



# THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

**YOUR  
FREE  
COPY!**

**“If you know  
your light,  
you know  
yourself.”**

**MICHELLE  
OBAMA**

Read all about  
her new book,  
*The Light  
We Carry*

**EXCLUSIVE**

An interview with  
James Norbury on  
the new book in  
his *Big Panda* and  
*Tiny Dragon* series

**LATEST  
RELEASES**

From Lee Child and  
William Boyd to  
Charlie Mackesy  
and Elizabeth Strout

**BOOKS FOR GIFTING**

Find the ideal book  
gift for everyone on  
your Christmas list

**FESTIVE FOOD**

Your holiday menu  
sorted with recipes  
from Ottolenghi

**ON MY MIND**

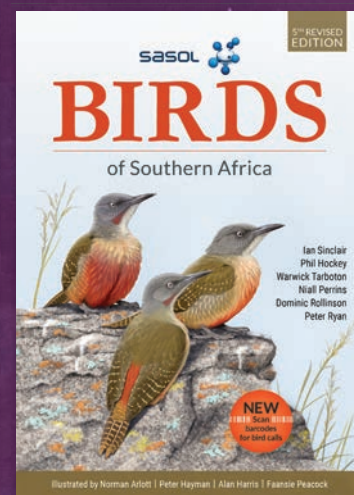
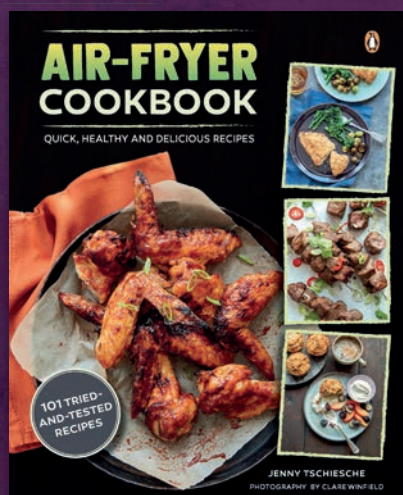
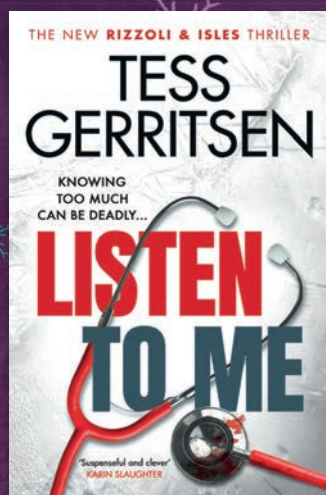
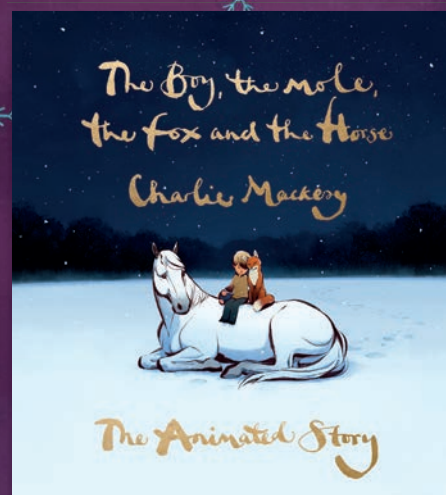
Richard Calland on  
South Africa's crisis  
with its political leaders

**SLITHERY NATURE**

Where Johan Marais'  
obsession with snakes  
and reptiles all began



# Gifts for her





# contents

**02 BOOKSCAPE** Actor Tom Hanks' debut novel, what's dominating the bestseller lists and a whopper of a giveaway

**04 GIFT GUIDE** From mighty memoirs to cool cookbooks, look no further for the perfect Christmas gift for the book worms in your life

**12 COVER** In *The Light We Carry*, the inspiring follow-up to her critically acclaimed, number one bestselling memoir *Becoming*, former Michelle Obama shares practical wisdom and powerful strategies for staying hopeful and balanced

**15 AFRIKAANS** Ons het 'n paar voorste lesers gevra watter boeke hulle graag hierdie Kersfees wil kry - of gee

**18 INSIDER** Big Panda and Tiny Dragon are back in James Norbury's newest installment, *The Journey*. We chatted to the author-artist

about his love for animals, where he draws his inspiration from and what's next for his unlikely and loveable pair of friends

**20 NATURE** What started as childhood curiosity has turned into a lifelong obsession for snake and reptile expert, Johan Marais. Plus some of the best hikes in Cape Town

**25 WELLBEING** If you're looking for the tools to stop justifying, minimising and apologising, Melissa Urban has just the ticket

**26 FOOD** All the recipes you need for a burgeoning festive table, from cookbook authors such as Yotam Ottolenghi and Carmen Niehaus to Sinoyolo Sifo and Trish van der Nest

**38 ON MY MIND** With the ANC's national elective conference coming up, political analyst, Richard Calland reflects on 'the age of crisis' in which South Africa sits with its political leaders

**Johannesburg** | Growthpoint Business Park, Unit 12A, 162 Tonetti Street, Halfway House Ext 7, Midrand, 1685 | 011 327 3550

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

© Copyright Penguin Random House South Africa (Pty) Ltd. *The Penguin Post* is published by Penguin Random House South Africa. All rights reserved. Reproduction without the written permission of the editor is strictly forbidden.

**Editor** Lauren Mc Diarmid **Designer** Sean Robertson **Sub Editor** Frieda Le Roux  
**Contributors** Shaun de Waal, Phyllis Green, Elna van der Merwe, Jo Prins, Amanda Claassens, Anshen Conradie, Izak de Vries, Lorraine Sithole, Tammy-Leigh Smith, Rebecca Jackman, James Norbury, Johan Marais, Sinoyolo Sifo, Trish van der Nest, Richard Calland

## Welcome!

With the end of the year in sight, it's exciting to think that, with the new year comes renewed hope for things to come. Having hope helps us reduce those feelings of helplessness, increase happiness, reduce stress, and improve our quality of life overall.

And the First Lady of hope is Michelle Obama, our stunning cover star. In her new book *The Light We Carry*, Mrs Obama shares practical wisdom and powerful strategies for staying hopeful and balanced in today's uncertain world.

Another uplifting book is James Norbury's *The Journey*. Following on from his first book, the beautifully illustrated *Big Panda and Tiny Dragon*, the pair continue their thought-provoking journey that takes them even further from home. But, as Big Panda said, 'Change, even if you don't know where it will lead, is better than stagnation.' Read our exclusive interview with James.

In the spirit of giving, we've rounded up the best books for those book worms in your life. There's everything from new fiction and cookery to memoirs and Afrikaans reads, so, no matter who you're looking to buy for, you'll definitely find something they'll love in our gift guide.

Of course, with the festive season comes oodles of food. To help you plan your menu, we've got recipes for every sort of get together, from parties and brunch to Christmas lunch. Grubs up!

Also in this issue, Johan Marais on how his boyhood curiosity for snakes and reptiles turned into a lifelong obsession, the best hiking trails in Cape Town, and a column from political analyst Richard Calland on the state of SA's leadership.

Happy reading!

*Lauren*

**Lauren Mc Diarmid**

[ThePost@penguinrandomhouse.co.za](mailto:ThePost@penguinrandomhouse.co.za)



# bookscape

news | snippets | what's new

+++++

## Everyone's talking about ... Actor Tom Hanks' Debut Novel



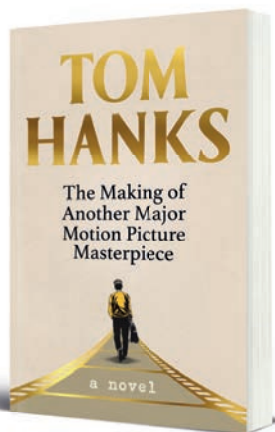
From Academy Award-winning actor and bestselling author Tom Hanks, comes *The Making of Another Major Motion Picture Masterpiece*, a wildly ambitious story of the making of a colossal, star-studded, multimillion-dollar superhero action film, and the humble comic book that inspired it all.

Spanning 80 years of a changing America and culminating in the opening of the film, we meet a colourful cast of characters including a troubled soldier returning from war, a young boy with an artistic gift, an inspired and eccentric director, a pompous film star on the rise, a tireless production assistant and countless film crew members that together create Hollywood magic. Funny, touching, and wonderfully thought-provoking, *The Making of Another Major Motion Picture Masterpiece* follows Hanks' *Sunday Times* bestselling short story collection *Uncommon Type*. *The Making of Another Major Motion Picture Masterpiece* offers an insider's take on the momentous efforts it takes to make a film. At once a reflection on America's past and present, on the world of show business and the real world we all live in.

Tom Hanks says: 'No one knows how a movie is made - though everyone thinks they do. I've made a ton of movies (and four of them are pretty good, I think) and I'm still amazed at how films come together. From a flicker of an idea to the flickering image on screen, the whole process is a miracle.

'How long does it take for a movie to get made? Eighteen months? Eighty years? Yes. How many minds are involved in getting a movie made? Just one? One hundred and ninety-seven? Yep. What is the difference between making a "good" movie and making a "quite good" movie? Any professional who claims to know is not a professional.'

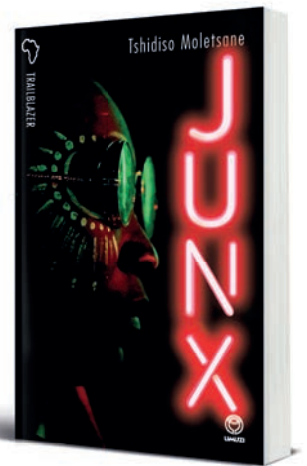
*The Making of Another Major Motion Picture Masterpiece* hits shelves in May 2023.



## DOMINATING THE BESTSELLER LISTS

*Junx* by Tshidiso Moletsane

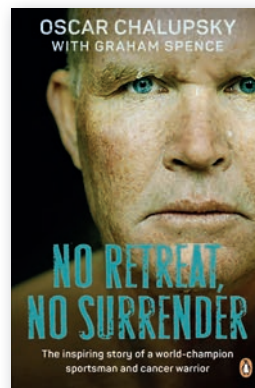
'Writing this book was, more than anything, to satisfy a goal I had placed on my vision board many years ago. Once it got published I thought, "I did it! I did it! I'm done."' Tshidiso Moletsane, winner of the 2022 *Sunday Times* Fiction Award for *Junx*



“When I held the Iron Nipper trophy in my hands, it was a defining moment as I understood that I could push my body through more intense pain and fatigue barriers than I ever believed possible. Not only

that, I now had the will to do so. I told myself that if anyone beat me, they were lucky, not better.”

- Oscar Chalupsky, *No Retreat, No Surrender*



# #bookstagram MUST of the MONTH



5.2k followers

## WIN! WIN! WIN!

A hamper of books from this issue valued at R2 500 is up for grabs to one lucky reader. To enter, scan the code using your phone camera, or visit [www.penguinrandomhouse.co.za/competitions](http://www.penguinrandomhouse.co.za/competitions). Ts & Cs apply. Entries close 31 December 2022.



## Reader's letter

In July, I received my first copy of *The Penguin Post* and I wish I had known about it sooner! Thankfully, the bookseller who rang up my two Tess Gerritsen books noticed I was a fan of the author and handed me the magazine for the great article on her inside.

I've been a fan of Tess Gerritsen's writing for so long and am so happy to see that her Rizzoli and Isles books are on shelves everywhere because of her new book, *Listen to Me*. I simply had to buy myself two brand-new copies of her previous books to replace the broken second-hand ones I had.

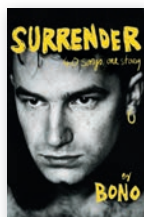
Magazines like *The Penguin Post* make me realise once again just how utterly incredible the book community is. Be it in sharing book reviews, new releases, thoughts, pictures and articles, the book community is just lovely in all aspects.

Thank you for all your hard work and dedication. I can't wait to get more issues!

Happy Reading  
Shavon Weber

Shavon's winning letter has won them a hamper of three books featured in this issue! Want to stand a chance at winning? Email your thoughts in a letter to [ThePost@penguinrandomhouse.co.za](mailto:ThePost@penguinrandomhouse.co.za), and it might just get published in the magazine.

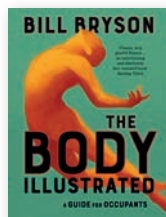
## RELEASE RADAR



### **Surrender** by Bono

The artist, activist and the lead singer of Irish rock band U2 has written his autobiography:

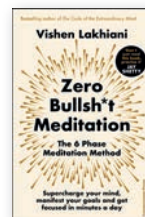
honest and irreverent, intimate and profound, *Surrender* is the story of the remarkable life he's lived, the challenges he's faced and the friends and family who have shaped and sustained him.



### **The Body Illustrated** by Bill Bryson


A beautifully illustrated edition of the Number

One Bestseller and *Sunday Times* Science Book of the Year, this head-to-toe tour of the marvel that is the human body is as compulsively readable as it is comprehensive.



### **Zero Bullsh\*t Meditation** by Lakhiani Vishe

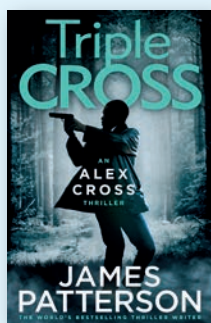
A book to help you hack the benefits of meditation with

a 15-minute programme that anyone can master, used daily by athletes, artists, rock stars and CEOs. Delivered with humour, a practical how-to, and a free app to support you on your journey. 

# books WORTH GIFTING

From mighty memoirs to cool cookbooks, look no further for the perfect Christmas gift for the bookworms in your life.

## new FICTION



### Triple Cross by James Patterson

Detective Alex Cross is hunting a killer who targets families around Washington, DC. But Cross isn't the only one investigating. A charismatic true-crime author has spotted patterns in the actions of 'The Family Man' that others have missed. They strike under cover of darkness, trigger no alarms, and leave no evidence behind. It's up to Cross to determine whether the writer's theories are fact or fiction. Filled with edge-of-the-seat suspense.



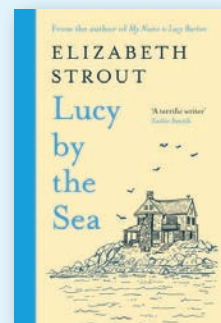
### The Perfect Assassin by James Patterson & Brian Sitts

Dr Brandt Savage's plans for his sabbatical from the University of Chicago change drastically when he is enrolled in a school where he is the sole pupil. At this school, the first lesson is survival. His professor is relentless in her lessons. She's also his captor. Savage has no idea why he was chosen or what is expected of him. But as he learns more about his abductor, Savage discovers just how deeply entwined their lives are. A fast-paced thriller.



