



We tried it... GRAND PROVENCE

"This estate is over 300 years old," I tell my friend as we drive over the wine tram tracks at Grande Provence. "It dates all the way back to Franschhoek's original settlers."

But while The Manor House and The Owner's Cottage maintain 18th-century architecture, The Restaurant and wine-tasting area have a modern style. With white leather chairs and sunshine streaming through the wooden ceiling, it's as if we're below deck on a luxury Mediterranean yacht.

The Restaurant opened in 2004 and recently received its fourth American Express Platinum Fine Dining Award – thanks to Darren Badenhorst, who's been its Executive Chef since 2012.

Though he describes his speciality as French haute cuisine with an Asian twist, the summer menu was inspired by childhood memories and special food moments he's experienced.

Keeping it simple, my friend goes with the waiter's recommendations: butter-poached baby cuttlefish for starters and game birds (including guinea fowl and wild pigeon) for mains. He

also orders vegetables and chips on the side. I choose tuna carpaccio and seared Franschhoek trout.

"I'm afraid your portions will be too small and dainty," he says. In a way, he's right, but I'm not complaining. "It's the French style," I explain. "You only need a few bites to savour the taste."

After our dessert – macarons for him, the chocolate platter for me – we leave our seats in the afternoon shade of a giant oak tree to admire the art gallery. One massive painting is priced at close to R500 000.

I wonder if I'll ever be able to afford such a spectacular work or use Grande Provence's onsite helipad. Perhaps, like any good summer lunch, there's no rush. – **Eugene Yiga**
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OLD BROWN SNOEK BRAAI

- 1 x West Coast snoek (or any other firm, white fish), cleaned
- Sea salt flakes
- 30ml olive oil

For the basting sauce:

- 80ml Sedgwick's Original Old Brown Sherry

TRADITION WITH A TWIST

Everyone's favourite sherry, Sedgwick's Original Old Brown – launched in 1916 – is still going strong and even adding pizzazz to the traditional snoek braai!

- 60ml apricot jam
- 100g butter
- 15ml garlic, finely chopped
- 10ml fresh ginger, finely grated
- A small handful chopped, fresh parsley

For the stuffing:

- 100g soft apricots soaked in 60ml Sedgwick's Original Old Brown Sherry
- 1 orange, sliced

- 1 Season the fish inside and out and score the skin on

- both sides. Set aside until needed.
- 2 For the basting sauce: Mix all the ingredients together in a small saucepan and simmer until the butter is melted. Set aside to cool slightly.
- 3 Baste the inside of the fish with the sauce and place the apricots and orange slices inside. Tie the fish up with string and baste the outside with the sauce. Grill over the coals until cooked and golden. Serve with grilled lemons.

COCKTAIL OF THE MONTH

SKINNY "BUILD IT"

- 25ml KVV Five Year Old
- 3 naartjie segments
- 6 mint leaves
- 12,5ml Agave syrup
- Sprite Zero

Muddle the mint leaves and naartjie segments in the base of a shaker. Add ice and the rest of the ingredients. Stir well. Pour into a tall cocktail glass, top up with Sprite Zero and garnish with a twist of lemon peel.

