

FOODIES

OF SOUTH AFRICA

THE MOST VIRAL
RECIPES EVER!

CHANTAL BOTHA, HAYLEY MURISON & JULIE BROWN



The background is a vibrant yellow, decorated with stylized illustrations of kitchen utensils. In the top left, there's a black outline of a hand holding a spatula. To its right, a solid orange spatula is partially visible. In the top right, a solid orange fork is shown. In the bottom left, a black outline of a whisk is prominent. In the bottom right, another solid orange fork is visible. The central text is white and reads "FOODies OF SOUTH AFRICA". The word "FOODies" is in a large, bold, sans-serif font, with the letter 'O' containing a white fork icon. The word "OF SOUTH AFRICA" is in a smaller, all-caps, sans-serif font below it.

FOODies

OF SOUTH AFRICA

SUNBIRD PUBLISHERS
Johannesburg & Cape Town



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OF SOUTH AFRICA

**THE MOST VIRAL
RECIPES EVER!**

COMPILED BY CHANTAL BOTHA, HAYLEY MURISON, JULIE BROWN

Sunbird Publishers
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**This book is dedicated to Lauren Ratcliffe.
The most awesome wife any guy could have.**

- Jon Ratcliffe (Jon is the founder of Engage Video Group, the company behind Foodies of South Africa. He has worked closely with the rest of the team to bring this book to life.)



LE CREUSET



LE CREUSET

CONTENTS



8 From on-screen inspiration to go-to guide in the kitchen



10 TOP 10 MOST VIRAL RECIPES



32 BREAKFAST BITES



48 SAVOURY

Quick bites	50
Mains	74
On the braai ...	130



142 SWEET STUFF



188 DRINKS

INDEX **218**

KEY



Total views



Total shares



Likes



Vegetarian meals



Nonalcoholic drinks



From on-screen inspiration TO GO-TO GUIDE IN THE KITCHEN

**‘Looks soooo delicious ... YUMMY ...
Sure gonna make these sometime!’**

These are just some of the comments our fans share daily in the Foodies of SA online world.

Thank you, Mzansi! Such heartfelt reactions to our videos are what we live for in the Foodies team. They stir us to continue inspiring with creative and often uniquely South African recipe ideas, like *Pap in a Pumpkin*, *Croque Meneer* and *Amarula Rooibos Latte* – to name a few!

Where did this food journey begin, you might wonder?

What started out two years ago as a two-foodie team with a big dream has grown into a vibrant and thriving community of South Africa's most passionate food lovers.

Our foodie friends have watched our easy-to-follow videos hundreds of millions of times ... and many of them have gone on to share them on their own Facebook timelines. In fact, our research shows that Foodies of SA videos have had more shares and video views *than any other social media page in Southern Africa!*

We've been blown away by the support and positive feedback from our community and get so excited when our fans post pictures or videos of their creations that we've inspired. Most of all, we love it when people connect with their loved ones over our recipes.

This idea of sincere connection between friends and family is the fuel that drives everything that we do. To us, food is much more than *just* food. Food is an intimate and intricate part of one's life story – it is belonging, heritage, culture ... and connection.

While our fantastic foodie fans love connecting with friends and family by sharing our yummy recipe clips online, many of those same food lovers have been asking us to put together a book of our most popular recipes: something tangible, durable, gift-able and beautiful that will become a trusty go-to guide

in the kitchen for many years to come.

Well, here it is! This book is a very real embodiment of our mission, which is to sustain meaningful relationships and sincere connections by revitalising the act of everyday cooking and sharing.

We hope you'll find our book inspiring, and that it will become a much-consulted, often-shared, dog-eared, flour-dusted, time-worn kitchen companion that has a special spot in your home and in your heart.

The recipes in this cookbook are based on our short how-to video clips. However, some recipes have been slightly edited to ensure the best possible result for you.

So from us to you ... A big thank you and ENJOY!

