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HEARTY & FLAVORFUL

1kg MALORA HEARTY ROAST ONION GRAVY

A rich and savory gravy made with Malora Roast Onion Gravy Powder, perfect for elevating any meal.

RECIPE



INGREDIENTS

- **1kg** Malora Roast Onion Gravy Powder
- **10lt** Water



METHOD

- 1 Mix gravy powder and water until smooth.
- 2 Add to pot and bring to boil.
- 3 Allow to simmer for 10-15 minutes while stirring regularly.
- 4 Serve as a pourable gravy for all dishes.



CHEF'S TIP

For an even richer gravy, use warm water or add a splash of pan juices while simmering.



Made with quality. Made for every meal.



MALORA POURABLE MEAT GRAVY

A rich, savoury gravy perfect for stews, casseroles, pies or as a stand-alone sauce.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Gravy Browning
- 3lt Meat drippings (juice)
- 7lt Cold water



METHOD

- 1 Add meat drippings to water.
- 2 Mix in gravy browning.
- 3 Add mixture to saucepan and bring to boil, stirring regularly.
- 4 Allow to simmer, stirring occasionally (10 Min).



Gravy Browning is ideal as a pourable gravy or used as a thickener and flavour agent in stews, casseroles and pies. Can also be used as a stand alone gravy without adding drippings.



Please note that the water should be increased or decreased depending on the amount of drippings that have been recovered from your meat during the cooking process.

MALORA BEEF RAGOUT



A rich and hearty beef ragout packed with tender beef, fresh vegetables, and aromatic herbs. Perfect with rice or mashed potatoes.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Rich Jus
- 10lt Water
- 2kg Onions
- 10g Bay leaf
- 18kg Beef
- 250ml Oil
- 10g Dried Thyme
- 200g Garlic Paste
- 30g Parsely
- 4kg Tomatoes
- 1kg Chopped Celery
- 1kg Chopped Carrots



METHOD

1. Add oil to a pan.
2. Drop in meat and brown.
3. Add garlic paste, thyme, celery, bayleafs and onions when meat is brown.
4. Cook the meat on a medium heat.
5. Add blended tomato when the meat is 70% done and cook for 15mins.
6. Make a paste using demi glace powder and water.
7. Drop it in the pot and allow to thicken.
8. Adjust with water to achieve the desired consistency.



Chef's Tip: For an even richer flavor, let it simmer longer and the sauce will deepen beautifully.



MALORA LAMB TOMATO BREDIE



A rich and hearty South African lamb stew slow-cooked in tomato relish with aromatic herbs and potatoes. Perfect for a comforting family meal.

SUGGESTED RECIPE

INGREDIENTS

- 18 kg lamb deboned
- 2 kg Onions
- 10 lt water
- 1 kg Simply Cook in Tomato & Onion Relish
- 100 ml Oil
- 5 kg Potato
- 1 kg Green peppers
- 500 ml Fruit Chutney
- 200 g Mixed Herbs
- 250 g Crushed Garlic

METHOD

1. Mix relish with water and whisk.
2. Place meat, peppers and onions in pot and brown.
3. Add in tomato & onion relish.
4. Stir in chutney, add garlic and herbs.
5. Cook until meat becomes tender.
6. Add potatoes and cook for 15 – 20 minutes.
7. Allow to simmer until thick.



CHEF'S TIP

For deeper flavour, cook on low heat and allow the stew to simmer longer. Serve with rice or fresh bread.



MALORA IRISH STEW



SUGGESTED RECIPE

INGREDIENTS

-  1kg Malora
Simply Cook in Beef Gravy
-  10lt Water
-  1kg Baby Onions
-  8kg Vegetables of choice
-  18kg Cubed Beef
-  250ml Oil
-  Thyme or Rosemary
-  200gr Garlic Paste

METHOD

- 1 Add oil to a pan.
- 2 Drop in meat and brown.
- 3 Add garlic paste and onions when meat is brown.
- 4 Cook the meat on a medium heat.
- 5 Add vegetables when the meat is 90% done.
- 6 Make a paste using catering beef gravy powder and water.
- 7 Drop it in the pot and allow to thicken.
- 8 Adjust with water to achieve the desired consistency.



----- Chef's Tip -----

Serve hot with crusty bread or creamy mashed potatoes for a hearty and comforting meal.



MALORA CHICKEN POT PIE

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Simply Cook In Chicken Gravy
- 10lt Water
- 1kg Onions
- 8kg Frozen Mixed Vegetables
- 18kg Chicken fillet
- 250ml Oil
- Thyme or Rosemary
- 10kg Puff Pastry



METHOD

- 1 Add oil to a pan.
- 2 Drop in chicken and brown.
- 3 Add garlic paste, thyme and onions when chicken has browned.
- 4 Cook the chicken on a medium heat.
- 5 Add vegetables.
- 6 Make a paste using chicken gravy powder and water.
- 7 Drop it in the pot and allow to thicken.
- 8 Place in an insert with rolled puff pastry on top.
- 9 Bake until golden brown.



