



As promised in last month's recipe mailer, I have included the wickedly delicious ricotta hotcakes that I recently tasted at one of Bill Granger's restaurants in Sydney. They seriously are the perfect Sunday morning treat! Naturally I have added a touch of NoMU by adding a sprinkling of Sweet Rub instead of Bill's honeycomb butter. If you don't like bananas, try adding berries or griddled apples. This month's wine pairing suggestions come from one of Cape Town's favourite restaurateurs, Richard Griffin, who owns both the wonderfully eccentric Madame Zingara (where you have to try his fillet of beef with chocolate chilli sauce) and the enticing Cara Lazuli where the emphasis is on seductive North African flavours.

*Tracy*

## SPICE FILES



### coriander seeds

Coriander has certainly been around for a while - you'll even find it described in the Bible's books of Exodus and Numbers as the same colour as 'manna'. The spice originates in the Middle East and Southern Europe, and is now produced in Russia, India, South America, Morocco and Holland. Initially introduced to Britain by the Romans for its meat preserving qualities, coriander later became valuable to ancient doctors for its anti-bacterial properties. It was Pliny however who called it coriandrum for its 'bed-bug' smell (*coris* being a bug).

On a more appetizing note, coriander seeds have a deliciously warm, nutty and orangey flavour that's indispensable in Asian masalas and curries. Coriander is also characteristic of Arab cookery, being common in lamb dishes as well as in the popular spice mix Taklia, where it's fried with garlic and crushed to release all the aromatic oils.

Coriander seeds are often paired with cumin, particularly in curries and in North African and Middle Eastern cuisine like falafel, Moroccan chermoula, Tunisian harissa and Egyptian dukkah. The seeds are a key pickling spice and also go beautifully with pork and duck, especially if orange is included in the recipe.

In South Africa coriander is undoubtedly best known in our world famous biltong and boerewors.

## RECIPES

### grape schiacciata

10g dry yeast (not instant)  
200ml warm water  
2 tsp caster sugar

½ cup extra virgin olive oil  
1 tbsp chopped rosemary  
1 clove garlic, skin on, lightly squashed  
500g washed seedless black grapes  
400g flour (stone ground)  
½ tsp salt  
½ tsp caster sugar

Stir the yeast and sugar into the warm water. Stir to dissolve the sugar and set aside for 10 minutes until frothy.

Gently cook the chopped rosemary and garlic clove in the olive oil in a saucepan or in the microwave. Set aside to cool. Remove the garlic clove.

Place the sieved flour and salt in a large mixing bowl. Add the yeast mixture and half the infused olive oil. Bring together to form a dough and knead on a well floured surface for 5-10 minutes. Place the dough back into the bowl, add the grapes and work them into the dough. Return the dough to a clean bowl, oiled with the rosemary oil and brush the top with more oil. Cover and leave in a warm place for ± 2 hours or until doubled in size.

Brush a round pan with the rosemary oil and flatten the dough into the base of the pan. Brush the top with any remaining rosemary oil and sprinkle with a pinch of salt and caster sugar. Leave to rise for 30 minutes before placing in a pre-heated oven (200°C) for ±30 minutes.

**TIP:** Place a baking tray under the bread to catch any grape juice.

### WINE SUGGESTIONS:

Everyday quaffer - *Haute Cabriere Chardonnay Pinot-Noir 2005*

Slightly more fruit driven with intense flavours, but not defeating the elegant style of its reputation.

A dry firm finish confirms the continuity of style. The perfect partnership for this Mediterranean style bread.

Splashing out - *Constantia Uitsig Unwooded Chardonnay 2005*

A bold unwooded wine, with distinctive aromas of pear & zesty orange. Well balanced, dry with enough character & fresh charm to while away a languid afternoon.





## caramelized onion, thyme and taleggio cheese tart

2 red or brown onions  
 A few glugs of extra virgin olive oil  
 A splash of white wine vinegar  
 1 tbsp sugar  
 A block of soft taleggio cheese  
 A handful of fresh thyme  
 Good quality ready-made puff pastry  
 Crème fraiche  
**NoMU Just Salt**  
**NoMU Just Pepper**

Slice the onions into boats. Place in a baking tray and drizzle with olive oil and white wine vinegar. Sprinkle liberally with sugar, season well, and place in an oven at 180°C until caramelized and slightly blackened on the edges.

In the meantime line a tart tin with rolled out puff pastry. Prick the bottom of the pastry to prevent rising. Rest the pastry in the fridge for half an hour. Fill the pastry shell with the onions, some thinly sliced taleggio cheese and thyme, alternating between the 3. Place a couple of dollops of crème fraiche on the onions and cheese, season and bake in an oven at 220°C until golden brown and cooked through.

Serve immediately with a simple green salad drizzled with a peppery extra virgin olive oil and an aged balsamic vinegar.

**TIP: 1.** If you can't find taleggio cheese, you can try asiago or alternatively young brie or camembert.  
**2.** If you do not have aged balsamic vinegar, simply reduce your young balsamic in a saucepan over medium heat with a tablespoon of caster sugar until it is slightly thickened and syrupy. Instead of adding sugar, try a splash of port.

### WINE SUGGESTIONS:

Everyday quaffer - *Hartenberg Weisser Riesling 2005*  
 Fresh tropical pineapples, honey & overripe pears. With the richness of jasmine on the palate creating a multi textured aromatic finish.

Splashing out - *Warwick Chardonnay 2005*  
 An opening bouquet of juicy apples & pears ensued by hints of vanilla & butterscotch. Perfectly balanced with supporting oak flavours. A fresh lingering finish.

