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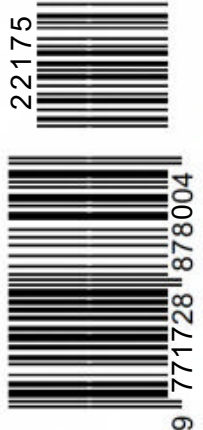
# TASTE

**WOOLWORTHS**

**7**

**POWER  
STIR-FRY  
SUPPERS**

January/  
February 2022  
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**HOW FAR  
WOULD YOU GO  
FOR SA'S FINEST  
CHEESE?**  
P134



*Tomato-and-lemon  
ricotta tart  
(p 130)*

**Veg  
boom!**

**KHANYA  
MZONGWANA'S  
TIKTOK FRIES**  
P94

**MOKGADI  
ITSWENG'S  
BLOOMING  
ONION**  
P123

**Smart  
treats**

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# Dream a little dream



## IN THE MIDDLE OF THE VERY BLEAK WINTER OF 2021,

the Salad Dodger suggested we go away for the weekend. He said he knew a lovely couple, neighbours from years ago, who'd always dreamed of leaving the city and now had a farm with "some cabins in a forest". (Cue banjos.) They'd been inviting him to visit for years, he said. He'd never mentioned it before.

So one Friday in August we drove out to the Overberg. We left late, as we tend to do, and arrived close to 7 pm, in the pitch dark. At this point the Salad Dodger remarked that the farm might be "off the grid". We parked in a muddy-edged field and Basil and Cathy showed us to what was, even in the dark, a very charming wooden cabin.

The next morning, when I looked outside, I literally felt a skip in my chest. This was no ordinary "farm", and, clearly, no ordinary dream. This was Sondagskloof (p 72).

The next three days felt like an antidote to the 18 months that had gone

before. We stayed in the "Love Shack", which was the first thing Cathy and Basil built on the land. We drank coffee in the mornings and watched the mist burn off the hills, while the Cherub fed carrots to chestnut-coloured horses and rusks to Lulu, the fox terrier. I picked peas and broccoli rabe in Cathy's incredible vegetable garden and we cooked them on the little two-plate gas hob to eat with Woolies' lamb loin chops, braaied outside in the firepit between the poplars.

I felt like everything that had happened to the world – and to me – over the past two years had brought me to this place and that moment and I immediately wanted to share it.

It turned out that Cathy is an avid and talented cook (and reader of TASTE) and that both her twin daughters, 21, were aspiring to careers in the kitchen. On the night we arrived, she had slow-cooked a shoulder of pork (from one of their own pigs) in an Asian marinade and served it in bowls with rice, a fresh coriander, cucumber and pineapple salsa, and broccoli from their garden, stir-fried by Basil with soya and sesame seeds. It was one of those simple, perfectly considered meals you remember forever.

I knew I had to come back, this time with Abigail Donnelly and Jan Ras (easily the hardest-working photographer in the land), so I could share the magic.

Not to break into full-blown Thoreau here, but the *Walden* connection was not lost on me. Going "to the woods" that winter weekend, and again, in spring, was a proper wake-up call (complete with the obligatory rooster).

When I sent her the story, Cathy wrote back: "You made it sound like a fairytale!" But it is a fairytale, I said, the best kind. Because dreams don't have to stay dreams, you can make them real.

So, in the spirit of the new year, when pressing restart is so important, I want to reclaim the part of me that woke up at Sondagskloof and felt happy. The part

that is drawn to a life where everything isn't done at breakneck speed. The part that is okay when things aren't perfect. The part that loves to pick flowers with the Cherub on the way home from school, and gets excited about seeing cherries and figs in the shops. The part of me that is the most *me*.

**"We ate lamb loin chops, braaied in the firepit between the poplars"**

It may be a new year, but we finished this issue at the end of 2021, with SA relegated to the red list, holiday plans ruined and some families inevitably separated. It was a race to finish amid loadshedding and WFH crises, and only made possible by our incredible team who picked up *more* accolades in November, this time in London, at the Content Marketing Awards.

This brings the total number of TASTE's awards for the year to 11: for best art direction, best series of articles (for Khanya Mzongwana), best full issue, best cover and honorable mentions for Abigail Donnelly and TASTETube at the Folios in New York. And at the CMAs – bronze awards for influencer marketing and social media and silver for, you guessed it, best content team.

2022 will be what it will be and we can't control that. What we can do is listen to that best part of ourselves, and try to make some dreams come true.

Kate

Follow me on Instagram  
@KateWilsonZA



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## What's your go-to WFH lunch?

“

"I've had a lot of chicken stock in the freezer recently, so I've been heating up a cup or two, whisking in a bit of miso, soya sauce and lemon or lime juice, and topping that with whatever greens I've got in the fridge, and a boiled egg."

– Jess Spiro

“

"Couscous with salad or veg tossed in olive oil over a high heat for a couple of minutes. I sometimes add canned tuna or Woolies' chicken strips. Topped with a generous drizzle of balsamic vinegar!"

– Yvette Samaai

“

"A pastrami-and-cheese sarmie with The Hoghouse's bread-and-butter pickles."

– Alistair Fester

“

"A tuna salad made with Woolies' bronze die-cut fusilli, Albacore tuna in olive oil, tomato, cucumber, topped with a jammy boiled egg and crispy onion sprinkles."

– Lynda Ingham-Brown

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”

"Avo on rye toast, topped with two soft-boiled eggs."

– Kelly Cloete

”

"A toasted wrap, filled with Woolies' gluten-free chicken schnitzel, Cheddar, sliced tomato, avocado, a sliced pickle or two and a lick of mayo."

– Jeanne Calitz

”

"A rice bowl topped with a fried egg, some speedy veg (spring onions or cucumbers with a dash of soya and rice vinegar), mayo and Woolies' new gochujang."

– Katharine Pope

”

"I always make batches of roast sweet potato or ginger-and-spring onion brown rice. I use those as my base and build salads with leftovers or top with chilli-oil fried eggs, baby spinach and pickled onions."

– Hannah Lewry

”

"Plain and simple tuna mayo."

– Abigail Donnelly

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## CONVERSION CHART

250 ml = 1 cup	125 ml = ½ cup	65 ml = ¼ cup	15 ml = 1 tablespoon	45 ml = 3 tablespoons
190 ml = ¾ cup	85 ml = ⅓ cup	5 ml = 1 teaspoon	30 ml = 2 tablespoons	60 ml = 4 tablespoons



On **taste.co.za** in January

**f** **t** **i** **y** **@WWTaste**

# Reel deal?

Can you learn anything from a 15-second video? If you've ever attempted to copy a hairstyle, or learn dance moves from an Instagram reel, you might be sceptical, but a cooking tip that can be taught in 15 to 30 seconds is a tip worth knowing, we say. Case in point, Hannah Lewry shows us how to make the ultimate jammy boiled eggs and the best ever chilli oil, which will transform everything from those eggs to a bag of instant ramen into a flavour-packed, end-of-the-month supper. And Khanya Mzongwana brings us a Caprese bake that could save your weeknights, and teaches us how to get even the pickiest eater to enjoy broccoli.



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PHOTOGRAPHS JAN RAS, SHAVAN RAHIM PRODUCTION HANNAH LEWRY, KHANYA MZONGWANA FOOD ASSISTANT EMMA NKUNZANA



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# Have your say



**FROM FACEBOOK:**



## WINNING PRAISE!

"Thanks Woolworths TASTE Magazine for an incredible and easy dinner. Miso glazed trout with black rice (also known as forbidden rice). Recipe in the September/October Taste mag." – **Pamela Ravat**  
*That looks amazing Pamela! You win a hamper from Rialto Foods worth R500 (see below), plus a R1 000 Woolworths gift card.*



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After the indulgence of the festive season, we're all looking for balance, and Abigail Donnelly's quick weeknight stir-fries will add crunch, colour and flavour to your plate

# Dinner

## PLANS

PHOTOGRAPHS JAN RAS RECIPES AND PRODUCTION  
ABIGAIL DONNELLY FOOD ASSISTANT BIANCA STRYDOM



## CABBAGE, COCONUT AND MISO

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 10 minutes

Woolworths peanut or stir-fry oil 2 T  
garlic 2 t crushed  
ginger 2 t crushed  
onion 1, diced  
baby cabbages 4, roughly chopped  
coconut milk 1 x 400 ml can  
chicken stock ½ cup  
Woolworths miso paste 1 T

Woolworths Heat and Eat coconut  
jasmine rice, heated, for serving  
spring onions 4, roughly sliced  
roasted salted peanuts 1 x 40 g packet  
coriander, for serving  
lime wedges, for serving



1 Heat the oil in a large frying pan or wok until smoking hot. Add the garlic, ginger and onion. Swirl around the pan, then add the cabbage and stir-fry until golden brown. 2 Add the coconut milk, stock and miso and cook until bubbling. 3 Serve with the coconut rice, garnished with the spring onions, peanuts and coriander. Squeeze over the lime.

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DAIRY-FREE, WHEAT-  
AND GLUTEN-FREE  
WINE: Woolworths  
Weltevrede Vanilla  
Chardonnay**

**CABBAGE,  
COCONUT AND MISO  
R35 PER SERVING**

### STIR IT UP

*Follow these top tips to make  
the best stir-fry of your life*

- 1 Make sure your veggies and protein are chopped and ready to fry. You have to work quickly when the heat is on.
- 2 Use oils with a high smoking point such as peanut, Woolies' stir-fry oil, avocado or canola. Olive oil burns

easily and will impart a bitter flavour. Sesame oil has a strong flavour, so add a few drops after cooking.

- 3 Use smaller pieces of meat or chicken so they cook quickly, and slice meat against the grain to ensure

tenderness. Smaller pieces are also easier to pick up using chopsticks.

- 4 Cook the meat first, then remove from the pan. Add the aromatics, veggies and sauce. Cook, then return the meat to the pan. This ensures that



## CHICKEN, EGG AND BLACK RICE

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 20 minutes

**Woolworths peanut or stir-fry oil**

2 T, plus 1 t

**red onion** 1, finely chopped

**garlic** 2 t crushed

**ginger** 2 t crushed

**red chillies** 2, chopped

**free-range chicken breasts** 3, chopped into 5 cm cubes

**Woolworths Asian gochujang paste** 2 T

**Woolworths Thai black rice** 300 g, cooked

**spring onions** 2, thinly sliced, to garnish

**For the omelette:**

**free-range eggs** 6

**fish sauce** 2 t

**rice vinegar** 2 T



CHICKEN, EGG AND BLACK RICE  
R46 PER SERVING



**1** Heat 2 T oil in a large pan or wok until smoking hot. Add the onion and cook for 1 minute. Add the garlic, ginger and chilli and fry for 30 seconds.

**2** Toss the chicken in the paste and fry until golden and cooked through, about 4 minutes. Toss in the rice. **3** To make the omelette, whisk the eggs, fish sauce and vinegar. Heat the remaining oil in a pan. Pour in the mixture and cook over a medium heat until set. Turn over and cook for 30 seconds. Slide out onto a board or plate and slice into quarters. Serve with the chicken, garnished with the spring onion.

**FAT-CONSCIOUS, DAIRY-FREE, WHEAT- AND GLUTEN-FREE**  
**WINE:** Woolworths Ken Forrester Viognier

the stir-fry doesn't steam and that the veggies aren't overcooked. If you're using leftover cooked meat, toss it through at the end just to reheat.

**5** Make sure your pan is very, very hot. You want the meat to start

cooking immediately. Woks are great for making stir-fries directly over the coals. Also make sure your pan is big enough for the ingredients to come directly into contact with it immediately.

**6** If you're using tofu, fry it in the aromatics, then remove from the pan. Cook the veggies, then return the tofu once they're cooked. This ensures the tofu doesn't break up too much and absorbs the flavour.

**7** Don't overcook the veggies; they really just need to wilt. If you're using frozen veggies, remember that they will release water so have a slurry (see p 19) ready to enrich and thicken the sauce.



## PORK SATAY PAD THAI WITH QUICK CUCUMBER-AND-RADISH PICKLE

Serves 6

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 15 minutes

Woolworths peanut oil or stir-fry oil 2 T  
onion 1, finely chopped  
Woolworths crushed garlic, ginger, chilli and lemongrass 1 x 70 g punnet  
pork mince 500 g  
soya sauce 2 T  
Woolworths Blue Elephant Thai peanut sauce 1 x 190 ml bottle  
Woolworths rice noodles 400 g, cooked  
salad onions 4, thinly sliced  
raw cashew nuts 70 g, chopped  
basil, for serving

coriander, for serving  
pak choi 200 g, halved

For the quick cucumber-and-radish pickle, toss:

cucumber ½, thinly sliced

radishes 6, thinly sliced

fish sauce 2 t

rice vinegar 3 T

Woolworths coconut palm sugar (or brown sugar) 1 t

PORK SATAY PAD THAI WITH QUICK CUCUMBER-AND-RADISH PICKLE  
R42 PER SERVING

**1** Heat the oil in a large frying pan or wok until smoking hot. Add the onion, garlic, ginger, chilli and lemongrass. Fry for 1 minute. **2** Add the pork but don't stir immediately; let it catch a bit, then stir. Add the soya and peanut sauces – you may need to add a touch of water – then toss in the noodles. **3** Serve the stir-fry with the pickle, salad onions, cashews, basil, coriander and pak choi.

**Cook's note:** Substitute pork mince with chicken.

**DAIRY-FREE**

**WINE:** Woolworths Villiera Carte Blanche





## BEEF WITH OYSTER SAUCE AND SUPER GREENS

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 10 minutes

**sirloin, rump or fillet** 450 g, chopped into 5 cm pieces

**Woolworths peanut or stir-fry oil** 2 T  
**brown sugar** 1½ T  
**soya sauce** 2 T  
**garlic** 2 t crushed  
**ginger** 2 t crushed  
**mange tout** 125 g  
**asparagus tips** 100 g, halved  
**pak choi** 4 bulbs, halved  
**Woolworths Asian oyster-flavoured sauce** 1 x 200 ml bottle  
**lemon juice** a squeeze, for serving  
**sticky rice**, for serving

**“Velveting your meat keeps it juicy and gives it that glossy look you see in real Chinese stir-fries”**



BEEF WITH OYSTER SAUCE  
 AND SUPER GREENS  
 R58 PER SERVING



**1** Toss the meat with the oil, sugar and soya sauce. Fry in a very hot pan or wok until dark brown.

**2** Add the garlic and ginger. Stir-fry for 30 seconds, then add the vegetables. Stir-fry for a further 2 minutes, then add the oyster sauce and cook until warmed through, about 30 seconds. Add a squeeze of lemon juice and serve with the rice.

**Cook's note:** Substitute beef with chicken or tofu. You can add beans and spinach, too.

**HEALTH-CONSCIOUS, DAIRY-FREE**

**WINE:** Woolworths Adama Cherry Cinsault

### TAKEAWAY TRICK!

“Velveting” is what gives the meat in your stir-fry that glossy Chinese takeaway effect and keeps it juicy. Marinate 500 g meat or chicken in 1 T oil, 1 t cornflour and 1 T soya sauce out of the fridge so it cooks faster and sears better. Alternatively, make a slurry: mix 1 T cornflour with 1 T water and add to the stir-fry just before serving.



## TAMARIND TOFU-AND-BRINJAL CHINESE BBQ

Serves 4

EASY

**GREAT VALUE**

Preparation: 30 minutes

Cooking: 10 minutes

**brinjals** 2, chopped into 6 cm cubes

**Woolworths soy-and-tamarind**

**braai marinade** 1 x 150 ml bag

**Woolworths peanut or stir-fry**

**oil** 2 T

**garlic** 4 cloves, smashed

**ginger** 2 t, crushed

**red chillies** 2, chopped

**spring onions** 3, roughly chopped

**Woolworths Chinese BBQ glaze** 3 T

**baby spinach** 200 g

**Woolworths firm tofu** 1 x 349 g

carton, cut into 8 blocks

**brown rice**, for serving

**“Make sure your pan is very hot and big enough for all the ingredients to come into contact with the heat”**



**1** Place the brinjals in the marinade bag for 30 minutes. Heat the oil in a large frying pan or wok until smoking hot. Stir-fry the garlic, ginger, chillies and spring onions for 30 seconds. **2** Add the brinjals and fry until golden brown and soft. Stir in the glaze and wilt the spinach. Carefully add the tofu and toss. Serve with the brown rice.

**HEALTH-CONSCIOUS, DAIRY-FREE, MEAT-FREE**

**WINE: Woolworths Bosman Pinotage**

**TAMARIND TOFU-AND-BRINJAL CHINESE BBQ**  
R56 PER SERVING



## CHILLI-GINGER HAKE

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 20 minutes

ginger 2 T crushed

cornflour 1 t

water 1 T

soya sauce 2 T

Woolworths peanut or stir-fry oil 1 T

Woolworths baby marrow

noodles 300 g

coriander 20 g, chopped

hake 4 x 150 g portions

Woolworths Korean chilli glaze 3 T

**1** Preheat the oven's grill. Mix the ginger, cornflour, water and soya sauce.

**2** Heat the oil until very hot in a large pan or wok. Add the baby marrow

noodles and quickly swirl around the pan. Add the cornflour mixture and cook for 1 minute – add some water if necessary and wilt in the coriander. **3** Brush the fish with the glaze and place on a baking tray. Grill for 10 minutes until cooked through.

Serve with the baby marrow noodles.

**CARB-CONSCIOUS, FAT-CONSCIOUS, DAIRY-FREE**

**WINE:** Woolworths Villiera Chenin Blanc

### WOK 'N ROLL

*Woolies' prepared stir-fry veggies, sauces and sides will make weeknight meals even quicker*

#### **1** VEGGIES AND SIDES

- Bright and crunchy stir-fry
- Cauliflower couscous
- Coleslaw
- Crisp and crunchy stir-fry
- Farmer's vegetable selection
- Fresh egg noodles
- Freshly frozen diced vegetable mix
- Heat and Eat coconut jasmine rice
- Julienne carrots

#### **2** AROMATICS

- Garlic
- Ginger
- Chilli
- Spring onions

#### **3** SAUCES

- Asian stir-fry sauce
- Hoisin sauce
- Oyster sauce
- Soya sauce
- Teriyaki sauce

CHILLI-GINGER HAKE  
R28 PER SERVING



## MUSHROOM-AND-GREEN BEAN HOISIN WITH SEAWEED CRUMB

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 15 minutes

Woolworths peanut or stir-fry oil 2 T  
garlic 6 cloves, smashed  
ginger 1 x 10 cm piece, smashed  
red chillies 2, smashed  
Woolworths exotic mushrooms 300 g, torn  
green beans 150 g  
Woolworths Asian hoisin sauce

1 x 200 g bottle  
Woolworths udon or egg noodles, cooked, for serving

For the seaweed crumb, mix:  
Woolworths wasabi-flavoured roasted seaweed snack 1 x 5 g packet, crushed  
dried chilli flakes 1 t  
sesame seeds 2 T, toasted

MUSHROOM-AND-GREEN BEAN  
HOISIN WITH SEAWEED CRUMB  
R45 PER SERVING

**1** Heat the oil in a large pan or wok until smoking hot. Add the garlic, ginger and chilli. Swirl around the pan for 30 seconds. **2** Add the mushrooms and beans and fry until the mushrooms are golden brown. **3** Add the hoisin sauce and a little water to loosen. Heat and serve with the seaweed crumb and noodles.

**HEALTH-CONSCIOUS, DAIRY-FREE**

**WINE:** Woolworths Catherine Marshall Pinot Noir

### THE CRUNCH FACTOR

*The key to a good stir-fry is texture. Try these for the best results*

- Almonds
- Onion sprinkles
- Peanuts
- Pumpkin seeds
- Seaweed flakes
- Sesame seeds
- Sunflower seeds



# ROLL AND GO

Going back to work doesn't mean your lunches have to be boring. Woolies has added to its good-to-go range of deli meats, which are perfect for lunchboxes or satisfying lunches al desko. Grab them for an on-the-run snack or add to salads to make returning to the office that much more bearable.

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

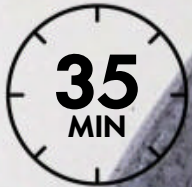
**SERVING SUGGESTION** Serve the roll-up selection in Woolworths Crunchita lettuce cups with chopped baby cucumbers, freshly sliced fruit and Woolworths' basil mayonnaise.





ADVERTISING PROMOTION

# CHEEKY CHOPS



Looking for new cooking inspiration to start the year? SA Pork is where it's at, for quality, affordability and full-on flavour. There's no limit to what pork can do, be it a simple cut on the braai, sausages for speedy dinners, or an irresistibly crispy pork chop. Serve with seasonal, fresh sides and you've got a winning combination to see you through summer. [sapork.co.za](https://sapork.co.za)





@SAPork



@sa\_pork



## SWEET-AND-SOUR PORK CHOPS

Serves 4 to 6

EASY

GREAT VALUE

Preparation: 15 minutes

Cooking: 45 minutes

**olive oil** 2 T

**pork chops** 6

**Woolworths sweet-and-sour sauce**

1 x 200 ml bottle

**lime** 1, juiced

**butter** 1 T

**salt**, to taste

**pineapple** 1, thinly sliced

**coriander** 1 handful

**For the slaw:**

**small green cabbage** 1, thinly sliced

**small red cabbage** 1, thinly sliced

**spring onions** 4, thinly sliced

**celery leaves, coriander**

**or baby spinach** 1 cup

**fish sauce** 1 T

**lime** 1, juiced

**olive oil** 1 T

**salt**, to taste

**1** Preheat the oven to 180°C. Heat the olive oil in an ovenproof pan over a medium heat, then fry the pork chops on both sides until browned.

Add the sweet-and-sour sauce, lime juice, butter and seasoning, then transfer to the oven and bake for 5–7 minutes, or until cooked through.

**2** Garnish with the pineapple and coriander and serve with the slaw.



ADVERTISING PROMOTION

# FLASH IN THE PAN

Woolies' sustainably sourced, wild-caught hake fillets are so easy to cook, they'll become your go-to quick and easy meal solution. Conveniently filleted, with the skin on for extra flavour, they're perfect for quick dinners and light lunches. Pan-fry for a crisp skin and serve with fresh greens for a wholesome summer-time meal. [woolworths.co.za](https://www.woolworths.co.za)



**FISH TALES** • Pat fish dry with kitchen paper, this absorbs any excess moisture and ensures crispy skin. • Score the skin using a sharp knife to prevent the fish from curling in the heat of the pan and to cook it evenly. • Use a non-stick pan and heat until very hot. Add a generous glug of olive oil. • Season the skin side and place skin-side down into the hot pan first, pressing down gently onto the fish using a spatula to make sure it has an even, crispy surface and does not curl. • Resist the urge to flip the fish before it has released from the pan, when it moves around the pan easily, it's ready to turn. • Cook the flesh side for no longer than 2 minutes; it always needs less time than the skin side. • As you flip the fish, add a knob of garlic butter to the pan and baste the fish. • Serve hot out of the pan; it's best served when everyone is ready to dig in.



EAT THIS, DRINK THAT,  
BUY THESE. RIGHT NOW.

COMPILED BY ANNETTE KLINGER

# Table Talk

## ¡AY, CARAMBA!

Spicy food is so hot right now (sorry, not sorry) and we can't think of a more comforting vehicle for fiery flavours than everyone's current sandwich fixation, the Mexican torta. Traditionally, they can be served on two types of soft rolls, the *bolillo* or *telero*, which are then filled with any number of meat, salsa and topping variations, depending on the region. Our favourite? The *torta ahogada*, filled with crispy pork, refried beans and onions, drowned in a chilli-tomato sauce.







## TREND REPORT

# Our top predictions for 2022

Comfort classics with novel treatments, communal dining, *more* plant-based alternatives, and all of the sweet treats are on the horizon this year



1

## Nostalgic desserts

After the emotional rollercoaster of the last two years, our appetites for the retro desserts of our childhood are on the increase. We're talking jelly and custard, malva pudding, ice-cream sundaes with extra sprinkles... anything sweet and satisfying that harks back to simpler times and brings out your inner kid, basically.



2

## Yum yums

After the release of its raspberry jam-filled yum yums in 2019, British retailer Waitrose saw a whopping 317% increase in sales in these treats the following year. Also in 2020, competing supermarket M&S launched its Yumnut – a yum yum-doughnut hybrid that left everyone confused, because weren't these two confections essentially the same thing? Allow us to clarify. The yum yum is a stretched and twisted, butter-enriched doughnut finished off with a sticky glaze. It can be filled or left plain. And we're waiting with bated breath for it to catch on locally.





## Sunflower seeds

Just when you thought the list of plant-protein alternatives had been exhausted, along comes the humble sunflower to remind everyone that it, too, would like a shot at glory. When toasted and ground into butter, sunflower seeds yield a silky mouthfeel and mild, earthy flavour; when soaked in water and blended, they produce “milk” that’s suitable for those with nut allergies and is easier on the pocket than many vegan counterparts. Commercially, the seeds are being utilised in everything from snack bars and crackers, to creamy cheeses and ice creams.

3



4

## Umami

It’s not like umami ever went anywhere, but there seems to be an increased demand for the fifth taste’s satisfyingly moreish, deeply savoury flavour in our daily diets. Our current umami obsessions? That comforting old-school favourite, anchovy toast, courtesy of Woolies’ new anchovy spread (with a grating of Parmesan for good measure) and Marmite tossed through hot, buttered popcorn. You can thank us later.



5

## Whipped lemonade

Move over dalgona coffee. With over 5.7 million views on TikTok, whipped lemonade is one of the drinks set to rule summer in 2022. Made by blitzing lemon juice, whipped cream, condensed milk and ice cubes in a blender until frothy, it’s a creamy, yet refreshingly tart, lemon milkshake with social media cred. And we’re not angry about it at all.



## Also moving up the charts...

### ➔ Floral flavours

Especially hibiscus, in everything from craft cocktails to barbeque marinades.

### ➔ Apple cider vinegar

Still gaining in popularity for its fruity, full-bodied flavour and gut-health-boosting properties.

### ➔ Tempeh

This fermented soya-based meat alternative has a crumbly texture and nutty, earthy taste, perfect for those who find tofu too smooth and bland.

### ➔ Firepit cooking

As if South Africans need a legitimate reason to braai, along comes a socially sanctioned trend.

### ➔ Braaied watermelon

Everyone’s favourite summer fruit meets everyone’s favourite summer pastime.





STILL HOT RIGHT NOW

# On our radar

Plant-based eating is going nowhere, folks. These are our new favourite ways to eat fruit and veg



## The new WFH sando

PB&J sarmies not cutting it anymore? Enter foodfluencer Nasim Lahbichi's peanut-miso-chickpea salad sandwich. The plant-based filling offers a trifecta of umami, spice and acid, plus a double dose of plant proteins, making it a truly sustainable lunchtime choice. Check [@lahbco](#) for the full recipe.



## Small fries

➔ [@homechefseattle](#) recently revived the finicky to make but beautiful to behold windowpane potato chip trend with a tutorial on Instagram, and people lost their minds. To recreate, you'll need a mandolin slicer, fresh herbs, steady hands and the patience of Job.



## Smashing pumpkins

➔ As if we needed another reason to break out the chips, along comes Woolies' frankly genius new fresh, plant-based smashes. Available in sundried tomato, cauliflower and spinach varieties, they're guaranteed to sort all your summer snacking needs.

## Big love

➔ From giant Fruit Loops and XXL ramen cups, there seems to be a supersized food trend afoot Stateside. While we can't see ourselves setting a table around a communal 1 kg doughnut, we can definitely get behind recipe developer Amisha Gurbani's recent reimagining of the samoosa as a party-sized, shareable tart.







# BAGNODESIGN

## KITCHEN MIXERS



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**BAGNODESIGN**  
EXPERTLY CRAFTED BATHROOMS





## FOOD NERD TO FOLLOW

# Queen Finxa

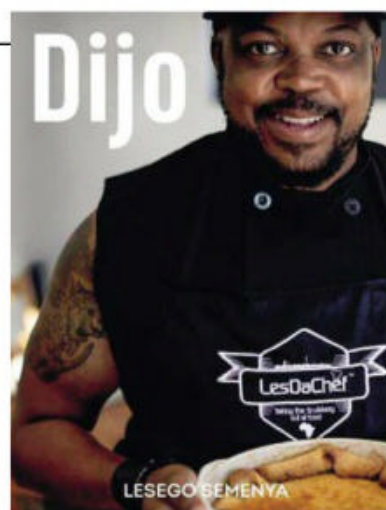
Fans may come to chef and recipe developer Zandile Finxa's Insta page for the feel-good recipes (baby marrow banana bread with baobab ice cream, yes please!), but they stick around for the feel-good vibes



Follow @queen\_finxa on Instagram.

## Top foodgrammer tip

"Create contrast between your food and your plate to allow your dish to stand out and play around with different colours and light angles. Most importantly? Don't overthink it!"



## Now reading

"Right now, it's my dear, late friend Lesego Semenya's *Dijo*, which I hold dear since his passing. His *makipkip* white chocolate mousse is an absolute stand out!"

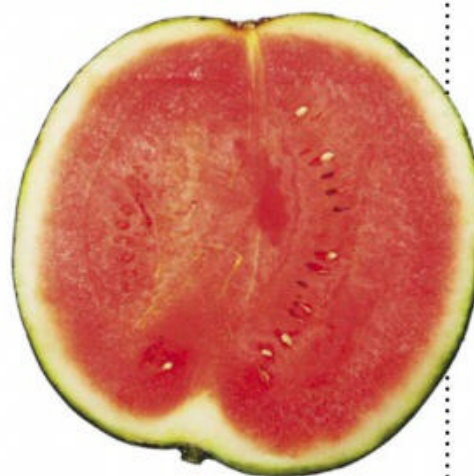
## Plant heroes

"Chefs Lauren von der Pool and Sophia Roe. Lauren highlights the ingredient and heroes its flavour and texture, while Sophia experiments with ingredients beyond what we assume their capabilities are."



## Pantry non-negotiables

"Sumac and smoked paprika. Sumac brings such a bright freshness to every dish without taking away from the flavours, while smoked paprika makes every meal taste wood-smoked to perfection."



## Summer produce plans

"Watermelon with lots of freshly squeezed lime juice and finely chopped mint and corn – from boiled to grilled to roasted to braied."



## Plant-based crush

"I recently tried an oat Mylk soft serve from Grumpy & Runt that restored my faith in humanity. The simplest treat reminded me of how we forget the nostalgic pull of food that feeds our inner child. The world is catching on to creating fun, alternative foods!"







