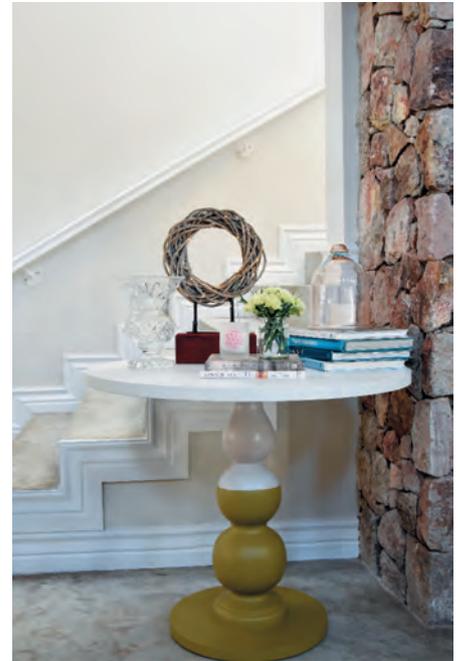


SOUTH AFRICAN GARDEN AND HOME



Our new LOCKDOWN *gift to you*

To keep you going until our next issue is on the shelves, we've put together another mini-magazine filled with a collection of some of the most popular decor, gardening, cooking and travel features from our archives.

Enjoy!

The Garden and Home team



    GARDENANDHOME.CO.ZA

THE GOOD *life*

For interior designer Clinton Savage, moving from the city to an estate in the scenic Tokai region represented a new style of living

The **outdoor dining area** is a favourite spot in summer. The chairs are from Bespoke and the rustic wooden table from Trade Secret.



WHO LIVES HERE

Interior designer Clinton Savage (right) and his partner, fashion designer Ruald Rheeder, and their three dogs.

THE HOUSE

A 600m², four-bedroom house in Silver Tree Estate in Tokai with an open-plan central entertaining area and two wings containing bedrooms.



mountain walks, which we love doing with our Great Dane, Thomas,” he elaborates.

With this house, Clinton was his own client, a challenge he revelled in. “As a designer, you never really have time for your own home. In this case, I had to get the house ready for living in one month and it was a really enjoyable process,” he says. As they had sold most of their old furniture with their Higgovale home, they could start almost from scratch. ▷

THIS PAGE, FROM LEFT: TO RIGHT:

● Woven baskets from the Pan African Market make a focal point in the **entrance**. Some were painted white for variation. ● The **garden’s** small lawn is just the right size for the dogs to laze on and dry off after a swim in the pool.

Wanting more space, fresh air and a slower pace of life, Cape Town interior designer Clinton Savage and his partner Ruald Rheeder, a well-known fashion designer, decided to put their home in Higgovale in the City Bowl on the market and move to the suburbs.

What Clinton describes as a basic shell of a home was appealing for many reasons, namely its openness, the fact that it didn’t need renovating and the lifestyle and security offered by Silver Tree Estate. “The area is well known for its vineyards, we’re close to some fantastic restaurants, which we frequent often, and there are some great



THIS PAGE, FROM TOP TO BOTTOM: ● The whitewashed bricks in the **living area** provide a fresh aesthetic. ● The chairs and table in the **dining area** are part of the Clinton Savage Interiors range.

“We added personality to the house by focusing on the walls. In some areas, we clad the bottom half with white panelling to give a more formal feel and provide a contrast to the darker wallcoverings,” he explains.

The classic contemporary style he’s known for suits the modern Cape architecture and is also a softer take on the monochrome scheme he favours. Natural hemp boucle carpets were used in many rooms and the striking, one of a kind pieces collected by the couple over the years add personality.

Clinton’s aim was to give the structure a fresh, light feel and designed the interiors to suit their love of no-fuss entertaining where everyone, the fur-kids included, can put their feet up and relax. The finishes are very ▷



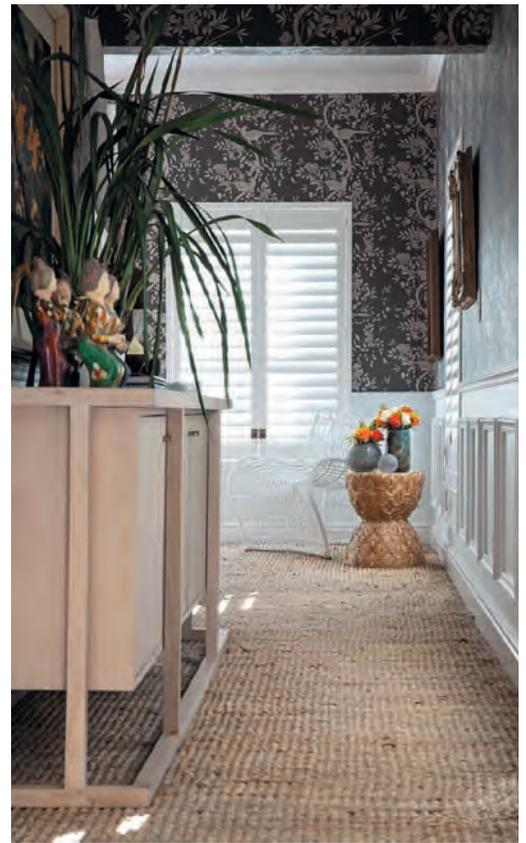
The **kitchen** is designed for entertaining and, as it needed no work, Clinton personalised it with accessories.



practical; all the living room furniture is slipcovered in washable linens. “Nothing is too precious and we really live in every inch of the house,” he says. Clinton’s aim as a designer is to create spaces that are beautiful but without pretence. “To have a home that is easy to live in and not too precious is the ultimate goal of interior design.”

THIS PAGE, FROM TOP TO BOTTOM:

● The **main en suite bathroom** has a restful atmosphere. The mirrors are from @home. ● Clinton introduced gentle sage green to the **master bedroom** as it has a calming effect and complements the floral design of the Hertex wallpaper.

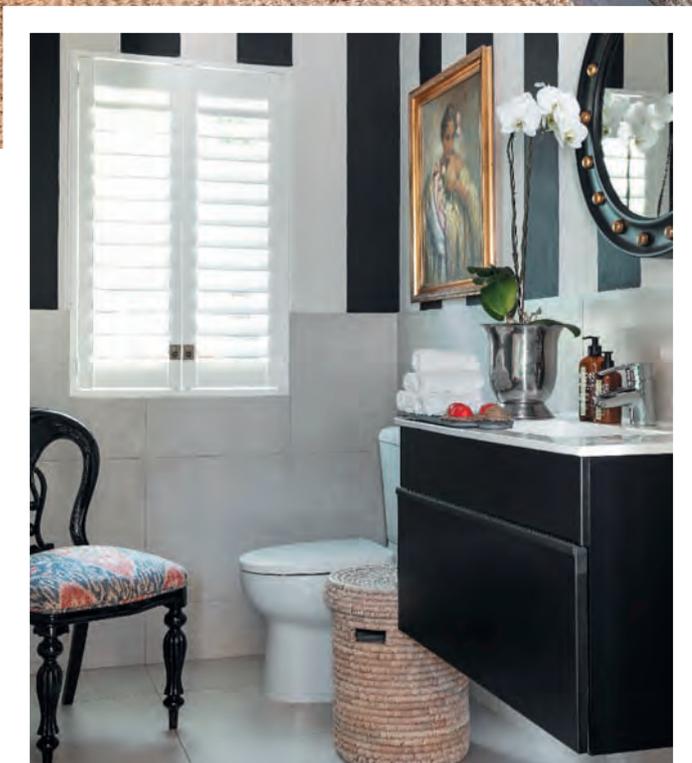


Although generous in size, with views of the surrounding mountains, the house has a very intimate feel. Aside from Clinton's creative use of textures and layering, the indoor-outdoor dynamic is the other star feature. Every room opens up to the garden and pool, and thanks to Clinton's considered design, the different spaces all relate to each other, creating continuity throughout.

