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Fill in our Foodie Blockword, based on our March issue's content, and stand the chance to win this title by Kei Lum Chan and Diora Fong Chan (published by Phaidon Press), worth R729









ust like coming to the end of a wonderful book, the last days of summer make us want to cling to it all the more, as we start to think on what we'll miss most about it. There's even a condition called SAD (Seasonal Affective Disorder) that affects many when summer gives way to autumn and winter, in turn.

Instead of focusing on the looming loss of what is most people's favourite time of year, surely we would make it easier on ourselves to make the best use of what we've got, while it's still around? Too often in life, the here and now get swallowed up by time spent lamenting what's been and fearing what's to come.

A large part of living in the moment is about appreciating the fruits of each season – literally!

That's what we've focused on in this issue, with an abundance of colourful fresh produce to whizz

up in our recipes extracted from the recently launched book, *Green Kitchen Smoothies*, on page 86.

Or why not take advantage of the cooler days by spending some time outdoors, trying your hand at a little foraging, like the inspiring and inspired chef, Kobus van der Merwe? Having become something of an unwitting legend in Paternoster with his organic, foraged produce dishes, Kobus is making new footprints in the sand at Wolfgat, a beach pebble's throw away from his previous home at Oep ve Koep (see page 80).

As for me, I'll be making Illanique van Aswegen's chargrilled watermelon gazpacho (page 48) and Sarah Dall's black ice cream (page 11) – yes, black ice cream is the new, ahem, black.

And I can think of no finer place to enjoy these chilled delights than on a picnic blanket while the sun shines.

Here's to the last of summer!

## MY FIND OF THE MONTH

Simondium-based Dalewood Fromage is owned and run by second-generation farmer, Rob Visser. Passionate about his stud Jersey herd – who roam green pastures that receive no artificial fertilisers, insecticides or weedkillers – Rob's handson approach is evident in the superb quality of Dalewood

Fromage's range. Along with their Wineland products is their Signature

Cheese collection, which includes the Boland, Brie Superlatif, Huguenot and, my particular penchant, the Lanquedoc, a creamy round of heaven, with "bacon and egg" notes. Having scooped a number of gold medals in past years, Lanquedoc was most recently voted 2015 SA Dairy Champion. All products are available at Dalewood Fromage's Cheesery Shop and La Marina Foods, Joburg. Alternatively, you can find a limited choice at select SPAR and Woolworths stores. Call Dalewood Fromage on 021-200-2580 or visit dalewood.co.za for more information.















## Colours of Spice

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## Our contributors

## FOOD&HOME



#### MARYKE GALLAGHER **DIETICIAN AND FOODIE**

"From a young age, I wanted to be able to make a difference in people's lives and realised that through good nutrition and healthy lifestyle habits, not only can disease be prevented, but quality of life can be improved."

A food trend I'm loving... fermenting. Besides fermented food, like kimchi, adding wonderful flavour to food, it also has various health benefits. Best dietary advice I've received... American author and food movement activist. Michael Pollan. said: "Eat food, not too much, mostly plants" - it's about quality, not quantity; moderation and balance is key. Consuming a plant-based diet is not only good for us, but also good for the planet.



#### DAVID DETTMAN **PHOTOGRAPHER**

David has spent 10 of his 20-odd years as a photographer in the United Kingdom, where he specialised in the film industry, shooting red-carpet film premières. "Here, in South Africa, I focus more on commercial and advertising photography, of which food photography is a large part."

A food trend I'm loving... I've always been a sucker for Asian cuisine. I love the fresh flavours and textures of the exotic ingredients.

I'm inspired by... My changing environment. Splitting my time between SA and the UK gives me a huge amount of inspiration.



#### *JOCELYN FRYER* WRITER AND BLOGGER

After tackling her Master's Degree in English Literature at NMMU, Jocelyn ventured forth into the big, bold world of freelancing and blogging, remaining based in Port Elizabeth.

A food trend I'm loving... Salted caramel in coffee! I think everything is better with a pinch of salt. A highlight from the day spent with the Gunston brothers (page 62): photographer David Dettman was, let's just say, a smidge generous with the chilli in "dressing up" the Thai mussels. I find few things as life-affirming as the tingle of chilli when it hits the tongue. So, naturally, I was thrilled to bits with the end result when we came around to the tasting!

The F&HE test kitchen is sponsored by Prestige.











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# Willow Creek

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Lemon Flavoured Prestige Gold - Terra Olivo, Israel Persian Lime Flavoured Prestige Gold - Olivinus, Argintina Coriander Flavoured Gold - Olivinus, Argintina Jalapeño Flavoured Gold - LA Int'l EVOO Competition, USA Basil Flavoured Silver - LA Int'l EVOO Competition, USA **Blood Orange Flavoured** Silver - LA Int'l EVOO Competition, USA

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## Dear Food&Home

## STRONGER TOGETHER

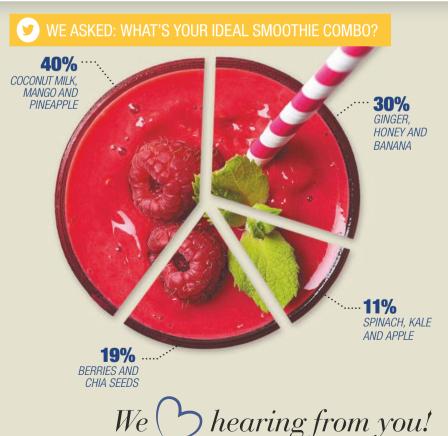
"As a family we have proved we are stronger together." My nine-year-old nephew stuck those words on the kitchen door, where they have been for three years now, and have turned out to be so true. Separated from amazing children as a result of divorce, a home invasion that turned our lives inside out and weathering a tough economic crisis – as a family, together, we have been a greater force. The festive season is a difficult one, not being able to share it with the most beautiful part of our souls, but your magazine is always a comfort, a treasure trove of heavenly tastes that we can all share when we gather. Nelson Mandela said of my grandmother, "I often visited the home of Amina Pahad for lunch and then, suddenly, this charming woman put aside her apron and went to jail for her beliefs." That strength of character and the motto, "stronger together" has seen us build family bonds that have grown powerful through adversity, bonds sealed at the lunch table – and continued at the dinner table. It is during meal times that the spirit of our family soars. On the past rainy Christmas Day in Jozi, we celebrated our family, together with you, our F&HE relatives. Baked bean breakfast bowls in the morning.



My grandmother's chicken curry and rice for lunch, topped off by your inspired Pavlova with a rosé cherry sauce and caramel mascarpone (January 2017, page 47). The "sweet" to remember: our kids who are not with us today; and the "spicy" to remember: collaboration brings strength. Your magazine is a true inspiration, and I would like to take the opportunity to thank the staff and creators of *F&HE* for being the motivation in many a South African home!

#### Rouhana Pahad, Johannesburg

Rouhana, we're honoured to be your "F&HE relatives" and so happy to have contributed to your Christmas Day feast. The story you relate about your admirable grandmother is inspiring – don't miss our "Unsung hero" article on page 24 of this issue, where Pavs Pillay speaks of her grandmother who also cooked for Madiba! I am struck by this heart-warming coincidence, as I'm sure you will be too. – Ed



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# NEXT MONTH'S WINNING LETTER WILL RECEIVE A WINE AND SPIRIT HAMPER FROM TANAGRA WINERY & DISTILLERY, WORTH R1 970

The prize includes: Orange Liqueur, R180; Lemon Eau de Vie, R250; Marc de Chardonnay, R225; Cabernet Sauvignon Eau de Vie de Lie, R275. Plus two mixed cases (12 bottles) of: Carah 2014, R190; Cabernet Franc Blanc de Noir 2016, R140; Shiraz 2014, R190. For more info on Tanagra's winery, distillery and guest cottages in McGregor, visit tanagra-wines.co.za. Email foodhome@caxton.co.za, and share your food experiences. F&HE reserves the right to edit letters and award prizes based on merit.

## LAST CHRISTMAS...

For the last 30 years, I've come up with these lavish five-star Christmas buffets for 100 guests or more. This year, however, I was not working, the kids were far away, and it was just my wife and me. Easy, you might think, but all of a sudden I had no cooking clue what to prepare, until a week before the day. It was too hot to do anything, so I was sitting close to the aircon, paging through my December 2016 issue of *F&HE*... and voilà – I found my whole menu! It made me realise, once again, why I subscribed. For the first time that day, I enjoyed the moment, even though I still had to cook. It was relaxing, and even if I say so myself, the best food

ever! As you can see by this image, I went to town. Thanks, *F&HE*, for your delicious and easy recipes... even I, being a seasoned chef, can't fault anything! With *F&HE* in hand, I planned my New Year's menu from the same issue too and won't do any menus again without consulting my favourite foodie mag. I can't wait to see what you have in store for us for the rest of 2017. Thanks! PS. The kids, after seeing the photos I sent them, now insist on getting subscriptions for birthday presents.

Theo Pienaar, Mookgophong



## WHAT WE'RE LOVING ON TINSTAGRAM

BOUND TO STRIKE A SMILE, CLICK "FOLLOW" ON THESE ACCOUNTS TO CELEBRATE INTERNATIONAL DAY OF HAPPINESS ON 20 MARCH...



#### @fresheather



UK-based partners Heather Adamson and Hannah Darvas are putting smiles on their dishes and the faces of their followers. Make International Day of Happiness even better with one of their simple, delicious and joyful recipes. With everything from a peanut butter bunny to a yoghurt whale and lots of chocolate sauce, happiness is guaranteed.



In a cosy kitchen tucked away in Montréal, Canada, a jolly family is being made even jollier, thanks to "urban homesteader" and blogger, Aimée Wimbush-Bourque's delicious creations. Pies, roasts, fresh fruit and veggies, breads... this is good, old-fashioned family cooking at its most wholesome. Prepare to smile (and salivate).





There are two sure-fire ways to remedy a bad day: good food and good humour. And Berlin-based Norwegian blogger, Ida Skivenes, is offering up both. She believes food should be fun, colourful and creative. If you like tennis-playing pineapples and dinosaurs made out of bananas (and really, who doesn't?), then this is the account to follow.



#### PAN-FRIED RIB EYE STEAK WITH HERBED BUTTER AND SKINNY POTATO CHIPS

Serves 2 EASY 1 hr

## THE FLAVOUR COMBINATIONS HERBED BUTTER

110g butter, softened + 30ml (2 tbsp) extra, to fry 15g mixture of sage leaves, thyme leaves and rosemary leaves, finely chopped 1 garlic clove, peeled and minced

pepper, to taste

#### **POTATO CHIPS**

3 medium (about 700g) potatoes, unpeeled canola/sunflower oil, to deep-fry salt, to taste

salt and freshly ground black

#### **STEAK**

fresh leaves of 2 rosemary sprigs, roughly chopped olive oil, to fry 2 medium rib eye steaks

#### **HOW TO DO IT**

For the herb butter, add the 30ml (2 tbsp) softened butter to a frying pan, along with the mixture of chopped herbs and garlic. Fry the mixture gently over low heat, about 3 – 5 minutes, to take the raw "stinging" flavour out of the garlic and herbs. Allow to cool a little, about 10 minutes, before combining with the 110g softened butter and seasoning well to taste. Spread a piece of cling film on the kitchen counter, place the herb butter in the centre and shape into a log enclosed by the cling film. Refrigerate to firm up, about 30 minutes.

Por the potato chips, cut the unpeeled potatoes into skinny chips and add to a pot of salted cold water. Once all of the chips have been added, bring the water to a boil, 5 minutes (the chips shouldn't be too soft, as they are still going to be fried, which will cook them further). Drain the chips and allow to cool completely on a clean kitchen towel to absorb excess water.

Heat the oil in a deep-fat fryer to 180°C. Alternatively, use a medium

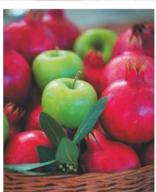
# ONE RIGHT WAY TO EAT A STEAK - with greed in your heart and a smile on your face ?? -SOUMEET LANKA

pot and check the temperature with a sugar thermometer. Fry the chips, in batches if necessary, until golden brown. Carefully remove the chips from the oil, drain on paper towel and season with salt to taste. For the steak, place a frying pan over high heat. Add the rosemary leaves and a drizzle olive oil to the pan and place 1 steak at a time in the pan while the pan is at about medium heat (it will heat up gradually as the steak cooks). Fry each steak, about 6 minutes in total for medium-rare (or longer as per your preference), turning occasionally. Once the steaks are cooked, allow them to rest, 10 minutes, before seasoning well to taste and slicing to serve. Serve the steak slices warm, topped with slices of the herb butter and the crunchy skinny potato chips. foodandhome.co.za MARC



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FOOD&HOME



# NEWS • TRENDS • SHOPPING • RESTAURANTS • DECOR • PRODUCTS • TIME SAVERS

Elegis - Activated charcoal

BLACK ICE CREAM

WORDS, RECIPE AND STYLING BY SARAH DALL PHOTOGRAPH BY MYBURGH DU PLESSIS

foodandhome.co.za MARCH 2017 11



No, we've not gone mad... well, maybe just a little - a little crazy for this hot new trend hitting the streets, that is! It not only looks incredible, but also has many health properties the public are going gaga over. Activated charcoal has been used to treat a wide variety of ailments for many years. Generally made from charred coconut shell, it is said to help cure hangovers, whiten teeth, alleviate acid indigestion and bloating, and assist in reducing high cholesterol. Do a little research, as dosage is very important and consume large amounts of water to prevent dehydration. Enjoy experimenting with this amazing product and turn standard recipes into dishes with an intriguing twist! For those who are brave enough, you could even attempt to make activated charcoal at home this product is available at Dis-Chem and health food stores.

#### BLACK ICE CREAM

Serves 8 EASY 20 mins + 8 hrs, to freeze

#### THE FLAVOUR COMBINATIONS

500ml (2 cups) fresh cream 1 x 385g tin condensed milk 4 extra-large eggs, separated 30g activated charcoal toasted coconut flakes, to decorate

#### **HOW TO DO IT**

- In a large bowl, whip the fresh cream to stiff peaks. In another bowl, whisk together the condensed milk, egg yolks and activated charcoal. Fold into the whipped cream.
- Whisk the egg whites to stiff peak stage and fold into the cream mixture. Pour into a large container and freeze, covered, 8 hours.
- Serve balls of ice cream decorated with toasted coconut flakes.

## DATES FOR THE DIARY

#### 3 - 4 March

The sparkling, long awaited, highly anticipated Brooklyn Bubbles returns to Brooklyn Mall, Pretoria – but this time over two days. The festival will feature more than 20 of SA's finest MCCs, as well as Champagnes from France. Bubbles to be sampled include Avondale, Champagne Nicolas Feuillatte, Charles Fox, Domaine des Dieux, Champagne Taittinger, Luc Belaire, Villiera, Montpellier de Tulbagh, Genevieve MCC and Paul René. Live music and gourmet delights like sushi, oysters, charcuterie and a choice of local and imported cheeses add the final touch to what promises to be the social calendar hit of the year in Jacaranda City. Tickets range from R300 (Saturday) to R600 pp for the VIP event (Friday). Visit webtickets.co.za to book.

#### 4 March

Paarl Wine Route is celebrating the 2017 harvest with the tenth OmmiBerg "Round the Rock" festival where wine lovers can sample the young, unfiltered wines from the 2017 harvest – a special time in this award-winning wine region. Partaking farms will host fun harvest activities for young and old to give visitors a glimpse into the magic of winemaking. There are a variety of other activities to enjoy too, from live entertainment to delicious food offerings. Tickets are R120 pp via webtickets.co.za and can also be purchased on the day at the gates of the respective wineries at R150 for a festival pass, which includes entry, a tasting glass and free participation of indicated events. Under 18s accompanied by an adult enter free (ommiberg.co.za).

## 25 - 26 March

Embrace the last month of summertime bliss and visit the 2017 Stellenbosch Vineyards Pizza & Wine Festival at the picturesque Welmoed Farm. Offering two fun-filled days of superb wines, music, entertainment, kids' activities, a variety of pizzas and other rustic foods, the festival promises to tantalise your taste buds and find the perfect culinary match for your favourite wine, as you dig into a variety of pizzas – gourmet to traditional favourites, vegetarian to Banting and flammkuchen (German pizza) to calzones. Tickets cost R160 pp and include entry, a tasting glass, five wine tasting coupons and three R10 pizza discount vouchers. Children under the age of 18 years enter free of charge. Visit webtickets.co.za to get your ticket.

## SIP STYLISHLY

Do you ever feel like life just can't happen without a cup of your favourite coffee? Sigh... us too! Giving you even more reason to have that extra cup on the go without denting your carbon footprint, Ecoffee Cup has launched its range of natural, reusable coffee cups that come in plain hues and colourful prints. Created with one of the world's fastest growing, sustainable crops – naturally organic bamboo fibre – and non-GMO cornflour, Ecoffee Cup is BPA- and phthalate free. If you haven't experienced it, Ecoffee Cup feels a bit like thick yet light (only 135g) cardboard – hard to believe it can hold

hot liquids, but it sure can! And because bamboo fibre is innately sterile,

Ecoffee Cup won't flavour-taint your drinks. It also has a fully resealable drip-proof lid, making it perfect to take with you wherever you go – the thrill without the spill! The cup itself is dishwasher safe and should last for years if you treat it tenderly. Available in 14 designs, three sizes (250ml, 340ml and 400ml) and priced from R179 to R225, you'll easily find one to suit your needs. Visit ecoffeecup.co.za and purchase your eco-friendly cup or find out which of your daily coffee spots stock this must-have item via their "Where to buy" link.



Any chef worth their salt will say the plating of a dish is crucial to the experience thereof. We were delighted when our food editor, Claire, stumbled upon these beautiful tableware collections. According to Darrin Morrisby, the managing director of Setamono Tableware, "Japanese culture has always strongly emphasised respect for the beauty found in nature, and this is constantly celebrated in the beautiful items created by artisans throughout Japan". With this philosophy in mind. Setamono Tableware offers a carefully curated selection of handmade yet durable, limited-release authentic Japanese artisan ceramics. "The name Setamono Tableware originates from Setomono, a word synonymous with pottery in Japan, and denotes a distinctive Japanese ware honouring traditions, methods and inspiration said to date back 1 300 years," highlights Darrin. Only recently made available to the public, Setamono's ceramics have been cherished by The Test Kitchen's Luke Dale-Roberts and numerous other top restaurants in South Africa. To view the full range and purchase your very own set, visit setamonotableware.com.

## DATE NIGHT

For our dear readers who, like us, live for fine wine and even finer fare, this is one experience you simply must indulge in! We recently enjoyed an evening of wining and dining in the lap of luxury at Piccolo Mondo, Michelangelo Hotel in Sandton. Their Gourmet Evenings, which take place on the last Friday of every month, provide an excellent opportunity for you to socialise with the selected wine producers, while mingling with like-minded foodies. Featuring wines like Solms-Delta, De Grendel, Vergenoegd, Nitida, Plaisir de Merle, Haute Cabrière, Spice Route and Ernie Els Wines, select the estate and Friday night that would suit your calendar best. On the evening of Friday 31 March, the restaurant will be hosting a five-course gourmet dinner, complemented with a selection of Solms-Delta wines. At R595 per person, the experience includes dinner, wine and mineral water - we know, right? Living the good life for less! For more info or to reserve your table, contact Ellen on 011-282-7463, email michbanq1@legacyhotels.co.za or visit legacyhotels.com.



## GET ACTIVATED!

Newly launched in SA, the KURO-BŌ Activated Charcoal natural water filter has the F&HE team drinking our two litres a day! Derived from sustainably sourced, high quality hardwood; baked in a special kiln according to the centuries-old Japanese binchōtan process: hand-cut KURO-BŌ Activated Charcoal's effectiveness as a water purifier and mineraliser has been thoroughly tested and is South African National Accreditation System-accredited. Research has shown that it significantly reduces levels of lead, copper, mercury, iron, aluminium, manganese and all traces of chlorine from tap water, and balances the pH. Further testing has proved that it removes E. coli bacteria in only an hour. At the same time, it naturally enriches the water with beneficial minerals like calcium and magnesium. After following a few simple steps, pop your piece of activated charcoal into two litres of water and it gets to work immediately, although it needs a few hours for best results.



Available online from R215 at kuro-bo.com.

Five readers will each win two KURO-BŌ Activated Charcoal sticks, worth R430. To enter, email your full name, postal address and ID number with KURO-BŌ in the subject line to foodhome@caxton.co.za by 15 March 2017.



I have always loved food – growing up in a family where everyone cooked, I've been lucky to enjoy incredible culinary creations just about every day. My blog covers all of my favourite things, from recipes to latest restaurants and how to "grow your own", even in limited spaces. The blog started only in 2016 as a break from my photography business.

away from my photography business, which is focused on people, lifestyle and events. The main reason for this re-direct is that I have more passion for fare and styling it beautifully, so I wanted to give it more airtime.

The focus of my blog is to inspire people to cook and grow their own produce, as well as support local restaurants and markets. I have successfully adopted the Banting lifestyle and I share recipes I love to cook, in the hopes of motivating people to eat cleaner and greener too. I designed the blog myself. I would like my photography and recipes to reflect the simplicity of the dish and ingredients. I don't want to scare anyone off with a very fancy looking

meal. I'd like for people to try new recipes and get in the kitchen. Food does not have to be complicated. I'm certainly no master chef and if you follow the recipe, your dish will look like mine.

After studying physiotherapy and being a hobbyist photographer,

I started professional photography five years ago. It has evolved from originally shooting weddings, to the current styling and photographing of food. Photography, in my opinion, is an everyday essential – to preserve memories with special people. I love working with this "immediate" art form – you see it, snap it and instantly have a piece of art (even if it is digital).

My top travel destination is Egypt.

Without a doubt! I absolutely loved how different the culture and dishes are compared to SA. My best dish was a form of shakshuka, cooked on an authentic dhow while floating down the Nile – the spicy tomato sauce was incredible. To add to that, a whole crab (nearly as big as my head!) in a beautiful tomato curry was a memorable meal on the same holiday.

I love cooking sweet things, especially

now that I'm following the ketogenic (keto) diet (an LCHF diet sans the protein). I'm discovering different ways of making sugar free items that still satisfy my sweet tooth. And my husband doesn't mind reaping the rewards of my journey either!

My favourite ingredient to cook with is garlic – the smell of it frying evokes so many childhood memories of my parents cooking in the kitchen. The dish I love most would have to be a slow-cooked lamb curry, and pink Himalayan salt in a large grinder is always close by.

#### EARL GREY-POACHED PEARS

Serves 6 EASY 15 – 20 mins + 2 hrs/ overnight, to chill

#### THE FLAVOUR COMBINATIONS

6 pears 500ml (2 cups) water 170g castor sugar zest of 1 lemon 20ml (4 tsp) Earl Grey tea leaves

Greek yoghurt, to serve

#### **HOW TO DO IT**

Core the pears. I find the easiest way to do this is to insert a sharp knife at the bottom of the pear and core out the

middle. Try to keep the pears as whole as possible.

In a shallow saucepan, add the remaining ingredients and stir while the mixture comes to a boil, to dissolve the sugar. Boil, 5 minutes (you will notice the liquid darkening).

Strain the mixture through a sieve and discard the tea leaves. Return the liquid to the saucepan and add your pears upright in it.

Put the lid on the saucepan to cover it and decrease the heat to a simmer, 5 – 10 minutes, or until tender.

Remove from heat and place the pears and poaching liquid in the fridge, 2 hours or overnight. Serve with Greek yoghurt.



