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STYLISH SA AT HOME AND PLAY

# FOOD

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FOOD ISSUE

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*Tomato, basil, chèvre  
and honey pizza*



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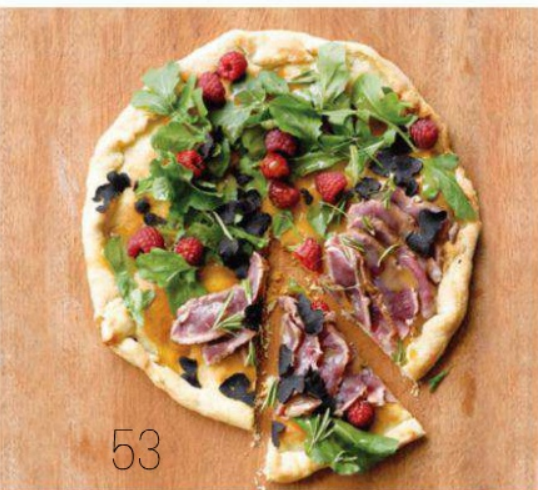


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*on the cover*

Food styling **Paul Lowe** Photograph  
**Ellen Silverman/ Taverne Agency**



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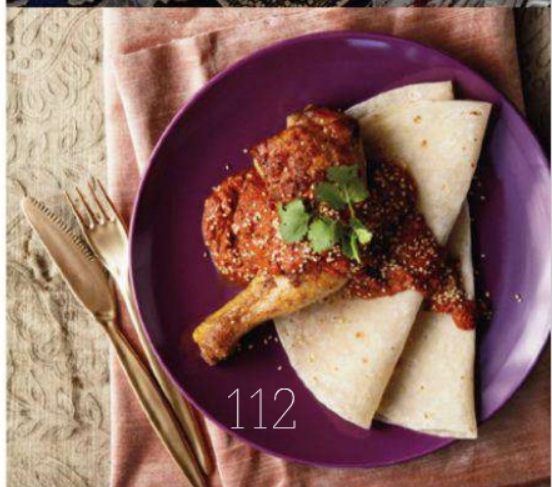
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## CONTRIBUTORS



## JULES MERCER,

who created many of the new recipes in this issue, has worked on foodie magazines in the UK and on Nigella Lawson's *Christmas Kitchen* TV series.

**What could you absolutely not consider giving up?** Meat. **Best childhood food memory?** My mother's steamed pudding doused in creamy custard. **What do you**

**love most about your job?** Meeting other foodies, from tannies to Nigellas and gaining some great ideas from them all. **Favourite snack?** Apples. **And tippie?** A glass of Vignier. **What are you currently cooking with?** Good cacao. **Most used kitchen tool?** My hands and Le Creuset casseroles. **Favourite recipe book?** So looking forward to getting into Nigella's *Kitchen: Recipes from the Heart of the Home*. **Wouldn't eat?** Food off the floor.

## SARAH MATSUHARA,

who helped prepare recipes for our new *Luxury* shoot, grew up outside San Francisco. When she moved to Cape Town she began making 'all the things I missed'.

**Secret indulgences?** Lay's Lightly Salted potato chips and foot massages. **What could you absolutely not consider giving up?** Good, strong coffee, lip balm and Ziploc bags. **How do you relax?** With a picnic on Table Mountain's Pipe Track, or sitting on the sofa with a cup of mint tea. **Favourite snack?** Fruit; toasted sunflower seeds. **Best wintry meal?** Laksa. **And tippie?** Sauvignon Blanc. **Favourite restaurant?** The Slanted Door in San Francisco. **Last meal?** Dim Sum followed by a red curry at Kitima in Hout Bay. **Special spots where you buy food?** Atlas Trading in the Bo-Kaap. And Origin Coffee in Green Point.



## OUR WINE CONNOISSEURS

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# HOUSE AND LEISURE

STYLISH SA AT HOME AND PLAY

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## *There's something inside*

JOSIE BORAIN

From gangly schoolgirl, to iconic 80's supermodel, she never gave up on her photographic passion, eventually being acclaimed as one of our top photographers. Depth and character come from inside, whether an artist or a bottle of gin, it's a mix of these ingredients that create a fascinating whole.



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## *There's something inside*

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## EDITOR'S LETTER



Welcome to *House and Leisure* Food. This inaugural collector's issue has been years in the making (or should that be baking?) and so comes to you full of old favourites along with fresh ideas. It's a magazine that's designed both to enhance the cooking experience for established foodies and to draw in the less-skilled 'chefs' among us. **Whether you're seduced by the mouthwatering food pictures or enchanted by the beautiful lifestyle images – designed to get you in the mood – there really is something for everyone.**

Over the years *House and Leisure* has had some terrific contributors to the magazine's Food section, propelling it to a recognised high standard. These have included Philippa Cheifitz and Neil Roake, who have both gone on to produce their own popular cookbooks. Top South African chefs Richard Carstens, Luke Dale-Roberts, Bertus Basson, Clare and Fiona Ras, Mike Bassett and Jackie Cameron have contributed memorable recipes. Local foodie personalities and cookery-school owners Andrea Burgener, Toni Scorgie, Marlene van der Westhuizen and Susan Greig are also featured in the line-up. And, of course, there are favourites from *House and Leisure*'s current food editor Raphaella Frame. Plus most of the recipes have been thoughtfully paired with South African wines by a selection of well-known wine connoisseurs. All of this adds up to a cookbook like no other!

We have divided this issue into four sections, which are aligned with a selection of *House and Leisure*'s annual themes: Easy Living, Summer, Winter Warmth and Luxury. **They conjure up the simple joys of long lunches with family and friends, fresh salads on hot days, romantic fireside meals and, of course, fabulous dinner parties.** Each section is also matched with complementary lifestyle, design and decor images from the magazine, styled and beautifully shot by top local talents such as Retha Erichsen, Julia Stadler, Warren Heath, Russell Smith and Elsa Young. I think you'll agree that the end result is a visual feast that makes you want to get into the kitchen. ☐

*Maomi*

## EDITOR'S PICKS



**EASY LIVING** Stewed dried fruit with sweetened vanilla-bean cream, see page 10. Created by Hartford House chef Jackie Cameron, this is a great starter for a leisurely breakfast that reminds me of my Mum's cooking.



**SUMMER** Spaghetti vongole with mussels, see page 59. Normally made with clams, this recipe, with its inclusion of fresh mussels, is more to my taste. And what goes better with summer than seafood?



**WINTER WARMTH** Lentil stew, see page 81. A stew, whether made with meat or vegetables, sits alongside soup as the best antidote to cold winter nights. This one is best when shared fireside.



**LUXURY** Oyster *tiradito*, see page 104. Nothing says 'luxury' more than freshly shucked oysters and a glass of champagne. This dish is pretty much *au naturel* but the twist of coriander and lemon is a perfect addition.



# WE'VE MADE GREAT PROGRESS. WE'RE NEARLY BACK WHERE WE STARTED.

There's a lot to be said for the way winemaking used to be. There were no chemicals, no "technological advancements" that made the process a process, and natural balance was more important than balance sheets. It's an approach that's not just better for the earth, it's also better for the wine - as respected critics have confirmed. So, while it may be somewhat old-fashioned, it may also be the way wines are made in future.



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*All your favourite recipes for laid-back cooking inspiration*

# EASY LIVING

For Sunday breakfasts that flow into long lunches with friends,  
we've got simple, delicious food to match your mood

*Pastéis de nata*  
(recipe on page 39)









## STEWED DRIED FRUIT WITH SWEETENED VANILLA-BEAN CREAM

*for the stewed dried fruit*

5g STAR ANISE  
10g WHOLE CLOVES  
500g MIXED DRIED FRUIT  
1t GROUND CINNAMON  
1 VANILLA POD, SPLIT  
1 LITRE ORANGE JUICE  
250ml SUGAR

*for the vanilla-bean cream*

250ml FRESH CREAM  
1t CASTER SUGAR  
1 VANILLA POD, SPLIT

*Serves 8*

Place the star anise and cloves in a muslin cloth, and tie together with string. Place all the ingredients in a pot and simmer over medium-low heat until the fruit is soft (20 to 30 minutes).

Place the cream and caster sugar in a bowl. Scrape the seeds out of the vanilla pod and add them to the cream. Whip the ingredients together until thick.

To serve, scoop a spoonful of the fruit into a bowl and drizzle with a little syrup from the pot. Top with a dollop of vanilla-bean cream and garnish with a quarter of a vanilla pod.

*The fruit will keep for three days in the fridge.*





Stewed dried fruit with  
sweetened vanilla-bean cream





‘All happiness depends on  
a leisurely breakfast’

*John Gunther*



## HOME-MADE BRIOCHE WITH WILTED SPINACH, SMOKED SALMON, POACHED EGG AND HOLLANDAISE SAUCE

Jacques Bruère Blanc de Blancs 2007 – LR

### *for the brioche*

2t INSTANT YEAST  
2T LUKEWARM WATER  
90g SUGAR  
125g SALTED BUTTER  
4 CUPS CAKE FLOUR  
1½t FINE SALT  
1½t SUGAR  
½t VANILLA EXTRACT  
2 LARGE EGGS  
175ml LUKEWARM,  
FULL-CREAM MILK  
1 EGG, LIGHTLY BEATEN,  
FOR GLAZING  
25g SALTED BUTTER

### *for the hollandaise sauce*

4 EGG YOLKS  
2T HOT WATER  
200ml CLARIFIED BUTTER  
SALT  
LEMON JUICE TO TASTE

300g BABY ENGLISH SPINACH  
250g SMOKED SALMON  
8 EGGS  
BLACK PEPPER

*Serves 8*

Sprinkle the instant yeast over the lukewarm water and allow to soak for 10 minutes until foamy.

In an electric mixer, cream together the sugar and 125g butter. Cover and refrigerate.

Combine the flour, salt and sugar, then place in a mound on a clean working surface, making a well in the centre. Mix the vanilla extract, eggs, milk and yeast mixture together in a bowl, and gradually add the liquid to the well in the flour mixture, kneading into the flour with your fingertips as you go. This will result in smooth, soft and elastic dough that should stretch easily.

By hand or using an electric mixer with a dough hook, add the creamed butter and sugar slowly to the mixture. Lightly grease the inside of a large bowl with a little butter and place the dough in the bowl. Cover with clingfilm or a cloth, and leave the bowl in a warm place, allowing the dough to prove (double in size). Remove it from the bowl, punch down until it is half its size again and place it back into the greased bowl. Cover and refrigerate overnight.

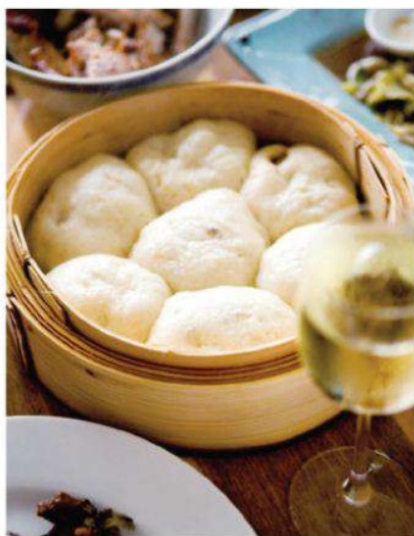
Roll the dough into eight balls. Place each ball in a buttered brioche tin and leave in a warm place to rise. Glaze the top of each loaf with beaten egg and place in an oven at 160°C until cooked. Melt 25g butter. Remove the brioche from the pan and brush the outside crusts with the melted butter and allow to cool.

Half-fill a small saucepan with water and bring to a gentle simmer. In a heat-proof bowl, whisk the egg yolks and water lightly until foamy. Place the bowl on top of the saucepan, ensuring that it does not touch the water, and the water does not boil. Whisk the egg yolks until very pale and fluffy. (If necessary, remove the bowl from the heat intermittently to prevent overcooking.) Slowly pour the clarified butter into the egg, whisking vigorously to combine until the mixture has thickened, and is glossy and smooth. Season with salt and lemon juice.

Blanch the spinach in a pot of boiling water. Once it has wilted, drain and place it in a bowl of ice water to stop the cooking process.

Slice the top off each brioche loaf and scoop out the middle to form a shell. Line the inside of each with a layer of salmon first, followed by a layer of spinach. Poach the eggs in simmering water and place one egg in each brioche. Top with hollandaise sauce and serve with a grinding of black pepper.





## CHAR SIU BAU

Hartenberg The Eleanor Chardonnay 2008 or Newton Johnson Pinot Noir 2009 – MBD

400g FLOUR, SIFTED  
 3T SUGAR  
 2t DRIED YEAST  
 2t OIL  
 250ml LUKEWARM WATER  
 OIL FOR GREASING BOWL  
 1½t BAKING POWDER  
 500g PORK LOIN, CUT INTO  
 FOUR STRIPS  
 4T CHAR SIU SAUCE  
 1t OIL  
 3t RICE WINE  
 1t ROASTED SESAME OIL  
 2T OYSTER SAUCE  
 2T LIGHT SOY SAUCE  
 3t SUGAR  
 CHILLI SAUCE

*Serves 10*

Make a basic yeast dough by mixing the flour, sugar, yeast, oil and water in a bowl. Mix and knead the dough for eight to 10 minutes. Lightly oil a bowl and rest the dough in the bowl, covered with a damp cloth, for three hours. Remove the dough, punch down and make a well in the middle. Add the baking powder to the well, then pull the dough up over the baking powder and knead gently to incorporate it evenly.

You can make your own *char siu* sauce, but the bottled version is readily available and excellent. Place the pork loin in an ovenproof dish and smear with the *char siu* sauce. Bake for 10 to 15 minutes at 180°C, turning the pork in the marinade every five minutes. Cool and dice.

Heat the oil in a wok and stir-fry the pork with all the ingredients (except for the chilli sauce) for one minute. Cool.

Divide the dough into 20 to 24 portions and roll into balls. Flatten the balls, place one tablespoon of *char siu* filling in the centre and draw the sides up to enclose the filling. Seal well.

Place six or seven buns on greaseproof paper (they will expand, so they shouldn't be too close together) in a bamboo steamer. Steam for 15 minutes or until well risen. A skewer inserted into the buns should come out hot. Serve with chilli sauce.





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of love.*

Visitors to Robertson have never asked Isabel the secret to her success, they've just remarked on the beauty of the roses that line her street. The truth is she has no secret. Her success is simply a result of human effort, love and a lifetime of passed-down experience. It's a way we share here in Robertson. Because whether it's growing roses or making a beautiful wine, the best result only comes when you pour your heart into it.

**SMALL TOWN, BIG HEART**



**Not for Sale to Persons Under the Age of 18.**





Baked eggplants with  
curried-prawn pilaf and  
minted yoghurt



Pasta shells stuffed with  
chorizo, ricotta and spinach



## BAKED EGGPLANTS WITH CURRIED- PRAWN PILAF AND MINTED YOGHURT

Paul Cluver Gewürztraminer 2009 – LR

3 LARGE EGGPLANTS  
OLIVE OIL  
SALT AND PEPPER  
12–18 LARGE PEELED PRAWNS  
OLIVE OIL  
BUTTER  
1 ONION, CHOPPED  
2 CLOVES GARLIC, CHOPPED  
2–3t CURRY POWDER  
250ml BASMATI RICE  
500ml VEGETABLE STOCK  
SALT AND PEPPER  
GARAM MASALA

*for the minted yoghurt*

ABOUT 250ml THICK  
GREEK YOGHURT  
ABOUT 25g SHREDDED  
MINT LEAVES  
SALT AND PEPPER TO TASTE

*Serves 6 as a starter,*

*3 as a main course*

Slice the eggplants in half lengthwise. Arrange in a baking pan, rub with olive oil and season lightly. Bake at 190°C for half an hour or until tender. Allow to cool, then scoop out the soft flesh. Chop the flesh and set it aside to add to the pilaf. Reserve the eggplant shells.

To make the pilaf, briefly stir-fry the prawns in a little hot oil and a knob of butter until barely cooked. Remove and set aside. Add a little more oil to the pan. Stir in the onion and cook gently until softened. Stir in the garlic, curry powder and rice for a minute or so. Stir in the reserved eggplant. Pour in the stock, bring to a bubble, cover, reduce the heat and simmer for 20 minutes. Turn off the heat and leave to steam for five minutes before uncovering.

To assemble, pile the eggplant shells with the pilaf.

Stud with the reserved prawns. Sprinkle with garam masala and drizzle with oil. Return to the oven at 190°C for about 10 minutes, or until the prawns are just cooked and the filled eggplants heated through.

Stir together the yoghurt ingredients and serve either spooned over the eggplants, or on the side.

*The yoghurt, creamy and soothing, is an essential part of the dish, so don't be tempted to leave it out.*

## PASTA SHELLS STUFFED WITH CHORIZO, RICOTTA AND SPINACH

Lammershoek Chenin Blanc 2009 – MBD

300g CHORIZO OR ITALIAN  
SAUSAGE, CUT INTO CHUNKS  
400g SPINACH  
1 BUNCH BASIL  
250g RICOTTA CHEESE  
500g LARGE PASTA SHELLS  
OLIVE OIL  
150g PARMESAN CHEESE,  
SHAVED

*Serves 6*

Heat a nonstick frying pan and fry the chorizo or sausage for a few minutes on each side until cooked. Remove from the heat and set aside.

Fill a large saucepan with about 3cm of water, bring to the boil, and add the spinach and basil. Allow to cook, but it should still be bright green. Remove from the heat, strain any excess liquid, and mix in the chorizo and ricotta.

Bring a large pot of water to the boil and cook the pasta according to packet instructions. Drain, drizzle with olive oil and toss through.

Stuff the shells with the chorizo, spinach, basil and ricotta filling, and serve garnished with Parmesan shavings.



HL FOOD EASY LIVING



## DARK CHOCOLATE AND PINE-NUT-CRUSTED OSTRICH WITH A BEETROOT AND DARK CHOCOLATE GLAZE, AND ROASTED BUTTERNUT AND BEETROOT SALAD

*Barista Pinotage 2009 – LR*

50g COOKED BEETROOT  
60-80ml ORANGE JUICE  
1t HONEY  
100g 70% DARK CHOCOLATE  
20ml OLIVE OIL  
1t CORIANDER SEEDS, TOASTED  
AND CRUSHED  
250-320g OSTRICH FAN FILLET  
SALT AND PEPPER TO TASTE  
20ml PINE NUTS, TOASTED AND  
LIGHTLY CRUSHED  
ORANGE ZEST TO TASTE  
SALT TO TASTE  
20ml CHIVES, FINELY CHOPPED  
1t CHERVIL, FINELY CHOPPED

In a small saucepan, combine the beetroot and orange juice and heat to 50°C. Place in a food processor with the honey and 50g chocolate, blend, then add the olive oil and coriander seeds.

