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TASTING KITCHEN

40 WINES ACROSS THE CAPE



## ELANDSFONTEIN

Flower Powered

细语花草

## SOUTH AFRICA

Uncorking  
the Cape

南非美酒先鋒

## FRANSCHHOEK

Taking Flight

逆风高飞



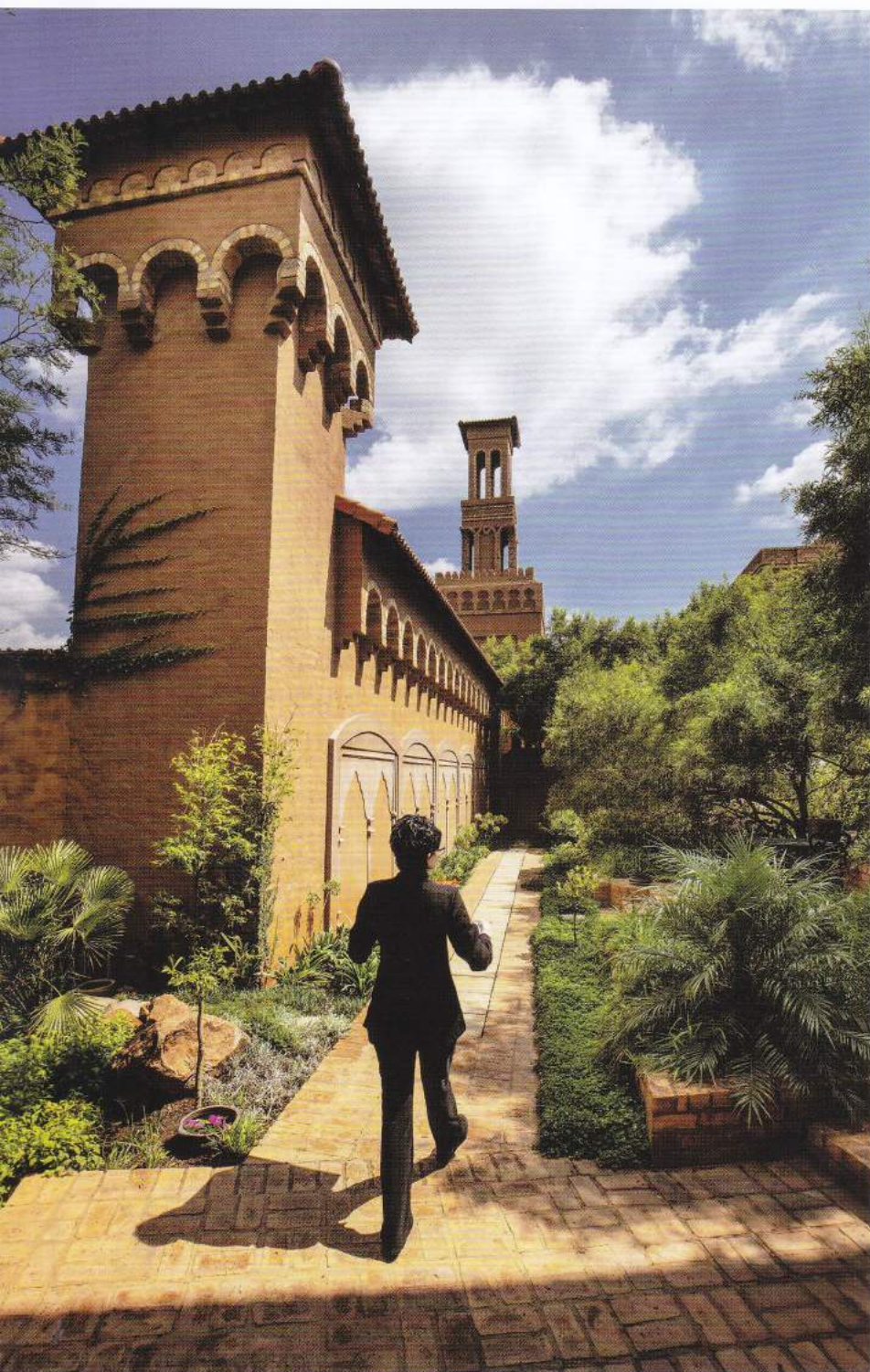




细语花草

# FLOWER POWERED

In advance of Chantel Dartnall's guest chef visit to the Park Lane Hong Kong in April, senior writer **MAMIE CHEN** and photographer **DAVID HARTUNG** explore the idyllic natural setting that inspires her award-winning cuisine.



**“THE GENERAL RULE** for harvesting flowers is to not pick everything from one bunch,” says Chantel Dartnall, chef-patron of Restaurant Mosaic, a fine-dining destination in Elandsfontein, not far from the South African capital of Pretoria. “You should leave about 90 percent on the plant. That gives it some stimulation, and the next morning you’ll have a burst of new flowers.”

