

»thefatfish»

FREE Wi-Fi

CHRONICLES

PLETTENBERG BAY / GEORGE / GARDEN ROUTE / SOUTH AFRICA

EDITION 18 Open Monday to Sunday - Reservations Plett 044 533 4740 / George 044 874 7803

FREE COPY



Image: The Toplis family picnicking at Look Out

RAISING A TIPPLE TO THE TOPLIS CLAN!

It has been quite the year for our “little” seaside town. The completion of the N2 intersection at the Market Square entrance, the overhaul and redevelopment of the square itself, upgrades to many of our Main Street shops and a refurbishing of the Piesang Valley Road. For the most part locals have suffered the inherent frustrations

of these upgrades - the detours, road closures and traffic delays with grace and patience. Plett is booming and we’re taking these exponential changes in our stride. Just as well if you take the time to consider how utterly inconsequential these minor inconveniences are in comparison to what it took those who came long before us to

get the Plett ball rolling in the first place!

So as you wind down, hopefully sipping an ice-cold pint of locally brewed, Barrington’s Toplis Lager, we thought it apt to reflect on a little more than just this crazy busy year and take you right back to the very beginnings of this beautiful town in the making. *Continues on page 2*

SIMON SAYS...

FOR THE LOVE OF WINE

This year, our top performing waiters were awarded the opportunity to go on a weeklong tour of the winelands.

Our first few nights were hosted at the amazing, Gabrielskloof Wine Estate! They produce phenomenal wines and their hospitality was incredibly generous. We used this as our base to explore Botrivier, the Hemel-en-Aarde Valley and Elgin.

Having hired a bus we took the time to discover some incredible estates. Luddite, Beaumont, La Brune, Newton Johnson and Genevieve. If you are ever in Botrivier, you must have dinner at Manny’s Portuguese Restaurant. Authentically delicious.

Traveling over the beautiful Franschhoek pass we stopped for an early morning Cap Classique breakfast at Chamonix. The mountain top farm offers unparalleled views of the valley and produces incredible chardonnay. Via the Helshoogte pass we soldiered on to Stellenbosch, the golden triangle where Cabernet is king! Keermont Winery, nestled in the fissure of the Stellenbosch and Helderberg Mountains is a natural wonder. Peter Falke (Best Cab in South Africa) and Raats Family Wines for an incredibly decadent braai.

Jan Boland Coetzee’s legacy at Vriesenhof will live on forever. Memories abound and lastly Longridge spoil us with luxury and memories of an incredible sunset over False Bay.

The wine industry, globally is under pressure. Our aim is to offer you a wine experience that goes beyond the content of the bottle. More of an understanding about passionate farmers, wine making processes and how climate affects a vintage. South African farms are not just about making brilliant wines. They are about heritage, a sense of place, family and passion. So support the industry and be more like me, drink copious amounts of wine and raise a glass to the hands that crafted it. Prost!!

BIG FAT TAPAS

TAPAS originated in Andalusia in the south of Spain, where a small ‘tapa’ was served with drinks in bars, often just a slice of cured meat or a piece of cheese. According to culinary legend these ‘tapas’ were used to cover wine glasses - this to keep the aroma in and the flies out. The Fat Fish takes tapas to a new gastronomic high...with no flies!

