

Mondstuk van die Suid-Afrikaanse aartappelbedryf • Mouthpiece of the South African potato industry

# CHIPS

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**BASELINE AND MARKET  
DYNAMICS FOR THE  
COMING SEASON**

Growing tomorrow's  
producers, today

**OOS-VRYSTAATSE  
DROËLANDKULTIVARPROEF  
OP WARDEN 2019/2020**

Importation of French  
fries takes a nosedive

Waarde van navorsing  
oor blaarsiektebeheer





## Potato, wors, and chakalaka bites

**Serves:** 6

### Ingredients:

- 8 large potatoes, peeled and chopped.
- 2 tbsp (30 ml) margarine.
- ½ tsp (2.5 ml) salt.
- ½ tsp (2.5 ml) Aromat seasoning.
- ½ tsp (2.5 ml) ground white pepper.
- 1 tbsp (15 ml) sunflower or vegetable oil.
- 1 pack of thin boerewors.
- 1 tin of hot chakalaka (or chakalaka of your choice).
- ½ cup (125 ml) cake flour.
- 4 eggs, beaten.
- 3 cups (750 ml) breadcrumbs.
- Sunflower or vegetable oil, for frying.

### Preparation:

1. Place the potatoes in a large pot and cover with water. Bring to boil and cook for 15 to 20 minutes, or until the potatoes are cooked through.
2. Drain the potatoes in a colander and place them back into the cooking pot (off the heat).
3. Using a potato masher, mash the potatoes well and while still warm, add the margarine, salt, Aromat, and white pepper. Mix well and set aside to cool.
4. While waiting, heat one tablespoon of oil in a non-stick pan and fry the boerewors until cooked through. Remove from the heat and once cooled, cut into 3 cm pieces and set aside.
5. To make the bites, dip clean hands into flour and place about 4 tbsp (60 ml) of the mashed potato into your hands. Flatten slightly and make a well (for the wors pieces).
6. Add one piece of wors and 1 tsp (5 ml) of chakalaka to the well. Gently fold the potato over the wors and sauce. Add another tablespoon of mashed potato if needed to cover the filling completely. Gently shape into a ball and repeat with the remaining ingredients.
7. Place in the fridge to chill for 30 minutes.
8. Once chilled, dust each ball with flour, shaking off the excess, then dip into the eggs, followed by the breadcrumbs. Repeat this process twice.
9. Heat enough oil in a medium pot over medium to high heat. Once the oil is hot enough, fry in batches for 8 to 10 minutes, turning once during frying. Remove once golden and crisp and drain on absorbent kitchen paper.
10. Serve with additional chakalaka for dipping.

### Top potato tip

To save time in the kitchen, make the balls a day in advance. You can keep the ready-formed and crumbed balls in the fridge for up to 24 hours, and fry when needed.