

Summer time

south
african
rosé &
cape
tapas

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variety is in our nature

Tapas is the term for a wide variety of appetisers, both hot and cold, traditionally served with drinks in Spanish cuisine. This relaxed style of eating is the perfect way to explore the flavours of the Cape. These adaptable recipes are great guidelines. Invite some friends over and have fun experimenting in the kitchen, then partner these tasty Cape tapas with a crisp, chilled South African rosé.

South Africa's first rosé was the brainchild of Bernard Podlashuk, owner of Bellingham farm in Franschoek. Inspired by a visit to France, he introduced Bellingham dry rosé in 1949. Nearly 50 years later, rosés have come full circle with a drier style again proving popular.

Renewed local interest was prompted by greater interest in rosé worldwide. Under South African regulations, rosé may be made from red varieties alone, either as a varietal wine or as a blend, or be a blend of red and white wine. Blanc de noir is also a type of rosé but local regulations mean it has to be made from one or more red varieties only.

Colours range from a tint of pink through to almost light red, much depending on the variety used; pinot noir, for instance, produces a much paler hue than cabernet sauvignon. How long the skins of the red grapes, from where the colour is extracted, are left in contact with the juice will also influence the depth of colour but a rosé should always be bright, clear and in no way confused with even a light red wine.

Shiraz, cabernet sauvignon, merlot and pinot noir, sometimes solo, sometimes blended, are often used to make rosés in South Africa. Our own unique pinotage is a long-time favourite variety. As a rosé, pinotage provides good colour and plenty of fruit; its other benefits are that as it ripens early in the season it can be harvested at lower sugar levels, producing lower alcohols, and also be among the earliest wines of the vintage on the market.

Generally, South African rosés are made in a fresh, fruity style, and range from dry, through off-dry to gently sweet. These should be enjoyed in the freshness of youth either as an aperitif or with light, summer dishes. The luscious fruit in our rosés is well suited to the aromatic and spicy dishes of Cape fusion cuisine which are featured in this booklet. The enjoyment is all the greater when you know that South Africa is leading the world in producing eco-friendly wines and in conserving huge areas of natural vegetation within our winelands.





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citrus salad

Orange & black olive salad

The balsamic vinegar reduction adds a special note, plummy and vinegary at the same time, with a silky smooth texture. This salad would partner well with a dry Rhône-style shiraz-based rosé.

2 large oranges
160g black olives drained, pitted and halved
Extra virgin olive oil
1/8 cup balsamic reduction (see below)
Salt & freshly ground pepper to taste
Fresh chives, chopped

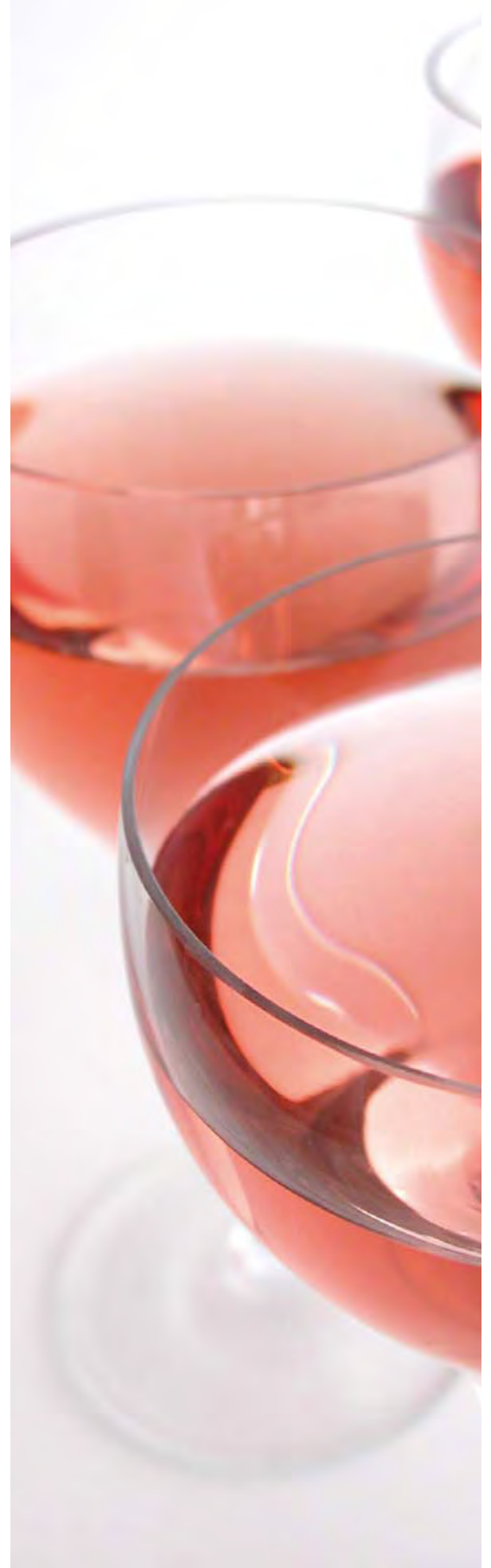
Peel and carefully segment the oranges with a sharp knife.

To make the balsamic reduction:

Place 1/2 a cup of balsamic vinegar in a small heavy based saucepan, bring to the boil over medium heat, reduce heat and simmer until reduced to a syrupy consistency. You should have about an 1/8 of a cup.

Place the orange segments into a bowl and add the black olives, olive oil, balsamic reduction, and salt and pepper to taste. Mix and set aside for 20 minutes.

Garnish with chopped chives and serve.





