

RESTAURANT SHOWCASE



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# NASTURTIUM, A NEW TASTING EXPERIENCE

Chef Chantel Dartnall of Restaurant Mosaic at the Orient has launched her much-anticipated spring menu, Nasturtium.

A beautiful foray into our natural world with delicate colours, intricate designs and detailed plating, Chef Chantel Dartnall never fails to disappoint. Her latest tasting experience, launched in September, is called Nasturtium, and is their first culinary announcement to be welcomed by fine-diners since the lockdown.

**Intertidal Pool – Where Sweet Meets Salty** is found in Mosaic's selection of first courses. In this dish, Chef

Chantel returns to the place of her youth, finding solace in the folds of the Tsitsikamma Mountains where sweet and salty waters meet. "This has been my own private Garden of Eden for many decades now - the place where I find my internal peace and rejuvenate my soul," she says.

For **Hidden Gem**, Chef Chantel was inspired by the Oracle of Delphi for her beetroot base. Beetroot contains betaine, a substance that relaxes the mind, and tryptophan (also found in

chocolate), which contributes to an overall sense of well-being. "The baby beetroots are grown at the Pico Grow Farm, close to where our restaurant is situated. Their enthusiasm for their produce lights up my kitchen every week along with a colourful array of fresh edible flowers," Chantel adds.

There's nothing like a little luxury when dining out...but **Little Luxuries** veers away from the norm. "Forget foie gras. Forget caviar. Langoustines are the new marker of haute cuisine, a shrimpy-looking crustacean in