



Aromat®

RECIPE BOOK



OPEN UP
UNBELIEVABLE
FLAVOUR





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VARIANT FEATURED:
Chilli Beef

BEEF TRIPE

with a kick



PREP TIME
10 Minutes



COOKING TIME
10 Minutes



SERVES
4

INGREDIENTS

500g Beef Tripe
2 tbsp Aromat Naturally Tasty
2 tbsp Oil
1 Onion, Chopped
1 tbsp Crushed Garlic
1 tbsp Rajah Mild And Spicy Curry Powder

1 tbsp Robertsons Paprika
1 tsp Robertsons Black Pepper
1 tbsp Knorrox Garlic And Onion Stock Powder
500ml Boiling Water
6 Cloves
4 Bay Leaves



METHOD

- Wash mogodu thoroughly, removing any excess fat, pat dry with a clean kitchen towel to remove excess water, cut into bite size pieces then season with Aromat Naturally Tasty.
- Add mogodu to the pot along with black pepper and stock powder and combine.
- Then pour in boiling water.
- Heat oil in a large pot over medium heat and fry onion and garlic for 3-4 minutes until soft. Add curry powder and paprika and fry for another 2 minutes until aromatic.
- Add cloves and bay leaves then cover pot and simmer on low heat for 4 hours or until mogodu is tender and gravy is thick. Enjoy hot with your choice of starch and sides

MOGODU MONDAY



CHEESE SAUCE

for your chips

VARIANT FEATURED:
Aromat Cheese



PREP TIME
10 Minutes



COOKING TIME
10 Minutes



SERVES
4

INGREDIENTS

500g Hot Potato chips
Sliced bread and Mango Atchaar for serving.

4 Russians, Fried

For the cheese sauce:

60g butter or margarine
2 tbsp of flour
2 cups of full cream milk

2 cups of grated cheddar cheese
2 tbsp of Aromat Cheese
1 tsp of Robertsons Black Pepper



METHOD

For the cheese sauce:

- Melt the butter in a saucepan over medium heat, sprinkle over the flour then stir consistently for 2-3 minutes until a thick past forms.
- Add cheese, whisking constantly until melted. Then season with Aromat and black pepper.
- Enjoy hot, with bread and mango atchaar.
- Slowly add the milk to the butter/flour paste whisking constantly for 5 minutes until the mixture thickens. It should be thick but pourable.
- Drizzle sauce over hot potato chips along with any other sauces and of your choice.



PERI PERI WINGS

marinade & dipping Sauce

VARIANT FEATURED:
Aromat Peri Peri



PREP TIME
10 Minutes



COOKING TIME
10 Minutes



SERVES
4-6

INGREDIENTS

12 chicken wings, tips removed and cut in half
4 tablespoons of oil

FOR THE DRY RUB
2 tbsp of Robertsons Portuguese chicken spice
2 tbsp of Robertsons Paprika
1 tbsp of Aromat peri peri
1 tbsp of Robertsons Cumin

FOR THE BASTING AND DIPPING SAUCE:

1 can Coca-Cola
1 cup tomato sauce
1 tbsp brown sugar
2 tbsp soy sauce
2 tbsp Worcestershire sauce
2 tbsp hot sauce
1 tbsp of Robertsons paprika



METHOD

- Pre-heat oven to 200 degrees
- Pat wings dry with a clean kitchen towel then coat in oil. Combine dry rub ingredients in a bowl then massage rub into the wings ensuring that they are evenly coated.
- Arrange wings in an even layer on a baking sheet lined with foil then bake in the oven for 12 minutes or until golden and crispy.
- While the wings bake, combine basting ingredients in a saucepan over medium heat. Bring mixture to a boil while stirring

constantly until all the ingredients have dissolved. Turn heat down to low and simmer for 10 minutes or until mixture is thick and sticky.

- Remove wings from the oven and pour over the sauce, reserve some of the sauce for dipping. Ensure the wings are evenly coated in the sauce then return to the oven for another 8 minutes or until sticky.
- Serve hot with dipping sauce on the side and starch of your choice.

WINGS WEDNESDAY



SPICY CHICKEN WRAPS

salsa and guacamole

VARIANT FEATURED:

Aromat peri peri for the salsa, Aromat Naturally tasty for the guacamole



PREP TIME
20 Minutes



SERVES
4

INGREDIENTS

FOR THE SALSA:

- 1 1 small red onion, finely chopped
- 1 2 tomatoes, finely chopped
- 1 1 small cucumber, finely chopped
- 1 tbsp of Aromat Peri Peri
- 1 tbsp of Robertsons black pepper

The juice of half a lemon

FOR THE GUACAMOLE:

2 avocados peeled, seeded and mashed

- 1 tbsp of Aromat Naturally Tasty
- 1 tbsp of Robertsons black pepper

The juice of half a lemon
Leftover chicken, shredded
warm tortilla wraps

4



METHOD

- Combine salsa ingredients in a bowl and set aside.
- In a separate bowl combine guacamole ingredients and set aside
- Assemble wraps by spreading a tablespoon of guacamole on the wrap, top with shredded chicken and salsa and enjoy



