

BBC Lifestyle heats up with Just Cooking

Thanks to much-loved foodie, Justine Drake, the kitchen is about to get a whole lot warmer and tastier, as she will be stepping into your kitchen every Tuesday evening from 7 July at 9pm with a brand new show on BBC Lifestyle.



Justine Drake

Just Cooking in association with Fresh Living, an instructional cooking slot on DSTV's Channel 174, will be presented by Drake, whose charming and easy-to-understand manner in the kitchen has made her a firm favourite with South African audiences for many years now.

As editor of Pick n Pay's Fresh Living magazine, Drake has become an expert at creating delicious, healthy everyday dishes for the time- and cash-strapped cook; and the show will focus on exactly that. "I can genuinely relate to my audience; as a working mother of two, I constantly have to balance work, family and individual tastes to keep everyone healthy, happy and fed," she says. "Like most working moms, I don't have hours to prepare the evening meal, nor do I have a limitless budget, so modern, fresh food that's simple and quick to whip up is the order of the day."

In Just Cooking, Drake shows us just how easy it is to use readily available supermarket ingredients to put a new spin on South African family favourites. During the half-hour show, viewers can look forward to discovering creative ways to jazz up roast chicken, find inspiration for winter Sunday lunch and learn to spruce up everything from spaghetti bolognaise and curries to soups and salads - and everything in between.

Said Malcolm Mycroft, marketing manager at Pick n Pay, "We have no doubt Just Cooking will be as successful as Fresh Living. The content speaks to what South Africans really want: practical, modern recipes that don't break the bank and are easy to follow. With Justine at the helm, the show will be as inspiring, informative and entertaining as the magazine, and will be delivered in an accessible, proudly South African way that will be impossible not to enjoy."

Just Cooking in association with Fresh Living starts Tuesday 7 July at 9pm, with repeats on Wednesdays at 4.15pm, Saturdays at 12.25pm and Sundays at 10.55pm

Just Cooking is produced by Homebrew Films

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