## EAT OUT@

#### THE MESS



Neatly walking the line between informal everyday eatery and sophisticated inner-city restaurant, The Mess manages to combine the casual bonhomie of a bistro with a menu jam-packed full of globe-trotting flavours. Working with consultant chef Luke Wonnacott, restaurateur Carlene de Gouveia has placed the focus firmly on sharing plates through a menu that dishes up a cosmopolitan melange of European, Mediterranean and Pan-Asian flavours. Lime-cured tuna ceviche is one of the standouts, alongside the ever-popular BBQ pork belly tacos. Also look out for daily specials: on my visit, the gnocchi with asparagus, artichoke and samphire was simply superb. Not in the mood for sharing? There's a small list of larger main plates and a tempting choice of grills on offer: you won't go wrong with the likes of Angus rib eye partnered with charred broccoli and dukkah, thick-cut fries and truffled mayonnaise. And to finish? Of the three desserts, it's the chocolate lava cake with white chocolate and lime ice cream that you should look out for. With stylish decor and a spacious shaded terrace. The Mess is the perfect spot for an after-work bite: a welcome addition to the buzzing De Waterkant dining scene. The Rockwell All Suite Hotel, 15 Napier Street, Green Point; 021-418-3910. By Richard Holmes

#### THE BELGIAN TRIPLE



#### **BENNIGAN'S**

Bennigan's has become somewhat of an institution over the decades it's been around. I have wonderful, fond memories of enjoying some of my first steaks here growing up, and family celebrations shared over a table brimming with their specialties like fiery fajitas, tender and succulent racks of ribs and legendary cuts of meat. When it closed its doors in the Bedford Centre a few years ago, people were devastated, to say the least. So, what a welcome surprise to find it relocated and reopened in Kensington, offering the comforts we had grown to love over many years. While the decor is more modern bistropub and even offers a kiddies' playroom, the menu still pays tribute to their baby back ribs, fajitas, Cajun-style calamari and excellent cuts of grass-fed, free-range beef. The sirloin with garlic sauce was just as tender and cooked to perfection as I remember it. There are some new menu items too, like slowroasted pork belly and nachos to share. While their usual Mississippi mud pie and key lime pie are up for dessert grabs, the salted caramel chocolate brownie is sure to become a popular favourite; and no doubt Bennigan's will continue to deliver on "bringing families together" since 1972. Gardens Centre, 81 Langermann Drive, Kensington; 011-615-1658. By Taryn Das Neves





eat", food and wine writer, Malu Lambert,

is a passionate oyster eater, chenin drinker

and always looks forward to artichoke season









f I had to think of one word to describe Noordhoek, it would be "community". Home for the last couple of years, this beachy suburb is sheer bucolic bliss. The Noek (as we like to call it) is kind of rural – there aren't any street lights, which makes stargazing a prerequisite night-time activity - yet, it's still close enough to Cape Town's city centre to not feel isolated.

There are plenty of equestrian farms around here. You can admire the horses as they graze in The Common, a large public park. We do just this, one balmy evening as we walk across the green square with its big trees and streams, to The Farm Village Market.

The Farm Village is the beating heart of The Noek. A hub of all things delicious: it's home to Chef Franck Dangereux's The Foodbarn Restaurant, as well as the more casual deli.

There's also a raw juice bar, a coffee roastery, handcrafted ice cream, a village pub and a cluster of boutique shops selling everything from antiques

"The Farm Village is the beating heart of The Noek."

to contemporary homeware and African eclecticism. On market days, the majority of these shops remain open for extended trading hours.

The Wednesday evening market is the perfect excuse to enjoy all The Farm Village has to offer and then some. Plus, bringing the kids along is made easy with a fantastic, sealed off playground.

This small community-based market has about 20 vendors. Set up in the central open courtyard - covered with a tent - it

The offering is mostly hearty home-prepared food, like potjiekos; curry; empanadas; pizza; delectable, paper-thin crêpes; Mexican dishes and more. But there are a few "rogue" stands too, with services like knife sharpening, as well as handcrafted jewellery and a stall selling intriguing ingredients like black garlic, porcinis and samphire.

has seating in the middle, while the stalls run along the perimeter.

The husband heads straight for the local craft beer stand, all brewed in the "Deep South" (that's the Cape Peninsula, for the uninitiated). Take your pick from Aegir, Long Beach, Lakeside and Atlantic Storm.

Right alongside this - and more my speed - is the wine bar, which stocks different wines each week. Today I'm poured a shimmering glass of Weltevrede MCC.

Many of the Farm Village's residents have pop-up stands too. We start off with one of De Noordhoek Hotel's sushi platters. Then it's on to slightly naughtier food from Foodbarn's "pop-up

> kitchen". We settle at a table with a tub full of fried potato skins and use them as vehicles for smoked paprika aïoli. Hot, crispy

tempura prawns follow with equally golden calamari dressed with a tangy hand-chopped tartare sauce. Dessert has to be Kristen's Kick-Ass Ice Cream. This small-batch ice cream shop churns up creative flavours like fresh basil and praline pine nuts; roasted cherry with dark chocolate; garden mint chocolate chip... My son is a boy who knows his mind, and is soon happily digging into a cookies-and-cream ice cream cone as we slowly make our way back home across The Common. Stargazing all the way.

## tey presto!

BUTTERMILK - AS THE NAME SUGGESTS, THE MILK FROM BUTTER. TRADITIONAL BUTTERMILK REFERS TO THE LIQUID LEFT AFTER CHURNING BUTTER FROM CREAM. THIS LOWER FAT STAPLE BECOMES THE CREAM OF THE CROP IN THESE RECIPES...

RECIPES BY CLAIRE FERRANDI ILLUSTRATIONS BY SARAH-JANE WILLIAMS



#### FLUFFY BUTTERMILK FI APJACKS

Makes 15 EASY 30 mins

In a large bowl, sieve together 150g cake flour, 5ml (1 tsp) baking powder, pinch salt, 2,5ml (1/2 tsp) bicarbonate of soda and 30ml (2 tbsp) castor sugar. In another bowl, beat 1 egg until fluffy, then whisk in 125ml (1/2 cup) warm buttermilk, 125ml (1/2 cup) warm milk, 30ml (2 tbsp) melted butter and 5ml (1 tsp) vanilla essence.

Make a well in the centre of the dry ingredients and stir in the wet ingredients, until the flour mixture is just incorporated (do not over-mix the batter should be lumpy). Place a non-stick frying pan over medium heat and add a little canola oil to grease. Place about 80ml (1/3 cup) of the batter in the pan, spreading it out a little, if needed. Cook the flapjacks until bubbles break on the surface, then flip and cook the other side until golden, about 1 minute. Repeat these steps with the remaining batter. Serve stacked, with butter, maple syrup and fresh berries.



#### CREAMY FETA AND HERB BUTTERMILK DRESSING

Delicious over greens, pasta and grain salads Makes about 250ml EASY 10 mins

In a 250ml capacity jar, combine 75g good quality mayonnaise, 80ml (1/3 cup) milk, 80ml (1/3 cup) buttermilk, 30ml (2 tbsp) lemon iuice and 1 peeled and minced garlic clove. Add a big handful finely chopped fresh chives and parsley and crumble in a wheel feta. Shake well to combine, then season with salt and freshly ground black pepper to taste. Add a little more milk to thin down, if needed.





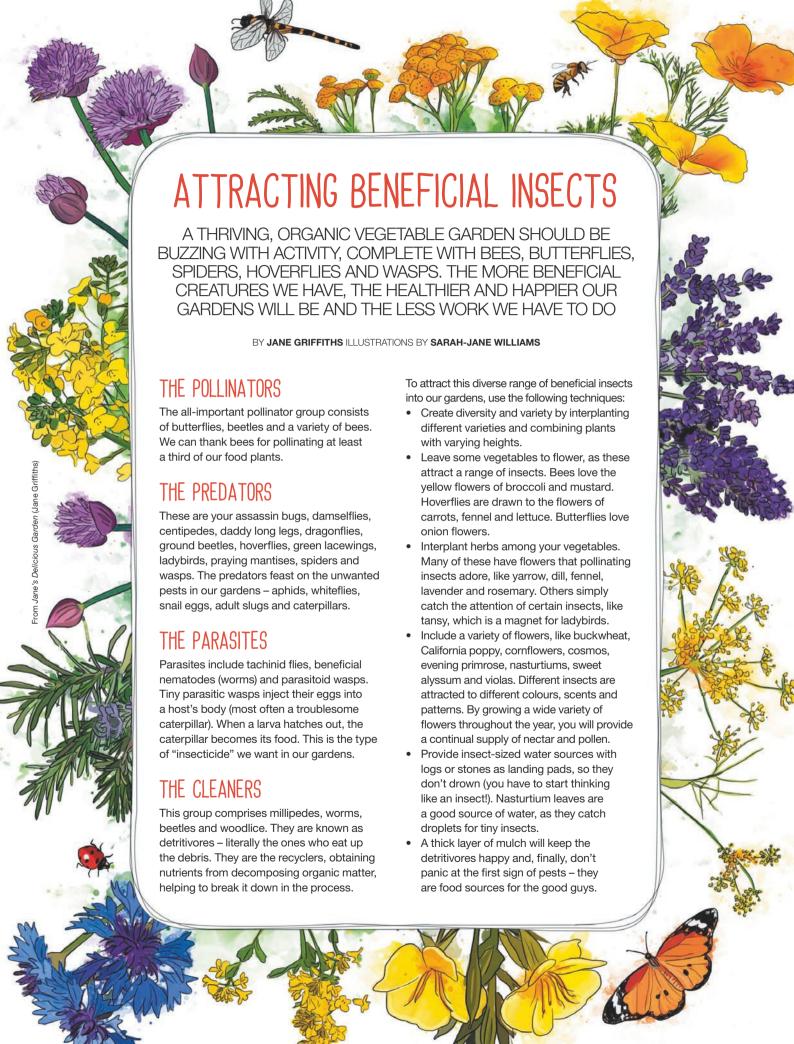
#### MELT-IN-THE-MOUTH PAN-FRIED SQUID WITH LEMON AÏOLL

Serves 2 EASY 30 mins + 3 hrs. to marinate

Place 450g fresh squid tubes and tentacles in a colander and rinse under cold running water. Drain the squid and place in a bowl. Add 250ml (1 cup) buttermilk to the bowl with the squid and toss to combine. Cover the bowl with cling film and refrigerate, 3 hours. While the squid marinates, make the lemon aïoli by combining 150g good quality mayonnaise with 1 peeled and minced garlic clove and the zest and juice of 1 lemon. Once the squid has marinated, scoop it out of the bowl, discarding any excess buttermilk. Roughly pat the squid with paper towel to remove the buttermilk residue, then toss the squid in 60ml (4 tbsp) cornflour and 15ml (1 tbsp) Cajun spice mix. Place a frying pan over very high heat and add a glug olive oil. Once the pan is smoking hot, fry the squid in small batches until just cooked and golden. Season with salt and freshly ground black pepper to taste. Serve with the aïoli and lemon wedges for squeezing.



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CHEF ON TOUR



## BARCELONA!

Chef Kerry Kilpin

Bistro Sixteen82's executive chef, Kerry Kilpin,

takes a break from the beautiful

Steenberg Farm in Constantia Valley to

visit the home of tapas, Barcelona, for some inspiration.

She shares her journey with us

COMPILED BY HASMITA AMTHA RECIPE AND STYLING BY CLAIRE FERRANDI ASSISTED BY NOMVUSELELO MNCUBE RECIPE PHOTOGRAPH BY DYLAN SWART IMAGES SUPPLIED

went to Barcelona with my husband, James, in September 2016. It was my very first trip to this Spanish beauty. With my time being limited, we had only five days to tour Barcelona. We ate at 13 restaurants in this time, excluding breakfast! We just about covered the scope of Barcelona in longitude and latitude. We also did a tapas tour, which was great fun and gave us insight into Spain's local tapas culture. During the course of the evening, we feasted on 19 different traditional tapas dishes. It's really difficult to get away from the tourists in Barcelona and the locals are very secretive about where they like to eat, keeping the best to themselves.

#### I'M ONE VERY LUCKY LADY AS STEENBERG SENT ME TO EAT!

I'm extremely passionate about food and the hospitality industry. You'll notice

a common thread in what I do and who I am: love - I cook with love and my food is love.

#### THE SEAFOOD IN **BARCELONA IS INCREDIBLE AND HAS** SO MUCH FLAVOUR -

I'm not sure why this is; some say it's because the Mediterranean Sea is warmer: others say the water is saltier. I can't put my finger on it, but the fare from the ocean is absolutely delectable. I fell madly in love with razor clams they are just too delightful for words! To me, they taste like a cross between scallops and mussels. Cal Pep restaurant had the best razor clams and possibly the best seafood out of all the eateries we ate at.

#### TAPAS IS REALLY SIMPLE.

usually comprising no more than three ingredients: a protein, olive oil and garlic or parsley, without any garnish or sauce. Pan con tomate, which is humble toast. rubbed with fresh tomato and soaked in olive oil, is a staple tapas offering everywhere.







#### IF I HAD TO PICK A FAVOURITE DISH

from my holiday in Barcelona, razor clams aside, it would probably be the octopus at Tickets (more about Tickets further on). I had delicious sangria and I had terrible sangria. Stay away from sangria in the tourist hotspots – only drink it where the locals drink it! I also enjoyed a home-made vermouth, which was substantially more subtle in taste.

MY BIGGEST HIGHLIGHT HAS TO

BE GETTING A SEAT AT TICKETS.

For nearly four hours, I waited on the pavement outside the trendy tapas bar and restaurant of the brothers Albert and Ferran Adrià, the latter being chefpatron at the world-renowned El Bulli, together with the Iglesias brothers (Juan Carlos, Borja and Pedro of Rías Galicia Group). I just wouldn't take "no" for an answer! After about three hours, they offered us a glass of wine and seven pistachio nuts - at that point, I knew we would get in. My poor husband had a serious sense of humour failure and thought I had lost my mind! Just before 10pm, they offered us a table. It was a memory I will never forget and definitely worth the wait.

#### AS A SOUTH AFRICAN CHEF,

I got such inspiration from a mere morning walking through Barcelona's food markets. There's nothing quite like having seven stalls selling only exotic mushrooms! Or 12 different stalls with jamón serrano (dry-cured ham), each one smelling and tasting as mouthwatering as the previous one. Spain has so much beautiful fresh produce on offer. The seafood, fruit and vegetables are of the highest quality. The markets are fantastic – much like the rest of Europe, they are spoilt for choice.

### IF YOU'RE GOING TO BARCELONA TO EAT, YOU MUST DO YOUR RESEARCH

or you'll be disappointed. Unfortunately, there are a lot of tourist restaurants with below average food. The locals do not like to share their favourite spots with holidaymakers. I spent weeks doing research and went over with a book brimming with great eateries. They were not always easy to find, but most certainly worth the effort.

#### I WAS SO INSPIRED BY BARCELONA

that when I returned to Bistro Sixteen82, I adjusted a few recipes and refreshed the menu. Plus, I've found my ultimate ingredient – truffle honey! I had it in a tiny little tapas bar called Quimet & Quimet. I have now made my own and serve it on the summer menu at Bistro Sixteen82. Its wonderfully smoked, earthy character

captures all the tastes and aromas of a typical tapas bar filled with whiffs of mature serrano hams hanging from the rafters. You'll find truffle honey served on our smoked salmon nori and asparagus terrine. Another one of my new dishes influenced by the tastes of Barcelona is marinated bell peppers, artichokes with white anchovies and quail eggs, while smoked paprika can be found in the chorizo and octopus salad. I have adjusted our smoked pork with Manchego croquetas - a typical Spanish cheese croquette - by adding a signature dollop of creamy wholegrain mustard mayo. The Spanish staple, olive tapenade, stakes its claim on the new menu with pulled lamb shoulder and chilli tomato on a bed of polenta.







- Have a meal before you get jet-setting – aeroplane food simply never seems to get better!
- There are so many fabulous tourist attractions in Barcelona! To avoid the queues, book online.





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# unsung hero

AS WWF-SASSI PROGRAMME MANAGER, PAVITRAY ("PAVS") **PILLAY IS RESPONSIBLE** FOR OUTREACH EDUCATION. COMMUNICATION AND MARKETING - ALLOWING HER TO PUT HER ECO-EPICUREAN TALENTS TO GOOD USE



#### MAKING THE MESSAGE HEARD

My role at the World Wildlife Foundation-Southern African Sustainable Seafood Initiative (WWF-SASSI) is to take what is essentially very academic information about our ocean resources and translate this into accessible terms that everyone can understand; and, more importantly, to see how their actions, or lack thereof, affect our natural environments. My move out of the academia and into Science Communication and Public Engagement came after I handed my father my UCT Marine Science Masters thesis, all beautifully leather-bound, with official title in gold lettering. He was a fruit seller and he looked at it, read the title and then said, "What a lovely leather cover" - he did not understand a single word of the scientific jargon I had written and yet he was the audience that I wanted to convince the most. I wanted him to read my work and feel that his actions would help make the oceans better; I realised that I had lost him at the title.

#### CHEFS CREATE RESPONSIBLE PATRONS

I view chefs as the engineers of hope when it comes to our marine environment. In today's world, influential chefs making recommendations and designing responsible menus shape what the public eat. They have a key role to play in ensuring our oceans and their resources persist in a healthy and sustainable manner.

WWF-SASSI's Seafood Circle Awards and the Trailblazer Chefs accolades (for restaurants and chefs serving sustainable seafood) are our way of recognising these exceptional individuals.

#### FEEDING THE MOUTHS, NO MATTER WHAT

I come from a long line of women who believed that food could make a contribution to changing the world for the better. My late grandmother, Thayanayagee - known in her community as Mrs Pillay - and my great aunt, Amma Manomoni Naidoo, were both very involved in the struggle against Apartheid. Before he was imprisoned, Nelson Mandela was a regular visitor to their homes. They made Madiba his first crab curry and my gran would often relay stories to me about what and how she fed the treason triallists, how she hid them in our cellar and how she would get the local businesses to donate ingredients to cook for them – be it by pleading or downright coercion, being the force she was!

#### AND THE WORLD WILL LOOK AFTER YOU

While my gran did not inspire me to work for WWF-SASSI specifically, she did instil in me a belief that you should never deny anyone a hot meal - no matter what your own personal circumstances. And that you should always thank the Earth for what you have received. WWFSASSI.CO.ZA



AT F&HE, OUR FURRY FRIENDS' NEEDS AND NICE-TO-HAVES MATTER TO US AS MUCH AS THOSE OF OUR READERS!

If there was ever a reason to smile, 20 March is it: the world's International Day of Happiness.
Our grins often come easily, but it's a little harder pleasing our aloof feline friends. Dr Jacques Visser – a veterinary surgeon at Oaklands Vet in Joburg

(oaklandsvet.co.za) and co-presenter of *Diere-dokters*, a reality show that recently aired on DStv's VIA (channel 147) – has a few tips on how to improve your kitty's quality of life...

## PURRRFECTLY SATISFIED

For most animals, a cornerstone of health and happiness is food. Cats. in particular, are rather picky eaters and if you're receiving glares from over a bowl, you might be doing something wrong. First of all, food and water bowls should be separated. Cats' wild ancestors would never drink water from a source right beside a fresh kill and our pampered domestic felines are just as pedantic about possible water contamination. Place food and water bowls at least a metre apart and refresh the water bowl (or bowls, as most cats prefer more than one) at least twice a day. Be sure to buy premium cat food, which is very important for longevity and good dental hygiene (teeth should also be checked annually by the vet).

There are many other ways to get your kitty purring happily. Exercise and playing with toys not only decrease the risks of obesity and arthritis, but encourage a bond between cat and owner. Young cats and kittens love to play, but if you can't commit to a play date, you might want to consider getting your feline a friend, so they always have a companion to frolic with (especially at night, when they can be quite active).

For an occasional treat, offer up some catnip, which cats love to roll in, and which encourages calmness and contentment. And don't forget about a scratching post! Cats absolutely love sharpening their claws.

Even the most understanding of feline owners often need reminding of one simple fact of life: cats are independent creatures! They are not small dogs and are different in so many ways. Autonomous and highly intelligent, they need TLC and alone time. If you want to keep kitty purring, remember that space is often a good idea.





## DOORWAY TO DOPAMINE

You might not see a smile of Cheshire Cat proportions, but you're sure to lift your kitty's spirits with the Funkitty Doorway Dangli (R149, excluding delivery). This interactive toy channels a cat's hunting instincts and offers food as a reward. Available at Sam & Molly (samandmolly.co.za). Please note that delivery fees vary according to order value and region. For more information, email info@samandmolly.co.za or call 021-852-7487.





IN THE SCHERPENHEUWEL VALLEY (BETWEEN WORCESTER AND ROBERTSON) FLOWS A DIFFERENT KIND OF CULTIVAR. RIO LARGO – THE HOME OF MULTI-AWARD WINNING "LIQUID GOLD" – PRODUCES ONLY THE FINEST PREMIUM EXTRA-VIRGIN OLIVE OIL

BY **JENNY HANDLEY** PHOTOGRAPHS BY **BRUCE TUCK** 

he terroir and rain shadow make the picturesque, little known valley of Scherpenheuwel the perfect place to grow olives for premium olive oil. Hot sunny days, a drier climate and a more profound difference between day and night than in other olivegrowing areas in South Africa, give it the edge. It is here that Nick and Brenda Wilkinson have made a home and a name for themselves as hands-on producers of a top quality product in the international olive oil industry.

But where did their love affair with the evergreen tree native to the Mediterranean start? Nick Wilkinson always had mandatory annual medicals for his pilot's licence and with blood pressure and cholesterol nearing limits, his GP recommended following a Mediterranean diet with lots of good quality extra-virgin olive oil. They changed their diets and their wellbeing improved.

Chartered accountant Nick's strong business acumen comes from managing two British multinational farming and agricultural businesses, fixing failed companies and developing products in African countries.

Vivacious and organised Brenda, formerly a teacher, is a natural marketer. While living in Zambia, their daughters enrolled at Stellenbosch University, so



Brenda initiated the search for a farming business opportunity nearby. Rio Largo (from Portuguese, meaning "wide river") offered the challenge and a platform for their combined skills. The estate borders the Breede River (wide river).

A gentle walk from their beautiful homestead towards the olive groves leads one past the high-tech production facility. Here, Nick's technical expertise has been gleaned from the floor up and his eyes light up when he talks about the attention to detail embraced in the plant. "Everything is very precise here; we can change the crushing intensity to affect the aroma and texture of the pomace. We are producing a premium product – chasing quality, not volume."

Their awards bear testament to this. Rio Largo cleaned up "Best in Class" at the New York International Olive Oil Competition, competing with over 800 olive oils from 26 countries. A week later, Rio Largo won gold in Japan. In six years they have won prestigious awards in Los Angeles, Italy, Dubai, Japan and South Africa. Nick believes in taking pride in every detail to ensure quality

and freshness of the final product. This includes a pristine sorting shed, hand-picking and processing quality olives within hours of gathering, storage under optimal conditions and only bottling on order. For best results, the harvest starts early in the season, resulting in less yield, but better quality. Machines are switched on and off daily to allow for fastidious cleaning. This medium-sized farm produces up to 100 000 litres of extravirgin olive oil annually.

The legitimacy of Mediterranean olive oils was questioned in the book, Extra Virginity - The Sublime and Scandalous World of Olive Oil by Tom Mueller, drawing attention to the quality of South African olive oils. Fraud in the industry goes back to Roman times and consumers need to know so much about the olive oil they are buying - where the olives are grown, by whom the oil is produced, and where and how it's stored. The Mediterranean basin historically produces 97% of the world's olive oil and the product is traditionally associated with large producers in these sunshine states. However, mass production needs to be compared to an

artisan production that is micromanaged by passionate producers, like many of our South African manufacturers.

The enemies of olive oil are heat, light and oxidation, so local, fresh olive oil is an obvious choice. Why buy oil that has travelled through the tropics when the same - if not better - quality is available right here? Rio Largo is one of many of the South African producers that subscribe to having a voluntary commitment to the compliance sticker with the harvest date on their products. This sticker assures the consumer that the oil complies with all parameters of extra-virgin olive oil, as determined by the International Olive Council. Extra-virgin olive oil meets stringent chemical parameters with no taste defects.

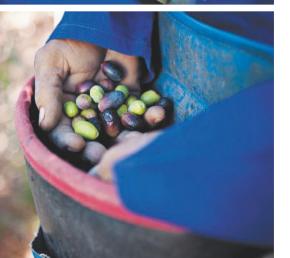
As the sun sets behind the olive groves, one could be forgiven for thinking that this couple is living the idyllic life, but their commitment is 24/7. Their biggest challenge lies in differentiating and marketing the product to undiscerning consumers, but this is balanced by the rewards. "The rewards are competing globally with the best, while producing











a health-giving product. We try to create a following of people who understand that quality is our driver and that the oil is carefully produced by the owner," says Nick. For Brenda, it is seeing their impact on, and involvement in, their community. She started a community project to ensure that oil is converted into wonderful soaps and balms, thereby empowering local women to make products for sale.

So, what's next, you may wonder? "In this business you learn humility and patience – you cannot dictate and hurry the process. When working with nature, you cannot sit still. We are looking at introducing solar energy to 'green' the business and expand our operation," Nick enthuses.

Brenda adds: "We have a wonderful, loyal team of local heroes working with us at Rio Largo. We employ most of

their family members, so husbands and wives work in different areas around the farm. We could not have achieved our high standards without their attention to detail, integrity as a team and focus on the future."

The Wilkinsons are proudly South African producers, reflected in their ethos and commitment to showcasing one of Africa's superior products and their support of the plight of the rhino. Says Brenda: "Africa is gifted with wildlife and this makes us special in a world context. Rhino are an endangered species and our initiative is aimed at enlightening the international community as to this cause and to make but a small difference where we can."

