GUIDE TO

VEGETARIAN

VEGAN & JAIN

DINING IN SOUTH AFRICA

Inspiring new ways

www.southafrica.net
How to use this book

Please have a careful read of our Definitions section so that you get to understand the specific needs of the vegan, vegetarian and Jain diets before going on to explore the recipes.

Recipe section: we have compiled a selection of wonderful recipes for you to choose from. There are vegan, vegetarian and Jain recipes on offer with easy-to-recognise symbols relating to each dish.

There is a special section on Jain recipes that will hopefully inspire you to create some wonderful meals for your international guests. There is also a list of translations at the end of this chapter that will assist you when sourcing local ingredients.

In the Need to Know section you will find helpful hints on where to source ingredients as well as information on good local vegetarian restaurants and helpful websites.

The Food Lists information section offers the ingredients that are applicable to vegans, vegetarians and Jains. The lists will provide a helpful guide to local ingredients and will assist you in making menu choices for your visitors.

At the end of the book you will find the details of all the wonderful chefs and establishments that have so generously contributed to this project.
# CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreword from SAT</td>
<td>3</td>
</tr>
<tr>
<td>Foreword from SACA</td>
<td>4</td>
</tr>
<tr>
<td>Definitions</td>
<td>6</td>
</tr>
<tr>
<td>Snacks, Starters &amp; Sides</td>
<td>10</td>
</tr>
<tr>
<td>Salads &amp; Soups</td>
<td>26</td>
</tr>
<tr>
<td>Main Courses</td>
<td>36</td>
</tr>
<tr>
<td>Desserts</td>
<td>52</td>
</tr>
<tr>
<td>Jain Cuisine</td>
<td>62</td>
</tr>
<tr>
<td>Need to Know</td>
<td>80</td>
</tr>
<tr>
<td>Food Lists</td>
<td>86</td>
</tr>
<tr>
<td>Special Thanks</td>
<td>96</td>
</tr>
</tbody>
</table>
There is no denying it, South Africans are a meat-loving people. Whether it’s a skottel breakfast in the bush, a boerewors roll at the rugby, a shisa nyama on the way to the soccer, a potjie on a cold winter’s night or a braai with friends, meat is an essential part of any South African celebration.

But, for a variety of reasons, many of the people who visit South Africa do not eat meat at all and we need to ensure that we understand and respect our guests’ beliefs. For instance, followers of Jainism, an Indian religion that advocates non-violence to all living things, including plants, do not even eat root vegetables such as onions, carrots, potatoes and garlic and will not eat before sunrise or after sunset.

So, while it may be foreign for us to go to a restaurant that doesn’t have a piece of meat in sight, it is foreign for other cultures to see meat served at any and every occasion, with little or no appetising alternative. This is something that we as a tourist industry need to address if we want to give people the heartfelt welcome we promise. There is nothing worse than going to a country and not being able to embrace its cuisine, especially if it is as renowned as South Africa’s.

It is not only excellent meat that South Africa offers in abundance but excellent fruit and vegetables too and, with a little creativity and thought put into catering for our vegetarian guests, there is no reason why they cannot enjoy as exciting a culinary experience as some of their carnivorous counterparts. To get the creative juices going, we have compiled this book with just a few ideas on how to veggie up that braai, potjie or breakfast and offered ideas on what different cultures usually eat at different times of the day.

We hope it goes some way to diversifying our restaurant and hotel menus, leaving all our visitors feeling relaxed, at home and willing to come back for more, no matter their culinary preferences.

Best regards
Roshene Singh
South African Tourism
Chief Marketing Officer

Inspiring new ways
www.southafrica.net
On behalf of the South African Chefs Association, Board of Directors, members and office I would like to express our excitement in sharing the culinary diversity of our rainbow nation with you.

Being a vegetarian visiting or living in South Africa is not without challenges. SACA in conjunction with SA Tourism has compiled this easy-to-use selection of recipes with the aim of boosting the vegetarian offering in South Africa and putting South African vegetarian cuisine firmly on the international culinary map.

A wide variety of delicious and nourishing recipes have been sourced to ensure you are motivated and inspired by new ways of creating and interpreting vegetarian cuisine, delivering an enjoyable and fulfilling culinary experience for visitors and locals alike.

SACA and SA Tourism would like to put the challenge out there to all chefs, cooks and those involved in the hospitality industry in South Africa – let’s make our vegetarian offerings something to write home about.

Warm regards
Stephen Billingham
President, South African Chefs Association/SACA

Foreword from SACA
DEFINITIONS

In this section you will find a list of different types of vegetarians and vegetarian diets to guide you in preparing your menus for guests and travellers to South Africa.

These definitions (and the lists that follow at the back of the book) are a guideline to assist you in preparing meals for vegetarian travellers. However, it is always a good idea to find out from your guests exactly what their specific dietary requirements are and what their preferences are when it comes to the menu.
1. VEGAN

A vegan diet, or a person who is referred to as a ‘vegan’, eats no animal products whatsoever.

A vegan diet excludes meat, poultry, fish, shellfish, eggs, milk, cheese and butter. Some vegans do not eat honey. Products such as gelatine (derived from animal products) are not permitted in the vegan diet. A vegan diet focuses largely on fruit, vegetables, nuts and various forms of protein including pulses and grains.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Meat</td>
</tr>
<tr>
<td>Fruit</td>
<td>Poultry</td>
</tr>
<tr>
<td>Nuts</td>
<td>Fish</td>
</tr>
<tr>
<td>Seeds</td>
<td>Shellfish</td>
</tr>
<tr>
<td>Grains</td>
<td>Eggs</td>
</tr>
<tr>
<td>Plant Foods*</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Cheese</td>
</tr>
<tr>
<td></td>
<td>Butter</td>
</tr>
<tr>
<td></td>
<td>Gelatine</td>
</tr>
</tbody>
</table>

2. VEGETARIAN

A vegetarian is someone who does not eat meat, poultry, fish or shellfish, but generally does eat eggs and dairy products (including butter and milk).

Some vegetarians may be open to eating dishes that make use of gelatine, while others may not.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Meat</td>
</tr>
<tr>
<td>Fruit</td>
<td>Poultry</td>
</tr>
<tr>
<td>Nuts</td>
<td>Fish</td>
</tr>
<tr>
<td>Eggs</td>
<td>Shellfish</td>
</tr>
<tr>
<td>Milk</td>
<td>Gelatine</td>
</tr>
<tr>
<td>Cheese</td>
<td>Gelatine</td>
</tr>
<tr>
<td>Butter (Seeds)</td>
<td>Gelatine</td>
</tr>
<tr>
<td>Bread (Grains)</td>
<td>Gelatine</td>
</tr>
<tr>
<td>Plant Foods*</td>
<td>Gelatine</td>
</tr>
</tbody>
</table>

*Plant foods include things like chickpeas, lentils, tofu and kidney beans. Please see the back of this booklet for an extensive list.

Then there are various types of vegetarians such as:

- **Lacto**-vegetarians
  No fish, poultry, meat or eggs but include dairy (such as milk, butter and cheese) in their diet. [As in the example].

- **Ovo**-vegetarians
  No meat or dairy products, but eggs are permissible.

- Lacto-ovo vegetarians
  No fish, poultry or meat, but dairy and eggs are included.

- Pescatarian/Pescetarian****
  This is a diet with no meat, poultry or animal flesh or products, but fish (and generally eggs and dairy products) are permitted.

- Semi-vegetarian/Flexitarian
  This is a relatively new term and refers to a person who eats mostly a vegetarian diet, but occasionally eats meat (perhaps on a special occasion).

- **Raw vegan/Raw food diet**
  A raw vegan diet consists of unprocessed vegan foods that have not been heated above 46° C. This diet will consist mainly of uncooked vegetables, fruit, nuts and pulses.

- **Fruitarian**
  A fruitarian eats a diet of fruit, seeds and nuts but does not eat any form of animal product (no meat, fish, poultry, eggs, dairy) or vegetables or grains.

** Lacto comes from the Latin word for milk.
*** Ovo comes from the Latin word for eggs.
**** Pesce comes from the Latin word for fish.

3. JAIN VEGETARIANS

Jainism is an Indian religion that follows a path of non-violence towards all living creatures. As a result, followers of Jainism have strict rules for their personal diets. Should any of your guests follow a Jain diet, it’s a good idea to understand what they can and can’t eat and to prepare delicious meals that fit into their way of life.

Jains do not eat meat, poultry, fish, eggs or
dairy products (they do drink milk). Followers of Jainism do not eat root vegetables such as potatoes, onions, garlic, carrots and beetroot. Jains do not eat yeast — so store-counter bread is not an option. Many Jains do not eat honey and intoxicants such as liquor (in any form) do not form part of the Jain way of life. For strict Jains, garlic, ginger and vinegar are also not permissible, and eggplants and pumpkin are avoided. Many Jains don’t include mushrooms in their diet.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables (not root vegetables)</td>
<td>Meat</td>
</tr>
<tr>
<td>Fruit</td>
<td>Poultry</td>
</tr>
<tr>
<td>Nuts</td>
<td>Fish</td>
</tr>
<tr>
<td>Seeds</td>
<td>Shellfish</td>
</tr>
<tr>
<td>Yeast-free Bread</td>
<td>Eggs</td>
</tr>
<tr>
<td>Tofu</td>
<td>Milk</td>
</tr>
<tr>
<td>Soy beans</td>
<td>Cheese</td>
</tr>
<tr>
<td>Legumes</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Butter</td>
<td>Gelatine</td>
</tr>
<tr>
<td>Lentils</td>
<td>Onions</td>
</tr>
<tr>
<td></td>
<td>Garlic</td>
</tr>
<tr>
<td></td>
<td>Honey</td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
</tr>
</tbody>
</table>

Jain Cuisine
Frying, boiling, baking and slow-cooking are the most popular culinary methods used in preparing Jain dishes. Chefs can get creative with spices like cumin, nutmeg, cinnamon, cloves, poppy seeds, musk and fennel seeds. Ingredients such as cucumber, curry leaves and bell peppers are used liberally.

In our recipe section, you will find a chapter on Jain cuisine. We suggest you practise making these recipes and delight your guests with new, innovative ways of presenting healthy and delicious meals.

You will also find a list of ingredients at the end of this chapter that will assist you in translating Jain or Indian recipes for local requirements.

Bear in mind that food needs to be prepared freshly on a daily basis.
NACHOS AND GUACAMOLE
SNACKS, STARTERS & SIDES

Spoil your vegetarian guests with snacks, starters and sides that are a little creative, a little different and offer something that is truly South African. From pap en tamatiesous to mini vegetarian bunny chows, there is a fun dish for every taste.
Nachos and Guacamole

Serves: 4

INGREDIENTS:
- 2 avocados
- ¼ cup olive oil
- spring onions
- coriander
- juice from 1 lemon
- Himalayan rock salt
- black pepper
- nachos

METHOD:
- Add all the ingredients, except the nachos, to a food processor and blend until smooth
- Serve with nachos
- As an extra touch, serve with jalapeño chillies and Cheddar cheese
Roast Cauliflower and Natal Blue Cheese

Serves: 10

INGREDIENTS:
3kg cauliflower
100ml olive oil
3 litres vegetable stock
3 litres full-cream milk
6 medium white onions
4 leek whites
7 garlic cloves
7 medium potatoes
400ml cream
400g Natal Blue Cheese
1 tablespoon creamed horseradish
juice of 2 limes
salt and pepper, to taste

METHOD:
* Clean the cauliflower and cut into small pieces. Rub in 40ml olive oil and roast in the oven on a high heat (200ºC) until it colours. Remove from the heat and cool
* Place the vegetable stock and the milk on the stove to boil
* Sweat the onion, leek and garlic in a pan with the rest of the olive oil, until transparent. Add the potatoes, milk and vegetable stock. Add 400ml of fresh cream. Cook until the potatoes are soft
* Add the cauliflower and cook for approximately 8 minutes or until it is cooked. Remove from the heat
* When at room temperature, liquidise while adding the blue cheese. There must be no lumps in the soup
* Place back into the pot and onto the heat. Then add the horseradish, lime juice, salt and pepper

Recipe supplied by Executive Chef Leon Coetzee, Kurland Hotel – a proud member of Relais & Châteaux.
Wild Mushroom Vol au Vent with Asparagus and Watercress Dressing
Serves: 4

INGREDIENTS:
For the Pastry Case: (300g dough)
143g cold butter (unsalted), diced
143g bread flour
3g salt
30ml ice-cold water

Mushroom Filling
1 small onion (roughly 70g)
10g garlic, crushed
olive oil
butter
60g fresh button mushrooms, sliced
70g fresh portobello mushrooms, sliced
60g fresh portabellini mushrooms, sliced
85g fresh oyster mushrooms, torn
80ml white wine
175ml cream
salt and pepper, to taste
10g chopped parsley
10g chopped thyme

Watercress Dressing
packet watercress, plus extra to garnish
salt, to taste
3 tablespoons mayonnaise

Asparagus
20g butter
100g asparagus, blanched for 4 minutes

METHOD:
Rough Puff Pastry:
• Place the cubes of butter in a bowl; sift the flour and salt on top
• Using a pastry scraper or a large chef’s knife cut the butter into the flour
• Work until you have a crumbly mixture; flatten any cubes with your fingertips
• Add the ice-cold water a little at a time to loosely bind the dough
• Mix the dough with the pastry scraper until it holds together
• Shape the dough into a rough triangle and roll it out until it is 2cm thick, but DO NOT overwork
Fold the dough in thirds like a business letter, then turn it 90°
Square the edges of the dough as you work, and roll the
dough into a rectangle about 2cm thick
Continue folding and rolling until the dough looks smooth
and holds together well
Let the dough rest in the fridge for 30 minutes
Divide the dough into 2; roll out each piece in the shape of
a rectangle until it is 1cm thick
Place one rectangle on top of the other
Divide the rectangle into 4 quadrants, cut out a smaller
rectangle in the top layer to leave a hole for the mushroom
mix
Egg-wash the top of the pastry and bake at 150°C for 15
minutes

Mushroom Filling
Sweat off the onion and garlic in olive oil
When slightly coloured, add butter, all the button
mushrooms, all the portobello and portabellini mushrooms,
and two-thirds of the oyster mushrooms
Sauté for 1 minute, add the wine
When reduced, add cream and reduce further until a thick
consistency is reached
Add seasoning and herbs

Warm up pastry case in oven for 1 minute.