### The Romantic by William Boyd

Set in the 19th century, the novel follows the roller-coaster fortunes of a man as he tries to negotiate the random stages, adventures and vicissitudes of his life. He is variously a soldier, a farmer, a pawnbroker, a bankrupt, a jailbird, a writer, a gigolo - and many other manifestations - and, finally, a minor diplomat, based in Trieste (then in Austria-Hungary) where he sees out the end of his days. An intimate yet panoramic novel.

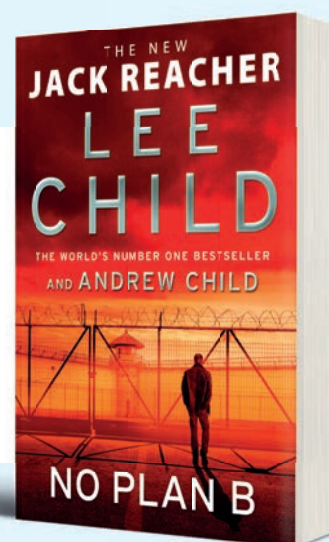


### Lucy by the Sea by Elizabeth Strout

In March 2020 Lucy's ex-husband William pleads with her to leave New York and escape to a coastal house he has rented in Maine. Lucy reluctantly agrees, leaving the washing-up in the sink, expecting to be back in a week or two. Weeks turn into months, and it's just Lucy, William, and their complex past together in a little house nestled against the sea. Rich with empathy and a searing clarity.

### No Plan B by Lee Child and Andrew Child

One tragic event. Two witnesses. Two conflicting accounts. One witness sees a woman throw herself in front of a bus - clearly suicide. The other witness is Jack Reacher. And he sees what really happened - a man in grey hoodie and jeans, swift and silent as a shadow, pushed the victim to her death, before grabbing her bag and sauntering away. Reacher follows the killer, not knowing that this was no random act of violence. A pulse-pounding read.



RECOMMENDATION



## INSTA-FAMOUS



**'That Green Eyed Girl by Julie Owen Moylan** compiles two stories set in New York's Lower East Side, in the same apartment, but 20 years apart with a link so subtle, yet so strong. An inconspicuous narration of women's struggles for liberation. A remarkable and powerful story of love and loss; of grieving for a life that was and a life that could have been. Of women, and how we have come so far, yet made so little progress towards total emancipation.'

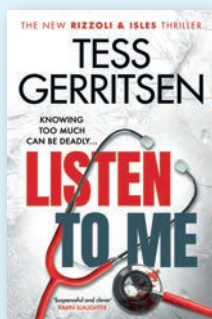
- Lorraine Sithole, @sithole\_lorraine\_

## enthral<sup>ling</sup> THRILLERS



### Deception by Lesley Pearce

After the funeral of her mother Sally, Alice Kent is approached by a man named Angus who claims to be her father. What does he hope to gain telling her this now, thirty years on? How can her adored Ralph not be her true father? And why did her mother betray her so badly? She had accepted Sally's many faults, and reluctance to never speak of the past. But faced with this deception, Alice knows she must uncover the whole truth about her mother. Whatever the cost. Enthralling historic fiction.



### Listen to Me by Tess Gerritsen

As Detective Jane Rizzoli and Forensic Pathologist Maura Isles investigate the baffling murder of Sofia Suarez, a well-respected nurse, they discover that Sofia was guarding a dangerous secret. Meanwhile, Jane's mother Angela Rizzoli is conducting an investigation of her own into some strange, and possibly even dangerous, new neighbours. The problem is, no one takes her seriously, not even her own daughter. A nail-biting thriller.

## bewitching BEACH READS



### Book Lovers by Emily Henry

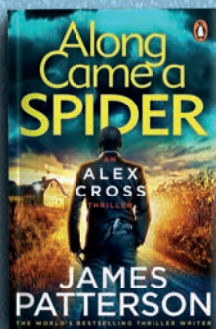
Nora is a cut-throat literary agent at the top of her game. Charlie is an editor with a gift for creating bestsellers. And he's Nora's work nemesis. When Nora swaps out her desk in the city for a month's holiday in small-town Sunshine Falls, North Carolina, she's hoping to become the heroine of her own story. But instead of picnics in meadows, or run-ins with a handsome country doctor or bulging-forearmed bartender, Nora keeps bumping into ... Charlie. A hilarious rom-com.



### Lessons in Chemistry by Bonnie Garmus

Scientist, single mother, and the reluctant star of America's most beloved cooking show, Supper at Six, Elizabeth Zott is not your average woman. Her 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. Laugh-out-loud funny and shrewdly observant.

# HAVE YOU READ AN **ALEX CROSS** THRILLER YET?



Two children have been kidnapped from an elite private school in Washington DC, and Detective Alex Cross is charged with finding them.

The kidnapper's identity is quickly determined as one of the children's teachers. But capturing him is the true challenge.

As Cross gets pulled deeper into the strange world of the kidnapper, it becomes clear he is far more dangerous than anyone could have anticipated.

**THE VERY FIRST  
THRILLER IN JAMES  
PATTERSON'S  
INTERNATIONAL  
BESTSELLING  
SERIES FEATURING  
FORENSIC  
PSYCHOLOGIST  
ALEX CROSS**

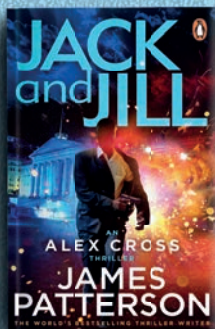
**DETECTIVE ALEX CROSS  
IS INVESTIGATING THE  
DISAPPEARANCE OF  
HIS OWN NIECE IN THE  
SECOND NOVEL IN  
JAMES PATTERSON'S  
WORLDWIDE  
BESTSELLING SERIES**



Cross fears the disappearance could be linked to a string of recent abductions and murders that are terrorising the US.

Two killers, operating on opposite sides of the country, are collaborating and competing to commit increasingly horrific crimes.

If he's to rescue his niece, Cross must hunt down these two brutal masterminds. All the while, countless lives hang in the balance.



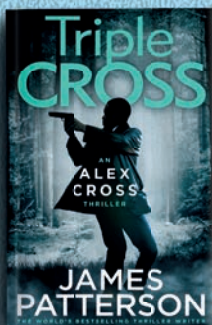
Detective Alex Cross is stretched to breaking point as two killers hit Washington, DC.

A controversial senator is found murdered in his bed. On the other side of town, a young girl has been savagely killed. Under pressure to solve both cases, Cross is faced with an impossible choice.

No one in Washington is safe, but can Cross discover the truth before the killers set their sights on their ultimate target?

**THE THIRD  
NOVEL IN JAMES  
PATTERSON'S  
GLOBALLY  
BESTSELLING  
SERIES FEATURING  
DETECTIVE  
ALEX CROSS**

**DETECTIVES ALEX CROSS  
AND JOHN SAMPSON ARE  
CHASING A BRILLIANT  
MURDERER CALLED 'THE  
FAMILY MAN' IN THE  
30TH INSTALMENT OF  
THE BESTSELLING ALEX  
CROSS SERIES**



They strike under cover of darkness, trigger no alarms, and leave no evidence behind.

Detective Alex Cross is hunting a killer who targets families around Washington, DC. But Cross isn't the only one investigating.

A charismatic true-crime author has spotted patterns in the actions of 'The Family Man' that others have missed.

It's up to Cross to determine whether the writer's theories are fact or fiction.

# WHO IS ALEX CROSS?

## PHYSICAL DESCRIPTION:

Alex Cross is 6 foot 3 inches (190cm), and weighs 196 lbs (89 kg).  
He is African American, with an athletic build.

RECORDED - 105

INDEXED - 105

## FAMILY HISTORY:

Cross was raised by his grandmother, Regina Cross Hope - known as Nana Mama - following the death of his mother and his father's subsequent descent into alcoholism. He moved to D.C. from Winston-Salem, North Carolina, to live with Nana Mama when he was ten.

## RELATIONSHIP HISTORY:

Cross was previously married to Maria, mother to his children Damon and Janelle, however she was tragically killed in a drive-by shooting. Cross has another son, Alex Jr., with Christine Johnson.

## EDUCATION:

Cross has a PhD in psychology from Johns Hopkins University in Baltimore, Maryland, with a special concentration in the field of abnormal psychology and forensic psychology.

## EMPLOYMENT:

Cross works as a psychologist in a private practice, based in his home. He also consults for the Major Case Squad of the Metro Police Department, where he previously worked as a psychologist for the Homicide and Major Crimes team.

## PROFILE

A loving father, Cross is never happier than when spending time with his family. He is also a dedicated member of his community and often volunteers at his local parish and soup kitchen. When not working in the practice or consulting for MPD, he enjoys playing classical music on the piano, reading, and teaching his children how to box.

5 - Bureau  
3 - New Haven  
2 - New York

COPIES DESTROYED

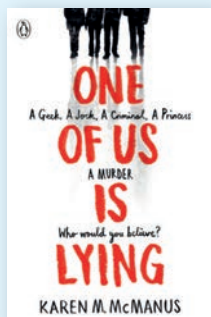
COPY IN FILE

THIS CONFIDENTIAL REPORT AND ITS CONTENTS ARE LOANED TO YOU AND ARE NOT TO BE DISTRIBUTED OUTSIDE OF THE AGENCY TO WHICH LOANED

00-361118

*[Handwritten signature]*

## trending ON TIK TOK



### One of Us is Lying by Karen McManus

Outsider Simon, creator of the notorious gossip app at Bayview High, won't talk about any of the school's students again. He dies 24 hours before he could post their deepest secrets online. Investigators conclude it's no accident - and there are four suspects in particular. Everyone has secrets, right? What really matters is how far you'll go to protect them.



### A Thousand Boy Kisses by Tillie Cole

Rune and Poppy met as children and quickly fell in love. As they grew older their love became stronger, before Rune returned to Norway. Convinced neither time nor distance can keep them apart, they promised to be faithful. Two years later Rune is back, though not the boy Poppy remembers. Discover the story that will break your heart twice yet make you believe true love lasts for eternity ...



Follow us on TikTok  
[@penguinrandomhousesa](https://www.tiktok.com/@penguinrandomhousesa)

## cool COOKBOOKS



### Air-fryer Cookbook by Jenny Tschiesche

An air-fryer is the latest kitchen must have and this is the recipe book to go with it! Nutritionist Jenny Tschiesche has developed 101 tried-and-tested recipes to help you get the very best out of your air-fryer. Her appealing ideas take their inspiration from all styles of world cuisine, and there is something here to suit every occasion, from snacks and sides, to complete meals and sweet treats.



### Living the Ultimate Keto Lifestyle by Hendrik Marais

This informative read incorporates a comprehensive introduction that sets out the principles and practices for following a keto diet from the founder of Keto Lifestyle South Africa, and explains how to achieve your weight-loss goals. Included are delicious, healthy recipes, as well as sample meal plans and ideas for effortless entertaining.

## INSTA-FAMOUS



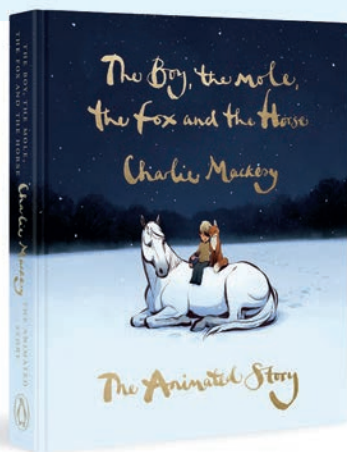
RECOMMENDATION

'Let me introduce you to the perfect Christmas gift. Many of us know **Holly Black** from her addictive and popular young adult fantasy series, *The Folk of the Air*. But, the "Queen of Fae", as the author's known, takes a dark turn by inviting us to explore **Book of Night**, her first adult fantasy novel. Charlie Hall is a snarky, tattooed cost artist embroiled in shadow-trading that could cost Charlie her life. This dark fantasy of altered shadows, thieves, murder, trauma and secret societies will be sure to keep you hooked from the first page to the last.'

- Tammy-Leigh Smith, [@book.barbarian](https://www.instagram.com/book.barbarian)



RECOMMENDATION



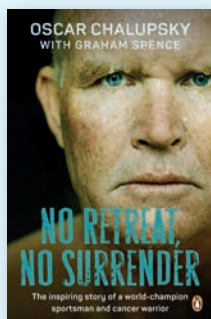
## INSTA-FAMOUS



'Everyone in my family gets a wish-list book every Christmas. I'll usually choose a special edition that they might not buy for themselves. **The Boy, the Mole, the Fox and the Horse** by Charlie Mackesy is a special story about hope and kindness, paired with beautiful illustrations that children and grown-ups alike will love. This year, a new edition celebrates the book's adaptation into an animated short film. I can't think of a nicer gift for a loved one, and personally, I'm always excited to add to my Penguin Clothbound Classics collection (hint, hint).'

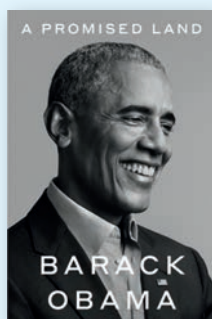
- Rebecca Jackman, @writeherereadnow

## *mighty* MEMOIRS



### **No Retreat, No Surrender** by Oscar Chalupsky

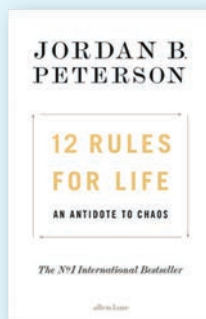
In this book, the sporting legend relives some of his most exhilarating and nail-biting races, and shares the lessons he has learnt from winning on the international surf, lifesaving, kayak and surfski circuits as well as running several successful businesses. The final chapters recount his courageous battle against cancer, and his refusal to let the deadly disease dictate his life. An uplifting account of grit, perseverance, talent and attitude.



