

Kitchen with a view

When Albin and Jenny Kilzer moved to Knysna to retire, their plan went right out the lagoon-view window. Soon they were cooking up a storm at Kilzer's Kitchen, teaching culinary basics to anyone from widowed men, soon-to-be-married women, couples looking to work on yachts as well as domestic workers. The husband-and-wife team ensure that there's never a dull moment in their massive open-plan kitchen, and students are constantly entertained with jokes and demonstrations. Their love of cuisine carries over to their Wednesday Cook & Look evenings. This restaurant experience on the deck allows up to 60 guests to watch their meal being prepared while the couple share their enjoyment of food. Everything tasted on the night is made in their kitchen, including the apéritifs, cocktails, biscuits, jams and chutneys, with many of the ingredients coming from their large herb and vegetable garden.

Top Billing loved Jenny's tiramisu. It sells like hotcakes at Knysna's Friday-night Montessori Market, and we could taste why.

Wish we'd stayed for the Wednesday night Cook & Look. For only R195 per person we could have shared in a three-course food-and-wine pairing with ballroom-dancing lessons. Call 044-382-0135; www.kkbcooking.co.za

SIX KITCHEN BASICS FROM THE KILZERS

- 1. Don't overcook your food.** When roasting chicken, switch the oven off and leave it open to draw the juices back in. If meat is pink or raw in the middle at the end of cooking time, don't worry as the heat will cook it through. For fish, make incisions in the thick end of the flesh so that it cooks at the same rate as the thin part.
- 2. Don't rely on MSG flavourants.** Season food naturally with herbs so that the original flavour is still apparent. Lemon juice is a wonderful flavour enhancer.
- 3. Only use quality ingredients.**
- 4. Keep it simple.** Not everything needs a marinade. Olive oil, salt and pepper are great for meat; wine has too much acid.
- 5. Pay attention to presentation.** People eat with their eyes so, although your dish doesn't have to be architecturally styled, keep it appealing.
- 6. Never work in the kitchen with your husband or wife!**



Albin and Jenny demonstrate kitchen teamwork