



*contemporary country
style cooking*

lazy days

contemporary country style cooking



by phillippa cheifitz

Author of bestseller 'Cape Town Food', respected, well known doyen of South African food, food editor of Femina, House and Leisure and Taste Magazine, Phillippa Cheifitz takes us on a lazy meander up the West Coast to her beach house in Paternoster to sample and savour some of the bounty of the West Coast. From salt pans in Veldrif, dairy farms in St Helena Bay and watching the flamingos at sunset, home-made jams, feta, rusks and wholesome brown bread, farm butter, korrelkonfyt, pickles, smoked snoek and poached quince slices, delicacies to inspire abound. The Recipes are relaxed and varied from a hearty flavoursome slow-cooked lamb in winter to a barbecue in summer with ice-cream in cones or an indulgent baked warm pudding to finish.

CHAPTER ONE - *on the road* • CHAPTER TWO - *at home* • CHAPTER THREE - *food for friends*
CHAPTER FOUR - *tea and sundowners* • CHAPTER FIVE - *out and about*
CHAPTER SIX - *picnics and trail snacks*

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