

ADVANCE INFORMATION

**Abundance**  
City food from the Cape  
**Marlene van der Westhuizen**

**DESCRIPTION**

At last another big cookbook from Marlene van der Westhuizen! In *Abundance* Marlene shares all new recipes and her love and passion for Cape Town and its food. Writing from her home in Green Point, on the slopes of Table Mountain, Marlene celebrates the simple joys of city living with 89 new, delicious and easy-to-make recipes to cook for family and friends.

The photographs capture the romance of Marlene's Cape Town – walks on the Sea Point promenade and through the Green Point Park, and visits to all her favourite restaurants. Rediscover Cape Town through Marlene's eyes. Visit the markets and meet the chefs.

City food and city living at its best!

**Sales points**

- Marlene is well-known to her readers and the media
- Interviews in national media
- Extracts in food magazines
- Her first all Cape Town book with wide appeal – both South Africans and visitors will love it.
- Supported by a strong backlist of titles in English and Afrikaans
- The ideal Christmas gift.

**ABOUT THE AUTHOR**

**Marlene van der Westhuizen**, is a well-known chef and author of a number of very successful cookbooks – *Delectable* and *Sumptuous* are the best-known. She divides her time between Greenpoint in Cape Town and Charroux in France where she runs very popular cooking courses.

**Johan Wilke** is a professional photographer with 21 years' experience working in the fashion, food, décor and advertising worlds.



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Price	R325.00
Category	Non-fiction cookery
Format	210 x 280 mm, Landscape, Softcover, Full colour photographs
Page extent	208 pages

**Also see:**

**Delectable** 9781920434090  
**Sumptuous** 9781920434106  
**Lazy Lunches** 9781920434069  
**Decadent Dinners** 9781920434052  
**Delightful Desserts** 9781920434212  
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## PREFACE

I have spent most of my adult life in the shadow of Signal Hill, in Green Point village. We were young and hungry for adventure in this, for us, still unknown city. Later, I cocooned happily as the wife of a fledgling surgeon and mother of a baby boy. Still later, now an established chef, the journey of my marriage still fascinating, the boy a lively university student, I turned my gaze outwards again to the narrow streets and half-forgotten alleys I had so fiercely loved.

To the dominant sandstone mass that is Table Mountain, the rich indigenous fynbos, the sometimes-stormy lead-grey seas breaking onto powder-like beaches ringed with massive boulders. The blistering South-Easter that pushes a thick white cloud over the mountain and then leaves in its wake champagne-clear skies and calm aquamarine seas.

Cape Town is not about half-measures.

It is in this magnificent city – that sits down to a meal whenever it wants to – that we chose to make a life and raise a child. It is here, walking distance from the Atlantic, that the first reluctant haircut was done by Theo the barber, the first hot chocolate was drunk at Giovanni's ... and the first of numerous beers at Pizzeria Napoletana.

In this book I want to share with you the part of Cape Town that we call home: from Sea Point to De Waterkant and the Bo Kaap, with a small swing through Bree, Loop and Long streets in town, followed by a peek at the goings-on in Woodstock and a bowl of spaghetti in Observatory. Perhaps a quick trot through the Neighbourhood Goods Market in Albert Road on Saturday morning, accompanied by a glass of champagne and a plateful of freshly shucked West Coast oysters.

A glimpse into a friend's home. A moody walk through thick mist on the Sea Point promenade.

And I want you to sit down at our table and share in the meals that we love to prepare. Rich duck soup, Pam's fish pie, lamb and date tagine, duck breast with blackberries, beef tongue with white wine and port sauce, St George's chicken and serranitos. All shared with loved ones and friends. A lifetime of wine and friendship.

I hope you love passing through as much as we do.

Our precious city.

*Marlene  
van der Westhuizen*



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