

TASTE

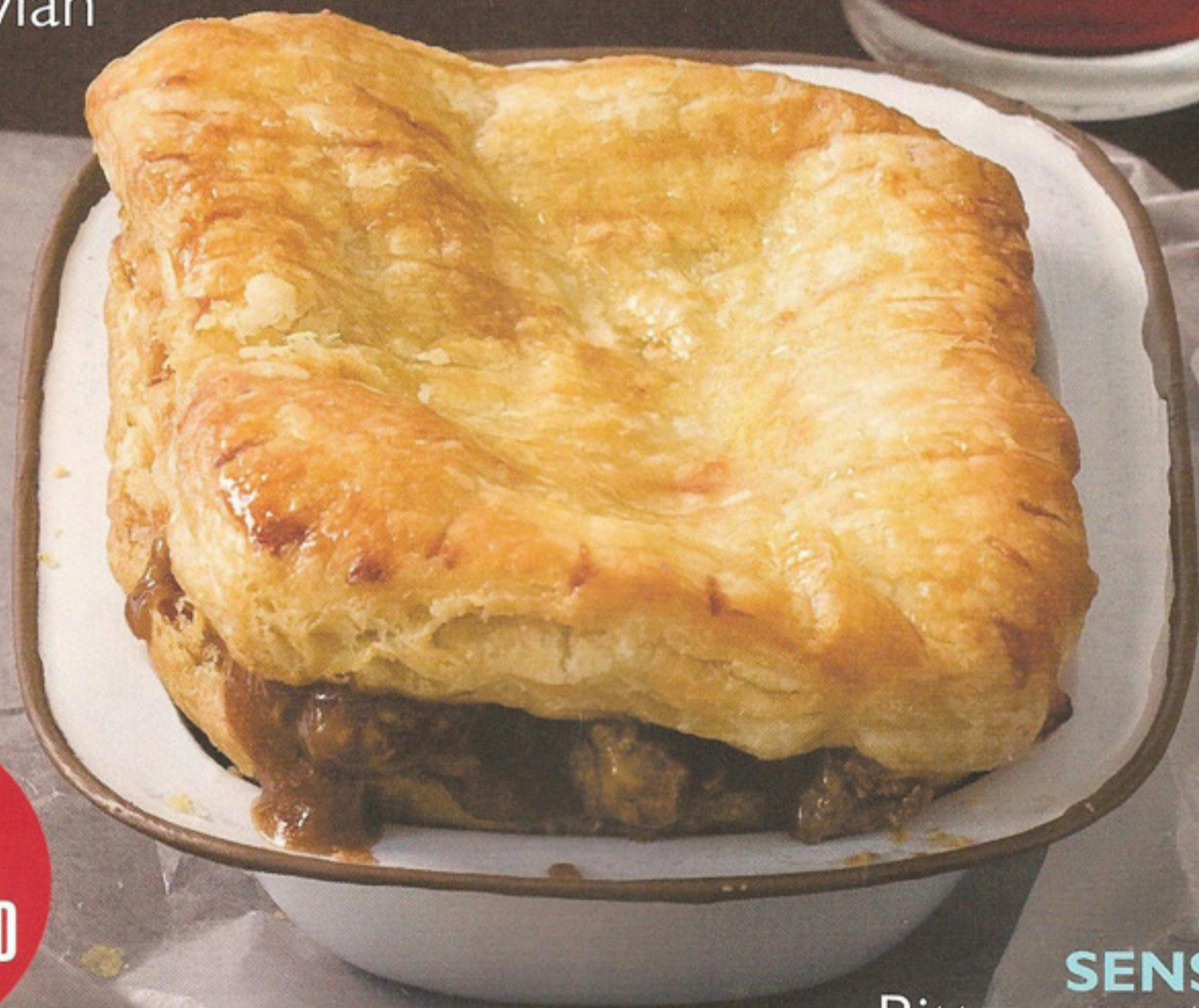
WOOLWORTHS

MAY/JUNE 2008, R26.95 INCLUDING VAT

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to hearty midweek meals



HOW TO: COOK THE PERFECT RISOTTO • MAKE MIDDLE-EASTERN EGGAH

HIDDEN ASSETS

BURIED IN THE CENTRE OF CAPE TOWN'S FORESHORE, BIZERCA DOESN'T PRETEND TO BE ANYTHING MORE THAN A CHARMING LITTLE BISTRO WITH INTIMATE SERVICE AND FLAWLESS FOOD



