

EAT

REVIEW

This Durban joint serves up hot bunny chows and a great vibe.



HAI.BO

18 Lilian Ngoyi Road, Greyville
031 823 4745 <http://haibogroup.co.za>

BEST FOR: A relaxed evening with friends.

AMBIENCE: Young, funky and sometimes packed to the rafters downstairs, with a more formal dining area upstairs.

SIGNATURE DISHES: Mini bunny chows or mussels cooked in Carling Black Label beer.

PRICES: Mains for about R130.

UNIQUE SELLING POINT: A funky facelift has made this Durban landmark a great place to hang out, with the vibe continuing into the early hours of the morning.

What our critics say:

THE FOOD REVIEWER:

Frank Chemaly, Eat Out reviewer

Owner Theuns Smuts brings a delightful culinary mix to this funky – and fun – Durban establishment. African and Indian influences are mixed up and served shaken and stirred in dishes like boerewors and Mrs Balls, rib-eye strips served in shisa nyama sauce and an array of bunny chows. Upstairs it's a slightly more traditional menu and yes, racks, ribs, steaks and prawn cocktails all have their place. A great spot to get a beer at 1am.



FRANK CHEMALY

THE iREADER:

Sayuri Papiah, PA and human resource administrator

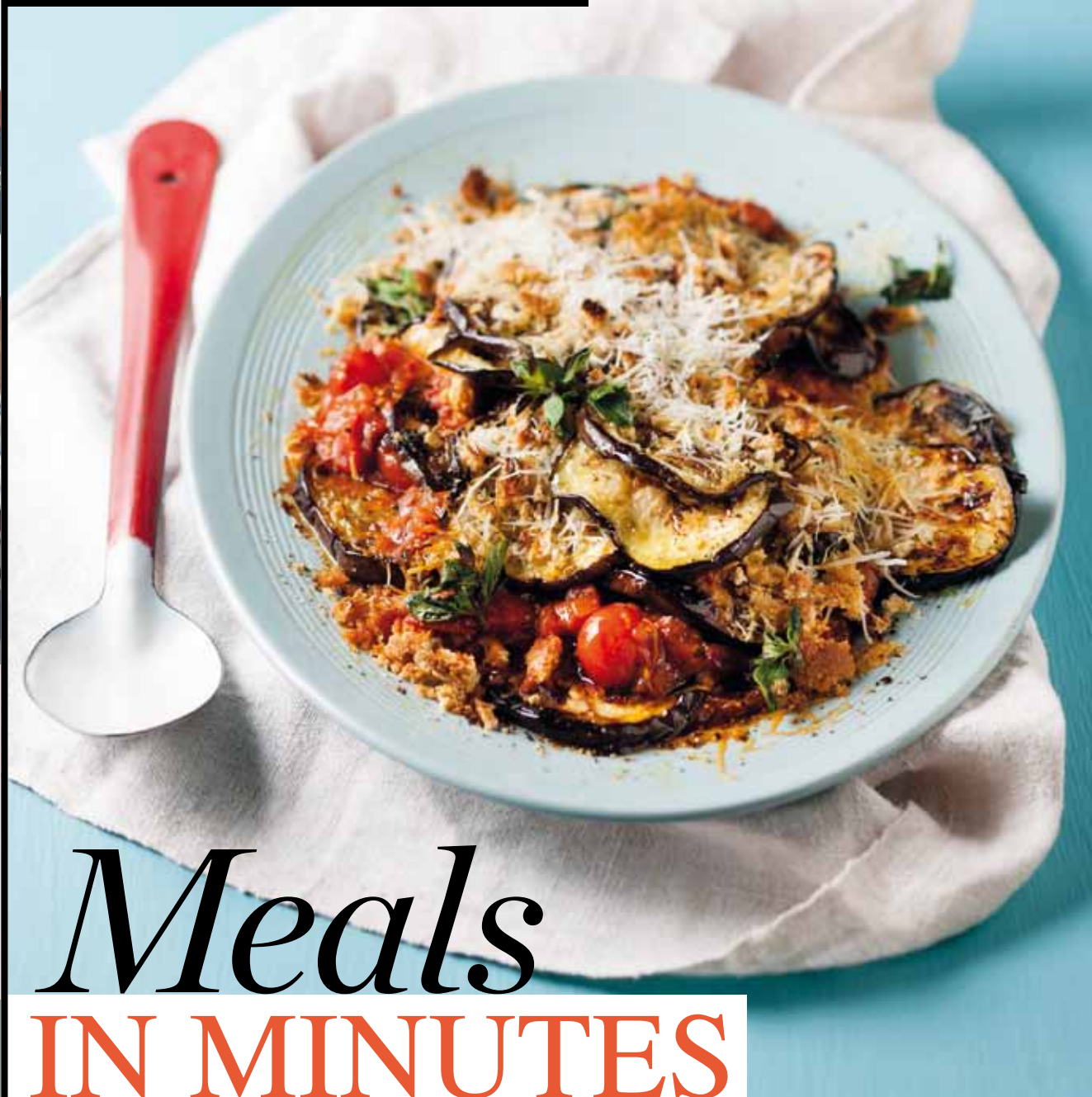
Despite the fact that the owner relocated from Johannesburg, he has truly captured the culture of Durban. As a Durbanite I was most impressed with the prawn-filled bunny accompanying the chicken and mutton, and can recommend the fresh mini bunny chow starter. After satisfying my Indian taste buds I was once again overwhelmed by the prawns. They are truly worth it! The restaurant is great for a romantic dinner, a night with friends in the beer garden or even outside with good company and the wind in your hair.



