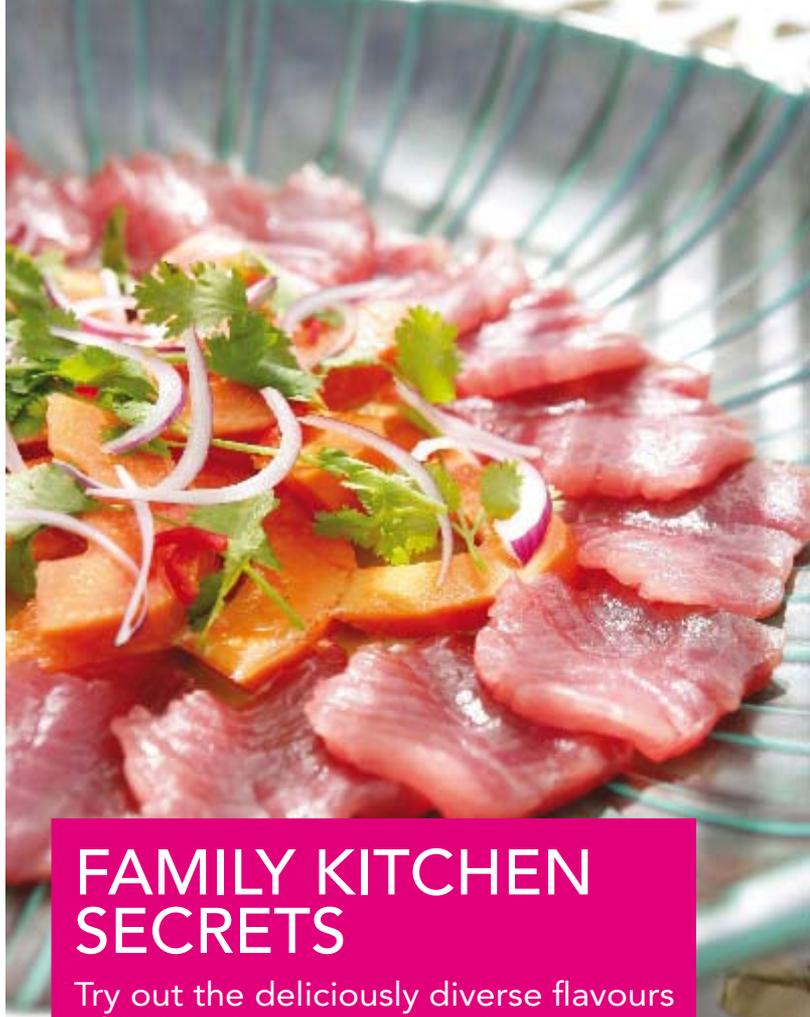


ABOVE Cari de Poisson, a Mauritian fish curry; (top left) KZN-born author Erica Platter, (top centre) *East Coast Tables* is published by East Coast Radio; (right) tuna sashimi with papaya
 LEFT Summer is the best time to get into raw food, such as stuffed baby peppers, with Jozi Uncooked

RAW PASSION

Catering companies tend to specialise in cooking, but Jozi Uncooked is a delicious exception to the rule. Chef Brittany Kesselman creates raw and vegan culinary masterpieces that are as tasty as they are good for you. Whether it's posh party catering, 'un-cooking' lessons or a personal chef service, Brittany is the go-to girl in matters raw. She offers everything from seriously sexy salads to marinated mushrooms, raw almond herb cheese and vegan sushi (fish is replaced with grated parsnip) with tamarind dressing. Sweet-toothed types love the raw fruit cream cake and the raw chocolate ice-cream made with frozen banana, frozen cacao and agave cactus syrup. 084-200-3400



FAMILY KITCHEN SECRETS

Try out the deliciously diverse flavours of SA's lush, verdant, exotic province

Erica Platter is probably best known as co-founder and co-author of the legendary *Platter's* guide to South African wine. But where there is wine there is almost always food, and her latest book, *East Coast Tables* (co-authored by Gwyn Platter with photography by Clinton Friedman), offers a delicious taste of the KwaZulu-Natal terroir.

'To be very frank, my urge to write the book sprang from my utter fed-upness with the phrase "traditional South African" being conflated with Cape Malay and Cape Dutch food. And with the Cape being considered the centre of the SA foodie universe,' she says. 'What rubbish! I was born and bred in KZN so it is my first food love. I love our warm sea, warm rain, warm winters, warm people and hot food. I love the sizzling colours of our foliage and flowers and fruit.' And she missed them all terribly when living in the Cape for more than 20 years.

She says of her home region: 'I am so impressed by the bold but precise use of spices in this province; the bright flavours and aromatic scents of our kitchens and gardens; our home-grown, locally caught, distinctively subtropical ingredients. I truly believe that once you have tasted your way along our coast, you will surely conclude that this is the most unjustifiably underrated food strip in the country.'

Recipes in the book include *amadumbe* (African potato) balls, iced Avo espresso, sardine and lemon pâté, tamarind steak, pineapple crumble, lots of seafood and fish options, and a Beach Holiday Bloody Mary.