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century, slaves from  
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farms of Cape Town,  
South Africa, and  
became known as Cape  
Malays.

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Americans So, by making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke So make a start today Give those old favorites a new, tasty, heart-healthy makeover And help keep the heart of ...

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Mataha (dry maize,  
beans & potatoes)

Ingredients (4-6  
Servings) ½ pound dried  
red beans 1 pound dried  
maize (corn) Salt 8  
medium potatoes, peeled  
and cubed 10 pumpkin  
leaves(or spinach),  
coarsely chopped Soak  
the beans and maize  
overnight in water to



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cover. Drain, cover again with water, add salt and boil for 2½ hours.

~~A Taste of Africa—~~  
recipes

Menu Guide. Tatale  
—plantain cake. Foofoo  
—mashed yam and  
plantain pudding. Joloff  
rice —spicy chicken and  
rice. Calaloo —seafood,  
vegetable and rice dish,  
perhaps a precursor to

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jambalaya. Bangku  
—cornmeal dumplings.  
Efo —Nigerian spinach  
soup. Groundnut Stew  
—peanut stew with  
chicken (peanuts are  
called groundnuts)

~~West Africa: Menu  
Guide~~

Sandler, responsible for  
the restaurant menus at  
the African Pavilion at  
the New York World's

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Fair, traveled throughout Africa in pursuit of her subject. A chapter, including menu and recipes, is devoted to each of 11 countries: Senegal, the Sudan, Mozambique, the Malagasy Republic, Ethiopia, Kenya, Liberia, South Africa, Morocco, Ghana and Tanzania, followed by a broad collection of additional

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recipes. #1331.

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This is a traditional South African meal, and is good winter fare. Bredie is an old Cape name for a dish of meat and vegetables stewed together so that the flavors intermingle. The gravy is rich, thick and full-bodied, and is obtained by using meat

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with a fair amount of  
bone and fat, rolling it in  
flour and browning it  
before the vegetables are  
added.

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