



Eat Western Cape

THE FRENCH CONNECTION BISTRO

Sadly, 'Bye-Bye Miss American Pie' by Don McLean is not actually a song about pie. It's about the plane crash that killed Buddy Holly, but that's a much sadder topic than pie, so let's pretend it's about pie. At French Connection, the pies are more French than American. The goat cheese and onion pie is beautifully balanced by a mustard-cress salad. The pear tart tatin (a tart is just posh foodie speak for pie) is accompanied by thick and sour crème fraîche. Perhaps the most American of the pies at French Connection is the fantastic pecan pie with a delicious sprinkling of praline.

48 Huguenot Road, Franschoek, 021 876 4056, frenchconnection.co.za.

REUBEN'S AT ABALONE HOUSE

If SASSI statistics are to be believed, then the Marvelettes' 1965 song 'Too Many Fish in the Sea' ('short ones, tall ones, fine ones, kind ones, too many fish in the sea') is utterly inaccurate. All the research suggests that there are too few, not too many.

Reuben's at Abalone House in Paternoster has majestic Atlantic Ocean views, so you can look into the sea and decide for yourself if there are too many fish there. If you're not sure, why not order the braised leek, asparagus and zucchini salad with za'atar-spiced feta, lemon purée and olive salsa.

3 Kriedoring Street, Paternoster, 022 755 2044, abalonehouse.co.za.

HEMELHUIJS

'Brown Sugar' by the Rolling Stones is clearly an epicurean inspiration at Cape Town's Hemelhuijs. Chef Jacques Erasmus's menu includes brown-sugar-sprinkled baked quinces and slow-cooked onion soup (which is sweet because of the caramelised onions and needs no extra sugar). For those who could eat breakfast all day long, there's the brown sugar and cinnamon sweetness of old-fashioned sago melkkos. Those with somewhat more adventurous, less brown-sugar-focused food tastes can savour the likes of gnocchi on roasted aubergine with black-truffle cream.

71 Waterkant Street, Cape Town, 021 418 2042, hemelhuijs.co.za.