

# THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

**WIN!**  
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**LATEST  
RELEASES**

From Sylvia Day and  
Salman Rushdie to  
John Boyne and  
Lee Child

**ZANELE  
VAN ZYL**

Vibrant,  
versatile,  
& a visionary



**GIFTING BOOKS**  
Naughty or nice, you deserve  
a book this Christmas!

**MOVIES VS BOOKS**  
*I Am Pilgrim* author,  
Terry Hayes, weighs in

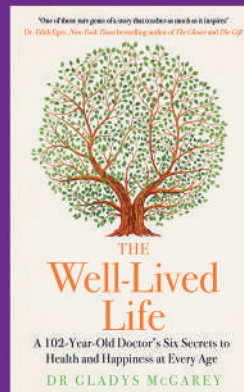
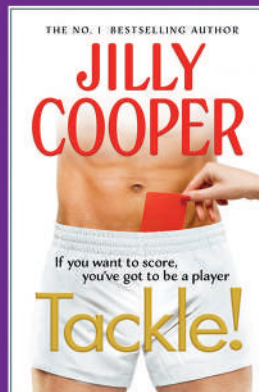
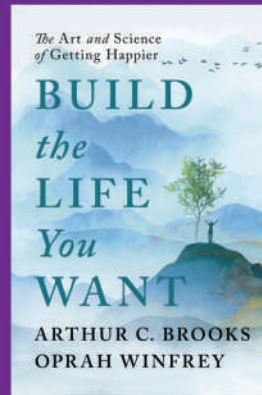
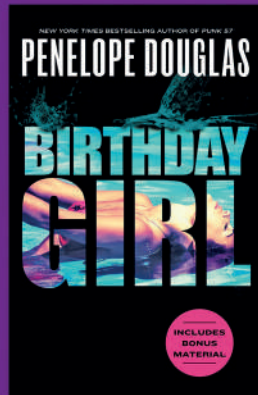
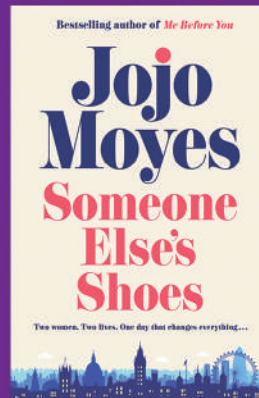
**ENCHANTED REALMS**  
South Africa's best spots,  
according to the experts

**FESTIVE FOOD**  
Your holiday  
menu sorted





# Gifts for HER







# contents

- 02 BOOKSCAPE** A memoir from Salman Rushdie, the book that's dominating the bestseller lists and five minutes with Penny Haw
- 06 COVER** What is it about Zanele van Zyl's recipes that everyone loves so much?
- 09 GIFT GUIDE** From mighty memoirs to cool cookbooks, look no further for the perfect Christmas gift
- 14 FICTION** Sally Andrew chooses the books she'd like to gift this year, Terry Hayes speaks to the value of novels, and Jack Reacher fans speak
- 19 LIEFLIKE LITERATUUR** 'n Paar Afrikaanse boeke wat jy nie moet misloop nie
- 20 INSIDER** An extract from the book by a former SAPS profiler
- 22 WELLBEING** *Big Panda*, *Tiny Dragon* author, James Norbury, on how you can reach a state of zen right now
- 24 NATURE** Discover the South African retreats that have captured the hearts of some of our favourite nature scribes
- 27 FOOD** Make Christmas special with our curated collection of recipes
- 32 ON MY MIND** Justin Fox on the value of walking in authors' footsteps

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# Welcome!

In this edition, we delve into the minds and worlds of some incredible personalities who make the literary landscape the vibrant and diverse place it is.

From the dynamic author Penny Haw, who doesn't wait for inspiration to strike but forges ahead in the creation of historical fiction, to the culinary maestro Zanele van Zyl, who believes that meals cooked from the heart are the stage on which memories are made, we bring you stories to inspire and captivate.

As the festive season approaches, our Gift Guide bonus will take you through the perfect gifts for the bookworms in your life. Plus, our Food section is dedicated to making your festive meals memorable. Indulge in delicious recipes, such as Chorizo Butter Prawns and Asian-style BBQ Pork Loin Ribs. Yum!

Join award-winning author Sally Andrew on her quest for the perfect Christmas gift, and don't miss *I Am Pilgrim* author, Terry Hayes' reflections on why novels endure as a timeless form of storytelling.

Explore the wild wonderlands of South Africa, from the rugged beauty of Addo Elephant National Park to the pristine beaches of Paternoster, through the lenses of some of our favourite nature scribes.

Plus, an insider's perspective on stalking serial killers in South Africa; *Big Panda*, *Tiny Dragon* author, James Norbury, on learning Zen through the animal kingdom; and Justin Fox's literary journey, and how it transformed reading for him into a rich, real experience.

Happy reading – and happy holidays!

*Lauren*

**Lauren Mc Diarmid**

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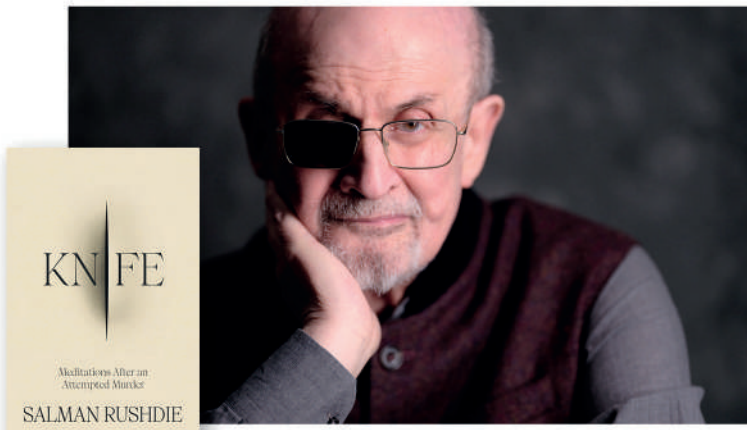


# bookscape

news | snippets | what's new



## Everyone's talking about ... Salman Rushdie's Memoir



From internationally renowned writer and Booker Prize winner Salman Rushdie, comes a searing, deeply personal account of enduring - and surviving - an attempt on his life thirty years after the fatwa that was ordered against him for alleged blasphemy in his novel *The Satanic Verses*. A fatwa is a ruling on a point of Islamic law, and was issued against Rushdie in 1989 by Iran's Supreme Leader, Ayatollah Ruhollah Khomeini.

Speaking out for the first time, and in unforgettable detail, about the traumatic events of August 12, 2022, which caused Rushdie to lose sight in one eye, the author answers violence with art, and reminds us of the power of words to make sense of the unthinkable.

*Knife* is a gripping, intimate, and ultimately life-affirming meditation on life, loss, love, art - and finding the strength to stand up again.

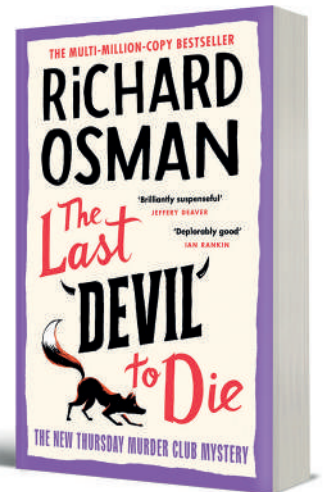
Salman Rushdie is the author of fifteen novels, including *Midnight's Children* (for which he won the Booker Prize and the Best of the Booker), *The Satanic Verses*, and *Quichotte* (which was shortlisted for the Booker Prize). A former president of PEN American Center, Rushdie was knighted in 2007 for services to literature and was made a Companion of Honour in the Queen's last Birthday Honours list in 2022.

*Knife* comes out in April 2024.

## DOMINATING THE BESTSELLER LISTS

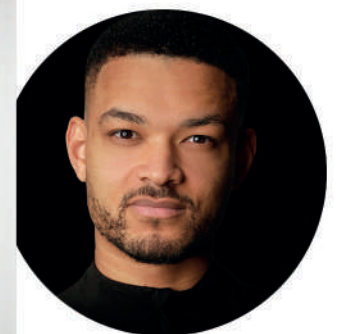
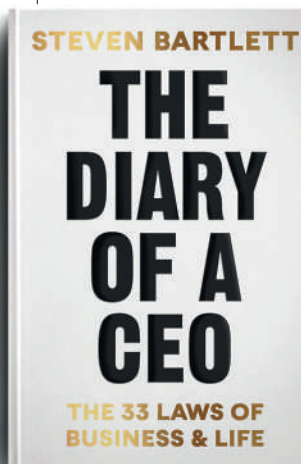
*The Last Devil to Die* by Richard Osman

"I cried in public (well, on a plane). It's beautiful - 12/10"  
- Marian Keyes



Being selective about how you spend your time, and who you spend your time with, is the greatest sign of self-respect.

Steven Bartlett,  
*The Diary of a CEO*





# #bookstagram MUST of the MONTH



## WIN! WIN! WIN!

A hamper of books from this issue valued at R1 000 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 15 January 2024.



## OUT IN PAPERBACK



### One Enchanted Evening by Katie Fforde

1966, Meg aspires to be a chef in a male-dominated world. Called to aid in the hotel her mother runs, she faces challenges, especially with Justin. Love ignites, but obstacles arise.



### I Will Find You by Harlan Coben

In this gripping thriller, David's life unravels when his son is murdered, and he's wrongly imprisoned. A shocking revelation sparks a daring prison escape as he races to save his supposedly deceased son and unravel the truth.

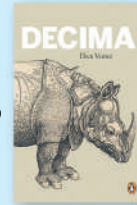


### 23rd Midnight by James Patterson

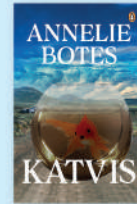
Detective Lindsay Boxer faces a chilling challenge when a copycat killer replicates a notorious case. With an obsessed fan on the loose, Lindsay races to unravel the deadly connection.

## Bookworm Faves

As boekeredakteur van SARIE, is daar beslis nie 'n tekort aan leesstof in Phyllis Green se lewe nie. Hier is 'n paar van haar 2023-hoogtepunte.



**Decima** deur Eben Venter het my asem weggeslaan. Die verhouding tussen mens en renoster word uitgebeeld deur *Decima*, 'n swartrenosterkoei. Sy is deels aan die woord. Feite, wêreldgebeure, Eben se besoeke aan stropers, medisynemanne en jagters verweef hy in 'n verhaal wat jou gewete wakker skop. Hy skryf ook roerend oor sy ma, haar dood tydens die Covid-19-pandemie. Dié outofiktiewe verhaal het my opnuut laat besef die sondes van die vaders sal ewig deel van die lewe wees.



