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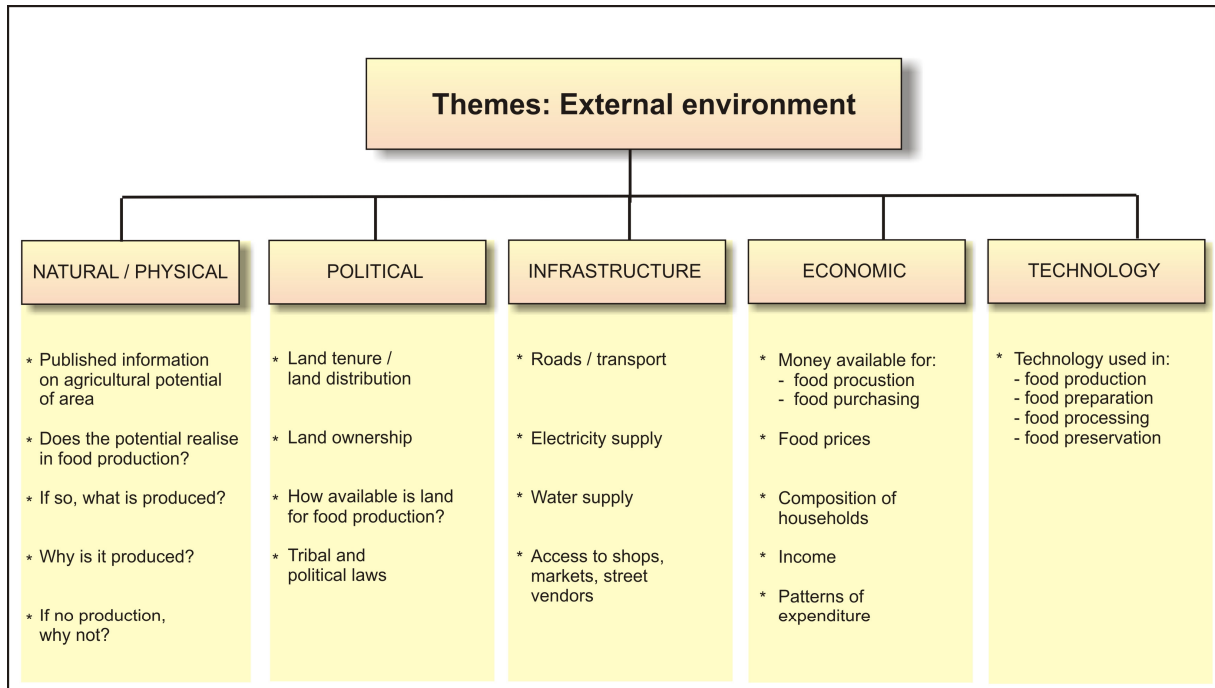
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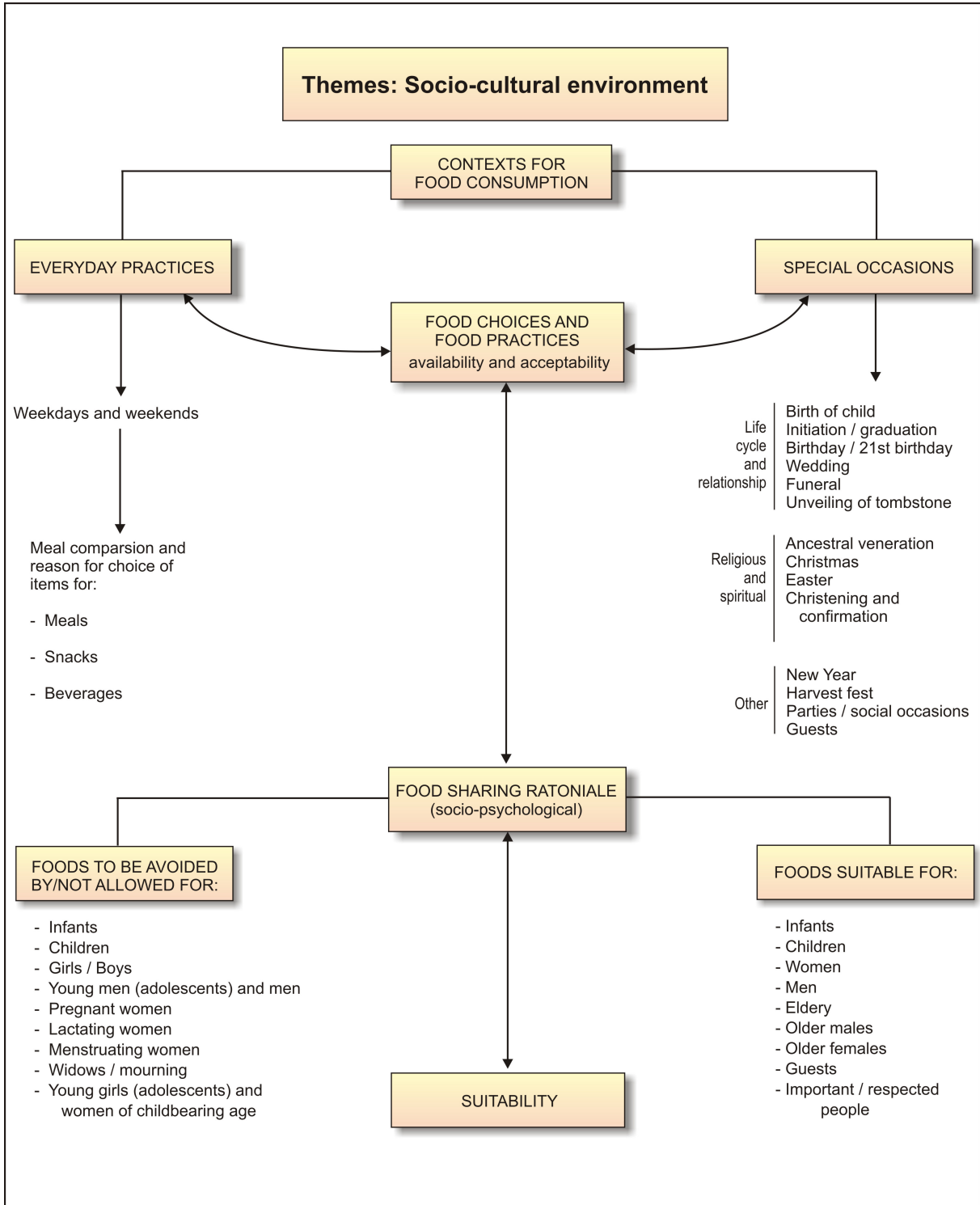
ADDENDUM A

THEMES – EXTERNAL ENVIRONMENTS



ADDENDUM B

THEMES – SOCIO-CULTURAL ENVIRONMENT





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ADDENDUM C

TRADITIONAL RECIPES



MAIZE ON THE COB

Fresh maize on the cob.



