

THE HELM

monthly newsletter of The Tug Restaurant



THE TUG
RESTAURANT

SWAKOPMUND · NAMIBIA



RECIPES FOR SUCCESS



SPANAKOPITA

- 3 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 pounds spinach, rinsed and chopped
- 1/2 cup ricotta cheese
- 1 cup crumbled feta cheese
- 4 sheets phyllo dough
- 1/4 cup olive oil

• Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x9 inch square baking pan.

• Heat 3 tablespoons olive oil in a large skillet over medium heat. Sauté onion and garlic, until soft and lightly browned. Stir in spinach and continue to sauté until spinach is limp, about 2 minutes. Remove from heat and set aside to cool.

• In a medium bowl, mix together ricotta and feta. Stir in the spinach mixture. Lay 1 sheet of phyllo dough in prepared baking pan, and brush lightly with olive oil. Lay another sheet of phyllo dough on top, brush with olive oil. The sheets will overlap the pan, this is correct. Spread the spinach and cheese mixture into pan and fold the overhanging dough over the filling. Brush with oil, then layer remaining 2 sheets of phyllo dough, brushing each layer with oil. Tuck overhanging dough into pan to seal filling.

• Bake in a preheated oven for 30 to 40 minutes, or until golden brown. Cut into squares and serve while hot.



ON DECK WITH BRETT

With the close of August we saw The Tug Restaurant Show Jumping & Dressage Derby being held in Swakopmund, and once again it was a huge success! With participants traveling from all over the country to compete in this prestigious event we are proud to have been a part of. We would like to thank Reiterverein Swakopmund and

everyone involved in the organising and planning of the this event. We look forward to seeing you all again next year!

The seasons are changing and we can expect warmer weather and more spectacular sunsets as only the African coast has to offer. This is just what you need to enjoy our lovely range of cocktails or a coffee on the terrace served by our ever enthusiastic staff.

We have decided to add a recipe for every other edition of the Helm Newsletter. Stay tuned for more classic dishes and tricks and tips from our amazing Chef Immanuel. With that said I'm off to a well deserved holiday, see you soon.

FEATURED DISHES



Famous Tug Gourmet Burger

100% homemade Beef Patty, Tomato & Red Onion Relish, Onion Marmalade, Mature Cheddar Cheese, Gherkins, Wholegrain Mustard Mayonnaise, French Fries and a Garnished Salad

Suggested wine pairing: *Blaauwklippen Zinfandel*

Ebony & Ivory Chocolate Mousse

A duo of White & Dark Mousse

Suggested wine pairing: *KWV Muscadel*

