



THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

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FREE
COPY!

SIBA MTONGANA

“My new
cookbook is
a celebration
of family
& food”



FESTIVE FICTION

From breezy
beach reads
to nail-biting
thrillers



EXPERT ADVICE

The truth about
self-improvement
from Seth Godin

QUICK ESCAPES

Explore natural
wonders on your
doorstep

NIGELLA LAWSON

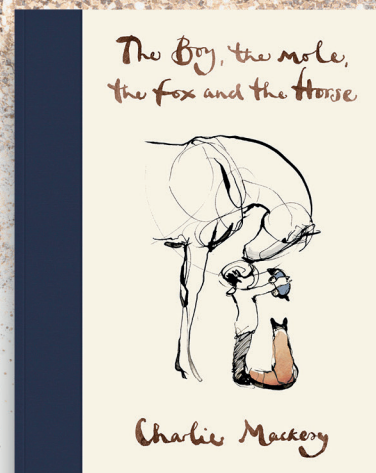
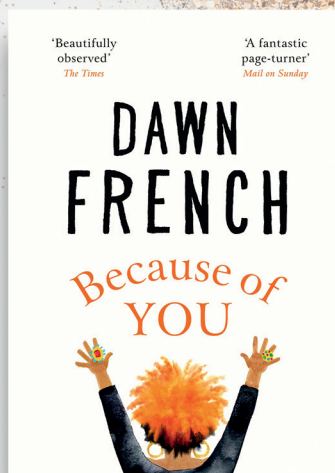
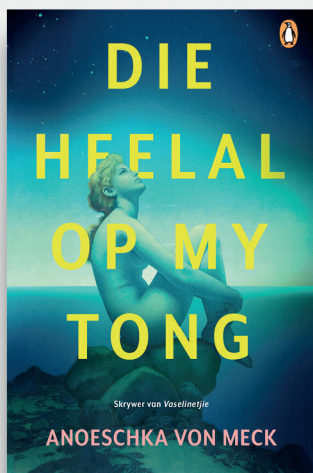
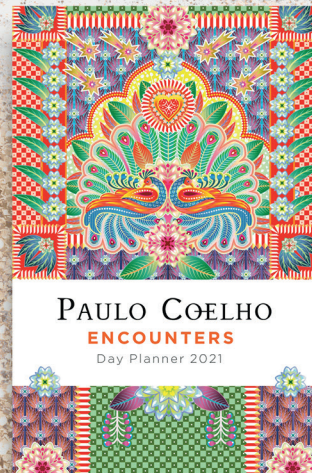
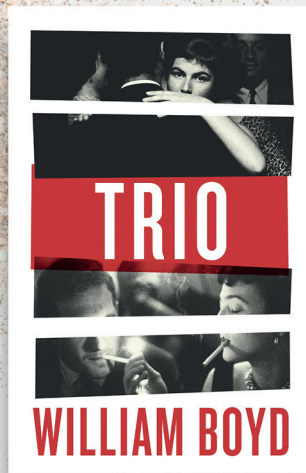
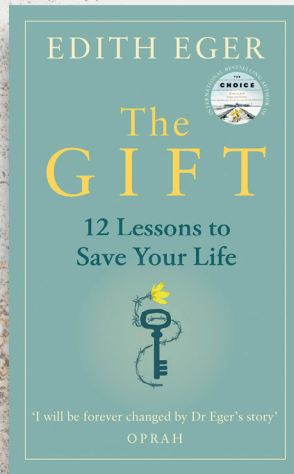
Recipes from
her brand new
cookbook

BOOK EXTRACT

The latest from
Annelie Botes,
Voetstoots



GIFTS FOR HER





04 COVER
Siba Mtongana
on cooking with her kids
and all things Christmas

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Cape Town | Estuaries No 4, Oxbow Crescent, Century Avenue, Century City, 7441 | 021 460 5400

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Welcome!

I imagine many of us are already in the holiday spirit, and too fair. It's been a year!

For many of us bookworms, time off means time to read, and that's exactly why we've bumped up our fiction section this month (p. 8). I, for one, can't wait to get going on Tana French's new thriller, *The Searcher*.

And if you find yourself looking for adventure outside the pages of a book, turn to our Nature feature (p. 12) for some inspiration on quick country escapes. Fancy a flower safari?

We're super excited to have our dynamic cover star, Siba Mtongana, finally part of the Penguin team. Siba's first cookbook, *Welcome to My Table*, was a kitchen phenomenon, and her newest, *Let's Cook*, brings together her passion for food with her commitment to family. Read more about how she's turned cooking into a family activity on p. 4.

Speaking of food, domestic goddess Nigella Lawson has a new book! It's called *Cook, Eat, Repeat*, and I just love it when Nigella says, 'More than just a mantra, "cook, eat, repeat" is the story of my life.' We've been lucky to get two delicious recipes from the book (p. 17), so I'll leave you to feast your eyes. Until next month, happy reading - and happy holidays!

Lauren

Lauren Mc Diarmid

ThePost@penguinrandomhouse.co.za



news | snippets | events | what's new

Everyone's talking about ...

“And finally, at a time when America is going through such enormous upheaval, the book offers some of my broader thoughts on how we can heal the divisions in our country going forward and make our democracy work for everybody – a task that won’t depend on any single president, but on all of us as engaged citizens. Along with being a fun and informative read, I hope more than anything that the book inspires young people across the country – and around the globe – to take up the baton, lift up their voices, and play their part in remaking the world for the better.”

DOMINATING THE BESTSELLER LISTS

"Some books shake you by the shoulders, while others steal your heart. *Untamed* does both at the exact same time. *Woke Up! Love 100!*"

Brend Brown

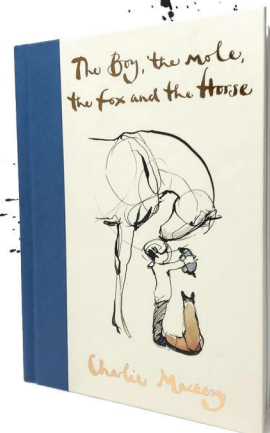
untamed

stop pleasing,
start living

**glennon
doyle**

The Sunday Times No.1 Bestseller

Charlie
Mackesy, *The Boy,
the Mole,
the Fox and
the Horse*



ON THE RADAR

Don't miss these brand new titles



Stom Gode deur
Dibi Breytenbach

Wanneer 'n groep misdadigers vermoor word, word Aella O'Malley onverwags betrek. Moet mens hoegenaamd energie op die moordenaars van dié tipe skurke vermors?



Ready Player Two
by Ernest Cline

After winning the OASIS quest, Wade Watts makes a life-changing discovery. It can make things infinitely better - but only if the right person gets to it first. Fun and fast-paced.



The Last Days of John Lennon
by James Patterson

The amazing story of the former Beatle and rock-and-roll genius's life and career, from his earliest days and first songs up to his last seconds.



Visit penguinrandomhouse.co.za to subscribe to our newsletter for the latest on releases, news, virtual events and so much more.

Marian Keyes in numbers

Ever wondered what's behind one of our favourite Irish novelists? We broke it down.

13 the number of novels she's written

36 languages that her novels have been translated into

35 million copies of her books sold to date

1995 was when her first novel, *Watermelon* was published.



Grown Ups
is out now



Q&A

one minute with...

John Webb

In John Webb's *Nine Letters*, an unsuspecting nephew "inherits" his Aunt Val's pen pals. But who wants to write to such an odd bunch?

How do you keep in touch with your friends all over the globe?

I mostly use email. And I'm partial to occasional marathon phone calls. It is important to stay in touch with folks you have met along the way. It gives essential context to the life you're living now.

How do you deal with prejudice? Teddy, the main character in *Nine Letters*, struggles at first.

