





SALTED CARAMEL AND ALMOND BUTTER
1 cup sugar - water - 400g butter - ½ cup toasted almonds - coarse sea salt

In a medium heavy-bottomed saucepan, heat 1 cup sugar and ½ cup water over low heat until the sugar dissolves. Bring the syrup to the boil, and continue to boil, without stirring, until it begins to turn golden around the edges. It is important not to stir, as the syrup may crystallise. Add 400g cold butter to the food processor and churn, adding the golden syrup and ½ cup toasted almonds. When smooth, transfer to a bowl and sprinkle with coarse sea salt.



HOW TO MAKE BUTTER
BUTTER TOOLS
Making butter is actually really simple. All you will need is a hand-crank butter churn – this is what we used with lots of elbow grease, for an authentic experience – or a food processor. A butter paddle or potato masher to squish out residual buttermilk. Greaseproof paper and any mould you fancy.

BUTTER INGREDIENTS
Makes about two cups and keeps for three months in the fridge
11 fresh cream
Salt to taste

Allow the cream to come to room temperature. Start churning at a medium speed and then turn the food processor to high until the cream divides into butter and buttermilk (it should take about eight minutes). Remove the butter from the machine and place in bowl. Press the butter repeatedly, allowing any extra liquid to drain off, and add salt to taste.





DECOEAT

WITH ENOUGH BUTTER, ANYTHING IS GOOD – JULIA CHILDS



THE WINDERS TEST, ELITE CREATION CO. ZA 70



PASSION FRUIT AND BLACKENED SWEETCORN BUTTER

3 corn on the cobs - 4 large passion fruit - 300g butter - lime juice - salt

Place 3 corn on the cobs onto a hot griddle pan and grill until blackened, smoky and sweet. Remove the flesh from 4 large passion fruit, reserving the empty shells, and mix with 300g butter. Add the corn, a dash of lime juice and salt. Return the butter to the empty fruit shells and serve with freshly baked bread.

DECOEAT

SWEET SHIRAZ BUTTER

300g butter - Shiraz preserve - red wine - shallots - salt - pepper

Mix together 300g softened butter and 4 tbs Shiraz preserve. This is then ready to use for scones, toast or on venison steaks. For a salty version, reduce red wine with shallots, salt and pepper until all the alcohol is cooked off. Then add to the butter and enjoy with baking bread or cheesy focaccia.

THE WINTER ISSUE ELLEDECORATION.CO.ZA 91



DECOEAT

Y

ou know that slightly rushed, panicked feeling that characterises most of our lives? It is no excuse. Bees have it too, in fact they live to be only six or seven weeks old. What they achieve in so little time is remarkable. Through their masterful pollination skills and their sexy little dances, they are responsible for over one third of all the food we eat. We ought to raise a toast to the incredible productivity of the honeybee.

Bee wings stroke astoundingly fast, about 200 beats per second, thus producing their legendary, jazzy buzz. They spend their time dancing, communicating, sharing, scouting and sucking it all in. After a day's work they wiggle home, heavy with treasure — pollen and nectar from all sorts of extraordinary flowers from around the 'hood. They then head on home to that fascinating structure we call the hive; that hyper-engineered, thoughtfully hexagonal structure that has captured so many of our imaginations.

Bees are quite particular about their space, their dwelling. The hive is made up internally of beeswax cells, honeycomb that contains the larvae, honey and pollen. The true geometry is perhaps too technical to get into here, but let it be said that any decor aficionado would do well to study the interior design of a bee colony. The fact that these saccharine temples have been artificially assembled by curious humans is somehow not yet kooky. The art of beekeeping, which dates back at least 4 500 years, brings incredible joy to many and has in fact protected the bee species.

Beehive placement is very specific, not just because you want to avoid upsetting the neighbours, but because you need to avoid upsetting the bees. The hive's situation determines the unique flavour of the honey produced. It needs to be near food and water, sheltered but with lots of light — bees love the sun — and one needs to consider the flight path in and out of the hive.

Our beekeeping story started with a fascinating visit to the Babylonstoren Bee Hotel. Kitted out with the essential beekeeping paraphernalia — a protective veil, gloves, smoker and hive tools — we were introduced to the colony of Cape Honey Bees that traverse the illustrious eight-acre gardens. The wholesome honey that is produced from Babylonstoren has its very own flavour profile, texture and taste; a bouquet of the countless plant species in the area.

Whether served as a liquid, creamed or in the comb, this honey is wonderful stuff. It contains many beneficial minerals and vitamins and has antibacterial and antioxidant properties. It speeds the healing process and combats infections. And it never spoils. Now how's that for a magical potion?

Join DECO and Maranda Engelbrecht, the epicurean sorcerer, as we cook up a swarm.

The Bee's KNEES

Let's talk about cooking with an enchanted ingredient, an elixir. This liquid gold is made from the nectar of a thousand flowers and the work of over 10 000 perfectly choreographed little bees. Let's make magic

PHOTOGRAPHS: ADEL FERREIRA PRODUCTION, RECIPES AND STYLING: MARANDA ENGELBRECHT SHOT ON LOCATION: BABYLONSTOREN TEXT: BIELLE BELLINGHAM

THE IDEAS ISSUE **ELIDECORATION.CO.ZA** 71

DECOEAT



A-PI-CUL-TURE *'api:kəl'tʃər/*
TECHNICAL TERM FOR **BEEKEEPING**

BAKED RHUBARB WITH FIG, AMARETTO AND TOASTED HONEY ORGANIC OATS
serves 2-4

4 stalks rhubarb
60ml raw honey
30ml melted butter
2 ripe figs
250g rolled oats
5ml cinnamon
50g butter
90ml raw honey
pinch of salt
90ml Amaretto
250ml double thick yoghurt
90ml honey
a piece of fresh honeycomb
150g raspberries

Preheat the oven to 180°C. Slice the rhubarb into large pieces and place in a piece of tinfoil with the two whole figs. Drizzle with raw honey and butter. Fold the tinfoil to close and place on an oven tray. Bake in the oven for 10 to 15 minutes or until just soft. Remove and keep warm.

Use a large saucepan and toast the oats with cinnamon, butter and 90ml raw honey over a low heat, until the oats start to caramelise. Add a pinch of salt and more honey if necessary.

Plate the rhubarb, fig and some oats. Drizzle with the cooking juices, Amaretto and honey. Garnish with a thin slice of honeycomb and raspberries. Serve with yoghurt on the side.

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DECOEAT



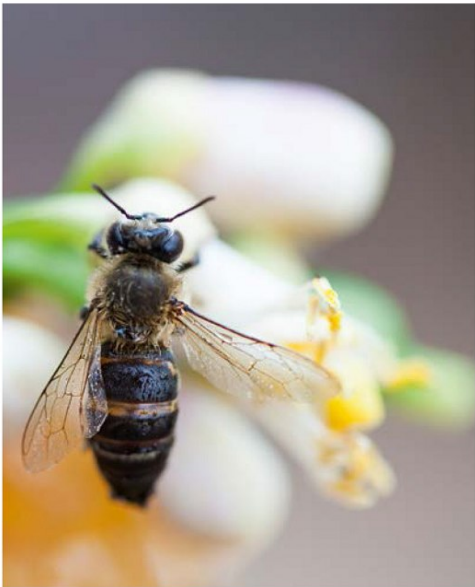
THE KEEPING OF BEES IS LIKE THE DIRECTION OF SUNBEAMS
– HENRY DAVID THOREAU

FIG LEAF IMPRINTED GOATS CHEESE WITH ROSE AND HONEY DRIZZLE

- serves 4-6**
120ml honey
5ml rosewater
tiny drop of pink food colouring
400g chevin or soft goats cheese
2-4 large fig leaves
4 fresh figs
60ml honey
10g thyme
10ml toasted sesame seeds

For the rose and honey syrup, combine honey, rosewater and food colouring.
With the palm of your hands, press the goats cheese down onto a fig leaf. Use the second leaf to imprint the vein pattern onto the cheese by pressing the leaf onto it. Carefully pull the leaf away.
Place the extra leaves and the figs next to the cheese. Drizzle the honey and rose syrup and sprinkle with thyme and sesame seeds. Drizzle the rest of the honey and serve with crackers or warm bread.
Another idea:
You can use any edible leaf like spinach, cabbage or vine leaves; but make sure they are washed and pesticide-free.

DECOEAT



SPICY HONEY AND ROOIBOS GRANITA WITH GIN FIZZ AND LOTUS LEAF STRAW

serves 4-6 glasses

- 1l strong rooibos tea
- 300ml honey
- 2 juniper berries
- 2 star anise
- 2 white pepper corns

- 60ml lemon juice
- grated rind of 1 lemon

- 1 stem of lotus leaf
- 1 orange
- gin
- tonic water

Simmer the tea, honey, juniper berries, star anise and white pepper corns for 10 minutes. Remove and strain through a cloth. Add 60ml lemon juice and the grated rind of 1 lemon and place in the freezer. When the icicles start to form loosen the mixture with a fork. Place back in freezer and loosen again after 2 hours. Freeze once more, loosening again before use.

Add a tot of gin to each glass. Spoon the granita, to fill the whole glass, and fill with tonic water. Wash the stem of a lotus leaf and cut into straws. Garnish with a slice of orange or lemon.

Another idea:

For the Booibos Granita, follow the recipe as above and add: 400ml crushed strawberries, raspberries or blackberries, or 400ml grated pineapple, or 400ml grapefruit juice after 2 hours. Freeze and loosen again before use.

