



Happy New Year! January is my favourite time to entertain as everybody is at their most relaxed and care-free. So as we celebrate another year, let's try to avoid the doom & gloom shall we and concentrate rather on cooking food that will lift the spirit, fuel our friends and family and help to drive away the nagging, itching inevitability of going back to work!

This month's recipes are both simple and elegant. As there's also nothing better on holiday than tucking into the utterly guilty pleasure of another slice of cake, I've added two of my favourites. And for those of you (ok, us) who are nursing a 'slight' hangover I highly recommend the Bellini cocktail below.

So relax, put your feet up, reflect and enjoy!

Tracy



eat. drink. live.

flavour files



tarragon

Tarragon is an essential herb in any cook's garden. The flavour of this perennial green, aromatic herb is both minty and licorice like. There are two variants of tarragon; French and Russian, but for culinary purposes, only the French varietal is worth using as the Russian is rather bland in comparison. Call it herbal snobbery! A combination of French dried tarragon together with fresh Russian tarragon is a good compromise. Tarragon is extremely common in French cooking, often paired with eggs or poultry such as in the classic dish 'poulet à l'estragon'. Sprigs of tarragon are used to flavour oil, vinegar, stocks and sauces. See the recipe below for Sauce Bearnaise, irresistible with perfectly cooked fillet of beef and French fries or freshly poached salmon. For added elegance, add tarragon to salads, salad dressings, mayonnaise, chilled soup and seafood.

classic bellini

- 2 ripe white peaches
- 2 tsp caster sugar (optional)
- 1 bottle Champagne or Methode Cap Classique

These are a personal favourite. Unfortunately for this shoot I could not find any white peaches so I used yellow dessert peaches instead. Delicious but not quite the same. White nectarines would be a far better substitute.

Peel and stone your peaches. In a blender or food processor, puree the flesh and sugar together and put to one side. Pour a splash of champagne into 8 champagne flutes. Divide the peach puree between the glasses. Stir gently, then top with more champagne.

Serves 8



bagna cauda

- 85 ml Extra-virgin olive oil
- 20ml Butter
- 5ml NoMU Italian Rub
- 6 cloves garlic, finely chopped
- 12 anchovy fillets, drained and finely chopped
- 1ml NoMU Just Salt

Assortment of vegetables (such as baby carrots, celery, radishes, chicory leaves, broccoli, fennel and sugar-snap peas), raw or lightly steamed.

A healthy crunchy snack for guests to graze on while you put lunch together.

In a pot over medium heat, heat the oil, butter and NoMU Italian Rub, until the mixture begin to foam. Reduce the heat and add garlic and anchovies.

Cook for 4 to 5 minutes, stirring occasionally with a wooden spoon. Add the balsamic vinegar and season with NoMU Just Salt.

Serve immediately.

Serves 6-8

dorado with caper sauce

- 6 x 200g Dorado fillets
- 2 tbsp Extra-virgin Olive oil
- 5ml NoMU Seafood Rub

In a small saucepan, melt the butter and add the capers, garlic, parsley, lemon juice and NoMU Hooked.

Once all combined, take off the heat and keep aside.

Heat the oil in a flat or griddle pan.

Season the Dorado fillets generously on both sides with NoMU Hooked and NoMU Just salt. Over medium to high heat, sear for approximately 2 minutes on each side until the flesh is just cooked but still moist.

Serve with buttery new potatoes and tender-stem broccoli (see recipe on pg 3)

Please note that cooking time will vary depending on the thickness of your Dorado fillets.

Serves 6

WINE PAIRING: Klein Steenberg Rosé is a delicate and dry rosé, full of fresh red and black berry flavours, with hints of mint and spice. If you can land a bottle of Steenberg Magna Carta, on sale from the estate only, you will think you've landed in heaven.

- Sauce:**
- 100g butter
 - 30g capers
 - 1 small clove of garlic, finely diced
 - juice of 1 lemon
 - handful flat-leaf parsley, chopped
 - ½ tsp NoMU Hooked or One For All grinders
 - NoMU Just Salt



