

## **Curried ostrich sosaties**

One of the most particular dish of South Africa is the ostrich meat which could be cooked in different way as the following, flavoured by spices and mixed with jam and fruit. It sounds like a good occasion to discover another style of food, typical of South Africa, where opposite tastes are mixed together to produce unusual recipes so vibrant and exotic. The term *sosaties* comes from the Malay words *sate* which means “spiced sauce” and *sesaste* which means “skewered meat”.

*Chakalaka*'s chef, **Christa Janse Van Rensburg**, shows us how to cook this amazing South African dish, starting from the basic attitude full of love and passion towards the food and the Rainbow Nation.

### **The ingredients for marinade...**

- 1 kg ostrich fillet cut into cubes
- fresh lemon leaves bruised
- peach chutney to serve fresh corriander
- 500 ml yogurth
- 10 ml corriander ground
- 5 ml cumin seeds
- 1 nob of garlic
- 50 ml tomato paste
- 50 ml apricot jam

## **How to do it...**

- Mix everything together and place meat in marinade for 6 hours or longer
- Then thread the meat alternating it with the lemon leaves.
- Then barbeque it until medium or medium rare

***..then, enjoy the whole flavour of the Rainbow Nation!!!***