## ANATOMY OF A DISH

# Cauli power

At The Living Room at Summerhill Estate in the KZN Midlands, east Asia meets South Africa in chef Johannes Richter's spice-battered cauliflower nuggets with home-fermented Durban-style shoyu

➔ **The batter:** The cauliflower florets are dipped in a batter of dhal flour, potato starch and water, spiced with crushed cumin and fresh, grated garlic, ginger and turmeric, before being deep-fried to crispy, golden perfection.

➔ **The dressing:** The dish was built around the home-made Durban-style shoyu, which is the backbone of this dressing. "We make the shoyu by steaming the mother of all African grains, sorghum, and yellow dhal, to incorporate Durban's Indian heritage, before we inoculate the mixture with a Japanese culture called koji," says Johannes. "From there, we let it ferment for 48 to 72 hours, before adding it to a saline solution, and then let the enzymes do the rest of the work for at least six months". (Now that's forward-planning.) Johannes then adds roasted ground sesame seeds, honey and apple cider vinegar to their house-made shoyu.

➔ **The finishing touch:** A sprinkling of fresh coriander and spring onions adds a pop of fresh herbaceousness, and a scattering of toasted white sesame seeds, a base note of nuttiness.

➔ **The cauliflower:** Sourced from a small, local farmer, the tender cauliflower's sweet nuttiness creates a beautiful contrast with the crunchy texture of its deep-fried exterior. "I find it also works really well with the savoury umami, nutty sesame and sweet honey of the dressing," says Johan.

## SHOW ME SHOYU

Shoyu is a Japanese-style soya sauce that's traditionally made with a combination of roast wheat and soya beans, which is then inoculated with koji, a mould grown on steamed white rice.

Find The Living Room at Summerhill Estate, KZN Midlands, [summerhillkzn.com](http://summerhillkzn.com)





## BRAND ICON

# Did someone say Chuckles?

Since debuting on Woolies' shelves, the chocolate-coated malted orbs have not only cornered the market, but kept evolving to keep the TASTE team well and truly hooked

➔ "My favourite remains the classic version, crumbled into flapjacks with loads of butter."  
– *Hannah Lewry*

➔ "I really love Chuckles as they are, but I also love them in a trifle or swirled into fudge just before setting! They also add amazing texture to chocolate bark." –  
*Khanya Mzongwana*

➔ "The peanut Chuckles get my vote. I'm old school like that."  
– *Alistair Fester*

➔ "My vote goes for the new Chuckles ice cream. I mean, WHAT? Chuckles. In ice cream. How are we supposed to go on with our lives?!"  
– *Jeanne Calitz*

➔ "I'm a sucker for the ginger biscuit Chuckles. I was sceptical of the flavour combo, but the ginger really adds something special. They're incredible in Saadiyah Hendricks' Chuckles chocolate tart, where she uses them as part of the base and the topping. Watch the video on TASTETube if you don't believe me!"  
– *Katharine Pope*

➔ "The new Chuckles chocolate ice cream is like eating a tub of the double-thick malted milkshake that was my favourite flavour at the old Dairy Den roadhouse in Johannesburg."  
– *Abigail Donnelly*

➔ "Those new Chuckles ice creams on a stick are insane!" – *Lynda Ingham-Brown*







# THE NEW NESPRESSO VERTUO COFFEE SYSTEM

## A CUP FOR EVERY TASTE AND MOMENT

The Vertuo Next is Nespresso's most versatile machine yet, designed to make a full range of long and short cups of coffee - from 40ml Espresso to the new 535ml Carafe Pour-Over Style - at the touch of a button. Through barcode recognition and Centrifusion™ extraction technology, the system adjusts brewing parameters such as temperature, water quantity, and rotation speed for an exquisite cup every time, just like a personal barista. Vertuo Next is made from 50% recycled plastics, with 100% of its packaging from recycled sources and 99.5% recyclable. The Vertuo Next system is available nationwide now and at [za.buynespresso.com](https://za.buynespresso.com).







63 WORDS ON...

# A rosy sangria

Give the spritzers a rest and turn your nearest carafe into a rosé-tinted spectacle this summer, says TASTE's resident cocktail expert, Jeanne Calitz

In a glass pitcher, combine 1 bottle of **rosé wine**, 2 T **caster sugar** and  $\frac{1}{4}$  cup **fruity liqueur** such as **Cointreau** (or elderflower). Stir to dissolve the sugar, then add a couple of handfuls of your favourite seasonal fruit – we like **sliced peaches, strawberries, slices of spanspek or watermelon**. Add **fresh mint** and ice and top with sparkling water for extra pizzazz.





WOOLWORTHS

# WCELLAR

## WINE CLUB

Did you know that Villiera has been making Woolies' house Cap Classique range for over two decades? For insider's advice from cellar master Jeff Grier and other pros, join SA's coolest wine club. You'll also get monthly vouchers and other exclusive benefits, including invitations to tastings with the experts. Membership is free!



### SIGN UP NOW!

Scan this QR code using the camera on your smartphone.  
\*Terms and conditions apply.



**DRINK RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18.**





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# THINK SMART IN 2022

## EAT WELL, LIVE WELL, PLAN AHEAD

It is said that we don't inherit the Earth from our ancestors; we borrow it from our children. This makes us pause for a moment, and not think about the past or the present, but consider the future. Instead of living just for today and gratifying our own immediate needs, we should think about how our actions will affect the planet and future generations who will live on it. You may be asking "Where do I even begin?" To make it easier for you to become a world-changing eco wonder warrior, we've put together a few tips on how to make sustainability a priority this year.



### EAT WELL

- Make one of your daily meals vegetarian – you might enjoy it more than you think.
- Plan all meals to reduce waste, and save money by buying what you need when you need it.

### TRAVEL SMART

- Going somewhere? Consider lift clubs, or sharing Uber rides with friends.
- Organise errands to reduce driving time – with the petrol price being what it is, both your pocket and the planet will thank you.
- If you live close to family, shops or your favourite pizza spot, walk (or cycle) whenever possible. Time outdoors will lift your mood, and it's good for you.

### PLAN AHEAD

- Need to buy something? Choose locally produced items that have a long lifespan.
- For the ultimate sustainable gift, invest for the future with Old Mutual Unit Trusts. Unit trusts are a safe, transparent, easy-to-access investment option – and you can choose to invest in businesses that are environmentally and socially responsible, allowing you to care for the planet while growing your wealth.

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## IN YOUR GLASS

# How to drink now

Cheers to new beginnings! We've identified the wine trends that will guide your buying and drinking more than ever in 2022

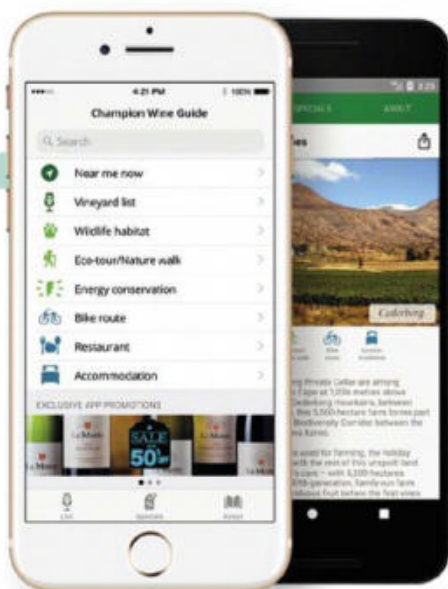
## Discover pét-nat wines

Pet what? It's short for *pétillant naturel*, a French term meaning "naturally sparkling", referring to an artisanal method of wine making, or *méthode ancestrale*, that dates to before Champagne was first made. Described as a wilder version of Champagne (which undergoes a secondary fermentation in the bottle) pet-nat wines are bottled during their first fermentation. This allows the natural sugars in the grapes to produce carbon dioxide – and thousands of tiny bubbles. The results can be unpredictable, adding to the sense of adventure and experimentation around these wines. Unlike the traditional cork, they're sealed with crown caps, beer-bottle style, and meant to be drunk soon after purchase. **Look out for the Mother Rock Force Celeste Cuvée PN made from Pinotage grapes, the Bosman Pet-Nat Chenin Blanc and The Blacksmith Bloodline Pet-Nat.**



## Support wine farms that care about the planet

Download the Conservation Champions app to discover which farms prioritise the environment. Look for the WWF's distinctive sugarbird and protea label on wines made by farms that have earned official Wine Conservation Champion status. There are now 50 farms with this prestigious title in SA, and apart from spearheading innovations in winemaking and vineyard practices, they also offer wine and nature lovers the chance to explore their offerings. To find out more about walks, bike routes, restaurants and accommodation at the likes of Spier, La Motte, De Wetshof, Paul Cluver and Cederberg Wines, download the Champion Wine Farm Guide app for iOS and Android at [championwineguide.co.za](http://championwineguide.co.za). @wwfsouthafrica; @followthesugarbird; [wwf.org.za](http://wwf.org.za)



## Rethink the box

If you're still turning up your nose at boxed wine, this is the year to put all that snobbery behind you. Everyone loves a classic bottle, but the convenience of boxed wine can't be ignored. Plus, the global shortage of glass and aluminium during the pandemic meant that producers have looked to alternatives. This means you'll be seeing even more great-quality wines in this format this year, including from the likes of Beyerskloof and Diemersdal. We recommend the **Spier Cabernet Sauvignon 2 litre (R179.99)** exclusive to Woolies, for your kitchen counter. And if you're heading out for lunch al fresco, simply pick it up, pop in your picnic basket and go.

## Shop for vegan wines

The global growth of veganism has seen winemakers switching from animal-based fining products, which are used to filter wines and improve their clarity, to vegan-friendly alternatives. So the likes of egg whites and milk protein are being replaced with products such as pea protein, potatoes and clay-based agents to ensure that wines are suitable for anyone following a vegan-based diet. At Woolies, look for the **Villiera Cabernet Sauvignon (R94.99)** and **Laibach Ladybird Organic Rosé (R74.99)**.



## Order wine on tap

Wine on tap is being touted as the future of by-the-glass offerings in the restaurant world. Serving wine from stainless-steel kegs eliminates waste – and obviously the chance of being served from a bottle that’s been open for too long. You can also try a range of wines with your meal without committing to a single bottle. Plus, the reduced packaging is better for the environment and results in a cost saving that should be passed on to you.

Innovative bars and restaurants in the US have been doing this for years, but it’s only just taken off in the UK where restaurants such as Avenue in London are now serving four Californian wines on tap. Best suited to youthful wines meant for early consumption, kegs provide a completely inert environment, so the wine inside doesn’t age (if a wine requires wood or tank ageing, it’s done prior to kegging), which is great for quality.

## “It’s all about South Africa, with the Swartland its wild heart” – Alice Lascelles

## Stock up on Cinsault

“It’s all about South Africa, with the Swartland its wild heart,” says *Financial Times* wine writer Alice Lascelles about the rise of Cinsault. While you’re used to seeing this “workhorse” grape in red blends, where it adds fruitiness, you’ll be seeing more single-varietal versions in 2022, particularly from the older vineyards of the Swartland. At Woolies, try **Marras The Trickster Piekenierskloof Cinsault (R99.99)** and the **Adama Wines Cherry Cinsault (R79.99)**

## Give cans a chance

For some, it’ll always be a cork or nothing, but the same shift in attitude we saw with screw caps is happening with canned wines. Like boxed wine, the premium canned wine category is growing to meet the demands of wine lovers seeking convenience, smaller servings, and a form of packaging that’s endlessly recyclable. The glass-per-can serve means you can cater for a variety of preferences without opening a lot of bottles (great for your budget!). Expect to see more single-varietals and terroir-specific offerings this year. We recommend the **Organic Merlot, Sauvignon Blanc and Rosé (R79.99 for 4 x 250 ml)\***, brand-new at Woolies. (Bonus: no boot full of rattling bottles on your next road trip!)

\* Available from 10 January 2022.







## PERFECT PAIRINGS

# Match points

Wondering what to pour with light summer fare? Sommelier and wine judge Joseph Dhafana recommends three Woolies wines to drink with pork, spicy hake and steak



→ Joseph Dhafana (@wine\_poet) is a wine judge, award-winning sommelier and independent wine consultant. He is also the founder of @mosiwineandspirits.

**Pork with figs + Cinsault**

The delicate flavour of pork demands a lighter style of wine, such as the **Marras The Trickster Piekenierskloof Cinsault (R99.99)**. It's an elegant choice, slightly earthy, and immediately shows aromas of cherries, plums, raspberries and pomegranate. The palate is fresh with balanced acidity, cutting nicely through the richness of Nigel Slater's pork on page 111. It's definitely a red you can chill slightly.

**Chilli-ginger hake + Sauvignon Blanc**

The freshness of David Nieuwoudt's **Ghost Corner Sauvignon Blanc (R219.99)** is perfect for the hake on page 21. Expect aromas of fig, lemongrass and gooseberries, and great minerality. Although the strong flavour of ginger tends to overpower wine, this one has pyrazine characteristics – or green flavours – which work well with the aromatic spiciness of the dish.

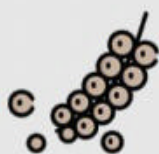
**Carpaccio-style steak + a red blend**

Ken Forrester's **Shiraz Grenache Mourvèdre (R89.99)** is slightly spicy with mocha, dark chocolate and gamey notes. Expect great palate weight with pepper and nutmeg. Rich and complex, it's the perfect complement for the rump steak on page 70, thanks to its depth and medium tannin structure. The nutmeg flavours in the wine uplift the roasted nut flavours in the dish.

**DISCOVER CINSAULT** Often found in Rhône-style blends and Provençal rosé, as a single varietal it's a perfect light red for summer sipping and a great match for Mediterranean-style food.



10-15°C



Black pepper



Cherries



Raspberries



Violets





## IN CASE OF A CROWD, BREAK SEAL.

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## HAPPY HOUR

# Rum diaries

Move over gin – craft rum (neat or in cocktails) is the drink we'll all be sipping this summer, says TASTE's drinks expert Jeanne Calitz

## There was a time when people looked down their noses at rum

and, by rather unfair association, rum drinkers. This may have been due to an influx of cheap and nasty varieties in South Africa, back in the day, as well as a rather regrettable association with drunken sailors. But I'm happy to report that those times have passed and, in fact, there are some who are even saying that rum is the new gin. Time will tell. Until then, I'm enjoying learning about this spirit and its potential in my cocktail cupboard.

You may have thought that there are only two types of rum: white and dark. But within those categories lives a whole world of flavours and methods. There's gold rum, spiced rum, Demerara rum, black rum, so-called

"overproof" rum (strong as blazes!) and even navy rum – which refers not to its colour but its origin – this was the version given as a ration to sailors.

But back in the 21st century, it's a brave new world, with a host of quality South African producers stepping into the craft rum arena. Consider these recommendations for your next outing to the liquor store.

➔ **Cape of Storms** (capeofstormsdistillery.com) has three award-winning rums in its stable: the Great White, oak-infused and Fyn Botanical.

➔ The subversive **Floating Dutchman Cape Rum** (floatingdutchmanrum.com), with notes of chocolate and caramel, was named most exceptional rum at the recent SA Rum Awards.

➔ Centurion-based **Earthbound Distillery** (earthbounddistillery.com) won gold at the same awards for its silver and amber rums.

➔ Don't forget James Copeland's award-winning **Copeland Rum** (copelandspirits.co.za). If you like white rum, this one charms with notes of litchi, pineapple and spice.

So, what do you *do* with these rums? If you buy a quality craft rum, it should be good enough to sip on its own, savouring all those delicious spicy notes, hints of vanilla, coffee and caramel. And if you're leaning towards a cocktail, there's life beyond the mojito. Apart from delightful concoctions such as the dark and stormy (rum, ginger ale and lime), you could simply use rum in some of your favourite classic cocktails – try a rum negroni, old-fashioned or martini, as we did here.

And, finally, what shall we do with the drunken sailor? Well, if he'd been drinking excellent rum properly (slowly, and with a bit of style) he would never have been in that boat to begin with.

@jcalitz

**RUM MARTINI**

**RUM OLD-FASHIONED**

**RUM NEGRONI**





INTRODUCING

AGED 4 YEARS UNDER THE CARIBBEAN SUN

*Facundo Bacardí*

**BACARDÍ**  
AÑEJO CUATRO  
AGED 4 YEARS  
F1862B

**BACARDÍ**  
DO WHAT MOVES YOU

EL REY DE LOS RONCES  
Santiago de Cuba

The advertisement features a central bottle of Bacardi Añejo Cuatro rum, flanked by two glasses filled with rum. The background is a vibrant, tropical-themed illustration with palm leaves, hibiscus flowers, and a large, stylized number '4' that frames the bottle. The bottle label includes the Bacardi bat logo, 'AÑEJO CUATRO', 'AGED 4 YEARS', and 'F1862B'. The overall design is ornate and evokes a sense of Caribbean luxury and tradition.

LIVE PASSIONATELY. DRINK RESPONSIBLY. © 2018. BACARDÍ, THEIR TRADE DRESSES AND THE BAT DEVICE ARE TRADEMARKS OF BACARDÍ & COMPANY LIMITED, BACARDÍ U.S.A., INC., CORAL GABLES, FL. EACH RUM 43% ALC. BY VOL.



ADVERTISING PROMOTION

# BEEF UP YOUR BEEF!





Add a bit of luxury to the familiar with Woolworths' new ground Wagyu beef range. There are patties, frikkadels, mince, boerewors and even bangers – it's never been easier to shake things up. Be it for a quick midweek pasta, a proper burger or a new braai option, you'll fall for Wagyu's unique buttery flavour and endless versatility. [woolworths.co.za](http://woolworths.co.za)



**BANGERS** Prepare the bangers according to package instructions. Once cooked, add 2 T butter to the pan and allow to brown. Add 2 T Woolworths onion marmalade to the pan and heat. Serve the bangers with Woolworths rainbow slaw tossed with basil-and-white balsamic dressing.



**BOEREWORS** Cook the boerewors according to package instructions. Toast 1 packet Woolworths ultimate hotdog rolls in a pan in 1 T butter over a medium heat. Top the boerewors rolls with Woolworths chipotle sauce, sliced jalapeños in smoke-flavoured brine, pickled red onions, salted nacho chips, grated Cheddar and fresh coriander.



**MINCE** Fry the mince in 2 T olive oil with 2 T minced onion and 1 t minced garlic. Add 1 x 212 ml jar Woolworths chilli-and-garlic stir-through pasta sauce and season. Toss through a handful of fresh baby spinach and the cooked pasta of your choice.



**FRIKKADELS** Prepare the frikkadels according to package instructions. Add 3 T Woolworths Asian Chinese BBQ glaze, then cook for 5 minutes until slightly sticky. Serve with baby spinach, baby marrow noodles, petite-herb salad, coriander and spring onion.



**SERVING SUGGESTION** Prepare the Wagyu patties according to package instructions. Top with slices of Cheddar cheese and serve on a toasted bun with dollops of mayonnaise, sliced tomatoes and burger sauce. To make the burger sauce, combine 1 T mustard with 1 T mayonnaise and 1 T tomato sauce. Stir in finely chopped gherkins. Serve the Wagyu burger with Woolworths frozen crinkle-cut chips, prepared according to package instructions.





# Hot salad!

Finding a “low-cal” salad to love has not been easy for Sam Woulidge, but she’s made it her new year’s mission to find the joy in a well-dressed plate

A while back, I found myself ordering salad takeaways three times in one week because I was craving it. Strange behaviour for me, I know. But there it was; I wanted crisp salad greens and, as usual, I had no inclination to make it myself.

I just don’t love making salad. I like salads prepared by other people. My friends make great salads, restaurants make great salads. Some shops make great salads. Mine are generally mediocre. Although I do have a handful of great, albeit calorific, salad recipes I make over and over again. My radish, basil and feta April Bloomfield one is a winner, as is my raw sweetcorn, mint and feta that goes so well with Mexican flavours. My tomato, garlic and anchovy salad is pretty addictive, and I can throw together a pretty decent version of Jacques’s Kewpie mayo-drenched Asian slaw even though I have a heavy hand with the ginger and peanuts. Also, my Greek salad is excellent perhaps because it’s so simple and I follow the golden rule of not adding lettuce as so many people are wont to do.

But I know I must expand my repertoire because I need to deal with my alarming pandemic weight gain and would like to deal with it in such a way that I do not feel utterly deprived and miserable, and also because of Seb, who eats only cucumbers (he calls them “cukes”, which makes me smile) and tomatoes “when they haven’t touched anything else...” He regards everything else with acute suspicion. I’d like him to develop a taste for fresh crunchy things, so that ice creams are not the only treats. And I’d also like him not to continue regarding salads with such distaste and disdain, even as my own eyes drift across to the dessert menu...

I do have some healthy salad memories to call on in times of need. I remember how my mom used to take me to Zerban’s in the Gardens Centre after school and we’d eat an incredibly delicious crunchy salade Niçoise that was served in large glass bowls at linen-draped tables. I chose the salad

over the pastries. Every time.

In New York at David Chang’s Momofuku Ssam Bar, the green goddess salad blew me away. A large wedge of iceberg lettuce (never underestimate iceberg lettuce!) with green goddess dressing poured over it. That was it. I couldn’t get enough of it. The dressing was so good it almost made me forget about my cracked tooth, which had fallen victim to a walnut dressing (beware of walnuts!) in a rather less spectacular salad at a trendy salad bar we’d been to the day before. For me, salad dressing is the most important part of a salad. The French know this. A good vinaigrette makes a well-dressed salad.

Classic culinary couture.

My new favourite salad has a dressing of garlic, chilli and sesame seeds and tastes nothing like the deprivation of I’m-on-a-diet cucumbers. It also tastes nothing like those rounds of cucumber drenched in the sugared vinegar of my youth; this is a grown-up, well-travelled, spicy salad. Cool cukes for when you’re feeling hot, hot, hot. So, let these be my true salad days, for while Shakespeare’s idiom idealised the carefree innocence of youth, ageing is a privilege not everyone is afforded, I say. And so, as a new year begins, I will continue to pursue pleasure and joy. And find both. Even in a salad. **W**

**confessionsofahungrywoman.com; @samwoulidge**

## FIERY CUCUMBER SALAD WITH A FEW “CUKES” FOR SEB

**Serves 6 to 8**  
**EASY**

**GREAT VALUE**

**Preparation: 10 minutes**

**Cooking: 5 minutes**

**For the chilli oil (this makes a large batch and can be used to spice up anything: cucumbers, fried eggs, noodles, or pasta sauce):**

**chilli flakes** 35 g  
**ginger** 2 T minced  
**garlic** 1 T minced  
**Maldon salt** 1 t  
**canola oil** 1 cup

**chilli oil** (see above) 1 T  
**sesame oil** 1 T (if you have roasted sesame oil even better)  
**rice vinegar** 1½ T  
**Maldon salt** ½ t  
**sugar** 1 T  
**Woolworths mini cucumbers** 700 g, topped, tailed and cut into 10 cm

chunks (you can use other cucumbers but make sure to smash and drain them otherwise the salad will be too watery)  
**sesame seeds** 4 T, toasted  
**roasted, salted peanuts** 75 g, roughly crushed

**1** To make the chilli oil, mix the chilli flakes, ginger, garlic and salt in a bowl.

**2** Heat the oil in a small saucepan over a medium-high heat for about 4 minutes, until it gently starts to bubble. **3** Remove the oil from the heat and allow it to cool for a minute or so, then add the chilli mix and stir. The chilli will fizzle upon impact – don’t worry. Once it’s cooled down properly, pour the chilli oil into a jar. It can be stored for a month or so.

**4** Mix the chilli oil, sesame oil, rice vinegar, salt and sugar and pour over the cucumbers. Before serving, sprinkle over the sesame seeds and peanuts. You can do your prep work ahead, but this salad is best freshly assembled.

**WHEAT- AND GLUTEN-FREE, PLANT-BASED**





**“My new favourite salad tastes nothing like the deprivation of I’m-on-a-diet cucumbers”**





# Plant a seed

Mogau Seshoene is a fan of Veganuary – if only because it helps her reimagine veggies and cook them in more delicious ways



“New year, new me,” that’s the mantra. Time to get cracking on those vision boards, send out the year’s wishlist to the universe and, most importantly, to prepare to do the hard work that will make it all come to fruition. I have sections for career, travel, mental health, money goals, family and, of course, body and wellness.

Last year, after all the heaviness of the festive season, I tried Veganuary with the aim of making better choices. It basically meant going vegan for the month and limiting my intake of sugar and carbs. It took just a few days for me to become accustomed to a totally meat-free diet, and the

results were amazing. While my intention had not been to lose weight, I found that I made more conscious choices during Veganuary. A more colourful, plant-fuelled diet meant a more nutritious one. Coupled with light exercise and virtually no sugar, this resulted in a smaller waist.

This also encouraged me to develop the habit of reading food labels, something we should all do as we navigate the aisles of a grocery store. We owe it to our bodies to be better informed about the foods we put into them. And how lucky we are that these choices have been made much easier with the array of plant-based substitutes

available. Vegan alternatives to meat, yoghurts and treats make it effortless and delicious to go meat-free.

I don’t think the value of vegetables can be overstated. They’re packed with nutrients and flavour: the sweetness of carrots and butternut, the almost meaty and earthy taste of mushrooms, and the freshness of cucumber.

Following a meat-free diet also compels you to cook vegetables in more considered ways, grilling, braaiing, sautéing, and baking them. That’s perhaps what I enjoyed most: re-imagining veggie staples so that, in the end, I didn’t miss meat at all.

I may not have gone fully vegan after the four weeks, but I thoroughly enjoyed practising discipline at the start of a new year. If you’re giving Veganuary a try, here’s one of my favourite butternut and chickpea recipes. I was pleasantly surprised by the requests for seconds! **W**

## VEGAN ROAST BUTTERNUT-AND-CHICKPEA CURRY

**Serves 4**  
**EASY**

**GREAT VALUE**  
**Preparation: 10 minutes**  
**Cooking: 55 minutes**

**butternut 1**, peeled and cubed (or 300 g prepared butternut cubes)  
**olive oil ¼ cup**

**sea salt and freshly ground black pepper**, to taste  
**onion 1**, chopped  
**fresh ginger 1 t** minced  
**garlic 1 t** minced  
**turmeric 1 t**  
**ground cumin 2 t**  
**tomato 1**, grated  
**water ¼ cup**  
**chickpeas**  
1 x 400 g can, drained  
**coconut milk ½ can**  
**fresh coriander**, to garnish

**1** Preheat the oven to 180°C. Place the butternut on a baking tray and drizzle with 2 T olive oil. Season, then roast until tender, about 30 minutes. **2** Meanwhile, heat the remaining olive oil in a pan and season. Add the onion and sauté for 1 minute. Add the ginger, garlic and spices, then fry until fragrant, about 2–3 minutes. **3** Add the tomato and water. Reduce the heat to a simmer and cook for 15 minutes. **4** Add the chickpeas and butternut, and stir to coat. Add the coconut milk and stir to combine. Garnish with coriander.

**WHEAT- AND GLUTEN-FREE, PLANT-BASED**  
**WINE: Woolworths Ken Forrester Chenin Blanc**

Mogau Seshoene is the author of *The Lazy Makoti's Guide to the Kitchen* and *Hosting with the Lazy Makoti*, @thelazymakoti





ADVERTISING PROMOTION

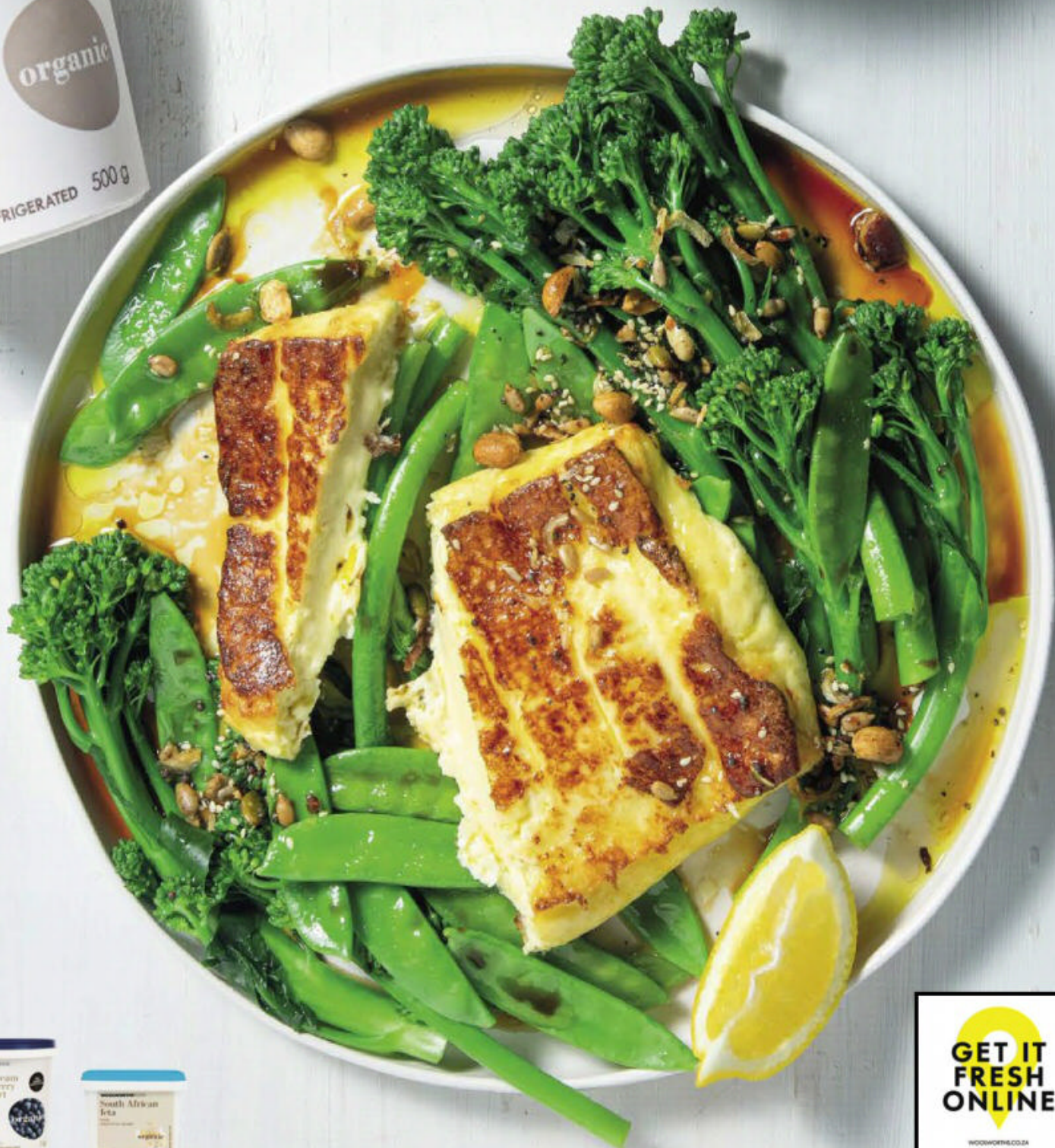
# NATURALLY GOOD

Go back to basics with Woolworths' new range of organic dairy. Joining the products you already know and love is a cheese range including Cheddar, feta and halloumi, and double-cream yoghurts. Sourced from certified organic producers in the Natal Midlands, the range is made the good old-fashioned way. Eating well has never been easier, or more delicious. [woolworths.co.za](http://woolworths.co.za)



## SERVING SUGGESTION

Prepare the halloumi according to package instructions and serve with blanched greens, such as Tenderstem broccoli and mange tout. To make the dressing, mix 2 T lemon juice with 3 T olive oil, and season with salt. Top with 1 T vino cotto and Woolworths seed-and-nut sprinkle.



organic







# Plate expectations

Dispatch from Amsterdam: famous butcher boy Andy Fenner predicts the trends that will be all over our feeds this year

Social media being what it is, a teeny, tiny kernel of an idea can blow up into a food trend almost instantly. And food trends have always travelled well, with cultures riffing on the same theme. So if you've got a screen, you've got a window to global food trends. But "trends" are also tricky to define. They're supposed to describe anything on the cutting edge of creativity, but for me, when it comes to food they should always be about new ingredients, new ways to treat existing ingredients, restaurants changing and adapting, new styles of dining, emerging talent, techniques and regions that are getting attention because of their unique food culture. So, based on that, this is what (and how) I think we'll be eating in 2022.

