

## **Publicity Guidelines**

### *Ukutya Kwasekhaya: Tastes from Nelson Mandela's Kitchen*

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*Ukutya Kwasekhaya:*

*Tastes from Nelson Mandela's Kitchen*

By Xoliswa Ndoyiya

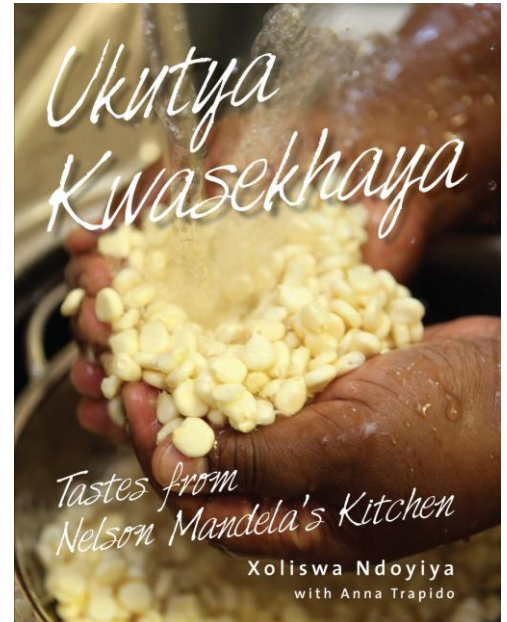
with Anna Trapido

Edited by Sue de Groot

Styling by Hilary Biller

Photography by Debbie Yazbek

Foreword by Professor Jakes Gerwel



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**Cookery**

## About the book

*Ukutya Kwasekhaya* means “home food” in isiXhosa, the first language of South Africa’s former president, Mr Nelson Mandela, and his personal chef of many years, Xoliswa Ndoyiya.

Although he’s the most famous man in the world, Madiba’s tastes are simple and he is happiest with traditional food.

Sis’ Xoli, as she is affectionately known, serves up a simple, delicious, nourishing and visually appealing set of recipes. Each dish is easily prepared, and if done so in as loving a manner as Sis’ Xoli’s, your result will be very good indeed.

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## **Foreword**

**By Professor Jakes Gerwel**

Ever since I started working with President Mandela, Xoliswa Ndoyiya has been there somewhere in the background, caring for him, looking after him, cooking for him. It started with that formidable pair, Xoliswa and Gloria Nocanda. They came with Madiba from the ANC into government; I found them there when I arrived a few days after the inauguration. It was a new world for me and these two strong women from my home province provided the assurance that nobody would take undue liberties in the household. Many are the tales that can be told of how they put some important people in their place.

Xoli – as she is fondly known – is a very gentle person and her devotion to Madiba is legendary. What I personally found so touching over the years is the feeling she always gave me that she assumed the two of us shared that devotion. She would speak to me as a sister speaking about a joint father. Her cries for help when she thought he was in some or other way being offended will remain in my memory as much as the meals she cooked and served over the years.

Many are the luminaries that receive awards and accolades, and as many that benefit from their association with Madiba. Few could, however, have served him with greater loyalty, devotion and consistency than Xoliswa Ndoyiya. They also serve who stand and wait, the saying goes. Stand and wait is not what Xoli did. Cook and wait, more likely. And what wonderful meals she has cooked over the years.

It has been a simple pleasure working with you, Xoli; and a privilege to have you as a partner in service of our Tata. May you enjoy many more years of cooking, sometimes just for yourself and your own enjoyment. You deserve it.

## About the Author

Xoliswa Ndoyiya was born in Mlungisi township in Queenstown to Johnny Mfana Ndoyiya and Violet Nozilandu Ndoyiya.

She attended Hlela Primary School in Queenstown and then Van Coler Junior Secondary School in Queenstown. When she was 13 the family moved to a better area called Ezibeleni and there she attended Sixishe Junior Secondary followed by Nzimankulu High School in Lady Frere.

Sis’Xoli moved to Johannesburg in 1988 where she worked in the kitchen of the Rothston family in Victory Park for two years. From there she worked at the Jewish Old Aged Home in Troyeville. Sis’Xoli was then introduced to Nelson Mandela who was looking for a chef. She began working for him on 11 November 1992.





## Q&A with Xoliswa Ndoyiya

### When did you start working for Nelson Mandela?

I started working for Madiba on 11 November 1992. Madiba said, “I believe that you are a great cook, but can you cook our food? I replied that I could cook *ukutya kwasekhaya* [home food] and that was that.

### How did you feel about having to cook for his grandchildren too?

He said that he knew that the ANC had employed us just to look after him, but that imprisonment had deprived him of the experience of watching his own children grow up and he would like to have his grandchildren close by. Of course we said we were happy to give him this chance and so Mandla, Ndaba, Mbuso, Rochelle and Andile came to stay. Madiba was so busy with elections and then the presidency, but he loved coming back to that noisy house filled with children. He still does. We all do.



