



eat. drink. live.



November is usually the beginning of our last frantic and busy push towards the end of the year. As the seasons really change down here and the warm, outdoor, evening meals with friends start again, our menu would habitually tip towards lighter, sometimes zestier dishes. This November is no different, even if Joseph, our new born, won't get to indulge with mom and dad in a few mint inspired cocktails and fresh seafood salads. His catering might be a little less exciting but we like to think of his palate as being 'in-training'!

Tracy

FLAVOUR FILES



mint

The aromatic appeal of mint with its sweetly clean and refreshing taste is a must for all summer menus! With its cooling and calm properties, mint is best eaten raw. Chop or loosely tear mint just before using it to ensure maximum flavour. Native to the Mediterranean and with over 30 different varieties, all mint carries the essential oil menthol. Good not only for soothing sore throats but a cure for hiccups too!

Use pineapple mint in salads with chicken, lamb or feta. Chocolate mint is great for desserts like chocolate mousse. Make iced gingered teas or homemade lemonades and add a few sprigs of peppermint or spearmint. Alternatively freeze mint leaves in ice cube trays and add to your punch just before serving. By simply mixing equal amounts of mint and caster sugar together in a blender until bright green you have minted sugar to coat the rim of your cocktail glasses or to sprinkle over sliced pineapple!

RECIPES

salad of baby squid with mint, chilli and baby tomatoes

- 500 g baby squid, cleaned
- 500 g calamari tubes, cleaned and cut into rings
- Generous grindings of **NoMU Hooked NoMU Just Salt**
- 2 large fresh red chillies, chopped
- 5 garlic cloves, finely crushed
- Glugs of extra virgin olive oil
- Juice and zest of 3 lemons
- 150 g flat leaf parsley, chopped
- Handful of fresh mint, chopped
- 200 g mixed punnet of red and yellow baby tomatoes

Use a paper towel to pat the squid and calamari dry and season with NoMU Hooked and a pinch of salt. Gently heat up a large frying pan with a glug of olive oil and cook the baby squid and calamari in small batches. Try and keep the heat moderate so as not to brown the squid. The squid will cook quickly - about 2 minutes each side. Cool the cooked squid as quickly as you can and place in a bowl with all the garlic, fresh chilli, lemon juice, zest and lots and lots of olive oil. For fantastic flavour marinate the squid overnight in the fridge. Squish or pinch the tomatoes between your fingers into the bowl and mix them through the salad. When ready to serve, simply toss through the freshly chopped mint and parsley. Serves 6



WINE SUGGESTIONS:

Opt for a Gewürztraminer or Riesling to complement spicy food. The delicious floral tones of the Paul Cluver Weisser Riesling would be perfect on a hot summer day.



banana flower salad

- 1 banana flower from your garden or grocer
- 1 cup water
- Juice and zest of 2 limes
- 2 poached chicken breasts, shredded
- 250 ml chicken stock
- 1 tsp **NoMU Oriental Rub**
- 2 starfruit
- 1 large mild chilli, seeds removed and thinly sliced
- 1/2 cup nuoc cham
- 1/2 cup ripped Vietnamese mint
- Toasted sesame seeds to garnish
- nuoc cham dipping sauce**
- 60 gm caster sugar
- 1/2 cup hot water
- 50 ml fish sauce
- 30 ml freshly squeezed lime juice
- 2 teaspoons rice wine vinegar
- 2 cloves crushed garlic
- 2 red chillies, finely chopped

Peel off the dark purple outer leaves of the flower. If you wish, you can keep these as 'bowls' in which to serve your salad. Discard the baby bananas. Slice the tender pale purple and yellow leaves into thin strips. Place immediately in a bowl with the water and lime juice to avoid discolouring.

Heat the chicken stock in a saucepan with the Oriental Rub and gently poach the chicken breasts for 10 -15 minutes or until done.

When you are ready to serve, drain the banana flower and starfruit and toss together with the rest of the ingredients. Serve in individual bowls, garnished with an additional sprig of Vietnamese mint, toasted sesame seeds and a slice of lime.

To make the nuoc cham dipping sauce simply dissolve the sugar in the hot water and combine with the other ingredients.

