

CAPE KONTREI CUISINE

A Celebration of the Regional Food of the Cape Winelands



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*Afrikaans word meaning
rural or regional

Front cover: Dadel Blatjang, for recipe please refer to page 67.

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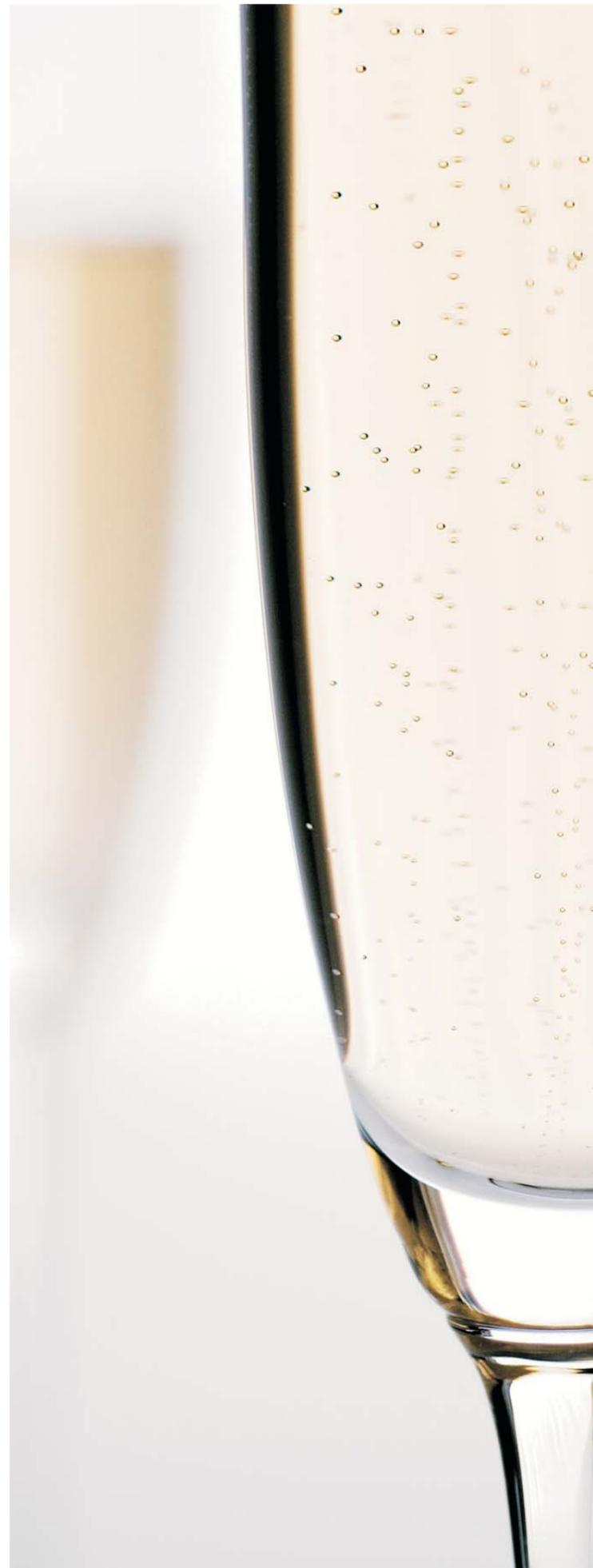
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Celebrating the Cape

The Cape has a long history of hospitality and over the centuries many famous visitors from around the world have savoured our fine wines and food.

The Cape's very origins are strongly connected to food – it started out as a garden. In 1652, Jan van Riebeeck planted vegetables here to provide fresh victuals to the sailors on the ships of the Cape Dutch East India Company which traded between Europe and the East, taking back the lucrative spices. He planted vines too and in 1659 wine was made at the Cape for the first time.

Settlers, notably Portuguese, French and Italian, in turn left their definitive mark on Cape cuisine over the centuries. But perhaps the most potent influence of all on Cape cooking was that of the Indonesians who were brought over as slaves.

The Malay women were wonderful cooks and they introduced aromatically spiced dishes to the Dutch table.

Each of our diverse wine regions has its own unique flavour and the food and wines are influenced by history, the terrain and our wealth of biodiversity. Succulent Karoo lamb is infused with the herby flavours of fynbos. Our coastline yields a generous daily catch and shellfish is plentiful. Plump juicy olives, virgin olive oils and handmade cheeses grace our tables. Fresh fruit and vegetables are available in abundance and change with the seasons. And the fragrance of exotic spices still lingers on...





*The
Fairest
Cape*

CONSTANTIA
DURBANVILLE

Cape Town, with its landmark Table Mountain, is a great wine capital of the world and the gateway to the Cape winelands. On the southern outskirts of the city is the historic Constantia valley, the cradle of winemaking in the Cape. There are only a handful of cellars in this premier ward and these continue the tradition of producing excellent wines from the classic European varieties. The vines benefit from the cool sea breezes blowing in from False Bay. Bordering on the northern suburbs of the city are the vineyards of Durbanville, situated on the rolling hill slopes. Deep soils, cooling sea breezes, night-time mists and close proximity to the ocean are beneficial factors when it comes to quality. The Cape Point district is recognised for its Sauvignon Blanc and Semillon.



Bredies – slow-cooked meat and vegetable stews – are an integral part of Cape cooking, as is potjiekos, which is basically a bredie cooked over an open fire in a three-legged or heavy-based pot. Recipes are often jealously guarded and include everything from venison or lamb to seafood, chicken and vegetarian options.

The Constantia wines were world-renowned during the 18th century. These luscious dessert wines came to rival the greatest sweet wines of Europe. Emperors and kings bid for them, Charles Dickens and Jane Austen wrote about them, and Napoleon took Constantia wines with him to St Helena to ease his exile.

Constantia

SAUVIGNON BLANC



In the Cape, diversity of soils is matched by diversity of climate and geography, creating endless winemaking possibilities. This is clearly demonstrated in the flavour profiles which make a Sauvignon Blanc from the one side of the valley so different to one from the other. These elegant Sauvignons are the perfect match for this spicy dish.

Buitenverwachting •
Sauvignon Blanc 2005

Constantia Uitsig •
Sauvignon Blanc 2005

Groot Constantia •
Sauvignon Blanc 2005

Klein Constantia •
Sauvignon Blanc 2005

Steenberg Sauvignon •
Blanc Reserve 2005

SPICED TUNA RIBBON WITH OYSTER, GOAT'S MILK CHEESE, GARLIC AIOLI AND SOYA & LEMON SALSA

Serves 10

1 thick 250g yellow fin tuna steak
5 St Helena Bay oysters
30g plain goat's milk cheese (eg Fairview Chévin)
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
pinch salt
pinch chilli flakes
pinch cinnamon

Mix the dry ingredients to make the rub. Rub the dry spice all over the tuna, wrap in clingfilm and freeze. Open the oysters, making sure not to damage the shells, rinse the oysters and cut in half. Slice the tuna (when hardened) on a meat slicer (2 mm thin) into 10 slices. Divide the goat's milk cheese into 10 little balls and place one ball and half an oyster at the end of the tuna ribbon and roll.

GARLIC AIOLI

4 tablespoons homemade mayonnaise
1 teaspoon pureed fresh garlic
salt

Combine the mayonnaise and the garlic, season and place in a squeeze bottle.

SOYA AND LEMON SALSA

1 small lemon, juiced
4 tablespoons Kikkoman soya sauce
4 tablespoons olive oil

Combine the above ingredients.

TO SERVE

Place the rolls back into the oyster shells, squeeze a small dollop of aioli and a splash of the salsa on, garnish with coriander.

– *Franck Dangereux, La Colombe, Constantia Uitsig*



Durbanville

SAUVIGNON BLANC



The vineyards of Durbanville, which lie on undulating slopes with pockets which are favourably cool, protected from sunlight and exposed to ocean breezes, have been the source of grapes for many award-winning Sauvignon Blancs. This distinctive line-up of Sauvignons goes particularly well with pork.

- Altygedacht Sauvignon Blanc 2005 •
- Diemersdal Sauvignon Blanc 2005 •
- Durbanville Hills Sauvignon Blanc 2005 •
- Meerendal Sauvignon Blanc 2005 •
- Nitida Sauvignon Blanc 2005 •

CONFIT OF PORK BELLY BASTED WITH BEER AND GUAVA ON A BLACK PEPPER BISCOTTI

Makes 40 canapé-sized portions

- 1,5kg de-boned pork belly
- 50g coarse salt
- 50g brown sugar
- 2g roasted coriander seed
- 2g roasted cardamom seed
- 1 litre rendered duck fat

Remove rind from belly then rub with a mixture of the sugar, salt and crushed seeds. Cure for eight hours in the fridge. Rinse off salt crust and place in a roasting pan. Pour the melted duck fat over and cook in the oven at 100°C until tender. Cool in fat.

BEER AND GUAVA BASTING

- 250g fresh, ripe guavas
- 150ml light beer
- 20g fresh coriander leaves
- 2g black pepper

Blend guavas and beer. Reduce in a pot by half or until sticky. Stir in freshly chopped coriander and black pepper. Cool and refrigerate.

BLACK PEPPER BISCOTTI

- 1 800ml bread flour
- 200ml fresh thyme
- 20ml black pepper
- 8ml baking powder
- 8ml salt
- 1 000ml butter
- 600ml sugar
- 4 eggs

Cream sugar and butter. Add eggs one at a time. Sift flour and salt together. Add dry ingredients to butter mixture. Shape and rest in fridge overnight. Bake at 180°C for 20 minutes. Cut into shape and re-bake.

TO SERVE

Slice belly to desired thickness and brush with basting. Reheat at 180°C. Place slices of belly onto biscuits and garnish with mange tout julienne and a coriander sprig.