COOKED WHITE MAIZE ON COB

Also known as *lephotho*. A popular snack. White maize is preferred for this dish.

Method

- Remove outer leaves
- Boil in enough water to cover
- Add a little salt
- Cook till tender



ROASTED MAIZE ON THE COB

Roasted maize on the cob is a popular snack eaten hot or cold.

Ingredients Fresh maize on the cob

Method (a)

- Remove outer leaves and roast cobs over direct heat till the seeds are brown.

Method (b)

- Prepare maize as described for cooked maize on the cob
- Roast the cobs over direct heat until brown



DRIED WHITE MAIZE KERNELS

The outer leaves of mature maize cobs are removed. The maize cobs are dried by hanging them on the branches of trees or roof beams. The dried kernels are removed from the cobs and stored until needed.



LEKOKORO

Also known as *umphohlo* (isiNdebele) or *dikgobe* (Sotho). This is an everyday dish for lunch or supper.

Ingredients 1 ℓ dried white maize kernels
3 ℓ water
1 t salt

Method

- Soak the maize kernels overnight in water
- Boil the 3 litre water and add the soaked maize
- Cook for 2 hours and add more water if needed
- Add salt and serve



IMBASHA

This is an everyday dish prepared from cooked dried maize kernels and roasted after cooking.

Ingredients 1 ℓ dried maize kernels
3 ℓ water

Method

- Soak the dried maize overnight in water
- Cook the maize in boiling water
- After the maize is cooked it is roasted in a pan. Only water is added during roasting and salt to taste is added roasted after cooking



SAMP

Also known as *setampa*. Everyday dish for lunch or supper.

Ingredients 1 kg samp
8 ℓ water
1 t salt
½c oil

Method

- Soak samp overnight in a large quantity of water
- Cook the samp in 1 litre water for 3 hours
- Continue to add water until the samp is cooked (another 7 litre water will be needed)
- Add the oil and salt before serving



XIBASWA

Everyday Tsonga dish prepared from finely-grinded soaked samp.

Ingredients 1 kg samp soaked overnight in water
3 jugs water

Method

- Drain the soaked samp and grind it very fine
- Boil 3 jugs of water in a pot
- Add part of the ground samp and stir
- Cook for 30 minutes
- Add the rest of the samp to stiffen the mixture
- Cook for another 20 minutes
- Serve



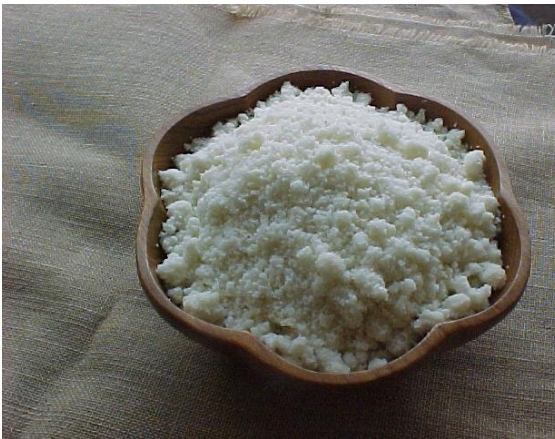
BOGOBE

Also known as *umratha* (isiNdebele) and *boswa* (Tsonga). Stiff maize-meal porridge served as everyday dish for lunch and/or supper. Regarded as staple food.

Ingredients 2 ℓ maize-meal
 1 ℓ water

Method

- Boil 1 liter of water
- Add maize meal and stir – leave to cook for 3 minutes
- Add more maize meal to stiffen and stir with a *lefetho* (pin)
- Leave to cook until ready for serving, approximately 30 minutes
- Stir again and serve



PHUTHU

Favourite everyday dish of the people of Nguni decent can be served at any meal. Most suitable for breakfast and lunch and also at a *braai* (barbeque).

Ingredients 4 parts maize-meal
 1-2 parts water
 Salt (if desired)

Method

- Boil the water in a pot and add 1 ml of salt
- Take a small dish of maize meal and pour the maize meal in 3 parts to the water
- There must be more maize-meal than water
- Stir over low heat with a fork
- Cook for 30 minutes
- Serve with *inkomazi* (sour milk)



UMDOKO

Soft maize-meal porridge also known as *mdoko* or *umdoko*. Served as an everyday dish for breakfast.

Ingredients 4 c water
 2½ beakers maize-meal
 sugar

Method

- Boil the water in a pot
- Add 1 beaker of maize-meal and stir
- Add another 1 ½ beakers of maize-meal.
- Stir again
- Cook for 25 minutes or longer
- Serve with sugar and/or fresh milk



ISIDUDU

Special dish for visitors. Also used as an everyday dish when there is no relish as *isidudu* itself is regarded as a relish.

Ingredients 3½ c maize-meal
 ½ jug sour water left from
 brewing *tlabalala*
 100 ml sugar

Method

- Boil the *tlabalala* water in a pot
- Add 1c of the maize-meal and stir with a *lefetlho* (stirring pin)
- Add the other 2 ½ cups of maize-meal and use a pin for stirring
- Add the sugar and stir again
- Cook for another 10 minutes
- Serve
- Sweets can be used to decorate the *isidudu* nicely for special guests



MAGEU

Non-intoxicating beer. Resembles a thin fermented porridge. Popular beverage in summer. Enjoyed any time during the day.

Ingredients 5 ℓ water
 2 small dishes maize-meal
 ½c flour
 1c sugar

Method

- Boil the water and add the maize-meal and stir
- Let this mixture cool for 10 minutes
- Add the flour and the sugar
- Mix well
- Leave one day to ferment (in summer), in winter it could take 2 or more days



DOMBOLO

Also known as isikwa (Ndebele). Everyday dish also served at the *iqude* and traditional weddings.

Ingredients 6 c cake or bread flour
 6 t dried yeast (½ spoons x126)
 100 ml sugar
 1 t salt

Method

- Mix the flour, yeast, sugar and salt together
- Add the water to form a dough and mix well
- Let the dough stand to rise for about 30 minutes
- Knead the dough down and place in an enamel dish / "*skotte!*"
- Place small reeds in the bottom of a pot, add water and let the water boil
- Place the enamel dish with the dough on the reeds
- Put the lid on the pot and let the *dombolo* steam for about 1½ hours until cooked



TLABALALA

Prepared on traditional occasions when ancestral communication takes place.

Ingredients 2 kg King Korn (Sorghum malt)
 1ℓ maize-meal
 8-10 ℓ water

Method

- Mix 1 cup King Korn with 2 cups maize-meal
- Add the King Korn and maize-meal mixture to 2 ℓ water and boil for 5 minutes
- Cool down till the next morning
- Add another 4 c King Korn to this mixture and add the rest of the water.
- Pour it into calabashes and close
- Let this stand for 2 days
- Sieve the beer on the 3rd day
- The beer should be ready for serving after 3 days



TLHOTLHA

Traditionally this was a household drink for the elderly men and women. At the time of the study prepared for all festive occasions.