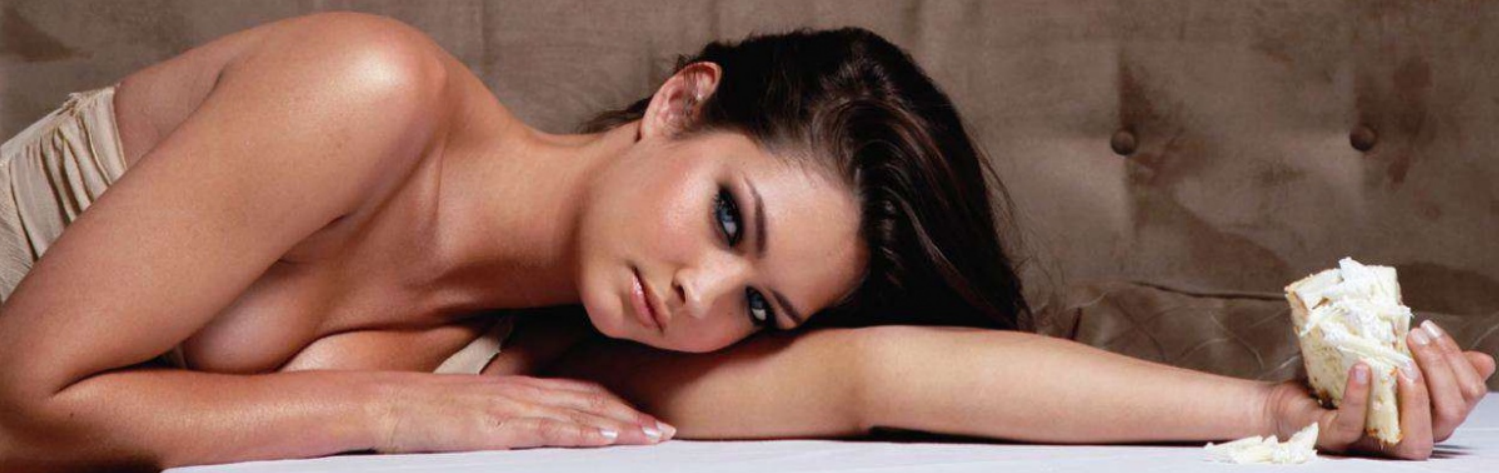
Season the ostrich with salt and pepper. Finely chop or grate the remaining 50g chocolate, and combine with the pine nuts, orange zest, salt, chives and chervil. Sprinkle evenly over a chopping board and roll the ostrich fillet in the crust, ensuring it sticks to the meat.

Heat a heavy-based frying pan with a little olive oil and add the ostrich. Sear on all sides, then add the beetroot glaze and cook to desired wellness (rare to medium recommended), turning the meat continuously. Once the glaze begins to caramelise, remove from heat and leave to cool.





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## CHICKEN, MUSHROOM AND LEEK PIE

*Steenberg Rattlesnake Sauvignon Blanc 2010 – MBD*

- 1½ kg CHICKEN
- 2 ONIONS
- 2 BAY LEAVES
- 2 CARROTS
- 2 CELERY STICKS
- 200g FLOUR
- 50g BUTTER
- 50g LARD (OR VEGETABLE FAT)
- 3–5 T WATER, TO MIX
- 125g STREAKY SMOKED BACON,  
SLICED INTO 5mm STRIPS
- 3 LEEKS, FINELY SLICED
- ZEST OF 1 LEMON
- 200ml WHITE WINE
- 3 T FLOUR
- 200ml CHICKEN STOCK
- 100ml CREAM
- 1 BUNCH FLAT-LEAF PARSLEY,  
ROUGHLY CHOPPED
- 200g SMALL BUTTON  
MUSHROOMS
- 1 EGG, LIGHTLY BEATEN

*Serves 6*

Place the chicken in a large saucepan and cover with water. Add the onions, bay leaves, carrots and celery sticks, and bring to the boil. Simmer, uncovered, for one hour until the chicken is cooked through. Remove from the pan and reduce the stock by half.

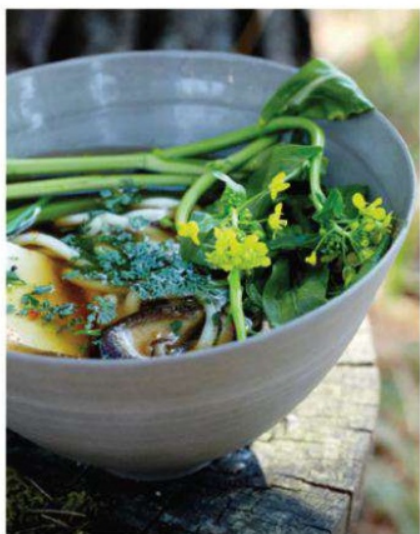
To make the pastry, mix the 200g flour with the lard and butter until it resembles fine breadcrumbs. Add enough water to form a soft dough. Cover with clingfilm and refrigerate for at least 30 minutes.

For the filling, fry the bacon in a large saucepan until crispy. Add the leeks, and fry for another five minutes. Add the lemon zest and white wine, and allow the mixture to reduce slightly. Stir in the flour, then slowly add the stock, stirring to combine. Finally, add the cream and parsley.

Once the chicken has cooled, tear the meat off the carcass and add to the sauce with the button mushrooms, and allow the filling to cool.

Preheat the oven to 180°C. Gently roll out the pastry on a lightly floured surface. Pour the chicken filling into a pie dish and cover with the pastry. Trim any excess pastry and crimp the edges with your fingertips to seal. Brush with beaten egg and bake for 35 minutes until the pastry is golden and crisp.





## SPRING GREENS HOTPOT

4 SHIITAKE MUSHROOMS  
750ml WATER  
1 ORGANIC STOCK CUBE  
1 CLOVE GARLIC, CRUSHED  
1 T GINGER, CHOPPED  
1 T SOY SAUCE  
200g UDON NOODLES  
SALT AND PEPPER  
4-5 SPRING GREENS  
4 SLICES TOFU  
1 T CORIANDER, CHOPPED  
1 GREEN CHILLI, SLICED

*Serves 1 as a main course*

Soak mushrooms in hot water for at least an hour.

Place water, mushrooms, stock cube, garlic and ginger in a saucepan and bring to the boil. Simmer gently until the stock has dissolved. Add soy sauce and noodles. When heated through, adjust the seasoning and pour into serving bowls. Dip the greens into the soup and arrange on top, then arrange the tofu and garnish with coriander and chilli.

## BEEF FILLET WITH WASABI AND SOY SAUCE

*Diemersfontein Carpe Diem Pinotage 2008 – MBD*

2 T WASABI PASTE  
100ml SOY SAUCE  
2 t SUGAR  
2 T FRESH GINGER, GRATED  
2 T BLACK SESAME SEEDS  
1.4kg BEEF FILLET  
OLIVE OIL  
DIJON MUSTARD  
POTATOES  
GREEN BEANS

*Serves 6*

Mix the wasabi paste, soy sauce, sugar, ginger and sesame seeds together in a roasting tray to make the marinade.

Clean the fillet and remove any fatty or sinewy pieces. Place the beef in the wasabi mixture, coating the fillet, and leave to marinate for about two hours or more.

Preheat the oven to 200°C. Drizzle with a little olive oil, and roast for about 25 minutes for rare, 40 minutes for medium and 50 minutes for well done. Remove from the oven and allow to rest for about 10 minutes before slicing.

Serve with mustard mashed potatoes and green beans.



Beef fillet with  
wasabi and soy sauce







## VEAL CHOPS FILLED WITH TIGER PRAWNS WITH SPICED-ORANGE ROASTED SWEET POTATO AND CHEVIN

Nitida Coronata 2009 – MBD

### *for the prawns*

4 TIGER PRAWNS  
SALT TO TASTE  
250ml CORIANDER LEAVES  
200ml SWEET SOY SAUCE  
100ml OLIVE OIL  
4X250g VEAL RIB CHOPS  
1 STICK LEMONGRASS,  
FINELY CHOPPED

### *for the spiced-orange roasted sweet potato*

3 SMALL SWEET POTATOES  
250g ORANGE JUICE  
2 CLOVES  
1/2 CINNAMON STICK  
1 SMALL RED CHILLI  
50g BUTTER  
50g OLIVE OIL

### *for the salad*

4 ORANGES,  
200g CHEVIN  
300g ASSORTED BABY LEAVES  
80g CASHEW NUTS  
80g PUMPKIN SEEDS, TOASTED  
24 ASPARAGUS SPEARS  
4 BLACK MUSHROOMS

*Serves 4*

Clean the tiger prawns and remove the shells. Chop the prawns into small cubes and season with salt. Place the prawns in a bowl with the chopped coriander, 50ml of the soy sauce and 25ml of the olive oil. Mix well.

Make a small incision in each veal chop and, using your fingers, stuff the prawn mixture inside. In a small bowl, add the remaining soy sauce, olive oil and the chopped lemongrass, and combine. Place the veal chops in the mixture and leave to marinate overnight.

Braai over medium coals to desired wellness.

Peel and cut the sweet potatoes into fingers. Fill a medium saucepan with salted water, cook the sweet potato until *al dente* and drain.

In a baking tray, combine the orange juice, cloves, cinnamon stick, chopped chilli and butter, and add the sweet potato. Cover with foil and roast for 10 to 15 minutes at 180°C or until caramelised. Remove the sweet potatoes and combine the roasting juices with the olive oil. Leave to cool.

Peel and segment the oranges, or slice them into rounds. Slice the chevin into rounds. Combine the salad ingredients and the sweet potato, and lightly toss. Serve the veal dressed with the roasting juices.

Season the asparagus and mushrooms, drizzle with olive oil and grill over the coals until *al dente*.



RIO LARGO **PROMOTION**

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## OLIVE BALLS

200g butter  
2½ cups plain flour  
1 cup yoghurt  
olives, pitted  
1 egg, for glazing  
sesame seeds

Mix butter, flour and yoghurt together to form a dough. Wrap it in clingfilm and refrigerate overnight.

Break the dough into pieces and roll into small balls. Insert an olive into each ball, brush with egg and roll each ball in the sesame seeds. Bake for about 30 minutes at 200°C.





## SALAD WITH TROUT

*Reyneke Sauvignon Blanc 2009 – LR*

- 4 HANDFULS MIXED  
LETTUCE LEAVES
- 3T LOCAL BLUE CHEESE,  
CRUMBLED
- 1 HANDFUL FRESH ROCKET  
LEAVES, CHOPPED
- 250ml ROMA BABY TOMATOES
- 1/2 CUCUMBER, ROUGHLY SLICED
- 2 MEDIUM CARROTS, SLICED
- 1 YELLOW PEPPER, SLICED
- 1T EACH TOASTED PUMPKIN,  
SESAME AND SUNFLOWER  
SEEDS
- 125ml EACH TOASTED PECAN  
AND PISTACHIO NUTS
- 1/2 CUP CRUMBLED FETA CHEESE
- 250ml BLACK OLIVES
- 125ml CAPERS
- 4 FILLETED SMOKED TROUT
- FRESH CHIVES, MINT AND  
FLAT-LEAF PARSLEY
- 4 LEMON WEDGES

*Serves 4*

Arrange the lettuce on a plate and scatter with the blue cheese and chopped rocket. Add the tomatoes, cucumber, carrots and yellow pepper, layering them with the seeds and nuts. Sprinkle the feta over the top, then add the olives and capers. Lay the trout over the salad. Garnish with the herbs and serve with the lemon wedges.



## SPAGHETTI WITH CRAB AND CHERRY TOMATOES

*Delaire Graff Rosé Cabernet Franc 2010 – LR*

1 kg CRABS  
 OLIVE OIL  
 1 ONION, CHOPPED  
 2 CLOVES GARLIC, SLICED  
 600g CHERRY TOMATOES  
 2T SUGAR  
 300ml WHITE WINE  
 600g SPAGHETTI  
 200ml CREAM  
 1 BUNCH TARRAGON,  
 ROUGHLY CHOPPED

*Serves 6*

Bring a large saucepan of water to the boil, add the crabs and cook for 10 minutes. Remove from the heat and drain, reserving the cooking liquid.

When the crabs are cool enough to handle, pick the flesh and set aside.

Heat a little olive oil in a saucepan, add the onion and sauté for five minutes until soft and translucent. Add the garlic and cook for another minute.

Halve the cherry tomatoes, add to the onion and garlic, and cook for 10 minutes. Stir in the sugar and white wine and allow to simmer for a few minutes, for the alcohol to evaporate and the liquid to reduce.

Heat the reserved crab liquid and add the spaghetti, cooking according to packet instructions. Add more water if necessary.

Stir the cream into the cherry-tomato sauce, and add the crab and pasta. Heat through, add the chopped tarragon and serve.





## TOMATO, BASIL, CHÈVRE AND HONEY PIZZA

*Native Red 2007 – MBD*

250ml LUKEWARM WATER  
1T HONEY  
1T INSTANT YEAST  
2½ CUPS FLOUR  
1t SALT  
4T OLIVE OIL  
10 BABY ROMA  
TOMATOES, HALVED  
½ CUP CRUMBLED CHÈVRE  
10 BASIL LEAVES  
HONEY TO DRIZZLE

Mix the water, honey and yeast together in a bowl. Leave the mixture for five minutes to activate the yeast and, when it is foamy, add the flour, salt and oil, mixing together to form a dough. Knead the dough well, place in a clean bowl, cover with clingfilm and leave it to prove in a warm place for one hour.

Remove the dough from the bowl, punch it down and stretch it out with your fingers to form a large pizza base. Place the base on a lightly floured baking tray, and top with the tomatoes and half of the chèvre. Bake at 250°C for five to six minutes, until the base is golden and crisp. Remove from the oven, sprinkle the remaining chèvre and basil over the top and drizzle with honey.

*Serves 4*





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## BOUILLABAISSE

*Felicité Pinot Noir 2010 – LR*

*for the soup*

3T OLIVE OIL  
 5 CLOVES GARLIC  
 1 RED ONION, CHOPPED  
 7 STALKS CELERY, CHOPPED  
 3 FENNEL BULBS, CHOPPED  
 3t DRIED THYME  
 8 LEEKS, CHOPPED  
 1t SMOKED PAPRIKA  
 2cm KNOB GINGER ROOT,  
 CHOPPED  
 900g CRAB PIECES  
 140g TOMATO PASTE  
 2½ LITRES WATER  
 2 LARGE PINCHES SAFFRON  
 1T SALT  
 1t WHITE PEPPER  
 10 POTATOES, PEELED  
 AND QUARTERED  
 1kg CLAMS, CLEANED  
 600g FIRM WHITE FISH  
 400g BLACK MUSSELS, CLEANED  
 400g SQUID, CLEANED  
 1 BUNCH THYME

*for the rouille*

2 SLICES WHITE BREAD  
 2T MILK  
 2 RED PEPPERS  
 2 CLOVES GARLIC  
 1t SALT  
 4T OLIVE OIL  
 1 BAGUETTE

*Serves 10–12*

Heat the olive oil in a large pot. Add the garlic, onion, celery, fennel, thyme, leeks, paprika and ginger; sweat for 15 minutes until soft but not brown. Now add the crab and tomato paste and cook for another 15 minutes. Add one litre of water and stir.

Slowly transfer to a food processor and blend until smooth. Ensure you don't burn yourself, as the mixture will be hot.

Put the puréed crab and vegetables in a large clean pot and add the rest of the water. Bring to the boil and then simmer for 15 minutes. Strain this mixture, discarding the solids, and return to the stove. Add the saffron, salt and pepper, and simmer. Half an hour before serving add the potatoes and cook until done. Remove and set aside in the oven to keep warm. (At this stage the broth will still be a little thin; once you add the seafood the flavour will come alive.)

Add all the seafood and poach for 10 to 15 minutes. Remove the seafood and serve on a separate plate. Check the seasoning of the remaining soup, pour into a serving tureen and serve with the rouille, croutons and potatoes, and garnish with thyme.

Soak the bread in the milk until it is soggy; squeeze out all excess liquid. Roast the peppers over a gas flame or under a grill until blackened. Peel off the blackened skin. Cut in quarters and de-seed. Place in a liquidiser with the bread, garlic and salt and blend to a paste. Slowly drizzle in the olive oil until emulsified like a mayonnaise. Serve on toasted baguette wedges and float on the soup.





## APPLE AND AUBERGINE *TARTE TATIN*

*Graham Beck Brut Rosé 2008 – LR*

5T BUTTER

5T SUGAR

A PINCH OF SALT

4 CRISP APPLES

(MOST RED VARIETIES WORK WELL), PEELED AND SLICED

2 AUBERGINES, UNPEELED AND THINLY SLICED

PUFF PASTRY TO COVER THE PAN GENEROUSLY (IT IS BEST TO BUY THIS FROM A GOOD BAKERY AS MOST SUPERMARKET BRANDS USE MARGARINE OR OIL INSTEAD OF BUTTER IN THEIR PUFF PASTRY)

BRIE FOR SERVING

*Serves 6*

Heat the oven to 190°C. Melt the butter, sugar and salt together in a deep ovenproof frying pan on a lowish heat and pack layers of apple and aubergine on top, pressing down as you go. Leave on a medium heat with a weight such as a couple of side plates on top of the mixture until the sugar and butter mixture has caramelised. (You want it to be golden-brown and syrupy – you'll be able to see this where it bubbles up around the edges.)

Take the pan off the heat and place the pastry over the ingredients, folding a little extra up the insides of the pan. Place in the oven for about 25 minutes or until the pastry is golden-brown. Once removed, leave for five minutes before placing your serving plate onto the pan and quickly flipping over. Serve immediately with a good ripe Brie. Crème fraîche and vanilla ice cream also work well with this dish.





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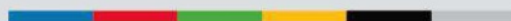
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## AMARETTI AND SHERRY TRIFLE

*Bon Courage White Muscadet 2010 – MBD*

170g BUTTER  
 1t VANILLA EXTRACT  
 200g SUGAR  
 4 EGGS  
 ZEST OF 1 ORANGE AND 1 LEMON  
 100g GROUND ALMONDS  
 170g FLOUR  
 2t BAKING POWDER  
 100g CHERRIES  
 100g APRICOT JAM  
 3T DRY SHERRY  
 12 AMARETTI BISCUITS  
 400ml WHIPPING CREAM  
 2T CASTER SUGAR  
 1t ALMOND ESSENCE  
 FLAKED ALMONDS  
 ORANGE ZEST

*Serves 6–8*

Cream the butter, vanilla extract and sugar together until soft and pale. Add the eggs, zest and ground almonds, and stir in the flour, baking powder and cherries. Pour into a lightly greased loaf tin and bake at 180°C for 30 to 35 minutes until golden brown. Allow the cake to cool completely before slicing.

Arrange six to eight slices of the cake in a single layer over the base of a large trifle bowl. Spread the jam over the cake, then drizzle with the sherry. Crush the amaretti biscuits and scatter over the top.

