

# SLOW HEAT

*bold flavour*

# *Recipes*

delivering familiar flavour...  
with a modern twist.



# CARAMELISED APPLE & CHIA OATMEAL

**PREP TIME:** 35 MINUTES  
**TOTAL TIME:** 45 MINUTES

**COOK TIME:** 10 MINUTES  
**SERVINGS:** 4-5



## INGREDIENTS

### FOR THE PORRIDGE:

<b>100g</b>	Jungle Oats
<b>20g</b>	Chia Bia seeds
<b>500ml</b>	milk of choice
<b>10ml</b>	vanilla extract
<b>10-15ml</b>	maple syrup (adjust to taste)
<b>1g</b>	salt

### FOR THE CARAMELISED APPLES:

<b>5-10g</b>	butter of choice
<b>150-200g</b>	KOO Pie Apples, diced
<b>2g</b>	cinnamon
<b>15g</b>	brown sugar
<b>10ml</b>	water

## METHOD

### STEP 1: PREPARE THE CARAMELISED APPLES

1. In a pan over medium heat, melt the butter.
2. Add the diced KOO Pie Apples, cinnamon, brown sugar, and water.
3. Stir and cook for 5-7 minutes until the apples soften and caramelise. Remove from heat and set aside.

### STEP 2: COOK THE PORRIDGE

1. In a pot, combine the Jungle Oats, Chia Bia seeds, milk, vanilla extract, maple syrup, and salt.
2. Bring to a gentle simmer, stirring frequently to prevent sticking.
3. Cook for 5-7 minutes until thick and creamy.

### STEP 3: ASSEMBLE & SERVE

1. Spoon the warm oatmeal into bowls.
2. Top generously with the caramelised apples.
3. Optional: Garnish with toasted nuts, seeds, or a drizzle of honey for added crunch and flavour.

# BREAKFAST BOWL

**PREP TIME:** 35 MINUTES  
**TOTAL TIME:** 45 MINUTES

**COOK TIME:** 10 MINUTES  
**SERVINGS:** 4-5



# INGREDIENTS

## FOR THE JALAPENO GINGER SALSA

- 1** jalapeno
- 1** scallion
- 1 inch** knob of ginger
- 1/4** lemon or lime juice and zest  
salt and pepper

## FOR THE CRISPY CHICKPEAS

- 1** can cooked chickpeas (400 g can)
- 5 tbsp** oil (your frying oil of choice)
- 1 tbsp** cumin seeds  
salt and pepper
- 1 handful** sauerkraut

## FOR THE SESAME PEANUT CRUNCH

- 2 tbsp** sesame seeds
- 2 tbsp** peanuts
- 1/4 tsp** chilli flakes

## FOR THE CUCUMBER SALAD

- 2** raw cornichon cucumbers
- 1/2** lemon juice
- fresh herbs
- salt and pepper

## FOR THE REST OF THE BOWL ASSEMBLY

- 2 dollops** sour cream, labneh or Greek yogurt
- 1 handful** sauerkraut
- 2-4 slices** rye sourdough toast
- 2** eggs  
fresh herbs  
salt and pepper

# METHOD

## JALAPENO GINGER SALSA

- Finely chop the ginger, scallion and jalapeno and add them to a bowl.
- Add the lemon/lime juice and the lemon/lime zest, salt and pepper to the bowl and mix.

## CRISPY CHICKPEAS

- Drain the can of chickpeas, rinse the chickpeas and dry them with a kitchen/paper towel.
- Add the oil to a pan on medium high heat.
- Once the oil starts sizzling, turn the heat down to medium and gently add the chickpeas and the cumin seeds to the pan.
- Let the chickpeas get crispy while stirring them from time to time. Add more oil if necessary – the chickpeas shouldn't swim in oil, but shouldn't sit in a dry pan either. Once crispy, season with salt and pepper and set aside.

## SESAME PEANUT CRUNCH

- Add the chopped peanuts and sesame seeds to a dry pan on medium heat and toast them until they become golden brown. Transfer to a clean bowl to stop the cooking process.

## CUCUMBER SALAD

- Use a vegetable peeler to peel thin strips of cucumber.
- Squeeze the lemon juice on the cucumber strips and season with salt and pepper.
- Roughly chop the herbs and add them to the bowl of cucumbers and mix.

