

THE HELM

monthly newsletter of The Tug Restaurant



THE TUG
RESTAURANT

SWAKOPMUND · NAMIBIA



IN THE GALLEY WITH CHEF IMMANUEL

Hailing from the north, at a young age I got to experience delicious, fresh produce, and if there is one thing I have learnt from all my work experience it's that fresh produce can make or break even the simplest of dishes. With that in mind, here are a couple of helpful tips on how to spot the freshest, ripest produce - Fruits & Melons; the best way to test is to hold the fruit in your hands, not squeeze it, if the skin is smooth, even with a firm, but not hard texture then it's a good sign. Smell your fruit too, if it's got a very strong aroma then it's most likely over-ripe. Pay attention to the weight, heaviness can indicate how juicy the fruit or melon is. Fruit should mostly have even coloration across the surface, avoid anything with dark marks and spots, citrus fruits with white streaks or colors on the surface. - Vegetables and Leafy Greens; Some of the same rules for fruit apply to vegetables. Pay attention to the surface of the vegetable and make sure it's consistent, evenly colored, and firm all the way around. With most vegetables like cucumbers, peppers, onions, and potatoes, you want them to be as firm as possible. With leafy greens like lettuce and kale, look for firm, crisp, and plump leaves that are consistently colored. Now that you know what to look for, get to the kitchen and make something amazing. Next time we'll look at the best way to prep and cook seafood, until then, best of luck with your culinary adventures and *Bon Appétit*



JUNE EVENTS

• 17 June '18 - Sunday - Father's Day

THE GOOD NEWS



THE TUG STAFF ATTEND HOSTEX 2018

The Tug Team brush up on their skills at the biggest hospitality show in SA.

On the 5th May 2018 The Tug Team disembarked at O.R. Tambo Airport Jo'burg to attend the annual Hostex Hospitality expo in Midrand. The 3 day expo focuses on all the latest food and beverage trends, and offers a look at all the latest technology, appliances, uniforms and furnishings for the hospitality industry.

It also give us the opportunity to rub shoulders with some of the industry greats and learn new skills and innovative ideas.

FEATURED DISHES



Smoked Salmon Tartare

Pineapple, Melon, Cucumber, Strawberry, and a Prawn tail, served with Cranberry sauce and Feta

Suggested wine pairing:

Kleine Zalze Family Reserve Chenin Blanc

Namaklava

A Namibian twist to the famous Baklava with Marula nuts, pistachio and almonds. Served with Greek yoghurt ice cream and a shot of amarula liqueur.

Suggested wine pairing: *KWV Muscadell*

