



Be good! You will be lonesome
Mark Twain

Following the Equator with Mark Twain: The Recipes

Compiled and Edited by Ellen Show
November 2009
Morrison Regional Library



Hawaii
Fiji
Australia
New Zealand
India
Mauritius
South Africa

Contents

Introduction....3

Hawaii

Quick and Easy Shoyu Chicken....4

Sticky Rice....5



Fiji

Fish in Lolo....6

Chicken Curry....7

Coconut Chutney....8



Australia

Rabbit Stew (made with chicken)....9

Aussie Damper....10

Pavlova....11



New Zealand

Minted Lamb Pie....12

Kumara (Sweet Potato) Soup....14

Maori Bread....15

ANZAC Biscuits....16



India

Moghul Braised Chicken....17

Samosas....18

Vegetable Curry....19

Basmati Rice....20

Mango Lassi....21



Mauritius

Chicken Briani....22

Coriander Chutney....24

Mauritian Salad....25



South Africa

Bobotie (Curried Meatloaf)....26

Yellow Rice with Raisins....27

Chakalaka....28

Mealie Pap....29

Creamy Chicken Curry....30

Tomato Bredie....31

Melk Tert....32



Sources for Ingredients....34

Photography Sources....35

Introduction



Beginning in 1895, Mark Twain spent two years circumnavigating the globe on a speaking tour. In 1897, he released a book entitled *Following the Equator: A Journey Around the World*, which documented his voyage. In January 2009, I began a series of programs called **Following the Equator with Mark Twain**, which provided “snapshots” of the places he visited. Each program included a slideshow, a discussion of the history, geography, and culture of the particular country, and a sampling of the food. Many of the people who attended my presentations requested recipes for the dishes they had sampled. One person even suggested I assemble a book of recipes from the series. This compilation is for everyone who expressed interest in recreating the dishes I prepared. I hope it will also appeal to anyone interested in exploring a foreign country through food.

A few notes on the recipes that follow:

I relied upon a combination of books and websites for these recipes, and have provided the sources for each recipe to allow further exploration of the resources and recipes.

Many of these recipes originally contained metric measurements. For convenience, I have converted all measurements from metric to English. I have also standardized the following English abbreviations:

tsp = teaspoon
tbsp = tablespoon
C = cup
lb = pound
oz = ounce

To maintain the “flavor” of the recipes as written, I have retained alternate spellings (for example, “yoghurt” and “chilli”), and preserved the original wording of the recipes where possible.

Hawaii



Quick and Easy Shoyu Chicken

Ingredients

Tailgate Teri Sauce

1 tbsp minced fresh cilantro

½ tsp Chinese five-spice powder

2 lb chicken thighs, skinned and boned

1 tbsp cornstarch

2 tbsp water

Green onions, chopped (optional garnish)

Bean sprouts (optional garnish)

For the Tailgate Teri Sauce:

1 C soy sauce

Juice of 1 medium orange

½ C mirin (Japanese sweet rice wine)

½ C water

¼ C packed brown sugar

1½ tsp minced fresh garlic

1½ tsp peeled and minced fresh ginger

Combine all ingredients and blend well.

Method

1. Combine teri sauce, cilantro, and five-spice powder in a medium sauce pan.
2. Bring to a boil, add the chicken, and simmer for 20 minutes or until tender.
3. Remove chicken from sauce and set aside, tenting with foil to keep warm.
4. Measure the sauce and return 1 cup to the pan.
5. Blend the cornstarch and water.
6. Bring the 1 cup of sauce to a boil and stir in the cornstarch mixture to thicken into a glaze.
7. Return the chicken to the pan and stir to coat well.
8. Garnish with green onions and bean sprouts, if desired.

Source: Choy, Sam, Steven Goldsberry, U'i Goldsberry. (1999). *Sam Choy's island flavors* (pp. 183-184). New York: Hyperion.

Hawaii



Sticky Rice

Ingredients

2 C short-grain rice

2 $\frac{3}{4}$ C water

Method

1. Rinse rice well under running water.
2. Combine rinsed rice with 2 $\frac{3}{4}$ C water in a large pot. Stir lightly.
3. Let stand 30 minutes.
4. Cover pot and bring to a boil over medium heat.
5. Reduce to low heat, simmer 25 minutes or until all water is absorbed.
6. Remove from heat, and let it stand covered for 15 minutes.
7. Serve.

Source: Cooking instructions from the Koshihikari Premium Short-grain Rice package.