"The entire house has a certain honesty," comments Clinton. "It's the perfect spot for living and every door opens onto the garden and the views," he says. ▷

THIS PAGE, CLOCKWISE FROM ABOVE LEFT: ● The **dressing room** was given a bold touch with an ornate light fitting by Morgan Associates. ● Hemp boucle carpets from Coirtex were used in the **bedrooms**. A chair and stool draw the eye down the passage and into the **master bedroom**. ● Clinton painted the linen cabinet bright turquoise, which adds a touch of quirkiness.

“To have a home that is easy to live in and not too precious is the ultimate goal of interior design.”



THIS PAGE, FROM TOP TO BOTTOM: ● A sitting area in the **guest room** features a painting by Clinton's grandmother and a coffee table from Block & Chisel. ● Clinton painted the walls in one of the **guest bathrooms** with bold stripes to add drama. **GH**

SOURCES @home home.co.za **Bespoke** bespokehome.co.za **Block & Chisel** blockandchisel.co.za **Clinton Savage Interiors** clintonsavageinteriors.blogspot.com **Coirtex** coirtex.co.za **Esque** esque.co.za **Hertex** hertex.co.za **Italtile** italtile.co.za **Morgan Associates** morganassociates.co.za **NetDécor** netdecor.co.za **Pan African Market** panafricanmarket.co.za **Trade Secret** trade-secret.co.za **Weylandts** weylandts.co.za

MAKING *history*

We all have sentimental pieces we've inherited, fallen in love with or been saddled with. Here are great ideas from decorators and designers on using them to give your home style and personality

1 PAINT IT PRETTY

"We always like to mix old and new to give a home a lived-in look," say Lyrene Zimmerman and Celeste van Lingen of The Furniture Guild. As they loved its shape and felt it would be an ideal hall table, they painted the top half with Truly Naturals Light and the lower section with Candy Brights Lime from the INCdecor range and arranged a collection of accessories on top. "Books are useful for adding height to a composition," they say.



2 BRIGHTEN UP

To allow this antique chest of drawers to fit into the modern style of her home, stylist Sarah Stuart-Reckling arranged a collection of colourful glass and ceramic vessels in shades of green on the top. Then she paired it with a chair painted turquoise and pulled the colours together with a woven plastic rug from Give and Give.

3 PRIDE OF PLACE

“We love the detail on this early 19th-century French buffet from Lynn Grant at Take it for Granted Antiques, which we bought a year ago,” say Marj Davidson and Nicolette Watson-Blair from Don’t Design. “We combined it with a favourite artwork, an Asian piece from Vietnam. We clad the wall behind it in mirror for depth and to prevent the painting from appearing flat.” Antique furniture should be regularly polished or varnished to maintain a good condition, they say.

4 AT YOUR SERVICE

To give this traditional server a new, more contemporary personality, Monique Mann of Patina Interiors painted it grey and added new metal handles. She styled the top with flowers and foliage in classical pots and added treasures under glass cloches to give it a very now look. ▷





5



7



6

READ MORE ON MIXING VINTAGE AND MODERN FURNITURE

Visit gardenandhome.co.za

5 SEW SIMPLE

As this old Singer sewing machine from the early 1900s had sentimental value and her client wanted to keep it, decorator Kirsty Lindley turned the wrought iron base into a decorative side table. She painted it black and had a piece of marble cut to make a top. She then added a bold lamp and interesting objets such as an ombre vase to give it contemporary cool.

6 NATURAL NOTES

To offset an old table with unusual lines, place it against a wall covered with a subtle patterned wallpaper like this one, Plume, from Cole & Son's Curio collection, available from St Leger & Viney. Complement the natural tones with accessories like coral and fresh cut flowers.

7 PALE AND INTERESTING

To emphasise the beautiful lines and patina of antique pieces, place them in clean, clutter-free environments. These simply upholstered chairs and marble topped table take centre stage against the white floor in Durban decorator Donna Tanner's home. [GH](#)

SOURCES **Don't Design** interior-designers.co.za **Donna Tanner** donnaatanner.co.za **Give and Give** 083 300 2114 **INC.Decor** incdecor.com **Kirsty Lindley Interiors** kirstylindleyinteriors.co.za **Patina Interiors** 082 875 5551 **Sarah Stuart-Reckling** 083 448 2099 **St Leger & Viney** stleger.co.za **Take it For Granted Antiques** 011 880 6504 **The Furniture Guild** furnitureguild.co.za

This month's good idea...

MAKE A PENDANT LIGHT FROM OLD CUTLERY

Upcycling expert Sacha Olivier, of Once Upon A Time, demonstrates how easy it is.



You'll need: Lead wire, old cutlery, wire clippers, a support piece – such as a cake stand or colander – electrical cord, a light bulb holder and a light bulb.

How to do it: Select the cutlery and lay it out to see how many pieces you'll need. Cut about 20cm of wire and wrap it securely around the top of each piece of cutlery. Attach it to the cake stand. Take care to space each piece evenly. The decorative edge on this cake stand makes it a good choice because it's easy to thread the wire through the openings.

Next, drill a hole in the centre of the cake stand, big enough for the electrical cord, and then thread the cord through the hole and attach the light bulb holder. Ask a qualified electrician to connect the pendant to the ceiling wiring. Insert the light bulb after your pendant has been safely fitted.

Tip: Leave out the wiring and use the pendant as a mobile, or hang it in the garden as wind chimes. 

SOURCE Once Upon A Time
sachajo@gmail.com





In all its
GLORY

Roses mix happily with other
old-fashioned favourites to make this
a flower-lover's garden, where there's
always something in bloom

White gates and an arch
invite you to explore
the pool terrace.

A wide selection of picking roses like 'Fay's Folly' and 'New Zealand' were planted to fill the house with blooms throughout summer.

Who lives here

Paul and Pearl de Chalain.



The garden

A terraced 2 000m² garden divided into different rooms to accommodate Paul's love of roses and Pearl's enjoyment of birds and other garden wildlife. ▷





Every corner reveals another enchanting view of this formal garden.

"WE WANTED A GARDEN THAT WE
COULD USE DURING ALL THE SEASONS
AND AT DIFFERENT TIMES OF DAY"



The first thing you notice is the house. It's a sparkling confection of soft aquamarine blue with white trim, almost good enough to eat, standing out like an exclamation mark among its neighbours in the lush estate of Fourways Gardens north of Jo'burg.

