

Mnandi 4 sure!

A recipe book for the National School Nutrition Programme

Siyadla... Siyafunda... Sinamandla



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

contents

Foreword 1

Meat and meat alternatives

Chicken liver stir fry (1).....	2
Chicken liver stir fry (2).....	3
Pilchard Stew	4
Soya mince stew	5
Soya mince balls	6
Soya burger.....	7
Butternut and maize rice pap	8
Curried brown sauce.....	9
Vegetable breyani	10
Dhal.....	11

Food pyramid 12

Whole grain products

Pap.....	13
Uphuthu	13
Samr	14
Maize rice	14
Rice.....	15
Mashed potatoes	15
Dumplings	16
Vetkoek	16

Vegetables

Beetroot salad	17
Carrot salad	17
Green beans	18
Steamed spinach.....	18
Cabbage	18

South Africa's unique tastes 19

Glossary 25

Thank you

*"Give a man a fish and he will eat for a day;
teach a man to fish and he will eat for a lifetime"*

The Department of Basic Education would like to thank our generous sponsors and contributors:

MASSMART

Mykel Nicolaou
PHOTOGRAPHY



conversion table

1 jug	=	1L (Litre)
Serving spoon	=	125ml
Tea cup	=	250ml
Ladle spoon	=	125ml or 250ml
Table spoon (T)	=	15ml
Teaspoon (tsp)	=	5ml
Kilogramme (kg)	=	1 000g (grams)
Litre (L)	=	1 000ml
1 dozen	=	12

How to use this book

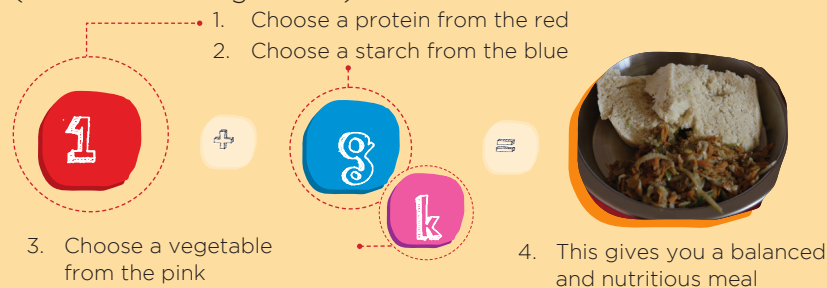
Cook the right amount:

Each recipe comes with a table like this. This table lists ingredients as well as quantities needed when preparing recipes for larger groups. The table tells you the correct quantities of ingredients to feed 50, 100, 200, 500 or 1,000 learners.

Ingredients	Quantity				
	50	100	200	500	1 000
Chicken Livers	2,5 kg	5kg	10kg	25kg	50kg
Onions	750g	1,5kg	3kg	6kg	12kg
Spinach (bunches)	3	6	12	30	60
Carrots	500g	1kg	2kg	5kg	10kg
Tomato paste*	50ml	100ml	200ml	500ml	1000ml
Salt	25ml	50ml	100ml	250ml	500ml
Oil	100ml	200ml	500ml	1L	2L
* optional					

Create a balanced meal:

Balanced meals contain all nutrients (protein, carbohydrates, fats, vitamins and mineral salts) in the right amounts. Use the numbers and letters to match up proteins with carbohydrates (starches and vegetables).



Colour coding:

- Meat and meat alternatives
- Whole grain products
- Fruit and vegetables
- Information

Helpful hints:

TIPS ON NUTRITION

There's plenty of iron in liver

Nutritional tips provide information on the dish being prepared.

BEST PRACTICE

Test your dumplings with a knife before opening the packet

Best practice tells you how to prepare food.

Foreword

All learners have the right to reach their full potential regardless of their socio-economic background. The National School Nutrition Programme, funded by a grant from National Treasury, provides one meal per day for learners attending the poorest primary and secondary schools. Secondary schools are currently being added to the programme.

The Department of Basic Education, through its provincial offices, prepares weekly menus to suit the culinary and cultural diversity of learners in each province. Ingredients are carefully selected to meet the nutritional needs of growing bodies and developing minds. The daily doses of vitamins and minerals in the meals help ensure good health, reduce absenteeism and optimise learning ability.

The Department of Basic Education has made an effort in the last few years to change from a cold menu (bread) to cooked meals. This recipe book is aimed at improving the quality and palatability of the meals. It is primarily intended for volunteer food handlers, dedicated mothers, fathers and community members, who offer their time and skills to prepare and serve meals to learners at schools. These women and men do their utmost to prepare attractive and delicious meals under sometimes challenging conditions using limited material resources. To them we say 'thank you'.

To the learners who will enjoy these delicious and nutritious meals, we say 'enjoy your meal, vuyelani ukutya, itumelleng dijo, thokozelani ukudla, natefelwang ke dijo, geniet die ete, di phineni nga zwiliwa, tiphineni hi swakudya, thabelang dijo, dlanini bekunene nithokote'.

Meat and meat alternatives

1

CHICKEN LIVER STIR FRY (1)

Ingredients	Quantity				
	50	100	200	500	1 000
Chicken livers	4kg	8kg	16kg	32kg	65kg
Onions	500g	1,5kg	3kg	6kg	12kg
Cabbages	2	4	8	14	25
Carrots	500g	1kg	2kg	5kg	10kg
Green peppers	5	8	16	40	80
Salt	25ml	50ml	100ml	250ml	500ml
Oil	100ml	200ml	500ml	1L	2L

1. Wash livers and cut into strips.
2. Prepare vegetables by chopping onions, shredding cabbage, grating carrots and slicing green pepper into julienne strips.
3. Heat oil and fry livers until brown and crisp.
4. Add onions and continue frying for 3 minutes.
5. Add the rest of the vegetables and fry for a few minutes until crisp.
6. Add salt and pepper to taste.
7. Serve 125ml (1 serving spoon) to primary school learners and 250 ml (2 serving spoons) to secondary school learners.
8. Serve with dumplings, rice or mashed potatoes.

