

MEDITERRANEAN
SEA SALT FLAKES

Cerebos®

Seasoned
A CULINARY CELEBRATION
OF 70 YEARS OF CEREBOS



Seasoned A CULINARY CELEBRATION OF 70 YEARS OF CEREBOS

Think of a kitchen somewhere in South Africa. There's probably Cerebos there.

Cerebos has been at the heart of South African cooking for 70 years – it's the sprinkle at the end of a stew, the topping for a fried egg and what completes a fresh slice of bread with butter.

Food is so much more than fork and knife. It's connection, affection and creativity. It's an extension of who we are – not only as South Africans, but as people – and an expression of our greatest comforts.

To celebrate 70 years of adding incredible flavour to South African food, Cerebos searched for the best local chefs and asked them to create one dish, using inspired ingredients and Cerebos Salt. The result is a colourful homage to all things local and delicious, infused with purest salt.

Tuck in.

1940s

CEREBOS CHICKEN
LIVER PATÉ.
LEILA SAFFARIAN



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1960s

STEAK TARTARE WITH
TWICE-COOKED
FRIES AND
HORSERADISH CREAM.
ARNOLD TANZER



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1980s

BUTTERNUT, ORANGE
AND SALTED
CARAMEL BEIGNETS.
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CHOCOLATE CAKE
WITH SALTED CARAMEL,
PEANUT BUTTER
BUTTERCREAM &
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1950s

CEREBOS-CURED DUCK
RAMEN NOODLES WITH
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1970s

SALAD OF CEREBOS
AND ROOIBOS-CURED
SALMON WITH
CEREBOS SALT-BAKED
BEETROOT, APRICOT
CHUTNEY, IN KOMAZI
AND LEMON-
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1990s

CEREBOS-CURED
SIRLOIN WITH
AVOCADO MOUSSE
AND CRISPY
FRIED ONION.
JADE SULLAPHEN



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1940s

Leila Saffarian

Leila Saffarian has no professional culinary training – but she doesn't need it. Her innate sense of magical flavour pairings and a penchant for predicting food trends means she's fast becoming the go-to food stylist and recipe developer for South African foodie publications and brands.

THE CHEF

It's fair to say Saffarian had her fair share of exposure to bold flavours from a young age – she grew up in an apartment above her father's family-run Mediterranean restaurant. Her father is Iranian and her mother South African, so her childhood was full of punchy food combinations.

"From as far back as I can remember, I've always been encouraged to try new things. Food is the centre of everything in Iranian culture and my dad tried to instil that in me," recalls Saffarian. "These early food memories were the springboard for my own culinary experimentation – and my love for delicious food."



THE JOURNEY

After working as a food journalist for many years, Saffarian decided to work as a freelance recipe developer, food writer and stylist, to focus on her blog, Pass the Salt. She's passionate about turning trend-setting recipes into achievable, accessible dishes.

Saffarian's approach to food is much like her food styling – simple, rustic and colourful. "My favourite meals are simple pastas made with loads of peppery olive oil, fresh herbs and lots of sea salt. I'm not into fancy or fiddly anymore – although it has its place – and I think that's generally the way food trends are headed."

THE FLAVOURS

Food trends for 2016, according to Saffarian, will be as interesting as they are varied. But there's one cornerstone of modern food trends, and that's the unconventional use of salt, paired with both sweet and savoury dishes.

"Chefs and foodies are experimenting using salt in new and unexpected ways – including in desserts," says Saffarian. "Black pepper and salt work so well with strawberries and grilled nectarines, it just makes sense."



"USING SALT IN NEW AND UNEXPECTED WAYS"

Salty flavours from a curious Foodie



The Dish

Instead of looking forward at the trends to come, Saffarian drew inspiration from the past for her Seasoned: 70 Years of Cerebos dish. In particular, she looked to the dinner party favourites of the 1940s – a time when salt was treasured as a valuable ingredient.

CEREBOS CHICKEN LIVER PATÉ.

FOR THE PATÉ

300g unsalted butter, softened
 2 tsp (10ml) olive oil
 1 small onion, peeled and finely chopped
 500g chicken livers, trimmed
 2 garlic cloves, finely chopped
 1 tsp (5ml) fresh thyme leaves and 2 sprigs extra
 4 tbsp (60ml) whiskey
 2 tbsp (30ml) fresh cream
 Cerebos Mediterranean Sea Salt Flakes
 Freshly ground Cerebos Black Pepper



METHOD

1. Heat 1 tsp (5ml) olive oil in a frying pan. Add the onion and fry for 10 minutes over medium heat until soft and lightly golden. Remove from the heat and set aside.
2. Heat the remaining olive oil over high heat in the same pan. Add the chicken livers, garlic and fresh thyme leaves. Cook the livers for a couple of minutes on each side, until lightly coloured but still a little pink in the middle (careful not to overcook, as the livers will become grainy).
3. Add the whiskey and cream and simmer for a minute. Remove the livers from the heat and place in a food processor.
4. Melt the butter in a small saucepan and add half of it to the livers.
5. Season the livers well with Cerebos Mediterranean Sea Salt Flakes and freshly ground black pepper. Blitz to form a smooth purée.
6. Transfer the pâté to ramekins, smoothing with a palette knife. Pour over the remaining melted butter and scatter with remaining fresh thyme.
7. Chill overnight. To make the herb salt, combine the Cerebos Mediterranean Sea Salt Flakes, thyme leaves, nutmeg and freshly ground black pepper, and mix well. Serve the pâté with plenty of crusty bread or Melba toast and micro herbs.

FOR THE HERB SALT

4 tbsp (60ml) Cerebos Mediterranean Sea Salt
 1 tsp (5ml) fresh thyme leaves
 A sprinkling of fresh nutmeg
 Freshly ground Cerebos Black Pepper

OPTIONAL

Melba toast, to serve
 Micro herbs, to serve



"The war era forced everyone to use cheaper sources of protein," explains Saffarian. "But out of this frugality came the most amazing dishes, like chicken liver paté, which is what I settled on. People are inventive when they have to be – paté became a celebrated dish for special occasions in the 1940s."

Saffarian notes how food trends are cyclical, particularly when it comes to 'trendy' cuts of meat. "Although liver was eaten in the 1940s out of necessity, there's a huge movement towards the use and consumption of offal today, to avoid waste," she comments. "Prepared with the right ingredients and lots of fresh herbs and salt, it can be delicious and it's cheap as chips."

According to Saffarian, if liver is prepared properly by someone who knows what they're doing, it's incredible, and is made even better with the use of good-quality salt.