crayfish, saffron & champagne risotto



- 3 whole crayfish
 - 3 litres of water
 - 1 onion
 - 2 bay leaves
 - a few peppercorns
 - a large pinch of quality saffron strands
 - 1 tbsp extra virgin olive oil
 - 50 g butter
 - 3 shallots or 1 onion, very finely diced
 - 1 garlic clove, crushed
 - 300g Carnaroli or Arborio Rice
 - 250ml champagne or Cap Classique
 - NoMU Hooked grinder**
 - NoMU Just Salt**
 - NoMU Just Pepper**
- Steam your crayfish until just cooked.
- Separate the tails from the body. Remove the flesh from the tails, slice thinly and set aside. Clean the head cavity. Place all the shells in a deep pot with 3 litres of water, a halved onion, the bay leaves and the peppercorns.
- Simmer for 30 minutes and strain the stock into a clean saucepan. Continue to simmer until the liquid has halved in volume. Add a large pinch of saffron and turn down the heat to the lowest setting to keep the stock warm to make the risotto.
- Over medium heat, gently sauté the onion in the olive oil and butter in a heavy based pot or saucepan until soft and translucent, not browned. Add the garlic and a few generous grindings of NoMU Hooked, followed by the rice. Fry gently until the rice grains become translucent around the edges.
- Add the champagne and simmer until the alcohol has evaporated.
- Turn down the heat and begin adding the stock one ladle at a time, only adding more once the rice has absorbed everything.
- Season during cooking, but be careful that you do not add too much salt if your stock is fairly salty. After approximately 20 minutes of stirring and adding stock, your rice should be cooked. Keep testing until the rice is just cooked.
- Stir in your cream and finally your crayfish meat.
- Check you seasoning and serve immediately in warmed bowls. Garnish with some crème fraiche or mascarpone and a sprig of tarragon.

Serves 6

WINE PAIRING: A beautifully wooded Chenin Blanc like the Morgenhof 2008 would be a dream with this dish. Brilliant expression of citrus, lime and granadilla so perfectly integrated with the woody spice of the French oak barrels in which it lay for 6 months. Full creamy middle palate from lying on the lees and a fresh lingering tail.

pistachio & sumac rubbed lamb

- 1 clove garlic, crushed
 - 2 tbsp finely grated lemon rind
 - $\frac{1}{3}$ cup flat-leaf parsley leaves, chopped
 - $\frac{1}{3}$ cup mint leaves, chopped
 - 100g NoMU Pistachio and Sumac Dukkah**
 - NoMU Just Salt and NoMU Just Pepper Grinders**, to season
 - 1 kg lamb loins
 - kitchen string, for tying
 - $\frac{1}{3}$ cup olive oil
- Preheat the oven to 180°C.
- Place the garlic, lemon rind, parsley, mint, NoMU Pistachio and Sumac Dukkah, just salt and pepper in a bowl and mix together.
- Truss the lamb and brush with half of the oil, using a pastry brush.
- Place the loins in a baking tray and using your hands press the mixture onto the meat, to create a thick crust. Drizzle with the remaining oil.
- Roast for 15-20 minutes, or until cooked to your liking.
- Scatter with fresh mint and serve.
- Serves 6

WINE PAIRING: Here you want something with a bit of guts to meet the flavours of the new NoMU Dukkah, lemon rind and herbs and the Glen Carlou Grande Classique steps up to the plate. David Finlayson has blended Cabernets Sauvignon & Franc, Merlot, Malbec and Petit Verdot. Whiffs of sweet Indian spices and sandalwood and cassis followed by delicious ripe red and black berries on the smoothest of palates with dry gentle tannins and the gentlest brushing of oak.



potato, thyme & truffle pizza

- 300g pizza dough (Recipe mailer #18)
 - 2 Mediterranean potatoes, peeled
 - 200g Taleggio cheese, thinly sliced
 - 15ml truffle oil
 - 1 tablespoon thyme leaves
 - NoMU Just Salt**
 - NoMU Just Pepper**
- Preheat the oven to 200°C.
- Divide the dough in half and roll on a floured surface into 2 ovals.
- Slice the potatoes very thinly. The slices must almost be transparent.
- Brush the pizza bases with some of the truffle oil.
- Arrange the cheese on the pizza base so that most of the base is covered. Cover the cheese with the potato slices and scatter with thyme leaves. Season with NoMU Just Salt and NoMU Just Pepper and pop into the hot oven for 15-20 minutes or until the cheese has melted and the pizza has browned nicely.
- Remove from the oven and drizzle the remaining truffle oil all over the pizza.
- NOTE: Taleggio can also be replaced with Camembert, Brie or Reblochon.
- Makes 2 pizzas

WINE PAIRING: Lusty crusty pizza with earthy flavours of potato, thyme and truffle begs for a red wine. It's a fun dish so you want a fun wine. Chilled Kleine Zalze Cellar Selection Gamay Noir 2008 - get it into an ice bucket for 30 minutes at least. See through garnet-purple in colour as a young red wine should be, delicate of body as you would expect from the Gamay grape and bags of fruit, particularly cherries, red, black and white and some ripe banana too. The flavour just lingers. Yummy!



whole poached salmon

Freshly poached salmon with rich, creamy Bearnaise sauce is so delicious on a hot Summer's day with a glass of chilled white wine. Just in case you don't have a fish kettle lying around I've given you the option to steam or poach your salmon in foil instead.