### **A Promised Land** by Barack Obama

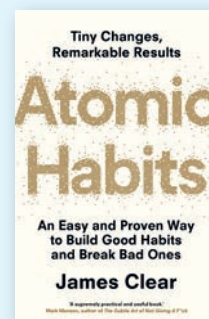
In the stirring first volume of his presidential memoirs, Barack Obama tells the story of his improbable odyssey from young man searching for his identity to leader of the free world, describing in strikingly personal detail both his political education and the landmark moments of the first term of his historic presidency - a time of dramatic transformation and turmoil. A riveting and deeply personal account.

## *stirring* SELF-HELP



### **12 Rules for Life: An Antidote to Chaos** by Jordan B. Peterson

The acclaimed clinical psychologist provides twelve profound and practical principles for living a meaningful life, from setting your house in order before criticising others to comparing yourself to who you were yesterday, not someone else today. Drawing on examples from the author's clinical practice and personal life, cutting-edge psychology and philosophy, the book offers eternal truths applied to our modern problems.



### **Atomic Habits** by James Clear

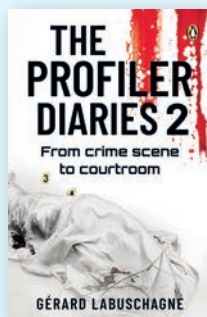
People think when you want to change your life, you need to think big, but habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions - doing two push-ups a day, waking up five minutes early, or holding a single short phone call. He calls them atomic habits. These small changes will have a revolutionary effect on your career, your relationships, and your life.

## local LOVES



### Koos Bekker's Billions by T.J. Strydom

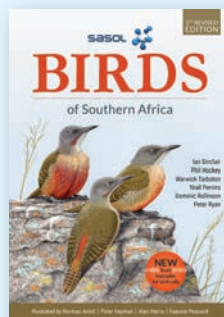
With M-Net, Bekker convinced the business world he had the magic touch. But it was only the start of an entrepreneurial journey that would bring him immense wealth. But how? What were the methods employed by this boerseun from Heidelberg? Financial journalist TJ Strydom distils it down to 15 steps, sketching out the winning ways of the elusive media mogul. This is a captivating look into the life of a very private billionaire.



### The Profiler Diaries 2: From Crime Scene to Courtroom by Gérard Labuschagne

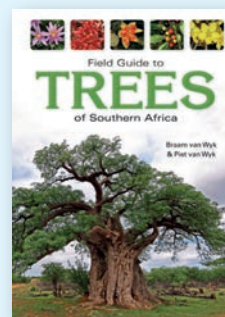
In this gripping second instalment, the former South African Police Service head profiler, and successor to the legendary Micki Pistorius, recalls more of the 110 murder series and countless other bizarre crimes he analysed during his career. As Labuschagne says, catching a killer is one thing; getting them convicted in a court of law is an entirely different ball game. This book shows how it is done in fascinating detail.

## stunning SOUTH AFRICA



### Sasol Birds of Southern Africa 5th Edition by Ian Sinclair et al

The authoritative book on birds, *Sasol Birds* has been brought fully up to date by its expert author panel, with additional contributions from two new birding experts. Greatly enhanced, this comprehensive, best-selling guide is sure to maintain its place as one of Africa's most trusted field guides. Key features include more than 800 new illustrations and access to a free downloadable app to scan and play bird calls. *Ook beskikbaar in Afrikaans.*



### Field Guide to Trees of Southern Africa by Braam van Wyk & Piet van Wyk

Southern Africa has a rich variety of tree species, with an estimated 2 100 indigenous species and more than 100 naturalised aliens. This comprehensive field guide describes and illustrates more than 1 000 of these, focusing on the most common and most likely to be encountered. Species are arranged in 43 groups based on easy-to-observe leaf and stem features, with each account illustrated by full-colour photographs of the plant's diagnostic parts. The text also touches on the practical uses of the plants.

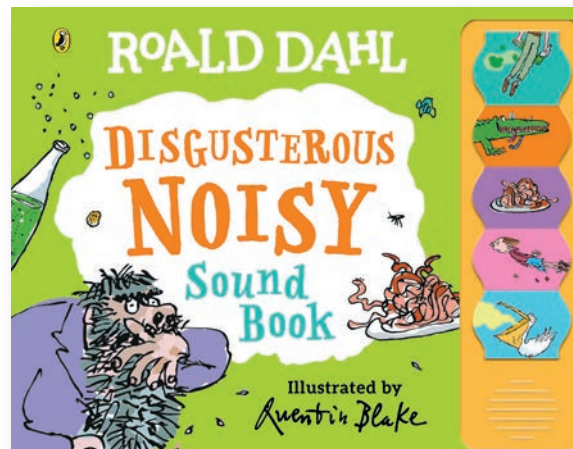
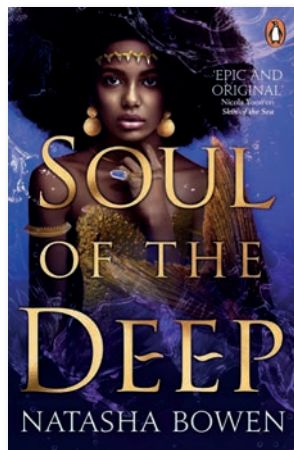


### Hoerkind: Die memoires van 'n randeier deur Herman Lategan

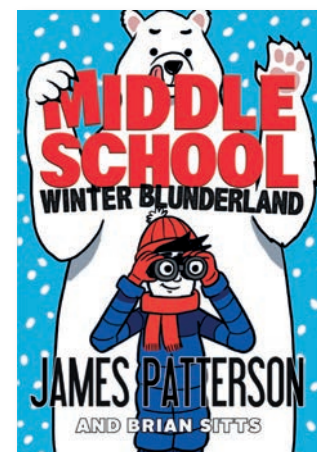
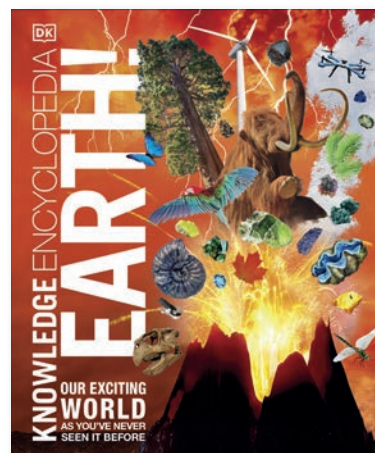
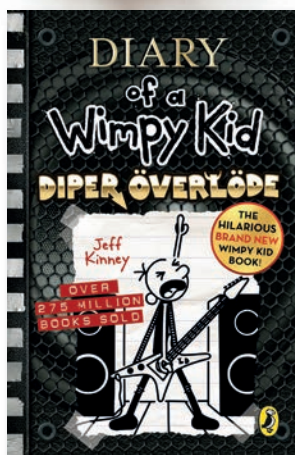
'For the Afrikaans readers in my life, this is the book I'd buy. Born to a single mother from a small conservative Afrikaans town, Lategan was labelled the "child of a whore", and his childhood wasn't easy. There was a string of abuse, but there were also meaningful friendships with figures such as the poet Sheila Cussons. Lategan tells the whole story with humour, charming bluntness, and in a spicy Afrikaans, making it a highly enjoyable read.'

- Shaun de Waal, News24 Books Editor

# FOR THE BUDDING BOOKWORMS

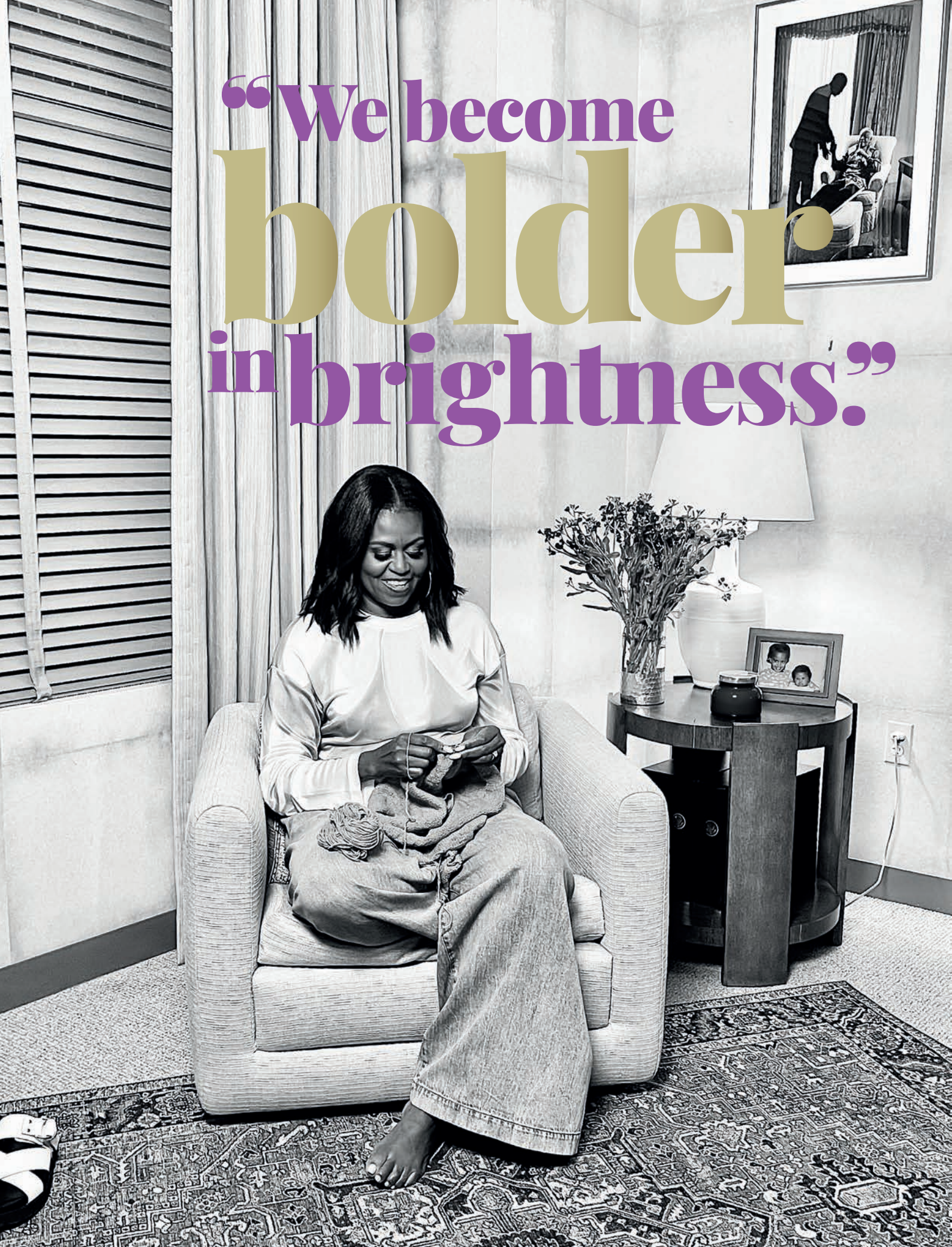


Press the buttons and listen out for some truly disgustorious noises, from fizzing whizzpoppers to crunching crocodiles...



Ook beskikbaar in Afrikaans!

“We become  
**bolder**  
in brightness.”



In *The Light We Carry*, the inspiring follow-up to her critically acclaimed, number one bestselling memoir *Becoming*, former First Lady of the United States Michelle Obama shares practical wisdom and powerful strategies for staying hopeful and balanced.

**M**ichelle Obama's book *Becoming*, a memoir that chronicled her life journey from her childhood on the South Side of Chicago to her experiences as the first Black First Lady of the United States, inspired multiple generations of readers worldwide and received widespread critical acclaim. The audiobook edition, read by the author, received a Grammy Award for Best Spoken Word Album. Since its publication on November 13, 2018, *Becoming* has been translated into 50 languages and sold more than 17 million copies across formats worldwide.

In *The Light We Carry*, Mrs. Obama offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully adapt to change and overcome various obstacles – the earned

“Connecting meaningfully with others is, to me, the bedrock of all things.”

wisdom that helps her continue to ‘become.’ She details her most valuable practices, like ‘starting kind,’ ‘going high,’ and assembling a ‘kitchen table’ of trusted friends and mentors. With trademark humour, candour, and compassion, she also explores issues connected to race, gender, and visibility, encouraging readers to work through fear, find strength in community, and live with boldness.

Michelle Obama served as First Lady of the United States from 2009 to 2017. A graduate of Princeton University and Harvard Law School, Mrs. Obama started her career as an attorney at the Chicago law firm Sidley & Austin, where she met her future husband, Barack Obama. She later worked in the Chicago mayor’s office, at the University of Chicago, and at the University of Chicago Medical Center. Mrs. Obama also founded the Chicago chapter of Public Allies, an organisation that prepares young people for careers in public service. In 2018, together with Barack, she started the production company, Higher Ground to tell powerful stories that entertain, inform, and inspire – while elevating new and diverse voices in the entertainment industry. [michelleobamabooks.com](http://michelleobamabooks.com)

“

‘I’ve learned it’s okay to recognise that self-worth comes wrapped in vulnerability, and that what we share as humans on this earth is the impulse to strive for better, always and no matter what. We become bolder in brightness. If you know your light, you know yourself. You know your own story in an honest way. In my experience, this type of self-knowledge builds confidence, which in turn breeds calmness and an ability to maintain perspective, which leads, finally, to being able to connect meaningfully with others – and this to me is the bedrock of all things. One light feeds another. One strong family lends strength to more. One engaged community can ignite those around it. This is the power of the light we carry.’

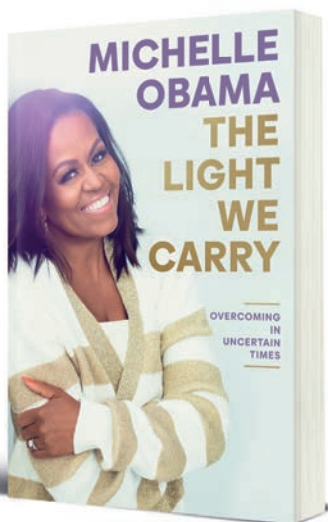


ABOVE Our family dressed up for the White House Halloween party.

