







LIGGIES GESKROEIDE PIENK OESTERSAMPIOENE MET PARMESAANKAASELS Hierdie lieflike pienk oestersampioene was ons heel eerste oes, en ons het baie van die matige anisgeur gehou. Moenie dit oorgaaf maak of te veel gour nie – dit het 'n subtiel, aardse smaak, en die tekstuur moet sag en delikaat wees. 1. Binskaal die oestersampioene in 'n bietjie botter vir 50 sekondes aan 'n kant. Haal dit van die plaat af en gooi vars suurlemoensap by. Geur dit na smaak met sout en swartpeper, en sprinkel dan parmesaankaasels bo-oor. Druip 'n bietjie ekstrasuiwer olyfale na smaak oor.





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breakfast

This is a special time: that gentle start to the day when the sun is still mild and the gates to Babylonstoren are opened to the public. The breakfast menu is devised according to what's ready for picking in the garden. But because we serve fewer people at breakfast than at lunch, we can offer guests staying over the pick of the crop from the earliest harvest. There are four items on the breakfast menu: the freshest of just-blended juices; mussels with a twist; a typical farm breakfast using our own eggs, mushrooms and home-made sausages; and the chef's special, which depends on the harvest for the day.



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mushrooms

A new addition to the farm is our mushroom cellar: a hi-tech space in which light, humidity and temperature are strictly controlled. (Mushrooms love wet air in relative cool; each varietal, though, has its own temperamental oddities.) The mushrooms grow in blocks of compressed wood shavings, which are inoculated with just the right mushroom spores. It takes a few weeks for mushrooms to break the surface, where they shortly mature to harvestable. The room is kept spotlessly clean, so only carers and harvesters are allowed past the glass panel. Mushrooms are picked daily. At the moment we are experimenting with different varietals (discovering, for example, that the shitake varietal has a garlicky taste and contains powerful antioxidants). And so we learn.





EXOTIC MUSHROOMS AND PERSIMMON In a warm saucepan with butter, lemon thyme and a little garlic to taste, flash-fry exotic mushrooms such as pink oyster, porcini, shiitake and white and brown enoki for 30 seconds on each side. Remove from heat and drizzle with fresh lemon juice. Thinly slice a persimmon and place on a plate. Top with mushrooms. Drizzle with a dressing made of 1 crushed garlic clove, 5ml lemon juice, 10ml olive oil, 5ml brown sugar or honey and 5ml grated lemon zest. Season to taste with salt and freshly ground black pepper.



TROUT FOR TWO WITH PEAR BUTTER, ROASTED QUINCE AND POACHED TAMARILLO **Pear butter:** Poach 2 peeled whole pears in rose wine with a drizzle of honey until they start to soften. Remove from heat and allow to cool slightly. Remove from liquid, remove pips and blend in blender with 100g butter until smooth. Season with salt and freshly ground pink pepper. Smear over grilled fish and place under a warm grill for 3 minutes. **Oven-roasted quince:** Roast 4 quince halves with lemon juice, honey and lemon thyme until soft and golden. Drizzle with lemon juice and honey before serving. **Poached tamarillo:** Cover 2-4 whole tamarillos with boiling water and allow to stand for 3 minutes. Remove tamarillos, slice into quarters with a sharp paring knife through the skin only, from top to bottom. Peel each skin section from the top towards the bottom so that it opens like a flower, keeping the tamarillo whole. Melt a little butter in a small saucepan, then add 15ml lemon juice, lemon thyme, a drizzle of honey and a splash of rose wine. Season with salt and freshly ground black pepper. Slice some of the tamarillos, keeping some whole. Add tamarillos to the butter sauce and swirl a few times. Serve trout with quince halves and tamarillos, a drizzle of the butter sauce and extra virgin olive oil.