Ingredients 1 kg King Korn (Sorghum malt)
 350 g maize-meal
 3 ℓ water
 1 kg King Korn (Sorghum malt)

Method

- Mix the 5 c (1kg) King Korn, maize-meal and water
- Put this mixture in a pot and boil
- Take off from the fire and allow to cool
- Let it stand for one day
- Add the second 1 kg King Korn the next day
- Leave this to ferment for 3 days
- Sieve the mixture on the 4th day
- Serve



TING YA MABELE

Traditional sorghum porridge served on most special occasions.

Ingredients 2 kg *Mabele* meal (*Sorghum meal coarse or fine can be used)
 2 ℓ water (lukewarm)

Method

- Mix the *mabele* with the lukewarm water and stir
- Leave this mixture to ferment from 13:00 until 8:00 the next morning in a closed container
- Boil water in a pot and add this fermented mixture to the boiling water and let it cook for one hour
- *fine *mabele* meal will cook in a shorter time



BOHOBE BA MABELE

Traditional dish of black people, normally cooked for traditional celebrations such as weddings, funerals or even everyday when one wishes.

Ingredients 2 kg *mabele* meal (coarse)
Lukewarm water

Method

- Mix the *Mabele* and lukewarm water and place in a bucket with a lid and leave in a warm place for 24 hours
- Boil 2 litres of water
- Add the coarse *Mabele* in 4 parts until the desired thickness is reached. Add more *Mabele* if needed (2 spoonful)
- Cook slowly over moderate heat for 20 minutes
- Place in a round dish and allow to cool
- Roll into small round balls and serve



UMTSIKITLANA (NDEBELE)

Also known as *thowa* (Tsonga) and *ingqwangqwa* (isiNdebele). Soft sour porridge prepared from sorghum meal and whey.

Ingredients 2 ℓ milk to sour
2 kg *mabele* (Sorghum meal)

Method

- Place milk in calabash and leave to sour
- Take the sour water (whey) from the milk and boil
- Add *mabele* and stir
- Leave to cook for 3 minutes
- Stir again
- Add more *mabele* and cook for another 2 minutes



IRHAYI

Served at the *iqude* on Saturday morning as a breakfast dish. Also popular at wedding celebrations.

Ingredients 1 beaker dried maize
500g *dinawa* (cow peas)
3½ ℓ water

Method

- Soak the maize in water
- Cook the maize in 3 ½ litre of water over medium heat. The water should always be more than the maize because it has to cook for 6 hours
- Cook the maize for 6 hours
- Cook the *dinawa* for 3 hours separately
- Mix the *dinawa* and the maize together and cook for 5 minutes
- Serve



SEKGOthO (SOTHO)

Everyday dish prepared from *njugo* beans and sorghum meal.

Ingredients 5 mugs of *ditloo* (*njugo* beans)
2 ℓ water
1 kg *mabele* (sorghum meal)
Salt

Method

- Cook the *ditloo* in water for 3 hours
- Add the *mabele* meal to the *ditloo* and a pinch of salt
- Stir with a *lefehtlo* (stirring pin)
- Leave to cook for 30 minutes



UMKHUPHA

Traditional Ndebele wedding dish.

Ingredients 500 g sugar beans or dried *dinawa*
1½ ℓ water
½ kg maize-meal

Method

- Soak the sugar beans/*dinawa* overnight in water
- Cook it in 1½ litre of water
- When cooked, stir it well
- Add the maize-meal
- Stir it together with the beans
- Cook till ready



ISISHWALA

Traditional Swazi wedding dish similar to *umkhupha* and *sekgotho*.

Ingredients 500 g sugar beans (soak overnight in water)
1 t salt
1½ c maize-meal
20 ml oil

Method

- Cook the beans in water for 45 minutes
- Add the salt
- Add the oil
- Add 1½ c maize-meal to the bean mixture and stir well
- Close the lid and cook for another 10 minutes



XIGUGU (Tsonga)

Favourite Tsonga dish prepared for special occasions and as a provision when travelling.

Ingredients 3 kg peanuts
1 kg maize, dried
½ t salt
5 x 10 ml spoons sugar

Method

- Fry the peanuts just as they are on their own
- Fry the dried maize kernels as they are on their own
- Grind the fried maize and peanuts separately
- Sieve the grinded maize and peanuts
- Mix them together
- Add the salt and sugar
- Put the mixture in a grinder
- Grind this mixture until it shines like gold



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TIMBABE

Swazi dish prepared at traditional and other weddings.

Ingredients 2 c maize-meal
4 c peanuts
6 c sugar
1 t salt
Sweets for decoration

Method

- Roast the maize-meal for 10 minutes
- Roast the peanuts as well
- Grind the roasted peanuts
- Add the ground peanuts to the roasted maize-meal
- Add the sugar and salt to this mixture
- Mix all these ingredients together in a grinder and grind again until the mixture is wet
- Serve
- Place sweets on top as decoration



TIHOVE (Tsonga)

Tsonga dish prepared at festivities and on joyous occasions.

Ingredients 2 beakers samp
1½ beaker *dinawa* (cow peas)
Water
3x 10 ml salt
2 beakers peanuts

Method

- Boil the samp and *dinawa* for about 4 hours in enough water till cooked
- Cook the peanuts for 10 minutes in water
- Mix the peanuts with the samp and *dinawa*
- Add the salt



MARAKA

Popular vegetable during summer months.

Method

- Cut *maraka* into large slices
- Remove inner parts and seeds
- Boil in water with skin on
- Serve with milk



ISIJEZA

Also known as *semphemphe (Pedi)*. Prepared during the first 3-4 days of the *ingoma* and *iqude*. Also a popular dish to prepare for the Ndebele bride during the *isimanje* process.

Ingredients ½ kg maize-meal
 1 x pumpkin (*ithanga*)
 2 tea beakers sugar

Method

- Peel skin from pumpkin
- Cut in pieces and add 2 jugs of water and cook the pumpkin for 30 minutes
- Add the maize-meal and stir
- Add the sugar, stir and cook for one hour



TSHOPI RA MAKWEMBE

Prepared as a special treat for people who work in town when they return home. Popular during the winter months. Also prepared for the *khomba* (initiation for girls).

Ingredients 1 large pumpkin
 Maize-meal
 250 ml sugar

Method

- Peel and cut the pumpkin in pieces
- Place in a pot and add 4 ℓ of water and boil it
- Stir to mix when cooked
- Leave on fire and add the maize-meal in five small quantities to the pumpkin (*amount depends on how watery the pumpkin is)
- Stir well after each addition
- Close the lid and let the mixture cook for 10 minutes
- Add the sugar and mix well
- Take off the fire and serve.

Other information:

- Fried *dithotse* can be served with the *Tshopi*.



