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Spruce Eats uses cookies to provide you with a great user experience. Using Spruce Eats, you accept our use of cookies. Take a look at this list of the top 10 South African foods to try to get the best selections from dishes with local, Dutch, Malay and French influences. Today, South Africa is the most cosmopolitan country in Africa and has a mature tourism industry. There is so much pre-rivals and see from a safari trip to visiting villages or taking indulgent food and wine tours at the Cape to visit the gourmet hideaway in Durban. However, due to the number of South African migrants around the world, you no longer have to travel very far to experience the taste of southern Africa. While nothing beats the authentic experience that brings travel, the South African experience may be closer than you think. The food of South African cuisine is as diverse as its people, all of which have left their mark on the country's culinary culture. Traditional dishes of indigenous groups in southern Africa are combined with recipes borrowed from Portuguese, Dutch and British settlers. In some areas, immigrants from India and south-east Asia have developed their own cuisine, reinventing the traditional methods of their ancestors with ingredients readily available to them in southern Africa. Maybe you're a South African expat living in the United States, or maybe you just got home from a visit tasteful to South African cuisine. Either way maybe finding national delicacies like biltong, bobotie and mallow pudding can be tricky in the United States. Sadly, despite the many virtues of South African cuisine, it has not yet been popularized on this side of the Atlantic. This article explores several ways for you to satisfy your cravings without having to fly all the way to Cape Town or Durban. Internationally, South Africa is best known for its Cape wines, its abundant seafood and its high quality beef and venison steaks. However, in the kitchen of the country there is not only fillet, but also fine wine. Here are a few staples to look out for in your quest for authentic South African food. Biltong: Not so much a meal in itself as an unofficial snack in southern Africa, biltong raw meat cut into strips, marinated in vinegar and spices, and then hung out to dry. It is a cape of Dutch origin and can be made with beef or gobica (including ostrich, kudu, and springbok). Bobotie: Often labeled as a national dish of southern Africa, bobotie is a traditional recipe for Cape Malay, consisting of minced meat (and sometimes fish) mixed with spices and dried fruits. The pie is served with a savoury egg custard topping and is especially popular in the Western Cape. Chow: An icon of The Famous Curry Durban Scene, a rabbit chow half a loaf of bread that was hollowed out and filled with curry. You can find many different species including beef, chicken and even bean beans vegetarians, but lamb rabbit chow are the most authentic. Potjiekos: potjiekos (sometimes known as bredie) is a version of South Africa feel good stew. Meat, vegetables and potatoes are cooked together on low heat in a three-legged cast-iron pot. Instead of adding liquid, the ingredients are softened for several hours in the juices released by the meat. Malva pudding: Perhaps the country's favorite dessert, malva pudding caramelized sponge imbued with apricot jam. Traditionally served with custard or sweet cream and vanilla sauce. This is the ultimate comfort meal for cold winter days on the cape. Given the variety of South African cuisine and the huge selection of fine restaurants in Cape Winelands, it is somewhat ironic that the most successful South African export is Nando's, a fast food chain. Inspired by the Portuguese flavors of the Mozambican border, Nando specializes in grilled peri peri chicken. You will find American network affiliates in Illinois, Virginia, Maryland and Washington, D.C. Karoo Restaurant in Eastham, Massachusetts, offers traditional South African cuisine in a picturesque setting complete with indoor and outdoor accommodation. The menu reflects the unique combination of African, British, Dutch, Portuguese, Malaysian and Indian inspirations that South Africa is so famous for. Here, entrees include Cape Malay stew, beef or tofu bobotie and beef rabbit chow. San Francisco Amawele's South African cuisine is owned by Pam and Wendy, a twin chef from Durban. In zulu, Amawele means twins and sisters pay tribute to their roots with a simple but authentic menu featuring Durban favorites like roti wraps and rabbit chow. For the ultimate comfort of the food experience, order a frikaddel slap chip roll (made with French fries and African meatballs). Named after the African word for the traditional village tavern, Shebeen in Charlottesville, the VA serves South African favorites for breakfast, lunch and dinner in a decidedly more healing setting than its namesake. Lunch highlights include boerewors burgers and garden cakes, while Cape Mussels and Squid Camps Bay provide a taste of the country's seafood bounty for dinner. The launch of the South African Family Of Anthonys, Atlanta 10 degrees south recreates the exquisite establishments of the Western Cape. Innovative dishes include biltong carpaccio salads and beef fillet pines, while an extensive wine list includes imported vintages from the famous vineyards of Paarl, Stellenbosch and Franschhoek. If you prefer to create your own South African classics, you can buy authentic ingredients from various online stores. Try A Taste of Africa Shoppe for a wide range of appetizers, sauces, spreads and other products including Chocolate Beacon, Chutney Balls and breadcrumbs Ouma. African Hut and South African Food Store also carry imported goods Addresses across the US For an impressive selection of biltong and droewors products, try Biltong Guy. Thank you for letting us know! The Food Conditions menu to keep an eye on the dining room is a fun way to enjoy a delicious meal with friends and family. This pleasant experience, however, means that you don't always know how your meals are cooked, which can be stressful if you are trying to make healthy choices. Knowing menu language can help you avoid unhealthy choices, says Amy Goodwin, a sports nutritionist at Texas Health Ben Hogan Sports Medicine. Loaded with this phrase this usually means that many more calories have been added to an otherwise healthy choice. Think about potatoes: the calorie count of 100-calorie average-sized sweet potatoes skyrockets once you load it with sugar and butter. The same goes for potato skins laden with sour cream and bacon. Smothered in - A lot of lean protein (such as grilled chicken or seafood) is smothered in unhealthy sauces like cream that is absorbed into the meat for an inevitable increase in calories. Stuffed - Protein and vegetables are often stuffed with heavy cheese, bacon, rice, cream and a host of other flavor toppings, denying the healthy benefits of these foods. Stuffed bell peppers and mushroom caps sound nutritious until you realize that most of the food is cheese and other toppings. Creamy - It may seem delicious, but creamy foods are often high in fat, thanks to heavy cream, sour cream, cream cheese, sauce, mayonnaise or thick dressing. Tomato sauces are a much lighter option. Bread - All bread is covered with something crispy-breaded breadcrumbs or flakes of panko and fried in oil. The grill is healthier and you'll get more natural flavor, too! Crispy - This term is just another way to describe something fried in oil that is unhealthy even if it's not breading. Looking for a healthy dish? Choose menu items with descriptions that include baked, boiled, fresh, fried, pickled, poached, reduced, fried and vinaigrette. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io piano.io african food menu ideas. african food menu list. african food menu templates. african food menu for wedding. african food menu pdf. african food menu kenya. sweets african food menu. south african food menu

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