



FORGED OF THE EARTH,
TEMPERED BY THE SEA

Smoked Snoek Arancini

Embark on a taste of the Cape West Coast with golden smoked snoek arancini, hiding a molten mozzarella centre. Served on a velvety heerboontjie purée – crafted from the heritage bean of Redelinghuys (or butterbeans when unavailable) – this dish celebrates the wild flavours of the coast. Paired with Fryer's Cove Chenin Blanc, it's a journey where every bite uncovers a new layer of the West Coast's untamed character.

Prep time: 1 hour excluding cooling time /Cook time: 10 mins /Makes 18 arancini

Ingredients:

- Olive oil
- 1 Tbsp butter
- 1 medium onion, finely chopped
- 1 large garlic clove, crushed
- 350g arborio (risotto rice)
- 150ml dry white wine
- 1.2l chicken or vegetable stock
- 150g Parmesan, grated, plus extra to serve
- 250g smoked snoek, flaked and bones/skin discarded
 - 150g Mozzarella, cubed
 - Sunflower oil
 - 150g plain flour
 - 3 large eggs, beaten
 - 150g panko breadcrumbs
- Chives, finely chopped, to serve



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For the heerboontjie purée:

- 200g dried heerbone, soaked overnight
 - 1 garlic clove
 - 3 sprigs rosemary
 - 50ml chicken stock
 - 50ml cream
- Sea salt and black pepper

Method

Discover the Heart of the Coast

Gently heat the olive oil and butter in a shallow saucepan until foaming. Add the onion with a pinch of salt and cook slowly for about 15 minutes until soft and translucent. Stir in the garlic, followed by the rice, allowing it to toast lightly before pouring in the wine. Let it reduce by half, then begin adding the warm stock one ladle at a time, stirring patiently as the rice absorbs every drop. Continue until the risotto is creamy and perfectly cooked. Fold through the Parmesan and smoked snoek, season to taste, then spread onto a shallow tray to cool completely.

Shape the Adventure

Divide the cooled risotto into 18 portions, each slightly larger than a golf ball. Flatten each portion, hide a cube of mozzarella in the centre, then carefully enclose it and roll into a smooth ball.

Prepare three bowls with flour, beaten eggs and breadcrumbs. Coat each arancini in flour, then egg, then breadcrumbs, creating a crisp shell ready for the journey ahead. Refrigerate until required.

Golden from the Deep

Heat sunflower oil to 170°C in a heavy-based saucepan. Fry the arancini in small batches for 8–10 minutes until deeply golden with a molten mozzarella centre. Drain on a clean kitchen towel.

A Taste of West Coast Heritage

For the heerboontjie purée, simmer the soaked heerboontjies (or butterbeans) with the garlic clove and rosemary until tender. Drain, discarding the garlic and rosemary, then blend the beans with the chicken stock until silky smooth. Stir in the cream, adjusting the consistency as needed, and season with salt and pepper.

Serve at the Edge

Spread the warm heerboontjie purée onto each plate and nestle the crisp smoked snoek arancini on top. Pair with a chilled glass of Fryer's Cove Chenin Blanc—a wine shaped by the Atlantic just as this dish is shaped by the rugged Cape West Coast. Every bite is an invitation to explore where land, sea and heritage meet.