DITHOTSE

Usually served as a snack or relish.

Ingredients Sundried pumpkin seeds
Salt to taste

Method

- Fry the pumpkin seeds on the lid of a pot or in a pan
- Add a little bit of water if needed
- Add salt to taste



MOROGO LEAVES FROM Mbolowa CREEPER



DRIED THEPE

An abundant indigenous green leafy vegetable. Sun-dried in summer and stored for winter months.

Ingredients

Method for drying *Thepe*

- Wash *thepe* in water
- Cook in water for 30 minutes
- Make small lumps (bolletjies) with your finger tips (size of sweets)
- Place on a sheet of corrugated iron to dry in the sun for approximately 24 hours
- Store in a bag or bucket



MOROGO Wembuya

Also known as *thepe* (Sotho). This is an everyday dish during weekdays in summer.

Ingredients *Morogo Imbuya*
Water
Salt

Method

- Wash the *imbuya* 2x in water
- Cook the *imbuya* with $\frac{1}{2}$ c water
- After it has cooked take from the fire and mix well
- Add salt



MOROGO Wembicani

Everyday dish. Originally a dish of the black people, especially of the Ndebele people.

Ingredients 1 kg *Morogo wembicani*
1c water
1 t salt

Method

- Wash the *morogo*.
- Boil the water
- Add the *morogo* and cook
- When the water dries up the *morogo* will be ready to serve



MOROGO Mbolowa (Tsonga)

Everyday dish in summer.

Ingredients 2 ℓ water
½ cup ground peanuts
1½ t salt
medium dish fresh **Mbolowa*

*Type of creeper, grows on fences. See sample of leaves on photo.

Method

- Boil water
- Add the ground peanuts and salt to the water
- Add the *mbolowa*
- Boil for ½ hr until leaves are brownish in colour



MOROGO THEPE

Everyday dish eaten by all the groups.

Ingredients 2 c dried *Thepe* *
½ c water
½ c ground peanuts
1 t salt

Method

- Boil water and add the ground peanuts and salt to the water
- Add the dried *morogo* to the boiling water
- Cook for 10 minutes *

* When tomatoes are added you only have to cook the *morogo* until the tomatoes are cooked



UMQWEBU (DRIED MEAT)

Some people used to slaughter during the winter months and sun-dried part of the meat.

Ingredients Strips of meat from front and hind
Legs
Salt

Method

- Cut the meat in strips
- Salt the meat
- Hang to dry in the sun
- Store in bags



SESWAYI

Meat relish prepared as an everyday dish and for visitors.

Ingredients 1 kg Prime Rib or Loin
3 c water
2 c peanuts
1 ½ t salt
Pepper (to taste)

Method

- Cook the meat in 3 cups water
- When cooked, take the meat out of the water and grind it separately
- Grind the peanuts and add to the water that the meat was cooked in
- Add the ground meat to the peanut mixture and cook together
- Add salt and pepper before serving



NYAMAYA SHIKAYA

Also known as household meat. An everyday meat dish prepared according to the traditional way of preparing meat by the black people.

Ingredients 1 kg meat
2c water
1 t salt

Method

- Cook the meat in water over medium heat for approximately 45 minutes, until the water has dried up and only the meat juices remain
- Add the salt
- Cook the meat for another 2 minutes to let the salt dissolve
- Serve the meat



BRAISED MEAT

Traditional braised meat dish.

Ingredients 1 kg Brisket
Water
1 t salt

Method

- Wash the meat
- Cook it in water
- Add 1 t salt
- Braise for 30 minutes



IDOMBOLO MATHAMBO

Everyday meat dish of *dombolo* dough steamed on shin bones. This is a traditional dish of the black people that is still very popular. It is also prepared for special occasions.

Ingredients **Mathambo**
2 kg *mathambo* (shin bones)
2 c water
½ t salt

Ingredients **Dombolo**
2 kg flour
1 packet (12,5g) yeast
1 spoon sugar
2 spoons oil
½ t salt
3 c water

Method

- Cook the *mathambo* in 2 c water and add ½ t salt and cook for 2 hours over medium heat
- Mix the dry ingredients for the *dombolo*. Add the water and mix well. Leave to rise for ½ hour
- Knead down the *dombolo* dough and put the dough on top of the *mathambo* and let it cook for another 1½ hours



MOGODU

Boiled ox tripe. Popular dish on weekdays.

Ingredients *Mogodu* (ox tripe)
1 t salt
Water

Method

- Wash the *mogodu*
- Boil the *mogodu* in water
- Add more water during cooking
- Add salt



MASONJA

Also known as *mopani* worms.
Everyday dish and as a special treat.

Ingredients 1 c dried *masonja*
1 ½ c water
½ c ground peanuts
1 t salt

Method

- Place 1 cup dried *masonja* in 1 cup boiling water and soak it until the water has cooled
- Wash the *masonja* in clean water
- Put the washed *masonja* in a pot with ½ c water and let it boil
- Add the ground peanuts and a pinch of salt
- Let this cook for 10 minutes
- Serve with *bogobe*



AMASI

Also known as Mothito / Mmele wa mothito (Tswana). Popular everyday dish for children, adults and visitors with iphutu or stiff maize porridge.

Ingredients 2 ℓ milk (direct from the cow)

Method

- Pour in a calabash and let it stand for 3 days in a warm place to allow it to thicken. (If stored in a cool place it could take up to a week to thicken)
- Take out the thick substance of milk that will be on top. The watery substance underneath should be poured into a separate calabash
- This thick substance (curd) is the part that is eaten
- The watery part (whey) is used to prepare *umtsikitlana*



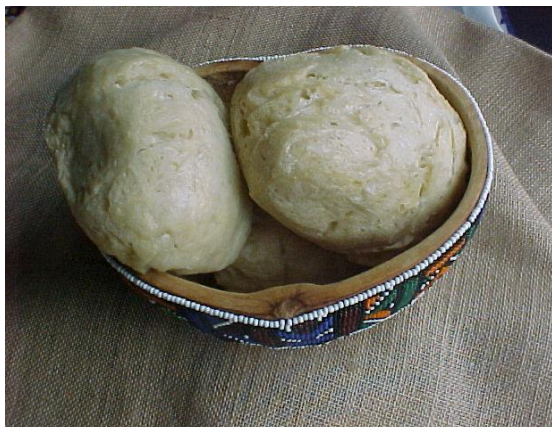
DOMBOLO 2

An everyday dish, also served on the Saturday morning of the *iqude* celebration.

Ingredients 1 ℓ cake or bread flour
1 t dried yeast
100 ml sugar
1 ℓ water
1 t salt

Method

- Mix the dry flour, yeast, sugar and salt
- Add the water and mix together
- Let the dough rise for about 3 hours and knead it down
- Put the dough in a dish
- Pour a jug of water in a pot and let it boil
- Place the dish with the dough in the pot and place the lid on the pot
- Let the bread steam for about 1 hour till ready



DOMBOLO (small)

Also known as *iqebelengwana* (Ndebele) or *dinkwa* (North Sotho). Served as an everyday dish for breakfast and at the *iqude*.