"I love using sea salt flakes in my cooking because they have so much flavour – they're not just salty, they have a unique quality – they almost taste like the sea," says Saffarian. "I've added a herb salt to this dish – flavoured with nutmeg and thyme – as a stand-alone ingredient, because it takes the whole dish to the next level."

There are a few tricks to getting her chicken liver paté just right, like the use of real butter and whiskey, instead of sherry, to match the earthy flavours of the liver and thyme. And of course, eating it at home with friends and family.

"This dish is the kind that you can plonk onto the table with some fresh bread and a bottle of wine," says Saffarian. "It's all my favourite things – simple, bold, salty and shareable – to me, it's perfection."

1950s

Vusi Ndlovu

The Five Hundred at the Saxon is all about precision. From the crisp white tablecloths, to impeccably curated art, to delicately plated six course dining experiences. Vusi Ndlovu, Chef de Partie under renowned kitchen cowboy David Higgs, is dedicated to the art of precision – even when he was only making eggs.

THE CHEF

"When I was 24, I got a job heading up the egg station at a hotel in Pretoria," explains Ndlovu. "All I did was prepare eggs a myriad ways – but I'd be damned if I didn't scramble them perfectly."

Ndlovu grew up cooking. From a young age he was a kitchen voyeur, watching as his cousins baked fresh scones and developing a penchant for spicy butternut soup. He devoured flavours and textures. He fed his burgeoning passion with hours of Jamie Oliver and Gordon Ramsay cooking shows. But he didn't think much of professional training.



THE JOURNEY

"I didn't go to chefs' school, which surprises many people," says Ndlovu. "In fact, I found the whole concept a little boring. I wanted to be in the kitchen searing steaks, not reading about how best to do it. After a few years making my way through kitchens in various restaurants, I was lucky enough to meet Peter Templehoff, who became my mentor."

After working at the Greenhouse with Templehoff, Ndlovu would have another fortuitous introduction – to David Higgs, his current Head Chef, who offered him a position at The Saxon.

"There's nothing like the thrill of working in an establishment like Five Hundred," says Ndlovu. "And it's not about the celebrities or the impressive facilities, it's pure dedication to the art of fine dining."

THE FLAVOURS

Ndlovu believes there's a strong return to simplicity in food – even in top restaurants like the Five Hundred. He explains how the time for exploding foams and liquid-nitrogen-frozen fluffs is almost completely over.

"It's okay to push the boundaries of cooking, but it's never okay to take the focus off taste," he says. "I've learnt that, most often, the most robust and pure flavours are what make people happy – not molecular gastronomy. The fundamentals of cooking are the most important – and that's why salt is so prolific in all kitchens."

The role of salt in Ndlovu's kitchen is as diverse as it is extensive. He chooses to use salt not only as an ingredient, but as a preservative, a flavour-enhancer and a cooking method.

"We're using salt in new and innovative ways, with ingredients like salted meringues, smoked salt and salted desserts."

When he's at home? He's a mince and rice kind of guy. With 12-hour shifts, constantly on his feet, Ndlovu likes to keep it simple in his own time.



"WE'RE USING SALT IN NEW AND INNOVATIVE WAYS"

plating
Perfection



The Dish

Using the 1950s as his inspiration, Ndlovu used Cerebos salt to create Ramen noodles with salt-cured, pan fried duck breast and char-grilled corn.

CEREBOS-CURED DUCK RAMEN NOODLES WITH SOFT POACHED EGG.

FOR THE CURED DUCK BREAST

- 2 large duck breasts
- 600g Cerebos Salt
- 300g brown sugar
- 2 star anise
- 4 tbsp of Rooibos tea
- 3 sprigs of thyme

METHOD

1. Clean the sinew off the back of the duck breast and set aside.
2. Mix all the remaining ingredients – this should make more than enough to cure the duck.
3. Lay the breasts skin-side down in a plastic container and cover with curing mixture. Cure for 1 hour.
4. Once cured, rinse the duck breast and dry well.

FOR THE CHICKEN BROTH

- 2kg chicken drumsticks, roasted
- 10g Kombu (optional)
- 20ml soy sauce
- 2cm ginger

METHOD

1. Place the roasted drumsticks in a pot with the ginger and garlic. Cover with cold water.
2. Simmer for 2 hours. Once simmered, add the Kombu and remove from the heat.
3. Reduce the stock by a third. Season with salt and lime juice.

FOR THE POACHED EGG

- 2 jumbo eggs
- Kosher salt

METHOD

Poach the egg in simmering water until just set (yolk should still be wobbly).



FOR THE CORN

- 1 ear of corn
- 50g salted butter
- Salt to taste

METHOD

Boil the corn for 10 minutes, then char-grill over an open flame. Slice the charred corn off the cob and reserve.



FOR THE VEGETABLES

- 3 radishes
- 2 spring onions

METHOD

1. Slice the radishes thinly and reserve in cold water.
2. Slice the spring onion thinly, season with a pinch of Cerebos Salt and keep aside.

TO FINISH

1. Place the duck breast in a cold pan. Turn on the heat and sear the duck breast for 5 minutes, then turn and cook for another 2 minutes.
2. Boil the egg noodles in salted boiling water.
3. Heat the chicken broth to boiling.
4. Place the noodles in a bowl and top with the sliced seared duck breast. Pour over the chicken broth.
5. Top with the sliced vegetables and poached egg.



"The 50s was the heyday for convenience food, and Ramen was the most celebrated among them," he explains. "This dish uses the basics of Ramen – noodles, broth, meat vegetables – and makes them sexier and punchier. This particular dish also works incredibly well with salt, because Ramen often lacks a depth of flavour and acidity – the use of lime and salt to finish the dish is perfection. The salty broth and intense, salt-cured duck are wonderful, round, heavier notes in the dish."

1960s

Arnold Tanzer

The exterior of Arnold Tanzer's Food on the Move premises are unassuming, unexpected. Burrowed in a side street of Johannesburg's up-and-coming industrial-chic hub, Kew, the building itself is a mashup of modest brick – but the inside is something spectacular. A leafy oasis of carefully pruned floribunda and koi ponds. Tanzer's premises seem an extension of himself – a humble, All Star-wearing peoples' cook.

The fine art of
*Unassuming
fare*

THE CHEF

Running a full-service catering company isn't what Tanzer envisioned when he was nose-deep in textbooks, studying medical technology in the 80s. Then in true renegade style, he escaped to Holland, in protest against joining the South African army.

"The only job I could get in Holland was washing dishes, because the Dutch government wouldn't recognise my South African diploma," explains Tanzer. "I took the job, got myself elbow-deep in grey dishwater and then, in a stroke of fortuitousness, was offered an apprenticeship under a professional chef."



