

Road trip!



Our previous mailers have all been shot at home, either in our old cottage (NoMU's birthplace) or in our newer home in the 'burbs. This month it felt like we needed a change and so with the seriously funky backdrop of the Old Mac Daddy trailer park in Elgin, we set off to attempt a mailer dedicated to Glamour Camping or 'Glamping' (or so we are told). The recipes are not quite what you'd expect as I was not going to sacrifice concept and flavour along with a ready power supply. So with that, we bring you some new approaches to camping cuisine as an ode to the effects of cabin fever!

Prepare a big batch of crunchy, wholesome muesli to take on your camping trip.



Muesli with Caramelized Apples and Greek Yoghurt

To make the muesli, heat the oven to 180°C.

Place all of the dry ingredients into a large roasting pan. Melt the butter, vanilla paste and honey in the microwave, drizzle over the dry ingredients and mix well.

Place the pan in the oven and leave to bake for 25 – 30 minutes, stirring from time to time, until toasted and golden. Remove from the oven and set aside to cool. Once cooled, add the dried cranberries and sultanas and mix to combine. Store in an airtight container.

To make the apples, place the brown sugar, the NoMU Sweet Rub and the butter in a cast iron pan over medium hot coals. Allow the butter to begin to melt and stir the sugar to dissolve. Add the honey and stir. Once the sugar is dissolved and sticky, add the pieces of apple and allow them to soften and caramelize in the sugar mixture. Finish off with a splash of Calvados.

Serve the muesli with a big dollop of Greek yoghurt and caramelized apple wedges.

Muesli serves: 10-12
 Apples serves: 4

- 4 cups large flake oats
- 1 cup sesame seeds
- ½ cup linseeds
- ¾ cup pumpkin seeds
- 100g unsalted pistachios
- Large pinch of salt
- 100g unsalted butter
- ½ cup honey
- 5 pumps **NoMU Vanilla Paste**
- 100g dried cranberries
- 100g sultanas

Caramelized Apples

- 2 tbsp brown sugar
- 1 tbsp **NoMU Sweet Rub**
- 1 tbsp unsalted butter
- 1 tbsp honey
- 4 pink lady apples, cored and cut into 8 wedges
- Splash of Calvados (optional)
- Greek Yoghurt, to serve



Tip: You can add any of your favourite grains, nuts or seeds. Try adding wheat germ, almonds, hazelnuts, apricots or sunflower seeds.

fried wild mushrooms

Glugs of olive oil
Large dollop of farm butter
3 cloves garlic, peeled and cut into thin slivers
400g selection of wild mushrooms
NoMU One For All Grinder
NoMU Just Salt
NoMU Just Pepper
Optional extra
½ cup water, combined with:
1 tsp **NoMU Vegetable Fond**
200ml long life cream

Heat the olive oil in a large cast iron or paella pan over medium hot coals. Add the butter and allow to melt. Toss in the garlic and a few grindings of NoMU One for All and sauté for a minute in order to release their flavour. Take care not to burn the garlic.

Add the mushrooms and sauté until softened and browned. If there are any very large mushrooms in your selection, slice them into more manageable pieces.

Season with salt and pepper and stir through to combine the flavours. Serve on hot buttered toast for breakfast or lunch or as an accompaniment to the beef roast.

For a richer flavour, once the mushrooms are fried to perfection, add the vegetable stock and cream. Stir through and simmer till the liquid has reduced by half and thickened slightly. Delicious!

Serves: 6

If you're camping in the woods, dust off your 'Edible Fungi' book and pick your own wild mushrooms! Porcini (or Ceps in French) are my absolute favs!



WINE PAIRING: Now look, first make sure you have the right 'type' of mushrooms ok?

I'm just saying that I've "heard" these things can be um, not exactly what you were expecting.

Once you have ascertained that the mushrooms you are preparing are the non-hippy or poisonous type, I would suggest a medium age **Pinot Noir** such as **Bouchard Finlayson** or **Hamilton Russel** to bring out and compliment the earthy taste.



potbread

15ml honey
700ml warm water
1kg white bread flour
10g instant dry yeast
2 tsp salt
1 tbsp oil, plus extra for brushing
1 tbsp butter, melted

Add the honey to 250ml of the warm water, and stir to dissolve.

