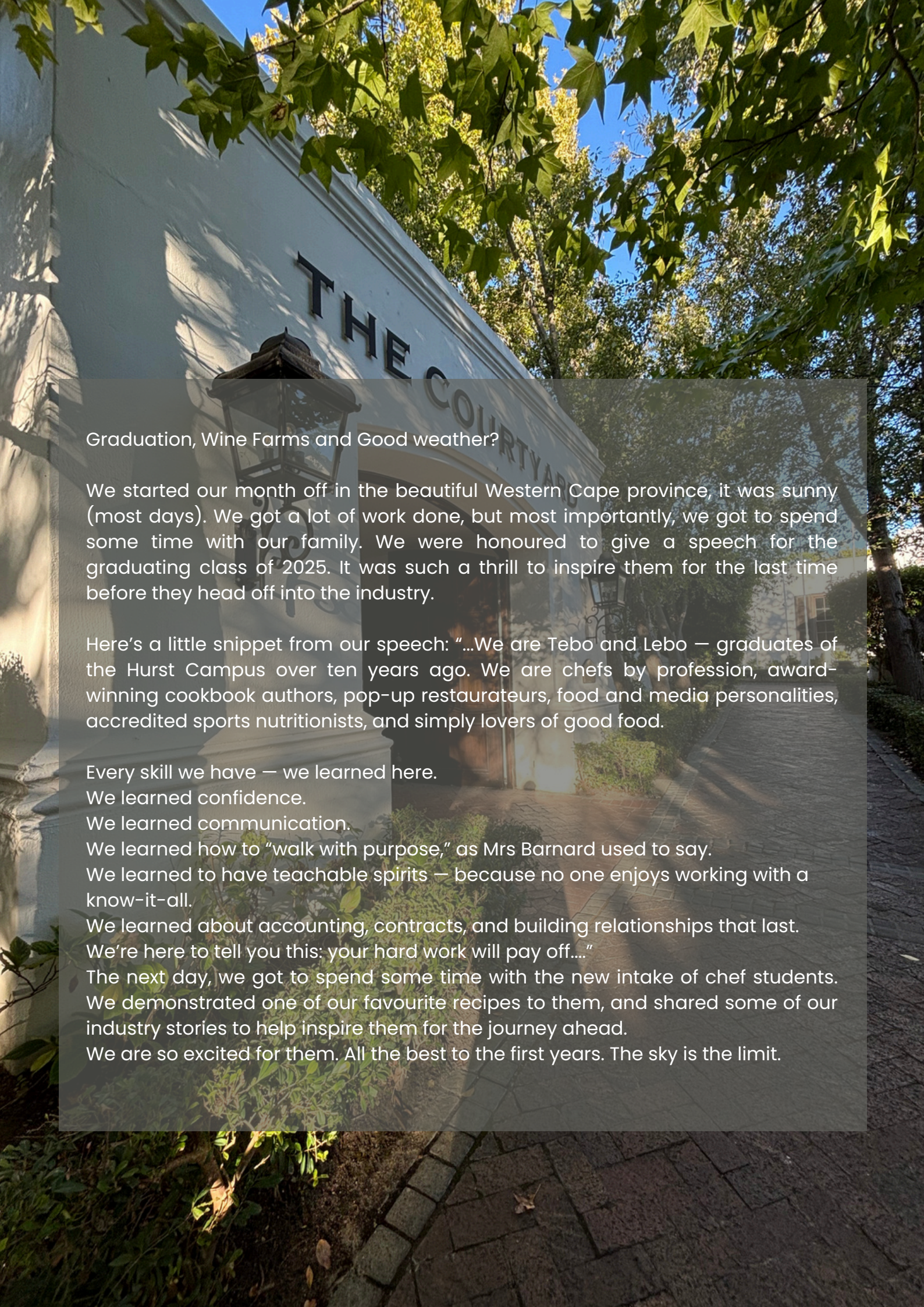


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MARCH 2026
SHOWING UP



Graduation, Wine Farms and Good weather?

We started our month off in the beautiful Western Cape province, it was sunny (most days). We got a lot of work done, but most importantly, we got to spend some time with our family. We were honoured to give a speech for the graduating class of 2025. It was such a thrill to inspire them for the last time before they head off into the industry.

Here's a little snippet from our speech: "...We are Tebo and Lebo — graduates of the Hurst Campus over ten years ago. We are chefs by profession, award-winning cookbook authors, pop-up restaurateurs, food and media personalities, accredited sports nutritionists, and simply lovers of good food.

Every skill we have — we learned here.

We learned confidence.

We learned communication.

We learned how to "walk with purpose," as Mrs Barnard used to say.

We learned to have teachable spirits — because no one enjoys working with a know-it-all.


We learned about accounting, contracts, and building relationships that last.

We're here to tell you this: your hard work will pay off...."

The next day, we got to spend some time with the new intake of chef students.

We demonstrated one of our favourite recipes to them, and shared some of our industry stories to help inspire them for the journey ahead.

We are so excited for them. All the best to the first years. The sky is the limit.



While in the Western Cape, we had the privilege of visiting some of our favourite wine estates, where we explored and documented the full experience each farm has to offer. We truly had the most incredible time. A heartfelt thank you to Lazerac Wine Estate and Laborie Wine Estate for welcoming us and creating such an unforgettable experience. We had the opportunity to enjoy the farms in their entirety — from overnight stays and dining at their on-site restaurants, to visiting the Farm Grocer at Laborie Wine Estate and indulging in tastings of their iconic wines.

It was nothing short of exceptional. Be sure to head over to our Instagram page to watch the full vlogs. March in Pretoria is always cozy. The season is changing, we're slowly easing into the Autumn months — we love this season, because we get to pull out all our favourite, cozy recipes. Speaking of cozy recipes, we had the opportunity to cater a small private dinner for our international guests. The group was from Germany, and they wanted something South African.

We delivered a 'Several Colour' tapas dinner and ended the evening off with a classic Pistachio Panna Cotta. They loved every bite, and they assured us that they'll definitely come back for that South African flavour.

Here's a refreshing recipe as we enter into the cooler Autumn season:



**ROOIBOS
ORANGE
SLUSHY**

ROOIBOS ORANGE SLUSHY

INGREDIENTS

- 1 1/2 cups Laager rooibos Citrus & Ginger Green Rooibos (2 teabags), strongly brewed and cooled
- 1 cup fresh orange juice
- 1-2 Tbls honey (to taste)
- Zest of 1/2 orange
- Optional upgrades: Fresh mint, Splash of sparkling water (to finish)

METHOD

1. Brew Rooibos extra strong (7 minutes) and let it cool completely.
2. Pour Rooibos into ice cube trays and freeze (this is key for colour + flavour).
3. Blend frozen Rooibos cubes with orange juice, honey, and zest until slushy.
4. Taste and adjust sweetness. Finish off with sparkling water (optional).
5. Serve immediately.



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March 2026