

# #MaSisulu100



*A culinary dedication to  
Albertina Sisulu's Legacy*



**tourism**

Department:  
Tourism  
REPUBLIC OF SOUTH AFRICA



**ALBERTINA SISULU**  
*Centenary*  
2018





Deputy Minister of Tourism Ms. Elizabeth Thabethe

# FOREWORD

## A Meal for a Giant

On the centennial celebration of Mama Albertina Nontsikelelo Sisulu, we crown her immortalised life with a culinary dedication of African cuisine inspired by her legacy as an activist, a nurturer, humanitarian and midwife of our freedom and democracy.

We celebrate the life of Ma Sisulu with this melting pot of aromas and textures – a multi-sensory experience, that reflects the heart and passion of this giant. From zesty to smoky, hot and spicy to soothing, this culinary collection celebrates a cultural fusion and explosion of flavours.

In loving memory, we dedicate this recipe book to her and all who came before her.

We take pride in our food and culinary history as an integral part of our heritage, diversity and tradition. When we combine travel with our unique edible experiences, culinary tourism offers an authentic taste of place, and becomes a central facet to a tourist’s experience.

Food serves to connect us with the land and the people around us. It is a dynamic channel for sharing stories, forming relationships and building communities.

Through our National Youth Chefs Training Programme (NYCPTP), we have skilled more than 3000 unemployed youth from across our country to be professional chefs.

As gesture of gratitude, our graduates have proudly compiled this collection of recipes to honour Mama Sisulu.

We invite you to our table to share these unique dishes in celebration of the life of our icon Albertina Sisulu - a Woman of Fortitude.

Asitye Sibuse! Enjoy! Itatswe!

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## Tantalise your Taste-buds

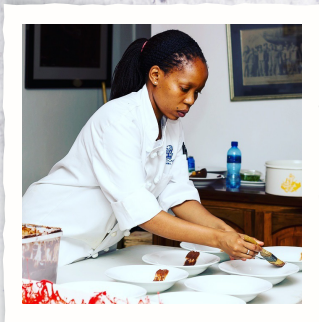
### Dessert

White Chocolate Cremaux

Umqombothi & Chocolate  
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(Mopani worms)

Rooibos Date Loaf





## Chef Kgalemo Molaudi (NYCTP Graduate)

"I was raised by my grandmother and she instilled in me a love for the culinary arts. She loved to bake, and I often found myself either weighing ingredients or stirring her pots. Cooking is my safe haven, and I love how simple ingredients can be turned into a wholesome meal like this Prawn and Avocado Salad. I am inspired by Ma Sisulu's strength and willingness to see change in our society. It is because of people like Ma Sisulu that we work to assure a better future for ourselves, and generations to come."

## Prawn & Avocado Salad

### Ingredients

- |   |                              |
|---|------------------------------|
| 10 large prawn (deveined, shelled tails intact) | 1 pinch sea salt             |
| 1 cos lettuce (cleaned)                         | 1/2 tsp crushed black pepper |
| 1 cucumber (shaved into ribbons)                | 2 tablespoons butter         |
| 1/2 cup cocktail tomatoes (cut in halves)       | 60 ml balsamic glaze         |
| 1 small juliene red onion                       |                              |
| 1 large ripe avocado (sliced)                   |                              |



## Cooking Method:

### Prawns

In a large pan over medium heat, heat 2 tablespoons butter.

Add the garlic and sauté until it begins to soften.

Add the prawns, salt and pepper and sauté until it has cooked through (4 to 6 minutes)

### Assemble

In a mixing bowl, toss together cucumber, cocktail tomatoes, red onion and lettuce.

Add the cold prawns, avocado on top of the lettuce and drizzle with balsamic glaze.

### Serving suggestion

Serve as starters or enjoy as a light meal.



## #MaSisulu100 Fact



Albertina Nontsikelelo Sisulu was born on 21 October 1918 into the Thethiwe family in Xolobe village in the Tsomo district of the Transkei, in the Eastern Cape.



