



Cook-Up with KAMAMMA
A Taste of Reality in Toronto!





CN Tower Toronto

Our message...

Eating is one of life's great levelers, and it has found new wings with the advent of Cook-up with Kamamma. Dreamcatcher and WNBC/MMCL proudly invite you to meet the Kamammas from South Africa, and to build bridges of universal understanding between Canadians and South Africans. This sense of well-being through the proud process of preparing and serving food to guests and loved ones, dates back to the dawn of Humankind, of which South Africa is recognized as the 'cradle'.

Dreamcatcher is proud to blaze this new meaningful way of experiencing a country and its people, for the ever-increasing wave of socially-concerned travelers.

WNBC and MMCL support the goals and aspirations of those who would make the world a better place by positive actions that promote peace and harmony through small and micro business activities. The path to peace and prosperity for all, is being paved by the hands and feet of small businesses extending across borders. We are proud to play our role in this vision.

For each and every place mat that you bring to the Kamammas table in this unique lifestyle encounter, the Kamamma in question takes a step closer towards carrying her family on her back to a better quality of life...

Proceeds of this edition ensure Kamamma's continued growth.
Thank You For Your Support!

Anthea Rossouw
C.E.O. Dreamcatcher

Dan White
President WNBC/MMCL



Table of Contents

- Message from the Initiators..... 1
- Hungry for a Taste of Reality?... 3
- Destination South Africa..... 5
- The Cape Winelands..... 7
- Garden Route & George..... 9
- The Eastern Cape..... 11
- The Free State..... 13
- The Garden Route - Knysna..... 15
- Karoo - Ancestral Route..... 17
- Kammiesberg & Namaqualand.. 19
- Yellow, The Wire Man..... 21
- Ellen, Publication Sponsor..... 22

Contact Details - Back of Cover



Cook-Up with Kamammas...



Table Mountain - Cape Town



Hungry for a Taste of Reality?

Why observe South Africa from a bus window when you can get up close and personal with Mandela's 'miracle people' over a plate of home-cooked traditional food?

If Food Channels are all the rage on satellite TV, South Africa has the Cook-Up Kammmas! Developed by Dreamcatcher, Cook-up with Kamamma has been nominated one of the top 3 tourism experiences in the world in the category: Investment in People for Tourism for Tomorrow, by the World Travel and Tourism Organization.

Derived from the Xhosa word 'Kamamma', '(on mother's back)', it's in this context that the role of the Kamamma has expanded, for she now carries her community on her back through managing home-based restaurants in towns and cities across South Africa.

The rich tapestry of African fusion cuisine, arts, music, fashion, rhythm and vibe, to be found countrywide, best achieves its allure in this unique interactive - and intra-cultural experience.



TOURISM for TOMORROW
Awards 2005

Cook-up with Kamamma in Toronto...

It is not the most stylized kitchen that feeds the nation, but the greatest heart and the strongest spirit. This is the secret and winning Afro-chic ingredient that keeps visitors to South Africa coming back for second helpings of Kamamma's soul food.

Cook-Up with Kamamma is a fun, interactive affair, as Kamamma shares her cooking secrets with the visitors to her home. And it's precisely such a 'behind-the-scenes' cultural exchange that allows you to share that bond common to us all: family life as lived by the locals in their homes, offering an exciting bridge towards positive international understanding.

Think of it this way: your support will assist the Cook-Up Kammmas to carry their communities on their backs - and for yourself: a voyage of the gourmands' mind...

it's a feast of food and culture!

Enjoy High Tea with
Kamamma



Cook-Up with Kamamma



Life is Beautiful in South Africa today!

South Africa is the place to discover humankind's roots, to loose your soul among the people, then find your suntan and take your taste buds to a new level...



Hemmed by the Indian and Atlantic oceans, these are in turn separated by the southern-most tip of the African continent. From the Western to the Eastern Cape, The Garden Route to Kammieskroon and the Namaqua National Park to Free State and the Great Karoo Hoogland, home to the Ancestral Route, and on to a diverse Wine Route region and favourite holiday town Knysna, you are invited to catch the spirit - to get out and immerse yourself in an experience that extends beyond the bus window.