Watercress Dressing
Blanch watercress in boiling water for a few seconds, refresh
in cold water, season with salt, and blend with hand blender
Mix with mayonnaise, season again

Asparagus
Heat the butter in a pot and add the asparagus, season with
salt and, when hot, serve immediately

To Plate:
Place vol au vent in the middle of plate, fill with mushrooms,
garnish with asparagus and watercress, drizzle with watercress
dressing and olive oil
Braised Onions
Serves: 4

INGREDIENTS:
8 red onions
500ml good quality red wine or port
300ml sugar
2 star anise
4 cloves
2 cinnamon sticks
5 sprigs of thyme
1 sprig of rosemary
salt and pepper, to taste

METHOD:
• Cut onions into quarters
• Mix all the remaining ingredients together and pour into a saucepan
• Place onions into liquid and cover with a cartouche (lid made from baking paper that fits inside the saucepan)
• Place a lid onto the pan and simmer very gently for approximately 90 minutes or until tender
• Season well and serve

Braised Cabbage
Serves: 4

INGREDIENTS:
1 medium cabbage cut into small pieces
100ml olive oil
6 carrots, cubed
2 leeks, sliced
salt and pepper
handful of fresh parsley, chopped

METHOD:
• Wash cabbage
• Heat the oil in a pot
• Add carrots and leeks, and sauté until soft
• Add cabbage and place lid on pot. Turn the heat right down and sweat slowly, stirring often until the cabbage is completely tender
• Season well and sprinkle parsley over the top
• Serve hot


Some vegans don’t consume alcohol, so always enquire before cooking with alcoholic ingredients.
Portuguese Bean Bruschetta
Serves: 4

INGREDIENTS:
50g green beans, blanched
100g butter beans
3 garlic cloves, crushed
1 chilli, chopped
15g parsley, chopped
50ml olive oil
10ml spirit vinegar
salt and pepper, to taste
5 thin slices ciabatta, toasted
10g mixed baby salad leaves
chervil, to garnish

METHOD:
• Mix the beans together and warm slightly
• Mix the garlic, chilli, parsley, olive oil, vinegar and seasoning together and toss marinade through the beans
• Allow the beans to marinate overnight
• Top the slices of ciabatta with mixed baby salad leaves and beans and garnish with chervil

Potato Carpaccio with Goat’s Cheese Mousse and Truffled Gruyère Dressing

Serves: 6

INGREDIENTS:

Potato Carpaccio
- 2 large red potatoes
- 2 large potatoes
- Maldon salt, to garnish

METHOD:
- Cut the potatoes thinly using a mandoline slicer and boil for 3 minutes
- Refresh in ice water and pat dry each individual potato slice

INGREDIENTS:

Goat’s Cheese Mousse
- 100g goat’s cheese
- 30ml milk
- 125ml cream
- salt and pepper, to taste

METHOD:
- Mix the goat’s cheese and milk together until smooth
- Whisk the cream until thick and then fold into the goat’s cheese mixture. Add seasoning

INGREDIENTS:

Truffled Gruyère Dressing
- 50ml canola oil
- 15ml white wine vinegar
- 10ml Gruyère cheese, finely grated
- 5g black truffle, chopped
- salt and pepper, to taste

METHOD:
- Combine the canola oil, vinegar and Gruyère cheese in a mixing bowl
- Whisk together until it forms an emulsion
- Add the chopped truffle and season to taste

INGREDIENTS:

Grilled Artichoke Hearts
- 12 artichoke hearts
- oil for grilling

---

Recipe supplied by Cellars-Hohenort Hotel, part of The Collection by Liz McGrath.

Cellars-Hohenort Hotel is situated in the scenic Cape Winelands.
METHOD:
• Drain the artichoke hearts and pat dry
• Heat a grill pan and, when hot, place the artichoke hearts onto the grill pan
• Leave on the heat until the artichokes show grill marks
• Remove from the heat

INGREDIENTS:
House Sun-dried Cherry Tomatoes
20 cherry tomatoes
5g garlic
5g thyme
20ml olive oil

METHOD:
• Heat oven to 100ºC
• Remove the tops of the cherry tomatoes and place on a baking sheet with the garlic, thyme and olive oil. Place in oven for 20 minutes

TO SERVE:
Place the sliced potato onto a rectangular plate slightly overlapping each other. Using 2 spoons and hot water make a quenelle with the goat’s cheese mousse and place in the middle of the plate on top of the potato. Scatter the sun-dried tomatoes around the plate and place the artichoke hearts at each end of the plate. Drizzle the dressing around the plate and on top of the potatoes. Garnish with pea shoots and sprinkle Maldon salt onto the tomatoes, artichoke hearts and potatoes. Fry a few small slivers of potato until crispy and scatter on the plate.
Pap en Tamatiesous
Serves: 4 as main, 6-8 as a side dish

INGREDIENTS:
Pap
1 250ml water
10ml salt
500ml fine cornmeal (white) or polenta

METHOD:
• Bring water and salt to the boil in a large pot
• When it boils, add the cornmeal all in one go, mixing well
• Cover and cook over very gentle heat for about 30-60 minutes. Stir occasionally to ensure that it does not stick

INGREDIENTS:
Tamatiesous
2 onions, chopped
30ml oil
4 large very ripe tomatoes, blanched & peeled, then chopped
4ml garlic, crushed
30ml chopped herbs
30ml parsley, chopped
1ml sugar
1ml paprika
salt and pepper, to taste

METHOD:
• Fry onions in oil until glossy then add all other ingredients and cook uncovered until a thick sauce forms
• Season well and serve hot
Raw Vegetable Spring Rolls with Dipping Sauce
Serves: 4

INGREDIENTS:
¼ red cabbage, shredded
1 carrot, shredded
1 red or yellow bell pepper, sliced thinly
handful of mung bean sprouts
enoki mushrooms (if you can’t find these, substitute thinly sliced shiitake)
2 baby marrows/courgettes, peeled and julienned (or 1 regular-size courgette)
sesame oil (optional)
tamari or nama shoyu (optional — this is wheat-free, unpasteurised soy sauce)
1 English cucumber or 2 regular-size cucumbers, peeled
handful of fresh coriander, chopped
handful of fresh mint, chopped

METHOD:
• Place all of the vegetables, except the cucumber, in a shallow bowl. Toss with a little sesame oil and tamari, to coat
• If you have time, marinate the veggies for at least 30 minutes. If you don’t have time, that’s fine
• Use a vegetable peeler to make long thin flat slices of cucumber. If using English cucumber, cut the slices in half
• Lay out one slice of cucumber. Place a little bit of each vegetable (and the herbs) on the end of the cucumber slice closest to you
• Roll up the slice over the vegetables, then skewer with a toothpick to keep the roll together
• Serve with dipping sauces

INGREDIENTS:
Spicy Paw paw Dipping Sauce
½ paw paw
1 garlic clove
1 small knob of ginger
½ small chilli, seeded
juice of ½ lime
dash of Himalayan salt
splash of sesame oil
splash of agave syrup (or other natural sweetener)
water if needed to thin the sauce

METHOD:
• Place all ingredients in the blender and process until smooth
• Adjust seasoning and water to taste
Mini Vegetarian Bunny Chow

Serves: 4

INGREDIENTS:
1 tablespoon canola oil, plus oil to fry the veggie strips
2 tablespoons minced garlic
4 red or green chillies (depending on how spicy you like it!)
1 tablespoon chilli oil
2 onions, diced
2 tomatoes, diced
5 potatoes, diced
1 large butternut, diced
1 head broccoli or cauliflower, cut into florets
1 tin chickpeas or butter beans
2 sweet potatoes, diced
2 cups water
2 curry or basil leaves
1 tablespoon curry powder
1 tablespoon salt
1 small packet chicken or beef-style veggie strips (optional)
4 white bread rolls

METHOD:
• Heat the oil in a pot. Add the garlic, chillies, chilli oil and onions. Fry for 3 minutes
• Add the tomatoes and fry for another 3 minutes
• Add the potatoes, butternut, broccoli, beans and sweet potatoes. Add water and leaves and make sure the vegetables and potatoes are submerged under water
• Add the curry powder and salt to taste
• When the water boils, turn to a low heat and let simmer for 90 minutes, stirring occasionally
• After 90 minutes, if the curry is still very watery, mash some of the potatoes that are in the pot and stir. If the mixture is soup-like, then it’s the right consistency
• Fry the chicken-style vegetable strips in a pan and add them to the curry
• Take a bread roll, cut off the top and make a hole. Fill the hole up with curry, put the bread lid back on top and serve

Original recipe supplied by VeganSA, Andre Swart, Graskop, South Africa, modified by Ingrid Casson/Ryan James for SA Tourism.
Grilled Aubergine and Roasted Onion Terrine

Serves: 4

INGREDIENTS:
Aubergine (Eggplant) Terrine
- 300g whole aubergine
- 50g fresh parsley, chopped
- 2 garlic cloves, chopped
- 20ml lemon juice
- salt and pepper, to taste
- 200g onion, peeled and quartered
- 200g aubergine, sliced lengthways
- olive oil

METHOD:
- Bake one whole aubergine in the oven for approximately 1 hour and leave to cool
- Once it has cooled, cut in half, scoop out the flesh and add the parsley, garlic and lemon juice
- Season with salt and pepper, place in a food processor and blend until smooth
- Put onions into a heavy pan and bake in a medium 180ºC oven until they are tender. Season with salt and pepper and blend in a food processor until smooth
- Soak finely sliced aubergine lengths in olive oil and drain on kitchen paper

Layer the sliced aubergine in a large ramekin, making sure that they overhang the lip of the ramekin by 3cm. Fill until halfway with the aubergine purée, top it up with the onion purée and fold over the overhanging aubergine. Place in a pre-heated oven at 180ºC for approximately 10-20 minutes.

