



Traditional Eastern Cape Farmers Recipes

----- 2nd Edition -----

*Mother's Day,
Sunday, 10 May 2020
Lockdown Day 45
Grahamstown*

Thank you for your support of Buck in a Box. This collection of Traditional Eastern Cape Recipes has been sourced from:

- *Karen Morgan, Adelaide, Eastern Cape. Karen, as a hobby and then out of professional interest, has been collecting traditional Eastern Cape recipes for most of her life.*
- *“The Guild Collection” Recipe book, The DSG Guild, early 90’s. The Guild Collection was compiled by Colleen Rippon and Sylvia Birrell with illustrations by Mary Lelean. The “type-setting” was done by Bryony Duncan.*
- *“A volume of Family and Friends Recipe’s” Compiled by Anamarie and Denzil Pringle, Vanessa’s parents.*
- *Interesting other.*

Please feel free to share this collection with your friends, and if you have recipe’s you’d like to share with us we’d be most grateful to receive them and include them in this collection.

The majority of the recipes are venison. We love game meat but there’s also lamb and pork to reflect our varied product range of high-quality Eastern Cape meat.

Please visit www.TheGrahamstownProject.com to view our full range and place your order. We deliver monthly to Jhb (Sandton and Bryanston area) and every Thursday to Grahamstown, Kenton and Port Alfred. Our next delivery into Jhb is 23/24 May 2020. Orders close 17th May 2020.

We are sure these recipes will add to your enjoyment of the fine organic meat products supplied by The Farm Butchery and Buck in a Box.

Graeme Holmes

Vanessa Holmes

Founder: The Grahamstown Project and Buck in a Box partner.

The recipes have not been placed in any particular order. For the moment, new recipes are simply added at the end. The recipes have been faithfully reproduced to appear as originally published.

As a special Lockdown treat, we’ve included Pineapple Beer and Pineapple Pork, both Eastern Cape favourites!

Venison is a high quality and complete source of protein, lower in saturated fats than other red meats, and high in haem iron and zinc. Our animals are largely free to roam the grasslands and bush of the Eastern Cape and this reflects on the palate and in the delicious array of recipes.

VENISON MEATBALLS

Ingredients

2 T olive oil
1 onion, finely diced
4 garlic cloves, minced
1 T red wine vinegar
1 T Italian seasoning
1 t salt
1/2 t pepper
450g venison mince
225g pork mince
1 egg
1/4 cup almond flour

Method

Preheat the oven to 375 F. (*Ed. 190.556 degrees Celsius.*)

Heat the olive oil in a skillet over medium-high heat and add the onion.

Sauté for about 4 minutes and add the garlic, red wine vinegar, Italian seasoning, salt, and pepper.

Cook until lightly caramelized.

Add the onion and garlic mixture to a large bowl with the venison, pork, egg and almond flour and mix well.

Scoop the meatball mixture out into even balls, 1 + 1/2 tablespoons in each ball.

Place in the oven for 20 – 25 minutes until the meatballs are golden brown and cooked through.

Remove any fat that has rendered off the meatballs.

Add them to your favourite sauce, or freeze them in a container to use later.

VENISON BOBOTIE – KAREN MORGAN

Ingredients :

40gr Salted Butter
40ml Sunflower Oil
2 Onions, chopped
15ml Durban Masala
5ml Turmeric Powder
1kg Springbok or venison Mince
30ml White Wine Vinegar
15ml White Sugar
1 Slice White Bread and 80ml Milk
75gr Raisins
45ml Fruit Chutney
1x Lemon, zest
1 Apple, grated (optional)
Salt and Pepper
240ml Plain Yoghurt
3x Eggs
8x Bay Leaves

Method :

1. Heat a pot, add the butter and oil. Add the onions, cooking them well.
2. Add the masala and turmeric, allow cooking.
3. Then add the mince, while this is cooking add the vinegar and sugar.
4. Squeeze the milk out of the bread, then add the bread to the mince mixture.
5. Lastly add the raisins, fruit chutney, lemon zest and apple.
6. Season well.
7. Place this mixture in a greased tin (19cm x 23cm x 4cm). Mix the yoghurt and eggs together and place on top of the mince mixture. Garnish with bay leaves.
8. Place into pre-heated oven at 180°C, for about 30 minutes or until cooked.
9. Serve with Apricot chutney and Yellow Rice.

