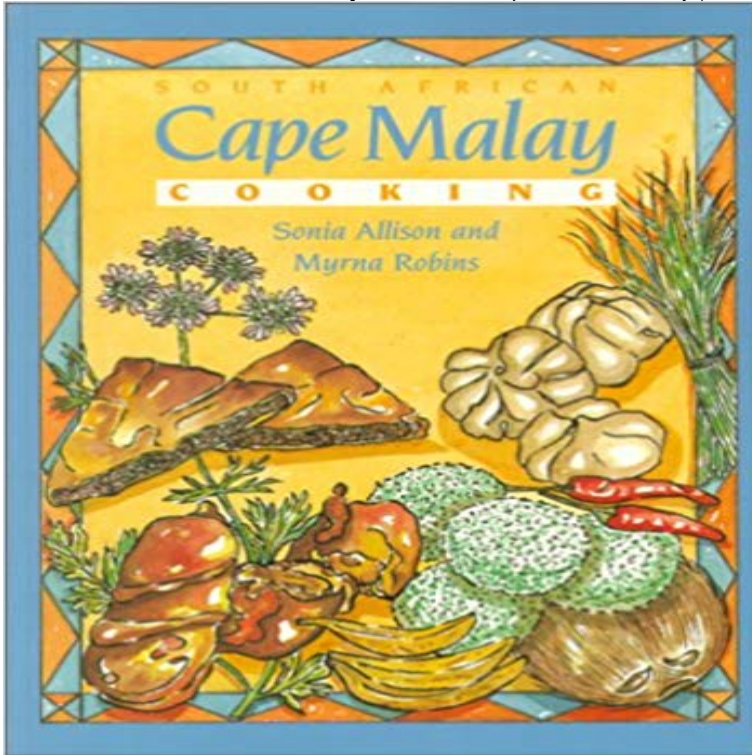


South African Cape Malay Cooking



Cape Malay cuisine has its roots in the 17th century, and combines the influences of exiles from the Dutch East Indies with the indigenous herbs and spices of the South African Cape.

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