dressing over. Season to taste.
4. Refrigerate for 1 hour, then stir the fresh herbs through with any remaining dressing and serve.

Toasting sunflower seeds: Preheat AMC 16 cm Low over a medium heat until the Visiotherm® reaches the first red area. Place seeds in saucepan and toast for a few minutes, ensuring it doesn't burn.

Cooking sweetcorn: Place 1 - 2 cm water with corn in a large enough saucepan. Heat over a medium temperature until the Visiotherm® reaches the first red area. Reduce heat to lowest setting and cook for 10 - 15 minutes.



20 cm Gourmet High

A 3 litre saucepan for cooking anything from grains to boiling potatoes or a moderate amount of soup.



Substitute dried fruit with fresh peaches, grapes or pineapple or a combination of these.

If preferred, substitute wheat with 250 ml pearled barley, cook as above.

MIELIE PAP

Whether it's soft and smooth, fine and crumbly or chunky - and irrespective of whether you call it mieliepap, phutu, pap or bagobe - maize meal can be prepared with great success in AMC cookware. Simply follow the basic guideline and instructions below. Perfect for a side, breakfast or meal and often served with chakalaka or buttermilk.

CONSISTENCY OF PAP	MAIZE MEAL	WATER
Fine crumbs	1 cup	1 cup
Bigger chunks	1 cup	1 ½ cups
Smooth	1 cup	2 cups

Fine or chunky pap:

1. Pour required amount of water, salt added, into an AMC unit. Cover and heat over a medium temperature until Visiotherm® reaches 11 o' clock position. The water should be boiling gently.
2. Add required amount of maize meal, but don't stir. Cover with lid and continue to cook for 5 minutes on a medium temperature.
3. Stir maize thoroughly and cover. Reduce heat to lowest setting and simmer for 20 – 30 minutes until cooked. Stir every now and then. Once cooked, serve as preferred.

Smooth pap:

1. Follow method as above, but stir water and maize meal well to form a soft mixture in step 2 before continuing to cook it.



Cooking time will vary according to quantity prepared. For example, 4 ½ cups of water and 3 cups of maize meal will serve 4 – 6 portions of chunky pap.

Stir whole kernel corn or sweetcorn into cooked pap.

Drizzle pap with olive oil or dot with small dollops of butter before serving.

Add fresh chopped parsley, origanum or thyme into pap when serving with a stew.

Omit the beans and puree the vegetables – use this as a sauce or marinade for meat or kebabs.

Shredded cabbage, cauliflower florets or butternut cubes can be added to the chakalaka.

Chakalaka freezes well so prepare a large batch and freeze portions.

CHAKALAKA

MAKES 2 LITRES

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

- 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 or paprika
- 3 - 4 large carrots, coarsely grated
- 4 - 6 tomatoes, chopped
- 10 ml sugar
- 1 x 410 g tin baked beans
- salt and freshly ground black pepper to taste

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.

POTATO SALAD THREE-WAYS

SERVES 4 - 6 | **Suggested Cookware:** 20 cm Gourmet Low or 20 cm Gourmet High

One of the most popular South African side dishes is the humble potato salad. There are many ways you can prepare this starchy side, and everyone has their favourite ingredients to add.

When it comes to the potatoes, baby potatoes are delicious to use as they absorb the flavours of the sauce very well. Always cook potatoes, big or small, in the skin to retain more of the nutritional value. And even when big potatoes are used for the salad, it's best to boil them in the skin, then peel and cut them. The skin also helps to prevent the potatoes from bursting open while cooking in advance - this will also develop the flavours further.