LIGHTLY GRILLED SMOKED TROUT IN A GINGER BROTH WITH PICKLED STRAWBERRY AND CUCUMBER (This dish can be served warm or cold.) **Pickled strawberry and cucumber:** Combine 250ml white wine vinegar, 100ml sugar, 1 star anise, a piece of fresh ginger, 6 peppercorns and 1 small chili in a small saucepan and boil for 10 minutes to form a light syrup. Remove from heat and add a handful of fresh firm strawberries, leaves removed but stems intact. Cut a whole medium cucumber into spaghetti (you'll need a special slicer for this – it looks like a serrated vegetable peeler and is available from Asian specialty food stores) and place into pickle liquid for 2-3 hours. **Ginger broth:** Pour 500ml clear vegetable stock into a deep saucepan, add ½ bruised lemon grass, one 5cm slice of fresh ginger, 1 fresh lime leaf, ½ small green chili, 15ml light soy sauce, 2 cardamom pods and simmer for 10 minutes. Remove from heat and strain. **Trout:** Grill a piece of lightly smoked trout. Season with salt and black pepper. **To assemble:** Add warm broth to a serving bowl and place warm trout inside. Top with strained pickled strawberry and cucumber spaghetti. Garnish with a few strands of fresh cucumber spaghetti.



HOW TO | GRILL PERFECT LAMB CUTLETS The bones of the cutlets must be whole and cut well, with no chine bone and sinew. Remove all excess fat from the cutlets – it's the marbling in the meat that gives the flavour. Store cutlets in wax paper and remove from refrigerator to reach room temperature before cooking. A thicker cut, about 2-3cm, is recommended for a juicier taste. Season lamb cutlets with salt and pepper and rub with a little olive oil. Rub with fresh herbs such as rosemary, thyme or sage. Use a griddle pan and heat until very hot, place the fat side down to crisp up. Turn heat down slightly, turn the cutlets so they lie flat and cook for 3-4 minutes on each side. Remove from heat and rest for 4 minutes. You can place the cutlets back on the grill to heat up slightly before serving.

LAMB WITH MINT, CAPER AND GOOSEBERRY PESTO In a blender, blend 1 handful chopped cavolo nero, 1 handful fresh mint leaves, 250ml extra virgin olive oil, 125ml Parmigiano Reggiano, 2 garlic cloves, 100g cup toasted hazelnuts, 15g capers and 5ml lemon zest until coarsely mixed together. Remove and add 125g roughly chopped fresh gooseberries. Season to taste. Toss gently and spoon over warm grilled lamb cutlets.

TRY THESE DIFFERENT PESTO FLAVOURS:

grapefruit segments / preserved ginger / roasted almonds / honey / red wine vinegar and lemon
thyme with a drizzle of olive oil
feta / dill / shaved fennel / garlic / black pepper / yoghurt and a drizzle of olive oil
toasted hazelnuts / preserved prunes / soy sauce / fresh coriander / chilli and a drizzle of
rice wine vinegar

LAMB IS BEST WITH:

anchovies / capers / basil / aubergines / cream / yoghurt / cumin / garlic / mint / lemons / onions /
pomegranates / tomatoes / red wine vinegar









FOR BREAKFAST

↳ in a smoothie with yoghurt, topped with sliced banana and a drizzle of honey

AS A SNACK

↳ sliced and peeled with creamy Gorgonzola, olivenhout olives and roasted Brazil nuts

↳ peeled and sliced with mint and chevin, rolled up like sushi using trout ribbons as a wrapper

AS A SALAD

↳ sliced on a bed of salad leaves with orange and grapefruit segments, whole baby radish and toasted sesame seeds with a spicy Asian dressing

↳ peeled and sliced with baby spinach, thinly sliced soft cured biltong, roasted macadamia nuts, a drizzle of extra virgin olive oil and balsamic syrup

AS A MEAL

↳ peeled but whole with roasted trout and drizzled with fresh lime juice

↳ sliced and peeled and tossed with cucumber ribbons and fresh coriander and yoghurt with a drizzle of lemon juice as a side dish with a hot curry

↳ poached with palm sugar, ginger and soy in a broth with crispy duck

AS DESSERT

↳ in a tarte tartin with roasted almonds and a vanilla pod

↳ peeled but kept whole, steamed in a light lemon and lime syrup served with any fruit sorbet as a dessert