Serves 4

caramel ginger pork

The star anise and mustard in the Pork Rub work wonderfully in this dish, however feel free to substitute with Oriental Rub.

- 150 ml water
- 150 g light brown sugar
- 1.5 kg pork fillet
- 2 large shallots, finely diced
- 1 tbsp **NoMU Pork Rub**
- 2 – 4 green chillies
(depending on how hot you like it)
- 1 heaped tsp very finely chopped lemongrass
(using the tender inner stalk only)
- 3 cloves garlic, finely chopped
- 40 g grated ginger
- 2 tbsp fish sauce
- 2 tbsp freshly squeezed lime juice
- 1 tbsp oyster sauce
- 2 spring onions, sliced into thin strips

In a non-stick, heavy-based saucepan, dissolve the sugar in the water and bring to the boil. Stir occasionally and cook until the sauce thickens to a dark brown syrup.

Cut the pork fillets into cubes about 3 cm in size and marinate in a non-reactive bowl for one hour with the Pork Rub, shallots, chillies, lemongrass, garlic, ginger, fish sauce and lime juice. Pour the pork and marinade into the bubbling syrup and cook covered for 20 minutes over a gentle heat. Remove the lid, add the oyster sauce and simmer until the sauce has once again reduced to a syrup. Stir in the spring onion and serve with a slice of lime and sticky rice.

for the sticky rice
2 cups of glutinous rice

In South Africa your best option will be sushi short-grain rice. Rinse the rice until the water runs clean. Soak in a bowl of water overnight or for 8 hours. Place a bamboo steamer, lined with muslin or a clean dish towel, over a pot of boiling water. Spread the rice evenly over the muslin, replace the lid and steam for approximately 45 minutes. It's advisable to check the consistency after 30 minutes and to run a fork through the rice. If after 45 minutes the rice is not quite cooked, sprinkle some water on top and steam for a further 10 minutes.

Serves 6



WINE SUGGESTIONS:

The Lammershoek Pinotage Barrique has fruity tones on the palate which would be ideal with the oriental tones of this dish.



roasted artichokes

Great just as an antipasto, in a salad or as an accompaniment to chicken or fish.

- 8 globe artichokes
- 3 cloves of garlic, squashed with the back of a knife
- Generous grindings of **NoMU One for All**
- 1 whole lemon, sliced into rings
- 200 ml white wine
- Extra virgin olive oil
- 1 tbsp butter
- NoMU Just Salt**
- NoMU Just Pepper**

Preheat the oven to 180°C.

Place the prepared artichokes in a slightly deep baking tray with the garlic and lemon rings. Grind over some One for All and season with salt and pepper.

Drizzle over the extra virgin olive oil with the white wine and the butter. Cover the tray with tin foil and place in the oven for 25 minutes.

If the artichokes are soft and tender, remove the tin foil and roast in the oven for a further 10 minutes.

To prepare the artichokes, cut across the top outer leaves and carefully pull the tough leaves away. Use a teaspoon to remove the choke, which you will clearly see when the outer leaves have been removed. Turn the teaspoon around the outside of the choke to loosen it and help remove all the outer hairy spikes. Use a peeler to peel away the outer skin of the stalk. Try to work quickly as they brown easily. Place in water while working on the rest of the artichokes.

seared fillet of ostrich with porcini mushrooms

The porcinis match up nicely to the robust flavour of the ostrich. Any slices of ostrich that are left over can be served the next day with some rocket and extra mustard on a slice of nice country loaf!

- 2 kg fillet of ostrich
- 2 tbsp **NoMU African Rub**
- 4 cloves of garlic, peeled and crushed
- The juice of one lemon
- 4 tbsp extra-virgin olive oil
- 400 g fresh porcini mushrooms
(or a variety of wild mushrooms)
- 60 g butter
- Another glug of extra-virgin olive oil
- 1 garlic clove, finely crushed
- 2 tbsp **NoMU Provençal Rub**
- NoMU Just Salt**
- NoMU Just Pepper**

Combine the African Rub, olive oil, garlic, lemon and black pepper and rub liberally onto the fillet of ostrich. Cover with cling wrap and leave in a cool place for an hour or in the fridge overnight. Heat a griddle pan over moderately high heat and grill the fillet on all sides until well browned and sealed. Complete the cooking process in a pre-heated oven (180°C) for approx 15 minutes for medium rare.