SCHERPENHEUWEL, BREEDE RIVER VALLEY; 082 688 0578/082 340 6726; RIOLARGO.CO.ZA

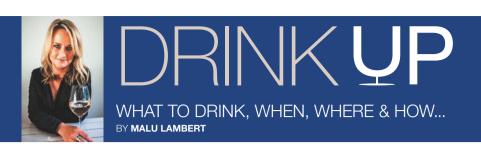












# NATURAL BEAUTIES

he natural wine movement is here to stay, with more and more local producers picking up the baton. The term "natural wine" is one surrounded by controversy, and is an oxymoron at that: wine is man-made. Hence the confusion. Some say natural wines can include organic, biodynamic and minimal interference wines. Though, the purists among us say it's strictly a term used for minimal intervention winemaking – which is essentially the bare bones: no manipulation in the cellar, no adjusting for acidity, no adding tannins, no new oak, and so on. Naysayers believe it's a term used to market wines with faults.

Dial back a couple of thousand years and wine was made in the most natural way possible: grapes were stomped by foot and the resulting juice was fermented in amphorae. With the rise of technology and industry, things like refrigeration, using sulphur as preservative, filtration techniques, *et cetera* have all actually helped us make better wines. The problem comes in, of course, when we over-industrialise and mechanise our processes in both our vineyards and cellars. Basically, making empty wines that may as well be junk food.

There's no legislation governing what can and can't be labelled as "natural wine", but there are some broadly agreed upon rules: only wild yeasts are permitted, rather than commercial strains; the use of temperature-controlled fermentation is not encouraged (cue the re-emergence of vessels that are naturally cooling, like amphorae); and the use of additives is frowned upon.

What's most important is what's happening in the vineyard. Utmost care is given to produce grapes of the highest quality, which easily translates into making good wine without needing to intervene in the first place. There are many producers making wine in this way: honourably, passionately (and certainly not all under the natural wine banner either). Try one (or all!) of these natural beauties...



## THORNE & DAUGHTERS PAPER KITE 2015, R260

This radiant sémillon offers beautiful complexity: citrus, white peach and spice. Pure fruit on the palate with balancing acidity and a luscious mouthfeel complete the full package. The sémillon was sourced from old Franschhoek vineyards and treated with great care: basket-pressed and matured for nine months in aged oak.

#### TESTALONGA BABY BANDITO FOLLOW YOUR DREAMS 2016, R120

Hand-harvested and whole bunch-fermented, this carignan packs a juicy punch of raspberry and cranberry with a herbaceous edge. "'Follow your Dreams' is a quote made famous by the street artist, Banksy, who says: 'All art is stolen', so we stole his quote," says Craig Hawkins, who makes Testalonga wines with his wife, Carla.



STALO:



Made with chenin blanc grown on granite soils blended with chenin grown on quartz; it offers up an interesting oxidative nose, which leads into full flavours of apples and pears, and a spicy, textured mouthfeel.



A portion of this syrah was actually crushed by foot in concrete fermentation tanks and the remaining grapes were bunch-selected and destemmed. It's a simply exquisite wine, laden with perfumed violets, white pepper and a lengthy, complex finish.

ONE READER WILL WIN A THREE-PACK OF THORNE & DAUGHTERS FROM THE 2015 VINTAGE: ROCKING HORSE, PAPER KITE AND TIN SOLDIER, WORTH R740

"The first wine we made, we named Rocking Horse," says winemaker John Seccombe. "We took the name from a wooden rocking horse I made for my daughters out of barrel staves. We liked the idea of combining this craftsmanship in our wines with timeless and archetypal children's toys." Visit thorneanddaughters.com to find out more about this winemaking family.



To enter, email your full name, postal address and ID number with THORNE in the subject line to foodhome@caxton.co.za by 15 March 2017.

Nect 52014 reserven

#### **JOOSTENBERG "THE PIANO MAN" VIOGNIER, R125**

Flavoured and rich, thanks to being left on the lees in the barrel for 10 months. Think white blossoms and honeyed apricot with an exceptional dry finish. The grapes were all hand-picked and whole bunch-pressed.



# WILD YEAS

All wine grapes have native yeasts that live on and around grapevines. Yeast exists in the air and in wine cellars too. Winemakers use commercial yeasts for predictable outcomes in the cellar, while natural fermentations are riskier, slower and can be unpredictable. The biggest benefit of wild yeast is that it can impart layers of complexity in the resulting wine.

## Dates for the diary

#### 4 March

Nothing fuels dreams and innovation like getting out and seeing the world. It is this celebration of wanderlust that is at the heart of Champagne house, Veuve Clicquot's heritage. The thrill of travel and experiencing new and interesting places brings to life the #ClicquotJourney theme for the Veuve Clicquot Masters Polo, Cape Town 2017 event. Hosted at the beautiful Val de Vie Estate, you are invited to indulge in the finer things while the country's top polo players trot their stuff. Ticket prices vary: R990 (Clicquot Garden), R3 500 (My Yellow Table) and R4 000 (Veuve Clicquot VVIP). Visit computicket.com to book or see vcmasterspolo.co.za.

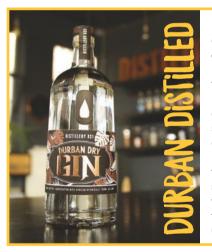
#### 3-5 March

Taste a plethora of South Africa's top wines at the 12th edition of the

annual Soweto Wine Festival. This year's theme is "The Art of Summer Wine" and takes place at a new venue, the Soweto Theatre. It's not about expanding the culture of great wine alone: the festival will also act as a lifestyle showcase for travel, fashion, music, food and so much more. Tickets are R150 pp; available at sowetofestival.nutickets.co.za.

#### 10 - 12 March

Head to the valley of wine and roses for a host of harvest activities like grape picking and stomping, bunch sorting, blending your own wine, vineyard safaris, food and wine pairing and more at individual wineries across the Robertson Wine Valley's Handson Harvest. Tickets are booked per experience: groups are small and intimate to ensure the best, handson event. Download the programme from handsonharvest.com.



Distillery 031 refers to Durban's dialling code, and that's just what this distillery cum restaurant and bar is all about. "This unique city holds a gritty charm that reflects the authentic in all of us," says owner, Andrew Rall. "Her down-to-earth beauty is familiar, yet still mesmerising, and manages to capture the collective energy of so many colourful cultures and individuals that live here." A range of contemporary spirits can be enjoyed with a tasting and tour or in one of the many cocktails at the bar. 43 Station Drive, Berea, Durban; 087 941 4540; distillery031.com



## ONE READER WILL WIN A THREE-PACK FROM JOOSTENBERG WINEFARM IN MULDERSVLEI, STELLENBOSCH, WORTH R440

A fifth-generation family business, Joostenberg believes in producing great quality boutique wines and supplying them directly to the public. The pack includes: Small Batch Collection No. 8 "Kaalgat Steen" 2015, Joostenberg "Klippe Kou" Syrah 2014 and Joostenberg Estate "Die Agteros" Chenin Blanc 2015. joostenberg.co.za

To enter, email your full name, postal address and ID number with JOOSTENBERG in the subject line to foodhome@caxton.co.za by 15 March 2017.



John Seccombe of Thome & Daughters is married to Tasha. The pair has two daughters, Wren (7) and Imogen (5), who they "adore to bits". They also have one cat, Muscat, and two dogs, Leica and Shogun. The family lives in Elgin and when they're not making their handcrafted wines, they enjoy gardening, long Sunday lunches, walking and biking.

### HOW DO YOU APPROACH YOUR WINEMAKING?

Honestly and gently. We draw on the great history of winegrowing in the Cape, putting together old vineyard parcels with new grape varieties, and making wines with old school simplicity and a modern "edge". We make the wines very naturally - no sulphur on juice, no enzymes, no yeast or bacteria inoculations, no new oak - with as little meddling as possible. I use sulphur dioxide once the wines have finished their malolactic fermentation and do some filtration. So, in the strictest terms, we're not "natural winemakers". but as close as we need to be. We don't do anything that would hide or mar the character of the vinevards.

### WHAT DOES THE TERM "NATURAL WINE" MEAN TO YOU?

A wine that is made with as few interventions as possible; to do no more than is absolutely necessary. That being said, some wines need more care than others to produce a clear expression of the vineyard. In some cases, we have to add more sulphur than desired or do a racking early, to make sure the wine follows a good, healthy progression.

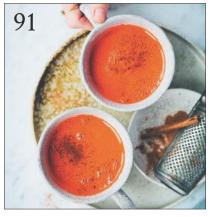
### WILL NATURAL WINE BE A MOVEMENT - OR A CURIOSITY?

There's a move towards purer expressions of our vineyards and away from overworked cellar concoctions. It's already here to stay and has had an enormous impact on the kind of wines our generation is making, bringing a wave of pure, elegant and drinkable wines.



EACH MONTH, THE F&HE TEAM PICKS THEIR FAVOURITE DISHES FROM THE ISSUE AND OFFER SOME INSPIRED MENU OPTIONS FOR YOU TO RECREATE AT HOME AND ON SPECIAL OCCASIONS







#### **POSEIDON'S FEAST**

#### SCALLOPS WITH ESPRESSO SAUCE

PAGE 43

#### HONEY-AND-SOYA-GLAZED RAINBOW TROUT

PAGE 60

#### BLUEBERRY, ALMOND BUTTER AND RICOTTA CROSTATA WITH THYME-INFUSED HONEY

PAGE 54



#### Nicole

"Seafood and summer are the perfect pairing and with autumn creeping up on us, I'd like to enjoy one last feast before having to say goodbye to the warmer months! Also, as a novice in the kitchen, these indulgent flavour combinations will definitely secure my place among the great cooks of the family..."

#### MIDWEEK COMFORT

### SPICY APPLE & CARROT 'HOT TODDY'

PAGE 91

#### SHAVED CELERY, FENNEL AND WATERMELON SALAD WITH ALMONDS, PARMESAN AND AVOCADO DRESSING

PAGE 50

#### TOMATO, MINCE AND PARMESAN BAKED GNOCCHI

**PAGE 112** 

### ESPRESSO, MASCARPONE AND CREAM CHEESE TIRAMISU

PAGE 45



#### Ginny

"There's one sure-fire way to combat those inevitable weekday blues: give yourself permission to indulge and eat your way through this deliciously comforting menu! Sharing with others is optional."

#### **WEEKEND BRUNCH**

#### VIRGIN MARY HANGOVER CURE

**PAGE 92** 

#### EARL GREY-POACHED PEARS

PAGE 14

#### FLUFFY BUTTERMILK FLAPJACKS

**PAGE 17** 

### BABY POTATO, CELERY AND CHORIZO SPANISH TORTILLA

PAGE 50



#### Zerilda

"Need a 'morning after' or 'brunch before' boost? What better way than sharing this menu with a friend before hitting the streets to visit our featured hot spots and events in your area? Warm flapjacks and a smoky Spanish tortilla are just the way to start my day!"



# ETTUCE

It's all about bold flavours and new trends! Chargrilling lettuce lends a nutty flavour and sweet smokiness to it, while also adding a lovely texture

Serves 2 EASY 20 mins

Cut 3 baby gem lettuce heads in half, lengthways, drizzle with a little olive oil and chargrill in a hot griddle pan, cut-side down, 2 minutes. Remove from pan and set aside. Top your charred lettuce with crispy bacon bits, grated Parmesan, salt and freshly ground black pepper to taste. Serve with ready-made Caesar salad dressing and lemon wedges for squeezing.

WHETHER YOU NIP IT, TUCK IT, DRESS IT UP OR DOWN. ADD COLOUR. **FLAVOUR** OR A NEW DIMENSION. **EACH MONTH** WE'LL HELP YOU ZHOOSH UP AN ITEM, PRODUCT, DISH OR DRINK TO ADD EYE-CATCHING INTRIGUE AND **ON-TREND** FLAIR



RECIPE AND STYLING BY SARAH DALL PHOTOGRAPH BY MYBURGH DU PLESSIS

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## BREAD STREET KITCHEN BY GORDON RAMSAY AND THE BREAD STREET KITCHEN TEAM (HODDER & STOUGHTON, R474)

"If you think you can't eat as well at home as you do in a restaurant - think again. I'm going to show you how to cook stunning recipes from Bread Street Kitchen at home," states Mr Ramsay. In Bread Street Kitchen: Delicious Recipes for Breakfast, Lunch and Dinner to Cook at Home, the team of this restaurant, located next to St Paul's Cathedral, in the heart of the oldest part of London, shares pointers, tricks of the trade and kitchen secrets unknown to us. They show the importance of seasonal produce and remind us to cook responsibly - sustainable all the way! It's all about sharing, and social gathering is at the crux - large groups or small. Expect not only British classics, but fare from around the world and in-betweeners, with the stamp of approval of the man himself.

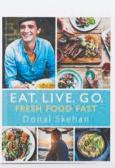
## LIVE A BEAUTIFUL LIFE BY JESINTA CAMPBELL (HACHETTE AUSTRALIA, R489)

TV presenter and model Jesinta Campbell (Franklin), Miss Universe Australia 2010, put together a collection of what motivates her: her workouts, meals and beauty routine. An advocate for living a healthy, active life, it's all about finding the perfect balance between body and mind. This book covers regular exercise, eating clean, hydrating, the importance of sleep and mental health - thus, looking after the creation that is you, from head to toe. From contouring to planking and more than 50 gluten- and refined sugar-free recipes, Jesinta inspires you to be the best you, in your own time, on your own terms, step by step. "Everyone is different, our experiences and stories shape who we are, and it is these differences that make you unique," says Jesinta.

## FAST BY DONAL SKEHAN (HODDER & STOUGHTON, R524)

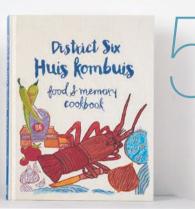
TV personality (Food Network's Follow Donal) and cook, Donal Skehan, sums up what is important to him right here and now and captures this in his book: Eat. Live. Go - to eat well. live a balanced lifestyle and to go places to find inspiration. Appreciate the small stuff in life with quick fixes that don't require a host of ingredients and be mesmerised by cuisine from around the world. With his roots firmly in traditional Irish home cooking, he still adores dishes from far off lands. Equally as much, bubbling pots slow-cooking on the stove with jazz in the background. Donal agrees that there are little things as gratifying as seeing a batter become a decadent baked creation. He believes life is a journey, not a destination. It makes sense, then, that his food is a bit of a journey too.

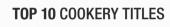












EXCLUSIVE BOOKS

1 The Great South African Cookbook Edited by Libby Doyle et al

> 2 Jamie Oliver's Christmas Cookbook Jamie Oliver

> 3 The LOSE IT! Magazine Cookbook LOSE IT! Magazine

4 Super Food Family Classics Jamie Oliver

5 Feast with Sababa – Middle Eastern and Mediterranean Food Tal Smith

> 6 More Braai the Beloved Country Jean Nel

7 The Real Meal Revolution Prof. Tim Noakes et al

8 My Portuguese Feast Mimi Jardim

> 9 Simple Diana Henry

10 Reuben at Home Reuben Riffel

#### FRESH INDIA BY MEERA SODHA (FIG TREE, PENGUIN RANDOM HOUSE UK, R464)

Vegetarians and curry fanatics, rejoice! Following her bestselling Made in India, Meera Sodha brings us Indian delicacies fresh, delicious and easy enough to make at home. She cooks up a spread of over 130 heart-warming, everyday vegetablebased recipes, collected from three family generations. Meera is originally from Gujarat, a small state on the west coast of India, where the majority of Hindus are vegetarian by lifestyle, not choice - from there, a vegetable-first way of cooking evolved. She teaches us that not all chillies are equal, to always wash rice and to cook onions for as long as possible. From mouth-watering curries to different ways with rice; Indian "salad"; desserts and, to round it all off, drinks and Indian health remedies from the kitchen. experience the greener side of India.

#### DISTRICT SIX HUIS KOMBUIS FOOD & MEMORY COOKBOOK BY TINA SMITH (QUIVERTREE, R393)

"Gone. Buried. Covered by the dust of defeat - or so the conquerors believed. But there is nothing that can be hidden from the mind. Nothing that memory cannot reach or touch or call back." -SA poet, Don Mattera, 1987. This "home kitchen" offers the memories behind the recipes: of community, neighbourliness and rituals. More than a story of the Group Areas Act, it gives renewed insight into the food traditions left behind by the Khoekhoe, Portuguese and Dutch, sailors, slaves and immigrants walking Hanover Street (the "capital" of District Six). The Huis Kombuis project, a weekly craft, design and storytelling workshop on food and life in District Six, started in 2006 to commemorate cultural heritage, recollecting the smells, the sharing remembrance with all the senses.

# LIQUID ASSETS

SO MANY OILS – SO MANY USES, MYTHS, DEBATES.
BUT WHICH OIL SUITS WHICH DISH, METHOD, HEAT AND DIET?
WE'RE GREASING YOUR PAN WITH THE RIGHT CHOICE, ONCE AND FOR ALL

WORDS AND STYLING BY NOMVUSELELO MNCUBE PHOTOGRAPH BY DYLAN SWART

#### **OLIVE OIL**

Pure olive oil is lower in quality than extra-virgin or virgin olive oil, with a more neutral flavour. The nutritional benefits of olive oil include: cancer prevention; limiting the risk of heart disease and strokes; protection against the development of Alzheimers, osteoporosis and Type 2 Diabetes. Olive oil can be used for sautéing, salad dressings and dips. Extra-virgin olive oil has a lower smoke point than many other oils, which means it burns easier at a lower temperature. If not over-heated, olive oil can be used for frying. Exposing extra-virgin olive oil to high temperatures (above 180°C) for a prolonged period can lead to nutrients like vitamin E and polyphenols decreasing. Store away from air, light and heat.

#### **CANOLA OIL**

Also referred to as rapeseed oil, canola oil is often confused with rape oil, resulting in a general misunderstanding on the use of products that contain this oil. The root of the misunderstanding is an incident that occurred in Spain in 1981: rape oil that was meant for industrial use landed up in the food chain. Erroneous information still circulates regarding the toxicity and negative side effects supposedly associated with rapeseed/canola oil, which is not substantiated, is misleading and represents false claims regarding its properties. Canola oil predominantly comprises oleic acid. a monounsaturated fatty acid (61%), associated with reducing cholesterol and mortality related to cardiovascular disease. It has a relatively high smoke point, which means it is less likely to denature (oxidise) during cooking. Use it in a number of dishes and cooking methods, like sautéing, stir-frying, deepfrying, grilling and baking; in salad dressings, sauces and marinades. Store in a cool, dark place for four to six months and nine months if kept in the fridge.

### COCOL Besides well in boil (especontains

#### **COCONUT OIL**

Besides tasting great and working well in baked goods, coconut oil (especially virgin coconut oil) contains antioxidants like vitamin E, provitamin A, polyphenols and phytosterols. With a lot of mediumchain fatty acids, it can be useful for malabsorption conditions and may have antibacterial, antiviral and antifungal properties. For reducing the risk of heart disease, it's best to combine the use of coconut oil with olive, canola or avocado oil in your diet. With its high smoking point, use this oil in not only baking, but frying too! Store in a glass container at room temperature for up to two years.

## 4

#### **SESAME OIL**

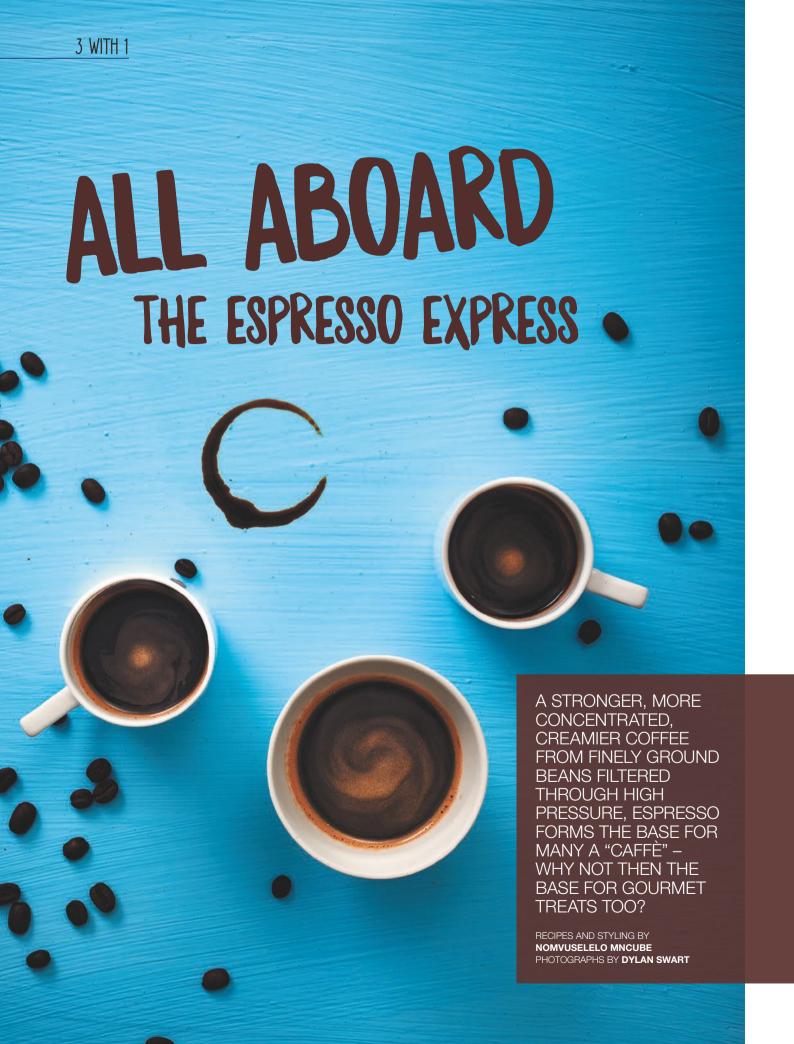
The preferred choice in East Asian cooking, sesame seed oil features a deep golden brown colour and has a moderate smoke point. It is approximately equal in monounsaturated (oleic acid) and polyunsaturated (linoleic acid) fats. This oil can be used in a variety of dishes and is often added to dressings, marinades and dips. Sesame oil has a strong flavour, so add it sparingly. It's best to store sesame oil in a cool, dark cupboard or in the fridge.

#### **SUNFLOWER OIL**

Interestingly, due to its lack of flavour, sunflower oil is best when you don't require a lot of flavour added to your dish; or mixed with other, more flavourful oils. Sunflower oil is high in the ever-essential vitamin E and polyunsaturated fat. The high smoke point of this flavourless oil makes it suitable for baking, sautéing, frying or deep-frying. It can be stored for up to six months when kept in an airtight container in a dark place or the fridge.

#### MACADAMIA OIL

Macadamia oil is liquid at room temperature. The refined oil is a clear, light amber colour with a slightly nutty aroma. It contains up to 85% monounsaturated fats. With a moderate-high smoke point, macadamia oil is great for stirfries, searing, baking, grilling; in curries and salads or deepfrying. This oil has a shelf life of around two years.







#### ESPRESSO, MASCARPONE AND CREAM CHEESE TIRAMISU

Serves 6 - 8 EASY 2 hrs 15 mins

#### BISCUIT LAYER

250ml (1 cup) espresso 45ml (3 tbsp) dark rum 200g finger biscuits

#### **FILLING**

230g cream cheese 100g icing sugar, sieved 2 x 250g tubs mascarpone, at room temperature

#### **TOPPING**

250ml (1 cup) fresh cream 60ml (4 tbsp) icing sugar, sieved 230g cream cheese 5ml (1 tsp) vanilla essence 30ml (2 tbsp) cocoa powder, to dust

#### HOW TO DO IT

For the biscuit layer, pour the prepared espresso into a bowl and allow to cool, before adding the rum. Dip the biscuits into the espresso mixture, taking care not to soak them for too long. Cover

the surface of a 1,5-litre baking dish with a first layer of soaked finger biscuits.

2 For the filling, beat the cream cheese and 100g icing sugar in a medium mixing bowl, 1 minute, and fold in the mascarpone very gently as it separates easily. Spread a thick layer of the mascarpone mixture over the biscuit layer, place another layer of soaked biscuits over the first layer and spread the mascarpone mixture on top. Refrigerate and allow to set, about 2 hours.

 For the topping, pour the fresh O cream into a bowl and whisk until the cream reaches stiff peak stage. Fold in the 60ml (4 tbsp) icing sugar, cream cheese and vanilla essence. Fit a plain 1cm round nozzle onto a piping bag. Scoop the cream cheese mixture into the bag and pipe even blobs onto the mascarpone layer, sieve the cocoa powder over and serve immediately or store, covered, in the fridge for up to 2 days.



ESPRESSO, MASCARPONE AND CREAM CHEESE TIRAMISU



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To enter, SMS SLEEP followed by your full name, ID number and postal address to 48405. Each SMS costs R1,50; free SMSs do not apply.









