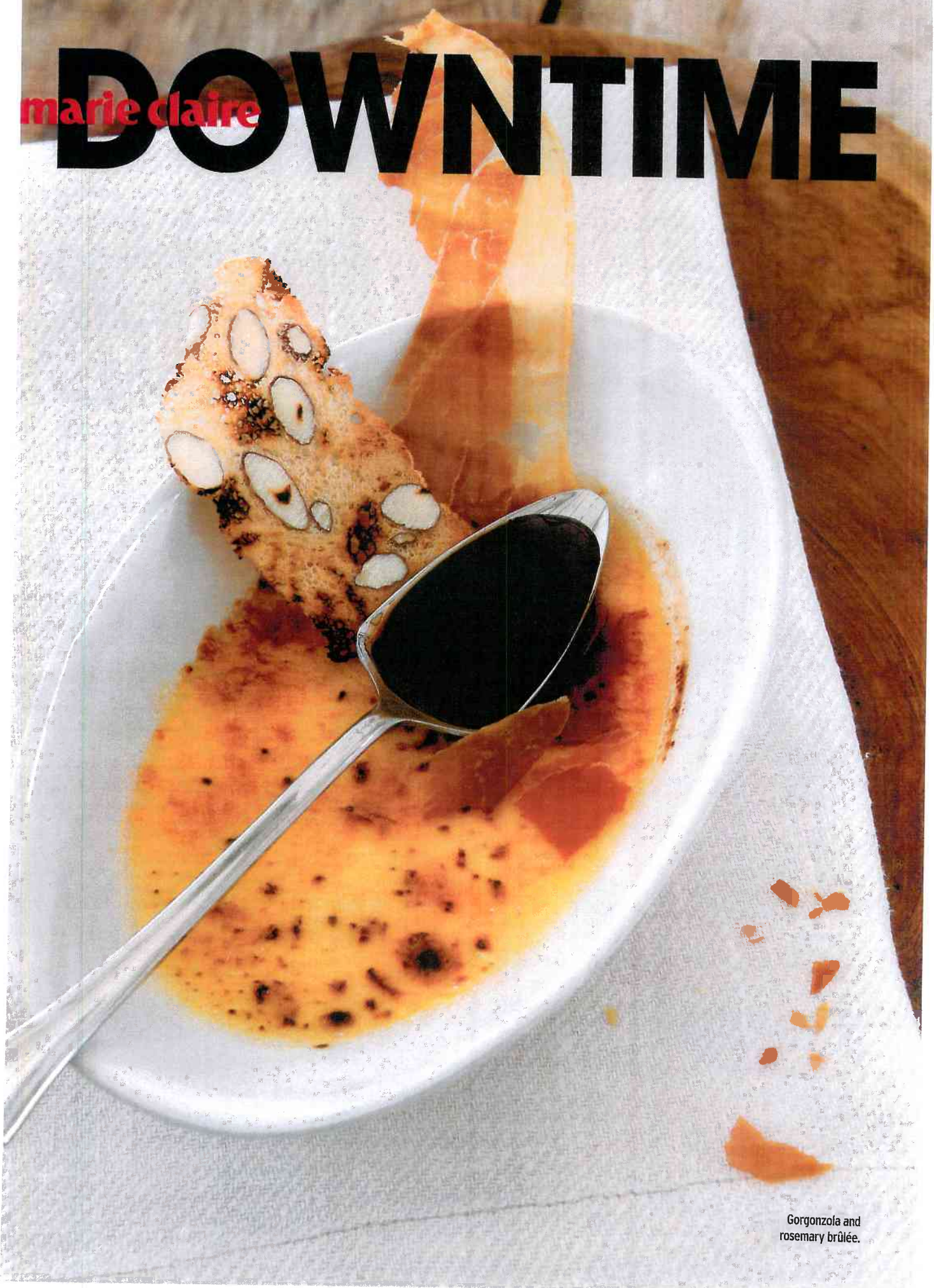


marie claire **DOWNTIME**



Gorgonzola and  
rosemary brûlée.

