

Hello welcome to Africa
bon appétit



Alby Mavimbela

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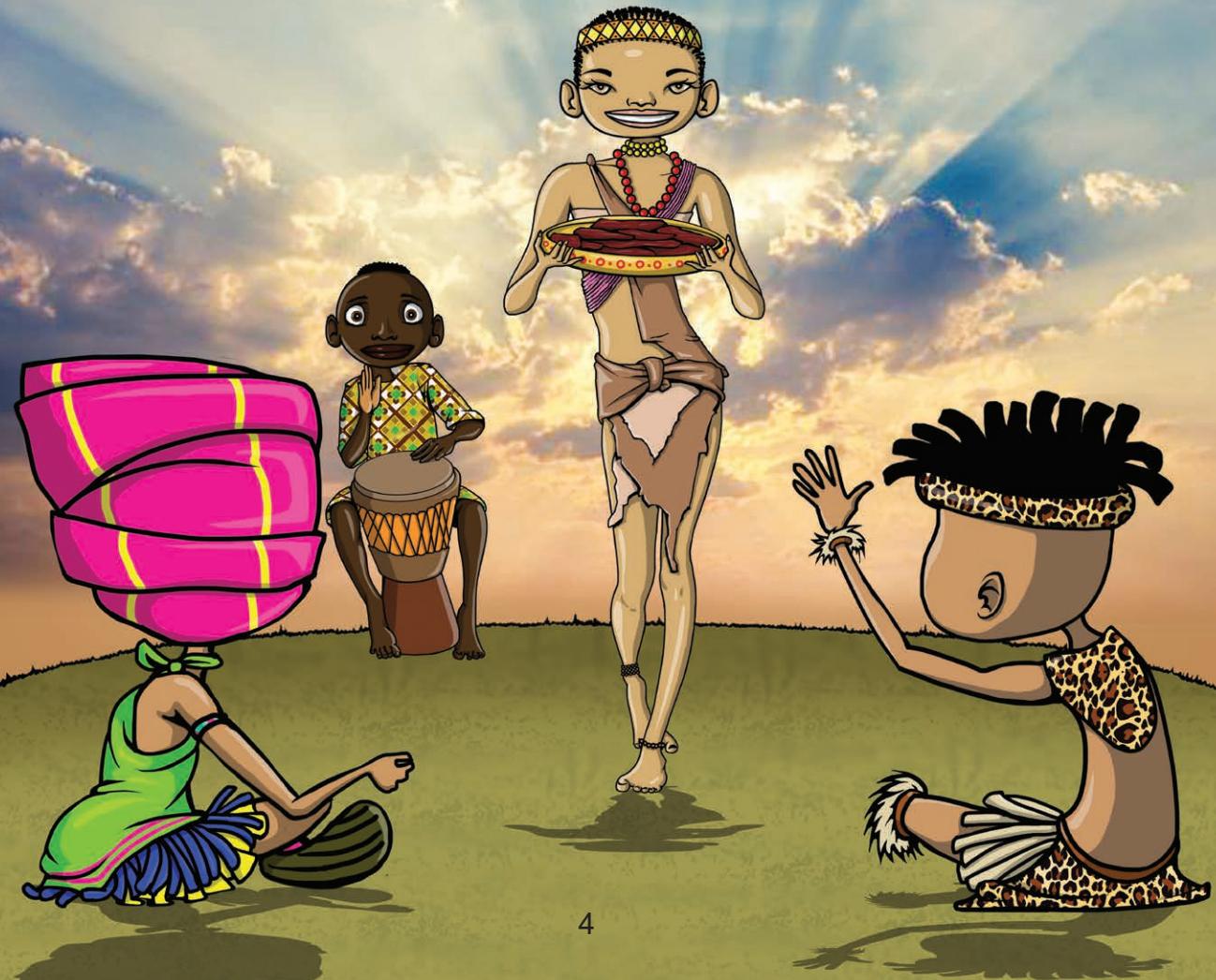
It's another beautiful morning in Africa and everyone is excited about meeting our friends. It's going to be interesting to learn more about each other.



"Hello, my little friends. Aren't you a little hungry? Today we are going to eat different foods from all over Africa," said uncle Veja. "Our friends are coming over; they will bring with them their traditional foods and we will listen to some African beats," he said.

