



Greg really suits his job



**Q&A: Greg Mutambe, Vineyard Hotel & Spa**  
Greg is the newly appointed sommelier and beverage consultant at the Vineyard. Thirsty peeps should pay him a visit forthwith

What was the first great wine you ever tasted? It was the Opus One 1991. I was in Rosebank, after my wine certificate course graduation party. My ex-girlfriend and former classmates were all there and I think it was a great combination: great wine, good company.

For your last meal on Earth, what would you serve? One does not usually know when it's the time, but assuming I will know and I can prepare a special meal, I will serve grilled rabbit with Chateau Petrus 1990. My last dinner has to be special!

You were born in Zim. Do you ever pair wines with traditional Zimbabwean food? Oh yes. When I cook at home I pair my pap (we call it sadza) and beef stew with my favourite merlots. I think any cuisine in the world can be paired with wine. There are no limits. The only rule I impose on myself is that the wine to partner any dish should not diminish the flavours of the food.

• Colinton Road (off Protea Road), Newlands, 021-657-4547



# cape town eat

## Quick Reviews

Supper with sake, a simple feast and grown-up dining

### THE ROUNDHOUSE

Decadence on a plate in a spectacular setting. Menus change regularly but this award-winning restaurant always offers highly skilled yet understated cuisine. Think tomato consommé with toasted pine nuts or orange blossom-infused parfait of incomparable creaminess.

[Kloof Road, The Glen, Camps Bay, 021-438-4347](#)



The prettiest pork belly at The Roundhouse

### CHAPMAN'S PEAK DELI

This specialist liquor outlet has a tiny but tasty delicatessen attached. Freshly baked ciabatta competes for attention with perfect pestos, rows and rows of cheeses and olives for Africa. Bread, wine and olives ... what could be more perfect?

[Main Road, Hout Bay, 021-790-1088](#)



Breads at Chapman's Peak Deli

### NOBU

Sexed-up sushi doesn't come more stylish than this. Nobu's fusion of South and Central American flavours with classic Japanese cuisine has been a hit worldwide, and SA is no exception. Ask the sommelier to pair your meal with the extensive range of sensational sakes. Very pricey but worth every penny.

[One&Only Cape Town, Dock Road, V&A Waterfront, 021-431-5111](#)

## Swallow, Don't Spit

Franschhoek is a pink and pretty kind of town so it's fitting that the Allée Bleue Rosé 2010 (R32 ex-cellar) made in this charming valley is the colour of cherry blossom, with a palate reminiscent of rose petals and raspberry. Girly perfection at its loveliest. 021-874-1021



By Anna Trapido



Winnie is a winner in the kitchen

## Q&A: Winnie Mgwaza, Thula Thula Private Game Reserve

Peeps with a passion for Franco-Zulu fusion food should have Winnie on speed dial. The head chef of this luxury resort cooks so well that 'gourmet getaway' should be her middle name

What is your earliest food memory? Eating amadumbe, a traditional crop grown by the Zulu people. I was taught to cook as a child by my mother—at first, simple things like porridge and uphutu. From that simple beginning I grew into the chef I am today.

What are the best and worst aspects of your job? I love working with food and creating new dishes. That's also the worst bit because I spend a lot of time experimenting with new recipes, and it means I have to taste until it's perfect and I gain weight easily. When I invented my favourite dish—our white chocolate and grilled nut tartlet—it was terrible. But it tastes so good. Guests love it.

If you could cook for anyone, who would it be? I'd choose to cook for my family as they are the people I love most in the world and who appreciate my cooking most. I would cook them beef oxtail bourguignon.

Heatonvilleroad, off the R34 between Empangeni and Eshowe, 035-792-8322



# durbs eat

## Quick Reviews

A seasonal ice-cream treat, home-cooked heaven, and the finest hot chocolate

### MARKET

There is a lovely, healthy, homemade feel to this busy eatery. Menus are seasonal but one can breakfast on the likes of honey-infused granola with rose-water poached pears, lunch on hearty lamb burgers or fabulous fishcakes, or try the epic selection of cakes in between.

40 Gladys Mazibuko Road (formerly Mariott), Greyville, 031-309-8581



To Market, to Market for wholesome meals

### INDEZI RIVER CHEESE

This family farm in the Midlands makes a multitude of award-winning, preservative-free cheeses from their Milch goats and Jersey cows. Now's the time to ask about the sensational range of goats'-milk ice-creams (available from October onwards depending on how greedy the baby goats are!)

Next to the N3, Balgowan, 033-234-4889



An array of Indezi River cheeses

### NOURISH

Cheap yet chic. The blissful breakfast of scrambled egg topped with smoked salmon is a big hit with all comers. The Thai-style curry is legendary, and they do the most awesome hot chocolate known to man, woman or beast.

22 Salisbury Ave, Westville, 031-266-6124

## Swallow, Don't Spit

If organic is important to you but you can't live without fizzy drinks, try Whole Earth Organic Lemonade (around R16). The carbon-mile quota's not great—it's imported from England—but one can't do better for a natural zesty treat. The combination of sparkling water, organic agave syrup and cloudy lemon juice is superb. Get it at the health stores and delis countrywide or direct from Organic Matters (minimum order two cases, R600), 083-463-2911.