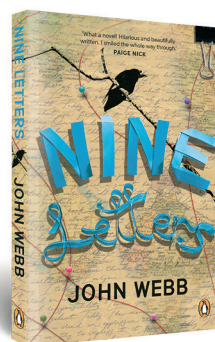
We all learn to develop a natural suspicion of others - the root of prejudice. It is a purely personal and often unconscious psychological process. We overcome this by developing consensus through language, ritual, institutional norms and belief systems in our communities. When communities come into conflict with each other, our natural suspicion expresses itself on a collective level as racial or cultural prejudice.

We should approach our fear of others as an informative emotional experience. It is not always helpful to act on your emotions, but it is essential to listen to them - we can discover emotional patterns and learn how fear and anger is connected to remorse and guilt, even shame.

Who is your favourite older family member (akin to Aunt Val in *Nine Letters*) and why?

My father's aunt does immediately spring to mind. She was dignified, witty, a notoriously bad driver, and distinctly partial to a gin and tonic at lunchtime, and I am still moved by an abiding affection for her.

Nine Letters is out now.







MY KITCHEN IS FILLED WITH LOVE & LAUGHTER

Food expert, cookbook author and entrepreneur, Siba Mtongana chats to Lauren Mc Diarmid about cooking with her kids, and how it inspired her latest cookbook, *Let's Cook*.



I don't believe there is such a thing as a perfect balance, at least not for this mother of four who runs her own business, beyond the cooking shows and books!

But I've found that the key to making the most of what time my children and I do have together is through nurturing a shared passion for cookery, making it something that we can enjoy doing together.

From the time my eldest son, Lonwabo, was small, he joined us in the kitchen during meal prep. Now at eight years old, he's big enough to help with more tasks, and he's become such a whizz, I like to call him my 'sous chef'.

My second two soon followed us into the kitchen.

Linamadla, little brother, has an insatiable sweet tooth, so he loves to bake and make milkshakes, popsicles and ice lollies.

Then, there is Buhle, big sister – we call her 'sister boss' because she is all that, and more! She is our main food critic, because she eats far more veggies than her big brothers – setting a great example – and has quite a matured palate for a four-year-old. I mean, her favourite snack is dried wasabi seaweed!

Lastly, our baby girl Ntando. At two years old, she already loves being with us in the kitchen, and it's just a matter of time before she's big enough to start helping out, too.

Like most children, there are some things they won't touch with a ten-foot pole, but letting them in on the process, and allowing them some say in what goes into dishes, or how it's presented has been my biggest trick in getting them on board with a healthy and diverse diet

It made complete sense that my next project include 'my squad', and a second cookbook was the perfect way to do so.

Let's Cook is our collection of delicious tried and tested meals and treats for parents to whip up with their little ones' help. Some of the recipes include our mini chicken pies, which the kids help with by making shapes and patterns for the pie crust, and asparagus wrapped in prosciutto and phyllo pastry (a great way to sneak in some greens). A lot of love and time went into putting it together, and my children just loved it. It's a real celebration of family and food.

But there's no bigger celebration of family and food in our house than on Christmas day.

We always start with a good breakfast, so no one gets *hangry* (hungry and angry) while we're at church. Chia pots, cloud eggs along with bacon, mushrooms, spicy beans and the works make up the spread. Then there's




Let's Cook
is out now

always something a little sweet for the kids, like homemade waffles, yoghurt popsicles and freshly squeezed fruit juice. It's an absolute feast!

Christmas lunch might be a little different this year, in that we might not have all our extended family around, but needless to say, the table will still creak under the weight of countless yummy dishes.

The stars of the menu are always my honey-glazed gammon and my famous trifle (with a berry sauce instead of jelly), along with loads of veggie dishes. For the kids, who prefer nibbles to a formal sit-down meal, especially when they have their cousins to keep them busy, I may make their favourite chicken wings, peanut butter crudité's and pizza popsicles. It's not usually that I'll let them have something different to us, but the holidays are for treating ourselves!

Cooking has always filled my heart with joy, and being able to share that with my kids is just the best. Our kitchen is the warmest room in the house, filled with love and endless laughter, and I wouldn't have it any other way." 

Let's Cook and Welcome to my Table are out now. To check out Siba's master class videos on Instagram, follow her @sibamtongana.



Looking for some festive food inspiration?

Visit penguinrandomhouse.co.za/penguinbooksblog for Siba's famous gammon and trifle recipes.

That Friday Night Feeling

Try one of Siba's easy Friday-night dishes for the family with a recipe taken from her new cookbook, *Let's Cook*.

SIBALICIOUS STICKY RIBS

"My kids love ribs and if we are not having a 'burger Friday' then it's any other casual finger food meal like ribs and sweet potato chips with a dipping sauce of our choice. These are always a hit with my kids and have become a menu staple."

SERVES 4

PREP TIME
15 MINUTESCOOKING
TIME
1 HOUR

WHAT YOU NEED

1 kg pork ribs

Cook-in-sauce

180 ml (¾ cup) soy sauce

180 ml (¾ cup) honey

30 ml (2 tablespoons) muscovado sugar

5 cm piece fresh ginger, peeled and sliced

4 cloves garlic, crushed

5 ml (1 teaspoon) cayenne pepper

5 ml (1 teaspoon) ground cumin

1 litre (4 cups) warm water, to cover

Serve with

Baked sweet potato rounds, with a dip of your choice (try my Ranch dressing dip sauce in *Let's Cook*).

KITCHEN TOOLS

Baking tray + pastry brush + large saucepan with lid

HOW TO DO IT

1. Place the ribs in a large saucepan over medium heat. Mix all the cook-in-sauce ingredients, stirring well to combine. Pour over the ribs until well covered. Bring to the boil with the lid half on.

2. Reduce the heat and simmer for 50 minutes, with the lid half open, until the ribs are cooked and the sauce

has reduced slightly. Remove the ribs from the saucepan, place on a wooden board and cut into riblets. Arrange the riblets on a baking tray and baste with the thickened sauce.

3. Place on an oven rack at the top, turn on the grill to 230°C, or the highest temperature, and grill for 8-10 minutes, keeping a close watch so that

they don't burn. Alternatively, cook on the braai, watching carefully.

4. Serve the sticky ribs with sweet potato rounds and dip. Enjoy!

SIBA'S SECRET

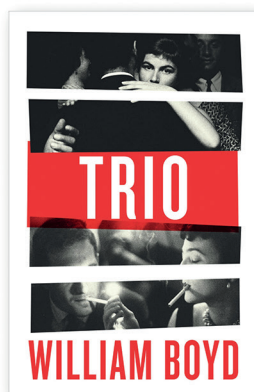
Make sure that the ribs do not boil rapidly, but rather simmer, so that the sauce doesn't evaporate too quickly. 📖



holiday reading

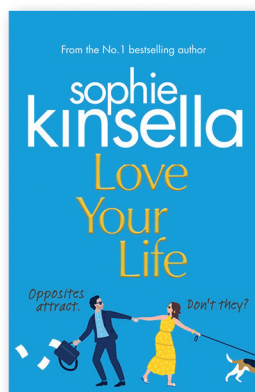
In this month's special festive fiction bonus, we round up some of our hottest new reads, plus a few of our favourite authors recall the most memorable books they've received as gifts, from treasured hand-me-downs to original editions.

BREEZY BEACH READS



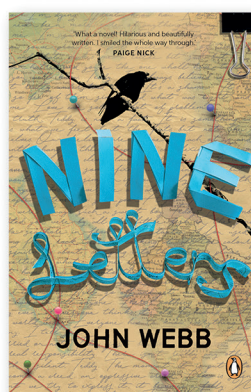
Trio by William Boyd

It's 1968, the year of the assassinations of Martin Luther King and Robert Kennedy. While the world is reeling, our trio is involved in a racy Swingin' Sixties movie in sunny Brighton. All are leading secret lives. As the film is shot, with its usual ups and downs, so does our trio's private world begin to take over its public one. Someone's going to crack. Or maybe they all will. An exhilarating, tender novel.



