

Food for thought

Sustainable Recipes

First Edition: December 2025



Rondebosch United Church

The Creation Care team have put together some delicious and nutritious sustainable recipes for members of the congregation to use and share. Enjoy.

Introduction

Things to consider in order to make more sustainable food choices:

1. Eat more plants

Reduce your consumption of meat, dairy and oil, which have a significant environmental footprint.

Read more at: <https://www.theguardian.com/environment/2025/Oct/02/planetary-health-diet-could-save-40 000-deaths-a-day-landmark-report-finds>

2. Choose local and seasonal ingredients

This reduces transport emissions and supports local economies. Consider buying fresh produce from one of the following local farming schemes:

- **Harvest of Hope:** <https://abalimiharvestofhope.org.za/>
- **Soil for life:** <https://soilforlife.co.za/>
- **Oranjezicht market:** market@ozcf.co.za or farm@ozcf.co.za
- **Zero to Landfill:** <https://zerotolandfill.co.za/>

3. Opt for sustainable seafood

Select seafood that has been responsibly harvested to protect marine ecosystems. Find out more:

- **The Marine Stewardship Council (MSC):** Fish with a tick: www.msc.org
- **World Wildlife Fund (WWF):** The Southern African Sustainable Seafood Initiative (SASSI): <https://wwfsassi.co.za>

4. Support organic farming

Support organic foods to avoid synthetic pesticides and fertilisers, which protect biodiversity, soil health, and groundwater.

- SAOSO (South African Organic Sector Organisation): <https://www.saoso.org/>
- Good Food Network (GFN): <https://goodfoodnetwork.co.za/>
- Abalimi Besekhaya Harvest of Hope: <https://abalimiharvestofhope.org.za/>

5. Consider reusable packaging

Avoid excessive packaging, especially single-use plastics, by buying in bulk or use reusable containers.

- The Story of Stuff: on YouTube: https://youtu.be/9GorqroigqM?si=mfYf5MMr_RDyJ-J7
- United Nations Environment Programme (UNEP):
<https://www.unep.org/beatpollution/beat-plastic-pollution>

6. Reduce processed food

Highly processed foods generally have a larger environmental footprint due to the energy, packaging, and transportation required for their production.

7. Support sustainable systems*

Choose brands and businesses that are committed to environmentally safe production methods.

- Fairtrade: <https://www.fairtrade.net/us-en.html>
- Online brands: Good food Network <https://goodfoodnetwork.co.za/>
- Rainforest Alliance: <https://www.rainforest-alliance.org>
- WWF: Get palm oil savvy: <https://www.wwf.org.uk/challenges/get-palm-oil-savvy#>

8. Support fair practices

Ethical eating involves supporting farmers and producers who have fair labour practices and are paying equitable wages.

- Fairtrade: <https://www.fairtrade.net/us-en.html>
- Rainforest Alliance: <https://www.rainforest-alliance.org>
- Harvest of Hope: <https://abalimiharvestofhope.org.za/>

9. Sustainable cooking practices*

- Minimise food waste
- Conserve water
- Use energy-efficient methods (see more at [Keep It Bag - Project 90 by 2030](#))
- Clean with eco-friendly products
- Compost scraps to create nutrient-rich soil (see more at <https://ladlesoflove.org.za/feed-the-soil/>)

***Find out more in Notes at the end of this book**

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Each recipe in this book uses the following key to indicate which of the sustainability practices it supports:

1	2	3	4	5	6	7	8	9
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Soups



Elizabeth's Ghanaian Peanut Soup

(From Moragh Paxton's booklet)

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1 cup Organic Peanut Butter (no sugar and no salt added)

1 fresh tomato

1 medium onion

2 large carrots

2 Tbs tomato puree

water

curry powder, cayenne pepper / peri-peri and vegetable stock to taste

Method

In a small pot, heat the peanut butter, water and tomato paste, until the water evaporates, and oil bubbles to the surface.