THE JOURNEY

After his training, Tanzer's rise to success was nothing if not dramatic. With in a few years of working as a chef in Europe, he landed a gig as Michael Douglas's personal chef – and back in South Africa cooking for Douglas whilst he was shooting a movie. On the back of his trip, Tanzer decided to stay in South Africa and joined Londolozi as Executive Chef for 14 lodges across Africa. When he met his wife-to-be, Tanzer based himself back in Johannesburg, and opened his own restaurant.

"Delicatessen was an extension of my personal cooking and eating style," says Tanzer. "We had no menu, and served 400 breakfasts every Saturday morning. When I sold Delicatessen, I moved into Braamfontein, which was just burgeoning at the time, and started a catering company."

Tanzer's company grew exponentially and, after a few years of intense hard work, he decided to sell the company and move into production. He was lucky enough to produce MasterChef South Africa and Reza Mohammed's cooking show. But cooking was – and is – where Tanzer's heart is, and, once again, he decided to open his own full-service catering company, Food on the Move.

Today, Tanzer runs and manages Food on the Move, creating no-fuss menus for any and every kind of event. His food philosophy is grounded in simplicity – he believes a truly talented chef should be able to make an incredible meal with a few carrots, potatoes and onions. Foams and gels aren't his style, he likes to keep it simple.



THE FLAVOURS

"Salt is both the beginning and the end of every meal preparation," says Tanzer. "It adds a base of flavour, and is the final finishing touch to a spectacular meal."

Tanzer was challenged to create a dish inspired by the 1960s, and the retro restaurant trends of the era were the starting points for his dish development.

"The 60s was the heyday of Crepe Suzette, Steak Diane and all-out restaurant service, where dishes were served on a shiny silver tray, at the table," explains Tanzer. "Eating out was all about ceremony and steak tartare was the dish du jour in restaurants, made delicious with perfect seasoning."

"SALT IS BOTH THE BEGINNING AND THE END OF EVERY MEAL PREPARATION"

The Dish

Tanzer believes steak tartare is a great way to showcase the very best, freshest ingredients – especially the quality of meat.

STEAK TARTARE WITH TWICE-COOKED FRIES AND HORSERADISH CREAM

FOR THE HORSERADISH CREAM

20g prepared horseradish
200g mayonnaise
40g crème fraîche
Pinch of salt

METHOD

Mix all ingredients together and season with salt.



FOR THE FRIES

800g large potatoes
Oil for frying
Sprinkle of Cerebos Braai Salt

METHOD

1. Peel Potatoes and cut into 18mm slices. Reserve in cold water to ensure they don't go brown.
2. Heat oil in a deep fryer or large, deep saucepan to 130°C.
3. Working in small batches, carefully lower the fries into the hot oil.
4. Fry for about 8 minutes, or until the surface begins to feel dry and firm to the touch.
5. Remove fries from oil, and lay them out on a wire rack to cool and dry.
6. Place cooled fries in the freezer.
7. Heat oil to 190°C.
8. Fry for about 3 minutes, or until the surface appears golden brown.
9. Drain fries on paper towel to remove excess oil.
10. Season fries with Cerebos Braai Salt to taste.



FOR THE STEAK

200g fillet or rump steak
4 free range egg yolks
2 tbsp red onion, finely diced
2 tbsp chives, finely sliced
2 tsp salted capers, rinsed
2 tbsp cornichons, finely diced
2 tbsp Dijon mustard
6 anchovies (optional)
Cerebos Black Pepper
Cerebos Mediterranean Sea Salt Flakes
The juice of ½ a lemon

METHOD

1. Trim beef of all sinew and fat. Place in the freezer to firm slightly.
2. Hand cut the beef into sheets, then strips and finally, cubes. Aim for a small dice.
3. Finely mince the anchovies (if desired) and then add to the beef with the Dijon Mustard.
4. Roughly chop the capers, scatter in the red onion and chives.
5. Toss in the egg yolk and season with a liberal amount of Cerebos Black Pepper.
6. Check the seasoning to taste, then squeeze over some lemon juice to balance the flavours.
7. Serve with Cerebos Sea Salt Flakes on the side.



"Steak tartare is perfected with just the right amount of salt – this offsets the richness of the meat and the fat in the egg yolk that completes the dish."

Seasoning is as much about eating with the eyes, as with the mouth, says Tanzer – visual seasoning is a huge part of his plating technique. Tanzer also believes salt is crucial in the preparation and curing of fish, as it intensifies the flavour. He experiments often with flavoured seasonings, like lemon-infused salt, which he used as a base flavour for his steak tartare.

"This dish is a little bit of a labour of love – the meat is best chopped by hand, as it yields a better texture – but the final result is completely worth it. I love serving it with crunchy, hot twice-cooked fries and a generous pinch of Cerebos Mediterranean Sea Salt Flakes."

1970s

Siya Kobo

After learning to cook by default, Siya Kobo has worked in some of South Africa's most incredible kitchens. Growing up near Umtata, the self-taught chef watched his family and friends prepare food the only way they knew how - with simple, uncomplicated cooking methods and authentic South African ingredients.

THE CHEF

Kobo attributes his love of local flavours to these early memories – watching his mother preserve meat in salt and cook potatoes on the fire.

"There was no fast food where I grew up – and we didn't know any different," explains Kobo. "The foods we cooked and ate were in their natural form, and we only added a few ingredients in the cooking process – and I always remember salt. I didn't know any salt other than Cerebos – to me, as a young boy, they were one and the same."

When his father moved to Port St Johns, Kobo spent time on the coast, watching fisherman and locals using the best possible ingredients around them to prepare humble, but delicious, dishes.

"Electricity wasn't widely accessible, so preserving fish was important," says Kobo. "This is why salt was incredibly valuable – it wasn't just a seasoning, it was a way of living."

THE JOURNEY

From his humble beginnings, Kobo quickly rose through the ranks, starting out as a waiter, then moving into the kitchen of the same restaurant, preparing meals himself to expedite the process of getting orders out. Motivated to learn more about the craft, Kobo volunteered at the Holiday Inn and Intercontinental, where he was ultimately offered a position.

Under the guidance of the Head Chef at the Intercontinental, Kobo was encouraged to enter local cooking competitions, designing dishes like samp and beans with mushroom fuzz and curried prawns with paw-paw and avocado.

"Entering and placing in cooking competitions gave me the confidence I needed to look for bigger and better opportunities," recalls Kobo. "From my valuable time at the Intercontinental, I moved to Emperor's Palace, Londolozi and then the Sandton Sun, for its opening."

Kobo also managed to find time to join the South African National Culinary Team, the winning group who he travelled to Luxembourg and Germany to compete with in the World Championships.

