

## The Cape Malay Illustrated Cookbook

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Everyday Cape Malay Food Cape Malay cuisine originates from a colourful history of intermingling cultures brought together by the 17th-century slave trade. Malay cuisine is characterised by the liberal intermingling of spices and the influence of Indian, Dutch and French traditional food as well as the predominance of the Islamic religion.

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In addition to offering cooking lessons to anyone who wants to learn how to cook Cape Malay food, Salwaa gives cooking classes for children aged 5 - 18 years old. Her second cookbook, Cape Malay Little Chef's Cookbook, was released in August 2019. She has since published a further two Ebooks.

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60ml cooking oil 2 onions, chopped salt, to taste 1 - 2 green chillies, chopped 2 pieces stick cinnamon 1 large cauliflower, leaves cut off and broken into pieces 3 potatoes, peeled and sliced into quarters 30ml Sugar (optional) Instructions Heat the oil in a heavy-based saucepan and fry the onions until golden brown. Add the meat and cinnamon.

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