

fu.shi
fusion cuisine

BoMa
terrace

Chef's bar

May 2009 Newsletter

**Dear Subscribers,
Welcome to our May 2009 Newsletter.**



**Wine Pairing Evening:
Kaapzicht Wine Estate**

The Old Post Office invites you



to join us on Friday 15 May @ 7pm
for a wine pairing evening with



**Mother's Day weekend event:
Paul Zeman 8 May**

PAUL ZEMAN is back at fu.shi! We were packed out for New Years when everyone partied to this fabulous entertainer and he is back again to perform for one night only! Especially for all moms out there!



Friday the 8th of May from 7pm.
Bookings essential! Ph 044 533 6489/6497.

Pamper Your Mom on 9 May



**invites you to come and join their
celebration of Mothers day!**
as they launch the Avroy Shlain Cosmetics
Mother's Day range.



• **TASTING • MENU •**

Slow roasted vegetable & Danish feta salad
with crisp apple shavings &
pickled lime drizzle
**accompanied by a glass of
Chenin Blanc 2008**

White root vegetable soup with
truffle crème fraiche
**accompanied by a glass of
Natural Sweet Wine 2007**

Prawn quiche with baby green salad &
passion fruit dressing
**accompanied by a glass of
Sauvignon Blanc 2008**

Seared tuna with vanilla scented mash &
berry compote
**accompanied by a glass of
Bin 3 2006**

Mutton curry with Cape Malay style
savory rice
**accompanied by a glass of
Steytler Vision 2005**
Awarded 5 Star - Platter 2009

Red berry cobbler with fig & orange compote
**accompanied by a glass of
Pinotage 2006**

R195 per person

Reservations Essential
Contact 076 9536 888
or e mail linda@upper-deck.co.za



Since the bottling of their first vintage in 1984, Kaapzicht has become highly respected for their good value for money and quality range of wines, having earned a multitude of local and international

Place: The Old Post Office
Date: 9 May 2009 @ 10h00
Cost: R50 – cake and coffee included
Limited tickets available
RSVP: Contact Jenna for bookings & more
information @ 079 879 6856



Treat your mom to a skin scanner, facial, make-up demo & hand spa. All moms will receive a free gift compliments of Avroy Shlain Cosmetics and one lucky mom will win a gift hamper sponsored by Avroy Shlain's Area Manager.

Learn more about the Professional Approach @ OPO on Thu 28 May

The Old Post Office is hosting a TALK by Mignonne Weiner from THE PROFESSIONAL APPROACH on THURSDAY 28 MAY 2009 FROM 9 -11 AM to show secretaries and receptionists some winning ways towards becoming more effective and influential with the people they communicate with.



"The techniques have helped me a lot and I have improved my performance in my job" says Kim, Receptionist at Robberg Estates.

"In today's competitive and economic climate, business frontline staff like secretaries and receptionists are the key to attracting people and maintaining client loyalties. It is vital to use a positive and professional communication approach to have the marketing edge" says

awards. For 3 generations the Steytler Family has been running their 190 hectare large estate (which celebrated its 60th anniversary in 2006) in the Bottelary Hills district. Danie Steytler is the winemaker at Kaapzicht and member of the prestigious Cape Winemakers Guild.

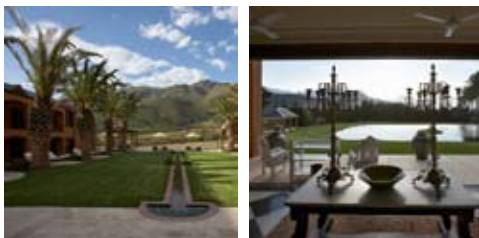
Come and meet Danie Steytler who will host the wine pairing evening on Friday 15 May. Book Now!

Top Billing loves kissing behind the mountain

"it's fun melt-in-the-mouth with a little bang" is how Tracy Lyn Chemaly swoons about fu.shi's delectable wasabi crème brûlée aka Kissing Behind the Mountain in her article titled The Gourmet Route, [Bay fusion] in the latest edition of Top Billing mag.



friends of fu.shi



La Residence

La Residence is in a class of its own. Located in the beautiful Franschoek valley, where the exquisite vineyards and mountains form a picture perfect backdrop, La Residence provides a haven of luxurious accommodation, fine dining and an all-round sensorial indulgence courtesy of owners Liz & Phil Biden.

CONTACT DETAILS:

Elandskloof Private Road, Elandskloof Farm, Franschoek

Tel: +27 (0) 21 876 4100

Fax: +27 (0)21 876 4822

info@laresidence.co.za



Mignonne Weiner, founder of The Professional Approach. Mignonne has helped hundreds of companies adopt a positive approach to earn more respect, friendliness, and co-operation from the people they interact with.

The cost for this special talk including tea/coffee and cake is only R150 per person.

Bookings are essential with Mignonne Weiner on [e mail mignonne@theprofessionalapproach.co.za](mailto:mignonne@theprofessionalapproach.co.za)

Wining & Dining

The recent Bouchard Finlayson wine pairing evening held at The Old Post Office was thoroughly enjoyed by locals and visitors.



Dermot & Fran Molloy (Anlin Beach House)



Suzanne Griffin (fu.shi/OPO) with Stoney from Bouchard Finlayson

DATES TO DIARIZE:

Friday 12 June @ The Old Post Office:
Wine pairing eve with Jordan Wine Estate

Thursday 18 June @ fu.shi:
The Salsa band all the way from Cuba
LA REBELLION is back!!!!



Ara Manuelian and Noelle Bolton
(owners of fu.shi/BoMa/Chef's,
The Old Post Office & UD Gallery)

**Plett means play for
Derek van Dam**

Popular E News weather anchor Derek van Dam (who hails from the USA) recently paid Plett a visit. Says Derek: *"it is definitely in my top 5 of this new land I now call home. It leaves you with a peace and serenity that makes heading back to the business of life easy".*



Derek van Dam and partner @ fu.shi

"I also have to mention that Plettenberg Bay serves up some of the finest culinary delights in all of South Africa. Take it from me, the sushi from fushi fusion cuisine is world class."

Top staff member @ The Old Post Office

The Old Post Office thanks



Siyasanga Nkosana

**for providing top class service
with a smile at The Old Post Office!**

Learn the Lingo

Q: What is the Japanese word for:-

Have a Recession session!

**ONLY R99!
FOR 3 COURSES PLUS
A GLASS OF WINE!**

**ONLY on Wednesday Nights!
ONLY at fu.shi!**

Pickled Ginger A:Gari
Sesame seed A: Goma
Dried sea weed in sheet form A: Kombu



fu.shi fusion cuisine, BoMa terrace, Chef's bar
The Upper Deck lifestyle centre
3 Strand Street, Plettenberg bay
Tel: 044 533 6489/6497
The Old Post Office Tel: 076 9536 888

E-mail: reservations@fushi.co.za
Website: <http://www.fushi.co.za>