

# B A B E L M E N U

## EARLY WINTER

The earth starts to turn inward and produces fattened roots and plump fruits of arresting flavours and surprising sweetness. The rains bring waterblommetjies and swell citrus fruits to ripe juiciness.

STARTERS	MAINS	DESSERT
<p><b>GREEN   85</b> Yuzu-infused miso broth with a deep-fried ricotta cluster and toasted chestnut pesto</p> <p><i><b>Yuzu:</b> This rare citrus came as a happy surprise when incorrectly labelled trees in the garden rewarded us with an abundance of flavourful fruits. A yuzu looks like a small grapefruit, tastes like a floral lime, and has three times the vitamin C of a normal lemon. We grow more than 30 citrus varieties. This favourite in Japanese cooking can be used in sweet and savoury dishes. We used both the juice and fragrant zest to balance the acidity in the broth.</i></p> <p><i><b>Chestnut:</b> This year, the young chestnut tree shading the chicken pen gave its first harvest of shiny, brown nuts, protected inside spiky burrs, which we carefully collected before the squirrels could enjoy this delicacy. We scored the fruit before roasting it over an open fire to give it a rounded, nutty taste as chestnuts taste slightly astringent when eaten raw.</i></p> <p><i><b>Ricotta:</b> We are thrilled to serve you the first of our freshly made ricotta cheese. Babylonstoren's cheesemaker learnt the traditional art of making ricotta from local and Italian cheesemakers. We do hope you enjoy this small delicacy as much as the ancient Roman aristocracy did ...</i></p> <p><b>RED   95</b> Carpaccio of lightly smoked Franschoek trout seared with warm Babylonstoren Frantoio extra virgin olive oil with julienned candy-stripe beetroot, kohlrabi, radish, baby ginger, toasted sesame seeds and red Russian kale</p> <p><i><b>Frantoio:</b> Babylonstoren's extra virgin Frantoio olive oil is extracted from a single Italian cultivar. Savour the layers of creaminess interspersed with notes of green grass, almonds, wildflowers and green apple.</i></p> <p><i><b>Kohlrabi:</b> Kohlrabi is commonly referred to as "cabbage turnip". With its swollen, fleshy stem just above ground, it is nothing unusual in our garden, where it grows easily as one of the main winter vegetables.</i></p> <p><i><b>Red Russian kale:</b> Red Russian kale is a pretty, non-heading cabbage that gives a regular crop of leaves, which become even more colourful and sweeter as the weather grows colder.</i></p> <p><b>YELLOW   110</b> Hot pot of lightly smoked quail, waterblommetjie and bobotie cream with fried curry &amp; lemon leaves, served with a medjool date and toasted coconut sambal, and lightly steamed parsnips</p> <p><i><b>Bobotie:</b> Bobotie first appeared in a Dutch cookbook in 1609 and was brought to South Africa via Dutch settlers, where it became popular with the Cape Malay community. Here, we have incorporated ginger, marjoram, lemon rind and our own blend of curry powder into a rich cream that pays homage to the cultural history of bobotie. A sambal is traditionally served with bobotie.</i></p> <p><i><b>Curry &amp; lemon leaves:</b> The curry leaf plant and the lemon tree are both part of the family, Rutaceae. Their leaves are rich with aromatic oils and flavours.</i></p> <p><i><b>Waterblommetjie:</b> A much-loved local water plant, waterblommetjie thrives with the winter rains and grows wild in the wetlands and ponds on the farm.</i></p>	<p><b>FISH   210</b> Spicy, slow-roasted tomato soup with chunky line fish, prawns and West Coast mussels, topped with mint pesto and fried haloumi</p> <p><i><b>Haloumi:</b> Haloumi originated in Cyprus and is eaten throughout the Middle East. Ours is fresh from our Cheese Room. To make haloumi, the curd is heated, shaped and then placed in brine.</i></p> <p><i><b>Mint:</b> We grow seven varieties of mint, including peppermint, spearmint, indigenous mint, apple, chocolate, eau de cologne and Moroccan mint. The unexpected use of mint with tomato provides a delicious twist.