



Out with the old and in with the new! That's as good a reason as any to start the New Year off with a brand new, fresh design for our Recipe Mailer.

One of our favourite benefits of living in the Cape and next to the sea is fresh and delicious seafood. We've dedicated this mailer to everything delectable you can do with it, from time honoured classics to more innovative and unexpected delights; with plenty of omega fatty acids to go around. Considering that we will be sharing bottles and bottles of our favourite South African bubbly (or 'Cap Classique' as it's called here) with friends and family this festive season, we felt there'd be no greater spoil than to ask Pieter Ferreira, award-winning wine maker for Graham Beck Wine Estate to be our contributor for January.

Happy New Year!

*Tracy*

eat. drink. live.

flavour files



### fennel

Italian fennel, also known as Florence fennel, with its long leafy stems and bulb-like structure is great with seafood and fantastic in salads. It can also be braised and served as a warm dish. The flavour of fennel is very similar to that of Star Anise or Anise and its leaves are very similar to that of dill. The bulb, leaves and the seeds of fennel are all widely used in cooking. In fact, if you love fennel, please try our NoMU Italian Rub, which when combined with olive oil is great rubbed onto meat, seafood or vegetables!

Boiling fennel leaves and inhaling the steam is good for the treatment of asthma and bronchitis and is also good for the clearing of the lungs. Making tea out of fennel seeds is also excellent for the relief of stomach pains. Often used as a flavouring in toothpastes, fennel seeds are also terrific as mouth fresheners!

### ceviche

- 800 g very fresh white fish fillet, trimmed with pinbones and skin removed
- Juice of 2 lemons
- 1 tbsp grated fennel
- 1 tbsp zested orange strands
- 1 tsp grated garlic
- 1 tsp **NoMU Mexican Rub**
- A pinch of **NoMU Just Salt**
- 4 tbsp extra virgin olive oil
- ¼ cup finely diced red onions
- ¼ cup chopped coriander

In a frying pan mix together the orange zest, grated fennel, garlic, Mexican Rub, salt and olive oil. Gently heat the mixture up to infuse all the flavours. Allow to cool.

Using a really sharp knife, slice the thinnest slices of fish you can achieve from your fillet and arrange the fish on 6 small plates. Squeeze the lemon juice over the fish and add the onions and chopped coriander. Just before serving, drizzle a tsp of infused oil over the fish and season with some salt. The acidity of the citrus juices will cook the fish, so allow to stand for just a few minutes to absorb the flavours and then serve straight away.

Serves 6.



### classic moules a la mariniere

There is no alternative to the wonderful fresh sea taste of mussels! Serve with some beautiful bread like baguette or country loaf. Remember to discard mussels that are open before cooking and mussels that are closed after cooking.

- 1.8 kg mussels, cleaned and beards removed
- 80g salted butter
- 2 cloves of garlic, sliced into chips
- 1 large white onion, finely diced
- 1 tbsp **NoMU Provençal Rub**
- 200 ml dry white wine
- 100 ml cream (optional)
- 2 tbsp chopped parsley

In a large saucepan sauté the onions until soft in the butter with the Provençal Rub and garlic. Increase the heat to high and add the white wine and mussels. Quickly cover with a lid and continue to cook on high heat for 3-4 minutes, shaking the pan every now and then until the mussels have opened. Reduce the heat and add the cream into the pan.

Spoon the mussels into an elegant platter. Add the parsley into the remaining sauce and pour over the mussels.

Serves 4.



#### WINE SUGGESTIONS: Graham Beck Brut NV

Just a great combination. This one will be perfect as it will enhance the minerality of this classic dish and will show notes of fresh apples and keep the palate crisp.

## salade niçoise

- 4 courgettes
- 1 red pepper, seeded and sliced into strips
- 1 yellow pepper, seeded and sliced into strips
- 2 red onions, sliced into wedges
- Extra virgin olive oil
- NoMU Just Salt**
- NoMU Just Pepper**
- 80 g fine French beans, topped and tailed
- 80 g asparagus tips
- 6 Mediterranean baby potatoes, sliced in half
- 4 tbsp extra virgin olive oil, plus extra for drizzling
- 2 tbsp fresh basil pesto
- 4 organic lemons, sliced in half
- Sugar for dipping
- 6 organic, free-range eggs
- 4 x 200g fresh tuna fillets, about 2.5cm in thickness
- 1 tbsp **NoMU Provençal Rub**, finely ground using a pestle and mortar
- 1 packet mixed baby salad leaves
- A good handful of fresh basil
- 12-16 calamata olives
- 12 mini Rosa tomatoes, sliced in half
- 8 anchovy fillets
- Chopped Italian parsley

Preheat the oven to 200°C

Heat a griddle pan and prepare the vegetables by slicing the courgettes diagonally and grilling briefly in the pan. Place the peppers and red onion in a roasting tray. Drizzle with olive oil and season with salt. Roast until nicely singed and caramelised. Blanch the beans and asparagus tips in salted boiling water for 2 minutes, then drain and refresh in ice-cold water.