Expect a heady fusion of cultures and lifestyles, on every stunning route. Thousands of indigenous plants and flowering shrubs, hundreds of bird specie, and the great mammals of the world, big 5 animal kingdom to the plaintiff song of the whales along the shores, will captivate you. Your home stay, becomes your 'don't go stay'. A wide range of economy to luxury accommodation is available.

So let the food and wine flow in a place bursting with surprises and contrasts around every turn.. South Africa - where the wonder lies waiting...



S.A Map & Regions

Where to find Kamammas:



- The Cape Winelands
- Garden Route & George
- The Eastern Cape
- The Free State
- The Garden Route - Knysna
- Karoo - Ancestral Route
- Kammiesberg & Namaqualand
- Yellow, The Wireman - Klapmuts Stellenbosch Region



It is a perfect marriage... of natural features in tandem with the people...

The Cape Winelands

Situated in the Western Cape, fourth largest province flanked by the Indian -and Atlantic Oceans, the many meso-climates and geographic attribute, make this region the worlds' most diverse wine route.

Stellenbosch, my home town, is situated a thirty minute drive from down town Cape Town. The gorgeous countryside, rugged mountains and rolling vineyards, which I can see from my Home Stay - and Restaurant, inspire all who travel through it. Cape Dutch Homesteads on wine estates, heady at harvest time, grace the bygone era. Cuisine from the four corners of the earth be found here. Adventure activities abound.



Cape Winelands
World's most diverse Wine Route!

LILLIAN NGWEXANA

My name is Lillian Ngwexana and I'm a proud owner of a traditional home cook restaurant in Stellenbosch called "Once upon a stove". I am mother of four children. I started my business right from scratch. My vision is to be on top and to provide for my children for the future. I want to show the world and my community that I can survive in the business world as a single woman and make a success. Cooking is my passion - I started cooking at the age of 10 years. Feeding the nation is important to me. I believe in working hard to reach my goals and to give my children a proper education.



The Cape Winelands

~Palate Teaser

Recipes: STEAM BREAD:
(Xhosa name: Msonke)

Ingredients:

- 1 kg cake flour
 - 5 g yeast
 - 2 teaspoons salt
 - 3 tablespoons sugar
- Optional: a small drop of oil
3 cups of warm water, not boiling water or else your dough will not rise

Method:

Mix your cake flour, salt, sugar, yeast and warm water together until you have a stiff / tight dough. You can either add or use less water, but make sure that your dough is not too wet.

Place your dough into a round plastic container with a piece of cloth over it and let it rise for a full hour

You then put your stove on, not too high, put a big pot on the stove with a little water in it and then on top of the pot you should put a steel bowl with the dough in it. Be sure not to put too much water in the pot as it should not boil over. Close your pot and let it boil for an hour, just keep an eye on it all the...

MENU:

- Spicy Veggies (Chakalaka) & Isope
- Curried Chicken
- Roasted Vegetables
- Steamed Bread (Msonke)
- Beans & Corn (Mnoeshe)
- Beans and Sweet Corn (Isope)

The Cook-Up Kamamma!

Enjoy High Tea with
Kamamma



Cook-Up with Kamamma!

MAP COLOUR

8

Garden Route & George

Situated on a coastal plateau between the Outeniqua Mountains, which dominate the scenic splendor and the Indian Ocean, George is the geographical hub of the Garden Route. George is also a golfing Mecca and offers rewarding passes and hiking trails. The region is known as "A Taste of Eden". Charming towns, mostly situated close to the ocean, indigenous plant species, water sports and adventure abounds, making this entire region a rewarding and diverse getaway for locals and international visitors alike. Captivating history of the San hunter-gatherers, Khoi pastoralists, the Khulani Xhosa experience, Cook-up Kammmas, Home stays and the Ostrich Boom period, offer excellent intra-cultural exposure to visitors.

Garden Route

Mountains & Oceans everywhere



ELMARIE HENDRICKS

I am Elmarie Hendricks, a proud Cook-up Kamamma and live in George, capital city of the Garden Route. I own a catering business and I am passionate about cooking. I delight in ensuring my guests leave with a smile on their faces. I am growing my business and have already created work. I love to share my cooking skills and assist women to grow their micro businesses in my region.

