

# TASTE

WOOLWORTHS

WIN  
SMEG AND  
LE CREUSET  
SWAG

How  
to make  
summer  
last

Try this secret  
ingredient (p96)

**5 OF THE  
BEST TUNA  
HACKS**  
By Phillippa  
Cheifitz

**WHY YOU  
NEED TO EAT  
MORE CHILLI**  
By Khanya  
Mzongwana

**WHAT TO EAT  
ON A FRENCH  
BARGE**  
By Kate Wilson



Steak au poivre  
(page 58)

# Raise the steaks

25 **cheaper**  
ways to eat (really,  
really) well

March 2017 R34.90 incl. VAT  
Other countries R30.91 excl. VAT  
taste.co.za @WWTaste



+ Overnight pork belly + Tomato curry + Ricotta madeleines



P R O M O T I O N

# THE ULTIMATE SQUEEZE

Because fresh is where it's at

Boasting the good looks of a curvaceous 50s-style stunner, Smeg's new citrus juicer is out to launch a charm offensive on peel, pith and pip. It's been specially developed to squeeze both large and small fruit and dispense every last drop of juicy goodness. [smeg.co.za](http://smeg.co.za)

## WIN!

Four readers stand the chance to win a 50s-style Smeg citrus juicer in their choice of six available colours – mint, pastel blue or pink, fiery red, glossy black or vintage cream – worth R1 999. To enter, visit [taste.co.za](http://taste.co.za) or turn to page 126 for SMS entry instructions.

**QUESTION:** In how many colours is the Smeg citrus juicer available?

**KEYWORD:** Smeg









LE CREUSET  
SPICY CHARGRILLED  
PORK AND JUICY  
NECTARINE SALSA







# LET'S TALK PORK

Succulent, flavourful, versatile, 100% South African pork, to be precise. Seared and served with a fruity salsa, it's the perfect summer stand-by

## SPICY CHARGRILLED PORK AND JUICY NECTARINE SALSA

Serves 4

EASY

GREAT VALUE

Preparation: 10 minutes

Cooking: 20 minutes

**smoked paprika** 1 t  
**thyme** a few sprigs, chopped  
**olive oil** 2 T  
**pork fillets** 400 g  
**basil leaves**, to garnish

**For the juicy nectarine salsa, mix:**  
**ripe white nectarines** 2, chopped  
**ripe yellow nectarines** 2, chopped  
**red chilli** 1, minced  
**lime juice** ¼ cup  
**olive oil** 2 T  
**coriander** 4 T chopped  
**salt**, to taste

**1** Preheat a griddle pan until very hot. Rub the paprika, thyme and olive oil onto the pork. **2** Cook on both sides until caramelised and dark brown. Wrap tightly in tinfoil and allow to rest for 20 minutes. Slice and serve with the salsa, garnished with basil leaves.

**SOUTH  
AFRICAN  
PORK**

*Great meat. Let's eat!*



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MARCH 2017

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COVER PHOTOGRAPH TOBY MURPHY PRODUCTION ABIGAIL DONNELLY FOOD ASSISTANT JACQUELINE BURGESS

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They're not known as "love apples" for nothing.  
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Juice isn't just for drinking: see how you can use it to boost flavour in your cooking on page 96.







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# THE FRENCH CONNECTION

For everything there is a season – a time to dance, laugh, weep and in this case, eat tomatoes. In a desert-island list of ingredients, they're right up there with aged Parmesan, lemons and Maldon salt for me. That's a dish right there.

In summer, and especially now in late, late summer (there's no reason to hurry autumn), I buy a big bag of Roma tomatoes every week. I never store them in the fridge, and if I have too many and they're starting to turn, I make the slowest tomato sauce imaginable. Just a pile of finely chopped onions, cooked down to golden sweetness – which means you never have to add sugar – then the skinned tomatoes and a leafy stalk of basil, which you'll fish out at the end. If I'm feeling decadent I add butter to the sauce at the end, inspired by Marcella Hazan.

One of my favourite, end-of-the-month meals was stolen from Ruth Rogers and Rose Gray of London's River Café, whose Italian cooking show was one of the first to register on the radar of an unseasoned food

nerd. (It was also where a very young Jamie Oliver was discovered.)

It was rigatoni pasta – cooked, drained and put back in the pot, over a low heat, with a big knob of butter and a few tablespoons of balsamic vinegar, just until the butter melts and the ridges of the pasta turn glossy and stained with sweet balsamic. This is eaten with a sauce of slow-roasted baby tomatoes and fresh basil. The flavour of roasted tomatoes always reminds me of that dish, and the early days of my food fascination.

Much earlier, the cooking show that left its mark, when I was 14 and just a regular nerd, was the late Keith Floyd's lovable, wine-soaked *Floyd on France*. As a high-school French pupil, it inspired my dream to travel in France – a country I found so magically appealing I felt the need to share it with the other French pupils by taping the TV episodes and bringing the videos to school to watch during class. (I did say I was a nerd.)

I cringe now when I think of the

25 pairs of side-eyes I must have been getting as I sat captivated by Keith's drunken pilgrimage through provincial France with *The Stranglers* on repeat, but at the time I didn't care. I just wanted to be there.

In one episode Keith cooks tiny riverfish in a wooden boat on one of the canals. It was the first time I'd ever seen whole fish cooked and eaten that way, eyes and all. He dredged them in egg and flour and shallow-fried them in oil, while drinking enthusiastically and talking to Clive, his camera guy.

So when a plate of *friture* (fried fish) was placed in front of me in a backwater restaurant on the banks of the Saône in Burgundy, it was a moment of immeasurable happiness. I was happy for my skinny 14-year-old self, awkward in a too-long blue school uniform and horrible shoes, leaning forward on the plastic chair in the study hall, holding onto every moment of that French odyssey. She had made it there.

This last trip was not my first to France, I have been several times, as the skinny 14-year-old also grew up to edit a French magazine, but this last trip, on a canal boat in Burgundy, was the most emotionally significant. It felt like the end of a journey. My husband and my beloved sister were both with me on that boat and I knew, unquestionably, that they shared the joy and excitement I had so badly wanted my classmates to feel.

Even more significantly, on our first morning in France, they also shared perhaps the most joyful moment of my life, as I discovered – after many years of waiting patiently, and months and months of trying – that I'm going to get to raise a little food nerd of my own, after all.

Bring on those lunchboxes – I'm ready.

Kate

Follow me on  
Instagram  
@KateWilsonZA



**"IT WAS THE FIRST TIME I'D EVER SEEN WHOLE FISH COOKED AND EATEN THAT WAY, EYES AND ALL"**



Clockwise from top left: Kate outside the Louvre in Paris; living the dream in a *boulangerie* in Burgundy; making panzanella on a canal boat on the Saône River.





# Colours of Spice

Celebrate the colours of spice with Le Creuset. From the rich green of cilantro to the peppery red of paprika, spices immerse the senses in a flurry of vivid colour, fragrant aroma and incomparable warmth. Enjoy piquant dishes made in Le Creuset, and open up your palate to a world of flavour using our world-renowned palette of colour. For more information, visit [www.lecreuset.co.za](http://www.lecreuset.co.za) or call our customer help line on 086 177 3321.



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WALMER PARK · WATERSTONE VILLAGE · CRESTA SHOPPING CENTRE · GROVE MALL NAMIBIA · BAYWEST · WATERCREST · MALL OF THE SOUTH · CENTURION MALL · MALL OF AFRICA · MENLYN MAINE CENTRAL SQUARE



# THE TEAM SAYS:

*The most delicious end-of-the-month meal I've ever made was ...*

“... home-made baked beans! All you need is dried beans of your choice, those borderline old tomatoes in the fridge, tomato paste and an onion. And garlic if there's a clove lurking in the veggie bowl. Spruce it up with basil, roast red pepper and chorizo, if you're still slightly flush. You can cook eggs in it à la shakshuka, put it on toast, or just eat it straight out of the pot.” – Amy Ebedes

“... what we call 'sausages and beans', something I ate on my one-and-only trip to Italy in 2007. A packet of bangers, a can of tomatoes, an onion and a can of white beans. It's comforting and delicious.” – Lynda Ingham-Brown

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“... I have no name for this dish but the ingredients are onion, peppers, garlic, lean mince, seasoning, white button mushrooms and a can of lentils. Delicious!” – Yvette Samaai

“... basil pesto (from a packet) stirred through linguine with frozen peas and broccoli and depending what's in the freezer, streaky bacon or chicken breasts.” – Melissa Scheepers

“... garlicky Greek bean 'stew' with canned Italian tomatoes and butter beans, finished with chunks of feta and lots of dill...” – Kate Wilson

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Repro by: New Media Publishing  
 Printed by: Paarl Media Paarl



Published on behalf of Woolworths by New Media Publishing Pty Ltd, New Media House, 19 Bree Street, Cape Town, 8001. PO Box 440, Green Point, Cape Town, 8051. Telephone: +27 (021) 417-1111 E-mail: [info@newmediapub.co.za](mailto:info@newmediapub.co.za) [www.newmediapub.co.za](http://www.newmediapub.co.za)

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## WINNING LETTER

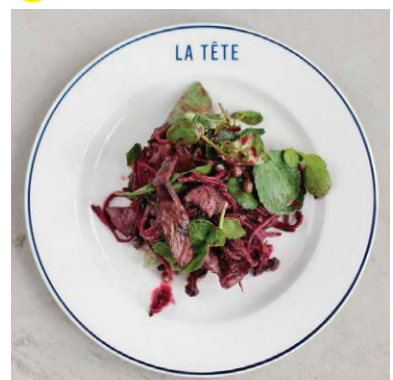
I'm looking for more ways to incorporate turmeric after reading about its anti-inflammatory properties, so I was especially keen to try your turmeric-and-coconut cabbage recipe from the Jan/Feb issue, with a fresh head of cabbage from my veggie garden. Not having a can of coconut cream, I made my own version with a mixture of farm-fresh cream, milk and some desiccated coconut. It was delicious with a grilled piece of hake, fresh baby spinach leaves and cauliflower rice. Thanks for the inspiration! – Laurie Kohrs

I'm a full-time working girl and part-time student, so time is always running away from me. Unfortunately, so too are creative food ideas. With my husband and I trying to be more conscious of what we eat, TASTE is our absolute best friend. Our favourite from the Jan/Feb issue was the 25 healthier meals in 30 minutes or less. This is the kind of "fast food" we could get used to! – Kirosha Kamal



The writer of this month's winning letter wins a **R500 Woolies gift card, plus a case of Van Loveren's Skinny Red** – a delicious low-alcohol wine – to the value of R550. Don't drink it all in one go now, Laurie!

## TW-EAT, TW-EAT



@Giles\_Edwards: "Ox heart, better than any fillet on tonight. For reservations call 021 418 1299"

You know, Giles, CNN might have named La Tête one of the best new restaurants of 2017, but food ed Abi called it before they did (see page 66 if you don't believe us)! We will accept payment in madeleines, thank you.



# WIN WITH LE CREUSET

Bang on trend, Le Creuset has just released its much anticipated new colour, Rosemary – a groovy green you're guaranteed to spot everywhere this year. Play your cards right and you could win one of three R5 000 vouchers to get your hands on a few pieces of your own



Just when we thought we couldn't be crazier about rosemary, Le Creuset's newest shade pays homage. Part woody, part emerald, the verdant hue is now adorning its enamelled cast-iron and stoneware ranges. As a standalone set, it'll bring your kitchen right up to date (this particular green is all the rage in fashion and décor circles at the mo), but will also play happily with many of the other eye-catching shades of Le Creuset cookware. Versatile herb, versatile colour.

[lecreuset.co.za](http://lecreuset.co.za)

**THE PRIZE** Three readers each stand a chance to win a Le Creuset voucher worth R5 000.

**ENTER AND WIN** To stand a chance to win this prize, visit [taste.co.za](http://taste.co.za) or turn to page 126 for SMS entry instructions.

**QUESTION** What is the name of the newest colour in the Le Creuset range?

**KEYWORD:** Le Creuset



## MAKE THE MOST OF YOUR TOAST

Visit [taste.co.za/recipe-guide/toast](http://taste.co.za/recipe-guide/toast) for the best meals on toast you'll make all month.



**SAVE THOSE RANDELAS**  
Purse strings may be tight but that doesn't mean you should skimp on flavour – ever! Browse great value meals at [taste.co.za/recipe-category/great-value](http://taste.co.za/recipe-category/great-value).



"The Jan/Feb issue of TASTE was my most favourite issue of all. I have adored recreating every dish. I store each issue alongside my most beloved recipe books." – @tasteoftaskadwa

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## NEVER GOOGLE "MALVA PUDDING" AGAIN!

Our new cookbook includes TASTE's 101 greatest recipes, plus exclusive ones from Reuben Riffel, Luke Dale-Roberts and Siba Mtongana. We've got three copies to give away. Turn to page 42 for a sneak peek and to enter.



## COOK THE COVER, BE FEATURED IN THE MAG

Have you cooked the cover of the latest issue? We want to see your creations! Tag @WWTaste on Instagram, post it on our Facebook page, or tweet the photo to @WWTaste. You could be featured on our Instagram feed or in the magazine.





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# SUBSCRIBE & WIN

Cheese-like it (sorry), you'll want to subscribe to TASTE (for just R26 an issue!) so you can win one of **five super-sleek raclette grills** from Partyclette to the value of **R174** each. Because, melted cheese

Haven't heard of raclette? Don't stress. Think of cheese fondue minus the finicky forks and wayward bread cubes and you're more or less on the same page. The word raclette comes from the French word, *racler*, which means "to scrape". Traditionally, the French would stand a block of the eponymous semi-hard cow's milk cheese in front of a fire, then scrape off the melty bits to enjoy with accompaniments including baby potatoes, gherkins, cocktail onions and cured meat. Thankfully, candle-powered raclette grills have made the process a whole lot easier, and Woolies now stocks an amazing raclette from Klein River Farmstead in Stanford, so you don't have to go to France to get a taste of the melty magic. When the nutty, sweet, slightly fruity cheese hits the heat, and goes all stringy and delicious, remember who tipped you off! You're welcome.



**WIN!**



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What to do with summer's most prized ingredient? Slow-roast baby tomatoes on the vine for an intensely sweet pasta sauce, cook them into a fragrant curry, or make the greatest cheese-and-tomato toastie of all time



# TO-MAY-TO



TOMATO  
TARTE TATIN  
R13 PER SERVING

# TO-MAH-TO



**PAN CON  
TOMATE**  
R6 PER SERVING



18

Grilling tomatoes concentrates their flavour and adds delicious depth.

### The challenge: matching wine and tomatoes

Pairing food and wine involves balancing acidity, fat, sweetness, saltiness and texture. Tomatoes have great texture, acidity and sweetness, none of which should be overpowered by a heavy wine. So forget the Cab and rather pour a crisp, dry, acidic white, rosé or light red. Try Sauvignon Blanc, Sangiovese or Pinot Noir. Bubbly will do, too (it always does).





CHARRED CORN  
ON THE COB WITH  
TOMATO SALSA  
R19 PER SERVING



When tomatoes are eaten with sweeter veg like corn, intensify their natural acidity with citrus or vinegar. Taste and adjust as you go.



Caponata originated in Sicily as a cooked veg, often as a side for fish dishes. Also great as cold antipasto, or tossed hot through pasta ... like so.

TOMATO  
CAPONATA PASTA  
R25 PER SERVING

**“EATING SEASONAL PRODUCE IS ONE OF THE BEST WAYS TO SAVE A FEW RANDS, AND TOMATOES ARE AT THEIR BEST RIGHT NOW. I LOVE EATING THEM SIMPLY SLICED WITH JUST SALT, PEPPER AND A DRIZZLE OF OLIVE OIL” - ABIGAIL DONNELLY**



## YOU SAY...



**... your tomato sauce always tastes too acidic.** We say cook it for longer – this intensifies the flavour, resulting in less acid and more umami. If you really must, add a smidgen of sugar, cinnamon or bicarbonate of soda to balance the acidity.



**... you have a load of overripe tomatoes.** We say don't waste them, even if they've started to spilt. Blitz in a food processor and freeze until you're ready to make a soup or sauce.



**... seeding them is a hassle.** We say not if you cut them in half and scoop out the seeds using a teaspoon.



**... you always store tomatoes in the fridge.** We say you're missing out. Store them at room temperature to make the most of their flavour.



**... blanching tomatoes is hard work.** We say no way if you just cut a cross into the bottom of each one, plunge them into boiling water for three minutes, and then into cold water. The skin will come away easily. Promise.





## TOMATO TARTE TATIN

*"Sticky, sweet tomatoes caramelised into buttery pastry make a delicious starter or lunch served with peppery rocket or watercress."*

Serves 6

EASY

GREAT VALUE

Preparation: 15 minutes

Cooking: 20 minutes

**Muscovado sugar** 100 g  
**butter** 1 T  
**Rosalini tomatoes** 300 g  
**garlic** 3 cloves, sliced  
**balsamic vinegar** 3 T  
**Woolworths frozen all-butter puff pastry sheets** 2 x 250 g packets  
**fresh basil**, to garnish

**1** Preheat the oven to 200°C. Heat a 25 cm ovenproof pan over a medium to high heat. Add the sugar and butter and melt to form a caramel. **2** Once the caramel turns light golden in colour, add the tomatoes and garlic, tossing gently to coat. Add the balsamic vinegar and cook for a further 2 minutes. **3** Tuck the puff pastry over the tomatoes and place the pan in the oven. Bake for 15–20 minutes, or until the pastry is golden and puffed up. **4** Remove from the oven and place a large platter over the pan. Carefully invert the dish to remove the tart from the pan. Garnish with fresh basil.

MEAT-FREE

WINE: Graham Beck MCC Rosé NV

## PAN CON TOMATE

*"Bread rubbed with garlic and then fresh tomato is a typical breakfast in Spain."*

Serves 8

EASY

GREAT VALUE

Preparation: 10 minutes

Cooking: 5 minutes

**ripe Woolworths Israeli tomatoes** 3  
**Maldon salt**, to taste  
**ciabatta** 1 loaf, sliced into 8 pieces  
**extra virgin olive oil** 2 T  
**garlic** 2 cloves, halved

**1** Halve the tomatoes and coarsely grate the cut side. Discard the skins. Season with

salt. **2** Drizzle the ciabatta with olive oil. Place under the grill, or in a hot pan, and toast until golden brown. **3** Rub the bread with the garlic, spoon over the tomato mixture, drizzle with olive oil and sprinkle with salt.

FAT-CONSCIOUS, DAIRY-FREE, MEAT-FREE

WINE: Simonsig Mr Borio Shiraz 2015

## CHARRED CORN ON THE COB WITH TOMATO SALSA

*"I like to serve the corn whole (with plenty of toothpicks nearby!) but you can cut it off the cob and toss it all about with the salsa."*

Serves 4

EASY

GREAT VALUE

Preparation: 20 minutes

Cooking: 5 minutes

**sweetcorn** 4 cobs, blanched  
**Woolworths exotic tomatoes** 350 g, halved  
**celery** 3 sticks, thinly sliced  
**Italian parsley** 1 t roughly chopped  
**olive oil** 2 T  
**lemon** ½, juiced  
**sea salt and freshly ground black pepper**, to taste  
**Parmesan** 1 T, finely grated

**1** Char the corn directly over a gas flame. **2** Combine the tomatoes, celery, parsley and charred corn. **3** Dress with olive oil and lemon juice and mix until coated. Sprinkle over the Parmesan and season to taste. **CARB-CONSCIOUS, FAT-CONSCIOUS, HEALTH-CONSCIOUS, MEAT-FREE, WHEAT- AND GLUTEN-FREE**  
 WINE: Waterkloof Mourvèdre Rosé 2016

## TOMATO CAPONATA PASTA

*"The sweet-and-sour tang goes beautifully with pasta. Plus caponata is equally delicious served hot or cold."*

Serves 4

EASY

GREAT VALUE

Preparation: 15 minutes

Cooking: 15 minutes

For the caponata:

**olive oil** 4 T  
**baby brinjals** 4 (or 1 large), cubed  
**pine nuts** 20 g, toasted  
**garlic** 3 cloves, finely chopped  
**red chilli** 1, finely chopped







**TOASTED CAPRESE SANDWICH**  
R13 PER SERVING



**Farming with tomorrow in mind**

*If you've noticed the Farming for the Future logo in Woolies stores and wondered what it has to do with the fruit and veg you buy, here's what you need to know*

"Farming for the Future is about minimising the impact of farming on the environment," says Woolworths Foods Good Business Journey manager, Kobus Pienaar. It involves Woolies working with farmers to grow food **SUSTAINABLY** and in harmony with nature to ensure that farms will be

able to provide enough food for future generations.

It's an holistic approach that manages the entire farming process, starting with building and maintaining the soil. **HEALTHY SOIL** is better able to retain water, so it needs less irrigation, reducing water usage. Healthy soil also needs fewer

chemical interventions. "This means less chemical run-off, which helps maintain **WATER QUALITY** – vital in South Africa," says Kobus.

Farmers also use integrated pest-management principles to reduce reliance on chemical pesticides and herbicides and encourage **BIODIVERSITY**.



**TOMATO CURRY WITH  
COCONUT-HAZELNUT RICE**  
R36 PER SERVING

24





**tomato paste** 2 T  
**green olives** 10, pitted  
**capers** 2 T  
**anchovies** 8, roughly chopped  
**Italian parsley** 2 T chopped  
**red wine vinegar** 3 T  
**lemon** 1, juiced

**Woolworths roasting vine tomatoes** 350 g  
**spaghetti** 200 g, cooked *al dente*  
**sea salt and freshly ground black pepper**,  
 to taste

**1** To make the caponata, heat the olive oil in a pan. Cook the brinjals until soft and charred. Add the pine nuts, garlic and chilli and cook for 1 minute. **2** Add the remaining ingredients and cook for 5 minutes over a low heat. **3** Drizzle a little olive oil over the tomatoes and roast for 15 minutes. **4** Toss the caponata through the spaghetti and serve with the roast tomatoes. Season to taste.

**FAT-CONSCIOUS, HEALTH-CONSCIOUS,  
 DAIRY-FREE**  
**WINE: Muratie Merlot 2015**

## TOASTED CAPRESE SANDWICH

*"The more butter you melt in the pan, the better!"*

**Serves 4**  
**EASY**

**GREAT VALUE**  
**Preparation: 5 minutes**  
**Cooking: 10 minutes**

**wholewheat bread** 8 slices  
**basil pesto** 4 T  
**Israeli tomatoes** 2, sliced  
**mozzarella** 200 g, sliced  
**butter** 4 T

**1** Heat a frying pan over a medium heat. Spread 1 T basil pesto each onto 4 slices bread. Layer the sliced tomatoes and mozzarella on the bread and sandwich. **2** Melt 1 T butter in a hot pan and place a sandwich in the pan. Toast on both sides until golden brown and the cheese has melted, pressing down with the spatula. Repeat with the remaining sandwiches. Serve immediately.

**MEAT-FREE**  
**WINE: Graham Beck Gorgeous Chardonnay Pinot Noir 2016**

## TOMATO CURRY WITH COCONUT-HAZELNUT RICE

*"The tomato gravy used as a base for many curries is packed with flavour, making a tasty meal in its own right, that's also great for your budget."*

**Serves 4**  
**EASY**

**GREAT VALUE**  
**Preparation: 10 minutes**  
**Cooking: 30 minutes**

### For the curry:

**butter** 2 T  
**olive oil** 1 T  
**red onion** 1, finely chopped  
**Woolworths crushed garlic, ginger, chilli and turmeric** 1 x 70 g punnet  
**ground cinnamon** 1 t  
**cumin seeds** 2 t  
**ground coriander** ½ t  
**smoked chilli flakes** 2 t  
**cardamom pods** 1 T  
**cloves** 6  
**tomato paste** 2 T  
**Woolworths exotic whole tomatoes** 1 kg  
**Italian whole tomatoes** 1 x 400 g can  
**water** ⅔ cup (from the tomato can)  
**salt and white pepper**, to taste  
**Mrs Balls chutney**, for serving

### For the coconut-hazelnut rice:

**butter or ghee** 30 g, melted  
**brown basmati rice** 400 g, cooked  
**hazelnuts** 50 g, toasted and roughly chopped  
**coconut chunks** 40 g, finely grated

**1** To make the curry, heat the butter and olive oil in a pan and gently fry the onion over a medium to high heat until soft and golden. **2** Add the spices and cook for a further 2 minutes. Add the remaining ingredients and simmer for 20 minutes over a medium to low heat, or until slightly reduced. Season to taste. **3** To make the rice, heat the butter or ghee in a pan until golden. Stir in the rice, hazelnuts and grated coconut. Serve with the tomato curry and chutney.

**HEALTH-CONSCIOUS, MEAT-FREE,  
 WHEAT- AND GLUTEN-FREE**  
**WINE: Zevenwacht Gewürztraminer 2016**

You say more, we say visit [taste.co.za/ingredient/tomatoes](http://taste.co.za/ingredient/tomatoes) for our collection of tomato recipes.





P R O M O T I O N

## GAME ON

Love venison? Stock up on gemsbok or springbok at your nearest Woolies and thank us later



Naturally low in fat and full of flavour, you can't do better than local venison when you need your red-meat fix. The good news is that Woolies now stocks free-range venison that's free of growth promoters and routine antibiotics at selected stores. Choose between gemsbok loin (available in selected stores) and springbok fillet or loin (available in Gauteng only), then invite your nearest and dearest to a proudly South African feast.

[woolworths.co.za](http://woolworths.co.za)

### **GEMSBOK LOIN WITH COFFEE RUB AND ROAST PEPPERS**

To make the coffee rub, mix 2 t water, 2 T whisky or brandy, 45 g ground coffee and 2 T maple syrup. Whisk in 100 g crushed almonds and 3 T olive oil until the mixture resembles mud. Coat the gemsbok in the rub and set aside for 10–15 minutes. Preheat the oven to 180°C and heat a griddle pan until smoking. Sear the gemsbok loin in the griddle pan on both sides until charred. Remove from the pan and finish off in the oven for 10 minutes. Allow the meat to rest for 5 minutes, then slice across the grain and serve with roast red pimento peppers and shallots. Serves 6







# First Taste

WHAT TO EAT, DO AND BUY NOW

27

## HOT SAUCE AHEAD

Seems last year's main squeeze, sriracha, has a bit of spicy competition in hip chef circles, in the form of **sambal oelek**. The Indonesian chilli paste can do anything its Thai counterpart can, and then some. Made using ground fresh chillies, a dash of vinegar and salt ("sambal" is Indonesian for condiment, and "oelek" means mortar and pestle), it's more spoonable than squeezeable in consistency, with a flavour profile that highlights the taste of the actual chilli itself. So it adds heat to a dish without changing its core flavour. But wait, there's more. Find out which other Indonesian ingredients are trending on the next page.

