

other guide

to the CAPE

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GO WEST SHELLEY POINT

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It would be a sin to visit Cape Town and not experience an afternoon tea at the Mount Nelson Hotel. J D VAN ZYL dropped in on the Nellie and a few other stylish culinary locations

Epicurean delights



Haiku – 33 Church St, Cape Town

This restaurant is quite the rage at the moment, and with good reason. The focus is on Asia, but don't come here expecting chop suey or chow mein. Contemporary and exotic interpretation is the defining factor and this loud and crowded restaurant is set in an ultra modern setting that could be Soho or Chelsea. Start your meal with a selection of Dim Sums like the prawn and spring onion roll, sushi or the steamed Siu Mai open wonton dumpling with salmon roe and scallop. Portions are small, but the idea is to order a couple of starters per table and then share among yourselves, the same approach to sharing is valid for mains (if you're prepared to part with your grub that is). Haiku is not cheap, but the food is gorgeous and a real journey of tastes. For mains try something from the wok menu, or from the Tepanyaki (Japanese flat-top grill). The tepanyaki chicken is especially tasty and served crisp with garlic rice and stir-fry vegetables. Average main meal; R60 or R90. **Tel: 021 424 7000.**

Restaurant at Grande Provence, Franschhoek

Industrial steel merges with urban chic at this 300-year-old wine estate in the same way that East meets West on the menu. Distinguished chef, Vanie Padayachee, uses traditional methods to prepare dishes from local fare, but with a swig of Eastern gusto. The tempura prawns with capers and sweet chilli sauce are a great way to kick off the evening, otherwise consider the Franschhoek smoked salmon fritter with slow roasted beet-root carpaccio, avocado aioli and red pepper confetti. For mains, the daily line fish with masala mash and cucumber-mango relish is a worthy option. The Restaurant is situated next to a beautiful gallery, wine tasting room and one can dine outside under the old oaks' dappled shade while quaffing wine that was grown on the vines that stretch away around the estate. Average main meal: R75. **Tel: 021 876 8600.**

CLOCKWISE FROM ABOVE:
Asian fusion at the trendy new Haiku; do healthy the nice way at Greens; sumptuous interiors at Grand Provence in Franschhoek; after tea at the Mount Nelson you may never walk properly again.