INGREDIENTS:
Tomato Tart
- 20g fresh basil leaves
- 100ml olive oil
- 50ml balsamic vinegar
- 4 garlic cloves, sliced
- 1 red onion, peeled and sliced
- salt and pepper, to taste
- 500g tomatoes, peeled and de-seeded and then sliced into leaves or petals

METHOD:
- Prepare the marinade by mixing three-quarters of the basil leaves and all the other ingredients together, except the tomatoes

Recipe supplied by Chef Garth Almazan, Catherina’s Restaurant at the Steenberg Hotel, Western Cape.
• Place the tomatoes in a bowl and pour the marinade over them. Leave overnight in the refrigerator
• Line a bread tin with plastic wrap and sprinkle with salt and pepper
• Place a few of the basil leaves on the bottom of the dish
• Place a layer of drained tomatoes tightly on the bottom of the dish
• Season lightly with salt and pepper, and add a few more basil leaves
• Continue with the layering process until the layers are above the edge of the dish. Cover with plastic wrap. Press the terrine with a weight and place in the refrigerator for 24 hours

**INGREDIENTS:**

**Lentil Vinaigrette**
- 100g cooked lentils
- 3 tablespoons red wine vinegar
- 6 tablespoons olive oil
- Salt and pepper, to taste

**METHOD:**
Mix all ingredients together and season with salt and pepper.

**INGREDIENTS:**

**Olive Tapenade**
- 100g green olives
- 100g black olives
- 20g capers
- 2 garlic cloves
- 3 tablespoons lemon juice
- 100ml olive oil
- Salt and pepper, to taste

**METHOD:**
• Put all ingredients in a food processor and blend until smooth
• Season with salt and pepper

**Fried Capers**
Fry capers in hot oil until crispy (about 20 seconds).

**INGREDIENTS:**

**Basil Oil**
- 50g fresh basil
- 2 teaspoons red wine vinegar
- 60ml olive oil
- Salt and pepper, to taste
METHOD:
- Put all ingredients in a food processor and blend until smooth
- Season with salt and pepper

TO PLATE:
Paint a stripe in the centre of the plate with the olive tapenade, then scoop up 2 heaped spoons of lentils and place these in the centre. Place the aubergine terrine on top of the lentils. Mix the capers and basil oil together. Sprinkle the basil oil and caper mix over the aubergine terrine. Unmould the tomato terrine and cut a slice about 2cm thick. Carefully place the tomato terrine on top of the aubergine terrine or you can place it next to the aubergine terrine (depends on how you prefer it!). Last but not least, garnish with micro herbs.
BEETROOT, CUCUMBER AND POMEGRANATE SALAD
Whether it is hot and balmy outside or the days have a wintery chill, there are soups and salads in this chapter to satisfy every palate. Some of the country’s top chefs have added their voices to the reinterpretation of local cuisine and we are sure your guests will enjoy their stunning creations.
Beetroot, Cucumber and Pomegranate Salad
Serves: 4-6

INGREDIENTS:
2 cups cucumber, grated
1 tablespoon sesame seeds
2 tablespoons white balsamic vinegar
2 cups beetroot, grated
1 tablespoon mint, chopped
2 tablespoons olive oil
80g pomegranate seeds
salt and pepper, to taste

METHOD:
• In 2 separate bowls, combine the cucumber with the sesame seeds and vinegar, and the beetroot with the mint and oil
• Season to taste and arrange on a serving plate with the beetroot in the centre and the cucumber arranged around it
• Sprinkle the pomegranate seeds over the cucumber and serve

This recipe was sourced from The Cake the Buddha Ate (Jacana) and is also called "A Mandala with Jewels".
Granny Smith Apple Soup

Serves: 2

INGREDIENTS:
4 Granny Smith apples
½ cup sour cream
¼ cup icing sugar
2 tablespoons pomegranate seeds
1 teaspoon thinly sliced fresh mint leaves
2 tablespoons diced winter melon

METHOD:
* Juice the apples
* Place the juice, sour cream and icing sugar in a blender and process until very smooth. Share the soup equally between 2 serving bowls
* Garnish with the pomegranate seeds, mint and melon
Cream of Broccoli Soup

Serves: 4

INGREDIENTS:
1 onion, chopped
50g butter
50ml nutty wheat (or wholemeal flour)
1 head broccoli, chopped
1 small tomato, chopped
salt and pepper, to taste
water (approximately 2 cups)
125ml milk
125ml yoghurt
1 teaspoon dried dill

METHOD:
• Sauté the onion in butter on a low heat until soft and transparent
• Remove from the heat and add just enough flour to form a thick paste
• Return to the heat and slowly add water to form a thick liquid
• Add the broccoli and tomato; season with salt and pepper, and add just enough water to cover
• Simmer gently for 20-30 minutes. Blend until smooth
• Add the milk, yoghurt and dill just before serving

Chef’s Tip: The combination of yoghurt and milk in this recipe produces a thick and creamy soup without the heavy richness of cream. Simmer the broccoli until just tender for the best flavour.
Chickpea and Butternut Salad
Serves: 4

INGREDIENTS:
500g butternut, cooked
40ml oil
salt and pepper, to taste
1 whole head of garlic, separated into cloves, each crushed using a knife
10ml sugar or honey (check with vegan clients before using honey)
250g chickpeas, cooked
1 dry red chilli, chopped
flat-leaf parsley
handful of wild rocket

METHOD:
• Cut butternut into cubes. Place onto a baking tray and sprinkle with oil, salt, pepper and whole garlic, and bake for 15 minutes
• Remove from the oven and drizzle over honey/sugar. Bake for a further 10 minutes
• Place the chickpeas onto a baking tray and sprinkle with oil, salt, pepper and chilli, and cook for 5 minutes to heat through
• Once the butternut and chickpeas have cooled, mix them together on a presentation plate and season well
• Garnish with flat-leaf parsley and wild rocket
Barley and Mint Salad
Serves: 4

INGREDIENTS:
500g pearl barley
2 onions, diced
4 red peppers, diced
½ cup parsley, chopped
1 cup fresh basil, chopped
¼ cup fresh mint
shredded mixed lettuce
lemon juice
black pepper
sea salt
herb dressing (olive oil, lemon juice and mixed herbs)

METHOD:
• Cook the barley for 40-50 minutes. Be careful not to overcook it
• Combine the onions, peppers, parsley and herbs in a mixing bowl. Add the cooled barley
• Mix the shredded lettuce, lemon juice, black pepper, salt and dressing, and garnish
Pea and Basil Soup

Serves: 2

INGREDIENTS:
20g onion, finely chopped
3g garlic, finely chopped
80g butter/margarine (use Cardin margarine for the vegan option)
200g frozen petits pois
100ml vegetable stock
5g basil leaves
salt and pepper, to taste

METHOD:
- Sauté onion, garlic and half the butter/margarine in a saucepan
- Add petits pois and then add vegetable stock
- As soon as the mixture starts to boil, add basil and the remainder of the butter/margarine
- Season, remove from the heat and blend until smooth
- Pass through a sieve and discard the remaining pulp
- Reheat and check for seasoning

Tip: When the soup has been passed through the sieve and re-heated, make sure it does not boil, otherwise the green colour from the peas will turn grey and the soup won't look appetising.

(Only some brands of margarine, like Cardin, are suitable for vegans).
Beetroot and Orange Salad with Toasted Nutty Quinoa, Chickpea and Caramelised Popcorn

Serves: 2

INGREDIENTS:
Roast Baby Beetroot
160g baby beetroot
1 sprig of rosemary
120ml honey (optional)
Maldon salt, to taste
black peppercorns, to taste
10ml olive oil
white balsamic vinegar, to taste

METHOD:
• Preheat oven to 180°C. Marinate beetroot with all the ingredients except the vinegar. Marinate for about 30 minutes before roasting
• Roast the beetroot until soft, before setting aside to cool
• Reserve roasting juices. When cool, peel and slice into desired sizes and adjust the seasoning. Add the vinegar to the reserved roasting juices, and use as a dressing for the beetroot

INGREDIENTS:
Toasted Nutty Quinoa
160g quinoa
2g pumpkin seeds
2g pine nuts
2g cashew nuts
2ml olive oil
2ml white balsamic vinegar
2 sprigs of chives
Maldon salt, to taste
black pepper, to taste

METHOD:
• Place the quinoa in a small bowl of lukewarm water for 5 minutes
• Toast nuts in a warm pan until golden brown. Set aside
• Drain quinoa then put it into a dry pan and toast lightly over low heat. When the quinoa starts to dry out add the nuts
• Flavour with a touch of olive oil, vinegar and freshly chopped chives, and season

NB: Soaking the quinoa in lukewarm water allows the quinoa seeds to open and cook evenly.
INGREDIENTS:
Chickpeas
120g chickpeas (dried or tinned)
60ml vegetable stock
1 sprig of lemon thyme
lemon zest (half lemon)
1g ground cumin seeds
1g smoked paprika
2ml olive oil
white balsamic vinegar, to taste
Maldon salt, to taste

METHOD:
• Cook the chickpeas in vegetable stock until soft. Drain
• In a mixing bowl marinate the chickpeas with the remaining ingredients, season to taste and reserve for plating

NB: Soaking the chickpeas overnight allows them to open and cook evenly.

INGREDIENTS:
Caramelised Popcorn
120g popcorn kernels
100ml canola oil
5g brown sugar
2g Cajun spice
Maldon salt, to taste

METHOD:
• Pop the popcorn using canola oil
• Melt the sugar in a heavy-based pot, and very quickly add the popcorn
• Remove from the stove, pour onto greaseproof paper, and season with Cajun spice and salt

TO SERVE:
Arrange peeled and sliced orange segments on a plate, scatter with the quinoa and chickpeas, top with the baby beetroot and popcorn, and garnish with micro greens and caperberries.
Vegetarian fare need never be boring again — just take a look at the delicious range of recipes in this chapter. From vegetarian-friendly Karoo Bobotie to a Spicy Lentil Curry and a new take on Italian favourites, in this chapter you’ll find loads of inspiration to keep your vegetarian guests smiling and coming back for more.
Mushroom Risotto
Serves: 4

INGREDIENTS:
- 1.5 litres hot vegetable stock
- 50g dried porcini mushrooms
- olive oil
- butter
- 1 small onion, peeled and finely chopped
- 1 garlic clove, crushed and chopped
- 400g risotto rice
- 150ml white wine
- 200g of assorted wild mushrooms, eg enoki, beech or oyster, cleaned and sliced
- Maldon salt and freshly ground black pepper, to taste
- 2 tablespoons chopped parsley
- juice and zest of 1 lemon
- 25g butter
- 1 cup freshly grated Parmesan cheese, plus shavings for serving
- extra virgin olive oil
- dressed rocket leaves, in olive oil
- truffle oil

METHOD:
- Heat stock in a saucepan and keep it on a low simmer
- Place the porcini mushrooms in a bowl and pour in just enough hot stock to cover. Leave for a couple of minutes until they have softened
- Strain the mushrooms but reserve the liquid to use in the risotto
- Using a large heavy-based pan, heat olive oil and add a knob of butter. Once the butter is bubbling, add the onion and garlic
- Fry slowly for at least 10 minutes without colouring them, then add the rice
- Stir the rice until it is coated in the oil and the outside of each kernel is glossy. At this point add the white wine and stir continually until the liquid has cooked into the rice, and there is no alcohol smell
- Ladle the ‘porcini stock’ into the pot, stirring continuously until the liquid has been absorbed into the rice, then ladle in more stock
- Continue doing this until the rice is soft but still al dente. This will take about 30 minutes
- Heat olive oil and butter in a frying pan and sauté the rehydrated porcini and field mushrooms.
• Season with Maldon salt and cracked black pepper, and add chopped parsley. Transfer the mushrooms straight into the risotto rice and use a folding action to stir it through.

• Remove the risotto from the heat and check the seasoning carefully. Stir in the butter, lemon juice and zest and the Parmesan. Cover for about 5 minutes to allow the flavours to develop through the dish.

**TO SERVE:**
Serve in a warm bowl and top with dressed rocket, shaved Parmesan and a drizzle of truffle oil.
Spicy Lentil Curry
Serves: 4

INGREDIENTS:
50ml oil
1 medium onion, finely chopped
1 heaped tablespoon medium curry powder
1 garlic clove, crushed
1 teaspoon fresh ginger, crushed
1 small bay leaf
2 cardamom seeds
1 small cinnamon stick
1 teaspoon tomato paste
2 medium carrots, diced (into small pieces)
2 baby marrow/courgettes, diced (into small pieces)
1 medium potato, diced (into small pieces)
250ml vegetable stock
1 teaspoon fresh coriander, chopped
2 cups lentils, cooked

CONDIMENTS:
tomato and onion salsa
plain yoghurt with banana and raisins (note vegan guests do not eat yogurt)
chutney
grated coconut
chopped chillies

METHOD:
• Heat the oil in a medium saucepan
• Add onion and sauté until soft
• Add the curry powder, garlic and ginger, bay leaf, cardamom, and cinnamon stick and sauté for about 5 minutes until curry powder is cooked
• Add tomato paste, vegetables and half of the stock, turning the heat down and simmering until vegetables are cooked but still crunchy
• Lastly add the chopped coriander and cooked lentils and the rest of the stock if required

TO SERVE:
Serve on basmati rice and offer condiments on the side such as: tomato and onion salsa, plain yoghurt with banana and raisins, chutney, coconut and chopped chillies
Cheese Soufflé
Serves: 8 coffee cup-sized portions

INGREDIENTS:
75g butter
80g flour
500ml milk
100g Parmesan, grated
100g young Underberg cheese, grated
6 egg yolks
salt, to taste
100g finely chopped chives
300g egg whites
10g cornflour
panko (Japanese white breadcrumbs)

METHOD:
• Melt the butter in a pot, add the flour and cook gently for 5-6 minutes
• Using a spatula, slowly add the milk into the flour-butter paste, mixing until smooth, then take off heat and add the cheese; mix until cheese has dissolved
• Set aside and when cool, add the egg yolks, salt and chives
• Whisk the egg whites and gently fold into the mixture with the cornflour
• Pour into greased and panko-lined ramekins and bake at 150°C for 1 hour; rotate the tray of soufflés after 30 minutes then check and cook for another 10 minutes if necessary

Recipe supplied by Ryan Josten, Head Chef, The Conservatory at Cellars-Hohenort Hotel.

