

wilmar
Excella

NATIONAL RICE DISHES

RECIPE BOOK



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In celebration of Heritage Month and National Rice Dishes this past September, we asked you to share your favourite South African rice dishes and your responses were amazing!

We've compiled a selection of these mouthwatering recipes into a curated recipe book, showcasing the rich tapestry of flavours and traditions that rice brings to South African cuisine.

Explore this collection of delectable recipes that reflect the heart and soul of our vibrant culinary culture, with Excella. Your comment might be featuring. So, grab your packet of Excella rice, pick a recipe and let's get cooking!

made excellent

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CHICKEN BIRYANI



PREPARATION
15 MINS



COOKING
2HRS:30MINS



SERVES
7-8



CHILL
12HRS

INGREDIENTS

- 1 kg chicken thighs and drumsticks, skinless
- 1 tsp saffron threads
- 2 cups Excella rice
- 2 cardamom pods
- 1 cinnamon stick
- 1 tbsp salt
- 1 cup black lentils
- 4 onions, finely sliced
- 1 cup Excella cooking oil
- 6 small potatoes, peeled and halved
- ¼ cups butter, melted

Marinade:

FOR THE MARINADE:

- 2 cups plain yoghurt
- 2 tbsp fresh garlic, minced
- 2 tbsp fresh ginger, minced
- 4 green chillies, sliced lengthways
- 1 medium tomato, peeled, grated
- 1 tsp ground turmeric
- 1 tbsp garam masala
- 1 ½ tsp ground cumin
- 1 ½ tsp ground coriander
- 1 tsp salt
- 2 tsp chilli powder
- ¼ cup fresh mint
- ¼ cup fresh coriander

METHOD

- Place the chicken in a large bowl and add all the marinade ingredients. Using your hands, make sure the meat is completely coated. Cover and leave in the fridge overnight.
- Gently toast the saffron threads over a very low heat until crisp. Using the back of a spoon, gently crush into a fine powder. Steep the saffron powder with 2 tablespoons of warm water.
- Boil the rice with cardamom, cinnamon and salt until firm and not completely cooked. Drain and set aside.
- Mix 4 tablespoons of the cooked rice into the saffron infusion and set aside.
- Boil the lentils until soft but firm. Drain well and set aside.
- In batches, fry onions in ¼ cups of oil until golden. Remove from the oil and set aside, reserving a quarter of the onion for garnish. Add the rest of the fried onions to the chicken mixture.
- In the same oil, fry potatoes until golden and set aside.
- In a large pan, add the remaining ¼ cups of oil and place on medium heat. Add the chicken pieces and marinade and gently cook for 15 minutes, stirring occasionally. Add a splash of water if it starts to catch at the bottom.
- In a large oven-safe dish, layer the chicken pieces, half the rice and half the lentils. Top with the potatoes, and then cover with the remaining rice and lentils.
- Sprinkle with the reserved fried onions and saffron rice. Pour melted butter over the top and cover the dish with foil. Place in a 180°C oven and cook for one hour.
- Garnish with fresh coriander and serve with dhal and a green salad.

NOTES:



Devi Chetram

South African Indian. We love Chicken Breyani, dhal and salad. #MealsMadeExcellent #ExcellaRiceHeritage Excella





SWEET & TANGY PRAWN FRIED RICE



PREPARATION
10 MINS



COOKING
30 MINS



SERVES
3-4

INGREDIENTS

- Cheat's sweet and sour sauce
- ¼ cup pineapple juice
- ¼ cup apple cider vinegar
- ¼ cup brown sugar
- ½ cup tomato sauce
- 2 tbsp soy sauce
- 1 tbsp cornflour, mixed in 1 tbsp of water

FOR STIR FRY

- 2 tbsp Excella cooking oil, divided
- 400 g prawns
- 2 eggs, whisked
- 1 onion, roughly chopped
- 1 cup bell pepper, roughly chopped
- 2 garlic cloves, crushed
- 3 spring onions, chopped plus extra to garnish
- 1 red chilli, chopped plus extra to garnish
- ½ cup frozen peas
- 2 cups Excella rice, cooked

