

FOODWEEKLY

THE BEST COOKBOOKS IN SA

Who will win Cookbook of the Year 2015?

YOU could have heard an egg crack at the Pick n Pay Good Food Studio in Sandton last Tuesday, as five judges frowned over the 30 cookbooks entered in the second Sunday Times Food Weekly Cookbook Awards in association with Pick n Pay. The silence lasted for about five minutes.

"Look how long this Caesar salad recipe is," said Fresh Living magazine editor, Justine Drake. "By the time you've finished reading it, you may not end up making the salad." A snort from another corner: "A tot of butter? Really?"

South African cookbooks published between September 2014 and December 2015 were eligible for entry. Judging spans the look and feel of the cookbook, the topic, photography and size of book. Is the book easy to use? Are the measurements and methods standardised and in order and recipes accurate?

Nompumelelo Mqwebu, head chef at Africa Meets Europe Cuisine, said she was looking for something unique. "Some of it has been done over and over again. You can't tell if this is their previous cookbook or the new one."

With her first cookbook, *My Little Black Recipe Book* (Metz Press), due out in December, Siphokazi Mdlankomo, *MasterChef SA 2014*



runner-up, was on the lookout for "good old-fashioned meals anyone can prepare".

Stephen Billingham, president of the South African Chefs Association, said he preferred judging cookbooks to meals. "Judging 10 plates of food plays havoc with your taste buds, whereas here, you have to imagine textures and flavours." Drake added: "I haven't eaten boerewors since judging a boerewors competition."

There was much argy-bargy as the judges whittled down the 30 entries to a mere six. But they were all impressed with this year's focus on health. "We have a very different selection of cookbooks to last year," said Food Weekly editor Hilary Biller, "and fewer entries, which may reflect the state of the economy or the easy access to recipes on the internet." She said SA cookbooks were evolving and many of the new publications were way more than just another recipe book.

Drake said the emphasis on child nutrition was interesting, especially for her as the mother of two young children. "I think it's great because we don't feed our children half the things we should."

Echoing the concerns of last year's winner, *Star Fish: Top 10 Sustainable Fish* by Daisy Jones, "home-grown" is still a buzzword. "It comes back to the idea of teaching kids that milk doesn't come from a carton," said Mqwebu.

This is the second year that the Pick n Pay Good Food Studio, a food hub offering cookbook launches and cooking classes, will host the Sunday Times Food Weekly Cookbook Awards. Manager Nicola Johnson said: "The awards are a great showcase of local talent and something we are proud to be associated with." This year's winner will receive R20 000 in cash, and a R5 000 Pick n Pay voucher. Watch these pages for recipes from the finalists' books. — Leigh-Anne Hunter

The winners will be announced at a cocktail party at the Pick n Pay Good Food Studio on November 5.



THE SIX FINALISTS ARE:

- Bitter+Sweet: A Heritage Cookbook** by Mietha Klaaste as told by Niël Stemmet (Human & Rousseau)
- Mariana's Country Kitchen: Food Through the Seasons** by Mariana Esterhuizen (Human & Rousseau)
- The Supper Club** by Philippa Cheifitz (Penguin Random House)
- Baking for Pleasure & Profit** by Christine Capendale (Human & Rousseau)
- The Low Carb Solution for Diabetics** by Vickie de Beer and Kath Megaw (Quivertree Publications)
- Real Food, Healthy, Happy Children: The Low Carb Solution for the Whole Family** by Kath Megaw, Daisy Jones, Philippa Cheifitz, and Jane-Anne Hobbs (Quivertree Publications)



THE JUDGES: Hilary Biller, Justine Drake, Siphokazi Mdlankomo, Stephen Billingham and Nompumelelo Mqwebu

EXCLUSIVE COOKING DEMO

by Rick Stein



Join us for a once-in-a-lifetime cooking demo by international English celebrity chef, **Rick Stein**, at one of the following sessions:-

DATE: Tuesday, October 27, 2015

VENUE: PnP Good Food Studio, Cnr William Nicol and Republic, Sandton, Johannesburg

TIMES: Cooking Demo - 10h00 - 11h00 - cost R250 per person
Cooking Demo - 12h00 - 13h00 - cost R250 per person
Cocktail Party - 19h00 - 22h00 - cost R350 per person

Snacks and refreshments will be served. Booking is essential. Numbers limited. Rick's latest cookery book - *From Venice to Istanbul* - will be on sale. Rick Stein, OBE, is a chef, restaurateur, cookbook author and television presenter.

TICKETS AVAILABLE AT WEBTICKETS.CO.ZA



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