FACT: HONEY IS CHOLESTEROL AND FAT FREE

DECOEAT



BAKING IDEA: WHEN SUGAR IS REPLACED WITH HONEY, REDUCE THE BAKING TEMPERATURE BY 25°C, DECREASE THE LIQUID BY 10 PERCENT AND ADD A PINCH OF BAKING POWDER TO YOUR RECIPE

HONEY BUTTER SANDWICH WITH CANDY-STRIPED BEETROOT

500ml raw honey
fresh slices of crusty bread
1 candy-striped beetroot, washed
and sliced thinly
a piece of honeycomb
Malden salt

Add the honey into a bowl and whisk with an electric beater until thick and creamy. Smear the bread with honey butter and top with beetroot and a piece of sliced honeycomb. Sprinkle with a little salt.

Another idea:
For flavoured honey butter use the same recipe as above and add 60ml peanut butter or 90ml lemon curd or 100g melted white chocolate (cooled down) or 100g double thick yogurt.

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DECOINSPIRATION

'TIS THE *season*

*Whether you're a savvy
entertainer or a holidays-
only host, it's time to do
things a little differently.*

*From canapés and
cocktails to show-stopping
flowers and impeccable
table decor, DECO shows
you how to set the scene*

PHOTOGRAPHS: ADEL FERREIRA
PRODUCTION: ILANA SWANEPOEL
FLORAL DESIGN: THE HOLLOWAY SHOP
LOCATION: BABYLONSTOREN

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DECOINSPIRATION

GO ONLINE for the perfect festive playlist designed by @rowanews from @snoondylane



from left to right: Kilims rug variety from R2 500, Persian Souvenir Cotton square skillet grill R1 400, Cotton barbecue platter R470, Cassis mini pie dish R160, Bordeaux red wine glass R720 for four, Cotton butter dish R490, Dune garlic keeper R290, Cotton cream and sugar set R700, 22cm Cotton jug R420, all Le Creuset Nachtmann Royal Rim glass R489, Banks Web-Corbel crystal glass R120, Woodstock Vintage Bottle-top candle holder R120, Sparrow Society at Present Space Earth White side plate R114, Mervyn Gers Timeless Jug R323, Banks Amber goblet R55, Woodstock Vintage VOC Etchware dinner plate R250 each, Chandler House Brass Zig bowl R495, Asymmetric candle holder R375, both Piazula Interiors 24pc Black Vintage cutlery R9 995, Weylands 24pc Titanium Champagne Gold cutlery R2 770, Stable Gold Fish knife set R350, Woodstock Vintage Matt Black RW bowl R228, White dinner plate R188, both Mervyn Gers White wine glass R720 for four, Black salt and pepper mill R450, Dune side plate R135, all Le Creuset Brass Bushlight candles R550, Piazula Interiors White high bowl R228 Mervyn Gers Cotton sugar bowl R320, Le Creuset Luigi Atelier carafe R87, Banks Blue and white gravy dish R200, Woodstock Vintage Berry Spoon R200, Woodstock Vintage Giant reversible grill R1 700, Palm barbecue platter R470, both Le Creuset Textured green glass tumbler R40, Woolworths Drinking glass R940.50 for three, Diesel Living with Seletti at Generation Store Cotton terrine R540, Olive jar R370, Cherry gravy boat R620, all Le Creuset

from left to right: Kilims rug variety from R2 500, Persian Souvenir Black Moon salad servers R650, Here and Now Store Dune cereal bowl R192, Wine fountain R1 300, 16cm Cotton Casserole R1 210, Black aerator pourer R260, all Le Creuset Black platter R650, Mervyn Gers Brass platter R2 300, Grey glass Lyngby sugar pot R1 400, both Anatomy Design Water decanter with lid R490, 6l home Classic Lismore crystal perfume bottle R2 089, Spilhaus Victoria glass bowl R350, Bohemia Crystal ice decanter R290, both Karizma 16cm Black Signature skillet R750, Le Creuset Gold candle holder R295, Red wine glass R65, both Woodstock Vintage Style Prestige Whisky decanter R1 369, Spilhaus Tumbler R650 for four, Champagne flute R720 for four, both Le Creuset Ball and Claw oak board R1 480, Present Space Risotto bowl R410, Mervyn Gers Medium brass basket R395, Piazula Interiors Olive Wood paring knife R1 190, Le Creuset Goa white salad set R1 105, Here and Now Store Large grinder R1 905, Stable Fluted glass goblet R29.95, Woolworths Cobalt Blue butter dish R490, Le Creuset Small blue and white bowl R290, Woodstock Vintage Blue M Range dinner plate R405, Mervyn Gers Rondo Gold pastry server R700, Here and Now Store The Serviette Holder R385, Seletti Estetico Quotidiano at Generation Store Bread plate R200, Anatomy Design Petrified Wood cheeseboard R1 595, Weylands Olive Wood chef's knife R1 770, Square reversible grill R860, Cotton barbecue platter R470, all Le Creuset Cut glass bowl R350, Karizma Black side plate R114, Mervyn Gers Crystal jam dish R250, Woodstock Vintage

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From top: Cut glass bowl R350, Karizma Earth White side plate R114; White porridge bowl R228; both Mervyn Gers Cotton terrine R540; Black salt mill R450; both Le Creuset Petrified Wood cheeseboard R1 595, Weylands Square reversible grill R860; Olive Wood chef's knife R1 190; 16cm Cotton casserole R1 210; Olive jar R370; Cobalt Blue butter dish R490; all Le Creuset Table cloth/throw R345, Arabesque Kilim rug R9 950, Persian Souvenir



Get the LOOK

There's no reason why your table shouldn't be set in style this season

COMPILED BY SANRI PIENAR

clockwise from top left: Silky Rajwada 140x200cm rug R1 200, Silky Rajwada 200x300cm rug R2 300, both MIP Home Corningware Just White casserole dish with lid R549, Classic Square griddle pan 28cm R1 339, both Yuppichel Leona decanter R395, Round Teak plate R595, both Weylands Metallic Coated frying pan 28cm R375, Stainless Steel drinks cooler R1 150, both Woolworths Bulb tumbler R19.99, MIP Home Geometric soup bowl R29, @Home Champagne flute R495 for four, Weylands Saloma wine glass R40, @Home 24pc Black Vintage cutlery set R9 995, Weylands Bella wine dispenser R599, @Home Astrid jug R249, Country Road



from top: Water decanter with lid R499, @Home Luigi Atelier carafe R135, Banks Dune cereal bowl R192, Cobalt Blue butter dish R490, Black signature skillet R750, all Le Creuset Bohemia Crystal Ice bucket R290, Victoria glass bowl R350, both Karisma Cotton jug from R270, Wine Fountain R1 300, Cotton terrine R640, Burgundy red wine glass R720 for four, all Le Creuset Amber glass R150, Web Corbet glass R150, both Woodstock Vintage Style Prestige tumbler R329, Spithaus Textured glass tumbler R39.95, Woolworths Blue and white bowl R250, Woodstock Vintage 24pc Titanium Champagne Gold cutlery set R2 770, Stale Earth Shiny White dinner plate R159, Matt Black FW bowl R228, both Mervyn Gers Palm barbecue platter R470, Dune side plate R135, Black salt mill R450, White wine glass R720 for four, Bordeaux red wine glass R720 for four, Giant reversible grill R1 700, Cassis mini pie dish R120, all Le Creuset Berry spoon R200, Woodstock Vintage Style Prestige Champagne flute R329, Spithaus Blue and white gravy dish R200, Woodstock Vintage Brass Zig bowl R495, Pezula Interiors Web Corbet glass R150, Gold fish knife R350, both Woodstock Vintage Table cloth/throw R345, Anabesque Kilim rugs from R1 900, Persian Souvenir

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From top: Grey glass Lyngby sugar pot R1 400; Brass platter R2 300; both Anatomy Design Mustard spoon R150, Woodstock Vintage Green textured glass tumbler R39.95, Woolworths Earth White side plate R114, Mervyn Gers Halo kettle in fennel R730; 12 Cup bun tray R420; Cotton Grand teapot R460; White Espresso cup and saucer R130 each; all Le Creuset Rondo Gold pastry server R700, Here and Now Store table cloth/throw R345, Arabesque Kilim rug from R3 950, Persian Souvenir



DECOEAT

WELL *mannered*

*Be unpredictable this festive
season; serve your guests
fabulous fare that won't keep
you stuck in the kitchen for
hours. This is your chance to
prove your cocktail-mixing,
dip-making and duck-
roasting talents*

PHOTOGRAPHY: **ADEL FERREIRA**
FOOD STYLING AND RECIPES: **MARANDA ENGELBRECHT**
PROP STYLING: **ILANA SWANEPOEL**
LOCATION: **BABYLONSTOREN**

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BRANDY, CHOCOLATE AND CANDIED GINGER TRUFFLES
200ml double thick cream - 200g organic dark chocolate - 90ml brandy
- candied ginger - cocoa powder for dusting

Use a small saucepan and melt the chocolate and cream over low heat until smooth. Be cautious not to burn it, so alternatively use a double boiler. Remove from the heat and whisk in the brandy. Cool down and place in the refrigerator to firm up a little. Place a sheet of tin foil on a flat surface. While the chocolate is still flexible, spoon onto foil thickly over a small area 6cm x 12cm. Add pieces of the candied ginger on top and roll over the chocolate to make a roll. Press firmly and roll into a log. Cover with foil and refrigerate until firm and ready for use. Remove from foil, roll in dusted cocoa and slice with a warm sharp knife into rounds. (Dip the blade of the knife into hot water just before slicing.)