Ingredients 1 kg cake flour
1 t dried yeast
100 ml sugar
2 beakers water (tea beakers)

Method

- Mix the flour, yeast, salt and sugar
- Add the water and mix to form a stiff dough
- Leave to rise for 8 hours (overnight)
- Knead dough down
- Put water in a pot
- Make small balls from the dough and place each ball in a separate plastic bag
- Place the bags in the pot, place the lid on and let the small *dombolos* steam for 3 hours



ISIPHAPHATHI

Also known as *diphaphata*. These flat breads are served as an everyday dish with tea or coffee.

Ingredients 5 c cake flour
 3 t baking powder
 1 t salt
 1 litre water
 Oil to fry

Method

- Mix the flour, baking powder and salt with the water
- Heat pan on fire and add oil
- Make balls and press flat and fry in oil



BOROTHO

Borotho is a pot bread baked as a treat for the family.

Ingredients 4 c bread flour
 ½ t yeast
 4 c lukewarm water
 ½ t salt
 ½ c sugar
 1½ t margarine or oil

Method

- Mix the flour, yeast, salt and sugar with the lukewarm water with your hands
- Cover the dough with a cloth and leave to rise for 15 minutes
- Knead the dough down
- Smear a 3-legged pot with the oil or margarine
- Place the dough in the pot
- Put the lid on the pot (upside down)
- Place burning coals on the lid and place pot in the burning coals of an open fire.
- Bake bread for 20 minutes
- Test if bread is ready with a fork (it must come out clean)



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ADDENDUM D

MODERN RECIPES



WHITE RICE

Important menu item on Sunday midday meal.
Prepared for all special occasions.

Ingredients 5 kg rice
1 t salt
5 ℓ water

Method

- Boil the rice in 5 litres of water over high heat
- Drain the water off
- Add another litre of water and the salt and cook the rice for another 20 minutes over medium heat
- Serve



YELLOW RICE

Also known as dyed rice. Prepared for special occasions such as funerals, weddings and birthdays.

Ingredients 5 kg rice
1 t salt
5 boxes Raja spice mix
½ c cooking oil

Method

- Boil the rice in 2 litres of water. The heat must not be too high. Drain the rice. Add the oil to the rice
- Add ½ litre of water and cook rice again for 5-10 minutes
- Add the spice mix (as colourant to rice) and lukewarm water to the rice
- Cook for 5 minutes to mix evenly



MEALIE RICE

An everyday dish and very popular dish at wedding and funerals.

Ingredients 500 g mealie rice
1 ℓ water
1 t salt
1 spoon Rama margarine

Method

- Wash the mealie rice in lukewarm water
- Boil the water and add the mealie rice and cook over medium heat for 20 – 25 minutes. Add the salt and margarine after the mealie rice has cooked for 5 minutes
- After 25 minutes of cooking the dish is ready for serving



SAMP

Everyday dish for lunch and summer.

Ingredients 1 kg samp
8 ℓ water
1 t salt
½ c oil

Method

- Soak samp overnight in a large quantity of water
- Cook the samp in 1 litre water for 3 hours. Continue to add water until the samp is cooked (another 7 litres water will be needed)
- Add the oil before serving



MACARONI AND CHEESE BAKE

Everyday dish especially for Sundays. Also prepared for weddings, birthdays and funerals. This dish originated from the white people.

Ingredients

- ½ box macaroni
- 1 medium onion
- 4 medium tomatoes
- 1 t Aromat
- 1 t barbecue spice
- ½ c oil
- 4 eggs
- 1 c grated cheese
- 1 spoon Rama

Method

- Cook the macaroni in boiling water, add 1spoon oil to macaroni while boiling to prevent the macaroni from sticking together
- Drain the water off
- Make a sauce from the tomatoes and onion by frying the onion in the oil and adding the tomatoes to it. Add Aromat and barbecue spice to the tomatoes and onions and allow to cool
- Beat the 4 eggs and add the grated cheese
- Mix the egg, cheese and gravy together and mix with the cooked macaroni
- Grease a ovenproof dish with margarine and pour the mixture in the dish
- Sprinkle little bit of grated cheese on top of the mixture and add a spoon of melted margarine on top of the cheese
- Bake at 150°C for 20 minutes. Add salt and serve



SPATLHO

Everyday dish eaten at school during lunch breaks. Convenience food that has become very popular with the school going youth as a lunch-time item.

Ingredients

- ¼ brown bread
- 1 slice of cheese
- 3 slices of French Polony
- 2 spoons of achaar

Method

- Mix everything together in the ¼ of soft brown bread



GRILLED CHICKEN

Everyday dish prepared specially on Sundays. Also prepared for weddings and funerals. Originated from the white people and introduced to the others by those employed as domestic workers in white households.

Ingredients

- 2 x 2 kg chicken braai packs
- 4 t chicken spice
- 2 t salt

Method

- Cut the chicken in smaller pieces and sprinkle with salt and spices
- Place in a oven pan
- Bake in oven at 260°C for ½ hour
- When chicken has a brownish colour it is ready for serving.



KENTUCKY FRIED CHICKEN

Everyday dish but mostly prepared on Sundays. Also popular on special occasions such as weddings and birthdays. This recipe was copied from Kentucky Fried Chicken fast food outlets.

Ingredients 3x 2 kg chicken braai packs
6 eggs
1 litre cooking oil
Chicken spice

Method

- Defrost chicken and cut into medium sized portions
- Beat eggs
- Place chicken spice in a separate dish
- Dip the portions in egg and then in the chicken spice
- Heat oil and fry the chicken portions until golden brown
- Serve

MAOTWANA

Also known as “Chicken runners”. This is modern dish that has become popular for lunch or supper during weekdays.

Ingredients 18 *maotwana* (chicken feet)
3 medium tomatoes
1 medium onion
1 t Raja curry powder
½ t salt
2 T spoons oil

Method

- Soak the *maotwana* in warm water to soften the hard outer skin. Peel the outer skin off
- Peel and chop the onion and tomatoes
- Heat the oil in a pot and fry the onion and tomatoes over medium heat for 5 minutes
- Add the *maotwana*, curry powder and salt and cook for 20 minutes
- Serve



SOPPO YA MARAPO

Also known as soup meat. Everyday dish served at lunch or supper with *Bogobe* or rice. Originated from the white people and introduced to the others by those employed as domestic workers in white households.