VARIANT FEATURED:
Aromat Original

OG KOTA

taking it to the next level



PREP TIME
25 Minutes



SERVES
4

INGREDIENTS

1 loaf unsliced bread, cut into quarters with centers hollowed out

SAUCES OF YOUR CHOICE

500g hot potato chips
60ml Aromat Original
60ml white vinegar

4 slices of sandwich ham
4 slices of shoulder bacon
4 slices of cheddar cheese
60ml of mango atchar
4 Russians butterflied and fried



METHOD

- To assemble your kota:
- Smear the inside of your bread with sauces
- Season your hot potato chips with Aromat Original and sprinkle over vinegar then fill the bread with some chips.
- Drizzle more sauces over the chips then top with a slice of sandwich ham.
- Lay on fried bacon and a slice of cheese then spoon over some atchar.
- Top it all off with the fried Russian and the piece of bread you had hollowed out.
- Enjoy hot.

KOTA FRIDAY



VARIANT FEATURED:
Aromat Original

STAMBU SAMAMPELA

A slow cook that tastes good



PREP TIME
10 Minutes



COOKING TIME
2 hours



SERVES
4-6

INGREDIENTS

1 cup of samp
2 cups of boiling water for soaking
2 tbsp of butter/margarine, separated

6 cups of boiling water for cooking
1 can of red kidney beans, drained and rinsed
2 tbsp of Aromat Original



METHOD

- Soak samp in boiling water for at least 1 hour or preferably overnight.
- Rinse samp thoroughly then add to a large pot over medium heat with 1 tablespoon of butter and water. Stir until butter is melted.
- Bring to a boil then turn heat down to low and simmer for 2 hours or until samp is soft.
- Stir in beans, season with Aromat Original and stir in the remaining butter.
- Serve hot with stew of your choice



SEVEN COLOURS SUPREME

lamb stew, creamy spinach and potato salad



VARIANT FEATURED:
Original for lamb knuckles
stew, naturally tasty for
spinach and potatoes sides.



PREP TIME
20 Minutes



COOKING TIME
2h30min



SERVES
4-6

INGREDIENTS

2 **tbsp** of oil
1 **kg** of lamb knuckles
2 **tbsp** of Aromat original
1 **tsp** of Robertsons black pepper
1 **onion**, chopped
1 **tbsp** 1 **tbsp** crushed garlic
2 **tbsp** of Rajah Mild and Spicy
Curry Powder
1 **tsp** of Robertsons paprika
1 **red pepper**, chopped
1 **tbsp** Robertsons steak and
chops spice
1 **tbsp** of Knorrox beef stock
powder

2 **cups** of boiling water
1 **tbsp** of Robertsons Italian
Seasoning

FOR THE POTATO SALAD:
4 medium sized potatoes,
cooked and cut into cubes
1 **tbsp** Aromat Naturally Tasty
1 **tsp** Robertsons white pepper

DRESSING:
4 **tbsp** of Mayonnaise
2 **tbsp** of honey
1 **tsp** of Dijon mustard

1 small red onion, finely
chopped.

FOR THE CREAMY SPINACH:
60g butter/margarine
1 **tbsp** of flour
250ml fresh cream
1 **tbsp** of Aromat Naturally tasty
1 **tsp** of Robertsons white
pepper
1 bunch spinach, rinsed and
chopped

METHOD

FOR THE LAMB KNUCKLES STEW:

- Heat oil in a large pot over medium heat.
- Pat lamb knuckles dry with a clean kitchen towel and season with Aromat original and black pepper.
- Brown knuckles in batches in the oil and set aside. In the same pot add onion and garlic then fry for 3 minutes until soft. Add curry powder and paprika then fry for another 2 minutes until fragrant.
- Add red pepper and fry for 3 minutes until soft. Then return the lamb knuckles to the pot, season with steak and chops spice and combine.
- Dissolve stock powder in boiling water then pour in the pot. Stir then cover the pot and simmer on low heat for 2 hours or until meat is tender and gravy is thick. Once done cooking sprinkle over Italian seasoning.

FOR THE POTATO SALAD:

- Season potatoes with Aromat naturally tasty and Robertsons white pepper.
- Combine dressing ingredients in a bowl then gently fold into potatoes.
- Keep refrigerated until ready to serve.

FOR THE CREAMY SPINACH:

- Melt butter in a pot over medium heat. Sprinkle over flour then stir constantly until a thick paste is formed.
- Slowly pour in the cream while whisking constantly until smooth, mixture should be thick but pourable. Season with Aromat Naturally tasty and white pepper. Add spinach to the pot then cover and turn heat down to low and allow to steam for 6-8 minutes. Then stir to combine and you're ready to serve.

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**THANK
YOU**



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