## Chef Sizwe Mbatha (NYCTP Graduate)

"I first heard about the NYCTP initiative on Ukhozi FM in 2012 and I signed up for the programme. I love cooking and engaging with different people. As a chef, I am always looking for ways to make delicious food with day-to-day ingredients. I am grateful for the NYCTP learnership opportunity, and it is only because of leaders like Ma Albertina Sisulu that I am a chef today. In celebration of MaSisulu, I dedicate my vegetable and hake soup in memory of her legacy."

## Vegetable & Hake Soup served with roti



### Ingredients

#### Soup

- 1 carrot (peeled and diced)
- 1 onion (chopped)
- 1 celery stick (diced)
- 100g hake fish fillet (flaked)
- 1 litre of water
- 15ml oil
- 1 clove of garlic
- 5ml crushed ginger
- Salt and pepper to season
- Vegetable stock and fish stock granules

#### Roti

- 200g cake flour
- 500ml luke warm water
- 1 tbsp. of oil
- ½ tsp of salt
- 10ml oil for frying

### Cooking Method:

#### Soup

On a low heat, pour 15ml of oil into a casserole pan. Add onion, ginger, garlic and sauté until translucent and soft. Add carrots, celery and sauté for 3 minutes. Add stock mixture into the casserole pan and boil for 5 minutes. Add flaked fillet of fish and simmer for 3 minutes.

#### Preparation

Combine vegetable and fish stock granules in 1 litre of water and set aside.

#### Roti

Place the flour, salt and 1tbsp oil in a bowl. Add warm water and mix to a soft dough. Turn the dough onto a lightly floured work surface and knead until smooth. Cover with cling film and leave to rest for 10 minutes.

Divide the dough into 6 equal pieces and roll each one to form circles. Heat a heavy-based frying pan until hot and add a little oil.

Place one roti in the pan and cook for 1-2 minutes until the roti starts to puff up and the base starts to brown. Turn the roti over and cook on the other side. Repeat the process for the remaining rotis.



### #MaSisulu100 Fact



ALBERTINA SISULU  
Centenary

Albertina Nontsikelelo Sisulu was a nurse, political and community activist, and also one of the high-profile leaders of anti-apartheid resistance in South Africa.



## Chef Thobi Skhosana (NYCTP Graduate)

"I was destined to be a chef. My late mother was a great cook, and I aspired to be as skilled as she was in the kitchen. When I saw the advert in the local Free State newspaper about the NYCTP, I rushed to apply and make my dream of being a chef a reality. My Mogodu (Tripe) Stir Fry recipe is a twist of the traditional Stir Fry recipes, and it features everyday meat that is consumed by many South African households. I dedicate this recipe to the resilient women of our country who, like Ma Sisulu, continue to fight to provide for their families."



## Mogodu (Tripe) Stir Fry

### Ingredients

500g mogodu (cleaned)	15 ml cooking oil
1 medium onion	3 tbsp. soy sauce
3 cloves of garlic	3 tbsp. sweet chili sauce
3 green, red and yellow bell peppers	salt and black pepper to season
100g mushrooms (sliced)	

### Cooking Method:

Trim off excess fat and cut mogodu into julienne strips.

Finely chop the garlic and julienne the onions and peppers.

In a hot pan, heat cooking oil and sauté mogodu until slightly browned (5 -10 minutes).

Add the onions and chopped garlic into the pan and sauté until it is translucent, then add the peppers and sliced mushrooms.

Finish off by mixing soy sauce and sweet chili sauce together and add to the pan. Mix well. Season with salt and black pepper.

### Serving suggestion

Serve hot on its own or with steamed bread.



### #MaSisulu100 Fact



ALBERTINA SISULU  
Centenary

In 1926 Albertina Nontsikelelo Sisulu began primary school in Xolobe village where she was a model student. Her commitment earned her a bursary to complete her high-school education at the prestigious Mariazell College in Matatiele.



