



Safari Salad

1/4 Cup Extra Virgin Olive Oil
2 TB Lemon Juice
1 TB Orange Juice
1/2 Tsp Cumin
½ Tsp Ground Coriander
1 Tsp Dijon Mustard
Sea Salt and Freshly Ground Black Pepper to taste

6 – 8 Cups Soft Greens
4 Cups Berries (Blackberries, Raspberries, Blueberries)
2 TB Each Chopped Parsley and Mint
1/4 Cup, Black Olives, coarsely chopped
1 Cup Crumbled Goat Cheese
½ Cup Toasted Slivered Almonds

Step One

In a small bowl or jar, whisk or shake together the first six ingredients to create the dressing. Taste and adjust the seasoning with salt and pepper. Set aside while you make the salad.

Step Two

Place the berries on top of the greens on a large platter and top with the parsley and mint, olives and goat cheese. Drizzle the dressing on top and garnish with the toasted almonds.



Chicken Sotaties - Kebobs, South African Style

- 6 TB Coconut Sugar or Brown Sugar
- 2 TB Cumin
- 1 TB Cinnamon
- 1 TB Turmeric
- 2 TB Ground Coriander
- 1 Tsp Sea Salt
- 1 Tsp Freshly Ground Pepper
- 4 - 6 Skinless Boneless Chicken Thighs, cut in 1" pieces
- 2 Large Red Onions, cut into pieces about 1"
- 2 Cups Dried Apricots
- 1 Cup White Wine (Sauvignon Blanc) or Apple Juice
- ½ Cup Apple Cider Vinegar
- ¼ Cup Extra Virgin Olive Oil
- ½ Cup Apricot or Peach Jam

Step One

To create the seasoning, whisk the sugar, cumin, cinnamon, coriander, salt and pepper together in a small bowl. Place the chicken pieces in a zip lock bag and add ½ of the mixture to the bag with the chicken. Reserve the other ½ of the seasoning for later. Massage the chicken well with the seasoning mix. Put in the fridge for at least 4 hours or overnight.

Step Two

Add the onions and apricots to a zip lock bag and pour in the wine, vinegar and olive oil to create the marinade. Put in the fridge for 4 hours or overnight.

Step Three

Place bamboo skewers in a shallow pan of water and soak for at least 15 minutes. Remove the onions and apricots in the marinade from the fridge and pour the marinade into a sauté/shallow pan. Add the jam and remaining seasoning to the pan, bring to a boil and simmer over medium heat until the mixture has thickened and made a sauce.

Step Four

Thread the chicken, onions and apricots on the bamboo skewers, alternating chicken, apricots and onions. Cook the sosaties on the grill, roast in the oven or cook in a cast iron skillet until the chicken is done, about 15 – 20 minutes. Internal temperature should be 165F. Remove the sosaties from the grill and brush with barbeque sauce. Serve the remaining sauce on the side.

Sosaties are an integral part of the South African Braai (BR-I) or barbeque. The dish has its roots in Malay cuisine, the term derives from Sate - skewered meat and sauce - spicy sauce. A sweet and savory combination of flavors, the skewers were traditionally made with lamb, today you can find them with a variety of meats.



Coconut Tropical Fruit Dessert

- About 2 Cups Chopped Fresh Pineapple Wheels
- 2 Mangoes, Peeled and Chopped
- 2 Kiwis or other Tropical Fruits like Papaya or another Mango, Chopped
- 1 Cup Nonfat Greek Yogurt
- ¼ Cup Honey
- Zest of 1 Lime
- 2 TB Lime Juice, about 2 Limes
- ½ Cup *Toasted Unsweetened Coconut Flakes

Layer the fruit on a large platter. Whisk together the yogurt and honey with the juice and zest of 1 lime. Top the fruit with the yogurt sauce and sprinkle with toasted coconut flakes.

*Toasted Unsweetened Coconut Flakes are made by scattering the coconut flakes on a sheet tray and placing them under the broiler for about 1 minute – just until they begin to brown.