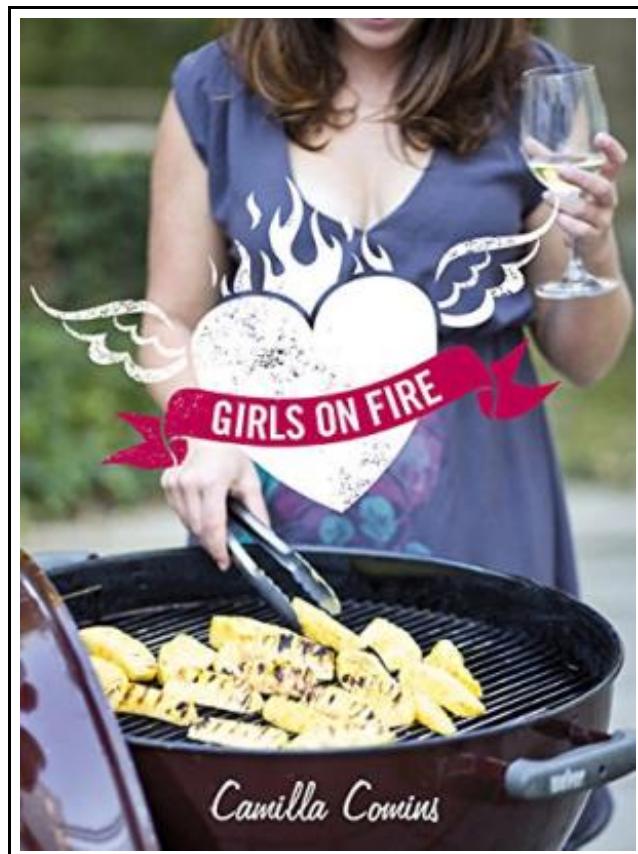


Girls on Fire: A Girl's Guide to the Braai



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(Prof. Dario Lang)

GIRLS ON FIRE: A GIRL'S GUIDE TO THE BRAAI

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Jacana Media (Pty) Ltd. Paperback. Book Condition: new. BRAND NEW, Girls on Fire: A Girl's Guide to the Braai, Camilla Comins, Russel Wasserfall, If you are heartily sick of going to braais where the guys stand around the fire drinking and chatting and cooking wors and chops badly, then this book is for you. It's time for girls to claim their right to cook decent food and pretty up the braai area for this pivotal South African social activity. Award-winning country chef Camilla Comins learnt much of her craft producing gourmet meals on a bed of coals as a young cook in Botswana. She cooked three square meals a day for foreign safari guest - offering everything from fritatas to Chelsea buns without so much as a stove to cook on, let alone an oven. Looking at the current state of the South African braai she is frustrated to find men still owning the fireplace and churning out unimaginative and often poorly cooked fare. It's time women seized hold of the braai - physically and figuratively - and made it their own. In these pages you will find her tips on how to light and maintain a braai fire in the most common types of braai. She also looks beyond the chops and the wors delicate, well-crafted and healthy options from the fire. Understanding that girls like to get all the work done in time so they can clean up and put on some lipstick before the guests arrive, here recipes are designed so that most of the work is done and all you have to do is do the last bits on the fire when guests come. She is also keenly aware of the need to feed kids and keep them happy at the braai, so there's a whole...

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