

From farm style to Afro chic

 By [Nina Timm](#)

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Vetkoek with lamb is as South African as braaiMeis and the beloved Madiba. I think we all grew up with warm, spongy vetkoek stuffed with just about anything.



Vetkoek with lamb is the perfect partner for a bowl of steaming hot soup and with winter knocking at our doors, I can think of no better way to announce the arrival of my favourite season.

The dish, however, needs something to bind the flavour and elements together. Yes, I know, Mrs Balls Chutney is your favourite, but be adventurous and travel the world at your table.

My vetkoek with mince is served with creamy hummus from Mediterranean Delicacies. You will see, it is quite a task to choose the right hummus, there are so many to choose from. At the moment, my favourites to have on vetkoek with lamb are the traditional Hummus, Red Pepper Hummus, or Avocado Hummus.

The good news is that three new Mediterranean Delicacies Hummus flavours have arrived: Peri Peri Hummus, Smoked

Hummus, and Roasted Seed Hummus. There's a hummus flavour for everyone. It takes this humble vetkoek with lamb to new places, I promise.

Mediterranean Delicacies has such a vast variety of products in its range and each and every one is made with care and passion. Its products are available at selected Pick n Pay, Checkers, Spar and FoodLoversMarkets, but do visit their [website](#) to contact them if necessary.

Vetkoek with Lamb and Hummus (Makes 20 portions)

Ingredients:

- 1kg shop-bought bread dough (order from your local supermarket's bakery)
- 750ml oil for frying
- 750g lamb mince
- 30ml Olyfberg olive oil
- One large onion – finely chopped
- One green chilli – finely chopped
- One clove garlic – finely chopped
- 10ml ground cumin
- 10ml smoked paprika
- A sprig of rosemary or 5ml dry rosemary
- Salt and pepper to taste
- Zest and juice of one lemon
- One 350g Mediterranean Delicacies hummus of your choice
- Fresh herbs to serve

Method

Make your lamb mince first. Heat a skillet on the stove and add the olive oil. Brown the onion, garlic and chilli until the onion is translucent and soft. Be careful not to burn the garlic. Add spices and then the lamb. Brown and cook for about 10 minutes, while stirring constantly. Season with salt and pepper and add the lemon zest and juice. Keep warm.

Divide your dough into 20 even-sized balls. Heat the oil in a pot and when the oil is hot, fry the vetkoek to golden perfection. Regulate the heat of your oil, otherwise the vetkoek will be raw inside and too brown on the outside. You will get the hang of it!

To serve, cut off the top of each vetkoek. Hollow out some of the 'flesh'. Spoon a dollop of hummus into the vetkoek, followed by some lamb. Top up with more hummus and serve hot with fresh herbs.

Delicious as a snack, but if you make your vetkoek slightly bigger, it is perfect for a light supper too.

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ABOUT NINA TIMM

I am the owner and sole editor of the 2012 Eat Out Award-winning blog, My Easy Cooking. I cook, I style and I photograph every single day of my life. I run a cooking school for groups such as team building, birthday parties, friendship groups, domestic workers and children.

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