The well-tended gardens from which she sources many of the flowers, herbs, and vegetables that make her dishes so enchanting are distributed across Francolin Conservancy, a protected environment her family created to preserve habitat for countless species of indigenous and endemic flora and fauna. In a never-ending attempt to outwit the opportunistic wildlife, many valued plantings are tucked away in hidden corners of the two hundred eighty hectares. “I’ve all but given up,” says Dartnall with a good-natured shrug, “but we still plant and harvest what we can.”

This morning, she focuses her attention on the area just outside the gates of The Orient hotel and its abundance of local wildflowers. In a picturesque spot between two rare *Aloe marlothii* plants that Dartnall estimates to be at least fifty years old, she kneels among the blossoms, sharing thoughts and insights while her hands flit effortlessly from bunch to bunch.

The miniature verbena, often mistaken, she says, for lemon verbena, is actually a native South African plant that leaves a sweet nectar flavor in the mouth, perfect for use in desserts. Wild garlic flowers, too pungent in their natural form for most of her recipes, become milder after marinating in a light vinaigrette of lime sugar syrup and white balsamic vinegar. Aloe blossoms cooked down into a preserve make an excellent condiment for pairing with cheese, although she prescribes removing the pollen-bearing stamens to prevent allergic reactions.

Dartnall traces her interest in edible flowers and herbs back to her adolescence,

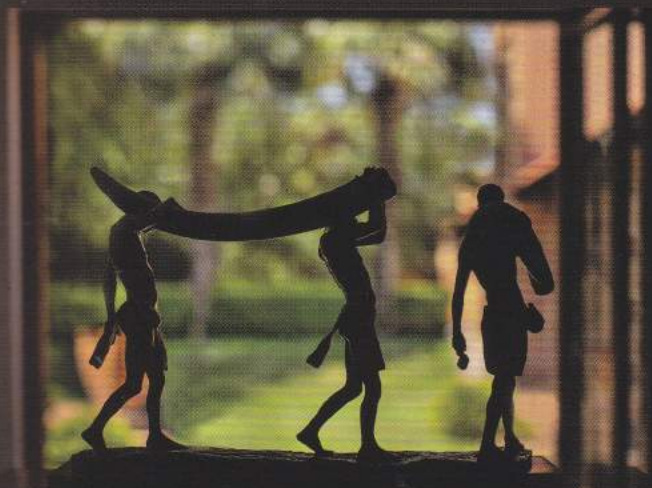


## ON THE VINE

VINE TOMATOES, AGED BALSAMIC, SWEET BASIL  
与藤共舞：带茎番茄、陈年香醋、鲜甜罗勒

We were slowly drifting down the Canal du Midi in the lazy heat of summer, coming to rest and anchoring our barge, like Hippocrates of old, under the spreading branches of a monumental old plantain tree near the small village of Les Moulins du Pont. That evening we strolled into the village square and bought some sugar-sweet Apero cherry tomatoes, prettily arranged along their central stem, to enjoy with our *jambon de Lacaune* and a bottle of Lanquedoc wine. A moment of sheer bliss, etched into our memories forever, to be returned to and savored, as if tasting the juicy sweetness on our tongues again, and again, and again.

伴着慵懒的炎夏热浪，我们顺着米迪运河的河水缓缓而下，如旧时的希波克拉底一般，将驳船停靠在蓬莱穆兰小村庄旁一株硕大的老芭蕉树荫下。那个晚上，我们信步迈入村庄广场，买了些香甜的开胃樱桃番茄。只见番茄一颗颗漂亮整齐地排列在番茄茎上，于是我们便用来搭配吕克赛火腿和朗格多克葡萄酒。如此纯粹的幸福，将永远烙印在脑海里，如今尝一口这道料理，仿佛当初口中那香甜多汁的滋味，又不断地在舌尖翻动、再翻动，令人回味无穷。



