

The Budget Recipe Book

A culinary celebration
of South African heritage





What's COOKING

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Introduction

We wanted to hear from you. What are the meals that bring out the feels? The ones that make you think of home, of family and friends, of the good times.

From the dishes still enjoyed over generations, to the culinary inventions that come to be when regular recipes are enhanced with a pinch here and a dash there.

We asked you to share yours, but with one important rule - they had to be on a budget.

And the response was nothing short of mouth-watering.

So, here they are - Mzansi's most delectable heritage meals on a budget - curated and served to you in this awesome digital recipe book.

Our inspiration

The inspiration for this digital recipe book came from many things.

We were inspired by our melting pot of cultures. Cultures that fuse the flavours of our land to create the dishes that are exclusively South African.

We were inspired by the diversity of our culinary world. Where food becomes something more than just nourishment. It becomes a feature of our unique way of life. It becomes something that is celebrated.

We were inspired by the moms, the dads and the gogos that added their own flair to traditional dishes, and in turn inspired their kids to try do the same.

We were inspired by you and your heritage meal history. Your take on this classic South African cuisine.

Cuisine that not only fills our bellies, but our hearts, too.

Because no one does it like you, Mzansi.

Let's get cooking!





“

We were
INSPIRED
by you!

”





**If you want
to keep people
happy, just keep
the food and
entertainment
rolling.**

- E.A. Bucchianeri





Budget's Tripe and Steamed Bread



Ingredients

Tripe

- 4 cups of flour
- 1 teaspoon of salt
- 1 cup lukewarm water
- 10g yeast
- 1 tablespoon of sugar
- 1 grated carrot

Steamed Bread

- 1kg washed tripe
- 2 chicken stock cubes
- 1 chopped onion
- 1 teaspoon of salt
- 1 tablespoon of curry powder

Tripe Method

1. Cut the tripe into bite sized chunks. Do not cut it too small - tripe shrinks as it cooks.
2. In a large pot add the tripe, onion, chicken stock, salt and curry powder.
3. Pour in just enough water to almost cover the tripe.
4. Cover the pot and cook on medium high heat for 3-4 hours.

Steamed bread Method

1. In a large bowl, add the flour, salt, yeast, grated carrots and sugar.
2. Gradually add in the water and combine.
3. Knead for 6 minutes until the dough is smooth and not lumpy.
4. In a large bowl, add a little bit of oil and spread so the dough doesn't stick to the bowl. Transfer the dough into this bowl.
5. Cover the bowl with cling wrap, place in a warm place and allow it to rise until doubled in size.
6. Divide the dough into 12 and place the dough into a greased cupcake tray.
7. Place the cupcake tray into a large pot filled with water. Make sure the water doesn't cover the cupcake tray - it must be enough to steam the bread.
8. Cover and allow to steam on high heat for 40 minutes.
9. Remove from the pot and place the bread on a cooling rack. Allow the bread to cool down.



Gloria Lesufi's Personal Traditional Meal

Samp, Spinach, Chakalaka and Chicken



Ingredients

- Drumsticks (desired quantity)
- Spinach
- Green pepper
- Mushroom soup
- Samp
- Carrots
- Peri-peri sauce
- Tomatoes
- Onions
- Olive oil
- Spices
- Baked beans

Method

1. Cook samp by adding 1 teaspoon olive oil. Then add 1 teaspoon of mushroom soup and 2 cups of water. Mix and cook for an hour.
2. In a separate pot, cook spinach by adding 1 teaspoon of mushroom soup and 1 teaspoon of olive oil. Add a teaspoon of olive oil and spices and 1 cup of water. Combine and cook for 30 minutes.
3. In a separate pot, roll drumsticks in herbs and spices and fry for 15 minutes.
4. Cook chakalaka in a saucepan by adding 2 tablespoons of olive oil, half a chopped onion, 1 green pepper, 1 chopped tomato and 1 teaspoon of curry powder. Add 1 can of baked beans, a teaspoon of salt and stir together for 15 minutes.

Serve all on one plate.