By Anna Trapido



Jules wins awards for her mushrooms



## Q&A: Jules Harris, Bella Vita Gourmet Mushrooms

SA's Queen of Mushrooms grows a range of fabulous fungi and turns them into über-glamorous tasty treats. Her shiitake pesto makes pasta perfect; the lemon, ginger and mushroom chutney is fungus gone fabulous

How did you get into mushrooms?  
My husband and I moved here from England in 2001. He is a chef and I had been trained in China in mushroom growing. We travelled around and realised that the rainfall [here] was perfect for shiitake and no one else was growing them. What is the appeal of mushrooms? We both love food and we are both committed to the idea of gourmet medicinal food. Mushrooms can help people – they are used all over Asia in medicines – and they taste good. What's not to love? What is your favourite mushroom recipe? So many mushrooms, so little time! I love my mushroom pesto as a filling for ravioli. The sundried tomato and shiitake spread is fabulous on a pizza. It's even great just kneaded into bread dough.

- Bella Vita Farm, Wilderness (visits by appointment — mushroom lunches, forest forays, cooking classes available), 044-882-1231 or 072-783-8368, [www.bella-vita.co.za](http://www.bella-vita.co.za)

# garden route eat

## Quick Reviews

Delicious mopping up, seaside specials and an addictive hot hit

### BLUE WATERS CAFÉ

What's not to love about sea views, friendly service and cocktails? Potent minty mojitos and pretty pink cosmopolitans complement seafood and marvellous meaty grills. Vegetarians can enjoy stuffed mushrooms or lemon-drizzled asparagus.

The Boardwalk, Marine Drive, Summerstrand, PE, 041-583-4110



Platters of seafood at Blue Waters Café

### RAASOIE

Cheap and cheerful Indian flavours are the order of the day here. Vegetarians mop up luscious aloo gobi cauliflower curry with buttery naan bread. Meat-eaters are enraptured with the chicken korma.

Memorial Square, 24 Main Street, Knysna, 044-382-1444



Hot stuff from Peas on Earth

### PEAS ON EARTH

Colin and Nicky Hoseck make the world's best home-grown tomato and chilli relish on their farm (an hour's drive from East London). Don't even think of buying just one bottle – stock up, because it's dangerously addictive and the farm is fairly remote. Fortunately, they offer B&B accommodation too.

Mpetukop Farm, R349, off the N2 between Kei Mouth and Komga, 043-831-1666

## Swallow, Don't Spit

Traditional energy drink Mageu Number 1 (from R5) is a brand most South Africans know and love. It's been around since 1972. What is less well-known is what an awesome milkshake-like cocktail one can make by mixing the plain or smooth Mageu with vanilla ice-cream. Go on, give it a go! Available at shops and supermarkets. 012-386-1371





Mary is all smiles



## Q&A: Mary Hlongwane, La Madeleine

Mary is the sous chef at this award-winning, super-special bistro. From what must be the world's smallest kitchen she and her team turn out everything from delicate choux-pastries to hearty honey-infused lamb shanks

Have you always wanted to be a chef? No, it never occurred to me that I might be a chef – in fact, I always wanted to be a teacher. I had a plan to educate children to have a better future. But somehow it didn't work out that way. I have been a chef at La Madeleine for 20 years now! It's funny how life works out differently to what you imagine as a child.

So how did you end up being a chef? I always loved baking and cooking and I kind of fell into this line of work. My bosses, chef Daniel [Leutsch] and his wife Karine, encouraged me so much from the day I arrived that it gradually felt right, and now I can't imagine any other life. I hate it when the restaurant is quiet, but other than that I love everything.

What is your favourite dish on La Madeleine's menu? I love lamb because it is very popular with the customers – especially with my caramel sauce. It's so nice to make people happy and that lamb does it every time!

• 122 Priory Road, Lynnwood Ridge, Pretoria, 012-361-3667



# jo'burg eat

## Quick Reviews

A chic Sandton shebeen, perfect porkies and an Ethiopian extension

### PJS FOOD

When you're in the mood for a jolly good fry-up, a perfect sausage is essential. Peter James Smith makes old-fashioned pork bangers, including a thyme-and-sage-laden Lincolnshire sausage and a sensational Italian salisiccia. Smart delis stock this wots, but it's nicer and cheaper to get it direct from the sausage maker.

[www.pjsfood.co.za](http://www.pjsfood.co.za), 011-615-4184



Bangers for Africa from PJS Food

### WHITEBOY SHEBEEN

This iconic eatery offers SA food chic in man-sized portions. Menus change regularly but expect hearty stews and curries with venison in season. The decor is Afro-elegant with a glammed-up township vibe despite its suburban setting. The wine collection is probably the best in Jo'burg.

City Lodge Sandton, cnr Katherine & Grayston Drive, Sandton, 011-444-8850



Good times at Whiteboy Shebeen

### ABYSINIA

Followers of African cuisine will know about Amsale and Dereje Debel's marvellous eatery. It's still the best Ethiopian food in SA, but now there is a bar and a small deli, and Ethiopian bands and dancers on weekends.

Cnr Queens & Langerman Drive, Kensington, 072-918-8824

## Swallow, Don't Spit

Hip, hip, hooray! Oak Valley Chardonnay 2009 (R120) recently won the trophy for best overall South African white wine at the 2010 London International Wine Challenge. And when you sip the luscious, zesty, nutty flavours with hints of white pear on the nose, you will know why. 021-859-4110

