



KAINGU

SAFARI LODGE

Recipe Book



Amarula Truffles

with passion fruit

200g dark chocolate
50ml cream
100ml icing sugar
40ml Amarula
1ml vanilla essence

cocoa powder

for serving: chocolate-sauce (mix cocoa powder with water over low heat)
passion fruit

Melt the chocolate in a bowl over hot water, stir in the cream, sifted icing sugar, Amarula and vanilla essence and stir until quite smooth.

Let cool and then chill the chocolate mixture in freezer for about 2 hours.

Roll mixture into small balls, about 2cm in diameter and roll in cocoa powder.

Garnish plate with chocolate-sauce, place three balls per serving and passion fruit wedges.



Esnart:

"Enjoy your last meal."



KaingU Baobab Lemonade

on crushed ice

ingredients

method

1ltr	water	>	heat the water and dissolve
½ cup	sugar or honey	>	allow to cool and add
1	juice of one lemon		and
½ cup	baobab powder	>	chill for 1 hour
		>	to serve pour over crushed ice and top up with
	soda water		and a slice of lemon

Home Made Muesli

6 cups jungle oats,
1 cups each: coconut, all bran, corn flakes,
1/2 cup sunflower seeds (or mix linseed, pumpkin seeds)
1/4cup sesame seeds.
1/4 cup brown sugar,
2 pinch salt,
1/2 cup oil,
1/2 cup honey,
1/2 cup chopped nuts, (cut almonds into half, Pecan nuts into quarter,
take skin off from groundnuts and toast these in advance)
5ml vanilla essence,
1/4 cup chopped dried fruits (banana chips, dates, raisins, mango,...)

Method:

- add all dry ingredients beside the nuts and chopped fruits together in a deep roasting tray
- boil the honey, oil, vanilla, than pour into the tray and mix well
- bake in cool oven (160 degree) stirring every ten minutes, until crispy (about 1 hour)
- add the fruit and nuts 10 minutes before cooking is complete

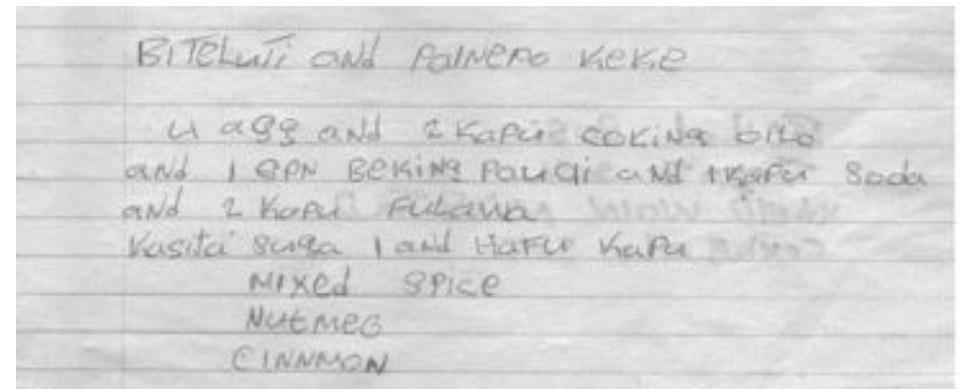
Beetroot & Pineapple Cake

ingredients

200 g	caster sugar
4 large	egg
190 g	self raising flour
¼ tsp	cinnamon
¼ tbs	nutmeg
¼ tbs	allspice
10 g	bicarbonate of soda
250 g	cooked beetroot, tin crushed
250 g	pineapple
250 g	sunflower oil
150 g	toasted groundnuts

method

> preheat oven 170°C
> grease a 25cm cake tin
beat the
and
until thick and creamy; sift the
and add the
and
to the sugar and egg mixture; add the grated
and
and mix well; pour the batter into the prepared tin
and bake for 45 minutes





Wina's Banana Creps

<u>ingredients</u>	<u>method</u>
250 ml flour (1cup)	> mix flour, cocoa-powder, milk and eggs until well combined, heat little butter in a pan and make the crepes
60 ml cocoa powder	
2 eggs	
500 ml milk	
<u>filling:</u>	> for the filling melt the butter, cream and sugar together in a pot, add the vanilla essence and sliced bananas and simmer for a few minutes
3 bananas	<u>to serve:</u> > fold crepes into quarter and fill with the banana cream > garnish with chopped and toasted almond nuts, cocoa sauce (cocoa powder dissolved in little hot water and a slice of banana, turned in flour and fried in butter golden brown)
250 ml cream	
125 ml sugar	
1 tsp vanilla essence	
1 Tbsp butter	

