



cook.

better

This is not a cookbook. It's a book about cooking. Think of it as cooking between the lines. Or what your mother should have told you.

Yes, there are recipes, but this book is about the journey, not the destination, so taking centre stage are the hows and whys behind everyday ingredients and techniques – when to use coarse or finely ground salt; best pairings for common garden herbs; extracting and building flavour; champion chopping techniques; foolproof fillet; spud's lore, jackets and all ...

Whereas lessons on technique are found mostly in hefty culinary bibles, this user-friendly book is for everyone who's anywhere along the cookery continuum. It is the 'ta-da' moment for those who have been cooking, duty bound, for years, but didn't show up for basics training.

MARKET

- realise what's been missing from your life – celery!
- get lamb chops crisp and medium-rare – on the braai
- never again add sugar to your Napoletana sauce
- stop slathering chicken with olive oil before roasting it
- understand the value of real Parmigiano – and fresh garlic
- cook – the way you've always dreamed

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For further information contact:

Craig Fraser
 Tel: +27 (0)83 627 1656
www.quivertreepublications.com

About the Authors

NIKKI WERNER AND BRANDON DE KOCK have been cooking, eating and travelling together for 14 years. Through their work they've met a lot of chefs, eaten at a lot of restaurants, done a lot of research and made a lot of notes. They're aggregators of good information. What it means is that while most cookbooks are about the author, this one is really about the person doing the cooking.

That said, Nikki studied journalism and has compiled the food pages for titles such as Elle Decoration and Marie Claire, in addition to stints as food editor for Fairlady and Women's Health magazine. She currently works as a food researcher, writer and consultant.

Brandon's career includes marketing, public speaking, publishing and global travel – all held together by a pen and a camera. His freelance work has appeared all over the place, he was editor of Compleat Golfer magazine and creative director for Ramsay Media. He was also a member of the curatorial panel for Cape Town World Design Capital 2014 and is now director of storytelling for WhyFive – an insight-driven research company.

