

GAWULO GURU COOKBOOK

COOK UP SOMETHING SPECIAL WITH OLD MUTUAL

OLDMUTUAL



DO GREAT THINGS EVERY DAY





Introducing the Old Mutual Gawulo Guru Cookbook

As a nation, our love for food stems from a rich and diverse heritage. A shared meal, prepared with love and attention to detail, is often at the heart of time spent with family and friends – it calls us together and strengthens our bonds, whether around the fire or the family table.

In celebration of this unique part of our heritage, our Gawulo Guru competition called on South Africans from all walks of life to submit their unique, family-favourite recipes that always stir up memories of home for a chance to win big.

The response was terrific, and with so many delicious recipes received, we couldn't pass up the opportunity to share this taste of home with everyone. This collection of irresistible recipes includes starters, main courses, and desserts. With so many mouthwatering options, you'll never run out of ideas for a family meal again.

Congratulations to our 2023 Gawulo Guru winners

Tamella Tshazibana (1st place)
Nombuso Radebe (2nd place)
Johan Van Wyk (3rd place)

Thank you to everyone who submitted their flavour-packed recipes. Choosing our winners was a tough task with so many tried and tested recipes in the mix.





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FOOD GUIDE



Meat



Chicken



Seafood



Traditional



Spicy



Sweet



Ulusu served with samp and spinach



Traditional



Meat

INGREDIENTS

1 kg Ulusu iwe gusha (tripe meat)
1 kg samp
600 g spinach
1tbsp salt
4 tbsp white pepper
3 tbsp Aromat seasoning
2 tbsp Six Gun seasoning
2 tbsp Rajah mild and spicy curry powder
1 Knorrox beef stock cube
4 tbsp butter
5 tbsp olive oil
3 red, yellow, and green peppers
2 onions

INSTRUCTIONS

Recipe for ulusu (tripe meat)

- Wash 1 kg tripe for ± 5 minutes.
- Chop your tripe meat into small pieces and rinse the chopped meat again.
- Place in pot with 3 cups of water on medium to high heat.
- Let the tripe boil for ± 1 hour until soft.
- Add water as needed during the process to avoid burning the tripe.
- Once soft, remove the pot from the stove.
- Chop one onion.
- Chop half of each pepper.
- Place your pot with the boiled tripe onto the hot stove and put the stove on medium heat.
- Add chopped onions and peppers.
- Add 1 teaspoon of salt. Add more if needed based on your preference
- Add 1 tablespoon of Six Gun seasoning.
- Add 1 tablespoon of Rajah mild and spicy curry powder.
- Add 1 Knorrox beef stock cube.
- Stir well.

- Close lid and let simmer for ± 8 minutes.
- Continuously check tripe and when ready, serve together with the spinach and samp;

Recipe for spinach

- Rinse spinach thoroughly.
- Chop spinach and onion.
- Pour olive oil into a pot and put on low heat.
- Allow ± 3 minutes for the pot and oil to heat.
- Place onions and spinach into the warm pot.
- Add $\frac{1}{2}$ cup of warm water.
- Close the lid and wait 5 minutes.
- Add two teaspoons of Aromat and three teaspoons white pepper once the spinach starts steaming.
- Simmer for 5 minutes.

Recipe for samp

- Put 1 kg of samp in a dish.
- Add boiling water and leave for 20 minutes.
- Rinse the samp and place in a pot.
- Add 1 litre of boiling water.
- Cook for 1 hour on high heat.
- Keep adding boiling water to ensure it doesn't dry out.
- Boil samp until soft.
- Reduce heat to low.
- Once the samp is soft, add 4 tablespoons of butter.
- Add one teaspoon of salt.
- Add one teaspoon of white pepper.
- Add one teaspoon of Aromat.

Recipe by: **Tamella**



Steamed bread and tripe



Traditional



Meat

INGREDIENTS

4 cups flour
½ sachet yeast
2 tbsp salt
½ cup sugar
½ cup oil
4 carrots
2kg Tripe
4 Knorrox beef stock cube
3 onions
1 green pepper

INSTRUCTIONS

Recipe for steamed bread

- Put the flour and yeast in a bowl and mix.
- Add salt
- Add the sugar and mix, then add the oil and mix.
- Add warm water and mix until it becomes a stiff dough (it must not be watery).
- Cover dough and put aside to rise.
- When ready, take a pot and pour boiling water into it; bring to a boil.
- Put a little oil in a metal bowl (that can fit into the bigger pot), and then put the dough in the metal bowl and put it into the pot.
- Put the lid on the pot and steam for ±2 hours.