#### CRUMBED HAM AND ASPARAGUS FRENCH TOAST ROLL-UPS WITH AVOCADO AND ROCKET DIP



Makes 15 EASY 45 mins

For the roll-ups, using a rolling pin, flatten 15 slices white bread with the crusts removed. Spread each piece with 5ml (1 tsp) softened garlic butter and place 15 folded slices Black Forest ham at the bases of the bread slices. Trim to fit. Add 1 cooked green asparagus spear and roll up each slice tightly to form a roll-up, pinching the long edge to seal. Whisk 4 large eggs and a pinch salt together in a large bowl. Add 140g breadcrumbs to another mixing bowl. Dip each roll-up into the egg mixture, followed by the breadcrumbs. Add a generous splash olive oil to a large frying pan placed over medium heat and fry the roll-ups in batches, 1 - 2 minutes each, until crisp and golden all over. Simply wipe out the used oil and any dark crumbs and replace with fresh olive oil before cooking the next batch. Drain on paper towel. For the dip, blitz 1 (200g) large avocado, 125g French-style mayonnaise, 125g double cream yoghurt, 20ml (4 tsp) lemon juice and 5ml (1 tsp) chopped garlic together until smooth. Serve as a dip for the roll-ups and garnish with basil leaves, if desired.

#### CHEESE GOUGÈRES WITH AVOCADO AND PEA HUMMUS

Makes 30 EASY 1 hr

For the gougères, preheat the oven to 220°C and line 2 baking trays. Bring 250ml (1 cup) vegetable stock, 100g diced butter and 2,5ml (1/2 tsp) salt to a boil. Whisk in 125g cake flour and cook, 3 minutes. Remove from heat and whisk in 5ml (1 tsp) Dijon mustard. Using a wooden spoon, stir in 4 large eggs, one at a time, until the mixture is smooth and glossy. Stir in 145g grated Cheddar and 125ml (1/2 cup) finely grated Parmesan. Transfer to a piping bag with a large, round nozzle and pipe 30 dollops dough (diameter roughly 4cm) onto the trays and bake, 5 minutes. Reduce the heat to 200°C and bake, a further 15 minutes. Transfer to a cooling rack. For the hummus, blitz 250g cooked peas, 1 (200g) large avocado, 70g ricotta, 30ml (2 tbsp) tahini, 30ml (2 tbsp) chives, 20ml (4 tsp) lemon juice, 20ml (4 tsp) fresh mint, 20ml (4 tsp) fresh coriander, 5ml (1 tsp) finely chopped garlic, 2,5ml (1/2 tsp) salt and a pinch ground cumin until fine. Slice off a small piece from the tops of the gougères to flatten and spread hummus onto each one. Garnish with fresh microherbs.



## BABY POTATO, CELERY AND CHORIZO SPANISH TORTILLA

The easiest meal to feed a crowd Serves 6 **EASY** 1 hr

Boil 400g baby potatoes, 15 - 20 minutes, until tender. Quarter them and add to a mixing bowl. Preheat the oven to 180°C. Add 10ml (2 tsp) olive oil to a frying pan placed over medium heat and fry off 100g sliced chorizo and 1/2 (90g) large, peeled and thinly sliced red onion. Cook. 3 minutes. and combine with the potatoes. Stir in 150g thinly sliced celery, a handful chopped celery leaves, 80g grated Cheddar, 10ml (2 tsp) finely chopped garlic, 7,5ml (11/2 tsp) salt and 5ml (1 tsp) smoked paprika. Transfer the mixture to a greased 20cm ovenproof pan. Whisk 8 large eggs and 125g double cream yoghurt together and pour over the filling in the pan. Bake, 40 minutes, and allow to cool in the pan, 5 minutes, before slicing and serving. Garnish with a handful fresh microherbs, if desired.

#### COOK'S TIP

The Spanish tortilla can be served hot or at room temperature and is perfect with a mixed salad or a medley of roasted vegetables.

## SHAVED CELERY, FENNEL AND WATERMELON SALAD WITH ALMONDS. PARMESAN AND AVOCADO DRESSING

An easy and refreshing salad that can be served as an accompaniment to red meat, chicken or fish Serves 4 (as a side dish) EASY 30 mins

For the salad, toss 70g thinly sliced celery, a handful chopped celery leaves, 80g thinly sliced fennel bulb, 1 (200g) thinly sliced Granny Smith apple, 60ml (4 tbsp) toasted flaked almonds, 60ml (4 tbsp) Parmesan shavings and 45ml (3 tbsp) mint leaves in a mixing bowl. Use a melon baller to scoop out 170g watermelon and add to the salad. For the dressing, combine ½ (100g) large avocado, 250ml (1 cup) buttermilk, 15ml (1 tbsp) red wine vinegar, 30ml (2 tbsp) celery leaves, 30ml (2 tbsp) chopped celery, 2,5ml (½ tsp) Dijon mustard, 2,5ml (½ tsp) chopped garlic and 2,5ml (½ tsp) sugar, and blitz until smooth. Season with salt and freshly ground black pepper to taste, and serve alongside the salad.

#### **COOK'S TIP**

To prevent the apple slices from discolouring, drizzle a splash of lemon juice over them.









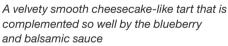
## WARM CHOCOLATE BROWNIES WITH ROASTED PLUM SORBET

Plum sorbet is naturally sweet and slightly tart, which makes it the perfect partner for rich and decadent chocolate brownies

Makes 15 squares EASY 1 hr + 6hrs/overnight, to freeze

For the sorbet, slice 800g plums into quarters and roast in a preheated 200°C oven, 30 minutes. Once the plums have been removed, reduce the oven temperature to 180°C. For the sorbet, combine 250ml (1 cup) water and 200g sugar in a saucepan over medium heat until the sugar has dissolved. Blitz with the roasted plums and 45ml (3 tbsp) lemon juice in a food processor until smooth. Churn in an ice cream maker, at least 20 minutes, then transfer to a freezer-proof container and freeze to firm up, 6 hours or overnight. If an ice cream maker is not available, place the sorbet in a freezer-proof bowl and freeze. Just before frozen (it will be thick, but almost liquid, and may have separated slightly), beat with electric beaters until smooth and fluffy. Return to the freezer until completely frozen. Serve scoops of the sorbet with warmed ready-made chocolate brownies and garnish with fresh mint, if desired.

#### BAKED RICOTTA, HONEY AND YOGHURT TART WITH BLUEBERRY AND BALSAMIC SAUCE



Serves 8 EASY 1 hr + 3 hrs, to chill

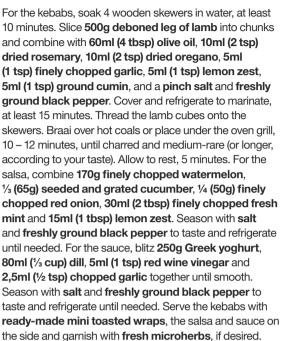
Preheat the oven to 180°C and line the base of a greased 18cm loose-bottomed cake tin. Blitz 500g ricotta, 250g double cream yoghurt, 125g honey, 60ml (4 tbsp) castor sugar, 4 large eggs, 15ml (1 tbsp) sieved cornflour, seeds of 1 vanilla pod and a pinch salt together in a food processor until smooth. Transfer the mixture to the prepared tin and bake, 45 minutes. Remove from oven and allow to cool before refrigerating, at least 3 hours, until needed. Heat 150g blueberries, 70g sugar, 30ml (2 tbsp) balsamic vinegar and 30ml (2 tbsp) water in a saucepan. Simmer, 5 minutes, and allow to cool. Top the cheesecake with 60ml (4 tbsp) chopped pistachios and a handful fresh blueberries. Garnish with edible flowers and fresh mint, if desired. Serve with the sauce on the side.

#### **COOK'S TIP**

The tart can be made up to 2 days in advance, covered and refrigerated until needed.

## LAMB KEBABS WITH WATERMELON SALSA AND DILL YOGHURT SAUCE

Serves 4 EASY 45 mins



## Y 45 mins s, soak 4 wooden skewers in water, at least ce 500g deboned leg of lamb into chunks with 60ml (4 tbsp) olive oil, 10ml (2 tsp)

#### PARMA HAM-WRAPPED CHICKEN, SAGE AND PLUM KEBABS WITH PORT AND PLUM DIPPING SAUCE

Serves 4 EASY 45 mins

For the sauce, heat 5ml (1 tsp) olive oil in a saucepan over medium heat, add 1/4 (50g) grated onion and sauté, 1 minute. Stir in 160g chopped plums, 80ml (1/3 cup) port, 20ml (4 tsp) sugar, 5ml (1 tsp) finely chopped garlic, 2,5ml (1/2 tsp) grated ginger and **5ml (1 tsp) wholegrain mustard**. Simmer, 10 – 12 minutes, until the plums are tender. Blitz until smooth and season with salt and freshly ground black pepper to taste. Allow to cool. For the kebabs, soak 4 wooden skewers in water, at least 10 minutes. Slice 2 (200g) large deboned chicken breasts into 8 x 25g slices. Lay 8 slices Parma ham out on a clean surface. Place a slice of chicken at the bottom of each ham slice and season to taste. Place a guarter of a small plum onto each piece of chicken and add 8 large sage leaves on top of every one. Roll up to encase these ingredients in the Parma ham and thread 2 of these "parcels" onto each skewer. Braai, 10 - 12 minutes, over hot coals or place under the oven grill until charred and the chicken is cooked through. Serve the skewers with the dipping sauce on the side and garnish with fresh microherbs, if desired.







#### CHARGRILLED WATERMELON GAZPACHO WITH AVOCADO SALSA AND GARLIC TOAST

A cold soup, ideal for lazy days and easy entertaining Serves 4 **EASY** 40 mins

#### THE FLAVOUR COMBINATIONS GARLIC TOAST

60g butter, cubed 5ml (1 tsp) garlic, finely chopped 2,5ml (½ tsp) dried parsley 12 thin slices ciabatta

#### **GAZPACHO**

1kg watermelon slices, rinds removed ½ (150g) cucumber, peeled and chopped 2 (300g) large tomatoes, chopped 1 (100g) red pepper, seeded and chopped ½ (80g) red onion, peeled and chopped 125ml (½ cup) olive oil 30ml (2 tbsp) red wine vinegar 30ml (2 tbsp) Worcestershire sauce 5ml (1 tsp) salt 2,5ml (½ tsp) ground cumin 2,5ml (½ tsp) garlic, finely chopped pinch freshly ground black pepper

#### SALSA

½ (100g) avocado, peeled and finely chopped
⅓ (100g) cucumber, peeled and finely chopped
¼ (40g) red onion, peeled and finely chopped
15ml (1 tbsp) chives, finely chopped
5ml (1 tsp) red wine vinegar salt and freshly ground black pepper, to taste

handful fresh basil, to garnish (optional)

#### **HOW TO DO IT**

For the garlic toast, preheat the oven to 180°C. Melt the butter, 5ml (1 tsp) garlic and the dried parsley together in the microwave on high, about 30 seconds. Brush both sides of each ciabatta slice with the flavoured butter and arrange on a baking tray. Bake, 12 – 15 minutes, until crisp and golden.

Por the gazpacho, place a griddle pan over high heat until smoking hot. Remove as many seeds from the watermelon slices as possible. Chargrill the watermelon slices, about 1 minute per side, until charred. Add to a food processor with the remaining ingredients and blitz until completely smooth. Refrigerate the gazpacho until needed.

For the salsa, combine all of the ingredients and season to taste.

To serve, spoon the gazpacho into serving dishes and top it off with the salsa. Garnish with the fresh basil and serve with the garlic toast on the side.

#### COOK'S TIP

The watermelon can also be chargrilled on the braai.

#### BLUEBERRY, ALMOND BUTTER AND RICOTTA CROSTATA WITH THYME-INFUSED HONEY

A rustic free-form tart that's easy to throw together and delicious hot or cold Serves 8 A LITTLE EFFORT 1 hr 45 mins

#### THE FLAVOUR COMBINATIONS CROSTATA PASTRY

125g cake flour + extra, to dust 60ml (4 tbsp) semolina flour 30ml (2 tbsp) brown sugar 30ml (2 tbsp) ice water 2,5ml (½ tsp) vanilla essence 115g salted butter, at room temperature

#### **FILLING**

100g ricotta
170g honey
90g almond butter
1 large egg
10ml (2 tsp) cake flour
5ml (1 tsp) vanilla essence
pinch salt
60g fresh breadcrumbs
140g blueberries
1 large whisked egg, to brush

#### THYME-INFUSED HONEY

170g honey 8 sprigs fresh thyme ready-made vanilla ice cream, to serve fresh mint, to garnish (optional)

#### **HOW TO DO IT**

For the crostata pastry, place the 125g cake flour, the semolina flour and brown sugar in a food processor and pulse to combine. Keep the motor of the processor running while adding the ice water, 2,5ml (½ tsp) vanilla essence and the salted butter. Stop once the mixture is incorporated and pulls away from the sides of the processor. Flatten the pastry into a disc, cover with cling film and refrigerate, 30 minutes.

Por the filling, place the ricotta, honey, almond butter, egg, 10ml (2 tsp) cake flour, 5ml (1 tsp) vanilla essence, pinch salt and breadcrumbs in a food processor. Blitz until smooth and stir in the breadcrumbs.

Remove the pastry from the fridge and leave it to rest, 5 minutes, to reach room temperature. Preheat the oven to 180°C.

Cut a piece of baking paper to fit a standard baking tray. Place the paper on a clean surface and dust it with a little cake flour. Dust the rolling pin with cake flour as well. Roll the pastry out on the floured baking paper into a disc that is approximately 0,4cm thick. Lift the baking paper with the rolled out pastry into the baking tray.

Spoon the filling in the centre of the pastry disc and leave a 3cm border all around the filling. Scatter the blueberries on top of the filling and then fold the border over the filling to prevent it from spilling out. Pinch any torn or cracked bits of pastry together and make sure the base has no leaks. Brush the pastry with the whisked egg and refrigerate in the tray, 15 minutes.

Bake the pastry until firm and golden, 25 – 30 minutes. Remove from oven and allow to cool in the tray.

For the infused honey, add the honey and thyme to a saucepan and heat until just warm. Remove from heat and allow to infuse, 20 minutes.

To serve, top each slice of crostata with a scoop of vanilla ice cream, drizzle with a little thyme-infused honey and garnish with fresh mint, if desired.



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IT IS THE MONTH OF PISCES, THE ZODIAC SYMBOL OF THE FISH.
THERE MAY BE PLENTY OF FISH IN THE SEA, BUT WE'RE
PUTTING OUR BEST FISH FORWARD, WITH RECIPES THAT
COULD WELL HAVE BEEN WRITTEN IN THE STARS

RECIPES AND STYLING BY SARAH DALL PHOTOGRAPHS BY MYBURGH DU PLESSIS

#### WHOLE BAKED FISH WITH LEMON AND CAPERBERRY BUTTER

Serves 4 EASY 20 - 25 mins

#### THE FLAVOUR COMBINATIONS

1,5 kg sustainably caught, firm-fleshed whole fish (like carpenter/silverfish or kob), scaled and gutted 5ml (1 tsp) pink Himalayan salt 1 lemon, sliced 100g butter 10 large caperberries 10 freshly picked sage leaves juice of ½ lemon lemon wedges, to squeeze

#### **HOW TO DO IT**

Preheat the oven to 180°C. Place the fish on a large roasting tray, season with Himalayan salt, surround

with slices of lemon and bake, about 20 minutes.

- Place the butter in a small saucepan over medium heat, fry until the butter starts to foam and turns light brown, then add the caperberries, sage leaves and the lemon juice.
- Pour the butter mixture over the fish and return to the oven, a further 5 minutes. Remove and serve immediately. Enjoy with lemon wedges for squeezing.

#### SEARED TUNA NOODLE SALAD

Serves 2 EASY 30 mins

#### THE FLAVOUR COMBINATIONS SEARED TUNA

15ml (1 tbsp) sunflower oil 200g piece sustainably caught tuna 5ml (1 tsp) sesame oil 5ml (1 tsp) sesame seeds 5ml (1 tsp) sweet Indonesian soya sauce salt and freshly ground black pepper, to taste

#### **NOODLES**

100g medium rice noodles 4 radishes, very thinly sliced 2 spring onions, finely chopped 10 mangetouts, finely sliced small handful beetroot sprouts

#### **DRESSING**

15ml (1 tbsp) sesame oil 50ml fish stock 5ml (1 tsp) soya sauce 5ml (1 tsp) honey juice of 1 small lime + slices, to serve

#### HOW TO DO IT

For the seared tuna, heat the sunflower oil in a large frying pan over high heat.

Sear the tuna, 30 seconds per side. Just before removing from the pan, add the



5ml (1 tsp) sesame oil, the sesame seeds and the dash of sweet Indonesian soya sauce. Remove, season to taste and set aside to cool.

Por the noodles, cook the rice noodles according to packaging instructions. Combine the cooked noodles, radishes, spring onions, mangetouts and beetroot sprouts. Whisk together all of the dressing ingredients and pour over the noodles.

Slice the tuna 1cm thick and serve atop the noodle salad. Serve with lime slices, to garnish.

#### SEAFOOD BOUILLABAISSE

Serves 2 - 4 EASY 45 mins

#### THE FLAVOUR COMBINATIONS SOUP BASE

15ml (1 tbsp) olive oil 1 onion, peeled and finely sliced 2 garlic cloves, peeled and crushed 125ml (½ cup) dry white wine pinch saffron shells of 12 medium prawns (reserve the flesh)

100g rosa tomatoes, roughly chopped 250ml (1 cup) tomato purée 250ml (1 cup) fish stock salt and freshly ground black pepper, to taste

#### **SEAFOOD**

15ml (1 tbsp) butter
12 shelled prawns (from above)
200g calamari rings, lightly dusted
in cake flour seasoned with salt and
freshly ground black pepper, to taste
8 fresh mussels in shells, cleaned
and beards removed
10 roasted vine tomatoes, to garnish
toasted torn ciabatta chunks,
to serve

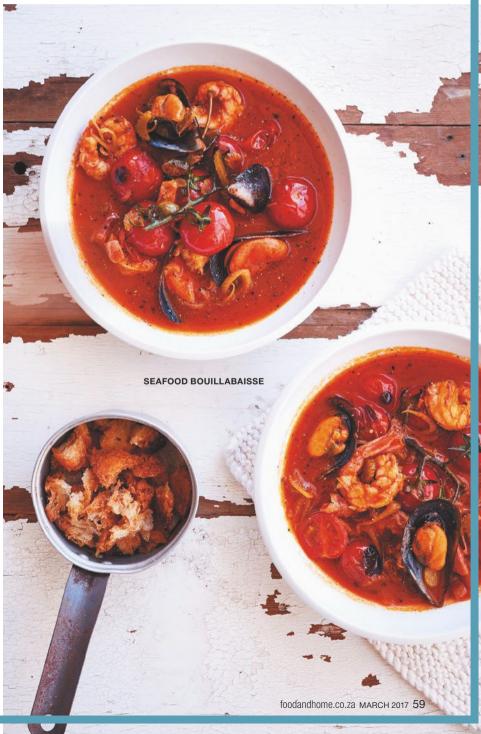
#### **HOW TO DO IT**

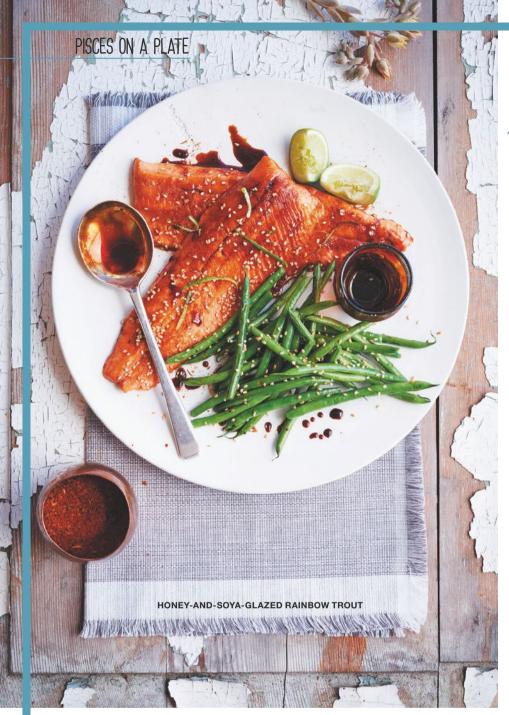
For the soup, heat the olive oil in a large pot, and fry the onion and garlic over medium heat, 2 minutes. Add the white wine and saffron and simmer until all of the wine has reduced. Add the prawn shells and fry, a further 2 minutes. Add the rosa tomatoes, tomato purée and fish stock, and simmer gently, 20 minutes. Season to taste.

While the soup is simmering, heat the butter in a large frying pan and fry the shelled prawns over high heat, 2 minutes. Do the same with the calamari rings and set aside.

Add the fried prawns and calamari rings, and the cleaned mussels in shells to the soup. Simmer, about 2 minutes. Garnish with the roasted vine tomatoes and serve while hot with toasted ciabatta chunks on the side for dipping.







## HONEY-AND-SOYA-GLAZED RAINBOW TROUT

Serves 2 EASY 15 mins

#### THE FLAVOUR COMBINATIONS

2 x 200g rainbow trout fillets salt and freshly ground black pepper, to taste 15ml (1 tbsp) butter 30ml (2 tbsp) honey 15ml (1 tbsp) soya sauce 5ml (1 tsp) Cajun spice 50g (small handful) fine green beans, blanched 5ml (1 tsp) toasted sesame seeds

#### lime wedges, to squeeze

#### **HOW TO DO IT**

Season the trout fillets to taste. Heat the butter in a large frying pan over medium heat. Place the fillets skin-side down in the hot pan and fry, 2 minutes (the skin should be crisp and golden). Turn the trout over, and add the honey, soya sauce and Cajun spice. Fry, a further 3 minutes.

Remove from heat, plate the trout and drizzle with the remainder of the glaze. Serve with the blanched green beans, a sprinkling of sesame seeds and lime wedges for squeezing.



#### HAKE GOUJONS WITH SRIRACHA MAYONNAISE

Serves 2 - 4 EASY 20 mins

#### THE FLAVOUR COMBINATIONS GOUJONS

400g hake fillet
50g cake flour seasoned with salt
and freshly ground black pepper,
to taste
2 eggs, beaten
100g panko breadcrumbs
sunflower oil, to deep-fry

#### **MAYONNAISE**

1 large egg yolk 30ml (2 tbsp) sriracha hot sauce 125ml (½ cup) sunflower oil 125ml (½ cup) olive oil juice of 1 small lime salt, to taste

#### **HOW TO DO IT**

Remove the skin from the hake fillet and slice the fish into 1cm-thick strips. Dust in the seasoned flour, then dip into the 2 beaten eggs and finally coat in panko breadcrumbs. Set aside until needed.

In a deep-fat fryer or deep pot, heat the sunflower oil to 180°C (if using a deep pot, use a sugar thermometer to check the temperature). Fry the goujons in small batches, 2 minutes, and turn over and fry, a further 2 minutes. Remove and set aside to drain on paper towel.

To make the mayonnaise, add the egg yolk and sriracha to a jug and blitz with a stick blender. Gradually add the oils while blitzing continuously, until all of the oil is incorporated and you have a light and fluffy mayonnaise. Season with lime juice and salt, to taste.

A Serve the goujons hot with the sriracha mayonnaise on the side.









## SONS OF GUNS[TON]

BID A FOND FAREWELL TO THE GLORY DAYS OF SHAUN TOMSON AND THE GUNSTON 500, AND SAY HELLO TO THE GUNSTON 3.0. THEY MAY NOT BE MASTERS OF THE BOARD, BARRELLING THEIR WAY INTO THE DEEP BLUE, BUT THIS GUNSTON TRIAD SURE KNOWS HOW TO MAKE A SPLASH, LEAVING LOCALS IN THE FRIENDLY CITY SPOILT FOR CHOICE WHEN IT COMES TO THE EVER-PRESSING MATTER OF WINING AND DINING

BY JOCELYN FRYER RECIPES BY JONO GUNSTON PHOTOGRAPHS BY DAVID DETTMAN









he mood could strike for a sumptuous platter of seafood with the splendour of the Bay boasting glimmering seas, boats moored and bobbing rhythmically with the tide. Perhaps the company of friends and family beckons – the more, the merrier – at a table laden with tapas, in the vibrant Richmond Hill district. To further whet the appetite, there's always the burgeoning Baakens Valley, where the industrial lingers with a quirky sense of charm, made that much sweeter by the promise of ice-cold, home-grown brewskis on tap between mouthfuls. Whatever takes your food fancy, these born and bred PE restaurateurs appear to have left no stone unturned in the pursuit of perfection with their three establishments, namely The Chartroom, Two Olives and their latest mutual endeavour, Gunston's Gastropub.



