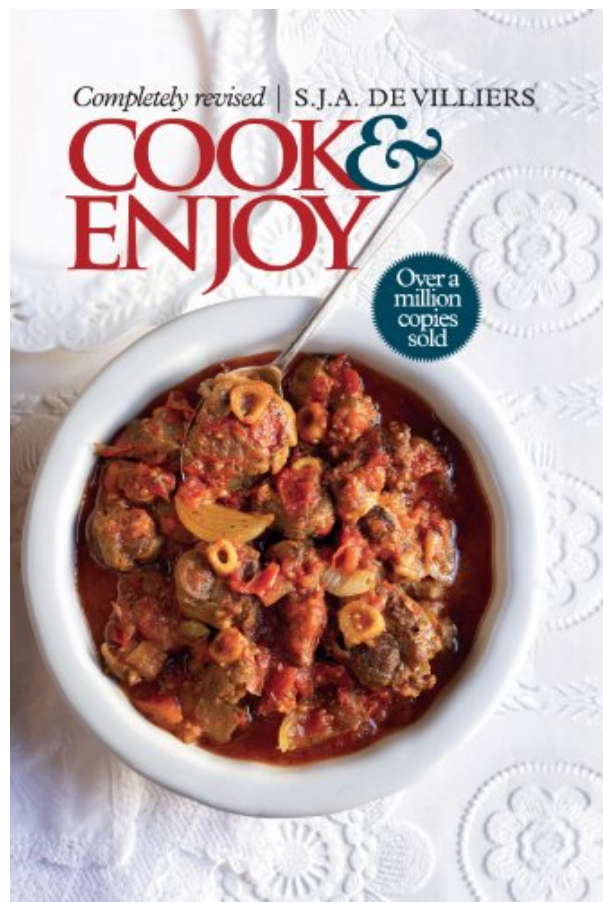


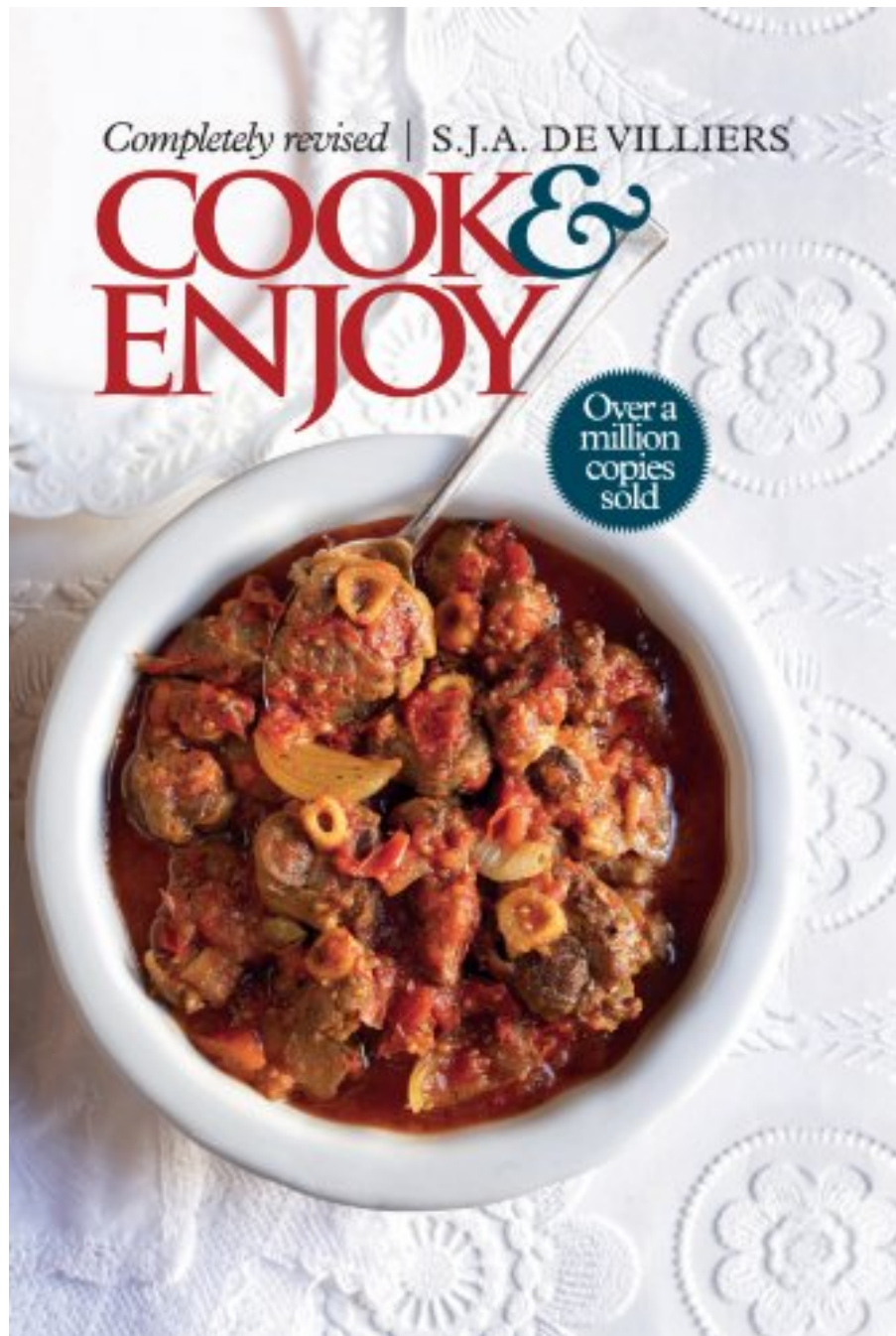
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Review