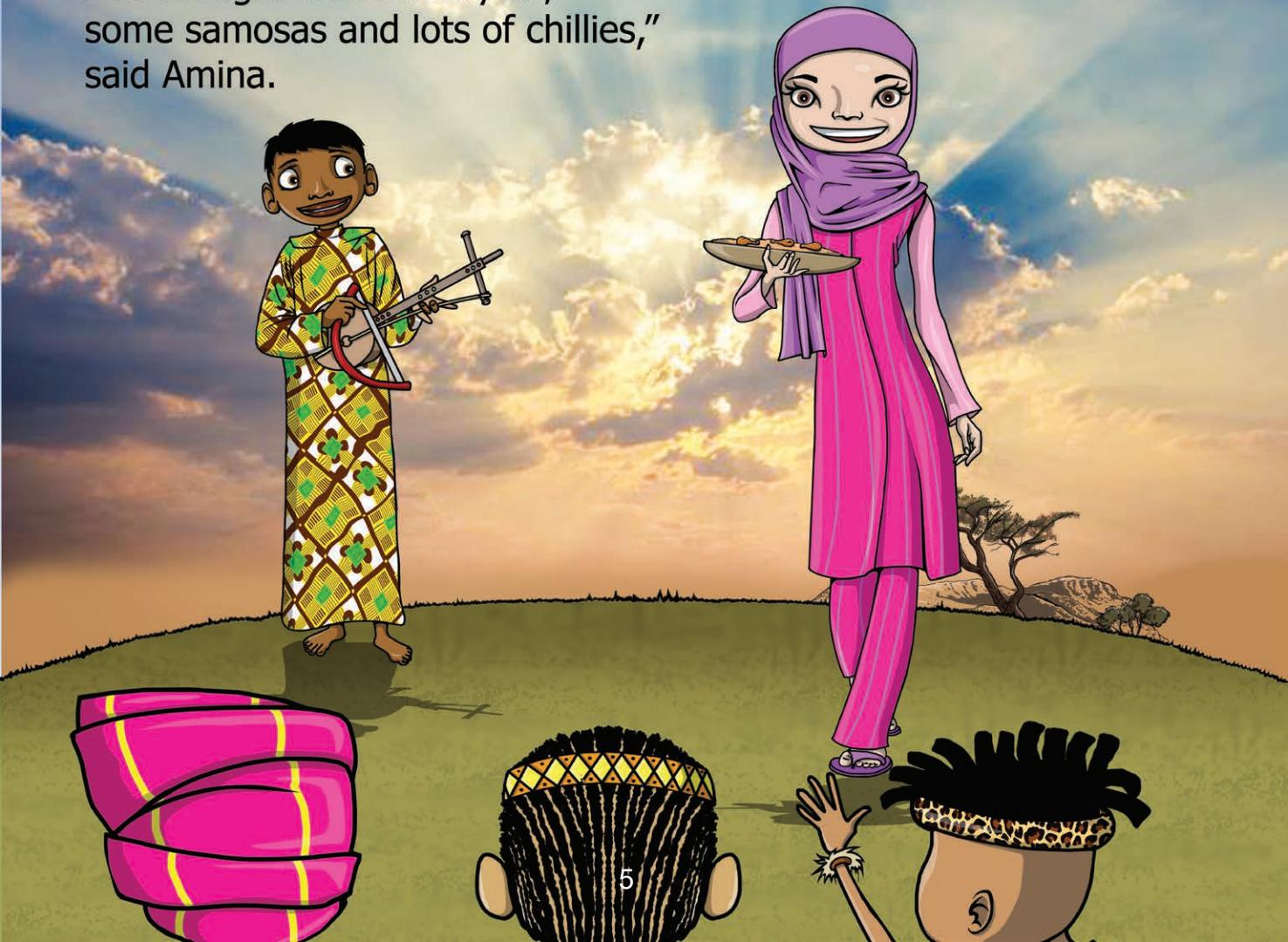
"Hello there. First to arrive is from the first nationality to settle in Southern Africa. They are the Khoisan. What do you have for us?" asked Jabulani.

"Halau," said Tlo. "I've brought roasted and dried kudu meat from back in Namibia. The men from my village hunted it."



"Hello there. Look who's here to spice things up! It is our Indian-Muslim, all the way from Morocco and East-Africa to South-Africa. What do you have for us?" asked Nyiko.

"As-salamu alaikum. Firstly, everything we eat must be halal. I've brought chicken biryani, some samosas and lots of chillies," said Amina.



"Helele, my friends. Where I'm from, it is usually cold. That's why I am wearing my 'Seana Marena' blanket. I'm from Lesotho, a country located within the borders of South Africa."