3.5kg whole salmon, scaled, cleaned and gutted

For the court-bouillon:

3 bay leaves

5ml **NoMU Just Pepper**

1 carrot, sliced

1 small onion, sliced

1 tbsp **NoMU Just Salt**

NoMU Hooked Grinder

4 tbsp white wine vinegar

3.4 litres warm water

Prepare the fish by removing all excess moisture using kitchen towel.

Make the court-bouillon by adding all the ingredients into a fish kettle. Add the salmon and bring to a gentle simmer, leaving the fish to poach for 16-18 minutes. Lift the fish out using the trivet, rest it on the sides of the kettle to allow excess liquid to drain off.

Serve warm or at room temperature with freshly made Bearnaise (see back to basics).

Alternatively:

Season the fish inside and out generously with **NoMU Just Salt** and **NoMU Hooked Grinder**. Place it in the centre of a large piece of heavy weight foil and lightly scrunch the edges of the foil up to make a 'bath' so that none of the liquid can escape.

Add a handful of chopped dill, tarragon and a few lemon slices.

Scatter a few large knobs of butter (inside and out) and carefully pour in 1 cup of white wine. Bring the sides of the foil up over the fish, sealing loosely to create a parcel.

Bake in an oven preheated to 180°C for 30 minutes.



tender-stem broccoli with passion chilli dukkah

500g tender-stem broccoli

100ml Extra-virgin olive oil

4 slices day old Ciabatta bread, roughly broken into small pieces

2 tbsp **NEW NoMU Passion Chilli Dukkah**

1 garlic clove, crushed

5ml lemon juice

NoMU Just Salt to season

Heat the oil in a saucepan.

Add the bread and sauté gently until lightly golden.

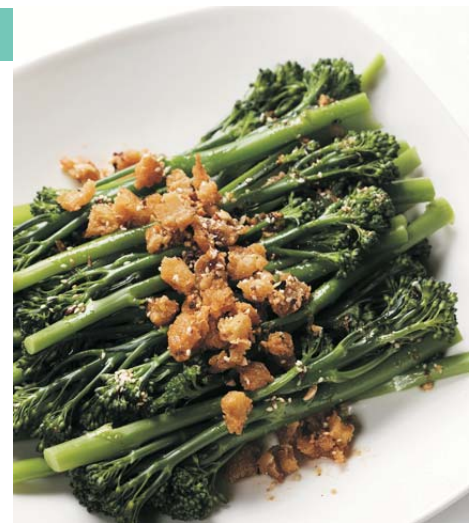
Add the **NoMU Passion Chilli Dukkah** and garlic, stir to combine well and remove from the heat.

Add the lemon juice and **NoMU Just Salt** to taste.

Trim the stalks of your broccoli and steam or blanch until just cooked and still al dente. Place on a serving platter and pour over the scrumptious dukkah mix.

Note: To ensure that my broccoli stays green and crisp I prefer to refresh it in ice water after cooking. You can then re-heat them in the microwave just before serving. Take care not to overcook the dukkah or the garlic as they will both be bitter if burnt.

Serves 4-6



baked lemon & vanilla cheesecake

400g Tennis biscuit crumbs (coconut-based biscuit)

200g butter, melted

Filling:

750g Philadelphia creamed cheese, at room temperature

750g low fat cream cheese

400g sugar

50ml cake flour

Pinch of **NoMU Just Salt Grinder**

grated rind and juice of 2 lemons

15ml **NoMU Vanilla Extract**

6 eggs

2 egg yolks

Preheat your oven to 250°C.

Using the tips of your fingers or a food processor, mix together the biscuit crumbs and butter.

Grease a 25cm spring form tin and press the crumb mixture onto the bottom and sides of the tin. Chill for 20 minutes.

Beat the cream cheese until fluffy. Mix the sugar, flour and salt and gradually blend into the cheese, keeping the mixture smooth.

Add the grated rinds, eggs and egg yolks, one at a time, beating well after each addition. Pour into the crust.

Bake in a preheated oven 250°C for 5 minutes. Reduce heat to 100°C and bake for 1 hour.

Turn off the oven and leave to cool inside the oven.

Carefully place on a gorgeous cake stand.

