



THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

LATEST RELEASES

From Anne Tyler & Stephanie Wrobel to Mike Nicol & Harlan Coben

WIN!

A foodie hamper
valued at R5 500
is up for grabs

Meet the uncompromising, unconventional Elizabeth Zott

Heroine of *Lessons in Chemistry*,
the new and exciting debut novel

YOUR
FREE
COPY!

ALLEGORICAL BOOK CLUB PICK

Glory by NoViolet
Bulawayo

PLANNING ON BUYING A HOME?

Home loan consultant
Tania Weich weighs in

EVOCATIVE EXTRACT

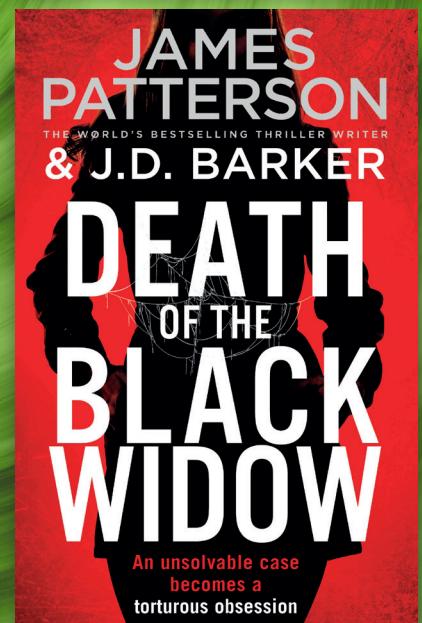
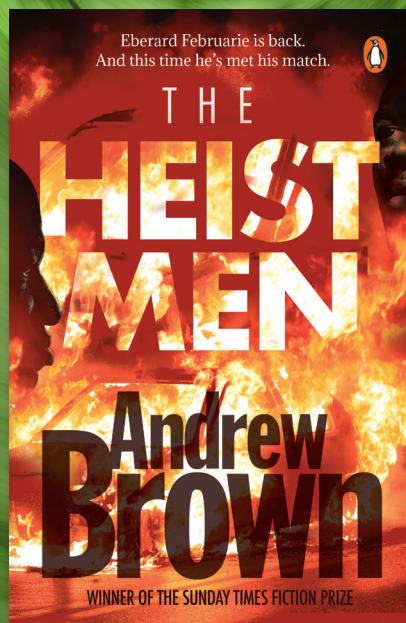
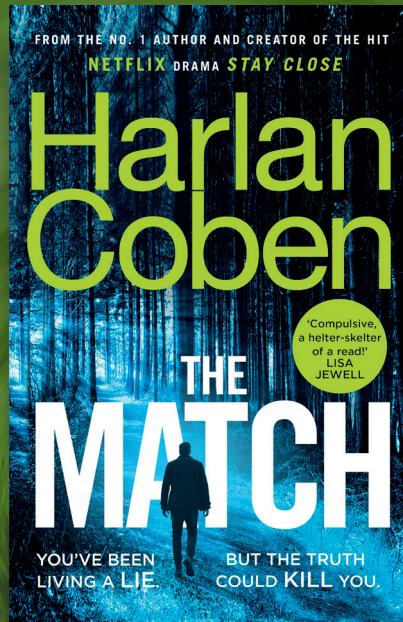
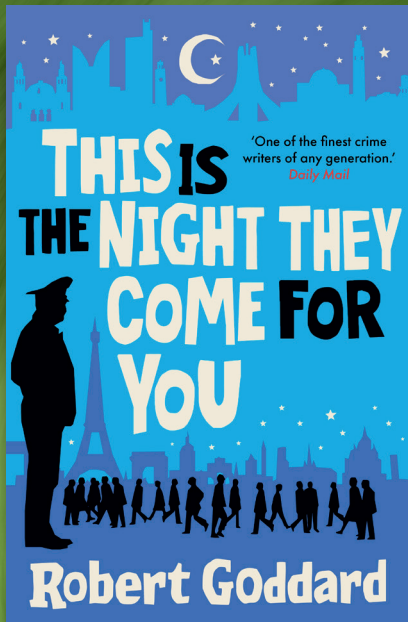
Africa is Not a Country
by Dipo Faloyin

FAMILY FAVOURITES

Recipes from our local
cookbook authors



EXHILARATE YOUR SHELF



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Welcome!

We went for something a little different for our cover this issue. And how could we not? The cover of *Lessons in Chemistry* is wildly intriguing, as is the novel itself. The debut from Bonnie Garmus is the ultimate nod to empowered women, living life their way, without a care as to what anyone thinks of it. Read the author interview on page 4, where Garmus chats about science experiments gone wrong, her dog, 99, and the unconventional, uncompromising star of *Lessons in Chemistry*, Elizabeth Zott.

Our book club pick this month is *Glory*, a piercingly funny novel exploring the fall of Robert Mugabe from Booker-shortlisted Zimbabwean novelist, NoViolet Bulawayo. In our feature with Bulawayo, she chats about the true events that inspired the book, collective experience and talking animals.

On the menu this issue are favourites from some of our local cookbook authors. The recipes have been chosen with family in mind, such as Herman Lensing's cold leg of lamb with green sauce, and are perfect for family time around the table. Add them to your list of dishes to try out over one of the lovely long weekends coming up. *Plus*, all three titles are up for grabs, along with a gourmet gift hamper, an apron and a spot on Liziwe Matloha's online cook-along!

Also in this issue, we have a long list of some of the best fiction coming out, an insightful Nature feature on mushrooms, and home loan consultant, Tania Weich, pens a piece on how you can own a home, and keep it.

Happy reading!

Lauren

Lauren Mc Diarmid

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bookscape

news | snippets | what's new

+++++

**Everyone's
talking
about ...**

**The New Book
from *Daisy
Jones and
The Six*
author, Taylor
Jenkins Reid**



Coming September 2022, *Carrie Soto is Back* is a riveting and unforgettable novel that tells a story about the cost of greatness and a legendary athlete attempting a comeback.

Carrie Soto is fierce, and her determination to win at any cost has not made her popular. By the time Carrie retires from tennis, she is the best player the world has ever seen. She has shattered every record and claimed 20 Slam titles. And if you ask her, she is entitled to every one. She sacrificed nearly everything to become the best, with her father as her coach. But six years after her retirement, Carrie finds herself sitting in the stands of the 1994 US Open, watching her record be taken from her by a brutal, stunning, British player named Nicki Chan. At 37 years old, Carrie makes the monumental decision to come out of retirement and be coached by her father for one last year in an attempt to reclaim her record. Even if the sports media says that they never liked the 'Battle-Axe' anyway. Even if her body doesn't move as fast as it did. And even if it means swallowing her pride to train with a man she once almost opened her heart to: Bowe Huntley. Like her, he has something to prove before he gives up the game forever. In spite of it all: Carrie Soto is back, for one epic final season.

Taylor Jenkins Reid is the bestselling author of several novels, including *Daisy Jones & The Six*, *The Seven Husbands of Evelyn Hugo* and *Forever, Interrupted*. She lives in Los Angeles with her husband, their daughter, and their dog.

DOMINATING THE BESTSELLER LISTS

***Again, Rachel* by
Marian Keyes**

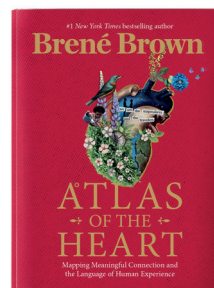
"You know when you get your grubby paws on the latest Marian Keyes and you swear on your glow-in-the-dark rosary that you're going to make it last the whole week and then you read all 600 delicious pages of it in one day and have the worst book hangover?

That." - **Pamela Power**, author, TV scriptwriter, editor and blogger



“There are too many people in the world today who decide to live disappointed rather than risk feeling disappointment. This can take the shape of numbing, foreboding joy, being cynical or critical, or just never really fully engaging.”

- Brené Brown,
Atlas of the Heart



#bookstagram MUST of the MONTH



WIN! WIN! WIN!



Every month, we have loads of books and other great prizes to give away. To find out more, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions.