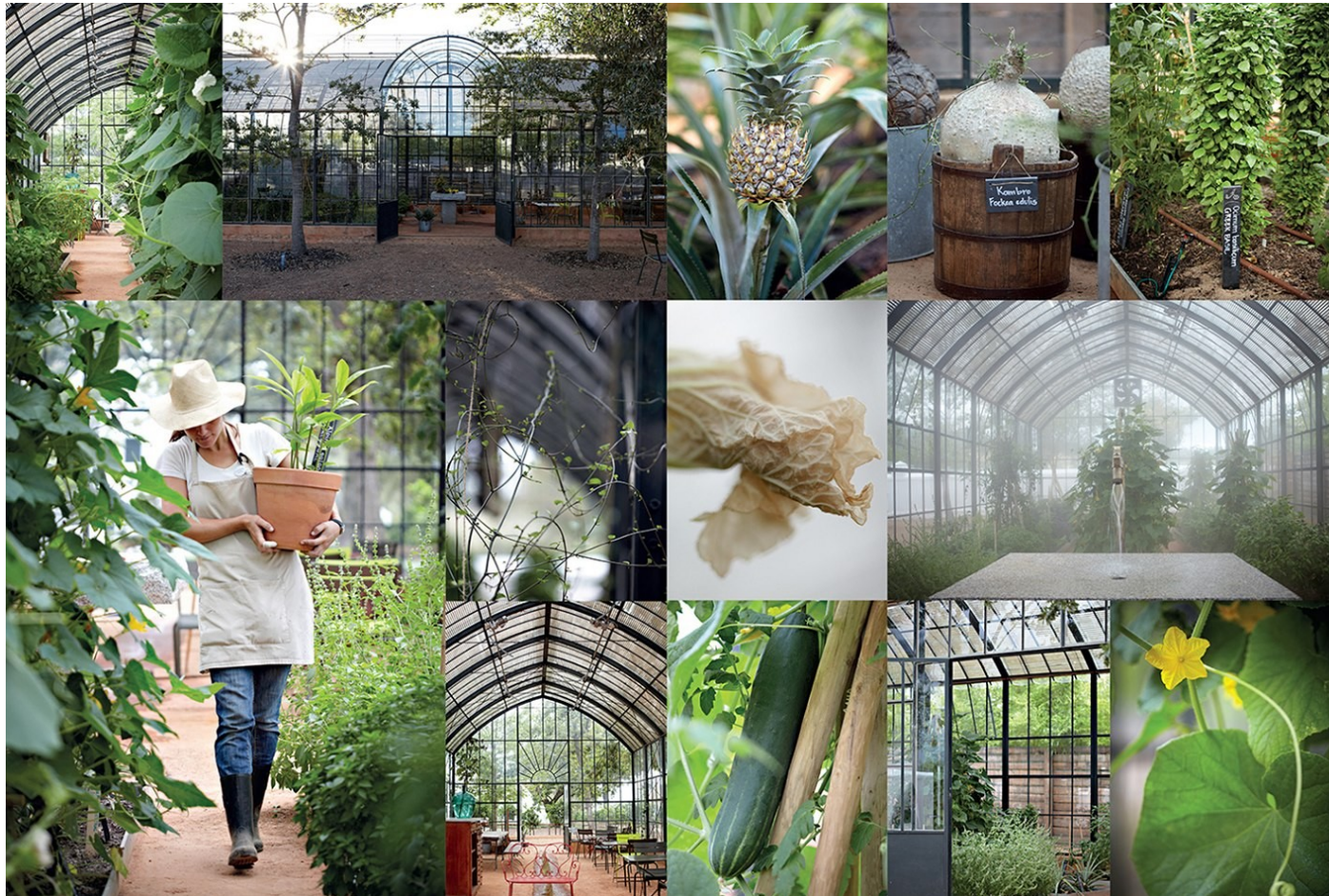
↳ caramelised with salt caramel

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When we started building the garden and digging up the earth, our popped shards of old Delft crockery nestled deep within the soil, a constant reminder of the farm's previous inhabitants during the 17th and 18th centuries. Back then, it was common practice to toss broken crockery onto the rubbish heap outside, which explains why so many old Cape Dutch farms have made similar discoveries. We're still finding shards to this day. We decided to work it into Subynstorsen as a subtle theme. The blue and white mosaic above resembles a Delft plate around a persimmon tree in the garden. Also see the labeling on our preserve bottles and the placemats and menus at the greenhouse.