PRODUCTION AND STYLING: MARIE-CLAUDE THERIAULT. PHOTOGRAPHY: JONATHAN STORER. www.marieclaire.com



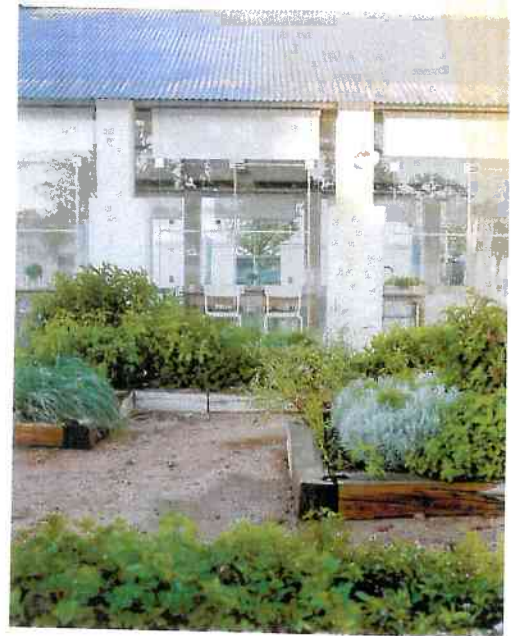
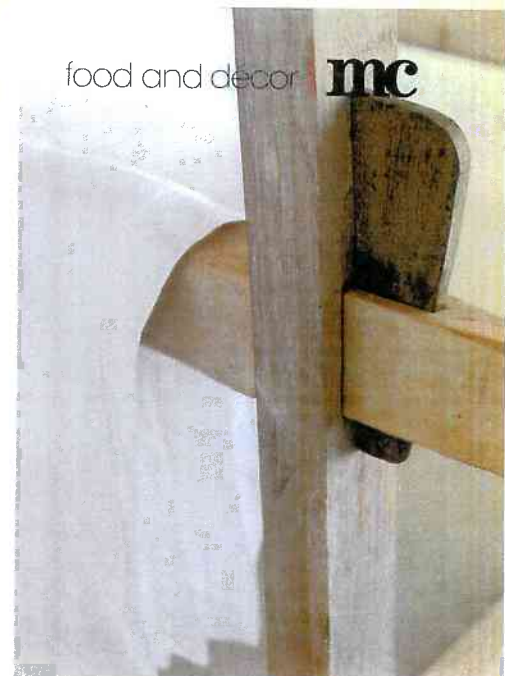


# M O O D D E R N C O U N T R Y

Production  
and styling  
Mariette Theron  
Photographs  
David Ross  
Recipes  
Chef Simone  
Rossouw  
from Babel

With the provenance of fresh produce an emerging food trend, follow Franschoek restaurant Babel's juicing tips and moreish recipes for baked pumpkin and Gorgonzola and rosemary brûlée









Babel's juice.

**FRESH FROM OUR GARDEN**  
 Our unique compilation of a simple salad with varying flavors of vegetables, fruit, fragrant herbs & subtle seasonal flowers

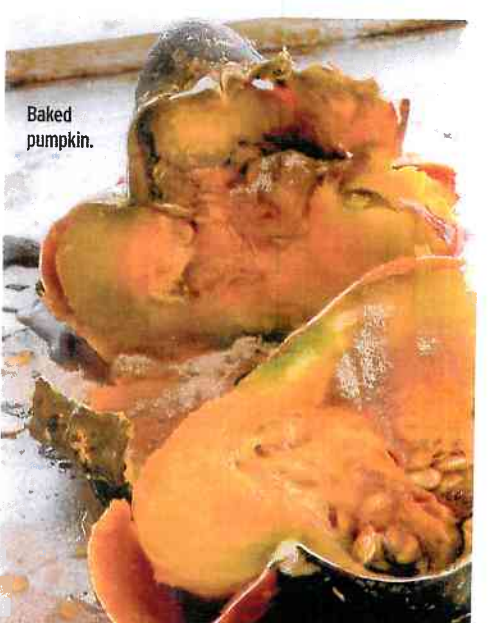
**GREEN** Salad greens, Basil, Rocket, Apple, Cucumber, Tarragon, Lemon, Pear, Grape, Spinach, Mint, Comfrey, Fresh-mint, Rain, Spiced Lapsis with Lemon Verbena, Roasted Fava & Herbust Dressing

**YELLOW** Salad greens, Rocket, Asparagus, Carrot, Nourish, Parsiapp, fresh Butternut, Apricots, Yellow bean, Roasted Pumpkin, Nectarine, Salsap, Quince & Capers & Pineapple Dressing

**RED** Salad Herbs, Bronze, Basil, Watermelon, Red Pepper & Aubergine, Beetroot, Radish, Plum, Red Cabbage, Roasted Tomato, Black Olive, Mint, Lemon, mixed Chickpea with Rosemary, served with a Strawberry & Pineapple Dressing

**If you would like to add**

- Smoked Trout \$35
- Haricop - Potatoes \$25
- Smoked Chicken \$35



Baked pumpkin.



Salmon with  
*beurre blanc* sauce.