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kudu carpaccio

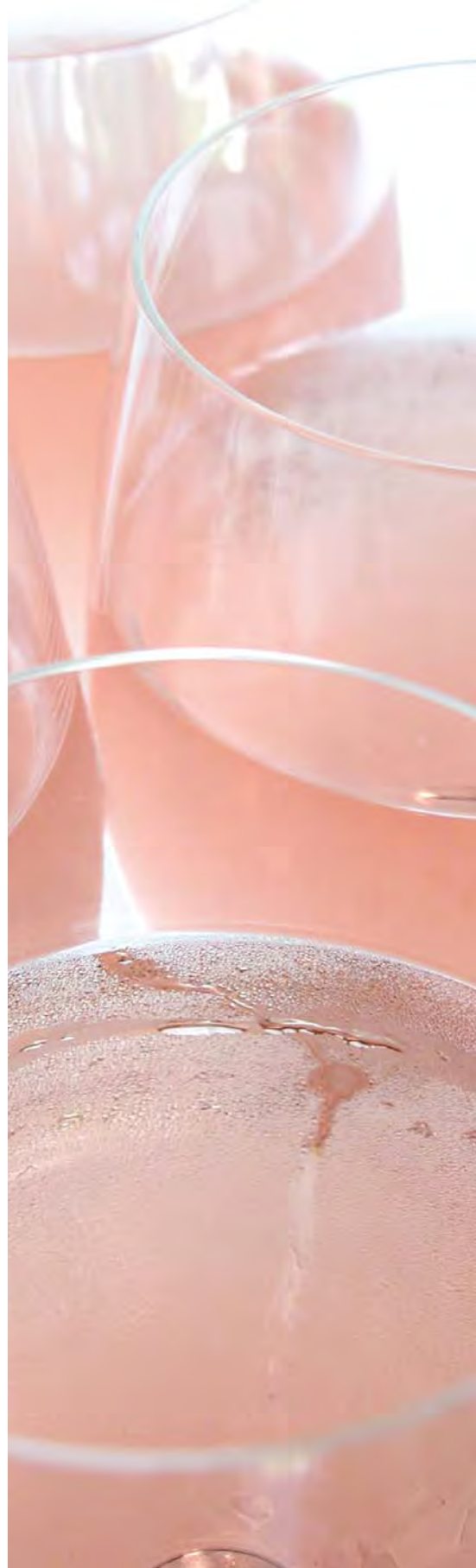
Kudu carpaccio with olive oil & caper berries

Kudu is one of South Africa's biggest antelope. This is the simplest of dishes to put together, yet one of the most rewarding to eat. Kudu carpaccio has a delicious gamey flavour – perfect combined with a dry, full-bodied rosé. This style of rosé is wonderful with game meats, especially when both the meat and the wine are slightly chilled, as for a picnic. Rosé wines made from pinot noir grapes can also be served alongside game meats.

250g kudu fillet, chilled and thinly sliced
¼ cup caper berries (drained)
Coarse sea salt + freshly ground pepper
Extra virgin olive oil

* You can substitute beef and ordinary capers for the two main ingredients

Place the chilled, thinly sliced meat onto a serving platter and garnish with caper berries. Drizzle generous amounts of olive oil over, and season with salt and pepper to taste.





peri-peri roosterkoek

Roosterkoek with peri-peri chicken livers

This is an eclectic combination of two local favourites. Roosterkoek (a grilled cake or bread pronounced by rolling the 'r') and saucy, succulent chicken livers or curries which are often served stuffed into fresh white bread to make what is commonly known as 'bunny chow'. This is 'bunny chow' with a difference. Savour one of South Africa's rosés in a lighter, drier style with a zingy aftertaste and enjoy a surprisingly exotic experience.

500g free-range chicken livers
Olive oil
1 medium-sized onion, thinly sliced
3 teaspoons smoked paprika
¼ teaspoon peri-peri (or to taste)
¼ teaspoon cayenne pepper
Splash of brandy
Salt & freshly ground pepper to taste
½ cup fresh flat-leafed parsley, chopped

Heat some olive oil in a frying pan. Add spices and onions. Sauté onions until tender. Add chicken livers (cleaned, cut into cubes), cook for a few minutes at a high temperature. Deglaze the pan with a splash of brandy. Add the salt, pepper and fresh herbs. Set aside to cool.

For the roosterkoek:

300g cake flour
10ml instant yeast
5ml salt
15ml sugar
5ml sunflower oil
180-200ml warm water

Place the flour, yeast, salt and sugar in the bowl of an electric mixer and process. Add the oil and enough warm water so that the dough forms a ball when mixed. Continue mixing for 45 seconds. Place the dough in a lightly greased bowl covered with a damp tea towel and allow to rise for about 45 minutes (until it has doubled in volume). Divide into roughly equal portions and shape into slightly flattened balls, pressing chicken livers into the heart of each – let the sauce ooze out as it turns the bread dough a gorgeous orangey colour. Cover and leave to rise for another 15 minutes. Place the grid on evenly distributed coals and allow to heat for 5 minutes. Lightly grease the grid and place the rolls directly on it (alternatively, place the baking sheet in an oven at about 180°C) for about 15-20 minutes. Turn over halfway through. They are done when they are lightly browned, crispy on the outside and sound hollow when tapped. Remove from the fire/oven, break open and serve with butter.





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aubergine & tapenade rolls

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:

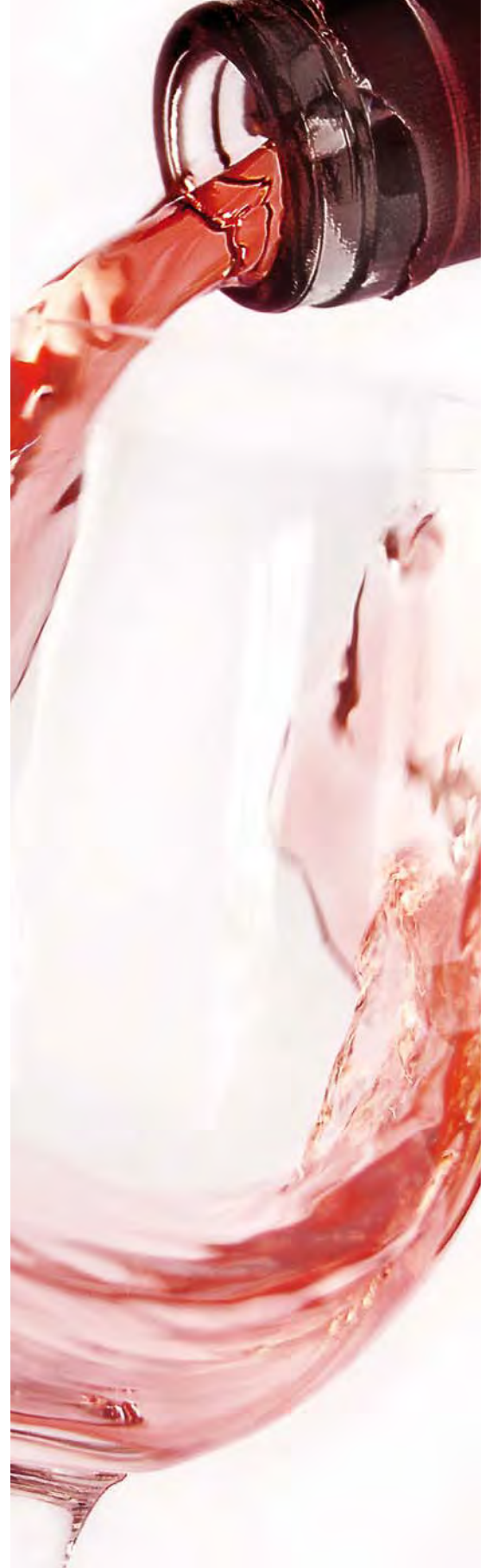
*160g black olives, drained and pitted
1 small clove of garlic
Large handful of fresh basil leaves
2 anchovy fillets
Half-a-handful of sun-dried tomatoes
Pumpkin seed oil
Freshly ground black pepper to taste*

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.





