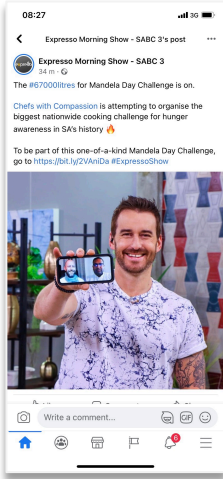




67 000 LITRES FOR MANDELA DAY



Every liter counts #67000litres
#Mandelayay #RadissonOR



2021



Chefs with Compassion

RECIPE BOOK



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FOREWORD

Thank you for your compassion

Mandela Day in 2021 – the day ordinary South Africans dedicate 67 minutes of our time to giving back – was marked by the compassion of hundreds of people, like yourself, who participated in the #67000litres for Mandela Day campaign.

As the destruction and mayhem of the KZN riots unfolded, and our nation faced fear, shock, devastation and hardship, we witnessed humanity at its worst, and at its best. As Chefs with Compassion, we were so proud and privileged - thanks to the collective action that is embodied in Madiba – to bring a story of hope and faith to our country when we needed it most.

At the end of the day, it was only thanks to the contributions of nearly 300 home cooks, chefs, cooks, corporates, cooking schools, community caterers and soup kitchens all over the country – of which you were one – that this year's #67000litres for Mandela Day was possible.

In the end, more than 75 000 litres of soup was prepared, transported and delivered across the entire country.

From the five litres of soup made in a small kitchen by a caring family, to the 10,000 litres prepared in massive corporate kitchens – every drop contributed to the total, and to 283 588 people receiving a hot meal on the day.

This compilation cookbook is our small way of saying thank you to you, as one of the contributors to the success of our #67000litres campaign.

Thank you also to all of the chefs who contributed a recipe. We hope you will be inspired by these simple yet delicious soup recipes, and we hope you will continue to help assist those most vulnerable in our society in any way that you can.

Please continue to follow our journey on our website and our Facebook page and we look forward to doing it all again in 2022.

With gratitude, 



Arnold Tanzer
Chairman



Chefs with Compassion

rescue | cook | feed

Our Contributing Chefs

3. Sasha Zambetti
4. Zola Nene
5. Katlego Mlambo
6. Trevor Chikaura
7. Baroetsana Masakala
8. Kevin Miller
9. Chef Fortunato Mazzone (Chef Forti)
10. Marlene Van Der Westhuizen
12. Candice Philip
13. Rockets Restaurant (Head Chef David Todd)
14. Sam Linsell, Drizzle and Dip
15. Arnold Tanzer
16. Anna Trapido
17. Pete Goffe-Wood
18. Greg Henderson



An apple a day keeps the doctor away, coupled with immune-boosting ginger makes for a nutritious and delicious winter soup!

Ingredients

2 onions, peeled and chopped
1kg butternut, peeled, seeded and cubed
500g sweet potato, peeled and cubed
2 large braeburn apples, peeled, cored and cubed
3 cloves garlic, peeled and chopped
100g fresh root ginger, peeled and diced
1 x 400ml tin of coconut cream
1.5litres vegetable stock

Method

In a large pot, sweat the onions in a little oil until translucent. Add the butternut and sweet potato and cook, stirring, for a further 3 mins. Add the apples, garlic, ginger, coconut cream and stock. Simmer for 20 minutes, season to taste, then blend before serving hot.



Serves 4-6

Ingredients

2 cups dried sugar beans, washed
2 Tbs olive oil
500g beef, diced
1 onion, chopped
2 carrots, diced
2 bay leaves
2 garlic cloves, chopped
1 Tbs grated ginger
4 sprigs fresh thyme
2 Tbs mild curry powder
1 Tbs ground coriander
1 beef stock cube
4 cups water
Salt & pepper

Method

Place washed beans in a pot, cover with cold water & bring to the boil.
Simmer for 1.5 hours, top up water during cooking.
Brown beef in oil.
Add onion & carrot then sauté.
Add bay leaves, garlic, ginger, thyme, curry powder & coriander, cook for a minute.
Add boiled beans, stock cube & water.
Simmer for an hour.
Season to taste.



Ingredients

Cooking oil, 40 ml
Red onion 1, sliced
Red thai curry paste 2 tbsp
Lemongrass 1 stalk, bashed
Coconut milk 200g tin
Vegetable stock 1 litre, hot
Tofu 160g(medium textured)
Beansprouts 100g
Egg noodles 3 nests, cooked
Fish sauce 1 tbsp
Spring onions 2, thinly sliced
Basil and coriander leaves to serve
Lime wedges and chilli slices to serve

Method

Heat oil and fry the shallot for a minute, then add the curry paste and fry until fragrant. Add the lemongrass, coconut milk, and stock and bring to a simmer. Add the tofu, beansprouts, and egg noodles to warm though for a few minutes, season with fish sauce then divide between 4 bowls, fishing out the lemongrass. Top with spring onion, herbs, a squeeze of lime and a few slices of red chilli.



