



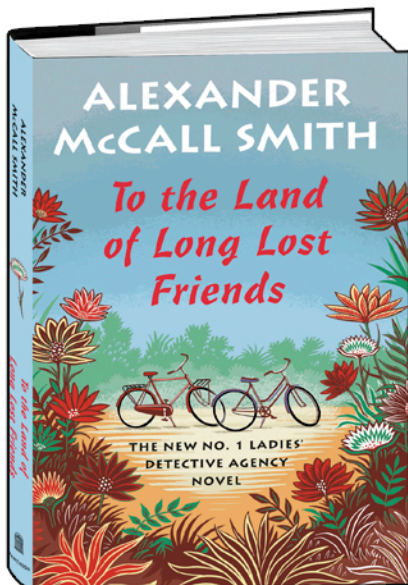
RECIPES FROM ALEXANDER McCALL SMITH & STUART BROWN

A Note from Alexander McCall Smith:

When you invent a fictional character you give a hostage to fortune: the character does not belong just to you—he or she belongs to the readers and to the world at large. So others may propose to give your character a larger life, whether on the screen or in some other context. Most authors are wary of this—but it was a happy day for me when Stuart Brown came to ask me if he could write a Mma Ramotswe cookbook. I already knew Stuart and was confident that he would produce something with which I—and Mma Ramotswe—would be perfectly happy. I knew that he had made a very detailed study of the books and indeed it seemed to me that he knew more about them than I did myself. Authors often forget the details.



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The cuisine of sub-Saharan Africa is not widely known in the wider world. Do not look for great culinary elaboration here—look instead for good, nutritious fare, exactly the sort of food that we can imagine gracing the table as Mma Ramotswe sits down to dinner with Mr J.L.B. Matekoni and the children after a hard day's work in the No. 1 Ladies' Detective Agency. Can I smell the pumpkin? I think I can. Do I hear the sound of cattle lowing in the distance? I think I do. Is all well in the kitchens of Botswana? I think it is.



PERSUASIVE FRUITCAKE

INGREDIENTS:

9 oz dried mixed fruit
9 oz soft butter or margarine
4 eggs
4 oz corn flour
Grated rind of 1 lemon
4 oz chopped almonds
7 oz caster (superfine) sugar
11 oz flour
3 tsp baking powder
Icing sugar



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METHOD:

1. Grease a 10-inch baking tin with some butter.
2. Preheat oven to 180°C (350°F).
3. Cream butter or margarine in a mixer and add sugar.
4. Add eggs one at a time, mixing in thoroughly before adding the next egg, and continue beating until all the sugar has dissolved.
5. Sift flour, corn flour, and baking powder over the butter mixture. Mix until incorporated.
6. Once the flour mixture has been incorporated, add fruit mix, almonds, and lemon rind, and mix to combine.
7. Pour batter into baking tin and smooth over the top.
8. Bake cake for 1 hour and 15 minutes.
9. Remove from tin and cool on a rack.
10. Before serving, cover cake with sifted icing sugar.



CAR-PATCHY-OWW!

Serves 12

INGREDIENTS:

3 lbs beef/ostrich fillet or rump

Fresh herbs

—parsley, thyme, chives, basil

Olive oil

Balsamic vinegar

Crushed black pepper

Ground course salt

Parmesan cheese

Arugula



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METHOD:

1. **Season the steak with some salt and pepper.**
2. **Sear meat in a pan with butter/oil.**
3. **Roll meat in the fresh chopped herbs, then roll the beef or ostrich meat tightly in plastic wrap to hold shape.**
4. **Freeze overnight or 4-5 hours.**
5. **Remove the plastic wrap and slice the meat as thinly as possible.**
(It is important to be on good terms with your butcher, and this is an occasion in which it would be helpful if he would slice the meat using his slicing machine.)
6. **Allow to defrost.**
7. **Serve on platters garnished with the parmesan and arugula, and drizzle with olive oil and balsamic vinegar. Season with salt and pepper to taste.**



CHICKEN VINDALOO DEVTANI

Serves 8

Originating from one of Phuti Radiphuti's cousins, a kindly chef who uses his cooking prowess to see the world, this curry is very hot and spicy, just the way Phuti likes it. This dish is even better the second day.



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INGREDIENTS:

- | | |
|-------------------------------------|---|
| 2 tsp cumin seeds | 2 tbs ghee |
| 2 tsp garam masala | 2 large onions, chopped |
| 1 tbs grated fresh ginger | 2 cinnamon sticks |
| 6 cloves garlic, crushed | 6 cloves |
| 8 small red chilies, chopped finely | 2 tsp plain flour |
| 1 tbs white wine vinegar | 1 ³ / ₄ pints chicken stock |
| 1 tbs Tamarind concentrate | 8 curry leaves |
| 2 lbs chicken breasts, diced | |

METHOD:

- 1) Cook cumin and garam masala in large dry saucepan, stirring until fragrant.
- 2) Combine cooled spice mixture with ginger, garlic, chilies, vinegar, and tamarind in a large bowl, add chicken and mix to coat chicken in marinade. Cover and refrigerate 1 hour.
- 3) Heat ghee in the same pan. Cook onion, cinnamon, and cloves, stirring until onions are slightly brown.
- 4) Add chicken mixture to pan. Cook for 5 minutes while stirring until chicken is brown, then stir in the flour.
- 5) Gradually pour in stock. Add curry leaves. Simmer, covered, for 20 minutes.
- 6) Remove cover and simmer for 15 minutes more, or until the sauce has thickened.
- 7) Serve with steamed Basmati rice.