The vegetable garden at Cellars-Hohenort Hotel.
Ravioli of Mushroom Duxelles
Serves: 4

INGREDIENTS:
Ravioli
250g all-purpose flour
335g semolina flour
1g salt
6 large eggs
30ml olive oil

METHOD:
• Thoroughly sift together all-purpose flour, semolina flour and pinch of salt
• On a clean surface, make a mountain out of flour mixture, then make a deep well in centre
• Break the eggs into the well and add olive oil
• Whisk eggs very gently with a fork, gradually incorporating flour from the sides of the well
• When mixture becomes too thick to mix with a fork, begin kneading with your hands
• Knead dough for 8-12 minutes, until it is smooth and supple. Dust dough and work surface with semolina as required to keep dough from becoming sticky
• Cover dough tightly in plastic wrap and allow it to rest at room temperature for 30 minutes
• Roll out dough with a pasta machine or a rolling pin to desired thickness
• Put a spoonful of mushroom stuffing in a round cut-out sheet of pasta and cover with a second sheet of pasta of the same size
• Be careful to push out any air trapped inside ravioli
• Bring water to a boil in a large pot, then using steamer, cook pasta until tender but not mushy; 1-8 minutes depending on the thickness of the ravioli
• Drain immediately and pan-fry in butter to add intensity and dimension to the ravioli

INGREDIENTS:
The duxelle of mushrooms
Choose your favourite mushroom

Filling for ravioli
100g mushrooms
50g onions or shallots
10g butter
10ml port
20g fresh cream
METHOD:
• Dice the mushrooms and onions as small as you can
• Sweat your onions or shallots in the butter and then add the mushrooms and port and finally the cream
• Cook out until pasty

INGREDIENTS:
Chaud froid of asparagus
24 wild asparagus (thin and long)
20g butter

METHOD:
• Bring a litre of water to a boil with a pinch of salt and dip 12 asparagus for 1 minute
• Drain and allow to cool off on a plate (do not put in cold water)
• Put the butter in a pan on low heat and pan-fry asparagus until a nutty scent comes off them

INGREDIENTS:
Mornay sauce
100ml thick cream
15g Parmesan, grated
2 egg yolks
salt and pepper, to taste

METHOD:
• Bring the cream to a boil, add the cheese and stir until completely melted
• Take off the heat, add the egg yolk and stir until smooth and thickened
• Season to taste

INGREDIENTS:
Water vinaigrette
salt and pepper, to taste
10ml balsamic vinegar
100ml olive oil
20ml water

METHOD:
• Mix everything together with a fork

TO SERVE:
Work your way around the plate with the hot and cold asparagus in a fan shape, hot overlapping the cold. Place the ravioli in the middle and drizzle the cream and vinaigrette around. Place the chives and herbs on the asparagus. Tip: Get your timing right so that every ingredient arrives on the plate at the right moment.
Mediterranean Tomato and Olive Oil Tagliatelle
Serves: 4

INGREDIENTS:
4 jam tomatoes
1 onion
1 garlic clove
1 stick celery
1 leek
10g butter
100ml extra virgin olive oil

METHOD:
• Blanch the tomatoes in a pot of boiling water and refresh in ice water
• Remove from the cold water and peel off the skin, quarter and remove the seeds. Finely dice the flesh of the tomato and keep aside
• Finely dice all the other ingredients and, in a heavy-based pot, slowly sweat off the onion, garlic, celery and leek with the butter until nicely caramelised, then add the tomato and cook off
• Blend the tomato skin and seeds, add to a pan and reduce to a paste. Once reduced, add the tomato sauce along with the extra virgin olive oil to finish your sauce

INGREDIENTS:
Tagliatelle
1 handful of spinach
1 cup white bread flour
½ cup semolina
salt

METHOD:
• Blanch the spinach in boiling water to soften then refresh in water. Strain the spinach and blitz to a paste; add a little water if required
• Combine the flour and semolina and form a well; slowly start to combine the spinach into the flour and mix with your fingertips until you get a nice firm pasta dough
• Knead for 15 minutes then roll out the pasta using a pasta machine or a rolling pin and cut to your desired tagliatelle size
• Place in boiling, salted water. When cooking fresh pasta it literally takes 15 seconds. Remove from the water and top with the tomato and olive oil sauce
• Serve with fresh basil and Parmesan shavings
Pea Risotto

Serves: 4

INGREDIENTS:
1 onion, diced
50ml olive oil
250g arborio rice
500ml dry white wine or vegetable stock
650ml vegetable stock
½ onion, sliced
1 garlic clove
1 cup young peas, for purée
50g Parmesan cheese, grated, plus shavings to garnish
75g butter
1 cup young peas, whole
1 tablespoon mascarpone
1 lemon
salt, to taste
20 tomato cheeks, blanched, skinned, seasoned and dried
2 baby marrows/courgettes, cut into ribbons
fresh pea shoots, to garnish

METHOD:
* Begin by gently frying off the chopped onion but without giving it colour
* Add the arborio rice to the onion and gently toast the grains until translucent, again without giving colour
* Pour the white wine into the rice and simmer until the wine is almost absorbed and without any smell of alcohol (vegetable stock is a suitable alternative)
* Add hot vegetable stock and simmer for 10 minutes, stirring every few minutes
* Cool semi-cooked rice on a flat tray in fridge until needed
* Sweat off next batch of onion and garlic while boiling peas until cooked
* Purée with onion and garlic in a food processor until very smooth

To finish the dish begin by heating the rice with vegetable stock and cook for about 6-8 minutes, taking care that it stays al dente. Add pea purée towards the last few minutes and heat through. Add the Parmesan and butter, add the whole cooked peas and finish with a spoon of mascarpone and a squeeze of fresh lemon.

TO SERVE:
Garnish with the dried tomato petals, courgette ribbons lightly cooked in butter, Parmesan shavings and fresh pea shoots plus a light splash of good olive oil. Serve immediately.
Karoo Bobotie
Serves: 6

INGREDIENTS:
15ml coriander powder
15ml allspice
35ml curry powder
10ml turmeric
20ml sunflower oil
2 medium onions, finely chopped
250g soy mince (dry), soaked in boiling water for 10 minutes
250g brown lentils
800g Italian tomatoes, semi-blended
3 bay leaves
250ml roasted almonds, roughly chopped
250ml raisins
5ml mixed herbs
50ml lemon juice
30ml apricot jam
60ml chutney
1 cup vegetable stock, liquid
20ml sea salt

Topping:
2 blocks Chinese tofu
1 tablespoon turmeric
2 tablespoons soy sauce
salt, to taste
1 teaspoon English mustard

METHOD:
• Preheat the oven to 180ºC
• Mix all the spices in a small bowl (coriander, allspice, curry powder and turmeric) and set aside
• Heat the oil in a heavy-based pot
• Sauté the onion until soft and glossy then add soy mince and lentils and sauté for about five minutes
• Add the spice mix and cook for about 2-3 minutes
• Add the semi-blended Italian tomatoes
• Add two bay leaves
• Add the chopped almonds and raisins
• Add the mixed herbs, lemon juice, jam and chutney
• Add the stock and simmer for 10 minutes
• Add sea salt to taste and cook to reduce sauce
• Ladle into a baking dish and remove the bay leaves
**METHOD:**
Topping
- Blend two blocks of Chinese tofu in a food processor (Chinese tofu is soft and easy to spread)
- Add 1 tablespoon turmeric, 2 tablespoons soy sauce and salt to taste
- Add 1 teaspoon English mustard
- Spread over the top of the bobotie
- Place a bay leaf in the middle as a garnish and bake for 30 minutes or until cooked
Chermoula Aubergine Bake
Serves: 6

INGREDIENTS:
- 4 large aubergines (brinjals/eggplant)
- 50g coarse salt
- 6 eggs
- 500ml cake flour
- 60ml chermoula spice
- 150g Parmesan cheese, grated
- 500ml vegetable oil, for frying
- 3 balls mozzarella

Sauce (300ml)
- 25ml oil
- 2 onions, chopped
- 1 clove garlic, crushed
- 10 fresh tomatoes, peeled and chopped
- 5ml thyme
- 20ml brown sugar
- salt and pepper, to taste

METHOD:
Sauce
- Use a medium-size pot over a slow heat
- Add the oil and allow to heat, add onions and garlic and allow to sweat until translucent
- Add the tomatoes, thyme and sugar
- Allow to simmer slowly, stirring occasionally
- When liquid has reduced and the consistency is thick, almost paste-like, remove from heat and add seasoning

METHOD:
Aubergine Bake
- Slice the aubergine into rings approximately 1cm thick
- Spread them out on a baking tray and sprinkle with coarse salt
- Set aside for 45 minutes, then rinse off the salt and pat dry
- Whisk the eggs in a bowl
- In a separate bowl, mix together the flour, seasoning, chermoula spice and half the Parmesan cheese
- Heat the vegetable oil in a pan over a medium heat
- Dip the aubergine into the egg mixture and then into the flour mixture, and fry until golden brown
- Remove from the oil and drain on paper towel to remove the excess oil
- Preheat the oven to 180°C
To assemble the dish: Using a medium-size ovenproof dish, line the base with a thin layer of sauce before adding a layer of aubergines, followed by layers of mozzarella and sauce. Repeat the layering until all the ingredients have been used, ending with sauce. Sprinkle with the remaining Parmesan cheese and bake in the oven for about 40 minutes or until heated through. Remove from the oven and allow to stand for 5 minutes before serving.

TO SERVE:
Serve with a fresh salad or freshly baked bread and a glass of good red wine.
Lentil and Chickpea Burger with Avocado Salad, Saffron Yoghurt and Beetroot Crisps

Serves: 10

INGREDIENTS:

Chickpea Burgers
- 1 cup red or brown lentils
- 1 tablespoon olive oil
- 2 medium onions
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- 4 cups drained chickpeas
- 1 egg or 2 tablespoons egg substitute
- ¼ cup chopped parsley
- ½ cup stale breadcrumbs
- ¼ cup flour or rice flour

METHOD:
- Put the lentils in a pan of boiling water and simmer for about 10 minutes or until tender
- Heat the oil in a pan and sauté onions until translucent, add the ground spices and stir until fragrant
- Remove from the heat to cool slightly
- Put the chickpeas, egg or egg substitute, onion mixture and half the lentils in a food processor. Process until smooth. Transfer to a bowl
- Stir in the remaining lentils, the chopped parsley and the breadcrumbs, and mix well
- Divide into 10 portions and shape into rounds. If mixture feels soft refrigerate for 10-15 minutes
- Toss the patties in the flour, shaking off the excess
- Place in a hot frying pan/grill pan and cook for 3-4 minutes on each side or until browned

Avocado Salad
- 2 ripe avocados
- 1 cup julienned red onion
- ¼ cup chopped coriander
- juice of 1 lemon
- 3 tablespoons extra virgin olive oil
- salt and pepper, to taste

METHOD:
- Peel and quarter avocados and cut each quarter into 3 slices
- Toss slices lightly with onion, chopped coriander, lemon juice and olive oil
- Season with salt and pepper and set aside
INGREDIENTS:
Saffron Yoghurt Sauce (leave out for vegan option)
2 small pinches of saffron threads
3 tablespoons hot water
1 cup Greek yoghurt
1 garlic clove, minced
2 tablespoons lemon juice
3 tablespoons olive oil
salt and pepper, to taste

METHOD:
• Infuse the saffron in the hot water for 5 minutes
• Pour the infusion into a bowl containing the yoghurt, garlic, lemon juice and olive oil
• Whisk well until you get a smooth, golden sauce
• Season with salt and pepper if needed

INGREDIENTS:
Beetroot Crisps
2 large beetroot
sunflower or canola oil
mixed sprouts or micro herbs

METHOD:
• Peel then use a mandoline to slice 2 large beetroot into 3mm-thick rounds. Use a chef’s knife if you don’t have a mandoline
• Blanch the slices in rapidly boiling water and then dry
• Heat sunflower or canola oil in a frying pan and gently fry beetroot until crispy
• Place on kitchen towel to drain

TO SERVE:
Place a hot burger patty on a slice of your preferred grilled bread (flatbread is a good option). Put a portion of avocado salad on top and be sure to drizzle some of the dressing over too, spoon saffron yoghurt over the salad and place beetroot crisps on the side. Garnish burger with mixed sprouts, micro herbs or both.

