



eat. drink. live.



Anyone close to Paul and I will know that it's a guiding rule in our business relationship as partners in NoMU and also as a married couple that there can be no business talk whatsoever until the first cup of coffee is finished in the morning. We usually land up sitting there, dipping rusks into our buckets of coffee, watching each other closely, waiting to see who will finish first and then lunge directly into business talk. So it's hardly surprising, that this critical ingredient in our own recipe for getting going each morning, would sooner or later become a featured flavour for the month. It wasn't with too much effort that I have managed to taste and sample my way through this month's recipes, inserting loads of coffee into absolutely everything we have been eating. I have even accidentally created a whole new product while I was at it. We are planning to possibly launch this new item later this year!

I hope you enjoy my favourite, new coffee concoctions.

Tracy

flavour files



coffee

Not to downplay a flavour that in its own right is the second largest, legally traded commodity after oil, but legend has it that coffee addicts everywhere have an Ethiopian goat herd named 'Kaldi' to thank for noticing that his livestock were 'dancing' after happily munching away on wild coffee berries. Coffee gradually journeyed from North Africa to Egypt and Yemen, where, in Arabia, the process of roasting and brewing actually began in the same sense that we know it today. The assumption is that it would have then migrated to Europe through the merchant seaport of Venice with the first European coffee house apparently opening in Italy in 1645. Coffee consumption today is on average one third that of tap water consumed per year in North America and Europe! Aside from its more obvious applications, coffee's robust depth and flavour also adds an extra, often unexpected dimension to a host of culinary concoctions, including both sweet and savoury dishes. Similar to the qualities in chocolate, coffee relies on its taste and its aroma to fully represent its nature, and can be used to enhance the taste of a huge array of dishes. Since it has such a strong and distinct essence, it is important to select the right pairing of ingredients, as the flavour of a dish could be lost.

coffee alaska

This recipe is traditionally made with sponge cake but I prefer the lightness and butteriness of brioche or Pandora. You can substitute the home-made coffee ice-cream for your favourite flavour.

- 600ml home-made coffee ice cream*
- 1 loaf of Brioche or Pandora, sliced
- 1/2 cup of Kahlua Coffee Liqueur
- 4 egg whites
- 1 cup caster sugar

Scoop 100ml ice-cream into 6 small moulds (I used a dariole mould) and tip onto a baking sheet covered with non-stick paper. Freeze until firm. Cover the ice cream with slices of brioche until completely covered, including the base. Brush with Kahlua and freeze again for 1 hour.

While you're serving main course, pre-heat your oven to the highest setting (220-250°C).

Beat the egg whites until soft peaks form then gradually add the sugar and beat until glossy.

Spread over the brioche and bake near the top of the oven for 5 minutes or until the meringue is set and nicely coloured.

Serve immediately!

Serves 6.



*To make your own coffee ice-cream follow the recipe in Recipe Mailer #2, adding 100ml VERY strong coffee to the milk and cream mixture before adding it to the egg mixture.

coffee creams



Biscuits: Preheat the oven to 200*degrees.

65g butter, chopped
1/4 cup icing sugar
1/2 cup plain flour
2 1/2 tsp corn flour
1 tbsp cocoa
1 egg yolk

Process the butter, icing sugar, flour, corn flour, cocoa and egg yolk in food processor until a soft dough forms. Shape into a ball, cover with cling film and leave to rest for 30 minutes in the fridge before baking.

Make small walnut sized balls with the dough and place onto a baking tray, flattening them slightly.

Bake for 5-7 minutes or until just firm. Remove from oven and place on a cooling rack.

To make the coffee cream, whisk the softened butter until pale and fluffy.

Add the icing sugar, vanilla extract and cooled coffee and mix well until smooth.

Sandwich 2 biscuits together with coffee cream in the centre.

60g butter
1 1/2 cups icing sugar
1 tbsp VERY STRONG coffee
1 tsp NoMU Vanilla Extract

Makes 12



coffee crème brûlée

- 4 cups (1 litre) cream
- 60ml strong espresso coffee
- 1 tsp **NoMU Vanilla Extract**
or Paste
- 8 egg yolks
- ½ cup caster sugar
- Extra caster sugar to brûlée.

Preheat your oven to 140°C.

Gently heat the cream to scalding point. Do not allow it to boil! Remove from the heat and add the espresso.

Whisk the egg yolks until pale and creamy. Add the Vanilla Extract, followed by the sugar and whisk until well combined. Do not over-work it as you do not want too many bubbles in your mixture.