In *Katvis* deur Annelie Botes, skryf sy oor die akuele onderwerp van 'n vrou wat gekatvis word. Ná 'n egskeiding begin Maria 'n nuwe lewe op 'n afgeleë gasteplaas. Lukas Delport, die eienaar, is nie wat hy voorgegee het nie. Maria is onder valse voorwendsels daarheen gelok. Sy word die gevangene van 'n psigopaat. Ek het manies gelees om uit te vind hoe die gebeure uitspeel. 'n Moet vir alle vroue!



Sven Axelrad se debuutroman, *Buried Treasure*, het my bekoor. In die fiktiewe dorpie, Vivo, moet Mateus en sy hond, Dog/God alle afgestorwenes begrawe. Sy kragte min, stel hy Novo aan as sy vakleerling. Voordat Mateus vir haar sy stelsel van die begraafplaas kan verduidelik, sterf hy skielik. Novo leer die geeste is ontevrede: hulle is in verkeerde grafte begrawe, maar hoekom die fout? Met God/Dog aan haar sy moet sy planne beraam om sake reg te stel.

## Five Minutes with ... **PENNY HAW**

Cape Town author Penny Haw's second novel of historical fiction has just been released. She tells us more about the journey of putting it together.



**The Woman at the Wheel is your second historical novel. Have you always had an interest in history?** History was one of my favourite subjects at school because it centres on stories. Studying the subject required writing essays. In other words, retelling stories, which to me, meant fun. Nowadays, in writing historical fiction, I appreciate that history has many of the best stories. To me, writing historical fiction is like reading between the lines of historical records and filling in the gaps with speculative delight.

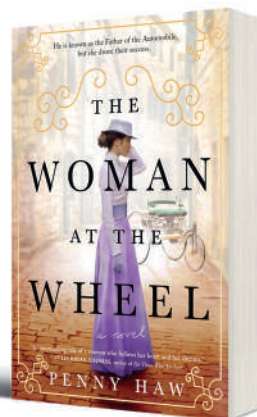
**Where do you find the women you write about?** Despite enjoying history, I didn't initially set out to write historical fiction. It came about when I was thinking about writing contemporary fiction set in a rural veterinary practice with a female vet as the main character. I wondered when women first joined the veterinary profession and did a little googling. That's when I came across Aleen Cust, who was Britain and Ireland's first female veterinary surgeon. Her story was so compelling, I couldn't resist writing a book based on her life. It became *The Invincible Miss Cust*. The idea of writing about Bertha Benz came about when I recalled reading about her and her extraordinary long distance road test in the motorwagen. I was intrigued by what came before the road trip and, with a little research, discovered what an extraordinary woman she was.

**And since we are on the topic, which historical figures would you invite to dinner?** The obvious two are Aleen Cust and Bertha Benz. I feel I know them but perhaps they'd like to set me right on a few things and tell me some other interesting things. Another is archaeologist and paleoanthropologist, Mary Leakey, who spent most of her life in Kenya and Tanzania. I'd also like to meet Nandi, who was the mother of Zulu chief, Shaka. From all accounts, she lived a fascinating life.

**Can we look forward to the story of a South African woman soon?** I would love to write about an indomitable South African woman and indeed, have one in mind. However, I'm committed to writing two further works of biographical fiction about women who are not South African following *The Woman at the Wheel*. So, it won't be for a while, I'm afraid. However, one of the forthcoming stories is based in Africa. In other words, we're getting closer!

**What does your writing day look like?** I've worked as a journalist for decades and have always had a business-like, nine-to-five approach to writing. It helps that my office is my favourite room and that I have a tiny view of the Atlantic Ocean crashing against Chapman's Peak from my desk. I like the spot and enjoy writing. So, once I've walked my dogs in the morning, I typically spend most of the day in my office, writing. 📖

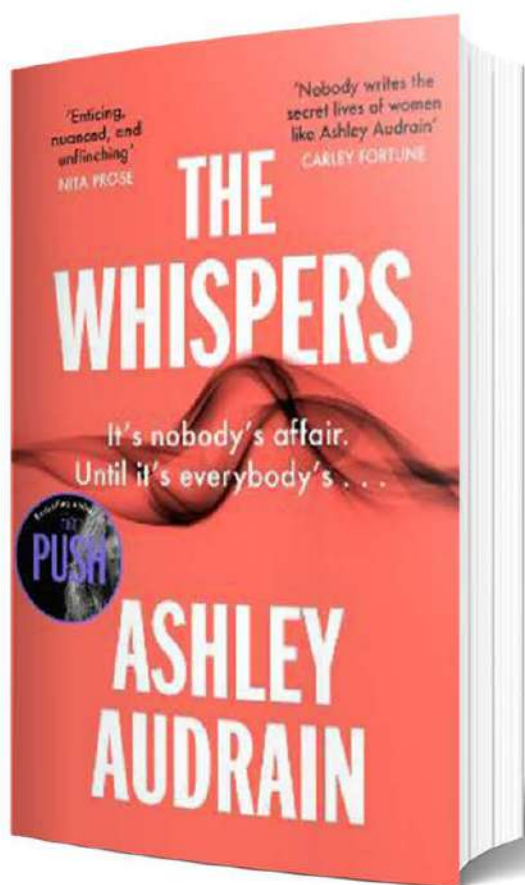
*The Woman at the Wheel* is out now.





# GIVEAWAY

STAND A CHANCE TO WIN 1 OF 2 COPIES OF THE  
WHISPERS BY ASHLEY AUDRAIN!



Wordsworth  
BOOKS

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TO ENTER!



# “COOKING IS SOMETHING TO BE ENJOYED!”

From modest beginnings, Zanele van Zyl now has three cookbooks under her belt, a flourishing social media presence, and a host of wildly popular cookery classes. But how did she get here, and what is it about her recipes that people love? Zanele lets us in on her process, her perspective on cooking and, of course, how it all began.

“**M**y cooking journey all started when I met my husband in the early 2000s. He had a passion for cooking, and had even done a few cookery courses, so while we were dating, he put together the most incredible meals for us. I remember wondering right before we got married, how on earth am I going to match that?! But then my competitive streak took over, and I thought, you know what? Challenge accepted.

But it was in 2012 when I really honed my cookery skills. I was on maternity leave after my youngest daughter, Zandi, was born, and I used that time off work experimenting with new recipes, and sharing photos of my creations on Instagram. They were such a hit, that I seriously started to consider pursuing cookery as a career.

I was fortunate that I could do so, and in 2016, I left my job as an IT technician and

enrolled at Capsicum Culinary Studio for a three-year chefs course. While there, I registered my business, *Cooking with Zanele*, and ran my very first cookery class in November 2016.

As I started giving more and more classes, the idea came to me to write a cookbook. I mean, I was creating recipes anyway for the classes. I self-published my first cookbook, *Cooking with Zanele* in 2018, and my second, *Cooking with Zanele Volume 2*, came out soon after in 2020, also self-published. I was thrilled when *Volume 2* even won an award – Book of the Year at the 2021 Luxe Awards.

And now I've just released my third book, *Senidlile Kodwa?* – based on the isiZulu phrase, which means, ‘have you eaten yet?’ – is an expression of my identity, my love language, and the joy I find in preparing food for other people. As with my other two cookbooks, it has achievable recipes, which show that cooking





beautiful food can be fun and unintimidating.

I've put a lot of myself into the book, and many of the recipes in there are favourites in my own home. Like the lamb and butternut pasta. It features succulent lamb, roasted butternut, and sun-dried tomatoes stirred into cooked penne pasta, all coated in a creamy béchamel sauce and garnished with fresh chives or parsley. It's a definite crowd-pleaser with my family!

I personally love breakfast, especially anything with eggs. Give me an omelette, a mini quiche, or shakshuka with eggs baked into a rich tomato sauce, and I'm happy.

My philosophy with cooking is to work with what you have. It just makes life simpler. And my recipes are structured this way – really tasty meals that are easy to make.

I like to think my way of cooking is very similar to my biggest foodie inspiration, Jamie Oliver. I love his style of cooking, and the way

he just gets flavour combinations. I already have a big shelf of his books at home, and they are my best friends in the kitchen when I want to try something new.

When I'm not cooking from my existing collection of recipes for everyday meals, I'm cooking with the intention of sharing the recipe in my next recipe book. I keep the process quite free, so I'll cook the dish two or three times to make sure that it works well, and see if there are any substitutions I can make for an even more delicious dish. Only then will I put it to paper. I'll also take a photo of the dish and share it on my socials as a way of testing it. If a post gets loads of likes and shares, then I know I'm onto something! These are the people who my books are aimed at, so it just makes sense to bring them in on the process.

All my recipes are super easy to follow. I keep them straightforward with simple ingredients that are found at most supermarkets, so even

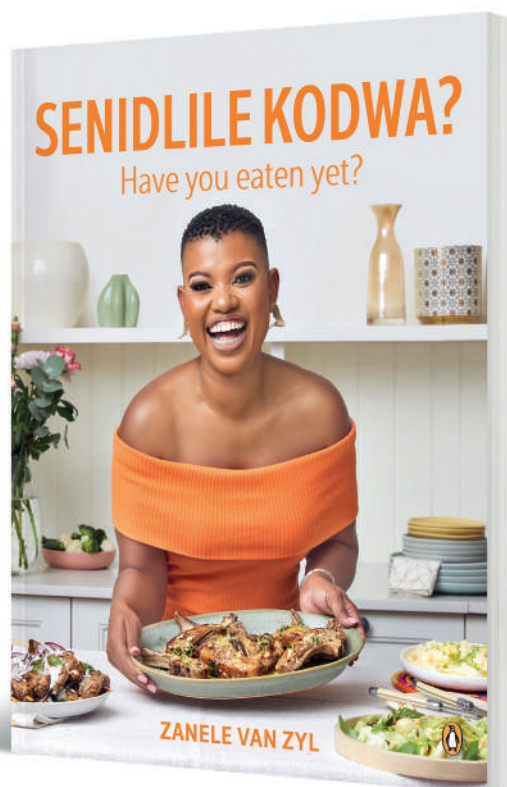
someone who's new to cooking will be able to follow the steps. I'm not about long, elaborate and daunting recipes; cooking is something to be enjoyed! Meals cooked from the heart and shared with loved ones are the stage on which memories are made.

