

# Asian influence

Our home cooking is hugely influenced by Asian cuisine which is layered with incredible flavours and textures. I love, and often indulge in, the process of experimentation and adventure that comes with this style of cooking. Irresistible ingredients like fresh limes, heady herbs, fragrant ginger and rich soy sauce lend themselves naturally to the happy accidents of discovery which is useful, seeing that I am incapable of sticking to a recipe! Here is a small taste of what I've been cooking up lately.



6 x 150g fillets of firm white fish  
 (such as Kabeljou, Hake or Kingklip)  
 1 cup hot water  
 2 tsp **NoMU Vegetable Fond**  
 1/3 cup fermented black beans  
 6 tbsp light soy sauce  
 3 tbsp sugar  
 5ml sesame oil (optional)  
 3 bunches pak choi, washed

## Seared white fish with black bean dressing served on wilted pak choi

In a small saucepan, combine the hot water, NoMU Vegetable Fond, black beans, soy sauce, sugar and sesame oil. Stir to heat and dissolve the sugar.

Bring a saucepan of water to the boil and briefly blanch the pak choi leaves until just wilted. Alternatively steam them in a bamboo steamer placed over a wok of boiling water.

Lightly oil and season the fish. Heat a heavy-based non-stick frying pan and sear the fish on both sides until golden brown and just cooked.

To serve, place a few wilted pak choi leaves at the bottom of each bowl, place a fillet of fish on top and generously spoon over the dressing.

Serves 6

**WINE PAIRING:** **Avondale Green Ducks The Duchess** has the body [forgive me your grace] and the white fleshed peach and stone fruit flavours which will happily take on the black beans. Good oak undertow too.



## beef balsamic teriyaki

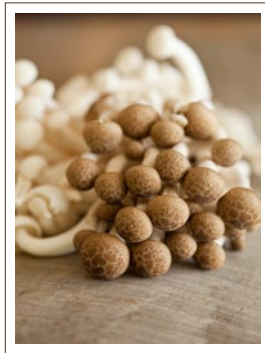
1kg fillet of beef  
200g shemiji mushrooms

### For the garnish

Vermicelli noodles, deep fried

### For the teriyaki sauce

150ml balsamic vinegar  
150 ml hot water  
1 tsp **NoMU Chicken Fond**  
25g sugar  
20ml soy sauce  
20ml mirin



### For the sauce

Combine all the ingredients in a heavy based saucepan and gently cook over medium heat until the sugar has dissolved and the sauce has reduced to a syrupy consistency.

Trim and cut the fillet into the desired shape, or leave it as is. Sear the beef in a very hot heavy based griddle or frying pan. When the beef is brown all over, but still rare inside, remove from the pan and allow it to rest for at least 10 minutes before slicing.

In a separate frying pan, heat up some oil and quickly sauté the mushrooms so that they are golden, but still firm. Toss the mushrooms in the reduced balsamic teriyaki.

To serve, place the meat onto a plate or serving platter. Top with the mushrooms, drizzle with balsamic teriyaki and garnish with deep-fried vermicelli.

### TIPS:

- The sauce can be made ahead of time and stored in the fridge.
- To deep-fry the vermicelli noodles, heat vegetable oil in a deep saucepan. Once the oil is hot enough, add the vermicelli noodles and cook until puffed up. This only takes seconds so be sure to watch them.

**WINE PAIRING: Landskroon Pinotage** - get it into the fridge. The De Villiers family make sublime red and white wines and fly well below the radar. Great bang for your buck value wines.



## crispy pork belly with spicy miso sauce

1.5kg pork belly, bones removed and skin scored\*  
2 chillies, cut lengthways and in half  
4 cloves of garlic, cut into slices  
1 onion, sliced  
2 tsp **NoMU Pork Rub**, finely ground  
15ml **NomU Just Salt**, finely ground

### For the sauce

Place all the ingredients in a deep bowl and whisk vigorously until well combined and smooth.

