

TASTE

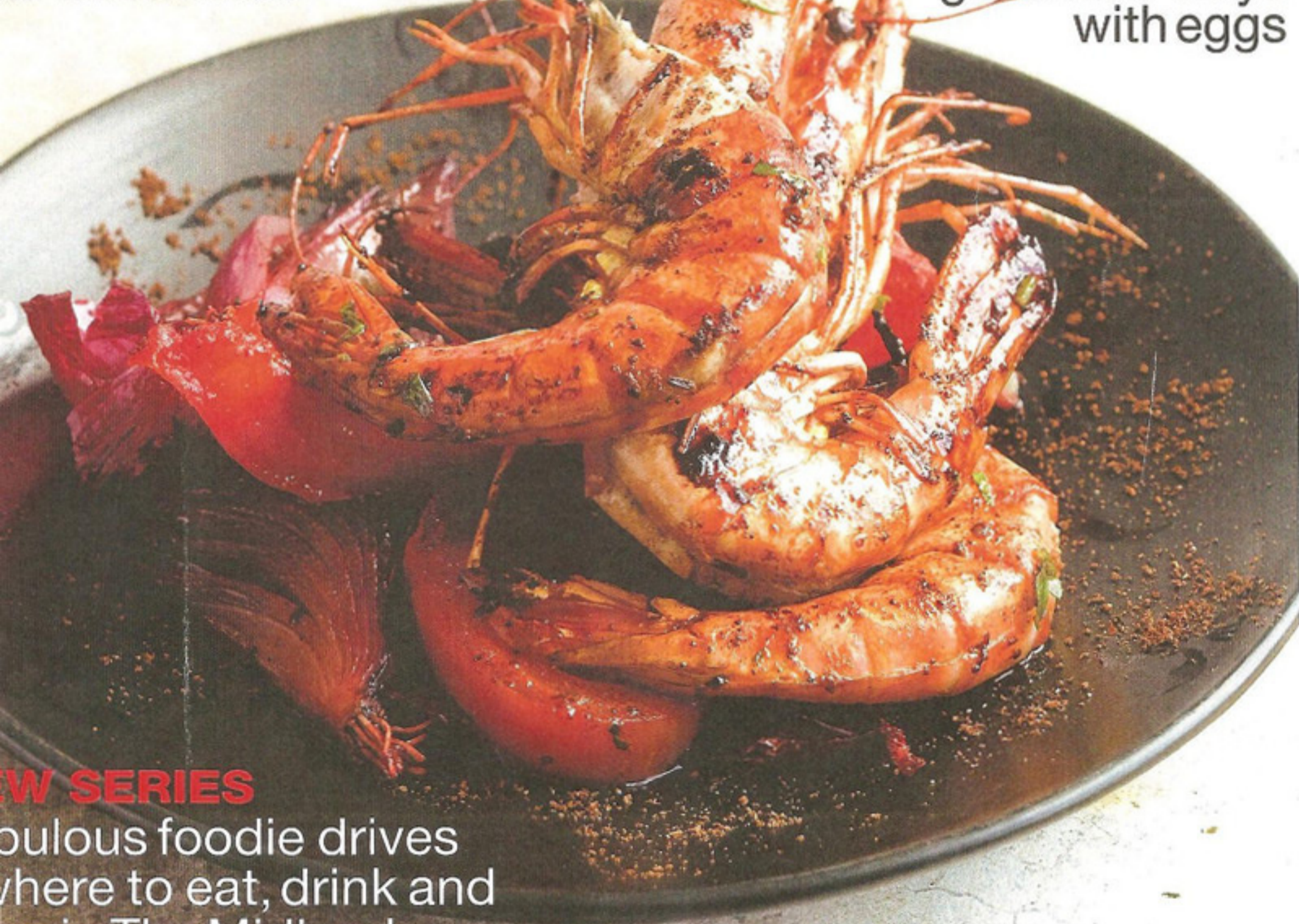
WOOLWORTHS

MARCH 2008, R26.95 INCLUDING VAT

QUICK MEALS

Meals ready in
under 30 minutes

GET CRACKING
Beyond breakfast:
great new ways
with eggs



TRAVEL SERIES

Impassioned foodie drives
where to eat, drink and
shop in The Midlands

PRAWN M'CHERMEL IN
TOMATO SAUCE

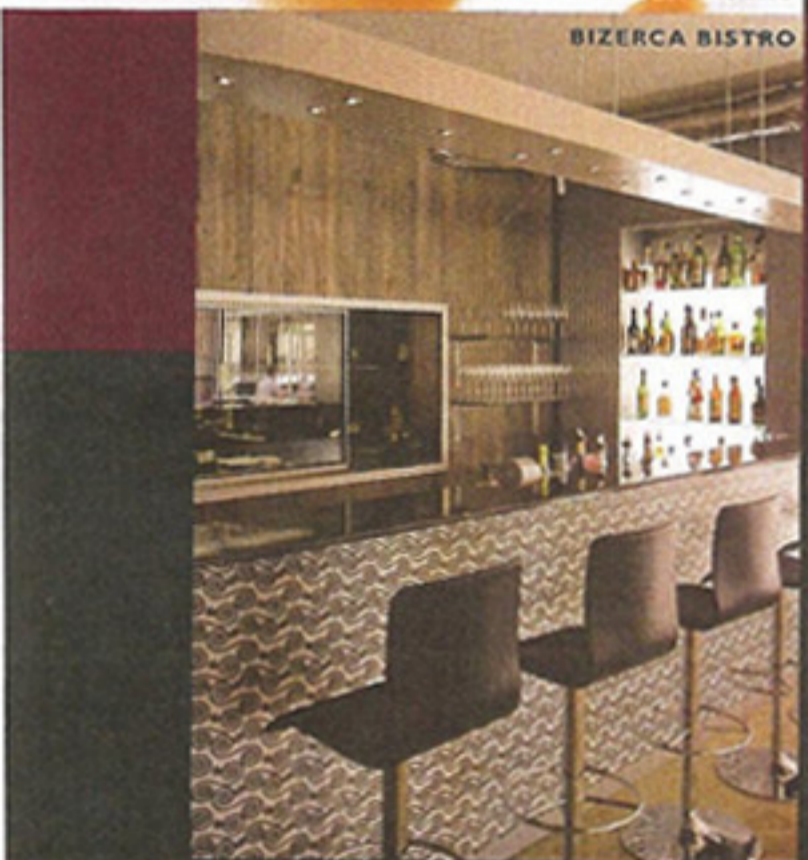
WORLD FOOD

From market dining in Marrakech to a kitchen
garden in the Karoo

HOW TO: JAZZ UP GREEN BEANS • DEBONE A WHOLE FRESH TROUT



BIZERCA BISTRO
BIZERCA BISTRO



RESTAURANTS

MORE CULINARY HOTSPOTS – THIS TIME, WHERE BISTRO-STYLE CUISINE IS THE ORDER OF THE DAY

BIZERCA BISTRO

Jetty Street, opposite CTICC Virgin Active gym, Cape Town Foreshore; tel: (021) 418-0001

Clever Cynillia has her French-born husband, Laurent Deslandes, all won over and the couple has made the move from Sydney to Cape Town. Deslandes combines his French training with fresh, local ingredients – a formula that earned his former restaurant at Collits' Inn "two hats" and high acclaim in the Aussie food press. A short walk from the Convention Centre, Bizerca is a gem you don't want to miss.

STYLE Modern minimalism with retro touches – patterns and swirls in black and grey, and a low counter the colour of Fanta Orange that runs along the glass walls. The suited and well-manicured nails arrive in droves for lunch hour, yet the atmosphere is relaxed and welcoming.

ON THE MENU A blackboard boasts daily lunch specials, from a sweet-potato and asparagus tart, to country-style pâté or fish of the day, and tapas-style dining features at night. The pork shoulder is tender and tasty, and, for dessert, try Laurent's trademark Granny Smith sorbet with calvados, a chocolate tart, or the strawberry-and-lemon pavlova with raspberry sorbet – a dreamy stack of strawberries, lemon curd and meringue, every bit as tangy and fresh as Cynillia's enthusiastic description.

AVERAGE PRICE R60 to R90

X FACTOR Fast and attentive service from warm staff and Cynillia, a gracious host.