♥ WARM, HEARTY & DELICIOUS



MALORA

CHAKALAKA CHICKEN

A rich and hearty South African classic made with tender chicken, chakalaka spice, and wholesome vegetables.

SUGGESTED RECIPE

INGREDIENTS

- 1kg Malora Simply Cook In Chakalaka Gravy
- 10lt Water
- 1kg Onions
- 8kg Frozen Mixed Vegetables
- 20kg Chicken pieces
- 250ml Oil
- 5kg Potatoes

METHOD

- 1 Mix chakalaka powder with water and stir till smooth
- 2 Add oil to pan
- 3 Saute onions, add in chicken and brown
- 4 Add in chakalaka mixture & potatoes and cook on medium heat
- 5 Once potatoes are half soft, add vegetables and allow to simmer for 15 minutes or until all ingredients are cooked



CHEF'S TIP
Serve hot with rice, pap, or steamed bread for a complete and satisfying meal.



Serves a crowd
Perfect for gatherings and family meals!



MALORA

CHICKEN STRIPS

Crispy, golden and full of flavour – Malora Chicken Strips are perfect for any occasion.

SUGGESTED RECIPE

INGREDIENTS

- 3kg Filleted chicken breasts
- 4 Large eggs
- 250ml Oil
- 1 kg Malora Gourmet Coating

METHOD

- 1 Slice chicken into strips
- 2 Crack eggs and whisk
- 3 Add oil to pan and heat to medium heat
- 4 Dip chicken strips in egg and coat with coating
- 5 Fry till golden brown
- 6 Serve with sweet chilli dipping sauce



Tip
For extra flavour, marinate chicken strips in buttermilk with a pinch of salt and pepper for 30 minutes before coating.



CAN ALSO BE OVEN BAKED
Bake at 180°C for 20–25 minutes or until golden brown.

SIMPLE INGREDIENTS • DELICIOUS RESULTS

MALORA TEMPURA CHICKEN



Crispy, golden, and irresistibly delicious! Malora Tempura Chicken is perfect as a snack, appetizer, or main dish. Served best with sweet chilli dipping sauce.

SUGGESTED RECIPE

INGREDIENTS

- 6kg chicken strips
- 1kg Malora Tempura Battermix
- 500ml oil
- 1,4lt of cold water
- 80g All Seasons Spice
- Sweet chilli dipping sauce

METHOD

- 1 Mix the tempura batter mix with water until smooth
- 2 Allow to rest for 10 minutes
- 3 Season chicken with spice
- 4 Heat oil in pan to medium to hot heat
- 5 Coat chicken with Tempura Batter mix
- 6 Fry till golden brown
- 7 Serve with sweet chilli dipping sauce



Yield: 1kg of powder makes 2,4lt of batter



MALORA FRIED HAKE

Crispy, Golden & Delicious
A Perfect Seafood Delight

SUGGESTED RECIPE

INGREDIENTS

- 6kg Hake fillets
- 1kg Malora Catering Battermix
- 800ml Oil
- 1,5lt Cold water
- 4 Lemons



YIELD

1kg of powder
makes 2,5lt of batter

METHOD

- 1 Mix the battermix with water until smooth
- 2 Allow to rest for 10 minutes
- 3 Heat oil in pan to medium heat
- 4 Coat hake with batter
- 5 Fry till golden brown
- 6 Serve with lemon wedges

Simple Ingredients, Perfect Taste.
ENJOY EVERY BITE!





MALORA ROASTED VEGETABLE BAKE

*A creamy, cheesy baked delight
loaded with roasted vegetables
and rich Malora cheese sauce.*

SUGGESTED RECIPE

INGREDIENTS

- 8kg Roasted mixed vegetables
- 1kg Malora Cheese Sauce
- 5 lt Water
- 400g Cheese



METHOD

- 1 Drizzle veg with olive oil and roast in oven at 180°C until al dente.
- 2 Whisk water and cheese sauce.
- 3 Add sauce to sauce pan and bring to boil.
- 4 Allow to simmer till cooked.
- 5 Once cooked pour over vegetables.
- 6 Sprinkle with grated cheese.
- 7 Bake in oven until golden.



Perfect as a hearty main or a delicious side.
SERVES A CROWD!



MALORA TUNA BAKE

*A creamy, cheesy pasta bake with
tuna and tomatoes – simple, hearty
and perfect for the whole family.*

SUGGESTED RECIPE



INGREDIENTS

- 100ml Oil
- 500g Onion
- 680g Tuna (4 x Tins)
- 2kg Cooked pasta
- 240g Tomato puree
- 400g Cheese
- 4lt Water
- 1kg Malora White Sauce



METHOD

- 1 Whisk white sauce with water
- 2 Sautée onions till soft and add tomato puree
- 3 Add the white sauce mixture
- 4 Bring to the boil and allow to simmer till cooked
- 5 Mix pasta and tuna into the sauce
- 6 Pour into serving dish
- 7 Sprinkle over grated cheese
- 8 Bake in oven till browned



*** Please note that water can be replaced with
milk or whey dairy blend for a creamier result**



MALORA CREAMY Pasta Bake

RICH. CREAMY. COMFORTING.

