

## SAMEVATTING

Die oorsprong van die Kaapse koskultuur wat as Boerekos bekend staan, is met die proefskrif getiteld "Die geskiedenis van Boerekos 1652-1806" nagevors. Met die vestiging van die Hollandse verversingspos in 1652 het 'n Europese koskultuur na die Kaap gekom. Die ontwikkeling van die Europese gemeenskap wat daaruit gegroei het, is ondersoek. Die oorsprong van hierdie gemeenskap se geregte van sop, vis, vleis, eiers, groente, vrugte, graanprodukte en drank asook die gebruik van kruie en speserye is nagespeur.

Soos teruggehoop is op die spore van geregte wat in die twintigste eeu nog deel was van die Kaapse koskultuur wat as Boerekos bekend is, is gevind dat diJ koskultuur in wese Europees was met as hoofbydraers Hollanders, Duitssprekendes en Franse. Die koskulture in diJ groepe se lande van herkoms het sterk wortels in die Romeinse, Persiese en Arabiese kookkuns gehad.

'n Ondersoek na die slawe se koskulture in die sewentiende eeu het getoon dat die persepsie dat die slawe sowel die kuns om met speserye te kook as om geregte soos bobotie te berei na die Kaap gebring het, op geen gronde berus nie. In die gebiede waaruit die slawe gekom het, het die armes nie met speserye gekook nie. Speserye in hulle kos was meestal beperk tot rissies, borrie en gemmer. Die slawe het geen nuwe disse na die Kaap gebring nie; intendeel hulle het die speserykookkuns en al die disse wat hulle volgens kosskrywers na die Kaap sou gebring het, aan die Kaap kom leer.

### **Sleuteltermes**

Atjar, blatjang, bobotie, bredies, broodsuiker, frikkadelle, hardevet, kaiings, kerrie, koeksusters, konfyt, kruie, lardeer, pampoenkoekies, sambal, sosaties, speserye, wors.

## **ABSTRACT**

The foundation of Cape cookery, called Boerekos, has been researched in "The history of Boerekos 1652-1806". It was found that in 1652 a European food culture was brought to the Cape of Good Hope when the Dutch established a revictualing station there. The development of the European community that stemmed from this was investigated. Recipes for soup, fish, meat, eggs, vegetables, fruit, grain products and drinks as well as the herbs and spices used by this community, were researched.

As the origin of the various dishes, still known as Boerekos in the twentieth century, was traced, it was found that the Cape cookery to which the name Boerekos was eventually applied, was in fact of European origin with the main contributors being Dutch, German and French speaking people. These cultures had strong roots in Roman, Persian and Arabian cookery.

An investigation of the food cultures of the eastern countries from which the slaves that were brought to the Cape originated, proved that the current perception, that the slaves brought the art of spice cooking and certain dishes such as bobotie to the Cape, is without any substance. It was found that most poor people in these eastern countries did not use any spices other than chillies, ginger and turmeric in their cooking. The slaves brought no culinary expertise to the Cape; on the contrary, it was in the kitchens of the Cape that they learned to use spices in cooking.

### **Key terms**

Bobotie, bredie, chutney, curry, frikkadel, greaves/crackling, herbs, jam, koeksisters, larding, loaf sugar, pumpkinfritters, pickles, sambal, sosaties, spices, suet, sausages.