



# Johanne 14

## Real South African Food by Hope Malau

*Johanne 14* explores the secrets of simple, home-cooked meals in South Africa's townships. Told through the eyes of award-winning food writer Hope Malau, the book features authentic, traditional dishes cooked with love, and acknowledges the ability of countless unsung kitchen heroes – the mothers, fathers, grandparents and siblings – to make culinary magic with often very little. It is a vital glimpse into South African township life; moreover, it is a celebration of culture, resilience, human spirit, community and family – through the shared meal.

### Selling points

- Beautifully photographed and personally told, this title provides unique insight into SA's unsung culinary traditions and township culture.
- Know your *serobe* from your *kgobe-kgobe*? Explores much-loved favourites and the more unusual ingredients of SA township food.
- Over 60 practical recipes, from mains to sweet treats.
- A welcome, never-before-seen addition to the local cookbook scene.
- Large tourist audience as well as local buyers.
- A nostalgic journey for the people of South Africa.
- Excellent gift book.

### About the author

Chef Hope Malau grew up in Klerksdorp in the North West Province eating traditional Sotho food prepared by his dad, who worked in a mine kitchen. Instilled with a deep love for cooking from an early age, Hope went on to study at the Professional Cooking Academy in Rustenburg before garnering experience at various restaurants in Cape Town. Hope is currently the deputy food editor for *Taste* magazine and has also won the prestigious Galliova Food Writer of the Year award in 2015 and 2016.

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 Price R278  
 Isbn 978-1-928209-68-3  
 Format 190mm x 230mm,  
 Soft cover with large flaps  
 Extent 196 pages  
 Recipes: Over 60

*'A head of cabbage can be cooked in so many different ways; it is inexpensive and goes with anything or nothing at all. You can eat it raw, boil it or fry it, combine it with any other vegetable and it will give you a wholesome meal every time. Hence it was dubbed Johanne 14 – if you have cabbage you should not let your heart be troubled.'*