INGREDIENTS

- 1kg Malora Creamy Pasta
- 8 lt water
- 600g Onion
- 1kg Bacon diced
- 400g Mixed peppers - chopped
- 60g Crushed garlic
- 1kg Cheese - grated
- 500g Sliced mushrooms
- 2kg Pasta noodles
- 30ml Oil

METHOD

- 1 Add creamy pasta to milk and mix until smooth
- 2 Bring mixture to boil on medium heat
- 3 Reduce heat and allow to simmer until thickened
- 4 Cook pasta noodles in boiling water
- 5 Saute onions, peppers, garlic, mushrooms & bacon together
- 6 Add pasta noodles, sauce and sauteed ingredients to oven dish
- 7 Sprinkle with grated cheese
- 8 Bake at 180C until golden

CHEF'S TIP

For extra flavor, add a pinch of nutmeg or Italian herbs to the sauce.



MALORA BOLOGNAISE MINCE

A rich, savory mince with tomato and herbs - perfect with pasta, rice or as a filling.

SUGGESTED RECIPE

INGREDIENTS

- 8kg Beef mince
- 600g Onions
- 4lt Water
- 1kg Malora Bolognaise Premix
- 30ml Oil
- 45g Crushed garlic

METHOD

- 1 Mix tomato base with water and whisk
- 2 Saute onions and garlic
- 3 Add in mince and brown
- 4 Add in tomato base mixture along with chutney
- 5 Cook on medium heat for 25-30 minutes or until done

Tip

Great served with pasta, rice or as a filling.

MALORA CHICKEN ALA KING



SUGGESTED RECIPE



INGREDIENTS

- 8kg Chicken filleted breast
- 1kg Malora Chicken ala King Premix
- 40ml Oil
- 4lt Water
- 4 Punnets of mushrooms
- 400g Frozen peas
- 500g Onion – chopped
- 3 Bell Pepper – chopped
- 400ml Fresh cream (optional)



METHOD

- 1 Add ala king premix to water – whisk
- 2 Cover the base of pot with oil
- 3 Saute onions, pepper and mushroom till soft
- 4 Add chicken and brown lightly
- 5 Stir in ala king mixture
- 6 Bring to boil
- 7 Add peas and allow to simmer for 15 minutes stirring regularly
- 8 Add in cream if so desired



CREAMY, COMFORTING, AND FULL OF FLAVOR
Perfect with rice, pasta, or potbrood



MALORA CHICKEN Casserole

A hearty and comforting casserole made with tender chicken, vegetables, and a rich, flavorful sauce.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Chicken Casserole Premix
- 4lt Water
- 500g Onions
- 3kg Stew Vegetables
- 8kg Shredded Chicken or Chicken Pieces
- 250ml Oil
- Thyme
- 3 Bell Pepper – chopped



METHOD

1. Add casserole premix to water – whisk
2. Cover the base of pot with oil
3. Saute onions and pepper till soft
4. Add chicken and brown lightly
5. Stir in casserole mixture
6. Bring to boil
7. Add vegetables and allow to simmer for 15 minutes stirring regularly



COOKING TIP

For extra flavor, add fresh herbs and simmer longer.



COOK TIME
45 MINUTES



SERVES
8-10

MALORA TRADITIONAL CAPE CHICKEN CURRY



A CLASSIC, RICH & FLAVOURFUL CURRY



INGREDIENTS

- 8kg Chicken filleted breast
- 600g Onion
- 40ml Oil
- 1kg Malora Traditional Cape Curry Premix
- 4lt Water
- 1,2kg Potatoes
- 400g Mixed vegetables



METHOD

1. Add traditional cape curry to water – whisk
2. Cover the base of pot with oil
3. Saute onions till soft
4. Add chicken and brown lightly
5. Stir in traditional cape curry mixture
6. Cook for 5 minutes
7. Add potatoes
8. Cook for 15 – 20 minutes stirring regularly
9. Add veg and allow to simmer until thick



PREP TIME
20 mins



COOK TIME
35 – 40 mins



SERVES
20 – 25

Perfect served with rice or warm bread.



MALORA SAVOURY MINCE

A hearty and flavourful mince packed with vegetables and Malora Savoury Mince Premix. Perfect with rice, pap, or mashed potatoes.



SUGGESTED RECIPE

INGREDIENTS

- 7,5 kg beef mince
- 60 ml Oil
- 1 kg Onions – diced
- 2,5 kg Potatoes – diced
- 1,250 kg stew mix vegetables
- 1 kg Malora Savoury Mince Premix
- 4 lt Water
- 500 g Peas

METHOD

1. Add Malora Savoury Mince Premix to water.
2. Cover the base of pot with oil.
3. Sauté onions till soft.
4. Add mince and cook until brown.
5. Stir in Malora Savoury Mince Premix.
6. Add potatoes and cook for 10 minutes.
7. Add vegetables and cook for further 10 minutes.
8. Allow to simmer for 5 minutes.

Hearty. Simple. Delicious.