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Sweet mielie fritters

Sweet mielie & garlic chive fritters

Maize is a staple food across most of the African continent. Whole fresh mielies (corn on the cob) are often enjoyed hot from the coals. Normally in loaf form, mielie bread is a delectable homemade treat eaten with a dollop of farm butter. These tasty fritters are smaller versions. Serve with one of South Africa's light, harmonious rosés – choose a well-balanced wine with a crisp, refreshing finish.

420g tin creamed sweetcorn
2 eggs, beaten
¼ cup garlic chives, chopped
2 fresh sweet yellow mielies (corn sliced off the cob)
1 cup rice flour (or ordinary cake flour)
1 teaspoon baking powder
½ teaspoon paprika
Salt & freshly ground pepper to taste
Olive oil

Mix the eggs into the sweetcorn, then add the corn and garlic chives. Add the dry ingredients to the sweetcorn mixture – stir well. Heat some olive oil in a frying pan and drop spoonfuls of mixture into the hot oil. Fry on both sides until golden brown. Place on paper towel to absorb excess oil. Serve hot with a sprinkling of cayenne pepper and a dollop of butter.





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chicken sosaties

Saffron-infused chicken sosaties with Cape gooseberries

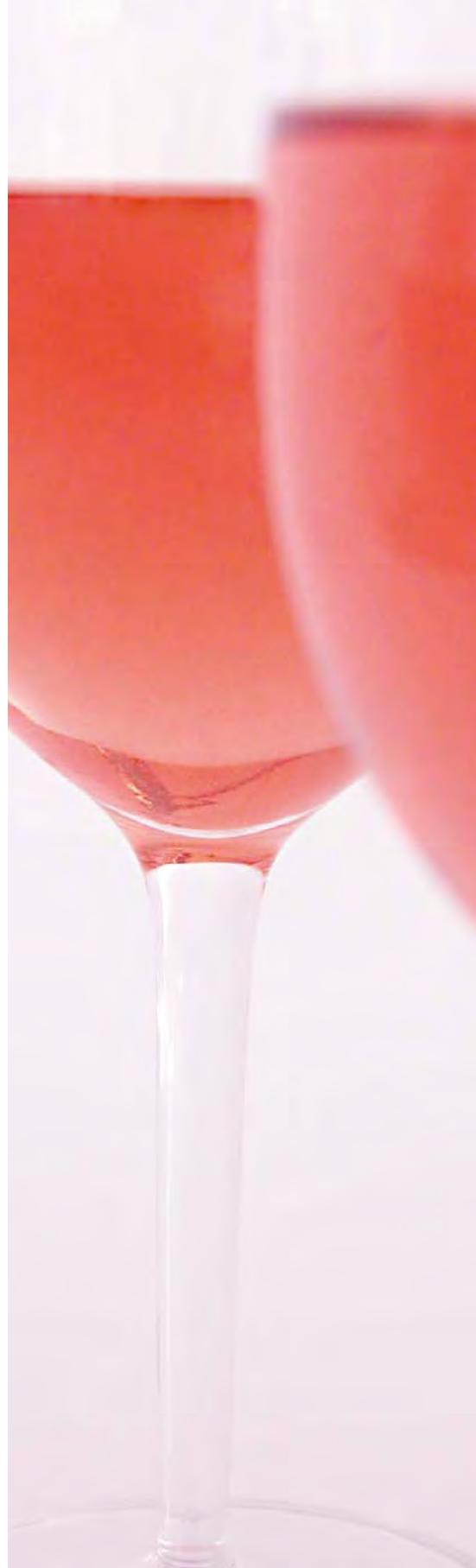
This is a modern take on the traditional sosatie, which is the term for marinated meat that has been skewered. A dry rosé made from our local hero, pinotage – the Cape’s very own grape – would pair well with this dish.

*1/3 cup rosé wine
Pinch of saffron
1 clove garlic, crushed
1 cup whole fresh Cape gooseberries
4 free-range skinless chicken breasts, cubed into bite-sized pieces
Olive oil
Salt & freshly ground pepper to taste
Fresh watercress leaves, whole
Fresh cream (optional)*

Add a generous pinch of saffron to the wine and leave it to turn an orangey-pink colour (approximately 15 minutes).

Heat some olive oil in a pan and fry the garlic lightly. Add the saffron-infused wine. Bring to the boil, add the gooseberries, cook briefly, remove and set aside for skewering. Turn the heat down and leave to reduce slightly.

In a separate pan, fry the chicken cubes until golden brown – pour the hot mixture over them (you could add a dash of fresh cream for a richer flavour), add salt and pepper to taste, cover and turn off the heat. Leave the meat to ‘marinate’ for an hour or so. To serve, skewer the chicken cubes, alternating them with fresh leaves and a gooseberry. Serve hot or cold, and use the leftover mixture as a dip.





