



## Starter – Aromatic Chicken Skewers With Creamy Coconut Dip

### **For the chicken:**

30g flat leaf parsley

4 cloves garlic, minced

3/4 cup olive oil

1/4 cup red wine vinegar

Juice of 1/2 lemon

1/2 red onion, chopped

1 tsp dried oregano

Salt and black pepper to taste

6 chicken breasts, diced

### **For the coconut yoghurt dip:**

1 cup double cream plain yoghurt

1/2 cup coconut milk

2 tbs chopped coriander

Zest & juice 1 lime

1 tsp grated ginger

## Directions

1. Preheat the oven onto the grill setting.

2. Place parsley, garlic, olive oil, vinegar, lemon juice, onion, oregano and seasoning into a blender and blend until fine.
3. Pour the herb marinade onto the chicken then skewer onto the skewers then place onto a tray.
4. Cook in the oven under the grill for 5 minutes, then turn over and cook on the other side for 5 minutes until the chicken is browned and cooked through.
5. Mix together the ingredients for the dip, then serve alongside the chicken.



## Main – Salmon Poke Rice Bowls

Serves 4

### **For the rice:**

2 cups saman white rice

2 cups water

2 tsp salt

¼ cup rice vinegar

3 tbs castor sugar

### **For the poke:**

8 tbs soya sauce

2 tbs brown sugar

1 red chilli, finely chopped

1 tsp grated ginger

1 lime, zested

2 tsp sesame oil

2 tbs chopped fresh coriander

200g salmon fillet

**To serve:**

1 small cucumber, sliced into ribbons using a peeler

2 avocados, sliced

toasted sesame seeds

## Directions

1. Wash the rice in cold water to remove any excess starch.
2. Place the washed rice into a pot then add the 2 cups of water and salt, cover with a lid and place on high heat until boiling.
3. Reduce heat to medium, then simmer gently until the water is absorbed.
4. Remove from the heat and set aside for 10 minutes, with the lid on.
5. Mix together vinegar and castor sugar until dissolved, then fold into the rice and set aside to cool completely.
6. Cut the salmon into 1cm squares, then toss in the marinade and leave to sit for 5 minutes.
7. Spoon rice into bowls, then top with the salmon and cucumber ribbons, avocado and pickled ginger.
8. Sprinkle with the sesame seeds.



## Dessert – Pear Fritters With White Chocolate Sauce

Serves 4

Chocolate sauce:

1 cup cream

200g white chocolate, chopped

**For the fritters:**

2 Eggs

1 cup double cream vanilla yogurt

¼ cup milk

2 cups cake flour

4 tbs yellow sugar

2 tsp baking powder

4 pears, sliced thickly

Sunflower oil for frying

4 tbs yellow sugar

1 tsp ground cinnamon

## Directions

1. Heat the cream, then add the chocolate and leave to melt.
2. Whisk the eggs, yoghurt and milk then add flour, sugar and baking powder then mix well to combine.
3. Dip the pear slices into the batter, then drop into hot oil and fry until golden brown.
4. Drain on kitchen paper to remove excess oil.
5. Mix together the sugar and cinnamon, then toss the fritters into the cinnamon sugar to coat.

Serve with the chocolate sauce on the side.



## Drink - Strawberry & Wine Slushies

2 cups Water

1 cup white sugar

400g Strawberries, hulled

375ml Vodka or Gin

500ml Nederburg Winemaster's Special Late Harvest

250ml Water

## Directions

1. In a large pot, mix together the water and sugar over low heat until sugar dissolves, then boil for one minute.
2. Remove from the heat, then add the strawberries and blend until smooth.
3. Mix in the vodka, then pour into ice cube trays and freeze for a minimum of three hours.
4. When ready to serve, place cubes into a blender along with the Nederburg wine then blend until slushy.
5. Pour into jars and serve immediately.