**"Food trends have always travelled well, with cultures riffing on the same theme"**



## 1. THE SHROOM

Seriously, Andy, mushrooms? Seriously. Mushrooms occupy a powerful space at an intersection of some big, well-publicised trends. Namely: plant-based food, sustainable food and healthy food. Mushroom powder is a known flavour enhancer for all kinds of things from hot drinks and broths to vegan sausages. Instead of, or in support of, ingredients such as pea protein, soya or gluten, mushroom powder can be more satisfying, flavour-wise. The variety of fresh mushrooms also facilitates so many cooking treatments – roasting, braising, grilling over coals, crumbing and deep-frying. If you want an alternative to fried chicken, don't expect to find that with

products that are trying to replicate fried chicken. Instead, crumb and fry a mushroom. Stick that in your taco.



## 2. YUZU IT

Look at any trends forecast for next year and you'll find this not quite yet famous Asian citrus fruit (mainly cultivated in Japan, Korea and China). As a fruit, it has a wide range of uses: the aromatic skin gives beautiful floral accents to dishes, while the juice is not as sharp as lemon. A complex blend of lime, and even pine, can be found in good yuzu. Say hello to everything from yuzu ceviche to meat marinades; mayonnaise, vinaigrettes, soups, sauces, broths, cocktails, seltzers, kombucha and ice cream. Yes, yuzu every day, yuzu every way. The balance of tart and sour with a complexity that lemons just can't produce, means we should expect big things from this small fruit.



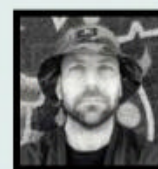
## 3. THAT'S THE (NON) SPIRIT

It's no secret that alcohol-free beers have blown up over recent years. Other categories are following suit. Wine is polarising, but one area that seems to be gaining steam is spirits, where producers are slowly catching up to the pace of innovation set by brewers. It makes sense. Cocktails (good ones, anyway) are a true craft and a mastery of balance. They're well considered and creative. So, consumers want the interest, excitement and texture of a quality cocktail without the effects of booze. And a cordial won't cut it. The opportunity is clearly there – if a venue can deliver a quality non-alcoholic drink, with all the flair and dramatic serving of a regular cocktail, it will shake up the market, starting with the younger, health-conscious Instagram crowd.



## 4. CAN DO

Being in Amsterdam, I am amazed at the access to canned, oily fish. I've always loved anchovies, mackerel and pilchards, but now I regularly stock up on tuna (in olive oil), smoked mussels and sardines. With tuna, the skin is stripped off for the canning process but with the other smaller fish, it remains intact. This is an important detail because those little cans will be packed with Omega-3 fatty acids. At home, my latest obsession is smoked cod liver, which is fatty, rich, flavourful and really good spooned into a pasta sauce to add body. But canned fish is popping up at restaurants and cafés everywhere, venues where every detail is meticulously curated and the canned fish is not an afterthought. It makes sense. Good margins, no waste and a great way to up the spend per head if you own a venue. If I'm on my second glass of wine and someone offers to bring out some grilled sourdough, pickles and assorted canned fish, you'd better believe I'm ordering more wine. I expect more products to be canned as people follow the lead of the inspirational Josh Niland in Sydney. Niland has earned himself world acclaim for his Fish Butchery, where he treats fish carcasses the same way as a traditional butcher would handle meat. Ageing (and dry-ageing) fish has allowed him to offer fish cutlets, fish sausages, fish parfait, fish bacon and various fish charcuterie. And as with any good butcher, Niland prides himself on using the whole carcass, which means, yes, canned fish.



**Andy is a strategy consultant, currently working with brands in Amsterdam, Seattle, Antwerp and Cape Town.**

**He is hopelessly addicted to sneakers, ramen and single-origin pour-over.**









## 5. OLD SCHOOL, SO COOL

We all know that food does something to our emotions. It can calm us, motivate us, delight us. It can provide security in times of uncertainty. Never before has comfort food provided so much, well, comfort. And if you imagine comfort as some kind of midwife for safety, suddenly it's pretty easy to see why, in the aftermath of Covid, food that celebrates retro and old-school cooking (and ingredients) is making a comeback. This is food that makes us smile, makes us nostalgic, in all the right ways. If something on a plate can provide this, I want it. It becomes exciting when clever people start experimenting with these familiar subjects. So, the world sees jelly, we become obsessed with jelly. Then someone starts doing hibiscus or elderflower or spekboom jelly. Or an eighties salmon mousse recreated using more sustainable fish. I'd love to see someone doing a modern version of snoek mousse, not relegating it to dip. Instead, celebrate its glorious kitschness, dressing it up for big dinner parties and restaurants, creating dramatic dishes to share.



## 6. THE BIRTH OF THE MERCH

Covid did a lot of terrible things to the industries we love. If there was one lesson for restaurateurs to learn, it was that they had, for years, been relying on a single revenue stream. They were suddenly forced to think more creatively about ways to generate income. Many chefs and venue owners woke up to the power of their brands. Until then, they had been selling plates of food to a very limited number of guests. Suddenly, they began to explore product lines, online content and delivery. For me, the most exciting category was merchandise. It's been a well-documented trend in the music industry, with performers making a fortune selling merchandise. (Often more than album or ticket sales at the same venue!) Why should food be any different? The best chefs – the best brands – should be teaming up with cool designers and fashion labels to produce cool stuff. They should be branding and selling T-shirts, hoodies, tote bags, reusable coffee mugs, sneakers, aprons and kitchenware. We've already seen some awesome and

unexpected collaborations (Ottolenghi designing a ceramics range; Heston Blumenthal's table braai). I can't wait to see food and fashion blur the lines a bit, and I can't wait to see the hard-working professionals finally get the rewards they deserve.



## 7. REDUCE AND PRODUCE

Remember flexitarians? That clever word used to describe people who weren't quite ready to go full vegan, but also wanted to pay attention to their meat consumption? Well, it didn't really take off the way plant-based eating did. However, the plant-based movement has one significant drawback. If a plant-based product is made from ingredients all harvested from farms designed to cultivate a single ingredient, it essentially promotes monoculture, which can also wreak environmental havoc. So, what's the alternative for those wanting to do right by the planet and its produce as well as themselves? The answer: polyculture. Animals introduced to help restore the Earth and the ability to produce food. Enter the reducetarian. With an understanding of moderation and acceptance, this market is committed to making choices based on both personal conviction and environmental awareness. Suppose you aren't ready to go completely vegetarian or vegan but still want to reduce your consumption of animal products to help the planet or improve your health? Congrats, you're a reducetarian. With this trend comes an

increase in demand for grass-fed meat and dairy, as well as organic eggs.



## 8. MILK IT

Milk alternatives have gone nuts (see what I did there?), hitching their brands to sustainability and making inroads for those who are serious about ditching dairy. It began with almond milk but oat milk is definitely the frontrunner right now, with brands like Oatly recently listing on the American Stock Exchange. Of course, the huge spike in demand for oat milk has come with its own sustainability challenges. Massive pieces of land, designed specifically for cultivating oats, is not good for the planet (see left). Enter some new-age thinkers who are exploring alternatives like barley, which could be the next grain to produce wide-reaching milk alternatives. Barley is hardy, drought-resistant and requires less water to cultivate than oats, for example. It is also more widely available, more affordable and the world's fourth-most abundant grain. Plus, barley is mainly used for beer production, which means there might be a dream scenario in which big breweries offer up their spent grains to producers making milk alternatives. Symbiotic.



## 9. LEVANTINE GETS LIT

We're always a bit obsessed with the next ethnic food trend, aren't we? Chinese. Korean. Thai. Japanese. Filipino. What's more interesting to me, though, is paying attention to more authentic and regional food within those countries. Think Tuscan rather than simply Italian, or Baja instead of Mexican. Which is what makes Levantine food even more exciting. The Levant refers collectively to areas such as Cyprus, Lebanon, Egypt and Turkey. In other words, this food can offer specific, diverse flavours and tastes with some crossover and commonality. And people are digging it. "Middle-Eastern food" has evolved and is now getting the respect it deserves instead of just an all-encompassing description. You'll still find smoky brinjal, preserved lemon, za'atar, pomegranate, tahini and labneh, the only difference is that now you'll find it in the right context. And everything tastes better when it's served with context. **W**



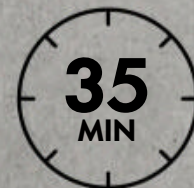
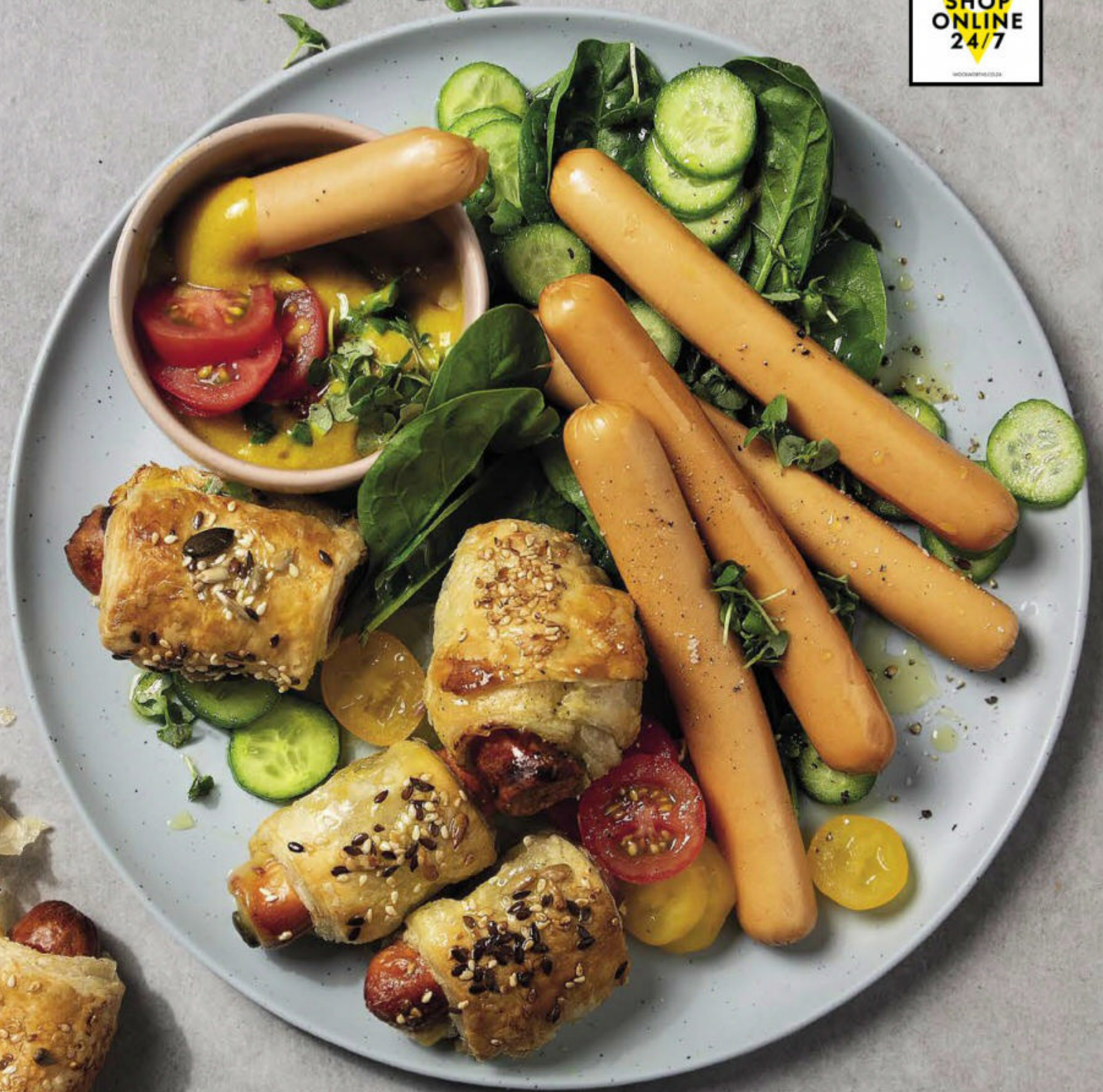
ADVERTISING PROMOTION

# ON A ROLL

Looking for a new idea to keep the little ones happy?

Woolworths' chicken viennas might be just the thing you're after. Lightly smoked and made using chicken breast, they're ready for the classic hot dog treatment or for making "chicks in a blanket". The kids will love them.

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



**SERVING SUGGESTION** Preheat the oven to 200°C. Halve 500 g chicken viennas. Roll out a sheet of puff pastry and cut into 4 even strips, then into blocks big enough to wrap around the halved viennas. Spread the pastry with mustard and sprinkle with cheese, then wrap around the viennas, pinching the edges to seal. Chill for 30 minutes. Brush with beaten egg or milk, sprinkle with sesame seeds and bake for 15–20 minutes until golden and puffy. Serve with salad.



# ACID TEST

Add some zing to your cooking this summer with Woolworths' imported Italian vinegars. Made in Italy, using artisanal methods, these authentic balsamic vinegars are perfect for salad dressings, splashed over grilled fish, meat and cheese, or simply for dunking crusty bread. The perfect balance of acidity, sweet and sour notes, they'll make every dish come alive. [woolworths.co.za](http://woolworths.co.za)



This sweet balsamic is aged in wooden barrels for at least three years. Use it on Parmesan, grilled fruit, or even ice cream.

1

White wine vinegar is blended with concentrated grape must to make this fruity vinegar.

2

Made with wine vinegar and 33% grape must, this vinegar is great for everyday use.

3

This four-grape vinegar contains 50% grape must, giving it a distinctly dark colour and smooth flavour.

4







## GRILLED FISH AND GREENS

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 15 minutes

**white fish fillets (cob, hake or kingklip)** 600-800 g

**olive oil**, for drizzling

**sea salt**, to taste

**crushed green**

**peppercorns**, to taste

**asparagus** 200 g, blanched

**Woolworths edamame**

**beans** 110 g, blanched

**For the Caprese salad, toss:**

**tomatoes** 2, thinly sliced

**fior di latte mozzarella** 150 g

**olive oil** 2 T

**balsamic vinegar** 3 T

**sea salt and freshly ground**

**black pepper**, to taste

**For the salad dressing, mix:**

**olive oil** 2 T

**Woolworths white balsamic**  
**condiment** 3 T

**lemon** 1, juiced

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

**1** Preheat the oven to 180°C. Place the fish on a baking tray, drizzle with olive oil, season with salt and peppercorns, then bake for 10–12 minutes, until cooked through. **2** Serve the fish with the asparagus, edamame beans and Caprese salad, drizzled with the dressing.





PHOTOGRAPHS  
JAN RAS  
TEXT  
ANNETTE  
KLINGER  
PRODUCTION  
ABIGAIL  
DONNELLY  
RECIPES  
CLARA  
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ASSISTANT  
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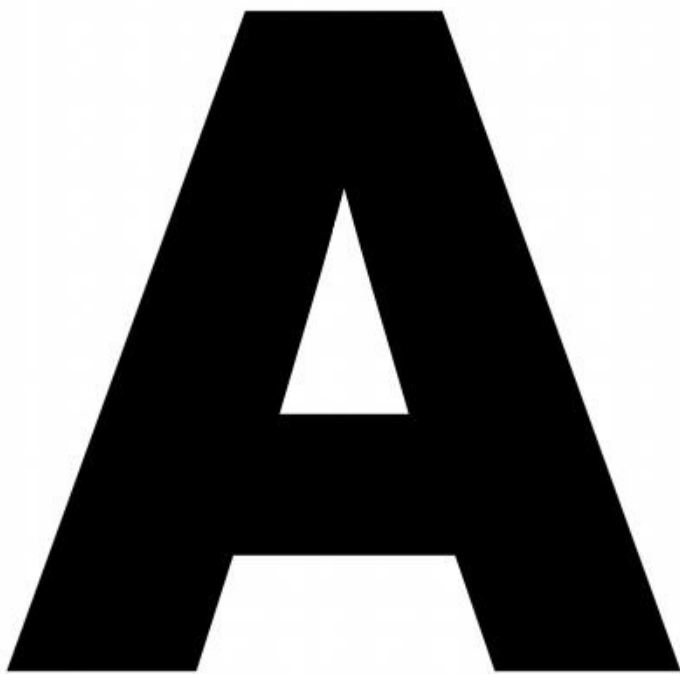
► The tasting plate is the best way to experience all the dips on offer, which are, from the top middle bowl, zhough, muhammara, baba ganoush, hummus, harissa, toumeya, tahina, butternut dip, tzatziki, moutabal and labneh.



Not only does The Lebanese Bakery fire up the best flatbreads in Cape Town, it's fast becoming the destination of choice for authentic Middle Eastern meze

# LEVANT GARDE





## FRESH-FROM-THE-OVEN PITA IS A BEAUTIFUL THING.

Golden brown and puffed up like a cushion, with little pleats around the edges, these are a far cry from the flat discs that might find their way into your supermarket trolley. By now the novelty must have worn off for the team of bakers, Marvin Camphor, Ben Sharief, Ibrahim Mbwesio and Jimmy Dube, who retrieve around 500 pitas on a weekday, and up to 1 000 on a Saturday, from the flaming belly of The Lebanese Bakery's oven. However, for regulars and new patrons of the bakery on Imam Haron Road in Claremont, it remains a sight to behold.

"When I came to Cape Town, I got the idea that anything goes in terms of Middle Eastern cuisine," says owner Khaled El-Alfy, who moved to SA from Egypt over a decade ago. "I'd be told that I was eating falafel and I'd go, 'Really?!'."

But the recipes we use here are the same as you'll find in any home or streetfood stall in the Middle East."

In addition to its fly-off-the-shelf pitas, The Lebanese Bakery does a roaring trade in *saj*, a flatbread often filled and enjoyed rolled up, and *ka'ak* or "handbag" bread, a tear-shaped flatbread with a circular hole near the top. "In Lebanon, there are people with bicycles waiting outside the bakeries who hang these breads from a stick over the handlebars to go and sell at the markets," explains Khaled. "People often eat it just like that with olive

oil and za'atar, and here we like to open it up and fill it with Nutella and banana before putting it back in the oven."

The oven in question is an impressive-looking, gas-fired brick behemoth that was imported from Beirut. "Below, there's 800 kg of sand, and on top, another 800 kg of rock salt," explains Khaled. "The sand is to maintain the heat, and the salt to prevent humidity." A singed spot with bubbling and flaking paint on the ceiling directly above the oven is testament to the inferno-like temperatures it reaches every day. "We keep painting it, but it keeps going back to that," he laughs.

► Opposite, clockwise from top left: fresh-from-the-oven spinach-and-cheese fatayer; Vimbisio Mudzingwa pours a cup of Turkish coffee from a traditional kanaka; dips, pickles and preserves form the backbone of the flavourful menu; the bakery team, from left, Ben Sharief, Ibrahim Mbwesio, Marvin Camphor and Jimmy Dube with freshly baked ka'ak; roast brinjals, about to be marinated; the falafel are made according to Khaled's own recipe; many of the pantry items are imported from Syria; Khaled enjoying a coffee outside the bakery; Khaled's famous pickles.

Khaled bought The Lebanese Bakery from the original Lebanese owner at the beginning of 2020. "I always used to buy my bread here and when the owner told me he was selling, I was very keen, but I knew nothing about cooking or baking – I'm a civil engineer!" he laughs. "I asked my friend Amgad Sultan, who is the COO of a high-end deli chain called Gourmet Egypt, whether he knew of anyone who could head up the kitchen. He told me about Clara, an amazing South African chef who worked for them in Cairo for three years in the 2010s, but said he had no idea where she was working. I phoned her number, and it turned out she lives just down the road from the bakery!"

"When I saw the Egyptian number on my phone, I immediately picked it up," recalls Clara Bubenzer who now co-owns the bakery with Khaled. "We took over just as the first Covid-19 hard lockdown came into effect," she adds, "but we managed to come back and trade under essential services, so I transformed the dining area into a deli. That's when we got some of our most loyal customers."

**"When I moved to Cape Town I'd be told I was eating falafel and I'd go, 'Really?!'"**

– Khaled El-Alfy

It's not hard to see how, in a time of isolation and cabin fever, the communal nature and warming, earthy flavours of Levantine food became a source of comfort. Fresh from the oven manakish with za'atar and mozzarella; triangular fatayer pies filled with spiced spinach, walnuts and pomegranate molasses; pitas stuffed to capacity with hot falafel, pickles and a creamy, garlicky dip called toumeya... it's generous, happy, hug-you-from-the-inside kind of food.

Clara has been the undisputed driving force behind The Lebanese Bakery's transformation from humble hole-in-the-wall to dining destination with heart. Her ebullient personality is contagious and her renewed menu has been a labour of love,









► Clockwise from above: The Lebanese Bakery team, top row, from left: Ben Sharief, Ibrahim Mbwes, Marvin Camphor, Jimmy Dube; bottom row, from left: Fridolin Zhou, Emanuel Ferreira, Vimbis Mudzingwa, Minhaj Osman Bosch, Asanda Gcingca, Kudzi Dziva, Clara Bubenzer, Sisipho Cisse and Khaled El-Alfy; Jimmy making saj.



## “I feel I’ve succeeded in bringing a little bit of the Middle East to Cape Town”

with its increased focus on seasonal, local produce and its collaborative nature. The Egyptian-style falafel recipe, for example, is Khaled’s contribution, while many of the deli’s favourite dips were taught to Clara by the supplier of their Syrian pantry staples. “One day, she asked me whether she could come into our kitchen

and make us muhammara,” says Clara. “Next, she gave us baba ganoush, and then moutabal, and then toumeya!”

If Khaled misses his engineering career, he’s not letting on. Every day, he is seated at his favourite spot outside the bakery, smiling over a coffee and engaging with customers. “I’m enjoying the people,” he says. “They love the place, they love the food, they enjoy the smell of the bread. This is what makes me happy, because I feel I’ve succeeded in bringing a little of the Middle East to Cape Town. Whenever I get a customer with a Middle Eastern background, they tell me, ‘You remind me of home.’” **W @thelebanesebakery**



### MAHALABIA

*This creamy dessert is best described as a panna cotta without gelatine.*

**Serves 6**

**EASY**

**GREAT VALUE**

**Preparation: 20 minutes, plus overnight chilling time**

**Cooking: 30 minutes**

**milk** 1 litre

**cream** 4 T

**sugar** 150 g

**salt** a pinch

**top-quality rose-water** 3 T

(don’t skimp!)

**cornflour** 6 T

**berries, for serving**

**dried rose petals, to decorate**

**1** Heat 800 ml milk, the cream, sugar, salt and rose-water in a saucepan over a medium heat.

**2** Mix the cornflour with the remaining milk until smooth. Add to the milk mixture. **3** Whisk the mixture continuously (if you don’t it will be lumpy). It will begin to thicken. **4** The mixture will begin to bubble; once it does this cook for a further 2 minutes, stirring continuously.

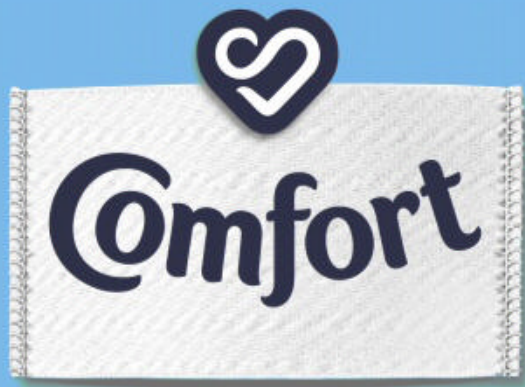
**5** Pour into 6 bowls or into one large one. Allow to cool completely, then chill for 1 hour or overnight for best results. Top with the berries and decorate with rose petals.

**Cook’s note:** Mahalabia is a blank canvas for flavours! Be creative and play with ideas like orange zest and roasted pistachios, or cinnamon and sliced stewed apple. My favourite is rose-water and raspberries. Berries are a fab addition as they add acidity to this light dessert.

**WHEAT- AND GLUTEN-FREE**



**TRY ME!**



# *A burst of **ENDLESS\*** **FRAGRANCE***



**\* Encapsulated technology provides significantly longer lasting fragrance vs standard fragrance**



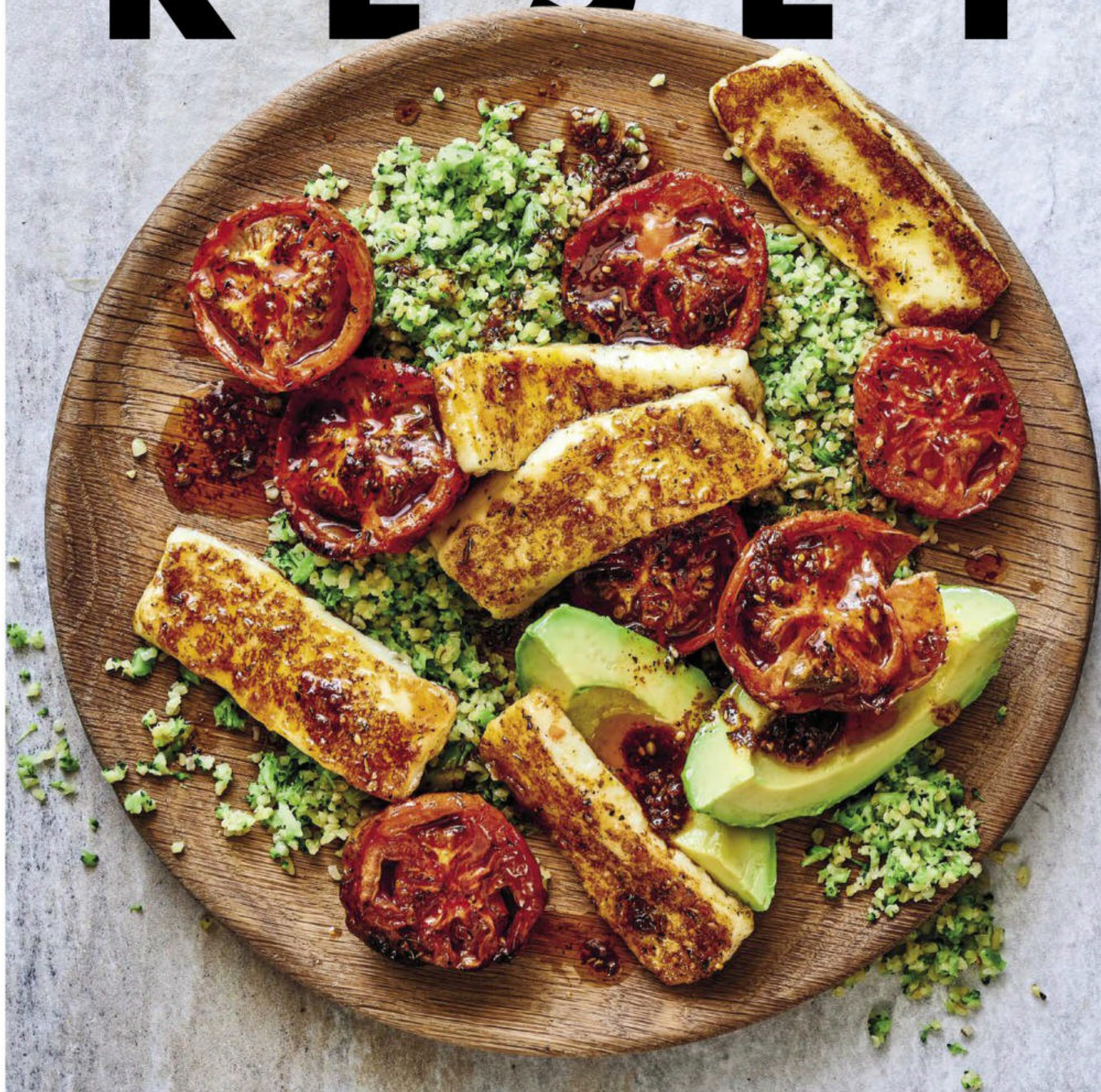
PHOTOGRAPHS  
**ROBERT  
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FOOD  
ASSISTANT  
**CLAIRE-ELLEN  
VAN ROOYEN**

**SPICY WHITE BEAN DIP  
AND TOFU CREAM CHEESE  
WITH TOASTED WRAPS**  
**R47 PER SERVING**





# HIT RESET



**BROCCOLI AND BULGUR WHEAT WITH SPICY HALLOUMI, AVO AND HONEY-ROASTED TOMATOES**  
**R45 PER SERVING**

Need a post-holiday reboot? We hear you. Hannah Lewry's seasonal recipes extract every bit of flavour from the kind of ingredients that make you feel good from the inside out



Woolies' lightly dusted frozen hake portions are really convenient, I always have them in the freezer. Don't marinate the marrows too early as they will disintegrate and lose their crunchy texture.