Together we can make a difference.

Garden Route & George

~ a Taste of Eden

Recipes: CAPE FISH WITH HANGOVER SAUCE

Ingredients:

- 2 Chopped onions
- 2 Chopped green peppers
- 20 ml cooking oil
- Pinch of salt and ginger
- 100 ml Chutney
- 60 ml Vinegar
- 10 ml Brandy
- 20 ml Tomato Sauce
- White line fish in season

Method:

Split and fry the fish portions in flour (no eggs). Allow to cool. In a pot saute the onions and peppers in the oil. Add the rest of the ingredients excepting the brandy, allow to boil, then add the brandy. Allow to simmer for 3 minutes then pour over the cool fish and Serve Immediately!

MENU:

- Cape Fish with Hangover Sauce
- Butternut Salad
- Pumpkin Fritters (Mashed pumpkin - deep fried)
- Yoghurt Bread
- Spicy Bobotie (Ground meat pie)
- Milk Tarts

The Cook-Up Kammmas...

Enjoy High Tea with
Kamamma



Cook-Up with Kamamma! 10

MAP COLOUR

The Eastern Cape

The Eastern Cape raised Nelson Mandela in preparation for his watershed role in the annals of world history. History resonates throughout, from old to modern. A remarkable variety of natural features, such as a pristine coastline, eco-trails, big game safaris await the visitor. Living in the rural areas of towns with names like Stutterheim or Grahamstown, or living in the city, called "Friendly" (Port Elizabeth, now renamed Nelson Mandela Metropole), is all the same: everyone is friendly! Ancient traditions, architecture, colonial mission settlements, vibrant music, tribal burial sites, rituals, and the traditions of the Xhosa -and British Settlers cultures, are all part of this laid back and colourful lifestyle.



ANNA MARIA MAYEKISO

I am from the Xhosa culture and live in the Eastern Cape, which is also the place of birth and retired home of Madiba (Nelson Mandela). I own a catering business and I love to serve our traditional meals to guests. The Xhosa traditionally plant their vegetables around their huts so we always have a fresh supply of nutritional vegetables. Our cattle are slaughtered for traditional ceremonies and events. I am hoping to grow my business and also create work through cooking up with Kamamma.

Eastern Cape

Addo Elephant Park



Eastern Cape ~Eye Candy

Recipes: GREEN COOKED VEGETABLE MEDLEY (*Imifuno*)

Ingredients:

- 3 Cabbages
- 3 Bunches Spinach
- 1 Bunch Spring onions or if not available 2 medium sized onions
- 1 and a half teaspoons Salt
- 1 Cup Maize Meal or ordinary long grained rice

Method:

Chop cabbage and wash. Wash spinach well and chop. Put both veggies into a pot on the stove but first put in the cabbage. Boil for 10 minutes, then add chopped onion and one cup rice (if you are using rice) Cook on stove over medium heat until cooked. Then add the salt. If using maize meal then add the maize meal steadily and stir well. Leave to cook for 9 minutes, then stir.

Then leave to cook for 3 minutes - stir again.

MENU:

- Crumbly Papa (*Umphokoqua*)
(Crumbly porridge with Sour Milk)
- Cooked Vegetable Medly (*Imifuno*)
- Pumpkin Porridge (*Umqa*)
- Bean Somp (*Mnoeshe*)
- Roasted Bread (*Irostili*)
- Xhosa chicken

The Cook-Up Kamamma...

Enjoy High Tea with
Kamamma

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The Free State

From his autobiography, Long Walk to Freedom Former President Nelson Mandela expresses his feeling for the Free State Province: "The Free State landscape gladdens my heart, no matter what my mood. When I am here, I feel that nothing can shut me in. That my thoughts can roam as far as the horizons." This naturally- and culturally rich Province, is home to the Basotho Cultural Village, home to the community of Maluti A Phofung, is in the heart of the Golden Gate Highlands National Park. The village accurately depicts the architecture and lifestyle of the Basotho since the sixteenth century, to the present. Declared a node by President Thabo Mbeki, through arts benefiting 82 artists and crafters benefit through exhibitions, the village offers guided herbal trails, cultural routes and indigenous meals served at the open air restaurant.



