



# UCOOK

## Lush Mzansi-inspired Samp Risotto

**with burnt sage butter, goat's cheese &  
oven-caramelised onions**

It's traditional samp and beans, but with a few flavoursome twists. Inspired by the creamy comfort of risotto, this recipe marries the familiar with unexpected tastes and textures, such as crispy sage, cheese and spinach. A dish as rich as the South African bushveld, it's umngqusho-style heartiness on a plate!

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**Hands-on Time:** 25 minutes

**Overall Time:** 55 minutes

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**Serves:** 1 Person


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**Chef:** Tess Witney

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 Veggie

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 Leopard's Leap | Unwooded Chardonnay

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## Ingredients & Prep

100ml	Samp <i>soaked overnight, rinsed &amp; drained (please see Chef's Tip for instructions)</i>
10ml	Vegetable Stock
2	Baby Onions
10g	Pine Nuts
60g	Cannellini Beans <i>drained &amp; rinsed</i>
60g	Kidney Beans <i>drained &amp; rinsed</i>
40g	Spinach <i>rinsed</i>
20ml	Grated Italian-style Hard Cheese
1	Lemon <i>½ zested &amp; cut into wedges</i>
4g	Fresh Sage <i>rinsed, picked &amp; dried</i>
25g	Goat's Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil  
Butter

**1. AMP UP THE SAMP** Preheat the oven to 200°C. Boil a full kettle. Place the soaked, rinsed samp in a pot (See Chef's Tip for soaking instructions.) Submerge in 700ml of boiling water, stir through the stock, and place over a high heat. Once boiling, reduce the heat and simmer uncovered for 40-45 minutes until cooked, stirring occasionally. If it starts to dry out during cooking, add water in small increments. On completion, it should be tender and a thick, porridge-like texture.

**2. LAYERS OF FLAVOURS** Peel the baby onions and halve lengthways. Don't remove the tip that keeps the layers joined together. Place on a tinfoil-lined roasting tray, coat in oil, and season. Spread out evenly, turn cut-side down, and roast in the hot oven for 20-25 minutes until soft and caramelised.

**3. PINING FOR MORE** Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Keep a close eye on them; they burn easily! Remove from the pan on completion and set aside for serving. Set the pan aside for step 5.

**4. FULL OF BEANS!** When the samp is cooked, stir through the drained cannellini and kidney beans. Cook for a further 4-5 minutes until heated through, stirring occasionally. Then, add in a naughty-sized knob of butter, the rinsed spinach, and the grated Italian-style cheese. Stir until the spinach has wilted, then remove from the heat. Stir through some seasoning and a squeeze of lemon juice — both to taste. Cover with a lid to keep warm until serving.

**5. NUTTY BURNT BUTTER** Return the pan to a medium heat with 20g of butter. Once foaming, add in the sage leaves and spread out in a single layer. Fry for 1-2 minutes, shifting occasionally and watching closely to ensure they don't burn. On completion, the leaves should be crispy and the butter should have a nutty aroma. Remove the pan from the heat.

**6. IT'S BEAN A CULINARY ADVENTURE** Serve up a lavish bowl of samp and bean "risotto" and lay the caramelised baby onions on top. Garnish with dollops of goat's cheese and the lemon zest to taste. Drizzle over the burnt sage butter, scatter over the sage leaves, and finish with a sprinkling of toasted pine nuts. Nikonwabele ukutya kwenu! Have a nice meal!



## Chef's Tip

Samp must be soaked in water to speed up the cooking process. Submerge in cold water to 3cm above its surface, cover, and soak overnight. Alternatively, soak for at least 3 hours before cooking.

## Nutritional Information

Per 100g

Energy	690kj
Energy	165kcal
Protein	6.9g
Carbs	27g
of which sugars	2.6g
Fibre	4.8g
Fat	3.9g
of which saturated	1.6g
Sodium	373mg

## Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days