



My Cape Malay Kitchen: Cooking for my father in My Cape Malay Kitchen

Cariema Isaacs

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The magical difference between food prepared in a restaurant and that in a home kitchen for family and friends, is a little ingredient called love. And love is most evident in what is essentially Cariema Isaacs's tribute to her late father as she shares their mutual passion for food and cooking, as well as their Cape Malay heritage. My Cape Malay Kitchen is a breathtakingly beautiful presentation of some 80 traditional Cape Malay recipes as well as a selection of modern dishes. These are accompanied by Cariema's depiction of her childhood growing up in Bo-Kaap – the Cape Malay Quarter of Cape Town. She includes the religious and cultural ceremonies, as well as events that have shaped the Cape Malay community into the unique community it is today. But My Cape Malay Kitchen is still a cookbook, packed with flavourful food, richly spiced curries, indulgent cakes and decadent desserts, all illustrated with truly inspirational photography.

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