(Egg substitute available at health shops. To make your own: use 1 tablespoon of flaxseed oil dissolved in 3 tablespoons of warm water).
DESSERTS

Here are some very sweet endings to that perfect vegetarian meal... Delectable milk tart, delicious chocolate brownies, malva pudding with a creative slant – enjoy serving your guests scrumptious desserts that not only look good but come with a built-in feel-good factor too.
Strawberry and Chocolate Parfait
Serves: 2

INGREDIENTS:
1½ large or 3 small avocados
¼ cup raw cacao powder, to taste
¼ cup agave syrup, to taste
½ teaspoon pure vanilla
pinch of Himalayan salt
12 strawberries, quartered
2 tablespoons cacao nibs, to garnish (optional)
cashew whipped cream, to garnish (optional, see below)

METHOD:
• To make the chocolate mousse, peel the avocados and put the flesh in a blender or food processor and process until smooth. You can also mash them by hand, using a fork, if desired
• Add cacao powder, agave, vanilla and salt and process until combined
• To assemble the parfait, place a layer of sliced strawberries at the bottom of a pretty glass (martini glasses are ideal, but short juice glasses are fine too)
• Top with a layer of chocolate mousse. Repeat with another layer of strawberries, another of mousse and one more of strawberries. In total, you’ll have 3 layers of strawberries and two of chocolate mousse
• Top with cashew whipped cream and cacao nibs, if desired

INGREDIENTS:
Cashew Whipped Cream
½ cup cashews, soaked for at least 4 hours
1 tablespoon lemon juice
2 tablespoons agave syrup (or more to taste)
½ teaspoon vanilla (scrape half a vanilla pod or try the pure, powdered vanilla pods if you can get them)
water as needed to blend (about ¼ cup)
2 tablespoons coconut oil, melted (optional, to make the cream firmer)

METHOD:
• Place all ingredients in the blender and process until smooth
• Add water as needed, 1 tablespoon at a time, to reach desired consistency
• If using coconut oil, add it last and just blend briefly until combined
Crustless Milk Tart
Serves: Makes 15 squares

INGREDIENTS:
4 eggs, separated  
1 cup sugar  
60g melted butter  
1 cup cake flour  
1 teaspoon baking powder  
pinch of salt  
1 litre milk  
1 teaspoon vanilla extract  
50ml sugar  
level teaspoon cinnamon

METHOD:
• Set oven to 180°C  
• Grease 1 large ovenproof dish  
• Beat the egg yolks, sugar and butter until creamy  
• Sift the cake flour, baking powder and salt, and add to the yolk mixture  
• Add the milk and vanilla, and mix well  
• Beat the egg whites until firm  
• Using a metal spoon, fold them into the milk mixture — the mixture will be very thin  
• Pour into the dish, and sprinkle with cinnamon sugar  
• Bake at 180°C for 40 to 50 minutes

TO SERVE:
Slice into squares and serve warm or cold.

TIP:
The secret behind this recipe is to get as much air into the egg whites as possible. The egg white mixture loses air as soon as you stop beating, so make sure that you get the egg whites into the bowl with the other ingredients and into the oven as soon as possible. The method is also a great metaphor for life — to keep it light. Don't worry if the mixture is watery when you put it into the oven. A beautiful alchemy occurs when, with the heat, the mixture is transformed into a mouth-watering treat.
Vanilla Panna Cotta with Poached Strawberries
Serves: 6

INGREDIENTS:
Vanilla Panna Cotta
300ml fresh cream
200ml milk
45g castor sugar
1 vanilla pod
4g agar agar

METHOD:
• Pour the cream, milk, castor sugar and vanilla pod (sliced open and scraped) into a heavy-based pot
• Add the agar agar and bring to the boil
• Whisk to dissolve the agar agar and allow to simmer for about 2 minutes
• Remove the vanilla pod and pour into desired mould and place in the fridge until set

INGREDIENTS:
Poached Strawberries
200ml champagne or sparkling wine
200g castor sugar
1 punnet of fresh strawberries, washed and sliced

METHOD:
• Pour the champagne or sparkling wine and castor sugar into a heavy-based pan and bring to the boil
• Pour over the strawberries and allow to cool

TO SERVE:
Place the strawberries in a bowl with some of the poaching liquid. Carefully unmould the panna cotta and place on the strawberries. Garnish with a fresh sprig of mint and some air-dried vanilla pod.
Tofu Chocolate Brownies
Serves: Makes 20 brownies

INGREDIENTS:
125g tofu
125g cake flour
¼ teaspoon salt
½ teaspoon bicarbonate of soda
125ml vegetable oil
125g cocoa powder
250g castor sugar
15ml vanilla extract
300g walnuts, roughly chopped

METHOD:
• Preheat the oven to 180°C
• Grease a 25cm x 40cm square baking tin
• Cream the tofu until it is smooth and has no lumps
• In a separate bowl, sieve together the flour, salt and bicarbonate of soda
• Using a jug, whisk together the oil, cocoa powder, sugar and the vanilla extract. It is important that this mixture is well blended and smooth before you stir it into the tofu mixture
• Beat until fully incorporated, before adding the flour mixture and beating until smooth
• Fold in the walnuts and spoon the mixture into your baking tin
• Bake for 25 minutes
• Remove from the oven and allow to cool in the tin

TO SERVE:
Dust with icing sugar and serve warm.
Malva Pudding with Ice Cream and Brandy Snaps
Serves: 24

INGREDIENTS:
Malva Pudding
4 eggs
300g sugar
180ml apricot jam
120g butter
500ml milk
80ml white vinegar
560g cake flour
20ml bicarbonate of soda
4ml salt

METHOD:
• Cream the eggs and sugar and then add the jam
• Melt the butter and add to the eggs and sugar
• Mix in the milk and vinegar
• Sieve the flour, bicarbonate of soda and salt. Add the wet and dry mixtures together
• Pour into individual ovenproof ramekins and bake at 180°C for about 20 mins

INGREDIENTS:
Sauce for Malva
1 125ml cream
500g butter
600g sugar

METHOD:
• Place all ingredients into a saucepan and bring to a boil
• Pour the syrup over the puddings while they are both still hot

INGREDIENTS:
Vanilla Ice Cream
500ml milk
500ml cream
½ vanilla pod
6 egg yolks
200g sugar

METHOD:
• Bring the milk, cream and vanilla pod to a boil in saucepan
• Mix together the egg yolks and sugar until they form a paste
• Remove the vanilla pod from the heat and add the milk mix to the egg
Stir well
Strain and allow to cool
Once cool, place into an ice-cream machine and churn for 40 minutes

**INGREDIENTS:**
Brandy Snaps
- 75g butter, melted
- 50g flour
- 75g icing sugar
- 62.5ml golden syrup
- 125g glucose
- 2.5ml vanilla essence
- salt

**METHOD:**
- Combine all the ingredients together to form a paste
- Drop spoonfuls onto a non-stick baking sheet and bake at 200°C until mixture has spread and bubbled
- Cut into desired shape while hot then allow to cool
- Brandy snaps will become crispy when cool

**TO SERVE:**
Reheat malva pudding for a few minutes. Place a brandy snap on top of warm pudding. Scoop the vanilla ice cream and place onto plate and then use a second brandy snap to garnish. Serve immediately.
Hot and Cold Fruit Compote

Serves: 2

INGREDIENTS:
2 ripe peaches
2 golden delicious apples
1 mango
1 cup boiling water
¼ teaspoon salt
1 teaspoon tahini
1 banana

METHOD:
• Roughly cube peaches and set aside
• Peel and roughly cube apples and set aside
• Peel and roughly cube mango and set aside
• Add boiling water to a small pot and keep it boiling
• Keeping plate hot and water boiling, add peaches, apples and salt and replace lid on pot. The idea is to quick-stew the apples and peaches — 5 minutes should do (after about 3 minutes make sure there is just enough water in the pot. It is ideal if after the 5 minutes all the water has been used)
• Remove pot from heat and add tahini, fresh mango and banana
• Take off the heat and process all the ingredients in the pot with a stick blender
• Serve warm or, when cool, place in fridge and enjoy cold at a later stage

Recipe supplied by Matthew Ballenden, Fresh Earth Food Store.

South Africa is known for its variety of fresh fruit.
JAIN CUISINE

In this chapter, you’ll find tasty ways to delight your Jain vegetarian guests. There are delicious recipes on offer, as well as menu guidelines for specific dietary requirements and a few fun ideas on how your Indian traveller likes to be entertained when it comes to activities and attractions.
Jain cuisine
Jain cuisine ranges from mild to very spicy dishes with popular meals including bhat (cooked rice), pickles, cottage cheese, cream and buttermilk (made from lemon juice and soy milk). Beans, dried vegetables and berries are also enjoyed daily.

Jain croquettes are a famous delicacy and comprise rectangular croquettes stuffed with banana, cottage cheese, semolina and spices. Bajra Khichdi and Chawli Rajra are both popular dishes and are quite easy to prepare.

MENU GUIDELINES
Breakfast:
Jain travellers generally prefer a leisurely breakfast with their families.

For breakfast, Jains eat vegetable Poha with Sprouts, Dahi Poha, Khakra, Bajre ki roti and oats porridge. Fresh fruit or fruit salad might also be an option for your Jain visitor. You might want to prepare a typical Indian breakfast consisting of roti with sabzi or poha without onion.

Lunch:
The Jain traveller will enjoy some vegetables, curry and dhal (lentils) for lunch. This is usually accompanied with rice, puris, rotis and fried papads.

Meals such as Rajwadi Khichdi, Panchmela dhal, Mogar ki Sabzi, Methi papad ki Sabzi and Pathoondri Sabzi are all very popular and you can learn how to make these flavouosome dishes on the pages that follow.

Chutneys, yoghurt and pickles are also part of the Jain diet, while a glass of buttermilk and a small cup of ghee is an essential element of any meal.

Note that Jains don’t eat Indian mithai (sweets) because the silver coating on these sweets is of animal origin.

Dinner:
The Jain traveller prefers eating roti and rice with dhal, gatte ki sabzi and rice. A bowl of seasonal vegetables and fruit will be welcomed.

Note that Jains prefer not to eat after sunset, so ensure that dinner is served early. Jain food is becoming more mainstream and on international flights and cruise liners, you will find dishes that exclude onions, garlic and root vegetables. Some Jain travellers will be more moderate in their eating habits and may even eat potatoes and garlic.

JAIN ALTERNATIVES
If you are sourcing recipes off the internet, this helpful list of translations may offer some clarity on local produce. Please see our list of suppliers and outlets (at the back of this book) which specialise in Indian produce and products:

<table>
<thead>
<tr>
<th>INDIAN</th>
<th>ENGLISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hathichouk</td>
<td>Artichoke</td>
</tr>
<tr>
<td>Bajra</td>
<td>Pearl Millet</td>
</tr>
<tr>
<td>Yellow Moong Dhal</td>
<td>Yellow Split Pea</td>
</tr>
<tr>
<td>Ghee</td>
<td>Clarified Butter</td>
</tr>
<tr>
<td>Jeera</td>
<td>Cumin seeds</td>
</tr>
<tr>
<td>Hing</td>
<td>Asafoetida</td>
</tr>
<tr>
<td>Urad Dhal</td>
<td>Split Black Lentils</td>
</tr>
<tr>
<td>Chana</td>
<td>Chickpeas</td>
</tr>
<tr>
<td>Toovar Dhal</td>
<td>Yellow Lentils</td>
</tr>
<tr>
<td>Moong Dhahl</td>
<td>Mung Bean</td>
</tr>
<tr>
<td>Haldi</td>
<td>Turmeric powder</td>
</tr>
<tr>
<td>Danhia</td>
<td>Coriander</td>
</tr>
<tr>
<td>Levang</td>
<td>Cloves</td>
</tr>
<tr>
<td>Tejpatta</td>
<td>Bay leaves</td>
</tr>
<tr>
<td>Amchur</td>
<td>Dried Mango</td>
</tr>
<tr>
<td>Imli</td>
<td>Tamarind</td>
</tr>
<tr>
<td>Methi</td>
<td>Fenugreek</td>
</tr>
<tr>
<td>Semolina</td>
<td>Semolina</td>
</tr>
</tbody>
</table>

All recipes in this section provided by South African Tourism India and translated by Dominic Ribiera.
Bajra Khichadi/Pearl Millet Porridge

Serves: 3-4

INGREDIENTS:
½ cup pearl millet
3 tablespoons dried yellow split peas
salt, to taste
1 tablespoon vegetable ghee (clarified vegetable fat)
1 teaspoon cumin seeds
½ teaspoon hing (asafoetida)

METHOD:
* Grind pearl millet to a coarse powder in a blender
* Combine millet powder and yellow split peas with salt and 2½ cups of water, and cook in a pressure cooker for about 10 minutes
* Heat the ghee in a pan and add the cumin seeds and hing; when they crackle pour over the cooked mixture
* Serve hot
Dahi Poha/Rice Curd
Serves: 3-4