**HAKE WITH BABY MARROW-  
AND-SEAWEED SALAD**  
R37 PER SERVING





**SOFT-BOILED EGGS WITH  
CREAMY POLENTA AND KALE PESTO**  
**R36 PER SERVING**

Make a jar of the kale pesto and use it within a day or two. Spread over the tofu cream cheese on toast with leftover roast tomatoes for a quick afternoon snack. Or toss it through spaghetti with lots of Parmesan.





**I love cooking food that makes me feel good, inside and out. You don't have to spend a lot of money or time in the kitchen to eat well. Use everyday ingredients but add your own twist as I did with the broccoli – blending it makes for an interesting new texture and adds colour to your plate. Pack in as much flavour as possible using simple techniques, such as roasting tomatoes on a rack over a baking tray to intensify their flavour and catch all the delicious juices. I also like making things ahead so the flavours develop, the steak really benefits from being wrapped up with its juices for a few hours. – Hannah Lewry**



## SPICY WHITE BEAN DIP AND TOFU CREAM CHEESE WITH TOASTED WRAPS

**Serves 4**  
**EASY**

**GREAT VALUE**

**Preparation: 20 minutes**

**Cooking: 20 minutes**

### Woolworths tortilla wraps

6, cut into wedges

**red onion**, 1 thinly sliced

**lemon juice**, to taste

**sea salt**, to taste

**roasted sesame seeds**, for sprinkling

### For the spicy white bean dip:

**cannellini beans** 1 x 400 g can, drained

**butter beans** 1 x 400 g can, drained

**Woolworths souvlaki seasoning**

**or Moroccan tagine seasoning** 1 T

**olive oil**, for drizzling

### For the tofu cream cheese:

**Woolworths silken tofu** 1 x 349 g carton

**Woolworths tahini** ½ t

**sea salt**, to taste

**1** Preheat the oven to 200°C. Line one or two large baking trays with baking paper. Drizzle over a little olive oil, toss the wraps in the oil to coat, then spread out on the trays. Bake for 8 minutes, turning once.

**2** To make the bean dip, place the beans on another tray, sprinkle with the spice and drizzle with olive oil. Toss to coat, then roast for 15 minutes or until they start to pop. Place in a blender with a little water and blend until smooth. Check the seasoning and add a squeeze of lemon juice. **3** While the beans are roasting, massage the red onion with a squeeze of lemon juice and a generous pinch of salt and set aside until ready to serve.

**4** To make the tofu cream cheese, blend the tofu with the tahini. Season and add more tahini if you like. Serve the wraps with the bean dip, tofu cream cheese and pickled onions. Sprinkle with sesame seeds and drizzle the dip with olive oil.

**DAIRY-FREE, PLANT-BASED**

**WINE: Woolworths Kleine Zalze Chenin Blanc**

## BROCCOLI, BULGUR WHEAT, HALLOUMI AND HONEY-ROASTED TOMATOES

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 20 minutes**

**Cooking: 30 minutes**

**salad tomatoes** 6, halved

**olive oil** 2 T

**honey** 2 T

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

**bulgur wheat** 250 g

**broccoli florets** 300 g

**avocados** 2, peeled and halved

**halloumi** 360 g, pan-fried

**1** Preheat the oven to 200°C. Place a wire rack on top of a baking tray. Place the tomatoes cut-side up on the rack. Drizzle with olive oil, honey and season. Roast for 20–30 minutes. **2** Cook the bulgur wheat according to package instructions. Boil the broccoli for 2 minutes, then remove immediately and place in iced water. Blitz in a food processor until rice-like in consistency. **3** Stir through the cooked bulgur wheat, drizzle with olive oil and season. Top with the avocado and halloumi, scatter over the tomatoes and drizzle with olive oil and any juices from the tomatoes.

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

**WINE: Woolworths Warwick Cape Lady Chardonnay**

## HAKE WITH BABY MARROW-AND-SEAWEED SALAD

**Serves 2**

**EASY**

**GREAT VALUE**

**Preparation: 5 minutes**

**Cooking: 25 minutes**

**Woolworths frozen lightly dusted**

**hake portions** 450 g

**sesame seeds** 3 T

**red onion** ½, thinly sliced

**Woolworths baby marrow noodles**

1 x 300 g bag

**lemon** 1, juiced



Cook the steaks in Woolworths' crushed garlic and chilli and make sure to get all those pan juices when wrapping them up, they act like a marinade.

CARPACCIO-STYLE STEAK  
WITH GREEN BEAN SALAD AND  
CASHEW NUT CREAM





**toasted sesame oil**, for drizzling  
**sea salt and freshly ground black pepper**, to taste  
**pickled ginger**, for serving  
**sriracha mayonnaise**, for serving  
**Woolworths roasted seaweed snack**  
 5 g, shredded, for serving

**1** Preheat the oven to 180°C and bake the fish according to package instructions.  
**2** Five minutes before the fish is ready, toast the sesame seeds in a dry pan until golden and popping. **3** Place the onion and baby marrow noodles in a large bowl, squeeze over the lemon juice, drizzle with sesame oil and season. **4** Sprinkle the hot sesame seeds over the noodles and toss. Top with a few slices of pickled ginger and allow to marinate for no longer than 5 minutes or the baby marrows will go soggy. **5** Serve with the fish and sriracha mayo for dipping. Sprinkle with the seaweed as you serve to retain its texture.  
**DAIRY-FREE, WHEAT- AND GLUTEN-FREE**  
**WINE: Woolworths Spier Chardonnay**

## SOFT-BOILED EGGS WITH CREAMY POLENTA AND KALE PESTO

**Serves 4**  
**EASY**  
**GREAT VALUE**  
**Preparation: 30 minutes**  
**Cooking: 30 minutes**

**For the kale pesto:**  
**kale** 90 g, chopped  
**canola oil** ¼ cup  
**pistachios** 50 g, roughly chopped  
**lemon** 1, juiced  
**sea salt and freshly ground black pepper**, to taste

**large free-range eggs** 8  
**sweetcorn** 2 cobs  
**polenta** 125 g  
**water** 1 litre  
**milk** ½ cup  
**sea salt and freshly ground black pepper**, to taste  
**olive oil**, for frying  
**garlic** 2 cloves, chopped  
**kale** 40 g, torn

**1** To make the kale pesto, place all the ingredients in a blender and blend until combined, slightly textured and bright

green. Adjust the seasoning to taste.

**2** Boil the eggs for 5–6 minutes and set aside. Cook the corn in boiling water for 5 minutes until bright yellow, then remove from the water. Once cool, remove the kernels from the cobs and set aside.

**3** Place the polenta and water in a medium saucepan. Cook over a medium heat, stirring continuously, until all the water has been absorbed and the polenta is thick. Loosen with the milk, season, then stir until creamy. **4** Heat a little olive oil in a pan and add the garlic and kale and season with salt. Fry until the kale is just wilted and the garlic is fragrant. To serve, top the polenta with the corn and kale. Halve the eggs and place on top, then top with the pesto and drizzle with olive oil.

**WHEAT- AND GLUTEN-FREE**

**WINE: Woolworths Organic Chenin Blanc**

## CARPACCIO-STYLE STEAK WITH GREEN BEAN SALAD AND CASHEW NUT CREAM

**Serves 4**  
**EASY**  
**Preparation: 2 hours**  
**Cooking: 20 minutes**

**roasted cashews** 100 g  
**vegetable stock** ½ cup, heated  
**Woolworths Angus rump steak** 600 g  
**olive oil** 4 T  
**Woolworths prepared garlic, chilli and ginger** 1 cube of each  
**sea salt**, to taste  
**fine green beans** 200 g, blanched

**1** Soak the cashew nuts in the hot stock for 2 hours while the meat is freezing.  
**2** Pat dry the steak using kitchen paper. Remove any fat and discard. Mix the olive oil, ginger, chilli and garlic and rub the steak well with the mixture. Season with salt. **3** Heat a little olive oil in a large pan until very hot. Sear the steak on both sides until just golden, about 2 minutes a side. **4** Remove from the pan and immediately wrap tightly in clingwrap. Freeze for 2 hours while the cashew nuts soak. **5** Strain the cashew nuts, reserving the stock. Blend the cashews with a little of the stock until smooth and creamy. **6** Remove the clingwrap from the steak and slice as thinly as possible using a very sharp knife. Fry any garlic, chilli and ginger that falls off the steak until crispy. **7** To

serve, arrange the steak on a platter, drizzle with olive oil, sprinkle over the crispy garlic, chilli and ginger and season. Serve with the beans and cashew cream.

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

**WINE: Woolworths Boplaas Tinta Barocca**

## GLUTEN-FREE CRUNCHY COCONUT FLAPJACKS WITH STRAWBERRY-CHIA JAM

*"Using the bigger coconut flakes and toasting them adds so much flavour and texture to the flapjacks. You could use desiccated coconut, but this method really is worth the effort!"*

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes**

**Cooking: 25 minutes**

**Woolworths coconut flakes** 100 g  
**milk** 1½ cups  
**canola oil** 2 T  
**large free-range eggs** 2  
**Woolworths free from gluten flapjack kit** 1 x 375 g box  
**Woolworths double-cream coconut yoghurt**, for serving  
**Woolworths crunchy organic peanut butter**, for serving

**For the strawberry-chia jam:**  
**strawberries** 300 g, halved  
**lemon** 1, juiced  
**honey** 3 T  
**chia seeds** 3 T

**1** Toast the coconut flakes in a pan until golden, then blitz in a blender until the texture of coarse breadcrumbs. Set aside.  
**2** Whisk the milk, oil and eggs. Whisk in the dry ingredients from the flapjack kit until smooth. **3** Fry ladlefuls of the flapjack mixture in a small non-stick pan over a low heat, sprinkle over the coconut, then turn to cook the other side. Keep warm in the oven. **4** To make the jam, place the strawberries, lemon juice and honey in a saucepan over a high heat. Cook until slightly syrupy. Add the chia seeds and cook for a further 8 minutes. Remove from the heat and cool in the pan until jammy. **5** Serve the flapjacks with the jam, yoghurt and peanut butter.

**WHEAT- AND GLUTEN-FREE**



If the flapjacks have browned too quickly but are still slightly gooey on the inside, leave them in the oven at 180°C for 5 minutes until they're cooked through.

**GLUTEN-FREE CRUNCHY COCONUT FLAPJACKS  
WITH STRAWBERRY-CHIA JAM  
R40 PER SERVING**





This page:  
The Love Shack  
is where the  
family spent long  
weekends and  
holidays until  
the farmhouse  
was built.  
Opposite: Fresh  
chicken eggs are  
collected daily  
for the guests.



What began as the familiar escape-the-city dream for Cathy Marriot and Basil Stilwell 20 years ago, is now a real-life wonderland of farmhouse living, eco-chic forest chalets and the organic vegetable garden of Kate Wilson's dreams



PHOTOGRAPHS  
JAN RAS  
PRODUCTION  
ABIGAIL DONNELLY  
RECIPES  
CATHY MARRIOT  
TEXT KATE WILSON  
FOOD ASSISTANT  
BIANCA STRYDOM

Every  
day is like  
Sunday





Cathy harvests organic veg in her magical garden with a view.

## *"There was this tiny ad in the Cape Argus*

that said '14 hectares – fynbos, dam, poplar forest, river'. Baz saw it while he was sitting at the airport on his way to skipper a yacht in Europe and he suggested I go and have a look."

Lots of people dream about getting out of the city, finding a different pace, living a simpler life. People who imagine keeping chickens, growing their own food, getting off the grid. And then there are people who actually do it. Cathy Marriot and Basil Stilwell are those people.

Cathy was 37 and eight months pregnant with twins when she saw Sondagskloof for the first time in 1999. "When I saw it, I thought: this is my land," she says. "We had been looking to get out of the city, but when I told Basil, he thought I was crazy."

The farm was Sondagskloof, in the Sandies Glen valley in the Overberg, about 20 km from Stanford and 40 km from Hermanus, where Cathy grew up, but this felt too far from the sea for Basil. He started his career as a professional diver on offshore oil rigs, worked his way up and is now marine terminal manager in Sudan.

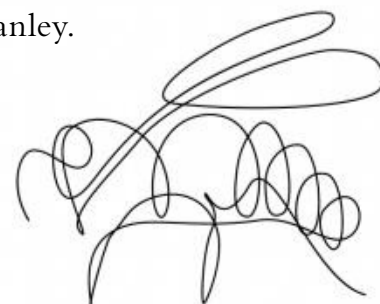
His career, though lucrative, has meant long periods away from his family. In fact, he is stuck in Sudan when we get to the farm. He FaceTimes his daughters from his hotel room, looking dejected as he hasn't been able to get a flight home due to the political situation. He's been away for three months.

**"I said to Basil, either you buy this land with me, or I am going to buy it with Alwyn,"** says Cathy. That seemed to work.

Alwyn van Wyk is an architect and mutual friend, who ultimately helped design the family's beautiful straw-bale farmhouse. "He was always part of the journey," Cathy says fondly.

Shortly after buying the farm, the couple's twin daughters, Emma and Frances (Frankie), were born. The family spent the next ten years living in Observatory, Cathy running her own fashion label while Basil was away for work. "For the first two years after buying it, I would come here with friends, just to picnic and dream," says Cathy, "then I said to Basil that I was tired of dreaming and wanted to build something that would be like a permanent tent, so we could come and stay over here."

The permanent tent, now known affectionately as "The Love Shack", was built out of reclaimed wood by a gold-toothed carpenter named Stanley. They also built a wooden swimming deck above the pristine spring-fed dam that overlooks the farm and fynbos-covered mountains beyond,





HARISSA-ROASTED  
BRINJAL WITH  
LENTIL-AND-HERB SALAD

*"Cooking  
is our love  
language"  
- Emma*





and by the time the twins were six, they were spending every second weekend at Sondagskloof.

"I tell people that my childhood smells of rotting leaves and mud," says Emma, wrapping beetroot in tinfoil to roast.

Eventually, when the girls were 10, they built the house that is now their home – a charming, double-volume, ivy-covered farmhouse that is part English country chic, part eco-friendly barn.

"We left the city in 2010," Cathy says, "and I told Basil I wasn't going to work for five years, that my goal was to create a garden that would make us self-sufficient and build a home."

The girls went to school in Hermanus, Basil spent months on the other side of the continent, and Cathy did exactly what she said she would, she turned her dream into their home.

Just as she manifested her twins at 37, when she thought she might be "getting too old", so Cathy manifested the "quiet life" she'd longed for, and in the process, she and Basil have created a place where others may witness something magical, a place where anything seems possible.

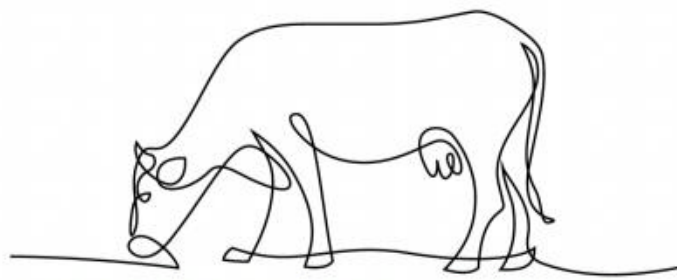
"You can make it happen," she says, as if she's overheard my thoughts. "We had nothing; no money, no knowledge. No one would finance a farm like this, it was just Basil and me."

Theirs is a partnership of enduring romance, beginning with a chance encounter, long-distance devotion and a shared sense of adventure. Perhaps unsurprisingly, they have never married. Basil's choice of career made the dream possible, but it has come at a price. "He's given us his life so that we could have the farm and educate the girls," says Cathy, just a little sadly. "But it's wonderful to be able to create a livelihood for your children. We have always said if you follow your passion the money will come."

### After the farmhouse came

a herd of gentle-eyed Nguni cows, who ruminate poetically on the hillside and are used to cut the grass beside the poplar forest that leads up to the dam.

They also have two chestnut-coloured horses, Stripes and Ted, a ridgeback-Lab cross named Roxy and a wire-haired fox terrier, Lulu. There is a trio of comically loud geese that chases "intruders" away



*"When life gets stressful I go to the garden"*

from their pond, enough ducks and chickens to provide fresh eggs for the guests, and on the day we visit, a brood of week-old ducklings are eating out of an old roasting pan, watched by the hen who hatched them after Mother Duck disappeared. They follow the hen everywhere: a Hans Christian Andersen fairytale in Africa.

Next came the first two self-catering guest cabins, Forest and Vlei, built to spec by SwissLine using spruce and larch wood. Resting lightly on the ground and hidden from each other by the poplar trees, the chalets (there are now three) use water from the mountain spring and solar power, with only a gas hob inside and a firepit outside for cooking. All the units have wooden decks with outdoor hot tubs and weaver's-nest chairs – made by the Malawian family who work on the farm – hang between the trees.

"Basil wanted us to have a kind of passive income," says Cathy, "and I like the tiny house movement; I wanted them

to be small so guests would spend more time outside, experiencing nature."

There are beehives in the bluegum forest for honey, porcini mushrooms appear in the forest in autumn, enough almond and macadamia trees to "give us enough nuts for Christmas" and fruit trees to supply seasonal fruit throughout the year: "stone fruit in spring, figs and grapes in summer, apples and pears in autumn and citrus and guavas in winter."

And then there is the vegetable garden.

"We originally planted it for us and for the staff," Cathy says, "but it grew organically into a business – and now it creates work for five people."

The site was originally mostly clay soil and rocks, so they introduced some pigs first to break it down and root out the stones and weeds. "Then we systematically turned it into garden spaces using home-made and loads of mushroom compost to 'build' our soil to the rich, loamy consistency it is today," says Cathy, who still drives to a mushroom farm for a bakkie-load of compost once a week. "We use crop rotation and permaculture principles to ensure soil health."

The result is astonishing.

Right now, brassicas and artichokes are in season, there are three kinds of flowering squashes, and the beds are washed with a dozen shades of green bordered with masses of orange and yellow nasturtiums on one side, and a hedge of white, pink and purple foxgloves and snapdragons on the other. There is a wooden swing hidden under a kaleidoscopic arch of honeysuckle beside a tamarillo tree, the first I had ever seen, its tomato-granadilla fruit just starting to swell.

Tall poppies, like garden soldiers, stand to attention in the middle of soft mounds of fennel, competing with the silver spikes of artichoke plants and waist-high leeks that have gone to seed. There are end-of-season broad beans, wild rocket growing like weeds and here and there a lone asparagus spear, detached from the rest of the crop across the river, and so pencil-thin and sweet you can eat them raw from the ground.

With the help of Samuel, Lloyd and Jickson who work alongside her, Cathy supplies restaurants in the area with fresh produce and makes up seasonal vegetable





The straw-bale farmhouse was built ten years after they bought the land.

*"There are beehives in the Bluegum forest for honey, and mushrooms in autumn"*



Cathy and her twins, Frances (standing) and Emma, with dogs Roxy and Lulu.



**SLOW-ROASTED PORK SHOULDER  
WITH PICKLED BEETROOT**





boxes distributed via an organic store in Hermanus. Sisters Lavena and Naomi help to service the cabins and prepare the veg. I notice a crate packed with a bunch of white-tipped French breakfast radishes, a savoy cabbage, sugar snap peas, rainbow chard and golden beetroot, and can't help but envy the recipient. I hope they do those vegetables justice...

Part of the joy of staying at Sondagskloof, the privilege of it, is being able to pick vegetables to cook in your chalet. "One honeymoon couple arrived recently with just a rack of lamb and picked the rest from the garden. I loved that," says Cathy.

Guests arrive to a bowl of just-laid eggs on the kitchen counter, a bunch of freshly-picked herbs next to the hob.

**"When life gets stressful,** I go to the garden," says Cathy, "and obviously having the garden goes hand in hand with cooking."

She has been slow-roasting a pork shoulder (from one of their own farm-reared pigs), for the past few hours and the skin is blistered and the meat soft

enough to pull apart with spoons. It is served with paper-thin slices of bright yellow beetroot, pickled in ginger.

"Cooking is our love language," says Emma. Of the twins, she is the more passionate about food, but Frankie is studying patisserie at the ICA. "I love the precision of baking," she says, rolling pastry for pasteis de nata. "I need a lot of structure to function."

The twins are devoted to each other (and to their parents) in a way that seems almost old-fashioned in the present age of entitlement. They speak with such gratitude and appreciation for the life they have had that it is humbling: "We were born with our soulmates," says Emma. "We've never had to feel alone."

Their earliest food memories are all from the farm: eating sweet radishes picked from the side of the road, soya-marinated tuna steaks cooked on the fire, but also, from Emma: "A plate of pasta with Bovril that my mother made for me when I was ill one summer." The first thing she learned to cook was scrambled eggs on the fire, using a child's set of miniature pots and pans.

It's hard to imagine a more idyllic way to grow up, and it's not surprising, to me, that Frankie would prefer never to leave. Her dream is to take over the farm from her parents and run her own micro-bakery out of the cellar. "I don't like serving guests," she admits. "I like to get up early and bake 100 pastries."

The twins tell the story of how their parents met, how they grew up and of their own dreams for the future, with shining-eyed optimism. It would have seemed naïve had I not been sitting in the straw-bale farmhouse their parents built, literally off the smell of an oil rag. Had I not been looking out at a poplar forest and the fynbos-covered Overberg beyond, listening to the sound of a river running through a piece of land that was once just a place to picnic and dream. **W** [sondagskloof.co.za](http://sondagskloof.co.za)

**Opposite, clockwise from top left:** Jackson and Lloyd in the garden; the farm's spring-fed dam; the chalets all have outdoor firepits for cooking; strawberries for the veg boxes; Nguni cows keep the grass trimmed; Frankie's pasteis de nata; Cathy in her kitchen; salad of spring greens (see [taste.co.za](http://taste.co.za) for the recipe).

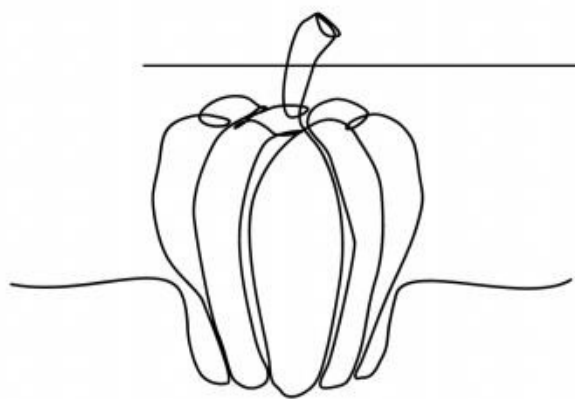




SMOKY PUMPKIN-AND-SPELT SALAD







## HARISSA-ROASTED BRINJALS WITH LENTIL-AND-HERB SALAD

Serves 4

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 40 minutes–1 hour

**For the dressing:**

olive oil ¼ cup

pomegranate molasses 2 T

balsamic vinegar 2 T

lemon juice ¼ cup

large brinjals 3 (or 12 baby), halved lengthways and flesh scored

harissa 1 T

garlic 2 cloves, crushed

pomegranate molasses 2 T

freshly grated lemon zest 2 T

olive oil, for drizzling

green lentils 200 g

water 2 cups

Italian parsley 1 cup roughly chopped

coriander leaves 1 cup chopped

mint leaves 1 cup chopped

sea salt and freshly ground black

pepper, to taste

Greek yoghurt, for serving

**1** To make the dressing, place the ingredients in a jar, shake and set aside.

**2** Preheat the oven to 170°C. Place the brinjals, cut side up, on baking paper on a baking tray. Mix the harissa, garlic, pomegranate molasses and lemon zest and spoon over the brinjals. Drizzle with olive oil and roast until tender – 1 hour for big ones and 35–40 minutes for baby brinjals. **3** Place the lentils in a saucepan, add the water and bring to a boil over a high heat. Reduce the heat and simmer for 15–20 minutes, until just tender. Drain and refresh under cold water. **4** Place the lentils, parsley, coriander and mint in a bowl. Season, top with the dressing and toss. **5** Place the brinjals on a platter and spoon over the lentils. Top with the yoghurt.

**WHEAT- AND GLUTEN-FREE, MEAT-FREE WINE:** Woolworths Terra Del Capo Sangiovese

## SLOW-ROASTED PORK SHOULDER

Serves 6 to 8

EASY

**GREAT VALUE**

Preparation: 30 minutes, plus overnight marinating time

Cooking: 6 hours

**For the marinade, mix:**

apples 3, chopped

oranges 3, juiced

onions 2, chopped

lemongrass 1 stalk, chopped

grated ginger 2 t

garlic 1 head, halved

cider 1 x 250 ml bottle

vegetable stock 1 litre

soya sauce 4 T

free-range pork shoulder approx. 2.5 kg

sea salt and freshly ground black

pepper, to taste

garlic powder 1 T

**For the beetroot pickle:**

rice wine vinegar 1 cup

sugar 200 g

water 1 cup

salt 4 T

fresh ginger 1 thumb, thinly sliced

red or golden beetroot 2–3, sliced very thinly on a mandolin

**1** Marinate the pork shoulder overnight in the fridge. Take out an hour before cooking to come to room temperature.

**2** Pat dry the meat using kitchen paper, then season well with salt, pepper and garlic powder. **3** Place in a deep roasting pan and roast at 120°C for 4 hours.

Remove from the oven and allow to cool for 45 minutes. Use this time to cook the other dishes in the oven. **4** Increase the heat to 200°C and return the pork to the oven. Roast for 15 minutes until the skin is crispy. Remove, cut into 6 mm slices or tear into chunks and serve with the pickled beetroot. **5** To make the pickled beetroot, bring the vinegar, sugar, water, salt and ginger to a simmer in a small saucepan until dissolved. Place the sliced beetroot in a glass jar, and top with hot pickling liquid. Cool and chill overnight.

**DAIRY-FREE**

**WINE:** Woolworths Alto 1693 Red Blend

## MOUTABAL (BRINJAL SPREAD)

Serves 6 as part of a meze spread

EASY

**GREAT VALUE**

Preparation: 10 minutes

Cooking: 30 minutes

brinjals 2

garlic ¼ clove

olive oil 3 T

plain yoghurt 3 T

salt, to taste

oregano leaves, toasted pine nuts

or pomegranate rubies, to garnish

**1** Roast the brinjals directly over the flame of a gas burner until blackened and very soft. Alternatively, cook on the braai or under a hot grill. **2** Allow to cool slightly, then gently scrape off the charred bits but do not wash too thoroughly otherwise you will lose the smoky flavour. **3** Purée with the garlic, olive oil and yoghurt and season with salt. **4** Serve on a platter garnished with oregano leaves, toasted pine nuts or pomegranate rubies.

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

## PEA-AND-BROAD BEAN PURÉE

Serves 6 as part of a meze spread

EASY

**GREAT VALUE**

Preparation: 15 minutes

Cooking: 10 minutes

fresh peas or thawed frozen peas

150 g

fresh mint a small bunch, leaves picked

olive oil 4 T

large lemon 1, juiced

broad beans 300 g, podded

sea salt and freshly ground black

pepper, to taste

pea shoots, to garnish





**1** Place the peas and mint in blender with a good glug of olive oil and half the lemon juice. Pulse to a coarse consistency. Add the broad beans a few at a time and blend to form a thick paste. Do not purée too smooth; you should still see bits of pea and bean. **2** Stir in a few tablespoons of olive oil to make it spreadable. Add the remaining lemon juice and season. Serve on a plate garnished with pea shoots and a few small broad beans left whole.

**FAT-CONSCIOUS, WHEAT- AND GLUTEN-FREE, PLANT-BASED**

## ROAST BEETROOT HUMMUS

**Serves 6 as part of a meze spread**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes,  
plus overnight soaking time**

**Cooking: 50 minutes**

**dried chickpeas** 200 g  
**bicarbonate of soda** 2 t  
**red beetroot** 500 g  
**olive oil**, for roasting  
**garlic** 4 cloves  
**lemon juice** ½ cup  
**sea salt flakes** 1 t  
**tahini** ⅔ cup  
**ground cumin** ¼ t  
**sea salt and freshly ground black pepper**, to taste

**1** Soak the chickpeas overnight with the bicarb in lots of water. They will double in volume. **2** Preheat the oven to 200°C. Wrap the beetroot in foil, drizzle with olive oil and roast for 40 minutes, or until soft. **3** Drain the chickpeas, then place in a saucepan, cover with water and simmer until soft enough to squash between your fingers, about 20 minutes. **4** Bash the garlic using a mortar and pestle, then add the lemon juice. Marinate for 30 minutes, then separate the garlic and juice. Discard the garlic or use in another dish. **5** Place the tahini in a blender, add 4 T cold water and process until creamy and smooth. Add the garlic-infused lemon juice, chickpeas, beetroot and cumin. Process until it reaches the desired consistency. Add more lemon juice to taste and season. **6** Serve on a plate garnished with ¼ raw beetroot and a drizzle of olive oil.

**MEAT-FREE, WHEAT- AND GLUTEN-FREE, PLANT-BASED**



*"We have  
never had to  
feel alone"*

## EASY FLATBREADS WITH GARLIC-PARSLEY BUTTER

**Makes 12**

**EASY**

**GREAT VALUE**

**Preparation: 10 minutes**

**Cooking: 30 minutes**

**self-raising flour** 350 g  
**baking powder** 1 t  
**plain yoghurt** 1½ cups

**For the garlic-parsley butter:**

**unsalted butter** 40 g  
**garlic** 2 cloves, crushed  
**parsley** a bunch, chopped

**1** Place all the bread ingredients in a large bowl and mix with a spoon, then use your hands to pat everything together. **2** Dust a clean work surface with flour and tip out the dough. Knead for 1 minute. Place the dough in a flour-dusted bowl and set aside. **3** To make the butter, melt the butter over a medium heat, then stir in the garlic and herbs. Set aside. **4** Dust a work surface with flour and divide the dough in half, then divide each half into 6 pieces so you have 12 golf-ball sized pieces. Flatten each ball, then roll out to a

thickness of 2–3 mm. Use a knife to score 6 lines into each round. **5** Place a griddle pan over a high heat. Cook each flatbread for 1–2 minutes per side, or until marked and puffed up. Brush the flatbreads with the garlic butter as they come off the griddle and pile onto a serving board.

