

OLD JOE'S KAIA COUNTRY HAVEN

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CHEEZE SAUCE

Potato & Carrot

Glaze on low heat in a shallow pot without browning: *30 ml sunflower oil*
1 small onion, chopped
5 ml ground cumin
5 ml ground smoked paprika

Add the following to the onions and spices in the pot and boil with a closed lid until very soft, 10-12 minutes: *250 g potatoes, unpeeled cut in blocks*
125 g carrots, cut in blocks
500 ml boiling water
10 ml chicken-flavoured stock powder
15 ml lemon juice
20 g nutritional yeast (60 ml)*
1.25 ml salt (or to taste)
pepper to taste

Add to the pot once all is tender: *2 garlic cloves, minced*

Blending - remove the pot from the stove and cool slightly before transferring the content of the pot to a high-speed blender. Puree until smooth. You may have to add more water in case it is too thick to turn in the blender.

The sauce is now ready to use on roasted vegetables, in pasta dishes or over pies.

This sauce also freezes well - simply thaw from frozen and whisk to remove what may appear as curdled. Heat through.

***nutritional yeast** - get this from a Health shop, Dischem or Super Spar.
DO NOT OMIT THIS INGREDIENT—it adds a delicious taste to your dish.