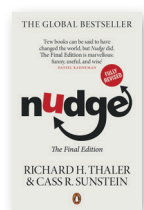
RELEASE RADAR

Don't miss out this month ...



How to Get a SARS Refund for Retirees by Daniel Baines This book helps retirees get more out of their savings and reveals the pitfalls they need to look out for to avoid nasty surprises. It also offers a wealth of information on the methods available to reduce tax liability, how to effectively use tax exemptions and access possible tax refunds.

Bitch by Lucy Cooke The award-winning zoologist takes us on a global journey to meet the animals and scientists that are helping to redefine female species and release it from the shackles of stereotype. Lucy will present us with a dazzling portrait of the female, introducing us to polyamorous chimps, alpha-female hyenas, menopausal killer whales and lesbian lizards.



Nudge by Richard H. Thaler & Cass R. Sunstein We are all susceptible to biases that can lead us to making bad decisions. No choice is ever presented to us in a neutral way, but by knowing how people think, we can make it easier for them to choose what is best for themselves, their families and society. Change the way you think, work and live.

Q&A

One Minute with... Mike Nicol

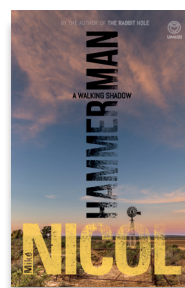
In the new Fish Pescado and Vicki Kahn series, Fish and Vicki are about to get hit by history ... and history can be brutal.



Where did you first meet Fish Pescado? Years ago, while surfing at Muizenberg, I started chatting to this dude on the backline. Turned out he was a private investigator. And he sold herb. Much later - by then I had found out his surname was Pescado and he went by the nickname, Fish - I learned he had taken over from another PI called Mullet Mendes (weird names these guys have). Fish told me how he'd watched Mullet being gunned down by gangsters and because this story was too good to let go, I wrote it up in a book called *Of Cops & Robbers*. After that I often saw Fish in Muizenberg and he always had new stories.

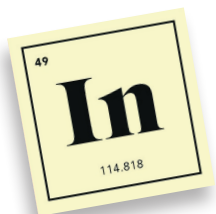
How is it that you know so much of the world of secrets and spies? Were you a spy yourself? I'm afraid I can't confirm or deny that question. Suffice to say that being a journalist gave me "permission" to nose about in people's lives. Nosing about is never an entirely comfortable experience but it's invaluable to novelists. Clearly, imagination goes a long way to creating any novel but the odd pry can turn up unexpected goodies that add value to even the most fervent of imaginations.

In your books, Cape Town is a character in itself. How do you keep fresh eyes when looking at your hometown? Once a journalist, always a journalist. It also helps having a partner who is curious about the city. But it's not only about seeing; it is also about listening. The street talk and the sound of the city are as important as what it looks like. 📍



Hammerman is out now.

“Elizabeth Zott dares us to take ourselves seriously.”



Bonnie Garmus chats about science experiments gone wrong, her dog called 99 that's more like a fawn, and introduces us to Elizabeth Zott, the unconventional, uncompromising star in her debut novel, *Lessons in Chemistry*.

“I started *Lessons in Chemistry* about seven years ago. I'd just come out of a meeting, irritated by some garden variety sexism, and as I sat down to work, I suddenly realised someone else was sitting there, too. Her name was Elizabeth Zott. Like me, she wasn't in a very good mood. “You think you've had a bad day?” she said. “Well, get a load of this.” So essentially, the personality of Elizabeth Zott sprung out from fury.

Now I should add that Elizabeth Zott wasn't new to me – she'd had a minor role in a different novel I'd started (and shelved) years before. But what was new to me was her certainty of who she was and what she had to say – about society, culture, racism, sexism, religion, and most of all, about change. How to do it and why.

There wasn't any particular idea that inspired me to write Elizabeth Zott's story, although I remember feeling like I really

“I taught myself chemistry using an old textbook from the 1950s. ”

needed a new role model – someone who stood up for what she believed in; someone with integrity. That feeling was directly influenced by Trump's lack of integrity – his campaign for the White House was underway at the time and there were all those statements about how he felt he could treat women – grabbing them by the ..., et cetera. But I'd also recently reread Betty's Friedan's *The Feminine Mystique* and started thinking about what life had been like for women from that generation – my mom, her friends, my mother-in-law – all of them smart – all of them, despite their brains and talents, at home with kids. Anyway, that's where the book came from: a confluence of factors and ideas, plus nausea whenever Trump said anything out loud. So I set the book during my mom's era – I made Elizabeth Zott her age. It was my way of saluting her as well as a generation of overlooked women – those so-called “average housewives”!

From the very beginning, I liked writing a character who knew who she was; someone



who didn't constantly question herself or spend hours wondering what she should be. Sometimes I'd find myself marvelling at her confidence: she doesn't agonise; she acts. But with that kind of confidence comes a sort of blindness, and naturally that gets her into trouble. People react to her with a mixture of astonishment, frustration, humour and envy. Elizabeth does not have the time or inclination to people-please. She also has no room for avoidance, manipulation, lies, and fakery. Seems like a lot of extra work. Why not just state facts? Why not just tell it like it is?

There were days when I would find myself saying out loud, "You *really* want to say that, Zott? You really want to go there?" And she'd say, "What? Why not?" She has this streak of cluelessness mixed with a kind of fed-up impatience that I loved writing. She treats gender stereotypes as a momentary lapse in judgment, certain that once everyone rereads their Margaret Meads and Charles Darwins, we'll all be back on track. She approaches motherhood as an experiment – there will be failures, accidents, falls, sure ... but think of the data. She accepts limits from no one – her neighbour, her boss, her dog – but she is also mired in a deep well of depression that comes not only from the tragic events in her life, but from the one thing she abhors more than anything: being misunderstood.

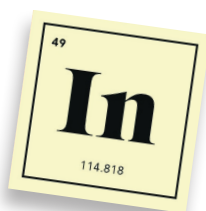
More than anything, she wants to be judged on her contributions. But as a woman, she's judged on her attractiveness. I made her beautiful for a reason: to show what a burden beauty is. She isn't taken seriously because of the way she looks, yet gets an enviable job almost entirely based on the same. Worse, her beauty comes from someone she despises – her father, a second-rate performer she's determined not to emulate.

Elizabeth Zott is an absolute whizz in the kitchen, whereas – and I'm a little embarrassed to admit it – I don't enjoy cooking! I have huge admiration for those who do, though, and that's why my favourite meal is the one someone else makes. I think good cooking is hard – it's both an art and a science. Luckily my husband loves to cook and he's good at it. Nevertheless, we split cooking duties right down the middle – which means we get a great meal every other day.

“This book is my way of saluting a generation of overlooked women – those so-called “average housewives”.”

Elizabeth's cooking is inspired by science – she's a gifted chemist, and it's central to the novel. I don't have any formal science training (the last time I took chemistry was in high school), however, I did work for a science textbook publisher in the early 1980s – Benjamin-Cummings. Still, I needed to get the basics down, so I taught myself chemistry using an old textbook from the 1950s – it had to be from the fifties so I wouldn't inadvertently mention breakthroughs that hadn't happened yet. I also used a children's chemistry book – *The Golden Book of Chemistry Experiments* – from the same era. I even conducted a few experiments in our London flat, some of which had iffy results – which is okay in science, but less so in a dense neighbourhood. But now I can say for a fact that the London fire department's response time is excellent.

I never wanted to be a scientist – I always wanted to write novels – but I hold scientists in high esteem. When I worked at Benjamin Cummings, I couldn't help but notice that most of the people writing their science textbooks were men, and it struck me that all this very important information was only coming from half the population. We all know brilliant minds have been routinely barred from science through systemic sexism, racism, and cultural barriers, and it's still happening today, which is outrageous. Because science is one field in which keeping out women, people of colour, people of *all* genders, is not only unacceptable but perverse given that science itself doesn't recognise intellectual limitations within these



groups. So, I do hope young women will continue to break through these barriers and flock to science – we need them! But I hope some of them will write novels, too.

