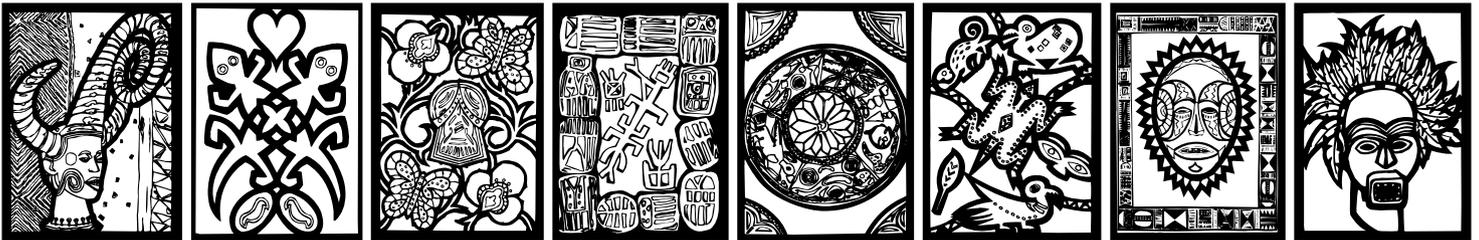


# Traditional foods of South Africa



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Audiovisual Selector

**T**ell me what you eat, and I'll tell you who you are,' wrote renowned gastronome Jean Anthelme Brillat-Savarin in 1825.

'Tightening our belts' is going to require serious willpower when reviewing the DVDs mentioned below ...

In one DVD (discussed below) someone says: 'To eat together as a culture we share our things together; not only food, but also contentment, sorrow and problems ... that is being African.'

Food is a strong link to one's culture, invoking memories of home. Food creates a deep respect between cultures and for one's country. It is obvious that an understanding of many aspects of the cultures of others, including their food traditions, is indispensable in any human communication.

The following DVDs explore how food shapes us and our culture.

## Bread: feeding the nation

This documentary features bread and bread-making in South Africa. The narrator grew up on a wheat farm and gives an in-depth look at how bread is produced from farming to baking. A very informative DVD that details the role of all the people responsible in wheat bread production, for example, farmers, millers, bakers, consumers and distributors. Everybody knows the smell of freshly baked bread from the oven. Well, watching this DVD you can actually 'smell' the different breads from the oven in the bakery.

## The faraway feast

This DVD covers food from different countries and cultures in Africa. People from the Democratic Republic of the Congo (DRC), the Ivory Coast, Somalia, et cetera, who live in South Africa are featured and the viewer is introduced to the different foods in their respective countries and share their daily life in a new country. One learns about the staple foods of other countries such as Saka-Madesu, Chikwangue, and dishes such

as Fumbwa with pap that are eaten with mealie meal or rice.

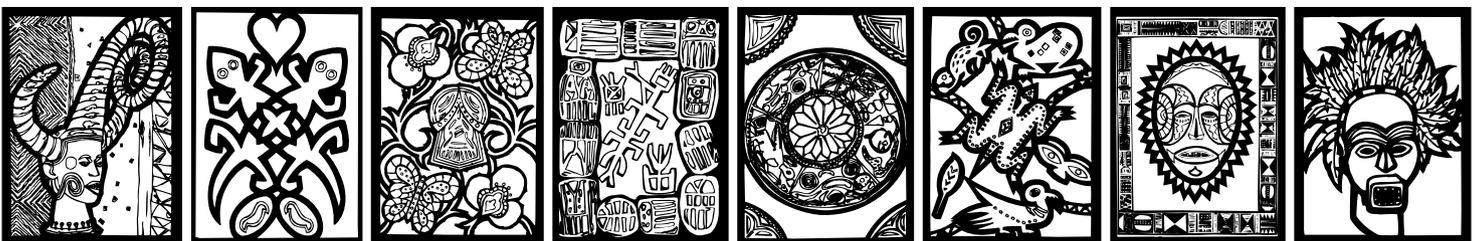
## Kalahari truffle hunt

This documentary narrates a Cape Town chef's search for the Kalahari truffle – also known as the n'abba or the sand potato.

He travels from Cape Town to Namibia and meets up with two Bushmen who help him find the buried treasure. The Bushmen call it the food of the Kalahari and it is quite amazing to see how they live off the desert and how the chef uses what he was taught to turn out lavish dishes.

## Neef se bakgat braai resepte

Almost everybody in South Africa knows Ben Kruger (or Neef Gert as he is better known) from the television programme *7de Laan*. Everybody thinks that they can braai and sometimes they are right, but in this DVD Neef Gert takes the art of braaiing to another level. The DVD covers five dishes with accompaniments: turkey filling and gravy (kalkoenvusel en sous), kebab and marinade (sosaties en marinade), sausage, porridge



## INKQUBO-MBALISELO

and sauce (wors, pap en sous), snoek and sweet potato (snoek en patats), silverside and pumpkin (beesfilet en pampoen).

