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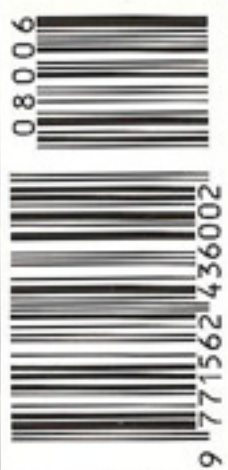
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June 2008

R34.95 (inc VAT) Other countries R30.66



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RESTAURANT

Bizerca bistro

15 Anton Anreith Arcade, Cape Town, 021-418-0001

The atmosphere of Bizerca is chic and subdued, converging on a crystal teardrop chandelier with mesmerising abstract prints of concentric patterns. The print is a theme that recurs throughout the angular space, right down to the menus.

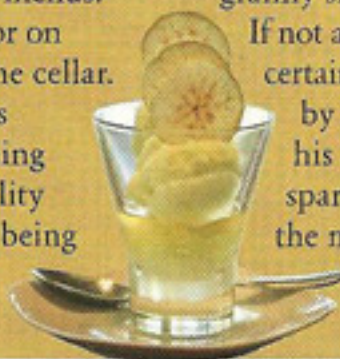
The bistro is replete with liquor on display in the quirky bar and wine cellar. But it is Bizerca's cuisine that has raised the bar a hundred nourishing notches. The emphasis is on quality over quantity, with presentation being more of an aperitif than the aperitif itself.

One almost feels guilty eating the artwork. The lamb ragout with carrots, baby onions, steamed potato and persillade (chopped garlic and parsley) is outstanding on the night, with the coup de grâce being the granny smith apple sorbet with Calvados.

If not ambrosia, then the combination's certainly soul food. The bistro is managed by French chef Laurent Deslandes and his South African wife, Cyrillia. The sparkle and charm of Bizerca lingers in the memory, much like the delectable

aftertaste of the main course.

□ Jarryd Coetsee



RECIPE

Tomato and chilli pasta with tiger prawns *Serves 4*

Ingredients

8 peeled tiger prawns with heads
16 peeled tiger prawns cut in thirds (reserve skin and heads)
2 garlic cloves, chopped
extra-virgin olive oil
1 red chilli, seeded and chopped finely
3 tomatoes
1/2 glass of white wine
handful of parsley, chopped finely (reserve stalks for the stock)

For the stock

1 tbsp of olive oil
1/2 carrot, cut into chunks

1/2 onion
1 celery stalk, cut into chunks
1 garlic clove
1 bay leaf
2 black peppercorns
1/2 tbsp tomato paste

Method

1. Heat the olive oil in a pan. Add the vegetables, parsley stalks, bay leaf and peppercorns. Sweat to soften, but not to colour. Add the prawn heads and skin and cook until these turn bright red. Add the tomato paste and cook over a low heat

for two minutes. Add water to cover and boil. Turn down the heat and simmer for 15 minutes. Pass through a fine sieve and set aside.

2. Blanch the tomatoes for ten seconds, run under cold water and peel. Cut in half and scoop out the seeds. Cut each into two or four pieces.
3. Heat the olive oil in a sauté pan. Put in the garlic and cook gently until it colours, then add the chilli. Incorporate the prawns and cook for one minute,

crushing the heads at the same time. Season, add the white wine and allow the alcohol to evaporate. Add the stock and tomato petals, and turn down the heat.
4. Cook the pasta for six minutes, drain it and add to the pan containing the prawns. Continue cooking the pasta for two more minutes so that it soaks up some of the liquid. Add two tablespoons of extra-virgin olive oil and the chopped parsley.

□ Elke Hanspach