## POACHED EGGS

- Boil 2-4 cups of water in a sauce pan or pot.
- Once the water reaches the boiling temperature, turn the heat to low.
- While the water is simmering, drop the two eggs in. Let them simmer for about 3 minutes until the egg whites are fully cooked, but the egg is still runny.

# HONEY BBQ SLOW COOKER CHICKEN WINGS

**PREP TIME:** 10 MINUTES

**TOTAL TIME:** 130 MINUTES

**COOK TIME:** 2 MINUTES

**SERVINGS:** 8



## INGREDIENTS

### FOR THE DRY RUB OR SPICE MIX:

<b>15g</b>	brown sugar
<b>8g</b>	seasoning salt
<b>6g</b>	onion powder
<b>6g</b>	garlic powder
<b>3g</b>	smoked paprika
<b>3g</b>	ground black pepper
<b>3g</b>	chili powder

### FOR THE HONEY BBQ SAUCE:

<b>250ml</b>	Mrs Ball's Original Chutney
<b>125ml</b>	honey
<b>30ml</b>	Mrs Ball's Sweet Chilli Sauce
<b>45ml</b>	apple juice or apple cider

### FOR THE CHICKEN WINGS:

<b>1.8kg</b>	chicken wings, patted dry
<b>16g</b>	corn starch (optional)

## METHOD

- In a small bowl, combine the dry rub ingredients.
- Pat the wings dry with paper towels. This step will help the spices to adhere to the wings when seasoning them.
- Place the chicken wings in the slow cooker and sprinkle the spice mix over the wings. Toss to make sure the wings get well coated.
- In a small bowl, whisk together the Mrs Balls Chutney and Sweet Chilli sauce, hot sauce and juice until well combined.
- Pour the sauce over the wings and toss until the chicken is well coated. Cover and cook for 2 hours on high or 3-4 hours on low.
- After the cooking time is over, the chicken wings should be fully cooked and ready to eat. You can transfer the wings to a serving plate or bowl and keep warm. Follow instructions for thickening the sauce. For crispy wings follow the broiling instructions.

### THICKENING THE HONEY BBQ SAUCE (OPTIONAL)

- After removing the wings from the slow cooker, make a slurry by combining the cornstarch with 2 tablespoons of water. Pour the slurry into the slow cooker and mix well. Pour cornstarch mixture into the Mrs Balls sauce and mix to combine. Cook on high for 10 – 20 minutes or until the sauce reaches your desired thickness.

### TO CRISP UP THE WINGS:

- For crispy skin, set an oven rack 5-6 inches below the broiler. Line a baking sheet with aluminium foil and place a wire rack on top. Spray the wire rack with cooking spray.
- Arrange the slow cooked chicken wings on a single layer on the wire rack, leaving some room between the wings so they are not touching. You will need to work in batches. Place the wings under the broiler and broil for 2-3 minutes or until golden brown. Remove from the oven and carefully flip the wings with kitchen tongs. BROIL the second side for 2-3 minutes or until the wings are crispy and golden brown. Transfer the crispy wings to a serving bowl.
- You can return the wings to the slow cooker and gently toss them with the Mrs Balls sauce until they are well coated, then transfer them to a serving bowl or you can transfer the wings to a serving bowl and pour some sauce on top. Serve with additional sauce on the side.

# FRIED BURRATA WITH VODKA SAUCE

**PREP TIME:** xx MINUTES  
**TOTAL TIME:** xx MINUTES

**COOK TIME:** xx MINUTES  
**SERVINGS:** 4-5



# INGREDIENTS

## VODKA SAUCE

- 60 ml** extra virgin olive oil
- 1 tbsp** fresh garlic, finely minced (about 10 g)
- 150 g** All Gold tomato paste (2/3 cup)
- 320 ml** heavy cream (1 1/3 cups)
- 1 tsp** red pepper flakes (adjust to taste)
- 2 tsps** dried basil (about 1.5 g)
- Salt and black pepper, to taste
- 50 g** freshly grated parmesan
- 30 g** unsalted butter (2 tablespoons)

