

Market Of The Month

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WITH A MANTRA OF 'GOOD THINGS COME TO THOSE WHO EAT', FOOD AND WINE WRITER, MALU LAMBERT, IS A PASSIONATE OYSTER EATER, CHENIN DRINKER AND SHE CANNOT WAIT FOR ARTICHOKE SEASON

MARKET OF THE MONTH:

LOURENSFORD
HARVEST
MARKET

It's not often that a market is this spacious. What a pleasure it is to amble through its sprawl, admiring all the goods on sale, while discovering new things around each corner. At other markets, you'd be right to be concerned about prams rolling over your feet but, here, you can wear sandals without fear!

The day is hot, baking in the bowl of Somerset West, so, naturally, we kick off with an icy IPA from ABRU Brewing Company from the bar-slash-microbrewery inside. Sipping on our beers, we relish the cool interior and eyeball the Mad Max-esque motorbike art on display. It's also here that we find the ATM – a godsend for plastic carriers like us.

sum, wolfed down while drinking glasses of Windermere Cider, fresh from the tap. Lourensford wines are available by the glass and bottle too, and there's no shortage of tables at which to enjoy them either.

The colours and scent of spice – not to mention its exuberant host – draws us into Ghenwa's Lebanese food stand. Along with meze and the like, we love the look of layered pies, packed with goodness: from slow-roasted chicken to butternut, spinach and mince creations.

There's something for everyone here. Beautiful cakes and delicate confectionary, artisan charcuterie, pizza, bratwurst and

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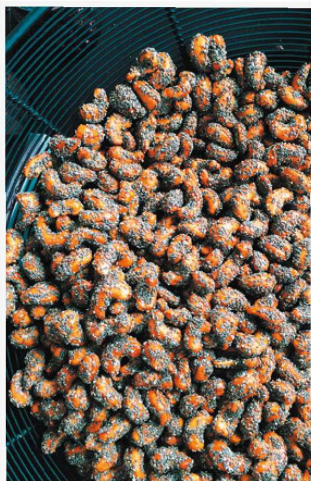
Our first stop is chocolatier Jean-Pierre Fortain's stall, where the caramelised nuts catch our eye... and our appetite. We especially enjoy the cashews coated in poppy seeds.

I've had sticky ribs on my mind since we arrived but, when we circle back to the stand where we saw them cooking, they're sold out. This starts to be a bit of a running theme – it seems popular dishes get sold out quite quickly, so rather don't think of saving anything for later. If you want it, grab it! We assuage the rib disappointment with delicious dim

slow-cooked lamb shanks. The variety is dizzying. Did I mention cheese? Say Cheese is a real find – this little stall stocks many of South Africa's award-winning cheeses.

There's not just stuff to eat or drink – jewellery and clothing stores take up residence too. There are two eclectic light shops, and even Persian carpets to peruse.

With so much to take in, it's my advice to sit back with a big glass of choice, listen to the thrum of live music and reap the harvest that's all around you.



Jean-Pierre Fortain's cashews caramelised with poppy seeds

Makes 1 serving **EASY**
15 mins

145g cashew nuts
60ml (¼ cup) sugar
15g butter
1,25ml (¼ tsp) cinnamon (optional)
100g poppy seeds

1 Heat a non-stick skillet over medium heat. Add the nuts, sugar, butter and cinnamon

and stir constantly, using a rubber, heatproof spatula, for about 5 minutes (less time if your nuts are chopped, but don't chop too small or they will burn). The nuts should be evenly coated in the melted sugar and butter.

2 Transfer the nuts to baking paper and scatter with the poppy seeds. Separate using forks. Alternatively, leave the nuts to harden together and break them apart with your fingers once cooled. The nuts and coating will harden in 5 – 7 minutes.

Lourensford Harvest Market, Lourensford Estate, Somerset West, Cape Town. Open Saturdays and Sundays from 10am – 3pm; lfhm.co.za

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