SALDANHA OYSTERS EACH	R40	PERI PERI CHICKEN LIVERS	R95	ASIAN FRIED CHICKEN THIGHS	R115
Naked or dressed with a classic Mignonette or Nam Jim Dressing		Crème Fraiche, pickled red onion, smoked chilli flakes and homemade bread		Crispy fried with sweet and sour sauce, sesame seeds, lime and coriander	
THE FAT FISH OYSTER 2 EACH	R95	CAPE MALAY PICKLED CURRIED FISH	R115	FISH BOBOTIE	R125
Ponzu Sauce, Sesame Ginger Mayo, Wasabi Oil, Togarashi Spice		“Jou ouma se beste resep” with bread and Cape Malay butter		Malay style fish Bobotie served with roosterkoek and curry butter	
CRISPY SQUID	R125	THAI SALMON FISH CAKES	R120	🔪 FRIED HALOUMI & MISO ROASTED SWEET POTATO	R125
Marinated in amasi (traditional soured milk), crisp fried and served with pineapple chutney and ponzu aioli		Katsu Curry Cream, Charred Corn Salsa & Japanese Mayo		Burnt butter miso hollandaise, lime, chilli, pickled red onion salsa with crispy onion and sunflower seeds	
PORK DUMPLINGS	R105	TOMATO TONNATO	R125	🔪 ARANCINI	R95
Fragrant minced pork dumplings gently simmered in a spicy tom yum broth		Confit tomatoes served on a creamy tuna sauce with fennel and red onion		Lemon, Saffron and mozzarella arancini with lemon Saffron aioli and chilli strands	
GAMBAS AL AJILLO (PRAWNS IN GARLIC AND CHILLI)	R155	ROOSTERKOEK EN BOTTER	R65	🔪 ROASTED CARROTS	R100
Garlic Prawns in Chilli Flash-fried in fennel, white wine, butter, lemon and parsley		Afr. (Charred bread and butter) Cape Malay butter and homemade Fish Paste		With cumin, honey, green pesto, labneh and tahini sauce	

INTIMATE CELEBRATIONS.



WEDDINGS AT BARRINGTON'S
Submit enquiry online - www.barringtonsplett.co.za

SOUPS

- FISH & MUSSELS IN RED TOM YUM BROTH

Tom Yum Broth with lime leaves, lemongrass, ginger, chillies, fresh coriander, oyster mushrooms, mussels and soft white fish

R145
- BEEF GOULASH SOUP

Served with crisp herb oiled toasted bread

R135
- HAM HOCK & MUSSEL CHOWDER

Wonderfully rich with parsley, dill, white wine, potatoes and crusty herbed bread

R130

SALADS

- 🕒 PEAR & BLUE CHEESE SALAD

Caramelised pear with avocado, red onion, toasted almonds, honey and a tangy thyme vinaigrette

R135
- ASIAN CALAMARI TOM SUM SALAD

Mixed greens with avocado , cucumber peanuts and a miso and soy dressing

R185
- THE FAT FISH CHICKEN CAESAR

Caesar dressed baby gem lettuce, crispy bacon, anchovies, grilled chicken thighs, crispy onion, pecorino cheese, smashed egg mayo and roasted garlic & herb croutons

R145

Oh so fresh!

- 🕒 THE FAT FISH LEAFLESS GREEK SALAD

Crisp feta, fresh basil, tomatoes, olives, cucumber, toasted seeds, lavash and balsamic cream

R125
- 🕒 THE FAT FISH HOUSE SALAD

Simple perfection. Crisp garden salad with green apple, avocado, pickled radish, toasted sunflower seeds and a piquant, mustard vinaigrette

R115
- 🕒 POKE BOWL

Vegetable with tahini sauce

R125
- Salmon

R165
- Tuna

R175
- Calamari with spicy soy sauce

R145

A LIFELINE FOR OUR OCEANS

In September 2025, ocean research, conservation and advocacy groups celebrated an historic win when Morocco became the 60th country to ratify the Agreement on the Conservation and Sustainable Use of Marine Biological Diversity of Areas beyond National Jurisdiction (BBNJ Agreement), triggering its entry into force under the United Nations Convention on the Law of the Sea (UNCLOS). Also known as the High Seas Treaty, this legally binding instrument will allow, for the first time, areas of ocean that do not fall within the Exclusive Economic Zones of a particular country, to be protected.

What does this mean? Well, this instrument will allow areas of our ocean that are identified as important for biodiversity and are currently not protected (somewhat of a free-for-all) to be identified as High Seas Marine Protected Areas. Furthermore, any proposed activities such as deep-sea mining, oil and gas exploration and extraction, fishing or new/additional shipping routes will need to undergo environmental impact assessments before being considered for implementation, and current extraction will be better regulated and monitored.

Some of the first-generation High Seas MPAs have already been identified and proposed and scientists, governments and other stakeholders are working together like never before to identify areas most in need of protection and that will make significant contributions to the 30x30 Global Biodiversity Target of protecting 30% of our oceans by 2030 under the Kunming-Montreal Global Biodiversity Framework. These areas will ensure that important migratory corridors for seabirds, whales, sharks, seals and fish are protected, seamounts and vents that host unique species found nowhere else are sheltered from disturbances such as bottom-trawling or mining, and that areas of high productivity are allowed to support the food-web that depends on them without competition from industrial activities.