## Chef Thulile Blou

(NYCTP Graduate)

"I love being a chef, and I believe the culinary discipline chose me. Growing up I dreamt of being a cabin crew assistant on a popular airline. I reckoned that having a basic knowledge of cooking and the food industry would boost my chances in the aviation industry. It was during my chefs training that I realised I loved cooking and enjoy being in the kitchen. In celebration of Ma Sisulu's legacy, I dedicate my scrumptious Pumpkin Fritter and Mango Salsa recipe. It's a timeless South African favourite, just like Ma Sisulu. Enjoy!"

## Pumpkin Fritters served with Mango Salsa



### Ingredients

#### Pumpkin fritters

1 cup pumpkin (cooked and pureed)  
1 cup flour  
2 tsp baking powder  
2 tbsp. caster sugar  
1 egg  
¼ cup milk  
pinch of salt to season  
oil for deep frying

#### Mango salsa

12 ripe mangos (diced)  
1 medium red bell pepper (chopped)  
1 cup red onion (chopped)  
¼ cup fresh cilantro (chopped)  
1 jalapeño (seeded and minced)  
¼ cup lime juice  
Salt to season

### Cooking Method:

In a large mixing bowl, combine the cooked and pureed pumpkin with flour, baking powder, salt and caster sugar.

Beat the egg and milk together and add to the mixing bowl.

Fold the mixture together until it forms a smooth batter. In a heated pan with oil, fry spoonful of the batter until golden brown on both sides and cooked through for approximately 2-3 minutes.

Remove from the oil and drain on a kitchen paper towel.

In a serving bowl, combine the mango, bell pepper, onion, cilantro and jalapeño.

Drizzle with the juice of one lime and mix well. Season to taste with salt.

**Tip:** Let the salsa rest for 10 minutes or longer to bring out the flavour.

### Serving suggestion

Serve as starters or enjoy as a light meal.

### #MaSisulu100 Fact



ALBERTINA SISULU  
Centenary

In 1944 Albertina Nontsikelelo Sisulu attended the ANC Youth League Conference, the only woman to do so.



# Nurture your Soul

MAINS



## Chef Tlali Masakala (NYCTP Graduate)

"The National Youth Chefs Training Programme (NYCTP) has changed my life and enabled me to follow my passion. In 2014, I was the only South African to be awarded the world-renowned and coveted City & Guilds Gold Medal for Excellence in the culinary arts. I am grateful to heroes like Ma Sisulu for paving the way so that we have the educational opportunities such as the NYCTP initiative. I dedicate my Chilli Mopani Worms Veg Tal recipe in memory of her legacy."

## Chilli Mopani Worm Vegetable Tal



### Ingredients

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 3 tbsp. oil                        | 3 large tomatoes (diced)        |
| 4 cloves of garlic (minced)        | 3 cups fresh tomato (pureé)     |
| 1 large onion, (finely chopped)    | 4 cups water                    |
| 1 large green pepper (diced)       | 2 large carrots (diced)         |
| 1 stalk celery (diced)             | 3 cups mopani worms (soaked     |
| 3 red or green chillies (optional) | In hot water for 10 minutes and |
| 2 tbsp. paprika                    | washed thoroughly with warm     |
| 1 1/2 tsp. ground cinnamon         | water)                          |
| 2 tbsp. ground coriander           | 2 cups bulgur wheat (partly     |
| 1 tbsp. ground cumin               | cooked)                         |
| 1 tsp. cocoa powder                | 1 cup pearl barley (cooked)     |
| 3 tbsp. tomato paste               | 1 cup red kidney beans (tinned) |
|                                    | 3 tbsp. chutney                 |
|                                    | Salt and pepper                 |

### Cooking Method:

Heat the oil in a pot. Add onion, garlic, green pepper, celery and chillies. Fry for 3 minutes.

Add paprika, cinnamon, coriander, cumin, cocoa powder and tomato paste. Fry for another 3 minutes.

Add diced tomatoes, tomato pureé and hot water. Let it simmer for 30 to 40 minutes. Add carrots. Once the carrots are almost cooked, add mopani worms, and cook for 10 minutes.

Add bulgur wheat, pearl barley, red kidney beans and chutney.

Season with salt and pepper.



