

## Slice Of Life

13 x 30'

EPISODIC BREAKDOWN

### 1. Bunny Chow – can you taste and transform apartheid?

Can you taste the gastro-politics of South Africa's apartheid history? Can the bitterness of past pain be transformed into present sweetness? This show looks at a unique genre of Johannesburg street sandwiches that originate in racially discriminatory legislation that prevented black people from sitting down to eat inside restaurants. The show cooks, tastes and relishes the triumph of human culinary creativity over adversity in a range of township settings and explores why these sandwiches remain popular in the post apartheid era.

### 2. Evolutionary Eating – were the first cooks ever in Johannesburg?

Just outside Johannesburg is the Cradle of Humankind, World Heritage Site where hominid fossils have been found dating back over 3 million years. The area also offers the first proof of fire making and cooking anywhere in the world. In this show we literally cook like a caveman; making stone tools, digging up roots, catching fire like our ancient ancestors. The region is also home to the multi-award winning fine dining Roots restaurant and in the second half of the show we cook and eat an über-modern meal that deconstructs our past and present with Chef Alistair Lawrence.

### 3. Comfort Cuisine Jo'burg Style – what does Nelson Mandela eat when he's miserable?

The concept of comfort cuisine is well understood worldwide. The people of Johannesburg have a range of unique and delicious ways of cooking up feel good food. This show explores everything from Afrikaans style melkos pudding to Soweto umngqusho corn and bean melange in search of a city specific culinary comfort repertoire. The programme culminates with Nelson Mandela's chef Xoliswa Ndoyiya talking about and cooking up the tastes that comfort our national icon in adversity.

### 4. Hope on a plate – a long walk to feed them

Immigrants from all over the world flock to Johannesburg. They bring with them hopes and dreams of a better life. They also bring recipes, ingredients and culinary skills. This episode explores the journeys to Johannesburg of two very different women chefs. Amsale Debela is an Ethiopian chef who walked to South Africa in order to escape political persecution in her home country and now owns a successful restaurant in Johannesburg. Lindiwe Sangweni-Siddo is an hotelier who fled apartheid persecution and has since returned to redefine modern Soweto culinary chic. Both women cook in a manner that makes hope, happiness and dreams realised manifest on a plate.

## **5. Lust for lunch – does sexy taste like cows head gravy, Russian stripper soup or magical meringues?**

Ever since Adam and Eve had dinner followed by sex the association of food and lust has been closely linked all over the world. This episode looks at the deliciously diverse range of ways to taste lust in Johannesburg. There are Russian strippers making borscht and drinking Champagne in super smart Sandton. There are finger lickingly lovely Zulu style aphrodisiac meat and gravy melanges at the Soweto commuter hub. Finally a Sangoma (traditional healer) serves up special sexy seasonings to magically make your man love you...

## **6. Self Loathing; why do we think polenta is posh but we have so little respect for our own marvellous maize dishes?**

Johannesburg has a diversity of delicious African maize based starch dishes and yet the restaurants all persist in serving Italian polenta rather than local pap. We love our own starch but we think it's not 'posh' enough to eat when we go out. Why are we ashamed of the food we love so much? This episode cooks up a storm with local recipes and ingredients. The previously 'poor cousin' pap comes out of the kitchen as cakes, croquettes, croutons and even fish...

## **7. Restricted eating – from heroic hunger strikes to mad muscle men**

If we are what we eat is the converse true? Are we what we don't eat? This episode looks at a range of reasons for not eating in Johannesburg. We cook up a Ramadan fast-breaking feast with a Johannesburg Muslim family. We explore the absurd fat free underbelly of the local body building community. Finally we relive the hardship and heroism of Robben Island political hunger strikes with the former prisoners.

## **8. Birth – what do Jo'burg's storks have for supper?**

This episode examines whether diet affects fertility, conception and the gender of a baby. Pregnancy cravings both daft and delicious are explored and cooked up. Chef Michel Mourand collaborates with Dr Karabo Thlale to produce the perfect boy making meal.

## **9. Chinatown – why does Jo'burg have two?**

This episode compares and contrasts Johannesburg's two Chinatowns. The first half of the show explores the cooking and culture of the Chinese community of Commissioner Street who have been in Johannesburg for over 100 years. The second half of the programme discovers the eating experience of the Derick Avenue Chinatown community who arrived in Johannesburg after 1994. The plates of both communities reveal them to be at least as South African as they are Chinese.

## **10. Gender - is meat just for men?**

In Johannesburg the butchering, cooking and eating of meat exists within an elaborate and codified gender code. What men may eat differs markedly from that thought suitable for women. And woe betide any lady who attempts to help a man barbeque! This episode investigates, cooks and eats its way through gender based meat culture from a Thokoza township virginity testing ritual to an Afrikaans evening out.

## **11. Fusion Food – what happened when the chicken crossed the road? And was it a Portuguese or a Mozambican chicken that crossed?**

Piri Piri is hot stuff in Johannesburg. From chilli-laden chicken feet on street corners to international fast food chains this superb sauce warms every aspect of our life. The people of Johannesburg tend to refer to Piri Piri as 'Portuguese' but is it? This episode cooks and eats its way through classic Portuguese and Mozambican chickens and discovers that Piri Piri is neither. Rather it is a fusion food born in Africa.

## **12. Power on a plate - feeding to succeed Jo'burg style**

Johannesburg is Africa's most economically successful city. Power hungry people feed to succeed. This episode explores the past, present and future of power seeking meals in Johannesburg. The episode begins with local epicurean icon Chef Walter Ulz who prepares the power lunch meal of the apartheid elite of yesteryear. The second half of the episode explores the changing ingredients, tastes and even concept of power in the modern age with Chef Matthew Ballendon.

## **13. Excess: is too much of a good thing wonderful?**

This episode studies the parallels between the super rich immigrant West and Central African elite in modern Johannesburg and the 19th Century Eastern European settler Rand Lords who came before them. Meals past and present are used to cook up a comparison between two superficially different businessmen who are actually surprisingly similar in their eating styles. From Lemonade to palm pulp sauce the episode relishes the delicious decadence of epicurean excess.