



Editor's Exclusive

CHARIS LE RICHE

Discover Midrand

Today on page six, we explore Midrand – home to the Mall of Africa, Kyalami Grand Prix Circuit and so much more. We tell you more about this fast-growing area and share with you some of our favourite places to eat, things to do and some of the top schools in the area.



can meet the riders, feed the horses and enjoy a light lunch at Cafe Capriole.

Happy Sunday!

Charis.

Midrand is best known for the South African Lipizzaners riding academy, so why not head to Midrand today and check out the Sunday performance of the Lipizzaner stallions. Afterwards you

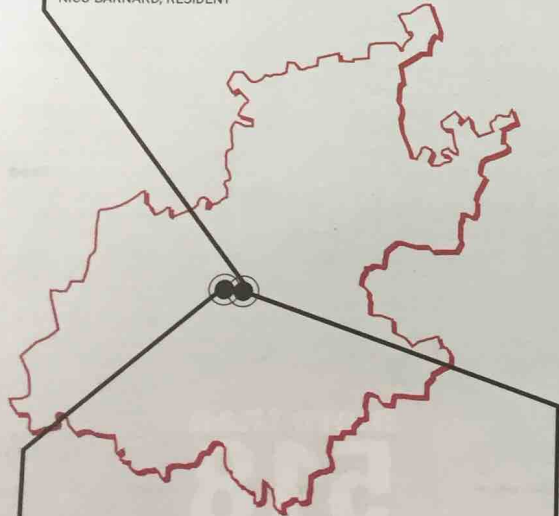
On our radar

Map not to scale

1 Illovo

“Illovo is a terrific area; it’s central, has a great feel to it and Wanderers Stadium is right next door to me

NICO BARNARD, RESIDENT



2 Hyde Park

“Since I moved to Hyde Park, I feel like I have arrived – even the name is super prestigious! I love its location, serenity and beauty.

MELISSA MARTIN, RESIDENT



Illovo 3

Illovo is home to some of the best and most exquisitely designed restaurants in the city. There’s a healthy assortment to suit every taste.

1

In your hood: **Illovo**

Crumbs and Cream | 081 343 2761 | crumbsandcream.co.za



Crumbs and Cream

The popular ice cream sandwich brand hits Joburg

WORDS: CATHERINE BLACK
IMAGE: SUPPLIED



Ice cream and cookies are a match made in heaven, and the popularity of the Crumbs and Cream brand is proof of this. After the success of its mobile truck and first permanent location in Sea Point, Cape Town, the business has recently expanded with a new store in Illovo.

The ice cream sandwich is taken to the next level here: first choose your cookies (anything from rainbow and choc-chip to milk tart and brownie) and then sandwich them with ice cream flavours like Bar One, blueberry cheesecake and salted caramel. With cookie spread options like Nutella, and toppings like fudge, marshmallows and Smarties, sugary treats don’t get any more decadent than this. We chat with co-owner Shahar Ben Artzi to find out more.

Q: How have Joburg people received Crumbs and Cream?
A: Our Joburg clients really are so friendly. Before we opened the first Joburg store I heard about how warm the people are here, and it’s been amazing to see how true it is.

Q: How popular are your sugar-free ranges compared to the full-sugar ones?
A: Our full-sugar options are way more popular. We’ve found that our weight-watching clients want to treat themselves every now and then, on a “cheat day”, for example. But our sugar-free ice cream, at 60 calories per scoop, is also popular – and since we use stevia as a sweetener, there’s no aftertaste.

Q: Where do the recipes for your ice cream and cookies come from?
A: My sister and partner, Or Lahat, is in charge of all the cookie recipes and we have a special chef who makes the ice cream. We usually have a special flavour for both each month, but our seasonal specials are the biggest. We’re currently busy creating our winter specials including a waffle ice cream sandwich, a brownie ice cream sandwich, Nutella hot chocolate and many more sweet surprises.

Q: What are your most popular flavour combinations?
A: Our best-selling cookies are choc-chip, Oreo, brownie, and the churro: a Mexican doughnut. In terms of ice cream, our French vanilla, Nutella and Oreo monster flavours are most popular. It’s fun to see how people create different combinations and try something new every time.

Q: Why is the ice cream/cookie combination such a hit?
A: These days, together with the emphasis on wellbeing, people also want to treat themselves and they understand that balance is the key. The combination of freshly baked cookies and ice cream is very tasty and a unique experience in that you get to create your own combination – so they’re delicious, fun and indulgent.