Transfer to a bigger pot, add 2-3 cups of water, and bring to the boil. Add whole tomato, onion and carrots.

Add curry powder, cayenne pepper / peri-peri to taste, and vegetable stock.

Cook for 10 mins.

Scoop out the tomato, onion and carrots, and blend. Return to soup.

When simmering, place in hot pot to complete cooking. Add salt and garnish with chopped parsley.

(Serves 6–8)



Butternut and Apple Soup

1	2	4	9
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<i>2 cups butternut</i>	<i>Pinch nutmeg</i>
<i>3 medium onions diced</i>	<i>750 ml chicken or veg stock</i>
<i>2 Granny Smith apples peeled and diced</i>	<i>375 ml milk</i>
<i>3 Tbs margarine</i>	<i>Grated orange rind (approx. 1 tsp.)</i>
<i>3 tsp flour</i>	<i>150 ml fresh orange juice</i>
<i>1 tsp medium curry powder to taste</i>	<i>Salt and pepper to taste</i>
<i>½ tsp sugar</i>	

Method

Fry butternut, onion and apple gently in melted margarine until soft.

Remove from heat and stir in flour, spices, sugar and orange rind.

Slowly stir in stock, milk and juice. Return to heat and simmer approx. 15 mins.
Blend and season.

Serve topped with swirl of cream and garnish of chopped parsley or chives.

(Serves 4-6)



Spinach and Almond Soup

1 2 4 6 9

30ml sunflower oil *10 ml lemon juice*

10 ml lemon juice

1 large onion very finely chopped 600 ml vegetable stock

500 g spinach 125 ml thick yoghurt

Sea salt *50 gm almond flakes, toasted*

Finely grated rind of lemon *Fresh dill*

Method

Fry onion in oil until soft.

Add well washed spinach, nutmeg, sea salt, grated lemon rind, juice and stock. Cover, simmer gently for 10 minutes.

Liquidize until smooth. Reheat and check seasoning.

Serve topped with a swirl of yoghurt, toasted almond flakes and dill.



Vegetable Potage

1	2	4	5	7	8	9
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3 large carrots

2 vegetable stock cubes

3 small onions

500 ml hot water

2 medium potatoes

45 ml cream

2 leeks

Salt and pepper to taste

30 ml olive or coconut oil

Method

Peel vegetables and slice or chop.

Sauté for 5 minutes in oil. Dissolve stock cubes in water and add to vegetables.

Simmer until tender (about 10-15 minutes).

You can leave the soup chunky or blend, but it should not be completely smooth. Reheat. Season to taste. Stir in cream just before serving.



Hot Broccoli Soup

1	2	4	5	6	7	8	9
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Ingredients

2 vegetable stock cubes

4 cups boiling water

500gram broccoli (peel off hard skin on stem)

2 tsp cornflour in 1 Tbs water

1 large onion finely diced

Salt and pepper to taste

Thin cream

Parsley

Method

Saute onion in a little butter.

In large saucepan dissolve stock cubes in boiling water and add broccoli and onion. Simmer till soft (25 minutes). Puree vegetables in blender. Return to stock in saucepan. Mix cornflour and water and add to soup mixture. Adjust seasoning.

When serving, swirl a teaspoon of cream over each individual serving and garnish with chopped parsley.

(Serves 6–8)



Butternut and Lentil Soup

(Sandra van Rensburg)

1	4	5	7	8	9
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Ingredients:

1 Tbs olive oil

1 long red chilli, seeded and chopped

1 onion finely, chopped

500 g butternut, chopped (can use pumpkin instead if desired)

350g orange sweet potato, chopped

1 L vegetable stock

125 g red lentils

1 Tbs tahini (optional)

Add salt and pepper to taste.

