

About 1 hour

Serves 6-8

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Recipe supplied by [Lamb & Mutton SA.](#)

1. Samosas with mango chutney

Ingredients:

Mango chutney:

- 3 large mangoes
- ½ cup (125g) sugar
- 100ml white spirit vinegar
- 1 Tbsp (15ml) fresh ginger, peeled and finely grated
- 1 red chilli, seeds removed and finely chopped
- 1 clove garlic

Samosas:

- 1 potato, peeled and cubed
- 2 Tbsp (30ml) oil
- 1 medium onion, finely chopped
- 1 tsp (5ml) cumin seeds
- ¼ tsp (1ml) black mustard seeds
- ½ tsp (3ml) whole coriander seeds
- 500g lamb mince
- 2 tsp (10ml) fresh ginger, peeled and finely grated
- ½ tsp (3ml) cayenne pepper
- ½ cup (125ml) frozen peas
- 1 Tbsp (15ml) garam masala
- 1 Tbsp (15ml) curry powder
- 1 tsp (5ml) turmeric
- ¼ tsp ground cumin
- ¼ tsp (1ml) amchur (mango powder) or lemon juice

- ½ tsp (3ml) asafoetida (garlic or onion powder works too)
- ¼ cup fresh mint, finely chopped
- 1 tsp (5ml) salt
- ½ tsp (3ml) freshly ground black pepper
- 1 packet (50 sheets) samoosa pastry sheets
- Vegetable oil, for frying

Method:

1. For the chutney, peel mangos and remove stone. Cut into smaller pieces.
2. Place remaining chutney ingredients into a microwaveable bowl and microwave for 5 minutes at 100% power.
3. Stir frequently until sugar is dissolved.
4. Microwave for 20 minutes or until mixture thickens, stirring frequently.
5. Pour into a sterilised jar and seal or keep in the fridge.
1. For the samoosas, boil potato until very soft, about 10 minutes.
2. Roughly mash with a fork, leaving some large chunks.
3. Heat oil in a large pan over medium heat and sauté onion until translucent.
4. Add cumin, mustard and coriander seeds. Cook, stirring constantly for 1 minute.
5. Add mince and cook through, mixing well with onion and spices.
6. Add ginger, cayenne pepper and peas.
7. Add remaining spices, amchur and asafoetida. Cook for a minute and mix all the ingredients until well-blended.
8. Add the potato and gently stir to blend in the spices.
9. Season to taste with salt and pepper.
10. Remove from the heat and stir in chopped mint.
11. Spread filling on a flat baking sheet and leave to cool completely before using.
12. Fold and fill pastry sheets, using about 1 tablespoon of filling per piece. (Read our [step-by-step guide to folding samoosas here.](#))
13. Heat oil to medium (160°C) in a deep pan or pot.
14. Place 3-4 samoosas gently in the oil and fry for 3 minutes, making sure they do not touch the base of the pan. Remove with a slotted spoon and drain on paper towel. Repeat until all samoosas are fried.
15. Increase oil temperature to 190°C. Carefully place 3-4 samoosas into oil and fry until golden. Remove from oil and drain on paper towels. The second fry is to crisp the samoosa and provide the golden colour.

16. Serve hot with chutney.

2. Miniaturesosaties with a yogurt raita

More than 30 minutes

Serves 6-8

Ingredients:

Yoghurt raita:

- 2 cups (500ml) plain yoghurt
- 1/3 cup fresh parsley, finely chopped
- 1 small green chilli, deseeded and finely chopped
- 2 cloves garlic, crushed
- 2 tsp (10ml) cumin seeds
- ½ tsp (3ml) salt
- 1.5 kg leg of lamb
- 2 large onions, peeled
- ½ cup (125ml) dried apricots

Marinade:

- 2 Tbsp (30ml) vegetable oil
- 2 cloves garlic, crushed
- 2 tsp (10ml) fresh ginger, peeled and grated
- 1 Tbsp (15ml) curry powder
- 1½ tsp (8ml) salt
- 2 tsp (10ml) coriander seeds
- 2 tsp (10ml) cumin seeds
- 2 tsp (10ml) black peppercorns
- 2 tsp (10ml) whole cloves
- 2 tsp (10ml) fruit chutney
- 3 dried bay leaves
- 2 tsp (10ml) turmeric
- ½ cup (125ml) brown vinegar
- ¼ cup (60ml) white wine

Method:

1. Mix raita ingredients together and refrigerate for up to 3 hours to develop flavours.
2. For the lamb, cut meat into 2cm cubes and place in a glass mixing bowl.
3. Cut onions into eighths and place on top of meat.

4. Top with apricots.
5. Combine marinade ingredients and pour over meat.
6. Cover and refrigerate for 24 hours, turning meat twice.
7. Thread meat, onion and apricots onto wooden or metal skewers.
8. Grill over a barbeque or under the grill in the oven.
9. Serve sosaties with raita.