METHOD

- Add your pineapple juice, apple cider vinegar, sugar, soy sauce and tomato sauce to a medium sized saucepan set over a medium heat. Bring to a boil, then let it simmer for 2 minutes until your sugar dissolves. Pour in the cornflour slurry and cook until it thickens, about 3 minutes.
- Add the 1 tbsp oil to a hot wok and stir-fry the prawn for 1-2 min, or until just cooked. Remove from the wok and set aside.
- Add the whisked eggs to the same and stir to scramble and then remove and set aside.
- Add the remaining oil to the wok and stir-fry the onion, red pepper, garlic, spring onions and chilli.
- Add in the frozen peas, followed by the prepared sauce and allow to simmer gently. Once the peas have cooked through add in the rice and prawns.
- Stir to combine, top with spring onions and sliced red chilli, serve and enjoy.

NOTES:



 **Gresham Madhan**
 As a South Africa, food forms a huge part of my heritage Excella! I'm all about convenience, comfort and flavour. My favorite rice dish, Sweet and Tangy Prawn Fried Rice is a guaranteed hit [#ExcellaRiceHeritage](#) 🌍

 

BEEF STEW



PREPARATION
10 MINS



COOKING
2HRS:40MINS



SERVES
5-6

INGREDIENTS

- 1 kg beef — stewing beef, cubed
- 1 tbsp Excella cooking oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 tsp salt
- 1 tsp paprika
- Freshly ground black pepper, to taste
- 400g tinned tomatoes
- 1 tbsp tomato paste
- 1 tbsp brown sugar
- 1 cup beef stock, heated
- 1 bay leaf

METHOD

- In a heavy-based saucepan, brown the meat in heated oil.
- Remove meat from the saucepan and sauté the onion and garlic in the remaining oil until brown.
- Return the meat to the saucepan and add the seasoning, tomato and tomato paste, sugar and heated beef stock and bay leaf.
- Cover, reduce the heat and simmer for about 2 ½ hours until the meat is tender.
- Season with salt, if needed and serve with Excella rice, coleslaw and butternut salad.

NOTES:





CHICKEN & COCONUT RICE CASSEROLE




PREPARATION
10 MINS


COOKING
1HR:20 MINS


SERVES
3-4

INGREDIENTS

- 1 cups Excella rice
- 1 small onion, finely chopped and lightly caramelised
- 1 tin coconut milk
- 1 ½ cups chicken stock
- 3 tbsp fresh thyme leaves, chopped
- 1 tsp salt, plus extra to season the chicken
- 4 bone-in, skin-on chicken thighs
- 1 tbsp Excella mayonnaise
- 2 tbsp Freshly chopped parsley
- Toasted coconut, optional to garnish

METHOD

- Preheat oven to 180°C. In the bottom of an oven-safe baking dish, combine rice, onion, coconut milk, chicken stock, and 2 tablespoons thyme. Season with 1 teaspoon salt stir to combine.
- Season chicken thighs with salt and nestle the chicken skin side up into rice mixture. Brush exposed chicken with mayonnaise and sprinkle with the remaining thyme.
- Cover dish with foil and bake for 1 hour. Uncover and increase oven to grill. Grill until golden, about 10 more minutes.
- Garnish with parsley and toasted coconut before serving.

