It's World Coconut Day

... so celebrate with this fab recipe

BRITS POS – BRITS - One of nature's most versatile products, the coconut plant is not only a wonderful ingredient used in many food and drink recipes, but it is also high in iron, magnesium, fibre and protein and plays a prominent role in gluten-free, soy-free and vegan diets.

As a source of antioxidants, eating coconut and drinking its water can boost immunity and fight diseases and, owing to their low-calorie and high fibre content it can help manage blood sugar levels for those suffering from diabetes.

In addition, coconut oil is used by millions of people worldwide for nourishing their hair and healing skin from scars, scabs, and wounds, as well as preventing dull skin. It's no wonder then that a whole day is given over to celebrating World Coconut Day which takes place every year on September 2.

What better way to join in the fun than by incorporating coconut into your menu for the day – starting with coconut flakes on your muesli for breakfast and ending with coconut pie for dessert after dinner.

Fabulous recipe from the chefs at Capsicum Culinary Studio, South Africa's largest culinary school.

Coconut Fish Curry & Rice

***Ingredients**

250g white fish, cut into bite-sized pieces
1 lime, juiced
1 tsp ground turmeric
3 tbsp vegetable oil
1 large onion, finely chopped
1 tbsp grated ginger
3 garlic cloves, thinly sliced
2 tsp ground cumin
2 tsp ground coriander
1 tsp chilli flakes
2 tbsp tomato purée
250g butternut, diced
200ml coconut milk
2 tbsp tamarind paste (optional)
small bunch of coriander, roughly chopped
cooked rice, to serve

***Method**

Place the fish pieces into a large bowl and add ½ tsp salt and ground black pepper, half the lime juice and half the turmeric. Stir gently to combine. Set aside. Heat the oil in a frying pan over a medium heat and cook the onion until softened, about 8-10 mins. Add the ginger, garlic, ½ tsp salt, the spices and remaining turmeric, and cook for 2 mins until fragrant. Stir in the tomato purée and cook for a further minute. Place the butternut squash into a heatproof bowl with a little water, cover and microwave for 3 mins until tender. Tip into the pan with the onion and spices and stir to combine. Add the coconut milk, 180ml water, tamarind paste and simmer over a medium heat for 10-12 mins until thickened and fragrant. Add the marinated fish to the pan and cook for 4-6 mins until cooked through. Remove from the heat, stir in the remaining lime juice, scatter with the fresh coriander and serve immediately over cooked rice.

(Photo: Capsicum Culinary Studio)

MUNICIPAL DEMARCATION BOARD

PUBLIC MEETINGS ON THE DETERMINATION OR RE-DETERMINATION OF MUNICIPAL BOUNDARIES.

NOTICE IN TERMS OF SECTION 28 OF THE LOCAL GOVERNMENT: MUNICIPAL DEMARCATION ACT, 1998

(North West)

Notice is hereby given in terms of section 28 of the Local Government: Municipal Demarcation Act, 1998 (Act No. 27 of 1998) of the decision of the Municipal Demarcation Board (MDB) to hold public meetings on the proposed determination or re-determination of municipal boundaries as set out in the Schedule.

Members of the public are invited to attend the meetings.

At each public meeting a representative of the Board will:
(a) explain the issues the Board has to consider, including any options open to the Board, if any;
(b) allow members of the public attending the meeting to air their views on these issues; and
(c) answer relevant questions.

For more information contact fazel@demarcation.org.za or send a fax to 086 524 8643.