SPRINGBOK GOULASH – KAREN MORGAN

Serves: 4

Ingredients

2 tbsp olive oil
700 g stewing meat
30 g plain flour
1 large onion, thinly sliced
2 clove garlic, finely chopped
1 green pepper, deseeded and thinly sliced
1 red pepper, deseeded and thinly sliced
2 tbsp tomato purée
2 tbsp paprika
2 large tomatoes, diced
75 ml dry white wine
300 ml beef stock, home-made or shop-bought
2 tbsp flat leaf parsley, chopped
black pepper
150 ml soured cream

Method

1. Preheat the oven to 170°C
2. Heat 1 tablespoon of olive oil in a casserole dish or heavy-based saucepan.
3. Sprinkle the steak with the flour and brown well, in batches, in the hot casserole dish. Set the browned meat aside.
4. Add in the remaining olive oil. Add in the onion, garlic, green pepper and red pepper to the casserole dish and fry until softened, around 5 minutes.
5. Return the beef to the pan with the tomato puree and paprika. Cook, stirring, for 2 minutes.
6. Add in the tomatoes, white wine and beef stock. Cover and bake in the oven for 1 hour 30 minutes. Alternatively, cover and cook it on the hob on a gentle heat for about an hour, removing the lid after 45 minutes.
7. Sprinkle over the parsley and season well with salt and freshly ground pepper. Stir in the soured cream and serve.

SPRINGBOK CURRY – SLOW COOKED AND MILDLY SPICED - KAREN MORGAN

Ingredients

900g springbok meat
125ml vegetable/olive oil
4 onions – finely chopped
1 small carrot – grated
2 green chilli peppers – finely chopped
3 tomatoes - finely chopped
1 tablespoon garlic
1 tablespoon ginger
1 heaping tablespoon garam masala
1 tablespoon cumin powder
1 teaspoon chili powder
Salt and pepper to taste
1 small bunch of chopped coriander

Method

1. Pour the oil into a large sauce pan and heat it over medium high heat.
2. Toss in the onions and fry them – stirring regularly for about 15 minutes.
3. When the onions are nice and soft, sprinkle in about a teaspoon of salt. This will help them release more moisture into the pan.
4. Now add the chopped tomatoes and the carrot and stir to combine
5. Continue frying until the onion, carrot and tomatoes begin to break down and start looking like a sauce.
6. Add the green chilies and the garlic and ginger. At this stage you will need to be stirring the ingredients continuously so that they do not burn.
7. Sprinkle in the garam masala, cumin and the chili powder before adding in the cubed springbok.
8. Add just enough water to cover the meat and add the cracked pepper.
9. Bring to a boil and then cover and cook over a very low heat for about four to five hours when the meat will be so tender!
10. TO SERVE
11. Check for seasoning and mix in the chopped coriander. Squirt in the lime juice and serve immediately!

KALAHARI SPRINGBOK POTJIE – Karen Morgan

Ingredients

2 large onions, sliced
60 ml butter
2 kg springbok meat with bones
Water to cover meat halfway
10 ml salt
60 ml Worcestershire sauce
10 black peppercorns
10 whole cloves
10 ml ground coriander
6 potatoes, peeled and cut into cubes
75 gr (125 ml) currants
75 gr (125 ml) sultanas
4 large carrots, sliced
250 ml chunky chutney

Method

Fry onions in butter until brown.
Add meat, brown and add water.
After water has almost evaporated, add salt, Worcestershire sauce, Peppercorns, cloves and coriander.
After 1½ hours, add potatoes, currants and sultanas.
Simmer another 30 minutes.
Add carrots and chutney.
Simmer another 30 minutes.

