



PASSIONATE ABOUT FOOD

Lifestyle Editor Lee-Ann Orton reveals the best produce of the moment and the hottest foodie news

What's in season

JULY Perfect for the season is the influx of vitamin C-rich fruits. Whip up winter fruit salads with **golden kiwis, Cape gooseberries, granadillas** and **guavas**. There's also an array of juicy citrus available so get the best from freshly squeezed **grapefruit, oranges** and **naartjies**. You'll also find **ruby red pomegranates** on the shelves, which are sweet and fantastically juicy. Use them for your Kulfi recipe on p136, in savoury salads or with roast duck and pork.

It's all about brassicas and root veggies. **Cabbage** is great in Asian soups, stir-fries or in zingy coleslaw – opt for wasabi mayonnaise instead for an exotic flavour dimension. Try sautéing **Brussels sprouts** with red onion and chorizo for a tasty take on the classic side dish.

Beetroot, parsnips, sweet potatoes, peppers and **garlic** are all fab roasted and blended in soups, or added to couscous or quinoa. **Bay leaves, marjoram, sage** and **thyme** are the



best wintry herbs and **fennel** leaves add delicious flavour to soups and salads.

Pork and **lamb** are

both fantastic in curries, or try them with seasonal fish like **hake, monkfish**, or **skate**. **Smoked trout** will work wonderfully with any of our World Cup party canapés on p138 too!



Marcus Wareing
Nutmeg & Custard

Enjoy great food at home with Britain's finest chef

BOOK OF THE MONTH

NUTMEG & CUSTARD BY MARCUS WAREING (RANDOM HOUSE STRUIK, R415)

Take the lead from this fine chef as he guides you through the kind of cooking you'll want to share with special friends and family over and over. There are more than 150 recipes from cheffy scallops with pistachio, parsnip crème and prosciutto to exotic duck pancakes and homely almond and honey marshmallows. There's something for anyone who truly loves food.

WHAT'S NEW

News for foodies

+ TOP CHEESE

The dairy highlight of the year, the Danisco Qualité Awards dinner in Stellenbosch, belonged to the milk goats of South Africa. A lesser known goats' milk cheese, Goat Peter Farm cheese from Gauteng, was crowned the 2010 Dairy Product of the Year out of 847 entries. Visit cheesesa.co.za for more info.



+ SORT IT WITH A CLICK

The new Pick n Pay website is vibrant, informative and easy to use. If you're on the run and don't have time to spare, log on, pick your recipes for the week, compile a shopping list, order the goodies and have them delivered to your home! It couldn't be easier and while you're on picknpay.co.za, you can get your share of handy household tips, foodie news and guidelines for healthy living too!

+ PERFECTLY PRESSED

Locally pressed L'Olivier NonPareil Extra Virgin Olive Oil's smooth flavour and low acidity still makes it a top choice. It's also cold pressed and unfiltered, so contains no additives. From Spar, delis and farm stalls throughout most of the country. Visit nonpareil.co.za for more info.