80ml ( $\frac{1}{3}$ cup) water  
80ml ( $\frac{1}{3}$ cup) sake  
80ml ( $\frac{1}{3}$ cup) mirin  
80g caster sugar  
120g miso paste  
1 tsp Shichimi Togarashi\*\*  
2 tsp sesame oil

### For the garnish,

combine the following  
1 red onion, finely chopped  
 $\frac{1}{2}$  red chilli, finely chopped  
1 cup Thai basil, finely chopped

Preheat your oven to 140°C. Pour the sauce into a roasting tin along with the bones, garlic, chilli and onion. In a pestle & mortar grind the NoMU Just Salt and NoMU Pork Rub until it resembles a fine powder. Rub all over the meat and into the slits of the skin. With kitchen paper, wipe the top of the skin clean. Place the pork belly in the roasting tin, cover with foil and place in the oven for 2 hours.

Remove the foil and place the pork onto a clean roasting tray. Turn the oven temperature up to 250°C and place the pork back in the oven to crisp the crackling.

Pour all the cooking liquid through a sieve into a saucepan. Place over medium heat and simmer to keep warm and reduce slightly.

To serve, follow the lines of the scored skin and cut into squares. Drizzle with sauce and top with garnish.

### TIPS:

\* Ask your butcher to score the fat for you into perfect bite-sized squares. Alternatively use a very sharp knife or Stanley knife if you have one.

\*\* Shichimi Togarashi, or Japanese 7-spice, is a spicy but fragrant blend available from Asian supermarkets.

**WINE PAIRING:** I think we are moving into Shiraz country here and the great award winner, **Eagles' Nest Shiraz** ticks all the buttons for a fruit forward judiciously oaked, truly elegant wine. Chilling it a tad before opening will just enhance the pleasure.



## mandarin pancakes

*With crispy duck and hoisin sauce. Irresistible!*

3 cups (385g) plain flour, sifted  
1 cup (250ml) boiling water  
1 tsp oil  
Roasted sesame oil to brush

### To serve

Crispy duck, sliced into strips  
Spring onion, sliced into strips  
lengthways  
Cucumber, thinly sliced lengthways  
Hoisin sauce

Place the flour in a bowl. Add the water, stirring with a wooden spoon as you pour. Add the oil and knead into a firm dough. Cover with a damp tea towel and leave to rest for 20-30 minutes.

On a lightly floured surface, knead the dough until smooth (+10mins). Divide the dough into 4 equal portions and roll each one into a cylinder. Cut each one into 6 equal pieces, roll into a ball and then flatten into a disk with the palm of your hand. Brush the top with some sesame oil, place another disk on top and using a rolling pin, roll into a 12cm pancake. Repeat with the rest.

Heat a dry frying pan and fry each double pancake one at a time until each side is lightly golden with brown spots. Remove from the pan and carefully pull apart. Place on a small plate. To re-heat, place the plate in a bamboo steamer with the lid on and steam for 5 minutes until the pancakes are hot.

Serve with strips of crispy duck, spring onion, cucumber & hoisin sauce.

### TIPS:

To make perfectly round pancakes, you can trim them with a 12cm cookie cutter after rolling them out.

These can be refrigerated for 2 days or frozen for 2 months.



## crispy duck

*Ok, I know this takes a bit of effort, but the sense of achievement is so great and it certainly beats blowing up a Peking Duck with a bicycle pump!*

Trim any excess fat off the duck, including inside the cavity, then rinse in cold water. Dry it well inside and out by patting with kitchen paper. In a pestle & mortar or spice grinder, grind together the salt and Oriental rub to a fine powder and rub all over the duck. Place the duck in a bowl, cover with a dish towel and refrigerate overnight.

Bash the garlic with the flat of your knife and thickly slice the ginger. Place half the ginger, garlic and spring onions inside the cavity of the duck. Pour ½ litre of hot water into a wok and add the remaining, garlic, ginger and spring onions, as well as the whole star anise and 2 tbsp soy sauce. Put the duck on a plate and place inside a large bamboo steamer. Place over the wok of simmering scented water and steam for 2½ - 3 hours. (Check the water level regularly!)