Putting together *Senidlile Kodwa?* was so much fun! I loved cooking something new every day, and seeing it come to life through beautiful styling and brilliant, colourful photographs. Then we get to try everything, which is the best part!

Even though I've been fortunate to have a brand that's really taken off, I still have loads of ideas for next steps. For one, I would love to go work in a kitchen in France. Maybe for six months or so, if I'm so lucky. I love French cuisine, and it would be a huge coup for me to be able to tick this achievement off my bucket list.

These days, my husband only cooks every now and then – his pancakes are famous in our house, and his Bolognese is simply sublime – but I don't feel myself more than when I'm in the kitchen, so I don't mind one bit.” 🍴

“Meals cooked from the heart are the stage on which memories are made.”



*Senidlile Kodwa?* is out now.

SERVES  
6

## Roast Beef & Vegetables

“There is no Sunday without a roast. I think roasts are the easiest dishes to prepare because you marinate and then leave the oven to do all the work. So, on Sundays the roast is always my go-to dish.”

1.5kg beef roast  
Salt and pepper, to taste  
2 cloves garlic, minced  
1 Tbsp brown sugar  
1 Tbsp dried thyme  
¼ cup Worcestershire sauce  
1 tsp olive oil  
¼ cup tomato paste  
2 medium red onions, quartered  
300g baby potatoes  
250g baby carrots  
2 red peppers, pith removed, and roughly chopped  
1 yellow pepper, pith removed, and roughly chopped

Preheat the oven to 180°C.

Season the beef roast all over with salt and pepper. Set aside.

In a small bowl, mix together the garlic, brown sugar, dried thyme, Worcestershire sauce, olive oil and tomato paste. Rub the mixture all over the beef.

Place the beef in a roasting dish and cover with foil. Roast in the oven for 1 hour, then remove the foil and add the onions, potatoes, baby carrots and peppers to the dish. Cover again, return to the oven and roast for a further 30 minutes. Discard the foil and roast, uncovered, for another 15 minutes, until golden brown.

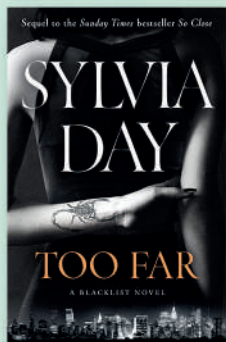




# Books Worth Gifting

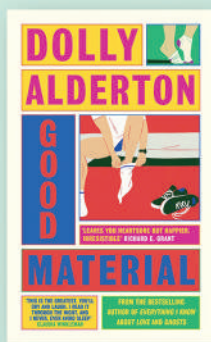
From mighty memoirs to cool cookbooks, look no further for the perfect Christmas gift for the bookworms in your life.

## NEW FICTION



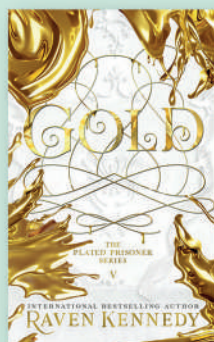
### Too Far by Sylvia Day

Lily Black was presumed dead for years. Now she's returned to the unquestioning arms of her loving husband, Kane. Where she's been is a mystery, but the deadly danger she's brought with her is manifest to all. Aliyah, Kane's mother, has worked hard to position herself in power. No one escapes her bitter ambition, not her children and certainly not a woman who may not be who she claims.



### Good Material by Dolly Alderton

Andy loves Jen. Jen loved Andy. And he can't work out why she stopped. Set adrift on the sea of heartbreak at a time when everything he thought he knew about women, and flat-sharing, and his friendships has transformed beyond recognition, Andy clings to the idea of solving the puzzle of their broken relationship. A sharply funny story.



### Gold by Raven Kennedy

Blood will be spilt. Hearts will be broken. Kingdoms will fall. Auren faces her biggest challenge yet as she takes one final stand against Midas and those who have brought the realm to its knees. Together with Slade she will protect the realm, and her heart. It all ends now. Discover the heart-stopping finale to the Plated Prisoner series.



### Water by John Boyne

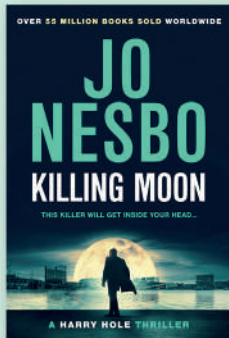
The first thing Vanessa Carvin does when she arrives on the island is change her name. To the locals, she is Willow Hale, a solitary outsider escaping Dublin to live a hermetic existence in a small cottage, not a notorious woman on the run from her past. But scandals follow like hunting dogs. And she has some questions of her own to answer. A masterfully reflective story, and the first in Boyne's Element series.

### Alex Cross Must Die by James Patterson

When an American Airlines plane explodes in the sky, detectives Alex Cross and John Sampson are first on the scene. It soon becomes clear that the plane was taken down by a rare, stolen machine gun. The list of people who could operate the weapon is short. But this isn't the only case the pair must solve. They're also tracking a serial killer who's ambushing young men. With two killers and two different motives, Cross and Sampson are in a deadly race against time ...

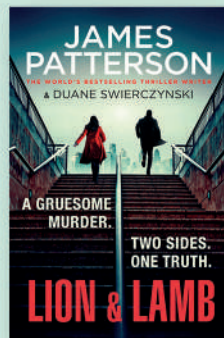


## ENTHRALLING THRILLERS



### **Killing Moon** by Jo Nesbo

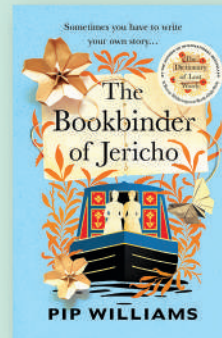
Harry Hole is pushed to his limits when the woman who saved his life is put in grave danger, and he has no choice but to return to Oslo, the city that haunts him, and hunt for a murderer. When the killer took his first victim, he left an unusual signature, giving police reason to suspect he will strike again. They are facing a killer unlike any other, and as the evidence mounts, it becomes clear that there is more to this case than meets the eye ... And for Harry, this just got personal.



### **Lion & Lamb** by James Patterson

Husband and wife Archie and Francine Hughes are heroes in their hometown of Philadelphia. Archie is a football star, while Francine is a Grammy-winning singer. So everyone is in a state of shock when news breaks about the seemingly perfect couple. One spouse is murdered. The other is Suspect Number One. Two sides. One truth. Gripping investigative drama perfect for fans of Jeffery Deaver's Lincoln Rhyme series.

## BEWITCHING BEACH READS



### **The Bookbinder of Jericho** by Pip Williams

When the men of Oxford University Press leave for the Western Front, Peggy, her twin sister Maude and their friends in the bookbindingery must shoulder the burden at home. As Peggy moves between her narrowboat full of memories and the demands of the Press, her dreams of studying feel ever more remote. The captivating new novel from the author of *The Dictionary of Lost Words*.



### **The Little French Village of Book Lovers** by Nina George

Returning to Jean Perdu's beautiful barge on the Seine, his Literary Apothecary, where he's spent many years prescribing just the right book to his customers, we now come to discover the novel that has been most important to his own life. As his floating bookshop arrives in the soft lights of Provence, Perdu shares the book that has healed him, brought him happiness, anchored him and shown him his way in life.



## BOOKSTAGRAM RECOMMENDATION

### **Well Met** by Jen DeLuca

"I absolutely devoured this series of five books in a matter of days. It provided the perfect escapism and made me dream of one day attending my first Renaissance Faire. The characters are relatable, and the books are filled with some of my favourite tropes - small-town romance, close proximity, fake relationships and only one bed."

Sascha Rosa, @wickedly.bookish







## BOOKSTAGRAM RECOMMENDATION

### **The Love Wager** by Lynn Painter

"This novel is an absolute delight to read. The banter, the friendship and the slow-burn romance ... it's like sunshine on a cloudy day.

Romance readers would especially love this, but for readers who are new to romance, or don't want anything too heavy, this is the perfect book. *The Love Wager* has all the feels with laugh-out-loud situations, and plenty of steamy moments that will have the reader swooning."

Rozanne van Zyl, @rozanne\_visagie

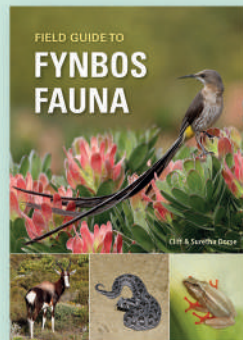


## STUNNING SOUTH AFRICA



### **2024 Sky Guide Southern Africa** by the Astronomical Society of Southern Africa

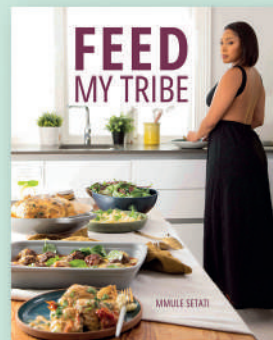
This handbook is a practical resource for all stargazers, whether novice, amateur or professional. It highlights the cosmic events for each month of 2024, including planetary movements, predicted eclipses and meteor showers. Star charts plot the evening sky for each season, facilitating the identification of stars and constellations. The most trusted guide to the southern skies.



### **Field Guide to Fynbos Fauna** by Suretha and Cliff Dorse

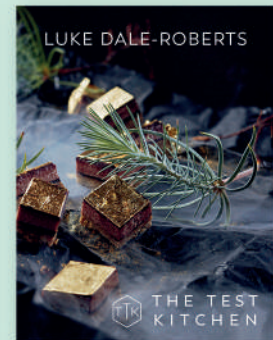
South Africa's Fynbos Biome, which spans the country's Western and Eastern Cape provinces, is one of the richest floras in the world. In addition to its spectacular botanical diversity, the region is also famous for its remarkable variety of fauna, with some species occurring nowhere else - from the tiny Micro Frog to the brightly coloured Orange-breasted Sunbird and the large, strikingly marked Bontebok.

## COOL COOKBOOKS



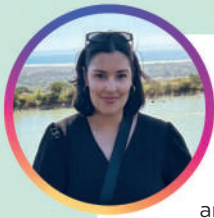
### **Feed My Tribe** by Mmule Setati

Wife, mother, and social media influencer, Mmule found her passion for food through her grandmother. Her "tribe" expanded to include loved ones, and she expresses her love through cooking. In *Feed My Tribe*, she offers a diverse array of recipes - from healthy weeknight meals to date night delights. Whether a beginner or experienced chef, Mmule's tips promise to elevate your culinary skills and impress your tribe.