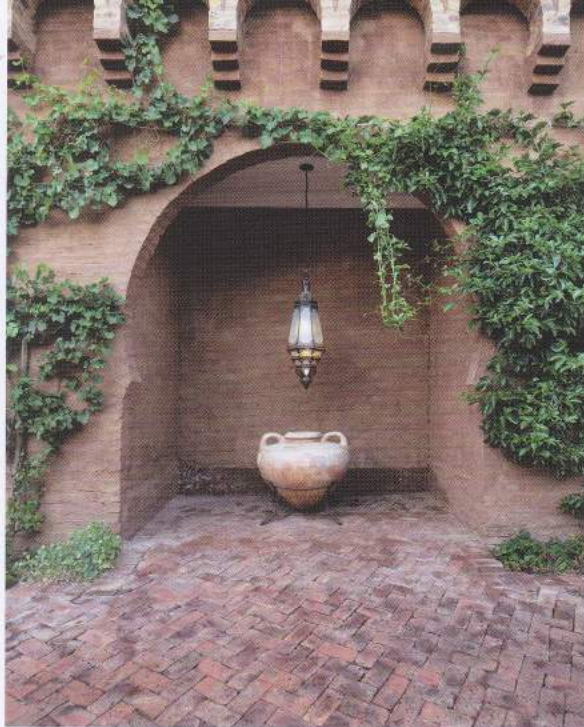


## UNDER THE VEIL

LANGOUSTINE, WHITE PEACH, HIBISCUS  
帐下天地：海螯虾、水蜜桃、木槿花

One of my earliest memories as a young toddler was my grandmother, my *ouma* Nanna, hanging out her washing, with me sitting in the linen basket amongst her fragrant bedsheets smelling faintly of lavender and her 4711 Eau de Cologne. Thinking back, it seems as if my whole adolescent life was spent in her room dressing up in her evening gowns, trying on her high-heeled shoes and putting on lipstick in front of the mirror with her favorite string of pearls adorning my small frame and hanging down to my knees. What a thrill it was during my first school holidays to pitch a make-believe tent, made from her umbrella and one of her bedsheets, on the carpet in front of her bed. We spent many an evening together in our tent, with me curled up on her lap listening to the adventures of Mowgli read by torchlight. Recalling her soothing voice and warm embrace that soon put me to sleep will forever be one of my sweetest memories. This dish is an ode to all the *umas* out there, who can create magic from a humble item to transport young minds to a world of enchantment.

小时候的回忆总有我奶奶的身影。记得我总坐在亚麻篮子中，被芬芳的床单包围，看着她将洗好的衣物挂到架上，身边不时传来薰衣草清香和她惯用的香水味。回想起来，我的少年时光似乎都在她的房间度过，我总是拿她的晚礼服、高跟鞋来穿，把玩梳妆镜前的口红，小小的身躯挂着她最爱的珍珠项链，长度及膝。第一次学校放假，我还兴奋地在她床前地毯上造了一座假帐篷，用的是她的雨伞和床单。好几个午后，我们都是在那座帐篷中度过，我蜷曲在奶奶的腿上，就着烛光，听她读毛克利的大冒险。听着她温柔的声音，在她温暖的怀抱中渐渐睡去，是我永生难忘的美好回忆。这道料理献给全天下的奶奶，颂扬她们在平淡生活中施展的魔法，让年幼的我们能在梦幻世界遨游。



「Mosaic」餐厅主厨 Chantel Dartnall 称：「采花的基本原则就是，别一次过把同一丛花摘完。」「Mosaic」是位于埃兰兹才丹的精致餐厅，就在南非首都比勒陀利亚的不远处。她继续解释称：「每次采摘应该留下九成的花草，刺激植株促进生长，这样隔天一早又是花开满丛。」

Chantel 悉心照料花园中的一草一木，并运用这里的花草、香料、蔬菜创造美味迷人的料理。她的花园广布于法兰克林保护区内，该保护区是由 Chantel 的家族所创立，旨在为无数原生种与特有种的动植物提供栖息地。在盗采者伺机而动的野生自然环境中，许多珍贵的植物被隐藏匿于占地 280 公顷的保护区中。谈及此，Chantel 耸耸肩温和地说：「我只好放弃了，不过我们仍然尽最大努力种植与采收各种花草植物。」

那天早上，Chantel 来到离南非东方酒店大门外不远的花园，此处有丰富的本地野花品种。她蹲在两株稀有的鬼切芦荟之间，推论这两株至少已生长达五十年。这里风景如画，她蹲在蔚然花海中，畅谈自己的看法与观点，同时一双巧手穿梭悠游于缤纷花丛间。

Chantel 指着一株植物说：「这是常被误认是柠檬马鞭草的小型马鞭草，其实它是一种南非原生植物，咀嚼时会在口中留下甜甜的花蜜香，十分适合用于制作甜点。」对于她大部分的料理而言，野生大蒜花味道都太过强烈，但若以含有莱姆糖浆、白酒醋的清爽油醋酱腌渍后，气味就变得温和许多。芦荟花做成的蜜饯可说是奶酪的最佳搭档，她会事先摘除带有花粉的雄蕊，避免客人食用后引起过敏。

