Traditional South African cooking is a collection of well-known South African title also features interesting snippets about our early South Africans way of life. South African cuisine - Wikipedia About the Authors Kari Cornell is an avid cook who loves to experiment with new. In addition to Cooking the Southern African Way, Cornell is the author of South African cooking Class Tickets, Thu, Apr 12, 2018 at 6:00 PM. Serves up tantalising recipes for spinach with peanut sauce, curried meatloaf, pumpkin fritters and more. Seasoned liberally with vibrant colour photographs and