



Welcome to the very first NoMU recipe mailer, which is filled with some of my favourite recipes. Even though spring has supposedly sprung in Cape Town, Table Mountain is covered in cloud and it's pouring with rain so I can't resist including a winter recipe. That said, you'll find the easy sweet pastry recipe indispensable throughout summer because once you've mastered a tart case there are literally hundreds of delectable options!

I hope this mailer lends inspiration to your own entertaining. Personally I never manage to stick to a recipe so have fun, adapt and experiment! Above all, happy cooking!

Tracey



RECIPES



aubergine, feta and mint salad

A perfect starter or accompaniment to fish, lamb or chicken. It also makes a mouth-watering bruschetta topping with a handful of wild rocket, a drizzle of olive oil and a twist of black pepper.

- 2 firm aubergines
- 4 tbsp (60ml) **NoMU Extra Virgin Olive Oil**
- 1 tbsp **NoMU Veggie or Italian Rub**
- ½ tsp **NoMU Just Salt**
- ½ tsp **NoMU Just Pepper**
- 100g feta
- a handful of mint leaves
- 1 red chilli – optional

In a small bowl, combine the olive oil and the rub of your choice. Season with salt and pepper.

Slice the aubergines lengthwise no more than 5mm thick.

Using a basting brush, lightly brush the marinade onto both sides of the aubergine.

Heat a griddle pan and place a few slices of aubergine in the pan. Do not be tempted to turn them too soon. Leave until the aubergine is charred on one side before turning to cook the other side.

Once all the aubergine is cooked, place onto a beautiful platter and sprinkle with crumbled feta, fresh mint leaves and freshly chopped chilli (if desired). Season with an extra grind of salt and pepper. Drizzle with another glug of olive oil and serve.

WINE SUGGESTION: Choose a crisp, flavourful dry white such as a South African Sauvignon Blanc from Springfield, Steenberg or Cape Point Vineyards.

slow-cooked lamb knuckle

This is comfort food at its best and one of Paul's favourites. A roaring fire and a deliciously full-bodied red wine are required to fully appreciate this dish.

- 2 kg lamb knuckles
- flour to dust
- NoMU Just Salt**
- NoMU Just Pepper**
- NoMU Extra Virgin Olive Oil**
- 30g butter
- 2 tbsp **NoMU Lamb Rub**
- 2 onions, finely diced
- 2 medium carrots, finely diced
- 2 stalks of celery, finely diced
- 3 cloves of garlic, chopped
- 1 bottle of good red wine
- 400g chopped tomatoes (fresh or tinned)
- 500ml vegetable or beef stock
- 1 tsp tomato paste
- handful of chopped parsley
- zest of one lemon (optional)

Preheat the oven to 160°C.

Dust the knuckles with seasoned flour. Add a splash of olive oil to a heavy-based casserole pot (such as Le Creuset) and brown the knuckles well. You will have to do this in batches otherwise they will stew instead of brown.

Set the knuckles aside. In the same pot, add the butter, another glug of olive oil if necessary, the Lamb Rub and the onions. Sauté the onions until they are translucent. Add the carrots, celery and garlic and sauté for a few more minutes. Before it starts burning, pour in the red wine to deglaze the pan. Add the knuckles, bring to the boil and simmer for 10 minutes with the lid off so that some of the alcohol evaporates. Add the tomatoes, tomato paste and stock. Season well with salt and pepper. Make sure the lid is firmly on before placing in the pre-heated oven for at least 2 hours. 3 hours would be even better if you have the time.

Check the seasoning and serve on creamy polenta or mashed potato. Garnish with roughly chopped Italian parsley, lemon zest and shavings of parmesan.

TIP: To help prevent onions from burning, sauté with a good pinch of salt. This draws moisture out of the onions, so that they start steaming instead. Placing the lid on the pan or pot also does the trick.



WINE SUGGESTION: There really isn't anything more hedonistic than sitting down to this kind of meal with a bottle of classy red - relatively full-bodied, and aged in French Oak. Cloof's 2003 Cabernet Franc/Cabernet Sauvignon/Merlot is truly delicious. Or, push out the boat with a new-style Rioja, like Culmen from Bodegas Lan.



tarte tatin (upside-down tart, accidentally invented!)