### **The Test Kitchen** by Luke Dale-Roberts

TIME magazine pinpointed 24 November 2010 as the day "Woodstock officially became Cape Town's hottest district ..." when Luke Dale-Roberts opened The Test Kitchen there. After a four-year tenure as executive chef of LaColombe, which culminated in 12th place on the S. Pellegrino World's 50 Best Restaurants list, Luke was up to the challenge. In *The Test Kitchen*, Luke celebrates this legacy and shares his story, as well as some of the restaurant's most beloved and iconic recipes.



## BOOKSTAGRAM RECOMMENDATION

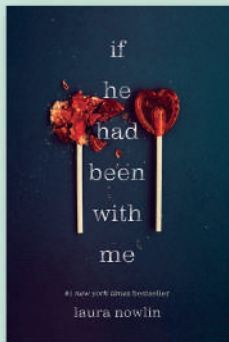
### **The Collected Regrets of Clover** by Mikki Brammer

“This is the kind of story that leaves you thinking about life and whether you have been making the most of it. The author takes on the difficult and sensitive topic of grief and explores it in a beautiful and relatable way. The story is packed with lessons on life, love, friendship and regret, and a main character you can’t help but root for. This was a truly impressive debut novel and one I would highly recommend if you need a reminder to celebrate life.”

Claire Nolan, @betweenthecovers\_cj

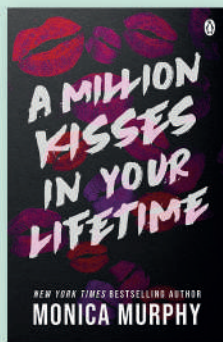


## TRENDING ON TIKTOK



### **If He Had Been with Me** by Laura Nowlin

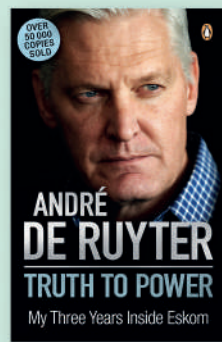
Autumn and Finn used to be inseparable. But then something changed. Or they changed. Now, they do their best to ignore each other. But Autumn has her boyfriend Jamie, and her close-knit group of friends. And Finn has become that boy at school, the one everyone wants to be around. That still doesn't stop the way Autumn feels every time she and Finn cross paths, and the growing, nagging thought that maybe things could have been different. Maybe they should be together.



### **A Million Kisses in Your Lifetime** by Monica Murphy

Sweet, good girl Wren Beaumont is loved by everyone at Lancaster Prep. Everyone but campus bad boy Crew Lancaster. That is, until sparks start to fly during one psychology class when Wren realises there's more to life than good grades - and Crew finally understands what it's like to be in love ... Steamy, romantic and totally addictive. This is a love story for everyone who believes that true love really does happen when you least expect it.

## LOCAL LOVES



### **Truth to Power** by André de Ruyter

When André de Ruyter took over as Eskom CEO in January 2020, he quickly realised why it was considered the toughest job in South Africa. De Ruyter candidly reflects on his three years at the power utility, his successes and failures, his reasons for leaving and his hopes for the future. As someone who worked at the highest levels of the state but is not beholden to the ruling party, he is uniquely placed to speak truth to power.



### **Legends** by Nick Dall and Matthew Blackman

We have a lot to be positive about in South Africa. With all our problems, it's easy to feel bleak. But hold those thoughts, because *Legends* might be just the tonic you need to drive off the gloom. This book tells the stories of a dozen remarkable people - some well known, others largely forgotten - who changed Mzansi for the better. Engagingly written and meticulously researched, *Legends* reminds South Africans that we have a helluva lot to be proud of.

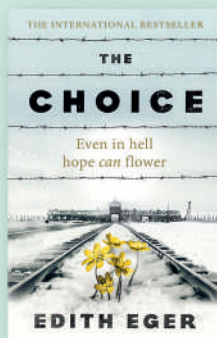


## MIGHTY MEMOIRS



### Son of a Whore by Herman Lategan

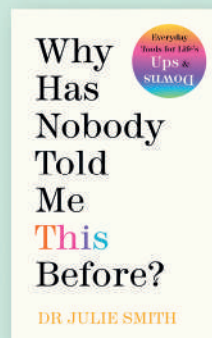
After the runaway success of his Afrikaans memoir, *Hoerkind*, the contrarian journalist and writer Herman Lategan translated and updated his eventful life story to include material that did not appear in the original book. *Son of a Whore* is a gripping account of loss, hardship and overcoming both; it will make you laugh and, at times, break your heart. You will despair at the cruelty of a world in which the marginalised are forsaken, but stand in awe at the extent of the goodness surrounding us.



### The Choice by Edith Eger

Like Victor Frankl's *Man's Search for Meaning*, Dr Edith Eger's important book, *The Choice*, could change your life. Psychologist Eger shares stories of the Holocaust and the experiences of her clients, who range from survivors of abuse to soldiers suffering from PTSD. She explains how many of us live within a mind that has become a prison and shows how freedom becomes possible once we confront our suffering. Warm, wise and compassionate.

## STIRRING SELF-HELP



### Why Has Nobody Told Me This Before? by Dr Julie Smith

Written in short, bite-sized entries, in Dr Julie's warm and informal style, a reader can turn straight to the appropriate section depending on the challenge being faced - and immediately find tools to help. From managing anxiety, dealing with criticism or battling low mood, to building self-confidence, finding motivation or learning to forgive yourself, and much more, this book tackles everyday issues that affect us all.



### Ikigai by Héctor García and Francesc Miralles

We all have an *ikigai*. It's the Japanese word for "a reason to live" or "a reason to jump out of bed in the morning". The place where your needs, ambitions, skills and satisfaction meet. A place of balance. This book will help you unlock what your *ikigai* is and equip you to change your life. There is a passion inside you - a unique talent that gives you purpose and makes you the perfect candidate for something. All you have to do is discover and live it. Do that, and you can make every single day of your life meaningful.

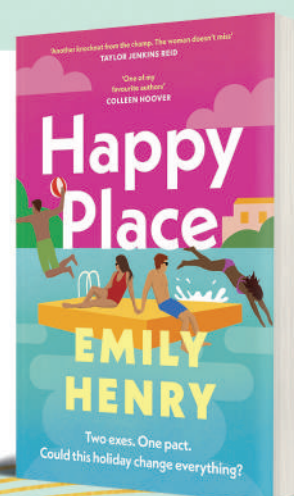


## BOOKSTAGRAM RECOMMENDATION

### Happy Place by Emily Henry

"Emily Henry's books have become an auto-buy for many - and for good reason. They are never just shallow romance - there's always so much depth to the stories and the lives of the characters she brings to life in her writing. Everything about this book was perfect - the setting, the family dynamics, the friend group, and, of course, the chemistry between the main characters, Harriet and Wyn. This is honestly such a joy to read, and my favourite Emily Henry book so far."

Candice Spammer, @paperbacksandpurrs 📖



# A Christmas Fairy Tale

Award-winning author of her Tannie Maria series, Sally Andrew is on a mission to find the best book to give everyone in her family this Christmas. Names of fairies and family members have been changed for political reasons.



“Patricia, a Penguin-fairy, has given me carte blanche in a bookstore, with permission to buy fourteen books as Christmas gifts, but with only thirty minutes to choose them. I flit around, hyperventilating, but then find myself drawn to certain books like a bee to flowers. Books that I know my family members will enjoy. Not just enjoy, but need.

I pick up *Build the Life you Want: The Art and Science of Getting Happier* by Arthur C. Brooks and Oprah Winfrey. This is just what my aunt Mildred needs. Or rather what I need her to read, so I can have a break from her moaning about the weather and Eskom. Enough of being a victim of circumstance. Happiness is your own responsibility. It can be created. Here is the science behind it, and the DIY tools. Hmm, I need more of these tools, too. Maybe I'll read it before giving it her.

I pick up *How to Hide Inside a Three* by Jane van der Riet. It's not about a threesome, but a tale of a woman losing and finding herself. She enjoys writing lists of three items. It's full of pain and humour. Oh, my goodness, look at these spectacular sentences: 'The rain was lashing sideways like it was being yanked by the moon.' And '... each of us lay on our halves of the bed like bags of sand.' This is just the thing for my literary sister-in-law, Edith.

Ooh, and here's the book my adventurous cousin, Jed needs: *Hiking Beyond Cape Town* by Nina du Plessis and Willie Olivier. Jed's already trampled every trail in town.

*Sky Guide Southern Africa 2024*. I love this book. I buy it every year for my husband. It teaches us about our hordes of Karoo neighbours; who will be visiting us and when. I'm talking about the stars and planets here.

“This is just what my aunt Mildred needs. Or rather what I need her to read, so I can have a break from her moaning about the weather and Eskom.”



Sally's latest book, *The Milk Tart Murders*, is out now.

Times and dates of sunsets, moonrises, meteor showers and eclipses. I'll buy one for my brother Tom, too. It's time he expanded his horizons.

My mom will love this new book by Richard Osman, *The Last Devil to Die*. And here's a handful of local murder mysteries and crime thrillers that look like fun: *Die Fantastiese Mevrou Smit* by Elizabeth Wasserman; *The Quality of Mercy*, by Siphwe Gloria Ndlovu; *The Heist Men* by Andrew Brown. These could be perfect for my nieces and their boy/girlfriends. Is Jade still dating Nomsa? I'll buy all three and choose who gets which later.

Ah, *Taking Selfies with Sheep*, by Jaco Jacobs. My teen nephew, Sean, might just read this one. If he can unglue himself from his cell phone. It's the story of a naughty teen travelling to the Karoo with his eccentric granny. Maybe Sean will be inspired to come visit us in the Karoo. No cell reception on our farm, though ... (hehehe!)

Then there's my grand-niece, Bella. Is that possible? I have a grand-niece? Wow, she'll just love this book: *Vetplantfeetjies*. What gorgeous illustrations!

Who else is coming for Christmas? Usually a few lone ducks join us at the last minute.

I'll buy two of the English version of the *feetjies* book: *Vetplant Fairies*. Adults will enjoy them too, they're that beautiful. And these fairies need all the love they can get, what with the succulent poaching going on in the Karoo right now.

I pile all the books into a basket, count them, and check my watch. Thirteen books, thirty seconds to spare.

I grab another *Vetplant Fairies* and head for the tills.”



# SPECIAL!

Pay 25% less per book when you purchase the Tannie Maria boxset, made up of the complete collection of four books in this beloved series by Sally Andrew. PLUS you'll also receive a beautiful tote bag, absolutely FREE!