Love Your Life by Sophie Kinsella

After a whirlwind affair during a writing retreat in Italy, Ava and her handsome stranger pledge their love without even knowing each other's real names. But when they return home, reality hits. They're both driven mad by each other's weird quirks and annoying habits, and it seems that while they love each other, they just can't love each other's lives. A hilarious and heart-warming standalone.



Nine Letters by John Webb

When Teddy Dickerson's formidable Aunt Val dies, she leaves him an unusual bequest: to post letters to eight of her friends around the world. When the replies start flowing in, Teddy realises there was more to his tough aunt than he'd thought. Will he take on Aunt Val's role as confidant and comforter of the lost? Confidant and comforter? Teddy?! One thing's for certain: Aunt Val is laughing in her grave.



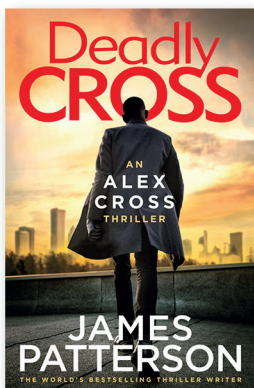
“I discovered *Charlie and the Chocolate Factory* by Roald Dahl in my Christmas stocking when I was about six or seven. I put on the bedside light straight away and started reading. I didn't stop or really engage with anyone at all until I'd finished it; it simply blew me away. Not only is it just the most perfect book in terms of magic and chocolate and hope and overcoming great deprivation to glory, and the really quite severe comeuppances, but it's such a page turner, too. If you genuinely had Wonka's factory to explore, that would basically trump anything, and that's how it felt.”

Sophie Kinsella is the author of *Love your Life*


“*Love Your Life* left me giddy with laughter. I loved it.”

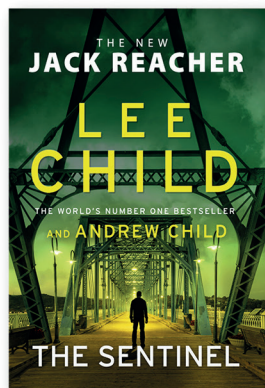
JOJO MOYES

EDGE-OF-THE-SEAT THRILLERS



**Alex Cross 28:
Deadly Cross
by James Patterson**

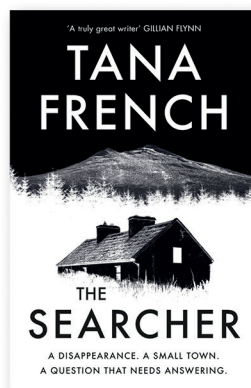
When a glamorous socialite and high school principal are found murdered, lying half naked in a car, the shocking double homicide dominates tabloid headlines. Alex Cross knew both victims well, and he's left grieving, questioning who would want them dead, and why. The gripping new instalment in the bestselling series.

 ALSO AVAILABLE
IN AUDIO


**Jack Reacher 25:
The Sentinel
by Lee Child and
Andrew Child**

Jack Reacher gets off the bus in a sleepy no-name town outside Nashville, Tennessee. He plans to grab a cup of coffee and move right along. Not going to happen. The town has been shut down by a cyber-attack. Reacher might just have to stick around and put it right, like only he can. An edge-of-your-seat, heart-in-mouth thriller.

 ALSO AVAILABLE
IN AUDIO


**The Searcher
by Tana French**

After 25 years in the Chicago police force, and a bruising divorce, Cal Hooper just wants to build a new life in a remote Irish village with a good pub where nothing much happens. But then he is drawn into the mystery of a missing boy against his will, with devastating consequences. A masterful tale of breathtaking beauty and suspense.

“A boy I thought I was mad about gave me a copy of *Hotel du Lac* by Anita Brookner for my 24th birthday. I began reading it to impress him; I carried on reading it because it was the saddest, most sophisticated tale, with subtle sketches of romanticism, desire and longing. Dolly Alderton is the author of *Ghosts*”



“*The Sentinel* shows that two Childs are even better than one.”

JAMES PATTERSON



“One of my most treasured possessions is a battered, hand-marbled, 1919 copy of *The Young Visitors* by Daisy Ashford, originally my mum's. When I first read it, I must have been around the age Daisy was when she wrote the book – about nine or ten – and although I found it funny and touching, what really impressed me was that a child had written it, someone my own age, living in the very town where I did then. Somehow that made the possibility of being an author so much more real than any book by a grown-up could have done.”

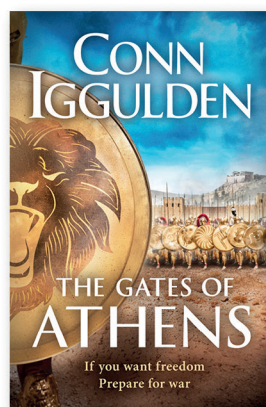
Ruth Ware is the author of *One by One*

ESSENTIAL HISTORICAL FICTION




The Autumn of the Ace by Louis de Bernières

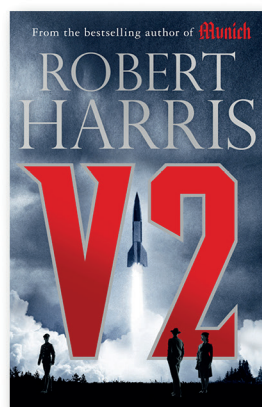
Daniel Pitt was an RAF fighter in WWI, and an espionage agent for the SOE in WWII. Now the conflicts he faces are closer to home. A moving account of an extraordinary life in extraordinary times. Daniel is a flawed but captivating hero, and this coming-of-old-age story illuminates the irrepressible spirit that can connect people, despite great obstacles.



The Gates of Athens by Conn Iggulden

Two and a half thousand years ago, the Greeks and the Persians fought an epic battle to decide the future of our world. This is their story. Filled with cunning political scheming, astonishing military prowess, invasions, treacheries, plagues, ambitions, virtues, and emotions and a lot of intrigue, Conn Iggulden brings to life one of the most thrilling chapters of the ancient world.

 ALSO AVAILABLE
IN AUDIO





V2 by Robert Harris

Rudi Graf has helped create the world's most sophisticated weapon and, in 1944, is tasked with firing it at London. Kay Caton-Walsh - an officer in the Women's Auxiliary Air Force, and survivor of a V2 strike - and her colleagues will try locate and destroy the launch sites. As the death toll soars, Rudi and Kay fight their grim war - until one final explosion of violence causes their destinies to collide.



 I want to be the first to say it: Robert Harris scores a direct hit with V2. I was enthralled. 


ANTHONY HOROWITZ

 I still have a copy of *Little Women* by Louisa May Alcott, given to me by my mum in 1976. She loved the Louisa May Alcott books herself as a child and wanted to pass it on. I cherish the fact that Mum wrote a message inside 'to dear Ruth, lots of love from Mummy'. 

Ruth Jones is the author of *Us Three*



 A few years ago, my then-husband gave me a beautiful two-volume hardback edition of William Trevor's *Collected Stories for Christmas* and it's a book that I've treasured ever since. Whenever I feel in need of some restorative fiction, it's this book that I return to. I know that I'll always discover something wonderful in these pages, quiet moments of life, unspoken truths and extraordinary pleasures. Trevor had a gift for apparent simplicity in his writing but, of course, that level of effortlessness is very difficult to achieve, which is why he was such a master. 

John Boyne is the author of *A Traveller at the Gates of Wisdom* 

MIND BLOWN

Ripley's is now a well and truly established part of Christmas. This year's all-new edition is the best yet, bursting with superb, eye-popping photographs, strange and fascinating stories and extraordinary facts. For our avid book lovers, here are some fun facts extracted from *Ripley's Believe It or Not! Mind Blown!* around all things literature.



BODY JUDGE Arthur Conan Doyle, creator of Sherlock Holmes, was a judge at one of the world's first body-building competitions, held on September 14, 1901, in London, England.

