Build a South African Plate

**PROTEIN OPTIONS**

- **Common meats** traditionally served with a bbq flavored sauce: ostrich, alligator, zebra, lamb, beef
- **Springbok**: Very similar to steak and filet mignon in texture and taste.
- **Ostrich**: the leanest of red meats available! Can be ordered sliced thin and similar to prime beef in taste.
- **Boerwors**: Traditional South African sausage made mainly from beef and mixed with lamb or pork. Made over the barbeque with lots of tasty spices.
- **Biltong**: Cured beef, ostrich or pork made with a mixture of vinegar, salt and spices like garlic! Similar to beef jerky!
- **Bredi**: Slow cooked lamb or beef mixed with tomatoes and edible flowers made into a simmering stew! Usually served with rice and beetroot.

**Fun Fact:** "Braaing" is a common social event centered around quality food where meats are grilled over an open fire!

**CARB SOURCES**

- **Black Eyed Peas**: A hearty and smoky flavor of beans with a slight spice and made with a little sauteed bacon.
- **Pap**: porridge/polenta similar to grits made from white corn maize.
- **Yellow Rice**: Rice browned with seasonings such as turmeric, ginger, and curry then cooked in stock. Usually tossed with raisins and served with most meats.
- **Mealie Bread**: Corn bread! Served with most main meals or on it’s own as a snack.

**FRUIT & VEGGIES**

- **Chakalaka**: A veggie packed dish made with onions, tomatoes, peppers, carrots and beans usually served cold.
- **Asparagus, Eggplant, Mushrooms, Parsnip, Beetroot & Cauliflower**
- **Pineapples, Mangos, Peaches and Grapes**
- **Apricots, Bananas, Apples, Avocados, Dates, Lemons, Figs, Coconuts**
- **Gooseberries**: tart berries that resemble grapes! The darker in color, the sweeter they will be.

**DESSERTS & SNACKS**

- **Rusk**: breakfast type biscotti biscuit! Served with tea or as a nightly dessert
- **Malva Pudding**: Sweet and sticky sponge pudding made with apricot jam and topped with a hot cream sauce. Traditionally baked at home on Sundays!
- **Melktart**: Similar to a custard based tart; made from a base of pastry crust filled with a mixture of milk, sugar and eggs then dusted with cinnamon. A common dessert you will see in bakeries!
- **Amagwinya**: Fried balls of dough commonly filled with apricot jam and grated cheeses.
SIGNATURE DISHES

Braai broodjies
Grilled sandwiches usually made with a combination of cheeses, onion and tomato. Very similar to an American grilled cheese but with extra veggies! Sometimes it is served inbetween sheets of dough instead of bread and considered a "pie".

Bobotie
A National South African dish! A base of minced meat simmered in curry, herbs and dried fruit. Then topped with a creamy mixture of egg and milk and baked until set. Similar to a casserole type of dinner.

Bunny Chow
A hollowed out loaf of bread stuffed with spicy curry and a selection of meats. A traditional South African street food that's popular for lunch! Options include chicken, pork or veggies, lentils & beans.

Cape Malay Curry
Chicken thighs lightly fried in a skillet with curry based spices such as saffron, turmeric, cinnamon and chili. Then simmered in a tomato based sauce and potatoes. Served with sweet buttery rice.

Rusk Breakfast Biscuits
A traditional African biscotti type after dinner dessert or afternoon snack with tea! A yellow cake baked twice with a crunchy outer texture. Made from a base of bran cereal (hello fiber!) and buttermilk with additions like nuts, dried fruit and maple.