

FOOD & WINE

HOW TO
HAVE

THE BEST WINE YEAR

OF
YOUR
LIFE



RECIPES
PAIRINGS
VALUES
SPLURGES

20

**ESSENTIAL
WINES**

TO BUY THIS
SPRING

p. 80

A CHEF'S
STELLAR
**NEW BURGER
RECIPES**
& GREAT WINES
TO MATCH

p. 42

ULTIMATE PAIRING
The freshest spring
panzanella salad and
a light Italian white
wine (p. 115).

APRIL 2016



WWW.FOODANDWINE.COM \$5.99

WHERE TO
GO NEXT



Where to Eat in South Africa

STAR CHEFS, MARKET IMPRESARIOS, CHEESE OBSESSIVES AND WINEY RESTAURATEURS ARE MAKING THE TIP OF THE CONTINENT A DYNAMIC PLACE TO EAT AND DRINK.

BY SARAH KHAN
PHOTOGRAPHS BY JAMES BAIGRIE

CAPE TOWN

OPEN DOOR

The tiny suburb of Constantia boasts some of South Africa's oldest vineyards. And now it's home to Open Door, the latest from the duo behind cult pizzerias Burrata and Bocca. Chef Annemarie Steenkamp devises sensational combinations like crayfish tail with dill sorbet, while co-owner Neil Grant (chairman of the South African Sommeliers Association) handles the wines—pairing a starter of tomatoes, artichokes and peaches with ginjo sake, for instance, or pouring a local Chardonnay with an entrée of sea bass with harissa. *Constantia Uitsig, Spaanschemat River Rd., Constantia; opendoorrestaurant.co.za.*

CULTURE CLUB CHEESE

For Luke Williams, a Brit, the route to becoming one of South Africa's most exciting cheesemongers was convoluted: There were meat-curing stints in London and a detour to Bangladesh. Eventually, he and his wife, Jessica Merton, opened Culture Club Cheese on Bree Street, Cape Town's buzzy restaurant strip. Customers can buy amazing local cheeses like the seven-year-old raw-milk Gonedsa (a Gouda-style cheese packed with salt crystals) or order highbrow takes on mac and cheese and grilled cheese—a version made with cheddar, walnut, caramelized onion and apple butter is a gooey winner. *215 Bree St.; cultureclubcheese.co.za.*



Culture Club Cheese is on the aptly named Bree Street. ABOVE LEFT: Open Door's open kitchen.



At Sundoo, chef Seelan Sundoo is a “bunny chow” expert.

SUNDOO

Durban, on South Africa's Indian Coast, has a sizable Indian population. Chef Seelan Sundoo, who grew up visiting family there, is bringing the food of the city to Cape Town. His menu references both Durban specialties (like “bunny chows”—bread bowls overflowing with fiery curry) and the flavors of his Keralan ancestry (as in a fish curry prepared with South Africa's beloved kingklip). The restaurant's design rejects any notion of Indo-kitsch: There's contemporary art inspired by Indian dancers, steel-topped tables and a mosaic bar. 77 Regent Rd., Sea Point; facebook.com/sundoorestaurant.

NATURALIS

“I needed space to play,” says Luke Dale-Roberts, South Africa's reigning chef. Now he has that space, a two-story structure fashioned from

shipping containers. It's located just a few doors down from his vaunted Test Kitchen (ranked 28th on the World's 50 Best Restaurants list) and functions as a lab for experiments in curing, fermentation and cheesemaking. Dale-Roberts also serves lunch: lamb shoulder with sumac and dried lime; burrata with Persian-spiced nectarines. His Cape Town empire will continue to expand with The Shortmarket Club, opening later this year. Old Biscuit Mill, 375 Albert Rd., Woodstock; lukedaleroberts.com.

TJING TJING TORII

Tjing Tjing is Cape Town's sexiest rooftop bar. Tjing Tjing Torii, on the floor below, is its elegant offshoot: a petite cobalt-blue dining room with Japanese-inspired pop art murals and a terrific menu of Asian small plates. That means shareable portions of panko-beef tataki, sticky

pork bao and matcha-and-toasted-black-sesame ice cream. 165 Longmarket St.; tjingtjing.co.za/torii.

CAPE WINELANDS

DE WARENMARKT

The Winelands town of Stellenbosch, about 30 miles east of Cape Town, is full of whitewashed, oak-shaded, centuries-old cottages straight out of a fairy tale. One of those houses was earmarked for an international fast-food chain, until marketing executive Mark van Niekerk caught wind of the plan. “I said to my friends, ‘Guys, they can't do that to these buildings!’” he recalls, to which his friends retorted, “Have you got a better idea?” He did: this excellent artisanal marketplace with vendors such as Mano's Bakery, Juice Revolution and Ryan Boon Specialty Meats, plus a pop-up stall called Hands On overseen by a rotating crew of local star chefs. 20 Ryneveld St.; dewarenmarkt.co.za.

