

mila's meals

free from gluten, sugar & dairy

www.milasmeals.co.za

G O U R M A N D
World Cookbook Awards

1995-2020



**Best of
the Best**

8 MARCH 2020

Africa Food Cultures are the stars in Paris June 3-7, 2020 Celebrating 25 years of Gourmand Awards

"All Cuisines were created equal"

- Edouard Cointreau, Gourmand Awards, President

At **Paris Cookbook Fair**, there are 48 books from Africa in the selection of the Gourmand Awards for the Best of the past 25 years. Many of these book masterpieces will be exhibited, and several authors will be present.

Africa is the leader in the stands surface of our 11.200 m² **Village International** along rue de Rivoli in the centre of Paris, in the Louvre Tuileries gardens. There are 18 African countries with official stands, showing the best of their foods and drinks. Africa has 28% of the surface, Asia 25%, Europe 25%, the rest of the world 22% (Updated March 3). France is separate, with all regions of continental France and overseas being present.

The best books of Africa in the past 25 years are listed below. It is the selection from the Gourmand World Cookbook Awards, including only books that can still be found easily and are a lasting reference. You can download the PDF of the complete list from the home page of www.cookbookfair.com

It is quite an achievement to be on the list. We estimate that from 1995 to 2020 the world production of food and drink books was multiplied by four, from 20.000 to 80.009 a year, with over one million published in 25 years. Africa followed that trend. The worldwide growth is increasing, with more and more digital ebooks, free or for sale. There are also more and more self published books, with and without ISBN. Now it is Asia, Latin America and Africa that are leading the growth. Sales of cookbooks follow the rise of the middle class everywhere. Today 85% of the world middle class is not in Europe and North America.

From that million books published in 25 years, less than a thousand books are on the list of the Gourmand Awards as Best of the Best, from over 100 countries. Africa has 5% of the books on the list.

The list for Africa includes:

- A04 Woman Chef + C13 Africa - Zimbabwe - Dusty Road, Sarah Lilford (Dusty Road Restaurant, Victoria Falls, first edition 2013)
- A08 Celebrity Chef - South Africa - Simply Zola, Zolz Nene (Struik PRH 2018)
- A12 First Book - South Africa - Through the eyes of an African chef, Nompumelelo Mqwenbu (2017)
- A13 Bloggers - South Africa - Foodies of South Africa , Chantal Botha, Hayley Morison, Julie Brown (Jonathan Ball 2018)
- A16 Hotels- Mauritius - Aquacasia, W. Reinbacher (Shanti Hotel 2016)
- B01 Best Publisher - France - L' Harmattan, number 1 publisher of Africa books in French
- C01 Region - South Africa - Sandvelkos, Rina Theron (2017)
- C05 Mediterranean - Tunisia - Cuisine de mes soeurs, Ahmed Ladarsi (2016)
- C12 Muslim - Morocco - Le Grand Livre de la Cuisine Marocaine, Fatema Hal (Hachette Pratique 2004)
- C13 Africa - Benin- Saveurs du Benin, Valerie Vinakpon (Star Editions 2008)
- C13 Africa - Botswana - Taste of Botswana, Ednah Rosen (Rosen Media 2017)
- C13 Africa - Cote d' Ivoire - Cuisine de Cote d' Ivoire, Nabil Zorkot (Profoto 2012)
- C13 Africa - Kenya - Let's Cook Kenya, Susan Kamau (Kenya Kitchen 2013)
- C13 Africa - Lesotho - Cuisine of the Mountain Kingdom, Ska Miriam Moteane (2012)
- C13 Africa - Madagascar - Lartistika, Ravelomana Lalaina (Carambole 2010)
- C13 Africa - Morocco - L' Oriental Marocain,(La Croisee des Chemins 2018)
- C13 Africa - Namibia - Life on a Table, Antoinette de Chavonnes Vrugt (2015)
- C13 Africa - Tunisia - Cuisiner Autrement, Aounair Ben Jemaa (2010)
- C13 Africa - Uganda - A Kitchen in Uganda, Sophia Musaki (2015)
- C19 From outside Africa - Angola - Angolan African Recipes, Patricia Paschoal (Life & Success Media 2018)
- C19 From outside Africa - Brazil - Gula d' Africa, Flavia POrtela (SENAC 2006)
- C19 From outside Africa - The Ghana Cookbook, Fran Osseo Assae (Hippocrene 2015)
- C19 From outside Africa - Mauritius - The Best of Mauritius Cuisine, Madeleime & Clancy Philippe(Mauritius Australia Connection 2017)
- C19 From outside Africa - UK - Sunshine on a Plate, Shelina Permalloo (Ebury 2012)
- C19 From outside Africa - USA - Stiring the pot, History of African Cuisine, James C. McCann (Ohio University 2009)
- C19 Afro American - Brazil - La cozinha de los Quilombros (Dagaz 2018)
- C19 Afro American - Colombia - Cocina Palanquera para el mundo (Fundacion Transformemos 2014)
- C19 Afro American - Panama - Panama Chombo Style, Cuquita Arias de Calvo (Cookita 2016)
- C19 Afro American - Spain - Comer y Cantar, Hector Martinez (Lenoir 2019)
- C21 Caribbean - France - Ma cuisine antillaise, Jean Rony Leriche (Brigitte Eveno 2018)
- C21 Caribbean - USA - Congotay ! Congotay ! Candice Goucher (Routledge 2015)

