



RECIPES

SOUTH AFRICAN-BRAZILIAN FUSION WITH INDIGENOUS INGREDIENTS



SUSTAINABILITY
INSTITUTE



LOCAL WILD
FOOD HUB



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The recipes in this booklet were created during a Local Wild Foods changemaker residency that took place at the Sustainability Institute during November and December 2024.

Together, Bia Goll, Megan Lindow and Loubie Rusch experimented, discovered and created a range of dishes that combines flavours from Brazil and South Africa, while incorporating local wild foods from the Cape Floristic Region.



WATERMELON RELISH

Brought by Bia Goll

This is a fusion recipe brought by Bia, in which watermelon rather than chilli is the main ingredient of more traditional hot sauce, a condiment of the Americas that has many variations. Makataan shares distant roots with the red fleshed watermelon, and while it was not seasonal at the time of the residency, is the inspiration for trying out a green chilli and makataan sauce as a local innovation once the Sustainability Institute's garden has ripe fruit available.

INGREDIENTS

One whole watermelon

Dark sugar

A variety of pepper and spices to taste

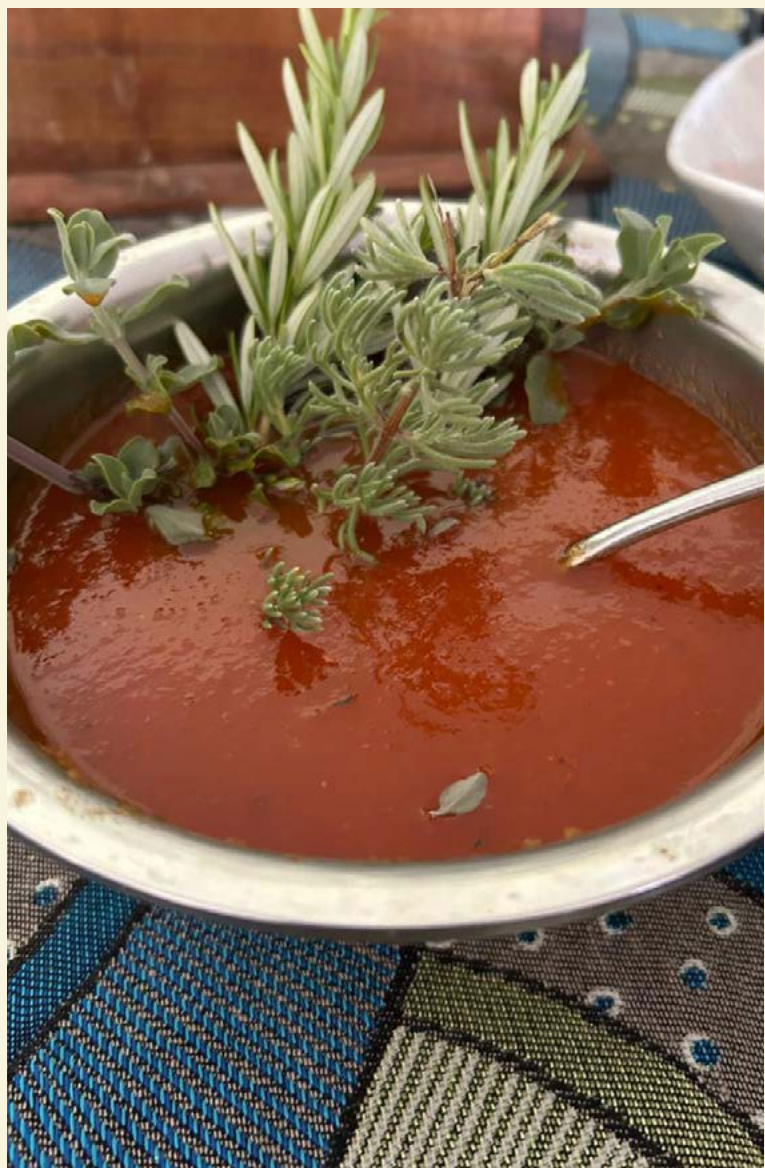
METHOD

Peel the green rind from a large watermelon, and then blend the red and white rind, including the seeds, in a blender to yield about 3 litres of juice.

