

Cape Tastes

Escape the madding crowds to savour the bounty of the Cape Winelands, where good food and wine reign supreme



FREE STYLE With designer picnic hampers delivered to your doorstep, any outdoor location can have gourmet cachet. Choose from a range of delicious menus - we recommend the 'Once in a Lifetime Picnic' - or tailor your own. From presentation to a range of services, the Picnic Company takes care of all outdoor catering needs. ■ **Picnic Company** ☎ 021 706 8470; 🌐 www.picnics.co.za

RESTAURANT OF THE MONTH
Fyndraai Restaurant at Solms-Delta Wine Estate, Franschhoek, for their inspired take on Cape cuisine.



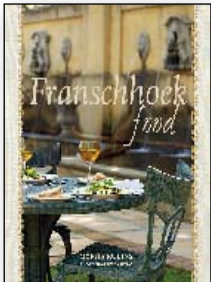
Chef Shaun Schoeman turns the Cape food idiom on its head. Think nouvelle heritage cuisine with a strong Malay influence, veld food last used by the Khoi and the unpretentiousness of ouma's kos, skilfully re-imagined by the talented Schoeman. ■ **Fyndraai Restaurant** ☎ 021 874 3937; 🌐 www.solms-delta.co.za

GOURMET CENTRAL

With five American Express Platinum Award Restaurants in this little valley, a book dedicated to the Franschhoek über chefs makes

perfect sense. Myrna Robins' selection of 18 restaurants reflects the depth and diversity of Franschhoek cuisine.

■ **Franschhoek Food (Struik Publishers), R340, leading bookstores**



BEST OF THE REST

■ **FINE DINING** A tough one in an area known for its fine dining, word of mouth on Overture Restaurant at Hidden Valley in Stellenbosch puts it in the non-negotiable category of go to's.

■ **Overture Restaurant** ☎ 021 880 2721; 🌐 www.dineatoverture.co.za

■ **WINE TASTING** Had enough of jam-packed tasting rooms? Then take a donkey vineyard tour in the Polkadraai Hills outside Stellenbosch. Fresh air, gentle exercise, four-footed butlers, incredible views and, of course, the area's finest wines. ■ **Bein Wine** ☎ 021 881 3025; 🌐 www.beinwine.com

■ **THE FIFTH ELEMENT** Dedicated to umami - the fifth taste long overlooked by the West - Umami Restaurant marries the best of European-culinary tradition with the flavourful x-factor of Eastern cuisine.

■ **Umami Restaurant** ☎ 021 887 5204; 🌐 www.umamirestaurant.co.za

■ **GUIDE TO GO** With maps, contact details and a wine-buyers' guide divided into price categories, the **Wine Tourism Handbook** covers every wine-producing area in the country. ■ **Wine Tourism Handbook, R110, leading bookstores; 🌐 www.winetourismnews.co.za**

white magic

The Van Niekerk brothers of Knorboek farm outside Stellenbosch tapped into the boundless mojo of designer Neil Stemmet, who in a feat of recycling wizardry, created Towerbosch Earth Kitchen. More pride and prejudice than Bosveld baroque, Towerbosch serves robust feasts from the larder and the land.

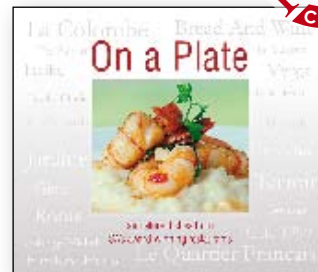
■ **Towerbosch Earth Kitchen** ☎ 021 865 2114; 🌐 www.knorboek.co.za



HEART AND SOUL FOOD

On a Plate is a mouthwatering round-up of recipes from 20 of South Africa's top chefs published in aid of StreetSmart -

an organisation that engages restaurants and diners to support street children. ■ **On a Plate, R259.90, leading bookstores; 🌐 www.southafricaonaplate.co.za.** SMS and win one of three copies. **TO ENTER,** SMS 'PLATE', YOUR NAME AND ADDRESS TO 34223



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