EDITED BY ANNETTE KLINGER



## GADO-GADO LOVE IT

The fried-rice comfort of nasi goreng, the slightly sweet spiciness of a slow-simmered rendang, satay skewers dipped in creamy peanut sauce... Is it any wonder Indonesian food is slaying right now?

### YOUR STARTER KIT

#### Kemiri

Named for their ability to ignite because of their high oil content, candle nuts, or *kemiri*, are crushed and used to flavour and thicken traditional Indonesian curries and spice pastes. They're not commonly available in South Africa, but can be substituted with macadamia nuts.

#### Bawang goreng

These crispy fried shallots add crunch and an umami hit to noodles, rice, curries and salads. They're easy enough to make (soak diced onion in water, drain and air dry, then wok-fry until crispy), but Woolies' crispy onion sprinkle\* will save you cutting time and tears.

#### Kripik pisang

Traditionally made by deep-frying sliced, lime-juice soaked bananas (that's where the Afrikaans word "*piesang*" comes from) these are a popular snack in Indonesia. Locally, air-dried banana chips\* are much easier to find.

#### Prawn crackers\*

Known as *krupuk udang*, these crispy, funky-flavoured snacks are made from a dough of puréed prawns, tapioca flour, water and seasoning that's steamed, air-dried and sliced before being deep-fried. Dip into some *kecap manis* or sambal oelek for optimal enjoyment.

#### Fresh coconut & fresh turmeric\*

Coconut and turmeric are ubiquitous ingredients in Indonesian cooking. Perhaps the best marriage of the two in one dish is *nasi kuning* – rice cooked in coconut milk and turmeric, often served at special occasions.

#### Kecap manis\*

Syrupy, savoury goodness in a squeeze bottle, this condiment is also known as Indonesian sweet soya sauce. No bowl of nasi goreng is the same without a squirt of this treddy stuff.

\*Available at selected Woolworths stores.



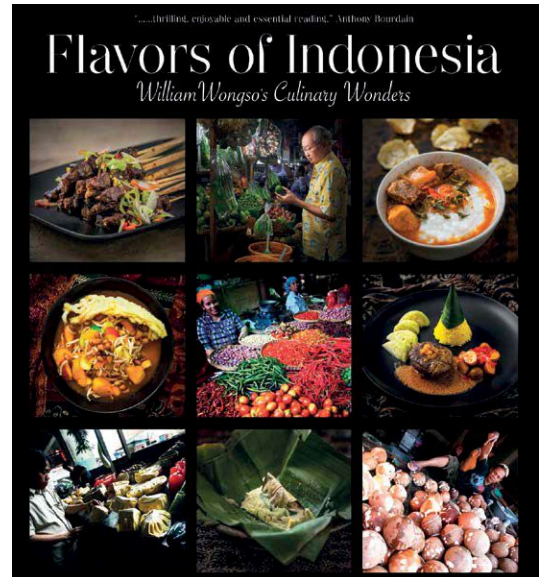


## RENDANG, THAT'S GOOD!

*Voted the most delicious dish in the world in a poll conducted by CNN, there's no faulting this comforting, complex curry. This lamb version by original spice girl Vanie Padayachee is one of our all-time faves*

1. Peel and slice 1 small knob ginger, chop 3 lemongrass stalks, seed and slice 4 red chillies and peel 3 cloves garlic. **2.** Soak 2 T tamarind pulp in 3 T boiled water for 15 minutes. Pour through a fine sieve, discard the pulp and reserve the liquid. **3.** Dry-fry 3 t coriander and 3 t cumin seeds, 1 cinnamon stick and 2 cardamom pods over a medium heat until fragrant. Cool and place in a spice grinder, then grind to a powder. Place in a food processor with the ginger, lemongrass, chillies, garlic and a little tamarind water and blend to a smooth paste. **4.** Toast 5 T dried, shredded coconut in a pan until golden brown. Cool, then grind as finely as possible in a spice grinder. **5.** Heat 2 T peanut oil in a large saucepan, add 2 sliced onions and cook until soft. Add the spice paste and fry for 5 minutes. Add 1 kg diced lamb neck and fry for 5 minutes, or until browned. **6.** Add 3 star anise and 1 ¾ cups coconut milk. Bring to the boil, then gently simmer uncovered for 1½ hours, or until the lamb is tender. In the last half hour of cooking time, add 3–4 sliced Thai lime leaves and season with salt to taste.

Described as "essential reading" by none other than Anthony Bourdain, **Flavors of Indonesia** by William Wongso (R537, Bab Publishing) offers insight into the diverse regional cuisines of Indonesia – the world's largest archipelago at 17 000 islands.



## So, what is gado-gado?

Basically Indonesians' answer to a fridge-forage salad – and a super popular street food.

In broad strokes, it contains a combination of raw and cooked veggies (think shredded cabbage, potatoes, carrots, green beans, cucumbers, sprouts), hard-boiled eggs, fried tofu and prawn crackers. The thing that ties it all together?

An addictive chilli-peanut butter sauce.







## ... BABY VEGETABLES

*Though they be but small, they be fierce. Tossed in a citrusy salad, slow-roasted until sweet or transformed into crunchy pickles – nobody puts these babies in a corner*



1

### ROAST BABY TURNIPS

**1.** Preheat the oven to 200°C. Place 1 kg baby turnips, with leaves attached, on a large baking tray. **2.** Drizzle over 3 T extra virgin olive oil and season with smoked Maldon salt. Roast for 25 minutes, or until the leaves are crisp. Serve as a side dish.

### PICKLED BABY VEGGIES

**1.** Whisk 1 cup apple cider vinegar, 1 cup verjuice, 4 T sugar and 1 T salt in a saucepan over a medium heat until the sugar has dissolved. Bring to the boil, then turn off the heat. Mix in 1 T mustard seeds and 5 thinly sliced cloves garlic. **2.** Divide a selection of 100 g peeled baby beetroot, 10 rainbow radishes and 200 g peeled baby Rainbow carrots between jars and cover with the hot pickling liquid. Seal with an airtight lid and cool.



2

### BABY BEETROOT AND CARROT SALAD WITH CITRUS-AND-POPPY SEED DRESSING

**1.** Peel 200 g parboiled baby beetroot, leaving the stems intact. Slice some in half and leave others whole, then place into a bowl. Add 200 g parboiled baby carrots and dress with 2 T dressing. **2.** To make the dressing, reduce 1 cup orange juice (or, when available, ClemenGold juice) by half in a saucepan over a low heat. Add 1 T caster sugar, 1 t salt and 1 T mustard, and stir to dissolve. Whisk in 4 T extra virgin olive oil, then add 1 T poppy seeds. Allow to cool to room temperature. **3.** Just before serving, transfer the beetroot and carrots to a platter, scatter with 100 g crumbled feta, 6 sliced spring onions and a handful fresh coriander and drizzle with more dressing.

3





Josh, 30

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## ALL THE BERRIES

Since ordering the pavlova at Café del Sol Tre in Parkhurst in Jozi late last year, food editor Abi has yet to find another meringue to measure up. Co-owner Chiara Viljoen says there's a reason the dessert, made according to her mom's recipe, is a bestseller

**THE MERINGUE:** Café del Sol uses free-range egg whites, stabilised with vinegar and cornflour, for the meringue – the leftover yolks go towards their home-made ice creams (flavours like salted caramel, rose, basil and limoncello) and pastas. "Pavlova is all about the art of patience," says Chiara. "The sugar needs to be added slowly, but not too slowly; and definitely not too quickly. You need to wait for the egg whites to form soft peaks before the sugar is added, and treat it with love and good intentions."

**THE BERRIES:** The berries that go on top aren't set in stone, says Chiara. "Whatever's fresh and beautiful – and colourful! When granadillas and mangoes are abundant, we do a tropical pavlova. Imagine that with coconut ice cream..."

**THE CREAM:** The chantilly cream topping for the pav is made with fresh – never stabilised – cream flavoured with a touch of vanilla paste and a dash of caster sugar. "We beat it until it starts getting thick," says Chiara. "If you overwhip you will have butter; if it's under whipped it'll run off"

**THE FINISHING TOUCHES:** While the garnishes vary (think fresh mint, edible flowers and mini meringues), a dusting of icing sugar and a drizzle of home-made berry coulis (are standard for rounding off this showstopper.

Parkhurst Square, cnr 4th Ave & 13th Street, Parkhurst, Johannesburg; tel: 011 568 1063; cafedelisol.co.za

**"It's an heirloom recipe. My mom used to make it for our special birthdays. There's nothing better than a pavlova that's crispy on the outside and marshmallowy on the inside, with fresh berries and cream" – Chiara Viljoen**





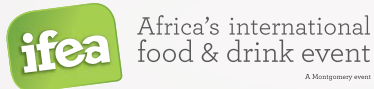
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# UMAMI TSUNAMI

Still can't wrap your head around the fifth taste? Here's a tip: try these ingredients, one after the other. That common thread of moreish, savoury deliciousness? That's called the flavour jackpot

**SOYA SAUCE'S\*** savoury punch comes from fermentation. Don't sell it short by relegating it to Asian dishes only – it's a great secret weapon for adding depth of flavour to gravies, too.

With veganism on the rise, you might have heard about **NUTRITIONAL YEAST** being a good substitute for Parmesan (because who wouldn't miss cheese?). Basically, it's the inactive, dried form of *saccharomyces cerevisiae* (also known as baker's or brewer's yeast). You can find *nooch* (that's what the cool kids call it) in most health food shops.

Like tomatoes, fresh **SHIITAKE MUSHROOMS\*** have naturally occurring umami, which increases substantially when dried. Trying to eat less meat? Soak these babies in water to make an incredibly "meaty" tasting stock for risotto – adding the rehydrated shiitakes, too. Finish with a generous grating of Parm and yes, it's an umami tsunami.


Fermentation is the process that takes the already umami-rich soya bean to superhero status a.k.a. **MISO**, a Japanese staple seasoning. The best way to enjoy this earthy, slightly funky paste is in a humble bowl of miso soup with cubes of tofu and toasted nori strips.

Seaweed like **NORI\***, kelp and kombu need drying to release the good stuff. The term "umami" was first coined in 1908 by Japanese chemistry professor Kikunae Ikeda. He found that the flavour he experienced while eating a bowl of dashi (a broth made with dried kombu) was neither salty, sweet, sour or bitter. He discovered it was glutamate and named it umami, meaning "pleasant savoury taste".






The reason you can never stop at one slice of buttered toast with **MARMITE\***? You guessed right. Reducing brewer's yeast (a by-product of beer brewing) until sticky and salty makes for glutamate gold. Suddenly, Nigella's Marmite spaghetti makes a lot more sense.




**Glutamate is an amino acid (a building block of protein) detectable by receptors on our taste buds. Think of it like this: in the same way that sugar makes us detect sweet tastes, glutamate alerts us to the umami flavour.**



The glutamate levels of cheeses spike significantly with ageing, which is why a couple of shavings of hard cheese like **GRANA PADANO\*** and Parmesan will add umami oomph to any dish. Grate away.



Fresh tomatoes already have naturally occurring umami and don't need to be broken down through ageing, fermentation or salting to release those savoury flavour compounds. But when they're sundried, that umami goodness shoots off the charts. Best five-minute pasta sauce? Blitz **SUNDRIED TOMATOES\*** preserved in oil and stir through some pitted olives. See page 16 for more tomato recipes.



Fresh fish such as mackerel, tuna and cod are high in glutamates, and **ANCHOVIES\*** really come into their umami when preserved. Any cook worth their salt knows that anchovies will magically make meaty food taste, well, meatier. Add a couple to the onions when you're making Bolognese sauce and see for yourself. Trust us.



## NOBU MATSUHISA

*His award-winning restaurant empire spans the globe, Bob de Niro is his partner and he's made several blockbuster movie cameos. But, as he told Lynda Ingham-Brown at Nobu Cape Town late last year, he's still a man of simple pleasures. Fish and rice, to be exact*

36



**My signature dish is miso black cod.**

It's on the menus of all my restaurants. I don't think people would be very happy if I took it off...

**With each new restaurant I've opened,** the chef and management I've appointed already had experience working at Nobu, so they understand my philosophy and my recipes. I have a good team. Go team!

**I've been in a few movies.** *Casino* was one of them. *Austin Powers*. Also, *Memoirs of a Geisha*. It was a good experience, but I like cooking better.

**Robert de Niro is a good friend.** We're business partners. I'm the godfather and he's the Godfather! He's a good actor, but he cannot cook. I play in the movies and I can cook!

**When I started my first sushi bar in Peru 40 years ago,** it was really hard finding authentic Japanese ingredients. The most difficult was finding good sushi rice. Whenever I found good sushi rice in one of the local supermarkets, I bought all of it.

**Japanese food has changed a lot since my childhood.** When I was a kid, my mom and my grandmothers cooked for me; very traditional Japanese food. But, food is like fashion. Young mothers in Japan now cook Italian, French and Greek food for their kids.

**If I wasn't a sushi chef I'd want to be a painter. I like using pastels.** Unfortunately, I don't have any time to paint, but I love to look at beautiful artworks. I have lots of art in my home.

**My favourite restaurant location is very difficult to answer.** I have a restaurant on every continent – like my kids! But if I had to choose, it'd be my first one, Matsuhisa. It opened in Beverly Hills in 1987. It's 30 years old this year. I'm going to celebrate with my staff, family and friends.

**“Robert De Niro is a good friend. I'm the godfather and he's the Godfather!”**

**My favourite ingredient is soya sauce.**

It's part of the Japanese culture. We have it on anything, fish, vegetables, beef. When I'm on my own, I like cooking very simple food. My favourite quick, comforting meal is any kind of white fish with rice.



Top: Nobu at a recent dinner in Cape Town. Above: Chilean sea bass with jalapeño dressing.



**My home is in Los Angeles**, but I travel for 10 months a year. I've been married for 44 years. The reason why? Because I travel 10 months a year! This time my manager travelled with me to Cape Town. We went to Cape Point, some wineries . . . it's a beautiful city. We also went to Chefs Warehouse. Nice guy, nice chef, really nice concept. Good local wine and tapas. Very good. And there was sashimi!

**Before I came here I was in Dubai.**

Now's the season for white truffles there. To use them, I pour warm sake in a glass with a couple of slices of white truffle, then let it stand for a few minutes and let the hot sake release the truffle aroma. It smells and tastes fantastic. It's very hard to get truffles in South Africa, though.

**I really think Cape Town needs to have a big fresh fish market.** Cape Town has good fish. I had the best sardine of my life here. Big and fat! Also, there's lots and lots of kelp in the ocean here. In Japan, we use this type of kelp. It's full of glutamate. Glutamate is umami. The umami is sleeping

in the ocean here! We have to educate people how to use it more. (See page 34 for more about umami.)

**Nobu, One&Only Cape Town, Dock Road, V&A Waterfront, Cape Town. Tel: 021 431 5111; noburestaurants.com**

**“Cape Town has lots and lots of kelp. The umami is sleeping in the ocean here!”**

Yuzu tart with iced nougat.



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P R O M O T I O N

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## SOMETHING TO RAV ABOUT

Just when you thought the Toyota RAV4 – one of South Africa's favourite sport-utility vehicles – couldn't get any better ...

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On top of its classic good looks, Toyota RAV4's top-of-the-range VX model now comes with a range of exciting new safety features. In addition to the existing safety specification list, which includes nine airbags, ABS, vehicle-stability control, hill-assist control, trailer-sway control and downhill-assist control, the VX now boasts lane-change assist, blind-spot monitoring and cross-traffic alert – making that alley docking manoeuvre at your local mall far less stressful. VX buyers can choose between a 2.5-litre, four-cylinder petrol engine and a “torquey” 2.2-litre diesel variant – both driving through a six-speed automatic transmission with driver-selectable AWD. And the best part? It's backed by a five-year/90 000 km service plan and three-year/100 000 km warranty. How's that for a RAV review? [toyota.co.za](http://toyota.co.za)

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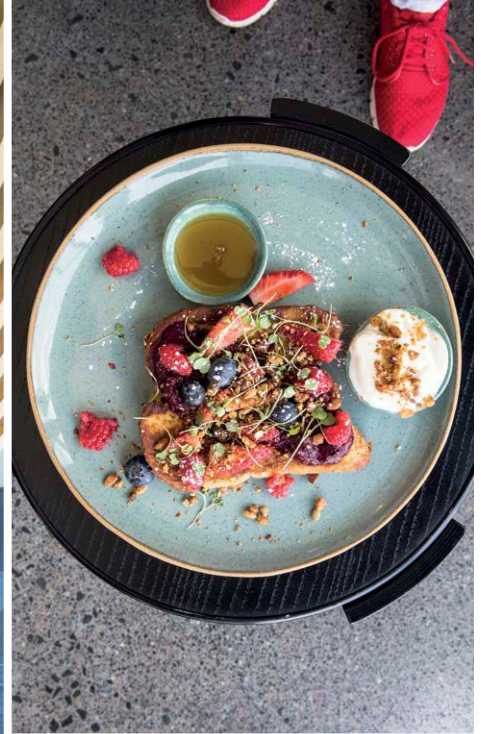
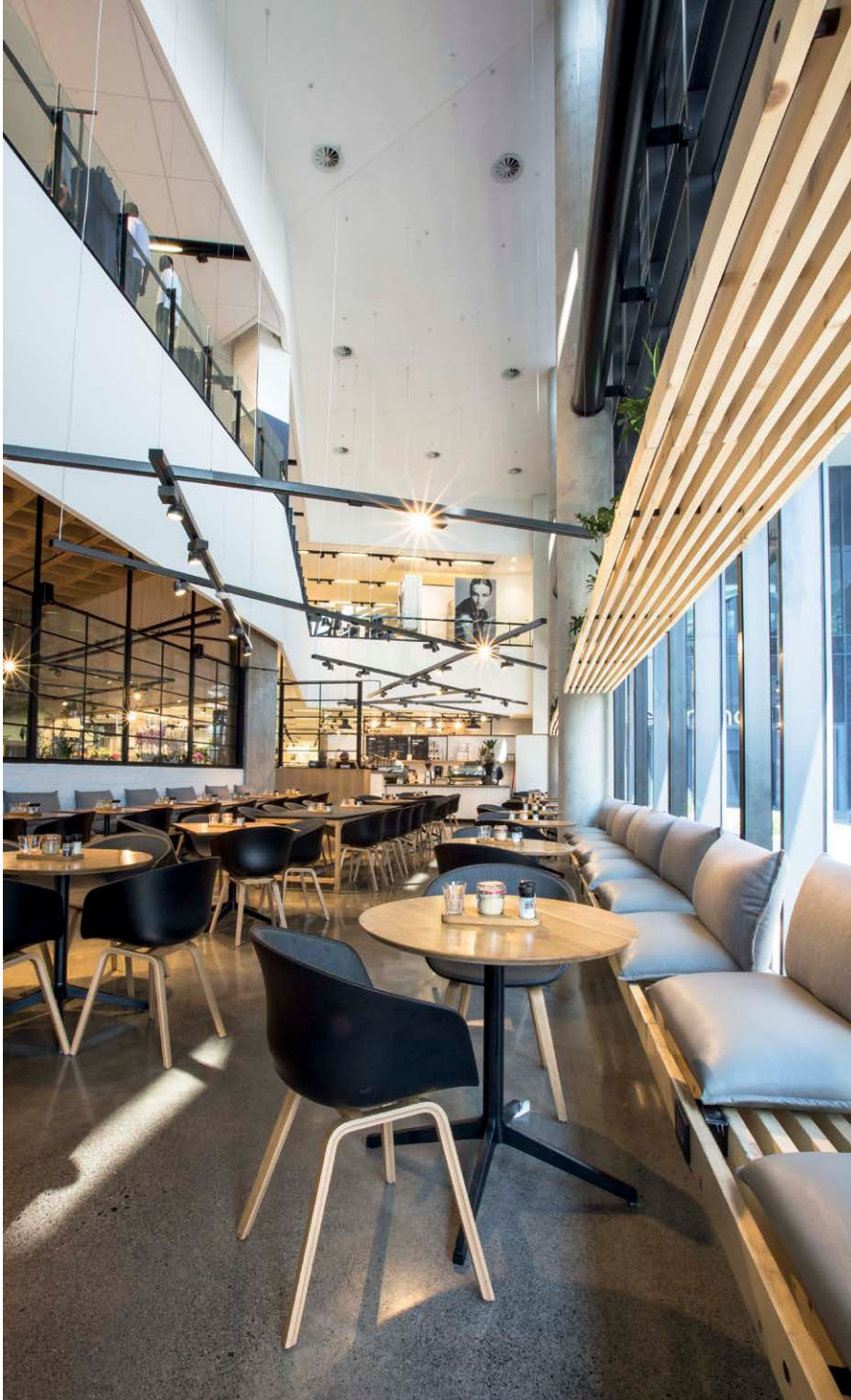
SCENE STEALER: RESTAURANT

## CAFÉ CULTURE

*Coffee brewed by an award-winning barista, a harvest table packed with lush salads and a view worthy of sundowners – just a few reasons to visit WCafé on your next trip to the Mall of Africa in Midrand*

PHOTOGRAPHS **LIBBY EDWARDS** PRODUCTION **ABIGAIL DONNELLY** TEXT **TSHEPANG MOLISANA**

40



This page, clockwise from left: The light-flooded WCafé at Mall of Africa in Johannesburg; order the summer berry French toast with double-cream yoghurt for breakfast; Gauteng barista champion Khulekani Mpala makes a strong Chemex-brewed coffee.





# If

you're on a mission to secure a front-row seat for magnificent views while eating something utterly delicious, get yourself to the deck at WCafé in the Mall of Africa, order a cup of coffee, then deliberate over what comes next. Your decision won't be easy. Whether it's a vegan fruit-packed smoothie bowl for breakfast, a poached egg with halloumi and crispy kale for brunch, or a decadent slice of house-baked coconut cake as an afternoon pick-me-up, there's plenty to sustain you after a hard morning's shopping in the largest mall ever built in a single phase in Africa.

The WCafé Mall of Africa team, headed up by Clayton Prescott, regional food academy head for Johannesburg, is understandably passionate about the quality of the dishes offered on the à la carte menu, many of which are inspired by international food trends and incorporate seasonal ingredients from the Woolies food market as far as possible. You'll want to try the array of freshly prepared



Above, from top left: A trout poké bowl with wasabi mayo and pickled ginger, dairy-free green smoothie bowl; kale-and-halloumi bowl with poached egg and asparagus.

– there are always new flavours, new designs. Food keeps life interesting!"

Barista Khulekani Mpala is just as dedicated to coffee, which is why he also happens to be the reigning Gauteng barista champion. Your coffee addiction couldn't be in better hands, so take Khulekani's recommendation of the Ethiopian Bebeka Geisha single-origin coffee very seriously. It is as bold in its

coffeemaker. "It's really something special because it allows the barista to slowly extract the flavours from the coffee," he says. The coffee only comes into contact with the scientifically designed filter and non-porous glass, and lets you make it as strong as you like without any bitterness.

If you're among the lucky locals who work in the surrounding Waterfall City mixed-use precinct, you might want to end your day at the office by heading over to WCafé for an ELT – a refreshing blend of espresso, lime and tonic – or a glass of vino. As it's located at a premium Woolies store, the café is licensed to serve wine and Clayton couldn't be happier. His personal favourite: pairing an Hawaiian trout poké-and-sticky black rice salad with a glass of house Sauvignon Blanc while watching the sun sink over Waterfall City. He's right, you know. Food (and drink) do make life more interesting. **W**

► **"START YOUR DAY WITH THE ETHIOPIAN BEBEKA GEISHA, A MEDIUM-BODIED COFFEE WITH A RICH FLAVOUR PROFILE"**  
**- KHULEKANI MPALA, BARISTA**

salads, grains and vegetables displayed on the harvest table – everything from roast beetroot-and-goat's cheese salad, to spinach-and-feta pie with crispy phyllo pastry. (And you'll be forgiven for allowing yourself a detour to admire the decadent cake selection displayed on a marble counter nearby.) Clayton explains why his team – and the rest of us – love food so much: "It's like music, always changing

composition as the mammoth Mall of Africa complex itself, and it was the secret weapon that won him his regional championship title. "I did a lot of research but that's the one I fell in love with. It's a medium-bodied coffee with a rich flavour profile and delicate floral aroma."

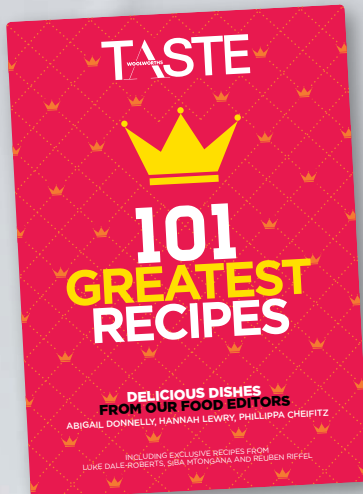
Khulekani's passion for his work is evident as he explains the alchemy of brewing using an iconic Chemex

★ **The new winter WCafé menu will launch at the end of May. Shop 1031/2027, Mall of Africa, Lone Creek Crescent and Magwa Crescent, Midrand. WCafé Mall of Africa is one of 56 WCafés located at Woolworths stores countrywide; woolworths.co.za**



# The TASTE hall of fame

Nailing the perfect poké plate, sticky chicken wings and lemon-cream cheesecake every time? It's totally doable with *TASTE 101 Greatest Recipes* – a collection of your favourite breakfast, lunch, dinner and sweet dishes created by our team of rock-star food editors



Featuring 101 breakfast, lunch, dinner and sweet recipes from SA's favourite premium food magazine. **PLUS** exclusive recipes from Siba Mtongana, Reuben Riffel and Luke Dale-Roberts.

**ON SALE NOW, R295**



## DESSERT

### COCONUT-AND-BUTTERMILK LOAF

(p195 in cookbook)



**WIN!** 101 exclusive recipes by Abigail Donnelly, Siba Mtongana, Reuben Riffel, Luke Dale-Roberts, Phillippa Cheifitz and Hannah Lewry – sound good? You're in luck. We're giving away three copies of *TASTE 101 Greatest Recipes*, worth R295 each. To enter, visit [taste.co.za](http://taste.co.za) or turn to page 126 for SMS entry instructions. **Keyword:** 101 Recipes





MORNING

## BANANA FLAPJACKS WITH BUTTERMILK AND FRESH HONEYCOMB

Make your flapjack stack with buttermilk and you'll never look back. For extra lusciousness, drizzle over more buttermilk before serving.

