

AFRICA CULINARY DELIGHTS

Steeped with a rich history of Dutch, French and Asian cooking styles together with other European cultures and indigenous cooking traditions, South Africa has elevated to the forefront of culinary distinction. Boasting culinary delights from its rich Nile Valley in Egypt, traditional dishes and grilled delicacies are created from fresh fish and a variety of spices and herbs. From waterfront dining, curated chef-led menus, high tea buffets and cellar-door experiences in sprawling wine regions to food trucks, farmers markets, picnics on the rocks and celebrated iron-pot cooking under the stars, discover the diverse flavors of this *Rainbow Nation*.



continued

Culinary Discovery in South Africa

Below is just a sample of the immersive itineraries our Destination Specialists can create.

Days 1 - 2 | USA / CAPE TOWN | Upon arrival, receive a warm VIP welcome at the sky bridge and receive assistance until you board your private hotel transfer. Then, head to the *Twelve Apostles Hotel & Spa* for a splendid five-night stay. Overlooking the Atlantic Ocean with a dramatic national park backdrop, immerse in serene living with bespoke amenities, complimentary daily breakfast and a host of curated culinary experiences including mountain picnics, gin tastings and private dining.

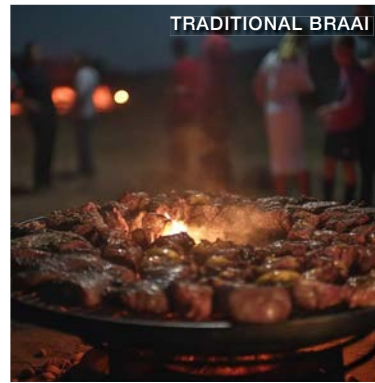
Celebrate your arrival with High Tea by the Sea with dainty treats and sandwiches, a craft gin and canapes experience in The Conservatory, or toast to the magnificent sunset with a signature cocktail at the open-air terrace of The Leopard's Bar.

Day 3 | CAPE TOWN | Get to know the locals, their farming heritage and artisan producers on the *Food Market Experience*, beginning at the Oranjezicht City Farm Market. Sample favorite staples and cooked items before heading to Good Company Farmers' Market at the Company's Garden, touted as South Africa's oldest garden, for savory treats, plus arts and crafts.

Day 4 | CAPE TOWN | Embark on a day of coastal exploration and boutique wine tasting on the *Whales & Wine Excursion*. Take a scenic drive along the beautiful coastal fishing village of Hermanus where whales frequently frolic in the bay. Then, visit a boutique winery in Hemel-en-Aarde, aka Heaven & Earth, for wine tasting, and enjoy a picturesque return through the apple-growing regions of Elgin and Sir Lowry's Pass.

Day 4 | CAPE TOWN | Enjoy a leisurely day exploring Cape Town or relaxing at the hotel. Take the aerial tramway up Table Mountain, visit the scenic beaches of Camps Bay or discover the bustling Victoria & Albert Waterfront, its upscale stores and fine restaurants. Nestled in the lush hotel gardens, celebrate your last night with a traditional South African braai, featuring family-style sharing dishes and marinated meats roasted over hot coals.

Days 6 - 7 | KRUGER SAFARI PARK | Arrive at *Kruger National Park* and the *Kapama Private Game Reserve – Southern Camp* where you will stay for two nights in a luxury suite. Spread over 15,000 acres of peaceful African bushlands, revel in elegant lodge living with modern amenities.



Twice daily, delight in guided open-air drive opportunities into the African bush on the *Kruger National Park Safari*. Home to what is known as "The Big Five" - Lion, Leopard, Buffalo, Rhino and Elephant. Then, as the stars come out and as the glow the cooking fire reigns, savor a traditional outdoor boma barbecue dinner prepared before your eyes, paired with South Africa's best wines and cultural folklore.

Day 8 | JOHANNESBURG | Board your non-stop flight and arrive at *Four Seasons Hotel The Westcliff, Johannesburg*, for three glorious nights in peaceful luxury, with daily breakfast. Indulge in inspired dining at Flames restaurant, rejuvenating therapies at Après Spa and its al fresco spa lounge, plus 2 pools and vegetable garden.

