

## Recent Cookery Books - July 2014

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Life on a Cape Farm : Country Cooking at its Best / Lesley Gillett , Louise Gillett  
Struik Lifestyle, South Africa 2013

191p.;  
9781431702473  
\$ 39.00 / HB

Twin sisters, Lesley and Louise Gillett have included a tapestry of flavours and ingredients that form part of the varied menus served at Bartholomeus Klip Farmhouse. The first five chapters are devoted to taking the reader through a typical day on the farm where the transition of time is marked by the daily meal schedule, which comprises the Farmhouse brunch, Tea on the farm, Snacks, drinks and game drives, Family feasts and Dinner in the conservatory. The latter two are served during the evening but at different venues on the farm. Bring the beauty of the venue and scrumptious farmstyle cooking into your home when paging through and making the recipes of Life on a Cape Farm!

<http://www.marymartin.com/web?pid=164252>

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WINERIES OF THE CAPE : the essential companion to touring the winelands. /  
Lindsaye McGregor

Sunbird Publishers, South Africa 2013  
184 p.: col. ill., maps.  
9781920289706  
\$ 37.50 / HB

Cape Town is one of the great wine capitals of the world and gateway to the internationally renowned Cape winelands with its breathtaking scenery and legendary wines.

From historic gabled manor houses to contemporary wineries, quirky family-run farms to iconic estates, country picnics to world-class fine dining restaurants, the Cape winelands offer a wide diversity of visitor experiences, all within an easy hour's drive of the city. But how do you choose where to go, what to taste and what to do in the winelands when time is limited and options are vast?

Wineries of the Cape, written by Lindsaye McGregor - a long-time contributor to 14 editions of Platter's South African Wine Guide and a regular writer in the world of wine - simplifies this choice by sharing her intimate industry knowledge, profiling 56 of the Cape's must-visit wineries.

In this entertaining and informative guidebook, enhanced by handy regional maps and richly illustrated with evocative photographs by Erica Moodie, Lindsaye shares a wealth of practical information ensuring that you experience the very best of the winelands, whether you are a local or first-time visitor.

<http://www.marymartin.com/web?pid=164284>

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VELD TO FORK: slow food from the heart of the Karoo / Gordon Wright  
Struik, South Africa 2013

160 p.;  
9781432300937  
\$ 42.00 / HB

If you're one of the (many) people whose heart skips a beat when gazing at iconic pictures of the Karoo, or you find yourself longing for the lifestyle of a bygone, gentler time and place, Veld to Fork is sure to find the road straight to your soul.

Showcasing the food of a timeless and achingly beautiful landscape, this cookbook is so much more than a mere book of recipes. Each photograph tells a story, whether it is of the delicious dish in question, the spectacular scenics, quaint towns or gritty but welcoming locals.

Graaff-Reinet-based chef and guesthouse owner Gordon Wright combines tradition, culinary flair and the freshest of local ingredients to present 82 mouthwatering dishes for every occasion. Naturally an array of meat dishes take pride of place but they are equally matched by soups, side dishes and desserts that will leave you day-dreaming for more, days after you've enjoyed them. Not forgetting the preserves and baked goods for which the region is equally famed.

<http://www.marymartin.com/web?pid=164296>

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A cook's journey to Japan : fish tales and rice paddies : 100 homestyle recipes from Japanese kitchens / Sarah Marx Feldner

Tuttle Publishing, Japan 2014

159p ; 25cm.

Photography by Noboru Murata.

9784805312988

\$ 34.00 / HB

<http://www.marymartin.com/web?pid=164321>

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THE SUSHI LOVER'S COOKBOOK : Easy-to-prepare Sushi for Every Occasion / Yumi Umemura, Tom Baker

Tuttle Publishing, Japan 2014

175p ; 30cm.

9784805312995

\$ 25.00 / HB

<http://www.marymartin.com/web?pid=164322>

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Traditional Sake made in Japan =... : Craft, wisdom and spirits that fascinate the world. /

Japan 2014

111p ; 19cm.

9784895958622

\$ 30.00 / HB

<http://www.marymartin.com/web?pid=164323>

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The saké handbook / John Gauntner

Tuttle Publishing, Japan 2014

247p ; 21cm.

9784805313060

\$ 18.75 / PB

<http://www.marymartin.com/web?pid=164324>

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