

Republic of South Africa

It's the land of Nelson Mandela, flamingos, elephants, giraffes, water buffalo, lions, endless beauty, and approximately 59 million residents. It occupies the southernmost tip of the African continent with the Indian Ocean on its east coast and the Atlantic Ocean on its west coast. South Africa shares a northern border with- from east to west - Eswatini, Mozambique, Zimbabwe, Botswana and Namibia.

South Africa is a multi-party republic with two legislative houses: National Council of Provinces and the National Assembly. Their currency is the rand. The official languages are: Afrikaans, English, Zulu and several others. South Africa has a land mass of over 470,900 square miles. It is a land of arid desert and lush tropical coasts, of temperate woodland and snow-capped mountains. It is possible to encounter almost every different kind of weather.

South Africa is also home to the Kimberley diamond mine, the largest in the world and is actually visible from space. The mine/pit was dug by men and is also called "the big hole". The mine has produced some of the world's largest diamonds. The largest diamond ever found, was found in South Africa in 1905. It was the 3,106 carat Cullinan diamond which eventually yielded two enormous high-quality stones – one of 530.4 carats and one of 317.4 carats both of which are now part of the British crown jewels.

Ubuntu:

In certain regions of South Africa, when someone does something wrong, he is taken to the center of the village and surrounded by his tribe for two days while they speak of all the good he has done. They believe each person is good. Yet sometimes we make mistakes, which is really a cry for help. They unite in this ritual to encourage the person to reconnect with his true nature. The belief is that unity and affirmation have more power to change behavior than shame and punishment. This is known as Ubuntu – humanity towards others.



Bunny Chow

Ingredients

- 2 large white onions, diced
- 2 tomatoes, diced
- 2 cups diced carrots
- 2 garlic cloves, crushed
- 1 tsp coriander
- 1/2 tsp cumin
- 3 tablespoons garam masala*
- 1 tsp cayenne pepper
- 2 tsp tumeric
- 2 ground cardamom pods
- 2 bay leaves
- 1 stick cinnamon
- 1 to 2 cups water
- 2 cups potatoes, cubed
- 2 boneless, skinless chicken breasts, cut into strips

Instructions

1. Directions:
2. In a large saucepan, fry the onions until their almost translucent or clear. Then add all your spices and fry for another 1 to 2 minutes.
3. Next add the tomatoes and mix in with the spices and onions. Cook until it forms a paste.
4. Add chicken, potatoes, carrots, and water to the saucepan. Stir together with the tomato paste and bring to a low simmer. Cover and cook for about 30 minutes until the chicken is tender. Stir occasionally. Remove the bay leaves and cinnamon stick.
5. Hollow out a loaf of bread and spoon the cooked curry inside the bread to serve. If desired, serve with a side of rice. Traditionally, it's eaten with your hands and the bread is used to soak up the gravy. Enjoy!

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South Africa

The minis from down in South Africa,
Are made by the elephants, the lions and girafficas.
When the elephants sneeze,
Minis fly in the breeze
And get lost in the savanna's wild traffica.