RINA CHAULE

I am Mapule, "Rain Queen"
Rina Chaule.

My involvement with Basotho Cultural Village goes as far back as 1994. I am responsible for the catering unit of the village where we cook and cater traditional meals to tourists. Our meals cooked in iron pots on the open fire are so delicious, that our visitors keep coming back for more! My experience with Dreamcatcher is one which allows me to promote my authentic culture and African food - so let's cook up with Kammamas!

Golden Gate to the Colorful Basotho



Free State

~ Colourful Culture

Recipes: PUMPKIN FRITTERS

Ingredients:

- 4 cups cooked, mashed pumpkin
- 2 eggs
- 2 cups flour
- 4 teaspoons sugar mixed with one teaspoon cinnamon
- pinch salt
- cooking oil

Method:

Drain mashed pumpkin. Beat eggs, add to pumpkin. Then beat in rest of ingredients excepting for sugar and cinnamon mix. Heat oil in deep frying pan. Spoon in and fry until golden brown on both sides. Sprinkle with sugar mixture and eat immediately.

MENU:

- Spicy Meatballs
- Traditional Rice (*Nyekwe*)
- Beef and Veg Casserole (*Trekpot*)
- Maroho (*Spinach*)
- Chicken Casserole
- Pumpkin Fritters

The Cook-Up Kammamas...

Enjoy High Tea with
KAMAMMA



Cook-Up with Kammama!

MAP COLOUR

The Garden Route - Knysna

The Garden Route of South Africa is Mother Nature's most beautiful creation. Stretching from Heidelberg in the West to Tsitsikamma in the East, it has a variety of seascapes, forests, mountains and lakes which are soothing to the soul. From swaying cornfields in the early morning sun, to spectacles of wild flowers and crashing waves against majestic rocks, the Garden Route is South Africa's own paradise. Knysna is the ideal base from which to explore the Garden Route, and nestles on the shores of an estuary between indigenous forests, the Outeniqua Mountains and a rugged coastline. Beaches, lakes, the majestic sandstone Knysna Heads which guard the estuary and the ancient Knysna Forests make Knysna the crown jewel of destinations in the Garden Route. Knysna can be easily accessed as it lies on the N2 between Cape Town (500kms) and Port Elizabeth (260kms).



Knysna

The Heads - water way



GLENDYRR FICK

My name is Glendyrr Fick. I am 32 years old and work as a Tourism Development Officer at Knysna Tourism. I am a Griqua (Khoi-khoi) / Cape Malay descendant. I was raised in Knysna, and from an early age loved cooking and entertaining. I am the co-ordinator of a Tour Guiding project as well as Site Mentor to the Dreamcatcher Homestay project in Knysna. I am also very much involved with my local community and am the co-owner of a cultural guesthouse called Islandview where I showcase my culinary talent by preparing food for our guests.

The Garden Route

Knysna ~ Favourite Town

Recipes: BOBOTIE

Ingredients:

- 20 ml fine ginger
- 30 ml fine brown sugar
- 10 ml curry powder
- 10 ml salt & 1 ml pepper
- 60 ml margarine
- 5 medium onions chopped
- 3 slices of bread soaked in water
- 1 kg ground meat
- 150 ml seedless raisins
- 60 ml chutney - 30 ml apricot jam
- 30 ml Worcester sauce
- 30 ml Tomato puree
- 2 eggs
- Bayleaves
- 375 ml milk

Method:

Mix all dry ingredients in a pot. Add margarine, onions and simmer until soft and smooth. Soak bread in milk. Add everything together excepting for last 3 ingredients. Place in 2 or 3 inch baking dish. Place bay leaves on top of mixture. Beat the eggs and milk and pour onto mixture. Bake in medium Oven until ready.