**Serves 4**  
**EASY**

**GREAT VALUE**

**Preparation: 5 minutes**  
**Cooking: 20 minutes**

**ripe bananas** 2–3, mashed  
**cake flour** 350 g  
**free-range eggs** 2  
**butter** 5 T, melted, plus extra for frying  
**vanilla extract** 1 t  
**buttermilk** 2 cups, plus extra for serving  
**fresh honeycomb**, for serving

**1** Mix the bananas and cake flour. Place the eggs, melted butter, vanilla extract and buttermilk in a mixing bowl and whisk lightly. **2** Pour the wet mixture over the banana mixture and mix well, taking care not to overmix. **3** Place a pan over a medium heat and add a little butter. Once the butter has melted, drop spoonfuls of the flapjack mixture into the pan, cook until the surface bubbles, then turn and cook the other side. Serve hot with a spoonful of buttermilk and honeycomb.

**Cook's note:** If you like, serve with maple syrup, blueberries and melted butter.



NOON

## TUNA POKÉ PLATES

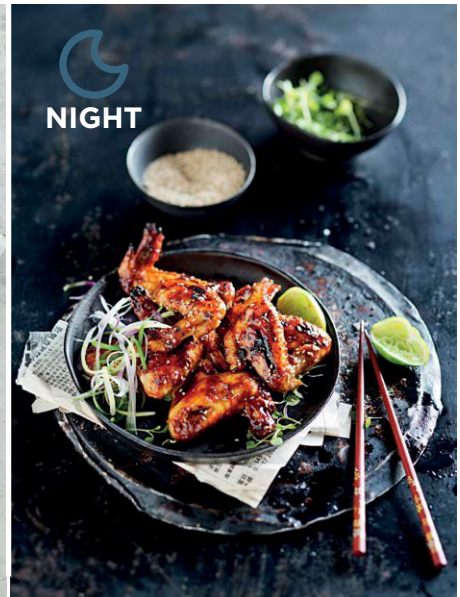
This Hawaiian tuna bowl is all about contrasting flavours and textures. Prep all the ingredients beforehand, then combine and serve immediately.

**Serves 4 to 6**  
**EASY**  
**Preparation: 40 minutes**

**fresh tuna steaks or sashimi-style tuna** 350 g  
**baby cucumbers** 4, thinly sliced  
**ripe avocados** 2, diced  
**Woolworths frozen edamame beans** 450 g, blanched and podded  
**nori** 2 sheets, sliced and toasted  
**fresh coconut chunks** 40 g, thinly sliced  
**sesame seeds** 1 T, toasted

**For the dressing, mix:**  
**green chillies** 2, sliced  
**pickled jalapeño** 1, sliced  
**spring onions** 4–6, thinly sliced  
**ponzu sauce** ½ cup  
**toasted sesame oil** 2 t

**1** Using a very sharp knife, carefully slice the tuna, then cut into 1 x 1 cm cubes.  
**2** Just before serving, layer the vegetables, nori and coconut in bowls or on a platter, then top with the tuna, sesame seeds and dressing. Serve immediately.  
**Cook's note:** Serve with steamed black rice to bulk up the meal.



NIGHT

## STICKY CHICKEN WINGS

"Always handy when you have a large group of people coming over and want a casual, tapas-style menu."

**Serves 6**  
**EASY**  
**GREAT VALUE**  
**Preparation: 5 minutes**  
**Cooking: 15–20 minutes**

**garlic** 2 cloves, crushed  
**fresh ginger** 2 T grated  
**free-range chicken wings** 24  
**sea salt and freshly ground black pepper**, to taste  
**micro coriander** 1 T, for serving  
**spring onions** 4, finely sliced lengthways, for serving  
**white sesame seeds** 2 t, for serving  
**limes** 2, cut into wedges, for serving

**For the marinade, mix:**  
**soya sauce** 4 T  
**sweet chilli sauce** 1 cup  
**smoky barbeque sauce** 1 cup

**1** Preheat the oven to 200°C and lightly grease a roasting tray with oil or cooking spray. Rub the garlic and ginger into the chicken wings and season well. **2** Mix the marinade in a jug and pour over the wings, mixing until fully coated. Transfer to the prepared roasting tray, making sure that the wings don't overlap. **3** Roast for 15–20 minutes, or until the wings are cooked through and golden. Transfer to a serving platter and garnish with the micro coriander, spring onions and sesame seeds. Serve with the lime wedges.



# BANGERS FOR YOUR BUCK

Food is best enjoyed in the company of friends. This also applies when you're three years old and a fussy eater, says SAM WOULIDGE, who uses peer pressure to get her son to clean his plate

PHOTOGRAPH **JAN RAS** PRODUCTION **ABIGAIL DONNELLY**

I remember, well, how annoyed I would be when my longtime friends became mothers and suddenly, irritatingly, an entirely new set of friends became part of their world. Mommy Friends. Unknown women whose opinions were valued as much, if not more, than mine. Urghhh.

But not long after Seb entered my world, so did Janieke and Velma, each with a gorgeous daughter. We had all become mothers within nine days of one another. They became my Mommy Friends and I loved their company and valued their opinions. I still do. Not so urghhh after all.

Our friendship has progressed to (gently) admonishing one another's children, sharing parenting advice ("Flings are a food group", "She'll eat when she's hungry", "Apparently you need to wash the rim around the sippy cup") and being there for each other. We self-deprecatingly communicate via our Whatsapp group, #middleclassproblems, and make a point of sharing Friendly Suppers once a month. We take turns to host, so all the other two have to do is to pitch up with their husbands, kids and some wine. Mostly these are weekday,

after-work affairs and the food can't be too time-consuming or require too much effort, because supper starts promptly at six and ends when the children's wailing breaks up the party. Less time spent in front of the stove also means more time around the table enjoying the company of our friends and trying not to be too smug that our families get along so fabulously. We laugh, we argue, we listen, we learn. We have one another's backs. Afterwards we never offer to help clean up but simply drag our well-fed, tired, crying children home. Joy! Our turn to be left with the messy kitchen and shambolic lounge will come...

The great thing about Friendly Suppers is that peer pressure plays an enormous role in getting our children to eat. Isla is a sophisticated eater who enjoys imported cheese and olives. I am hoping this rubs off on Seb. Eva, on the other hand, is a very picky eater, much preferring biscuits to bacon, but she appears to be in good health. Peanut-butter sandwiches are full of nutrients, her mother tells me confidently. Alex, Eva's one-year-old brother, puts them all to shame, as he'll happily eat his entire

body weight in absolutely anything.

So, generally, we try to make something the whole family can eat.

One of my more successful efforts was a pork banger roast made with leeks and red onions and flavoured with thyme. Seb loves anything pork related, so he was sure not to embarrass me by refusing to eat when this was placed on his plate. But the vegetables were a no-go and all traces had to be removed. Isla eats vegetables. This is a good thing. I love observing the other two watching her eat the very things they fear; slightly repulsed but also filled with admiration at her daring nature. I shudder to think what else this fiery Irish lass will teach them all when they're older but I have no doubt that sweet, gentle Eva, channelling her mother's more pragmatic, sensible Dutch side, will bring calm to any given situation. Or not.

But until that moment, when life offers them other pleasures, these three friends and the one baby brother are learning what joy can be derived from eating good food in the company of those you love. **W** [confessionsofahungrywoman.com](http://confessionsofahungrywoman.com), [@samwoulidge](https://twitter.com/samwoulidge)

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## BANGER, ONION AND LEEK ROAST

*This is unfussy comfort food. Perfect for when you don't have much time to prepare but have many mouths to feed. And in terms of calories? Well, I'm not so sure about those. At Friendly Suppers we count neither calories nor glasses of wine consumed. These nights are sacred and will remain a Judgement Free Zone.*

**Serves 10**  
**EASY**  
**GREAT VALUE**

**Preparation: 20 minutes**  
**Cooking: 1 hour, 20 minutes**

**red onions** 8, quartered  
**baby leeks** 40, topped, tailed, excess leafy bits and outer skin removed (or use larger leeks if you can find them. The more leeks the better)  
**fresh thyme** 20 sprigs  
**pork bangers** 1½ kg (24 sausages)  
**olive oil** 4 T  
**coconut oil** 2 T  
**honey** 2 T  
**sea salt and freshly ground black**

**pepper**, to taste  
**mashed potato**, for serving

**1** Preheat the oven to 200°C. Place the onions, leeks and thyme in a large ovenproof dish and then place the pork bangers on top. **2** Drizzle with the olive oil, coconut oil and honey and mix well. **3** Bake, uncovered, for 60–80 minutes, turning every 20 minutes, to ensure that the sausages brown nicely. Serve with mashed potato.  
**DAIRY-FREE**  
**WINE: Dombeya Pinotage 2015**





**“THIS IS UNFUSSY COMFORT FOOD,  
PERFECT FOR WHEN YOU DON'T HAVE  
MUCH TIME TO PREPARE BUT HAVE  
MANY MOUTHS TO FEED”**



**BANGER, ONION AND LEEK ROAST**



# CULTURAL EXPERIMENT

What do you do when you move to a new city and want to make new friends? Make like Nobhongo Gxolo and start a food club – a whole new like-minded community will follow

PHOTOGRAPH **JAN RAS** PRODUCTION **ABIGAIL DONNELLY** TEXT **NOBHONGO GXOLO**

**I**t all starts with the avocado tree growing outside our house at NU6, Mdantsane. When I'm four, my brother and sister hide in the imposing tree while I crane my neck to see them, desperate to glimpse a leg or faded shorts, mom and dad keeping an eye on us from the kitchen window as we immerse ourselves in play. The inception of an affinity for avos. Food nostalgia. When food and love become entwined.

Fast-forward to my sister attending a girls' high school in East London where one of her classes is home economics. Our family's taste buds are collectively and eternally grateful. My father also has a butchery in Zwide, Port Elizabeth, that focuses on top-quality meat products. At the back there is a braai area and a man who cooks customers' meat while they catch up with their folk. We learn about

quality and community via diffusion.

Fast-forward to me relocating from Joburg to the Mother City. Moving is difficult and I want to create a social buffer I scroll through my contacts, calling up friends I made while at varsity. We meet and break bread to see if there is still enough of a foundation on which to build a friendship. I rebuild a sense of community.

I come across a magazine article about food clubs and make a mental note to find and attend one. I also overhear a conversation between my mother and aunt about how my sister and I should look into the business of food. Then I meet Hlumela Matika through a mutual friend. She invites me to her home for dinner and prepares chicken in a way my mouth finds memorable.

An idea crystallises in my mind. I approach Hlumela with the concept of food as a way to build connections and us co-creating that space. Two weeks later, we host the first Third Culture Experiment. Look up the term "third culture kid" and you'll see that it refers to children raised in a culture outside that of their parents. I extrapolate that we all are part of a third culture, as we are all constantly interacting with people from various backgrounds.

Two-and-a-half years later, our experiment has become a monthly food club that provides a space where young professionals – mostly strangers, sometimes old friends – meet, eat and connect over a three-course meal (and a ginger-beer recipe nicked from my Mom).

The food is sourced from many places (I grow fresh herbs in pots in the backyard and buy brilliantly coloured produce from farmers' markets) and conceptualised based on various ideas and interactions. Missing my dad results in a meal he enjoyed – *umvubo* (*pap* with cold sour milk, left) served with grilled beef, because for him a supper without meat just won't do. A magazine article prompts fig-and-balsamic ice cream. Summer induces Champagne sorbet. Winter can't help but result in a



**"IT'S BECOME A FOOD CLUB WHERE PEOPLE MEET, EAT AND CONNECT OVER A THREE-COURSE MEAL (AND A GINGER-BEER RECIPE NICKED FROM MY MOM)"**

potjie, slow-cooked on an outside fire with *umngqusho* (samp and beans) – hearty warmth and goodness that lulls you into curling up in the foetal position. And brilliant shows like *Chef's Table* highlight the art in preparing and presenting food.

Third Culture Experiment has allowed me to make connections and grow friendships because each new guest is also new to me, each one a possible member of the community. And the support has been incredible. Family willing to take the time to talk through concepts; friends and a partner who've pulled through in ways that leave me feeling honoured to know them. We have collaborated with Spier, Babylonstoren, Hartenberg Wines and Rainbow's End Wines – hosting our experiments at these vineyards, as well as at the Stevenson Gallery in Woodstock. Each event is unique but they all have good food, good wine and good conversation in common – along with my sepia-hued reminiscences going all the way back to my girlhood in Mdantsane. You are invited to join our growing community! **W Nobhongo Gxolo is a freelance writer and Third Culture Experiment co-founder and host. Follow @ThirdCultureX on Twitter and Instagram for news on the next event.**

**Nobhongo Gxolo makes food such as *umvubo* with grilled beef, inspired by the food her father loves, at her Third Culture Experiment events.**







Get organised...  
with AMBIA-LINE

**blum**



Carry stacked plates to the table



Store bottles and chopping boards securely



Keep spices neat and accessible

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 WESTERN CAPE - 10 Woodbridge Business Park, Koeberg Rd, Milnerton - Tel 021 555 2282  
 EASTERN CAPE - 32 6th Avenue, Walmer, Port Elizabeth - Tel 041 581 0219  
 KWAZULU NATAL - 9 Ashfield Avenue, Springfield Park, Durban - Tel 031 579 2620

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PROMOTION

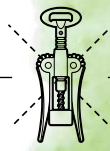
# TAKE A BACK SEAT, CHEESECAKE

Pop one of Woolies' new ready-to-bake cheeses in your shopping trolley and see for yourself

Dessert or cheese course? The eternal post-dinner dilemma. But what if you didn't have to choose? Enter Woolies' new ready-to-bake cheeses. Choose from the likes of Camembert with a chunky tomato, pepper and smoked paprika glaze, delicious served with fresh rocket and savoury biscuits; or Camembert in a bamboo box that's ready to be popped into the oven, baked and served with crusty bread; or baked ricotta with honey-and-nut drizzle (pictured). Once it's done, all that's left is to plate it with torn fresh figs and toast fingers, and take a bow. [woolworths.co.za](http://woolworths.co.za)







# Raise the bar

WHAT YOU SHOULD BE DRINKING THIS MONTH



## THIS IS HARDCORE

Apple cider's high acidity makes it a perfect ingredient for cocktails: think cider-and-pomegranate margaritas, cider Bellinis, cider mimosas (sweet-tart, bubbly, refreshing). And then there's cider sangria. We've given this autumn classic a local spin with rooibos chai, brandy and slices of fresh fruit served over plenty of ice.

Find the recipe on page 54 and you'll see why spiking your cider is a stroke of genius.

EDITED BY MICHELLE COBURN



# 10 GREATS UNDER R100

Raise your glass to the bargain buy – top-quality, but inexpensive wines made exclusively for Woolies by some of SA’s premium producers. These are ALLAN MULLINS’s great-value recommendations

## DMZ CHENIN BLANC 2016, R69.95

Prestigious wine farm De Morgenzon is known locally and internationally for producing award-winning Chenin Blanc made from old bush vines planted in cool areas of the Stellenbosch winelands.

➔ **Tasting notes:** Generous and flavourful with apricots, white peach, hints of honey and floral aromas. The palate has a note of Golden Delicious apple, which adds vibrancy to the wine’s complexity.

➔ **Match with:** Winemaker Carl van der Merwe suggests panfried yellowtail with a dill-infused cream sauce.

➔ **If you like this, also try:** Kleine Zalze Vineyard Selection Chenin Blanc 2016



1

## DELAIRE GRAFF WHITE ROCK SAUVIGNON BLANC 2016, R89.95

Winemaker Morné Vrey has plenty to smile about when he speaks about his large range of award-winning wines, particularly his Sauvignon Blanc, made from grapes harvested from premium vineyards.

➔ **Tasting notes:** Expressive varietal aromas of ripe gooseberry amplify firm, luscious summer fruits and underlying notes of grass and green pepper.

➔ **Match with:** Smoked salmon salad or seared tuna with sesame seeds.

➔ **If you like this, also try:** Saronsberg Sauvignon Blanc 2016

2



## DELHEIM OAKLEAF WHITE 2016, R69.95

Since 1951, wine legend, “Spatz” Sperl and his family have grown Delheim into a much-loved and highly successful farm. The Oakleaf is an innovative blend of Chenin Blanc, Chardonnay, Sauvignon Blanc and Riesling.

➔ **Tasting notes:** The aromatic nose has flavours of apricot, white pear and pineapple, while the mid-palate adds granadilla and gooseberry. The palate has notes of green apple and lime.

➔ **Match with:** Fish on the grill, salads, or as an apéritif.

➔ **If you like this, also try:** Vrede en Lust White Mischief 2016



3

## HARTENBERG RESERVE COLLECTION CHARDONNAY 2015, R99.95

The 25 years Carl Schultz has spent making wine at Hartenberg show in this vibrant yet elegant Chardonnay.

➔ **Tasting notes:** Flavours of lemon, lime and hints of vanilla from very gentle oakaging. A rounded palate with an attractive creamy texture.

➔ **Match with:** Hartenberg recommends roast chicken with thyme butter, or grilled broccoli with Parmesan shavings.

➔ **If you like this, also try:** Noble Hill Chardonnay 2016

4

## KLEINE ZALZE SHIRAZ 2015, R74.95

Winemakers RJ Botha and Allistair Rimmer scour the vineyards of the Cape for grapes to suit their ranges.

➔ **Tasting notes:** Concentrated dark red fruits are complemented by notes of lavender and white pepper. Full-bodied with palate-pleasing spice and a rich velvety finish.

➔ **Match with:** Oxtail, lamb shanks or venison in a Shiraz-based sauce.

➔ **If you like this, also try:** Bellingham Homestead Shiraz 2015

5



6

## LA MOTTE MERLOT 2015, R79.95

This Merlot is a selection from Bot River, Franschhoek and Stellenbosch.

➔ **Tasting notes:** Mulberry with hints of redcurrant and cherry. A juicy, fruity palate with spicy oakiness.

➔ **Match with:** Winemaker Edmund Terblanche recommends a beef burger with caramelised onion sauce, or oxtail with plenty of mushrooms.

➔ **If you like this, also try:** Boschendal 1685 Merlot 2015.







**7 DIEMERSDAL RESERVE COLLECTION MERLOT-MALBEC 2015, R79.95**

Merlot and Malbec are regular components of Bordeaux-style blends, but the two are seldom blended together on their own. In this inspired blend, crowd-pleasing Merlot combines seamlessly with rising star Malbec.

➔ **Tasting notes:** The Merlot is soft and luscious, given further structure, depth and colour by the Malbec. The red berry and ripe plum flavours are lifted by spicy notes.

➔ **Match with:** Poultry or meat with light- to medium-spiced sauces.

➔ **If you like this, also try:** Eikendal Charisma 2015

**WARWICK CAPE LADY CABERNET SAUVIGNON 2015, R89.95**

This wine is similar to the popular Warwick First Lady Cabernet Sauvignon, but is a tad more serious due to longer maturation in French oak barrels.

➔ **Tasting notes:** Blueberries and blackberries, a little chocolate and an overlay of fresh garden herbs. Graceful, yet with distinctive power.

➔ **Match with:** Winemaker Nic van Aarde: "Aged grass-fed rib eye steak or rosemary- and lemon-marinated lamb chops – both done on the braai!"

➔ **If you like this, also try:** Zevenwacht Cabernet Sauvignon 2015



**BEYERSKLOOF RESERVE COLLECTION PINOTAGE 2015, R74.95**

Pinotage wines have had their fair share of critics in the past but wines like this from the home of Pinotage legend Beyers Truter and his son, Anri, are rapidly turning faultfinders into followers.



➔ **Tasting notes:** Grapes from lovely old bush vines result in a typical Pinotage bouquet of plum and dark cherry and a palate that has a fruit-rich entry, a succulent mid-palate and a long, rounded finish.

➔ **Match with:** Winemaker Anri Truter recommends Karoo loin chops on the braai.

➔ **If you like this, also try:** Raka Pinotage 2015

**VILLIERA BRUT ROSÉ METHODE CAP CLASSIQUE NON-VINTAGE, R94.95**

A pink Méthode Cap Classique sparkler from the Grier family of Villiera. Pinotage in the blend gives it a proudly South African touch.

➔ **Tasting notes:** Salmon pink bubbles leaping to the rim, summer strawberry freshness, a joyful burst of bubbles exploding in the mouth.

➔ **Match with:** Sunshine, celebrations and oysters.

➔ **If you like this, also try:** Kleine Zalze Brut Rosé MCC Non-Vintage



**DRINKING DATES**

*Harvest season means festival season in wine-producing country and beyond. Here are three you should buy tickets for this month*

**SOWETO WINE FESTIVAL**

3–5 March, Soweto Theatre

Meet some of SA's top winemakers, learn wine-tasting basics and enjoy food and wine demonstrations.

Plenty of tastings and artisanal foods on offer.

[sowetowinefestival.co.za](http://sowetowinefestival.co.za)

**HANDS-ON HARVEST**

10–12 March, Robertson Wine Valley

Help pick, stomp, blend and taste grapes, enjoy tastings, food-and-wine pairings, riverside lunches, boat cruises and vineyard safaris in Ashton, McGregor, Bonnievale and Robertson. [handsonharvest.com](http://handsonharvest.com)

**CLUVER FAMILY HARVEST DAY**

1 April, Paul Cluver Wines, Elgin

Drive yourself or hop on the special train from Cape Town station for a scenic trip to the valley where you can sample Paul Cluver's ciders and cool-climate wines. Plenty of old-school games for the whole family, live music and gourmet food.

Tickets at [webtickets.co.za](http://webtickets.co.za); [cluver.com](http://cluver.com)



Allan Mullins has selected wines for Woolworths for more than two decades. Find him on Twitter @AllanMullinsSA.



**"THE PALATE OF THE DMZ CHENIN HAS A NOTE OF GOLDEN DELICIOUS APPLE, WHICH ADDS VIBRANCY TO THE COMPLEXITY OF THE WINE"**



## WHAT TO PAIR WITH... **STEAK**

Your choices are a juicy Merlot, an assertive Shiraz, or a Bordeaux-style blend, says ALLAN MULLINS. Raise the stakes and try one of his expert choices at your next soiree



### **BUDGET**

#### **WOOLWORTHS LONGMARKET MERLOT (SPIER) 2015, R49.95**

... with the steak with anchovy-spinach sauce and matchstick fries on page 64

Spier cellarmaster Frans Smit is a lover of Merlot and it shows in this juicy blend of grapes from the Stellenbosch and Darling wine regions. The brightness of the expressive varietal aromas of red cherries, plums and raspberries give an extra lift to the steak, while the gentle oak maturation adds vanilla – a fine partner for the anchovy-spinach sauce. The steak dish is not overpowered by the wine's palate and finish, which is firm and succulent.

**If you like this, also try:** Van Loveren Merlot 2015

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### **MIDDLE OF THE ROAD**

#### **WOOLWORTHS SARONSBERG SGM 2014, R99.95**

... with the Marsala mushroom steak on page 62

Marsala, the sweet, richly flavoured Sicilian wine, ensures that the mushroom sauce is wonderfully opulent. This calls for an assertive wine with a wide range of flavours and this three-way Rhône-style blend is the perfect answer. The Shiraz offers bold dark fruit and spice, the Grenache contributes a spectrum of red berry fruit and floral notes, while a splash of Mourvèdre adds spicy savouriness and delicate smoky tones.

**If you like this, also try:** Fairview Shiraz 2015



### **BEST TO IMPRESS**

#### **WOOLWORTHS DELAIRE GRAFF REDSTONE 2015, R129.95**

... with the chilli Romesco rump on page 64

The wine is called Redstone as the grapes come from the red, nutrient-rich tukulu and oakleaf soils of the Stellenbosch hillside. The chilli Romesco rump needs a wine with a firm texture for the meat and plush dark fruit with a spicy zing for the intrigue of the sauce, which includes chilli and garlic. And this blend of all five Bordeaux varieties is perfect. Cabernet Sauvignon adds blackcurrant and cassis; Malbec a firm, supple palate; Petit Verdot spice and perfume; Cabernet Franc more spice and a leafy note; Merlot freshness and acidity.

**If you like this, also try:** Spier Creative Block 5 2015





# PICKLED FISH FOR THE WIN

The best Easter-weekend meals are the relaxed, impromptu ones. Like Woolies' pickled fish straight from the fridge, wrapped in warm, buttery rotis – eaten after a swim and before that all-important afternoon nap

Woolworths' ready-to-eat pickled fish is the stuff of legend. Just like most Cape Town families have their own tried-and-tested recipe for perfecting this spicy staple, so does Woolies. Available in hake and yellowtail varieties, the fish is lightly battered and fried until golden brown, then drenched in a slightly sweet, aromatic curry sauce, made the traditional way using bay leaves, sliced onions and vinegar. It's the unmistakable taste of Easter, ready for you to enjoy whenever the craving strikes. [woolworths.co.za](http://woolworths.co.za)



## SERVING SUGGESTION

Serve a generous portion of pickled fish on a warmed ready-made roti with a raita made using full-cream yoghurt, fresh chopped coriander and lemon juice. Finish off with chopped fresh mango, more fresh coriander and fresh chilli.



PHOTOGRAPH DIRK PIETERS PRODUCTION FOODLOOSE PRODUCTIONS FOOD ASSISTANT MAYA MILLER



## HOW DO YOU LIKE **THEM APPLES?**

Forget the overly sweet, concentrate-based stuff you swigged as a student. The craft-cider revolution is here in all its yeasty, off-dry glory

### → **TERRA MADRE POMME CLASSIQUE DRY ELGIN CIDER**

Made in limited batches from Granny Smith, York Imperial, Golden Delicious and Braeburn apples, this is bottle-fermented and has lots of dry complexity.

[terramadre.co.za](http://terramadre.co.za)

### → **SXOLLIE GRANNY SMITH**

This single-varietal cider made from Granny Smiths is crisp and dry with crunchy acidity. [sxolliecider.com](http://sxolliecider.com)

### → **EVERSON'S CLOUDY CIDER**

Bittersweet, complex cider meets freshly pressed cloudy apple juice in this infinitely quaffable craft sipper. [eversonscider.com](http://eversonscider.com)

### → **CLUVER & JACK**

Made from 10 apple varieties, this crisp cider is fermented with wine-yeast cells, filtered, then preserved with CO<sub>2</sub>. [cluverjack.com](http://cluverjack.com)

### → **WINDERMERE TRADITIONAL APPLE CIDER**

Made using Elgin apples, Windermere ciders are brewed in the German *apfelwein* style and aged for six months. [windermerecider.co.za](http://windermerecider.co.za)

### → **LITTLE WOLF HIBISCUS CIDER**

This European-style cider is enriched with hibiscus tea, which imbues it with red-berry flavours. [littlewolfbrewery.co.za](http://littlewolfbrewery.co.za)

### → **URBAN BREWERY SS MAORI DRY CIDER**

This crisp, dry cider is produced in Hout Bay, where the British ship, the SS Maori, ran aground in 1909. [urbanbrewery.co.za](http://urbanbrewery.co.za)

### → **ALPHA DRY CIDER**

Fuji, Golden Delicious, Cripps Pink and Granny Smith apple juice from Elgin star in this zesty smooth operator. [alphacraft.co.za](http://alphacraft.co.za)

## SPICED CIDER SANGRIA

*Bobbing for apples could make a comeback*

Steep 1 vanilla chai rooibos teabag in 1 cup boiling water. Stir in 2T sugar until dissolved and allow the tea to cool. Pour 6 x 340 ml bottles of cider into a large jug. Add 1 sliced apple, 1 sliced nectarine or peach, ½ cup brandy and the spiced tea mixture. Serve over ice in glasses garnished with apple and nectarine slices and mint.



