

Traditional Karoo food with a twist

Comfortable, caring and interactive



FOOD FOR THOUGHT

Diane de Beer

KAROO lamb is one of those uniquely South African products and because of that, as well as its deliciousness, it is something we should celebrate in this country.

But where does the best lamb come from, and which are the best parts of the animal to prepare?

While we are accustomed to the classic leg of lamb, the neck, shoulder, belly, tail and other parts of the lamb are equally tasty and should be honoured as often, which buys into the nose-to-tail movement which is all about making the best of everything we have and not allowing anything to go to waste.

It is all of these issues that played a part in a function by the University of Pretoria fourth-year consumer science students to celebrate spring a few weeks back by showcasing the unique flavours of Karoo lamb at their Eat@UP Restaurant.

It was also as always in these instances a learning experience and their guest chef/mentor was Rachel Botes, of Menlyn's Carlton Café Delicious, particularly because the Karoo is her passion.

She was designated three students (Ana Bupo, Function Manager; Danelle Human and Maïke Bohmer) who would do a few months of work before the function – spending especially Saturdays in the deli to do preparation, but also to experience working in a commercial venue that operates in the real world.

"I believe one cannot function in a vacuum," says the master chef who believes she benefited every bit as much as the students who she started off with research.

The collaboration was aimed at developing a five-course meal paired with wines from Saronsberg. Apart from showing how various cuts of Karoo lamb can be prepared in new, exciting and easy ways, the menu also hoped to demonstrate how lamb could be given a fresh,

modern twist by combining it with various plants and flavours from the Karoo. Contemporary cuisine trends were also brought into play like interactive eating which simply means the diners are asked to be involved with putting the dish together to enjoy.

The research started in the library and through books but then Ana also approached the University's garden curator Jason Sampson to see what is native to the Karoo, if it is edible or if it is even considered as food.

Rachel made it clear to her three students that she wanted to have a comfortable environment with elements of sharing such as a family would in the Karoo.

Approaching the university's plant expert was inspired because just listening to him on the night talk about all the possibilities was fascinating and introduced plants like African mint, nana-berry, spekboom, Williston karoo bossie and many other touches into the menu turning it into a Karoo festival.

Following a ginger beer infused with African mint, the first course was the interactive eating experience where they wanted guests to feel comfortable to eat and experiment with their flavours from meaty lamb tail rusks, Karoo lamb biltong, salty farm butter, pumpkin popcorn, Saronsberg olive oil and Karoo nana-berry Dukkah.

It's all about eating a platter in tandem with the rest of the table on communal platters while trying your own combinations.

The second course was a lamb carpaccio with a spekboom salad. This, explains Ana, was where they wanted to highlight the quality of Karoo Lamb with a carpaccio with the lemony flavoured spekboom, sweet pomegranate pips, both tasty and pretty, and a shower of Karoo violets and sweet garlic flowers, all coated with a palm fruit dressing. Nestled on top was a perfectly poached quail egg which was one of



Student chefs Maïke Bohmer, Ana Bupo (Function Manager) with Danelle Human (far right) and chef extraordinaire Rachel Botes.

the precision tasks on the night as these had to be made for 80 people, last minute, and would make or break the dish. What Rachel wanted her young wards to understand was that certain elements in a particular dish had to be executed in almost military fashion.

"They were quite surprised at the end of the night once they realised the many different elements they had created, but because they had done the preparation, everything went smoothly," said their taskmaster who with her many years of experience knows exactly what it takes in a world where you cannot afford mishaps or mistakes. "You can't practice on your clients!"

The third course was a charcuterie platter including lamb neck terrine, lamb and venison wors, curried banana and lamb meatballs in fig leaves, lamb belly pancetta (something else that was made well ahead of time with the sausage), Williston Karoo bossie cheese, rooibos confetti bush and Indian coriander quince, sour fig jam, aloe and wild ginger chutney, olive tapenade.

and generous-looking milk breads with diners simply breaking off pieces and combining it with the abundance of Karoo products that turned this particular platter into a Karoo flavour party.

We were starting to flail at this stage because the abundance was also affecting our appetite, but it was still main course to come with a rich traditional wild rosemary and sage lamb pie wrapped in a brandy and buttermilk crust dominating the plate. One of our best inventions, *pampoenkoekies* (pumpkin fritters) with pelargonium and star anise infused syrup and prickly pear leaf and green bean salsa. It is the innovation that is breathtaking. Who would not want to at least try pumpkin infused with some of our prettiest edible flowers? It's also about giving current chutpah to something everyone has in their taste memory bank.

To finish it all off on a sweet note, milk tart three ways: traditional tart served with milk tart-filled koek-sisters rolled in four spice sugar; and milk tart icecream with a dried

Adam's fig swirl.

