



Springbok Kitchen: Celebrating the love of food, family and rugby

Duane Heath

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Springbok Kitchen is a visual celebration of South Africans' love of food and all things rugby, presented here in the favourite recipes of 40 past and present Springbok rugby legends.

Swapping their jerseys for aprons, some of the most famous men to have worn the green and gold – including John Smit, Kobus Wiese, Victor Matfield, Wynand Claassen, Fourie du Preez, Jan 'Boland' Coetzee, Bryan Habana, Chester Williams, Morné du Plessis and Bakkies Botha – lift the lid on their love of food.

Away from the field, and the glare of the television cameras, Springbok Kitchen takes you into the players' homes and hearts, to paint an intimate portrait of the role that food plays in their private lives.

But Springbok Kitchen isn't only about the recipes of our rugby heroes – it's a uniquely South African story of how food brings old rugby friends and complete strangers together around braais, skottels and kitchen tables all across this beautiful land.



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