GAMBLING DEBTS

Russian author Fyodor Dostoyevsky wrote his 1866 novel *The Gambler* in only 26 days to clear his gambling debts and meet a publisher's deadline. If the novel was turned in late, the publisher would have acquired for free the rights to everything Dostoyevsky wrote for the next nine years.



3,628,800

The different ways in which 10 books on a bookshelf can be arranged



SHOP PRIZE Dutch sci-fi fan Ceisjan Van Heerden won a Welsh bookshop in a prize draw. The store owner, Paul Morris, was retiring and gave his customers at Bookends in Cardigan the chance to win the shop and its contents if they spent more than \$30.


HIDDEN TREASURE Phoenix, Arizona, charity volunteer Cathy McAllister found \$4,000 in a chamber cut inside a donated book, *The Decline and Fall of the Roman Empire*. She was about to throw out the book to be repurposed instead of sold, but before she did, she decided to leaf through the old classic. With the help of an accompanying family letter and address label, she was able to track down the owner and return the cash.

MYSTERY CODE Between 1881 and 1887, English children's author Beatrix Potter kept a journal in which she wrote her private thoughts in a secret code that was so complex it was not cracked until 1958.

COLOUR

In every language, blue was the last colour to get a word. Black and white, or light and dark, are the first to appear, and red is always next, usually followed by yellow. It's theorised that blue is last because it rarely appears in nature and knowledge of the colour isn't necessary for survival.

CHOCOLATE TASTER

As a schoolboy in Derbyshire, England, Roald Dahl, author of *Charlie and the Chocolate Factory*, was an enthusiastic taste tester for Cadbury's chocolate. Each year, he and his schoolmates at Repton School would be sent a number of prospective new Cadbury products to try out. 

NATURE'S BEST

South Africa's diverse natural world is second to none, and those who live here are lucky that it takes only a short trip to experience its magnificence. We've listed just a few of our favourite must-see places, most of which will only take a day to see. So, let the adventure begin!

BEST SPOTS FOR...



... STARGAZING

With its unique rock formations and rich diversity of flora and fauna, the Cederberg feels otherworldly; a far cry from the city landscape, about three hours away. As the sun sets, this wonderland unfurls to reveal the clearest night sky you may ever see. Because of the type of activity, this is one activity you might want to do overnight, so you can enjoy at leisure entrancing views of astronomical phenomena, such as the magnificent Whirlpool Galaxy. Kagga Kamma Nature Reserve (kaggakamma.co.za) has a mini observatory and offers stargazing tours, as well as accommodation.

You might want to pack

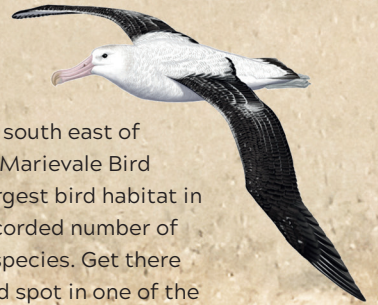
Sky Guide Africa South - 2021 Astronomical Handbook for Southern Africa A practical resource and invaluable guide

for all astronomers, whether novice, amateur or professional. It covers the upcoming year's planetary movements, predicted eclipses, meteor showers - any events and facets of the night sky that change annually. Star charts plot the evening sky for each season, facilitating the identification of stars and constellations. The guide contains a wealth of information about the Sun, Moon, planets, comets, meteors and bright stars, with photos, diagrams, charts and images.



... BIRDING

Just within an hour south east of Johannesburg, the Marievale Bird Sanctuary is the largest bird habitat in Gauteng, with a recorded number of 230 different bird species. Get there early to grab a good spot in one of the sanctuary's five hides (hint: Hadedah hide is the most popular for bird photography), where you might expect to see species such as the Black-tailed Godwit and the Great Crested Grebe, with more rare sightings of the Spotted Crake and Red-chested Flufftail. It's a great day out, especially in summer, when the area becomes home to a massive 3 500 birds.

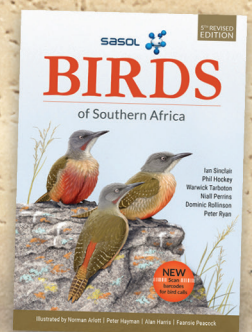


You might want to pack

Sasol Birds of Southern African, 5th

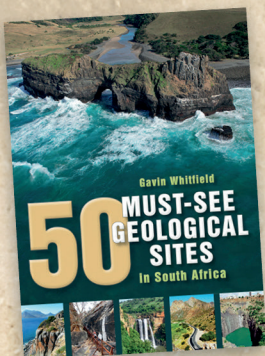
Revised Edition Brought fully up to date by its expert author panel, this edition has been greatly enhanced with more than 800 new illustrations, fully revised text (with latest species records), maps and plate annotations, and comprehensive coverage of the region's birds. You can also now

scan and play bird calls using the free downloadable app. The full versions of the Sasol eBirds of Southern Africa app has 1 000 bird calls, 2 700 photos and 989 different species, ideal for making the most of your birding experience.



... ALL-ROUND ADVENTURE

South Africans are fortunate to have a host of incredible palaeontological or historical renowned sites right on our doorstep. Like, did you know that Cape Town's famous Chapman's Peak Drive is built into 630-million-year-old Cape Granite, crystallised molten rock? Or that there's a 220 000-year-old meteorite crater that's one kilometre in diameter and 100 metres deep just outside Pretoria? Just a little bit of digging, and you can easily have a full-on adventure in your very own city.



You might want to pack

50 Must-See Geological Sites in South Africa The diverse selection from author and geological consultant Gavin Whitfield includes sites such as Chapman's Peak, Howick Falls, Walter Sisulu National Botanical Gardens, Mapungubwe, Tswaing Meteorite Crater and the Fraserburg Fossil Surface. Each site is unpacked to reveal key features, geological heritage, landscape and rock formations and things to see and do at

the site and in the surrounding area. Nearly 1 000 colour images illustrate South Africa's remarkable geology and bring the topic vividly to life, making the book suitable for armchair travel too.

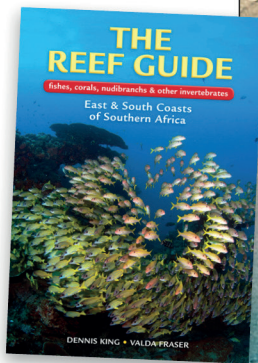
... MARINE LIFE

If you're looking for the best underwater experience locally, you won't find better than Sodwana Bay. The third best snorkelling destination in the world, Sodwana sits in the Isimangaliso Wetland Park, a World Heritage Site. Its protected status means the area's coral reefs are in pristine condition, and its underwater life flourishing. Choose to dive or snorkel, and keep your eyes peeled for species such as the stunningly bright yellow Raccoon Butterflyfish, the unique black and white striped Convict Tang, and the distinctive Indo-Pacific Sergeant.

You might want to pack

The Reef Guide: East & South Coasts of Southern Africa

Some 800 reef fishes and invertebrates found along the east and south coasts of southern Africa are documented in this impressive guide by authors Dennis King and Valda Fraser, which also includes sections on anemones, starfish, snails, crabs and shrimps. Full-colour photographs and descriptive text for each species make for easy identification. While focusing on southern Africa, the book is also applicable to the entire east coast of Africa, as well as the islands of the western Indian Ocean - Seychelles, Mauritius, Reunion, Madagascar, the Comoros and the Maldives.




