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Creamy Mushroom Samp  
RECIPE

# Creamy Mushroom Samp



**Cooking time** 165 mins  
**Preparation time** 20 mins  
**Serves** 12

Samp is a true South African classic – and this creamy mushroom version takes it to the next level. Packed with veggies, herbs and a rich, velvety sauce, it's a real crowd-pleaser for any occasion.

## Ingredients

- 3 cups samp (soaked overnight)
- 250 g button mushrooms, sliced
- 1 carrot, grated
- 1 spring onion, finely chopped
- ½ red pepper, finely chopped
- ½ yellow pepper, finely chopped
- 125 g cheddar cheese, grated
- 15 ml (1 Tbsp) crushed garlic
- 15 ml (1 Tbsp) salt
- 15 ml (1 Tbsp) black pepper
- 15 ml (1 Tbsp) fish spice
- 15 ml (1 Tbsp) dried parsley
- 15 ml (1 Tbsp) mixed dried herbs
- 1 packet Royco® Sour Cream & Chives Potato Bake
- 250 ml coconut cream
- Fresh coriander, for garnish

*Recipe developed for Royco by [@leyfortskitchen](#)*

## Vegetarian

This is a vegetarian recipe.

## Cook's tips

To reduce cooking time, soak samp overnight and rinse thoroughly before boiling.

Cook on low heat to develop a rich flavour.

## Method

1. Soak samp overnight in plenty of water.
2. Rinse and drain the soaked samp.
3. In a large pot, add the samp and enough fresh water to cover. Boil until soft (about 2 hours).
4. Add the mushrooms and grated carrot. Stir to combine and simmer for 15 minutes.
5. Mix in the spring onion, red and yellow peppers.
6. Add the grated cheese and crushed garlic. Stir well.
7. Season with salt, black pepper, fish spice, dried parsley and mixed herbs.
8. Stir in 1 packet of Royco® Sour Cream & Chives Potato Bake.
9. Pour in the coconut cream. Reduce heat to low-medium and let simmer gently for 30 minutes, stirring occasionally.
10. Garnish with fresh coriander and serve warm.

## Recipe Tags

[Vegetarian](#), [Samp](#), [Dry Cook In Sauce](#), [Dry Sauce](#)

## Related Recipes



### [Creamy Chicken and Pasta Bake](#)

Cooking time

30 mins

Preparation time

20 mins



## **Macaroni Cheese with Tomato**

Cooking time

30 mins

Preparation time

10 mins



## **Lamb Tray Tagine**

Cooking time

180 mins

Preparation time

20 mins



## **Fiesta Mince Bowl**

Cooking time

40 mins

Preparation time

10 mins



## **Ham, Mushroom and Cheese Bake**

Cooking time

25 mins

Preparation time

10 mins



## **Butternut Risotto with Rocket and Feta**

Cooking time

25-30 mins

Preparation time

5 mins



## **Bolognese**

Cooking time

30 mins

Preparation time

10 mins



## **Chicken & Mushroom Phyllo Pie**

Cooking time

20 mins

Preparation time

15 mins



## **Penne with a Mediterranean Touch**

Cooking time

15 mins

Preparation time

15 mins



## **Lamb Ragu Lasagna**

Cooking time

35 mins

Preparation time

20 mins

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