Good food never goes out of style. "Cook & Enjoy" is a collection of over 700 South African recipes from S. J. A. De Villiers focusing on the many types of food that can be relished throughout the country and with trips on preserving them and more. Originally published in the Afrikaans language in 1951, it has sold over a million copies and is now updated to modern cookbook standards. With dishes for any meat or vegetable, "Cook & Enjoy" is a solid tome to have on hand for any creative chef.

About the Author

Mrs. S.J.A. DE VILLERS is a South African icon. She is the one who taught the nation to cook. In 1951 she published the first edition of *Kook en geniet* with the help of her friends and family. Until 1990 she handled everything from printing to distributing of these immensely popular recipe books. Both S.J.A. de Villiers and her daughter live in Stellenbosch.

EUNICE VAN DER BERG, a trained home economist, is the co-author of *Cook and Enjoy* as well as *Cook and Enjoy for Kids*. She has updated her mother's text and recipes without losing the essence of the original book. New favorites like hamburgers and pizza have also been added. Eunice lives in Stellenbosch, where her husband lectures at the university.

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Revised, updated and completely redesigned to echo its original smaller and thicker format, the new edition combines a readable, modern feel with the classic look of the original.

As indispensable to the seasoned cook as to the beginner, it contains everything you need to know about cooking – from measuring ingredients and operating ovens to the preparation of vegetables and meat or how to freeze foods – along with more than 700 recipes, specially chosen and tested – from breakfasts to mixed drinks. A large number of the dishes are beloved South African favorites. It is the one cookery title no South African home can do without.

For this new, updated edition, her daughter, a home economist like her mother, worked through the text and modernized it where necessary without losing the essence of the Cook and Enjoy we all know and love.

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- Dimensions: 1.90" h x 6.50" w x 9.10" l, 3.10 pounds
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- 568 pages

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Most helpful customer reviews

2 of 2 people found the following review helpful.

INFO THE SAME... HARDER TO USE

By H.S.B.

I just could not get myself to give it a 5 star rating. The older revisions were bigger and thinner causing the cookbook to stay open where you needed it. This last revision being thicker and smaller has food stains on it already, because I was trying to find my place when it closed on me; more than once. The recipes are still good South African food though...that is where the other 4 stars came from.

1 of 1 people found the following review helpful.

The Bible of South African cuisine.

By Corrie Niemann

This is the ultimate in South African cooking! This is a must have for all how wants to know what South Africans eat and how to make it from scratch.

2 of 3 people found the following review helpful.

For any creative chef

By Midwest Book Review

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