

bon appétit

**The
Travel
Issue**

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FOOD!

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Home
to some of the
world's best
charcuterie...
at 4,770 feet.
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**Thai Chicken Wings
Malted Chocolate Cake
& Juicy Pork Dumplings**

NO. 1

EAT, DRINK, AND GARDEN YOUR HEART OUT AT BABYLONSTOREN



recipes by MARANDA ENGELBRECHT photographs by MICHAEL GRAYDON + NIKOLE HERRIOTT



Red Salad with Pickled Beet Vinaigrette P. 107

PHOTOGRAPH BY ADEL FERREIRA



MAYBE YOU THINK you don't want to work on vacation. But when you're staying at Babylonstoren, tucked in the Cape Winelands outside Cape Town, you'd be wrong. To start, you can play farmhand on the hotel's 1,400 breathtaking acres: Gather produce—peaches, mulberries, stuff you've never even heard of (loquats!)—bake bread early in the morning, press olive oil from the 8,800 olive trees, harvest honey with the resident beekeeper. Then head back to your room, stylish whitewashed quarters inspired by centuries-old farm cottages, and cook your bounty in the room's glass-cubed kitchen. Open a bottle of wine from the property, and wonder why making dinner doesn't feel this magical at home.

And if you're not that industrious? Take day trips to the nearby wineries in the Franschhoek and Stellenbosch regions, go canoeing on the hotel's lake, cycle through citrus orchards, sunbathe by the reservoir-turned-pool, or request a hammam treatment at the spa's Turkish bath. Then grab a table at Babel, the hotel's award-winning restaurant, which serves produce grown yards away (see recipes). No matter your approach, the result is the same: one of the great food lover's vacations in the world right now. —SARAH KHAN

Roast Chicken with Rhubarb Butter and Asparagus

4 SERVINGS Talk about a spring chicken. The sour-sweet rhubarb butter seasons and bastes the meat as the bird roasts.

- 1 large rhubarb stalk, cut into ½" pieces
- ¼ cup fresh orange juice
- 2 Tbsp. honey
- 1 Tbsp. finely grated peeled ginger
- ½ cup (1 stick) unsalted butter, room temperature
- Kosher salt, freshly ground pepper
- 1 3½–4-lb. chicken, backbone removed, chicken patted dry
- 2 Tbsp. olive oil, divided
- 1 Tbsp. fresh thyme leaves
- 1 bunch asparagus, trimmed
- 2 lemons, halved

Bring rhubarb, orange juice, honey, and ginger to a simmer in a small saucepan over medium-low heat. Cook, stirring occasionally, until rhubarb is soft but not falling apart, about 5 minutes. Drain over a small bowl. Reserve cooking liquid and rhubarb separately; let cool.

Mix rhubarb and butter in a small bowl until smooth; season with salt and pepper. Set aside 1 Tbsp. rhubarb butter for vegetables.

Preheat oven to 400°. Place chicken, skin side up, on a rimmed baking sheet. Gently slide your fingers underneath skin to loosen and rub flesh all over with remaining rhubarb butter (try not to tear skin). Drizzle chicken with 1 Tbsp. oil and some of the reserved rhubarb cooking liquid, scatter thyme over, and season with salt and pepper.

Roast chicken until skin is browned and crisp and meat is cooked through (juices will run clear and an instant-read thermometer inserted into the thickest part of a thigh should register 165°), 40–50 minutes. Let rest 10 minutes.

Meanwhile, prepare grill for medium-high heat (or heat a grill pan over medium-high). Toss asparagus in a large bowl with remaining 1 Tbsp. oil; season with salt and pepper. Grill asparagus and lemons (cut side down), turning asparagus often, until stalks are just tender, 2–3 minutes. Let lemon halves cool.

Toss asparagus with reserved rhubarb butter. Serve chicken and asparagus with any pan juices drizzled over with grilled lemons for squeezing over.

Poached Eggs with Mushroom, Tamarillo, and Sage

4 SERVINGS Babylonstoren's chef Maranda Engelbrecht uses exotic tamarillos. If you can get them, great. If not, tomatoes are your best swap.

