



CELEBRATING  
**80 years** Cerebos® South Africa's favourite!  
**Recipe Cookbook**  
ALL YOUR LOCAL FAVOURITES!

**Black Choc Cake** - Kate  
4 eggs, unsweetened choc, mix till melted  
1/2 cup shortening, 1/2 cup milk, then cool  
2 cups boiling water, add to 1st mix  
1 cup sugar, 1 cup butter/milk (or sour)

**Brown Sugar Cookies**  
1 cup shortening, 1 cup sugar, 1 egg, 1/2 cup milk, 1/2 cup brown sugar, 1/2 cup all purpose flour, 1/2 cup baking powder, 1/2 cup raisins, 1/2 cup nuts. Mix & add alternately with sugar & nuts. Bake 12-15 min. in 400° oven.

**Puffie Cake**  
Cream & add 3 eggs  
Sift & add to above - Bake 12-15 min. in 400° oven.



# Introduction

## Celebrating Family Traditions, One Recipe at a Time

In every South African kitchen, there's a story simmering on the stove — a story of love, laughter, and the generations that came before us. For decades, Cerebos has been part of these stories, adding that essential pinch of flavour to meals that bring families together.

Through our *Generations of Goodness* campaign, we set out to uncover and celebrate the treasured recipes that have been passed down, adapted, and perfected in homes across the country. The response was nothing short of heart-warming. Families from every corner of South Africa opened their recipe books, their memories, and their kitchens to share the dishes that mean the most to them.

After a delicious showdown of creativity and tradition, we're proud to present our Winning Recipes — a collection that captures the spirit of home cooking at its best:

- Sweet & Spicy Meatball Noodles with Boiled Eggs
- Samp with Vegetables
- Chicken Pie
- Chicken Stew
- Chakalaka Stuffed Vetkoek with Salted Biltong Dust
- Malva Pudding

Each of these recipes is more than just a set of ingredients; it's a reminder of shared meals, passed plates, and family moments that linger long after the last bite. Whether you're recreating these dishes with your children, trying them for the first time, or adding your own twist, we hope this collection inspires you to keep your family's food traditions alive — one delicious recipe at a time.

From our kitchen to yours,

**Cerebos – *Generations of Goodness***





# TABLE OF CONTENT

- |    |  |
|----|--|
| 01 | Sweet + Spicy Meatball Noodles with Boiled Eggs    |
| 02 | Samp with vegetables                               |
| 03 | Chicken Pie  |
| 04 | Chicken Stew                                       |
| 05 | Chakalaka Stuffed Vetkoek with Salted Biltong Dust |
| 06 | Malva Pudding                                      |





# Sweet + Spicy Meatball Noodles with Boiled Eggs

BY PERCY PERZARHO

## Ingredients

- 400–500g ground beef
- 2 eggs
- 1 packet (75g) Cerebos Instant Noodles, crushed
- 1 tsp dried herbs
- ½ tsp black pepper
- ½ tsp Cerebos salt
- 2 tbsp olive oil
- 1 onion, chopped
- 1–2 cloves garlic, minced
- ½ cup chopped spring onion
- ½ cup chopped bell peppers
- 1 can (400g) crushed tomatoes
- 1–2 red chilies, chopped
- 2–3 tbsp stir fry sauce
- 2 tbsp soy sauce
- ½ tsp paprika
- ½ tsp dried thyme
- Pinch of Cerebos salt
- Fresh parsley, chopped
- 2–3 packets instant noodles
- 4 hard-boiled eggs
- ¼ cup shredded cheese

## Instruction

- Mix beef, eggs, crushed noodles, herbs, pepper, and salt; shape into meatballs.
- Brown in oil; remove.
- In the same pan, cook onion, garlic, peppers; add tomatoes, chilies, sauces, and spices.
- Return meatballs to sauce; simmer 15–20 min.
- Cook noodles, serve with meatballs, sauce, cheese, and eggs.





RECIPE #2

# Samp with vegetables

BY THALITA NOMSA ALMERINDA

## Ingredients

- White samp
- Brown beans
- 2 potatoes, chopped
- Carrots, chopped
- Onion, chopped
- Peppers, chopped
- 2 garlic cloves
- 1 tsp cinnamon
- 1 tbsp thyme
- 1 tsp paprika
- 2 tbsp oil or butter
- Cerebos salt to taste

## Instruction

- Mix your beans and samp together and put 3 cups of water let it boil for 30 minute then drain the water.
- Then put again 3 cups of water and let it cook until it's soft about 45-1 hour.
- Clean pan pour cooking oil or your butter when it's hot put your carrots, onions and peppers stir until it's cooked then mix it with garlic cloves, cinnamon, thyme leaves, paprika and Cerebos Salt.
- Add your potatoes into the pan and add half a cup of water. cook it until it's soft. Then you add all your cook vegetable into the cook samp and mix it together.