"I've brought you 'lipabi', which is a preparation of roasted corn that has been grounded. You can still find this dish in rural areas of Lesotho," said Mabatho.



"Ola, my friends. I am from a beautiful, wildlife-rich country, with pristine beaches and a rich culture and heritage. I am from Mozambique," said Adelino.

"Oh, welcome. What do you have for us?" asked Mabatho.
"I've brought cassava and rice with peri-peri chicken and grilled carapau fish," said Adelino.



"Hello there. I love your reddish smooth skin and beautiful hair. How did you get to look this good? Is it in your diet?" asked Adelino.

"Moro, my friends. Thank you for the compliments. I've brought you our Himba favourite meal from Namibia, which is sour milk and porridge, with herbs and honey. As for our beauty, we use 'otjize' paste. This is made from a mixture of crushed ochre and butter fat," said Vehaa.



"Hello there. So you are here in South Africa, all the way from the Netherlands. You are a Boer, a farmer. What do you have for us?" asked Vehaa.

"Hello. So, I am an Afrikaner. I am born and bred here in Africa. I like to eat soft porridge in the morning, and stiff porridge with 'boerewors', during supper. I will snack on 'biltong' during the day. I just hunted a springbok on my way here. We are going to have a 'lekker braai'", said Seuntjie.



"Hello... hey, look at that walk... doing the 'xibelani' dance like there's no tomorrow! Such beautiful colours, surely the food you enjoy must be as vibrant as your colours?" asked Seuntjie.

"Avuxeni. You are right. I've brought some tasteful xiTsonga dishes, namely 'xihove' samp, mealie pap and mopani worms," said Khensani.



"Hello there, our friend from the Mursi tribe, all the way from Ethiopia. I love the piercings, the tattoos, and the beads. That lip-plate is very unique. I would like to learn how you are able to eat with that plate?" said Khensani.

"Achali. I've brought you a kind of porridge that is prepared from corn and sorghum. For the sake of your curiosity, I remove my lip-plate before I eat," said Ataye.



"Hello there. All the way from the Eastern Cape is our Xhosa friend. In his culture, the boys are known for their cultural 'boys-to-men' initiation practice. What do you have for us?" asked Ataye.

"Molweni. I've brought 'umngqusho', made from cracked maze and beans, accompanied with beef, mutton or goat meat," said Vuyani.



"Hello there. Our next friend is from deep in the heart of Tanzania. Besides teaching us about the 'Maasai adamu dance', what else can you teach us about?" asked Vuyani.

"Hujambo. Our traditional diet consist of milk and blood, but today I am going to share with you my hunted buffalo meat, together with my lion 'Simba,'" said Amani.