Traditional Beef Stew



Ingredients

- 1kg beef cubes
- 1 tablespoon of crushed garlic and ginger
- 1 whole onion
- Bay leaves
- Baby potatoes
- Carrots
- 1 tablespoon of cumin
- 1 tablespoon of garam masala
- 1 tablespoon of ground coriander
- 1 tin of canned tomatoes
- 1 teaspoon chilli flakes
- Mixed peppers

Method

1. Brown the defrosted beef in a pot, once browned remove from pot.
2. Add the chopped onion and mixed peppers to the same pot. Then add the garlic and ginger and fry thoroughly.
3. To the same pot, add the bay leaves and canned tomatoes and allow to simmer for 5 minutes.
4. Add your tablespoon of cumin, ground coriander, garam masala, chilli flakes and allow to simmer for 5 minutes. Then add back the browned beef.
5. Add a cup of water and cook on low heat for 3 hours. After an hour, add your baby potatoes and diced carrots and allow to cook.
6. Keep checking the pot every hour and add more water if needed. Once the meat has softened, add salt and pepper to taste.

Serve with rice, pap or any starch of your choice.



“

**There is no love
sincerer than the
love of food.**

- George Bernard Shaw

”





The Budget Kota



Ingredients

- A quarter loaf of bread
- 2 cups frozen fries
- 1 slice of processed cheese
- 1 tablespoon atchar
- 2 slices of polony
- 2 teaspoons seasoning for fries
- 2 smoked Russian sausages
- Tomato sauce
- Chilli sauce (optional)

Method

1. In a medium sized pan, add enough oil to fill the pan halfway.
2. Turn on the stove and bring your heat to medium-high heat.
3. Allow the oil to become hot before adding the fries.
4. Add 2 cups of frozen fries to the oil.
5. Let them cook for about 10 minutes.
6. Remove from the pan and place into a bowl lined with kitchen paper.
7. Add the Russian sausages to the hot pan and let them cook for about 2 minutes on each side.
8. Remove from the pan and set aside.
9. Season the fries well.
10. Using a knife, cut a square of bread out of the quarter loaf.
11. Fill the quarter loaf with a handful of fries. Be sure to press the fries down with your fingers.
12. Add your sauces and atchar.
13. Add your 2 Russian sausages and top then off with cheese.
14. Add more fries and sauces.
15. Cover with the square

Serve warm.



Thercia Coza

Thercia's Kota



Ingredients

- Lettuce
- Loaf of fresh bread
- Atchar
- Cheese
- Russian sausages
- Eggs
- Polony
- Sauces of your choice
- Salt and pepper

Method

1. Fry eggs, polony, Russian sausages and chips separately.
2. Cut open the bread and hollow it out.
3. Spread some atchar onto the bread and layer the fried ingredients in any order.
4. Add salt and pepper and sauces – as much as you like.
5. Cut and share as desired.



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insurance

Jess Ngcobo

Jess's Kota



Ingredients

- Potatoes
- Unsliced bread
- Lettuce
- Russian sausage
- Cheese
- Sauces of your choice
- Egg
- Burger patty
- Mango atchar
- Bacon
- Oil for frying

Method

1. Prepare hand cut potato chips and deep fry in oil.
2. Fry the Russian sausage, bacon, egg and burger patty separately.
3. Once all ingredients are fried, cut bread loaf in half and remove the inside.
4. Add all your ingredients into the hollowed-out bread.
5. Add sauces of your choice.

Serve on a plate and enjoy!



Cynthia Nemaguvhuni

Cynthia's Kota



Ingredients

- Lettuce
- Chips
- Polony
- Russian sausage
- Spur BBQ sauce
- Hollow loaf
- Rama margarine

Method

1. Fry Russian sausage, chips and polony separately.
2. To make the kota golden brown, spread margarine on the outside and fry it.
3. Layer all ingredients on top of each other inside the kota.

Serve on a plate and enjoy!





