

A Year

TO REMEMBER



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High Tea @ Rietondale HS

We have so much to be grateful for from all the lessons of this year so far. This is the time where year-end fatigue starts creeping in, but being self-aware and taking necessary breaks is at the top of our list. We always drink plenty of water and try to get plenty of sleep, but this time we're being more intentional.



November started off with the cutest High Tea from the Grade 11 Hospitality Studies students from Rietondale High School. We had the honour of helping facilitate their final practical exam, witnessing firsthand the dedication and passion they've poured into their craft. We are so proud to mentor these young chefs as they develop their culinary skills and explore their creativity.

UPcycle @ Tuks

We had the privilege of attending yet another UPcycle event hosted by the University of Pretoria Consumer Science and Hospitality Management class of 2024. This year's theme was "Waste To Wonder." It was a beautiful evening of delicious food and good wine, and nothing went to waste.

Our CANAPE'S went from 'Vine To Dine.' It consisted of tomatoes served 3 ways. Beautiful burst of flavour served in the most creative ways. The STARTER was garden-inspired and it celebrated the art of gleaning—gathering the overlooked, the humble, and the beautiful from nature's bounty.

The MAIN COURSE was "The Salvaged." It was a celebration of new life given to rescued ingredients and production cut-offs. This dish celebrates sustainability, creativity, and the beauty of giving ingredients a second chance.

To conclude the evening on a sweet note, "The Wonder" was presented as the DESSERT. It exemplified the ingenuity and creativity of all the fourth-year consumer science students. The dessert astounded and delighted us as diners with its cauliflower-based mousse and ice cream, demonstrating innovative solutions to the challenge of food waste.

Well done to all the students. We can't wait to see what the future holds for all of you. You are all such shining stars.



Speaking @ Hurst Campus

For the final install of our mentorship programmes this year, we took a visit o Franschhoek to go and speak to the culinary students at the Hurst Campus. We gave them valuable tips they could use on their internship, and some much needed motivation for the journey ahead.

They made us such an amazing lunch, and they even made a recipe of ours for dessert. Thank you so much to the staff at The Hurst Campus for making us feel so loved and welcomed. All the best to the students. We already can't wait for our next visit.

A special shout out to Haute Cabrière for hosting us and giving us a beautiful tour of their wine cellar and a taste of some of their amazing wines.

The Western Cape has been so kind to us. Definitely set the tone for 2025.

Now for Christmas...





BERRY & MANGO POPSICLES

Find the recipe in our Food Stories Book

FOOD STORIES

Our favourite recipes, with love from the twins

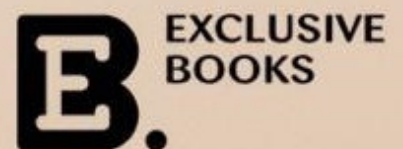
Tebo and Lebo Ndala



In Food Stories, Tebo and Lebo Ndala share quick and easy meals, while making you laugh. Join them as they go back to their roots with recipes for tripe, chakalaka and chicken feet and learn about their family feast called Seven Colour Sunday. See how they give an African twist to American dishes, like corn bread, corn dogs and corn burgers, tour to Thailand and enjoy coconut and pineapple fried rice with steamed chicken in banana leaves, experience traditional recipes with a twist when you sit down for spinach and agushi curry with baked jollof rice, and so many other recipes.

All With Love from the Twins.

You can buy the book on www.loot.co.za or any of these book stores:





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