



1.

Grilled aubergine & black olive tapenade rolls

The toasted smokiness of the aubergine with the herbed olive tapenade makes for a delicious combination. These are best eaten served at room temperature with a generous sprinkling of pumpkin seeds. Try pairing them with a full-bodied rosé.

- ½ cup pumpkin seeds
- 2 large aubergines (choose elongated ones)
- extra virgin olive oil
- balsamic vinegar

FOR THE TAPENADE:

- 160g black olives, drained and pitted
- 1 small clove of garlic
- large handful of fresh basil leaves
- 2 anchovy fillets
- half-a-handful of sun-dried tomatoes
- pumpkin seed oil
- freshly ground black pepper to taste

Dry fry the pumpkin seeds in a heavy based pan until they pop and crackle. Set aside to cool. Slice the aubergines into thin strips lengthways. Dry roast the slices on a griddle pan, turning frequently. Pile them onto a plate and drizzle with a mix of olive oil and balsamic vinegar while still hot. Set aside to cool. To make the tapenade, put all the ingredients into a blender and process, being careful not to make too smooth a paste – it needs a bit of texture.

Once the grilled aubergine strips have cooled completely, lie them on a board and spread with olive paste. Gently roll them up and stack them onto a platter. Garnish with fresh basil leaves and sprinkle with the toasted pumpkin seeds. Drizzle with pumpkin seed oil and serve.



2.

Fresh figs filled with spicy chickpeas

These are aromatic, tasty and easy to make. The sweet fruitiness of the figs will complement any generous soft, fruity, easy drinking rosé.

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 teaspoons fresh ginger, finely grated
- 2 cloves garlic, finely chopped (optional)
- splash of rosé wine
- olive oil
- 1 cup chickpeas, cooked and drained (or use tinned)
- fresh figs (or use preserved or crystallised)
- salt & white pepper to taste
- handful fresh thyme leaves, finely chopped
- scattering of mustard seeds for garnish (optional)

In a pan, heat some olive oil and the spices (taking care not to burn the spices) - let them infuse into the oil before adding the ginger and garlic; allow to melt away. Deglaze the pan with a splash of wine. Add the drained chickpeas and simmer for a few minutes. Remove from heat and leave to cool. Add the chopped thyme, setting aside some for the garnish, and season.

Slice the figs in half, lengthways. Scoop out the seeds to form cup shapes. You can mix the fruity pulp into the chickpeas according to personal preference. Fill the fig halves with the chickpea mixture. Line them up on a platter and serve scattered with chopped fresh thyme.



Rosé wine matches

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3.

Pink prawns with green mango atjar

Atjar was introduced to South Africa by the Malays and consists of a variety of pickled vegetables and/or fruits. Atjar should be pleasantly hot with a sweetish aftertaste. It is usually served as a relish with curry or meat dishes. These spicy prawns should be eaten with your fingers, and accompanied by a delicate South African rosé with a fresh nose of rose petals and strawberries.

- 1/2 kg small prawns, cleaned
- 2 stalks lemongrass, smashed up and sliced lengthways
- 1 tablespoon lemon juice
- 1 clove garlic, crushed
- olive oil
- a handful of fresh mint leaves, chopped

Put the prawns into a bowl and squeeze the lemon juice over them. Toss with some olive oil, and add the chopped mint and the lemongrass. Heat some olive oil in a pan, add prawns and fry until they are pink. At the last minute, add the green mango atjar (see below) and the garlic. Remove from heat and serve garnished with freshly chopped mint leaves.

FOR THE GREEN MANGO ATJAR:

- 2 medium-sized green mangoes, firm and under ripe
- 1/2 cup salt
- 1 cup water
- 1 cup olive oil
- 1 teaspoon strong curry powder
- 1/2 teaspoon turmeric
- chillies (to taste), chopped
- 3 cloves garlic, chopped
- 1/2 teaspoon ground fenugreek

Peel and dice the mangoes into chunks. Combine salt and water, and stir until the salt has dissolved. Spoon the mangoes into the brine and leave covered overnight. Drain and pack into a jar. In a saucepan, heat a bit of the olive oil, add the curry powder and turmeric, then the chillies, garlic and fenugreek. Stirring constantly, add the rest of the oil. Simmer and pour hot oil over mangoes, cool and refrigerate for a couple of days before serving.



4.

Beetroot, strawberry, pomegranate & red kidney bean salad with a vanilla balsamic reduction

Beetroot salad is a long-standing favourite complement to any braai. This recipe offers a more contemporary take. Balance with a blushing pomegranate-coloured, slightly sweet South African rosé.

- 1 cup raw beetroot, peeled and ribboned
- 1/2 cup fresh strawberries, hulled and cut into small pieces
- pomegranate seeds
- 1 cup red kidney beans, soaked, cooked and drained (or use tinned)
- 1 tablespoon extra virgin olive oil
- 1/8 cup vanilla balsamic reduction (see below)
- fresh mint leaves for garnish

Mix the rinsed red kidney beans, beetroot and strawberries in a bowl and set aside.

TO MAKE THE VANILLA BALSAMIC REDUCTION:

Place 1/2 a cup of balsamic vinegar and a couple of drops of pure vanilla extract in a small heavy based saucepan, bring to the boil over medium heat, lower heat and simmer until reduced to a syrup, being careful not to burn it. You should have about an 1/8 of a cup.

Cool and pour over the salad ingredients, add a splash of olive oil, and garnish with pomegranate seeds and fresh mint leaves.



Rosé wine matches

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5.

Spicy meatballs

Frikkadels are rissoles of minced meat heavily spiced with nutmeg and sometimes masala, mint or parsley. These are rolled in mustard seeds for added bite. Nibble on them between sips of a vibrant, fresh and fruity South African rosé.

- 500g ostrich mince (or beef)
- 1 small onion or four spring onions, finely chopped
- ½ cup breadcrumbs
- 1 teaspoon cumin seeds, pounded
- 1 teaspoon caraway seeds, pounded
- ½ teaspoon nutmeg, grated
- salt & freshly ground black pepper
- 2 egg yolks, beaten gently
- 1 clove garlic, finely chopped
- green olives, chopped and pitted
- handful of fresh parsley, chopped
- flour to dust them with
- olive oil
- yellow & brown mustard seeds

Mix mince, onions, breadcrumbs, spices, salt and pepper, egg yolks, garlic, olives and herbs in a bowl. Shape small clumps into balls, rolling them in the flour until they are well dusted. Line them up on a board or tray and refrigerate for about half an hour (or leave overnight).

Heat some olive oil in a frying pan and fry the meatballs over a moderate heat until they are brown and cooked through, or bake in a moderate oven (180°C) for 12-15 minutes or until golden brown.

Crack the mustard seeds in a pestle and mortar, and roll the cooked meatballs in the seeds to add a peppery spiciness. Serve hot or cold.