## FLOUR BREADING

- 45 g** Golden Cloud cake flour (1/3 cup)
- Salt and black pepper, to taste

## WET BATTER

- 2–3** large eggs, whisked

## PANKO BREADING

- 60 g** Panko breadcrumbs (1 cup)
- 20 g** grated parmesan (1/4 cup)
- 1/2 tbsp** Italian seasoning (about 3 g)
- 1 tsp** salt (5–6 g)
- 1/2 tsp** black pepper (about 1 g)

## OTHER

- 2** burrata rounds
- Vegetable oil, for deep frying (enough to submerge the burrata, approx. 750 ml – 1 liter)
- Fresh basil, for garnish
- Extra grated parmesan, for garnish

# METHOD

## 1. MAKE THE SAUCE

- Heat 60 ml olive oil in a saucepan over medium heat.
- Add 10 g finely minced garlic and cook for 1 minute until fragrant.
- Stir in 150 g tomato paste and cook for 2–3 minutes until slightly darkened.
- Gradually whisk in 320 ml heavy cream until smooth.
- Add red pepper flakes, dried basil, salt, and pepper to taste.
- Stir in 50 g parmesan and 30 g butter until melted and combined. Set aside.

## 2. PREPARE BREADING

- **Bowl 1:** Mix 45 g cake flour with a pinch of salt and pepper.
- **Bowl 2:** Whisk 2–3 eggs until smooth.
- **Bowl 3:** Combine 60 g Panko, 20 g parmesan, 3 g Italian seasoning, 5 g salt, and 1 g black pepper.

## 3. BREAD THE BURRATA

- Pat burrata dry with a paper towel.
- Dip each round in flour, then egg, then Panko.
- For extra crunch, repeat egg and Panko steps for a double coating.

## 4. FRY & ASSEMBLE

- Heat vegetable oil to 175°C (350°F).
- Fry breaded burrata for 2–3 minutes until golden and crispy.
- Drain on paper towels.
- Spoon warm sauce onto a serving plate, top with fried burrata, and garnish with basil and extra parmesan.
- Serve immediately with crusty bread.

# VEGETABLE & PEARL BARLEY STEW WITH HERBY DOMBOLO

**PREP TIME:** xx MINUTES

**COOK TIME:** xx MINUTES

**TOTAL TIME:** xx MINUTES

**SERVINGS:** 4-5

A hearty and comforting South African-inspired vegetable stew with fluffy, herby dombolo (dumplings). This dish is packed with wholesome flavours and a touch of tradition, with an easy cost-effective hack for steaming dombolo using KOO 410g tins.



# INGREDIENTS

<b>1 Tbsp</b>	olive oil	<b>3</b>	large carrots (about 350g), cut into large chunks
<b>15ml</b>	dairy-free margarine (or additional olive oil)	<b>3</b>	parsnips (about 250g), cut into large chunks
<b>1</b>	large brown onion, peeled and finely chopped	<b>1</b>	large potato (about 350g), cut into large chunks
<b>1</b>	large leek, thinly sliced	<b>½</b>	small swede (about 300g), cut into chunks
<b>2</b>	celery stalks, thinly sliced		Salt and pepper, to taste
<b>4</b>	cloves garlic, crushed		
<b>3 Tbsp</b>	Golden Cloud Cake flour		
<b>120ml</b>	dry white wine (optional)		
<b>1.5 litres</b>	Benny or vegetable stock		
<b>175g</b>	Lion pearl barley or 4-in-1 soup mix		
<b>3</b>	sprigs fresh thyme (or ½ tsp dried)		
<b>2</b>	bay leaves		
<b>2</b>	sprigs fresh rosemary (or ½ tsp dried)		

## FOR THE HERBY DOMBOLO (DUMPLINGS):

<b>300g</b>	Golden Cloud Cake flour
<b>½ tsp</b>	salt
<b>1 tsp</b>	mixed dried herbs
<b>10g</b>	instant yeast
<b>180ml</b>	warm water

# METHOD

## STEP 1: PREPARE THE STEW

- Heat the olive oil and margarine in a large pot over medium heat.
- Add the onion, leek, and celery, and sauté for 5 minutes until soft.
- Stir in the garlic and cook for another minute.
- Sprinkle in the flour and stir well to coat the vegetables. Cook for 2 minutes.
- Pour in the white wine (if using) and allow it to cook down for 1-2 minutes.
- Gradually add the Benny or vegetable stock, stirring continuously to prevent lumps.
- Add the pearl barley, thyme, bay leaves, and rosemary.
- Stir in the carrots, parsnips, potato, and swede, season generously with salt and pepper, and bring to a gentle simmer.
- Cover and cook for 45-50 minutes until the vegetables and barley are tender.

