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Traditional South African Cooking

By Magdaleen Van Wyk, Pat Barton

Struik Publishers (Pty) Ltd, South Africa, 2015. Paperback. Book Condition: New. 5th Revised edition. 260 x 220 mm. Language: English . Brand New Book. 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.



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