3. Arancini with lamb and mint jelly

About 1 hour

Serves 6-8

Ingredients:

Mint jelly:

- 600ml water
- 300ml white spirit vinegar
- 2¼ cup (560g) sugar
- 3 sachets (30g) powdered gelatine
- 1 cup (packed) fresh mint leaves, chopped

Lamb:

- 1 clove garlic, finely chopped
- 1 small onion, finely chopped
- 1 tsp (5ml) coriander, ground
- 1 tsp (5ml) ground allspice
- 1 Tbsp (15ml) olive oil
- 500g lamb flank
- 2 cups (500ml) lamb or chicken stock

Arancini:

- Cooked lamb (recipe below)
- 2 Tbsp (30ml) mint jelly (recipe below)
- ½ cup (125g) flour
- 1 egg
- 1 cup (250g) breadcrumbs
- Vegetable oil, for frying

Risotto:

- 1 small onion, finely chopped
- 1 clove garlic, finely chopped

- 1 Tbsp (15ml) butter
- ½ cup arborio rice
- 100ml dry white wine
- 350ml vegetable stock
- 25ml cream
- 25g parmesan cheese, grated

Method:

1. For the mint jelly, boil water and sugar for 10 minutes.
2. Reduce heat and stir in the gelatine, cooking over low heat until dissolved.
3. Stir in vinegar and mint.
4. Remove from heat and steep mint in hot mixture for 20 minutes.
5. Strain and transfer to warm, sterilised jars and seal.
6. Cool until jelly has set.
1. For the lamb, sauté garlic and onion in a pressure cooker.
2. Combine coriander, allspice and oil and use to coat meat.
3. Brown meat in pressure cooker and add lamb stock.
4. Close the pressure cooker and cook for 20 minutes.
5. Remove pot from heat, release pressure and leave to cool.
6. Remove all fat and cut meat into small pieces.
1. For the risotto, sweat onion and garlic in butter.
2. Add rice and mix well until each kernel is covered.
3. Add wine. When it has cooked away, add stock little by little, waiting until all liquid has evaporated before adding more.
4. Remove from heat when rice is soft but still al dente.
5. Add cream and cheese and leave to cool.
1. For the arancini, use wet hands to divide risotto into tablespoon amounts.
2. Place ½ teaspoon lamb and a bit of mint jelly in the middle of each and roll into balls to enclose the filling.
3. Roll balls in flour, dip in egg and coat in breadcrumbs.
4. Heat oil in a large saucepan over medium heat until temperature reaches 180°C.
5. Lower arancini into oil and cook for 5-6 minutes, or until golden and cooked through. Continue frying in batches.
6. Serve arancini hot with extra mint jelly.

4. Cocktail frikkadels with roasted brinjal dip

About 30 minutes

Serves 6-8

Ingredients:

Smoked brinjal dip:

- 2 large brinjals
- 1 small onion, finely sliced
- 1 clove garlic, crushed
- 4 Tbsp (60ml) olive oil
- 1 Tbsp (15ml) fresh lemon juice
- 2 Tbsp (30ml) mayonnaise
- ½ tsp (3ml) salt
- Freshly ground black pepper
- ¼ cup fresh parsley, chopped + extra for serving
- Pita breads, for serving

Honey mustard mayonnaise:

- ¼ cup (60ml) Dijon mustard
- 2 Tbsp (30ml) wholegrain mustard
- 1 cup (250ml) mayonnaise
- 5 Tbsp (75ml) honey
- 3 Tbsp (45ml) apple cider vinegar
- 1 Tbsp fresh lemon juice
- ½ tsp salt
- ¼ tsp white pepper
- 2 Tbsp (30ml) olive oil
- 1 Tbsp (15ml) olive oil
- 1 large onion, peeled and finely chopped
- 2 slices stale white bread, crusts removed
- 6 Tbsp (90ml) milk
- 1 tsp (5ml) coriander seeds
- 800g lamb mince
- 1 tsp (5ml) fresh thyme (or ½ tsp dried thyme)
- 2 tsp (10ml) salt
- Freshly ground black pepper

- 1 large carrot, peeled and coarsely grated
- 1 extra-large egg, whisked
- 4 Tbsp (60ml) fruit chutney
- 2 Tbsp (30ml) red wine vinegar
- ½ tsp (3ml) ground nutmeg
- ¼ tsp (1ml) ground cloves
- 1 Tbsp (15ml) Worcestershire sauce
- Oil, for frying

Method:

1. For the smoked brinjal dip, preheat oven to 180°C.
 2. Prick aubergines with a fork and place in the oven for an hour (or cook slowly on the braai). Turn regularly.
 3. Cook until flesh is soft and skin is charred.
 4. Remove from oven and place in a colander to drain brinjal juices.
 5. Remove charred skins once cool.
 6. Chop flesh and place in a blender with remaining ingredients and blend well.
 7. Garnish with parsley and serve with pita breads.
1. For the honey mustard mayonnaise, place all ingredients except oil in a bowl and whisk until blended.
 2. Add oil slowly while whisking, until all oil is incorporated and sauce has a glossy appearance.
 3. Pour into a jar and refrigerate until ready to use.
4. For the lamb, heat oil in a pan over medium heat.
 5. Sauté onions until soft and translucent but not brown. Set aside to cool.
 6. Place bread in a flat dish, pour milk over and leave to soak.
 7. Press excess milk out of soaked bread and break up finely with a fork. Set aside.
 8. Place coriander seeds in a small pan and toast over medium heat.
 9. Crush in a mortar and pestle and sift to remove skins.
 10. Sprinkle sifted coriander over mince in a large bowl.
 11. Season with thyme, salt and pepper.
 12. Top with remaining ingredients.
 13. Using a two-pronged fork, mix all ingredients until well-blended but do not overmix or knead.
 14. Using wet hands, divide into tablespoon sizes and roll into small balls.

15. Fry frikkadels in oil in batches over medium heat until golden brown, crisp and just cooked on the inside.
16. Drain on paper towel and serve with dip and sauce.