



GOLD

OPULENT AFRICAN CUISINE
CAPE TOWN

Welcome to GOLD Restaurant and a night of PanAfrican celebration. Our award-winning Cape Malay and African set menu is served at the table by beautifully adorned African staff. Our unique live show, Mali Gold, featuring Singers, Dancers, Mali Puppets and Musicians will be performed around the tables during your feast.

MENU 2012

CAPE SMOKED FISH PATE

Recipes for Gestampste Snoek (pounded snoek) were brought to the Cape Colony by Malay slaves in the 17th century. It is similar to "fish cream", popular amongst British travellers in the 1920's and 1930's. Our version has a hint of chilli and a good splash of fresh lemon. Enjoy with the Roostekoek
(Vegetarian substitute – Egyptian butterbean mash and dukkah)

SOUTH AFRICAN ROOSTEKOEK

Traditionally baked over open fires, these crispy bread rolls are also enjoyed with our South African Braai (barbecue)

CAPE MALAY BEEF BOBOTIE SAMOOSAS

These crisp pastries originated in ancient Persia (Iraq) and variations are found throughout the Middle East and Northern African countries including Algeria, Morocco and Liberia. They are filled with a lightly spiced and curried beef mince.
(Vegetarian substitute – Pea and potato samosas)

CREAMED FRUIT CHUTNEY

The pride of the Cape Malay cuisine – blatjang - is mixed with crème fraiche and is the ideal dipping sauce for the samosas

CAMEROON CORN CUP

Mielie Meal (similar to Polenta) is a staple throughout Africa. A tropical mixture of mango and avocado is mixed with fresh ginger, coriander and a splash of lime juice then spooned into our corn cups.

MOROCCAN PRAWN BRIOUATS

Moroccan briouats are small, crispy pastries which are stuffed with a variety of fillings. Ours are filled with prawns, herbs and mild chilli.
(Vegetarian substitute – Venda Maize nut fritters)

ZAMBIAN KANDOLO SPEARS

Many Zambians own a piece of land where they cultivate their crops, including sweet potato (Mbatata), which can be prepared as a dessert, cake and vegetable. Our Kandolo is given a modern twist with the addition of ground spices and sesame seeds.

SOUTH AFRICAN CHICKEN PIE

Dutch settlers introduced chicken pie to the South African table and they were amongst the earliest bakes sold by the 'free bakers' in the colony. This flavourful dish is associated with celebrations Christmas, birthdays, and especially Cape Malay wedding feasts
(Vegetarian substitute – Algerian stuffed Bell peppers)

SOUTH AFRICAN LAMB TOMATO BREDIE

Bredies – slow-simmered, intensely-flavoured meat dishes – were introduced by Eastern slaves. The name comes from Madagascar, an island with strong trade links with India and Malaysia. Our bredie is a delicious combination of tender lamb and ripe tomatoes.
(Vegetarian substitute – Malay Lentil dahl)

AFRICAN SPINACH WITH TOMATO AND PUMPKIN SEEDS

A variety of wild, nutritious greens, (Imfino, Morogo or Moroho) are gathered by all rural Africans from the open veld and are prepared and eaten in a variety of ways throughout Africa. We prepare ours with fresh tomato and roasted pumpkin seeds.

NORTH AFRICAN COUSCOUS

This North African staple is enjoyed with meat dishes, and is made from semolina grains which are dampened then rolled in flour. Ours is flavored with dukkah and fresh herbs.

MOROCCAN PUMPKIN MARAK

A Marak is a vegetable version of tagine and usually served as a separate course with couscous. Ours comprises of pumpkin, turnips, sweet potatoes and carrots.

KALDI'S ETHIOPIAN COFFEE AND CHOCOLATE DESSERT WITH VANILLA ICE CREAM

MINT TEA - CHAY NA'NA



In true African spirit this menu is our gift to you
to remember your African Experience

Email: cindy@goldrestaurant.co.za
Web: www.goldrestaurant.co.za
Gold of Africa Museum, 96 Strand Street,
Cape Town 8001, South Africa
Tel: +27(0)21 421 4653
Fax: +27(0)21 421 8562
Cell: +27(0)82 414 9663