



# Q&A

with Vicky Crease  
from **FRESH AND SIMPLE**

## HOW DID YOU GET INVOLVED IN DOING THE SHOW "FRESH AND SIMPLE"?

I've always loved acting, the dramatic arts and the Television world, and when I was approached by Elana Closenbergh of the Home Channel, who has a great eye for content that people really want I knew that my dream was soon to become a reality!!! Also, I had repeatedly been asked by clients and friends to put my ideas down in solid format and inspire others by way of a TV show or cookery book and this was the perfect opportunity to share my creative knowledge.

## HOW DO YOU INCORPORATE FRESH AND SIMPLE COOKING WITH ENTERTAINMENT AND DÉCOR?

With three children and a thriving catering business, I'm a very busy girl but I love to entertain my friends on a regular basis yet cannot spend hours conceptualizing a menu or creating a theme. I need simple yet effective recipes to make a big impact on my guests – so the idea of incorporating fresh recipes with simple yet stylish décor is an absolute must for me – so very often I use my food as part of the decor and you'll see elements of this coming through clearly on the show. Fresh herbs, masses of figs or colourful fruit are often used as a centrepiece but I like to keep it honest and unpretentious yet tasteful and delicious. Also, your guests or family will enjoy a relaxed entertaining style more than a perfectly cooked meal, so make sure you have fun doing what you're doing.

## WHAT INSPIRES YOU TO CREATE NEW CONCEPTS OF COOKING AND DÉCOR AND WHAT MAKES "FRESH AND SIMPLE" DIFFERENT TO CURRENT DÉCOR SHOWS?

Being a multiple International Award Winning Caterer, my mind is brimming with creative ideas for parties and events, and visiting an exotic location, seeing a fantastic theatre

production, or shopping in a bustling metropolis is often inspiration for new and exciting food and décor concepts. I also love reading the newest food magazines and truly enjoy all aspects of life like travel, fashion and music which I think are intrinsically interlinked and impact hugely on all aspects of the food world. What has been particularly refreshing about "Fresh and Simple" is that it has highlighted my love for décor and food styling, in addition to focusing on the menu preparation and the culinary conceptualisation – something quite unique for SA TV as you normally see cooking shows but they have no décor or style tips to complement the menu – a feat I feel we have achieved with this fantastic show.

## WHAT ADVICE WOULD YOU GIVE A READER WHO WOULD LIKE TO START INCORPORATING A DECORATIVE SETTING WITH THEIR DAILY MEALS?

I like to choose a particular theme or colour and incorporate that into every detail of the dining experience. This needn't be expensive or very labour intensive but could be, for example, a huge sprig of rosemary with masses of freshly cut lemons on your daily roast chicken dinner. This will accent the homeliness of the meal and the care that has been taken to prepare and garnish it. My advice is to make use of what you have at home, like your granny's silver tea-set but give it a new life by using it as a vase for flowers, and create a sense of occasion out of small things – celebrate life to the full and use your best tablecloths and china – you only live once so make an impression!!!

## WHAT ARE THE 3 MUST HAVES WHEN ENTERTAINING A PARTY OF 10?

Atmospheric music, greatly prepared food and a fabulous guest mix.

## WHAT DIRECTION DO YOU THINK SOUTH AFRICA WILL BE TAKING TOWARDS COOKING, ENTERTAINMENT AND DÉCOR FOR 2012?

We have always been leaders from a creative perspective and outdoor entertaining in our beautiful climate will continue to be inspiring and essential. We are no longer wasteful with our resources, and as such, decor will utilise re-invented items and themes. People are moving towards more casual tapas-style dining and it certainly has assisted the lowering of costs because clients no longer wish to spend huge amounts of money on entertaining, but still have the basic human need for conviviality and togetherness. Cooking will remain effortless, and with people having become more knowledgeable about cooking through culinary TV channels and readily available gourmet magazines, tend to buy better quality ingredients making their end result more professional and indeed delicious. "Fresh and simple" is a treat for the aspirant entertaining cook looking for simple yet effective inspiration.



SEE FRESH AND SIMPLE ON THE HOME CHANNEL DStv CHANNEL 182