A regular dinner time finale at our house. The great thing is that you can prepare it in advance and throw it into a hot oven when your guests are eating the main course. A good quality bought puff pastry will give you perfect results. Traditionally tarte tatin is made slightly differently, but this is my way with a touch of NoMU thrown in.

500g butter puff pastry
7-8 small, tart apples
200g castor sugar
125g butter
50g **NoMU Sweet Rub**

Preheat oven to 190°C.

Lightly roll the pastry out to a diameter of 3 cm more than your saucepan. Place onto a plate and chill until required.

Peel, halve and core the apples.

In a heavy oven-proof saucepan, gently melt the butter and sugar over a low heat. Do not be tempted to stir, only shake or swirl the pan from time to time. Once it starts to caramelize and turn golden brown, place the apples, rounded side down onto the caramel, sprinkle with NoMU Sweet Rub and cook for a further 10 minutes. Remove from the heat.

Gently place the pastry over the apples and tuck the edges around the apples inside the rim of the pan. Place in the oven and cook for 30 minutes until the pastry is well risen and golden brown. Remove from the oven and leave to cool for 10 minutes. Place your serving plate over the pan and carefully tip it over. Remove the pan to reveal your irresistible tarte tatin.

TIP 1: If you do not have an oven-proof saucepan, you can pour the apples and caramel into a baking tin.

TIP 2: If you want to prepare the tarte in advance, allow the apples and caramel to cool completely in the tin before placing the puff pastry over the top. Cover it with clingfilm and refrigerate until required.

WINE SUGGESTION: The critical factor in matching this dessert is that the wine must be sweeter than the food. If not, the wine will taste sour. A dessert wine based on Riesling, especially if it has fresh acidity and apple flavours, would work brilliantly. A good choice is Paul Cluver Nobel Late Harvest.

BACK TO BASICS

sweet pastry

350g plain flour
175g unsalted butter, straight out the fridge, cut into cubes
100g castor sugar
3 egg yolks
1 tbsp ice cold water

Enough for 2 x 24cm tart cases.

In a food processor, pulse the flour, salt and butter until the mixture resembles coarse breadcrumbs. Add the sugar, followed by the egg yolks, which have been briefly whisked together with the water, and pulse again until the mixture just starts coming together. Tip onto a cold surface and quickly bring together to form a ball without over working it. Divide in 2 and wrap in clingfilm before chilling for at least an hour.

On a cool floured surface, carefully roll the pastry out thinly until large enough to line a 24cm tart tin. Place the pastry over the tart tin and gently press into the corners. Trim the edges, cover with baking parchment and fill with beans. Blind bake in a preheated oven (190°C) for 15-20 minutes until golden brown. Carefully remove the parchment and beans. At this stage you may wish to pop it back in the oven for another 5 minutes or so for a more evenly browned result.



TIP 1: To avoid tearing your pastry when trying to lift it off the kitchen counter, roll the pastry up onto your rolling pin. Then carefully position your rolling pin over your tart tin and simply unroll the pastry so that it covers the tin evenly.

TIP 2: To avoid accidentally piercing the pastry with your fingers when pushing into the corners of the tart tin, take a small ball of left-over pastry and use a gentle rolling action in the corners.

TIP 3: If you don't feel like rolling your pastry out you can simply grate it into your tin before evenly pushing it down. Alternatively, and even easier, use a sharp knife to cut thin slices of pastry which you can then "patchwork" into the tin.

For a deliciously quick and easy tart, fill the tart case (once cooled and just before serving) with crème chantilly (250ml cream whipped with 2 tbsp castor sugar to form soft peaks). Top with summer berries and enjoy!

SPICE FILES



One of my favourite spices is undoubtedly Star Anise, not to be confused with Anise, or Aniseed, which is a small seed related to Fennel. Star Anise is exquisitely shaped like an eight-pointed star and is the dried fruit from a member of the magnolia family.

Indigenous to the Far East, it is widely used in Chinese cuisine and is an integral ingredient in Chinese Five Spice and of course NoMU Oriental Rub.

It imparts a fragrant liquorice flavour and is also known to aid digestion.

Try adding it to stone fruit while poaching or to slow-roasted duck with blood plums.