#### THE SET INCLUDES:

- *Recipes for Love and Murder*
- *Tannie Maria and the Satanic Mechanic*
- *Death on the Limpopo*
- *The Milk Tart Murders*



Available at participating retailers. Limited stock available.







# MOVIES VS. NOVELS

Terry Hayes is a former journalist, multi award-winning screenwriter, and author of the bestselling novel, *I Am Pilgrim*. From his unique vantage point, Terry reflects here on why novels endure as a timeless form of storytelling.

“For me, novels are very definitely where it’s at. The movies have been very, very good to me but I worry that their days are numbered, unfortunately. And that’s understandable. The wheel is always turning. Ballet used to be a really big thing. And people were passionate about it. There aren’t so many people who are passionate about it anymore. Art forms change along with people’s expectations.

One of the first films made was *Arrival of a Train at La Ciotat* by the Lumière Brothers, which aired in 1896. Everybody looked at this and thought, ‘This is the most incredible thing I’ve ever seen’. There was one case where

people got up from the seats and went and looked behind the screen because they wanted to see where the train went. This was a new phenomenon. You didn’t have to do anything. There’s a movie of the tide coming in and people would sit there for the length of the reel and watch the tide. It was remarkable.

Then of course, when Hollywood really started, they clocked the idea that you could tell a story with film. Originally, it had been like going to the circus and watching an extraordinary thing, a spectacle, like the train or the tide. Then it became narrative. Then of course, Hollywood hit its heyday because it could mine everything that was out of



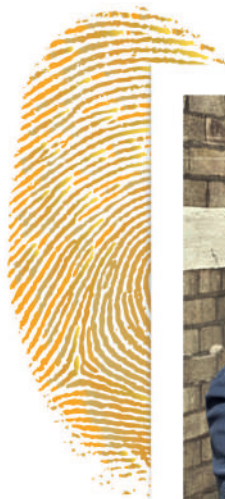
copyright. So, we saw *Wuthering Heights* and we saw *The Ten Commandments*. They didn't have to pay anybody for any rights.

Movies are really at their most potent in popularising other things. If Harry Potter had not been such an incredibly successful series of books, they would never have been made as a movie. A script would've been written, which would've gone to some junior creative executive and they would've said, 'Oh no, not another kid with magic powers,' and chucked it on the reject list.

But everybody wanted it because JK Rowling had already been endorsed by a worldwide public. There was a hunger out there for it.

And now the great change that's happening is video games. Originally this wasn't perhaps where you went for strong narratives, but in recent years, video games have been telling stories. The combination of the technology available, the ability to place you right in the centre of the action and tell a narrative story is a really potent method of storytelling. And I think it's starting to supersede movies.

So, movies are in a very, very difficult position. No one at the big studios is making movies at a \$40 million budget anymore. They're all going for the big bets; the \$250 million budget with another \$100 million spent on marketing. And at the same time as all of this, you have an existing method of storytelling, which has been going for a couple of centuries, which has survived all the ages, which has changed with changing tastes and changing sensibilities – and that is the novel.

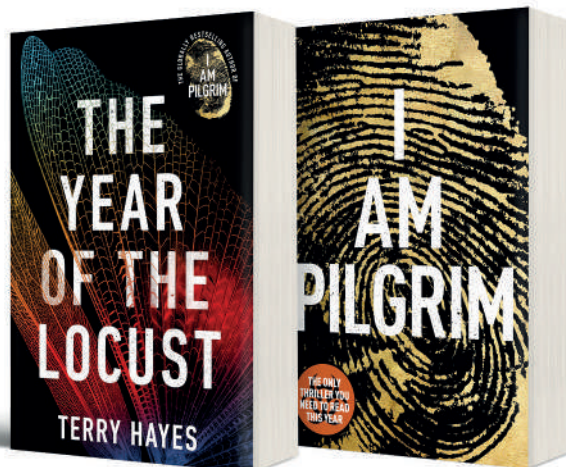


I don't think there's any feeling like when you sit down and you read those first few paragraphs.

I don't think there's any feeling like when you sit down and you read those first few paragraphs and you get that frisson of excitement saying, 'Oh, this was written for me'. And yet we all have such different tastes. It's like architecture. I happen to love modernist buildings, but I know plenty of people who want to live in a 16th century cottage with a thatched roof.

And literature can accommodate those differences, too. You can have anything you want in a novel, and, thankfully, the bookshops are full of them; full of things for different tastes. And even if the bookshop hasn't got it, you can find it online and download it or get it from a second-hand bookstore. So novels have always been, to my mind, one of the two greatest forms of storytelling ever. The movie's mine may be starting to run dry, but novels continue. They go on and on and on."

*The Year of the Locust* is out now.



### TERRY'S LATEST NOVEL

*The Year of the Locust* is as immersive as Terry's instant classic *I Am Pilgrim*. In the book, a deep cover special agent is charged with the impossible: extract a vital informant from a secretive terrorist group deep in their heartland - without getting caught. When it doesn't go to plan, no-one could have foreseen how significant the repercussions might be ... [▶](#)

# THRILLS, CHILLS ... REACHER

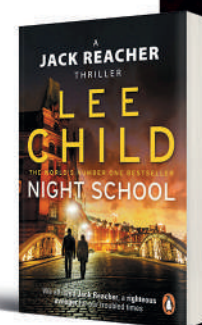
From the debut toughness of *Killing Floor* to the global intrigue of *Night School*, three book buffs unveil their personal favourite Jack Reacher novels, offering insights into the enduring appeal of Lee Child's beloved character.



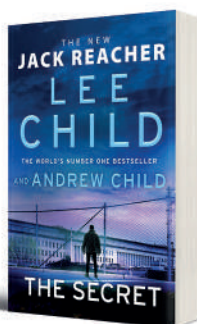
"My favourite Jack Reacher is Lee Child's first ever book, *Killing Floor*. It introduces us to a character we never knew we needed: brutally tough, yet sensitive; strong yet highly intelligent and rational. Reacher was a person struggling to make sense of a world in the throes of rapid change in which the principles he lived by were all he had. He didn't want to make waves, just keep on passing through but because he didn't fit in, he was automatically a suspect – and that was society's first mistake. Truly a hero for the ages, but especially the modern age." **Kevin Ritchie, seasoned newspaper editor and columnist**



"One of my favourite Reacher books is *Night School*. It's one of the few books where Reacher is still in the military. It's 1996. He has been awarded a Medal of Honour (confidentially) and is sent to a secret training programme for elite officers – Night School. It's Reacher and an FBI and CIA partner. It's enjoyable to see Reacher work in a team, and on a globally threatening scale, rather than impacting on a small American town. He uses his trademark detective skills to help uncover a potential terrorist plot in Germany, working out what weapon is being offered for \$100m by a mysterious American in Europe. Wonderful stuff." **Steve Connolly, CEO Penguin Random House South Africa**



"Asking me to choose a favourite Jack Reacher novel is like asking a mother to choose her favourite child. Actually, it's worse – because very few mothers have 27 children. But if pushed, I'd choose three: *Tripwire*, *A Wanted Man* and *Without Fail*. They were published between 1999 and 2012, the period which, for me, represents Lee Child at his absolute best. Having said that, I've devoured every Reacher book ever published and will continue to do so, especially since my cat is named Reacher." **Tiffany Markman, writer and writing teacher**



*The Secret* is out now.

## THE LATEST JACK REACHER BOOK

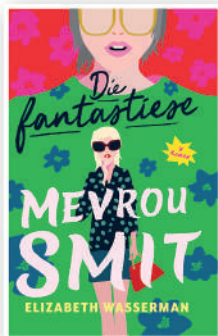
In 1992 Chicago, a hospitalised man faces an impossible question from strangers before plummeting from his twelfth-floor window, drawing the attention of the Secretary of Defense. Jack Reacher, recently demoted from Army Major, becomes part of an inter-agency task force to investigate. With a cold-blooded killer on the loose and a 23-year-old secret to unveil, Reacher is determined to bring justice, whether that means playing by the rules or following his own instincts. **📖**



# Lieflike literatuur

Wonderlike Afrikaanse boeke is vanjaar gepubliseer.

Hier is 'n paar wat jy nie moet misloop nie.



## Die fantastiese mevrou Smit deur Elizabeth Wasserman

Skaars op Aronspoort, of mevrou Smit slaap in die poliseselle - vir haar "onaanvaarbare gedrag". Wanneer sy die uiteindelik by haar nuwe huis instap, wag 'n lyk op die kombuisvloer. Mevrou Smit besluit sy gaan die moordenaar vastrek. Haar skerp tong spaar nie eens die dokter met die mooi blou oë nie. Want sien, sy is self 'n vrou met 'n donker verlede.



## Lokval deur Bettina Wyngaard

Privaat speurder, Nicci de Wee, kry 'n kans om 'n internasionale sindikaat wat roof, verkrag en moor vernietig. G'n wonder sy gaan tydelik terug polisie toe nie. Hoekom word die name van mense op 'n moordlys so meedoënloos afgetik? Die opdrag is: vlek 'n internasionale sindikaat oop. Daarom moet hulle 'n lokval stel. Maar wie is aas? En wie bobaas?



## Die oseaan tussenin deur Jeanette Stals

In die oorlog-geteisterde Boererepublieke beleef die Nel-gesin die oorlog eerstehands: Pieter is 'n bittereinder, sy vrou Katrina en hul kinders veg vir oorlewing in 'n konsentrasiekamp. Hier vervleg haar lewe ingewikkeld met dié van die medewerkers wat die vyand help om die kampe te bestuur, en die Engelse offisier wat haar hart wil wen. Wag daar lewe - of liefde - vir hulle voorbij die oorlog?



## Sluitstuk deur Johann Rossouw

Ná die dood van 'n grootse Afrikaanse skrywers kom 'n Nederlandse biograaf navorsing oor hom doen. Sy besoek die skrywer se voormalige vakleerling - al was die twee mans vir jare nie op goeie voet nie. Die vakleerling, nou 'n Zen-monnik, lê sy eie lewe bloot in die bestek van een nag. Waarom die enorme impak van die skrywer op die leerling, die skeiding? En die ware rede agter die biografie?



## RESENT SE AANBEVELING Minder as water deur Morné Malan

"Toe hierdie boek oor my pad kom, was ek onmiddellik opgewonde. Met Morné se eerste paar sinne was ek deel van sy storie - ek móés eenvoudig aanhou lees. En toe ek eers met Cheslin Fielies kennis maak, het ek my hart verloor op dié jong polisieman wat soveel deernis het, al is alles in sy eie lewe ook nie rooskleurig nie. *Minder as Water* is soveel meer as net 'n storie - jy gaan dit aan jou lyf voel."

