

Die besten Restaurants in Südafrika - Eat out in Südafrika

Den erfahrenen Südafrika Reisenden ist bereits bekannt wie gut die Küche in Südafrika ist! In ganz Südafrika findet man viele gute bis sehr gute Restaurants, wo man sich zu erschwinglichen Preisen bei einem vielfältigen Angebot die kulinarische Vielfalt Südafrikas geniessen kann. Die Anzahl an sehr guten Restaurants nimmt stetig zu. Im Topsegment gibt es immer wieder neue Restaurants die mitmischen. Vor allem in den Weinregionen um Kapstadt gab es in den letzten Jahren viele neue tolle Restaurants, welche auf Weinfarmen eingerichtet worden sind um die Symbiose zwischen guten Weinen und gutem Essen zu propagieren. Das wird mit der hohen Anzahl von sechs Winelands Restaurants unter den Top-Ten Südafrikas bestätigt.

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Es erstaunt also nicht, dass drei Südafrikanische Restaurants auf der Top 100 San Pellegrino Restaurant Liste der Welt zu finden sind. Ruste en Vrede auf Platz 74, La Colombe auf Platz 12 und le Quartier Francais auf Platz 31.

Das „französisch“ angehauchte Franschhoek gilt mit seinen vielen Top-Restaurants seit langem als Gourmet Hauptstadt Südafrikas. Aber auch im Gebiet Stellenbosch ist die Dichte immer grösser geworden. Alle Südafrika Reisenden mit einem Gourmet Touch sollten sich deshalb vorab auf der Eat-Out Webpage www.eatout.co.za informieren, welche guten Restaurants sich an Ihrer Reiseroute befinden. Dort finden Sie aktuelle Beschreibungen von über 1000 Restaurants mit allen notwendigen Infos und Links. Speziell bei den Top Restaurants in der Hauptreisezeit Dezember bis März heisst es im Voraus eine Reservation zu tätigen.

Weiter unten finden Sie eine Liste der Top-Ten Restaurants zusammen mit den weiteren nominierten für einen [Top-Ten](#) Platz von Eat-Out für das Jahr 2011 mit zusätzlich Empfehlungen des Redakteurs. Dazu haben wir von KapWeine ebenfalls ein paar unserer persönlichen Empfehlungen mit **rot** gekennzeichnet. Man bedenke, dass eine Klassifizierung beim Essen wie auch beim Wein immer persönlichen Aspekten unterworfen ist. Zudem kommt es beim Essen, noch mehr als beim Wein, auf individuelle Vorlieben und die Tagesform der Küchencrew an und die aktuelle Qualität der Zutaten spielt oft eine tragende Rolle.

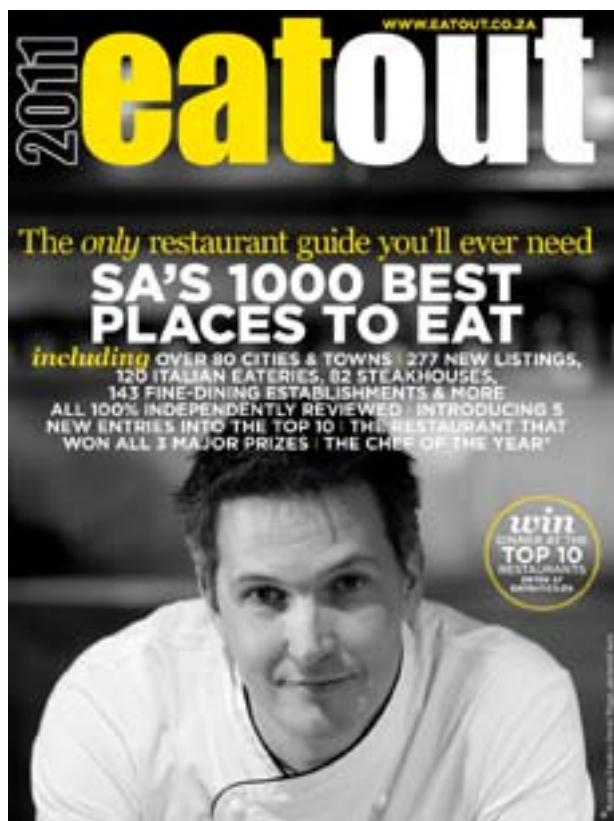
Kaufen Sie das Eat Out Magazine in Südafrika in einem Buchladen oder in einer Papeterie.