For an added delicious dimension, serve with berry compote (see recipe below).



berry compote

150g frozen or fresh assorted berries

4 tablespoons caster sugar

juice of half a lemon

1 teaspoon balsamic vinegar

1 teaspoon cornflour, slaked in a little cold water

50ml water

Combine the berries, sugar, lemon juice, balsamic vinegar and 50ml water in a saucepan and bring to the boil.

Turn down the heat and cook for a few minutes.

Take the pan off the heat and stir in the cornflour.

Pour mixture into a jug and serve with chosen dessert.

Serves 6



shortbread biscuits with berries & cream



- 180g butter Preheat the oven to 160°C.
- 90ml caster sugar Using an electric mixer, cream the butter and caster sugar until light and fluffy. Add the flour and salt and mix until just incorporated. Do not overwork it. Chill for 2 hours or overnight. Roll out the dough on a floured surface to about half a 1/2 cm thick.
- 375ml cake flour Using a cookie cutter cut the dough into rounds and lay out onto a greased baking sheet. Prick through the rounds with a fork and sprinkle with the ground almonds.
- pinch of salt Bake until golden brown for about 6-10 minutes.
- ground almonds, for sprinkling (optional) Remove from the oven and place on cooling rack. Sprinkle with more caster sugar while still warm.
- extra caster sugar for sprinkling Serve with berries and whipped cream.
- lemon zest to granish (optional) Makes 20 – 30 biscuits depending on the preferred shape and thickness.

Tip: You can make the shortbread any shape you wish such as the more traditional fingers. For these I would roll the dough out slightly thicker.

carrot cake

- 4 eggs Pre-heat your oven to 180°C.
- 250 g caster sugar Lightly grease a 23cm cake tin or mould with melted butter. Sift together the flour, baking powder, bicarb and salt and set aside. Using an electric mixer, beat together the oil and the sugar. Add the eggs one at a time, beating well between additions. Add the vanilla extract, followed by the sifted dry ingredients and the Sweet Rub and mix briefly to combine.
- 325g flour Fold in the grated carrot, nuts and orange zest.
- 1tsp baking powder Pour the mixture into your cake tin.
- 2 tsp Bicarbonate of Soda Bake for 45 minutes – 1 hour or until a skewer inserted comes out clean.
- 1 pinch salt Once the cake has completely cooled, spread the cake with icing and decorate with extra chopped pecan nuts. Keep in a cool place before serving.
- 350g grated carrots
- 1 cup oil (250ml)
- 1 tsp NoMU Vanilla Extract
- 150g chopped pecan nuts
- 1 tbsp NoMU Sweet Rub
- zest of one orange

For the icing: Using an electric mixer, whisk the butter until pale and fluffy. Add the cream cheese and whisk lightly. Add the icing sugar and vanilla. Beat until smooth and creamy. Add orange and lemon juice to taste and refrigerate until needed.

Icing

- 250g Philadelphia cheese
110g unsalted butter
150g icing sugar, sifted
1 tsp NoMU vanilla extract or paste
squeeze of orange juice to taste
squeeze of lemon juice to taste



sauce bearnaise

- 100ml dry white wine Combine the wine, vinegar, shallots and chopped tarragon in a small saucepan.
- 30ml white wine vinegar Cook for 5-10 minutes until it reduces to approximately 30ml. Strain the liquid into another clean saucepan.
- 1/2 cup very finely diced shallot
- 1/2 tsp NoMU Just Pepper Over low heat, whisk the egg yolks into the mixture until pale, thick and foamy, making sure you reach all over the bottom and insides of the pan, where the eggs can easily overcook. If you are worried the heat is too high, move the pan off the heat for a few seconds. Alternatively, the correct way is to use a double boiler!
- NoMU Just Salt
- 1 tsp Tarragon leaf, chopped
- 3 X-large egg yolks
- 125g unsalted butter, cubed and chilled
- 1 tsp freshly squeezed lemon juice (optional)
- Once the streaks left by the whisk are visible start whisking in your butter bit by bit, fully incorporating each block before adding the next. Continue adding butter until your sauce has thickened to a desired consistency.
- Season with NoMU salt to taste.
- Finally I like to add a grinding of pepper, some more chopped tarragon and a squeeze or lemon, especially when serving it with fish.



CONTRIBUTOR OF THE MONTH

Michael Olivier is not just a dear friend but also simply one of South Africa's most valuable and much-loved Wine and Food gurus. This is the second time he has agreed to be a wine-pairing contributor. Michael's refreshingly uncomplicated approach to wines is one of his life's greatest passions. Next month's online prize will be three signed copies of 'Crush', Michael's newest book, a compact and entertaining wine guide, where he directs the reader to the right bottle for the right occasion.

Please visit www.noshnews.co.za for more information on Michael and the book.