If Rachel's food has taught me anything it is the way she is inspired by different produce to create imaginatively with the knowledge and the spirit to go on testing until she gets it right. That's when things start coming out of a kitchen that have you gasping. The students had youth and time on their side as well as enthusiasm.

Their three months of preparation allowed the time for flavour infusion and development to take place, as well as the seasonality of ingredients to come into play.

Ana was most surprised during this experience by the generosity of spirit to be found in the heated hospitality industry and environment with the occasional sparks flying in the air.

"Working with chef Rachel it became clear that one does not have to be ill-tempered to be successful. But even though she is warm and caring, nothing can get past her eyes no matter which corner of the kitchen it happens in. She has such attention to detail and treats every

item as a masterpiece; if it is not up to standard it must be redone. It taught us to look at things from a different perspective, always putting the customer first."

For Maïke, the experience was a similar one as Rachel proved that a kitchen can be run just as well, if not better when done in kindness. "Actions are done out of mutual respect and understanding and not out of fear. Nothing escapes and she seems to be able to think and organise everything at once – from service, front of house, recipe problems, her own restaurant and her staff – every detail is considered."

For Danelle it was all about Rachel's passion for food and love of people. "She cares, teaches and inspires each time you work with her. She has high standards and expects things to get done on time with no excuses."

All three novice chefs felt humbled and honoured by the experience but, glancing through the menu, this was an experience that brought joy to everyone involved, those that prepared as well as those



The richly abundant charcuterie platter with freshly baked milk bread.



Wild rosemary and sage Karoo lamb pie wrapped in a brandy and buttermilk crust.

who participated in the dining.

From the chef's point of view, she feels that in the end, she was the one that gained, and for her two assistants, Jess Holloway and Lulu de Beer, dealing with the students was like doing a refresher's course because they had to think about everything they usually did automatically. "Most of the time when people ask you how to do something or why, it's a 'because I say so'. But not in this case," she smiles.

More than anything she wanted the youngsters to understand what it is like to run a restaurant, what the work entails and how the small things matter. "I think just being in this space taught lessons along the way," she says.

One of the things she is most proud of is her fight against crisis management. "You have to know exactly what you're doing when someone else is paying."

Those of us who visit her Café Carlton Delicious know that is her motto. This was her way of paying back to her industry and in the end we all benefit invaluablely.

City of Tshwane Group Financial Services Department: Supply Chain Management



The following tender documents will be available from **Tuesday, 17 November 2015**

The following tenders may be purchased for a non-refundable price R500, 00 (including VAT) at the office mentioned below. Please note that they are not available for downloading from the internet (www.tshwane.gov.za). (Only cash or bank-guaranteed cheques will be accepted.) The 90/10 preference point system will be applied to these tenders.

- (RTD 15-2014/15):** Tender for the supply, delivery and offloading of material for road foundation for 3 year period.
Closing date: 14 January 2016 at 10:00; **Compulsory Briefing session:** 24 November 2015 at 10:00
Venue: Belle Ombre Roads Depot, Bosman Street Extension, Pretoria Central
GPS COORDINATES: S 25 44.142°S E 28 10.992°
Technical queries: Gert Sieberhagen, tel. 012 358 0602; Supply chain queries: Josias Masenya, tel. 012 358 0658
Madimetsa Rapolai, email: madimetsaR@tshwane.gov.za
- (SID WS 08-2015/16):** Tender to asses, repair, supply and maintenance of electric actuators used in the whole city of Tshwane's water treatment plants as and when required for the period of 3 years.
Closing date: 12 January 2016 at 10:00
Technical queries: Mduduzi Shabangu, tel. 012 358 8060; Supply chain queries: Josias Masenya, tel. 012 358 0658
Madimetsa Rapolai, email: madimetsaR@tshwane.gov.za
- (GFS 07-2015/16):** Tender for the appointment of a panel of Outsourced Agencies for the Collection of Outstanding Debtors Accounts older than 120 days
Closing date: 08 December 2015 at 10:00; **Compulsory Briefing session:** 19 November 2015 at 10:00
THIS TENDER WAS ADVERTISED ON THE 23 OCTOBER 2015 AND IT WILL NOW HAVE THE COMPULSORY BRIEFING SESSION ON: 19 NOVEMBER 2015 at 10:00
Venue: Room 500, 5th Floor, 373 Pretorius Street, Pretoria, CBD
Technical queries: Melusi Mhlangu, email: melusim@tshwane.gov.za; Ronny Shilenge, tel: 012 358 2556;
Supply chain queries: Kgomo Mokoale, email: kgomotsomakg@tshwane.gov.za; Josias Masenya, tel: 012 358 0658

The following tenders may be purchased for a non-refundable price R500, 00 (including VAT) at the office mentioned below. Please note that they are not available for downloading from the internet (www.tshwane.gov.za). (Only cash or bank-guaranteed cheques will be accepted.) The 80/20 preference point system will be applied to these tenders.