Wipe the mushrooms to remove any soil and slice in half. Do not wash under water! In a pan over high heat, add a glug of olive oil and the butter. When the butter is foaming, add the garlic and the Provençal Rub together with the mushrooms and sear until nicely browned. Do not over cook! Remove from the heat and season well with salt and pepper.

To serve, slice the rested fillet in half cm slices and arrange on a platter, sprinkle with salt and freshly milled pepper. Drizzle with another glug of your best olive oil. Arrange the mushrooms on top, and garnish with shavings of Parmigiano Reggiano.

Serves 10



WINE SUGGESTIONS:

Something full flavoured and elegant that would allow the flavours of the mushrooms and fillet to take centre stage. The Stellenzicht Golden Triangle Shiraz with its yummy chocolate and plum flavours would be a winner.



deboned leg of lamb

The great feature of our Rubs is that they are so interchangeable. In this recipe we have used Poultry Rub, but you could use Pork Rub or even Beef Rub depending on which flavours you would like to achieve. Deboned leg of lamb is great to cook over the barbeque!

2 kg deboned lamb
 2 tbsp **NoMU Poultry Rub**
 2 garlic cloves, finely crushed
 1 tbsp mustard
 Glugs of extra virgin olive oil
NoMU Just Salt
NoMU Just Pepper

Preheat the oven to 180°C.

Unroll the lamb so that you have one flat piece. The lamb will most probably be uneven in which case separate the thickest part from the thinner part so that you will have two separate pieces that will each require different cooking times, depending on their thickness.

Mix the Poultry Rub with the mustard, garlic and some olive oil to make a paste and smear liberally all over the lamb. Ideally allow to marinate over night in the fridge or for few hours before cooking.

Heat up a griddle pan till smoking hot and sear the lamb with the fat side down first until beautifully charred. Turn over to sear the other side and then place the lamb in the pan in the oven.

Judging the cooking times depends on how you like your lamb. We prefer it to be slightly pinker inside but darker around the edge. For a medium rare piece of lamb without the bone, cook the lamb in the oven for 25 minutes. It is important to rest the lamb when it comes out the oven. Cover the lamb with some foil to keep it warm and rest for 5-10 minutes.

Slice the lamb and serve with the hasselback potatoes and minted bread pesto!
 Serves 6

WINE SUGGESTIONS:

Bordeaux blends are always a good bet when it comes to lamb. You could also opt for the full-bodied and luscious Meerlust Red which is also excellent value.

hasselback potatoes

6 large potatoes, peeled
 1 tbsp **NoMU Lamb Rub**
NoMU Just Salt
 100 ml olive oil
 Butter to dot on each potato

Preheat the oven to 180°C.

For these delicious potatoes try and choose large oval potatoes that will be easier to slice and will lie flat on the baking tray.

Slice each potato in half and place the flat side down on the chopping board. Using a sharp knife, cut $\frac{3}{4}$ of the way through the potato from one end to the other. Try to cut the smallest slits as possible.

Place the potatoes on a baking tray, drizzle with olive oil, some Lamb Rub and season with salt. Dot each potato with a generous amount of butter and bake for 40 minutes or until crunchy and golden. Similarly with all roasted potatoes it is good to spoon some extra oil over each potato whilst they are cooking.

Makes 6



minted bread pesto

This pesto is delicious spooned on top of lamb, fish or chicken! Be sure to use day old ciabatta or country bread but please do not use white sandwich bread as the crumbs will simply dissolve. Be sure to chop all the ingredients and to use it the same day as it will not keep for too long.

150 g fresh mint, finely chopped
 250 ml of breadcrumbs
 1 tbsp **NoMU Veggie Rub**
 1 garlic clove, finely chopped
 1 small green chilli, finely chopped
 1 shallot, finely chopped
 2 tbsp extra virgin olive oil
 1 tbsp red wine vinegar
 1 tsp sugar
NoMU Just Salt
NoMU Just Pepper

Place the garlic, shallots, chilli, Veggie Rub and a pinch of salt and pepper in a pestle & mortar and grind to a coarse paste. Toss through the breadcrumbs and mint and then add the olive oil, red wine vinegar and sugar to taste.

