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generations with
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Faldela Williams
wrote three
cookbooks,
including The Cape
Malay Cookbook,
which became
instrumental in
preserving the

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of Cape Malay

cuisine. This

cultural group

developed a

characteristic

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music. An

interesting secular

folk song type, of

Dutch origin, is

termed the

nederlandslied. The

language and

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musical style of
this genre reflects
the history of South
African slavery; it is
often described
and perceived as
'sad' and
'emotional' in
content and
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Williams (1952 - 25
May 2014) was a
South African cook
and cookbook
writer whose books
inspired
generations of
cooks after her to
preserve the
culinary heritage of
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Madiba by Sean

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1,5kg de-boned
pork belly 50g
coarse salt 50g
brown sugar 2g
roasted coriander
seed 2g roasted
cardamom seed 1
litre rendered duck
fat Remove rind
from belly then rub
with a mixture of
the sugar, salt and

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crushed seeds.

Cure for eight
hours in the fridge.

Rinse off salt crust
and place in a
roasting pan.

Cape Kontrei

Cuisin#1F9A90 -

WOSA

Method. Cut bread
into quarters and
soak in 200mlmilk.

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Mix a little milk with custard powder and 5mls sugar to form a smooth paste. Heat remaining milk to boiling point. Add hot milk to custard paste, return to stove and stir to form a thin, runny custard.

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community is rich
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traveling through
South Africa with
my mother, we
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Richly flavored,
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curries, roasts and
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featuring plenty of
aromatic spices
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