

Cape Town

From buzzing farmers' markets to trendy pop-ups, Cape Town's flourishing food scene is infused with a kaleidoscope of cultures. The city's eminent chef Luke Dale-Roberts highlights the hotspots



LUKE DALE-ROBERTS

Thanks to his inventive cooking, Luke Dale-Roberts has put Cape Town on the gourmet map. The British-born chef trained in

Europe and honed his craft in Asia before settling in South Africa. After a stint at La Colombe, Constantia, he opened The Test Kitchen in 2010 in the hip Woodstock district where he quickly garnered a reputation for creativity. Asian-influenced eatery The Pot Luck Club followed in 2013. He is excited by the emerging food scene of his adoptive city.

MELTING POT

'South African cuisine is a melting pot of pre-colonial and colonial influences. One of the best ways to experience this is by taking a food tour of the colourful Bo-Kaap district (pictured), the historic Cape Malay quarter of Cape Town. Ishay Govender-Ypma and Dawn Jorgensen of Food and the Fabulous organise a great foodie tour where you can taste a variety of Cape Malay curries and watch them being made.'

Food and the Fabulous organises bespoke food tours of Cape Town with itineraries ranging from one day to a week. www.foodandthefab.com

MARKET FORCES

'There's a brilliant Saturday market at the Old Biscuit Mill in Woodstock, where my restaurants are, called the Neighbourgoods Market. It's a kind of urban food market and is phenomenal. You'll find purveyors of all kinds of cheese, amazing olives, great wines, breads and stalls selling really tasty home-cooked food. I go there regularly on a Saturday morning to get ideas and to see what ingredients are out there. Hout Bay also has a great market – it has more of a rural feel with hay bales and farm produce.'

Neighbourgoods Market, The Old Biscuit Mill, 373 Albert Road, Woodstock; www.neighbourgoodsmarket.co.za. Open Saturday, 9am–2pm. Bay Harbour Market, 31 Harbour Road, Hout Bay; www.bayharbour.co.za. Open Friday, 5pm–9pm; Saturday and Sunday, 9.30am–4pm



MORNING PERK



'I love the breakfasts at Starlings, a great little cafe in Claremont. All of their meat and breads are top quality and they do little things like cooking the mushrooms with fresh thyme. The coffee is great, too.'
Starlings, 94 Belvedere Road, Claremont; 00-27-216 71 68 75; www.starlings.co.za

EXCITING FUTURE

'One thing I love about Cape Town is how fast the food scene is evolving. There is an incredible energy here and an emphasis on small places, including fantastic pop-ups and food trucks. I love the pizzas and pastries from Limoncello, a Cape Town-based food truck set up by Luca Castiglione, a third-generation chef from Naples. Lotus is a food truck that serves delicious contemporary Asian street fare.'

The food trucks move throughout Cape Town daily. Each truck announces its location via its Facebook or Twitter accounts. www.capetownfoodtrucks.co.za

DOWN TIME

'An unmissable Cape Town experience is watching the sun go down over a drink. The best spot is Clifton Beach. I'd take a bottle of bubbly, some cheeses and other tasty bits to eat while watching the sun sink into the ocean. There's nothing better.'

FURTHER AFIELD

'There are some good chefs in Cape Town, but I'd suggest taking an hour's drive out to the winelands of Franschhoek or Stellenbosch for top-notch cooking. George Jardine's food at Jordan in Stellenbosch is excellent and the stunning terrace is perfect for long lunches. Bertus Basson's place, Overture, at Hidden Valley Wines, also promises an exceptional meal.'

Jordan, Stellenbosch Kloof Road, Vlottenburg, Stellenbosch; 00-27-218 81 36 12; www.jordanwineestate.co.za. Overture at Hidden Valley Wines, T4 Route, off Annandale Road, Stellenbosch; 00-27-218 80 27 21; www.dineatoverture.co.za