

# BABEL MENU

*Early spring has a unique feel here at Babylonstoren. The bright shades of blossoms speak to a sense of imminent activity as each blossom bears the promise of fresh fruit and vegetables. We use citrus to build flavour.*

*Our head chef, Jeremiah, preserves the fruit peels by drying them, before adding the citrus powder to several of our meals.*

*Not only is this powder a superb substitute for sugar, but in our menu it adds further layers to the flavour.*

*Our blood oranges, grown late in the season, are peeled and the peels smoked lightly; we look forward to steeping their peels in Rooibos tea with lemon balm or verbena. The dried citrus powder is also used to make rubs, salt, desserts and infusions.*

*Our rainbow chard, radishes and kale are all fresh and ready for eating!*

*Sample our sumptuous meals served with kale, which is prepared in a range of ways, including fresh, deep-fried, sautéed and everything in between!*

*And while Cape Gooseberries herald the onset of a new season, the recent rains yield the blessing of fresh broad beans and asparagus.*

*Our meals also include 'veldkos', edible veld plants such as 'papkui', 'waterblommetjies' and Tulbachia bulbs that grow in our ponds and riverbeds.*

*As you wander the lush gardens of Babylonstoren, savour the sights, sounds and scents of early spring – a match for our freshly infused offerings!*

## INTRODUCTION

### YELLOW

<i>Lightly smoked trout parcel with golden beetroot, pear-and-apple remoulade, blood orange, deep-fried capers and a nasturtium-and-Cape Gooseberry pesto</i>	115
<i>Add spicy deep fried calamari</i>	60
<i>With a glass of Babylonstoren Viognier</i>	80

### RED

<i>Warm salad of star anise-infused beetroot and slow-roasted strawberries, with Babylonstoren fior di latte, blood orange and roasted Nonpareil Almonds, drizzled with a fennel frond, grainy mustard and rhubarb dressing</i>	115
<i>Add Babylonstoren cured pork loin</i>	60
<i>With a glass of Babylonstoren Viognier</i>	80

### GREEN

<i>Miso broth with early asparagus, broad beans, peas, wilted greens, 'papkui' and a deep-fried Babylonstoren ricotta cluster dusted with kale</i>	115
<i>Add West Coast mussels</i>	60
<i>With a glass of Babylonstoren Chenin Blanc</i>	65

## PROGRESSION

### SOUP (V)

<i>Cauliflower and 'waterblommetjie' soup with fresh grated horseradish and Cape Sorrel</i>	160
<i>Add lightly smoked trout</i>	60
<i>With a glass of Babylonstoren Chardonnay</i>	140

### RISOTTO (V)

<i>Citrus-infused leek, asparagus and parmesan Babylonstoren risotto with burnt almond butter</i>	210
<i>Add 3 seared tiger prawns</i>	60
<i>With a glass of Babylonstoren Chardonnay</i>	140

### HALOUMI (V)

<i>Grilled Babylonstoren haloumi steak topped with a green olive relish and Cape Gooseberries</i>	190
<i>Add crisp shaved biltong</i>	60
<i>With a glass of Babylonstoren Chardonnay</i>	140

### FISH

<i>Grilled fish of the day with celery-leaf salmoriglio and wilted 'See Pampoentjie'</i>	260
<i>With a glass of Babylonstoren Viognier</i>	80

### CHICKEN

<i>Roasted whole baby chicken with a sticky ginger, honey and sesame sauce and stuffed with a spicy apple-and-beetroot kimchi</i>	265
<i>With a glass of Babylonstoren Viognier</i>	80

### PORK

<i>Crisp pork belly on wilted kale with a soy-and-jalapeño sauce</i>	210
<i>With a glass of Babylonstoren Babel</i>	90

### BEEF

<i>Fillet on the bone, served with a smoking roasted onion, a splash of Babel Red, Babylonstoren black olive soil and fresh horseradish shavings</i>	275
<i>With a glass of Babylonstoren Shiraz</i>	140