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Die Preise in den Restaurants haben in den letzten Jahren angezogen. Für eine 3 Gang Menu in den besten Restaurants gibt man heutzutage rasch einmal CHF 50.00 bis CHF 70.00 aus. Beim Wein bekommt man eine gute Flasche für ca. Fr. 50.00. Spitzenweine kosten dann rasch einmal um die CHF 80.00. Die meisten Top Restaurants bieten Tasting-Menues mit 5, 7 oder gar mehr Gängen an.. Hier erhält man einen Guten Eindruck über das Schaffen des Chefs. Optional wird oft ein „Winepairing“ (Kosten je nach Anzahl Gängen von CHF 30.00 bis 60.00). Das ist sehr abwechslungsreich und spannend. Ich persönlich habe ich bis anhin noch keine „Paarung“ gesehen, welche das Essen wirklich durchgehend ebenbürtig „matchen“ konnte – Hier gibt es also noch etwas Spielraum nach oben.



Natürlich muss man nicht die ganze Zeit auf diesem hohen Qualitätsniveau Essen. Es gibt viele gute Restaurants wo man für ein Dreigang Menu lediglich CHF 30.00 ausgibt und hervorragend essen kann!

Unerlässlich ist der Kauf des Platters Wine Guide (bei uns für ca. Fr. 25.00 in der Schweiz unter: http://www.kapweine.ch/sa_produkte/buecher.asp) oder dann direkt in Südafrika in einem Buchladen oder Papeterie. Im Platter findet man auf ca. 600 Seiten die Beschriebe zu allen Weingebieten, Weinen, Weingütern und zu vielen Unterkünften und Restaurants in den Winelands. Auf unserer Insider Wein-Tour page können Sie sich des weiteren zu Reiserouten in den Weinlands inspirieren lassen. >> <http://www.kapweine.ch/sa/insidertipps.asp>

Auch in Cape Town gibt es nach wie vor eine Vielzahl an guten Restaurants. Ob im Nahen Constantia Valley auf den Weinfarmen oder im City Center oder an der Waterfront wird man fündig. In Südafrika ist alles etwas schnelllebiger neue Restaurants gehen auf und alte schliessen etwas schneller als in unseren Breitengraden. So schliesst leider das Jardin Restaurant an der Breestreet in Cape Town auf Ende Februar 2011. Die Küche des Chefs Georges Jardin kann man jedoch weiterhin im Jardin auf dem Weingut Jordan in Stellenbosch genossen werden.



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David Higgs of Rust en Vrede, Eat Out 2010 chef and restaurant of the year



A classic dish from the kitchen at Rust en Vrede

Winelands sweep Eat Out 2010 Top Ten
09 December 2010 by Graham Howe

Six wineland restaurants won places in Eat Out's 2010 Top 10 - led by cellar-door restaurant Rust en Vrede which took top honours at the annual awards ceremony.

"When it comes to food and wine tourism, South Africa is a world leader" - David Higgs, *Eat Out 2010* chef, restaurant and service of the year, Rust en Vrede.

David Higgs of Rust en Vrede won a coveted triple crown in the *Eat Out 2010 Top 10* at the "food Oscars" awards dinner at the Westin Grand Hotel in Cape Town held on 28 November. In a rare triple-whammy, Rust en Vrede won the national titles of chef, restaurant and service excellence of the year - only three years after opening at the renowned cellar in the Helderberg. In a coup for the Stellenbosch wine route, three other cellar-door restaurants in the Cape's golden culinary triangle - Jordan with George Jardine (#3), Terroir (#6) and Overture (#9) - won places in the top ten.