MALORA DURBAN LAMB CURRY

SUGGESTED RECIPE

INGREDIENTS

- 8kg Lamb bone out
- 40ml Oil
- 600g Onion
- 1kg Malora Durban Curry Premix
- 4lt Water
- 1,2kg Potatoes
- Parsley for garnish



METHOD

- 1 Add durban curry to water and whisk
- 2 Cover the base of pot with oil
- 3 Saute onions till soft
- 4 Add meat and cook till soft
- 5 Stir in durban curry mixture
- 6 Add potatoes
- 7 Cook for 15 minutes stirring regularly
- 8 Leave to simmer for 5 minutes
- 9 Garnish with fresh parsley



MALORA BUTTER CHICKEN

SUGGESTED RECIPE

A rich and creamy classic made with tender chicken simmered in a flavoured creamy sauce with aromatic spices.

INGREDIENTS

- 8kg Chicken breast fillets
- 600g Onion
- 40ml Oil
- 1kg Malora Butter Chicken Premix
- 4lt Water
- 400g Green peppers - chopped
- 40g Crushed garlic
- 400ml Fresh cream
- Full cream plain yoghurt (optional)



METHOD

- 1 Add butter chicken premix to water
- 2 Whisk till dissolved
- 3 Cover the base of pot with oil
- 4 Saute onions, peppers and garlic
- 5 Add chicken and brown lightly
- 6 Stir in butter chicken
- 7 Cook until thick, stirring regularly
- 8 Add fresh cream
- 9 Serve with full cream yoghurt (optional)



TIP

Best served with naan, rice or steamed basmati rice.



MALORA THAI GREEN CURRY

SUGGESTED RECIPE

INGREDIENTS

- 8kg Chicken breast fillets
- 40ml Oil
- 600g Onion
- 1kg Malora Thai Green Curry Premix
- 4lt Water
- 800g Broccoli and cauliflower mix - fresh
- 400 ml Coconut milk
- 200g Fresh baby spinach
- 400g Red peppers - chopped

METHOD

- 1 Add thai green curry premix to water and whisk
- 2 Cover the base of pot with oil
- 3 Saute onions and peppers
- 4 Add chicken and brown lightly
- 5 Stir in thai green curry mixture
- 6 Cook for 10-15 minutes, stirring regularly
- 7 Add broccoli and cauliflower
- 8 Allow to simmer until thick
- 9 Add coconut milk and baby spinach



SERVES
10-12



PREP TIME
15 mins



COOK TIME
25 mins



MALORA MUTTON HOTPOT

A hearty, comforting stew packed with tender mutton and wholesome vegetables.



INGREDIENTS

- 8kg Mutton cubed
- 600g Onion
- 40ml Oil
- 1kg Malora Hotpot Premix
- 4lt Water
- 40g Tomato paste
- 20g Whole black peppercorns
- 3kg Carrots - chopped
- 1kg Turnip - chopped
- 120g Fresh parsley - chopped
- 4kg Potatoes



METHOD

- 1 Add hearty hotpot to water and whisk
- 2 Cover the base of pot with oil
- 3 Sauté onions till soft
- 4 Add mutton and brown lightly
- 5 Cook till meat softens and add hearty beef mixture
- 6 Add potatoes, turnip, tomato paste and black pepper
- 7 Cook for 10 minutes stirring regularly
- 8 Add carrots and cook for 10 minutes
- 9 Allow to simmer for 5 minutes
- 10 Garnish with parsley when serving



SERVING SUGGESTION
Perfect with warm bread or rice for a satisfying meal.





MALORA HEARTY BEEF STEW

A rich, comforting stew packed with tender beef, potatoes, and flavorful vegetables.

INGREDIENTS

- 8kg Soft shin – beef
- 600g Onion
- 40ml Oil
- 1kg Malora Hearty Beef Premix
- 4lt Water
- 400g Mixed vegetables
- 1,2kg Potatoes

METHOD

- 1 Add hearty beef base to water and whisk
- 2 Cover the base of pot with oil
- 3 Saute onions till soft
- 4 Add shin and brown lightly
- 5 Cook till meat softens and add stew base mixture
- 6 Add potatoes
- 7 Cook for 10 minutes stirring regularly
- 8 Add vegetables and cook for 10 minutes
- 9 Allow to simmer for 5 minutes



CHEF'S TIP
For deeper flavor, let the stew rest for 10–15 minutes before serving. It tastes even better the next day!



Hearty. Homestyle. Delicious.



MALORA COTTAGE PIE

A hearty and comforting cottage pie with savoury beef mince, topped with creamy mashed potato and baked until golden brown.

SUGGESTED RECIPE

INGREDIENTS

- 2kg Beef mince
- 20ml Oil
- 150g Onion
- 250g Malora Tomato & Onion Relish
- 1lt Water – For Tomato Relish
- 15g Crushed garlic
- 125g Malora Creamy Mash
- 600ml Boiling water – For Mash
- 15g Butter
- 10g Malora Vegetable Seasoning

METHOD

- 1 Add tomato base to cold water and whisk until smooth
- 2 Saute onions and garlic
- 3 Add mince and brown
- 4 Add tomato base mixture and cook on medium heat until done
- 5 Add instant mash to boiling water and whisk till smooth
- 6 Add in butter and vegetable seasoning and stir
- 7 Place mince in baking tray and top with mash
- 8 Bake in oven until golden brown



CHEF'S TIP
For an even richer flavour, let the mince simmer a little longer before topping with mash.