DECOEAT

AFFOGATO WITH BURNT MERINGUE
2 egg whites - 100g sugar - 1 litre good quality vanilla ice cream
- 400ml espresso with crema

Whip the egg whites with an electric beater until fluffy. Add the sugar little by little and continue to whip until stiff and glossy. Use large glasses and fill with scoops of ice cream. Drizzle with a little warm espresso and quickly add a dollop of meringue. Use a chef's blowtorch and score the meringue all round until golden brown. Serve immediately. Ask your most hands-on guest to help to speed up the serving process. This dessert needs to be made just before serving.

this page: Pole Potten Gold pineapple R495, Pezula Interiors White wine glass R170 for four, Le Creuset Rondo Gold spoon R6 350 for 24pc set, Here and Now Store Table cloth/throw R345, Arabesque opposite page: Matt Black Earth dinner plate R168, Merlyn Gers Rondo Gold teaspoon R250 each, Here and Now Store

THE POTTEN GOLD BLUE BLUDECORATION.CO.ZA 69



DECOTRAVEL

ENGINEERED ORGANIC

We dare you to rediscover the newly renovated Singita Lebombo Lodge situated on the outskirts of the Kruger National Park. This is the future of the safari experience

PHOTOGRAPHS **ADEL FERREIRA** PRODUCTION **MARUSHKA STIPINOVICH** TEXT **MEGAN SCHUMANN**

Stretching for 800km, the Lebombo Mountains separate the Kruger National Park from Mozambique. It is here, perched on a hill, that you will find the recently revamped Singita Lebombo Lodge. Considered a pioneering and modern safari experience, the design of this camp has definitely caught our attention. Head architect Sally Tsililani explains how it started: 'Lake Baños [Singita founder and CEO] literally wanted it all. We've performed miracles before - so we simply tried again.'

With only three months to strip the lodge bare and completely recondition it before new guests arrived for the season, a team of designers and builders marched in and completed a project that should have taken nine months. Creatively directed by Boyd Ferguson and Geordi De Sousa Costa of Cicile & Boyd, this was a project like no other. 'We were commissioned to take a hotel that was already at the top of its game, and raise it to the next level of excellence,' says Geordi. 'Luckily,' as Boyd offers, 'we're specialists in figuring out how designs can be even better than they already are.' And that's exactly what they did.

Building on the original, exceptional architecture by Andrew Makin, the philosophy was simple: make nature the hero. 'This project is by far the most integrated we have completed, in terms of the symbiosis between man and nature, inside and outside. We have taken the furniture outside and brought nature indoors,' Boyd explains.

The new additions and upgrades complement the already magnificent collection of suites. Suspended above the Nwanetsi River, the nest-like private suites have no solid walls, looking more like steel and glass shells protected by indigenous fauna and awnings. 'It's as if they are floating between the river and sky,' guests describe. The design goal at Lebombo was to 'touch the earth lightly', which the team achieved both visually and physically, without skimping on luxury. Claiming the contemporary, Lebombo is exemplary of the new guard in hospitality design. The design is bold, simple, sophisticated and timeless. 'We like to refer to it as engineered organic,' says Boyd, 'harvesting everything from nature, and engineering it to its truest form.'

This environmentally-conscious approach isn't limited to the decor, but rather, it informs almost all aspects of the experience - including the cuisine - which is characterised by a newly refined and pared-down menu under renowned chef Liam Timlin.

At the end of the day, the very intention of venturing out into the bush is to immerse oneself in unbridled nature and wildlife - and as the only lodge in the Lebombo concession, it doesn't get any wilder than this... you are sure to meet a host of curious creatures. Conservation forms Singita's foundation, and no matter how trendy its lodges may look and feel, this is what keeps Singita breathing. 'Even though the Kruger is the size of Belgium, it is never enough for us, we always want more for the animals,' laughs Chantelle, a Lebombo guide.

It truly is a special corner of the globe. 'After more than 25 years in the industry, this is our dream project, for more reasons than we can count,' Boyd concludes.

THE AFRICA ISSUE **ELLE** DECORATION.CO.ZA 99

this page The luxurious private suites at Singita Lebombo, are built on a hill above the Nwanetsi River, like eagles' nests perched in the trees

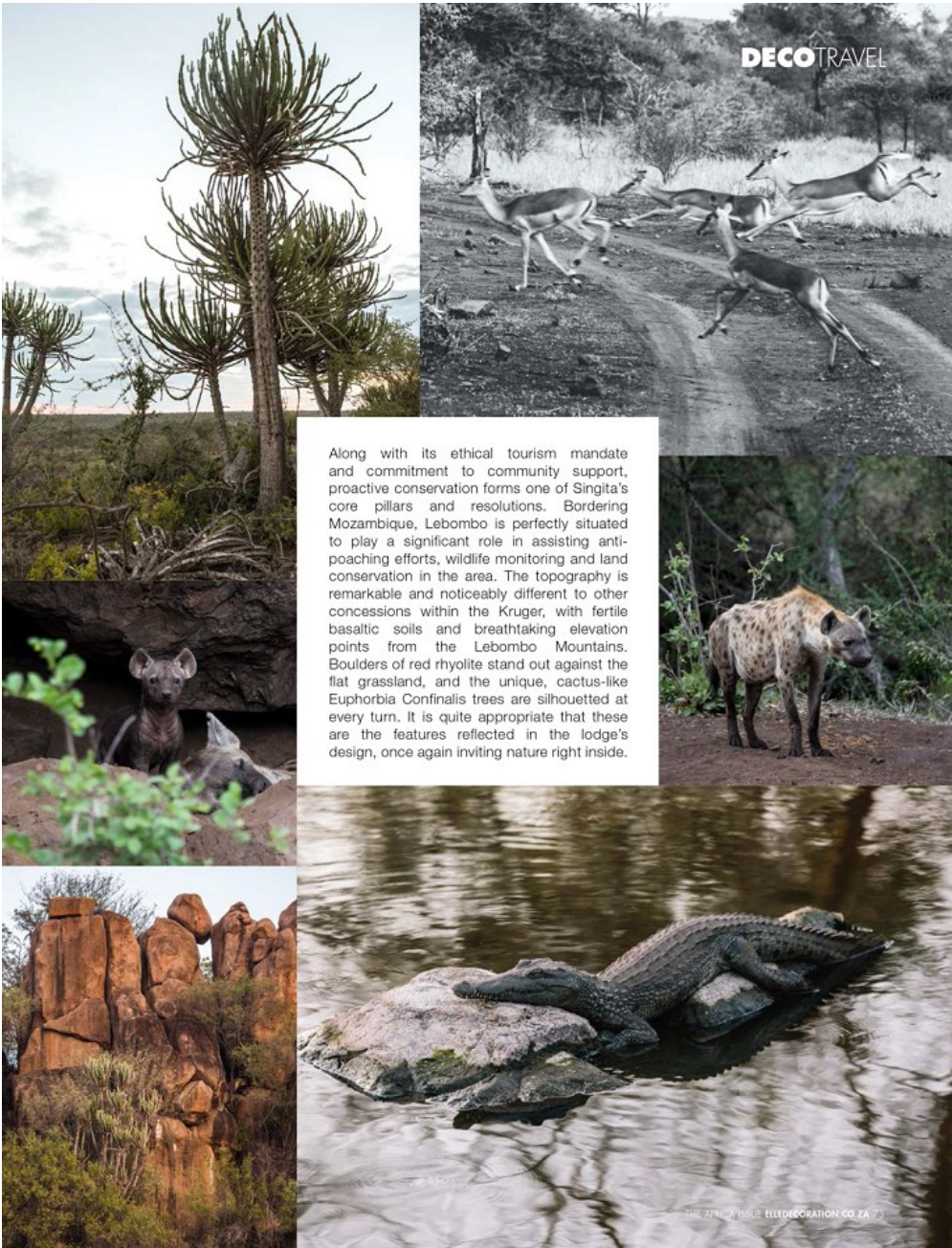


The vision for the design at Lebombo was to seamlessly connect the lodge with its landscapes. The surrounding ridges, boulders and trees are all mimicked in the structures and interiors. Steel, glass, concrete and natural timber were used throughout the different areas, blending tones and textures harmoniously. At the entrance to the lodge, the rammed earth wall was constructed using a mixture of stones and soil sourced from the land – and this wall serves as an introduction to Lebombo's design agenda, which connects it to the natural habitat in which it sits.

"WE INTRODUCED A NEW DECOR LANGUAGE, AND MANIPULATED THE GRAVITATIONAL PULL AND FLOW OF SPACES" – Sally Tallyiannis

The innovative boulder-like extension not only enhances the original design of the lodge, but also improves upon the overall safari experience, offering respite from the Kruger National Park's extreme climate. Interludes between game drives are spent in the winter lounge, library, tasting room, multi-media space or on the rooftop dining area that doubles as a stargazing deck. The substantial expansions are interlinked by a broad, curved staircase and walkway that are framed by textured timber pillars and compacted, cement-plastered walls. Simple shapes and textured decor complements the natural environment.

"IT'S WHAT YOU LONG FOR MOST IN AN URBAN ENVIRONMENT: SPACE, VAST VISTAS, LIGHT AND FRESH AIR. GUESTS HEAL HERE" – Boyd Ferguson















“Gorgonzola and tender, sweet beetroots are the perfect match. This is great as a side dish to roasted fillet, steak or chicken.”