### #MaSisulu100 Fact



ALBERTINA SISULU  
Centenary

Albertina Nontsikelelo Sisulu became the first woman to be arrested under the General Laws Amendment Act, which allowed a police officer to detain without warrant a person suspected of a politically motivated crime for up to 90 days without access to a lawyer.



## Chef Tshegofatso Seripe (NYCTP Graduate)

"I have a genuine love and passion for food. I like watching people enjoy the meals I have prepared, and this motivated me to be a chef. Ma Albertina Sisulu was a strong and humble person. She was passionate about serving and helping people. I imagine being around Ma Sisulu gave her family and South Africans a sense of comfort. My recipe is inspired by her character."

## Mabele ā Ting (sour porridge) & Morogo (spinach) Tart

### Ingredients

#### Mabele a ting (sour porridge)

8 cups boiling water  
3 cups mabele a ting maize meal  
2 cups cold water  
1 cup white spirit vinegar  
2 cups maize meal

#### Chilli chicken livers

1 onion (finely chopped)  
500g chicken livers (rinsed)  
125ml chilli sauce  
15ml cooking oil

#### Morogo (spinach)

1 bunch spinach leaves  
1 onion (finely chopped)  
1 cube chicken stock  
400g (1 tin) pilchards fish  
15ml cooking oil  
1 medium green pepper.



## Cooking Method

### 1. Mabele a Ting (sour porridge)

Mabele a ting (sour porridge)  
Bring 8 cups of water to the boil.

In a separate bowl, mix 3 cups of Mabele maize meal with 2 cups cold water and a cup of vinegar to make a thick paste.  
Add the paste to boiling water and stir until it thickens to a soft porridge - allowing it to boil.

Cook for 20 minutes and stir at 5 minutes intervals  
Add 2 cups of maize meal to the soft porridge and stir until well combined. The mixture should be firm and pliable.  
Simmer for 15 minutes and remove from heat.

### 3. Chilli Chicken Livers

In a heated pan with oil sauté onions until golden soft and translucent.

Add chicken livers and sauté until lightly browned.  
Season with a tablespoon of salt and stir in the chilli sauce and simmer for 5 minutes.

### 2. Morogo (spinach)

In a heated pan with oil sauté onions until golden soft and translucent.

Add green peppers, spinach and the chicken stock cube and continue to sauté until the stock cube dissolves.

Pour in de-boned pilchards and simmer for 5 minutes, and then remove from heat.

Season with a tablespoon of salt and stir in the chilli sauce and simmer for 5 minutes.



### Serving suggestion

Shape mabele a ting into a round tart, layer with spinach and ladle a generous portion of chilli chicken livers on top. Garnish with micro herbs and chilli flakes.

## #MaSisulu100 Fact



In 1948 Albertina Nontsikelelo Sisulu joined the African National Congress Women's League (ANCWL) and in the 1950s assumed a leadership role – both in the ANC and in the Federation of South African Women (FEDSAW)..



## Chef Bongani Hlatshwayo

(NYCTP Graduate)

"I developed a passion for cooking at a very young age learning how to cook from my mom. I have fond memories of her instructing me on how to make day-to-day meals, and the joy I felt when she enjoyed the food I prepared. The NYCTP learnership has helped me to fine-tune my cooking skills and prepare me for the world of work. In celebration of Ma' Albertina Sisulu's legacy, I dedicate my classy and flavourful recipe of Grilled Beef Fillet served on a bed of couscous, with glazed figs, blue cheese and red wine jus. The savoury and sweet flavours are inspired by Ma' Sisulu's elegance and bold persona as a hero of our liberation struggle. Enjoy this dish in memory of all the women of fortitude."

### Grilled Beef Fillet served on couscous, with glazed figs, blue cheese and red wine jus



#### Ingredients

##### Grilled beef

800g beef fillet  
2 sprigs of rosemary finely chopped  
5g coarse salt  
3g freshly crushed blackpepper  
50 ml olive oil

##### Couscous

500g couscous  
500ml boiled vegetable stock  
2 tbsp. olive oil  
4 tbsp. butter  
5g salt and pepper

##### Glazed figs

4 cups medium fresh figs  
2 strips lemon zest  
4 tbsp. red wine  
4 tbsp. brown sugar  
4 tbsp. of water

##### Red wine jus

1 tbsp. butter to finish  
1 medium brown onion, finely chopped  
1 whole garlic cut in half  
300ml dry red wine  
500ml beef stock

**Garnish:** Blue cheese and micro herbs

### Cooking Method:

1.