Showcasing the growth of the Cape as the country's premier gastronomic destination over the last decade, six wineland restaurants won places in a major shake-up of the annual *Eat Out Top 10* awards - ranked, respectively, **Rust en Vrede (#1)**, The Tasting Room (#2 - up from #10), **Jardine's at Jordan (#3)**, Bosman's at Grande Roche (#4), **Terroir (#6)** and Overture at Hidden Valley (#9). The 2010 ratings also saw the return of three old favourites: Bosman's (#4) at Grande Roche, Aubergine (#7) in Cape Town, Roots in Krugersdorp (#8) and Hartford House in the KZ/Natal (#10) - as well as first-time finalist DW Eleven-13 (#5) - named after its address Dunkeld West).

Eat Out 2010 is almost as interesting for who didn't as who did make this year's top 10. A nomination is great but a miss is as good as a mile for the nominees who didn't make the top 10: inter alia **Reuben Riffel**, Luke Dale-Roberts (ex) **La Colombe** (*Eat Out 2009* restaurant of the year), Peter Tempelhoff of The Greenhouse (#No7 last year), and PJ Vadas of The Roundhouse (#5 last year). Watch out in 2011 for cool-hand Luke's hot new restaurant, **The Test Kitchen** - and Richard Carstens **Tokara**. Chantel Dartnall of Mosaic (#2 last year and 2009 chef of the year) did not make the 2010 top 10 - though she made the best dish (a langoustine broth) at the 2010 awards.

Restaurant awards like wine awards are inevitably a



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George Jardine at Jordan restaurant, rated



Barrel-smoked salmon, a signature dish of George Jardine at Jordan restaurant



Michael Broughton, chef-patron of Terroir at Kleine Zalze, rated



Terroir at Kleine Zalze in Stellenbosch

subjective art and no science. A different panel of judges would probably reach consensus on a different top ten. Looking at the luxury fine dining focus of *Eat Out's* Top 10 - where the average cost of a three-course meal with water, wine, coffee and tip averages around R400 - R500 (ie, a special occasion) - I can't help wondering about all the other local hot spots where everyday foodies dine - and the need to recognise all the little but consistently good restaurants which make up the core of any gourmet culture. There has been much debate in foodie circles lately about the need for awards for different categories of restaurants - say, informal, good value (under R250), cellar-door and country kitchens - or in different culinary categories: say best South African (contemporary and traditional) African, Italian, Indian, seafood, vegetarian, etc. Perhaps we are focusing too much on the chefs who play musical chairs - and not enough on the restaurant venue itself in the European tradition of excellence and consistency.

While the four judges agreed that "Fun, gutsy and real food" is in and "Fussy, fiddly and self-serious food is out", they identified the major trends toward authenticity, sustainable produce, amazing technique and closer relationships between chefs, suppliers and growers. The judges also praised a South African trend towards "hunting and foraging for food" like wild greens, herbs, shoots and roots. (One of the best-known advocates is Danish chef Rene Redzepi of Noma (meaning Nordic Food) in Copenhagen, rated number one in the *World's Best 50 Restaurants* in 2010 - and Peter Tempelhoff who serves a land and sea foraging menu at The Greenhouse.) A modern chef is also a hunter gatherer. In the words of a judge, "These days you need to have more than your own herb and vegetable garden - you need your own flock!"

Food fashions come and go but chefs and restaurants which stick to the classics have staying power. While there's always the novelty of new restaurants in *Eat Out Top 10* - like all top of the pops charts no-one wants the same boring old list year after year - fine dining restaurants with a track record longer than ten years also made the finals in 2010. Take gastronomic landmarks like Harald Bresselschmidt's Aubergine (#7) and Bosman's (#4) - enjoying a new lease of life under executive chef Roland Gorgosilich who created a superb seafood degustation menu for me at the Grande Roche recently.

The new Lannice Snyman Lifetime Achievement Award (see Margot Janse's moving tribute at www.eatout.co.za) went to Walter Ulz, a chef who has made an invaluable contribution to the culinary arts in South Africa, notching



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Jordan, A restaurant with a vineyard view

related links

- ▶ [Delaire Graff Estate](#)
- ▶ [Hidden Valley Wines](#)
- ▶ [Jordan Wine Estate](#)
- ▶ [Kleine Zalze Wines](#)
- ▶ [Rust en Vrede Wine Estate](#)
- ▶ [Tokara](#)

up 35 years of service at Linger Longer - a restaurant which celebrates its fiftieth anniversary on 1 April 2011. Accepting the award. Ulz said wryly, "We always feel a bit left out in Johannesburg". Better late than never. How many of today's winners will be around in fifty years?

