



Pulse of Mali is an eclectic African performance. Based on and inspired by the traditions of Malian performance, it draws influence with its performers from across Africa. In 2004 the GOLD of Africa Museum hosted an exhibition of Malian puppets, Patrimony made by master puppeteer Yaya Coulibaly. This exhibition planted the seeds for the current performance. Influenced by the non-narrative, symbolic performance style of the Bamana people, Pulse of Mali works with the traditions of Bamana performance in a contemporary South African context. In the animistic Bamana tradition, puppets and masks are intermediaries between the human and spirit world.

PULSE OF MALI PERFORMERS:

Drummers: Binos Manuel, Thabo Motau and Christis Makiona Ezzi

Dancers/Puppets: Sonwabile Nhanha (Trained in New Africa Theatre and Dimensional Stunt School), Nkosinathi Mgweba (Trained in Theatre making and performance), Nkosinathi Dolomba (Worked with Jungle Theatre and Iqhude Theatre Productions)

Singers: Sphokazi Lwana (Worked with Iqhude Theatre Productions), Lusanda Nhanha (worked with Iqhude Theatre Productions)

SPECIAL MENU 2010

GOLD Restaurant celebrates the 6 African Countries participating in this great event by featuring their well loved cuisine



SOUTH AFRICA



GHANA



NIGERIA



ALGERIA



CAMEROON



COTE D'IVOIRE

South-African Spiced Tomato Soup with Xhosa Corn Pot Breads

There's-a-delicious zing in this South African tomato soup which is flavoured with pounded green chillies, garlic and ginger. Served with individual Xhosa pot breads.

Algerian Kefta Kebabs

Algerian cuisine is a Mediterranean mix overlaid on a Berber North West African foundation. These traditional beef kebabs are grilled and served on a kebab stick and complimented with yoghurt dahl.

Cameroon Baked fish

Fresh fish marinated in parsley, coriander and limes then delicately baked and served with a green herb mayonnaise.

Algerian Briouats

Briouats mean "small letter" in Arabic and are little folded phyllo pastries filled with meat. They can be folded in several shapes.

Cote D'Ivoire oven baked Yams with edible gold dust and Eastern Spices

Yams form an important part of the diet of many Akan People. A yearly festival is held in Ivory Coast which salutes the Akan chief who, it is said, risked his life by tasting this unknown food before others in his chieftom.

Bafana Bafana Bobotie

South Africa's unofficial – and much-loved – national dish is a Cape Malay creation of spiced, minced meat baked with a savoury custard topping. Here we use Ostrich meat.

South African Chutney

Blatjang, the pride of Cape Malay cuisine, adds zest to curries and especially bobotie.

Ghanaian Groundnut Chicken

The marriage of tomatoes and ground peanuts in stews is popular in sub-Saharan African cooking. Hkatenkwan, or nkatenkwan, is a tasty version of the dish enjoyed in Ghana.

Nigerian Corn and Beans

In South Africa we would call this Samp and Beans but in this Nigerian dish the samp is replaced with fresh corn stripped from the cob and then cooked with onions and tomatoes.

Cameroon Morogo

Morogo is the collective term given to a group of edible plants in Africa, including spinach and it is a distinguishing feature of rural African diets. In Cameroon it is made with red and yellow peppers, tomatoes and a hint of chillies.

Nigerian Mixed Salad

This recipe was given to us by a Nigerian friend of Chef Mpumy and we enjoyed it so much that it has made a place on the menu.

Algerian Saffron Couscous with Fresh Mint and Raisons

Couscous is the Ambassador of North African cuisine. In Algeria it is called Kisksu meaning "food" or "nourishment" indicating the importance of couscous as a daily staple.

South African Rooibos Nectarines

South Africans love fruit with their meat, mixing savoury and sweet notes. Here sun-dried nectarines are poached in a light syrup made with rooibos, a herbal tea made from a bush which only grows in the Cederberg Mountains in the Western Cape.

South African Malva Pudding with custard

Cape Dutch 'Marshmallow pudding' is named for its spongy texture and delicate sweetness.

Cote D'Ivoire fruit platter

Fresh fruit of the day dusted with 24 carat gold sprinkles.