

CONDÉ NAST

House & Garden

# Gourmet

SUMMER 2014

SOUTH AFRICA

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Feast**

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Food Trends for 2014**

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# SHORE THING

BON VIVANT HELEN UNTIEDT ENTERTAINS FRIENDS AND FAMILY WITH AN OCEAN-INSPIRED MENU AT ONE OF HER COLLECTION'S WEST COAST BOLT HOLES

Helen Untiedt is a curator of beautiful spaces. Eight years ago she and her husband David built a beach house and, sensing a gap in the market for a holiday experience 'that feels like visiting the home of a stylish friend', she started a rental pool to fund the development. Eight years on and her business, Perfect Hideaways, is a flourishing collection of almost 100 houses.

The clapboard exterior of one of her West Coast bolt-holes gives little away of the clean

contemporary lines to be found within. It's a space that lends itself well to entertaining large groups – and the setting, metres away from the Atlantic, easily defines the menu. A shellfish soup of West Coast crayfish, plump Saldanha Bay mussels and sustainably farmed prawns is the precursor to chunks of fresh yellowtail skewered on bay twigs and cooked on the braai. Morsels of crispy bruschetta topped with salsa verde keep guests satiated throughout the afternoon. 'This is how I like to entertain,' says Helen.

'The homeowners, Rob and Gina McClelland, provided the space and my good friends Judy Badenhorst and Graham Isaacson (of the River Café and Old Cape Farmstall fame) prescribed the menu.' Craft beers were brought by Darling Brew guests Kevin and Philippa Wood, Secateurs wine came from Judy's son Adi Badenhorst and Helen Gibbs supplied her signature Helon Melon yoghurt bread. 'It's taking pot luck to a whole new level.' ■ *Perfect Hideaways* ☎ 021 790 0972; [www.perfecthideaways.co.za](http://www.perfecthideaways.co.za) ▶

PRODUCTION MARTIN JACOBS AND BERNADETTE LE ROUX  
DECOR STYLING JULIETTE ARRIGHI DE CASANOVA PHOTOGRAPHS ELSA YOUNG

CLOCKWISE FROM LEFT  
Philippa Wood of Darling Brew,  
owners Rob and Gina McClelland,  
Helen Untiedt's sister Tonya  
Lehtinen, Kevin Wood, Helen  
Untiedt, Helen Gibbs of Helon  
Melon and David Untiedt. In the  
background, the children converse  
while enjoying the setting





Bruschetta with Salsa Verde



**CLOCKWISE FROM TOP LEFT** Helen prepares the crayfish in the kitchen; the table set and ready for an afternoon of lunching; a pink Pimms cocktail; (clockwise from left) Edu and Hanna Lehtinen, India, Jessica, Claudia and Daniel Untiedt



## Bruschetta with salsa verde

The beauty of this salsa is that it works equally well on bruschetta and served with fish. There will be plenty left over to serve with the braised yellowtail bay-leaf skewers (recipe on page 37).

**Preparation time** 15 minutes

**Serves** 10 to 12

### For the salsa verde

(Makes about 750ml)

1 cup chopped parsley  
 1/2 cup chervil leaves  
 1 cup finely chopped basil leaves  
 1 cup fresh mint leaves  
 1/2 cup finely chopped chives  
 1T fresh thyme leaves  
 1/2 cup very finely chopped spring onions, pale green and white parts only  
 1/4 cup (60g) small capers or chopped caper berries  
 350ml olive oil  
 6 anchovy fillets, chopped  
 3T (60ml) lemon juice  
 freshly ground black pepper  
 Maldon salt

### For the bruschetta

3 loaves ciabatta, sliced, toasted or grilled  
 1 cup freshly grated Parmesan, to serve

### For the salsa verde

**1.** Finely chop the herbs, capers and anchovies and place them in a bowl. Add the lemon juice, then slowly stir in the olive oil until you achieve the right consistency. **2.** Balance the flavours with freshly ground black pepper, Maldon salt and extra lemon juice to taste. (Do not place in a blender or food processor – the texture and crunch will be lost.)

