

20
24

m u s e

people | style | travel | design | food

muse

WHAT IS MUSE MAGAZINE ALL ABOUT?

Muse, the unabashedly South African sensation, is on a mission to inject a dose of inspiration into your existence. Dive into a realm where product reviews for both him and her transcend the ordinary, spanning the realms of décor, style, home, family, books, and wellness. Brace yourself for an exploration of breathtaking architecture, sizzling designers, and spaces that redefine stunning.

But that's not all – get ready to embark on a gastronomic journey through the delectable universe of food and drinks.

Feeling the itch for wanderlust? Let Muse be your guide as it whisks you away on adventures scaling the peaks of South Africa's mountains, strolling its beaches, and trekking through its untamed bush. Oh, and did we mention the fascinating individuals you'll encounter on this exciting journey?

With over two decades of expertise in the magazine cosmos, the team at Mac Media Publishers brings an unparalleled blend of quality and integrity to both print and interactive digital editions. Get ready to be entertained, inspired, informed and thoroughly enchanted by Muse – because living your best life is not just a mantra, it's a lifestyle!

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WHAT'S INSIDE

People & Homes

Décor & Style

Design & Architecture



Travel & Destinations

Food & Drink



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SPECIAL POSITIONS

IFC DPS R19 477

IFC FULL PAGE R12 799

IBC FULL PAGE R11 687

OBC FULL PAGE R16 695

OTHER POSITIONS

DOUBLE-PAGE SPREAD R17 988

FULL PAGE R10 568

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BANNER HORIZONTAL R2 756

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PAGE SIZES

DPS (2 x full pages)

Type (mm) 270H x 380W

Trim (mm) 290H x 420W

Bleed (mm) 300H x 430W

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Muse Market (Smalls)
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feastchefs

chefs at home

Words: Trevor Crighton

chefsfeast

Banana bread aside, South Africans have spent plenty of time dusting off cookbooks and trying new things in the kitchen over the past 18 months. While lockdowns decimated the hospitality industry, it also meant that the country's most talented chefs were left to their own devices in their home kitchens. So what did they get up to – and how different was it to life in the midst of busy restaurant service?

David certainly embraced lockdown, producing a YouTube series – *Dave's Kitchen*. He produced 84 videos, which showcased a variety of easy-to-make recipes for home enjoyment. "With everyone cooking at home, people are understanding food more and have gotten to know me better over Instagram. I really enjoyed having time to get back to simple cooking myself – classic, comforting dishes. It's nice to bring some of that comfort food into the restaurant and put a lot of classic stuff onto the menu," he says.

At home, he's assisted by his sous chef, Carlos. "He's my English Bulldog. I don't think he's that intimidated, and he's great at cleaning up the spills," says David. He enjoys music wherever he goes – not just in the kitchen. "I have one playlist for everything, whether I'm driving, cycling or cooking, and essentially, it's a list on Spotify that I just keep adding to. I'll be driving

in the car, and I'll Shazam a song and add it to my playlist. It really does cover all genres; anything from Armin van Buuren to Keane, at the moment is on there. There's also Imagine Dragons and Dido, for goodness sake. There might even be one or two ABBA classics there."

He says he feels like he spends his life breaking, especially at home and with friends around. "I love it. I also love classic casseroles and stews such as lamb curry or a beautiful vegetable stew. They're hearty meals you can eat for three or four days," he says.

One of his home favourites is Seabass, lentil curry and pickled cucumbers. "This is a dish I have done often. I love a lentil curry, and it's great paired with the fatty seabass," says David.

SEABASS, LENTIL CURRY & PICKLED CUCUMBER (8 starter portions)

SEABASS
640g seabass – filleted, skin on
Salt and pepper
Lemon zest for sprinkling

LENTIL CURRY
1 onion, finely chopped
1 carrot, finely grated
2 cloves garlic, grated
5g ground cumin

3g mustard seeds
2 tomatoes, skin removed and finely chopped
8g wet seafood masala
5g brown sugar
350g brown lentils, cleaned
200ml tomato juice
250ml vegetable stock
Salt and pepper to season
Lemon for squeezing

PICKLED CUCUMBER
200ml rice wine vinegar pickle
2 cucumbers, peeled and seeded
32 sprigs micro coriander, 4 per serving
72 small fennel blossoms, 9 per serving

Cut the filleted seabass into 80g portions; do not remove the skin. Grill the fish skin side down first and turn when the flesh changes from translucent to white. Season with salt and pepper and finish with lemon zest.