Method:

Heat the oil. Add chilli and onions and cook for 2-3 minutes. Add butternut/pumpkin and sweet potato and cook for 8 minutes; stir occasionally. Add stock, bring to boil. Simmer for 10 minutes. Add the lentils and cook for 7 minutes or until tender.

Add tahini (optional), salt and pepper to taste and blend till smooth.



Curried Carrot Soup

1	2	4	6	7	8	9
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2 Tbs oil

1 onion chopped

1 Tbs masala powder

1 kg carrots chopped

4 cups vegetable broth

2 cups water or as needed for thinning

Method

Heat oil in a large pot over medium heat. Saute onion until tender and translucent. Stir in masala powder.

Add the chopped carrots and stir until the carrots are coated. Pour in the vegetable broth and simmer until the carrots are soft – about 20 minutes.

Transfer carrots and broth to blender and puree until smooth. Pour back in pot and thin to your preferred consistency. You can add a dollop of cream.

(Serves 6)

Vegetables



Zucchini Fritatta

4	7	8	9
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800g Zucchini, sliced in half and fried or roasted till almost soft.

Lay zucchini in oven tray.

Sprinkle over *garlic and fresh herbs (oregano, rosemary)* to taste.

Sprinkle on *100g grated cheese*.

7 eggs, 400-500 ml cream, mixed together with salt and pepper.

Pour over the zucchini

Bake at 180°C for 20-30 mins.

In airfryer: Bake at 175°C for 15 – 20 minutes.



Teriyaki Sweet Potato

2	6	8	9
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1.5kg sweet potato (white, orange, red) 60ml olive or coconut oil

2 handfuls of baby spinach leaves Toasted sesame seeds.

Dressing

60 ml teriyaki sauce $\frac{1}{2}$ red chilli, seeded and chopped

1 Tbs sweet soya sauce 4 Tbs fig jam or honey

1 Tbs lime juice 1 tsp sesame oil (optional)

Method

Cut sweet potato in chunks. Toss in olive/veg oil. Spread on a baking tray and bake at 220°C for 20 – 25 minutes, till chunks are brown on outside, soft inside.

Airfryer: Bake at 200°C for 20 minutes.

Combine the dressing ingredients. Toss the cooked sweet potato gently into the dressing to coat.

Layer the baby spinach leaves on a serving plate. Spoon the sticky sweet potato on top of the spinach. Sprinkle generously with toasted sesame seeds.



Broccoli And Feta Frittata

Ros Irlam (adapted from the Freshliving magazine)

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3 Tbs olive oil

1 onion, chopped

1 large potato, cooked, peeled and diced

1 disc feta cheese

1 broccoli, cut into bite size florets

8 extra-large eggs, beaten

3 Tbs chopped fresh basil leaves

Salt and pepper to taste

(the good thing about this recipe is it's very versatile – you can pretty much add any veggies you wish and add more eggs to make it stretch)

Method

Preheat oven to 160 degrees Celsius

Heat oil in a non-stick pan. Add onion and potato and fry until browned.

Steam broccoli until tender

Add broccoli and season

Mix eggs, feta and basil and pour into a large shallow casserole dish and stir in the pan ingredients. Bake for +- 45 minutes until the egg is set.

Airfryer: 180°C for 20 – 25 minutes.

Cool slightly, slice and serve.

(Serves 6)



Mushroom Risotto

(Melanie Murugen)

1	2	4	5	6	7	8	9
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<i>1 Very big red onion, sliced</i>	<i>1 cup of wine/apple juice</i>
<i>3 tsp of chopped garlic</i>	<i>2 cups risotto rice</i>
<i>3 packets (750 gr) of mushrooms (portobellini)</i>	<i>2 litres of vegetable stock</i>
<i>1 pack (250 gr) shimeji mushrooms</i>	<i>¼ cup sliced spring onion</i>
<i>Salt and Pepper</i>	<i>Parsley to garnish</i>

Method

Sauté onions and garlic. Add mushrooms, salt and pepper. Sauté for about 8 minutes till brown and tender.

