

The Lazy Makoti's Guide to the Kitchen

Mogau Seshoene

Mastering the kitchen can seem pretty intimidating, especially when confronted with Instagram and TV chefs who seem to do everything with ease while, at the same time, relating a cute anecdote on camera. I've found that what most people want is simply to learn to prepare delicious and visually appealing food – the kind that will gain likes on social media – which is what inspired this cookbook.

This book was written and compiled with YOU in mind, and takes into consideration all the different occasions a South African kitchen might have to cater for. The recipes use simple ingredients that are probably already in your pantry or fridge, and if not, they're readily available in all our favourite grocery stores.

SELLING POINTS:

- Quick and easy recipes
- Ingredients from your pantry
- South African favourites
- Leads you through kitchen basics
- Teaches you to become a domestic goddess
- Tips, tricks and fresh ideas
- Repurpose leftovers: cost effective & no waste
- Proudly South African



ABOUT THE AUTHOR:

Mogau Seshoene founded **The Lazy Makoti** in 2014 wanting to pursue a love for food and the preservation of South African cuisine and heritage. What began as lessons for a friend who was due to be married, and was nervous about being labelled "The Lazy Makoti" (the lazy daughter-in-law) as she couldn't cook, has now evolved into a business. She has since made The M&G top 200 Young SA list and, in 2016, obtained a Diploma in Culinary Arts from The Culinary Training and Innovation Academy and trained under Chef Werner at The Saxon Hotel in Johannesburg. In the same year, she took part in The Mandela Washington Fellowship at the University of Wisconsin, Stout, in the US. Mogau is also one of Brand SA Play your Part ambassadors and, in 2016, made the Forbes 30 under 30 list. She has recently been appointed food editor for *Sunday World*.

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