

*Cookbook extract*

# set a table!

In her latest offering, *Set a Table*, fabulously stylish Karen Dudley of The Kitchen in Cape Town (or should we say, hostess to Michelle Obama!) gives us some great options for dinner parties, from the table setting to a variety of delicious dishes.



**PORK BELLY WITH  
APPLE WINDOWS**  
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## SWEET & SOUR BRISKET WITH HORSERADISH MOUSSE

SERVES 10–12

When I first cooked brisket (boned), it was because it was all I could afford for a pot roast. I knew that the little triumvirate of onion, celery and carrot would make for great flavour, but uncovering the dish, I marvelled at the change wrought in the meat by slow cooking; how the connective tissues had dissolved into succulent gelatin! The dish was not pretty – it was ugly delicious! A wondrous rite of passage! The barbecue-y brisket that follows is easy to prepare, dependable and much prettier. For a party in our new Kitchen space, we blanch-roasted some baby turnips and added Horseradish Mousse. This brisket would make an excellent lunch with a good slaw and be heavenly with mash and creamed leeks or whole-roasted celeriac in winter.

- 3 large onions, sliced
- 4 tbsp vegetable oil
- 6 garlic cloves, peeled and halved
- 1 tsp paprika
- 2 tsp salt
- 1½ tsp garlic powder
- ¼ tsp black pepper
- 1½ tsp onion powder
- ⅛ tsp cayenne pepper (or more if you like)
- ½ tsp dried oregano
- ½ tsp dried thyme
- 3 cups beef stock
- ¼ cup tomato sauce
- ½ cup sweet chilli sauce
- 1 cup brown sugar
- 3 tbsp vinegar
- 2 tbsp Indonesian soya sauce
- 4.5 kg beef brisket (with good amounts of fat)



SWEET & SOUR BRISKET WITH HORSERADISH MOUSSE



1. Preheat the oven to 180°C. In a large, heavy-bottomed pan, sauté the onions in the vegetable oil over medium-high heat, stirring occasionally, until caramelised. Add the halved garlic cloves and sauté for 3 minutes more. Stir in the spices and seasoning and cook for 2 more minutes. Set the onion spice mixture aside.
2. In a large bowl or jug, stir together the beef stock, tomato sauce, sweet chilli sauce, brown sugar, vinegar and soya sauce. Place the brisket into a deep baking dish or casserole, just big enough



**RED CABBAGE SALAD WITH  
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so that the sauce will almost cover the meat. Spread the onion mixture on top of the brisket and pour the sauce over the whole dish. Place a sheet of baking paper cut to the size of the dish over the brisket. Cover the entire dish again tightly with foil. Bake for 1½ hours at 180°C. Then turn the oven down to 160°C and bake for a further 2½ hours undisturbed. Take the brisket out of the oven and allow to cool, still tightly wrapped in its foil. Refrigerate overnight. This step significantly improves the texture and flavour of the meat and allows for sublimely easy serving the next day!

**3.** A few hours before you wish to serve, you can remove excess fat that has solidified around the meat overnight. (Don't be too religious about this: a little fat adds value to the heated sauce.) Carefully remove the brisket to a cutting board. Purée the sauce remaining in the casserole with a hand blender. Slice the meat against the grain into 1cm slices, keeping the shape of the brisket. With a large fish slice or spatula, place the meat back into the sauce and replace the lid or foil; 40 minutes before serving, pop the dish in the oven to reheat at 180°C for 30 minutes until it is bubbling at the edges.

#### FOR THE HORSE RADISH MOUSSE

- 1 cup crème fraiche
- 1 tbsp freshly grated horseradish or 3 tsp prepared horseradish
- 1 tbsp water
- 1 tsp powdered gelatin
- ¼ tsp Tabasco sauce
- ½ tsp lemon zest
- ¼ tsp white wine vinegar
- 1 tsp English mustard
- salt to taste
- pinch of sugar (if needed)
- 2½ tbsp heavy cream



**1.** In a food processor, place ½ cup of the crème fraiche together with the horseradish and blitz for a few seconds to combine. Then add the remaining crème fraiche until well blended. Put the tablespoon of water in a small bowl or measuring jug and sprinkle over the gelatin, allowing it to bloom for 5 to 10 minutes.

**2.** Meanwhile, transfer the crème fraiche horseradish mixture to a metal mixing bowl. Add the Tabasco, lemon zest, vinegar, mustard and salt, and mix well. Add sugar, if needed.

**3.** Heat the heavy cream in your smallest saucepan over medium-low heat. As soon as it is hot, remove the pan from the heat and drop the bloomed gelatin into the hot cream.

Using a rubber spatula, stir quickly to dissolve the gelatin so that no lumps remain.

