



Punchinello's

◆ *food & dreams* ◆

◆ **MENU** ◆

Mediterraneo Sunday Lunch

You'll want to linger a little longer at our Sunday table.

Sundays, 13h00 to 15h30
R210 PER PERSON
including a refreshing Sangria
or Cap Classique Cocktail
and live entertainment

Bookings: 011 367 4367

Southern Sun Montecasino, Montecasino Boulevard, Fourways
e: ssmontecasino.reservations@tsogosun.com

Punchinello's
food & dreams

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Dear guest,

It is my great pleasure to extend to you a sincere & hearty welcome on behalf of the management team and staff of Southern Sun Montecasino to Punchinello's restaurant. Even though we have moved into the colder months, the days are still bright and sunny and the evenings pleasant – ideal for sipping a sun downer cocktail on our terrace or an extra dry Martini in our lounge bar.

Our innovative Executive Chef Jade Sullaphen with his talented brigade have put together a creative menu that will dissolve the winter blues and tantalize your taste buds showcasing a variety of tastes and flavours.

Choose a fine wine from our wide selection to accompany your meal or perhaps indulge in an auction wine exclusively available at Tsogo Sun Hotels.

The Chefs of Distinction evenings continue to feature some of South Africa's most talented and exciting chefs preparing their very own creative four course menu superbly complemented by especially chosen wines from South Africa's leading wine estates.

At Punchinello's we pride our-self in satisfying our guests needs and to offer an excellent variety of beautiful dishes and world class wines served by our attentive service personnel. We are continually searching for the best of ingredients from our local suppliers in order to ensure the freshest products available.

On behalf of our Food and Beverage Manager, Marsha Jansen van Vuuren and the restaurant team, we look forward to making your meal a memorable and rewarding experience.

Our Menu magazine is especially created for our guests to enjoy and we invite you to please enjoy a complimentary copy.

Buon appetito,

Anthony Batistich,

General Manager Southern Sun Montecasino

 **Southern Sun**
MONTECASINO



DAILY STEAK SPECIALS

Grills Station - Karan Beef
(Daily Steaks - R160.00)

*Grilled and served with Crisp Onion Rings,
Charred Jam Tomato and Rustic Fries*

T-Bone Steak (500g) | Rib Eye Steak (300g) | Sirloin Steak (300g)



PUNCHINELLO'S MEDITERRANEAN TABLE

R80.00 Starter Portion | R135.00 Main Portion
Meze Table filled with Smoked Meats, Fish, Cold Cuts, Pâté and Dips,
Salad Bar with Mediterranean Grilled Vegetables.

SOUPS

R55.00

FRENCH BROWN ONION SOUP

Topped with Gratinated Brie Cheese Baguette.

SEAFOOD AND GRILLED CORN CHOWDER

Served with Herbed Puff Pastry Swirls.

HOT STARTERS

R75.00

GRILLED PRAWN MEAT BRUSCHETTA

Topped with a Lemon Cream and Gratinated with Mozzarella on a bed of Roast Zucchini
accompanied with Micro Greens.

PAN-FRIED FALKLANDS CALAMARI AND CAPERS IN BROWN BUTTER

Served with Cherry Tomato and Green Olives Salad, topped with Fresh Green Herbs.

GRILLED HALLOUMI SERVED ON A BED OF SAUTEED SPINACH

Topped with Fried Capers and served with Red Bell Pepper Puree and an Onion Marmalade.

PAN FRIED VEAL SCALLOPINI SERVED ON ANGEL HAIR PASTA

With Porcini Mushrooms, Snow Peas, Cherry Tomato and a Lemon Cream Sauce.

WEST COAST MUSSEL POT

Cooked with Delicate Fresh Herbs, a Hint of Garlic, a Jigger of Dry White Wine and
Finished with Cream. Served with Continental French Fries.



Punchinello's
— food & dreams —

PASTA DISHES

R95

LINGUINI ALLA CARBONARA WITH FRIED PANCETTA

Topped with Shaved Parmesan Cheese.