Ingredients 2 kg *marapo* (shin or soup bones)
2 t salt 2 litre water
3 carrots 5 medium tomatoes
1 small packet potatoes
1 green pepper

Method

- Cook the *marapo* for 2 ½ hours in the water over medium heat
- Add the salt
- Peel and slice the potatoes and carrots
- Grate the tomatoes
- Cut the green pepper
- Add the vegetables to the meat and cook another ½ hour
- Add water during cooking as needed
- Serve





STEW MEAT

Everyday dish also suitable for Sundays, weddings, funerals and birthday celebrations. Originated from the white people and introduced to the others by those employed as domestic workers in white households.

Ingredients 1 kg meat
2 medium onions
1 green pepper
1 packet carrots
4 cubes beef stock
1 packet instant soup powder
2 t salt
Oil

Method

- Cook the meat first with 4 c of water for 20 minutes over medium heat
- Peel and slice the onions, carrots and green peppers
- Add the onion, carrots and green peppers to the meat and cook for 15 minutes. Don't add any water
- Mix the soup powder with 1 litre of water and add to the meat together with the 4 beef cubes and the salt
- Mix and cook for another 10 minutes
- Serve



BUTTERNUT AND PUMPKIN DISH

Everyday dish also prepared on Sundays and for celebrations such as weddings and birthdays.

Ingredients 1 pumpkin 3 butternuts
½ c oil 1 c sugar

Method

- Peel pumpkin (cut into pieces)
- Cook with ½ c water over medium heat
- Add the sugar, oil and the peeled butternuts and cook for 20 minutes over medium heat
- Mash the pumpkin
- Serve



CHAKALAKA

Everyday dish prepared on Sundays and at weddings celebrations. The dish originated from the white people was taught by those employed as domestic workers to others.

Ingredients 1 small packet carrots
2 medium onions
2 c cooking oil
2 t Raja curry powder, hot
1 t salt
420 g baked beans, tinned
410 g chakalaka, tinned

Method

- Peel and grate the carrots and onion
- Heat the oil and fry the onion and carrots over medium heat for 3 minutes
- Add salt and curry powder to the carrot mixture
- Add the baked beans and cook the mixture for 2 minutes over medium heat
- Add the chakalaka and cook for 1 minute
- Serve



FRIED CABBAGE

Everyday dish also served as a salad. Also popular at weddings, funerals, birthday celebrations.

Ingredients 1 medium cabbage
1 medium onion
½ green pepper
1 t Rajah curry powder
½ c cooking oil

Method

- Grate the cabbage into small pieces
- Peel and chop the onion
- Heat the oil over medium heat and fry the cabbage and onion together (15-20 minutes)
- Cut green pepper and add to cabbage with curry powder. Fry for another 5 minutes



SPINACH

Everyday dish for lunch and supper.

Ingredients 1 bunch spinach
2 medium potatoes
1 medium onion
½ c oil
1 t salt

Method

- Cook spinach in 2 c of water for 20 minutes over medium heat
- Peel potatoes and dice
- Peel the onion and slice the onion
- Add the potato, onion, salt and oil to the spinach and cook for another 20 minutes
- Serve



SPINACH MOROGO WITH PEANUT BUTTER

Served with as relish with *bogobe*.

Ingredients 1 bunch of spinach
2-4 tablespoons of peanut butter

Method

- Wash the spinach thoroughly
- Cook in a little bit of water over low heat for 20 minutes
- When cooked add the peanut butter and mix thoroughly



SPINACH MOROGO WITH TOMATO AND ONIONS

Served with as relish with *bogobe*.

Ingredients 1 bunch of spinach
2 small tomatoes
1 large onion
2 tablespoons oil
Salt and pepper to taste

Method

- Wash the spinach and tomatoes thoroughly
- Peel and slice the onion and tomatoes
- Fry onion in oil till brown and tender
- Add tomatoes and fry for 2 minutes
- Add the spinach and cook over low heat for 20 minutes
- Add salt and pepper to taste



SPINACH MOROGO WITH TOMATO AND PEANUTS

Served with as relish with *bogobe*.

Ingredients 1 bunch of spinach
2 small tomatoes
½ c of salted peanuts

Method

- Wash the spinach and tomatoes thoroughly
- Slice tomatoes
- Cook spinach and tomatoes together for 20 minutes over low heat
- Add peanuts and cook for another 10 minutes until the peanuts are soft



MIXED VEGETABLE SALAD

Prepared for Sundays and special occasions such as weddings and birthdays.

Ingredients ½ of 250 g mayonnaise
1 medium tin of mixed vegetables
1 medium tin of curry vegetables

Method

- Drain the tinned vegetables
- Mix the vegetables together with the mayonnaise
- Serve



BETROOT SALAD

Everyday dish prepared from njugo beans and sorghum meal.

Ingredients 3 packets beetroot
½ c vinegar
2 medium onions
sugar
½ t salt

Method

- Boil the beetroot for 1 hour over medium heat
- Peel after cooled and grate into a dish
- Peel and grate the onions into the beetroot
- Add the vinegar, sugar and salt and mix
- Serve



CABBAGE SALAD

Everyday dish especially on Sundays. Also prepared for weddings and birthdays.

Ingredients 1 medium cabbage
3 carrots
Mayonnaise
½ c fresh milk

Method

- Grate the cabbage and the carrots
- Mix it together with the mayonnaise
- Add the milk. The mixture must be soft, and not too stiff
- Serve



BEAN SALAD

Everyday dish prepared for Sunday lunch. Also popular at weddings and birthdays. Originated from the white people and introduced to others by those employed as domestic workers in white households.

Ingredients 1 kg green beans, sliced
1 c water ½ t salt
1 medium onion 1 green pepper
4 carrots ½ c oil
1 spoon barbecue spice
125 g mayonnaise

Method

- Cook the beans in water and salt. Drain off the water
- Peel and chop onion and green pepper
- Peel and grate the carrots
- Heat oil over medium heat
- Fry onion, green pepper and carrots over medium heat in the oil
- Mix green beans with the carrots and onion mixture
- Allow beans and carrot mixture to cool
- Add mayonnaise and barbecue spice and mix
- Serve



CHUTNEY BEETROOT

Everyday dish prepared mainly for Sundays, weddings, birthdays and funerals. Originated from the white people and introduced to others by those employed as domestic workers in white households.

Ingredients 1 bunch beetroot
1x 470g bottle chutney
1 spoon barbecue spice
1 medium onion
1 green pepper
½ c oil

Method

- Cook the beetroot for 1 hour. Peel and cut into cubes
- Fry the onion and green pepper in the oil over medium heat for 5 minutes and add the barbecue spice
- Mix the onion mixture with the beetroot
- Add the chutney (3/4 of the bottle) and mix
- Serve



MAYONNAISE BEETROOT

Everyday dish specially prepared on Sundays, birthdays and weddings. Originated from the white people and introduced to others by those employed as domestic workers in white households.