For the Gunston boys, it all began in their teenage years. Tim and his twin brothers, Nic and Jono, were quick starters in the industry when their parents opened Lavenders Courtyard Café, determined to make it a family affair. "He's only one now, but it won't be long and my kid will be running around the restaurant like we did," Jono laughs. While Nic and Tim flourished in front of house, Jono began to experiment in the kitchen with his mother. "I'm far more comfortable hiding in the kitchen," Jono admits. "So, that's usually where you'll find me." While they ventured forth with catering gigs, and their own bistro and café at the, since closed, Uptown Theatres, it was with The Chartroom that they would make their next big move.

It was the ideal location to fastly plant their feet in the community, sharing a venue with the Algoa Bay Yacht Club in the harbour and specialising in the very best of the ocean's bounty. Firm favourites among seafarers and landlubbers alike include the Cajun-style squid heads in a spicy, Napoletana sauce, their succulent panfried prawns in a chilli-infused butter alongside the ol' familiar staple of fish in crispy batter (all the better with golden fried chips or wedges). While it was initially a joint venture - Tim joining his brothers, Nic and Jono, when their folks retired - Jono would later head up Two Olives in 2012. With Tim at the helm of Gunston's Gastropub since mid-2016, this has left Nic to the business of running The Chartroom.

The Chartroom entering its ninth year, it seems to have done the impossible in what can often be a fickle town. Nic's philosophy is simple: "When it's new, it's hot," he states matter-of-factly. "In order to survive in this industry, you've got to be all about quality produce and consistency." "Looking after your staff too," Tim quips in, as the brothers agree that the consistent quality of their food in many ways speaks for the valued staff they've trained and served with year after year.

But ever-itchy to get stuck into the kitchen and try something new, Jono and his wife, Marlene, decided to invest in the thriving restaurant trade on Stanley Street with Two Olives in Richmond Hill. "Thankfully, I have her to handle front of house," Jono enthuses, clearly grateful for the complementary team they make. "I'm mad about PE," he adds. "And Richmond Hill just comes alive in the evening. I love how cosmopolitan it's become."

With a predominantly tapas style menu, Jono insists, "I just wanted people to think about food, talk about food, but most of all, to share food around the table." In this he's succeeded, with every tapas serving at Two Olives as gastronomically tempting as the next. Why choose between peppered sauid with chilli caramelised pineapple, slow-braised oxtail with pumpkin pomme purée and their famous risotto balls, when you can have all of the above? Constantly working on new additions to the menu at Two Olives, its resident head chef and owner has no intentions of slowing down any time soon.

But the brothers admit that of all their ventures, the success of the newest kid on the block, Gunston's Gastropub, has come as the most surprising. Nestled in the heart of the Baakens Valley, at Gunston's Tim















guarantees: "It's all about the relaxed vibe." "The funny thing is, though, we had no idea what our name meant in this town, until we opened Gunston's," Nic interjects, his brothers nodding. "We couldn't believe the support we received based on the reputation we had worked so hard to build over the years." But this doesn't mean they'll be resting on their laurels. "We really do care about the people that support us and it's so important to keep them happy," Tim assures.

And the proof is in the pudding, with one bite of Gunston's pan-fried pork loin chops in burnt sage butter with crackling and pomme purée, or their whoppers of a beefy burger and juicy steaks. While they may have been dipping their toes in the culinary waters when they first opened The Chartroom, these three are nothing if not well seasoned restaurateurs, who know a thing or two about a winning formula. It seems, after all, an effortless conclusion – the Gunston boys will be tantalising taste buds in The Bay for many years to come.

THE CHARTROOM, ALGOA BAY YACHT CLUB, DOM PEDRO JETTY, PORT ELIZABETH HARBOUR; 041-585-2893/072 462 2676

GUNSTON'S GASTROPUB, 1 BRIDGE STREET, PORT ELIZABETH; 041-072-0448

TWO OLIVES, 1 STANLEY STREET, PORT ELIZABETH; 041-585-0371



## THE CHARTROOM

#### GRILLED KINGKLIP WITH GREMOLATA, SALSA VERDE AND ROASTED VINE TOMATOES

The gremolata adds a fresh dimension to the buttery linefish and keeps the fish moist during the cooking process Serves 4 EASY 30 – 35 mins

#### THE FLAVOUR COMBINATIONS ROASTED TOMATOES

300g vine tomatoes 45ml (3 tbsp) olive oil

#### **GREMOLATA**

large bunch fresh flat-leaf parsley, finely chopped zest and juice of 2 lemons 2 garlic cloves, peeled and crushed 60ml (4 tbsp) olive oil

#### FISH

4 x 250g kingklip fillets (or any sustainable line-caught fish), deboned and skinned olive oil, to brush 150g butter, melted a squeeze lemon juice

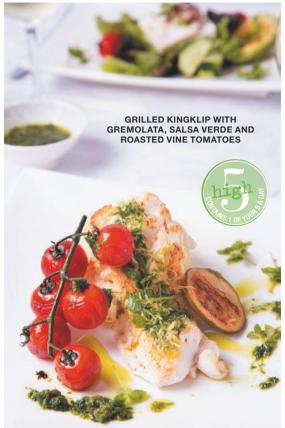
#### SALSA VERDE

1 – 2 garlic cloves, peeled and finely chopped
10ml (2 tsp) capers, finely chopped
10ml (2 tsp) pickled gherkins, finely chopped
5g fresh basil, finely chopped
5g fresh mint, finely chopped
10g fresh parsley, finely chopped
15ml (1 tbsp) Dijon mustard
45ml (3 tbsp) red wine vinegar
6 anchovy fillets, finely chopped
100ml olive oil

pomme purée (mash), to serve salt and freshly ground black pepper, to taste lemon cheeks, to serve

#### **HOW TO DO IT**

Preheat the oven to 180°C. Place the vine tomatoes in a small roasting tray, drizzle with the 45ml (3 tbsp) olive oil and season to taste. Roast in the oven, 20 minutes.



Pror the gremolata, combine the fresh flat-leaf parsley, lemon zest and juice, 2 crushed garlic cloves and 60ml (4 tbsp) olive oil, and season to taste. Set aside until needed.

Meanwhile, pat the kingklip fillets dry with paper towel, season to taste and lightly brush with olive oil. Place a frying pan over medium-high heat and grill the fish, 4 – 6 minutes per side, until golden brown. Add the melted butter and lemon juice, and rub the gremolata over the fish.

For the salsa verde, combine the 1 – 2 finely chopped garlic cloves, capers, gherkins, basil, mint and parsley in a bowl. Add the mustard, vinegar and anchovies, then slowly stir in the 100ml olive oil, until you achieve a pesto-like consistency.

To serve, divide the fish fillets onto serving plates, drizzle the pan juices over the fish and serve with pomme purée, the roasted vine tomatoes, a dollop of salsa verde and lemon cheeks for squeezing.











## TWO OLIVES



#### MOROCCAN CHICKEN KEBABS WITH HARISSA AND PEA PURÉE

This recipe is a great summer dish for informal occasions with family and friends

Serves 4 **EASY** 40 mins + overnight, to marinate

#### THE FLAVOUR COMBINATIONS KEBABS

1,2kg chicken breasts, cubed
250g plain Greek yoghurt
30ml (2 tbsp) paprika
10ml (2 tsp) cumin
10ml (2 tsp) ground coriander
2 red chillies, chopped
30ml (2 tbsp) olive oil
5ml (1 tsp) salt
5ml (1 tsp) freshly ground
black pepper

#### **PEA PURÉE**

250g petit pois peas 2 garlic cloves, peeled 50g Parmesan 10g mint leaves 75ml olive oil 50g toasted pine nuts + extra, to sprinkle

#### HARISSA

2 red peppers
1 red chilli
2 garlic cloves, peeled
5ml (1 tsp) ground coriander
5ml (1 tsp) Maldon Sea Salt
5ml (1 tsp) freshly ground
black pepper

75ml olive oil juice of 1 lemon

#### **TO SERVE**

fresh coriander, to garnish beetroot sprouts, to garnish lime halves, to squeeze blanched carrots (optional)

#### **HOW TO DO IT**

Place the chicken, yoghurt, paprika, cumin, 10ml (2 tsp) ground coriander, red chillies, 30ml (2 tbsp) olive oil, salt and freshly ground black pepper in a large bowl and leave to marinate overnight. Soak wooden skewers overnight in cold water.

Thread the chicken breast cubes onto the skewers. Preheat the grill or braai to medium-high heat. Grill the chicken kebabs, 6 – 7 minutes per side, until brown.

For the pea purée, blanch the peas, 2 – 3 minutes, until tender, refresh in cold water and pat dry. Place all of the ingredients in a food processor and blitz to a coarse consistency.

For the harissa, preheat the oven to 180°C and roast the red peppers, chilli and 2 garlic cloves until the skins are wrinkled and charred, about 30 – 40 minutes. Remove the skin and stem from each pepper. In a food processor, blitz all of the ingredients until smooth.

To serve, place the chicken kebabs on plates with pea and mint purée, a good dollop of spicy harissa and blanched carrots, if desired. Garnish with fresh coriander, beetroot sprouts and lime halves for squeezing.



## GUNSTON'S GASTROPUB

#### THAI MUSSELS WITH FRESH LEMONGRASS AND CRUSTY CIABATTA

Be sure to accompany this dish with plenty of crusty bread to soak up the rich juices

Serves 4 - 6 EASY 30 mins

#### THE FLAVOUR COMBINATIONS

150g butter
1 large brown onion, peeled
and chopped
30ml (2 tbsp) fresh garlic, grated
30ml (2 tbsp) fresh ginger, grated
2kg mussels in shells (live if
possible), cleaned and bearded;
do not remove from shells
10ml (2 tsp) ground turmeric
10ml (2 tsp) ground coriander
2 stalks fresh lemongrass
35ml store-bought red Thai paste
600ml coconut milk
150ml fish stock
25ml fish sauce

#### **TO SERVE**

2 red chillies, sliced zest of 1 orange 20g fresh coriander, chopped 1 loaf artisan ciabatta, sliced

#### HOW TO DO IT

Melt the butter in a heavy-bottomed, large pan over medium-high heat.

Add the onion, garlic and ginger, and sauté, 2 minutes, until translucent.

Add the remaining ingredients to the pan and simmer over gentle heat, 4 – 8 minutes or until the mussels have

4 – 8 minutes or until the mussels have opened (discard any mussels that do not open).

Transfer the mussels to serving bowls and garnish with the fresh red chillies, orange zest and fresh coriander. Serve with warm artisan crusty ciabatta.

#### COOK'S TIP

If you're unable to find fresh mussels from your fishmonger, frozen mussels will do.









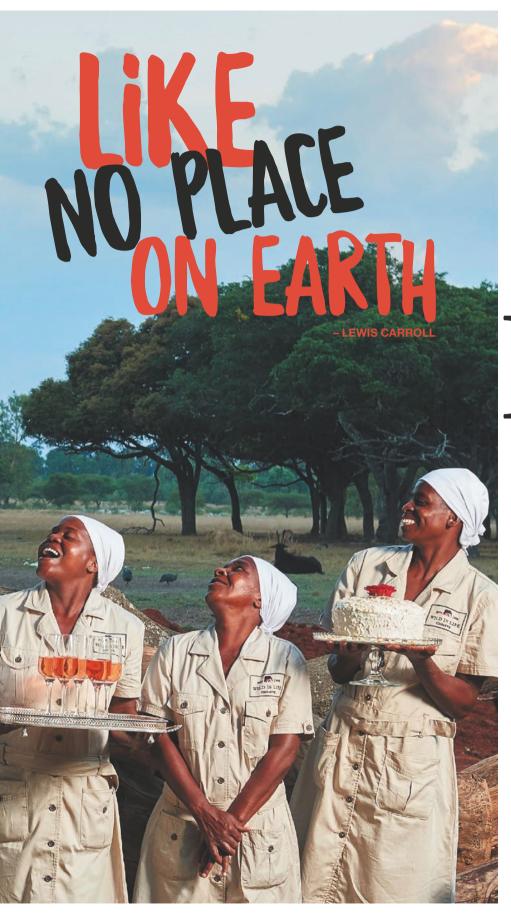












NARNIA, NEVERLAND AND SHANGRI-LA ARE THE STUFF OF FICTION. BUT, WHEN OUR ED, ANDREA PAFITIS-HILL, HEARD ABOUT A REAL PIECE OF PARADISE IN A LAND NOT TOO FAR AWAY, SHE SIMPLY HAD TO SEEK IT OUT

PHOTOGRAPHS BY **DYLAN SWART**RECIPES AND STYLING BY **WILD IS LIFE** AND **REAL FOOD** 

've just drawn up to a modest brown sign bearing the name, "Wild is Life", in my birthplace of Harare, Zimbabwe. I haven't lived here for many years, yet I must be feeling at home, as I've cheekily parked my car on the grass and walked through the gate without yet announcing myself - before I do, I'm taking a moment to soak up the scene before me: the lushness of a postrain lawn rolled out like a shaggy carpet, with a rustic enclosure on my right where a warthog (who I later learn is named Pickles) and a pair of goats reside, next to which runs a path leading to the elephants' light and airy abode. To the left of this walkway lies a pond, where Egyptian geese are savouring the simple pleasures – some taking a smooth glide around their watery palace, others perfectly poised atop log posts.

But it's what lies beyond that is as surreal as it is natural: open savannah plains punctuated by acacia trees, their broad branches giving rise to leaf-clustered canopies. In the distance, ostrich, impala and kudu roam. Close to the pond, a pair of towering giraffes – the supermodels of the bush – dip their gracious necks low to touch base with the geese.

My wonder-filled moment is suddenly interrupted by a wayward wildebeest





running helter-skelter towards me before stopping short at a sturdy tree trunk to rub her head against. "Oh, that's Noodle – we had to build a barrier around the main house, as she kept coming into the kitchen and causing chaos!" laughs a vivacious young blonde lady walking up to me. "I'm Angela Loubser," she smiles, shaking my hand with firm assurance and a brightness in her eyes that tells me she's no slouch. When I ask Angela what her role is at Wild is Life, she says: "I oversee the general running of things, but we don't really have titles here – everyone does a bit of everything. Now, let's find Roxy."

Owner of the Wild is Life wildlife rescue and rehabilitation sanctuary, Roxy Danckwerts is a fifth-generation Zimbabwean who, together with her husband Craig, has lived and farmed on this piece of land for the past 30 years. Previously caring for their farm cattle, horses and sheep, Roxy started rescuing orphaned wildlife "by default" she says. "I started with a mongoose and a few duikers, and it just grew.

"When this country went through land reform, a lot of animals needed

rescuing. I did some work with the SPCA, who would go in and save them, and I would pick up the pieces, as it were.

"For instance, Bones the lion was a cub on a farm and when the farm was taken over, his whole family died except for him... he was very sickly when he came here and grew up in the house with me. All the animals are individuals and they're very important to me, but certain animals really touch my soul and Bones is one of them."

As a non-profit business that ploughs funds raised from visitors back into caring for its animals, Wild is Life opened in 2010, in collaboration with Grand Africa, a portfolio of exclusive tourism and hospitality venues owned by Cape-based Sue Main. "Sue, one of my closest friends and advisors, devoted a huge amount of time and expertise in helping me to get Wild is Life off the ground. I owe her a debt of gratitude," Roxy says.

It's plain to see that just as Roxy highly values those who have played and continue to perform key roles at Wild is Life, they are similarly devoted to the sanctuary. Enthuses Angela: "We're







a home-grown, family-run entity and I couldn't be happier here. Every day is different and Wild is Life is all about personal encounters with the animals, each of which has a name.

"If a visitor to Wild is Life later goes on safari elsewhere and sees giraffe, for example, our hope is that they'll think back to their experience with our giraffe, where they got to feed them, touch their coats, see how big their eyes are and the sounds they make," Angela says.

We stroll to the lions' high-fence area and join Alex Norman, the sanctuary's tour guide. A qualified botanist and zoologist, her energy for the work she does is palpable as she introduces me to the nine lions sizing us up.

There are more charges to meet, namely five elephants that Wild is Life plans to release back into the wild in partnership with the Zimbabwe Parks and Wildlife Management Authority. The youngest of the ellies is two-year-old Moyo, who steals my heart as she trots around with a "hakuna matata" spirit, her trunk playfully exploring everything in proximity, including our photographer

Dylan's camera – you're lucky there are photos to accompany this story!

The appreciation of all that is on offer at Wild is Life doesn't end with the amazing animals, though. There's a whole other project on the go in the kitchen run by head cook, Rodrick (Roddy) Mutize, together with his team of trusty ladies – last but not least of whom is Charlotte, a sulphur-crested cockatoo whose attachment to Roddy might be more hindrance than help when it comes to completing kitchen tasks!

As I chat to Roddy, a stream of distracting deliciousness is being lined up on the kitchen counter... carrot cake, scones and more for the afternoon tea that happens at Wild is Life, as part of their guided tour. I ask Roddy what his favourite part of his role is: "Making cakes," he says without hesitation. "Our carrot cake is the best," he chuckles.

I'm wide-eyed as I come upon the location where tea is being laid out: juxtaposed next to the bush, it's a Bedouin tent-covered screed floor with wicker wingbacks, Malawi cane chairs and studded chocolate brown leather

sofas congregated around Rhodesian Teak coffee tables. The whole setting looks like it came straight off the set of *Out of Africa* – in fact, I half expect to turn the corner and see Robert Redford washing Meryl Streep's hair with an enamel jug and bowl, as he did in that magical scene from the movie!

Overloading my dainty Victorian cake plate with various goodies – including carrot cake, of course – I chat to Kate Worsley-Worswick, whose family have long been friends of the Danckwerts clan. "It came about organically that I started assisting Roxy with recipes from my company, Real Food. It's a vegetarian recipe-based concept, whereby we deliver a weekly box containing meal packs, each with the ingredients you need to cook that meal.

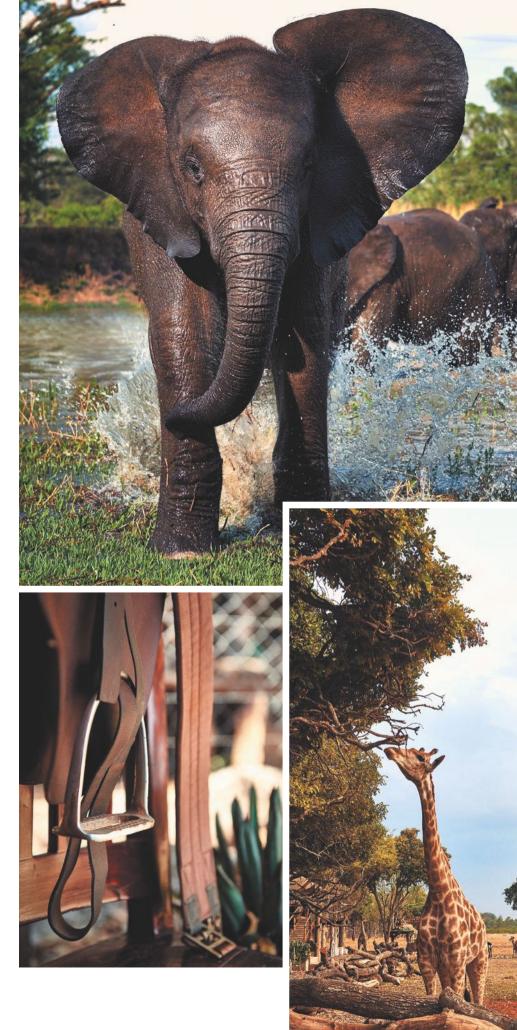
"Real Food designs savoury dishes for Wild is Life, as Roddy is very good at the sweet side. Whatever we can supplement, in terms of fresh fruit and vegetables, gets integrated." Today, Kate has whipped up delicious mini filo quiches, as well as beetroot hummus made with baobab powder. "Baobab is very important for Roxy because of the elephant aspect to Wild is Life," she says.

Kate goes on to tell me about Jos, the Danckwerts's elder son. "He's working on a tree-planting project called TreeEco, which we're trying to integrate into Real Food, by selling trees with Real Food recipe boxes."

Catching sight of 26-year-old Jos, we beckon to him to come and join us. Since November 2015, Jos has worked in wildlife conservation, a world away from his training as a gemologist specialising in diamonds. As I hear him speak with nostalgia about a childhood spent with the injured and orphaned animals his mother had rescued and his parents' combined commitment to sustainability, it's easy to understand why Jos has come full circle.

"At least 70% of Zimbabwe is covered by woodlands, but it also has one of the highest deforestation rates in the world. There are no real initiatives for reforestation of indigenous trees – all the trees being planted are gum trees, which are ecologically quite negative.

"So, I've started TreeEco, an indigenous tree-planting project for areas where there's bad deforestation due to the need for firewood. We're growing



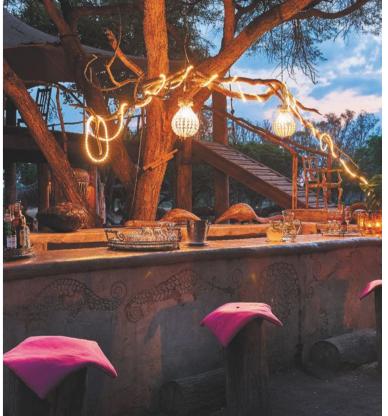












two main species: croton, primarily for firewood, but also because it yields nutritious seeds; and moringa, a droughtresistant tree. We've also got fruit trees.

"The philosophy behind the name, TreeEco, is that we don't want to plant just one species of trees in blocks. I'm against monoculture (the cultivation of a single crop in one area) – I believe any kind of agriculture should function as much like an ecosystem as possible.

"Through our collaboration with Real Food, when people buy recipe boxes, they will also purchase moringa, baobab, pawpaw or mulberry trees, which we'll plant in low-income rural and urban areas in the season.

"We plan to distribute the trees through schools and our agricultural extension officers will educate people on the benefits of the trees and the fact that they belong to those people, and don't cost them anything. At the same time, we'll get statistical information from each homestead in the community.

"Another great aspect of the project is that we're building an app to monitor the trees – our extension officers will go out at least once a year to see how many trees have survived, how much they've grown and if people's lives are changing for the better. Real Food clients who have bought trees will then be able to access this information, with GPS coordinates and a photo, via the app. This is different to other tree-planting projects, where people grow the seedlings, plant the trees and there's no accountability."

My last visit of the day is to see a rare gem, otherwise known as a pangolin. An endangered species indigenous to Zimbabwe, the pangolin is the only mammal in the world covered in scales. Marimba, a pangolin rescued and handed over to Wild is Life by the Zimbabwe Parks and Wildlife Management Authority, has handlers who rotate shifts to give her the round-the-clock protection she needs.

While visitors aren't able to interact with Marimba due to her acute sense of smell – which means picking up on a multitude of scents stresses her out – simply observing her roam around is privilege enough.

As we walk back, I express my incredulity at all I've experienced today. Alex nods knowingly. "Until you've stepped through the gate, you don't comprehend Wild is Life in its entirety. People love how the animals are freeroaming - except for the lions, of course in a natural environment and how amazing it is to see them so close up that you can almost count the number of eyelashes on a giraffe. You don't get to do that in the wild... oh, just look at that sunset! That means it's time for bubbly and canapés on the upper deck," she grins. I shake my head in amazement as I think, "Not just the wild - I don't believe you get this anywhere else in the world." +263 (0) 779 949 821; WILDISLIFE.COM

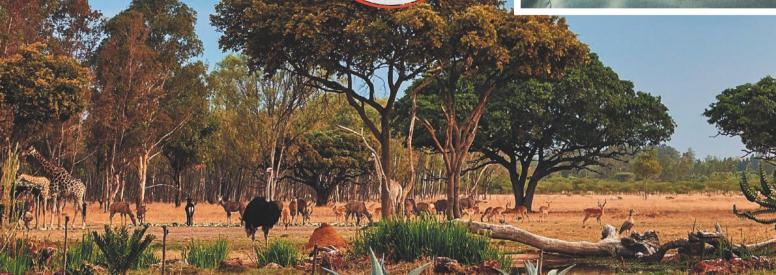




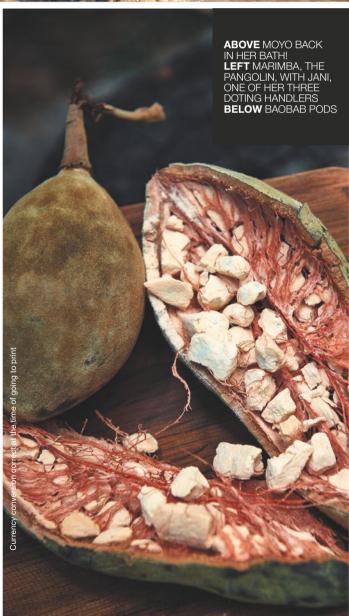


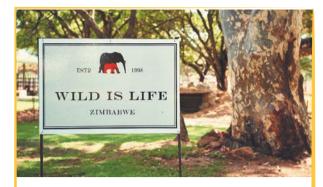












Wild is Life is open for guided tours (including a decadent afternoon tea, as well as chilled bubbly and canapés at sunset) from Tuesday to Saturday, 3.30pm to 6.30pm. Booking is essential and tickets cost US\$95 (approx. R1 295) per adult and US\$80 (approx. R1 090) per teenager aged between 12 and 16 years. For more information, call +263 (0) 779 949 821 or visit the website, wildislife.com. Please note that South African passport holders do not require a visa to visit Zimbabwe.