In a large bowl, whisk the cream with the sugar until soft peaks form. Fold in the almond essence. Spoon this over the trifle and decorate with the flaked almonds and orange zest.



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## SEMOLINA CAKE WITH LEMON SYRUP

*Glen Carlou The Welder Natural Sweet Chenin Blanc 2008 – MBD*

*for the cake*

4 EGGS, SEPARATED  
 1/3 CUP CASTER SUGAR  
 2t ORANGE ZEST  
 160g SEMOLINA  
 250ml ORANGE JUICE  
 75g SELF-RAISING FLOUR, SIFTED  
 100g BUTTER, MELTED

*for the lemon syrup*

ZEST OF 1 LEMON  
 220g CASTER SUGAR  
 1/3 CUP LEMON JUICE  
 160ml WATER

*Serves 8–10*

Beat the egg yolks, sugar and orange zest until the mixture is stiff. Add the semolina and orange juice and leave for 30 minutes. Add the flour and melted butter, and mix thoroughly. Whisk the egg whites until stiff peaks form and slowly fold into the semolina mixture. Pour into a shallow cake tin, about 25cm in diameter, and bake at 180°C for 30 to 45 minutes.

While the cake is baking, combine all the syrup ingredients and place in a saucepan over a low heat until the sugar has dissolved. When the cake is ready, remove from the oven and slowly pour the syrup over the cake, allowing it to be absorbed.

Do this while the cake is hot, as it will absorb the syrup better. Remove from the tin when the cake has cooled.

*The great thing about Lebanese semolina cake is that it's perfect for dessert lovers who don't like their sweets too sweet. An ideal and easy-to-prepare picnic dessert, it can be made a day in advance. It's quite dense, so won't break while being transported.*



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Poached apricots  
with pistachio cream







## POACHED APRICOTS WITH PISTACHIO CREAM

*Nederburg Special Late Harvest 2009 – MBD*

180g DRIED APRICOTS (ABOUT 50)  
ZEST OF 2 LIMES  
JUICE OF 1 LIME  
¼ CUP SUGAR  
2t ORANGE-FLOWER WATER  
2 CINNAMON STICKS  
250ml CRÈME FRAÎCHE  
100g PISTACHIOS, CRUSHED

*Serves 8–10*

Soak the dried apricots in warm water overnight or for at least three hours.

Put the lime zest, lime juice, sugar, orange-flower water and cinnamon sticks in a pan and simmer gently for 10 minutes. Add the drained apricots and simmer for another 15 minutes. Remove the apricots with a slotted spoon and drain. Simmer the syrup for a further five minutes over a high heat until it thickens. Cut the apricots in half, lengthways, and put one teaspoon of crème fraîche inside each one. Roll the apricots in the crushed pistachios. Serve drizzled with the syrup.

*The apricots puff up nicely after being soaked and take on the lovely flavour of the lime and orange-flower water.*

## PASTÉIS DE NATA

2 PACKS PUFF PASTRY  
220g CASTER SUGAR  
6 EGG YOLKS  
4t CORNFLOUR  
360ml CREAM  
250ml WATER  
3 STRIPS LEMON RIND  
10cm CINNAMON STICK  
2t VANILLA EXTRACT

*Serves 6*

You will need a 12-mould muffin tray, each mould buttered well. Ensure that your pastry is well thawed. If you've bought the flat sheets of puff pastry you will need two layers to make 12 *pastéis*. Place one sheet on top of the other, roll into a cigar and slice into 12 equal discs. Roll each into a ball and press it into the tin – the pastry should reach just beyond the lip, as it shrinks when cooked.

Make the custard by mixing the balance of the ingredients well. Pour this mixture into a pot, place on the stove over a moderate heat, whisking continuously. As soon as you see bubbles forming in the custard and the mixture feels thicker, remove from the heat and continue to whisk into a thick custard. Remove the rind and the cinnamon stick and spoon the mixture into the pastry. Bake for 16 to 20 minutes at 220°C and leave in the tray for a few minutes to cool. Serve warm or cool.



*Our coolest recipes to get you into the spirit of our favourite season*

# SUMMER

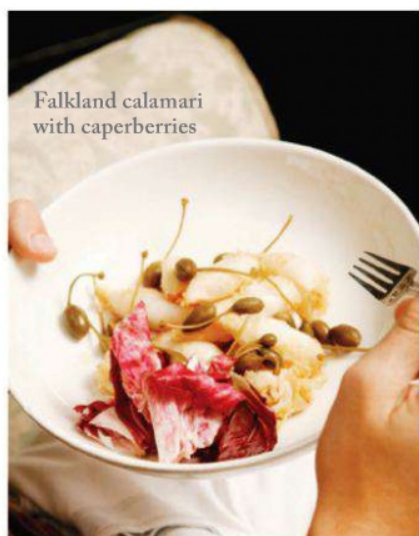
From poolside snacks to chic party-perfect meals,  
your holidays have never tasted this good before

Vietnamese pickle  
(recipe on page 42)









## VIETNAMESE PICKLE

250ml WHITE RICE VINEGAR  
3 GARLIC CLOVES, PEELED  
1/2 GREEN CHILLI  
1/2 RED CHILLI  
1 SMALL RED ONION, SLICED  
1/2t SALT  
1t SUGAR

*Serves 8*

Put the vinegar in a small bowl. Cut the garlic and chilli into small pieces and add, with the onion, to the vinegar. Add the salt and sugar and stir for 30 seconds.

*This pickle is super-fresh and nicely spicy. Serve it with a simple Asian meal like steamed fish with rice.*

## FALKLAND CALAMARI WITH CAPERBERRIES

*Jean Daneel Chenin Blanc 2008 – TG*

300g FALKLAND CALAMARI  
TUBES  
1T CORNFLOUR  
1t SALT  
1t CRUSHED BLACK PEPPER  
750ml VEGETABLE OIL FOR  
FRYING  
CAPERBERRIES  
LEMON WEDGES

*Serves 4*

Rinse and dry the calamari tubes. Mix the cornflour, salt and pepper together and sprinkle over the tubes, coating them evenly. Heat the oil until very hot and deep-fry the calamari in two batches for two minutes. Drain well. Sprinkle with caperberries and serve immediately with lemon wedges.

*This is so simple, it's hardly a recipe, but it's worth doing only if you can get the Falkland calamari tubes. The big rings of calamari become rubbery.*

## SCALLOPS WITH GINGER

*Boekenboutsloof Semillon 2006 – TG*

24 SCALLOPS IN THE SHELL

24t SOY SAUCE

4CM KNOB FRESH GINGER,  
PEELED AND JULIENNED

Place the scallops on a baking tray and dribble a teaspoon of soy sauce over each one. Grill for three minutes. Rearrange the scallops to ensure that they are all being evenly grilled. Return to the grill for another two minutes. Serve topped with three or four pieces of ginger.

*Serves 8*







## TUNA POPSICLES

*Boschendal Le Grande Pavillon Brut Rosé NV – LR*

1 ENGLISH CUCUMBER  
500g TUNA  
WASABI PASTE  
PICKLED GINGER  
SOY SAUCE

*Serves 6*

Make cucumber strips by skinning an English cucumber and shaving the pale green flesh into strips with a vegetable peeler. Cut the tuna fillets into 2cm cubes and wrap each in a cucumber strip (leaving the top and bottom exposed). Serve on a toothpick with wasabi, ginger and soy sauce.





## ASPARAGUS AND WATERCRESS SOUP WITH BRIOCHE-BAKED EGG

*Klein Constantia Riesling 2009 – MO*

### *for the soup*

500g ASPARAGUS  
2T OIL  
20g BUTTER  
80g ONION, CHOPPED  
2 CLOVES GARLIC, FINELY  
CHOPPED  
220g WATERCRESS  
10g FLAT-LEAF PARSLEY  
200ml CHICKEN STOCK  
200ml CREAM  
SALT AND PEPPER

### *for the brioche-baked egg*

4 STALE MINI BRIOCHES  
4 SMALL EGGS  
SALT AND PEPPER  
CRÈME FRAÎCHE  
FRESH CHERVIL  
TRUFFLE OIL

*Serves 6*

Cut off the tips of the asparagus, and halve the stalks lengthways.

Blanch in boiling salted water for a few seconds, remove and refresh in iced water. Discard the woody ends; chop the remaining pieces.

In a medium saucepan heat the oil and butter, and sauté the onion. Add the garlic, then the asparagus stalks and sauté until tender. Add the watercress and parsley and wilt. Pour in the stock and bring to the boil. Add the cream and heat through. Remove from the heat, blend and pass through a sieve. Season to taste.

Preheat oven to 180°C. Using a 5cm cutter, cut the brioche to make a cylinder. Hollow out the centre from the top, leaving the bottom intact. Bake for a minute. Remove and break an egg into the shell. Season and put back into the oven. Bake for about six to 10 minutes, until the egg is cooked but the yolk is still soft.

Pour the soup into bowls to serve. Garnish with the crème fraîche and chervil, and finish with blanched asparagus tips and a drizzle of truffle oil. Serve the egg next to or in the soup.





‘If you carry your childhood with  
you, you never become older’

*Tom Stoppard*





Peppered spanspek,  
pincapple and spiced  
macadamia salad (page 48)



## LAMB BURGERS WITH TZATZIKI

*Morgenhof Fantail Pinotage 2008 (chill for 30 minutes before drinking) – MO*

CUCUMBER, GRATED  
250ml YOGHURT  
1T LEMON JUICE  
2 CLOVES GARLIC, CRUSHED  
1 BUNCH MINT, CHOPPED  
SALT AND PEPPER  
500g LAMB MINCE  
1 ONION, FINELY CHOPPED  
1 BUNCH FLAT-LEAF PARSLEY  
2T OREGANO  
2T PEACH CHUTNEY  
OLIVE OIL  
5 PITA BREADS, CUT IN HALF

Combine the cucumber, yoghurt, lemon juice, garlic and mint in a bowl, season with salt and pepper, and allow to stand for 30 minutes while you make the burgers.

Mix the lamb mince, onion, parsley, oregano and chutney together until it binds, then roll into 10 balls. Flatten each ball, and fry in a pan with a little olive oil for a few minutes each side (depending on desired 'doneness'). Serve sandwiched between the pita breads with dollops of tzatziki.

*Makes 10 patties*

## PEPPERED SPANSPEK, PINEAPPLE AND SPICED MACADAMIA SALAD

*Avondale Chenin Blanc 2009 – MO*

1/2t HONEY  
125ml OLIVE OIL  
1 PINCH CHILLI FLAKES  
ZEST AND JUICE OF 1 LIME  
ZEST OF 1 LEMON  
1/4 RED ONION, FINELY DICED  
5ml FRESH CHIVES, CHOPPED  
SALT AND PEPPER  
1t RED PEPPERCORNS  
1t WHITE PEPPERCORNS  
1t BLACK PEPPERCORNS  
1t GROUND ALLSPICE  
50g ICING SUGAR  
1ml GROUND CINNAMON  
1ml GROUND CLOVES  
PINCH OF CAYENNE PEPPER  
125g RAW MACADAMIA NUTS  
OLIVE OIL  
1/2 ROUND GOATS'-MILK CHEESE  
200g MIZUNA LEAVES  
(OR ROCKET)  
1/2 PINEAPPLE  
1/2 SPANSPEK

Preheat oven to 180°C. Make the dressing first so that there is time for the flavours to blend. In a bowl, whisk together the honey, olive oil, chilli flakes, lime zest and juice, lemon zest, red onion and chives. Season to taste.

In a pan, toast the peppercorns with the allspice; grind in a food processor or pestle and mortar until fine.

In a separate bowl, mix the icing sugar, cinnamon, cloves and cayenne pepper. Put the nuts on a baking tray and lightly coat with olive oil. Roast in the oven until golden brown (about five minutes). Transfer to a hot pan and coat generously with the spiced icing sugar and allow to caramelise. Set aside.

Cut up the goats'-milk cheese (a rosemary-and-olive variety from the Midlands was used in this recipe) and set aside. Wash the mizuna leaves and refrigerate. Peel and chop the pineapple and spanspek into bite-sized wedges. Mix the spanspek with a generous amount of the peppercorn-and-allspice mixture so the pieces are well coated. Mix the pineapple and spanspek with the remaining ingredients and add the dressing.

Serve as individual portions or as a table salad.

*Serves 6*

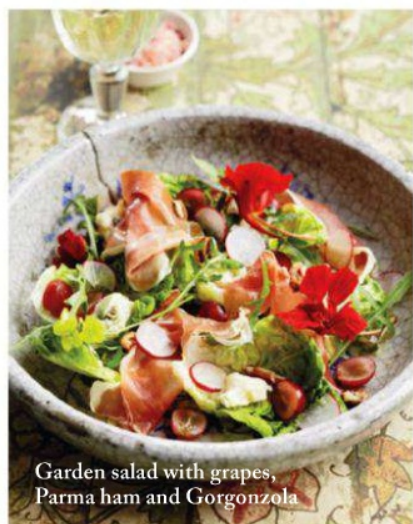




Lamb burgers  
with tzatziki



## HL FOOD SUMMER



Garden salad with grapes,  
Parma ham and Gorgonzola



Parmesan crisps with  
crème fraîche and fish roe

## GARDEN SALAD WITH GRAPES, PARMA HAM AND GORGONZOLA

*Stellar Organics Colombard Sauvignon Blanc 2010 – MO*

100ml OLIVE OIL  
JUICE OF 1 LEMON  
1 T BALSAMIC VINEGAR  
1 T SUGAR  
LARGE HANDFUL OF  
SUMMER GREENS  
12 SLICES PARMA HAM  
OR PROSCIUTTO  
MEDIUM BUNCH RED GRAPES  
200g GORGONZOLA  
100g PECAN NUTS, TOASTED  
3 RADISHES, THINLY SLICED  
NASTURTIUMS

*Serves 6*

Combine the olive oil, lemon juice, balsamic vinegar and sugar to make the dressing, and set aside.

Arrange the summer greens, Parma ham, grapes, Gorgonzola and pecan nuts on a platter, and garnish with radish slices and nasturtiums. Drizzle the dressing over the salad and serve.

## PARMESAN CRISPS WITH CRÈME FRAÎCHE AND FISH ROE

*Lindborst Wines Sauvignon Blanc 2010 – MO*

250ml GRATED PARMESAN  
250g CRÈME FRAÎCHE  
ZEST OF 2 LEMONS, PEELED  
WITH A ZESTER  
SMALL TUB OF FISH ROE

*Serves 8–10*

Place tablespoons of the grated Parmesan on a silicone baking sheet or nonstick baking tray. Flatten the cheese out evenly and shape into discs. Bake at 180°C for five to eight minutes, or until the cheese has melted. Don't let it get too brown, however, as it will taste bitter. Remove from the oven, peel the discs off the sheets and place on a wire rack to cool. Once cool and hardened, arrange the crisps on a serving platter with the crème fraîche, lemon zest and fish roe.





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Venison, raspberry, rosemary  
and black-truffle pizza





## VENISON, RASPBERRY, ROSEMARY AND BLACK-TRUFFLE PIZZA

*Simonsig Pinotage 2007 – MO*

### *for the pizza base*

10g SALT  
2 1/2g YEAST  
50g LARD  
30g OLIVE OIL  
250ml LUKEWARM WATER  
500g WHITE FLOUR

### *for the topping*

500g VENISON SIRLOIN  
SALT AND PEPPER  
OLIVE OIL FOR FRYING  
25ml STOCK  
180g RASPBERRIES  
50g BUTTER  
25g ROSEMARY  
20g SALT  
25ml OLIVE OIL  
180g FRESH ROCKET  
10g BLACK TRUFFLES

*Makes 5*

Gently heat the salt, yeast, lard and olive oil in the water until the lard has melted and then add the mixture to the flour. (If the yeast is overheated at this stage it can become inactive.) Knead gently for five minutes. Brush with oil, cover with a damp cloth and leave to rise for five hours in a 40°C oven.

Season venison with salt and pepper. Brown the meat in a large frying pan in a little olive oil. Remove the venison and set the pan aside. Allow the meat to cool and slice very thinly. Deglaze the pan with the stock, add 80g of raspberries and bring the liquid to the boil, allowing it to bubble for a few seconds. Remove from the heat and, whisking vigorously, add the butter to the liquid.

Chop 18g of the rosemary very finely, mixing it with the salt. Set aside the remaining rosemary.

Divide the pizza dough into five portions, and stretch into 5mm-thick bases, brushing the dough with olive oil and seasoning it with rosemary salt as you work. Bake in a preheated oven for five minutes at 230°C, or for three minutes at 380°C. Remove from the oven and add the rocket, followed by the thinly sliced venison and the remaining raspberries. Top with the rosemary stalks. Place the pizza in the oven for another minute, remove and top with shavings of black truffle, and drizzle with the sauce. Season with rosemary salt and serve.



A photograph of two men in pilot uniforms standing on the wing of a red and black propeller plane. The man on the right is wearing sunglasses and a red necklace, and is pointing towards the propeller. The man on the left is wearing glasses and a red necklace. The plane has a red nose and black and white striped propellers. The background is a clear sky.

‘A good holiday is one  
spent among people whose  
notions of time are vaguer  
than yours’ *John B Priestley*



## BAKED FISH WITH VINE-RIPENED TOMATOES AND OREGANO

*Bouchard Finlayson Kaaimansgat Chardonnay 2008 – TG*

500g HAKE FILLETS  
3T OLIVE OIL  
2T LEMON JUICE  
200g VINE-RIPENED TOMATOES  
6 SPRIGS OREGANO  
2 SPRIGS THYME  
SALT AND PEPPER

Place the fish fillets on a baking tray and drizzle with olive oil and lemon juice. Scatter the tomatoes, oregano and thyme over the fish, and season with salt and pepper. Bake at 180°C for about 15 minutes, until the fish is just cooked through and flakes easily with a fork. Serve with potato wedges and a simple salad.

*Serves 6*





## HL FOOD SUMMER



### SESAME CHICKEN AND SOBA NOODLES WITH PAK CHOI

*De Wetshof Estate Limelight 2010 – MO*

60ml SOY SAUCE  
 2t CRUSHED GARLIC  
 1T MEDIUM-CREAM SHERRY  
 1½t GRATED GINGER  
 1½t GROUND NUTMEG  
 2t SWEET CHILLI SAUCE  
 3T HONEY  
 2T SUNFLOWER OIL  
 60ml WATER  
 4 CHICKEN BREASTS,  
 SKINNED, DEBONED  
 3T SESAME SEEDS  
 270g PACKET SOBA NOODLES  
 180g PAK CHOI, ROUGHLY  
 CHOPPED

*for the dressing*

1½T SESAME OIL  
 2T RICE VINEGAR  
 1T SOY SAUCE

*Serves 6*

Mix together the soy sauce, garlic, sherry, ginger, nutmeg, sweet chilli sauce, honey, sunflower oil and water. Place the chicken breasts in the mixture and marinate for at least an hour.

