

A Taste of South Africa Today

East meets West... and South... and North. That's how the cuisine of South Africa can be described. Where Indian curries meet British meat pies and Dutch cookies meet Indonesian chutney. Culinary contrasts that mirror the geography, culture, and history of this vast land are the specialties. Delicious fresh fish and shellfish abound!



Biltong, similar to beef jerky, is a common product of Southern Africa, sold in strips or in packets of biltong chips. When customers ask for biltong, they will request it either as wet (moist), medium or dry. Biltong, said to be best enjoyed with a beer, is an excellent camping food. It is often made from beef sirloin or from steaks cut from the hip, but can be made from venison, and even ostrich. The primary flavoring comes from the dried and roasted coriander seeds, along with garlic and/or onion powder and salt and pepper seasoning.



Mieliepap, one of the staple foods of the African continent is made from either stamped or ground maize. often used in baking but predominately cooked into a pap or phutu, a traditional Bantu porridge, similar to grits or polenta, usually is eaten with beans, gravy, or meat.

Bobotie is a South African dish consisting of spiced, minced meat baked with a custard topping. The recipe probably originates from the Dutch East India Company colonies in Batavia, with the name derived from the Indonesian *Bobotok*. This is a dish of historical significance, known in the Cape of Good Hope since the 17th century, when it was made with a mixture of mutton and pork. Today it is much more likely to be made with beef or lamb.

