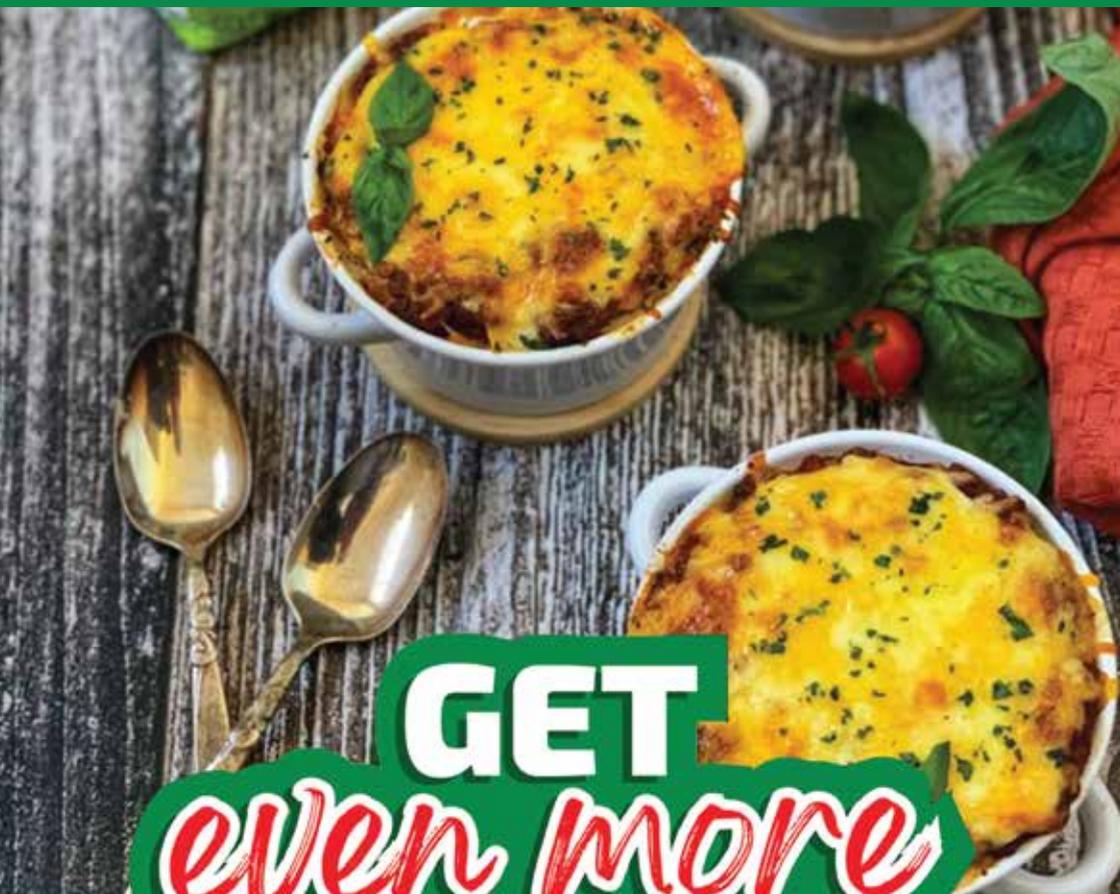


IWISA



GET
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COOKBOOK

Even More Taste. Even More Memories.

Gogo's pap was something special, then mom switched it up and decided to add cheese. Now, suddenly umam'khulu is garnishing with sweetcorn. As family recipes get passed down from one generation to the next, little experiments add Even More flavour to our favourite dishes.

We called on South Africans to share the ways they've added Even More to their family-favourite IWISA No.1 recipes - and they delivered. In this recipe book, you'll find recipes from home chefs, TV chefs, and foodies from around the country.

Flip through to find inspiration for all the ways you can get Even More for Every Meal.

