

The Ultimate Seafood Feast

# Entertaining DE LUXE

Show-stopping berries

How to Cook the Juiciest Steak

Hottest People and Food Trends for 2014

R48,50 (incl. VAT)



**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



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



elen 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 '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. topped with salsa verde keep

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 market for a holiday experience 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 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; 1 www.perfecthideaways.co.za

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



32 HOUSE &GARDEN Gourmet









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 braaied 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

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

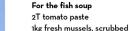
4 garlic cloves, crushed 1 red chilli, deseeded, chopped 2 large red peppers 1/2t smoked paprika 200ml canola or sunflower oil sea salt freshly ground black pepper







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

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

#### For the stock

500g chorizo, sliced

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 vellowtail bay-leaf skewers

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



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 seasidethemed 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









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.

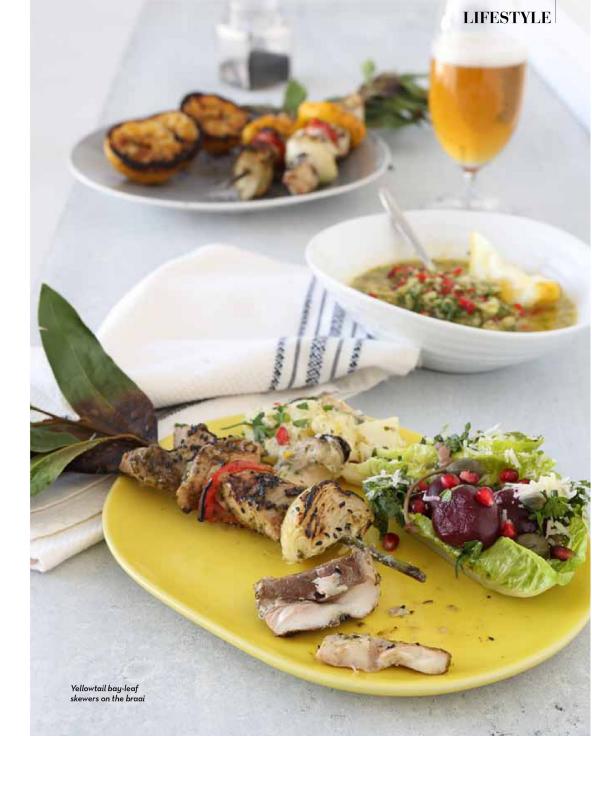
# Summer fruit and yoghurt jelly terrine

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 find 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 ▶



# LIFESTYLE

'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





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.



