



BACK TO BASICS

Simple, earthy goodness and authenticity go hand-in-hand with cool, rustic style in both the interiors and the dishes served at Charles Back's new eatery

PHOTOGRAPHS **ADEL FERREIRA** LOCATION **BACK'S**



Bringing the farm-to-table dining concept to the charming old main street of Paarl in the Western Cape, the recently-launched Back's restaurant and deli offers a delicious taste of produce from wine-and-cheese farm Fairview and a beautifully transformed heritage space in which to savour it. Named after the farm's founder and indefatigable proprietor Charles Back, the restaurant and deli serves as an extension of the ethos of the family business. 'The inspiration for Back's came from my long lineage of farming history, with the basis of everything I do being integrity and quality,' he says.

The venue, a careful update of a historical site, comprises the restaurant as well as an organic market and was overseen by the architecture and design team, Xperencemakers, with whom Back has worked on previous projects on both Fairview and Spice Route farms. Elements of Cape Dutch architecture and rustic farm detailing meet in a space that's elegantly classic, replete with a liberal use of natural materials.

Chef Melissa Bird creates simple, undeniably tasty dishes with an emphasis on ethical provenance, seasonality and wholesomeness. Eggs are from the farm's free-range chickens, for example, with naturally and organically produced meat and other produce forming the foundation of all the fare that's served, from breakfast to lunch. It's a case of going back to the basics, in the very best sense.

Back's, 191 Main Rd, Paarl, 021 872 0697
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FRENCH TOAST

**3 slices ciabatta · 1 egg · 100ml milk · pinch salt
· Goat's cheese · 100g frozen berries · 100g sugar**

Mix the egg and milk together. Lay the slices of ciabatta in the mixture and coat both sides.

In a pot, cook the berries and sugar until reduced. Place the soaked ciabatta in a hot pan and toast on both sides.

Once cooked, place the French toast on a plate. Cover with berry compôte and crumble goat's cheese over it.