

Boeka Treats



A Compilation of Food Recipes

Bredies

- *Boontjie Bredie*
- *Blomkool Bredie*
- *Sago Stew*
- *Chicken Denning*
- *Pampoen Bredie*
- *Koerabie Bredie*
- *Waterblommetjie Bredie*
- *Sausage Gesmoor*
- *Dried Peas Bredie*
- *Snyboontjie Bredie*
- *Kombersie Frikkadel*
- *Snoek Keite Bredie*
- *Dumpling Bredie*
- *Worteltjies & Ertjies*

Curries

- *Lamb Curry in Coconut Milk*
- *Mauritian Prawn & Chicken Curry*
- *Indonesian Mild Chicken Curry*
- *Chicken Sosatie*
- *Basic Malay Curri (Penang)*
- *Basic Indian Curry (Dhal)*

- *Fish Frikkadel Curry*
- *Mince Frikkadel Curry*
- *Butter Chicken*
- *Puri*
- *Fish Curry*
- *Roti*
- *Naan Bread*

Fries

- *Masala Fried Fish*
- *Chicken Satay on Skewer*
- *French Toast*
- *Fish Frikkadel*
- *Brinjal & Cauliflour Fritters*
- *Mince Frikkadel Kebaabs*
- *Ingelegde Vis*

Oven Dishes

- *Grilled Crayfish with Thermadore*
- *Quick Pizza*
- *Chicken and Spinach Quiche*
- *Mince Frikkadel in Oven*
- *Bean and Sausage Casserole*
- *Baked Crumbed Chicken*
- *Masa'aa Bashamel (Brinjal Casserole)*
- *Bobotie*
- *Fish Bake with a difference*
- *Tuna Caserole*
- *Chicken Lagane*
- *Tuna & Mushroom Quiche*

Pastas

- *Bowtie Noodle with Prawn Sauce*
- *Brinjal with Pasta*
- *Chicken and pasta with pasta*
- *Steak/Chicken Lasagne*
- *Mince Bolognaise*
- *Khusuri (Pasta with Lentils)*
- *Veg Pasta Casserole*
- *White Sauce*
- *Chicken & Veg Pasta Casserole*
- *Pasta Stuffed tomatoes*
- *Masala Steak Spaghetti*
- *Seafood Pasta*
- *Brinjal Pasta Ring*
- *Wholeweat Spaghetti with Cheema*
- *Cottage Cheese and Vermicelli Fritters*
- *Seafood Noodle Salad*
- *Lasange*

Offal

- *Haslag Pattis*
- *Peas Trotters*
- *Haslag Fried*
- *Tripe Curry*
- *Tomato Trotters*
- *Roasted Tongue*

Pot Roast

- *Roasted Leg of Lamb*
- *Stuffed Chicken*
- *Rolled Beef*

Rices

- *Traditional Lamb Breyani*
- *Light Chicken Brensie*
- *Mama Kariels' Breyani*
- *Malay Akhni (Rush Bukhara)*
- *Maghshi (Stuffed Peppers)*
- *Paella*
- *Vegetable Rice*
- *Spicy Prawn Rice*

Sandwich Fillings

- *Tuna and Mayo Spread*
- *Penny Polony*
- *Egg & Potato*
- *Chicken Liver*
- *Brains Smoortjie*
- *Smoked Snoek Pate*

Side Dishes

- *Mash Potato*
- *Creamy Mussle Sauce*
- *Prawn on the Stick*

Slaais

- *Pineapple Relish*
- *Kumqart Atjar with Carrot*
- *Dhay*
- *Home-Made Blatjang*
- *Eiwe Slaai*