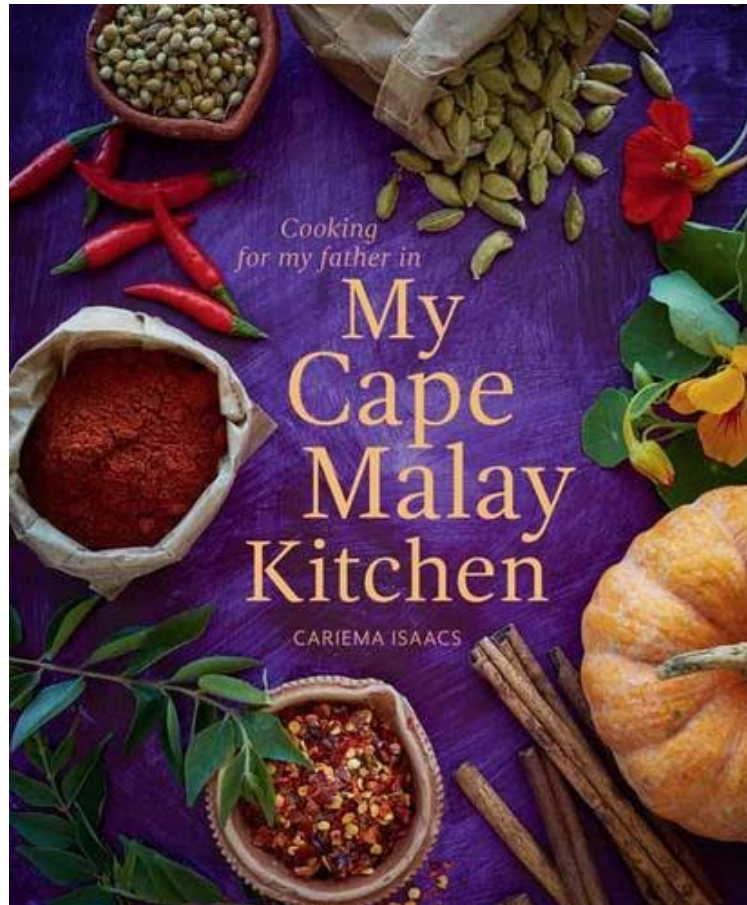


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## My Cape Malay Kitchen: Cooking for my Father

*Cariema Isaacs*

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**Cariema Isaacs : My Cape Malay Kitchen: Cooking for my Father** before purchasing it in order to gage whether or not it would be worth my time, and all praised My Cape Malay Kitchen: Cooking for my Father:

My Cape Malay Kitchen is a breathtakingly beautiful presentation of some 80 traditional Cap Malay recipes as well as a selection of modern dishes. These are accompanied by Cariema's depiction of her childhood growing up in Bo-Kaap -- the Cape Malay Quarter of Cape Town. She includes the religious and cultural ceremonies, as well as events that have shaped this unique community. But My Cape Malay Kitchen is still a cookbook; packed with flavourful food, richly spiced curries, indulgent cakes and decadent desserts, all illustrated with truly inspirational photography.