#### Grilled Beef

Mix the olive oil, salt and black pepper together in a small bowl and rub onto the fillet.  
Heat a grilling pan and sear the fillet on each side until browned.  
Transfer onto a pan and place into a preheated oven at 180°C for 10 minutes.  
Remove from the oven and set aside to rest, covered with tin foil.  
Once rested, cut into medallions.

3.

#### Glazed Figs

Cut figs in half and place in a saucepan.  
Add the lemon zest, red wine, water and brown sugar.  
Cook over low heat, stirring, until the figs are soft, 20 - 25 minutes.

2.

#### Couscous

Mix butter and boiled vegetable stock.  
Add the couscous to the bowl of butter and stock mixture and cover with cling film for 5-10 minutes until soft.  
Fluff the couscous up with a fork, drizzle with the olive oil, and season with salt and pepper.

4.

#### Red Wine Jus

In the same pan used to brown the fillet, sauté the onion and garlic.  
Add the red wine and beef stock, and reduce the mixture until thick.  
Strain into a bowl and whisk in the butter.

#### Serving suggestion

Serve the grilled beef fillet on a bed of couscous, with glazed figs. Drizzle red wine jus and garnish with crumbled blue cheese and micro herbs



#### #MaSisulu100 Fact



ALBERTINA SISULU  
Centenary

On 2 June 2011, Albertina Nontsikélelo Sisulu passed on at her Linden home in Johannesburg, aged 92.



## Chef Nosiphiwe Mbhele

(NYCTP Graduate)

"I have always had a passion for cooking. When the NYCTP initiative was advertised, I jumped at the opportunity to make my passion for cooking a career. In celebration of Ma Sisulu's Centenary, I dedicate my Loxion Grill Platter recipe in celebration of her legacy. I am inspired by Ma Sisulu's ability to rally the nation together towards building better societies. I hope this dish will bring friends and family together, and inspire many memorable moments."

## Loxion Grill Platter



### Ingredients

#### Loin lamb chops and mini beef wors skewers

2 portions of 140g loin lamb chops (marinated in rosemary, garlic and oil)  
2 portions of 120g mini beef wors

#### Chakalaka

90ml cooking oil  
2 medium onions (chopped)  
2 carrot (peeled and grated)  
1 tbsp. paprika  
1 tbsp. mild curry powder  
1 tbsp. garlic (chopped)  
4 hot chillies peppers  
½ tsp turmeric powder  
3 red, yellow and green bell peppers (diced)  
100ml tomato puree

#### Braised spinach and mushroom

750g spinach (washed and chopped)  
200g button mushrooms (chopped)  
1 tbsp. cooking oil  
1 tbsp. garlic (finely chopped)  
1 tsp of salt

#### Urban chip pap

250g maize meal  
1 litre water  
1 tsp salt to season  
2 eggs  
200ml cooking oil  
250g cake flour

#### Onion rings

1 medium onion (cut into medium rings)  
250ml cake flour (season with preferred spice)  
250ml water  
1tsp baking powder.  
200ml cooking oil

### 1. Loin Lamb Chops and Mini Beef Wors Skewers

Marinade: chop rosemary and mix with crushed garlic and olive oil in a bowl. Immerse lamb chops and refrigerate for minimum of 30 minutes to four hours. Heat up a heavy-duty frying pan until hot, place the lamb chops and seal on both sides (minimum 3 per side), or as desired. Set aside to rest covered with foil. Insert skewers through the mini beef wors to make it easier to work with. Place in a shallow frying pan with water and braise until firm. Once firm, remove water, add oil and brown the mini beef wors.