Ingredients 1 packet beetroot
250 g mayonnaise

Method

- Cook the beetroot over medium heat
- Cool beetroot and peel when cooled
- Grate the beetroot in a dish
- Mix with the mayonnaise
- Serve



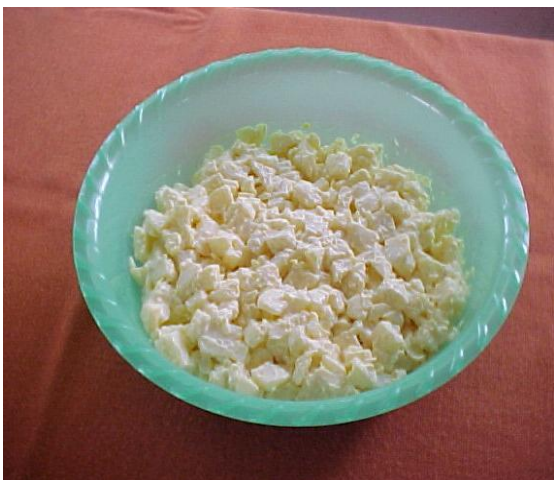
MACARONI SALAD

Everyday dish and for Sundays and special occasions such as weddings. Originated from the white people and introduced to others by those employed as domestic workers in white households.

Ingredients 1 x 500g packet of macaroni
1 t oil ½ t salt
250 g mayonnaise
1 small tin fish (Lucky Star)

Method

- Cook the macaroni in rapidly boiling water with the salt and oil (to prevent the macaroni from sticking together)
- Drain and allow the macaroni to cool
- Add the tin of fish and mayonnaise to the macaroni and mix carefully
- Serve



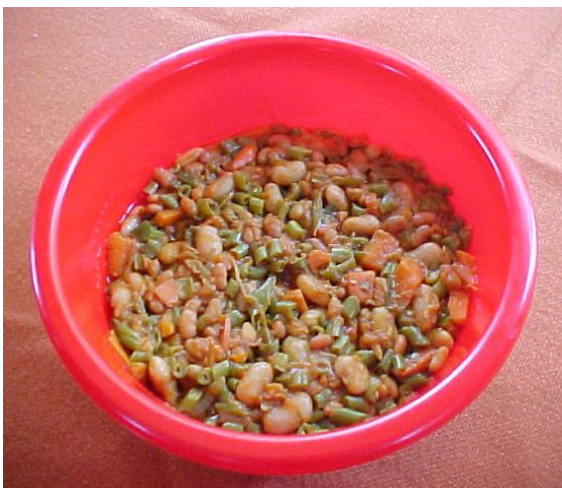
POTATO SALAD

Popular dish for Sundays, weddings and birthdays. Originated from the white people and introduced to others by those employed as domestic workers in white households.

Ingredients 2 kg potatoes 250 g mayonnaise
1 medium onion 2 eggs (boiled)

Method

- Cook the potatoes (unpeeled) in 1 ½ litre water and 1 teaspoon salt for 15 minutes
- Cool potatoes for 10 minutes
- Peel off skin and cut into small cubes
- Grate onion and mix with the potatoes
- Add mayonnaise and mix
- Grate eggs on top as garnish



THREE BEAN SALAD

Everyday dish and also prepared on Sundays and for special occasions such as weddings, funerals and birthdays. Originated from the white people and introduced to others by those employed as domestic workers in white households.

Ingredients 1 kg green beans (fresh)
1 kg carrots 3 medium onions
1 green pepper 1 t salt
2x 410 g butter beans 1 c oil
2x 420 g baked beans
2 packets chillies

Method

- Slice the green beans, and cook it in ½ cup of water. Drain water off
- Peel and dice the carrots. Cook in ½ cup of water. Drain off the water
- Chop the onion and green pepper
- Heat ½ cup of the oil and fry the onion and green pepper in oil over medium heat for 5 minutes
- Add the cooked green beans and carrots to the pepper and onions and cook it for 5 minutes while stirring
- Add the chillies and the salt and cook for another 5 minutes
- Add the baked and butter beans and mix everything together
- Serve



GRAVY

Everyday dish served as relish with starch such as *bogobe*, rice or bread. Originated from the white people and introduced to others by those employed as domestic workers in white households.

Ingredients 2 medium onions
 1 green pepper
 15 tomatoes, grated
 2 carrots, grated
 500 ml cooking oil
 100g Knorrox (soya mince)
 2 cubes beef stock
 Water according to instructions for making stock

Method

- Heat oil over medium heat and fry the onion and green pepper for 3-5 minutes
- Add the grated tomatoes and carrots and mix together with the onion mixture and cook for 10 minutes
- Add soya mince and beef stock
- Cook for 2-3 minutes
- Serve



SPIKOS

Everyday dish eaten on bread. Convenient and quick and easy to prepare. Eaten at schools during lunch time and leisurely at shops. Very popular with males.

Ingredients 2 c achaar
 225 g tin Spaghetti
 215 g tin fish
 ½ garlic
 French Polony sliced

Method

- Mix all the ingredients together
- Serve it on brown bread



TOMATO AND ONION RELISH

Also known as *soppo ya tamati le eiye*. Prepared as an everyday dish as a relish with *bogobe* or bread for breakfast or lunch.

Ingredients ½ c fish oil
 2 medium onions, peeled and diced
 1 packet tomatoes cut into pieces
 1 t salt

Method

- Heat the oil in a frying pan and fry the onions over medium heat
- Add the tomatoes
- Add the salt and cook for 5 minutes
- Serve



SOPPO YA MARAPO

Also known as soup meat. Prepared as an everyday dish for lunch or supper. Originated from the white people and introduced to others by those employed as domestic workers in white households.

Ingredients 2 kg *marapo* (shin or soup bones)
2 t salt 2 litre water
3 carrots 1 green pepper
1 small packet potatoes
5 medium tomatoes

Method

- Cook the *marapo* for 2½ hours in the water over medium heat
- Add the salt
- Peel and slice the potatoes and carrots
- Grate the tomatoes
- Cut the green pepper
- Add the vegetables to the meat and cook another ½ hour
- Add water during cooking as needed
- Serve



BANANA BREAD

Popular treat over weekends. Originated from the white people and introduced to others by those who worked as domestic workers in white households.

Ingredients 6 Bananas 4 c cake flour
½ c sugar 6 eggs
2 c oil 2 c milk
1 t salt 5 t baking powder
a few drops of vanilla essence

Method

- Peel and mash the bananas
- Mix flour, sugar, baking powder together in a dish
- Beat eggs and add oil, milk and vanilla to flour mixture
- Mix to form a batter
- Grease a pan with oil or margarine
- Place bread mixture in pan and bake
- (½ hour) at 160°C or until ready
- Serve



DIKUKU (Tswana)

Also known as *amakuke* (Ndebele). Served at all special occasions. Originated from the white people and introduced to others by those who worked as domestic workers in white households.