- 1 tsp. distilled white vinegar
- 4 large eggs
- 6 Tbsp. unsalted butter, divided
- 8 oz. shiitake mushrooms, stems removed, torn into pieces
- 8 oz. oyster mushrooms, trimmed, torn into pieces
- Kosher salt, freshly ground pepper
- 2 Tbsp. fresh lemon juice, divided
- ¼ cup sage leaves
- 8 tamarillos, peeled, thinly sliced, or 4 medium heirloom tomatoes, cored, thinly sliced (or a mix of both)
- 2 oz. Parmesan, shaved
- Flaky sea salt

Bring 2" water to a boil in a large saucepan; reduce heat to a gentle simmer and add vinegar. Crack an egg into a small bowl; gently slide egg into water. Repeat with remaining eggs, waiting until whites start to set before adding the next. Poach until whites are set and yolks are still runny, about 2 minutes. Using a slotted spoon, transfer eggs as they are done to paper towels.

Heat 2 Tbsp. butter in a large skillet over medium-high. Add half of both mushrooms; season with kosher salt and pepper. Cook, tossing occasionally, until mushrooms are tender and browned, about 5 minutes. Transfer to a plate. Repeat with remaining mushrooms and another 2 Tbsp. butter; transfer to same plate. Drizzle with 1 Tbsp. lemon juice.

Heat remaining 2 Tbsp. butter in same skillet over medium-high; cook sage, shaking skillet, until fragrant and crisp, about 2 minutes. Transfer to paper towels with a slotted spoon. Reserve skillet.

Divide tamarillo slices among plates, arranging so they overlap; season with kosher salt and pepper. Drizzle with remaining 1 Tbsp. lemon juice.

If butter has started to solidify, return mushrooms to reserved skillet and gently reheat over medium, tossing. Using a slotted spoon, spoon mushrooms over tamarillos, top with poached eggs, fried sage, and Parmesan. Season with sea salt and more pepper. Drizzle any butter in skillet over eggs.



LEFT TO RIGHT, TOP TO BOTTOM: Checking on satumas in the hotel's orchard; Babel restaurant; Poached Eggs with Mushroom, Tamarillo, and Sage (see opposite page for recipe); enjoying a glass of wine and a snack outside; you have arrived; a casual wine tasting; a guest strolls among the cacti; one of the resident roosters; Green Juice with Baobab Powder (for recipe, see page 107).

Roast Chicken
with Rhubarb
Butter and
Asparagus
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Red Salad with Pickled Beet Vinaigrette

MAKES 1 CUP VINAIGRETTE *The color-coded salad is one of Babylonstoren's signature dishes and always features a mix of fruits and vegetables on the same plate. Engelbrecht says produce that looks good together tastes great together, too, and she's developed specific vinaigrettes to complement the red, yellow, and green options.*

PICKLED BEETS

- 6 baby red beets, trimmed, scrubbed
- 2 whole star anise pods
- 2 cups verjus
- 1 tsp. kosher salt

VINAIGRETTE AND ASSEMBLY

- 2 Tbsp. raw pumpkin seeds (pepitas)
- 2 anchovy fillets packed in oil
- 1 garlic clove, finely grated
- ½ cup grated Parmesan
- ¼ cup basil leaves
- ¼ cup olive oil
- 2 Tbsp. fresh lemon juice
- Kosher salt, freshly ground pepper
- Mixed red and purple raw fruits and vegetables (such as tomatoes, plums, berries, radishes, beets, rainbow carrots, and watermelon), halved, sliced, and/or cut into wedges

INGREDIENT INFO: Verjus is a tart juice made from unripe grapes. You can find it at specialty foods stores and online.

PICKLED BEETS Bring beets, star anise, verjus, salt, and 1 cup water to a simmer in a small saucepan over medium heat. Reduce heat to medium-low and cook beets, adding water as needed to keep them covered, until tender, 30–40 minutes. Let cool.

