

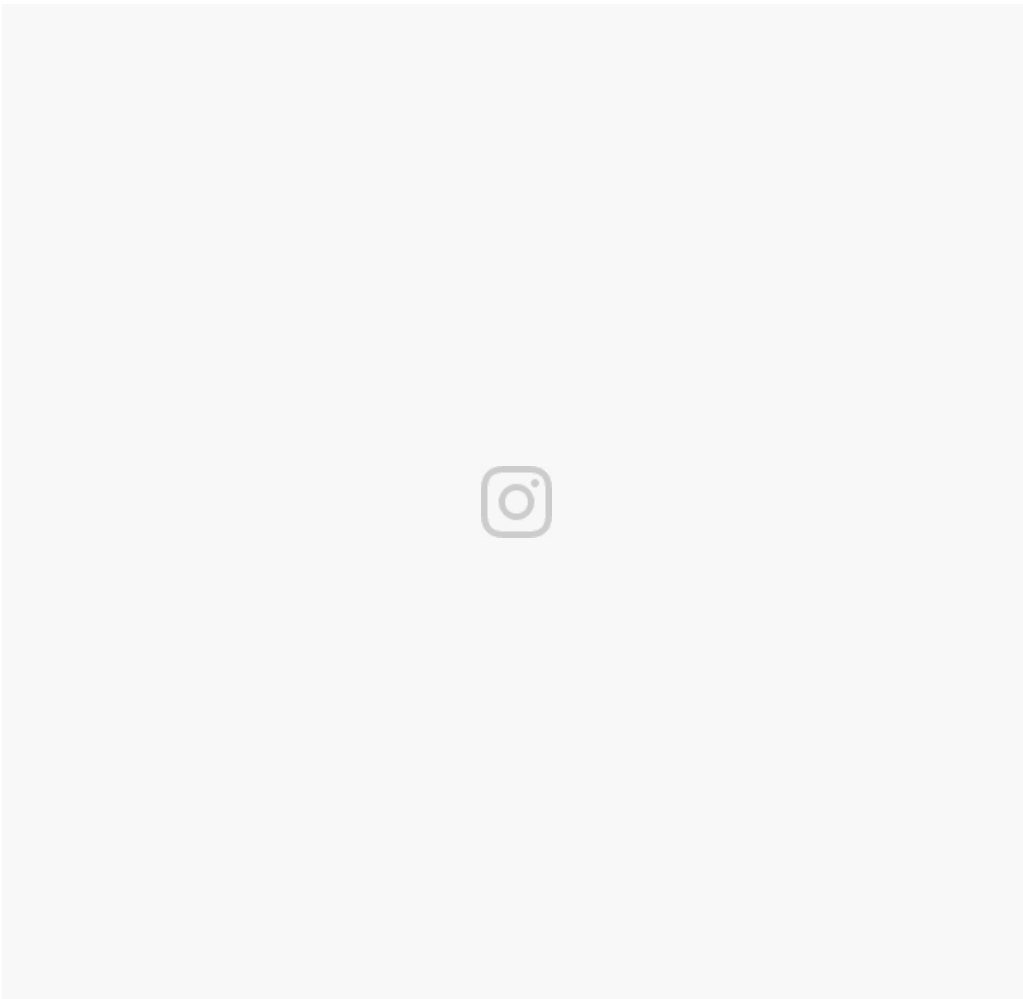
All the good food, wine and memories

 By [Leigh Andrews](#)

14 Jun 2017

ICYMI (as I've mentioned this on every single social media channel already): My highlight of the 2017 Good Food & Wine Show, held at the beginning of the month at the CTICC was the life-size grey elephant cake with a tiny calf lumbering alongside her.

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On this week's #blog - the #elephantcake from @goodfoodsa #gfw2017 I can't stop talking about, and lots more. Link in bio! #instacake

A post shared by Leigh Andrews (@ramblinglitchi123) on Jun 9, 2017 at 9:12am PDT

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...wall, coffee-flavoured kombucha tea, and of course we couldn't resist another taste of the strongest coffee in the world – Black Insomnia, based in Cape Town and now making java tracks globally.



All images [here](#)

That's what our GFWS 2017 experience was all about. I'll admit that despite this being my first time at the main expo, I had a better idea than most of what to expect having attended the media launch just a few weeks ago, but seeing it in action at the CTICC was still quite something. There were families galore, so I didn't stand out at all with my mom and dad in tow.



Ready, set, go with the 2017 Good Food & Wine Show!

Leigh Andrews 16 May 2017



The swarming, chattering, chewing crowds have been confirmed as numbering 27,125 over the three days. This is 5% more than last year, so there's definitely a growing appetite for all things food- and wine-related, despite the rather hefty entry fee of R160 for general tickets and these not being cheapie chips – that's a good thing, as the three-day extravaganza is the ultimate showcase for local producers.



Foodies on the floor

But I digress. We entered to a somewhat overwhelming display of colours, scents and tempting treats to buy with stall keepers happy to provide demos of their products in action. There were basketsfuls to buy but also lots to sample.



#GFWS2017: Good brand hunting at the Good Food & Wine Show 2017

Terry Levin 5 Jun 2017



And oh, did we eat and eat – samples of everything from slivers of whisky-coffee fudge to olives stuffed with all manner of edibles, Instagram-worthy delicate raspberry and pistachio macaron minis and larger chocolate-filled sky-blue ones, as well as flaky prawn and salmon spring rolls.



All images [here](#)



All images [here](#)

My dad said the cakes on display would make Buddy the *Cake Boss*' cakes look like plain Madeira! There were also chefs aplenty giving demos and walking around.



All images [here](#)

The Marco Pierre White talk was so completely ‘jam-packed’, if you’ll excuse the pun, that we couldn’t even get close to the body-guarded entry, so we were a little star-struck to find that Jenny Morris is just as giggly and ‘yumcious’ in person, and more than happy to pose for photos with fans near the cookbook corner.



Jenny Morris

Good Food & Wine Show SA • [Follow](#)



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Another big hit was the Johnnie Walker Black Label experience, which explained why and how the liquor is made, with the option to sample it neat, on ice, blended with ginger ale and as a cocktail. This is a complex carbohydrate of note with a total of 39 elements blended with the whisky to give it that distinctive taste, a few of which are vanilla, apricot, peaches, apples and other fruits.

Speaking of smells, the wine and gin-smelling walls were also a hit, proving an interesting way to interact with the product but quite heavy on the nose. Attendees literally pressed the air puff and placed their noses in the funnel for a strong juniper scent.

GFWS really is an experience for all the senses.



All images [here](#)



All images [here](#)

GFWS will be back in Cape Town in 2018 but is still set to light up the Johannesburg and Durban foodie scene later this year: It'll be at the Ticketpro Dome from Friday, 28 July until Sunday, 30 July and at the Durban Exhibition Centre, from Friday 27, October until Sunday, 29 October. I recommend you [book your tickets](#) in advance and take wads of cash with you. Luckily there was an FNB mobile ATM near the food truck section at the Cape Town version for those who didn't plan ahead!

[Click here](#) for a gallery of pics snapped by Terry Levin over the weekend and [here](#) for the official GFWS gallery. Follow the Good Food and Wine Show or #GFWS2017 on social media as follows: [Twitter](#) | [Instagram](#) | [Facebook](#)

ABOUT LEIGH ANDREWS

Leigh Andrews AKA the #MilkshakeQueen, is former Editor-in-Chief: Marketing & Media at Bizcommunity.com, with a passion for issues of diversity, inclusion and equality, and of course, gourmet food and drinks! She can be reached on Twitter at @Leigh_Andrews.

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