

Chakalaka

This spicy South African relish is an invention from the black townships but has of late become popular in the urban areas as well as a side dish at barbeques. Preparing chakalaka is very much an individual thing, and depends on what you have available, but here is a suggestion...

Ingredients:

- Cooking Oil (generous amount...)
- 3 heaped tablespoons ground garlic or chopped garlic
- 2 heaped tablespoons ground ginger or chopped ginger
- Crushed Chillies/hot peppers to your taste
- 2 chopped onions
- 3-4 cups grated carrots and /or french style cut green beans (fresh or tinned)
- Brinjal (Eggplant, Aubergine) (optional)
- and other veggies like peas, beans, etc.
- 1 tin baked beans (optional)
- Tomato Sauce (just to smooth the mixture)
- Add 1-2 tablespoons of curry powder, to taste

Method:

Saute garlic, ginger, hot peppers and onions in cooking oil. Add grated carrots and/or other vegetables. Add all other ingredients and cook until heated through.