Boil the baby potato halves until tender, then drain and, to the still warm pot, add the olive oil, a pinch of salt and the pesto. Pop the lid back on the pot and gently shake the potatoes around until everything is well coated. Boil the eggs for 4 or 5 minutes in boiling water, then cool under cold water, remove the shells and slice in half lengthways.

Drizzle extra virgin olive oil over the tuna and coat the flesh with the Provençal Rub. Season with salt and pepper. Heat a non-stick griddle pan until smoking hot, add the tuna fillets and cook undisturbed for 2 minutes on each side. Remove and leave to rest. Dip the lemon halves, sliced-side down into the sugar and then place in a hot griddle and cook until sticky and caramelised (a minute or two).

Place some lettuce and ripped basil on each plate. Scatter the olives, tomatoes, courgettes, peppers, onions, beans and asparagus tips over the leaves. Place three pesto-potato halves and three egg halves on each plate and position the anchovies on the side of the plate. Top with a fillet of seared tuna and drizzle with salad dressing (please see vinaigrette in Recipe Mailer #5). Add a final grind of pepper, a sprinkling of chopped parsley and garnish with the caramelised lemon. Serves 4.



Image - Taste Magazine. Photographer - Michael le Grange.

### WINE SUGGESTIONS: *Graham Beck Brut NV*

Great textures need a refreshing bubbly that will clean the palate and stimulate the taste buds. Refreshing limey flavour from the Chardonnay and gentle richness of the Pinot Noir will contribute to all the flavours of this salad, simply sophisticated and delicious.



## oscar's hot smoked salmon

My brother, Oscar, often treats us to his incredibly delicious hot smoked salmon, which he serves straight off the coals with homemade mayo and his freshly baked sourdough bread. He showed Linds and I how it's done, surprisingly it's easier than I thought as the secret is in the coals!

- A whole side of salmon
- A few good double handfuls of lemon leaves
- Generous grindings of **NoMU Hooked**
- Generous grindings of **NoMU Just Salt**
- Generous grindings of **NoMU Just Pepper**
- 2 large handfuls of charcoal
- Weber or anything that can be closed and sealed properly

Season the salmon with the NoMU Hooked, salt and pepper.

Light the charcoal in the Weber. When the coals are ready, they will be covered in white ash and not have a too fierce heat. With some large tongs spread the coals to either side of the Weber so that there is a channel above which the salmon can be placed. Toss the lemon leaves into the coals. Oil a grid and place on top of the coals allowing for some room between the grid and the coals. Carefully place the salmon on the grid and working quickly cover with the lid and close all vents.

The smoking process will take between 20-30 minutes to cook a whole side of salmon, depending on the thickness of the salmon.

Best eaten straight away with some delicious sourdough bread and a lemony mayo! (Recipe mailer # 26) Serves 8.

### WINE SUGGESTIONS: *Graham Beck Brut*

*Rosé 2006 "Pretty as a picture"*

The beautiful colour of this Cap Classique will go perfectly well with the colour of the salmon. Perfectly poised with rich red berry fruit and a subtle hint of lemon zestiness. Will be a stunning combo.

## crispy red roman with soba noodles and asian mushrooms

- 6 Red Roman fillets with skin, sliced in half
- 1 tsp **NoMU Pork Rub**
- NoMU Just Salt**
- 200 g Soba noodles
- 1.5 litres of chicken or fish stock
- 1 tsp **NoMU Oriental Rub** (optional)
- 2 tbsp soy sauce
- 10 g dashi granules
- 1 tbsp grated ginger
- 2 cloves of garlic, finely chopped
- 100 g shiitake mushrooms, finely sliced
- 100 g enoki mushrooms

Heat the strained stock into a pot with the dashi, soya sauce, ginger, garlic, Shiitake mushrooms. Allow the broth to gently simmer for 15 minutes for the flavours to infuse.

Following the instructions on the packet, cook the soba noodles in a large pot of salted boiling water until al dente. Keep checking them so that you do not overcook them! (If you are not ready to use them immediately, rinse the noodles under cold water and toss with a splash of vegetable or peanut oil to avoid sticking before reheating).

Normally the skin of Red Roman would be scored so that the flesh will stay flat during cooking. However these fillets are quite small and for fun we wanted the fish to curl so no scoring is needed. Remember to check for any bones in the flesh side of the fish. Season the fish with some salt and NoMU Pork Rub.