</i></p> <p><b>BEEF   260</b> Beef fillet on the bone with a smoked bone marrow Bordelaise sauce and fermented beetroot</p> <p><i><b>Fermentation:</b> Fermented foods provide a new flavour sensation and are equally great for gut health. We are currently experimenting with innovative flavour combinations. Please join us for a workshop on fermentation – our website has all the booking details.</i></p> <p><b>LAMB   255</b> Double lamb cutlets with fresh horseradish, roasted quince, pink peppercorns and chervil, sprinkled with myrtle and lemon salt</p> <p><i><b>Horseradish:</b> The roots of the horseradish plant have a strong, distinctive taste. Because the roots spread widely as they grow, we contain this herb by keeping it in a neatly edged bed.</i></p> <p><i><b>Pink peppercorns:</b> Pink peppercorns are the berries of the Schinus molle or Peruvian peppertree. We pick these dainty fruits from hardy trees that have naturalised on the farm. Peruvian pepper trees are tough survivors that have followed people wherever they have settled in South Africa.</i></p> <p><i><b>Myrtle:</b> Striking purple myrtle berries can be found on the shrubby hedges surrounding the chamomile lawn. They have a slightly bittersweet taste when eaten fresh. We prefer to dry and then grind them for use as a seasoning salt.</i></p> <p><b>PORK   195</b> Rolled roast pork belly with fermented black garlic, guava and sage, and pickled Granny Smith apple</p> <p><i><b>Guava:</b> We estimate the age of the guava trees lining the avenue as you enter the garden to be around 80 years old. They were transplanted from a farm nearby and are pruned low to make harvesting easier.</i></p> <p><b>VEGETARIAN   165</b> Beetroot carnaroli risotto with star anise and whipped goat's cheese with capers</p> <p><i><b>Carnaroli:</b> We built our rice paddy in January 2014 with the help of an Italian agronomist and harvested our first rice by hand 150 days later. We have since acquired a rice mill from Italy and proudly serve our polished rice to you.</i></p>	<p><b>SWEET &amp; SOUR   95</b> White chocolate terrine with kale served with a lime and granadilla salt</p> <p><i><b>Kale:</b> Cavolo nero – which is also known as black kale, black cabbage, Tuscan kale or Italian boerenkool – is a classic heirloom vegetable. We love it so much we grow it throughout the year, but winters are best.</i></p> <p><b>SAVOURY &amp; SWEET   90</b> Mushroom panna cotta and prosciutto crisp with honey caramelised apple, caraway and lemon balm</p> <p><i><b>Babylonstoren honey:</b> We have a series of hives in the garden and on the farm and collect honey that is made from the nectar of a variety of herbs, fruit blossoms and eucalyptus.</i></p> <p><i><b>Lemon balm:</b> Melissa officinalis is a calming, soothing herb that grows in our Healing Garden.</i></p> <p><b>SOUR   65</b> Sugar-free rooibos-poached guava with double cream yoghurt and yuzu sorbet</p> <p><i><b>Yoghurt:</b> Our double cream, Jersey milk yoghurt is made daily in our dairy. It's an indulgent treat for breakfast, dessert and everything in between ...</i></p> <p><i><b>Babylonstoren rooibos tea:</b> Rooibos is one of the best indigenous healing plants. We are celebrating our second rooibos harvest – it is grown on the farm, in the fertile, deep clay soil of the Simonsberg – and are thrilled with its unique flavour.</i></p> <p><b>SWEET &amp; BITTER   85</b> Chocolate and espresso fondant with medlar jelly</p> <p><i><b>Medlar:</b> Medlar fruit is hard and acidic. It becomes soft and edible when it is "bled" by frost or ripens naturally in storage, attaining the consistency of applesauce. To make the jelly, we combine apples with the medlar. The most famous literary reference to medlar fruit, or Mespilus germanica, appears in William Shakespeare's play, Romeo and Juliet.</i></p> <p><b>DEEP WINTER</b></p> <p>For our upcoming, deep winter menu we look forward to introducing blood oranges to our dishes. This cold season on the farm has seen an incredible yield of the crimson-fleshed fruit. We planted several varieties about four years ago, but it was the blush-skinned, red-hearted Moro, which originally hails from Sicily, that flourished best in our soil.</p>