ROASTED BEETROOT WITH A CREAMY GORGONZOLA AND GARLIC SAUCE (RECIPE ON PAGE 52)

Stick to the beet

THESE BEAUTIFUL DISHES MAKE FULL USE OF THE SWEETNESS AND DEEP RUBY COLOUR OF BEETROOT

Recipes and styling by ILLANIQUE VAN ASWEGEN Photographs by ADEL FERREIRA Assisted by JOMERI MOUTON

50 FOOD & HOME ENTERTAINING JUNE 2014

Props: Mr Price Home; Pyrex Bazaar. See stockists' list on page 122.

IN SEASON

HOW-TO GUIDE

ROASTED BEETROOT

Preheat the oven to 200°C. Cut off the leaves and stalk, but leave 2 – 3cm of the stalk intact. Scrub the beetroots under water to remove any grit or sand. Dry them and place on a large piece of foil. Lightly drizzle with olive oil and season with salt and pepper. Fold the foil up to enclose the beetroots and bake in the oven, 1 hour. Let them cool down in the foil before peeling off the skins, about 15 minutes.

BOILED BEETROOT

Cut off the leaves and stalk, but leave 2 – 3cm of the stalk intact. Scrub the beetroots under water to remove any grit or sand. Place the beetroots in a pot over

high heat and cover with water. Once they start to boil, reduce the heat slightly and allow them to simmer until tender, 30 – 40 minutes. Rinse the beetroots under cold water and peel off the skins.

Borscht

Serves 4 EASY 30 mins

THE FLAVOUR COMBINATIONS

5ml (1 tsp) olive or avocado oil
140g onion, finely chopped
5ml (1 tsp) garlic, crushed
200g potato, peeled and grated
140g carrots, peeled and grated
50g tomato paste
5ml (1 tsp) brown sugar
400g raw beetroots, peeled and grated
15ml (1 tbsp) red wine vinegar

1L (4 cups) vegetable stock
fresh cream, to serve
small handful fresh dill, to garnish

HOW TO DO IT

- 1 Heat the oil in a pot over low heat, add the onions, garlic, potato and carrots and fry gently without browning the mixture too much, about 5 minutes.
- 2 Stir in the tomato paste, sugar and beetroots and continue to fry, 2 minutes.
- 3 Stir in the vinegar and vegetable stock and turn the heat up. Allow it to simmer until the veggies are tender, 15 – 20 minutes.
- 4 Serve immediately in a bowl with a drizzle of fresh cream and garnish with some dill.



30 mins
Packed with flavour and goodness,
this is a fresh take on the classic
Russian borscht.



IN SEASON

**Beetroot and
pancetta risotto**

Serves 4 A LITTLE EFFORT 1 hour

**THE FLAVOUR COMBINATIONS
RISOTTO**

200g beetroots, boiled
750ml (3 cups) vegetable or
chicken stock
5ml (1 tsp) butter
5ml (1 tsp) olive oil
250g red onion, finely chopped
10ml (2 tsp) garlic, crushed
230g (1 cup) arborio or carnaroli rice
125ml (½ cup) white wine
salt and freshly ground black
pepper, to taste
5ml (1 tsp) butter
125ml (½ cup) Parmesan, finely grated

TOPPING

100g pancetta, diced
200g beetroots, boiled and diced
5ml (1 tsp) honey

Parmesan shavings, to serve
small handful fresh basil, to serve

HOW TO DO IT

1 For the risotto, prepare the stock by blitzing the cooked beetroots and stock together with a hand blender until smooth. Place it in a saucepan and bring it up to a gentle simmer. Keep it warm while you prepare the rest of the dish.
2 Heat the butter and oil in a large pot and stir in the onion and garlic. Sauté it over gentle heat until translucent, about 5 minutes.
3 Stir in the rice and fry, 1 minute. Pour in the wine and allow it to simmer until most of the alcohol has burned off, about 2 minutes.
4 Add a ladle of hot beetroot stock and stir until all of the stock has been incorporated, then add the next ladle of stock. Repeat the

process until all the stock has been incorporated, about 15 – 20 minutes.

5 Season and stir in the butter and Parmesan. Cover the pot with a lid, remove from heat and allow it to stand for 2 minutes before serving.

6 For the topping, heat a separate pan on high heat until hot and fry the diced pancetta until golden and crisp, 2 – 3 minutes. Stir in the diced beetroot and honey and fry, 1 minute.

7 To serve, top the risotto with the pancetta and beetroot mixture. Sprinkle with Parmesan shavings and scatter over some basil.

COOK'S TIP

If you cannot find pancetta, replace it with diced bacon.

“A meal made all the more enticing by beetroot’s comforting flavour and glorious colour.”



“A decadent dessert that is so tasty, it is hard to believe there are veggies hidden inside.”

LOVE

Beetroot and dark chocolate meringue cake
Serves 6 **EASY** 2 hours

THE FLAVOUR COMBINATIONS
SAGE
6 egg whites
200g castor sugar
30ml (2 tbsp) cocoa powder
30g ground almonds
90g dark chocolate, finely chopped
5ml (1 tsp) fresh ginger, finely grated
100g beetroot, roasted and grated

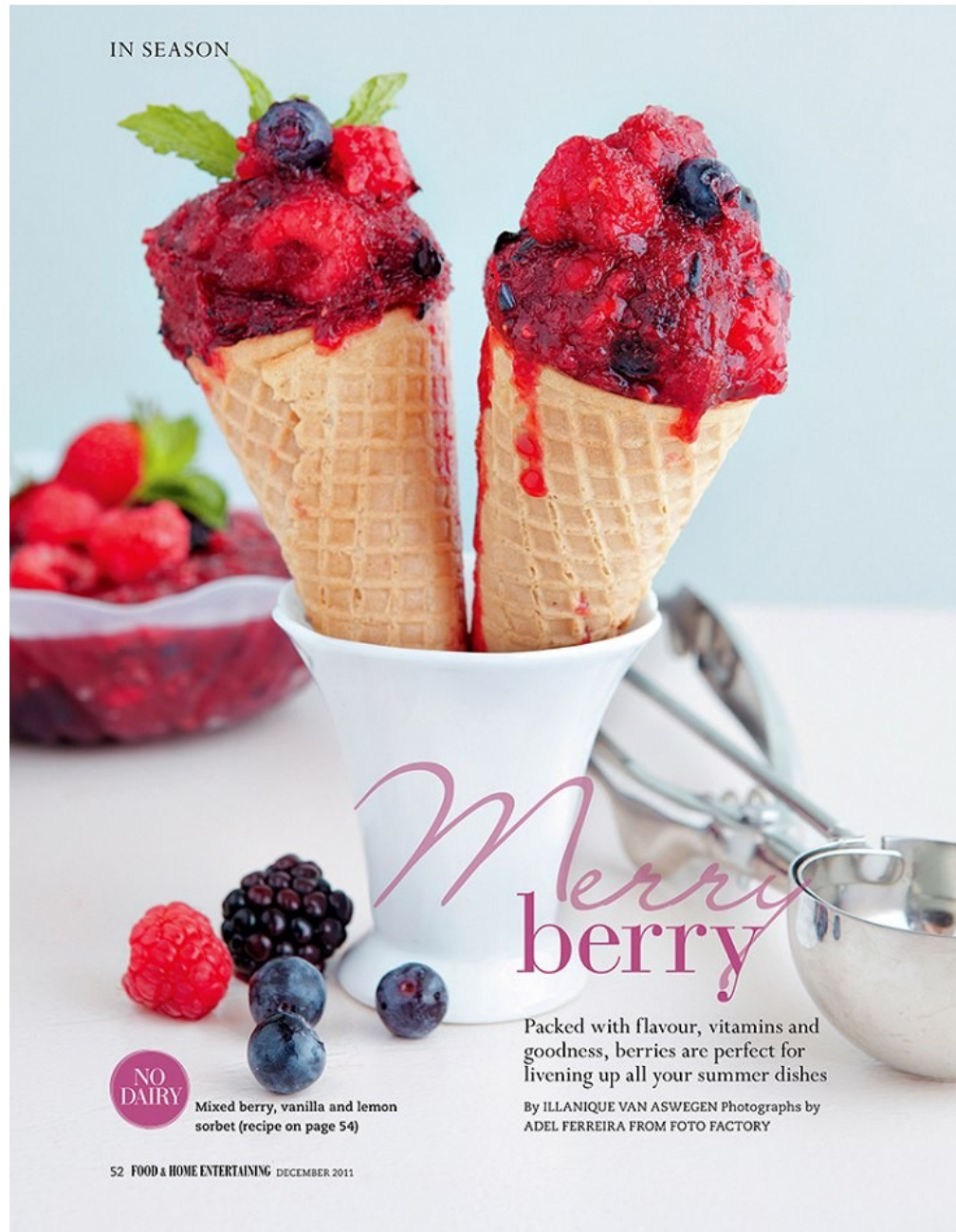
BEETROOT GANACHE
40g beetroot, boiled
180ml (¾ cup) fresh cream
120g white chocolate, finely chopped
vanilla ice cream, to serve (optional)

HOW TO DO IT
1 Preheat the oven to 120°C.
2 Line the bottom of a 22cm cake tin with some baking paper and spray the sides of the tin with cooking spray.
3 For the cake, beat the egg whites using an electric whisk until soft peaks form. Add the sugar in 3 batches and whisk until it reaches stiff peaks.
4 Whisk in the cocoa and then, using a big spoon, fold in the almonds, chocolate chunks, ginger and beetroot. Spoon the mixture into the lined tin and bake, 2 hours. Turn the oven off, do not open the oven door for at least 20 minutes, then open the door slightly and leave the cake to cool down in the oven for another 30 minutes.
5 For the ganache, roughly chop the

cooked beetroot and combine it with the cream in a saucepan over a low heat. Remove it from the heat just before it starts to boil. Using a hand blender, blend the cream and beetroot together until the beetroot is coarsely chopped but not puréed, a few seconds. Strain the beetroot from the cream and pour the pink cream over the finely chopped chocolate in a bowl. Stir until it melts. (The heat from the cream will slowly melt the chocolate until it becomes a sauce.)
6 Serve the cake in slices and drizzle with the silky beetroot ganache.

