

Lindsay Ord speaks to a chocolatier about her passion for fashion and the sweet life

CHOCOLATE GETS FASHIONABLE

WAHEEDA Sadik is crazy about couture. She has a cupboard of bags and shoes – Louis Vuitton, Manolo Blahnik, Gucci and more.

No, she hasn't been on a shopping spree in the world's fashion capitals – she's made them all of chocolate and cake. "They combine my two passions – clothes and chocolate," says this Durban chocolatier.

Waheeda has built a business around her talent for

chocolate confectionery. A member of the South African Cake Decorators' Guild, she is well known for her delicious and decorative wedding cakes, sweetmeats, iced biscuits and chocolates.

Her main trade is weddings and she runs her business, called Sugar and Spice, from The Bridal Shop in Windermere Centre, Morningside, while doing the baking and icing from Umhlanga home, with the help of an assistant.

In the run-up to chocolate-centred occasions like Easter or Valentine's Day, she says "an 18-hour day is not unusual".

"Chocolate and confectionery fill my life and my home," she says, although you couldn't tell this from her trim figure. "I am surrounded by chocolate and I don't usually feel

like eating it. My husband Faizel is the chocoholic in the family."

She describes her son Muhammed, 10, as her best critic, as he offers constructive advice on what works and what doesn't. He takes after his mom, whose love of making creative things with food started when she was a child.

"I used to make Indian sweetmeats and I would create anything decorative that was edible," she says. "Seven years ago, I decided to make my hobby a full-time business."

As with clothes, cakes follow fashion. While fruit cakes were traditional must-haves at weddings for decades, most brides now opt for something different, says Waheeda.

With hot favourites at the moment being chocolate, carrot, lemon, cappuccino and pistachio, trends from the catwalk and in décor influence the design of the cakes.

The bride's gown, the couples' hobbies and theme wed-

dings also determine the design of the cake and any form of edible art.

Waheeda's reputation has spread to other provinces and she frequently receives orders for sweetmeats from Gauteng and the Cape.

And, as she keeps her eye on fashion trends, who knows what couture items will be sculpted next from chocolate? The trouble is, they look too good to eat.



Waheeda Sadik and some of her fashionable chocolates. Spot the Chanel bag, and the Manolos.

PICTURE: MARILYN BERNARD