Ingredients

1 kg pumpkin
1 white onion
2 cloves garlic
30g sage
500 ml vegetable stock
100 ml cream
3 tbs honey
100g feta
5 tbs olive oil
Salt and pepper to taste
100g toasted pumpkin seeds (optional)

Method

In an oven tray, add pumpkin and sage, coat with two tablespoons of olive oil, season with salt pepper and honey and roast @180 degrees for 30 min or until soft.

In a separate pot, add the rest of the olive oil and sweat onions and garlic.

Add soft roasted pumpkin to the pot, then add vegetable stock and cream and bring to a slow simmer for 5 min.

Add contents of the pot into a blender and blend until smooth and while blending add feta and season with salt and pepper.

Serve soup and garnish with toasted pumpkin seeds.



There are few things as satisfying and comforting on a cold day than sitting down to a bowl of hearty soup.

Ingredients

750 g beef shin / beef shank (optional)
1 onion finely chopped
3 leeks washed and finely sliced
4 celery stalks finely chopped
3 potatoes peeled and diced
4 garlic cloves crushed
2 sprigs rosemary
3 bay leaves
400 g canned chopped tomatoes
¼ cup soy sauce
4-6 cups beef stock (if you're using an Instant pot, start by adding 2 cups of stock, adding more if necessary. As there is nowhere for the liquid to evaporate to, the soup might be too watery if you use 4 cups of stock.)

Method

1. Heat a large pot with oil over high heat.
2. Pat the meat dry, drizzle with olive oil and season with salt and pepper.
3. Brown the meat well on both sides in the large pot.
4. Add all the vegetables to the pot and allow to saute for 10-15 minutes until they start to soften and caramelize. Add the garlic, rosemary and bay leaves. Cook for another minute.
5. Add the tomatoes and soy sauce, scraping the sticky bits on the bottom of the pot.
6. Add the beef back in then add enough stock to cover everything. Season with salt and pepper, cover and reduce the heat.
7. Allow to simmer for 90 minutes - 2 hours until the beef is tender.
8. Remove the meat from the pot, shred and discard the bones.
9. Turn the heat up then add the beef back in. Allow to simmer for 10 minutes. At this point you can thicken the soup with a cornstarch slurry if necessary.
10. Serve with some bread.



Ingredients

65g white onion
200g Green pepper
300g cucumber, seeds removed
200g fennel bulb
40g fresh mint leaves
200g celery
100g white bread, no crust
250g sunflower oil
20g tabasco sauce
2 ea limes zest & juice
Salt to taste

Method

Chop all vegetables into diced pieces and place into a blender with all the other ingredients and blend on medium speed for 2 minutes and high speed for 1 min until smooth and emulsified. Season if necessary.
Serve chilled or at room temperature.

Kevin Miller - head pastry chef at the Landborough, and contestant in the Great British Bake Off



Ingredients

1 whole pork hock (better known as eisbein in SA)
3 tins (440g) of cannellini beans
2 whole onions fine diced
2 peeled carrots fine diced
One punnet of cream
500 ml of veg stock
50ml olive oil

Method

1. Fry the diced onions in the olive oil over a medium heat in a large cast iron casserole type pot.
2. Slice the pork meat off the bone (including the fat) into small chunks. Add to the pot and brown lightly.
3. Add the diced carrot.
4. Cook for 10 minutes and then drain the beans in a colander and add to the pot.
5. Add the stock and cook for 90 minutes.
6. Add the cream. 10 minutes.
7. Season to taste.
8. Blend until smooth with small chunks of pork.

*Absolutely delicious.
XXX*



Ingredients

1 kg sliced butternut
6 leeks, sliced in pennies and washed thoroughly
50 g butter
1 litre chicken stock
2 cloves chopped garlic
5 ml nutmeg, grated
Sea salt and freshly ground black pepper
crème fraiche
sprig of sage, to garnish



Method

Melt the butter in a large cooking pot. Fry the leeks lightly until soft and translucent. Add the sliced butternut pieces to the pot and toss with the leeks and butter. Fry lightly. Pour the chicken stock over the vegetables and bring to a gentle boil. Turn down the heat and simmer until the butternut is completely cooked and tender. Add the garlic and nutmeg. Remove the cooking pot from the heat. Using a handheld liquidizer, process the vegetables and stock in the warm pot until it reaches a completely creamy consistency.

