

BABEL MENU

With the advent of summer, Babylonstoren celebrates its plum harvest. Our summer menu dishes feature plums in a multitude of ways, showcasing these beauties all the way from fresh to roasted and everything in-between. As the different cultivars ripen on the trees, we add them to our menu so that you can taste the different varieties. Enjoy our plum feast and please pick your own in the garden.

INTRODUCTION

YELLOW (V)

Salad of sun-kissed plums and peaches topped with spicy honey-and-cinnamon-roasted nonpareil almonds and a spicy pumpkin-flower pakora dressed with papaya, papaya pip and ginger dressing

115

Add coconut deep-fried calamari

60

Add lightly smoked Franschoek trout

80

With a glass of Babylonstoren Viognier

80

RED (V)

Caprese-style Babylonstoren Fior Di Latte served with a salsa of watermelon, coriander, chilli, red onion, lime zest and a drop of Babylonstoren 12-year-old Balsamic vinegar

115

Add Babylonstoren Chenin-cured pork from our meat room

60

With a glass of

Babylonstoren Mourvèdre Rosé

65

GREEN (V)

Japanese spinach salad with pickled lotus, miso-grilled plums, tempura vegetables and plum-and-star anise dressing topped with a sprinkle of Moringa salt and sesame seeds

115

Add 3 grilled prawns

60

With a glass of

Babylonstoren Candide

65

PROGRESSION

CAULIFLOWER (V)

Cauliflower sandwich with seared mushrooms and celery leaf Salmoriglio sauce and fresh plum sticks

160

Add Parmesan cheese and caper butter

60

With a glass of Babylonstoren Chardonnay

140

RISOTTO (V)

Babylonstoren Carnaroli beetroot-infused risotto with walnut-and-watercress pesto and a drizzle of olive oil

250

Add a dollop of anchovy and Parmesan butter

60

With a glass of Babylonstoren Chardonnay

140

HALOUMI (V)

Grilled Babylonstoren haloumi steak topped with a green-olive relish and roasted plum

210

Add crisp shaved biltong

60

With a glass of Babylonstoren Babel

90

FISH

Grilled fish of the day with a light, spicy coconut bobotie sauce and ginger-pickled seasonal fruit and vegetables

260

With a glass of Babylonstoren Viognier

80

CHICKEN

Roasted whole baby chicken with a sticky ginger, honey and sesame sauce and stuffed with a spicy plum and apple kimchi

265

With a glass of Babylonstoren Shiraz

140

PORK

Crisp pork belly on wilted fennel with a soy and jalapeno sauce and crispy crackling

240

With a glass of Babylonstoren Babel

90

BEEF

Fillet on the bone, served with olive oil and anchovy butter

275

Babylonstoren salt-room-aged Chianina beef (subject to availability) per 100 g

105

With a glass of Babylonstoren Nebudkadnesar

190

LAMB

Three single lamb cutlets with Zaatar spice, served with plum chutney and fresh, shaved coconut

295

With a glass of Babylonstoren Shiraz

140

COMPLETION

SWEET (V)

Fresh summer stone fruit with baked yoghurt, edible flowers and a sprinkle of citrus salt

95

With a glass of

Babylonstoren Chenin Blanc

65

BITTER

Dark chocolate and espresso fondant

95

With a glass of

Babylonstoren Babel

90

SOUR & SWEET

Rosemary and coconut panna cotta with rose jelly

95

With a glass of

Babylonstoren Chardonnay

140

SAVOURY

Yoghurt cheese enrobed with biltong and olive oil served on a chocolate-and-ginger biscotti

95

With a glass of

Babylonstoren Babel

90

BABYLONSTOREN PLUMS

DID YOU KNOW?

Plums are stone fruit belonging to the genus Prunus. They are also a member of the rose family and a close relative of peaches, apricots and cherries. Their taste varies from sweet to tart. They are not only delicious to eat fresh - selected varieties can be cooked as compote or jam, or baked in cakes, tarts and pastries.

Plums are low in calories, protein and fat and are an excellent source of vitamin C. They are also a good source of Vitamin A, K, B1, B2, B3, B6, B9 and E. The minerals present in plums include potassium, fluoride, phosphorous, magnesium, iron, calcium and zinc. They have a low glycemic index.

Plums may have been one of the first fruits domesticated by humans. The remains of plums - along with olives, grapes and figs - have been found at archaeological sites dating to the Neolithic period.

WHEN WAS THE FIRST PLUM TREE PLANTED AT BABYLONSTOREN?

The 2008 planting season brought the first plum trees to Babylonstoren.

WHAT VARIETIES DO WE GROW ON THE FARM?

African Rose

One of the early cultivars, African Rose plums are harvested mid to end-November. They have a dark pink to red skin colour with yellow flesh. On Babylonstoren, yields are kept at 25 tons per hectare.

Suplum 25

Also an early cultivar, the Suplum 25 is harvested end-November. The fruit has a dark, almost black, skin with a creamy flesh colour and a semi-free stone. On Babylonstoren, yields are kept at 25 tons per hectare.

Black Pearl

Black Pearl is a mid-season cultivar that is harvested in week 52. It is a large black plum with dark red flesh. On Babylonstoren, yields are kept between 33 and 35 tons per hectare.

Sunkiss

This is a bright yellow plum with yellow flesh and a semi-free stone. On Babylonstoren, yields are kept at 20 tons per hectare.

Laetitia

A pinkish plum with white spots, orange/yellow flesh and a semi-free stone. On Babylonstoren, yields are kept at 20 tons per hectare.

African Delight

A green to yellow coloured plum with a reddish blush on its cheeks. On Babylonstoren, yields are kept at 25 tons per hectare.

WHAT DO PLUM TREES NEED TO HAVE A SUCCESSFUL YIELD?

Like any other plant, a plum tree needs a lot of water to bear fruit. It needs pruning in the winter to remove all dead and unwanted branches. Fertilizer must be added during the season to support the growth of the plums.

HOW LONG CAN A PLUM TREE SURVIVE AND STILL BEAR FRUIT?

The oldest plum trees on Babylonstoren are 10 years old, but plum trees are known to get much older. In commercial orchards, trees are only kept for as long as they produce maximum yield.

HOW MANY PLUM TREES GROW ON BABYLONSTOREN?

Babylonstoren currently has 30 000 plum trees.

IS THE PRUNING OF A PLUM TREE AN ART OR SKILL?

Pruning a plum tree is a skill that can be learned by anyone.

HOW DO YOU MAINTAIN JUICY AND DELICIOUS PLUMS ON THE TREES?

Best practice is to conduct an annual soil and leaf analysis, to make sure that the tree has everything it needs to produce good quality fruit.

