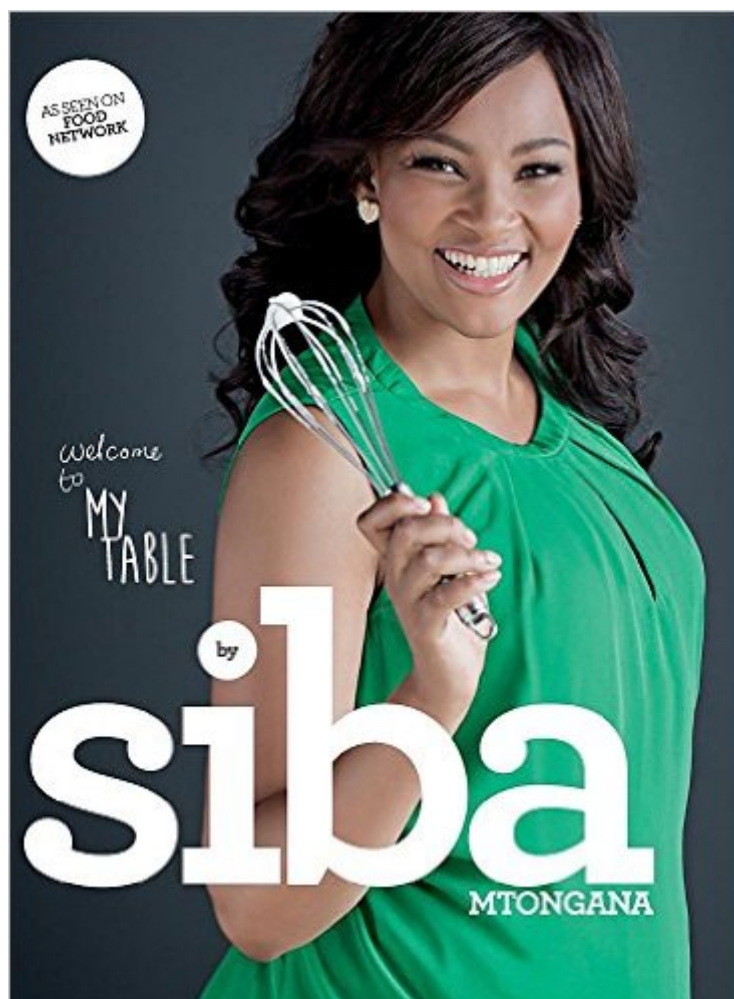


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My Table



Synopsis

My Table is Celebrity TV Chef, Siba Mtongana's first book, featuring 120 recipes from Season One and Two of her Hit Food Network Television series Siba's Table, with some new additions. Use this book to create "simple, yet sophisticated food with a cosmopolitan flair" and be the star of your dinner table. If your married, a single parent, or just a young person who wants to glam up your meals, but don't have the time to spend hours in the kitchen, this is the book for you. Siba Mtongana is the Queen of Convenience. She shows you how to make dinner in no time; and provides the kind of tips that'll make something you whipped up in under an hour look like you've been slaving over the stove all day. Her recipes reflect her local roots, international food trends and some of the exotic flavours and ideas she's picked up on her travels around the world. You'll find ways to jazz up salads and veggies; discover deeply satisfying roasts and mouth-watering fish dishes. Her 'Local is Lekker' section provides a personal take on an array of traditional South African favourites, which she calls "Sibalicious"! Siba is well known for her television show 'Siba's Table' on the Food Network channel, now seen in more than 150 countries worldwide, and over 60 million homes in the USA alone. In 2014 Siba made Oprah Magazine's prestigious '2014 O Power List' of 21 African women rocking the world. Siba has won three prestigious Galliova Awards for her recipe's, food styling and food journalism. She holds a degree in Food and Consumer Sciences, with majors in Food, Food Science and Nutrition.

Book Information

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