Paul and Pearl de Chalain were enchanted when they first saw it five years ago. But what ultimately sold them on the house was the fact that every room has a different view of the garden. The garden was nothing like it is today; it was mainly trees and lawn for the previous owners' cricket-playing sons. Nevertheless, the seed was sown and their imaginations took over, except that each had a very different garden in mind!

Paul, a chartered accountant, wanted 'Versailles' with topiary, clipped hedges, roses and formal lines – in other words a well-ordered garden. Pearl, an artist and calligrapher, preferred a wilder, more luxuriant garden with the sound of water and trees for birdsong.

Wisely they sought the expertise of landscaper Shirley Wallington who gave each of them exactly what they wanted. Well almost. "The only thing that Shirley said no to, unequivocally, were palm trees," remembers Pearl with a laugh. ▷

TOP TO BOTTOM: ● Clipped abelia hedges demarcate the garden rooms giving it a touch of Versailles. Statice, lamb's ear and alstroemeria are interplanted with 'Smithfield' and 'Fay's Folly' roses. ● The style of the garden shed at the end the pathway edged by 'My Granny' and 'Roberto Capucci' roses, matches the house.





Shirley accommodated Paul's passion for roses by terracing the sloping garden to create distinct outdoor rooms leading from one to another through archways and along pathways, each with its own character. "Shirley did a wonderful job of aligning the garden design with the lines of the house, using hedges and paving to create a formal layout and filling it with plants," says Paul.

The flow of the garden from formal to informal is so natural, that it invites exploration the moment you step through the gate. The upper terrace with a gazebo leads alongside a gloriously nostalgic English country-style border filled with flame-coloured shrub roses intermingled with dianthus, forget-me-nots (myosotis), irises, salvias and alstroemerias. Clipped abelia hedges keep everything firmly in its place.

At the end of the terrace, a series of archways covered with 'Compassion' roses and star jasmine draw one towards a bench that's ideal for pausing to enjoy the vista. "The star jasmine was chosen for year-round greenery and fragrance," explains Paul.

From there, steps descend through a selection of superb picking roses that fill the house with blooms throughout summer. Paul and Pearl visited Ludwig's Rose farm for the initial selection and Shirley, together with Lizette Nieman of Strelitzia Landscaping and Yvette Bezuidenhout from Ludwig's Roses Egoli, assisted with the final selection.

"We started at the top of the garden with yellow and orange roses, which are Paul's favourites," says Lizette, "and moved towards red



and softer pinks, cream and white in the picking garden and around the pool." In summer lacy alyssum or forget-me-nots grow at the feet of the roses, and in winter, the area is ablaze with poppies.

From the rose garden one enters the sunny enclosed heart of

CLOCKWISE FROM TOP LEFT: ● Formal beds are filled with white 'Iceberg' and pink 'Simplicity' roses with a touch of blue to complement the colour of the house. ● A natural garden with water, grasses and shady trees attracts wildlife. ● 'Simplicity' rose.



TOP TO BOTTOM: ● The terraced beds next to the pool are a riot of colour with alstroemeria and statice backed by roses like 'Oyster Pearl', 'Women's Value' and 'Perfume Passion'. ● Archways covered with 'Compassion' roses and evergreen star jasmine lead to a bench where garden-lovers can escape to and enjoy the birdlife.

the garden, where the terrace doors open to the pool and another exuberant border featuring standard 'Iceberg' roses underplanted with a medley of soft pink roses and bordered by a white picket fence echo the white trim of the house.

A gateway leads into Pearl's wooded garden that's full of dappled shade with graceful grasses and ferns softening the rocky outcrops of the natural pools that entice frogs on a summer's evening. Closer to the house, generous pepper trees enclose Paul's outdoor kitchen, complete with authentic Roman outdoor pizza oven featured in *Garden and Home* in June 2013.

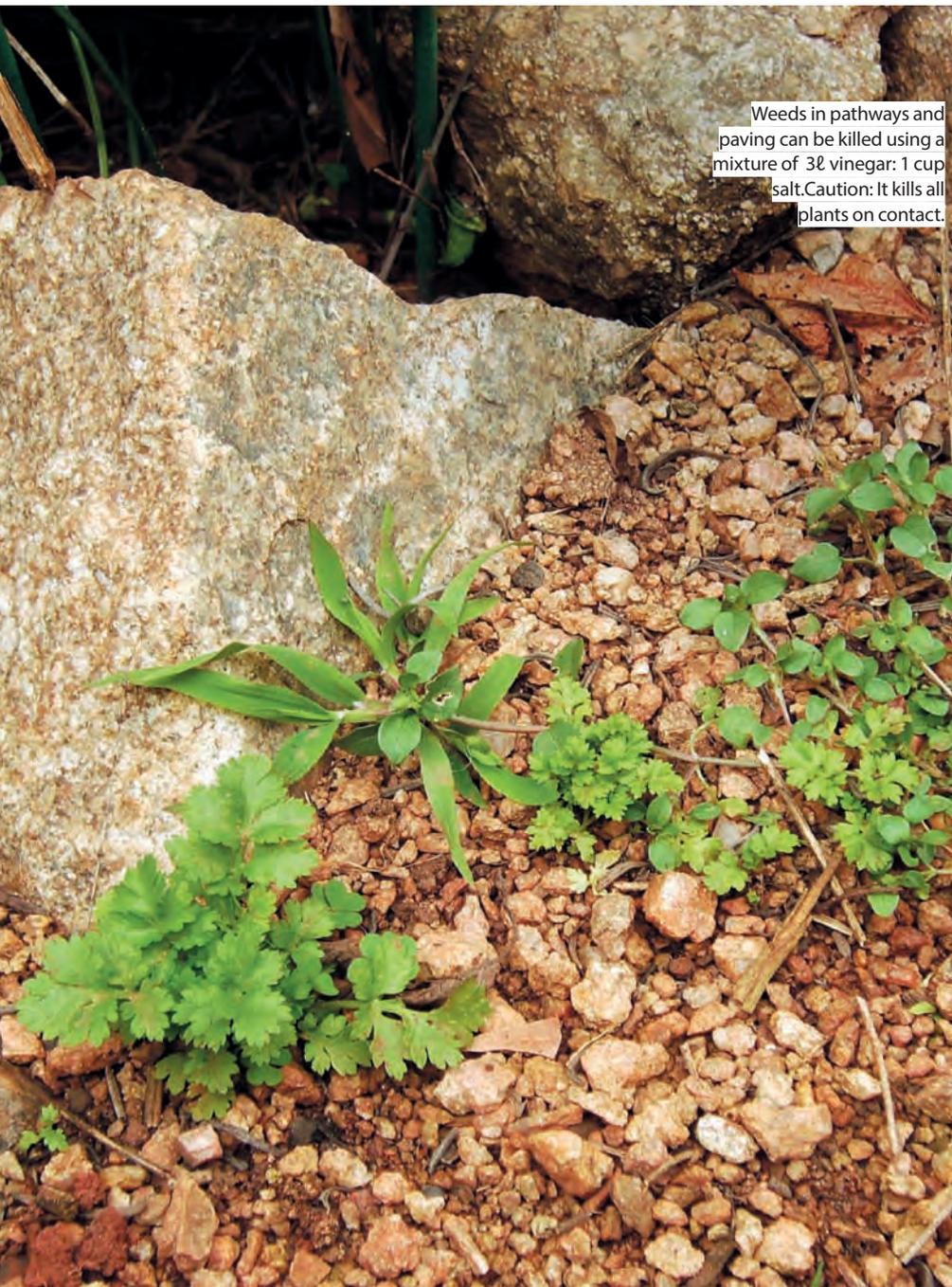
Lizette's team of workers dug up the heavy clay soil, adding new topsoil and compost. In wet areas drains were installed and raised beds built. "The growth has been phenomenal, thanks to Shirley's advice of putting a R1 plant into a R10 hole rather than the other way around," says Paul. "I enjoy the garden more than I work in it, and thanks to Shirley and Lizette, who look after the planting and Emay Gardens who maintain the garden, I can spend hours pottering in the garden without having to worry about weeds and pests."