## STEP 2: MAKE THE DOMBOLO (DUMPLINGS)

- In a large bowl, mix the flour, salt, dried herbs, and yeast.
- Gradually add the warm water, stirring to form a soft dough.
- Knead the dough lightly for 5 minutes until smooth.
- Cover and let it rise in a warm place for 30 minutes or until doubled in size.

## STEP 3: COOK THE DOMBOLO

### OPTION 1: STEAMED SEPARATELY (TRADITIONAL DOMBOLO METHOD)

- Grease empty KOO 410g tins or dombolo molds.
- Divide the dough into equal portions and place them inside the greased tins.
- Cover the tins with foil and place in a large pot with a few centimetres of simmering water.
- Cover the pot with a lid and steam for 30-35 minutes until the dombolo is cooked through and fluffy.

### OPTION 2: COOKED ON TOP OF THE STEW

- Once the stew has simmered for 50 minutes, uncover it and bring it to a gentle boil.
- Drop spoonfuls of the dombolo dough directly onto the surface of the stew.
- Cover and let it steam for 25-30 minutes, without opening the lid, until the dumplings are puffed up and cooked through.

## TO SERVE

- Remove the bay leaves and herb sprigs from the stew.
- Serve hot with the fluffy dombolo on the side or directly on top of the stew.

This dish is the perfect winter warmer, combining traditional South African flavours with a modern, herb-infused twist!

# SALTED SAGE HONEY BUTTER BRIOCHE ROLLS

**PREP TIME:** 25 MINUTES

**RISE TIME:** 1 HOUR

**COOK TIME:** 25 MINUTES

**TOTAL TIME:** 1 HOUR 50 MINUTES

**SERVINGS:** 4-5



# INGREDIENTS

## DOUGH:

- 500 g** Golden Cloud Bread flour
- 7 g** instant yeast
- 1 tsp** salt
- 180 ml** warm milk
- 3 tbsp** honey
- 6 tbsp** salted butter, at room temperature

**3**

- large eggs), at room temperature
- 1** egg yolk, beaten with 1 tbsp water
- Flaky sea salt for topping

## SAGE HONEY BUTTER:

- 12** sage leaves
- 6 tbsp** salted butter, at room temperature
- 3 tbsp** honey

# METHOD

## MAKE THE DOUGH:

- In the bowl of a stand mixer, combine the flour, yeast, and salt. Add the warm milk, honey, 3 whole eggs, and 6 tablespoons of butter. Using the dough hook, mix until the flour is completely incorporated, about 4–5 minutes. If the dough seems sticky, add 30 g (¼ cup) of flour at a time. Cover the bowl with plastic wrap and let sit at room temperature for 15 minutes to 1 hour.
- Prepare the sage honey butter: Fry the sage leaves with 15 g (1 tablespoon) of butter in a skillet over medium heat. Remove from the pan and chop the leaves. In a small bowl, mix 85 g butter and 64 g honey together. Stir in the fried sage and a pinch of sea salt.
- Preheat the oven to 175°C (350°F). Line a 23x23 cm (9x9 inch) baking dish with parchment paper.

## SHAPE THE ROLLS:

- Punch the dough down and divide it in half. On a lightly floured surface, roll each half to a 30 cm (12-inch) square, about 6 mm (¼-inch) thick. Brush each square with honey butter, saving any leftover butter for serving. Cut each square into 6 strips, then roll each strip into a coil. Arrange them seam-side down in the prepared baking dish.
- Final proofing: Brush the rolls with the beaten egg yolk. Cover the dish and let the rolls rise for 30 minutes, until puffy.

## BAKE:

- Bake for 22–25 minutes until golden brown. Remove from the oven and brush with the remaining honey butter. Serve warm with flaky sea salt.

## MAKE-AHEAD & FREEZING INSTRUCTIONS:

**TO MAKE AHEAD:** Follow steps 1–4, but do not let the rolls rise. Cover and refrigerate overnight. Before baking, let the rolls sit at room temperature for 30 minutes, then bake as directed.