PENNE PASTA ON A BED OF TOMATO AND HERB RAGOUT

With Roasted Garlic and Pecorino Cheese. (V)

CHICKEN BREAST, MUSHROOM AND PECORINO CHEESE GNOCHI

Topped with a Dill Cream Sauce

VEGETARIAN MAIN COURSE

R90

CASHEW NUT, SPINACH AND MOZZARELLA PARCEL

Served on Tomato Ragout with Sautéed Green Beans and Red Kidney Beans.

BUTTON MUSHROOM AND GORGONZOLA

Gratinated with Mozzarella Cheese, Red Wine Onion Marmalade, Origanum,
Fresh Herbs and Torn Bread Croutons.

SLOW COOKED RED MEAT

R160

SLOW COOKED LAMB SHANK

Served with Buttery Mashed Potato, Root Vegetables, Poached Spinach and Lamb Jus.

BRAISED SHORT RIB OF BEEF

Served with Creamed Potato Bake, Butternut Mousse,
Button Mushrooms and a Rich Red Wine Jus.

CHICKEN DISHES

R155

ROAST CHICKEN THIGHS

Served with Sicilian Caponata, Broccoli Florets and Sautéed Potatoes.

CHICKEN BREAST AND PEA RISOTTO

With Basil Pesto Cream and Shaved Parmesan Biscuit Crumble.

SPECIALITY DISHES

R165

BEEF FILLET MEDALLION

With Grilled Porcini Mushrooms, Asparagus Spears, Mushroom Shaped Potato
served with a Rich Deep Bordelaise Sauce.

MILANESE PANÉED PORK CUTLET

With Ratatoulie, Cherry Tomato and Fondant Potato and a Tomato and Olive Sauce.

SPRINGBOK LOIN IN A GREEN PEPPERCORN SAUCE

With Cinnamon Carrots, Spiced Date and Apricot Compote and Barley-Chick Pea Timbale

FISH DISHES

R165

GRILLED KABELJOU PUTTANESCA (CHERRY TOMATO, CAPERS AND OLIVES)

Served with Grilled Zucchini, Mashed Potato and Balsamic Reduction.

SOLE THERMIDOR

Grilled Sole topped with Butter Poached Prawn Meat, Cheese Sauce Gratinated with
Parmesan, Pomme Chateaux, Asparagus and Trout Roe

GRILLED LARGE TIGER PRAWNS

Served with Lemon Rice, Grilled Buttered Vegetables with a Garlic Peri Peri Sauce.

DESSERTS

R60

VANILLA PANNA COTTA

An Italian Panna Cotta Infused with Vanilla, on Pistachio Sponge,
Vanilla Tuille and Raspberry Gel.

FRESH BERRIES CITRUS LEMON TARTLETS

Tangy Lemon, Strawberry Paste, Cream Cheese Mousse and Fruit Creations

DULCEY CARAMEL AND CHOCOLATE TART

A Sweet Caramel Centre topped with Belgian Ganache, Sweet Pastry set on Caramel,
Passion Fruit and Chocolate Gel and Chocolate Ice Cream.

STRAWBERRY CHEESECAKE DELIGHT

Strawberry Cheesecake Slice topped with Strawberry Jelly, Mixed Berry Paste,
Red Velvet Meringues, Raspberry Cream and Macaroon.

BAKED HOT CHOCOLATE LAVA PUDDING

Served with Banana and Caramel Spring Rolls, Crème Chantilly and Crème Anglaise

BRIOCHE

Article Courtesy of Chef! Magazine

A Brief History

Brioche is an enriched yeasted bread with a fine yellow coloured crumb, largely due to the high egg and butter content. The name first appeared in print in 1404 and is believed to have originally come from a Norman recipe although no one really knows and some make a strong argument for a Romanian origin.

