



# GOLD

OPULENT AFRICAN CUISINE



## Gold Restaurant Menu 2009

### SPICED TOMATO SOUP WITH MASALA PASTRY TWISTS

There's a delicious zing in this Indian tomato soup which is flavoured with pounded green chillies, garlic and ginger, and there's a dusting of roasted masala on the pastry twists which are served on the side.

### BOBOTIE SAMOOSAS WITH CHUTNEY CREAM

Cape Malay samoosas are crisp, spicy pastries which originated in ancient Persia (Iraq) and variations can be found throughout the Middle East and North Africa. Ours are filled with South Africa's famous spiced minced beef, with a dipping sauce of chutney mixed with crème fraîche.

### PERI-PERI PRAWNS WITH CUCUMBER RIBBONS

This Mozambican seafood speciality honours Portuguese seafarers who called at the Cape during the 16th century while on voyages of discovery searching for gold, precious stones, ivory, amber and spices.

### MAIZE NUT FRITTERS WITH APPLE & MINT RAITA

These tasty snacks of crushed corn and peanuts is an adaptation of an ancient tribal snack called mukhomo, popular with the VhaVenda in the Northern Province. On the side is a spicy Indian relish of chopped apple, mint and yoghurt.

### SMOORVIS

Cape Malay 'Smothered Fish' is a famous smoked fish and rice dishes, originally prepared with fish preserved by salting and drying in sea breezes.

### WEST-AFRICAN PEANUT CHICKEN

Recipes like this one have crossed the borders of many African countries to broaden our culinary repertoire. Chicken is cooked in a rich, creamy broth with crushed peanuts and tomatoes with undertones of garlic, ginger, chilli, turmeric and fresh thyme.

### VENISON ROGHAN JOSH

Signature Indian dishes were introduced to Africa centuries ago, the recipes passed down from mother to daughter. There's an extraordinary alchemy of flavours which results in layers of flavours unfolding as you eat.

### APRICOT-STUDED COUSCOUS

This North African staple is popular with meat dishes, and is made from semolina grains which are dampened then rolled in flour and cooked up with chopped apricots.

### NECTARINES IN ROOIBOS SYRUP

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.

### EMILY'S GINGERED VEGETABLES

Farm-fresh vegetables stir-fried with a touch of ginger.

### PAP & SPINACH

Maize, a staple food of most of Africa's Black African clans, is ground fine and cooked into a creamy 'porridge' simmered with shredded spinach.

### ROTI

Cape Malay flat breads are designed so that curry-lovers can break off pieces and scoop up the meat and sauce in one go.

### CARROT HALWA

'Maharaja's gold' is a famous Indian pudding made with carrots and nuts. It is beautifully sweet so we serve it in small portions with a drop of cream.

### FRESH FRUIT

All our food is freshly prepared on the day and any food that is left over is donated and delivered daily to the South African Children's Home which is responsible for around 43 children. See our web site for more details.





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## Pulse of Mali at GOLD Restaurant

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. Performance is an expression and celebration of the interconnectedness of man and nature, the innate balance of human and spirit forces. Puppets are also jesters and entertainers, used in ceremonies celebrating the passing of seasons and coming of age.

Pulse of Mali works with the spirit of this performance style. As people gather to celebrate life and community in the GOLD Restaurant, the performance celebrates the energy of Africa. Choreographed by and with South African dancers and singers performance blends Congolese, Xhosa and contemporary dance rhythms.

Pulse of Mali is owned and produced by GOLD Restaurant

Janni Younge is a director and puppeteer. She researched Malian performance and curated and designed Patrimony. Janni has a BAFA (Sculpture, UCT) an MA in Theatre (UCT) and a DMA from the French national school of Puppetry.

### PULSE OF MALI PERFORMERS:

**Drummers:** Eddy Mansani, Binos Manuel and Christis Makiona Ezzi

**Dancers/Puppets:** Nkosinathi Mgweba (2nd year training in Performance and Theatre Making), Luvo Mgweba (3rd year Jazzart Dance Theatre), Philani Mbana (Jazzart Dance Theatre – has performed with African footprint), Mongezi Mzana (3rd year Jazzart Dance Theatre), Sonwabile Nhanha (trained in New Africa Theatre) and Knosinathi Dolomba (worked with Jungle Theatre and Iqhude Theatre Productions)

**Singers:** Lebo Mtheane (professional theatre performer), Bulelwa Sanquela (studied music at Athlone Technicon and is a qualified voice instructor) and Siphokazi Lwana (worked with Iqhude Theatre Productions)

