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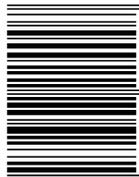
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EDITORS NOTES MARCH ISSUE N°10

“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating” Luciano Pavarotti

In the bustle of our everyday lives, I was relieved to discover a common philosophy amongst the foodie masses. The distinct drive to have time out, exercise and literally stop to smell the rosemary is definite change in course from the previous years. This month, Ginja has been jam packed (literally) with the launch of our new cyber home – www.ginजाfood.com, our amazing online store featuring products from the likes of Jamie Oliver, our rebranding and then of course our culinary adventures which keep you in the front line of what’s happening in the foodiverse (universe).

The catalyst of chaos in life led the investigation of how to relax in true South African form. As a South African, I know of only one way - and that is an afternoon braai.

Wikipedia describes the word braai as follows: “The word braai (plural braais) is Afrikaans for “barbecue” or “grill” and is a social custom in South Africa. The term originated with the Afrikaans-speaking people, but has since been adopted by South Africans of many ethnic backgrounds”.

Any South African will tell you this may be true, but to us the word “braai” means a gathering of friends and family, cracking open a few beers and savoring the wonderful tastes and each other’s company.

So in line with South African culinary and cultural traditions, we hope you enjoy our March calendar which is brimming with ideas from the likes of “Jan Braai” and the Lamberts Bay Kreeffees that will likely foster opportunities for families and friends to get together.

Meet you at the braai.

Jacqui Brown

LAMBERTSBAAI

crayfish and culture festival

March heralds the annual Lambert's Bay "Kreeffees" that celebrates all things South African, and with a weekend filled with good food, music, laughter and good 'old-fashioned' West Coast hospitality, what more could you ask for?

For 12 years this small town, situated just 2.5hrs from Cape Town on the West Coast, known as the crayfish mecca of South Africa, has brought families together to celebrate South African culture and this year will be no different.

From the 21st - 23rd March get ready to be blown away by what they have on offer - Crayfish are of course the main reason for the festivities; these vibrantly red, delicious crustaceans are available in abundance, at a price that makes even your wallet smile.

If crayfish isn't your thing, there are more than 80 stalls offering clothing, jewellery, food and gifts,

you are guaranteed to walk away with something magnificent. Let's not forget the entertainment! From Friday afternoon through to late Saturday, you will be serenaded by local artists featuring the likes of Dewald Wasserfall, Theuns Jordaan, DJ Ossewa, Gerhard Steyn, Snotkop, Kurt Darren and more.

The Kiddies Corner is a little ones paradise, entertaining them with face painting, puppet shows, a jumping castle, colouring in competitions, balloon folding and tons of arts and crafts!

There are a variety of places to stay either in Lambert's Bay or Elands Bay nearby so if you are looking for a family weekend away on the West Coast, this festival is a must. Polish the dancing shoes, pack the bags, bring the kids and dance to the heartbeat of Africa. G



**COVER
RECIPE**

CHARGRILLED CRAYFISH
with spicy saté sauce



CHARGRILLED CRAYFISH

with spicy sate sauce

PAIRED WITH PF BLANC DE NOIRS 2013

CHARGRILLED CRAYFISH

- 2 crayfish, about 700 g each
- 125ml Sate sauce
- 1 lemon, cut into wedges

SATE SAUCE

- 100g dried shrimp
- 500ml vegetable oil
- ½ garlic bulb, outer papery skin removed, cloves crushed
- 10 spring onions, sliced, white part only
- 1 teaspoon chilli flakes
- 200g crab meat
- 2 teaspoons sugar
- 1 tablespoon oyster sauce
- 1 teaspoon sea salt
- 2 teaspoons fish sauce
- 100ml chilli oil

1. For the sate sauce, soak the dried shrimp in 250 ml water for 20 -minutes, then drain and set aside.

2. Pour the oil into a wok and bring to medium heat. Fry the garlic and spring onion for 2 minutes, or until fragrant.

Now add the chilli flakes, crab meat, dried shrimp, sugar, oyster sauce, salt and fish sauce. Stir together, then reduce the heat to a low-simmer.

3. Cook for 30 minutes, stirring every 5 minutes. Lastly stir in the chilli oil and simmer for a further 5 minutes.

4. Use this sate sauce as a dipping sauce for noodle soups, or add it to stir-fries. It can be refrigerated in an airtight container for up to 2- weeks.