**FAT-CONSCIOUS, MEAT-FREE**

## SMOKY PUMPKIN-AND-SPELT SALAD

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 20 minutes**

**Cooking: 35–40 minutes**

**olive oil** ¼ cup  
**pomegranate molasses** 2 T  
**pumpkin** 1.2 kg, cut into wedges  
**red onions** 2  
**smoked dried chilli flakes** 1 t  
**smoked paprika** 1 T  
**sea salt and freshly ground black pepper**, to taste  
**spelt** 800 g, cooked  
**Italian parsley leaves** 1 cup  
**whole mint leaves** 2 cups  
**feta**, for serving  
**cherries or pomegranate rubies**, to garnish

**For the pomegranate dressing, whisk:**

**olive oil** ¼ cup  
**pomegranate molasses** 1 T  
**garlic** 1 clove, crushed  
**sea salt and freshly ground black pepper**, to taste

**1** Preheat the oven to 200°C. Drizzle the olive oil and pomegranate molasses over the pumpkin and onion, then sprinkle over the chilli, paprika, salt and pepper in a large bowl, and toss to combine. **2** Place on a baking tray lined with baking paper and roast for 30 minutes, or until caramelised, golden and crisp. **3** Place the spelt, parsley and mint in a bowl. Add the dressing and toss to combine. Place a on serving platter and top with the pumpkin and onion. Garnish with feta chunks, whole mint leaves and cherries or pomegranate rubies if in season.

**HEALTH-CONSCIOUS, MEAT-FREE, WHEAT- AND GLUTEN-FREE**  
**WINE: Woolworths Weltevrede Black Cherry Merlot**



Keep your cool – and lose the guilt – with Abigail Donnelly’s chilled desserts featuring less sugar, less dairy, less fat and less effort, from a pistachio-tahini sundae to a three-ingredient fruity sorbet sandwich

Swap the tahini for peanut butter if you’re not a sesame fan.



**SUGAR-FREE  
PISTACHIO-TAHINI  
DATE SUNDAE**

PHOTOGRAPHS MYBURGH DU PLESSIS RECIPES AND PRODUCTION ABIGAIL DONNELLY  
FOOD ASSISTANT BIANCA STRYDOM



# A NEW

Make a double batch of these cookies and keep in the fridge for a sweet treat.

NO-CHURN BLACK SESAME  
ICE CREAM WITH THREE-  
INGREDIENT OAT COOKIES  
R19 PER SERVING

# ICE AGE



## No sugar, no cry

*Can't have sugar? That doesn't mean no fun! Woolies' sugar-free ice cream is your friend*

- ➔ Blitz 175 g frozen mixed berries with 175 ml sugar-free vanilla ice cream and scoop onto a berry yoghurt-coated rice cake.
- ➔ Serve a scoop of sugar-free chocolate ice cream with chocolate popcorn (see recipe on page 86) or granola for some crunch.
- ➔ Serve scoops of sugar-free vanilla ice cream in chilled spanspek halves.

Make the granita the day before so it's easier to flake.

CREAMY VEGAN  
LITCHI, LIME AND  
COCONUT GRANITA  
R49 PER SERVING



THREE-INGREDIENT  
BERRY-AND-  
GRANADILLA  
WAFFER SLICE  
R14 PER SERVING

Dip the sides  
in sprinkles to make  
your lolly even  
more jolly.



## SUGAR-FREE PISTACHIO-TAHINI DATE SUNDAE

**Makes 2 cups**

**EASY**

**Preparation: 15 minutes, plus 40 minutes' churning time or 6 hours' freezing time**

**coconut cream** 1 x 400 ml can

**coconut milk** 1 x 400 ml can

**Woolworths dates** 400 g

**vanilla paste** 1 t

**almond milk** 1 cup

**Woolworths tahini** 3 T

**pistachios** 50 g, chopped

**Woolworths chocolate soy butter**, for serving

**1** Combine all the ingredients except the pistachios and blend until well incorporated. **2** Pour into an ice-cream machine and churn until soft and frozen. If you do not have an ice-cream machine, freeze in a tray and stir every 30 minutes until soft and creamy. Serve with the pistachios and chocolate soy butter.

**WHEAT- AND GLUTEN- FREE, PLANT-BASED**

**“Got a Ziploc bag? You don't need an ice-cream maker to whip up a batch of your favourite treat”**

## NO-CHURN BLACK SESAME ICE CREAM WITH THREE-INGREDIENT OAT COOKIES

**Makes 1 litre**

**EASY**

**GREAT VALUE**

**Preparation: 5 minutes, plus 6 hours' freezing time**

**coconut cream** 2 x 400 ml cans, chilled

**maple syrup or honey** 4 T

**almond butter** ¾ cup

**black sesame seeds** 140 g

**For the cookies:**

**bananas** 2, mashed

**oats** 125 g

**almond butter** ¼ cup

**1** Pulse the ingredients for the ice cream in a blender. Pour into a freezerproof container and freeze for 6 hours or until frozen. **2** To make the oat cookies, preheat the oven to 180°C. Combine the ingredients, then shape into 12 equal-sized balls. Place on a lined baking tray and press down with a fork or your thumb and bake until golden brown around the edges. Serve with the ice cream.

**PLANT-BASED**

## CREAMY VEGAN LITCHI, LIME AND COCONUT GRANITA

**Makes 2 cups**

**EASY**

**GREAT VALUE**

**Preparation: 5 minutes, plus 6 hours' freezing time**

**For the granita:**

**litchis** 1 x 565 g can with syrup

**coconut cream** 1 x 400 ml can

**limes** 2, zested and juiced

**litchis** 1 x 565 g can, drained and litchis frozen (syrup reserved)

**Woolworths cultured coconut cream** 1 cup

**1** To make the granita, blend the ingredients, including the syrup from the second can of litchis, and pour into a tray. Freeze until solid. Once frozen, scrape with a fork. **2** Spoon the cultured coconut into glasses, top with a few frozen litchis, the granita and garnish with lime zest.

**WHEAT- AND GLUTEN- FREE, PLANT-BASED**

## THREE-INGREDIENT BERRY-AND-GRANADILLA WAFER SLICE

**Makes 16 slices**

**EASY**

**GREAT VALUE**

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

**Woolworths mixed berry sorbet** 1 litre

**Woolworths granadilla sorbet** 1 litre

**Woolworths vanilla wafers**

2 x 175 g packets

## No machine? No problem!

*Believe it or not, you don't need an ice-cream maker to make your favourite treat, there are other ways...*

### 👉 The Ziploc trick

Place the mixture into a large Ziploc bag. Lay flat and seal tightly, allowing the air to escape. Freeze, then crush with your hands, then blend until smooth. Place in a bowl, cover, and freeze until ready to use.

### 👉 The MasterChef method

Stir a few pellets of dry ice into the mixture until it's nearly frozen, then freeze. Be very careful when doing this, wear safety goggles if you have them!

**1** Line a 14 x 7 cm baking tray with clingwrap. Scoop the berry sorbet into the tray and press down to form a flat layer. Do the same with the granadilla sorbet. Freeze until solid, at least 3 hours but preferably overnight. **2** Top one side of the tray with wafers, then cut into rectangles following the shape of the wafers. Place a wafer on the other side to make a sandwich.

## BANANA YOGHURT SOFT SERVE WITH CHOC POPCORN

**Makes 2 cups**

**EASY**

**GREAT VALUE**

**Preparation: 5 minutes, plus 6 hours' freezing time**

**bananas** 6, roughly chopped and frozen

**almond milk** ¼ cup

**popped popcorn** 2 cups

**dark chocolate** 50 g melted

**1** Blend the bananas and almond milk until the texture of soft serve. Serve with the choc popcorn. **2** To make the choc popcorn, toss the chocolate with the popcorn. Spoon onto a baking tray and chill until set, then break into pieces.

**WHEAT- AND GLUTEN-FREE**



Keep bananas in a Ziploc bag in the freezer for smoothies and to make this easy soft-serve. Add chopped dark chocolate or nuts for crunch.



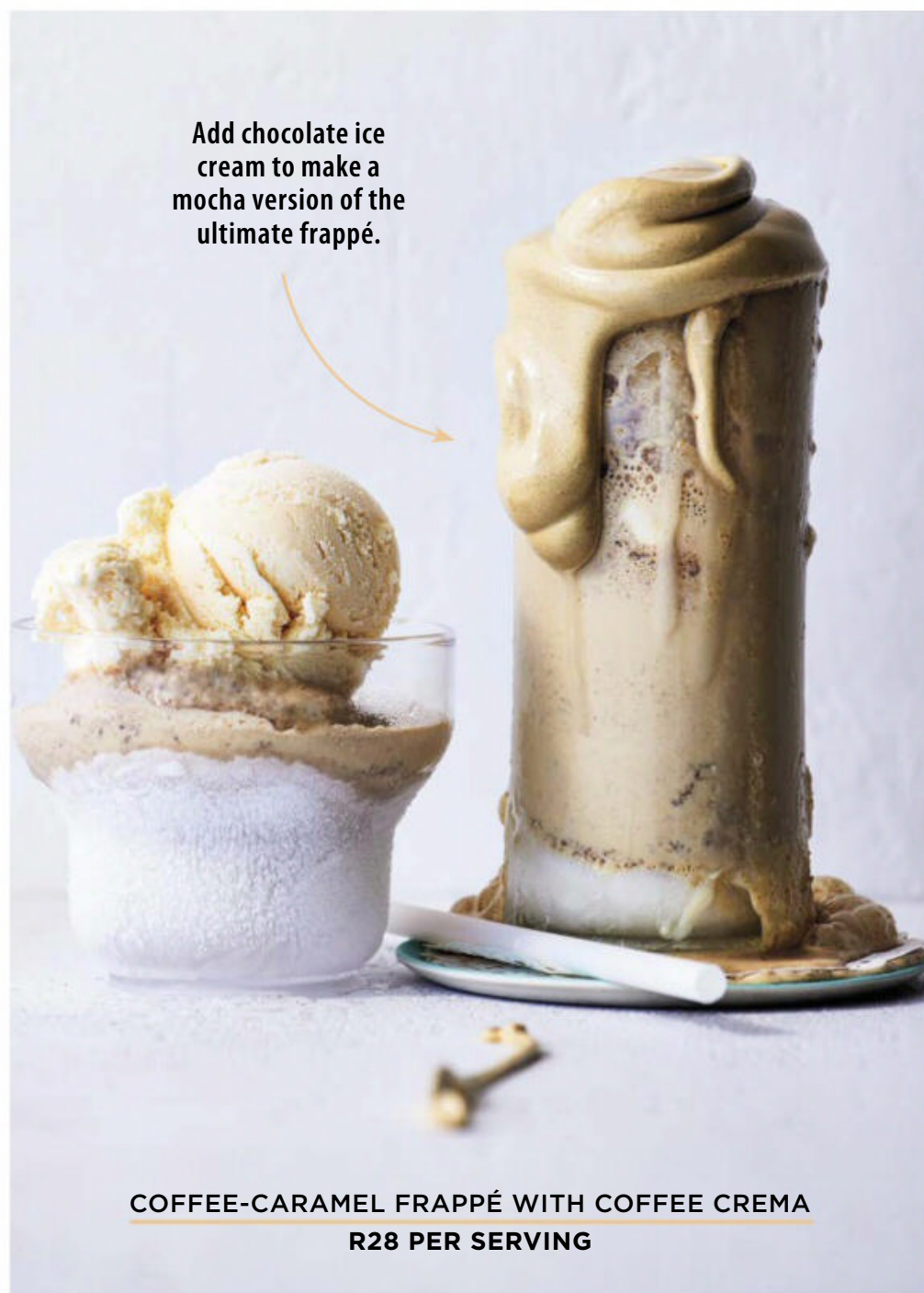
**BANANA YOGHURT SOFT SERVE WITH CHOC POPCORN**  
**R15 PER SERVING**





**PINEAPPLE  
GELATO WITH  
HONEYED NUTS**  
R15 PER SERVING

This is also  
delicious made  
with mango.



**COFFEE-CARAMEL FRAPPÉ WITH COFFEE CREMA**  
R28 PER SERVING

## PINEAPPLE GELATO WITH HONEYED NUTS

Makes 2 cups

**EASY**

**GREAT VALUE**

**Preparation: 10 minutes, plus 6 hours  
freezing time**

**Cooking: 15 minutes**

**Woolworths double-cream plain  
yoghurt** 2 cups  
**Woolworths cut queen pineapple** 350 g  
**almonds** 100 g  
**honey** 4 T

**1** Blend the yoghurt and the pineapple, then pour into a container and freeze until solid. **2** Mix the almonds and honey and serve the gelato topped with the honeyed nuts.

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

## COFFEE-CARAMEL FRAPPÉ WITH COFFEE CREMA

Makes 4

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes**

**espresso** 4 double shots  
**almond milk** 3 cups, chilled  
**Woolworths caramel-flavoured frozen  
dessert** 2 cups

**For the coffee crema:**

**sugar** 3 T  
**instant coffee** 3 T  
**water** 3 T

**1** Blend the espresso, milk and frozen dessert, then divide between 4 tumblers. Top with the coffee crema. **2** To make coffee crema, place the ingredients into a bowl and beat until pale and frothy using an electric beater, about 10 minutes.



### **FRO-YO FOR DOGS?**

*Yes, you read that right...*

**Woolies' fresh pet strawberry-  
flavoured frozen yoghurt can be  
added to your pet's meals  
as a treat. R24.99 for 175 ml**



# GET THE JUICE

We all feel like we need a fresh start at the beginning of a new year, and Woolies' cold-pressed green juices and smoothies are just the thing to get you started. Made using 100% fruit and vegetables, they're cold-pressed, which means no heat is applied and all the goodness is in the bottle. They contain no preservatives and are available in varieties including apple, spinach and kale, kiwi, ginger and moringa, the meaner green shot – cucumber, spinach and avocado, and a smoothie containing kiwi, spinach and mint, with added chia seeds.

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





PHOTOGRAPHS  
TOBY MURPHY  
PRODUCTION  
AND RECIPES  
KHANYA MZONGWANA  
FOOD ASSISTANT  
EMMA NKUNZANA



CHOPPED FRUIT  
'N NUT SALAD

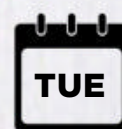
Whether you're back in an office or still WFH, everyone could use some desk lunch inspo. These inspired ideas from Khanya Mzongwana will get you through the week



# OUT

# THE

# BOX



NUKE-IT  
NOODLE BOWL  
R52 PER SERVING





**BLOODY  
MARY  
SALAD**



## MONDAY

### BLOODY MARY SALAD

*"I know you thought we were done with salad in a jar and I did too until I made this classic cocktail-turned-recovery salad. I recommend it for days where it feels like Monday arrived before you were ready."*

**Serves 2**

**EASY**

**Preparation: 10 minutes**

**Cooking: 10 minutes**

**canola oil** 2 T

**streaky bacon** 120 g

**Woolworths garlic-and-chilli prawns** 200 g

**Mediterranean cucumber**

1, peeled and diced

**salad tomatoes** 2, thinly sliced

**celery sticks** 2, sliced into ribbons

**Woolworths pitted green olives** 80 g

**For the dressing, whisk:**

**Worcestershire sauce** 2 T

**extra virgin oil** 4 T

**lime** 1, juiced

**Italian parsley** 10 g, roughly chopped

**wholegrain mustard** 1 t

**honey** 1 T

**Tabasco sauce** 1 t

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

**1** Heat a pan and add the oil. Fry the bacon until crispy, then set aside. **2** Pour a little dressing into the bottom of 2 jars. **3** To assemble the salad, layer the ingredients into the jars until only a small space remains at the top. Seal and chill until 10 minutes before serving.

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

**WINE:** House of BNG Rosé Nectar 250ml can

## TUESDAY

### NUKE-IT NOODLE BOWL

*"This is the easiest lunch you'll prepare all week (perfect for cruise day). The best thing about it is that it's ready in all of four minutes, with no flavour compromise. Adapt it to use any leftovers you have hanging around."*

**Serves 2**

**EASY**

**GREAT VALUE**

**Preparation: 5–10 minutes**

**Cooking: 4–5 minutes**

**Woolworths gochujang paste** 2 T

**chicken stock** 1 cup

**instant noodles** 2 x 75 g packets

**cooked free-range chicken breasts** 200 g

**Tenderstem broccoli** 80 g

**fresh peas** 60 g

**carrots** 60 g, finely julienned

**sesame seeds** 2 t, toasted

**1** Combine the gochujang paste and chicken stock. Place the noodles in a microwaveable bowl with the remaining ingredients except the sesame seeds and top with the gochujang mixture. **2** Cover with clingwrap or a lid and microwave on full power for 3 minutes, then for an additional 1½ minutes depending on how well-cooked you prefer your broccoli. Carefully remove the clingwrap or lid and sprinkle with the sesame seeds. Serve hot.

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

**WINE:** Dewetshof Limestone Hill Chardonnay

## WEDNESDAY

### SUMAC-WHITE CHOCOLATE "TRAIL" MIX

*"I've never heard of a happy Wednesday spent at a desk, unless there's something amazing to eat – like this trail mix with tahini, chia seeds and sumac. Add white chocolate shards just before eating to add some decadence to each mouthful. It tastes unreal with Woolies' double-cream coconut yoghurt."*

**Makes 750 g**

**EASY**

**Preparation: 10 minutes**

**Cooking: 25 minutes**

**rolled oats** 180 g

**chia seeds** 2 T

**sesame seeds** 2 T





CHARCUTERIE TOASTIES WITH  
DAUPHINOISE FRIES  
R10 PER SERVING



## Toss the plastic

*Sick of hunting for Tupperware lids? Invest in one of these stylish containers from Woolworths to keep your packed lunch fresh all day*



➔ This double-decker cooler is made with insulated foam and a high-quality lining

for easy cleaning and to ensure that your food stays cooler for longer. **R169.99**



➔ The Earth Friendly wheat straw utensil set includes a knife, fork and spoon and a container

for storage after use. Wheat-straw fibre is a food by-product and renewable resource. **R69.99**



➔ This design will brighten up any day. The Hummingbird cooler bag is insulated to

ensure that your food stays cool, and there's a matching stainless-steel water bottle. **R129.99 each**

**fresh coconut chunks** 60 g, thinly sliced  
**raw almonds** 100 g, roughly chopped  
**coconut oil** 100 g  
**honey** ½ cup  
**Woolworths sumac** 2 t  
**Woolworths tahini** 1 T  
**vanilla extract** 2 t  
**Woolworths white chocolate chips** 150 g  
**Woolworths double-cream coconut yoghurt**, for serving

**1** Preheat the oven to 180°C. Place all the ingredients except the chocolate into a bowl then, using clean hands, massage the ingredients together until thoroughly combined. **2** Lightly grease a baking tray and line with greaseproof paper. Spread the trail mix onto the baking sheet and bake for 25–30 minutes, or until golden brown and fragrant. Allow to cool

completely. **3** Place the white chocolate in a plastic bowl and microwave on full power for 30 seconds, then stir well to remove any lumps. Lightly grease a second baking tray and line with greaseproof paper. **4** Using a spatula, evenly spread the melted chocolate onto the paper and chill until completely set. Break into shards and toss through the trail mix before serving. The chocolate shards should be eaten on the day they're made, but the trail mix keeps for up to a month in an airtight container. Serve with the yoghurt.

## THURSDAY

### CHOPPED FRUIT 'N NUT SALAD

*"Everyone will love this salad – there's texture, almost every colour, and almost zero effort. Feel free to replace the sweet potato with any other leftover vegetables."*

**Serves 2**

**EASY**

**Preparation: 10 minutes**

**Cooking: 15 minutes**

**Woolworths Kara orange sweet potatoes** 200 g, peeled and cut into chunks  
**olive oil** 2 T  
**honey** 2 T  
**Woolworths chermoula spice blend** 1 T  
**Woolworths golden medley mixed grains** 200 g  
**blueberries** 100 g, halved  
**cherry tomatoes** 80 g, halved  
**mixed sprouts** 40 g  
**pistachios** 40 g, roughly chopped

**For the dressing, whisk:**

**wholegrain mustard** 1 t

**honey** 1 T

**olive oil** 4 T

**white wine vinegar** 4 T

**orange** 1, zested and juiced

**1** Preheat the oven to 200°C. Rub the sweet potato with the olive oil, honey and chermoula. **2** Roast for 25 minutes, or until golden brown and cooked through. Arrange the remaining ingredients separately in a bento box, or combine with the dressing. Serve immediately.

**HEALTH-CONSCIOUS, DAIRY-FREE, MEAT-FREE**

**WINE: Woolworths Passion Fruit Sauvignon Blanc**

## FRIDAY

### CHARCUTERIE TOASTIES WITH DAUPHINOISE FRIES

*"It's a little grandiose for a boxed lunch, but sometimes that's necessary. This recipe is also just a guide – any charcuterie pressed between toasted bread is, in the words of chef Giles Edwards, 'hard to beat'."*

**Serves 2**

**EASY**

**GREAT VALUE**

**Preparation: 20 minutes, plus overnight chilling time**

**Cooking: 45 minutes**

**For the dauphinoise fries:**

**large potatoes** 500 g, peeled and thinly sliced with a mandolin

**butter** 100 g, melted

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

**garlic** 3 cloves, thinly sliced

**extra virgin olive oil**, for frying

**For the toasties:**

**Woolworths brioche** 4 slices

**Woolworths mature Cheddar** 40 g, sliced

**Roma tomato** 1, thinly sliced

**salami** 40 g

**Woolworths prosciutto crudo** 40 g

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

**Italian parsley** 10 g, roughly chopped

**Woolworths Royal Ashton cheese** 40 g, sliced

**capers** 15 g

**butter** 50 g

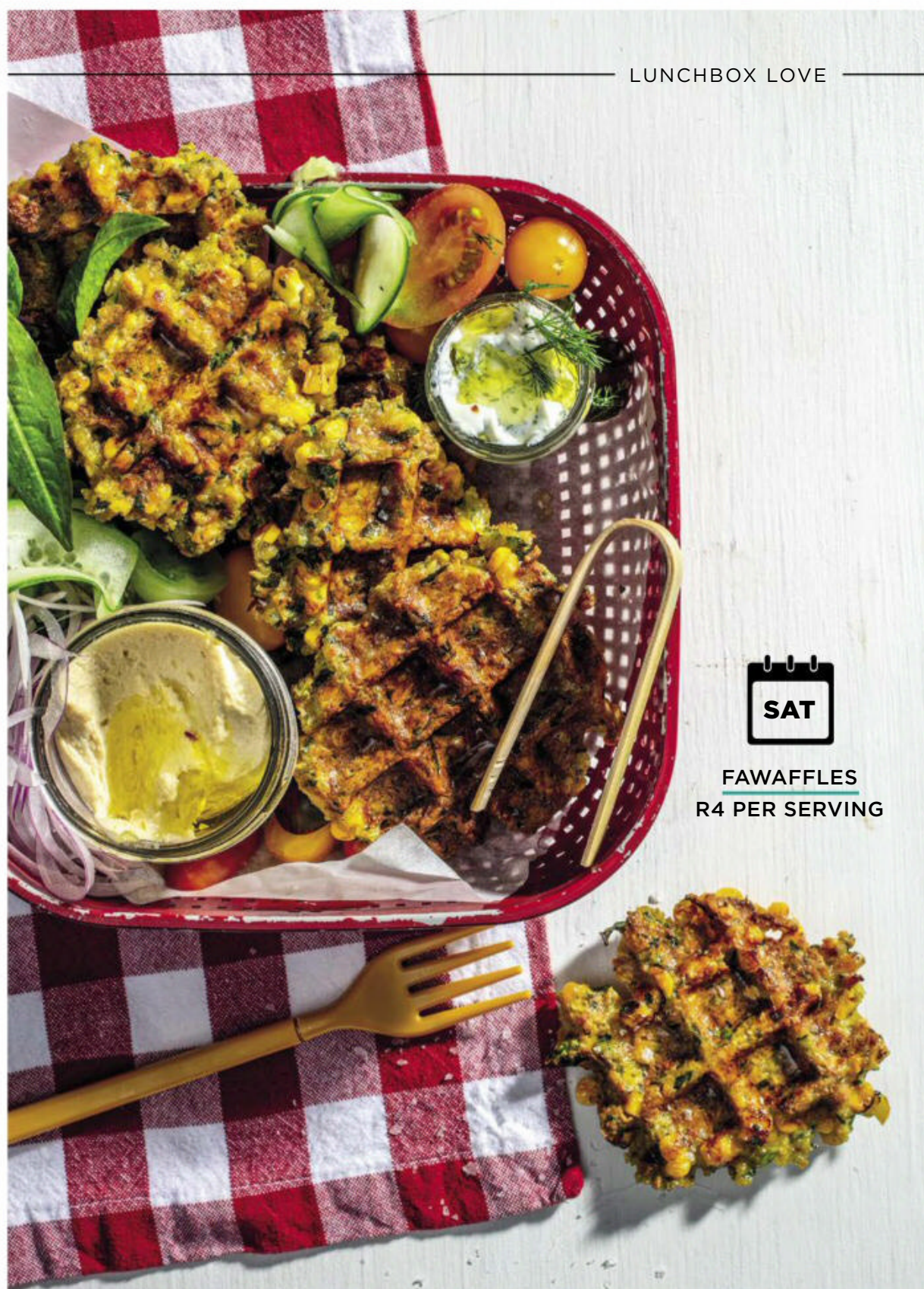
**1** Preheat the oven to 180°C. To make the fries, combine the sliced potatoes, butter, seasoning and garlic and pack tightly into a greased baking tray. **2** Weight down the potato slices and chill for 1 hour. Remove the weight and bake the dauphinoise until golden brown and cooked through. Chill overnight. **3** Turn the dauphinoise out onto a board and cut into thick chips. Heat a non-stick pan and add some olive oil. Fry the chips until crispy and deep golden brown. Season with salt. **4** To make the toasties, place the slices of brioche on a surface and top two of the slices with the Cheddar, tomato, salami, prosciutto, salt, pepper, parsley and Royal Ashton cheese. Top with the other brioche slices to make a sandwich and gently press down slightly to keep the sandwich intact. **5** Melt the





SUMAC-WHITE  
CHOCOLATE  
"TRAIL" MIX





**FAWAFFLES**  
R4 PER SERVING

butter in a non-stick pan. Place the sandwiches in the hot pan and toast on both sides until golden brown and the cheese has melted. Slice in half and season with capers. Serve with the fries.

**WINE: Woolworths Ken Forrester Grenache**

## THE WORKING SATURDAY

### FAWAFFLES

*"Don't let working on a Saturday rid you of your weekend spirit. Make up a mini picnic with these waffle-pressed sweetcorn falafels."*

**Makes 10**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes, plus overnight soaking time**

**Cooking: 15 minutes**

**chickpeas** 200 g, soaked overnight  
**garlic** 3 cloves

**ground coriander** 1 T  
**ground cumin** 1 T  
**smoked paprika** 1 T  
**smoked chilli flakes** 1 T  
**fresh coriander** 10 g  
**Woolworths tahini** 2 T  
**sweetcorn** 1 cob, grilled and kernels removed from the cob  
**lemon** 1, juiced  
**hummus**, for serving  
**tzatziki**, for serving  
**fresh vegetables**, for serving

**1** Blend all the ingredients until crumbly in texture. Shape into small patties. **2** Heat a waffle iron and grease lightly. Place 2 T mixture in the centre of the waffle iron and grill for 5 minutes or until light golden brown and crispy. **3** Serve with hummus, tzatziki and fresh veggies.

**MEAT-FREE, WHEAT- AND GLUTEN-FREE**  
**WINE: Woolworths Cap Classique Nectar Royale**

## The lunch rush

*Woolworths' Good To Go range boasts a host of delicious, fresh lunch solutions. Here are some of my faves for when I'm too busy to stop and make a sandwich.*



### ➔ Smoked ham-and-Gouda rolls

These roll-ups made with beechwood-smoked ham and creamy Gouda

seem really simple, but they are my personal go-to snack for extra-busy workdays. The perfect bite for those of us who struggle to hit pause.

**R34.99 for 60 g**



### ➔ Steel-cut oats with chia seeds and cinnamon

This is a growing fave among some of my colleagues. I'll admit, a bag of

cooked oats didn't seem like much fun at first. But it's just as delicious as if you'd prepared it at home.

**R21.99 for 180 g**



### ➔ Salmon poké bowl

This easy lunch finds a way to be both virtuous and tasty! Pair with a freshly squeezed

fruit or vegetable juice and create your own on-the-go meal.

**R89.99 for 315 g**



### ➔ Cinnamon-sugar mini pancakes

These cinnamon-sugar pancakes are going to be your new morning coffee

accompaniment. They're small, so you're allowed to eat as many as you like. **R25.99 for four**



### ➔ Chicken-and-cheese egg wraps

Enjoy these pulled chicken-and-cheese sauce-filled egg rolls quickly warmed

in the microwave or straight out of the fridge. **R32.99 for four.**



# ADD A LITTLE CHEESE

Everyone loves cheese in their lunchbox – and Woolies stocks a fantastic range. Creamy Kiri portions (delicious as is, or on bread or crackers), or trendy dippers – Kiri Dip 'n Crunch and The Laughing Cow cheese dippers in plain or Cheddar (with a wholewheat biscuit) – or the popular mini Babybel and light portions, there's something for every lunchbox. And don't forget The Laughing Cow mini cubes and plain wedges. Combine with sarmies, fruit and veg, nuts, dried fruit and yoghurt, and your lunchbox will be the envy of the crowd.

**woolworths.co.za**







The vibrancy of Africa meets the intricacy of Art-Nouveau design at Zioux, the latest addition to the Marble Group in Joburg.

PHOTOGRAPHS JAN RAS  
TEXT STEVE STEINFELD



# ANIMAL ATTRACTION

Zioux – pronounced zoo – is the latest addition to Jozi's Marble Group, a Champagne-and-cocktail lounge where executive chef David Higgs and team are experimenting with Latin American flavours and techniques





## IF YOU'VE EVER WANTED TO TAKE A WALK ON THE WILD SIDE, ZIOUX IS THE PLACE TO DO IT.

Walk through the stained glass-inspired striped archway, through the double doors, then through the heavy curtains reminiscent of a burlesque club, and your

senses will be overcome by a space quite unlike any you've ever seen before. The magnificent onyx bar, glowing thanks to its intricately designed backlighting, is the first thing to catch your eye. Next are the five stunning artworks by artist and frequent Marble collaborator Krisjan Rossouw, whose work comes to life on the wood panelling in the space – a host of majestic animals dressed in their finest garb, from a crowned crane and a buffalo in Victorian gowns, to a kudu lounging in a flouncy green number. The brief was to embrace the animal in us all, and these pieces certainly add to Zioux's cheeky edge.

Highlighting the fact that this is a bar-lounge, rather than a restaurant, armchairs and comfortable leather banquettes are nestled around black

marble tables – all part of the attention to detail and eye for design we've come to expect from Marble Group interior designer Irene Kyriacou.