– *David Higgs, Meerendal Estate*





*A Sense
of History*

The historical town of Stellenbosch, the educational and research centre of the winelands, boasts a winemaking tradition that stretches back to the end of the 17th century. The district, with its mix of centuries-old estates and contemporary wineries, includes some of the most famous names in Cape wine. Excellent examples of the noble grape varieties are produced here and the area is known for the quality of its blended reds. The diversity of terroirs makes this a sought-after area. One of the sub-routes on the Stellenbosch Wine Route, the oldest in the country, is Stellenbosch Hills where varied aspects create diverse mesoclimates suited to a wide variety of cultivars. On the Greater Simonsberg sub-route you'll find the Muldersvlei 'bowl' where grapes are cooled by morning mists spilling in and late afternoon winds blowing from the Atlantic Ocean. The prime slopes on the Helderberg sub-route have been dubbed the golden triangle and several top wineries are situated there.

STELLENBOSCH HILLS
MULDERSVLEI
HELDERBERG



Our sunny climate encourages outdoor cooking and the braai (barbecue) is an everyday way of life here. Food – be it chops, steak or boerewors, chicken, fish, shellfish or vegetables – is cooked over the coals. It also affords a chance for sociable South Africans to get together and relax around the fire over a glass of Cape wine. Juicy and delicious boerewors (sausage) is made from quality meat – usually a combination of beef and pork – minced together with speck or sheep's tail fat. Spicing is subtle and coriander, often scorched whole then ground and sifted, is the most frequently used. A spicy relish which originated in the townships, chakalaka has become popular as a side dish at braais. The main ingredients are tomatoes, onion, garlic and chillies cooked into a gravy-like consistency, with vegetables like grated carrot, cabbage and diced cauliflower or even baked beans added. It is often served with pap (made from maize meal which is similar to polenta).

Droëwors (dried sausage), usually made from beef or game, is a popular snack. Another traditional staple is biltong, made mainly from beef, ostrich or game meat cut on the grain, salted, spiced and then hung to dry in a cool, draughty place.

Stellenbosch Hills

PINOTAGE



Pinotage is unique to South Africa and is enjoyed worldwide for the distinctively rich and spicy wines it produces. More than a fifth of our red wine vineyards are dedicated to Pinotage and many fine examples are produced in the Stellenbosch area. Whether bottled as a single varietal wine or as a component in a blend, Pinotage complements this venison dish with an Asian twist.

- Asara Cape Fusion 2001 •
(Cabernet Sauvignon-Merlot-Pinotage)
- DeWaal Cape Blend 2002 •
(Merlot-Pinotage-Shiraz)
- Jacobsdal Pinotage 2003 •
- Meinert Synchronicity 2003 •
(Cabernet Sauvignon-Merlot-Pinotage)
- Neethlingshof Lord Neethling •
Pinotage 2001

KUDU OXTAIL WONTON WITH BILTONG SCONE AND SALSA VERDE WAFER

Serves 12

2kg kudu oxtail
2 cups cake flour
3 large onions
2 sticks celery, roughly chopped
4 carrots, roughly chopped
2 leeks, roughly chopped
1 cinnamon stick
2 star aniseed
2 bay leaves
4 litres meat stock
salt and pepper
100g butter
50ml olive oil

Place oxtail into a bowl. Add flour and toss until oxtail is well coated. Heat a large heavy bottomed saucepan. Add butter and oil, melt. Add in cinnamon stick, star aniseed and bay leaves, sauté for two minutes. Add onions, leeks, celery and carrots, sauté for five minutes. Add oxtail and sauté for 10 minutes on medium heat. Season to taste. Add stock, reduce heat. Simmer gently for three to four hours, or until meat just about falls off the bone. Remove from heat and allow to cool. Remove meat from pot and flake. Add more seasoning if required. Add an additional cup of chopped carrots, leeks and celery mixed together to meat.

WONTONS

1 packet of wonton pastry (available at most supermarkets)

Brush edges of wonton pastry lightly with egg whites. Place one teaspoon of mix into centre of pastry. Fold opposite points of pastry together on top of mix to form wonton shape. Bring two litres of salted water to the boil. Add wontons few at a time. Cook for two to three minutes until al dente. Remove from pot with a slotted spoon. Allow to drain before using.

TO SERVE

Place toasted biltong scone onto a plate, add cooked wonton on top, place wafer half under wonton, drizzle with pumpkin seed oil as garnish.

– Vanie Padayachee, *The Restaurant at Grande Provence*

BILTONG SCONES

1/2 cup cake flour
10ml baking powder
2,5ml salt
10ml sugar
40ml oil
1 egg
1/2 cup cream
250ml shaved biltong

Pre-heat oven to 180°C. Sift all dry ingredients into a large bowl. Mix oil, egg and cream. Add biltong. Place mixture into food processor. Blitz for one minute on medium. Spoon mixture into non-stick muffin pans. Bake for 20 minutes. Remove from oven and cool. Cut into round discs and toast.

SALSA VERDE WAFER

1/2 cup parsley
1/2 cup coriander
1 teaspoon chopped chives
1 clove garlic
4 capers
1 hard-boiled egg yolk
1/2 cup olive oil
pepper

Blanche and refresh the parsley, coriander and chives. Place all ingredients into a blender and blend into a paste. Strain and reserve the oil. Spread paste onto greased baking paper and dry in cool oven overnight. Break into wafers.



Muldersvlei

SHIRAZ

FILLET OF KAROO LAMB WITH CARROT PUREE AND THYME JUS

Serves 4



The Muldersvlei bowl on the rim of the Simonsberg foothills is known for the quality of both its red and white wines. These spicy Shiraz bottlings, two with an aromatic Viognier component, are the perfect foil for this classic lamb dish.

De Meye Shiraz 2003 •

Ernst & Co Shiraz-Viognier 2004 •

Hoopenburg Shiraz 2002 •

Joostenberg Shiraz-Viognier 2005 •

1 saddle of Karoo lamb, ±2kg, deboned into fillets
(Ask your butcher to cut the bones into small pieces.)

Season the meat with salt, pepper, a few chopped thyme leaves and a soup spoon of olive oil. Roast the meat on a braai or fry in a pan to the desired degree of doneness.

CARROT PUREE

500g small carrots, peeled and cut into quarters
1 litre milk
250g unsalted butter, cut into small blocks

Simmer the carrots in milk in a saucepan until very soft. Strain all the milk away and discard. While they are still hot, place the cooked carrots in a blender and puree at high speed. Add the blocks of butter a few at a time until all the butter is amalgamated. Season with salt and fine white pepper. Set aside in a warm place.

THYME JUS

bones from the lamb
olive oil
1 small onion, peeled and roughly chopped
1 medium carrot, peeled and roughly chopped
1 celery stick
1 teaspoon tomato paste
small bunch of thyme
60g butter
salt and pepper

Roast the bones in the oven for ±40 minutes until well browned. Add all the vegetables and tomato paste. Brown for a further two-four minutes. Place everything into a deep saucepan and cover with cold water. Add $\frac{3}{4}$ of the thyme. Bring to the boil, then simmer for an hour. As the water evaporates, keep topping up with fresh water and skim off any foam and fat that comes to the surface. Strain through a fine sieve into a clean saucepan. Return to heat and reduce to 200ml of concentrated stock. (Up to this point, the sauce can be made several days in advance and kept refrigerated.) Heat to simmering point. Add the rest of thyme as well as the butter. Whisk vigorously and season to taste. Keep warm.

TO SERVE

Slice the meat and serve with the carrot puree and thyme jus.

– *Christophe Dehousse, Joostenberg Deli & Bistro*



Helderberg

CHENIN BLANC



Chenin Blanc is the Cape's most widely planted grape variety. Today, modern growers are raising the standard of Chenin to new levels with an exceptional versatility of styles, from rich and ripe to a zesty and fruity interpretation. These food-friendly wines complement the eastern-inspired flavours of this dish.

Black Rock White 2004 •
[Chenin Blanc-Chardonnay-Viognier]

Eikendal Chenin Blanc 2004 •

Ken Forrester Chenin Blanc 2005 •

Post House Chenin Blanc 1997 •

Somerbosch Chenin Blanc 2005 •

DEEP-FRIED KATAIFI PRAWNS WITH SOYA REDUCTION AND PEANUT SAUCE

Serves 4

12 tiger prawns
300g kataifi pastry (available at most specialist Asian food stores)
3 eggs

Shell and de-vein prawns leaving the tail attached. Spread out strips of pastry (the length of the prawn) and drizzle with egg yolk. Roll prawn up until body is covered but the tail is still showing. Set aside.

SOYA REDUCTION

1 litre Kikkoman soya sauce
sugar to taste

Simmer the soya sauce until reduced and thickened, taste and season with sugar.

PEANUT SAUCE

3 tablespoons smooth peanut butter
200ml cream
1 red chilli
1 lemon

Heat together peanut butter, cream, chopped chilli and the juice of one lemon until warm (no need to boil).

TO SERVE

Deep-fry prawns until golden. Pile prawns onto a plate, drizzle with the two sauces and top with fresh coriander.