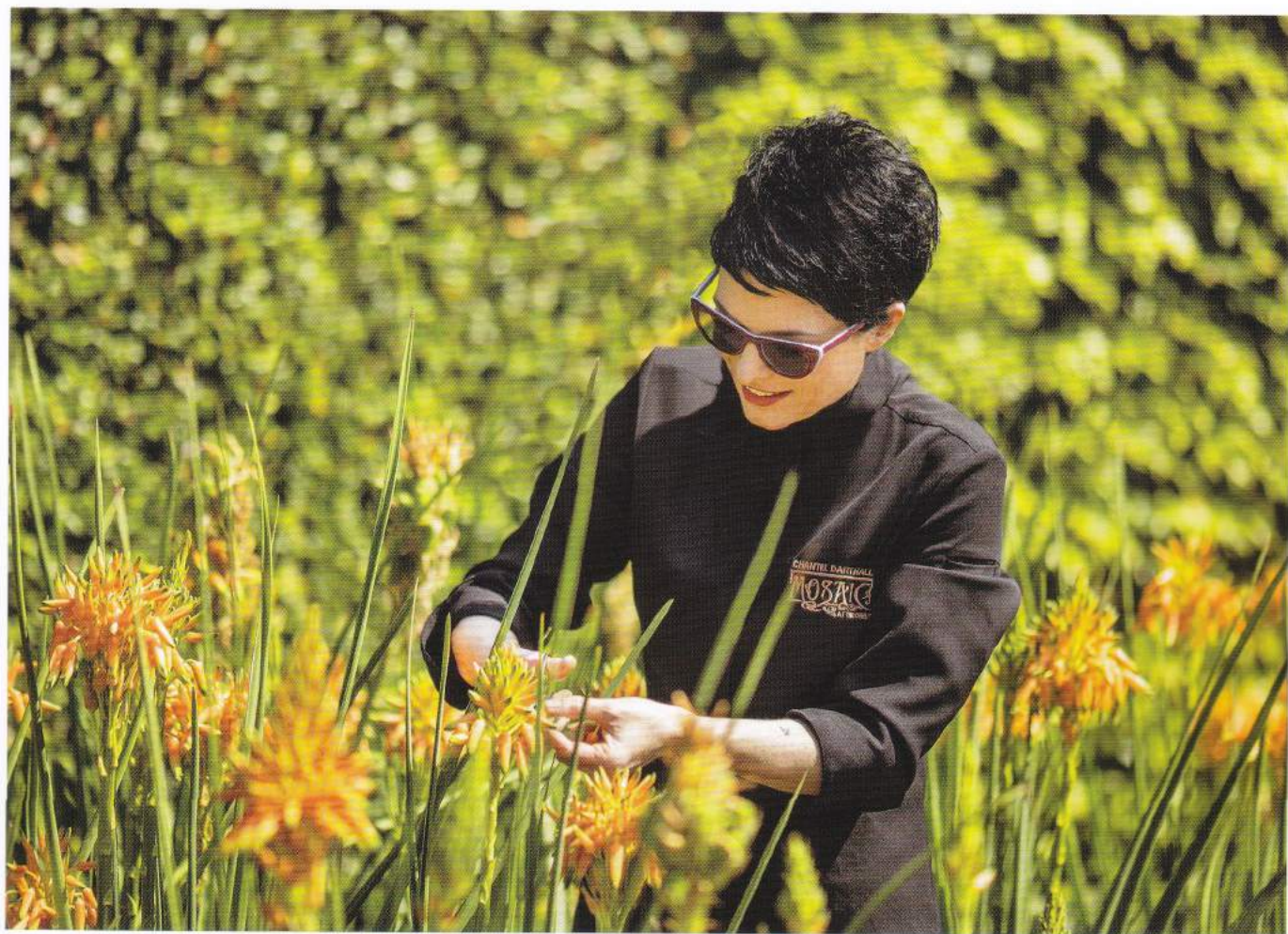
Chantel 从青少年时期起便可对可食用花草充满兴趣，当时她决定吃素，但是因为母亲不愿意为她另外准备素食餐点，她只好自行摸索让素食料理更有变化的方式。她曾经做过许多试验，比如压碎凤梨鼠尾草的叶子，赋予餐点浓烈香气，或是将凤梨鼠尾草的鲜艳红花加在料理中，增添一股柑橘薄荷的风味。她也开始研究许多植物的药性，比如使用琉璃苣花治疗青春期的红肿青春痘。

多年以后，她去到英国，在名厨 Michael Caines 的「Gidleigh Park」餐厅工作，学习更多运用花草的摆盘方式，后来她将此处所学融会贯通，形成自己独树一帜的风格，并带回「Mosaic」。她说：「当时有人形容我的摆盘方式是一种革命，那时候很少有人用花摆盘，而我就是个做任何菜都要加入花花草草的女孩。」

2009 年，Chantel 终于有机会到法国朝圣，拜访草本美食之父、传奇名厨 Michel Bras 及其餐厅「Bras」。她说：「简直是惊为天人。我那时才知道，原来只把取自于大自然的元素摆







## FROM THE FROZEN OCEAN

ARCTIC SALMON, SEAWEED, OCEAN BROTH  
极冻深海美味：北冰洋鲑鱼、海藻、海鲜汤

I have never been an early riser, but if you want to witness one of the wonders of the modern world, you'll need to set your alarm for two o'clock in the morning. That's when the Rungis International Market kicks into second gear to start trading, sending fresh produce daily around the globe long before a new dawn breaks over the majestic monuments of Paris. With a dazzling array of fresh fish landed in the harbors of Europe barely a few hours before, they promise to have your choice in your restaurant's kitchen anywhere in France before the noonday sounds. Standing transfixed amongst a sea of containers, staring unashamedly at the sheer exuberance of choices on hand, I knew I had to mimic the process with salmon, as if freshly plucked from the frozen Arctic Ocean but a few hours before, presented au naturel and in its juiciest state at your table.

