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Welcome



March in the Cape brings along a touch less sunshine, amusing election posters and heated rugby talk. It is also the busiest time for most wine estates, which are in the middle of their annual harvest. Sadly, veld fires have raged in the winelands for several weeks now and we hope cause no further damage or hindrance. What they harvest now is after all what we'll be drinking at the restaurant later this year, and in years to come, so our concern is most genuine. Perhaps the best way each of us can help is to financially assist and enjoy more of their wines now!

Keep swirling!

Brendon, Jean & Marc.

Brunch at the Mill

Caveau at The Mill is now serving brunch every Sunday from 10am – 3pm. In addition, we're hosting special hour-long tastings on our upstairs deck, from 12pm.

This Sunday we're hosting a complimentary **beer tasting** with Jack Black (on tap at The Mill), Grolsch and several other premium brews. Stop by, sample some refreshing beer, then join us for a relaxed brunch on the veranda downstairs...

We're also taking bookings, so call 021 685 5140 to reserve your table, since this is becoming a firm favourite.

Jean's Wine of the Month - Vins d'Orrance "Cuvee Ameena" Syrah 2005

A boutique producer making only two wines in very limited quantities, Christophe Durand is perhaps better known in the wine industry for the oak barrels he imports from France.



Through his hands-on involvement in supplying barrels, he came across a vineyard in the Simonsberg area of Stellenbosch where he has sourced the grapes for this Syrah since the first vintage in 2001.

Delicately made each year to ensure a soft, gentle wine that is enjoyable now, but possessive of a depth and complexity that allows it to age well.

Brendon's thoughts:

A truly delicious wine made by a good friend, it is a sellout every year: testimony to its quality and to Christophe's consumption ability! Best when decanted before serving.

Marc's thoughts:

Dark, ripe fruits and well-integrated oak make an attractive, elegant wine, Consistently good quality, and definitely benefits from a few years in the bottle.

Price at Caveau per bottle: R260

Caveau's Friends in Wine: Haut Espoir "Gentle Giant" 2006

Recipe of the Month: Beef Fillet with Chips and Béarnaise Sauce



Rob Armstrong runs this small farm in the Franschoek Valley, the name meaning "High Hope". He's become a good friend of ours, not only because of his great wines but because of his larger-than-life character. In fact, Rob is physically 'larger than life', perhaps the reason behind the name of this wine. A ripe, rich wine made from seven red varietals, it's enjoyable on its own, but superb with a big steak.

Available at retail through Caveau Deli for **R112** per bottle.

This dish is always available at both Caveau restaurants – even when not listed on the menu board.



Ingredients:

- 400g Trimmed beef fillet, cut into 4 peices
- 75g Butter
- 30ml Sunflower oil
- 300g Shoestring fries
- 100g Sliced Portobello mushrooms
- 100g Fresh garden peas
- 100g Fresh English spinach
- 50ml Vegetable or chicken stock
- 60g Finely chopped shallots
- 8 Crushed peppercorns
- 100ml Water
- 100ml White wine
- 80ml White wine vinegar
- 3 Egg yolks
- 260g Melted butter
- Salt & pepper to season
- 1Tbsp Fresh chopped tarragon

Method:

(Chips)

Fry chips in pan, covered in oil, over medium-high heat until golden and crispy.

(Vegetables)

Sauté mushrooms and peas in a hot pan in a bit of oil for 2-3 mins. Add spinach, stock and 20g butter and cook until stock mostly evaporated. Season to taste.

(Béarnaise Sauce)

Sauté the shallots in a pot with 5g butter over med heat. Add the crushed peppercorns, the water, white wine and vinegar. Bring to boil and reduce by half, then remove from heat and let cool. Once cool, add to mixing bowl with yolks. Whisk over heat from boiling water until it starts to thicken. Remove from heat when thick and smooth, then gently whisk in melted butter. Add the salt, pepper and tarragon to finish off.

(Steaks)

Heat oven to 185°C. Add oil to hot frying pan over high heat, then add steaks and fry until a nice golden brown colour on each side. Add 50g butter to pan and place in oven till desired doneness: 2-3min = rare; 3-4min = medium; 5-8min = well done. Let the meat rest for at least 2minutes before serving.

Serve steak on vegetables, with chips on side and sauce in side bowl.

Caveau Deli : Béarnaise Sauce

One of the true French classics, Béarnaise Sauce has been a traditional sauce for steak since it was first created some 170 years ago at the opening of a restaurant near Paris. Named after the French province of Béarn, the recipe is in theory quite simple, but requires a certain skill to ensure it comes out perfectly. If you'd rather not risk making it at home, you can pick up some at Caveau Deli. **Please** do call in advance to ensure we have some freshly prepared for you.

Available at Caveau Deli (entrance 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