1

+



+

cabbage
and
carrots

=



TIPS ON NUTRITION
Liver stir fry is rich in vitamin A and C if not overcooked



BEST PRACTICE

Avoid using bags with writing on them. The ink is toxic



2

CHICKEN LIVER STIR FRY (2)

Ingredients	Quantity				
	50	100	200	500	1 000
Chicken livers	4kg	8kg	16kg	32kg	65kg
Onions	500g	1,5kg	3kg	6kg	12kg
Spinach (bunches)	3	6	12	30	60
Carrots	500g	1kg	2kg	5kg	10kg
Salt	25ml	50ml	100ml	250ml	500ml
Oil	100ml	200ml	500ml	1L	2L

1. Clean livers and cut into strips.
2. Prepare vegetables by chopping onions, shredding spinach and grating carrots.
3. Heat oil and fry livers until brown and crisp. Set livers aside.
4. Fry onions lightly and add the rest of the vegetables.
5. Fry lightly and add the fried livers.
6. Add salt and pepper to taste.
7. Serve 125ml (1 serving spoon) to primary school learners and 250 ml (2 serving spoons) to secondary school learners.
8. Serve with dumplings, rice or mashed potatoes.

2

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e

+

cabbage
and
carrots

=



TIPS ON NUTRITION

There's plenty
of iron in liver

BEST PRACTICE

Always ensure that
hands are clean
when preparing
food

TIPS ON NUTRITION

Scraping, rather
than peeling
carrots preserves
nutrition



3

PILCHARD STEW

Ingredients	Quantity				
	50	100	200	500	1 000
400g Sardine/ Pilchards tins	10	20	36	75	150
Onions	500g	1,5kg	3kg	6kg	12kg
Green peppers	2	4	8	16	30
Carrots	500g	1kg	2kg	5kg	10kg
Salt	25ml	50ml	100ml	250ml	500ml
Oil	100ml	200ml	500ml	1L	2L

1. Prepare vegetables by chopping onions and green peppers. Grate carrots.
2. Heat oil and fry all the vegetables.
3. Add fish (do not remove the bones).
4. Add salt and pepper and simmer for 5 minutes.
5. Serve with 1/2 a serving spoon to primary school learners and 1 serving spoon to secondary school learners with rice, bread, macaroni or pap and fresh vegetables.

TIPS ON NUTRITION

Pilchards are good food for the brain

TIPS ON NUTRITION

Leave the bones in. They are good for strong bones and teeth



4

SOYA MINCE STEW

Ingredients	50	100	200	500	1 000
Soya mince	1,5kg	3kg	6kg	15kg	30kg
Onions	500g	1,5kg	3kg	6kg	12kg
Green peppers	2	4	8	16	30
Carrots	500g	1kg	2kg	5kg	10kg
Curry powder	60ml	100ml	200ml	400ml	800ml
Oil	100ml	200ml	500ml	1L	2L
Salt	20ml	40ml	80ml	150ml	300ml
Water	2,5L	5L	10L	25L	50L

1. Soak soya in water for 30 minutes.
2. Chop onions and green peppers.
3. Top and tail carrots, scrape and slice carrots in 2cm rings.
4. Fry vegetables in oil until glossy, but still crisp.
5. Add soaked soya to vegetables and bring to boil.
6. Add more water or stock and simmer. The stew should resemble a thick stewed mince.
7. Serve 1/2 a serving spoon to primary school learners and 1 serving spoon to secondary school learners. Serve rice, bread, macaroni or pap and fresh vegetables.

4

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VARIATION

For SOYA CURRY, add curry to vegetables and fry for three minutes. Follow the rest of the recipe for the stew



BEST PRACTICE

Teachers should be involved in feeding their learners



TIPS ON NUTRITION
Add an orange to the menu for extra vit c

5

SOYA MINCE BALLS

Ingredients	Quantity				
	50	100	200	500	1 000
Soya mince	1,5kg	3kg	6kg	15kg	30kg
Onions	500g	1,5kg	3kg	6kg	12kg
Brown bread loaves	1	2	4	10	20
Eggs	6 eggs	1 dozen	2 dozen	4 dozen	8 dozen
Oil	500ml	1L	2L	3L	5L
Salt	25ml	50ml	100ml	200ml	400ml
Pepper	15ml	30ml	60ml	150ml	300ml
Flour for shaping	250ml	500ml	750ml	1250ml	2 500ml

1. Soak soya mince in water for 30 minutes.
2. Crumb bread using a grater or hands and add to soya to soak.
3. Chop onion finely and add to the above with salt and pepper.
4. Beat eggs together and add a small amount to bind the mixture.
5. Scoop mixture with serving spoon and shape into mince balls.
6. Heat oil and fry mince balls until golden brown.
7. Place balls on absorbent paper/brown paper to drain oil.
8. Serve 1 to primary school learners and 2 to secondary school learners with rice or mashed potato.



6

SOYA BURGER

Ingredients	Quantity				
	50	100	200	500	1 000
Soya mince	1,5kg	3kg	6kg	15kg	30kg
Onions	500g	1,5kg	3kg	6kg	12kg
Brown bread loaves	1	2	4	10	20
Eggs	6	1 dozen	2 dozen	4 dozen	8 dozen
Oil	500ml	1L	2L	3L	5L
Salt	25ml	50ml	100ml	200ml	400ml
Pepper	15ml	30ml	60ml	150ml	300ml
Flour for shaping	250ml	500ml	750ml	1 250ml	2 500ml

1. Soak soya mince in water for 30 minutes.
2. Crumb bread using a grater or hands and add to soya to soak.
3. Chop onions finely and add to above.
4. Beat eggs together and add a small amount to bind the mixture.
5. Scoop mixture with serving spoon and shape into balls and flatten to 2cm thick patties.
6. Heat oil and fry mince patties until golden brown, place on absorbent paper/ brown paper to drain oil.
7. Serve 1 burger to primary school learners or 2 to secondary school learners.
8. Serve with dumplings and vegetables.