我从来就不是一只早起的鸟儿，但若想一睹现代世界奇景，闹钟可得调至凌晨两点。这时候，郎吉斯国际市场已经忙碌起来，车水马龙，好不热闹。早在曙光映照巴黎雄伟的纪念碑之前，商家已将新鲜产品运送到全球各地。数小时前才抵达欧洲港口的各式鲜鱼，琳琅满目的陈列眼前。鱼贩自信地保证，不论餐厅位在法国何处，都能将所选的鱼获于正午十二声钟响前送到你的厨房。站在以容器承装的一大片海鲜中，我愣住了，并自顾自地望着目不暇给的鱼货，同时脑海想像到这样的画面：几小时前才刚从极冻的北冰洋捞起鲑鱼，下一刻就能为顾客呈上鲜嫩多汁的清蒸鲑鱼。

放在盘中是不够的，我必须改变自己的心态，让餐点更契合于自然。我仍然能保有对于花草的热爱，但是必须学习能说清楚每道菜料理方式的原因，并能解释每道料理背后的故事与灵感。]

因此，她开始重新规划，学习运用这套哲学，其后更打造出专属于她个人的料理哲学。Chantel 将第一道突破性料理命名为「赞颂 Michel Bras」，这道料理诉说她终于找到美妙灵感并带回南非的故事，并以 Michel Bras 的风格摆盘，总计采用三十七种呈现南非自然之美的花草食材。

Chantel 说：「从那次开始，我的料理运动正式展开。我所做的每道料理都有一个故事，每道料理都能诉说为何采用这些食材。」一开始，她着重于探究个别食材的特色，比如采用七种不同的胡萝卜或是十二种不同品种的番茄等等，等她累积更多信心后，便能运用美食讲述独特的经验。目前的菜单中，有一道料理呈现她孩提时期穿梭在奶奶刚洗好的床单间玩耍的经验，另一道料理则充满来自法兰克林保护区的风景与香气。还有一道菜讲述一种古老而具有永续性的非洲传统捕鱼方式，那是一个用竹制陷阱捕鱼的故事。

她提到：「厨师的工作非常忙碌，几乎没有机会能向客人解说菜单与每道餐点背后的故事，但对我而言，厨师与食客之间的连结非常重要。我希望每位客人都能明白，我们用这种方式烹调以及选在这里开设餐厅的原因。」



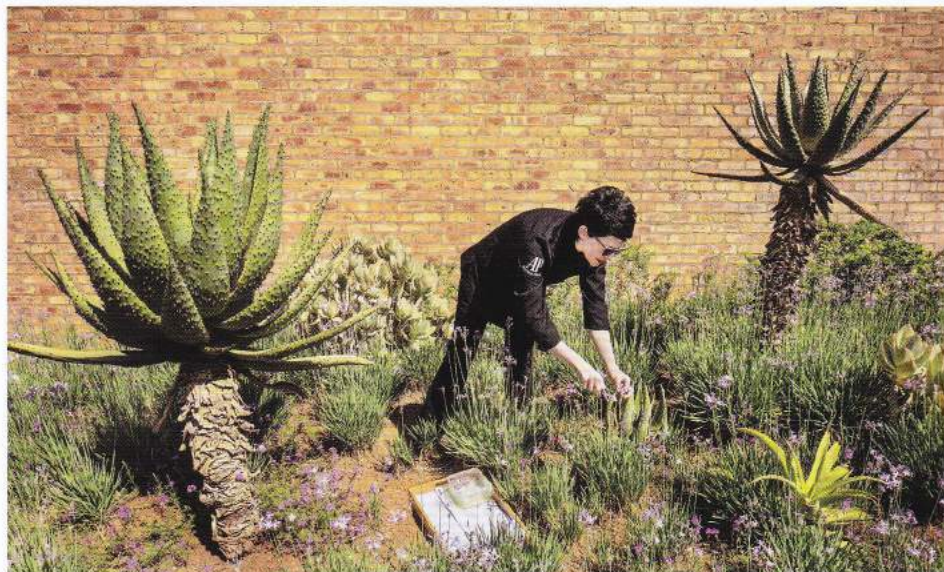
*“Back then,” she says, “my way of plating was viewed as almost revolutionary. Most people weren’t really garnishing with flowers, and there I was, this girl putting flowers everywhere.*

*当时有人形容我的摆盘方式是一种革命，那时候很少有人用花摆盘，而我就是个做任何菜都要加入花花草草的女孩。”*

when she declared herself a vegetarian. Because her mother refused to cater to her new diet, she had to find her own ways to make vegetarian food more interesting, such expedients as crushing a pineapple sage leaf to release its tangy fragrance into a dish or adding the plant’s bright red flowers for their citrus-mint flavor. She also began learning about the medicinal uses of many plants, including borage flowers for self-treatment of teenage acne flare-ups.

Years later, while working for Michael Caines at the Michelin-starred Gidleigh Park in the UK, Dartnall learned more about using herbs and flowers in a gourmet setting, an approach she would eventually incorporate into her unique style at Restaurant Mosaic. “Back then,” she says, “my way of plating was viewed as almost revolutionary. Most people weren’t really garnishing with flowers, and there I was, this girl putting flowers everywhere.”

