



## Gourmet Evening

### **A Cape menu**

The menu uses ingredients that are local, but are used in contemporary ways.

The waterblommetjies, literally water flowers in Afrikaans, are found in the spring in the marshy wetlands of the West Coast. They are traditionally cooked in a lamb stew or bredie as we call it, but for this menu they are used in new and innovative ways.

The Karoo lamb is renowned for its flavour because of its diet of fragrant indigenous Karoo herbs and plants. This semi-desert region has the reputation of producing the best lamb in South Africa. The beans come from the Sandveld area on the West Coast. They are called heerbone – gentlemen beans – or the king of beans, so to speak. When South Africa was a British colony at the turn of the century, these beans were sent to Buckingham Palace.

Guavas are another favourite. Family-style they are poached and served with custard – here they are turned into a gourmet delicacy.

**N.B: We are unfortunately unable to cater for special dietary requirements as the menu is set.**