BERTUS BASSON AT SPICE ROUTE

“A lot of people take a porcupine quill and tuck it into a sandwich and pretend it's South African cuisine,” says Bertus Basson, the chef and TV host. He specializes in modern South African and braai (barbecue) at the acclaimed Overture restaurant in Stellenbosch. Now he's opened an eponymous restaurant in the town of Paarl at the Spice Route, a labyrinth of too-cute-to-be-real Cape Dutch gabled dwellings that were turned into a food megaplex with a brewery, burger joint, chocolatier, ice cream shop and grapperia. Basson prepares relaxed and refined takes on traditional dishes: wors and beans (lamb sausage, baked beans, fried eggs and ciabatta); chicken-liver parfait with toasted mosbolletjie bread and onion-and-caraway confit; his mum's apple pie. Suid-Ager Paarl Rd., Paarl; spiceroute.co.za.

SPIER WINE FARM

Spier, in Stellenbosch, is known for Segway tours through the vineyards and eagle-encounter experiences. Recently, chef PJ Vadas debuted an outpost of his Hoghouse restaurant in a 1778 Cape Dutch-style farmhouse on the property, serving beer-cured and roasted yellowtail, steak tartine with truffle cream cheese, and freshly baked brioche and challah. A new weekly outdoor market under the oaks offers live music, taco stands and wine slushies. R310 Baden Powell Rd., Stellenbosch; spier.co.za.

JOHANNESBURG

VIEW

German chef Dirk Gieselmann was ensconced at the Michelin three-star L'Auberge de l'Ill in France before decamping to South Africa. Now at the Four Seasons Westcliff, he presides over an art-gallery-like dining room with a striking vantage over Johannesburg's surprisingly lush cityscape, which glows purple with blossoming jacarandas each spring. His menu features Gallic takes on local produce, as in a dish of salmon trout and crayfish ravioli with glazed eel and herb butter. 67 Jan Smuts Ave., Saxonwold; viewrestaurant.co.za.

A Winelands view from Bertus Basson at Spice Route.



FOLLOW US @FOODANDWINE

THE NATIONAL EATERY AND SPEAKEASY

The focus is chef James Diack's Texas-style smoker, which he uses for dishes like chicken spring rolls and pork belly with corn puree. The dining room, with its scrap-wood-paneled walls, would look at home in New York or San Francisco. 19 4th Ave., Parktown North; facebook.com/TheNationalEatery.

THE POTATO SHED

Until recently, large parts of downtown were virtual no-go zones. But dilapidated districts are being revived as creative hubs, and Work Shop New Town is the latest: a century-old marketplace that now houses local design impresarios and an over-the-top cocktail bar in what was once the queen's lavatory. The Potato Shed celebrates the spud in dishes like crispy potato skins with beef scratchings and lime. Newtown Junction; workshopnewtown.com.

WORKSHOP 55

After getting his start at the molecular gastronomy spot Cube, wunderkind chef Alex Webber took charge of its new sibling. The focus is well-made whiskey and gin cocktails and tapas—"I think the correct phrase for this style of food is *social eating*," Webber says—like ostrich with black-bean paste. 55 7th Ave., Parktown North; workshop55.co.za.

Sarah Khan is a freelance writer based in Cape Town. Follow her @BySarahKhan.



An old Cape Dutch church in Stellenbosch.

APRIL 2016



Eben Sadie's mission is to make wine from overlooked old vineyards all over Swartland.

SOUTH AFRICA'S BEST NEW WINES

Swartland, a rolling coastal valley north of Cape Town, was once famous for its vast swaths of renosterbos, or rhinoceros bush. After rain, the plant's leaves look black; hence, in Afrikaans, *het swarte land*, or "the black land." Today, grapevines draw more attention than renosterbos, as Swartland has risen to become South Africa's most exciting new wine region. Two factors play into that: the area's countless old vineyards, once used for nondescript blends, and a group of young, tremendously talented, visionary winemakers, most gathered under the Swartland Independent Producers rubric. Their focus is on grape varieties that have been planted in the region for decades, such as Chenin Blanc, Grenache Blanc, Syrah, Grenache and Mourvèdre. Made with an eye toward expressing the character of the region, the wines can be remarkable: layered, complex reds and whites that are eye-opening for anyone used to more commercial wines out of South Africa. —RAY ISLE

FIVE BOTTLES TO SEEK OUT

2015 SECATEURS CHENIN BLANC (\$16)

Adi Badenhorst's top wines are wonderful but pricey. His affordable Secateurs white comes primarily from the family estate as well, and has juicy peach flavors and stony mineral notes.

2014 FRAM SHIRAZ SWARTLAND (\$16)

Winemaker Thinus Krüger sources grapes from vineyards on the western slopes of the Paardeberg mountains for this mocha-scented, peppery Shiraz.

2014 MULLINEUX WHITE (\$30)

Chris and Andrea Mullineux helped found the Swartland Independent Producers group. Their savory white—a floral, old-vine Chenin Blanc blend—is a benchmark of the region.

2013 RALL RED (\$42)

An up-and-comer, Donovan Rall makes only two wines, a red and a white, both from some of the oldest vineyards in the region. His inky, bacony red is a blend of 85 percent Syrah and 15 percent Grenache.

2014 SADIE FAMILY TREINSPOOR (\$60)

Tinta Barroca is a moderately obscure grape even in its homeland of Portugal; that there's any growing in South Africa at all is truly strange. But winemaker Eben Sadie's gift for finding extraordinary small vineyards in Swartland led him to this parcel of old vines. The result is an intense red wine full of wild cherry fruit.