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South African Cooking In The USA



Synopsis

South African cuisine is an exciting and unique blend of African, European, and Eastern cooking traditions distilled through years of diverse and dynamic culture into its own distinct style. Now, thanks to the charming and talented mother-daughter duo, Aileen Wilsen and Kathleen Farquharson, you can make all your favorite South African dishes in the right here in the States! With tips on procuring (or substituting) hard-to-find ingredients as well as accurate and reliable U.S. measurement conversions (so you'll never find yourself searching for a calculator in your kitchen cabinets!), *South African Cooking in the USA* is the most thorough and easy to follow South African cookbook on the market. Inside you'll find over 170 mouth-watering South African dishes, tweaked and perfected for easy and authentic preparation in American kitchens. Ranging from snacks and appetizers, to entrees and decadent desserts, the dishes in *South African Cooking in the USA* will inspire hundreds of varied and delicious three course meals. Some favorites include: Samosas Peppadew dip Bunny Chow Bobotie Oxtail Stew Hot Durban Curry Monkeygland Steak Chakalaka Buttermilk Rusks Melktert Hot Cross buns â And much more! A perfect gift for ex-patriots longing for the taste of home or Americans with a fondness or interest in South Africa, *South African Cooking in the USA* is an integral part of any respectable cookbook collection.

Book Information

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Customer Reviews

Lately I've been a bit homesick for my childhood home. I was born in America but spent twelve years living in South Africa from 1975-1987. In that time I learned how to cook many amazing recipes but one of the things I've continued to look for is a great recipe for chocolate eclairs. Well this book has one that really works well and is especially delicious. For new cooks making choux

pastry will be a bit of a challenge and I myself had to make the chocolate eclairs recipe twice to get it right. The secret is to put the dough in a ziplock plastic bag and to measure one corner with a ruler so you snip the corner where it is exactly one-inch across. Otherwise your pastries won't cook properly and will have lots of dough in the middle. I also ended up adapting the recipe slightly so they cooked at 400 degrees for fifteen instead of ten minutes and then I dried them out by cooking them at 325 for twenty-five minutes instead of ten-twenty. When making the chocolate glaze I also added some confectioners' sugar to taste. The other recipes I tried from this cookbook were Bobotie and Sausage Rolls. The sausage rolls are flavored with thyme which makes them a little more gourmet. I cooked a few of them but froze the rest. This is a good recipe for an appetizer at a party. I'm still going to have to find out what was in them when I was a child since they didn't taste exactly as I remembered. The Bobotie turned out perfect although I'll add more curry powder next time. Bobotie is sort of like a South African meatloaf made in a casserole dish with an egg custard on top. It is really good with chutney and rice. I plan on making the Buttermilk Rusks next.

This cookbook is fantastic and I have used it over and over again. I'm not a cook by nature but this book provides simple, straight-forward steps to making truly delicious food. I've had so many compliments on the food I've made from this book in the last four or so years that I usually refer to it when I'm entertaining. My favorite main dish is the chutney chicken, and my South African husband enjoys the bobotie. I've made it several ways, including with ground turkey instead of lamb. Other great mains include fish breyani, fish and chip bake, vegetarian bobotie (surprisingly good!), chicken breyani, chicken pie, cottage pie, and hot durban curry. The mock snoek pate is perfect for entertaining either at your own place or for taking something along to someone else's house. For a hot day, the cold cucumber soup is delicious and easy to make in advance. The mixed vegetable soup is my favorite. Mouth-watering sides include tamatiesmoor, red cabbage with apple, Armadillo potatoes, candied carrots, and glazed sweet potatoes. Some of my favorite salads are the curried peaches (always a hit, although I use a little less onion than what is called for), the bean salad, and the copper penny salad. My kids like the putupap, or corn porridge. I was surprised at how simple yet how tasty it is! I feel like most of the recipes in the book are like that. Everyone loves fresh bread straight out of the oven, and both the brown and white are winners. I haven't made many of the desserts myself but I've been lucky to have had quite a few of them (thanks to others in my family), and they are all fabulous!

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