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Welcome



Originating in Spain where taverns served slices of bread and meat to cover glasses of sweet sherry from flies (tapar is Spanish for "to cover"), tapas has become a familiar word in restaurants over recent years. Thankfully, we don't have a fly problem like back then, but at Caveau we'd like to think of ourselves as tapas pioneers in Cape Town.

Hence when you pop into Caveau at The Mill this winter, we'll serve some complimentary tapas when you order your wine. Not to protect your drink, but as an aperitivo to allow you to sample more delicious food on each visit. Think of it as our little way to make winter go by more tastefully.

And don't forget this Sunday is Father's Day, so we'll see you at The Mill for another, even longer, brunch!

Keep swirling!

Brendon, Jean & Marc.

Caveau at the Mill

As of this coming Sunday brunch, Caveau at The Mill will provide a full **crêche service** for those guests with little ones in tow. Managed by Childminder, the crêche service will be available from 11am - 3pm, and will also entertain kids with activities as well as the Cartoon Network on the TV.

To find out more, please call Ronel at The Mill on 021 685 5140.

And don't forget, there's the British & Irish Lions playing the Emerging Boks next week **Tuesday** at Newlands. Kickoff is at 7pm, so swing round to The Mill for some pregame drinks. We'll have a **Jack Black** bar outside so you can sip a cold beer and catch the atmosphere before heading over to the game.

Jean's Wine of the Month - Newton Johnson Syrah/Mourvedre 2005

Part of the Hemel-en-Aarde Valley, which could also be known as the 'Chardonnay and Pinot Noir Valley,' Newton Johnson have excelled in the production of these as well as introducing other varietals. The family-run winery (parents and sons are still actively involved) upgraded to a gravity-based cellar in 2006 to further their objective of minimal intervention in winemaking, to let the wines express "an original and natural character."



Such character is evident in this Syrah/Mourvedre blend. Cool-climate conditions allow for long ripening period in the vineyard. This creates a weighty wine with firm tannins and a gamey side (possibly from the 7% Mourvedre), well suited to hearty winter meal in the company of thirsty friends.

Brendon's thoughts:

I don't know what they're doing to the grapes at this estate, but I like it. A good example of this blend: good body, firm tannins yet soft on the tongue.

Marc's thoughts: A delicious wine with some interesting flavours that add character and finesse. From an estate deserved of applause for quality across their entire range of wines.

Price at Caveau: R 265



Good friend and regular at Caveau, Billy Marklew runs Marklew wines together with his sister Haidee. To compliment their dangerously good Chardonnay and suave Cabernet wines (amongst others) is the **Marklew Capensis**, a blend of Cabernet Sauvignon, Merlot, Shiraz and Pinotage that will age gracefully over the next five years or more, but drinks exceptionally well now. Which we do recommend doing, hence we've made it available at **R130 per bottle** this month. To take advantage of this offer, simply reply to this newsletter.



Serves 4

Ingredients

- 2kg Oxtail
- 30g Flour
- 1 Onion
- 1 Carrot
- 2 Celery sticks
- 1 Garlic clove
- 2 Leeks
- 500ml Red Wine
- 2 Rosemary sprigs, chopped
- 125g Butter
- 500g Polenta
- 1.5litres milk
- Pinch salt & pepper
- 100g Chopped parsley, thyme & rosemary mix

Method:

Mix salt and pepper with flour and coat oxtail pieces well
 Fry oxtail in a medium-sized pot over medium-high heat until browned
 Remove oxtail, then add all chopped vegetables and sauté until golden
 Add the wine and let reduce by a third.
 Add rosemary and the oxtail to pot, and a little water to ensure oxtail covered, then bring to boil.
 Once boiling, reduce to simmer for 2-3 hours, checking to see if the meat is coming off the bone to indicate when ready.

For the polenta, bring milk to a boil in a pot, stirring well
 Add polenta and whisk continuously until smooth
 Add butter and cook for approximately 5 minutes, adding water if needed
 Season with salt and pepper, and the chopped herbs

Dish polenta onto four plates, and divide oxtail pieces and place on top.
 Spoon the remaining sauce from pot over oxtail once plated.

Caveau Deli : Oxtail

Oxtail is one of those lesser-eaten cuts of beef, but a classic winter stewing alternative to your regular meat choice. As the name suggests, it is the tail of a cow or ox, which is then trimmed and cut into short lengths. Because the cut is quite fatty, it is best either slowly braised or stewed to ensure the meat is tender when served. Because it is high in flavour, it makes an excellent stock also. To order some oxtail or any other cut of choice you can't get elsewhere, just give the Caveau Deli a call and our Chef will arrange it for you.

Caveau Deli entrance is on Shortmarket Street.

"In water one sees one's own face; But in wine, one beholds the heart of another."
 - Old French proverb



swirling passions

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