Paul and Pearl unashamedly adore their garden. As Paul explains, "In our brief to Shirley we wanted a garden that we could use during the different seasons and at different times of the day." They talk about afternoon tea in the gazebo, inhaling the scent of jasmine in spring, putting chairs under the oak tree on a hot day and spending a long, lazy Saturday making pizza in Paul's outdoor kitchen. **GH**

SOURCES Emay Gardens 011 467 2623 Ludwig's Roses 012 544 0144 or info@ludwigsroses.co.za Shirley Wallington shirley@wallington.co.za Strelitzia Landscaping 082 454 2869

"THE STAR JASMINE WAS CHOSEN FOR YEAR-ROUND GREENERY AND FRAGRANCE"





Weeds in pathways and paving can be killed using a mixture of 3ℓ vinegar: 1 cup salt. Caution: It kills all plants on contact.

As weeding is one of the most time-consuming garden chores, the first step is to prevent weeds from growing in the first place. And if they do grow, there are natural methods of removing them that are not too labour intensive.



Placing plants close together inhibits weed growth.

If you can't beat 'em, *eat 'em*



There are a number of natural ways of dealing with weeds, including eating them, says Jane Griffiths

Prevention is better than cure

Intensive planting

Practise no-dig gardening and position plants closer together so when they're full size, their leaves just touch. They each have enough room and create a living umbrella, blocking sunlight and preventing weeds from germinating.

Mulching

Adding leaves, compost or other organic matter on top of beds is not only beneficial to the soil, it smothers weeds.

Cover and green manure crops

Thickly sow seeds of alfalfa, buckwheat, mustard, clover and vetch to cover



Mulching helps control weeds.



Use cardboard to smother weeds.



Vetch

the soil. They add nutrients, prevent erosion, reduce moisture loss and suppress weeds.

Drip irrigation

Placing drip irrigation above the vegetables' roots directs water to where it's needed. As weeds don't receive the moisture they require, they don't grow.

Removing weeds

Smothering

The simplest method of ridding a large area of weeds is to deprive them of sunlight by smothering.

- Water the area well and cover with layers of cardboard, wetting it as you go. If the weeds are tall, slash them down first.
- If there are plants in the beds you want to keep, cut holes in the covering, leaving gaps around the stems.
- Cover the cardboard with a thick layer of compost mixed with topsoil and plant your seedlings. As the cardboard slowly decomposes, the roots will grow through it.

Solarising

This method uses the heat of the sun to kill unwanted seeds and plants.

- Water well and cover the entire bed with clear plastic, pinning the sides



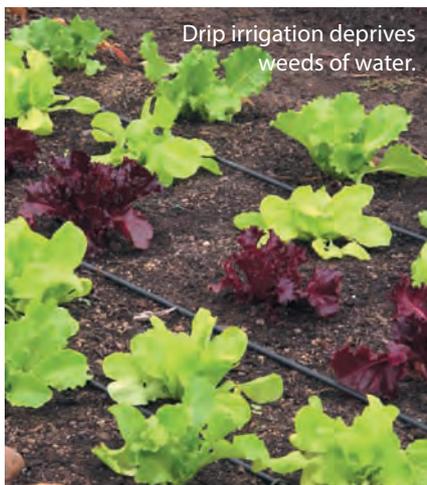
Plastic covering solarises weeds.

down with bricks or logs. Clear plastic allows the sun's heat to penetrate and cook the soil. Although black plastic gets very hot, it absorbs the heat instead of allowing it to reach the soil.

- Leave for four to six weeks before uncovering and planting. Solarising can also be used to kill off an area of unwanted grass.

Prevent self-sowing

Plants such as tomatoes, fennel and gooseberries can easily become weeds by self-seeding. To prevent this, remove seed pods before they ripen and clear away the dropped fruit of known weeds. As you become more familiar with your garden, you'll learn to recognise weed seedlings. Many of these are edible and can be eaten as microgreens. ▷



Drip irrigation deprives weeds of water.

A WEED'S ROLE IN THE SOIL CYCLE

Most gardeners pull weeds out and throw them away, rather than add them to the compost. However, in a natural eco-system, weeds perform a vital role in the cycle of soil and growth. In less-than-fertile soil, weeds colonise the ground first. Their long, strong roots mine nutrients from deep in the subsoil. As the seasons pass and annual weeds die back and reseed, these nutrients are added to the topsoil. The dying roots add humus, deepening the topsoil layer and creating tunnels for water, earthworms and microorganisms. Gradually, as the barren ground becomes more and more fertile, other plants begin to take root, eventually edging the weeds out. So unless it's a weed that will regrow from a slip, leave it on the surface after pulling it out, so its hard-won nutrients can be returned to the soil.

Edible weeds

Chickweed

An easily controlled leafy green with succulent leaves high in Vitamin C, phosphorous and other nutrients. Eat raw or lightly cooked.

Lamb's quarter

A tender relative of spinach, it is one of the most widely distributed plants on the planet. High in fibre and vitamins, it's commonly found in recently disturbed soil. The leaves can be sprouted or grown as microgreens. Its seeds are higher in protein than wheat and can be ground into flour, boiled until soft and mashed. One plant can produce 100 000 seeds so harvest them before they fall.

Purslane

This low-growing fleshy succulent has



Chickweed



Lamb's quarter



Purslane

more omega-3 than some fish oils. An annual, it grows in any soil – from the most fertile to extremely poor. To control it, don't let it to go to seed. Add the tart, lemon-flavoured leaves to salads.

Dandelion

Every part of this plant is edible and nutritious. Leaves can be eaten raw, or if too bitter, steamed, braised or stir-fried. (Young leaves are less bitter.) The flowers are sweeter than the leaves and add a crunch to salads. 🍷



Dandelion

MAKING WEED-FREE COMPOST

Sieve it and then spread it out in full sun and cover with clear plastic, pinning down the sides with bricks. Leave it for a week before using or bagging it.

