



Food preparation & nutrition KS3
Ambition Project

By Luke

South Africa



SOUTH AFRICA



South Africa's climate is seasonal with regional variations



Summer

December to March – warm, sunny weather with thunderstorms in the afternoons



Autumn

April to May – end of the rainy season with warm temperatures, clear skies and cooler mornings/evenings

Winter

June to August – cool temperatures, sunny days and clear skies



Spring

September to November – South Africa warms up from the top down, hot in the north and cool/wet in the South



Ingredients grown in South Africa

Grapes



Sugarcane



Maize



Potatoes



Barley



Popular meats in South Africa include the following



Boerewors

Grilled sausage
made from beef,
pork or lamb

Biltong

Cured and dried
meat that has
been seasoned



Venison

Game meat like
ostrich, kudu, impala

Yes, South Africa has a large coastline that stretches along the Atlantic and Indian Oceans:

- Length:** The coastline is over 2,500 kilometers long
- Beaches:** The beaches are mostly sandy, but some are rocky or a mix of both.
- Water conditions:** The west coast has colder currents, while the east and south coasts are warmer.
- Protection:** About 95% of the coastline is not protected by an offshore reef, so waves can be big and currents strong.
- Diversity:** South Africa's coastline has a variety of beaches, including white sand shores, coral reefs, and rugged cliffs.
- Marine life:** The meeting of the two oceans creates a unique ocean habitat with a diverse array of marine life.
- Estuaries:** Two-thirds of the estuaries are on the east coast.
- Escarpment:** The Great Escarpment separates the coast from the high inland plateau.



Commonly eaten fish in South Africa

Hake



Kingklip



Snoek





Braai (Barbeque)



Potjie(Cast Iron Pot)

Charcoal(open fire cooking)





Some typical main dishes of South Africa include:

Bobotie

A dish of minced meat, curry spices, onions, milk-soaked bread, and dried fruit that's baked until set. It's considered to be close to South Africa's national dish.



Bunny chow

A hollowed-out loaf of bread filled with curry, typically served with salad or sambal on the side. It originated in Durban in the 1940s.

Potjiekos

A stew made up of meat and vegetables that's cooked slowly in a small three-legged pot over a fire.

Lamb neck or shank and oxtail are traditional cuts of meat to use.



Desserts of South Africa

MALVA PUDDING

A traditional, comforting baked pudding made with apricot jam and a caramelized spongy texture. It's usually served warm with a cold custard sauce or ice cream.



MELKTERT(Milk Tart)

A sweet pastry made with milk, eggs, flour, and sugar, and often flavored with cinnamon. It's a popular dessert that can be found in bakeries, tea rooms, and kitchens.



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Task 3 – Things to consider, if you intend to make the dish

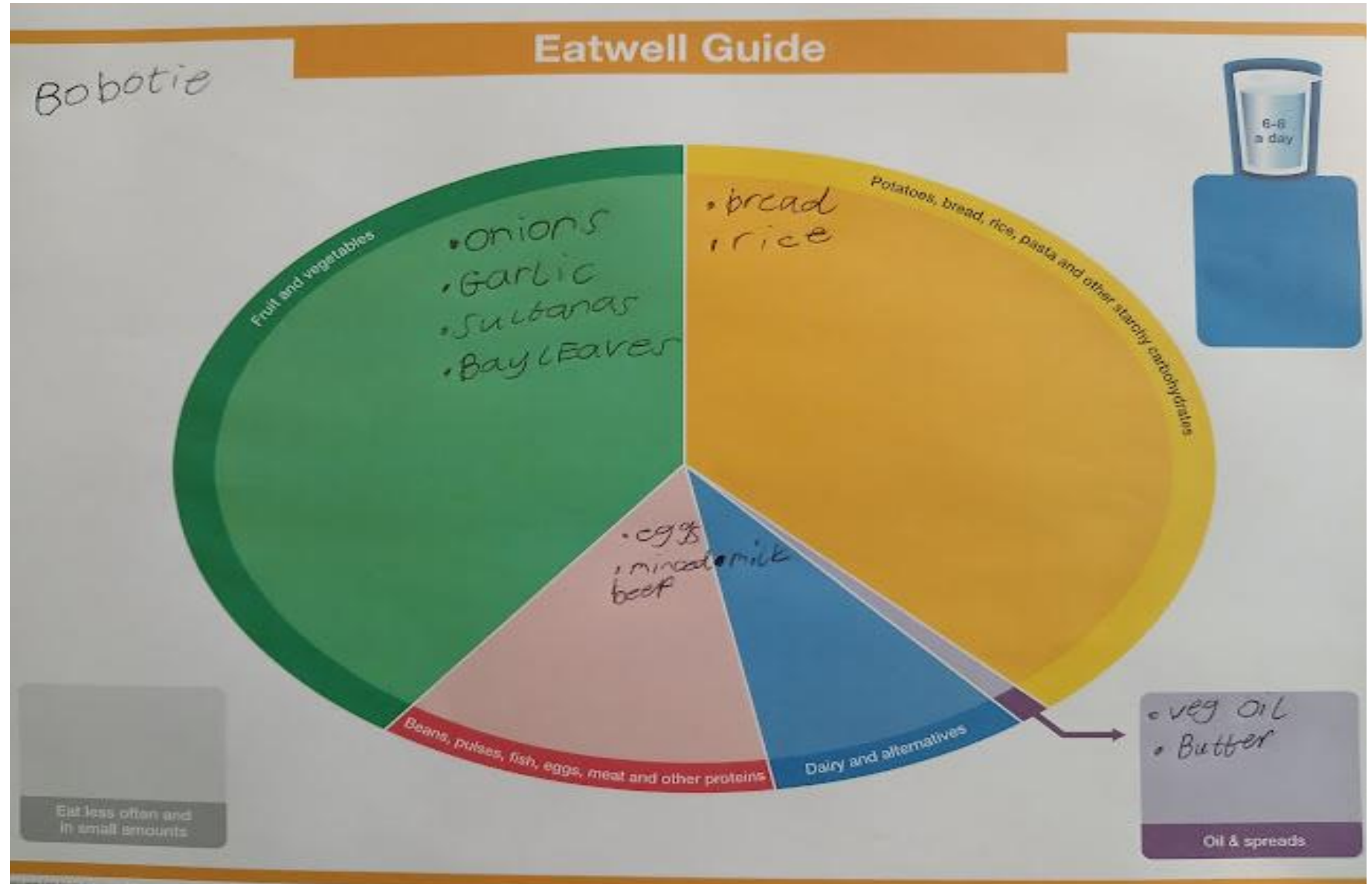
Yes - you can find the ingredients in the shops in the UK

No - you do not need to alter the recipe to reflect more or less servings

Yes - I have the skills required to make the recipe

Yes - I have the equipment necessary to make the dish

Task 4



Bobotie

