

THE FANTASTIC FOUR

A butcher, a baker, a farmer and a fishmonger share their favourite recipes for Women's Day (the candlestick maker was too busy, due to load-shedding)

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THE BUTCHER PHINAH MASHEGO

Phinah Mashego is a meat market manager for Shoprite in Lydenburg, Mpumalanga, and is the only woman among the three finalists in the 2015 Shoprite Checkers Boerewors Championships. "I started working as a meat packer six years ago and after I learned the basics I moved on to learning to be a butcher. I decided to give it all in a man's world as I am the breadwinner. Nothing is difficult when you are a hard-working person. When you are cutting meat you have to concentrate and can clear your mind of all other things. My boerewors is special because I use quality meat and a traditional recipe."

BOEREWORS TOMATO STEW

SERVES 4-6 EASY 1 HR

- 500g thick boerewors
- 10ml (2 tsp) sunflower oil
- 1 medium onion, coarsely chopped
- About 3 medium tomatoes, skins removed and chopped
- 2 peppercorns
- 1 bay leaf
- 5ml (1 tsp) light brown sugar
- 5ml (1 tsp) brown vinegar
- 5ml (1 tsp) Worcestershire sauce
- 100ml tomato paste
- 200ml beef stock
- Salt and freshly ground black pepper, to taste
- 4 potatoes, peeled and quartered

Cut the boerewors into 3cm pieces. Heat the oil in a large, heavy-based saucepan and fry the boerewors until browned. Add the onion and sauté for a few minutes until soft. Add the tomatoes, peppercorns, bay leaf, sugar, vinegar, Worcestershire sauce, tomato paste, stock and seasoning. Cover, reduce heat and simmer for about 20 minutes, stirring occasionally. Add the potatoes and simmer for another 25 minutes or until cooked.



THE FISHMONGER KIRSTEN JOOSTE

Kirsten Jooste, owner of La Marina Foods in Johannesburg, is much more than a fishmonger. La Marina is famous for supplying the freshest fish to the finest restaurants, hotels, caterers and lodges, but it is also an unrivalled delicatessen that stocks thousands of products from all around the world. Jooste is an accomplished cook as well as a businesswoman, and clients seek her advice on how to use everything from dried mushrooms to hibiscus flowers.



IRISH SCALLOPS WITH FENNEL AND CAULIFLOWER

SERVES 4 EASY 45 MINS

- 6 baby fennel, thinly sliced
- Peel of 1 lemon, sliced
- 100ml olive oil, or as needed
- Salt and pepper
- 1 head of cauliflower
- 100g pancetta, finely diced
- 100g Panko breadcrumbs
- Finely grated zest of 1 lemon
- 8 Irish scallops
- 100g unsalted butter
- Fresh fennel fronds, to serve

Place the fennel and lemon peel in a frying pan and add enough olive oil to just cover. Heat gently and simmer for 12-15 minutes until the fennel is soft. Remove the fennel from the oil (discard the peel), season and set aside. Pour off the oil. Thinly slice the cauliflower and fry in the same pan until golden brown. Remove and set aside. Add the pancetta to the pan and fry over high heat for 1-2 minutes. Add the Panko crumbs and lemon zest and fry until golden and crisp. Remove and set aside. Sear the scallops in the hot pan for 1-2 minutes on each side. Season and add the butter to the pan, tossing to coat the scallops. Place a layer of fennel and cauliflower on a plate, top with scallops and crunchy pancetta crumbs. Scatter with fresh fennel fronds and serve.



THE FARMER JANET DIACK

Janet Diack's Brightside Farm in the Magaliesberg supplies her son James's restaurant, Coobs in Parkhurst, with sustainable produce, meat and charcuterie. "I've always dreamed of being a farmer and have discovered that as a woman, farmers are prepared to accept anyone who loves the land — and don't see each other as competition. As sustainable farmers, we find organic farming is much tougher when things go wrong. There's no getting out the big chemical guns."



JANET'S SOUP

SERVES 8 EASY 1 HR 20 MINS

- 1 large free-range chicken
- Sea salt & freshly ground black pepper
- 30ml (2 tbsp) olive oil
- 4 large leeks, roughly sliced
- 4 stalks celery, roughly sliced
- 200g pumpkin, peeled and roughly chopped
- 4 turnips, roughly chopped
- 2 large sweet potatoes, peeled and roughly chopped
- 1 x 400g can chopped tomatoes
- Juice of ½ a lemon
- Large chou-chou (chayote marrow), roughly chopped
- Large handful spinach, roughly chopped
- 150g fresh corn kernels
- Chopped fresh coriander or flat-leaf parsley, to serve

Place the chicken in a large stockpot and pour enough water over to cover. Season with salt and pepper. Bring to the boil, then simmer for 30 minutes or until the chicken is cooked through. Remove the chicken from the stock and set aside. Heat the olive oil in a non-stick frying pan and sauté the leeks and celery until tender. Add leeks and celery to the chicken stock, along with the pumpkin, turnips, sweet potato, canned tomatoes and lemon juice. Season and simmer for 20 minutes or until the vegetables are tender. Add the chayote, spinach and corn. Remove the skin and bones from the chicken, break the flesh into pieces and add to the soup. Simmer for a further 5 minutes. Serve scattered with fresh chopped coriander or parsley.



THE BAKER THUSO KGASWANE

Thuso Kgaswane is a bakery co-ordinator for Pick n Pay, Gauteng. "In 2005 I started working as a bakery assistant and came to love baking because it gives me a homely feeling. It's personal and if you don't put love into your dough, it doesn't work out. I bake breads at home, and scones are one of my favourites because I love the smell of them baking in my house. My scones are light and fluffy because I make them with caster sugar and cream. But apple crumble is my favourite favourite."



APPLE CRUMBLE

SERVES 8 EASY 1 HR 20 MINS

- Pastry:**
- 180g (1½ cups) flour
- 7.5ml (1½ tsp) baking powder
- 100g (½ cup) white sugar
- 180g cold butter, cut into cubes
- Filling:**
- 4 Granny Smith apples, peeled and cubed
- 15ml (1 tbsp) water
- 20ml (4 tsp) butter
- 40ml (8 tsp) brown sugar
- 7.5ml (1½ tsp) lemon juice
- 2.5ml (½ tsp) ground cinnamon

Preheat the oven to 180°C. Sift the flour and baking powder into a bowl. Add the sugar, then rub in the cubed butter with your fingertips until the mixture resembles breadcrumbs. Press two-thirds of the pastry into the base of a greased or sprayed 22cm pie dish. Wrap the rest of the pastry in clingfilm and chill. To make the filling, place the apples, water, butter, sugar, lemon juice and cinnamon in a saucepan over medium heat and simmer for about 5 minutes or until the apples are tender. Cool. Place the filling on top of the pastry in the pie dish and grate the remaining chilled pastry on top. Bake in the oven for 40-50 minutes, turning down the heat if it is browning too quickly, until pastry is cooked through and golden in colour.