



BRAAI MEALIES

with spiced butter

'Mealie' is simply the term South Africans use for corn. The ingredient is a staple food, grown across the country. White corn is widely consumed and you can commonly buy it from casual stallholders on the side of the road. White corn is also used in the production of maize meal (pap) and has a chewy texture with a more savoury flavour compared to yellow corn. I love it cooked over the braai, and lacquered with a punchy butter.

SERVES: 4

4 heads corn, husks intact
sliced chilli and charred limes
to serve

SPICED BUTTER

1 tsp each salt and freshly
ground black pepper
2 long red chillies, halved
and green tips removed
1 tsp coriander seeds
1 tsp cumin seeds
1 tbsp Mendes Masala
(page 13, or 2 tsp garam
masala plus 1 tsp curry powder
plus 1 tsp paprika)
1 tbsp brown sugar
zest and juice of 1 lemon
1 tbsp chopped ginger
2 garlic cloves
150g unsalted butter,
softened

For the spiced butter, place all of the ingredients in a small food processor and blitz together. Alternatively place in a jug and use a stick blender to process into a smooth butter. Set aside.

If using a gas braai, heat it over medium heat. If you have bought corn without the husks, see the tip below. Place corn on the braai and cook gently for about 15 minutes in their husks – allowing them to char. The corn inside will steam.

Remove from the braai and carefully remove the husks. The husks will be charred but the corn will still be protected. Place the 'naked' corn onto the braai and start to cook until some kernels begin to blister.

Start brushing over some of the spiced butter for the final few minutes. Remove from the braai and serve hot, slathered with more butter and scattered with some extra chilli if you want more heat!

Tip: If you are using yellow corn without the husks simply cook them on the braai for a few minutes until they intensify in colour, then proceed with the recipe. If you bought white corn without husks, you will need to blanch in boiling water for about 3–4 minutes, just to take the raw edge off.