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The Classic South African Cookbook

Classic South African Cookbook" is a kaleidoscope of modern lifestyle recipes with influences from grandma's kitchen, popular Mediterranean cuisine, as well as both Indian and African culture But no matter what the roots may be, "The Classic South African Cookbook" sets a foundation for good, honest, carefree home cooking, incorporating all the well-loved and familiar favorites The Classic

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Affordable, tasty recipes - good for the whole family

South Africa These have been adapted to follow the guide - lines of the Heart and Stroke Foundation South Africa Re - member that healthy eating is important for the whole family and not only for the person affected but also for the children to eat healthily from a young age to protect them from chronic diseases later in life Healthy food doesn't have to be expensive or bland

Photography by Neville Lockhart Design by Natascha Mostert

Many South Africans do eat too much salt and often we eat twice the amount of salt that we should It can be very easy to eat too much salt when eating normal everyday foods More than half of the salt we eat is the salt added by manufacturers during the processing of foods

The other half of the salt we eat comes from salt we add during cooking and at the table You shouldn't eat more than

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