– *Adelaide Shibane, 96 Winery Road*

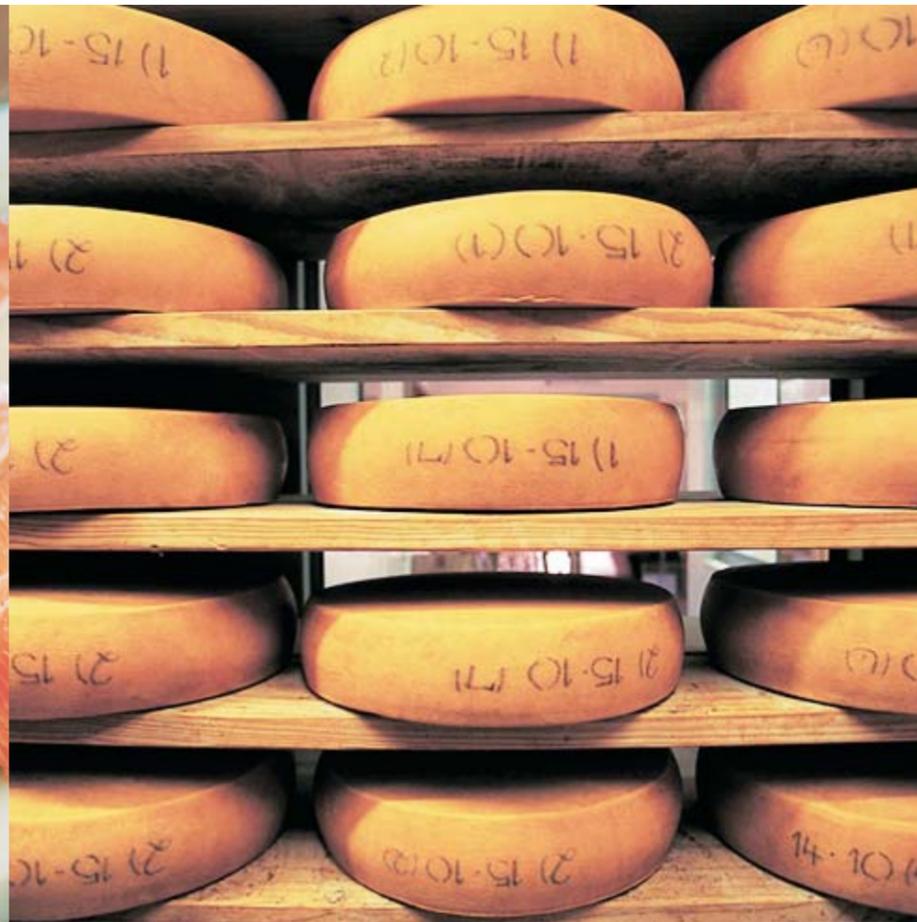




Towering Mountains

PAARL
WELLINGTON
FRANSCHHOEK

About 50 km from Cape Town, the scenic town of Paarl is situated beneath a large granite outcrop formed by three rounded domes, the prominent one named Paarl (which means pearl) rock. An easy drive from Cape Town, the town is home to an increasing number of popular eateries. A large variety of grapes are grown here, of which Cabernet Sauvignon, Pinotage, Shiraz, Chardonnay and Chenin Blanc have shown the most potential. The Paarl district encompasses the ward of Franschhoek, the 'gourmet capital' of the Cape, which has retained its charming French Huguenot character. The warm-hearted town of Wellington, also a ward within the Paarl district and home to most of South Africa's vine nurseries, is at the heart of a burgeoning wine area which is producing some promising wines.



The local cheese industry is expanding rapidly in the Cape with English cheddar-type cheeses and most French- and Italian-style cheeses well represented. Making cheese at the Cape goes back to the early Dutch settlers, a nation of skilled cheesemakers. It's a delicious Cape tradition to serve cheese with preserves such as green figs in syrup.

Salmon trout is farmed in Franschhoek and is available fresh, hot and cold smoked, or cured. Franschhoek is, of course, a great destination for some still water fly fishing in the Berg River.

Groves of olive trees are an increasing part of the Cape winelands landscape and both our table olives and cold-pressed virgin olive oils have earned a reputation for high quality.

Paarl

SHIRAZ

CROCODILE BOBOTIE WITH BASMATI RICE
AND SAMBALS



This modern interpretation of a traditional Cape dish partners well with Shiraz. Made in several different styles here, this variety yields deep purple smoky and spicy wines which develop complexity with age.

Boland No 1 Reserve Shiraz 2002 •

Domaine Braams Shiraz 2002 •

Perdeberg Reserve Shiraz 2004 •

Seidelberg Roland's Reserve Syrah 2003 •

Simonsvlei Shiraz 2003 •

1kg crocodile meat, finely minced (or substitute ostrich or beef mince)
1 thin slice white bread
1 chopped onion
30ml curry
30ml turmeric
1,5ml salt
3 bay leaves
1 garlic clove
1 teaspoon thyme
1 teaspoon coriander
3 eggs
10ml vinegar
5ml verjuice
2 teaspoons sugar
80g butter
1 tablespoon fish sauce
1/4 teaspoon green Thai curry paste
1 teaspoon orange juice
1/2 cup milk
1/2 cup fresh cream

Soak the bread in half the milk and cream until very soft, then mash with a fork. Sauté the onions in pre-heated cooking oil until transparent. Add the curry and minced meat and cook until it starts to colour. Stir with a fork to remove all the lumps. Transfer to a greased pie dish and smooth the top. Beat the eggs with the remaining milk and cream then pour over the meat. Arrange the bay leaves on top and bake at 160°C for 25 minutes. Serve with basmati rice, chutney, sliced bananas and sambals (tangy accompaniments of Malayan origin, eg grated quince with lemon juice, sugar, chilli and salt; chopped tomato and onion with vinegar, sugar, chilli and salt; or cooling chopped cucumber mixed with yoghurt and mint).

– *Abel Joseph, The Restaurant at Pontac*



Wellington

SHIRAZ



These muscular wines from continental-climate Wellington hold their own well with game dishes. Shiraz has emerged as one of South Africa's star players in recent years.

- Diemersfontein Carpe Diem Shiraz 2003
- Hildenbrand Shiraz 2004
- Linton Park Shiraz 2002
- Mischa Shiraz 2002
- Wamakersvallei La Cave Shiraz 2003

MARINATED SPRINGBOK WITH BLACK PEPPER BRIOCHE AND BLACKCURRANT & BALSAMIC JELLY

1kg springbok loin
500ml red wine
20g coriander seeds
4 red chillies
10g black pepper
10g sea salt
50g baby onion, finely diced
20g ginger, roughly cut
1 stick lemon grass

Season the springbok loin and seal the meat in a hot cast iron frying pan. Place the red wine and all the other ingredients in a pan and bring to the boil, then remove from heat and leave to cool. When the liquid has cooled, place the springbok loin in the liquid and leave to marinate for 12 hours.

BLACK PEPPER BRIOCHE

625g bread flour
10g dried instant yeast
1/4 cup cold water
4 large eggs plus 1 yolk for glaze
15g sugar
3/4 teaspoon salt
250g cold unsalted butter
50g coarse-ground black pepper

Place 375g of the flour, yeast, water, black pepper and eggs into a bowl and mix. Beat at medium speed with electric mixer using a dough hook (or knead in the bread machine) until smooth. Cover the mixture and let it sit for 45 minutes. Bubbles will develop but will not change very much due to the thinness of the batter. Add the remaining 250g of flour, and beat with electric mixer for eight to 10 minutes, until the dough cleans the sides of the bowl and is shiny and elastic. Add the butter to the dough and beat until it's fully incorporated. Cover the dough and allow it to rise for one hour. It will be very soft at this point, and should have risen by about one-third.

Turn the dough out onto a lightly floured surface and fold it over several times. Place the dough into a greased bowl, cover the bowl, and refrigerate it for a minimum of four hours, and up to about 16 hours. The chilled dough will firm up considerably. Remove the dough from the refrigerator and form it into small buns. Beat the egg yolk with one tablespoon of water, and brush all exposed surfaces with the egg wash, being careful not to let the egg wash drip onto the edge of the pan, as the bread will stick to it. Bake the brioche in a preheated 190°C oven until it's golden brown, about 10 to 15 minutes. Remove the brioche from the oven and cool.

BLACKCURRANT AND BALSAMIC JELLY

500g frozen blackcurrants
250g brown sugar
500ml balsamic vinegar
3 leaves of gelatine

Bring the sugar and balsamic vinegar to the boil in a pan. When the liquid comes to the boil, add the frozen blackcurrants and remove from the heat. Dissolve the gelatine and add to the blackcurrants. Place in a suitable container and refrigerate to set.

– Phil Alcock, Manolo



Franschhoek

SEMILLON



Once the Cape's dominant variety – century-old bushvines can still be found in Franschhoek – today Semillon represents only a small percentage of our total vineyard. Semillon is regaining popularity and wines of great intensity are being made. These wines go well with food and this ballotine is no exception – its layered flavours are brought out by the match.

Boekenhoutsloof Semillon 2002 •

Cape Chamonix Blanc 2005 •
(Semillon-Chardonnay-Chenin
Blanc-Sauvignon Blanc)

La Petite Ferme Semillon 2004 •

BALLOTINE OF FRANSCHHOEK SALMON TROUT WITH VANILLA AND GREEN OLIVE DRESSING

2 x 250g fillets of Franschhoek salmon trout, skinned and pin bones removed
salt and pepper
1 vanilla pod
50 ml water
1 leaf gelatine
50g basil leaves
50g Italian parsley leaves
100 ml breadcrumbs
1/2 clove garlic, chopped fine
5 green olives, finely diced
2 tablespoons of the olive pickling liquid
2 teaspoons lime juice
100 ml olive oil

Split the vanilla pod in half and place together with the water in a small saucepan. Simmer for five minutes and take off the heat. Leave to cool and scrape the seeds out of the pod into the liquid. Place the vanilla liquid in a small tray and leave to cool completely.

When cold, place the gelatine leaf inside and leave to soften for three minutes. Place one fillet of salmon trout on a large piece of cling film, skin-side down, and season with salt and pepper.

