

The Spice Girls

BARBECUE T-BONE AND CHEESY PHUTHU



Barbecue T-Bone

T-Bone Steak
Salt and pepper
3 tsp Robertsons Shisinyama MASTERBLEND
Olive oil
White wine
Handful of sesame seeds - toasted

Using direct heat, braai steak for 5 minutes on each side and let it rest
Throw liquid from steak into pan and let it simmer.
Baste the steak with the hot sauce
Sprinkle toasted sesame seeds on steak and serve

Cheesy Phutu

Water
Salt
White Star Maize Meal
Grated Cheese

Bring water to boil
Add salt
Add White Star Maize Meal and stir after 5 minutes
Simmer for 20 minutes
Once the water has evaporated add grated cheese

Relish

Tomatoes
Onions
Ginger
Garlic
Spices
Chopped Chillies

Blanche tomatoes, peel off the skin and chop them. Put them aside
Finely chop the rest of the ingredients
Sautée onions, ginger, garlic, spices and lastly chillies
Add the blanched, chopped tomatoes and let simmer until the tomatoes are soft.

Carrot Salad

Grated carrots
Sliced onions
Coriander
Shredded lettuce

Mix all the ingredients together

