




BOSCHENDAL
 FOUNDED IN 1685

Tempura WATERBLOMMETJIES

*“ A vibrant and delicious salad
 with rich flavours, best enjoyed
 with a glass of Appellation
 Elgin Chardonnay”*

INGREDIENTS

TEMPURA WATERBLOMMETJIES

50g cake flour
 50g corn starch
 5g yeast
 salt and pepper
 100ml sparkling water
 25 waterblommetjies

CASHEW NUT CREAM

200g cashew nuts
 1 tsp lemon juice
 20ml olive oil
 salt and pepper

VEGETARIAN DEMI-GLACE/JUS

1 brinjal
 2 red onions
 5 cloves garlic
 5 large carrots
 1 bunch celery
 2 large beetroots
 2 med turnips
 1 bunch thyme
 200ml Rozendal Fynbos Vinegar
 2 liter water

PICKLING LIQUID

100ml white sugar
 100ml white-wine vinegar
 100ml water

NASTURTIUM PESTO

20g sunflower seeds, lightly toasted
 2 cloves garlic
 20ml lemon juice
 200g nasturtium leaves
 20g flat leaf parsley, chopped
 60ml olive oil
 salt and pepper

ROASTED BABY ONIONS

6 baby onions

SLICED CHARRED CAULIFLOWER

1/2 head cauliflower
 drizzle of olive oil
 salt and pepper
 pickling liquid

GARNISH

pickled nasturtiums
 handful chick wheat

METHOD

TEMPURA WATERBLOMMETJIES

1. Whisk all the ingredients together, let it stand.
It should be a thick runny bubbly dough.
2. First steam the waterblommetjies for 15 minutes, until tender.
3. Dip the waterblommetjies in the tempura batter and slowly drop them in the deep-fryer or a pot with hot oil that is on 180°C. Season when removed from the fryer.

CASHEW NUT CREAM

1. Soak the cashew nuts for 12 hours or overnight.
2. Strain, rinse and blend with about 100ml water, lemon juice and seasoning. Just blend in a food blender until it becomes thick and fluffy, finish with 20ml olive oil.

VEGETARIAN DEMI-GLACE/JUS

1. Chop all the vegetables into chunks and sweat off with thyme in a deep pot on the stove on a high heat.
2. Once you see the vegetables have caramelised, deglaze the pot with the Fynbos Vinegar until it's cooked out.
3. Cover with water. Let it simmer on medium heat until the liquid starts to go dark (after 4 hours).
4. Strain and then reduce the liquid until it becomes a dark, sticky liquid.

PICKLING LIQUID

1. Melt the sugar with the vinegar in a pot on low heat.
2. Remove from the stove and cool it down with the water.
3. Cool liquid down in the fridge.

NASTURTIUM PESTO

1. In a food blender, blend the toasted sunflower seeds, garlic and lemon juice with nasturtium leaves, parsley and olive oil.
2. Season to taste.

ROASTED BABY ONIONS

1. Cut the onions vertically into halves, place in a hot pan with a little oil, give the onions dark colour on the flat side down.
2. Finish them in a tray in the oven at 160°C for 10 minutes.
When they are ready, you will be able to separate them into little cups.

SLICED CHARRED CAULIFLOWER

1. On a hot griddle pan (or a grill) on medium heat, grill all the sides of the cauliflower (dressed with olive oil and seasoning) until it is charred on all sides. The cauliflower will be tender, but it will still have a lot of texture.
2. Remove the florets and slice them thin with a knife or a mandoline slicer.
3. Before you serve, quickly dress them with the pickling liquid.

PLATING THE DISH

1. On the plate, put the cashew cream down randomly and cover with the tempura waterblommetjies.
2. Fold the pickled sliced cauliflower between and over the waterblommetjies and arrange the onion cups all over and pipe nasturtium pesto into the cups.
3. Garnish the plate with pickled nasturtiums and chick wheat.
4. Drizzle the plate with the warm vegetarian demi-glace.