Preheat the oven to 180°C. Place the chicken breasts on a baking tray and bake on the lowest rack of the oven for about 20 minutes. Remove and sprinkle with a few sesame seeds. Leave to cool.

In a pot of boiling water, cook the soba noodles according to the packet instructions. Strain and leave to cool.

In a wok or nonstick frying pan, stir-fry the pak choi for about three to four minutes until wilted but still crisp.

Mix together the dressing ingredients and pour over the noodles. Toss until well coated. Slice the chicken breasts and toss the slices through the noodles with the pak choi. Sprinkle with sesame seeds before serving.



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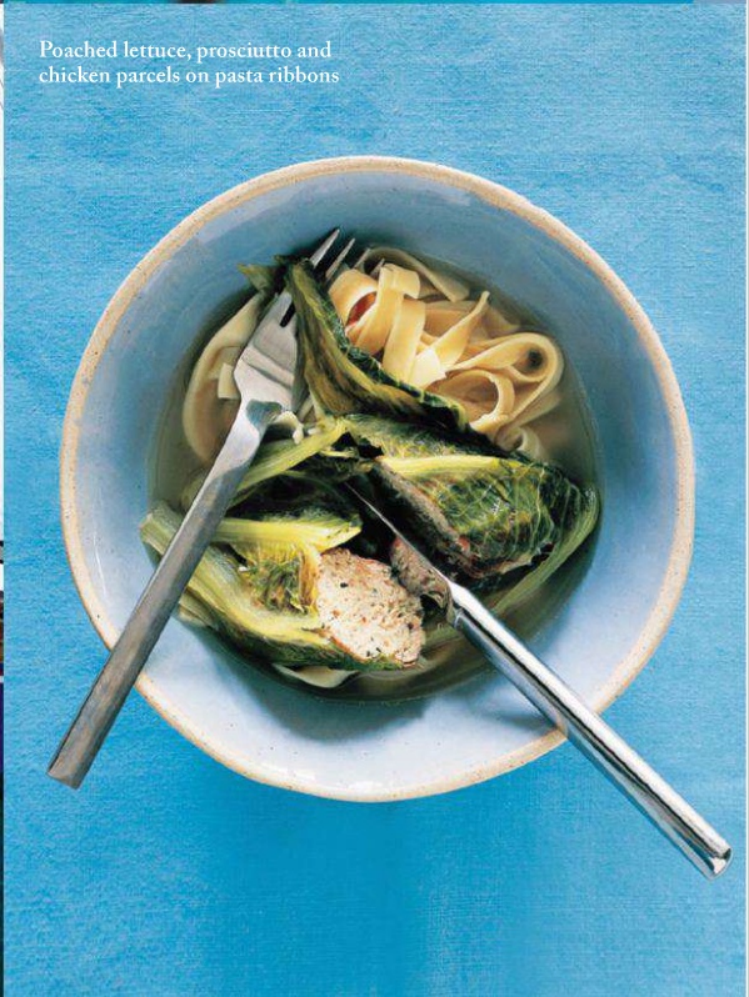
Kozhikode

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Spaghetti vongole  
with mussels



Poached lettuce, prosciutto and  
chicken parcels on pasta ribbons



## SPAGHETTI VONGOLE WITH MUSSELS

*De Grendel Koetshuis Sauvignon Blanc 2010 – MO*

500g SPAGHETTI  
8 CLOVES GARLIC, THINLY SLICED  
4T OLIVE OIL  
1 SMALL ONION, FINELY CHOPPED  
500g FRESH CLAMS, RINSED  
500g FRESH MUSSELS, CLEANED  
5T FRESH PARSLEY,  
FINELY CHOPPED  
2t SALT  
2t WHITE PEPPER

*Serves 6–8*

Cook the spaghetti in a large pot of salted water until *al dente*. While it is cooking, fry the garlic in the olive oil until brown but not burnt. Add the onion and stir until translucent. Add the clams and mussels, turn the heat to maximum, put the lid on and steam for two minutes. Remove from the heat and shake the pan from side to side (this helps the molluscs open and distributes the juices). Return to the heat and cook for three more minutes. Shake again. Drain the spaghetti and pour it back into the pot. Add the steamed seafood (discard any clams or mussels that haven't opened) with its juices. Throw in half of the parsley and the seasoning and toss. Garnish with the rest of the parsley.

*Traditionally this classic Italian dish uses clams, but if you can't find any, substitute with fresh mussels.*

## POACHED LETTUCE, PROSCIUTTO AND CHICKEN PARCELS ON PASTA RIBBONS

*Sumaridge Pinot Noir 2008 – TG*

*for the chicken stuffing*

500g FREE-RANGE CHICKEN  
MINCE OR CHICKEN SAUSAGE  
MEAT REMOVED FROM ITS  
CASINGS  
1 XL FREE-RANGE EGG, BEATEN  
60ml WATER  
2–3T CHOPPED ITALIAN PARSLEY  
250g FRESH BREADCRUMBS  
2 GARLIC CLOVES, CRUSHED  
1T OLIVE OIL  
SALT AND BLACK PEPPER

Mix ingredients together and refrigerate the mixture for at least half an hour to firm.

*for the parcels*

8 THIN SLICES PROSCIUTTO  
LEAVES OF 4 SMALL COS  
LETTUCES, LEFT WHOLE  
AND RINSED  
1½–2 LITRES HOME-MADE  
CHICKEN BROTH  
FRESHLY COOKED  
RIBBON NOODLES  
JUICE OF 1 OR 2 LEMONS

Form the chicken stuffing into ovals and wrap each in a slice of prosciutto. Stuff them inside the whole lettuces by opening the leaves to make space for the stuffing in the centre. Push the leaves closed and tie with string to secure. Gently poach in a wide pan in simmering broth for about 20 minutes or until just cooked. Remove string. Add lemon juice to the broth to taste and check seasoning. Serve in bowls, ladling the broth over the noodles and topping with a lettuce parcel.

*Serves 4*





## BEETROOT AND CHOC-CHIP SORBET WITH VANILLA DESSERT PEACHES

*Jordan Mellifera Noble Late Harvest 2010 – MO*

500ml SUGAR  
500ml WATER  
500g BEETROOT, GRATED  
100ml BULGARIAN YOGHURT  
JUICE OF 1 LIME  
1 EGG WHITE, LIGHTLY BEATEN  
100g CHOCOLATE CHIPS  
4 DESSERT PEACHES, HALVED  
AND PITTED  
2 VANILLA PODS, SPLIT  
LENGTHWAYS  
60ml CASTER SUGAR

*Serves 4*

Combine sugar, water and grated beetroot in a small pot and simmer over a medium heat for 20 minutes, until beetroot is soft and mushy. Blitz in a food processor until smooth. Pass the mixture through a fine sieve and discard the leftover pulp. Allow to cool, then add the yoghurt and lime juice. Using an ice-cream churner, mix for 35 minutes. Add the egg white and churn for a further 10 minutes before adding the chocolate chips and churning for a final five minutes. If you don't have a churner, place the mixture in the freezer and whisk every 20 minutes. Put in a container and freeze until needed.

Preheat oven to 180°C. Place the peaches on a baking tray. Scrape the vanilla seeds from the pods and combine with the caster sugar. Sprinkle the vanilla-sugar over the peaches and place the vanilla pods on top of the peach flesh. Loosely cover with foil and bake for 20 minutes. Remove foil and reserve juices. Serve covered in the juice with a scoop of beetroot and choc-chip sorbet.





Beetroot and choc-  
chip sorbet with vanilla  
dessert peaches



**HL FOOD SUMMER****GREEK YOGHURT AND HONEY JELLIES**

1T POWDERED GELATINE  
125ml HOT, STRONG  
HONEYBUSH TEA  
125ml RUNNY HONEY  
500ml GREEK-STYLE  
DOUBLE-CREAM YOGHURT

Sprinkle the gelatine over the hot tea and stir until dissolved. Mix with the honey. Strain and set aside 80ml of the gelatine-tea mixture. Mix the rest of the gelatine-tea mixture with the yoghurt and turn into four small glasses, leaving space at the top. Add the rest of the clear gelatine-tea mixture. Chill for a few hours or overnight, until set.

*Serves 4*



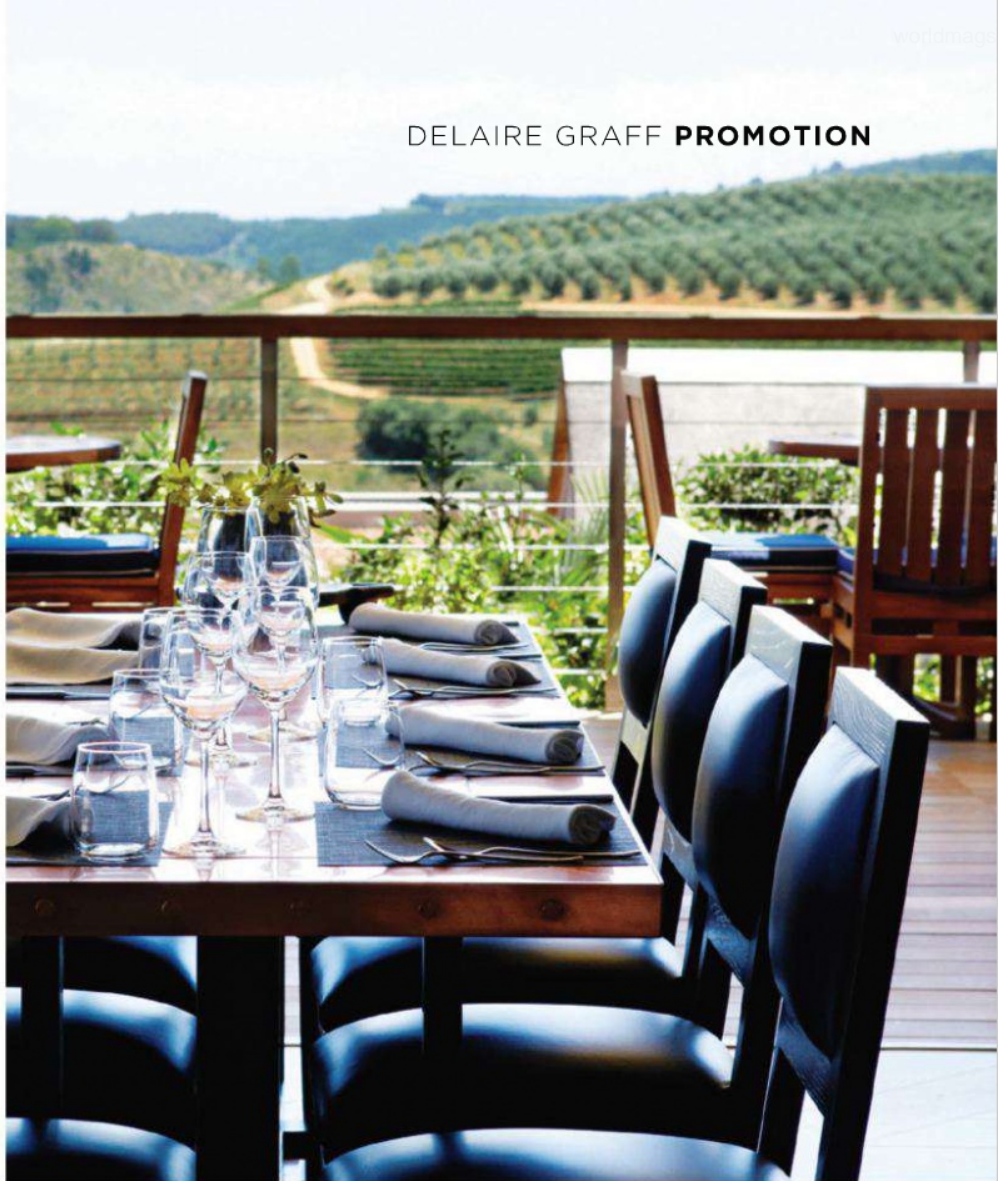




## Q&A with Indochine's head chef, Jonathan Heath

**Describe the cuisine at Indochine.**

It's Asian-influenced food using modern Western cooking methods and presentation. **What is your signature dish?** With the menu regularly changing it is difficult to pinpoint one, but the steamed crayfish tail with lobster bisque ice cream, fresh papaya and prawn cracker has an amazing balance of sour, sweet and salty flavours. **Top five ingredients?** Ginger, lime, chilli, soy sauce and coriander.



DELAIRE GRAFF **PROMOTION**

# eastern promises

Indochine at Delaire Graff Estate is an exotic dining experience in a beautiful setting

**DELAIRE GRAFF ESTATE** ON the Helshoogte Pass outside Stellenbosch is one of South Africa's finest wine estates, boasting a state-of-the-art winery, two restaurants, lodge and spa with interiors designed by David Collins and artworks by some of the country's finest contemporary artists.

Indochine restaurant is the latest addition to Delaire Graff. The modern Asian-inspired cuisine – full of lively, aromatic and robust flavours – created by the estate's executive chef Christiaan Campbell and crafted by head chef Jonathan Heath is made using produce sourced from organic farms and the on-site greenhouse. To experience fully the diverse flavours and textures on offer, diners are encouraged to choose three to five courses from an ever-evolving menu.

Book a table on the outside deck and eat alfresco while enjoying views of the majestic Simonsberg valley and mountains.

**Indochine is open daily for lunch (12.30 to 2.30pm) and dinner (6.30 to 9.30pm). For reservations call 021-885-8160 or email [concierge@delaire.co.za](mailto:concierge@delaire.co.za). Delaire Graff Lodges and Spa, Helshoogte Pass, Stellenbosch, [delaire.co.za](http://delaire.co.za)**






‘Deep summer is when  
laziness finds respectability’

*Sam Keen*



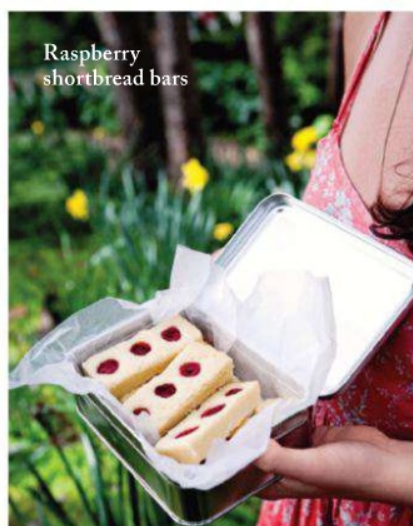




Honey-almond bars with  
organic white chocolate  
(recipe on page 66)



## HL FOOD SUMMER



Raspberry  
shortbread bars



### RASPBERRY SHORTBREAD BARS

500ml PLAIN FLOUR  
4T CASTER SUGAR  
3T CORNFLOUR  
250g BUTTER  
PINCH OF SALT  
1½t VANILLA EXTRACT  
100g RASPBERRIES

*Makes 24 bars*

Preheat oven to 160°C. Lightly grease a 25x20cm baking tin. Place all the ingredients, except the raspberries, in a food processor and blend until the mixture forms a soft ball. Press the dough evenly into the baking tray and prick with a fork. Make indentations in the dough using the handle of a wooden spoon, and gently press raspberries into each groove. Bake for 40 to 45 minutes, until the shortbread begins to brown. Remove from the oven. Using a sharp knife, slice the shortbread into bars while still hot. Leave to cool slightly in the tin, then place each bar on a wire cooling rack.

### HONEY-ALMOND BARS WITH ORGANIC WHITE CHOCOLATE

400g WHOLE, UNSALTED ALMONDS  
200g DRIED APRICOTS, CHOPPED  
100g CAKE FLOUR  
1½t GROUND CINNAMON  
200g CASTER SUGAR  
200g HONEY  
200g ORGANIC WHITE CHOCOLATE

*Makes 16–18 bars*

Preheat oven to 160°C. Line a 25x20cm baking tin with baking paper and grease lightly. Combine the whole almonds, chopped apricots, flour and cinnamon in a bowl and toss to coat. Place the caster sugar and honey in a saucepan and bring to the boil. Remove from the heat and pour over the almond mixture. Working quickly, combine the nut mixture with the honey and coat as well as possible (the flour will not be completely combined). Pour the mixture into the baking tin and spread evenly. Allow to cool slightly, then bake for one hour. The mixture will puff up a little. Remove from the oven and leave to cool in the tin. Loosen the slab around the edges with a sharp knife and turn it out onto a chopping board. Using a sharp, serrated knife, slice it into bars.

Melt the chocolate in a double boiler. Dip the end of each bar into the chocolate and place on a sheet of baking paper to set.



# WIN

Three *House and Leisure* readers will each win a hamper of Maneki homeware items worth R8 000

**MANEKI'S VAN STAAL FAMILY** of stainless-steel homeware – from salad servers, ladles and cake lifters to swizzle sticks, cocktail stirrers and letter openers – stands out from the crowd. Created by jewellery designer Susan Slee, each item sports a bold hairstyle and a cheerful South African personality, such as Klara, who is described as 'sweeter than a Wilson's Toffee' – she's a fashion designer who 'collects vintage Fassler'.

Look out for the Maneki shops at the Brooklyn Mall, Woodlands Boulevard or Clearwater Mall stores.

**For more information call Clearwater Mall 011-475-0168, Brooklyn Mall 012-346-5119, Woodlands Boulevard 012-997-3694 or visit [www.susanslee.com](http://www.susanslee.com)**



## HOW TO ENTER


This month three *House and Leisure* readers will each win a hamper of Maneki products worth R8 000. To enter send an SMS with 'HL Win, Maneki' and your name to 35443 by 28 February. For competition rules see page 3.



*Sophisticated and delicious recipes that take comfort food to a new level*

# WINTER WARMTH

Staying indoors will be so much more appealing  
with these hearty meals to look forward to



Risotto with pears,  
Gorgonzola and radicchio  
(recipe on page 86)

Compiled by **Neil Roake** Decor styling **Retha Erichsen** Food styling **Marina Walsh** Photographs **Mark Lanning, Elsa Young**









## SWEET POTATO ROTI WITH CURRY-LEAF EGGS

*Bartinney Chardonnay 2009 – DC*

### *for the roti*

1 MEDIUM SWEET POTATO,  
PEELED AND CHOPPED  
1 CUP WHOLE-WHEAT FLOUR  
1 T BROWN SUGAR  
2 ml SALT  
SUNFLOWER OIL  
BUTTER

### *for the filling*

12 EGGS  
1 t SALT  
2 T BUTTER  
1 T SESAME OIL  
16 FRESH CURRY LEAVES  
1 T CRUSHED GARLIC  
1 T CRUSHED GINGER  
1 GREEN CHILLI, SEEDED  
AND CHOPPED  
6 SPRING ONIONS, SHREDDED  
10 g CORIANDER LEAVES  
MANGO CHUTNEY

*Serves 6*

Bring the sweet potato to the boil in a small pot of salted water. Cook until tender, drain and set aside, reserving 60ml of the water.