SAYURI PAPIAH

FEAST

WHAT WE'RE LOVING THIS WEEK



Meals IN MINUTES

Who's got time to spend ages in the kitchen during the week? Here are three easy recipes for fuss-free meals.

BRINJAL AND TOMATO PARMESAN BAKE

This is a great meat-free meal because the grilled brinjals are full of smoky flavours. This tomato sauce can also be made in under 30 minutes, but if you have time to let it simmer for longer, it will definitely be worth the wait.

INGREDIENTS:

- 1 onion, finely diced
- 4 tbsp olive oil
- 3 cloves of garlic, crushed
- 2 x 400ml canned tomatoes
- 3 sprigs fresh oregano
- Sea salt and freshly ground black pepper, to season
- 1 tbsp tomato paste
- 2 tsp sugar
- 1 tsp red wine vinegar
- 2 large brinjals, thinly sliced
- 200g Parmesan cheese, grated

Serves 4

METHOD:

Preheat the oven to 200°C. To make the tomato sauce, place a saucepan over a low heat and gently fry the onion in 2 tbsp olive oil for 5 minutes until softened, adding your garlic in the last minute. Add the canned tomatoes and 2 sprigs of oregano and season to taste. Simmer for 15 minutes. Add the tomato paste and sugar and simmer for another 15 minutes. Remove from heat and stir in the red wine vinegar.

While making the tomato sauce, place a pan over a medium to high heat and pan fry the brinjals in the remaining olive oil for 3 minutes on each side, until slightly charred, and season to taste. Arrange the brinjals on a large platter and layer with spoonfuls of tomato sauce and grated Parmesan. Top with cheese and the remaining oregano. Place in the oven to heat through and bake until bubbling and the cheese is golden. Serve hot with a fresh green salad and warm bread.

PHOTOGRAPHS WILLEM LOURENS, SUPPLIED RECIPES AND PRODUCTION HANNAH LEWRY



BUTTERNUT AND CHICKEN THAI RED CURRY WITH NOODLES

Make this on a Monday evening because it's such a great way to use up any leftover chicken from a Sunday roast the day before.

INGREDIENTS:

- 1 butternut, cut into 3cm cubes
- 1 tbsp olive oil
- 1 onion, peeled and cut into chunks
- 1 tbsp canola oil
- 2-3 tbsp Thai red curry paste
- 1 x 400ml can of coconut milk
- 1 cup chicken stock
- 200g mixed marrows, such as baby marrows and patty pans, thinly sliced
- Half a roast chicken, shredded
- 400g rice noodles, soaked
- Purple sprouts or bean sprouts, to serve
- Fresh coriander, to serve
- Fresh chillies, chopped

Serves 4

METHOD:

Preheat the oven to 200°C. Toss the butternut cubes in the olive oil and season to taste. Arrange on a baking tray and roast for 20 minutes, while you make the curry. Gently fry the onion and canola oil in a large, deep pan over low heat for 5 minutes, until softened. Add the curry paste and fry for 30 seconds, then add the coconut milk and chicken stock. Stir the curry to combine, turn up the heat slightly and bring it to a gentle simmer for 10 minutes.

