

FEMMINA

OVER 40 & OVER THE MOON

APRIL 2008 R24,95 (incl VAT)
Namibia N\$24,95 Kenya Ksh480 Other countries R21,89 (excl VAT)

Laura Linney

Hollywood's
lovely late bloomer

THE BOTOX DEBATE

Should you
or shouldn't
you?

BOUDOIR PHOTOGRAPHY

The hot new way
to celebrate
your sexuality

WRITERS ON HITTING THE BIG 4-0H AND BEYOND

How to energy-audit your house

SPIRIT, STYLE, CONFIDENCE



Goodstuff



The fabulous French

Enjoy absolutely delicious food at Bizerca from an award-winning French chef, Laurent Deslandes, who left the Blue Mountains of Australia to experience restaurant life in his wife's hometown. Situated on the Foreshore in Cape Town, the restaurant is 100 percent style and the food is classic contemporary with a twist. The ingredients are impeccable and the wine list is commendable. Enjoy a glass with tapas after work, or start with tapas and stay for the mains, such as crisp-skinned Cape salmon with tapenade, tomato and artichoke, or a lamb tajine with preserved lemon and chickpeas on almond-and-raisin couscous. Treat yourself to desserts such as a soft-centred chocolate pudding served with white chocolate *crème brûlée* or the apple-tart tatin with *crème-fraîche* ice cream. Breakfasts are equally delicious with the likes of made-from-scratch croissants and seasonal jams on the menu. This is an eatery to enjoy regularly, all the more for the good service and fair pricing. 15 Anton Anreith Arcade, Cape Town, 021 418 0001.

Well red

This smooth, flamboyant shiraz from Bilton is good with a repertoire of spicy dishes, anything from chicken and duck to lamb and beef. Well reviewed by the experts, it's medium-bodied with a silky, peppery taste. The Bilton Shiraz 2004 costs around R85 at good wine outlets.



By the book

Like all good chefs, Gino D'Acampo is passionate about cooking. You may have enjoyed his irrepressible personality on the BBC Food Channel, where he has appeared in a number of shows. *Fantastico!* (Kylie Cathie, R197) is his first book, and contains plenty of delicious photographs and recipes. This is modern Italian food, made simply from quality ingredients. Try the mushrooms with Gorgonzola cheese and honey (above right), or the aubergine rolls filled with spaghetti and melted Italian cheeses (on the cover, above), then finish off with the Italian chocolate and nut cake, a traditional recipe from Sienna.



TO DRY FOR Do you like your dried fruits organic and preservative-free? Then do it yourself with Bennett Read's lightweight food dehydrator. In just a few hours you can make delicious dried fruit, locking in all the goodness and fruit flavour. You can also use it to dry herbs overnight or to make your own biltong. Easy to clean and completely dishwasher safe, it retails at R400. Call 0861 778 888 to find a stockist near you. ♦ WIN *Femina* is giving away five Bennett Read food dehydrators. To enter, SMS 'Bennett Read', and your name and city to 34424 by 30 April.



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