The animal thread runs throughout, in illustrator Sarita Immelmann's nouveau-inspired linework on the carpet and Damian Grivas's larger-than-life insect sculptures winding their way up and down the pillars. It's the perfect backdrop against which you're invited to uncage yourself, so to speak – and try something different. And make no mistake, while it may not be a restaurant, the food is certainly not an after-thought, with the small plates on offer drawing influence from across Latin America, particularly Peru and Mexico. It's a style

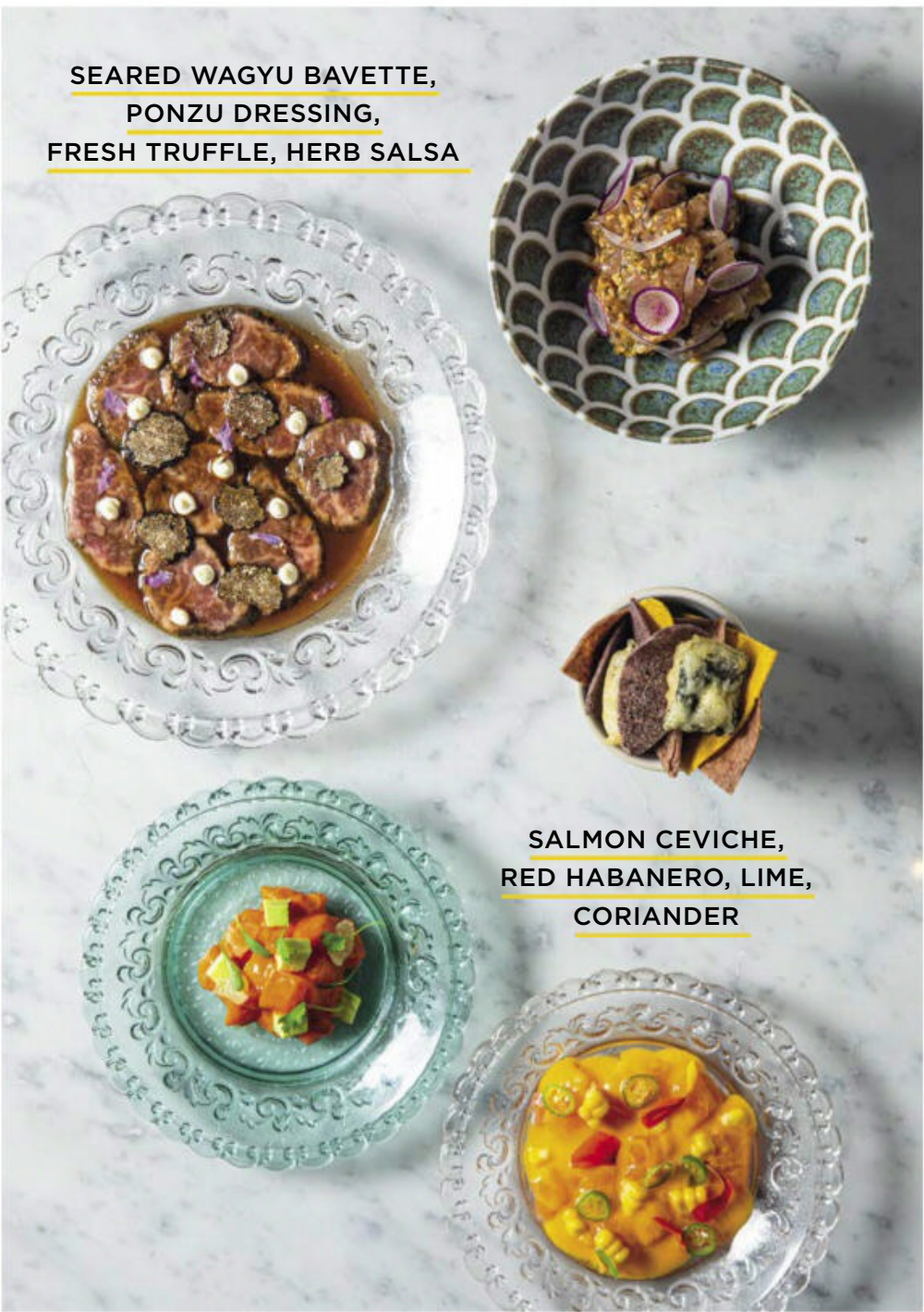
**“You're invited to ‘uncage yourself’, so to speak – to try something different”**

of cooking we haven't seen much of locally, but it's a huge global trend that, in the hands of executive chef David Higgs, often gets a South African twist. Together with head chefs Michael van Rooyen and Moses Moloi, and pastry chef Megin Meikle, David has spent the better part of the past few months conceptualising this new offering. His excitement about the cuisine, and the team, is palpable. “We have this incredible energy and understanding when it comes to the food, and it carries through to the menu, the other team members and even the customers, it's been good for everyone... it's been good for me!”

Michael, who worked with David at Rust en Vrede and headed up Marble for its first two years, returns to the group and brings with him years of experience at top local and international restaurants, as well as an obsession with

**Left: Chefs Michael van Rooyen, Moses Moloi, David Higgs and Megin Meikle. Opposite, clockwise from top left: The works of local artists bring the space to life; rib-eye with porcini; the backlit onyx bar is the centrepiece of Zioux.**





SEARED WAGYU BAVETTE,  
PONZU DRESSING,  
FRESH TRUFFLE, HERB SALSA

SALMON CEVICHE,  
RED HABANERO, LIME,  
CORIANDER





Latin American flavours following trips to South America. New to the team is Moses Moloi, who returns to Jozi from Cape Town. A protégé of Peter Tempelhoff, he worked under the top chef from his days at The Greenhouse at the Cellars-Hohenort through to his most recent stint as head chef at Fyn. In between, Moses gained experience overseas, as well as under chefs Luke Dale Roberts and Candice Philip during their respective tenures at The Saxon. Classically trained, he brings his impeccable technique, skill and experience with Asian cuisine to the pass.

Megin, who worked with David at 500 at The Saxon, is one of the most exciting pastry chefs in South Africa right now – her keen eye for precision and understanding of flavour have always made her creations stand out, and her work for Zioux is no exception.

**THE MENU COMPRISES A SELECTION OF SMALL PLATES,** perfect to enjoy with a cocktail or glass of bubbly, with a few bigger plates on offer for those looking for something more substantial.

A highlight is the ceviche, tiradito and pickles selection, often using bases of aguachile and tiger's milk to build upon flavours and cure a selection of thinly sliced fish. It's fresh, clean cooking, creating light yet punchy dishes, be it the yellowtail cured with Guajillo chilli, naartjie aguachile, corn and coriander, or the equally delectable swordfish tiradito

**“It's a style of cooking we haven't seen much of locally but it's a huge global trend”**

with yellow habanero and nasturtium. The chefs balance the ingredients masterfully, especially the chilli, which, while certainly present, delivers real flavour rather than pure heat.

Then there are the Zioux bites – be it the vetkoek and oxtail (with a touch of tamarind wonderfully balancing out the richness of the meat), the gorgeous Jersey beef tartare with nasturtium

pesto, or the little bites of steamed bun where the flavours develop a slight Asian influence – all delivering small, powerful mouthfuls.

The shellfish bar is equally worth exploring. Opt for a selection of oysters with a variety of interesting and decadent toppings including mescal and coriander; tamarind, chilli and sesame; as well as Champagne vinegar and cured pork – all three shifting your expectations of what might be considered classic oyster accoutrements. Those looking to seriously indulge may go for a selection of caviar served with buckwheat blinis, or the shellfish tower, which serves two and features crayfish, prawns, mussels, oysters, ceviche and octopus salad – perfect with a bottle of Champagne.

The finales are Megin's decadent desserts. The Zioux twist on churros with a tres leche sauce and pecan purée with a hint of crunch is already a hit, as is the more delicate dish of guava, with the fruit poached in jalapeño syrup and served with hibiscus jelly, jalapeño salt and a guava foam.

**OF COURSE, A CHAMPAGNE BAR AND COCKTAIL LOUNGE WOULDN'T BE COMPLETE**

without the aforementioned Champagne and cocktails, and you're safely in the hands of long-time group sommelier Wikus Human and mixologist George Hunter, who both demonstrate their prodigious skill and knack for knowing exactly what the customer wants through their various crafts.

For Wikus, it's offering a selection of top-notch premium Champagnes, Cap Classiques and wines to provide perfect pairings for Zioux's style of vibrant, fresh, bright and bold cooking. George brings his flair for theatrics to the fore with a series of Instagrammable cocktails – the current front runner being the Agua de Mee-hee-ko, a tequila-based cocktail with a banana leaf and beaded chameleon decorating the glass (the little

**Clockwise from top left: The conservatory brings the outside in; oxtail with vetkoek; head chefs Moses Moloi and Michael van Rooyen; red leather banquettes beckon guests inside.**







animals have proved to be such a fan favourite that they're now available for sale as keepsakes).

Zioux is an outlandishly fun, flavourful and exciting addition to Joburg's food scene, one that invites you to dress up, let down your hair and, as the tagline suggests, break free. Whether it's indulging in fine fare, enjoying a cocktail at the bar or spending a night out with one of Joburg's hottest DJs as the backdrop, this is the place to do it. W @zioux\_jhb, zioux.com

## SEARED WAGYU BAVETTE, PONZU DRESSING, FRESH TRUFFLE, HERB SALSA

**Serves 5**

**A LITTLE EFFORT**

**GREAT VALUE**

**Preparation: 20 minutes, plus  
30 minutes' freezing time**

**Cooking: 1½ hours**

**Wagyu bavette or tritip 300 g**  
**fine salt 1 t**  
**canola oil ½ cup**  
**garlic 4 cloves**  
**basil 25 g**  
**parsley 25 g**  
**fresh truffles 1 g**

**For the ponzu dressing, blend:**

**beef stock 2 T**  
**olive oil 1 T**  
**ponzu sauce 2 T**  
**honey 2 t**  
**truffle oil 2 t**

**For the lime cream:**

**cultured crème fraîche 125 g**  
**lime 1**

**1** Cut the meat into 3 equal strips (around 100 g portions) and season with salt. Place a pan over a high heat and seal the meat on all sides. Allow to cool. **2** While the meat is cooling, place the canola oil, garlic, basil and parsley into a blender and blend at full speed until a green paste forms, about 1 minute. **3** Place 1 strip of meat on a sheet of clingwrap and rub evenly with the herb salsa. Wrap up very tightly. Do the same with the other 2 pieces of meat, then freeze for 30 minutes. **4** To make the lime cream, place the cream into a bowl



and zest over the lime. Mix well with a spatula and place into a piping bag.

**5** To serve, remove the meat from the freezer and unwrap. Cut into rounds using a sharp knife and divide between 5 plates. Dress with the dressing, then pipe 5 dots of lime cream onto each plate and shave over the truffle.

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

**WINE: Woolworths Tokara Merlot**

## SALMON CEVICHE, RED HABANERO, LIME, CORIANDER

Serves 5

A LITTLE EFFORT

**GREAT VALUE**

**Preparation: 20 minutes, plus 2 hours' chilling time**

**Cooking: 1 hour**

**brown sugar 50 g**

**Maldon salt 50 g**

**Norwegian salmon 300 g**

**“The Zioux twist on churros with a tres leche sauce, pecan purée and a hint of crunch is already a hit”**

**lime 1**

**avocado 1**

**micro coriander 25 g**

**For the red habanero sauce:**

**red peppers 5**

**olive oil 2 T**

**onion 1**

**garlic 2 cloves**

**habanero chilli 1, seeded**

**red wine vinegar 3 T**

**evaporated milk ½ cup**

**salt 1½ t**

**1** Mix the sugar and salt and rub it onto the salmon. Chill, covered, for 2 hours.

Rinse the salmon under cold water and pat dry with kitchen paper, then cut into 5 cm cubes. **2** To make the sauce, set your oven to 200°C and rub the peppers with olive oil. Roast for 20 minutes. **3** Place the peppers into a large bowl, cover with clingwrap and set aside to steam for 30 minutes. **4** Meanwhile, peel and slice the onion and garlic. Heat a little olive oil in a pan and cook the onions and garlic for about 8 minutes, or until soft. **5** Peel the peppers and remove the seeds. Place the peppers, chilli, garlic, onion, vinegar, evaporated milk and salt into a blender and blend at full speed for 2 minutes. Allow to cool and set aside. **6** Peel the lime using a sharp knife, then remove the segments and cut them into 2 cm dice. Peel the avocado and cut into 2 cm dice and allow to stand for 3 minutes. **7** Divide the salmon between 5 bowls. Garnish with the lime, avocado and micro coriander.

**WHEAT- AND GLUTEN-FREE**

**WINE: Woolworths Nitida Bushbaby Sauvignon Blanc/Semillon**





# FRIED CHICKEN, FAST

What if we told you that you could have crispy fried chicken in 15 minutes, without a fryer? Sounds crazy, right? Now thanks to Woolies and its crumbed southern-fried chicken fillets, it's a reality. The mini fillets are perfect for quick lunches and lunchboxes, or just for when that fried chicken craving hits. [woolworths.co.za](http://woolworths.co.za)



**SERVING SUGGESTION** Prepare the chicken according to instructions. Serve with yoghurt-and chive dipping sauce, tangy garlic aioli, BBQ sauce or spicy mayonnaise.



PHOTOGRAPHS  
JONATHAN LOVEKIN  
AND JENNY ZARINS  
TEXT AND RECIPES  
NIGEL SLATER

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PORK WITH FIGS



# THE INSATIABLE NIGEL SLATER

BAKED PEPPERS WITH  
TOFU AND OLIVES

Written at his kitchen table during the pandemic, Nigel Slater's *A Cook's Book* is full of the kind of signature recipes and evocative prose that have made him the food nerd's best-loved home cook





## “I AM A HOME COOK.

I have cooked for half a century and still love every slow turn of the wooden spoon. Simple food, nothing fancy. Just something to eat really. Yes, I go out to dinner or bring home a tray of sushi; I will phone for gyoza or biang biang noodles but even then I will probably have cooked lunch at home. I once described my cooking as ‘straightforward, everyday stuff, the sort of thing you might like to come home to after a busy day’. I still stand by that.

Making a few ingredients into something good to eat continues to give immeasurable pleasure. Making dinner for others even more so. I love the deep

reassurance that comes from cooking and eating something familiar, a dish I know well, but I also possess an endless curiosity with the new – an insatiable hunger for what is to come. I am never going to be someone who repeats the same old dishes year in year out as if on some sort of culinary treadmill. There is far too much fun to be had for that.

As cook and writer I have got things right, wrong and somewhere in between. I know my faults – in particular my ability to be contradictory, by turns pedantic (handmade basil pesto is better than that made in a food processor, broad beans are much nicer to eat if you take the time to pop them out of their papery skins), and can at other times be happily laid-back (it truly doesn’t matter if the fruit sinks to the bottom of your cake; it is just as delicious). We are what we are.

I enjoy eating complex, exquisitely

presented food. I just don’t like cooking it. More truthfully, I can’t. I leave such delicate artistry to the professionals.

### SO, BACK TO SIMPLE

Dinner is rarely more than a single dish in this house. A bowl of noodles with chilli and greens; plump, garlicky beans slowly cooked in the oven, a boned chicken leg on the grill brushed with thyme and lemon. Sometimes we feast: a vast dish of pasta with mussels and prawns; a steaming pie of sweet potatoes and lentils; baked fatty pork with butter beans and broth. Even then, this is straightforward eating. The nearest you will get to a ‘starter’ is a bowl of olives. Dessert or cake is more often a mid-morning thing. Tiramisu, after all, means ‘pick-me-up’ – a neat, sweet punch of energy for when we start to flag. Come to dinner and you are just as likely to get your food in a bowl as on a plate. And those bowls won’t match either.

But casual does not mean careless. There is much pleasure to be had from doing a little thing meticulously – taking your time to perform a kitchen task that could be done more quickly. There is a lot of satisfaction in slowly, carefully unfurling and washing salad leaves. Drying them too. If I am enjoying a specific kitchen task – making a salad dressing, shaping a loaf or grating a lemon – I will often slow down, taking a minute or two more to enjoy the process. It is why my pestle and mortar gets as much use as my food processor. Both have a place in the kitchen, but one is about getting something done, the other about enjoying doing it.

It is true that I like to keep things minimal. I often look at a recipe and consider what I can take out rather than what else I can put in. Following a recipe with 19 ingredients is rather like walking into a room where every surface is awash with ‘ornaments’.

I have little truck with perfection. I would rather have a good time around a table with friends and some rough-edged cooking than marvel in silence at the cook’s technical precision. I have been to too many dinners like that and they are painful – it is almost a relief to go home. To put it another way, let’s just make something good for dinner and enjoy ourselves. @nigelslater; nigelslater.com



HERB PANCAKES  
WITH MUSHROOMS







**QUICK**  
**APRICOT TARTS**





## PORK WITH FIGS

Serves 2

**pork chops** 2

**butter** 25 g

**olive oil** 2 tablespoons

**dry, sparkling cider** 250 ml

**figs** 4

**redcurrant (or apple) jelly** 2 tablespoons

**butter** a small knob

**To serve:**

**wide noodles** (about 125 g for 2),

**or some floury white boiled potatoes**

**1** Season two pork chops on both sides. Melt a little butter in a shallow pan and add the oil. Brown the chops, lightly seasoned with salt and pepper, on either side. The fat should colour nicely. (Make certain the chops brown on both sides before you introduce the cider. That way the pan juices will be tastier.) This will take about 10 minutes. **2** Remove the chops to a plate, cover and keep warm. Pour in the cider, let it bubble, then lower the heat, add the figs, cut in half, and cover with a lid. Continue cooking for about 5 minutes, then remove the lid, add the jelly and beat in the butter. Let the sauce reduce by about half and serve.

## BAKED PEPPERS WITH TOFU AND OLIVES

Serves 3

**red peppers** 3

**silken tofu** 500 g

**cherry tomatoes** 250 g

**olive oil** 100 ml

**green olives** 10

**chives** 10

**parsley, chopped** 2 tablespoons

**1** Set the oven at 200°C. Halve and deseed the peppers. Put them, cut side up, in a baking dish or roasting tin. Divide the tofu evenly between the peppers. Cut each of the cherry tomatoes in half and add them to the peppers, tucking them in with the tofu. Pour some of the olive oil into each of the peppers. Season with black pepper and a little salt. Bake the peppers for an hour or until they are truly tender. **2** Stone and roughly chop the olives and put them in a small mixing bowl. Finely chop the

chives and mix them with the olives. Toss the parsley with the olives and chives. Scatter over the peppers as they come from the oven and serve.

## HERB PANCAKES WITH MUSHROOMS

Serves 4

**For the pancakes:**

**butter** 15 g, plus 30 g for frying

**plain flour** 100 g

**egg** 1 large, plus an extra yolk

**For the filling:**

**butter** a thick slice

**spring onions** 4

**thyme leaves** 3 tablespoons

**button mushrooms** 400 g

**tarragon** 2 large handfuls

**parsley** 2 large handfuls

**milk** 350 ml

**basil and parsley** 20 g, total weight

**plain flour** 1 tablespoon

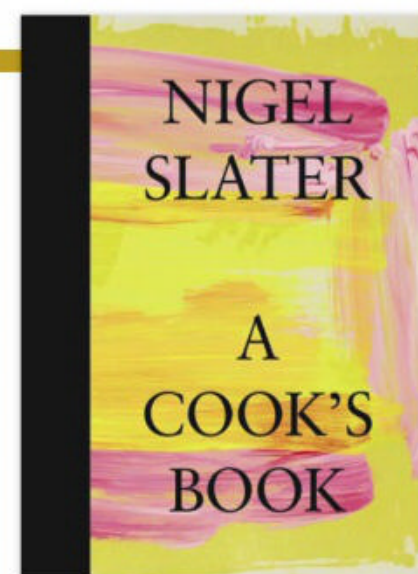
**crème fraîche** 200 ml

**lemon** zest of 1

**melted butter**

**grated Parmesan** to finish

**1** For the pancakes, melt the 15 g of butter in a small pan, remove from the heat and leave to cool. Sift the flour, together with a pinch of salt, into a large bowl. Put the egg, egg yolk and milk into a blender or food processor, add the basil and parsley and blitz to a pale green. Pour into the flour and add the melted butter, beating lightly to get a smooth batter. Set aside for half an hour. **2** Melt the 30 g of butter in a small saucepan and set aside. Brush a 20–22 cm non-stick frying pan or crêpe pan with a little of the melted butter. You just want a thin film on the bottom of the pan. When the butter starts to sizzle, give the batter a quick stir, then pour or ladle in enough to give a wafer-thin layer. Tip the pan backwards and forwards to cover the base evenly with batter. Let it cook for 2–3 minutes till pale gold underneath, then run a palette knife around the edge to loosen it from the pan. Slide the palette knife underneath the pancake then turn it over quickly and smoothly. Leave to cook for a minute or two, then slide or lift out onto a plate. **3** Continue with the rest of the mixture. You should make about six



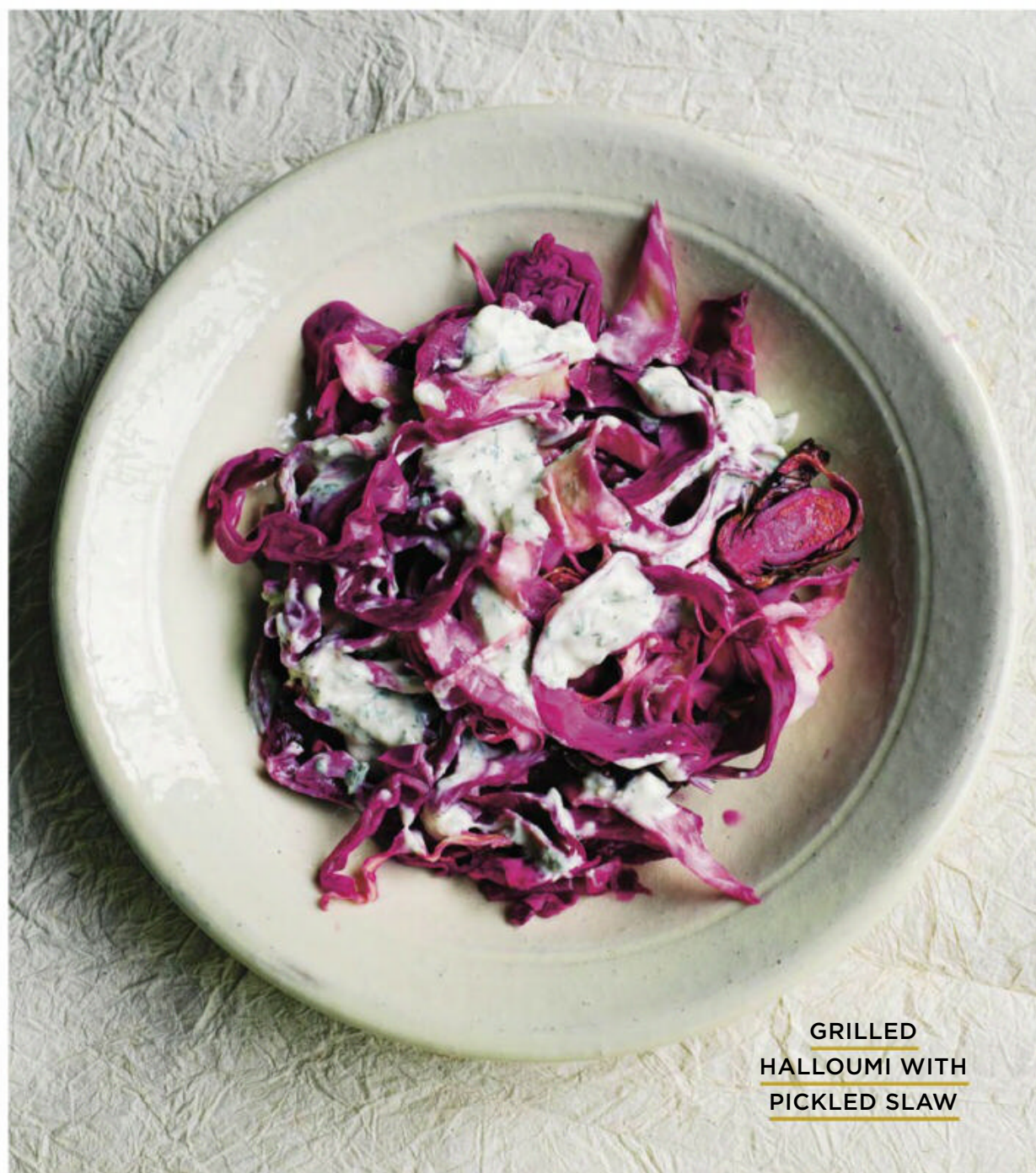
### WIN A COPY

Award-winning author, journalist and television presenter Nigel Slater has been the food columnist for the *Observer* for more than 25 years. *A Cook's Book – The Essential Nigel Slater* (4th Estate, distributed in South Africa by Jonathan Ball, R770) is the latest addition to his collection of bestselling titles.

**To stand a chance of winning a copy, visit [taste.co.za](http://taste.co.za).**

pancakes. (You will only need four, so keep the other two for later. They make a nice little snack topped with grated cheese and butter then grilled.) **4** To make the filling, melt the butter in a deep casserole over a moderate heat. Finely chop the spring onions, discarding any of the stem that is very dark and tough, and add them to the butter. Leave the onions to soften, giving them the occasional stir, then add the thyme leaves. Slice the mushrooms into 2.5 mm-thick slices, then add to the pan and cook for 3–4 minutes, adding a little more butter or oil if necessary. **5** Set the oven at 200°C. Roughly chop the tarragon and parsley leaves, add them to the spring onions and mushrooms, then sprinkle in the flour. Continue cooking for a couple of minutes, stirring regularly, till the flour smells toasty, then stir in the crème fraîche, salt and pepper. Finely grate the lemon zest, adding half to the filling and reserving the rest. **6** Place a pancake on the work surface, fill with a quarter of the stuffing, then roll up and place in an oiled or buttered baking dish. Repeat with the remaining pancakes and filling. Sprinkle over a little melted butter, grated Parmesan and grated lemon zest, then bake for 10 minutes and serve.





GRILLED  
HALLOUMI WITH  
PICKLED SLAW

## GRILLED HALLOUMI WITH PICKLED SLAW

Serves 4

### For the pickle:

**red cabbage** 400 g  
**white cabbage** 350 g  
**white wine vinegar** 550 ml  
**granulated or caster sugar** 150 g  
**black peppercorns** 12  
**garlic** 3 cloves, peeled

### For the dressing:

**natural yoghurt** 125 g  
**tahini** 2 tablespoons  
**lemon juice** of 1, small

### For the halloumi:

**halloumi** 700 g  
**coriander leaves** 10 g  
**parsley leaves** 10 g (a handful)  
**iced water** 4 tablespoons  
**olive oil** a little

**1** Finely shred the red cabbage. Do the same with the white cabbage. Put the cabbages in a colander, place over a bowl, then sprinkle generously with salt. Massage the salt well into the shredded leaves and set aside to drain for 30 minutes. Then squeeze the leaves in your hands and pack into a couple of medium-sized storage jars or a large mixing bowl. **2** Pour the vinegar into a stainless-steel saucepan, add the sugar, peppercorns and the whole garlic. Add 550 ml of water and bring to the boil. As soon as the sugar has dissolved, pour the hot liquor over the salted vegetables, toss thoroughly, then seal or cover and set aside overnight, or for at least 4 hours. Turn the vegetables occasionally by stirring or shaking the jar. **3** Mix together the yoghurt, tahini and lemon juice. Finely chop the coriander and parsley and stir into the sauce. Thin to coating consistency with the iced water. **4** Cut the halloumi into large pieces about 1 cm thick. Brush them with olive oil. Heat a ridged griddle pan, place the halloumi on the hot griddle and cook for about 4 minutes on each side. **5** Put half the slaw in a bowl, drained of its marinade. Add the tahini dressing and toss together. **6** Serve the slaw with the halloumi, hot from the griddle.

## QUICK APRICOT TARTS

Makes 4 tarts

**apricots**, fresh 10, tinned or poached in syrup 20

**caster sugar** 3 tablespoons

**puff pastry** 320 g

**apricot jam** 4 heaped tablespoons

**1** If you are using fresh apricots, halve and stone them, then put them in a small saucepan, add the sugar and enough water to just cover the fruit and bring to the boil. Lower the heat and simmer for about 10 minutes till the fruit is soft and tender. The apricots must be so soft you could crush them between your fingers. Drain them. **2** If you are using tinned apricots, drain them in a sieve over a bowl. Set the oven at 220°C. Place a baking sheet in the oven to get hot. **3** Roll out the pastry to a rectangle 30 cm x 23 cm. (That is pretty much the size

of a roll of ready-made puff pastry.) Using a 12 cm-diameter template (a saucer or small plate or large cookie cutter), cut four rounds of pastry. **4** Place each on a lightly floured baking sheet (lined with baking parchment if you wish). Score a wide rim around the outside of each one about 1 cm in from the edge – I use a 10 cm cutter for this – taking care not to cut right through the pastry. **5** Place the apricots on the pastry, four or five halves to each tart, steering clear of the rim. Slide the baking sheet on top of the hot baking sheet in the oven and bake for 10–12 minutes, till the pastry is puffed and golden. **6** Warm the apricot jam in a small saucepan. Remove the tarts from the oven and brush the jam over the tarts, covering both fruit and pastry, then return to the oven for 3–4 minutes till the edges have browned and the glaze is just starting to caramelize. Let the tarts settle for 10 minutes before eating. (Only so you don't scald your mouth!)



ADVERTISING PROMOTION

# PEP IT UP!



Snacking peppers are small and juicy and perfect for lunchboxes or a snack on the run.



Grown exclusively for Woolies, Pepperito peppers are seedless and have a thin skin, perfect for salads.



Sweet, crunchy Tricolore peppers are grown exclusively for Woolworths and are smaller, sweeter and juicier than regular peppers.

Add a little pep to lunchboxes with Woolworths' range of peppers, be it for back-to-school lunches or workday snacks. **woolworths.co.za**

**SERVING SUGGESTION** Preheat the oven to 180°C. Cut a diamond shape into the sides of 8 Tricolore peppers to make a cavity. Heat 1 x 250 g sachet Woolworths grain medley according to package instructions, toss with 3 T olive oil and season. Spoon into the peppers and stud with feta and olives. Roast for 20 minutes, or until tender but still holding their shape. Top with finely sliced red onion, fresh herbs and a good drizzle of olive oil.