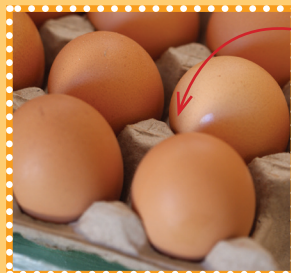
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TIPS ON NUTRITION

Eggs are good for growth of the body



BEST PRACTICE
Hand washing should be encouraged for learners and food handlers



7

BUTTERNUT and MAIZE RICE PAP

Ingredients	Quantity				
	50	100	200	500	1 000
Maize meal	1,5kg	3kg	6kg	15kg	30kg
Maize rice	1,5kg	3kg	6kg	15kg	30kg
Butternuts	3	6	12	25	50
Sugar	500ml	1L	2L	5L	10L
Salt	50ml	100ml	200ml	500ml	1 000ml
Water	2,5L	5L	10L	25L	50L
Milk	6L	13L	26L	55L	110L

1. Boil maize rice in salted water until partially soft.
2. Add maize meal and continue steaming until all water has been absorbed and the mixture is soft and fluffy.
3. Steam butternut in a little boiling water for 10 minutes until soft. Add more boiling water if necessary.
4. Mash butternut, add to maize rice mixture and mix well.
5. Add sugar and mix until the sugar is well distributed.
6. Serve with 1/2 a cup of sour milk (maas/amasi) or fresh milk per learner.
7. A fresh fruit should be included for additional vitamins and minerals.

PAGE 8

Milk

+

Pap

+

Fruit

=

Balanced meal



TIPS ON NUTRITION
Milk is good for strong bones and teeth



BEST PRACTICE

All recipes require accurate measuring



CURRIED BROWN SAUCE

Ingredients	Quantity				
	50	100	200	500	1 000
Onions	500g	1,5kg	3kg	6kg	12kg
Green peppers	2	4	8	16	30
Carrots (grated)	250g	500g	1kg	2,5kg	5kg
Oil	125ml	250ml	500ml	1L	2L
Flour	125ml	250ml	500ml	1L	2L
Curry powder	50ml	100ml	200ml	400ml	800ml
Stock cubes	3	6	10	20	40
Water/stock	2,5L	5L	10L	25L	50L

1. Chop onions and green peppers.
2. Top and tail carrots, scrape and grate carrots.
3. Fry vegetables until glossy and add curry powder and fry for 3 minutes.
4. Add flour to vegetables and mix through. Fry until flour is brown. The vegetables should not be burnt.
5. Dissolve stock cubes in warm water and add to browned flour mixture slowly while mixing away from heat until smooth. Return to heat and continue stirring until sauce thickens. Simmer for 3 minutes.
6. Serve with meat balls or boiled eggs on rice, mashed potatoes or pap and fresh vegetables.



BEST PRACTICE

Always wear appropriate headgear when handling food

VARIATION

Serve the curried sauce with sliced, boiled eggs



9

VEGETABLE BREYANI

Ingredients	Quantity				
	50	100	200	500	1 000
Rice	2kg	4kg	8kg	20kg	40kg
Lentils	1,5kg	3kg	6kg	15kg	30kg
Onions	500g	1,2kg	3,5kg	5kg	10kg
Tomatoes	500g	1,2kg	3,5kg	5kg	10kg
Green beans	500g	1,2kg	3,5kg	5kg	10kg
Oil	100ml	200ml	400ml	1L	2L
Curry powder	50ml	100ml	200ml	400ml	800ml
Salt	50ml	100ml	200ml	500ml	1L
Breyani mix	15ml	30ml	60ml	150ml	300ml
Turmeric powder	15ml	30ml	60ml	150ml	300ml

1. Boil rice in a little water seasoned with salt and turmeric.
2. Boil lentils until cooked and set aside.
3. Chop onions and tomatoes. Slice beans.
4. Heat oil and fry onions lightly. Add tomatoes, green beans, curry powder, breyani mix and salt to the pan. Simmer for 10-15 minutes.
5. Add cooked rice and lentils to the vegetable mixture. Mix well.
6. Serve 125ml (1 serving spoon) to primary school learners and 250ml (2 serving spoons) to secondary school learners.
7. Serve with dhal.

PAGE 10

Lentils

+

Rice

+

Green beans

=

vegetable breyani



TIPS ON NUTRITION
The more colours on learners' plates, the better

BEST PRACTICE
It's easy to grow your own fresh vegetables and herbs

10

DHAL

Ingredients	Quantity				
	50	100	200	500	1 000
Split peas	1,5kg	3kg	6kg	15kg	30kg
Onions	500g	1kg	2kg	5kg	10kg
Curry powder	50ml	100ml	200ml	500ml	1L
Oil	25ml	50ml	100ml	250ml	200ml
Salt	25ml	50ml	100ml	200ml	400ml
Water	3L	6L	12L	25L	50L

To make your own curry powder, fry crushed garlic with onion. Mix in coriander, cumin, turmeric and apple cider vinegar.

1. Boil split peas in water until cooked.
2. Chop onions and fry lightly. Add curry powder and salt and fry for another 3 minutes.
3. Add cooked split peas and simmer for a few minutes.
4. Serve 125ml (1 serving spoon) to primary school learners and 250ml (2 serving spoons) to secondary school learners.
5. Serve with rice or breyani.