### LAMB

<i>Spicy Indian lamb cutlets with a raita of fresh Pepper-bark Tree, radish, mint and coriander</i>	295
<i>With a glass of Babylonstoren Shiraz</i>	140

## COMPLETION

### SWEET

<i>Lightly smoked citrus-infused meringue sandwich with ricotta, early preserved green fig and Babylonstoren Nonpareil Almond pesto smear</i>	95
<i>With a glass of Babylonstoren Viognier</i>	80

### BITTER

<i>Dark chocolate fondant with baked yoghurt</i>	95
<i>With a glass of Babylonstoren Babel</i>	90

### SOUR & SWEET (V)

<i>Cape Gooseberry-and-Rooibos parfait</i>	95
<i>With a glass of Babylonstoren Mourvèdre Rosé</i>	65

### SOUR

<i>Rose Geranium-and-coconut panna cotta with rhubarb confit</i>	95
<i>With a glass of Babylonstoren Chardonnay</i>	140

# OUR INGREDIENTS

## VELD PLANTS / VELDKOS

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### 'WATERBLOMMETJIE'

*(Aponogeton distachyos)*

*This much-loved Cape vegetable flourishes in the wetlands during the winter rains and in spring blossoms into an abundance of fragrant white flowers, which are then harvested. These flowers are a source of minerals and vitamins, including folic acid.*

### NASTURTIIUM

*(Tropaeolum majus)*

*Originally from the Andes Mountains in South America, the Nasturtium is a happy garden plant. During the wet winters, it jumps the fence with ease and thrives without any care at all. The peppery leaves, flowers and seeds are rich in Vitamin C.*

### 'PAPKUIL' OR BULRUSH

*(Typha capensis)*

*This plant grows in abundance throughout the wetlands of South Africa. While every part from the rhizome to the pollen can be eaten, for this menu we use the crunchy new shoots.*

### CAPE SORREL OR 'SURINGS'

*(Oxalis pes-caprae)*

*These cheerful yellow flowers grow naturally and so do not need to be planted. Over the centuries, they have served settlers and hunter-gatherers alike as a source of Vitamin C.*

### 'SEE PAMPOENTJIE'

*(Prenia vanrensburchii)*

*'See Pampoentjie' grows wild along the coastal sands of Cape Agulhas. This recent addition to our food garden grows easily from the cuttings. We harvest young leaves and tips from the succulent groundcover in the Garden of the San.*

### TULBAGHIA BULBS

*(Tulbaghia violacea)*

*These are South Africa's own wild garlic and have powerful medicinal uses. Not only do they multiply at a rapid pace, but these tough survivors last throughout the drier months in our garden. All parts of the plant are edible, and for this menu, small clumps are harvested for their succulent tuberous roots.*

### 'VELDKOOL'

*(Trachyandra falcata)*

*A vegetable similar to asparagus, the young flower buds of this West Coast favourite are harvested before they open.*

### ROOIBOS

*(Aspalathus linearis)*

*We are proud to grow our own Rooibos on our farm against the slopes of Simonsberg. A healthy choice, it is both low in tannins and high in mineral content.*

### HONEYBUSH

*(Cyclopia genistoides)*

*A traditional tea that helps with digestion is made using the twigs, leaves and bright yellow pea-like flowers of this fynbos shrub.*

### ROSE GERANIUM

*(Pelargonium graveolens)*

*When it comes to Pelargoniums, the parent from which thousands of hybrids are grown worldwide, South Africa is the land of plenty. The Rose Geranium is chosen specially for our fragrant essential oils, which we make using distillation.*

### PEPPER-BARK TREE

*(Warburgia salutaris)*

*With a Latin name meaning "healthful", this evergreen tree is among the best for traditional medicine users in South Africa. Sadly, given its many applications, it has been over-harvested and is now endangered in the wild. We harvest the peppery leaves from our tree in the Healing Garden.*