In 2009, Dartnall finally made a pilgrimage to France to visit the father of botanical cuisine, Michel Bras, at his restaurant, Bras. “It was mind-blowing,” she says. “I realized that it wasn’t enough just to have elements from nature on the plate. I had to change my



mind-set and be more in tune with nature. I could still have a love for herbs and flowers, but I had to justify it and be able to explain the story and inspiration behind the dish.”

She was compelled to regroup and find a way to adopt this philosophy while making it her own. Her first breakthrough dish, My

Ode to Michel Bras, presented the story of finding her great inspiration and bringing it back to South Africa. The dish, plated in Michel’s style, showcased thirty-seven elements and components that reflected her local South African surroundings.

“From there, the movement truly

# FISHKRAAL

MAURITIAN SEA BASS, CITRUS VELOUTÉ, CAPERS  
盘中鱼笼：穆里西斯海鲈鱼、柑橘酱、酸豆



The first time I met Nhelo, he was standing thigh-deep in the lukewarm waters of the estuary of Kosi Bay repairing his fish traps, originally constructed by his grandfather. Each circular basket has a cunning gate made of crisscrossed sticks – easy to enter, but hard to exit. Once inside, large fish cannot escape, but small ones can squeeze between the stakes of the basket, which are tied with thick fiber stripped from the leaves of wild banana palms. Nhelo called the ones that get caught “stupid fish,” but he said it gently, as if to ask who among us has not made a stupid choice. “They could swim up the channel, but instead they come into my trap,” he said with mild amazement. My inspiration for this dish was found in the centuries-old tradition of the ancient Vatsonga people, who built traps to catch fish moving in and out of the estuary with the tide, a daily practice still continuing today.

第一次遇到 Nhelo 时，他站在戈西湾河口处，水高及腰的温热潮水中，修补着他爷爷制造的捕鱼笼。这种圆形笼子有一个诡诈的开口，以纵横交错的竹棍做成，鱼群一旦进入，便很难原路折返。换句话说，大型鱼类一进不出，但毕竟这只是使用野生香蕉棕榈树叶的厚纤维来捆绑这些竹条，小型鱼倒是可从笼子的编织隙缝钻出去。Nhelo 把这些被抓的大鱼称做「笨鱼」，但语气却很温柔，仿佛懂得世间万物总是偶尔会犯傻。他略带诧异地说：「他们本可以顺着渠道往上，却反而往我的陷阱里游。」这道料理便是受到以竹制陷阱捕鱼古老民族 Vatsonga 所启发，利用河口处的潮汐现象，让鱼顺流游入陷阱里。这种捕鱼方式已持续数个世纪，至今仍颇为常见。