MALORA TRADITIONAL VETKOEKS

Crispy on the outside, soft on the inside
— a true South African classic.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Vetkoek Mix
- 600ml Warm Water
- 200ml Oil
- 50g Cake Flour



METHOD

- 1 Add yeast (found in packet) to vetkoek powder
- 2 Add in warm water and mix
- 3 Allow to proof
- 4 Roll out to diameter of 3–5cm on floured surface
- 5 Portion to required size
- 6 Fry till golden brown



YIELD: Dependent on size of vetkoek required



MALORA TOMATO AND ONION RELISH FOCACCIA

SUGGESTED RECIPE

INGREDIENTS

DOUGH

- 1kg Malora Vetkoek Mix
- 650ml Warm Water
- 100ml Oil
- 50g Cake Flour

TOMATO RELISH

- 125g Malora Tomato & Onion Relish
- 500ml Water – For Tomato Relish

TOPPING

- 3g Rosemary (fresh, chopped)
- Extra rosemary sprigs for decoration (optional)



METHOD

- 1 Add yeast (found in packet) to vetkoek powder.
- 2 Add in warm water and mix. Divide dough into 2 equal parts.
- 3 Allow to proof.
- 4 Grease baking tray with oil.
- 5 Stretch and fold dough.
- 6 Place in greased pan and poke deep dents into the dough.
- 7 Allow to proof again.
- 8 Spoon prepared relish over dough and add fresh rosemary.
- 9 Bake until dough is golden brown.



TIP

For extra flavour, drizzle with olive oil before baking.



GOLDEN BROWN. FULL OF FLAVOUR. MADE WITH MALORA.



MALORA CHEESY CORN FRITTERS

Crispy on the outside,
cheesy on the inside —
a perfect corn delight!

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Pancake Mix
- 1 ltr Water
- 100ml Oil
- 350g Cooked Corn
- 20g Fresh Herbs
- 200g Cheddar Cheese



METHOD

- 1 Add all ingredients together
- 2 Whisk all ingredients until smooth.
- 3 Pre-heat a lightly oiled pan on medium.
- 4 Pour a ladle of mix into the pan.

TIP

Serve warm with sour cream, avocado,
or your favorite dipping sauce.



MALORA SPINACH & FETA WAFFLES

Savory, crispy waffles packed with
spinach, feta, and wholesome Malora
pancake mix — perfect for any meal.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Pancake Mix
- 1 ltr Water
- 100ml Oil
- 250g Raw Spinach (chopped)
- 150g Feta Crumble



METHOD

- 1 Add all ingredients together.
- 2 Whisk all ingredients and add crumbled feta last.
- 3 Pre-heat waffle machine.
- 4 Pour a ladle of mix into the machine.
- 5 Cook until golden brown.



Tip: Serve warm with a side salad, avocado, or your favorite
dip for a delicious and nutritious meal.



MALORA SAVOURY PANCAKES

SUGGESTED RECIPE

INGREDIENTS

- 1kg Malora Pancake Mix
- 2 ltrs Water
- 120ml Oil



METHOD

1. Add all ingredients together
2. Whisk all ingredients to until smooth.
3. Pre-heat a lightly oiled pan on medium.
4. Pour a ladle of pancake mix into the pan.
5. Tilt the pan to cover the bottom with pancake mix.
6. Fry until light brown at the bottom, flip and fry on the other side.
7. Serve with a savoury filling of your choice.



Delicious, versatile and perfect for any meal. Enjoy your savoury pancakes!



MALORA BUTTERNUT AND CHICKPEA CURRY

A hearty and comforting curry combining the creamy sweetness of butternut with protein-rich chickpeas and aromatic spices.

SERVES 6 • READY IN 40 MINS



INGREDIENTS

- 2 kg Canned Chickpeas
- 6 kg Cubed Butternut
- 600 g Onion, chopped
- 40 ml Oil
- 1 kg Malora Traditional Cape Curry Premix
- 4 l Water
- 1.2 kg Potatoes, cubed
- 400 g Peas
- 1 g Curry Leaf



TIP

For extra depth, add a splash of coconut milk before serving.



METHOD

1. Add traditional cape curry to water - whisk
2. Cover the base of pot with oil
3. Saute onions till soft and add curry leaves
4. Add butternut and potatoes and cook for 15 minutes
5. Stir in traditional cape curry mixture
6. Cook for 5 minutes
7. Add peas and allow to simmer until thick



Made with wholesome ingredients



COMFORTING
& NUTRITIOUS



PLANT-BASED
GOODNESS



PERFECT FOR
ANY OCCASION



MALORA STEAMED BREAD

A soft and fluffy traditional steamed bread made with Malora Vetkoek Mix. Perfect with any meal.

INGREDIENTS



1kg Malora Vetkoek Mix



600ml Warm Water



TIP

Steaming time varies depending on the size of the dough and your method. Fresh ingredients like herbs or grated carrots could be added to the dough.