Species that visit our coastline (whales, pelagic birds, vagrant seals) travel across and feed on the high seas and it is here that they have to navigate industrial fishing fleets, offshore drilling, and busy shipping lanes. After nearly 20 years of perseverance, negotiations and multilateral commitments, vast areas of ocean will be given some breathing space allowing the marine resources we are so dependent on to recover and thrive, supporting their sustainable use. The ratification of the BBNJ Agreement is an incredibly exciting, and now tangible, reality for better protection of our oceans.

“As we confront the triple planetary crisis of climate change, biodiversity loss, and pollution, this agreement is a lifeline for the ocean and humanity.”
UN Secretary-General Antonio Guterres.

Written by: Dr Gwenith S Penry, marine mammal scientist

Continued from page 1

RAISING A TIPPLE TO THE TOPLIS CLAN!

That very beer quenching your beach day thirst, was in fact named in honour of one of Plettenberg Bay’s earliest, settlers, Aaron Toplis, who was no more than a teenager himself when he arrived in town in 1853, without a penny to his name. Recruited by William Newdigate (barely an adult himself at the time), Aaron formed part of an integral group of some of Plett’s earliest migrants answering the call for skilled labourers to help establish a farm in the beautiful, undulating hills of a remote and largely uninhabited South African coastal area, over 10 000 kilometres away from their native counties of Warwickshire, Derby and Dorset.

Having secured 3736 acres hectares, seven eighths of the Roodefontein Estate in 1847 (subsequently renamed Redbourn) young Newdigate’s top priority was to source reliable “upright, hard-working Englishmen” to further his ambitious plans to farm the Piesang River Valley. The group he assembled over the coming years, including Aaron Toplis, was a carefully planned mix of freehold farmers, skilled craftsmen and artisans including millwrights, plasterers, carpenters, blacksmiths, cabinet makers, and stone masons. Paying their own way, with only the assurance of employ-

ment waiting for them at the end of an epically long journey, most of these families sailed to South Africa on one of Mr Joseph Christopher’s “very fast sailing first-class ships” partially subsidised by the British government. The journey from the London docks to the Cape alone took on average 75 days to complete with Mr Christopher more than a little particular about the type of emigrant he was willing to carry - marriage and baptismal certificates as well as vaccinations all had to be in order. Thankfully, he also had the good sense to include a wide range of “Medicinal Comforts” in his onboard supplies - 12 bottles of Port wine and Sherry each, 200 gallons of stout, 20 bottles of rum and 10 bottles of brandy. Issued at the discretion of the ship’s surgeon, one imagines the sick bay must have been the most popular berth of all.

Settling in Plettenberg Bay, this highly industrious group laboured prodigiously for the next ten years or more with William keeping detailed journals of all their farming and infrastructure exploits including brick making, charcoal burning, fencing, quarrying and road making. By 1859 however, the more enterprising among them, having set up William in his chosen way of life, sought to be their own masters buying their own land to farm or set up businesses and shops in the area.

Many of these families are still in Plett today, very much part and parcel of the fabric of the town their ancestors effectively help lay the foundation

for, including the descendants of Aaron Toplis, one of William’s most trusted and long-standing employees. Aged 32 he finally married the delightful Selina Derbyshire, another emigrant who as a little girl of 7 had come out with her parents, Mary and William (Newdigate’s most senior and highly skilled recruit). Having inherited a large portion of the Ganze Vallei estate, together they erected a homestead (the great gathering place for many a community together) and a store (The Old Nick itself) and farmed. By all accounts Aaron was treated with greatest respect by all. Bailiff of Redbourn, storekeeper and church warden of St Peter’s, he lived to the ripe old age of 80. His two sons Percy and Herbert married two Cuthbert sisters and his only daughter; Alice married their apparently very good-looking brother James. Immensely generous, this extended Toplis family, donated large tracts of land to the church down the line including the land the Methodist church, its hall and graveyard occupy today. Their lifetime of achievements anything but insubstantial and well worthy of raising a glass of their namesake to!