PHOTOGRAPHS **MICHAEL LE GRANGE** PRODUCTION **ABIGAIL DONNELLY** PRODUCTION ASSISTANT
HANNAH LEWRY TEXT **ALETTA LINTVELT**

Opposite page, from top: Cyrillia and Laurent Deslandes; decidedly reminiscent of Australian bistro-pubs, the restaurant boasts an impressive glass-encased wine cellar.

BUTTERNUT GNOCCHI WITH FRESH-TOMATO COULIS



“MORE IMPORTANT TO ME IS THE PRECISION OF THE COOKING AND THE USE OF SIMPLE, LOCAL INGREDIENTS”



BUTTERNUT GNOCCHI WITH FRESH-TOMATO COULIS

Serves 6

Preparation time: 20 minutes

Cooking time: 40 minutes

100g Parmesan, grated, for serving
pumpkinseed and rocket salad, for serving
carrot balls, cherry tomatoes and asparagus cuts, for serving

For the butternut gnocchi

1kg butternut, halved and deseeded
30g butter
240g flour
2 egg yolks
salt and cayenne pepper, to taste

For the tomato coulis

150g butter
6 very ripe plum tomatoes, quartered
2 cloves garlic
1 red chilli, seeds removed
salt, to taste
1 sprig rosemary

To make the butternut gnocchi: Preheat the oven to 200°C. Roast the butternut until soft, approximately 30 minutes, then remove the pulp – you will need 750g of pulp. In a saucepan, melt the butter then add the butternut and cook until dry, stirring frequently. Stir in the flour then cook for another 3 minutes, stirring frequently. Remove the saucepan from the stove then stir in the egg yolks and season. Divide into small pieces then shape as desired. Cook in a saucepan of hot water until the gnocchi floats to the surface. Refresh in iced water.

To make the tomato coulis: Heat the butter until a hazelnut colour then add the tomato, garlic, chilli, salt and rosemary. Simmer over a low heat for 10 minutes. Remove from the stove and allow to cool slightly. Place the mixture in a blender then blend and pass through a fine chinois.

To serve: Divide the tomato coulis among 6 bowls then top with the gnocchi and Parmesan. Serve with a pumpkinseed and rocket salad. Scatter over the carrot balls, steamed asparagus and cherry tomatoes.
Cook's tip: Use a melon baller to make carrot balls.