Bobotie samoosas with chutney

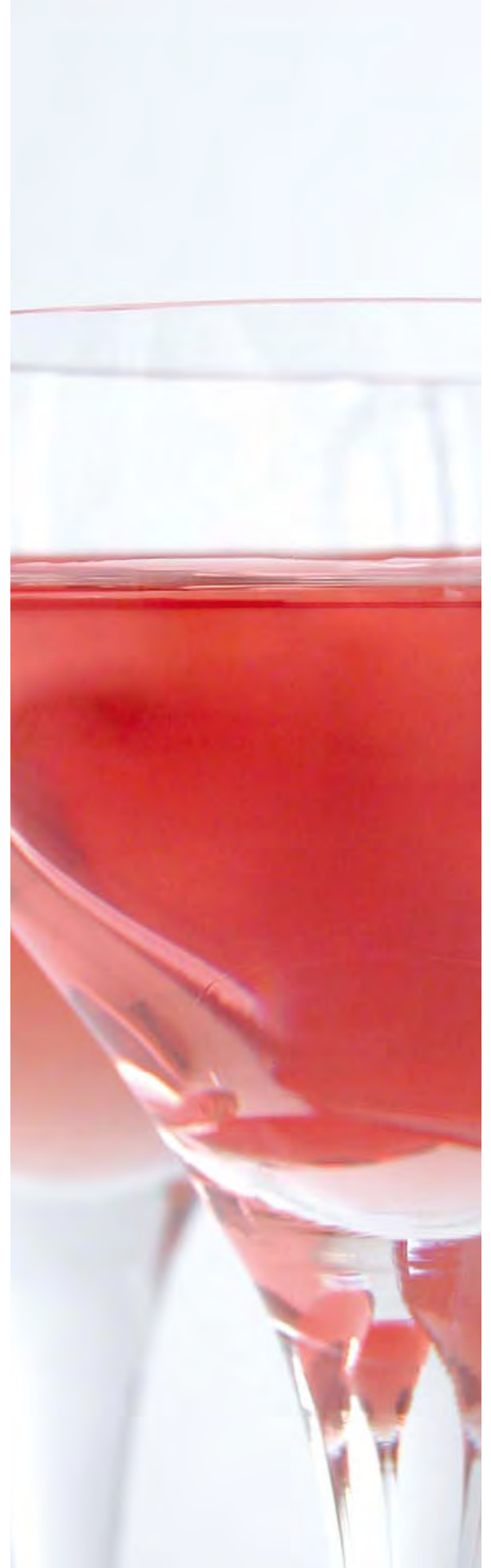
This is a brilliant combination of two typical South African specialities. Bobotie – spiced minced meat baked with an egg custard topping – has been served at the Cape of Good Hope since the 17th century. Samoosas – deep-fried pastry parcels – arrived with the Indian labourers brought to South Africa in the 19th century. The spiced, slightly sweet filling for these triangular delights partners well with a chilled, fruity rosé.

Olive oil
 1 onion, thinly sliced
 1 teaspoon curry paste
 ¼ teaspoon turmeric
 ½ teaspoon ground coriander
 ½ teaspoon ground cumin
 ½ teaspoon cinnamon
 400g ostrich mince (or lamb)
 1 tablespoon smooth apricot jam
 1 clove garlic, crushed
 1 large carrot, finely grated
 Small handful of raisins (optional)
 1 bay leaf
 Grated lemon zest
 1 teaspoon tamarind paste
 Dash of rosé wine
 Fresh parsley leaves, chopped
 2 eggs, beaten
 1 tablespoon full-cream milk
 Phyllo pastry sheets
 Butter (optional)
 Sunflower oil

Sauté onion in olive oil, add the curry paste and spices. Add mince and brown it in the spicy oil – stir in the apricot jam, garlic, grated carrot, raisins, bay leaf, lemon zest and tamarind paste. Add a splash of wine. Cover and leave it to cook for about 20 minutes (less if using ostrich). Stir in the chopped fresh parsley. Pour the beaten egg and milk mixture over the cooked mince, cover and leave the egg custard to set. Remove from heat and allow to cool.

To fold phyllo into triangles:

Unroll phyllo sheets and place on a large piece of waxed paper. Fold phyllo crosswise into thirds. Use scissors to cut along fold lines. Cover phyllo with a damp, clean kitchen towel (it dries out quickly if not covered). Lie one strip of phyllo at a time on a flat surface and brush immediately with melted butter or oil. Place a rounded teaspoonful of filling on the end of the strip; fold over one corner to make a triangle. Continue folding end to end, as you would fold a flag, keeping edges straight. Brush the top with butter or oil. Repeat the process until the filling is finished. Place triangles in a single layer, seam-side down, on a greased baking tray and bake for 12-15 minutes, or until golden brown, in a moderate oven (180°C). Alternatively, deep-fry in hot sunflower oil until golden brown. Serve hot with chutney (apricot is preferable).





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Naartjie & lime fish cubes with ginger

Pickled fish, usually snoek, is a local speciality. Although originally prepared for Dutch sailors on their long ocean voyages, it's still a favourite in the Cape. Traditional pickled fish is made using a gently spiced, sweet and savoury pickling liquid. This contemporary take borrows only the concept of 'pickling' raw fish. The citrus flavours would be the perfect complement to a crimson-coloured South African rosé with heady fruity aromas.

400g fresh snoek or kingklip (or use any firm white fish), skinless, de-boned and cubed into bite-sized pieces

1½ cups naartjie or mandarin juice

½ cup green lime juice

Rind from naartjie or mandarin (remove pith and cut into thin strips)

Fresh ginger, peeled and sliced into ribbons

½ teaspoon salt

Fresh basil leaves for garnish

Place the fish cubes into a glass bowl. Put the juice, rind, ginger and salt into a saucepan and bring to the boil. Pour the boiling hot liquid over the fish and set aside to cool. Pour off excess liquid but retain the steeped ginger and rind. Serve cubes of fish with the ginger and rind. Garnish with fresh basil leaves.





Dolmades with Cape Malay spiced yellow rice & butternut

Fragrant yellow rice is usually served as an accompaniment to a bredie (a traditional South African stew) or bobotie (a spiced ground beef and egg custard dish). Here vine leaves are stuffed with this Cape Malay-inspired filling. A fruity, off-dry rosé would be a perfect foil for the spiciness of the dolmades.

*½ cup raw unsalted pine nuts
½ cup uncooked white rice (makes approximately 2 cups cooked rice)
⅓ cup seedless sultanas (yellow raisins), finely chopped - optional
1½ cup water
½ teaspoon salt
¼ teaspoon ground turmeric
¼ teaspoon ground cumin
2 green cardamom pods, crushed
1 cinnamon stick*

Dry roast pine nuts in a heavy based frying pan until golden brown and set aside to cool. Bring white rice, raisins, water, salt and spices to the boil. Reduce heat, cover and simmer for 35-40 minutes. Strain rice, removing the cardamom and cinnamon, and set aside to cool.