SPRINKBOK FILLET KEBAB WITH BASIL PESTO BRAAI BREAD – Karen Morgan

Kebabs – Ingredients

400g springbok fillet cut into 5cm blocks
120g bacon
60g mushrooms finely chopped
1 large green pepper
1 whole fresh pineapple
Coarse salt and pepper to taste
Braai marinade

Kebabs – Method

Prepare the fillet, marinate with the juice of 1 lemon, 80 ml olive oil and lots of coarse black pepper.

Wrap fillet with the bacon strips and use kebab-stick to keep bacon in place. Repeat with all the fillet wheels, place the pepper and pineapple in between the meat.

Grill over hot coals until medium or medium rare; let it rest for 4 to 6 minutes.

Braai bread – Ingredients

4 slices of white or brown bread
45ml basil pesto
30ml butter
80g mozzarella cheese
30g strong cheddar
1 tomato cut in slices

Braai bread – Method

Spread the bread slices with butter and pesto.

Put small amounts of cheese mixture between the outer two slices.

Add salt and pepper to taste.

While the kebabs are resting, scrape all the coals to one side. Place the braai bread on the grill. Prepare bread on low heat to let the cheese melt and it becomes gold brown.

SPRINGBOK FILLET AND BABY ONION KEBABS (Karen Morgan)

Serves 4

These kebabs are delicious! **Never** overcook the tender cuts of venison, like fillet, the meat should still be medium rare. The secret to the success of this recipe definitely lies in marinating both the meat and the onions separately overnight. The meat absorbs all the flavour of the seasoning and olive oil and the onions become soft and tender.

Ingredients

1 - 2 springbok fillets

Ina Paarman's Braai & Grill Seasoning

Olive oil

300 - 500 g baby onions, peeled and halved from top to bottom

Ina Paarman's Green Onion Seasoning

Olive oil

kebab sticks

Ina Paarman's Sticky Marinade

Method

Cut springbok fillets in half lengthways and then across into \pm 6 cm pieces. Season with Braai & Grill Seasoning and toss with $\frac{1}{4}$ cup olive oil. Seal in an airtight container or plastic bag. At the same time, prepare the onions.

Toss the halved onions with the Green Onion Seasoning and 2 – 3 T of olive oil. Seal and refrigerate overnight.

Thread meat and onions onto skewers or kebab sticks.

Cook and turn over gentle heat in a cast iron pan or on the braai while basting with Sticky Marinade from time to time.

Do not overcook.

Ingredients

45 ml butter
1 finely chopped onion
300 g, roughly chopped mushrooms
60 ml cake flour
1 litre milk
60 ml grated cheese parmesan
10 ml grated nutmeg
500 g springbok mince
4 cloves, chopped garlic
Chopped fresh rosemary
Salt and black pepper
16 sheets good-quality lasagne pasta
300 g baby spinach or morogo (wild African spinach)
Finely sliced parma ham
250 g mozzarella or cheddar

Method

Preheat the oven to 180 C. Grease a large ovenproof dish.

Mushroom Sauce

Melt the butter in a large saucepan and sweat the onion until soft. Add the mushrooms, cover the saucepan and simmer for 20 minutes. Gradually add the flour, and then the milk just as slowly. Stir non-stop and cook for another 5 minutes. Stir in half the Parmesan cheese and all the nutmeg, then remove from the heat and set aside.

Mince Filling

In a separate pan, fry the mince with the chopped garlic and rosemary until cooked. Add salt and pepper to taste.

Cook the lasagne sheets for 7 minutes in boiling water (if you're not using fresh lasagne).

