

Intuitive cooking

LOUIS JANSEN VAN VUUREN, a handsome hunk who is also chairman of the SA Association of Arts, cooks the way he paints. Intuitively.

As an artist he mixes traditionalism (oil and canvas) with modern materials (enamel and acrylics). In the kitchen his "boerekos" background (he hails from Middelburg in the Transvaal) is ever-present, but comes out looking nouvelle cuisine.

As an art student at Stellenbosch Van Vuuren was known on the campus for his outrageous cooking and fad for glass plates. Today Van Vuuren food is served on white china mainly.

Last weekend, Van Vuuren's guests sat down to *Chicken Breasts in Curry Sauce* and music from a Fellini film.

(Quantities given are for four to six servings.)

6-8 filleted chicken breasts, 2 tablespoons cooking oil, 2 tablespoons butter ("two things I never compromise with are real butter and fresh herbs"), salt, freshly-ground black pepper, 2 onions finely chopped or sliced, 2 cloves garlic crushed, 1 tablespoon flour, $\frac{1}{2}$ teaspoon each curry powder, ginger, spicy masala, 300 ml chicken stock ("home-made is better"), 250 g sliced mushrooms ("waterblommetjies when in season"), pinch of fresh herbs from the garden.

Heat oil in a large pan or saucepan with a heavy base. Add the butter. Brown chicken on both sides and sea-



FOOD FOR THOUGHT

Louis
Jansen van Vuuren



son. Remove from the pan. Add onion and cook slowly till golden. Add flour, curry, masala, ginger and garlic. Stir for about 3 minutes. Return chicken to the pan, add stock, herbs and more salt if necessary. Stir gently till sauce is smooth, cover and simmer for 20 minutes or till chicken is done.

Five minutes before the end of cooking, add the mushrooms. Allow 10 minutes for waterblomme.

Serve with rice, good chutney and coconut. "A stunning 'eclectic' salad on the side!" — Gertrude Cooper