



DURBANVILLE 165 LOCKDOWN FOOD FOR GOOD PROJECT

Click here to access the recipe book - please share widely and freely!



LOCKDOWN FOOD FOR GOOD

A collection of favourite lockdown braais, bakes, meals and drinks from friends and family.



The COVID-19 lockdown has had a major impact on all our lives. Some of us have been fortunate enough to braai, cook and bake some amazing meals and have proudly shared these recipes and pictures with friends and family. **Durbanville 165** started our recipe book project with the aim to share some of the good from lockdown, while acknowledging that there are many people in need. We also used the platform to highlight our community projects, Winter Knights and our social media presence.

We received an overwhelming response from friends, family, Tablers and 41'ers with recipe contributions and the [Lockdown Food for Good recipe book](#) was born, with 42 recipes. The book was distributed digitally for free through email, Whatsapp, Facebook, Instagram and LinkedIn. To date, we have reached an audience in excess of 10,000 people, who now know more about Durbanville 165 and Round Table.

While not the primary aim, and with no obligation, we asked those who were enjoying the book to consider a donation to help us help the community. We continue to receive donations and will be using these to further support our community initiatives.

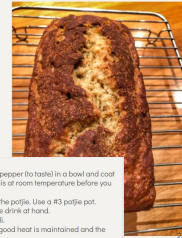
We hope to continue this project going forward to raise awareness, goodwill and funds for our community.

Andrew Teare
Durbanville 165

WE HAD TO: BANANA BREAD.

Ingredients:

- 4 ripe bananas
- 1/2 cup sugar
- 3/4 egg
- 80 g salted butter (melted)
- 1 teaspoon vanilla essence
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- Preheat oven to 180°C
- Prep a standard size loaf tin by brushing melted butter on the inside or spray the inside with non-stick cooking spray.
- Mash the bananas, then add the egg, sugar, melted butter and vanilla
- Mix together well
- In a separate bowl, sieve together the flour, baking powder and bicarb, and mix to distribute evenly



COMPETITION LAMB POTJIE.

Ingredients:

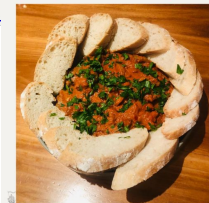
- 2 kg lamb neck
- Flour
- 1 1/2 tomatoes and onion mix sauce
- 3 onions (chopped (mix of red and white onion)
- 1 large chili, chopped
- 50 ml olive oil

- Place flour, mixed herbs, salt and pepper (to taste) in a bowl and coat the lamb pieces. Make sure meat is at room temperature before you start cooking.
- Light fry an hour before cooking the potjie. Use a #3 potjie pot.
- Make sure you have your braai or fire hot and ready.
- Brown onions in olive oil, add chilli.
- Add the meat and seal, ensuring good heat is maintained and the meat does not burn.
- Add sauce, red wine, stock powder and rosemary sprigs.
- Stir and allow to simmer for an hour with the lid on.
- Layer vegetables in order listed, seasoning each layer
- Finish with a layer of mushrooms.
- Do not stir (potjie rule number #1)
- Simmer slowly with the lid on for one and half hours or until the vegetables are cooked.
- Serve with pap, rice or mashed potato.

CREAMY PERI-PERI CHICKEN LIVERS.

Ingredients:

- 500 g chicken livers
- 1 tablespoon butter
- Olive oil
- One onion, sliced
- 3 cloves Garlic, crushed
- 3 teaspoons peri-peri spice (more if you want Spicy)
- 400 g Tim tomato puree
- 250 ml cream
- 2 tablespoons sweet chili sauce



- Fry off 500g chicken livers in 1 tablespoon butter and a splash of olive oil for about 5 minutes and set aside (don't over cook - can still be quite rare at this stage)
- In the same pan, slowly fry the following until soft:
 - o One onion, sliced
 - o 3 cloves Garlic, crushed
 - o 3 teaspoons peri-peri spice (more if you want Spicy)
- Add the following and bring to the boil:
 - o 400g Tim tomato puree
 - o 250ml cream
 - o 2 tablespoons sweet chili sauce
- When boiling, add cooked livers and cook through
- Serve immediately, with some chopped parsley if you want