With Even More love,

The IWISA No.1 Team





A note on pap

Cooking pap is always subjective. The emotional connection comes from how it was cooked for you growing up. The preferred consistency can differ from region to region, usually softer in the north of the country and stiffer in the south. But how you cook it really comes from how you like it, which makes it difficult to give accurate measurements for the pap portion these recipes. Always cook it your way

Measurements

1 teaspoon = 5g

1 tablespoon = 15g

1 cup = 250ml

Cooking times are a rough estimate only, as all cooking appliances vary.





Pizza Pap

Submitted by Nomceba Mzamane

Prep time: 30 minutes | Baking time: 20 minutes

Ingredients

For the pap

2 cups IWISA No.1 Super Maize Meal

1 litre water

For the mince

1 chopped onion

2 garlic cloves, chopped

A handful of chopped mushrooms

1 tomato, sliced

200g mince meat

50g cheese, grated

50g butter

4 teaspoons soy sauce

1/4 chopped red pepper

1/4 chopped yellow pepper

1/4 chopped green pepper

Sprinkle of chilli flakes

3 teaspoons curry powder

4 teaspoons Mother-In-Law spice

Pinch of salt and black pepper

Method

Preheat the oven to 180°C.

For the pap

Bring the water to the boil in a pot. Add the pap and a spoon of butter to taste.

Keep stirring until there are no lumps, turn down to a medium heat, and close the pot.

Stir occasionally for 10 minutes or until it starts to come away from the sides.

Turn off heat.

For the mince

Cook the mince on a medium heat until browned, adding two spoons of butter, chopped onion, garlic and peppers.

Once the mince is browned, add curry powder, soy sauce, salt, black pepper and chilli flakes.

Bring the water to the boil in a pot. Add the pap and a spoon of butter to taste.

Keep stirring until there are no lumps, turn down to a medium heat, and close the pot.

Stir occasionally for 10 minutes or until it starts to come away from the sides. Turn off heat.

In a greased casserole dish, add a layer of pap, then add a layer of mince mix, layering with the mushrooms and sliced tomatoes. Top with grated cheese.

Bake in the oven for 20 minutes or until the cheese is bubbling.

Let it cool slightly before serving.



Corn Dogs

Submitted by Pieter Veldman

Prep time: 25 minutes | **Cooking time:** 10 minutes

Ingredients

160g IWISA No.1 Super Maize Meal
1 cup cake flour
3 teaspoons baking powder
Pinch of salt
2 tablespoons sugar
200ml milk
2 tablespoons cooking oil
(additional quantity needed for deep-frying)
8 Vienna sausages
1 large egg
8 skewer sticks

Method

Sift flour, baking powder, and salt in a bowl.

Then in a separate bowl, whisk the egg, milk, and oil together.

Add the egg mixture to the bowl with flour and stir until smooth. Allow to stand for 20 minutes.

Skewer each vienna lengthwise and dip into the batter one at a time.

Drop the skewers into medium/hot oil until golden brown.

Drain excess oil on a kitchen towel and serve.





Maize Meal Milk tart

Submitted by Claudine Van Blerk

Prep time: 2 hours | Cooking time: 20 - 30 minutes

Ingredients

For the crust

- 2 cups IWISA No.1 Super Maize Meal
- 1 litre water
- 50g butter
- ½ cup sugar
- 1 tablespoon cinnamon powder

For the filling

- 300ml milk
- 2 tablespoons flour
- 1 tablespoon butter
- 2 tablespoons Corn Flour
- 80g sugar
- A pinch of salt
- 1 teaspoon vanilla essence
- 2 eggs
- 1 teaspoon cinnamon powder

Method

For the crust

Mix ingredients together fully and press flat into the ceramic bowl. Refrigerate for at least 2 hours or until set.

For the filling

In a saucepan, bring milk, sugar and butter to boil.

In a separate bowl, beat eggs, flour, corn flour, ground cinnamon and salt.

Gently pour the cold egg mixture into the boiling mixture on the stove.

