

FOOD, GLORIOUS FOOD, THE BON APPETIT CATERERS WAY

In Cape Town, summer is synonymous with food. Food for year-end functions, food for holiday get-togethers with family and friends, food for entertaining guests, and food for the little soiree on a late weekend afternoon. By Gilmore Smith.





For those of us who love food, but cannot be bothered to spend hours in the kitchen preparing it, or don't have the budget for a professional catering service, we often have to resort to ordering a platter snacks from one of the big chain stores in order to entertain our guests. Often, these ready-made platters are not quite what we'd like to treat our guests to, or might contain one item that's not quite to our liking.

This is when and why you need Bon Appetit Caterers and Co-ordinators as your partner to host the perfect event.

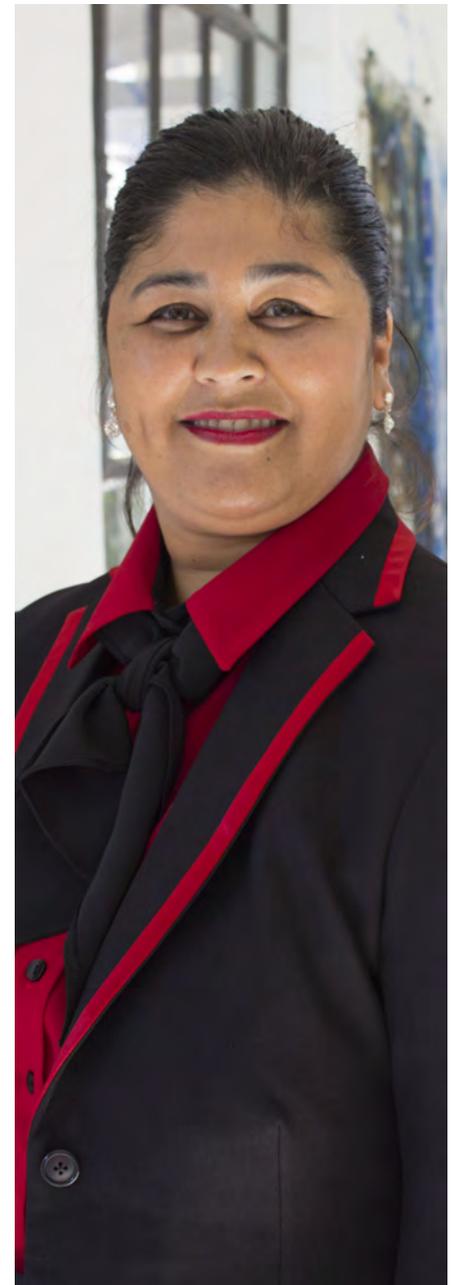
In the catering business for more than 10 years, owners Carnitah and Nazeem Levy together with their professionally

trained staff have proven themselves to be not only reliable, but also capable of catering for all types of functions of various sizes, even though they mainly cater for commercial events. Bon Appetit Caterers and Co-ordinators is the dedicated caterer for the PPC Newlands Cricket Stadium, Western Province Cricket Association, Western Province Professional Cricket, South African Rugby Union, Western Province Rugby, and the SANDF, catering for all events hosted by these organisations, as well as for a leading retail group in the Western Cape. Bon Appetit can cater for as many as 1 000 guests per event, and serving up to 5 000 meals daily all in a day's work for this efficient, friendly and dedicated team.

Strictly halaal and kosher, they're able to cater for all religions and Carnitah, a self-professed entertainer, makes the perfect hostess, allowing you to enjoy your time with your guests rather than worrying about the smooth running of your event.

Passion, love and satisfaction

Bon Appetit Caterers and Co-ordinators is built on the three pillars of passion (for their business, clients and guests), love (for food and what they do and believe in) and satisfaction derived from the gratitude of family and friends. To ensure healthy, tasty and presentable meals always, only the best quality ingredients available are used.



According to Carnitah, their winning formula is their customised approach and their commitment to consistently delivering top class service and food at affordable prices to their clients.

Apart from catering for family functions such as birthday and graduation parties, Bon Appetit Caterers and Co-ordinators also caters for corporate functions – meetings, conferences and launches. They're indeed a one-stop service provider delivering catering, cooking, serving, décor and fully-fledged function co-ordination services.

