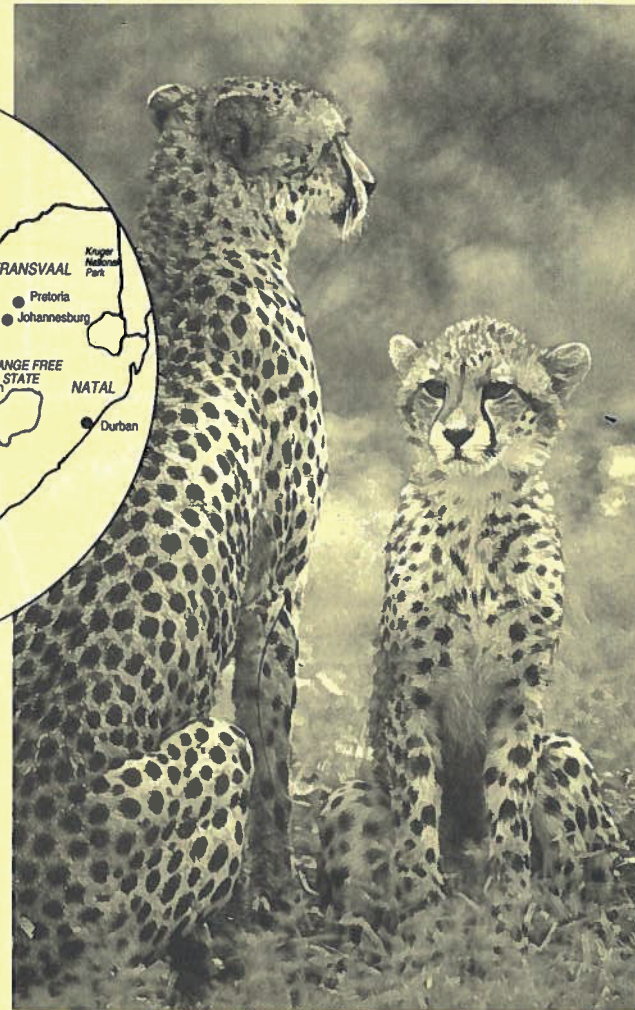
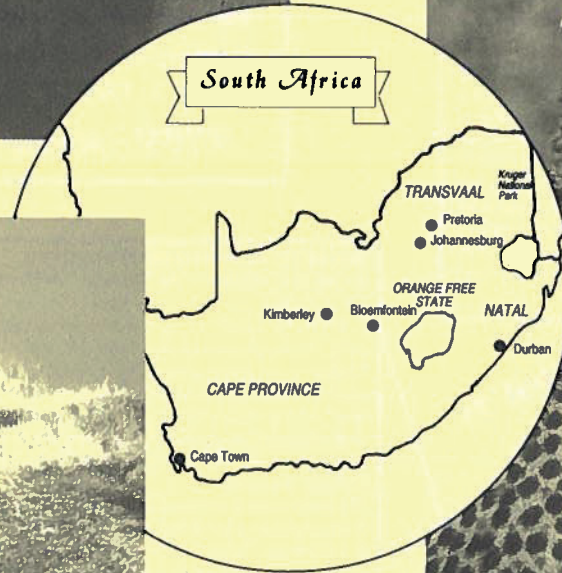


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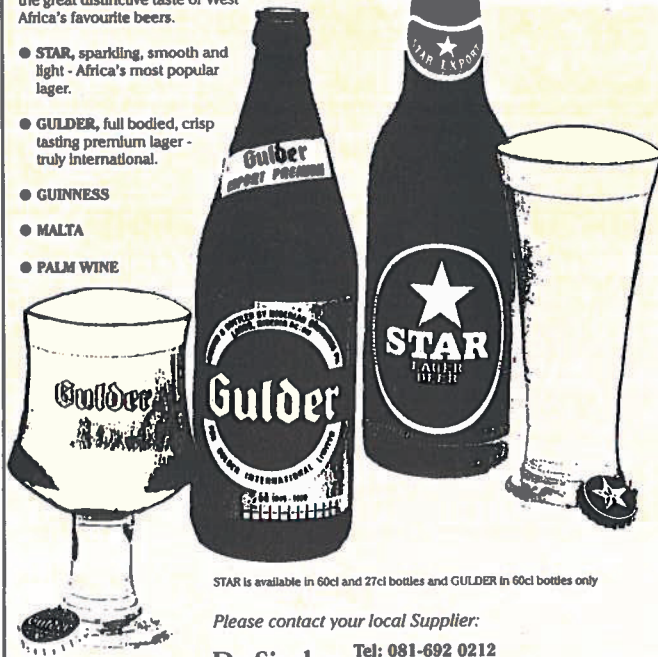
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Details of the Exhibitors and their cuisine