COOK'S TIP
It is best to eat the cake immediately after it has cooled, as the meringue loses its crispness if left standing too long.

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Summer salad with strawberries, feta and walnuts with a blueberry balsamic dressing

A quick and easy salad that can be varied by adding any delicious summer veggies or fruit.

Serves 2 **EASY** 20 mins

DRESSING

45ml (3 tbsp) olive oil
45ml (3 tbsp) onion, chopped
125ml (½ cup) balsamic vinegar
15ml (1 tbsp) sugar
80ml (⅓ cup) blueberries
salt and freshly ground black pepper, to taste

SALAD

2 baby spring onions, thinly sliced
½ Granny Smith apple, thinly sliced
250ml (1 cup) strawberries
125ml (½ cup) gooseberries
500ml (2 cups) mixed baby salad leaves
80ml (⅓ cup) feta, crumbled
60ml (¼ cup) walnuts, toasted

READY
IN 20

1 For the dressing, gently heat the oil and onion together until soft and translucent.
2 Add the vinegar, sugar and berries and gently reduce for a few minutes. Season to taste.
3 To make the salad, gently toss all the ingredients together and serve with the dressing on the side.



125ml (½ cup) cold water
125ml (½ cup) blueberries

BERRY TOPPING

250ml (1 cup) berry juice
15ml (1 tbsp) cornflour
15ml (1 tbsp) water
15ml (1 tbsp) sugar
100g raspberries, puréed

fresh mixed berries, to serve

- 1 For the base, place the biscuits and butter into a food processor and process until just combined.
- 2 Lightly grease a 15cm loose-bottom cake tin and press in the biscuit mixture to form a crust at the bottom and on the sides. Set in the fridge for at least 40 minutes while you prepare the filling.
- 3 For the filling, whisk the cream cheese, sugar, lemon juice and sour cream together until combined.
- 4 Sprinkle the gelatine over the cold water and leave it for a few minutes. Place some warm water into a bigger bowl and place the bowl with the gelatine mixture into it to gently melt the gelatine. Whisk 15ml (1 tbsp) of the cream cheese mixture into the melted gelatine and then quickly add this into the rest of the cream cheese mixture. Mix well and pour half over the biscuit crust. Sprinkle over the blueberries and cover with the rest of the filling. Place in the fridge to set.
- 5 For the topping, mix all the ingredients together and heat gently until slightly thickened. Allow to cool completely. It can be poured over while the cheesecake is still setting – just ensure that the top of the cheesecake is firm to the touch before adding the topping. Place the cheesecake in the fridge to set overnight.
- 6 Serve the cheesecake topped with a selection of fresh mixed berries.



**NO
BAKE**

Mixed berry and sour
cream no-bake cheesecake

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IN SEASON

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Berry and almond clafoutis with a zesty custard

A delicate dessert with a warm custard on the side makes for a comforting summer dish.

Serves 4 **EASY** 1 hour 30 mins

CLAFOUTIS

80ml (⅓ cup) castor sugar
170ml (⅔ cup) fresh cream
170ml (⅔ cup) milk
15ml (1 tbsp) vanilla extract
seeds of ¼ vanilla pod
60ml (¼ cup) cake flour
250ml (1 cup) strawberries
250ml (1 cup) blackberries
250ml (1 cup) blueberries
45ml (3 tbsp) flaked almonds

CUSTARD

250ml (1 cup) milk
250ml (1 cup) fresh cream
15ml (1 tbsp) vanilla extract
seeds of ¼ vanilla pod
3 large egg yolks
60ml (¼ cup) sugar
30ml (2 tbsp) fresh lemon juice
zest of ½ lemon

- 1 Preheat the oven to 160°C. Lightly grease the inside of an ovenproof dish and set aside.
- 2 For the clafoutis, whisk the sugar, cream, milk, vanilla extract and seeds together until light and fluffy, about 3 minutes. Whisk in the flour and ensure that a smooth batter is formed.
- 3 Pour the mixture into the dish and scatter the berries on top, followed by the almonds. Bake until it is firm to the touch and golden on top, about 50–60 minutes.
- 4 To prepare the custard, gently heat the milk, cream, vanilla extract and seeds and remove from the heat before it starts to boil.
- 5 Whisk the egg yolks and sugar together and add in the warm milk. Place this mixture back into the pot and stir over the lowest heat until it has thickened slightly and is able to coat the back of a wooden spoon – it is important not to rush this process and overheat the mixture as it can easily curdle. Whisk in the lemon juice and zest.
- 6 Serve either warm or at room temperature with the custard.

Props from Epiphany Gift Shop, @home, stylist's own
See 'stockists' list for details







Cauliflower steaks with tomato and chickpea sauce

Serves 2 **EASY** 40 mins

A rustic and flavourful vegetarian dinner for two

15ml (1 tbsp) olive oil
160g (1 large) onion, diced
10ml (2 tsp) crushed garlic
5ml (1 tsp) sugar
1 tin chopped tomatoes
2,5ml (½ tsp) smoked paprika
2 stalks of vine tomatoes
30ml (2 tbsp) sweet chilli sauce
125ml (½ cup) tinned chickpeas, rinsed and drained
salt and freshly ground black pepper, to taste
1 large head of cauliflower or 2 small ones
10g (1 tbsp) butter
olive oil, for frying

fresh flat-leaf parsley, chopped, to garnish

1 Heat the oil in a saucepan over medium heat. Add the onion and garlic and fry until soft and tender, about 5 minutes. Stir in the sugar, tinned tomatoes and paprika. Simmer uncovered until sauce thickens and intensifies in flavour, about 15 minutes.
2 Add the vine tomatoes, sweet chilli and chickpeas. Cover the saucepan with a lid and simmer gently for 5 more minutes. Season and keep warm while you prepare the cauliflower.
3 Bring a large pot of salted water to the boil and blanch the whole cauliflower for 1 – 2 minutes. Drain and refresh in cold water then cut it into 2 thick

(1½ – 2cm) steaks where the florets connect at the thick stem of the cauliflower head. Drain on paper towel.
4 Heat the butter in a non-stick pan and add a splash of olive oil. Fry the cauliflower steaks on both sides until golden and tender. Season.
5 Serve the warm steaks topped with the vine tomatoes and tomato sauce. Scatter with the parsley just before serving.

COOK'S TIP

To ensure that the cauliflower 'steak' keeps its shape, cut it into a thick slice exactly where the florets are attached to the stem as this will keep it all intact. You might need 2 separate heads to get 2 steaks (depending on the shape and size of the cauliflower). Use the leftover pieces in a soup or purée the following day.

LOW CARB



Dessert

As the weather cools, these elegant cakes are sure to delight

By ILLANIQUE VAN ASWEGEN
Photographs by ADEL FERREIRA

Upside down apple, cinnamon
and butterscotch cake
(recipe on page 78)

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Vanilla and apple sauce cake with meringue icing

Apple sauce in between vanilla sponge is a refreshing take on the usual icing
Makes a triple-layer 22cm cake
A LITTLE EFFORT 1 hour 20 mins

CAKE

360g (3 cups) cake flour
7,5ml (1½ tsp) baking powder
pinch of salt
360g butter, soft
440g (2 cups) castor sugar
30ml (2 tbsp) vanilla paste
4 large eggs
250ml (1 cup) buttermilk
500ml (2 cups) ready-made smooth apple sauce

MERINGUE ICING

4 large egg whites
140g (¾ cup) sugar
5ml (1 tsp) lemon juice
pinch of cream of tartar
pinch of fine salt
60ml (¼ cup) flaked almonds, toasted

1 Preheat the oven to 180°C. Grease 3 x 22cm deep cake tins or line with some baking paper.

2 For the cake, sift the flour, baking powder and salt together. Set aside.

3 In another bowl, cream the butter and castor sugar using an electric mixer until pale and fluffy, about 4 – 5 minutes. Whisk in the vanilla, eggs, buttermilk and dry ingredients until smooth.

4 Divide the mixture between the 3 tins and smooth the tops with a spatula. Bake until a cake tester comes out clean when inserted in the middle, about 20 – 25 minutes.

5 Allow to cool in the tins for 10 minutes and then turn out onto cooling racks.

6 For the meringue icing, gently heat the egg whites, sugar, lemon juice, cream of tartar and salt over a double boiler. Keep whisking until the sugar has just dissolved and the mixture is warm without cooking the egg whites. Transfer the mixture to an electric mixer. Whisk

on high until the meringue is cool and forms stiff peaks, about 3 – 4 minutes.

7 Assemble the cake by spreading the apple sauce between the 3 cake layers (excluding the top layer). Place generous spoonfuls of the meringue on top and sprinkle with the almonds.