*Our fresh morning approach to eating promotes energy and balance. Babel's breakfast is simply a way to describe robust greens, protein, healthy seeds and grains and loads of fresh vegetables and fruit, leaving some room for the odd indulgence. Availability of products is dependent on seasonality and our chef's garden harvest for today.*

## LIQUID

### COFFEE

*our selected blend of coffee beans from El Salvador, Guatemala, Colombia, Ethiopia and Brazil*

### BLACK TEAS

*mariage frères, dilmah*

### RED TEA

*Babylonstoren rooibos, Babylonstoren honeybush*

### MILK

*full cream, rice or unsweetened soya milk*

### FRESH GARDEN TEA

*pick of the day*

### JUICE

*healthy green, red or yellow fruit and vegetable, freshly made with ginger super green booster juice with foraging greens such as wheat grass and spekboom*

## STAPLE

### ARTISAN BREAD

*our wood-fired artisan breads such as country loaf, gluten free or rye and multi-seed bread*

### BILTONG & DROËWORS

## SMOOTH

### FROM OUR LARDER

*homemade farm butter, yoghurt cheese and a selection of cheeses from our cheesery, garden herb & sunflower pesto, Babylonstoren extra virgin olive oil, Babylonstoren honey, jam and a chutney from our larder*

## CRISP

### FROM OUR GREENHOUSE

*freshly picked farm sprouts from our greenhouse such as lentil, pumpkin and barley*

### MORNING PICK

*morning pick of juicy fruit and vegetables*

### OLIVES

*marinated Babylonstoren calamata olives*

## OUR SIGNATURE

*muesli and yoghurt*

## EGGS

*poached, scrambled, boiled, fried or omelette*

## FARM BREAKFAST

*flame-grilled boerewors, oven-roasted tomato and onion, grilled crispy bacon, flash-fried mushrooms and peppery greens, choice of free-range farm egg*

## CHEFS BREAKFAST

*a modern, healthy twist updated with vibrant flavour and presentation chef's breakfast for today as advised by your waitron*

# BABEL BREAKFAST



*Ons het 'n vars uitkyk op oggendete en is voorstanders van 'n maaltyd wat energie en balans bring. Babel se ontbyt bied robuuste groenigheid, proteïen, gesonde sade en grane asook 'n oorvloed vars groente en vrugte. Dan laat ons darem ook plek vir 'n bietjie bederf. Alle produkte is nie altyd beskikbaar nie – dit hang af van die seisoen en ook van wat ons sjef vandag uit die tuin geoes het.*

## TE DRINKE

### KOFFIE

*ons eie mengsel koffieboontjies uit El Salvador, Guatemala, Colombia, Ethiopië en Brasilië*

### SWART TEE

*mariage frères, dilmah*

### ROOI TEE

*Babylonstoren rooibos, Babylonstoren heuningbos*

### MELK

*volroom-, rys- of onversoete sojamelk*

### VARS TEE UIT DIE TUIN

*vandag se pluksel*

### SAP

*gesonde groen, rooi of geel vrugte-en-groentesap, vars gemaak met gemmer super supersap met groenigheid soos koringgras en spekboom versamel uit die tuin*

## STAPEL

### VARS BRODE

*lieflike vars brode uit ons houtoond soos ons plaasbroodjie, saadbrood, glutenvrye of rogbrood*

### BILTONG & DROËWORS

## GLAD

### UIT ONS KAASKAMER

*tuisgemaakte plaasbotter, jogurткаas en 'n verskeidenheid kase uit ons kaaskamer, pesto van tuinkruie en sonneblomsaad, Babylonstoren ekstrasuiwer olyfolie, Babylonstoren heuning, konfyt en 'n blatjang uit ons spens*