Split
peas

+

Rice

+

Orange
vegs

=

Balanced
meal

VARIATION

You can make
your own
curry powder
(see recipe above)

TIPS ON
NUTRITION

Split peas and
lentils can
replace meat

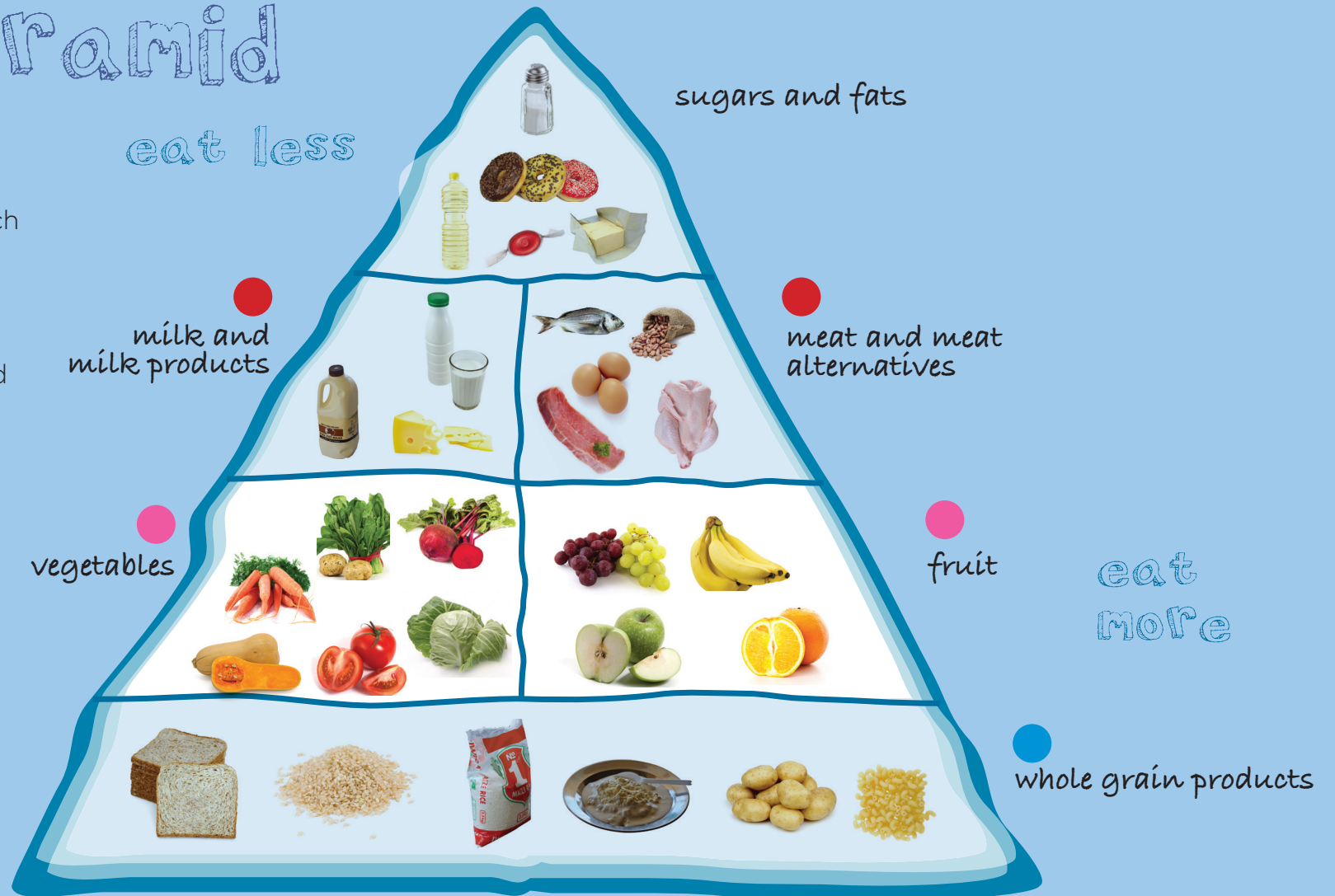


Food Pyramid

For a healthy diet you need to eat a variety of foods from each food group. As the pyramid on the right shows, a balanced diet contains correct amounts of whole grain cereals, meat and meat alternatives, fruit and vegetables as well as less fats and sugars.

Colour coding:

- Meat and meat alternatives
- Whole grain products
- Fruit and vegetables



Drink



6-8
glasses
of water
a day

Whole Grain products

@ Pap

Ingredients	Quantity				
	50	100	200	500	1 000
Fortified maize meal	2kg	4kg	8 kg	20kg	40kg
Water	4L	8L	16L	40L	80L
Salt	25ml	50ml	100ml	250ml	500ml

1. Boil salted water.
2. Add maize meal and whisk until well mixed.
3. Simmer for 20 minutes and stir occasionally.
4. Serve 250ml to primary school learners, 500ml to secondary school learners.

b Urhuthu

Ingredients	Quantity				
	50	100	200	500	1 000
Fortified maize meal	2.5kg	5kg	10kg	25kg	50kg
Water	2.5L	5L	10l	25l	50L
Salt	30ml	60ml	120ml	250ml	500ml

1. Boil salted water.
2. Add maize meal and whisk until well mixed.
3. Simmer for 20 minutes and stir occasionally.
4. Serve 250ml to primary school learners, 500ml to secondary school learners.
5. Serve with fresh or sour milk (maas/amasi).