... FLOWER SAFARIS

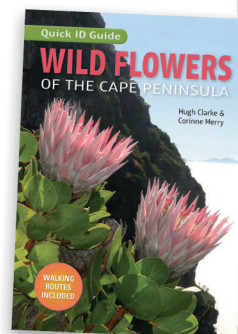
Silvermine Nature Reserve is centrally located in the Table Mountain National Park, and offers over 900 species of fynbos, made up mainly of proteas, ericas and restios. Hiking routes range from 20 minutes around the reservoir to three hours along the Noordhoek circuit, which boasts the best views over Noordhoek Valley and Hout Bay. Either way, you'll want to give yourself extra time to truly take in the majesty of the floral kingdom. Pack a picnic to enjoy afterwards, and a bathing suit for a well-earned dip in the reservoir.

You might want to pack


Wild Flowers of the Cape Peninsula Hugh

Clarke and Corinne Merry wrote this guide with the non-specialist in mind, and it's a must-have for flower lovers, hikers and tourists alike -

anyone interested in identifying the wild flowers that grace the Cape Peninsula. The book covers the most remarkable and commonly seen wild flowers of Table Mountain, Silvermine and Cape Point, clear photos of 360 flowers and concise, informative text, grouped according to colour to help with quick identification, and walking routes in the Peninsula's famed reserves, plotted on three clear maps. 



For much, much more on the best of Nature, join the Struik Nature Club by visiting struiknatureclub.co.za



DIE SONDES VAN DIE OUERS

Annelie Botes vat jy soos sy kom. In haar boeke en rubrieke het ons haar leer ken as dodelik eerlik, soms amper te veel só. Maar dis juis dié raaskryf-manier van haar wat haar so geliefd maak. (En net dalk is die spietkop waaroor sy so vies raak in die tweede uittreksel, die slagoffer van sy ouers, soos sy hier skryf...)

Om 'n kind te óórvoer, is mishandeling

In Februarie 2014 berig die *MailOnline* dat daar in die vorige vyf jaar vier-en-sewentig Britse kinders by ouers weggeneem en in pleegsorg geplaas is omrede van vetsugtigheid. In die artikel word Tam Fry, voorsitter van die Child Growth Foundation, as volg aangehaal: "To be allowed to get so obese at such young ages is quite simply child neglect and abuse."

Laas maand eet ons by 'n restaurant wat 'n eet-soveel-jy-wil buffet adverteer. Langs ons is 'n tafel met tien mense, elk logger as die ander. Met log bedoel ek mense wat elkeen op twee stoele hoort te sit. As hulle opstaan om nóg te skep, loop hulle wydsbeenskommelend.

Langs die tafel staan 'n stootkar waarin 'n dogtertjie van so 'n jaar oud slaap. Toe sy ontwaak en opgetel word, skrik ek. Want

6 Drie dae later kry sy 'n verskon- ingsbrief van die verkeers- departe- ment

sy is klaar 'n olifantjie met donderdye. Sy word van gas na gas aangegee en algar voer haar. Roomys met sjokoladesous, gebraaide visbrokkies, malvalekkers.

Gedagtig dat 'n mens se maag so groot soos jou vuis is, wonder ek waar bère sy alles. En ek kan nie verhelp om te skat hoe sy op vyftien sal lyk nie. Ekself is 'n halwe olifant, en daar skort niks met my skildklier of hormone nie. Dis van sinneloos instop dat ek so vragskipagtig is.

In my jongmoederjare het ek my koshuiskinders naweke uit skuldgevoel met kos bederf. Vandag besef ek watter sonde ek hulle aangedoen het. Pleks ons 'n vlugbalnet op die grasperk gespan, in plaasdamme geswem of in die Kagaberg geklouter het. Maar toe éet ons. Helaas, die skade is gedoen; die kosverslawing is vasgelê. As ma het ek gefaal.

FOTO: Salvèlio Meyer

'n Oorgewig kind ly onmeetlik. Blaas-blaas laaste by die wenpaal. Boomklim is uit. Pas skaars in 'n laerskoolbank. Kyk smagtend na modegiere. Sit pouse tyd eenkant en verorber 'n vrag toebroodjies en sjokoladestafies, terwyl die maters rinkink. Ruik voortydig na sweet. Kry tieties as klasmaats nog platbors is. Lelike eendjie wat gekoggel word. Muurblom sonder kêrel of meisie. Altyddeur 'n stryd om nie soos 'n natuurfrats te voel nie.

Die storie dat vet mense gelukkige skepsels is, is 'n masker om hul logheid te verberg. Ek dra ook daardie masker.

As dit maar tot ouers sal daag hoeveel opsetlike skade hulle hul kinders berokken, fisiek en emosioneel, sal daar minder neerslagtige kinders in hierdie doodvreetwêreld wees. Bedoel ek *opsetlik*? Já. Die opskeppery, snoepiegeld en gemorskos is tog nie per ongeluk nie, of hoe? Om 'n kind vet te voer, of hom toe te laat om homself te óórvoer, is uit en uit mishandeling. Dis so goed of jy sê: Eet jouself dood, Ma traak nie oor jou nie.

Vermoedelik sal daar briesende ouers wees wat my met een swaardhou wil onthoof. Altemit moet hulle eers die swaard laat sak en hulleself afvra: Wag, is dit nie tóg kindermishandeling nie? - (27 April 2015)

Hoe spietkops kan verskil

Op pad Olifantshoek toe word ons naby Kimberley deur 'n drilvet verkeersman afgetrek, en die grys word R500 beboet omdat sy liksenskaart verval het. Ek erg my tot bloedkloppings.

Ander saak as ons roekeloos was, maar alles aan ons Amakeia-Astra werk perfek, en ons het veertig gery in 'n veertigsone. Tog het die Reus van Doringberg nie ophou grawe voor hy iets vind waarmee hy op ons kon toesak nie. Ek het by 'n beroerte gedraai oor die snedige, vermagerige houding van die blinkvet wetter. Tog so oppermagtig met die boek en pen in sy hand.

Vir omtrent vyftig kilometer het ek eierbroodjies ingeryg en die grysse bombardeer met hoe die verkeerssisteem in Engeland werk. In my Granny-tyd het ek my verstom as die sesbaanspitsverkeer tot stilstand kom, sodat ek Granny met die rolstoel kon oorstoot.

Maar laat ek vertel van 'n ander mooi verkeerstorie.

In 2006, toe ons kind op genade in Engeland rondry met haar nukkerige Vauxhall genaamd Gertie, bel sy een nag. Knap voor middernag, vertel sy, op pad huis toe ná sestiensjef-ure, het die Bobbies haar voorgekeer en Gertie afgetrek. Juis was sy op 'n kamstige studiepermit en het sy haar toegelate werksure oorskry. Haar angs was dat sy gedeporteer sal word. Die Bobby hurk by die bestuurdersdeur en verseker haar sagkens dat hulle bloot alle Vauxhalls saans ná elfuur stop, want die meeste laatnagmisdaad word gepleeg vanuit ouerige Vauxhalls.

Sy snuit haar neus. Terugskouend dink ek die verkeersman het hom vrek geskrik, want toe Nasti in Bellevue-koshuis in Somerset-Oos was, is gespot dat die opstaanklok nie hoef te lui nie, want Nasti snuit almal wakker.

Ewentwil.

Die verkeersman sê sy moet oorskuif na die passasierskant, dan sal hulle haar huis toe neem, agt myl ver. Glo omdat sy so ontsteld voorkom. By die huis begelei hulle haar tot by die voordeur. Toe kom die gróót verrassing. Die verkeersman vul 'n vorm in waarmee sy die volgende dag gratis kan dokter toe gaan, ingeval sy kalmeerpille of terapie nodig het. En 'n magtigingsnota om die volgende dag af siek te boek. Hy belowe dat dit nie weer sal gebeur nie, want Gertie is op die rekenaarsisteem geregistreer as veilig.

Drie dae later kry sy 'n verskoningsbrief van die verkeersdepartement.

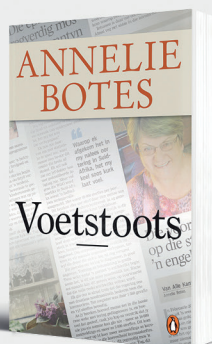
Dis nie 'n opmaakstorie nie.