SOURCE *Jane's Delicious A-Z of Vegetables* by Jane Griffiths (Sunbird Publishers, jonathanball.co.za) janesdeliciousgarden.com

COLD WEATHER *comforts*

Easy to make with readily available ingredients, this is comfort food at its best



CHICKEN AND CHICKPEA CASSEROLE

(Serves 4–6)

60ml cake flour
15ml ground paprika
5ml smoked paprika
salt and milled black pepper
8 chicken portions, skin on
45g butter
15ml oil
2 red onions, sliced
2 garlic cloves, crushed
1 red pepper, deseeded and sliced
5ml sugar
1 x 410g can diced Italian tomatoes
500ml chicken stock or water
1 x 410g tin chickpeas, drained
250ml sour cream

TO SERVE

30ml flat-leaf parsley or
coriander, chopped
oven-roasted vegetables

1. Preheat the oven to 170°C.
2. Combine the flour, paprika and smoked paprika in a large bowl. Season with salt and pepper. Add the chicken and gently toss to evenly coat in flour mixture.
3. Heat the butter in a heavy-based, heatproof casserole and brown the chicken, in batches, for 5–10 minutes or until brown all over. Transfer the chicken to a plate and set aside.
4. Return the casserole to the stove and heat the oil. Gently cook the onions and garlic for 5 minutes. Add the red pepper and cook for 2 minutes.
5. Return the chicken to the pan with the sugar, tomatoes and chicken stock or water and bring to the boil.
6. Cover and transfer to the oven. Cook for 45 minutes.
7. Stir in the chickpeas and sour cream and cook for a further 15 minutes or until the chicken is tender.
8. Scatter the fresh herbs over the top of the casserole before serving with the oven-roasted vegetables.

GET MORE ONLINE

Visit gardenandhome.co.za for more easy to prepare recipes for winter comfort.

FIVE-MINUTE MOLTEN MOCHA MUG CAKES

(Serves 2)

125ml cake flour

80ml sugar

45ml unsweetened cocoa powder

5ml baking powder

1ml salt

60g butter, melted

90ml milk

1 egg, at room temperature

5ml vanilla extract

30ml chocolate spread

20g chocolate chips

FOR THE TOPPING

20ml cold strong coffee

5ml unsweetened cocoa powder

TO SERVE

whipped cream or crème fraîche

cocoa powder, for dusting

1. Place the flour, sugar, cocoa powder, baking powder and salt in a small bowl and whisk together using a fork.
2. Place the butter, milk, egg and vanilla in a jug and whisk to blend. Pour the wet mixture into the dry ingredients and mix well.
3. Divide the mixture between two microwave-proof mugs or cups and top with the chocolate spread and chocolate chips. These will sink during cooking.
4. To make the topping, mix the ingredients together until smooth and pour over the top of each cup of mixture.
5. Place the mugs in the centre of the microwave and cook on 70% power for 40–65 seconds* or until the cakes rise to the top; the edges look set but the middle still looks slightly wet and shiny.
6. Allow to stand for 1 minute and top with some whipped cream or crème fraîche and a dusting of cocoa powder. Eat at once.

***COOK'S NOTE** Cooking time depends on microwave power and duration. Note, the longer it cooks, the more cake-like the molten mug cakes will become. 



Autumn PLEASURES

These easy-to-make, warming dishes are brimming with flavour

BRINJAL AND RICOTTA STACK

(Serves 4)

5ml + 45ml olive oil

2 red peppers

2 large brinjals, sliced into 1cm rounds

salt and pepper, to taste

60g smooth cream cheese

45ml tahini

fine zest of ½ orange

200g ricotta

45ml dukkah

TO SERVE

60g pomegranate rubies

30ml mint, torn

orange zest

1. Preheat the oven to grill.
2. Rub 5ml olive oil over the red peppers and grill them until the skin blisters, turning frequently.

3. Carefully transfer the peppers to a heatproof bowl and cover with a plate. Leave to stand for 10 minutes.
4. Peel away and discard the skin and seeds. Cut the cleaned, roasted peppers into pieces and set aside.
5. Preheat a griddle pan until hot.
6. Brush both sides of the brinjal slices with the rest of the olive oil and season with salt and pepper. Grill the brinjal slices in batches for 2–3 minutes per side and set aside.
7. In a small bowl, combine the cream cheese, tahini and orange zest. Mix in the ricotta and the dukkah. Season with salt and pepper.
8. To serve, build stacks of grilled brinjal, roasted peppers and spoonfuls of the cheese mixture, pomegranate rubies and mint. Garnish with orange zest and serve at once.



FOR MORE QUICK AND EASY
RECIPES VISIT US ONLINE
GARDENANDHOME.CO.ZA

MALABAR LAMB CURRY

(Serves 4–6)

FOR THE LAMB CURRY

15ml oil
1kg lamb, cubed or 1,2kg lamb knuckles
250g mushrooms, sliced
3 garlic cloves, crushed
30ml fresh ginger, peeled and finely grated
2 green chillies
5ml turmeric
10ml curry powder
15ml ground cumin
15ml ground coriander
2–3 cinnamon sticks
1 tin chopped tomatoes
6 curry leaves, optional
500ml water or lamb stock
1 tin coconut milk

FOR THE CARAMELISED ONIONS

15ml oil
30ml butter
3 onions, peeled and sliced

salt and pepper

10ml sugar

15ml vinegar

TO SERVE

coconut shavings or flaked almonds,
toasted
coriander rice*

1. To make the lamb curry, heat the oil in a heavy-based casserole. Brown the meat in batches for 4–5 minutes. Transfer to a plate.
2. Gently fry the mushrooms in the casserole for 3–4 minutes and set aside.
3. Return the casserole to the stove, lower the heat and add the garlic, ginger and chillies. Cook for 2–3 minutes.
4. Add the turmeric, curry powder, cumin, coriander and cinnamon sticks. Stir for a minute and return the lamb and mushrooms to the casserole.

5. Add the tomatoes, curry leaves (if using), water or lamb stock and the coconut milk. Cover and simmer for 2½ hours, or until the meat is tender.

6. To make the caramelised onions, heat the oil and butter in a heavy-based pan.

7. Add the onions and season with salt and pepper. Cook, stirring occasionally, for 15–20 minutes or until the onions soften and are golden brown.