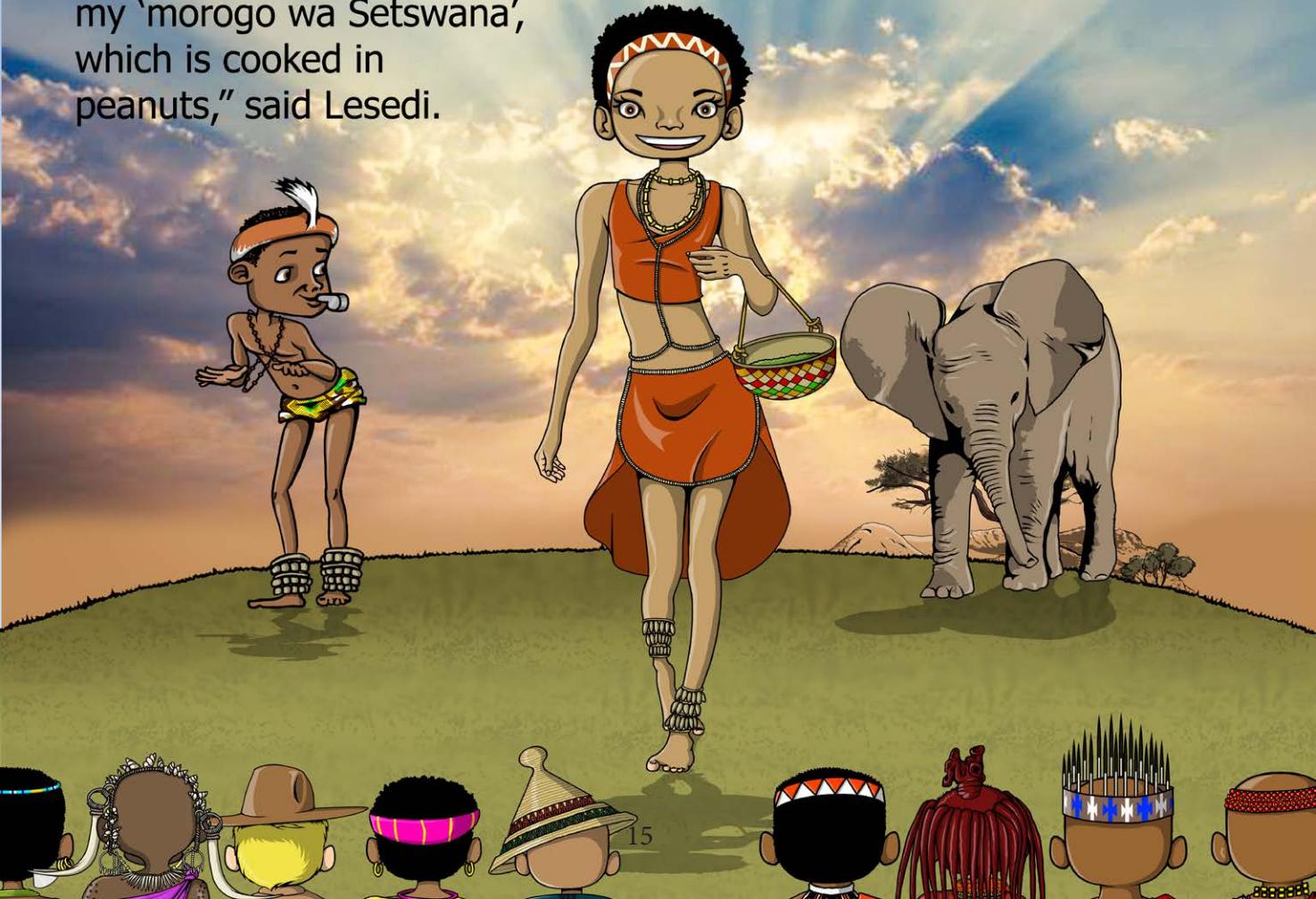
"Hello there, let's welcome our Ndebele friend. She is from an ethnic group that is well-known for its paintings and artwork. Let's welcome Zanele. So, Zanele, what do you have to offer us?" asked Amani.

"Lotjhani. Yes, we love being creative and so it is when we get to our traditional food. I've prepared 'inkobe', which is corn with beans," said Zanele.



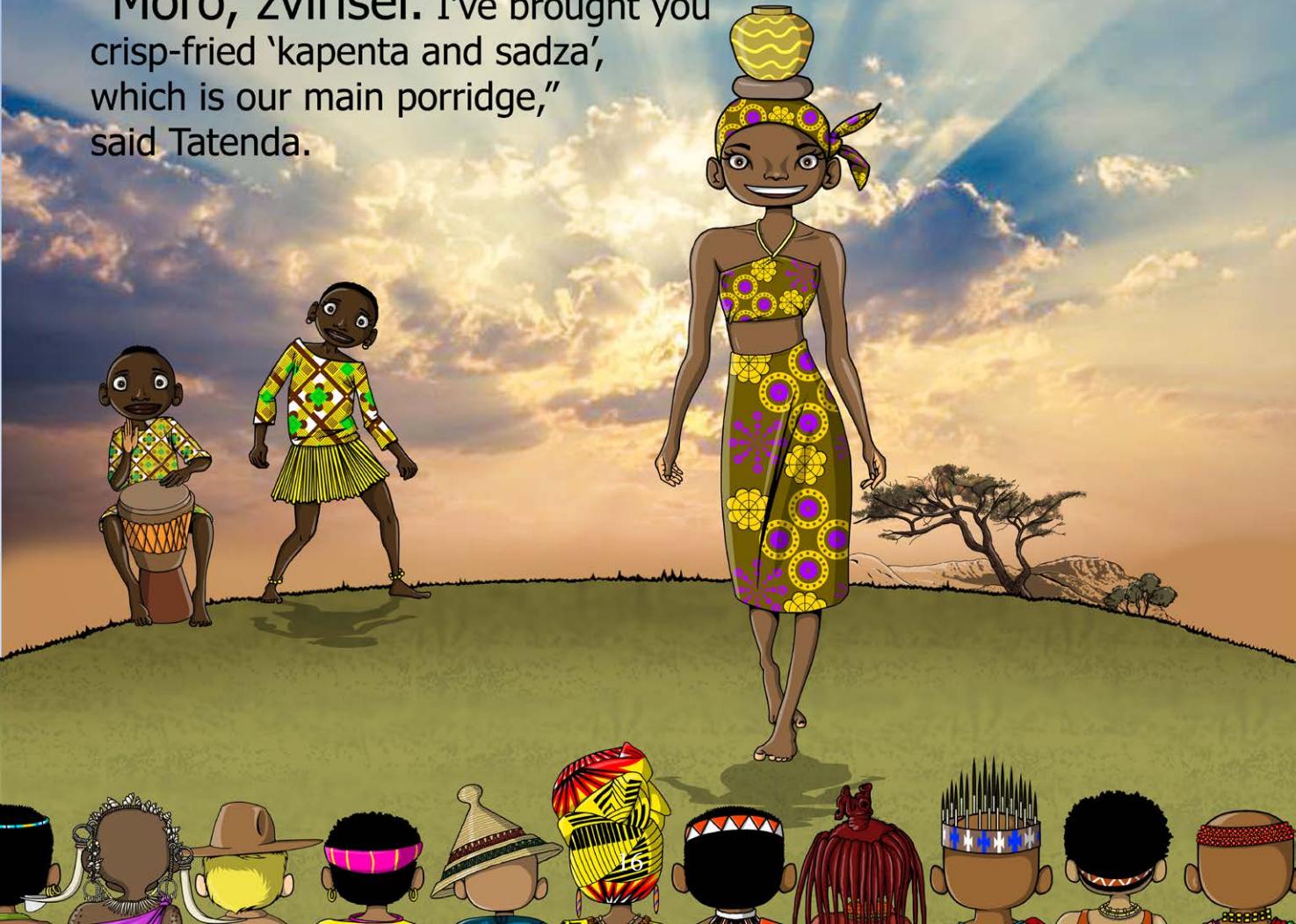
"Let's welcome Lesedi, all the way from Botswana. So, Botswana is a country with the largest elephant population in the world. Will you be so kind as to show us how to perform the moves of the 'Setapa' dance? And, will you also show us what food you have for us?" asked Zanele.

