

Taste of Africa

- a safari full of flavour -

Spicy meatballs with South African Chutney Sauce and Bushman's Chilli Dip

These tasty meatballs can be cooked over coals in a potjie and enjoyed as a starter. Prepare them in advance and keep cool in the fridge.

Your guests will enjoy the cooking!

You will need this for about 20:

500 g minced meat
1 egg
3 cloves garlic, crushed
½ onion, chopped
2 ½ ml freshly ground black pepper
7 ½ ml ground cumin
7 ½ ml ground coriander
5 ml ground fresh ginger
10 ml garam masala
15 ml lemon juice
3-4 slices white bread, crumbled
1 red chilli, finely chopped, seeds removed
Olive oil for deep-frying
Salt
Lettuce - it's nice to mix different kinds of lettuce leaves
Toothpicks

Do like this:

In a large mixing bowl, mix the mince with the egg, garlic, onion, spices, salt, lemon juice, breadcrumbs and the chilli. Mix everything carefully to a thick paste. If this feels sticky when you try to shape the round meatballs with your fingers, add more breadcrumbs. Pour oil in a potjie and place over hot coals. Alternatively, heat the oil in a thick-bottomed pot on a stove. When the oil is hot, slowly lower the meatballs one by one into the oil (using a spoon with holes). Fry until crispy & brown. This takes 3-5 minutes, depending on the temperature of the oil. Be careful to not fry the meatballs too long as this can dry them out! When ready, remove the meatballs and place on paper towels to drip dry.

In the mean time, prepare a mix of fresh lettuce leaves on a plate or basket. Insert a toothpick into each meatball and place on the bed of lettuce. Serve when still warm together with Mrs Balls' chutney and two cold dip sauces (see suggestions below).

Bushman's Chilli Sauce with Hot Az Hell

South African Chutney Sauce

This sauce is wonderful as a dip, but also to barbequed meat or shell fish.

You can make it into a potato salad if you like it
(see recipe for "Sunny potato salad" below)

You will need:

250 ml crème fraiche (thick sour cream), it is always better with a rich, fatty kind
1 clove garlic, pressed
2 tbsp (30 ml) Mrs Ball's Chutney
Salt and freshly ground black pepper

Do like this:

Mix all the ingredients and let it sit for a while.

The sauce is just as good the day after, if it's been kept cool.

We often use "Hot" and "Chilli" chutney for this sauce.

Bushman's Chilli Dip

This sauce is fantastic as a dip sauce, but also to crayfish, shrimp, and grilled chicken. You can use any of the Bushmans chilli sauces. We often use 'Hot Az Hell'.

You will need:

250 ml crème fraiche (thick sour cream), it is always better with a rich, fatty kind
1 clove garlic, pressed
1 spice measure (1 ml) Bushman's chilli sauce
Salt and freshly ground black pepper

Do like this:

Mix all the ingredients and let it sit for a while. The sauce is just as good the day after, if it's kept cool.