



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!
- *Melktert*: 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



Braaibroodjies

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.