Days 9 - 10 | JOHANNESBURG / USA | Go back millions of years to early man on the full-day *Private History of Humankind & Lesedi Culture Excursion*. Begin in Maropeng Visitors Center at the Cradle of Mankind, a World Heritage Site, where the oldest human fossils on earth were discovered. Marvel at the interactive exhibits and the human evolutionary life journey on display. Then, delve into five different historical South African cultures to present day including the Zulu, Xhosa, Ndebele, Sotho and Pedi, and participate in their harmonious hospitality, along with a traditional African meal, music, dances, activities and replicas of traditional homesteads at the Lesedi Cultural Village for an immersive multicultural experience.

Celebrate your last evening with a private curated four-course candlelight dinner with sparkling wine and dramatic treetop views. The next day, transfer to the airport for your comfortable flight home.

continued

EGYPT INSIDER TIDBITS

- Egyptian etiquette requires that you eat with your right hand, that it is unnecessary to salt your food, second helpings are considered a compliment and always leave a small amount of food on your plate when finished.
- Aish Baladi is the backbone of almost every meal. Dating back 5,800 years, “Aish” means life and is synonymous with freedom and social justice. Similar to a pita but made with whole wheat flour, 85% of Egyptians eat baladi every day.
- Ancient Egyptian food was heavily influenced by the Nile River and consisted most of bread, beer, vegetables and fruits, with meat being a luxury only the wealthy could afford. Garlic and spices were commonly used, while honey was used as sweetener. There was a deep respect for its role in sustaining life, which is evident in their elaborate burial rituals and offering to the gods.



CAIRO CULINARY TIPS

- Cairo Bites Food Festival, typically held in late-September, features a wide and diversified line-up of local, regional and international establishments showcasing the Egyptian food industry. Each year, more than 100 participating eateries serve more than 10,000 foodies.
- Koshary, a national dish and famous street food is thought to have been introduced by the British. Rice, lentils, macaroni, chickpeas, fried onions and spicy tomato sauce create a cheap and delicious dish. Be sure to try it at Abou Tarek or Koshary El Tahrir.
- Layers and layers of soft flaky pastry with melted butter create feteer. Often given a gift to visitors and friends and commonly prepared for holidays, weddings and celebrations, this delight can be sweet (drizzled with molasses or honey) or savory with meats, cheese and vegetables.
- Hamam Mahshi is a historic dish cooked with pigeon. Raised in special conical towers for six weeks, these birds are marinated and stuffed with a mixture of rice or wheat, onions, cinnamon, cumin and nuts, then grilled over a charcoal fire. Try it at the local favorite Farahat.

EGYPT CULINARY RECOMMENDATIONS

CAIRO

139 Pavilion at the Marriott Mena House, Cairo | An open-air restaurant with breathtaking views of the Pyramids, enjoy an all-you-can-eat buffet for breakfast and à la carte favorites for lunch and dinner, with a spirited cocktail menu and live music in the evenings.

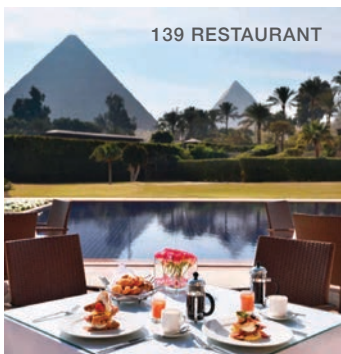
Abou Tarek | With a seal of approval from Anthony Bourdain as “the” place to go in Cairo for koshary, delight in this authentic and traditional dish that’s been served to locals and tourists alike since 1950.

Andrea El Mariouteya | Family run since 1958, this New Giza restaurant specializes in grilled chicken. Choose skewered, deboned, broken down or whole options with crispy skin and juicy meat. Complete your meal with traditional Egyptian mezze and dips.