8 Allow to set for 30 – 60 minutes to ensure easy slicing.





Red velvet whoopee pies with
vanilla and lemon cream-cheese icing

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Goosey chocolate cake served with crème fraîche and pomegranates

A moist, rich cake that oozes lovely dark chocolate as soon as you dig into it. This recipe was adapted from Women's Weekly: Best Food
Serves 6 **EASY** 1 hour

60ml (¼ cup) butter, room temperature
60ml (¼ cup) cocoa powder, sifted
200g dark chocolate, roughly chopped
180g butter, room temperature
3 large egg yolks
80ml (⅓ cup) cake flour, sifted
4 large eggs
80ml (⅓ cup) castor sugar
15ml (1 tbsp) vanilla essence
250ml (1 cup) crème fraîche, to serve
160ml (⅔ cup) sour cherry jam, to serve
250ml (1 cup) pomegranate seeds, to garnish
fresh mint, to serve

1 Preheat the oven to 160°C. Brush the inside of 6 ramekins or 6 x 250ml metal moulds with the butter,

ensuring you cover the base and sides. Sift some cocoa powder into the moulds and swirl it around to ensure it coats all of the butter. Shake off excess cocoa.

2 Melt the chocolate and butter over low heat until smooth and glossy. Remove from the heat and whisk in the egg yolks and flour. Set aside.

3 Whisk the eggs and sugar with an electric mixer until pale yellow and fluffy. Gently whisk into the chocolate mixture and spoon into the prepared moulds.

4 Bake for 10 – 12 minutes and rest in the mould for 2 minutes. The sides, base and top should be firm and cooked, with a gooey centre. Do not be tempted to bake for longer, as it sets more while cooling and the messier it is, the better.

5 Serve immediately with a dollop of crème fraîche and sour cherry jam on top. Sprinkle with the pomegranate seeds and garnish with the mint.













IN SEASON

With their musky perfume and
luscious appeal, figs add instant
glamour to dishes

By ILLANIQUE VAN ASWEGEN
Photographs by ADEL FERREIRA

Figured out

Fig and blue cheese-topped fillet with
rosemary potato chips (recipe on page 52)

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Fig, Parma ham and rocket crepes
with a balsamic reduction

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Stuffed Brie and fig French toast with maple bacon
A twist on your regular French toast. Be sure to double the recipe for hungry eaters.
Serves 2 EASY 30 mins

READY IN 30

6 – 8 strips of streaky bacon
45ml (3 tbsp) maple syrup, plus extra for serving
5 figs, sliced into rounds
4 slices Brie
4 slices ready-made brioche
2 large eggs
5ml (1 tsp) sugar
seeds of ¼ vanilla pod

1 Preheat the grill. Place the bacon on a baking tray and grill for a few minutes until crisp. Brush the strips with the maple syrup on both sides and place back under the grill for a minute or two until crisp, golden and sticky.
2 Pack a layer of figs topped with the Brie on two of the brioche slices.

Top each with another slice of brioche.
3 Whisk together the eggs, sugar and vanilla. Heat a non-stick pan over medium heat and add a knob of butter. Carefully dip the stuffed brioche sandwiches in the egg mixture, allowing them to soak up as much as possible without becoming too soft.
4 Gently fry for a minute or two on each side until golden.
5 Serve with the maple-glazed bacon and be sure to have some extra syrup handy for dunking.

COOK'S TIP
If brioche is not available, use white sandwich loaf.

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Layered grape jelly with vanilla custard

Makes 4 x 250ml jellies

A LITTLE EFFORT 30 min plus extra for overnight setting

A refreshing pure fruit jelly perfect for warm days

HANNEPOT GRAPE JELLY

500ml (2 cups) Hannepoot grape juice
20ml (4 tsp) sugar
30ml (2 tbsp) water
20ml (4 tsp) powdered gelatine
12 Hannepoot grapes, thinly sliced

RED GRAPE JELLY

500ml (2 cups) red grape juice
20ml (4 tsp) sugar
30ml (2 tbsp) water
20ml (4 tsp) powdered gelatine
12 red grapes, thinly sliced

CUSTARD

250ml (1 cup) milk
250ml (1 cup) fresh cream
seeds from ½ vanilla pod
3 large egg yolks
30ml (2 tbsp) sugar

1 Lightly grease 4 x 250ml moulds with a little bit of non-stick cooking spray.

2 For the Hannepoot jelly, heat the juice and sugar in a saucepan until lukewarm.

3 Pour the water into a small bowl and sprinkle the gelatine on top. Let it stand for 5 minutes until firm. Place this bowl into a bigger bowl filled with warm water and allow to stand until the gelatine becomes liquid and clear. Add about a quarter of a cup of the warm juice mixture to the melted gelatine and whisk. Now whisk this back into the remaining warm grape juice.

4 Divide the mixture between the moulds to form the first layer. Sprinkle some of the grapes into the jelly mixture and place in the fridge to set for about 2 hours before you add the red

grape jelly layer.

5 Repeat the process with the red grape jelly and allow to set overnight.

6 For the custard, heat the milk and cream and remove from the heat just before it reaches boiling point. Stir in the vanilla seeds. Whisk the yolks and sugar together in a bowl and add in half a cup of the warm milk mixture. Return to the remaining warm milk and cream mixture, and stir over a very low heat until it thickens and becomes velvety. The custard is ready when it lightly coats the back of a wooden spoon.

7 Unmould the jellies by quickly dipping the moulds in warm water and then turning out onto a serving bowl. Serve with the custard on the side.





Grape and raspberry cake

Makes a 30cm x 20cm sheet cake

Serves 4 – 6 **EASY** 1 hour

A light and delicious summer treat. The recipe can easily be doubled for a larger crowd

2 large eggs
100g (½ cup) sugar
100g butter, melted
60ml (¼ cup) olive oil
80ml (⅓ cup) milk
30ml (2 tbsp) vanilla extract
200g cake flour
5ml (1 tsp) baking powder

pinch of salt
zest of 1 lemon
250ml (1 cup) seedless red grapes
250ml (1 cup) raspberries
sweetened whipped cream, to serve

1 Preheat the oven to 180°C. Line a 30cm x 20cm cake tin with baking paper and set it aside.
2 Using an electric whisk, whisk the eggs and sugar for a few minutes until pale and thick. Whisk in the butter, oil, milk and vanilla extract. Sift in the flour, baking powder and salt, and mix with a

wooden spoon to combine. Lightly stir in the zest, grapes and raspberries.

3 Pour into the tin, ensuring that the berries and grapes are scattered throughout the batter.

4 Bake until golden on top, about 25 – 30 minutes. Allow to cool in the tin for about 10 minutes and then turn it out to cool completely.

5 Slice into squares and serve at room temperature with whipped cream.

**Recipe adapted from Jamie Oliver's cookbook Jamie's Italy*

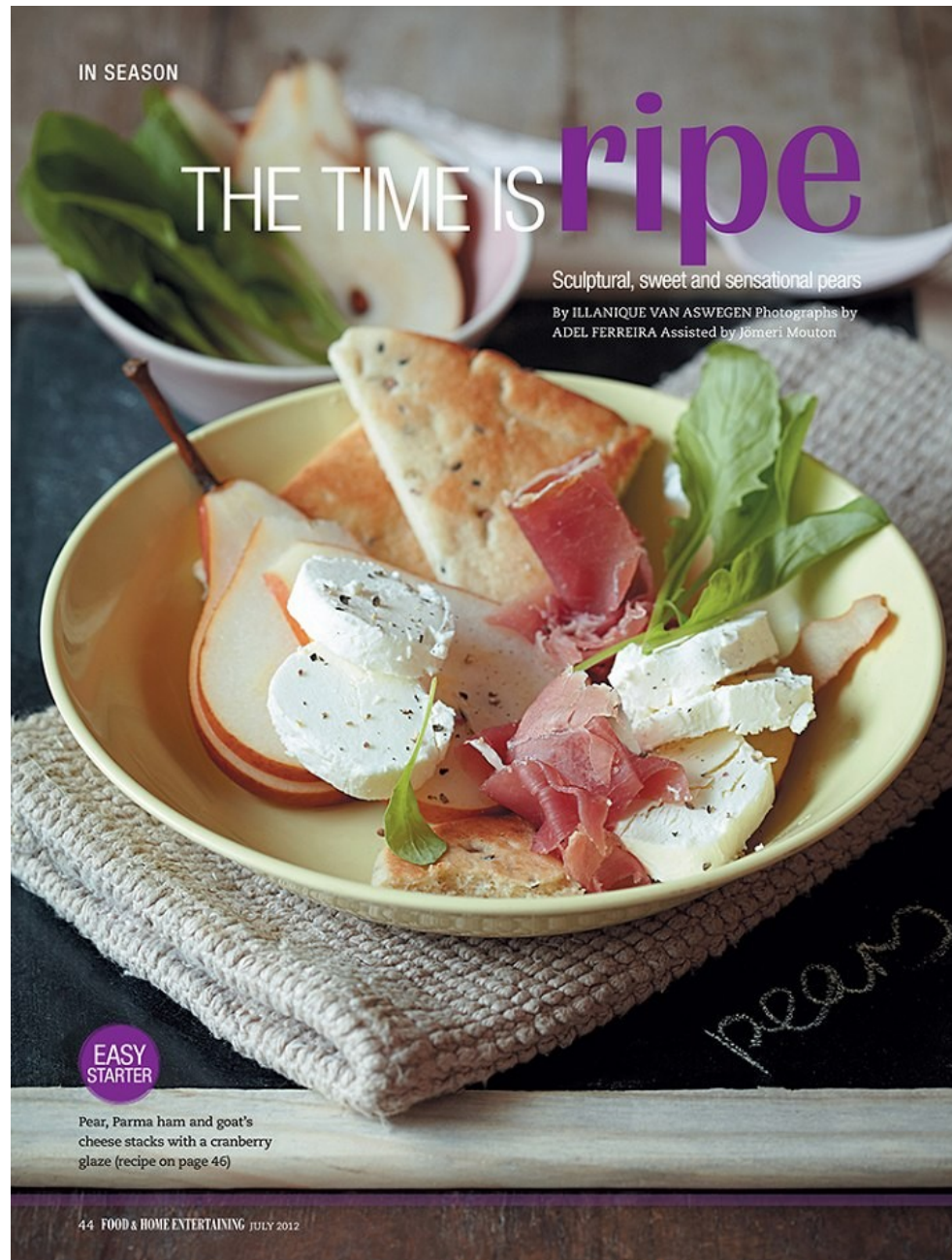
















Red wine and honey
poached pears in puff
pastry (recipe on page 46)