C25 Portuguese - Portugal - Sabores de Lusofonia, Chef Luis Simoes (2016)

D03 Children - South Africa - Cook with Josh, Josh Thirion (Struik 2012)

D04 Food Writing - Morocco - Le Discours Amoureux des Epices, Fatema Hal (Zellige 2019)

D04 Food Writing - Senegal - Un grain de riz et d' esperance, Aminata Sow Fall (Francois Truffaut 2002)

D06 Food Tourism - Morocco - Sherazade etait toquee, Mona Fajal (Les itineraires 2015)

D09 Health & Nutrition - Algeria- Exces de Poids, Dr Ahmed Brahimi (Casbah 2014)

D10 Diet - South Africa - Mila's Meals, Catherine Barnhoorn (2015)

D14 Spices - Morocco - A la decouverte des epices du Maroc, Habiba Ajaoui, Frederique Thevenet (2015)

E04 Barbecue - South Africa - Shisanyama, Jan Braai (NB 2017)

E09 Cheese - Benin - Fromage Peuhl, Beatrice Lalinon Gbado, Alexandre Gbado (Ruisseaux d' Afrique 2008)

F01 Fund Raising - Botswana - My grandmothers cookbook, Mrs Roshan Ara Khan (Zahras Children Fund 2007)

F01 Fund Raising - Germany - Wanderbild Spitzenkuche fur Afrika (Kornmayer 2010)

F01 Fund Raising - Kenya - Vegetarian Cookbook (Lions Club Merengai 2009)

F01 Fund Raising - Morocco - Saveurs du monde, Cercle diplomatique de Rabat (2017)

F01 Fund Raising - South Africa - Springbok Kitchen, Duane Heath (Struik 2011)

F01 Fund raising - South Africa - Uganda - Fishwives, Mag Kirwan (2016)

F02 Fund raising - Canada - On m' appelle Chef Themis, Jean Louis Themis, pour Madagascar (Debeur 2012)

F08 Embassies - South Africa - Gogo's Kitchen (Warsaw Consulate 2008)

F10 Heads of State - South Africa - The Madiba Appreciation Club, Brett Ladds (Jonathan Ball 2016)

W1-4 - Best Wine Bookk - South Africa - Africa Uncorked, John & Erica Platter (Wine Appreciation Guild 2004)

W2-6 Matching Food & Wine, South Africa - Vin de constance, Michel Roux Jr, (Lannice Snyman 2006)

ABOUT THE GOURMAND AWARDS

The Gourmand World Cookbook Awards have been celebrating the best food and wine books in the world for the last 22 years. The competition has grown to be the most prestigious of its kind and has informally become known as the Oscars of the cookbook world. Publishers from over 200 countries nominate thousands of books each year.

For more information please visit: <http://www.cookbookfair.com/>

ABOUT MILA'S MEALS

'Mila's Meals: The Beginning & The Basics' (written and published by Catherine Barnhoorn) is a 500-page, multiple award-winning collection of nourishing wholefood recipes and food ideas for baby's first years (and the rest of the family too). Free from gluten, refined sugar, dairy and artificial additives.

Covering The Beginning of your little one's life-long food journey (food introduction etc.) and The Basics of nourishing the whole family – it's as much about learning how to feed your baby as it is about re-learning how to feed yourself!

The first edition (2015) sold out. Reprinted due to popular demand, the book is now fully revised and available as a Second Edition (2020).

Awards:

Gourmand Best In The World – First Book Category

Gourmand World Cookbook Award – Self-Published Category

Next Generation Indie Book Award – Health/Wellness Category

Reader's Favorite Award – Non-Fiction Cooking/Food Category

Living Now Award – Cookbooks Natural, Nutrition, Organic, Vegetarian Category

Rubery Book Award Shortlist – Non Fiction

London Book Festival – Cookbook Category

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ABOUT CATHERINE BARNHOORN

Catherine Barnhoorn is mom to Mila, a certified integrative nutrition health coach and the founder of Mila's Meals. She holds a Bachelor of Arts degree in English and psychology, a diploma in marketing and visual communications and a certificate in Health Coaching from The Institute for Integrative Nutrition.

Catherine is an active member of The South African Society for Integrative Medicine (SASIM) and works as a health coach, online educator, consultant and speaker focusing on topics including Food as Medicine, Gut Health, Childhood Nutrition, 'Free-From' Feeding, Nutrient-dense Foods, Picky Eating and Primary Food.