



Word of the month...

velouté

a rich white sauce or soup made with stock, egg yolks and cream (in French it means velvety)

Sow what...

SAGE The Latin name for sage is salvia, meaning to heal. Other than its medicinal properties (it has been prescribed for every ailment), this woody herb has a slight peppery flavour, making it a good match with meat, chicken, cheeses and stuffings.

FACT Sage leaves are used to flavour vermouth and various bitters.

Extra heavenly

Set in a valley of olive groves and vineyards, **L'Olivier Wine and Olive Oil Estate** in Stellenbosch is the essence of tranquillity. Only 45 minutes from Cape Town, this secluded gem has a five-star villa and two four-star, self-catering cottages with fully equipped country-style kitchens. The restaurant serves traditional meals with award-winning wines such as L'Olivier Sauvignon Blanc (Double Gold Michelangelo, 2008) and the plush L'Olivier Cabernet Sauvignon 2007. L'Olivier Extra Virgin Olive Oil, cold pressed, unfiltered and harvested from trees planted in 1947, is another rich taste sensation, together with L'Olivier Non-Pareil biltong. Before (or after) eating, you can hike or mountain bike, ride (and swim with) the farm's horses, or help pick olives and grapes at harvest time. **Call 021-794-1031 or visit www.lolivierestate.com.** By Nicolette Ferreira



Store of the month

YAT KEE CHINESE SUPERMARKET

You'll find it... at 16 Derrick Ave, Cyrildene, Johannesburg.

Look for... tofu, meats, sauces, marinades and oodles of noodles from far-flung corners of Asia. Stock up on frozen spring rolls, wontons and spring-onion pancakes for easy entertaining. Team them with cheap bits and bobs for your table to make it an authentic experience.

Why not... make a trip on a Saturday morning and browse the fresh food markets lining the pavement for oyster mushrooms, Chinese greens and herbs at ultra-low prices. Grab a steamed pork dumpling to go, or a tasty bite at one of the many hole-in-the-wall restaurants.

Call... 011-615-3911.



A promise you can trust, as they are values that we've always stood for.

