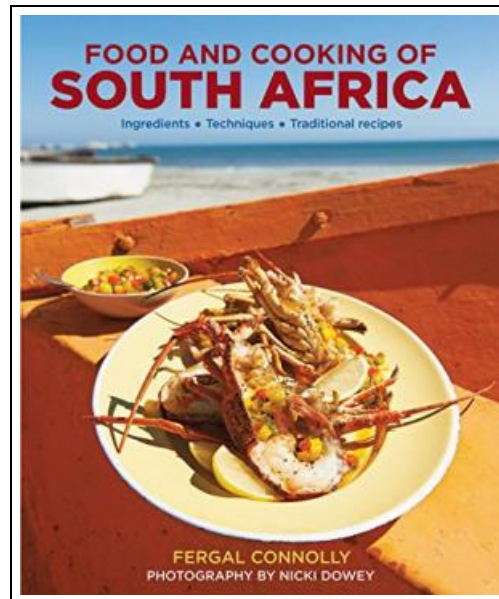


## Food and Cooking of South Africa: Ingredients - Techniques - Traditional Recipes



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Food and Cooking of South Africa: Ingredients - Techniques - Traditional Recipes, Fergal Connolly, This book features 50 authentic recipes from a vibrant and diverse cuisine. It is a collection of South Africa's best-loved dishes, shot on location in some of the country's most beautiful regions, from Plattenberg Bay to the Karoo Desert. Featuring sizzling braais, slow-cooked campfire potjies, boboties, sosaties, sambals, bunny chows and Boerewors, this is a stunning celebration of the cooking traditions of this rainbow nation of African tribes, settlers and immigrants, from grilled mealies or Cape Malay curries to Dutch Colonial cookies and puddings. This book celebrates the astonishing breadth, variety and rich historical inheritance of South African food. With fusion dishes, such as Chicken Curry with Malay spices; Chutney, or Blatjang, from Java; Amasi from the African tribal tradition or Biltong from the Boer trekkers, the cooking presents a wealth of culinary influences. Fergal Connolly and photographer Nicki Dowey shot the book on location, sourcing key ingredients, visiting local food markets and recreating authentic recipes that have been enjoyed in South African homes for generations. With over 300 images, this is a beautiful and affectionate portrait of a dynamic and vivid cuisine.



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