



karoo kitchen

*heritage recipes and true stories from
the heart of south africa*

*more than just a cookbook -
it is an inspiring journey
of discovery, heritage
and the human spirit*

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- Author Sydda Essop has spent years interviewing more than 70 cooks and healers (who range in age from 23 to 96) from across the cultural spectrum in South Africa's remarkable Karoo region;
- Each interviewee has shared their heartfelt stories of personal challenges and triumphs, and their most precious family recipes;
- Those interviewed hail from a diverse range of backgrounds, as they include descendants of the Khoisan and Xhosa peoples, the Dutch, British and French settlers, slaves from the East, Greeks, Portuguese, Indians, Jews and even Somalis;
- Essop pays homage to this rich cultural interdependency without turning a blind eye to the politics, poverty and harsh climate that frequently characterises the region;
- The recipes included run the foodie gamut from traditional tripe, venison, Karoo lamb and beer to curries, bread, sweets and simple yet wholesome suppers;
- Also included is a selection of classic Karoo herbal remedies.

Discover the traditional recipes, veld remedies and diverse culinary tales in *Karoo Kitchen*, a fascinating visit to the historic heart of South Africa.

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