Place alternate layers of mushroom sauce, lasagne, mince, fresh spinach and Parma ham in the prepared dish. Repeat order of layers till the dish is full. Last layer (on top) must be mushroom sauce. Finally sprinkle over the rest of the Parmesan and grated mozzarella/cheddar.

Bake for 30 minutes and serve with a herb salad.

LEG OF WILD PIG OR VENISON - Rosemary Fowlds (mother of Roslyn, DSG 1980, and Jayne DSG 1991)

For wild pig:

Pot roast in water in the oven, throw off the water. Do this twice. This gets rid of the wild flavour. Marinate for 24 – 48 hours in the following:

250 ml red wine
50 ml vinegar
50 ml water
2 slices lemon
1 sliced carrot
5ml salt, 8 peppercorns, 1 bay leaf
1 cup grape liquifruit added is also very good.

Method:

Stuff leg with spek and a rich stuffing (bacon, bread crumbs, mixed herbs, butter, cream and seasoning). If not using stuffing, roll the spek in mixed herbs. Also push in garlic slivers. Place in tinfoil and include in the foil;

125 ml strained marinade
125ml water
125ml fruit chutney

Bake in oven until soft – long slow cooking is best. Open tin foil and pour over oil. Let it brown, then cover with apricot jam and brown further. Use cream in the gravy (optional).

For leg of venison:

Place leg, together with a generous amount of Coca-cola, in a plastic bag. Keep this in the refrigerator and marinate for a couple of days, turning frequently. Stuff leg with spek rolled in mixed herbs, and garlic slivers. Season well with dried mustard, black pepper and soya sauce. Place in tin foil with buttermilk, cook slowly in oven.

JUGGED VENISON - Ruth Blomfield (Gardner) DSG 1932.

1 Kg Venison cut into pieces (shoulder or leg)
4 rashers bacon cut into pieces
2 Tbsp butter
2 Tbsp flour
2 Tbsp Sherry
2 cups stock (beef cube)
Bay leaf
Salt
Freshly ground pepper

Method:

Dredge venison pieces with seasoned flour and ground pepper.

Fry bacon pieces in butter (keep warm).

Fry venison pieces in butter until nicely brown (+/- 15 minutes), add sherry, then hot beef stock, bay leaf. Simmer gently in closed saucepan for +/- 1 hour, stir occasionally.

Check seasoning and thicken gravy. Add bacon before serving.

VENISON – Nan Hyslop (Murray) DSG 1961

Wipe dry and trim a leg of venison. “Lard” liberally with slivers of garlic, spread thickly with apricot jam and cover in rashers of bacon. Seal well in tin foil, bake at 50°C for 10 hours (9 hours for springbok). Open, and brown the leg at 180°C, and make a gravy with juices – delicious and painless!

VENISON STEAKS – Janet Ross (Mullins) DSG 1980

62.5 ml tomato sauce
62.5 ml Worcestershire sauce
62.5 ml oil
62.5 ml lemon or vinegar

Method:

Mix together and paint on both sides of steak. Fry quickly in a little oil. Brush with a little melted butter when serving.

KAROO FYNVLEIS – Margot Hayward (Stephenson) DSG 1977

Springbok or Kudu, cut into small pieces , may be used.

Simmer in:

1 cube beef stock
3 onions chopped
20 ml salt
10 ml ginger
10 ml coriander
2 garlic cloves

Method:

Combine all ingredients and simmer. Cook until meat parts from the bone. Thicken with maizina.

WHOLE LEG OF LAMB ON THE BRAAI / BBQ – A volume of Family and Friends Recipe's

As long as you own a kettle BBQ and know a few basic tips about how to make an indirect fire, there is no limit to what you can cook over the coals! This lamb has delicious Greek flavours and tastes equally good in pita bread or as part of a traditional Sunday roast lunch.