DIEU DONNE RESTAURANT

Dieu Donné Vineyards, Uitkyk Street, Franschoek; tel: (021) 876-3384

At this elegant, cellar-style restaurant, chef Jo van Staden creates contemporary bistro

DIEU DONNE RESTAURANT



cuisine against a backdrop of Franschoek's most breathtaking panoramic view.

STYLE The vaulted brick ceiling and wooden tables create a cosy atmosphere, while chairs upholstered in acid green and the glass-encased exhibition kitchen add a contemporary touch. The terrace offers shaded alfresco dining with square tables and a couple of comfy sofas.

ON THE MENU Both menus offer an extensive selection of Mediterranean dishes. The occasional South African ingredient, such as ostrich or butternut, lends a local twist. For lunch, try chilled Roma tomato and apple broth, or pizza with rosemary, pancetta and Parmesan. With delicate combinations such as salt-baked oysters with Dieu Donné rosé sabayon and micro herbs, or spiced pork belly with hanepoot glaze, dinner is somewhat more sophisticated.

AVERAGE PRICE R35 for starters and R95 for main meals

X FACTOR Pairing your food with wine maker Stephan du Toit's excellent wines and brand new range of microbrewery beers.



BAND AID

Looking for a little something to add to your child's lunchbox? Choose a Buddy Band and, for just R15, not only will you put a smile on your child's face, you will help make a difference in the lives of South Africa's orphaned and vulnerable children. Part of the Kids Changing the World initiative, the Buddy Band project aims to make children more aware of the world around them and their connections to it. Profits from the sale of the bands will be channelled to Unicef and the Woolworths Trust. The Trust has selected Heartbeat as its beneficiary charity, offering assistance and support to their community-based projects that ensure basic services, food and schooling for thousands of needy children. For more information, visit www.kidschangingtheworld.co.za. Buddy Band, R15 each.