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 Format 190mm x 230mm,
 Soft cover with large flaps
 Extent 228 pages
 Recipes: Over 85

ALSO AVAILABLE IN AFRIKAANS AS
BOTTER & LIEFDE:
 ISBN 978-1-928209-96-6

Anna Carolina Alberts invites you into her family's farm kitchen, a magical place filled with aromas, flavours and stories. Containing more than 80 tried-and-tested recipes, Butter & Love is a tribute to a rich culinary heritage.

Butter & Love

BOEREKOS FROM A FARM KITCHEN

by Anna Carolina Alberts

A funky, proudly Afrikaans cookbook, [in english] combining accounts of farm life, doilies, koeksisters and other Afrikaans icons. Anna Carolina draws on the myriad influences in South African urban culture to present something uniquely contemporary, celebrating a rich heritage.

Selling points

- Classic Afrikaans recipes passed down through the generations, true 'Boerekos', a South African heritage.
- Includes a brief history of food in South Africa, revealing the origins of traditional South African recipes.
- Personal stories of farm and village life, from the 'Home Economics' teacher to personal friends & family.

Target market

- Written in English to reach the broadest audience.
- Young urban Afrikaans speakers who will re-visit their Mothers' table.
- All South Africans interested in food and South African heritage.
- Tourists interested in food and culture.

About the author

After finishing chef school and an internship at the acclaimed *Le Quartier Francais* under the watchful eye of Margot Janse and Chris Erasmus, Caro headed homewards to Piet Retief (Mkhondo) where she owned a successful bistro for 2 years. In this time a love for blogging and food media blossomed and Caro packed her bags once again and headed for Cape Town where she has been cooking and styling ever since. She is a monthly contributor to the PnP *Fresh Living* magazine and was the food stylist on *Neill Anthony Private Chef* (SABC3), *Siba's Table 2* (Food Network), *Fabulous Food Accademy* (Food Network) and *Just Cooking with Justine* (BBC).