"Dumelang. It would honour me to show you how to perform the 'Setapa'. However, I will only show you after we share some of my 'morogo wa Setswana', which is cooked in peanuts," said Lesedi.



"All the way from one of the natural wonders of the world... the Victoria Falls and the Chiremba/Epworth balancing rocks, let's welcome our Zimbabwean Shona friend. We know you by your stone sculptures and your golden Mapungubwe rhinoceros. What are you sharing with us today?"

"Moro, zvirisei. I've brought you crisp-fried 'kapenta and sadza', which is our main porridge," said Tatenda.



"From Limpopo, in the Northern Province, is our Pedi friend. The 'Bapedi' are known for the rich colours when it comes to beadwork and other designs, let us all welcome our newest friend, Remoneilwe," said Tatenda. "What are you going to share with us today, Remoneilwe?"

"Thobela. I am here to share with you 'morogo wa dikgopana', which is spinach cooked and left to sun-dry. This is served with 'dikgobe', which is ground corn and beans."



"Hello there. All the way from Limpopo, in the Northern Province of South Africa, is our young Venda girl. Will you please teach us the Domba dance?" asked Remoneilwe.

"Ndi matsheloni. Let us first get ourselves ready for a mouth-watering delicacy: a spinach stew and some dried Mopani worms. After that, I will teach you the moves of the Domba dance," said Luvhengo.



"Hello, meet Amadi from the far-away lands of Nigeria. Situated in West-Africa, Nigeria is considered to be one of the giants in Africa. Nigerians are known for traveling, migrating, and loving money... So, what do you have for us?" asked Luvhengo.

"Kedu ka i mere? I hope you are fine. I've prepared one of our favourites, enjoyed all over Africa. It is simple, yet delicious. Have some of our jollof rice and egusi soup," said Amadi.



Hi Sgidi, welcome here. So, you are all the way from KwaZulu-Natal. You consider yourself to be the nation of the loyal, the proud, and the most tribal ethnic group in South Africa? The 'amaZulu'. What are you coming to share with us?" asked Amadi.

"Sanibonani. We love our 'uphutu' crumbly maize with 'amasi' and meat, but today I brought you 'umqombothi'," said Sgidi.



"Hello to our friend from Malawi, the warm heart of Africa. It is a landlocked country with a lake that houses more fish species than any other lake in the world. What do you have for us?" asked Sgidi.

"Muli bwanji? Let's share some of my tantalizing grilled 'Chambo' fish, with some 'ndiwo', a delicious pumpkin relish," said Duwa.