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'Sommige vrugtebome, veral pruime, het in die winter 'n sekere hoeveelheid water nodig sodat hulle in die lente kan uitloop. Babelfonstene en omgewing is gesê in met baie egalige koue periodes in die spesifieke tyd wat die bome dit nodig het - dit is hoekom ons dekades al vrugtebome, en meestal pruime, in die gebied het. Sommige, besproeiing, goeie grond en die regte kultivars is al wat jy nodig het om soet pruime van 'n hoë gehalte vir die uitvoermark te produseer.'

— HANNES AUCAMP, PLAASBESTUURDER



ARTISJOKKE MET SAGTE RYPGEMAAKTE BILTONG EN PRUIMBLATJANG Maak die artisjokke gaar volgens die metode op bladsy 100 en sny dit middeldeur. Skep die pruimblatjang in die harte en rond dit af met dun skaafsels ryp biltong. Druip balsamiese asyn en olyfale bo-oor. **Vir die pruimblatjang** Gooi 400 g vars pruime wat in klein blokkies gesny is, 250 ml suiker, 125 ml witbalsamiese asyn, 'n knippie naelles, 1 ml fyn kaneel, 2 steranysie en 10 ml suurlemoenkil in 'n kastrolle en laat dit oor lae hitte prut tot dit begin verdik en die tekstuur van blatjang kry.



GEMARINEERDE ARTISJOKKE MET STADIGGEROOSTERDE AARBEIE Maak die artisjokke gaar volgens die metode op bladsy 106. Maak dan die gaar artisjokke in olyfde en suurlemoen- en hou dit teen kamertemperatuur. **Vir die stadiggeroosterde aarbeie** Voorverhit die oond tot 140 °C. Verwyder die aarbeiblaar, maar behou die stingelies en vee dit dan met 'n klam lap skoon. Pak die aarbeie in 'n oondbak, sprinkel 'n ruim hoeveelheid strooisuker oor en geur dit met versgemaalde swartpeper. Rooster dit vir 1 uur – die aarbeie moet hulle vorm behou en nog sappig wees aan die binnkant. Sprinkel 'n bietjie witbissamiekasyn by die pansappie en sit dit as 'n slaaisous voor, of gooi dit oor die artisjokke. Sit die aarbeie voor saam met 'n sagte kaas soos brie en warm tuisgebakte brood.

GEbruik STADIGGEROOSTERDE AARBEIE...
• as 'n bolaag vir 'n koek of tert saam met geroosterde amandels of gekaramelliseerde macadamianeute
• saam met geroosterde appeltjies en 'n skeut mampoer as 'n nagereg
• saam met avokado en brosoolaars as 'n slaai, met 'n gorgonzolasous
• saam met soutkaramel
• saam met crème fraîche, mascarpone, jogurt of vars of dik room
• saam met gestoomde rabarber in 'n krummelpoeding
• saam met vars vooitjies op koolvrytjies
• saam met brosoosterde pekingeend
• op bruschetta met 'n sny brie, camembert of gorgonzola
• met koninklik oorgedrup en voorgesit in 'n koninklik glas
• saam met esdoringstroop op 'n brosoosterde wafel of pannenkoek
• gemeng met aarbeikortyt as 'n bolaag vir skons met room
• in 'n pasta met vars basilie en parmesaanskaafels