Fasahet Somaya | Be welcomed like family to this homey venue near the Egyptian Museum. Quick and casual, delight in a rotating daily menu of signature items including the molokhia stew, a leafy green flavored with chicken broth, garlic and coriander.

Felfela | Located downtown within easy walking distance to the Egyptian Museum, dine in this eclectically decorated restaurant that opened in 1959. Enlivening traditional recipes, the falafel and baba ghanouj are addictive, but the standout is their rice pudding.

J&G Steakhouse Cairo at The St. Regis Cairo | Sophisticated steakhouse favorites are expertly prepared and grilled to perfection then presented in an elegant atmosphere. Begin with black truffle fritters or tuna tartare, followed by lemon crusted sea bass, Australian Wagyu beef with a chile glaze or a veal tenderloin.



continued



KHUFU'S RESTAURANT



BABA GANOUSH



SHAWARMA



1886 RESTAURANT



SOFRA RESTAURANT & CAFÉ

LUXOR CULINARY TIPS

- Shawarma is a tasty and popular street food of lamb or chicken rotated vertically on a flame grill, sliced thinly and served in a rolled flatbread with chopped tomato, onion and parsley.
- Light desserts are favored by the Egyptians, from a delicate rosewater-flavored ground rice dessert topped with toasted nuts and cinnamon called Mahalabiya to Um Ali, similar to an English bread and butter pudding and Roz bi laban, a cold rice pudding.
- Similar to a hummus, baba ganoush is made with roasted eggplant, olive oil, garlic, sesame paste (tahini) and lemon and served with pita bread. Be sure to try it at Sofra Restaurant & Café or Al Sahaby Lane Restaurant, both within walking distance of the Temple of Luxor.

CAIRO CONTINUED

Khufu's Restaurant | One of two restaurants located inside the Pyramids of Giza plateau, relish stunning views as you feast on beloved Egyptian classics with a contemporary twist. Favorites include the baba ghanoush and the fereek with smoked beef terrine.

Le Pacha | Looking for variety? This Nile-docked boat offers seven great restaurants. Sample international bites at Carlo's, pan-Asian favorites at L'Asiatique, Italian fare at Piccolo Mondo, French cuisine at Le Steak, Indian plates at Maharani, Lebanese dishes at River Boat and Egyptian choices at Le Tarbouche.

Le Tarbouche | Housed within a moored river boat on the Giza side of the Nile, relax in the stylized dining room with live music and performers as you feast on Egyptian fare including hamam mahshi (grilled pigeon) and hawawshi (beef stuffed in flat bread).

Makino Japanese Restaurant | Sit on the riverside terrace with Nile views or in the elegant dining room, enjoy sushi and sashimi from the raw-fish counter or yakitori skewers from the grill station. Savor tuna, spider rolls with soft-shell crabs, prawn tempura and beef ramen.

Naguib Mahfouz Cafe | Tucked away in the Khan el Khalili souk, this cafe and shisha lounge offers a welcome respite from the hustle and bustle of the bazaar. Serving Egyptian classics such as beef hawawshi, lamb kofta, koshari, falafel, dolma and mezze spreads.

Pier 88 | Overlooking the Nile River in Zamalek, this breezy venue features an open-kitchen and a vibrant weekend vibe with music. A diverse selection of mouth-watering Italian hors d'oeuvres, antipasti, pastas and grilled meats, plus an extensive wine menu.

LUXOR

1886 Restaurant | Step back in to an elegant era of Venetian crystal chandeliers, heavy silver plates and candlelit tables at this formal venue. French-inspired dishes and seafood favorites include smoked salmon, marinated lobster, duck breast and grilled beef fillet.

Al Sahaby Lane Restaurant | Instagramable views of the Nile, Luxor Temple and Avenue of the Sphinxes from the rooftop terrace will take your breath away. Offering something for everyone, enjoy Egyptian, international and vegetarian fare as well as unique dishes such as a camel burger or camel meat pot for something different.