"Hello there. Look who's here to spice things up! She is all the way from Mauritius, India and Durban. She is our Hindu girl, Arusha. Hi Arusha," said Duwa. "We would like you to teach us the "Khathakali" dance, after sharing what you have for us today?"

"Namaste. I've prepared a delicious butter chicken and chicken tikka masala soup for us to share," said Arusha.



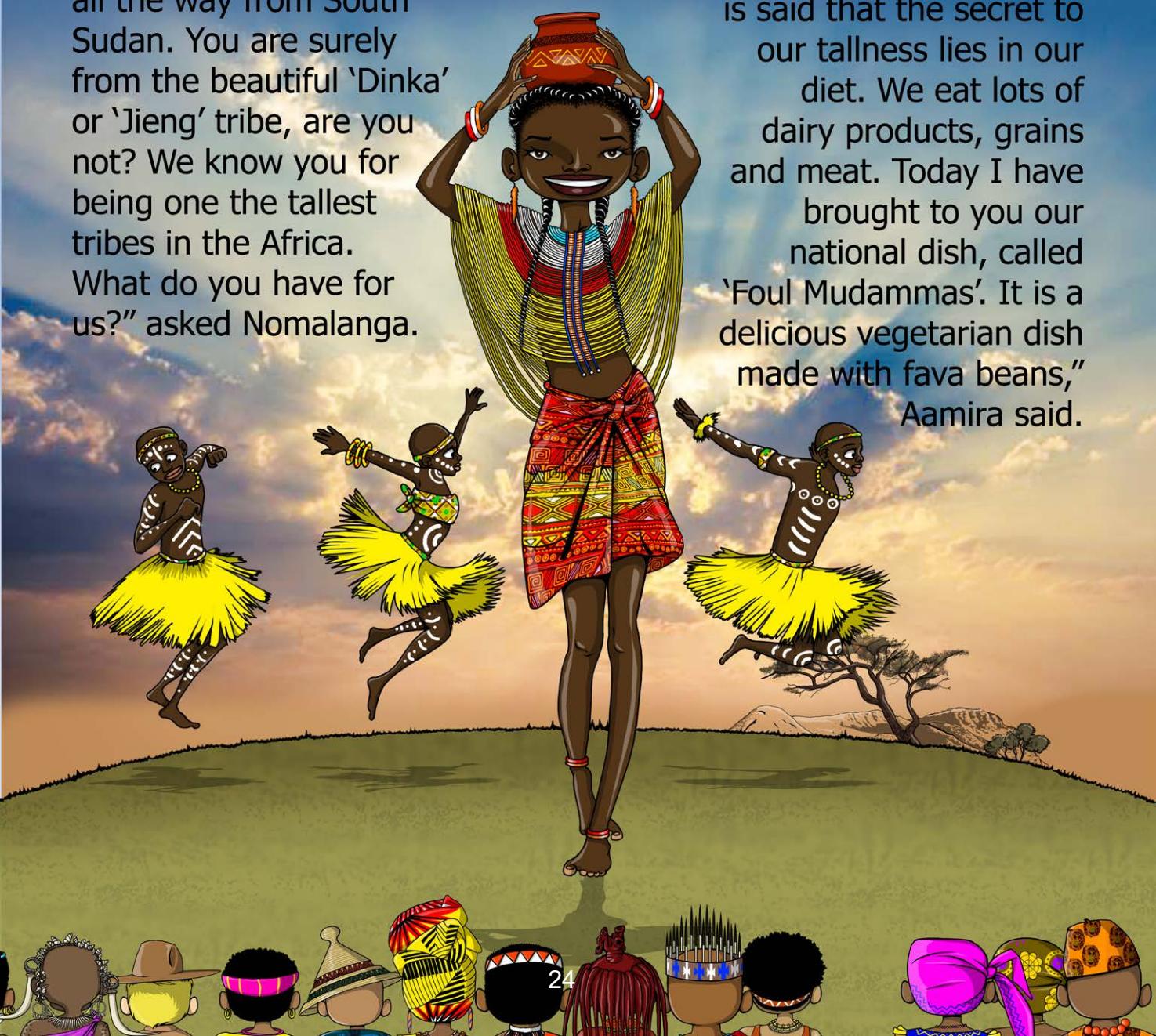
"Hello there. Our next friend is all the way from Eswatini. People from her Swati culture are known for the 'Umhlanga reed dance', which is part of an annual cultural celebration. Eswatini is also known as home to some indigenous animals. What do you have for us?" asked Arusha.