LE CARIBE

Le Caribe is set in an old Water Board building which has been tastefully decorated and redesigned whilst retaining most of its Georgian characteristics. Our soft cane furnishings and warm wall coverings will make anybody feel welcome. We have tried to set a culinary standard that will be unassailable in North London, if not the whole of London, as far as Caribbean food is concerned. Le Caribe has been open for five years now, in which time our customer base has steadily grown, more from 'word of mouth' than published advertisements. However, 'Time Out' agrees that we definitely live up to our claim to be 'the place to go when you want something special'. We can safely say we will provide you with excellent cuisine, in delightful surroundings, in the company of pleasant courteous staff. The only thing we can't guarantee is the weather!

Le Caribbean - Menu

Creole Kingfish: One of the West Indies best loved fishes served in a creamy prawn sauce. Chef's Special Chicken Slivers of chicken breast marinated and cooked in fresh herbs, served with ackee and okra.

Jolly Roger Flying Fish: Barbados' unique 'flying fish' filleted, seasoned and fried, served with a tomato relish.

Salted Cod and Cristphene (Chow Chow): Seasoned and boiled fish, fried with fresh thyme, onions and tomatoes and accompanied by Cristphene (a popular root vegetable found in the Caribbean and Africa).

SENKE

Ethiopian

The Amharic word for sustenance makes an appropriate name for this small inconspicuous restaurant which sustains the growing Ethiopian community with authentic homecooking. Situated on the busy one-way system between Arsenal and Finsbury Park. The attractions is the food and warm welcome from Bethlehem Yohannes, the charming and indefatigable owner, who runs the restaurant with two brothers.

Injera, a soft, spongy pancake with a tangy, slightly sour dough taste, is a mainstay of Ethiopian food. Wat, a thick dark, spicy sauce made from long, slow cooking of onions, garlic, spiced butter and essential berbere (a special mix of spices), accompanies all meal dishes. Both these require laborious cooking (usually left to the women, but at Senke the chef is Bethlehem's younger brother), and some ingredients not available in London (including berbere and teff, the grain unique to Ethiopia) has to be sent from Addis. Eating Ethiopian-style takes a bit of getting used to. The injera are laid in the middle of a large tray, the meat sauces are heaped into the centre, and everyone sits round breaking off pieces of injera and scooping up the sauce (no knives and forks needed). In keeping with the home-from-home atmosphere, Senke offers a traditional coffee roasting evening every Wednesday, and kra music on Fridays and Saturdays.

MANDOLA RESTAURANT

Yousif Mukhayer set up to introduce Sudanese food to London three years ago. The first Sudanese restaurant in England is now planning to expand its premises and its supply of unique spice mixture to the trade. The food is a unique blend of North African, Middle Eastern and Mediterranean ingredients: Aubergines, cold pressed sesame oil, peanuts, lime, Cumin and fetta cheese. The strained spiced yoghurt is a house speciality and the fish comes directly from the river Nile. The Mandola has become famous for its exotic salads and falafel. Meals in themselves, they encompass the additive spices and tastes unique to this restaurant. Date mousse, spiced coffee and hibiscus juice are other items unusual on the menu of the Mandola where vegetarians are happily surprised. Growing interest in African food and the search for new tastes deems this small venture a great success. Watch out! They may soon be on every high street.

THE BRIXTONIAN

The Brixtonian, established in 1989 on a secluded backstreet in the heart of Brixton, was Brixton's first ever Rhum shop and nouvelle Caribbean restaurant. Three years on the boundaries of Brixton have now extended into the west end. Covent Garden is where the Brixtonian Backyard is to be found, giving more people the opportunity to experience some real southern (SV9!) hospitality. A meal at either Brixtonian is a monthly changeable feast, cooking from Cuba to Curacao, Martinique to St Kitts. One can experience the vast diversity of Caribbean cuisine via its European heritage, i.e. Spanish, Dutch, French and British. Two hundred rhums from around the world, in addition to all other standard drinks, set us apart from other bars in the UK to such an extent as to make us Time out Bar of the Year, and finalist in the Evening Standard's Wine Bar of the Year. Decor at the Brixtonian is unique. The bars are hot coloured, sun bleached and weathered. The dining rooms could be described as decayed grandeur, white washed walls, crisp white linen off set by warm mahogany floors, giving the air and feel of an old plantation house.