Nes dit waar is dat ek en Granny op 'n bloulugdag met die rolstoel gaan stap het, en oorval is deur gietende reën. Twee verkeersmanne het by ons gestop. Die een het 'n tinfoeliekomers oor haar bene gevou en die rolstoel met 'n spoed gestoot. Die ander het trippelend 'n sambreel oor die oumens gehou. Die ekstra sambreel is vir my gegee. 'n Myl verder was ek en Granny tuis, saam met twee deurweekte manne.

Die Reus van Doringberg is 'n misbaksel. 'n Mens behoort hom te bejammer. Sy boeteboek is die toppunt van sy sukses. - (23 Februarie 2009) 📖

Uittreksels uit Voetstoots deur Annelie Botes.

Vootstoets
is nou beskikbaar





THE TRUTH ABOUT GETTING BETTER

Creative work doesn't come with a guarantee. But there is a pattern to who succeeds and who doesn't. And engaging in the consistent practice of its pursuit is the best way forward. In this excerpt taken from his latest book, *The Practice*, entrepreneur, best-selling author and speaker Seth Godin writes about reliance on talent versus development of skill and attitude.

Mundane doesn't mean what I thought it meant. The word "mundane" actually refers to the real world: the practical, skills-based, reality-focused truth of the world around us.

In his breakthrough paper, "The Mundanity of Excellence," researcher Daniel Chambliss found the perfect laboratory to test for what it means to level up.

He reviewed the habits, backgrounds, and performances of competitive swimmers. It's an ideal population to examine because:

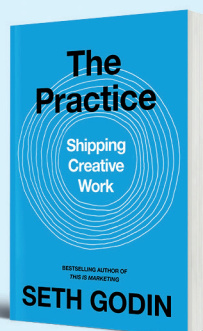
1. **There are clear levels.** From country-club league swimmers all the way up to the Olympics, participants are clearly in only one group in the hierarchy at a time.
2. **Performance is easily measured.** It's not like figure skating where the judges matter.
3. **There are almost no external factors.** The pool is the pool. Luck is easy to rule out, and performance can be measured over time.
4. **There's a large and fairly varied population of competitors.**

Here are the facts that he discovered:

1. **There is no quantitative difference in training.** People at higher levels of performance don't spend more hours training.
2. **There is no requirement for social deviance.** The athletes at the highest level had just as many friends and just as normal a life as dedicated swimmers at lower levels.
3. **There is no talent differentiation.**

“The best swimmers bring a different attitude to their training. They choose to find delight in the parts that other swimmers avoid.”

The Practice is out now



The ability to swim fast is not something you're born with.

In fact, there were two key differences between great competitors and good ones:

1. **Skill.** The best swimmers swim differently from the ones who don't perform as well. They do their strokes differently; they do their turns differently. These are learned and practised skills.
2. **Attitude.** The best swimmers bring a different attitude to their training. They choose to find delight in the parts that other swimmers avoid.


This is their practice.

There isn't just one swimming culture, there are several. The swimmers who hang out at the country-club pool are very different in skill, approach, and affect from those who compete on the varsity team, and the culture of the varsity team isn't like the one among swimmers who compete at the Nationals.

It turns out that it's not training hours or DNA that changes outcomes. It's our belief in possibility and the support of the culture around us.

Creators have a better attitude, because they've figured out how to trust the process and trust themselves to work with it.

Attitudes, of course, are skills, which is good news for all of us, because it means that if we care enough, we can learn.

Extracted from *The Practice* by Seth Godin, out now. 

FOOD & FERVOUR

Set the table for a delicious meal with two recipes extracted from Nigella Lawson's latest gift to home chefs, *Cook, Eat, Repeat*.

“Food, for me, is a constant pleasure: I like to think greedily about it, reflect deeply on it, learn from it; it provides comfort, inspiration, meaning and beauty... More than just a mantra, ‘cook, eat, repeat’ is the story of my life.”

Cook, Eat, Repeat is a delicious and delightful combination of recipes intertwined with narrative essays about food, all written in Nigella's engaging and insightful prose. Whether asking ‘What is a Recipe?’ or declaring death to the Guilty Pleasure, Nigella's wisdom about food and life comes to the fore, with tasty new recipes that readers will want to return to again and again.

“The recipes I write come from my life, my home”, says Nigella, and in this book she shares the rhythms and rituals of her kitchen through over 150 new recipes that make the most of her favourite ingredients. Dedicated chapters include ‘A is for Anchovy’ (a celebration of the bacon of the sea), ‘Rhubarb’, ‘A Loving Defence of Brown Food’, a suitably expansive chapter devoted to family dinners, plus inspiration for vegan feasts, solo suppers and new ideas for Christmas.



Chicken in a Pot with Lemon and Orzo

“A family favourite, it’s a simple one-pot dish which brings comfort and joy, and it is my pleasure to share that with you.”

1 chicken (approx. 1.5kg)
3 fat cloves of garlic
2 medium carrots (approx. 300g)
2 medium leeks (approx. 400g trimmed weight, or approx. 600g if you’re buying them untrimmed)
1 x 15ml tablespoon olive oil
2 lemons
2 teaspoons dried tarragon (or dried thyme)
2 teaspoons sea salt flakes (or 1 teaspoon fine sea salt)
½ teaspoon dried chilli flakes
1.5 litres cold water
300g orzo pasta
6 x 15ml tablespoons finely chopped flat-leaf parsley, plus more to serve
Freshly grated Parmesan, to serve

SERVES
4-6



1. Untruss the chicken, if it comes trussed, and remove all the string. If time allows, let it stand out on a board for 40 minutes or so to let the chill come off it. Heat the oven to 180°C/160°C Fan.

2. Peel the garlic cloves, and peel and cut the carrots into three lengths across, and then into batons. Wash the leeks to remove any mud, if needed, and cut into approx. 2½cm rounds.

3. Heat the oil in a large heavy-based casserole with a tightly fitting lid; I use an enamelled cast-iron oval casserole 29cm long, in which the chicken fits neatly, leaving just a small space all around it to fit the vegetables later. Place the chicken in the hot oil breast-side down to colour the skin; I do this over high heat for 3–5 minutes, or until the skin is richly golden. Then turn the chicken the right way up.

4. Take the pan off the heat and, aiming for the space around the chicken, finely grate in the zest from the 2 lemons, then grate or mince in the garlic (obviously some can end up on the chicken itself), add the dried tarragon (or thyme) and give a quick stir into the oil as best you can.

5. Scatter the vegetables around the chicken, followed by the salt and chilli flakes (if using), and squeeze in the juice from your zested lemons.

6. Pour in the cold water – covering all but the very top of the breast – and put back on high heat, then bring the pot to a boil. Once it’s bubbling, clamp on the lid and

carefully transfer to the oven to cook for 1¼ hours, though check to make sure the chicken is all but cooked through and the carrots soft.

7. Take the pot out of the oven, and add the orzo all around the chicken, and push it under the liquid, giving something as approximating a stir as you can manage in the restricted space. Put the lid back on, and return the casserole to the oven for another 15 minutes, by which time the orzo should be soft and swollen.

8. Let the casserole stand, uncovered, out of the oven for 15 minutes before serving. The orzo will continue to soak up the broth as it stands.

9. While you’re waiting, chop the parsley. Stir in 4 tablespoons, and then sprinkle over a little more. You could shred the chicken now, but it looks so wonderful in its pot I like to bring it to the table whole.

10. Place a dish by the casserole, and then pull the chicken gently apart with a couple of forks, removing any bones and skin that come loose to the dish. (For me, these bits are a particular treat: I live for the cartilage.) I find it easiest to do this while the chicken’s still in the pot but, if you prefer, you can try and remove it to a carving board; go carefully as it’s likely to fall to pieces a bit as you do so. Stir the chicken and orzo again and ladle into bowls, sprinkling with parsley as you go. You may also want to offer Parmesan to grate over: I prefer it without, but there is a strong pro-Parmesan contingent in my house.