For the filling:

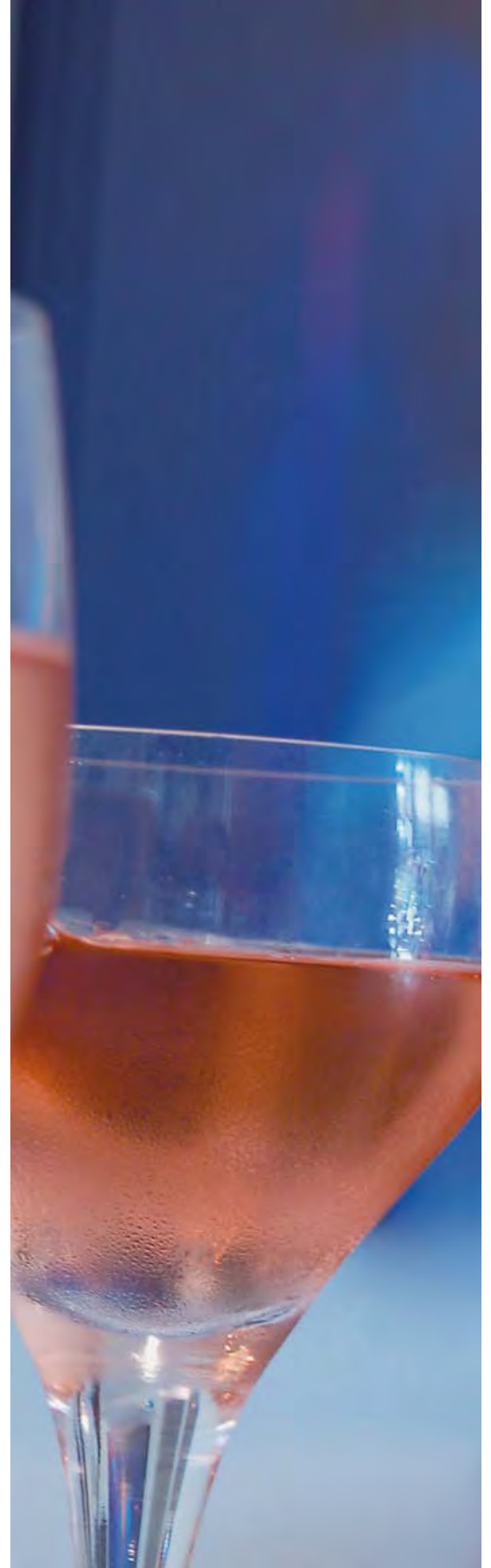
*1 medium-sized butternut
2 tablespoons extra virgin olive oil
Fresh sage leaves, stems removed
Pinch of grated nutmeg*

Peel the butternut, remove seeds and dice into small blocks. Steam the butternut until soft. Leave to cool. Heat the olive oil in a frying pan, add the sage leaves, and fry until crispy and brown. Pour hot sage-infused oil over the cooked butternut, add salt and pepper to taste, a pinch of grated nutmeg and mix lightly, crushing the blocks of butternut with the back of a fork. Add half the toasted pine nuts and mix into the yellow rice.

To assemble:

*Preserved vine leaves (about 30, depending on size)
Freshly squeezed lemon juice
Salt & freshly ground black pepper*

Separate a grape leaf from the pack. Place veined side up with the pointy end facing away from you. Put a spoonful of the filling in the centre of the leaf. Fold the sides of the leaf over onto the filling and then roll up towards the top. Place the filled, rolled leaf in the basket of your steamer, so that leaf ends are tucked underneath. Repeat the same process until the filling is finished. Pack them into the steamer basket fairly tightly. Steam for about 45 minutes, until the grape leaves are tender. Serve hot or cold with an additional drizzle of olive oil, a squeeze of lemon juice and a scattering of the remaining pine nuts.



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Fresh figs 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.

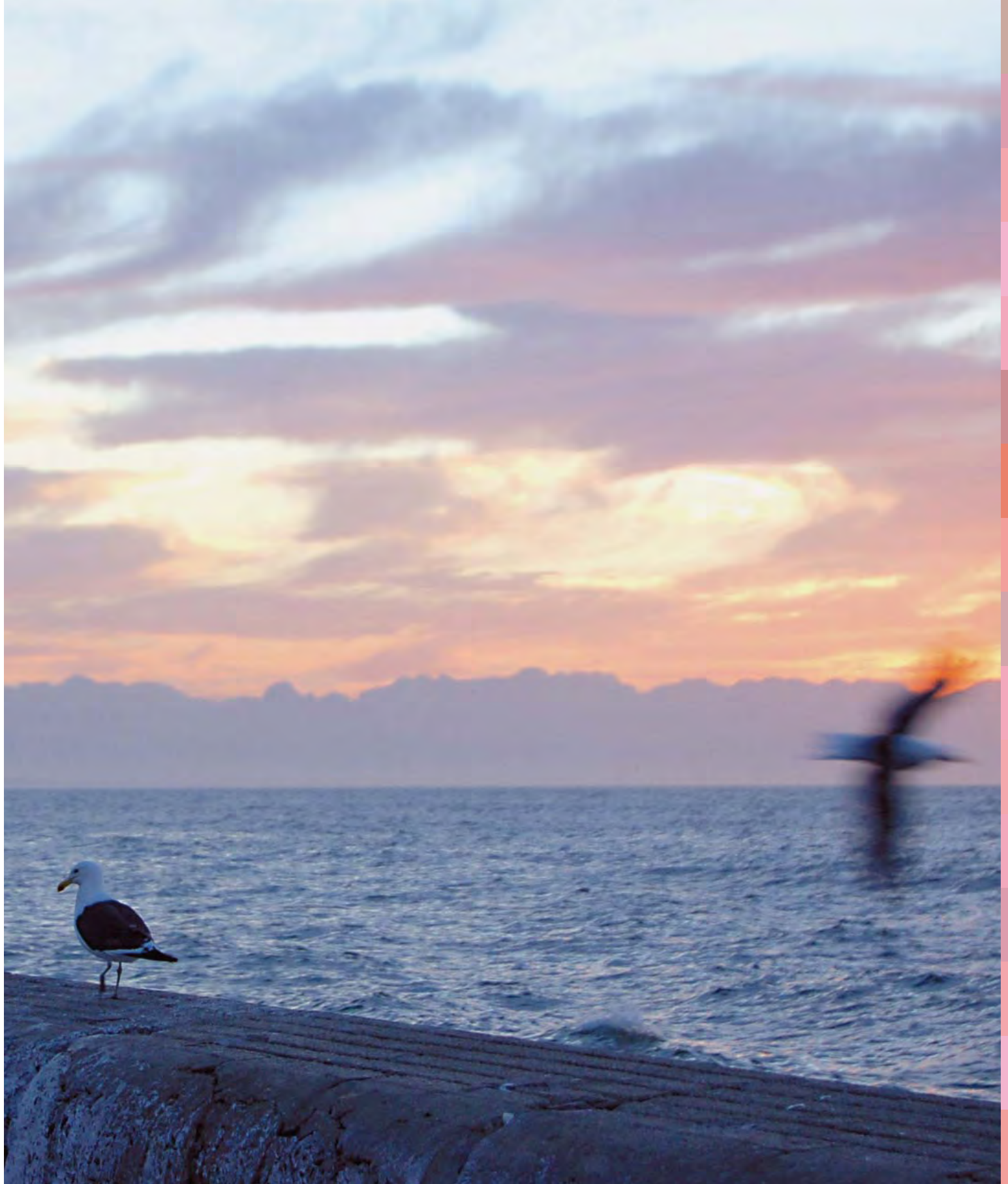
Slice the figs in half, lengthways. Scoop out the seeds to form cup shapes. You can mix the fruity pulp into the chickpeas according to personal preference. Fill the fig halves with the chickpea mixture. Line them up on a platter and serve scattered with chopped fresh thyme.