## GORGONZOLA AND ROSEMARY BRÛLÉE

475ml cream  
150g Gorgonzola (can substitute with goat's, Brie or any similar cheese)  
Sprig of rosemary  
Salt and pepper  
3 egg yolks

- Preheat the oven to 140°C (if your oven gets very hot you can make it 125°C).
  - Melt the cream and Gorgonzola over a low heat with the sprig of rosemary and a pinch of pepper.
  - Taste and add seasoning, taking care not to add too much salt as the cheese is already salty. Strain and taste again.
  - Add the egg yolks (tempering the yolks carefully).
  - Bake in a double boiler covered with foil for approximately 20 minutes.
- Serves 3

## BABEL'S JUICE

Try these colour-coded combinations:

- **Red** Red cabbage (wash, slice and juice), beetroot (wash, remove stem and juice), grapefruit (juice by hand) and red grape (remove from stem and juice).
- **Yellow** Orange (juice by hand), ginger (wash and juice as is), paw paw (peel and juice).
- **Green** Granny Smith apple (cut and juice to order otherwise it goes brown), cucumber (juice as is), pear (juice as is) and fresh basil. Green Cavolo Nero (a variety of kale) is also great for green colour due to the chlorophyll in the leaves.

### Tips from the chef:

- Babel's juice comes mostly out of our garden. Much of the nutrition is in the peel, so we will juice the peel, rather than waste it. Do not use old produce - the fresher the better.
- Herbs add extra flavour and nutrition to your

juice (juicing extracts more flavour from the herb, like when using a pestle and mortar). Try mint with the yellow juice, malva with the green juice and purple basil with the red juice. Trial and error teaches you which flavour extracts work best with which juices. Fragile herbs are best for juicing.

- Invest in a good-quality juicer. This will ensure your juice is high quality too and prevent wastage.
- Some fruits, such as satsumas and oranges, yield more liquid when they are juiced by hand rather than with an electric juicer. Tomatoes and watermelons are better blended than juiced - a hand blender works wonders for these fruits.
- It's not always necessary to peel the vegetable or fruit, but make sure it's well washed before juicing. Not all stems are edible - if you wouldn't normally eat it, don't juice it.

## BAKED PUMPKIN

One whole pumpkin  
Salt and pepper  
Cinnamon  
Fresh rosemary, chopped  
Fresh thyme, chopped  
Honey  
Olive oil

- Preheat the oven to 180°C.
- Wash the pumpkin, cut it in half and then slice or cut into wedges (you can de-pip or, if it's a young pumpkin, you can leave the pips in).
- Sprinkle with salt, pepper, cinnamon and the chopped rosemary and thyme.
- Drizzle honey and olive oil over the slices and bake for approximately 45 minutes or until soft.
- For a gratinated look, grill until golden brown.

### Tips from the chef:

Sprinkle with toasted pumpkin seeds to garnish and feel free to play around with other herbs and spices

- nutmeg and fresh oak-smoked paprika are highly recommended. Then finish it off with a little sherry and a drizzle of balsamic vinegar.

Serves 12

## SALMON WITH BEURRE BLANC SAUCE

2 salmon sides (from one fish - ask your fish supplier to fillet it for you or buy boned fillets)  
Olive oil

1 fresh lemon wedge  
Salt and pepper

### For the *beurre blanc* sauce:

100ml white wine  
50ml white wine vinegar  
30g chopped shallot  
Sprig of thyme  
¼ bay leaf  
3 green or black peppercorns  
A dash of cream (40 to 70ml)  
250g ice-cold butter, diced

- To skin the salmon, place it skin-side up under the grill. When the skin starts forming bubbles, remove from the heat and pull the skin off.
- Place flesh-side up and drizzle with olive oil, lemon juice, salt and pepper.
- Place under the grill for 3 to 6 minutes, depending on how well you prefer it cooked.

### To make the sauce:

- Reduce the wine, vinegar, onions and herbs.
- Strain the mixture, then add the cream and reduce further.
- On a moderate heat, start adding the cold blocks of butter, slowly thickening the sauce. Take care when adding the butter: too quickly and the sauce will get too cold; too slowly and the sauce will overheat and split.
- You can experiment by adding other flavours, but make sure you don't stray from the basic principles.

### Tips from the chef:

- Sauces are something you can play with. At Babel, we add a mixture of freshly grated horseradish and crème fraîche and rub this over the fish. A mixture of fresh passion fruit and crème fraîche also works well.
  - Garnish with a few Cape gooseberries and serve with blanched green beans or peas.
- Serves 2 (with 400ml sauce)