

A TOUR OF AFRICAN GASTRONOMY



NAMIBIA

A TASTE OF NAMIBIA'S GASTRONOMY



A NATION'S GASTRONOMY IS ITS BEST AMBASSADOR

Namibia is fortunate to have a unique kaleidoscope of cultures. The country's culinary experience is a true blend of the ancestral believes of the diverse Namibian ethnic groups.

All Namibians like meat, especially if it is grilled on an open fire. The typical *Braai* is always part of family gatherings as well as of any cultural, sports or team building event. You cannot miss the *Kapana* –thin strips of meat grilled on an open fire–served with the popular *Kapana* spice, relish, vetkoek and pap – a dough like paste made from millet maize grown locally and served differently from tribe to tribe.

If you are curious enough, other typical traditional specialities that are worth a try are *Eendingu* (dried meat), *Omagungu* (fried mopane worms), *Omajova* (giant edible fungi), *Smiley* (cooked goat head), *Omatangara* (cow/goat tripe), *Ekaka / Omboga / Ombidi /*

Mutete (wild spinach), *Omaere* (traditionally fermented cattle), as well as a variety of wild fruits, all of which can be found at street markets or in traditional villages and restaurants.

In addition, Namibian restaurants throughout the country also serve a variety of European-style meals, alongside an abundance of seafood dishes.

Namibian brewed beer is another treat that has received worldwide recognition for its quality and taste. Brewed according to the famous *Reinheitsgebot*, Namibian beer contains no artificial colorants, flavourings or preservatives. Your trip will be not be complete without enjoying a *Windhoek Lager*.

TAKE YOUR PALATE ON A TOUR

SPICE UP YOUR LIFE WITH PRODUCTS FROM NAMIBIA



BILTONG

A dried beef or game snack seasoned with spices and salt to give it an extraordinary taste.



OMAJOVA

Wild giant mushrooms that are cultivated by termites. For its best taste, simply fry them in butter to enjoy this delicacy.



KALAHARI TRUFFELS

Also locally known as *omatumbura* or *machumbura*, these nutritious delicacies can only be found after the rainy season in the Kalahari desert.



!NARA SEEDS & !NARA OIL

!Nara seeds are cold-pressed in a special patented spiral press without the use of solvents, chemicals or additives. The press technique allows the oil to keep its valuable healthy vitamins, pigments and flavours.



KAPANA SPICE

Namibia's number one go-to spice for all meats. This commercial spice can be bought in shops. Most of all the Kapana grillers will have their own twist on this popular spice.

WANT TO BRING SOME BACK HOME? MARULA OIL

Marula is an essential food and cosmetic product amongst Namibian people. The fruits of Marula trees are in season every year from January to April. The kernel is manually pounded and cold pressed for oil. This pure oil contains nutrients and antioxidants used for cooking as well as for hair and skin products. You can find Marula oil at street markets and souvenir shops.



TOP 5 LOCAL BITES TO TASTE



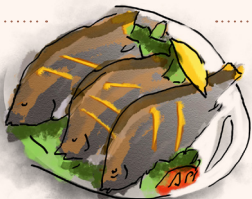
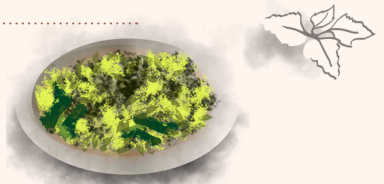
KAPANA (thin sliced meat)
Popular street food with a smokey taste. An addictive snack or meal suitable for anytime of the day.
Meat seasoned with *Kapana* spice prepared on open fire served with either vetkoek, pap, (maize meal), roasted bread and relish.

OMATANGARA (tripe)
Either beef or goat tripe seasoned with salt served with Pap, or Omahangu (pearl millet).
As a main course, Omatangara is steamed in a three-legged pot on open fire. To make it a nutritious meal, veggies and spices are added to give it a nice aroma.



OMAGUNGU / ENGUNGU / PHANE
(mopane worm). *A traditional Namibian delicacy served with Pap or Omahangu.*
It can either be a snack or main course when served with staple food. Often fried with onions and tomato, spiced according to your liking.

OMBOGA / OMBIDI / MUTETE (wild spinach)
Wild spinach that grows naturally in the fields and is a very popular stewed dish in the north of the country.
It is served as a side dish to accompany a main meal.



ZAMBEZI BREAM
Popular freshwater fish from the mighty Zambezi river.
A main course, that can either be grilled to perfection or boiled, served with pap and spinach.



DID YOU KNOW?

Most Namibians simply love chilis! Red chilies are generously used in an array of dishes and it forms a vital part of Namibian cuisine!