STEAMING GUIDE

Steaming time varies depending on the size of the dough and your method. Ensure your test knife comes out clean when done.

METHOD

- 1 Add yeast (found in packet) to vetkoek powder.
- 2 Add in warm water and mix.
- 3 Allow to proof for 20 minutes.
- 4 Knock down and place in a greased dish.
- 5 Use steaming method of your choice.
- 6 Steam until your test knife comes out clean.



MALORA ROOSTERKOEK

A delicious South African grilled treat with a crispy outside and soft, flavorful inside.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Vetkoek Mix
- 650ml Warm Water
- 200g Butter / Marg
- 10g Chopped Parsely
- 50g Crushed Garlic



METHOD

1. Add yeast (found in packet) to vetkoek powder.
2. Add in warm water and mix.
3. Divide dough into the desired size and shape.
4. Place on a greased surface and allow to proof.
5. Grease your grid and place dough on the heated grid.
6. Cook for about 10 minutes on each side.
7. Heat butter and garlic on med for 10minute.
8. Remove from heat and add parsely.
9. Brush garlic butter over cooked roosterkook.



Serve warm as a side dish or enjoy on its own. Perfect for braais and gatherings!



MALORA LAMB BREYANI

SUGGESTED RECIPE

INGREDIENTS

- 4kg Lamb Curry Pieces
- 1.5kg Rice
- 500g Onions
- 1.4kg Potatoes
- 300ml Oil
- 400g Lentils
- 2g Thyme
- 100g Ginger and Garlic Paste
- 5g Mint
- 200g Tomatoes
- 50g Kashmiri Masala
- 50g Special Masala
- 60g Breyani Masala
- 5g Borrie
- 1g Bay leaf
- 400g Plain yoghurt
- 1g Curry Leaf

METHOD

- 1 Marinate meat in yoghurt, half the dry spices, thyme, mint, ginger and garlic paste for 1 hour or longer.
- 2 Parboil rice and lentils separately.
- 3 Heat oil and fry chopped onions until golden brown.
- 4 Add in curry leaves, bay leaves, tomatoes, remainder dry spices and temper.
- 5 Drop in Marinated meat and cook until 70% done.
- 6 Cut potatoes and marinate with egg yellow powder and deep fry.
- 7 Layer breyani with cooked meat, rice, lentils and potatoes.
- 8 Cover pot and place in the oven for 30 minutes on 180.
- 9 Season to taste.



*A Flavourful Experience
Worth Sharing*



MALORA LAMB DHALL

A hearty and flavorful blend of tender lamb, lentils, and aromatic spices cooked to perfection.

**SERVES 6 • PREP TIME 15 MINS
COOK TIME 60 MINS**

INGREDIENTS

- 4kg Lamb Curry Pieces
- 250g Onions
- 500g Lentils
- 500g Yellow Split Peas
- 500g Green Split Peas
- 250g Tomatoes
- 1g Curry Leaf
- 150ml Oil
- 100g Ginger and Garlic Paste
- 25g Kashmiri Masala
- 25g Special Masala
- 10g Garam Masala
- 5g Borrie

METHOD

- 1 Boil lentils separately until soft
- 2 Brown onions in oil and add in curry leaves.
- 3 Add spices and temper.
- 4 Add in tomatoes and ginger and garlic paste
- 5 Add lamb and braise until 90% cooked.
- 6 Add in cooked split peas and lentils and cook on low for 20mins.
- 7 Season to taste



Chef's Tip: For deeper flavor, let the dhall rest for 10 minutes before serving. Garnish with fresh coriander and serve hot!



MALORA SUGAR BEAN CURRY

A hearty and flavourful South African curry made with sugar beans, potatoes and a rich, spiced tomato-onion base.

SUGGESTED RECIPE



INGREDIENTS

- 4kg sugar beans
- 1.5kg Potatoes
- 150g Onions
- 1g curry leaf
- 50g Tomatoes
- 1,2kg Potatoes
- 20g Kashmiri Masala
- 20g Special Masala
- 5g Garam Masala
- 5g Borrie
- 125g Malora Tomato & Onion Relish
- 500ml Water – For Tomato Relish



TIP

For extra flavour, serve with fresh coriander and warm roti or steamed rice.



METHOD

- 1 Boil beans until soft and set aside.
- 2 Braise onions until brown and add curry leaves.
- 3 Add spices to onions and temper.
- 4 Add in chopped tomatoes and cook for 5 mins.
- 5 Stir in chopped potatoes and cook until 90% done, adding water as needed.
- 6 Add in boiled drained beans.
- 7 Mix Tomato and Onion Relish with water and add to the pot.
- 8 Leave to simmer for 5 minutes.
- 9 Season to taste.

NOTE: Adjust water and seasoning to preference. Add more spice if desired.