The F&HE team flew courtesy of fastjet, a low-cost, pan-African airline that offers double daily flights each day of the week – apart from Saturdays when one flight is operated – between Johannesburg's O.R. Tambo International Airport and Harare International Airport. A one-way ticket costs as little as R1 331, inclusive of all government fees and taxes, if you book in advance. Visit fastjet.com for more information.

The F&HE team enjoyed the hospitality of Kingsmead Guesthouse in Harare's upmarket suburb of Borrowdale. A Trip Advisor award winner for 2016 Travellers' Choice, Kingsmead Guesthouse offers a continental- or full English breakfast, with light lunches and dinners on request. Additionally, its tranquil setting and excellent Wi-Fi coverage cater to the business- and leisure traveller alike. Call +263 (0)4 883-892

or +263 (0)772 185 415 or visit kingsmeadguesthouse.com.



## BEETROOT, BAOBAB AND AVOCADO HUMMUS

Serves 4 EASY 10 mins

### THE FLAVOUR COMBINATIONS

500g raw beetroot, trimmed and scrubbed
1 avocado, chopped
30ml (2 tbsp) baobab fruit powder (available at faithful-to-nature.co.za)
2 spring onions, chopped handful coriander/basil leaves
1 red chilli, seeds removed and chopped
30ml (2 tbsp) coconut oil
30ml (2 tbsp) walnuts
salt and freshly ground black pepper, to taste

15ml (1 tbsp) pine nuts, to garnish thyme sprigs, to garnish

### **HOW TO DO IT**

Grate the beetroot and place it in a food processor with the avocado, baobab fruit powder, spring onions, coriander or basil leaves, red chilli, coconut oil and walnuts. Blitz, 2 minutes, until a smooth paste forms, stopping to scrape down the sides a few times. Taste and season accordingly.

2 Spoon the dip into a pretty bowl and sprinkle the pine nuts and arrange thyme sprigs on top to garnish.

### **COOK'S TIP**

This dip is delicious with oven-baked or dehydrated root vegetable chips.

### MINI SPINACH QUICHES

Serves 12 EASY 25 mins

### THE FLAVOUR COMBINATIONS

2 sheets store-bought filo
pastry, defrosted
olive oil, to grease
6 free-range eggs
45ml (3 tbsp) crème fraîche
salt and freshly ground black
pepper, to taste
3 spring onions, chopped
100g spinach, stalks removed
and shredded
4 pickled piquanté peppers, chopped
150g goat's cheese, cut into 12 pieces
24 thyme sprigs



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on each. Pop the muffin tin in the oven, 15 minutes. Remove from oven and transfer the quiches from the tin to a platter or tiered stand. Serve immediately, while still hot.

### **COOK'S TIP**

If serving the quiches cold or taking them to a picnic, be sure to allow them to cool on a wire cooling rack, so as not to get soggy bottoms.

### CARROT CAKE

A Wild is Life speciality! Serves 10 EASY 1 hr + 30 mins, to cool

### **CAKE**

440g sugar
375ml (1½ cups) canola oil
4 eggs
450g cake flour, sieved
10ml (2 tsp) bicarbonate of soda
200g chopped walnuts/pecan nuts
5ml (1 tsp) mixed spice
480g finely grated carrots
200g tinned crushed
pineapple, drained
170g raisins

### ICING

250ml (1 cup) fresh cream 145g icing sugar 2,5ml (½ tsp) vanilla essence 15ml (1 tbsp) fresh lemon juice

grated white chocolate, to garnish orange zest (optional)

### **HOW TO DO IT**

For the carrot cake, preheat the oven to 180°C. Combine the sugar and oil and beat well with an electric mixer. Add the eggs, 1 at a time, and continue beating. Fold in the flour, bicarbonate of soda, nuts and mixed spice until combined. Lastly, fold in the grated carrots, crushed pineapple and raisins.

Bake in a 23cm-round, non-stick cake tin lined with baking paper, 1 hour. Allow the cake to cool completely before turning out.

For the icing, combine all of the ingredients and beat with an electric mixer, until the cream reaches soft peak stage. Wait for the cake to reach room temperature before icing. Decorate with a sprinkling of grated white chocolate and orange zest, if desired.

### **HOW TO DO IT**

Preheat the oven to 180°C. Cut the filo pastry into 10cm squares. Grease a 12-cup muffin tin thoroughly with olive oil. Stack two squares on top of each other in a star formation to form 12 stars. Ease a pastry star into each muffin cup.

2 In a jug, whisk together the eggs and crème fraîche, until fully incorporated, season to taste and add the spring onions. Divide equally among the pastry cases.

To each pastry case, add a little spinach and the chopped piquanté peppers. You want the filling to rise to just below the opening of your pastry case, but be careful not to let it flow over.

Place the 12 pieces of goat's cheese on top of the 12 quiches, followed by 2 fresh thyme sprigs in a cross formation





ON A PERFECT PATERNOSTER DAY, WHEN THE CAPE DOCTOR CATCHES HIS BREATH BEHIND A DUNE, THE SUN DANCES ON THE BRIGHT BLUE EXPANSE, THE LONGEST BEACH STRETCHING OUT IN ONE WHITE LINE... IT IS IN THIS PARADISE YOU'LL FIND WOLFGAT – NATURE PAINTING THE BACKDROP, FAUNA AND FLORA THE MENU

BY RICHARD HOLMES
PHOTOGRAPHS BY BRUCE TUCK

rtisan? Seasonal? Local produce? Kobus van der Merwe doesn't like buzzwords. "They have become completely meaningless," says this talented Paternoster chef, who would rather let his kitchen do the talking.

Over the past five years Kobus has redefined the concept of West Coast cuisine from Paternoster's quaint corner store known as Oep ve Koep, his tiny kitchen turning out groundbreaking dishes inspired by wild ingredients foraged from the surrounding veld and coastline. It's little wonder he has no time for buzzwords.

While his five years at Oep ve Koep allowed the softly spoken chef to slowly refine and polish his culinary philosophy of cooking with indigenous West Coast produce, in late 2016 he rolled up his knives and moved to a new space. Wolfgat was born.

"Oep ve Koep was unplanned and grew organically, but I've always liked the idea of having a blank canvas to work with," explains Kobus. "I'd always thought that if and when the right place came along, at the right time, the next chapter could begin."





That place was a century-old fisherman's cottage on a hill overlooking the beach at Paternoster. All whitewashed walls and shaded stoep, a previous renovation by a local architect had modernised the space without losing its sense of authenticity.

The blend of modernity and tradition on the plate is reflected in the decor of this historic cottage. An industrial steel table doubles as the pass, the only element separating the inside tables from the compact kitchen. Jars of pickles line the shelves, while dried herbs hang from the rafters. Although the dishes being plated may be precise and carefully executed, there's a relaxed and homely feel to the space – both indoors and out on the sheltered terrace.

While Oep ve Koep remains in the family and the garden restaurant there still dishes up a pared-down menu of West Coast dishes, the move to a larger location has allowed Kobus to rethink his approach in the kitchen: "The concept of cooking Strandveld cuisine continues, but with renewed focus. Because I could create the whole experience from scratch, it's all more considered," Kobus sets out.

For, dining at Wolfgat is more of an event than a mere meal. Firstly, there's no à la carte offering, but rather a multi-course set menu of whatever happens to be in season and freshly foraged that morning. "We design it as seven courses, but it often stretches to nine or 10," smiles Kobus. "But they're small bites, devised in such a way that you don't have to taste all the elements of Strandveld cooking in one dish alone.

"I like being able to simplify the plates, so that the entire menu is a bigger composition made up of smaller parts. The overall experience is meant to give you a taste of what we feel represents the indigenous ingredients of the wild West Coast."

That could mean local limpets deliciously done in garlic and white wine or perhaps a poached oyster atop bean purée with local veldkool. Wolfgat is one of the few local restaurants certified to serve sustainably farmed abalone from nearby Jacobsbaai and I loved his innovative "West Coast taco", using a fleshy soutslaai leaf from the field to embrace perfectly cured angelfish.

"I cook very intuitively with whatever I find in my immediate surrounds," explains Kobus. It also makes reservations essential, as the Wolfgat





### FOLLOWING THE BOKKOM TRAIL



kitchen only collects and prepares precisely what's needed for the day's service. "We cook by appointment, so that we don't forage anything that might go to waste."

While relying on foraged foods and hyper-local seasonal produce would make many chefs tremble in their kitchen Crocs, Kobus thrives on the challenge. "Cooking from wild ingredients means you're at the mercy of the elements and whatever is happening out in the veld. It's limiting in a way, but makes you appreciate it when you have things at your disposal," he stresses. "It's challenging, but I do find that it makes you more creative in the kitchen. Necessity is the mother of invention."

A good example is the local seaweed used increasingly at Wolfgat. With the ongoing drought affecting what can be found in the field, Kobus has made a deliberate effort to cook with the seaweed abundant along the West Coast. "It's nutritious, undiscovered and unappreciated!" enthuses Kobus, who raves about klipkombers – from the same family as Japanese nori – for its silky texture and umami-packed flavour.

The focus on indigenous produce has also seen Kobus delve into the rich cultural traditions of the West Coast. While the cookbooks of celebrated



### KOBUS'S FORAGING TIPS

Always forage with permission or a permit, and never pick something by identifying it from a mere picture or description. Forage with someone who knows what is being collected.

In the city it's not always pristine enough to forage wild produce; be careful where you decide to pick.

The simple truth is we don't have enough for everyone to be foraging, so also **consider planting an indigenous food garden** that gives you the same flavour pantry.

If you're going to forage for wild ingredients, **pick something that's prolific**.

author C. Louis Leipoldt are a major influence, many of the items on the current menu have been inspired by the work of Renata Coetzee, an expert on traditional food cultures.

"I'm finding the early histories really inspiring at the moment and Renata's research into Khoi culture and how they lived off the land is fantastic.

Every time I open one of her books, I discover some inspiration – it sparks my imagination for new dishes."

With an ever-changing menu in a gorgeous location, it's clear there's no shortage of West Coast imagination on offer at Wolfgat.

10 SAMPSON STREET, PATERNOSTER; WOLFGAT.CO.ZA



# Surf's UD!

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OODSHOME

# AS AUTUMN LEAVES START TO FALL...

WE'VE RAKED
TOGETHER EASY
TO NAVIGATE,
SIMPLE TO
MAKE RECIPES,
TOGETHER WITH
ENTERTAINING
TIPS AND
ST PATRICK'S
DAY IDEAS –
CLICK AWAY!

### 1 PANTRY STAPLE, 3 WAYS!

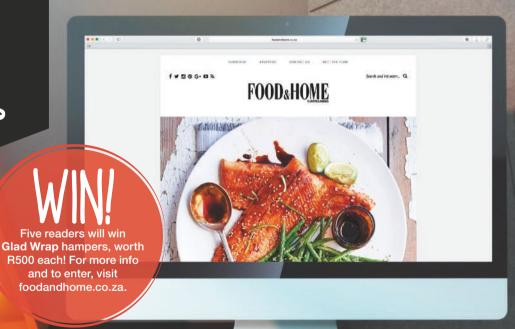
We're going back to the pantry and serving up three quick and easy dishes with a staple ingredient we all have in our kitchen cupboards. Think cinnamon, instant coffee, Dijon mustard, condensed milk and more. Come hungry... you'll want to indulge!

### #ENTERTAINLIKEAFOODIE

Having guests round for a meal has never been easier! We're whipping up delicious eats and treats to make entertaining a breeze.

### ST PATRICK'S DAY

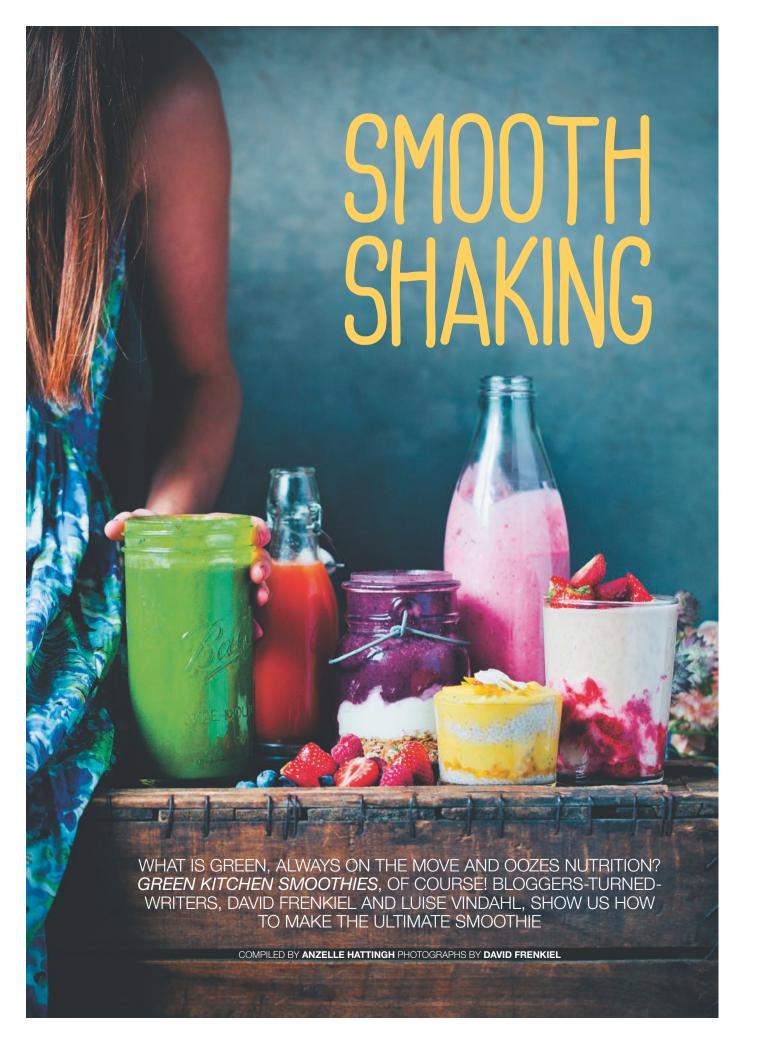
Leaping leprechauns! We're pushing our luck this March with a well of St Patrick's Day feastings that will never run dry. Explore our Irish dishes that are bound to fill your heart with gladness and glee!



### DON'T FORGET...

Follow us on Facebook (FoodandHomeEntertainingMagazineSA), Instagram (@foodandhomesa) and Twitter (@FHEMag) to be the first to know about exclusive recipes and online competitions.

You really don't want to miss out this March!





irst came Green
Kitchen Stories:
"the healthy
vegetarian blog"
(greenkitchenstories.
com) of David Frenkiel
and Luise Vindahl, the pure
goodness branching out to
their first published title,
The Green Kitchen, followed
by Green Kitchen Travels. From
this seed, deeply rooted in health
enthusiasts' hearts, grew the lush
(and luscious) third yield of the

crop, *Green Kitchen Smoothies*. The venture of green, nutritious, real, whole, wholesome food shows Mother Nature's ability to grow, nurture and let flourish – David and Luise simply the messengers.

David, a magazine art director by day and Luise, a qualified nutritional therapist, met one fine day in Rome, and today are parents to Elsa (6) and Isac (almost 2), living happily ever after in Stockholm, Sweden.

As most wholefood bloggers, workaholics and workers on the run will

profess, smoothies are the best way to get that quick fix sustenance and subtle nutrition in a busy day, pre- or postworkout or for a healthy snack when the craving hits just before dinner. Hey, why not have a smoothie for dessert (from Melbas, parfaits or lattes, to affogato and semifreddo) or, of course, juices for cleansing the system? This little book provides "simple smoothies" as well as "showstoppers" (including upsidedown breakfast bowls!) – the latter simpler than you'd imagine.

In Green Kitchen Smoothies: Healthy and colourful smoothies for every day, it is clear that smoothies hold more than breakfast ability – with the right combination, they turn into anti-inflammatory potions, hangover cures, hot toddies and detoxifiers before or after the clock strikes 12.

### PUMPKIN PIE SMOOTHIE

SERVES 2 or 4 small servings

Summer is obviously our favourite season to indulge in smoothies, but autumn and winter also offer fruit and vegetables that are great. Take pumpkins and squashes for instance. When roasted and mixed into a purée, they have the perfect texture and sweetness for smoothies and can be used as an alternative to banana. Here we have added all the classic pumpkin pie spices to create a lush drink that looks beautiful with a little extra purée at the bottom of the glass. With the leftover purée you can make a soup, stir it through a risotto, use it in place of sweet potato in our Sweet Potato Gnocchi or even in our delicious Pumpkin and Almond Waffles (see Green Kitchen Travels). You can also use tinned pumpkin purée for this smoothie, in which case you can skip the first two paragraphs of the recipe method.

### FOR THE PUMPKIN PURÉE

1 small Hokkaido pumpkin, red kuri squash or butternut squash (or 1 x 400 g/14 oz tin pumpkin purée)

### FOR THE SPICED PUMPKIN SMOOTHIE

4 tablespoons pumpkin purée 2–4 soft dates, pitted



1/4 teaspoon ground cinnamon 1/4 teaspoon ground ginger pinch ground nutmeg pinch ground cloves 250 ml (8½ fl oz/1 cup) walnut, almond & sesame milk (see Basic Nut Milk, page 94, or milk of choice) pinch sea salt

### **TO SERVE**

### pumpkin purée

To make the pumpkin purée, preheat the oven to 200°C/400°F/Gas mark 6 and line a baking tray with parchment paper. Cut the pumpkin into quarters, scoop out the seeds and fibrous strings and place cut-side down on the baking tray. Bake for approx. 25–45 minutes (depending on the size of the pumpkin) or until the skin is golden and bubbled and the flesh is tender. Set aside to cool.

Spoon the flesh of the pumpkin into a food processor and process on a high speed until completely smooth. Store in the fridge in an airtight container for up to 5 days, or in the freezer.

When ready to make the smoothie, add 4 tablespoons of the fresh or tinned pumpkin purée to a blender with all of the spiced pumpkin smoothie ingredients and blend on a high speed until completely smooth. Taste and adjust the sweetness to your liking by adding more dates if necessary.

Add a generous dollop of the purée to the base of two medium-sized glasses or four small ones (two of which are featured in the photo). Pour the pumpkin smoothie on top and serve cold.

### THREE GREEN JUICES

What I really love about green juices is how fresh they are. I can't understand how orange juice, apple juice and other purely fruit juices have reached such popularity, when, in fact, most juices taste so much better balanced with some greens or vegetables. I realize that it might seem exaggerated to squeeze three sorts of green juices in one small chapter, but they are all very different in flavour and we just couldn't











rule any out. One is fresh and sharp, one is entirely vegetable-based and thus not sweet at all, and one has a delicious tropical sweetness to it. LUISE

(F&HE chose the Sweet Kale juice.)

### SWEET KALE

SERVES 1 NUT-FREE

This kale-packed juice has a touch of sweetness from the apples and a fresh punch from the fennel, ginger and lemon. It is a juice recipe that has been on rotation for years in our home and it's still going strong.

60 g (2 oz/2 cups) kale, stems removed (organic if possible) 2 small apples, cored (approx. 200 g/7 oz) (organic if possible) ½ small fennel bulb, trimmed (approx. 60 g/2 oz) ½ small lemon, peeled and pips removed (approx. 30 g/½ oz) 1 knob fresh ginger, peeled (approx. 15 g/½ oz)

Wash all of the ingredients and chop them to fit your juicer.

Feed all of the ingredients through the mouth of the juicer one by one, alternating between the fibrous (kale, ginger) and juicy (lemon) ingredients, while using the hard ingredients (apples, fennel) to push everything else through.

Taste and adjust the flavours to your liking.

Stir well, pour into a medium-sized glass and serve cold or store in a medium-sized sealable glass jar or airtight glass bottle (as featured in the photo) to take on the go.

# SPICY APPLE & CARROT 'HOT TODDY'

SERVES 2 NUT-FREE

With our long Scandinavian winters, we wanted to include at least one warm juice.

This sweet and spice-infused apple and carrot 'hot toddy' is a perfect nightcap, a soothing cold and flu remedy or simply a comforting treat on a miserable cold and wet day.

4 small apples, cored (approx. 400 g/14 oz) (organic if possible) 2 large carrots, tops removed and peeled (approx. 300g/10½ oz) 1 knob fresh ginger, peeled (approx. 15 g/½ oz) ½ teaspoon ground cinnamon ¼ teaspoon ground nutmeg pinch ground cardamom pinch ground cloves

### **TO SERVE**

### ground cinnamon

Wash the apples, carrots and ginger and chop them to fit your juicer.

Feed them through the mouth of the juicer one by one, alternating between the fibrous (ginger) and juicy (apples) ingredients, while using the hard ingredient (carrots) to push everything else through.

Taste and adjust the flavours to your liking.

Pour the juice into a saucepan and mix in the spices. Bring to a gentle simmer and remove from the heat.

Stir well, pour into two medium-sized mugs (as featured in the photo), finish with a sprinkling of cinnamon and serve straight away.

**TIP:** For a winter punch, try adding a dash of rum to the finished 'hot toddy' (1 part rum to 4 parts juice).

### VIRGIN MARY HANGOVER CURE

SERVES 2 NUT-FREE

We have close friends in London who always take us out for brunch at the weekend whenever we visit. When eating out, they often order Bloody Marys, while at home they make the most delicious fresh juices. So this is my perfect drink for them (and anyone else of course). A non-alcoholic juice version of the Bloody Mary, this Virgin Mary features all the usual suspects, plus a few healthy added extras, including a kick of fresh ginger. We serve it in a sexy salt-rimmed glass filled with ice cubes and topped with freshly ground black pepper and oregano sprigs.

3 plum tomatoes or 24 cherry tomatoes (approx. 300 g/10½ oz) (organic if possible)
1 celery stalk with leaves (approx. 50 g/2 oz) (organic if possible)
½ red (bell) pepper, core and seeds removed (approx. 90 g/3¼ oz) (organic if possible)
1 knob fresh ginger, peeled (approx. 15 g /½ oz)
2 sprigs fresh oregano
1 teaspoon organic unfiltered apple cider vinegar
3 drops Tabasco sauce
2 pinches sea salt

### **TO SERVE**

lime juice coarse sea salt ice cubes freshly ground black pepper fresh oregano sprigs

Wash the tomatoes, celery, pepper, ginger and oregano and chop them to fit your juicer. Feed them through the mouth of the juicer one by one, alternating between the fibrous (oregano, ginger) and juicy (tomatoes, pepper) ingredients, while using the hard ingredient (celery) to push everything else through.

Stir in the apple cider vinegar, Tabasco and salt. Taste and adjust the flavours to your liking.

Stir well, pour into two medium-sized glasses rimmed with lime juice and salt\* and filled with ice cubes (one of which is featured in the photo). Finish with a sprinkling of black pepper and a sprig of oregano and serve.

\*To rim your glasses, on a saucer create a circle of salt bigger in diameter than the rims of your glasses. Moisten the rims of the glasses with lime juice and turn them upside down to dip in the salt.





### BASIC NUT MILK

MAKES 1 LITRE 1¾ PINTS/4 CUPS

This is our standard recipe for nut and seed milk. We always start with these proportions and, depending on which nuts or seeds we are using, add sweetener to some and spices to others. For a thinner, subtler and more affordable milk, try adding an extra cup of filtered water.

150 g (5 oz/1 cup) raw nuts of choice (or a combination of nuts and seeds) (plus filtered water for soaking\*) 2–4 soft dried dates, pitted (optional) ¼ teaspoon vanilla powder or 1 teaspoon vanilla extract (optional) 1 litre (1¾ pints/4 cups) filtered water ¼ teaspoon sea salt

Place the nuts in a bowl, cover with filtered water and soak for 8–12 hours in the morning or overnight.

