



Publication: The Irish World

Date: 6th November 2010

Circulation: 21,000



## SOUTH AFRICAN EATS **NORMA COSTELLO** gets a taste for the exotic at Shaka Zulu...

**S**outh Africa is perhaps better known for its wine than its cuisine, but as regional Africa restaurants take London by storm, Shaka Zulu is another quality addition.

This giant, 700-seater restaurant, in the heart of Camden, is a unique experience in North London dining. The decor is impressive, with statues of towering African warriors keeping a watchful eye over diners.

Chef Barry Vera keeps everything strictly South African, and the extensive menu shows the research involved.

Their wine list is extensive and 100 per cent South African, containing several award winning names - the champagne is also South African, and well worth the price.

We started with the region's version of beef jerky, served with a nutty dip - this is definitely an acquired taste! I loved it, my companion was a little less impressed.

Shaka Zulu has signed an exclusive contract with the Queen's Sandringham

Estate to cater their high quality meats, so game features heavily on the menu; I recommend the ostrich and spring buck.

We tried the surprisingly appetizing pickled fish served with onion, tangy and sweet, this is a real winner. The home-smoked Rooibos Salmon were up to Irish standards, while the Bobotie curry was my personal favourite, a backed mince meat curry with an egg topping served with a spicy chutney - the wonderful complement of flavours made this a definite stand-out dish.

Yes, the menu is pricey, but it is also rich in flavours, creativity, and that little something extra to make it worth the cash. The design and dimensions of this place, which you would not expect in Camden (or anywhere for that matter) can be overwhelming, the food here is well worth the exploration.

**Shaka Zulu, Stables Market, Camden, NW1 8AB, TEL: 020 3 376 9911. Visit [www.shaka-zulu.com](http://www.shaka-zulu.com)**



### Bisot prosecco comes to Harrods

With **Scribhneoir faoi Fion**

Bisot Prosecco is now displayed by Harrods in their renovated Wine Shop in the Food Hall along with four Champagnes. Moët & Chandon, Veuve Clicquot, Taittinger, Pommery.

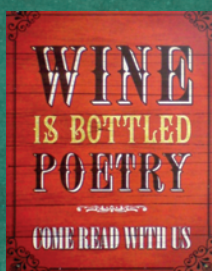
The International Food and Wine temple has chosen to substitute one of the five displays historically dedicated to Champagne in the Wine Shop with Bisot - a significant move. The Bisot labels displayed are Jeio Valdobriandene Brut, Bisot Crede Valdobriandene, Bisot Cartizze, Bisot Talento Metodo Classico Riserva 2001 and Jeio Rosé (recent Gold medal winner in France at "Le Mondial du Rosé").

"This is a crucial turning point for Bisot and for Prosecco in general," said Gianluca Bisot, Managing Director of Bisot. Harrods represents a true trendsetting capacity, with over 15 million visitors each year, and the UK is also historically champagne's main market. But over the last few years, prosecco has undoubtedly continued to gain ground on French sparkling wine.

As Harpers wrote last September, Great Britain is entering a prosecco decade, and the champagne decade coming to an end.

"Prosecco is becoming a favourite tipple among UK wine drinkers, according to the latest consumer research from Wine Intelligence," said Harpers.

"The new UK Wine Landscape Report 2010 shows that 15% of the nation's 28 million regular wine drinkers now drink Prosecco, up from 8% in 2007. Consumers say they like the drink, because it is pleasant-tasting, low cost, but has a sophisticated image," the article



reads: "Richard Halstead, chief operating officer of Wine Intelligence, said,

"If the previous ten years can be characterised as the Champagne decade, I think it's safe to say we're entering the Prosecco decade."

"Great Britain is a market that loves Prosecco and continues to reward it," explained Gianluca Bisot.

"To date, thanks to the fundamental contribution of our

importer Bibendum, Bisot has recorded an increase of 46.6% in exports to the UK compared to 2009."

Over the last 5 years, the sales of Prosecco in England have experienced truly incredible growth.

"It's not only the younger consumers that choose Prosecco, but also the middle-aged, medium-high income earners," said Gianluca Bisot.

"Prosecco's strength is in its capacity to be considered not a status symbol, but a lifestyle symbol, in that it perfectly represents a modern and informal way of life."



### Recipes from **Nevin Maguire**



This week...

#### Chocolate Fondants with Poached Cherries

These can be made well in advance as they are better if allowed to rest for a few hours before baking. Once cooked, they should be soft in the centre, but able to hold their shape. If they collapse, simply cook for a few more minutes. Any extra fondants can be frozen for up to 1 month and the poached cherries will keep for a week in the fridge.

Serves 10

For the poached cherries  
300ml (11 fl oz) red wine  
2 tbsp Kirsch (cherry brandy), optional  
500g (1lb 2oz) cherries, stones removed (use a melon baller if you have one) and stalks intact  
75g (3oz) caster sugar  
1 cinnamon stick  
½ vanilla pod

For the fondants  
200g (7oz) butter, plus a little extra for greasing  
100g (4oz) plain flour, sifted, plus a little extra for dusting  
200g (7oz) plain chocolate (minimum 70% cocoa solids), broken into small squares  
4 eggs  
4 egg yolks  
250g (9oz) caster sugar  
30 plain chocolate drops  
vanilla ice cream and sprigs of mint, to serve

To poach the cherries, place the wine in a saucepan with the kirsch, if using, sugar, cinnamon and vanilla pod and bring to the boil. Turn down the heat and simmer for 10 minutes until the flavours have combined and the liquid has slightly reduced. Add the cherries and simmer for 5 minutes until they are soft and tender but still holding their shape. Remove from the heat, stir well and allow to cool. Cover with cling film until needed. Meanwhile, grease ten 175ml (6 fl oz) dariole moulds or ramekins with a little butter and then dust with plain flour. Place in the freezer to set for at least 10 minutes.

To make the fondants, melt the butter and chocolate in a heat-proof bowl set over a saucepan of simmering water. Remove from the heat and allow to cool a little. Whisk the eggs, egg yolks and sugar in a large bowl until light and fluffy. Beat the chocolate mixture into the egg mixture, then gently fold in the flour. Pipe or spoon the chocolate mixture into the prepared moulds until each is no more than about a third full, gently tapping to remove any air bubbles. Place three chocolate drops into the centre of each mould, then add the remaining chocolate mixture until the



chocolate drops are completely covered but the dariole moulds are no more than half full. Place the moulds in the fridge for at least 15 minutes (or for up to 3 hours) until the mixture is firm but still a little sticky to the touch. Preheat the oven to 190°C (375°F), gas mark 5. Bake the fondants for 12 minutes until they are just cooked but still soft in the centre. Allow the fondants to rest for a minute or two in the moulds, then invert each one on to the middle of a plate. Spoon some of the poached cherries alongside, add a scoop of ice cream to each plate and decorate with sprigs of mint.

Recipes by award-winning chef, **Nevin Maguire** of **MacNean House & Restaurant**, taken from his latest book **'Home Chef'**. See [www.macneanrestaurant.com](http://www.macneanrestaurant.com).