In pot, rinse and add risotto rice. Let it toast slightly. Add the wine/apple juice and cook gently until it evaporates.

Add vegetable stock, 250ml at a time until the rice is cooked. (+/- 45 minutes)

Then add mushroom mix to rice. Stir in spring onion or chives.

Garnish with parsley.

Enjoy.



Marinated Brinjals With Cucumber Salsa

(Jackie de la Porte)

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Brinjals:

4 large brinjals, sliced *30 ml olive oil*

Salt and freshly ground pepper.

Marinade:

10g fresh parsley, chopped *6 garlic cloves, crushed*

2 chillies (with or without seeds) finely chopped *80 ml olive oil*

125 ml apple cider vinegar or rice vinegar *salt and pepper*

Salsa:

Grated zest of 1 lemon *1 red onion, diced*

½ cucumber, diced *10g fresh parsley, chopped*

Salt and freshly ground pepper

To serve:

150g greens

100g mozzarella cheese (Torn into pieces)

8 slices bread, toasted

Method

Airfryer: Bake at 190°-200° C for 15 – 20 minutes.

Continued on next page

Preheat the oven to 180°C. Line a baking sheet with foil and grease.

1. Brinjals:

Arrange the brinjal slices on the baking sheet, drizzle with oil over and season with salt and pepper. Roast for 20-25 minutes or until done. Transfer to a dish for marinating and keep warm.

2. Marinade:

Mix the ingredients and pour over the warm brinjals. Leave to marinate for at least 30 minutes.

3. Salsa:

Mix all the ingredients.

4. To serve:

Put the salad greens on a large platter and arrange the brinjals and cheese on top. Spoon the salsa over and serve with the toast.

Pulses



Moroccan Chickpea Stew

(Sandra)

1	6	7	8	9
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500 g chickpeas

2 cinnamon sticks

60 ml olive oil

3 onions, thinly sliced

5 ml cumin seeds

2 tins whole, peeled tomatoes

180 ml raisins

3 strips of lemon peel

3ml coriander

2 bunches spinach cut into strips

Salt & Pepper

Danya leaves for garnish

Method

Soak the chickpeas overnight. Drain and put in pot. Add cinnamon sticks and simmer for 1 hour. Remove 1 cinnamon stick. In a pan heat the oil and saute onions and cumin seeds till onions are light brown. Add tomatoes and juice, chickpeas with 250 ml of water in which chickpeas were cooked, lemon peel, raisins, cumin and coriander. Simmer in pot with lid on for 35 minutes. Add spinach and stir till cooked. Add salt and pepper. Serve on couscous/rice and garnish with danya.



Savoury Bean Pot

1	2	4	7	9
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<i>2 Tsp oil</i>	<i>1 Tbs mustard (dried or sauce)</i>
<i>2 vegetable stock cubes, crumbled</i>	<i>1 level tsp oregano</i>
<i>2 medium onions, chopped</i>	<i>1level tsp cumin</i>
<i>2 apples, grated (may be peeled)</i>	<i>1 Tbs brown sugar</i>
<i>2 medium carrots, grated</i>	<i>Salt & Pepper</i>
<i>3 Tbs tomato puree</i>	<i>A little sour cream</i>
<i>250ml water</i>	<i>450g cooked (or 1 tin) red kidney beans</i>
<i>2 Tbs (cider or white wine) vinegar</i>	

Method

Heat the oil and add the onions. Add the stock cubes, apples and carrots. Saute for 5 mins, stirring continuously. Add the tomato puree, and all other ingredients except for the beans and cream.

Stir well, cover, and simmer for about 20 mins. Add the beans and simmer for about 5 mins. Top with swirls of sour cream or yogurt.

Serve this easy-to-make mixture with rice or jacket potatoes and a salad.

