

# A winning recipe is born with Four Coursemen

 By [Ruth Cooper](#)

26 Oct 2017

Take four prestigious Western Cape winelands chefs, add a base of outstanding produce and liberal amounts of creativity, allow to simmer and serve with splashes of award winning wines.



Enter the [Four Coursemen Collaboration Series](#), a collaboration between Eric Bulpitt of Faber, Michelle Theron of Pierneef a La Motte Restaurant, Chris Erasmus from Foliage, and Arno Janse van Rensburg from The Kitchen at Maison. Each of the chefs take turns to showcase their style of cooking over a series of lunches and dinners held at their respective restaurants.



Experience the craft of four of SA's best chefs

19 Oct 2017



## Jovial collaboration

I attended the second event in the series at Foliage in Fransshoek last Sunday and can only recommend this exciting collaboration. With four uniquely top-of-their-game chefs all competing in one kitchen one might expect a few egos bashing around the pots and ladles, but the mood was upbeat and jovial throughout with much back slapping and chinking of glasses spied from the pass into the kitchen – as well it should be, as each of the courses deserved hearty praise.



Each event includes four canapes and four courses all paired with the restaurant's and respective wine estate's signature wines, so go hungry and with access a DD or Uber!

## Creative canapes

The canapes were a highlight for me and included intriguing morsels such as basil semifreddo, DIY asparagus wrapped in Parma ham, dipped into silky hollandaise, and steaming buns served with rendered beef fat and aromatic baba ghanoush.



Canapes were followed by the first course, courtesy of Arno Janse van Rensburg from The Kitchen at Maison. Deceptively simple, this starter included three ingredients; chokka (squid) cut into slurp able noodle-like strips and dressed in a vibrant green dressing of sorrel and nettle – unique and exotic on paper and plate but incredibly comforting and moreish on the palate.





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Ruth Cooper 8 Nov 2016



The next dish belonged to Eric Bulpitt of Faber with his complex and flavourful Springbok carpaccio with pickles, crispy leaves and mushroom powder.



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## Harmonious elements

On to mains, which was served by host Chef Chris Erasmus from Foliage. Foliage is known for their foraged produce, slow smoking and glazing techniques and the main of rich BBQ Spier Beef Hump with creamy wild cress pomme and topped by a lactic onion croquant, perfectly represented the Foliage ethos.



Dessert was presented by Michelle Theron of Pierneef a La Motte and included; brandy milk punch blanc mange, rosemary salted caramel, poached citrus and milk tart parfait - a harmonious layering of elements, textures and flavours – my favourite element being the milk tart parfait, mhhm just give me a spoon and a tub of that!



To experience some seriously interesting and delicious food from some of our top local chefs, book your spot at either of the upcoming Four Coursemen events.

*The next instalment is a dinner at Pierneef a La Motte Restaurant on 10 November 2017 and the grand finale will be held at Faber Restaurant on 24 November 2017.*

*Each event is limited to 40 guests, and the cost is R720 per person. This includes four canapes, four courses paired with wine, and gratuity. Email [faber@avondalewine.co.za](mailto:faber@avondalewine.co.za) or phone 021 202 1219 to make a booking.*

## ABOUT RUTH COOPER

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