TANTE DOWWE DOLLY SE EGTE MESH PATAT SOP

A comforting South African classic with creamy mashed potatoes, vegetables and a rich buttery finish.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora White Onion Soup Powder
- 12lt Water
- 100g Malora Vegetable Seasoning
- 2kg Mixed Vegetables of choice - (e.g., carrots, peas, green beans, sweetcorn)
- 4 x 410g Tins Butterbeans
- 500g Malora Instant Mash
- 1lt Cream, Buttermilk or full cream milk
- 2kg Malora Vetkoek Mix – Optional



TIP

For extra flavour, add diced bacon or shredded chicken for a protein boost.



METHOD

- 1 Whisk soup powder with water until smooth and begin cooking process.
- 2 Blanch or lightly fry vegetables until par cooked.
- 3 Once soup has come to the boil reduce to low heat and add vegetables.
- 4 Once soup starts thickening, flavour with vegetable seasoning and add beans.
- 5 Slow cook for 15 minutes.
- 6 Add mash flakes to soup and stir until dissolved. Cook for 5 minutes.
- 7 Add cream, buttermilk or milk and allow to simmer for 5 minutes.
- 8 Serve with homemade bread, steamed bread, roosterkoek or pot bread made with the vetkoek mix.



Please note that diced bacon or shredded chicken can be added for a protein option.



MALORA TRIPLE CHEESE PIZZA

A delicious, cheesy pizza made with three layers of flavourful cheeses on a crispy base.

SUGGESTED RECIPE



INGREDIENTS

DOUGH

- 1kg Malora Vetkoek Mix
- 650ml Warm Water
- 100ml Oil

TOPPINGS

- 125g Malora Tomato & Onion Relish
- 500ml Water (for relish)
- 2g Rosemary or Parsley

CHEESES (Choose 3)

- Mozzarella
- Cheddar
- Feta
- Gouda
- Parmesan

TO GARNISH

- Fresh Herbs (optional)



TIP

*Use a preheated oven (200°C) for best results.
For extra flavour, drizzle olive oil or garlic butter
on the crust before baking.*



METHOD

DOUGH

- 1 Add yeast (found in packet) to vetkoek powder.
- 2 Add in warm water and mix.
- 3 Divide dough into 8 equal parts or required size.
- 4 Roll out dough and place in a greased baking tray or pizza pan.
- 5 Spread prepared tomato relish over the base.
- 6 Add 3 cheeses of your choice.
- 7 Allow to proof and bake in an oven until golden.
- 8 Garnish with fresh herbs.

TOMATO RELISH

- 1 Add tomato & onion relish to water and mix.
- 2 Bring to a gentle boil.
- 3 Simmer for 5 minutes.
- 4 Cool and use as a pizza base.



MALORA CHICKEN WAFFLE SANDWICH

A delicious fusion of crispy chicken, fluffy waffles and fresh flavours – perfect for any time of the day.

SUGGESTED RECIPE



INGREDIENTS

WAFFLES

- 1kg Malora Pancake Mix
- 1lt Water
- 100ml Oil
- 10g Chopped Parsley
- 150g Feta Crumble

CHICKEN

- 1.5kg Filleted Chicken Breasts
- 2 Large Eggs
- 125ml Oil
- 500g Malora Gourmet Coating (Regular or Spicy)

TO SERVE

- Sweet Chilli Dipping Sauce



METHOD

WAFFLES

- 1 Add all ingredients together.
- 2 Whisk all ingredients and add crumbled feta last.
- 3 Pre-heat waffle machine.
- 4 Pour a ladle of mix into the machine.
- 5 Cook until golden brown.

CHICKEN

- 1 Slice chicken into strips.
- 2 Crack eggs and whisk.
- 3 Add oil to pan and heat to medium heat.
- 4 Dip chicken strips in egg and coat with coating.
- 5 Fry till golden brown.
- 6 Serve with sweet chilli dipping sauce.



TIP

For extra flavour, add a pinch of black pepper or paprika to the coating. Serve immediately for the best taste and texture.



MALORA BOBOTIE

A classic South African dish with fragrant spices, a creamy egg topping and a touch of sweetness.



INGREDIENTS

- 10kg Beef Mince
- 600g Onion
- 100ml Oil
- 500g Malora Traditional Cape Curry Premix
- 2lt Water
- 400g Fruit Chutney
- 200g Raisins
- 20 Eggs
- 750ml Whey Dairy/Milk
- 3 Bay leaves



METHOD

- 1 Add traditional cape curry to water – whisk
- 2 Cover the base of pot with oil
- 3 Sauté onions till soft
- 4 Add mince and brown
- 5 Stir in traditional cape curry mixture
- 6 Cook for 5 minutes and add in fruit chutney and raisins
- 7 Cook for 15 – 20 minutes stirring regularly
- 8 Pour into a prepared dish
- 9 Whisk egg and milk together and pour over
- 10 Garnish with bay leaves and bake for 15 minutes at 180c.



TIP

Serve warm with yellow rice and a fresh green salad. Leftovers taste even better the next day!