Standing out among an estimated 8000 restaurants in South Africa by making *Eat Out's* 1000 Best Places to Eat - is an achievement in itself - especially when competition is "more fierce than ever". Praising "the astonishing talent" of South Africa's "food heroes", the chef-judges - editor Abigail Donnelly, Arnold Tanzer, Pete Goffe-Wood and newcomer Anna Trapido - focused on the total experience of eating out from the food to the very spirit of the restaurant - and paid tribute to the improvement of service standards in particular. Most of the top ten chefs are young South Africans - and many have worked under the world's top chefs - like Marthinus Ferreira of DW Eleven-13 who trained under Heston Blumenthal at The Fat Duck.

"The personal touch" (a direct relationship between chef and consumer) is one of the guiding principles of an enjoyable eating out experience identified by chefs. Trend-spotters will enjoy reading the bumper new 256-page magazine edition of *Eat Out 2011* which features in-depth interviews with the ten winning chefs, the judges on changing food trends, the chefs' philosophy, inspiration and mentors - and the 100-point scoring criteria. *Eat Out 2011* (at R50) and *Eat In 2011* are also now available updated online, as digital magazines and in handy new hardcover pocket guides.

David Higgs, the man who made the cover of *Eat Out 2011*, prepared the piece de resistance at the awards dinner - a meaty main of beef, sweetbread and caper sausage with a warm salad of tongue and cabbage in raisin purée. Rust en Vrede were ranked at #74 in *S Pellegrino World's 50 Best Restaurants in 2010* - ahead of legendary restaurants like the River Café (#82) and Le Gavroche (#92) in the UK - while La Colombe (then under Luke Dale-Roberts) was ranked #12 (up 26 places) and Le Quartier Francais at #31 (up 6 places). South Africa sure has culinary talent (Published by Restaurant UK, the World's Best 50 are picked by a voting academy made up of some 800 of the world's leading chefs, food critics and restaurateurs.)

I've been privileged to eat my way through the winelands as a food and wine writer and reviewer for *Eat Out* for the last seven editions (a marathon of 500 reviews). Over the last decade, *Eat Out* has played an important role in



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promoting a food culture in South Africa and distinguishing good food from the hundreds of anonymous franchises out there. The guide has made good food the subject of news headlines.

To satisfy the million dollar question of restaurant referrals I get asked time and again by the public I'm going to nominate my own personal list of top ten cellar restaurants and chefs where I dined in 2010, ranked in order of great food and wine experiences:

Graham Howe's Top 10 Cellar-Door Restaurants 2010 **Rank/Restaurant/Chef/Dish**

1. Tokara/Richard Carstens - for his inventive, brave new world cuisine like signature carpaccio of watermelon, Franco-Japanese trio of trout, and study of tomato textures.
2. Terroir/Michael Broughton - for his classic techniques, contemporary tastes and textures in a sublime dish like miso glazed linefish
3. Jordan/George Jardine - for his barrel-smoked linefish and smoky wood-fired oven dishes and country ingredients.
4. Rust en Vrede/David Higgs for showcasing locally sourced ingredients in his sublime sauces, intuitive combinations and slow-cooked/sous vide fare.
5. Delaire Graff/Christiaan Campbell - for the fresh, natural flavours of his delicate broths, seafood, salads and terrines
6. Pierneef à la Motte/Chris Erasmus - for bringing back big indigenous flavours like bokkoms, boer goat terrine, pickled ribs and skilpadjies
7. Freedom Hill/Adrian Buchanan - unpretentious country cuisine on a modern winelands menu of oxtail, pork belly and mushroom risotto.
8. Fyndraai at Solms-Delta/Shawn Schoeman - for his bold heritage menu which brings a whole spectrum of indigenous ingredients and flavours on the plate
9. Waterkloof/Gregory Czarnecki - for classic French treatment of Cape ingredients from linefish and poultry to venison.
10. The Long Table/Corli Els - for big, robust country flavour in amazing mushroom ravioli, oxtail and lamb pastilla



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