



# BO KAAP KITCHEN

*heritage recipes and true stories*

*More than just a cookbook -  
part photo journal,  
part historical document,  
part culinary journey  
into the homes of the people  
of the Bo-Kaap, celebrating a  
uniquely South African culture.*

**PUB DATE** December 2013  
**PRICE** R455  
**ISBN** 978-0-9870284-6-4  
**FORMAT** 210 X 265, HARD COVER  
**EXTENT** 272pp  
**ILLUSTRATIONS** 170

## MARKET

- Anyone passionate about cooking and eating fine food
- Anyone interested in heritage food and tradition
- Travellers wanting to take home a beautiful photographic document as a reminder of the place and their journey
- People who love curries and spicy food
- 'Armchair' chefs who'd rather read about food and lose themselves in beautiful, inspiring photographs and words than ever don an apron

Through personal stories, recipes, historical images and Craig Fraser's beautiful visuals, Bo-Kaap Kitchen reveals the heart of the Cape Malay people, their history and identity, distinctive architecture and language. The warmth and character of the people shine through as they share their stories about cooking, family bonds and strong faith.

Residents of the Bo-Kaap are descendents of some of the first people to settle at the Cape, mostly descendents of slaves brought here from as diverse places as Ceylon, India, Indonesia, Java, Malaysia, North Africa, East Africa and Madagascar. Many of these slaves were sought after for their skilled labour and excellent craftsmanship.

A large part of the book is devoted to the significance of food, which is so central to the culture. Rites of passage, pilgrimages, prayers for newborns and the deceased, breaking the fast during Ramadan, engagements, weddings, all are celebrated with meals that are shared in this closely knit community.

TITLE BO KAAP KITCHEN, *heritage recipes and true stories*

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