## THE BOOK

In her inspiring follow-up to *Becoming*, former First Lady Michelle Obama shares practical wisdom and powerful strategies for staying hopeful and balanced in today's highly uncertain world. In *The Light We Carry*, she opens a frank and honest dialogue with readers, considering the questions many of us wrestle with: How do we build enduring and honest relationships? How can we discover strength and community inside our differences? What do we do when it all starts to feel like too much? Michelle Obama believes that we can all lean on a set of tools to help us better navigate change and remain steady within flux. *The Light We Carry* offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she has developed to successfully overcome various obstacles - the earned wisdom that helps her continue to "become." With trademark humour, candour, and compassion, she also explores issues connected to race, gender, and visibility, encouraging readers to work through fear, find strength in community, and live with boldness. A rewarding blend of powerful stories and profound advice, *The Light We Carry* will inspire readers to examine their own lives, identify their sources of gladness, and connect meaningfully in a turbulent world.

**ABOVE** Spending time with children is the best antidote I've found to the challenges of facing injustice, fear, or grief.



*The Light We Carry* is out now.



## MICHELLE OBAMA IN NUMBERS

**1988**

Michelle receives her law degree from Harvard Law School

**1992**

Barack Obama and Michelle Robinson marry


**2 daughters**

Malia Ann, born 1998, and Natasha (Sasha), born 2001

**2012**

Michelle Obama publishes her first book, *American Grown*, which details her efforts in establishing the White House kitchen garden

**91.2 million**

followers across Instagram, Twitter and Facebook 

## READ AN EXTRACT FROM THE LIGHT WE CARRY.

To find it, scan the code using your phone camera, or visit [www.penguinrandomhouse.co.za/penguinbooksblog](http://www.penguinrandomhouse.co.za/penguinbooksblog)



# Gunsteling boeke vir jou Kerskous

Ons het 'n paar voorste lesers gevra watter boeke hulle graag hierdie Kersfees wil kry - of gee.

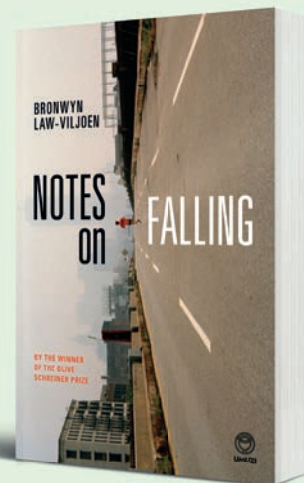


## PHYLLIS GREEN

As sy nie reeds hierdie twee boeke gehad het nie, sê Phyllis Green, SARIE Boekredakteur, sou hulle bo-aan haar wenslys vir Kersfees wees.

### Notes on Falling deur Bronwyn Law-Viljoen

Bronwyn Law-Viljoen skryf geen konvensionele roman met 'n gewone storielyn nie. Dis eerder 'n bepeinsende ondersoek van diepgaande tema's. Daar is die verwerping van 'n ma van haar kind wat in Thalia se storielyn deeglik deurgetrap word. Ook 'n soeke na eie identiteit en waar mens hoort, wat neerslag kry in die kunste, soos uitgeleef in die dans, rolprent en fotografie leitmotifs. Maar dit gaan ook oor die dokumentering van 'n lewe, bekend en onbekend. Dié roman laat jou oor veel besin.



### Murasie deur Chanette Paul

Die verhaal is stewig geanker in die geskiedenis van die plaas, Verlatenfontein, en die generasies wat dit deur die jare bewoon het. Hoe hou die geskiedenis van die oorspronklike eienaars, die Brewisse, verband met raaiselagtige en gewelddadige gebeure in die hede? Georgie Rabie gaan kruip na 'n ondeurdagte twiet weg in haar tante se huis, gebou op haar huurpag-deel van Verlatenfontein. En hoe pas Ras Erasmus, wat 'n kwotasie vir die restourasie van die plaas moet uitwerk, by die dramas in? Vermaaklik en boeiend tot op die laaste blad.

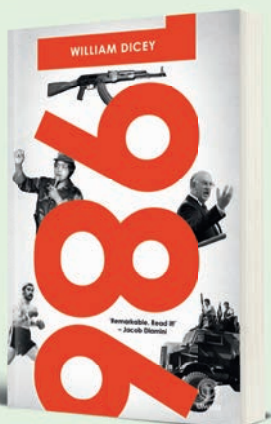
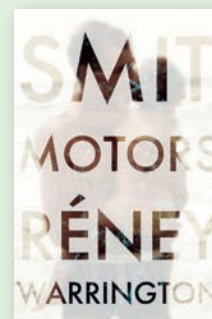


## IZAK DE VRIES

Die boekeredakteur by Litnet deel sy Kerskous-keuses.

### Smit Motors deur Reney Warrington

Reney se eerste roman, *Oktober*, was 'n baie mooi romanse tussen twee vroue. Toe kom sy met *Smit Motors* en gaan grawe in die psige van ons menswees. Hoe hanteer ons iemand wat verstandelik nie op dieselfde vlak as ons is nie? Wat maak jy as die buurman sy vrou en kind mishandel? Hoe kyk jy die vrees van huiswerker in die oë? Die boek het al vir baie genot verskaf en sal vorentoe weer.



### 1986 deur William Dicey

Ek het in 1986 gematrikuleer, ek was so cool, so slim. Ek het als geweet. Toe nou nie. Dicey neem een jaar uit ons land se gekiedenis en weef 'n narratief só subtiel, mens besef nie dat hy éintlik 40 jaar van apartheid en byna 400 jaar van kolonialisme beskryf nie. 'n Alles-in-een gestoei. Een van die beste geskenke wat ek in 'n lang tyd ontvang het.



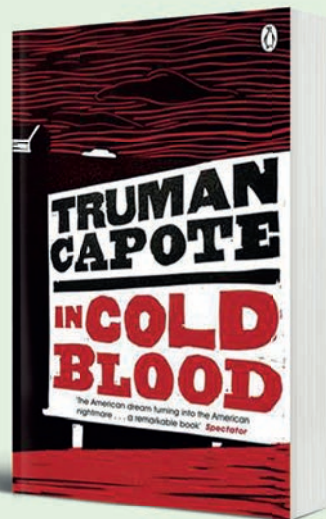
## JO PRINS

Die man aan die stuur by Netwerk24 se boekeblaaië sukkel om te besluit.

### In Cold Blood deur Truman Capote

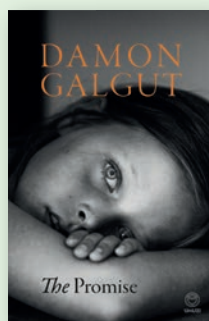
Een van die boeke uit die Penguin-stal wat my altyd sal bybly wat ek jare gelede as geskenk ontvang het, is *In Cold Blood* deur Truman Capote. Hierdie pionierswerk in die "true crime genre" pak natuurlik die grusame moorde in 1959 op vier lede van die Clutter-familie in die kleinboergemeenskap van Holcomb, Kansas.

Benewens die detail van die Amerikaanse landskap en die grusaamheid van die moorde wat Capote by die leser tuisbring, is dit ook sy geniale werkswyse wat mens telkens uitasem laat. Sy vermoë om bykans elke woord van elke onderhoud met honderde mense uit die vuis uit te onthou, is gewoon verbysterend.



### Dol heuning deur SJ Naudé

'n Boek wat jy vir mense moet gee wat aan die een kant in kortkuns belangstel, maar andersyds ook vir mense wat meen kortkuns of kortverhale is nie 'n genre wat 'n mens behoort te oorweeg nie.



### The Promise deur Damon Galgut

As Naudé jou nie oorwen nie ... het ek nie raad vir jou nie. En *The Promise*? Want Suid-Afrika verdien só 'n uitvoerprodukt.



## AMANDA CLAASSENS

Die vryskut-resensent kies iets vir die vroue én manne in haar lewe.

### In die teenwoordigheid van die Allerhoogste deur Stephan Joubert

Vir die manne, maar bepaald nie uitsluitlik vir mans nie, sal ek hierdie boek oorweeg. Dit sal goeie tydberkening wees om die nuwe jaar mee af te skop in Januarie, met die eerste onderwerp, Op God se pad. Maandeliks word geestelike dissiplines behandel in die formaat van dagstukke en skriflesing, wat die getroue leser en student van die Woord gaan beloon met 'n jaar van geestelike groei, aldus die skrywer.



### Verbode drif deur Irma Joubert

Die verhaal van die omstrede en klaarblyklike hopelose liefde tussen 'n Jood en 'n boere-meisie, is 'n liefdesroman wat ek graag op my boekrak wil bewaar om weer en weer te lees. Die tweede uitgawe het onlangs die lig gesien met 'n treffende nuwe baadjie, bewys daarvan dat dit die toets van tyd weerstaan het en steeds gewild is. As ek soek na 'n Kersfeesgeskenk vir 'n dame, sal hierdie historiese fiksie roman 'n sterk aanspraakmaker wees.



## ELNA VAN DER MERWE

Die boekjoernalis,  
ondermeer by  
Huisgenoot, deel uit.



### Vrouehelde van Suid-Afrika deur Wendy Maartens en Linki Brand

Die boekreeks wat ek present sal gee. Heerlik!



### Skeef deur Renaldo Schwarp

Hierdie boek sal ek graag wyd en syd present gee vir al daardie oumas, oupas, ma's, pa's, onderwysers, vriende en familie wat vrae het oor iemand na aan hulle wie se seksualiteit hulle dronkslaan. Of kwaad maak of veroordelend maak en so daardie geliefde seermaak. Renaldo raak aan al die moontlike kwessies wat in sulke gesprekke kan opduik en gee ook raad aan die persoon wat te bang is om uit die kas te kom. Dis 'n vyfster-boek!

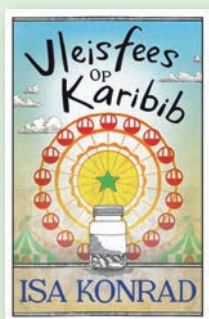
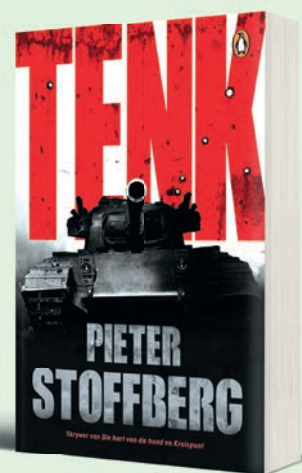


## ANSCHEN CONRADIE


Hierdie vryskut-resensent deel geskenke uit - die eerste vir haar peetpa, wat daar was, en die tweede vir haar tannie Lida, wat hou van 'n lekker skinderstorie op 'n klein dorpie.

### Tenk deur Pieter Stoffberg

Die sein het 4SA in Middelburg in Oktober 1987 bereik: Suid-Afrika berei voor vir Operasie Modulêr. Verskeie eenhede van die Suid-Afrikaanse Weermag sou Fapla in hulle eie land, Angola, aanval. Die skrywer het onderhoude met verskeie rolspelers gedoen en dagboeke en joernale geraadpleeg ter voorbereiding van die skryf van hierdie roman wat deels feite en deels fiksie is. Dit weerspieël die werklikheid van 'n gemanipuleerde oorlog op 'n realistiese, ongestroopte wyse; die vlieë, stof en bloed styg vanuit elke bladsy op.



### Vleisfees op Karibib deur Isa Konrad

Hierdie is die derde in die Karibib "cosy mysteries" - reeks. Die roman speel teen die agtergrond van 'n klein, intieme gemeenskap af; 'n befaamde sanger word dramaties in die openbaar vermoor. 'n Lid van die publiek, Alet, staan die polisie in hulle ondersoek by en dra ook by tot 'n romantiese inslag. Die roman word gekenmerk deur fyn humor en kleurrike karakters wat in die leser se hart kruip. Dis heerlike, ontspannende leesstof selfs vir lesers wat normaalweg van raaisel- en speurromans wegstroom. 



# ‘Getting my ideas out into the world is the best thing of all.’

Big Panda and Tiny Dragon are back in James Norbury’s newest installment, *The Journey*. We chatted to the author-artist about his love for animals, where he draws his inspiration from and what’s next for his unlikely and loveable pair of friends.

“Animals are one of the main focuses in my life. I think they are the most beautiful things and a source of endless inspiration with their peace, innocence and beauty. I have five cats at the moment who like to help me out by waking me up in the middle of the night and walking through my paint when I am trying to work. I also foster kittens, which is great fun and, although very demanding at times, is a source of immense happiness. At the same time, I volunteer with an animal charity in my local area and don’t eat or use any animal products.

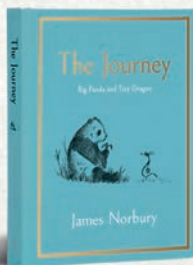
My work speaks to this passion. Big Panda and Tiny Dragon share a love for one another and the world around them. To me, love is a deep-seated care that transcends physical desire, infatuation or aesthetic enjoyment, but it means different things to different people, and love itself was never really something I directly addressed in the book; at least not intentionally.

My work mainly derives from my own experiences. So, when I am feeling a certain way, I try to work out why and then create

a picture about it. I think these feelings are universal and no matter our status in life, we all share similar emotions and concerns. It means that while not every reader will connect with every picture, our human experiences overall are similar enough that most people can relate.

I got started in art as a child. My father is a sculptor and painter, and a great influence on me in the artistic sense. I would do lots of drawing as a boy, mostly of animals and cartoon characters and later, more architectural pen- and ink drawings. I’ve never been to art school and I stopped creating during university and for a few years afterwards. But I’ve always enjoyed combining art and writing, so it was only natural that I return to it. I find inspiration in all sorts of things around me and the work of other artists – my favourite being the Japanese manga artist, Tsutomu Nehei – and then I teach myself the techniques I need to create the ideas in my head.

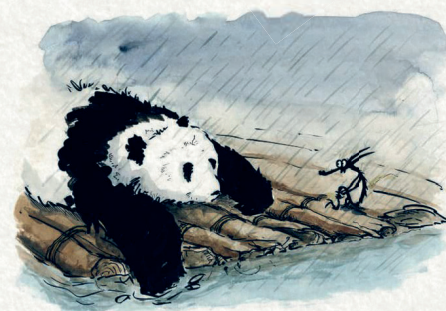
At the end of the day, as an artist and writer, getting my ideas out into the world is the best thing of all. Prior to Big Panda and



*The Journey* is out now.



'Aren't you scared of storms?' asked Tiny Dragon.




'Maybe once,' said Big Panda, 'but I've survived them all – I've learnt that I don't need to be afraid.'