The Brixtonian - Menu

ACCRA de MAUVE • PRAWN & POTATO BALLS • PIANANOS PLANTAIN RINGS
BROCHETTE CHICKEN MINUTTE • SWEET POTATO CAKES • PICKLEISES
GRIATS WITH T MALICE SAUCE • PALM HEART FRITTERS

ROOTS - AFRICAN (NIGERIAN)

Proprietors: Owen & Charity Ferry
Established in April 1989

Rarely do you come across an African/Nigerian restaurant as authentic and beautiful as this. The menu boasts of a wide range of culinary delights, from Meat Dishes (£5.75-£7.75) and Fish Dishes (£6.30-£6.50) to Chicken Dishes (£5.50). Roots also serve traditional Nigerian Dishes. The menu also has a wide range of African, Nigerian, Caribbean and European wines and beers, as well as non-alcoholic drinks. Definitely a treat for the home sick. Open Mon-Sat 3 p.m. - 12 midnight. Sun 6 p.m. - 11.30 p.m. Seating: Present Seating 28 to 32 in Cafe/Bar Atmosphere. Extension shortly to open with a more formal restaurant seating approx. 20.

ROOTS - Food For Sampling

Fish Pepper Soup • Goat Pepper Soup • Chicken Pepper Soup
The following which can be combined as a selection.

JOLLOF RICE	EGUSI
POUNDED YAM	TOMATO, ONION & PEPPER SAUCE
GARI	OKRA
FRIED PLANTAIN	OGBONO
FISH	SALAD
CHICKEN	MOI-MOI
GOAT MEAT	FRIED PLANTAIN

CARIBBEAN RESTAURANT.

Located in South Tottenham just 2 minutes walk from Seven Sisters tube station lies The Caribbean Restaurant. The bright yellow and black canopy is easily visible at the site at 47 Broad Lane, London N15. The cuisine while Caribbean has a Jamaican authenticity with specialities which include Jerk Chicken, Ackee and Saltfish plantain and the exquisite Stout Malt and Peanut Punch. The service is friendly and there is a choice of dining in a cosy 26 cover restaurant with a relaxing drink or a take-away delivery service. The meals are tastily prepared at a reasonable price, a 3 course meal for two with a bottle of wine costing £25.00. Convenient opening hours are daily from mid-day until midnight except Saturday and Sunday when opening times are later at 5.00 p.m. Late night opening Friday and Saturday until 1.00 a.m.