Place potato in a food processor and blitz for one minute. Add the flour, brown sugar, salt and 45ml of the potato water. Process until the mixture forms a dough, adding more of the water if necessary. Remove, knead lightly and cover with clingfilm. Leave to rest for 30 minutes.

Divide the dough into six portions and carefully roll out each one to form a disc of about 17cm in diameter.

Heat a heavy-bottomed frying pan and brush with sunflower oil. Cook each roti for 15 seconds on each side, then cook for two minutes on medium heat. Remove and brush with a little melted butter. Keep the cooked rotis covered with a clean, damp dishcloth.

Beat the eggs lightly in a bowl, and stir in the salt. Heat the butter and oil in a frying pan until butter is just melted. Add curry leaves, garlic, ginger and chilli, and cook for two minutes. Stir the eggs into the pan and cook over low heat until soft.

Serve the eggs on a roti, garnish with the spring onions and coriander leaves. Serve the mango chutney on the side.



## TOMATO CROISSANT PUDDING WITH ROCKET COULIS

*Luddite Shiraz 2006 – TG*

6 LEEKS, FINELY SLICED  
OLIVE OIL  
1 T CHILLI PASTE  
500ml CREAM  
500ml MILK  
3 JUMBO EGGS  
6 EGG YOLKS  
SALT AND BLACK PEPPER  
8 PLAIN CROISSANTS  
200g ROSA TOMATOES, HALVED  
80g SUN-DRIED TOMATOES  
4 CUPS ROCKET  
250ml OLIVE OIL  
1 GARLIC CLOVE  
1 T LEMON JUICE

*Serves 8*

Line a 22cm springform cake tin on the outside with foil to prevent leakage. Sauté the leeks in olive oil until softened and add the chilli paste. Beat the cream, milk and eggs and egg yolks together, season with salt and black pepper, and add the leeks.

Cut the croissants in half and arrange a layer of the bottom halves on the base of the tin. Scatter a few Rosa tomatoes and sun-dried tomatoes over the croissant layer and cover with a little egg mixture. Continue to build the layers until the tin is full, finishing with the top halves of the croissants, and pour over any remaining egg mixture. Bake at 180°C for 20 to 25 minutes until cooked through and the top begins to brown.

In a blender, blitz the rocket, olive oil, garlic and lemon juice together to make a paste, thinning with two to four tablespoons of water. Serve the rocket coulis drizzled over slices of the warm croissant pudding.

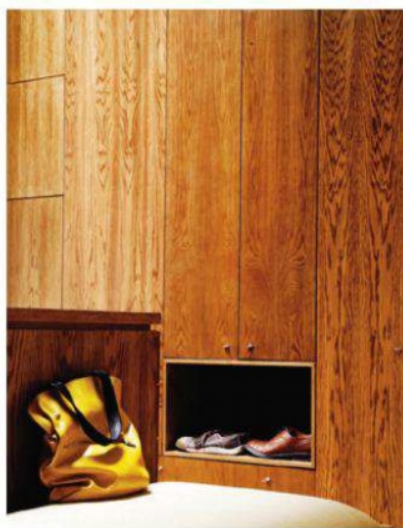






Leek and potato soup





## LEEK AND POTATO SOUP

*Creation Viognier 2008 – TG*

50g UNSALTED BUTTER  
 1T OLIVE OIL  
 1 BROWN ONION, FINELY CHOPPED  
 3 LEEKS, FINELY SLICED AND  
 WASHED VERY WELL  
 3 SPRING ONIONS, FINELY  
 CHOPPED  
 1 CELERY STICK, FINELY CHOPPED  
 (INCLUDING LEAVES)  
 1 GARLIC CLOVE  
 220g POTATOES, PEELED  
 AND CHOPPED  
 750ml CHICKEN STOCK  
 200ml CREAM  
 SALT AND WHITE PEPPER  
 50ml CRÈME FRAÎCHE  
 2T CHIVES, CHOPPED

Melt the butter in a pot and add the olive oil, onion, leeks, spring onions, celery and garlic. Cover and cook, stirring occasionally, over low heat for about 20 to 25 minutes, until everything is softened but not browned. Add the potatoes and stock and bring to the boil. Reduce heat and leave to simmer for about 45 minutes. Allow to cool slightly and blend until smooth. Return the soup to the pot, bring to the boil and add the cream. Remove from the heat, season with salt and white pepper. Stir in the crème fraîche just before serving and top with chives.

*Serves 6*



## HL FOOD WINTER WARMTH



### MIXED STUFFED VEGETABLES

*Tierboek Grenache 2007 – DC*

300g MINCED TOPSIDE  
 300g MINCED PORK  
 1 ONION, FINELY CHOPPED  
 30g FRESH CHIVES, FINELY CHOPPED  
 20g FRESH PARSLEY, FINELY CHOPPED  
 4 CLOVES GARLIC, FINELY CHOPPED  
 100g SEASONED FINE BREADCRUMBS  
 2 EGGS  
 6 PATTY PANS  
 6 SMALL TOMATOES  
 6 BABY BUTTERNUTS  
 6 SMALL WHITE ONIONS  
 OLIVE OIL

*Serves 8–10 as a starter*

To make the meat mixture, combine the topside and pork, onion, chives, parsley, garlic, breadcrumbs and eggs, and mix using your hands.

To prepare the vegetables, remove the tops from the patty pans and tomatoes; slice the butternuts down the middle, then scoop out the insides. Cut the tops off the onions and remove the cores. Place the onions on a baking tray and drizzle with olive oil.

Bake the onions first on their own for 10 minutes in an oven preheated to 180°C. Remove from the oven and place the remainder of the vegetables on the tray. Drizzle with a little olive oil.

Roll a small amount of the meat mixture into mini-meatballs and stuff the vegetables. Don't overstuff them as the meat swells during baking. If any meatballs are left over, scatter them around the vegetables. Bake in an oven preheated to 180°C for 30 to 40 minutes.

*Packed with flavour, these stuffed veggies work equally well as starters, sides or with a salad. Just put them on a plate and watch them disappear.*





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## MARINATED AUBERGINES

*Bouchard Finlayson Hannibal 2007 – TG*

500g BABY AUBERGINES  
5 GARLIC CLOVES  
3T LEMON JUICE  
 $\frac{3}{4}$ t GROUND CUMIN  
2–3T FINELY CHOPPED  
ITALIAN PARSLEY  
 $\frac{3}{4}$ t SALT  
1t PAPRIKA  
1  $\frac{1}{2}$ t GROUND CORIANDER  
2T OLIVE OIL

*Serves 6–8*

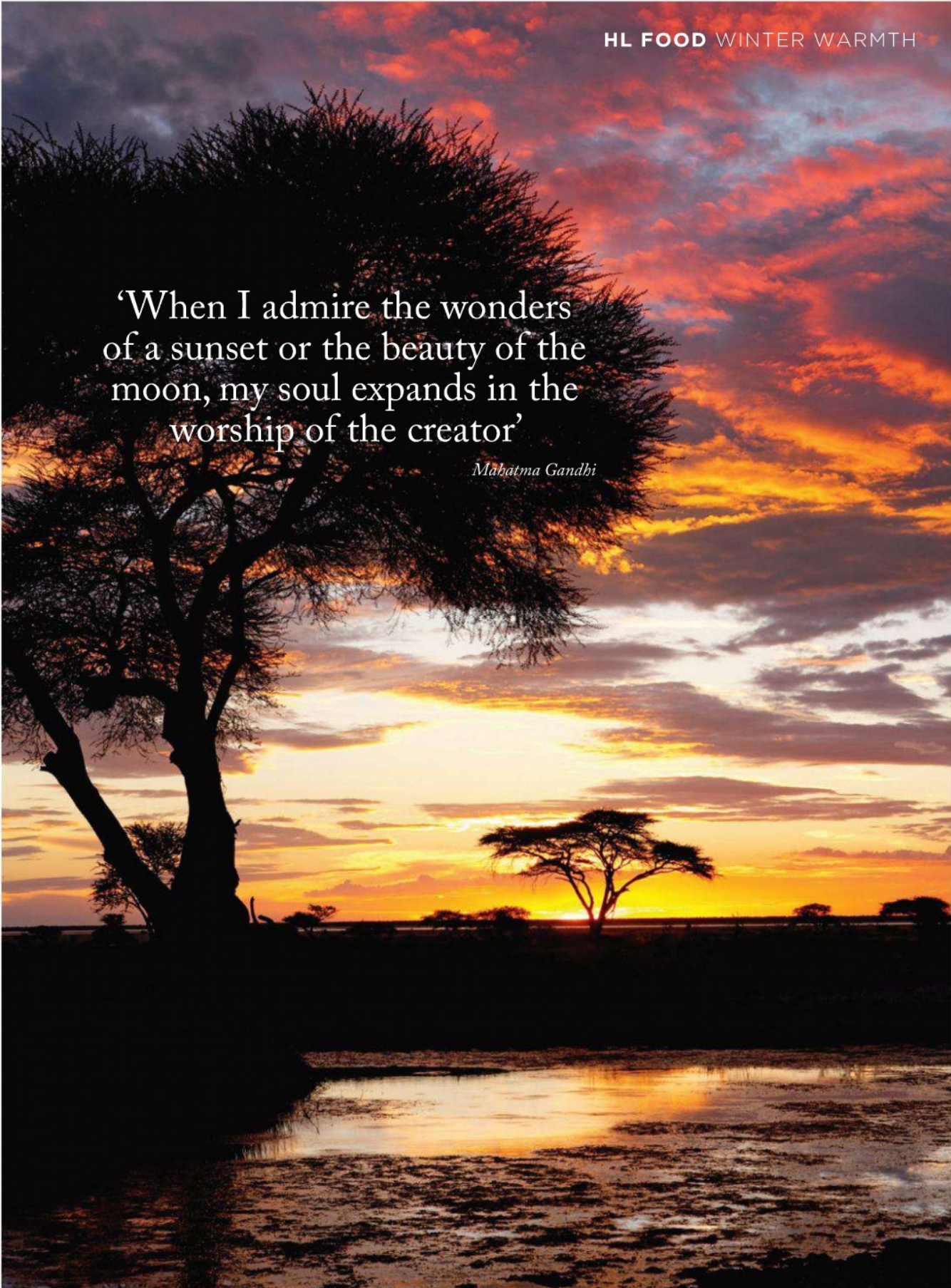
Steam the aubergines and garlic for six to eight minutes until slightly soft. Place in a sieve and leave to drain well, then cut the aubergines lengthways into quarters to within 1cm of the stem, leaving them attached at the end.

Peel the garlic, cream using a pestle and mortar, and mix thoroughly with the remaining ingredients. Gently push some of this mixture into each aubergine.

Put the stuffed aubergines in a clean jar, seal tightly and leave for a few hours, then turn upside down. The aubergines will be ready to eat within six hours, but the flavours will develop further over one or two days.







‘When I admire the wonders  
of a sunset or the beauty of the  
moon, my soul expands in the  
worship of the creator’

*Mahatma Gandhi*



## HL FOOD WINTER WARMTH



## RICOTTA TART WITH SWEET POTATO AND SAGE

*Terra del Capo Pinot Grigio 2009 – TG*

750g FRESH RICOTTA  
 6 EGGS  
 500g PARMESAN CHEESE  
 100g MASCARPONE  
 250ml OLIVE OIL  
 HANDFUL OF FRESH SAGE LEAVES  
 HANDFUL OF FRESH FLAT-LEAF  
 PARSLEY  
 SALT AND BLACK PEPPER  
 SHAVINGS FROM 1 LARGE,  
 PEELED SWEET POTATO  
 HANDFUL OF FRESH SAGE LEAVES  
 FOR GARNISH

*Serves 8*

Put the ricotta, eggs and Parmesan in a food processor and mix together until smooth and light. Transfer the mixture to a bowl and gently fold in the mascarpone.

Blend the olive oil, sage and parsley in a food processor until the mixture has the consistency of pesto. Fold the herb mixture into the cheese mixture and season to taste. Add the sweet-potato shavings.

Spoon into a greased springform tin and bake at 180°C for about 90 minutes – the tart should be moist but not soggy. Garnish with sage leaves and serve with a green salad and warm, crusty bread.





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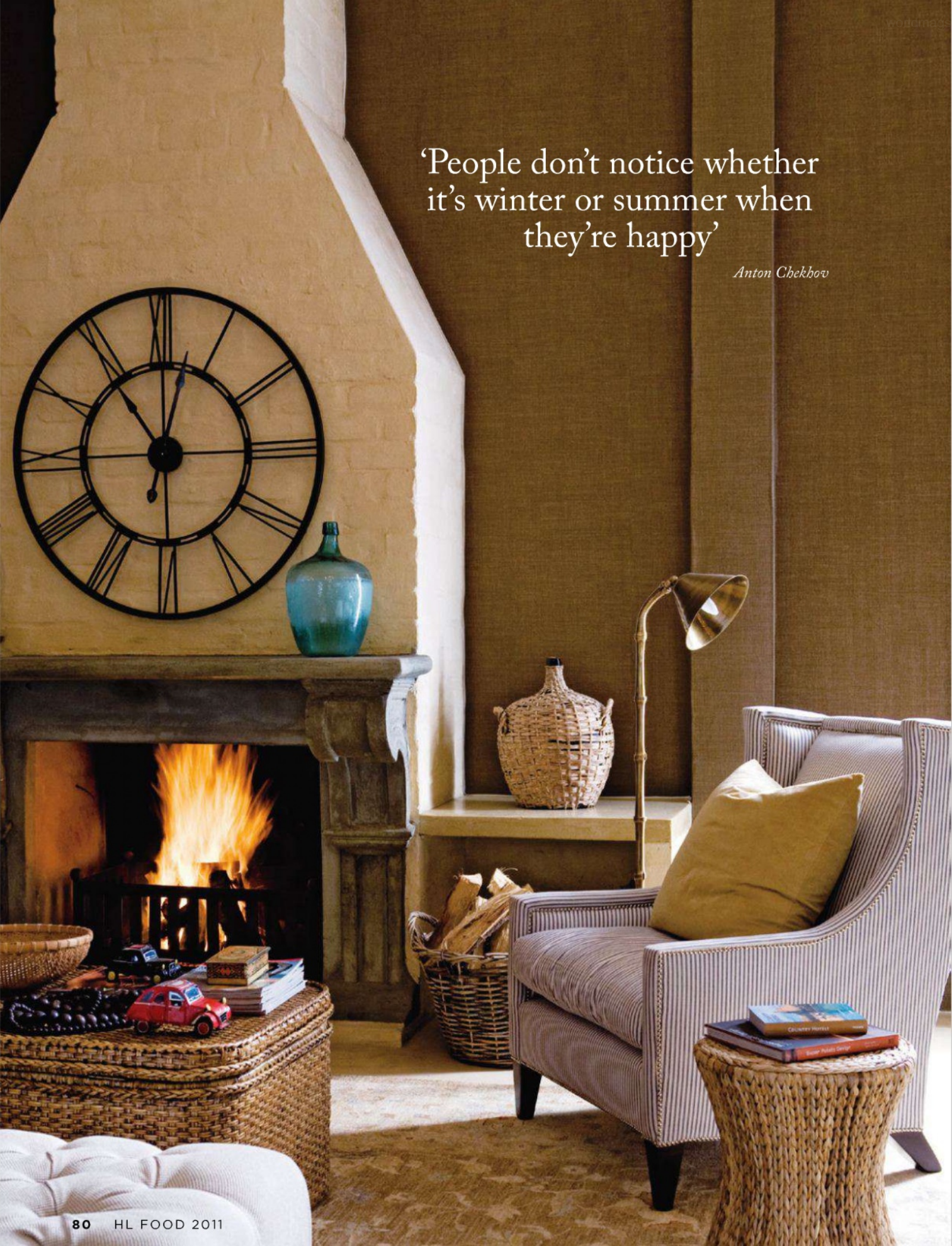
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‘People don’t notice whether  
it’s winter or summer when  
they’re happy’

*Anton Chekhov*





## LENTIL STEW

*Boschkloof Syrah 2005 – TG*

2 T OLIVE OIL  
 3 RED ONIONS, FINELY CHOPPED  
 2 RED PEPPERS, SEEDED AND  
 FINELY CHOPPED  
 1 1/2 CUPS CARROT, CHOPPED  
 1 CUP SPRING ONION, CHOPPED  
 1/2 CUP CELERY LEAVES, CHOPPED  
 3 GARLIC CLOVES, CHOPPED  
 1 CAN CHOPPED ITALIAN  
 TOMATOES  
 1 CUP BROWN LENTILS  
 250ml WHITE WINE  
 1 1/2 LITRES VEGETABLE STOCK  
 SALT AND PEPPER  
 A HANDFUL OF PARMESAN  
 CHEESE

*Serves 6*

In a pot heat the olive oil and add the onions, peppers, carrots, spring onions and celery leaves. Fry until golden and translucent. Add the garlic and tomato, fry for a further five minutes and then add the lentils, wine and a litre of the stock. Simmer for about an hour, adding more stock as needed as well as salt and pepper to taste. Serve with grated Parmesan and crusty bread.

*This hearty stew will become one of your winter-entertaining staples.*







## PORK BELLY WITH APPLE CIDER

*Thelema Rhine Riesling 2009 – DC*

125g DEMERARA SUGAR  
 2 LITRES CHICKEN STOCK  
 4 SPRING ONIONS, CHOPPED  
 1 FINGER OF GINGER, PEELED  
 AND CHOPPED  
 1 STAR ANISE  
 4 CLOVES  
 2 BAY LEAVES  
 250ml SEMI-SWEET APPLE CIDER  
 6 FRESH SAGE LEAVES, CHOPPED  
 2kg PORK BELLY, BONES  
 REMOVED, CUT INTO  
 BITE-SIZED PIECES  
 FRESH SAGE

*Serves 6*

Place all the ingredients, except the pork and the sage, into a large cooking pot and bring to a simmering boil. Keep stirring until all the sugar has dissolved. Add the chopped sage and simmer for about 10 minutes. Add the pork, reduce the heat and cover to cook for about 30 minutes. Remove the lid and cook uncovered over a very low heat for another two hours, taking care not to let it cook dry (add more cider if necessary).

Once the meat is soft, transfer it to a serving platter and keep warm. Scoop most of the fat off the remaining liquid and discard. Reduce the rest of the liquid until it is thick and syrupy.

Sauté the sage leaves in a little olive oil. To serve, spoon the sauce over the meat and garnish with the sautéed sage leaves.