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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.

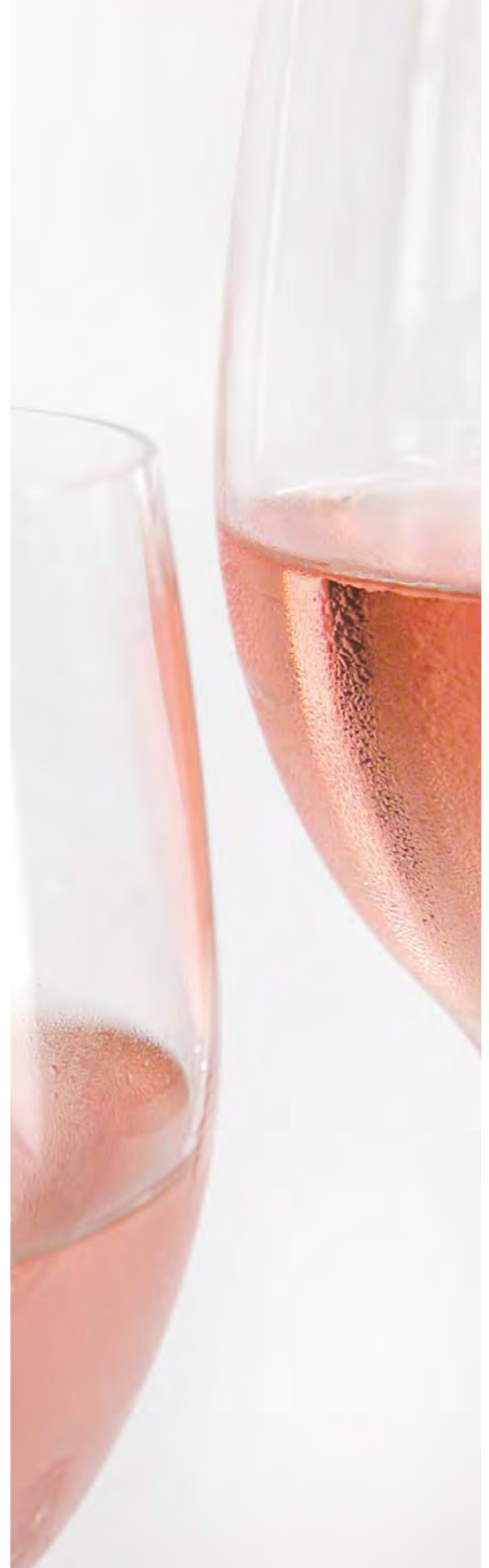
*½ kg small prawns, cleaned
2 stalks lemongrass, smashed up and sliced lengthways
1 tablespoon lemon juice
1 clove garlic, crushed
Olive oil
A handful of fresh mint leaves, chopped*

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 underripe
½ cup salt
1 cup water
1 cup olive oil
1 teaspoon strong curry powder
½ teaspoon turmeric
Chillies (to taste), chopped
3 cloves garlic, chopped
½ 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.





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Summer Salad

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.

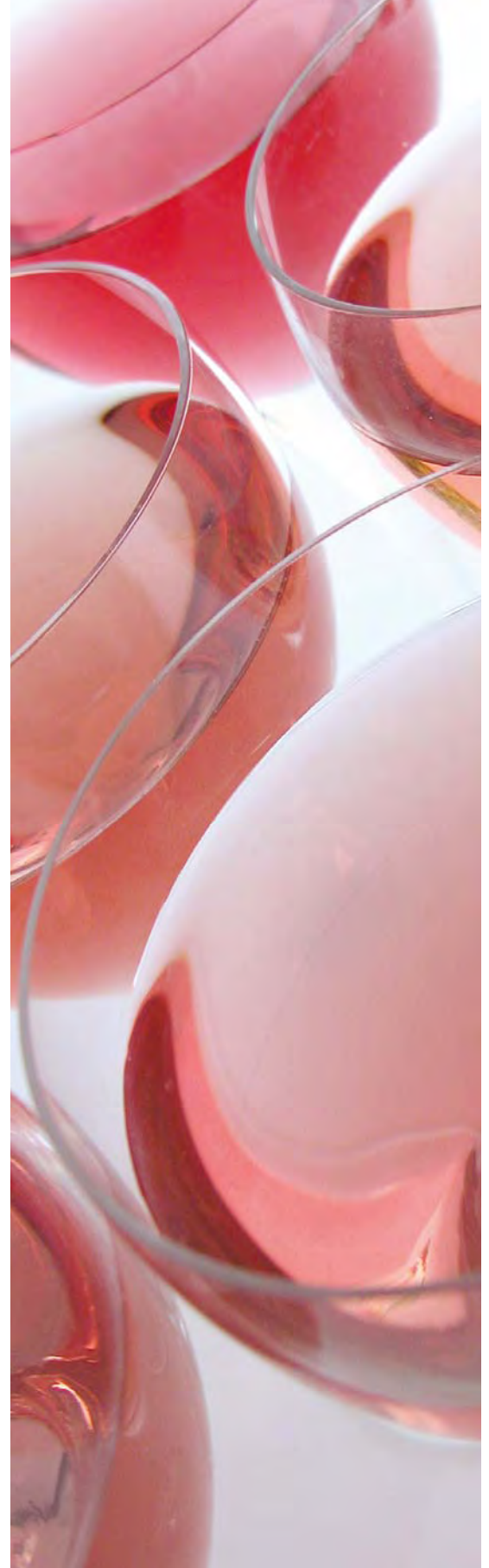
- 1 cup raw beetroot, peeled and ribboned*
- ½ cup fresh strawberries, hulled and cut into small pieces*
- Pomegranate seeds*
- 1 cup red kidney beans, soaked, cooked and drained (or use tinned)*
- 1 tablespoon extra virgin olive oil*
- ⅛ cup vanilla balsamic reduction (see below)*
- Fresh mint leaves for garnish*

Drain the red kidney beans and rinse well under cold water. Mix the red kidney beans, beetroot and strawberries in a bowl and set aside.

To make the vanilla balsamic reduction:

Place ½ 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 ⅓ 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.