El Kababgy | Sit outdoors for fantastic Nile River and West Bank of Luxor views as you devour traditionally prepared meals such as mashi, tagines, grilled shish tawook and kebab or favorites like hammam, fatta, mesaka'a and feteer.

Nubian House | You won't find a menu here ... this little, authentic restaurant feels like your are eating in someone's home. The husband shows the utmost in hospitality as he asks for your likes and dislikes, then the chef wife prepares something homemade and just for you.

Pizza Roma.it | Beloved by locals and tourists alike, a large menu of authentic pizza and pastas awaits. Boasting a lively ambiance, friendly staff and excellent service, try the four cheese pizza, pesto chicken pasta and beef lasagne with a selection of wines.

Sofra Restaurant & Café | A transformed 1930s house with traditional charm, main dining area and upstairs open terrace, relish hot and cold mezzes and Egyptian mains utilizing the freshest ingredients, with handmade sweets and Arabic coffee for dessert.

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SOUTH AFRICA INSIDER TIDBITS

- Bobotie, a curried meat and fruit with an egg-based topping, is an iconic weekday course, as well as the popular pap en vleis, a maize porridge, with a side of braai or barbecue meat, with spicy gravy or relish, typical for Sunday gatherings.
- Since Christmas comes in the summer season, many celebrate holiday meals barbecuing, or roasting glazed gammon (ham), turkey, duck, beef, lamb or seafood, served with yellow rice and raisins, simple vegetables, plus malva pudding and mince pies for a festive dessert.
- Considered a social activity, be sure to sample the Dutch influenced potjiekos, a small pot food simmered with minimal liquid in a cast iron pot over coals outdoors. This mélange of ingredients is typically made with lamb, beef or pork, layered with vegetables, spices, plus wine or beer, and only stirred right before serving.



CAPE TOWN CULINARY TIPS

- Less than an hour outside Cape Town, experience the cellar doors of Cape Winelands, a biodiverse region known for their celebrated wines, fertile landscapes and home to world-class wineries in Stellenbosch, Franschhoek and Paarl.
- A popular favorite, try the iconic Gatsby submarine-style mega sandwich noted for its overload of masala steak, polony, sausage, sauces and chips – aka French fries, making it a hearty meal for more than one.
- Many South African restaurants offer exotic game meat on the menu including crocodile, ostrich, springbok, warthog and kudu, touted as the world's best tasting game meat, and leaner than beef.
- From street food eateries to bespoke offerings mixed with its British colonial history and endless ocean accessibility, Cape Town's lively foodie culture is serious about traditional fish and chips.

SOUTH AFRICA CULINARY RECOMMENDATIONS

CAPE TOWN

Belly of the Beast | An intimate 24-seat venue with no menu options or set courses, reserve your seat to unveil the season's sustainably sourced bounty. Inspired by South African braai (barbecue), bask in creative tasting menus of meats, seafood, vegetables and desserts, paired with curated wines for a personalized dining experience.

Bouchon Wine Bar & Bistro | Radiating an enchanting urban winery ambience, sip local wines and dine on Euro-Asian inspired small plates. Be tempted with seasonal offerings such as Saldanha bay oysters, spareribs, seared prawns and mushroom gnocchi.

Brass Bell Restaurant and Pubs | A Kalk Bay harbor hot spot comprised of a unique complex of terraced dining venues, savor favorite cocktails, seafood, tapas, sushi and grilled meats. With nine dining outlets to choose from, spend a relaxing lunch or cozy dinner on the waterfront, from the deck or a pavilion built into the seawall.

Chef's Warehouse at Beau Constantia | Situated on a boutique farm overlooking vineyards, experience interactive wine tasting and casual fine dining. Savor voluptuous dishes from Chef Jones' signature four-course menu of seasonal flavors, global influences and spirited preparation such as venison tartare, parmesan risotto with bramble jellies and decadent chocolate offerings.

Enazulwini | Vaunting V&A waterfront views, the chef crafts a fine dining experience by infusing family traditions into modern Zulu fare. Recognized by foodies for her artful preparation and vivid plating, privileged diners will delight in multi-course tasting menus with unique starters, well-chosen wine pairings and sensational desserts such as blueberry cheesecake ice cream.