Ingredients 5 kg cake flour 125 g sugar
1 litre milk 12 eggs
2 c coconut 1 small bottle vanilla
200g baking powder
4x 500g Rama margarine
1 small bottle yellow food colour

Method

- Mix the flour, sugar, coconut and baking powder together
- Mix the margarine into the dry mixture
- Mix the milk, vanilla, eggs and food colour
- Mix with the flour mixture
- Make small balls and place on a baking pan and flatten with a fork
- Bake in oven at 250°C for 35 minutes



QUEENS CAKES

Everyday dish. Baked for birthdays and funerals. Originated from the white people and introduced to others by those who worked as domestic workers in white households.

Ingredients 5 kg cake flour 200g baking powder
1 kg sugar 200g coconut
4x 500g Rama margarine
1 med tin Nespray milk powder
18 eggs
1 small bottle vanilla essence
1 small bottle yellow food colour

Method

- Mix the flour, baking powder, sugar and coconut in a dish
- Add the margarine (do mix it with hands to make it like crumbs?)
- Make 2 litre milk with lukewarm water and the Nespray
- Beat the eggs and mix with the milk, vanilla and food colour
- Mix the liquid mixture with the flour mixture
- Grease a pan with small holes with margarine – use the wrappings of the margarine for this
- Place small balls of dough in the pan
- Bake at 250°C till done, take out and allow to cool
- Store in a Tupperware container to preserve the softness of the queens cakes



VETKOEK

Used on a regular basis in households as substitute for bread. Sold to school children by vendors outside school gates and at bus stops and train stations.

Ingredients 2,5 kg cake / bread flour
2 t dried yeast
2 t salt (rounded teaspoons)
½ c sugar 1 litre cooking oil
± 2 beakers of lukewarm water (tea drinking beakers)

Method

- Mix flour, salt, yeast and sugar together
- Add lukewarm water and mix to form soft dough. (The dough must not be wet or stiff)
- Cover the dough with a tablecloth for 6 hours
- Knead the dough down
- Heat the oil in a pot
- Form small balls of dough and fry in the oil, till brown on one side
- Turn the vetkoek to ensure that they are overall brown



AMASKONS

Also known as u brotho be kaya or household bread. This is an everyday dish, usually prepared for breakfast over weekends.

Ingredients 2 kg cake flour 10 ml yeast
½ c sugar 1 litre milk
1 spoon salt

Method

- Mix the flour, yeast, and sugar together
- Add the milk and mix well
- Let the dough rise
- When it has risen, shape it into small balls
- Put on a baking sheet
- Bake at 125°C for 15 minutes



DOMBOLO (modern version)

Everyday dish, originally prepared at the *iqude*. This dish has developed and changed. This is the more sophisticated version where modern ingredients are added.

Ingredients 1 kg flour (preferably bread flour)
 ½ c sugar
 50 g baking powder
 125 g custard powder
 ½ litre water
 1 spoon oil
 1 t salt

Method

- Mix the flour, baking powder and sugar
- Mix the custard powder with the water and add to the flour mixture and mix together
- Grease a dish with the oil and place the flour mixture into the bowl
- Boil 3 c of water in a pot and place the dish in the pot
- Put the lid on and cook the dombolo for 15 minutes
- Check with a fork to see if it is cooked (the fork must come out clean)



BIRTHDAY CAKE

Photograph of a purchased birthday cake for a very special birthday celebration.



JELLY

Prepared as dessert on Sundays and on special occasions such as birthdays weddings and funerals. Originated from the white people and introduced to the others by those who worked as domestic workers in white households.

Ingredients 1 x 80g packet jelly powder
 1 c boiling water
 1 c cold water

Method

- Pour jelly powder in a bowl and add the boiling water and stir to dissolve the powder
- Add the cold water and mix
- Put in the refrigerator to set for about an hour
- Serve with custard sauce



CUSTARD

Prepared with jelly and tinned fruit as part of the dessert.

Ingredients 125 g custard powder
500 ml milk
1 spoon sugar
1 spoon Rama margarine

Method

- Boil 500ml milk in a pot add a spoonful of margarine
- Mix the custard powder, the rest of the milk and sugar together
- Add to the milk and cook over low heat for 10 minutes, while stirring frequently
- Pour into a serving dish for serving.
- **Other information**
- A tin of canned peaches (420 g) can be added to the custard
- Crumble tennis biscuits over the custard for garnishing



GEMERE

Also known as ginger beer. Originated from the white people and introduced to the others by those who worked as domestic workers in white households.

Ingredients 2 x 50 g fine ginger
1 c cake flour
1 c sugar
½ ℓ water
25 ℓ water
125 g Cream of tartar
125 g Tartaric acid
6 c sugar

Method

- Pour the two boxes of ginger in a dish
- Add the 1 c of sugar and flour and mix well
- Boil the ½ litre of water and stir the flour and ginger mixture into the water
- Take from the heat and stir thoroughly until the mixture has cooled
- Add the 25 litre of water and the 6 cups of sugar together with the cream of tartar and the tartaric acid to the ginger mixture
- Stir very thoroughly



SOUR MILK

Prepared with jelly and tinned fruit as part of the dessert.

Ingredients Fresh milk

Method

- Leave milk to sour in warm place

ADDENDUM E

PHOTOGRAPHS

PHYSICAL ENVIRONMENT AND INFRASTRUCTURE OF MMOTLA



Houses in the residential areas



Untarred street in residential area



Outside Mooka store showing the tarred main road



Street scene in Mmotla



Donkey carts continue to be used as a method of transport by some



Wheelbarrows are used to transport goods



Livestock such as goats are kept by some



Inside the greengrocer



Outside the butchery

SPECIAL OCCASIONS - WEDDINGS

Traditional Ndebele Wedding



Ndebele bride properly covered with blanket and towel during the *isimanje*. The decorated umbrella is used to hide her face from her future in-laws.

Modern Wedding



Photographs taken in park



Outside the marquee tent



Bride and groom wearing the first change of clothes



Members of a bridal party dressed in “modern traditional” clothes



Wedding cakes match the colour scheme of the clothes of the bridal party and are given a prominent place on the bridal table

SPECIAL OCCASIONS – BIRTHDAY CELEBRATIONS



Purchased birthday cakes are important and central to the birthday celebrations of both young and old

SPECIAL OCCASIONS - FUNERALS

Traditional identification of grave



The personal plates and other eating utensils of the deceased were used by some to mark a grave

Unveiling of the Tombstone



Unveiling of a tombstone at the cemetery





A widow with some of the gifts she received after the unveiling of her husband's tombstone

BEER-MAKING



Malted sorghum and maize-meal



Cooled sorghum and maize-meal mixture



Adding the rest of the sorghum and water to each batch of fermented sorghum and maize-meal



Family and friends who assisted in the beer-making



The mixture is poured into large storage containers



The beer is left to ferment for 2 days



This is sieved on the 3rd day



Poured into calabashes for serving



Hostess serves beer to one of the relatives who assisted her with the beer-making