5. For the crayfish, bring to room temperature first.

6. Turn the crayfish upside down on a chopping board. Slice them in half lengthways, from the tail to the top of the head and remove the digestive tract.

7. Place each half-crayfish, meat side down, on a barbecue or chargrill pan that has -been preheated to medium. Cook for 7 minutes, then turn the crayfish halves -over and baste the crayfish meat with the sate sauce. Cook for a further 7 -minutes.

8. Serve hot, with the lemon wedges.



*MUSSELS with tomato,
white wine and garlic*



Grilled SNOEK



Grilled SNOEK

PF SAUVIGNON BLANC 2013

- 10 ml ginger, finely grated
- 10 ml garlic, finely chopped
- 30 ml apricot jam
- 30 ml soya sauce
- 1 snoek (about 1,3 kg), butterflied and cleaned
- A few sprigs fresh coriander and fresh limes to serve

1. Prepare a fire providing enough medium to hot coals.
2. Combine the ginger, garlic, apricot jam and soya sauce in a small bowl.
3. Brush half of the sauce over the snoek and place skin side down over the coals.
4. Braai for about 30 minutes or until the fish flakes easily when pierced with a fork. Baste regularly with the rest of the sauce.
5. Serve with fresh coriander and lime wedges.

MUSSELS with tomato, white wine and garlic

- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 3 garlic cloves, chopped
- 150ml dry white wine
- 400g tinned chopped tomatoes
- 1 bay leaf
- 1 teaspoon dried chilli flakes
- sea salt
- 24 mussels, washed and debearded
- 2 tablespoons flat-leaf parsley, chopped
- freshly ground pepper

1. Heat the olive oil in a large saucepan over medium heat. Add the onions and garlic and fry gently for about 5 minutes.
2. Add the white wine and let it sizzle, then add the tomatoes, bay leaf, chilli and sea salt and pepper. Let it bubble, then turn down the heat and gently simmer for about 10 minutes.
3. Turn the heat back up, add the mussels and cover with a lid. Leave to boil for about 5 minutes, or until the shells open. Discard any unopened shells.
4. Serve in big warmed bowls and sprinkle with parsley to garnish.



POACHED CRAYFISH *with crab coleslaw*

PAIRED WITH PF BLANC DE NOIRS 2013

INGREDIENTS

- 1.2kg fresh crayfish
- salt
- 2 oranges
- 1 lime
- 1 grapefruit
- 150ml extra-virgin olive oil
- 1 tsp caster sugar
- 1 tbsp chopped dill
- 1 tbsp white vinegar

CRAB COLESLAW

- 300g crabmeat
- 1 small wombok, finely shredded
- 5 spring onions, thinly sliced
- 1 small carrot, julienned
- 1 red onion, very thinly sliced
- 150g Mayonnaise
- 2 tbsp flat-leaf parsley, finely chopped
- 1/2 lemon, juiced
- salt and freshly ground black pepper

1. Place the crayfish in the freezer for 30 minutes. This makes them docile and slows their metabolism, and humanely dispatches them.

2. Bring a large saucepan of water to the boil.

Plunge the crayfish into the water and turn off the heat. After 2 minutes, remove the crayfish and remove the tail. Using scissors, cut away the under-cartilage of the tail and carefully remove the entire tail meat.

3. Wrap the crayfish tail in plastic wrap and roll into a cylinder. Return the meat to the water, still off the heat, for about 20 minutes. This gently poaches the crayfish rather than boiling, so the tail meat will be beautifully tender. Slice the crayfish tail into 4–6 medallions and refrigerate until ready to serve.

4. To make the crab coleslaw, combine all of the ingredients in a large bowl and use your hands to toss everything together. Season with salt and pepper, adding a little extra lemon juice, if desired. Set aside.

5. To make a sauce, juice all the fruit, reserving a few segments from each to roughly chop. Pour the sauce into a jug and stir in the olive oil, sugar, dill and vinegar. Add the chopped fruit.

6. To serve, divide the crab coleslaw between serving plates and balance two medallions of crayfish on top. Season with some salt and drizzle with the sauce.

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POACHED CRAYFISH
with crab coleslaw