**“[CIDER] MAY TASTE CLEAN OR CHALLENGE WITH AN INTENSE, ANCIENT AND WILD CHARACTER”  
- DREW BEECHUM, THE EVERYTHING HARD CIDER BOOK (ADAMS MEDIA)**





P R O M O T I O N

# ONE SUSTAINABLE SEAFOOD SUPPER COMING UP!

Never heard of basa? It's only another ASC-accredited fish joining the ranks of Woolies' selection of sustainable seafood. Nicely done



#### SERVING SUGGESTIONS

Wrap basa fillets in prosciutto and pan-fry until cooked through.

Garnish with fresh granadilla pulp and sweet basil leaves.

Serve basa cheese-and-corn fish cakes and snoek-and-sweet potato fish cakes with Woolies' zesty guacamole and mango-and-coconut dressing.



In its quest to offer you seafood that's responsibly caught and from a sustainable source, Woolies now also stocks basa, a slightly oily fish with a delicate texture and taste that plays well with most flavours. Available in fillets and kid-friendly cheese-and-corn fish cakes, the species is ASC-certified, which means that the Aquaculture Stewardship Council – an international non-profit organisation dedicated to sustainable fish farming – has given it the green light. Snoek-and-sweet potato fish cakes are another new seafood option at Woolies you can tuck into with a clear conscience. Three more reasons to love Fish Fridays – and Woolies, of course. [woolworths.co.za](http://woolworths.co.za)



# 'TIS WHICH SEASON?

Changing seasons mean shifting wine choices. The crisp whites you crave in summer often give way to heartier reds in colder weather, with some exceptions. If you're a confirmed red drinker, for example, you can drink it all year with just a few caveats...



## \* AUTUMN

Aromatic whites and light- to medium-bodied reds are perfect for cooler weather and harvest fare.

**WHITE:** Viognier, Bukettraube, oaked Chardonnay **RED:** Soft blends, oaked Pinot Noir, Cabernet Franc, Merlot, Grenache



## \* WINTER

Turn to full-bodied wines that pair well with hearty dishes such as roasts, game and stews.

**WHITE:** Oaked Chardonnay **RED:** Grenache, Malbec, Syrah, Zinfandel, Cabernet Sauvignon, Bordeaux blends, oaked Pinot Noir



## \* SPRING

Lighter wines pair well with lighter dishes and the first braais of the season.

**WHITE:** Blends, Chenin Blanc, Pinot Grigio, Riesling, unoaked Chardonnay, Gewürztraminer **RED:** Unoaked Pinot Noir, Grenache, rosé



## \* SUMMER

Crisp white wines are great for quenching your thirst but slightly chilled, easy-drinking reds are suitable, too.

**WHITE:** Blends, Sauvignon Blanc, Pinot Grigio, Riesling, unoaked Chardonnay **RED:** Soft blends, unoaked Pinot Noir, rosé



**CEDERBERG  
BUKETTRAUBE 2016,  
R79.95** Slightly sweet  
with crisp acidity.  
**Drink with:** Sweet Cape  
curries and baked fruit.



**SPIER PRIVATE  
COLLECTION  
CHARDONNAY 2015,  
R119.95** Hints of nutty oak and  
vanilla. **Drink with:** Roast game,  
fish and pork.



**KEN FORRESTER  
GRENACHE 2014,  
R79.95** Brimming with  
strawberries and pomegranate.  
**Drink with:** Salad Niçoise or  
melanzane Parmigiana.



**HAUTE CABRIÈRE  
UNWOODED PINOT  
NOIR 2016, R89.95**  
Ripe cherry and cranberry flavours.  
**Drink with:** Seafood, chicken  
and pasta.

## WHITE OR RED?

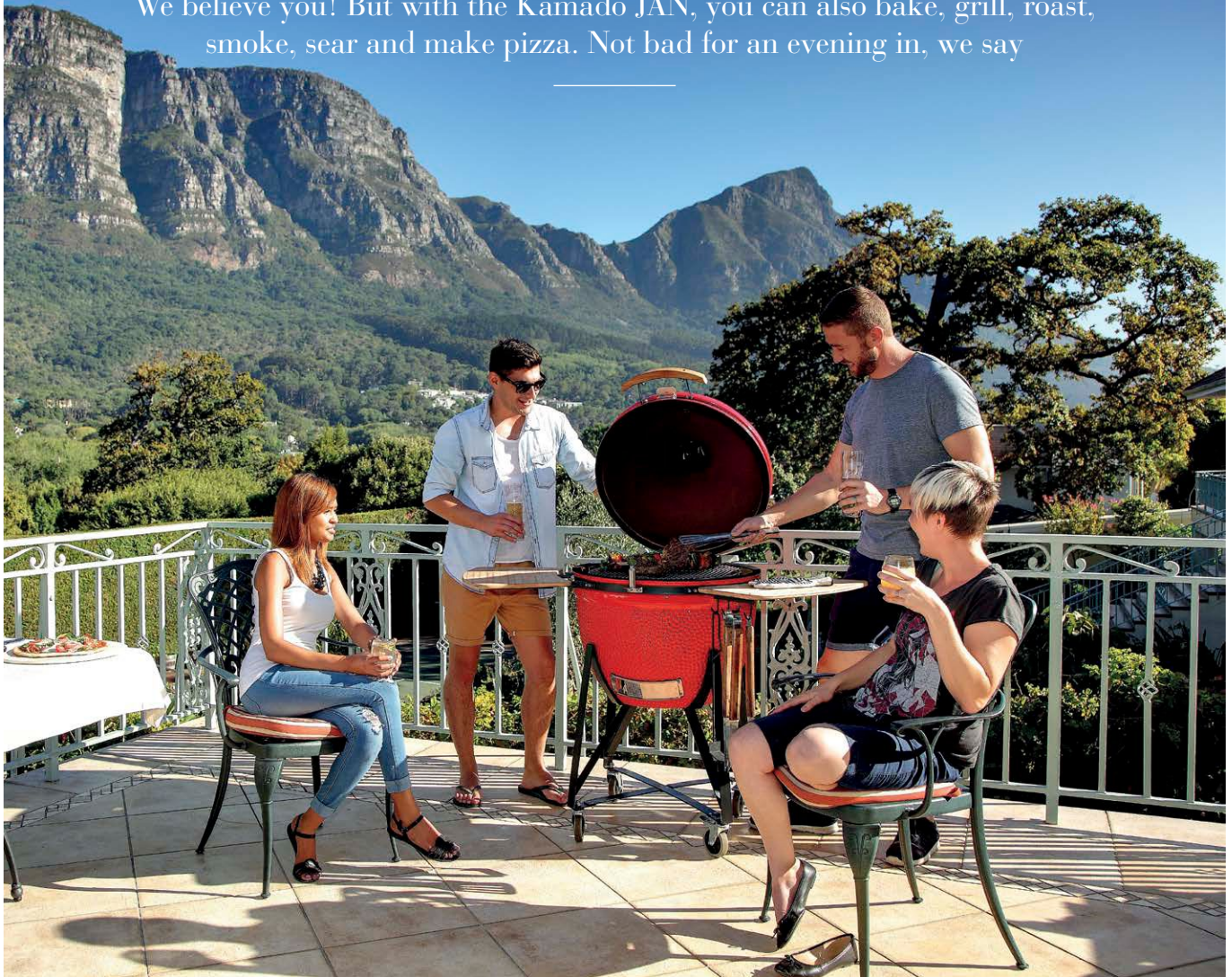
Choosing wine to suit the season is less about the colour and more about the oaking, tannins and alcohol content. **LIGHT- TO MEDIUM-BODIED** reds and whites that are lower in alcohol with no oaking and low tannins suit warm weather. **HEAVY-BODIED** wines are great in winter. **CHECK THE LABEL:** Wines under 12.5% alcohol are light-bodied, those between 12.5% and 13.5% are medium-bodied, and wines over 13.5% are full-bodied.



P R O M O T I O N

# SO YOU THINK YOU CAN BRAAI?

We believe you! But with the Kamado JAN, you can also bake, grill, roast, smoke, sear and make pizza. Not bad for an evening in, we say



The Kamado JAN doesn't shy away from a challenge. In fact, the stainless-steel and ceramic braai is all about the divide-and-conquer approach. Standard with every Kamado JAN, the Divide and Conquer system – consisting of two half-moon grids, two deflector plates and a multilevel frame – allows you to use different cooking methods with different heat zones. Whether you want to smoke and sear, roast and bake, or braai chicken thighs and chops on two different levels simultaneously, the system adapts to your dinner plans without a hitch. If only everyone could be as flexible as the Kamado JAN. [kamadojan.co.za](http://kamadojan.co.za)





# LET THEM EAT - STEAK -

Times are tough, but dinner shouldn't be. There's no reason not to have your steak and eat it - keep an eye out for lower prices on thick-cut rump, rib-eye and sirloin (it happens), or dress up a tenderised steak. Make it go further with a kick-ass sauce, chips and onion rings

THICK-CUT RIB-EYE STEAK AU POIVRE  
R30 PER SERVING

58





**EVERYDAY  
LOW PRICE**

Free-range  
thick-cut rump,  
sirloin and rib-eye  
are all matured for  
flavour and sold at an  
everyday low price.

SIRLOIN WITH  
MARSALA  
MUSHROOMS  
R49 PER SERVING

PHOTOGRAPHS  
JAN RAS  
RECIPES AND  
PRODUCTION  
ABIGAIL  
DONNELLY  
FOOD  
ASSISTANTS  
CHIARA TURILLI  
AND LYNDA  
INGHAM-BROWN



THICK-CUT RUMP WITH  
MONKEYGLAND SAUCE, CHARRED  
CORN AND CABBAGE TOSTADAS  
R49 PER SERVING





**FREE-RANGE SIRLOIN SALAD  
WITH TORN FIGS  
R27 PER SERVING**





## STEAK AU POIVRE

Serves 4

EASY

**GREAT VALUE**

Preparation: 10 minutes

Cooking: 15 minutes

mature thick-cut beef rib-eye 400 g  
sunflower oil, for rubbing  
sea salt, to taste

For the peppercorn sauce:

butter 2 T

olive oil 2 T

garlic 3 cloves, finely chopped

cream 1 cup

green peppercorns in brine

50 g, drained and crushed

sea salt and freshly ground black pepper, to taste

**1** Rub the steak with oil and salt. Heat a griddle pan until extremely hot and sear the meat for 4 minutes on each side. Set aside to rest. **2** To make the peppercorn sauce, heat the butter and olive oil in a pan over a medium heat. Add the garlic and cream. Cook for a minute, then add the peppercorns and season to taste. **3** Slice the rib-eye and spoon over the sauce.

**CARB-CONSCIOUS, WHEAT- AND GLUTEN-FREE**

**WINE: Woolworths Fairview Shiraz 2015**

## MARSALA MUSHROOM STEAK

Serves 4

EASY

Preparation: 15 minutes

Cooking: 15 minutes

sirloin steak 400 g  
sunflower oil, for rubbing  
sea salt and freshly ground black pepper, to taste

For the Marsala mushroom sauce:

shallots 6, roughly chopped

olive oil 3 T

balsamic vinegar 4 T

garlic 1 clove, finely chopped

brown mushrooms 200 g, torn

rosemary 2 t

bay leaves 2

sea salt and freshly ground black pepper, to taste

cream 1 cup

Marsala ½ cup

*“Woolies’ free-range steak is matured for a minimum of 35 days to guarantee tenderness and flavour and our free-range beef is never given growth hormones or routine antibiotics”*  
– *Truitjie van Rooyen, product developer*

**1** Rub the sirloin with oil, salt and pepper. Heat a griddle pan until extremely hot and sear the meat for 1 minute on each side. Set aside to rest. **2** To make the Marsala mushroom sauce, fry the shallots in 1 T olive oil until transparent in the same pan used to cook the meat. Add the balsamic vinegar and cook over a low heat until caramelised. Set aside. **3** Fry the garlic, mushrooms, rosemary and bay leaves in the remaining olive oil, and season. Add the steak, cream and Marsala. **4** Flambé to cook out the alcohol and intensify the flavour. Cook the meat in the sauce for 5 minutes over a medium heat and serve.

**CARB-CONSCIOUS, WHEAT- AND GLUTEN-FREE**

**WINE: Woolworths Saronsberg SGGM 2014**

## IT'S ALL IN THE TIMING

*Don't forget that steak will continue to cook after you let it rest. Cardinal rule: do not overcook it! Follow these timings for perfect results with a 3.3 cm-thick steak*

**\* RARE**

(dark red meat with some juices flowing) 2.5 minutes on each side

**\* MEDIUM RARE**

(pink meat with pink juices) 3.5 minutes on each side

**\* MEDIUM**

(pale pink meat) 4.5 minutes on each side

**\* WELL DONE**

(slightly pink meat) 5 minutes on each side

## MONKEYGLAND RUMP CHUNKS WITH CHARRED CORN AND CABBAGE TOSTADAS

Serves 4

EASY

Preparation: 30 minutes

Cooking: 40 minutes

rump steak 400 g  
sunflower oil, for rubbing  
sea salt and freshly ground black pepper, to taste

For the monkeygland sauce:

garlic 3 cloves, finely chopped

onion 1, finely chopped

sunflower oil 1 T

water ½ cup

Italian whole tomatoes 1 x 400 g can

tomato sauce ½ cup

chutney ½ cup

sugar 6 T

red wine vinegar 3 T

chipotle Tabasco 1 t

For the tostadas:

white flour wraps 4, toasted

red cabbage ½, finely sliced

Woolworths supersweet sweetcorn

3 cobs, charred and cut off the cob

red wine vinegar ¼ cup

parsley 2 t roughly chopped

olive oil 3 T

lemon 1, zested

**1** Rub the rump with oil, salt and pepper. Heat a griddle pan until extremely hot and sear the rump for 3 minutes on each side. Set aside to rest. **2** To make the monkeygland sauce, fry the garlic and onion in the oil until golden. Add the remaining ingredients and cook over a medium heat for 40 minutes, stirring occasionally. **3** To make the tostadas, place the toasted wraps on a wire wrack to cool. Toss the cabbage, corn and red wine vinegar. In a separate bowl, mix the parsley, olive oil and lemon zest until combined. **4** To serve, cut the rump into generous chunks and pour over the monkeygland sauce. Top the wraps with the cabbage mixture and drizzle with the parsley sauce.

**FAT-CONSCIOUS, HEALTH-CONSCIOUS, DAIRY-FREE**

**WINE: Woolworths Ken Forrester SGM 2015**



STEAK WITH ANCHOVY-SPINACH  
SAUCE AND MATCHSTICK FRIES  
R33 PER SERVING





## STEAK SALAD WITH TORN FIGS

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 15 minutes

**free-range sirloin steak** 400 g  
**sunflower oil**, for rubbing  
**sea salt and freshly ground black pepper**, to taste  
**radishes** 150 g, thinly sliced  
**fennel** 200 g, thinly sliced  
**Mediterranean cucumber** 50 g, peeled and thinly sliced  
**olive oil** 3 T  
**red wine vinegar** 3 T  
**figs** 140 g, torn

**1** Rub the sirloin with oil, salt and pepper. Heat a griddle pan until extremely hot and sear the rump for 2 minutes on each side. Set aside to rest. **2** Toss the radishes, fennel and cucumber in the olive oil, vinegar, salt and pepper. **3** To serve, scatter the salad on a plate, top with the thinly sliced steak and figs. Serve immediately.

**CARB-CONSCIOUS, FAT-CONSCIOUS, HEALTH-CONSCIOUS, DAIRY-FREE, WHEAT- AND GLUTEN-FREE**  
**WINE: Woolworths Vergelegen Merlot 2015**

## STEAK WITH ANCHOVY-SPINACH SAUCE AND MATCHSTICK FRIES

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 30 minutes

**For the matchstick fries:**

**Woolworths Nicola Mediterranean potatoes** 200 g, peeled and cut into matchsticks  
**sunflower oil**, for frying

**For the anchovy-spinach sauce:**

**butter** 200 g  
**anchovies** 20 g, chopped  
**red wine vinegar** 2 T  
**freshly ground black pepper**, to taste  
**baby spinach** 200 g

**tenderised steak** 400 g

### NINE STEPS TO STEAK NIRVANA

*Cooking the perfect steak is easy. All you need is good seasoning, perfect timing (see box on page 62), a hot pan and a beautiful piece of meat*

- 1.** Two days before cooking, remove the steak from its packaging and place it, uncovered, on a rack in the fridge so that it can dry and firm up (this doesn't mean you'll end up with a dry, tough result!).
- 2.** Always bring steak to room temperature before cooking it.
- 3.** Coat the meat with sunflower oil (rather than olive oil) as it can tolerate higher temperatures without burning.
- 4.** Use a dry pan and make sure it's smoking hot – preheat it for five minutes. A cast-iron skillet is your best bet for a sweet, caramelised crust.
- 5.** Season the steak with salt and pepper before cooking it, and pop a knob of butter, ghee or duck fat under one side while frying – this creates a crust as the butter and juices mingle.
- 6.** Cook a few steaks at a time but don't overload the pan or you'll end up steaming the meat.
- 7.** When the edge of the steak (where it touches the pan) is golden brown, it's time to flip it over.
- 8.** Once cooked to your liking, leave it to rest, uncovered, for up to 10 minutes to allow the juices to redistribute, then rub with butter for extra juiciness.
- 9.** Always slice steak against the grain for a more tender result.

**1** To make the matchstick fries, toss the potato matchsticks in paper towel to dry and blot off the excess starch. Heat the sunflower oil in a medium-sized saucepan. Fry the potatoes in batches until golden brown, then remove using a slotted spoon. Drain on kitchen paper. **2** To make the anchovy-spinach sauce, heat the butter and a dash of olive oil in a pan and fry the anchovies until they melt. Add the vinegar and pepper and set aside. **3** To cook the steak, heat sunflower oil in a pan over a high heat and pan-fry the steaks

for 1 minute on each side. **4** To serve, mix the spinach into the warm anchovy sauce until wilted. Serve the steak with the sauce and fries.

**WHEAT- AND GLUTEN-FREE**

**WINE: Woolworths Longmarket Merlot 2015**

## CHILLI ROMESCO RUMP WITH ONION RINGS

Serves 4

EASY

Preparation: 15 minutes

Cooking: 15 minutes

**For the Romesco sauce:**

**pickled peppers** 245 g  
**flaked almonds** 50 g, chopped  
**chilli flakes** 1 t  
**garlic** 1 clove  
**tomato paste** ¼ cup  
**Italian parsley** 2 t chopped  
**red wine vinegar** ¼ cup  
**smoked paprika** 1 T  
**sea salt and freshly ground black pepper**, to taste  
**olive oil** 3 T

**For the onion rings:**

**onions** 3, cut into rings  
**flour** 5 T  
**sea salt and freshly ground black pepper**, to taste  
**sunflower oil**, for frying

**free-range rump steak** 400 g  
**sunflower oil**, for rubbing  
**sea salt and freshly ground black pepper**, to taste

**1** To make the Romesco sauce, place all the ingredients except the olive oil into a blender and process until smooth.

**2** Heat the olive oil in a pan, pour in the Romesco sauce and cook over a low heat for 5 minutes. **3** To make the onion rings, dust the onions rings in the seasoned flour. Heat the oil in a saucepan and fry the onion until golden. Remove using a slotted spoon and drain on kitchen paper. **4** To cook the rump, rub the meat with oil, salt and pepper. Heat a griddle pan until extremely hot and sear the rump for 2 minutes on each side. Set aside to rest. **5** Spoon the Romesco sauce over the steak and serve with the onion rings.

**CARB-CONSCIOUS, DAIRY-FREE**

**WINE: Woolworths Diemersdal Cabernet Sauvignon 2015**



RUMP WITH CHILLI  
ROMESCO AND  
ONION RINGS  
R31 PER SERVING



Discover more succulent steak recipes at [taste.co.za/recipe-guide/steak](http://taste.co.za/recipe-guide/steak).



# Heads

There's no wrong answer when you eat at La Tête in Cape Town, where Giles Edwards serves crispy pigs' tails, tender rolled pig's head, ox tongue and sweetbreads to the growing number of adventurous diners embracing the nose-to-tail trend

# or tails?



MUSSELS, LEEKS  
AND BACON

PHOTOGRAPHS  
**JAN RAS**  
PRODUCTION  
**ABIGAIL DONNELLY**  
RECIPES  
**GILES EDWARDS**  
TEXT  
**MICHELLE COBURN**









## “INSANE!”

Absolutely insane. I ate things I’m going to dream about tonight!” When Abigail Donnelly goes into raptures about a meal right off the back of judging SA’s best restaurants for the Eat Out Mercedes-Benz Restaurant Awards, you know the food has made a major impression. The chef responsible for this insanely memorable lunch back in mid-December was Giles Edwards, whose first ever bricks-and-mortar restaurant, La Tête, had been open for just two weeks when he served Abi “a crispy fried angelfish sandwich on Woodstock Bakery bread with chunky home-made tartare sauce.” And this: “paper-thin slices of ox heart caramelised in balsamic, then grilled... it was like the best steak you’ve ever had. There was also a samphire, fennel and cucumber salad in a beautiful citrus dressing. And we finished with a bowl of fresh cherries from Klondyke Farm and madeleines with home-made chocolate sauce for dipping. Like churros!”

Rapture over, Abigail disappeared. And we knew she was sneaking a nap somewhere. We also knew the contents of her dreams.

Just three weeks later, CNN named La Tête one of the top new eateries in the world to watch in 2017, the only South African restaurant on the list. Not bad. Not bad at all, considering that, a little over a year ago, Giles’s name was not well known in the Mother City. But a lot can happen in 12 months when you’re a man with a plan. And Giles’s plan to create a permanent home for his food began at the end of 2015, shortly after his return to South Africa after spending five years at London’s St John restaurant with the legendary Fergus Henderson, arguably the pioneer of nose-to-tail cooking.

(You can read Giles’s back story in the March 2016 issue of TASTE).

He kicked off with a series of pop-up dinners at Salt Cellar in Woodstock with the intention of introducing Capetonians to his style – simple dishes made with seasonal ingredients and lesser-known parts of the animal – in a bid to test the level of interest. An intense three months of sell-out suppers followed. People were talking about – and wanting a lot more of – crispy pigs’ tails with garlic aioli, ox tongue with green beans and anchovies, and those perfect madeleines...

**ONCE THE DEMAND HAD BEEN CREATED**, the long hunt for exactly the right space began. Giles knew he wanted to be in Cape Town’s CBD, but trendy Bree Street was not his first choice. “I don’t do ‘cool’ food. That’s just not what I’m about,” he says of why he didn’t think it’d be a good fit.

But when a location at the quieter, (marginally less cool!) bottom end of Bree became available, it seemed well-timed. “There was a lot of interest in the space, so the landlord finally going with me was a real vote of confidence. It was a risk for him but I told him this is who I am and this what I stand for. And he said great, let’s do it!”

There were potential investors in the wings but La Tête belongs solely to Giles and his brother James, a fitting partnership considering James was the guy who bought his brother his first dinner at St John 12 years ago – a meal that ignited Giles’s passion to become a chef. “In the end we didn’t want a silent partner who, a month down the line, could say ‘We really think you should put a burger on the menu, or, ‘Hey, my friend’s an artist, please can we put his painting on the wall?’ We decided no, it’s just us, let’s do it our way, and that’s exactly what we’ve done.”

That didn’t mean avoiding a serious bout of apprehension when he first unlocked the doors at 7 am one Monday morning in mid-October, ahead of a six-week renovation. “It was scary getting those keys for the first time. The previous tenant just left everything as it was – including the furniture – and for the first two hours it was just me and I was like, ‘oh my god what am I gonna do?’ Then the builders walked in with sledgehammers and smashed the place to pieces. And it was amazing. It was happening! I helped bash down a few walls. Then came a stagnant few weeks that drove me mad – waiting



for plaster and paint to dry. But everything eventually fell into place and I'm extremely happy with what it is now."

The formerly gloomy space that was full of awkward corners was opened up into a light-flooded, spare interior filled with bare wooden tables. "As blank a canvas as you can get," says Giles. Don't expect to talk about the art over your meal. There isn't any. But watch Giles at work in the open kitchen and you'll see him glancing regularly at the antique clock on the wall at the entrance. It belonged to his late father. "He was a fanatical collector and it's an old station clock of his we put up – a constant reminder. And we use it to keep time in the kitchen."

Don't expect music, either. "We want a real buzz when people walk in, not soft tunes. The other day I was at a restaurant that I think serves some of the best food in the city. And the whole thing was amazing but I was listening to the music in the background the whole time. It's fine for my car or whatever, but not when I'm eating.

Why can't you just not have it? For me, it's a confidence thing. I want my food to stand on its own. No distractions."

**GILES MAKES A POINT OF TALKING TO EVERYONE**

at least once during a meal, explaining the preparation methods he's used and getting honest feedback. "People then appreciate that the food might be simple in presentation but understand that a lot of work has gone into it. We cook our fish on the bone because it makes the flesh moister. Yes, you're going to have bones on your plate, but fish have bones! When I buy an ox tongue I brine it and it takes me 10 days. The flavour is intense. That's different to just boiling it and putting it on a plate as a flabby piece of tongue, which is the worst thing you can eat.

"The older generation really get it, you know. And I knew they would. We've also had a lot of English and American people in here, and they get it because April Broomfield is huge in the States and Fergus is massive in London. La Tête has a French



**"I DON'T DO 'COOL' FOOD. THAT'S NOT WHAT I'M ABOUT"**



theme, but it's about a global trend."

He's growing his supplier base daily, working with everyone from Farmer Angus for eggs, ox heart and tongue, to Oak Valley and Glen Oakes for pork, Son of a Butcher for lamb and lamb kidneys, and Theo Lutz Fresh Produce for vegetables. Fish comes from Southern Cross Seafood because, "if it's not fresh, they don't have it. I get a message from them saying what they've got and I just take it from there on a daily basis. I don't use anything frozen because that means it's come from somewhere else and I want it to come from Cape shores."