Add vanilla essence and allow to thicken on a medium heat.

Pour filling into the prepared crust.

Sprinkle with cinnamon and allow to cool before serving.



Strawberry Porridge

Submitted by Judith Maphuti

Prep time: 5 minutes | **Cooking time:** 3 - 5 minutes

Ingredients

150g IWISA No. 1 Instant Porridge
1 cup water
1 teaspoon sugar
Handful strawberries, sliced
Generous dollop of plain yoghurt

Method

Bring water to the boil. Add instant porridge and sugar and cook for 3-5 minutes.

Remove from heat, add to a bowl and top with plain yoghurt and strawberries.



Masala Samp

Submitted by Heather Grant

Prep time: 15 minutes | Cooking time: 2.5 hours

Ingredients

For the mince curry

500g mince meat
1 chopped onion
1 cup frozen mixed vegetables
3 chopped tomatoes
1/2 green pepper, chopped
100ml tomato paste (1 sachet)
2 tablespoons oil
A pinch of salt
1 tablespoon minced ginger and garlic mix
1 tablespoon curry powder
1 beef stock cube
1 tablespoon turmeric powder
1 tablespoon cumin seeds
3-5 curry leaves
A sprinkling of fresh chopped coriander (optional)

For the masala samp

400g IWISA No.1 Quick Cook Samp
1 litre water
2-3 large diced carrots
2-3 large cubed potatoes
1 chopped onion
1 tablespoon butter
1 tablespoon curry powder
A pinch of salt
Parsley to garnish (optional)

Method

For the mince curry

In a pan, heat the oil, onions, garlic, ginger, cumin seeds, green pepper, and curry leaves. Frying until soft.

Add the mince, beef stock, frozen vegetables and cook until the mince is brown and cooked through.

Add in turmeric and curry powder, and mix well.

Add in tomatoes, tomato paste, and simmer for 25 minutes.

Add salt and top with fresh coriander (optional).

For the masala samp

Rinse the samp. Add to a pot of water and bring to a boil. Simmer for 1.5 hours, stirring occasionally, and add butter to taste.

Once cooked, add chopped onions, cubed potatoes, sliced carrots, curry powder and mix well.

Add a pinch of salt and chopped parsley and simmer for a further 20 minutes.

Serve with the mince curry mix.



Cheesy Pap Balls

Submitted by Bongy Mngqatsa

Prep time: 15 minutes | Cooking time: 1.5 hours

Ingredients

For the pap

2 cups IWISA No.1 Super Maize Meal
750ml water

For the filling

1 cup grated cheese
1 egg, beaten
1 cup breadcrumbs
500g cooked and seasoned mince meat
1 litre oil (for deep frying)
Sweet chilli sauce for dipping

Method

For the maize meal

Bring water to a boil in a large pot.

Add salt and the maize meal and whisk together until combined with no lumps.

Turn down the heat to low and let the pap steam for 45 minutes.

For the filling

Take two teaspoons of minced meat and use your thumb to make an opening for the cheese.

Fill your meatball with cheese and roll into a ball. Fry separately until the meat starts browning.

Take a spoon full of the cooled pap and one meatball, then shape the pap around the ball.

Dip each ball into the egg and then roll in breadcrumbs.

Deep fry in hot oil.

Fry until golden brown and enjoy with sweet chilli dip.





Maize Meal Rotis

Submitted by Elize De Wee

Prep time: 15 minutes | **Cooking time:** 40 - 60 minutes

Ingredients

1 cup IWISA No.1 Super Maize Meal

500ml water

1 tablespoon butter

2 cups flour

A pinch of salt

Extra flour for dusting and rolling

Method

In a large pot, bring water, butter and salt to boil.

Add maize meal and stir continuously until smooth and the water has evaporated.

Add flour and mix well. Remove from the heat and allow to cool.

Once cooled, mould into a soft dough ball on a lightly floured surface.