PAGE 13



TIPS ON NUTRITION

Use fortified maize meal



TIPS ON NUTRITION

Add fresh fruit when milk is used to boost vitamins and minerals





Samp

Ingredients	Quantity				
	50	100	200	500	1 000
Samp	3kg	6kg	12kg	25kg	50kg
Water	9L	18L	36L	75L	150L
Salt	30ml	60ml	120ml	250ml	500ml
Oil	100ml	200ml	400ml	800ml	1,5L

1. Wash samp and soak in water overnight.
2. Boil samp in the same water and add a little oil to prevent sticking.
3. Add salt. Salt can be substituted with half a stock cube for flavour.
3. Simmer until soft.
4. Press a samp grain between two fingers to check if it is cooked. Cooked samp will not show any white raw starch if pressed.
6. Serve with meat, fish and fresh vegetables.



Maize Rice

Ingredients	Quantity				
	50	100	200	500	1 000
Maize rice	2,5kg	5kg	10kg	25kg	50kg
Water	5L	10L	20L	50L	100L
Salt	30ml	60ml	120ml	250ml	500ml
Oil/Margarine	100ml	200ml	400ml	800ml	1,5L

1. Add maize rice and salt to cold water. Bring to a boil.
2. Stir regularly to prevent burning.
3. Margarine can be added when all the water has been absorbed and the grains are soft.
4. Press the maize rice to check if it is cooked. Like samp above, cooked rice will not show any white raw starch if pressed between two fingers.
5. Serve with meat or fish and fresh vegetables.



BEST PRACTICE

Use the wonder box. By keeping partially cooked food in an insulated box, the food continues to cook. This saves fuel



VARIATION

Samp with Groundnuts

Add ground nuts (30g/learner) to samp recipe

Quantity	Volume
50	1,5kg
100	3kg
200	6kg
1 000	15kg
1 500	30kg



Rice

Ingredients	Quantity				
	50	100	200	500	1 000
Rice	2kg	4kg	8kg	20kg	40kg
Water	4L	8L	16L	40L	80L
Salt	30ml	60ml	120ml	250ml	500ml

1. Bring water to boil and add salt and oil.
2. Add rice to boiling water and simmer until soft and the grains are well separated.
3. Press the rice between two fingers to check if it is cooked. Cooked rice will not show any white raw starch if pressed.
4. Serve with meat, fish and fresh vegetables.

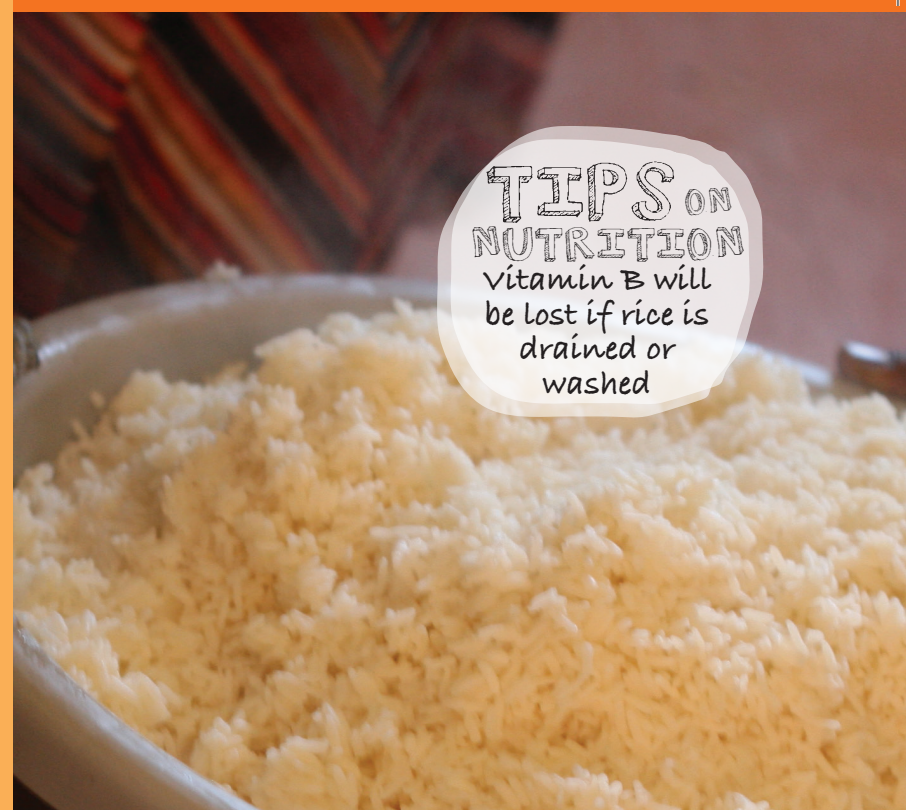


Mashed potatoes

Ingredients	Quantity				
	50	100	200	500	1 000
Medium potatoes	3kg	6kg	12kg	25kg	50kg
Margarine	150g	300g	550g	1,2kg	2kg
Salt	30ml	60ml	120ml	250ml	500ml
Milk	300ml	600ml	1,2L	2,5L	5L

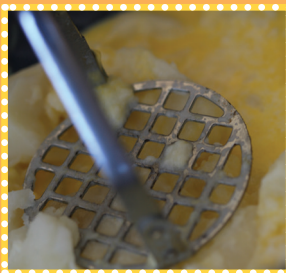
1. Boil potatoes in water with skin on until tender.
2. Peel the potatoes.
3. Cut into cubes, add salt and margarine.
4. Mash.
5. Add milk gradually and mix well into mashed potatoes until required consistency.

TIPS ON NUTRITION
Vitamin B will be lost if rice is drained or washed



TIPS ON NUTRITION

Rather than peeling, first boil potatoes with their skins still on



BEST PRACTICE

Always use iodised salt





Dumplings

Ingredients	Quantity				
	50	100	200	500	1 000
Cake flour	3kg	6kg	12kg	25kg	50kg
Salt	30ml	60ml	120ml	250ml	500ml
Sugar	50ml	100ml	200ml	500ml	1L
Yeast	50ml	100ml	200ml	500ml	1L
Water	2L	4L	8L	20L	40L

1. Sift dry ingredients (flour and salt). Mix with yeast and sugar.
2. Make a well in the centre and add lukewarm water.
3. Mix to a soft dough by hand. Knead well.
4. Knead the dough and put in a greased enamel bowl to rise until it doubles in size. Allow to stand in a warm place away from drafts.
5. Steam over boiling water.