8. Stir in the sugar and vinegar and cook for 3–4 minutes. Set aside.

9. Before serving, stir in the caramelised onions and cook for a minute.

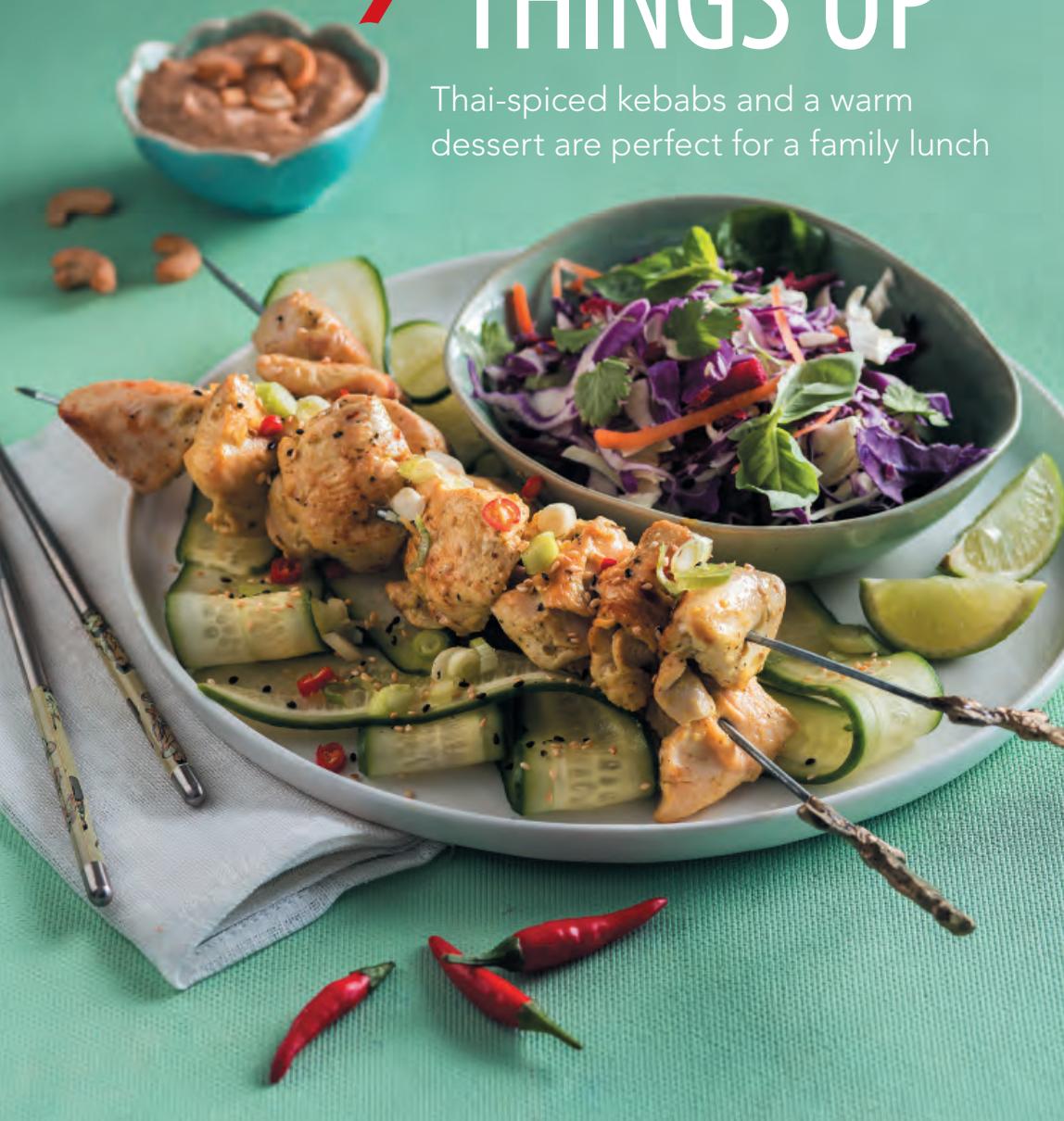
10. Scatter the coconut shavings or flaked almonds over the curry before serving with coriander rice.

***COOK'S NOTE** Season some cooked basmati rice with salt and stir in 30ml finely chopped fresh coriander. **GH**



Spice THINGS UP

Thai-spiced kebabs and a warm dessert are perfect for a family lunch



GRILLED THAI CHICKEN KEBABS WITH CASHEW NUT SATAY SAUCE

(Serves 4–6)

FOR THE CHICKEN KEBABS

6–8 bamboo skewers
200ml coconut milk

30ml peanut or sunflower oil
15–20ml yellow curry paste
10ml fresh ginger, peeled and finely grated

2 garlic cloves, crushed
juice and zest of 1 lime

15ml soft brown sugar
60ml fresh coriander, roughly chopped

1–2 green or red chillies, deseeded and sliced
800g deboned, skinless chicken thigh fillets

FOR THE CASHEW NUT SATAY SAUCE

5ml peanut or sunflower oil
½ onion, finely diced
1 clove garlic, crushed

15ml soft brown sugar
5ml yellow curry paste
5ml soy sauce
zest and juice of 1 lime
30ml smooth peanut butter
80g salted, roasted cashew nuts, finely chopped
200ml coconut milk
TO SERVE
lime wedges
Asian-style coleslaw

1. To make the kebabs, soak the bamboo skewers in warm water and set aside.
 2. Place all the ingredients, excluding the chicken, in a food processor and blend to make a marinade. Pour it into a container and set aside.
 3. Cut the chicken into bite-sized pieces and toss them in the marinade. Cover and place in the fridge for at least 20 minutes before threading onto the bamboo skewers.
 4. To make the satay sauce, heat the oil in a pan and gently fry the onion and garlic for 4–5 minutes, until softened.
 5. Add the sugar and curry paste and cook for 2 minutes. Stir in the remaining ingredients, adding a little water or extra coconut milk to achieve the desired consistency.
 6. Remove the kebabs from the marinade and cook on a braai or under the grill in the oven for 4–5 minutes per side, or until cooked. Baste with the remaining marinade during cooking.
 7. Serve the kebabs with the cashew nut satay sauce, the lime wedges and the coleslaw.
- COOK'S NOTE** Soaking the bamboo skewers in water prevents them from burning during cooking.

FRUIT AND BERRY CRUMBLE

(Serves 6)

FOR THE FILLING

2–3 ripe peaches or nectarines, chopped
500g frozen mixed berries
2ml ground ginger
125ml castor sugar
20ml cornflour

3–5ml rose essence, or to taste

FOR THE CRUMBLE

125ml cake flour
125ml light brown sugar
80ml flaked almonds or mixed

chopped nuts
80ml oats
1ml salt
100g cold butter, cubed

TO SERVE

crème fraîche mixed with icing sugar and lime zest, whipped cream or ice cream

1. Preheat the oven to 180°C.
2. Mix all the filling ingredients together in a bowl and divide amongst 6 ramekins.
3. Place all the crumble ingredients, excluding

the butter, in a bowl and mix together.

4. Add the cold butter and gently rub the butter into the flour mixture using your fingertips. Keep the mixture loose and crumbly.
5. Sprinkle the crumble topping over the berry mixture and transfer the ramekins to a baking tray.
6. Bake for 25–35 minutes or until the crumble is golden and crispy and the fruit is bubbling and saucy.
7. Serve warm with crème

fraîche mixed with icing sugar and lime zest, whipped cream or ice cream.

COOK'S NOTE You can cook this dessert earlier in the day. Don't refrigerate it; keep at room temperature, and reheat at 180°C for 10–12 minutes before serving. Alternatively, make the fruit base in advance and top with the crumble mixture when ready to bake. **GM**



GET MORE ONLINE

Visit gardenandhome.co.za and find loads of inspiring recipe ideas for the perfect meal.

French toast

Dotted with medieval towns, the French countryside east of Bordeaux offers more than just superb wine, writes Tess Paterson

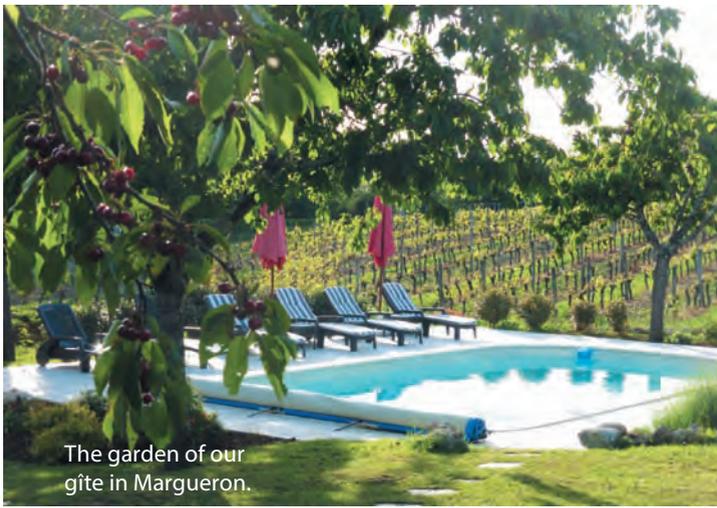
We've settled in at our self-catering gîte near the town of Margueron in south-west France. It's a restored barn with a cherry orchard for a garden and the sort of bucolic farmy surrounds that would have put Cézanne in a tizz. This is my kind of getaway, not so much a village as a hamlet, where a tractor trundling past is a notable event. Shutters are painted lilac; courtyards are gravel covered and clematis trails effortlessly over stone walls. More importantly, there's duck confit on the menu at the local bistro.