**The Team at
Foodies of South Africa**



Mac 'n Cheese Burger
(recipe on page 92)



THE TOP 10 MOST VIRAL RECIPES





CHEESY EGG TOASTY

An easy way to make a delicious brekkie for the family, your digs mates or the rugby team!

4 slices Sasko Premium white bread
4 eggs
Butter for spreading
1-2 cups grated cheddar cheese
Salt and pepper
2 tsp oil
8 rashers bacon
250 g button mushrooms
1 clove garlic, diced
2 tsp Sasko cake flour
1 cup cream
Avocado



Views:
37 156 204



Likes:
1 033 552



Shares:
668 173

- 1 Using a spoon, indent the centre of each bread slice to create a square shape.
- 2 Crack an egg into the centre of each bread slice.
- 3 Butter the edges of the bread slices and top with grated cheese and salt and pepper to taste.
- 4 Bake for 5-10 minutes at 180°C.
- 5 Add 2 teaspoons oil to a skillet, and fry the bacon rashers until crispy.
- 6 Remove the bacon and place wiped and chopped button mushrooms in the pan with salt and pepper to taste.
- 7 Brown the mushrooms before adding diced garlic, flour and cream. Allow the sauce to thicken while stirring continuously.
- 8 Serve the egg sarmie topped with avocado slices, creamy mushroom sauce and bacon rashers.



STEP 1 Crack an egg into each slice and top edges with grated cheese.



STEP 2 Fry the bacon rashers in a pan. Then make a sauce with mushrooms, garlic, flour and cream.



STEP 3 Bake the egg toasties.

S'MORES DIP

Fluffy marshmallows melted on a silky smooth chocolate and caramel base.
This might just be the best braai idea of ALL TIME.

2 slabs Beacon milk chocolate
1 tbsp butter
Wilson's cream caramels
Beacon marshmallows (white and pink)
Vanilla biscuits for dipping



Views:
1 042 506



Likes:
30 431



Shares:
25 041

- 1 Preheat a pan in the Weber.
- 2 Roughly chop the milk chocolate slabs.
- 3 Remove the pan from the Weber and melt the butter in the pan.
- 4 Add the chocolate pieces to the pan, allowing them to melt slightly.
- 5 Lay the cream caramels over the chocolate.
- 6 Layer the white and pink marshmallows over the chocolate and caramel, making sure to cover all the gaps.
- 7 Bake in the Weber at 180°C for 5–7 minutes.
- 8 Serve with vanilla biscuits for dipping.



STEP 1 Melt butter in a pan and add chopped chocolate slabs.



STEP 2 Lay the cream caramels over the chocolate.



STEP 3 Layer white and pink marshmallows over the mixture.



DROOL!





PANCAKE CAKE

If you can make one pancake, you can make this epic rainbow pancake cake!

FOR THE PANCAKES

3 eggs
4 cups milk
4 tbsp oil
1 tsp Moir's vanilla essence
3 cups Sasko cake flour
1 tsp Moir's baking powder
Moir's food colouring (4 different colours)
Oil for frying pancakes

FOR THE ICING

3 x 230 g tubs cream cheese
or smooth cottage cheese
6 tbsp yoghurt
½ cup Hulett's icing sugar

FOR SERVING

Fresh raspberries
2-3 tsp icing sugar

- 1 In a large bowl, combine the eggs, milk, oil and vanilla essence.
- 2 Sift the cake flour and baking powder into this mixture.
- 3 Blend together until smooth using a mixer.
- 4 Divide equal amounts of the pancake batter between four bowls and add a different colour of food colouring to each bowl. Mix until combined.
- 5 Add more food colouring as needed.
- 6 Heat oil in a pan and fry the pancakes.
- 7 For the icing, blend cream cheese with yoghurt and icing sugar until smooth.
- 8 Spread the icing over each of the pancakes and stack them one on top of the other.
- 9 Ice the top of the pancake cake and garnish with fresh raspberries and a dusting of icing sugar.
- 10 Slice and serve.



