

GET TASTING

# A feast of food

The Good Food & Wine Show, silver straws, some Thai food and fabulous giveaways make life easy in the kitchen this May.

## Bespoke sterling silver straws

Hand-made sterling silver champagne and cocktail straws are the perfect gift with a difference for that special birthday, anniversary or wedding – with a bottle of champers of course! R900 for the tall champagne or small bottle straw, R800 for the regular champagne flute, R780 for a tall cocktail glass or R675 for a short glass straw. Make it personalised with a name engraving, R50 extra. ☎ 021-465-2286 or visit [www.cuveesclassiques.co.za](http://www.cuveesclassiques.co.za)

## Stylish comfort food

Simonsig's signature restaurant, Cuvée offers an excellent winter menu of hearty dishes created around the estate's Labyrinth Cabernet Sauvignon. This **Cuvée goes Cabernet** winter indulgence is available for lunch and dinner (think wild mushroom soup with crisp pancetta and sage butter or grilled springbok fillet with cabernet-caramelised shallots and soft poached pears with almond praline and white chocolate) as a set three or two course meal ranging from R160 to R190 a person including a complimentary glass of wine. ☎ 021-888-4932. Simonsig is outside Stellenbosch, on the Kromme Rhee Road between the R44 and R304.



## Bye to azo dye

Woolworths-branded foods no longer contain azo dyes, a type of artificial colourant frequently used to colour sweets and other brightly coloured foodstuffs. It's in keeping with their **Good Food Journey** goal of minimising the use of additives in foods. You may notice that some colours are a little paler but will have peace of mind knowing there are no azo dyes in Woolies food.

## Try some Thai

Whether you are having a business lunch, a night out or simply opting for an on-the-go take-away, **Simply Asia** offers over 50 mouth-watering dishes. Try the new Geang Massaman Gai (chicken curry R53) or Pad-Mee Phuket Thaley (prawns/calamari noodles in a roasted chilli paste R64) or go for the chocolate-filled spring rolls (R28). You'll even find an authentic Thai chef in each restaurant conjuring up delights before your very eyes. For a list of outlets visit [www.simplyasia.co.za](http://www.simplyasia.co.za).



Win tickets



## Meet the sexy Gordon Ramsay at the Good Food & Wine Show

Food lovers from all over the Cape are expected to flock to this year's Good Food & Wine Show at the CTICC from 13-16 May to see Gordon Ramsay, Mr Hell's Kitchen, in action. He is one of a sensational line-up of BBC Lifestyle celebrity chefs attending this year together with master pâtissier Eric Lanlard, star of *Glamour Puds*; the gorgeous Anjum Anand of *Indian Food Made Easy*, Italian supremo Giorgio Locatelli who features in *Tony and Giorgio*; and chocolate wizard Willie Harcourt-Cooze, who cooks with cacao and is the star of the *Willie's Wonky Chocolate Factory*. These chefs will be joining local chefs and celebrities bringing the very latest in international trends to gourmards and good life devotees. The hands-on workshops are limited to 10 people per session and must be pre-booked (visit [www.gourmetsa.com](http://www.gourmetsa.com) for more details). Nine different interactive theatres will include **City Bites**, a celebration of Cape Town's vibrant restaurant scene. Some of

the chefs from these restaurants have been invited to participate in the theatre – **Ten Chefs take 10 Ingredients**. At the **Celebrity Chefs Restaurant**, diners will be able to eat from menus created by the celebrity chefs. The **Gordon Ramsay VIP Experience** (R750) includes free show entry, a free wine glass, a VIP ticket to watch him live in the **Chefs in Action Theatre**, an autographed Gordon Ramsay cookbook and a printed bag. Entry R80; Pensioners R40; Children 2-12 R40, under 2 free; Get Fresh with BBC Lifestyle hands-on workshops R350 (includes entry) and Gordon Ramsay Chefs in Action Theatre R300 (includes entry). **To stand a chance to win two tickets to one of Gordon's presentations in the Chefs in Action Theatre, SMS the word Chefs followed by your name, surname and suburb to 35072 or to stand a chance to be one of five readers to each win two entry tickets to the show, SMS the word Show to 35072. SMS costs R3 and the competition closes on 6 May 2010. Winners will be notified by phone.**

## Denny duos for delicious dinners

Denny's new Two Meal portion packs is the perfect way to make a delicious dinner for two and it's healthy (no added MSG, artificial colourants or flavourants), affordable (R14.99 each) and there's no wastage. Simply add meat or pasta to mouth-watering flavours including sticky plum, forest-style mushroom or chunky tomato and sundried tomato and Pecorini, macaroni and cheese or Arrabiata for pasta. Available from most supermarkets.

Win a hamper



## Mix and match with L'Olivier and NonPareil

The L'Olivier Wine and Olive estate in Stellenbosch has a fabulous range of wines and olive oil and our absolute favourite snack under the NonPareil label, sliced beef biltong. The olives used for the oil are harvested from trees planted in 1947, resulting in the extra virgin cold-pressed oil being smooth in flavour and with low acidity and no additives (R55 for 500ml). The biltong is made from 100 per cent prime cut beef and cured until perfection (R32 for 80g packet). Available at Spar or visit [www.nonpareil.co.za](http://www.nonpareil.co.za) for other outlets. **Three lucky readers can each win a L'Olivier wine, olive oil and NonPareil biltong hamper to the value of R250 each. SMS the word NonPareil followed by your name and surname to 35072. SMS costs R3. Competition closes 25 May 2010. Winners will be notified by phone.**

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COMPLIMENTING IT WITH A RANGE OF SPECIALLY SELECTED SAUCES, MARINADES, BATTERS AND SPICES

**OUR RANGE OF PRAWNS:** Mozambique (LM) head on and headless prawns. Shami, ready cleaned, cut and deveined head on and headless prawns. Black tiger prawns, crumbed prawns, prawns on skewers

**OUR SEAFOOD SELECTION:** Calamari rings, strips, steaks and tubes. Mussels, clams, scallops, garlic mussels, and many more

**OUR FISH BASKET:** Angel fish, dorado, butter fish, Norwegian salmon, Cape salmon, yellow tail, soles dressed, haddock, kingklip, hake, and many more



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| SUSHI | SEAFOOD | CHICKEN | MEAT | COCKTAILS |

**CASA**  
Restaurant  
Cocktail Lounge



Casa is a newly opened Mediterranean-style restaurant with an understated, contemporary interior and a relaxed atmosphere, conveniently situated in the bustling Willowbridge Lifestyle Centre. Dine inside and be part of the vibe, or relax on the sun-drenched terrace. The menu offers a wide variety of choices to suit every palate. We believe in using only the freshest ingredients and our exotic cocktail menu draws people from far and wide to our VIP lounge, even if we say so ourselves!

So kick back and enjoy a great meal, whether a creamy pasta or a platter of fresh sashimi. Bring the whole family - we promise excellent value for money and children can choose from our kiddies' menu. We cater for all functions - corporate and family - please book in advance.

OUR CUSTOMERS GET FREE PARKING

Terms and conditions apply.

Casa Restaurant and Cocktail Lounge, Shop G72, Willowbridge Lifestyle Centre, Tyger Valley. Bookings: 021 914 3883