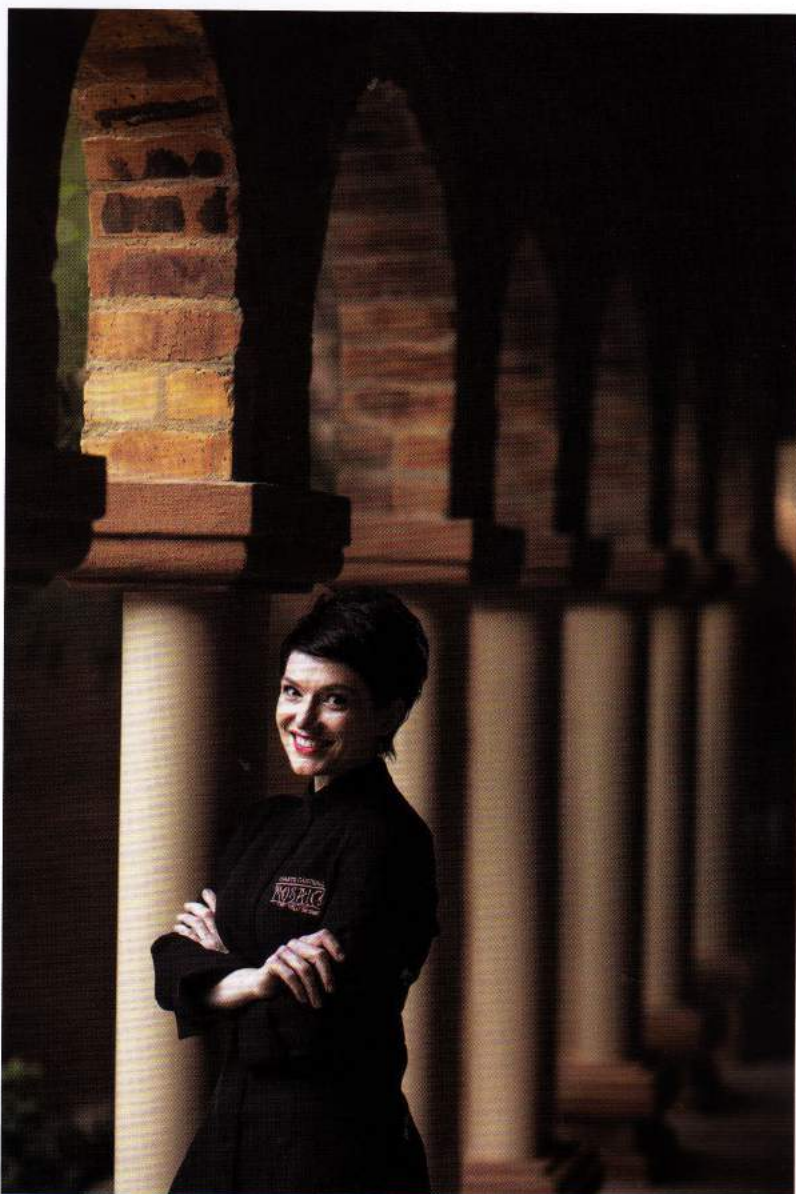
## PAVLOVA

PASSION FRUIT, VIOLET, LEMON MERINGUE

帕芙洛娃蛋糕：百香果、紫罗兰、柠檬蛋白糖霜

When we leave adolescence behind, size becomes less of an issue, and, being confronted by the subject, we will most likely put a smile on our face in place of the expected frown on our brow. It may be her petite size – and the magic surrounding her persona – that earned my mother Mari the nickname The Faerie among family members and close friends. It is with bated breath and a private chuckle that we see, time and time again and to the delight of all around the table, how, at the end of a meal at one of our favorite classic bistros in France, the largest portion of profiteroles or pavlova is placed before her, putting to shame any of the other portions served. It has become part of her enchantment and charm how she, looking no more than adolescent, can attract these monstrous portions of desserts, as if the garçon wants to favor her above all the other diners. This, then, is my ode to my Mom – our own member of the faerie folk – who makes magic wherever she goes, and whose size is not indicative of the vast power she wields.

当我们长大成人，不再那么看重体型差异时，谈到这类话题便不会眉头不展，而能莞尔一笑，侃侃而谈。也许是因为我的母亲 Mari 身形娇小，加诸她身上散发如魔法般的气质，在亲友间她有着「小仙子」的称号。在我们最爱的一家法国小酒馆里，每到餐点最后的点心时刻，所有人愉快地围着餐桌，我们屏住呼吸、带着窃笑，看着最大份的泡芙或是帕芙洛娃蛋糕，总是落在我母亲的面前，其他人的份量相形见绌。她就像是施了魔法一般，身躯那么娇小，却总是能拿到最大份的甜点，仿佛侍者独钟她一人。这道料理便是致敬那位家族中的仙子、拥有所向披靡的魔力、力量与身形不成比例的，我的母亲。




started," says Dartnall. "Each and every one of my dishes told the story of why I selected the ingredients." Early on, she focused on exploring individual ingredients – seven varieties of carrots or twelve kinds of tomatoes, for example. As she grew more confident, she began to portray experiences. Her current menu features a dish that draws on memories of playing under a tent of her grandmother's freshly laundered sheets, another that takes inspiration from sights and scents in the surrounding Francolin Conservancy, and a third that tells of ancient African traditions of sustainable fishing with bamboo traps.

"Chefs are so busy that they rarely have the opportunity to tell guests the story behind their dishes and their menus," she says. "But for me, it's important to have that connection and ensure that guests understand why I'm cooking the way I am and why we're located where we are."

She'd had enough, she says, of working in underground kitchens in the UK where she never saw a ray of sunshine during the winter. "I discussed opening a restaurant with my family, and I knew it had to be here, where I grew up. I needed that connection with nature. I want my chefs to work in an environment where they can see greenery and nature. Just imagine the energy going through their fingers into the food, the harmony they're creating on the plates and sending out to the guests.

"People ask why I don't open a second restaurant. I think Mosaic's success has to do with the energy from its surroundings. After you've visited the property, you can see why it would be impossible to capture that and recreate it anywhere else." 

Chantel 表示，在英国习艺期间，位于地下室的厨房实在让她难以忍受，尤其在冬季简直不见天日。她表示：「我跟家人商量要开设一家餐厅，而且我知道非开在此处不可，这里是我自小成长的地方。我需要与大自然有更多亲近接触，也希望我的厨师能在放眼皆是绿意盎然的自然环境中工作。试想，厨师舞动指尖，将大自然生命力揉进每道料理，每一盘美食散发浑然天成的和谐美，然后还把这份喜悦带给客人。」

Chantel 表示：「很多人问我，为什么不开第二家分店。我想，「Mosaic」的成功要归功于周遭美妙的大自然环境，只要你来过这里，就能明白这样的氛围真的不可能在别处重现。」 

蔷薇初见

# IT BEGAN WITH ROSÉ

**MOSES MAGWAZA**, sommelier at Restaurant Mosaic, trained under the renowned French sommelier Germain Lehodey. A graduate of both the Cape Wine Academy and the International Wine Center, he is completing Level 3 accreditation with the Wine & Spirit Education Trust. He has also won the Eat Out Wine Service Award two years in a row. Recently, Magwaza was interviewed by TK's Mamie Chen:

## What do you think is a sommelier's most important skill?

First of all, patience. You have to be able to understand people. Some people want something, but they don't know what they want. So you have to be very patient and ask questions to figure it out. What type of wine do they usually enjoy? Is it more on the fruit side, the sweeter side, the dry side, or the robust side? That's where I can start.

