

Introducing 'Quarantine Cuisine'! Catch these 6 SA chefs online during #SALockdown

By  Ruth Cooper

2 Apr 2020

The 21-day lockdown in South Africa, though extremely necessary, has already and will have further devastating effects on our economy, in particular our hospitality industry. Local chefs and restaurant staff are feeling the pinch and it's sad to think that a lot of our favourite restaurants might not re-open after lockdown.



Eat Out launches crowdfunding efforts for SA's restaurants, postpones Restaurant Awards

2 Apr 2020



That said, some local chefs and foodies are doing their best to combat the negative effects of the Covid-19 pandemic, keep spirits up and stay afloat and top of mind during this trying time. From gift vouchers to cooking demos, we are seeing many innovative ways that restaurants and chefs are trying to stay in touch with their diners.

A win-win really as some of us in quarantine lockdown can practically live from meal to meal and some light-hearted wholesome foodie content is just the prescription we need right now.



These independent food businesses are still operating during #SALockdown

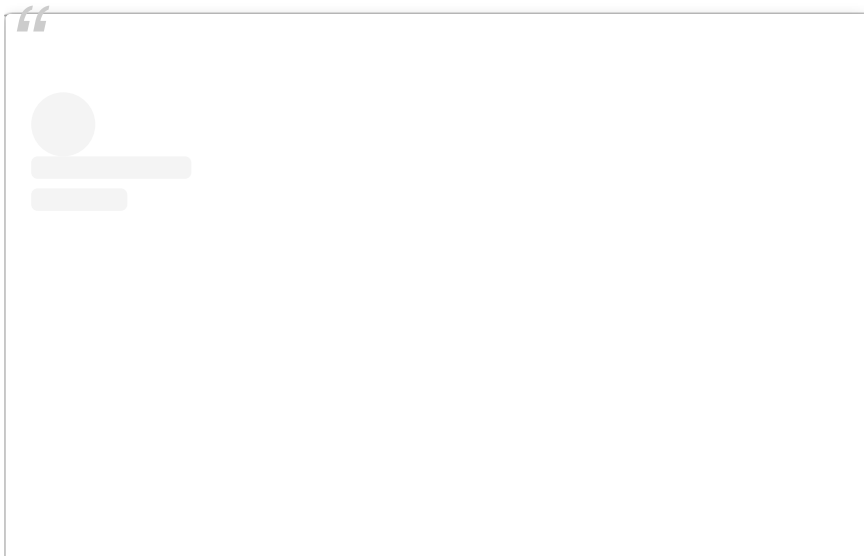
31 Mar 2020



Here are six local chefs and food bloggers sharing online cooking demos and recipes via social media:

David Higgs – of Marble restaurant, Saint Restaurant and Mile8 – has been sharing regular IGTV videos via his Instagram profile since the 23 March. They are super funny and informative. Watch for a laugh and to learn something interesting.

Follow [@davidhiggscchef](https://www.instagram.com/davidhiggscchef)





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Make sure you keep eating with all this exercise we are doing. Eat well so you stay fresh the whole day.

A post shared by David Higgs (@davidhiggscchef) on Apr 2, 2020 at 1:58am PDT

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Matt Manning of Grub and Vine and Chers Studio (and the chef who coined the term 'quarantine cuisine') will officially be serving biweekly cooking demos of tasty crowd-pleasing dishes via his Instagram and Facebook stories from next week. Watch for some serious food porn and inspiration. Manning is also planning on introducing a premium version where savvy home cooks can sign up for a two course interactive/virtual cooking lessons via Zoom. Keep an eye out for more details.

Follow [@mattmanningchef](#) | www.facebook.com/MattManningChef

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Just posted my first insta story recipe video aptly named; Quarantine Cuisine.

First up my truffled scrambled eggs! - I'll be doing a few of these over the next 21 days of lockdown. Watch the story and have a go!

A post shared by [Matt Manning \(@mattmanningchef\)](#) on Mar 27, 2020 at 3:58am PDT

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Host and food editor of Siba's Table, **Siba Mtongana**, has been sharing simple and healthy recipes using everyday pantry items via IGTV. She has even doubled the foodie dose and done an Instagram Live with fellow lockdown chef David Higgs. Watch for feel-good vibes and some great healthy dinner inspo.

