



# **AFRICAN LUNCH**

***Meroo Springs***

***18<sup>th</sup> May 2024***

On a lovely late Autumn afternoon just under 60 members and guests gathered at Meroo Springs for the SlowFood African Lunch, part of the Shoalhaven Food Network Autumn Celebration of Food. Besides having a socially enjoyable time, the additional reason for the event was to raise funds for the establishment of another sustainable SlowFood farm in Africa.

The menu comprised dishes of very different tastes from various parts of Africa, very ably prepared and served by Chef Brent and Marilyn and her team. It started off with naan breads with dips and, peanuts in shells, and followed by Bobotie (a mince dish), Boerewors (sausage rings from South Africa), a Peanut and Sweet Potato Curry/Stew, Ethiopian Greens on Polenta, accompanied by a green salad with avocado, and finishing with a milk tart and fresh fruit. All delicious and very much enjoyed by those present.

It was pleasure to welcome the Burundi community family who farm the land at Meroo Springs and who helped in the choice and preparation of the food. Their colourful clothes added a special dimension to the gathering. Again, our thanks go to Gary and Diana for hosting us. Overall, a very successful and enjoyable event which will support another sustainable farm in Africa.

**The next event is the Mushroom Workshop on Saturday 15<sup>th</sup> June 2024.**