## COQ AU VIN

*AA Badenhorst Secateurs Red Blend 2008 – DC*

$\frac{3}{4}$  BOTTLE RED WINE  
 2 FRESH BAY LEAVES  
 2 SPRIGS THYME  
 SALT AND PEPPER, TO TASTE  
 3.2kg CHICKEN PIECES  
 100g BUTTER  
 250g PANCETTA, CHOPPED  
 FINELY (OR SUBSTITUTE  
 WITH STREAKY BACON)  
 1kg BABY ONIONS, PEELED  
 200g BUTTON MUSHROOMS,  
 SLICED  
 150g PORCINI MUSHROOMS,  
 SLICED  
 1t OIL  
 30g PLAIN FLOUR  
 1 LITRE CHICKEN STOCK  
 3T TOMATO PURÉE  
 130ml BRANDY  
 $\frac{1}{2}$  CUP FLAT-LEAF PARSLEY,  
 CHOPPED

*Serves 8*

Put the wine, bay leaves, thyme, and salt and pepper in a container and add the chicken pieces. Marinate overnight.

Melt half the butter in a large pot and fry the pancetta until golden. Remove from the pot and set aside. In the same pot add the onions and fry until brown. Add the mushrooms and cook until starting to brown. Set aside with the pancetta.

Drain the chicken, keeping the marinade. Add the chicken to the used pot, adding the oil and the rest of the butter, and fry until golden. Add the flour, reserved marinade, chicken stock, onions, mushrooms, pancetta, tomato purée and brandy.

Simmer for about 45 minutes to an hour until the chicken has cooked through and the sauce has thickened. Sprinkle with parsley and serve with creamy Parmesan mashed potato.

*This traditional French meal is as moreish as it is warming.*





## HL FOOD WINTER WARMTH



### *POLLO ALLA CACCIATORA* (HUNTER'S STEW)

*Monis Fino Sherry, served ice-cold – LR*

50ml OLIVE OIL  
 1.4kg CHICKEN PIECES  
 5 CLOVES GARLIC, ROUGHLY  
 CHOPPED  
 8 LARGE SPRIGS OF  
 FRESH THYME  
 2t SMOKED SPANISH PAPRIKA  
 2 RED BELL PEPPERS, SEEDED  
 AND EACH SLICED INTO 8  
 PIECES  
 720ml TOMATO PASSATA  
 (PULPED TOMATO PURÉE)  
 400g TINNED PLUM TOMATOES  
 400g TINNED ARTICHOKE  
 HEARTS, RINSED AND  
 QUARTERED (OPTIONAL)  
 2t SALT  
 300g BABY ONIONS

*Serves 8*

Gently heat the olive oil in a large pot. Add the chicken pieces and brown on all sides. Toss in the garlic and carefully turn the chicken pieces, ensuring the garlic does not burn. Add the remainder of the ingredients and cook over a medium heat for 30 minutes. Turn the heat down to low, put a lid on the pot and simmer for another 45 minutes. Remove the sprigs of thyme and adjust the seasoning to taste before serving. Serve with rice.



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## LAMB WITH ANCHOVIES AND PEAS

*Steenberg Nebbiolo 2007 – DC*

2T OLIVE OIL  
3 ONIONS, THINLY SLICED  
4 CLOVES GARLIC, CRUSHED  
6 ANCHOVY FILLETS  
250ml CHICKEN STOCK  
1.2kg LAMB SHOULDER, BONED,  
CUT INTO 5CM PIECES  
180g SHELLED PEAS  
1T FRESH OREGANO,  
COARSELY TORN  
500g ENGLISH SPINACH  
CRUSTY BREAD TO SERVE

*Serves 4*

Heat the oil in a saucepan, add the onion and cook over a medium heat for about 10 minutes, until soft. Add the garlic and anchovies and cook for a further one or two minutes, until the anchovies dissolve. Add the stock and lamb, bring to a simmer, skimming the scum off the surface. Reduce the heat to low, cover and simmer for about two and a half hours, stirring occasionally, until the lamb is tender. Add the peas and oregano and simmer until tender. Stir in spinach, and leave for about a minute until wilted. Serve immediately with bread.

## RISOTTO WITH PEARS, GORGONZOLA AND RADICCHIO

*Beyerskloof Pinotage Reserve 2007 – DC*

500ml CHICKEN STOCK  
25ml OLIVE OIL  
50g BUTTER  
1 ONION, FINELY CHOPPED  
3 CLOVES GARLIC, FINELY  
CHOPPED  
2 FRESH PEARS, PEELED  
AND HALVED  
500g RISOTTO RICE  
200ml DRY WHITE WINE  
100g GORGONZOLA, CUBED  
200g RADICCHIO  
FRESH PARMESAN

*Serves 4–6*

Heat the chicken stock in a pot before beginning the risotto and keep it on a low simmer. Put the olive oil, butter, onion and garlic in another pot, and sweat gently over a medium heat until the onion is translucent. Add the pears and continue sweating the ingredients for an additional three to four minutes (the pears should retain their shape). With a slotted spoon, remove the mixture from the pot and set aside, leaving as much oil behind as possible.

Add the risotto rice and coat with the oil. Add half the wine and stir until it has evaporated. Add the rest of the wine and keep stirring until all the liquid has been absorbed. Then add the chicken stock, one ladleful at a time, allowing it to be absorbed by the risotto mixture (this should take around 25 minutes). Test the rice: it should be *al dente* (firm to the bite), not mushy. Add the onion-and-pear mixture and mix through gently. Just before serving, fold in the Gorgonzola and radicchio, and serve with grated Parmesan.

*Pears impart a lovely, barely-there sweetness that balances the creamy cheese and bitter radicchio (Italian chicory).*





Lamb with  
anchovies and peas





Lamb-shank broth  
with pearl barley





## LAMB-SHANK BROTH WITH PEARL BARLEY

*Hermit on the Hill Syrah 2007 – DC*

2T OLIVE OIL  
SALT AND BLACK PEPPER  
TO TASTE  
4 LAMB SHANKS  
1 SMALL CELERIAC, FINELY  
CHOPPED  
4 CELERY STALKS, FINELY  
CHOPPED  
1 CARROT, FINELY CHOPPED  
4 GARLIC CLOVES, FINELY  
CHOPPED  
4 SPRIGS THYME  
500ml CHICKEN STOCK  
500ml VEAL STOCK  
750ml WATER  
125g PEARL BARLEY, SOAKED  
IN COLD WATER UNTIL SOFT  
12 SMALL VINE-RIPENED  
TOMATOES

*for the gremolata*

1/4 CUP COARSELY TORN FRESH  
FLAT-LEAF PARSLEY  
2t FINELY GRATED LEMON RIND  
1/4 GARLIC CLOVE, SHAVED

*Serves 6*

Heat half the olive oil in a casserole dish over medium heat. Season the shanks and brown in oil, turning occasionally. Remove from the pan and set aside.

Add the remaining oil, vegetables, garlic and thyme and stir for five to seven minutes until soft. Add stocks, shanks and water and bring to the boil. Reduce the heat to low and cook for about two hours, until the lamb is tender, adding more water if necessary to cover the lamb. Allow to cool, then transfer the lamb to a bowl. Remove the meat from the bones, discarding them, and tear the meat into bite-sized pieces. Refrigerate until required.

Strain the stock into a clean pan, discarding the vegetables. Refrigerate for three or four hours, until the fat solidifies, and then skim from surface. Bring the stock to the boil over medium-high heat, add pearl barley and cook for 20 to 30 minutes until tender. Add the lamb and cook for a further two minutes to warm through.

Meanwhile, blanch the tomatoes until the skins split, then plunge into cold water. Remove the skins and halve.

For the gremolata, combine all the ingredients in a bowl and refrigerate until required. Serve the broth scattered with gremolata and four tomato halves.



## PRAWN CURRY

*Raats Original Chenin Blanc 2010 – DC*

1 RED CHILLI, CHOPPED  
AND SEEDED  
1 GREEN CHILLI, CHOPPED  
AND SEEDED  
1T CORIANDER SEEDS  
1t CUMIN SEEDS  
5 PEPPERCORNS  
50g BUTTER  
2T OIL  
48 PRAWNS, SHELLED  
AND CLEANED  
3 ONIONS, SLICED  
3 GARLIC CLOVES, FINELY  
CHOPPED  
1t GINGER, CHOPPED  
1t TURMERIC  
10 FRESH CURRY LEAVES  
2 CANS CHOPPED ITALIAN  
TOMATOES  
1T TOMATO PURÉE  
1T BROWN SUGAR  
2t MILD CURRY POWDER  
1 CAN COCONUT MILK  
300ml CHICKEN STOCK  
1/2 CUP CREAM  
FRESH CORIANDER FOR SERVING

*Serves 6*

Grind the chillies, coriander, cumin and peppercorns. In a pot add the butter and oil, and fry the prawns for two minutes or until they start to brown slightly. Set aside.

Fry the onions, garlic and ginger together until the onions have browned. Add the ground spices, turmeric and curry leaves and fry for one minute. Then add the chopped tomatoes, tomato purée, sugar, curry powder and coconut milk, and simmer for about 15 minutes. Add the stock and cream, and simmer for a further 15 minutes. The sauce should start to thicken.

Ten minutes before serving add the prawns to the sauce and leave to stand. Serve with basmati rice and fresh coriander.

*This classic, easy-to-make curry will have you scooping up every last bite.*







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## PAPPA AL POMODORO (BREAD-AND-TOMATO SOUP)

*Nitida Semillon 2010 – LR*

250g FRESH BELLA  
TOMATOES  
100ml OLIVE OIL  
6 SMALL CLOVES GARLIC,  
CRUSHED  
800g TINNED PLUM TOMATOES  
4 LARGE FRESH TOMATOES,  
PEELED AND CHOPPED  
A HANDFUL TORN BASIL LEAVES  
1t SALT  
200g CIABATTA OR SIMILARLY  
RUSTIC LOAF  
OLIVE OIL AND BLACK PEPPER  
FOR SERVING

*Serves 6–8*

Place the Bella tomatoes on a baking sheet, drizzle with a little olive oil and bake in an oven preheated to 180°C for 15 minutes until slightly charred. Set aside.

Heat the rest of the olive oil in a large saucepan, add the garlic and simmer until it is golden brown. Add the tinned tomatoes, fresh chopped tomatoes and some of the basil and the salt; simmer for 25 minutes, stirring occasionally until the tomatoes have amalgamated but remain soupy. Add the roasted Bella tomatoes and stir.

Five minutes before serving, break the bread into large chunks and stir into the soup. Rest the soup for five minutes, then serve strewn with the remaining fresh basil leaves, lashings of black pepper and olive oil.

*This classic Tuscan soup consists of little more than tomatoes, bread and olive oil. What makes it interesting is the inclusion of tomatoes prepared three ways – fresh, roasted and tinned.*

## CHICKPEA AND TOMATO CURRY WITH GRILLED SALMON

*Groot Constantia Blanc de Noir 2009 – TG*

2X400g TINS CHOPPED  
TOMATOES  
2 TINS CHICKPEAS, DRAINED  
AND RINSED  
2 ONIONS, FINELY CHOPPED  
VEGETABLE OIL  
4 CLOVES GARLIC, SLICED  
2t GINGER, GRATED  
1t GROUND TURMERIC  
1t CHILLI POWDER  
1t CUMIN  
2t GROUND CORIANDER  
SALT AND BLACK PEPPER  
1t SUGAR  
1t GARAM MASALA  
4X150g SALMON FILLETS  
CUP FRESH CORIANDER, CHOPPED

*Serves 4*

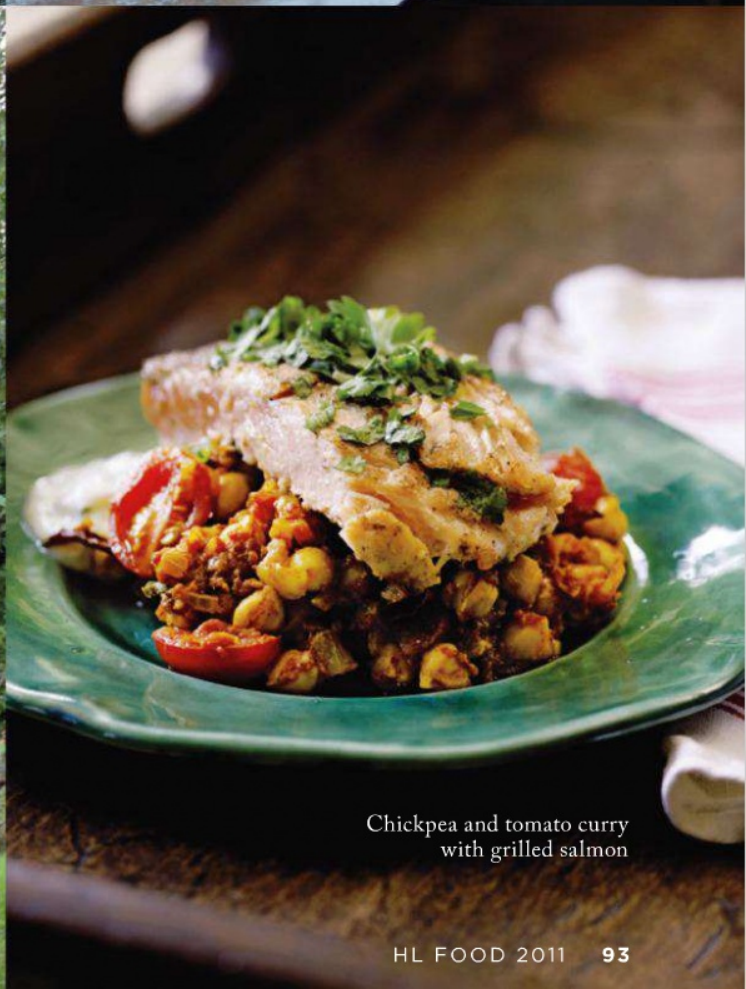
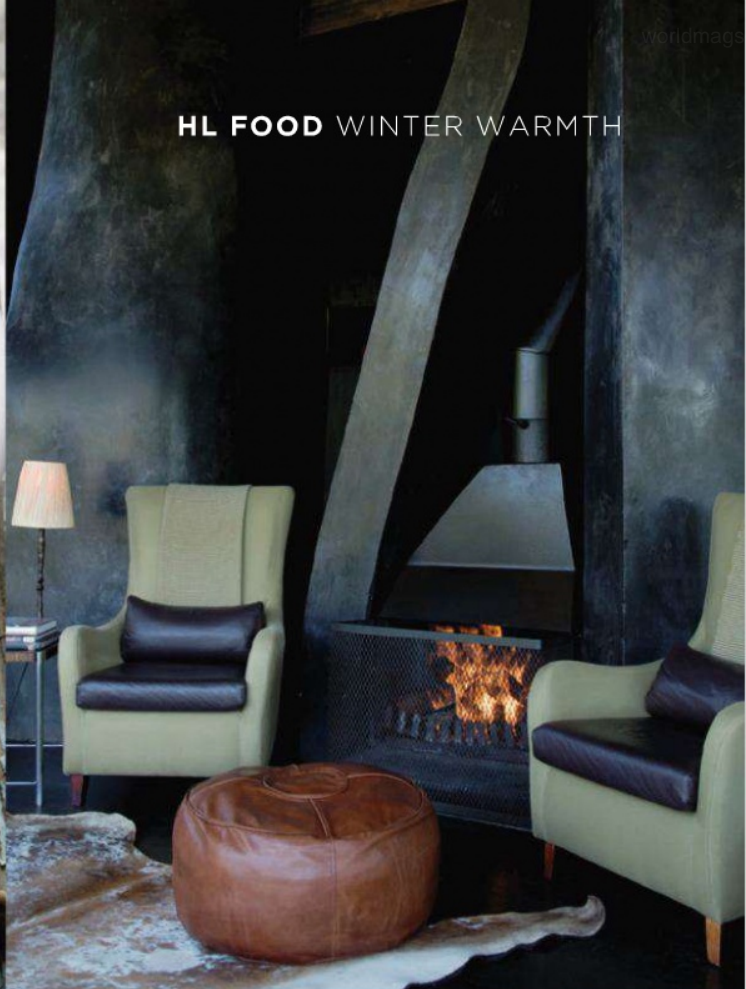
Place the tinned tomatoes in a small saucepan and simmer over medium heat until thickened. Add the chickpeas and stir through. Sauté the onions in a little vegetable oil and, when soft, add the garlic and ginger followed by the turmeric, chilli powder, cumin and ground coriander. Season the tomato mixture with salt, pepper and sugar, and combine with the onion mixture.

Sprinkle the garam masala over the salmon fillets. Sear each fillet in an oiled pan until cooked to your liking. Stir half of the fresh coriander into the curry, place a seared salmon fillet on top of each portion and garnish with the remaining coriander.

Serve with a yoghurt raita (made of plain yoghurt, grated ginger and chopped cucumber).



## HL FOOD WINTER WARMTH

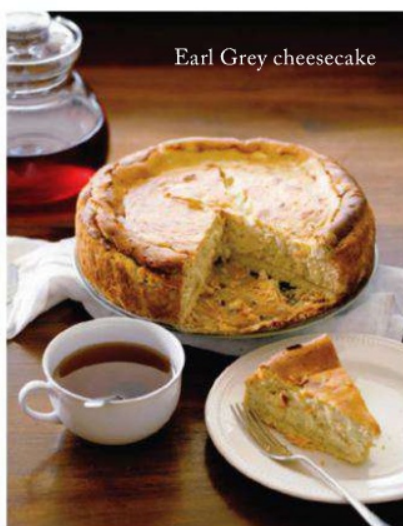
*Pappa al pomodoro*Chickpea and tomato curry  
with grilled salmon





Steamed vanilla  
sponge with fig preserve





## EARL GREY CHEESECAKE

1 EARL GREY TEA BAG  
 3T HOT WATER  
 1 PACKET DIGESTIVE BISCUITS  
 30g BUTTER, MELTED  
 750g CREAM CHEESE  
 2T CORNFLOUR  
 200g CASTER SUGAR  
 3 EGGS  
 200ml SOUR CREAM

Preheat the oven to 160°C. Open the tea bag and soak the leaves in the hot water. Line a 25cm springform tin with baking paper and set aside.

Crush the biscuits until fine, add the melted butter and mix. Press into the tin. Mix the cream cheese, cornflour and sugar together in a mixer. Add the eggs, tea and sour cream, and beat until the mixture thickens. Pour into the tin and bake for 45 minutes until slightly wobbly in the middle. Refrigerate until set.

*This variation on a classic treat will go perfectly with afternoon tea.*

*Serves 6-8*

## STEAMED VANILLA SPONGE WITH FIG PRESERVE

*Peter Bayly's Cape White Port NV – DC*

175g SOFTENED BUTTER  
 175g SELF-RAISING FLOUR  
 175g CASTER SUGAR  
 3 EGGS  
 ZEST OF 1 LEMON  
 3T MILK  
 250g FIG PRESERVE IN SYRUP

Cream together the butter, flour, sugar, eggs, lemon zest and milk in a cake mixer until thick and smooth. Rub the inside of an ovenproof glass bowl with butter and pour in the syrup from the fig preserve. Arrange the figs around the bottom of the bowl and pour the batter over them. Cover the bowl with clingfilm and place inside a saucepan big enough to leave a little space around the bowl. Pour boiling water into the pot until it comes halfway up the side of the bowl. Cover the pot with a lid and place it on the stove, bringing it to the boil. Steam for two hours, checking the water periodically and topping it up as necessary. Remove from heat, take the bowl out of the water and invert the pudding onto a plate. Serve hot with thick cream or custard.