Slowly pour the cream into the egg mixture, stirring or whisking constantly. Pour this back into the saucepan and stir over gentle heat until the mixture is thick enough to coat the back of your wooden spoon.

Pour into ramekins which have been placed in a baking dish filled with enough hot water to cover two thirds up the ramekins.

Bake for 30 minutes or until the custards are very lightly set on top. Remove from the oven and baking dish and refrigerate for at least 2 hours.

When you are ready to serve them, sprinkle the top with caster or demerara sugar and caramelize the sugar using a blowtorch.

Serve immediately.

Serves 8

tiramisu

- 5 X-large egg yolks
- 5 X-large egg whites
- 180g caster sugar
- 500g mascarpone cheese
- 1 cup strong coffee
- ¼ cup sweet marsala liquor or brandy
- 2 boxes finger (Boudoir) biscuits

WINE SUGGESTION: Franck suggests that this dessert is best served served with a glass of cool water, as it speaks for itself and already contains coffee liquor.

Beat the egg yolks with the sugar until pale and fluffy. Add the mascarpone cheese and beat until the mixture is smooth.

Whisk the egg whites in a clean dry bowl until soft peaks form. Stir one ¼ into the mascarpone mixture to loosen it and then gently fold in the rest, taking care to keep as much of the air in the mixture as possible.

Spoon a layer of this mixture into a large serving dish or individual bowls.

Pour the coffee and liquor into a shallow dish and dip the biscuits on all sides so that they become well soaked. Carefully place on top of the layer of mascarpone mixture until you have covered the entire surface. Repeat the process until the dish or bowls are full, finishing off with a layer of mascarpone mixture.

Lastly dust with NoMU cocoa and refrigerate for 4 hours until set and chilled.

Serves 8



toasted brioche with sweet-rubbed nectarines and summer berries



- 4 nectarines
- 1/2 tsp unsalted butter
- 1/2 tsp **NoMU Sweet Rub**
- 1 slice brioche
- 1 fig
- 1 blackberry
- 1 blueberry
- 1 honey or maple syrup
- 1 crème fraîche or mascarpone

Slice each nectarine into 6 wedges. Add NoMU Sweet Rub and toss well to coat.

Melt the butter in a non-stick pan, add the nectarines and sear until slightly caramelized.

Place the brioche on a baking tray and grill until golden.

Turn each slice, sprinkle with Sweet Rub and grill until caramelized.

To serve, place one slice of toast on a plate. Top with 6 slices of nectarine, a quartered fig and a few mixed berries. Add a dollop of crème fraîche, a sprinkle of Sweet Rub and a drizzle of honey. Serve immediately.

Note: This recipe works perfectly with a variety of fruit, for example, apples, pears, quinces, mangoes, bananas, peaches or plums. If the fruit is not very sweet, add caster sugar to suit your palate. Experiment too with strawberries, raspberries, youngberries and gooseberries.

Serves 4

ribs with a jack daniels coffee sauce

- 2 kg ribs of your choice
- 3 tbsp vegetable oil
- 1 large onion, finely chopped
- 1 tsp **NoMU Pork Rub**
- 1 teaspoon crushed garlic
- 1 teaspoon grated lemon zest
- ½ cup ketchup
- ¼ cup freshly brewed strong black coffee
- 5 tbsp dark brown sugar
- 1 tbsp fresh lemon juice
- 1 tsp Worcestershire sauce
- 2 tsp cane syrup or dark molasses
- ¼ tsp **NoMU Just Salt**
- ¼ tsp **NoMU Just Pepper**
- 125ml Jack Daniels, reduced to ¼ in a sauce pan

You can use lamb, beef or pork ribs for this recipe. The sauce is also delicious on just about anything bbq-ed!

In a large saucepan heat the oil and sauté the onions until lightly golden. Add the garlic and Pork Rub and sauté for another minute or two. Add the rest of the ingredients and bring to a simmer, stirring to dissolve sugar.

Add the reduced Jack Daniels and cook for a few more minutes.

Remove from the heat and blend in a blender until smooth. Check the seasoning and adjust to taste.

Place the ribs in a baking dish and smother with the BBQ sauce. If you have time, leave to marinate for a few hours or overnight. If not, cover with foil, place in pre-heated oven at 160°C for 1 hour. Remove the foil, increase the temperature to 200°C and place back in the oven for another 15-20 minutes until the ribs look browned and gooey!

Grab a bib and finger bowl and get stuck in!