Fiji



Fish in Lolo

Ingredients

- 4 fillets of yellowfin tuna
- 1 onion, sliced
- 2 plantains, sliced into coins
- 4 14-oz cans of coconut milk (lowfat okay)

Method

1. Season both sides of tuna fillets with salt and pepper.
2. Place tuna fillets in a pot large enough to hold all four without crowding.
3. Separate onion slices into rings and distribute evenly over fillets.
4. Distribute plantain coins evenly over fillets.
5. Pour cans of coconut milk over fillets, until they are covered.
6. Over medium heat, bring coconut milk to a gentle boil.
7. Cover and reduce heat to a simmer.
8. Cook until onions and plantains are soft, and fish is cooked through, but not dried out (about 20 minutes for thicker fillets).

Source: Adapted from information and recipes on The Fijian Kitchen website. Retrieved 2/17/09 from <http://www.fjibure.com/namatakula/food.htm>

Fiji



Chicken Curry--Fiji Style (adapted from the Goat Curry recipe)

Ingredients

8 cloves of garlic crushed with 1 tsp salt (use a mortar and pestle or mini-chopper)	2 tbsp imported Indian curry powder
1 tsp each ground fenugreek, coriander, and black mustard seed	½ C cilantro, chopped
2 tsp each cumin and turmeric powder	2 lb chicken thighs, cut into 1-inch cubes
5 small, red, hot dried chiles, such as piquins, crushed, or substitute	1 large onion, chopped
1 tsp cayenne powder	3 medium potatoes, peeled and diced
	2 carrots, peeled and diced
	⅓ C yogurt

Method

1. Mash the garlic and salt together in a mortar. Add just a bit of water to make a paste.
2. Add the ground fenugreek, coriander, black mustard seed, cumin, turmeric powder, red chile, and curry powder and pound to a smooth paste, adding water as necessary.
3. Transfer to a large pan and add half the cilantro. Add two cups of water and cook over medium heat until thick.
4. Add the meat to the sauce. Stir to coat the meat and partially cover, stirring occasionally. Cook over medium heat for 30 minutes.
5. Add ½ of the chopped onion, the potatoes, and carrots, partially cover and cook for 45 minutes or until everything is tender. The sauce should be very thick. At the end, add the rest of the chopped onion, stir in the yogurt, and sprinkle the rest of the cilantro over the top.
6. Serve over rice with chutney.

Source: The Fijian Kitchen website. Retrieved 2/17/09 from <http://www.fijibure.com/namatakula/food.htm>

Fiji



Coconut Chutney

Ingredients

- 2 C freshly grated coconut
- 1 C chopped fresh cilantro leaves
- 3 tbsp lemon juice
- 1 tbsp minced fresh ginger
- 1 green chile, such as serrano or jalapeño, seeds and stem removed, minced
- salt to taste

Method

1. In a bowl, combine all ingredients and mix well.
2. Allow to sit, covered, in the refrigerator for at least one hour to blend the flavors.

Source: The Fijian Kitchen website. Retrieved 2/17/09 from <http://www.fijibure.com/namatakula/food.htm>

Australia



Rabbit Stew (made with chicken)

Ingredients

2 lb chicken thighs, skinned and boned
1 onion, chopped
2 carrots, sliced
1³/₄ C water
1 tsp spiced vinegar
1 tbsp flour
Additional cold water
Salt and pepper to taste

For the spiced vinegar:

1 pt vinegar
1 tbsp molasses
1 tsp golden syrup
Pinch of salt
1/4 tsp pepper
1 onion, grated for juice
1 clove garlic, crushed for juice
1 tsp lemon zest
1/2 C water
1/4 tsp ground ginger

Blend all ingredients together, and store in a cool place.

Method

1. Cut chicken into bite-size pieces.
2. Put chicken in a stewpan with 1³/₄ cups of water and chopped onion.
3. Bring to a boil, reduce heat, cover, and simmer for 30 minutes.
4. Add the sliced carrots, simmer further 30 minutes or until meat is tender.
5. Blend flour with a little extra cold water, add to stew with spice vinegar, and stir until thickened.
6. Add salt and pepper to taste.

