

Title:

South African main course cuisine

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Summary:

The food from South Africa is as diverse as the people that live there, influenced by many c

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Article Body:

The food from South Africa is as diverse as the people that live there, influenced by many c

One big influence on the choice of food must be the two bordering oceans, the Atlantic and Ind

If you are looking for variety, you won't be disappointed! South African cuisine caters for a

On the top of the menu is the great Afrikaner ^hoenderpastei~, or chicken pie, inspired by the

If you are looking for lamb or beef, try the great bobotie from the Boere. This is a great di

Maybe the warm sunshine is too inviting and you are looking to spend your days outside. If yo

If the potjiekos isn't for you, why not try a braai (barbecue). Put some ^boerewors~ (a great

Frikkadelle, basically small beef patties, are greatly seasoned and taste magnificent, being s

Bunny chow (curry stuffed in a hollow out loaf of bread) and curries have become very popular

Local vegetables and fruit play a very important role in the daily diet. Tomatoes, potatoes,

To be a guest in a South African home is a great experience. They pride themselves on hospita

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