

**OVERALL time: 105 mins**

## VETKOEK STEAK SLIDERS

Our Vetkoek Steak Slider recipe features a tender, juicy steak served in a warm, fluffy South African vetkoek. The steak is seasoned to perfection, grilled or panfried, and placed inside the freshly baked vetkoek. This delicious fusion of crispy bread and savory steak creates a satisfying handheld meal, perfect for any occasion!

Metric

**Number of servings : 4**

### ingredients

#### For the vetkoek

- 500 g Flour
- 5 g Instant dry yeast
- 12.5 g Sugar
- 5 g Cape Herb & Spice Atlantic Sea Salt
- 15 ml Olive oil
- 250 ml Warm water
- Neutral oil, for frying

#### For the sauce

- 200 g Double cream plain yoghurt
- 200 g Feta cheese, crumbled
- 1 Clove garlic
- 15 ml Olive oil
- Cape Herb & Spice Black Peppercorns

#### For the steak

- 600 g Steak of choice
- Fresh rocket, for serving
- Olive oil, for cooking

# THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 75 mins | COOKING TIME: 30 mins**

For the whipped feta sauce:

Place all ingredients in a small food processor or blender.

Season with freshly ground **Cape Herb & Spice Black Peppercorns**.

Blitz until well mixed and set aside in the fridge until serving.

For the vetkoek:

In the bowl of a stand mixer, combine the flour, yeast, sugar and **Cape Herb & Spice Atlantic Sea Salt**.

Whisk to mix well.

With the paddle attachment on low add the warm water and oil.

Mix until a shaggy dough forms.

Switch to the dough hook and knead thoroughly until smooth and elastic.

Form a neat ball and place dough in a large, lightly oiled bowl, cover and leave to rise in a warm place for about 30 min, or until doubled in size.

Dust a clean work surface with flour.

Divide dough into 10 pieces and roll into smooth balls.

Leave to rise again for 15 minutes.

Heat the neutral oil in a deep saucepan / pot until 170°C.

Fry about 4 vetkoek at a time, turning them often to get an even golden brown colour.

Keep a close eye on the oil temperature, if it gets any hotter they will brown too quickly without cooking all the way through.

Once cooked, drain and place in a single layer on paper towel.

To make the sliders:

Heat a large cast iron frying pan, over medium-high heat.

Rub the steak with olive oil and season generously with **Cape Herb & Spice Atlantic Sea Salt** and **Black Peppercorns**.

Cook steak, turning once or twice to brown evenly, until medium-rare / cooked to your liking.

Transfer steak to a cutting board and let rest for 10 minutes.

Slice steak.

To build sliders, slice each vetkoek in half.

Spread generously with the feta sauce.

Top with rocket and slices of steak.

Season the sliced steak with a little extra salt and top with the vetkoek lids.

Enjoy right away while still warm!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>  
Metric

## ingredients

#### For the vetkoek

- 500 g Flour
- 5 g Instant dry yeast
- 12.5 g Sugar
- 5 g Cape Herb & Spice Atlantic Sea Salt
- 15 ml Olive oil
- 250 ml Warm water
- Neutral oil, for frying

#### For the sauce

- 200 g Double cream plain yoghurt
- 200 g Feta cheese, crumbled
- 1 Clove garlic
- 15 ml Olive oil
- Cape Herb & Spice Black Peppercorns

#### For the steak

- 600 g Steak of choice
- Fresh rocket, for serving
- Olive oil, for cooking

**Number of servings : 4**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 75 mins | COOKING TIME: 30 mins**

For the whipped feta sauce:

Place all ingredients in a small food processor or blender.

Season with freshly ground **Cape Herb & Spice Black Peppercorns**.

Blitz until well mixed and set aside in the fridge until serving.

For the vetkoek:

In the bowl of a stand mixer, combine the flour, yeast, sugar and **Cape Herb & Spice Atlantic Sea Salt**.

Whisk to mix well.

With the paddle attachment on low add the warm water and oil.

Mix until a shaggy dough forms.

Switch to the dough hook and knead thoroughly until smooth and elastic.

Form a neat ball and place dough in a large, lightly oiled bowl, cover and leave to rise in a warm place for about 30 min, or until doubled in size.

Dust a clean work surface with flour.

Divide dough into 10 pieces and roll into smooth balls.

Leave to rise again for 15 minutes.

Heat the neutral oil in a deep saucepan / pot until 170°C.

Fry about 4 vetkoek at a time, turning them often to get an even golden brown colour.

Keep a close eye on the oil temperature, if it gets any hotter they will brown too quickly without cooking all the way through.

Once cooked, drain and place in a single layer on paper towel.

To make the sliders:

Heat a large cast iron frying pan, over medium-high heat.

Rub the steak with olive oil and season generously with **Cape Herb & Spice Atlantic Sea Salt** and **Black Peppercorns**.

Cook steak, turning once or twice to brown evenly, until medium-rare / cooked to your liking.

Transfer steak to a cutting board and let rest for 10 minutes.

Slice steak.

To build sliders, slice each vetkoek in half.

Spread generously with the feta sauce.

Top with rocket and slices of steak.

Season the sliced steak with a little extra salt and top with the vetkoek lids.

Enjoy right away while still warm!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram |  
<http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>