

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: South African Sosasies with Chicken or Lamb

Savory and Sweet:

Lamb and Chicken Sosasies

2 Large Red Onions, Chopped
2 TB Olive Oil
2 TB Ground Coriander
5 Bay Leaves
1 Tsp Cinnamon
1 TB Curry Powder
1 Tsp Allspice
½ Cup Dark Brown Sugar
1 TB Turmeric
2 Tsp Sea Salt + 1 Tsp Pepper
2" Fresh Ginger, Grated
¾ Cup Red Wine Vinegar
½ Cup Red Wine
¼ Cup Apricot Jam
6 Grated Garlic Cloves
8 Oz Dried Apricots, soaked in 1 Cup White Wine at least 1 hour
Red Onions and Peppers, in Squares
Lemon Wedges

4 LB Lamb or Chicken Thighs, cut into chunks

Step One Sauté the onions in the olive oil over medium heat until wilted and golden.

Step Two Mix the dry ingredients together in a bowl. Add the dry ingredients to the pan, and cook and stir for a few minutes, or until fragrant. Turn the heat to low and add the ginger, vinegar, red wine, jam and garlic cloves. Bring to simmer and cook for an additional 5 - 10 minutes, or until beginning to thicken. Remove from the heat and let come to room temperature.

Step Three When cooled, add the lamb or chicken and the marinade to zippy bags and massage the meat well. Place in the fridge at least 4 hours or overnight.

Step Four Skewer the meat with the apricots, peppers and onions. Cook over a medium hot grill until desired doneness. Serve with lemon slices.

2 Kitchen Smidgen

Sosasies are an integral part of the South African Braai (BR-I) or barbecue. The dish has its roots in Malay cuisine, the term derives from Sate - skewered meat and saus - spicy sauce. A sweet and savory combination of flavors, the skewers were traditionally made with lamb, today you can find them with a variety of meats.

3 Get Creative

Apricots have been cultivated since antiquity, and dried ones were an important commodity on trade routes. Three countries claim the origin of apricots: Armenia, India and China.

4 WINE of the Week

Goats do Roam Red
Western Cape, South Africa
Cost Plus World Market about \$10

A casual, easy to drink, jammy, lots of spice and a little smokiness spring bbq sipper. South African wines continue to get better and better and many of its exports are great values. Made with mostly juicy fruit forward Syrah grapes - you'll find this the perfect pair for your Braai!