



# A Year at Silwood

## Recipes from South Africa's first cookery school

ALICIA & CARRIANNE WILKINSON

From the whisper of chiffon cakes and a classic crème Anglaise to the more challenging exam dishes of confit duck and chicken terrine, a year in the world of a Silwood student is revealed.

Alongside the outstanding recipes, principal Alicia Wilkinson and Michael Olivier's words on the history, character and heritage of the school weave a memorable old Cape story.

The cooking is based on the French classical style. There is an understanding that the French have total respect for food, that both plated offerings and their ingredients should be real and natural, and that fruit and vegetables should be served fresh, when they are in season, and cooked simply and properly.

The Silwood School of Cookery is South Africa's oldest cookery school, boasting student achievement unmatched by any cookery school in the country.

Silwood has, over the past 49 years, earned itself a world-class reputation. Graduates can be found in top kitchens around the world, from Heston Blumenthal's The Fat Duck and Dinner restaurants to Jamie Oliver's Fifteen, Raymond Blanc's Le Manoir, Gordon Ramsay's numerous establishments and even The French Laundry.

As the present principal, Lesley's daughter, Alicia Wilkinson, Commanderie des Cordons Bleus de France, continues her mother's work, producing chefs of a world-class standard.

'From as early as I can remember, life for my siblings and I was one big food experiment. My mother had a lot of flair and was very artistic. She loved cake decorating. You should have seen the birthday cakes we had! But sometimes we were very suspicious: she was mad about cooking rabbit and would often present it as chicken'

ALICIA WILKINSON

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**For further information contact:**

Craig Fraser  
 Tel: +27 (0)83 627 1656  
[www.quivertreepublications.com](http://www.quivertreepublications.com)

