

*"Food is a central activity of mankind and one of the single most significant trademarks of a culture."*

- Mark Kurlansky (2002)



private hotel school  
**STELLENBOSCH**  
DEVELOPING TOMORROW'S BEST

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## OUR FOOD HERITAGE

The celebration of Heritage Month has highlighted South Africans' love of food, the different culinary cultures and passions for different ingredients. This annual event has also led to a unifying focus on the South African braai but chefs are at the ready to give even the good old braai a facelift.

Our chefs have developed a few recipes that enable you to serve some sentimental favourites or seemingly everyday ingredients with a modern twist, combining various traditional flavours. Don't stop celebrating our food heritage just because September is something of the past! We share this special recipe presented by our students, Tshoanelo Mosia and Layla Morris, to the judges of this year's **Show Cook Reaching for Young Stars** competition. The winners will be announced 10 November – hold your thumbs!



### Cape Malay spice glazed hake with yoghurt, apricot-tamarind chutney, seaweed crisp, apple, Brussel sprouts and hake ceviche

Serves 4

#### Cape Malay spice glazed hake

4 x 80 g Hake portions  
30 g Khoisan salt  
15 ml Rio largo olive oil  
¼ Onion, finely chopped  
1 stick Ginger, chopped  
1 Garlic clove, chopped  
1 Granny smith apple, brunoised  
15 ml Mild curry powder  
15 ml Turmeric  
60 ml Castor sugar  
60 ml Water  
120 ml White wine vinegar  
30 ml Coriander, finely chopped

Lightly salt Hake portions and place on a wire rack on a tray in refrigerator.  
Sauté onion, ginger and garlic in olive oil over a low heat until soft and translucent.  
Add apple, curry powder and turmeric and cook for 2 minutes, add castor sugar, water and vinegar reduce by half. Strain through a chinois, place in a pot and reduce until a syrupy consistency.  
Cool down glaze and add coriander.  
Heat up olive oil in a non-stick pan, place Hake in the pan skin side down, fry for 2 minutes then turn over, then liberally glaze.



#### Seaweed crisps

50 g Butter  
50 g Isomalt powder  
20 g Seaweed powder  
35 g Bio wheat cake flour  
12 g Bio wheat rye flour  
2 g Baking powder  
2 g Khoisan salt  
1 Egg

Preheat oven to 180°C

Cream together the butter and isomalt, mix in seaweed powder, flours, baking powder and salt.

Mix in the egg.

Spread mixture thinly with a spatula onto trays lined with baking paper and place in oven for 15 minutes.

#### Apricot-tamarind chutney

½ Onion, finely chopped  
2 Garlic cloves, sliced  
10 ml Ginger, chopped  
15 ml Rio largo olive oil  
180 ml Dried apricots  
180 ml Water  
80 ml Red wine vinegar  
60 ml Castor sugar  
15 ml Tamarind paste

Khoisan salt, to taste.

Sauté garlic, onion and ginger in olive oil until soft.

Add other ingredients and cook till apricots are very soft.

Place in a blender and puree until smooth.

#### Apple, brussel sprouts and Hake ceviche

1 Granny smith apple, julienned  
4 Brussel sprouts, blanched  
80 g Hake, cubed  
15 ml Rio largo olive oil  
1 Lime, juiced  
Khoisan salt, to taste

## ALUMNI IN THE SPOTLIGHT

– multidimensional young people



Yolani Abrahams (TPHS alumni and currently a patisserie chef and bakery owner) was recently named one of Sarie magazine's cover page winners. In addition, kykNET invited her to develop a new series. "Now I can share my love for food with the nation."

Michelle Krebs (alumni) recently qualified for and competed in the Triathlon World Championships in Rotterdam. Many months of hard work and dedication paid off with a great result and a once in a lifetime opportunity!