"Sanibona. I've prepared 'sidvudvu' for you. This is a porridge made from pumpkin that has been mixed with mealie meal," said Nomalanga.



"Hello to our lovely sister all the way from South Sudan. You are surely from the beautiful 'Dinka' or 'Jieng' tribe, are you not? We know you for being one the tallest tribes in the Africa. What do you have for us?" asked Nomalanga.

"Kadual, everyone! It is said that the secret to our tallness lies in our diet. We eat lots of dairy products, grains and meat. Today I have brought to you our national dish, called 'Foul Mudammas'. It is a delicious vegetarian dish made with fava beans," Aamira said.



"Hello, friend from the Zambian Bemba tribe. How beautiful you are. Isn't Zambia home of the big five, and the Victoria Falls? What do you have for us today?" asked Aamira.

"Shani, my friends. I've prepared 'Umunani' for you. It is a type of stew that we make with meat, fish, insects and vegetables. It is so delicious, have a bite," said Kaweme.



"Hello, our lovely friend from the Ashanti tribe in Ghana. I know that you are the second largest producer of gold in Africa, and that you love your hand-woven cloth, better known as 'kente'. What do you have to share with us today?" asked Aamira.

"Chale, my friends. I've prepared for you some grilled meat, rubbed properly in a spice known as 'suya'. So, 'suya' is made from peanuts, ground spices, and hot chilli peppers," said Morowa.



"Hello there, friend from Senegal. You are from the 'Gateway of Africa', and we welcome you here. It is not often that we have someone from 'Wolof', Senegal's largest ethnic groups. I love your traditional 'dashiki' shirt. What do you have for us?" asked Morowa.

"As-salamu alaykum, my friends. I've prepared for you our popular dish, 'maffe', which is a peanut stew and chicken Yassa," said Musa.



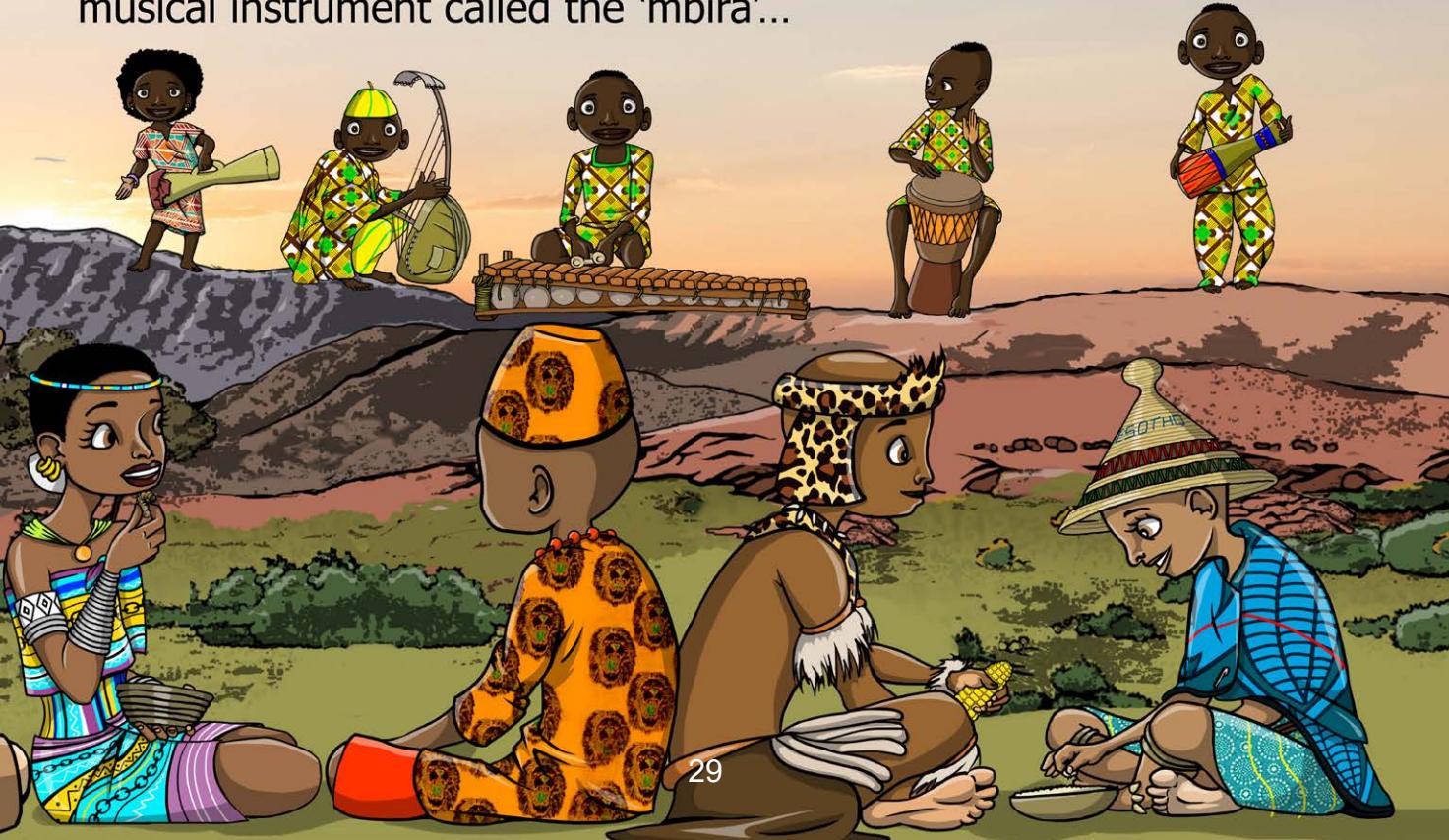
Africa is a beautiful and diverse continent. Different tribes and ethnic groups have been migrating and relocating on this continent for hundreds of years. The beauty on this continent was underrated and poverty was exposed. Today, we embrace our differences. We are a vibrant and culturally rich continent. We have many traditions, and we are proud of that. We love music; we love to dance. We believe in our ancestors and we are very spiritual. We accommodate the rest of the world and we share the richness and diversity of our land with them. We all eat together.