**TO FREEZE BEFORE BAKING:** Assemble the rolls through step 5, then cover and freeze for up to 3 months. Thaw overnight in the fridge or for a few hours at room temperature before baking.

**TO FREEZE AFTER BAKING:** Bake as directed, let cool completely, then wrap and freeze for up to 3 months. Thaw and warm before serving.

## USING ACTIVE DRY YEAST:

If using active dry yeast instead of instant yeast: Dissolve 7 g (1 packet) of yeast in 180 ml warm milk with 64 g honey. Let sit for 5–10 minutes until bubbly and foamy. Proceed with the recipe as directed.

# SLOW-COOKED SHORT RIBS WITH CARROT & KQO CHAKALAKA PUREE & SILKY MASH

**PREP TIME:** 30 MINUTES  
**TOTAL TIME:** 45 MINUTES

**COOK TIME:** 3.5-4 HOURS  
**SERVINGS:** 4 - 6

A hearty and comforting South African-inspired vegetable stew with fluffy, herby dombolo (dumplings). This dish is packed with wholesome flavours and a touch of tradition, with an easy cost-effective hack for steaming dombolo using KOO 410g tins.



# INGREDIENTS

## FOR THE SHORT RIBS

- 1.5–2 kg** beef short ribs, bone-in
- 2 tbsp** oil for browning
- 2 tbsp** All Gold tomato paste
- 1 cup** Master Chef All Gold Pap Relish
- 1 tin** KOO All Gold Baked Beans
- 2** Benny beef stock cubes, crushed
- 1 tsp** ground coriander
- 1 tsp** dried rosemary (or 2–3 sprigs fresh)
- 6–8** garlic confit cloves (or 4 fresh garlic cloves, smashed)
- 500 ml** water (enough to cover the ribs)  
Salt & black pepper, to taste

## CARROT & KOO CHAKALAKA PURÉE

- 3** large carrots, peeled and chopped
- 1/2 tin** KOO Chakalaka (mild or hot, depending on preference)
- 1 tbsp** butter  
Salt & pepper, to taste

## SILKY POTATO MASH

- 4** large potatoes, peeled and cubed
- 100 ml** cream
- 50 g** butter  
Salt, to taste

# METHOD

## 1. BROWN THE SHORT RIBS

- Preheat oven to 160°C (if braising in oven).
- Season short ribs with salt and pepper.
- Heat oil in a large ovenproof pot or cast-iron casserole over medium-high heat.
- Sear short ribs until deeply browned on all sides. Remove and set aside.

## 2. BUILD THE FLAVOUR BASE

- In the same pot, reduce heat to medium. Add the All Gold tomato paste and cook for 1–2 minutes to deepen the flavour.
- Add the Pap Relish, baked beans, crushed Benny cubes, ground coriander, rosemary, and garlic confit. Stir until combined.
- Add the seared short ribs back into the pot and pour in enough water to just cover the meat.

## 3. BRAISE THE RIBS

- Cover the pot with a lid and cook in the oven for 3.5–4 hours, or until the ribs are fall-off-the-bone tender. (Alternatively, simmer gently on the stovetop over low heat.)
- Check halfway through and top up with a little water if needed.

## 4. MAKE THE CARROT & CHAKALAKA PURÉE

- Boil or steam the carrots until soft (about 15–20 minutes).
- In a blender or with a stick blender, purée the carrots with the butter and KOO Chakalaka until smooth.
- Season to taste. For extra smoothness, pass through a fine sieve.

## 5. MAKE THE SILKY POTATO MASH

- Boil the potatoes in salted water until very soft (15–20 minutes).
- Drain and mash until smooth.
- Heat the butter and cream in a pan until just warm, then stir into the potatoes until silky. Season to taste.

## TO SERVE

- Spoon a layer of silky mash onto the plate.
- Add a generous dollop of carrot-chakalaka purée.
- Top with the tender short rib and a ladle of the rich tomato-baked bean gravy.
- Garnish with fresh herbs (optional) and serve with seasonal greens or a crisp salad.

