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SALES POINTS

- *Ultimate Braai Master* and *MasterChef South Africa* judge
- Part memoir, part cookbook, loaded with funny anecdotes
- A look into the life of one of South Africa's favourite chefs
- Pete's most cherished recipes
- Perfect for anyone who appreciates food
- The home cook who will value Pete's emphasis on the importance of simplicity
- The braaimaster thinking of taking his skills into the kitchen

A LIFE DIGESTED
PETE GOFFE-WOOD

lunches that turn into dinner and dinners that turn into breakfast

PETER GOFFE-WOOD

Ultimate Braai Master and *MasterChef South Africa* judge, veteran food columnist and one of South Africa's most recognisable celebrity chefs, Pete has done his time in some of the best restaurants in the country. An invaluable gastronomic guru for South African foodies.

A Life Digested charts a path through Pete's culinary experiences, from his early amorous endeavours to his take on tricky customers, picky eaters and the top restaurants he has worked in, dined at and run over the years. Each chapter is driven by stories he's written over the past 10 years and which revolve around what he finds most important as a cook. From how travelling influences your repertoire and teaching men to reclaim their skills in the kitchen to learning from masters (both lauded and unsung) or simply cooking over open coals – each chapter gives you a taste of Pete's life, his opinions (of which there are plenty) and his dishes.

Enjoy the book, and above all feel and taste the love.

Salutations culinaires!

MICHEL ROUX JR.