Section off evenly sized balls and roll each out with a rolling pin to the desired thickness.

Toast in a hot pan or thava for 20 seconds, flip and cook until brown spots appear.

Flip once more and gently press down on the roti with a spatula. It should puff up.

Toast for a further 30 seconds, then remove.

Place cooked rotis in a plastic container to keep them soft and fresh. Can be enjoyed with any of your favourite meals.





Strawberry Milkshake Mageu

Boitumelo Montshioagae | @whuz_cuking

Prep time: 15 minutes | Cooking time: 5 minutes

Ingredients

1 ½ cups IWISA No.1 Mageu
400g strawberries
4 tablespoons honey
4 cups (1 litre) strawberry ice cream
150ml cream
1 teaspoon caramel essence
1 teaspoon pink food colouring
Pomegranate seeds for garnishing (optional)

Method

Wash strawberries and cut in half, set aside six halves.

In a saucepan add strawberries, honey and food coloring and heat it up, simmer for 2 minutes and then remove from the heat.

Take a glass and pour the strawberry sauce in the inside of the rim for effect.

In a blender, add remaining strawberries and mageu and blend until smooth.

Add ice cream and honey and blend until thick.

In a bowl, add cream and caramel essence and use a hand mixer to thicken the cream mixture.

Pour the blended mixture into the garnished glass.

Add cream mixture into a piping bag and pipe onto the milkshake.

Garnish with pomegranate seeds and honey, and enjoy!





Creamy Samp

Pearl Sechele | @theprettychef

Prep time: 15 minutes | Cooking time: 2 hours

Ingredients

2 cups IWISA No.1 Parboiled Quick Cook Samp
1 litre water
1 cube chicken stock
50g coffee creamer
1 clove garlic, chopped
4 sprigs fresh thyme or ½ teaspoon dried thyme
100g cheddar cheese
100g butter/margarine

Method

Rinse and strain twice in a pot.

Cover samp with boiling water and bring to the boil for more or less 10 minutes.

Remove the samp from the stove, then proceed to rinse and strain three times.

Cover samp with boiling water, add chicken stock, and bring to boil by placing the lid at an angle. Stir regularly and add water if required.

Cook until samp has reached its suggested cooking time (90 minutes) or until desired texture is achieved.

Add garlic, butter, coffee creamer, thyme and cook for a further 15 minutes.

Add your cheese, cook for 5 minutes to let the cheese melt.

Serve warm.





Maize Porridge Cookies

Dudu Nzolo | @du.indulge

Prep time: 35 - 40 minutes | Baking time: 8 minutes

Ingredients

1 cup IWISA No.1 Instant Maize Porridge
125g butter
½ cup brown sugar
½ cup white sugar
½ cup milk
1 teaspoon vanilla essence
1 tablespoon salt
1 cup cake flour
1 cup chocolate chips
1 tablespoon instant coffee
1 egg

Method

In a pot, add butter, brown sugar, white sugar, milk, vanilla essence and cook at a low heat until the sugar is fully dissolved.

In a bowl, add IWISA No.1 Instant Maize Porridge, salt, cake flour, chocolate chips, coffee and egg.

Pour cooled mixture from the pot into the bowl.

Mix until combined, then add chocolate chips. It will look runny, let it sit for 5 to 10 minutes until it starts hardening.

With a spoon, scoop equally sized dough balls and evenly place them on a greased baking tray. Flatten the top of each dough ball with a spoon or fork, and bake at 180°C for 8 minutes.

Remove from the oven and let cool before serving.





