



difficult as you have to be prepared to give up your space and privacy, but it has its merits too. I was a single mom to three young children and I wanted to raise my kids and be there for them. A home-based business worked well, because I could spend time with them and watch over them.'

She also co-started and managed the family-owned Cape Town Noon Gun Restaurant for many years. 'My sister is running it now and I'm concentrating on my latest project, the Bo-Kaap cooking tour,' Zainie tells us. 'I take visitors on a tour through the Bo-Kaap and show them some of the important landmarks. We visit the spice shop and I teach them what spices to buy. Back at my home, I teach them how to blend the spices to make a masala and they have an interactive cooking lesson. Once the food is cooked, we all gather around the table and enjoy the meal together. I have had a great response from visitors who are so appreciative that I have opened my home to them. By the time they leave they will have a much better knowledge of how to cook with spices and also that the food you cook does not always need to be expensive. Often a little meat or chicken can go a long way and can be turned into something really delicious. I believe in interactive tourism. I want people to come and meet me so we can cook together.'



For more information about Zainie's Bo-Kaap Cooking Tour or private cooking demonstrations, contact Zainie on 074 130 8124 or email [bokaapcookingtour@gmail.com](mailto:bokaapcookingtour@gmail.com)

### Chilli bites

**Serves:** 6-8

**Preparation time:** 15 minutes

**Cooking time:** approximately 10 minutes

- 250ml self-raising flour
- 250ml pea flour
- 15ml baking powder
- 15ml turmeric
- 15ml masala
- 1 medium-sized onion
- 6 large spinach leaves
- 1 large egg
- sunflower oil, for deep-frying

- 1 Mix all the dry ingredients together with 5ml salt in a large bowl.
- 2 Chop the onion and the spinach very finely and add to the dry ingredients.
- 3 Make a well in the centre of the ingredients. Add the egg and 375ml water to the well. Gradually stir the dry ingredients into the centre. Mix until smooth.
- 4 Heat the oil in a saucepan over a medium heat. Once it is hot, add spoonfuls of the batter. Deep-fry until crisp. To test if they are done, cut one in half and make sure the middle is dry. ▶