Chocolate, Tahini and Banana Two Ways

“A warm, soft and squidgy cake, it is both embracingly cosy and almost regally sumptuous.”

250g (approx. 2 medium) very ripe or overripe bananas (skin-on weight)
 60ml olive or vegetable oil
 50g tahini, at room temperature (proper Middle Eastern tahini, if possible)
 50g full-fat Greek yoghurt, at room temperature (but only for the pud)
 1 large egg, at room temperature
 50g caster sugar
 50g soft dark brown sugar for the pud; 35g for the bread
 1 teaspoon vanilla extract
 60g plain flour (or gluten-free plain flour)
 25g cocoa
 ½ teaspoon bicarbonate of soda
 ¼ teaspoon fine sea salt
 100g dark chocolate chips
 1½ teaspoons sesame seeds, to sprinkle on top (only for the bread)

1. Heat the oven to 170°C/150°C Fan if you're making banana bread, or 180°C/160°C Fan for the pudding. Put a paper liner into a 450g loaf tin or, for the pudding, get out an ovenproof dish with a capacity of about 750ml; mine is 18cm in diameter and 5cm deep.


2. Peel the bananas and, either by hand or using an electric mixer, mash the bananas, then beat in the oil. I use an American ¼ cup (60ml) measure to do this, and then fill it up with tahini (conveniently, 60ml of tahini weighs 50g) and beat that in. If you're making the pudding, beat in the yoghurt (you can also fill the ¼ cup measure with it to get

50g). Whether you're making the pudding or the bread, now's the time to beat in the egg, then the sugars and vanilla.

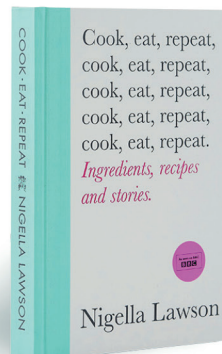
3. Whisk or fork together the flour, cocoa, bicarb and salt and slowly beat into the batter and when you can no longer see any specks of white, fold in the chocolate chips with a bendy spatula, which you will need to scrape the runny batter into either loaf tin or ovenproof dish. If it's banana bread you're making, sprinkle over the sesame seeds.

4. First, instructions for the bread: cook for 45–50 minutes until risen and firm to the touch, or until a cake tester comes out almost clean; some chocolate chips will make it a little sticky in parts. And don't worry about the cracks on the top; that is part of its deal, as it is for the pudding. Let it cool completely in its tin on a wire rack and – if you can bear to wait – once it's cold, slip it out of the tin and wrap it in baking parchment, then foil, and leave it for a day before slicing and eating. I understand if this is too much to ask; I confess I don't always manage to wait.

5. And now for the pudding-cake: cook for 40–45 minutes, depending on whether you want it to have a gooily molten centre or not. Once it's out of the oven, let it stand for 5–10 minutes before diving in for that first squidgy spoonful.

Extracted from Cook, Eat, Repeat by Nigella Lawson, out now 

GIVES approx.
10 slices of
banana bread
or makes a
pudding for
2–3



*Cook,
Eat, Repeat*
by Nigella
Lawson,
out now

Na my mening

Het vetfiksie 'n stem in Afrikaans?

Die vet- of obeeslyf se diskoers het 'n evolusie van betekenis ondergaan, skryf **Anoeschka von Meck**, wat navorsing oor oorgewig in fiksie gedoen het as deel van 'n doktorsgraad. Dit het ook as inspirasie vir haar nuuste roman, *Die heelal op my tong*, gedien.



Die kultuurwaarde van die logge liggaam kan meer as 20 000 jaar teruggevoer word na waar sulke robuuste figure in die oerkuns uitgebeeld is.

“Human kind’s obsession with body fat is not new. The current obsession is several millennia in the making,” skryf K.G. Seshadri.¹ Die bekendste hiervan is sekerlik die goed bedeelde Venus van Willendorf met haar hangmaag, breë sitvlak en bonkige bene wat in 1809 in Oostenryk ontdek is. Die waarskynlike betekenis van 'n vet liggaam in daardie tydperk kan van die verering daarvan in veral in hierdie tipe Venus-figure en -tekeninge afgelei word. Sulke lywe was heel moontlik met toegang tot voedsel, vrugbaarheid, oorlewings stamina en vroulike aantreklikheid geassosieer. Argeoloë bespiegel dat sulke individue voorkeur as sekssmaats sou geniet het om suksesvol nasate te baar en lank genoeg te oorleef om hulle groot te maak om 'n bepaalde bloedlyn se voortbestaan te verseker. Indien korrek, sou dit ironies wees dat dit juis die ‘vet-geen’, wat as 'n biologiese oorlewingsmeganisme ontwikkel en oorgedra is, in die moderne samelewing in een van die grootste bedreigings vir die mens se gesondheid sou ontfaar.²

In verbinding gebring met hoe ons oor vetsugtige protagoniste lees, is die uitbeelding van die lyf in die literatuur dus iets wat vir beide die skepper van die teks, asook die leser, met betekenis en kennis belaa is. Vetfiksie (‘fat fiction’ in Engels) is fiksie waarin een of meer van die protagoniste in die verhaal oorgewig of uitermatig obees is en waar hul *liggaamsbeskouing*, wat alle aspekte van hoe hulle uitgebeeld word, onlosmaakbaar verweef is met die dilemma van vetsug.

“Die waarskynlike betekenis van 'n vet liggaam in daardie tydperk kan van die verering daarvan in veral in hierdie tipe Venus-figure en -tekeninge afgelei word”



Die heelal op my tong deur Anoeschka von Meck is nou beskikbaar

Die uitbeelding van die vetsugtige in die geskiedenis van die letterkunde figureer slegs sporadies, maar is tog aanwesig. Dit is egter by wát die uitbeelding van die hierdie tipe liggaam verteenwoordig, naamlik deurlopende stigmatisering, waar die werklike beperking waarneembaar is en wat eers onlangs begin verander het. Reeds in 485 skryf ene Mar Philoxenos, 'n Bisantynse biskop, oor vet en vraatsigheid as die walglikste euwel. “Die eetlus van die maag is die vieslikste passie, wat rasionele denke inhibeer en toegang bied vir alle euwel om die siel, sowel as die liggaam te verslaaf.”³ So ook het William Banting, die oorgewig-doodsismaker na wie die dieetgier ‘banting’ vernoem is, in 1863 sy *Letter of Corpulence* gepubliseer wat jare lank in sy eie era 'n topverkoper was. “Of all the parasites that affect humanity I do not know of, nor can I imagine, any more distressing than that of Obesity.”⁴

Die feit dat daar in 2014 reeds 88 lande was waar meer as die helfte van die bevolking oorgewig is, veronderstel twee afleidings: dat om oorgewig of obees te wees in sekere bevolkingsgroepe die “nuwe normaal” is; en ten spyte daarvan ervaar 'n groot persentasie mense van alle liggaamssoorte – hoe hul lyk – hulself as onaanvaarbaar en verwerplik.