You also have to get people interested in wines by telling stories about the vineyard and how the wine is made. I could talk forever about a glass of wine. Just yesterday, there was a lady who did not want the wine pairing. But after she heard me introducing the wine to the other guests, she asked, "Why can't I have that wine?"

## How did you get interested in wine?

I was working in the garden at the time when the restaurant and hotel were just getting ready for operation. Cobus du Plessis [Chantel Dartnall's father and the restaurant's cellar master] asked me to help move his wine collection from his private cellar into Mosaic's.

I asked a lot of questions, and Cobus could see I had an interest in wine. So he started to explain it and gave me some booklets to read. Eventually, he gave me a glass of rosé to taste, as if to say, "This is what I'm talking about." I don't remember the label, because I didn't know anything about wine then. I remember it was fruity and tasty - nothing like the beer and whisky I knew. I thought to myself that I could enjoy drinking this. That's when I really started to get interested in wines.

## What ingredients do you find difficult to pair?

Tomatoes can be challenging. We're so lucky to have the chenin blanc from Domaine du Clos Naudin in our cellar. The 2003 Vouvray Demi Sec has a nice acidity and is not overpowering in sweetness, so it balances both the acidity and sweetness that you can get from tomatoes.

## How do you approach pairings at Restaurant Mosaic?

Working with Chantel is amazing. When she has a dish that's ready for pairing, she deconstructs it so we can taste the individual elements. If we find an ingredient that doesn't work with the wine, sometimes she can adjust the recipe. I don't think there are many chefs who do this. But Chantel encourages everyone to taste, taste, taste. It makes life much easier.

Of course if the ingredient is one of the main components of the dish, that's when we scratch our heads. It's fun when Cobus and each of the sommeliers brings a bottle to see which one is going to win the pairing. When you nail it, a punch in the air - yes!

[Mosaic] 的侍酒师 Moses Magwaza, 师从大名鼎鼎的法国侍酒师 Germain Lehodey, 毕业于「Cape 葡萄酒学院」和「国际葡萄酒中心」, 目前即将完成在「葡萄酒与烈酒教育基金会」的第三级认证。他更连续两年赢得「Eat Out 葡萄酒服务奖」。以下为 TK 资深作家 Mamie Chen 与 Moses 的专访内容:

## 身为侍酒师, 您认为最重要的技能是什么?

「耐心」绝对是第一优先, 还要能懂客人的心。有些人想喝某种酒, 却说不出那种酒的特征。这时候就得保持耐心, 循循善诱, 多问问题, 从他的回答中找答案。可以问他们平常喜欢喝什么酒? 是果味重的? 甜或不甜? 浓烈不浓烈? 我一般是从这个方向入手的。

讲讲庄园的故事, 或是那瓶酒的制造过程, 也是引起客人兴趣的方法。即便是一杯酒, 我都能聊一辈子。好比早前有一位女士, 起初并没有选搭餐酒。后来她听到我跟其他客人介绍这瓶酒, 她就问:「我能不能也尝一尝?」

## 您是何时开始对葡萄酒产生兴趣的?

其实餐厅与酒店刚完工, 准备开始营业时, 我是在花园工作的。有一次 Cobus du Plessis (主厨 Chantel Dartnall 的父亲, 也是餐厅的酒窖总管) 请我协助将私人收藏的酒搬运到「Mosaic」的酒窖。

过程中, 我提问许多问题, Cobus 看出我对葡萄酒的兴趣, 便开始传授知识, 并挑选一些书让我阅读。最后他递给我一杯玫瑰红葡萄酒:「这就是我跟你说过的那种酒。」那时我对酒还懵懵懂懂, 也不记得酒的品牌, 只记得尝起来果香很重、很美味, 不像我认知的任何啤酒或威士忌。当下心里就浮现一个念头:「也许我懂得品尝这款酒。」从那时起, 便对葡萄酒兴致盎然。

## 哪种食材最难与酒搭配?

番茄还满棘手的。所幸我们酒窖里藏有 du Clos Naudin 酒庄的白诗南葡萄酒。这瓶 The 2003 Vouvray Demi Sec 酸度恰到好处, 甜度也适宜, 刚好与番茄的酸甜味互补平衡。

## 如何为「Mosaic」选搭餐酒?

与主厨 Chantel 合作是极好的事情。每当有新菜式需要搭配餐酒时, 她会将所用食材一一呈现, 让我们单独品尝每一种元素。要是我们觉得其中的某样食材与酒有点不搭, 她会加以微调或置换食材。这种事可不是每位厨师都会做, Chantel 就是这么特别, 总是鼓励我们多多尝试。我们的工作也因为, 变得容易许多。

当然, 要是需要调整的食材刚好是那道料理的主角, 就有点伤脑筋了。这时候, Cobus 和其他侍酒师就会各显本领拿出推荐的酒, 评比哪款最适合, 这过程非常有趣。赢的人就能高举双手并大喊高呼:「YES!」