## BROS

### UIT ONS KWEEKHUIS

*vars geplukte plaasspruite uit ons kweekhuis soos lensie, pampoen en gort*

### VARS GEPLUK

*'n mandjie sappige, oggendvars vrugte en groente uit die tuin*

### OLYWE

*gemarineerde Babylonstoren kalamata-olywe*

## ONS SPESIALITEIT

*muesli en jogurt*

## EIERS

*geposjeer, gekook, gebak, roereier of omelet*

## PLAASONTBYT

*vlamgeroosterde boerewors, oondgeroosterde tamatie en uie, brose spek, vlugtig gebraaide sampioene en peperagtige tuingroenigheid, plaaseiers gaargemaak volgens voorkeur*

## SJEF SE ONTBYT

*modern en gesond met hope lewendige kleur en geur vra u kelner om u meer te vertel van ons sjef se ontbyt vir vandag*

# BABEL ONTBYT



*most of the raw ingredients for our food comes from our abundant, all-seasons garden. fresh seasonal produce – fruit, vegetables, herbs and edible flowers – forms the heart of any dish. this we combine with protein sourced from surrounding farms, such as meat, fish and cheese. our style of food leans towards simplicity. expect spontaneous yet creatively styled platters, to be served onto your own plate.*

## FAMILY MEAL

### ON ARRIVAL

*freshly baked bread from our traditional wood-fired oven, accompanied with our garden herb oil.*

### STARTER

*fresh from our garden, we serve salads as nature intended: freshly picked and crunchy, with a combination of textures and drizzled with innovating dressings. we also like to group our salads according to colour: red, yellow and green.*

### MAIN

*fish of the day. this is followed by a choice of leg of lamb, roasted with wild mountain rosemary and served with a wholegrain mustard and caper sauce, or crispy-skinned, oven-braised pork belly with tom yum fruit liquor. both of these are served with two fresh seasonal vegetable dishes and herbed potatoes on the side.*

### DESSERT

*plated, based on seasonality  
tea and coffee*

# BABEL GROUP BOOKING

R390 PER PERSON FOR GROUPS  
OF BETWEEN 13 AND 18 GUESTS

*a 15% service fee will be added to the bill.  
a deposit of 50% is required to secure your reservation, with the  
remaining account to be settled on the day.  
any additional drinks or menu items will be added to this bill.*



BABYLONSTOREN

# BABEL GROEPEESPREEKING

*die meeste van die rou bestanddele vir ons disse kom uit die oorvloed van ons tuin. vars seisoenale produkte – vrugte, groente, kruie en eetbare blomme – vorm die kern van al ons geregte. ons kombineer dit met proteïene (vleis, vis en kaas) wat ons uitsoek by plase in die omgewing. ons styl kos neig na eenvoud. gaste skep vir hulleself uit groot opdienborde waarop die kos spontaan dog kreatief voorgesit word.*

## FAMILIE-ETE

### BY AANKOMS

*vars gebakte brood uit ons houtoond, bedien saam met ons kruie-olie.*

### VOORGereg

*ons sit ons slaai vir soos moeder natuur dit wil hê – kraakvars uit die tuin. ons hou van 'n interessante kombinasie van teksture, afgerond met innoverende slaaisouse, en groepeer ons slaai volgens kleur: rooi, geel en groen.*

### HOOFGereg

*vis van die dag. hierna 'n keuse van lamsboud, gerooster met wilde bergroosmaryn en bedien met heelkorrelmosterd en kappertjiesaad, of oondgeroosterde varkies met bros krakeling en tom yum-vrugtesous. beide word bedien met twee vars groentedisse en gekruide aartappels.*

### NAGereg

*seisoenale nagereg word opgedien  
tee en koffie*

R390 PER PERSOON VIR GROEPE  
BESTAANDE UIT 13 TOT 18 GASTE

*'n diensfooi van 15% sal by die rekening gevoeg word.  
om die bespreking te bevestig, word 'n 50%-deposito vereis.  
die uitstaande bedrag kan op die dag vereffen word.  
enige ekstra kos of drankies wat op die dag bestel word,  
sal ook by hierdie rekening gevoeg word.*