

AFRICAN HOLIDAY TRADITIONS & RECIPES

In Afrikaans (one of the languages spoken in South Africa) Happy/Merry Christmas is 'Geseënde Kersfees'; in Zulu it's 'UKhisimusi omuhle', in Sesotho it's 'Le be le kereselese e monate' and in Xhosa it's 'Krismesi emnandi'.

Santa Claus is also known as Sinterklaas (St Nicholas) & Kersvader (Father Christmas) for people who speak Afrikaans.

A Southern African Christmas meal might be turkey, duck, roast beef, mince pies or suckling pig with yellow rice & raisins and vegetables followed by a traditional dessert ...

Christmas Pudding

(Also known as.. Malva Pudding and Lekker Pudding)

Ingredients

pudding

1 cup / 8 fl oz Milk
3 teaspoons Apricot Jam
1 cup / 8 fl oz Flour
1 teaspoon Baking Powder
1/2 cup / 4 fl oz Sugar
1 teaspoon Baking/Bicarbonate of Soda
1 Egg

Syrup

1 cup Sugar
1/2 cup boiling water
1 cup Milk
1 stick / 4oz Butter
A couple of drops of vanilla essence or a vanilla pod

Directions

Beat the egg and sugar together. Mix all ingredients except the milk and baking/bicarbonate of soda. Mix the milk and baking/bicarbonate of soda together and add to the mixture. Bake in dish 40 min at 180°C / 350°F.

To Make the Syrup, bring all ingredients to the boil, remove vanilla pod, then pour over the pudding when hot from the oven. Serve with custard or ice cream.