Christelle van Rooyen-Wessels, skrywer en resensent 



# STALKING SERIAL KILLERS



From 1994 to 2000, when South Africa was a young democracy, the country was stalked by a succession of brutal serial killers. Psychologist Micki Pistorius became the first profiler for the South African Police Service, playing a vital role in identifying and interrogating these killers, as well as training detectives nationally and in other countries. In this extract from her book, *Catch me a Killer*, Pistorius describes the day it all began.

“On 1 July 1994, I walked the block and a half from my office to the head office of the newly renamed South African Police Service. I was looking for Colonel Kobus Jonker, the Service’s expert on the occult. Occultism is not a crime, but many crimes are committed in the name of the occult. I needed some background information since satanic murders and serial homicide share an element of ritualism and I wanted to teach the detectives to differentiate between the crime scenes. The main difference between serial killers and Satanists is that serial killers have a deep psychological motive for killing, while Satanists who kill profess that it is ‘because the devil made them do it’. Also, most serial killers work alone, while Satanists form cults and are showmen who need an audience.

Colonel Jonker’s office was on the fifth floor. I was searching for the office when a man emerged from another door and asked me who I was looking for. When I asked for Colonel Jonker, he told me that Jonker was

out of town but offered to show me his office.

Colonel Jonker’s office was a chamber of horrors. Bibles locked in chains and other satanic paraphernalia were on view in display cabinets, and a coffin stood upright in a corner. He kept these exhibits as mementoes of his work and often used them to illustrate his lectures. The man explained to me what the objects were used for. When we left the office, he invited me to have a cup of coffee with him. Since it was winter and I wasn’t looking forward to the walk back to my office, I agreed.

As we entered his office in the corner of the corridor, I noticed the name on the door: Brigadier Suiker Britz. I realised I was in the company of one of the South African Police Service’s legends. Suiker Britz would become my boss, my mentor and my guardian angel.

He invited me to sit down. Since I had spent about fifteen minutes with him in Jonker’s office and had listened to his jokes about ghostbusting, I felt at ease. He asked me what role I had in the Police Service.

Colonel Jonker’s office was a chamber of horrors.

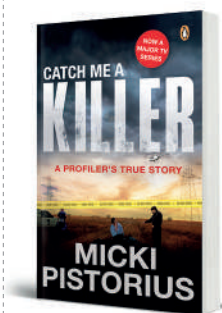




I explained my work to him, mentioning my dream to train detectives in the investigation of serial killers. He said that he had heard about my profile on [Norman] Simons. He was wonderfully easy to talk to and I could not imagine why he had such a fierce reputation.


Brigadier Suiker Britz was in command of all Murder and Robbery Units in the country, including the Peninsula Murder and Robbery Unit where Colonel Knipe was commander. He had previously been in charge of the Pretoria Murder and Robbery Unit, but when he was promoted to brigadier, he was transferred to head office and put in charge of the toughest bunch of detectives in the Service. Murder and Robbery is regarded as the elite among the specialised units and these detectives are a breed of their own.

The brigadier was a short man, overweight, with a big moustache and bright blue eyes. His face showed signs of hard living, but there were laughter lines etched around his eyes and his smile was genuine, lacking the cynicism of some of the other senior staff



*Catch me a Killer* is out now.

members. I sat there for more than an hour listening to his stories. He asked me to bring him the lectures I had written on serial killers.

I took the set of lectures to him the following week. My experience as a psychology lecturer had come in handy in compiling this curriculum. He paged through them, adjusted his spectacles, looked at me and said he was of the opinion that it would be better if I could be transferred to his department. I was elated and discussed it with Captain Braam Beetge, my immediate supervisor at the Institute for Behavioural Sciences. Although Braam was my boss, we were friends as well. He accommodated my eccentricities and covered for me when I followed my head instead of the rules. Maybe I danced to a different drum, but I got the job done well. I needed to be accommodated, not managed, and Braam knew that. As Captain Frans van Niekerk later told me, in the SAPS it was better to apologise than ask for permission.” 



# Learning Zen from the Animal Kingdom

Your path to peace can begin right now, says the bestselling author of *Big Panda* and *Tiny Dragon*, James Norbury, in this extract from his beautiful brand-new book, *The Cat who Taught Zen*.



“**D**uring my work day, one of my cats likes to pace back and forth across my work area, blocking off my monitor, walking on my paintings and generally doing anything she can to get attention. I am very tempted to shut her out of the room – I’ve got important work to do! But this is exactly the messenger I need – she reminds me to stop and stroke her and appreciate her tiny feline form. And one day she’ll be gone, and I don’t want to recall all the times I shut her out the room because I was too busy.

So where is the zen?

Much like the Tiger in *The Cat who Taught Zen*, it’s easy to become seduced by the idea that the path to peace requires retreats, meditation, gurus and incense. Of course, these things can certainly help, but one of the things I like most about zen philosophy is how empowering it is to the individual. You can start on your own, right this second.



There is something beautiful in the drone of traffic or the stained concrete of an old tower block. As *Big Panda* says, “There is beauty everywhere, but sometimes it’s difficult to see.”

If you can take just thirty seconds to really feel the fabric of your clothes or listen to the noises outside your window, you can, like the Monkey, be transported to another state of mind. If, just for a second, your mind stops and the experience takes over, then you have encountered zen.

If you can practise this whenever you remember it, it may start to bring a little more peace into your life. Even zen monks do not spend all day in meditation, the majority of their time is spent doing tasks, but they attempt to do them with a deliberate, aware-mind state.

If you could take one thing away from this book, I would ask you to try and remember that good things often come out of seemingly bad things.



Lotus flowers are significant in Buddhism – in part because they grow out of filth.

If you can embed this idea in your mind, I think life can become more joyful as it can take the sting out of the negative experiences that visit us daily. This is not always easy, and some experiences are so overwhelmingly painful that trying to see the good in them is simply not always possible, but if you start small and try to develop it as a habit it can start to change the way you see the world, and ultimately increase your own happiness.

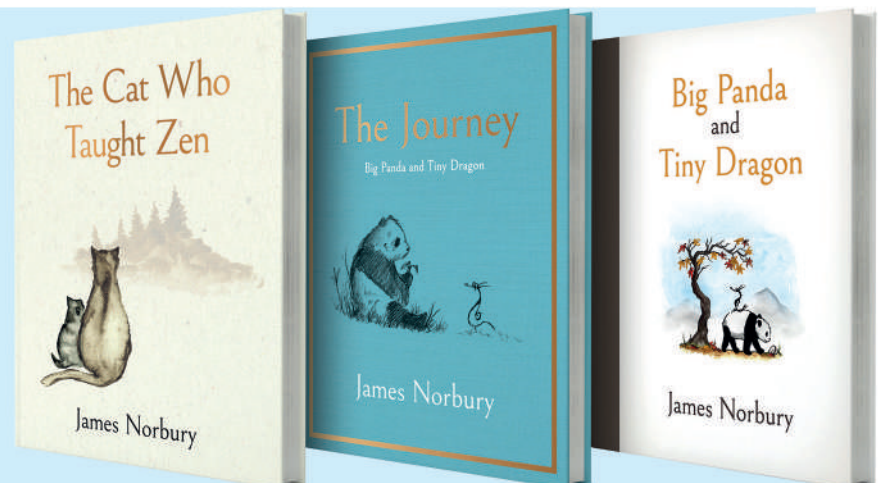
And if you feel uncertain about any of the ideas in this book, that's good – just like for the Tiger in the story, confusion is the first sign you are about to change."



'Nature has no words  
but it is trying to tell you something.'

### ABOUT THE BOOK

This is the tale of a cat, wise in the ways of zen, who hears of a solitary ancient pine, deep in a maple forest, under which infinite wisdom may be found. So begins a journey of discovery. Along the way he meets a vivid cast of animals: from an anxious monkey and a tortoise tired of life, to a tiger struggling with anger, a confused wolf cub and a covetous crow. Each has stories to tell and lessons to share. But after a surprise encounter with a playful kitten, the cat questions everything ... [▶](#)



*The Cat who Taught Zen* is out now.



# WILD WONDERLANDS

From the rugged beauty of the Addo Elephant National Park to the pristine beaches of Paternoster, discover the South African retreats that have captured the hearts of some of our favourite nature scribes.



## PORT EDWARD, KWAZULU-NATAL

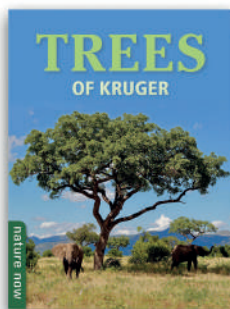
“We’ve found the perfect spot to keep the whole family happy in Port Edward – seaside for the family to enjoy, and, for this taxonomic botanist, the nearby Umtamvuna Nature Reserve (UNR). It’s the southernmost reserve in the province, bordering the Mtamvuna River, and boasts lush forests interspersed with grasslands.

UNR offers scenic trails and a diverse array of plant species, particularly appealing to a tree enthusiast like me. With over 500 tree species, it’s South Africa’s most diverse nature reserve as far as trees are concerned, housing many rarely seen species found only in southern KwaZulu-



Natal and the bordering Eastern Cape. These unique trees thrive in the forested strips along tributaries of the Umtamvuna River, readily accessible via Izingolweni Road. Exploring these forest edges is like visiting a specialised botanical garden dedicated to exceptional trees.”

**Braam van Wyk, author of *Trees of Kruger***



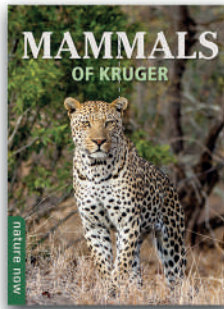
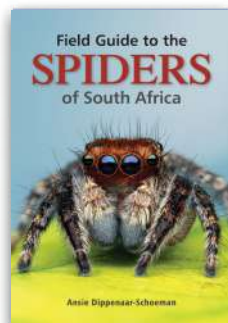




### PATERNOSTER, WEST COAST

“This little fishing village is a special place for me. Abundant with quaint white buildings, this peaceful spot is reminiscent of Greece. And then there’s the ocean. I could sit for hours gazing out at it, with its waves lapping lazily at magnificent beaches, which stretch for miles. It’s particularly beautiful in the soft light of an early morning, mist hovering over it in complete stillness. As the day begins, fishermen launch their small wooden boats, later putting their harvest on offer for a mouth-watering meal of fresh fish at home or from one of the town’s excellent beachside restaurants. No trip is complete without a stroll through town, meandering through quirky art studios and charming curio shops, a taste of fresh *bokkoms* (or dried mullet), and a gentle hike through the surrounding fynbos. It’s a wonderful place to recharge.”

