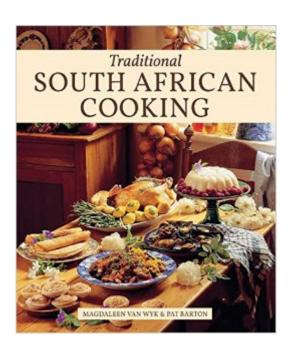
The book was found

Traditional South African Cookbook





Synopsis

Anyone who longs for a beloved grandmotherâ ™s famous milk tart or melkkos, or a great auntâ ™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 â ˆimportedâ ™ 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 & Sweets? 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 Â See all reviews (2 customer reviews)

Best Sellers Rank: #608,369 in Books (See Top 100 in Books) #76 in Books > Cookbooks, Food

& Wine > Regional & International > African

Customer Reviews

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.

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.

Download to continue reading...

African: African Recipes - The Very Best African Cookbook (African recipes, African cookbook, African cook book, African recipe, African recipe book) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) African Cooking: for beginners -African Recipes Cookbook (African recipes - African cooking - African Food - African Meals 1) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (south beach diet, south beach diet beginners guide, south beach diet recipes) South Africa (The Cape Colony, Natal, Orange Free State, South African Republic, Rhodesia, and all other territories south of the Zambesi) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Traditional South African Cookbook South Beach Diet: South Beach Diet Book for Beginners - South Beach Diet Cookbook with Easy Recipes (Low carbohydrate Living - Low Carbohydrate Diet - Modified Atkins Diet 1) South Beach Diet: The Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (South ... Low Carbohydrate Diet, Gluten-Free) The South African Gandhi: Stretcher-Bearer of Empire (South Asia in Motion) South Beach Diet: The South Beach Diet Guide For Beginners: How To Feel Great And Healthy With The South Beach Diet Cooking with Harissa: Delicious Recipes with a Spicy North African Style (Harissa Cookbook, Harissa Recipes, North African Recipes, Tunisian Recipes, Algerian Recipes, Moroccan Recipes Book 1) Indonesian: Cooking for Beginners - Indonesian Cookbook Simple Recipes - South East Asian Recipes (Easy Indonesian Recipes - Southeast Asian Cooking - South Asian Recipes 1) South Beach Diet: The

Beginner's Guide on How to Quickly and Effectively Lose Weight with the South Beach Diet Cookbook, Recipes, and Meal Plan! (Low Carb, Gluten Free) Right to Ride: Streetcar Boycotts and African American Citizenship in the Era of Plessy v. Ferguson (The John Hope Franklin Series in African American History and Culture) They Came Before Columbus: The African Presence in Ancient America (Journal of African Civilizations) The African Presence in Santo Domingo (Ruth Simms Hamilton African Diaspora) Black Genius: African-American Solutions to African-American Problems

<u>Dmca</u>