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 & black 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.





fish cakes

Cape salmon fish cakes with crème fraiche

The Cape coast boasts an abundance of seafood treasures, yielding many varieties of fish and shellfish which are prepared in different ways. Fish cakes are best eaten outside, sitting on a harbour wall with the sea all around you, or anywhere with a view.

If that's not possible, these fish cakes will evoke that experience. They are delicious served alongside a pale pink Cape rosé with a subtle array of cool fruity flavours.

400g uncooked fresh Cape salmon (or use any dense, firm white fish)

4 courgettes (baby marrows), grated

1 clove garlic, crushed

2 teaspoons of freshly squeezed lime juice

½ teaspoon paprika

¼ teaspoon cayenne pepper (or to taste)

Sea salt + white pepper to taste

Olive oil

Crème fraiche

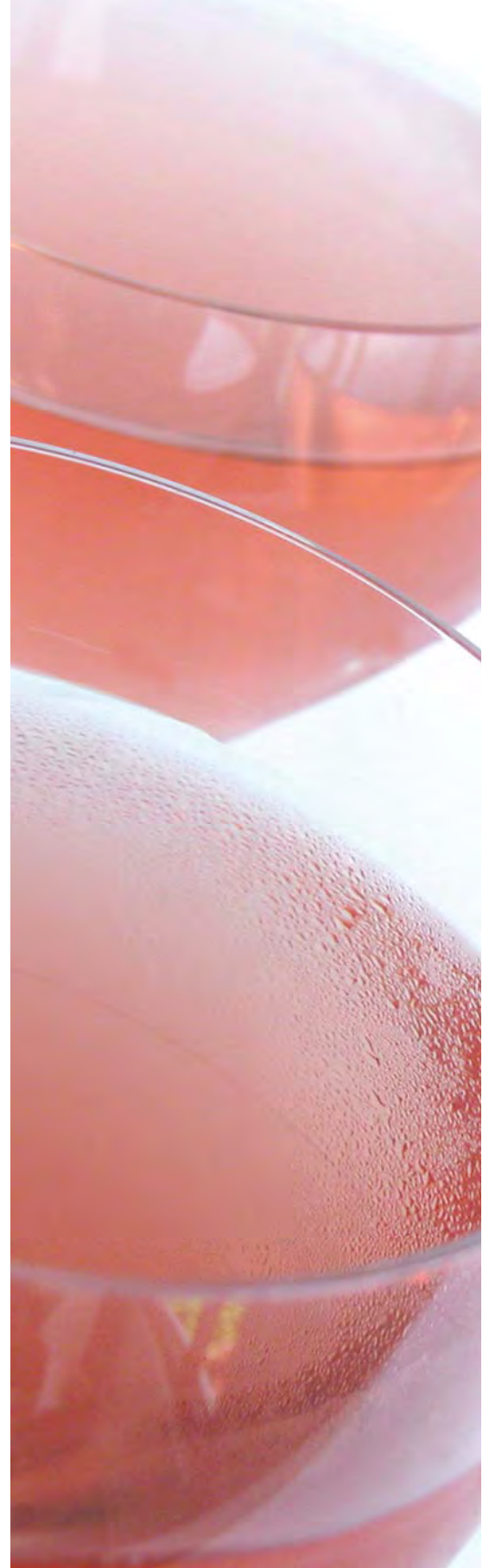
Caper berries, sliced

Yellow mustard seeds

Purple basil

Place the fish, baby marrows, garlic, lime juice, salt and spices in a blender and process until you have a finely minced texture (being careful not to puree the mixture). Take spoonfuls and form into balls. Flatten them in the palm of your hand, and then line them up on a tray. Cover with clingfilm and leave them in the fridge for an hour or two until firm. Heat some olive oil in a pan and fry the fish cakes for approximately 1 minute on each side. Place on paper towel to absorb excess oil.

Garnish with a dollop of crème fraiche, caper berries, mustard seeds and basil. Serve hot or cold.





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Flamed steak

Flame-grilled salt-encrusted steak

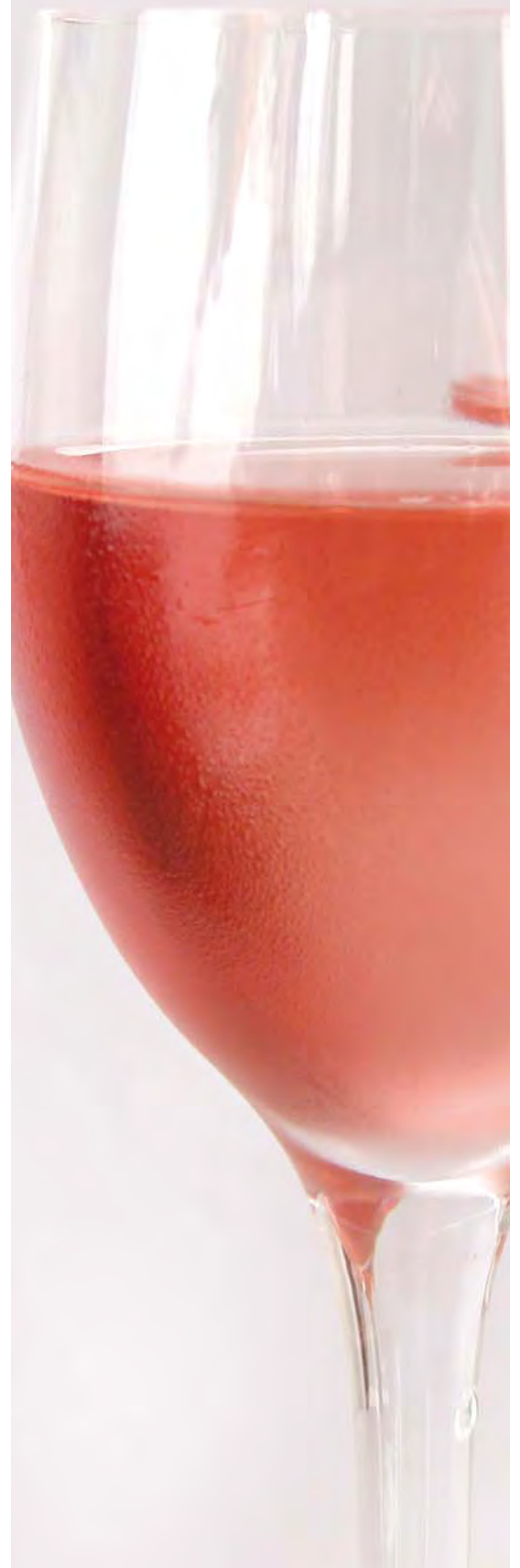
The braaivleis is a sociable way of cooking on a grid over an open fire. Most South Africans are unabashed meat lovers, which is not surprising as the land teems with livestock and game. This recipe is a quick, easy and informal way to serve red meat. In South Africa, the cooked meat would come straight off the grid onto a wooden carving block, and then be sliced, peppered and enjoyed before dinner. Try combining the slivers of red meat with a more full-bodied rosé.

