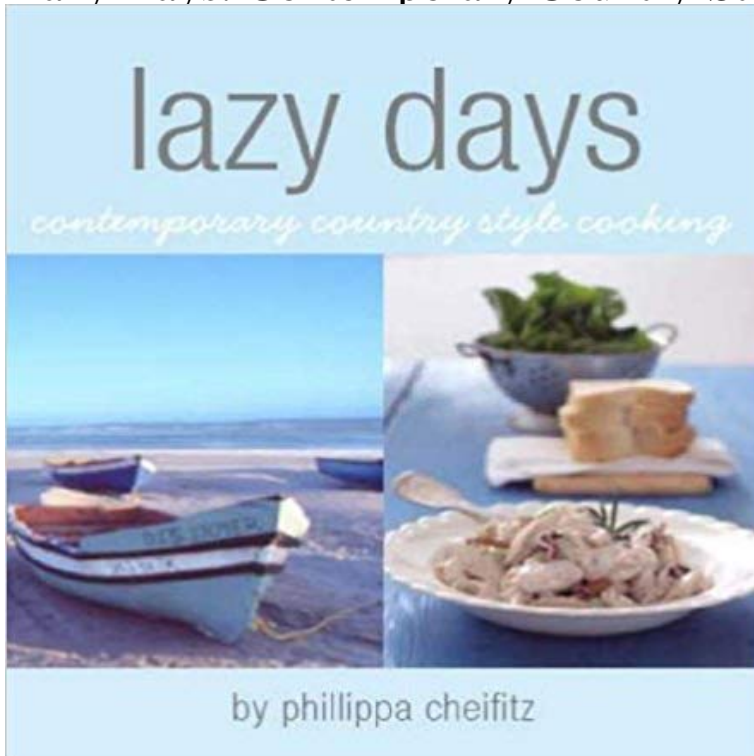


Lazy Days: Contemporary Country-Style Cooking



Author of bestseller *Cape Town Food*, respected, well known doyen of South African food, food editor of several well known food magazines, Phillipa Cheifitz takes us on a lazy meander up the Coast to her beach house to sample and savor some of the bounty of the Coast. From salt pans and dairy farms and watching the flamingos at sunset, home-made jams, feta, rusks and wholesome brown bread, farm butter, Grape Jam, pickles, smoked various kinds of fish and poached quince slices, delicacies to inspire abound. The Recipes are relaxed and varied from a hearty flavorsome slow-cooked lamb in winter to a barbecue in summer with ice cream in cones or an indulgent baked warm pudding to finish. Includes a handy recipe conversion chart for American households.

Chapter One - on the road We stop to shop, local wine, country bread, farm butter, homemade preserves, all good to use in delicious country cooking. Chapter Two - at home This is family food, the favorites that we cook for ourselves, on Saturdays. Bacon and egg pies for brunch, roast chicken with herbs and potatoes for supper, or fresh pasta with a homemade tomato sauce. Chapter Three -food for friends We love to have friends for lunch on Sundays to share the excellent seafood. There's plenty of crayfish, mussels for the picking, and oysters from the nearby farm. And of course, a barbecue. Chapter Four - tea and sundowners I like to ask neighbors for tea. There's never time to bake in town, so it's fun to do on weekends. And some homemade nibbles, with drinks, as we watch the sun set. Chapter Five - out and about It's great to go on excursions, pick up local ingredients. Prized salt flakes, honey and dairy inspire our cooking. Salt baked fish, honey nut spreads and real vanilla ice cream. Chapter Six - picnics and trail snacks Home baked bread with olive oil and rosemary for big sandwiches stuffed with rare beef or roasted vegetables,

Flasks of iced bush tea, or hot fragrant coffee and a rustic muffin.

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