Views:
695 342



Likes:
19 232



Shares:
11 264

HASH BROWN BREAKFAST PIZZA

A delightfully cheesy breakfast pizza that's gluten-free, grain-free, easy to make and an absolute crowd pleaser!

FOR THE HASH BROWN BASE

2 large potatoes, peeled
2 large Food Lover's Market eggs
½ cup grated Food Lover's Market cheddar
Salt
Pepper

FOR THE PIZZA TOPPING

6 rashers Food Lover's Market streaky bacon, cut into pieces
½ cup grated Food Lover's Market cheddar
4 large Food Lover's Market eggs
1 cup mushrooms, chopped
Chopped fresh chives, for garnish

- 1 To make the hash browns, grate the potatoes into a large bowl filled with cold water. Stir until the water is cloudy, drain and cover the potatoes again with fresh cold water. Stir again to dissolve excess starch. Drain potatoes well, pat dry with paper towels and squeeze out any excess moisture.
- 2 Stir in 2 eggs, ½ cup grated cheddar and salt and pepper to taste.
- 3 Preheat oven to 180°C. Line a baking tray with baking paper and add the hash brown mixture. Using your hands, pat the mixture into a rectangular shape. Bake for about 20 minutes, until golden.
- 4 While the hash brown crust is baking, cook the bacon in a large pan over medium heat until crispy, about 6 minutes per side.
- 5 Top the baked crust with the remaining ½ cup cheddar and crack the remaining 4 eggs on top. Scatter with crumbled bacon and chopped mushrooms and season all over with salt and pepper.
- 6 Bake until the egg whites are set but the yolks are runny, 8–12 minutes.
- 7 Garnish with chives, slice and serve.



STEP 1 Grate the potatoes and stir in eggs and cheese.



STEP 2 Pat the mixture into a rectangular shape and bake.



STEP 3 Crack eggs onto hash brown crust and add remaining ingredients.



 **Views:**
986 850

 **Likes:**
22 385

 **Shares:**
21 873



DELICIOSO!



AMARULA STICKY MALVA PUDDINGS

A comforting classic + AMARULA = a doubly delicious dessert idea!

1 cup sugar
1 egg
2 tbsp butter
1 tbsp apricot jam
1 cup flour
1 tsp bicarbonate of soda
½ cup milk
1 tsp vinegar
½ cup Amarula

FOR THE SAUCE:

1 cup caster sugar
½ cup melted butter
⅔ cup cream
Pinch of salt
½ cup Amarula

Vanilla ice cream, to serve

Fantastic warm with
melting ice cream.
I believed it's passed
by the Heart Foundation,
so safe to eat.

— ROBERT KELLY

- 1 In a large mixing bowl, beat the sugar and egg with a hand-held mixer.
- 2 Add the butter, apricot jam, flour and bicarbonate of soda to the mixture. Stir to combine.
- 3 Once combined, add milk, vinegar and ½ cup Amarula to the bowl and mix until smooth.
- 4 Place cupcake liners into the 12 cups of a muffin tin. Pour the mixture into the cupcake liners, filling each two-thirds of the way to the top.
- 5 Bake for 15–20 minutes at 180° C. Cool for 10 minutes and then remove.
- 6 While the puddings are baking, make the sauce. Heat caster sugar, melted butter and cream in a saucepan over a medium heat to make the sauce.
- 7 Bring the mixture to a boil. Once boiling, add a pinch of salt and the remaining ½ cup Amarula.
- 8 Keep the sauce on the heat until it caramelises.
- 9 Once caramelised, divide half of the sauce between the puddings, allowing it to soak in. Reserve the remaining sauce for serving with the puddings.
- 10 Serve each pudding with a scoop of vanilla ice cream and the reserved sauce.



Views:
513 814



Likes:
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