Ingredients:

1 large leg of lamb (bone in) weighing about 2.2kg
5 cloves of garlic cut into slivers

FOR THE MARINADE:

¼ cup olive oil
3 TBsp fresh lemon juice
4 cloves of garlic, crushed
2 Tbsp dried oregano
1 Tbsp dried rosemary plus 2 or 3 fresh rosemary branches
½ tsp coarse salt
½ tsp ground black pepper

FOR THE RUB:

1 Tbsp seasoned salt (I used Old Bay seasoning)
1 tsp smoked paprika
½ tsp black pepper
½ tsp cayenne pepper
1 tsp dried oregano
1 tsp dried thyme

Method:

Using a sharp knife, make slits across one surface of the lamb and insert the garlic slivers at regular intervals. Whisk together the oil, lemon juice and garlic together with the remaining marinade ingredients. Pour the marinade over the lamb and rub into the surface of the meat. Using 2-3 pieces of string, tie the rosemary branches to the meat. Cover with clingfilm and refrigerate for at least two hours.

When you are ready to cook (see above), remove the lamb from the fridge and bring to room temperature. Mix the ingredients for the rub in a small bowl. Sprinkle it on all sides of the meat and pat or rub it in to make sure it adheres to the meat. Cook on the kettle barbecue with the lid closed for 90-120 minutes, depending on desired degree of doneness.

When the meat is done, remove from the barbecue, cover lightly with foil and allow to rest for ten minutes before carving. As I said, we served ours in pita bread with tzatziki but you could just as easily serve the lamb as part of a traditional Sunday roast.

PORK BELLY – JEREMY (Old Kingswood) & JACQUI MANSFIELD

Ingredients:

4 Tbs course salt
1 kg evenly trimmed and scored pork belly
3 Tbs tomato-chilli jam
Chinese noodles to serve

Method:

Grind the coarse salt over the pork belly and bake for 70 minutes at 180°C. Sprinkle water on the skin and place the pork under the grill to let the crackling blister. Take the pork out of the oven and gently lift/cut off the crackling. Spread the tomato-chilli jam on the pork. Put it back under the grill for about 5 minutes until the jam mixture becomes gooey and then set the pork aside for about 15 minutes to rest. Cut the crackling and pork belly into thin strips and serve on a bed of Chinese noodles.

PINEAPPLE PORK – Mona Bryant (King) DSG 1939

1 ½ boneless lean pork shoulder or pork fillet cut into cubes
1 Tbsp oil
1 chopped onion
1 lb tinned pineapple chunks
1 Tbsp soya sauce
2 Tbsp maizena
2 Tbsp brown sugar
Salt
½ cup water
1/3 cup vinegar
2 Tbsp tomato sauce
1 green pepper sliced

Method:

Brown pork cubes in oil a few at a time. Remove, saute the onion in the same pan until just soft, then return pork to pan, Drain syrup from the pineapple into a cup, set fruit aside. Mix brown sugar, maizena and salt in a bowl, blend in the water slowly until mixture is smooth. Add pine juice, vinegar and tomato sauce and soya sauce. Stir over pork in a frying pan, and cook, stirring constantly until thick – simmer 3 minutes.

Transfer to a casserole – cook for one hour at 180° C (reduce to 150°C when bubbling, or continue cooking until meat is tender). Add sliced green pepper and pineapple chunks and cook long enough for liquid to come to a bubble again. Serve with noodles or rice.

PINEAPPLE BEER – lifted from “That Rat Group 🍷” a WhatsApp Group of Grahamstown past / present teachers etc.

4 pineapples
2kg sugar
20g yeast
75g raisins

Method:

Cut stem off pineapples, then wash, then shave off the pointy pieces (try keep as much skin as possible), cut into 2-3cm cubes. Put pineapple and raisins into cooler box, pour sugar into cooler box. Pour 10l lukewarm water into cooler box then stir. Pour yeast in and stir again. Add 10l cold water then stir again and close the lid. Make sure it can breathe a little through the lid, as when it ferments it releases gas which can create pressure buildup. Put somewhere out of direct sunlight, and stir twice a day. Should be ready in 72hrs

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