Pear & Blue Cheese Salad

with caramelized nuts

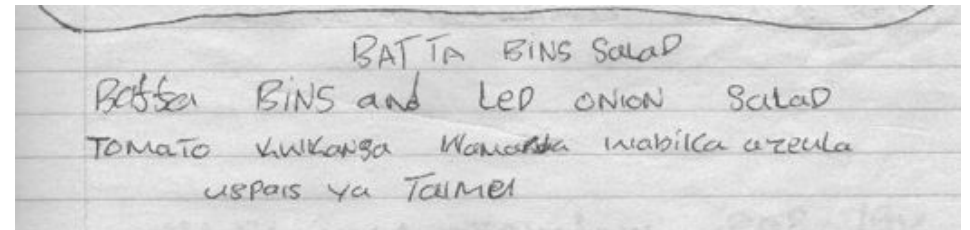
<u>ingredients</u>	<u>method</u>
pears	cut in cubes
blue cheese	cut in cubes
nuts	caramelised

dressing:

white vinegar, olive oil, dijon mustard (little), salt, pepper, brown sugar, fresh parsley (chopped to add colour)

Caramelised Nuts:

<u>ingredients</u>	<u>method</u>
nuts	i.e. roughly chopped pecan or walnut nuts
3Tbs sugar	simmer sugar, vinegar & water till sugar is dissolved and amber in colour (do not stir at any point); coat the nuts in the caramel, spread out on lightly oiled plate and allow to cool
1Tbs white vinegar	
1Tbs water	



Beetroot & Orange Salad

with toasted sesame seeds

<u>ingredients</u>	<u>method</u>
6-8 beetroots	> boil with skin on until tender, allow to cool than peel and cut into quarters
4 oranges, peeled and segmented	> spoon onto a salad plater an top with
fresh mint	> drizzel with dressing and finish off with
5 ml sesame seeds, toasted	and

dressing:

2 juice of two oranges	> whisk all dressing ingredients together
45 ml white vinegar	
60 ml olive oil	
5 ml sesame oil	
brown sugar or honey to taste	
salt & pepper	

Carrot Cake

<u>ingredients</u>	<u>method</u>
600 g carrots	> preheat oven to 180°C
6 eggs	> peal, grate finely
125 g sugar	separate the eggs; beat the egg-whites with 75g of
1 Tbs lemon juice	> the
50 g syrup	and the
2 Tbs warm water	till hard; beat the egg yolks with 50g sugar, the
150 g desiccated coconut ,	and
150 g roasted oats ,	till creamy; mix the
1 orange zest ,	
1 Tbs orange juice ,	
80 g flour ,	
3 tsp baking powder ,	
1/2 tsp cinnamon	and stir under the egg-yolks; add and gently stir in the egg yolks and carrots
	put mixture into a greased cake tin and bake for 30-40 min.
<u>for the cream:</u>	
250 g cream cheese	> mix together with the
50 g icing sugar	add little orange juice if necessary to make a creamy, spreadable paste
	> let the cake cool and spread the cream all over; decorate with chopped pistachio nuts or mint leafs
	> (or sweet Easter eggs)



Lizzy's Delicious Apple Cake

ready to eat in 30 min. !

ingredients

3	apples
	cinnamon powder
1 cup	sugar
1 cup	milk
1	egg
1 Tsp	baking powder
1 cup	flour
2 Tbs	cooking oil

method

- > peel, core and slice; than lay into a greased oven proof dish (e.g. glass) and sprinkle with
- > Put sugar and all ingredients below in a bowl and mix together, than poor over the apples and bake for 20 Min at 180°C
- > ready!

