

4 Iconic South African Veggie Sides

Ingredients:

For the Crumbed Mushrooms:

- 250g button mushrooms
- 1 – 1 ½ cups white breadcrumbs
- Salt & pepper to taste
- ½ cup self-raising flour
- 2 large eggs
- Oil, for frying
- 1 tbsp fresh parsley, to serve

To serve:

- Tartare sauce 125g

For the Pumpkin Fritters:

- 500g pumpkin
- 1 tsp vanilla extract
- 1 egg, beaten
- 1 - 1 ½ cups self-raising flour
- 2 tsp baking powder
- ¼ tsp salt
- 1 tbsp brown sugar
- 1 tsp lemon juice
- Oil for frying

Cinnamon & Sugar Coating:

- 50g brown sugar
- 2 tsp ground cinnamon

For the Beer Battered Onion Rings:

- ¾ cup cake flour for dusting the onions
- 2 cups self-raising flour
- ¾ cup cornflour
- 1 tbsp baking powder
- 1/2 tsp salt
- ¾ cup beer
- 3 large onions, sliced into rings
- Oil, for frying
- Tomato sauce

For the Creamy Cheese & Bacon Potato Bake:

- 2 tbsp butter
- 250g streaky bacon, diced
- 1 large onion, sliced
- 1 clove garlic, crushed
- 12 – 15 potatoes or 1/3 of a 2kg bag peeled & sliced (1 cm thick)
- Salt & pepper to taste
- 1 cup cream

- 1 cup chicken stock
- 1 tsp dried thyme
- 1 cup cheddar cheese
- Chopped chives

Method:

For the Crumbed Mushrooms:

1. Mix the breadcrumbs together with the seasoning.
2. Dip each of the mushrooms into the flour, followed by the egg and finally the breadcrumb coating. Repeat the process a second time.
3. Place the coated mushrooms on a baking tray and chill in the fridge for 5 – 10 minutes.
4. Fry the mushrooms in hot oil for 3 – 5 minutes, or until cooked through and golden brown.
5. Place the mushrooms on a sheet of kitchen towel to drain the excess oil.
6. Sprinkle the chopped parsley over the top of the crumbed mushrooms before serving.
7. Serve the crumbed mushrooms with tartare sauce. ENJOY!

For the Pumpkin Fritters:

1. Steam the pumpkin until soft and mash until smooth
2. Beat the egg and add to the mashed pumpkin together with the vanilla extract. Mix well. Add the flour, baking powder, salt, brown sugar and lemon juice.
3. Once the mixture is well combined, place spoonful's into a hot frying pan with oil. Fry until bubbles form on the top surface, flip to cook on the other side until golden and cooked through.
4. Combine the sugar with cinnamon and sprinkle over the hot fritters before serving. ENJOY!

For the Beer Battered Onion Rings:

1. Dust the onion rings with flour and set aside.
2. Sift the dry ingredients together into a large, mixing bowl.
3. Slowly whisk in the beer until just combined.
4. Dip each onion ring into the batter, turn the rings to coat completely.
5. Add the onions to the oil one by one and fry the onions for 5-8 minutes until golden brown on both sides and cooked through.
6. Drain on sheet of kitchen towel and serve with tomato sauce. ENJOY!

For the Creamy Cheese & Bacon Potato Bake:

1. Preheat the oven to 180°C.
2. Melt butter in a pan and fry the bacon until golden and crispy, add the onion and garlic and cook over a medium heat until the onion is translucent.
3. Grease an ovenproof baking dish, layer the potato slices & bacon mixture. Season with salt and pepper as you go.
4. Heat the cream, stock and thyme in a small pot.
5. Pour the cream mixture over the potatoes.

6. Bake for 25 minutes, reduce the temperature to 180 °C, sprinkle the cheese over the potato bake and continue to bake for 15 minutes until the cheese is golden and bubbling.
7. Top with chopped chives.
8. Serve & ENJOY!