Remove beets from brine with a slotted spoon and rub with paper towels to remove skins. Set beets aside. Reserve brine separately.

DO AHEAD: Beets can be pickled 3 days ahead. Return beets to brine; cover and chill.

VINAIGRETTE AND ASSEMBLY Toast pumpkin seeds in a dry small skillet over medium-high heat, tossing occasionally, until golden brown and puffed, about 3 minutes. Let cool.

Process anchovies, garlic, Parmesan, basil, oil, lemon juice, and 2 pickled beets in a food processor until smooth; season with salt and pepper. With motor running, thin vinaigrette with reserved brine to a pourable consistency. Add pumpkin seeds and pulse until coarsely ground.

To serve, spoon some vinaigrette into a shallow bowl and arrange fruits and vegetables of choice on top. Season with salt and pepper.

DO AHEAD: Vinaigrette can be made 2 days ahead. Cover and chill.

Yellow Salad with Citrus-Date Vinaigrette

MAKES ¾ CUP VINAIGRETTE *The dates act as both a sweetener and an emulsifier in this citrusy, mustardy vinaigrette.*

- 2 Medjool dates, pitted
- ¼ cup olive oil
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. fresh orange juice
- 1 Tbsp. whole grain Dijon mustard
- ½ tsp. ground cumin
- Kosher salt, freshly ground pepper
- Mixed yellow and orange raw fruits and vegetables (such as corn, Sun Gold tomatoes, golden beets, apricots, clementines, and pineapple), halved, sliced, and/or cut into wedges

Process dates, oil, lemon juice, orange juice, mustard, and cumin in a food processor until smooth. Thin vinaigrette with water to a pourable consistency; season with salt and pepper.

To serve, spoon some vinaigrette into a shallow bowl and arrange fruits and vegetables of choice on top. Season with salt and pepper.

DO AHEAD: Vinaigrette can be made 2 days ahead. Cover and chill.

Green Salad with Prosciutto Vinaigrette

MAKES ½ CUP VINAIGRETTE *The crisped prosciutto adds salty and savory notes, not unlike what Parmesan brings to a Caesar dressing.*

- 4 thin slices prosciutto (about 1 oz.)
- 1 garlic clove, finely grated
- ¼ cup olive oil

- 1 Tbsp. fresh lemon juice
- 1 Tbsp. white wine vinegar
- 1 tsp. honey
- Kosher salt, freshly ground pepper
- Mixed green raw fruits and vegetables (such as celery, avocado, Bartlett pear, green beans, cucumber, and kiwi), halved, sliced, and/or cut into wedges

Preheat oven to 300°. Arrange prosciutto in a single layer on a wire rack set inside a rimmed baking sheet and bake until browned and crisp, 20–25 minutes. Let cool, then crush into bits.

Whisk garlic, oil, lemon juice, vinegar, and honey in a medium bowl to combine. Mix in crushed prosciutto; season with salt and pepper.

To serve, spoon some vinaigrette into a shallow bowl and arrange fruits and vegetables of choice on top. Season with salt and pepper.

DO AHEAD: Vinaigrette can be made 2 days ahead. Cover and chill.

Green Juice with Baobab Powder

4 SERVINGS (MAKES ABOUT 4 CUPS)

Okay, fine, you've never heard of baobab—but that's about to change. (Remember when no one knew how to pronounce quinoa?) You'll find the powder from the tangy superfruit stocked at the health food store.

- 1 small green cabbage, outer leaves removed, cut into thin wedges
- 1 medium fennel bulb, cored, cut into quarters
- 2 green apples, halved
- 4 celery stalks
- 1 lemongrass stalk, tough outer layers removed, root end trimmed (pale-green parts only)
- 1 2" piece ginger, peeled
- 2 tsp. baobab powder (optional)

Pass cabbage, fennel, apples, celery, lemongrass, and ginger through a juicer. Transfer juice to an airtight container; cover and chill until cold.

Just before serving, add baobab powder to juice and stir until dissolved. Divide juice among glasses.