Source: Food Down Under. Retrieved 3/21/09 from <http://fooddownunder.com/cgi-bin/search.cgi?q=australia>

Australia



Aussie Damper

Ingredients

3 C self-rising flour

1½ tsp salt

3 oz butter

½ C milk

½ C water

Extra flour

Method

1. Preheat oven to 500°F.
2. Sift flour and salt into a large bowl.
3. Rub in butter until mixture resembles fine bread crumbs, fairly even in size.
4. Add combined water and milk all at once; mix lightly with a sharp knife in a cutting motion. Turn out on to a lightly floured board.
5. Knead dough into a round, and place on greased oven tray.
6. Pat dough out to a 6-inch circle. With a sharp knife, cut 2 slits across dough, like a cross, approximately ½ inch deep.
7. Brush top of dough with milk, and sift a little extra flour over dough.
8. Bake for 10 minutes or until golden brown. Reduce heat to 375°F, and cook a further 15 minutes.
9. Eat warm with butter, and golden syrup or honey.

Source: Retrieved 3/21/09 from <http://fooddownunder.com/cgi-bin/search.cgi?q=australia>

Australia



Pavlova

Ingredients

4 large egg whites at room temperature	1 tsp vanilla extract
1 C granulated sugar	1 pint heavy cream for whipping
½ tsp cornstarch plus extra for dusting	3 C assorted berries (sliced strawberries, whole raspberries, whole blueberries)
½ tsp vinegar	

Method

1. Preheat oven to 250 °F
2. Lightly grease baking sheet, then cover with parchment paper. Using 8-inch-round cake pan, trace circle onto parchment paper. Dust parchment paper with cornstarch.
3. Reserve ⅓ C sugar and sift together with cornstarch.
4. To make meringue, put egg whites into very clean and dry metal or copper bowl. Using hand or stand mixer, whisk egg whites on medium speed until frothy.
5. Increase mixer speed and begin to gradually add sugar, 1 to 2 tablespoons at a time, reserving cornstarch-sugar mixture to add last. Keep whisking as sugar is added. When glossy and stiff, fold in vinegar and vanilla.
6. Mound egg whites high onto parchment paper and smooth to fill circle.
7. Bake 1½ hours. Exterior should be crunchy and light brown, but middle will remain soft. Crack open oven door and cool completely.
8. Whip cream in chilled bowl, spread over meringue and top with assorted fruit 30 minutes before serving.

Source: Retrieved 3/21/09 from <http://fooddownunder.com/cgi-bin/search.cgi?q=australia>

New Zealand



Minted Lamb Pie

Ingredients

2 to 2½ lb lamb	2 C beef stock
2 tbsp oil	½ cup raisins
1 carrot, peeled and diced	2 tbsp barley or brown rice
2 medium-sized parsnips, peeled and diced	¼ C chopped fresh mint
1 leek, trimmed, washed and finely diced	1 14-oz packet flaky puff pastry, defrosted
1 tsp minced garlic	1 egg, beaten to glaze with
2 tsp flour	

Method

1. Cut the lamb into bite-size pieces. Season well with salt and pepper and brown quickly in hot oil. Set aside.
2. Add the vegetables to the pan and stir over a moderately high heat until the vegetables begin to brown a little (you may need to add a touch more oil). Stir in the garlic and flour and cook for 1 minute. Do not overcook, as the garlic will burn.
3. Stir in the stock, raisins and barley or brown rice and bring to a simmer. Transfer with the lamb to a casserole and cover.
4. Cook at 325°F until the lamb is tender. Cool, then stir in the mint and season with salt and pepper. Before covering with pastry, cool thoroughly. (If the pastry is placed on a hot filling it will have a soggy layer underneath.)
5. Transfer the cold mixture to a large pie dish, preferably one with a lip. Place a pie funnel in the center if you have one, or make one from foil. Brush the rim with water or egg glaze.

New Zealand



Minted Lamb Pie (cont.)

6. Roll out the pastry to 1 inch larger than the pie dish. Cut a ½ inch-wide strip and press this onto the pie dish rim. Then carefully roll the larger piece of pastry over the pie, pressing the top firmly onto the pastry-covered pie rim. Do not pinch the edges together though. Trim the edges.
7. Brush with egg glaze, being careful to avoid any glaze going over the cut edge of the puff pastry, as it will glue the layers together and prevent them from rising.
8. Bake at 425°F for 10 minutes; then lower the temperature to 400°F for a further 20 minutes until the puff pastry is well risen and golden and the filling is hot.

Source: New Zealand Beef & Lamb. Retrieved 4/9/09 from <http://www.recipes.co.nz>

New Zealand



Kumara (Sweet Potato) Soup*

Ingredients

- 3 ½ tbsp butter
- 2 tbsp bacon or smoked ham trimmings (optional)
- ½ C onion
- ½ C celery
- 3½ tbsp flour
- 1¾ C sweet potato (cut into 1-inch cubes)*
- 4 C white stock (chicken or vegetable)
- 1 bouquet garni
- Salt and pepper to taste

* Can also be made with pumpkin.