In the book, Elizabeth applies her brilliance to her dog, Six-Thirty, a truly remarkable – and charming – companion. I’ve had a few dogs myself. My first was Charlie, a mutt and he lived a very long time – nineteen years – thanks to (we believe) the bowl of ice cream he enjoyed every evening. As a child, I worshipped him and imagined he had great powers and heroic tendencies. Although for a hero, he slept an awful lot.

Next came Astro and Barney, both mutts from the pound. They were our Best Dogs at our wedding and were great in the role – although, maybe a little *too* great, because a lot of our wedding photos feature only them, or them and the bottom half of our legs. Barney and Astro were also our training wheels for eventual parenthood; they taught us patience and the importance of always having snacks at the ready.

Friday came next – she was yet another pound rescue, coming to us with horrible mange and missing teeth. She’d been badly abused, and her previous owner was jailed because of it. But despite her bad beginning, Friday was Gandhi. Incredibly calm, wise, and smart. She had a huge vocabulary – not as big as Six-Thirty’s – but it was something else. When we moved to Switzerland, she even picked up some German.

Now, we have 99, a 10-year-old greyhound ex-racer. We live in a small flat – 99’s the biggest thing in it. Like Friday, she’s very calm, but also silent; living with her is probably the closest we’ll ever get to living with a fawn. She’s extremely sensitive to emotion. If she hears crying, she’ll try to do something about it – usually by gently pressing herself up against the sad person. Which is nice unless the crier in question is someone with a fear of dogs. She’s given a few people heart attacks.


Faith is a key theme in the book. I think religion co-opted the term “faith” to mean religion, when, in fact, it simply means to believe in a person’s knowledge or ability – and that is what Elizabeth Zott believes in: herself. But believing in one’s self is hard,

“We can’t hope for a better future; we must make it. And that starts with believing in ourselves.”

and I think that’s part of the reason many prefer to turn the reins over to something commonly referred to as ‘God’s will.’ I was raised in a normal, friendly church, but I did start questioning the stories at an early age. I became disenchanted with religion when I was old enough to notice people often used it to bolster their reasons to hate someone or something. I know religion offers solace and community to many, and I think that’s great, but prayers don’t solve problems. People solve problems. We can’t hope for a better future; we must make it. And that starts with believing in ourselves.

Elizabeth Zott sets out to teach a nation of overlooked housewives what they’re made of – at a molecular level. And suddenly a nation of women can’t get enough, and men can’t help but listen. And it’s all because Elizabeth Zott takes herself seriously. And in doing so, dares us to do the same.”

ABOUT THE BOOK

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing. But it’s the early 1960s and her all-male team at Hastings Research Institute take a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with – of all things – her mind. True chemistry results. But like science, life is unpredictable. Which is why a few years later, Elizabeth Zott finds herself not only a single mother, but the reluctant star of America’s most beloved cooking show, *Supper at Six*. Elizabeth’s unusual approach to cooking (‘combine one tablespoon acetic acid with a pinch of sodium chloride’) proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn’t just teaching women to cook. She’s daring them to change the status quo. Meet the unconventional, uncompromising Elizabeth Zott. 



Lessons in Chemistry is out now.

at my desk

The Man Booker Prize-winning author, Marlon James, chats about vampires, writing black fiction, and his spectacular, genre-redefining literary fantasy novel, *Moon Witch, Spider King*.

“Most people would call *Moon Witch, Spider King* a fantasy novel, but to me it’s the world as people at the time would have believed to be true; when Zeus and Odin, Olympus and Valhalla were facts of everyday life, and not myths that only appeared in graphic novels. When river mermaids, immortal women and shapeshifters were a reality. This is a world of werecats instead of wolves, great empires and magnificent cities, but also brutal kings and queens, corruption, betrayal and murder. A world before Christianity and Islam, one of magic and wonder, but in many ways a far more progressive one than ours in how it dealt with things such as queerness and gender.

I spent a long time researching African myths and legends. It’s interesting that the further back you go with any culture, the more you discover its similarities – they all have dragons, great floods, the legend of the great serpent wrapped around the world, swallowing its own tail ... and they all have vampires. It was the vampires, particularly those on the move, that sparked the idea that became the backbone of the story. And then there’s the fact of how powerful and vicious they are. African vampires are stronger and more open-minded than their European counterparts. They quite like sunlight, for example.

In the Dark Star Trilogy, I’ve written the stories I wanted to read. To not be white in the world of literature – any literature, at any stage of your life, from Enid Blyton and Laura Ingalls Wilder to Charles Dickens and Graham Greene – is to read about a world where people like myself never appear. It’s ultimately a strange experience, one that white readers might not

“African vampires quite like sunlight.”



Moon Witch, Spider King is out now.



understand. This meant that if I was ever going to see myself in this world, to the point where I started to take my presence for granted, then I would have to write it.

To write a novel is to solve a mystery. So, when I started this series with *Black Leopard, Red Wolf*, I had a vague idea of where the world was set, and some of the people in it, but no clue where the story was going or which of these characters would take me there. Tracker was at one point a barely-human hound that appeared in a single paragraph. Sogolon didn’t even exist. It’s like driving in the dark, where you might have an idea of where you’re going, but can only see right ahead of you. The only way to see more, is to keep driving.”

ABOUT THE BOOK

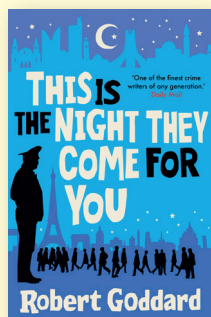
In this stunning follow-up to *Black Leopard, Red Wolf*, Marlon James draws on a rich tradition of African mythology, fantasy and history to imagine an ancient world, a lost child, an extraordinary hunter, and a mystery with many answers ... He weaves a tapestry of breath-taking adventure through a world at once ancient and startlingly modern and, against this exhilarating backdrop of magic and violence, explores the fundamentals of truth, the limits of power, the excesses of ambition, and our need to understand them all. **P**

THIS MONTH'S TOP FICTION



The Match by Harlan Coben

Discovered living a feral existence in the Ramapo mountains of New Jersey, Wilde has grown up knowing nothing of his parents, and even less about his own identity. Until now. But Wilde's research gets him caught up in a secret community committed to exposing anonymous online trolls. Then one by one, people start to die, and it soon becomes clear that a serial killer is targeting this secret community. A gripping new thriller from the bestselling author.



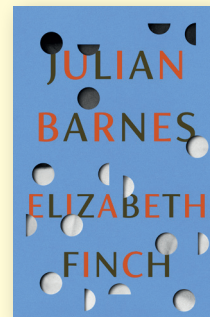
This is the Night They Come for You by Robert Goddard

Superintendent Taleb's latest case will take him deep into Algeria's troubled past and its fraught relationship with France. He's instructed to pursue a former agent, now on the run after 20 years in prison for his part in a high-level corruption scandal. But his search will lead him inexorably towards a greater mystery, surrounding a murder that took place in Paris more than 50 years ago. Brilliant characters and plotting in this new crime novel.



The Swimmers by Julie Otsuka

Alice is one of a group of obsessed recreational swimmers for whom their local swimming pool has become the centre of their lives. Until one day a crack appears beneath its surface ... As cracks also begin to appear in Alice's memory, her husband and daughter are faced with the dilemma of how best to care for her. A novel about mothers and daughters, grief and memory, love and implacable loss; spellbinding, incantatory and unforgettable.



Elizabeth Finch by Julian Barnes

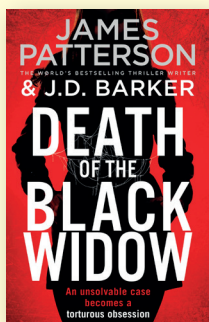
Elizabeth Finch was a teacher, a thinker, an inspiration - always rigorous, always thoughtful. As Neil, a former student, unpacks Elizabeth's notebooks, and remembers her uniquely inquisitive mind, her passion for reason resonates through the years. Her ideas unlock the philosophies of the past, and explore key events that show us how to make sense of our lives today. This is a loving tribute to philosophy and a careful evaluation of history.