INGREDIENTS

750 g baby potatoes in the skin
salt and pepper
15 ml olive or avocado oil

Sour cream and dill dressing
30 ml lemon juice
125 ml sour cream
30 ml milk
60 ml coarsely chopped fresh dill

Curried yoghurt dressing
125 ml good quality mayonnaise
125 ml plain yoghurt
2,5 ml apricot jam or honey
5 ml curry powder
45 ml chopped fresh coriander leaves
Parmesan and lemon dressing

45 ml olive or avocado oil
juice and finely grated rind of 1 lemon
30 ml chopped fresh chives
30 ml finely grated Parmesan or white Cheddar cheese

1. Place potatoes in an AMC 20 cm Gourmet Low or High with a pinch of salt and a few centimetres of water. Heat over a medium temperature until the Visiotherm® reaches the first red area, then reduce the heat and simmer with a lid on for 15-20 minutes or until tender.
2. Drain potatoes and place in a

large mixing bowl. Pour over the oil and toss the potatoes until coated with oil. Allow to cool and cut in half.

3. Choose a dressing that pairs well with the rest of your meal. Mix all the ingredients together and season to taste. You can still add gherkins, boiled eggs, onion or other salad ingredients, if you prefer. Toss the potatoes in the dressing and serve cold or at room temperature.

Credits: Recipe from Make five, by Heleen Meyer, Photograph by Neville Lockhart



20 cm Gourmet Low

A versatile saucepan to be used for all your basics, from steaming veg to cooking breakfast oats.



20 cm Gourmet High

A 3 litre saucepan for cooking anything from grains to boiling potatoes or a moderate amount of soup.

Add cooked chicken or bacon to the curried yoghurt dressing to turn it into a light meal.

Add 1 x 170 g tin tuna, drained or 100 g peppered mackerel and avocado slices to the sour cream dressing. This will make a light, tasty meal.

The parmesan dressing is also delicious with rocket leaves, marinated sun-dried tomatoes, olives, feta, fresh origanum and rosemary.

Sides & Sauces

SUMMER SAMP SALAD

SERVES 6 - 8

Suggested Cookware:

20 cm Gourmet Low or 8 Litre Speedcooker®

This salad is prepared with samp, a traditional starch widely prepared in South Africa. It's simple, delicious and feeds a crowd! Save time and prepare it in advance - this will also develop the flavours further.

INGREDIENTS

Salad:

500 g uncooked samp

salt to taste

15 - 20 baby tomatoes, halved

1 purple onion, finely diced

30 - 45 ml each fresh mint and coriander, finely chopped

½ red pepper, chopped

½ yellow pepper, chopped

1 small cucumber or ½ a cucumber, cubed

1 - 2 wheels of feta, cubed

10 - 12 black olives, pitted and sliced

zest of one lemon

salt and freshly ground black pepper to taste

Dressing:

150 ml olive oil

70 - 100 ml white wine vinegar or lemon juice

Use your AMC Speedcooker® II to cook the samp without soaking. This will be cooked in 1 hour at high pressure.

Boil extra samp and freeze it, then defrost when you want to make this recipe to save time.

Add leftover chicken, bacon pieces or slices of chorizo to the salad for a light meal.



20 cm Gourmet Low

A versatile saucepan to be used for all your basics, from steaming veg to cooking breakfast oats.



8 litre Speedcooker® II

The AMC 8 Litre Speedcooker II can speed up cooking to a third of the regular time

1 small clove of garlic, crushed

10 ml Dijon or mild mustard

5 ml sugar

5 - 10 ml fresh, chopped or 2,5 ml dried oregano (or herb of your choice)

salt and freshly ground black pepper to taste

until the Visiotherm® reaches the first red area. Reduce heat and cook for 40 minutes or until samp is soft. Drain, rinse and set aside.

3. Spoon samp into a large salad or mixing bowl, and leave to cool.

4. Whisk dressing ingredients together.

5. Add the remaining salad ingredients to the cooled samp and toss through. Pour over two-thirds of the dressing, seasoning to taste. Refrigerate until needed and serve with remaining dressing.

AVOCADO & CITRUS SALAD WITH BILTONG

SERVES 4 - 6

Avocados are filled with creamy goodness, taste delicious and are so versatile; eat them sprinkled with salt and pepper, or as a topping on toast or pizza. In a recipe shared by Heleen Meyer, she pairs it with biltong – the perfect match. In the same sense, avo and citrus pair well – so can you imagine what happens if you put them all together... just try it! The Westfalia lemon flavoured avocado oil is the perfect fit for these ingredients.