For the lentil curry, fry the onions, carrot and garlic until translucent. Add the spices and continue to cook for a few minutes. Add the finely chopped tomatoes, seafood masala, brown sugar, lentils, tomato juice and vegetable stock. Cover with a cartouche (paper or silicone lid). Simmer slowly for 1 hour until the curry sauce thickens slightly, but be careful not to overcook the lentils – they should be soft but remain whole. Adjust seasoning if necessary and finish with a squeeze of lemon. Allow to cool and refrigerate for



David Higgs
Marble, Saint and Zions, Joburg

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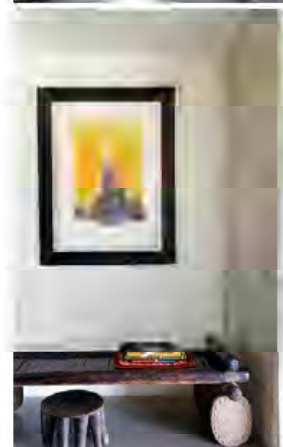


design home

afro scandi

As family histories intersect on the site of this home north of Joburg, a subtle African internationalism has arisen in its simplicity and warmth.

home design



Although Eva Kevuruwa was born in Uganda, "I'm from many places," she says. However, she has lived in South Africa since the first democratic elections in 1994, when she came to the country as a development consultant. The rest of her life takes in schooling in Kenya and the UK, university in the US, time in France learning the language, and, of course, all the travel she does for work.

When Eva acquired a site at Monaghan Farm, an eco-estate on a farm north of Johannesburg, she asked her close friend, architect Anna Claude Bailey to design her house. Anna is married to Prospero Bailey, the developer of Monaghan Farm. His idea was to develop only three percent of the 1 260 acres of the land, so there was lots of vast open space and the farm's natural beauty was preserved.

"Eva was looking for a contemporary African home that wasn't overtly ethnic," recalls Anna. While it was to have local resonance, it needed to reflect Eva's internationalism and her love of elegant simplicity. "I wanted something simple but beautiful," says Eva. "I wanted pockets of green, and character that wasn't superimposed or clichéd. I really wanted it to be earthy and warm, and to have our spirit." (Our refers to Eva's family – son Pablo, daughter Suubi, and stepdaughter Lindiwe).

Eva didn't want the house to impose on its surroundings. "There is so much beauty in what is natural," she says. "If you don't take advantage of that, I think you really miss out." Anna, whose Danish mother passed on to her a love of the pared-down beauty of Scandinavian design, adds, "Eva and I coined the term Afro-scandi to describe the result."

The house's defining feature is the 50m long and five-metre-high rammed-earth wall that acts as the home's "spine". It is made almost entirely (87%) from material from the site. "It's like pulling the earth into a vertical wall," says Anna. Not only is it warm to the touch and tactile, but it also has symbolic power. "It's exactly of its place," she says.

The living spaces are like "overlapping units clipped on to the spine," Anna explains. "I didn't want dead space, and I hate corridors," says Eva. So this design creates pockets of space in its fluid, snaking circulation through a series of alternating courtyards and rooms. "The green spaces allow the house to breathe," says Anna. "They're the lungs of the house." She adds that this arrangement creates a kind of intimacy that wouldn't occur in a minimalistic 'shed'.

The house is positioned unobtrusively behind a row of (licensed) old gum trees, which once served as windbreaks on the farm. "They are like a row of messy, slightly dishvelled soldiers," says Anna. But she adds that they anchor and hold the house, frame its view and lend it a sense of place. The fact that the house engages with them in this way adds to its rootedness.

mu se

THE SPREADS



food that defaults to healthy local ingredients and new dietary norms. Chef Nicolaas Oosthuizen learned from the best when he worked in some of Franschoek's most celebrated restaurants, where I'm pretty sure they don't serve his decadent invention of deep-fried milk tart!