Using the gîte as a base, we're intent on discovering some 'new' territory. A few years back we'd explored the chateau country – the Dordogne and its attendant bastide towns that lie to the east of Bergerac. This time we're on the west,

roughly half way between Bergerac and Bordeaux. It's flatter here, levelling out towards the Atlantic and those hallowed wine regions that flank the Garonne and Dordogne rivers. We're four wine novices, three of whom were born in the Karoo, and after months of anticipation, are tantalisingly close to legends like Latour, Pétrus and Lafite Rothschild. The much-fêted Saint-Émilion is just an hour away; if you're after a good red blend this is pretty much the place to be.

On the first day we head to Duras – our nearest 'big' village and a medieval gem. Few things make me happier than arriving at a weekly market in the French countryside. We get there early – that peaceful pre-tourist interlude when all you'll see are locals with woven shopping bags and well-mannered dogs. Set against the town's mellow stone ramparts,

A 14th-century pigeonnier overlooks the vineyards at Château Puyfromage.

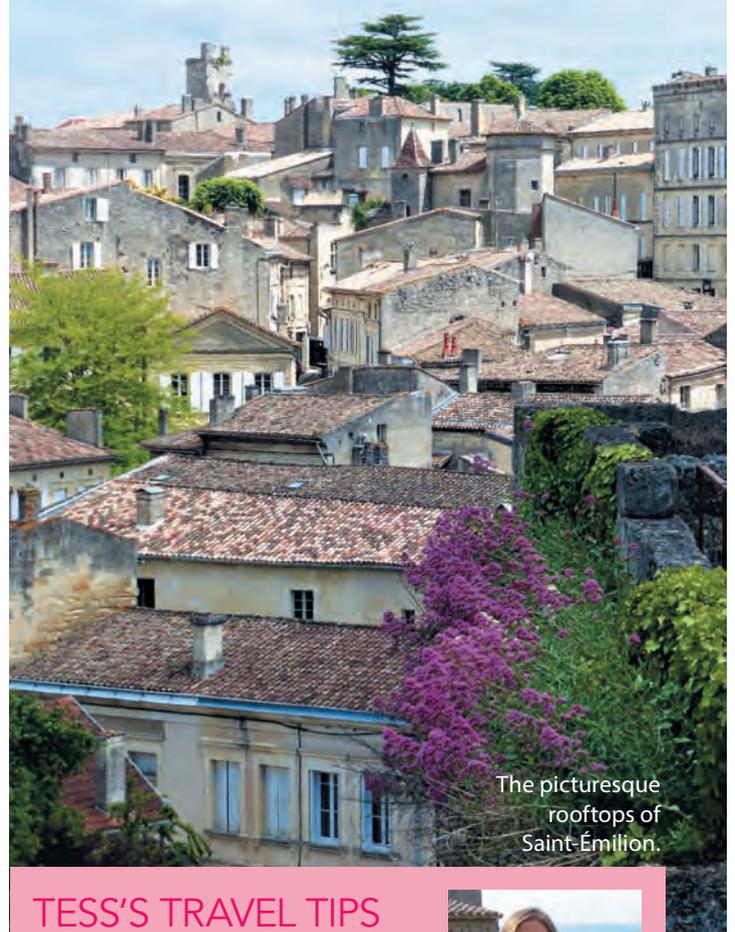


The garden of our gîte in Margueron.

it's a seasonal marvel of apricots, massive beef-heart tomatoes, minivans of colourful seedlings. There's local honey, ham hocks, surprisingly cool bits of crochet. And my breakfast must-have, tray upon tray of canelés.

A few years back *Wallpaper* magazine declared canelés as the next cult cake, devoting an entire front cover to these crenelated beauties. I still have that recipe, though the reality is a two-day palaver involving 16 exorbitantly priced copper moulds coated with pure beeswax and clarified butter. It's only fitting, I feel, to savour my first one in France. Slightly rubbery in texture, it's all rum-custard sweetness with a caramelised, bronzy exterior. While the in-laws hover around the charcuterie stalls, I buy a substantial patisserie stash to keep me going.

By midday, the vineyards are calling and we head for Monbazillac – a serene setting overlooking Bergerac with an extraordinary past. During the Hundred Years' War, the hillsides and vines to the north had been utterly decimated. Post-war, in around 1500, the unspoilt southern slopes were planted with vines; the antecedent of today's AOC Monbazillac. With a Rapunzel-like appeal, the chateau itself dates to around 1550. The moat, parapets and ▷



The picturesque rooftops of Saint-Émilion.

TESS'S TRAVEL TIPS

GOOD TO KNOW If your trip starts in Paris, taking the TGV to Bordeaux is really worthwhile. Trains leave from Montparnasse Station and the journey takes under 2,5 hours. raileurope.co.za

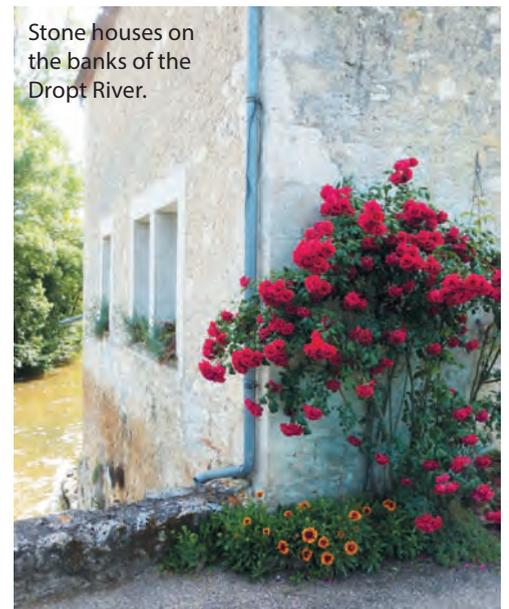
MUST-SEE SIGHT The mirror pool opposite Bordeaux's Place de la Bourse.

Just 2cm of water covers a vast granite slab creating a visual and sensory delight.

FAVOURITE BITE A five-course duck-centric blowout at the laid-back Famille Moutier restaurant near Thénac. familemoutier.com



Market day in the medieval town of Duras.



Stone houses on the banks of the Dropt River.