**Ansie Dippenaar-Schoeman, author of *Field Guide to the Spiders of South Africa***



### ADDO ELEPHANT NATIONAL PARK, EASTERN CAPE

“This breathtaking park is at the top of my list of places to visit as the elephants there are absolutely awesome! Although they hover around and protect their young, these huge mammals are very good natured and move peacefully

between the cars parked around the watering holes. There are no large trees there so the elephants feed on the abundant Porkbush (*Portulacaria afra*) plants and grass. Due to many factors, more than half of the elephants do not have tusks. One of the information centres at the park has a wonderfully informative elephant skeleton, which is a must see. Being in a fairly arid area, the amount and range of succulents and other plants, is worth taking the time to marvel at as well, with a well-established walk at the main camp near the refreshing swimming pool.”

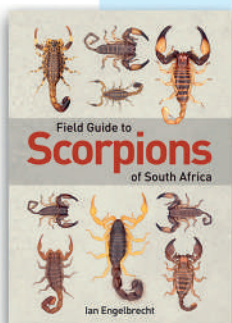
**Joan Young, author of *Mammals of Kruger***



### PRINCE ALBERT, WESTERN CAPE

“It’s hard to choose a favourite holiday spot in South Africa when we have so many incredible options, but high on my list is the little town of Prince Albert in the Karoo. Four hours’ drive from Cape Town, Prince Albert is a quaint mix of art galleries, restaurants, bed and breakfasts, and curio shops. The location is beautiful, nestled at the base of the majestic Swartberg mountains, which contrast starkly with the surrounding Karoo plains. The area’s biodiversity is off the charts. The Swartberg Pass takes you up into mountain fynbos and the area surrounding the town includes tillite and shale ridges, shrubby slopes, and silty flats along the Gamka and Doorn rivers. For scorpion enthusiasts, roughly 12 species can be seen in the vicinity, and for the less arachnologically inclined there are birds, butterflies, reptiles, and, of course, the scenery. A drive along the R407 to Meiringspoort is well worth it. In town, Karoo Kombuis is a must for a warm traditional Karoo meal, and Olive, just outside town, has some of the best olives and olive oil I’ve ever tasted. Just remember to book a table at the restaurants in advance during high season because it gets busy!”

**Ian Engelbrecht, author of *Field Guide to Scorpions of South Africa***

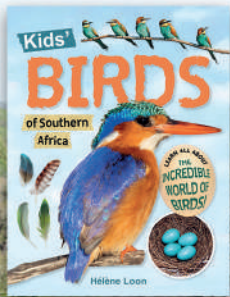




## KRUGER NATIONAL PARK, LIMPOPO/MPUMALANGA

“If, like me, you love being surrounded by nature in all its myriad forms, then Kruger is the place to be in December. The bushveld bursts with life, energy and colour during the summer months - the trees are a vibrant green, bird call fills the air, insects in a kaleidoscope of colours are abundant, and with the breeding season in full swing, new life abounds wherever you look. This time of the year is particularly magical for an avid birder as the summer migrants have arrived after their long, arduous, yet miraculous, treks south. Every year I am in awe of these resilient, feathered travelers for having flown such vast distances, often facing a plethora of challenges along the way, from crossing hostile deserts, scaling high mountains, braving rough seas, enduring harsh weather conditions and even avoiding human persecution. Summer in the bushveld is a celebration of life!”

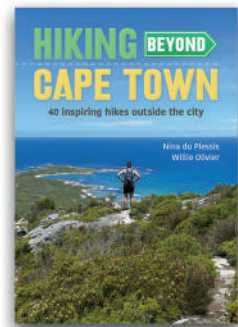
Hélène Loon, author of *Kids' Birds of Southern Africa*



## VERMAAKLIKHEID, WESTERN CAPE

“About 300 km from Cape Town, on the banks of the Duiwenhoks River, lies the hamlet of Vermaaklikheid. From the area’s main street, which includes a restaurant and a quirky little trading post, a few dirt roads meander through the rustic village with its thatch-roof houses, vine pergolas, grazing horses and fruit trees. It’s the ideal spot for those who enjoy simple pleasures, such as fishing, canoeing or reading. The Duiwenhoks River provides a haven for waterfowl, including spoonbills, herons, darters and kingfishers. Fish Eagles are also often spotted in the area. Vermaaklikheid is a simple and charming destination, peacefully tucked away from busy crowds. It’s easily accessible from the N2 and the De Hoop Nature Reserve is just a short drive away.”

Nina du Plessis, co-author of *Hiking Beyond Cape Town*, with Willie Olivier



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# FESTIVE FOOD

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

## Chorizo Butter Prawns

"A quick and easy flavour feast, and you're invited."

1 kg king prawns, cleaned  
Olive oil  
200 g chorizo, chopped into small blocks  
100 g Pesto Butter (see below)  
Sea salt and freshly ground black pepper  
A handful of flat-leaf parsley, chopped

### TO SERVE

Lemon wedges or thick slices

To clean the prawns, use a pair of kitchen scissors to snip open the shell along the back of the prawns. Use the tip of a sharp paring knife to carefully lift out the vein and discard. If you pierce the vein, you can rinse the prawn off with water to clean it. Drizzle the prawns with a little olive oil and set aside.

Set a cast-iron pan over medium-high-heat coals and heat the olive oil. Add the chorizo and fry until it is almost crispy. Add the Pesto Butter and fry for another 2 minutes until fragrant. Remove the pan from the heat and season to taste.

Season the prawns with salt and pepper, then pop them on the grill over medium-high-heat coals. Braai for 2-3 minutes per side until pink and charry. Brush the prawns with a little chorizo butter in the last minute of braaiing. Place the prawns into the warm butter and toss to combine. Garnish with flat-leaf parsley and serve with lemon wedges or slices.



SERVES  
4

PREP  
20 minutes

COOKING TIME  
12 minutes

## PESTO BUTTER

Pick your pesto poison and pack flavour into any dish.

250 g butter, softened  
100 g pesto flavour of your choice  
Sea salt and freshly ground black pepper

Mix the butter and pesto and season to taste. Store in the fridge for daily use or roll it into a log with plastic wrap and store it in the freezer.



Extracted from Beer Country's *Blackouts & Boerewors* by Karl Tessendorf and Greg Gilowey

## Satay Roasted Eggplant

“Whenever I make this dish, it is met with rapturous praise. This means that I have made it a number of times, because I am a sucker for applause and affirmation!”

4 large eggplants (± 1.2 kg)  
(see note below)  
± ¾ cup sunflower oil, divided  
4 onions, peeled and finely sliced  
3 cloves garlic, peeled and minced  
1½ fresh long red chillies, finely chopped  
2 stalks lemongrass, top-third discarded and the rest finely chopped  
5 cm piece fresh ginger, peeled and grated  
2 Tbsp dark soya sauce  
2-3 Tbsp tamarind paste  
1 Tbsp soft brown sugar or palm sugar  
¾ tsp fine sea salt  
250 g crunchy or smooth peanut butter  
400 ml water

### TO SERVE

Fried onions  
1 Tbsp chopped peanuts  
Fresh herbs - a handful each (80 g in total) mint, coriander and dill, all chopped

### A NOTE ON THE EGGPLANTS:

I do not salt eggplants. If they are fresh and young, they should be good to go! Generally, I do not peel eggplants either, but if you are worried about a tough roasted skin, do peel the eggplant before slicing it into legs.

Preheat the oven to 200°C and line a baking sheet with baking paper.

Cut each eggplant into an eggplant ‘octopus’: keeping the

SERVES  
4



top of the eggplant intact, slice down lengthways through the middle, then turn it 90 degrees and slice down lengthways again, to create 4 ‘legs’. Slice each leg in half, to create 8 legs.

Working over a large bowl, use a brush or your fingers to coat the whole eggplant thoroughly with oil - all over the 8 legs, all the nooks and crannies, and on the outside. Arrange the eggplants head to foot on the baking sheet and roast in the oven for about 30-40 minutes, or until they are soft and beautifully coloured. Check the eggplants 20 minutes into roasting; you might need to give the legs another brush of oil and turn them around to ensure they roast evenly.

While the eggplants are roasting, make the sauce. Heat a quarter cup of oil in a frying pan over medium-low heat and, once it is hot, add the onions, garlic, chillies, lemongrass and ginger. Fry, stirring regularly, for 15-20 minutes, until soft and translucent. Stir in the soya

sauce, tamarind paste, sugar, salt and peanut butter, and cook, stirring, for a couple of minutes. Slowly pour in the water, stirring as you go to create a thick sauce. This dish makes for great individual plating. Create a generous puddle of sauce on a large soup plate or flat-bottomed salad bowl. Nestle the eggplant octopus in the sauce. Scatter over a handful of fried onions, sprinkle with the peanuts and a generous amount of the fresh herbs. Serve with freshly steamed rice and your favourite pickle.



Extracted from *Onwards*  
by Karen Dudley



## Afrika-lamsboud

### Herman Vertel ...

“Lamsboud sal vir my altyd die kroon van die vleiskombuis bly. Daai Kalahari-gene loop diep in my lyf. Ek weet Karoo-boere gaan met jou stry en sê die beste lam kom eintlik uit die Karoo, want nêrens anders in die wêreld kry jy daardie unieke bossiegeur van die inheemse kruie nie, en dis waar. Maar Kalahari-lam is anders - dis soeter, dis geuriger op 'n ander manier en die vet is mooi. Ek het nooit met vars kruie in die kombuis grootgeword nie; die naaste wat jy daaraan sal kom, is pietersielie. Die eerste pietersielie wat ek gesien het, was twee stukkie op die vleis by die slaghuis, net twee (ek vermoed dit was plastiek!). Maar onlangs het ek die kans gekry om meer van Kaapse fynbosgeure te leer ken. En dis dan wanneer jy daar in die veld staan en die wilde kruie begin kneus en ruik in jou hande dat jy die waarde van kruie en die impak wat dit op vleis het, begin waardeer. Ek is baie lief vir hierdie kontinent waar ons woon; ons moet nooit vergeet hoe waardevol haar skatte en juwele is nie. Ja, dis moeilik om hier te woon, maar dis lekker. Ek maak hierdie lamsboud gereeld as 'n ode aan die ryk bestanddele en smake wat Afrika met ons deel.”