Quick Cook Samp Lasagne

Naledi Toona | @chef_naledi

Prep time: 2 hours | Baking time: 30 minutes

Ingredients

4 cups IWISA No.1 Parboiled Quick Cook Samp
2 tablespoons butter
3 tablespoons flour
2 cups warm milk
A handful of chopped fresh parsley
500g mince meat
1 tablespoon oil
2 chopped onions
2 garlic cloves, chopped
1 tablespoon finely grated ginger
1 tablespoon cumin seeds
1 tablespoon coriander
1 can of chopped tomatoes
1 cup beef stock
1 tablespoon salt
1 tablespoon pepper
2 cups grated cheddar
Fresh parsley to garnish

Method

Preheat the oven to 180°C.

Add samp to pot, cover with water and bring to boil in the suggested cooking time of 90 minutes. Stir regularly and add water if required.

Heat oil in a large saucepan and sauté the chopped onion until tender. Then add garlic, ginger, and spices, and cook for 2 minutes.

Add the mince and brown it, continuing to mix before adding canned tomatoes. Mix through and leave to simmer on medium heat for 5 minutes.

Add the stock, cover the pot and leave to simmer for 10 minutes. Once the samp is cooked, heat butter in a separate saucepan before adding the samp.

Mix flour and milk in a small jug until fully dissolved, before adding to the samp. Mix thoroughly, seasoning with salt and pepper to taste. Allow it to cook for 10 minutes before adding parsley.

In a medium oven proof dish, pour half the mince to form the bottom layer, before carefully spreading half the samp on top of the mince to form another layer. Repeat the process with the remaining mince and samp.

Sprinkle cheese evenly over the samp, and place in the oven for 30 minutes or until the cheese has melted and turned golden brown. Remove from the oven and garnish with finely chopped parsley. Allow to sit for 10 minutes before serving.



Pap and Wors With a Twist

Thembeke Sibanyoni | @tees_cooking_addiction

Prep time: 15 minutes | Baking time: 5-10 minutes

Ingredients

Leftover braai wors, chopped

For the pap

1 cup IWISA No.1 Super Maize Meal

3 cups water

1 tablespoon garlic salt

1 tablespoon butter

For the chakalaka

Oil for frying

1 chopped onion

1 chopped red pepper

1 tablespoon garlic

3 fresh chillies

3 medium carrots

2 tablespoons curry powder

1 tablespoon paprika

1 tablespoon BBQ Spice

1 tablespoon Aromat

1 can Baked Beans

1 tablespoons sweet chilli sauce

Method

For the pap

Add water and a tablespoon of salt to pot and bring to boil.

Add maize and stir continuously until formed, reduce the heat to medium and let it cook for 10 - 15 minutes.

Continue to stir occasionally, and add butter once cooked.

For the chakalaka

Heat oil in a non-stick pot at high heat, add onions, garlic, and the fresh chilli.

Once onions are soft, add carrots and season with spices while continuously stirring for 3 - 5 minutes before adding baked beans. Remove from heat, and let the chakalaka cool before adding sweet chilli sauce.

Now bring everything together by adding the pap, chakalaka and chopped wors in a cupcake pan.

Top with grated cheese then place into a preheated oven on 180°C for 5 to 10 minutes or until the cheese is melted.

Remove from the oven and enjoy!



Cheesy Cajun Pap Balls

Refilwe Chirwa | @refilweskitchen

Prep time: 15 minutes | Cooking time: 10 - 15 minutes

Ingredients

3 cups IWISA No.1 Super Maize Meal
1 tablespoon salt
1 tablespoon Aromat
½ cup diced green, red and yellow peppers
1 cup grated cheddar cheese
½ cup diced cheddar
2 eggs, beaten
2 cups cake flour
5 tablespoons Cajun seasoning
Oil for frying

Method

Using a medium sized pot, boil your water and make the pap (follow instructions on pack).

Add your diced peppers and cheese into your pap while it's cooking and mix them in. Season with Aromat and leave to cook for a further 8 minutes.

Once the pap is cooked, remove it from heat and set aside to cool off. While waiting for your pap to cool off, mix the Cajun seasoning with the flour until evenly mixed.

Assuming that the pap has cooled off, take about half a handful of pap and roll into medium size balls.

