



6

SERVES/MAKES



COOKING TIME:
< 45 min



COOKING STYLE:
Stove

LANCEWOOD® CREAMY SAMP BY SOMIKAZI ZULU

INGREDIENTS:

- 4 x 250 ml quick cooking samp / 30 minute samp
- 2 litres water
- 1 onion, chopped
- 60 ml margarine or butter
- 5 ml Aromat®
- 45 ml Cremora®
- 230 g LANCEWOOD® Medium Fat Roasted Onion Cream Cheese
- 2 carrots, grated
- 45 ml parsley, chopped

METHOD:

Bring the samp and water to the boil. Once boiling, lower the heat and simmer for 30 minutes or until soft. Drain off excess liquid if necessary. Fry the onion in the butter until just soft. Add to the samp together with the Aromat®, Cremora®, cream cheese and carrots. Simmer over low heat for 5 minutes. Add the parsley and mix through. Serve warm.

HINTS & TIPS:

- Fry bacon pieces and mushrooms until crispy and scatter over before serving.
- Add 250 ml peas (frozen or canned) and 100 g chopped ham. Sprinkle grated LANCEWOOD® Cheddar or White Cheddar over.

Somikazi's inspiration for this recipe:

"This has always been a family favourite, made by my mother".

PRODUCTS USED:



Roasted Onion Cream Cheese



Cheddar



White Cheddar

ENJOY!