**4.** Use the spatula to scrape the cream mixture into the bowl with the horseradish crème fraiche – be careful not to leave any of the cream gelatin mix behind. Whisk until thoroughly combined. Pour the mousse into an attractive glass bowl or container, leaving a good 2cm of headspace. Cover with clingwrap and refrigerate until set – about 3 hours or up to 4 days.

**5.** Before serving, whisk the mousse briefly to fluff it up (if you like). You can serve it in a pretty glass container, as quenelles on the side of the brisket or in individual shallow glasses.

- 1 tsp crushed garlic (or garlic flakes)
- ½ tsp salt
- ½ tsp white pepper
- ½ tsp vegetable stock powder
- 1 tsp sugar
- 2 medium-large cauliflowers, cut into 1½cm- to 2cm-thick 'steaks'
- tamarind raita to serve

### FOR THE COCONUT CORIANDER RELISH

- 50g fresh coriander leaves (I like the stalks for this as well)
- 2 tsp toasted cumin seed
- 3 tbsp coconut cream
- 4 tbsp fresh coconut flakes or 4 tbsp desiccated coconut
- ½ green chilli
- 2 garlic cloves, finely grated
- 2 limes (or 2 tbsp lime juice), grated zest and juice
- salt to taste
- 2 tsp castor sugar

1. Blitz all the main ingredients together, without the cauliflower, in a food processor to make a spiced oil.

2. Prepare the Coconut Coriander Relish by combining all the ingredients.

3. Place the cauliflower steaks onto a baking paper-lined baking tray, taking care to keep them together. Brush generously with the spiced oil and roast in the oven at 200°C for 15–20 minutes. You may need to turn the 'steak' over to give it colour on the other side too.

4. To serve, spread some tamarind raita\* on a warmed serving platter and lay the steaks onto it. Spread big dollops of the relish over the cauliflower.

\*To make the tamarind raita, toast ½ a teaspoon of cumin seeds and ½ a teaspoon of mustard seeds in a pan in 1 teaspoon of vegetable oil or ghee. Add 2 pinches of asafoetida (optional). Stir together 3 tablespoons of tamarind sauce or



INDIAN SPICED CAULI STEAK WITH COCONUT CORIANDER RELISH

### INDIAN SPICED CAULI STEAK WITH COCONUT CORIANDER RELISH

SERVES 6–10

Love in the time of cauliflower! This brassica is playing a leading role in vegetable-led dishes because of its versatility and 'meatiness', especially when treated as a steak. Your vegetarian and vegan friends will love this one. The Coconut

Coriander Relish is addictive. (In fact, it strikes me that this is also a great dish for dining alone; the spoil of having something so perfect all to yourself!)

- 4 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric powder
- 1 tsp curry powder
- 1 tsp mustard seeds

tamarind chutney, 3 tablespoons of palm sugar, 2 tablespoons of finely diced red onion, 2 tablespoons of chopped coriander, 1 teaspoon of chilli powder, 1 teaspoon of ground cumin and the toasted seeds into 1 cup of full-cream yoghurt.

## **PORK BELLY WITH APPLE WINDOWS**

*SERVES 8–10*

I have an abiding fascination for cathedrals and ecclesiastical objects – candlesticks, altar rails, prayer stools and frescoes. I'm also drawn to hagiography (biographies of saints) even though I did not grow up remotely Catholic. So, for me, stained-glass windows are right up there with any of my other favourite objects of colour and light. This is how (and I know it's a push!) these translucent stewed apples came to be named. They are used to dress a truly heavenly pork belly.

- 2 large fennel bulbs with stalks and fronds, roughly sliced
- 1 tbsp fennel seeds
- 3 garlic cloves, sliced
- 2 tbsp vegetable oil
- 2kg pork belly, scored by your butcher (you could do this yourself with a Stanley knife or a sharp Opinel, but you need to be pretty committed)
- salt and white pepper to taste
- 2 tsp flaked salt per pork slab

### **FOR THE APPLE WINDOWS**

- 1½ cups sugar
- 1 cup water
- 6 cloves
- 3 small Granny Smith apples

**1.** For the best results, this recipe should begin the day before you plan to serve it. Our secret is allowing the pork belly to remain

uncovered in the fridge overnight so that the skin becomes dry, making for better crackling!

**2.** On a baking sheet (or 2) toss the fennel, fennel seeds and garlic with the vegetable oil and spread out on the baking sheet(s). Season the flesh side of the belly with salt and white pepper. Cut the belly into 12cm x 7cm slabs. Lay the slabs belly side up on top of the fennel. Think of the fennel as props for the pork, offering it to the heat of the oven. Pack the slabs quite close together but do not overcrowd the baking sheet. Leave the pork in the fridge overnight, uncovered.