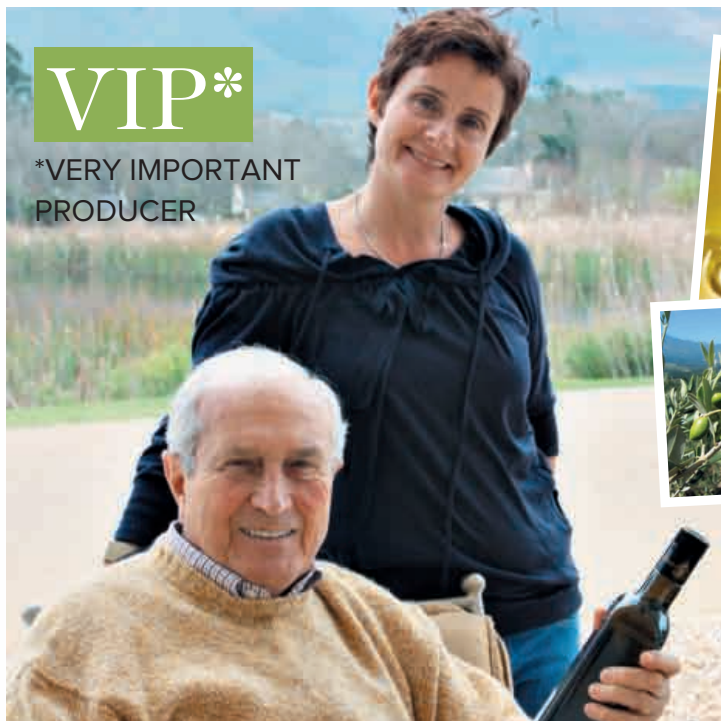
+ SWEET SOCCER FEVER

Get into the spirit with the new fun flavours and shapes of the limited-edition OLA ice lollies. They're high in calcium, low in fat and sugar and are made from natural colourants. R6,50 for OLA Moo Goal and R4 for OLA Paddle Pop Soccer Fan, from leading retailers. >>



VIP*

*VERY IMPORTANT PRODUCER



Aromas of freshly cut grass, green tomatoes, almonds and artichokes all make Morgenster one of a kind.

A well-oiled machine

Giulio Bertrand and daughter, Allesandra

GIULIO transformed the SA olive-oil production industry when he imported 3 000 new olive cultivars from Italy to the Morgenster vineyards in the foothills of the Helderberg, in the Western Cape, in his desire to produce great olive oil.

When Giulio bought Morgenster 16 years ago, South Africa was ready to adopt an olive-oil culture. At that stage, olive-oil production was predominantly from a single cultivar, which produces better table olives than it does olive oil. With Giulio's new cultivars and the expertise of Prof. Giuseppe Fontanazza of the Italian Olive Oil Institute, and with the help of olive-oil maker Gerrie Duvenage, Morgenster's extra virgin

olive oil went from strength to strength, winning "Best Blended Olive Oil in the world" at L'Extravergine 2006; "Mill of the year" at L'Extravergine 2007 and "SA's best Extra Virgin Olive Oil" at SA Olive 2007.

Each year, once the harvest is completed, the oil is blended from 10 different varieties and marketed in the now well-recognised and distinct Morgenster-embossed bottle.

The Morgenster nursery currently supplies tens of thousands of these same cultivars to farms throughout South Africa each year. Morgenster Extra Virgin Olive Oil is available from leading supermarkets and delicatessens nationwide, from R90 for 500ml.



This month...

SUPER NEW SNACK

Get ready for the ultimate in antipasti. PEPPADEW® Sundried Raisin Tomato should be on every World Cup snack table this month. A little gives a gourmet touch and a burst of flavour to anything from pizzas to pestos. R39,99, from leading retailers nationwide.



CHOCOHOLIC'S FIX



NoMU's dark, rich cocoa is made from the finest quality imported cocoa beans, which makes it perfect for that devilish chocolate cake and it's just as decadent as a hot cocoa drink – go all the way and top it with whipped cream. From R45, from Pick n Pay.

GREEN IS GOOD FOR YOU



We've been quenching our thirst with Woolworths' Cranberry Green Iced Tea. It's delicious and, more importantly, it's packed with all the special compounds of green tea, vitamin C and is preservative free. R12,95, from Woolworths.

Kitchen essentials

Take it slow

For real winter warmers, the Salton Elite Slow Cooker is the way to go. Its contemporary design looks fab on the kitchen counter and you can prepare succulent, home-cooked meals while you sleep, work or play. When slow cooking, all the juices and flavours are retained and most of the vitamins and nutrients are kept – great in winter! Save on the electricity bill too. R369,99, from leading retailers nationwide.



w&h GREAT BUYS

TWIST ON A CLASSIC

It's easy for working moms to include fish in their kids' diets at least twice a week with I&J Fish 'n Crisps. These fish fingers are coated with a 100% potato crumb that tastes, crackles and crumbles just like potato chips. Bake them in the oven from frozen for a more wholesome option. From R22,99, from leading supermarkets. w&h



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