## spanish calamari

A knob of butter  
 A glug of extra virgin olive oil  
 1 tbsp **NoMU Spanish Rub**  
 1 clove garlic - crushed  
 500g baby calamari  
**NoMU Just Salt**  
**NoMU Just Pepper**  
 Freshly squeezed lemon

Clean, rinse and dry your calamari. Season well with salt and pepper.

Heat the olive oil and butter in a pan over very high heat. Add the Spanish Rub and garlic and sauté for a few minutes before adding the calamari. Pan-fry until the calamari is just cooked. This should not take more than a minute if your pan is hot enough. Add a squeeze of lemon and serve immediately.

**NOTE:** If the calamari has too much moisture, it will steam instead of frying.



### WINE SUGGESTIONS:

Everyday quaffer - *Jacobs Creek Semillon Sauvignon Blanc*  
 The ripe Semillon provides a lemony palate while the Sauvignon Blanc lends it a crisp grassiness.

Splashing out - *Warwick Professor Black Sauvignon Blanc 2005*  
 The ideal match for seafood. Rich & fruity with well-balanced acid & a lingering aftertaste.

## lamb shanks



6 lamb shanks  
 Flour to dust  
**NoMU Just Salt**  
**NoMU Just Pepper**  
 Extra virgin olive oil  
 30g butter  
 2 tbsp **NoMU Lamb Rub**  
 2 onions, finely diced  
 2 medium carrots, finely diced  
 1 stalk of celery, finely diced  
 3 cloves of garlic, chopped  
 1 bottle of good red wine  
 400g chopped tomatoes (fresh or tinned)  
 500ml quality lamb or beef stock

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, celery and garlic and sauté for a few more minutes before adding the shanks. Pour in the red wine, tomatoes 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 2½ hours.

Check the seasoning and serve on buttery mashed potato.

### WINE SUGGESTIONS:

Everyday quaffer - *Bowland Cabernet Merlot 2004*  
 From under the careful mentorship of Beyerskloof, this farm worker owned winery has come up with a Cab/Merlot that is full bodied with smoky oak & a hint of spice.

Splashing out - *Tiara Simonsig 1999*  
 A blend of Cab Sauv/Merlot/Cab Franc & Petit Verdot has outclassed numerous wines from around the globe with its plummy berry & subtle cinnamon undertones.

## bill granger's ricotta hotcakes

225g ricotta  
170ml milk  
 $\frac{1}{2}$  tsp **NoMU Vanilla Extract** (optional)  
4 eggs, separated  
140g plain flour  
1 tsp baking powder  
A pinch salt  
50g butter

### To serve

Maple syrup  
Banana

A sprinkle of **NoMU Sweet Rub**  
Icing sugar for dusting (optional)

Place the ricotta, milk, vanilla extract and egg yolks in a mixing bowl and mix to combine. Add the sifted flour, baking powder and salt to the ricotta mixture and mix until just combined.

Beat the egg whites until stiff peaks form and fold through the ricotta batter in two batches using a large metal spoon.

Lightly butter a large non-stick frying pan and drop two tablespoons of batter per hotcake into the pan. Leave some space between them so that they do not touch.

Cook over low to medium heat for a minute or so, or until the hotcakes have turned golden brown on the undersides. Carefully flip the hotcakes and cook on the other side until golden and cooked through. Pile onto a warm plate, alternating with slices of banana. Finish off with a sprinkling of NoMU Sweet Rub, a generous drizzle of maple syrup and a dusting of icing sugar.



- Tip:** 1. You can prepare the hotcake batter up to 24 hours in advance. Cover with plastic wrap and store in the refrigerator.  
2. For added richness and yumminess, serve with a dollop of double cream, mascarpone, crème fraiche or vanilla bean ice-cream.  
3. Try stirring some NoMU Vanilla Paste into your maple syrup to create vanilla maple syrup.

### WINE SUGGESTIONS:

Everyday quaffer - *L'avenir Rose 2005*

This off dry Rose, with a nose full of red berries, is made from 100% pinotage grapes & hails from the heart of South Africa's wine region, Stellenbosch.

Splashing out - *Moet et Chandon Rose*

From the most famous of all the Champagne vintages and in honour of the storeroom monk "Dom Perignon". The sheer audacity of the bubbles promises to carry the evening to a giddy end.

## BACK TO BASICS



### mashed potato

There are so many ways to make the perfect mash. However, not being a fan of last minute stress in the kitchen, I find this method by far the easiest and most foolproof. The ingenious piece of equipment you see in the image is called a potato ricer. It's basically like a giant garlic crusher and takes all the effort out of mashing.

1 kg flourey potatoes  
250ml full cream milk  
60g butter  
**NoMU Just Salt**  
**NoMU Just Pepper**

Peel and boil the potatoes in salted water until soft when pricked with a fork. Drain well in a colander and place back into the pot with the lid on to steam off more moisture.

Heat the butter and milk together in a jug in the microwave or in a saucepan on the stove.

Without burning yourself, crush the potatoes through the ricer. Add the warm milk and butter and combine thoroughly. Check the seasoning and keep warm until required. If it does cool before you're ready to serve it, simple re-heat over low heat, stirring constantly and adding more hot milk and butter if it has thickened.

- TIPS:** 1. If you want a smoother mash, you can use a food processor instead of a potato ricer. Personally I prefer a bit of texture.  
2. If you want a richer mash, substitute half the milk for some single cream.  
3. If you don't want black pepper specks in your mash, use white pepper instead.  
4. If you're a garlic lover, add a few cloves of roasted garlic.  
5. For a hint of heat, add a teaspoon of wasabi paste or a tablespoon of horseradish.  
6. Try combining vegetable purees with your potato mash, such as parsnips, cauliflower, carrots, butternut or celeriac.