### **What kind of cooking did you do?**

I catered everything from family reunions to late-night political strategy sessions, and so began the relationship with Madiba and his family that continues to this day. Any household with such a range of ages at the dinner table is a challenge for the cook.

### **How has it been to have been Mr Mandela's chef?**

I am so thankful that I have had the opportunity to contribute to his life. I was a baby when Madiba went to jail and, without his long walk, my life and the lives of all South Africans would have been so much worse. I feel privileged to have fed him as President and private citizen.



### **What kind of food does Mr Mandela enjoy?**

Madiba is happiest with traditional food – if you don't give it to him for a few days he will ask, "What's wrong? Why are you not feeding me well?" The children grew up under different circumstances, so there had to be birthday cakes and burgers as well as *umxhaxha* (corn and pumpkin) and *amasi* (sour milk).

**How did this book come about?**

For a long time it was my dream to write a cookbook but I never thought it would actually happen. I wanted to make this book to show my family and especially my children what I have been doing all this time I have been away from them. There are so many people that I want to thank for helping to turn my dream into a reality. I cook the way I do because of who I am, and I am the way I am because of all those who have loved me.

**What aspect have you really enjoyed about doing this book?**

There are certain dishes the Mandela family members love so much that they have me making them all the time, but this book has also been a way for me to explore the other dishes.

**What kind of a cook are you?**

I am not ashamed to say that I use stock cubes, Aromat and margarine, because that is what tastes good and feels right to me. If I take them out and hide the fact that I use them I am removing my secret tricks from you.

**In a nutshell, how would you describe this book?**

This book is not about secrets, it is about sharing. These are recipes from a real South African kitchen, they celebrate simple tastes in a complicated world.



## About the contributors

**Anna Trapido** was trained as an anthropologist at Kings College, Cambridge and has a PhD in Community Health from the University of the Witwatersrand. She qualified as a chef at the Prue Leith Chef's Academy and has subsequently worked in hotels and restaurants in South Africa, Switzerland, England and India. She is a food writer, radio and television broadcaster.

**Hilary Biller** is a food and lifestyle journalist. She was *The Star* newspaper's Angela Day columnist for many years, headed up the Angela Day team and ran the Angela Day Kitchen. She is currently the Food Editor for *The Sunday Times*.

**Debbie Yazbek** is a former picture editor at *The Star* newspaper. Her work has been published in many overseas publications, including *Time*, *Newsweek*, *Harpers and Queen*, *The Guardian* and *Oprah* magazine. She works closely with the Nelson Mandela Foundation.

**Sue de Groot** has an Honours degree in English from the University of the Witwatersrand and has written extensively for print and television media in South Africa over the past two decades. She was the features editor for *Cosmopolitan* and managing editor of *Food & Home* magazine, is an award-winning columnist and is currently managing editor of *Sunday Times Food Weekly*. She has previously collaborated on cookbooks such as *Feast* with Franck Dangereux, *Reuben Cooks* with Reuben Riffel and *South Africa Eats* with Philippa Cheifitz.

## Recipes from the book

### *Chicken soup*

#### **Serves 4 – 6**

45ml (3 tbsp) olive oil  
2 medium onions (about 200g), finely chopped  
1 garlic clove, finely chopped  
5ml (1 tsp) paprika  
300g skinless chicken fillets, cut into strips 1cm thick and 5cm long  
3 medium tomatoes (about 250g), grated  
1,5 litres water  
2 chicken stock cubes  
60ml ( $\frac{1}{4}$  cup) fresh parsley, finely chopped



Heat the oil in a pot and fry the onion, garlic and paprika until the onion is soft and golden, about 5 minutes.

Add the chicken and cook through over a medium heat for about 5 minutes.

Add the tomatoes, water, stock and parsley and cook until you have a thick, wholesome soup, about 20 minutes.

Season and serve hot. (For those with sore tonsils, first blend smooth.)

## *Umqusho*

500g samp (crushed maize), well rinsed  
800g dried sugar beans, well rinsed  
water, to cover  
2 beef stock cubes  
salt and white pepper, to taste  
45ml (3 tablespoons) butter or amafutha enkuku



Place the samp and beans in a pot, cover with water and bring to the boil, then reduce the heat and cook until soft, at least 2 hours. Do not stir or it will become excessively starchy, but keep checking to see that the mixture is not sticking to the bottom of the pot and add water if necessary. After about 1 hour add the stock cubes. When the mixture is soft and cooked through, strain off the remaining water. Season and stir in the butter. Serve with boiled meat such as umleqwa.