Cook with 300 grams of dark sugar and add to taste some combination of the following: cayenne pepper, allspice, black and white pepper, arabian pepper, paprika, red and green chili, and salt. Simmer until the liquid reduces to a syrup.

Add the juice of two lemons.

Serve as a spicy sauce for a variety of dishes.



WILD CHAKALAKA

Inspired by generations of South Africans

This popular South African sauce comfortably accommodates variations and additions. The inclusion of succulent and leafy greens not only adds to the nutritional value, it also adds a Cape flavour dimension. The spekboom brings its flavour-enhancing sourness and lots of Vit C. While the sea pumpkin adds a lemony saltiness, and dune spinach adds umami flavours, both are higher in zinc, calcium, magnesium and iron than either cabbage, chard or lettuce.



INGREDIENTS

- 2 tbsp oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 2/3 tbsp chilli powder or fresh chilli, chopped
- 1 tbsp fresh ginger, chopped (optional)
- 1 tsp curry powder
- 4 fresh tomatoes, chopped
- 5 tsp tomato puree
- 2/3 cup cooked beans (optional)
- 1 carrot, thinly sliced (optional)
- 2/3 cup spekboom leaves pulled off the stem
- 1 cup sea pumpkin, or dune spinach leaves pulled off the stem
- Salt and pepper to taste

METHOD

Heat the oil in a large saucepan over medium flame. Add the onions, braise for 5 minutes. Add the sliced carrots (if using), bell peppers, red chilli, garlic and ginger (if using). Continue to fry, stirring frequently, until the onions, carrots and peppers are wilted, about another 4 to 5 minutes.

Add the curry or chilli powder, stir to combine completely, and add the fresh or canned tomatoes. Once the fresh tomatoes have collapsed, add the tomato puree, and boil with the lid off so the sauce thickens a little.

Add the beans (if using), spekboom and sea pumpkin or dune spinach leaves, reduce the heat, cover the pot and cook for a further 4 minutes so that all the flavours combine well and the leaves wilt. Taste and adjust the seasoning, including adding a little vinegar or lemon juice if the chakalaka tastes too sweet.

WILD FOXGLOVE PESTO

Inspired by Khanyi Wem

At a time when indigenous foods were being introduced and experimented with in workshops with the Sustainability Institute's kitchen and garden teams, Khanyi tried out this recipe. Though not as aromatic as basil, creeping foxglove produces a delicious and nutritious pesto which brings much more calcium, zinc and iron than either basil, chard, spinach, goosefoot or lambsquarters do. The flavour punch that wild garlic contributes adds even more to the very high levels of calcium zinc, iron and Vit C it contains. And sea parsley with its punchy parsley and celery flavour, is much higher in most micronutrients than celery, and much higher in Vit C than parsley.



INGREDIENTS

- 2 cups creeping foxglove leaves
- 1 cup parsley or sea parsley leaves
- 2 blades wild garlic, roughly chopped
- ½ tsp (2.5 ml) sea salt
- ½ cup olive oil, the best you can afford
- 2 tsp (60 ml) pumpkin or sunflower seeds
- Juice of ½ lemon (optional)

METHOD

Combine all the ingredients other than the oil into the bowl of a processor and blend. You might start with the seeds first, and pulse blend them before adding the leaves.

You can keep your pesto quite chunky or textured by not over-processing, or you can continue blending until it becomes very smooth. You can also add a generous amount of olive oil so that it is runny enough to pour.

You can put a dollop of pesto onto a plate, add some fermented vinegar instead of the more traditional balsamic, and pour some wild infused olive oil over. This becomes a real aromatic flavour bomb experience when you dip good crusty bread into it.

DUNE SPINACH IMFINO

Inspired by Loubie Rusch and Masilakhe Nyaniso

Umfino is a well known traditional South African dish in which leafy greens are added to mielie meal porridge. It has many variations, with cabbage, chard and onion being the most common additions. Dune spinach makes an excellent leafy green substitute, not only for the umami flavours it brings. It is also much higher in zinc, calcium, magnesium and iron than either cabbage or chard, making it a useful way in which to add nutritional diversity to a popular dish.

