



Hartbeespoort chef **PERSINA MAKWENA MONYAI** usually works behind the scenes at French Toast KoffieKafee but she was the centre stage belle of the ball at last year's food and film festival. Persina's pap and marog with beef stew was so popular that she says "I had sold out within the first two hours. This year I am going to have to make a lot more!" The modest chef remembers that "I was very surprised by how much people loved my food. They really enjoyed that combination of rich stew, spicy sauce and soft, hearty pap. I know it tastes good but it is very simple and I thought people would want fancier stuff. I learnt that sometimes people just love simple home-cooking. I make the sort of South African food that tells people that I love them and that I love what I do. I hope that my food reminds them of when your mother gives you a hug and puts down a hot plate at the end of a long day."



CHAKALAKA (Serves 4 - 6)

INGREDIENTS

20ml (4 teaspoons) sunflower oil
1 onion, finely chopped
3 deseeded peppers (one red, one yellow, one green)
5ml (1 teaspoon) curry powder
4 carrots, peeled and grated
1 200g tin of baked beans
Salt and pepper to taste

METHOD

Heat the oil and gently fry the onion until golden.

Add the curry powder and cook until the aromas are apparent (about 2 minutes).

Add the peppers and cook until they begin to soften (about 2 minutes).

Add the carrots and beans and cook on a low heat until the flavours combine (about 15 minutes).

Season to taste.

Leana

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