

Download Bobotie Recipe, Learn History Of This Traditional Cuisine

By Kontrei

Dated: Aug 18, 2009

This bobotie recipe will let you get a taste of traditional cuisine of the Cape of Good Hope. You can download this centuries old recipe and its history, and also get other traditional recipes from South Africa.

CAPE TOWN - Traditional bobotie recipe is now available as part of a series of local traditional recipes from the Cape in South Africa.

You can download this first traditional cuisine ebook with the full bobotie recipe, including notes about its origin and history.

Bobotie is also on offer as part of the cuisine you can taste on a unique tour through various regions of the Cape. The tour's focus is on local traditional cuisine, as well as whale viewing and spring flower viewing in Namaqualand.

Download your recipe at <http://www.kontrei.co.za/bobotie/>

You can taste an amazing version of bobotie at the first stop on this Cape Regional Food, Marine Drives and Spring Flowers tour, at the Kontreihuis Restaurant in Paarl.

Part of the menu is the following:

Chicken and yoghurt curry: Strips of chicken breasts simmered in a cumin and fennel curried tomato sauce, served with a dollop of yoghurt.

Lamb curry: A curry cooked with 13 different spices to form a composite whole reminiscent of an orchestra playing a concerto in your mouth.

Bobotie: Declared the national dish of South Africa in 1954, this delicate ground beef curry with sultanas and almonds and topped with egg and milk custard remains one of South Africa's favourites.

Denningvleis: One of the oldest recipes in our cuisine, denningvleis is prepared with a 3 bone leg of lamb, slowly simmered in a tamarind sauce.

Fenugreek Vegetable Curry: A vegetarian option where fenugreek is used to allow the sweetness of the vegetables to individually explode in your mouth.

Tripe and trotters (kerrie afval): A slave dish of tripe and trotters made as a sweet/sour curry, cooked with butterbeans.

With Yellow Rice, Basmati rice, pumpkin/sweet potato

Malva Pudding: A baked pudding served with vanilla custard - one of the most popular desserts in the Cape.

Sago Pudding: Reminiscent of boarding schools except this one is light and topped with a foamy meringue.

Melktert: A traditional milk tart dusted with cinnamon and served with a dollop of ice cream.

Get your bobotie recipe at <http://www.kontrei.co.za/bobotie/>

###

About Kontrei: Kontrei.co.za offers sustainable tourism to South and Southern Africa. Kontrei has productive relations with a number of unique, lesser known destinations such as the Kontreihuis Restaurant in Paarl where you can now get a free download of this bobotie recipe at <http://www.kontrei.co.za/bobotie/>

Category	Cuisine
Tags	traditional cuisine, traditional recipes, traditional recipe, bobotie, bobotie recipe
Email	Click to contact author
Phone	27-21-8711715
State/Province	Western Cape
Country	South Africa
Link	http://prlog.org/10313901



Scan this QR Code with your SmartPhone to-

- * Read this news online
- * Contact author
- * Bookmark or share online