

A Taste of the Cape evening

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Cape Town was a traditional stopping off point between Holland and the spice islands of the Dutch East Indies. This was known as “The Spice Route”. Today the Cape’s cuisine reflects this heritage, refined by the Cape’s multi cultural communities.

Eveanne has modified traditional recipes with her own interpretations. We have added some of favorite and typical South African variations.

You will experience the following:

Biltong (*Bull tong*) – Air-dried prime beef. Made in my man cave. Similar to Jerky but much, much more flavor. Real South African men first bite into a hot chili to wake the taste buds up, then a piece of cheddar cheese to cool the mouth and then the Biltong to experience its full flavor. If your mouth is still on fire – wine. Try it

Bobotie (*Bo booty*) Prime beef ground and spiced with traditional Malay herbs. Cooked and then topped with egg which is further baked. Traditionally eaten with rice and Sambals (see below).

Boerie Rolls (*Burri Rolls*) Boerewors (Literally translated as “Farmers Sausage). Beef, Lamb and Pork sausage grilled on the fire. Made to my recipe by The Old Town Market in Lewisville, with spices hand carried from the Cape. Make your own combination in a fresh roll with cole slaw and sambals. Messy is better!

Sambals (*Sum bals*) Indian and Malaysian accompaniments, which add to the flavor and spiciness of the food. These include

- Mrs. Balls Chutney – a South African staple.
- Atchar – made from Mango and curry spices – hot and spicy
- Eveanne’s Lime Pickle and Chili Sauces – ***home made and ranging from hot to “be very, very careful”!***
- Poppadums’ – Indian snack, thin and crispy, eaten with Curry
- Roti – A flat Indian bread, also eaten with Curry

For the less adventurous

- Grilled and seared Beef Tenderloin marinated Cape Style
- Home oven roasted Chickens
- Salads
- Any of the above sauces to your liking