INGREDIENTS:
2 handfuls flattened rice flakes (poha)
5 tablespoons yoghurt
salt, to taste
For seasoning
3 teaspoons oil
1 teaspoon mustard seeds
½ teaspoon cumin seeds
½ teaspoon split black lentils (dhal)
1 green chilli, finely chopped
a few curry leaves
chopped coriander, to garnish

METHOD:
• Wash and drain rice flakes and set aside
• Add yoghurt and salt to rice flakes and mix well
• Begin seasoning by heating oil in a pan
• When oil is warm, add mustard seeds and cumin seeds, and allow to sputter
• Add dhal, fry until brown
• Add green chillies and curry leaves and fry some more
• Pour the seasoning on the rice/yoghurt and mix well
• The mixture should not be dry. If it is, add more yoghurt
• Garnish with finely chopped coriander and serve hot or allow to cool and refrigerate for later
Vegetable Poha/Vegetable Rice

Serves: 3-4

INGREDIENTS:
- 2 cups rice flakes (poha)
- 1 tablespoon oil
- ½ teaspoon mustard seeds
- ½ teaspoon cumin seeds
- 6-8 curry leaves
- 1 slit green chilli
- ½ cup roasted peanuts, coarsely crushed
- 1 medium-size tomato, finely chopped
- ⅛ teaspoon turmeric powder
- 1 teaspoon red chilli powder
- salt, to taste
- 2 teaspoons sugar (optional)
- 2 teaspoons lemon juice
- coriander leaves, to garnish

METHOD:
- Rinse and soak rice flakes in water for about 5 minutes
- Heat oil in a pan and add mustard seeds, fry them until they pop
- When they crackle add cumin seeds, curry leaves, slit green chillies and crushed peanuts
- Add finely chopped tomatoes, turmeric powder and red chilli powder
- Add salt
- Cook until tomatoes soften
- Stir soaked rice flakes into the mixture
- Add sugar and lemon juice to taste and mix everything well
- Let it cook on a low heat for about 2 minutes
- Place in a bowl and garnish with fresh coriander

Jain food features a lot of dried vegetables, beans and berries. Buttermilk is often used instead of water.

Bhat, a preparation of cooked rice, is eaten by Jain vegetarians on a daily basis.
Bajra Ki Roti/Millet Flatbread

Serves: 3-4

INGREDIENTS:
5 cups millet flour
salt, to taste
5 teaspoons ghee

METHOD:
• Sift the millet flour and salt together
• Gradually add enough warm water and knead with greased palms to make a semi-soft dough
• Knead the dough for 5 minutes before making the roti
• Divide the dough equally into lemon-size portions
• Flatten each portion with your palms, pressing the edges together to make discs 10cm in diameter. This has to be done carefully so that the edges do not break (avoid using the rolling pin)
• Heat a griddle (tawa)
• Lay a disc flat on it and roast both sides
• Then put it directly on a coal fire to make it crisp
• Smear 2 tablespoons ghee on the disc
• Crumple lightly between both palms
• Serve hot
• Repeat with the other discs
Khakra/Crispy Flatbread

Serves: Makes 20

**INGREDIENTS:**
- 2 cups whole-wheat flour
- ½ teaspoon red chilli powder
- ½ teaspoon turmeric
- 1 cup dried fenugreek leaves (kasuri methi)
- 1 teaspoon ajwain/carom seeds
- 1 teaspoon salt
- 3-4 tablespoons vegetable cooking oil

**METHOD:**
- Put all the ingredients in a large mixing bowl and stir together
- Make a well in the centre and add a little water
- Mix to blend in the flour and other ingredients, adding a little water at a time as required
- When the ingredients have all blended, knead to form a smooth, firm dough
- Set aside for 30 minutes
- Divide the dough into 20 equal portions
- Lightly flour a clean, dry working surface so that you can roll out the khakra on it
- Using a rolling pin, roll out the khakra until it is wafer thin. Add more dry flour if required to prevent the dough from sticking
- When done, you can cook the khakras in a tortilla maker or in a pan
- To cook in a pan, heat a flat pan on low heat, brush a very small amount of cooking oil onto the pan and place a khakra into it
- When you see a few ‘bubbles’ appear on the upper surface, flip the khakra and gently press down and around on it in a circular motion, using a thick, clean kitchen towel. This will prevent it from puffing out and will also help it to get crispy. Keep doing this until the lower surface is crisp, speckled and golden
- Flip again and repeat on the other side until that is golden too
- Remove from the heat and place on a plate lined with a paper towel
- Repeat for all the remaining khakra

Jains are strictly against wasting food and do not like to eat after sunset and before sunrise.

Jains are strictly against wasting food and do not like to eat after sunset and before sunrise.

Poppadom, like Khakra, is a thin crisp bread that goes well with any Indian meal.
Puri/Puffed Flatbread

Serves: 3-4

INGREDIENTS:
1-2 cups whole-wheat flour
salt
200ml oil

METHOD:
• Mix flour and salt
• Make a well in the centre of the flour and add a little water
• Make a tough dough
• Now make small balls (one-third of the size for rotis)
• Do not use dry flour. Instead touch with cold oil and then roll out thinly
• Diameter will be about 6cm, after rolling
• Heat remaining oil. It should be enough to deep-fry the puri
• When oil is hot, place puri in one by one
• Puri will puff up; turn over and cook until both sides are light brown
• Remove from oil and put on absorbent kitchen paper
• Eat while hot

FOR SPICY PURIS:
When making the dough, add to the dry ingredients pinches of:
turmeric
hot pepper
cumin/coriander powder
hing (asafoetida)
Roti/Flatbread
Serves: 3-4

INGREDIENTS:
- 2 cups whole-wheat flour
- ½ teaspoon salt (optional)
- 4 teaspoons oil
- ¾ cup warm water
- all-purpose flour, for rolling and dusting

METHOD:
- Mix flour and salt in a large mixing bowl
- Add oil and mix until there are no lumps
- Add warm water a little at a time to form a medium-soft dough ball
- Do not overwork the dough
- Add a few drops of oil and coat the dough ball
- Cover and let it rest for 15 minutes
- Heat a tawa or pan on medium heat
- Knead the dough once and divide into golf ball-size balls
- Dip one ball into the all-purpose flour to coat, and roll it out into a thin disc (roti)
- Keep dipping the roti into the dry flour to prevent it from sticking to the rolling surface
- Shake or rub off excess flour from the roti and place it into the hot pan
- Flip to the other side once you see bubbles appear on the surface. Allow it to cook for 10-15 seconds
- Increase the stove heat to high, gently pick the roti up with tongs, take the pan off the flame, flip the roti over and place onto an open flame
- The roti should balloon up. Flip it over and cook on the other side
- Place the cooked roti in an insulated container and smear it with ghee or clarified butter
- Repeat the process for the remaining dough

Jains prefer simple, tasty meals and food that nourishes the body and mind.
Chawli Bhaji/Curried Black Eyed Beans
Serves: 3-4

INGREDIENTS:
4 cups chopped cowpea leaves (substitute baby spinach)
a pinch of turmeric powder
salt, to taste
2 teaspoons oil
½ teaspoon mustard seeds
8-10 curry leaves
2 whole dry red chillies
1 teaspoon soaked split black lentils
a pinch of hing (asafoetida)

METHOD:
• Combine the cowpea leaves (baby spinach), turmeric, salt and 1 cup of water and cook on a medium heat until the water evaporates
• Remove from the heat and set aside to cool
• Blend to a smooth paste and set aside
• Heat the oil in a non-stick pan and add the mustard seeds
• When the seeds crackle, add the curry leaves, red chillies, lentils and asafoetida and sauté on a low heat for 2 minutes
• Add the prepared paste and salt and cook on a medium heat for 2 minutes, stirring once

TO SERVE:
Serve hot.
Panchmela Dhal/5 Pulse Curry

Serves: 3-4

INGREDIENTS:
1/2 cup chickpeas
1/2 cup yellow lentils
1/2 cup split green mung beans
1 tablespoon split black lentils
1 tablespoon whole mung beans
1 teaspoon chilli powder
1/2 teaspoon turmeric powder
1 teaspoon coriander powder
1/2 teaspoon garam masala
2 tablespoons oil
3 cloves
2 bay leaves
1 teaspoon cumin seeds
2 green chillies, slit lengthways
a pinch of hing (asafoetida)
2 teaspoons dried mango powder
2 teaspoons tamarind pulp
salt, to taste
roti and rice, to serve

METHOD:
• Clean and wash the pulses and add 4 cups of water, pressure cook for 20-30 minutes or until pulses are cooked
• In a bowl, combine the chilli powder, turmeric powder, coriander powder and garam masala with 3 tablespoons of water and mix well. Set aside
• Heat the oil in a pan and add the cloves, bay leaves, cumin seeds, green chillies and hing (asafoetida)
• When the cumin seeds crackle, add the masala mixture and sauté for 1-2 minutes
• Add the cooked dhal, dried mango powder, tamarind pulp and salt and simmer for 5-7 minutes. Adjust the consistency of the dhal before serving it and, if required, add some water

TO SERVE:
Serve hot.
Papad ki Sabzi/Poppadom Curry
Serves: 3-4

INGREDIENTS:
2 teaspoons fenugreek seeds
3 large papads
½ teaspoon red chilli powder
¼ teaspoon coriander powder
3-4 pinches of turmeric
2 pinches of hing (asafoetida)
salt, to taste
1 tablespoon oil
¼ teaspoon each cumin and mustard seeds
1 tablespoon yoghurt
2 cups water

METHOD:
• Boil fenugreek seeds in some water until soft but not mushy
• Drain, pour cold water over them and drain again. Set aside
• Break papads into rough squares
• Dissolve dry spices and salt in half a cup of water
• Heat a heavy pan and add oil
• Add seeds; allow sputtering and then add the spice water
• Add yoghurt and stir continuously until the whiteness has gone
• Add remaining water and fenugreek seeds, bring to the boil
• Add papad pieces, bring back to the boil
• Cook on low heat, covered, for 3-4 minutes or until papad is soft

TO SERVE:
Serve hot with chapati.
Mogar Si Sabzi/Curried Mung Dhal
Serves: 3-4

INGREDIENTS:
1 cup yellow split lentils
1 teaspoon red chilli powder
½ teaspoon coriander powder
¼ teaspoon turmeric powder
salt, to taste
¾ cup water
1 tablespoon oil
¼ teaspoon each of mustard and cumin seeds
2-3 pinches of hing (asafoetida)
½ lemon, juice only
2-3 pinches of garam masala (spice mix)
1 teaspoon coriander leaves, finely chopped (optional)
chapati or bhakari, to serve

METHOD:
• Wash and soak lentils in water for 2 hours
• Mix chilli, coriander, turmeric and salt in 2 tablespoons water
• Heat oil in a heavy pan, add seeds, allow to sputter
• Add hing and 2 tablespoons masala water
• Stir and cook for 1 minute
• Add drained dhal and water, and cover
• Cook for 7-8 minutes or until dhal is soft but not mushy. Stir gently from time to time, without breaking the dhal
• Add lemon juice and garam masala and mix
• Allow most of the water to evaporate once cooked
• Garnish with coriander if desired

TO SERVE:
Serve hot with chapati or bhakari.
Dhal/Lentil Stew

Serves: 3-4

INGREDIENTS:
1 teaspoon oil
1 teaspoon cumin seeds
a pinch of hing (asafoetida)
turmeric powder
¼ teaspoon coriander powder
¼ teaspoon chilli powder
salt, to taste
1 cup red lentils
coriander, to garnish

METHOD:
• Heat oil in a pan. Add cumin seeds and fry until they sputter
• Add hing, turmeric, coriander powder, chilli powder and salt
• Add 2 tablespoons of water and cook the masala (stew) for 2 minutes
• Add the lentils
• Cover and cook until soft
• Garnish with coriander

Dhal is spelt in various ways (Daal, Dal, Dahl) but is generally a preparation of pulses (dried lentils, beans or peas).

