

**OVERALL time: 60 mins**

# SEAFOOD POT & ROOSTERKOEK

I love everything about the combination of these heritage dishes and the twist that we have added to each of them. Each dish is easy to prepare and light on the budget. You can add to your seafood pot whatever is fresh and available and make it as indulgent as you wish and it is a real crowd pleaser! The combination of olive oil and butter ensures that it stays in a spreadable consistency and will keep for months. The roosterkoek mix is some of the best I have ever tasted make extra and freeze for those busy weekdays so that you will always have a taste of weekend on hand!

Metric

**Number of servings : 8**

## ingredients

### For the roosterkoek

- 1 kg Eureka Easy Home Mix
- 1 Yeast sachet
- 700 g Luke warm water

### For the sauce

- 250 g Salted butter at room temperature
- 75 ml Coriander olive oil
- 75 ml Lime olive oil
- 20 g Fresh coriander
- Fresh limes

### For the main

- 2 Large knobs of prepared coriander and lime butter
- 2 Chopped onions
- 150 g Sliced salami sticks
- 2 Grated cloves of garlic
- 30 ml **Cape Herb and Spice Cape Malay Curry Spice**
- 200 g Large cleaned prawns
- 200 g Large prawns shell on
- 200 g Calamari tentacles and tubes

- 200 g Half shell mussels
- 500 ml Cooked long grain white rice
- 250 ml Prepared chicken stock
- 1 Tin of chopped tomatoes
- Sugar snap peas
- Fresh chopped chillies, coriander and lime to garnish

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 45 mins | COOKING TIME: 15 mins**

For the roosterkoeck

1. Mix dry ingredients
2. Slowly add water
3. Knead
4. Rise 15 min
5. Shape into 8 balls - flatten with hands
6. Prove for 30 min
7. Medium to hot coals 35 - 45 min

For the sauce

1. Place butter in food processor
2. Process for about 1 minute start adding the oil slowly and whip until smooth
3. Add fresh coriander and a squeeze of lime juice
4. Spoon into butter dish, refrigerate and use as required

For the main

1. Place large cast iron pot on flaming fire
2. Add butter and stir until it starts to bubble then add onions and fry until golden brown
3. Slice salami and add to the onions followed by the garlic stir through well
4. Spoon the curry powder over the onion mixture and dry roast for about 2 minutes
5. Add calamari to the pot cook for about 3 minutes followed by the calamari and then the mussels - remove the shell on prawns for the garnishing process later on
6. Spoon over the rice, chicken stock, tomatoes and cook gently for no more than 5 minutes then add the sugar snap peas and stir through
7. Garnish with shell on prawns, chopped fresh chillies, coriander and limes
8. Serve with roosterkoeck and butter

Recipe and content creation by: Welcome to Mynhardt's Kitchens - Chef Mynhardt

<https://capeherb.co.za>

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