

## **Hot Box Recipes**

### **Brown and White Rice:**

1. Put 1 cup of rice and 2 cups of cold water in a pot.
2. Add salt to taste.
3. Place lid on pot and bring to the boil.
4. Simmer for 1 minute.
5. Remove from the heat and place in the HOTBOX for 30 minutes (white rice) or 45-60 minutes (brown rice), or until all the liquid is absorbed.
6. Rice remains perfect in the HOTBOX for hours as it does not dry out or overcook

### **Lamb or Beef Stew:**

1. Fry onions, garlic and spices in oil.
2. Fry your cubes or knuckles of meat until brown.
3. Add selection of chopped vegetables, tinned tomato and stock.
4. Ensure that the food is covered by the liquid.
5. Bring food to the boil and cook for 15-20 minutes.
6. Transfer to the HOTBOX – bigger and tougher pieces of meat require up to 12 hours of cooking in the HOTBOX.
7. Return to stove and thicken your stew with Bisto or cornflour just before serving (optional)
8. Serve directly from the HOTBOX with rice or pasta and a green salad.

### **Creamy Chicken & Corn Soup** *(a little time consuming but delicious)*

1. Place a whole chicken in a pot and fill with water, barely covering the chicken.
2. Add celery sticks, whole garlic cloves, stock powder, bay leaves, salt and pepper to the water.
3. Bring to the boil for a few minutes and transfer to the HOTBOX for approximately 2 hrs.
4. In a separate pot melt approx 100-150 grams of butter until it sizzles.(the more butter you use the richer your soup will be)
5. Add a variety of chopped veggies (such as cabbage, carrots, broccoli, leeks, onion, beans and courgettes) to the butter.
6. Stir it with a wooden spoon to coat the veggies in the butter.
7. Turn the heat down as low as possible and place the lid on tightly. "Sweat" the veggies in the pot until soft, stirring every once in a while. The sweating process takes about 30-40 minutes.
8. Once the chicken is cooked drain off the water/stock into a jug or suitable container (You will use this lovely chicken stock to make your white sauce)
9. Make a regular béchamel/white sauce with a small amount of milk and use the chicken stock for the rest of the sauce.
10. Debone your chicken – the meat will be very soft and tender – and cut chicken into small bits.
11. Add the chicken, "sweated" veggies and fresh or frozen corn to the white sauce.
12. Add a dollop of cream or Greek yoghurt to the soup and season according to your taste.
13. Garnish with ground black pepper and a small bunch of fresh coriander.

### **Traditional South African Mielie pap:**

1. Bring 2 ½ cups of water to the boil
2. Stir 1 ½ cups of mielie meel and a pinch of salt into the boiling water.
3. Stir thoroughly whilst boiling until all the water has been absorbed.
4. Transfer to the HOTBOX and leave for approximately 30 minutes.
5. Serve directly from the hotbox.

## **Samp and Beans**

1. Place 1 cup of samp & beans in a bowl, cover with water and soak overnight. Rinse and drain.
2. Bring samp & beans to the boil in 3 cups of salted water and simmer for approximately 20 minutes on the stove.
3. Bring it back to a rapid boil and then transfer to the HOTBOX for approximately 4-5 hours or until soft and all the water is absorbed.
4. Add butter, freshly ground black pepper, seasoned salt and crumbled feta cheese and enjoy as a light meal or accompaniment to a meal.

**"The hot box is awesome, I was absolutely thrilled. I had to fish out the bones as the meat had fallen off. I must say that I did leave it in the box for over 12hrs. What was incredible was the way that the flavours all come through so nicely."**

**Paul Kelley (Southern Sun Waterfront-GM)**