Drain and rinse the nuts, discarding the soaking water. Add them to a blender along with the rest of the ingredients.

Blend on a high speed until completely smooth. Taste and adjust the sweetness to your liking by adding more dates if necessary (if using).

Strain the nut milk through a nut milk bag, piece of cheesecloth or a fine-mesh sieve\*\* and store in the fridge in a large glass carafe with a lid/stopper. It can keep for a few days in the fridge, if sealed.

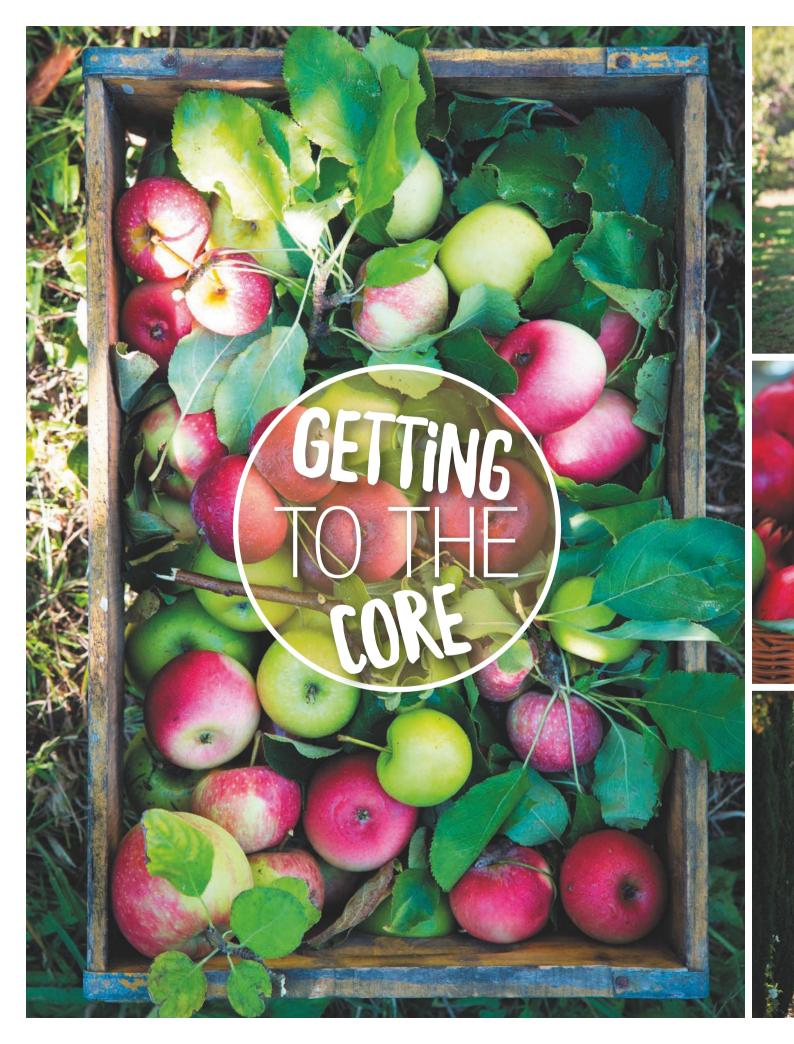
\* To reduce the phytic acid levels in nuts and seeds, soaking is important.

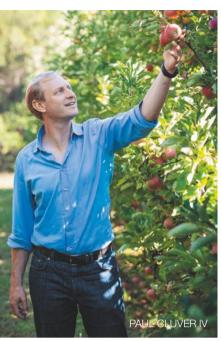
All grains, nuts and seeds contain varying quantities of phytic acid, which affects the mineral absorption in the body. Small amounts of phytic acid aren't unhealthy, but reducing your overall intake is important as it will help you absorb the minerals from the food you're eating.

TIP: A nut milk bag is a little bag that filters pulp from nut milks, making them entirely smooth and creamy. Nut milk bags can be found in larger kitchen stores or online. You can also replace them with a thin cloth over a fine-mesh sieve.













EVE COULDN'T RESIST IT. SNOW WHITE MISJUDGED IT. WILLIAM TELL AIMED FOR IT. WHAT DOES PAUL CLUVER HAVE IN COMMON WITH FELLOW LEGENDS AND IDOLS? THEY ALL SHARE A FIXATION WITH THE **FORBIDDEN FRUIT! IN** THE CORE OF APPLE COUNTRY LIES PAUL CLUVER WINES. PAUL JNR LEADS US ON AN APPLE ORCHARD FIELD TRIP OF APPLES IN WINE AND COOKING

BY MALU LAMBERT
PHOTOGRAPHS BY MYBURGH DU PLESSIS
STYLING BY BIANCA DAVIES

have a feeling we're in apple country. Our car dips into the mountain-ringed Elgin Valley – lush and green, fruit orchards and vineyards border the roads. We spy bright pools of water among the fir trees as we zip past.

This fertile stretch of land is about 70km from Cape Town. It's home to one of South Africa's favourite soft drinks (Appletiser), mountains of fresh produce and some of the country's most acclaimed cool-climate wines. You'll find 16 wine estates along this route. Today, we're heading to Paul Cluver Wines, one of the pioneering estates of the area in both winemaking and sustainable farming.

We heard a rumour that Paul Cluver (Junior) is a dab hand in the kitchen. Seeing as the estate also produces apples and pears, he's offered to cook us a lunch using apples as the hero ingredient.

We arrive and the day is as crisp as the farm's harvest. We explore the vegetable patch; gleaming pomegranates, fat artichoke plants and of course, apples – I pick a Pink Lady straight off a tree.

We swap the morning sunshine for the musty gloom of the wine cellar. Winemaker Andries Burger greets us here. Tall and slim, he guides us into the barrel maturation room. "I've worked here for 20 vintages. I don't have much of a choice," he laughs. It's a family affair. Four of the five siblings work for the estate, taking over from their parents, Paul and Songvei. In a nutshell: Paul Cluver IV is managing director, Liesl is marketing director, Karin is production manager (orchards) and the financial manager, Inge, is married to Andries.

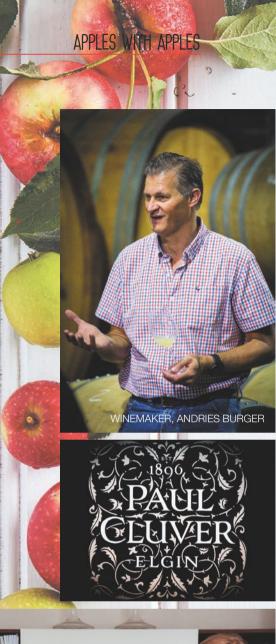
"A major advantage of working here for two decades is that I can almost predict how certain vineyards are going to act in comparison to previous vintages." Andries slips a wine thief into a barrel. "Now let's taste some wine."

We taste through different vintages of the same wines from their barrels – chardonnay, pinot noir and riesling. When it comes to one of the rieslings, perhaps it's my imagination, but I taste apples. Andries smiles at this and says: "All of our rieslings have an authentic apple character."

Talking about wine styles, he notes he's not big on using a lot of new oak: "Too many wines jump out at you. Balance is the key factor. Rather make a wine with more restraint, so that people want to go back to the glass to further discover it. More understated wines will always be better food wines."

And he should know. Andries is almost as comfortable in the kitchen as he is in the cellar. Almost. "Both Paul and I have a passion for cooking. Most winemakers do." Normally at lunchtime, whomever of the family is present will make a point of eating together, usually in the farm's office. Today, though, we head up to Paul's home where he's been prepping since morning.

"We made ice cream!" These are the first words from an exuberant Paul when he opens the door to his home. Situated high up on the estate, the manor has breathtaking panoramas. We're ushered into the kitchen, where his sister Liesl has been put to task making the salad. Paul returns from fetching the ice cream. "Here," he





beams, offering me a spoon loaded with the caramel treat. "We made it with eggs from the farm."

There are apples everywhere – in bowls, on chopping boards, in hands being devoured. "I grew up as an apple farmer." The farm has been in the family since 1896. "I knew one day it was going to be my responsibility," Paul affirms.

Paul has light blonde hair and pale blue eyes – and almost always a very big smile. There's much teasing going on in the kitchen as the pork sizzles and sears in a pan. Andries is on hand to pour us glasses of chardonnay as we chat about Paul's love of food and wine: "I come from a family of foodies. My mom is an incredible chef, although I only started cooking when I went to university. I lived with four guys and we took turns cooking. What was his signature dish then? "Pork stroganoff."

His passion for cooking only grew from there, helped along by *Cook with Jamie*, which he got from friends. "One of the first chefs I befriended was Bruce Robertson." Paul says Bruce would often come to the farm and cook for the whole family. "He'd invite himself over with the simple words: 'I'm coming to cook something lekker.' How can you not fall in love with food surrounded by people like that?"

We're doing wine pairings on the fly. For the radish and apple salad, Andries counters its sourness with Close Encounter Riesling (with a little more sweetness than the Dry Encounter).

The pork belly, which has been cooked in cider, proves to be a match for the pure fruit of the Estate Pinot Noir. "Pairing wine with apples is very difficult," muses Andries as we sip and taste: "The high acidity brings out tartness in the wine. Plus it also cleanses your palate. The trick? Just like in winemaking, the answer is balance. Balance the tartness of the apple with a slightly sweeter wine, or complement the fruit with richness, just like you would with the combination of apples and pork."

We gather round the kitchen table for lunch. There are dozens of family photos on the walls. Many are of Paul and his wife, Alexandra, whom he met at a wine show in London (Alexandra, a high-flying attorney, is at her office in Cape Town working while we lunch). "I love her passion for life, for exploring," Paul enthuses. The photos are

testament to this and show the couple in locations all over the world.

The pair, who bond through a love of food, wine and travel, are parents to 14-month old Maximilian, who, if his parents are anything to go by, will grow up to be a foodie with a particular fondness for sushi dinners. It won't surprise me. The apple doesn't fall far from the tree.

DE RUST ESTATE, KROMCO, N2, GRABOUW, WESTERN CAPE; 021-844-0605; CLUVER.COM

### APPLE & RADISH SALAD WITH HERBS, HAZELNUTS AND MINT

Inspiration from tastingtable.com Serves 2 – 4 EASY 20 mins PAIR WITH Paul Cluver Close Encounter Riesling

### THE FLAVOUR COMBINATIONS

75g hazelnuts
Maldon Sea Salt, to taste
15ml (1 tbsp) butter
15ml (1 tbsp) honey
30ml (2 tbsp) olive oil
2 green apples, thinly sliced
2 small radishes, thinly sliced
handful mint leaves, torn
1 fennel bulb, tops trimmed
and bulb thinly sliced
45ml (3 tbsp) white wine vinegar
2,5ml (½ tsp) lemon zest
25ml fresh lemon juice
salt and freshly ground black
pepper, to taste

Parmesan shavings, to serve





### **HOW TO DO IT**

Toast the hazelnuts with the Maldon Sea Salt in a frying pan over mediumhigh heat. Once golden brown, remove the nuts from the pan. Melt the butter and honey in the same pan. Add the nuts and cook until well coated and sticky. Remove from pan and set aside to cool. Toss the remaining ingredients,  $\angle$  except the Parmesan shavings, together in a large bowl. Season to taste. To serve, place the apple slices on a Iarge platter, arranging the radishes, mint leaves and fennel as a second laver. Top it off with the Parmesan and toasted hazelnuts. Serve immediately to avoid the apples browning.

# ROASTED PORK LOIN MEDALLIONS WITH CLUVER & JACK CIDER SAUCE

Inspiration from Food Network Kitchen Serves 4 EASY 1 hr 20 mins PAIR WITH Paul Cluver Estate Pinot Noir

### THE FLAVOUR COMBINATIONS

drizzle olive oil
1kg pork loin
salt and freshly ground black
pepper, to taste
1 onion, peeled and sliced
2 carrots, peeled and sliced
2 stalks celery, sliced
3 garlic cloves, peeled and sliced
3 sprigs thyme
3 sprigs rosemary + extra, to garnish
60ml (4 tbsp) unsalted butter
2 apples, cored, peeled and sliced



30ml (2 tbsp) apple cider vinegar 250ml (1 cup) Cluver & Jack Cider 30ml (2 tbsp) wholegrain mustard

roast potatoes, to serve (optional)

### **HOW TO DO IT**

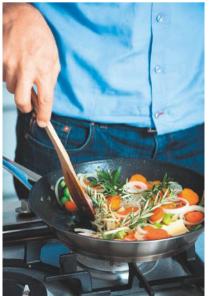
Preheat the oven to 180°C. Heat the olive oil in an ovenproof pan over high heat. Season the pork loin to taste. Sear the seasoned meat in the pan on both sides, about 3 minutes per side. Remove the meat and allow to rest. Add the onion, carrots, celery, garlic, thyme, rosemary and 30ml (2 tbsp) of the butter to the pan and brown. Stir in the apple slices. Add the seared meat to the centre of the pan, allowing the juices to collect. Transfer the pan to the oven and roast the loin, about

30 minutes, or a bit longer if the meat is preferred more well-done. Remove from oven. Transfer the loin and all of the vegetables and apple from the pan to a suitable container, leaving the juices in the pan. Cover the meat and vegetables with foil and set aside.

Return the pan with the juices to medium-high heat on the stove, adding the apple cider vinegar and scraping up any browned pieces. Reduce by half and add the Cluver & Jack Cider. Reduce by half again. Remove the pan from the heat, and whisk in the wholegrain mustard and the remaining butter. Season to taste.

To serve, cut the loin into medallions and arrange the meat atop the apple and vegetable mixture. Drizzle some of





the sauce over the meat and serve the remaining sauce alongside the pork loin medallions. Serve with roast potatoes, if desired, and garnish with the extra rosemary sprigs.

### CLASSIC APPLE TARTE TATIN WITH SALTED CARAMEL ICE CREAM

Serves 6 A LITTLE EFFORT 35 mins + 8 hrs, to freeze
PAIR WITH Paul Cluver Noble
Late Harvest

THE FLAVOUR COMBINATIONS
SALTED CARAMEL ICE CREAM
200g sugar
30ml (2 tbsp) maple syrup



50g unsalted butter
10ml (2 tsp) vanilla seeds
5ml (1 tsp) pink salt flakes
500ml fresh cream
100ml full cream milk
4 eggs
150g dark chocolate, chopped

### **TARTE TATIN**

220g sugar
3 Granny Smith apples, peeled, cored and wedged
140g unsalted butter salt, to taste
400g sheet store-bought puff pastry, defrosted mint leaves, to garnish

### **HOW TO DO IT**

For the ice cream, one day before serving, place the 200g sugar, maple syrup, 50g butter, vanilla seeds and salt flakes in a medium pot over medium heat, without stirring, until a caramel forms. Add the cream, milk and eggs and simmer over medium heat, whisking continuously, until the mixture just boils and thickens. Allow to cool, then churn in an ice cream maker according to the manufacturer's instructions, 30 minutes. Alternatively, if an ice cream maker is not available, place the cream mixture in a freezer-proof bowl and freeze to firm up, about 2 hours. Just before frozen (it will be thick but still pourable), beat with an electric mixer until smooth and fluffy. Fold through the chocolate chunks. Transfer the ice cream mixture to a 1-litre loaf tin. Place the loaf tin in the freezer, 6 hours or overnight.

Por the tarte Tatin filling, preheat the oven to 180°C. Melt the 220g sugar in an ovenproof round pan over mediumhigh heat. Keep an eye on the sugar to



ensure it doesn't burn: the consistency should be syrupy and caramel in colour. Once syrupy, add the apple wedges to the sauce, arranging them in a circle. Cook the apples until caramelised, about 10 minutes. Leave the apples in the pan, spooning the 140g butter on top and adding a sprinkling of salt.

To assemble the tarte, drape the puff pastry over the pan with the apples. Tuck the edges in so that no apples are exposed. Transfer the pan to the oven and bake, 45 minutes, until the pastry is golden brown in colour.

Remove the ice cream from the freezer, 10 minutes before serving, to soften. Remove the tarte from the oven. Place a plate over the pan and invert the tarte Tatin by turning them both over (so you end up with the pan on top and the plate at the bottom).

To serve, arrange the apples to look presentable. Be sure to serve the tarte Tatin warm with scoops of the ice cream and garnished with mint leaves.







# Bienvenue à Lyon PHOTOGRAPHS BY RICHARD HOLMES AND FOTOLIA FROM THE RUSH OF THE RHÔNE TO THE WELCOMING HOSPITALITY OF THE BOUCHONS, RICHARD HOLMES DISCOVERS LYON, THE GOURMET CAPITAL OF FRANCE, WHICH PLATES UP A VARIETY OF CULINARY EXCELLENCE WITH GLOWING WARMTH 102 FOOD&HOME ENTERTAINING MARCH 2017



he Saône is flowing fast beneath Pont Bonaparte. Unseasonal rains have swollen the river, as it rushes headlong towards its confluence with the Rhône a few kilometres downstream. Ahead of me lies the ornate hilltop abbey of Notre-Dame de Fourvière. Locals call it "the hill that prays"; while to the north the old silkweaving district of La Croix-Rousse is "the hill that works".

But I haven't come to Lyon to pray or work. Rather, to eat. For, the second-largest city in France punches above its weight when it comes to culinary prowess. Much of the credit for its long culinary heritage goes to the trade and commerce that has long coursed upon these two rivers charging south towards the Mediterranean.

That stroke of geographical good fortune also landed Lyon in the centre of rich agricultural lands. To the west the hills of Auvergne and the Ardèche are home to rich fruit orchards, while the ever-present winds allowed early farmers to dry the area's famous charcuterie. To the north and south, vineyards grace the hills of Beaujolais and the Rhône valley, and wine has been made here since Roman times. Not far from the city, the Bresse region is famous for producing the finest – and most expensive – poultry in all of France.

All of which feeds into Lyon's dynamic culinary scene, where regional produce takes pride of place everywhere from Michelin-starred restaurants to local bistros. In the backstreets near Place des Jacobins, I find my first taste at Café Terroir, where our meal begins with a rustic board of cured saucisson de Lyon and a glass of Beaujolais, and ends with roughly chopped steak tartare of Charolais beef, and Alpine cheese.

But for a true taste of the region's best produce, I take a stroll down the Cours Lafayette to where a six-storey mural of acclaimed Lyonnaise chef, Paul Bocuse, gazes down at Les Halles de Lyon Paul Bocuse.

"The market first opened in 1971, but it was completely renovated in 2006 when it was named for Monsieur Bocuse,"



explains Anne Ravet, who offers guided tours of the market. "Bocuse himself often shopped here and he's like a god in this market. He's the pope of gastronomy!"

Today, this gleaming modern food market is home to 58 shops and employs some 300 people every day. A far cry from the rustic street markets beyond, Les Halles feels more like an upmarket mall, where shoppers wander from the oysters of Maison Pupier to the cuts of beef and lamb from Trolliet, arguably the best butcher in town.

"A stall here is a mark of quality for local shopkeepers," says Ravet, as we ogle at the chocolates of Sébastien Bouillet, who has shops in both Lyon and Tokyo. That's certainly the case for Sibilia, one of the most sought-after charcutiers in the city, where rows of cured saucisse hang above fridges of their signature pâté en croûte, the rich brioche crust encasing a pâté of pork, duck and – for the pricey "Richelieu" option – foie gras.

Les Halles Paul Bocuse is an integral part of Lyon's modern-day food landscape, matched only by the historic bouchons the city is famous for. Originally begun by the cooks left unemployed after the fall of the aristocracy, today "bouchon" is a watchword for generous portions of uncomplicated traditional cooking.

A short walk from Les Halles, I find lunch at respected bouchon, Daniel & Denise, where the menu is a masterclass in traditional Lyonnais cuisine. I start with a fresh fromage blanc whisked with shallots and dill, served on toasted bread. Next, it's a slice of superb pâté en

croûte, the fattiness offset by a crisp green salad. Then two eggs arrive, poached in red wine and served in a gravy of bacon and shallots. In a final bid to finish me off, the waiter brings quenelle: a traditional dish much like a soufflé, but made with pike from local waters. Typically served in a rich nantua crawfish sauce, this is comfort food for cold winter months.

"A proper bouchon offers a traditional taste of Lyon; it's about generous food using authentic recipes from the region," explains chef Joseph Viola, President of Les Bouchons Lyonnais certification

### BOUCHON (BOO-SHAW<u>N</u>):

Passing through Lyon in the 17th and 18th centuries, silk workers would stop over at inns, known as bouchons. These eateries are characterised by a charismatic, hospitable owner, a cosy atmosphere of "coming home", traditional Lyonnais cooking (think pork, pâtés, terrines, saucisses and other charcuterie), complete with a carafe of local wine.

### HOME OF BOCUSE AND BOUCHONS

association, who runs three lauded bouchons in the city. Impressively, all three have received a Bib Gourmand (good quality, good value cooking) from the Michelin Guide.

For, whenever it comes to eating in France, talk soon turns to Michelin. In the region there are 91 chefs with at least one star; seven of whom boast the coveted three-star rating. That includes Maison Pic, an hour to the south, where chef Anne-Sophie Pic is the only woman in France to hold three Michelin stars.

North of the city, Paul Bocuse's L'Auberge du Pont de Collonges has held three stars since 1965 and while some hail it as the spiritual home of French cooking, others lament it as old-fashioned and out of step with modern trends.

At the Institut Paul Bocuse on Place Bellecour, locals and tourists glimpse a decidedly modern taste of the famed chef's cuisine. An offshoot of the Institut's main campus beyond the city, here students gain practical experience in both the five-star Royal Hotel and the trendy ground-floor bistro l'Institut restaurant-école, which is open for lunch and dinner. Upstairs, two luxurious training kitchens offer half- and full-day culinary experiences in the company of the Institut's highly skilled chefs.

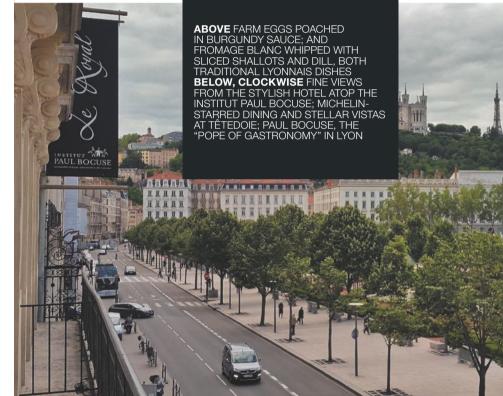
But there's little time for tying an apron; I have a date with a Michelin star of my own. On the steep streets of St Jean, chef Christian Têtedoie's eponymous restaurant offers up remarkable modern French cuisine in a restaurant boasting some of the finest views in the city.

Those stellar views are matched by superb service and a menu inspired by local produce from the city Christian dubs "a first class pantry". Think duck liver parfait with green asparagus and lemon marmalade jelly, or John Dory swimming in a foam of rich meunière sauce alongside seasonal legumes.

Têtedoie may be decidedly fine dining, but in the generosity on the plate and the warm service, it's a perfect mirror for the culinary culture you'll find anywhere in Lyon. Throw in glittering panoramas, with the Rhône and Saône slicing through the city, and there are perhaps few better places to enjoy a taste of the gourmet capital of France.

