

Chef Nti's *Modern African Kitchen* revitalises home cooking

Chef Nti recently unveiled her new cookbook, *My Modern African Kitchen*, at the Exclusive Books in Hyde Park, Johannesburg.



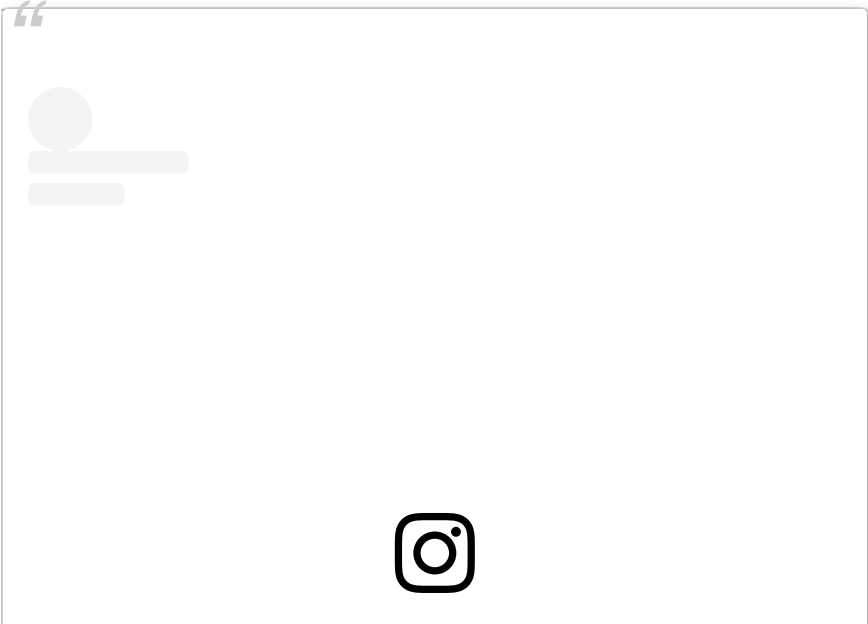
Chef Nti at her book launch. Image supplied.

At the event, DJ Sbu hosted a Q&A discussion in which Chef Nti unpacked the inspiration behind the book and journey to completion, her favourite recipes and ingredients, as well as secret cooking tips.

Modern and delicious

Drawing inspiration from growing up in Soweto and her mom’s and gran’s cooking, Chef Nti realised that to talk to a new generation she had to reinvent these flavours in a fresh, innovative way while celebrating food that is proudly South African.

She wants all families to spend time together, to eat well, with variety, so her recipes deliver delicious snacks, quick meals and hearty stews as well as something special for celebrations.



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A post shared by Nti Ramaboa (@chef_nti) on Sep 11, 2019 at 8:58am PDT

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My Modern African Kitchen is my culinary journey through the dishes, places and traditions that have influenced and inspired me. I love the way our grandparents cooked by taking simple ingredients, experimenting and creating a feast,” says Nti.



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DJ Sbu described how proud he was of her achievement after their discussion.

“It was so fantastic to see someone so proud of her roots mixing it in with her exploring the world and being proudly African. I loved her being honest about the journey she has taken, the ups and downs, her losses and being able to bounce back to success. Her experience teaches us about consistency and being relentless in not giving up on your dreams, following your passions and believing in yourself. To see her inspire the audience was amazing.”

Chef Nti's My Modern African Kitchen is available at all major book stores.

For more, visit: <https://www.bizcommunity.com>