

ENTERTAINING

definite advantages to having access to a restaurant!) "If you're going to do dessert, chocolate's the way," says Rosie. "I always say you shouldn't mess around with fruit and things."

Ara smiles, pouring glasses of Porcupine Ridge Syrah before sitting back and gazing out to sea. "Plett has 320 days a year of sunshine and very little wind. Isn't this just the life?"

PAN-FRIED CALAMARI SALAD

The salad is assembled in advance on individual plates and the squid is flash-fried at the last minute.

Serves 4 **EASY** 30 mins

VINAIGRETTE

50ml olive oil
10ml red wine vinegar
salt and freshly ground black pepper, to taste

SALAD

200g mixed salad leaves
8 small pineapple slices
50g cashew nuts, toasted

CALAMARI

50ml olive oil
1 garlic clove, finely chopped
5ml ginger, finely chopped
1 small chilli, seeded and finely chopped
500g baby calamari tubes, cleaned

ite and butter over a double
nd remove from the heat.

the eggs and sugar until
d fluffy, and gently fold into
colate mixture.

the mixture into the pastry
d bake for 30 minutes.

and rest. The tart will have
ibles on top.

ike the nutty foam, place
ingredients into a two-litre jug.

and blender to grind the
til fine and the mixture forms
ubbles.

op a little foam over the
ite tart, leaving the liquid
Serve with ice cream.

fushi, BoMa Bar and
Chef's Bar are at The
Upper Deck lifestyle
piazza, No 3 Strand
reet, Plettenberg Bay.
sit www.fushi.co.za or
call 044-533-6497

LEMON AND GINGER GURNARD

I love big platters of food – they work very well when you're entertaining a crowd.

Serves 4 **EASY** 40 mins

4 x gurnard or grey mullet fillets
30ml butter, melted
30ml fresh coriander leaves, chopped
30ml sesame seeds, toasted

MARINADE

juice and zest of 1 lemon
15ml honey
15ml soy sauce
15ml fresh ginger, finely chopped
2 garlic cloves, finely chopped
5 shallots, finely sliced
10ml five spice powder
10ml salt

1 Place the fish fillets in a wide ovenproof dish. Mix all the marinade ingredients and pour over the fish. Marinate for 30 minutes. Preheat the oven to 175°C.

2 Place the fish in the oven and bake for 8 minutes. Remove the dish and drizzle over the butter.

3 Gently remove the fish pieces and place them on a serving dish. Sprinkle with coriander and sesame seeds. Serve hot or at room temperature with oven-roasted vegetables.

1 garlic clove, finely chopped
5ml ginger, finely chopped
1 small chilli, seeded and finely chopped
500g baby calamari tubes, cleaned
45ml soy sauce
juice of 1 lemon
30ml salt
30ml cracked black pepper

1 Mix the vinaigrette ingredients well.

2 Arrange the salad leaves on individual plates with the pineapple and cashew nuts. Drizzle with the vinaigrette.

3 Heat a heavy-based frying pan with the olive oil and sauté the garlic, ginger and chilli. Flash-fry the calamari for 3 – 5 minutes. Add the soy sauce and lemon juice. Turn the pieces so that they cook on both sides, for a further 5 minutes. Remove and season.

4 Place 3 or 4 calamari pieces on each plate. Drizzle with the calamari

dark chocolate
200g soft butter
4 eggs
210g castor sugar

NUTTY FOAM

100g almonds
250ml warm milk
15ml castor sugar

1 Preheat the oven to 180°C.

2 For the pastry, mix the flour, salt, butter and sugar in a food processor until it resembles breadcrumbs.

Add the egg yolks and gradually add the iced water. It should come together as a soft ball.

3 Knead by hand into a smooth soft ball. Wrap in plastic wrap and place in the fridge for 45 minutes.

4 Roll out the pastry on a lightly floured surface to a 2,5cm thickness.

5 Line a greased 22cm tart dish, fitting the pastry to the base and sides, and trim the edges. Prick the base with a fork and bake blind for 15 minutes. Remove from the oven and cool.

6 To make the filling, adjust the oven temperature to 190°C. Melt the chocolate and butter over a double boiler and remove from the heat.

7 Whisk the eggs and sugar until light and fluffy, and gently fold into the chocolate mixture.

8 Pour the mixture into the pastry

3 Gently remove the fish pieces and place them on a serving dish. Sprinkle with coriander and sesame seeds. Serve hot or at room temperature with oven-roasted vegetables.

CHOCOLATE TART WITH NUTTY FOAM

I can't remember where I actually found this recipe, but I tasted something similar while travelling in Europe. The chocolate is dark and decadently good.

Serves 8 **A LITTLE EFFORT**

1 hour 50 mins

PASTRY

280g cake flour
5ml salt
140g butter
60ml castor sugar
3 extra-large egg yolks
45ml iced water

FILLING

chocola
boiler a
7 Whisl
light an
the cho
8 Pour
crust a
Remov
tiny but
9 To ma
all the i
Use a h
nuts un
frothy b
10 Sco
chocola
behind.

St
Vi