



MOROCCO

WESTERN SAHARA

ALGERIA

LIBYA

EGYPT

MAURITANIA

MALI

NIGER

SUDAN

SENEGAL

CHAD

GUINEA

BURKINA FASO

NIGERIA

COTE D'IVOIRE

GHANA

CENTRAL AFRICAN REPUBLIC

ETHIOPIA

SOMALIA

CAMEROON

UGANDA

KENYA

GABON

CONGO

DEMOCRATIC REPUBLIC OF CONGO

TANZANIA

ANGOLA

MOZAMBIQUE

ZAMBIA

NAMIBIA

ZIMBABWE

BOTSWANA

SOUTH AFRICA



GOLD  
OPEN UP AFRICAN CUISINE  
CAPE TOWN



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Gold of Africa Museum, 96 Strand Street, Cape Town 8001, South Africa

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 is owned and produced by GOLD Restaurant

**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)

## SPRING MENU 2010

### ROOSTERKOEK

Prepared and eaten all over South Africa, these bread rolls are traditionally cooked over low coals on a griddle.

### SMOKED FISH PATE

Recipes for Gestampte 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 on the roosterkoeck.

### PEA AND POTATO 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. Our Cape Malay cuisine prepare them traditionally with spicy minced meat.

### MRS BALLS CHUTNEY

The pride of the Cape Malay cuisine is mixed with soured cream and is the ideal dipping sauce for the samoosas.

### BEEF FILLET SOSATIES WITH ROOIBOS APRICOTS

Taverns in old Cape Town were known as "sosatie and rice houses" in honour of these succulent kebabs, which are one of the country's all-time favourite braai treats. The name sosatie comes from the Malay words sate (spiced sauce) and sesate (skewered meat). The meat can be skewered on any handy branches; quince trees are favoured in the Karoo, while twigs of red ivory and magic guarri trees are popular in the bushveld. South Africans love fruit with their meat, mixing savoury and sweet notes. Here sun-dried apricots 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.

### NAMIBIAN VENISON PIE

A baby venison pie filled with a wild animal that could not run faster than our chef. Served with a light pastry.

### MOROCCAN CHICKEN TAGINE

Tagines are Moroccan slow-cooked meat, fruit and vegetable dishes. The traditional tagine pot is formed entirely of heavy clay, which is sometimes painted or glazed. The lid is designed to allow condensation to fall back down into the bottom of the tagine to keep the meat moist and tender during cooking.

### APRICOT STUDED COUSCOUS

A typical Berber food that has become popular in many countries. Berbers are the indigenous peoples of North Africa west of the Nile Valley. Couscous granules are made by rolling and shaping moistened semolina wheat and then coating them with finely ground wheat flour. Couscous is traditionally served under a meat or vegetable stew. The dish is a traditional staple throughout the Maghreb, especially among the Berbers where it is thought to have originated.

### WEST AFRICAN BRAISED SPICY BUTTERNUT WITH TOMATO AND COCONUT CREAM

This satisfying vegetable dish is fragrant with Eastern spices and coconut, which features strongly in the cooking of the whole African continent.

### ZANZIBARIAN TURMERIC-GLAZED CARROTS WITH STAR ANIZE

Often served as a main course on a bed of North African Maize meal these fragrant sweet carrots add a golden splash of colour to any feast.

### STYWE PAP WEDGES WITH MATURE CHEESE

Maize meal is to South Africa what Polenta is to Italy – cooked up into a variety of time-honoured dishes and popular through a wide spectrum of the community. Pap, as it is widely known, was introduced to South Africa's table by ancient black tribes from plants brought here from Central America by Portuguese navigators at the start of the 16th century. Here is a new slant on a time-honoured menu mainstay.

### AFRICAN SPINACH WITH TOMATO AND PUMPKIN SEED SALAD

A variety of wild, nutritious greens are gathered by rural blacks from the open veld and near streams. The Nguni call it imifino; the Sotho name is morogo or moroho. It is sorted, washed and simply cooked as a vegetable or served with meat and pap. Spinach is a good substitute for the wild greens.

### EGYPTIAN ALMOND BASBOOSA

A FAVOURITE Egyptian sweet, basboosa is a semolina cake that is baked and soaked with a floral-scented syrup. Its melting sweetness goes well with a cup of hot coffee or mint tea.

### MOROCCAN SFINI

Even Morocco has a version of beignets, a French term adopted by many cultures to refer to sweet, yeast driven fried dough. Often flavoured with vanilla, orange flower water or lemon zest.

### SWEET FRESH WATERMELON SLICES