

A photograph of four traditional South African milk tarts. Each tart is baked in a small, round, metal scalloped-edge tin. The tarts have a golden-brown, slightly crisp-looking crust and a smooth, pale yellow custard filling. They are arranged on a rustic, weathered wooden cutting board. In the background, a glass pitcher with a handle is partially visible, containing a reddish liquid. The lighting is warm, highlighting the textures of the tarts and the wood.

USA vs. SA – a feast across two continents...

Recipes: Arnold Tanzer. Photography: Christoph Hoffmann.

Traditional South African milk tart

We all hear scary stories of attempting to emigrate to the United States. However, a lot of misconceptions exist about this process. The secret to success in a smooth move to the United States, whether permanently or temporarily, is often just a mixture of understanding how the emigration process works and gaining knowledge on the best type of visa for you and your family.

Born and bred in Jozi, U.S. attorney and immigration law specialist, Karen-Lee Pollak, has been providing expert legal advice and representation pertaining to United States immigration, for the past 15 years. Shareholder and immigration practice chair of the AV rated U.S. law firm Goins, Underkofler, Crawford & Langdon, LLP, she recently returned "home" to establish a satellite office in South Africa, in order to assist corporate entities and individuals wishing to obtain immigrant and non-immigrant visas to live and work in the United States.

Karen-Lee and her cousin (by marriage), top SA chef Arnold Tanzer, prepared a delicious luncheon menu, combining the best of two continents. Nothing could be more American than Buffalo Wings and a traditional Waldorf salad; and on the other side of the ocean, please welcome the much loved bobotie and "melktert". A variable feast across two nations...



Traditional South African milk tart

Milk tart or melktert is one of those classic South African dishes that makes an appearance in a variety of shades of cream, at every social gathering.

Serves: 8 – 10

Time: 90 minutes + chilling

Ingredients:

For the flaky pastry:

160g butter
80g lard
225g plain flour
Pinch of salt

For the milk tart custard filling:

500ml milk
1 large cinnamon stick
2 eggs
80g white sugar
45ml cornflour
45ml flour
3ml vanilla paste
30ml butter
Cinnamon and sugar, for sprinkling

Method:

1 To make the pastry, combine the butter and the lard together. Mix the flour with the salt and rub in half of the butter and lard mixture. Add enough cold water to bring the flour to a soft dough. Roll out the dough to make a rectangle 12,5 x 25cm.

- 2 Dot one third of the remaining butter and lard mixture over two-thirds of the rectangle. Fold the third without any fat on it over the middle third of the pastry. Bring the other third flap on top. Seal the edges with a rolling pin and turn the dough 90°C. Chill for 10 minutes.
- 3 Repeat with another third of the butter and lard mixture, and then repeat one more time with the remaining butter and lard mixture. Chill for 10 minutes after each folding.
- 4 Roll and fold one more time, without the addition of any butter and lard mixture, and then chill for 30 minutes.
- 5 Pre-heat oven to 190°C.
- 6 Roll out flaky pastry to 5mm. Place in a greased tart mould of 26cm. Prick the base of the pastry with a fork – to ensure that the bottom of the tart does not puff during the baking process. Blind bake the pastry base for 10 minutes.
- 7 Meanwhile, for the filling, heat the milk with the stick cinnamon to just below boiling point.
- 8 Lightly beat the eggs with the sugar. Add the cornflour and flour. Pour the hot milk onto this mixture, stirring rapidly.
- 9 Return the mixture to the heat and cook, stirring until the mixture becomes very thick. Remove from the heat and then add the vanilla paste and the butter. Stir well until the butter has melted.
- 10 Pour the mixture into the pre-baked tart crust and bake at 180°C for a further 15 minutes. Cool slightly and then sprinkle with mixture of castor sugar and cinnamon.

Buffalo chicken wings

Buffalo wings are traditionally served with celery sticks and blue cheese dressing.

Serves: 6

Time: 30 minutes

Ingredients:

24 chicken wings, trimmed

100g butter, melted

60ml hot pepper sauce (for example Tabasco or Peri Peri essence)

Pinch of smoked paprika or cayenne pepper

Method:

- 1 Heat the oven to 180°C, or heat up the grill.
- 2 Place the chicken wings on a rack, over a baking tray.
- 3 Bake for 10 minutes, this ensures that the skins crisp and excess fat is rendered out of the skin.
- 4 Mix the melted butter with hot pepper sauce and smoked paprika.
- 5 Brush chicken wings liberally with sauce and return to oven.
- 6 Bake for an additional 15 minutes.
- 7 Pour any remaining marinade over wings as you remove from oven; season with salt and serve with fresh lime wedges and a blue cheese dressing.



For the blue cheese dressing: Mix 150g blue cheese and 100ml plain, fat-free yoghurt together. Season with salt and pepper and serve as a dip with warm Buffalo wings.



Waldorf chicken salad

First created between 1893 and 1896 at the Waldorf Hotel in New York City. Oscar Tschirky, who was the Waldorf's maitre d'hotel, is widely credited with creating the iconic recipe.

Serves: 4 as a starter portion

Time: 10 minutes

Ingredients:

60ml mayonnaise

60ml low fat natural yoghurt

2,5ml nutmeg

Crisp lettuce leaves of your choice: baby gems, cos, romaine or iceberg

300g ready-cooked chicken breasts, skinned and cubed

75g celery, sliced

150g Granny Smith apples, sliced into matchsticks

25g walnuts, roasted and chopped

50g raisins, soaked in boiling water for 20 minutes

Method:

- 1 Mix together the mayonnaise, yoghurt, nutmeg and a grind of black pepper.
- 2 Layer the salad leaves onto a plate.
- 3 Mix the chicken, celery, apples, walnuts and raisins, together with half of the dressing.
- 4 Place on top of the lettuce leaves, then drizzle with the remaining dressing.

