

Recent Cookery Books - July 2013

Hester's Book of Bread / Hester van der Walt
Modjaji Books CC, South Africa 2013

183p.;
9781920590000
\$ 26.00 / HB

Set in McGregor in the Klein Karoo where she bakes bread in a wood-fired oven, this book reflects Hester's intuitive feeling for the connections between the soul and food, particularly food that is prepared with care, according to traditional principles and methods.

Hester's Book of Bread is infused with a fine sense of humour, helpful hints and mouth-watering recipes. It's a book as irresistible as the smell of bread fresh from the oven.

<http://www.marymartin.com/web?pid=153454>

Justin Bonetto's Ultimate Braai Master / Justin Bonello & Helena Lombard
The Penguin Group (SA), South Africa 2012

191p.;
9780143530459
\$ 25.00 / PB
598 gm.

They say that the one thing that brings South Africans together is sport. I beg to differ. Truth is, there's something about gathering around the African TV that is hard-wired into all of us, and the moment we huddle around the fire, we become one nation. The Ultimate Braai Master takes you on a breathtaking 8000 kilometre culinary road trip and lets you redefine the rules that govern cooking on the open flame. Join Justin Bonello and his 30 new friends on a fireside journey across South Africa, where the great outdoors becomes your kitchen, your cooler box converts into the kitchen table and the roaring fire replaces your stove. This book is not only about the road trippers and the mouth-watering recipes they create, but also about the astonishing places in South Africa that many of us only get to dream about. The bonus? You get to become the Ultimate Braai Master in your home.

<http://www.marymartin.com/web?pid=153120>

Taking it Easy - 20 of SA's Top Chefs Cook for Family & Friends / Andy Fenner
Sunbird Publishers, South Africa 2011

221p.;
9781920289560
\$ 36.95 / HB
1170 gm.

Andy Fenner, freelance food writer and critic, also named one of '200 South Africans to Watch' by Mail & Guardian 2011, has chosen 20 of his favourite chefs and foodies based on their individual style and food philosophies.

Taking it Easy showcases each of these chefs cooking for families and friends, offering approachable recipes that are innovative yet honest. Narrated with his special brand of wit, Andy beautifully conveys what a privilege it is to share a rare and intimate glimpse into the kitchens and dining rooms of South Africa's best-loved chefs and foodies.

Each chapter is a culinary adventure, capturing a different story – whether it is following award-winning David Higgs around Johannesburg's Neighbourhood Goods market, or joining Margot Janse at her family table in Franschoek. With a foreword by Abigail Donnelly, editor of 'Eat Out' and food editor of Taste magazine, Taking it Easy is a true celebration of South Africa's biggest foodies, beautifully photographed by Lar Leslie an exceptionally talented photographer who manages to capture the very essence of what makes each chef so special.
<http://www.marymartin.com/web?pid=153025>

Cheeses of South Africa - Artisanal Producers & Their Cheeses / Kobus Mulder
Sunbird Publishers, South Africa 2013

224p.;
9781920289379
\$ 28.50 / PB
784 gm.

Cheeses of South Africa celebrates a quiet revolution in South African cheesemaking. In line with the global trend towards organic, locally based eating, artisanal producers are changing the way we think about cheese, producing superb, flavourful cheeses, made with milk from cows, goats, sheep and even buffalos, that express their terrain of origin, the health of the animals and the personalities of their makers.

Cheeses of South Africa profiles 24 of these cheeseries, including popular award-winners such as Dalewood and Klein River. Each chapter features detailed 'Cheese Notes' by the inimitable Kobus Mulder, of Agri-Expo, who has done so much to energise the growth of local artisanal cheesemaking.

<http://www.marymartin.com/web?pid=153028>

Catch It, Cook It In Southern Africa - A Guide To Preparing Your Catch / Hennie Crous

Struik Nature, South Africa 2012
144p.;
9781431700837
\$ 25.00 / PB
312 gm.

This book bridges the gap between catching your fish and bringing it to the table. It tackles the slippery problem of how to care for your catch from the moment you haul it in, how to keep it fresh, how to scale, clean and cut it up, and then how to cook it.

The 30-plus species are arranged in three rough categories: near-shore species, offshore species, and species caught from the shore. For each fish there's detailed information on how to handle it – with step-by-step photographs for key species – as well as a selection of recipes developed, collected, tried and tested by the author. Anecdotes, snapshots and memorabilia add a personal touch to the book.

Written by seasoned fisherman and well-known author Hennie Crous, Catch it, Cook it in Southern Africa will be snapped up by anyone with an interest in the delectable world of fish and fishing.

<http://www.marymartin.com/web?pid=153212>

Masterchef: South Africa - The Cookbook / Human & Rousseau
Human & Rousseau, South Africa 2012

216p.;
9780798158176
\$ 44.00 / PB
840 gm.

They came, they cooked. Only one conquered!
Never before have South Africans been gripped by a food phenomenon quite like MasterChef South Africa, aired on M-Net. Now, with MasterChef South Africa – The Cookbook, the gazillion fans following every beat of the whisk can recreate the dishes that made celebrities out of 18 hopefuls.

This cookbook has it all: Behind-the-scenes moments, flashbacks of mystery box challenges and gruelling pressure tests – not to forget the invention tests that had us wondering “what on earth will they pull off with those ingredients?!”

Want to make Samantha’s croquettes with all the trimmings in less than an hour, Deena’s prawn curry, sweet-toothed Thys’ fruit tartlets, ‘Meraai se Hoenderpaai’ and denningvleis? This is the go-to-book for these and more. Love ‘em or hate ‘em, the judges also make their mark: Bake Chef Benny’s carrot cake, glam it up with Chef Andrew’s brioche crusted springbok and perform under pressure with Chef Pete’s doubled-baked soufflé in the oven.

Beautiful photographs guide the home cook on how to plate and present food like a pro. Lacking the basic skills? The cheffy secrets, tips and how-to advice include easy step-by-step instructions taking the mystery out of filleting salmon and other more advanced cooking skills.

<http://www.marymartin.com/web?pid=153145>

A Taste of Sugar and Spice : Cuisine of the Dutch Burgher Huisvrouw in Olde Ceylon / Deloraine Brohier

Neptune Publication (Pvt) Ltd, Sri Lanka 2012

142p. ; 26cm.

9789550028276

\$ 60.00 / HB

678 gm.

<http://www.marymartin.com/web?pid=153983>

Publis Traditional Cookery Sri Lanka / Publis Silva

Sarasavi Publishers (Pvt) Ltd., Sri Lanka 2013

xxii. 337p. ; 23cm.

9789556719086

\$ 60.00 / HB

1270 gm.

<http://www.marymartin.com/web?pid=153984>

The Muslim Kitchen /

Young Muslim Women’s League, Sri Lanka 2012

217p. ; 25cm.

\$ 29.50 / PB

580 gm.

More than 200 traditional recipes from Sri Lankan Muslim Communities and Other Countries

<http://www.marymartin.com/web?pid=153985>

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