

smoked trout and scrambled eggs is a good way to gird your loins for a day of winelands exploring, while at lunch the options become more adventurous: perhaps a chunky trout pâté, or a cured salmon gravadlax with salad greens. Alongside the Japanese tapas you'll find generous sandwiches, salmon-topped salads and a delicious salmon and trout burger served in a flatbread.

It's also worth noting the menu of dishes certified by the international Marine Stewardship Council (MSC). While the homegrown Southern African Sustainable Seafood Initiative rates fish from green to red based on their sustainability, the MSC audits restaurants annually to ensure the fish on their menus come from sustainable fisheries.

At present the Salmon Bar is one of just two MSC-accredited restaurants in SA; the other is at the V&A Waterfront's Two Oceans Aquarium. On the MSC menu, choose between wild Alaskan salmon served grilled on baby potatoes with a zingy horseradish crème fraîche, or a herb-crust South African hake with wasabi mayonnaise. Both are delicious and you'll be doing the planet a favour while you eat.

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**WE TRIED IT**

# Salmon Bar, Franschhoek

RICHARD HOLMES TUCKS IN... WITH A CONSCIENCE

*Above: Lunch at the Three Streams Smokehouse.*

The main road through Franschhoek is a bustling spot on a Saturday morning as tourists, locals and breakfast-bikers cruise towards the soaring arches of the Huguenot Monument. For me, it's a little too bustling – which is why the quiet courtyard of the Salmon Bar is always my first port of call for weekend escapes to the "French Corner".

Tables spill out into the shady, cobbled courtyard and prompt service ensures your first flat white of the day won't take long. As the name suggests, there's no shortage of salmon on the menu: no surprise, as the Salmon Bar's owned by the friendly folk at the acclaimed Three Streams Smokehouse further up the valley. The breakfast bagel of oak-

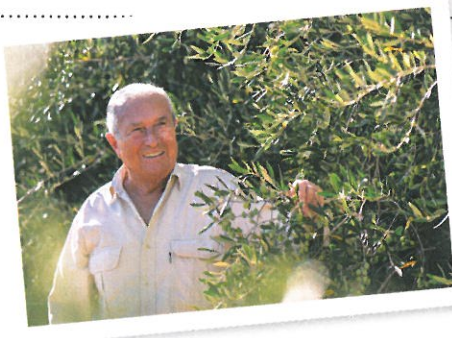
## FARM TO FAME

A South African olive farm is beating even the Italians at their own game, writes Natasha Landman

Situated in the heart of Cape Town, Morgenster (meaning "morning star" in Dutch) Estate is uncorking top honours at the Flos Olei international olive oil competition. Morgenster's Extra Virgin Olive Oil has just been awarded an astounding 98 points out of a possible 100, but the local estate's winning recipe does contain a secret ingredient: 86-year-old Italian owner Giulio Bertrand.

**WHAT DREW YOU TO SA?** I was born in Biella, an important

wool processing and textile centre in north-west Piedmont, Italy and I joined the family textile business, being the fifth generation to do so. My ties with SA strengthened from 1975, when I began coming to the country four times a year to oversee my factories in the Eastern Cape. A few years later I bought a game farm bordering on the Kruger Park. In 1992 I decided to retire to SA and searched for a



house in the Cape Dutch style.

**WHAT DROVE YOU TO GET INVOLVED IN THE OLIVE OIL INDUSTRY?** I realised that

retirement wouldn't be for me. The hills above the house reminded me of Tuscany and Piedmont, and demanded to be farmed! I mapped the farm's terroir and all its aspects, and was reassured that it had the

potential to produce wine and olives of extraordinary quality.

**WHY DID YOU DIVERSIFY INTO**

**WINE-MAKING?** I became aware that the terroir of Morgenster is one of the best in the Stellenbosch wine region for producing traditional, European-style Bordeaux wines. Morgenster produces two award-winning

Bordeaux-style red blends: the flagship Morgenster and the Lourens River Valley label. Because of my heritage, we also produce three Italian-styled wines from imported Italian cultivars: Tosca, a "Super Tuscan" blend of Sangiovese with Merlot and Cabernet Sauvignon, Nabucco from Nebbiolo grapes and Caruso, a dry rosé made from Sangiovese grapes. 🍷