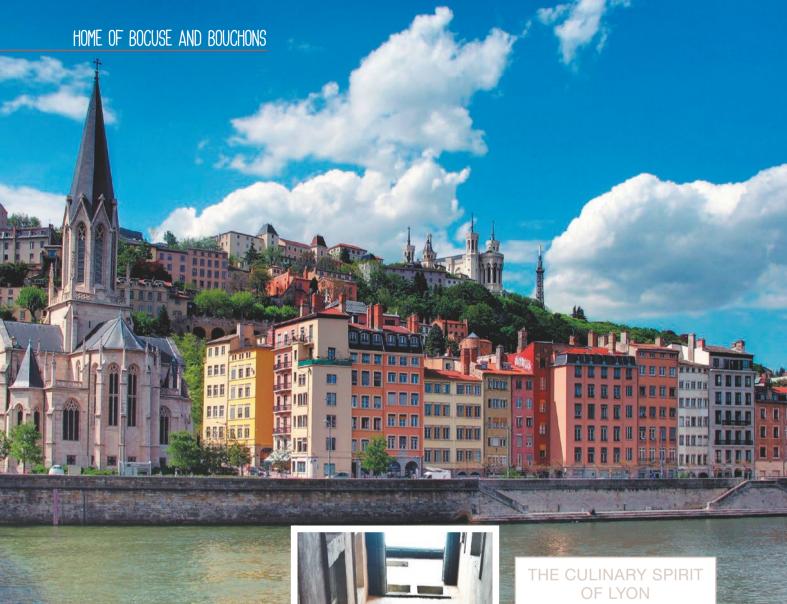












### TRAVEL ADVISORY

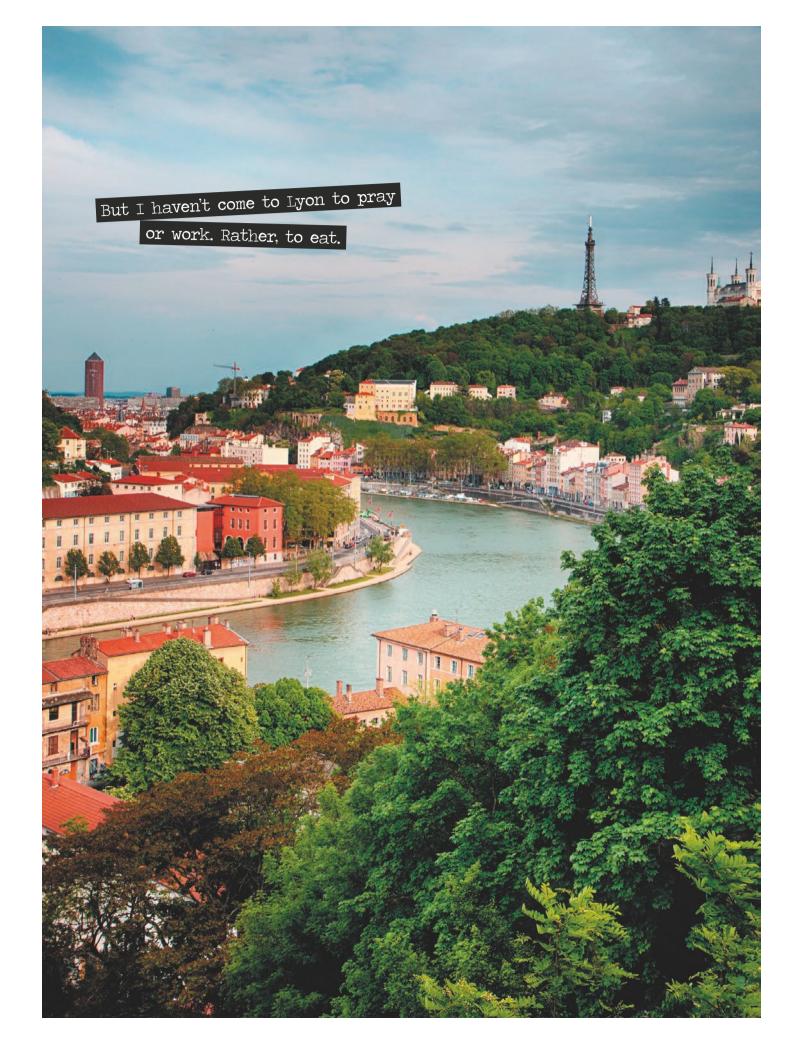
CURRENCY: Euro. R14,54/€1 Visas: South African passport holders require a Schengen visa to visit France (consulfrance-jhb.org). GET PREPPING: Plan your visit (en.lyon-france.com or email info.za@atout-france.fr).

**GETTING THERE:** Air France flies daily from Johannesburg (and from 26 March, Cape Town) to Lyon via Paris (airfrance.co.za).

**SEE THE CITY:** A Lyon city card offers entry to museums and city attractions, along with free public transport on the excellent metro, bus and tram network (lyoncitycard.com).



- Old and new combine to form the zeitgeist of Lyon's culinary scene. While restaurants like La Mère Brazier and Prairial (both Michelinstarred) are breaking new culinary ground in the city, **bouchons** remain the heart and soul of Lyon's authentic menus. Look for the sign of "Les Bouchons Lyonnais" for the best examples in the city.
- Lyon is quick to tap into global trends too. **There's a growing coffee culture** there: my favourite was Slake, a few steps from Place des Jacobins. The French diaspora also finds a home in Lyon, with excellent Vietnamese restaurants, like Nam Sandwich near the Rhône.
- But whichever cuisine you opt for on the night, expect an allconsuming reliance on and respect for the **best regional produce**.



# Garb curb

THE WORLD AS WE KNOW IT IS BECOMING MORE CARB CONSCIOUS. F&HE IS CASTING OUR BREAD UPON THE WATERS, AIDING YOU IN THIS JOURNEY TO MAKE CLEVER CARB CHOICES

RECIPE AND STYLING BY CLAIRE FERRANDI

ASSISTED BY **NOMVUSELELO MNCUBE** PHOTOGRAPH BY **DYLAN SWART**DIETARY ADVICE BY **MARYKE GALLAGHER**, RD SA (BSC DIET, MNUTR)

# BABY MARROW AND KINGKLIP GREEN CURRY PARCELS

This is the most amazing, quick weeknight supper. All the flavour is contained in one nutritious little parcel – and following this method eliminates the hassle of having to wash a pot! Using baby marrow ribbons, instead of pasta, lowers the total energy and carbohydrate content of this meal and makes it suitable for individuals avoiding wheat and gluten (although green curry paste is generally wheat- and gluten free, it is advised to read labels carefully). To increase the omega 3 content of this meal, kingklip can be replaced with trout portions
Serves 2 EASY 30 mins

## THE FLAVOUR COMBINATIONS

2 x 250g portions sustainably caught kingklip, skin off and deboned 60ml (4 tbsp) green curry paste (or a little less, if you don't enjoy too much spice) zest of 1 lime 140g baby marrow ribbons 2 leeks, washed and finely sliced 30ml (2 tbsp) coconut milk 30ml (2 tbsp) fat free milk salt and freshly ground black pepper, to taste

roughly chopped coriander leaves, to serve lime wedges, to squeeze

a few drops sesame oil fresh pea shoots, to garnish (optional)

## HOW TO DO IT

Preheat the oven to 200°C. Place each piece of fish in the centre of a large 25cm foil square. Turn up the edges of the foil to create a little parcel, which will contain the liquid and ingredients.

Top each piece of kingklip with half of the green curry paste and rub it onto the fish, followed by a little lime zest, a handful baby marrow ribbons, the sliced leeks, coconut milk and fat free milk (divide the ingredients between the parcels). Season well and crimp the top of the foil parcels to enclose the fish, making sure there are no gaps for the steam to escape.

Place the fish parcels in a roasting dish and bake in the preheated oven, 10 – 15 minutes. Check to see if the kingklip is cooked after this time has passed and return to the oven for a few minutes more, if needed.

Serve with chopped coriander, lime wedges for squeezing, a few drops sesame oil and garnish with pea shoots, if desired.







# DO THE RISKS OF EATING FISH OUTWEIGH THE BENEFITS?

Modest consumption of fish (one to two servings per week), especially fish higher in omega 3 fatty acids, reduces the risk of death from heart disease by 36% and total mortality by 17%. But in recent years, concerns have been raised about possible pollutants found in fish, like methylmercury, dioxins and polychlorinated biphenyls (PCBs).

Methylmercury can cross the placenta and high exposure (from industrial pollution) has been linked to abnormalities in neurological development. However, exposure to lower doses, as found in polluted fish species, has shown mixed results in several studies. In some cases, the benefits of consuming omega-3-rich fish species on neurological development outweighs the possible risk of low level intake of pollutants. Because of this, various authorities don't recommend total avoidance of all fish types, but encourage women of childbearing age and children four years and older to consume at least two portions of fish per week, one of which should be oily (if you have a high risk for heart disease, eat at least three portions per week, two of which should be oily). Please note that predator fish may contain methylmercury, which can build up in the body over time and may cause harm, especially to an unborn child.

# HOW DO YOU LIMIT YOUR INTAKE OF POLLUTANTS FOUND IN FISH?

- Eat a variety of fish.
- Restrict your consumption of oily fish to no more than four portions per week, choosing low mercury types like mackerel, herring, kippers, anchovies, sardines and trout.
- Avoid or limit the intake of albacore, sea bass, sea bream, sea perch, turbot, halibut and dogfish; and predator fish like marlin, swordfish, king mackerel and shark.



## FULL-FAT OR REDUCED-FAT DAIRY PRODUCTS - WHICH IS BEST FOR YOUR HEALTH?

Recent studies have shown that full-cream dairy products may not pose as big a threat as thought in increasing cardiovascular disease risk. A recent Harvard study showed that various foods – including full-cream (or -fat) dairy milk, yoghurt, butter, cheese and cream – were not found to raise the risk of heart disease. Important to note from this study, however, was that although it didn't increase risk, it didn't reduce it either. Also, the diet it was compared to was high in refined starchy foods and sugars.

What did reduce the risk for cardiovascular disease, though, was "fat swapping" – which refers to replacing foods high in specific fats (like saturated dairy fat) with foods high in other fats (like unsaturated plant fat).

When dairy fat was replaced with the same amount of energy from unsaturated vegetable fat or omega 3 polyunsaturated fat, the risk of cardiovascular disease dropped by 10% and 24% respectively. To add to that, replacing the same amount of energy from dairy fat with wholegrains was associated with a 28% lower risk of cardiovascular disease. So, if you choose dairy products, which is the better option? From these study results, it's clear that if you choose dairy, it's still best to go for reduced fat options (like the fat free milk used in this recipe) or keeping your portions of full-fat dairy products small.

# USE ITOR LOSE IT Parmesan, rosemary and garlie THE PERPETUAL THREE CONTAINERS IN THE FRIDGE DOOR - PARMESAN. FRESH ROSEMARY AND GARLIC -STEAL THE SHOW THIS MONTH WITH A TRIO OF MOUTH-WATERING DISHES. FROM POLENTA-CRUMBED POTATOES TO GNOCCHI AND FRITTERS, THIS IS COMFORT FOOD AT ITS FINEST RECIPES AND STYLING BY CLAIRE FERRANDI ASSISTED BY **NOMVUSELELO MNCUBE** PHOTOGRAPHS BY DYLAN SWART 110 FOOD&HOME ENTERTAINING MARCH 2017

# POLENTA, PARMESAN AND ROSEMARY CRUMBED CRUNCHY POTATOES WITH AÏOLI

Crunchy morsels of deliciousness that make for a sensational snack or accompaniment to any roast Serves 8 EASY 1 hr

# THE FLAVOUR COMBINATIONS **POTATOES**

7 medium potatoes, peeled and chopped into 3cm chunks 100g polenta 60g Parmesan, finely grated leaves of 3 fresh rosemary sprigs, finely chopped

olive oil, to fry salt and freshly ground black pepper, to taste

# AÏOLI

150g good quality mayonnaise 15ml (1 tbsp) lemon juice 2 garlic cloves, peeled and minced

lemon wedges, to squeeze

## **HOW TO DO IT**

Place the chopped potato chunks in a large pot, and cover with cold water and a generous sprinkling of salt. Place the pot over high heat, cover with a lid and bring to a boil. Boil the potatoes until tender, about 15 – 17 minutes.

Once the potatoes are cooked, drain them and add the polenta,

Parmesan and rosemary. Toss them around to coat.

Add a few big glugs olive oil to a large frying pan over medium heat. In small batches, fry the crumbed potato pieces (it's not worth overcrowding the pan - the potatoes won't crisp up properly) until golden brown, about 3 – 4 minutes per side. You may need to wipe out the pan between batches and add more oil if too many burnt bits start forming. Drain the potato pieces on paper towel and season generously.

For the aïoli, combine all of the ingredients in a serving bowl. Serve alongside the hot potatoes for dipping and lemon wedges for squeezing.



# TOMATO, MINCE AND PARMESAN BAKED GNOCCHI

This is the kind of comforting bake to whip up when you have friends coming over midweek and you want to make something delicious, but casual. It's an intensely flavoursome, cheesy and meaty dish that everybody will love, including kids. The trick to making this knockout meal is to get the seasoning just right, otherwise the mince will lack flavour – so don't be shy when adding salt and freshly ground black pepper Serves 4 A LITTLE EFFORT

1 hr 30 mins

# THE FLAVOUR COMBINATIONS

olive oil, to fry 3 garlic cloves, peeled and minced leaves of 3 fresh rosemary sprigs, finely chopped small handful fresh thyme leaves 250ml (1 cup) red wine 500g beef mince 2 x 400g tins chopped tomatoes 375ml (1½ cups) beef stock salt and freshly ground black pepper, to taste 1 x 500g store-bought gnocchi

charred vine tomatoes, to serve (optional)

2 handfuls grated Parmesan

### **HOW TO DO IT**

To a large pot, add a drizzle of olive oil. Fry the minced garlic over low heat, 1 minute, before adding the rosemary and thyme. Cook, a further 2 minutes, before adding the red wine. Increase the heat to high and reduce the wine, about 10 minutes, until barely any liquid remains. Add the beef mince and stir, breaking up any lumps with

a wooden spoon. Cook the mince, 5 minutes, before adding the tomatoes and beef stock. Simmer the mixture over medium heat, about 20 minutes. Taste and season generously.

Add the gnocchi to the mince mixture and mix to combine, then simmer, 3 minutes. Taste a piece of gnocchi to check that it's cooked. If the gnocchi isn't tender, simmer, a further 1 – 2 minutes.

Preheat the grill to very hot and add the mince-gnocchi mixture to a medium casserole dish (about 25cm², although it doesn't need to be exactly that size). Sprinkle the grated Parmesan over the mixture in the casserole dish and place under the hot grill, about 3 – 4 minutes. Keep a close eye as you don't want the cheese to burn – you want it to be bubbly and golden. Serve immediately, topped with charred vine tomatoes, if desired.





This month we love

SPELT FLOUR



t's all about healthy cooking these days, but the secret is to find a recipe that has health benefits, doesn't cost a fortune and is quick to make – as an ingredient that fits the bill, spelt flour is becoming increasingly popular, so when you find it on the shelves, be sure to buy a few bags.

Spelt flour is a wheat free flour and although it comes from the cereal grain in the wheat family, it is – in fact – a different species. It's easy to digest, high in protein and contains far less calories than cake flour. It tastes very similar to wholewheat flour with an added sweet, nutty flavour. Spelt flour contains gluten, making it a popular substitute for cake flour.

Wholegrain

Substituting wheat flour with spelt flour won't drastically compromise your baked goods. It does, however, have a lower gluten content than cake flour, so when working with a dough containing spelt flour, it is critical to not over-work your mixture.

# SPELT FLATBREADS WITH HUMMUS

Serves 4 EASY 20 mins

# THE FLAVOUR COMBINATIONS FLATBREADS

150g spelt flour + extra, to roll 150g cake flour 7,5ml (1½ tsp) salt 30ml (2 tbsp) olive oil + extra, to fry 2 sprigs fresh rosemary, finely chopped 2,5ml (½ tsp) baking powder 180ml (¾ cup) water

### **HUMMUS**

1 x 410g tin chickpeas, drained 1 garlic clove, peeled 125ml (½ cup) olive oil 5ml (1 tsp) ground cumin, dry-fried juice of 1 lemon salt and freshly ground black pepper, to taste

fresh greens like baby marrow or cucumber ribbons, celery and fennel, to garnish (optional)

### **HOW TO DO IT**

Place the flours, salt, 30ml (2 tbsp) olive oil, finely chopped rosemary and baking powder in a bowl. Whisk the dry ingredients together to remove any lumps. Adding a little water at a time, mix together until a soft dough is formed. On a clean, dry surface, knead well until lump free and smooth.

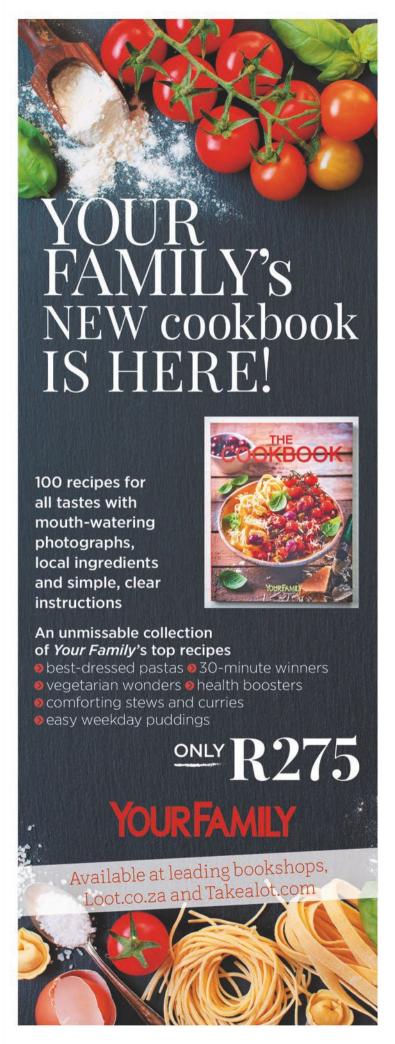
Divide into 8 balls and, using a little extra spelt flour, roll out into oval-shaped flatbreads.

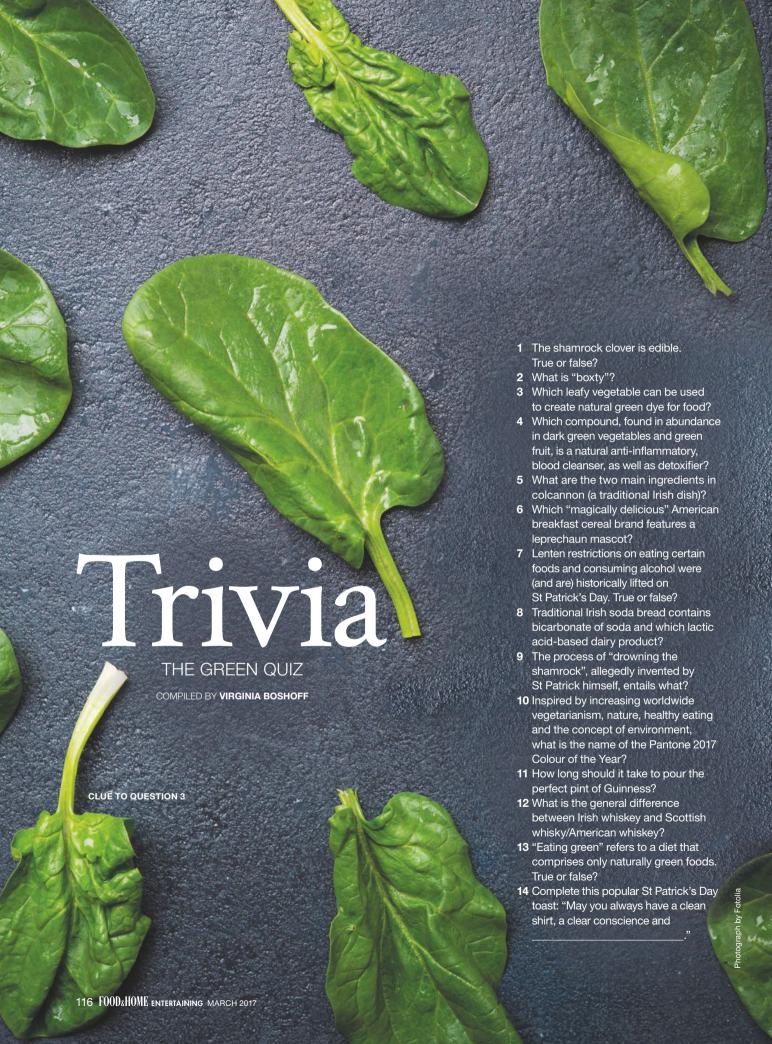
Place a frying pan over medium heat. Add a little olive oil and fry the flatbreads until golden brown on both sides and cooked through, about 2 minutes per side.

For the hummus, place the chickpeas, garlic clove, 125ml (½ cup) olive oil and cumin in a blender. Blitz to a smooth paste, add the lemon juice and season to taste. Serve alongside the flatbreads for dipping and garnish, as desired.

# TRY THESE...

- Try making a delicious farmstyle loaf of bread by substituting half of your cake flour with spelt flour.
- Use spelt flour to make home-made pancakes or waffles.









- 8 "Liquid gold" (5, 3)
- 10 Paul Cluver Jnr is the \_\_\_\_ generation Paul?
- 12 What lends black ice cream its distinctive colour? (9, 8)
- 13 The silk workers' pit stops in Lyon
- 14 Which oil is canola oil often confused with?

# **DOWN**

- 1 Wolfgat is in which idyllic West Coast fisherman's village?
- 2 The Zodiac sign representing the fish
- 3 A river that flows through Lyon
- 5 Name one of the three ingredients you always find in your fridge door (see "Use it or lose it").
- 7 The Gunston brothers' names (3, 3, 4)
- 9 Where will you find Gordon Ramsay's Bread Kitchen restaurant?
- 11 This month we love \_\_\_\_\_. (5, 5)

Find the hidden word by taking the first letter of 12 ACROSS, the first letter of 1 DOWN, the first letter of 2 DOWN, the first letter of 9 DOWN and the last letter of 3 DOWN. SMS the word, your name, ID number and

postal address to 48405 by 31 March 2017, and you could be the lucky reader to win a copy of *China – The Cookbook* by Kei Lum Chan and Diora Fong Chan (Phaidon Press), worth R729! SMS costs R1,50; free SMSs do not apply.





# **MARCH 2017: THE LAST OF SUMMER ISSUE**



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# ALTITUDE BAKING



All baking recipes in this magazine have been tested at high altitude. Follow this guide for baking at sea level:

Lower the oven temperature by 10°C For every 5ml (1 tsp) baking powder, increase by 1 – 2ml For every 220g (1 cup) granulated sugar, increase by 15 – 30ml For every 250ml (1 cup) liquid, decrease by 30 – 45ml For every 120g (1 cup) flour, decrease by 15ml (1 tbsp)

# STOCKISTS

## **TRIVIA ANSWERS FROM PAGE 116**

1 True 2 A traditional Irish potato pancake 3 Spinach 4 Chlorophyll 5 Mashed potatoes and cabbage or kale 6 Lucky Charms 7 True 8 Buttermilk 9 Floating a shamrock leaf in a generous shot of whisky or beer before downing it 10 Greenery 11 119,5 seconds 12 Typically, Irish whiskey is distilled three times; Scottish whisky and American whiskey are generally distilled twice. 13 False. "Eating green" means consuming foods that are nutritious, minimally processed, and healthy for you and the environment. 14 "... enough coins in your pocket to buy a pint!"

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# learners the right way

THE OLD MUTUAL GREEN KITCHEN PROJECT CAME ABOUT when one of our provincial general managers, who looked after the Northern Cape and North West region, Vuyisile Koko, heard the announcement that the Department of Basic Education was mobilising the National Schools Nutrition Programme (NSNP). Old Mutual saw the opportunity to support this initiative and recognised the need for schools to provide at least one hot meal to learners. Some schools that serve disadvantaged communities had poor facilities, or did not have any facilities at all, to prepare food for their young students who would come to school hungry and go home on an empty stomach - on a daily basis. This is alarming! The Green Kitchen project addresses this pressing need for food security, and improved learner nutrition and education in South Africa. NOW IN ITS FOURTH YEAR, the initiative has rolled out 28 Green Kitchens nationally to the most under-resourced schools. A recent study by the Centre of Social Development in Africa at the University of Johannesburg found that school feeding schemes increase children's health and school attendance. According to the study, 13% of South Africa's learners' growth and learning ability is inhibited as a result of malnutrition. This alarming situation is significantly improved when children receive one meal a day through school feeding programmes. THE SCHOOL ENVIRONMENT PROVIDES a vital context, not only for children to learn about healthy eating and wholesome lifestyles, but also for them to put knowledge into practice. South African schoolchildren face nutritional challenges that range from malnutrition to obesity. Schools can help to make the difference by ensuring that food provided on the school grounds meets the standards of good nutrition for children. This is especially important in communities where parents struggle to provide good sustenance for their children at home. The schools





Overseeing the entire Old Mutual Green Kitchen project, Marcelle Arnold, marketing executive of the Mass Foundation Cluster (MFC), ensures that underprivileged schoolchildren have at least one hot and healthy balanced meal a day



who have received Green Kitchens aim to provide children with foods that promote well-being and performance. Food items that promote performance are those that help sustain energy levels, increase concentration and positively impact on behaviour. THE GREEN KITCHENS ARE FULLY EQUIPPED with kitchen utensils and appliances. Each mobile kitchen has gas cookers installed, a preparation and serving station, as well as storage facilities for groceries. Old Mutual is looking to manufacture off-the-grid units in the near future. By using solar energy and water-from-air technology, for example, reliance on municipal electricity and water could be reduced. Grey water from the kitchens can also be used to irrigate schools' food gardens. 2017 PROMISES TO BE A GOOD YEAR FOR THE INITIATIVE. We will be rolling out another six Green Kitchens in the first quarter of this year to various schools nationwide and we are looking to set up another 12, making it an additional two per each of the nine provinces. We hope to partner with even more sponsors who can provide some of the consumables, alleviate transport costs, etc.



Compiled by Hasmita Amtha. Photographs by Cindy Ellis

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