

THE CHECKERS PLANT KITCHEN POWERED BY SIMPLE TRUTH: PROGRAMME

MC: AMY HOPPY

| FRIDAY 27 MAY | CHEF | RECIPE |
|-----------------|--|--|
| 15:00 | Arabella Parkinson | Tomato tartare with mushroom consommé, coriander, sout slaai & saffron mayo |
| 16:00 | Mokgadi Itsweng | Chia and lemon pudding |
| 17:00 | Jenny Morris | Fruity Moroccan flame grilled tender fillets on a bed of jewelled bulgar wheat |
| 18:00 | Jane Nshuti | Vegan amaranth panna cotta |
| SATURDAY 28 MAY | CHEF | RECIPE |
| 11:00 | Jenny Morris | Grilled aubergine steaks topped with avo and pulled flamed tender fillets |
| 12:00 | Andriëtte de la Harpe & Tarryn de Kock (MasterChef SA finalists) | Butternut dish from MasterChef SA and croquette made with mushroom duxelle and chick*n fillets |
| 13:00 | Simon Toohey (MasterChef Australia finalist) | South East Asian Laab |
| 14:00 | Claire Sharryn Roberto | Cordycep polenta with sautéed mushrooms |
| 15:00 | Zola Nene | Ujeqe Cowpea curry bunny chow |
| 16:00 | Rudi Liebenberg | Vegan chocolate avocado mousse verrine & ClemenGold and coconut verrine |
| 17:00 | Arabella Parkinson | Salted peanut and sorghum popcorn chocolate slice |
| 18:00 | Gemma Hancock | Kelp: top to tail |
| SUNDAY 29 MAY | CHEF | RECIPE |
| 11:00 | Jenny Morris | Mushroom Korma |
| 12:00 | Mokgadi Itsweng | ClemenGold cheese pots & Grilled aubergine, red onion & ClemenGold salad |
| 13:00 | Tamsin Snyman | Apple and date flapjacks & Cinnamon-roasted pumpkin |
| 14:00 | Zola Nene | Chakalaka Millet |
| 15:00 | Mira Weiner | Savoury brown rice porridge with tofu and tempeh steaks with winter veggies |
| 16:00 | Great Big Food Forward SA cook-off | Mystery basket chef cook-off! |

Checkers

AGT FOODS

alpro

Bowell

ON THE GREEN SIDE

DENNY

ClemenGold LemonGold

UNIQUE KITCHENS SONAE ARAUCO

HIRSCH'S

add an AVO

Absolute Zero

Triple Orange

KitchenAid

INTERNATIONAL HOTEL SCHOOL

SOUTH AFRICAN CHEF'S ASSOCIATION

mykitchen

Weekend Argus

SUPERMARKET & RETAILER

FOOD FORWARD SA

bogard

TABU

AMMA'S CREAMERY

LABOH GAS

MEVYN GAS handmade CAPE TOWN

THE WESTIN CAPE TOWN

AMBIENCE

IGLOO ICE



THE PLANTPOWERED SHOW

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*The programme may be subject to change without prior notice.