NELSON KANANGURE

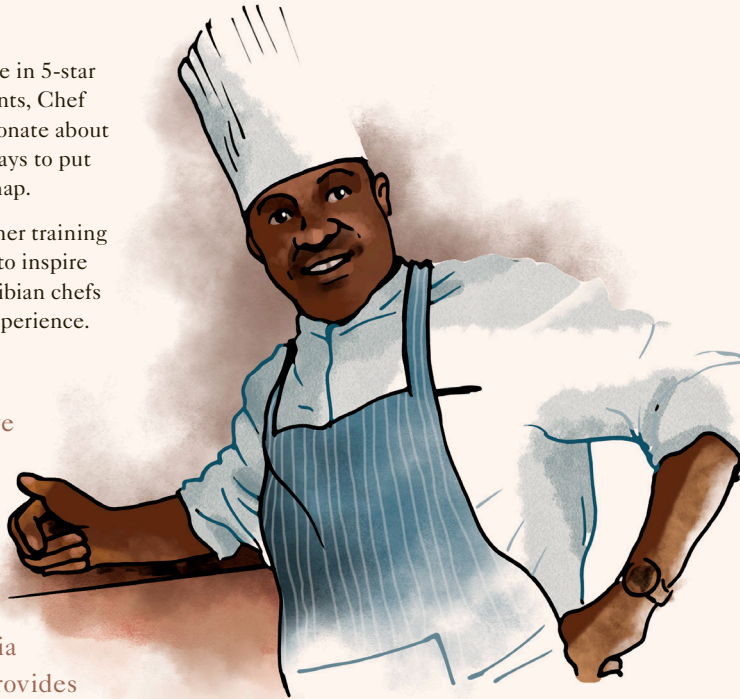
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With 20 years of experience in 5-star hotels, lodges and restaurants, Chef Nelson Kanangure is passionate about food and always seeking ways to put Namibian cuisine on the map.

Chef Nelson received further training in South Africa and works to inspire young and upcoming Namibian chefs by sharing his skills and experience.

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«People might perceive Namibian cooking as simple, but it is far from that; it has evolved and with all the influences over the years, Namibia has set its mark and provides a variety of culinary experiences to our guests».

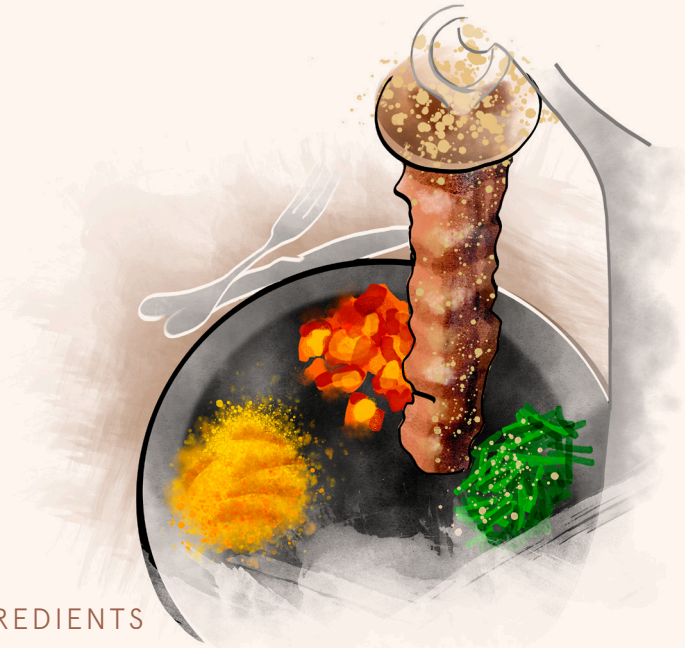


Chef Kanangure shares his valuable insights into Namibia's culinary offering: "It is a classic mix of indigenous, German, South African and Angola/Portuguese traditions. Built on beer, *braai* (barbequed meat) and bread choices, Namibian cooking offers much to savor – even more so for adventurous travelling gourmands prepared to sample a wealth of traditional indigenous dishes and ingredients».

He adds that the Namibian culinary experience caters for every taste under the sun: from beef, mutton and venison to sushi, fresh fish, rock lobsters and vegetarian fusion food.

“Because of our sunny climate, most restaurants have space to seat outside, which creates a festive and relaxed atmosphere. Nothing beats drinking a cold **Windhoek Lager** (locally brewed beer) while watching a Namibian sunset. We call it a Namibian sundowner! Wine lovers will also appreciate the fine selection of international wines offered at local wine and cocktail bars.”

NAMIBIAN SKEWER



INGREDIENTS

- 100g Kudu steak
- 100g Eland steak
- 100g Oryx steak
- 100g Ostrich steak
- 100g Springbok fillet
- 50g Salted butter
- 10g Fresh garlic
- 3g Fresh rosemary
- 100ml Jimmy's BBQ sauce
- 2g Salt coarse (grinded)
- 2g Whole black pepper (grinded)
- 150g Rustic fries

STEP BY STEP...

- 1 Ask your local butcher for his selection of Namibian game meat to build your skewer.
- 2 Light your fire and make sure your drink of choice is on ice.
- 3 Take the fresh garlic and finely chop it. Do the same with the rosemary. Leave your butter at room temperature and fold in your garlic and rosemary.
- 4 Place the butter in foil, roll it into a cylinder to secure the butter and close the ends to avoid the butter running out.
- 5 Season your steaks well with salt and pepper.
- 6 Brush with the basting sauce onto the meat and let it marinate for 40 minutes.
- 7 Skewer your meat and get ready to braai.
- 8 Put your butter cylinder on the side to slowly start softening to a runny stage.
- 9 Place the skewer on the grid over the hot coals and cook to medium rare, allow to rest.
- 10 Place the garlic and rosemary butter cylinder around the top of your skewer and pierce with a knife so the butter runs down your meat.
- 11 Your Namibian skewer is now ready to eat with your choice of starch and vegetables. I prefer fries and fried onions! Enjoy!

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