In Jean-Jacques Rousseau's autobiography *Confessions*, written in 1783 he writes that a Princess once told the peasants "S'ils n'ont plus de pain, qu'ils mangent de la brioche." This famous line is translated as "If they have no bread, let them eat cake" and was at first attributed to Queen Marie-Antoinette, but actually refers to Maria Theresa of Spain

Uses

Brioche is a sweeter bread and works well for breakfast, served with butter and jam and accompanied by strong black coffee. Stale Brioche can be used to make bread and butter pudding and Brioche buns work a treat as hamburger buns, creating a beautiful soft texture with a sweet aftertaste in contrast to the savoury beefy patty. Breads that are similar to Brioche include the traditional Challa bread, recognisable by its plaited shape as well as sweet milk buns.

Brioche is an essential part of the dessert *Baba au Rhum*, where little brioche rounds are glazed with apricot jam and soaked with a Rum syrup.

Tips on making brioche

Brioche is a yeasted dough so it needs to be mixed and kneaded for a while before resting. Being an enriched dough the kneading can take up to 15 minutes and is best done in an electric mixer. Using a strong flour that has at least a 10% protein content, will allow you to add more eggs, butter and sugar. The dough has a yellow tint and becomes shiny when ready, you can also test it by stretching a piece until you can see through it. If it tears then you need to knead it some more.

Bake big batches and freeze what you aren't using immediately. These can later be toasted or reheated in the oven covered with foil. Brioche varies from bread in the rising process. It does not need to be knocked down. Instead Brioche is kneaded and then placed in its tin, left to prove and then baked immediately.





Pioneers

Danie de Wet, pioneer of the noble white varieties in South Africa, flanked by Peter and Johann de Wet, third generation custodians of the De Wetshof Estate.

By combining the ideal soils and climate of the Robertson valley, a firm tradition of excellence established by their forebears and a passion for winemaking, they are pioneering the future of De Wetshof Estate and its wines.

DE WETSHOF

“The House of Chardonnay”

Three Generations of Award Winning Excellence

DE WETSHOF'S ELEGANCE PORTRAYED UNDER NEW LABELS

De Wetshof Estate, the pioneering Third Generation Chardonnay producer in Robertson, has released a newly packaged set of wines to give each of its site-specific Chardonnays an own identity, as well as to present De Wetshof's Cape Vintner Classification accreditation. The new-look is found on De Wetshof's Bateleur, The Site, Finesse, Limestone Hill and Bon Vallon wines, all established Chardonnay wines expressing individual characteristics and an own personality in terms of vineyard site and winemaking.



**CAPE VINTNER
CLASSIFICATION
ACCREDITED**

Together with the recent CVC accreditation accorded to De Wetshof's Chardonnay wines, the new labels allow the Estate to place a stronger emphasis on each wine's individuality and unique character and communicate this to the consumer.

“We have gone back to tradition by bringing in the family crest on each bottle as well as the use of strong elements of European wine culture,”

says De Wet. “At the end of the day it really is about what is inside the bottle, but with each of the five Chardonnays adorning a new cloak De Wetshof is underscoring its commitment to diversity within our Estate.”

For the first time all five wines will be donning the official CVC seal. De Wet, one of the pioneers of the CVC body, says as a body the CVC is about elevating the status and creating an awareness of South Africa's premium wine sector.

“It is all about creating a standard for South Africa wines originating from site-specific vineyards and that have obtained provenance and pedigree,” says De Wet. “CVC members have to be registered estates and must conform to the highest standards of cellar practices (Integrated Production of Wine), labour relations, cellar-door offerings and, of course, vineyard management.”



According to proprietor and cellar master Danie de Wet, De Wetshof has committed to displaying the diversity within its range of Chardonnays. “Being a grape variety that expresses site, soil and climate like few other – only Pinot Noir and Riesling can compare – De Wetshof has always been a Chardonnay house. Chardonnay is the golden thread, but each wine has its own voice due to its geographical origin, clonal selection and winemaking style, creating wines with an expression of site.”

To date, all five Chardonnays have separate identities reflecting site specificity as well as a loyal following from consumers due to the respective flavour profiles.