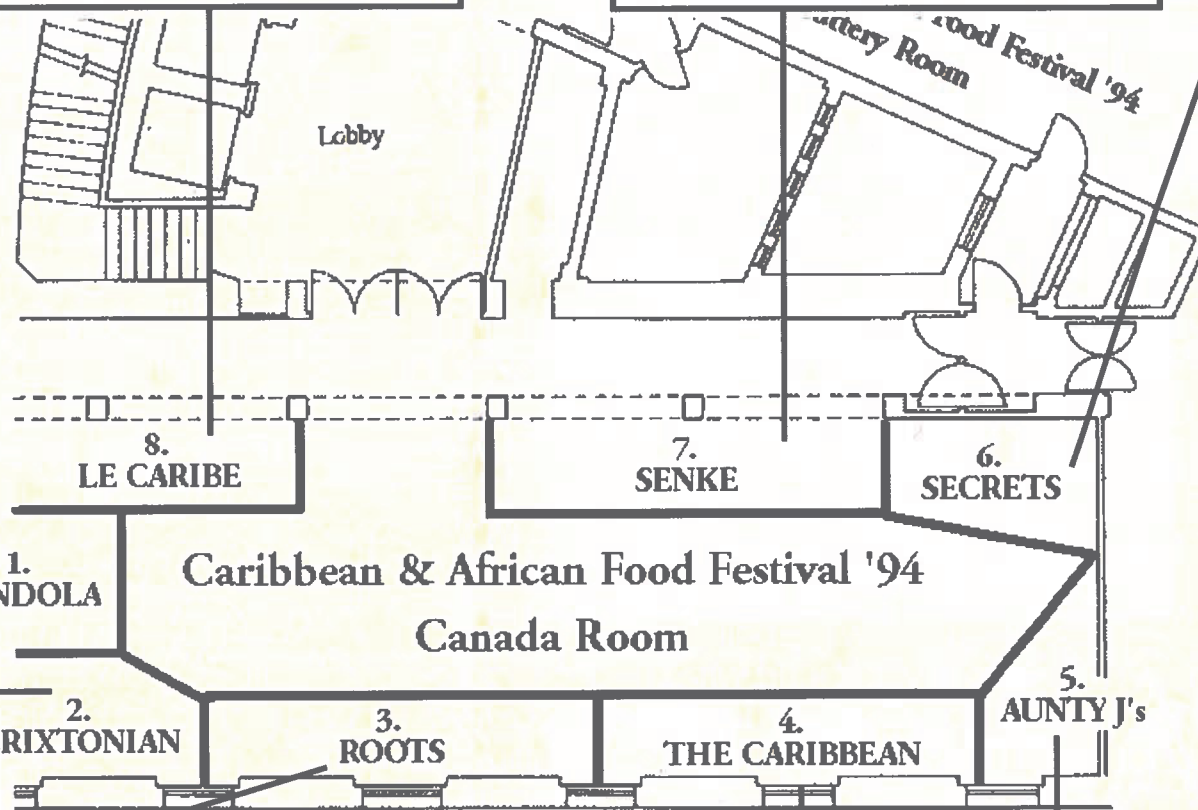
AUNTY J's CUISINE

RESTAURANT & TAKE AWAY

After 65 years as a Pie and Mash restaurant Aunty J's has come to town - as international restaurant with menus from around the world, we are always keen to take our customers on a tour of finest cuisine. Sample our exciting menu - our food is outstanding and really competitive prices. A taste of home - right on your doorstep.

Aunty J's Menu

Suggested combination or as a dish on its own:
BEANS, AKARA, RICE, STEW
MOI MOIJOLLOF RICE, BANANA FRIES
FISH KENKE AND PEPPER
CASSAVA LEAVES AND RICE
Could be served with
CHICKEN/BEEF STEW
OKRA STEW
SMOKED CHICKEN



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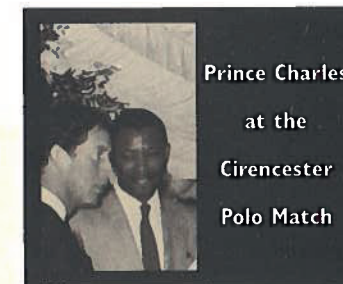
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SECRETS (MANAGEMENT) LIMITED.

SECRETS (CARIBBEAN RESTAURANT AND WINE BAR)

"The sensitive approach to Caribbean catering". Secrets Restaurant and Wine Bar located in South London's trendy Battersea Rise for several years. Secrets offers a diverse selection of Caribbean food, from Calypso Chicken to Paradise Lobster. They also boast "The best Roti Bar in town". Vegetarians are catered for, and may choose from the restaurant menu with a more exciting choice than cabbage, carrots and sauce. With function rooms on two floors, and a roof top garden. Private functions are catered for, the hours are 12 - 3 p.m. and 6 - 12 p.m. Tuesday - Saturday.

The birth of the restaurant was just one of the many dreams of Ernest Browne and his wife. Through their dedicated and hard work they built and developed the business in the early years. Kirkvine Ellis, a Marketing Director, has continued to build on the very high standards that their patrons have become accustomed to.



Prince Charles at the Cirencester Polo Match

ACKNOWLEDGEMENTS

The Caribbean & African Cuisines Club would like to thank everyone who has been involved in assisting us with bringing to fruition this initiative and without who, encouragement, expertise, financial assistance and ongoing support we may not have succeeded.

On behalf of the Club, my special thanks to:
The many staff and associates of the Commonwealth countries, in particular Bahamas, Trinidad and Tobago, South Africa

My colleagues and mentors at The Training and Business Factory, Clapham

Jethro Lee-Mahoney - RAGB
Stewart Rose - Hilton
Nancy Kay-Walton - Thomas Cook
The Shaftesbury Christian Society - Battersea
Rachel Catt - Text Editor

And grateful acknowledgement to Carole Cole, Michael Sharpe, and Richard Cruz. Those who I may have unwittingly excluded for being my sounding-board and assisting in progressing my skill, and especially all the founder members/restaurateurs for hosting the series of Forum meetings in their restaurants and supplying this evening's foods on show for tasting.

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