

Editor's exclusive

CARLA REDELINGHUYS



Fit for royalty

I think it's safe to say most of us were feeling the pinch before payday came and put us out of our misery. But just because I'm not nervously anticipating a "Declined" message on the card terminal at the Kwikspar doesn't mean that I can now go and drop cash like I'm some almost-bankrupt hip-hop star. That was one of my resolutions: frugality is the name of the game in 2020.

Luckily, though, spending like a church mouse doesn't have to equal living like one. Or eating like one. I've had the privilege of meeting and interacting with South Africa's first Michelin-star chef, Jan Hendrik van der Westhuizen, a few times (he is as lovely as he looks!) and am happy to announce that I have one of his ridiculously-easy-yet-downright-delicious recipes – to help liven up any weeknight. (Read more about the second season of Jan's show on page 3.)

Spaghetti puttanesca

Prep time 30 minutes
Serves 4 to 6

Ingredients

- 30ml olive oil
- 2 garlic cloves, finely chopped
- 10 anchovies

- about 20 capers
- 125g pitted black olives
- 5ml dried oregano
- 2 x 140g tins chopped tomatoes
- salt and freshly ground black pepper
- 1 x 500g spaghetti
- grated parmesan cheese

Here's how

1. Heat the olive oil in a large saucepan. Add the garlic, anchovies, capers, black olives and oregano and fry for a couple of minutes.
2. Add the chopped tomatoes, season with salt and pepper and let it cook uncovered for at least 20min.
3. While the sauce is cooking, cook the spaghetti according to the instructions on the back of the packet.
4. Drain the pasta and add it to the sauce. Toss it through till the pasta is covered in sauce. Serve with grated parmesan cheese.

Easy as pie. And equally perfect for a chilled weeknight meal or an impromptu mid-week get-together. Enjoy!

Carla

In your hood: Granger Bay

OZCF Market | facebook.com/OZCFarm | ozcf.co.za/market-day

Midweek madness

Summer Wednesday nights now have a fresh locally-sourced highlight as the OZCF market brings together food shopping, gourmet eats and sunset views over the bay

WORDS AND IMAGES: KIT HEATHCOCK

The Oranjezicht City Farm market at Granger Bay has long been the weekend go-to for fabulous local fresh produce and artisan food products. Now it has added a mid-week night market to Cape Town's foodie diary.

When we visited soon after opening at 4pm it was relatively quiet, meaning that early birds could shop for fresh produce and artisan goodies without much in the way of a queue.

Once the after-work crowd arrives around 6pm the vibe gets buzzier, queues form for the new bar and favourite food stalls, and music plays as shadows lengthen and the bay reflects the pinks of sunset. Lights go on, friends and family hang out, and the crowd only reluctantly drifts away after closing time at 8pm.

Market organizer Sheryl Ozinsky says, "Our customers told us that they shop

for beautiful farm-to-table veggies here on Saturday and Sunday and by Wednesday they're out. So it made logical sense to open on a Wednesday.

And Cape Town needs a beautiful night market. In summer in a venue like this, what's better than coming with your family, doing your shopping and enjoying your dinner with a bottle of wine and these beautiful views, so you don't have to cook yourself."

Suppliers of the fresh produce at the heart of the market are mostly small urban farms, who have grown with the support of selling to the OZCF every week, and now have capacity to supply the market for its three days weekly trading. "It's creating jobs, it's about sourcing the best of the best," Sheryl adds. "It's exhilarating, exhausting and exciting!"

Perched at a repurposed pallet wood table, we sampled a fantastic soft

taco with seared tuna from Franck Dangereux' Food Barn pop-up, and Flammkuchen from Piroshka's.

Another foray among the food stalls won us succulent samosas, and excellent Vietnamese stir-fried rice noodles from Yen's Kitchen.

By now the sun was almost down. While I hung onto our new-found bean-bag real estate on a platform overlooking the bay, the girls took on the arduous task of deciding on dessert, returning with Hoghouse pastéis de nata and a generous slice of carrot cake.

Go for supper and take your shopping bags along too. It's impossible to walk past the artisan food stalls and cornucopia still-life of fresh produce without discovering an urgent need for a sourdough loaf from Woodstock Bakery, some perfectly ripe mangos, the last porcini mushrooms of the season, or other food treasures.



I'd go so far as to say this is the best market in the world

BEEZY BAILEY, ARTIST, WHO VISITS EVERY WEEK FOR HIS FRESH PRODUCE

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