Recipe for tripe

- Wash thoroughly or soak the day before in salt water.
- Rinse again to ensure it is clean, then chop it into pieces.
- Put tripe in a pot, add water, chopped onions and grated carrots.
- Boil for ±3 hours - keep checking the water so it does not dry out.
- Add Knorrox cubes - ±4 or according to taste.

Recipe by: Nombuso





Ouma se kerrie lam afval



Traditional



Meat

INGREDIENTS

3.5 kg lamb offal (tripe)
15 baby potatoes
½ cup cooking oil
3 tsp mild curry
2 tsp garam masala
1 tsp apricot jam
2 tsp salt
3 tsp Knorr chicken seasoning powder
1 tsp garlic powder
3 tsp turmeric

3 tsp brown sugar
1 cup water
2 tsp onion powder
½ tsp clove powder
1 tsp ginger powder
½ tsp coriander powder
½ tsp cardamom powder
10 tsp vinegar
2 bay leaves

INSTRUCTIONS

This recipe is for an electric pressure cooker. You must clean the offal thoroughly before you use it! Ask your butcher for a clean offal.

- Cut out any spot that may look suspicious on any piece of the offal and throw it away.
- Cover the offal in a mixture of 1 litre water, 45ml vinegar and 1 tsp baking soda for at least one hour.
- After this, clean the offal thoroughly in clean water.
- Cut the offal into bite-sized pieces.
- Cover the bottom of the pot with the cooking oil.
- Put the pieces of offal, spices, jam, vinegar, and water in the pressure cooker's pot and put the pot in the cooker.
- Put the cooker's lid on and cook on high pressure for 60 minutes.
- Let the steam off naturally (not quick release).
- Cut the potatoes into quarters (you can leave the skin on).
- Add the potatoes to the cooked offal.
- Close the lid and cook for a further 30 minutes on high pressure.
- Let the steam off naturally (not quick release).

Notes: As with any stew, it's recommended that you wait up to a day before you eat it to allow the spices to blend. However, you can eat it immediately if you want to. We are not big fans of spicy (hot) food, so you can adapt the spices to your liking.

My late mother grew up in the Karoo, where my grandfather had a sheep farm. When we visited him during the holidays, kerrie afval was on the menu by default. It was a huge favourite. My mother also made afval, but my wife says mine tastes better – a huge compliment! I think that my research about spices and recipes led to this. The spoon in the photo was only for dishing up; you eat it with a knife and fork!