INGREDIENTS

2 cups mielie meal, preferably non-genetically modified

6 cups water

1 tsp salt

4 tbsp oil

2 onions, chopped fine

1 green chilli deseeded and finely sliced

4 cups veldkool leaves and cabbage or kale, shredded

4 cups swiss chard or dune spinach leaves, shredded



METHOD

Bring water to a boil, add the salt and pour in the mielie meal stirring rapidly to combine evenly and avoid lumps forming. Cook on medium low heat, stirring hard and often until creamy and thickened, about 15 minutes, adding extra water as needed while ensuring the porridge remains thick.

Add the oil to a heavy bottomed pot over medium heat. Add the chopped onion, stirring often until translucent. Add the chili and fry for a minute or two, then add the mix of conventional and wild indigenous greens. Fry together on a high heat until the greens are well wilted and tender but not overcooked. Add a generous squeeze of lemon juice and some salt and black pepper.

Combine the greens into the pot of thick porridge and stir well, adjusting the seasoning as needed.

CREEPING FOXGLOVE RELISH

Inspired by Loubie Rusch

This type of dish is very typical of East and Southern African leafy green relishes that are thickened with peanut butter to accompany pap or sadza. They are traditionally made with whatever local potherbs you can find or buy locally (for example goosefoot, lambsquarters, spiderplant, pumpkin leaves or other nutritious wild weeds). This creeping foxglove version has even more calcium, zinc and iron than the usual leafy greens that are all already considered very nutritious.

INGREDIENTS

1 onion quartered and finely sliced

Optional - 1 inch ginger, 1 green chilli deseeded, rind of 1/4 lemon all sliced into fine matchsticks

Optional - 2 small courgettes finely sliced on diagonal

2 tomatoes finely chopped

4 cups de-stemmed creeping foxglove leaves

1 tbsp peanut butter

Juice of 1/2 lemon

METHOD

Cook the onion with the ginger, chilli and lemon rind in a little oil.

If adding courgette, add it to the onion after a minute of cooking.

Add the tomato once the onions are translucent and cook down until reduced and smooth.

Add washed and de-stemmed creeping foxglove leaves and stir until they just start to wilt

Add peanut butter and stir through, add a generous squeeze of lemon juice and a few drops of water to loosen the relish.

Add salt to taste.



BEETROOT SALAD WITH INDIGENOUS VEG AND PEANUT BUTTER

Inspired by Bia Goll

While this is not a traditional Brazilian recipe, with beetroots originating from Europe, Bia took any opportunity to experiment with adding the unique wild herb flavours from this part of the world into the recipes she prepared while here. It proved an easy way to substitute new flavours for the ones she would routinely use at home.



INGREDIENTS

4 beets, peeled and boiled until tender

Juice of 3 lemons

5 tablespoons soya sauce

2 heaping tablespoons peanut butter

Olive oil and black pepper to taste

Finely chopped fresh herbs, including wild and indigenous herbs, i.e. wild garlic, parsley and chives

METHOD

Cut the 4 cooked beets into medium cubes. Mix together the lemon juice, soya sauce, peanut butter, black pepper, olive oil and chopped herbs. Combine the cubed beets with this mixture and enjoy!

SWEET POTATOES WITH ONIONS, HERBS, LEMON AND OLIVE OIL

Inspired by Bia Goll

Sweet potatoes originate from Central and South America. This recipe is one of Bia's traditional Brazilian comfort foods that she experimented with, infusing the dish with local flavours and aromas instead of the herbs she would normally use at home. She made use of substituting in this way often while here, as a way of discovering and blending the Cape's local foods and flavours with those traditional to her culture.



INGREDIENTS

- 4 brown onions, diced
- 2 cooked sweet potatoes, diced
- One leek, finely chopped
- 2 large handfuls finely chopped cabbage
- Calabrian chili to taste
- Black pepper to taste
- Grated turmeric to taste
- Grated ginger to taste
- Juice of 3 lemons
- Finely chopped fresh herbs, including wild and indigenous herbs, i.e. wild garlic, mint, fennel, thyme

METHOD

Dice 4 onions and saute until golden brown with a little salt and sunflower oil. At this point, add 2 cooked sweet potatoes, also diced. Add finely chopped leek, 2 large bunches of finely chopped cabbage, and salt to taste. Add dried Calabrian chili, freshly ground black pepper, grated turmeric, grated ginger. Combine everything well and cook over a medium heat until well browned. Place in a bowl and mix with the juice of 3 lemons. Finish with lots of finely chopped fresh herbs on top.



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