# KOO APPLE PECAN CAKE WITH CARMEL GLAZE

**PREP TIME:** 30 MINUTES  
**TOTAL TIME:** 1.5 HOUR

**COOK TIME:** 1 HOUR  
**SERVINGS:** 12



# INGREDIENTS

## CAKE BATTER

<b>375 ml</b>	cooking oil
<b>400 g</b>	granulated sugar
<b>4</b>	large eggs
<b>375 g</b>	Golden Cloud Cake Flour
<b>1 tsp</b>	baking soda
<b>½ tsp</b>	ground cinnamon
<b>1 tsp</b>	salt

<b>2 tsp</b>	vanilla extract
<b>385 g tin</b>	KOO Pie Apples, drained and chopped
<b>100 g</b>	pecans, finely chopped

## CARAMEL GLAZE

<b>170 g</b>	unsalted butter (¾ cup)
<b>220 g</b>	light brown sugar (1 cup, packed)
<b>60 ml</b>	Full cream milk (¼ cup)
<b>1 tsp</b>	vanilla extract

# METHOD

## 1. PREHEAT AND PREP

- Preheat oven to 163°C.
- Grease and flour a tube pan or two loaf pans.

## 2. MAKE THE BATTER

- In a large bowl, beat oil, sugar, and eggs until smooth and creamy.
- In a separate bowl, sift together cake flour, baking soda, cinnamon, and salt.
- Gradually add the dry ingredients to the wet mixture, mixing until just combined.

## 3. ADD FLAVOUR AND TEXTURE

- Stir in vanilla extract.
- Gently fold in the chopped KOO Pie Apples and pecans.

## 4. BAKE

- Pour batter into prepared pan(s).
- Bake for 1 hour or until a skewer comes out clean (check from 50 minutes onward).
- Cool slightly in the pan before removing.

## 5. PREPARE THE CARAMEL GLAZE

- In a small saucepan over low heat, melt the butter.
- Add brown sugar and milk, stirring until combined.
- Bring to a gentle boil, then simmer for 10 minutes, stirring constantly.
- Remove from heat, stir in vanilla, and let it cool slightly (it should still be pourable).

## 6. GLAZE THE CAKE

- While the cake is still warm, pour the caramel glaze over the top, letting it drip down the sides.

## SERVING SUGGESTION

Delicious served warm or at room temperature, with whipped cream or vanilla ice cream for a proper indulgence.

# MALVA PUDDING TOPPED WITH MILKTART FILLING & CINNAMON

**PREP TIME:** xx MINUTES

**COOK TIME:** xx MINUTES

**TOTAL TIME:** xx MINUTES

**SERVINGS:** x

Experience the authentic taste of South Africa with our Malva Pudding recipe. Enhanced by the richness and slight tartness of All Gold apricot jam, it promises a delightful journey of sweet nostalgia in every bite.



## INGREDIENTS

### FOR THE PUDDING:

<b>100 g</b>	Brown Sugar
<b>100 g</b>	Treacle sugar
<b>2</b>	Large Eggs (to make it eggless, replace eggs with 2 tablespoons of plain yoghurt)
<b>15 ml</b>	All Gold Smooth Apricot Jam
<b>130 g</b>	Golden Cloud Flour
<b>5 ml</b>	Baking Soda
	Pinch Of Salt
<b>30 g</b>	Butter, Melted
<b>5 ml</b>	White Vinegar
<b>240 ml</b>	Full Cream Milk

### FOR THE SAUCE:

<b>250 ml</b>	Heavy Cream
<b>150 g</b>	Brown Sugar
<b>115 g</b>	Butter
<b>120 ml</b>	Water
<b>5 ml</b>	Vanilla Extract

### MILK TART LAYER

<b>1125 ml</b>	full cream milk
<b>188 ml</b>	sugar
<b>3</b>	eggs
<b>2½ tbsp</b>	cake flour
<b>2½ tbsp</b>	Maizena
<b>1 tsp</b>	vanilla essence
<b>1 tsp</b>	butter

## METHOD

### MILK TART LAYER – METHOD:

- Heat milk (do not boil) and remove from heat.
- Whisk egg and sugar together.
- Pour one ladle of milk into egg mix and mix well.
- Pour this into milk in one slow stream, whilst whisking well.
- Put back onto heat.
- Add Maizena and flour (mix with a little of the milk; mix into paste, then add to pot).
- Keep whisking on heat until nice and thick.
- Remove from heat and add vanilla and butter and mix well.
- Pour this mix over the malva layer and dust with cinnamon.
- Cover well and refrigerate until set (overnight). Serve cold or room temperature.

