

Reading for Meaning

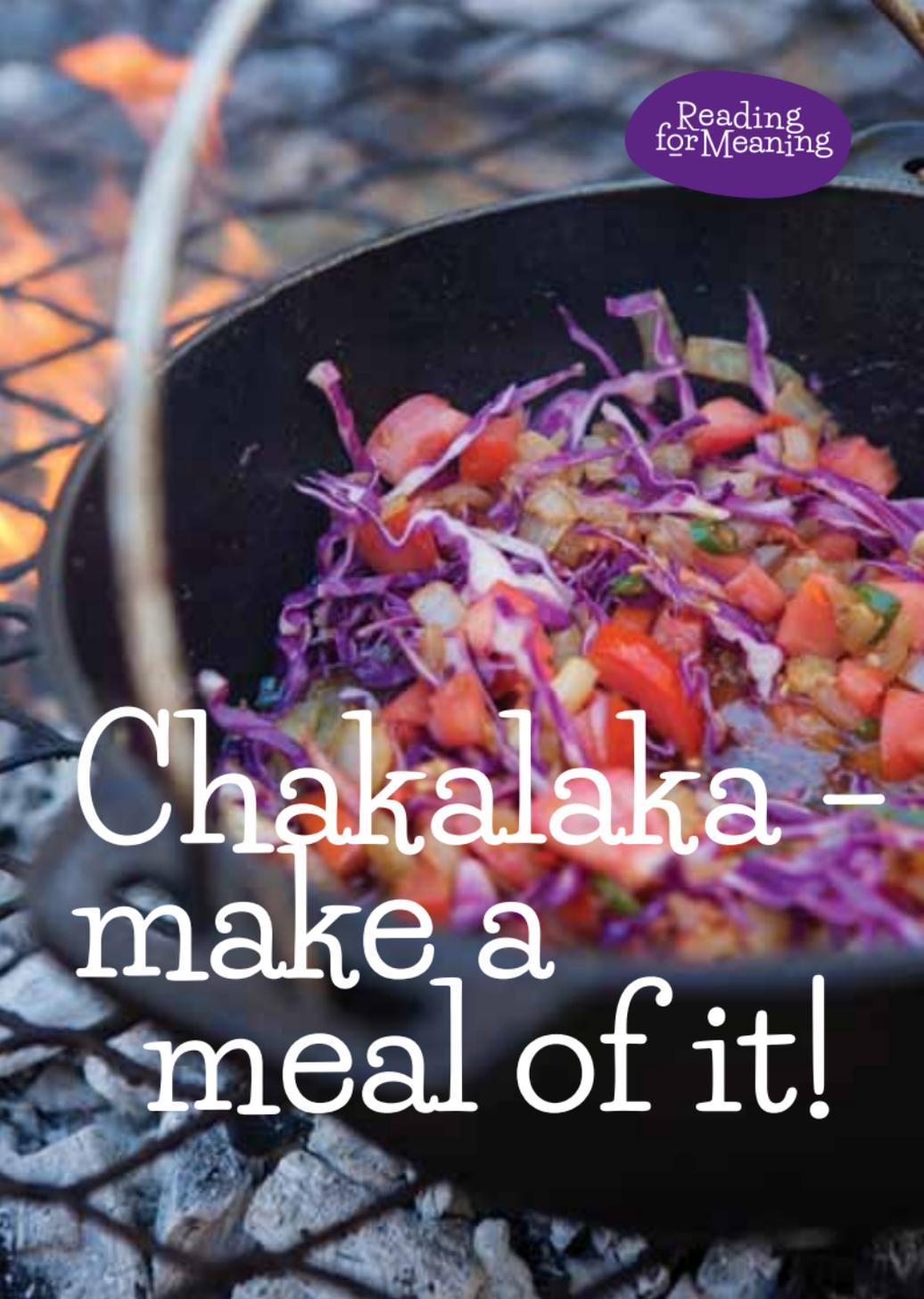
Welcome, story supporter!

**We hope that you and your child
have fun with this story.**

**Nurturing and supporting
your child is important for
their physical, emotional and
academic development.**

**ZERO
DROP/OUT**

**Part of the Zero Dropout campaign working towards
halving the rate of school dropout by 2030.**



Reading
for Meaning

Chakalaka -
make a
meal of it!

Chakalaka is a well-known South African dish. People all over the country know this dish and love to eat it. It's many people's favourite dish.

Remember how Mama Smuts made a delicious meal of chakalaka for the whole family. Maybe you have also eaten chakalaka at home, or bought it as a take-away. Maybe it is your favourite dish.

Chakalaka is such a popular dish in South Africa. But did you know that it was not invented by South Africans?

Chakalaka was probably first made by the migrant workers from Mozambique who came to work on the gold mines near Johannesburg.

After a very hard day's work, these men wanted a meal that was quick and easy to make, that would fill them up. But they also wanted their food to be tasty to eat.

Mozambican food is spicy, so these men would

add spices to a mixture of tinned foods, and eat that with pap.

Sometimes they would sell this food by the roadside, so South Africans soon got to know chakalaka, and it became a firm favourite in this country.

This shows us how people from other countries can bring new ideas such as new ideas of foods to eat. They can make South Africa an even better place to be.

There are many ways to make chakalaka. It depends on what you have available. As long as you have a tin of beans and some tomatoes, onions, garlic and spices, you have the basic ingredients to make chakalaka. You can add anything else to that mix.

Here is one recipe that you can try to make:

CHAKALAKA AND PAP

Serves: 6 people

Cooking Time: 1 hour 30 mins

Ingredients for chakalaka:

- 1 onion, chopped
- 2 carrots, roughly grated
- 3 tomatoes, chopped
- 15 ml (1 tablespoon) curry powder
- ¼ cabbage, chopped up
- salt to taste
- pinch of cayenne pepper (optional)
- 1 x 410 g tin red beans or baked beans

Ingredients for pap:

- 500 ml (2 cups) water
- 480 g maize meal
- salt to taste
- knob of butter, to serve

Instructions for making chakalaka:

1. In a saucepan, over medium heat, fry the onion, carrots, tomatoes and curry powder together, for 5 minutes.
2. Add the cabbage and a little salt to taste, adding some cayenne pepper if you like it strong.
3. Stir in the beans, cover the saucepan and cook over low heat, for 30 minutes.
4. Taste at the end.

Instructions for making pap:

1. Boil the water in a saucepan, then add the maize meal and some salt.
2. Stir until combined, cover and cook over low heat, for 45 minutes, stirring every now and then.
3. Stir in the knob of butter when the pap is ready.
4. Spoon the chakalaka over the pap – and eat!

If you don't have maize meal, serve the chakalaka on rice or potatoes.

EXTEND THE STORY...

Make your
own meal



**WRITING
ACTIVITIES**



GAMES

WHAT TO USE

Pen or pencil and a blank sheet of paper

WHAT TO DO

- Ask your child to think about their favourite meal.
- Using the pen and paper, help them write down a list of things (ingredients) they need to cook that meal.
- Once they have finished the list of ingredients, help them write down the

instructions on how to cook the meal.

- Why don't you make this even more fun? The next time you cook that meal, ask your child to help you!

Happy cooking!

**ZERO
DROP/OUT**

Reading
for Meaning

Part of the Zero Dropout campaign working towards halving the rate of school dropout by 2030.