"I moved around so much in such a short time, that when I came home from my final World Champs, I was ready to settle down," says Kobo. "I joined the Tsogo Sun Group in 2012 and was incredibly happy for a few years, before starting my own restaurant consultation business, Kobo Cuisine. Now I can share my expertise and love for simple, bold flavours with restaurants and chefs around the country."

THE FLAVOURS

"As my career has progressed and my skills grown, so has my desire to discover and celebrate true South African cuisine," explains Kobo. "If you cook simply and beautifully, the role of ingredients like salt become more and more important, and you learn to balance flavours perfectly."

Kobo describes his personal cooking style as firmly rooted in South African ingredients. Pap, Saldana Mussels, sardines, apricots and Karoo lamb are just some of his favourites.

For the Love of Local



"THE FOODS WE COOKED AND ATE WERE IN THEIR NATURAL FORM"

The Dish

For his Seasoned: 70 Years of Cerebos dish, Kobo was assigned the 1970s as his inspiration – a decade he knows well.

SALAD OF CEREBOS AND ROOIBOS-CURED SALMON WITH CEREBOS SALT-BAKED BEETROOT, APRICOT CHUTNEY, INKOMAZI AND LEMON-CORIANDER DRESSING.

FOR THE SALT-CURED SALMON

240g Cerebos Salt
100g white sugar
30g rooibos tea
900g salmon fillet
15g orange zest
15g lemon zest
25g fresh Coriander

METHOD

1. Tip all the ingredients for the salt mix into a food processor and whizz until everything is combined and the spices are completely ground.
2. Scatter about a third of the salt mix onto a large tray, about the size of the salmon fillet. Lay the salmon, skinned-side down, over the salt and pack the rest of the salt on top. Cover with cling film, place an empty casserole dish on top and weigh it down. Leave in the fridge overnight or for at least 10 hours.
3. Under cold running water, wash the salt mix off the salmon fillet, then dry with kitchen paper. Finely chop the coriander. Lay the salmon on a board and cover with the dill, pressing it down to pack onto the salmon.

FOR THE CEREBOS SALT-BAKED BEETROOT

100g Cerebos Mediterranean Sea Salt Flakes
100g Cerebos Fine Salt
2 egg whites
250g plain flour
2 sprigs of rosemary, destalked
75ml water
6 medium beetroot

METHOD

1. To make the salt crust, place the two salts, egg whites, flour, rosemary leaves and most of the water in a food processor and whizz until combined. Add the remaining water until the mixture forms a firm dough that isn't too sticky. Tip out the dough and squish together into a ball, cover with plastic wrap and set aside for two hours.
2. Heat the oven to 170°C. Scrub the beetroot and trim, but do not peel.
3. Roll out the dough on a board and cut into six pieces. Place a beetroot on top of each one, and press the dough up and over each beetroot until completely sealed.
4. Bake for 1½ hours, then crack open the crust, brush the beetroot with olive oil and serve.

FOR THE INKOMAZI

100ml inkomazi

METHOD

Pour the inkomazi in a bowl, cover with kitchen towel and place in a warm place until it thickens and curdles. Drain the curdled inkomazi with muslin cloth and tie to form a ball. Refrigerate, hanging over a bowl to drain the excess water, overnight. Crumble to serve.



FOR THE LEMON CORIANDER DRESSING

5g garlic paste
5g Cerebos Salt
5g honey
5g lemon zest
5g coriander, chopped
50ml olive oil
200ml lemon juice
5g orange zest

METHOD

Place garlic paste, lemon zest, orange zest, honey, coriander and lemon juice into a bowl. Whisk the mixture while slowly pouring in the olive oil, until the dressing thickens. Season with Cerebos Salt to taste.



FOR THE CHUTNEY

150g dried apricots
500ml water
150g raisins
15g garlic cloves
50g onion
150g brown sugar
5g Cerebos Salt
5g ground cinnamon
¼ clove star anise
15ml white wine vinegar

METHOD

1. Soak the whole, dried fruit overnight, in cold water. Drain.
2. Mince the apricots, raisins, garlic and onion together.
3. Place all the ingredients in a pot and boil gently for 1 hour, until thick.
4. Place the chutney in a bottle and seal.

PLATING

Lay the micro herbs, cucumber and cocktail tomatoes on a large plate. Top with all the prepared elements and finish the salad off with the dressing.

TIPS

Left over beetroot can be used to make beetroot puree or dried to form a beetroot dust. Left over salmon makes a delicious salmon tartare or salmon and avocado mousse. Try using any leftover lemon and orange zest to make your own citrus salt – perfect to use as a fish seasoning.



"I was born in the 70s, and spent most of my childhood near the sea and eating affordable, local food," says Kobo. "I tried to incorporate unique South African ingredients, like maas, and the vegetables my family ate, like beetroot, into my dish. I also wanted to use Cerebos Salt not only as a seasoning, but a method of cooking too, to highlight how prolific it's always been in my kitchen. The final result is a dynamic and colourful interpretation of the flavours I grew up with in the 70s."

1980s

Debbie Diesel

Considering she's the up-and-coming pastry chef at Joburg's trendiest five-star hotel, Debbie Diesel is fresh-faced and humble - with just the right amount of sass. She shuffles around her bustling kitchen with the ease and confidence of baking at home on a Sunday afternoon - even though she's in the middle of lunch service at The Saxon.

THE CHEF

Diesel started her career in some of SA's most coveted kitchens - beginning at the One&Only in Cape Town. From the chic seaside establishment, she moved to Singapore, where she apprenticed at 2am:dessert bar, under celebrity dessert chef Janice Wong - two-time winner of Asia's Best Pastry Chef.

Under Wong's guidance, Diesel learnt the delicate and complex art of creating artworks out of desserts. Wong's contemporary take on sugary treats rubbed off on Diesel, and continues to inspire her dessert creation today.

"Working under Janice was unlike any experience I'd had before," explains Diesel. "Her desserts can only be described as edible art - every plate is a masterpiece. She's famous for dishes like chocolate H2O rocks and lollipop walls - I still try to use this fine art approach in every dessert I create."



THE JOURNEY

Diesel was always drawn to the science of baking. "I love the precision of making cakes and pastries," she explains. "Cooking allows for a lot more flexibility - adding a pinch of this or a dash of that - but baking requires real dedication to measurement and method."

After her whirlwind Singaporean experience, Diesel returned to South Africa to settle in the Saxon's renowned pastry kitchen.

"My day generally starts at around 3 am. The morning involves prepping and baking seven different types of pastries, three types of Danishes, five variations of muffins and a completely gluten-free banquet," describes Diesel. "It requires a huge amount of energy, but luckily it's a real passion for me." Her routine then rolls into prep for a full brunch spread and high tea.