THE GREEN  
GODDESS FOCACCIA  
R11 PER SERVING





PHOTOGRAPHS JAN RAS  
RECIPES AND PRODUCTION BIANCA STRYDOM  
FOOD ASSISTANT NADIA MEYER

# **“IS THERE VEG IN MY SAUCE?”**

Whether you have a veg-resistant partner, picky offspring or just want more plants on your plate, Bianca Strydom's ingenious recipes (including the latest riff on mac and cheese and superfood hash browns) will win them over



## GET FRESH

Here's our pick (geddit?) of Woolies' large selection of fresh veg you should be eating this summer



→ Crunchita lettuce is sweet, juicy and crunchy. Fill leaves with cream cheese and top with microgreens for a tasty snack. R24.99 for 180 g



→ These sweet, round, bright green legumes can be enjoyed raw, steamed or stir-fried and have a crunchy, juicy texture. R49.99 for 200 g



→ Kara orange sweet potatoes have vibrant orange flesh and a sweet flavour. Bake, roast or add to the fish hash browns on p 118. From R28.99 for 1 kg



→ Apache potatoes have a firm texture and buttery flavour, and are easily identified by their red and cream-coloured skins. R19.99 for 700 g

## THE GREEN GODDESS FOCACCIA

"If you have any leftover onion, use it as a topping for the focaccia the next day with fresh basil. The focaccia makes the perfect side to a light supper with Woolies' rotisserie chicken and freshly sliced tomatoes. It will keep in an airtight container for 3 to 5 days."

**Serves 6 to 8**

**EASY**

**GREAT VALUE**

**Preparation: 2 hours**

**Cooking: 30 minutes**

**For the dough:**

**white bread flour** 500 g

**salt** 2 t

**dried yeast** 10 g

**olive oil** 3 T

**cold water** 1½ cups, plus 1 T

**olive oil**, for drizzling

**sea salt**, to taste

**garlic** 4 cloves, thinly sliced

**onion** 1, thinly sliced

**capers** 1 T

**lemon** 1, zested

**Woolworths labneh**, for serving

**parsley** 10 g, roughly chopped

**basil pesto** 4 T

**dried green peppercorns**, crushed, to taste

**1** Place the flour, salt, yeast, olive oil and 1 cup, plus 2 T water into a large bowl. Gently stir with your hand or a wooden spoon to form a dough, then knead the dough in the bowl for five minutes, gradually adding the remaining water. Knead until almost smooth. **2** Tip the dough onto an oiled surface and knead for a further five minutes. Return the dough to the bowl, cover and leave to rise until doubled in size. **3** Oil a large baking tray (30 x 20 cm) generously with olive oil. Tip the dough out of the bowl and flatten onto the prepared tray, pushing it into the corners. Cover with a large plastic bag, making sure it does not touch the top of the dough, then leave to prove for 1 hour. **4** Preheat the oven to 200°C. Remove the plastic, cover your fingers in olive oil and poke them into the dough. **5** Drizzle with oil, sprinkle with salt, then top with the garlic, onion, capers and lemon zest, then bake for 20 minutes. When cooked, drizzle with a little more olive oil, season with pepper, and add the labneh, parsley, basil pesto and peppercorns. Serve hot.

**DAIRY-FREE, MEAT-FREE**

**WINE:** Buitneverwaching Buiten Blanc

## GRILLED BBQ CABBAGE WITH MAYONNAISE AND TROUT CAVIAR

"This is a total game-changer, you've never eaten cabbage like this before! It's so good, you might even want to skip the meat."

**Serves 6 to 8**

**EASY**

**GREAT VALUE**

**Preparation: 10 minutes**

**Cooking: 30 minutes**

**cabbage** 1, cut into 8 wedges

**Woolworths Chinese BBQ glaze**

1 x 160 ml jar

**olive oil** 2 T

**salt**, to taste

**mayonnaise** 3 T

**rice wine vinegar** 2 T

**Woolworths trout caviar** 2 T (optional)

**1** Preheat the oven to 180°C. Cook the cabbage wedges on a griddle pan until charred. **2** Place on a baking tray, brush evenly with the Chinese BBQ glaze, cover in olive oil and season with salt. Roast for 10–15 minutes, or until tender. **3** Combine the mayonnaise and rice vinegar and serve the cabbage topped with the mayonnaise and caviar.

**WHEAT- AND GLUTEN-FREE, DAIRY-FREE WINE:** Woolworths La Motte Grand Rouge

## STICKY RED PEPPER CHICKEN WINGS WITH SOUR CREAM SAUCE

"This sauce is great friends with pork fillet, pasta, or even roast broccoli. Make it the day before to save time and reheat before serving. Serve the wings with a green salad of Woolies' Crunchita lettuce, cucumber and avo."

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes**

**Cooking: 1 hour**

**free-range chicken wings** 600 g

**chicken stock** 2 cups

**For the sauce:**

**red peppers** 3, halved and seeded

**red onion** 1, roughly chopped

**garlic** 3 cloves

**olive oil** 1 T

**salt**, to taste

**Woolworths hickory liquid smoke** 1 t

**brown sugar** 1 T

**white wine vinegar** 1½ T

**Worcestershire sauce** 2 T

**lemon juice** 1 T

**Woolworths habanero sauce** 2 T

**olive oil** 1 T

**For the dipping sauce, mix:**

**chives** 10 g, finely chopped, plus extra for serving

**sour cream** ¼ cup



GRILLED BBQ CABBAGE WITH MAYONNAISE AND TROUT CAVIAR  
R11 PER SERVING



**“You have never eaten cabbage like this before.  
You might even want to skip the meat!”**



**crème fraîche** ¼ cup  
**lemon** 1, zested and juiced  
**salt**, to taste

**1** Preheat the oven to 180°C and line a large baking tray with greaseproof paper. Poach the chicken wings in the chicken stock for 7–10 minutes, or until cooked.

Once the chicken wings are ready, place them on a plate to cool slightly.

**2** Meanwhile, prepare the sauce. Place the red peppers, onion and garlic on a roasting tray. Drizzle with olive oil and season, then roast for 30 minutes, or until soft. **3** Place in a blender and blend until smooth, then add the remaining sauce ingredients and check the seasoning. Toss the chicken wings in the sauce, then roast for 30 minutes, tossing often, until golden brown. **4** Serve the chicken wings with the sauce, topped with extra chives.

**CARB-CONSCIOUS**

**WINE:** Woolworths Porcupine Ridge Sauvignon Blanc/Semillon

## HERBY FISH HASH BROWNS WITH CHUNKY TARTARE SAUCE

*"These are full of sweet potato, kale and spinach – you couldn't pack in more veg if you tried! Make the hash browns the day before and chill, then fry. Woolies' crinkle-cut oven chips make the perfect side."*

**Serves 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 10 minutes**

**Cooking: 45 minutes**

**hake fillet** 1  
**olive oil** 1 T  
**sea salt and freshly ground black pepper**, to taste  
**Woolworths Kara orange sweet potatoes** 3, boiled and grated  
**kale** 100 g, blanched and squeezed of excess water  
**spinach** 50 g, blanched and squeezed of excess water  
**parsley** 20 g, roughly chopped  
**dill** 20 g, roughly chopped  
**chives** 10 g, finely chopped  
**Woolworths Albacore white tuna fillets in olive oil** 1 x 180 g jar, drained and flaked  
**oil**, for shallow frying  
**crispy capers**, for serving  
**lemon wedges**, for serving

**For the tartare sauce, mix:**

**mayonnaise** 2 T  
**gherkins** 4, roughly chopped  
**red onion** ½, roughly chopped  
**lemon** 1, zested and juiced  
**dill** 10 g, roughly chopped  
**sea salt and freshly ground black pepper**, to taste

**1** Preheat the oven to 180°C. Place the hake on a piece of greaseproof paper on a sheet of tin foil. Drizzle with olive oil and season. Seal the parcel and roast for 10–15 minutes. **2** Remove from the oven and allow the hake to cool slightly, then flake into large chunks. Combine the hake with the sweet potatoes, kale, spinach, parsley, dill, chives and tuna and season to taste.

**3** Shape into 10 palm-sized patties and fry in the oil over a medium heat until golden brown. Place on a baking tray and finish off in the oven for 10 minutes. Serve the warm fish hash browns with the tartare sauce, capers and lemon wedges.

**WHEAT- AND GLUTEN-FREE**

**WINE:** Cederberg Chenin Blanc

## GREEN POTATO SALAD

**Serves 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes**

**Cooking: 35 minutes**

**Woolworths frozen petit-pois** 120 g, blanched  
**Woolworths peas in the pod** 100 g, blanched  
**Woolworths fresh edamame beans** 110 g, blanched  
**radishes** 50 g, thinly sliced  
**ricotta** 1 cup  
**dill** 10 g, roughly chopped  
**parsley** 10 g, roughly chopped  
**mint** 5 g  
**lemon juice** 2 T  
**olive oil** 3 T  
**sea salt and freshly ground black pepper**, to taste  
**Woolworths small Apache potatoes** 700 g, boiled until tender  
**spring onion** finely chopped, for serving

**1** Toss the peas, edamame, radishes, ricotta, dill, parsley and mint. Season with lemon juice, olive oil, black pepper and salt. **2** Toss lightly with the potatoes, top

with the spring onion and serve.

**WHEAT- AND GLUTEN-FREE**

**WINE:** Black Oystercatcher Sauvignon Blanc

## SUMMER MAC AND CHEESE WITH CAULIFLOWER CHEESE SAUCE AND ZA'ATAR PESTO

*"If you have any leftover sauce, pour it over crispy chicken, use as a replacement for carbonara sauce, or as a luxurious addition to a veggie burger. Replace the rigatoni with macaroni for a more cost-effective option."*

**Serves 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 10 minutes**

**Cooking: 45 minutes**

**For the sauce:**

**butter** 2 T  
**sea salt and freshly ground black pepper**, to taste  
**Woolworths cauliflower florets** 1 x 700 g packet  
**cream** 1 cup  
**chicken or vegetable stock or water** 1 cup  
**Woolworths grated hard cheese** 60 g  
**lemon juice** a squeeze

**olive oil** 2 T

**onion** 1, roughly sliced

**Woolworths za'atar blend** 3 T

**rigatoni** 500 g, cooked al dente

**Parmesan**, grated, for serving (optional)

**1** To make the sauce, melt the butter in a large, heavy-based saucepan with a lid. Add the salt and pepper, then add the cauliflower florets, cover and cook for 15 minutes. **2** Once the cauliflower is tender, add the cream and stock, then bring to the boil. Remove from the heat. **3** Blend the sauce until smooth using a stick blender. Stir in the cheese and lemon juice, check the seasoning and add more salt if necessary. **4** Fry the onion in the olive oil until tender, then add half the za'atar and cook for 2 minutes. Toss the sauce through the pasta, top with the za'atar and onions and more Parmesan. Serve hot.

**HEALTH-CONSCIOUS, MEAT-FREE**

**WINE:** Woolworths Thelema Cool Climate Chardonnay

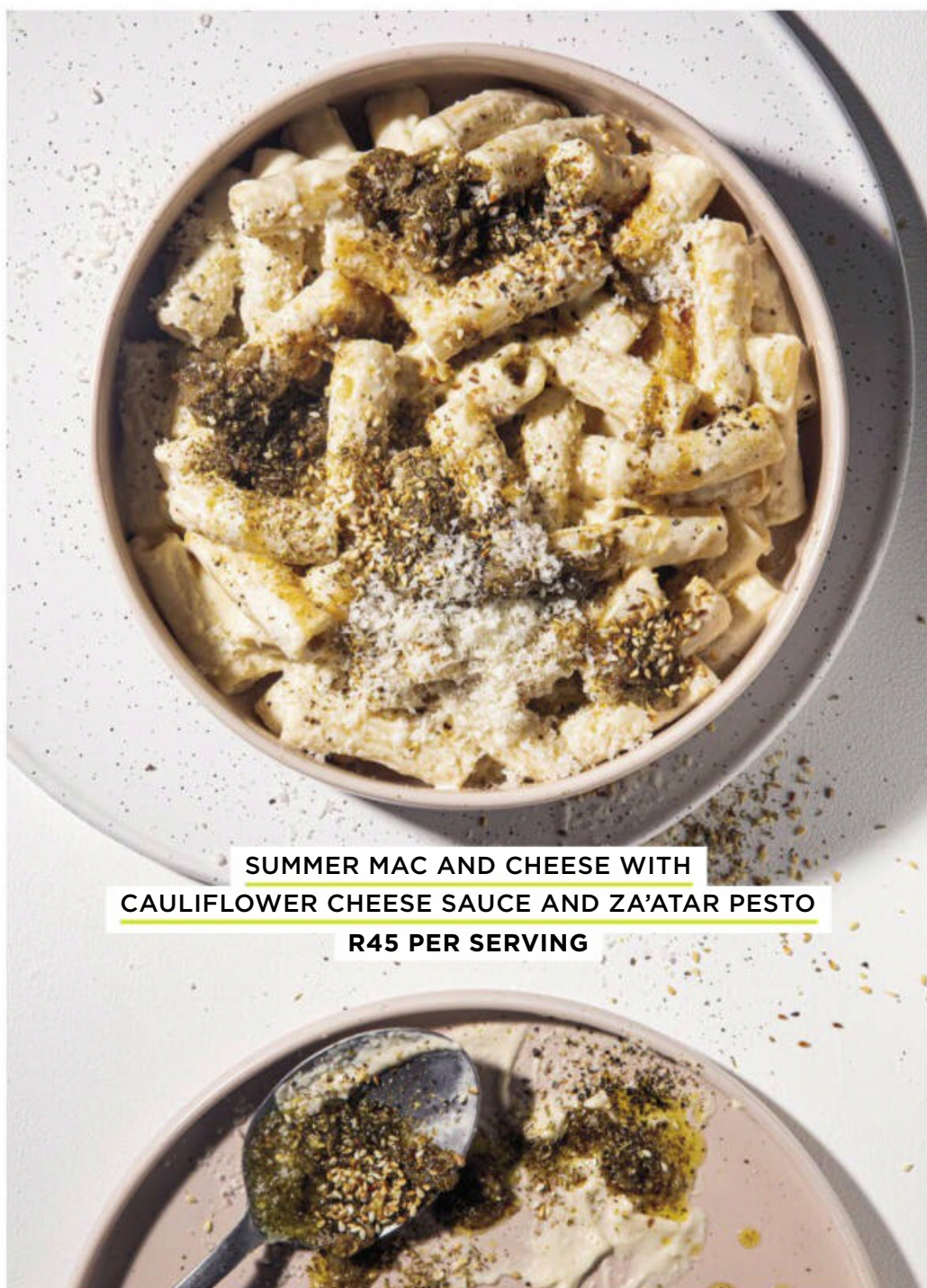




STICKY RED PEPPER CHICKEN WINGS  
WITH SOUR CREAM SAUCE  
R55 PER SERVING



HERBY FISH HASH BROWNS  
WITH CHUNKY TARTARE SAUCE  
R34 PER SERVING



SUMMER MAC AND CHEESE WITH  
CAULIFLOWER CHEESE SAUCE AND ZA'ATAR PESTO  
R45 PER SERVING



GREEN POTATO SALAD  
R27 PER SERVING



How does a self-confessed meat lover become a plant-based activist? JHB-based cook (and Dorah Sitole protégé), Mokgadi Itsweng shares her journey – and the recipes that inspired it – in her new book *Veggielicious*





PUMPKIN LEAF  
MOROGO

EAT

MORE

PLANTS

PHOTOGRAPHS ROELENE PRINSLOO  
TEXT KHANYA MZONGWANA RECIPES MOKGADI ITSWENG  
PRODUCTION CHARMAINE RAMALOPE-MAKHUBELA



“There is no Planet B. We need to fix it here. We all need to actively participate, and it starts in our homes.”

Mokgadi Itsweng, food writer, entrepreneur, avid gardener, and most recently author of *VeggieLicious*, has worked in the food industry for over 17 years, during which she has established herself as a thinker and activist. Her mission is to overhaul our entire food system and encourage us to think before we eat, suggesting that our individual contributions to saving the planet could be as simple as eating a salad. “Any plate that has more plants on it than anything else is a plant-based plate,” she says. “Our beloved seven colours plate is, essentially, plant-based. So is injera with pickled beetroot, pumpkin, turmeric-stained rice, braised morogo, sweet potatoes, chakalaka and maybe a ladle of stew or a piece of grilled meat.”

Mokgadi wants to make something abundantly clear: she is not telling anyone to go vegan. She, herself, hasn’t always walked the plant-based path. “I went through a period in my life where I got sick and that began a journey of learning how to heal myself. I’ve been everything – pescatarian, ovo- and lacto-vegan. Intuitively, I cut out meat, sugar and dairy one after the other and then my body would start to return to itself. My craving for meat would always creep up on me, though. I grew up eating meat and I loved it.”

She is an outspoken champion of the idea that eating more vegetables can help to alleviate the strain the meat industry places on the food system. “Seek to be more conscious about where you find your food – and treat yourself to the best

ingredients you can afford. If you do eat meat, eat better meat.”

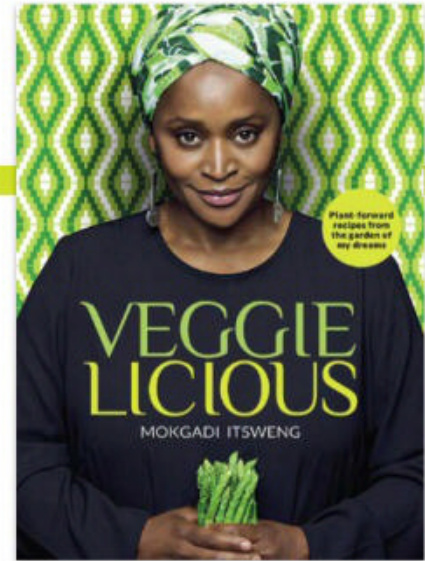
*VeggieLicious* encourages us to tap into our rich local pantry and introduces various ways to incorporate indigenous ingredients in our diets. “A great example is the bambara nut. They add nitrogen to the soil, are readily available, affordable and nutritious.” Some of Mokgadi’s earliest food memories while growing up in Mamelodi are of helping her grandmother plant and harvest these nuts. “We would wake up at the crack of dawn and help her tend to greens, potatoes, squash, but bambara nuts were the main crop. It’s so exciting now to see this supercrop finally get the recognition it deserves. One of the recipes I love the most is a creamy hummus I make with bambara nuts and beetroot. I dollop peanut butter in there as an accessible alternative to tahini.”

She’s inspired by Venda cuisine, in which peanuts and peanut butter feature strongly – stirred into morogo and sometimes stews. There is also a strong peanut buttery persuasion in preparations like xigugu – raw peanuts, raw sugar and corn pounded down to a thick, smooth paste.

“I would love to see xigugu in international pantries as the luxury condiment it is, but the education starts here. By the time we internationally distribute xigugu, it should be a pantry staple in South African homes.”

Another powerful thing to do in our homes is curbing food waste, and Mokgadi says it’s possible to make full use of all your veggies, using stems, stalks, peels and seeds as textural features on the plate. “I thoroughly wash, season and roast my pumpkin peels to make delicious crisps. Or I grind them up with additional spices to make a special pumpkin seasoning.”

*VeggieLicious* also offers ways to take simple crops like cabbage, carrots and sweet potatoes to the next level, and offers solutions that easily make vegetables take centre-stage – even at a braai! Mokgadi’s impepho-smoked cauliflower with red pepper sauce (page xxx) takes an indigenous herb we don’t often associate with food and imparts its robust flavour through powerful, fragrant smoke, while tomatoes are lifted to new heights with super-sour tamarind



#### WIN A COPY

To stand a chance of winning one of three copies of *VeggieLicious* by Mokgadi Itsweng (Human & Rousseau, R375), visit [taste.co.za](http://taste.co.za).

in a hearty brinjal curry (opposite). It’s a collection of recipes that inspires new ideas using the veggies you know and possibly have in your pantry right now, while filling in the gaps with some new ingredient discoveries. If one of your 2022 goals is to eat more greens, add *VeggieLicious* to your kitchen shelf now! [W@mokgadiitsweng](https://twitter.com/mokgadiitsweng)

### PUMPKIN LEAF MOROGO

*“Vegetables such as pumpkins are wasted every day because people don’t know how to use the whole plant. In this recipe, we use the pumpkin leaves and flowers, which are often discarded.”*

**Serves 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 5 minutes**

**Cooking: 20 minutes**

**olive oil** 1 T

**onion** 1, finely chopped

**garlic** 1 clove, finely grated

**red pepper** 1, seeded and diced

**pumpkin leaves and flowers**

500 g, washed and finely sliced

**vegetable stock** 1½ cups

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

**1** Heat the oil in a pan and fry the onion,





**BRINJAL, TOMATO AND  
TAMARIND CURRY**

garlic and red pepper for 5 minutes over a medium heat. **2** Add the pumpkin leaves and flowers and stir-fry over a medium heat for 3 minutes. **3** Add the stock and cook with the lid on for 10 minutes, adding more water if it dries out. **4** Taste the morogo and season as needed.

**CARB-CONSCIOUS, WHEAT- AND GLUTEN-FREE, PLANT-BASED WINE:** Woolworths House Cultivar Chenin Blanc

## BRINJAL, TOMATO AND TAMARIND CURRY

*"The tamarind adds a sweet-and-sour taste that pairs very well with tomatoes. If you buy a tamarind block, break off a tablespoonful and soak it in ½ cup water before using."*

**Serves 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes**

**Cooking: 40 minutes**

**oil 3 T**  
**curry paste 2 T**

**curry leaves 6**, finely sliced  
**onion 1**, finely chopped  
**garlic 3** cloves, finely grated  
**fresh ginger 1 t** grated  
**tomatoes 2 x 410 g** cans, chopped  
**tamarind paste 2 T**  
**brown sugar 2 T**  
**brinjals 4**  
**herb salt**, to taste  
**fresh coriander** a handful, chopped

**1** Heat the oil in a saucepan and add the curry paste and leaves. Fry over a medium heat for 2 minutes, then add the onion, garlic and ginger, and cook for a further 5 minutes until the onion is soft. **2** Add the tomatoes, tamarind and sugar. Cook the sauce for 30 minutes, stirring continuously, and adding a little water if the sauce gets dry. The sauce should be well reduced and full of flavour when tasted. **3** While the sauce cooks, slice the brinjals into wedges and sprinkle over some salt. Leave them to stand with the salt for 10 minutes, covered, then squeeze all the moisture out of the brinjals. **4** Heat 2 T oil in a pan and fry the brinjals on both sides, until lightly



**BLOOMING  
ONION**

browned. **5** When the sauce is halfway cooked, add the brinjals and cook for a further 15 minutes. Season with herb salt and stir through the coriander. **6** Serve warm with rice, dombolo or roti.

**CARB-CONSCIOUS, WHEAT- AND GLUTEN-FREE, PLANT-BASED WINE:** Marras The Trickster Cinsault

## BLOOMING ONION

*"You can either bake these onions in the oven or deep-fry them. Either way, you'll love the crispy batter. Vegans can leave out the eggs and use plant-based mayonnaise for the dip."*

**Serves 1 to 2**

**EASY**

**GREAT VALUE**

**Preparation: 10 minutes**

**Cooking: 10 minutes**

**free-range eggs 2**  
**garlic 1** clove, finely grated  
**milk (of your choice) 1** cup  
**flour 240 g**  
**ground turmeric 1 t**  
**paprika 1 T**





**ground cumin** 1 T  
**cayenne pepper** 1 t  
**ground black pepper** ½ t  
**herb salt** 1 t  
**large onion** 1, peeled  
**sunflower oil**, for deep-frying

**For the spicy mayo dip:**  
**plant-based mayonnaise** 10 t  
**upele-pele sauce** 1 T (or any chilli sauce)

**1** Whisk the eggs, garlic and milk in a large bowl and set aside. **2** Mix the flour, spices and the herb salt in a separate large bowl. **3** Slice off the top of the onion, then cut the onion into quarters, making sure the root is intact. Cut the quarters in half again so you have eight sections, then turn the onion upside down and fan out the sections, keeping it intact. **4** Put the onion in the bowl with the flour mixture. Using your hands, coat the onion with the flour mixture, spreading and separating the onion petals to make sure that they're coated all over. **5** Dunk the flour-coated onion into the egg mixture, then back into the flour mixture, using your hands to coat the onion. **6** Heat the oil in a deep saucepan (you need enough to just cover the onion). **7** Fry the onion (root side up) in the hot oil for 6–8 minutes, until golden and crispy. **8** Mix the ingredients for the

spicy mayo dip and spoon into a small bowl. **9** Drain the deep-fried onion on kitchen paper and serve with the dip.

**WINE: Woolworths Neil Ellis Lemon and Lime Chardonnay**

## IMPEPHO-SMOKED CAULIFLOWER WITH RED PEPPER SAUCE

*"Impepho, or wild sage, is an indigenous African herb that adds flavour to any food it is smoked with. I use a kettle braai for smoking, but you can follow the quick smoking hack included in the recipe."*

**Serves 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 30 minutes**

**Cooking: 30 minutes**

**cauliflower** 1 head  
**dried impepho herb** a handful, for smoking the cauliflower  
**garlic** 1 clove, crushed  
**olive oil** ¼ cup  
**sea salt and freshly ground black pepper**, to taste

**For the sauce:**  
**whole red peppers** 2  
**olive oil** 2 T  
**garlic** 1 clove, crushed  
**smoked paprika** 1 T  
**lemon juice** ¼ cup  
**brown sugar** 1 T  
**sea salt and freshly ground black pepper**, to taste  
**fresh parsley or thyme** a handful, chopped

**1** Preheat the oven to 200°C. Bring a saucepan of water and 1 t salt to a boil, then add the cauliflower. Cook for 10 minutes, then drain and set aside. **2** Smoke the cauliflower by placing a hot charcoal disc inside a small foil container, then adding the impepho. When the impepho starts smoking, place it inside a kettle braai with the cauliflower. Cover the kettle braai and smoke for at least 10–15 minutes. Remove from the kettle braai and set aside. Quick hack: use your oven as a smoker. Place the impepho on an oven tray, light it and when it starts to smoke place the tray on the bottom rack of the oven. Place the cauliflower on the rack directly above the impepho. Close the oven's door and smoke for 5–10 minutes.

**3** Mix the garlic with the olive oil and brush onto the cauliflower. Season with salt and pepper. Place on a baking tray and roast for 30 minutes until crisp.

**4** While the cauliflower is roasting, make the sauce. Roast the peppers in the oven until the skins are blackened. **5** Remove the peppers from the oven and place in a bowl, cover with clingwrap and allow to cool for 10 minutes. **6** Once cool, peel and blend the peppers, then set aside.

**7** Heat the oil, add the garlic and paprika and cook for 2 minutes over a medium heat. Add the blended peppers and cook for 5 minutes, stirring continuously to ensure that the sauce doesn't burn.

**8** Add the lemon juice and brown sugar, cook for a further 2 minutes, then season.

**9** To serve, slice the cauliflower into steaks or leave whole, then place on a platter. Pour over the sauce and top with herbs.

**WHEAT- AND GLUTEN-FREE, PLANT-BASED**

**WINE: Woolworths 1-litre Spanish Red**

## 5 ways to cook (and eat) smarter

*These are Mokgadi's pro tips for making your money go further*

➔ **BUY IN BULK** "I always do this with produce and pantry staples, then share with friends and family."

➔ **FREEZE** "I meal prep regularly so that all the things I love, like mixed grains, are ready. Just add stir-fry."

➔ **PLAN AHEAD** "I plan my meals for the week. This helps me work around what I already have available and figure out what I need to stock up on."

➔ **DON'T WASTE** "You won't always be perfect at it but setting small goals, like turning carrot tops into pesto, is an easy way to make the most of produce."

➔ **EAT LESS MEAT** "Set aside days to cook without meat and learn what a truly great cook you are!"



ADVERTISING PROMOTION

# POPPIN' SNACKS

Feel like a crunchy, crispy snack but don't feel like the fat? Woolies' pop chips contain at least 65% less fat than regular potato chips, no added MSG, are air-popped and never fried. They're available in two variants: potato (made with potato flakes and granules) or lentil and quinoa. Add them to lunchboxes, keep a bag handy for when you need a quick bite, or serve them with dips at your next braai. [woolworths.co.za](http://woolworths.co.za)





Not content to play sidekick on the table, plants have stepped up to the main plate. About time, too. Give the carnivores a dilemma with these veg showstoppers from Phillippa Cheifitz

ROAST SWEET  
PEPPERS AND OLIVES  
WITH TAHINI SAUCE  
R25 PER SERVING



PHOTOGRAPHS  
TOBY MURPHY  
PRODUCTION BRITA  
DU PLESSIS RECIPES  
PHILLIPPA CHEIFITZ  
FOOD ASSISTANT  
KATE FERREIRA



BUTTER LETTUCE WITH ROAST  
GRAPES AND WHIPPED FETA  
R19 PER SERVING

# The green light





## ROAST SWEET PEPPERS AND OLIVES WITH TAHINI SAUCE

*"You could also add some basil leaves or baby spinach to the platter."*

**Serves 8**

**EASY**

**GREAT VALUE**

**Preparation: 30 minutes, plus  
15–20 minutes' standing time**

**Cooking: 25 minutes**

**large sweet peppers** 6–8  
**Kalamata olives** 100–150 g

**For the tahini sauce:**

**tahini** 200 g  
**lemon juice** 2–3 T  
**garlic** 1–2 cloves, crushed  
**honey** a dash  
**sea salt and freshly ground black pepper**, to taste  
**iced water** 6–8 T

**1** Preheat the oven to 200°C. Roast the peppers for 30–40 minutes, turning over halfway, until soft, charred, blistered and starting to collapse. **2** Turn into a bowl and cover with a plate. Leave to steam for 15–20 minutes. When cool enough to handle, slit vertically, then remove the stalks, seeds and membranes. Peel and tear the flesh into wide strips. **3** To make the tahini

sauce, whisk together the tahini, lemon juice, garlic and honey, gradually adding enough water to make a smooth, creamy sauce. Season to taste. If it seems too thick, thin down with more iced water. **4** To assemble, spread the tahini sauce onto a platter, keeping a little for drizzling. Add the peppers and scatter over the olives. Thin down the reserved tahini sauce to drizzle over the peppers.