Look out for goat too, down the line. Giles is a fan and reckons it's hugely underrated, so is working on finding a reliable supplier who can account for the provenance of the meat.

When he stands at the bar (the offering is carefully curated and includes wines by Tim Martin, along with craft beers and artisanal gins), surveying his home from home, he is clearly satisfied with what he sees. "I've pretty much been living here for a few months now. It's a good home and I'm really happy with it. The food's amazing. But I'm biased, obviously." Biased? Maybe. But it's a confidence thing, and if you're looking for someone with serious guts, you've found him. **W**

**La Tête, 17 Bree Street, Cape Town. Follow @lateterestaurant on Facebook for daily menu updates. To book email [reservations@latete.co.za](mailto:reservations@latete.co.za) or call 021 418 1299.**

Opening spread, right: La Tête chef-patron Giles Edwards. Opposite: The pared-down interior where the food takes centre stage. This page, from above: Salty samphire destined for a salad with fennel and cucumber; sweetbreads with peas and bacon.



## MUSSELS, LEEKS AND BACON

**Serves 2**

**EASY**

**GREAT VALUE**

**Preparation: 25 minutes**

**Cooking: 10 minutes**

**fresh mussels** 250 g

**white wine** 1½ cups

**leeks** 2, washed and cut into 4-cm long pieces

**butter** 2 T

**pancetta** 100 g, cut into medium lardons

**parsley** 2 T chopped

**lemon** 1

**sourdough bread** 2 slices, cut in half and shallow-fried in olive oil

**1** Steam the mussels in 1 cup white wine until they open, strain off the liquor and set

the liquor aside. Allow the mussels to cool, then remove from the shells. **2** Strain the liquor through muslin or mutton cloth. Meanwhile, braise the leeks in the butter and remaining white wine until completely soft. **3** Cook the pancetta in a medium-sized, heavy-based pan until browned. Strain off any excess fat. Add the leeks and mussel liquor and a splash of water if the broth is too salty. Cook until the liquor is reduced by about half. Add the mussels, a healthy tablespoon of butter and the parsley. **4** Keep moving the pan around gently so the butter emulsifies into the liquor, check the seasoning, finish with a squeeze of lemon and divide equally on top of the sourdough "croutons". The idea is the bread will soak up all the juices and be a delightful surprise at the end.

**WINE: Newton Johnson Felicité Pinot Noir 2015**



## CHERRY TART

**Serves 8**

**EASY**

**Preparation: 40 minutes, plus 1¼ hours' chilling time**

**Baking: 55 minutes**

**For the pastry:**

**caster sugar** 2 T

**salt** ½ t

**cake flour** 160 g

**unsalted butter** 120 g

**For the filling:**

**unsalted butter** 300 g

**caster sugar** 300 g

**free-range eggs** 3

**cake flour** 1 t

**lemon** ½, zested

**almond flour** 300 g

**fresh cherries** 2 cups, stoned

**1** To make the pastry, preheat the oven to 160°C. Stir the sugar and salt into the flour. Rub the butter into flour until a dough just starts to form. **2** Wrap in clingwrap and chill for at least an hour. **3** Remove the dough from the fridge and roll out to fit a 20 cm loose-bottomed tart case. Chill the dough in the tart case for 15 minutes. **4** Remove the tart case from the fridge, prick a few times using a fork and bake until golden, about 15 minutes. **5** To make the filling, cream the butter and sugar until pale and doubled in size. Stir in the eggs one at a time. Fold in the flour, lemon zest and almond flour until just combined. **6** Spoon the filling into the tart case and top with cherries. Bake at 150°C for 40 minutes, or until the filling is set. Cool slightly, then remove from the tart case. Serve with a dollop of crème fraîche.

**WINE: Delaire Cabernet Franc Rosé 2016**



**Clockwise from top:** The chalkboard menu changes daily, so expect to be surprised by what will end up on your plate; Giles adds the finishing touches to a plate of ox tongue; take a seat inside for lunch or dinner, or treat yourself to what Giles calls a "terrine moment" with a glass of wine at one of the outside tables on Bree Street.



**"I CHOSE 'LA TÊTE',  
FRENCH FOR  
'THE HEAD',  
BECAUSE THE  
HEAD REPRESENTS  
A PRIME EXAMPLE  
OF USING  
EVERYTHING -  
CHEEKS, TONGUE  
AND BRAINS - AND  
THE FRENCH ARE  
THE MASTERS OF  
COOKING WITH  
OFFAL"**

CHERRY TART

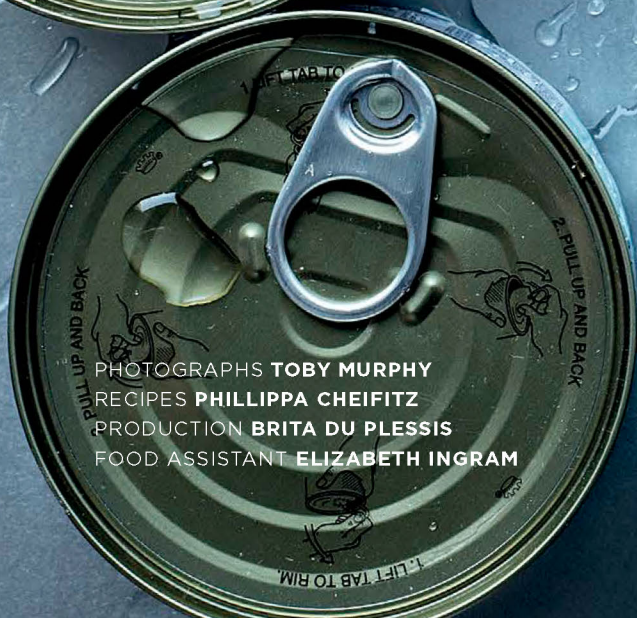




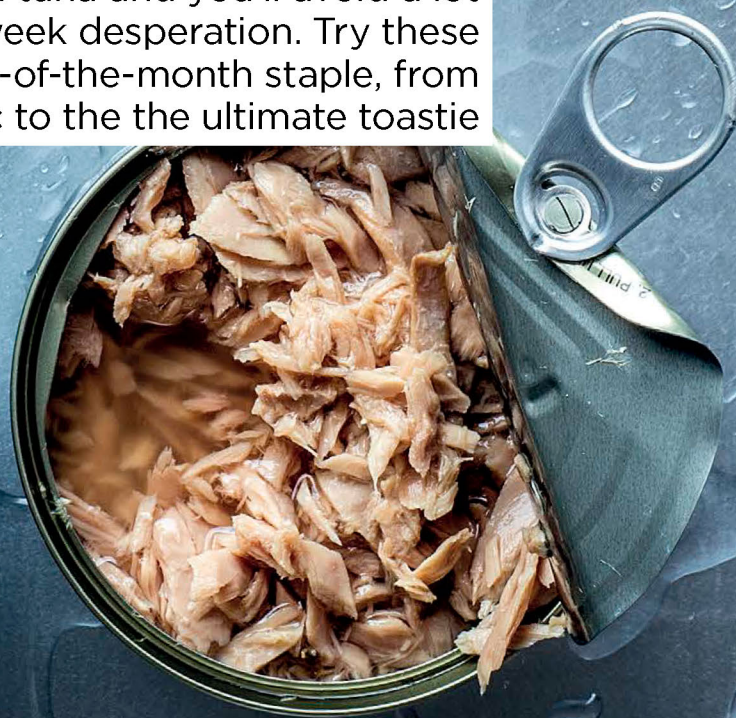


# Can of the best

Good things come to those who hoard. Keep a stash of good-quality canned tuna and you'll avoid a lot of unnecessary midweek desperation. Try these five ways with the end-of-the-month staple, from an Italian classic to the the ultimate toastie



PHOTOGRAPHS **TOBY MURPHY**  
RECIPES **PHILLIPPA CHEIFITZ**  
PRODUCTION **BRITA DU PLESSIS**  
FOOD ASSISTANT **ELIZABETH INGRAM**





## TUNA-AND-BEAN SALAD

*Robust flavours make a gutsy, addictive salad.*

Serves 2-3

EASY

**GREAT VALUE**

Preparation: 10 minutes

**light meat tuna chunks** 1 x 170 g can, drained  
**butter beans** 1 x 400 g can, drained and rinsed  
**red onion** 1, thinly sliced  
**Kalamata olives** 50 g, smashed  
**rocket** 30 g  
**free-range eggs** 1-2, boiled (optional)

**For the dressing:**

**red wine vinegar** 1 T

**lemon juice** 2 T

**olive oil** ½ cup

**garlic** 1 clove, crushed

**sea salt and freshly ground black pepper,**  
to taste

Marinate the tuna, beans, onion and olives in the dressing. Add the rocket and egg to serve.

**CARB-CONSCIOUS, DAIRY-FREE, WHEAT-AND GLUTEN-FREE**

**WINE: Woolworths Simonsig Chenin Blanc 2016**



TUNA-AND-BEAN  
SALAD  
R26 PER SERVING



**TOASTED TUNA MAYO**

*Pan-fry these sandwiches for extra decadence (after spreading them with mayo rather than butter). Or, you could lose the bread and heap the tuna mayo onto hot baked potatoes instead.*

**Serves 3****EASY****GREAT VALUE****Preparation: 15 minutes****Cooking: 4 minutes****light meat tuna chunks** 2 x 170 g cans**thick mayonnaise** 3 T, plus extra for spreading**lemon juice** 1 T**Italian parsley** 1–2 T chopped**onion** 1 T finely chopped**celery** 1 T finely chopped**garlic** 2 cloves, crushed (optional)**sea salt and freshly ground black pepper**, to taste**white or brown farm-style loaf** 6 slices**watercress**, for serving**crisps**, for serving**1** Drain the tuna well, then transfer

to a bowl. Separate into large flakes using a fork and mix well with the remaining ingredients except the bread, cress and crisps. Chill until ready to use. **2** Sandwich 3–4 T of the mixture between 2 slices of bread. **3** Spread the outside of the sandwich with a thin layer of mayonnaise and slowly brown in a nonstick pan, covering the bread with a square of baking paper, and weighing it down in the pan. **4** Serve with cress and crisps.

**WINE: Woolworths Jordan****Unwooded Chardonnay 2016**

**TOASTED TUNA MAYO**  
R12 PER SERVING

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**CHEAT'S CHICKEN TONNATO**

Make a thrifty version of the Italian classic with chicken instead of the traditional veal. Drain 1 x 170 g can light meat tuna chunks. Blend with 1 cup thick mayo, 1 t Dijon mustard (if you like) and the zest and juice of 1 lemon until creamy. Add a few finely chopped anchovies and a spoonful of capers. Spread over a platter of thinly sliced poached chicken breast (400–500 g). Add baby salad leaves and serve well chilled.



## TUNA PÂTÉ

*Butter would make a richer pâté, but try the crème fraîche for lightness.*

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 10 minutes**

**light meat tuna chunks**

1 x 170 g can, drained

**crème fraîche** ¼ cup

**lemon juice** a squeeze

**spring onions** 2, finely chopped  
(pale parts only)

**garlic** 1 clove, crushed

**sea salt and freshly ground black pepper**, to taste

**chives** 1–2 T snipped

**baguette or crostini**, for serving

**celery sticks**, for serving

**cucumber**, for serving

**1** Mix the tuna with the crème fraîche, lemon juice, spring onion and garlic. Season to taste. **2** Stir in the chives. Spoon into a serving bowl and chill to firm. **3** Spread on crusty baguette or crostini or use crisp celery or cucumber sticks for dipping.

**FAT-CONSCIOUS**

**WINE: Woolworths Nitida Sauvignon Blanc 2016**



**TUNA PÂTÉ**  
R10 PER  
SERVING



## TUNA-AND-FENNEL PASTA

*This pasta is totally effortless and rewarding. The distinctive anise-like flavour of the fennel becomes more mellow as it cooks and marries perfectly with the salty tuna.*

Serves 2–3

EASY

GREAT VALUE

Preparation: 10 minutes

Cooking: 20 minutes

## light meat tuna chunks

1 x 170 g can, drained

fennel 1 large or 2 medium bulbs

olive oil 2–3 T

garlic 2 cloves, crushed

sea salt and freshly ground black

pepper, to taste

stock (vegetable, chicken or fish) ½ cup

cream ½ cup

lemon juice a squeeze

spaghetti 250 g, cooked *al dente*Italian parsley, finely chopped,  
for sprinkling

Parmesan, grated, for serving

**1** Separate the tuna into large flakes and set aside. Cut the fennel in half, then slice thinly into half-moons. **2** Gently cook in the oil until very soft and limp. Stir in the garlic, tuna and a little seasoning. Pour in the stock and cream and bring to a bubble. Add the lemon juice. **3** Stir in the drained, hot pasta and check the seasoning. Sprinkle with parsley and serve immediately. Pass around the Parmesan at the table.

WINE: Woolworths Longmarket

Sauvignon Blanc-Semillon 2016

## TUNA-AND-BRINJAL BAKE

*You'll love this laid-back version of a much-loved dish. A jar of readymade Neapolitan sauce from is an obvious shortcut, but if you want to make your own, search "the perfect pomodoro sauce" at taste.co.za.*

Serves 2–3

EASY

GREAT VALUE

Preparation: 20 minutes

Cooking: 35 minutes

medium brinjals 2 (350 g), very thinly sliced

olive oil 2 T

home-made or store-bought Neapolitan  
sauce 2 cups

light meat tuna chunks

2 x 170 g cans, drained

mozzarella cheese 150 g shredded

Parmesan 3–4 T grated

basil a handful, to garnish

**1** Preheat the oven to 190°C. Lightly brush the brinjal on both sides with oil. Arrange in a single layer on baking sheets. Bake for 15 minutes, or until tender. **2** Cover the base an ovenproof dish with a thin layer of sauce – about ¼ cup. Cover with a layer of brinjal – about a third. Add half the flaked tuna and half the mozzarella. Season lightly. Repeat this process until the dish is full. **3** Sprinkle with Parmesan and moisten with olive oil. Bake for 20 minutes, or until bubbling hot.

CARB-CONSCIOUS, FAT-CONSCIOUS,  
WHEAT- AND GLUTEN-FREE

WINE: Woolworths DMZ Pinot Noir 2016



TUNA-AND-FENNEL PASTA  
R26 PER SERVING



## WHAT A CATCH!

*Responsible fishing is a cornerstone of Woolies' Good Business Journey\* (GBJ) and the recent launch of pole- and line-caught canned tuna is a major milestone. Here's what you should know*

**1.** Woolworths is the only retailer in South Africa to launch pole- and line-caught canned tuna certified by the Marine Stewardship Council (MSC), an independent non-profit organisation that sets standards for sustainable fishing. **2.** Fish are caught individually so that threatened species such as dolphins and turtles are not caught. **3.** It's difficult to overexploit fish stocks, helping to secure resilient tuna populations. **4.** The fish are handled with care and chilled and processed quickly. **5.** More fishermen are involved, so this method provides vital employment to coastal communities.

**\*Woolworths is committed to making a difference to communities and the environment. Find out more by following @woolworthsGBJ on Twitter and visiting woolworths.co.za/goodbusinessjourney.**





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*“Woolies procures all its fish from sustainable fisheries and responsible farming operations and the MSC label on our canned tuna means there’s full traceability from ocean to shelf” – Hezron Joseph, Woolies seafood technologist*

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TUNA AND BRINJAL BAKE  
R45 PER SERVING





# Feel the

Bird's-eye chilli,  
green chilli, rose,  
lime, garlic,  
tomato – the best  
braai marinade  
in the world is  
made of these ...

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# Heat



BRAAIED CHICKEN WITH CHILLI,  
MACADAMIA AND ROSE MARINADE



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Chillies thrive in the heat, so we're getting our burn on now and eating them in summer. Unlock their more subtle, smoky, sweet flavours in Khanya Mzongwana's fiery-fresh salads, sauces and braai marinades.

**Phwoaar ...**



## BRAAIED CHICKEN WITH CHILLI, MACADAMIA AND ROSE MARINADE

*“Chicken straight off the grill is always a crowd-pleaser. This one is exceptional, and the secret is in the marinade, which you simply have to prepare in advance to give its enormous flavours time to develop. The sweet perfume of rose and the heat of chilli blend into an instant hit.”*

Serves 4

EASY

**GREAT VALUE**

**Preparation: 30 minutes, plus overnight marinating time**

**Cooking: 40 minutes**

**For the chilli, macadamia and rose marinade:**

**extra virgin olive** 2 T

**large paprika peppers** 2, halved and seeded

**large onion** 1, diced

**garlic** 3 cloves, crushed

**bird’s-eye chillies** 2, chopped

**green chillies** 2, chopped

**ripe tomatoes** 4, diced

**lime** 1, zested and juiced

**dried basil** 1 T

**honey** 2 T

**macadamia nuts** 40 g, toasted and chopped

**sea salt and freshly ground black pepper**, to taste

**fresh pesticide-free rose petals** a handful

**whole free-range chicken** 1

**chilli, macadamia and rose marinade**

1½ cups (see above)

**1** To make the marinade, heat the olive oil in a pan. Gently fry the peppers, onion, garlic and chillies until the onions are soft and caramelised. The flavour is in the browning of the onions, so don’t panic! Add the tomatoes and simmer for 10 minutes.

Add the lime, basil, honey and macadamias and stir well. Season to taste and add the rose petals. Blend until smooth using a stick blender. **2** Spatchcock the chicken and rub generously with the marinade. Chill for two hours or overnight. Braai the chicken over hot coals or roast at 190°C for 40 minutes, turning once, until the skin is crispy and the meat succulent and juicy.

**CARB-CONSCIOUS, HEALTH-CONSCIOUS, DAIRY-FREE, WHEAT- AND GLUTEN-FREE**

**WINE: Spier 21 Gables Chenin Blanc 2016**



### MILD, MEDIUM OR HOT?

*These are just a few of the world’s best burners available in SA*

**BIRD’S-EYES** are small, fiery red or green chillies, commonly used in Chinese and southeast Asian cooking.

**GREEN CHILLIES** are essentially unripe chillies (usually chile d’Arbol) and don’t pack as much heat as **RED CHILLIES**, but add aromatic freshness, especially to Mexican food.

**HABANEROS** are the granddaddies of the chilli world and are used sparingly in salsas and marinades (think Jamaican jerk chicken) because of their heat. They are similar to Scotch bonnet peppers.

**JALAPEÑOS** are a milder green variety, similar in shape to **SERRANO** chillies, which are usually eaten raw, but not as hot. When smoked and dried, they’re called **CHIPOTLES**.

**PAPRIKA PEPPERS** are milder crescent-shaped, fat chillies, with a sweeter flavour.

**CHILLI FLAKES** are dried and crushed red chillies d’Arbol. Use them to add fire to stirfries, curries and sauces.

## PEARL BARLEY “TABBOULEH” WITH GREEN CHILLI, LIME AND CELERY VINAIGRETTE

*“This beautiful salad would be fantastic with grilled lamb chops, but is also superb on its own. An awesome addition to a picnic basket or a simple lunch spread, barley is inexpensive, healthy and filling, so this is the ultimate guilt-free food. Creamy Hass avocados add a bit of indulgence and fresh jalapeños smashed with ginger and mirin make it unforgettable.”*

Serves 4

EASY

**GREAT VALUE**

**Preparation: 15 minutes**

**Cooking: 30 minutes**

**fresh jalapeños** 2, sliced (seed for less intense heat)

**fresh ginger** 1 t peeled and diced

**lemongrass** 1 stick, peeled and sliced

**celery** ¼ cup, peeled and sliced

**extra virgin olive oil** 2 T

**mirin** 3 T

**lime juice** 2 T

**pearl barley** 260 g, cooked and rinsed

**Israeli cucumbers** 2, sliced

**sea salt and freshly ground black pepper**, to taste

**microherbs**, to garnish

**Hass avocados**, for serving

**1** Place the chillies, ginger, lemongrass, celery and olive oil in a mortar and pestle and pound into a chunky paste. **2** Stir through the mirin and lime juice. Mix the dressing into the cooked barley and add the cucumbers. **3** Toss through the microherbs and serve with fresh avocado halves.

**FAT-CONSCIOUS, DAIRY-FREE, MEAT-FREE**

**WINE: Hartenberg Rhine Riesling 2015**





*“Creamy Hass avocados add indulgence to this salad, but fresh jalapeños, ginger and mirin make it unforgettable”*

PEARL BARLEY “TABBOULEH” WITH GREEN CHILLI, LIME AND CELERY VINAIGRETTE





**BHISTO WITH FRIED EGGS**

*"This genius relish made out of little more than tomatoes and onions was popularised in Port Elizabeth by black, working-class families in their endless pursuit of affordable meal solutions. I added bird's-eye chillies to take it to the next level. It's not a boastful or fancy dish, just a lip-smackingly good old tomato sauce – the taste of nostalgia."*

**Serves 4****EASY****GREAT VALUE****Preparation: 20 minutes****Cooking: 35 minutes****extra virgin olive oil 2 T****large onion 1**, roughly chopped**medium tomatoes 6**, roughly chopped**bird's-eye chillies 2**, finely chopped**brown sugar 1 T****sea salt and freshly ground black pepper**, to taste**free-range eggs 8****fresh white bread**, for serving

**1** Heat a saucepan and add half the olive oil. Lightly fry the onion over a medium heat until soft and fragrant. **2** Stir in the tomatoes. Simmer for a few minutes, or until the tomatoes begin to break down. Add the chillies, sugar and salt and stir well. Simmer for a further 10 minutes, stirring occasionally, or until the relish is thick. Set aside. **3** Heat the remaining oil in another pan and fry the eggs. Serve with a dollop of the *bhisto*, fresh white bread and a steaming cup of tea.

**FAT-CONSCIOUS, HEALTH-CONSCIOUS, DAIRY-FREE****WINE: Leeuwenkuil Family Reserve White 2016****BHISTO WITH FRIED EGGS**

*"It's not a boastful or fancy dish, just a lip-smackingly good old tomato sauce – the taste of nostalgia"*

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**HANDLE WITH CARE**

*Chillies contain capsaicin, which stimulates heat receptors in your mouth – and elsewhere (if you've ever touched your eyes after chopping jalapeños, you'll know all about it). Here's how to save face when working with chillies – and how to moderate their heat*

- 1.** The white membrane and seeds are the hottest part as they contain most of the capsaicin. If you're going for mild, remove the seeds and membrane before chopping, but slice the whole chilli if you want more heat.
- 2.** Wash your hands in cold water after handling chillies – hot water can make your skin absorb more of the capsaicin.
- 3.** Dairy is a good foil for capsaicin, which is why drinking milk relieves the burn, but it's also great in a recipe like the bocconcini salad on page 84.
- 4.** Cooking for a group with varying tolerance levels? Keep everyone happy by starting the dish with less chilli, then removing portions for the mild fans and adding lots more of the hot stuff to the rest.

**CHORIZO, BLACK BEAN AND SWEET POTATO FRITTERS WITH CHIPOTLE-CHIVE MAYONNAISE**

*"These delicious fritters are a quick and creative addition to lunchboxes. The chipotle-and-chive mayo is great for dipping crudités and adds a massive hit of smokiness to the dish. Turn it into a light lunch by adding well-dressed salad leaves and lime wedges."*

**Serves 6****EASY****GREAT VALUE****Preparation: 30 minutes****Cooking: 1 hour****sweet potato 500 g**, finely diced**extra virgin olive oil 2 T**, plus extra for frying**sea salt and freshly ground black pepper**, to taste



**black beans** 80 g, cooked until soft  
**chorizo** 150 g, cubed  
**chickpea flour** 75 g  
**free-range eggs** 2  
**baking powder** 1 t

**For the chipotle-chive mayonnaise:**

**chives** 2 t chopped  
**Woolworths chipotle seasoning** 1 t  
**garlic** 4 cloves, crushed  
**free-range egg yolks** 2  
**sea salt and freshly ground black pepper**,  
to taste  
**white wine vinegar** 3 T  
**extra virgin olive oil** 1 cup

**1** Preheat the oven to 190°C. Rub the sweet potato with the olive oil, salt and pepper and roast for 12 minutes, or until soft and slightly caramelised. **2** Place in a bowl with the black beans, chorizo, chickpea flour, eggs and baking powder and mix. Heat a little olive oil in a pan and cook spoonfuls of batter for a few minutes on each side until golden brown. Set aside and keep warm. **3** To make the mayo, place all the ingredients except the oil in a blender and blitz until completely combined. Slowly add the oil in a thin, steady stream until the mayonnaise has thickened. Check the seasoning. Serve with the hot fritters and a fresh salad.

**DAIRY-FREE, MEAT-FREE, WHEAT- AND GLUTEN-FREE**

**WINE:** Eagle's Nest Shiraz 2015

## CHILLI LINGUINE WITH BLISTERED TOMATOES

*"This is such a simple dish and another meat-free option. Melt a few slices of chevin through the hot pasta for a creamier take."*

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 20 minutes**

**Cooking: 20 minutes**

**linguine** ½ x 250 g pack  
**extra virgin olive oil** 3 T, plus extra to toss  
**butter** 30 g  
**Rosa tomatoes** 150 g, squashed with the back of a fork  
**garlic** 2 cloves, finely sliced  
**bird's-eye chillies** 2, finely sliced  
**sea salt and freshly ground black pepper**, to taste  
**Pinot Noir** 6 T  
**oregano** a few sprigs



**CHORIZO, BLACK BEAN  
AND SWEET POTATO FRITTERS  
WITH CHIPOTLE-CHIVE  
MAYONNAISE**

## KHANYA'S SECRET SWEET FIRE SAUCE

**large red peppers** 2  
**extra virgin olive oil** 2 T  
**onion** 1  
**cumin seeds** 1 t  
**balsamic vinegar** 2 T  
**brown sugar** 2 T  
**dried chilli flakes** 1 T  
**Spanish smoked paprika** 1 t  
**sea salt**, to taste

**1** Preheat the oven to 200°C. Wash the peppers, then rub with half the olive oil. Peel and quarter the onion and rub with the remaining olive oil. Bake for 12

minutes, or until the onion is soft and browned and the peppers are charred. Remove the peppers from the oven and place in a container covered with clingwrap to sweat for a few minutes. **2** Toast the cumin seeds in a dry pan until fragrant. Remove the peppers from the container, seed, peel and cut into chunks. Place in a bowl with the onion, cumin, balsamic vinegar, brown sugar, chilli flakes and paprika and blend with a stick blender until chunky. Season to taste. Serve lashings of the sauce with your favourite grilled fish (trout or tilapia) and a salad of fennel roasted with olive oil, and fresh cucumber, celery and microherbs.