### 3. Chakalaka

In a large saucepan, heat oil and sauté onions, peppers, chillies, garlic, grated carrots until soft. Add curry powder, turmeric and paprika and stir continuously for 3 minutes. Lastly add tomato puree, allow to cook for 2 minutes, and season with salt and pepper. Remove from heat and allow to cool. Serve at room temperature.

### 5. Onion Rings

Mix all the above dry ingredients, and add the water to form a thick batter. In a large saucepan, heat oil to fry onions. Dip onion rings into the batter and fry in the saucepan until golden. Transfer onion rings on paper towel to remove excess oil.

### 2. Braised Spinach and Mushroom

In a large saucepan, heat oil and sauté onions, mushrooms, and garlic until soft. Add spinach and cook until wilted and soft, but still bright green. Add salt to season and remove from heat to use later.

### 4. Urban Chip Pap

Bring 700ml of water to a boil in a pot, and mix the remaining 300ml with the maize in a bowl to a paste. Add the maize paste to the boiling water, stirring continuously to prevent lumps. Reduce the heat and simmer for 25 minutes stirring occasionally to prevent the base from burning. Grease a baking tray with butter and transfer the pap onto the tray. Level the pap on the tray and allow to cool. Once cooled, cut pap to the desired strips. Beat eggs in bowl. Season flour with spice of choice. Dip pap in eggs and then in flour and fry until golden.

### Serving suggestion

Assemble on a board or platter, and garnish with micro herbs and chilli flakes.



## Chef Keletso Chiloane (NYCTP Graduate)

"I grew up in a family that loved cooking and baking, and it inspired my desire to be a chef. I was studying a hospitality course at Vhembe FET College when I learned about the NYCTP. I jumped at the opportunity to follow my passion and applied for the learnership. I dedicate my Beef and Morogo Stew (Kale/ Wild Spinach) recipe to Ma Sisulu. I am a chef today because of the opportunities that resulted from the oppressive educational systems she fought in the past."



## Beef & Morogo (Kale/ Wild Spinach) Stew

### Ingredients

#### Beef

2-3kg of beef cubes  
10ml olive oil  
Salt and pepper / beef stock granules to season

#### Morogo

Morogo (kale/ wild spinach)  
1/2 onion (chopped)  
1 clove garlic (finely chopped)  
1 tomato (chopped)

## Cooking Method

In a medium sized pot, heat oil and brown the beef cubes until soft and tender.

Add salt and pepper to taste, or beef stock granules. Cook for a further 3 minutes and then remove from the pan.

In the same pot used to brown the beef, sauté onions and garlic until golden soft and translucent. Pour in chopped tomatoes cook for 2 minutes.

Add morogo (kale/ wild spinach) over the tomato mixture cook for 5 minutes.

Return the browned beef in the pot and simmer with the morogo and tomato mixture for 5 minutes.

### Serving suggestion

Serve beef and morogo stew with maize pap or enjoy on its own.

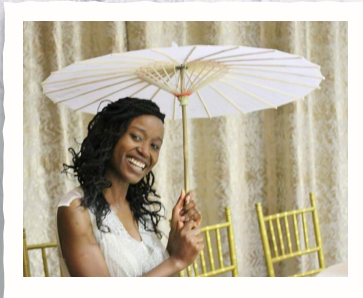


### #MaSisulu100 Fact

ALBERTINA SISULU  
Centenary



In 1991 Albertina Nontsikelelo Sisulu was elected to serve on the ANC's National Executive Committee. In April 1994, the Sisulu family observed the transition of South Africa following its first democratic elections.



## Chef Phumzile Moyo (NYCTP Graduate)

"I was fortunate to be one of the first students to be enrolled in the NYCTP initiative when it was launched in 2012. As a chef, I have learnt about various cultures and cuisines through the dishes I have prepared in the kitchen. In celebration of Ma Sisulu, I dedicate my wholesome and nutritious Bean Stew recipe. I'm inspired by Ma Sisulu's strength, and I am grateful for the opportunities we have today that are born from her life's legacy."