Die heelal op my tong is 'n bewuste poging om (dalk?) die eerste vetfiksie in Afrikaans te wees waar die protagonis se oorlog met haarself neerslag vind in die afmetings van haar lyf. Die motivering hiervoor is om ander Suid-Afrikaanse skrywers te inspireer om hierdie lyfdiskoers, wat ongeken min verteenwoordiging het, te ondersoek. ■

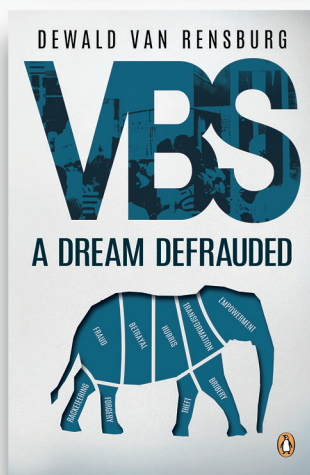
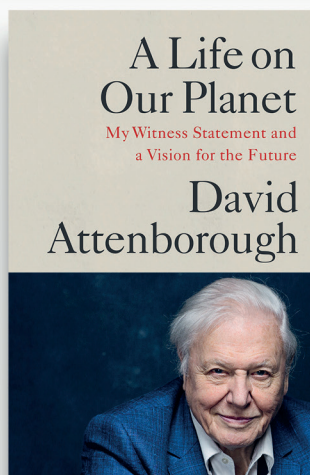
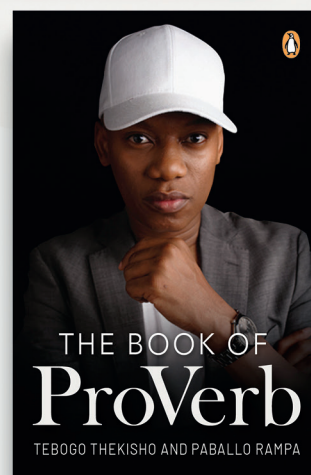
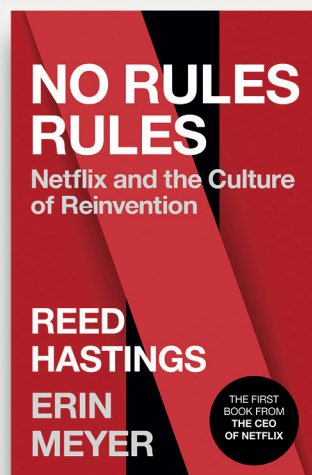
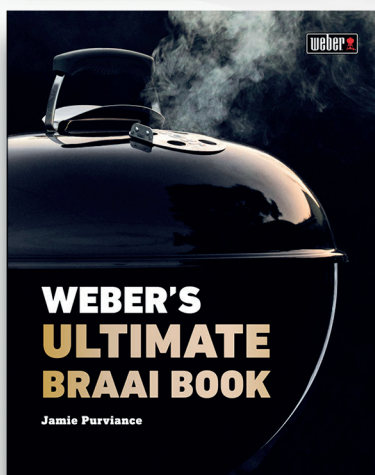
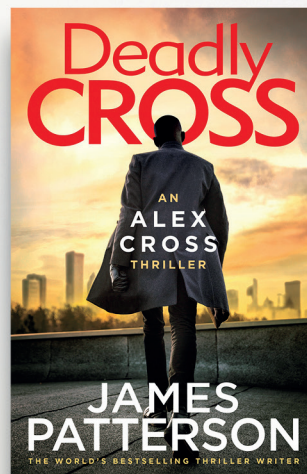
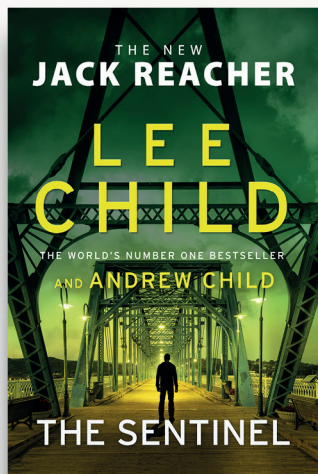
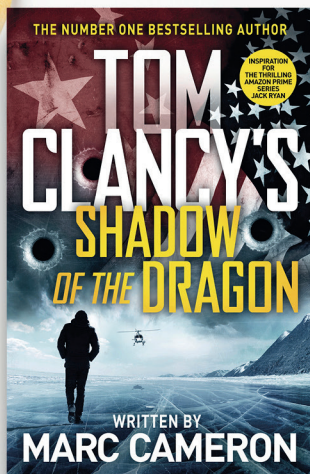
1 Seshadri, K.G. 2012. A Venusian Story of Palaeolithic Proportions. In: *Indian Journal of Endocrinology and Metabolism*, Vol. 16(1): 134-135.

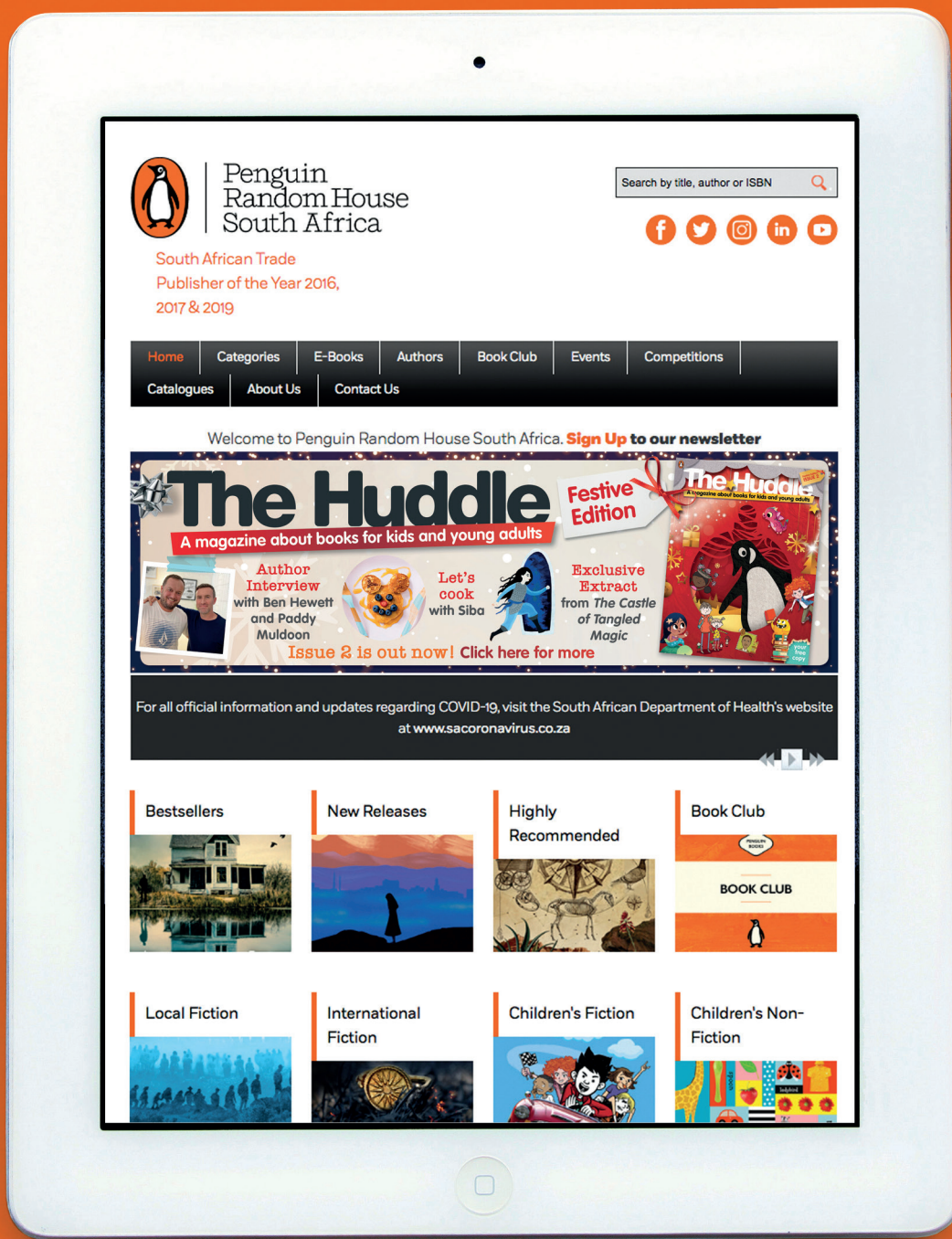
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