Method

1. Melt the butter in a thick bottom pan.
2. Add the bacon, roughly chopped vegetables and cook without colour for 5 minutes.
3. Mix in the flour and cook out without colour for 5 minutes.
4. Add the sweet potato.
5. Remove from the heat and gradually add the warmed stock.
6. Stir to the boil and add the bouquet garni, season lightly.
7. Simmer for 1 hour, stirring and skimming occasionally to remove any scum that might come to the surface.
8. Pass firmly through a chinois or purée in a liquidizer (blender or food processor).
9. Return soup to a clean pan, bring to the boil, correct seasoning and consistency.

Source: New Zealand Recipes. Retrieved 4/9/09 from <http://www.hub-uk.com/tallyrecip03/recipe0135.htm>

New Zealand



Maori Bread (this recipe combines a Rewena bread recipe method with Paraora Parai ingredients)

Ingredients

1³/₄ C flour

4 tsp baking powder

1 tsp salt

Milk

Method

1. Preheat oven to 400°F.
2. Sift the flour, baking powder and salt together twice.
3. Add enough milk to form a dough.
4. Knead for 5 minutes and roll into a cylinder.
5. Break or cut into even size pieces and roll to an oval shape.
6. Lightly spray ovals with liquid oil and place on a cookie sheet.
7. Bake for approximately 35 minutes or until baked through.

Source: New Zealand Recipes. Retrieved 4/9/09 from <http://www.hub-uk.com/tallyrecip03/recipe0135.htm>

New Zealand



ANZAC Biscuits

Ingredients

1 C plain flour, sifted	½ C butter
1 C rolled oats (regular oatmeal), uncooked	2 tbsp golden syrup (or honey)
1 C desiccated coconut	1 tsp bicarbonate of soda
1 C brown sugar, packed	2 tbsp boiling water

Method

1. Combine the flour, oats, coconut and sugar in a bowl.
2. Melt the butter and golden syrup (or honey) in a saucepan over a low heat..
3. Mix the bicarbonate of soda with the water and add to the butter and Golden Syrup.
4. Pour the liquids into the dry ingredients and mix well.
5. Spoon dollops of mixture, about the size of a walnut shell, onto a greased tin leaving as much space again between dollops to allow for spreading.
6. Bake in a moderate oven, 350°F, for 15-20 minutes.
7. Cool on a wire rack and seal in airtight containers.

Tips

1. The American tablespoon is a little smaller than the British tablespoon, so be generous with your golden syrup (or honey) and water.
2. If you have any thoughts of keeping the biscuits for any length of time I suggest you keep them in a padlocked container!

Source: Aussie Slang. Retrieved 4/9/09 from

India



Moghul Braised Chicken

Ingredients

3 tbsp vegetable oil	2 tsp ground coriander seeds
2 medium onions, finely chopped	¼ tsp cayenne pepper
3 garlic cloves, finely chopped	1½ C natural yogurt
1½ tbsp fresh ginger, finely chopped	2 lb boneless skinless chicken thighs, cut into strips
12 green cardamom pods, slightly crushed	½ C heavy cream
1 tsp ground cloves	Salt to taste
4 bay leaves	¾ C boiling water

Method

1. Heat the oil over medium heat in a large, heavy-based, nonstick frying pan and add the onions. Cook for about 7-10 minutes, stirring until the onions begin to brown, then stir in the garlic and ginger. Cook, stirring for another minute, and add the cardamom, cloves, and bay leaves. Cook, stirring constantly, for about 5 minutes, until the cardamom pods are puffed and the bay leaves start to color.
2. Add the coriander and cayenne pepper, stir together for a few seconds, and add 2 tbsp of the yogurt. Cook, stirring, until just about dry. Add another 2 tbsp of yogurt and repeat. Continue to cook in this way until all of the yogurt is used.
3. Stir in the chicken and cook for about 5 minutes, stirring and tossing, until the meat is no longer pink. Add ¾ C boiling water and 1 tsp of salt and mix well. Reduce the heat to medium-low and simmer for about 25 minutes, stirring from time to time, until the chicken is tender and coated with a thick sauce.
4. Stir in the cream and remove from the heat. Cover, and allow the dish to rest for an hour before serving. Reheat gently, taste, and add more salt if necessary.