Recipe by: **Johan**



Butter chicken and prawn delight

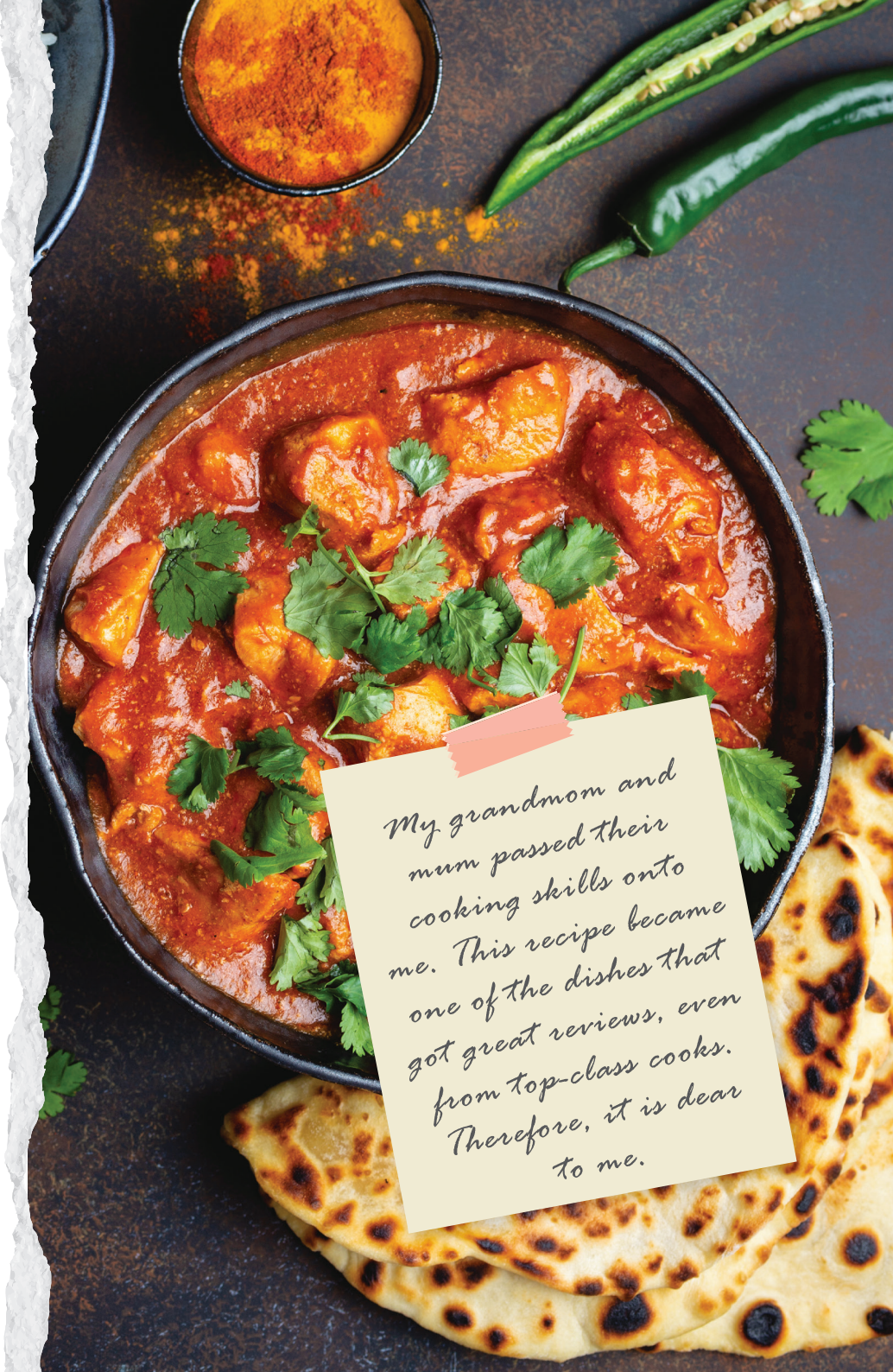
Recipe by: **Shubnam**

INGREDIENTS

1 kg chicken fillet
800 g prawn meat
200 g butter
2½ tbsp crushed garlic
½ tsp salt
2 green chillies
150 g Amina's butter chicken mix
6 ripe jam tomatoes (grated)
50 ml oil
500 ml fresh cream
1 tsp thyme/dry herbs

INSTRUCTIONS

- Marinate the chicken fillet with 2 tbsp of garlic, 1 chilli and 8 tbsp of Amina's butter chicken mix marinade and set aside for 15 minutes.
- Pan-fry the prawns for 3-5 minutes until water releases, then drain.
- Add 100 g butter, ½ tsp salt and ½ tsp garlic; simmer for 5-7 minutes and set aside.
- Place the marinated fillet into a low-heated pan without any oil or butter.
- Fry the fillet until it is succulent and begins to brown slightly. Once done, remove the fillet from the pan.
- Add 50ml oil to the same pan and add the grated tomatoes with one chilli and ½ tsp salt to taste; simmer for 5 minutes.
- Add chicken fillet to tomatoes, simmer for 5-7 minutes, and add 100g butter.
- Add prawns and simmer for 5 minutes.
- Add a tsp of thyme or dry herbs and 500 ml fresh cream.
- Serve with a French loaf, rice, or roti (Indian flatbread).



My grandmom and mum passed their cooking skills onto me. This recipe became one of the dishes that got great reviews, even from top-class cooks. Therefore, it is dear to me.



Mogodu served with pap and spinach

Recipe by: **Mandisa**

INGREDIENTS

1 kg mogodu (tripe meat)
3 cups of water
4 cups of maize meal
2 kg spinach
1 green, red, and yellow pepper
½ onion

INSTRUCTIONS

- Pour water into a pan and boil.
- Pour in maize meal, stir until soft, and simmer for 20 minutes.
- Chop spinach, peppers, and onion.
- Fry in a pan and simmer for 10 min.
- Wash the mogodu thoroughly, then boil it in 1 litre of water.
- When the mogodu is tender, pour into the fried spinach, onion, and peppers.
- Add spices of your choice, a pinch of salt and simmer for 10 minutes.
- Serve with pap and enjoy.