Put a large non stick frying pan on medium heat and add some oil. Place the Red Roman skin side down and cook undisturbed for 2 -3 minutes or until the skin is crispy. Turn the fish over and cook for another minute.

To serve, place the warm noodles and enoki mushrooms amongst 6 warmed Oriental bowls. Ladle over the hot broth and add 2 fillets of Red Roman on top. Serve immediately with chopsticks and an Oriental spoon.

### WINE SUGGESTIONS:

*Graham Beck Brut Rosé 2006*

The Cap Classique has beautiful scented raspberry flavours, with flair and finesse. It will support the delicate flavours of Red Roman.



## shaved fennel salad with gorgonzola and baby mixed leaves



2 bulbs of fennel, sliced thinly  
4 baby radishes, sliced thinly  
120 g gorgonzola, broken off into bits  
250 g mixed baby lettuce

**NoMU Just Salt**  
**NoMU Just Pepper**

### for the dressing

1 portion vinaigrette  
(see recipe mailer # 5)  
1 tbsp lemony mayo  
(see recipe mailer # 26)

In a large mixing bowl place all the baby mixed leaves, the sliced fennel and sliced radishes. Use your hands to mix everything really well and then divide amongst 6 medium sized bowls. Sprinkle the broken up Gorgonzola over the salad.

For the dressing mix a tbsp of lemony mayo into the vinaigrette and shake really well before drizzling over the salad.

Serves 6.

## whole cooked Yellowtail with fennel, parsley, zests of lemon and red onion

Ask your fishmonger to clean and cut the belly of the Yellowtail for you, however do not cut through the back bone.

2 kg Yellowtail, cleaned  
3 tbsp lemon rind strips  
3 garlic cloves, sliced into chips  
3 red onions cut into boats  
2 cups sliced fennel bulb  
6 fennel branches  
1 cup chopped parsley

**NoMU Hooked**  
**NoMU Just Salt**  
**NoMU Just Pepper**

Glugs and glugs of extra virgin olive oil  
1 cup white wine

Preheat the oven to 200°C

Place the sliced fennel, lemon rind, garlic, red onions and parsley into a bowl. Season with some NoMU Hooked, salt and pepper. Add the olive oil and mix thoroughly. Open the Yellowtail up as much as you can and season the inside of the fish with salt and pepper. Stuff the fennel mixture into the open cavity of the fish and tie up the length of the fish with kitchen string.

Lay the fennel branches on a baking tray and place the whole fish on top. Pour over the white wine and roast in the oven uncovered for 30 minutes or until the fish is cooked all the way through and the skin is crispy.

To serve, place the fish on a beautiful platter and allow guests to help themselves to the fish and the fennel stuffing. Serve with boiled baby potatoes.

Serves 6-8.



### WINE SUGGESTIONS: Graham Beck Blanc de Blancs Chardonnay 2004. "Just what the doctor has ordered"

The complex flavour of this dish needs a complex bubbly and as this one has enjoyed nearly 4 years yeast exposure, it will certainly stand up to all the complex mélange of flavours. I have done this combination a couple of times myself and is a fantastic pairing. This Cap Classique has a great texture, richness (such as spicy citrus) and length, with a nice lemon zestiness.



## fish and chips

2 litres of sunflower oil  
4 x 200 g hake fillets  
230 g self raising flour  
Generous grindings of **NoMU Hooked**  
or **NoMU Seafood Rub**  
**NoMU Just Salt**  
**NoMU Just Pepper**  
400 ml beer

### for the chips

Please refer to recipe mailer # 21

To make the batter, sift the flour into a mixing bowl and add the NoMU Hooked, salt and pepper. With a whisk, slowly add the beer until you have the consistency of thick cream. Continue to whisk until you have a lump free batter.

Heat up the oil in a large pot. If you have a temperature thermometer try and aim for 180°C. However if you do not have one simply test to see if the oil is ready by adding some bread. If it sizzles, the oil is ready to fry the fish.

Season the fish with salt and pepper and dip into the batter to coat really well. Carefully place the fish into the oil and cook until very crispy and golden. Depending on the thickness of your fish this should take about 4-6 minutes. It is better to cook 2 fillets at a time rather than cooking all the fish together as this will cause the temperature of the oil to drop and the batter will not crisp up. Remove the fish from the oil, drain on absorbent paper and season with salt.

Serve with hot chips, lemony mayo, vinegar, tartar sauce or lemon wedges!

### WINE SUGGESTIONS: Graham Beck Bliss Demi-Sec NV

Do not be surprised! As this is quite an oily affair, our Demi-Sec will be "lekker" as it will stand-up to the magic taste of fish & chips. Nice hints of brioche with a gentle sweetness on the palate.