INGREDIENTS

2 oranges
1 grapefruit
25 ml lemon-favoured avocado oil
2 avocados, quartered and sliced
50 - 100 g biltong slices
100 g goat's cheese, sliced or crumbled
handful fresh watercress
Freshly ground black pepper to taste

When in season, strawberries are delicious to substitute grapefruit, or try cucumber.

This orange dressing is great on any salad or use as a sauce for a stir-fry or over green veggies.

1. Carefully cut away the rind and white pith from the oranges with a sharp vegetable knife. Hold citrus in your hand over a bowl and cut into segments catching the juices – you need 25 ml (5 tsp). Peel and segment the grapefruit.
2. Mix the orange juice with the avocado oil to form a dressing.
3. Arrange the rest of the salad ingredients, with the fruit on a salad platter and add a grind of black pepper. Serve with the orange dressing as a light meal or side dish.

Image from Westfalia Fruit recipe booklet, Join the Avo exports, taken by Neville Lockhart. Recipe developed by Heleen Meyer, food consultant.





GARLIC & CHEESE PULL APART BREAD ROLLS

SERVES 8 - 10

Suggested Cookware: 16 cm Gourmet High

We've packed so much flavour into this bread with garlic, herbs and cheese! Using store-bought dough makes this an almost effortless indulgence. If you're looking for an easy side, why not prepare these buttery garlic clouds with your next meal or get-together?

INGREDIENTS

125 g butter
4 - 6 garlic cloves, crushed
15 ml fresh rosemary, chopped
15 ml fresh thyme, chopped
45 ml fresh parsley, chopped
freshly ground black pepper, to taste
1 kg white bread dough, divided into 2 balls
250 ml cheddar cheese, finely grated

1. Preheat the oven to 180°C.
2. Add butter, garlic, rosemary and thyme to an AMC 16 cm Gourmet High. Heat over a medium temperature until butter melts and starts to foam. Remove from heat and allow to cool slightly before stirring through parsley. Season with freshly ground black pepper.
3. Meanwhile line and grease two 20 cm AMC Baking Tins. Divide each piece

of dough into 9 pieces and roll into balls. Arrange dough to fit into the baking tins.

4. Pour garlic butter generously over dough in each Baking Tin. Use a pastry brush to make sure all the dough is covered with butter. Sprinkle with grated cheese. Place in oven on the middle shelf and bake for 25 - 30 minutes.
5. Serve warm, straight from the oven.



16 cm Gourmet High

A small saucepan perfect for small amounts of food - cook 1 cup of rice or boil eggs.

If you are using unsalted butter, remember to season with salt.



MONKEY GLAND MARINADE

MAKES 650 ML

This sweet and tangy marinade is perfect for a braai! Marinate your chicken kebabs, pork chops or follow the variation below and use as a sauce on the side with delicious homemade hamburgers.

INGREDIENTS

15 ml freshly grated ginger
2 garlic cloves, crushed
30 ml soft brown sugar
1 x 410 g tin tomato purée
75 ml tomato sauce
75 ml chutney

20 ml soy sauce
15 ml Worcestershire sauce
20 ml mustard
10 ml grated lemon rind
100 ml water
pinch of cayenne pepper, or to taste
freshly ground black pepper

1. Combine all of the marinade ingredients in an AMC 20 cm Dome and mix.
2. Place meat in your AMC 24 cm Dome and pour marinade over.
3. Seal with lid and marinate meat for at least an hour. Remove meat and braai as normal, basting as necessary.

FOR A MONKEY GLAND SAUCE:

Use the ingredients above and include two finely chopped onions. Then follow the following method: Preheat an AMC 24 cm Fry Pan over a medium temperature until the Visiotherm® reaches the first red area. Sauté onions with garlic and ginger until soft. Add sugar stirring until melted. Add remaining ingredients and simmer for 10 - 15 minutes until thick. Season to taste and store in sterilized bottles and seal or serve with hamburgers, braai meat or phutu.



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