The cow of the family didn't want to remove the trap for the mouse to pass. One day, a snake entered the room and bit the wife of this family, and she died. The mouse reminded the cow that if it helped the mouse, the wife would have been saved. Now, all the animals of the family - goats, cows, sheep and chickens - will all die, and the snake will be alive. The lesson is to try to help someone because you'll never know how it may affect you positively or negatively.





Chakalaka



Spicy

INGREDIENTS

- 1 tin Koo baked beans
- 1 onion
- 1 green pepper
- 2 carrots
- 1 tbspc Rajah mild and spicy curry powder
- 1 tbspc Rajah hot curry powder
- 5 tbspc oil
- 1 Knorrox beef stock cube

INSTRUCTIONS

- Slice onion and green pepper into strips and grate the carrots.
- Turn the stove to medium heat.
- Put a pot on the stove and add 5 tablespoons of cooking oil.
- When the oil is hot, add the sliced onion and green pepper.
- Wait for it to fry a little, then add 1 tablespoon of Rajah mild and spicy curry powder and 1 tablespoon of Rajah hot curry powder.
- Braze it a little, then add the carrots.
- Once the carrots are half-cooked, add the Koo baked beans and Knorrox stock cube.
- Stir your chakalaka a few times.
- Remove the pot from the stove and serve.

Recipe by: Zinhle

This chakalaka recipe is my late mum's recipe. She always cooked it when we had family braais and get-togethers. Whenever I miss her, I cook it for my daughters and tell them about their granny whom they did not meet. This recipe brings my girls closer to their granny, and it's the only thing that connects them to her. I have now taught it to my eldest daughter.



*Serve it with oxtail
or mogodu that's how
we loved it.*

Spinach bread (dombolo)

INGREDIENTS

360 g flour
10 g yeast sachet
500 g spinach
1 pinch of salt
1 pinch of sugar
½ cup warm milk
½ cup warm water
1 large egg
2 tsp vegetable oil

INSTRUCTIONS

- Mix all dry ingredients, then add wet ingredients and chopped spinach to make a dough.
- Mix ingredients thoroughly.
- Roll into a small ball, put it into a bowl, and cover with cling wrap.
- Put in a warm place for 30 minutes so that it rises.
- Boil 1 litre of water in a large saucepan; knock down the dough, place it in a metal bowl, and put it over the saucepan.
- Cover with a lid and cook over low heat for 1 hour.
- Check with a knife inserted in the centre of the bread. If it is clean, it is cooked.
- Serve it with oxtail or mogodu - that's how we love it!

Recipe by: **Getrude**



Perfect pineapple tart



Sweet

INGREDIENTS

1 packet Tennis biscuits	450 g crushed pineapple
3 cups milk	45 g pineapple jelly
2 tbsp Maizena powder	15 tbsp condensed milk
2 tbsp sugar	20 tbsp dessert cream
2 tbsp powdered custard	3 tbsp lemon juice
1 egg	

INSTRUCTIONS

- Turn the stove to medium heat.
- Add 500ml milk to a pot.
- Mix 1 cup milk, Maizena, sugar, custard powder and egg in a separate bowl.
- Mix and pour into the milk pot on the stove. Stir until it thickens.
- Switch off the stove and add the jelly and crushed pineapple to the hot mixture.
- Place two layers of tennis biscuits in a square dish and pour the hot mixture over them.
- Place in fridge until it sets.
- Mix condensed milk and 3 tablespoons of lemon juice in a separate bowl. (It depends on your preference for lemon juice).
- Pour the condensed milk mixture on top of the set biscuit mixture.
- Beat the dessert cream and spread on top of the condensed milk layer.
- Serve with ice cream.

Recipe by: **Sibongile**



This is our famous and favourite dessert at family gatherings and Christmas lunches with my in-laws. I became the most loved makoti.



Spicy crab curry



Seafood



Spicy

INGREDIENTS

- | | |
|---|--|
| 1 tsp jeera seeds | ¼ tsp turmeric powder |
| 1 tsp coriander seeds | 1 tbsp Suhana Kashmiri chilli powder |
| ½ tsp mustard seeds | 1 tbsp Suhana Hot chilli powder |
| ½ tsp methi seeds | 1 tbsp Osmans extra special masala |
| 1 large onion, finely chopped | ½ tbsp Osmans ginger and garlic masala |
| 3 habanero chillies | 1 tsp garam masala |
| 1 tbsp freshly ground ginger and garlic | ½ cup sugar |
| 3 cups peeled pureed tomatoes | 2 jumbo crabs cleaned and prepared for cooking |
| ½ tsp rough salt | Dhania to garnish |
| 1 sprig of curry leaf | |
| ½ cup extra virgin olive oil | |

INSTRUCTIONS

- Lightly toast and grind the methi seeds and set aside.
- Place oil in a pot on medium to low heat.
- Slightly brown onions.
- Add ginger, garlic, curry leaves and chillies.
- Add masalas and spices and stir.
- Add crab and salt.
- Cook for ±30 minutes on low heat to infuse flavour into the crab.
- Add tomatoes and cook for a further 30 minutes or until done.
- Garnish with dhania.