Source: Shulman, Martha Rose. (2002). *The food lover's atlas of the world*

India



Samosas

Ingredients

2 C all purpose flour	2 fresh green chiles, chopped
½ tsp nigella seeds	½ C fresh cilantro, chopped
½ tsp salt	1 tsp whole cumin seeds
2 tbsp vegetable oil, plus 3 to 4 C for frying	1 tsp ground cumin
3 medium potatoes, peeled	½ tsp chile powder
1 bunch green onions, chopped	½ tsp salt

Method

1. In a medium bowl, whisk flour, nigella seeds, and salt. Add 2 tbsp oil and use fingertips to blend until mixture resembles fine bread crumbs. Add $\frac{3}{4}$ C warm water and mix with a fork until dough just comes together. Transfer to a lightly floured surface and knead until smooth and elastic, about 10 minutes. Lightly oil a medium bowl, form dough into a ball, and place in the bowl. Cover with a towel and set aside to rest for 30 minutes.
2. In a large pot, cover potatoes with cold water. Bring to a boil, then reduce heat and simmer, covered, until tender, about 20 minutes. Drain and finely dice.
3. In a large bowl, combine diced potatoes, green onions, chiles, cilantro, cumin seeds, ground cumin, chile powder, and salt. Mix with a fork, mashing potatoes slightly to incorporate all ingredients.
4. Divide dough into 12 equal portions. Roll portions into balls. On a floured surface using a floured rolling pin, roll out 1 ball into 6-inch circle. Cut circle in half. Fold 1 corner of semicircle up and over middle. Fold second corner over to make a triangle, and pinch corners of the triangle to seal. Hold the triangle in your hand with open rounded side facing up and let dough fall open to make a cone. Fill cone with 2 tbsp potato mixture, then pinch along the rounded side to seal. Repeat with remaining dough and filling.
5. In a heavy, deep skillet over moderate heat, heat 2 inches of oil until thermometer registers 360°F. Working in batches, fry samosas until golden brown, 1 to 2 minutes per side. Drain on paper towels. Serve warm.

Source: Shazia Amin

India



Vegetable Curry

Ingredients

2 C shelled peas	For the spice paste:
1 medium-sized cauliflower	1 tsp cumin seeds
½ C mustard oil	1 tbsp coriander seeds
1 tbsp ginger-garlic paste	2 cloves
1 onion (peeled and ground to a paste)	½" stick of cinnamon
1 tsp turmeric powder	
2 bay leaves	
salt to taste	

Method

1. Grind all the ingredients for the spice paste.
2. Cut the cauliflower into florets.
3. Heat the oil and fry the onion paste together with the ginger-garlic paste until they are a light golden brown in colour.
4. Lower the flame and add the bay leaves.
5. Mix in the cauliflower pieces and the turmeric powder.
6. Fry over a medium heat till the cauliflower is half cooked and turns a light golden brown.
7. Lower the flame and mix in the shelled peas and the spice paste and 1½ cups of water.
8. Cover with a lid and cook over a low flame till the vegetables are cooked.
9. Serve hot with boiled rice.

Source: Recipes Indian. Retrieved 5/25/09 from <http://www.recipesindian.com/>

India



Basmati Rice

Ingredients

2 C basmati rice

5 whole green cardamom pods

2³/₄ C water

Method

1. Thoroughly rinse rice in running water.
2. Put rice in a bowl, cover generously with water, and leave it to soak for 30 minutes.
3. After the rice has soaked, drain thoroughly.
4. In a heavy pan, combine the drained rice, 2³/₄ C of water, and the cardamom pods. Bring to a boil.
5. Cover very tightly, turn the heat down to very, very low, and cook for 25 minutes.
6. Remove from heat. Leave the pot covered and undisturbed for 10 minutes or more.
7. Remove the cardamom pods and serve.

Source: Jaffrey, Madhur. (1999). *Madhur Jaffrey's world vegetarian* (pp. 374-375). New York: Clarkson Potter/Publishers.

India



Mango Lassi

Ingredients

2 C plain nonfat yogurt

2 to 3 C water

½ C sugar

1 to 2 large ripe mangoes, peeled and chopped

Method

1. In a blender, combine the yogurt, sugar, mango and half the water.
2. Process until smooth.
3. Add more water as needed to achieve desired consistency.
4. Serve.

Source: Batra, Neelam. (1998). *The Indian vegetarian: Simple recipes for today's kitchen* (p. 38). New York: McMillan Publishing.