Serves 6

chocolate and almond biscuits

These biscuits are Paul's personal Achilles heel and they were also part of the Press Launch hamper-kit that we prepared and personally delivered to all of South Africa's leading food personalities, editors and writers when NoMU released the cocoa to the media and the general trade.

250 g butter, softened
 1 cup light brown sugar
 $\frac{3}{4}$ cup caster sugar
 3 eggs
 1 tsp **NoMU Vanilla Extract**
 2 $\frac{3}{4}$ cups plain flour, sifted
 1 teaspoon baking powder
 $\frac{3}{4}$ cup **NoMU Cocoa Powder**
 250 g almonds
 (lightly roasted and then roughly chopped)

Preheat the oven to 160°C.

In an electric mixer beat the butter and sugar together until pale and creamy. Add the vanilla and eggs one at a time, beating well after each addition.

Add the flour, baking powder, sifted cocoa and almonds and mix well to combine. Place rounded tablespoons of the mixture on baking trays lined with non-stick baking paper, allowing room for the biscuits to spread. Bake in the oven for 20 - 25 minutes. They will still be softish in the middle but will set when they cool. Cool on wire racks and dust with more cocoa powder.

This recipe makes 40





toasted brioche with sweet-rubbed nectarines, fresh figs, blackberries and blueberries

4 nectarines
2 tbsp unsalted butter
1 tsp **NoMU Sweet Rub**
4 slices brioche, croissant or sponge cake
4 figs
Blackberries
Blue berries
Honey or maple syrup
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 slices under a grill or in a buttered pan. To serve, place one slice of brioche 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. You can also experiment with strawberries, raspberries, youngberries and gooseberries.

Serves 4

BACK TO BASICS

how to make sponge cake

The creaming method is the essential technique for this cake! The aim is to incorporate as much air as possible. To achieve this, cream the butter and sugar together until pale, almost white in colour and fluffy in texture. It will take a long time to do this but is well worth all the effort.

225 g self raising flour
225 g unsalted butter, softened
225 g caster sugar
4 eggs, beaten
1 tsp **NoMU Vanilla Extract**

Preheat the oven to 180°C.

Grease two 20 cm round cake tins with butter and line the bottom and sides with non-stick baking paper.

With an electric mixer, beat the butter and sugar together on high speed. Add the vanilla extract to the beaten eggs. When the butter and sugar mixture looks like whipped cream, add the beaten eggs one at a time. If the mixture starts to curdle simply add a tsp of flour before adding the next egg. Fold in the sifted flour one third at a time, trying to avoid knocking out all the air you have just created!

Spoon the mixture equally into the tins and smooth the tops. Place the cakes on the same rack in the oven and bake for 20 - 25 minutes.

The cakes are done when a skewer inserted in the centre comes out clean. Turn the cakes out and leave to cool on a wire rack before icing.

Serves 6 - 8



flavourings for sponge cake:

- Substitute 25 g **NoMU Cocoa Powder** with the self raising flour
- 2 tbsp grated lemon or orange zest
- 1 tsp **NoMU Sweet Rub**
- ½ cup **NoMU Decadent Choc Chunks** to be added after the eggs
- 1 tsp liqueur like Amaretto to be added with the eggs

to decorate

- Layer a sponge cake with whipped vanilla cream and fold in strawberries or raspberries
- Sandwich together with strawberry jam and sprinkle with icing sugar

top tip

Lining your cake tin:

A very important task to prevent sticking but also to ensure a smooth edge. Simply use the cake tin to trace the outline of the base on non-stick baking paper and cut a long strip to fit the circumference. Remember to grease your cake tin with softened butter to ensure the baking paper sticks smoothly and without any creases.



how to make buttercream icing

150 g softened butter
250 g icing sugar
1 tsp **NoMU Vanilla Paste**

Cream the butter and icing sugar until very pale and light in texture. Again this will take about 10 minutes but for a light buttercream it is essential.

flavourings for buttercream

- Add 1 - 2 tbsp **NoMU Cocoa Powder** at the end of creaming
- 1 tbsp grated lemon or orange zest
- Add 125 ml Philadelphia Cream Cheese at the end of creaming

