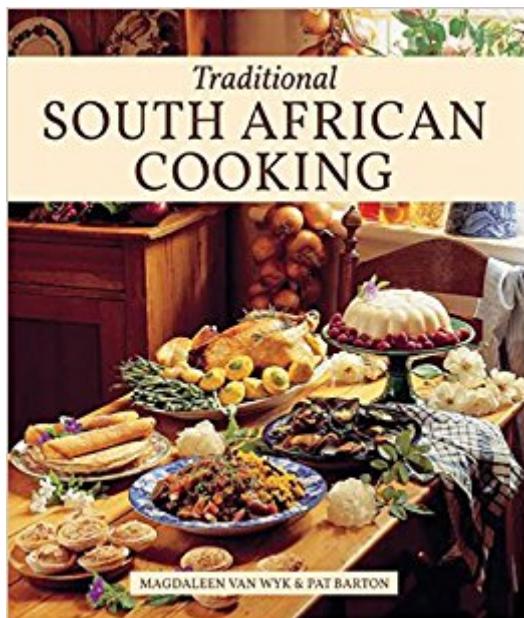


The book was found

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 dietitian 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.

[Download to continue reading...](#)

African: African Recipes - The Very Best African Cookbook (African recipes, African cookbook, African cook book, African recipe, African recipe book) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes 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) A Kitchen in Tunisia: Tunisian Recipes from North Africa (Tunisian Recipes, Tunisian Cookbook, Tunisian Cooking, Tunisian Food, African Recipes, African Cookbook, African Cooking Book 1) African Masks Coloring Book: A Coloring Book Featuring Over 30 Images Inspired By Traditional African Masks, Cultural History, Folk Art Coloring Book, African Art Decor 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) AFRICAN Cooking: The Most Delicious African Food Recipes with Simple and Easiest Directions and Mouth Watering Taste - Best African cookbook Africa: African History: From Ancient Egypt to Modern South Africa - Stories, People and Events That Shaped The History of Africa (African Folktales, African ... Africa, Somalia, Nelson Mandela Book 3) Traditional South African Cooking Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, desserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two,

Cooking for 2 Recipes) Applications of Traditional and Semi-Traditional Hypnotism. Non-Traditional Hypnotism, Volume 2, The Practice of Hypnotism Irish Potato Cookbook: Traditional Irish Recipes (Traditional Irish Cooking) Irish Baking Book: Traditional Irish Recipes (Traditional Irish Cooking) African Rhythm and African Sensibility: Aesthetics and Social Action in African Musical Idioms African Stars: Studies in Black South African Performance (Chicago Studies in Ethnomusicology) Authentic Norwegian Cooking: Traditional Scandinavian Cooking Made Easy The Art of Mexican Cooking: Traditional Mexican Cooking for Aficionados Best Traditional Cajun and Creole Recipes from New Orleans: Louisiana Cooking That Isn't Just for Mardi Gras (Cooking Around the World Book 3) The Food and Cooking Of Argentina: 65 Traditional Recipes from the Heart of South America

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)