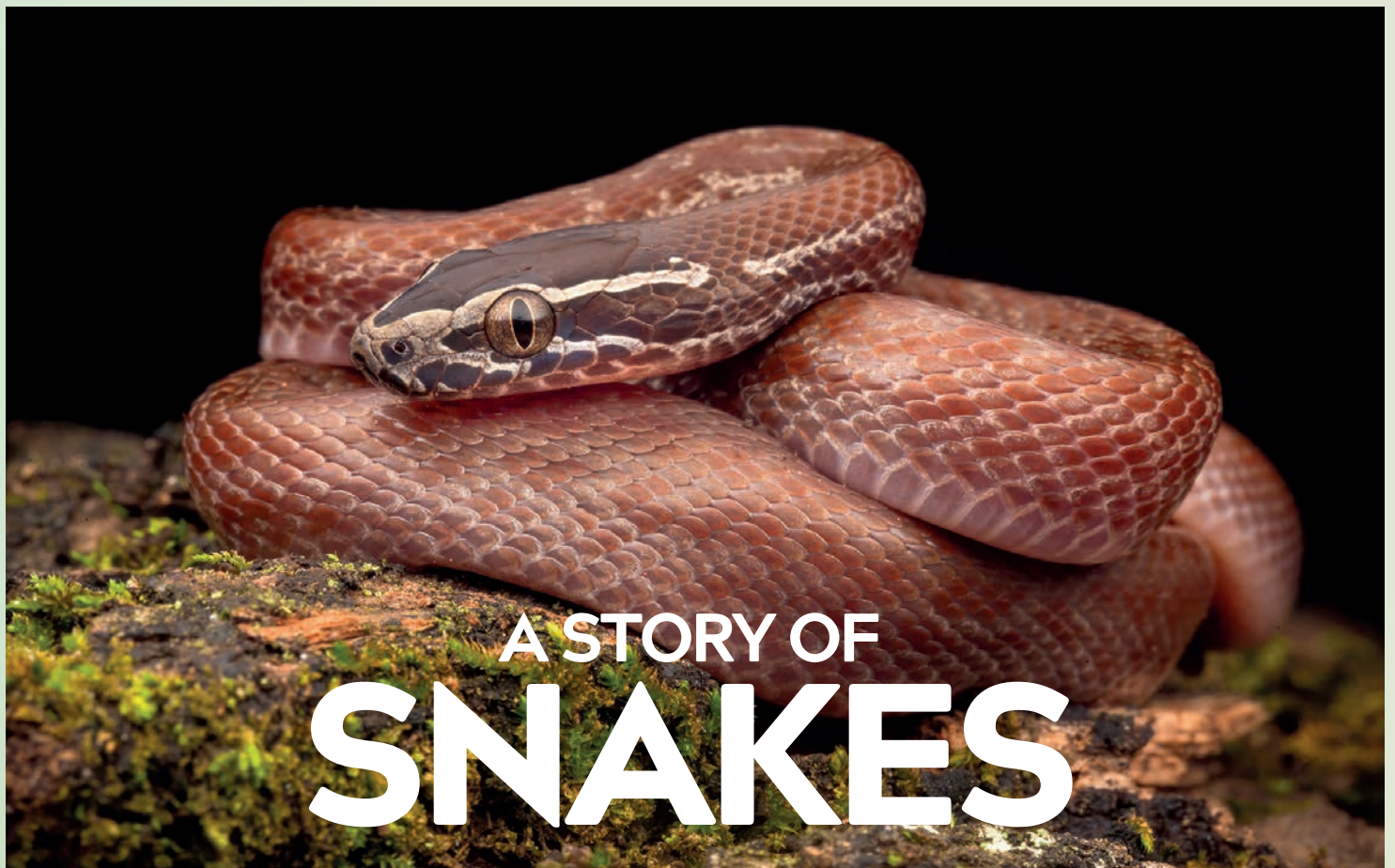
Tiny Dragon, most of my work went unseen and was confined to drawers or obscure corners of the internet where no one would see it. I'm historically terrible at marketing myself and selling my work. It's especially rewarding with Big Panda and Tiny Dragon as the work that is going out into the world is genuinely helping people.

As an artist, what has worked for me the most has been to realise that I am a unique combination of elements and I should create the work only I can create. I try to draw on all the different things I love and find inspiring and channel them onto the paper. I always create the art for myself, not for others. If others like it; that's fantastic – and if they don't; then that's okay, too.

try to draw on all the different things I love and find inspiring and channel them onto the paper.

Something that also helped me on my way was my father saying to me when I was young that art is about the idea, and to portray that idea, you only need just enough skill. For me, that was very important because although I do try to improve my technique, I try to realise that as long as my drawing or writing is good enough to put across my idea, my work is successful. It takes away the pressure of trying to create perfection, which I personally find crippling.

I still have lots of ideas for Big Panda and Tiny Dragon. I think the pair is a fantastic way to spread very important concepts that can really help people. So as long as there are ideas which need spreading, they'll be continuing their journey." 



# A STORY OF SNAKES

What started as childhood curiosity turned into a lifelong obsession for snake and reptile expert, Johan Marais.

**“**I was raised in Verity Avenue in Woodlands, a few kilometres south of Durban. It was a new suburb with relatively few houses surrounded by bush, and served as the ideal home for monkeys, which were commonly seen. Also in abundance were KwaZulu dwarf chameleons. I could quickly catch a few on the way home from school. I would tell the other kids that I could smell them. They believed me.

I would also often see snakes, even in our garden. They were mostly harmless or mildly venomous, like brown house snakes, herald snakes and short-snouted grass snakes, but during visits to Blythedale beach and various family farms in Ermelo, Grootvlei and Stella, most encounters were with highly venomous snakes like green mambas, boomslang and rinkhals – and most were killed on sight.

I was intrigued and had many questions but no answers. Even the odd visit to Fitzsimons Snake Park on the Durban beach front helped

**ABOVE** Brown House Snake

**BELOW** Johan Marais

**BOTTOM** Adder



little – there was never anyone there to answer my questions. Books on snakes were rare, except for the classic 1962 *Fitzsimons Snakes of Southern Africa* that none of us could afford. My nearby library had a copy, so I often went there to page through it, but we weren't allowed to take it off the premises. So, I started to feed my curiosity for snakes hands-on by collecting them and putting them in an enclosure in the garden ... without my mother knowing, of course. Soon, my fascination with snakes turned into obsession.

My collection only grew. In my mid-teens, while many of my school friends were busy playing rugby and cricket, I'd be out in the bush flipping rocks and the odd piece of corrugated iron, looking for my next hostage. I started keeping a variety of snakes, including mambas, cobras, boomslang and puff adders. At one point, I even found a hatchling Nile crocodile that lived in an enclosure in the garden. I kept it right up until it reached a length of 1,5 metres.





At that point, the problems started, and I was forced to give it up.

After I'd finished school, I joined the police force, and it was during that time that Fitzsimons Snake Park was taken over by Fritz Muller, a businessman who dealt with financial investments. I frequented the snake park, where I got to know Fritz well and he soon offered me a job there. It was a huge learning experience for me, and led me to the late Rod Patterson, owner of the Transvaal Snake Park in Halfway House. I had intended on relocating to further my studies, and Rod made me an offer to work for him part-time when I wasn't busy with varsity work. A month later I moved to the old Transvaal.

Transvaal Snake Park was a true reptilian paradise with a comprehensive collection of snakes, lizards, tortoises and frogs from all over the world – various rattlesnakes, cottonmouths, Australian taipans, Gila monsters, kingsnakes, mambas and cobras as well as Burmese and Reticulated pythons. Rod was an excellent tutor and had exceptional husbandry knowledge and the park had a good track record for breeding rare reptiles. As time went on, I was getting a far better understanding of how science worked and was meeting the big names in herpetology, amongst them, the late Dr Bill Branch, Hennie Erasmus, Mike Jaench and Wulf Haacke.

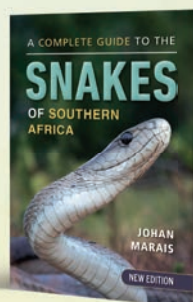
I was doing more field trips, scratching around and learning about reptiles with like-minded people, and, at the same time, I got

#### ABOVE LEFT

Snouted Cobra

TOP Green Water Snake

ABOVE A detailed shot of the eye of a House Snake



*The Complete Guide to Snakes of Southern Africa* is out now.

heavily involved with reptile photography, a passion that still takes up much of my spare time today.

I wrote my first book, *Snake versus Man*, in my early twenties, followed by *Complete Guide to Snakes of Southern Africa* in 1992. I got more and more involved with reptiles, wrote several scientific and popular articles, and then spent a few years on commercial crocodile farms. This was a productive period as I wrote and co-authored dozens on scientific articles on crocodile nutrition and crocodile husbandry. For this, I teamed up with Prof Gerrie Smith, an animal nutritionist with the University of Pretoria. As members of the Crocodile Specialist Group of the Species Survival Commission, I.U.C.N., we were regular speakers at various conferences in the USA, Thailand and Zimbabwe.

In the early 2000s, while I independently owned a chain of bookstores across South Africa called Fascination Books, I started doing more and more field trips with Dr Branch. We surveyed Niassa Reserve in northern Mozambique followed by a survey of the reptiles and amphibians of Mulanje Mountains in Malawi. In between that, I was doing trips with Dr Aaron Bauer from Villanova University in Pennsylvania. Aaron is the most prominent herpetologist in the world. He has published well over 600 scientific papers and has described over 100 reptiles from various different countries. Most of our trips were to parts of Namibia where various taxonomical questions needed answering, but we also did several trips to different parts of South Africa and Zimbabwe.

In between I wrote a few more books – *Snakes and Snakebites in Southern Africa*, *Snakes of the World* and a revision of *Complete Guide to Snakes of Southern Africa* (2004). Not to forget *Kid's Snakes of Southern Africa*, one of my favourites.

And now, 18 years later, with loads of new information on snake behaviour and biology as well as distribution and new photographs, I've just released a major revision of *Complete Guide to Snakes of Southern Africa*. With loads more information on snakes and reptiles available at our fingertips, I'm happy to have done my part in feeding the curiosities of this generation, and of generations to come." 📖

# THE JOYS OF HIKING

Evelyn John Holtzhausen caught the hiking bug at an early age when his family introduced him to the wonders of the Drakensberg. Now, his new book *Hiking Cape Town* is the perfect handbook for anyone looking to hike the beautiful city.



## **CITY BOWL: Lion's Head Circuit**

**Distance/Duration** 5.6km/2.5 hours with stops

This easy ramble around the base of Lion's Head offers almost all the joys of hiking with hardly any of the effort. As you progress along a well-trodden path, you'll enjoy panoramic vistas of the city and the Atlantic Ocean while the Twelve Apostles and Table Mountain loom large above you. You'll also take in a smattering of local history. Your route starts near the green-domed kramat (holy shrine) of Sheikh Mohamed Hassen Ghaibie Shah al-Qadri, a Muslim spiritual leader who helped to establish Islam in the Cape in the late 1600s. It is one of 21 kramats on the Cape Peninsula. There are also views of Robben Island where Nelson Mandela spent 18 of his 27 years in prison before becoming president of South Africa.

**ABOVE** Views for miles from Kasteelspoort

## **HOUT BAY: Amphitheatre Circuit**

**Distance/Duration** 6km/3 hours

Just 27km from the city centre, the Silvermine section of Table Mountain National Park crosses the spine of the Cape Peninsula between Hout Bay in the west and Muizenberg and Kalk Bay in the east. Initially administered by the City of Cape Town, Silvermine Nature Reserve was incorporated into the SANParks-managed national park in 1998. There are over 900 species of fynbos in Silvermine, with diverse populations of proteas, ericas and restios throughout.

The pristine conservation area is cleaved in two – Silvermine West and Silvermine East – by Ou Kaapse Weg (M64), the main thoroughfare that links Cape Town's southern suburbs with Noordhoek and the Fish Hoek valley. Silvermine West stretches from Ou Kaapse Weg to beyond Constantiaberg, while Silvermine East lies on the opposite side of the highway and overlooks False Bay.





Ideal for novice hikers, the Amphitheatre Circuit is a slow saunter uphill on well-maintained paths. It offers 360-degree views that stretch from the back of Table Mountain to Hout Bay, False Bay and Cape Point in the distance. There are several trails that branch off from this one for those who want a more challenging experience.

### **SOUTHERN SUBURBS:** **Woodcutters' Path**

**Distance/Duration** 7.3km/2.5 hrs,  
depending on stops

Newlands, with its mix of exotic tree plantations and indigenous Afromontane forest, is one of the most popular outdoor destinations in Table Mountain National Park. There are short walks, long walks, wide open paths, narrow secret paths – and the magic healing energy that we get from 'forest bathing' in the midst of the giants that grow on the eastern slopes of Table Mountain.

Generally, walkers tend to keep to easier, popular routes that offer casual hikers and dog lovers plenty of opportunity for exercise. The Woodcutters' Path is slightly more demanding as it goes through the forest at a higher elevation; not only does this allow for a less

**ABOVE** Old Pine Tree

**BELOW RIGHT**  
Elsie's Peak,  
False Bay




*Hiking Cape Town*  
is out now.

crowded hiking experience, it also promises a shady outing amidst trees such as yellowwood, Cape beech, wild almond and the ubiquitous pine, as well as numerous river and stream crossings and tumbling waterfalls.

It is very difficult, if not impossible, to get lost in Newlands Forest. If you do lose your way, follow any of the paths that lead downhill until you eventually reach the M3, from where you can walk back to the parking area. A good rule of thumb is to keep to the wider, well-trodden paths and avoid any shortcuts.