"I LOVE THE PRECISION OF MAKING CAKES AND PASTRIES"

THE FLAVOURS

Diesel loves experimenting with bread-making and truffles, pairing bold, rich flavours like mango and dark chocolate and constantly pushing the boundaries of what's possible. She approaches pastry making the same way she approaches life: never standing still and constantly improving on what's been done before.

"The dishes that formed the basis of my childhood - and remain favourites in my home - are simple pleasures like brownies, apple pie and crème brûlée," she says. "I think by mastering the art of the basics, anyone can experiment with unexpected and interesting flavours. That's what I love about using salt in baking - it's surprising, but, with the right balance, it's delicious."



Salt and Sweetness
in the pursuit
of Perfection



The Dish

When she was given the 80s as inspiration for her Seasoned: 70 Years of Cerebos dish, she began imagining unexpected flavours and textures, using salt as the base note for her dessert.

BUTTERNUT, ORANGE AND SALTED CARAMEL BEIGNETS.

FOR THE PATE A CHOUX

- 500ml water
- 200g butter, cut into cubes
- Pinch of Cerebos Salt
- 1 vanilla bean
- 300g flour
- 7 eggs

METHOD

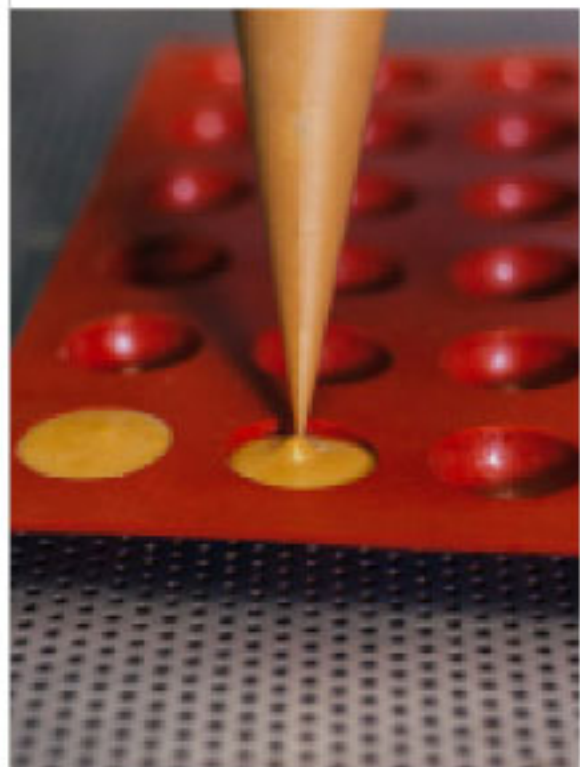
1. In a pan over medium heat, combine the roasted butternut, a quarter of the sugar, cinnamon and Cerebos salt. Mix for 5 minutes, stirring frequently. Leave the puree to cool.
2. In a medium bowl, mix the butternut puree with the pate a choux. Stir in the chocolate and transfer the mixture into a piping bag.
3. Line a tray with parchment paper and pipe one tablespoon moulds onto the paper.
4. Freeze the piped dough until firm but not solid. If the dough is too hard, it may be necessary to allow it to soften before rolling it. Coat the balls in breadcrumb.
5. Combine the remaining cinnamon and sugar to make cinnamon sugar.
6. In a large pot, heat the oil to 160°C.
7. Deep fry the balls for 5 minutes, in batches. Transfer the beignets to paper towels to drain. Roll in cinnamon sugar and serve warm.

FOR THE ORANGE CEREBOS SALT

- 30g Cerebos salt
- Zest of 1 orange

METHOD

1. Blend the orange zest with the Cerebos salt.
2. Sprinkle a small amount on top of the butternut beignet.



FOR THE BUTTERNUT SALTED CARAMELS

- 500g butternut, cooked
- 50g brown sugar
- 10ml ginger, ground
- 5ml cinnamon
- 5ml Cerebos Salt
- 500g Dulcey chocolate, melted
- 10 gelatine leaves, bloomed

METHOD

1. Blend the cooked butternut with the brown sugar until smooth and lump free. Add the spices and Cerebos Salt.
2. Add the chocolate and blend to incorporate.
3. Divide into piping bags.
4. Spray and cook small dome moulds before piping in the mixture.
5. Once set, demould and stick together two halves to form a truffle.



"I did a lot of research about famous 80s dishes, but nothing resonated with me immediately," explains Diesel. "Until I woke up in the middle of the night thinking about Beignets – and I couldn't stop thinking about them. I'd read somewhere that they were the Louisiana State Doughnut in 1986, and their popularity then quickly spread around the world. I keep a notebook next to my bed to write down recipe inspiration, so I started scribbling ideas, which turned into the final dish."

Diesel knew Beignets would work well, as they'd balance salty elements with their intense sweetness. Diesel wanted to use a complimentary mellow flavour, like a root vegetable, to match the salty-sweetness, and decided to use butternut.

"Butternut is a wonderfully nutty base note – it's enhanced by spices like cinnamon and always needs lots of seasoning to pump up its flavours," explains Diesel. "I knew the only thing that was missing was a punchy citrus element – which is how I came to incorporate orange into the dish. I also used lots of crunchy rock salt in the crumble topping – it's essential to use lots of salt when baking with flour and butter."

Diesel describes the dish as something she'd love to eat at home. "Although it might seem 'chefly' in the way it's presented, this dish is, at its core, a combination of simple, familiar flavours we all know and love – a butternut-flavoured, crisp doughnut rolled in sweet cinnamon sugar, with a side of tart sorbet and rich salted caramel truffles."





ORANGE AND CEREBOS SEA SALT CRUMBLE

125g butter
125g sugar
½ vanilla pod
Zest of an orange
375g flour
Cerebos Mediterranean Sea Salt Flakes

METHOD

1. Preheat oven to 180°C. Cream together the butter and sugar.
2. Add the vanilla, orange zest and flour. Mix until just combined.
3. Crumble onto a lined tray and bake until golden brown, for 8-10 minutes.
4. Cool the dough and crush into a coarse crumble. Add Cerebos Mediterranean Sea Salt Flakes.

FOR THE SALTED CARAMEL

200g castor sugar
90g butter
125g cream
10g Cerebos Salt

METHOD

1. Melt the sugar to form a dry caramel. Once the sugar is completely melted, stir in the butter, a little at a time.
2. Stir in the cream and finish off with the Cerebos Salt.
3. Allow to cool before transferring to a squeeze bottle.