PS – *Aside from celebrating Aaron’s legacy, the naming of the Barrington’s Toplis Lager also references the brewing process. Unlike an Ale which is brewed with top fermenting yeast working at a higher temperature and developing a fluffy crown / foam top, the Lager is made with bottom fermenting yeast which works the wort from below - it’s quite “theoretically” topless”!*

PLETT COMMUNITY UNITES TO RESTORE THE KLEIN PIESANG VALLEY

Something special is emerging in Plettenberg Bay. A growing group of locals are rolling up their sleeves to rescue a forgotten natural treasure — the Klein Piesang River Valley. Driven by the Plettenberg Bay Community Environment Forum (PBCEF), this inspiring initiative aims to transform the area into the Klein Piesang Valley Nature Park.

For years, this 24-hectare area has been choked by dense alien vegetation. Species like Wattle, Pine, Eucalyptus, Blackwood and Lantana have run rampant, creating a serious fire risk and impacting the health of the Piesang River and

estuary. What was once a lush indigenous forest is now almost impenetrable alien vegetation. But that is all changing.

A determined group of volunteers has already cleared around 10% of the area. Every Wednesday afternoon and Saturday morning, locals gather with saws, gloves, and a shared purpose - to clear invasive growth by hand to make space for the indigenous plants, and by extension, attract insects, birds and other fauna and flora. The work is hard, but the energy, camaraderie and visible progress make it worthwhile.

The goal is a Nature Park that showcases Bitou’s biodiversity, provides a place for families and visitors to stroll and enjoy, environmental education and bird watching. The project will clean and reinvigorate the river system while creating a natural asset for all Plettonians.

BECOME A FOUNDING MEMBER and participate in transforming the 24 ha Klein Piesang Valley into a **NATURE PARK**, rich in biodiversity and of ecological importance. This will become a showcase of what can be achieved when a community unites.

YOU ARE INVITED to get involved - join work sessions, spread the word, or donate to the clearing and maintenance efforts. Contributions from Plett locals and WESSA have kickstarted the process, but continued community support is critical to maintain the momentum.

BE A HACKER, and join us on Wednesdays from 1-30pm and Saturdays from 9-30am OR

BE A BACKER and donate!

For more information please email info@plettenvironmentalforum.co.za or call 083 5737266



Image credit: Gwen Penry

RAATS

FAMILY VINEYARDS

FAT FISH

...and other lekker things from the sea

BEER BATTERED FISH & CHIPS	R185	BURMESE SEAFOOD CURRY	R225	MUSSELS IN A CREAMY LEEK SAUCE	R235
The freshest fish available, deep fried in our delicious, locally brewed, Barrington's beer batter. Served with homemade tartare sauce.		Fragrant but not too spicy. White fish, calamari and mussels simmered in a coconut broth served with scented basmati rice, toasted coconut shavings and a poppadum		Local fresh mussels simmered in a creamy leek sauce and served with of basmati rice	
WITH SALAD OR STEAMED VEGETABLES	R210	SEAFOOD TAGLIATELLE	R205	LOCAL CATCH OF THE DAY	SQ
		Pan fried Chorizo, calamari, West Coast mussels in tomato base sauce with garlic, preserved lemon and dill!		The freshest locally caught line fish served with vermicelli noodles, red cabbage and spring onion slaw, pickled ginger and soy sauce and sticky crispy chilli	
FRIED CALAMARI	R225	CAPER BUTTER SOLE (300G)	R295	SEAFOOD ALLA MILANESE	R210
GRILLED CALAMARI - 280G	R245	West Coast Sole with a caper, lemon and anchovy butter, shaved fennel, coriander and chives served on wilted spinach.		A creamy Saffron, lemon and chilli risotto with grilled calamari, mussels, white fish and scented with preserved lemon.	
Served with a tangy, fresh Korean slaw, gochujang dressing and mild, wasabi mayo dipping sauce		GRILLED HAKE & CALAMARI	R260		
THAI LIME & GARLIC STEAMED FISH	R205	With spicy Korean Slaw of red and white cabbage, carrots, spring onion and Gochujang dressing			
Steamed in a Thai lime garlic sauce and served with sticky rice		PRAWN PLATTER FOR TWO	R495		
GRILLED QUEEN PRAWNS 6 OR 12	SQ	A mountain of succulent King Prawns served with a trio of sauces			
Served with a spicy red Thai curry butter and scented white rice		SEAFOOD PLATTER FOR TWO	R795		
OVEN ROASTED WHOLE FISH	R245	Grilled line fish with chilli butter, Amasi fried calamari, mussels in a leek sauce, 12 grilled prawns in a Thai Red Butter served with scented basmati rice, side salad and a garlic butter sauce			
Daily selection of whole fresh fish, oven roasted and served with fresh Korean slaw, gochujang dressing chilli crunch and fine rice noodles		SEAFOOD PLATTER FOR ONE	R495		
PARMESAN CHILLI KINGKLIP	R255				
Fillet of Kingklip filled with smoked chilli butter coated in Parmesan breadcrumbs and baked till crisp. Served simply with chips and lashings of chilli ginger butter					

