

### ONE&ONLY CAPE TOWN INTRODUCES CULINARY ITINERARY CURATED BY CHEF REUBEN RIFFEL

Celebrated South African Chef Shares his Favourite Culinary Locales in South Africa Inspired by his Latest Cookbook *Reuben Cooks Local* On-Sale in October 2011

After joining **One&Only Cape Town** in 2010 for the launch of his first urban restaurant, celebrated South African Celebrity **Chef Reuben Riffel** introduces a new culinary-inspired 5-day travel itinerary for One&Only guests highlighting the local restaurants, markets, vineyards and producers that have influenced his second cookbook - *Reuben Cooks Local* – on-sale October 2011.

“I am always asked by guests of the resort to share my insights on where to eat, drink and shop,” says Riffel whose latest cookbook features two recipes he will incorporate into the One&Only Cape Town spring menu. “I thought it would be helpful if we put it down in one easy itinerary so travellers to the region can experience a little bit of South Africa through my taste buds.”

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#### CAPE TOWN

##### DAY 1

- Day trip to Kalk Bay and Simon’s Town
- Lunch at Bistro Sixteen82 at Steenburg
- Cocktails at the Planet Bar at the Mount Nelson Hotel
- Dinner at The Test Kitchen
- Overnight One&Only Cape Town

##### DAY 2

- Morning Trip to the top of Table Mountain
- Lunch and free time to explore in De Waterkant/Bo Kaap
- Wine tasting at the Vista Bar, One&Only Cape Town
- Dinner at Reuben’s One&Only Cape Town
- Overnight One&Only Cape Town

##### DAY 3

- The Neighbourgoods Market at the Old Biscuit Mill (*only open on Saturday*)
- Free time to explore the city including Long Street etc.
- Lunch at Bizerca
- Sundowners (cocktails) at the Grand Café in Camps Bay
- Sushi making class and dinner at Nobu, One&Only Cape Town
- Overnight One&Only Cape Town

#### CAPE WINELANDS

##### DAY 4

- Depart One&Only Cape Town for the Cape Winelands
- Wine tastings at Jordan and Stark Condé Vineyards
- Lunch at Tokara Vineyard & Olive Farm
- Cooking class and farm tour with Executive Chef of Babylonstoren
- Overnight Babylonstoren

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## Cape Town

### DAY 5

- Wine tasting and lunch at Bread and Wine, Franschhoek, Neil Jewll at Moreson
- Free time to visit Reuben's favourite producers:
  - Cheese, Buffalo Ridge Mozzarella, Paarl
  - Fairview Cheese, Paarl
  - Jenny's clotted Cream, Tulbagh
  - Hillcrest Berry Farm
  - Willowcreek Olive Oil, Robertson
  - The Drift (organic farm) Elgin
  - Whale Coast Seafoods, Hermanus
  - Three streams smokehouse, Franschhoek (smoked trout)
- Dinner at Reuben's in Franschhoek (his first restaurant)
- Overnight Babylonstoren

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Internationally recognized for his award-winning restaurants in the Franschhoek wine valley, *Reuben's* at One&Only Cape Town serves wholesome bistro fare made from locally-sourced produce. *Reuben's* joins Nobu and the resort's impressive tri-level wine loft housing over 5,000 bottles, from prestigious older vintages of Cape classics to newer wineries in emerging terroirs. Connecting the eateries together is the dynamic lobby lounge and bar, Vista, with captivating views of Table Mountain.

Having defied stupendous odds in apartheid South Africa to become, at 35, one of Africa's top chefs – Reuben has come a long way from his home in Groendal where he grew up with 12 siblings. Required to live in an area allocated to Cape Coloreds, a mixed-race ethnic group, Reuben first mastered Cape Colored cuisine through his family, a style of cooking that continues to inspire him today.

“Fish and shellfish conjure such happy memories for me,” says Riffel. “I’ll never forget Ma’s soutsnoek hanging behind the kitchen door – partly because of its pungent smell, but mostly because we’d snap a piece off after school and have it on hot baked bread with mounds of apricot jam or moskonfyt.”

Beginning as a kitchen hand, Reuben worked his way up the restaurant ranks in nearby Franschhoek, opening his first eatery there in 2004 which was promptly named South Africa’s Restaurant of the Year. Six months later he was named the country’s Chef of the Year. In 2008 he opened a second restaurant in Robertson which led to the opening of his third restaurant in October 2010 at One&Only Cape Town alongside the legendary Nobu.

For more information please visit [www.oneandonlyresorts.com](http://www.oneandonlyresorts.com).

Reservations for *Reuben's at One&Only Cape Town* can be made by calling 021 431 5222 or emailing [restaurantreservations@oneandonlycapetown.com](mailto:restaurantreservations@oneandonlycapetown.com).

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## Cape Town

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Created exclusively for the luxury resort market, One&Only Resorts are conceived as hallmarks of excellence. Set in some of the most beautiful locales in the world, each award-winning resort offers guests a distinctive style and personality borne of its local culture, a genuine hospitality and a lively energy that is unrivalled. These properties include One&Only Reethi Rah, Maldives; One&Only Le Saint Géran in Mauritius; One&Only Royal Mirage in Dubai; One&Only Ocean Club in The Bahamas, One&Only Palmilla in Los Cabos, Mexico and One&Only Cape Town, South Africa. One&Only The Palm, Dubai opened in November 2010. More information on One&Only is available at [oneandonlyresorts.com](http://oneandonlyresorts.com)

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