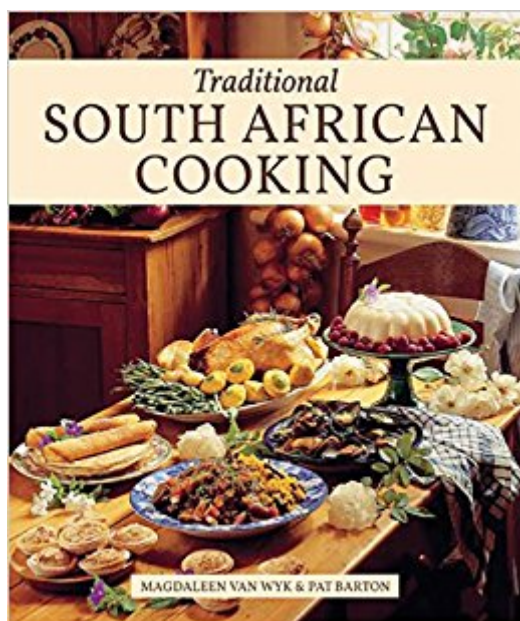


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# Traditional South African Cooking



## Synopsis

Anyone who longs for a beloved grandmother's famous milk tart or melkkos, or a great aunt's delicious bobotie or vetkoek, should have this book in his or her kitchen! Traditional South African Cooking is a collection of well-known South African recipes that will enable the modern cook to continue the tradition and produce the same delicious meals that our ancestors used to enjoy. South African cuisine is a unique blend of the culinary art of many different cultures. Dutch, French, German and British settlers, as well as the Malays who came from the East, all brought their own recipes to this country. The subtle adaptation of these 'imported' recipes by the addition of local ingredients and the introduction of innovative (at the time) cooking methods resulted in an original and much-loved cuisine that still sits comfortably alongside contemporary cooking. Soups, Starters & Snacks; Fish & Seafood; Poultry; Meat; Game & Game Birds; Vegetables, Salads & Side Dishes; Desserts; Biscuits, Scones, Cakes & Sweet Tarts; Bread and Rusks; Sweets & Sweetmeats: Preserves, Jams & Jellies; Pickles & Chutneys; Fruit Drinks, Beers & Liqueurs; Index.

## Book Information

Paperback: 144 pages

Publisher: Penguin Random House South Africa; 5th Revised ed. edition (March 1, 2015)

Language: English

ISBN-10: 1432303473

ISBN-13: 978-1432303471

Product Dimensions: 8.6 x 0.5 x 10.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #747,251 in Books (See Top 100 in Books) #109 in Books > Cookbooks, Food & Wine > Regional & International > African

## Customer Reviews

Magdaleen van Wyk, a dietician and former lecturer in the Department of Consumer Science and Human Nutrition at the University of Stellenbosch, is well known for her flair and imaginative use of fresh ingredients and has a sound base for her cookery writing with a range of postgraduate qualifications in dietetics and nutrition.

I read the book cover to cover and can't wait to try some of the recipes. I love traveling to South Africa and really enjoy the food which is a mix of so many cultures and unique to SA. The recipes

were clear and took the mystery out of dishes I love.

I love this book. I recently started cooking from it again, years after receiving it as a gift. The recipes are easy to follow and well illustrated (not every dish is pictured). I particularly enjoy the occasional one-paragraph introductions; for example, as an expat this note on the fruit chutney really resonated: "This recipe, while not purporting to be the original, comes quite close in flavour to a bottle of Mrs Ball's best." The recipes cover the wide range of culinary influences in South African cooking, from Dutch vegetables, French confiture (aka konfyt) and English roasts to the delicious bite of Malay cooking, not to mention Boerekos like geelrys, green bean stew, melktert and malvapoeding. And last but not least, the true mark of quality in a cookbook: It was first published in 1996 (by CNA as "A Taste of Tradition"); I have the 2001 edition; and the current product was apparently issued in 2008.

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