This family-owned business (each staff member is regarded as part of the family)

is quickly establishing itself as the caterer of choice when it comes to hosting a five-star event. Therefore, it is no wonder that their long-term goal is to operate nationally in the very near future.

Observing the efficient team of Bon Appetit Caterers and Co-ordinators in action, we have no doubt that they'll achieve this goal sooner than later. See page 47 for images of their recent collaboration with *Atlantic Seaboard Views* during our first fundraising effort for Little Fighters Cancer Trust, our CSI project for 2018.

To make bookings and/or to get a free quotation for your next event, contact Bon

Appetit Caterers and Co-ordinators on 021 657 2011/083 429 4645/083 573 4586 or email them on cnlevy@webmail.co.za/ carnitah.levy@gmail.com

Carnitah and Veronica, Bon Appetit's kitchen manager, and the kitchen team were kind enough to allow us into their kitchen to observe them while they were preparing the dishes featured in this issue. They have assured me that these recipes are so easy, that even I'll be able to make them – my mission for this month is to try at least one recipe per week Let us know how you did and what the response was when attempting and serving these gourmet dishes at home.

DELICIOUS NIBBLES AND BITES FOR EASY ENTERTAINING

Packed with flavour, these simple and quick to prepare snacks will give any function a touch of class and be a hit with your guests.



CANAPÉS

Very stylish and simple to prepare, canapés are delicate and can vary from bruschetta to pastry palmiers to potato rostitis. Here are our favourites:

Toasted bruschettas with various toppings

- Roast beef with onion marmalade
- Smoked chicken quenelle
- Goat cheese (Chevin) with pickled beets



CHEESEBOARDS

The easiest preparation for a party by far! Cheeseboards are perfect for snacking, providing something for everyone, even vegetarians. A cheese platter gives you carte blanche to use the fruit in season and to personalise it according to your and your guests liking.

What you need:

- Any kind of crackers
- Four different types of cheese, for example, matured cheddar, white cheddar, camembert and chevin
- Fresh strawberries (or any other berries of your choice)
- Black and green grapes
- Fig preserve
- Fresh coconut
- Cherry tomatoes
- Handful of dried fruit

To make:

- Slice bruschettas about 2cm thick
- Brush with melted garlic butter
- Toast in oven at 180°C until golden brown on both sides

Toppings:

- Frilly lettuce, roast beef and caramelised onion marmalade, garnished with onion sprouts or micro herbs
- Rocket, sliced Chevin goat cheese, pickled beet, cream cheese and micro herbs.
- Mustard smoked chicken on rocket with mayonnaise, garnished with chives



SPANAKOPITA

This little snack is of Greek origin and is equally enjoyed by everyone including vegetarians. The crisp layers of phyllo pastry and creamy filling are absolutely delicious. No need for a dipping sauce!

What you need:

- 1 box phyllo pastry
- 1 cup melted butter
- 2 cups baby or swiss chard spinach
- Béchamel sauce
- Garlic
- Feta cheese disks



CREAM CHEESE & SALMON BLINI

This American classic is simple, yet rich in flavour,

What you need:

- 1 egg
- Pinch salt
- 1 heaped tsp melted butter
- 1 cup cake flour
- 2 tsp chopped parsley
- ½ cup chopped tri-peppers (red, yellow and green)
- 1 level tsp Raja curry spice
- ¼ cup chopped spring onion
- 1 level tsp baking powder
- ½ cup milk

To make:

1. Mix all the ingredients together
2. Ensure that the batter forms a one-drop consistency
3. Heat a large frying pan over a medium heat, spray with oil and add 1 large tablespoon of the mixture per blini to the pan
4. Cook blinis until browned
5. Top with salmon flavoured cream cheese and pieces of fresh salmon, garnished with fresh dill and chives

To make:

1. Roughly chop baby or swiss chard spinach
2. Wilt in a pan with a sprinkle of water
3. Add 1 cup of thick béchamel sauce
4. Add 1 tsp garlic and 2 crumbled feta disks
5. Cut phyllo into strips of 7cm wide
6. Brush with melted butter
7. Layer 3 phyllo strips and brush each one with butter
8. Add a teaspoon of filling and fold into a triangle, ensuring the edges are closed
9. Brush with butter and bake at 180°C until golden brown