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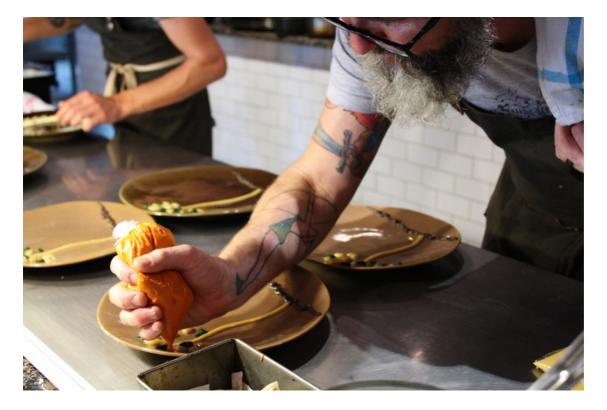
A winning recipe is born with Four Coursemen

By Ruth Cooper

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Take four prestigious Western Cape winelands chefs, add a base of outstanding produce and liberal amounts of creativity, allow to simmer and serve with splashes of award winning wines.



Enter the <u>Four Coursemen Collaboration Series</u>, a collaboration between Eric Bulpitt of Faber, Michelle Theron of Pierneef a La Motte Restaurant, Chris Erasmus from Foliage, and Arno Janse van Rensburg from The Kitchen at Maison. Each of the chefs take turns to showcase their style of cooking over a series of lunches and dinners held at their respective restaurants.



Experience the craft of four of SA's best chefs

Jovial collaboration

I attended the second event in the series at Foliage in Franshhoek last Sunday and can only recommend this exciting collaboration. With four uniquely top-of-their-game chefs all competing in one kitchen one might expect a few egos bashing around the pots and ladles, but the mood was upbeat and jovial throughout with much back slapping and chinking of glasses spied from the pass into the kitchen – as well it should be, as each of the courses deserved hearty praise.



Each event includes four canapes and four courses all paired with the restaurant's and respective wine estate's signature wines, so go hungry and with access a DD or Uber!

Creative canapes

The canapes were a highlight for me and included intriguing morsels such as basil semifreddo, DIY asparagus wrapped in Parma ham, dipped into silky hollandaise, and steaming buns served with rendered beef fat and aromatic baba ghanoush.



Canapes were followed by the first course, courtesy of Arno Janse van Rensburg from The Kitchen at Maison. Deceptively simple, this starter included three ingredients; chokka (squid) cut into slurp able noodle-like strips and dressed in a vibrant green dressing of sorrel and nettle – unique and exotic on paper and plate but incredibly comforting and moreish on the palate.





The next dish belonged to Eric Bulpitt of Faber with his complex and flavourful Springbok carpaccio with pickles, crispy leaves and mushroom powder.



Fresh flavours at Avondales's new Faber Ruth Cooper 5 Apr 2017

Harmonious elements

On to mains, which was served by host Chef Chris Erasmus from Foliage. Foliage is known for their foraged produce, slow smoking and glazing techniques and the main of rich BBQ Spier Beef Hump with creamy wild cress pomme and topped by a lactic onion croquant, perfectly represented the Foliage ethos.

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Dessert was presented by Michelle Theron of Pierneef a La Motte and included; brandy milk punch blanc mange, rosemary salted caramel, poached citrus and milktart parfait - a harmonious layering of elements, textures and flavours – my favourite element being the milktart parfait, mhhm just give me a spoon and a tub of that!



To experience some seriously interesting and delicious food from some of our top local chefs, book your spot at either of the upcoming Four Coursemen events.

The next instalment is a dinner at Pierneef a La Motte Restaurant on 10 November 2017 and the grand finale will be held at Faber Restaurant on 24 November 2017.

Each event is limited to 40 guests, and the cost is R720 per person. This includes four canapes, four courses paired with wine, and gratuity. Email faber@avondalewine.co.za or phone 021 202 1219 to make a booking.

ABOUT RUTH COOPER

- Ruth is the production manager at Bizcommunity. ruth@bizcommunity.com = In Review: La Colombe's winter special menu 6 Jul 2023 = Sleep in a working vineyard at Creation Wines' luxurious Voormanshuis 2 Dec 2022 = Heritage meets health with Creation Wines' new wine and food pairing 30 Nov 2022 = 5 reasons to stay at off the grid Gonana Guest House in Paternoster 10 Jun 2022 = In review: Staying at historic D/Olyfboomguest farmin Paarl 22 Sep 2021

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