It's only been a few short years since the estate took a new direction into events and tourism, and their

current guest accommodation is being increased with a boutique hotel. The local spinoff is an upsurge in overnight options in this quiet, rural valley. Boesjes is still evolving its product lines, but for attention to detail and infinite good taste, it deserves comparison to many of the great wine estates it surrounds. However, for virtuoso design, it has no equal in South Africa. | boesjes.co.za

Buildings and play areas flow unobtrusively throughout the grounds and gardens, like the many watercourses referencing the historic farm systems of streams, channels, weirs and dams



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wanderlust mFulaWozi

mFulaWozi wanderlust

A TALE OF TWO LODGES

Where the Black and White iMfolozi Rivers converge, the reeds make a particular sound in the wind. In Zulu tradition, this sound is called *mFulaWozi*. mFulaWozi Wilderness Game Reserve is home to the extraordinary Mthembu and Biyela Lodges.

Words Anne Schaufier

46 **MUSE** 47

people **Maritha van Amerom**



THE ART OF
THOUGHT

Cape Town-based Maritha van Amerom is an artist, psychologist, teacher, and mother. In her powerful artwork, she explores emotions and the broader human condition.

Words Anne Schaeffer



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review home.décor.style

N3YH is all about sustainable fashion and has launched its eco-luxe activewear. The collection includes leggings, biker shorts, a crop top bra, tank top and jacket, all constructed with eco-friendly recycled materials. The brand prides itself on a zero-waste philosophy. Printed with natural, feminine-inspired prints, working out has never looked so good. Shop online at n3yh.com



WIN

WIN an eco-luxe N3YH jacket to cover up after exercise. Send us your contact details to musemagazine@macmediagroup.co.za and put 'N3YH' in the subject box. Don't forget to follow @musemagazinesa and @n3yh.official. Closing date is 30 June, 2022. Ts & Cs apply



Great for oily roots and dry ends, Andrew Barton's **No Weight Hydrate** range uses nourishing Moroccan Argan Oil and hydrating Coconut Milk. And it smells amazing. The shampoo is excellent for frequent washing, and the conditioner softens beautifully. R99.99 each, available from Clicks.



home.décor.style review

Looking for your dream Corcraft couch? **KUKU Interiors** are avid fans of Corcraft and currently have their favourite couch design, the **SlyAr**, on display in their beautiful store. Visit the **KUKU** team and let them guide you in finding your perfect Corcraft couch. Visit them at Shop 4 Time Square, 391 Mulderbosch Street, Hoedspruit or pop into Corcraft Nelspruit at Shop 1, The Grove Centre, R40, to view the extensive couch collection. kuku.com

it's a need

Our favourite beauty, style, tech, décor, homeware, wellness and kid's stuff



These beautiful light installations are designed by artist **Oliva Krus for HOYI**. Named the **Bambusa**, they are one-of-a-kind, art piece hand-painted using an original painting technique to create a textural landscape. www.olivakrus.com

Savannah is a Lowveld textile design and printing studio near Hazytonk. Its unique original designs, inspired by the African bushveld, are screen printed by hand onto pure linen and silk. The Savannah range includes homeware textiles: linen, the bed-sheet & duvets, kitchen towels, and a handy all-purpose, eco-friendly shopping tote bag. Discover the women's linen range, the **Nicolette Collection**. Through this enterprise, Savannah has created commendable empowerment opportunities for local contributors. And look out for the launch of their unique designer range of hand-painted silk scarves. savannahstudio.co.za

Simplicity, design and comfort are combined in the **Basic Tee** by the **T-shirt Best Co.** Known for its deliciously comfortable linens, the **Strong** clothing range is for the body – comfortable enough to sleep in but stylish enough to go out in. Made from breathable cotton, sleep, dance, eat, repeat. tshirtbest.com



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review books

Take a good one to bed with you – books don't snore

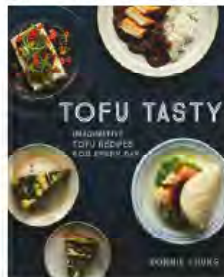
foodiefaves



A celebration of food

Hosting with The Lazy Makoti by Megan Sofowole: The Lazy Makoti (the lazy bride) brings us a host of new and exciting dishes for 2022, brimming with traditional meals like spicy gizzards and goat and cabbage stew. Seshone assures us goat can be the most delicious meat in the world! Also includes booze berry ice lollies for summer followed by immune boosters for the day after, plus curries, bread recipes and everything in-between. Beautifully presented and simple to follow recipes make it an excellent read. R350, Jonathan Ball Publishers.