This Might Hurt by Stephanie Wrobel

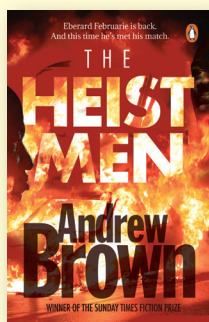
When Kit joins Wisewood, the self-help retreat on a secluded Maine island, her sister Natalie has concerns. Why does it forbid contact with the outside world? Then, after months of silence, she receives a message: *Would you like to come tell your sister what you did - or should we?* Who is digging into the Collins' past? Natalie will have to go to Wisewood to find out. But it turns out Wisewood is far easier to get into than to leave... A story of sisters, secrets and a sanctuary with a dark heart.

'This Might Hurt is a mesmerising and original ride ... Expertly paced, hugely unsettling, and perfectly dark, you'll be gripped in this clever exploration of fear and vulnerability right until the flawless ending.' – ASHLEY AUDRAIN, AUTHOR OF *PUSH*



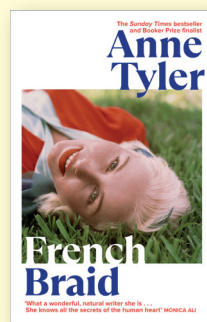
Death of the Black Widow
by James Patterson and J.D. Barker

Officer Walter O'Brien is called to a murder scene on his first night with Detroit PD. A terrified 20-year-old has bludgeoned her attacker with shocking skill. The young woman is also a brilliant escape artist. Her flight from police custody makes the case impossible to solve – and, for Walter, impossible to forget. His fascination with the missing woman approaches obsession, and then he discovers that he's not alone in his search ... A stunning standalone thriller.



The Heist Men
by Andrew Brown

Cape Town is experiencing a wave of skilfully executed cash-in-transit heists, and Captain Eberard Februarie is brought in to crack the case. Andile Xaba lives a double life, leading a crew of heist men and hiding his activities from his girlfriend and mother. He knows the police are on his tail, and when a job goes wrong, fault lines start emerging in the gang. They cannot afford any more mistakes. A thrilling, poignant triumph, once again revealing Andrew Brown as a vital voice on the local crime fiction scene.



French Braid
by Anne Tyler

In 1959, the Garretts have never been further apart. Mercy has trouble resisting the call to be a painter, which means less time for her husband, Robin. Their teenage daughters, Alice and Lily, could not have less in common. Their youngest, David, is intent on escaping his family's orbit, for reasons none of them understands. Yet, as these lives advance, the Garretts' influence on one another ripples unmistakably through each generation. A brilliantly perceptive journey deep into one family's foibles.



Om beter te kan moor
deur Christelle van Rooyen-Wessels

Vyf jaar gelede ontsnap moordenaar David Francke uit aanhouding. Sy ma, Klara, woon deesdae rustig in Amerika. 'n Oproep uit SA versplinter egter haar vrede – het haar seun werklik 'n halfbroer? Die lyk van 'n vrou spoel uit by die Strand en kaptein Beyers van der Rheede begin die moordenaar soek – beslis nie 'n groentjie nie. Op Coetzersdal kry kaptein André Coghlan óók 'n vreemde oproep. Alles terwyl die jong musikant, Katherina, nie kan besluit hoekom die aantreklike Hechter Stander haar kiewelrig maak nie.



What His Wife Knew by Jo Jakeman

Beth Lomas thought she knew her late husband. But this one small word, written on the back of a discarded envelope and left on their kitchen table convinces the police that Oscar took his own life. As the police announce they are not seeking anyone else in connection with Oscar's death, Beth is convinced that there is more to the story. As she sets out to discover what really happened, Beth uncovers shocking truths about the man she thought she knew better than anyone. An enthralling, page-turning mystery. **12**

'What His Wife Knew is a totally engaging, brilliantly characterised read that had me hanging on every twist and turn. An absolute five-star cracker of a book.'
– GYTHA LODGE, AUTHOR OF *LIE BESIDE ME*

There once was a goat called Destiny ...

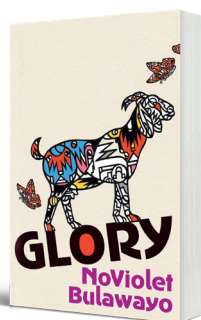
Glory is an effervescent, punchy, novel from Booker-shortlisted Zimbabwean novelist, NoViolet Bulawayo, exploring the fall of Robert Mugabe. She chats here about the true events that inspired the book, collective experience and talking animals.



“On November 14, 2017, Zimbabwe’s long-serving leader, Robert G. Mugabe, was deposed in a sanitised coup. While writing what was then a work of non-fiction inspired by the events, I found myself constantly coming back to George Orwell’s *Animal Farm* for its satire of a revolution that ends in betrayal and tyranny. Meanwhile, the book showed up in Zimbabwe’s social media conversations, applied of course to our context. Pivoting from non-fiction to create *Glory* became an extension of my fellow citizens’ impulse to articulate the absurd and the surreal. Animals helped me move beyond the specific, allowing me to do what nonfiction wouldn’t – to talk about the known things in a way that made them new and fresh and excitingly strange. Allegory feels like the perfect technology, and at the same time allows me to be in conversation with what I think of as the original stories. The world of animals is also how I came into storytelling in the first place, through my grandmother’s beguiling tales of talking animals and alternate worlds; it was a delight and privilege to channel that oral tradition in *Glory*.

While I wrote the novel with Zimbabwe as an immediate inspiration, I also wrote in a world of dis-ease, with so many countries experiencing upheaval, with resistance movements across the world challenging different forms of oppression so that it often felt like I was writing of many other places in

“*Glory* became an extension of my fellow citizens’ impulse to articulate the absurd and the surreal.”



Glory by NoViolet Bulawayo is out now.

the same story. Hearing that collective clamour for change reminded me that I did not walk alone, that I was part of a collective struggle. This was my fuel, especially in those moments when devastating events numbed me to the point of feeling powerless, of wondering if my pen and paper even mattered. Dear Reader, these pages are my humble contribution to that struggle; they are also my prayer for a world in which we are all free.”



ABOUT THE BOOK

A long time ago, in a bountiful land not so far away, the animal denizens lived quite happily. Then the colonisers arrived. After nearly a hundred years, a bloody War of Liberation brought new hope for the animals – along with a new leader. A charismatic horse who commanded the sun and ruled and ruled and kept on ruling. For forty years he ruled, with the help of his elite band of Chosen Ones, a scandalously violent pack of Defenders and, as he aged, his beloved and ambitious young donkey wife, Marvellous. *Glory* is an energy burst, an exhilarating ride. A bold, vivid chorus of animal voices calls out the dangerous absurdity of contemporary global politics, and helps us see our human world more clearly. 📖

DIE STORIE VAN 'N STORIE



Om oor die skryfproses te gesels, is opwindend, sê Helene de Kock. Om daadwerklik te begin skryf, kan as iets tergend en ontwykend beskryf word.

“S kryf, as die mees abstrakte kunsvorm, is nie maklik nie. Die lekkerste is as jy klaar geskryf het en dit bruikbaar is. Soos Robert Louis Stevenson gesê het: “I don’t like writing; I like having written”. Dit is tot ’n groot mate waar.

Waar begin mens? ’n Tema is ’n beginpunt. Maar nou moet jy ’n storie hê. Dis die asem van enige roman. Laat ons dit uitklaar: ’n Tema is nie ’n storie nie. Dis nog so ver van ’n storie af soos wat Kaapstad van Kaïro af is. Jy moet die roete uitwerk Kaïro toe.

Byvoorbeeld: Jy het ’n tema as jy in Kaapstad staan en al met Afrika opkyk Egipte toe en jou voorneem om soontoe te reis.

Tussenin lê alles wat moet gebeur.

Die tema is dus ’n reis. Die storie is wat tydens die duur van die reis gaan gebeur. Jy moet ’n storie uitdink wat hierdie tema gaan dra. Die storie self moet die boodskap of die sogenaamde ‘moral of the story’ deurgee.

Hoe kom ’n skrywer by ’n storie uit? Of dan, hoe ontwikkel handeling? Handeling ontwikkel uit karakter en ruimte binne tyd.