*Good quality free-range steak – preferably rump or porterhouse
2 cups coarse sea salt*

This is best done on an open fire. It is not strictly a traditional braai method as you don't wait for coals to form – you cook the meat in a flash of hot flames over a wood-fuelled fire.

Cover the entire steak in a thick layer of salt, place it onto the grill and flame it for about 2 minutes on each side, depending on how you prefer your meat. Ideally this should be eaten rare and juicy. Most of the salt will blacken and fall off.

Remove the meat from the flame and leave the steak to rest for 5 minutes. With a sharp knife, slice thinly and layer it onto a plate – sprinkle with black pepper and serve with freshly grated horseradish, green peppercorns or wholegrain mustard (but it's actually best plain).





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Spicy masala nuts

Spicy masala nuts

These are scrumptious. The nuts are crunchy, spicy and encrusted with unexpected pockets of flavour, a perfect match for a Méthode Cap Classique sparkling rosé.

Olive oil

1 tablespoon finely grated fresh ginger

1 teaspoon finely crushed fresh garlic

½ teaspoon grated lemon zest

½ teaspoon finely chopped fresh chillies (or to taste)

2 teaspoons masala spice

1-2 tablespoon(s) sticky brown sugar (to taste)

Salt & freshly ground black pepper

2 cups mixed raw tree nuts or peanuts (alternatively, use a single variety of nuts like almonds)

Heat some olive oil into a heavy based frying pan and add the masala spice – remove from the heat the instant the spice bleeds its golden colour into the oil.

Stir in the sticky brown sugar, add the finely grated garlic, ginger, chillies and the zest, and return to a gentle flame. Cook until the sugar has dissolved completely, and the ginger and garlic has melted away.

Pour the hot spicy oil over a roasting pan full of nuts. Add salt and pepper to taste. Roast in a moderate oven (180°C) for 12-15 minutes or until the nuts turn golden brown. Cool and store in an airtight container (they'll keep for about a week) or serve them warm from the oven.



acknowledgements

South Africa is a colourful, vibrant and special place. The summers are long and warm with sunny days, long twilights and balmy star-studded nights – perfect for relaxing with friends over a glass or two of rosé and tapas. Wines of South Africa would like to thank everyone who contributed to creating this booklet and capturing the beauty of the Cape, its diverse people, unique cuisine and fruity rosé wines.

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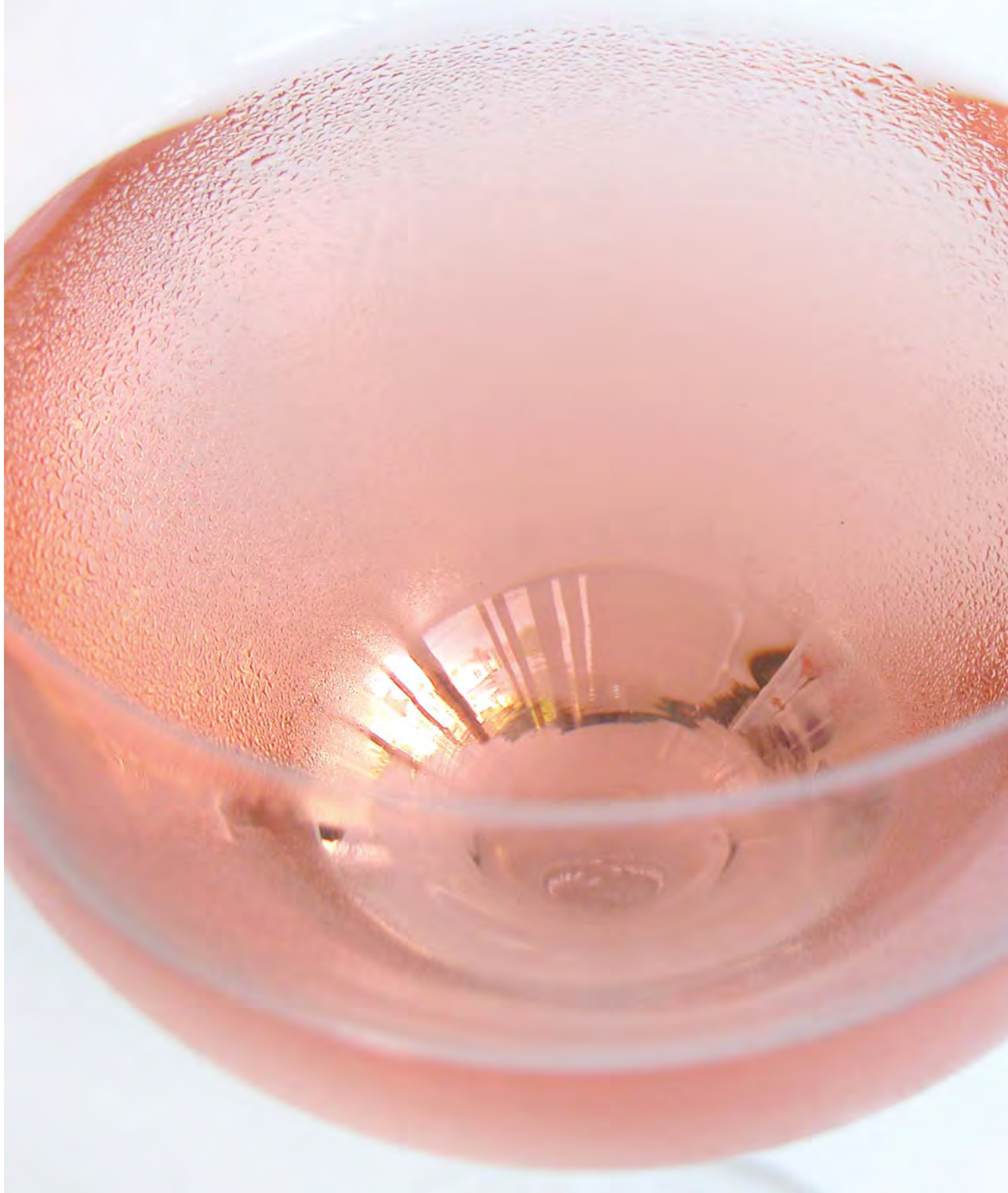
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