FOR THE BUTTERNUT RINGS

1 butternut
500g flour
150g Cerebos Salt
5 egg whites
150g water

METHOD

1. Cut the butternut in half and remove the rounded bottom. Peel butternut and set aside.
2. Prepare salt crust by mixing flour, Cerebos Salt, egg whites and water in a blender. Blend until combined.
3. Wrap the butternut in the salt crust and bake at 170°C for 1½ - 2 hours until soft. Remove the Cerebos Salt crust. Leave to cool.
4. Cut the butternut into strips, 1cm - 10cm. Wrap the butternut strips into rings and place on the plate.

FOR THE ORANGE AND CINNAMON SORBET

1 litre of orange juice
80g glucose
134g sugar
2 cinnamon sticks
2 egg whites

METHOD

1. Place the orange juice, glucose, sugar and cinnamon in a pot on medium heat. Heat until all combined.
2. Add the egg whites to the mixture.
3. Strain and pour into ice cream tins. Freeze and churn.

Place all elements together in a bowl and enjoy. If you don't feel like creating the entire dish, you can make one or two of the elements as a simple dessert - sorbet, Beignets and salted caramel truffles all work well on their own.

1990s

Jade Sullaphen

Kitchen veteran Jade Sullaphen is a stalwart in iconic kitchens across South Africa these days – but he seems most at home, today, in the lively kitchen of the Southern Sun Montecasino. Now at the helm of several Tsogo Sun Hotel Kitchens, Sullaphen uses his valuable experience every day, as he guides a team of chefs and food service professionals.

THE CHEF

Sullaphen has cooking in his blood. Growing up, his mother and aunt ran a small catering company, specialising in humble, home-cooked favourites like fish and chips and curry and rice. In his spare time, he helped out in the kitchen.

"When I started surfing, I quickly learned that nourishing and filling foods could also be delicious," says Sullaphen. "I'd surf for a whole morning, come home salty and exhausted, eat a huge meal and be back in the sea a few hours later. We ate uncomplicated, authentic South African food – and I soon fell in love with making and eating it."

After school, Sullaphen studied at a local hotel school, working in hotel kitchens on weekends and during the holidays. When he spotted an ad in a local newspaper for a position to continue his apprenticeship overseas, he jumped at the opportunity. He was chosen as one of ten students to be sent on a culinary internship to Ireland.

"Working in Dublin, I discovered a whole new realm of restaurant food, cooking things like soda bread, razor clams and mackerel," explains Sullaphen. "Although the food industry was still pretty static at that time – a side salad was some iceberg lettuce and wedge of lemon – it opened a whole new world for me and gave me an understanding of a food culture other than my own."

THE JOURNEY

When Sullaphen returned to South Africa, he successfully opened the very first O'Hagan's in Durban, inspired by the flavours he'd tasted and cooked in Dublin. In search of the big city, he subsequently moved to Johannesburg and took up a position at the Rosebank Hotel, where he ultimately became Chef de Partie.

He then moved on to the Hilton Hotel in Sandton – the first of its kind in South Africa. Here he rubbed shoulders with Belgian and French chefs, and further finessed his cooking style. Within a few years, he'd moved onto the Castle at Kyalami and the Intercontinental at OR Tambo International Airport before settling at the Southern Sun Montecasino, where he's been for three years.

"Heading up the kitchens across a few properties is a huge responsibility, but it constantly pushes me to refine and modernise my style of cooking, taking into consideration changing trends," comments Sullaphen.



THE FLAVOURS

"Salt has transformed the food industry in the last four or five years," explains Sullaphen. "It's started a movement in textures, flavours and cooking methods that I'd never experienced before. Cerebos has always been one of the key ingredients in my cooking, but the range of salts available now changes everything."

Sullaphen tries to keep his dishes simple and celebrate the flavours of the best possible ingredients, while experimenting with interesting visual seasonings and preparation techniques. Though none of his professional experience could end his unconditional love affair with the simplest dishes – bacon and cheese sandwiches and lamb stew.

"SALT HAS TRANSFORMED THE FOOD INDUSTRY IN THE LAST FOUR OR FIVE YEARS"

Humble Home Cooking made haute cuisine



The Dish

In imagining his 90s-inspired dish, Sullaphen looked to the dynamic, ever-shifting cooking trends of the decade. CEREBO'S CURED SIRLOIN WITH AVOCADO MOUSSE AND CRISPY FRIED ONION.

FOR THE CURED SIRLOIN

Sirloin of beef
 250g Cerebos Salt
 250g white sugar
 1kg sirloin of beef, trimmed of excess fat
 2g fresh rosemary
 A few sprigs of thyme
 Small bunch of sage

METHOD

1. Roughly chop all the herbs, add the Cerebos Salt and white sugar. Mix all ingredients together and rub and coat the beef with the mixture.
2. Wrap in plastic wrap tightly and cure in the fridge for 3 days.
3. After three days, rinse off the excess salt and sugar mixture under cold water, dry with a cloth and let it rest in the fridge to be sliced later. This will enable the meat to firm up for slicing.

FOR THE AVOCADO MOUSSE

1 ripe avocado
 Generous pinch of Cerebos Salt
 Smooth cream cheese

METHOD

Blend all ingredients until smooth. Set aside in a squeeze bottle.

FOR THE BLACK CHERRY AND ONION MARMALADE

250ml red wine
 100g brown sugar
 250g white onion, thinly sliced
 1 tin of black cherries, chopped into small pieces.

METHOD

1. Fry the onions, brown sugar and chopped black cherries until soft and cooked. Add the red wine and reduce until the mixture becomes thick and the onions are a dark, burgundy colour.
2. Set aside and cool.

FOR THE CRISPY ONIONS:

Deep fry thinly sliced onion in corn flour until lightly golden brown.

TO ASSEMBLE:

Place thin slices of the cured beef on a large white plate, with poached asparagus and slices of grilled tomato. Top with crispy fried onions and avocado mousse.



"The 90s, more than anything else was a time of boundary-pushing and 'food fads,'" says Sullaphen. "But the one trend that resonated with me was the desire for aesthetic perfection - dishes had to be plated immaculately, with loads of curly parsley, contrasting colours and delicate finishes. This is my take on that obsession."

Sullaphen used Cerebos Salt to cure a sirloin of beef, which he assembles into a stunning edible masterpiece. "Curing prolongs the shelf life of a piece of meat by drawing out the moisture and bacteria - once a piece of meat is cured, it can be stored for a few weeks, the flavour will intensify, and it'll be delicious. I also used sugar and herbs in the curing process to add extra flavour to the meat."

Sullaphen balanced the salty intensity of the beef with sweet, pickled marmalade and asparagus. He used Cerebos salt flakes generously in the seasoning of his buttery avocado puree, and finished the dish with crispy, crunchy onion rings.