Kies jou karakters. Dink oor hulle. Kén elkeen se geskiedenis van sy geboorte af tot waar hy/sy nou is. Al gebruik jy nie al die gegewens nie.

Wanneer jy jou karakters kies, moet jy hulle binne ’n sekere ruimte plaas. Ruimte beteken nie net die topologiese of konkrete

Die plaas, anders as wat mens graag glo, was nog nooit ’n utopie nie. 9

plek nie maar ook die tydperk of era waarbinne jy hulle plaas. Jy as skrywer plaas hulle dus binne ’n sekere tydgees, ook binne ’n kultuur wat deur ’n sekere religie (of die afwesigheid daarvan) gerugsteun word. Daar verskyn dikwels debatte in die media oor God. Jou karakters moet ten minste daarvan kennis neem.

Wees bewus van die stand van die politiek in jou storie. Sou dit byvoorbeeld tydens die Tweede Wêreldoorlog afspeel, moet jou karakters en die ruimte waarbinne hul optree, dit weerspieël. Dit behoort konflik – die broodnodige bestanddeel van ’n goeie storie – mee te bring.

Die ruimte waarin jy jou karakters plaas, kan ook aanleidend wees tot die ontwikkeling van ’n plot. Jou karakters kan byvoorbeeld op ’n plaas woon. Met ’n bestaanskrisis as tema. Die plaas, anders as wat mens graag glo, was nog nooit ’n utopie nie. Dit was in Suid-Afrika altyd ’n gevaarlike plek. Tans is dit uiters gevaarlik om op ’n plaas te woon. Dit alleen kan aanleiding gee tot innerlike asook uiterlike handeling en konflik.

Of, jy kan jou karakters vanuit Waterkloof of Kampsbaai na die tronk verskuif. Dink net aan daárdie innerlike én uiterlike konflik wat vooraf, tydens en ná die tronkperiode plaasvind.

Jou karakters mag maar almal goeie mense wees, maar gewone mense het almal menslike swakhede. Dit skep ook konflik.

Hieroor kan mens lank gesels. Storie skryf is inderdaad ’n lang storie.” 12



Stella se dogters is nou beskikbaar.



Só kyk die ‘leessnobs’ op hul neuse

Christelle van Rooyen-Wessels bely haar afhanklikheid.



RUBRIEK

“D ie bekende Engelse digter WH Auden het ’n paar dekades gelede na sy liefde vir speurverhale as “an addiction like tobacco or alcohol” verwys.

Die speurverhaal, volgens die digter, het ’n amperse verslawende vermoë om die leser te boei, maar, kan mens seker van sy stelling aflei, dit is nie noodwendig “goed vir jou nie”.

Of, in literêre terme, dié verhale kan nou nie eintlik as “kuns” geag word nie.

Deur die jare het verskeie skrywers – selfs ’n hele paar bekroondes – hul hand aan misdaadfiksie gewaag, maar verkies om dit onder ’n skuilnaam uit te gee. Asof hul skaam was om met dié genre verbind te word, kan mens vra.

Op hierdie lys is skrywers soos Nicholas Blake, wat die skuilnaam is van die Ierse digter Cecil Day Lewis. Dan is daar die Bookerpryswenner Julian Barnes wat onder die skuilnaam Dan Kavanagh misdaadfiksie geskryf het. In Afrikaans, is daar Abraham H. de Vries, ’n Eugène Maraispryswenner wat volgens betroubare bronne verskeie speurverhale onder die naam “Thys van der Vyver” gepubliseer het.

Maar is dié mate van, kom ons noem dit maar snobisme, jeens die genre steeds geldig?

Ek mag dalk partydig wees, maar ek wil my



“Uitgewers is darem ook kieskeurig en maak seker dat hul gehalte werke laat verskyn.”



Om beter te kan moor is nou beskikbaar


verstout en sê nee – veral waar dit Afrikaans betref.

In die laaste klompie jare het Afrikaanse misdaadfiksie verskyn wat die denkwêreld begin verander het.

Dit kan natuurlik ook toegeskryf word aan die rol van televisie en die internet wat aanleiding gegee het tot ’n verhoogde belangstelling in die populêre kultuur.

Kyk maar na opskrifte van koerante se boekbladsye waar die gewildheid – en winsgewendheid – van Afrikaanse misdaadfiksie besing word. En ja, toegegee, gewild beteken nie altyd goed nie. Maar, uitgewers is darem ook kieskeurig en maak seker dat hul gehalte werke laat verskyn – hul reputasie hang tog ook daarvan af.

Wanneer ek kyk na van die misdaadfiksie wat die afgelope drie jaar verskyn het, kan ek nie anders as om beïndruk te wees nie. En ek verwys níe net na die gevestigde skrywers nie. Nuwe stemme verskyn met storielyne wat sterk en goed nagevors is, wat uitstekend vertel word en wat kan kers vashou by die beste wat die bekende oorsese skrywers van dié genre vrystel.

Dit kan net beteken dat die Afrikaanse misdaadfiksie-stal kerngesond is en gedy – dit is goeie nuus vir lesers én skrywers, aangesien daar beslis nie ’n versadigingspunt vir gehalte is nie. 



PHENOMENAL FUNGI

With around 3.8 million species on earth, fungi play an invaluable role in all ecosystems and, more specifically, are an important source of food for humans and a vital ingredient in processed foods and medicines. Marieka Gryzenhout and Gary Goldman's *Field Guide to Mushrooms and other Fungi of South Africa* will inspire anyone curious about these extraordinary life forms.



“Fungi have been known to humans since the earliest times. Archaeological research has shown that they have been harvested for food and medicine in China for at least 6,000 years. In Central America, the Mayans and Aztecs used hallucinogenic mushrooms to induce a state of trance in healing rituals and religious ceremonies. Other psychoactive mushrooms, notably *Amanita muscaria* (fly agaric), have been at the centre of similar rites in Russia, early Europe and Central Asia.

The rapid development of DNA sequencing technologies has provided sufficient data to suggest that the earliest fungi evolved about 1 billion years ago, accounting for the astonishing diversity of the fungal kingdom. Fungi come in an array of fantastical shapes and sizes, from the familiar, large, fleshy mushrooms to the smallest, single-cell yeasts, and are encountered in all habitat types throughout the world. They are ubiquitous and have intricate interactions with other plants and organisms, forming mutually beneficial relationships with them or detrimental



7

ones, parasitising their hosts and even killing them. Regardless of the damage they may cause, they play a vital role in sustaining life on our planet.

Recent research indicates that between 2.2 and 3.8 million fungal species occur worldwide, yet only about 144,000 of these have been properly documented – less than five per cent of the estimated total number in existence. In South Africa alone, it is believed that more than 171,000 species may exist. Despite this diversity, many related species can look very similar, requiring careful observation to tell them apart. This becomes even more important when foraging for wild mushrooms, as many poisonous fungi can be mistaken for edible ones. The effects of eating a poisonous mushroom may range from a mild upset stomach to organ damage and even death.

This field guide will enable users to identify common and some less common species that occur in South Africa – and, in the process, to learn more about these most curious organisms. The book details the edibility of species and flags those that are harmful or life-threatening. For the nature lover, there may be nothing more rewarding than accurately identifying a species *and* being able to safely harvest it for a special home-cooked meal.”

- 1 *Anthracoophyllum archeri* (Orange fan)
- 2 *Campanella capensis*
- 3 *Marasmius haematoccephalus* (Rosy parachute)
- 4 *Boletus edulis* (Porcini)
- 5 *Ramaria formosa* (Salmon coral)
- 6 Spore-prints, Liz Popich
- 7 *Campanella capensis*

MORE ON MUSHROOMS ...



FIELD GUIDE TO MUSHROOMS AND OTHER FUNGI OF SOUTH AFRICA by Gary Goldman and Marieka Gryzenhout

Neither plant nor animal, mushrooms constitute a unique

group of organisms. They appear in a staggering variety of shapes, sizes and colours, and identifying them can be difficult. This compact, beautifully illustrated guide is the perfect tool for identification in the field. It features 200 of the most distinctive and conspicuous mushrooms and other fungi found in South Africa. Packed with more than 850 photographs, this is a practical guide that will inspire nature lovers, foragers, epicureans and anyone curious about these extraordinary life forms.



