

Recent Cookery Books - May 2014

Southeast Asia Head Office
Blk 231, Bain Street
#03-05, Bras Basah Complex
Singapore 180231
Tel : +65-6883-2284/6883-2204
Fax : +65-6883-2144
info@marymartin.com
www.marymartin.com

South Asia Head Office
8/123, Third Street,
Tatabad, Coimbatore – 641012
India
Tel : +91-422-2499030/2495780
Fax : +91-422-2495781
info@marymartin.com
www.marymartin.com

Magayon : A Taste of Bicol... A Touch of Class with Selected Biographies of the
Pride of Bicolandia / Ma. Neria Nidea-Soliman

The Manila Prints, Sydney, 2011

xx, 238p.

9780980482720

\$ 39.00 / PB

625 gm.

<http://www.marymartin.com/web?pid=163012>

Fiji Islands : The Heart of the South Pacific / Paul & Helen Woodford

Widescenes Photography, Australia 2014

1v.

9780980793246

\$ 26.00 / HB

360 gm.

Images, Recipes and Cocktails that capture the essence of the Fiji Islands

<http://www.marymartin.com/web?pid=162985>

Milk Pig & Violet Gold : Philippine Cookery / Bryan Koh

The Holy Angel University Press, Philippines 2013

3v. (Luzon, Visayas, Mindanao)

9789710546404

\$ 90.00 / PB

1340 gm.

<http://www.marymartin.com/web?pid=161942>

West Coast Cookbook / Ina Paarman (ed)

Jonathan Ball Publishers, South Africa 2014

143p.;

9781868423859

\$ 40.00 / HB

For many generations, the people of South Africa's Cape West Coast have been a fishing community but, following the rise of commercialisation, they are now confronted with the end of that tradition. The West Coast lifestyle has changed irrevocably, but to preserve one aspect of their tradition, the Bergrivier Vissersvrouevereniging, under the guidance of Ina Paarman, presents the West Coast Cookbook.

Some of the recipes in the collection are very old and were born out of hardship and ingenuity often occasioned by the challenge of the sea. Included are memorable seafood dishes, delicious braai and meat recipes, soups that make you long for times past, and items for your 'pantry' because West Coast people understand the need to plan ahead for difficult times.

<http://www.marymartin.com/web?pid=162231>

Taste The World With Jenny Morris / Jenny Morris

Sunbird Publishers, South Africa 2013

255p.;

9781920289751

\$ 40.00 / HB

In this exciting recipe book, internationally renowned celebrity chef Jenny Morris revisits her favourite travel destinations and cooks her way around the world. Her culinary adventure takes her to 13 different countries and, inspired by the people she meets in homely kitchens and local marketplaces along the way, she recreates a feast of mouth-watering, authentic dishes, adding a spoonful of that unmistakable Jenny magic.

<http://www.marymartin.com/web?pid=162232>

Retreat: The Joy of Conscious Eating / Daniel Jardim

Jacana Media, South Africa 2014

208p.;

9781431405565

\$ 40.00 / HB

Daniel Jardim was the resident cook at the Buddhist Retreat Centre and created the recipes for the very popular *The Cake the Buddha Ate*. Today Daniel teaches cookery retreats around the country with a strong emphasis on the consciousness of the food and the eater. *Retreat* is a collection of 80 delicious vegetarian dishes and is a glimpse of what it is like to be on a cookery retreat with Daniel. *Retreat* shows us how to create a greater sense of mindfulness in our everyday lives by being in closer harmony with the food that we prepare. Sue Cooper, a clinical psychologist who integrates psychotherapy and meditation in her practice and who has worked extensively with Daniel, introduces the book. The book is divided into four seasonal sections with helpful tips on selecting the best seasonal produce and appropriate cooking techniques that match the body's needs as we move through the different phases of the year. Photographs by Sarah Shafer accompany the mouth-watering and unusual dishes to reflect Daniel's playful interaction with a wide array of flavours and influences - from Thai and Japanese, to Moroccan and Indian. The photographs also focus on some of the breathtaking and often subtle changes that occur in nature as the year progresses, inviting the reader to become more aware of the essential qualities of each season. The dishes are aimed at aspiring cooks of all levels and are a heartfelt celebration of the joyous communion that we can experience through food and eating.

