



PrueLeith

Culinary Institute

African Autumn Menu 2024

The Prue Leith Culinary Institute and Restaurant have always been extremely passionate about the food from our own continent and have taught our students to take pride in their culinary heritage. Celebrating Africa Day on 25 May, we are introducing a delicious New African menu, to celebrate the vibrant flavours and cultures of the continent.

This menu is an extraction from our learnings and inspiration from our New African Curriculum, written by chef, anthropologist and food writer, dr. Anna Trapido.

Chefs working within the New African Cuisine movement offer us innovative interpretations of our continent's traditional tastes. The aim is not to create museum pieces but rather to start an artistic epicurean conversation between past and present to develop a contemporary, regionally relevant cuisine.

New African Cuisine emphasises local, environmentally sustainable heritage ingredients and with it an increased understanding of the need for equitable supply chain relationships with farmers and artisan producers. As with other New Cuisine genres, New African also corresponds with many health-conscious modern food trends - organic, free-range, foraging, fermenting, nose-to-tail, zero-waste cooking and food combining to create complete meals are all practices that have existed within traditional African cooking for thousands of years.

As we have seen with New Nordic and New Andean, there are potentially tangible and intangible benefits associated with such food movements. If done properly, New African Cuisine can be so much more than pretty plates in expensive restaurants – it has the potential to be a major cultural, political, and economic force that alters negative perceptions, redefining a continent as a modern, innovative artistic success story. And, as with any cuisine, it is delicious too...



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STARTERS

COMORIAN SWEET PEA, COCONUT AND GINGER SOUP (V)

Steamed mange tout, toasted coconut, pea dust

R75.00

PATHA AND PURI (V)

Steamed spinach and spicy maize roulade,
with puri bread, atchar roasted butternut, amasi dressing

R85.00

BAOBAB TROUT

Trout cooked in spicy Nigerian baobab and coconut paste, onions,
egusi seeds and herb salad

R90.00

CASAVA AND PRAWN FRITTERS

With avocado, and a coconut moringa dip

R95.00

CHICKEN AND ALMOND PASTILLA

Fragrant Moroccan-style chicken and almond pie with
an autumn herb salad and citrus dressing

R90.00

MAINS

NIGERIAN JOLLOF RICE (V)(N)

Fragrant tomato and red pepper rice, with suya spice grilled aubergines,
charred onion petals, rice crackers, chilli palm oil

R145.00

ZERO WASTE COURGETTE KABELJOU

Sweet potato dauphinoise, courgette and basil purée, mange tout,
crispy scales and skin, beurre blanc

R185.00

ETHIOPIAN DORO WAT

Berbere chicken, teff injera, braised greens,
ayib and quail egg

R195.00

ROLLED PORK BELLY

Coriander and black pepper rub, roasted garlic pommes purée,
pickled beetroot, parsley rof, pork crackling, jus

R205.00



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GHANAIAN PEANUT AND HERB-CRUSTED RACK OF LAMB (N)
Fufu, wilted kale and deep-fried okra, spicy tomato and peanut gravy
R255.00

CITRUS DUCK BREAST
Herb and citrus cured duck breast, creamy parsnip puree,
orange glazed beetroot and a fynbos and orange gastrique
R225.00

DESSERTS

SETŠONG BAPEDI TEA SORBETS
Wild red root tea with lemon, ginger and berry, tepane and orange sorbet,
original tapane wild root sorbet on peach carpaccio
R75.00

ZANZIBARI VITUMBUA (V)
Sweet rice fritters, roasted pineapple, masala chai ice cream, coconut and caramel sauce
R85.00

XIGUGU TART (N)
Xigugu ganache, chocolate sablé,
white chocolate crèmeux, strawberry sorbet, candied peanut brittle
R98.00

SOUTH AFRICAN STYLE CRÊPES SUZETTE
Vanilla crêpes flambeed table side with van der Hum and brandy,
served in an orange sauce, with soetkoekie crumb and burned butter ice cream
R95.00

SOUTH AFRICAN CHEESE BOARD (N)
A selection of some of the best local cheese with homemade preserves,
seed crackers and Melba toast
R170.00