Sieve the flour, yeast and salt onto a clean work surface. Make a hole in the middle of the flour and slowly pour the water and honey mixture inside, incorporating the flour gradually, and begin kneading.

As you knead, add the rest of the water. Add the oil and knead until the dough is soft and elastic. Form the dough into a ball and place it into an oiled bowl. Brush the dough with a little bit of oil and leave, covered with a damp tea towel, to rest in a warm, sunny spot for about 45 minutes, or until doubled in size.

While you wait, brush the sides and base of a cast iron pot with oil.

Once the dough has doubled in size, knock it back down and empty onto a lightly floured work surface. Knead the dough again for two or three minutes, form into a ball and place it into the prepared pot. Place the lid on and leave in a warm place to allow the dough to double in size again.

Place the pot onto the hot coals, making sure that the coals are packed right around the sides. 'Bake' for 30 minutes, then cover the lid with coals to create an oven effect and bake for a further 15 minutes or until the bread is golden brown and hollow in sound when tapped. Serve warm slices with loads of farm butter!

Serves: 6 - 8

freshly caught trout ceviche

400g fresh trout, skinned and sliced
5 tbsp soya sauce
2 tbsp lemon juice
1 small clove garlic, peeled and slivered
5 cm finger fresh ginger, peeled and slivered
1 tbsp olive oil
1 tsp sesame oil

Clean and fillet your fish. Remove all the bones using tweezers.

Pretend you're a sushi chef and slice neatly on the diagonal. Arrange on individual plates or one large platter.

Combine the soya sauce, lemon juice, garlic and ginger in a bowl or jug and pour over the sliced fish. Leave to marinade for 15-30 minutes.

Just before serving, drizzle the olive oil and the sesame oil over the trout*. Sprinkle over the sesame seeds. Finish off with chopped chives and serve with wooden chopsticks - less to wash up, just toss them in the fire.

Serves: 4-6

Tip:*A bit complicated when camping, but in my home kitchen I would gently fry the chilli in the olive and sesame oil and pour the hot flavoured oil over the ceviche just before serving. This slightly cooks the fish and adds a aromatic heat to the experience!

To serve
1 tbsp sesame seeds, lightly toasted
1 tsp chives, chopped
1 red chilli, finely sliced (optional)

WINE PAIRING: I would normally resort to a standard **Sauvignon Blanc** for any type of fish dish, but this particular recipe requires a bit more of a delicate flavour to go with it. My money would be on a lighter **Chardonnay**, such as **De Wetshof Finesse**.



Show off your fly fishing skills and impress your mates with refreshing ceviche. What better way to eat fish when camping? No cooking required!



prime rib roast

Extra Virgin Olive Oil
 3kg beef prime rib
 3 tbsp **NoMU Roast Rub**
NoMU Just Salt
 500g shallots, peeled
 6 cloves of garlic, lightly bashed
 500g carrots, peeled and trimmed

Sauce

1 cup dark ale, such as Guinness (or red wine)
 1 tbsp **NoMU Beef Fond**
 1½ cups cold water
 1 tsp cornflour

Heat a large cast iron pot over the coals and add a few glugs of olive oil.

Rub some more olive oil all over your beef, followed by NoMU Roast Rub and a grinding of Just Salt. Evenly brown well on all sides of the roast. Remove and set aside.

In the same pot, add the shallots and fry until light brown and caramelized. Return the meat to the pot with the garlic and carrots. Place the lid on the pot and pack hot coals right up against its sides and on top of the lid. Roast for about an hour or until medium rare. Cooking time will vary depending on the size of your roast, the heat of your coals and your personal preferences.

Serve with hash browns and Guinness, or red wine, sauce.

If you would like to make a sauce and you still have hot coals, remove the roast and vegetables from the pot and set aside, covered with foil to keep warm.

Add a glass of dark ale or red wine to the pot and stir to remove the good bits at the bottom of the pot. With the lid off, leave to reduce the liquid by half. Stir in a tablespoon of Beef Fond Concentrate. Combine the water and cornflour and add to the pot. Stir until thickened slightly. Check seasoning and serve.