Vetkoek

Ingredients	Quantity				
	50	100	200	500	1 000
Cake flour	2,5kg	5kg	10kg	25kg	50kg
Salt	30ml	60ml	120ml	260ml	550ml
Sugar	50ml	100ml	200ml	500ml	1L
Yeast	50ml	100ml	200ml	500ml	1L
Water	2L	4L	8L	20L	40L
Oil	4L	8L	15L	30L	60L

1. Use method above (for dumplings) for first 4 steps.
2. Divide dough and roll into long worm-like rolls (50cm long and 6cm in width).
3. Cover and leave to double in size. Then cut into 5cm lengths.
4. Heat oil and deep fry until golden brown. Be careful not to overheat the oil.
5. Drain vetkoek on absorbent paper/brown paper.
6. Serve with soya mince stew, soya patties, fish stew, bean stew or dhal. Add some vegetables.



BEST PRACTICE

To check temperature of oil, drop in a small piece of dough. It should start bubbling immediately



Vegetables



Beetroot salad

Ingredients	Bulk quantity				
	50	100	200	500	1 000
Beetroot, cooked and sliced or grated	3kg	6kg	12kg	25kg	50kg
Sugar	250ml	500ml	1000ml	2000ml	4000ml
Vinegar	250ml	500ml	1000ml	2,5L	5L

1. Boil beetroot. Slice or grate it.
2. Combine sugar and vinegar and pour over warm beetroot.



Carrot salad

Ingredients	Bulk quantity				
	50	100	200	500	1 000
Carrots, scraped and grated	3kg	6kg	12kg	25kg	50kg
Orange juice	500ml	1L	2L	4L	8L

1. Top and tail carrots, scrape and grate carrots.
2. Drizzle with orange juice.

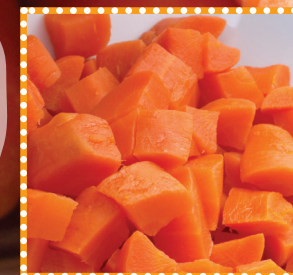


BEST PRACTICE

Cook vegetables with tight-fitting lid to shorten cooking time and preserve nutrients



4 ways to prepare CARROTS
Slice, julienne, grate or dice





Green beans

Ingredients	Bulk quantity				
	50	100	200	500	1 000
Green beans	3kg	6kg	12kg	25kg	50kg
Salt	20ml	40ml	80ml	200ml	400ml

1. Wash, top and tail beans. Slice beans into 2cm pieces.
2. Boil in a little salted water with a little oil. When all water has been absorbed and the beans are soft but not brown, serve.



Steamed Spinach

Ingredients	Bulk quantity				
	50	100	200	500	1 000
Steamed spinach (bunches)	15	30	45	80	150
Salt	20ml	40ml	80ml	200ml	400ml

1. Wash spinach well. Tear or slice spinach into thick pieces.
2. Steam spinach in its own water adding a little oil, salt and pepper.
3. Serve immediately.



Boiled cabbage

Ingredients	Bulk quantity				
	50	100	200	500	1 000
Cabbages	8	16	24	50	100
Salt	20ml	40ml	80ml	200ml	400ml

1. Remove outside leaves of cabbage if bruised or hard. Wash cabbage heads.
2. Cut into quarters and slice thickly. Bring lightly salted water to the boil.
3. Boil for 5-10 minutes until firm and crisp. Serve immediately.



BEST PRACTICE

Wash leafy green vegetables well before cutting



TIPS ON NUTRITION

Never overcook vegetables as it destroys nutrients



TIPS ON NUTRITION

Do not use too much water when boiling vegetables



Variation

Vegetables with potato and onion

500g green beans/cabbage/carrot
(6 cups vegetables)

1 large potato peeled thinly
1 onion chopped
3ml salt

1. Wash vegetables. Peel or scrape them, then chop into large pieces.
2. Bring lightly salted water to the boil.
3. Add chosen vegetables, potato and onion to boiling water.
4. Boil for 10-15 minutes or until soft.
5. Mash vegetables.
6. Serve immediately.

Serves 8

South Africa's unique taste

South Africa's rich cultural diversity shapes our cuisine. Each of our provinces is home to people with delicious traditional foods that add to the mix.

Because of our pleasant climate, many South Africans relish the outdoor lifestyle. It has us grilling meat on braais and serving it with pap (maize meal porridge). The pap may be topped with tomato and onion relish, but it's almost certainly accompanied by locally grown vegetables and fruits that make their way into salads and side dishes.

When the weather cools, South Africans warm up with stews, often cooked in cast iron pots. These are served with rice, pap, samp, breads or cooked wheat. Many families cannot afford meat all the time, but on special occasions enjoy meals of tasty chicken, beef, mutton, pork or fish. Steaming spoonfuls of umngqusho (samp and beans), morogo (wild spinach), steamed yeast dumplings and corn on the cob are firm favourites. Snack-time, meanwhile, has us enjoying biltong (spiced dried meat) and seasonal fruit salads.

To find out which specialty dishes come from each of our nine provinces, read on.

... a taste journey through our country...

Sources: Census 2001, DWAF: Urban-Econ 2000 and GCIS 2004)



Eastern Cape

The Eastern Cape is located in the southeast of South Africa bordering Free State, KwaZulu-Natal, Western and Northern Cape and Lesotho with the Indian Ocean along its south and southeastern borders. The predominant languages spoken in the province are isiXhosa, at 83%, and Afrikaans, at 9%.