Mauritius



Chicken Briani

Ingredients

2 C onions	For the rice:
1 to 2 lb boneless chicken thighs	1½ C long-grain basmati rice
2 tbsp garlic and ginger paste	3 C water
8½ tbsp vegetable oil	½ tsp black cumin seeds
1 tsp black cumin seeds	2 green cardamom pods
1 C plain yoghurt	2 cloves
1 tbsp salt	1 small stick cinnamon
1 tsp garam masala	1 tsp salt
1 bay leaf	½ tsp saffron threads in 2 tbsp
4 tbsp single cream (heavy cream or half & half is okay)	warm milk
2 tbsp chopped coriander	

Method

1. Rinse the rice under cold water until the water runs clear.
2. Put the rice and enough water to cover in a bowl and leave to soak for 30 minutes.
3. Slice the onions finely.
4. Cut the chicken into large cubes or according to your preference.
5. Heat some oil in a heavy-based saucepan or flameproof casserole over a medium heat and fry the sliced onions, stirring occasionally. Add the black cumin seeds, garlic and ginger paste. Cook until the onions are dark brown and crisp.
6. Add the chicken and continue stir-frying until all the pieces are slightly fried. Cover the pan, lower the heat and simmer for about 5 minutes.

Mauritius



Chicken Briani (cont.)

7. Stir in 1 C water, the yoghurt, salt, garam masala and bay leaf, then cover the pan again and bring to the boil. Lower the heat and simmer for about 45 minutes until all the liquid is absorbed and the meat is tender.
8. When the meat is tender before all the liquid is absorbed, remove the meat pieces and cook the remaining mixture over a high heat, stirring occasionally to evaporate excess water until a creamy consistency is obtained. Then return the meat in.
9. Remove from the heat and stir in the cream, crisp onions and chopped fresh coriander. Set aside.
10. Drain the rice and heat some oil in another heavy-based pan or flameproof casserole over a high heat and add the cumin seeds, cardamom pods, cloves and cinnamon.
11. When the seeds splutter, add the drained rice, stirring to coat each grain in oil. Add in about 3 C water and bring to the boil. Cover the pan, lower the heat and simmer for about 8 minutes until all the liquid is absorbed and grains are almost tender.
12. Soak the saffron threads in the warm milk. About 30 minutes before you want to serve, set the oven to 300° F.
13. Put half the beef mixture in the washed-out casserole or an ovenproof dish with a tight fitting lid. Top with half the rice, then layer with the remaining beef mixture and rice. Spoon the saffron and milk over the top. Cover and bake for 30 minutes.

Source: Mauritius Food Recipes. Retrieved 6/21/09 from <http://www.mauritiusfoodrecipes.com/viewing-recipe-4-14/rice/briani.html>

Mauritius



Coriander Chutney

Ingredients

- 1 C finely chopped coriander leaves
- 2 tomatoes
- ½ tsp of garlic and ginger
- 2 green chilies
- Salt

Method

1. Grind chopped coriander leaves, tomatoes, chilies and the garlic and ginger paste together.
2. Add a pinch of salt to taste prior to serving.

Source: Mauritius Food Recipes. Retrieved 6/21/09 from <http://www.mauritiusfoodrecipes.com/viewing-recipe-3-6/chutneys/coriander-chutney.html>

Mauritius



Mauritian Salad

Ingredients

- 2 medium-size beetroots
- 3 big carrots
- 3 big potatoes
- 3 large eggs
- 1 big onion (finely sliced)
- 1 tbsp vinegar
- 5 to 6 tbsp oil
- Salt
- ¼ tsp freshly ground pepper
- 1 tbsp chopped shallot (optional)

Method

1. Boil potatoes, carrots, beetroots and eggs in a good amount of salted water until vegetables are just cooked and eggs, hard-boiled. Drain.
2. When cool, peel and cut all (including the eggs) into thin slices.
3. Place in a large salad bowl. Add sliced onion to mixture.
4. Dissolve in a separate bowl, the oil, vinegar, salt and pepper
5. Pour this dressing (vinaigrette) on the vegetable mixture and mix well.
6. Sprinkle over chopped shallot, if desired.
7. Serve with bread.

