

The book cover features a decorative border of various South African dishes, including bobotie, bunny chow, and braai, arranged in a grid-like pattern around the central text and illustration.

# *The South African Illustrated Cookbook*



*Lehla Eldridge*



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*Lehla Eldridge*

*This book is dedicated to my friends, my family, Bert and baby Evie.*



# Explanatory notes

## MEASURES AND WEIGHTS:

1 kg = 2 lb 3 oz (rounded off)

100 g = 3.5 oz (rounded off)

1 litre = 1 pint 15 fl oz (rounded off)

250 ml = 9 fl. oz (rounded off)

CAKE FLOUR: equivalent to plain flour

PAWPAW: another name for papaya

SNOEK: an oily fish not unlike mackerel

BREDIE: a stew

PEPPADEW: a piquant member of the capsicum family

NAARTJIE: citrus fruit very similar to tangerine

SOSATIES: kebabs

BRAAI: the South African term for barbeque

MEALIE MEAL: also known as corn meal or maize meal

SAMP: consists of coarsely crushed maize kernels









# Introduction

I was raised in England and my first memories of anything South African were visits from sun-kissed relatives and blue airmail letters for my Mum; the connection with South Africa always seemed far away and remote.

In 1995 I was awarded a scholarship to study theatre in South Africa for nine months. I spent the time travelling around, working with various theatre companies and it was then that I felt a real attraction to this country. Since then I have been back and forth, and when in Europe, I find the colours, space and richness of South Africa on my mind. That, and a friend who said I would never have the guts to do it, inspired me to approach publishers with an idea for a book.

Convinced that nothing would come of it, I received a call early one morning while rehearsing for a play in England, 'Lehla, I'm from Struik, we would like you to do the book.' I was thrilled; I would be returning to South Africa and would be able to explore this vast country through the eyes of people of different cultures.

My culinary travels have taken me all over and I have met amazing people, with incredible stories. I have been so moved by their willingness to share recipes, ways of cooking, secret tips and stories and I feel privileged to have entered so many lives and kitchens. All the illustrations have sprung from things that I have seen around me, and the recipes are from the people of South Africa. In passing on these recipes I have tried to do so faithfully – as they were given to me. But if there is the odd extra dash of oil, or pinch of pepper, please forgive me. I have cooked all these dishes and they are delicious.

I want to thank everybody who has helped me to compile this book. I hope you enjoy preparing these meals as much as I do and that they will bring a little of South Africa into your home, wherever it may be!

*Lehla Eldridge*

Cape Town

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LEFT: *Me, at work.*