The local favourite dish is the Xhosa speciality, umngqusho, consisting of samp and beans. Other cuisine typical to Eastern Cape include maize meal porridge (umphokoqo) served with sour milk (amasi) and an all-time favourite side dish is corn on the cob.

Eastern Cape has sheep, cattle, ostrich and game farming as well as fruit orchards, pineapple and chicory, dairy production, coffee, tea, maize and sorghum farming. Squid forms the basis of the fishing industry and other catches include hake and line fish.



Free State

The Free State is situated in the centre of the country. It borders Lesotho, and other provinces except Limpopo. The predominant languages spoken are Sesotho, at 64%, Afrikaans at 12%, isiXhosa at 9% and English at 1,3%.

Cuisine typical to Free State includes stiff porridge served with fresh milk. The vegetable served most often is wild spinach (moroho). Another popular dish from Free State is dumplings (steamed bread) served with meat stews.

Agriculture plays an important role in the local economy, with vast areas of cultivated land, natural veld and grazing terrain. Field crops yield about two-thirds of the gross agricultural income for the province, animal products contribute an additional 30% and the balance comes from horticulture.

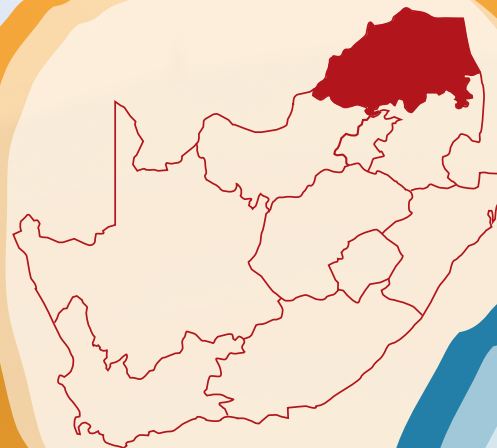
Potatoes, cherries, asparagus, soya, sorghum, sunflowers and wheat are cultivated here.

Gauteng

Gauteng is situated in the northeastern part of the country bordered by Limpopo, Mpumalanga, Free State and North West and it is the most densely populated province by far. The predominant languages spoken in the province are isiZulu (21%), Afrikaans (14%), Sesotho (13%) and English (12%).

Gauteng is the economic hub of South Africa. Migrant workers brought their different cuisine and exposed the palate of Gauteng residents to various tastes from all over the world. Traditional dishes from provinces and international cuisine are popular.

Despite being mainly an urban province, Gauteng's agricultural sector is geared to providing the cities and towns with daily fresh produce including vegetables, fruit, meat, eggs and dairy products. Other agricultural activities include the production of maize, groundnuts, sunflowers and sorghum.



Limpopo

Limpopo borders Botswana, Mozambique and Zimbabwe as well as the provinces of Gauteng, Mpumalanga and North West. Predominant languages are Sepedi (52%), Xitsonga (22%) and Tshivenda (16%).

Typical cuisine enjoyed by local Venda people includes mopane worms, locally known as mashonzha, which are eaten dried, deep fried or cooked in a tomato stew. Peanuts and peanut butter are widely included in cooked dishes. The Marula tree is indigenous to Limpopo and indigenous spices include lunonya seeds, which are similar to caraway, and mufhoho, similar to mustard seeds.

Many rural people practise subsistence farming in Limpopo, but formal hunting and agriculture contribute to the economy. Citrus, tomatoes, table grapes, sunflowers, maize, peanuts, bananas, litchis, pineapples, mangoes, pawpaws, tea and coffee are all grown here. Limpopo is also well known for cattle farming, game hunting and game ranching.

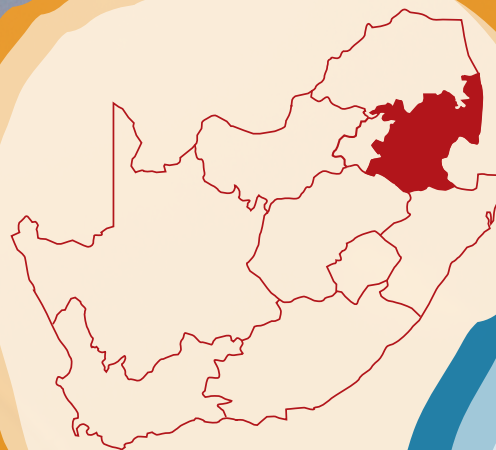


KwaZulu-Natal

KwaZulu-Natal is on the east coast of South Africa, bordering Mozambique, Swaziland, Mpumalanga, Free State, Eastern Cape and Lesotho. The predominant languages spoken in the province are isiZulu, at around 81%, and English, at 13%.

The province enjoys an interesting mix of culinary influences from Zulu, Indian and European origins. Local favourites include brown trout, amasi (sour milk), steamed bread (ujeqe), grilled meat, steamed dumplings (idombolo) and Zulu indigenous vegetables like wild spinach (imbuya) and amadumbe. The province's most famous street food is the quartered bread loaf filled with curried meat or vegetables, known as a bunny chow.

Rich wildlife is protected in several game parks. Predominant agriculture includes tea plantations, meat processing, dairy and stock farming and the growing of sugar cane, oranges, bananas, vegetables, mangoes and tropical fruits.



Mpumalanga

Mpumalanga is in the northeast of South Africa and borders Mozambique, Swaziland, KwaZulu-Natal, Free State, Gauteng and Limpopo. Languages spoken here are siSwati (31%), isiZulu (26%) and isiNdebele (12%).

Local Ndebele cuisine includes dishes such as stiff porridge (umratha) and traditional cowheel (amangqina) with butter beans.

