



# Tradisionele Suid-Afrikaanse Kookkuns (Afrikaans Edition)

*Magdaleen van Wyk, Pat Barton*

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Enigeen wat met verlange terugdink aan 'n geliefde ouma se spesiale melktert of melkkos, of 'n tannie se heerlike bobotie en vetkoek, behoort hierdie boek in sy of haar kombuis te hê! Vir diegene wat lief is vir tradisionele Suid-Afrikaanse kos sal hierdie resepte vir seker help om die verlange na geliefkoosde disse te stil. Tradisionele Suid-Afrikaanse Kookkuns is 'n versameling resepte wat die modern kok daartoe in staat stel om dieselfde heerlike maaltye voor te sit as dié wat ons voorouers geskep en geniet het. Die Suid-Afrikaanse kookkuns is 'n unieke vermenging van 'n verskeidenheid kulture – die Hollandse, Franse, Duitse en Britse setlaars, sowel as die Maleierslawe wat uit die Ooste hierheen gekom het, het almal hul eie gunstelingresepte na Suid-Afrika gebring. Die subtiele wyse waarop hierdie 'ingevoerde' resepte aangepas is deur plaaslike bestanddele in te sluit en innoverende metodes te gebruik, het gelei tot die skep van 'n baie oorspronklike en geliefde kookkuns. Die boek bevat ook interessante brokkies oor die manier waarop ons voorouers geleef het.

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