Source: Mauritius U.K. Connection. Retrieved 6/21/09 from

South Africa



Bobotie (Curried Meatloaf)

Ingredients

1¼ C milk	½ C dried apricots, chopped
1 slice crusty white bread	½ C raisins
½ C slivered almonds	½ apple, peeled, cored, and chopped
1 tbsp butter	2 tbsp prepared fruit chutney
1 medium onion, chopped	½ tsp salt
2 eggs	½ tsp black pepper
1 lb lean ground beef	2 bay leaves
2 tsp mild curry powder	
3 tbsp fresh lemon juice	

Method

1. Preheat oven to 350°F. In medium bowl, pour milk over bread. Let soak for 30 minutes.
2. Spread almonds evenly across a cookie sheet. Bake 5 to 7 minutes, or until golden brown. Remove from oven and allow to cool.
3. Melt butter in a medium-sized skillet over medium heat. Add onion and sauté 5 minutes, or until soft. Remove from heat.
4. Squeeze the milk from the bread. Leaving the milk in the bowl, set bread aside. Add eggs to milk and beat with a whisk or fork. Set aside.
5. In a large bowl, use your hands to combine bread, meat, curry powder, lemon juice, almonds, apricots, raisins, apple, chutney, salt, and pepper. Add onion and half of the egg mixture and combine thoroughly.
6. Use a rubber scraper to scrape meat mixture from bowl into a greased 9X5-inch loaf pan. Press bay leaves onto top of loaf and pour remaining mixture over all. Bake for about 1½ to 2 hours, or until a meat thermometer inserted into the center of the loaf reads 160°F.

Source: Cornell, Kari A. in consultation with Peter Thomas. (2005). *Cooking the Southern African way: Culturally authentic foods including low-fat and vegetarian recipes* (p. 51). Minneapolis, MN: Lerner Publications Co.

South Africa



Yellow Rice with Raisins

Ingredients

- 3 C water
- 2 tbsp sugar
- 1 tsp turmeric
- 1 tsp salt
- 1 tbsp butter
- 1 stick cinnamon
- ½ C raisins
- 1 tsp lemon zest
- 1 C short-grain white rice

Method

1. In a medium saucepan, combine water, sugar, turmeric, salt, butter, cinnamon, raisins, and lemon zest. Mix and bring to a boil over high heat.
2. Add rice and stir to combine. Cover, reduce heat to a simmer, and cook for about 25 minutes, or until water is absorbed and the rice is tender.
3. Serve hot.

Source: Cornell, Kari A. in consultation with Peter Thomas. (2005). *Cooking the Southern African way: Culturally authentic foods including low-fat and vegetarian recipes* (p. 43). Minneapolis, MN: Lerner Publications Co.

South Africa



Chakalaka

Ingredients

3 medium onions, diced
3 medium carrots, diced
2 medium green bell peppers, diced
3 medium tomatoes, diced
curry powder, to your taste
salt, to taste
pepper, to taste
green chilies (optional)
1 vegetable bouillon cube
1 tsp chili powder
1 to 2 tbsp oil, for frying
¼ C water

Method

1. Fry the onion and pepper together with oil in a large skillet until the onion is clear.
2. Add the grated carrots, tomatoes, water, and all the seasonings to your liking and cook for about 15-20 minutes.

Source: International Vegetarian Union: African Vegan Recipes.
Retrieved 7/22/09 from <http://ivu.org/recipes/african/chakalaka.html>

South Africa



Mealie Pap

Ingredients

4 C water

1 tsp salt

2 C maize meal (mealie meal, a.k.a. finely ground cornmeal)

½ C cold water

Method

1. Bring water and salt to the boil in a large heavy-based saucepan.
2. Add maize meal. Stir thoroughly with two pronged fork and cover with lid.
3. Reduce heat and simmer for 40 minutes and stir occasionally.
4. Add ½ C cold water to porridge. Simmer over low heat for another 30 minutes.

Source: Instructions on the Iwisa No.1 Super Maize Meal package.

South Africa



Creamy Chicken Curry

Ingredients

2 tbsp sunflower oil	3 tsp vinegar
1 onion, chopped	1 apple, peeled and diced
2 cloves garlic, crushed	2 potatoes, quartered
2-3 tbsp curry powder	1 C red lentils
2½ C chicken stock	½ C green beans, halved
3 chicken breasts (or 6 thighs)	1 C butternut, peeled and cubed
2 tomatoes, chopped	1 C natural yoghurt
2 tbsp desiccated coconut	

Method

1. Heat oil in a large saucepan. Add onion and garlic and sauté until soft.
2. Add curry powder and sauté for 30 seconds.
3. Add chicken stock and bring to the boil.
4. Add chicken and reduce heat to simmer. Simmer, covered, for 40 minutes until chicken is cooked through.
5. Remove chicken from the pot and cool slightly.
6. Pull the meat off the bones and cut into bite-size pieces.
7. Return chicken meat to the saucepan, along with remaining ingredients, except yoghurt.
8. Simmer, covered, for a further 20 minutes or until vegetables are tender.
9. Stir in the yoghurt and season to taste. Serve with rice.

