

## The Conservatory set for spring with exciting new menu

The Conservatory at The Cellars-Hohenort Hotel is set for the spring season with an exciting new food offering. Chef Peter Tempelhoff created the new menu to offer a variety of healthy options for those that still want to enjoy the finer things in life, but are conscious about the ingredients and produce used to create the dishes.

“For years I believed that, as a chef, my sole responsibility was to entice taste buds and feed hungry souls... at the expense of waistlines. 20 years in the industry and many unhealthy plates later, my culinary consciousness has finally woken to the fact that I also need to provide the most nutritious and ethically sourced food that I can. No longer can I solely excite palates with deliciousness, I need to think about hearts and hips as well. This new calling has challenged head chefs Delia Harbott Ashley Moss and me to create dishes that encompass all of the attributes of gastronomy plus the virtues of good living” says Tempelhoff.









Furthermore, the new menu sees the addition of a new section dedicated to the most social of eating styles, Tapas. "I have introduced a 'For Starters' section to the menu, where dishes are designed to be shared by guests, this is in line with the way people eat and live in this age of social tables and social media. This section offers a diverse array of cultural styles & textures with an emphasis on bold punchy flavors and great combinations." continues Tempelhoff.

"I am also very passionate about the role that lactobacillus plays in nutrition and flavour, in the new 'Fermentos' section, diners can sample authentic Korean Kimchi made by EY Kim, one of our local food heroes, as well as freshly fermented sauerkraut made by our local German deli guru."

Shifting the restaurant's food focus to nutrition and wellbeing sees the introduction of a new 'Freshly Sprouted' salad selection which includes the combinations of quinoa, freekeh, butternut and goat's feta as well as gem hearts, corn, miso, avocado and prawns in a modern rendition of the Classic Caesar.

A 'Fauna' section sees an array of local favorites like springbok rump, free range beef rib eye, free range baby chicken & SASSI green-listed yellowfin tuna all served with modern takes on classic combinations and local favorites.

The 'Flora' section plays host to a series of vegetable side dishes which could be dishes in their own right, such as Brassicas with Romesco sauce and sticky rice with kimchi, sprouts, and sesame to name just a couple.

Desserts see classics such as French chocolate tart and crème caramel being served next to strawberry mille-feuille and Cape brandy pudding. Guests are also able to create their own cheese plates from a section of local artisan cheeses with three homemade preserves to complement the chosen cheeses.

"I am really excited about the new menu, which has something to suit all tastes. We are also proudly introducing a 'Chefs Blackboard' which will include daily changing specials from our kitchen including our famous 'Cellars Sunday Roast' as well as a 'Grass fed T-bone Steak for 2'," concludes Tempelhoff.

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