- 2 cups unsalted butter, diced and placed in the freezer
- 1 cup ice cold water mixed with
- 1 tsp **NoMU Vanilla Extract**
- 2 tsp **NoMU Just Salt**
- 5 cups flour

**for the fruit**

- You can use any fruit that you like but we chose the following:
- 2 cups gooseberries
- 2 cups mixed berries
- 2 cups nectarines, sliced into boats
- Granulated sugar for sprinkling
- A sprinkling of **NoMU Sweet Rub**
- 1 egg beaten
- 1 tbsp water

On a cool work surface spread out the flour, salt and cubes of cold butter into a rectangular shape. Sprinkle flour over the butter and onto the rolling pin and begin rolling out the butter into long strips. Keep scraping the bits of flour and butter that get pushed to the sides back into the rectangular shape that you started with. After repeating this a few times make a well in the centre and pour in the ice cold water. Use a scraper to “cut” the water into the flour and butter. When all the water has been incorporated, shape into a rough rectangular shape and continue to roll until the dough is smooth and comes completely together. Cover and place in the fridge to rest for at least 2 hours.

When ready to make the galettes roll out the dough to form the size of circles you want. They should be rolled to about 3mm in thickness. Place them in the fridge to rest for at least 1/2 an hour. Preheat the oven to 200°C.

Place the dough circles on a baking tray lined with baking paper. Fill the centre of each dough circle with fruit, leaving a border of 2cm uncovered. Sprinkle the fruit with the sugar and the Sweet Rub. Fold in the sides of the circles to partly cover the fruit. Place back in the fridge to rest for 1/2 an hour. Make an egg wash with the beaten egg and milk and brush the pastry edges. Place in the oven and cook until golden and crisp and the fruit has caramelized! Remove from the oven and try not to eat straight away! Makes 12 galettes (8cm).



fish stock

- 2 kg fish bones (from any white fish)
- 2 bay leaves
- 1 sprig of dill
- 1 whole white onion, sliced in half
- 8 peppercorns
- 1/2 lemon
- 1 tbsp **NoMU Seafood Rub** (optional)
- 4 litres cold water

Place the onion in the pot with the bay leaves, peppercorns, dill and lemon together with the fish bones and water. Bring to the boil and then reduce the heat to a simmer for 20 minutes.

Skim the surface of the stock every few minutes to remove impurities.

After 20 minutes remove from the heat and strain through a fine chinois or a piece of muslin cloth. The stock can be stored in the freezer for later use.

(Cooking the stock for more than 20 minutes will make it bitter in taste).

Makes 2 litres.



fish and seafood (some guidelines)

buying fish

With our current fishing pressures, it is important that we all ask what seafood is a more sustainable choice from our fishing populations, what type of fish is it, where is it from and very importantly how is it caught?

Look out for freshness with the following guidelines: Check that the eyes are bright and clear, the gills must be bright red and the fish must be firm to the touch. All you should smell is the sea, not fish.

filleting fish

It is always a good idea to get your fishmonger to gut and scale your fish for you as it really is a messy job!

When talking about filleting fish there are 2 types of fish. Round fish and flat fish. The best way to learn is to go to your local fishmonger and ask him to give you a live demonstration! Have a go yourself as it really is not hard - it just requires practice. Using a flexible filleting knife allows you to push the knife against the bone so that you don't cut into the flesh of the fish.

cooking fish

When cooking fish, take into consideration the type of fish, the thickness of the fish and of course your guests preferences. Most fish should be just cooked through so that it is moist and juicy inside. However some fish like tuna and salmon is delicious served rare in the centre. Whatever you do, do not overcook fish and remember that the fish will continue to cook after you remove it from the heat.

When the fish is ready, the flesh will come away from the bone easily without any hesitation and the juices will be opaque.

sauces & condiments for your fish & seafood

- Melt garlic butter and NoMU Seafood Rub for a great dipping or basting sauce.
- Lemony mayo (recipe mailer # 26) or Aioli (recipe mailer # 13)
- For a tartar sauce simply add lemon juice to mayonnaise, add some chopped gherkins, capers and parsley.
- A classic Beurre Blanc (recipe mailer # 16).
- Always have a few lemons cut into wedges to have ready for squeezing and garnish.



contributor of the month

This month, the wine pairing suggestions were provided by Pieter Ferreira, the award-winning head winemaker at Graham Beck. As the guru on all things bubbly, Pieter has given us the perfect excuse to celebrate the New Year, while providing the ideal accompaniments for the recipes above. Next month 3 of our subscribers will be winning a case of Graham Beck Brut NV – visit [www.nomu.co.za](http://www.nomu.co.za) for all the details.