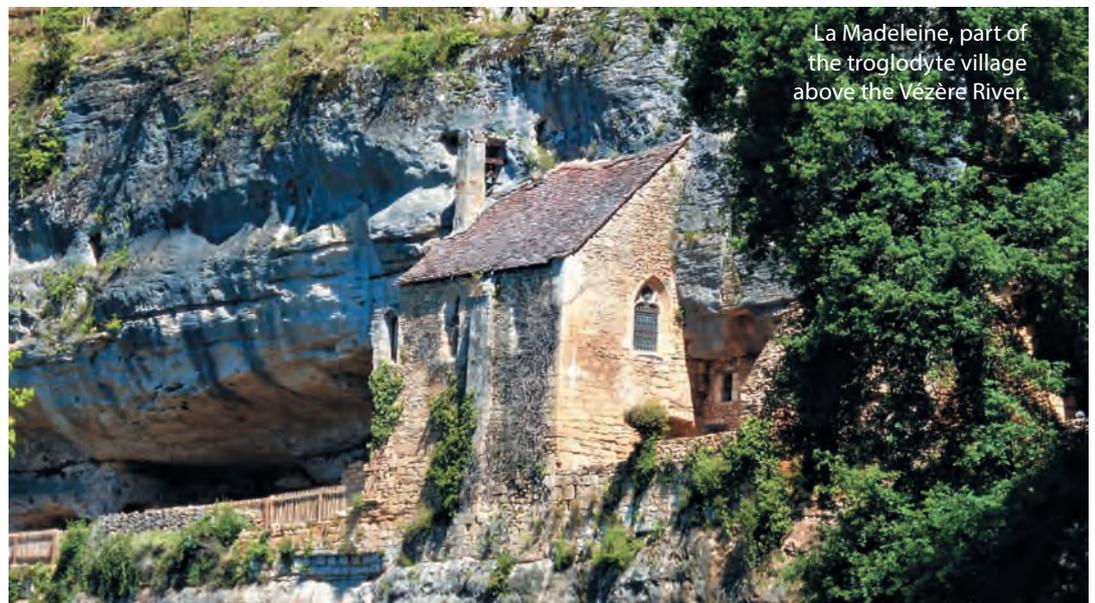
Bordeaux's mirror pool opposite the Place de la Bourse.



Canelés for sale at St Émilion.



Seasonal apricots grown in Roussillon.



La Madeleine, part of the troglodyte village above the Vézère River.

machicolation (nifty gaps used for pouring boiling oil onto invaders) are pure medieval defensive style.

Interminable feuding aside, Monbazillac is renowned for its dessert wines – by all accounts a worthy competitor to the prestigious Sauternes. Jamie Oliver enthused about the 2011 vintage, declaring “honeyed notes offset with a tinge of grapefruit and elderflower”. Well quite. We decide on a bottle of the Chateau St Christophe, and later on our patio, savour this golden nectar chilled. With a wedge of velvety foie gras and a country baguette from the Duras market, it’s a little moment of heaven.

The next day we come across Château Puyfromage, an attractive winery that’s easily spotted by its sizeable pigeonier. As outré as it might seem today, pigeons were a hot topic in the Middle Ages – not only as a delicacy, but for the droppings which made excellent fertiliser. Owning a structure of this magnitude was a seigneurial privilege – up there with a healthy

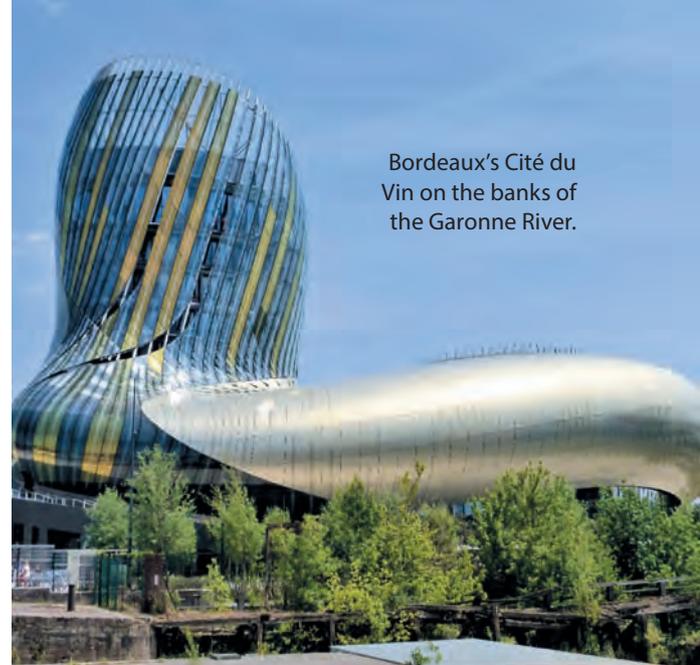
stash of Apple or Alibaba shares today. Ewa Bobet, who takes us on a tour of the estate, explains that the pigeonier would have housed around 4 000 birds. The interior is a marvel, with ancient chestnut beams, towering walls lined with 1 000 compartments or *boulins*, and an ingenious rotating ladder.

For a memorable week we roam about, sustained by regular intakes of *pain au raisin* and icy Jupiler beer. Christopher, the mohair farming brother-in-law, is in his element. On day one, he pulls over and leaps out of the car to admire a breed of taupe-coloured cattle. We lose him regularly throughout the trip, as he hives off into barns to photograph machinery or gazes intensely at pristine fields of wheat. Most gratifying are his lengthy chats with bemused Bordeaux farmers who genuinely don’t speak a word of English.

The medieval village of Issigeac is all meandering small-town charm and full-blown roses. We find a tiny café selling ice cream cones and later settle in for a beer beneath the ▷



The vineyards surrounding our gîte near Margueron.



Bordeaux's Cité du Vin on the banks of the Garonne River.



Early morning shoppers, Duras market.



Coasting down the peaceful Vézère River.

shadow of the Gothic church. At La Sauvetat du Dropt nearby, we shoot the breeze with a lovely old gent in a flat cap who's fishing off a bridge just metres from his house. In Pellegrue, a town of around 1 000 people, there's an electric car-charging station opposite the immaculate small cemetery. It's utterly peaceful and a moving memorial to countless lives lost, notably at Dunkirk. Nearby, the 12th-century church overlooks a private garden bathed in dappled summer light – a million miles from our electric-fenced city life.

Saint-Émilion proves to be a good morning out – it's hilly and beautifully maintained and a UNESCO World Heritage Site. There's definitely a touristy feel, but then viticulture's been thriving here since Roman times. Today the appellation is one of the biggest wine producing regions in Bordeaux. After several tastings and a must-do meander around the edge of the town, we round up Christopher from a nearby field and head on our way.

The in-laws are keen to give canoeing a bash, so we opt for an outing on the Vézère River, about 100km away. After getting spectacularly lost we arrive at Les Eyziez, kit up and climb into a minibus. We're dropped off 10km upstream, with a serene two-hour paddle back down. A worthwhile alternative is to canoe the Dordogne, with its stunning views of the monolithic Beynac Castle and Castelnaud. Either way, being water-bound on a still summer's day is wonderfully relaxing.

Bordeaux is our last stop – a port city of remarkable elegance and well worth a few days' exploring. Short on time we start with a few key attractions – the vast reflecting pool (brilliant), the Place des Quinconces with its effusive, overblown statuary and La Cité du Vin – a bulbous shimmering homage to an industry forever synonymous with France. It's a fitting end to a fabulous tour. Cheers! **GH**