Recipe by: Kaish



A generational recipe passed down from my mom's mum to my mum & then me.



Beef stew and dombolo



Traditional

INGREDIENTS

- 4 tsp cooking oil
- 1 cup onion
- 3 cups carrot
- 3 cups red, yellow, and green peppers
- 1 kg beef stew
- 3 cups potatoes
- 3 tbs beef stock
- 2 tbs Worcestershire sauce
- 1 tbs Six Gun spice
- 1 cup flour
- 2 tsp baking powder
- ½ cup Rama margarine

INSTRUCTIONS

Recipe for the beef stew:

- Heat a large pot on high heat, add the cooking oil and fry the onion, carrots, and peppers for ±5-6 minutes.
- Remove from the pot and brown the stewing meat.
- Add the onion mixture back into the pot with the other ingredients (except the flour, baking powder and margarine).
- Lower the heat, put a lid on the pot and cook for ±2 hours.

Recipe for the dombolo:

- Combine the remaining ingredients to form a dough.
- Make golf ball-sized balls and place them in the stew.
- Cook on medium heat with the lid on for ±30 minutes or until cooked.

Recipe by: Khensani

*My mom used
to make this
often when I was
growing up.*



Sweet

Peppermint tart

INGREDIENTS

- 1 packet Tennis biscuits
- 1 cup fresh cream
- 3 cups Caramel Treat
- 3 cups grated Peppermint Crisp chocolate

INSTRUCTIONS

- Whip the cream until it folds.
- Pour the Caramel Treat into a dish and stir it until smooth.
- Add the Caramel Treat to the cream.
- Add grated chocolate.
- Place a layer of tennis biscuits and add the mixture on top of it.
- Cut or grate chocolate pieces on top.
- Refrigerate for a minimum of 2 hours.

It's a classic South African dessert. We used to have it on Sundays growing up. Our grandma used to make it for us, and then our mom. Now, we make it for ourselves. It reminds us of family, and we will make it for our kids, who will then make it for our grandchildren.

Recipe by: Asisipho



Simple samp and beans



Traditional

INGREDIENTS

- 3 cups samp
- 1 cup sugar beans
- 1 tsp salt
- 1 Knorrox cube
- 1 tbsp Rajah curry powder
- ½ onion

INSTRUCTIONS

- Put samp and sugar beans in a plastic bowl, mix and wash.
- Transfer to a pot and add 1 jug of water and 1 teaspoon of salt, then boil for ±3 hours (keep checking so that water can be added if necessary).
- Add Knorrox cube before the samp and sugar beans are ready.
- Remove from stove once cooked.
- Add cooking oil, chopped onion, and 1 tablespoon of Rajah curry powder to another pot and cook until the onions are soft.
- Transfer to the pot of samp and mix well.
- Leave for 5 minutes before serving.

My family is a big family of eight. We are multicultural as we celebrate Zulu and Xhosa culture due to having a Xhosa mom and Zulu dad. We love traditional food, especially when we celebrate Heritage Month. We usually prepare Zulu/Xhosa food during weekends, like ujeje no su. Sometimes, we make isitambu umgqusho.

Recipe by: Akhona



Traditional

Savoury bread rolls

INGREDIENTS

- 1 kg bread dough
- 1 cup fresh cream
- 4 cups cheese
- 2 tbsp garlic
- 4 tbsp sachet potato bake (any flavour you prefer)
- 1 tbsp mixed herbs

INSTRUCTIONS

- Mix the cream with the garlic, mixed herbs, and potato bake sachet.
- Make your bread dough into round balls.
- Place dough in a baking dish.
- Pour the cream mixture over the dough.
- Cover the dough with cheese.
- Put the dish in a preheated oven of 180 degrees and bake for 30 to 45 minutes or until cheese is golden brown.
- Have this fantastic side dish with your braai or with any main dish of your choice!

