

Unusual experience.

In the 18th century, ship-tenders from Europe passed under Africa to go to India (for example) so their products were not fresh when they arrived. Then, they decided to stop in South Africa, in a first time (it was a half-way stop), and after they decided to build farms and grow vegetables. By this way, their products were fresher since the route was shorter between South Africa and India than between Europe and India.

Like the population, “Bobotie” (which origin is “Bobotok” an Indian word that refers to an Indonesian dish) is a big mix of different cultures : Malaysia, Indonesia, India and others. There is in this dish some curry powder, for example, because of Indian influence.

(This is the story of Bobotie)

As you certainly know, a young south-African woman, Francès, has been in our high school since September. She is our teacher’s assistant and sometimes we go with her to work during one hour. Francès told us about her life in South Africa and especially, according to our “*project 3*”*, about traditional food of her country. So, we discovered some dishes like “Bobotie” and “south African milk tart”.

So we could see what “Bobotie” and “South African milk tart” were, our teacher wanted us to cook that; Francès proposed that we go to her house to cook. So, on Tuesday 3rd of December, we went to Francès’s house. Personally, I was really happy because I like cooking and because it is unusual to leave the high school to go cooking.

Then, we arrived at Francès’s house , she presented us Spencer and his sister Sara and we made groups. I was with Nadège, Alix and Arthur. As the other groups, we had to start by the preparation of the “Bobotie”. At the beginning, we didn’t know what we had to do but with the help of Francès, our teacher (Miss Schuller), Miss Hugué and Spencer, we realized our Bobotie and it was delicious !



To make the Bobotie, I peeled and cut apples and onions with Alix and Nadège ; I put the meat in the cooking pot, I helped to prepare the mix of egg, turmeric and milk and finally I put the bay leaves on the Bobotie.



While the Bobotie was in the oven, three groups had to make the Milk Tart. My group was one of these three. So we started with preparing the crust ; it was Alix that made nearly

all the things for this part of the recipe, Nadège and I just put butter, sugar and egg into the preparation. A for the filling, Nadège, Alix and I prepared it together: one had not done more than the other. We didn't do the things in the order of the recipe but finally our tart was really good!



During the preparation of the tart, some of my classmates laid the table. Each of us ate the Bobotie that they had made: ours was really delicious! I also tasted the vegetarian and I liked it! Our milk tart was good too!

And Francès prepared a very hard bread that people ate in the 18th century when they went from the North to South of Africa. It was a long journey so they couldn't take with them fresh bread; they ate this hard bread with coffee or something like that. This special bread was called "Beskuit" (in Afrikaans) which had given "biscuit" in French.



I think that it was a very good experience: thanks to this project I learnt a lot of things and I could taste very excellent food! So thanks to Francès who gave us the opportunity to cook with her, in her house and to share with us her culture and parts of her life!

She told me that she was scared that we burned the kitchen and really stressed before we arrived but after she thought the same thing as me: it was a really good experience!

* *The Project 3*: It was named "Food for thought" and, as you certainly guess, the main topic was food. We studied for example an article about "the unlikely origin of fish and chips" and a video in which some people talked about the food that best represented them: it was really interesting!

Milan Laurine, 1ereL1.