

# *africola recipes*

## **BBQ CARROTS WITH STEAK HOUSE DRESSING**

"This dish is like white trash crudité, but by God it's delicious."

### **Method:**

First prepare the barbecue sauce. In a large pan over medium heat, sweat the onion and garlic for about 6 minutes until the onion is translucent.

Add the rest of the ingredients and simmer for about 30 minutes on a low heat until the sauce has thickened. Transfer to a bowl.

Now prepare the dressing. Mix the spices together with the mayonnaise and buttermilk.

Preheat an oven to 170°C (325°F).

Wash and trim the carrots, then slice in half lengthways. Toss the carrots with salt, pepper, olive oil and a good splash of barbecue sauce.

Grill the carrots over charcoal or on a hot griddle, basting with the barbecue sauce until they acquire

a nice char. Be sure not to burn the carrots, just give them some colour. Transfer to a parchment-lined baking sheet and bake in the oven for 15 minutes until tender. Serve on a platter with heaps of the dressing and a side of chilli sauce, if you're thatway inclined.

The barbecue sauce can keep for up to 1 month in a clean airtight container.





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## AFRICOLA MUSSELS

"This dish is a staple at the shop. We serve hundreds a week and it probably won't ever come off the menu until you lot cook it to death and eventually get bored of eating it."

### Ingredients:

2 kg (4 lb 8 oz) Mussels or any small clams, cockles or even pipis.

### HOT BROTH

50 ml (1 cup) soy sauce

2 1/2 tbsp kecap manis

1 scud or bird's eye chilli, chopped

2 garlic cloves, finely chopped

1 tsp peeled and grated fresh ginger

80 g (1/3 cup) unsalted butter

100 ml (scant 1/2 cup) dry cider

2 tbsp white wine vinegar

65 g (scant 1/2 cup) couscous, cooked

200 ml (generous 3/4 cup) lemon juice

100 g (3 1/2 oz) fennel tops, chopped

100 g (3 1/2 oz) Waragal greens or baby spinach

Sea salt flakes

### Method:

Soak your mussels in fresh water overnight.

Place the soy, kecap manis and chilli in a bowl and emulsify with a hand blender.

To make the broth, put a cast-iron pot over

a fire or a heavy-based saucepan on the stove and fry the garlic and ginger in the butter until translucent.

Add the mussels and the cider and bring to the boil. Add the soy mixture and vinegar and season, add the cooked Israeli couscous, then throw in heaps of lemon, the chopped fennel tops and the waragal greens.

To serve, throw into a bowl and eat with crusty bread while using the shells as tiny spoons, you weirdo.



## Duncan Welgemoed

South African by birth, Duncan was head chef at The Goose at Britwell Salome, Watlington, Oxford when it was awarded a Michelin star in 2005. In early 2010, he arrived in South Australia and opened Africola in 2014. Over the years, Duncan has become Adelaide's (un)official spirit animal - mythical beast, troublemaker, conversation starter. His latest restaurant, Africola, tells a story close to his heart.

It has since been awarded 4.5/5 Australians by The Australian's food editor John Lethlean, featured in countless magazines, newspapers and TV shows around the world and frequented by rockstars and celebrities alike. His new book, Africola has already gone on to be an instant best seller and Duncan himself is showing no signs of slowing down.