Fennel & Orange Salad

with red onion and raisins

2 bulbs	fennel, finely sliced (or flat grated)
½	red onion, finely sliced
3	oranges, filleted, keep the juice and mix with the
2 Tbsp	raisins
1 Tbsp	honey
1 Tbsp	sunflower oil
1 pinch	Salt & pepper
1 pinch	pepper
<u>Garnish:</u> bits of the green of the fennel	
sprinkle with toasted sesame seed	

Cucumber & Pineapple Salad

with fresh chilli

ingredients

2	cucumber
1/2	pineapple
4	red chilli (or red pepper)

method

- diced
- diced
- finely chopped

dressing

balsamic & white vinegar, olive oil, salt & pepper, fresh parsley or mint

Home Made Fish Cakes

ingredients	method
350g bream, chopped	(or any other fresh fish)
50g butter	
2-3 garlic cloves	
100g bread crumbs	
1 egg, whisked	
2tsp dijon mustard	
2Tbs lemon juice	
2Tbs coriander, fresh	
6 spring onion	
2tsp worcester sauce	
1-2 tsp tabasco	> mix all ingredients together (add a bit more flour or bread crumbs if too soft)
salt & pepper	
100g bread crumbs	> shape to fish cakes, roll again bread crumbs
frying oil	> heat in pan and fry fish cakes about 5 min on each side, turning once, till golden brown

Chicken Braised With lemon and black olives

ingredients	method
1 Chicken, whole	> wash, dry and cut into 8 parts; heat the in large cast iron pot and fry the chicken pieces till brown on all sides, season with add the the and the and fry a little bit; add the and the with a lid and braise for 30 Minutes; cut into 8 pieces and add together with the to the pot; leave to simmer for another 30 minutes season with salt and pepper
4Tbs olive oil	
Salt & pepper	
4 garlic cloves	
onions, chopped into quarter	
2 twigs thyme	
1 lemon juice	
125ml white wine	
1 lemon	
100g olives, black	

> serve with baked polenta or rice and snow peas



Little Honey & Mustard Beef Rolls

ingrediens for 2 portions

<u>ingredients</u>		<u>method</u>
400 g	Steaks	> thinly sliced & beaten (thickness about 5 mm); have 3 long pieces per person, mix the and and spread over on one side of the steaks, season with > Top each steak with a slice of and and roll up and secure with a toothpick heat the in a pan to medium heat, fry the steak-rolls from all sides till done for serving drizzle with the frying oil
2Tbs	mustard	
2Tbs	honey	
	Salt & pepper	
6Thinn slices	Mozzarella	
6Thinn slices	gherkins	
6Thinn slices	tomatoes	
	cooking oil	

> serve with pan fried cubes of potato, onion and tomato,
green beans and a cucumber-yoghurt salad

Tomato & Mozzarella Phyllo Stack *with crushed olives*

<u>ingredients</u>		<u>method</u>
125 g	butter, melted	> using a pastry brush, generously spread the butter over 8 of the phyllo pastry sheets before layering one on top of the other (on a lightly floured surface) > cut 8 cm wide panels and arrange a portion of the cut at one end of each panel, topped with a few slices > fold the remaining pastry over cheese and top again; repeat till you are left with a tall stack > bake for about 15 min > crush together with and spoon over the phyllo stacks, season and serve immediately
500 g	phyllo pastry	
160 g	mozzarella	
6	tomatoes, ripe	
200 g	olives, pitted	
3Tbs	olive oil	
	salt & pepper	

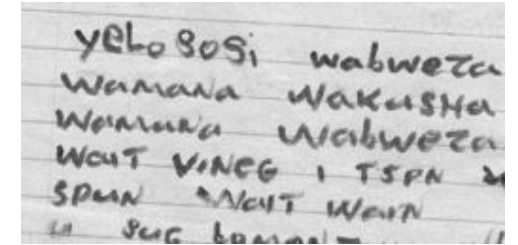
Timbale Of Smoked Silver Barbel

with dill sauce

ingredients	method
<i>Timbales:</i>	
4 fillets of smoked silver barbel*	
50g smoked salmon	> flake the smoked fish; and add the
125g cream cheese	
1 egg	
1 egg yolk	
2Tbs lemon juice	> blend in a processor until just combined; fold in the
1/3 cup fresh cream	
salt & pepper	season to taste
	> grease 4 molds (or espresso cups) and fill with the mixture
boiling water	> cover each with tin foil and place in a baking tray half filled with boiling water
	> bake at 180° until firm to touch about 30 min
cucumber	>
smoked salmon	to serve, place warm timbales on sliced cucumber and top with rosette of smoked salmon and two chives, drizzle sauce around
fresh chives/dill	
*or Smoked Trout	
<i>Dill Sauce:</i>	
100ml fresh cream	> mix with
1 Tbs plain yoghurt	
whole grain	
1 Tbs mustard	
1 tsp dill	
salt & pepper	

Yellow Sauce

6	eggs, boiled hard
1 Tbsp	White vinegar
2 Tbsp	White wine
1 Tbsp	sugar
40 g	butter
40 g	flour
400 ml	fish stock
	lemon juice



Get the egg yellows of the hard boiled eggs, mash it up and mix with the vinegar, white wine and sugar.

