



EASY BEEF STROGANOFF

Serves 4 • Prep Time 5 min

• Cooking Time 10 min

Ingredients

- 30 ml olive oil
- 800 g beef strips
- Salt and black pepper
- 2 small onions - cut in rings
- ½ cup hot water
- 1 tin button mushrooms
- 1 tsp finely chopped garlic
- 250 ml cream
- 1 Tbsp lemon juice
- 2 cup rice - uncooked

Method

Heat some of the olive oil in a cast iron pot or wok – these types of pans just keeps the heat very well, just before smoking.

Add ¼ of the beef strips to the pan and sauté the beef strips until brown. Remove from pan and repeat with the rest of the meat, only adding ¼ at a time. Season with salt and black pepper.

Cover rice with water, add salt and cook until done.

In the same pan/pot used for the beef strips, add a little more oil and the onions. Add the water to de-glaze the pan, add the garlic and mushrooms and leave to cook until soft and translucent.

While the onions and mushrooms are cooking, whip up a sour cream by combining the fresh cream and lemon juice. Stir the two ingredients together, let it sit for about 5 minutes to begin to thicken, stir again, taste, and adjust the lemon juice until you reach your desired level of sour creaminess.

Add the sour cream to the mushroom mixture and stir thoroughly until incorporated. If the sauce is still a bit thin, leave to cook for another 5 minutes to reduce.

Add beef strips, stir, and season with salt and pepper if needed and serve on rice or pasta.

Enjoy at a candlelit dinner or next to the fireplace with Vondeling Monsonia.

VONDELING CELEBRATES A NEW SPECIES OF FYNBOS WITH MONSONIA

Monsonia quick facts:

- Monsonia is Vondeling's Signature Red Blend
- The 2016 vintage is a Rhône-style red blend produced from Shiraz 67%, Mourvèdre 21%, Carignan 8% and Grenache 4%
- As a conservation champion under the WWF banner, Vondeling is dedicated to the protection of rare species of fynbos indigenous to the Paardeberg Mountain, home of Vondeling Wines. Monsonia pays tribute to one of the highly endangered flowers grown here.
- Common names for Monsonia Speciosa include Butterfly Flower, Sambreeltjie, (little umbrella) and Slangblom (snake flower).
- The Monsonia species was named after Lady Anne Monson, great grandchild of King Charles II. She was known as a "remarkable lady botanist" and was instrumental in translating Linnaeus's famous "Philosophia

Botanica". In 1774 she visited the Cape of Good Hope and accompanied seasoned collector of South African plants, Carl Peter Thunberg, on several expeditions around the Cape. Later, in honour of his admiration for her, he named the Monsonia species of plants after her.

- The Shiraz vines grow in ancient, well-weathered granite soils on southeast-facing slopes of the mountain and are ideally suited for the warm South African climate. In total, six clones of Shiraz can be found on the farm and only the best performing clones go into the final Monsonia blend. Typically, each clone contributes different characteristics to the wine and the different blocks are picked at varying degrees of ripeness, best suited to their character.
- Only large format French oak barrels are used, with about one third new and the rest 2nd and 3rd fill.

- The wine is allowed to mature for 16 months before the final barrel selection, blending and bottling takes place.
- Vondeling's Winemaker, Matthew Copeland, describes the wine as vibrant ruby red colour with a dash of purple. The nose is refined opulence personified. Bright violets are infused with dark fruit with just a hint of earth and wood smoke. Sweet spices abound, rich in cloves, subtle nutmeg and aromatic coriander. The palate is alive with redberry fruit and has a chocolaty richness with undertones of wild herbs. The wine has a full, viscous texture and a lingering finish.
- Monsonia is available from the Vondeling Tasting Room at R215 per bottle and at specialist retail outlets nationwide.

