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Just add rice is about Taiwanese cuisine, which seeks balance and harmony in taste, texture and nutritional value. But it's also about home cooking, about familiarity and comfort and celebrating culture - recipes that connect the author to her parents when they lived in another city and in a distant country.

JUST ADD RICE

Stories and recipes by a Taiwanese South African

BY MING-CHEAU LIN

Just add rice celebrates the rich culinary heritage of Taiwanese South Africans. It will inspire you to try Taiwanese, Chinese and unique South African versions of these recipes at home, using local produce and more East Asian ingredients that are available here.

SELLING POINTS

- Delicious, nutritious food on a budget.
- Comprehensive list of need-to-have pantry items for cooking Taiwanese and Chinese food.
- Ingredients that are available to the South African market, with suggested substitutions.
- Essential information on dining etiquette, customs and traditions.
- Simple recipes for home cooks.
- East Asians can enjoy their first locally produced cook book with stories that reflect relatable culture and culinary heritage.
- Anyone who is interested in food and South African food heritage.

ABOUT THE AUTHOR

Ming-Cheau Lin came to South Africa when she was three years old in the early 90s, and grew up in Bloemfontein. Now based in Cape Town, she has been writing a Taiwanese-inspired food blog Butterfingers.co.za since 2010, sharing insights into her culture and recipes her family enjoys at home. She is also a food consultant. She has a BA in brand communications, specialising in copywriting and won a *Getaway Blog Award* in 2012. She also has an international *City & Guilds* diploma in patisserie.