### Die siel van die koe(k)sister

This documentary gives a historical and in-depth look at koeksisters and focuses on the two most well-known types of koeksisters in South Africa, namely the Afrikaner koeksister and the Cape Malay koeksister. Recipes for koeksisters and how people make their own variations are also discussed. Different bakers discuss the different methods they use and viewers are shown how the Afrikaner koeksister is plaited. The DVD 'travels' from the Bo-Kaap to Orania in the Northern Cape, the only place in the world that has a plaited koeksister as a monument!

### Tradisionele Afrikaanse resepte, DVD 1

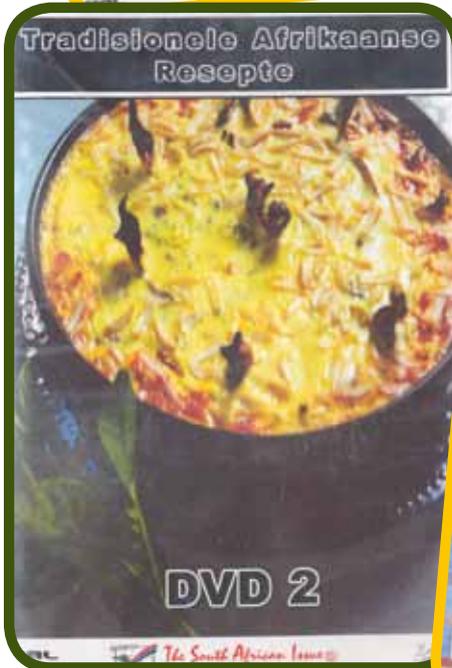
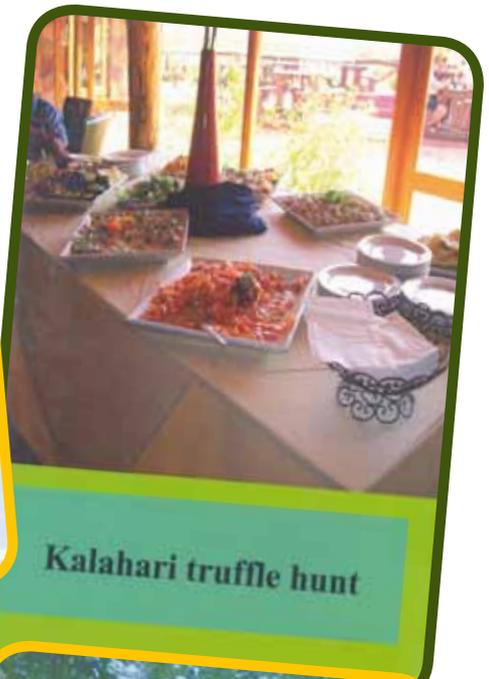
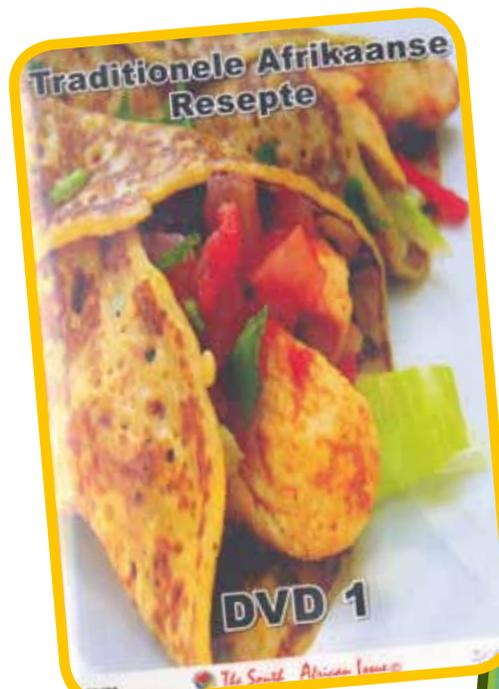
In this DVD 'real life' people show you how to make South Africa's traditional Afrikaner dishes. The six dishes prepared are pannekoek (pancakes), melktert (milk tart), biltong, malvapoeding (pudding), koeksisters, melkos (milk food). All the recipes appear on screen and you can pause the DVD to write them down or follow the easy-to-follow instructions.

### Tradisionele Afrikaanse resepte, DVD 2

In this DVD, as in the first, six traditional Afrikaner dishes are prepared. The dishes are appeltert (apple tart), boerewors, souskluitjies (dumplings), bobotie, beskuit (rusks), and vetkoek. All the recipes appear on screen and one can pause the DVD to write them down or follow the easy-to-follow instructions.

**Enjoy and Bon Appetit!**

*Note: All DVDs are still in processing*



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