Enjoy High Tea with
Kamamma



MENU:

- Seafood Potjie kos with Cape Seed loaf fingers
- A medley of Kingklip, calamari, mussels in a creamy mushroom sauce
- Bobotie served on a bed of steamed Basmati Rice
- Cape Malay Chicken Pie
- Pumpkin Souffle
- Green bean and potato Stew

The Cook-Up Kamamma

Cook-Up with Kamamma

MAP COLOUR

16

Karoo Hoogland: Ancestral Route – Ancient Heritage

The region is a treasure trove of unique experiences – some of which can be found nowhere else in the world. The town of Fraserburg was founded in 1851 and is home to one of the most spectacular palaeo surfaces in the Karoo on a farm called Gansfontein. From tiny squiggle worm trails, to the traces of Dinosifalins and even one print of a Bradysaurus that lived here some 250 million years ago: all can be found here. Sutherland, which is close by, is home to the second largest optic telescope in the world. Climatic conditions and proximity have made this region one of the most significant star gazing destinations in the world. From the farming community at Williston, to the Gateway to the Stars, the area is unspoiled and spacious. The locals are hospitable and gracious.



ELIZABETH REYNERS

Ancestral Route The Gateway to the Universe



I am Elizabeth Reyners, living in Fraserburg and married with five children. I am very proud to be associated with Dreamcatcher as a Cook-up Kamamma. My vision is to make things happen and not to wait for things to happen for me.

I see many opportunities in my region to create work opportunities in the tourism industry. I intend to take a leading role. Our Kamamma Coffee shop, where we will only prepare traditional dishes, will open soon!

Karoo Hoogland

~Ancient Heritage

Recipes: DEEP FRIED DOUGH (Vet koek)

Ingredients:

- 250 ml cake flour
- 5 ml baking powder
- 2 ml salt
- 1 extra large egg
- Cooking oil to fry

Method:

Mix dry ingredients together. Beat the milk and egg and add to flour mixture. Mix well until a smooth consistency. Heat the oil and deep fry until golden brown.

Serve with preserves, stuffed with ground meat or chicken fillings

MENU:

- Butter Milk Pudding (Karringmelkpoeding)
- Froggs Eye Pudding (Baked Sago Pudding)
- Baked Sago pudding
- Cook-up Meat (Opkoekvleis)
- Baked Dough (Vetkoek)
- Sheep Chin Pie (Skaapskenkel pastei)
- Yummy Meatballs (Frikadel)

The Cook-Up Kamamma...

Enjoy High Tea with
Kamamma

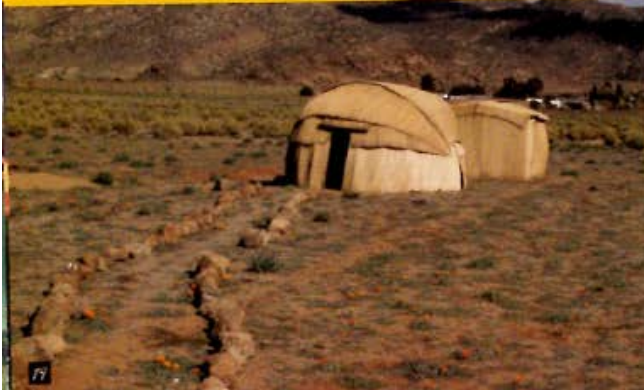


MAP COLOUR

Kammiesberg and Namaqualand

The Kamiesberg is the centre of Namaqualand, situated in the west of the Northern Cape Province of South Africa. It stretches from Garies in the south to Springbok in the north and straddles the N7, a national road between Cape Town and Namibia. The Kamiesberg falls within the succulent Karoo Biome, a biodiversity hotspot and the Namaqua National Park, which makes it a global treasure. The area boasts formidable rock formations, a national park, a brilliant display of spring flowers after good rains, an undeveloped coastline, and is criss-crossed by hiking, biking and 4x4 trails. Unique architecture from the past, home industries, delicious traditional food, fresh clean air, wide-open spaces and friendly people are enjoyed by visitors.

Namaqualand
wide-open spaces



LIEN BOYES

KAMAMMA KATRINA (Lien)
Descendant from an ancient stock farming culture, the Namaquas, I live a simple basic life as a single mother of two daughters in the small village of Nourivier in the Kamiesberg. With a strong matriarchal culture and through hard work, I am determined to build on my dream of being a tourism product owner. I plan to dish up mouth-watering traditional food in my cooking shelter, cooked in iron pots on an open fire, which is a unique experience.