## *Umsila wenkomo*

**Serves 8 – 10**

3kg oxtail, excess fat removed  
5ml (1 tsp) paprika  
15ml (1 tbsp) barbeque spice  
5 large carrots (about 350g), peeled and sliced  
250g green beans, sliced  
4 medium potatoes (about 800g), peeled and quartered  
60g (1 packet) oxtail soup powder  
salt and white pepper, to taste



Put the oxtail in a large pot and add just enough water to cover. Bring to the boil, then reduce the heat and cook until the water has evaporated. The meat will start to brown in its own fat. Add the paprika and barbeque spice together with enough water to cover the oxtail. Cover with a lid and cook over a low heat until the oxtail is tender, about 2 hours. Keep checking that there is still enough liquid to cover the meat, adding more water when necessary. Add the carrots, beans, potatoes and soup powder and cook until the vegetables are soft, about 30 minutes. Season and serve.

## *Dombolo (Dumplings)*

**Serves 8 – 10**

600g (5 cups) cake flour  
5ml (1 tsp) salt  
5ml (1 tsp) sugar  
10g (1 sachet) instant dry yeast  
625ml (2½ cups) lukewarm water  
30ml (2 tbsp) butter



Sieve the flour and salt into a bowl and mix in the sugar and yeast. Gradually add the water, mixing until a soft dough is formed.

Knead the dough until smooth and elastic, then cover the bowl with plastic wrap and set aside in a warm place until doubled in size, about 1 hour.

Melt the butter in a pot. Roll the dough into balls the size of your palm.

Place the balls of dough in the melted butter and pour boiling water into the pot to a depth of 2cm. Cover with a lid and cook over medium heat until the dumplings are cooked through, about 20 minutes. As the water evaporates the butter will begin to fry the base of the dumplings – keep an eye on them to check that they don't burn and add a little more water if necessary. Serve hot with a meat dish such as umleqwa.



## About Nelson Mandela

Rolihlahla Mandela was born in Mvezo, in the Transkei, South Africa, on 18 July 1918.

He did his Primary schooling at Qunu Primary School – where he was given the name Nelson and at Qokolweni. He attended Clarkebury Boarding Institution and Healdtown College.

He began his university education at Fort Hare, continuing on to the University of the Witwatersrand, London University and the University of South Africa from which he received his Law degree in 1989 – in the last months of his 27-year imprisonment.

He joined the African National Congress in 1944 when he co-founded its Youth League. He rose through the ranks and eventually became Commander in Chief of its armed wing *Umkhonto we Sizwe*.

He was sentenced to five years in prison on 7 November 1962 for incitement and leaving the country without a passport. In less than a year he was brought back to trial for sabotage in the Rivonia Trial. On 12 June 1964, he and seven comrades were sentenced to life imprisonment.

Throughout the majority of his imprisonment he was subjected to severe dietary restrictions.

He was released from Victor Verster Prison on 11 February 1990, a week after President FW de Klerk unbanned the ANC and other political organisations.

He won the Nobel Peace Prize with De Klerk in 1993 and became South Africa's first democratically elected president in 1994. He stepped down after one term.

## About the Nelson Mandela Centre of Memory

The Nelson Mandela Centre of Memory has evolved from the Nelson Mandela Foundation which was established in 1999 when Nelson Mandela stepped down as President of South Africa.

Originally founded to support the charitable work he undertook after serving one term as President, and from 2006 its work later became more focussed on an archive about the life and times of Nelson Mandela.

In 2011 the archival and dialogue work became officially known as the Nelson Mandela Centre of Memory.

The Nelson Mandela Centre of Memory assisted in the production of *Ukutya kwasekhaya* in tribute to Xoliswa Ndoyiya and her many years working with Mr Mandela. Neither the Nelson Mandela Centre of Memory nor Mr Mandela will draw any royalties from this book.

## How to request material & publicity contact

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**Angela McClelland**  
**Real African Publishers**  
**First Floor, The Mills**  
**66 Carr Street, cnr Quinn Road**  
**Newtown 2001**  
**t) 011 833 2294**  
**c) 083 297 7679**  
**Email: [angela@ste.co.za](mailto:angela@ste.co.za)**

## About Real African Publishers

Real African Publishers (incorporating STE Publishers) is an independent, South African publisher dedicated to the telling of Africa's stories.

Building on the foundation created by STE over many years, Real African Publishers will expand STE's focus on South African cultural and political history to include that of other African countries.

The company's payoff line, 'Telling Our Story', says it all. RAP's major goal is to publish and therefore preserve, the stories of Africans everywhere, and to celebrate the history, culture and important contributions made by Africans in Africa and abroad.

The eagerly awaited cookery book, *Ukentya Kwasekhaya: Tastes from Nelson Mandela's Kitchen* by Madiba's personal chef, Xoliswa Ndoyiya, is the second of many titles to be published by Real African Publishers; the first being *Tofi's Fire Dance*, by co-director, teacher, journalist and advocate, Pusch Commey. This extraordinary tale of fire, water, rainbow and dance, weaving within it the spirit of courage and perseverance, is a triumph of the human spirit and a real celebration of Ubuntu. And that is the spirit, and essence, of RAP.