### 500 g volroomjogurt

100 ml harissa-smeur (kyk by die pesto-rak; dit kom uit die Maghreb-streek, spesifiek Tunisië, aan die noordpunt van Afrika)

4 knoffelhuisies, baie fyn gekap

2 hande vol vars koljander, fyngeskap  
sap en gerasperde skil van  
2 suurlemoene

30 ml granaat- of melassestroop

3 kg lamsboud met skenkel aan  
(vra slagter om te ontbeen tot net  
voor die skenkel)

sout en varsgemaalde swartpeper

100 ml koue water

hand vol granaatpitte vir garnering

### MARINEER VOORAF

Plaas jogurt, harissa, knoffel, koljander, sap en suurlemoenskil in voedselverwerker en puree teen hoë spoed tot gladde mengsel vorm. Skep helfte van marinade uit in skoon bakkie en meng granaat- of melasse-stroop daarby. Bedek en hou in yskas - dit word later die sous. Plaas lamsboud in glas- of emaljebak. Geur met sout en peper. Bedek met oorblywende marinade. Maak toe en laat oornag in yskas marineer.

### MAAK GAAR

Verhit oond tot 160 °C. Vul 'n oondroosterbak met water van sowat 3 cm hoog en plaas oondroosterrakkie bo-op, die rakkie moet net-net bo die water uitsteek. Plaas lamsboud bo-op rakkie en bedek met foelie. Oondbraai vir 3 uur. Maak pan oop en verhoog oondtemperatuur tot

200 °C. Rooster 20-25 minute of tot goudbruin bo-op. Haal uit oond en plaas op dienbord. Sny in skywe. Meng 100 ml water met marinade wat jy in yskas gehou het en skep oor vleis. Garneer met granaatpitte.



Uittreksel uit *Nostalgie* deur Herman Lensing

GENOEG VIR  
6-8





## Asian-style BBQ Pork Loin Ribs

"I don't prepare ribs often, but when I do, this recipe is lip-smackingly delicious. As with many other sweet marinades, it is best to par-cook the meat in the marinade until it almost falls from the bone, then finish it over medium-hot coals until sticky and glossy. Hoisin sauce is the hero here - available in the Asian food section of many good supermarkets."

Tools: wooden spoon, large pot with lid, coarse grater, fine grater, fire with medium-hot coals, hinged grid or open grid, working surface, cutting board, sharp knife, box grater, fine grater, basting brush, braai tongs, stirring spoon

30 ml (2 Tbsp) vegetable oil  
1 onion, roughly grated  
4 cloves garlic, finely grated  
30 ml (2 Tbsp) finely grated fresh ginger  
125 ml (½ cup) hoisin sauce  
60 ml (¼ cup) honey  
45 ml (3 Tbsp) soy sauce  
30 ml (2 Tbsp) white vinegar  
15 ml (1 Tbsp) sesame oil  
4 large pork loin rib racks (fresh, not smoked)  
a small bunch spring onions, sliced, for serving



SERVES  
4

To a large pot, add the vegetable oil, onion, garlic, ginger, hoisin sauce, honey, soy sauce, vinegar and sesame oil. Stir, then add the rib racks (cut them in half to fit into the pot, if necessary). Cover the pot with a lid and bring to a simmer over a low heat for at least 1 hour or until the meat is very tender and almost falling off the bone (turn the ribs halfway to coat all sides in the sauce), stirring the bottom from time to time to prevent burning.

Remove the ribs from the pot and bring the sauce to a rolling boil, reducing it by about a third until it reaches the consistency of a runny chutney. Grill the ribs over medium-hot coals on both sides, basting with the reduced marinade, until glossy and sticky and slightly charred, then remove from the heat. Serve hot, scattered with spring onions.

Extracted from *Easy Al Fresco*  
by Ilse van der Merwe





## Forest Fruits Flapjack

225 g frozen forest fruits  
 3 tablespoons runny honey  
 180 g/2 cups porridge/rolled oats  
 1 teaspoon ground ginger  
 1 teaspoon ground cinnamon  
 130 g/9 tablespoons butter, plus  
 extra for greasing  
 1 large eating apple, grated  
 15 x 15-cm/6 x 6-in. baking pan,  
 greased and lined

This recipe uses cheaper frozen fruit plus the last apple in the fruit bowl. The result is moist and delicious, and very moreish.

Put the frozen fruits in a bowl and drizzle over 1 tablespoon of the honey. In another bowl combine the oats, ginger and cinnamon.

In a saucepan melt the butter and remaining honey, then stir in the oat and spice mixture and the grated apple. Push the oat and butter mixture into the base of the prepared pan. Give the fruit and honey a stir to break the fruit up a little, then push this on top of the oat layer.

Preheat the air-fryer to 180°C. Place the baking pan in the preheated air-fryer and cook for 12 minutes. Leave to cool to room temperature, then slice into 8 pieces. 📏

MAKES  
8 slices



Extracted from *Budget Air-Fryer Cookbook* by Jenny Tschiesche



## On my mind WALKING IN AUTHORS' FOOTSTEPS TRANSFORMS READING INTO A RICH, REAL EXPERIENCE

Join Justin Fox on a 14-year odyssey across South Africa in *Place*, a captivating travelogue merging literature and landscape. Navigating through the heartland of Olive Schreiner, JM Coetzee, and more, the book is a love letter to the country's untamed beauty.

“**M**uch of my career has been in travel writing, either as a photojournalist or author of books ranging from coffee table to literary travel. But I also have a background in academia, having taught part time at the University of Cape Town (both in the English- and Film and Media departments) on and off for 20 years. The aim of my latest book, *Place*, was to try to marry those two worlds. I have an abiding love for travel literature (Chatwin, Raban, MacFarlane, Thubron, Dyer) as well as literature that foregrounds travel (Sebald, Conrad, Kerouac, McCarthy). Indeed, my own novels and poetry mostly have journeys of one kind or another as central themes.

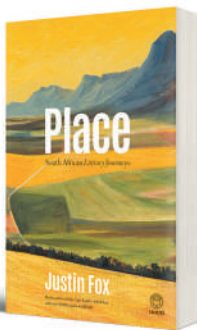
*Place* is the account of a series of journeys around South Africa in which I use literary works instead of maps as my guides. While it is rewarding to engage with landscape through the pages of great books, it's even better to put boots on the ground, text in hand, and experience first-hand something of the authors' relationship with place, to hear the voices of their characters in situ. This travelogue is, in a sense, my own love letter to South Africa, combining places and books that are close to my heart. It gave me a chance to explore notions about 'spirit of place', home and emigration, patriotism and the particular attraction of the South African landscape. *Place* is thus a kind of manifesto, bringing together my ideas about writing and travel, land and literature.

“My choice of literary works was all about places of the heart.”

The journeys for this book, conducted over a 14-year period, took me to the mountainous, moonstruck eastern Karoo of Olive Schreiner; the big-game Lowveld of Sir James Percy FitzPatrick; the vast expanses and star-spangled nights of the open veld evoked by Deneys Reitz; the Bushveld of Eugène Marais's Waterberg; the savannah of Herman Charles Bosman's Marico; the plains of thirst and dust of JM Coetzee's Moordenaars Karoo; the subtropical hamlets of Zakes Mda's Wild Coast; and finally to the sandstone crags of Stephen Watson's Cederberg.

My choice of literary works was all about places of the heart, both for the authors and for myself. In some chapters, such as with Deneys Reitz, I set out to pursue plotlines, following a forensic trail that sniffed out the book's exact locations, mirroring my work as a travel journalist. In other chapters, such as with JM Coetzee and Stephen Watson, my attention shifted to the authors' intellectual and emotional response to a particular locale, and bent more to academic delving.

The works I chose all depict landscapes that have remained wild and largely unspoiled, rather than built environments. In each case, setting is no mere backdrop, but an integral part of the work and a reflection of the authors' heartland. I wanted to celebrate how local writers, characters and readers are shaped and inspired by the land ... and how this troubled, beloved country of ours continues to be shaped by the vagrancy of our footloose imaginations.”

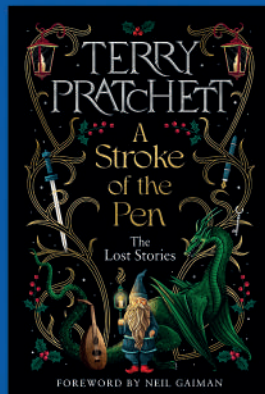
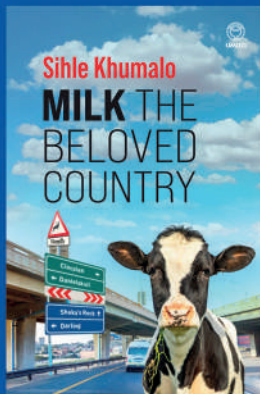
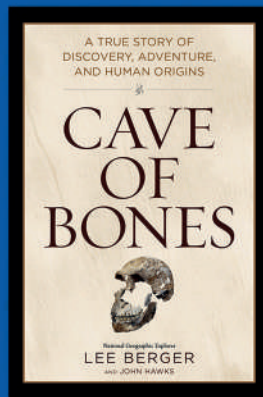
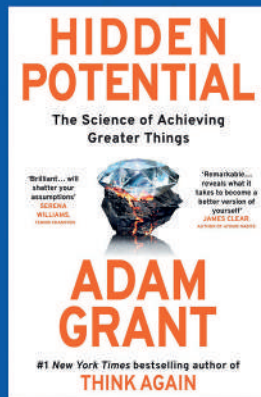
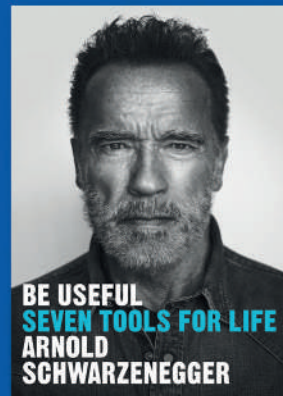
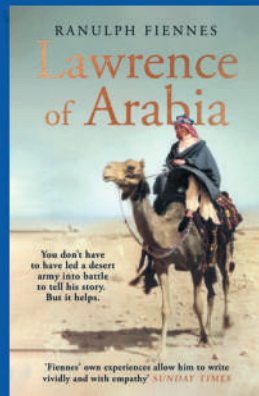


*Place* is out now.





# Gifts for HIM







The long-awaited follow-up  
to the global bestseller,

# I AM PILGRIM