Carefully remove the gelatine leaf from the vanilla liquid and place on top of the salmon fillet. Most of the vanilla seeds will be stuck to the gelatine. Put aside the rest of the liquid. Season the other salmon trout fillet and place head to toe on top of the first one, skin-side up. Roll tightly in the clingfilm to form a sausage shape. Tie both ends, making sure to exclude as much air as possible. Vacuum pack the salmon. Bring a pot of water to 55°C and poach the salmon for 10 minutes for every 300 grams. Take out of the water and cool down completely.

Bring a large pot of salted water to the boil. Have a bowl of iced water ready. Blanch the basil and parsley leaves in the boiling water for 30 seconds, remove and immediately plunge into the iced water. Squeeze all the water out of the herbs and chop roughly. Place the breadcrumbs in a blender and, with it running, add the herbs and the garlic bit by bit. Pass through a fine sieve. Remove the clingfilm from the salmon and roll in the herb crumbs. Rewrap tightly in clingfilm.

Add the diced olives, pickling liquid, lime juice and olive oil to the reserved vanilla liquid. Blend until emulsified.

TO SERVE

Slice the salmon ballotine into three-centimetre pieces, remove the clingfilm, and drizzle with the olive and vanilla dressing.

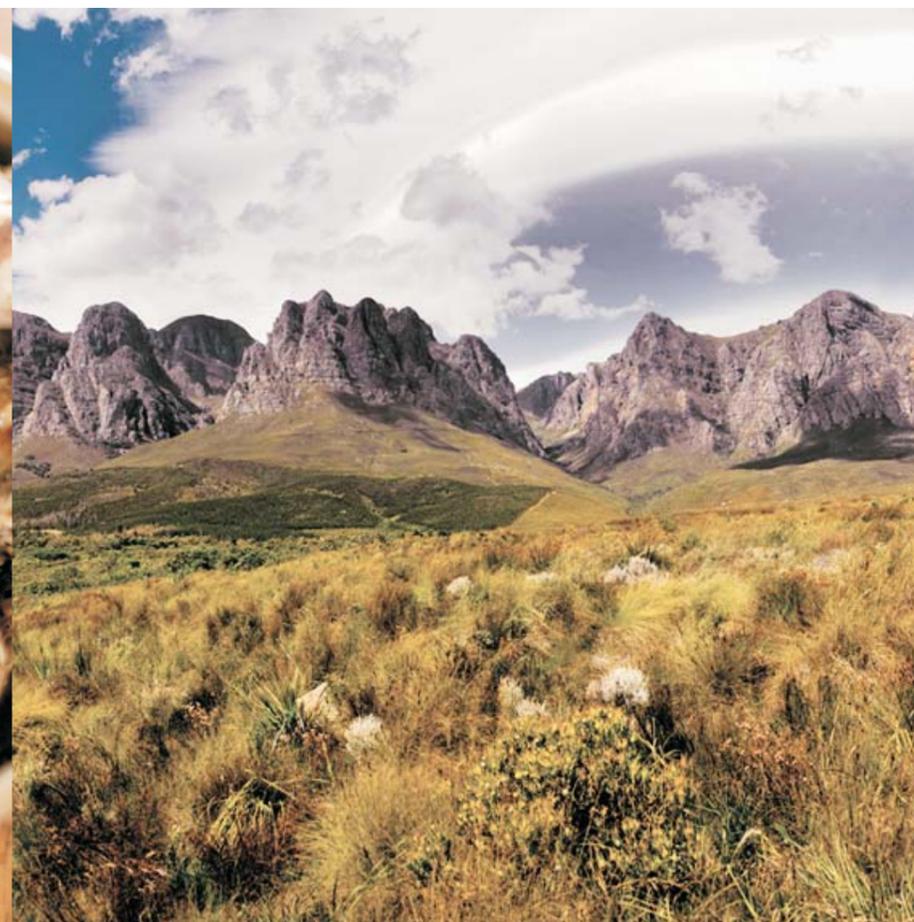
– Margot Janse, *Le Quartier Français*





New Horizons

In the Overberg district, newer viticultural areas have opened up. In the high-lying Elgin ward, pockets of vineyards now flourish alongside the apple orchards, and Sauvignon Blanc, Pinot Noir and Shiraz are doing particularly well here. The Walker Bay district surrounds the seaside town of Hermanus and is reputed for its Chardonnay and Pinot Noir wines. This coastline boasts some of the best land-based whale watching in the world in season (June to November).



Food from the sea. Catch of the day – at harbours in the Cape, from Kalk Bay to Hout Bay, Hermanus to St Helena Bay, you can buy the freshest of fish, including local favourites like Cape salmon (geelbek), kabeljou (kob), yellowtail (geelstert) and snoek, often cooked on the braai. Other prized catches include galjoen, kingklip, musselcracker, red and white steenbras and stumponose, and tuna. Shellfish – mussels, perlemoen (abalone) and rock lobster (crayfish) are found in abundance in Cape waters. Fish and shellfish are controlled and protected by strict regulations.

There are a multitude of edible wild mushrooms growing in the Cape, including tasty cep or porcini (*boletus edulus*) and pine ring mushrooms. Come the rainy season, mushroom gatherers forage at their secret picking spots in the forests of the Cape and return with their delicious bounty.

Elgin

SAUVIGNON BLANC



Wines showing exceptional fruit are produced in this late-ripening, cooler valley. The delicately interwoven flavours of this dish work well with these quintessential Sauvignons.

- Iona Sauvignon Blanc 2005 •
- Oak Valley Sauvignon Blanc 2005 •
- Paul Cluver Sauvignon Blanc 2005 •
- Ross Gower Sauvignon Blanc 2005 •

SMOKED SALMON TROUT ON SWEET SPICED POTATO AND FENNEL CAKE WITH SEARED SCALLOPS, APPLE SOURS VELOUTE AND PICKLED CUCUMBER

Serves 2

160g smoked salmon trout (preferably from Franschoek)

POTATO AND FENNEL CAKE

100g potato, washed and cut into julienne strips
15g bronze fennel leaf
20g onion, cut into thin slices
1/2 teaspoon fennel seeds
15g butter
Maldon sea salt and black pepper

Preheat oven to 180°C. Place ingredients in buttered ramekins and bake in oven until cooked. Remove from ramekins to serve.

SEARED SCALLOPS

6 scallops, cleaned and roe removed
15ml olive oil
Maldon sea salt & black pepper

Heat the olive oil in a non-stick pan. Dust the scallops with Maldon sea salt and pepper. Wait till the pan is very hot before adding the scallops. Sear the scallops on each side for 15-20 seconds.

APPLE SOURS VELOUTÉ

80ml Apple Sours

Reduce the Apple Sours in a saucepan until a syrup-like consistency and allow to cool before serving.

PICKLED CUCUMBER

6 tablespoons rice vinegar
6 tablespoons water
6 tablespoons sugar
50g cucumber, washed and sliced into thin strips

Place the vinegar, water and sugar in a saucepan. Bring to a boil until sugar is dissolved. Remove from heat and cool for five minutes. Add the cucumber to the saucepan and let stand to cool.

TO SERVE

Place warmed potato cake on plate and smoked salmon on top. Put three scallops per plate on top of the salmon. Drizzle Apple Sours velouté around the salmon. Place cucumber strips on top of the scallops.

– Dominique Faict, Santé Winelands Hotel & Wellness Centre



Walker Bay

PINOT NOIR



The Hemel-en-Aarde valley, where vineyards benefit from persistent cooling winds from the nearby ocean, is reputed for the quality of its Chardonnay and Pinot Noir. The local ingredients showcased in this dish – forest mushrooms, perlemoen and seaweed – are enhanced by these leading examples of Cape Pinot Noir.

Bouchard Finlayson Galpin Peak •
Pinot Noir 2003

Hamilton Russell Vineyards •
Pinot Noir 2004

Newton Johnson Pinot Noir 2004 •

Sumaridge Pinot Noir 2004 •

WALKER BAY PERLEMOEN AND SEAWEED BROTH INFUSED WITH WILD MUSHROOMS

Serves 4

CHICKEN BROTH

250g chicken wings
40g carrots diced
40g celery diced
1 small leek chopped
1 baby onion chopped
3 sprigs fresh thyme
8 whole white peppercorns
1 bay leaf
1/2 dried red chilli
5g sliced fresh ginger root
30ml peanut oil
50ml wooded white wine
600ml water

Lightly sauté the vegetables, chicken wings and herb ingredients for 10 minutes over a medium heat in the peanut oil. Add the wine and reduce the liquid by half. Add the water. Bring the broth to the boil. Turn the heat down and allow to simmer gently for three hours. Strain the broth through a very fine sieve and then strain again through a muslin cloth. Season to taste.

GARNISH

25g dried Walker Bay nori seaweed (or 50g fresh)
40g fresh cow boletus and pine ring mushrooms
perlemoen (abalone), lightly steamed and sliced into 20 wafer-thin scallops
20ml Kikkoman soya sauce
20ml chives
four pinches of fresh thyme leaves
10ml red pepper cut into fine dice

TO SERVE

Bring the broth to the boil. Share out the garnish ingredient equally into four miso soup bowls. Pour the boiling broth over the garnish, in the bowls. Serve at once.

– Christiaan Campbell, *The Collection* by Liz Mc Grath





*Benguela
Mists*

The icy Benguela current flows northwards up the rugged west coast of Africa from Antarctica. Cooling moisture-laden breezes blow inland from the sea during the afternoon and seasonal fog is prevalent. The Darling district, just an hour's drive from Cape Town and famous for its spring flowers, benefits from these maritime influences and favours the cultivation of the more delicate varieties – the Groenekloof ward is known for the quality of its Sauvignon Blanc. In the Cederberg ward, with its distinctive rock formations and ancient Khoisan rock paintings, are some of the highest altitude vineyards in the winelands. The broad valley of the Olifants River is proving to be a source of quality, affordable wines.