WINE SUGGESTION: Morgenhof, Premier Selection, 2002/2003.



springbok shanks



6 springbok shanks
 flour to dust
NoMU Just Salt
NoMU Just Pepper
 Extra virgin olive oil
 30g butter
 2 tsp **NoMU Lamb Rub**
 2 onions, finely diced
 2 medium carrots, finely diced
 1 stalk of celery, finely diced
 2 quinces, peeled, cored and diced
 3 cloves of garlic, chopped
 1 bottle of good red wine
 ½ cup Port
 500ml quality lamb or veal stock
 500g Puff Pastry
 2 eggs to glaze

Preheat the oven to 170°C.

Dust the shanks with seasoned flour. Add a splash of olive oil to a heavy based casserole pot and brown the shanks well. Set aside.

In the same pot, add the butter and sauté the onion until translucent.

Add the Lamb Rub, carrots, quince, celery and garlic and sauté for a few more minutes before adding the shanks. Pour in the red wine, port and stock and season well with salt and pepper. Bring to the boil before placing in the pre-heated oven, with a tight-fitting lid for 2 hours.

Gently roll out your pastry to 5ml thick and cut 6 circles using your serving bowls as a guide. Make a hole in the centre of each one. Put each shank into its own bowl and divide the sauce evenly. Cover each one with the pastry, allowing the shank bone to stick out of the middle of the pastry.

Beat 2 eggs with a splash of milk or water and brush the top of the pastry. Place in a preheated oven for 20mins or until the pastry is puffed up and golden brown.

Serve immediately

Serves 6

WINE SUGGESTION:

Shiraz by Flaxton Winery, Dark Horse Vintage 2005.

caramelized butternut b'stilla

6 sheets phyllo pastry
 1 x butternut
 1 x red onion, sliced
 3 tbsp extra virgin olive oil
 3 tbsp **NoMU Sweet Rub**
 3 tbsp **NoMU Egyptian Dukkah**
 100g Chevre - Goat's cheese
 50g butter

Preheat your oven to 180°C.

Peel and dice the butternut into small bite-sized pieces and place on a baking tray together with the sliced onion. Drizzle with olive oil and sprinkle with Sweet Rub. Toss well to coat and roast for 30-40 minutes until brown and caramelized.

Allow to cool, place in a bowl and mix with the chevre and Egyptian Dukkah. Place a sheet of phyllo pastry on a flat surface (kitchen counter) and brush with melted butter. Place another sheet next to this one, making them overlap by 2cm to form a long rectangle, and once again brush liberally with butter. Place two more sheets exactly over the bottom two and once again brush with melted butter.

Take your butternut mixture and place in a sausage shape along the bottom length (base) of the pastry. Try to make sure it is not too thick, and that the thickness is uniform.

Ask a friend or family member to assist you by standing next to you and helping to gently roll up the pastry into a long snake like shape. Once again brush with butter to soften the pastry before curling it gently into a coil.

Place on a baking tray and sprinkle with almond shavings.

Bake for 25 minutes or until lightly golden. Slice and serve warm as a scrumptious pre-dinner snack.



TIP: Do not allow your pastry to dry out otherwise it will crack. To keep it moist, cover with a lightly damp tea towel.

seared norwegian salmon and pan fried foie gras

with buttered celeriac mash, veal jus and drops of truffle oil

8 x Norwegian Salmon supremes
 500g Foie Gras
 (1 large lobe cut
 into 8 x 60g escalopes)
 8 small celeriac bulbs
 100 ml cream
 100g butter
 1 portion veal jus
 8 teaspoons truffle oil

Wash celeriac bulbs and leave skin on. Simmer in a pot of salt water for 90 minutes until they are the consistency of cooked potatoes and you can slide the knife through them. Refresh in cold water and leave to cool. When cool enough, remove skin, cut each bulb into cubes and put these into a medium size pot with cream. Bring to the boil and simmer until cream reduces and all bulbs are nicely coated with cream. Whisk in butter and season with salt and pepper and blend in food processor until you have a smooth puree.

Season the salmon fillet on both sides with salt and a little pepper, heat a little oil in a large frying pan, fry fillets on high heat until they have a good brown colour on each side. Cooking time of about 2 minutes if your fillets are 2cm thick.