# Hearty Bean Stew

## Ingredients

- |   |   |
|---|---|
| 2 tbsp. olive oil                                       | 3 cups chicken or vegetable stock             |
| 2 medium onions (chopped)                               | 2 cups sugar beans (pre-boiled and drained)   |
| 1 large leek, (chopped)                                 | 1 cup kidney beans (pre-boiled and drained)   |
| 2 large carrots (peeled and sliced)                     | 1 zest of a lemon                             |
| Green, red and yellow bell peppers - (1 of each, diced) | Salt and freshly ground black pepper to taste |
| 3 cloves of garlic (crushed)                            | Fresh parsley                                 |
| 1 cup tomatoes (grated)                                 |   |
| 2 tbsp. tomato purée                                    |   |
| 1tbsp. brown sugar                                      |   |
| 1tsp mild curry powder                                  |   |
| 2 bay leaves  |   |
| 1 cup butternut (diced)                                 |   |



## Cooking Method:

In a large saucepan, heat oil and sauté onions and leeks until soft and translucent.

Add bay leaves and curry powder to the pan and stir (2 minutes).

Add the carrots and the diced bell peppers and continue stirring until soft.

In a small bowl, combine the grated tomato, tomato puree and brown sugar and add to the pot.

Add the butternut, kidney beans, sugar beans and 3 cups of stock and mix well. Season with salt and pepper.

Bring the stew to a boil, and then reduce the heat to simmer the stew for 15 -20 minutes while stirring occasionally.

Turn off the stove, add lemon zest and a handful of chopped parsley to the stew and allow to rest.

### Serving suggestion:

Serve hot on its own or with dombolo (steamed bread).

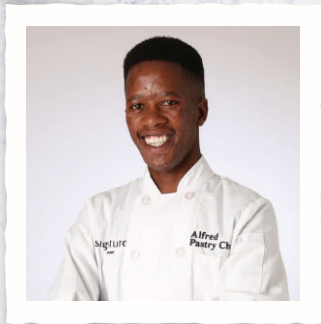


### #MaSisulu100 Fact



Albertina Nontsikelelo Sisulu and her husband, Walter Sisulu, were jailed several times for their political activities, and she was constantly harassed by the notorious Security Police.





## Chef Alfred Ngayi (NYCTP Graduate)

"I am inspired by Ma Albertina Sisulu and all the struggle icons who fought for the opportunities we have today. As a pastry chef, I strive to be the best at what I do - with the hope that it will inspire those around me to succeed. In celebration for Ma Sisulu's legacy, I dedicate my White Chocolate Cremaux recipe. A classy and rich dessert that sums up the essence of her elegant persona."

## White Chocolate Crémaux



### Ingredients

#### White chocolate cremaux

400g whipping cream  
400g milk  
160g egg yolks  
80g sugar  
600g valrhona white chocolate  
4 leaves of gelatine

#### Chocolate crumble

160g flour  
20g cocoa powder  
120g butter  
100g sugar

### Garnish components

#### Meringue

150g egg whites  
150g castor sugar  
5ml vinegar  
150g icing sugar  
25g corn flour

#### Raspberry jel

430g raspberry puree  
50g sugar stock  
30g ultratex

## Cooking Method:

### 1. White Chocolate Cremaux

Soak the leaves of gelatine in water until softened. In a mixing bowl, whisk together the egg yolks and sugar until smooth.

Heat milk and cream together in a saucepan. Use the warm mixture to temper the egg yolks by adding small amounts into the mixing bowl while whisking vigorously.

Add the rest of the milk mixture into the eggs whilst stirring and return the saucepan to the stove. Using a thermometer, cook the mixture up to 85°C.

Pour the mixture into a desired mould and chill in the fridge for 1 ½ hour.

### 3. Meringue

Whisk egg whites in a bowl on low speed until foamy. Once foamy, increase the speed to medium and add castor sugar a tablespoon at a time and vinegar, until the egg whites form soft peaks.

Sift icing sugar and corn flour into the bowl, and fold into the mixture until smooth.

Pipe into shapes on a silicon-baking mat, and bake at 100°C until dry. Cool the meringues in the oven.

### 2. Chocolate Crumble

Place all ingredients into a kitchen aid and mix with a paddle attachment until it resemble breadcrumbs. Layer the crumbled mixture onto a silicon-baking mat and bake at 160° C for 20-25 minutes.