The Bateleur carries the CVC's highest level of terrain-specific accreditation. The Site, Finesse, Limestone Hill and Bon Vallon carry the status of Vineyard Wines owned or managed by the proprietor.

“Being one of the founder members of the CVC, De Wetshof is going into uncharted waters with the new accreditation but as the other members we are sure that this certification and everything it represents is about to herald a new era for South African wine in terms of image and recognition for exceptional quality, as well as the aforementioned requirements to ensure responsible and sustainable wine production,” says De Wet.



“We are thus honoured to introduce the CVC seal of approval to our customers, together with a new De Wetshof image.”



CHEFS OF DISTINCTION CALENDAR



26 APRIL 2016

An African Journey with Chef Coco Reinharz and Anna Trapido

This menu serves up a culinary love letter to the unique beauty and delicious diversity of African cuisine. The plates that follow offer a taste of love, comfort, simplicity, grandeur, survival and celebration. Each dish is both contemporary and classic. Coco is the Chef Patron of the highly acclaimed Sel et Poivre restaurant and a TV personality as is Anna who writes regularly for top food magazines and has published her own book – Hunger For Freedom.



24 MAY 2016

Meglio Della Cucina Italiana with Chef Lorenzo Mottalini

Italian cuisine has influenced food culture around the world and is viewed as a form of art by many. Wine, cheese and pasta are important part of Italian meals. For Italians, food isn't just nourishment, it is life. "Family gatherings are frequent and often centered around food and the extended networks of families" Lorenzo will bring all that is Italian to this dinner. Lorenzo has over 25 years experience and is one of the top chefs in South Africa.



28 JUNE 2016

Shaun Munro Shares His Signature Dishes

Working as a chef in some of South Africa's finest hotels it is important to always leave a lasting impression, which Shaun has duly done in his vast career. What makes a Signature Dish? For many chefs, the dishes are born from life experiences, sampled in far-and-wide tastings and tweaked in the kitchen. Executive Chef Shaun Munro is responsible for all the magnificent meals that are served at the Southern Sun Elangeni & Maharani hotel – the biggest in the country.



26 JULY 2016

Authentic Flavours from the Spice Route with Bertus Basson

Highly acclaimed South African Chef, Bertus Basson, is famed for the phenomenal success of Overture Restaurant. Bertus is obsessed with perfection and has an infectious love for food of every kind.

Bertus advocates believing in what you do, as well as having faith and confidence in your products. Bertus' commitment to great food made with fresh, local ingredients and an acute attention to detail is the key to his culinary success for which he is highly regarded.



30 AUGUST 2016

Celebrate Swiss Cuisine in Honour of Switzerland's National Day with Jean-Pierre Siegenthaler

The Swiss National Day is the national holiday of Switzerland, set on 1 August to celebrate the foundation of the Swiss Confederacy. JP is Swiss born and trained and has over 30 years culinary experience. JP came to South Africa to work in the famous Carlton Hotel Kitchen and has flourished since; multiple culinary award winner and gold medalist at the Culinary Olympics. JP will prepare traditional Swiss dishes in honour of the month that celebrates Switzerland's National day.

Great Entertainment as well as Wonderful Spot Prizes to be Won!

Prizes include Culinary Evenings with Chef Martin Kobald, Dinner Bed and Breakfast at Southern Sun Maputo, Beverly Hills Hotel and many more.

Be sure not to miss these top Chefs! For reservations please contact 011 367 4367 or email punchinellos@tsogosun.com.

KNOWING WHAT WE EAT - THE “SLOW” WAY

By Caroline McCann of Braeside Butchery | www.braesidebutchery.co.za



Imagine an artisanal food market drawing crowds in excess of 200 000 people. This is exactly what happens every 2 years in the picturesque town of Torino in northern Italy as Slow Food International celebrates Terra Madre (“Mother Earth”) with over 120 countries presenting their heritage on a plate. One very quickly understands that as much as our rhinos are under threat, so are many heritage foods and cultures. The communities all tell the same story - As our youth chase the dream of fast food, fast cars and fast technology in ever growing cities the world over, we are losing our food identities.

