

Recent Cookery Books - January 2015

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Tashas - Timeless Café Classics / Natasha Sideris
Jonathan Ball Publishers, South Africa 2014

9781868422661

\$ 48.75 / HB

In this cookbook Natasha Sideris, a passionate cook, creator and founder of tashas restaurants, shares some of her favourite recipes and the most popular dishes from the café menus.

This is a celebration of uncomplicated but delicious food, inspired by wonderful ingredients and the joy of sharing with friends and family. Here you will find all the classics you love and more, from Salmon Fish Cakes and Parmesan Chicken Couscous to summer-fresh salads and hearty winter warmers like the famous tashas Chicken Pot Pie.

There are twelve extremely popular Tashas café's in JHB, Cape Town and Durban.

<http://www.marymartin.com/web?pid=171285>

Girls On Fire - A Girl's Guide to the Braai / Camilla Comins
Jacana Media, South Africa 2014

150p.;

9781928247067

\$ 22.00 / HB

If you are heartily sick of going to braais where the guys stand around the fire drinking and chatting and cooking wops and chops badly, then this book is for you. It's time for girls to claim their right to cook decent food and pretty up the braai area for this pivotal South African social activity.

Award-winning country chef Camilla Comins learnt much of her craft producing gourmet meals on a bed of coals as a young cook in Botswana. She cooked three square meals a day for foreign safari guest - offering everything from fritatas to Chelsea buns without so much as a stove to cook on, let alone an oven. Looking at the current state of the South African braai she is frustrated to find men still owning the fireplace and churning out unimaginative and often poorly cooked fare. It's time women seized hold of the braai - physically and figuratively - and made it their own.

<http://www.marymartin.com/web?pid=171286>

Sense of Taste / Peter Ayub
NB Publishers, South Africa 2014

192p.;

9780798156547

\$ 31.25 / HB

In his flagship book, foodie icon chef Peter Ayub holds back nothing. He shares the experience of 22 years of fine cooking and the lessons learnt whilst serving the famous and the well-informed. This is distilled food knowledge, combined with loads of passion and delight in the joys of cooking.

Chef Peter takes the reader by the hand and starts from the beginning: sourcing the best produce. This he follows with step-by-step advice as he shows us how to prepare delicious dishes. His food is easily prepared and has great taste without any confusing and clashing flavours.

<http://www.marymartin.com/web?pid=171287>

Cooked in the Karoo / Justin Bonello, Helena Lombard

The Penguin Group (SA), South Africa 2014

240p.;

9780143538189

\$ 42.50 / HB

In this latest culinary adventure, Justin Bonello and his crew go on a two-year journey into South Africa's backyard to rediscover the pulse of the Karoo.

Kicking up dust across the semi-desert, Justin is dependent on the legendary hospitality of the people who live there. His mission is simple: to walk in their shoes, to cook with them and to tell the stories of the thirsty land. Catch a glimpse of things you won't expect in this arid landscape - from the wide-open spaces and endless starry nights to the extraordinary and rare characters that are the heart and soul of this thirsty land. Experience their incredible hospitality, witness their daily struggle to survive and taste the delicious dishes rooted in the kitchens of yesteryear.

Cooked in the Karoo will make you want to pack up your car and travel into this painted landscape - a space where you will rediscover the importance of sometimes just sitting in silence and reconnecting with the essential things in life: good food and creating dust-covered memories with great friends.

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