

IN THE TROLLEY



DINING OUT The new chef at the recently renovated Cloete's Restaurant at the Alphen Hotel in Cape Town, Simon Kemp, describes his cooking as 'Going back to the basics'.

I don't have a signature dish but rather a selection. I'd say coconut and cardamom brûlée with sesame fried bananas or chargrilled kudu with walnut and brie melt, sweet potato spring rolls and blueberry and port wine jus.

My favourite ingredient is fresh mussels. I like them sautéed with shallots, garlic, white wine and herbs and served with fresh bread. alphen.co.za



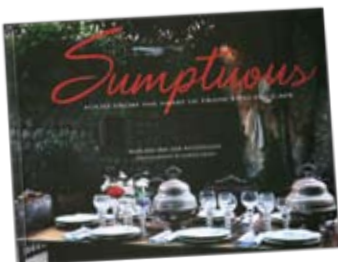
SALT OF THE EARTH Gemignani's Italian Sea Salt with Dried Black Truffles (R250) is a decadent addition to your pantry – sprinkle on egg dishes, roast potatoes, creamy pastas, beef or venison. Call 021-761-3360 for a stockist near you. sagrafoods.com



MIX 'N MAX Maxwell & Williams has released a new Mix 'n Max porcelain range in funky lime green, orange, yellow and cobalt blue. maxwellandwilliams.com

NEW CHOC ON THE BLOCK

The Earth Fair Market in Tokai, Cape Town, hosts artisan producers like a free-range butcher, fishmonger, wine merchant, baker as well as organic fruit, vegetable and dairy producers. Our favourite was these melt-in-the-mouth macaroons by Top Nosh. Open 9am-2.30pm every Saturday. earthfairmarket.co.za



CONSUMING READ: *Sumptuous* by Marlene van der Westhuizen (Pan Macmillan)

The long-awaited sequel to *Delectable* takes readers on a culinary journey of simple, real food with a glimpse into the life Marlene leads between her Food Studio in Cape Town and the places in France she adores.

SUMPTUOUS RECIPE: BLUEBERRY PIE

Preheat oven to 220°C. Line a greased 23cm pie mould with 1 packet puff pastry. Beat 3 eggs with 3T castor sugar and fold in 200ml cream. Fill the tart with 1kg blueberries and pour the creamy mixture over the berries. Bake for 25 minutes or until set. Allow to cool and serve with a dollop of cream. Serves 8.

MARLENE'S FIVE MUST-HAVE INGREDIENTS FOR THE CUPBOARD

De Boerin olive oil, rocket, sel de Guerande (if I can get it), good mustard... and a great bottle of red wine.

GIVEAWAY To win one of two copies of *Sumptuous*, email your name and number to win@topbilling.com with 'sumptuous' as the subject heading.

CULINARY CALENDAR

- 26 September** Kloovenburg Spring Market, Riebeeck Kasteel
- 24-28 September** Gastronomica, Knysna
- 25 & 26 September** Outeniqua Country Hop Strawberry Festival, George
- 30 September – 4 October** Taste of Jo'burg

The Home Brew Shop
If you are inspired by *Back to Basics* on page 99, Joburg should be your next stop to create more of your own homemade cheeses or even wine and beer. homebrew.co.za

IN SEASON: KIWIS

FRUITY IDEAS IN THREE WAYS

- Puree 3 kiwis and 1 green apple with ¼ cup icing sugar and fresh mint, freeze and flake with a fork to make a refreshing granita
- Combine chopped kiwi, mango, fresh coriander and some passionfruit juice to make a salsa, delicious with grilled salmon or tuna
- Kiwis make effective marinades: blend 1 kiwi, ½ cup yoghurt, 1 clove crushed garlic and your choice of herbs together, place in a ziplock bag with lamb, beef or chicken and marinate for 2 hours

