

LEKKER LOCAL SNACKS 3 WAYS

CHEESY 'MINCE'-STUFFED PAP BOMBS

Makes 20 bombs

Hands-on time: 20 minutes

Hands-off time: 40 minutes

INGREDIENTS

2 cups White Star Quick Super Maize Meal

2 tbsp butter

1 tsp each salt and pepper

½ packet (66g) Knorrox Soya Mince Savoury Mince Flavour

½ onion, finely chopped

1 tbsp chutney

1 cup grated cheddar cheese

½ cup (110g) breadcrumbs

Serving suggestion:

Chopped parsley

Tomato sauce

METHOD

For the pap:

1. Bring a large pot with 2 cups of salted water to the boil. Mix another 2 cups of water with the 2 cups of White Star Quick Super Maize Meal to form a slurry. Gradually add the maize meal paste to the boiling water while stirring, using a wooden spoon. Cover the pot with a lid, bring to the boil and cook over medium heat for 3-4 minutes. **Chef's Tip: White Star Quick Super Maize Meal is partially cooked and ready to serve in minutes!*
2. Stir 2 tablespoons of butter, ½ teaspoon salt, and ½ teaspoon pepper through the pap. Set aside to cool to room temperature. **Chef's tip: Swap out for butter for margarine, if preferred.*
3. Preheat the oven to 180°C and line a large baking tray with baking paper. Set aside until later.

For the cheesy mince filling:

4. Pour the content of the Knorrox Soya Mince Savoury Mince Flavour packet into a bowl with 1½ cups of cold water and allow to soak for 15 minutes.
5. Heat a lightly oiled medium-sized pot and sauté the onions for about 3 minutes or until translucent. Add the soya mince; ½ teaspoon pepper and chutney and allow to simmer for a further 5 minutes. Set aside to cool to room temperature.
6. When mince is cooled mix in the grated cheese.

To assemble:

7. Scoop 2-3 heaped tablespoons of cooled pap into your palm, roll into a ball and flatten. Place 1 tablespoon of the cold cheesy soya mince filling into the centre. Bring the pap edges together and roll to form a ball. Repeat until you've finished the pap.
8. Drop the pap balls into the breadcrumbs and roll to coat. Repeat until all the balls have been coated.
9. Line the coated pap balls onto the prepared baking tray, leaving space in between each. Bake until golden brown and crispy, about 15-20 minutes.

10. Serve the cheesy stuffed bombs with a garnish of parsley, alongside tomato sauce and ENJOY!

CHEESY PAP CHIPS

Makes 50 Wedges

Hands-on time: 30 minutes

Hands-off time: 3 hours

INGREDIENTS

3 tbsp Knorrox Garlic & Onion Stock Powder

2 cups White Star Quick Super Maize Meal, plus 1 cup extra for coating

2 tbsp butter

1½ cups grated cheddar cheese

2 large eggs, beaten

oil, for frying

Serving suggestions:

Tangy mayonnaise

METHOD

1. Line a square dish with baking paper and set aside.
2. Bring a large pot with 2 cups of water and the Knorrox Garlic & Onion Stock Powder to the boil. Mix another 2 cups of water with the 2 cups of White Star Quick Super Maize Meal to form a slurry. Gradually add the maize meal paste to the boiling water while stirring, using a wooden spoon. Cover the pot with a lid. Bring to the boil and cook on a medium heat for 3-4 minutes.
3. Stir the butter and cheese through and mix well.
4. Transfer the pap into the prepared square dish, pressing down slightly to create an even layer. Place the dish into the fridge to cool for about 2 hours. **Chef's Tip: Add bacon bits to the pap for a meaty version.*
5. Remove the pap slab from the dish using the baking paper to assist and place onto a cutting board. Cut the pap slab into 25 even-sized chips. **Chef's tip: Brush your knife with oil to make cutting the chips easier.*
6. Dip the pap chips into the beaten egg, then into the cup of extra maize meal. Place the coated chips onto a plate. Continue until the all chips are coated. Chill the chips in the freezer for 30 minutes.
7. Heat oil in a medium-sized pot. Gently lay the coated chips into the hot oil and fry until golden brown and crispy, about 4 minutes on each side. Fry the chips in batches as not to overcrowd the pot. Drain the excess oil from the chips on paper towel.
8. Serve the chips on a platter alongside the tangy mayonnaise and ENJOY!

5-INGREDIENT PAP & WORS SOSATIES

Makes 26 sosaties

Hands-on time: 20 minutes

Hands-off time: 1 hour

INGREDIENTS

3 tbsp Knorrox Stock Powder Beef Flavour, plus 2 tsp extra
2 cups White Star Quick Super Maize Meal
2 tbsp butter
1.5kg boerewors, uncooked
4 tbsp fruit chutney

Serving suggestion:

Green salad
Fruit chutney

METHOD

1. Set up the braai until you have hot coals.
2. Bring a large pot with 2 cups of water and the 3 tablespoons of Knorrox Beef Flavour Stock Powder to the boil. Mix another 2 cups of water with the 2 cups of White Star Quick Super Maize Meal to form a slurry. Gradually add the maize meal paste to the boiling water while stirring, using a wooden spoon. Cover the pot with a lid. Bring to the boil and cook on a medium heat for 3-4 minutes.
3. Stir through 2 tablespoons of butter until melted. Remove from the heat and allow to cool to room temperature.
4. Slice the uncooked boerewors into thirty 5cm logs and set aside.
5. Scoop 1½ tablespoons of cooled pap into the palm of your hand and roll into a neat ball. Repeat with all the pap.
6. Push a pap ball onto a skewer, followed by a boerewors segment. Repeat until the skewer is fully layered, then set aside. Repeat until you have no more ingredients left.
7. Whisk together 2 teaspoon of stock powder with 6 tablespoons of hot water and the fruit chutney. Using a basting brush, brush the stock glaze generously onto each of the sosaties and save the leftover glaze for basting if braaiing. **Chef's Tip: Knorrox Beef Flavour Stock Powder dissolved 7x faster than traditional stock cubes!*
8. Braai the sosaties for 10-15 minutes or until lightly charred, turning and basting them every 3 minutes. **Chef's Tip: Alternatively, cook them in the oven at 180°C for 15-20 minutes and glaze them before and after they are baked.*
9. Serve the sosaties with a vibrant green salad and fruit chutney and ENJOY!