“

**The only time to eat
diet food is while
you're waiting for
the steak to cook.**

- Julia Child

”



Budget's Creamy Somp & Beef Stew



Ingredients

Beef Stew

- 500g Beef stew
- 1 chopped onion
- 2 chopped garlic cloves
- 1 teaspoon dry thyme
- 2 bay leaves
- 1 teaspoon curry powder
- Oil for frying
- 2 beef stock cubes
- 3 cups of water
- 2 tablespoons of tomato paste
- 3 large carrots, cut into chunks
- 3 large potatoes, cut into chunks

Somp

- 2 cups of samp
- 2 tablespoon cream cheese
- 1 tablespoon Aromat
- 1 tablespoon butter or holsum
- 1 onion
- 1 chopped garlic clove
- 1 litre water
- 1 teaspoon salt

Somp Method

1. In a large pot add 2 cups of samp, 1 litre of water, onion, garlic, salt.
2. Let the samp cook for 2 hours on medium heat.
3. After 2 hours when the samp is cooked, add in the Aromat, cream cheese and butter
4. Let it cook for a further 20 minutes and you're done!

Serve hot!

Beef Stew Method

1. In a large pot sauté the onion, garlic, thyme and bay leaves until the onions become see through.
2. Add in the beef and brown on medium high heat.
3. Add the beef stock cubes, tomato paste and 1 cup of water.
4. Add 2 more cups of water or enough to almost cover the meat
5. Cover the pot and allow it to cook for 1 hour and 30 minutes on low heat.
6. Add in your vegetables and allow to cook for a further 30 minutes or until the potatoes are soft.

Serve hot with creamy samp!



Sinothile Biyela

Sinothile's Samp and Beef Stew



Ingredients

- White button mushrooms
- 1 onion
- 2 medium carrots
- 1 green pepper
- 1 teaspoon of paprika
- 1 teaspoon of garlic and onion powder
- Aromat
- Beef stock
- Samp
- Fresh cream
- Beef chunks

Samp Method

1. Add fresh cream to your fully cooked samp.
2. Add your chopped onions and mushrooms.
3. Add your beef stock & Aromat to taste.

Beef Method

1. Add chopped onions and green pepper and sauté until brown.
2. Add beef chunks followed by paprika, garlic, onion powder and beef stock.
3. Let it simmer for 50 minutes.
4. Add your carrots and beef soup 5 minutes before serving.

Serve on a plate and enjoy!



Andiswa Pearl Buthelezi

Andiswa's Samp and Beef Stew



Ingredients

Creamy Samp

- 5 cups of samp (I used pre-cooked samp)
- 1 tablespoon of Aromat
- 250g margarine
- Pinch of crushed garlic
- Tiny pinch of turmeric (for a pop of colour)
- 1 teaspoon of powdered milk
- Parsley for garnish

Beef Curry

- 1 large onion
- 1 teaspoon crushed garlic and herbs
- Teaspoon curry powder
- 3 Indian spice cloves
- 1 finely chopped chilli
- Beef cubes
- 1 beef stock cube

- 1 cup water
- 2 large chopped tomatoes
- Steak and chop spice
- 250g frozen vegetables
- Crushed garlic
- Pinch of salt

Ushatini

- 1 red onion
- 3 large chopped tomatoes
- 2 chopped chillies
- A of a cucumber, chopped
- Pinch of salt
- 1 teaspoon white vinegar

Mixed Vegetable Salad

- Bring full pot to the boil and add frozen vegetables.
- Add salt and crushed garlic.
- Cover and steam for 5 to 7 minutes.

Samp Method

1. Cook samp and add Aromat.
2. Cook for 30 minutes, add margarine and crushed garlic, turmeric and powdered milk.
3. Cook for 4-6 minutes.
4. Sprinkle parsley for garnish.

Beef Method

1. Combine and stir onion, curry powder, chilli, cloves, crushed garlic and herbs for 1 to 3 minutes.
2. Add beef and fry for 5 to 7 minutes until the beef is brown. Add the stock cube, spice, water and tomatoes.
3. Cover the pot and cook for 1 hour and 15 minutes.
4. Drain excess fat.

Mixed Vegetable Salad Method

1. Bring full pot to the boil and add frozen vegetables.
2. Add salt and crushed garlic.
3. Cover and steam for 5 to 7 minutes.