Melt the butter in a pan, mix in the flour and leave to get golden yellow (not brown!).

Add the stock to the butter, leave to simmer for 5 minutes, than add the eggyellow-mix

Use lemonjuice, nutmeg, salt and pepper to taste.

Creamy Corn Soup

Dill Rice

2	olive oil	> heat in in pan, add the crushed
1 Tbs	garlic clove	and the trimmed, cleaned and thinly sliced
1	leek	> fry gently for 4 min; add the
225 g	basmati rice	and fry for another 2 min or until the rice starts to crackle; add the
400 ml	chicken stock	and
1/2 tsp	salt	> bring to boil, cover, reduce the heat to low and leave to cook for 10 min; turn off heat and leave the rice undisturbed (don't open lid) for a further 5 min

ingredients

6 tsp	cottage cheese	> uncover the pilaf and with a fork, stir in the chopped
3 Tbs	dill	> take out of fridge so it has room temperature at serving
4 slices	back bacon	> and little more seasoning to taste if necessary
6 leaves	basil	> cut into strips & fry very crispy

30 g	Butter & olive oil (half half)	> heat in a pot and fry the chopped
2	onions	till glazy, add the
3	garlic cloves	and finely chopped
2 twigs	Rosemary	and
1 can	mushrooms	and fry for a while, add the
1 can	Corn	and
1 Ltr	chicken stock	bring to the boil and simmer for 20 Minutes

		> puree
150 ml	cream	season with
	Salt & pepper	and
	nut meg	
		> to serve, ladle into warmed soup bowls and top each one a teaspoon of cottage cheese, strips of the crispy bacon and a basil leaf

with cottage cheese & crispy bacon

Pork Saltimbocca

with baked couscous

ingredients	method
2 per person thin fillets of Pork	> put one slice of
2 per person parma ham	and one leave of
2 per person sage leaves (fresh)	on each thin fillet and secure with one toothpick
butter	> melt some butter in a pan and fry each fillet approximately 2 minutes on each side
	> sprinkle with salt and pepper, remove from pan and place in hot oven while making the sauce

ingredients

ingredients	method
1 cup couscous	> add some
white wine	> to the butter in the pan and make to a sauce
1 cup vegetable stock	> cover with a lid for 10-15 minutes until grains swell and all stock is absorbed
	> stir with fork to separate grains, add
2 Tbs cottage cheese	> and
1 tsp Raz El Hanout (North African spice)	> mix well, season to taste
	> grease 4 ramekins with butter and line side with a thin slice of
1 carrot or courgette, sliced lengthwise	> fill each ramekin with the couscous and bake in oven at 150° C for about 10 minutes
	> turn ramekin up side down on plate for serving

Couscous

Fried Fish Fillets

with sweet & sour red onions

ingredients

method

for the sweet and sour onions:

50ml	olive oil	>	heat in in frying pan, add the halved and thinly sliced
2	red onions		add the
2Tbs	red wine vinegar		
2Tbs	honey		and some
	salt & pepper		and cook them gently for 15 min, stirring every now and then, until they are soft but still with a little bite, but do not let them brown; keep warm

for the fish:

	olive oil	>	pour into a wide shallow pan to a depth of 1cm and heat to 180°C; season the lengthways halved
	fish fillets		on both sides with
	salt & pepper		and than coat them in the
	flour	>	and knock off the excess. Lower the heat slightly, add the fish fillets and cook them for 1 min on each side until lightly golden and cooked through. Lift onto kitchen paper and drain briefly.
		>	overlap 2 fish fillets in the centre of each warmed plate and spoon over some of the sweet and sour onions; scatter with the
	capers		and serve

serve on yellow sauce with dill rice and snow peas

Courgette, Mozzarella & Smoked Beef Rolls

on crispy toast

Thin slices of a large courgette, one per person

sliced mozzarella cheese

thin sliced smoked beef (or bacon)

very fine chopped onion

olive oil

crispy round toast

- > brush the slices of courgettes with olive oil, sprinkle with salt and pepper
- > place on top the slices of mozzarella and smoked beef
- > roll up and fix with a toothpick
- > place rolls in an oven proof dish
- > chop up the left over courgette and onion finely, sprinkle with Tumeric, put inside the oven proof dish, add water (about half the hight of the courgettes) and bake in oven for about 20min
- > cut rounds of sliced toast, drizzle with oil and bake in oven till crispy
- > put the courgette rolls on another plate and keep hot
- > blend the sauce and reduce in pan
- > to serve put the crispy toast on the plate, the courgette rolls on top (remove toothpick) and drizzle the sauce around, sprinkle with chives or parsley