It is out of this very assault on biodiversity and loss of food heritage that Slow Food International draws its fervent

supporters and massive membership. Borne by a passionate Italian out of a response to a fast food burger chain invading his small town in the 1980s, Slow Food seeks to protect and promote everything “fast food” destroys. Slow Food as an organisation operates in over 120 countries where it seeks to promote “good, clean and fair food”. Slow Food is not an organic farming organisation rather it’s about finding local producers of local foods and bringing people together to eat this food.

The Ark of Taste project catalogues thousands of indigenous foods (vegetables, fruits and animals) which are on the verge of extinction. The “10 000 Food Gardens” projects is successfully getting people and communities to grow their own food. In Johannesburg we have some brilliant food gardens in areas like Maraisburg and Soweto.

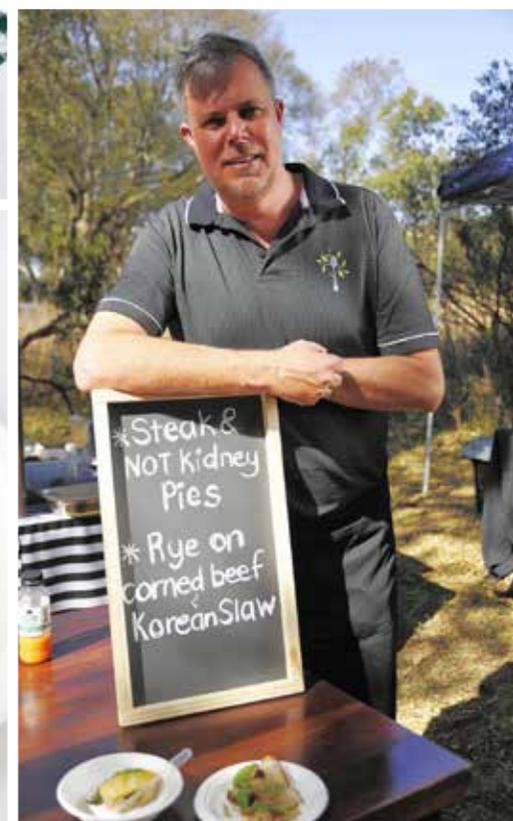
And then there are special interest groups which Slow Food recognises and seeks to promote. The two closest to my heart are Slow Meat and Chefs Alliance. I am honoured to have been asked to head up the launch of Slow Meat in SA in 2015 where we promote:

- **Know where your meat comes from** - support local farmers and butchers where meat is treated with respect from birth to plate
- **Biodiversity in the pot** - eating other proteins like our venison and indigenous goat.

- **Nose to tail eating** - prime cuts make up less than 10% of an animal.
- **Preserving meat by pickling, smoking and drying** - you should make your own biltong!
- **Eat South African recipes** - which due to the diverse ethnic groups we have in this country means eating every part of every animal in the most delicious of recipes.

Its obvious to see then why Chefs’ Alliance plays such a critical role. It is through chefs that the public get over their fear to try new foods and different cuts of meat - even when these are old foods simply being prepared for the modern palate. It is with the power that a chef yields in his/her purchasing of ingredients that the biggest changes can and should be made.

With the advent of food shows and cooking channels, the modern South African consumer is more aware than ever of good, clean and fair food. They are demanding disclosure about their food from chefs and everyone else involved in the food chain. So as I get ready to pack my bags to travel to Torino to once more showcase South African heritage foods with a handful of South African chefs, like Phil De Villiers from 54 on Bath and Arnold Tanzer, I can’t help but wonder what you, the reader, will do to promote good, clean and fair food. Eat it so we can preserve it!

