

# New kid on the block



Restaurants, delis, coffee shops and funky interior-design emporia ...  
The new Parktown Quarter is the best place ever for a coffee klatch  
and a good browse around

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Window-shopping at Moemas.



When men start talking to you about a food discovery they've made that has nothing to do with red meat or wine, you know it's worth a look-see. Moemas is just one of the foodie drawcards at Parktown Quarter, a newly revamped city block in Parktown North, Johannesburg.

### EPICUREAN DELIGHTS

A framed page on the Moemas counter explains the origins of this fashionable deli cum coffee shop. Bitten by the homesickness bug while living in London, Danielle Postma, a fully trained patisserie chef with eight years' experience under her belt, decided to transfer her expertise to South Africa and create her very own piece of food heaven.

With only five-odd tables inside, the weekend breakfast crowd all but jousts to nab a table at Moemas. Small it may be, but the eatery takes window-shopping to a whole new level. Brownies, meringue twirls, beautiful little fruit tartlets (apricot, pear, cherry), flourless chocolate bundt cakes and other gorgeously sinful treats are piled high in the window display case – it's the closest thing you'll find to a Parisian patisserie in Jo'burg.

The breakfast menu is newly printed every morning and contains devilishly good sugar-crusted muffins jam-packed with chunks of real fruit, together with light-as-a-feather almond and cranberry or chocolate brioche. Vegetarians are equally spoilt for choice – anything from a cooked breakfast to five different open omelettes, creamy mushrooms on toast or a health breakfast with Moemas' own granola.

Lunch offers an array of fresh choices each day – fashionista salads, for example, to match colour-saturated savoury tarts.

### TIME OUT

If you want a quick coffee and a healthy – or otherwise – snack, aim for Lulu, just two shops away from Moemas. It's much bigger and comes with a lovely sunny veranda where the nine-to-five crowd takes a breather with a latte and newspaper. There's even a sofa and coffee table in a corner for those who like comfort, space, peace and quiet. Featuring an extensive coffee menu and a range of small

delectables, all freshly baked each day, it's an uplifting place to take some time out or buy snacks that will actually do you some good. The strawberry and mango fruit juices, yoghurt and fruit-salad combos and traditional bagels are all worthwhile options. Sandwich choices follow modern trends – Brie, basil and tomato or Parma and Gruyère, for example – while the cookies and croissants keep the sweet of tooth more than content. The service is snappy, the sun streams in, there's space to spare and the aromas that waft by call for deep inhalations of olfactory pleasure.

### LUNCH BREAK

Across from Lulu is Need, an interior-design/fashion boutique. Pop in on your way to Sugo, a shop or two down the pavement.

#### PARKTOWN QUARTER

Corner 3rd and 7th Avenues,

Parktown North, Johannesburg

**Moemas** Tel: (011) 788-7725

Open Tuesday to Friday: 8am–6pm;

Saturday: 8am–4pm; Sunday: 9am–4pm

**Lulu** Tel: 082-584-9075

Open Monday to Friday: 7am–7pm;

weekends: 7am–5pm

**Sugo** Tel: (011) 442-0540

Open Monday to Friday: 9am–9.30pm

Sugo is all things Italian. The menu choices listed under headings – Pasta, Salad, Panini, Pizza – make this an ideal place for a quick lunch or take-away with a bit of substance: a caprese salad matched with a fresh panini piled with Italian ham newly defines the good old ham, cheese and tomato combo. The satisfying pastas are also a hit and the place is immensely popular on weekends.

As you head for your car (ample parking makes a stop-off here an easy pleasure), swing by One on One, just two doors from the Woolworths foodstore. It's stocked with luxury grooming items and quality interior design pieces that will have you lingering long after you should have been gone. **W**



#### MOEMAS' LEMON-CURD TARTLETS

The addition of lemon zest to this lemon curd recipe is a must – it is best prepared the day before – while the icing sugar gives the pastry a delicious crispness. The pastry keeps well in an airtight container.

**Serves 6**

**Preparation time: 30 minutes, plus chilling time**

**Cooking time: 40 minutes**

#### For the sweet pastry

500g flour

2ml (½t) salt

zest of ½ a lemon

150g icing sugar

335g butter, cubed

1 extra-large egg yolk

30ml (2T) cold water

#### For the lemon curd

zest of 1 lemon

250ml (1 cup) lemon juice

200g sugar

4 eggs

7 egg yolks

225g butter

#### For the meringue

8 egg whites

425g caster sugar

**To make the pastry cases:** Sift the flour, salt, lemon zest and icing sugar together. Using your fingertips, rub the butter into the flour mix. Separately combine the egg yolk and cold water and then quickly work into the flour mixture until a dough forms. Roll the dough into a ball, cover with cling film and rest in the fridge for 30 minutes. Preheat the oven to 160°C. Dust a surface with flour and roll out the pastry to 3mm thickness. Line your pastry cases with the pastry and chill until you are ready to bake. To blind-bake the pastry, cut a round of silicone paper and place this inside the cases, fill with beans and bake for 30 minutes, or until the sides of the pastry are golden. Then, gently remove the paper and beans and return the tarts to the oven. Bake until the pastry is golden.

**To make the lemon curd:** Mix together all the ingredients and half of the butter, over a low heat. Cook until the mixture coats the back of a spoon. Add the rest of the butter and cook until thick and the first bubble appears.

**To make the meringue:** Place the egg whites and caster sugar in a heatproof bowl. Combine and place over a saucepan of boiling water, making sure the water doesn't touch the bowl. Heat the meringue mixture until the sugar has dissolved, but don't allow it to get too hot. Remove from the heat and whisk until the meringue is stiff and cool to the touch.

**To make the tartlets:** Fill the baked tart cases with the cooled lemon curd. Transfer the meringue mixture into a piping bag and pipe creative peaks on top of the lemon curd mix. To caramelise the meringue, either place the tart under a hot grill for a few seconds or carefully blow-torch the surface.

This page, top to bottom: Moemas' tartlets, with the lemon-curd variety in the foreground; "Made for today" delights at Lulu. Opposite: Colin Mamabolo and Welsh Ncube of Lulu.