Source: Funky Munky's Traditional South African Recipes. Retrieved 7/17/09 from <http://funkyunky.co.za/recipes.html>

South Africa



Tomato Bredie

Ingredients

2 to 2½ lb of beef	¼ tsp chilli powder
2 tbsp oil	½ tsp paprika
1 tbsp butter	3 gloves garlic, crushed
2 tsp sea salt	1 tsp paprika
½ tsp freshly ground black pepper	3 cloves garlic, crushed
2 onions, chopped	1 tsp mixed herbs
6 ripe red tomatoes (or 14.5-oz tin whole tomatoes)	1½ C chicken stock
1 3-oz tin tomato paste	3 potatoes, diced
1 tsp sugar	1 tbsp potato flour or maizena

Method

1. Cube the meat. Heat the oil/butter mixture in a big, heavy-bottomed saucepan until the butter discolours.
2. Add the meat in batches and stir-fry until brown. Remove each batch with a slotted spoon and keep aside. Season the browned meat with salt and pepper.
3. Brown the onions in the remaining oil. When golden, soft and glazed, add the tomatoes, tomato paste, sugar, chilli, paprika, garlic, herbs, water and stock cube. Bring to a slow simmering boil.
4. Add the prepared meat. Simmer the bredie very slowly for 2 hours.
5. Add the cubed potatoes and continue simmering for another half an hour.
6. Thicken the gravy with a little potato flour mixed with water. The bredie improves with keeping. Prepare a day in advance and leave to mature in the refrigerator.
7. Reheat and serve with fluffy steamed rice to which a handful of chopped parsley has been added.

Source: Rainbow Nation. Retrieved 7/22/09 from <http://www.rainbownation.com/recipes/recipe.asp?type=2&id=29>

South Africa



Melk Tert (Milk Tart)

Ingredients

For the pastry:

- ¼ C (½ stick) butter, softened
- 2 tbsp sugar
- 1 egg, separated
- 1 C self-rising flour
- ½ tsp salt
- 1 tbsp milk

For the filling:

- 2 eggs, separated
- ¼ tsp cream of tartar
- 2¼ C Milk
- ¼ C sugar
- ¾ C cake flour
- ½ tsp salt
- 2 tbsp butter
- 1 tsp vanilla extract
- ½ tsp cinnamon

Method

1. Preheat oven to 350°F.
2. In a large mixing bowl, use an electric mixer to combine butter and sugar. Add egg yolk (save egg white for filling) and beat until light and fluffy. In a separate bowl, sift together flour and salt. Combine flour mixture with butter and sugar mixture, add milk, and stir until thoroughly combined.
3. Lightly oil a 9-inch cake pan and dust with flour. Use a spatula to press dough into the pan evenly. Set aside.

South Africa



Melk Tert (Milk Tart)

Method (cont.)

4. To make filling, combine egg whites and cream of tartar. Use an electric mixer to beat the mixture for about 10 minutes, or until soft peaks begin to form. Set aside.
5. Combine milk and sugar in a saucepan over medium heat. As milk warms, place cake flour in a small bowl. Use a ladle to scoop about 1 C of warm milk from the pan and add to flour. Stir to combine. Slowly pour milk and flour mixture into saucepan, stirring constantly.
6. Cook, stirring constantly.
7. Add egg yolks and salt to saucepan and stir to combine. Raise heat to medium high and bring milk mixture to a boil. Stirring frequently, cook 10 minutes, or until thickened. Remove from heat, add butter and vanilla, and set aside for 5 minutes to cool slightly. Gently fold in the lightly beaten egg whites.
8. Pour milk filling over the prepared pastry crust. Sprinkle with cinnamon and bake for 30 minutes, or until filling is firm.

Source: Cornell, Kari A. in consultation with Peter Thomas. (2005). *Cooking the Southern African way: Culturally authentic foods including low-fat and vegetarian recipes* (pp. 68-69). Minneapolis, MN: Lerner Publications Co.

Sources for Ingredients

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1801 Yorkmont Rd.
Charlotte, NC 28217
704-357-1269

Earth Fare <http://www.earthfare.com/>

Harris Teeter <http://www.harristeeter.com/>

India Grocers
509 N. Polk St.
Pineville, NC 28134
704-889-2210

Patel Brothers
601 N. Polk St.
Pineville, NC 28134
704-889-1671

South African Food Shop <http://www.southafricanfoodshop.com>

Trader Joe's <http://www.traderjoes.com/>

World Market <http://www.worldmarket.com>

Zen International Market and Tea
10225 Park Rd.
Charlotte, NC 28210
704-541-4748

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