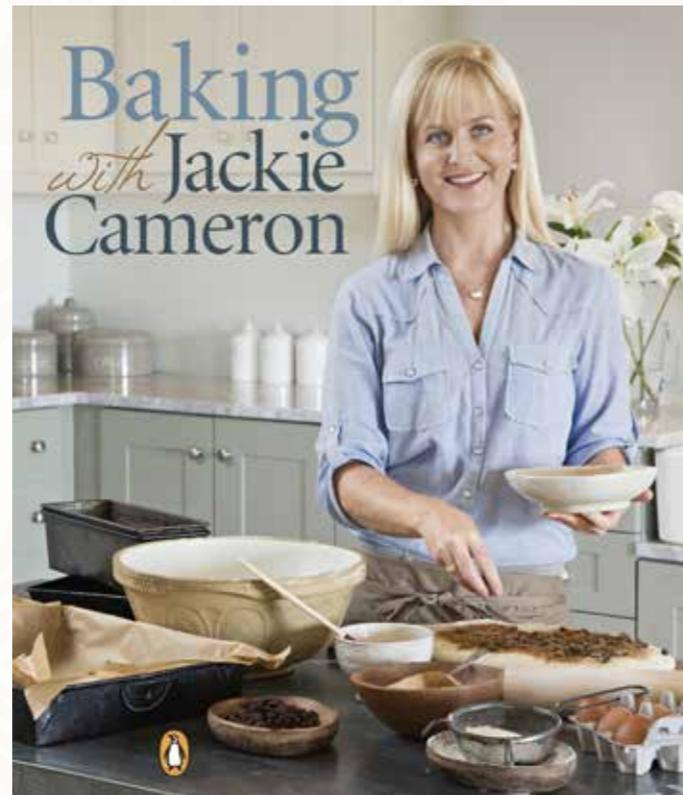


BAKING WITH JACKIE CAMERON

Jackie Cameron has had a prestigious culinary career. After qualifying at the Christina Martin School of Food and Wine, she did a stint at Mount Grace Country House and Spa in the Magaliesberg before becoming head chef at the award-winning Hartford House in the KwaZulu-Natal Midlands. Her many achievements include representing South Africa at the 2014 Audi Chef's Cup Südtirol in Italy, being a judge for the 2015 Eat Out Mercedes Benz Restaurant Awards, and appearing on Top Billing, Masterchef SA, and with Justin Bonello on Ultimate Braai Master. Fulfilling her dream to tutor aspiring chefs, she opened the Jackie Cameron School of Food and Wine in 2015.

Jackie Cameron made her first biscuits under the watchful eyes of her grandmothers and it was in their kitchens that she came to understand the special relationship between food and family. She pays tribute to these early influences by including some of their cherished recipes in *Baking with Jackie Cameron*. But she wouldn't be an award-winning chef if she didn't take a recipe and make it her own, creating a dish that is reassuringly familiar yet intriguingly different and, of course, utterly delectable. Love old-school trifle? Jackie's version, made with malva pudding, Amarula crème anglaise and dried-fruit compote, yields an explosion of flavours that, once tasted, make total sense. Or how about Naartjie and Cardamom Cake, or Amadumbe Bread? The recipes cover the spectrum of baking from breads and biscuits through large and small cakes to pies both savoury and sweet.

With over 80 recipes and more than 50 mouth-watering photographs, *Baking with Jackie Cameron* is a book no keen cook should be without.



MELLOW YELLOW

Turmeric is best known for its distinctive colour and fragrant taste, but it has a long history of uses, from cosmetic to medicinal. Native to South East India, turmeric needs temperatures between 20-30°C to thrive as well as a prolific amount of rain. In its original form, it is a rhizome much like ginger - in fact, it belongs to the ginger family. The rhizome has a hard brown skin and flesh that is bright and orange like butternut. At the moment, using fresh turmeric is popular amongst chefs - it's quite tricky to find in South Africa, but when used for cooking it's used in much the same way as ginger. Dried turmeric is created by boiling the roots before drying them out in ovens. After this, it is ground into a deep orange-yellow powder. It is this spice that is commonly used in Indian cuisine and curries to give dishes their vibrant colour and warm flavour.