ROSÉ VS. BLANC DE NOIR

The Summer Showdown in a Glass

Summer arrives, and suddenly everyone's talking in shades of pink. Beach bags, umbrellas and social feeds all seem splashed with the same hue — rosé. But lurking quietly in the wine fridge, there's another pale contender: blanc de noir. Both may look like cousins at a garden party, but beneath the pastel tones, they come from very different family stories.

Rosé, the undisputed queen of summer sipping, gets its blush from red grapes that only flirt briefly with their skins. When those red skins meet grape juice, colour begins to leach in — but winemakers cut the contact short, usually after just a few hours. The result? A pink wine that's all charm and freshness, with whispers of strawberries, cherries, and sunshine.

Now here's the lowdown on some ways to make rosé:

Maceration: Red grapes soak in their skins for a short, controlled "spa" session before separation.

Blending: Red and white wines mixed together.

The upshot? Rosé is a red wine's breezy summer holiday — carefree, colourful, and best served chilled while you contemplate doing nothing productive over your summer holiday!

Now, blanc de noir on the other hand, which literally means "white from black," takes a subtler, more nuanced path. It's made from red (or black) grapes, essentially any red grape passes the test — but with no deliberate skin contact at all. The juice of most red grapes is actually clear, so if the winemaker presses the fruit gently enough, you get a pale wine that looks white but carries the soul of a red.

Blanc de noir is a regular star in Champagne, where it brings extra body, depth, and faint red-fruit richness to the bubbles. It's the quieter cousin at the summer table — less flashy than rosé, perhaps, but full of quiet sophistication & class. Where rosé sings of picnics and pink sunsets, blanc de noir whispers of oysters, candlelight, and long evenings that don't need a filter.

So, when the next heatwave hits and you're choosing your chill companion, remember this: rosé is your playlist on shuffle — easy, bright, and fun. Blanc de noir is the remix — nuanced, intriguing, and just a little mysterious.

This summer, why not pour a glass of each? After all, life's too short to pick just one shade of pink!

Written by: Grape Hustle

The Grape Hustle are a locally based wine agency, specialising in bespoke, artisanal, and small production wine producers and estates.



FAT GRILLS

BEEF FILLET (200GM)	R295	PERI-PERI HALF CHICKEN	R225	Sauces & Butters	
Well matured beef fillet, char-grilled, served Hoisin roasted sweet potato, miso hollandaise sauce and fine beans		Char-grilled half chicken with peri peri sauce, spinach, tomato & feta salad, and gherkins.			
RUMP STEAK (300GRAM)	R245	KAROO LAMB BREDIE	R245	GORGONZOLA	R40
SIRLOIN STEAK (300GRAM)	R245	Fragrant and spicy tomato-based South African classic served with garlic jeera rice and sambals		MADAGASCAN PEPPER	R40
28 day wet aged, Rump or Sirloin, Char grilled and served spoonful's of Café de Paris Butter, crisp onion rings and chips!		BARRINGTON'S BEER BRAISED OXTAIL	R235	MUSHROOM	R40
		Ox tail slowly braised in Barrington's craft beer and served with garlic parmesan mash, salsa verde and steamed vegetables		GARLIC & BUTTER	R40
ADD ADDITIONAL 3 PRAWNS	R95			LEMON BUTTER	R40
OSTRICH STEAK (300G)	R235			THAI BUTTER	R40
Dusted with Egyptian dukkha and served on hoisin-glazed sweet potato purée with a seasonal vegetable medley and a cooling cucumber raita.				PERI-PERI	R40
				WASABI MAYO	R40
				MISO MAYO	R40
				TARTAR	R40