Bobotie

A dish of some antiquity, it was adopted by the Cape Malay community and made with a mixture of mutton and pork. Today it is much more likely to be made with beef or lamb, although pork lends the dish extra moistness.

Serves: 6

Time: 45 minutes

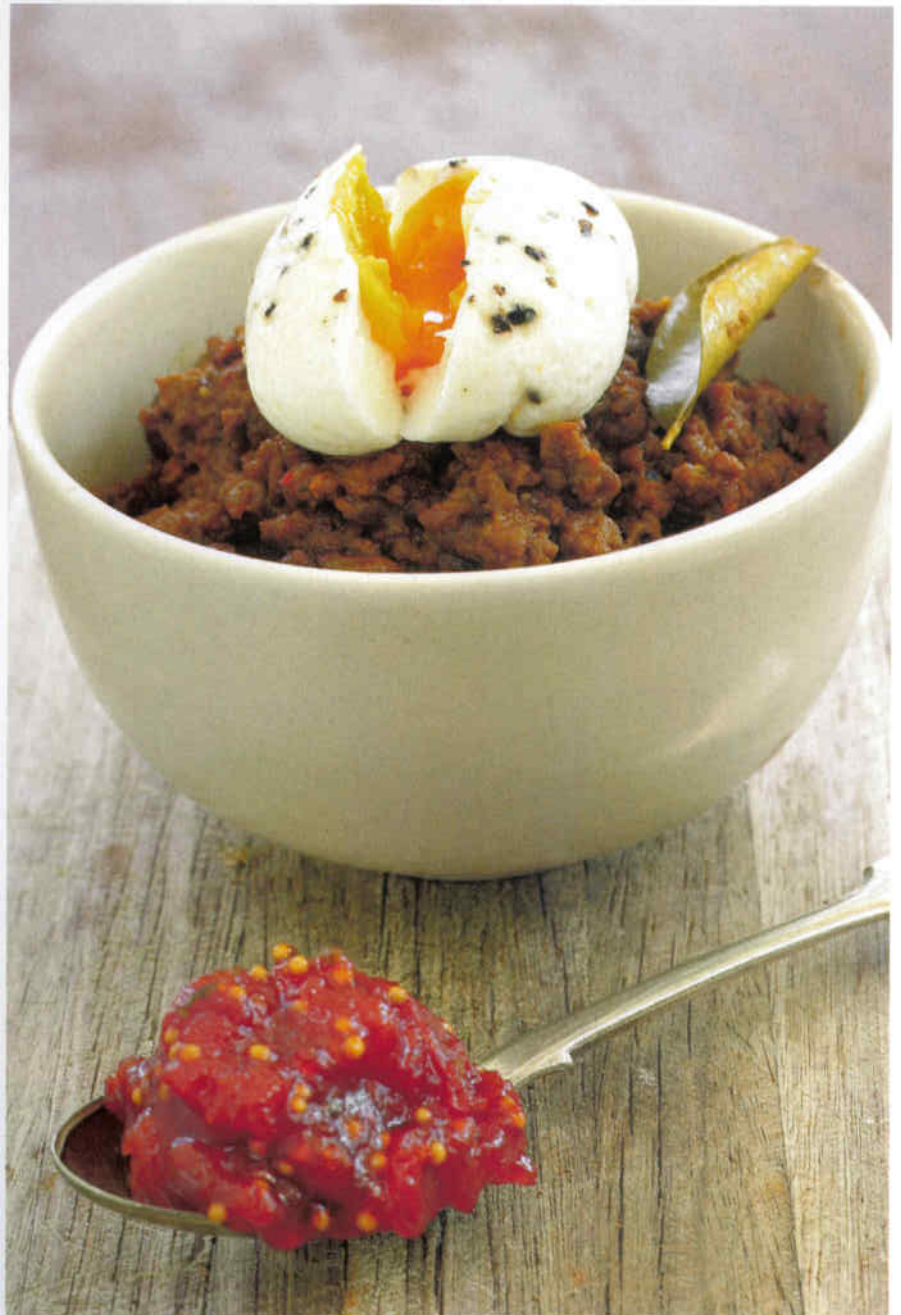
Ingredients:

2 onions, thinly sliced
1kg lean mince
1 slice bread
50ml milk
30ml mild curry powder
30ml sugar
25ml vinegar
100g seedless raisins
4 bay leaves
45ml fruit chutney
6 soft poached eggs

Method:

- 1 Sautee the onions in a large non-stick frying pan until soft, then add the mince and brown.
- 2 Dip the bread in the milk and mash it up in a bowl.
- 3 Add all the remaining ingredients, except the poached eggs, and simmer for 25 minutes; you may need to add additional water to maintain a moist mixture. Season to taste.
- 4 Serve the mince topped with a poached egg and the tomato mint chutney on the side.

For the tomato mint chutney: Slice 600g cherry tomatoes in half and squeeze out as many pips and juice as you can using your hands. Place tomato pulp in a large pot; add 15g mustard seeds, 7,5ml salt and 150ml white vinegar and simmer gently for 30 minutes. Add 90g sugar and continue simmering, stirring well so that the sugar dissolves and doesn't burn. The chutney is ready to serve when all the liquid has evaporated. Add the fresh mint leaves, stir and pour into sterilised jars.



With thanks to Chef Arnold Tanzer: for menu creation, cooking, as well as the use of his beautiful home. For further information regarding U.S. immigration, please contact Karen-Lee Pollak directly via e-mail at karenp@gucl.com. You can also visit GUCL's immigration website at www.immigrationgucl.com.