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Cape Town: Flavours and Traditions

By Sophia Lindop, Neil Austin

Jacana Media (Pty) Ltd. Paperback. Book Condition: new. BRAND NEW, Cape Town: Flavours and Traditions, Sophia Lindop, Neil Austin, Today, a rich tapestry of local recipes graces our tables at the Cape. Like a fine blended wine, Cape cuisine offers complexity, richness and a host of subtle and exotic nuances to delight the most discerning and adventurous of palates. For more than three centuries, the Cape has continued to provide for the needs of visitors from all parts of the world, making it truly worthy of its title of old, 'Tavern of the Seas'. The flavours of the Cape were initially influenced by the first settlers, the Dutch who arrived in 1652. Within two weeks of arriving in South Africa, they laid out a vegetable garden and cultivated seeds that they brought with them from abroad. The Strandlopers, French Huguenots, Malay slaves, Germans and the English all contributed to the melting pot of flavours that are still in evidence today. Cape flavours and traditions is a little book of gastronomic delight. It brims with history, unique South African recipes, and will hopefully inspire you to cook flamboyantly.

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