

FYNDRAAI

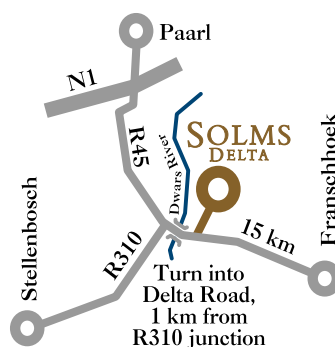
FOOD OF ORIGIN



Fyndraai's standard menu is a fusion of three culinary traditions of the Cape: the Veldkos of the indigenous Khoer and San who inhabited this region thousands of years ago; Cape 'Malay' cuisine (foods created by slaves of Indian, Indonesian and East African origin) and Boerekos (the cuisine that European settlers developed in the Cape).

This **Heritage Menu** does not fuse and re-invent these traditions, but rather allows you to experience them just as they would have been prepared in the past. In each of the three courses, you are given a taste of authentic Boerekos, Cape Malay and Veldkos dishes.

This Heritage Menu needs to be pre-booked and is only available for groups of 6 or more.





HERITAGE MENU

Welcome with a !Karri sopie
Traditional Khoe fermented honey beverage.

STARTERS

Waterblommetjie soup served with Khoe-khoen breads, flavoured with indigenous Khoe herbs

The flowerbuds of Waterblomme, an indigenous plant found in Cape rivers and dams, were harvested by the Khoe-khoen for many of their dishes.

Snoeksambal served with moskonfyt and farm bread

Cape Snoek is said to have been the favourite fish of the slaves.

Often smoked, this traditional dish was served with a syrup made from fermented grapes (must or mos grapes) from the wine cellar.

Cape fresh fruit cup served with a dash of Solms-Delta Koloni

Fruit trees were planted in the Franschhoek valley by the French Huguenots who settled in this area in 1688.

Fresh fruit was always served on tables in this valley.

MAIN COURSE

Vegetarian Khoe-khoen veld vegetables and goats cheese bake, served with wild mustard sauce

Known for their pastoral way of life, the Khoe kept large herds of fat-tailed sheep, long-horned cattle, and goats which were used mainly for their milk.

They were also heavily reliant on indigenous plants such as tasty uintjies for sustenance.

Masala chicken curry, served with almond basmati rice and the traditional fruit and vegetable sambals of the Cape Malay slaves

Many slave women of Indonesian origin worked in Cape kitchens, creating dishes that were perfumed with the spices and flavours of the East. Curries and their accompanying condiments, in the form of sambals, were typical of Indonesian cooking.

Venison pie, served with begrafnisrys, quince jelly and cooked dried peaches

Funerals were held at night in the 17th and 18th century. Everybody willing to follow the procession (and cry) was invited for a meal afterwards. Such

meals frequently consisted of little more than begrafnis (funeral) rice. The Huguenots who settled in the Franschhoek valley in the late 17th century introduced fruit orchards, whereafter it became customary to serve fruit with meat dishes.

DESSERTS

Buchu mould served with wild berry jam and syrup

Buchu leaves and num-num fruits are well known foods in the Khoe culture.

Boeber served with date biscuits

This flavourful milk dessert was prepared by the Muslim slaves on the 15th day of Ramadaan (the Islamic month of fasting).

Small Dutch pancakes served with Solms-Delta 'Gemoedsrus' port sauce and berry custard

Dutch Pannenkoeken were a favourite local dish, and most 18th and 19th century Cape kitchens contained a 'poffertjiepan' - a pan with the specific use of making small, sweet pancakes over the open flames of the kitchen hearth.

R165.00 p/p