**CHILLI LINGUINE WITH  
BLISTERED TOMATOES**

**1** Cook the linguine in salted boiling water until *al dente*, then drain. Toss in a little olive oil to prevent sticking. **2** Heat the oil and butter in a pan and fry the tomatoes, garlic, chillies and season with salt. Once the tomatoes start to soften, add the wine and reduce slightly. Add the linguine and toss thoroughly, checking the seasoning. Top with the oregano and serve immediately.

**MEAT-FREE**

**WINE:** Woolworths Ms P Pinot Noir Rosé 2016

Some like it hot!  
Browse our selection of chilli recipes  
at [taste.co.za/recipe-guide/chilli](http://taste.co.za/recipe-guide/chilli).

**MARINATED BOCCONCINI  
WITH CHILLI, ORANGE,  
BASIL AND POPPY SEEDS**

*"These laidback Mediterranean flavours belong together and the deliciously milky cheese will absorb and show them off. The poppy seeds add a gorgeous nuttiness."*

**Serves 6**

**EASY**

**GREAT VALUE**

**Preparation: 10 minutes, plus overnight chilling time**

**Woolworths fior di latte mozzarella** 2 balls  
**poppy seeds** 1 t  
**bird's-eye chillies** 2, halved  
**fresh basil** ¼ cup roughly chopped  
**chives** ¼ cup snipped

**dill** ¼ cup roughly chopped  
**extra virgin olive oil** ¾ cup  
**verjuice** 4 T  
**small orange** 1, thinly sliced  
**honey** 1 t  
**sea salt and freshly ground black pepper,**  
to taste

**1** Roughly tear the mozzarella and place in a bowl. Whisk the remaining ingredients and pour over the mozzarella, coating it thoroughly. **2** Cover and chill for a day. This salad is delicious on its own or tossed into fresh watercress with its marinating juices.

**CARB-CONSCIOUS, HEALTH-CONSCIOUS,  
MEAT-FREE, WHEAT- AND GLUTEN-FREE**  
**WINE:** Rustenberg Stellenbosch  
Chardonnay 2015



**MARINATED  
BOCCONCINI WITH  
CHILLI, ORANGE,  
BASIL AND POPPY  
SEEDS**



Semi-soft mild cheeses like bocconcini and fior di latte mozzarella are a perfect canvas for bold flavours such as chilli, basil and orange.



**DID YOU KNOW?**

The Scoville scale measures the pungency of peppers and rates the world's hottest chilli as the Carolina Reaper, which has 2 200 000 Scoville Heat Units (SHU). The habanero comes in at 100 000 to 350 000 SHUs – not so hot, after all!





HARDEEP SINGH KOHLI



GARY LEE



PRUE LEITH



NIGELLA LAWSON

# Really quite good food

What do you cook for the people you love?

Ask 100 of Britain's food heroes, from Nigella Lawson and SA-born Prue Leith to lesser known food stars and you get *The Really Quite Good British Cookbook*, a really quite fantastic collection showcasing the richness of Britain's food culture and its global influences



SIAN WYN OWEN, RUTH ROGERS AND JOSEPH TRIVELLI



JAMES RAMSDEN

PHOTOGRAPHS LIZZIE MAYSON RECIPES PRUE LEITH, HARDEEP SINGH KOHLI, CAT ASHTON, JAMES RAMSDEN AND GARY LEE





Ruth Rogers' panzanella, a Tuscan summer salad made with tomatoes, peppers, anchovies, capers, olives and bread, showcases her seasonal cooking philosophy and can be found in *The Really Quite Good British Cookbook*. Find another panzanella recipe on page 109.



OVERNIGHT ROAST PORK BELLY  
WITH PEARS AND THYME





*“If I have a food philosophy, it is simply that food is meant to make you happy. You have to enjoy it; if it becomes stressful, that’s no good” – Prue Leith CBE*



NORMANDY TART MADE WITH A FOOD PROCESSOR



## OVERNIGHT ROAST PORK BELLY WITH PEARS AND THYME

Recipe by HARDEEP SINGH KOHLI, chef, comic and TV presenter, Regent's Canal, London

Serves 6 to 8

EASY

**GREAT VALUE**

Preparation: 30 minutes

Cooking: 9½ hours (or overnight)

**pork belly** 1 (2½–3 kg)  
**canola oil** 3 T  
**sea salt** 2 T  
**leeks** 2  
**carrots** 2  
**celery** 4 sticks  
**peppercorns** 8  
**thyme** 12 bunches (4 stripped of leaves)  
**perry (or pear cider)** 2¼ cups  
**firm pears** 5 (4 halved and cored, 1 finely diced)

**1** Set the oven to the highest setting. Pop the kettle on. On buying your belly, have your butcher remove it from the bone. Keep the bone and bring it home. Also, have them remove the skin, having first scored it in a criss-cross fashion. **2** Place the skin in the sink and pour boiling water over it. Carefully dry it, thoroughly. Rub 1 T oil and then the sea salt into the scored flesh. Place the skin in an oiled roasting pan and put in the oven. It should take only 30 minutes for the skin to become crackling. Remove from the oven and allow to cool. Turn the oven down to 120°C.

**3** Slice the leeks, carrots and celery in half lengthways. Lay them in the bottom of a roasting pan with the peppercorns. On top, lay the rib bones, 8 sprigs of thyme, then drizzle over 1 T oil. Tuck the veg in under the ribs. Lay the pork belly on top, drizzle over the remaining oil and scatter over the the remaining salt. **4** Pour 1½ cups perry into the roasting pan. Cover in tinfoil and pop into the oven for between 9 and 11 hours. Ninety minutes before the end of cooking, add the halved pears. Roast uncovered for the final 1½ hours.

**5** Remove the pork from the oven. Carefully lift the pork and the pears out and keep warm. Discard the cooked veg. They have served you well. Add the remaining perry, deglaze the pan and reduce the

liquor by half. Just before serving add the remaining thyme and diced pear.

**DAIRY-FREE, WHEAT- AND GLUTEN-FREE**

**WINE:** Delaire Graff Merlot 2015

## NORMANDY TART MADE WITH A FOOD PROCESSOR

Recipe by PRUE LEITH CBE, restaurateur, caterer and food writer, Chastleton, Gloucestershire

*"This is one of my favourite recipes – it's so classic, it just never, never fails. It's basically pastry on the outside, with this really almondy, creamy, rich filling, and sliced apple halves shoved into it. However badly you make it, it still tastes wonderful."*

**"If I had to describe my cooking style, I'd call it modern British home cooking. I like doing something a little different"**  
 – James Ramsden

Serves 8 to 10

EASY

**GREAT VALUE**

Preparation: 45 minutes, plus chilling time

Cooking: 45 minutes

**For the pastry:**

**flour** 225 g  
**butter** 140 g  
**free-range egg** 1  
**salt** a pinch  
**caster sugar** 50 g

**For the almond filling:**

**butter** 170 g  
**caster sugar** 170 g  
**ground almonds** 225 g  
**free-range eggs** 2  
**Calvados, Kirsch, or whatever liqueur**

**you like** 1 T

**almond essence** a few drops

**For the topping:**

**apples** 3–5, depending on size

**smooth apricot jam** 170 g, warmed with 1 T water to form a thick syrup

**1** Set the oven at 200°C and put a metal tray in it to heat. To make the pastry, whizz everything together until the mixture forms a ball. Roll out between two sheets of clingfilm or baking paper until big enough to line a 25 cm flan ring. Chill for 30 minutes. If the dish is porcelain, bake blind; if metal, don't bother. **2** To bake blind, line the pastry-lined flan ring with baking paper and fill with baking beans. Bake for 10 minutes, then remove the beans and paper and bake for a further 5–10 minutes or until the pastry is light golden all over. **3** To make the filling, whizz everything for the filling in the food processor (no need to wash the bowl after making the pastry), then spread in the flan case. **4** To make the topping, peel the apples if you like, but there's no need to. Core and cut them in half from top to stalk end. Slice each half finely, keeping the slices in order. Arrange them on top of the filling. **5** Set the flan in the middle of the hot oven and bake for 15 minutes, then paint with hot jam. Reduce the oven temperature to 180°C and bake for 30 minutes or so, until the filling is firm and brown. Remove from the oven and give it another brush with the jam if you think it needs it. **6** To serve, it's best cooled to tepid or room temperature without refrigeration. If you make it in advance, freeze it and then reheat for 20 minutes at 180°C and allow to cool. This will crisp up the pastry again.

**WINE:** Eagle's Nest Viognier 2016

## WARM BUTTERNUT SALAD WITH LABNEH AND CHILLI

Recipe by JAMES RAMSDEN, food writer and restaurateur, Homerton, London

*"Labneh is yoghurt that has been strained of all its whey, leaving the thick, almost cheesy, curd behind. It needs a day or two to reach its peak, so if you're making this at more of a run, just use a thick Greek-style yoghurt."*





WARM BUTTERNUT SALAD WITH  
LABNEH AND CHILI





**Serves 4 to 6****EASY****GREAT VALUE****Preparation: 30 minutes, plus overnight hanging time****Cooking: 45 minutes**

**natural, unsweetened yoghurt** 500 g  
**sea salt and freshly ground black pepper**, to taste  
**small butternut or pumpkin** 1  
**olive oil**, for drizzling  
**thyme** a few sprigs, leaves only  
**fresh red chilli** 1, seeded and finely chopped

**For the dressing:**

**parsley** a large bunch, leaves only  
**ground coriander** 1¼ t  
**garlic** 1 clove, peeled and crushed to a paste  
**lemon** ½, juiced  
**olive oil** ½ cup, plus 1 T  
**sea salt and freshly ground black pepper**, to taste

**1** 1–2 days ahead: line a bowl with a clean tea towel. Tip in the yoghurt, add a pinch of salt, then tie the towel up with string and hang from a cupboard handle over the bowl. **2** Up to 1 day ahead: preheat the oven to 200°C. Wash the butternut or pumpkin but don't peel it (the skin is delicious) and cut it into rounds, discarding the seeds. Toss with olive oil, salt, pepper and thyme and roast for 45 minutes. Allow to cool, chilling overnight if necessary. **3** Up to 1 hour ahead: make the dressing by chopping the parsley finely and mixing it with the coriander, garlic, lemon juice, olive oil and salt and pepper, or whizz everything together in a blender. **4** 30 minutes ahead: if necessary, warm the squash in a medium oven (180°C). If the oven's already on for something else, do it at that temperature, keeping an eye on it if it's hot. **5** Dinnertime: place the squash on a plate and top with labneh. Scatter with chopped chilli and a generous splash of the parsley dressing, then serve.

**Cook's notes:** Use goat's-milk yoghurt instead to produce lovely goat's curd. It's also delicious just spread on toast. Perk up leftover labneh with herbs and garlic for a sort of home-made Boursin.

**MEAT-FREE, WHEAT- AND GLUTEN-FREE WINE: Remhoogte Merlot 2015****BRITISH CHICKEN "MUSAKHAN"**

Recipe by CAT ASHTON, Paradise by Way of Kensal Green, Queen's Park, London

**Serves 4****EASY****GREAT VALUE****Preparation: 25 minutes, plus marinating time****Cooking: 40 minutes**

*"Around the dinner table we fall in love, we raise families, we do business. For me, food is central to everything we do" – Hardeep Singh Kohli*

**For the chicken:**

**garlic** 2 cloves, crushed with ½ t salt  
**ground cardamom** ½ t  
**dried chilli flakes** ½ t  
**dried oregano** ½ t  
**freshly ground black pepper** ½ t  
**olive oil** 2 T, plus extra for drizzling  
**free-range boneless chicken thighs** 4

**For the spinach:**

**olive oil** 3 T  
**onions** 2, finely chopped  
**garlic** 2 cloves, thinly sliced  
**ground cinnamon** 2 t  
**ground allspice** 1 t  
**sumac** 1 t  
**Swiss chard spinach** 3 x 200 g bags (blanched, squeezed and chopped well)  
**cooked chickpeas** 200 g  
**chicken stock** ¾ cup  
**sea salt and freshly ground black pepper**, to taste

**large wholewheat flatbreads (tortillas or pita breads)** 4**For the whipped feta:**

**feta** 200 g, diced  
**plain yoghurt** 200 g  
**garlic** 1 small clove, minced  
**Dijon mustard** 1 t  
**olive oil** a squirt

**1** To make the chicken, mix the garlic, spices and olive oil and rub all over the chicken. Leave in the fridge to marinate for a few hours. **2** To make the spinach, heat the oil in a large pan and sauté the onion and garlic until soft (about 5–7 minutes), then stir in the spices. Add the spinach and chickpeas and turn up the heat to high. Stir through the stock, and cook for a few minutes until tender and the stock has been incorporated. Season with salt and pepper to taste and set aside to cool. **3** Preheat the oven to 200°C and line a baking tray with baking paper. Lay the flatbread on a work surface and place a big spoonful of the spinach mixture in the centre, and place the marinated chicken on top. Season with salt and pepper and fold the flatbread, wrapping up the chicken into a little parcel and secure with string. **4** Place on the baking tray, drizzle with olive oil, sprinkle over some sea salt and bake for 25–30 minutes, until the chicken is cooked through and the musakhan parcels are golden. **5** To make the whipped feta, place all the ingredients in a blender and blend until smooth. Pour the feta into four shallow bowls, placing the musakhan on top. Drizzle with olive oil and sprinkle with a little extra salt, sumac and chilli flakes.

**HEALTH-CONSCIOUS****WINE: Grangehurst Pinotage 2014****THE IVY'S MOROCCAN SPICED RUMP OF LAMB WITH HUMMUS, HARISSA AND SMOKED BRINJAL**

Recipe by GARY LEE, executive chef at The Ivy, Covent Garden, London

**Serves 2****A LITTLE EFFORT****Preparation: 40 minutes, plus soaking time****Cooking: 1¾ hours**



BRITISH CHICKEN  
"MUSAKHAN"





**For the hummus:**

**raw chickpeas** 100 g, soaked in cold water overnight  
**garlic** 2 cloves, crushed with 1 t salt  
**lemon** 1, juiced  
**tahini paste** 4 T, stirred well  
**sea salt and freshly ground black pepper**, to taste

**For the dukkah:**

**sesame seeds** 8 T  
**coriander seeds** 4 T  
**cumin seeds** 2 T  
**hazelnuts** 40 g  
**salt** 1 t  
**freshly ground pepper** ½ t

**For the smoked brinjal****(baba ghanoush):**

**brinjal** 800 g  
**garlic** 1 clove, peeled and crushed  
**salt** ¾ t  
**light tahini** 2½ T (or ½ T sesame oil)  
**lemon juice** 3–4 T  
**cayenne pepper** ¼ t  
**extra virgin olive oil** 1–2 T

**rumps of lamb** 2 (approx. 200 g each), fully trimmed  
**harissa** 2 t

**1** To make the hummus, rub the chickpeas with your fingers to loosen their skins while they are still in the water. The skins will float to the surface and can be discarded. Place the chickpeas in fresh water and cook for 40–60 minutes, or until tender. Strain, being careful to retain the cooking liquid. Place the drained chickpeas in a food processor with the garlic, lemon juice, tahini and 2 T of cooking liquid. Blend until smooth, adding more cooking liquid if required, and season with salt and pepper. Set aside. **2** To make the dukkah, roast all the ingredients at 160°C, except for the salt and pepper, separately, on a baking sheet. If the hazelnuts have skins, they can be removed after roasting by rubbing the nuts in a cloth. Pound the roasted seeds in a mortar and pestle or gently blend in a food processor, being careful not to overblend and form an oily paste. Combine the seeds, nuts and salt and pepper, and keep in an airtight container until ready to use. **3** To make the smoked

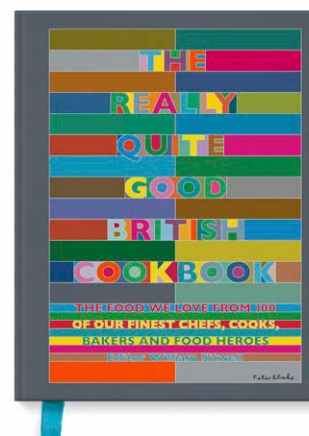
brinjal, preheat the grill. Slit the skin of each brinjal once or twice. Place on a baking sheet under the preheated grill 10 cm from the element. Grill for 20–30 minutes, or until the skins are blackened, blistered and burnt, and the pulp is soft. Turn once. Remove from the grill and allow to cool slightly. Scrape the pulp from the skin and place it in a blender. Purée for a few seconds, then add the garlic, salt, tahini or sesame oil, lemon juice, cayenne pepper and olive oil. Blend well. **4** To make the lamb, preheat the oven to 200°C. Season the meat and seal in a preheated pan for at least 4–5 minutes to ensure that all the flavours are locked in, and then place in the hot oven

*“I think we are moving back towards that family-oriented scene where everyone eats together”*  
 – Gary Lee

for 3–4 minutes. Once cooked, remove the lamb from the oven and allow to rest for 5 minutes, loosely covered in tinfoil, reserving the cooking sauces. **5** When ready to serve, place a small amount of harissa onto each plate and a large spoonful of hummus adjacent to it; finish with a drizzle of olive oil. Slice the warm lamb rump and arrange on the plates. Sprinkle the lamb with the dukkah and finish with a little jus from the meat. Serve with the smoked brinjal.

**CARB-CONSCIOUS, HEALTH-CONSCIOUS, DAIRY-FREE, WHEAT-AND GLUTEN-FREE**

**WINE:** Kevin Arnold Shiraz 2015

**WIN A COPY****THE REALLY QUITE GOOD BRITISH COOKBOOK**

(reallyquitegoodbritishcookbook.com) celebrates the best of contemporary British food with recipes ranging from Rick Stein's shrimp-and-dill fritters with ouzo and Yotam Ottolenghi's pea-and-mint croquettes to Jamie Oliver's happy fish pie. Other contributors include Gordon Ramsay, Delia Smith and Marco Pierre White, to name just some of the country's icons. Sales will benefit the Trussell Trust, which helps provide emergency food for people in crisis in Britain, and in lieu of payment each contributor gets a signed limited-edition print of the cover artwork designed by renowned pop artist Sir Peter Blake (who created the album cover for The Beatles' *Sgt Pepper's Lonely Hearts Club Band*).

It's a must-have to add to your kitchen shelf next to the rest of the series: *The Great Australian Cookbook*, *The Great New Zealand Cookbook* and *The Great South African Cookbook*.

To stand a chance to win one of three copies of *The Really Quite Good British Cookbook* (Quivertree, R575, quivertreepublications.com), visit taste.co.za, or turn to page 126 for SMS entry instructions. Keyword: British





THE IVY'S MOROCCAN SPICED RUMP  
OF LAMB WITH HUMMUS, HARISSA  
AND SMOKED BRINJAL



# Liquid assets

Want to know the one ingredient that could transform your cooking? Juice. Seriously. Use it to infuse fish and chicken, poach veg and macerate berries for maximum flavour. Try these five ideas to get started

PHOTOGRAPHS **SADIQAH ASSUR-ISMAIL**  
RECIPES AND PRODUCTION **HANNAH LEWRY**  
FOOD ASSISTANT **JALAUN BEUKES**





Keep the fish juicy by taking it to the table in the bag and opening the parcel to release the aromas.



FISH EN PAILLOTE  
WITH ORANGE JUICE



### 1. ROAST IN A BAG

## FISH EN PAPILLOTE WITH ORANGE JUICE

"Roasting fish in paper lets it steam in the juice and absorb the delicious, vibrant flavour."

Serves 2

EASY

Preparation: 15 minutes

Cooking: 15–20 minutes

**fennel** 1 bulb, sliced  
**angelfish** 1 x 400 g fillet  
**mixed olives** 60 g, pitted  
**green peppercorns in brine** 1 T, drained  
**Woolworths 100% orange juice**  
1 cup  
**olive oil**, for drizzling

**sea salt and freshly ground black pepper**, to taste

**1** Preheat the oven to 180°C. Fold a 30 x 60 cm sheet of baking paper in half. Arrange the sliced fennel on one side of the baking paper, then top with the angelfish, olives and peppercorns. **2** Fold the paper over the fish, place the parcel in a baking dish, pour the orange juice into the parcel, then seal completely by folding in the edges. **3** Roast for 15–20 minutes, or until the fish is cooked through. Open the parcel at the table, drizzle with olive oil and season to serve.

**CARB-CONSCIOUS, DAIRY-FREE, WHEAT-AND GLUTEN-FREE**

**WINE: Thelema Sauvignon Blanc 2016**

into short glasses over frozen avocado pips if you like (see intro). Scrape the litchi snow with a fork to make fluffy snow-like ice. Spoon the snow over the drinks and garnish with the celery curls.

**FAT-CONSCIOUS, DAIRY-FREE, WHEAT-AND GLUTEN-FREE**

### 3. MAKE A DIPPING SAUCE

## ASIAN CARROT JUICE DIPPING SAUCE WITH CRISPY TOFU

"Dressings and dipping sauces can really elevate the other elements in your dish.

Make your own whenever possible so you know exactly what ingredients have gone into them."

Serves 4

A LITTLE EFFORT

**GREAT VALUE**

Preparation: 25 minutes

Cooking: 35 minutes

**Rainbow carrots** 8, halved  
**olive oil** 2 T  
**Woolworths tempura flour** 200 g  
**dried chilli flakes** 2 t  
**sesame seeds** 1 T  
**sea salt**, to taste  
**firm tofu** 300 g, thickly sliced  
**canola oil** 2 cups  
**microleaves**, for serving

**For the Asian carrot juice dipping sauce:**

**Woolworths cold-pressed 100% carrot, apple and orange fruit-and-vegetable juice** ½ cup  
**fresh ginger** 2–3 t grated  
**garlic** 1 clove, sliced  
**rice wine vinegar** 1 T  
**soya sauce** 2 T

**1** Preheat the oven to 180°C. Roast the carrots in the olive oil for 30 minutes, or until caramelised. **2** Prepare the tempura flour according to package instructions, adding the chilli flakes, sesame seeds and a pinch of sea salt. **3** Dip the tofu in the batter to coat, then deep-fry in the canola oil for 2–3 minutes, or until golden. Remove and drain on kitchen paper. **4** To make the dipping sauce, combine the carrot juice, ginger, garlic, rice wine vinegar and soya sauce, adjusting the ingredients to taste. Serve with the crispy tofu and caramelised carrots, topped with microleaves.

**DAIRY-FREE, MEAT-FREE**

**WINE: Hartenberg Riesling 2015**

### 2. MIX A CHILLED DRINK

## AVOCADO AND BEETROOT WITH LITCHI SNOW

"Here's a great tip I learnt from TASTE food ed Abigail Donnelly: put cleaned avo pips in the freezer and add them to drinks (including cocktails) instead of ice. They look cool and work like a bomb."

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes, plus 1 hour's freezing time

**Woolworths boxed 100% litchi juice**  
1–2 cups  
**celery** 4 sticks  
**ripe avocado** 1  
**ginger** 1 x 5 cm piece, peeled and grated  
**Woolworths cold-pressed 100% beetroot, apple, orange and cucumber fruit-and-vegetable juice** 2 cups

**1** Pour the litchi juice into a tray and freeze for 40 minutes to 1 hour. **2** Shave 3 celery sticks into ribbons using a vegetable peeler and place into iced water to curl. **3** Blend the avocado, remaining celery and ginger, then stir through the beetroot juice. **4** Pour

AVOCADO AND BEETROOT WITH LITCHI SNOW R22 PER SERVING





**“Keep bottles of fresh juice in the fridge for cooking – it’s a great way to taste the seasons in your food. And you don’t even need a juicer!”**

**– Hannah Lewry**

Carrot juice works well as a base for Asian-inspired dressings. Add miso for a burst of umami.



**ASIAN CARROT JUICE  
DIPPING SAUCE WITH  
CRISPY TOFU  
R35 PER SERVING**

### **TURN UP THE JUICE!**

*The simplest dish or drink can look and taste even better when you add juice. Try these five tips*

- 1.** If you like poaching veggies in broth, use a matching juice instead. **CARROTS** can taste even more carrotty when cooked in their juice – add ginger, cumin seeds or star anise for extra flavour.
- 2.** Poach salmon in **BETROOT** juice to enhance its natural pink colour and add earthy sweetness.
- 3.** Add subtle flavour to fizzy water or a cocktail with frozen fruit juice cubes. **LITCHI** juice cubes with frozen celery in a Bloody Mary, or **GRAPEFRUIT** juice ice cubes in a tequila-based cocktail. Paloma, anyone?
- 4.** Marinate chicken or fish in Woolworths 100% **MANDARIN ORANGE & APPLE** juice, orange peel, basil, mint, garlic and black pepper.
- 5.** Whip cream until thick, but not too stiff. Whisk in some **TOMATO** juice, season and drizzle over puréed or cream soups as a garnish.



Lime juice "cooks" the trout and its tartness is balanced by the sweetness of the apple juice.

**4. CURE A TROUT FILLET**

**APPLE JUICE- AND LIME-CURED TROUT**

*"Curing fish at home is easier than you think. Maximum flavour for minimum effort."*

**Serves 2**

**EASY**

**Preparation: 20 minutes, plus 4 hours' curing time**

**Woolworths boxed**

**100% apple juice** ¼ cup

**limes** 3

**caster sugar** 110 g

**coarse salt** 150 g

**rainbow trout** 1 x 225 g fillet

**1** Combine the apple juice, juice and zest of 2 limes, caster sugar and salt. Place the fish in a small, flat, non-metallic container or tray and pat the cure onto the fish. Slice the remaining lime and layer onto the fish.

**2** Cover with clingfilm and place a heavy object on top of the trout to compress it and help the flavours penetrate the fish. Chill for 4 hours. Rinse the cure off the fish, pat dry and slice very thinly. **3** Serve with goat's cheese and radishes, or spring onion on home-made Melba toast.

**DAIRY-FREE, WHEAT- AND GLUTEN-FREE**

**WINE: Shannon Semillon 2016**

**APPLE JUICE- AND LIME-CURED TROUT**

Share your favourite way with juice at [taste.co.za/community-questions](http://taste.co.za/community-questions). Your tips could be featured in an upcoming issue of TASTE!





## THE JUICE ON OUR JUICES

*The 100% fruit and vegetable juices available at Woolworths contain no added preservatives*

**WOOLWORTHS COLD-PRESSED 100% FRUIT-AND-VEGETABLE JUICE BLENDS** contain apple, beetroot, orange and cucumber; or try the apple, cucumber, spinach and kale. A special high-pressure process seals in the flavour without using heat or adding preservatives.

**WOOLWORTHS COLD-PRESSED 100% CARROT, APPLE AND ORANGE JUICE BLEND** contains a shot of ginger for extra zing.

**WOOLWORTHS 100% FRESHLY SQUEEZED ORANGE JUICE** is made using locally grown Valencia oranges for maximum flavour.

**WOOLWORTHS 100% FRESHLY SQUEEZED RUBY GRAPEFRUIT JUICE** is made from locally grown star ruby grapefruit – and nothing else, naturally.