Once the curry has slightly reduced and thickened, add the marrows and simmer for a further 5 minutes. The butternut should be sweet and roasted now. Add it to the curry, along with the shredded chicken and the noodles and heat through gently for 5 more minutes.

Serve hot with purple sprouts, fresh coriander and chopped chilli.



HAKE AND POTATO FISH CAKES WITH TOMATO SALSA

This is a clever way to get the kids to eat fish. You can also make these fishcakes with sweet potato, and prawns or salmon instead of hake.

INGREDIENTS:

- 3 potatoes, peeled
- 800g fresh hake, skinned and chopped
- 2 cloves garlic, finely crushed
- ½ cup parsley, finely chopped
- Sea salt and freshly ground black pepper, to taste
- Bread crumbs, for dusting
- ¼ cup canola oil
- 200g exotic tomatoes, chopped
- 1 red onion, finely diced
- 100g baby salad leaves
- 1 tbsp red wine vinegar
- 2 tbsp olive oil

Serves 2

METHOD:

Preheat the oven to 180°C. Cook the potatoes in salted boiling water until tender. Drain and mash until smooth. Fold in the chopped hake, garlic and parsley and season to taste. Divide the mixture into four and mould into evenly sized cakes. Dust the cakes with bread crumbs and pan fry them in hot canola oil until golden on each side. Place on a baking tray and cook for a further 5 minutes in the oven.

Toss the tomatoes with the red onion, baby leaves, red wine vinegar and olive oil and serve immediately over your hot fish cakes with a dollop of mayonnaise.

ZESTY WINES

Kim Maxwell recommends three wines that bring out the flavours of these midweek suppers.

La Bri Syrah 2009 (R95) is a charming Syrah lifted by a splash of floral Viognier. An elegant wine with floral Viognier. An elegant wine with fynbos herbs and liquorice notes, it fares well against aubergine's oily character and bitterness. When Thai food is on the menu, get taste buds to sing with a fruity white grape. An offdry style does the job even better. **Delheim Gewürztraminer**

2011 (R82) ticks both boxes here. The semi-sweet style picks up sweeter Thai spices, has acidity to cut coconut milk creaminess, and its limey litchi flavours won't be smothered by chilli. Muted flavours in hake fishcakes need an understated wine. **Warwick's First Lady Unoaked Chardonnay 2012** (R65) is uncomplicated and fresh.



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iSavour

EXPLORE

Celebrate the start of summer with chilled beer and bubbly.

NEW MICROBREWERY OPENS



Wild Clover Brewery officially opened its doors on 1 September on Wild Clover Farm in Stellenbosch. Currently they're brewing an ale and a porter (stout), but word is they're working on a Belgian-style pilsner, which will be ready in a few weeks. The beers are all brewed using traditional methods. Each month, Wild Clover will offer four guest beers from micro-breweries around the country for real ale lovers to taste. At present, the beers are only available at the farm, but plans are afoot to supply local restaurants in the future.

BUBBLY WITHOUT THE BABALAAS



South African MCC-maker JC Le Roux has just released a non-alcoholic sparkling white. Le Domaine Non-Alcoholic 'has all the finesse, crisp freshness and gentle sweetness of JC Le Roux and can be enjoyed anywhere, anytime,' according to winemaker Elunda Basson. It's available countrywide for around R40.

LOVE FOOD KITCHEN, CAFÉ AND DELI



3

Braamfontein's latest foodie sanctuary is situated in Ameshoff Street, where young chef Jamie turns out wholesome breakfasts and lunches with fresh ingredients daily. Pop in for a salad, sandwich or one of the daily specials, or order a home-cooked meal to heat and eat at home. Every effort is made to use sustainable suppliers and all packaging is 100 percent biodegradable. Don't miss burger Fridays, when a limited number of beef and vegan burgers are available.