Some Jains do not consume food left overnight because of possible contamination.
Dahi Chane Ki Sabzi/Chickpea and Curd Hotpot
Serves: 3-4

INGREDIENTS:
1 tablespoon oil
½ teaspoon cumin seeds
¼ teaspoon mustard seeds
2 bay leaves
4 whole red chillies
a pinch of hing (asafoetida)
1 teaspoon ginger-green chilli paste
1 teaspoon chilli powder
¼ teaspoon turmeric powder
salt, to taste
1 cup red chickpeas, soaked overnight
1 cup yoghurt
2 teaspoons chickpea flour
4 tablespoons chopped coriander

METHOD:
• Heat the oil in a pressure cooker, add the cumin seeds, mustard seeds, bay leaves, red chillies and hing
• When the seeds crackle, add the red chickpeas, ginger-green chilli paste, chilli powder, turmeric and salt with 2 cups of water
• Cook for 20-30 minutes until the chickpeas are ready
• Whisk the yoghurt and chickpea flour together and add the mixture to the cooked chickpeas
• Bring to a boil and simmer for 4-5 minutes. While bringing the mixture to a boil, stir continuously otherwise the yoghurt may split

TO SERVE:
Serve hot garnished with the coriander.
Paneer

Serves: 2

INGREDIENTS:
1 litre milk
½ teaspoon lemon juice or citric acid

METHOD:
• Boil the milk in a pan
• When it’s boiling add lemon juice or citric acid, whichever you are using, and keep stirring
• If citric acid is being used, dissolve it in 2 tablespoons of water before adding
• When milk solids form, turn off the heat and rest off the heat for 5 minutes
• Pour it onto a cotton/muslin cloth and tie tightly
• When all the water has drained from the paneer, shape it into a rectangular block
• Place the cloth under a heavy weight for 2-3 hours before using the paneer

Note: Do not throw away the leftover water as it can be used for kneading chapati or paratha dough.
NEED TO KNOW

All the good stuff you need to know on how and where to source specific ingredients — outlets, shops, food markets — as well as fun websites and blogs that will provide further inspiration on your journey towards delighting your vegetarian, vegan and Jain guests.
HELPFUL HINTS
Here are a few ideas and suggestions that may add to your vegetarian cooking experience.

Fresh produce
Using the freshest produce is absolutely key to good vegetarian cuisine (any cuisine for that matter). In South Africa, we have a wealth of fresh produce at our disposal. [See our fresh food markets in the following section.]

Every good chef knows that the golden rule is to use what is in season to create magic in your menu. Buying overpriced imported goods makes no sense at all.

Less is often more
Don’t overcomplicate your flavours or your dishes. Generally, the guide of ‘less is more’ rules the day. Too many flavours or spices can produce dishes that are too complex — go for simple, tasty meals that enhance the fresh produce you have selected.

Stock your kitchen
Keep your larder filled with choice dry goods such as turmeric, cumin, coriander and assorted herbs and spices. When it comes to pots, pans and appliances, try to include a pressure cooker in your range as it helps you to save time.

Vegan and vegetarian wines
Vegan wine:
Made using no animal-derived ingredients.

Vegetarian wine:
Allows the use of animal-derived additives (such as egg white).

If a wine is vegan then it’s suitable for vegetarians to consume.

Local labels to look out for:
Stellar Organics produces South Africa’s most popular vegan-friendly wines. Also look out for MAN Vintners, Condé-Starke and Bon Cap’s wines. Waverly Organics, Leopard’s Leap, Laibach, Douglas Green, Kumala Organic, Neil Joubert, Neil Ellis and Fairview all include vegan/vegetarian wines in their ranges.

Please note that Jain vegetarians do not consume any alcohol whatsoever. Some vegans and vegetarians do not consume alcohol. It is a good idea to ask your guests before preparing a dish that contains alcoholic ingredients.

Meat-free Mondays
Many local restaurants have taken on the initiative of meat-free Mondays and are adjusting their menus to ensure that a variety of delicious meat-free meals are included.
LOCAL INSPIRATION
Now that you have the know-how to deliver fantastic, tasty vegetarian meals for your guests, you need to recognise where to go from here.

We have compiled a list of local suppliers, markets, restaurants, websites and blogs to inspire you even further and to keep you in touch with the great veggie offerings that are available in South Africa.

Chain stores:
Woolworths, Checkers and Pick n Pay have an excellent selection of Indian herbs, spices and fresh products. Fruit & Veg City is another option for fresh produce at fantastic prices.

LOCAL SUPPLIERS
Johannesburg:
Akhalwaya’s Spice of Mayfair
23 Central Avenue, Mayfair
Tel: +27 (0)11 839 2113

Akhalwaya’s Masala Centre
Shop 263 Oriental Plaza, Main Rd, Fordsburg, Johannesburg, 2092
Tel: +27 (0)11 836 9280

Akhalwaya’s Sandton City
Store F1, 166 5th Str, Sandton
Tel: +27 (0)11 784 2138

Auroma Spices
11 Noriah Mabasa Street, Fordsburg
Tel: +27 (0)11 834 7218

Fresh Earth Food Store
103 Komatie Road, Emmarentia
Tel: +27 (0)11 646 4404

Fruits & Roots
G13 Hobart Corner Shopping Centre
Corner Grosvenor and Hobart Roads, Bryanston
Tel: +27 (0)11 463 2928

Kashmiri Spice Centre
Shop 2, 102 Church Street, Mayfair
Tel: +27 (0)11 839 3833

Shalimar Delights
228 Main Road, Fordsburg
Tel: +27 (0)11 832 1675

Pretoria:
Eastern Delights and Spices
Shop 13, Quagga Centre, Church Street, Pretoria West
Tel: +27 (0)12 327 1306

Kwality Spices
261 Fourth Avenue, Laudium
Tel: +27 (0)12 374 0046

Durban:
Cindy’s Umhlali Fresh Produce
1 Carlisle property, 5 Main Road, Umhlali
Tel: +27 (0)32 947 1495

Earthmother Organic
106 Bulwer Road, Glenwood
Tel: +27 (0)31 202 1527

Food for Thought
Shop 19, Richden’s Spar Centre, Hillcrest
Tel: +27 (0)31 765 2071

Giba Organics
Gorge Business Park, 110 Stockville Road, Westmead
Tel: +27 (0)83 390 9884

Gorima’s
Numerous outlets around Durban including
Shop GO71 Gateway Shopping Centre, Umhlanga Ridge
Tel: +27 (0)31 207 3486

Spice Emporium
31 Monty Naicker (Pine) Street, Durban
Tel: +27 (0)31 332 5888

need to know
There are numerous branches.
Call 0860 786 786 to enquire
Sea Cow Lake 57 Joyce Road, Durban, 4051
Overport, Sovereign Heights, 515 Brickfield Road
Westville, Shop 16, ROMAX Court, 124 Jan Hofmeyer Road
Kingsmead, 121 Old Fort Road, Durban
Mumbai Spice Works
191 Moses Kotane Rd, Overport, Durban, 4091
Tel: +27 (0)31 209 9099

Cape Town:
Earthshine Easy Living Foods
30 Woodside Drive, Pinelands
Tel: +27 (0)74 167 0792

Atlas Trading Company
94 Wale Street, Cape Town
Tel: +27 (0)21 423 4361

Cape Spice Emporium
Corner Lansdowne and East Roads, Claremont
Tel: +27 (0)21 683 5132

Fargo Trading Company
3 Malta House, Malta Road, Salt River
Tel: +27 (0)21 447 6620

The Free Range Shop
Imhoff Farm, Kommetjie Road, Kommetjie
Tel: +27 (0)21 783 5828

Taste of Asia
69 Gabriel Road, Plumstead
Tel: +27 (0)21 761 4117

The Wellness Warehouse
There are numerous branches in Cape Town.
Tel: +27 (0)21 487 5422

Western Cape:
Moumy’s Curry & Spices
34 Wesley Street, Strand
Tel: +27 (0) 72 627 4024
Pure India
9 Grey Street, Knysna
Tel: +27 (0)44 382 6901

Eastern Cape:
Cinnamon Stick
16 Epsom Road, Sterling, East London
Tel: +27 (0)43 735 1406

The Vegetarian Centre
41 3rd Avenue, Newtown Park, Port Elizabeth
Tel: +27 (0)41 365 4810

OFF TO MARKET
In South Africa, food markets are extremely popular and this trend looks like it’s here to stay. These markets are not just about buying the freshest produce from local suppliers, but you can also find out about new products and new ways of interpreting South African cuisine.

Some of the top markets to look out for include:

Johannesburg:
Blubird Whole Food Market
Blubird Shopping Centre, Atholl Oaklands Drive, Atholl
Tel: +27 (0)83 311 4768

Bryanston Organic and Natural Market
Culross Road, Bryanston
Tel: +27 (0)11 706 3671

Jozil Food Market
Pirates Sports Club, 4th Avenue, Parkhurst
Tel: (0)83 643 4555

Market on Main
245 Main Street, Maboneng Precinct
Tel: +27 (0)11 334 0171
Neighbourgoods Market  
73 Juta Street, Braamfontein, Johannesburg  
Tel: +27 (0)82 370 4075  

Pretoria:  
Irene Village Market  
Jan Smuts Lane, Irene  
Tel: +27 (0)12 667 1659  

Pretoria Boeremark  
Pioneer Open Air Museum, Pretoria Road, Silverton  
Tel: +27 (0)82 416 3900  

Food Lover’s Market  
Woodlands Boulevard, cnr De Villebois Mareuil and Garsfontein Drives  
Tel: +27 (0)12 997 2450  

Durban:  
Everfresh, Food Lover’s Market  
Shop 301 La Lucia Mall, Armstrong Avenue, La Lucia  
Tel: +27 (0)31 562 8065  

Shongweni Farmer’s Market  
Cnr Alverstone and Kassia roads, Assagay  
Tel: +27 (0)31 208 1264  

Victoria Street Market  
Corner Victoria and Queen Street  
Tel: +27 (0)31 306 4021  

Cape Town:  
Earth Fair Food Market  
South Palms, 333 Main Road, Tokai  

Neighbourgoods Market  
Old Biscuit Mill, Albert Road, Woodstock  
Tel: +27 (0)21 448 1438  

Garden Route:  
Wild Oats Community Farmers’ Market Sedgefield  
Tel: +27 (0)44 883 1177 / +27 (0)82 376 5020  

Harkerville Market  
Between Plettenberg Bay and Knysna  
Tel: +27 (0)84 510 9939  

Limpopo:  
Kuhestan Organic Farm  
Houtbosdorp Road, Haenertsburg  
Tel: +27 (0)82 903 7593  
Read more about the best local markets at www.southafrica.net or visit www.eatin.co.za  

VEGETARIAN RESTAURANTS  
For a list of excellent vegetarian restaurants in South Africa, visit South African Tourism’s website: www.southafrica.net or the Eat Out magazine website: www.eatout.co.za  

WEBSITES AND BLOGS  
If you want to read more about veganism and vegetarianism in South Africa, take a look at the following websites:  

Jozi (Un)cooked is a fantastic blog that includes recipes and workshops on vegan meals.  
Visit: joziuncooked.com  

Veggie Delish is a notable blog by writer Sarah Duff.  
Visit: www.veggiedelish.com  

Another fun blog worth reading is Urban Sprout.  
Visit www.urbansprout.co.za  

Vegan SA, the South African Vegan Directory, has a list of vegan-friendly products, as well as vegan-friendly stores and lots of user-friendly information.  
Visit: www.vegansa.com  

The South African Vegan Society is a mine of information.  
Visit: www.vegansociety.org.za  

The Vegetarian Society of South Africa (Vegsoc) is also very useful.  
Visit: www.vegsoc.org.za  