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CAPE TOWN *CONTINUED*

Fyn | Catapulting contemporary Japanese-African fine dining to new heights within full view of the chef's stations, indulge in kaiseki traditions (small courses) of braaied abalone and guinea fowl wontons, sashimi, Cape Wagyu or king trout, served in artful bento boxes with unexpected pairings and innovative flavors.

La Colombe | Situated on the Silvermist Organic Wine Estate with incredible views of Constantia Valley and the bay, celebrate acclaimed French-Asian fusion with a gentle mix of South African spices. Discerning diners can embark on a fantastical culinary journey with blind wine tasting, quail and langoustine sweet corn bisque, herb gnocchi, Jerusalem artichoke and sweet eclair.

Marco's African Place | A popular converted two-story venue in the Bo-Kaap district, delight in live African music and dance with an array of traditional and Mediterranean bites. Enjoy traditional Xhosa dishes, game meat options including crocodile and impala, pasta and vegetarian offerings, and home-brewed African beer.

Neighbourgoods Market | Visit this trendy weekend marketplace in the Old Biscuit Mill, popular for an array of innovative producers, international street foods and vendors offering everything from kimchi, lobster rolls and vegan cakes to fudge and artisanal breads. Arrive early to avoid the rush and enjoy the live music.

Newlands Spring Brewery Co. | The oldest operating brewery in South Africa, make a reservation to celebrate 200 years of legendary craft beers made from a freshwater spring. Sample their Tribute Lager, Passionate Blond, Mountain Weiss, and Jacob's Pale Ale dedicated to the founder, as well as seasonal specialties.

Nobu at One&Only Cape Town | Known for cutting-edge Japanese-Peruvian gourmet excellence worldwide from the innovative Michelin star chef Nobu, indulge in omakase or chef's choice multi-course tasting menu, an à la carte menu featuring roasted dishes, tempura and skewers or a saki and sushi paring at the sushi bar.

Nourish'd | Plant-based, waste-free living and raising awareness about being kind to humans and the planet is the mantra for this lauded hip café. An unconventional oasis, stop by for smoothie bowls and salads, pastas and gourmet sandwiches, organic coffees and cleansing cold-pressed juices for a taste of the clean life.

Persian Peacock | A colorful hidden family-run treasure, discover authentic Iranian cuisine in Vredehoek, complete with a rooftop terrace. Utilizing ancient Persian techniques with Middle Eastern spices, feast on succulent kebabs, tah-chin (saffron rice) with lamb, vegetarian options and baklava with saffron ice cream.

Starlings Clairmont | This eccentric yet hospitable suburban home with wooden floors and lush gardens is a local favorite serving breakfast and lunch with heart. Start your day with tasty tartines, eggs benedict, and a cappuccino, or try the renowned cheesecake with fresh cream and berry compote following a delicious lunch.

Stellenbosch Wineland Experience | Visit this historic town surrounded by lush vinelands and discover its colonial heritage, wine, food, culture, and home to acclaimed wine estates. Participate in memorable cellar-door experiences, learn about the wine making process and tempt your palette with smooth, velvety vintages. .

Sundoo | For authentic Indian food, immerse your tastebuds into a flavor-filled menu at any of three eateries from chef Seelan Sundoo. Aromas and spices abound in intimate booths from lamb kebabs, traditional tandoori, briyanis and roasted chicken to the South African bunny chow, a hallowed bread filled with curried ingredients.

The Pot Luck Club | Boasting sophisticated industrial elegance with an open kitchen and dramatic views in the Old Biscuit Mill, dining is a well-curated event. Bespoke cocktails and diverse wine selections accompany a flawless mix of kaleidoscopic flavors from fish ceviche tacos and braised lamb potjie to a peanut butter bomb, worth every bite.