### For the bruschetta

**1.** Serve salsa verde on toasted ciabatta, sprinkled with freshly grated Parmesan.

**Cook's note** Salsa verde keeps for 2 days in the fridge. ▶



Portuguese-style shellfish soup with chorizo and rouille

Portuguese-style shellfish soup with chorizo and rouille

*Fish soup without rouille is like the Mediterranean without sunshine. Don't even think about leaving it out. The chorizo is a quirky touch.*

**Preparation time** 20 minutes  
**Cooking time** 50 minutes, plus 20 minutes to finish **Serves** 12

**For the stock**

- 3 cups chopped onions
- 6 cloves garlic
- 1 fennel bulb, chopped
- 150ml olive oil
- 3 potatoes, cubed
- 4.5 litres water
- 3 sticks celery, chopped
- 1 carrot, chopped
- 750ml white wine
- 750g tomatoes, chopped or tinned
- 6t saffron
- 4 bay leaves
- 3 sprigs parsley
- 3 sprigs thyme
- 1t Tabasco sauce
- fish heads and bones of fish

**For the rouille**

- 4 garlic cloves, crushed
- 1 red chilli, deseeded, chopped
- 2 large red peppers
- 1/2t smoked paprika
- 200ml canola or sunflower oil
- sea salt
- freshly ground black pepper



It's a space that lends itself well to entertaining large groups – and the setting, metres away from the Atlantic, easily defines the menu

(From left) Philippa, Kevin, Helen and Rob  
**OPPOSITE PAGE**  
**FROM BOTTOM LEFT** Freshly picked organic lemons from Helen's tree; India and Jessica; leafy greens and Prince Albert  
**extra-virgin olive oil**  
**RIGHT** The façade of the Grotto Bay house



**For the fish soup**

- 2T tomato paste
- 1kg fresh mussels, scrubbed and debearded
- 2kg calamari tubes, sliced and tentacles left whole
- 2kg fresh line fish, cut into 5cm cubes
- 1kg king prawns, deveined
- 6 crayfish, steamed and flesh cut into 2cm cubes
- 500g chorizo, sliced

**For the stock**

1. Sauté onions, garlic and fennel bulb in the olive oil.
2. Add the rest of the ingredients and bring to the boil. Turn down to a simmer for 15 minutes with lid on. Remove the lid and simmer for a further 30 minutes.
3. Remove from the heat, strain and set aside.

**For the rouille**

1. Place pepper under a hot grill and roast until charred. Place in a plastic bag to sweat. Set aside until cool enough to handle.
2. Place garlic, chilli, peeled and deseeded red pepper and smoked paprika in a food processor and purée until smooth.
3. With the motor running, gradually pour in the oil until combined. Season to taste and set aside until ready to serve.

**For the fish soup**

1. Add 2T tomato paste to stock.
2. Heat stock and add all the fish and shellfish until the mussels are opened and the prawns turn pink.
3. Fry chorizo.
4. Serve in bowls and top with chorizo and rouille.

Braaied yellowtail bay-leaf skewers

*Try to use firm-fleshed fish when grilling. Green-listed yellowtail can easily be substituted with game fish such as dorado.*



**Preparation time** 5 minutes  
**Cooking time** 6 minutes  
**Serves** 12

- 1.2kg fresh yellowtail, filleted, deboned and cut into cubes
- 12 25cm-long bay-leaf sticks, bottom half of leaves removed and stick sharpened to a point
- 1 red pepper, cut into 5cm cubes
- 1 large onion, cut into wedges
- 150ml olive oil
- freshly ground black pepper
- Maldon salt
- 30ml lemon juice
- 6 lemons, halved

1. Mix olive oil and lemon juice and lightly marinate the fish.
2. Spear the yellowtail onto the bay-leaf sticks using 2 pieces of fish, then a cube of red pepper, fish, onion and then fish again. Season.
3. Grill on the edge of a hot braai to keep the leaves at the end of the bay sticks from

burning, about 3 minutes a side.  
**4.** Serve with new-potato salad with mussels and caperberries and a leafy green salad.

