



Grapefruit "cook-off"

With Chef Peter Goffe-Wood and
Chef Jocelyn Myers-Adams



Chef Peter Goffe-Wood

With 35 years' experience under his belt, Food Alchemist and Celebrity Chef Peter Goffe-Wood is a familiar face to most South Africans

He was classically trained at the Beverly Hills Hotel in Umhlanga Rocks and worked in London for nine years, where he cooked in some of

the West End's award winning restaurants. Chef Pete (as he's affectionately known) has also cooked on the banks of the Chobe River bordering Namibia, as well as in Bangkok, Hanoi, Sydney and even Oman in the Persian Gulf. Not forgetting Paris, Budapest, Stuttgart, Istanbul, Zagreb and Moscow.

He returned to SA in 1999. Chef Pete was a judge on *MasterChef SA* on M-Net for four seasons, and on *Ultimate Braai Master* on Netflix.

And apart from writing for various publications on a freelance basis, he has also authored three cookbooks, *A Life Digested*, *Kitchen Cowboys* and *Blues Restaurant – the essence of Cape Town*.

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Chicory, avocado,
pink grape fruit and
Gorgonzola salad

Serves two

Ingredients

100 g chicory
1 grapefruit segmented
30 g crumbled Gorgonzola
Blue cheese
½ avocado, sliced
20 g rocket
¼ cup spiced pecan nuts
¼ cup walnuts
100 ml blue cheese dressing
5 g chives finely chopped

Arrange the chicory and rocket in a mound, interspersed with avocado slices and grapefruit segments. Add the crumbled blue cheese and scatter with walnuts and spiced pecan nuts (see

recipe below). Drizzle with the blue cheese dressing (see recipe below). Top with chives.

Blue cheese dressing

Ingredients

100 g blue cheese
2 Tbsp. finely chopped onion
30 ml balsamic vinegar
100 ml cream
Salt and pepper

Method

Whisk the blue cheese, onions, garlic and balsamic vinegar into a paste. Slowly add the cream. Whip the dressing until slightly thick (note over whisking will

cause it to split). Season with salt and pepper to taste.

Spiced pecan nuts

Ingredients

100 g pecan nuts
5 g finely chopped Rosemary
1 pinch cayenne pepper
1/4 cup brown sugar
1 tsp. salt
50 g melted butter

Method

Preheat the oven at 180°C. Place the nuts on a tray and roast until golden brown. Mix the herbs, spices, salt and butter together. Add the roasted nuts to the spiced butter and mix thoroughly. Enjoy!



Chef Jocelyn Myers-Adams

With more than 25 years' experience as a chef, Jocelyn has studied both food and wine extensively, and is a partner at Food Jams.

serves on the South African Chef's Board.

Her impressive list of culinary achievements includes training at Stratford Chefs School in Canada, working for Chef Gordon Ramsay at his three-star Michelin restaurant, and so much more.

Upon arriving in Cape Town in 2006 Jocelyn headed up reputable kitchens like Geisha and Food Fanatics, and relaunched the food and beverage programs of various five-star hotels. She also worked as executive chef at Cape Town's Table Bay Hotel (2009 - 2018).

Chef Jocelyn has truly become a well-known and respected chef in the culinary and hospitality industry.

@chefjocelyn
 @chefjocelynsa
 @chefjocelyn75
 @foodjams_capetown

Pink grapefruit, green peppercorn and Parmesan pannacotta, with citrus slaw avocado and grapefruit vinaigrette, and toasted bread dukkah

Serves six

Pink grapefruit, green peppercorn and Parmesan pannacotta

Ingredients

2 sheets gelatin
250 ml full cream milk
250 ml double cream
250 ml grated Parmesan cheese
1 pink grapefruit, segmented
Pinch of crushed green peppercorn

Method:

Bloom the gelatin sheets in a bowl of cold water while you make the base. Bring the milk and cream to boil in a saucepan. Add the Parmesan cheese and green peppercorns and mix thoroughly. Remove the gelatin sheets from the water and add them to the hot mixture. Stir to combine.

Pour the mixture into ramekins or glass cups, and place them in the refrigerator to set (preferably overnight, or at least for five hours).

Carefully unmould the pannacottas and top creatively with pink grapefruit segments.

Citrus slaw

Ingredients

50 g spinach, finely chopped
100 g red cabbage, finely chopped
100 g savoy cabbage, finely chopped
60 g carrots, julienne
60 g cucumber, peeled and deseeded, diced
60 g red onion, julienne
1 each avocado, sliced
1 each grapefruit, zested and segmented
1 each lemon, zested and segmented
2 g black peppercorns, cracked

Method

Toss spinach, cabbages, red onion, carrot and cucumber in a bowl and coat with zests and vinaigrette. Season with salt to taste. Toss the avocado with the vinaigrette (see recipe below) and drain.

Grapefruit vinaigrette

Yields ± 125 ml

Ingredients

15 ml lemon juice
30 ml grapefruit juice
60 ml olive oil
10 g shallots, minced (or 5 g white baby onion, minced)
5 g garlic, minced
3 g basil, finely chopped
3 g sage, finely chopped
3 g flat leaf parsley, finely chopped

Method

Sweat the shallots/baby onion and garlic in some oil, cook until

soft. Add the rest of the oil and blend. Mix in the herbs, lemon and grapefruit juice. Season to taste. Serve immediately or refrigerate for future use.

Toasted Bread dukkah

Ingredients

125 ml cubed bread of your choice
1 Tbsp. olive oil
1 tsp. sea salt
15 g toasted, sliced almonds
10 g each toasted sesame seeds
5 g coriander seeds, toasted
5 g cumin seeds, lightly toasted

Method

In a medium saucepan, heat the olive oil. Toast the bread cubes thoroughly and season with salt. Lightly crush the almonds, bread cubes and cumin seeds. Separately crush the coriander seeds, add to existing mixture and mix (you may leave bread cubes whole if you prefer).



Plating

Carefully unmould the pannacottas onto the plates. Arrange the cabbage mixture in small mounds and place the segments and avocado around the plate. Sprinkle with cracked black peppercorns and toasted bread dukkah. Enjoy!