Lemon and Caper Chicken fillets

*with spinach dumplings,
slow cooked tomato sauce and baby corn*

Serves 4-6;

<u>ingredients</u>	<u>method</u>
6 skinless chicken breasts	> cut in half lengthways
salt & pepper	> place on a wooden board between two sheets of plastic wrap; using a meat mallet, lightly flatten the breasts until fairly thin; season with and dust with
cake flour	> shake off the excess flour; heat 2 Tbs of
olive oil	in a large non-stick frying pan over medium heat and fry the chicken in batches on both sides until golden, about 3-4 minutes per side
80 ml	> remove from the pan and set aside
	> add the remaining oil to the same pan together with the drained and chopped
45 ml capers	and
1 Lemon zest	and fry over low heat for 1 minute (the lemon zest should stay yellow)
	> return the chicken fillets to the pan and add the
1 lemon juice	> fry for a further 2-3 minutes; adjust seasoning and scatter with
fresh parsley	

Spinach Dumplings

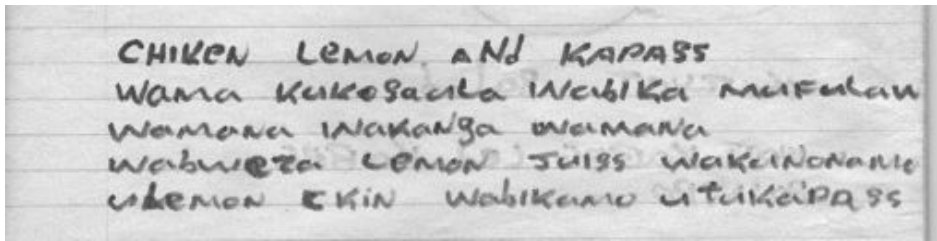
serves 4

ingredients

1 loaf	stale white bread
100 ml	milk, warm
2 Tbs	butter, melted
5	eggs
2 handf ull	spinach
1	onion, glazed
1	garlic cloves, glazed
100 g	cheese, finely grated

method

- > put all ingredients into a bowl and leave to soak a bit; then mix with your hands
- > in a large pot, bring water to the boil
- > shape with wet hands to thick sausages (diameter ~5cm)
- > put them into the boiling water, reduce heat and simmer for 15-20 Min;
- > drain and allow to cool
- > cut into thumb thick slices and fry in little butter & olive oil till crispy



Slow Cooked Tomato Sauce

ingredients	method
2 sprigs fresh parsley	> make a bouquet garni: use a piece of kitchen string to tie the herbs together
2 sprigs fresh thyme	
1 bay leaf	
7 cm piece of celery	
1 kg tomatoes	> immerse in a bowl of boiling water for 30 seconds, then drain and refresh under cold running water. Peel away the skins. Quarter the tomatoes, discard the seeds, then roughly chop the flesh
2 Tbs olive oil	> heat in a deep frying pan with a lid or in a saucepan, add the crushed and the chopped
1 large garlic clove	cook for about 3 min. until they have softened; add the tomatoes, the bouquet garni, the
100 g onions	
100 ml red wine	and to taste
200 ml water	
1/4 zest of lemon	
1 tsp sugar	> bring to the boil, stirring. Lower the heat, partially cover and simmer very gently for 1 hour, or until most of the liquid has evaporated. Do not dry out.
salt & pepper	
	> adjust the seasoning if necessary
	> if not used at once, keep refrigerated for 3 days or freeze

Avocado & Coconut Soup

(chilled soup)

ingredients	method
1 Avocado(s)	> cut into half and remove stone, scoop out flesh and put into the bowl, drizzle with and mix in the
1/2 juice of a lemon	
250 ml yoghurt, plain	. Chop the
250 ml water	
1/2 chilli, fresh	and the
1 garlic cloves	finely and add to the bowl together with the
1 tsp cumin, ground	and
1/2 cup coco, desicated	> season with
2 tsp salt	> puree all till smooth
1/4 bunch coriander, fresh	garnish with chopped for serving

Nelson's Crocodile Bread