### BERRY BLISS R22 PER SERVING

#### 5. MAKE A SIMPLE DESSERT

### BERRY BLISS

*"Soaking berries in berry juice intensifies their natural flavour. Drizzle over double-cream yoghurt for a decadent treat (breakfast pudding!)."*

Serves 4

EASY

**GREAT VALUE**

**Preparation: 10 minutes, plus macerating time**

**mixed summer berries** 300 g  
**Woolworths boxed 100% mixed berry juice blend** 1 cup  
**caster sugar** 2 T  
**Woolworths double-thick plain yoghurt**, for serving  
**Woolworths palmier biscuits**, for serving

**1** Slice or halve some of the berries and leave others whole.  
**2** Mix the berries with the caster sugar and juice, toss to coat and set aside for 30 minutes to 1 hour to macerate. **3** Serve with the yoghurt with crushed palmiers.

**WINE: Villiera Jasmine 2016**







# Fresh off the boat



You probably think barging in Burgundy is all *boeuf Bourguignon*, fine wine and village weirdos, and it certainly is, but there are also fairytale markets and hidden-gem restaurants to be discovered via these ancient French canals



LA MIRE 20€  
Girolette 20€  
Leve 40€  
France

Shrooms with a view: wild *girolles* at the market. Opposite: An evening view of Louhans from Le Boat.





## It had a nice ring: “barging in Burgundy”. I had romantic visions of an old wooden tug, long and low on the water, like Rick Stein’s Canal-du-Midi version in his *French Odyssey*.

Of course the “barge” turns out not to be a barge at all, but a modern, fully equipped, air-conditioned river cruiser designed specifically for our host company, Le Boat. Perfect, in fact, for four first-timers under 50, with zero experience of operating river locks.

As a confirmed food nerd, I think of France as my spiritual home. I studied French at university (i.e. I speak very little), I once edited a French magazine, I like to think I have French blood on my mother’s side. I’ve been to Paris, the Dordogne, the Luberon Valley and the French Riviera, and I’ve even survived the thin air and hairpin bends of the French Alps on the kind of misguided shortcut you take on family holidays when you should know better. But I’ve never been to Burgundy and I’ve never done a river holiday. It feels like a rite of passage.

**On the flight to Paris**, we drink Chablis and feel smug as we watch Air France’s air-safety video featuring Breton-shirted hostesses demonstrating how only the

French can make a seatbelt look chic.

We meet the other half of Team Barge at the Gare de Lyon, from where we will take the TGV (high-speed train) courtesy of RailEurope to Dijon and on to the Medieval town of Louhans in an eastern corner of Burgundy.

After the train deposits us in the mustard capital, the countryside slows down, yielding to post-impressionist wheatfields beneath scrappy flocks of crows. We’re staying at the Moulin de Bourghateau on our first night – a marginally eccentric, converted mill with a very good Italian-French restaurant and rooms overlooking the river Seille. As in all the towns we visit, they serve regional classics: *jambon persillade* – a pressed ham terrine with pickles; *poulet de Bresse* – the famously superior chickens of this region; and *oeufs de meurette* – presumably superior poached eggs in a concentrated wine sauce with garlic croutons.

Choosing to spend our first night here is not accidental. Louhans is known for its Monday *marché*, which transforms the town from deserted hamlet on a Sunday evening

Above: The sun sets on the tiny marina beneath the Flower Bridge in Verdun-sur-le-Doubs.

to a gathering of 150 frantic traders who materialise out of nowhere like a travelling circus and fill the tiny network of streets until noon, precisely, when they pack up and disappear again. Then the restaurants take over, jamming patrons and plates of *tête de veau* (veal brawn) into every available space. The pungent smells and clanking dishes and red-faced, shouty waiters are overwhelmingly, unmistakably French.

We plunder the stalls for heirloom tomatoes, wild mushrooms and bunches of sweet white-tipped radishes to dip in butter and salt. We sniff cantaloupe melons meaningfully and sample the local *saucisson* (artisanal, dry salami). I track down my favourite Lucques olives – smoky, meaty, almond-shaped green jewels – and we leave with bags heavy with ripe fruit and even riper cheese; far too much for four people with a lot of luggage and no car.

Fortunately, the LeBoat barges leave from Branges, a seven-minute taxi ride from Louhans. Our trusty cruiser is a Vision4 – which has four double en-suite berths, an ingeniously designed saloon and a sun deck. There are bikes on board, sun loungers fixed to the stern and a gas braai on deck. We won’t need a bigger boat.

After our introduction to barging, which involves a cursory demonstration of how to operate a manual lock and rope the boat at the bow and stern so that it is secured





Above, clockwise from top left: The rotisserie chicken man bags a bird in Chalon-sur-Saone; l'editrice selecting heirloom *cœur de boeuf* tomatoes in Louhans; "my, my, but is that all your saucisson, monsieur?"; a member of Team Barge quaffs a fruity rosé on the sundeck of the Le Boat river cruiser en route to another French village.

against the side wall and won't bob wildly about the canal as it fills with water – we're left to our own devices. We start our boating career by connecting with a few low-hanging branches and nearly decapitating ourselves on a low bridge. It gets easier.

For our first supper on board, I sauté morel mushrooms in butter and garlic, add a bit of cream and toss it all through hot tagliatelle with handfuls of fresh parsley. It is perfect with a 2014 Givry.

The food in France is unapologetically regional. It's also unapologetic in general, by which I mean there are as many pragmatic, unfussy, uncamouflaged dishes as there are Michelin-starred meals. The food in Burgundy, in particular, is gutsy and occasionally unnervingly *real*, derived as it is from food intended to use every bit of available produce in dishes that would sustain local farmers, loggers, fishermen and various locals freezing their eyebrows off in the colder months.

And obviously, there is the wine. When

you live in an area that produces such vast quantities you can practically bath in Côtes de Beaune, why wouldn't you also cook with it? And they do. In *boeuf bourguignon*, *coq au vin*, *oeufs en meurette* – you name it, there will be wine in it. In other words, do not go looking for craft beer and calamari

**“YOU WILL NOT  
FIND SEAFOOD  
IN BURGUNDY. YOU  
WILL FIND WILD  
MUSHROOMS AND  
ESCARGOTS”**



in regional France. It's not funny and it's not smart. Just as you cannot get steak *frites* in the Luberon valley (they don't farm cows in the south), you will not find seafood in landlocked Burgundy. And if you do you should probably avoid it. You will find freshwater fish, pigeons, quail, boar, venison

and an abundance of wild mushrooms and *escargots*. You will also find plenty of beef and veal courtesy of the pale-coloured Charolais cattle that watch us with heavy-lidded disdain as we navigate their canals. Just be prepared to be faced with their head on a platter at some point.

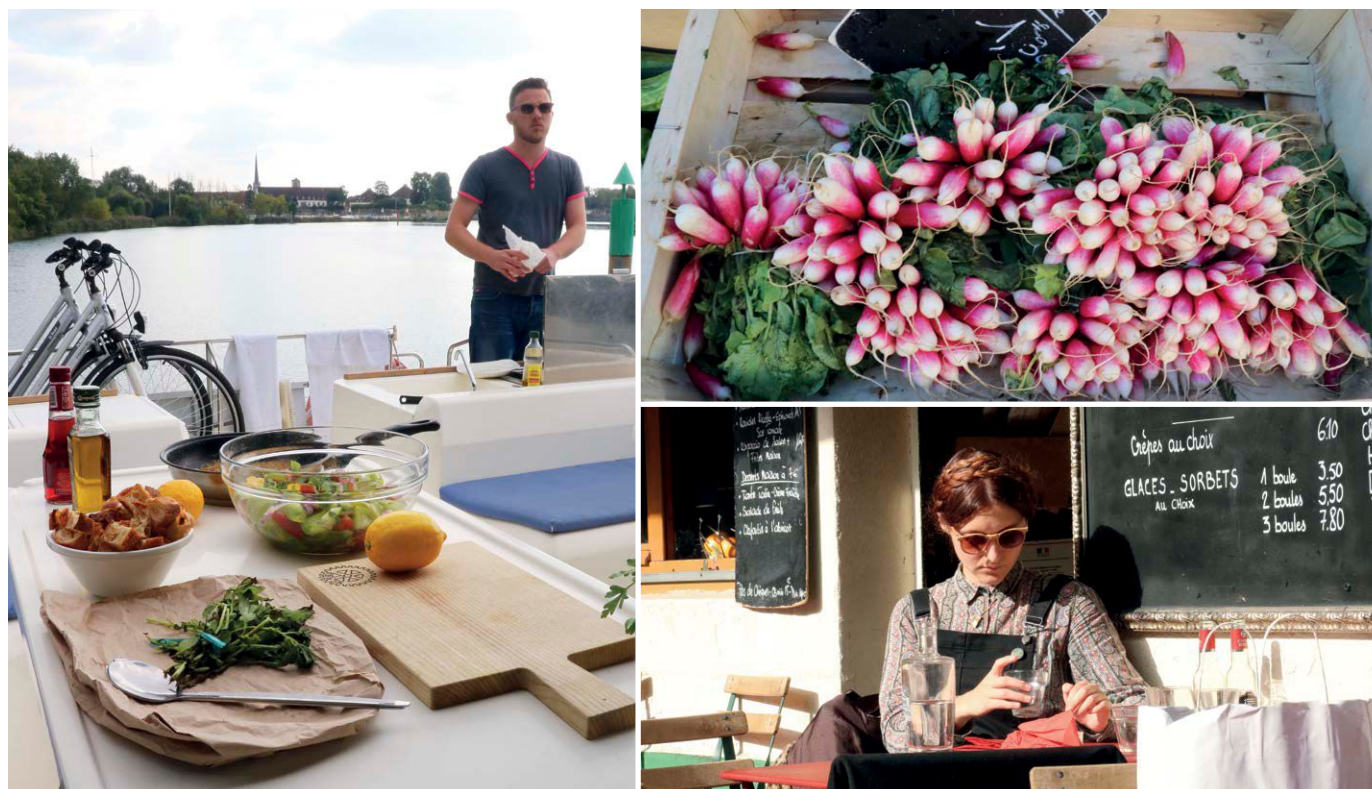
**This is a food odyssey**, so we've planned our schedule to coincide with the farmers' markets scheduled in each of the towns we're due to pass over the next week.

Still in the *petit* waterways of the Seille, we are expertly sailing into our second lock when a group of Germans in matching red jackets follows us into the narrow space. Showing off on his second attempt, the Salad Dodger cheerfully asks the Germans how many they've been through.

"About 300!" they shout back.

By the time we reach Cuisery, one of the four medieval "book villages" of France, it's already lunchtime and the place is creepily deserted. This happens a lot. The French





Above, clockwise from top left: Grilling *bavettes* (steak) on the sundeck; French radishes; café chic. Opposite, clockwise from top left: Saucisson, Morbier cheese and Lucques olives equals the perfect picnic; *la pôchouse* fish soup, an acquired taste; window art in Verdun-sur-le-Doubs; chocolate potato pralines (yes!); the marina at St Jean de Losne.

are by turns an officious and chilled nation. In the smaller, regional towns at least, the *ancien* way of life is rigorously observed. Shops close over lunch and the post-prandial snooze is mandatory. It's a lifestyle that prioritises balance – eating and resting deserve as much gravitas as work. No-one skips meals or works after hours, and the day after a big market you'll find that town in “repose”, all the shops uniformly shut.

At La Trûchère the canal widens and we emerge onto the *grand* Saône. At the first of the big locks it becomes apparent why it is necessary to rope the boat to the wall. It's one thing when your barge fits neatly into the small local locks, it's another when you're on a river wider than a mile. It takes three people and much shouting.

We're approaching the biggest town on our route, Chalon-sur-Saône, where there is a Wednesday morning market in the town square. It'll take six hours to get there at our modest pace, so we choose a small overnight mooring, about an hour outside town.

There is a pretty sunset as we pull into Port d'Ourouse, which is not so much a port as a weed-choked pier next to a grassy bank where a group of less than salubrious locals are having sundowners on the bonnets of their cars. There are no other barges around, so there is some debate about

**“A CARICATURE OF A FRENCH COOK LURCHES OVER IN A STAINED T-SHIRT THAT BARELY COVERS HIS BELLY”**



leaving Le Boat full of Les Belongings.

There is a restaurant, Le Chaussaud, in sight of the river, one of those nondescript affairs with plastic outdoor furniture and a waterproof marquee. At first glance, both the menu and the exterior suggest we may be plumbing the depths, but we decide to chance it. Sometimes the best meals are found in riverside dives, right?

The interior doesn't support this theory. It's a ludicrous *mélange* of plastic bric-à-brac and bits of old barges. A French family is celebrating a birthday at the only other occupied table. The frizzy-haired host who greets us with laminated menus looks terrified when she hears my accent and then relieved when I attempt to order the “*friture*” in French. This translates as “fish fry”, literally a pile of tiny, whole fried riverfish, not unlike whitebait. It is served on an aluminium plate on top of comedy lettuce that did not come from the *marché*,

but is still surprisingly edible.

The Salad Dodger, who enjoyed a couple of glasses of rosé over sunset, tells the host we're from South Africa. She brightens and introduces herself as Valerie before disappearing and returning with a handful of plastic sachets of mayonnaise and “le ketchup”. Apparently we are South African, by way of McDonalds.

After dinner she rushes off again and fetches her partner, André, a caricature of a French cook, who lurches over with the visitors' book. He's wearing a stained T-shirt that barely covers his belly, has stringy hair, a greasy-looking forehead and questionable dental hygiene. He could be the love-child of Gérard Depardieu and Quasimodo.

He doesn't speak any English but sits down next to me anyway and pulls out his cellphone so he can show me a picture of some American bankers I might know. No-one famous, just some people from another continent that isn't Europe.

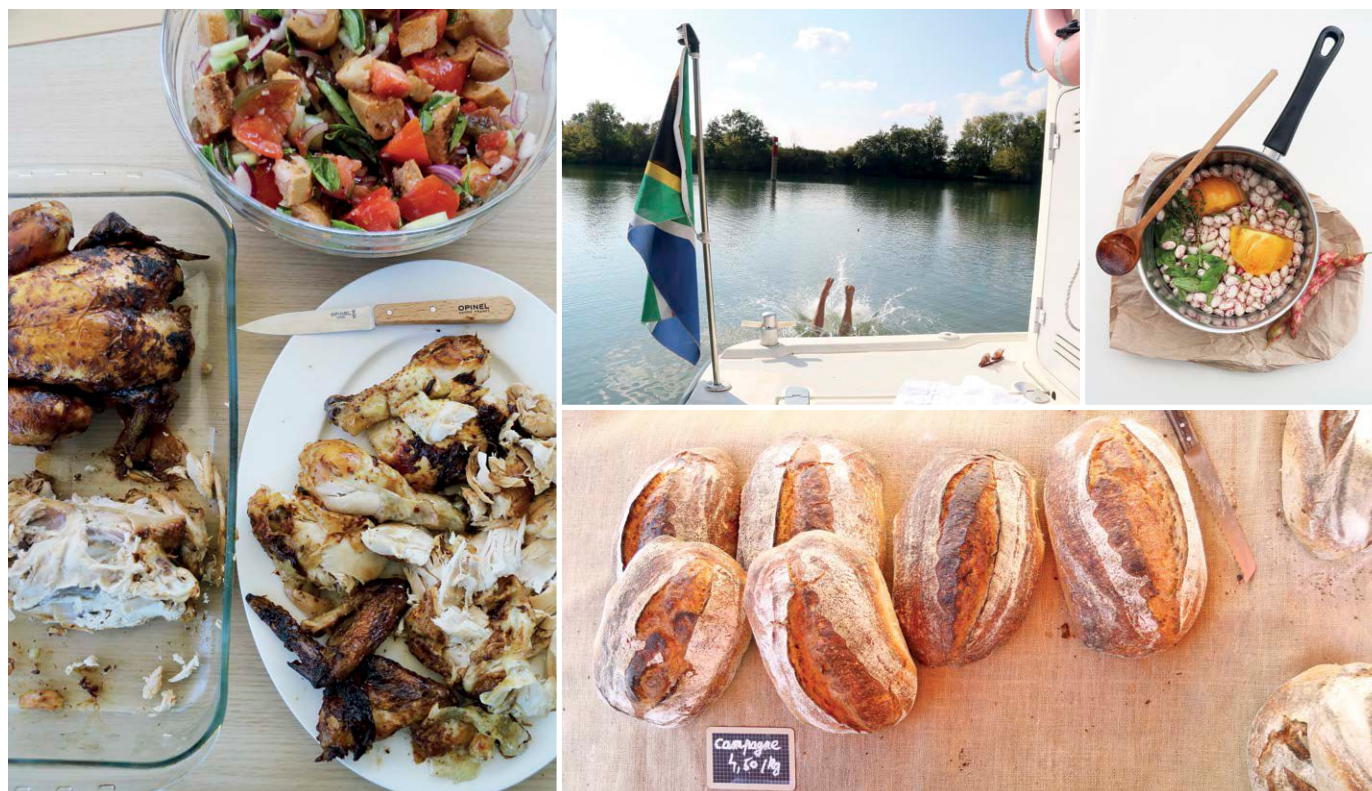
I can't say I'd recommend the food at Le Chaussaud, but it was one of those larger-than-life, foreign encounters of which great holiday memories are made. Even if it did feel like being trapped in a bilious dream for a few hours, it was *our* dream.

**After the fried riverfish** and brush









Clockwise from above left: A favourite lunch on the river: panzanella (see recipe opposite) and market-bought rotisserie chicken; fly your own flag, it's cool, we say; fresh borlotti beans about to be simmered with onion, tomatoes, herbs and olive oil; country loaves at the market in Chalon-sur-Saône.

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with *Deliverance*, Chalon-sur-Saône is like a miniature provincial Paris. A single row of oak trees, sage-gold in mid-autumn, lines the river across the St Laurent bridge, where *bateaux mouches* squat on the water waiting for tourists. There's even a small branch of Galeries Lafayette.

The market here happens three times a week in front of the Hotel de Ville, which is impossible to miss – particularly if, like the Salad Dodger, you are irresistibly drawn by the smell of butter-basted chickens.

The smell of rotisserie chickens will forever remind me of our French barge odyssey. Whole broods of *poulets de Bresse* rotate on mobile rotisserie carts at every market in every town, dripping hot butter onto trays of boiled new potatoes, which the traders scoop up and hand out in paper bags with the whole birds and thick slices of roasted ham. And at 8.30 am, when it's still cold and you haven't passed a *boulangerie* yet, that smell is maddeningly good. We buy two chickens to take back to our boat.

We also buy more radishes, my beloved *coeur de boeuf* (oxheart) tomatoes and a few perfect white peaches. There are boxes of misty blue plums, whole artichokes and something you never see in SA, fresh borlotti beans, still in their pink-splattered pods. I plan to shell these and boil the

speckled beans in water with an onion, some tomatoes, herbs, garlic and olive oil. When they're cooked and the tomatoes and onion have reduced to a sauce, they'll be the best beans on toast you've ever had.

**Our days on board settle** into a special rhythm – beginning with French-press coffee in the mornings and toasted baguette, or

maybe the lip-puckeringly sharp sheep's milk yoghurt sold in little glass pots all over France, and a crescent of sweet melon.

If we've moored in a market town, which we do everyday, someone will do the *boulangerie* run for fresh croissants and a baguette or two. This needs to happen early if we're not going to go breadless. I love the quiet thrill of feeling like a local

### GET ON LE BOAT!

Le Boat has the largest fleet of canal and river boats in Europe and a huge range of itineraries (150 holidays in France alone). Its boats are fully equipped with en-suite berths and you don't need any prior experience to navigate and steer the cruisers.

**When to go:** High season is from July to September and rates are lower outside this time, but temperatures on the river can drop considerably from October onwards, so make the most of the sundeck (and avoid the crowds) by going in late June or September.

### ET LE TRAIN?

There are Le Boat bases all over France, so you can fly into one of the main

centres and then take the high-speed TGV or local rail to the nearest station. We flew to Paris and took the TGV to Dijon and then a smaller line to Louhans in Burgundy.

For itinerary information and to book tickets contact World Travel.

Tel: 011 628 2319; [rail@worldtravel.co.za](mailto:rail@worldtravel.co.za)

### TASTE EXCLUSIVE!

Readers will receive up to 15% discount on selected boats and holidays. Plus, each booking will receive two free bikes to the value of R1 316 each for the duration. Quote "TASTE" when making your booking.

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[sales@leboat.co.za](mailto:sales@leboat.co.za)



as you queue for your *pain de campagne* and then stroll about town with a loaf poking out of your bag.

Our barge *amis*, Romy and John, take two of the bikes and ride alongside the boat, waving jauntily as they pass fields of peach-coloured cows and lone fishermen studying their lines warily as we float through their turf.

I haven't ridden a bike in years (yes, I know), but it looks so quintessentially *French* that I decide to risk it. I select the appropriate blue-and-white-striped cashmere jersey and the Salad Dodger (a.k.a. The Cyclist) helps me into the saddle. We bump along an uncomfortable rocky stretch of road and I try to steer towards the smoother grass verge, misjudge the distance and careen down the river bank. Instead of braking like a normal person, I throw myself off the bike into a generous patch of the world's tiniest burrs. I can almost hear the Benny Hill theme tune. Cue the demise of the cashmere jersey. There will be no more cycling on this trip.

**“THERE'S A FESTIVAL WHERE THE LOCALS DRESS IN MEDIEVAL GARB AND EAT THE FAMOUS SOUP IN VAST QUANTITIES”**

For lunch, we stop at a small mooring entirely circled by trees. The river feels mysterious here, flanked by thick forest on both sides, the water dark and ominous under an overcast sky. Two fisherman are catching pike out of a little wooden boat, cigarettes attached to their bottom lips.

We use the gas grill to cook the “*faux filet*” (tenderised rump steak) bought from an artisanal butcher back in Louhans and eat these *bavettes*, as they're called, on toasted bread spread with mustard and topped with spoonfuls of sweetly caramelised onion confit made in the little galley kitchen.

### One of the most beautiful towns

on our route upriver, is Verdun-sur-le-Doubs, where we moor in a tiny marina beneath the arches of the Flower Bridge just as the sun is turning the stones amber and the water becomes impossibly still, ruffled only by a pair of swans. Dinner here has been kindly arranged for us by the Burgundy tourism board at the reputedly

excellent L'Hostellerie de Bourguignonne.

It is a totally unexpected meal, from the delicate amuses-bouches to the dolls-house petit-fours. We all start with pressed ham terrine with pickles, tiny cucumber blossoms and a sweet, inky-black mustard made from grape sediment, and then have a choice of mains.

Apparently this little town overlooking the Doubs river is the place to eat the regional speciality *la pôchouse*, described as a kind of river bouillabaisse (fish soup). The locals are inordinately proud of their soup, which was originally consumed by the ancient loggers who needed something cheap and warming that would sustain them on the river. It's so celebrated there's even a *pôchouse* festival when the locals dress in Medieval garb and eat the stuff in vast quantities. We learn all of this from our gracious waiter, Gregory, as he sets two dishes in front of John and myself.

I should say this now: I love bouillabaisse. I would make it all the time if the Salad Dodger wasn't also a Seafood Dodger. I have been to Nice twice, not expressly to eat fish soup, but I did try my damndest to find the best version of it.

This is not that version.

The original dish was made from whatever bottom-feeding river fish the loggers could catch, eels included, and boiled with copious amounts of garlic in a vat of white wine. The version we are served is much more refined – there is a genteel selection of eel, carp, pike and *sandré*, which have all been deboned; the garlic has been sweetly roasted and spread on toasted bread croutons; the pungent wine broth has been tempered with cream. It looks beautiful (see picture), but unfortunately, to the uninitiated, it tastes like something you'd imagine the Charolais cows might have produced. In their bladders.

The other bargers have ordered risotto and beef with *girolles* (mushrooms). I hate them both. Still, *pôchouse* aside, which by all accounts is an acquired taste, it is still the best restaurant meal of our trip.

Gregory is a fountain of knowledge and tells us the *pôchouse* was originally made from a forbidden black grape that was outlawed for being too potent and causing madness and riots. Then he brings us a few to try. Now that's great service.

At the end of the meal we ask about calling a taxi, but he insists on sending us in the hotel's car. Which is how we find ourselves being driven back to the boat by a pastry chef.



## FRENCH MARKET SALAD (A.K.A. PANZANELLA)

Serves 4

EASY

**GREAT VALUE**

Preparation: 10 minutes

Cooking: 10 minutes

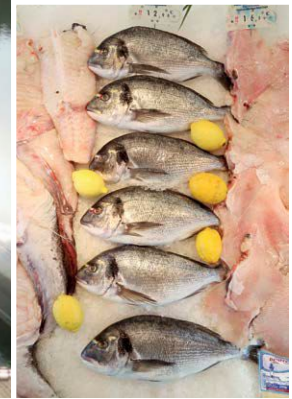
**day-old baguette** ½, broken into chunks  
**extra virgin olive oil** 1 cup, plus extra for drizzling  
**colourful ripe tomatoes** 6, roughly chopped  
**red onion** 1, thinly sliced  
**pitted olives** of your choice  
**garlic** 4 cloves, peeled and crushed to a paste with Maldon salt or fleur de sel  
**red wine vinegar** 4 T  
**basil** 1 large bunch  
**lemon** 1, juiced  
**sea salt and freshly ground black pepper**, to taste

**1** Place the chunks of bread on a baking tray and drizzle with olive oil. Toast under the grill to make “croutons”.

**2** In a large salad bowl, mix the tomatoes, red onion, olives and toasted bread. **3** Mix the smashed garlic paste with the olive oil and red wine vinegar and season to taste. Pour over the bread and tomatoes and mix gently with your hands. Don't leave this for too long before serving, or the bread will lose its crunch. **4** Just before serving, tear over the basil leaves, squeeze over the lemon juice and mix once more.

**Cook's note:** You can add other ingredients like Ruth Rogers' roasted peppers, capers and anchovies or salami and Parmesan as on taste.co.za.





Above, from left: One of the busier marinas just outside Chalon-Sur-Saône on market day; all the berths on Le Boat's river vessels are double occupancy with en-suite bathrooms; freshwater fish are more sustainable (and readily available) in the landlocked region and perch, pike and eel are common.

**Still scarred by the fish soup** and an underwhelming meal in a too-bright tourist trap in St Jean de Losne, we decide to do more cooking on the barge. This would be my recommendation – shop at the markets and cook your own food, or at the very least research the trip and the restaurants in town very, very carefully. The tourist board can help, but be specific about your preferences or you could well end up having to escape mid-meal from a bizarre, package-deal type eatery that promises the worst meal of your life followed by a “spectacle” involving sad clowns and burlesque. The horror.