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Pear and bread and butter pudding served with dulce de leche custard
Serves 2 **A LITTLE EFFORT** 1 hr
Pears add a great flavour and texture to this classic dessert

CUSTARD
500ml (2 cups) milk
125ml (½ cup) fresh cream
seeds from ½ vanilla pod
4 large egg yolks
45ml (3 tbsp) sugar
30 – 60ml dulce de leche or Caramel Treat

PUDDING
4 slices of white bread, buttered on both sides
1 pear, thinly sliced with a mandoline
2 large eggs
5ml (1 tsp) vanilla extract
45ml (3 tbsp) sugar
125ml (½ cup) fresh cream

- 1 Preheat the oven to 190°C.
- 2 For the custard, heat the milk, cream and vanilla in a saucepan until lukewarm but not boiling.
- 3 Whisk the egg yolks and sugar together and pour the milk mixture onto the yolks while whisking. Pour this mixture back into the saucepan and stir continuously over very low heat. Allow the mixture to gently cook while it thickens. It can take anywhere from 10 – 20 minutes to thicken into a pourable custard. It is ready when the custard is able to coat the back of a wooden spoon.
- 4 Whisk in the dulce de leche.
- 5 For the pudding, cut each slice of bread into 4 triangles. Place the triangles in a buttered oven dish and insert a slice of pear after every third or fourth piece of bread.
- 6 Whisk together the eggs, vanilla, sugar and cream. Pour this over the bread and pear slices. Allow it all to soak for 10 minutes. Bake until golden all over with crispy bread tops, about 20 – 30 minutes.
- 7 Serve with the warm custard.

COOK'S TIP
Make sure the custard does not overheat or the eggs will overcook and the custard will turn into scrambled eggs.

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IN SEASON

Pomegranate and palmier ice-cream sandwiches

Makes 12 **A LITTLE EFFORT** 40 mins
+ freezing time

THE FLAVOUR COMBINATIONS

500ml (2 cups) milk
250ml (1 cup) fresh cream
seeds from 1 vanilla pod or 15ml
(1 tbsp) vanilla extract
4 egg yolks
170g castor sugar
480g (3 cups) pomegranate rubies
24 small palmier biscuits

HOW TO DO IT

1 Prepare your ice-cream machine according to the manufacturer's instructions.
2 Heat the milk, cream and vanilla in a saucepan over medium heat until warm but not boiling.
3 Whisk the egg yolks and sugar in a mixing bowl. Slowly pour in the milk mixture and whisk to combine. Transfer

back to the saucepan and heat over a very low heat while stirring. The mixture will slowly start to thicken and after 12 – 15 minutes will form a very thin custard. Remove from heat to cool.
4 Juice the pomegranate rubies and add the liquid to the thin custard. Stir to combine. When the mixture has completely cooled, add it to the ice-cream machine and churn according to the manufacturer's instructions. Place in the freezer to set for at least 4 hours or overnight.

5 If you don't have an ice-cream machine, cool the ice-cream mixture down and place in a plastic, freezer-friendly container. Freeze for 2 hours without a lid. After 2 hours, use a whisk to loosen and smooth out the mixture. Return to the freezer for another 2 hours. Scoop the mixture into a food processor and process for 30 seconds or until smooth. Return to the plastic container and freeze for 2 hours before serving.

6 To assemble the sandwiches, place a scoop of ice cream between two palmiers and serve immediately.

Pomegranate, dark chocolate and meringue cake

This decadent dessert is made with layers of crunchy hazelnut meringue with oozing dark chocolate ganache and a delicious Turkish delight sauce. The pomegranate rubies add a beautiful sprinkling of colour and a refreshing zing against the sweetness of the cake.

Serves 6 **A LITTLE EFFORT**
1 hr 20 mins

THE FLAVOUR COMBINATIONS

MERINGUES

6 egg whites
340g castor sugar
60g (½ cup) blanched hazelnuts,
toasted and chopped

CHOCOLATE GANACHE

250ml (1 cup) fresh cream
360g dark chocolate, finely chopped
(nothing higher than 70 per cent cocoa
content or it will become too bitter)



TURKISH DELIGHT SAUCE
300g pink rose-water-flavoured
Turkish delight, finely chopped
80ml (1/3 cup) warm water
160g (1 cup) pomegranate rubies

HOW TO DO IT

1 Preheat the oven to 140°C.

2 Line 3 shallow baking trays with
baking paper. Place the baking paper
upside down on the trays and use
a marker to trace the outline of an 18cm
cake tin in the centre of each paper.
Turn the paper over, ensuring the outline
still shows through. This will prevent the
ink from baking into the meringues.

to boil. Stir in the finely chopped
chocolate and leave to melt gently
without heating the mixture again.
When it is melted and smooth, allow it
to cool at room temperature.
It will thicken slightly as it stands.
6 For the Turkish delight sauce, add the
Turkish delight and water to a saucepan

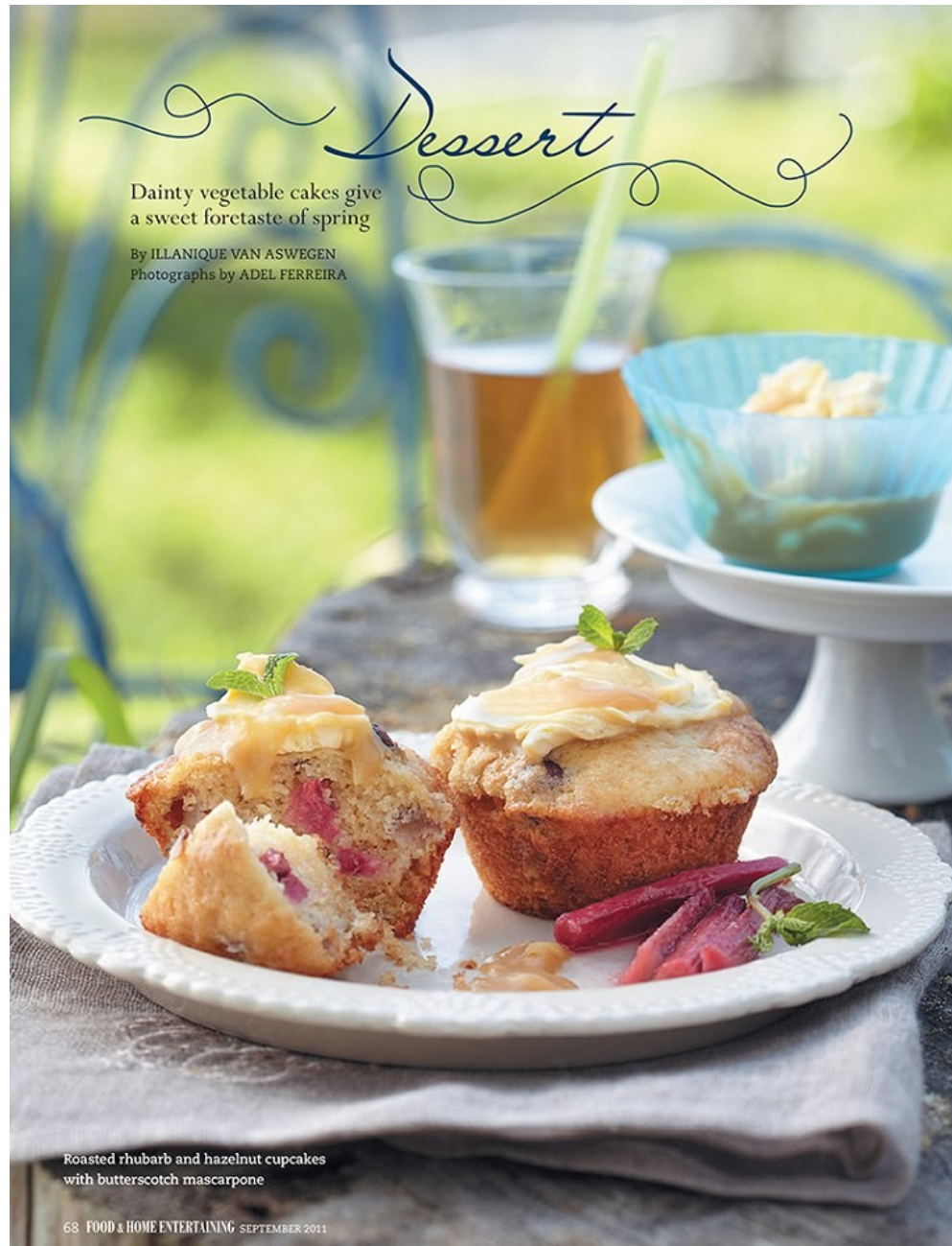


3 For the meringues, whisk the egg
whites with an electric mixer until soft
peaks form. Add the sugar in 4 batches
and allow it to dissolve into the egg
mixture. Whisk until the meringue
mixture is smooth, shiny and stiff.
4 Spoon the meringue mixture onto
the trays lined with baking paper and
use the marked outlines to guide you in
shaping the meringue rounds to size.
Gently sprinkle the chopped hazelnuts
onto the meringues. Bake at 140°C for
30 – 35 minutes. Turn the heat off and
allow the meringues to cool in the oven.
5 For the ganache, heat the cream
in a pot over medium heat until hot.
Remove from heat just before it starts

and heat over a very low heat until
melted and smooth. If the sauce is
a bit lumpy, you can use a hand blender
to carefully blend it while hot.
7 To assemble, place the first meringue
disc onto a cake stand. Drizzle with
chocolate ganache and Turkish
delight sauce, and add a sprinkling of
pomegranate rubies. Repeat with the
remaining layers and serve immediately.

