



Editor's Exclusive

CHARIS LE RICHE

The picture of health

Most people overindulge over the Easter long weekend, filling up on chocolate eggs, braais and roasts, and generally avoid exercise. It seems almost perfect then that April is also Health Awareness Month.

As the mornings and evenings get colder, most people (myself included) are finding it harder to hit the gym or to opt for a salad rather than some comfort food. But the truth is that overindulging has a negative effect on overall health. This is why I hope you'll join me as I pledge to adopt a healthier, more active lifestyle.

Charis.



What's good?

In Constantia

What? Jazzing it up at the Alphen

When and where? Every Sunday from 1pm to 3pm at Blanko Restaurant at The Alphen Boutique Hotel

Add some jazz to your Sunday at the Alphen Boutique Hotel. Enjoy a delicious lunch while getting into the swing of things with live jazz music. Sunday is also Funday for the kids, with face painting, balloon sculptures, a jumping castle, games and so much more.

More information: alphen.co.za



In V&A Waterfront

What? Heavy Chef: The Online Video Revolution



When and where? Tuesday, 17 April, from 6pm to 8.30pm at Workshop 17

Heavy Chef will be hosting Danilo Acquisto (CEO of Special Effects Media South Africa and *Afternoon Express* presenter), and Moyin Olorunfoba (the celebrated Nigerian-born, Cape Town-based vlogger), who will talk about the rapidly changing media landscape of online video.

More information: goo.gl/c53ATo

In Bot River

What? Bot River Barrels & Beards

When and Where? Saturday, 21 April, from 5pm until late at Wildekrans Wine Estate

Run with the bull this year at none other than Bot River Barrels & Beards. This year, the region's wineries have grabbed the proverbial bull by the horns and incorporated the Taurean theme in every aspect of preparations.

More information: goo.gl/sTCmhk



In your hood: **Tamboerskloof**

Publik Wine Bar | publik.co.za/wine-bar



Publik service announcement

Now in a new home, Publik punches above its weight when it comes to discovering the world of wine

WORDS: RICHARD HOLMES
IMAGES: SUPPLIED

"A wine bar for nice people." That payoff line may well be true, but it's also something of an understatement when it comes to Publik Wine Bar. Over the past five years, and now in its third incarnation, the wine bar started by David Cope has become the go-to venue in the City Bowl for discovering some of South Africa's most adventurous wineries.

Previously occupying a corner of Ash restaurant on Church Street, Publik has now moved into its own space on Kloof Nek Road, taking up the storefront once home to Asian-tapas joint Hallelujah.

It's a cosy space where the bar counter dominates. Pull up a stool or, if you're lucky, take one of the low tables against the opposite wall. The decor is sparse and the bar can get cramped when busy, but that's no real hardship as it's the kind of joint where you'll likely spend an hour over a glass, or bottle, of great wine before heading elsewhere.

As always, the focus is firmly on the wine list and David pours enormous



In your hood: **Paternoster**

Leeto | 060 927 0403 | leetopaternoster.co.za

A culinary journey

Indulge in sustainable seafood and fresh local flavour at Leeto in Paternoster

WORDS: KIT HEATHCOCK
IMAGES: SUPPLIED

Driving up the West Coast to Paternoster is a glorious escape to a simpler life of beach, fishing boats and big skies. At Garth Almazan's new restaurant, Leeto, the veranda looks out at uninterrupted vistas of fynbos reserve and long white-sand beach, with a winding path enticing you to run barefoot down to the waves. It's a blissful beach retreat attached to the Strandloper Ocean Boutique Hotel, the last building at the north end of the village, with nothing but nature beyond.

Leeto is the Khoi word for journey. For Garth and his wife Cecile, having moved from Catharina's in the Constantia Wine Valley, it's a whole new life. Garth has immersed himself in the small fishing community, moving away from the intricacy of his fine dining menus to create food that reflects the local landscapes. "My



approach is much simpler," he says. This was clear to see in the sparkling fresh angelfish tartare, bound with Japanese mayo and aried with fennel oil and a crumbed deep-fried mussel on the side. It was simple but perfectly balanced and intensely pleasurable.

Sustainable seafood is the focus at Leeto and Garth makes no compromises. If the local fishermen bring in West Coast rock lobster (a now endangered local delicacy currently on the South African Sustainable Seafood Initiative red list), you won't find it here, but when they catch the local black bream it's off the boats and onto the lunch menu within hours. Cecile goes daily to meet the catch coming into Saldanha Bay, and the short menu is designed accordingly.

We were welcomed with oysters fresh off the boat, followed by a taster of gorgeous plump mussels in a spicy Cape Malay curry sauce. Our yellowtail was beautifully presented with a luscious prawn samosa, grilled calamari, asparagus, lime butter and sprinkled with garlic flowers – absolutely delicious. Springbok loin sat sumptuously on a bed of wild mushrooms, with sweet potato purée, pickled mushrooms and tart gooseberries to offset the richness.

It was a beautiful leisurely lunch and it was hard to tear ourselves away after Garth's chocolate delight and berry terrine. Deeply satisfied and replete on the food front we craved more Paternoster peace. A long beach walk followed by a lazy evening soaking up more of the soul-soothing views was a fitting conclusion to this inspiring culinary journey.

In your hood: **CBD**

The Station on Bree | 082 423 0549 | thestation.capetown



Mind the gap

Enjoy the tastes, sights and sounds of London at The Station on Bree

WORDS: CHARIS LE RICHE • IMAGES: SUPPLIED

Located on Cape Town's hippest foodie street, The Station on Bree has become the go-to spot for First Thursdays meet-ups, Tuning the Vine or a lively Friday or Saturday meal. It was a buzzing Thursday night when we were invited to sample the menu, atmosphere and live music.

As soon as you walk in, it's hard not to notice the decor. Founder Neil Basel says the theme is "inspired by the underground stations of London itself and the colours, sights and sounds that each station has to offer." The decor features the trademark Underground seating and a station map that covers the ceiling, with the stops named after musicians. There's also a red telephone booth and even speakers in the bathroom playing the sounds of the Underground.

We were promptly shown to our table in the courtyard and were eager to see if the food lived up to the reputation of Bree Street. We were not disappointed. The menu is laid-back with the focus on simple, tasty dishes with something for everyone. Neil describes the style of cooking at The Station as "no pretensions, easy comfort food, which appeals to the palates of a wide variety of people."

We started with the London Hot Eye Beef Pan (cubed sirloin in a creamy peri-peri sauce, served with

homemade ciabatta). I'm a huge fan of spicy food and loved that the flavours came through well without completely overpowering the dish or my palate for the next course.

For mains, we decided to go international – a true reflection, I think, of the melting pot that is London. We tucked into the Cuban grilled sandwich (filled with layers of gypsy ham, cheese, chorizo and zucchini pickles, served with fries) and the Chicken Kiev (smothered in a delicious creamy Parmesan and truffle mushroom sauce). This hit the spot and was the perfect comfort food for a night out on the town.

After our meal, it was time to enjoy the Cape Town nightlife with The Station's weekly Thursday Reveal hosted by talented local musicians and internationally renowned DJ, saxophonist and percussion specialist, George Sax. Another delight is The Station's gin menu, which offers visitors the chance to craft their own G&T, layering botanical flavours with an assortment of lively flavours.

What's next for The Station? Neil tells us, "As we start heading into the change of season, we'll start introducing the traditional elements of winter in London, which is synonymous with visiting this metropolitan city – from food and drinks to entertainment."