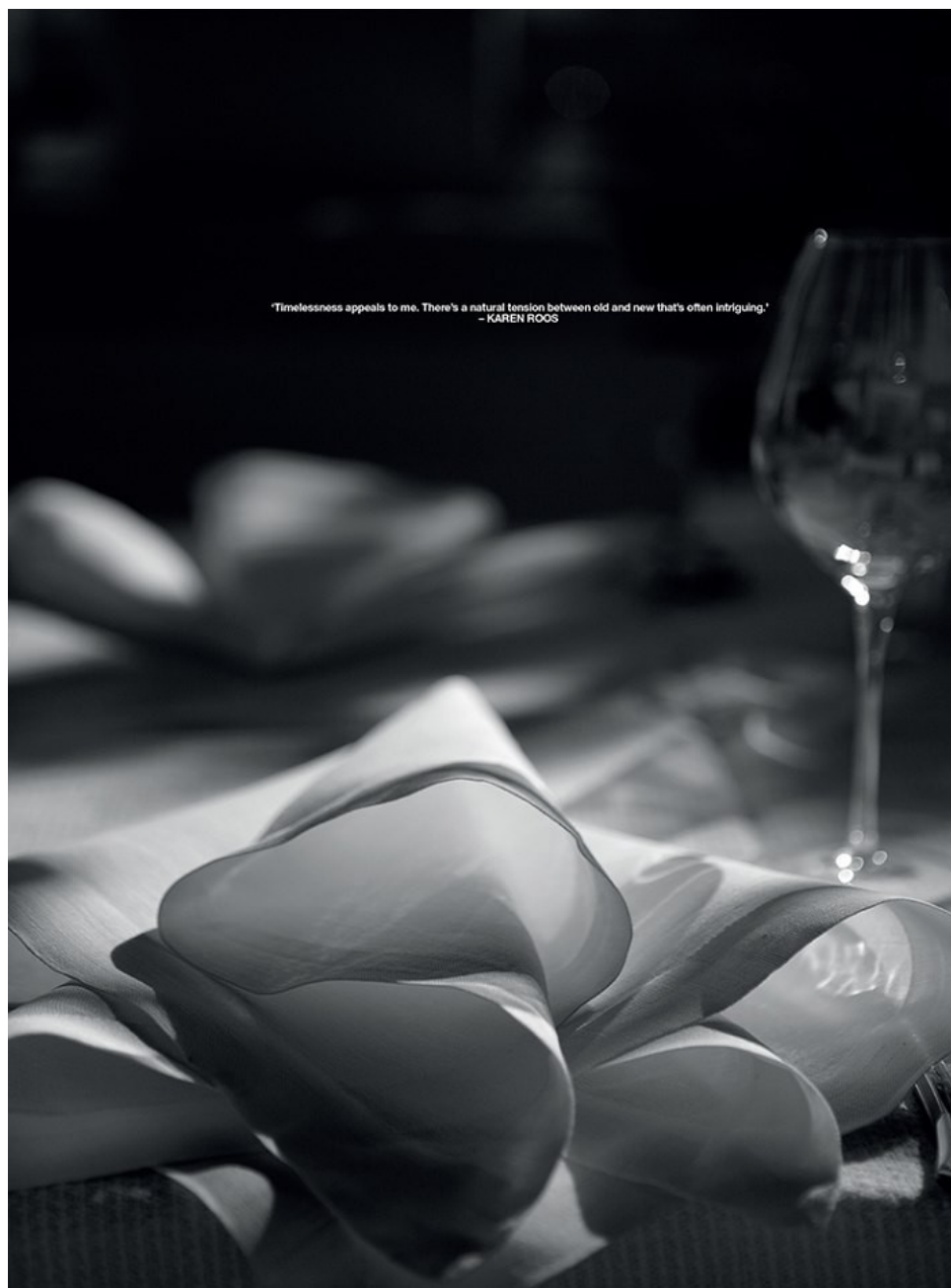
SHIRAZBOTTERSOU Gooi 500 ml shirazwyn in 'n kastrolletjie en voeg die volgende by: 2 gekapte knoffelhuisies, 2 gekapte salotte of 1 middelslag-witui, 1 wortel in skyfies gesny, 2 takkies tiemie en 1 steranyis. Laat dit stadig prut tot die vloeistof die helfte minder is. Gooi die vloeistof deur 'n sif, geur dit na smaak met sout en 'n knippie witpeper, en gooi dit terug in die kastrol. Verhit 250 ml van die shiraz-afkooksel in 'n skoon pan terwyl jy lepels vol sagte botter by die sous voeg tot dit dik is – die sous moenie kook nie. Skep dit oor warm steak, en sit dit voor saam met swartolyfsout (sien die resep op bladsy 61) en ontpitte swartolywe.