- (CSS 29-2015/16):** Tender for the appointment of a service provider for a 3 days course training in Advanced Petro Chemical (Industrial) firefighting course for Emergency Services Department.
Closing date: 07 December 2015 at 10:00; **Compulsory Briefing session:** 18 November 2015 at 10:00
THIS TENDER WAS ADVERTISED ON THE 06 NOVEMBER 2015 AND IT WILL NOW HAVE THE COMPULSORY BRIEFING SESSION ON: 18 NOVEMBER 2015 at 10:00
Venue: Cnr Bosman and Minnaar Street, Bosman Fire Station Auditorium
Technical queries: Kaizer Gumede, tel. 012 358 6305; Supply chain queries: Mpho Moshane, email: mphomos@tshwane.gov.za; Josias Masenya, tel: 012 358 0658
- (CSS 04-2015/16):** Tender to appoint a service provider to operate a restaurant service at Tshwane Leadership and management academy.
Original Closing date: 13 November 2015 at 10:00; **Compulsory Briefing session:** 03 November 2015 at 10:00
THIS TENDER WAS ADVERTISED ON THE 23 OCTOBER 2015, THE CLOSING DATE WILL BE EXTENDED WITH 5 DAYS TO: 20 NOVEMBER 2015 at 13:30
Venue: 11 Staatsartillerie Avenue, Tshwane Leadership and Management Academy (TLMA), Pretoria West.
Technical queries: Sina Mahlangu, tel. 012 358 2380; Supply chain queries: Mpho Moshane, tel. 012 358 8945; email Mphomos@tshwane.gov.za

Tenders will be received on or before the closing dates and times shown, must be enclosed in separate sealed envelopes bearing the applicable tender heading and reference number, as well as the closing time and due date, must be addressed to the Executive Director, Supply Chain Management, Pretoria, 0001, and must be deposited in the tender box situated at the Procurement Advice Centre at the entrance of C de Wet Centre, 175 Es'kia Mphahlele Drive, Pretoria West. Tenders will be opened at this address at the time indicated.

The specifications and tender forms will be obtainable during normal office hours (Mondays to Fridays from 07:45 until 15:15) from the Executive Director at the above address **on receipt of a non-refundable deposit as indicated above.** Only cash or bank-guaranteed cheques will be accepted.

Tenders will be evaluated on the basis of points awarded for price and BBBEE status level.

The lowest or any tender will not necessarily be accepted, and the Municipality reserves the right to accept a tender as a whole or in part.

Tenders must remain valid for a period of 90 days after the closing date.
General enquiries may be directed to, tel 012 358 0343.

Mr. J Ngobeni
CITY MANAGER

Notice 25 of 2015
13 November 2015

Issued by the Office of the Speaker: Mr Mapiti Matsena
Strategic Executive Head: Secretariat of Council
Office of the Speaker

www.tshwane.gov.za



Pampoenkoekies infused with wild Karoo flavours.



Milk tart three ways for a new twist on a traditional treat.

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Sugar taxes on global agenda

DIABETES experts called on world leaders yesterday to use sugar taxes to fight obesity, arguing such a move would save lives and slash healthcare budgets.

Ahead of a meeting of G20 leaders this weekend, the International Diabetes Federation (IDF) wants the dual epidemics of obesity and diabetes to be placed on the global agenda alongside major geopolitical and financial issues.

With one death every six seconds, diabetes is now a bigger killer than HIV, tuberculosis and malaria combined. The IDF estimates that most countries spend between five and 20 percent of their healthcare budget on the disease.

Type 2 diabetes, which is closely linked to obesity and sedentary lifestyles, accounts for approximately 90 percent of cases and is rising fast, particularly in developing economies where people are shifting to Western diets. The largest number of diabetics in the world now live in China.

Diabetes puts not only patients but whole economies at risk, according to Petra Wilson, chief executive of the IDF.

She urged leaders of the Group of 20 (G20) who are meeting in Turkey on November 15-16, to cooperate in fighting obesity in the same way as they acted together in the 2008 financial crisis.

Wilson said the call was part of an ongoing IDF campaign and there was no sign as yet if the G20 would address the topic.

By 2040, one in every 10 adults on the planet are expected to be diabetic, with cases projected to reach 642 million against 415 million in 2015.

Wilson, whose immediate focus is on getting governments to back a tax on sugar-sweetened beverages, argues politicians need to protect public health by learning the lessons from tobacco.

"It is well established that heavy taxation on tobacco and relentless reinforcement of the message that tobacco is unhealthy has had a very good effect. It is, of course, more difficult because whilst people can live without tobacco, they can't live entirely without sugar – but humans can live without added sugars." – Reuters