DARLING
OLIFANTS RIVER
CEDERBERG



Variety is in our nature – the Cape winelands are located in the Cape Floral Kingdom. One of six such plant kingdoms in the world, it is the smallest yet richest, home to some 9 600 plant species – more than in the whole of the northern hemisphere. Table Mountain alone has more floral species than the entire United Kingdom. One of 25 recognised biodiversity hot spots – 70% of the plants found here are not found anywhere else on earth – the Cape Floral Kingdom is a world heritage site.

Rooibos tea (red bush tea) is a refreshing and healthy beverage for children and adults. It grows mainly high on the Cederberg and along the Olifants River. It contains no colourants, additives or preservatives and is tannin and caffeine free. Studies have shown that it has beneficial effects on insomnia, colic, headaches, nervous tension and hypertension. It has also been used to treat allergies such as hayfever, asthma, eczema and irritated skin. It contains anti-oxidants which can boost the immune system and help slow the ageing process.

Bokkoms are harders (mullet) which are salted, strung into bunches and hung up to dry. Synonymous with the West Coast, they are the 'biltong' of the area. Bokkoms are best enjoyed with white wine.

Darling

SHIRAZ

RAVIOLI OF FYNBOS-INFUSED VENISON DENNINGLVLEIS WITH RED WINE SAUCE



4 springbok shanks
2 onions, chopped
2 cloves garlic, chopped
750ml Cloof Cellar Blend (or a similarly rustic red blend)
1 000ml good quality stock (venison or meat)
2 tablespoons dried kapokbos leaves (or substitute rosemary leaves)
2 tablespoons olive oil
2 tablespoons butter
4 large carrots, grated
fresh pasta, rolled into sheets

Sweat onions and garlic in olive oil, set aside. Dust the meat lightly with flour. Fry in a little olive oil until golden brown all around. Put vegetables, meat and herbs into a roasting tray (or casserole dish with lid), add 500ml wine and enough stock to cover everything. Seal, and roast at 150°C until the meat is tender (approximately two hours), taking care that the liquid does not all evaporate. If necessary, add boiling water or stock. Remove the meat from the bones, shred finely using a fork, and reserve. Follow usual method for making ravioli, using the shredded meat as the filling. Strain cooking liquids through muslin and reduce, skimming regularly, until the liquid has reached a thick consistency. Add a little more wine to taste, allowing extra time to cook the wine. If necessary, thicken with potato flour. Adjust seasoning. Add blackcurrant jam if too tart. Cook ravioli in salted boiling water (they're ready when they rise to the surface); drain and place on a plate. Stir a few knobs of softened butter into the sauce and spoon over cooked ravioli.

Chef's note: The ravioli can be frozen and added directly to boiling water without defrosting.

— *Oscar Foulkes, Cloof*

Some very distinctive Shiraz has emerged from the newer district of Darling which is positioning itself as one of the cooler regions. The vineyards – mainly bushvines anchored in rich red soils – benefit from their proximity to the Atlantic ocean in a winegrowing area which is affected by both this maritime climate and the more continental weather pattern of the Swartland. These wines reflect the full flavours of this robust dish.

Cloof Burghers Post Shiraz 2004 •

Cloof Crucible Shiraz 2003 •

DC Black Granite Shiraz 2004 •

Groote Post Shiraz 2003 •

Onyx Shiraz 2003 •



Olifants River

SHIRAZ



These herbaceous, spicy wines with their plummy fruit complement a dish which is a perfect balance of herby lamb and unique fynbos flavours. Shiraz plantings have increased significantly in recent times, particularly in the more inland areas of the Cape.

Lutzville Cape Diamond Vineyards • Shiraz 2004

Matzikama Shiraz 2003 •

Spencer Bay Shiraz 2003 •

LAMB LOIN CARPACCIO WITH FYNBOS HERBS AND GRAPSEED OIL, RED BABY SPINACH TOSSED IN WILD DAGGA PESTO AND SLOW-ROASTED TOMATOES

Makes 40 canapé-sized portions

250g lamb loin
30g chopped fresh thyme
30g chopped fresh rosemary
1 fresh bay leaf, chopped
20g freshly cracked black pepper
35ml grapeseed oil
80g red baby spinach leaves, rinsed
25ml wild dagga pesto
500g plum tomatoes, quartered
25g Maldon sea salt
olive bread

Trim the lamb loin. Place the chopped herbs and black pepper on a plate and roll the loin in them. Roll the loin in clingfilm so that it resembles a sausage. Place the loin in the freezer so that it becomes half-frozen and easier to slice later.

Place the quartered tomatoes on a baking sheet, sprinkle with the Maldon sea salt and roast in the oven at 95°C until they resemble soft sun-dried tomatoes (about two hours). Remove from oven, discard any excess salt and allow the tomatoes to cool. Remove the lamb loin from the freezer and unwrap. Using a sharp chef's knife or a slicing machine; slice the loin into wafer-thin medallions.

WILD DAGGA PESTO

Makes about 1½ cups of pesto

2 cups packed fresh wild dagga leaves, washed well
2 cups packed fresh cilantro leaves, washed well
½ cup pine nuts, toasted until golden, cooled, and chopped fine
½ cup freshly grated parmesan cheese
3 large garlic cloves, minced
½ cup Paarl grapeseed oil
salt and pepper to taste

Have a bowl of iced water ready. In a saucepan of boiling salted water blanch the wild dagga leaves for three seconds then transfer using a slotted spoon into the bowl of iced water to stop the cooking process. Drain the leaves in a sieve and pat dry. In a food processor, puree the wild dagga leaves, cilantro leaves with the remaining ingredients until smooth; season with salt and pepper. Pesto may be made three days ahead and chilled, with its surface covered with clingfilm.

TO SERVE

Arrange the sliced meat on toasted olive bread discs. Toss the red baby spinach leaves in the dagga pesto and place on the carpaccio with a slow-roasted tomato. Repeat this process for all the olive bread discs. Drizzle each canapé with the grapeseed oil, garnish with sprouts and serve immediately.

Chef's note: The wild dagga tends to make the pesto a little bitter so I add in some cilantro for body. Most of the wild herbs used can be bought from farm stalls or from someone who has it growing on their property. We on the other hand are lucky here at the Twelve Apostles since we have all the wild herbs we need growing right here on the mountain behind the hotel.

— Roberto de Carvalho, Azure Restaurant, Twelve Apostles Hotel & Spa



Cederberg

BUKETTRAUBE



South Africa is one of the few wine-producing countries worldwide to bottle Bukettraube, which produces wine with a distinctive Muscat bouquet, as a single varietal wine. This well-balanced example is an excellent accompaniment to this new take on the traditional, inspired by a remarkable Cape figure, C Louis Leipoldt, who was a physician, botanist, author, journalist, major Afrikaans poet and well-known culinary expert.

Cederberg Bukkettraube 2005 •

THE LEIPOLDT TRIFLE - 'A GENIUS IN A BOTTLE'

Serves 6

This dish consists of a layer of 'pofadder' curried livers in a little bottle topped with smoked snoek pâté and gooseberry atchar, with a side serving of lanius collaris (laksman) vetkoek.

POFADDER

50g lamb kidneys diced
50g lamb heart diced
50g lamb liver diced
50g bacon diced
50ml oil
25ml verjuice
50g lamb mince
1/2 diced onion
2 cloves garlic
2 sprigs thyme

Heat a frying pan and add a little oil to it, fry the kidneys, heart, liver and bacon until browned. Deglaze the pan with verjuice. Remove from the heat. In another pan, heat a little oil and fry the onion and garlic. Add the mince and thyme. Stir the kidney and liver mixture into the cooling mince. Taste and correct the seasoning. Set aside and cool.

SNOEK PÂTÉ

1/2 diced onion
2 cloves diced garlic
5g butter
200g smoked snoek deboned
25g ice cold butter cubes
4 sprigs parsley
seasoning to taste

Sauté the onion in a little butter and add the garlic (be careful not to colour the onion and garlic). Set aside to cool down. Blend the deboned snoek and ice cold butter cubes together until smooth. Add the cold onion mix and chopped parsley, blend again until a smooth pâté. Taste and correct the seasoning with salt, pepper and lemon juice.

TO SERVE

Take a small glass jar and carefully place two spoons of meat in the bottom of the jar. Top the meat with a layer of smoked snoek pâté. To finish off, carefully spoon some atchar over the snoek. Serve with the laksman vetkoek.

— Bruce Robertson, *theshowroom*

GOOSEBERRY ATCHAR

100g gooseberries shelled
25g brown sugar
20ml white wine vinegar
2g mild curry
2g turmeric
2g crushed coriander seeds
a touch of oil

Dry-fry the spices in a pan for a couple of seconds, taking care not to burn the spices. Add the sugar, gooseberries and vinegar. Ensure that the sugar is melted before it comes to the boil. Simmer for 10 minutes or until it is thick. Remove from the heat and set aside.

LANIUS COLLARIS VETKOEK

2 cups cake flour
pinch of salt
1/2 egg
7,5 ml oil
1/2 packet instant yeast
water as needed
oil for deep frying

To prepare the vetkoek, sift the flour and salt, mix in the instant yeast. Lightly beat the egg, oil and sufficient milk until a smooth batter. Heat the oil in a pan, and carefully drop spoonfuls of the batter into the hot oil. Fry, turning them over now and then, until golden brown. Set aside on paper towel and keep warm.





