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https://www.instagram.com/cooking_got_us_together?igshid=NTc4MTIwNjQ2YQ==

We are a group of four South African women based in Johannesburg, and we have authored and published a cookbook titled "Cooking Got Us Together." This cookbook includes the following sections and recipes:

In our cookbook, you will find recipes for traditional South African meals, as well as pasta casserole, roasted meat, baking, brunch meals, desserts, some drinks (mocktails), and meat and fruit platters. There are also some kid-friendly meals that cater to kids' (little tummies). In addition to this, we have included recipes that are suitable for vegetarians.

The idea behind this book is that we will be able to provide recipes for a variety of different cuisines while maintaining a distinct South African flavour. Not only do the recipes in our book contain delicious food recipes, but they also demonstrate that women are still capable of successfully completing a project if they give it their full commitment.

Our book focuses more on the importance of family; inside, you will find many pictures of us with our friends and family, who have been our most ardent supporters and who have always been appreciative of and encouraged us in our culinary endeavours.

One of our goals is to offer food schemes, whereby with 15% of our proceeds we offer food parcels to the least fortunate communities

Sharing a meal with loved ones, whether they be family or friends, is almost always a rewarding experience.

We would like to inquire as to whether your organisation is able to decide for us to assist in promoting and marketing our book

Anticipating a favourable response and hoping for the best,

With best regards,

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