**Cook's note:** If the tahini sauce splits, add about 2 T iced water and blend vigorously.

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

**WINE:** Bosman Generation 8 Pinotage

**"The whipped feta  
is also good as a dip  
or a spread"**

## BUTTER LETTUCE WITH ROAST GRAPES AND WHIPPED FETA

*"It's easy enough to double this salad and the whipped feta is also good as a dip or a spread – I like its saltiness with the sweetness of the grapes and the softness of the lettuce leaves. I also prefer the look of two small smashed lettuces in this dish."*

**Serve 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 30 minutes**

**Cooking: 10 minutes**

**small butter lettuces** 2, rinsed and dried  
**seedless green grapes** 250 g  
**edible flowers**, to garnish (optional)

**For the roast grapes:**

**seedless white grapes** 250 g  
**olive oil** 1 T  
**sea salt**, to taste

**For the whipped feta:**

**feta** 200 g, broken into chunks  
**Woolworths plain double-cream yoghurt**  $\frac{3}{4}$  cup  
**garlic** 1 clove, smashed  
**olive oil** 3 T  
**black pepper**, to taste

**1** Cut out the core of the lettuces, then place on a suitably sized platter. Smash



BABY MARROW GRATIN  
WITH GREEN HERB SALSA  
R27 PER SERVING



## Phil's favourite veg techniques

*Use these techniques to cook veggies everyone will want to eat more of this summer*



### CONFIT

This traditional French method refers to slowly poaching meat, fish, vegetables or fruit in oil or animal fat over a low

heat. It's often used as a preservation technique but is also a great way to get a flavour-packed result from your veg stars. See the brinjal confit on page 132.

### ROAST



This uses dry heat in the oven, usually to cook large cuts of meat, such as pork shoulder or beef, but the advantage of roasting veggies

is that they caramelize and sweeten. Beetroot, carrots, cauliflower, Brussels sprouts, sweet potatoes... the choices are endless. Toss in olive oil, salt and pepper and let the oven do the work.

### STEAM



Hot, moist heat is a gentle way of cooking fish, dumplings and veggies at high temperature, usually in a steamer basket or

bamboo steamer placed over a pot of boiling water. Done correctly, veggies shouldn't become soggy – steam broccoli before adding it to a quick stir-fry to get a tender-crisp result.

with your hand to open them out.

**2** Rinse and dry the grapes, break into clusters and place on a paper-lined baking tray. Spread out as flat as possible. Drizzle with oil and season lightly with salt. **3** Roast at 220°C for 10 minutes, or until starting to burst and blister. Allow to cool to room temperature. **4** To make the whipped feta, blend all the ingredients in a food processor until well mixed, smooth and creamy. **5** Serve the lettuce with the roast grapes and whipped feta.

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

**WINE:** Woolworths House Cultivar Chenin Blanc

## BABY MARROW GRATIN WITH GREEN HERB SALSA

*"Store leftover salsa in the fridge, coated with a film of oil and add to sandwiches."*

**Serves 4**

**EASY**

**GREAT VALUE**

**Preparation: 30 minutes**

**Cooking: 30 minutes**

**large baby marrows 1 kg**

**olive oil 6 T**

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

**Parmesan or mature Cheddar**

**100 g, shaved**

**For the green herb salsa, mix:**

**any mix of chives, mint and Italian**

**parsley 30 g, finely chopped**

**olive oil 6 T**

**red wine vinegar 1 t**

**garlic 1 clove, crushed**

**honey, to taste**

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

**1** Preheat the oven to 190°C. Use a vegetable peeler to peel off long ribbons from the marrows. Turn into a 23 cm ovenproof gratin dish or a 25 cm round cast-iron pan. Mix the marrows with 3–4 T olive oil and season lightly. Mix in the cheese, then spoon over the remaining olive oil. **2** Bake for 20 minutes or until the marrows are tender. Turn on the grill to lightly brown in patches. Serve warm with the herb salsa on the side.

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

**WINE:** Woolworths Ken Forrester Reserve Collection Chenin Blanc

## ROAST TENDERSTEM BROCCOLI WITH BLUE CHEESE AND WALNUTS ON PIZZA

*"Roast broccoli topped with cheese and walnuts is so great on its own, you could even go gluten-free without the pizza base!"*

**Serves 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 20 minutes**

**Cooking: 25 minutes**

**Woolworths Tenderstem broccoli 400 g**

**olive oil 2 T**

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

**ready-made pizza bases 4–6**

**blue cheese 125 g**

**garlic 1 clove, crushed**

**raw walnuts 50 g, lightly toasted**

**1** Preheat the oven to 220°C. Moisten the broccoli with the olive oil and season. Spread out as flat as possible on a large baking tray lined with baking paper. Roast for 15 minutes, or until the tips are starting to catch and crisp and the stems are just tender. **2** Bake the pizza bases according to package instructions. When ready, crumble over the blue cheese and add a few twists of black pepper and the crushed garlic. **3** Pile on the warm broccoli and add the broken walnuts. Serve immediately.

**MEAT-FREE**

**WINE:** Woolworths Laibach

**Ladybird Chardonnay**

**"Roasted broccoli with cheese and walnuts is so great, you could even omit the pizza base!"**

## TOMATO-AND-LEMON RICOTTA TART

**Serves 4 to 6**

**EASY**

**GREAT VALUE**

**Preparation: 15 minutes**

**Cooking: 25 minutes**

**Woolworths frozen all-butter**

**puff pastry 2 x 250 g sheets**

**Woolworths Ayrshire ricotta 250 g**

**lemon 1, zested**

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

**basil pesto, for serving**

**Woolworths petite leaf edible garnish, for serving**

**basil, for serving**

**For the filling:**

**Woolworths exotic tomato selection**



**TOMATO-AND-LEMON  
RICOTTA TART**  
R23 PER SERVING





**BRINJAL CONFIT**  
**R24 PER SERVING**


500 g, sliced into 1 cm rounds  
**olive oil** 3 T  
**lemon juice** 1 T  
**sea salt and freshly ground black pepper**, to taste

**1** Preheat the oven to 200°C. Place the pieces of pastry on top of one another, then roll out slightly so that they stick together. **2** Cut off the corners to make the largest circle possible, then place on a lined baking tray and bake for 12–17 minutes, or until golden brown and puffed up. Allow to cool. **3** Whisk the ricotta until slightly fluffy, then add the lemon zest and seasoning.

Toss the tomatoes with the olive oil, lemon juice and seasoning. **4** Top the pastry with dollops of the ricotta, tomatoes, basil, pesto and herbs. Season to taste.

**MEAT-FREE**  
**WINE: Woolworths Domaine Grier French Rosé**

**BRINJAL CONFIT**

*"These melt-in-the-mouth brinjal slices are really good with the freshness of the cheese."*

**Serves 6**  
**EASY**  
**GREAT VALUE**

**Preparation: 30 minutes**

**Cooking: 20 minutes**

**medium brinjals** 700 g  
**sea salt and freshly ground black pepper**, to taste  
**olive oil**, for brushing  
**garlic** 2–3 cloves  
**basil leaves** 20–30 g, plus extra to garnish  
**Woolworths burrata** 1 (or 150 g bocconcini), drained and torn

**"The melt-in-the-mouth brinjals are really good with the freshness of the cheese"**

**1** Preheat the oven to 190°C. Trim the ends off the brinjals, then slice very thinly lengthways. Arrange in a single layer on large baking trays lined with baking paper. **2** Season lightly and brush generously with oil – about 1 cup. Grate over the garlic and tuck in half the basil leaves. Brush with more oil if necessary. Cover with baking paper and bake for 20 minutes, or until very tender. **3** Turn onto a large platter and leave to cool to room temperature. Just before serving, dress with the mozzarella and fresh basil leaves. Drizzle a little olive oil over the cheese, if you like.

**MEAT-FREE, WHEAT- AND GLUTEN-FREE**  
**WINE: Woolworths DMZ Pinot Noir**


**JUST ADD TAHINI**

Tahini is made from dry-toasted sesame seeds ground to form a smooth, nutty spread. Use to make hummus, drizzle over roast veg, or stir into yoghurt as a dressing. R59.99 for 200 g



ADVERTISING PROMOTION

# SUMMER SAVIOUR

Save time in the kitchen this summer with Woolies' new marinated free-range chicken fillets. Available in a spicy tikka or herby salsa marinade, they're ready to throw onto the braai or into the oven for a meal that hits the spot in minutes. Use them in salads, wraps or as part of a nacho spread and let their full-on flavour do the rest.

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

## SERVING SUGGESTION

Prepare the chicken breasts according to package instructions. Serve with green herb slaw dressed with lemon juice, olive oil, salt and sour cream. Slice tikka marinated chicken, then spread one side of Woolworths multiseed wraps with enchilada sauce. Add the chicken, cover with grated cheese and another wrap, then bake at 180°C until the cheese has melted. Serve with crunchy salted nacho chips, spring onion and coriander.







# HOW FAR WOULD YOU TRAVEL FOR CHEESE?

The best way to satisfy your new year wanderlust? Hit the open road and explore the small eateries, wineries and farm stalls of the Northern Cape, says Richard Holmes

PHOTOGRAPHS AND TEXT **RICHARD HOLMES**

**A** lustrous Jersey-milk Camembert? A head of piquant Gruyère-style hard cheese, or perhaps a soft goat's milk, washed in late harvest wine and studded with sundried Kalahari raisins?

For me the answer was somewhere north of 3 200 km. Although, by the time I eventually made it back to Cape Town, the cooler in my car boot was, I'll admit, filled with far more than just cheese.

For most people, the Northern Cape is little more than fly-over country. An empty blip on the way to somewhere altogether more interesting. Yet after a week spent travelling empty roads, traversing towns that time forgot, this feels unfair. South Africa's largest province may not have the glamour of the Cape, the buzz of Jozi or the sultry allure of KwaZulu-Natal, but when it comes to down-to-earth country folk making fine food, it can hold its head up high.

My first stop was a stone's throw beyond the Northern Cape's borders, on the Western Cape bank of the Doring River. But close enough, I thought, as I tackled the rocky road down to Bliss & Stars ([blissandstars.com](http://blissandstars.com)).

This luxury mountain escape opened in December 2020, 18 months after Daria and Heine Rasmussen traded their corporate lives in Denmark for a 1 350-hectare slice of rugged Cederberg wilderness.

"We wanted to create a space where people can come and press the pause button," explains Daria of their hosted weekend retreats. "A place where they can slow down and notice the abundance of the lives they lead."

It's also a place for an abundance of good food from consultant chef Melissa Delport, a holistic health coach and author of two acclaimed cookbooks. "My focus is on creating deeply nourishing food," says Melissa of her approach to the menu. "Food is fuel, it should be powering us up."

Seasonal plant-based plates tap into fresh produce from the ever-expanding food gardens here, while local farms provide everything from olive oil and mangoes, to sweet potatoes and citrus. In the heat of a Cederberg summer, there's a cooling cucumber-and-avocado soup scattered with fresh dill, dill flowers and toasted pumpkin seeds. Next, a plant-based poké bowl packed with vibrant flavours of



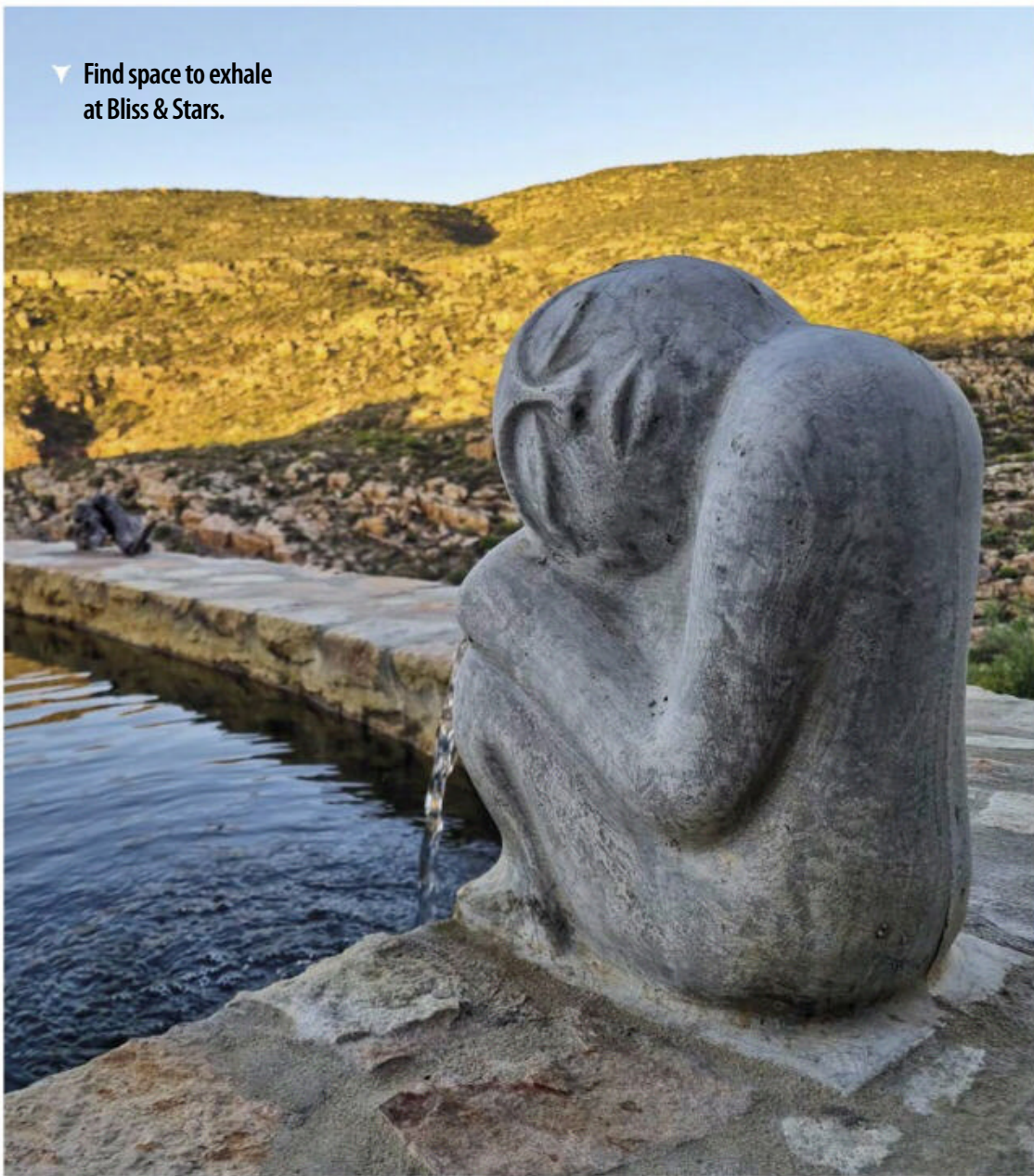


▼ Social distancing on the  
N10 towards Prieska.





▼ Find space to exhale at Bliss & Stars.



miso-roasted brinjal, grilled pineapple and wasabi aioli. And Melissa's vegan chocolate mousse – cacao, avocado, dates and coconut milk – is superb.

### ► FROM BLISS & STARS I HEAD NORTH,

across the Doring River and up the Botterkloof Pass to swap the rugged Cederberg for the wide-open plains of the Karoo. By late morning I'm in Calvinia. Founded at the foot of the Hantam Mountains in 1845, it retains a handsome collection of Victorian and Karoo architecture. And though it's named for John Calvin, the religious leader and notorious party-pooper, each spring the town plays host to a positively Bacchanalian protein party as the fires are lit for the Hantam Vleisfees. You'll find drum majorettes whirling their batons, riel dancers raising a cloud of dust, and tractors parading through town. And, of course, the scent of sizzling lamb chops wafts through Calvinia as vendors lay on a smorgasbord

of smoky, meaty perfection. Sadly the Covid-19 lockdowns meant the festival was cancelled in 2020 and 2021, but mark your calendar for the last weekend in August 2022.

Instead, I find a table at the Hantam Huis ([calvinia.co.za/hantam-huis-restaurant/](http://calvinia.co.za/hantam-huis-restaurant/)), a landmark of regional cooking. There's curried tripe and lamb bredie on the menu, but the generous lamb pie wins me over. Attached to the restaurant is a small museum, where cedarwood floors creak and groan under rooms piled high with vintage furniture and family keepsakes.

I don't stay too long as I have cheese to discover amid the parched Karoo scrubland outside Williston. After years in the Overberg, Peter and Francy Schoeman returned to Langbaken ([facebook.com/LangbakenKarooCheese](https://facebook.com/LangbakenKarooCheese)), Peter's family farm, in 2010. Looking to diversify, they added a dozen Jersey

cows to their flocks of sheep and Francy began making cheese. The herd provides 250 litres of milk a day, enough to produce 800 kg of cheese each month. "Our cheeses are all made with raw milk, as it brings an enormous depth of flavour," explains Francy, who trained under acclaimed cheesemaker Eddie Bestbier.

**"We wanted to create a space where people can come and press the pause button"**

The standout at Langbaken is the Karoo Crumble; in taste and texture between a Gruyère and a mature Cheddar, and aged for up to 18 months. There's also the washed-rind Karoo Sunset; the Stout Willis, washed in stout brewed on the farm; and the wonderful Alanna Camembert. Such has been the demand from curious visitors that a new tasting room on the farm now offers cheese and beer tastings.

### ► FROM WILLISTON TO

**BRANDVLEI,** the gravel roads are quiet. Mud flats and salt pans fringe the road north, as martial eagles look down at me from their telephone pole eyries. Through Kenhardt, once the wild frontier of the Cape colony, the Karoo gives way to Kalahari and red sands replace the scrubland.

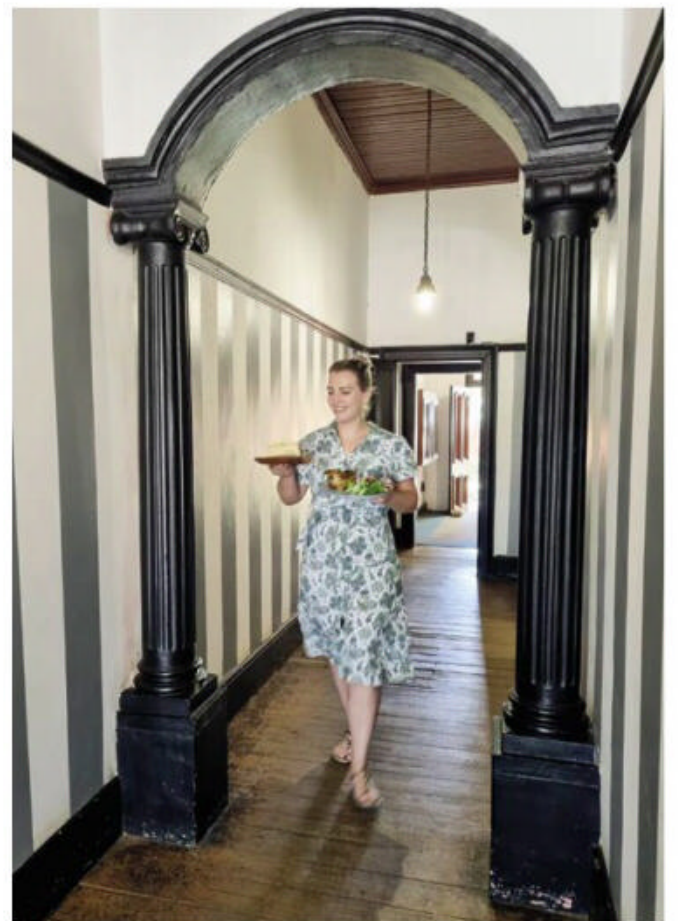
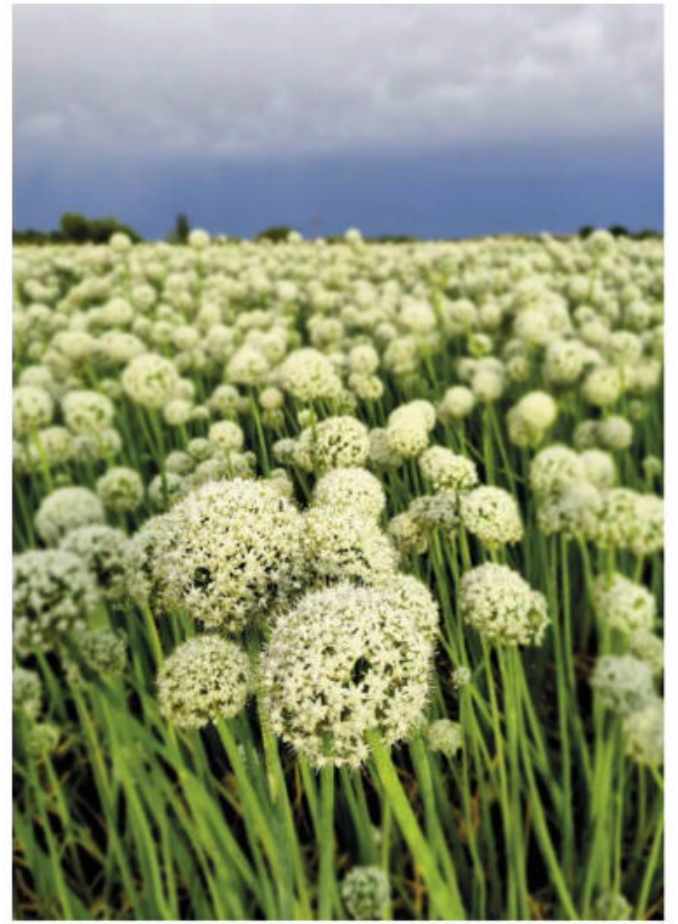
At Keimoes the Orange River transforms the landscape into a patchwork of vineyards, broken only by vast drying yards that turn

Opposite, clockwise from top left: Doring River kayaking; vintage brandy at Bezalel; silky vegan chocolate mousse at Bliss & Stars; Langbaken's Karoo Crumble at rest; farm fare from Lowerland; find the best lamb pies on the N1 at Karoo Padstal; Bertie Coetzee keeps an eye on Lowerland's vineyard "workers"; pizza perfection at Die Mas; astronomy evenings at Bliss & Stars.











grapes into more than 80 000 tonnes of raisins each year. Tiaan Visser is one of those grape farmers, but perhaps his true passion is cheese. What began as a hobby in 2010 has grown into The Kalahari Cheesemaking Company ([thekalaharicheesemakingcompany.co.za](http://thekalaharicheesemakingcompany.co.za)) outside Augrabies. “I mostly use goat’s milk because they are the easiest animals to work with. But after seeing what is most popular, over time I’ve included sheep’s and cow’s milk,” he says.

Tiaan’s cheeses are typically a blend of all three milks, softening the intense flavour of goat’s milk. The Boesmanlander is particularly good; a piquant Cheddar-style cheese matured for 12 months, but you’ll also find an excellent traditional feta and his Ophang Kaas, a labneh flavoured with spekboom leaves and wild garlic flowers. Tastings are hosted in his home and offered on request. Tiaan’s products have also caught the attention of Michelin-starred chef Jan Hendrik van der Westhuizen and his cheeses are now served at Restaurant Klein JAN at Tswalu Kalahari.

I soon discover that the grapes of the Orange River are also vinified into wine and – more famously – brandy, as I find at Die Mas ([diemas.co.za](http://diemas.co.za)) on the outskirts of Kakamas. The Hanekom family has farmed here for 50 years, and today their lush vineyards provide the base wines for excellent aged brandies

crafted in a vintage copper potstill. They recently added gin to the repertoire, including delicious pomegranate- and naartjie-infused gins perfect for laid-back riverside G&Ts. Happily, alongside the cellar you’ll find the wide terrace of the Kokerboom Kombuis delivering river views and a menu of wood-fired pizzas and generous grills. If you want to hang out with the locals, this is the spot.

## “The chalkboard menu at Le Marché café offers stylish bistro-style fare”

Or head further upstream to Bezalel Estate ([bezalel.co.za](http://bezalel.co.za)). The chalkboard menu at Le Marché café offers stylish bistro-style fare and the deli brims with farm produce. In the charming cellar, beside twin copper potstills, visitors enjoy a tutored tasting through the range of mature brandies and estate wines.

I was learning that there’s a thriving wine industry in the Northern Cape, and not only for bulk-produced plonk in a box. Take Lowerland ([lowerland.co.za](http://lowerland.co.za)), for instance. Many wine-lovers would be hard-pressed to find Prieska on a map, but here on the banks of the Orange River, Bertie and Alette Coetzee

are collecting fans and accolades for their range of wines produced from their organic vineyards. At 1 000 m above sea level, Lowerland’s vineyards are some of the highest in South Africa, with cold nights tempering the searing summer temperatures. The first vines were planted in 1999, because “my father had this belief that you could make good wine in Prieska,” explains Bertie as we bounce between the vineyards in his farm bakkie. Turns out he was right. With winemaking handled by friends Lukas van Loggerenberg and JD Pretorius, the compact range includes a superb expression of Colombard, a wine more often used for brandy, and a delicately fragrant Viognier.

But there’s more than wine on offer. Alette and Bertie are blazing a trail in regenerative and organic farming. Organic white maize goes into delectable tortilla corn chips. Fields are planted with ancient grains and indigenous wheat varieties that are stoneground on the farm. After harvest, the pastures sprout to be grazed level by mixed herds of free-range livestock. And the cycle repeats itself. “We’re now farming a whole basket of diverse organic goods,” says Alette. Lowerland’s products – meat, grains and wine – are available directly from the farm.

## ➤ NEXT, THE N10 SPEEDS ME

south-east through Britstown to De Aar and on to Schreiner House ([facebook.com/SchreinerHuis/House](http://facebook.com/SchreinerHuis/House)). This charming Victorian property was once home to author Olive Schreiner, but today it’s Berlie Ebersohn who welcomes locals and road-trippers to her café and

◀ Opposite, clockwise from top left: It’s always *melkert*-time at the Karoo Padstal; sip on XO brandy at Die Mas; lush onion fields on Kanoneiland; *soetes* and cheese at Augrabies; history and home bakes at Schreiner House in De Aar; fresh, nourishing fare at Bliss & Stars; the roads are long, so take it easy through the Karoo; stock up on local raisins at Die Pienk Padstal in Kakamas; *roosterkoek* and *koek* at Die Akkerboom Padstal.

## DISCOVER A WILLISTON SECRET

Ask a local to direct you to the guesthouse of Elsa van Schalkwyk ([experiencenortherncape.com](http://experiencenortherncape.com)). “Tannie Elsa” spent years collating the traditional

recipes of those living in the region’s stone-built corbelled houses. The short cookbook she created – *Disse uit die Korbeelhuis* – offers a glimpse into the traditional cookery of the Karoo, from *waatlemoen* bredie to *skaapnek* with dumplings, baked in an outdoor oven sealed with a mixture of mud and dung. “But there’s nothing nicer

than pannas,” says Tannie Elsa of the cooked tripe and trotters – seasoned with clove, pepper and coriander – that are pressed into a tray, then sliced and fried in butter. “They are a bit like Karoo fish fingers! The perfect thing to feed kids when they came home from school.”

Tannie Elsa is also famous

for her stone-baked *klipribbetjie*, which is cooked between two pieces of Karoo dolerite heated over open flames. If you ask nicely, guests overnighting at her guesthouse may get a demonstration.

*Disse uit die Korbeelhuis* can be purchased directly from Elsa van Schalkwyk. [zakrivier@hantam.co.za](mailto:zakrivier@hantam.co.za)



► The lonely gravel of the R364 is worth it for the views.



nursery. If you need a break from the road, grab a table in the shady garden for the signature bacon-and-Cheddar quiche in phyllo pastry.

Further south, closing the loop on the long road towards home, my last stop fast becomes a favourite. At the Karoo

Padstal ([facebook.com/Karoo Padstal](https://facebook.com/KarooPadstal)), 20 km outside Richmond, Nicol Grobler has transformed an old sheep-shearing shed into one of the N1's finest farm stalls.

"There are so many people making and producing amazing things in the Northern Cape, and we wanted to

create a showroom for Karoo products," explains Nicol, an architect by trade with a side hustle in hospitality. The shelves groan with covetable Karoo produce. Quince preserves and pomegranate syrup. Peanut brittle from Hanover and pistachios from Prieska. Venison

## "The generous lamb pie wins me over"

dröewors with organic pecan chips. Lamb chops from the surrounding farms, and an array of delicious bakes from resident chef Chester Graham. If time allows, you'll also find wood-fired pizzas and fragrant curries to fuel the hungriest road-tripper. And perhaps that's the lesson I'll take away from my few thousand kilometres through the "fly-over country" of the Northern Cape. The roads are long and the horizons are gloriously empty, but you will never – never – go hungry. **W**

## WOOLWORTHS

## NUTRITION FIRST, PLEASE

AT WOOLIES, WE LIKE TO THINK THAT IF YOUR BEST FRIEND COULD TALK, THEY'D ASK FOR NUTRITION FIRST DOG FOOD. NEW NUTRITION FIRST HAS BEEN SCIENTIFICALLY FORMULATED TO GIVE YOUR DOG COMPLETE, BALANCED NUTRITION IN EVERY LIFE STAGE, WHETHER YOU COUNT IN HUMAN OR DOG YEARS.



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# MSC OCEAN COOKBOOK 2022



**“We must not tame the sea. The sea is wild and that’s good. We must keep it wild. It is our job to do so and why we fish responsibly.”**

Ledonné Tango,  
Cape Hake Fisher,  
Saldanha Bay

**“Cape hake is as sustainable as it is delicious, which means that future generations will get to enjoy everyone’s favourite seafood!”**

Georgia East,  
Cookbook Author &  
Food Stylist, Cape Town



Try our herbed hake polpettes with dill yoghurt and homemade pickles.  
Visit [www.msc.org](http://www.msc.org) for this and more sustainable seafood recipes.



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Sticky red pepper chicken wings with sour cream dipping sauce .....	116

Summer mac and cheese with cauliflower cheese sauce and za'atar pesto .....	118
Tamarind tofu-and-brinjal Chinese BBQ .....	20
Tomato-and-lemon ricotta tart .....	130
Vegan roast butternut-and-chickpea curry .....	50

## DESSERTS AND BAKING

Banana yoghurt soft serve with choc popcorn .....	86
Coffee-caramel frappé with coffee crema .....	88
Creamy vegan litchi, lime and coconut granita .....	86
Gluten-free flapjacks with crunchy coconut and strawberry-chia jam ..	70
Mahalabia .....	62
No-churn black sesame ice cream with three-ingredient oat cookies.....	86
Pineapple gelato with honeyed nuts.....	88
Quick apricot tarts .....	112
Sugar-free pistachio-tahini date sundae .....	86
Three-ingredient berry-and-granadilla wafer slice .....	86

## SIDE SERVINGS

Blooming onion .....	123
Green potato salad .....	118

## BEVERAGES

Rosy sangria .....	36
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WOOLWORTHS

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