Remove the duck from the steamer. Drain the duck of excess liquid and discard the vegetables inside the cavity. Allow to cool completely. Brush the duck with the remaining soy sauce and dust with flour, shaking off the excess. Heat the oil in a wok, deep pot or deep fryer and fry for 10 minutes or until the skin is crispy and golden brown all over. Carefully remove and drain on kitchen paper.

1 duck  
1 tbsp **NoMU Just Salt**  
1 tsp **NoMU Oriental Rub**  
1 whole star anise from your tin of **NoMU Oriental Rub**  
4 cloves garlic  
2 fingers of ginger, peeled  
4 spring onions  
4 tbsp light Chinese soy sauce  
1 tbsp plain flour  
Vegetable oil for frying

### TIPS:

The remaining steaming liquid is deliciously fragrant. Strain and pour it into a jug. Refrigerate until the fat has settled and set. You can scrape this off and use to fry potatoes and the remaining liquid you can use as a base for a delicious broth. To up the flavour, add some **NoMU Chicken Fond**.



**WINE PAIRING:** **De Grendel Rosé** - lovely Cabernet and Pinotage berry notes, crisp and zingy fresh, perfect counterpoint to the fatty duck.

## tuna tataki |

The Japanese word *tataki* is used to describe fish or meat that has been seared on the outside and left raw in the middle.

500g trimmed tuna loin

**NoMU Just Salt**

**NoMU Just Pepper**

½ tsp Sichimi Togarashi

200g vermicelli noodles,

soaked in boiling water

Cucumber ribbons

**For the relish**

1 red chilli, seeded and finely chopped

1 tbsp freshly grated ginger

1 tsp garlic, finely chopped

Juice of 1 lime

1 tbsp light soy sauce

1 tbsp peanut oil

1 tbsp coriander, finely chopped

Heat a frying pan to a very high heat. Lightly oil the tuna. Working very quickly, brown the tuna briefly on all sides, then remove from the heat. Allow the tuna to cool completely then season with salt, pepper and Togarashi. Wrap tightly in cling wrap and place in the fridge to rest for an hour.

Place the vermicelli noodles in boiling water for 5 minutes, drain and set aside.

Slice the tuna into ½cm thick slices, top with relish and serve with cucumber ribbons, vermicelli and fresh limes.

**For the relish**

In a bowl combine all the ingredients together and mix well.

Serves 6

**WINE PAIRING:** You want a big boy here to cope with the big flavours. **Jordan 9 Yards Chardonnay** with its perfect oaking, vibrant noble acidity, brilliant fruit and lingering limesquirt aftertaste will happily tackle the tuna.



## caramelized pineapple

*with lime sugar, freshly toasted coconut and lemongrass ice-cream.*

1 cup thinly sliced fresh coconut

1 pineapple, peeled and sliced

10g butter, for greasing the

frying pan

60ml sake

40g sugar

**For the lime sugar**

50g caster sugar

zest of 2 limes

Place your coconut on a roasting tray and roast in a hot oven until golden brown. Allow to cool.

Over medium high heat, melt the butter in a frying pan.

While the pan is heating, sprinkle both sides of the pineapple slices with sugar. Add these to the pan and fry until golden brown. Remove the pieces from the pan and deglaze with the sake. Reduce slightly to a syrupy consistency.

Plate the pineapple with a scoop of ice-cream and a drizzle of syrup. Top with toasted coconut and a sprinkling of lime sugar.

**For the lime sugar**

Combine the zest and sugar in a pestle & mortar and grind until you have an even, lime green sugar.

**For the lemongrass ice-cream**

The easiest option is to buy some from your local ice-cream parlour, but if you're feeling industrious, follow the recipe for vanilla ice-cream in Recipe Mailer # 2, but add 3 bashed sticks of lemongrass to the cream before scalding. Once you've made the ice-cream, allow to cool before straining off the lemongrass and churning your ice cream.

Serves 6