NOTES:

BOBOTIE SERVED WITH YELLOW RICE



PREPARATION
10 MINS



COOKING
30 MINS



SERVES
7-8

INGREDIENTS

- 1 tbsp Excella cooking oil
- 1 onion — chopped
- 2 garlic cloves — crushed
- 2 tbsp curry powder
- ½ tbsp ground turmeric
- 1 tsp salt
- 1 tbsp lemon juice
- 1 kg beef mince
- 50 g fresh breadcrumbs
- ½ cup beef stock
- ¼ cup chutney
- ½ cup blanched almonds
- ¼ cup raisins
- 3 egg
- ¼ cup milk
- Bay leaves

METHOD

- Fry the chopped onion in the oil until lightly golden.
- Add the onion and garlic followed by the curry powder, turmeric, salt and fry for 1 minute.
- Add the mince and allow to brown.
- Add the lemon juice, breadcrumbs, beef stock, chutney, almonds, raisins and mix well.
- Pour into a greased oven-safe dish.
- Beat the egg and milk together and pour over the prepared base. Top with bay leaves.
- Bake in an oven heated to 180°C for 15 - 20 minutes or until the egg is cooked through and lightly golden.
- Serve with yellow rice made using Excella rice, chutney and sambals.

NOTES:



Anu Naidoo

I am South African Indian
My favorite South African Rice dish is Delightfully
Delicious Bobotie with Yellow Rice. ❤️❤️❤️❤️❤️❤️
[#ExcellaRiceHeritage](#) [#MealsMadeExcellent](#)



RICE PUDDING



PREPARATION
5 MINS



COOKING
15 MINS



SERVES
3-4

INGREDIENTS

- 2 cups Excella rice, cooked
- 2 cups milk
- ½ cup cream
- 1 cinnamon stick
- 1 pinch salt
- 60 ml sugar, or to taste
- 1 pinch of ground nutmeg
- 5 ml vanilla essence
- 80 ml raisins
- 60 ml flaked almonds (toasted)

METHOD

- In a saucepan over medium heat, add the rice, milk, cream, cinnamon stick and salt. Cook, stirring constantly until begins to thicken.
- Remove from heat and stir in the raisins.
- Serve warm or cold with the almond slices and chocolate shavings, if using.

NOTES:



TIN FISH STEW



PREPARATION
10 MINS



COOKING
25 MINS



SERVES
3-4

INGREDIENTS

- 2 tbsp Excella cooking oil
- 1 medium onion, chopped
- 1 tsp fresh garlic, crushed
- ½ red pepper, chopped
- ½ yellow pepper, chopped
- ½ green pepper, chopped
- 1 tsp smoked paprika
- 1 tbsp curry powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 x 400 g tin chopped tomatoes
- 1 cup frozen mixed vegetables
- 1 x 400 g tin pilchards in tomato sauce
- 1 bunch fresh coriander, chopped to garnish for garnish
- Salt and pepper to taste

METHOD

- In a medium saucepan heat the oil and fry the onion until translucent. Add peppers, garlic and cook for about 3 - 5 minutes.
- Add paprika, curry powder, ground cumin and ground coriander and cook until just fragrant, then add the tinned tomatoes and mixed frozen vegetables and simmer gently with the lid on for about 10 minutes.
- Add the tinned pilchards, along with the tomato sauce, stirring gently until well combined.
- Allow to simmer for a few minutes.
- Garnish with fresh coriander and serve with Excella rice.

NOTES:



Yvonne Mia Ronewa

My heritage is Ndebele and favourite rice dish is Rice and tin fish ❤️ [#ExcellaRiceHeritage](#) [#MealsMadeExcellent](#). Food24. Excella



BUTTER CHICKEN CURRY



PREPARATION
15 MIN
(2hrs/Overnight Chicken Marinade)



COOKING
30 MINS



SERVES
3-4

INGREDIENTS

CURRY

- 2 tbsp butter
- 1 tbsp Excella cooking oil
- 1 onion, finely diced
- 1 tsp fresh garlic, crushed
- 1 tbsp tomato paste
- 1 x 410g tin chopped tomatoes
- 1 tsp sugar
- ½ cup cream
- Fresh coriander, to garnish

MARINADE

- 400g chicken breasts, cubed
- ¼ cup double cream yoghurt
- 2 tsp kashmiri chilli powder
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp salt