Notable international websites include:  
The Vegan Society: www.vegansociety.com  
VegWeb: www.vegweb.com
In this chapter, you’ll find a user-friendly ‘at-a-glance’ guide to foods that are permitted and those that should be avoided by your vegan, vegetarian and Jain guests. Get creative and source your own recipes for visitors; just make sure you stick to these hard-and-fast rules.
<table>
<thead>
<tr>
<th>FOOD LIST</th>
<th>VEGAN</th>
<th>VEGETARIAN</th>
<th>JAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alfalfa sprouts</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Amadumbe</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Artichokes</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Asparagus tinned</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Asparagus fresh</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Aubergine/eggplant</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Baby corn tinned</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Baby corn fresh</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Baby marrow/zucchini</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Baby potato</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Bamboo shoots</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Beans</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Beetroot</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Broccoli</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Butternut</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Cabbage</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Carrots</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Celery</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Chard</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Chicory</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Corn/mielies</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Cucumber</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Endive/chicory</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Fennel</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Gem squash</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Green beans</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Hubbard squash</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Leeks</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Lettuce</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Maize</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Mange tout/snap peas/snow peas</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Mixed veg, carrots, peas &amp; corn</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Okra</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Onions</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Oven chips</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Parsnips</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Patty pans</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Peas</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Peppers red, yellow &amp; green</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Potato</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>✓</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Spinach</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Squash</td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>FOOD LIST</td>
<td>VEGAN</td>
<td>VEGETARIAN</td>
<td>JAIN</td>
</tr>
<tr>
<td>--------------------</td>
<td>-------</td>
<td>------------</td>
<td>------</td>
</tr>
<tr>
<td>Sweet potato</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Sweetcorn</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tomato</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tomato &amp; onion mix tinned</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Turnips</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Waterblommetjies</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Watercress</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Apple sauce</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Apricot</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Avocado</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Banana</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Blackberry</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Blackcurrant</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Blueberry</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Canteloupe (green melon)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cherries</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Coconut</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cranberry</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Custard apple</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Date</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fig</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fresh fruit salad</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fruit tinned</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fruit juice</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Gooseberry</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Granadilla</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Grapes</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Guava</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Kiwi fruit</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Kumquats</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Lemon</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Limes</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Litchi</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Mango</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Marula</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Melon</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Mulberry</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Naartjie</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Nectarine</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Orange</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Paw paw/papaya</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Peach</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Pear</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>FOOD LIST</td>
<td>VEGAN</td>
<td>VEGETARIAN</td>
<td>JAIN</td>
</tr>
<tr>
<td>---------------------------</td>
<td>-------</td>
<td>------------</td>
<td>------</td>
</tr>
<tr>
<td>Persimmon</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Pineapple</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Plum</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Pomegranate</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Prickly pear</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Prunes</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Quince</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Raisins/sultanas</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Raspberry</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Spanspek</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Strawberry</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Sweetmelon</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Tangerine</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Watermelon</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>Nuts and Seeds</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Brazil nuts</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Cashew nuts</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Flaxseed</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Hazelnuts</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Kidney beans</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Macadamia nuts</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Pecan nuts</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td><strong>PROTEIN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Plant Foods</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked beans</td>
<td>✔</td>
<td>✔</td>
<td>X</td>
</tr>
<tr>
<td>Dried beans</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Dried chickpeas</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Dried split peas</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Dry chana dhal</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Edamame</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Kidney beans</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Lentils</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Quinoa</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy bean flour</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy beans dried</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy chunky strips</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy milk powder</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy milk</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy mince</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy veggie mince (frozen)</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy burgers</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy sausages</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Soy bean yoghurt</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>FOOD LIST</td>
<td>VEGAN</td>
<td>VEGETARIAN</td>
<td>JAIN</td>
</tr>
<tr>
<td>-----------</td>
<td>-------</td>
<td>------------</td>
<td>------</td>
</tr>
<tr>
<td>Soy beans</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Tofu</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>White beans</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Fish</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Angelfish</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Barracuda</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Bream</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Cape salmon</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Calamari</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Cod</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Crab</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Fish biltong</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Haddock</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Hake</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Kabeljou</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Herring</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Kingklip</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Kippers</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Lobster/crayfish</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Mackerel</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Oysters</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Pilchards</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Salmon</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Salmon smoked</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Sardines</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Snoek</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Trout</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Tuna</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Yellowtail</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg white</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Whole egg</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Free-range eggs</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Meat &amp; Poultry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Beef</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Biltong</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Brisket</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Chicken</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Goat’s meat</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Goose</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Ham</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Kidney</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Lean mince</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Liver</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>FOOD LIST</td>
<td>VEGAN</td>
<td>VEGETARIAN</td>
<td>JAIN</td>
</tr>
<tr>
<td>-----------</td>
<td>-------</td>
<td>------------</td>
<td>------</td>
</tr>
<tr>
<td>Liver pâté</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Mutton</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Ostrich</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Polony</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Pork</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Rib</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Steak</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Tripe</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Turkey</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Veal</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Venison</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Viennas</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

**Breads***

<table>
<thead>
<tr>
<th>Breads*</th>
<th>VEGAN</th>
<th>VEGETARIAN</th>
<th>JAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley kernel bread</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Bread low GI</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Brown bread</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Cape seed loaf</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Crackers</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>High-fibre white</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Matzo</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Pita bread</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Potato bread</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Pumpernickel bread</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Raisin bread</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Rice cakes</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rye bread</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Soda bread</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>White bread</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Wholewheat brown</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
</tbody>
</table>

*most breads are vegan but check ingredients for honey, dairy products and eggs.*

**Flours**

<table>
<thead>
<tr>
<th>Flours</th>
<th>VEGAN</th>
<th>VEGETARIAN</th>
<th>JAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breadcrumbs, dry</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Brown flour</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cake/self-raising flour</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Potato flour</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Rice flour, brown</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rice flour, white</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Semolina (cornflour)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Wheat germ, toasted</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Whole-wheat flour</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

**Pasta, rice and grains**

<table>
<thead>
<tr>
<th>Pasta, rice and grains</th>
<th>VEGAN</th>
<th>VEGETARIAN</th>
<th>JAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basmati rice</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Brown rice</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>FOOD LIST</td>
<td>VEGAN</td>
<td>VEGETARIAN</td>
<td>JAIN</td>
</tr>
<tr>
<td>------------------</td>
<td>-------</td>
<td>------------</td>
<td>------</td>
</tr>
<tr>
<td>Bulgur wheat</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Couscous</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cornflour</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Egg noodles</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Gnocchi (egg-free)</td>
<td>✓</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Maize rice</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Millet</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Pasta (egg-free)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Polenta</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Oats</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Quinoa</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rice</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rice noodles</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Samp</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Wheat flour</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Wheat rice</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brie</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Camembert</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Cheese spread</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Cheddar cheese</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Cream</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Custard</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Evaporated milk</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Feta cheese</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Ghee</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Goat’s milk</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Goat’s milk cheese</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Gouda cheese</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Maas</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Margarine</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Milk</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Milk 2% low fat</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Milk powder</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Milk skim/fat free</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Rice milk</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Ricotta cheese</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Sour milk/amasi</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Soy milk</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Soy yoghurt</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td><strong>Fats</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Canola oil</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>FOOD LIST</td>
<td>VEGAN</td>
<td>VEGETARIAN</td>
<td>JAIN</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>-------</td>
<td>------------</td>
<td>------</td>
</tr>
<tr>
<td>Flaxseed oil, linseed oil</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Ghee</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Margarine (a few brands, such as Cardin, are vegan, but others are not)</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Olive oil</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Salad cream/dressing</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sandwich spread</td>
<td>X</td>
<td>✓</td>
<td>X</td>
</tr>
<tr>
<td>Sour cream</td>
<td>X</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sunflower oil</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Vegetable oils</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

Larder/kitchen ingredients

| Artificial sweeteners                         | ✓     | ✓          | ✓    |
| Baking powder                                 | ✓     | ✓          | ✓    |
| Bicarbonate of soda                            | ✓     | ✓          | ✓    |
| Bovril                                        | X     | X          | X    |
| Chillies – green or red                       | ✓     | ✓          | ✓    |
| Chives                                        | ✓     | ✓          | ✓    |
| Cream of tartar                               | ✓     | ✓          | ✓    |
| Curry powder                                  | ✓     | ✓          | ✓    |
| English mustard                               | ✓     | ✓          | ✓    |
| Flavouring essences                           | ✓     | ✓          | ✓    |
| Garlic                                        | ✓     | ✓          | X    |
| Gelatine                                      | X     | X          | X    |
| Gherkins                                      | ✓     | ✓          | ✓    |
| Herbs                                         | ✓     | ✓          | ✓    |
| Jelly                                         | X     | ?          | X    |
| Lemon rind                                    | ✓     | ✓          | ✓    |
| Marmite                                       | ✓     | ✓          | ✓    |
| Masala                                        | ✓     | ✓          | X    |
| Onion flakes                                  | ✓     | ✓          | ✓    |
| Parsley                                       | ✓     | ✓          | X    |
| Pepper                                        | ✓     | ✓          | ✓    |
| Pickled onions                                | ✓     | ✓          | X    |
| Popcorn (microwave cheese and butter not suitable for vegan/Jain) | ✓     | ✓          | ✓    |
| Rice powder                                   | ✓     | ✓          | ✓    |
| Soy sauce                                     | ✓     | ✓          | X    |
| Spices                                        | ✓     | ✓          | ✓    |
| Spring onions                                 | ✓     | ✓          | X    |
| Stock cubes (meat & chicken)                  | X     | X          | X    |
| Tabasco sauce                                 | ✓     | ✓          | ✓    |
| Table salt                                    | ✓     | ✓          | ✓    |
| Vinegar                                       | ✓     | ✓          | X    |
| Yeast                                         | ✓     | ✓          | X    |
| Worcestershire sauce                          | X     | X          | X    |
CONVERSION CHART

Here’s an easy-to-use conversion chart:

5ml = 1 teaspoon
10ml = 2 teaspoons
15ml = 1 tablespoon
30ml = 2 tablespoons
45ml = 3 tablespoons
60ml = ¼ cup
80ml = ½ cup
125ml = ½ cup
190ml = ¾ cup
250 ml = 1 cup
500ml = 2 cups
Special thanks to all the wonderful people and establishments who helped put this book together, as well as the hotels, lodges and restaurants that contributed their time and energy to the project.
SPECIAL THANKS
We would like to extend a special thank you to everyone who helped to put this book together, including the establishments, chefs, restaurants and hotels who supplied the many wonderful recipes.

CONTRIBUTORS:
Buddhist Retreat Centre
PO Box 131
Ixopo 3276
Tel: +27 (0)39 834 1863 / (0)82 579 3037
Email: brcixopo@futurenet.co.za
Website: www.brcixopo.co.za

Clico Boutique Hotel
27 Sturdee Avenue
Rosebank
Johannesburg
Tel: +27 (0)11 252 3300
Email: info@clicohotel.com
Website: www.clicohotel.com

Ellerman House
180 Kloof Road
Bantry Bay
Cape Town 8005
Tel: +27 (0)21 430 3200
Email: info@ellerman.co.za
Website: www.ellerman.co.za

Fairlawns Boutique Hotel
Alma Road (off Bowling Avenue)
Morningside Manor, Ext 6
Sandton
Johannesburg
Tel: +27 (0)11 808 7300 / 804 2540
Email: functions@fairlawns.co.za
Website: www.fairlawns.co.za

Fresh Earth Food Store
103 Komatie Road
Emmarentia
Johannesburg 2195
Tel: +27 (0)11 646 4404
E-mail: info@freshearth.co.za
Website: www.freshearth.co.za

Hotel Izulu
Rey’s Place
Ballito
KwaZulu-Natal Province
Tel: +27 (0)32 946 3444
Email: info@hotelizulu.com
Website: www.hotelizulu.com

Jozil (Un)cooked
Observatory
Johannesburg
Email: joziuncooked@gmail.com
Website: www.joziuncooked.com
Contact: Brittany Kesselman

Kurland Hotel
Plettenberg Bay
PO Box 209
The Crags 6602
Tel: +27 (0)44 534 8082
Email: reservations@kurland.co.za
Website: www.kurland.co.za

Kwandwe Private Game Reserve
Eastern Cape Province
Tel: +27 (0)46 622 7897
Email: reservations@kwandwe.co.za
Website: www.kwandwe.com

Singita Ebony Lodge
Singita Sabi Sand Game Reserve
Mpumalanga Province
Tel: +27 (0)21 683 3424
Email: enquiries@singita.com
Website: www.singita.com

Steenberg Hotel
10802 Steenberg Estate
Tokai Road, Constantia
Cape Town 7945
Tel: +27 (0)21 713 2222
Email: info@steenberghotel.com
Website: www.steenberghotel.com/dine/catharina
Tau Lodge  
Madikwe Game Reserve  
North West Province  
Tel: +27 (0)11 314 4350 or (0)83 262 2013  
Email: taugame@mweb.co.za  
Website: www.taugamelodge.co.za

The Cellars-Hohenort  
93 Brommersvlei  
Constantia  
Cape Town 7800  
Tel: +27 (0)21 794 2137  
Email: cellars@relaischateaux.com  
Website: www.cellars-hohenort.com

The Food Design Agency  
Stepping Stones Centre  
Honeydew Road West  
Johannesburg 2040  
Tel: +27 (0)83 327 5814  
Email: jodi@fooddesign.co.za  
Website: www.fooddesign.co.za

The One&Only Cape Town  
Victoria & Alfred Waterfront  
Cape Town  
Tel: +27 (0)21 431 4511  
Email: restaurantreservations@oneandonlycapetown.com  
Website: capetown.oneandonlyresorts.com

The Plettenberg Hotel  
Look-out Rocks  
PO Box 719  
Plettenberg Bay 6600  
Tel: +27 (0)44 533 2030  
Email: sand@relaischateaux.com  
Website: www.plettenberg.com

VeganSA  
E-mail: info@vegansa.com  
Website: www.vegansa.com

WITH SPECIAL THANKS TO:

This book would not have been possible without the kind assistance (and inspiration) of the SA Tourism team in India. Special thanks to Hanneli Slabber, Alpa Jani and Sherry Varma.

CREDITS:
Managing editors: Neesha Padayachy and Mashoto Zimba  
Editor: Denise Slabbert  
Photography: Roelene Prinsloo  
Design: Marcelle van Heerden, Gareth O’Callaghan and Cornel Smit  
Sub-editing: Kim Shaw and Kevin O’Grady  
Readers: Sandra Mombelli and Elizabeth Badenhorst  
Project co-ordinator: Bronwyn Simons  
Advertising agency: Ireland-Davenport

special thanks