*Route
62*

Route 62, the longest wine route in the world, winds its way from the Breede River Valley through the wide open plains of the semi-arid Klein Karoo. The hospitality of the people of the area is legendary. Centred around the village of Rawsonville are the vineyards of the Breedekloof valley. Robertson, the valley of wine and roses, is renowned for the quality of its Chardonnay, Shiraz and dessert wines. The Klein Karoo stretches from Montagu towards Calitzdorp and Oudtshoorn. Muscadel flourishes here and the area is known for its port-style wines.

BREDEKLOOF
ROBERTSON
KLEIN KAROO



Picked in ponds and dams around the Western Cape, waterblommetjies (*Aponogeton distachyos*) are indigenous water flowers with a waxy, fleshy flower bud in shades of green to coral and red. Considered to be a delicacy, they were traditionally cooked slowly in a lamb bredie (stew) but are now also used in soups, quiches and salads. Waterblommetjies and their starchy rhizomes once provided a source of food for the Khoisan people.

Succulent Karoo lamb has a reputation as being the best in the country and unique in the world. Sheep graze on the fragrant fynbos which lends the meat its distinctive herby flavour. It's a sure-fire winner whether braaied (barbecued), roasted or pan-fried. Chops, shanks, leg of lamb, rack of lamb and butterflied lamb are seasoned with lemon, garlic and rosemary or rubbed with traditional spices.

Tasty and juicy, prime cuts of ostrich offer a healthy alternative to beef. Ostrich is the lowest in fat and cholesterol of all red meats. This lean meat benefits from fast cooking methods like searing in a pan on the stove. Its texture and delicate flavour are at their best served medium rare. At the turn of the 19th century, the wealthy ostrich barons built lavish manor homes in Oudtshoorn, dubbed the 'feather palaces', and lived the high life. Today, the area is home to some 400 ostrich farms, several of which are popular show farms.

Breedekloof

RED

RED WINE BRAISED LAMB SHANK SAMOOSA WITH RED WINE SAUCE AND GARLIC CREAM



3 lamb shanks
salt and pepper
1½ tablespoons olive oil
1 onion, coarsely chopped
1 carrot, coarsely chopped
1 celery stalk, coarsely chopped
1 bulb garlic, peeled and coarsely chopped
1 cup red wine
2,3 litres lamb stock
spring roll pastry (available at most specialist Asian food stores)

Preheat oven to 150°C. Season shanks with salt and pepper. Sear shanks in the olive oil over medium-high heat for 10 minutes or until brown on all sides. Remove the shanks and set aside. Add onion, carrot, celery, and garlic to the pan and cook for 10 minutes or until golden brown. Deglaze with the red wine and return the lamb shanks to the pan. Add the lamb stock, cover tightly and braise in the oven for 6 to 8 hours or until the meat is very tender. Remove the lamb shanks from the pan and reserve the braising liquid. Remove meat from the bone, reduce braising liquid, add one cup to meat and reserve some to serve with the samoosas. Roll two tablespoons meat into spring roll pastry to form triangles until mixture is finished.

RED WINE SAUCE

Use the remaining reduced braising liquid.

GARLIC CREAM

½ cup cleaned garlic cloves
1 cup milk
pinch sugar
sprig thyme
salt and pepper

Slowly cook all the ingredients until garlic cloves are soft. Blend in a food processor until smooth, strain through a fine sieve. Season with salt and pepper.

TO SERVE

Drizzle the red wine sauce and garlic cream around the samoosas. Garnish with pan-fried button mushrooms.

— *Reuben Riffel, Reuben's Restaurant & Bar*

The spiciness of this dish is nicely balanced by a medium-bodied red from the vineyards in the Breedekloof valley, which flourish on alluvial valley soils with adequate drainage as they rest on a bed of river stones. Pinotage, our indigenous variety, a cross between Pinot Noir and Cinsaut (Hermitage), is a perfect match whether stand-alone or in a blend, as are the Cabernets.

- Bergsig Estate Pinotage 2004 •
- Lorraine Cape Harmony 2003 •
(Pinotage-Cabernet Sauvignon-Merlot)
- Opstal Cabernet Sauvignon 2002 •
- Philip Jordaan Cabernet Franc 2002 •
- Romansrivier Mountain Ridge 2003 •
(Malbec-Pinotage)



Robertson

CHARDONNAY



While traditionally considered white wine territory and known mainly for its Chardonnay, more recently Robertson has become the source of some of the Cape's finest red wines too. Chardonnay is made in a wide variety of styles. These fruit-driven wooded examples, some with a pronounced minerality, are the perfect accompaniment to this game bird dish.

De Wetshof •
Chardonnay D'Honneur 2003

Rietvallei Chardonnay 2005 •

Robertson Winery Kings River •
Chardonnay 2004

Van Loveren Limited Release •
Reserve Chardonnay 2005

Weltevrede Rusted Soil •
Chardonnay 2004

CONFIT OF GUINEA FOWL ON A ROASTED CREAMED MAIZE MEAL DISC WITH PEPPADEW JELLY AND RED ONION MARMALADE

Serves 8

2 whole guinea fowls

MARINADE

2 cups Chardonnay
1 cup olive oil
3 tablespoons wholegrain mustard
2 tablespoons fresh mixed herbs
3 cloves crushed garlic
1 teaspoon black pepper

Portion bird into thighs and breasts, marinate overnight; drain off marinade.

SALT CURE MIX

1 500g bag coarse sea salt
1 cup brown sugar
1 tablespoon peppercorns
2 tablespoons rosemary, roughly chopped
1 tablespoon mustard seed

Place guinea fowl pieces in a stainless steel dish, cover with salt mix, allow to cure for about three hours, remove pieces and rinse off salt mix.

CONFIT

1 litre rendered duck lard
4 garlic cloves
5 sprigs of garlic

Heat lard to 100°C, then add fowl pieces, garlic and rosemary, leave in oven at 100°C for six hours until meat falls off the bone.

TO SERVE

Set aside the drumsticks. Remove the rest of the meat from the bone and crumble. Add finely chopped spring onion, coriander and dried apricot, season with black pepper (no salt). Mix well, compress meat into spoon-size quenelles and serve on roasted creamed maize meal [or substitute roasted creamed polenta] discs, topped with peppadew jelly and red onion marmalade.

— *David Grier, De Oude Welgemoed*

PEPPADEW JELLY

750g peppadews*, with juice
[*a sweet piquant pepper]
15ml gelatine

Blend peppadews in liquid until smooth. Heat until boiling, add gelatine and stir until dissolved. Set in oiled moulds.

RED ONION MARMALADE

8 onions
2 cloves garlic
500ml red wine
100ml grenadine
100ml water
salt and pepper
100ml red wine vinegar
250g brown sugar

Slice onions and fry lightly in a little oil. Add other ingredients and reduce until the liquid is thick and syrupy. Correct seasoning.



Klein Karoo

RED

BOSSIE SMOKED SPRINGBOK LOIN WITH RED PLUM SAUCE, ROASTED PLUMS AND CINNAMON MUSHROOMS

Serves 4

800g springbok loin
cooking oil

Smoke the springbok loin for 10 minutes in a smoker with the following mixture:

a handful of fynbos, dried
1 tablespoon juniper berries
1 tablespoon rosemary
1 tablespoon dried coriander

Season the loin with salt and pepper. Warm the oil in a hot pan. Sear the loin on both sides for 4-5 minutes and set aside to rest. Cut into 4 equal portions.

RED PLUM SAUCE

2 diced plums
1 cup venison or beef stock (good quality homemade stock is essential)
1 cup Touriga Nacional or other red wine of your choice

Place all the ingredients in a saucepan and reduce until $\frac{3}{4}$ cup of liquid is left. Pass the mixture through a fine sieve and season to taste with salt and pepper.

ROASTED PLUMS

2 red and 2 yellow plums, skin on, halved and pitted
1 tablespoon sugar
1 sprig thyme
1 sprig rosemary
black pepper

Place the plum halves, skin-side up, on an oven-proof tray. Sprinkle with the sugar, thyme, rosemary and freshly ground black pepper. Grill the plums under medium heat for 30 minutes, or until the skin is easily removed. Cut 1 red plum and 1 yellow plum into quarters. Dice the remaining two plums into small pieces. Reserve any juices from the pan.

CINNAMON MUSHROOMS

4 button mushrooms, cleaned and sliced
1 tablespoon butter
2ml ground cinnamon

Sauté the mushrooms in the cinnamon butter over medium heat for three minutes, or until hot. Season to taste with salt and pepper.

TO SERVE

Arrange the mushrooms and plums on four plates. Put the springbok in the centre of each plate. Spoon the red plum sauce around the plate. Garnish with deep-fried root vegetable chips (eg parsnips, sweet potato, potato) and leeks julienne. Sprinkle with lemon thyme leaves.

– *Hetta van Deventer, Laborie*



The Klein Karoo is renowned for its luscious dessert wines, its port-style wines – Calitzdorp is the epicentre for these fortified wines – and more recently for its dry red wines made from typically Portuguese varieties like touriga nacional, tinta barocca and tempranillo. Springbok (and indeed most venison dishes) are best served with a powerful red wine. Pinot Noir, Pinotage, Shiraz or a classic Bordeaux-style blend are all good choices but the aforementioned dry reds also work well.

Boplaas Touriga Nacional 2003 •

Joubert-Tradouw R62 •
Cabernet Sauvignon-Merlot 2001

Tradouw Merlot 2003 •



Soetes*

SWEET WINES



The Cape has had a long love affair with sweet wines, from the luscious dessert wines of Constantia, famous worldwide in the 18th century, to fortified wines like jerepigo and muscadel from Robertson and the Klein Karoo, and noble late harvests made from botrytised grapes, notably chenin blanc. While these sweet wines are often served with – or sometimes even instead of – dessert, they are also delicious enjoyed as an aperitif with pâté or after a meal with cheese and preserved fruit.

