

FOOD OF ORIGIN

Fyndraai fuses diverse Cape culinary traditions
derived from Africa, Asia and Europe.

Afrikaner *boerekos* (old Cape fare, influenced
by Dutch, French and German practices),
overlaps with ‘Cape Malay’ cuisine (the unique
contribution of slave cultures, mainly from
the Indonesian archipelago) and with *veldkos*
ingredients that were first enjoyed by Khoe
pastoralists – who settled here 2000 years ago –
and Bushmen hunters who have lived
here since forever.

These ingredients are now freshly picked daily
from our Dik Delta culinary garden.

STARTERS

Warm prawn and cured *snoek* terrine rolled in ★*wilde kruie*
and *kudu biltong* dust served with candied *suurlemoen*
malva crisps and tangy parsley purée.

Wine recommendation: Lekkerwijn 2013

R60

Cape Malay *roti* filled with tikka and coriander flavoured
vegetables served with *sambals*.

Wine recommendation: Koloni 2012

R60

Mussels and sweet corn veloute infused with *wilde knoffel*
and *wilde roosmaryn* served with *bakbrood*.

Wine recommendation: Koloni 2012

R60

Pickled ox-tongue served with *spekboom*, braised spring
onions, peppercorn and *boegoe* vinaigrette.

Wine recommendation: Amalie 2013

R65

Cape *bobotie* puff pastry accompanied with a mango,
coriander and *vinkel blatjang* and *paaperbites*
with *tamatie konfyet*.

Wine recommendation: Koloni 2012

R65

Smoked *Karoo* ostrich carpaccio dressed with a secret
num-num sauce and *fynbos* greens.

Wine recommendation: Amalie 2013

R70

★ see glossary

MAIN COURSES

Sautéed asparagus marinated with ★*bloublomsalie*, wild mushrooms and fresh peas accompanied with a *brandnetel* and *wilde knoffel* pesto and goats cheese croutons.

Recommended wine: Lekkerwijn 2013

R105

Traditional *Kaapse snoek* parcel basted with *Dik Delta suurlemoen* and *wilde roosmaryn blatjang*, ginger and Cape spices served with savoury basmati rice.

Recommended wine: Lekkerwijn 2013

R115

Wilde kruie crusted line fish served with creamy leak, spicy pickled *tamatie bredie* and crayfish vinaigrette.

Recommended wine: Amalie 2013

R125

Free-range roasted chicken with a *wilde kruie* rub and tempura fried prawns served on a bed of lentil, mungbean and *tamatie stoof* with *langbeen suring sous*.

Recommended wine: Amalie 2013

R135

Sticky glazed pork belly with Cape gooseberry and pickled *spekboom*, caramelized red onion and *gebotterde kapok aartappels* served with *bruinsalie* and lemon thyme sauce.

Recommended wine: Africana 2013

R145

Marinated lamb placed on *kapokbos* potato noodles, oven roasted garlic and *spinasië pap* served with crisp onion wafers and red wine jus.

Recommended wine: Africana 2013

R150

Braised venison served with *Dik Delta* potato cakes and caramelised butternut purée.

Recommended: Hiervandaan 2012

R155

Grilled chalmar beef rump topped with gorgonzola cheese served with baked potato, *soet wortels* and a *wilde kruie, brandewyn* sauce.

Recommended wine: Hiervandaan 2012

R155

★ see glossary

DESSERTS

★ *Wilde roosmaryn* flavoured pannacotta served with a sweet and sour *wilde bessie* compote and icy orange shavings.

Recommended wine: Cape Jazz Shiraz

R55

Warm *piesang malva poeding* topped with a marbled chocolate ganache served with vanilla pod ice cream.

Recommended wine: Koloni

R55

Traditional *yskastert* and frozen melon cream combined with a *ballerja* and custard mousse.

Recommended wine: Cape Jazz Shiraz

R60

Wilde kruie and *rooibostee* cheesecake served with a *wilde bessie* coulis and *sitrus boegoe* ice cream.

Recommended wine: Gemoedsrus

R60

Local cheese selection served with fruit stews, home-made *konfyt* and crispy bread wafers.

Recommended wine: Gemoedsrus

R70

★ see glossary

GLOSSARY OF TRADITIONAL CULINARY TERMS

- Bakbrood:* traditional farm-baked bread
Ballerja: wild mint
Biltong: dried, spiced meat
Bloublomsalie: blue sage
Blatjang: chutney
Bruinsalie: wild sage
Bobotie: traditional Cape Malay meat dish, baked with curry spices and egg topping
Boegoe: indigenous Khoi herb, used for both culinary and medicinal purposes
Brandewyn: brandy (literally: 'burning wine')
Brandnetel: nettles
Dik Delta: our own fynbos culinary garden
Fynbos: indigenous edible or medicinal plants, used for cooking and medicinal purposes
Gebotterde kapok aartappels: traditional mashed potatoes
Kaapse: Cape style
Kapokbos: wild rosemary
Karoo: region in Western Cape
Konfyt: jam
Kudu: wild buck, venison
Langbeen suring: Cape sorrel
Num-Num: an indigenous berry fruit
Paaperbites: popular Cape Malay snack, fried and spiced samosa pastry
Piesang malva poeding: banana infused traditional spiced pudding
Roti: flat Indian bread similar to a mexican tortilla
Rooibostee: literally 'red bush' tea, an indigenous tea
Roosterkoek: ancient Khoi bread, baked over an open fire
Sambals: Cape condiments, served as chutneys and suppliments
Sitrus boegoe: citrus-flavoured indigenous Khoi herb,
Snoek: a popular Cape fish
Soet mielies: sweet corn
Soet wortels: sweet buttered carrots
Spekboom: an indigenous medicinal leaf, also known as Elephant bush
Spinasie pap: spinach purée
Suurlemoen en wilde roosmaryn blatjang: lemon and wild rosemary chutney
Suurlemoen malva: lemon-scented pelargonium
Tamatie bredie: a South African tomato stew normally made with mutton, cooked for a very long time; seasonings include cinnamon, cardamom, ginger and cloves as well as chilli.
Tamatie konfyt: tomato jam
Tamatie stoof: tomato stew
Vinkel: indigenous fennel
Vinkel blatjang: indigenous fennel chutney
Wilde bessie: indigenous berries
Wilde knoffel: indigenous garlic
Wilde kruie: indigenous herbs
Wilde roosmaryn: indigenous rosemary
Yskastert: fridge tart