MR TM MANYONI
CHAIRPERSON: MUNICIPAL DEMARCATION BOARD

SCHEDULE

DEM NO.	DESCRIPTION	AFFECTED MUNICIPALITIES	TIME	DATE	Venue
DEM8016	Proposed redetermination of the municipal boundaries of Moretele Local Municipality (NW371) and Local Municipality of Madibeng (NW372) by excluding a portion of Bakwena Ba Mogopa traditional area from the municipal area of Moretele Local Municipality (NW371) and by including it into the municipal area of Local Municipality of Madibeng (NW372)	Moretele Local Municipality (NW371) and Local Municipality of Madibeng (NW372)	10h00	4 September 2023	Jericho Multi-Purpose Centre
DEM8024	Proposed redetermination of the municipal boundaries of the Local Municipality of Madibeng (NW372) and Moses Kotane Local Municipality (NW375) by excluding farms PALMIETFONTEIN 72 JQ, DOORNKLOOF 141 JQ, SLACHTKRAAL 383 JQ, DORINGKLOOF 5 JQ, BOSCHKOP 138 JQ, KRUIDFONTEIN 139 JQ, TAMBOTIE 961 JQ, LANGRAND 143 JQ, VAALKOP 192 JQ, CORNIC 918 JQ, THABA-NKA 919 JQ, SLACHTKRAAL 193 JQ, VLAKPLAATS 74 JQ, VAALBOSCHLAAGTE 946 JQ, VAALBOSCHLAAGTE 195 JQ, KLEINGELUK 196 JQ, MASSEKIER 107 JQ and FARM 112 JQ from the municipal areas of Local Municipality of Madibeng (NW372), and by including them into the municipal areas of Moses Kotane Local Municipality (NW375) and Bojanala District Municipality (DC37).	Local Municipality of Madibeng (NW372) and Moses Kotane Local Municipality (NW375)	14h00	4 September 2023	ThabaMarula 511 Thabazimbi Road
DEM8008	Proposed redetermination of the municipal boundaries of Tswaing Local Municipality (NW382) and Ditsobotla Local Municipality (NW384) by excluding portions of farm VAALBANK 11 IP from the municipal area of Tswaing Local Municipality (NW382), and by including it into the municipal area of Ditsobotla Local Municipality (NW384).	Tswaing Local Municipality (NW382) and Ditsobotla Local Municipality (NW384)	10h00	5 September 2023	Gerdau Boeresaal Ward 13, Tswaing
DEM8022	Proposed redetermination of the municipal boundaries of the Ramotshere Moiloa (NW385), Ngaka Modiri Molema District Municipality (DC38), Moses Kotane Local Municipality (NW375) and Bojanala District Municipality (DC37) by excluding farms FARM 1 931 KP, MDLATEDI DAM 947 KP, FARM 932 KP, FARM 937 KP, FARM 939 KP, FARM 16 JP, KLIPBULT 25 JP, ROODEKOPJESFONTEIN 15 JP, KNAPDAAR 26 JP, ROODERAND 41 JP, MAGOPA 59 JP, KWARRIEFONTEIN 254 JP, HAAKDOORNBULT 67 JP, DOORNKRAAL 110 JP, KOPPIESKRAAL 73 JP, STRAATSDRIFT 74 JP, SCHUINSDRIFT 75 JP, TOEKOMS 103 JP, ZAMENKOMST 81 JP, RIEKERSDAM 109 JP and KRIELSRUST 106 JP from the municipal areas of Ramotshere Moiloa Local Municipality (NW385) and Ngaka Modiri Molema District Municipality (DC38), and by including them into the municipal areas of Moses Kotane Local Municipality (NW375) and Bojanala District Municipality (DC37).	Ramotshere Moiloa (NW385), Ngaka Modiri Molema District Municipality (DC38), Moses Kotane Local Municipality (NW375) and Bojanala District Municipality (DC37)	10h00	6 September 2023	Barokologadi Tribal Hall, Pitse Di Sule Jang
DEM8010	Proposed redetermination of the municipal boundaries of Kgetlengrivier Local Municipality (NW374) and Moses Kotane Local Municipality (NW375) by excluding farms ROODEWAL 378 JP, GROENFONTEIN 224 JP and TEERPUTSFONTEIN 228 JP from the municipal area of Kgetlengrivier Local Municipality (NW374) and by including them into the municipal area of Moses Kotane Local Municipality (NW375).	Kgetlengrivier Local Municipality (NW374) and Moses Kotane Local Municipality (NW375)	10h00	7 September 2023	Pella Tribal Court, Kgosi Section, Madikwe
DEM8011	Proposed redetermination of the municipal boundaries of Rustenburg Local Municipality (NW373) and Moses Kotane Local Municipality (NW375) by excluding portion of farm FRISCHGEWAAGD 96 JQ from the municipal area of Rustenburg Local Municipality (NW373), and by including it into the municipal area of Moses Kotane Local Municipality (NW375).	Rustenburg Local Municipality (NW373) and Moses Kotane Local Municipality (NW375)	10h00	8 September 2023	Ledig