ROOIBOS BRÛLÉE WITH HONEYED ORANGE

Serves 4

1 rooibos tea bag
120ml cream
3 egg yolks
25g sugar
1 orange
1 tablespoon honey

Bring cream to the boil. Remove from heat, infuse the tea bag to colour, then add to the egg yolks and sugar. Over a bain-marie cook until thick, being careful not to let the mixture separate. Segment the orange and fold in the honey.

TO SERVE

Place the orange segments in the bottom of shot glasses and top up with the brûlée.

– *Wade van der Merwe, Meerendal Estate*

*Afrikaans word meaning sweet wines or 'stickies'

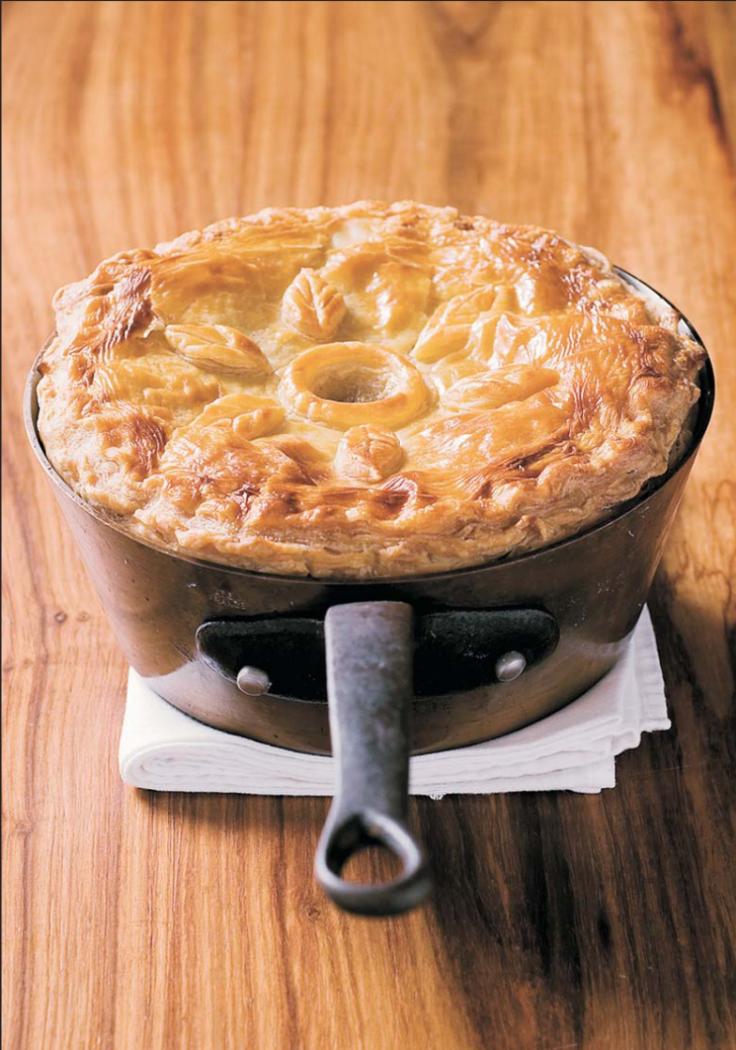




Cape Country Kitchen

Food plays an important role in the Cape Malay community and is always central to their colourful religious and family feasts, says Cass Abrahams, author and world-renowned expert on Cape Malay cooking, whose tried and trusted recipes feature here. Spices are an essential ingredient in Cape Malay cooking and combine to create an interesting variety of flavours and aromas...

Recipes: Cass Abrahams, *Cass Abrahams Cooks Cape Malay: Food from Africa*
Food styling: Pete Goffe-Wood, PGW Eat



CHICKEN PIE

This pie is always a firm favourite with celebrating friends and family. Serves 6-8.

PASTRY

750ml flour
5ml salt
500g butter
Yolk of 1 egg
15ml vinegar
250ml flour
125ml corn flour
10ml cream of tartar

FILLING

1 large chicken
1 large onion, chopped
1 bay leaf
1ml peppercorns
3 allspice
3 cloves
salt and pepper to taste
100ml sago, soaked in cold water
1 egg yolk, mixed with
25ml lemon juice
4 hard-boiled eggs, sliced

Sift 750 ml flour and salt. Cut butter into 4 equal-sized chunks and rub one quarter into flour until it resembles fine breadcrumbs. Allow the other three quarters of butter to soften. Mix egg yolk and vinegar, and add some iced water. Gradually add water mixture to flour, mixing carefully with a small knife. The dough must be very soft. Cover and rest in the fridge for at least 1 hour. Mix 250 ml flour, corn flour and cream of tartar. Sprinkle a rolling surface with some of this mixture and roll out dough on this surface. Spread another quarter of butter over the dough, sprinkle with some more flour mixture and fold the dough in thirds. Allow to rest in the fridge for at least 1 hour. Repeat until all the butter and flour mixture are used. Cover dough and refrigerate until required. Remove from fridge and roll out to 5mm thickness.

Place chicken, onion and spices in a large saucepan. Cover with water and cook until meat is easily removed from bone. Remove skin and bones, and cut meat into small pieces. Return to stock and season to taste. Bring to the boil and add sago. Simmer over low heat until the sago is transparent. Add egg yolk and lemon juice and stir well to prevent curdling. Spoon mixture into a pie dish lined with pastry. Layer slices of hard-boiled egg on top and cover with pastry. Decorate with pastry leaves. Brush evenly with beaten egg and bake in a hot oven (200°C) for 30-40 minutes until golden brown.

GESMOORDE SNOEK

Serves 6.

1 large onion, sliced
2 cloves garlic, chopped
2 cloves
2 allspice
60ml vegetable oil
2 large tomatoes, skinned and chopped
6 medium potatoes, cubed
500g smoked snoek*, flaked
freshly ground black pepper

Fry the onion, garlic, cloves and allspice in oil until onion is lightly browned. Add the tomatoes and chillies and braise for 10 minutes. Add the potato cubes and simmer for 15 minutes or until potatoes are almost cooked. Add flaked snoek and pepper, and cook until potatoes are done. Serve on a bed of rice with blatjang (chutney).

* Snoek is a local game fish. You can substitute any smoked firm white fish.



CRAYFISH CURRY

A special dish often seen on the bridal table. The crayfish is cooked in its shell to obtain the maximum flavour. Serves 6.

1 large onion, finely chopped
60ml vegetable oil
5 ml cumin seeds
1 sprig curry leaves
10ml crushed garlic
1 tin (410g) chopped tomatoes
10ml each ground cumin and ground coriander
1ml turmeric
5ml coarsely ground red chillies
1kg crayfish (or lobster), broken into pieces
juice of 1 lemon
salt to taste
60ml chopped fresh coriander leaves

Sauté onion in oil until transparent. Add cumin seeds, curry leaves and garlic, and sauté until onions are golden. Add tomatoes, ground cumin, coriander, turmeric and red chillies. Cook until a thick sauce is formed. Add crayfish and lemon juice; simmer until crayfish is almost cooked. Add salt to taste; simmer a few more minutes until crayfish is done. Garnish with coriander and serve with basmati rice.

PICKLED FISH

A delightful, fragrant dish of curried fish layered with cooked onions and saturated with a sweet-sour sauce. Serves 6-8.

1kg snoek (or any firm white fish), cut into portions
Salt to taste
Vegetable oil for frying
2 large onions, sliced
5 cloves garlic, chopped
250ml vinegar
125ml water
10ml ground coriander
15ml masala
5ml turmeric
2 bay leaves
4 each allspice and cloves
1ml peppercorns
Sugar to taste

Salt fish and fry in oil until cooked. Remove with a slotted spoon and set aside in a separate bowl; retain oil. Place rest of ingredients except sugar in a saucepan and bring to the boil. Turn down heat and simmer until onions are transparent but haven't lost their crunch. Add sugar to taste and stir to dissolve. Pour warm sauce and oil over fish, making sure that each portion of fish is covered. Allow to cool and store in a cool place. Serve with fresh bread and butter.



PIENANG CURRY

A mild lamb curry simmered until all the flavours have blended to form an aromatic whole, which is a true taste sensation. Serve 6

- 2 bay leaves
- 1ml whole cloves
- 4 allspice
- 5 fat cloves garlic
- 2 sticks cassia
- 2 large onions, sliced
- 50ml vegetable oil
- 1kg leg of lamb, cubed
- 15ml masala
- 10ml turmeric
- small piece of tamarind, soaked in 125ml water or juice of 2 lemons
- 30ml brown sugar
- salt to taste