Serve in individual soup bowls, spoon a dollop of crème fraiche onto each serving and garnish with a sprig of sage.

| Cauliflower Soup

(Serves 6)

Ingredients

1 kg cauliflower, broken in florets
50 ml extra virgin olive oil
1 T butter
2 leeks, chopped and rinsed well
3 cloves garlic, peeled and chopped
1, 5 L chicken stock
1 bouquet garni, with lots of sage, thyme and 2 bay leaves
salt and white pepper to taste
fresh crusty bread

Method

Heat the olive oil and the butter in a heavy based saucepan and add the cauliflower florets to the pan. Gently toss 1 kg cauliflower with the olive oil and butter. Add the leeks, garlic, chicken stock with the bouquet garni and cook over medium heat until the vegetables are tender. Remove the bouquet garni and discard. Using a handheld liquidizer, process the soup until it has a gloriously creamy consistency. Season to taste and keep warm. Serve with a slice of the toast.

Ingredients

(Serves 6)

500 gr green split peas, soaked overnight
75 ml extra virgin olive oil
1 T butter
1 ham hock
2 pork trotters
250 gr bacon, cut in small bits
4 leeks, washed and chopped finely
4 garlic cloves
1 stick celery with leaves, chopped finely
2 large potatoes, peeled and cubed
1 bouquet garni
2 L chicken stock
salt and white pepper to taste

Method

Heat the olive oil and the butter in a large soup pot. Brown the ham hock, trotters as well as the bacon before adding the drained split peas, leeks, garlic, celery, potatoes, bouquet garni and the chicken stock to the pot. Simmer over a medium heat for about 2 hours, removing the foam that will form on the broth with a slotted spoon regularly. You may add water to the broth if it is necessary.



Ingredients

Butter bean and white pepper soup

1 medium sized onion, chopped
2 cloves garlic, chopped
3 tablespoons canola oil
150ml white wine
1 thumb of ginger, chopped
1 teaspoon white pepper
2 tins butter beans
1 tin coconut milk
1 litre chicken/vegetable stock
2 tablespoons of honey
Season to taste.

Tahini yoghurt

1 cup greek yoghurt
2 tablespoons tahini
Pinch salt

Mix well before spooning onto your soup

Method

Step 1 Cook the onions, garlic and ginger gently in the oil until softened. Add the white pepper and then add the white wine and reduce until wine has cooked away.

Step 2 Add the stock and bring to the simmer for 5 minutes. Add the butter beans and cook for 10 minutes more before adding the coconut milk and the honey. Allow to simmer for a further 15 minutes. Blend the soup in a blender until smooth. Pour back into the pot. Check seasoning. Gently reheat before serving

Toasted walnut dukkah

100g chopped toasted walnuts
2 tablespoons toasted sesame seeds
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon maldon salt

Mix well and sprinkle over the tahini yoghurt on the soup and serve.

*garnish with fried sage and olive or chilli oil.

*serve with crusty bread or soft rye.



Ingredients

Feeds: 2 - 4 people

4 chicken breast
250g cubed baby potato
120g chopped carrot
80g chopped onion
Tbl spoon crushed garlic
Tspn onion powder
Tspn garlic powder
Tspn paprika
Tbl spoon chopped parsley
Salt and pepper
1L chicken stock

Method

1. In a medium heat pan, fry off the chicken breast cubes until golden brown and season lightly with salt and pepper.
2. Remove from pan and add carrots, onions and crushed garlic and sauté for about 2mins.
3. Add just a bit of chicken broth to the pan to help removed the bits of seasoning stuck to the pan because that's where all the flavour is.
4. Add the chicken back to the pan and mix through before adding the remaining chicken brother. Add additional seasoning and let simmer on medium heat for about 25mins.
5. At this point, add the baby potatoes, mix through and cook for another 18 - 20mins or until the potatoes are cooked through.
6. Lastly, add the chopped parsley and mix through just before serving.

Serving suggestions: Goes perfectly with garlic bread, croutons or lightly toasted bruschetta slices.

Rockets Restaurant
(Head Chef David Todd)



Ingredients

SCALE 1X2X3X

1 medium butternut, peeled, deseeded and cut
1 large orange sweet potato, peeled and cut into similar sizes to the butternut
1 – 2 carrots chopped
1 large leek (or 2 celery stalks, or both), chopped
1 large onion chopped
Olive oil and a knob of butter
A few sprigs parsley
2 – 3 bay leaves
1 large piece of ginger grated (about 6 cm)
2 small pieces turmeric grated, or 1 tsp turmeric powder
2 cloves garlic
Small pinch chilli flakes (optional)
Salt pepper
1 tsp masala/curry powder of your choice
½ tsp cumin
Approx. 1 litre – 1 litre plus 250ml of vegetable stock (I used 3 good stock cubes or 4 stock sachets to 1 litre/ 1.25 litres of water)
Juice of 1 orange (or 2 clementine's)
Cream to finish
Dukkha to sprinkle or other toasted seeds and nuts

