

## MasterChef's Gary Mehigan goes foraging with Table Bay Hotel chef

MasterChef Australia judge, chef Gary Mehigan recently joined The Table Bay Hotel's executive chef, chef Jocelyn Myers-Adams and a few members of the media on a foraging expedition. Venturing as far as Mouille Point, the foragers found a selection of indigenous plants abundant and ready to be eaten - from sour fig to "sout slaai" (salt salad).

















Chef Myers-Adams presented a selection of dishes with the foraged ingredients incorporated. Foragers also indulged in unique Gin cocktails infused with aromatics also procured locally. Foraging is a passion of chef Myers-Adams and she was eager to share the culinary potential of plants most people would pass without a second glance.

Chef Gary is in South Africa for The Longest Dinner Table in aid of Stop Hunger Now Southern Africa.

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