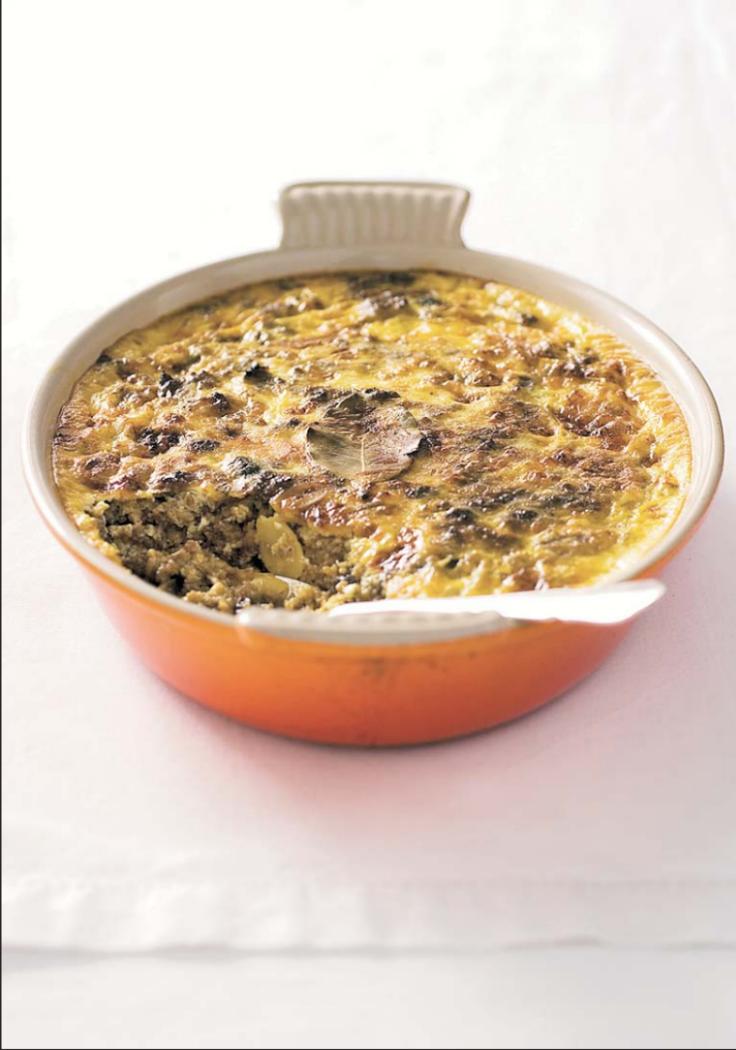
Pound bay leaves, cloves, allspice, garlic and cassia into a paste. Heat oil in a saucepan and sauté onions and paste until onions are transparent. Add cubed lamb and cover saucepan with a tightly-fitting lid. Simmer over low heat for 35 minutes. Mix masala, turmeric, strained tamarind liquid or lemon juice, sugar and salt. Carefully pour over the meat, making sure that each piece of meat is adequately covered. Close lid and simmer for 20 minutes or until meat is tender. Serve with fragrant jasmine rice.

TOMATO BREDIE

Chicken may be used instead of lamb but then the cooking time must be reduced. Serves 8.

- 2 large onions, sliced
- 2ml peppercorns
- 2ml ground cloves
- 125ml water
- 25ml vegetable oil
- 2 sticks cinnamon
- 1kg leg of lamb, cubed
- 3cm-piece fresh root ginger, finely chopped
- 2 cardamom pods
- 1kg very ripe tomatoes, chopped, or
- 3 cans (410g each) chopped tomatoes
- 1 green chilli, chopped
- 6 medium potatoes, peeled and halved
- salt, pepper and sugar to taste
- chopped parsley for garnishing

Place onions, peppercorns, cloves and water in a large saucepan and bring to the boil. Simmer until all the water has been absorbed. Add oil and cinnamon, and braise until onions are golden. Add meat, ginger and cardamom pods and stir thoroughly. Turn down the heat, cover saucepan with a tightly-fitting lid and simmer gently for 30 minutes. Add tomatoes and chilli. Close lid and simmer for 20 minutes. Now add potatoes, salt, freshly ground pepper and sugar to taste. Replace lid and simmer until potatoes are cooked. Garnish with chopped parsley and serve on a bed of freshly cooked rice.



BOBOTIE

A lovely blend of flavours accounts for the popularity of this well-known Cape Malay dish. Serves 6-8.

- 2 thick slices of stale white bread
- 250 – 300ml water
- 15ml vegetable oil
- 50ml butter
- 2 large onions, chopped
- 800g beef mince
- 3 cloves garlic, crushed
- 15ml masala
- 5ml turmeric
- 10ml ground cumin
- 10ml ground coriander
- 3 cloves
- 2ml peppercorns
- 5 allspice
- 125ml sultanas
- 60ml flaked almonds
- 5ml dried mixed herbs
- 25ml chutney
- salt and freshly ground black pepper to taste
- 6-8 lemon leaves
- 250ml milk
- 2 eggs, beaten

Soak bread in water. Fry onions in oil and butter until just transparent. Place all other ingredients except bread, lemon leaves, milk and egg in a large bowl and mix. Add fried onions in oil to mixture. Squeeze water from bread, add bread to meat and mix well. Spread in a greased ovenproof dish. Roll lemon leaves into spikes and insert into the mixture. Bake at 180°C for 30 minutes. Lightly beat eggs and milk together and pour over meat. Bake until egg mixture has set. Serve with yellow rice and blatjang.

SOSATIES

These sosaties are also delicious when roasted over hot coals. Traditionally only meat was threaded onto the skewers but nowadays apricots, onions or peppers are sometimes also threaded in between the meat. Makes 8.

- 1kg leg of lamb, cubed

MARINADE

- 3 medium onions, chopped
- 5ml crushed root ginger
- 10ml crushed garlic
- 2 bay leaves
- 6 cloves
- 10ml turmeric
- 5ml peppercorns
- 5 allspice
- 75ml masala
- 10ml ground cumin
- 10ml ground coriander
- 50ml brown sugar
- 375ml brown vinegar
- 10ml salt

- 8 wooden skewers
- 100ml dried apricots, soaked to soften
- vegetable oil for frying

Mix ingredients for marinade and allow meat to marinate for at least 4 hours, preferably overnight. Shake off excess marinade and onion from meat and thread meat and apricots onto wooden skewers. Fry for 10 minutes on all sides and keep warm. Simmer marinade and onions for 10 minutes. Serve sosaties on a bed of freshly cooked rice with sauce from marinade spooned over.



KOEKSISTERS

The success of this recipe depends on the smoothness of the potato mixture. Makes 36.

6 medium potatoes, peeled
250ml milk
60ml vegetable oil
60g butter, melted
1 large egg, lightly beaten
1 packet (10ml) instant yeast
60ml sugar
1 250ml flour
5ml salt
7ml ground cinnamon
5ml ground ginger
2ml ground cloves
5ml ground naartjie peel
2ml ground cardamom
5ml whole aniseed
vegetable oil for deep frying

SYRUP
250ml water
250ml sugar
2 cardamom pods
1 stick cassia
dessicated coconut
for sprinkling over

Boil potatoes in water until soft. Drain and mash roughly. Add milk, oil, butter and egg, and mash well making sure there are absolutely no lumps. Place yeast, sugar, flour, salt and all the spices in a large mixing bowl. Add mashed potato mixture and mix well to form a smooth dough. Cover dough with cling wrap and leave in a warm place to rise until doubled in volume (about 1 hour). Knock down the dough and turn out onto a well-floured surface. Form into oblong shapes (60mm by 25 mm) and allow to rise for 15 minutes. Deep-fry in hot oil until golden brown. Remove with a slotted spoon and drain on paper towel. To make syrup, place all ingredients in a saucepan and bring to the boil. Stir over low heat until syrup forms a film on the spoon. Dip koeksisters in hot syrup and sprinkle with coconut on all sides.

Note: There are several variations on the traditional koeksister. Visitors may be more familiar with the plaited version.

MILK TART

An evergreen favourite with a slightly sweetened short-crust pastry.

PASTRY
750ml flour
salt to taste
10ml baking powder
30g butter
45ml (3 tbs) sugar
2 eggs
a little iced water

FILLING
500ml sugar
50ml flour
pinch of salt
1 litre milk
5ml vanilla essence
4 cardamom pods
2 sticks cinnamon
9 eggs, separated
30g butter
30ml cinnamon sugar

Sift flour, salt and baking powder. Cream butter and sugar in a separate bowl. Beat eggs and add to creamed butter and sugar; beat thoroughly. Sift flour into egg mixture and gently mix to form a soft dough. Add a little iced water if necessary. Roll out into 5mm thickness and line a loose-bottomed tin of 25cm diameter. Press dough lightly into tin, neatly finish off edges, prick with fork and brush with lightly beaten egg white to prevent the dough from becoming soggy.

Mix half the sugar with flour and salt. Bring milk to the boil over low heat. Carefully stir the flour mixture into the milk and continue stirring over low heat until the mixture thickens. Remove from heat and add vanilla essence, cardamom and cinnamon. Beat egg yolks. Add the rest of the sugar and beat until mixture is light and creamy. Stir egg mixture into milk mixture. Leave to cool slightly and remove cardamom pods and cinnamon sticks. Beat egg whites until stiff and fold into filling. Spoon filling into unbaked crust. Dot with butter and sprinkle with cinnamon sugar. Bake at 180°C for 30 minutes. Reduce heat to 160°C and bake until crust is golden.



GREEN FIG KONFYT

500g green figs
water to cover figs
75ml slaked lime (available at pharmacies)
5ml bicarbonate of soda
basic syrup
3 sticks cinnamon
3 pieces dried ginger
sterilised jars for bottling

Carefully grate off the peel of each fig and cut a cross into the blossom end. Soak figs in water and lime mixture overnight. Wash thoroughly to remove all traces of lime. Boil figs in water and bicarbonate of soda until tender; drain. Make basic syrup, adding cinnamon and ginger, then add the figs. Boil slowly until syrup is thick and figs are shiny. Bottle in sterilised jars while still hot.

BASIC SYRUP
for every 500g of fruit:
500g sugar
750ml water
30ml lemon juice

Place all ingredients in a saucepan. Stir over low heat until sugar has dissolved. Do not allow syrup to boil.

DADEL BLATJANG

This date chutney is an excellent accompaniment for any meat dish.

500g stoneless dates
10 cloves garlic
125g root ginger, peeled
125g dried red chillies
Salt to taste
500ml brown vinegar
sterilised bottles

Place all ingredients except vinegar in a food processor or blender and blend until smooth. Add vinegar and blend. Place mixture in saucepan and bring to the boil. Spoon into sterilised bottles while still hot.



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