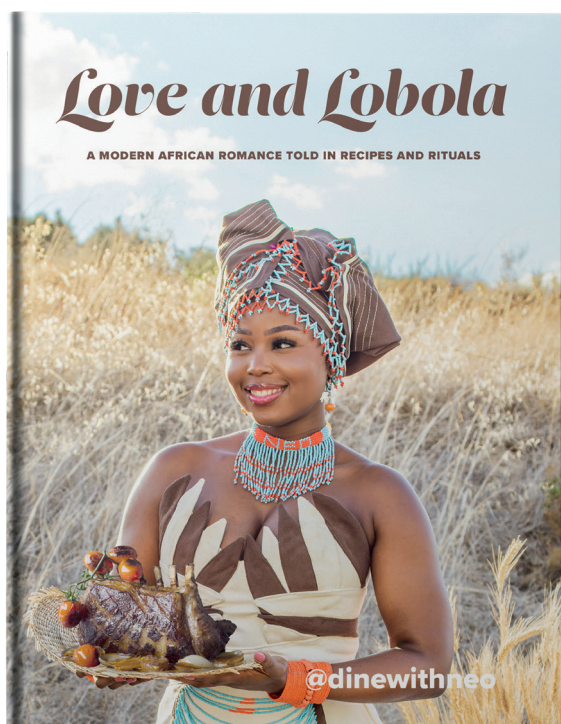


COOKING

QUIVERTREE PUBLICATIONS

COLLECTIBLE, FINELY CRAFTED BOOKS



Love and Lobola

A MODERN AFRICAN ROMANCE
TOLD IN RECIPES AND RITUALS

BY NEO NONTSO

'Love & Lobola honours the meals that shaped our love story. Modern love often feels disconnected from heritage.

These recipes show that you can be contemporary, well-travelled, curious, adventurous – and still be deeply rooted in tradition.

In our kitchen, chakalaka can sit beside a French-style cordon bleu chicken. Umngqusho can share a table with crusty Lazy Boy beer bread.

A December sheep roasted over fire can be followed by a delicate apple galette.

Our love is layered. So is our food.'

From first meals together and cooking for the parents to hosting friends and date night, along with the food served over the lobola weekend, and more, this cookbook tells a story that goes beyond ingredients or techniques.

MORE ABOUT THE AUTHOR:

NEO NONTSO, widely known as Dine with Neo, is an award-winning chef, cookbook author and TV personality. Known for her luxurious yet relatable approach to food storytelling, she has built a community of over one-million food lovers.

Her debut cookbook, *@dinewithneo: my insta feast*, was published in 2022. It won two international Gourmand Awards, and was loved by readers all over the world.

Whether you're cooking for someone you love or simply looking for food that feels like home, this book is inspiring, empowering and rooted in both a modern and traditional South African lifestyle.

At the heart of it all, Neo believes that food has the power to bring people together and transform lives.

'This is not just a cookbook – it's a love story you can taste, where every recipe becomes a chapter in Neo's journey from first meeting to forever. With rare intimacy and honesty, she invites us into moments so personal they feel almost sacred, reminding us that food is how we say "I love you" without words. This is a story of love, told through fire, flavour and feeling. And once you step into it, you'll never cook (or love) the same way again.'

Anele Mdoda



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