

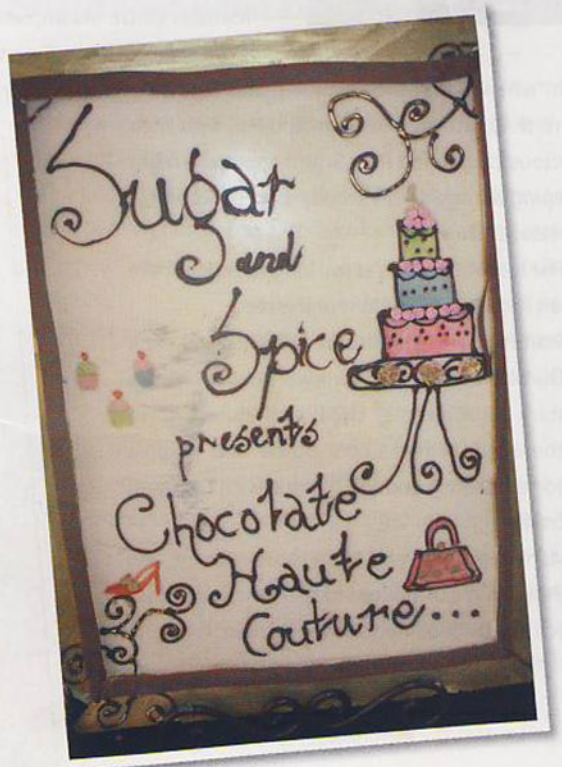


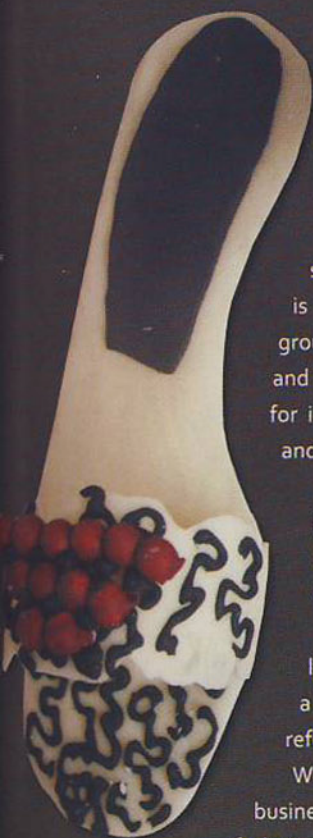
Sugar and spice

WAHEEDA SADIK LOVES HANDBAGS AND SHOES SO MUCH SHE MAKES THEM OUT OF CHOCOLATE! LOIS KUHLE HAS A TASTE

Waheeda confesses shamelessly, "I just love handbags and shoes . . . I have cupboards full of them." She passionately translates her "Sex and the City" fetish for fashion into chocolate and pastries. Scattered around her showroom are Louis Vuitton, Gucci and Chanel handbags, Manolo shoes and a seamstress's dummy inspired by Jean Paul Gaultier – all made from chocolate.

Waheeda specialises in couture wedding and novelty cakes, biscuits, sweetmeats and chocolates for high teas, fashionista and chocolate parties. Her company is aptly called Sugar and Spice, and although she displays at the Bridal Shop in Windemere Shopping Centre, she bakes





on the Umhlanga Ridge.

"I did a cake decorating course in the beginning," she said, "but my work with chocolate is self taught." Waheeda has a group of international chocolatiers and pastry chefs acting as mentors for ideas and advice from Germany and France.

"I use only the best quality ingredients and use Belgian or Lindt chocolate. Where possible I also use organic products."

She also has a penchant for literature on pastry and has a collection of more than 300 reference books.

Wedding cakes are her key business. "Wedding cakes follow fashion trends, so we have to be up to date, although in South Africa we tend to be about 12-18 months behind Europe. We find that the style of cake depends on what is trendy on the fashion ramps and in décor. At the moment, black is the new colour, and different flavoured tiered cakes are all the rage."

Waheeda once made a wedding cake in the shape of a handbag and the women guests at the wedding received a miniature Louis Vuitton as a gift.