APPLE SORBET WITH BAKED APPLE SLICES

Serves 4

Preparation time: 10 minutes, plus freezing time

Cooking time: 6 hours

For the sorbet

6 Granny Smith apples
juice of 2 lemons
250g sugar syrup
50g glucose

For the baked apple slices

2 Granny Smith apples, skinned, cored and thinly sliced
15g butter
15ml (1T) sugar
5ml (1t) ground cinnamon

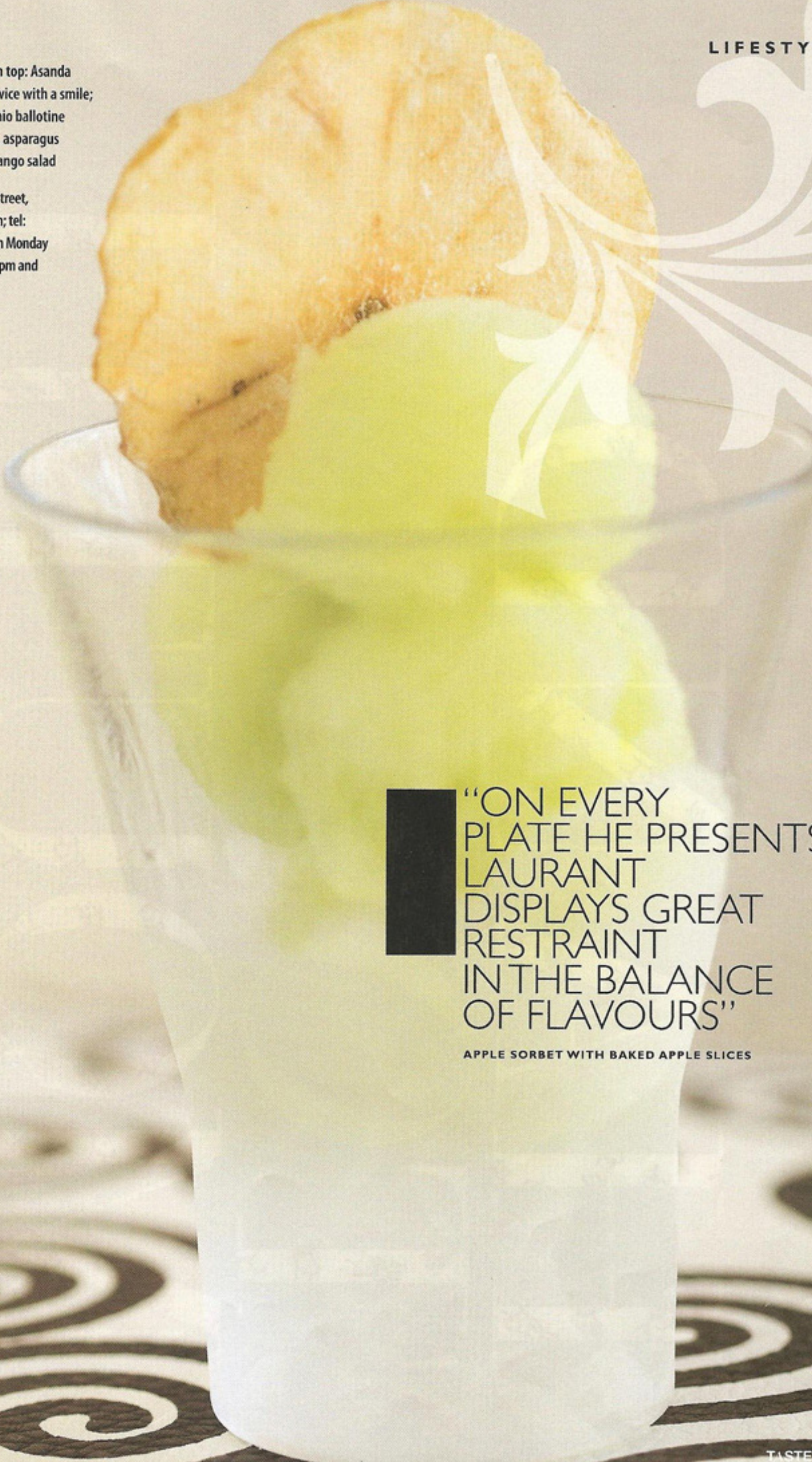
To make the sorbet: Juice the apples then mix with the lemon juice. You should have 700ml of juice (if necessary, add the juice of another apple). Add the syrup and glucose then mix until dissolved. Place the mixture in an ice-cream machine then follow the machine instructions. When set, serve in frosted glasses garnished with baked apple slices.

To make the baked apple slices: Preheat the oven to 150°C. Place the apple slices in a single layer in a glass baking pan. Dot with small pieces of butter, sprinkle with sugar and cinnamon, and bake for 6 hours, or until completely dried, but slightly pliable.



Opposite page, from top: Asanda Mbane provides service with a smile; chicken-and-pistachio ballotine with white polenta, asparagus and tomato-and-mango salad

Bizerca Bistro, Jetty Street, Foreshore, Cape Town; tel: (021) 418-0001. Open Monday to Saturday 7am to 3pm and from 6.30pm



“ON EVERY PLATE HE PRESENTS, LAURANT DISPLAYS GREAT RESTRAINT IN THE BALANCE OF FLAVOURS”

APPLE SORBET WITH BAKED APPLE SLICES