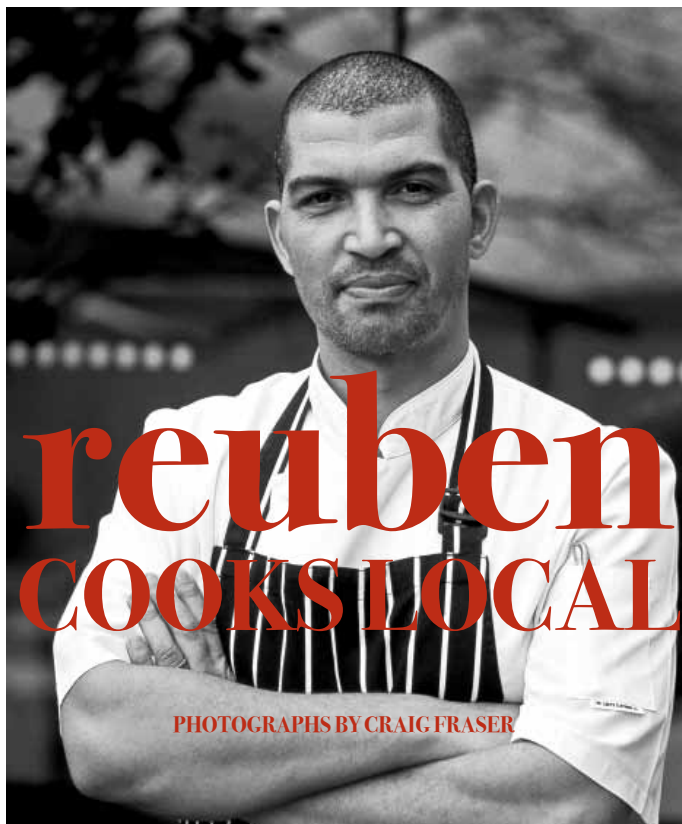


In this, his second cookbook, renowned South African chef Reuben Riffel shares his favourite local ingredients, highlighting seasonal items and South African producers.

'The easy instructions allow you to capture the flavours of South Africa – whether from sea, earth, field or orchard – simply and successfully in your own kitchen, producing dishes guaranteed to become instant favourites with family and friends'

JOS BAKER



- From ripe guavas and delicate waterblommetjies to sweet-fleshed spanspek, bright yellow mielies and crunchy apples; from rooibos and buchu to Karoo lamb and an abundance of seafood – these are the building blocks from which Reuben crafts his extraordinary variety of delectable yet accessible recipes;

- Here Reuben explores the best of South Africa's produce: fresh ingredients that arrive at his acclaimed restaurants on a daily basis throughout the year;

- As Reuben demonstrates, these local, seasonal stars don't need complicated cooking techniques, just simple ways of combining excellent ingredients to maximize flavour;

- Reuben's deep-seated knowledge of local produce – its history, place, variety and season – is in part gained from contact with local South African producers and farmers, many of which are honoured in this book.



Reuben Cooks Local is a cookbook for food lovers with a passion for produce.

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