"Everything in cooking is about yin and yang, salty and sweet, hot and cool. This dish is an homage to the constant search for that perfect balance," concludes Sullaphen.

2000s

Minette Smith

Chef Minette Smith is on a mission to celebrate the delicious. In her role as head of patisserie at renowned culinary establishment HTA, she's dedicated to teaching her students to cook first with their noses and taste buds – all while imparting her trademark precision.

THE CHEF

"To be a pastry chef isn't just a job – it's a calling and a way of life," says Smith. "What I love most about patisserie is the science involved. In order to be a great pastry chef, you have to understand each ingredient – fat, flour, salt, eggs – and exactly what they do."

Smith maintains that the right technical training is the springboard from which to explore a world of interesting flavours and textures – and technical training she's most certainly had.

THE JOURNEY

Smith always knew she wanted to work with food. After studying at the Warwick's Chef School, she embarked on a European culinary adventure, taking a position as a trainee at the Chesterfield Hotel in Mayfair, London.

"I started out washing dishes, watching master chefs and trying desperately to learn anything I could from them, although they weren't always forthcoming with sharing their skills," recalls Smith. "One Irish chef, in particular, really made me sweat to gain any insights – I pretty much had to watch first, and then deduce the theory myself afterwards. It was nothing if not a baptism of fire."

Once she was confident enough to take up a position as chef in Chesterfield, Smith knew she wanted to settle in South Africa at a top-10 restaurant. She returned to work at the

12 Apostles Hotel in Cape Town where she gained valuable insights into premium South African gastronomy.

But it was Smith's time at Rust en Vrede that moulded her exceptional baking talent. "I was petrified when I started at Rust en Vrede – I felt completely out of my depth – but working with Chef David Higgs was a dream of mine, so I threw myself into it with everything I had," says Smith. "Chef Higgs became a valuable mentor and teacher of mine, always pushing me to do better and push the boundaries of what I thought was possible."

In fact, Higgs's impact on Smith was so fundamental, she travelled with him to Johannesburg when he took up the position of Head Chef at the Radisson and, subsequently, the Saxon. "I never envisioned my career leading me to Johannesburg," says Smith. "But, in retrospect, I'd never have learnt what I have if I'd stayed put."

After fine-tuning her patisserie skills in the kitchens of the Saxon, Smith decided to join HTA. "Teaching has always been a calling for me," she explains. "Working with my students and helping them become better pastry chefs allows me to share the knowledge I've gained along my journey."

Smith's goal is to expand the patisserie school at HTA – all while competing in international culinary competitions. In the past few years, she's taken part in the Junior World Cup for Pastry Chefs in Italy, as well as the Global Pastry Chef Challenge in Namibia. In 2016, she'll represent the South African National Culinary team in Germany.

THE FLAVOURS

Despite her extensive technical training, Smith remains a lover of comfort food. Her favourite pastry dishes are the simplest, like a well-made, soft éclair with proper pastry cream.

"My personal food style is based on a few distinctive, uncomplicated flavour combinations," says Smith. "Caramel and cinnamon, and passion fruit and raspberry are always firm favourites."



Notes from a nostalgic Flavour-seeker

"I STARTED OUT WASHING DISHES"

The Dish

Given the 2000s as the inspiration for her Seasoned: 70 years of Cerebos dish, Smith took a characteristically unconventional approach to the project.

CHOCOLATE CAKE WITH SALTED CARAMEL, PEANUT BUTTER BUTTERCREAM & CARAMEL POPCORN.



FOR THE CHOCOLATE CAKE

350g flour
300g castor sugar
5ml bicarb
25ml cocoa powder
5ml salt
250ml buttermilk
2 eggs
200g oil
5ml vinegar
40ml water
5ml vanilla

METHOD

1. Mix all the wet ingredients together.
2. Sift all the dry ingredients together.
3. Mix the wet ingredients with the dry.
4. Bake in a cake tin for 20-25 minutes at 180°C.



FOR THE SALTED PEANUT BUTTER BUTTERCREAM

200g cream cheese
170g castor sugar
250ml peanut butter
15g butter, melted
250ml cream

METHOD

1. Cream the butter and the sugar.
2. Add the peanut butter and mix in.
3. Whip the cream to soft peaks and fold in.



FOR THE PEANUT BRITTLE

50g salted peanuts
120g castor sugar

METHOD

1. Put the sugar and the nuts in a pan, over a low heat, and slowly caramelize.
2. Pour onto silicone paper to cool.



"I know most pastry chefs would've created a plated dish for this challenge, but I wanted to make something I would make at home and enjoy with a cup of tea on my couch," explains Smith. "That's why I opted for a cake – something decadent, but shareable and achievable."

Smith also looked to current trends as inspiration for her cake. She believes there's a strong revival of nostalgic flavours in modern cooking, as people yearn for simplicity and familiarity.

"What's more comforting than peanut butter, caramel popcorn and chocolate?" says Smith. "These are the iconic flavours of childhood, which have become super-trendy in the 2000s – although with the twist of salted caramel, as opposed to traditional caramel."

Smith loves experimenting with salt in her sweet creations, using it not only as a seasoning, but as a textural ingredient too. "There are no rules in cooking anymore, as far as flavours go," says Smith. "The use of salt in all areas of the kitchen is the beginning of a movement towards playing with comforting flavours in new and modern ways."



FOR THE CHOCOLATE CRÈME

200g cream
500g milk chocolate

METHOD

1. Heat the cream and chocolate in a double boiler until the chocolate is completely melted.
2. Allow to cool.



FOR THE SALTED CARAMEL

250 ml granulated sugar
180 ml unsalted butter, at room temperature, cut into blocks
250 ml heavy cream
15 ml Cerebos Mediterranean Sea Salt Flakes

METHOD

1. Slowly heat the sugar over a low heat until a caramel forms – do not mix otherwise the sugar will crystallise.
2. Add the butter.
3. Heat the cream and add to the sugar and butter mixture.
4. Lastly, add the salt.
5. Allow to cool.