COOK'S TIP

Turn this dessert into 4 individual
desserts by baking 12 mini meringue
discs instead of 3 large ones. Layer
each individual stack as you would for
a large one.





powder, bicarbonate of soda, cinnamon, cardamom, cloves and salt together and combine with the oil mixture. Mix in the nuts, carrots and zest.

3 Divide the batter between the ring pans and bake for about 20 – 30 minutes. The cakes should still be fairly moist. Turn out and allow to cool completely.

4 For the glaze, gently heat the chocolate and cream in a saucepan until smooth. Pour the glaze over the carrot cakes.

5 For the crisps, heat the oil and fry the carrots over high heat until golden and crunchy. Drain the crisps well and scatter them over the cakes. Serve immediately to ensure that the carrots remain nice and crisp.

Carrot, walnut and olive oil cake with white chocolate glaze

DESSERT

Sweet potato, banana and cinnamon loaf cake with meringue buttercream

Makes 2 x 25cm loaf cakes

EASY 1 hour 30 mins

CAKE

200g (1 cup) brown sugar
2 large eggs
125ml (½ cup) milk
80ml (⅓ cup) vegetable oil
15ml (1 tbsp) vanilla extract
150g cake flour, sifted
7ml (1,5 tsp) baking powder
10ml (2 tsp) ground cinnamon
750g (2 large) sweet potatoes, roasted, peeled and lightly mashed
2 bananas, mashed

MERINGUE BUTTERCREAM

4 large egg whites, room temperature
200g (1 cup) brown sugar
190g butter, softened

ground cinnamon, to garnish
edible flowers (pansies or violas), to garnish
maple syrup, to serve (optional)

1 Preheat the oven to 180°C. Line 2 medium loaf tins with baking paper.
2 For the cake, whisk the sugar and eggs until pale and creamy. Whisk in the milk, oil, vanilla, flour, baking powder and cinnamon. Gently mix in the sweet potatoes and bananas.
3 Divide the cake mixture between

the loaf tins and bake until a skewer inserted in the centre comes out clean, about 35 – 45 minutes.

4 Let the cake cool for a few minutes in the tins before turning them out and letting them cool completely.

5 For the meringue buttercream, whisk the egg whites and sugar over a double boiler until the sugar has dissolved and is warm to the touch.

6 Whisk the mixture with an electric mixer on high for 5 minutes. Add the butter in small batches, beating well after each addition. Beat on low for 3 minutes and use immediately.

7 Spread the buttercream on the cakes, sprinkle with the cinnamon and flowers and serve.

Meringue buttercream recipe from *Cakes to Celebrate Love and Life* by Callie Maritz and Mari-Louis Guy (Struik Lifestyle).

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BASIC SORBET
Makes 1 to 1.5 litres
Preparation time: 30 minutes
Cooking time: 10 minutes, plus freezing

200 g sugar
1½ cup water
1 T lemon juice
1 free-range egg white
4 T caster sugar

Place the sugar, water and lemon juice in a saucepan, and heat until the sugar has dissolved. Remove from the heat and allow to cool. Place the syrup and your choice of flavouring ingredients (see recipes on this page) in a blender and process until smooth. Strain through a muslin cloth or strainer. Whisk together the egg white and caster sugar, until soft peaks form. Lightly fold the sugary egg mixture into the strained syrup mixture. Churn in an ice-cream churner, until set and lightly frozen. Transfer to a container and freeze overnight.

Cook's tip: For a lighter sorbet, add an additional egg white.

RED CABBAGE, APPLE AND CELERY SORBET

When preparing the syrup (see basic-sorbet recipe), add ½ t ground cinnamon and 4 cloves, and heat until the sugar has dissolved. Remove from the heat and add 1 cup finely chopped red cabbage, 1 Granny Smith apple, grated, and 1 stick celery, finely sliced. Stir through and allow to cool slightly. Blend then strain as per the basic-sorbet recipe. Add 1 T lemon juice and strain again, then continue with the basic-sorbet recipe.

TOMATO, STRAWBERRY AND RED PEPPER SORBET

When adding the syrup to the blender (see basic-sorbet recipe), add 1 cup cherry tomatoes, a handful of mint leaves, 8 strawberries and ½ red pepper. Blend until smooth. Continue with the basic-sorbet recipe.

APPLE, RADISH AND FENNEL SORBET

When adding the syrup to the blender (see basic-sorbet recipe), add 1 peeled Granny Smith apple, 10 small radishes, peeled, and 1 small fennel bulb, finely sliced. Blend until smooth. Continue with the basic-sorbet recipe.

CHERRY, STRAWBERRY, PLUM AND BLACK PEPPER SORBET

When adding the syrup to the blender (see basic-sorbet recipe), add ½ cup cherries, ½ cup strawberries, 2 plums, pitted, and 1 T ground black pepper. Blend until smooth. Continue with the basic-sorbet recipe.

SWEET POTATO, DATE AND GRANADILLA SORBET

When preparing the syrup (see basic-sorbet recipe), add 1 T grated fresh ginger and 1 T ground cinnamon, and heat until the sugar has dissolved. Remove from the heat and add 1 cup cooked sweet potato and 5 fresh dates, pitted. Stir through and allow to cool

slightly. Blend then strain as per the basic-sorbet recipe. When adding the whisked egg-white mixture, add the pulp of 4 granadillas. Continue with the basic-sorbet recipe.

ROCKET, LEMON AND PEAR SORBET

When adding the syrup to the blender (see basic-sorbet recipe), add 2 cups rocket, juice of 1 lemon and 1 pear, pitted. Blend until smooth. Continue with the basic-sorbet recipe.

BUTTERNUT, PERSIMMON AND APRICOT SORBET WITH ALMOND PRALINE

To make the butternut, persimmon and apricot sorbet: When preparing the syrup (see basic-sorbet recipe), add 1 T grated fresh ginger and 1 T ground cumin, and heat until the sugar has dissolved. Remove from the heat and add ½ cup cooked butternut, 2 soft persimmons and 2 apricots. Stir through and allow to cool slightly. Blend then strain as per the basic-sorbet recipe. When adding the whisked egg-white mixture, add some of the almond praline. Continue with the basic-sorbet recipe. Garnish with the remaining shards of praline.

To make the almond praline: Place 100 g sugar in a saucepan and gently heat, until caramelised. Add 1 t cumin seeds and ¼ cup blanched almond, toasted. Gently swirl to combine then pour onto a nonstick baking sheet. Leave to set then break into shards.

GRAPEFRUIT, CARROT AND MELON SORBET

When adding the syrup to the blender (see basic-sorbet recipe), add 1 grapefruit, 1 cup lightly cooked carrot and ½ sweet melon. Blend until smooth. Continue with the basic-sorbet recipe.

BASIC ICE LOLLY
Makes 6 lollies
Preparation time: 10 minutes
Cooking time: 5 minutes, plus freezing overnight

200 g sugar
1 cup water

Place the sugar and water in a small saucepan and heat until the sugar has dissolved. Remove from the heat and allow to cool. Place the syrup and your choice of flavouring ingredients (see recipes on page 51) in a blender and process until smooth. Strain through a muslin cloth or strainer. Place a slice of fruit into each lolly mould then pour the strained mixture into the moulds. Freeze until half frozen then place a wooden ice-cream stick, long cinnamon stick or lemon-grass stalk into each mould. Freeze overnight.

FOOD AND MOOD

PAPAYA, PINEAPPLE, CIDER AND GUAVA ICE LOLLY

WATERCRESS AND KIWI ICE LOLLY

BEETROOT, COCONUT AND RASPBERRY ICE LOLLY

WATERCRESS AND KIWI ICE LOLLY

When preparing the syrup (see basic-ice-lolly recipe on page 50), add 1 stalk lemon grass, chopped. When adding the syrup to the blender, add 2 cups watercress and the juice of 1 lime. After straining the mixture, add 2 kiwis, puréed, and the zest of 1 lime. Continue with the basic-ice-lolly recipe.

PAPAYA, PINEAPPLE, CIDER AND GUAVA ICE LOLLY

When preparing the syrup (see basic-ice-lolly recipe on page 50), add ½ cup papaya, ½ cup pineapple, 1 t ground cinnamon and 4 T cider. After straining your processed fruity syrup, add 2 guavas, puréed. Continue with the basic-ice-lolly recipe.

BEETROOT, COCONUT AND RASPBERRY ICE LOLLY

When preparing the syrup (see basic-ice-lolly recipe on page 50), add 3 star anise, 1 cinnamon stick and 1 T lemon juice and allow to infuse for 15 minutes while simmering. Remove the star anise and cinnamon stick before adding the mixture to a blender, with 1 small cooked beetroot, 4 T coconut milk, 1 cup raspberries and 1 T ground cinnamon. Continue with the basic-ice-lolly recipe.





FOOD AND MOOD

GRAPEFRUIT, CARROT AND
MELON SORBET

MODELS KLARA BEZUIDENHOUT, ALEX VAN DER WALT AND NINA NICOLAS HAIR AND MAKE UP FIONA GENTRY WARDROBE STYLIST RENE REAY REEVES

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