Once all your pap balls are rolled, insert one cube of cheddar cheese in the center of each ball. Make sure you roll the ball again after you've inserted your cheese.

Now roll each pap ball, first in the egg mix and then in the flour, making sure they're evenly coated.

Heat the oil in a separate pot on medium to high heat, once heated, fry each ball for about 5 minutes until golden brown and crispy on the outside.





Loaded Maize Rice Salad

Noel Mokgohloa | @noelcooks

Prep time: 15 minutes | Cooking time: 40 minutes

Ingredients

- 1 cup IWISA No.1 Maize Rice (soaked overnight)
- 2 chopped red onions
- ¼ cucumber, cubed
- 1 deseeded medium tomato, chopped
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried parsley
- 1 teaspoon dried rosemary
- 1 tablespoon olive oil
- 1 tablespoon lemon juice

Method

- Rinse and soak maize rice overnight.
- Cook for about 40 minutes, or until soft.
- Season with olive oil and rosemary before setting aside to cool.
- Once cooled, fluff with a fork and add cucumber, onion and tomato.
- Dress with balsamic vinegar, parsley, and drizzle with fresh lemon juice before serving.





Breakfast Porridge with Seasonal Fruits

Mmaneo V | @mmaneo_v

Prep time: 15 minutes | Cooking time: 0 minutes

Ingredients

*One bowl IWISA No.1 Strawberry Flavoured
Instant Breakfast Porridge, prepared how you like it
1 sliced banana
1 chopped peach
½ cup warm milk*

Method

Just add warm milk to your IWISA No. 1 Instant Breakfast Porridge, top with some seasonal fruits and you're done!





Cheesy Bacon Deep Fried Pap

Boitumelo Montshioagae | @whuz_cuking

Prep time: 45 minutes | Cooking time: 5 minutes

Ingredients

2 cups IWISA No.1 Super Maize Meal
1 tablespoon salt
1 litre water
1 chopped red onion
200g diced bacon
60g cheddar cheese
2 eggs, beaten
1 cup breadcrumbs
1 teaspoon coriander powder
1 teaspoon cumin powder
1 teaspoon curry powder
1 teaspoon Italian herbs
1 teaspoon paprika
Oil for frying

Method

Bring water to boil, add salt and slowly whisk in the maize meal. Beat out all the lumps and keep stirring every 4 - 5 minutes.

Reduce the heat and cook the maize meal for about 20 minutes.

In a saucepan add oil, let it heat up on medium heat then add bacon, red onion and all the spices.

Add the cooked maize meal and mix before removing from the heat, and leave to cool down.

Once cooled down, use a spoon or an ice cream scoop, add cheese and roll the maize meal into balls.

Dip the pap balls into the egg, then dip in breadcrumbs and deep fry until golden brown.

Drain on a paper towel before serving.





Maize Rice with a Twist

Naledi Toona | @chef_naledi

Prep time: 15 minutes | Cooking time: 45 minutes

Ingredients

2 cups IWISA No.1 Maize Rice
1 tablespoon oil
50g butter
1 chopped onion
1 tablespoon crushed garlic
60ml dry white wine
1 cup sliced white button mushrooms
3 cups chicken stock
2 cups hot water
A pinch of salt
A pinch of pepper
1 tablespoon finely chopped parsley

Method

Heat the oil and melt the butter in a pot.

Sauté the onions until translucent. Add the crushed garlic and sauté for a further 2 minutes.

Pour in the white wine. Simmer until the wine has reduced. Add in the mushrooms and sauté until they are soft.

Add the Maize Rice to the pan. Mix through. Pour in 1 cup of the chicken stock and mix using a fork.

Pour in the remaining stock and hot water, mix and cover with lid, at an angle.

Cook at low heat for approximately 40 minutes, stirring occasionally.

Fluff with a fork and season according to taste.

Sprinkle the parsley and fluff again with a fork before serving.



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