POCKET GUIDE TO MUSHROOMS OF SOUTH AFRICA by Marieka Gryzenhout

Mushrooms are mysterious, beautiful organisms that appear in a variety of colours, shapes and sizes - from

microscopic to over a metre wide. They are abundant worldwide, and South Africa alone has an estimated minimum of 171 500 species. This new edition features a selection of the species more commonly found in the region and will enable enthusiasts to identify these mushrooms in the field. Easy to use and compact, this guide will prove invaluable to foragers and nature lovers.

www.mushroomfundi.co.za 

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EXTRACT:

AFRICA IS NOT A COUNTRY

BY DIPO FALOYIN

A lively, entertaining and informative portrait of modern Africa from a senior editor and writer at *VICE* that pushes back against harmful stereotypes to tell a more comprehensive, personal story.

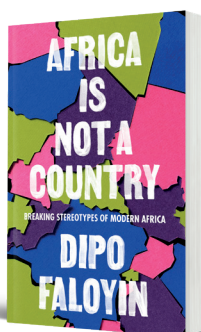
This book is a portrait of modern Africa that pushes back against harmful stereotypes to tell a more comprehensive story – based on all the humanity that has been brushed aside to accommodate a single vision of blood, strife, and majestic shots of rolling savannahs and large yellow sunsets. It will unspool the inaccurate story of a continent, dragging this bludgeoned narrative towards reality.

Real challenges exist on the continent. To ignore them would be just as grave a distortion. Many do live in destitution; some governments have failed their citizens; and in parts, the gap between the wealthy and the forgotten continues to grow. But when you infuse this story with context, you see the bigger picture and understand why what has happened has happened. When you remember the cards the region was dealt as a result of colonialism, and the way European empires divvied up the fruitful and fertile land, tore apart 10 per cent of all ethnic groups – forcing grossly different cultures to form singular nations against their will – and stole 90 per cent of the continent’s material cultural legacy; when you remember all this is recent history, and that my parents are older than the country they were born in; when you discover the high prevalence of dictatorships is a multifaceted tale of colonial powers deliberately playing tribal groups off against each other, with Western nations propping up their favourite strongman, and it’s not that we are naturally bloodthirsty and ungovernable; when you taste Jollof rice for the first time, or see the work that activists and generations of reformers have put in since the independence era, you begin to understand that Africa is a region that is fundamentally rooted in human stories – which, like everywhere else, can be anything and everything, from a celebration of greatness to an act of barbaric cruelty. The continent constantly surprises, because every country is just trying to make the best of – to put it mildly – an awkward situation.

“Each chapter of this book will bring the context that is often missing in discussions about Africa to the fore. You will discover how each country was formed by people with poor maps and even



“The continent constantly surprises, because every country is just trying to make the best of – to put it mildly – an awkward situation.”



Extracted from *Africa is Not a Country* by Dipo Faloyin, out now.

poorer morals. I will analyse the harmful ways Africa is depicted through cheap stereotypes in popular culture, and in the imagery used by charitable campaigns to elicit quick-fix solutions that often do more harm than good, by pushing negative typecasting. You will understand the story of democracy across the continent through seven dictatorships; the ongoing battle to have the artefacts and treasures that were stolen during the colonial period returned; and the impact food culture from across the continent has had on rituals throughout the world. Identity also requires a healthy rivalry, and you will discover the fabled Jollof rice wars and the strange, incongruent beauty of the Africa Cup of Nations. In the final section, I explore the present, and how locally led, on-the-ground activists, movements and emerging creative and business cultures are shaping the future of the continent, speaking to how communities are actually built – efforts that represent more than just dusty savannahs, civil wars, and a people without a voice of their own waiting for someone to speak for us, for others to swoop in and save.

But first, before we dive into the history of the continent, I want to take you to Lagos, my familial hometown, to show the present-day realities. Though this book is no travel guide of places to stay and sights to see, it is important to understand the varied specificity of the region. It’s vital to immediately ground yourself in an environment; see, smell and envision yourself in the everyday, not hovering a mile above ground or surveying through a pair of binoculars. And no place is more distinct than the continent’s most populous city: the blackest place in the world, sewn together by little more than optimism and vibes.

“There is a fundamental misunderstanding as to what is happening in this great expanse of land. This book aims to fill that void, while showcasing a deep and enduring love of the region – as a concept, as a reality and as a promise. And should you come away with just one thing, then I want you to know, for certain, deep down in your innermost core, that the continent is a coalition of over a billion individual identities that structure specifically.

That Africa is not a country.”

Family Favourites

Round the family up for these delectable dishes, shared with us by some of our favourite South African cookbook authors.

Cold leg of lamb with green sauce

"If you're from the Kalahari, you'll know that you prepare lamb for every possible occasion. There doesn't have to be a reason, but for Easter, lamb on the table is a must. My mom would get up early on Sunday mornings to start preparing the feast. It was usually the same menu. She roasted the leg of lamb in an oven roasting bag. I still remember the sound these thin bags made when she placed the meat in it. She then sealed it with the nylon ties you get with the bags. The highlight was when we got home after church and the bag would be puffed up and roasted brown. Inside, you knew, something fabulous would be waiting. Oven

roasting bags are long forgotten, but it's time they make a comeback. Especially when serving meat cold, because then it will be extra juicy."

– Herman Lensing

1 deboned leg of lamb (about 1 kg)
60ml olive oil
salt and freshly ground black pepper
3 garlic cloves, finely chopped
25ml lemon juice
30g fresh basil, finely chopped

GREEN SAUCE

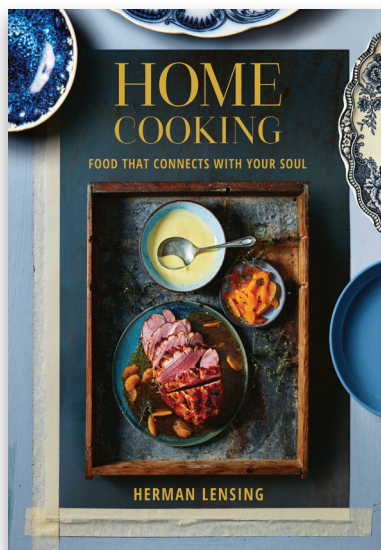
1 garlic clove
30ml capers
a handful of Italian parsley
4 sprigs of mint
a handful of watercress
90ml olive oil
juice and grated zest of 1 lemon

Heat the oven to 180°C. Place the meat in a large oven roasting bag in an oven dish and baste with the olive oil. Season with salt and pepper. Rub with the garlic and add the lemon juice. Rub with the chopped herbs. Seal the bag according to the instructions on the package. Roast for 60 minutes.

While the meat is roasting, prepare the green sauce: place the garlic, capers, parsley, mint, watercress and olive oil in the food processor. Blitz until smooth. Spoon into a small bowl and add the lemon juice and zest. Season with salt and pepper. Put aside.

Remove the meat from the oven bag. Heat the oven's heating element and grill the meat for 15 minutes. Remove from the oven and allow to cool to room temperature. Slice the meat with a sharp knife. Arrange on a serving platter and spoon the green sauce over. Serve.

SERVES
6-8



OOK
BESKIKBAAR
IN AFRIKAANS

Extracted from *Home Cooking*, out now.