"I prefer working with sweetmeat as opposed to sponge as it is easier to mould. It's more expensive to make but the end result is worthwhile."

We tasted some of Waheeda's sweetmeat and she had me hooked. It's an Indian recipe made from Klim milk powder, fresh cream, cardamom and a syrupy sugar.

"I used to teach people how to make sweetmeat," she explained, "and I play around a lot with recipes."

It is obviously one of her specialties and her pistachio flavoured variety is to die for!

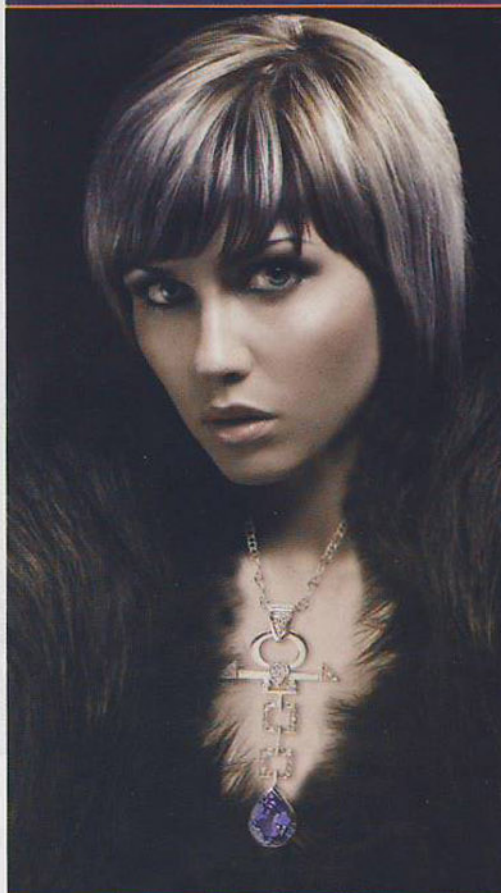
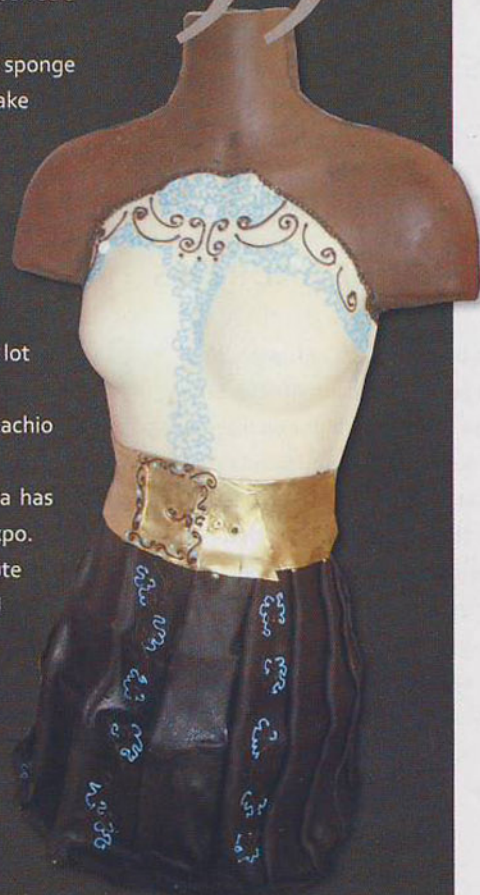
Boosting the profile of her products, Waheeda has also had displays at the Good Home and Food Expo. Her theme for that event was Chocolate Haute Couture. You'll also spot her regularly at the NWJ Bridal Fair, the Eastern Bridal Fair and East Coast Radio House and Garden Show. **R**

i Useful info: Waheeda Sadik:

Tel 072 407 7477 or 082 847 9654



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Seduce your Soul

BRETTLANDS
FINE JEWELLERS

SHOP 209A
LA LUCIA MALL
SOUTH AFRICA
bretland@iafrica.com

Tel: +2731 562 8009

Contact
Brettland Straw