Follow: [@sibamtongana](#)

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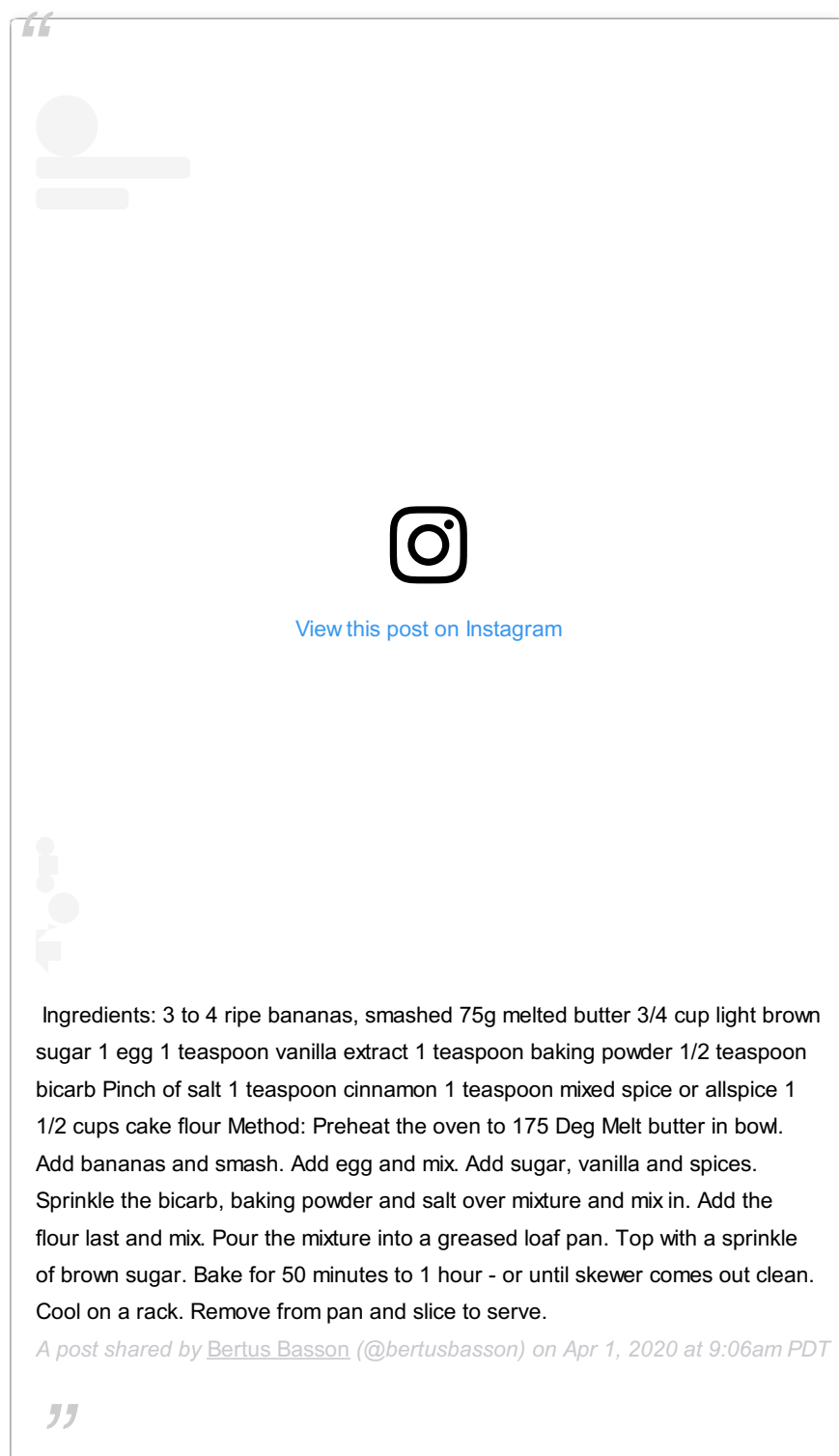
In times like this it's also very important to make sure our health and wellness is in good shape. Nutritious food and drinks are one of the natural ways to achieve that. This easy to make soothing drink using everyday pantry ingredients is a favorite at home. I sometimes have it with rooibos tea which has really good health properties which also includes antioxidants and is caffeine-free. I sometimes make it with green tea for myself, but with kids I stick to rooibos tea. Hope you enjoy it! . . . Let me know below what you have in your pantry, fridge or freezer you would like inspiration and ideas for. ♥🍵🍵🍵🍵 . . . Stay Home, Stay Safe, Stay Clean, Stay Healthy, Stay Strong and Stay Kind! ♥🍵🍵🍵🍵🍵🍵 . . . #QuarantineWithSiba #21dayslockdown #stayhome

A post shared by [Siba Mtongana \(@sibamtongana\)](#) on Mar 31, 2020 at 9:53am PDT

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Bertus Basson of Overture Eike, Spek & Bone, De vrije Burger and The Deck shares regular recipes and cooking demos via IGTV. Watch for restaurant-worthy dishes and cute interactions with his family.