*Serves 6-8*



## APPLE AND DATE LOAF

185g PLAIN FLOUR  
1t BICARBONATE OF SODA  
1t ALLSPICE  
1/2t SALT  
120g PECAN NUTS, ROASTED  
220g PITTED DATES,  
CHOPPED SMALL  
220g CASTER SUGAR  
2 EGGS  
1/2 CUP OLIVE OIL  
30g GRANNY SMITH APPLES,  
PEELED AND GRATED  
(ABOUT 3 LARGE APPLES)  
1 1/2t VANILLA EXTRACT

*Makes 1 loaf*

Butter a loaf tin and dust it with flour. Sieve the flour, bicarbonate of soda, allspice and salt in a bowl, and add the nuts and dates. Toss the nuts and dates until they are covered with flour.

Whisk the sugar, eggs and oil together in a mixing bowl until light and creamy. Add the apple and vanilla and mix until all combined. Expect the mixture to be lumpy from the apples. Add the dry ingredients to the apple mixture and mix until just combined.

Pour into the loaf tin and top with some extra nuts. Bake for one hour at 180°C, or a cake tester comes out clean. Serve cool, or warm with hot brandy custard.







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Positioned above Bantry Bay, with views to Robben Island, it offers Relais & Chateaux hospitality and is world-renowned as a discreet getaway. Ellerman Villa and the top-class spa are located in the gardens, making it the quintessential private retreat. Contemporary architecture gives the impression of being on an ocean liner.

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#### CAPE GRACE, CAPE TOWN

Perched on its own quay at the V&A Waterfront, the Cape Grace lives up to its name. Embracing tradition, sophistication and contemporary comfort, the hotel is unsurpassed both in accommodation and in service. The spacious guest suites and rooms emphasise local heritage, with hand-painted murals, silk drapes and African artefacts.



#### THE WESTIN, CAPE TOWN

Situated at the entrance to the V&A Waterfront, it's close to all major tourist attractions. Rooms welcome guests in bursts of African colour and offer views of the city and working harbour. The award-winning Arabella Spa invites visitors to experience unique facilities including an infinity lap pool, sauna, Jacuzzi and cocoon-like heated waterbeds.



#### TWELVE APOSTLES, CAPE TOWN

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*Look no further for splash-out, indulgent fine-dining ideas*

# LUXURY

Extra-special celebrations are the perfect excuse for pulling out the stops and cooking up a feast with your favourite treats



Oyster tiradito  
(recipe on page 104)









## BEETROOT TART WITH GOATS'-CHEESE MOUSSE

*Constantia Uitsig Unwooded Chardonnay 2009 – WB*

### *for the mousse*

150g CHEVIN CHEESE  
3 LEAVES GELATINE  
150ml WHITE WINE  
300ml CREAM, WHIPPED

### *for the beetroot tart*

4 MEDIUM BEETROOT,  
BOILED AND PEELED  
1t SUGAR  
SALT AND PEPPER  
1t OLIVE OIL  
12 SHEETS OF PUFF PASTRY,  
ROLLED TO 2MM THICK AND  
CUT INTO 10CM ROUNDS  
2 EGG YOLKS, BEATEN  
CAPERS, BLACK OLIVES, ROASTED  
GARLIC, ROASTED BABY  
TOMATOES AND BALSAMIC  
REDUCTION FOR SERVING

*Serves 12*

Beat the cheese in a food processor. In a small saucepan add the gelatine to the wine, and over a medium heat reduce the mixture to 10ml. Pour this into the food processor with the cheese and continue to blend. Gently fold in the cream. Line 12 cups with plastic wrap and pour in the mousse. Refrigerate for about four hours to set.

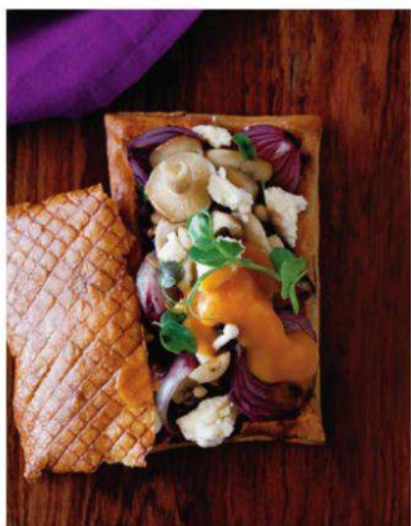
Chop two beetroots finely; mix with the sugar. Season with salt and pepper and add olive oil. Place a small mound of beetroot mixture in the centre of a puff-pastry disc. Brush the edges of the pastry with the beaten egg yolk. Thinly slice the remaining beetroot and place a few slices around the top of the tart, fanning them out to resemble a flower. Season with salt and bake at 165°C for 15 minutes.

Remove the tarts from the oven and place each in the centre of a plate. Unmould the mousse and place each on top of a tart, allowing them to melt slightly. Drizzle each a swirl of olive oil over each tart and serve with capers, sliced black olives, roasted garlic, roasted baby tomatoes and balsamic reduction.









## SHALLOT TARTS WITH WILD MUSHROOMS AND PUMPKIN SAUCE

*Wedderwill Sauvignon Blanc 2006 - TG*

350g SHALLOTS  
1 CUP SUGAR  
1/3 CUP SHERRY VINEGAR  
1T FRESH OREGANO, CHOPPED  
2T UNSALTED BUTTER  
350g PUFF PASTRY  
250g WILD MUSHROOMS  
2T OLIVE OIL  
4T DANISH FETA  
SALT AND FRESHLY  
GROUND BLACK PEPPER

*for the pumpkin sauce*

2T OLIVE OIL  
2T BUTTER  
400g PUMPKIN CUT  
INTO 2CM CUBES  
1 ONION, FINELY CHOPPED  
250 PORTABELLINI MUSHROOMS,  
FINELY CHOPPED  
1 GARLIC CLOVE, FINELY CHOPPED  
500ml CHICKEN STOCK  
100ml CREAM  
PINCH OF CINNAMON  
SALT AND BLACK PEPPER  
OREGANO FOR GARNISHING

*Serves 4*

Blanch the shallots in boiling water for five minutes, drain and allow to cool. Heat the sugar and the shallots together in a nonstick pan, stirring constantly, allowing the sugar to caramelize. Add the sherry vinegar and oregano, and cook until the caramel coats the shallots. Add the butter and stir through. Remove the shallots from the heat and set aside.

On a lightly floured surface roll the puff pastry out into a square (24x24cm). Cut into four 6x24cm rectangles. Divide the shallots into four equal portions and arrange them neatly on the pastry.

Sauté the mushrooms in the olive oil until golden. Neatly arrange equal amounts on each tart on top of the shallots. Sprinkle the feta over the top and season. Bake at 180°C for 20 minutes.

Heat the oil and butter in a pan and add the pumpkin, cooking over a medium heat until lightly caramelised. Add the onion and cook until soft, then add the mushrooms and garlic and cook for a further five minutes. Add the stock and bring to the boil. Simmer for about 20 minutes or until the pumpkin is soft.

Blend the mixture in a food processor. Strain and add the cream and cinnamon, and season with salt and pepper. Drizzle the sauce over the plated tarts and serve with fresh oregano.





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## TERRINE MAISON

Robertson Winery No.1 Constitution Road Shiraz 2007 - LR

500g PORK RUMP  
 500g STREAKY BACON  
 250g CHICKEN LIVERS  
 500g PORK SAUSAGE MEAT  
 1T FRESH THYME LEAVES  
 2t SALT  
 2t CRUSHED BLACK PEPPER  
 1t WHITE PEPPER  
 3T BRANDY  
 1 RED ONION, CHOPPED  
 1 EGG  
 BUTTER FOR GREASING THE TIN  
 7 BAY LEAVES  
 6 BUTTON MUSHROOMS

*Serves 10–12*

## OYSTER TIRADITO

Silverthorn Genie Rosé Brut 2007 - WB

5 FRESH OYSTERS IN THE SHELL  
 2 CUPS CRUSHED ICE  
 5 FRESH CORIANDER LEAVES  
 1/4t CHILLI PASTE  
 1/2t YUZU JUICE  
 1/2t LEMON JUICE  
 SALT

*Serves 5*

Preheat oven to 180°C. Mince the pork rump, 100g of bacon, chicken livers and sausage meat. Mix thoroughly. Add the thyme leaves, salt, black and white pepper, brandy, onion and egg. Mix and set aside.

Grease a loaf tin with butter and lay the bay leaves in a row along the base. Line the tin with the rest of the bacon, ensuring there is enough left flapping over the edge to wrap over the top of the terrine. Half-fill the terrine with the minced meat and lay the whole mushrooms in a row on the top. Fill with the balance of the meat mixture, and wrap the bacon over the top.

Place in a *bain-marie* and bake for 90 minutes, allowing the bacon to become crisp.

Remove the oysters from their shells, rinse under cold water and drain. Arrange the oysters in their shells on a serving dish filled with the crushed ice. Place a coriander leaf in the middle of each oyster and top with a small dollop of chilli paste. Drizzle with the yuzu and lemon juices, and sprinkle with salt to taste.





## OYSTER FILO

*Oak Valley Sauvignon Blanc 2009 - WB*

*for the creamy wasabi*

1 EGG YOLK  
5ml RICE VINEGAR  
100ml OIL  
1t LEMON JUICE  
20g WASABI PASTE  
SALT AND PEPPER

4 FRESH OYSTERS  
100g SHREDDED FILO PASTRY  
VEGETABLE OIL FOR DEEP FRYING  
2 TYPES OF KELP FOR  
GARNISHING  
2t CREAMY WASABI

*Serves 4*

Place the egg yolk in a bowl with the rice vinegar and beat until thick. Gradually add the oil in a thin stream while beating continuously. Add the lemon juice and wasabi paste, and beat. Season with salt and pepper to taste.

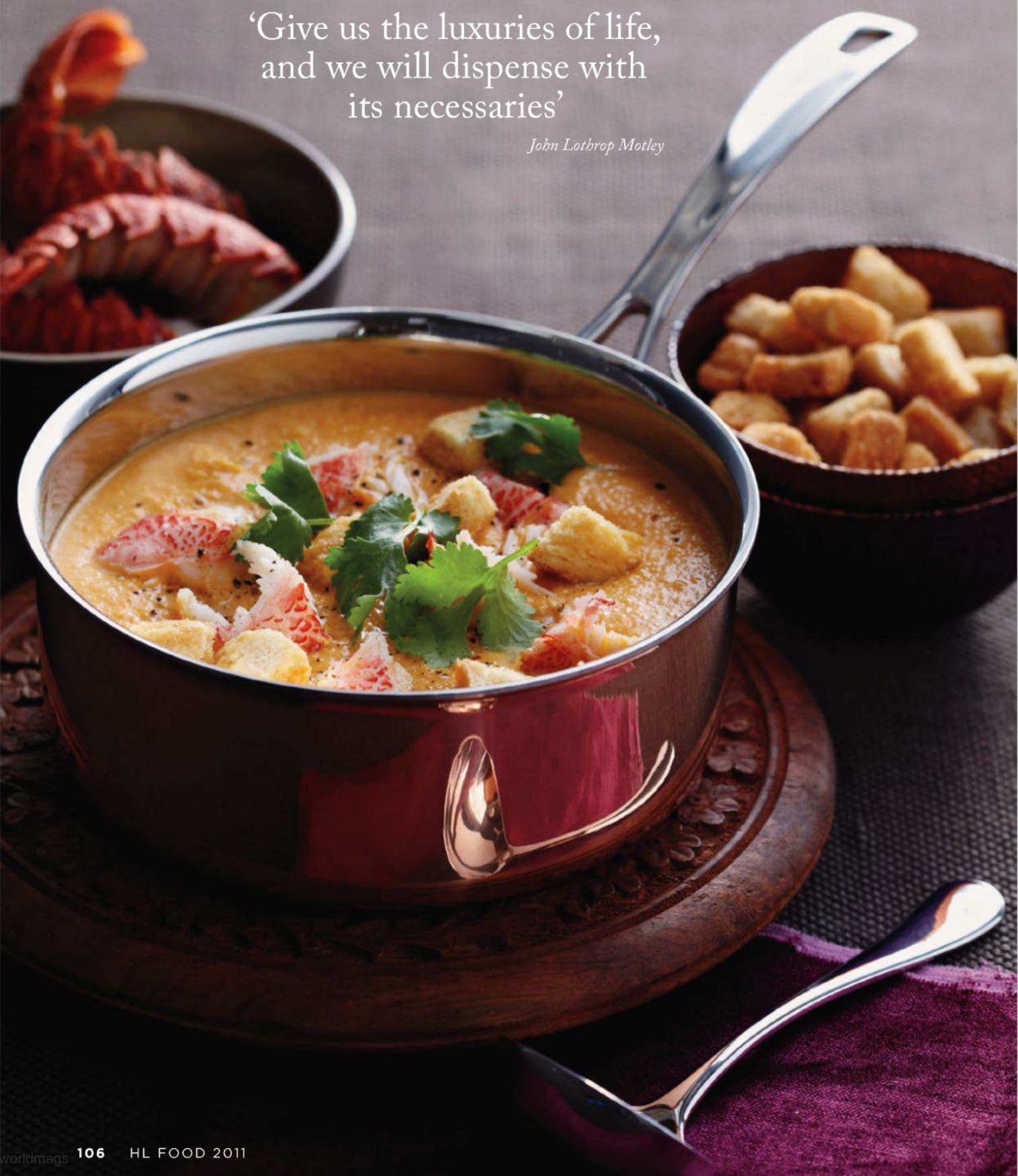
Remove the oysters from their shells, and set the shells aside. Rinse the oysters under cold water and drain. Wrap each oyster in a quarter of the shredded filo, turning it in different directions four or five times to make sure it is completely covered. Wrap the oysters with a clean, damp tea towel to prevent the filo from drying out.

Fill a medium saucepan with about 8cm of oil and heat to a moderate temperature. Deep-fry the oysters for three to four minutes and drain on paper towels. Serve the oysters in the empty oyster shells lined with kelp, and top with creamy wasabi.



‘Give us the luxuries of life,  
and we will dispense with  
its necessities’

*John Lothrop Motley*







## CRAYFISH BISQUE

*Tokara Director's Reserve White 2009 - LR*

FENNEL FRONDS

1/2 ONION, ROUGHLY CHOPPED

8 CRAYFISH TAILS, HALVED

AND CLEANED

1 T BUTTER

OLIVE OIL

1 FENNEL BULB, CHOPPED

2 LEEKS, CHOPPED

1 STICK CELERY, CHOPPED

1 MEDIUM CARROT, CHOPPED

6 SHALLOTS, CHOPPED

1 CLOVE GARLIC, CRUSHED

125ml DRY WHITE WINE

PINCH SAFFRON

1X400g TIN CHOPPED,

PEELED TOMATOES

250ml FISH STOCK

3 T SHERRY

250ml DOUBLE THICK CREAM

CROUTONS

TRUFFLE OIL

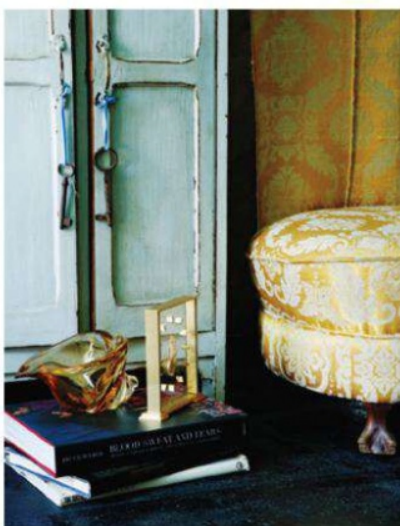
Place the fennel fronds and onion in the water below a steamer and bring to the boil. Place the crayfish tails in the steamer and steam until the flesh is opaque. Remove and set aside.

Heat the butter and oil in a saucepan and add the fennel, leeks, celery, carrot, shallots and garlic, and sweat until the vegetables have softened but not coloured. Add the wine and allow the alcohol to burn off, then add the saffron, tomatoes, stock and sherry, reduce the heat and simmer until reduced by about a third and thickened. Remove from the stove and blend, stir through the cream, then add the meat of four of the crayfish tails and gently reheat the bisque. Serve the bisque garnished with a crayfish tail, croutons and a drizzle of truffle oil.

*Serves 4*



## HL FOOD LUXURY

SPICY FISH *EN PAPILLOTE*

*Mulderbosch Chardonnay 2009 - WB*

1T MUSTARD SEEDS  
 1T CORIANDER SEEDS  
 1T FENUGREEK SEEDS  
 1T CUMIN SEEDS  
 1T TURMERIC POWDER  
 1½T OLIVE OIL  
 4 DORADO FILLETS (OR  
 OTHER GAME FISH)  
 2 LARGE, RIPE TOMATOES  
 250ml RED WINE  
 4 BAY LEAVES  
 COUSCOUS

*Serves 4*

Crush the mustard seeds, coriander seeds, fenugreek seeds, cumin seeds and turmeric powder together in a pestle and mortar, and add the olive oil to form a paste.

Place each fish fillet skin side down on a rectangle of baking paper three times the size of the fillet, and place on a baking tray. Rub the spice mixture into the flesh of the fish and place a slice of tomato on each fillet. Splash about two tablespoons of wine over each fillet, without letting it run off the baking paper, and add a bay leaf to each. Fold the paper around each fish fillet to make a bag and fold or staple the edges closed so that no air can escape. Bake the fish at 180°C for about 20 minutes. Serve with couscous.





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‘He who does not mind his belly  
will hardly mind anything else’

*Samuel Johnson*



## COCONUT-AND-PISTACHIO-CRUSTED CHICKEN WITH MINT SALAD AND COCONUT-LIME FOAM

*Bouchard Finlayson Pinot Noir 2007 - WB*

6T SHALLOTS, CHOPPED  
3T GARLIC, CHOPPED  
3T LIME OR LEMON ZEST  
1T CHILLI, SEEDS REMOVED  
AND SKIN CHOPPED  
4 KAFFIR LIME LEAVES, CHOPPED  
2t FRESH GINGER, CHOPPED  
1t TURMERIC  
2t GROUND CORIANDER  
1t SALT  
1t BLACK PEPPER  
75ml COCONUT MILK  
50g PISTACHIO NUTS, CHOPPED  
2 CHICKEN BREASTS  
2 LARGE RUBY GRAPEFRUIT,  
SEGMENTED  
MICRO GREENS TO GARNISH

Mix together all ingredients, except the chicken, grapefruit and micro greens, and pour over chicken. Cover and refrigerate overnight. Preheat the oven to 180°C and, on a baking tray, cook the chicken for about 15 minutes.

