

Kitchen drama

As Courtyard Theatre manager, Mthandazo Mofokeng is an integral member of the DUT's Drama and Production Studies team. With the department's busy schedule, time spent with family and friends is precious

MY MOTHER taught me to cook. Well, she didn't give me formal cooking lessons, but I would watch her carefully while she was cooking. Then, when no one was around, I'd experiment in the kitchen.

I remember the first thing I ever tried to cook was a sugarbean soup. I was 11 years old and it didn't exactly go to plan; I added too much water and far too much salt. Plus the beans weren't cooked through. Despite this, I was still proud to have cooked it and I ate it nonetheless.

It took a while before I mastered the craft of cooking, though. I remember when I was 14 trying to make a beef stew.

Oh dear, this time I put too little water in the pot and the stew started to burn. I was going to add more water, but smoke started rising from the pot so I panicked and tried to take the pot off the stove.

In my panic, I forgot the pot

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would be hot and it burnt my hands so I dropped the pot on the floor – narrowly missing my feet! The whole day's work had gone to waste, plus I had to explain to my mom why the kitchen floor was in such a mess.

I have learnt from my mistakes and now I do most of the cooking at home – although I still can't beat my mum's mutton curry!

I lead an active life and always try to eat healthily, although I confess I am not too fond of greens! I am not a fussy eater, but there is one thing I'll never eat – prawns.

Now, I know one should "never say never", but in this case I have to. They are the spookiest things I have ever seen. I think I was also put off them by the "prawns" in the movie *District 9*.

There is perhaps a bit of irony in the fact that, as a Sotho man, my favourite meal of all is Boere-style pap, wors and meat. I eat a lot of meat. So much so that if I were to

choose a last meal, I would have a T-bone steak with roast potatoes for a starter, roast lamb for my main course, and deep-fried fish for dessert!

The most delicious meat I have ever tasted was actually horse meat. It was tender and delicious.

The recipe I have chosen to share is called Mofokeng's Hot Steak. I cook it in the oven as this uses less oil and is generally healthier to eat. It goes very well with pap and chakalaka.

MOFOKENG'S HOT STEAK

Serves 3 – increase as needed

3 T-Bones

Marinade

¼ tsp salt

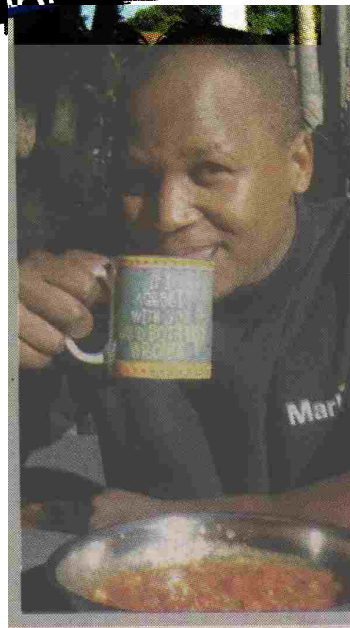
1 Tbs hot Rajah spice

¼ Tbs hot peri-peri sauce

3 Tbs vegetable oil.

1 Wash the pieces of meat thoroughly with hot water.

MAN COOK



1 green pepper and 1 red pepper, chopped
2 onions, chopped
5 carrots, grated.
3 chillies (medium to hot), chopped
1 150g tin tomatoes, chopped
1 250g can of baked beans in tomato sauce
1 Tbs garlic, crushed
2 tsp mild curry powder
Salt, pepper and paprika to taste
Vegetable oil for browning onions

1 In a pot on a medium heat, fry the onions in a little oil until they start to brown.

2 Add the peppers, chilli, garlic and curry powder and fry for 5 minutes.

3 Add carrots and fry for another 5 minutes, stirring often.

4 Reduce heat and add tomatoes. Simmer for 10 minutes.

5 Add beans, salt, pepper and paprika and simmer for a further 5 minutes.

6 Remove and serve on pap with your lekker hot steaks.

● Mofokeng is currently in preparation for two forthcoming DUT productions, Anton Chekhov's one-act farce, *The Proposal*, directed by Brian Pearce which opens at the Courtyard on August 12. It tells the story of love, marriage and neighbourly disputes. This is closely followed by a major staging of the iconic Andrew Lloyd Webber and Tim Rice musical, *Evita*, directed by Debbie Lutge which comes to the Playhouse from August 24-31.

2 Marinate the meat pieces with the marinade ingredients in a bowl for about three hours.

3 When ready, wrap each piece in foil.

4 Preheat your oven to 180°C.

5 Put the steaks on a tray and cook for 30-40 minutes, depending on how you like your meat cooked. Five or so minutes before removing, lift foil to let meat brown. Serve with chakalaka.

SPICY CHAKALAKA

This is enough to serve with the steaks and have some left over.