Chickpea & Peanut Butter Cookies

"PEANUT BUTTER! Either you love it or you hate it. I always say, 'Never trust someone that doesn't like peanut butter.' It might sound funny, but PB is like a religion to me. It brings me a kind of comfort, and takes me right back to my childhood. A thick spread of PB on a slice of bread drizzled with honey at school, for padkos or when you go camping. Now that I'm a 'grown-up', carbs are the devil and we're advised to measure out only a tablespoon of PB otherwise we'll be going over the daily recommended amount. But at some point(s), I manage to shake off the adult responsibilities, throw dietary recommendations out the window, and zone out in the kitchen. Baking is my therapy and my favourite dishes almost always include PB. The thing is: peanut butter doesn't have to be fatty and some carbs don't have to be our arch enemies. There is a middle line – a grey area – and I have found it (for my own conscience, at least) enough to allow me my childlike self and still be a balanced adult. Here is my favourite recipe for gluten-free, almost sugar-free (you can use maple or agave nectar)

brownie-like chocolate chip cookies. Ingredients: peanut butter, chickpeas, honey and scatterings of choc chips, sugar-free if you like. Simple!" – Amerae Vercueil

**MAKES
10**

**READY IN
2.5
hours**

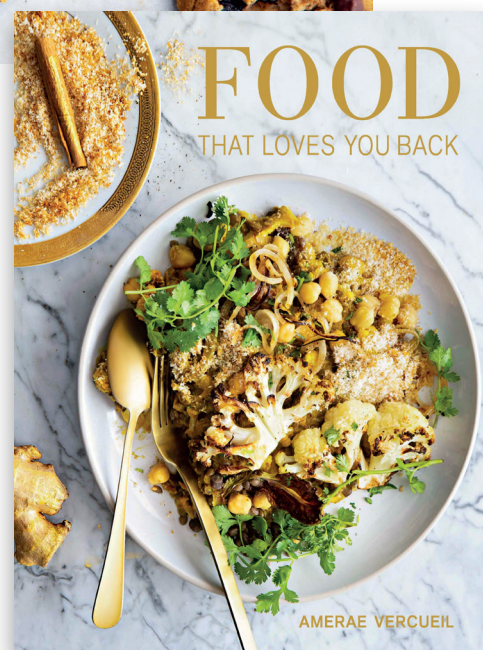


In a food processor, mix all the ingredients, except for the chocolate chips. Process until smooth and combined. Scrape down the sides of the bowl to ensure the mixture is fully combined. Add the chocolate chips and stir in or pulse twice.

If the dough is too sticky, place it in the fridge for 2 hours to set. Once the dough is ready, scoop out 1 heaped tablespoon at a time. Use a second spoon to shape it roughly into balls. Place on your baking tray and press down lightly with a fork to flatten. Bake for 10–12 minutes, until golden brown. Remove and allow to cool completely before enjoying. Store in an airtight container in the fridge for up to 1 week or freeze.

- 1½ cups cooked chickpeas
- 2 tbsp chickpea brine
- ½ cup peanut butter
- ¼ cup honey, agave or maple syrup
- 1 tsp baking powder
- ¼ tsp bicarbonate of soda
- Pinch of salt
- ½ cup (90 g) sugar-free dark-chocolate chips

Preheat your oven to 175°C. Prepare a baking tray with baking paper.



Extracted from *Food that Loves You Back*, out now.

Homestyle Chicken Stew with Coconut & Coriander Steamed Bread

SERVES
4-6

"This is my take on a much-loved African dish. I'm big on family eating at the dinner table, so food to share is the way to go. Both tasty and budget friendly, I just know this will be a winner with my family after a long fast over the Easter weekend."

– Liziwe Matloha



HOMESTYLE CHICKEN STEW

1 road runner chicken
3 tbsp butter
1 tbsp cooking oil
1 large onion, chopped
2 tsp ground cumin
1 tbsp paprika
2 bay leaves
2 tbsp dry thyme
1 chicken stock cube
1 large red bell pepper, chopped into chunks
1 large green bell pepper, chopped into chunks
2 large tomatoes, chopped
3 medium potatoes, peeled and cut into chunks
coarse sea salt and pepper to taste

Cut the chicken into portions, rinse and place into a large pot with a teaspoon of sea salt and cover with water. Bring the pot to a boil on high heat. Cook the chicken uncovered for about 30 minutes. Remove from stove and drain the water out. Place the pot back onto the stove and cook off all the remaining moisture. Add butter and oil and brown the meat until nicely golden on the outside.



Add the onion and garlic and sauté until onion is soft, about 3 – 5 minutes. Add spices and toss to coat the meat. Cook for a minute then add the bell peppers, tomatoes, bay leaves and season with salt and pepper. Stir to mix.

Add the chicken stock to the pot and bring to a boil. Then lower the heat to a simmer and cover with lid. Cook the chicken for about two hours until tender. Lastly, add the cubed potatoes and cook for about 20 minutes, or until tender.

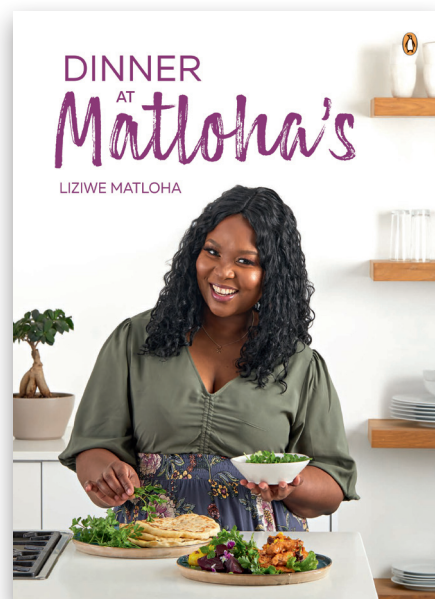
COCONUT & CORIANDER STEAMED BREAD

3 ½ cups wheat flour, sifted
2 ½ tsp baking powder
1 tsp salt
1 - 2 tbsp fresh coriander, chopped
2 tbsp sugar
1 tbsp butter, soft
1 tin (400g) coconut milk

Mix flour, salt, coriander, sugar and butter in a bowl until well combined. Stir in the coconut milk to form a soft, sticky dough. Mix well until dough looks smooth and forms a ball. Divide

into two equal portions. Place each half into a mini loaf tin that been sprayed with non-stick.

In a large pot, bring about 3 cm of water to boil. Place the two loaf pans in the pot and cover lid. Let the dough steam for about 30 – 35 minutes, or until the skewer comes out clean. Don't be tempted to peek and risk the dough flopping.



Dinner at Matloha's is out now.

WIN! A hamper filled with the three cookbooks featured here, an apron, a gourmet gift pack from Food That Loves You Back (foodthatlovesyouback.co.za), and a spot for you and three friends on Liziwe Matloha's online cook-along (@dinneratmatlohas), all valued at R5 500. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 30 April 2022.





On my mind

ANYONE CAN OWN A HOME – AND KEEP IT

When it comes to the stressful event of buying a home, one of the ways to make sure it doesn't end up being a costly mistake is by learning from others who've done it before, says property finance specialist Tania Weich.

“Based on my experience in selling residential property, I noticed a pattern with property buyers. It's similar to lines on a graph. In the initial phase, there is excitement at the possibility of owning a home. The home hunting process begins until 'the one' is found. Suddenly the sky is more blue and the trees more green ... the buyer has moved from a state of excitement to *brimming with joy*.

Now to fund the dream! It is around this time that the prospective home owner has a serious conversation with themselves, which goes along the lines of, "Well, it's okay if it doesn't work out ... what's meant to be, will be ..." The buyer has geared down into self-preservation mode. Emotions fluctuate between nervous-excitement and *high anxiety*. There is a flurry of activity as the buyer gathers the necessary paperwork required to obtain home loan finance. "What do I say here? Do I need to mention that...? Maybe I should rather not declare this... Oh, and I am *definitely* including this as supporting information!" And then ... the application for home loan finance is approved. Ta-da! The buyer-turned-home-owner basks in *euphoria*.


It is nearly 20 years ago that I retired from selling property. Actually, I retired. Period. I moved permanently to my holiday house at the beach to enjoy more family time. There was no need for me to worry about money ever again. My finances were set up in such a way that I could frolick in the waves every day, and still maintain the lifestyle I thought I had aspired to.

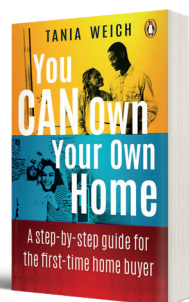
Fast forward to the day it dawned on me that I was broke. The only swimming I did then was in debt. I had bills to pay and mouths to feed, over and above paying for the roof over our heads, which I actually couldn't do. My

“Some lessons are just way too expensive to learn through firsthand experience.”

graph was going in one direction – down – and I clutched to my philosophy that if you are going to do any job, make sure you enjoy it. *Fortunately* I chose to forget that a drowning man doesn't get to pick his life raft.

