

Prep: 1hr30min Time: 2hr Serves: 8

For the filling:

Cook the rice separately and set aside.

In a pan, warm oil and add cumin, cardamom and cinnamon. Heat until fragrant. Add the shredded cabbage and toss.

Open the can of pilchards and retain the sauce. Clean each piece of fish by lightly scraping off the darker scales and removing the soft cartilage from the middle. Return the cleaned pilchards to their sauce.

Once cabbage has softened, add the pilchards with their sauce. Break the fish down with a spoon. Add the rest of the spices and seasoning.

Once the rice has cooked, add it to the cabbage-and-fish mixture. Mix well.

For the dip:

Warm vegetable oil and add mustard seeds and cumin. Once seeds have popped, add onion and cook until translucent. Add green beans and stir to coat with oil and spices. Add remaining ingredients and cook for about 15 minutes on a low heat. Remove pot from the stove and use a stick blender (or transfer to a jug blender) to make a smooth puree.

For the dough:

Sift the flour and salt together in a bowl. Add the butter and rub in until combined. (I use a pastry blender for this process). Add a little water at a time, kneading into a soft dough until it's soft and not sticky.

Divide the dough into 12 equal portions. Form each portion into a ball and roll out into a disc shape, about the size of a sideplate. Cut each circle in half. With the rounded part of the semicircle at the top, put about a tablespoon of filling in the middle and bring up each corner to enfold the filling, forming a triangle shape. Press down on the corners to seal. (You can use the tines of a fork to crimp the edges).

Fry each foldover in hot oil until golden brown.



Cabbage and pilchards foldovers with bean and feta dip

by Saaleha Bamjee (Electric Spaghetti)

Ingredients

For the filling:

1 cup raw brown rice
Vegetable oil
1 tsp cumin seeds
2.5ml cardamom seeds, slightly crushed
2 cinnamon sticks (or cassia bark)
400g cabbage, shredded
1 can (400g) **Lucky Star Pilchards in Chilli Sauce**
1 tsp ground cumin and coriander mix
2.5ml white pepper

For the dip:

Vegetable oil
2.5ml white mustard seeds
2.5ml black mustard seeds
1 tsp cumin seeds
1 onion, finely chopped
250g green beans, cooked
1/4 tsp turmeric
1 Tbsp brown sugar
1 Tbsp mustard flour
2.5ml peri peri
Zest of one lemon
Juice of one lemon
2 rounds feta cheese

For the dough:

4 cups flour
Salt to taste
4 Tbsp butter
2-3 cups of water

