

HASMITA NAIR

Jozilicious

TO ME, the words “cooking” and “fun” have always been mutually exclusive. Words that come to mind when I think of “cooking” are “disaster”, “waste of time” and “washing up”. However, I find that I can only eat out three to four times a week before I start running out of options and would rather have something home-cooked. I enlisted the help of two cooking schools to get me started.

ANGELA DAY COOKING SCHOOL

Most Joburgers who are interested in food will be familiar with The Star’s Angela Day column – the first was written in 1964.

Since then, Angela Day has produced more than 12 best-selling cook books and grown from a recipe column to a full food feature in The Star twice a week.

Angela Day also runs a help-line service dispensing advice on household and cookery problems. Call 011 836 7181 Monday to Friday 8.30am to 12.30pm.

Part of this growth involved the establishment of a cookery school at the Lifestyle Centre in Rand Park Ridge in 1999, which offers cookery demonstrations and hands-on cooking classes.

Monthly sold-out cookery demonstrations are presented on a variety of topics such as bread baking, cooking with mangos, food and beer pairing or baking for Easter. The most popular hands-on classes are currently Italian cooking and a course called “Cook Like A Chef” for novice cooks.

Being a fan of Italian food, I enrolled in a pasta-making class along with about 15 other people, all strangers, taught by Brigitte Tomma who studied gastronomic science in Italy and travels there at least twice a year to lecture and develop recipes for a pasta producer.

We started off with a demonstration on how to make a basic pasta dough, the ingredients for which are simply eggs and flour.

Each group was then given a different recipe so the group as a whole got to make practically every type of pasta, including ravioli, tagliatelle and spaghetti. This involved feeding the pasta dough through a machine multiple times, until we were left with paper-thin



Participants in the Angela Day Cooking School class get their hands dirty preparing pasta.

Cooking up a **STORM**

If you’re looking for inspiration few things beat taking a class

sheets, which we then cut according to preference.

Upon completion, we sat down on the deck outside and got to dig into the Italian feast, which comprised about 12 seafood, meat, chicken and vegetarian pastas.

I had a lot of fun putting the dish together, but it did get quite tiring being on my feet for two hours on a week night – thank goodness I didn’t have to worry about doing the dishes!

Visit www.angeladay.co.za or call 011 791 1304.

GUJARATI COOKING SCHOOL

If it’s something more intimate that you’re after, home cook Hema Doolabh specialises in teaching up to a four people at a time.

While open to teaching groups or corporates in an alternate venue, currently lessons are at her home.

Hema started hosting demonstrations after friends expressed interest in quick and easy ways to cook healthy and nutritious food. She specialises in Gujarati-style (North Indian) food, specifically chicken, seafood and lentil dishes.



Hema Doolabh’s Gujarati food is simple and delicious.

Hema can adapt the lesson according to what students want to learn. Her classes are popular with vegetarians as Gujarati food offers a lot of variety for non-meat eaters.

Along with two friends, I popped over to Hema’s home in Emmarentia on a Saturday.

She started by explaining various spices and their role in Indian dishes. She then prepared a simple chicken stir-fry, by marinating chicken with chilli, ginger and garlic and adding peppers and onions.

The next dish to be demon-

strated was paneer curry. We finished with an interactive roti demonstration, where each of us had the opportunity to roll our own. We were given copies of each recipe, making it easy to replicate the meals at home.

The class is priced at R300 per person. To book: contact Hema on 011 477 4071 or 072 270 9834.

Hasmita was hosted by the establishments for this review.

For more ideas on things to do in and around Jozi, visit Hasmita’s blog: www.joziliciousblog.co.za.

Sea food, buy food, eat food at one-stop fisheries shop

HASMITA NAIR

I HAVE to admit I was one of those people who believed the myth that living away from the coast means Joburgers are disadvantaged when it comes to getting their hands on the freshest seafood. I now realise I just didn’t know where to shop. There are a handful of suppliers who can be trusted upon to ensure freshness and quality, and if you visit one of these, you’ll almost forget the closest ocean is 600km away.

La Marina Foods has been around since 2003, when it sold only oysters and salmon trout. Today, it houses a huge fridge area, a pantry and deli shop as well as a restaurant, stocking approximately 3 000 items, and is the one-stop shop for



Black tiger prawns and chips



Seared salmon and chips

shopping for unique ingredients for everyone from renowned hotel chefs to a home cook wanting to whip up an impressive meal for friends.

If you’re looking for something specific that can only be found in a particular country or place, La

Marina Foods owner, Kirsten Jooste, will source it for you.

Some of the items on offer in the (gigantic) fridge include Irish scallops, Alaskan crab legs, organic black tiger prawns and every cheese under the sun, while the deli stocks a wide range of pastas, cold

meats, preserves and condiments, as well as various kitchen accessories. What’s great is that every item that is available on a large scale to hotels and restaurants, is also available in small quantities to the individual. I went home with a few slabs of Valrhona Chocolate, a 2 litre bottle of Rio Largo olive oil, and a super sharp Wusthof knife for my kitchen.

When you’re done browsing (warning, it could take a while), sit down at the restaurant (which also does outside catering) and take your pick of anything from salmon rolls to veg maki off the tantalising sushi menu. I opted to order off the regular menu, and devoured a platter of six black tiger prawns and chips, R110, which came with a

delicious lemon butter sauce. The prawns came off the shell in an instant – the most obvious sign of freshness. My husband tried the seared salmon and chips, R128, which he thoroughly enjoyed. The dessert menu is limited to one item, which is acceptable because that item is Haagen Dazs ice cream, available in an assortment of flavours.

Open Mon - Fri 8am - 4.30pm, Sat 8am - 12pm. Closed Sun. Address: 7 Platinum Drive, Longmeadow North Business Park, Modderfontein. Call: 011 608 3277. Visit www.lamarinafoods.co.za

Hasmita Nair was hosted by La Marina Foods for the purposes of this review.