### **FALSE BAY: Elsie's Peak**

**Distance/Duration** 4km/2.5-3 hours with stops; alternative route: 2km from Glencairn Heights

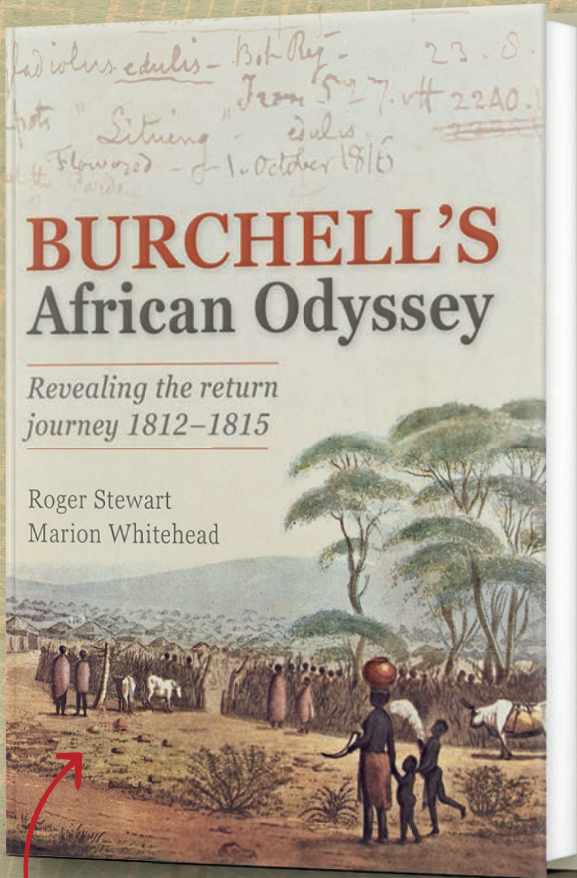
If ever there was a hike that rewards a reasonable level of effort with a sense of achievement, it is this very pleasant walk to Elsie's Peak, high above False Bay between Fish Hoek and Glencairn. No matter the season, but especially in spring, it's a colourful walk through flowering fynbos to the top. An added bonus, between August and December, is the arrival of southern right whales and their calves in the shallows of the bay below. 



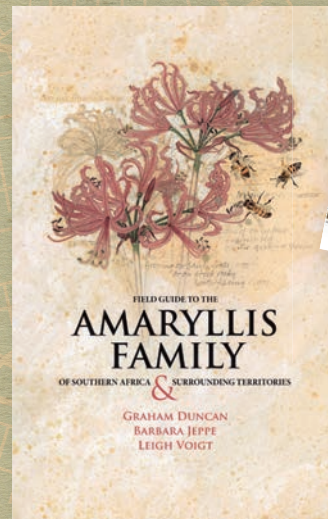
**JOIN THE STRUIK NATURE CLUB!** Be the first to hear news of new releases, special editions, offers, as well as launches and author events. Plus, members stand in line to win great prizes every month! Sign up at [www.struiknatureclub.co.za](http://www.struiknatureclub.co.za).



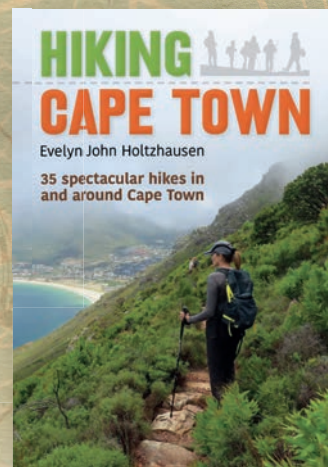
# TOP SHELF BOOKS TO ADD TO YOUR COLLECTION



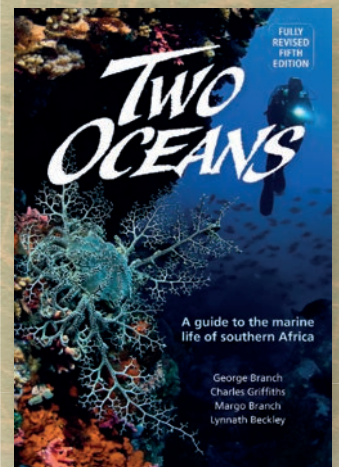
A pioneering book that reveals the homeward leg of naturalist William Burchell's epic southern African odyssey between 1812 and 1815 – through the arid northern Cape, the Great Karoo, the war-ravaged eastern Cape, and along the Eden-like southern Cape coast.



AN EXQUISITE  
BOTANICAL WORK  
FOR USE IN THE FIELD



35 SPECTACULAR  
HIKES FOR NEW AND  
EXPERIENCED HIKERS



**NEW!** FULLY REVISED,  
UPDATED AND  
EXPANDED

AVAILABLE ONLINE AT [WWW.STRUIKNATURECLUB.CO.ZA](http://WWW.STRUIKNATURECLUB.CO.ZA) AND LEADING BOOKSTORES NATIONWIDE & ONLINE

Join the **Struik Nature Club** and be the first to know about our new releases, online specials, competitions, virtual launches and author events!  
[www.struiknatureclub.co.za](http://www.struiknatureclub.co.za)

Follow us on facebook @StruikNatureClub  
[www.penguinrandomhouse.co.za](http://www.penguinrandomhouse.co.za)



# HOW I BECAME THE “BOUNDARY LADY”

If you're looking for the tools to stop justifying, minimising and apologising, Melissa Urban's *The Book of Boundaries* is just the ticket.



**“**In certain circles, I am known as the “Boundary Lady.” To be fair, I am known as many things. I am a CEO, a wife, and a mother. I am a bestselling author, an avid hiker, and a voracious reader. But when it comes to boundaries, specifically, many of my readers’ spouses know me only as “that boundary lady on Instagram.”

If you were to look at me today, this label would make total sense. Personality-wise, let's just say I am not a people pleaser. To even the casual observer, I appear assertive, independent, and self-confident; both comfortable with conflict and direct about expressing my needs. That behaviour, especially coming from a woman, sometimes evokes an accusation of selfishness, and a few others I won't mention here, but you can probably imagine what they are.

I'm not selfish, though, or any of those other descriptions you just envisioned. What I am is someone who takes her mental health, energetic capacity, and worth seriously, and does what needs to be done to protect them. This can look like:

- **In business:** “Thank you for thinking of me. This project doesn't feel like a good fit, so I'm going to pass.”
- **With my parents:** “I know you're trying to help, but it's my job to make the rules for my son. I'll let you know if I want your input.”
- **In friendships:** “Oh, let me stop you – please don't share stories about what my ex is up to. I really don't want to hear about it.”
- **With my husband:** “I could use some alone time, so I'm going into the other room to read.”

Reading these statements may make you uncomfortable, but they're all firmly in my wheelhouse, and I use them often as a means


**“Are you ready to embrace “no thank you” as a complete sentence? We'll get there.”**

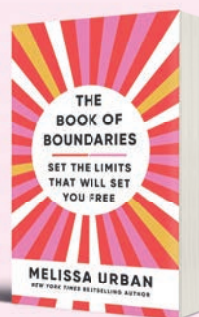
of strengthening my relationships, bolstering my energy, and preserving my mental health. And I don't apologise for setting these kinds of limits, because when I'm expressing my needs in a direct and polite manner, there is nothing to apologise for.

I am also the co-founder of the Whole30 program. For the past thirteen years, I've taught my community how to set boundaries around their health and habits, and how to deal with pushback and peer pressure. (Are you ready to embrace “no thank you” as a complete sentence? We'll get there.)

Once people realised I was good at helping them say no to pizza and wine, they started asking me how to say no to their pushy co-worker, toxic mother-in-law, and nosy neighbour. I was getting so many questions from people about how to set boundaries that I did a deep dive into all the boundary-related work I could find. I read every book, article, and research paper I could dig up from therapists, psychiatrists, sociologists, addiction specialists, medical doctors, and business leaders, in a quest to discover what makes good boundaries and how they're established.

Through that research, my own self-work, and listening to the needs of my community, I developed my own methodology and language around boundary-setting. Four years ago, I began running “Help me set a boundary” Q&As in my online community and in my newsletter, which has given me the opportunity to hear thousands of your stories and to fine-tune my approach and advice. (Side note: Y'all's in-laws really do behave badly.)

All of this is to say I wear my “Boundary Lady” badge with pride, especially knowing how far I've come to earn it. I wasn't always like this.” 



*The Book of Boundaries* is out now.

# FESTIVE FOOD

Christmas is a time for giving ... and for eating. Make this year's meal memorable with these yummy recipes picked by two of our favourite cookbook authors.

## Grain-free vegetable 'couscous' low carb

SERVES  
4  
main servings  
or 6-8 side  
servings

"Serve as a vegetarian main meal or a side salad with grilled chicken or meat, or use as a rice-substitute with fragrant curries." - Iné Reynierse

400 g cauliflower florets  
200 g shredded green cabbage  
100 g shredded red cabbage  
1 medium carrot, roughly chopped  
1 small cooked beetroot, roughly chopped  
1 cup baby spinach leaves  
¼ cup coriander or parsley leaves  
2 Tbsp olive oil or avocado oil  
Salt and ground black pepper to taste  
1-2 tsp ground cumin  
2-3 tsp lemon juice  
Pomegranate rubies, optional, for garnish  
Extra coriander or parsley leaves, for garnish

Place the cauliflower florets in a food processor and pulse until they resemble grains of couscous or rice. Set aside. Process the rest of the vegetables to the same couscous-like consistency, working in batches if necessary.

Heat 1 Tbsp oil in a pan on medium-high. Add the cauliflower 'couscous' and stir-fry for 2-3 minutes, stirring with a wooden spoon. Scoop the cauliflower into a large serving bowl and set aside.



Heat the remaining oil and stir-fry the rest of the vegetables, working in batches if necessary. Season with salt, pepper and ground cumin to taste, then transfer to the serving bowl. Set aside until cool.

Lightly toss all the vegetables to combine. Dress the 'couscous' with lemon juice and season with black pepper and salt to taste. Garnish with pomegranate rubies and extra coriander or parsley leaves.



*Low Carb is Lekker Three* by Iné Reynierse is out now. Ook beskikbaar in Afrikaans.

## Herb-crusted Rack of Lamb

"This recipe is ideal for sharing with family. In our culture, most families will slaughter sheep during Christmas, which makes this the perfect Christmas recipe. You can enjoy these with roasted veggies."

- Sifo Sinoyolo

**rack of lamb with 7-8 ribs (± 600g)**  
**salt and pepper, to taste**  
**3 Tbsp (45ml) olive oil**  
**3 garlic cloves, finely chopped**  
**10g Italian parsley, chopped**  
**1 Tbsp (15ml) paprika**  
**2 sprigs fresh thyme**  
**3 sprigs fresh rosemary**

Place the rack of lamb in a roasting pan and pat dry with paper towel. Season all over with salt and pepper and set aside.

In a food processor or blender, combine the olive oil, garlic, parsley, paprika, thyme and a pinch of salt. Blend on high until thoroughly combined.

With a sharp knife, score several cuts across the fat layer on the rack of lamb. Rub the herb mixture all over the lamb, including the cuts you've made, so that the flavours penetrate the fat.

Cover the roasting pan with cling wrap and leave the lamb at room temperature for 2 hours.

Preheat the oven to 200°C.

Make sure the rack of lamb is placed fat-side up. Cover the exposed rib bones with foil. Roast for 30-35 minutes for meat that is medium-rare. If you prefer your meat more well-done, roast for 40-50 minutes.

Remove the lamb from oven and remove the foil. Rest the lamb for 10-15 minutes before carving and serving.

### Notes and Tips:

For a richer flavour, you can refrigerate the marinated rack of lamb overnight, but just make sure you bring it to room temperature before roasting, so it cooks evenly.

**MAKES  
1 large  
mould or 6-8  
individual  
servings**



*Cooking with Love is out now.*

# Caesar's 'bread'

SERVES  
8-10

PREP TIME  
20 minutes

COOKING  
TIME  
1½-2 hours

PASSIVE  
TIME  
4 hours or  
overnight

"In October 2016 we styled a shoot for Sarie Kos with Barbara Joubert and Mickey Hoyle that included this recipe from a cookbook by C. Louis Leipoldt, first published in 1933. We have adapted the recipe for simpler preparation, but it has showstopper written all over it and is perfect for holidays, especially over the festive season. Get your chef vibe on; present individual plates with slivers of the bread (in reality, a terrine) served with home-made mayonnaise, micro herbs and garlic or onion flowers." - Mynhardt Joubert

**750g streaky bacon**  
**250g lean beef mince**  
**15ml chopped Italian parsley**  
**Salt and pepper to taste**  
**250g skinless chicken breasts,**  
**deboned and cut into strips**  
**125ml sun-dried tomatoes in olive**  
**oil, chopped**  
**250g prawns, cleaned, shell and**  
**heads removed**  
**2 cloves garlic, minced**  
**Grated zest of 1 lemon**  
**250g lean pork mince**  
**15ml chopped sage leaves**  
**200g baby spinach leaves**  
**100g butter, melted**

Line an 18-20cm cake tin with clingwrap, leaving an overhang large enough to cover the terrine. Line the pan with the bacon on the bottom and the sides so that it hangs over the edge.

Mix the beef mince and parsley together, season to taste and set aside. Mix the chicken strips with the tomatoes, season to taste and set aside. Mix the prawns with the garlic and lemon zest, season to taste and set aside. Mix the pork mince with the sage, season to taste and set aside.

Preheat the oven to 150°C and start layering the bread, starting with the beef mince mixture on the bottom, followed by half the spinach leaves and chicken strips. Add the prawns on top followed by the other half of spinach. Finish the terrine with the pork mince mixture on top. Make sure the whole terrine is encased with meat.

Pour the melted butter over and close the top with the bacon hanging over the edge and then the clingwrap. Bake the terrine in a water bath in the oven for 1½-2 hours. When you insert a knife in the centre, the juices should run clear. Remove from the water and leave to cool to room temperature, then refrigerate for 4 hours or overnight to set. You can place the

bread into a hot oven to roast the bacon if you like. Enjoy slices of the terrine with herbed pesto mayo and wholegrain mustard.



*My Station Street Kitchen* by Mynhardt Joubert is out now. Ook beskikbaar in Afrikaans.



## WIN! WIN! WIN!

Two lucky readers could each win a foodie hamper that consists of a Christmas Cake straight out of Chef Mynhardt Joubert's kitchen, along with a bottle of KWV 12-year-old brandy, and a copy of Mynhardt's cookbook valued at R1 310. To enter, visit [www.penguinrandomhouse.co.za/competitions](http://www.penguinrandomhouse.co.za/competitions). Ts & Cs apply. Entries close 08 January 2023.



## Christmas Panna Cotta

"I chose this recipe because I love the idea that it can be made in a mould and so it is an easy one to add some festive cheer to the Christmas table. I always make it in my Christmas tree mould and the colours also just scream Christmas - the silk white of the Panna cotta married with the festive red of the berry glaze. It always looks amazing on the dessert table and it tastes delicious!" - Trish van der Nest

### REDCURRANT JELLY

200 g redcurrants, thawed if frozen  
100 ml water  
30 g castor sugar  
1½ gelatine leaves

### PANNA COTTA

2 cups (500 ml) pouring cream  
1½ cups (375 ml) full cream milk  
100 g castor sugar  
1 vanilla pod, split  
5 gelatine leaves

Fresh mint leaves, for serving

Fresh berries, optional, for serving

### NOTES

- If you can't get frozen redcurrants, use any other red berries, or mixed berries.
- Instead of castor sugar, you can use xylitol castor sugar.
- You can make this up to a day ahead and turn it out just before serving.
- Silicone moulds have made it easier to turn out desserts, but if you are using a metal baking pan, you may need to dip the base in warm water for a few seconds before unmoulding the panna cotta.

