

*journeys of flavour*

# **gourmet** **guide**

**MAGAZINE**  
**SUMMER 2018**



**WIN!**

**PRIZES FROM  
CHERRY CHOUFFE,  
SEXY SOCKS,  
PIERRE JOURDAN  
AND NOMU**

**HAUTE TRAVEL  
HAUTE PROPERTY  
HAUTE PERFORMANCE  
HAUTE CUISINE  
WHEN HAUTE?  
HAUTE WINS  
HAUTE SUMMER  
HAUTE FAVOURITES  
HAUTE READS**

# A few of my favourite things



Blending passion, pride and knowledge, **MOSES MDUDUZI**, sommelier at three-plated Restaurant Mosaic, is deserving of every accolade and acknowledgment that he has received in his tenure at this iconic establishment.

#### **FOOD FRAGRANCE**

Nothing is better than smelling than the freshly baked bread in the early hours of the morning.

#### **FESTIVE DISH**

Duck with cherries, beetroot puree and cherry sauce. Chef Chantel Dartnall from Restaurant Mosaic serves this dish on her current menu, it is something out of this world.

#### **PLACE OF RELAXATION**

There's no better place to relax than at



*In every edition we will track down legendary chefs, sommeliers and service professionals to share some of their favourites. Let us know what you want to know and we will ask them!*

home on a Monday when all the kids are at school and my wife is at work – have the house all to myself!

#### **READ**

The first book will have to be a bible. I'm a Christian, my mom has thought me about the bible since I was very young. The second one is *Dead in the Water* by a South African writer Irna van Zyl.

#### **TRAVEL DESTINATION**

France, what a beautiful country. If I could I would go to France at any time – the winelands, beautiful castles and the history behind them. I just love it.

#### **TIME OF THE DAY**

Tuesday afternoon from 12, it's wine o'clock. It is our experimental day where the chef will present new dishes

and the sommeliers team presents the wines which can possibly go with the dish. We also taste new wines that are new in the cellar.

#### **QUOTE**

"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper Tigers. You can do anything you decide to do. You can act to change and control your life, and the process is its own reward," Amelia Earhart.

#### **CANNOT LIVE WITHOUT**

My children. They are the most beautiful thing that ever happened to my life.