It's been 10 years since I entered the field of residential property finance. It is here that I've learned the most valuable lesson, which I've had the privilege of sharing with my network: It is indeed a wise man who learns from the mistakes of others. For me, it is both frustrating and heartwrenching to see the glaringly obvious bad financial choices that some applicants commit. The sharp decline on the emotional graph is experienced twofold. Both the hopeful homeowner and I, their consultant, are prone to sinking to an extreme low. However, it is easier to convey to an applicant that they are not going to be successful in obtaining the finances to buy their dream home when I am able to offer a solution. It is intensely gratifying to work with someone who is open to taking the steps necessary to be successful and to persist in the attainment of their goal.

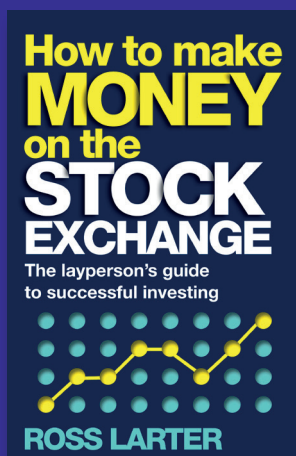
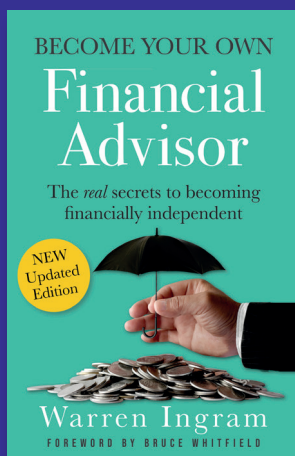
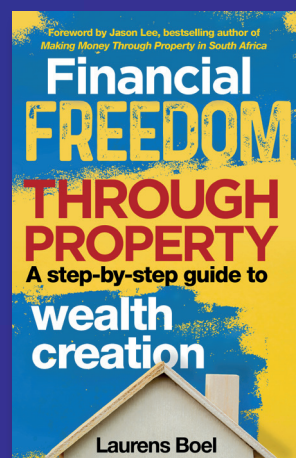
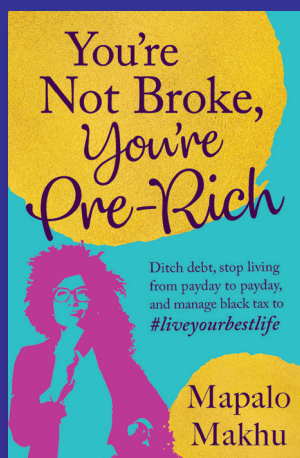
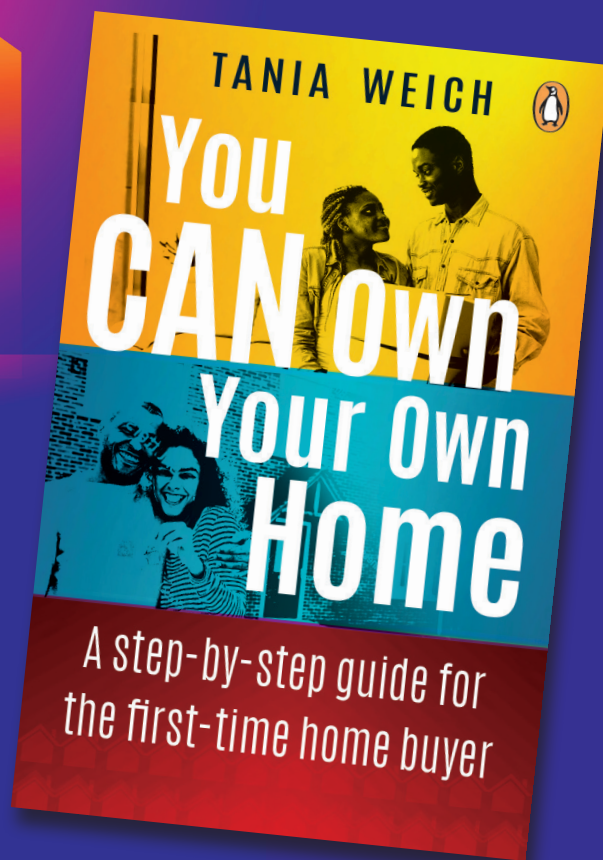
There is no need to learn all of life's lessons through firsthand experience. Some lessons are just way too expensive. My wish when I set out to write *You CAN Own Your Own Home* was to help transform the emotional graph of every aspiring home owner to have major peaks and only minor dips. The book highlights the financial journey of others and, in doing so, provides the tools for managing your own money. Over and above the wealth of information, which remains at your disposal forever, the book guarantees that you get to own a home – and keep it.” 



You CAN Own Your Own Home is out now.

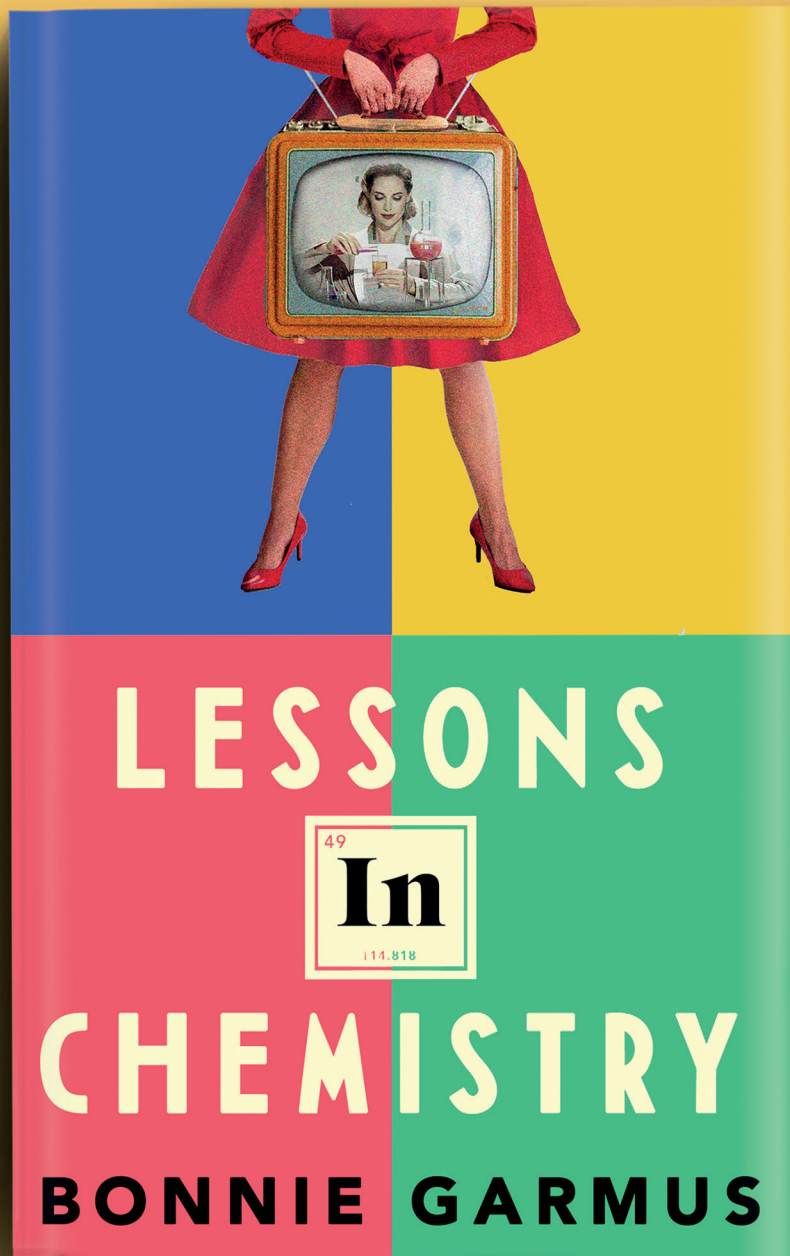
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