VEGETARIAN MAIN

🍷 GNOCCHI OF THE DAY	SQ	🍷 TOFU CURRY	R165	🍷 ROASTED HOISIN SWEET POTATO	R165
Vegetarian Special created by our Chef – Please enquire		Mild Mauritian coconut curry served with caramelised onion Basmati rice and garlic butter naan bread		Roasted Edamame, cabbage, aubergine, lime, coconut and soya broth, sesame seeds and toasted cashew nuts	



BARRINGTON'S

Plettenberg Bay's Award Winning Craft Brewery



FISH FOOD FOR GUPPIES

All served with your choice of crispy chips or steamed veg and always with a good dollop of tomato sauce.

Crispy Chicken Strips	R110
Fried Calamari	R125
Grilled Hake	R110
Fish Fingers	R95
Mac & Cheese	R95
Kids Sushi plate	R125
8 Adobo Crispy fried chicken, Avo roll	

DESSERTS

Kiddies Waffle	R85
Brownie	R85
Meringue & Strawberries	R115
Ice Cream & Chocolate Sauce	R75

KID'S SIDE ORDERS

Chips	R45
Steamed Veg	R40
Rice	R25
Mashed Potatoes	R35
Pasta	R35

SUDOKU

Every row, column and box must contain all the digits 1 to 9. Each number can only appear once in every row, column or box. Every puzzle has only one correct solution!

		3					6	2
7		9		1	5		3	
				9	6			
	8							
		1	3	8		2	7	
		7						
1		8	6					9
		4				7	2	5

#178535 Difficulty: moderate

				7				
		3						
	9			4	6	1	3	
	2	9	8				6	
		4		1				7
	6							
	4			3				
						5	4	
5	1					8	2	

#130995 Difficulty: hard

SOLUTIONS

Solution of sudoku #178535:

8	1	3	4	7	9	5	6	2
2	4	5	8	6	3	9	1	7
7	6	9	2	1	5	8	3	4
3	7	2	5	9	6	1	4	8
4	8	6	7	2	1	3	5	9
9	5	1	3	8	4	2	7	6
5	3	7	9	4	2	6	8	1
1	2	8	6	5	7	4	9	3
6	9	4	1	3	8	7	2	5

Solution of sudoku #130995:

6	8	1	3	7	2	5	4	9
4	5	3	9	8	1	6	7	2
2	9	7	5	4	6	1	3	8
1	2	9	8	3	7	4	6	5
8	3	4	6	1	5	2	9	7
7	6	5	4	2	9	3	8	1
9	4	8	2	5	3	7	1	6
3	7	2	1	6	8	9	5	4
5	1	6	7	9	4	8	2	3

FAT DELIGHTS

Deccadent desserts

BAKED CITRUS BRULÉ CHEESECAKE With caramelised orange segments and vanilla gelato. R145	KAHLUA TIRAMISU Light in texture, rich in flavour, entirely decadent! R125
MALVA PUDDING WITH CINNAMON CUSTARD Baked Dessert with Cinnamon Crème Anglaise and a round of delicious ice cream. R85	PEPPERMINT CRISP TART With a mint syrup and vanilla ice cream R125
MILK TART CRÈME BRULÉ with short bread biscuit R90	CHOCOLATE MOUSSE Decadent to the last spoon with fresh berries and cream R115
	ICE CREAM & CHOCOLATE SAUCE There is no other substitute... You know you shouldn't, but you will! R75

Not big on dessert?
Perhaps one of our legendary Dom Pedro's, Irish Coffee's or an Espresso Martini to finish!



THE FAT FISH GEORGE

THEN

FUNNIES

Q. How do you make an octopus laugh?
A. With ten-tickles!

Q. What do sea monsters eat for lunch?
A. Fish and ships!

Q. What kind of fish do you find in Hollywood?
A. Starfish!

Q. How do pirates stay in shape?
A.They plank.

THE FAT FISH GEORGE

Outside Catering

Let Chef Christo & our culinary team at Fat Fish George, transform your private celebration or corporate event into something truly memorable.

www.thefatfish.co.za/events/