

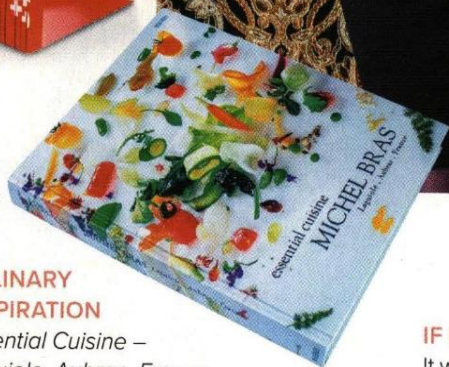


SWEET LIKE SUGAR

Hmmm... I have a bit of a sweet tooth! My naughty little indulgence is nibbling on cookies, especially when I'm doing my shopping at Woolies – I love Woolworths Food Coconut Biscuit Dippers.

I CAN'T LIVE WITHOUT...

... my beautiful and bright red "zjoorrrh machine", otherwise known as a Bamix Classic Blender. It makes the most beautiful foams for sauces.



CULINARY INSPIRATION

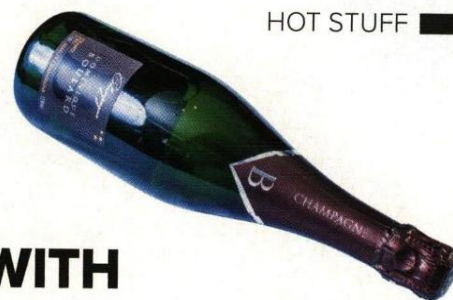
Essential Cuisine – Laguiole, Aubrac, France by Michel Bras (Rouergue). I received this cookbook as a gift from my parents when I returned from England, where I worked as a commis chef at Chez Nico (Michelin-starred Nico Ladenis's renowned restaurant at 90 Park Lane in Mayfair, London). At the time, the book featuring French chef Michel Bras's botanical cuisine was only published in Français and was very hard to come by. The publication is now 16 years old and remains one of my most treasured cookbooks.



ALWAYS BY MY SIDE?

Avocado (no salad is complete without one), white balsamic vinegar (the perfect accompaniment to the avo) and lemongrass (it's the essential ingredient to any good curry).

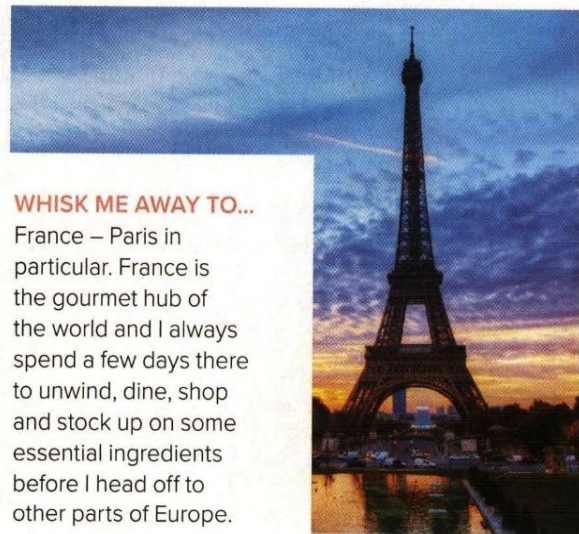
A GIRL'S BEST FRIEND...
 I truly believe that Champagne is it! Here's to bubbles...



HOT STUFF

5 MINUTES WITH Chantel Dartnall

Crowned Best Female Chef in the World at the 2017 Best Chef Awards in Poland, Chantel Dartnall is being recognised globally for her meticulous approach to modern fine dining at Restaurant Mosaic



WHISK ME AWAY TO...

France – Paris in particular. France is the gourmet hub of the world and I always spend a few days there to unwind, dine, shop and stock up on some essential ingredients before I head off to other parts of Europe.



Compiled by Hasmita Amtha. Photographs by Cindy Ellis, Fotolia and supplied