

In your hood: **Cape Town CBD**



Fyn Restaurant | 021 286 2733 | fynrestaurant.com

# It's a Fyn life

Peter Tempelhoff re-imagines fine dining for the urban foodie

WORDS: KIT HEATHCOCK ● IMAGES: BRUCE TUCK



Peter Tempelhoff's new restaurant, Fyn, on the rooftop of the historic Speakers Corner building in the CBD, is pioneering a new style of fine dining for a fast-paced city lifestyle. "Nobody in the city has the time for fine-dining tasting menus," says Peter. "We thought, let's take all the flavours of a three-hour tasting menu and do it in under two hours." He achieves this with Japanese-inspired kaiseki trays, giving each diner their own tray of three or four dishes at a time.

We start with a bento box of exquisite canapes. A tiny prawn samosa, a crunchy daikon maki roll, a gorgeous sea bass nigiri, each one incredibly detailed, delivering a tantalising mouthful of bliss. After a bread course of sesame sprinkled baguette dipped in melting bone marrow ash, our kaiseki trays of starters arrive. Each of the four dishes is a meal in miniature, an intense series of tastes: poached scallop on braised onions and subtly spiced lentil velouté, seared tuna with kelp biltong, pickled cucumber with shiso, succulent quail with glazed eel, parsnip puree and tiny squares of tea-aged pear.

Peter's love for Japanese cuisine and culture comes through in the presentation. "The minimalism of it appeals to me," he says. "It's got to balance for the eyes first, even the way the plates go on the trays has to be harmonious."

Chef Ashley Moss, previously head chef at Peter's award-winning Greenhouse in Constantia, heads up the Fyn kitchen, and is working the same culinary magic here. A superb wine list courtesy of Jennifer Hugé (previously front of house manager at La Colombe), includes wines not found anywhere else, such as Neil Ellis' Op sy Moer, a stunning smooth blend of palomino, grenache blanc and chenin blanc, of which only 380 bottles were made.

Roast guinea fowl is our main course, elegant and satisfying, with poached leeks, wood ear mushrooms and miso cream, paired with deep velvet Vriesenhof Pinotage 2009.

Lastly a kaiseki tray of three sublime desserts: blueberries and yuzu, chocolate and salted Japanese plum, and lime compressed strawberries with green tea and white chocolate, making us want to linger over every mouthful, soaking up views of Table Mountain, and paragliders around Lion's Head, before heading back out into the city bustle below.

In your hood: **Winelands**



Allée Bleue Chicnics | [bit.ly/2PA3kkf](http://bit.ly/2PA3kkf)  
Picnics at Spier | [bit.ly/2HfrOKQ](http://bit.ly/2HfrOKQ)  
Solms-Delta Picnics | [bit.ly/2RNqEzq](http://bit.ly/2RNqEzq)



# Life's a picnic

Here are the best spots to throw down a picnic blanket in the Winelands

WORDS: BELINDA MOUNTAIN ● IMAGES: SUPPLIED

It's that blissful time of year when the days are long and alfresco dining is at its best in the Western Cape. So we've rounded up our top spots in the Winelands to nibble on some delicious snacks and sip on some vino as you lounge on a picnic blanket and soak up the scenery.

**Allée Bleue**  
Surrounded by arresting Franschhoek scenery, Allée Bleue offers what they call "chicnics", chic versions of a picnic. Standard, vegetarian and children's picnics include delicious treats like a roasted beef or chickpea wrap with herbs, fresh tomato and spicy mayo, local cheeses, freshly baked breads with tapenade, farm-grown salads, and a lemon posset with chocolate mint cookie crumble.

Lounge under the shade of ancient oak trees as you savour award-winning wines and the kids play on the jungle gym, jumping castle and in the large sandpit. From January to April they also feature live music once a month from local muso Guy Feldman, who will perform well-known songs from the 60s. Bookings are essential.

**Spier**  
Spier has so much to offer those wanting an entertaining day out, but their picnics are also noteworthy. Pre-order your basket (if you like to be organised), or for the more spontaneous, you can pick and choose goodies from The Farm Kitchen once you get there. Think charcuterie and pickled gherkins, coronation chicken, smoked corn and green pepper salad, and chocolate brownies with berry compote. They've gone to great lengths to source local and sustainable ingredients, many of which are grown on their own farm.

**Solms-Delta**  
Father of two Steve Parkes says they loved their recent picnic at Solms-Delta, situated 45 minutes' drive from Cape Town in the Franschhoek Valley. "A tractor takes you to the various available venues (which the boys loved), plus most picnic spots are quite private from each other and there's a stream and dam for the kids to play in." Feast on fire-baked roosterkoek with wild rosemary butter, Camembert with pineapple chutney, beef biltong and snoek pate, and finish it all off with malva pudding and custard.