(Serves 4)



Manjula's Eggless Omelette

(Melanie Murugen)

1	2	4	6	9
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¾ Cup chickpea flour ½ cup seeded and chopped tomatoes

½ tsp salt ½ cup chopped spinach

½ tsp cumin seeds ½ cup chopped bell peppers

1/8 tsp black pepper ½ cup water to make chickpea pancake

1 green chilli, chopped 2 Tbs olive or coconut oil

Method

Mix all dry ingredients together (chickpea flour, cumin seeds, salt and pepper).

Mix slowly with water to make a smooth paste like a pancake mixture. Add the chillies, spinach, tomatoes, bell peppers.

Heat a non-stick skillet on medium heat. Test with drops of water. It must sizzle.

Add about ½ cup of batter. Spread from the middle to spiral into a circle.

When batter starts to dry, gently spread 2 teaspoons of oil over. After about 30 seconds flip omelette with a spatula. Flatten omelette with spatula. Turn omelette two or three times till golden brown.

Cook the rest of the mixture in another omelette.

Add a topping of your own, like cooked potatoes and peas.

Meat



Butternut And Apple Chickenpot

(Sandra)

2	4	6	7	9
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<i>Whole organic chicken cut into pieces</i>	<i>2 big green apples, seeded,</i>
<i>500 gr butternut cut into big chunks</i>	<i>10 ml chicken stock (powder)</i>
<i>6 ml melted butter</i>	<i>6 cloves</i>
<i>5 ml paprika</i>	<i>250 ml fresh orange juice</i>
<i>2.5 ml pepper</i>	<i>Salt to taste</i>
<i>45 ml cake flour</i>	

Method

Mix flour and paprika, salt and pepper. Roll chicken pieces in flour mixture. Put pieces in a pot.

Add the cut butternut and green apple in between the chicken portions. Mix melted butter, chicken stock, orange juice and pour over chicken.

Put lid on pot and cook till chicken is tender. To brown chicken, put it for 10 mins in oven. Serve with rice.

Vegan



Vegan Burgers

(Melanie Murugen)

1 6 7 8 9

2 cans of chickpeas *2 onions*

2 onions

200 g coriander Handful of parsley

Handful of parsley

1 green chilli (optional) Two potatoes boiled and roughly mashed

Spices of choice (eg. $\frac{1}{2}$ tsp turmeric; 1 tsp curry powder or paprika/spice you like)

1 level tsp ginger and garlic paste

1 tsp salt or to taste

Method

Blend onion. Set aside. Blend green ingredients. Set aside. Blend chickpeas. Set aside.

Mix in one bowl. Add spices. Add mashed potatoes. Add breadcrumbs to give consistency to make a patty. Add cornflour or flour if you prefer to bind it further. Add salt to taste (about 1 tsp). Scoop 1 Tbs at a time and make into patties.

Fry (turn in flour if frying)

Or brush with oil and bake at 180 degrees for approximately fifteen minutes. Turn mid-way.

Quiches/Pies/Other Bakes



Crustless 5/6 Ingredient Quiche

(Sandra van Rensburg)

1	2	4	6	7	9
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2 Cups chopped spinach

3 eggs

1 Cup Mushrooms, chopped

1 Cup cream

1 cup feta or grated cheddar cheese

1 Cup red or brown onion, slice (optional, extra)

Salt and Pepper to taste. Pinch of mixed herbs.

Method

Mix all ingredients together. Grease a quiche dish. Pour mixture into the dish. Bake at 180°C for 35 to 40 minutes or until cooked through.

Airfryer: Bake at 160°-180° C for 20-25 min



Easy Quiche Ideas

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Basic

200g cheddar cheese

1 cup milk

3 eggs

3 Tbs Maizena

1½ tsp parsley (optional)

1½ tsp baking powder

Grate cheese. Stir in Maizena, baking powder, parsley. Mix in eggs, then milk.

Add filling option. Bake at 180°C for about 30 minutes.

