

**fu.shi**  
fusion cuisine

**BoMa**  
terrace

*Chef's bar*

## July 2008 Newsletter

**Dear Subscribers,  
Welcome to our July 2008 Newsletter.**



### Plett is perfect for the Jet-Set ...

**We heard it via telegraph...  
all the way from London !**

Writer Douglas Rogers waxes lyrical about Plett in his UK Telegraph article published recently. He believes Plett tops Cape Town as the favourite spot for the Jet-Set who want to 'soak up sun, surf and champagne cocktails'. The article is informative with fabulous tips on what to do and where to stay as well as the necessary bit of 'skinner' such

### Sunday Times selects fu.shi chef as one of Top 5 - Chef of the Year



fu.shi fusion cuisine's Exec Chef Vanie is one of the Top 5 finalists in this year's Sunday Times Chef of the Year competition. The winner will be announced on Saturday the 5th of July at the Sandton Convention Centre.

as the fact that both Joost van der Westhuizen and Bryan Habana own homes in Plett. fu.shi, BoMa, The Upper Deck Gallery, Emily Moon, Kurland Hotel, The Plettenberg, Palme and Ocean Blue are all mentioned.

So, get ready, get set and get to Plett,  
be it with or without a jet!



## WHERE, OH WHERE IS VANIE?

**fu.shi chef Vanie is also spreading her wings out and about town this July. Want to know where to find her? Then follow the clues...**

**Clue One: The world is your •••••?**

Yip! You guessed it - oyster!

Vanie will be heading to Knysna for the annual Oyster cooking competition on 9 July 2008 from 19h00 – 21h30 where she will be preparing a glamorous and mouth-watering oyster recipe. It will rock your world (or oyster)?!

**Clue Two: Who moved my •••••?**

Roquefort, Brie, Danish, Gouda, yes - cheese!

Vanie will display her creative culinary abilities during a cooking demo at the George Cheese Festival on 25 July 2008. She will also form part of the 'ready steady cook off' affair at the Festival on 26 July 2008. Can't you smell it already?

**F = fu.shi, fantastic, frivolous, fun!**

Participants have to display their creative cooking skills by creating unique dishes from secret pre-selected ingredients. Each contestant has to prepare a six-course degustation menu including paired wines and non-alcoholic beverages to complement their creations. We wish Vanie the best of luck!

[www.sundaytimesfoodshow.co.za](http://www.sundaytimesfoodshow.co.za)

## Come and experience Barrydale's finest wine at fu.shi



Joubert-Tradauw is a boutique, family-owned cellar with the focus on classic, elegant, hand-crafted wines to be enjoyed with good food (such as fu.shi!); therefore ensuring premium quality. The grapes are hand-picked; the red wines are naturally fermented, unfiltered and matured for over a year in French oak barrels from Burgundy.

Joubert-Tradauw Private Cellar has three flagship wines and a second label wine Unplugged 62.

Owner Meyer Joubert believes in little intervention in the cellar, with the emphasis on good viticulture practises and the use of traditional methods.

Pictured: Meyer & Beate Joubert.



**Join us at fu.shi as we pair good food & wine on Wednesday 16 July at 7pm**

## MENU

Prawn quiche  
Chardonnay 2001

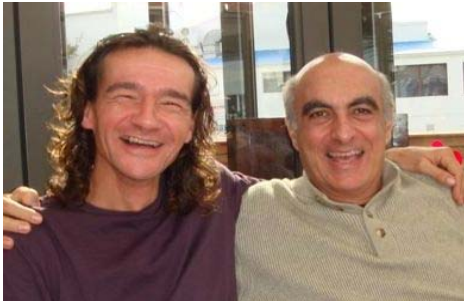
Marinated salmon spring rolls with apple &



Mark warms up for 'service'



Mark and Noelle Bolton



Pierrot McClown and Ara Manuelian

Mark Sampson had everyone in stitches at his well attended Feels Funny show at fu.shi on Saturday 14 June. "What a fantastic evening!" was the general consensus of the crowd who also enjoyed the antics of Frenchman Pierrot who opened the show. Mark lingered around on Sunday to play impromptu waiter to unsuspecting fathers enjoying a meal on Father's day!

## NEWS FLASH! NEWS FLASH! NEWS FLASH!

The fu.shi comedy festival invites you to come and be entertained by **TRACY KLASS • RIAAD MOOSA • MARK SAMPSON** back due to tremendous demand and after great success in Grahamstown  
**Friday 29 August (7pm) Riaad**  
**Saturday 30 August (1pm) Tracy**  
**Saturday 30 August (7pm) Mark**

pistachio salad and lime burre Blanc  
 Chardonnay 2006

Pan seared tuna with root vegetable bake  
 with pomegranate glaze  
 Syrah 2005

OR

Beef saltimbocca with sweet potato &  
 butternut ragout and berry jus  
 R62 (Merlot/Cab) 2004

OR

Duck confit with fried pakchoi, sweet corn &  
 parmesan risotto, 5 spiced jus  
 R62 (Merlot/Cab) 2006

Lindt 70% dark chocolate soufflé  
 with berry compote  
 Syrah 2004

R195 per person

Reservations essential Ph 044 533 6489/6497



Patrons at fu.shi's recent Iona wine pairing evening

## A bunch of Adventurous Women!

The selection workshop for The Mitsubishi Cape to Cape Expedition 2009, where a team of women from across the globe will travel through Africa and Europe to promote African tourist destinations, concluded with a fun evening of divine cuisine at fu.shi.



Executive Chef of fu.shi, Vanie Padayachee, pictured centre, is surrounded by the women who participated in the 10-day workshop. (Picture by Timothy Twidle)

R80 per person per show



Advanced booking necessary!

Phone 044 533 6489

or e-mail [reservations@fushi.co.za](mailto:reservations@fushi.co.za)

**\*Special season ticket for all 3 shows R150pp\***

fu.shi fusion cuisine, BoMa terrace, Chef's bar  
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