At lunch we choose a secluded spot to moor, stopping beneath melancholic willows trailing in the water, or along

a grassy bank in front of an elaborate chateau, and put out baguettes, a silver-seamed wedge of Morbier cheese and oozy Epoisses from the market, the last of the smoky Lucques olives and *saucisson*. If we didn't make it to a *boulangerie* that morning, I use yesterday's leftover baguette to make panzanella – toasting chunks of bread and tossing these with striped heirloom tomatoes and basil in a lemony vinaigrette.

On our last night before we leave the boat in Gray, we moor in the smallest village of all – Pontailleur sur Saône – and I use up the last of our fresh produce in a *MasterChef* mystery box gratin. I layer thinly sliced potatoes with fresh *girolles*, sautéed in butter, crisp-fried smoked lardons, fresh thyme and

lots of grated Parmesan. I mix a little milk into a tub of thick, farm cream from the cheese seller in Verdun, and pour it over the dish.

After an hour the potatoes are golden on top and almost melting in their bath of butter, cream and bacony juices. When each individual ingredient is this good, the result can only be the best dressed-up potato dauphinoise of your life. The kind you eat in reverential silence, knowing it'll never taste this good again.

**The food is all memorable**, good or bad, but in the end, leaving our boat is the hardest part. It's like saying goodbye to a new friend, someone you feel you've known forever, but who you know you will probably never see again. We've grown protective of our hefty companion – waking up to its misted windows and coffee smells, leaving it in a new marina each day among the foreign flags, stashing our market treasures on board, tracing our way back to it after dinner and falling asleep to its gentle rhythm. It's a comforting, happy space and leaving it is genuinely heartbreaking.

The “boatsickness” hangs around for a few days after we leave Burgundy. Not just the occasional unsteadiness, but a real sense of loss, of something missing. The fact is that on our journey upriver, our boat was a real physical presence, the fifth member of our rosé-quaffing, rotisserie chicken-chasing Famous Five. And it served us well. **W** To watch the bargers in action on the river and at the market in Verdun-sur-le-Doubs, visit [taste.co.za](http://taste.co.za) for video and Instagram evidence.

### GETTING THERE ON AIR FRANCE

Air France offers direct daily night flights on the Johannesburg-Paris-Charles de Gaulle route and onward to over 178 destinations in 89 countries, operating both the A380 Superjumbo and the Boeing 777, fitted with the best new cabin design. There are also three weekly direct flights between Cape Town and Paris-Charles de Gaulle on board the Airbus 330-200.

On board, Air France offers the chance to experience moments of pleasure and relaxation. Wide touchscreens with high-definition images will soon be available, offering over 1 000 hours of music, movies, TV series and

other programmes on demand. The in-flight meal service aspires to excellence, from the exceptional service to gourmet meals comprising everything from traditional French dishes to global cuisine. The wine list reflects the wide range of French grape varieties, enhancing each dish.

**Did you know?** Air France is the only airline to offer Champagne on board long-haul international flights to all its passengers, including in the economy cabin, at no extra cost. Over 1.5 million bottles of wine and over 800 000 bottles of Champagne are served on board Air France flights every year. For more information, visit [airfrance.co.za](http://airfrance.co.za) or call 0861 340 340.





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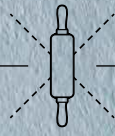


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# Taste Kitchen

TIPS AND TECHNIQUES FOR THE MASTER COOK

113

PHOTOGRAPHS JAN RAS RECIPES AND PRODUCTION ABIGAIL DONNELLY FOOD ASSISTANT JACQUELINE BURGESS

## BRINE TIME

Why brine, we hear you ask? To add flavour and succulence, we say. Brining chicken in buttermilk before coating it in crispy cornflakes and frying will keep the meat moist and add flavour. The same applies to beer and ribs, and vegetables and vinegar. So, turn the page and get brining.

EDITED BY LYNDA INGHAM-BROWN



BRINED PICKLES

CRISPY BUTTERMILK-  
BRINED FRIED CHICKEN

BEER-BRINED RIBS





## CRISPY BUTTERMILK-BRINED FRIED CHICKEN

**Serves 16**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes, plus**

**1 hour's resting time**

**Cooking: 40 minutes**

**buttermilk** 2 cups

**thyme** 5 sprigs, leaves picked

**freshly ground black pepper** 2 t

**free-range chicken braai pack** 2 kg

**flour** 60 g

**cornflakes** 2 cups, crushed

**paprika** 2 t

**cayenne pepper** 2 t

**sea salt** 2 t

**sunflower oil**, for frying

**1** Preheat the oven to 180°C. Whisk the buttermilk, thyme and pepper together. Place the chicken pieces in the buttermilk, cover and set aside for 1 hour. **2** In a separate bowl, combine the flour, cornflakes, paprika, cayenne pepper and salt. Remove the chicken from the buttermilk mixture and coat in the cornflake mixture. **3** Heat the oil in a deep pan over a medium to high heat until very hot. Brown the chicken in batches in the oil. **4** Remove the chicken pieces from the oil and place on a baking tray. Finish in the preheated oven for 15 minutes, or until golden and cooked through. Season with salt.

**WINE: Tokara Chardonnay 2016**

## BRINED PICKLES

**Makes 400 g**

**EASY**

**GREAT VALUE**

**Preparation: 5 minutes**

**Cooking: 2 minutes**

### • COOK'S TIP •

**YOU CAN FLAVOUR THE BRINE WITH ALMOST ANYTHING. TRY ADDING 4 T CURRY POWDER, 2 T CUMIN AND 2 T TURMERIC, OR 2 T ADOBO SAUCE FOR A SPICY ALTERNATIVE**

**brown spirit vinegar** 1 cup

**mustard seeds** 1 T

**Woolworths mini cucumbers** 350 g, roughly chopped

**1** Heat the vinegar and mustard seeds in a saucepan over a medium heat. Once simmering, remove from the heat and pour over the mini cucumbers. **2** Allow to cool and store in an airtight jar.

**CARB-CONSCIOUS, FAT-CONSCIOUS, DAIRY-FREE, MEAT-FREE, WHEAT-AND GLUTEN-FREE**

## BEER-BRINED RIBS

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes, plus**

**6 hours' brining time**

**Cooking: 15 minutes**

**For the brine, mix:**

**beer** 3 x 330 ml bottles

**salt** 3 T

**brown sugar** 3 T

**cayenne pepper** 1 T

**freshly ground black pepper** 2 t

**pork or beef ribs** 1.5 kg

**Woolworths sweet and sticky**

**BBQ marinade** 2 cups

**1** Whisk the brine until the sugar and salt have dissolved. **2** Place the ribs in a deep baking tray and pour over the brine. Marinate in the fridge for 6 hours.

**3** Remove the ribs from the baking tray and pat dry using kitchen paper.

**4** Generously coat the ribs in the BBQ marinade. Heat a griddle pan until smoking and grill the ribs on both sides.

**DAIRY-FREE**

**WINE: Alto Rouge 2015**

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Green peppercorns in brine, R34.95.



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Sweet-and-sour sliced gherkins, R26.95.



Caperberries in brine, R49.95.

## • SAY WHAT? •

*Not to be confused with marinade...*

### MACERATE

The soaking of an ingredient, usually fruit, in a liquid so that it takes on the flavour of the liquid. It can also be used to soften dried fruit. See page 101 for how to practise this technique.



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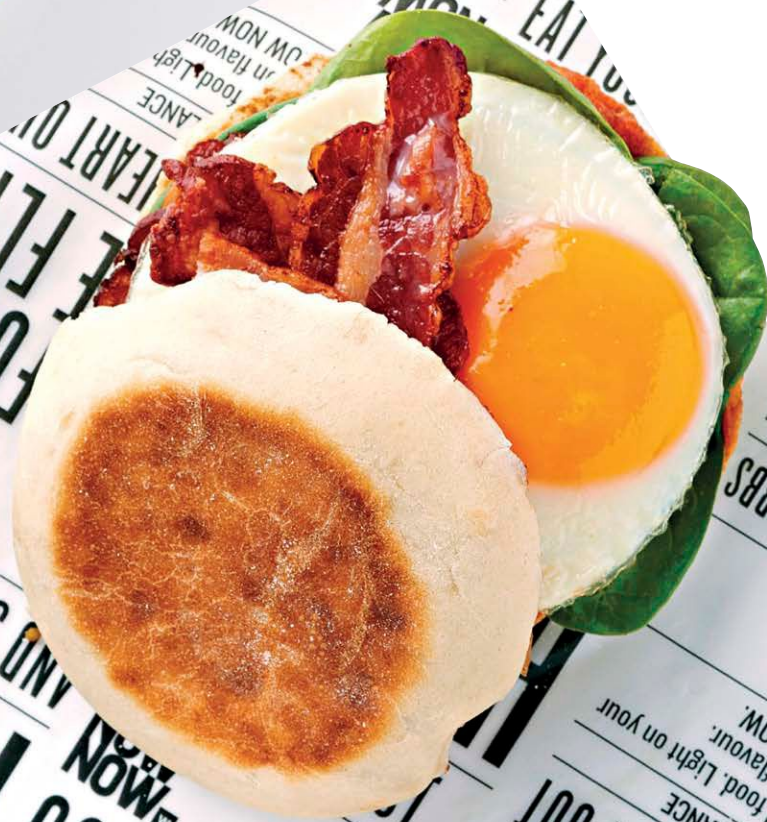
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GOOD FOOD ON THE FLY

NOW NOW

AND SUPER

EAT YOUR HEART OUT

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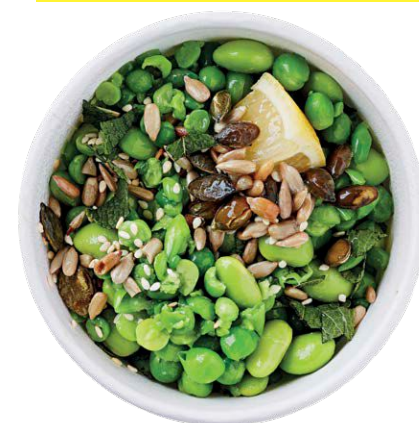
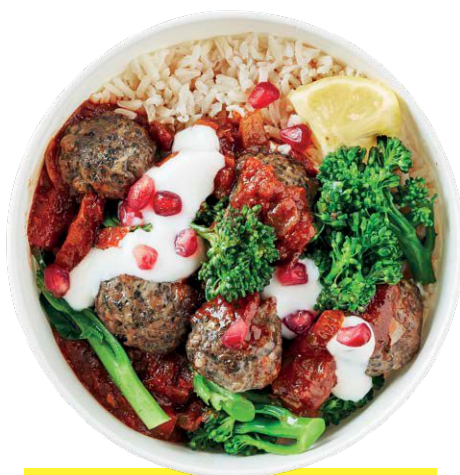
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# YOUR QUICK FIX

You need super-fast good food, and you need it yesterday. Woolies' new grab and go-go experience offers meals that are heavy on flavour, light on your pocket – ready for you to pick up and be back at your desk in no time

PHOTOGRAPHS **DIRK PIETERS** PRODUCTION **HANNAH LEWRY**

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The time's nearing one o'clock and you're starving, but that presentation is due today and your boss is hovering.

There's an app for that, you know.

No, really. Woolies' new chain of super-fast good food outlets is about to revolutionise lunchtimes at the office. Not only because it offers fresh, good food, fast, but because you can download an app that allows you to order, pay for and collect your food – without queuing.

The menu concept is simple: the food is freshly made using local ingredients, with a focus on bold, globally inspired flavours, but without the ridiculous price tag. Skipped breakfast? Just try and choose between the bircher pot (organic rooibos bircher muesli, double-cream Ayrshire yoghurt, apple juice, cranberries and toasted seeds), the flapjack pot (made with gluten-free flour, and topped with blueberries, badger-friendly fynbos honey and pomegranate rubies), and the chorizo bun (with a free-range egg, sliced chorizo, Gouda, tomato sauce and baby spinach), among other choices. Need lunch, pronto? You can go as virtuous (hello, basil courgetti salad) or wild (can't go wrong with peri-peri chicken on cauli mash with sour cream and toasted almonds) as you fancy. And then there's the coffee – 100% African and organic, and available with dairy or unsweetened almond milk. But you don't have to make up your mind right this minute. Time is now on your side, after all.

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# Oh, crumb-st

You might be a weekend purist, but no one has time to crumb a schnitzel midweek. We know this. Still, we also love crispy, golden things so we're kicking the ready-made versions up a notch. Just add a home-made sauce, herb butter or a smashing side and make them your own





Make your own  
flavour-packed herb  
butter with coriander,  
or parsley and chives.

119

**CHICKEN SCHNITZEL  
WITH EASY SHEET  
POTATOES AND  
CORIANDER BUTTER**  
R31 PER SERVING

Preheat the oven to 200°C. Slice 6 Woolworths Mediterranean or Everyday potatoes into wafer-thin slices – use a mandolin if you have one. Toss the potato slices in 2 T olive oil to coat. Arrange on two baking trays lined with baking paper, making sure the potatoes don't overlap. Sprinkle with sea salt and bake for 15–20 minutes, or until golden. Meanwhile, bake 4 Woolworths free-range chicken schnitzels according to package instructions. Finely chop 20 g fresh coriander, then fold into 100 g softened butter and chill until ready to serve. Serve the schnitzels with a dollop of home-made herb butter and the golden sheet potatoes. Serves 4

PHOTOGRAPHS JAN RAS  
RECIPES AND PRODUCTION HANNAH LEWRY  
FOOD ASSISTANT JALAUN BEUKES



**FISH-AND-CALAMARI BURGER WITH HOME-MADE TARTARE SAUCE**  
**R46 PER SERVING**

Preheat the oven to 200°C. Arrange 500 g Woolworths frozen Southern fried calamari strips and frozen crumbed hake portions on a baking tray and bake according to package instructions. Meanwhile, combine 4 T plain yoghurt, 1 T mayonnaise, 4 chopped gherkins, 1 T chopped caperberries, the zest and juice of 1 lemon (or to taste), ½ chopped red onion and 1–2 T chopped dill. Toast 4 halved hamburger rolls and spread with the tartare sauce. Top with shaved celery, baby cucumbers, hake and calamari. Serves 4

Your version of the US-style fish burger. The yoghurt tartare sauce is light and refreshing.





Serve like this, with stirfried noodles or in crisp lettuce wraps.





**OPEN PORK  
SCHNITZEL  
QUESADILLA**  
R40 PER SERVING

Preheat the grill to its highest setting. Grill 4 Woolworths pork schnitzels for 2 minutes on each side, remove from the oven and arrange on 2 chargrilled multiseed wraps. Top with 60 g sliced mature white Cheddar and place under the grill again until the cheese has melted. Top with ripe avocado, the kernels of 2 cobs blanchéd sweetcorn, sliced Woolworths exotic tomatoes, Woolworths red onion pickled topper, 2 sliced green chillies and fresh coriander. Serve as is or top with another chargrilled multiseed wrap. Serves 4





Swap the butternut and sweet potato for baby marrow and brinjal if you prefer.



**VEGGIE BAKE WITH  
BACON CRUMB**  
**R46 PER SERVING**

Preheat the oven to 200°C. Peel and slice 1 small butternut and 3–4 sweet potatoes into ½ cm-thick pieces. Arrange snugly in an ovenproof dish, pour over 2–3 cups sour cream, season to taste and sprinkle over 2–3 cloves crushed garlic and a few sprigs fresh thyme. Bake for 25 minutes. At the same time, grill 200 g streaky bacon until crispy. Finely chop the bacon, mix with 40 g Woolworths crispy onion sprinkle and 50 g breadcrumbs, then sprinkle over the vegetables and bake for a further 10–15 minutes until golden and tender. Serve with chicken schnitzel and asparagus tips glazed in melted butter with a squeeze of lemon juice. Serves 4



# FOODSTUFF

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## DO THE DIP

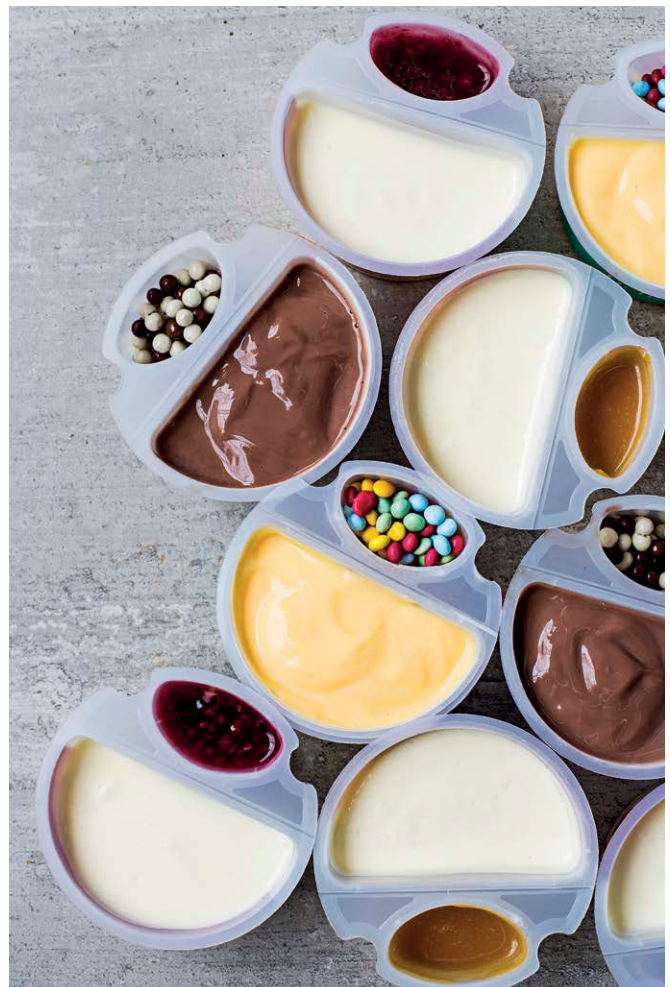
We all know the power of a cup of tea to solve just about any problem, but sometimes your afternoon cuppa needs a little extra something to help get you through the 3 pm slump. Enter Woolies' new range of biscuit dippers made using free-range eggs and available in coconut, chocolate chip and ginger flavours. They're the perfect companion to your favourite warm drink – whether it's morning coffee, afternoon tea or night-time hot chocolate. It's always a good time to dip a biscuit. From R28.99.

Available at selected stores.



## IT'S THE LITTLE THINGS...

... like mini crunchy chocolatey balls stirred into a perfectly portioned pot of creamy dessert. These mouthfuls of deliciousness come without you having to do the dishes, thanks to Woolies' new cornerpot desserts. Choose from vanilla or chocolate delight (both have fresh custard so you can't go wrong) or cheesecake. The caramel cheesecake dessert will satisfy the sweetest sweet tooth, and there's also raspberry-litchi for when you're feeling fruity. The secret ingredient in all of them? Fresh cream, of course. Just pop that topping, add it to your pot and devour. From R16.99. Available at selected stores.





P R O M O T I O N

# JUICE ALMIGHTY

The reason Woolies' cold-pressed juices taste so great? Because nothing but locally sourced fruit and vegetables go into them. Simple

Talk about turning up the juice. Woolworths' 100% cold-pressed fruit-and-vegetable juice blends are made by extracting juice from locally sourced fruit and vegetables using a special high-pressure process that seals in flavour and nutrients without any added preservatives. Available in convenient, ready-to-drink 100 ml, 250 ml and 750 ml bottles, flavour combos include the likes of carrot, apple and orange with a shot of ginger; apple, cucumber, spinach, celery and kale; and orange with turmeric and cayenne pepper. Drink up!

[woolworths.co.za](http://woolworths.co.za)



PHOTOGRAPH DIRK PIETERS PRODUCTION FOODLOOSE PRODUCTIONS FOOD ASSISTANT MAYA MILLER



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## COMPETITION TERMS AND CONDITIONS

The winners will be the first correct entries drawn after the closing date. In the event of the judges not being able to get hold of the selected winner on contact details supplied, an alternative winner will be selected. The judges’ decision is final and no correspondence will be entered into. The prize is not transferable and may not be converted into cash. Employees of Woolworths, New Media Publishing and the prize sponsor company, their families, agencies or any other parties associated with the competition may not enter. All details correct at time of going to print. Note that some expenses may not be included in the prize. Visit [taste.co.za](http://taste.co.za) for prize-specific information and terms and conditions. Entry is limited to South African residents over the age of 18.

## COMPETITION AND GIVEAWAY ENTRY DETAILS

To enter, SMS the word “TASTE” followed by the keyword on the giveaway or competition page (and the answer, if applicable), your name, surname, email address, physical address and telephone number to 45606 (R1.50 per SMS), or enter online at [taste.co.za](http://taste.co.za). Unless otherwise specified, the closing date for all giveaways and competitions in this issue is 26 March 2017. Terms and conditions apply, see above.

## CONVERSION CHART

250 ml = 1 cup  
190 ml =  $\frac{3}{4}$  cup

125 ml =  $\frac{1}{2}$  cup  
85 ml =  $\frac{1}{3}$  cup

65 ml =  $\frac{1}{4}$  cup  
5 ml = 1 teaspoon

15 ml = 1 tablespoon  
30 ml = 2 tablespoons

45 ml = 3 tablespoons  
60 ml = 4 tablespoons

\* Woolworths products featured are subject to availability and may not be available at all stores. All prices include VAT and were correct at the time of going to press. Offers available while stocks last. Not all products and ingredients featured are available from Woolworths. While all precautions have been taken to ensure the accuracy of information, neither the publisher and editor, nor New Media Publishing, can be held liable for any inaccuracies, injuries or damages that may arise.





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# TAKE THE CAKES

Those crisp-on-the-outside, fluffy-on-the-inside little cakes beloved of Proust, madeleines are even lighter and spongier if you add ricotta – a twist on the classic that'll have you eating them by the trayful

PHOTOGRAPH **JAN RAS**  
 RECIPE AND PRODUCTION  
**ABIGAIL DONNELLY** FOOD ASSISTANT  
**JACQUELINE BURGESS**

## RICOTTA MADELEINES

**Makes 24**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes**

**Baking: 12 minutes**

**free-range eggs** 4, separated  
**ricotta** 250 g  
**plain yoghurt (or buttermilk)** 1 cup  
**butter** 6 T melted  
**lemon zest** 1 T  
**lemon juice** 1 T  
**flour** 180 g  
**baking powder** 1 t  
**bicarbonate of soda** ½ t  
**sugar or xylitol** 2 T  
**salt** 1 t  
**icing sugar**, for dusting

**1** Preheat the oven to 200°C and grease a madeleine pan. If you don't have a madeleine pan, use a muffin pan. Beat the egg whites in a clean bowl until soft peaks form, then set aside. **2** Combine the egg yolks, ricotta, yoghurt or buttermilk, butter, lemon zest and juice in a bowl. **3** Sift the remaining ingredients into the ricotta mixture and beat using a hand-mixer. Gently fold in the egg whites until combined. **4** Pour the batter into the greased tin until each mould is two-thirds full. (If using a muffin pan, fill ¼ to halfway full so that you will have a thin "dipper" and not a muffin.) **5** Bake for 12–14 minutes, or until cooked through. Remove from the pan and allow to cool slightly. Dust with icing sugar.

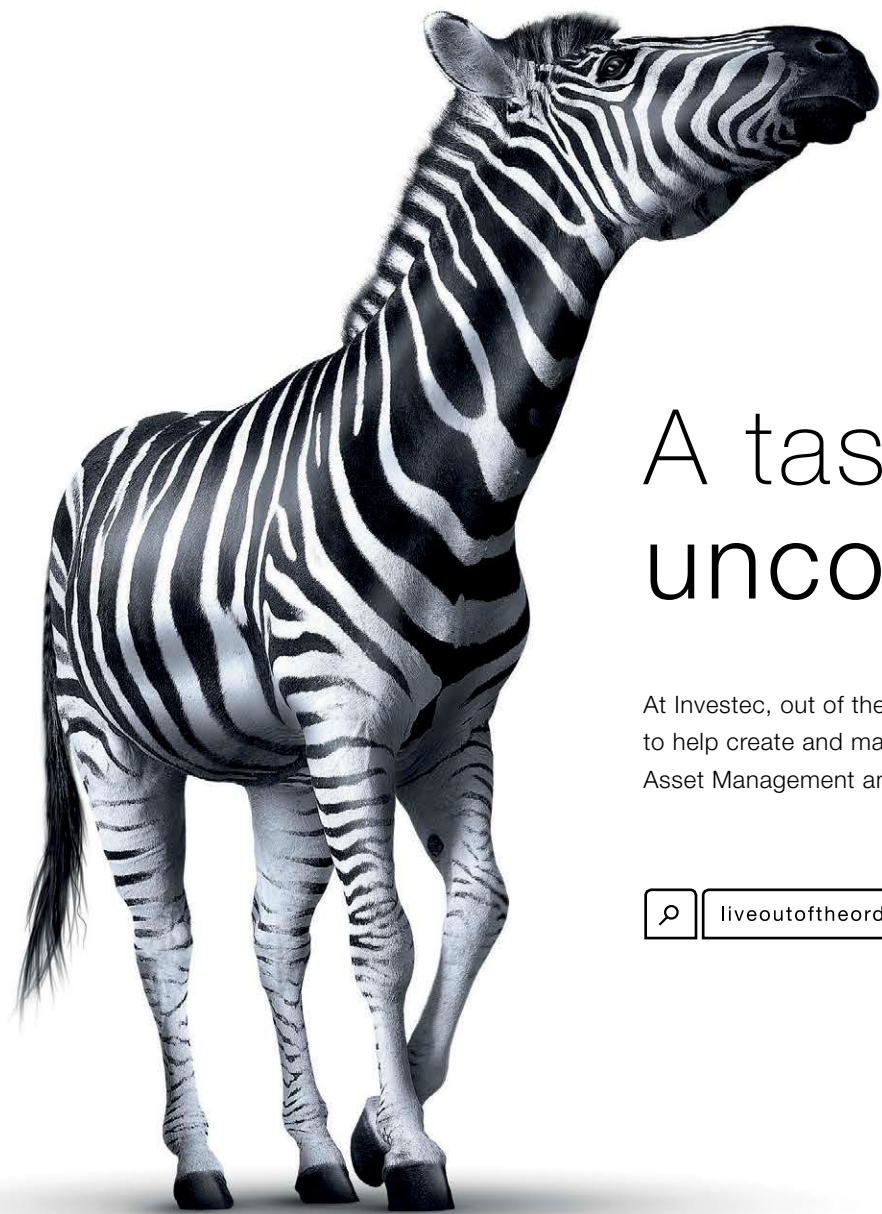
**WINE:** **Jordan The Real McCoy**  
**Riesling 2016**








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