<http://www.marymartin.com/web?pid=162233>

Sababa - Middle Eastern and Mediterranean Food / Tal Smith, Nirit Saban

Jacana Media, South Africa 2014

223p.;

9781431409808

\$ 40.00 / HB

Walk into Sababa and you step onto a blank canvas with a riot of colour right at its centre. This is the buffet, bright with salads; some stained pink with roast beetroot juice, others seasoned with freshly squeezed lemon or strewn with generous quantities of fresh herbs. Here food is a celebration. Sababa is all about uncomplicated and wholesome food with a Middle Eastern and Mediterranean influence. Food is prepared fresh daily in the Sababa kitchens by sisters Tal and Nirit, and a group of dedicated and passionate chefs who love to cook and "live" food. Using local ingredients and fresh produce, Sababa is full of recipes which anybody could cook at home.

<http://www.marymartin.com/web?pid=162234>

Yum-Mo: Vrolike, vars resepte vir beginners en studente / Carina Truys

NB Publishers, South Africa 2014

192p.;
9780798157933
\$ 28.50 / HB

Yum-mo is the culmination of Carina Truys's own experiences as a young cook in a house full of hungry students, given credence by her training as a professional chef. This fun and contemporary cookbook will inspire beginners to jump in and discover the joys of cooking – from picnic foods for alfresco eating to baking cookies as a team. It will also show you how to turn a flop into a triumph, even in the smallest apartment or shared kitchen.

<http://www.marymartin.com/web?pid=162235>

Jackie Cameron Cooks at home / Jackie Cameron
The Penguin Group (SA), South Africa 2014

9780143538585
\$ 32.90 / HB

Jackie Cameron is one of the most exciting chefs working in South Africa today. Under her leadership the Hartford House restaurant in the KwaZulu-Natal Midlands has been in the top 10 in all of the South African culinary awards, achieving the first when she was just 25 years old. Jackie Cameron Cooks at Home shows the professional taking off her chef's tunic and donning her home apron. With its generous invitation to good cooking that is easy and delectable this book is a must-have for every South African home cook. What makes Jackie's achievements on behalf of Hartford House remarkable, is that she has made her name in a region not famous for fine dining, yet through her efforts Mooi River is on the foodie map and has become a destination. But Jackie's ambitions are not just to keep Hartford House up with the country's best eateries, but to improve the lot of the local women and men she works with.

<http://www.marymartin.com/web?pid=162236>

Cook from the Heart - Food For Every Mood / Alida Ryder
The Penguin Group (SA), South Africa 2013

9780143538448
\$ 37.50 / HB

These are recipes specially created to suit your mood - food that will give you a lift when you are feeling down, add that extra bit of joy to your celebrations, turn a romantic occasion into something fantastic, enhance moments of calm and serenity, and even cover those days when you feel too lazy to cook but need to feed yourself and your family.

Get inspired by Alida Ryder's enthusiasm, her fresh ideas and her easy to follow instructions and cook scrumptious food, whatever your mood.\

<http://www.marymartin.com/web?pid=158088>

Bake with Josh / Josh Thirion
Struik Publishers, South Africa 2014

96p.;
9781432302481
\$ 17.50 / HB

Bake with Josh follows the success of Cook with Josh, which has sold over 10 000 copies in English and Afrikaans since its release in 2012. Bake with Josh contains Josh's favourite baking recipes and has been divided into six chapters: Big cakes; Small cakes and muffins; Biscuits, traybakes and other treats; Breads; Tarts, pies and pastries and Oven bakes. Each chapter is complemented by mouth-watering food photography, Josh's own hand-drawn cartoons and step-by-step cartoon comic strips. While waiting for the delicious goodies to finish baking, kids can enjoy the fun games and activities in Bake with Josh such as connect-the-dots, spot-the-difference, find-the-words, crosswords, mazes and colouring-in. Josh has also included a colourful page with fun facts and baking tips.

<http://www.marymartin.com/web?pid=162237>

Savannah to Sea / Nico Verster

Struik Publishers, South Africa 2014

160p.;

9781432302313

\$ 42.50 / HB

There is a good reason why the strapline of this book reads 'Fine cuisine under an African sky' as Nico Verster has spent a decade plying his trade as a professional chef in some of the most breath-taking locations South Africa has to offer. Three of these are at the heart of Savannah to Sea, viz. Jamala Madikwe, a safari lodge in North West Province, and Beyond's Phinda forest and vleis lodges in KwaZulu-Natal, and Birkenhead House boutique hotel in Hermanus in the Cape.

The book is divided into four chapters that encompass starters and snacks (Leadwood and aloes); main courses with white and red meat, fish and seafood, and game (Springbok and coral); baked delights (Monkey orange and baguette); and desserts and sweet treats (Marula and acacias). All 55 recipes feature Nico's culinary signature of elegance combined with pan-African cuisine 'twists', whether in the ingredients or the techniques, and range from classic favourites to the ultra-trendy

<http://www.marymartin.com/web?pid=162238>

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