

Tradition and Food**Typical Traditions: Food and Customs**

Those strange customs and food

We have been on holiday and we encountered some things that were different to our own.

It could have been some strange customs, or we tasted something new without knowing what it was - and perhaps it was better that we did not know what we ate, as long as it was tasty.

And now we are back at home. And as we page through our photos we suddenly remember this or that dish and feel like kicking ourselves because we failed to ask for the recipe.

But most probably, like with all family secret recipes, they would not have give it to us, and if they did, that little extra that made it special would have been missing.

Coming from a country that has some unique recipes, South Africa, I brought you a few to try out and I hope that you will enjoy them. Of course I did not bring along those that you might have tasted, perhaps found great, but would get sick of even now if you just knew what you had eaten.

Like the Mopanie worm, and

Let's try these:**Vetkoek (and Mince)**

Traditionally served as a snack between or as a meal these traditional fried cakes with a filling can be found on most take-away menus in South Africa.

Ingredients for about 20 cakes:

240g flour

10ml (2 teaspoons) baking powder

15ml (1 tablespoon) sugar

2ml (½ teaspoon) salt

2 eggs, beaten

125 ml (½ cup) water or milk

Sunflower oil for frying

Method:

- Sieve the flour and baking powder together and add the sugar and salt. Mix together the beaten eggs and the water or milk, then gradually add this mixture to the dry ingredients. The batter should be fairly stiff.
- Heat enough oil for shallow or deep-frying until it is hot but not smoking. Dip a tablespoon into the hot oil and then use it to drop spoonfuls of the batter into the frying pan. Fry until the cakes are brown on all sides.
- Allow the vetkoek to drain well on a wire rack over a bowl.

Serving suggestions:

Serve with mince as a meal or with butter and jam.

Tip: serve when fresh.

Koeksisters

Koeksisters were a traditional South African sweet dessert.

Nowadays they are eaten as a sweet snack.

Ingredients**- for the syrup:**

1 kg sugar

200ml (2 cups) water

2 pieces fresh ginger (each 5cm) crushed

Lesson 6

Cultures and Customs

26

2ml (½ teaspoon) tartaric acid

- for the dough:

500g flour

2ml (½ teaspoon) salt

30ml (2 tablespoons) baking powder

55g butter, grated

1 egg

250 - 375 (1-1½ cups) milk or water

Sunflower oil for deep-frying

Method:

- To make the syrup, put all the ingredients in a large pot. Heat (stirring) until the sugar has completely dissolved. Cover the mixture and boil for a minute.
Remove the lid and boil another 5 minutes but do not stir.
Remove the syrup and allow it to cool. Place in a refrigerator (not deepfreeze) overnight.
The syrup should be thick and ice cold before it is used. Remove ginger before using syrup.
- To make the dough, sieve together the dry ingredients and rub in the grated butter.
Beat the egg, add 250ml of the milk or water and mix lightly with the dry ingredients to make a soft dough. Add milk or water if the dough is too stiff.
Knead well until small bubbles form under the surface of the dough. Cover with a damp cloth and allow to stand for 30 minutes - 1 hour. Roll out the dough to a thickness of 1 cm, then form koeksisters: Cut dough into 8cm x 4cm pieces. Cut two vertical slits into the pieces and plait the 3 strips of each piece as you would plait hair and pinch together the loose ends.
- Heat the oil in a deep-frying pan (7-8cm deep) to 180-190 degree C.
Slip the koeksisters into the pan - they will sink to the bottom and then puff up and rise.
Turn them around to fry on both sides evenly brown.
Take them out with a slotted spoon and plunge them (press them down) into the syrup.
They will “suck-in” the syrup.
Place them on a wire rack over a bowl.
Ensure that the syrup remains cold as the koeksisters will not absorb warm syrup properly.
- Put koeksister in a refrigerator.
Tip: Koeksisters should be left overnight in the fridge as they taste best the following day.

And then there is of course -

Bobotie, Dagwood Burger, Biltong, Potjiekos, Chutney etc.

If you are interested in any of these recipes, let's swap:

You email me your favourite traditional recipe and I will send you one of your choice.

And please don't ask about calories! ;-)

Shopping:

You have to purchase the ingredients for a recipe.

- What must you buy?
- Which equipment do you need at home

GFH Schmittinger 2008 - Albstadt-Sigmaringen University

Comprehension Questions

Discuss food