

LENTSWE'S OWN CHAKALAKA AND PAP

EPISODE 2 / *Lentswe*

METHOD

STEP 1 – COOKING THE CHAKALAKA

- In a deep pot on a medium heat add the oil and fry the onion until soft and translucent.
- Add the garlic, ginger and chillies and stir fry until fragrant.
- Add the curry powder and steak and chops spice and stir to combine.
- Add the peppers and cook for another 2 minutes.
- Add the grated carrots and stir to make sure they are well combined.
- Add in the tomato puree and chopped tomatoes and stir.
- Cook for 5-10 minutes until the mixture is well combined and slightly thickened.
- Remove from the heat and add the baked beans.
Serve hot or cold.

STEP 2 – COOKING THE PAP

- Put the water and salt in a deep pot over a high heat. Bring to the boil.
- Reduce the heat and immediately add the maize meal. Mix quickly to stop lumps forming
- Beat in the butter and if necessary adjust with extra water or maize meal to the consistency of your liking.
- Place the lids on and leave to cook covered on a low heat for about 20 minutes.
- Serve hot.

INGREDIENTS

FOR THE CHAKALAKA:

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1 onion, finely chopped
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3 tbsp PnP oil
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2 cloves garlic, crushed
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2 green birds eye chillies, deseeded and chopped
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50g ginger, finely grated
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1 green pepper, diced
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1 red pepper, finely diced
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1 yellow pepper, finely diced
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Dash of steak and chops seasoning
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2 tbsp PnP mild curry powder
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5 large carrots, (unpeeled but scrubbed and topped and tailed) grated
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2 tbsp PnP tomato purée
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400g can PnP chopped tomatoes
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400g can PnP baked beans
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PnP Salt and pepper to taste
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FOR THE PAP:

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500ml water
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2,5ml PnP salt
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250ml maize meal
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15ml PnP butter
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