Tofu Tasty by Bonnie Chung: Everything is included in this book, from making your own tofu to preparing it. The



recipes will make your mouth water. Think crispy Panko tofu, smoked tofu, curled coronation tofu and hot and sour soup. There are even recipes for tofu desserts. R310, Jonathan Ball Publishers.

nonfiction

Shackleton: A Biography by Ranulph Fiennes: In 1915, Sir Ernest Shackleton's attempt to traverse the Antarctic was cut short when his ship, *Endurance*, became stuck in the ice. What followed became legend. Told by one of the greatest explorers of our time, Sir Ranulph Fiennes, who himself has fought near death many times, the book is part celebration, part vindication and all adventure.

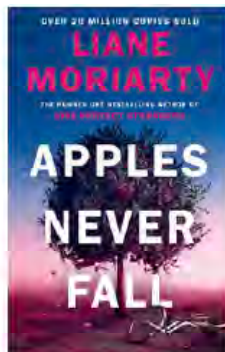
"The world's greatest Arctic explorer tells us how it was done." R350, Penguin Random House.

Ranulph Fiennes



dramadrama

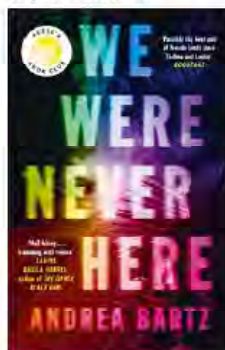
Apples Never Fall by Liane Moriarty: A new intriguing read comes from the author of *Big Little Lies*. From the outside, the Delaneys appear to be an enviable contented family. Former tennis coaches Joy and Stan have retired and have all the time in the world to learn how to 'retax'. Their four adult children are busy living their own lives. But then Joy disappears, and her children must re-examine



their parents' marriage and their family history. Chapters move from past to present fluidly and keep you captivated until the very last page! R336, Penguin Random House.

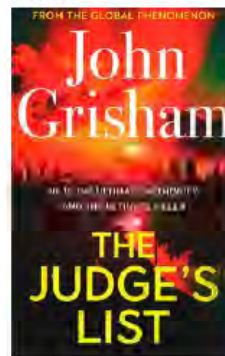
thrillercentral

We Were Never Here by Andrea Bartz: A best friend's holiday gone wrong! A dead backpacker in their hotel room leads to Emily and Kristian making a life-changing decision together. But once home, it's harder to keep a secret. This will keep you up all night and you may want to relook your backpacking-around-the-world plans! Penguin Random House.



The Dark Flood by Deon Meyer: Fans across SA gave a 'whoop whoop!' when the latest Deon Meyer book was released. Detectives Benny and Cupido have been demoted and are relegated to a missing person case. But of course, nothing is as it seems. Fabulously intriguing. *The Dark Flood* will keep you guessing until the very end. R315, Jonathan Ball Publishers.

The Judge's List by John Grisham: A judge who is a serial killer? The subject matter alone makes for one hell of a ride. Stunning Grisham style, you will be reading this long after the bathwater turns cold! R340, Jonathan Ball Publishers.



Geure by Liane Wessels: This is one of those recipe books you could look at all day. All dressed up in gorgeous pink, it is an absolute delight. Filled with delicious recipes, try the *Harissablaai* (spicy bread), *hummus*, *kolokotronis*, *aprimostofel* or *hushootobaklah* (Harissa cauliflower steaks on hummus, chickpeas, spinach salad and hazelnut dukkah). It's an absolute mouthful to say but too delicious for words. Food styling and photography are also out of this world. Published by Annake Müller Publishing, R400, order your copy via annakem@mweb.co.za And because it is so beautiful, we will share!

WIN

A copy of Geure. Send your contact details to misemagazines@gmail.com and put 'Geure' in the subject box. Closing date is 31 March 2022. Ts&Cs apply.