

# 'Banting diet' restaurant opens in Cape Town

On Friday, 22 August 2014, a consortium of 'Banters' opened the first restaurant dedicated to the Banting dining lifestyle at 47 Main Road, Green Point (in front of the Cape Royale Luxury Hotel).



The Banting Kitchen's oriental spiced cream cheese chicken supreme.

Picking up on the 'Banting' diet, made famous by William Banting and modernised by Professor Tim Noakes and his book *The Real Meal Revolution*, the 120-seat Banting Kitchen will provide low carb, good fat, wholesome, traditional food for breakfast and dinner seven days a week, as well as lunch over weekends.

The menu is an array of offerings created by the Banting team led by Chef Ryan Brand. "We offer real food without the chemical processes to reduce fat and meddle with the nutrients as provided by nature. We have had to source new natural ingredients to invent new way of creating people's favourites without the carbs." The menu includes starters of roasted butternut or speck ham and lubna salads; other Banting-friendly starters include spiced chicken roulade, creamy garlic mussels, salt and pepper calamari, home smoked salmon, creamy garlic and chili chicken livers, and a crust less goats cheese and baby marrow quiche.

The entrees at The Banting Kitchen feature wild mushroom caulisotto (a cauliflower risotto), oriental spiced cream cheese chicken supreme, homemade Banting Lasagne (cream cheese eggs and husks). There is a full range of aged steaks, lamb loin, braised pork belly, grilled venison and rich oxtail stew. A variety of Banting-friendly sauces and vegetables can also be ordered, including roast butternut mash and of course the popular cauli-mash.

Banting enthusiasts can also enjoy a variety of desserts ranging from lemon panna cotta, red wine poached pear, baked cheesecake and more.

## Banters unite

Lindsey Hughes (39) who lives in Cape Town with her husband and three sons - two of which are Diabetic Type 1 insulin dependent, leads the consortium of Banters. Hughes explains, "At The Banting Kitchen we believe in going back to basics and what is good for one's body; it's Banting in 21st Century style and we are excited. The Banting Kitchen team is very proud that we too are pioneers in the march against obesity and diabetes. Personally Banting helps me to keep a great balance in life and most importantly helps control my children's blood sugar levels.

"This is not a diet as we traditionally understand where you need to deny yourself or be hungry. Our bodies were never made to do that. This is a lifestyle where you eat in a certain way. It is more akin to eliminating items that do not sit well with your digestion or body and lose weight at the same time. Wine can be enjoyed with any meal.

"Our Banting-friendly menu will offer choices to satisfy anyone's palate. Despite this, we don't want to alienate anyone who might not be following the Banting lifestyle and will go out of our way to accommodate any specific requests."

She says that the Banting lifestyle choice is now getting tremendous international interest, including a recent cover story entitled 'Scientists labelled fat the enemy. Why they were wrong' in the prestigious TIME magazine and Noakes' book will soon be launched in the UK.

"We are investigating opportunities to take the brand across South Africa and the rest of the world. We're proud to be part of the revolution that can change people's lives in the most positive way," Hughes concludes.

For more information, go to [www.thebantingkitchen.co.za](http://www.thebantingkitchen.co.za).

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