**3.** Take the pork out of the fridge a good hour before you plan to roast it. Spread a generous amount of flaked salt into the cuts in the skin of the belly, especially toward the edges. You will use about 2 teaspoons on each slab. Preheat the oven to 160°C. Roast the belly for 2½ hours. You could prepare the roast up to this stage an hour or more before your guests arrive.

**4.** To make the Apple Windows, dissolve the sugar in the water together with the cloves in a small saucepan over medium-high heat, stirring constantly. Cut slices of whole apple as thin as you can, 1–2mm thick. Plop the slices into the syrup, turn it down low and allow the apples to become translucent and glossy in the syrup, about 10–15 minutes. Set aside until ready to serve. Reheat while you are slicing the pork.

**5.** When you are ready to finish and serve the dish, crank the oven up to 220°C. Roast the pork in the hot oven for 20–30 minutes until the skin is crackly, blistered and crisp.

**6.** To serve, slice each slab into 2cm slices (the scoring of the belly can be your guide), so that each person gets 2 or 3 slices of pork belly (to start!). Arrange on a warmed

platter and drape the translucent spiced Apple Windows over the pork belly, being generous with the syrup.

## **RED CABBAGE SALAD WITH CRANBERRIES & DILL**

*SERVES 8*

This does all the things a slaw should do. It combines brightness, colour and crunch in juicy friendship! This is a great salad to accompany a simple summer roast chicken and you'll need little more. Perhaps just some leaves with pickled mustard seeds or a pickled ginger dressing.

- ⅔ cup full-cream yoghurt
- ¼–½ cup red cabbage, finely sliced (about 3 cups)
- 5 celery stalks, very thinly sliced
- 3 Granny Smith apples, cored and thinly sliced
- 1 medium red onion, thinly sliced
- 40g dill, chopped
- 120g dried cranberries
- salt and black pepper to taste
- 80g walnuts, toasted and chopped

### **FOR THE DRESSING**

- 1 tbsp red onion, finely chopped
- 1 egg yolk
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- 1 tbsp cider vinegar
- ¼ tsp salt
- 160ml vegetable oil

**1.** Put all the ingredients for the dressing, minus the vegetable oil, into a food processor. Process these together and with the motor running, add the oil in a slow, steady stream. Your patience will reward you with a thick, creamy mayonnaise. Stir the yoghurt into this dressing and set aside.

2. Place the cabbage, celery, apples and onion into a large mixing bowl and add the dill, mayonnaise yoghurt dressing, cranberries, salt and some good grindings of black pepper. Mix together with your hands to distribute all the bits through the cabbage. Lift onto a serving platter and scatter with the toasted walnuts.

## SQUIDGY DATE CAKE

SERVES 8–10

This cake keeps well and is a versatile tea and pudding cake. It is wonderful with ice cream and maybe some slices of glazed ginger or with grilled or poached fruit and cream.

- a little butter
- 230g pitted dates
- 1 tsp baking soda
- 225ml very hot water
- 150g (¾ cup) sugar
- 1 large egg + ½ large egg yolk
- 1 tsp vanilla essence
- 135g flour
- 1 tsp baking powder
- ginger/vanilla ice cream for serving

### FOR THE WHISKY SAUCE

- 4 tbsp butter
- 1½ cups dark brown sugar
- 1 cup cream
- 1½ tbsp whisky

1. Preheat the oven to 180°C, and butter a deep-sided round cake tin (25cm diameter, 8cm deep). In a bowl, combine the dates and the baking soda. Pour the hot water over the dates and mix with a fork until they have mostly dissolved and are pulpy, about 5 minutes.

2. In the mixing bowl of your standing mixer, whisk the sugar, egg and egg yolk until the mixture



### NOTE:

This recipe is easily doubled if you want to serve 12 to 16 people. Be sure to use a deep cake tin (25cm diameter, 8cm deep), or a 35cm x 25cm roasting tray.

### SQUIDGY DATE CAKE

is pale yellow. Stir in the date mixture and beat well. Add the vanilla essence.

3. In another bowl, sift together the flour and baking powder. Fold the flour into the date mixture until just incorporated. Pour the batter into the prepared dish; bake until a skewer inserted in the middle comes out clean, about 35–40 minutes. Leave the cake in the pan for about 40 minutes before serving.

4. Now you can **make the whisky sauce**. In a large, heavy-bottomed saucepan, melt the butter with the brown sugar. As soon as the sugar has dissolved, gradually add the cream, pouring in a steady stream while whisking constantly. Remove from the heat and whisk in the whisky.



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5. If you want to serve this cake warm, pierce the cake all over at least 20 times with the skewer. You are creating channels for the marvellous sauce to penetrate the cake, so don't be shy! Pour the warm sauce slowly and carefully over the cake, using your skewer to open up the holes a little to facilitate the soaking process. Reserve a few tablespoons of the sauce to spoon over the sliced cake. Serve with ginger or vanilla ice cream. ❀