METHOD

- Marinate the chicken in the yoghurt, chilli powder, cumin powder, coriander powder, turmeric powder and salt. It's best to do this the night before, but at least two hours before cooking time will do.
- Using a pot, heat the butter and oil on low heat. Add the onion and sauté for 5 minutes or until it starts to soften.
- Add the garlic followed by the tomato paste and tinned tomato. Allow this to cook and reduce.
- Add the chicken, give a stir and allow to cook for 10 minutes, or until just tender and cooked thoroughly.
- Add the sugar and fresh cream and stir through, then remove from the heat and garnish with chopped coriander.
- Serve with Excella rice and poppadom's that have been shallow-fried in Excella cooking oil.

NOTES:

BUTTERNUT AND BEAN STEW



PREPARATION
10 MINS



COOKING
30 MINS



SERVES
3-4

INGREDIENTS

- 1 tsp ground coriander
- 1 x 400 g tinned tomatoes
- 125 ml vegetable stock
- 1 x 400 g tinned butter beans, drained and rinsed
- 100 g baby spinach leaves
- 200 g feta, optional to garnish
- Toasted seeds, optional to garnish
- 1 tsp ground coriander
- 1 x 400 g tinned tomatoes
- 125 ml vegetable stock
- 1 x 400 g tinned butter beans, drained and rinsed
- 100 g baby spinach leaves
- 200 g feta, optional to garnish
- Toasted seeds, optional to garnish

METHOD

- Heat an air fryer or oven to 200°C. Drizzle some olive oil over the butternut and season with salt. Air fry for 10-15 minutes or roast until the butternut just begins to caramelize. This step is optional but adds extra flavour.
- In a pan over medium heat, sautee the onion in the olive oil. Once soft, add the garlic and spices. Allow to cook until fragrant.
- Add the tinned tomatoes and vegetable stock. Allow to simmer for a few minutes before adding the prepared butternut and butter beans. Continue to simmer gently until the butternut is fully cooked through.
- Season to taste with salt and add the spinach, stir through, and then top with feta and serve with Excella Rice.

NOTES:





SWEET & SOUR CHICKEN FRIED RICE



PREPARATION
10 MINS



COOKING
20 MINS



SERVES
3-4

INGREDIENTS

- 2 tbsp soy sauce
- 2 tbsp rice vinegar
- ¼ cup sweet chili sauce
- ½ tsp red pepper flakes
- 1 tbsp fresh ginger, grated
- 1 tbsp pineapple juice
- 1 tbsp Excella cooking oil
- 1 cups onion, diced
- 1 cup bell pepper, diced
- 4 cloves garlic, minced
- 4 boneless, skinless chicken breasts, diced
- ½ cup pineapple, diced
- 2 cups cooked Excella rice
- Spring onions, sliced to garnish
- Red chilli, to garnish

METHOD

- In a medium bowl, combine the soy sauce, rice vinegar, sweet chili sauce, red pepper flakes, fresh ginger, and pineapple juice. Set aside.
- Pour the oil in a large skillet or wok on the stove over medium-high heat.
- Add the onion and bell pepper, stir-fry 2-3 minutes then remove from the wok.
- Add the garlic and chicken, and stir-fry to brown and then remove from the wok.
- Add the sweet and sour sauce. Simmer to reduce the sauce down slightly for 3-4 minutes, it should be thick and sticky before adding the rice, onion, pepper and chicken in. Stir to combine and then add the pineapples.
- Serve topped with spring onions and sliced red chilli and enjoy.

NOTES:

 **Veronica Thandiwe Mqwathi**
 Inherited sense of family identity the values, traditions, culture traditional ceremonies. 🍌🍌🍌🍌🍌
 ❤️❤️ My favorite spicy rice. Vegetable fried rice a bit sweet and sour, and Soo flavorful ,loaded with chicken breast, carrots, bell peppers, pineapple, and plenty of garlic and chilli & Spices
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