# Mom's Famous Chicken Pie

BY ASHLEY BAILEY

## Ingredients

- 1 pack puff pastry
- 1 kg chicken breast, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp Cerebos salt
- 1 tsp black pepper
- 1 egg (for wash)

## Instruction

- Preheat oven to 200°C.
- Mix chicken, onion, garlic, salt, and pepper.
- Fill pastry, fold, and brush with egg wash.
- Bake 35–40 min until golden.





# Chicken Stew

BY DIMAKATSO SEKHWAMA

## Ingredients

- 6–8 chicken pieces
- 2 potatoes, chopped
- ½ onion, chopped
- 2 tbsp oil
- ¼ tsp dried herbs
- ½ tsp curry powder
- Cerebos salt to taste
- Lemon slices & herbs for garnish

## Instruction

- Add the oil and brown the chicken on evenly each side until golden - then remove chicken from pot.
- Sauté the chopped onions
- Add curry powder, herbs, and salt; stir to combine.
- Add potatoes to pot; cook until softened.
- Add chicken back in.
- Simmer 30–40 min until chicken cooked through.
- Optional: Garnish with lemon and herbs.



# Chakalaka Stuffed Vetkoek with Salted Biltong Dust

BY LAUREN VAN DE WALT

## Ingredients

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• 4 cups cake flour</li> <li>• 2 tsp yeast</li> <li>• 1 tsp sugar</li> <li>• 1 tsp Cerebos salt</li> <li>• 1½ cups lukewarm water</li> <li>• 2 tbsp oil (for dough)</li> <li>• Oil for frying</li> <li>• 1 onion, chopped</li> <li>• 2 garlic cloves, minced</li> <li>• 1 red pepper, diced</li> </ul> | <ul style="list-style-type: none"> <li>• 2 carrots, grated</li> <li>• 1 green chili, chopped</li> <li>• 1 tsp curry powder</li> <li>• 1 tsp smoked paprika</li> <li>• 1 tsp Cerebos salt</li> <li>• 1 can baked beans</li> <li>• 100g biltong, finely chopped</li> <li>• ½ tsp coriander</li> <li>• Chili flakes (optional)</li> </ul> |
|---|--|

## Instruction

- Mix flour, yeast, sugar, salt; add water and oil. Knead, rise 45–60 min.
- Cook onion, garlic, peppers, carrots; add spices and beans for chakalaka.
- Blend biltong, salt, coriander to make dust.
- Shape dough, fry golden.
- Fill vetkoek with chakalaka, sprinkle biltong dust.





RECIPE #6

# Malva Pudding

BY ASHLEY VAN DER STRAATEN

## Ingredients

For the pudding:

- 1 cup sugar
- 1 egg
- 1 tbsp apricot jam
- 1 cup flour
- 1 tsp baking soda 1/2 tsp salt
- 1 tbsp butter (melted)
- 1 tsp vinegar
- 1 cup milk

For the sauce:

- 1 cup fresh cream
- 1/2 cup butter
- 1/2 cup sugar
- 1/2 cup hot water
- 1 tsp vanilla essence

## Instruction

Make the pudding:

- Preheat oven to 180°C (350°F).
- Beat sugar and egg until light and fluffy.
- Stir in apricot jam.
- In a separate bowl, mix flour, baking soda, and salt.
- Add the dry ingredients to the egg mixture.
- Add melted butter, vinegar, and milk. Mix until smooth.
- Pour into a greased oven dish.
- Bake for 35-40 minutes or until golden and springy.

While it's baking, make the sauce:

- In a saucepan, heat cream, butter, sugar, water, and vanilla. Stir until everything is melted and smooth. Don't boil it.

When pudding is done:

- Remove from oven and immediately poke a few holes with a skewer or fork. Pour the warm sauce over the hot pudding - it will soak in.





[www.cerebos.co.za](http://www.cerebos.co.za) | [@CerebosZA](https://www.instagram.com/CerebosZA)