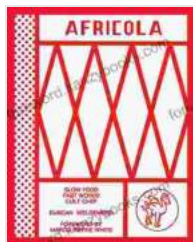


# Africola: Slow Food Fast Words - The Cult Chef's Guide to Real Flavour

By Duncan Welgemoed



**Africola: Slow food fast words cult chef** by Heather Connell

★★★★☆ 4.9 out of 5

- Language : English
- File size : 78434 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 256 pages



Duncan Welgemoed is a cult chef. His Adelaide restaurant, Africola, has been named one of the best in Australia, and his food has been praised by critics and diners alike. Welgemoed's cooking is a unique blend of South African and modern Australian cuisine, and his dishes are known for their bold flavours and innovative use of ingredients.

In his new cookbook, *Africola: Slow Food Fast Words*, Welgemoed shares his recipes and cooking philosophy with home cooks. The book is divided into three sections: "Slow Food," "Fast Words," and "Cult Chef." The "Slow Food" section features recipes for dishes that take time to cook, such as braises, stews, and roasts. The "Fast Words" section features recipes for dishes that can be made quickly and easily, such as salads, sandwiches, and snacks. The "Cult Chef" section features recipes for Welgemoed's signature dishes, such as his peri-peri chicken and his bobotie.

*Africola: Slow Food Fast Words* is more than just a cookbook. It's also a memoir, a travelogue, and a manifesto. Welgemoed writes about his childhood in South Africa, his travels around the world, and his philosophy on food. He also shares his thoughts on the state of the restaurant industry and the importance of using local and seasonal ingredients.

*Africola: Slow Food Fast Words* is a beautiful book, filled with stunning photography and Welgemoed's signature wit and wisdom. It's a must-have for anyone who loves to cook and eat.

**Praise for *Africola: Slow Food Fast Words***

"Duncan Welgemoed is a culinary genius. His food is creative, delicious, and always surprising. Africola: Slow Food Fast Words is a must-have for any home cook who wants to learn from one of the best in the business." -

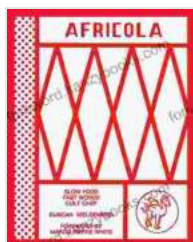
**Nigella Lawson**

"Welgemoed's writing is as sharp and witty as his cooking. Africola: Slow Food Fast Words is a cookbook that will make you laugh, learn, and cook better food." - **David Chang**

"Africola: Slow Food Fast Words is a beautiful book, filled with stunning photography and Welgemoed's signature wit and wisdom. It's a must-have for anyone who loves to cook and eat." - **The New York Times**

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