Namaqualand - Kammiesberg

~the sun at your back

Recipes: PUMPKIN STEW

Ingredients:

- 1 x Pumpkin, cut into slices
- Sliced, diced bread (white or brown)
- Cinnamon
- Sugar
- Soft Lard or Fat

Method:

Layer slices of pumpkin in buttered dish with bread, sprinkled sugar and cinnamon and dollops of lard. Bake in oven until cooked

MENU:

- Cinnamon Dumplings
(Sous kluitjies/ Douboy)
- Sour dough bread
(Soetsuurdeeg brood)
- Fried Bread (Vetkoek)
- Thabaa (Deegkoek)
- Pot Roast Lamb

The Cook-Up Kamamma...

Enjoy High Tea with
Kamamma

Cook-Up with Kamamma!

MAP COLOUR ■■■■■



**CORNELIUS EIMAN
(YELLOW)**

My name is Cornelius Eiman well known in the community as "Yellow". I am 37 years old. I am married and I have a beautiful wife and three children. My family and I am direct descendant of the Khoi-Khoi bushman. We have lived on a wine farm for a few years where I learned about fencing and this is where I developed my skill as a wire sculpture. My vision for the future is to be a successful wire sculpture and to provide for my children, with the best possible education. My work is my passion.

Beyond the tradition of wire crafting

A visit to Klapmuts, in the heart of the Cape Wine Lands, seems unassuming at first glance: until you meet "Yellow the Wireman". So called for his extraordinary talent at wire art sculpting. Going beyond the tradition of wire crafting, Yellow can all but build a house with wire: From furniture to picture frames, fencing to life size figurines: Yellow, has fashioned his destiny and the future quality of life of his family in wire! Descendants of the Bushman, a visit to "Die Khoi Kombuis", which he runs with his charming wife Kamamma Pasqualine, and where indigenous bread (Xna) and Cape Honey Bush tea is steeped and served. It is a heart warming experience.

Yellow the Wireman Wire art sculpting at its best!



Freedom through Mannatech

Ellen Barton is a Canadian entrepreneur. She makes things happen. Nine years ago she discovered Mannatech Inc. and its charitable wing, MannaRelief. Both bring true wellness to the world through the nutritional wellness approach of glycobiology. The products are glyconutrients.

Lives are transformed through renewed health and improved finances. Mannatech uses network marketing very successfully, currently operating in Canada, USA, Australia, Japan, New Zealand, the UK, South Korea, Taiwan, Germany and Denmark.

Ellen has a prosperous home-based Mannatech business that gives her freedom to serve others. She has a real heart for South Africa. She is planning to bring substantial amounts of glyconutrients to the republic in February, 2006, donating them to orphanages.

MannaRelief serves the health needs of children in many countries, especially serving the needs of AIDS orphans throughout Africa. We encourage others to follow the path Ellen has chosen, achieving personal freedom and then serving the needs of others.

Freedom achieved is freedom shared.

Ellen Barton
ebarton@skylinc.net

About the Sponsor of this publication...



ELLEN BARTON



The Aloe - Ancient Healer

Cook-Up with Kamamma! 22



WNBC/MMCL
www.wnbc.net



Cook-Up with



Kamamma

In close partnership with the *Kamamma*, Traveledreamcatcher facilitates bookings and share our skills to connect people to the country, while *Kamamma* gets on with what she does best – **Cooking up** a storm and sharing her lifestyle with the likes of yourself!

Contact Details

CANADA:

Suite 102-1515 Lakeshore Rd., East
L53 3E3 Mississauga, TORONTO ON.,

E-Mail: bob@windsor.org

Website: www.dreamcatcher.co.za

Tel: 416 240 8666 / 905 274 6409

SOUTH AFRICA:

6 Hartford Grange, Bokmakierie Ave
7550 Sonstraal DURBANVILLE, South Africa

Tel: + 27 21 976 9372

E-Mail: dreamcatcher@telkomsa.net

www.traveledreamcatcher.com

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