New potato salad with mussels and caperberries

*A fabulous twist on the traditional potato salad, fresh mussels add to the seaside-themed menu.*

**Preparation time** 20 minutes  
**Cooking time** 45 minutes  
**Serves** 12

**For the mayonnaise**

- 1 large free-range egg
- 1T lemon juice
- 1T white vinegar
- 1t Dijon mustard
- 300ml sunflower oil
- salt, to taste ▶



CLOCKWISE FROM TOP LEFT Philippa (left) and Judy (right); Helen and Graham; Gina enjoys the festive lunch; guests cool off in the water next to an ice bucket filled with craft beers from Darling Brew and Secateurs wine from Badenhorst Family Wines



New potato salad with mussels and caperberries

**For the salad**  
2kg new potatoes  
2 cloves garlic, crushed  
250ml white wine  
1kg fresh mussels,  
cleaned and debearded  
300g caperberries  
6 hard-boiled free-range  
eggs, halved

**For the mayonnaise**  
In a food processor, blend the egg, lemon juice, vinegar and mustard. With the motor running, slowly add the oil until it thickens.

**For the salad**  
**1.** Boil the potatoes in salted water until tender, strain and set aside to cool while you steam the mussels. **2.** Place the garlic and wine in a pot and bring to the boil. **3.** Add the mussels, cover pot with a lid and steam until the mussels have opened. Discard any mussels that do not open. De-shell remaining mussels. **4.** Pour the mayonnaise over the cooled potatoes. Add the mussels and gently mix together. Top with caperberries and hard-boiled eggs.

### Summer fruit and yoghurt jelly terrine

This gorgeous summer pudding is sure to impress your guests.

**Preparation time** 20 minutes for fruit jelly plus 30 minutes (in freezer) setting time; 30 minutes for yoghurt cream, plus 90 minutes setting time (in fridge); an extra 90 minutes to set the final layer in the fridge. (Best to make a day in advance.)

**Serves** 12

**For the fruit jelly**  
500ml sparkling rosé wine  
12g gelatine granules, softened in 3T water  
60g castor sugar ▶



Yellowtail bay-leaf skewers on the braai

'This is how I like to entertain,' Helen Untiedt



FROM TOP Darling Brew's 'Slow Beer' – a lager with a rich golden colour; the children lounge on oversized cushions on the deck OPPOSITE PAGE FROM TOP Rob and his daughter Hannah; (from left) Kevin, Philippa, Helen, David and Tonya gather around the table



Summer fruit and yoghurt jelly terrine

1T fresh lime or lemon juice  
350g strawberries, rinsed and halved  
225g raspberries  
330g blueberries

#### For the yoghurt cream

50ml cream  
40g castor sugar  
2t gelatine granules  
250ml full-cream Greek yoghurt  
2t vanilla essence

**Cooks' notes** You will need a 35cmx12cmx7cm loaf tin

#### For the fruit jelly

**1.** Place fruit in a bowl and mix gently. **2.** Heat half the wine until it simmers, then whisk in the castor sugar and gelatine. Make sure gelatine is dissolved before taking off the heat. **3.** Add remaining wine and lime juice. Pour into a jug and set aside to cool. **4.** Lightly grease the loaf tin with a little oil. Place half the berries along the bottom of the tin (pick out the best berries first as these are the ones that will be visible at the end). **5.** Pour 250ml of wine mixture over the berries. Place in the freezer for 30 minutes to chill quickly, while you make the yoghurt cream.

#### For the yoghurt cream

**1.** Put gelatine granules in a cup and add 3T cream to dissolve. **2.** Heat the rest of the cream and castor sugar and heat until the sugar is dissolved. Do not boil. **3.** Add the gelatine and whisk until dissolved, then remove from the heat. Set aside to cool. Add the yoghurt and vanilla essence. **4.** Pour a 3cm layer of the yoghurt cream onto the set fruit jelly and return to the fridge to set. **5.** Place the remaining berries over the set yoghurt and pour over the rest of the rosé wine jelly (reheat lightly if set too much). Cover with cling wrap and refrigerate. Repeat last layer of yoghurt. Once set, turn upside down onto a plate and serve. ■