Ushatini Method

1. Mix all ingredients together.
2. Serve everything together and enjoy!





“

**People who love
to eat are always
the best people**

- Julia Child

”



Budget's Chicken Curry and Roti



Ingredients

Chicken Curry

- 1kg chicken pieces
- 2 diced red peppers
- 1 diced green pepper
- 1 chopped onion
- 4 garlic cloves
- 4 birds eye chili
- 1 thumb ginger
- 2 roughly chopped tomatoes
- Salt and pepper
- 8 Cloves
- 4 Cardamon seeds
- 2 cinnamon sticks
- 2 star anise
- 1 table spoon turmeric powder
- 1 tablespoon curry powder
- 1 tablespoon Garam masala
- 1 teaspoon cumin
- 2 bay leaves
- 1 teaspoon dry thyme
- 2 beef stock cubes
- 1 tablespoon tomato paste
- 1 cup of water

Roti

- 2 cups of flour
- 4 tablespoons of melted butter
- 1 cup boiling water
- Pinch of salt

Chicken Curry Method

1. Lightly season the chicken pieces with salt and pepper, set aside.
2. In a blender add the red and green peppers, tomatoes, onion, garlic cloves, ginger, chilli and a splash of water.
3. Blend until smooth and a purée is formed.
4. In a large pot add 2 tablespoons of olive oil.
5. Add the chicken pieces and brown on high heat.
6. Once the chicken is browned, add all the spices, whole spices, bay leaves and herbs.
7. Sauté with the chicken until fragrant.
8. Add the purée to the pot.
9. Add beef stock, tomato paste and 1 cup of water.
10. Cover the pot and cook for 1 - 1 1/2 hours on low.
11. Once your curry is cooked use a spoon to scoop out any excess oil.

Roti Method

1. Sift the flour into a large bowl
2. Add the melted butter
3. Pour the boiling water into the bowl.
4. Combine the dough using a wooden spoon or spatula until the mixture is wet and lumpy.
5. Knead with your hands until the dough is smooth. Add more butter if the dough is too dry.
6. Divide the dough into 8 pieces. Roll each piece into a ball.
7. Flatten each ball into a floured surface.
8. Use a rolling pin to further roll out the dough into about 20 cm diameter.
9. Repeat this for all 8 balls.
10. Heat a non-stick pan on medium high heat.
11. Place the roti on the pan. Cook until it starts to slightly bubble.
12. Flip it over and cook until the other side bubbles.
13. Brush both sides with melted butter while flipping in the pan.
14. Place in a container lined with paper towels.





“

You can't just eat good food. You've got to talk about it too. And you've got to talk about it to somebody who understands that kind of food.

- Kurt Vonnegut

”



Budget's Pap, Wors and Chakalaka



Ingredients

Chakalaka

- 1 tin baked beans
- 1 chopped onion
- 1 chopped garlic clove
- 1 diced green onion
- 1 table spoon curry powder
- 1 teaspoon dry thyme
- 4 grated carrots
- 2 diced tomatoes
- 1 table spoon aromatz
- 1 table spoon chakalaka seasoning

Pap

- Maize meal
- Salt
- 1 liters of water

Wors

- 500g Borewors
- Cooking oil

Chakalaka Method

1. In a medium sized pot, sauté the onion & garlic
2. Once the onion is see through, add the dry thyme and green pepper
3. Sauté for 2 minutes and then add the spices.
4. Fry until fragrant.
5. Add the tomatoes and beans and cook for 5 minutes.
6. Add the carrots.
7. Cover the pot and cook for a further 7 - 10 minutes on medium heat
8. Season with salt and pepper.

Serve hot !

Pap Method

1. In a large pot, add the water and bring to a boil.
2. Once the water is boiling add 1 cup of water and a little salt then mix till smooth and boiling
3. Cover the pot and reduce the heat to medium
4. Let it cook for 10 minutes.
5. Open the pot and gradually add in 1 more cup of maize meal or enough to form a stiff pap.
6. Cover and let it cook for 10 more minutes

Serve hot !

Wors Method

1. In a large pan, heat 3 tablespoons of cooking oil or enough to fry.
2. Place the wors in the pan and fry on high heat for 5 minutes on each side.
3. Turn often to prevent burning.
4. Let it rest for 2 minutes before serving



heat up that kitchen

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