

TASTE THE WORLD ~ RECIPE

Prepared by: **BCUC** SOUTH AFRICA

SHAKALAKA

Serves 6

Shakalaka is a South African vegetable relish usually spicy, that is traditionally served with bread, pap (a polenta/porridge made from coarsely ground maize), samp (chopped, dried corn kernels), stews or curries. Shakalaka may have originated in the townships of Johannesburg or on the gold mines surrounding Johannesburg, when Mozambican mineworkers coming off shift cooked tinned produce (tomatoes, beans) with chilli to produce a spicy relish with a Portuguese flair to accompany pap. The many variations on how to make Shakalaka often depend on region and family tradition. Some versions include beans, cabbage and butternut. For example, a tin of baked beans, tin of tomatoes, onion, garlic, and some curry paste can be used to make the dish.

Ingredients

- 3 tbsp oil
- 1 onion, finely chopped
- Green bird's-eye chili (Thai chillies), seeded and chopped
- 2 cloves garlic, crushed
- 50g ginger, finely grated
- 2 tbsp mild curry powder
- 1 green capsicum, finely chopped

- 1 red capsicum, finely chopped
- 1 yellow capsicum, finely chopped
- 5 large carrots, scrubbed, topped, tailed and grated
- 400g canned chopped tomatoes
- 2 tbsp tomato paste
- 400g canned baked beans
- Sprigs fresh thyme, leaves only
- Salt and freshly ground black pepper

Method

Heat the oil in a pan and fry the onions until soft and translucent. Add the chillies, garlic and half of the ginger (reserve the other half to add right at the end). Add the curry powder and stir to combine. Add the capsicums and cook for another 2 minutes. Add the carrots and stir to make sure they are well combined with the other ingredients and coated in the curry powder.

Add in the tomatoes and tomato paste and stir. Cook until the mixture is well combined and slightly thickened, 5 to 10 minutes.

Remove from the heat and add the baked beans, thyme and remaining ginger and stir to combine; season with salt and pepper. Serve hot or cold.