MALORA SAVOURY TART



INGREDIENTS

- 10kg Beef Mince
- 600g Onion
- 100ml Oil
- 500g Malora Traditional Cape Curry Premix
- 2lt Water
- 400g Fruit Chutney
- 200g Raisins
- 20 Eggs
- 750ml Whey Dairy/Milk
- 3 Bay leaves



METHOD

1. Add traditional cape curry to water – whisk
2. Cover the base of pot with oil
3. Sauté onions till soft
4. Add mince and brown
5. Stir in traditional cape curry mixture
6. Cook for 5 minutes and add in fruit chutney and raisins
7. Cook for 15 – 20 minutes stirring regularly
8. Pour into a prepared dish
9. Whisk egg and milk together and pour over
10. Garnish with bay leaves and bake for 15 minutes at 180c.



TIP

Garnish with extra herbs or a sprinkle of cheese before baking for an even richer flavour.



SERVES: 20–25

A hearty tart perfect for lunch, supper or entertaining.



MALORA CHEESE SAUCE


PREP TIME
5 mins


COOK TIME
15 mins

SUGGESTED RECIPE



INGREDIENTS

- 1 kg Malora Cheese Sauce
- 5 lt Water



METHOD

- 1 Mix sauce powder and water until smooth
- 2 Add to pot and bring to boil
- 3 Allow to simmer for 10 - 15 minutes while stirring regularly

Malora Cheese Sauce can be used as a sauce in pasta dishes, potato bakes and cheese based dips. To create a pourable cheese sauce for schnitzels, steaks, fish and vegetables adjust the mixing ratio to 6 lt water and follow the same method of preparation. For a classic cheese spread reduce the mixing ratio to 4 lt of water.



MALORA *Creamy Pepper Sauce*

A rich, creamy pepper sauce with a perfect balance of heat and flavour. Perfect for steaks, pastas, and more.

SUGGESTED RECIPE



INGREDIENTS

- 1kg Malora Creamy Pepper Sauce
- 6lt Cold water



METHOD

- 1 Mix sauce powder and water until smooth.
- 2 Add to pot and bring to boil.
- 3 Allow to simmer for 10 - 15 minutes while stirring regularly.



Malora Creamy Pepper Sauce is ideal for serving with schnitzels, crumbed mushrooms, steak, pastas, potatoes and burgers.

* For pasta dishes mix 1 to 8 litres of cold water.

MALORA CREAMY MUSHROOM SAUCE



SUGGESTED RECIPE

INGREDIENTS

- 1kg Malora Creamy Mushroom Sauce
- 6 lt Cold Water
- Chopped Mushroom as required

METHOD

1. Mix sauce powder and water until smooth.
2. Add to pot and bring to boil while adding chopped mushroom.
3. Allow to simmer for 10 – 15 minutes while stirring regularly.

Malora Creamy Mushroom Sauce is ideal for serving with schnitzels, crumbed mushrooms, steak, pastas, potatoes and burgers. Adding chopped mushroom creates a sauce with a little more body and compliments the subtle mushroom flavours.

* For pasta dishes mix 1 to 8 lt of cold water.

MALORA *Garlic and Herb Sauce*



A rich, creamy garlic and herb sauce with a perfect balance of flavour and aroma. Perfect for steaks, pastas, chicken and more.

SUGGESTED RECIPE

INGREDIENTS

- 1kg Malora Garlic and Herb Sauce
- 6lt Cold water



METHOD

- 1 Mix sauce powder and water until smooth.
- 2 Add to pot and bring to boil.
- 3 Allow to simmer for 10 – 15 minutes while stirring regularly.

Malora Garlic and Herb Sauce is ideal for serving with chicken, seafood, vegetables, pasta, rice, potatoes and more.

* For pasta dishes mix 1 to 8 litres of cold water.

MALORA WHITE SAUCE



SUGGESTED RECIPE

INGREDIENTS

- 1 kg Malora White Sauce
- 5 L Water



METHOD

- 1 Mix sauce powder and water until smooth
- 2 Add to pot and bring to boil
- 3 Allow to simmer for 10 – 15 minutes while stirring regularly

Malora White Sauce is ideal as a base for any creamy sauce. This product brings consistency in texture and eliminates the need for flour and butter when creating a white sauce. It reduces preparation time in your kitchen and works well in all cooking applications that require a white sauce.



MALORA POTATO BAKE

Creamy, cheesy, and perfectly baked layers of potatoes with a flavorful Malora twist.

INGREDIENTS

- 1kg Malora Pasta Sauce Premix
- 8lt Water
- 1.5kg Boiled Potatoes
- 1.5kg Onions – Chopped
- 1kg Peppers – Chopped
- 500g Cheese Grated
- 40ml Oil
- 100g Garlic Crushed
- 50g Malora Vegetable Seasoning

METHOD

- 1 Sauté onions, peppers, and garlic.
- 2 Mix water and pasta sauce and stir until smooth.
- 3 Cook sauce mixture on medium heat until boiling.
- 4 Turn down and allow to simmer until cooked through and thickened.
- 5 Mix in onions, peppers, and garlic into sauce.
- 6 Place a layer of potato into an oven tray and coat with sauce.
- 7 Repeat the layers until oven tray is full and then sprinkle with cheese and veg seasoning.
- 8 Bake until cheese is melted and golden.



TIP

Let it rest for a few minutes after baking for the perfect creamy texture.

SERVES 8-10