

**In This Issue**

**Welcome!**

**Wine Review**

Anthonij Rupert Cabernet Franc 2005

**Recipe**

Petit poussin with Polenta

**Friends in Wine**

Rust en Vrede Estate 2004

**Caveau Deli**

Polenta

**Welcome**



Winter has hit us with a burst of cold wind and some snow in the mountains. And while some may wish to flee to warmer climates (maybe avoid Mexico), the cold does bring a renewed appreciation for hearty meals that warm the body and please the soul. Cold temperatures also signal the middle of rugby season, and our Player's Lounge at The Mill kicks off on the 13th June with Western Province playing the British & Irish Lions. Watch it live at Newlands and mingle with other rugby, food and wine aficionado's at Caveau as part of this all-inclusive luxury offering. Bound to be a truly unique rugby experience (get all the details [here](#)), there'll be plenty of wine to ensure guests are warm and spirits are high.

Keep swirling!

*Brendon, Jean & Marc.*

**Caveau at the Mill**

Don't miss out on the opportunity to experience **The Player's Lounge at The Mill**. There's the British & Irish Lions in June and then the Tri-Nations in August. With a range of options starting at R650, there's something for everyone. Don't miss out: for bookings contact kreame lifestyle industry on 021 423 8996 or [hospitality@kreame.com](mailto:hospitality@kreame.com).

**Brendon's Wine of the Month - Anthonij Rupert Cabernet Franc 2005**

This range represents the pinnacle of winemaking at the Rupert's estate, also home to L'Ormarins and Terra del Capo wines. Six wines are made, all in fairly low quantities, and the Cabernet Franc is the red that perhaps best showcases the potential for the estate.



Like Pinot Noir, Cabernet Franc is also a notoriously hard grape to grow to the quality that can warrant a straight bottling (it is far commonly a blending varietal). But South Africa has some gems and this certainly stands amongst them. Made as gently and naturally as possible, left in French oak for two years and another year in the bottle to integrate, this wine is dense, delicious and everything you'd expect from a bottle with the name Rupert on the label.

**Jean's thoughts:**

When one of the most influential people in the country decides to make some of the best wine, the result can only impress. Beautiful berry flavours in an integrated wine that will age well. Congratulations!

**Marc's thoughts:**

An excellent wine that combines a classic character and finesse with intensity of flavour and ripeness. Drink now, or if you have the patience, put away for a few years for maximum enjoyment.

**Price at Caveau: R850**



This month we're giving praise to good friend and chef, David Higgs, for his restaurant at Rust en Vrede getting a place in the S.Pellegrino World's 100 Best Restaurants. To celebrate, we're offering you the **Rust en Vrede Estate 2004** this month. A blend of Cabernet, Shiraz and Merlot it's the kind of wine you'll want to uncork on a cold winter evening and appreciate with wine-loving friends.

Available at retail through Caveau for **R300** per bottle.



**Serves 2**

**Ingredients & Method:**

Chicken:  
 1 Baby chicken  
 2 Sage leaves  
 1 Quarter orange segments  
 2 Garlic cloves  
 1 Celery stick  
 Salt & pepper

Preheat oven to 180°C  
 French-trim the legs and wings of chicken  
 Stuff cavity with orange, sage, garlic, celery and salt and pepper  
 Rub outside with olive oil and more salt & pepper  
 Place in oven for 40mins – 1hour, then remove and let cool  
 Debone thigh, inner wing and rib-cavity to create two halves  
 Separate drum and thigh on each half to make four quarters

Polenta:  
 100g Polenta  
 200ml Water  
 200ml Milk  
 50g Butter  
 Salt & pepper to season  
 Juice of half a lemon  
 30g Chives, chopped  
 100g Parmesan cheese, grated

Heat water and milk in saucepan on medium heat until almost boiling  
 Add knob of butter, salt and pepper  
 Whisk in polenta and keep whisking while cooking  
 Add salt & pepper to taste, then add lemon juice, chives and 60g Parmesan  
 Remove from heat when it's creating spouts on the surface

Vegetables:  
 10 Green beans,  
 100g English spinach  
 6 Roasted cocktail tomatoes  
 15g Roasted pine nuts  
 10 Capers, rinsed and dried  
 30g Fresh basil, rinsed  
 100ml Chicken stock

To serve:  
 Rinse beans and blanch in hot water  
 Dry off and fry in saucepan with a little butter and squeeze of lemon juice for 2 minutes  
 Divide polenta onto two plates and sprinkle with remaining parmesan, then place beans on top

Add knob butter to saucepan on medium heat and place chicken quarters skin-side down to brown  
 Flip over and let cook for 30 seconds  
 Add stock to pan and place in oven (180°C) for 4 minutes  
 Remove chicken from oven and place two quarters on each plate  
 Reduce stock till half remaining amount, then add butter and parsley and pour over chicken  
 Garnish with baby tomatoes, capers, basil and pinenuts

**Caveau Deli : Polenta**

Polenta is simply boiled maize, and could be considered the Italian 'mielie pap.' Best when slow-cooked, it is a great alternative starch to potatoes and rice, especially with dishes that have a rich sauce, like cassoulet and stews. Polenta soaks up the flavour of sauces and marinades, its neutral, salty flavour a perfect balance to offset the richness. Polenta comes in a variety of grain sizes - stop by Caveau Deli and pick up some to make your next winter meal more interesting.

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

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