Serves: 4-6

WINE PAIRING: Meat is always a subjective taste when it comes to placing a wine on the table. I prefer a delicate red like a 3 or 4 year old **Merlot**. **Raka** would be a good choice. If you are on a budget **Tassies and Coke**, commonly referred to as a 'Kitembe,' also goes down well

hash browns

2 tbsp olive oil
 1 tbsp butter
 1 tbsp **NoMU Spanish Rub**
 1 small onion, peeled and cut into thin petals
 6 potatoes, peeled
NoMU Just Salt
NoMU Just Pepper

In a cast iron pan, heat the oil over medium hot coals.

Add the butter and the onions and gently sauté until they have softened and are translucent. Add the NoMU Spanish Rub and fry for a minute.

Meanwhile, cut the peeled potatoes into 1½cm cubes and add them to the pan. Fry over medium-high heat for 10 – 15 minutes or until the potatoes and onions are golden and crispy.

Season to taste with salt and pepper. Serve hot as a side dish with breakfast, lunch or dinner!

Serves: 4-6



rooster brood

No, not as in Cock-a-doodle-do. Rooster Brood is Afrikaans for flame grilled bread. It not only freshens up day old bread but adds a great smoky flavour: and who can resist melting cheese anyway?

4 slices of potbread (see recipe on Page 2)
 A glug of olive oil
 Or a spread of butter
 2 tbsp prepared **NoMU Tomato & Chill Stir**
 80g taleggio
 8 slices of parma ham

Place your slices of bread on a board and drizzle with olive oil or, if you prefer, spread with good farm butter.

Top 2 slices with tomato pesto, the cheese and finally the ham.

Cover with remaining slices.

Place inside a grill and cook over medium hot coals until slightly charred and the cheese starts to bubble out the sides!

Tips: Instead of the above ingredients you can use your absolute favourite bread to fill with any of the below scrumptious fillings:

- Buffalo Mozzarella, **NoMU Tomato & Herb Stir** and Salami.
- Smoked chicken, Avocado & Dijonnaise (Am I the only one who likes cooked avo?!)
- Egg & bacon and **NoMU Tomato & Chilli Stir**.
- Left-over Beef roast, caramelized shallots and mustard.





Prepare a pot of this at home to take along. If you don't eat it all straight out of the pot, you can then spoon it out to make chocolate sauce or hot chocolate.

chocolate ganache

250ml long life cream
250g **NoMU Hot Chocolate Chunks**

Heat the cream in a heavy based saucepan over medium heat. When the cream has just reached boiling point, remove the pot from the heat and add the chocolate chunks. Stir until the chocolate is completely dissolved. Pour into a clean jar and allow to cool. Place the lid on and keep cool until needed.

Makes: 500ml

Chocolate sauce

Spoon your ganache into a cast iron pot or enamel jug and gently melt over the coals. Serve drizzled over brownies or ice-cream.

Hot chocolate

Heat 1 cup of milk in a camping kettle over open flames. Allow to reach just boiling point and remove from the heat. Add a large spoonful of chocolate ganache and stir slowly until the chocolate has dissolved in the hot milk.



Who can resist? Bake these at home for fire-side dessert or for afternoon munchies.

espresso chocolate brownies

250g **NoMU Hot Chocolate Chunks**
200g butter
250g caster sugar
4 eggs, beaten
1 tsp **NoMU Vanilla Extract**
3 tbsp strong, cooled espresso
120g flour
60g **NoMU Cocoa Powder**
¼ tsp salt

Preheat the oven to 190°C.

Melt the chocolate and butter in a bowl over a pot of simmering water. Stir in the caster sugar and set aside to cool. Lightly beat the eggs and vanilla extract. Add the cooled espresso, followed by the chocolate mixture, stirring well to combine.

Add the sifted dry ingredients and mix well. Pour into a baking tin (approximately 33 x 23 x 5cm), lined with baking parchment. Bake for 20-25 minutes. Do not overcook! The centre should still be wet and gooey. Allow to cool in the tin before removing and slicing into squares. Sprinkle with icing sugar or cocoa powder and serve as is or drizzled with hot chocolate sauce and toasted hazelnuts.

WINE PAIRING: Nothing goes better with chocolate brownies than a well aged **Port**. Trust me on this one. Certain fresh complimentary flavours can probably be found near your local train station.



Serve with yummy, gooey, braai-toasted marshmallows.