### FOR THE JELLY

Combine the fruit, water and castor sugar in a heatproof bowl. Cover with foil or a lid, place over a pot of water on medium heat, and simmer for 30 minutes until it becomes thin and syrupy.

MAKES  
1 large  
mould or 6-8  
individual  
servings

Strain the fruit through a sieve into a jug or bowl and then measure 150 ml of the hot syrupy juice into a clean bowl.


In a separate bowl, soak the gelatine leaves in cold water for 5 minutes, then add them to the hot syrup and stir until dissolved. Spray a mould with non-stick cooking spray, then pour in the jelly to just cover the base ± 5mm thick). Place in the fridge to set.

### FOR THE PANNA COTTA

Combine the cream, milk, castor sugar and vanilla pod in a pot and heat until almost boiling, then remove from the heat, transfer to a bowl and set aside. Remove the vanilla pod and discard.

In a separate bowl, soak the gelatine leaves in cold water for 5 minutes, then add to the hot cream mixture and stir until dissolved.

Place in the fridge to cool. After about 30 minutes, when the cream is starting to thicken, carefully pour it into the mould. Return to the fridge until completely set.

To serve, put a plate over the mould, then invert it and shake gently, so the panna cotta slips out cleanly. Garnish with mint leaves and/or fresh berries. 



Cooking with Love is out now.

# Ottolenghify your next party

These recipes from *Ottolenghi Test Kitchen: Extra Good Things* by Noor Murad and Yotam Ottolenghi will make the perfect fixings for your next get-together.

## Baked polenta with feta, bechamel and za'atar tomatoes

"It's *not* a pizza, insisted Noor, when referring to this baked polenta, which does in fact look like a giant pizza. It ended up with multiple names at the Test Kitchen such as: 'polenta-pizza', 'polizza' or 'polenta not-a-pizza'. It really is a happy-looking pie, with its yellows and reds and wonderfully golden edges. Serve with anything leafy and green. You can keep this gluten-free by swapping out the flour for gluten-free flour, if you like."

PREP TIME  
15 minutes

COOK TIME  
1 hour  
30 minutes

SERVES  
4-6



80g unsalted butter  
50g plain flour  
750ml whole milk  
4 garlic cloves, peeled and crushed  
200g quick-cook polenta  
65g pecorino romano, roughly grated  
180g Greek feta, roughly crumbled  
5g oregano sprigs (try to use the softer sprigs)

### ZA'ATAR TOMATOES

400g datterini or cherry tomatoes  
120ml olive oil  
1. tbsp balsamic vinegar  
2 garlic cloves, peeled and crushed  
2 tbsp za'atar  
½ tsp caster sugar  
5g parsley, roughly chopped  
5g oregano leaves, roughly chopped  
salt and black pepper

Preheat the oven to 150°C fan.

Make the za'atar tomatoes. Put the tomatoes, oil, vinegar, garlic, ½ teaspoon of salt and a good grind of pepper into a medium baking dish, roughly 30cm x 20cm. Cover tightly with foil and bake for 40-45 minutes, stirring halfway through, or until the tomatoes have just burst but aren't completely falling apart. Remove the foil, gently stir in the za'atar and

sugar and leave to cool completely. Once cool, stir in the herbs (gently, so as not to break up the tomatoes).

Turn the heat up to 230°C fan. Line a large baking tray roughly 40cm x 30cm in size with baking parchment.

Put 40g of the butter into a medium saucepan over a medium-high heat. Once melted, add the flour and cook, whisking continuously,

for 30 seconds or until it smells like popcorn. Slowly pour in 350ml of the milk, whisking continuously to avoid any lumps, then add the garlic, ½ teaspoon of salt and plenty of pepper, turn the heat down to medium and cook for 5 minutes, stirring often, until quite thick and no longer floury-tasting. Set aside and cover with a piece of baking parchment, to stop a skin forming.

Meanwhile, prepare the polenta by first putting the remaining 400ml of milk, 300ml of water, 20g of the butter, 1¼ teaspoons of salt and a good grind of pepper into a medium sauté pan (or saucepan) over a medium-high heat. Once it gently bubbles, turn the heat down to medium-low, slowly add the polenta, whisking continuously to incorporate, and cook for 2 minutes, to thicken. Add the pecorino and the remaining 20g of butter and stir with a spatula until incorporated. Quickly transfer to your prepared baking tray and spread out in a large oblong shape about 1cm thick and 38cm in length. Spoon over the bechamel and spread it so it covers the surface, leaving a 1cm rim exposed around the edges. Top evenly with the feta and the oregano sprigs and bake for 22 minutes, or until golden and bubbling on top and starting to brown around the edges. Leave to cool for 5-10 minutes.

Spoon about half the za'atar tomatoes on top of the baked polenta, serving the rest in a bowl alongside. Use a pizza cutter to easily cut into slabs and serve warm.

### Za'atar tomatoes

- Keep in a sealed container in the fridge for up to a week.
- Try spooning these on to bruschetta or using them as a sauce for pasta.

## One basic meringue roulade: Brown sugar meringue roulade with burnt honey apples

PREP TIME  
15 minutes

COOK TIME  
1 hour  
30 minutes

CHILLING  
TIME  
30 minutes  
to 3 hours

SERVES  
8

"If the flavours of autumn could be rolled into one, this meringue roulade would be the result: warming cinnamon, burnt honey, sweet apples and tangy orange come together to make a dessert fit for the festive season. Make sure all your individual components have completely cooled before assembling – you don't want to create any excess moisture in the roulade. Get ahead by preparing the apples and cream the day before, keeping them refrigerated until needed.

### APPLES

150g runny honey  
1 vanilla pod, halved lengthways, seeds scraped out and reserved with the pod  
5 fresh bay leaves  
1 cinnamon stick  
½ tsp ground cinnamon  
½ tsp flaked sea salt  
3½ tbsp orange juice  
1.1kg Braeburn apples (about 7-8), peeled, cored and each cut into 6 wedges (or 8 if they're larger)  
1 tbsp olive oil

### ROULADE

250g egg whites (from 6 large eggs, or from an egg white carton)  
100g light soft brown sugar  
250g caster sugar  
1 tbsp vanilla bean paste or vanilla extract  
1 tsp ground cinnamon  
2 tsp white wine vinegar  
2 tsp cornflour

### CREAM

150ml whipping cream, fridge cold  
20g icing sugar  
250g mascarpone, fridge cold  
1 tbsp finely grated orange zest, plus 1 tsp extra to garnish

1. Preheat the oven to 200°C fan.
2. Start making the filling. Put the honey, vanilla seeds and pod, bay leaves, cinnamon stick, ground cinnamon and salt into a large ovenproof sauté pan on a medium-high heat. Bring to a simmer and cook for 5-6 minutes, stirring often, until the honey is deeply brown (don't be afraid to take it to the edge; you want it to be very dark). Off the heat, whisk in the orange juice. Gently pour 65g of the burnt honey into a heatproof bowl. Pick out the bay leaves and vanilla pod and add them to the bowl.
3. Stir the apples and olive oil into the sauté pan with the remaining burnt honey, then transfer to the oven for 20 minutes, stirring halfway through, until the apples have softened and caramelised but still retain their shape. Set aside to cool completely. Pick out the cinnamon stick and add it to the reserved burnt honey bowl. Keep the oven on.
4. Make the roulade. Line a large 40cm x 30cm baking tray with baking parchment.
5. Put the egg whites into the bowl

of a stand mixer with the whisk attachment in place and beat on medium-high speed for 1 minute, until soft peaks form. Combine both sugars in a bowl and gradually add this to the mixer, a tablespoon at a time, whisking continuously on high speed for 5 minutes, until the mixture is a thick glossy meringue. Reduce the speed to low and add the vanilla paste, cinnamon, vinegar and cornflour. Turn the speed to medium and whisk for a minute, to fully combine.

6. Spoon the meringue on to the prepared tray and use a spatula to spread it out evenly so it's about 35cm x 25cm. Transfer to the oven and immediately turn the heat down to 180°C fan. Bake for 30-32 minutes, until the meringue is crusty on top and lightly brown. Set aside to deflate and cool completely.



Extracted from *Ottolenghi Test Kitchen: Extra Good Things* by Noor Murad and Yotam Ottolenghi (Ebury Press). All photography by Elena Heatherwick.



7. Meanwhile, prepare the cream by putting the whipping cream, icing sugar and mascarpone into the cleaned bowl of the stand mixer with the whisk attachment in place. Beat on medium speed for 1-2 minutes, until soft peaks form. Stir in the orange zest.

8. Place a clean tea towel on top of the cooled meringue and quickly invert the whole thing on to a work surface. Lift the tin off and peel away the lining. Spread three-quarters of the cream evenly all over the meringue. Top evenly with the burnt honey apples (reserving any liquid released from the apples for another use).

9. Starting with the longest side closest to you and using the tea

towel to assist you, roll the meringue up and over, so that the edges come together to form a log. Gently pull away the tea towel as you roll, then slide the meringue on to a long tray or platter, seam side down. Use a serrated knife to trim off 2cm from the sides to create neat edges (nibble on these if you like!). Refrigerate to firm up, at least 30 minutes (and up to 3 hours if you're getting ahead).

10. To serve, spoon the remaining cream down the length of the roulade. Top artfully with the bay leaves, vanilla pod halves and cinnamon stick. Drizzle with the reserved burnt honey syrup and sprinkle with the extra zest. 



HERE'S TO  
THE LEGENDS.



[www.nederburg.com](http://www.nederburg.com)

# Polished Heritage Heroes Show Nederburg's New Momentum

Nederburg's prestige Heritage Heroes collection has become more focused, says the Paarl winery's cellar master, Samuel Viljoen.

**“**In every way, our collection has become more focused; from the liquid to the livery, you'll find a polished precision. The wines are fresher, livelier, and more poised. They reflect the benefits of precision farming. As we know more, we can measure more, and manage more, with better results. We've become more adept at letting the terroir and fruit shine.

There are now three Heritage Heroes wines in the trimmed ensemble, down from five. Streamlining helps us to concentrate on excelling where we've already proved we can, rather than trying to do everything. Our aim is to become recognised as South Africa's pre-eminent cellar specialising in Cabernet and Cabernet-based red blends, but obviously with a focus, too, on white wines of excellence.

The striking new labels feature a finer-grained and more detailed graphic flourish, conveying sophistication and heritage in a way that honours the heroes who helped shape Nederburg into what it is today. While The Brew Master deftly showcases Nederburg's hero grape, Cabernet Sauvignon, in this very distinguished, classically styled blend, The

**“**We're striving for elegance, restraint and longevity in our wines, driven by the principles of sustainability, excellence, innovation and creativity within the team.**”**

Motorcycle Marvel, with Shiraz and Carignan in the lead, is less overtly wooded than its predecessors for added freshness, balance and refinement. The barrel-fermented Anchor Man is now made entirely from old Swartland and Paarl vines close to 40 years old and reflects a creamy and layered complexity.

The revised Heritage Heroes trio is emblematic of Nederburg's new momentum. We're striving for elegance, restraint and longevity in our wines, driven by the principles of sustainability, excellence, innovation and creativity within the team.

Central to our advocating for sustainability is the protection of our natural assets. We are farming more regeneratively, starting with meticulous attention to soil health. We use water more sparingly, and real-time vine- and soil moisture measurements. We have also improved access to heat- and drought-resistant grape varieties and to a wider clonal range. Over the years, vineyards have become more optimally sited. Where we can, we also nurture old vineyards rather than opt for the more conventional replacement cycle of every 20 years or so.”

## THE HERITAGE HEROES RANGE



**THE BREW MASTER** is named for Johan Graue, a former owner of Nederburg, who bought the farm in 1937. He revolutionised South African winemaking by introducing clonal selection to identify top-performing vines for reproduction. He also introduced cold fermentation to enhance wine quality and freshness.



**THE MOTORCYCLE MARVEL** honours Günter Brözel, a former cellar master and pioneer, who was the first winemaker in SA to win the International Wine & Spirit Competition Winemaker of the Year Award (1985). He used his motorcycle to drive between the vineyards and the cellar, keeping an eye on everything.



**THE ANCHOR MAN** remembers Nederburg's founder, Philippus Wolvaart, who bought the farm in 1791. He established the first vineyards on the land, including Chenin blanc.

The red blends retail for around R225 each, and the Chenin, for R190. The new-style, new-look wines are available in selected outlets and online at [www.nederburg.com](http://www.nederburg.com) or [www.vinoteque.co.za](http://www.vinoteque.co.za).

## Grilled rib eye steak with roasted bone marrow and red wine sauce

Set the table for a pairing dinner with Nederburg Heritage Heroes The Brew Master Bordeaux-style blend and this mouth-watering recipe from chef Pete Goffe-Wood.

6 x 180g rib eye steaks  
250ml red wine sauce (recipe below)  
6 marrow bones  
300g fine green beans, blanched and refreshed  
Salt and freshly ground pepper  
Olive oil

Preheat the oven to 200°C.

Season the marrow bones with salt and pepper, place in a roasting pan and put them into the oven for approximately 20 minutes. Be careful not to overcook the bones as the marrow will simply melt away.

Season the rib eye steaks with salt and pepper, then brush with olive oil and cook in a hot pan, or over hot coals, until medium rare.

Warm the beans in a pan with some butter or olive oil. Warm the red wine sauce. Spoon the green beans onto plates and place the rib eye steaks on top. Drench with red wine sauce and serve with roasted bone marrow and Nederburg Heritage Heroes The Brew Master Bordeaux-style red blend.



### RED WINE SAUCE

SERVES 6

1 carrot  
2 sticks celery  
½ onion  
20g butter  
½ tsp curry powder  
500ml red wine

250ml fish stock  
250ml chicken stock  
1 tbsp corn flour  
Salt and freshly ground pepper

Roughly chop the vegetables and sauté in butter in a pan until soft. Add the curry powder and fry for 30 seconds. Season with salt and pepper. Add all of the liquid and bring to the boil. Reduce the heat and simmer until the liquid has reduced by three quarters. Mix the corn flour with a little water and whisk into the sauce to thicken. Strain the sauce.

