

South Africa

Africa

Menu

1. Rooibeet slaai

Ingredients:

- 1-lb. Can of sliced red beets
- 2 medium onions, sliced thinly
- 2 Tbsp. red wine vinegar
- Salt and sugar to taste

Directions:

Place the beets and onions in a medium-sized bowl. Mix vinegar and seasonings together and pour them over the beets. Cover the bowl and refrigerate for two hours. Serve chilled.

2. Cooked rice

3. Chicken sosaties

Ingredients:

- 1 1/2 lbs. skinless boneless chicken
- 2 Tbsp. vegetable oil
- 4 onions, thinly sliced
- 1 Tbsp. curry powder
- 2 cloves garlic, minced
- 1 tsp. coriander seeds
- 1 Tbsp. brown sugar
- 1 cup freshly squeezed lemon juice

Directions:

Cut the chicken into 3/4 in. cubes and place them in a non-reactive deep bowl. Heat the oil and fry onions in a non-reactive saucepan until they are lightly browned. Add remaining ingredients and cook for 2 minutes over low heat, stirring constantly to make sure that the sugar has dissolved. Allow marinade to cool and pour it over the chicken. Refrigerate 24 hours. When ready, place chicken on skewers and grill for 10 minutes, turning once. Serve hot.

Life in South Africa

In South Africa, gaps remain between the living standards of blacks and whites. Five out of every 100 black children die in infancy, often from preventable diseases. More than half of black South African children suffer from stunted growth due to inadequate nutrition. White workers earn an average of nine times more than blacks.

Typical meal

South Africans, regardless of age, race, or class, have a typical diet of mealie pap, a maize- or cornmeal-based porridge, similar to cream of wheat cereal but with a thicker, stickier texture.

A day care child with donated vegetables



Children at Orlando Day Care Centre in Soweto are staying healthy thanks to the vegetables donated by Batho-bohle Gardens. Aided by World Vision, the project is running a number of food security projects in this poor community.

References:

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