Peanuts and peanut butter are widely included in cooked dishes. Another popular treat is deep fried yeast cakes (amafekuku) and wild spinach (umbhido).

Mpumalanga is home to sugar production, tropical and sub-tropical fruit farming and production of maize, wheat, sunflowers, nuts, dairy products, potatoes and other vegetables.

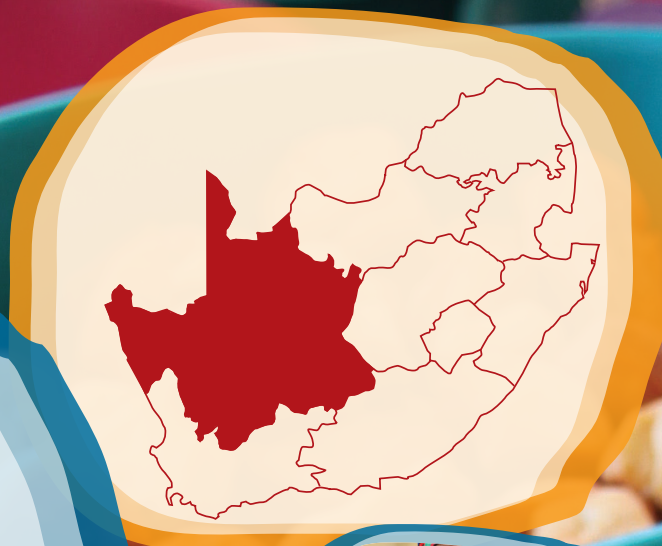


Northern Cape

Northern Cape is in the western part of South Africa. It has international borders with Botswana and Namibia and local borders with Western Cape and Eastern Cape, Free State and North West. Languages spoken here include Afrikaans, at around 68%, and Setswana, at 21%.

Typical cuisine consumed in the province includes samp and beans (umngqusho), dumplings (steamed bread) served with meat and wild spinach (morogo). The traditional cuisine of the Afrikaner people popular here includes deep fried yeast cakes (vetkoek) and a sweet yeast deep-fried dish (koeksisters).

Northern Cape is home to local dried fruit industries and wine-making. Sheep farming contributes significantly to the economy and fertile land is utilised for the production of grapes and other fruits.



North West

North West is in the central north of South Africa and is completely landlocked, bordering Botswana, Limpopo, Gauteng, the Free State and Northern Cape. The predominant languages spoken in the province are Setswana, at 65%, and Afrikaans, at 7%.

Mining is the dominant sector of the North West's economy. A recent macro-economic overview of the province reported that North West is one of the poorer provinces of South Africa, and that it has a relatively small economic base compared to the other provinces.

Favourite local dishes from Batswana cuisine include sour sorghum porridge (ting) and tripe and intestines (diretlo) and wild spinach (morogo). A fire-baked bread (roosterkoek) eaten by the Afrikaner people is also a firm favourite in North West.





Western Cape

Western Cape is on the most southern tip of the African continent, bordering Northern Cape, Eastern Cape and the Atlantic Ocean on the west, and the Indian Ocean in the south. Languages spoken in Western Cape are Afrikaans (55%), English (19%) and isiXhosa (23%).

The coastal region is famous for snoek and sweet potatoes, as well as dishes made using Indian and/or Malayan spices. Another particularly well-loved local favourite is umngqusho, made from samp and beans. The region is also known for the excellent wine produced for local and overseas markets.

Western Cape produces fruits such as apples, table grapes, olives, peaches and oranges as well as a great variety of vegetables. Beef, pork, broiler chickens, ostrich and mutton are farmed here, but the region's greatest claim to fame is being the breadbasket of South Africa.



Glossary

a

amadumbe – Zulu indigenous vegetable.

amafekuku – deep fried yeast cakes from Mpumalanga.

amangqina – traditional cowheel soup from Mpumalanga.

amasi – sour milk enjoyed across South Africa.

b

bunny chow – quartered bread filled with curried meat and/or vegetables popular in KwaZulu-Natal.

d

dice – to cut into cubes.

diretlo – tripe and intestine dish from North West.

drizzle – to lightly sprinkle over food.

i

idombolo – steamed dumpling.

imbuya – Zulu indigenous wild spinach.

j

julienne – slice vegetables such as carrots into long and thin strips, like matchsticks.

k

knead – to mix and squeeze stiff dough by hand.

koeksisters – twisted, deep fried dough dipped in syrup.

l

lunonya seed – indigenous spice similar to caraway seeds grown in Limpopo.

m

mashonzha – the Venda name for mopane worms, which can be eaten dried, deep fried or cooked in tomato stew.

morogo/moroho – wild spinach.

mufhoho – indigenous spice similar to mustard seeds grown in Limpopo.

p

pap – maize meal porridge that can be served either soft, stiff or crumbly.

r

roll dough – using a cylindrical object like a rolling pin, roll out dough onto a flat surface.

roosterkoek – traditional Afrikaner fire-baked bread.

s

scrape – instead of peeling vegetables like carrots, scrape them to remove the rough outer skin, but preserve the nutrient-rich peel.

sift – instead of pouring dry ingredients like flour directly into the mixing bowl, sift it through a fine sieve or colander. Sieve to remove dirt particles and introduce air which helps products to be light.

t

ting – sour sorghum porridge from North West.

u

ujeqe – steamed bread popular in KwaZulu-Natal.

umbhido – wild spinach from Mpumalanga.

umngqusho – Xhosa speciality made of samp and beans.

umratha – stiff porridge from Mpumalanga.

umphokoqo – crumbly maize meal porridge in the Eastern Cape known as uphuthu in KwaZulu-Natal served with amasi (sour milk).

v

vetkoek – Afrikaner traditional deep fried yeast cakes.

w

whisk – beat maize meal to prevent lumps.

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