FOR THE CARAMEL POPCORN

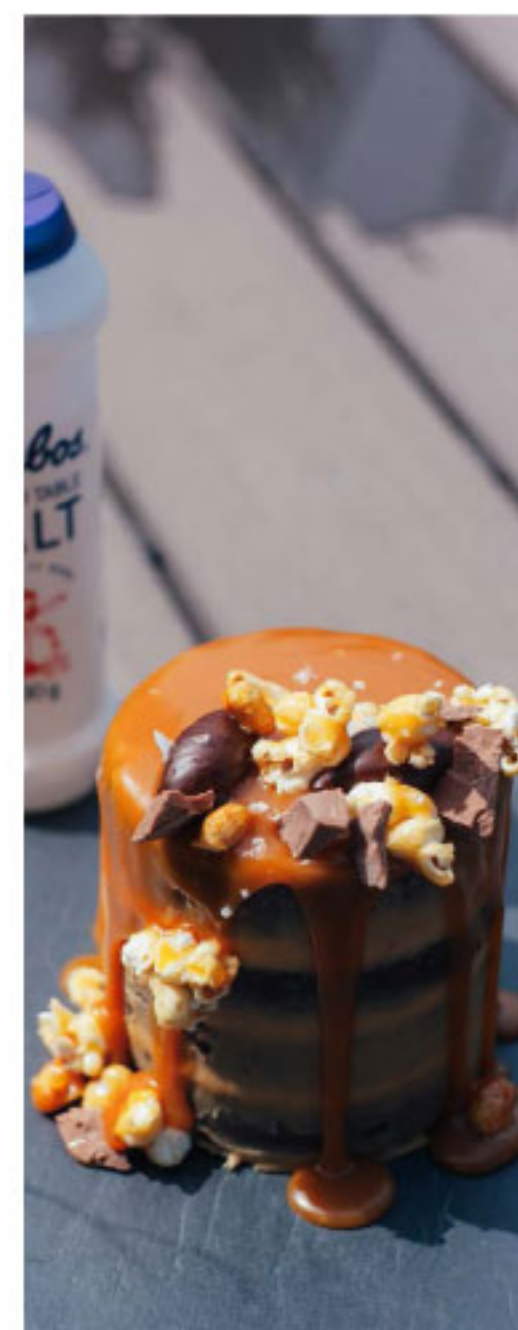
250 ml castor sugar
30 ml glucose
60 ml butter
Oil
Popcorn

METHOD

1. Pop the popcorn and set aside.
2. Put the butter, glucose and sugar in a pot and heat until it turns into a light caramel.
3. Pour the popcorn into the caramel and keep stirring until the popcorn is completely coated.
4. Pour out on a silicone mat and allow to cool.

TO ASSEMBLE

1. Slice the cake into two halves horizontally.
2. Spread one layer of the cake with the peanut butter buttercream and chocolate crème.
3. Ice the outside of the cake with the remaining peanut butter buttercream.
4. Decorate with the popcorn, peanuts and some chocolate shavings.





Seasoned
CEREBOS FAN RECIPES



FOR THE FISH

1 kg Cerebos Mediterranean Sea Salt Flakes
2 large free-range eggs
1½ tbsp fennel seeds
1 lemon
600g whole sea bass, gutted and deboned
1 small bunch fresh basil
1 small bunch fresh flat-leaf parsley

FOR THE AIOLI

3 large cloves of garlic, peeled
1 pinch saffron
Cerebos Mediterranean Sea Salt Flakes
100ml olive oil

FOR THE SALAD

½ cucumber, peeled
1 large handful green olives, stoned
2 jarred red peppers
Chopped flat-leaf parsley
freshly ground black pepper

METHOD

1. Mix all the ingredients together for the salt crust. Pack the herbs and lemon into the cavity of the fish. Place the sea bass onto a large platter and pack the salt mixture tightly around the fish. Bake in the oven at 200°C for half an hour.
2. Remove from the oven and test the fish by sticking a knife into the middle. If the knife comes out hot, the fish is ready.
3. To make the aioli, mash the garlic, saffron and salt in a pestle and mortar. Slowly mix in the olive oil until it forms an emulsion.
4. To make the salad, roughly slice the cucumber and put it into a bowl. Tear the olives and add to the bowl along with the torn-up peppers, the parsley, a squeeze of lemon juice and a drizzle of extra virgin olive oil. Season with a little salt and pepper, and toss together.
5. Peel the top of the salt crust off your fish, then brush off the excess salt. Carefully lift out pieces of the fish and serve on a plate, with the crunchy side salad and the aioli.

The Dish

Salt-baking fish is a Spanish method of cooking that steams the fish and keeps it tender and delicious – a fabulous lunch party dish. Here it's served with a crunchy salad made with fresh vegetables.

CEREBOS SALT-CRUSTED FISH WITH CRUNCHY SIDE SALAD

BY LANTHE WALTERS

INGREDIENTS

Salted codfish, soaked and rinsed to remove excess salt
2 potatoes
Breadcrumbs
1 lightly beaten egg
Olive oil
Fresh parsley, chopped
Cerebos Mediterranean Sea Salt Flakes

METHOD

1. Peel and boil the potatoes until soft. Mash until smooth and leave to cool.
2. Cut the codfish into chunks, then put into a food processor, along with the mashed potato, egg, herbs and a pinch of Cerebos salt.
3. Blend until all the ingredients are combined and it has a thick dough-like consistency.
4. Using your hands, form oval shaped cakes. Coat each cake in breadcrumbs then transfer to a pan with hot oil. Fry until crispy and golden. Finish with Cerebos Mediterranean Sea Salt Flakes and a squeeze of lemon juice.



The Dish

These traditional Portuguese fishcakes are made from codfish preserved in salt, and have a wonderful flavour of the ocean. The measurements here can be changed up according to the number of fishcakes you'd like to make.

CRISPY CEREBOS BACALHAU CAKES

BY ANTOINETTE MENDES



FOR THE MARINADE

1 leg of lamb
1 tsp Cerebos salt
2 tsp red chillies
1 tsp lemon pepper
1 tsp ginger
1 tsp garlic
2 tbsp vinegar
Large bunch of fresh rosemary

FOR THE CHILLI SAUCE

3 tbsp peri-peri sauce
½ cup of water
Small knob of butter

METHOD

1. Place the leg of lamb in a roasting tray. Poke holes in the lamb using a sharp knife, then stuff the rosemary into the holes. Mix together the remaining ingredients for the marinade and pour over the lamb. Marinate overnight.
2. When you're ready to cook the lamb, remove it from the dish and sear it in a hot pan, until it's browned on all sides.
3. Transfer the lamb back to the roasting tray, cover it with foil and bake at 180°C for 2 hours.
4. When the lamb is cooked, transfer the remaining juices into a small saucepan. Add the peri-peri sauce, water and the knob of butter. Stir until thickened. Pour over the lamb and serve.

The Dish

This flavourful lamb is marinated overnight to allow the punchy flavours of chilli and rosemary to work their magic. The salt pairs perfectly with the rich, meaty intensity of the lamb. It can be made in advance, and leftovers are delicious eaten the next day. Serve it with sweet roasted vegetables and mashed potato.

TENDER MEDITERRANEAN BAKED LAMB

BY FATIMAH DHAI

Cerebos®