Follow: [@bertusbasson](#)

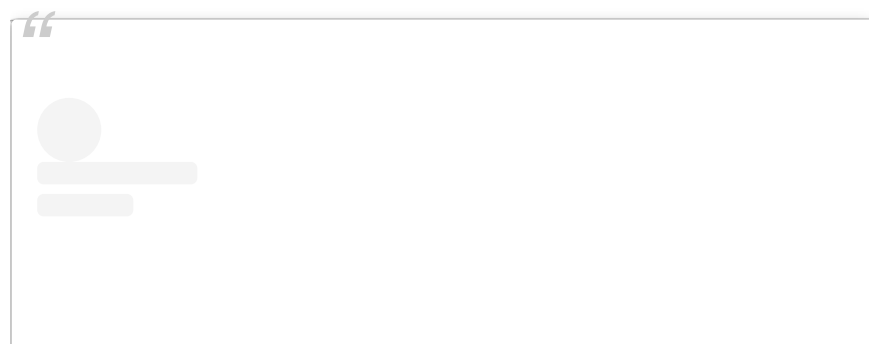


Ingredients: 3 to 4 ripe bananas, smashed 75g melted butter 3/4 cup light brown sugar 1 egg 1 teaspoon vanilla extract 1 teaspoon baking powder 1/2 teaspoon bicarb Pinch of salt 1 teaspoon cinnamon 1 teaspoon mixed spice or allspice 1 1/2 cups cake flour Method: Preheat the oven to 175 Deg Melt butter in bowl. Add bananas and smash. Add egg and mix. Add sugar, vanilla and spices. Sprinkle the bicarb, baking powder and salt over mixture and mix in. Add the flour last and mix. Pour the mixture into a greased loaf pan. Top with a sprinkle of brown sugar. Bake for 50 minutes to 1 hour - or until skewer comes out clean. Cool on a rack. Remove from pan and slice to serve.

A post shared by Bertus Basson (@bertusbasson) on Apr 1, 2020 at 9:06am PDT

Cheyne Morrisby or Cheyne's, Shio, Lucky Bao, Fire Monkey and Ding Dong shares online classes and intros into modern Asian cooking via Facebook Live every night at 6pm. Watch for some killer recipes.

Follow: [@cheynereaction](#) | facebook.com/cheynemorrisby





[View this post on Instagram](#)



Let's cook! Will be doing daily on line classes and intros into modern Asian cooking. I will be doing this for all my staff at Cheyne's , SHIO Modern Japanese Izakaya Fire Monkey - Asian Eating House Lucky Bao Ding Dong We have found it incredibly tough and if you can show some support through a donation of some sort. My bank details are Cheyne's FNB Account number 6260 453 1534 I will be posting the weeks line up soon. Giving an intro into ingredients that will be used. I will also be supporting Wild Peacock Products for veg, meats and fish. You can contact them on 021 801 3663 for delivery times/days (Cape Town) All the love
♥️ Cheyne

A post shared by Cheyne's Hout Bay (@cheynereaction) on Mar 30, 2020 at 12:22am PDT

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Author and food stylist **Katelyn Williams** of The Kate Tin blog shares delicious looking dessert recipes via her Instagram stories. Watch for your sweet treat fix.

Follow: [@thekatetin](#)

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[View this post on Instagram](#)



2-MINUTE CHOCOLATE SHIRAZ CAKES ☐ ☐ Now seems like a pretty good time to combine wine, chocolate, cake and a microwave, no? ☐ ☐ And if you've already drunk all the wine (or rationing your last few bottles) then you can use water. Made with cupboard basics because, well, you know. ☐ ☐ Link in bio. ☐ ☐
💎💎 by @Heinstirred ☐ ☐ for my 'Chocolate' cookbook ☐ ☐ #Chocolate #Cake
#MicrowaveRecipes #Baking #Dessert #BakersOfInstagram #TheKateTin ☐ ☐ ☐

A post shared by The Kate Tin (@thekatetin) on Apr 2, 2020 at 1:01am PDT

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ABOUT RUTH COOPER

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