

Thys Hattingh's recipes



Thys and Andrea Hattingh

Masterchef SA finalist, Thys Hattingh, shares some of his recipes with us. "I thought it only fair to include this recipe as I recently made it for a Merino SA cooking demo at the Boertjiefees in Bultfontein. I had a great time and received wonderful feedback on it, so I hope this will bring just as many compliments and good memories when you make this for your family and friends. I use French cut rack of lamb with a thin layer of fat."

Herb crusted rack of lamb, grilled baby asparagus and butternut mash



You'll need:

For the Rack of Lamb

- 1 x rack of lamb – French trim, clean bones and a thin layer of fat
- 3 x cloves of garlic
- Hand full flat leaf parsley – chopped roughly
- 3 x sprigs of fresh thyme
- 1 x sprig rosemary
- Half a ciabatta roll – best a day old stale bread
- Olive oil
- Dijon mustard – 4 Tbsp

For the Grilled Asparagus

- 1 x Punnet of Baby Asparagus Spears
- Olive Oil
- Zest of a Lemon and the juice of Half a Lemon
- Freshly Ground salt & Pepper

For the Butternut Mash

- 2 – 3 Medium Butternuts – peeled, seeded and cubed
- 100ml Fresh Cream
- Salted Butter
- 1 Tbsp of Brown Sugar
- 1 Tbsp Ground Turmeric
- Freshly Ground Salt & Pepper

Method

In a blender, add the stale bread, garlic cloves, thyme, parsley, rosemary and blend till all is fine breadcrumbs. Spread the bread crumbs on a baking tray to air out while busy with the lamb. Pre-heat a saucepan to a very high heat, add a splash of olive oil, and then season the lamb well. Sear the lamb fat side down first for a few minutes till golden and crisp - use a tong to make sure the meat is browned off all over. Remove and cool slightly.

Pre heat the oven to 200°C. Spread rack of lamb evenly with the Dijon mustard, press some of the breadcrumbs over and bake for 15 - 19 min for rare, but you can go for 25minutes - just keep an eye on the crumbs so it will not burn.

Steam the Butternut till just tender, strain and return to the pot, add the turmeric and butter before blitzing with a stick blender till pureed. While blending over a low heat add the butter and a little cream at a time, till you are happy with the colour and consistency. Season to taste and cook for 5 - 10 min over a very low heat.

Heat a grill pan on high. In a mixing bowl mix half the lemon zest, olive oil and baby asparagus spears, make sure all the asparagus are covered with oil. Turn the heat to medium and grill the asparagus for 5 - 10 min depending on the size. Try to get nice and even char marks on the spears. Once cooked, shock with the lemon juice, the rest of the zest, a splash of olive oil and season.

Spicy lamb koftas served with tzatziki and crispy pita's

I love to make this for family and friends as it's a big crowd pleaser. Try and marinade the mince at least 3 hours to overnight. This can be cooked on a braai and even in the comfort of your own kitchen in a grill pan.

You'll need:

- 6 x Pita's
- 500g Minced Lamb
- 10ml Ground Cumin
- 10ml Ground Coriander
- 20ml Fresh Coriander – chopped finely
- 20ml Fresh Parsley – chopped finely
- 2 x Cloves Garlic – minced
- 5ml Ground Turmeric
- 5ml Cayenne Pepper
- 1 x Green Chilli – deseeded & minced
- 1 x whole Egg
- 6 x Sosatie Sticks – pre-soaked in water for 30 min.

For the Tzatziki

- 1 x Cucumber – sliced lengthways and seeds scraped out with a teaspoon then cut into cubes
- 200ml Plain yoghurt
- 2.5ml Ground Cumin
- Freshly Ground Salt & Pepper

Method

Start by marinating the mince, as you want the flavours to permeate and infuse. Place the mince in a large mixing bowl before adding the ground spices, fresh herbs, garlic, chilli and egg. Now this is where it gets a bit messy but its fun: knead the mince till everything is well combined. Cover with cling wrap and leave to marinate for a minimum of 3 hours, overnight is best. To make the Tzatziki, dice the cucumber and place in a mixing bowl, add the yoghurt and cumin. Mix well and season to taste. Cover and leave to infuse the flavours.

Pre-soaking of the Sosatie sticks will prevent them from setting alight when you're frying your Koftas on a grill. Take about 80 - 90g of the minced lamb and make a sausage around the end of each Sosatie stick. Get the shape nice and even to ensure the same cooking time for each kofta. Once all the koftas are made place them in the refrigerator for 20min to set properly. This will ensure that the mince doesn't fall apart when cooking.

Place a griddle pan over high heat and splash lightly with vegetable oil - once the oil starts to smoke you know the grill is hot enough. Fry each kofta on every side for a few minutes depending on how raw you like your lamb, till a nice, even golden crust has formed all over. Set aside and leave the koftas to rest while you prep the pitas. Heat a non-stick pan over a low heat, the trick is to nuke each pita on high in the microwave for 30 - 40 seconds till it puffs up before flash grilling it in the non-stick pan for some colour.

Serving suggestion: cut open the pita to form the perfect pocket. Slide in the kofta and pull out the sosatie stick, lather generously with tzatziki and enjoy!



Orange crème brulee

I love to make this and the orange flavour just compliments the creaminess of the dessert.

You'll need

- 6 x large egg Yolks
- 100g Castor sugar
- 500ml fresh Cream
- Zest of 2 Oranges
- 5ml Vanilla paste
- 6 Tbsp of Castor sugar for the topping
- 2 Tbsp of Orange liqueur – optional

Method

Pre-heat the oven to 150°C. In a large mixing whisk the egg yolks till light and fluffy, add the 100g of sugar, vanilla paste and a third of the orange zest (if using the orange liqueur it should be added at this stage) and whisk till the sugar has dissolved. Whisk in the cream and set to one side.

Take a deep baking dish and place a kitchen towel folded in half on the bottom, now place the ramekins on the towel and spread them evenly in the baking dish. The kitchen towel will keep the ramekins from moving around and ensure it doesn't come in direct contact with the baking dish. Whisk the mixture thoroughly before filling each ramekin about 2/3 with the custard mixture. Pour some boiling water in the baking dish to create a bain-marie (water bath) till the water fills the dish about half way up the ramekins.

Place the dish in the oven and bake anywhere from 30 - 40 min till the custards are cooked but still has a slight wobble in the centre. Remove from the oven and leave to cool slightly before placing the custards in the refrigerator for a minimum of 2 hours, overnight is better. When ready to serve, mix the rest of the zest with the 6 Tbsp of castor sugar and sprinkle about 1 tablespoon of the zested sugar evenly over each ramekin. With a kitchen torch caramelize the sugar, but keep a close eye as the sugar can burn quickly and believe me, you don't want burnt sugar - just a nice even golden colour. If you don't have a kitchen torch, turn the oven grill to its highest setting and place the ramekins under the grill for a minute or two till evenly golden. Serve with a fresh grating of orange zest and a wafer thin caramelised orange slice. Serve immediately.