### *for the mint salad*

HANDFUL EACH CORIANDER,  
MINT, CHIVES, DILL AND  
MIXED LETTUCE LEAVES  
3T ROASTED PEANUTS, CRUSHED  
3T SPRING ONIONS, SLICED  
3T SHALLOTS, FINELY CHOPPED  
3T GARLIC, FINELY CHOPPED  
1t RED CHILLI  
2T LIME JUICE  
1T FISH SAUCE  
2T VEGETABLE OIL  
1T SUGAR

Combine the herbs and leaves in a bowl. Make a dressing with the remaining ingredients, mixing until the sugar is dissolved. Gently toss together.

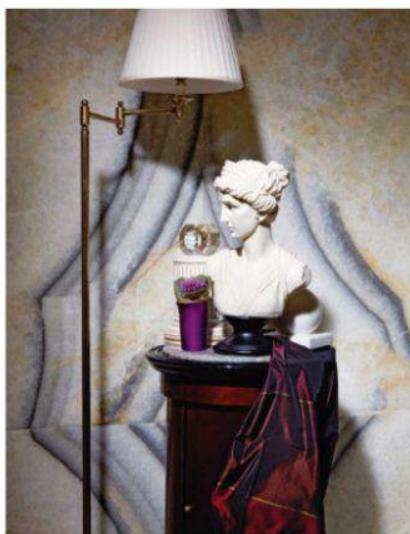
### *for the coconut-lime foam*

200ml COCONUT MILK  
50ml LIME JUICE

Warm the coconut milk and lime juice over a low heat. Using a hand blender, blend until foamy. Slice the chicken and arrange on a plate with the grapefruit segments. Top with the mint-and-coriander salad, and serve with the coconut-lime foam and micro greens.

*Serves 2*





## CHOCOLATE CHILLI CHICKEN

*Paul Cluver Chardonnay 2009 - WB*

2 MEDIUM ONIONS  
 3 CLOVES GARLIC  
 2T OLIVE OIL  
 1/2 t GROUND CUMIN  
 1t GROUND CORIANDER  
 2 CLOVES  
 2 SMALL RED CHILLIES,  
 FINELY CHOPPED  
 1 SPRIG THYME  
 1T TOMATO PASTE  
 300ml CHICKEN STOCK  
 1 TIN PEELED, CHOPPED  
 TOMATOES  
 3T RED WINE VINEGAR  
 4T GROUND ALMONDS  
 50g 70% DARK CHOCOLATE,  
 CHOPPED  
 1T SUGAR  
 SALT AND PEPPER  
 4 CHICKEN MARYLANDS  
 (DRUMSTICKS AND  
 THIGHS JOINED)  
 FLOUR FOR DREDGING  
 BUTTER AND OLIVE OIL  
 SESAME SEEDS  
 FRESH CORIANDER  
 FLOUR TORTILLAS

*Serves 4*

Sauté the onion and garlic in a saucepan with the olive oil until soft and translucent. Add the spices, chilli and thyme, and sauté until fragrant. Add the tomato paste and heat through, then pour in the chicken stock and tinned tomatoes. Turn the heat down and allow to simmer for about 20 to 30 minutes, until the sauce has reduced and thickened. Add the vinegar, ground almonds and dark chocolate, and stir through until the chocolate has melted. Purée the sauce in a blender and season to taste with sugar, salt and pepper.

To prepare the chicken, rub the skin with a little olive oil, season with salt and pepper, and dredge in a little flour. In a hot frying pan with a little oil and butter, fry the chicken, skin side down, until the skin is crisp and browning. Remove from the pan and place on a baking tray, skin side up, cover with foil and roast at 180°C until the chicken is cooked through (about 15 to 20 minutes).

Return the sauce to the stove and heat through, then serve poured over the chicken. Garnish with toasted sesame seeds and fresh coriander and serve with soft tortillas.









## ROAST PORK LOIN

*De Toren Fusion V 2008 - WB*

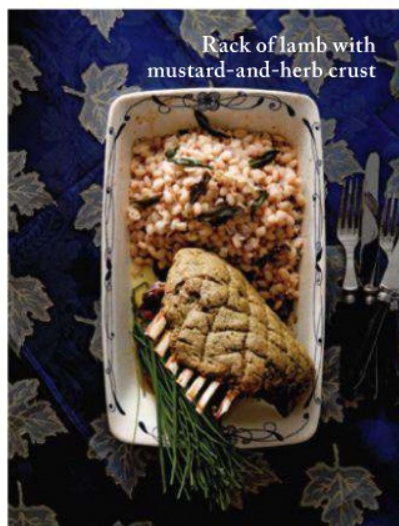
3kg PORK LOIN,  
WITH SKIN SCORED  
1 T OLIVE OIL  
1 T FRESH GARLIC, CRUSHED  
1 T FRESH GINGER, CRUSHED  
1 T SALT

*Serves 8-10*

Place the loin in the sink and pour a kettle of boiling water over the skin, to open up the ridges. Pat dry and place in a roasting pan. Mix the oil, garlic, ginger and salt together and rub into the skin. Place in a preheated oven at 180°C for two to two-and-a-half hours.

*Garlic and ginger add extra depth to salted crackling.*





## RACK OF LAMB WITH MUSTARD-AND-HERB CRUST

*Bizoe Estalet Syrah 2008 – LR*

4 SLICES BROWN BREAD  
 40g FRESH MIXED HERBS  
 (EQUAL QUANTITIES SAGE,  
 ITALIAN PARSLEY, ROSEMARY,  
 THYME), ROUGHLY CHOPPED  
 1T FRESH GARLIC, CRUSHED  
 1T FRESH GINGER, CRUSHED  
 100g BUTTER  
 1T SALT  
 1T OLIVE OIL  
 800g RACK OF LAMB RIBS  
 (ABOUT 7 RIBS )  
 1T WHOLEGRAIN MUSTARD

*Serves 4*

Make the herb crust by blending the brown bread in a food processor. Add the herbs, garlic and ginger, then slowly add the butter and salt. Blend to a smooth pulp. Set aside.

Heat the olive oil in a frying pan, and sear both sides of the lamb for two to three minutes, until browned. Remove from the pan, brush the mustard over the lamb and then spread the herb mixture evenly over the top.

Place in a preheated oven at 180°C for 40 to 50 minutes.

*Ask your butcher to French-trim a rack of ribs to expose the bone. The herb crust crisps nicely, allowing the butter to melt into the lamb.*





## QUAIL WITH PROSCIUTTO AND SAGE

*Crystallum Peter Max Pinot Noir 2008 – DC*

### *for the stuffing*

100g CHÈVRE CHEESE  
100g CASHEW NUTS, CHOPPED  
AND LIGHTLY TOASTED  
HANDFUL OF LEEKS, LIGHTLY  
BRAISED IN BUTTER  
200g GREEN OLIVES, PITTED  
AND CHOPPED  
200g ARTICHOKE HEARTS,  
CHOPPED  
1 SMALL RED OR GREEN CHILLI,  
SEEDED AND CHOPPED

Combine all the ingredients in a bowl.

6 QUAILS, DEBONED, CLEANED  
18 THIN SLICES OF PROSCIUTTO  
12 FRESH SAGE LEAVES  
50ml OLIVE OIL  
2 RED ONIONS, PEELED AND  
ROUGHLY SLICED  
2 CLOVES GARLIC, CHOPPED  
2 LARGE CARROTS, PEELED  
AND CHOPPED  
BOUQUET GARNI  
300ml CHICKEN STOCK  
300ml RED WINE  
SALT AND BLACK PEPPER

Remove the oily pope's nose from each quail and remove the wing tips. Put some of the stuffing into each quail's cavity and top with a slice of prosciutto and a sage leaf. Truss the birds with string.

Coat the bottom of a large, heavy-based pan with olive oil and sauté the onions until slightly caramelised. Add the quails and lightly brown them on both sides. Add the garlic, carrots, bouquet garni and remaining prosciutto, and fry together for about five minutes, until the prosciutto is slightly crispy but not dry. Pour the stock and wine into the pan and bring to a slow simmer. Gently cook over a low heat until the quail meat almost falls off the bones. Remove from the pot and keep warm. The sauce should be quite thick; if necessary, reduce until it is the right consistency. Season and pour over the birds. Garnish with the remaining sage leaves and serve with creamy polenta.

*Serves 6*



‘We are indeed much more than  
what we eat, but what we eat can  
nevertheless help us to be much  
more than what we are’

*Adelle Davis*







## FIG, THYME AND BURNT-BUTTER TART

*Suikerbossie Cap Classique Brut NV - LR*

### *for the pastry*

350g PLAIN FLOUR  
135g CASTER SUGAR  
250g UNSALTED BUTTER  
3 EGG YOLKS  
2t WATER  
1/2t SALT  
1/2 CUP WALNUTS,  
FINELY CHOPPED

Put all the pastry ingredients into a food processor and mix until it forms a ball. Use your fingers to press the pastry into a 23cm tart tin (it shouldn't be too thick). Refrigerate until needed.

### *for the filling*

1T HONEY  
4 EGG YOLKS  
1 CUP CREAM  
1/2 CUP CASTER SUGAR  
8 FRESH FIGS, HALVED  
3 SPRIGS FRESH THYME  
50g BUTTER  
1T ICING SUGAR  
CREAM

Preheat the oven to 170°C. Mix the honey, yolks, cream and sugar together. Take the pastry out of the fridge and fill with the fig halves. Tear the thyme and sprinkle over the figs. Pour the egg mixture over the figs and bake for about 40 minutes.

Melt the butter and heat until it starts to burn. Add the icing sugar, mix together and pour over the tart as soon as it comes out of the oven.

Serve warm with thick cream.

*Perfect for high tea, this tart is given an unexpected twist by the thyme and the walnut pastry.*

*Serves 6-8*





## WINTER JELLY WITH POACHED GRAPES

*Krone Borealis Cuvée Brut 2007 – LR*

- 1 CUP RED OR WHITE GRAPE JUICE
- 2 CINNAMON STICKS
- 2 GELATINE LEAVES
- 100ml RED OR WHITE WINE
- 50g CASTER SUGAR
- 200g RED OR WHITE GRAPES
- GOLD LEAF

*Makes 10*

Place the grape juice and one cinnamon stick in a saucepan and bring to the boil. Soak the gelatine leaves in a little cold water until soft and add to the hot grape juice. Stir until dissolved, pour into a container about five centimetres deep, and refrigerate until set.

Put the wine, caster sugar and remaining cinnamon stick in a saucepan and bring to the boil. Turn down the heat to a simmer, add the grapes and poach for two minutes. Remove the grapes from the liquid, peel and quarter. Using a fork, scrape the set jelly so that it becomes rough. Place the jelly and the poached grapes in a shot glass or serving bowl in alternate layers. Garnish with edible gold leaf.

## BE A WINNER

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## TRIO OF CHOCOLATE PARFAIT TERRINE

*Creation Syrah Grenache 2009 – WB*

3 EGGS  
6 EGG YOLKS  
195g CASTER SUGAR  
75g DARK CHOCOLATE  
525ml CREAM  
75g WHITE CHOCOLATE  
3T CHOCOLATE ALMOND  
BISCOTTI, CRUSHED  
75g MILK CHOCOLATE  
3T HONEYCOMB, CRUSHED

*Serves 6*

Line a 16x8x6cm loaf tin with clingfilm, ensuring that it hangs over the edges of the mould and is smooth.

Place one egg and two egg yolks in an electric mixer, and whisk on high speed. Place 65g sugar in a small saucepan with enough water to dampen it. Heat over medium temperature and cook to soft-ball stage (116°C on a sugar thermometer), or until the sugar resembles a thick syrup and there is slight caramelisation around the sides of the saucepan. Immediately remove from the heat and pour in a constant stream into the whisking eggs, reducing the speed to medium. Once all the sugar syrup has been added, increase the speed to high, and whisk until light and very fluffy.

Melt the dark chocolate in a double boiler over gentle heat, and fold into the egg mixture. Whip 175ml cream to stiff peaks and gently fold into the chocolate mixture. Pour into the lined mould, spread evenly and freeze. Ensure that each layer is frozen before making the next.

Repeat the process, this time folding in the melted white chocolate and finely crushed chocolate almond biscotti. Fold in 175ml cream, again whipped to stiff peaks, pour the mixture over the dark chocolate parfait layer, spread evenly and freeze.

Repeat the process with the remaining ingredients, folding in the melted milk chocolate and crushed honeycomb. Whip the remaining cream, fold into the mixture and pour over the white chocolate parfait layer. Freeze until ready to serve. Garnish with piped whipped cream, shards of dark chocolate, crushed honeycomb and crushed biscotti.



## BLUEBERRY CLAFOUTIS

*Villiera Monro Brut 2005 – WB*

200g BLANCHED ALMONDS  
1 CUP SUGAR  
1t VANILLA EXTRACT  
1 CUP SELF-RAISING FLOUR  
1 CUP MILK  
4 EGGS  
250g BLUEBERRIES  
ICING SUGAR FOR DECORATION

*Serves 6–8*

Grind the almonds in a food processor. Add half the sugar, the vanilla extract, flour, milk and eggs, and blend until smooth. Add the rest of the sugar to the berries and toss. Grease an ovenproof dish and spread the sugared berries over the bottom. Pour the batter evenly over the berries, and bake at 180°C for 40 to 45 minutes. Serve warm, dusted with icing sugar.

*This classic French dessert is normally made with cherries, but blueberries work just as well.*











## MINI PLUM *TARTES TATIN*

*Colmant Brut Rosé NV – LR*

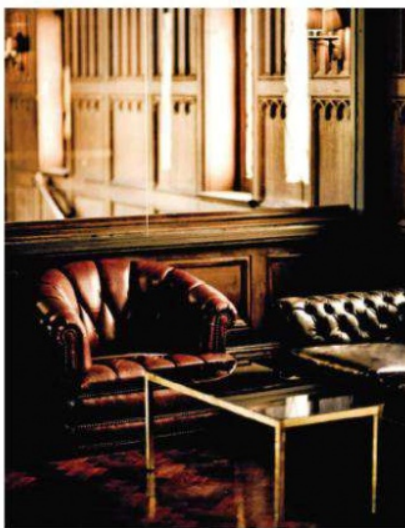
250g ROLL OF PUFF PASTRY  
5 FIRM PLUMS  
1 EGG, BEATEN  
30g WATER  
50g CASTER SUGAR  
1 VANILLA POD, SPLIT  
100g CRÈME FRAÎCHE

*Makes 10*

Roll out the puff pastry and using a cookie cutter, cut it into 5cm discs. Place on a tray, on a silicone mat or baking paper, and rest in the fridge. Blanch the plums in boiling water, remove the skin and cut in half. Remove the pastry from the fridge and, leaving a 1cm border, score the centre of each disc to prevent it from rising. Place a plum in the centre of each disc and brush the exposed pastry with the beaten egg. Bake at 180°C for 20 minutes, or until the pastry is golden and cooked through and the plum is *al dente*.

Place the water, caster sugar and vanilla pod in a saucepan and bring to the boil. Boil for five minutes until the mixture thickens. Brush the sugar mixture over the plums and allow to cool slightly. Serve the plums with a dollop of crème fraîche. Garnish with sugar curls if desired.





## TWO-TONED CUSTARDS

*Van Ryn's 12 Year Old Distiller's Reserve – LR*

300ml CREAM  
ZEST OF 1 ORANGE  
8 EGG YOLKS  
60g SUGAR  
20g CHOCOLATE  
CHOCOLATE FOR GARNISHING

*Makes 4*

In a saucepan, heat the cream and the orange zest. As soon as it starts to boil remove from the heat. Whisk the egg yolks and sugar together. Temper the egg mixture by adding 100ml of the heated cream, mix well. Pour the egg mixture into the saucepan with the rest of the cream. Over a low heat, stirring continuously, cook until the mixture thickens and is smooth. Remove from the heat.

Melt the chocolate over a double boiler or in a glass bowl over a pot of simmering water. Divide the custard into two and stir the melted chocolate into one half.

Alternating the white and dark mixture, pipe the custard into shot glasses and leave to set. Garnish with chocolate curls and discs.





## WHEAT-AND-GLUTEN-FREE CHOCOLATE CARAMEL SLICES

### *for the pastry*

130g RICE FLOUR  
1t BAKING POWDER  
100g GROUND ALMONDS  
120g CASTER SUGAR  
120g BUTTER, MELTED

### *for the filling*

80g BUTTER  
100g SOFT BROWN SUGAR  
1 CAN CONDENSED MILK  
2T GOLDEN SYRUP  
2t VANILLA  
150g 70% DARK CHOCOLATE

*Makes about 40 squares*

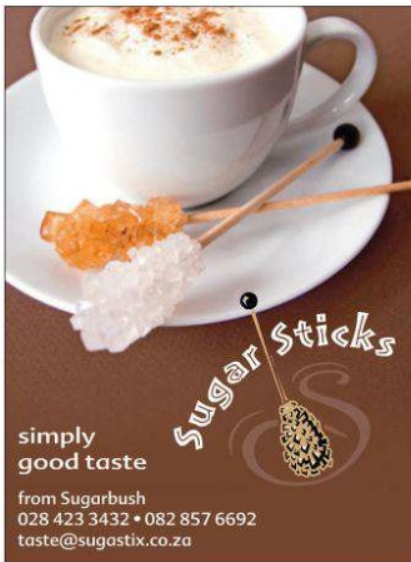
Combine all the ingredients together in a bowl. The mixture will be very crumbly. Press into a 37x26x2cm lined baking tin, making sure the edges are packed. Bake at 180°C for about 12 minutes until golden brown.

Place all the ingredients, except the chocolate, in a saucepan and cook over a medium heat until the mixture is golden, stirring constantly. This takes five to 10 minutes. Pour mixture over the cooked pastry base and bake at 180°C for 10 minutes. The mixture will look like caramel and bubble when you take it out of the oven. Leave it to cool. Melt the chocolate in a double boiler. Spread half over the caramel, allow to cool slightly and then top with the remaining chocolate. Leave to set, then cut into squares.



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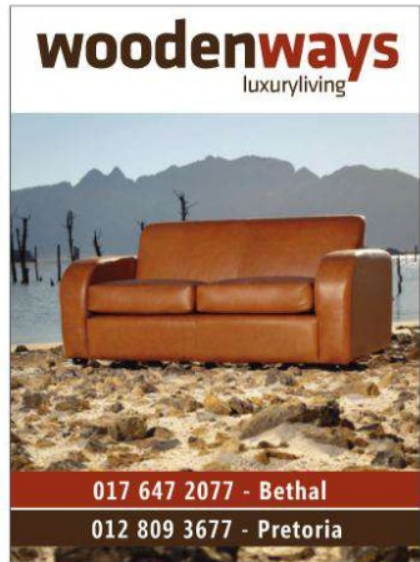


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