### 4. Raspberry Jel

In a blender, pour the raspberry puree and sugar stock and mix at high speed.

Gradually add ultratex a tablespoon at a time in while blending. Once combined set aside for use as garnish.

### 5. Orange Chips

Thinly slice an orange into rings.

Coat the orange rings in icing/castor sugar and place on a silicon-baking mat. Bake at 100°C for 4 hours until dry.

### Serving suggestion

On a dessert plate, layer the crumble and place the white chocolate cremaux on top. Garnish with meringue pieces, orange chips and raspberry jel.

## #MaSisulu100 Fact



In 1958 Albertina Nontsikelelo Sisulu was among the hundreds of women who were arrested in Johannesburg for marching in protest against new pass laws.



*Chef Alfred Ngagi* (NYCTP Graduate)

"My Umqombothi and Chocolate coated Masonja recipe is dedicated to all those who strive for black excellence whilst remaining true to their culture."

## Umqombothi & Chocolate coated Masonja (Mopani worms)

### Ingredients

#### Umqombothi jelly

400g umqombothi  
15g sugar syrup  
6.5g agar  
6 leaves of gelatine

#### Chocolate coated masonja

80g chocolate slab (melted)  
½ cup of mopani worms  
(washed and dried)



### Cooking Method:

Preparation: Soak leaves of gelatine in cold water until softened.

Combine umqombothi, sugar syrup and agar in a saucepan.  
Bring mixture to a boil and then simmer for 2 minutes.  
Add leaves of gelatine to the hot mixture and stir until dissolved.  
Pour mixture in silicone moulds and refrigerate for 3 hours.

Melt chocolate and drizzle over mopani worms. Wait until cool and solidify at room temperature.



#### Serving suggestion:

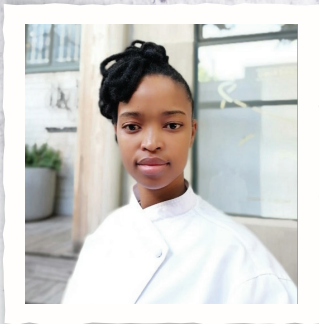
Serve umqombothi jelly with chocolate drizzled masonja.



### #MaSisulu100 Fact



In 1963 Albertina Nontsikelelo Sisulu was again arrested a few months after her husband went underground. In 1983 she was arrested and detained in solitary confinement. She was charged with furthering the aims of the ANC at the funeral of ANC activist Rose Mbele, and she was subsequently sentenced to four years in prison.



## Chef Nosipho Buthelezi (NYCTP Graduate)

"I knew from a young age that I wanted to be a chef. The NYCTP made that dream a reality for me. I am inspired by Ma Albertina Sisulu's leadership qualities, and like her, I want to empower young people in my community to be the best they can be. In celebration of Ma Sisulu, I dedicate my rich and memorable Rooibos Date Loaf."

## Rooibos Date Loaf



### Ingredients

140g dates (chopped)	250ml brown sugar
1 tsp bicarbonate of soda	150g butter (melted)
3/4 cup rooibos tea (brewed)	1 tsp vanilla extract
2 medium apples (peeled and grated)	4 eggs
310ml cake flour	

**For serving**  
Rosemary jam

### Cooking Method:

Preheat the oven to 160°C.

Soak the dates and bicarbonate of soda in the Rooibos for 10 minutes, and then blend until smooth.

Place the apples, flour and sugar in a mixing bowl.

Add melted butter, vanilla extract, eggs and date mixture, and mix well.

Spoon into a bundt pan and bake for 50 minutes or until cooked through.

Allow the loaf to cool slightly before removing from the tin.

### Serving suggestion:

Serve with warm custard or enjoy on its own with rosemary jam.



### #MaSisulu100 Fact



In 1981 Albertina Nontsikelelo Sisulu was involved in a campaign against the government's plan to hold elections for the South African Indian Council. During that period, she also spoke at many public gatherings condemning the apartheid state's policy of detentions without trial.

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