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We are operating with a reduced menu, with a selected menu of favourites, with the full menu being introduced as and when we can. Top Posts. Sago Pudding. Crayfish Curry. Green Bean and Lamb Stew. Fish Breyani. Soet Koekies / Essies Biscuits. Akhni To Serve 100 People. Mutton Akhni.

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Salwaa Smith - Cape Malay Cooking & Other Delights From My Kitchen To Yours - keeping our heritage alive . Ingredients: 500g haddock steamed. 2 slices of bread (preferably a couple of days old) 1 tablespoon cooking oil 1 medium onion, chopped 1/2 teaspoon garlic 1 medium tomato, chopped 1 teaspoon jeera/cumin powder 1 1/2 teaspoons leaf masala

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Salwaa Smith - Cape Malay Cooking & Other Delights From My Kitchen To Yours - keeping our heritage alive! Ingredients: 3 cups long grain rice 1 1/4 cups frozen mixed vegetables 1 cup vegetable oil 3 large potatoes 2 large onions, sliced thinly 1 kg any firm fish pieces of your choice 1 tomato, chopped 1/2 cup buttermilk 1 - 2 green chillies, chopped

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50 g sultanas (optional) 1.5 - 2 liters milk. 1/2 tin condensed milk or sugar to taste. 1 tin evaporated milk (optional) 1/4 cup of desiccated coconut. 15 ml rose water (optional) 50 g blanched almonds (optional) Method: Soak the sago in the water for about 15 minutes.

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[Hamper 2 - Cape Malay Cooking & Other Delights - Salwaa Smith](#)

Salwaa Francis Smith is a South African cook best known for her typical Cape Malay cuisine. Born and raised in Surrey Estate, Athlone on the Cape Flats to working class parents. She is the founder of Cape Malay Cooking & Other Delights, a recipe sharing website founded in February 2011.

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Salwaa's Spicy Olives Share to save recipe on your timeline Salwaa... a Smith - Cape Malay Cooking & Other Delights From My Kitchen To Yours - keeping our heritage alive! Ingredients: 250g mixed olives 2 Tbsp finely grated garlic 1 Tbsp crushed red chillies or more 6 or more whole dried chillies 1 tsp mixed herbs 4 Tbsp olive oil 1 Tbsp lemon juice Salt as needed Strain and rinse olives in a colander and put aside.

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Salwaa Smith - Cape Malay Cooking & Other Delights From My Kitchen To Yours - keeping our heritage alive . 1 Tbsp vegetable oil 600g lamb pieces 1 large onion, chopped 1tsp salt / to taste 2 - 3 green chillies, chopped 1 TBSP spoon sugar, optional 600gram green beans, sliced diagonally 3 large potatoes, quartered Wash and drain the meat.