Our music connects us to our history and our culture. We use it to send a message; to reflect our moods and our emotions, and to heal us.

We listen and dance to the Zulu dance 'Indlrama', 'Kwasa kwasa' of Congo, 'Shaku shaku' of Nigeria, the 'Benga' music of Kenya and one of the most influential genres of African music and dance, the 'Congolese rumba'.

Our bodies move to the 'Mbalax' music of Senegal. The 'Inkiranya' drumming style of Burundi; the local 'Majika' rhythms of Mozambique; the 'Chimurenga' music from Zimbabwe, played with the sacred musical instrument called the 'mbira'...



In much of Africa, eating together is much more than just an important part of building relationships. We connect to our culture and heritage through food. Through food we preserve our cultural identity. Our traditional foods and dishes have been passed on through generations, and so are our stories, our music, and the Africa within us.

Bon appétit, enjoy!



Some African words and translation

Bon appétit - A French word used when a person is about to eat

Halau - A general Khoekhoe/Nama greeting that translates to: 'Hello'.

As-salaamu-alaykum - A Muslim greeting meaning: 'Peace be upon you'.

Saena Marena - A Basotho blanket brand, meaning: 'To swear by the King'.

Ola bom dia - A Portuguese greeting, meaning: 'Hello, Good morning'.

Vehaa - A Herero girl's name, translating to: 'They Divide'. It originates from the division of the Himba from the Herero tribe.

Biltong - Referring to the dried meat carried by Afrikaners as they migrated during the Great Trek.

Xibelani - An Indigenous dance of the Tsonga women, meaning: 'Hitting to the Rhythm'.

Adumu - A traditional jumping dance performed by the Maasai tribe of Tanzania and Kenya.

Setapa - An indigenous dance of the Tswana people

Moro, zvirisei - A general Shona greeting, meaning: 'Hello, how are you?'

Domba - An indigenous Venda dance, performed by young women, also called: 'The python dance'.

Kwasa kwasa - A Popular dance from the Congo, where hips move back and forth while the hands follow the hips.

Umqombothi - A Zulu word for a traditional brewed African beer.

Duwa - A Chichewa girl's name, meaning: 'Flower or Blossom'.

Morowa - A word that means 'Queen', from the Ashanti language of Ghana.

Indlamu - A Traditional Zulu dance from South Africa.

Musa - A popular boy's name of the 'Wolof' tribe of Senegal: meaning 'mercy'.

A special thank you to my family and friends who supported this publication.
Keep up the spirit of **Ubuntu**.

Hello, Welcome to Africa – bon appétit.

In this story, friends from all over Africa come together to share food from their beautiful cultural backgrounds. They practice commensality, which is eating together, signifying unity and sharing. Traditional food connects people to their culture and heritage.

This exposure will be enjoyed by readers of all ages and different cultures.



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