'Timelessness appeals to me. There's a natural tension between old and new that's often intriguing.'
- KAREN ROOS





**WENKE VIR SLAAIGROENTE EN
DIE MAAK VAN SLAAI**
Maak seker die blare is goed
gewas – gooi 'n bietjie sout of
suurlemoenap by die water.
Gebruik 'n slaaspinbak om blare
droog te kry.
Jy kan blare in 'n lugdigte houer
in die yskas hou vir latere gebruik.
Gooi die slaaisous oor net
voordat jy dit opdien, of sit dit
apart voor.
Moenie die blare verdrink in
slaaisous nie – meng dit deur
sodat al die blare net-net bedek is.
Maak seker jou slaabestanddele
is nie te swaar vir die delikate
blaartjies nie; diéwels is dit die
beste om die groenigheid bo-op
die slaai te sit.
Eksperimenteer met vrugte-en-
groentekombinasies, maar moenie
te veel geure bymekaar sit nie –
3-4 is heeltemal voldoende, en dit
sluit die slaaisous en dalk kaas of
crotons in.



Vars kruietee uit die tuin is 'n heerlike alternatief vir gewone tee of koffie. Dit neem skaars 'n minuut om jou eie geurkombineer te pluk en die tee te maak. Dit is nie net verfrissend nie, maar ook sonder kafeïen – en boonop hou dit ander voordele in, soos om jou te kalmeer of te help met spysvertering.

1 SALIE Salie het 'n sterk geur wat holmer aankom. Dit stimuleer nie net 'n mens se spysverteringsstelsel nie, maar danky die tanniene daarin het dit ook antiseptiese kwaliteite, wat die liggaam help om infeksies te beveig. Salie is 'n uitstekende goeie middel as jy 'n seer keel het. Soos die naam aandui, het pynepoel salie 'n ligte pynepoel maak.

2 TIEMIE Tiemie werk uitstekend vir verkoue, bronchitis en hoërs, omdat dit die slymvliese uitdroog en die spasmas in die bronchiale kanaal laat bedaar. Tiemie het ook antiseptiese kwaliteite. Suurlemoentiemie is 'n puike mondspoelmiddel.

3 GRENADELLA Maak 'n koppie grenadellat vir 'n spanningshoofpyn.

4 MENT Eike van die mentvarieteite is heerlik aromatisies met sy eie unieke smaak, maar peperment is my gunsteling. Dit is goed vir alreënde soorte spysverteringskwaliteite, maar jy kan dit enige tyd geniet.

5 SITROENGRAAS 'n Koppie sitroengrasteel voor slapenstyd help jou ontspan sodat jy 'n goeie nagrus kan kry. Dit is ook fantasties vir die spysverteringsstelsel ná 'n groot ete. Boonop is dit 'n kragtige antoksidant en 'n teenvoeter vir depressie.

6 SITROENKRUID Oë knal is verwant aan ment en sorg vir 'n heerlike suurlemoenkinkel by enige mengsel. Dis 'n effense stimulant en kan goed wees vir jou voor jy moet werk of studeer.

7 SITROENVERBENA Dit is glad nie verwant aan sitroenkruid nie, maar wel aan ment. Dit het 'n sterk suurlemoengeur.

8 BERGOTEE Dit staan ook bekend as vrouetee, en in Engels ook as "carpet geranium".

9 WILDEJASMYN Wildejasmyntee is al gebruik om die binnentemperatuur van die liggaam af te bring, om die oë helderder te kry, gistowwe te neutraliseer en die lever te beskerm.

10 MALVA Roosmalva maak 'n heerlike ystee en het boonop 'n kalmerende uitwerking. Lemmetjermalva maak ook 'n heerlik reinigende tee. Pak neutruskmalva in 'n tee saam met suiker en hou dit in 'n lugdigte bak – dit gee 'n verruklike geur.

11 BASILIE Heerlik ná 'n groot maaltyd, en dit help met spysvertering en verminder gas.

12 LAVENTEL Laventelblomme sorg vir 'n vars, kalmerende aroma en geur by enige tee; dit is streëlend en laat 'n mens ontspan.