# IMMERGROEN CARMEN

Wensresepte - as  
daar al ooit was!

## Sjaksjoeka

“Saggebakte eier op ’n geurige tamatiesmoor sorg vir ’n heerlike ontbyt. Dié eiergereg uit Noord-Afrika is deurtrek met die lekkerste geure; tog is dit verspot maklik om te maak en ’n heerlike alternatief vir ’n ontbyt van spek en eiers.”

### SJAKSJOEKA

45 ml (3 e) olyfolie

1 groot ui, gehalveer en in dun skyfies gesny

1 groot rooi of geel soetrissie, ontpit en in dun repies gesny

3 knoffelhuisies, in dun repies gesny

5 ml (1 t) elk komyn en paprika

1,25-2,5 ml (¼-½ t) harissa

(sien wenk)

Knippie rooipeper

1 blik (400 g) blik pruimtamaties, grofgekap

4 ml (¾ t) elk growwe sout en swartpeper

250 ml (1 k) gekrummelde fetakaas

6 groot eiers

### VOORSIT

Vars basilieblare en  
’n tamatietakkie

Ekstra fetakaas

1 oondverhitte pitabrood per  
persoon

GENOEG VIR  
4

BEREIDING  
15 min

GAARMAAK  
30 min

Verhit die oond tot 180 °C.

**SJAKSJOEKA** Verhit die olyfolie in ’n groot, oondvaste pan.

Voeg die ui en soetrissie by en roerbraai tot baie sag, sowat 10 minute.

Voeg die knoffel, komyn, paprika, harissa en rooipeper by. Verhit sowat 2 minute tot die geure goed gemeng het.

Voeg die pruimtamaties by en geur met die helfte van die sout en peper. Verhit tot die

tamatiemengsel verdik.

Strooi die feta oor en meng dit in.

Maak klein holtes hier en daar in die smoor en breek die eiers baie versigtig daarin. Sit die deksel op en laat sowat 5 minute prut.

Plaas sonder die deksel in die oond tot die eiers net gestol het, sowat 10 minute.

**VOORSIT** Sprinkel die vars basilieblare, tamatietakkie, ekstra fetakaas, sout en peper oor en sit voor saam met die pitabrood.

**Wenk** Harissa is ’n sterk soetrissie-en-brandrissiesous. Jy kan dit ook vervang met sambal oelek, ras el hanout of andersins sriracha-sous.



## Groente-saadbrood

MAAK  
1 brood

BEREIDING  
15 min

GAARMAAK  
30-40 min

“Toe ek die eerste keer hierdie brood probeer, was ek bra skepties. Ek het nie gedink ’n klomp gerasperde murgpampoentjies sou ooit as ’n brood kon uitdraai nie. Groot was my verbasing – dis heerlik klam en bevat min koolhidrate, want daar is nie enige koring in nie, maar tog lekker baie sade. Die eier en kaas help om die mengsel te bind.”

4 eiers

60 ml ( $\frac{1}{4}$  k) olie

625 ml ( $2\frac{1}{2}$  k) gerasperde murgpampoentjies

180 ml ( $\frac{3}{4}$  k) gerasperde mozzarella-kaas

125 ml ( $\frac{1}{2}$  k) elk pampoenpitte en geroosterde sonneblomsaad

45 ml (3 t) vlassaad

7 ml ( $1\frac{1}{2}$  t) bakpoeier

Knippie sout

AFRONDING

Pampoenpitte vir bo-oor sprinkel

Voorverhit die oond tot 180 °C.  
Smeer ’n broodpannetjie goed,

voer die bodem uit met bakpapier en spuit weer.

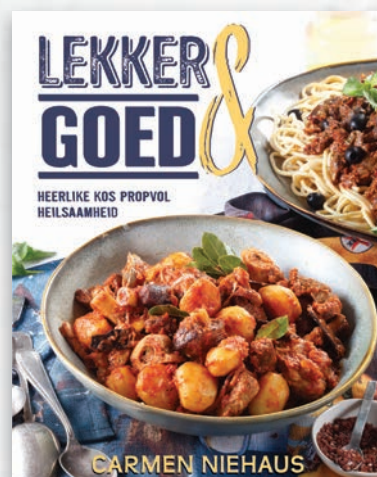
Klits die eiers en voeg die olie, murgpampoentjies, mozzarella-kaas, pitte, sade, bakpoeier en sout by.

Skep in die voorbereide pan en sprinkel pampoenpitte oor. Bak sowat 30 minute of tot ’n toetspen skoon uitkom. Koel effe af in die pan tot stewig genoeg om uit te keer.

Sit voor met botter of avokado of roomkaas, hoemoes of bonesmeer (sien resep hier onder).

**BONESMEER:** Dreineer 1 blik elk (400 g) cannellini-bone, botterbone en kekerertjies. Plaas dit in ’n groot kastrol en voeg 250 ml (1 k) water by. Laat 10 minute stadig kook. Druk intussen 2 knoffelhuisies saam met 10 ml (2 t) sout met ’n stamper in ’n vysel fyn en voeg by die bone. Voeg ook die sap van 2 suurlemoene by. Kook tot die meeste van die

vloeistof verdamp het en druk fyner met ’n aartappeldrukker – dit moet steeds ’n growwe tekstuur hê. Voeg 10 g elk fyngekapte pietersielie en ment by. Skep in ’n bak en maak lekker warm in die mikrogolfoond. Giet ’n bietjie olyfolie oor en sit voor saam met die brood.



Lekker en Goed is nou beskikbaar.





## On my mind

“Political leadership desperately needs strategic courage.”

With the ANC’s national elective conference coming up, political analyst and co-author of *The Presidents*, Richard Calland reflects on “the age of crisis” in which SA sits with its political leaders.

“**E**verywhere you look, political leaders are floundering. Their fecklessness and foolishness drives me mad with frustration and anger. I know many people share my dismay and are turning their backs on liberal democracy as a result.

As Amina Mohammed, the UN deputy secretary-general, told a packed Cape Town City Hall in October this year at the annual Archbishop Desmond Tutu lecture, humanity faces a “multitude of cascading and compounding crises” – from the climate crisis, to increasing levels of poverty and inequality following the COVID-19 pandemic, to geopolitical insecurity arising from the Russian invasion of Ukraine and the knock-on effect on global energy prices and the cost of food, and the rising tide of Xenophobia and fascism.

To my mind, political leaders are a big part of the problem. The globe is littered with populists, nationalists or downright dictators. The problems the world faces are complex – these are ‘wicked problem’ systemic failures and pressures. They require careful solutions, that must inevitably be both multi-sectoral and multi-stakeholder, but also transnational.

They require international co-operation of an unprecedented level. But, many of these leaders are eager to withdraw behind their national frontiers, sowing fear in their wake, and, as former Guardian editor Alan Rusbridger neatly defines ‘populism’, “denying complexity” as they offer snake oil salesman prescriptions to their increasingly desperate electorates. This, then, is *the age of crisis* – part of the sub-title of my and Mabel Sithole’s new book, *The Presidents*, which

“The globe is littered with dismal populists, nationalists or downright dictators.”



*The Presidents* is out now.

examines the performance of South Africa’s five presidents of the post-1994 democratic era.

What lessons can we learn from these remarkable political leaders? Remarkable, that is, because they all come from the same political party – the African National Congress, which so far has been dominant electorally, but has rotated power within its ranks and enabled SA to avoid the post-colonial/post-independence ‘big man’ trap of many African countries.

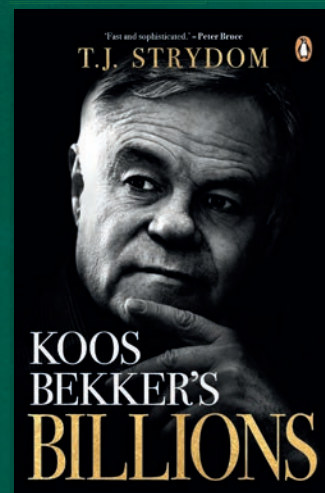
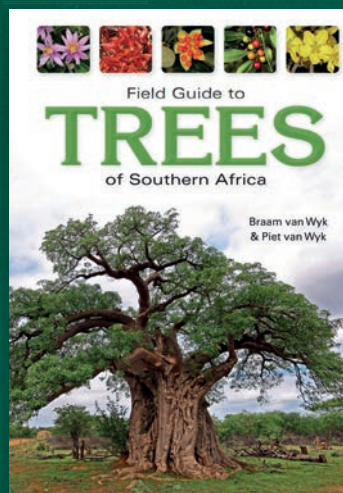
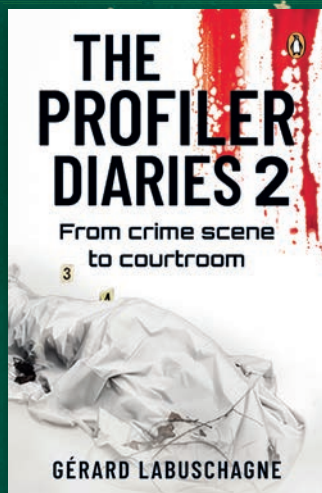
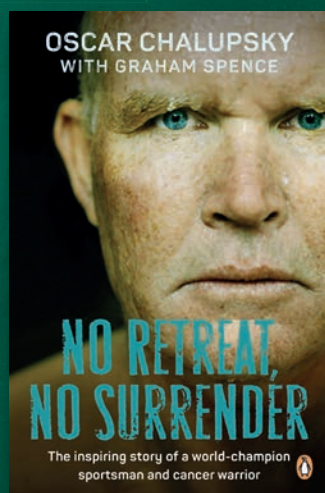
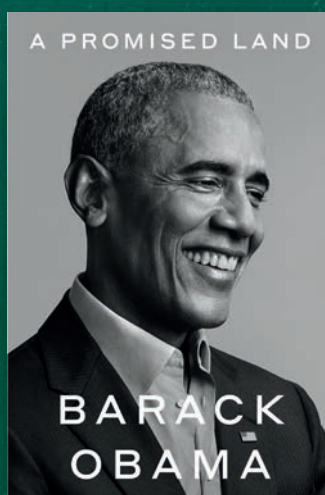
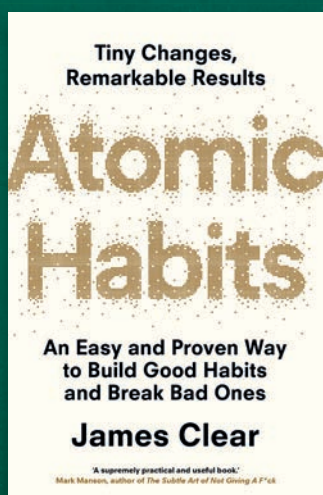
A reform-minded Cyril Ramaphosa, who ousted Jacob Zuma in early 2018, embarked on a programme of rebuilding and renewal. How has he done? *The Presidents* addresses this question head-on, as well as evaluating the extent to which the other four presidents confronted the underlying causes of the various crises that they faced when in office.

A colleague wryly asked me “is the chapter on Cyril titled ‘Great Expectations’”? Certainly, there were great expectations. Remember ‘Ramaphoria’? That bubble has burst – load shedding has undermined confidence in his government’s ability to get things done, COVID-19 stalled any economic recovery, and now #PhalaPhala has dented Ramaphosa’s credibility as a corruption-buster.

Context in politics always matters if one is interested in a fair and reasonable analysis. Given the strong headwinds, and the state of his own party, which is a drag factor, perhaps Ramaphosa’s was a mission impossible. But his lack of strategic courage has weakened his presidency at a time when SA, like the world, was crying out for great, transformational leadership from the top.”

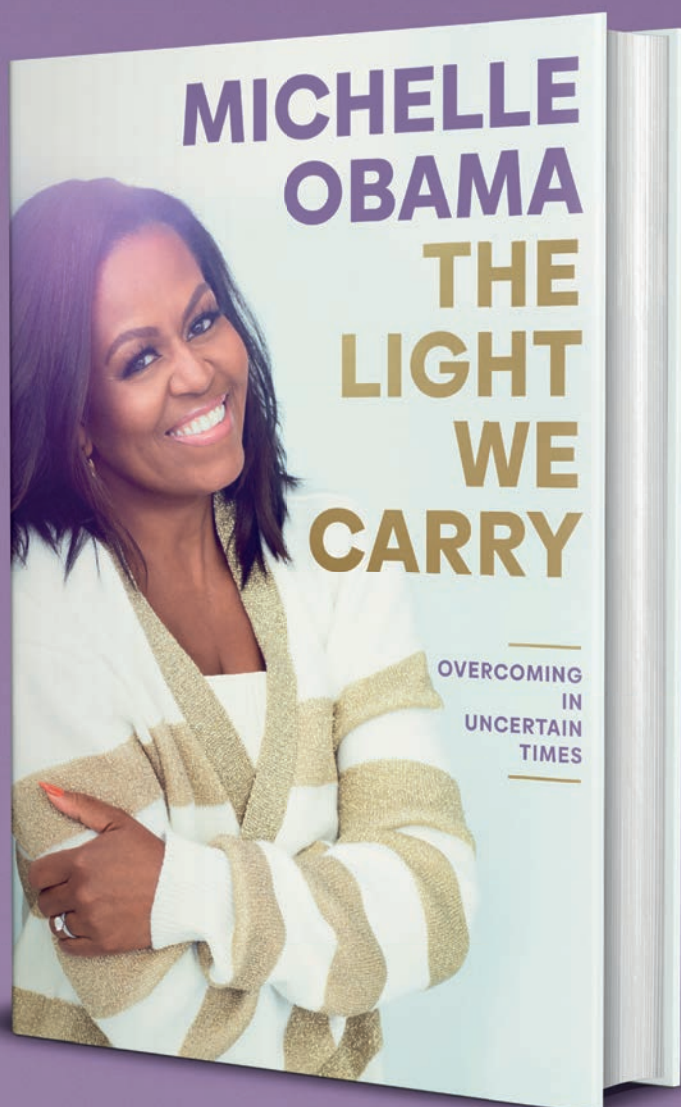


# Gifts for him





“WHEN THEY GO LOW,  
WE GO HIGH.”



AVAILABLE NOW