

off the fence.

Cooked: Out Of The Frying Pan (Series 4)

13 x 30'

EPISODIC BREAKDOWN

1. Magica Roma

Justin has lost his mojo and decides that a great place to start getting it back is in the vibrant kitchen of old friends Franco and Ezio at their popular Italian eatery. He helps prepare Porchetta, a traditional Italian stuffed piglet and picks up tips on any number of their other favourite dishes, which he manages to incorporate when he takes it outside to the seaside.

2. Table Bay

Head Chef Dallas Orr and his team make Justin shape up as they show him how 5-star goes the extra mile. He learns the art of turning scrambled eggs from basic and beautiful to luxurious and gets a lesson or two in master baking. Then he returns the favour and takes the team out to sea.

3. Gold

Head Chef Mpumi shows him who's boss as she guides him through the exacting preparations for their 14-course dinner menu. Later in the evening Justin finds being cajoled into joining in an impromptu dance in front of the patrons the biggest challenge of all but regains his composure when, with both feet firmly on the ground, he makes some moves of his own.

4. Zachary's

The whole crew head off to Knysna and the tranquil kitchen of Head Chef Geoffrey Murray. Here Justin digs deep as he discovers how the fervour that goes into growing your own vegetables filters through the entire restaurant and how being a charcutier can bring home the bacon. Later he discovers a tender trick for softening up a tough 8-tentacled mollusc.

5. Kichaka

Justin knuckles down and finds that Head Chef Haji Hamit can teach him a thing or two about improvising in the bush. Operating in the outback of the Eastern Cape this inventive lady and her team produce a different 5-star menu every day and Justin gets some fresh ideas and a new twist on an old standard.

6. Blue Train

It's service as usual and comfort personified for those who don't have to cook but Justin finds the somewhat cramped and unusual working conditions more than a little daunting. His discomfort is only deepened when he's required to dress for dinner but once he's amongst the finery in the dining car all his reservations vanish out of the window.

7. Terroir

Head Chef Michael Broughton is a force to be reckoned with and Justin's a little intimidated. But Michael is a patient mentor and after easing him in, guides him through the elaborate dish of scallops with truffled corn, gnocchi and bacon foam. He also emphasizes the importance of good stock and sauces and Justin leaves here with plenty to stew over.

8. Fraai Uitsig

Sandra and Carl have emigrated from Germany to live on this tranquil country retreat in the Robertson Valley and Justin is both charmed and green with envy. Sandra lets Justin in on how to prepare many of her fresh and original dishes but holds out on the recipe for her 'Dream of Africa' dessert.

9. River Garden Terrance - Lourensford

Head Chef Tullishe Le Roux is a joy to work with, particularly as she lets Justin sample the delights of the chocolatier also situated on Lourensford Farm in the Somerset West District. She uses home grown produce in many of her signature dishes and Tullishe lets Justin raid her larder so that the two of them can concoct a very successful mushroom terrine.

10. Wakame

Back in Cape Town this Asian eatery has key position overlooking the Atlantic Ocean towards Robben Island. Head chef Martin and his team specialize in an array of oriental cuisines and Justin is given an idea of what is meant by Pacific Rim meets Asian fusion with a sprinkle of French and Western flavour.

11. Earth Lodge

The crew reach this ground breaking lodge in Sabi Sabi on the edge of the Kruger National Park just ahead of a sky splitting thunder storm. But nothing dampens Head Chef Shaniel Dinna's professional spirit and Justin is delighted when he's tasked with preparing an interesting vegetarian risotto. Shaniel is very vocal about how he chooses his ingredients and guides Justin through an interesting all African dish.

12. Hartford House

Head Chef Jackie Cameron and her dedicated staff have been running this French style country kitchen for the past 7 years. Her guests look forward to top of the range Natal Midland's flavours and this locavore doesn't disappoint. Justin helps to prepare some of her complicated dishes which come together beautifully on the palate and the plate.

13. Italian Kitchen

Back in Cape Town Justin rounds off this series in the kitchen of this family style eatery with his long standing and good mate, Head Chef Garth Morton. Ultimately Justin is happy to play second fiddle and experience first-hand what a great chef Garth has become. They visit the Lindt Chocolate Studio and make big fat pralines to enjoy after the Ossobuco a la Garth.