Turmeric has been used as an anti-inflammatory in Chinese and Indian systems of medicine, and recent studies have shown turmeric to be an excellent source of healing vitamins. Its history of medicinal use includes treating stomach and

liver ailments internally, and externally to heal sores. With its brilliant yellow colour, turmeric was also used as dye and as a cosmetic, as well as a colouring agent for cheese and butter. It has also been used in place of the expensive saffron to provide colour. In Southeast Asia, turmeric is used not only as a principal spice but also as a component in religious ceremonies. It plays an important role in Hindu spiritualism and the robes of Hindu monks were traditionally coloured with a yellow dye made of turmeric.

Its culinary uses are many and varied - turmeric is peppery and warm, with a mild fragrance. It is widely used to add Eastern mystery to traditional curries, rice, lentil, and chicken dishes. It's a classic addition to condiments such as chutneys, pickles, and relishes - what would a picallili be without its trademark yellow colour which it gets from the addition of turmeric? In South Africa, we use turmeric to give boiled white rice a golden colour. Add a pinch of Turmeric to fish soups or blend with melted butter and drizzle over cooked vegetables, pasta, or potatoes to give your dishes an exotic taste.



INTERNATIONAL CORNER

LE CALABASH ECOLE CULINAIRE



Surrounded by river on one side and forest on the other, their small village and surrounding region is home to artisan cheese producers and winemakers whose families have been practicing their craft for centuries. Yet traditional is precisely how Sidney and Alison Bond would not describe the style of his cooking or the types of cooking classes that they offer, Sidney's culinary focus could be described as some sort of exotic fusion.

In fact, the whole philosophy behind Le Calabash is "Balade Gourmande sans Frontière" or "Cooking without Boundaries". Sidney feels that this phrase encapsulates so much of what sets Le Calabash apart from other cooking schools in France.

Instead, it is their unique focus on combining traditional French cuisine with flavours from around the world that brings

people to Le Calabash. Even some French restaurants and top hotels have sent their chefs to Le Calabash to learn a few exotic tricks from India, Asia or the Middle East.

Those who visit the Loire Valley and spend one or more days following an intensive cooking course are those who are serious about cooking and who choose to make cooking a central component of their holiday. He enjoys teaching a clientele who bring real and diverse passion for cooking. Today, his clients tend to come from the US, UK, Holland, Belgium and Australia.

He's been impressed with the number of young professionals who visit and attend his courses.

"We are scaling our class size back from an average of 8 down to 6 per class" and explains that they felt they were

not able to provide enough personalized attention and coaching to each of their students when there were 8 per class.

Two culinary universities in the USA send their students to Le Calabash to give them exposure to the French culinary world and Alison and Sidney expose them to the sourcing and preparation of ingredients such as foie gras, truffle, saffron, poultry and chocolate which are all produced locally. This is part of the curriculum and in 2014, Le Calabash will open a new part of the school, Le Calabash Ecole Culinaire, School of Pastry and International Culinary Arts. At present Le Calabash is in talks and is planning to open a branch of the school in Riyadh Saudi Arabia.

When asked for his thoughts about the future of the cooking tourism industry, Sidney has questions about what role France will play going forward. He sees the demand in Europe moving towards places like Spain and Scandinavia that embrace innovation and can capture the imaginations and shifting tastes of a tourist base always looking for new exciting experiences.

He also anticipates great things ahead for developing regions such as China and India, where chefs are beginning to emerge with distinctive styles and where there is a blank slate and amazing opportunity to offer tourists something completely new. However he believes that at present, France is leading the world in pastry training and still feels that this is the place for chefs to come to train and polish up on pastry skills.

He feels lucky to be doing something he loves, surrounded by his family in a beautiful part of the world. He genuinely enjoys cooking and interacting with people from around the world who come for training. At Le Calabash, the number one priority seems to be providing an exceptional (but untraditional) experience to those serious about cooking and those lucky enough to spend a cooking holiday in this tranquil part of France.

We at Punchinello's Restaurant are looking forward to having Sidney and Alison Bond as our Chefs of Distinction this November!



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