Every year my dad was alive, we made this amazing baked, cheesy, saucy dish on Heritage Day. However, since he passed away, we don't get together as a complete family. I continue to make these rolls for my partner and kids in remembrance of my beloved late father, whom I miss so much. Writing the recipe down makes me so emotional because this was his favourite.

Recipe by: Priscilla



Sensational stir-fry



INGREDIENTS

2 cups rice	3 tbsp chutney
1 tsp turmeric	500 g stir-fry vegetable mix
1 tsp Pepper	600 g beef strips
1 tsp crushed garlic	1 chopped onion
1 tsp salt	½ green, red, and yellow pepper
1 tsp barbecue spice	2 tsp soy sauce
1 tsp masala powder	500 g baby corn
3 tbsp tomato paste	

INSTRUCTIONS

- Boil rice with turmeric until cooked.
- In another pot, heat oil, add the chopped onion, peppers and garlic and fry for 3 minutes.
- Mix in the stir-fry vegetable mix and baby corn and simmer together until cooked.
- In a separate pan, stir fry beef for 10 minutes.
- Add half a cup of water and bring to a boil.
- Add salt, pepper, barbecue spice, masala powder, soy sauce, tomato paste, chutney, and simmer until the meat is soft and cooked.
- Transfer the beef strips to the vegetable pot and stir for 2 minutes.
- Add cooked rice and stir it all together into one delicious meal.

Recipe by: Portia



Growing up, I had meals cooked at home all the time by my grandmother and mother. My grandmother always instructed us to get involved by peeling vegetables while she was cooking. She would show us how to cook pap, tomato gravy, samp, wild spinach, cabbage, pumpkin, chicken stew, chicken feet, and dumplings - the list is endless. She always told us that whenever we cook, the food must always have good seasoning so that it can taste delicious. That is why I now have a passion for cooking homemade meals when I have my family and friends around.



Hertzoggies



Sweet

INGREDIENTS

- | | |
|-----------------------|---|
| 500 g cake flour | 2 cups fine coconut |
| 2 tsp baking powder | 5 tsp whole cardamom |
| 1 cup castor sugar | 4 tsp stick cinnamon |
| 2 eggs | 2 tsp vanilla essence for coconut filling |
| 4 tsp vanilla essence | ¼ cup castor sugar for coconut filling |
| 250 g unsalted butter | 1 cup milk |
| 100 g sunflower oil | 4 tsp butter for filling |
| 2 cups apricot jam | |

INSTRUCTIONS

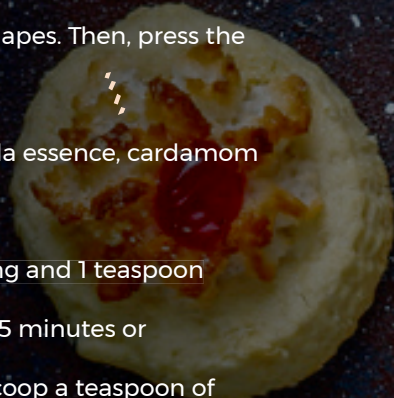
- Mix butter with castor sugar until light and fluffy.
- Add 2 teaspoons vanilla essence and eggs (one by one).
- Add sunflower oil, flour, and baking powder. Mix until the mixture forms a soft dough. If too soft, add 2 or 3 teaspoons of flour to make the dough manageable to roll but not more than a 1/4 cup.
- Roll dough and use a round cookie cutter to cut shapes. Then, press the dough into a hertzoggie baking tray.

Coconut filling:

- Combine coconut, butter, milk, 1/4 cup sugar, vanilla essence, cardamom and stick cinnamon in a small pot on the stovetop.
- Cook until shiny and dry but not burnt.
- Remove cardamom and stick cinnamon.
- Fill the biscuit dough with 1 teaspoon coconut filling and 1 teaspoon apricot jam.
- Bake at 180 degrees in a preheated oven for 10 to 15 minutes or until golden.
- Optional: remove from oven after 8 minutes and scoop a teaspoon of stiffly beaten egg whites (beaten until stiff peak stage) on top of the jam and coconut filling. Bake until golden for another 3-5 minutes.

Recipe by: **Tasneem**

Over the years, I adjusted recipes to get to this, but it all depends on personal taste. My grandmother used to love this, and she preferred the coconut sweet. This was an anytime treat in our house. My grandmother lived until she was 90 and preferred a batch of hertzoggies as a gift until her very last moments. This recipe never flops, so I continue to bake and sell to colleagues.





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OLDMUTUAL