Filling ideas

1. Bacon, cheese and mushroom.

Packet of bacon. Packet of mushrooms. Fried and cut up. Add to basic mix.

2. Spinach & feta

Packet of baby spinach leaves. 2 rings of feta. Steam packet of baby spinach leaves. Squeeze out juice. Cut finely. Cut feta into blocks. Add to basic mix.

3. Spinach, Kale, feta, olives, onion & garlic

Packet of baby spinach leaves or swiss chard. 4-5 kale leaves. 1 onion. 1 clove garlic. Packet of de-pitted calamata olives. Steam spinach & kale. Squeeze out juice. Cut finely. Cut up an onion finely with 1 clove of garlic and fry until brown. Add all ingredients to basic mixture.



Cheese Puffs

(Jenny Simpson)

7	8	9
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1 cup flour

1 cup grated cheese

1 cup milk

2 tsp baking powder

Salt and pepper

Method

Combine all ingredients.

Spoon mixture into greased muffin pans

Bake at 180 °C for 15 minutes

Salads

Beetroot Salad



1	2	4	6	7	8	9
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Boil 1 bunch of organic beetroot (in pressure cooker for 20 mins)

Peel when cold, slice.

Store in juice, drain to serve.

Thinly slice $\frac{1}{2}$ onion and lay on top of beetroot.

Sprinkle over 1 round of feta.

Desserts



Lemon tart

7	9
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1 tin condensed milk

1 packet tennis biscuits

60 ml butter, melted

2 eggs, separated.

¼ tsp salt

7 Tbs lemon juice

Method

Make tennis biscuits into crumbs with a rolling pin. Mix with butter. Grease a round 23 cm tart dish. Press biscuit mixture into dish for the crust.

Mix condensed milk, egg yolks, salt and lemon juice.

Beat egg whites till stiff. Fold it into the condensed milk mixture.

Pour mixture into the crust.

Bake at 180° C for 20 minutes.



Banana Cream Cheese Pie

(Hailey Gaunt)

7	9
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Base

2 ½ cups graham crackers, crushed (I used Nairn's oat biscuits)

*you can replace ½ cup crackers with ground almonds

½ cup butter, melted

Filling:

350 g cream cheese, softened (I used ¾ cup coconut cream)

3-4 tbsp coconut sugar/dark brown sugar ¼ cup yoghurt

2 large bananas – not overly ripe- one mashed, one thinly sliced

2 Tbs fresh lemon or lime juice ¼ tsp almond extract (optional)

1 tsp vanilla extract

Method

Preheat oven to 375 °F or 190 °C.

Combine base ingredients and mix well. Press firmly into the bottom and sides of a 23 cm pie pan. Place extra crumbs into another pan. Bake for 10 min.

Remove and cool.

Place everything except sliced bananas in a food processor and puree until smooth (or whip at high speed with an electric mixer).

Fold in the sliced bananas. Spread on the cooled crust and top with toasted extra crumbs. Chill for 24 hours.

Cakes and Biscuits



Snickerdoodle Biscuits

(Mennonite recipe)

4	9
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1 cup oil *2 eggs*

1 tsp cream of tartar *1 tsp bicarb*

Pinch salt

Coating: 3 Tbs sugar 3 tsp cinnamon

Method

Mix thoroughly oil, eggs, sugar. Sift together flour, cream of tartar, bicarb and salt. Combine wet and dry ingredients. Chill the mix in the fridge for $\frac{1}{2}$ hr. Roll into small balls (a heaped teaspoon of dough each), and roll each in the cinnamon sugar.

Place on oiled baking sheet, 5cm apart and do not flatten before baking.

Bake at 200° C for 10 min. You will do several batches.

Cool on a cake rack, and enjoy.

Snacks



Egg Cups

(Sandra)

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The quantities below are for one muffin cup (using big muffin cups). Increase according to how many cups you want to make.

