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Cape Malay Cooking Other Delights

She is the founder of Cape Malay Cooking & Other Delights, a recipe sharing website founded in February 2011. The site currently attracts in

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excess of 600,000 visitors per month.
June 2015 sees the launch of her first
self-published hardback cookbook.

Cape Malay Cooking & Other Delights - Salwaa Smith ...

She is the founder of Cape Malay
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Homepage - Cape Malay Cooking & Other Delights - Salwaa Smith

Salwaa Francis Smith is a South African cook best known for her typical Cape

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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 Cape Malay Delights

Chop the onions and crush the garlic.
Put the chicken stock to heat in a
separate pan. In a large pan cook the
onions, thyme and garlic in the butter
over a medium heat, until they are soft
and translucent but not browned. Add

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the mushrooms; raise the heat and cook, stirring frequently, for about 3 minutes.

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Shanks Posted on 03/04/2020

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across the fish Season with salt & pepper For the marinate 3 cloves of garlic 1 red birds-eye chilli 2 green chillies Juice of a large lemon Handful of fresh coriander 1 teaspoon apricot jam 2 TBSP extra virgin olive oil Liquidised ...

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Beverage.

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- keeping our heritage alive For the base

Ingredients: Mix 3 cups of cake / plain
flour 1 tsp dried yeast 1 tsp sugar 1/2

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tsp salt 1 TBSP oil mix with 1 to 1 and half cups of lukewarm water NOT boiling water it will kill the yeast.

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Salwaa's Chocolate Éclairs / Profiteroles

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- keeping our heritage alive! Ingredients:
For the choux pastry: 1 cup cold...

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How To Make Cape Malay Milk Tart |
Cape Malay Cooking & Other Delights |
Salwaa Smith - Duration: 5 minutes, 34
seconds.

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Mission: Give a man a plate of food and

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you've fed him for the day. Teach a man to cook and you feed him for a lifetime - Cape Malay Cooking & Other ...

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Heat the oil in saucepan, fry the potatoes until lightly browned and semi soft, set aside. Drain excess oil from the

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saucepan, add the chopped onions, fry until golden brown. Add the chopped tomato, buttermilk, green chillies, jeera, cloves, allspice, cardamoms, stick cinnamon and salt.

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Mixed a cup of plain yoghurt with 2 tsp of garam masala, 2 tsp of coriander powder and 2tsp of BBQ spice. Rub on chicken and leave it for a couple of hours to marinate.

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Cape Malay: 19 August, 5pm. Curries perfect for winter, as well as other Cape Malay delicacies. Expect boeber, dhaltjies, fish bobotie, Malay chicken biryani and masala cheese toast. Zero to Pizza Hero: 24 August, 5pm. Carb-o-licious! Ever wanted a Chicago-style deep dish pizza? Now's your chance!

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