The Red Room by Chef Warehouse at Mount Nelson, a Belmond Hotel | Indulge in mouth-watering flavors of Pan-Asian inspired dining, beginning with oysters or steamed dim sum at the opulent rotating bar. Advance to sashimi with curry, chicken with yuzu caviar or Wagyu skirt steak tataki, finishing with a coconut parfait.



BILTONG



KOEKSISTER



SIN + TAX



LA BOQUERIA



CARNIVORE JOHANNESBURG

JOHANNESBURG CULINARY TIPS

- A coveted sweet treat, try koeksister, meaning cake sisters, a braided crisp pastry infused with flavored syrup or honey, once served to Nelson Mandela as a symbol of peace and reconciliation, and popular for markets and bake sales.
- On four weekends a year, The Linden Market at the Botanical Gardens, Emmarentia hosts a festive gathering of regional artists and artisanal food producers selling sustainably sourced wares. Plus enjoy gourmet food stalls, wine, beer, gin pop-up bars and live music.
- With a long history of curing and preserving game meat processed with vinegar, brown sugar and spices, sample biltong, a jerky-type snack, integrated into the Johannesburg culture and found everywhere from small shops to upscale restaurants.

JOHANNESBURG

Bespokery | Serving seasonal, ethically sourced ingredients for artfully prepared small plates to share, discover a curated menu of international flavors. Unwind with a glass of wine, as you savor land, sea and plant-based dishes from beef tartare and line fish to butternut arancini, with a dark chocolate and coffee cheesecake finalé.

Café del Sol | Maintaining love and heritage in every dish they make, indulge in rich Italian gastronomy. Be inspired by the famous quotes upon the walls of this family-owned venue as you dine on classic homemade pastas, creative pizzas, carpaccios, seafood and vegetarian plates with their signature pavlova dessert crowned with fresh berries.

Carnivore Johannesburg | Touted as Africa's Greatest Eating Experience, delight in theatrical churrascaria-style service where bottomless sizzling game meats, including impala and springbok, are cooked on an open fire and served from a sword at your table.

Koi | With a choice of two locations, engage in an artistic sensory experience of Japanese cooking and mixology mastery. Utilizing authentic ingredients and highly trained craftsmanship, celebrate robata or coal-grilled fireside cooking, world-class sushi and cocktail pairings, from rare whiskeys and brandies to signature sakes.

La Boqueria | This inviting open two-story mid-century modern eatery vaunts murals, hanging greenery and colorful Hispanic-inspired tapas, ideal for Instagramable moments. Savor casual fare from wood-fired dishes, lamb empanadas, classic tacos and cajun calamari to sharing tempting paellas and an extensive cocktail menu.

Level Four Restaurant | An elegant fine dining establishment with exquisite culinary prowess and signature style, delight in a High Tea buffet on a relaxing Saturday afternoon, enjoy the champagne bar overlooking the terrace garden with live music, or revel in a gourmet meal of unique seafood and steak dishes complimented with wine.

Marble | Showcasing sleek custom wall panels and artisan works with an open wood-fired grill centerpiece, gather with friends for a unique fine dining experience. Under the guise of Chef David Higgs, revel in sustainable and market fresh ingredients for flavorful grilled meats, seafoods and more, artfully plated with delectable sides.

Momo Baohaus | With a minimalist aesthetic to create a simple dining experience, discover modern Asian street food with a taste of Chinese, Japanese and Korean styles. Order plates and bowls to share featuring teriyaki chicken, pulled lamb with hoisin, steamed buns, signature sushi, vegetarian options and more.

Parreirinha | Unpretentious yet popular, drawing residents for decades, this former police station is transformed into a nostalgic family-run dining wonder. Delve into authentic Portuguese cuisine with generous portions of must-try delicacies including celebrated prawn cakes, seafood platters and peri peri dishes.

Sin+Tax | A distinguished not-so-secret hidden bar set in an unmarked alleyway, tap on the door of adjacent Coalition Pizza after dining on Neapolitan-style pies to enter this edgy speakeasy. Imbibe in the vibe with exclusive mixologist-led cocktails, bar bites, leather couches and candlelit ambience for a spirited evening.

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