To prepare the foie gras, heat the blade of a very sharp knife and slice each lobe of foie gras at an angle, into four escalopes. Season each side with salt and pepper. Heat a heavy based frying pan until very hot then place foie gras onto the pan (no oil), the pan will smoke a lot so it is advisable to open the windows. They cook quickly at around 20 seconds a side and then turn again and for another 10 seconds, then place on a baking sheet to drain.

Place a dollop of celeriac purée in the centre of each plate, dividing the mash between the plates.

Place a salmon fillet on the mash, top with an escalope of foie gras, ladle the veal jus around and drizzle with truffle oil.

Serves 8

WINE SUGGESTION: Glen Carlou Pinot Noir 2001, medium dry, strawberries and game.



Image from 'Feast'.

tomato and basil risotto

served with petite salad & buttery balsamic vinaigrette

- 250g Italian Risotto rice
- 1 medium onion peeled, finely chopped
- 1 tbsp garlic, chopped
- 24 sundried tomatoes, chopped
- Olive oil
- 130g butter
- 70g parmesan
- 1 tin Italian crushed tomatoes
- 1 bouquet garni
- 100ml water
- 1 bunch basil, coarsely chopped

Put the crushed tomatoes in a pot with 100ml water and bring to a simmer. Add the bouquet garni, tightly tied up so it does not fall apart. This is the liquid for the risotto. Keep it warm on the stove as you gradually add it to the rice.

Melt 30g butter in a pan with the olive oil and fry the rice until well coated. Add onions and garlic and fry for one minute, then the sundried tomatoes. Slowly add the tomato liquid, stirring until it is all absorbed. Once all the liquid has been worked in add the parmesan and 100g butter to the risotto.

When this is melted and combined, stir in the chopped basil, switch off heat and leave to rest with the lid on.

Toss salad greens in a bowl with salt pepper, olive oil and balsamic vinegar.

For sauce, melt 200g butter in a pot with the balsamic vinegar and chopped chives.

Spoon risotto onto plates, let it slide from the spoon.

Top with greens and pour sauce around the plate.

Salad:

- 500g baby leaf mesclun salad mix
- Olive oil & balsamic vinegar

Sauce:

- 200g butter
- 4 tbsp balsamic vinegar
- 1 bunch chives



Image from 'Feast'.

brioche

Brioche is the most decadent of breads, rich and buttery. It has a close texture more similar to cake than bread, with just a hint of sweetness, making it the perfect accompaniment to savoury terrines as well as a perfect foundation for desserts including bread & butter pudding, summer pudding and of course, baked Alaska.

Any leftovers are also delicious toasted for breakfast. Traditionally brioche is baked in beautiful fluted brioche tins, topped with the signature ball, but I usually take the easy way out and simply bake it in a loaf tin, making it versatile and easy to slice. This is an easy recipe that always works for me, although I'm sure many a French baker would balk at my recipe! A true brioche is made with equal proportions of butter and flour and requires a fair amount of skill and patience!

- 250g cake flour, sifted
- 1½ tsp fast-acting yeast
- 40g caster sugar
- A pinch of salt
- 125ml softened unsalted butter
- 3 tbsp warm water
- 3 eggs
- Extra butter to grease the tin.

Using an electric mixer with the paddle attachment, mix the flour, yeast, sugar and pinch of salt. On low speed, add the butter, followed by the water.

Next add the eggs one at a time, mixing very well after each addition. Exchange the paddle for the dough hook and slowly mix the dough until it is smooth and elastic.

Place the dough in a well buttered loaf tin. Cover with a damp tea towel and leave in a warm spot until the dough has risen to at least double in size.

Preheat your oven to 190°C.

Using a pastry brush, carefully glaze the top before placing in the middle shelf of your oven.

Bake for 20-25 minutes until just nicely browned.

Makes 1 loaf.

Glaze: Whisk 1 egg yolk into 1 tbsp milk.



CONTRIBUTOR OF THE MONTH

This month's wine pairing contributor is Franck Dangereux, an internationally renowned chef and also, conveniently, one of Tracy's greatest local indulgences as his style, flair and passion for food has established Franck as one of Cape Town's most sought after food experiences. Franck began his career and earned his stripes at three-star Michelin restaurants in France. He subsequently worked in the Caribbean and Morocco before settling in Cape Town, where he started the now world-famous *La Colombe*. His flair for food made this South Africa's best restaurant for three years running and it was voted 28th best restaurant in the world. He is currently co-owner of *The Foodbarn* where the relaxed atmosphere is the superb setting for Franck's delicious food.

Next month's NoMU online competition will offer three signed copies of Franck's first cookbook, 'Feast', as prizes.