1 free range egg, beaten, per muffin cup Ground Salt and Pepper

1 tsp chopped, red onion $\frac{1}{4}$ tsp mixed herbs (fresh or dried)

$\frac{1}{2}$ Cup shredded spinach $\frac{1}{2}$ tsp minced, garlic
 $\frac{1}{4}$ Cup milk or cream (or a bit less) Feta cheese to taste

Method

Mix all ingredients together. Grease the muffin cup.

Pour mixture into the muffin cup.

Heat airfryer to 180°C. Put muffin cups in airfryer. Bake for 12 to 15 min.

Garnish with fresh tomatoes and cucumber. Enjoy.



Stuffed Eggs

(Nicky)

2	4	6	7	8	9
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Hardboiled free range eggs (halved lengthwise)

Salt and cayenne Pepper

½ tsp of tomato sauce per 2 eggs

1 tsp of mayonnaise per 2 eggs

Method

Carefully remove the yolk balls and mash with the ingredients

Arrange egg white ‘cups’ on the plate and fill each equally with the yolk mixture.

Sprinkle fresh cut chives (from garden) on top.

Garnish with baby tomatoes (from garden)

Notes



Energy-efficient cooking methods in South Africa

(Written by Nicky, assisted by AI)

Induction cooking

Induction cooktops are the most energy-efficient electric cooking method available.

Efficiency: They transfer approximately 90% of the energy directly to the cookware, significantly reducing energy wastage compared to traditional electric or gas stoves, which are about 40-50% efficient.

Speed and control: They heat up instantly and offer precise temperature control which also contributes to shorter cooking times and reduced energy consumption.

Considerations: The primary drawback is a higher initial investment cost and the need for specific induction-compatible cookware. During loadshedding they need a backup power source, such as a solar generator to operate.

Using small appliances

For smaller meals, these appliances are more efficient than using large electric oven or stove plate:

Microwaves: Heat food quickly using microwave radiation and do not require preheating, making them highly energy efficient for reheating or cooking small items.

Air Fryers: Use less electricity than traditional ovens and are efficient for cooking smaller portions, often handling up to 80% of everyday cooking needs for individuals or small families.

Electric Pressure Cookers/Multicookers: Efficiently cook meals like stews, beans and grains in a short amount of time using less energy than traditional stovetops methods.

Slow cookers: Use very little energy, often no more than a light bulb, and are great for meals that need to simmer for a long time.

Hot boxes:

Hot boxes are effective, energy-saving cooking devices, operating as passive thermal mass cookers (using retained heat).

This method involves bringing food to a boil or high temperature on a conventional stove, then immediately placing the covered pot into a heavily insulated container to finish cooking slowly using only retained heat.

Gas cooking

Gas is a popular and practical choice in South Africa, primarily due to its reliability during power outages.

Reliability: Gas stoves operate independently of electricity, making them a “lifesaver” during load shedding.

Cost-Effectiveness: Gas tends to have lower monthly running costs than traditional electrical cooking due to cheaper, more stable fuel prices (compared to fluctuating electricity rates) and instant heat, which reduces cooking time.

Performance: Offers instant heat and precise temperature control preferred by many chefs.

Considerations: Initial setup costs can be higher, and it requires careful safety management due to the open flame and potential for gas leaks.

Why should we avoid using palm oil?

(Written by Sandra, assisted by AI)

Environmental impact: Choosing palm oil-free products can help reduce deforestation and harm to wildlife that is often associated with palm oil plantations.

Sustainability: Some palm oil-free products are considered more sustainable alternatives.

Ethical concerns: Boycotting products with palm oil can be a way to support environmental protection and human rights, as noted by the Sustainable Palm Oil Choice: [Why Sustainable Palm Oil? - Sustainable Palm Oil Choice.](#)

Healthier options: Avoiding palm oil can also mean avoiding many ultra-processed foods that contain it.