Method

If you are pre-roasting the butternut, sweet potato and carrots – see the cooks notes above this recipe and do this at the start. In a large heavy-based pot add the olive oil and butter and sweat the onions/leeks/celery until soft. Put the lid on to generate some steam which helps the sweating. Once soft, add the bay leaves, parsley, garlic and spices and cook for a minute or two until fragrant and just starting to stick to the bottom of the pot. If you are adding the roasted or uncooked vegetables do so now and immediately add the stock and orange juice. Cover and allow to simmer over a gentle heat for about 45 minutes. If the vegetables are uncooked, cook for about an hour. Take this off the heat, allow to cool slightly, or if you have a metal stick blender you can process this soup while it is still hot. Remove the bay leaves and then process the soup with a handheld stick blender or in a liquidiser/food processor until smooth. Serve with fresh cream/coconut cream and dukkha if you have. Chopped roasted nuts and seeds also work really nicely. A nice crusty loaf of bread is mandatory in my opinion too.



Ingredients

The recipe yields 200 litres so decrease (or increase) as needed - easy peasy!

200 litres water
35kg dried beans, washed and soaked overnight, then cooked
25kg carrots, diced
10kg onion, diced
10kg celery, diced
4kg stock powder/soup powder/soup mix
1kg tomato paste
1kg paprika, cumin, bay leaves, etc
Salt to taste

Method

1. Soak the beans overnight in cold water – volume will be at least 3x once soaked.
2. Rinse, then simmer until soft in fresh unsalted water.
3. Drain.
4. Sauté the onions in oil until tender.
5. Add the tomato paste, the spices, beans and the remaining vegetables.
6. Add the stock and simmer for 45 minutes to an hour until vegetables are tender.
7. Remove 1/3 of the soup, blend to a fine puree and return to the remaining soup.
8. Bring to the boil, season and cool down rapidly if not serving the same day.



Ingredients

30ml oil (olive or sunflower whichever is to hand)
1 onion, finely chopped
2 cloves garlic, finely chopped
1 chili, finely chopped
5ml ground cumin
5ml ground coriander
10ml paprika
30ml tomato paste
1 tin (400g) tomatoes
A cup of cooked beans or 1 tin (400g) of tinned beans
600ml stock (or 600ml water and a stock cube)
Salt and pepper to taste.

Method

1. Heat oil, add onion cook over medium heat until soft.
2. Add garlic, chili and cook through then add the dry spices. Cook for a few minutes then add the tomato paste cook until the tomato paste is a bit caramelized (a few minutes).
3. Add the tinned tomatoes and stock. Simmer for about 15 minutes on a low heat.
4. Blend the soup then add in the beans and cook for a further few minutes. Season to taste. Eat



Ingredients

Serves 4

2 tins coconut cream
2tblsp Tom Yum paste
1 bulb fennel, thinly sliced
20g ginger finely chopped
4 cloves garlic finely chopped
2 tblsp fish sauce
2 tblsp palm sugar
300g prawns
300g Sustainable line fish, filleted
2 dried lime leaves
Juice of 2 limes
5g fresh coriander
5g Spring onions

Method

In a large saucepan, boil 1 tin of the coconut cream for about 15 minutes until it separates off oil. Add the tom yum paste and fry until fragrant, about 5 minutes. Throw in the fennel, garlic and ginger and add the fish sauce and palm sugar and fry it to deepen the colour for about 5 min. Add the rest of the coconut milk, lime leaves and simmer for about 10 minutes. Add the prawn and and cook briefly for about 5 min until the prawn is just cooked. You just want to cook it briefly as you are not stewing it and want it to remain tender and juicy. Season the line fish with salt & pepper and fry separately in another pan and then add the pieces to the soup. Add the limejuice and season to taste with salt and pepper. Then add the picked coriander & sliced spring onion.

...may the sauce be with you
PGW eat©



Ingredients

- 1kg Waterblommetjie - Aponogeton Distachyos
- 1 Leek (chopped)
- 1 Celery (chopped)
- 1 Onion (chopped)
- 1tbsp Hari Krishna Spice
- 3tbsp Suurings – Oxalis pes capre – Chopped – Stalks only
- 1 Tbsp Turmeric
- 2 Cloves Garlic (crushed)
- 1 Potato (diced)
- 250ml Coconut Cream

Method

1. In a pan heat oil and sauté onion, leek, celery and garlic.
2. Add Hari Krishna and turmeric to mixture and allow to cook on medium heat to release oils from the spices.
3. Then add waterblommetjies, suurings and potatoes and stir occasionally so it does not stick to the bottom of the pan.
4. Add coconut cream and bring to a slow boil, add a little water if reduces too much.
5. When waterblommetjies and potatoes are tender and cooked, transfer to a food processor and blend.
6. Strain soup through a sieve and correct seasoning.





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FOR MANDELA DAY

WE THANK YOU!



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