

Gift Guide

foodie

“One cannot think well, love well, sleep well, if one has not dined well.”
Virginia Woolf

1 Blür Beauty Coffee Face Serum 30ml R399 blurbeauty.co.za **2** Eva Solo Nordic kitchen timer R829, yuppiechef.com **3** My Butchers Block Biltong Board & Knife R480, capeunionmart.co.za **4** Panettone Party R950, shop.babylonstoren.com **5** 5L Andowl Air Fryer Q-Z8 R2,300, takealot.com **6** Everdure Cube portable charcoal braai R2,999, home.co.za **7** Eva Solo 750ml Wine decanter R1,129, yuppiechef.com **8** Eva Solo Green Tool Citrus Press R459, faithful-to-nature.co.za

Jane's Delicious Superfoods for Super Health (Jonathan Ball Publishers)

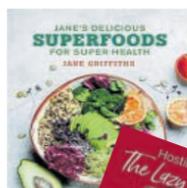
Jane Griffiths' first book, *Jane's Delicious Garden* (2009), led to a vegetable gardening revolution in SA. Her books became must-have green manuals. Now she is hitting the ground running with a cookbook with a compendium of different superfoods (from maca root to matcha powder) and a detailed guide on why they are good for us — plus there are useful tips on smoothies, sprouting, juicing, dehydrating and fermenting.

Hosting with the Lazy Makoti (Jonathan Ball Publishers)

Mogau Seshoene, aka the Lazy Makoti, presents a new cookbook filled with easy-to-

3 OF THE BEST

Cookbooks



follow recipes as well as tips on how to host any occasion. Learn how to make her incredible oxtail stew, her savoury rice-stuffed chicken or her mouth-watering blueberry malva pudding.

Gordon Ramsay in 10 — Delicious Recipes Made in a Flash (Hodder & Stoughton)
Ramsay did 30-minute meals. Now the chef with the temper rep has decided to try 10 minutes. He is honest about it though, and says it is a challenge and for most people the meals would take about 15 to 20 minutes. But who's counting. Especially if you can make a Chipotle-spiced trout with green apple and jalapeno salad in less than half an hour. No airfryer in sight.

THE GIFT OF FOOD EXPERIENCES

1 Veld and sea foraging workshops
For the foodie and nature lover in your life, Roushanna Gray offers wild food foraging, coastal foraging, and flower workshops at the Good Hope Gardens Nursery in Cape Point. Workshops start from R350 for children and R800 for adults and include a cooking class to prepare the foraged bounty. veldandsea.com

2 Cape Saint Blaize gin masterclass
Instead of buying your gin-loving friend a bottle, book a class for them to create their own. The Cape Saint Blaize distillery in Mossel Bay offers a masterclass in which attendees can experiment with flavours while being guided to distil their own bottle to take home. Classes cost R695. capesaintblaize.co.za

3 Motherdough sourdough workshop
For the bakers on your list, Motherdough offers a range of baking courses in Cape Town, Johannesburg, Franschhoek, and Bloemfontein. Masterclasses include sourdough baking (R960), desserts (R1,020), risotto and

arancini (R1,020), pasta (R1,020), and baking with dark flours (R1,080). motherdough.co.za

4 Curious Locals experiences
Curious Locals, an initiative from Curiosity hostels and hotels, offers experiences aimed at locals. In Joburg, whisky lovers might enjoy a braai and whisky tasting (R550pp), which includes a storytelling three-course dinner. Curiosity Cape Town offers a sunset dining experience in a luxury private location (from R1,100pp), daily wine tours with touches of cheese and chocolate (from R975pp), or a pop-up storytelling vegan dinner (R300pp). curiocity.africa, or e-mail marketing@curiocity.africa

5 A cooking class with Yuppiechef's online cooking school opens up a world of possibilities for foodies looking to expand their repertoire. Courses range from R195 to R285 and include an introduction to craft beer, indulgent chocolate creations, French classics, mastering meat, and quick and easy dinners. yuppiechef.com — *Sanet Oberholzer*