

In This Issue

Welcome!

Wine Review

A.A.Badenhorst White 2007

Recipe

Veal Piccata

Friends in Wine

Waterford Rose-Mary 2009

Caveau Deli

Piccata

Caveau at The Mill

Sunday Brunch

Welcome



January is usually a time of resolutions, when most of us devise plans to be healthier, wealthier and enjoy life more. Something we certainly would like to help with, by reminding you that wine is proven to be good for your health. Yup, a glass or two a day can help your heart, prevent cancer and more. If you drink more than two glasses, well you probably negate some of these health benefits, but then you start to forget other worries, often feeling incredibly wealthy and splashing out on a special wine. And when you're enjoying that special wine, you're certainly enjoying life more. So in short, wine actually helps you with most of the New Year's resolutions. We look forward to enjoying some with you at Caveau soon.

Keep swirling!

Brendon, Jean & Marc.

Caveau at the Mill

Sunday Brunch at The Mill

Live music on Sunday Brunches at Caveau at The Mill continue through January. We've got live music from talented local musicians. Don't miss Jack Mantis this Sunday the 24th, with Tom Bryson playing on the 31st. There's secure parking as well as child-minder, so bring the kids and come enjoy what is possibly the best brunch menu in Cape Town - the Caveau Lamb Burger, Eggs Benedict and Sunday Roast are already big favourites.

Brunch served 10am - 3pm. Music starts at noon. See you there!

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Remember, the opening times at Caveau at The Mill are Tuesday to Saturday from 8am, and Sunday from 10am.

Jean's Wine of the Month - A.A. Badenhorst White 2007

A blend of Roussanne, Grenache Blanc, Viognier, Chenin and Sauvignon Blanc is unlikely to be boring,



and this wine certainly isn't. Adi Badenhorst established his reputation making wine at Rustenberg for years before leaving to start this quirky operation in the Swartland. The grapes are from old vines, mostly varieties that the average consumer has never heard of. Having fixed up an old neglected winery, he ferments the wines in old concrete tanks and then puts them into giant 4,000L oak 'Foudres' instead of the typical small barrel.

He's not after awards or showy style wines, but instead wines that are truly unique, made as naturally as possible (some quite oxidized), in a style similar to that of the Rhone Valley in France. And this is what this white blend certainly is, showing rich fruit flavours, firm minerality and good acidity. A superb, individualistic wine from a winemaker blazing his own trail.

Brendon's thoughts;

A characterful wine made by quite a character! From the moment you see the label you know you're getting something exciting here!

Marc's thoughts:

Well-balanced with layers of complex flavours. A truly unique and interesting white blend for when you're after something extraordinary.

Price at Caveau: R510 per bottle

Caveau's Friends in Wine: Waterford Rose-Mary 2009

Recipe: Veal Piccata



Taken from the recently published Caveau Book. Pop into Caveau or contact info@caveau.co.za to order your copy!



Waterford owner-winemaker **Kevin Arnold** is a longtime friend of Caveau. From their entry level Pecan Stream wines through to the ambitious flagship red, The Jem, the estate and Kevin have become synonymous for making elegant wines in a classic style. The Rose Mary is no exception, a crisp, spicy white made from red grapes giving it a slightly pink hue. Pick some at the Deli and enjoy while it's hot outside!!

Available at Caveau Deli for R70 per bottle.

(serves 4)

Ingredients

- 8 x 80g veal loin medallions
- 3 free-range eggs
- 120g grated Parmesan cheese
- 10g flat parsley, chopped finely
- Grated zest from 1 lemon
- 50g plain flour, sieved and seasoned
- 80ml clarified butter
- Salt
- Freshly ground pepper

Preparing the veal

Place the veal steaks, one piece at a time, between 2 sheets of cling-film and using a meat mallet, gently bat out the meat to a thickness of 5mm, ensuring that the meat is the same thickness all over. Place the steaks in a shallow dish, sprinkle with the grated lemon zest and lightly season with salt and freshly ground pepper. Leave to stand for 1 hour at room temperature.

Place the eggs, grated parmesan cheese and chopped parsley in a bowl and whisk to a paste, lightly season with salt and freshly ground pepper. Pass the steaks through the seasoned flour and then through the egg mix and gently work with your fingertips until each piece is evenly coated. Remove the steaks from the egg mix, allowing any excess to drain off.

Heat the clarified butter in a large non-stick frying pan and when hot, fry the steaks on both sides for 2-3 minutes until crisp and golden. Remove from the pan and drain on a clean kitchen towel. Lightly season the piccata's with salt and freshly ground pepper.

Serve two pieces of veal per plate on a bed of mixed greens and roasted baby tomatoes. Garnish with a lemon cheek.

Caveau Deli : Piccata

Piccata is originally an Italian dish, the name deriving from the word 'piccato,' meaning "larded." A popular dish because of its wholesome flavour and relative simplicity to prepare, veal and chicken are the most common meats used to make it. Pick up some meat at Caveau Deli and try it at home. And if you don't have a mallet to flatten the meat, any other firm object will do!

Caveau Deli - entrance on Shortmarket Street. 021 422 1367.

"Wine can of their wits the wise beguile, make the sage frolic, and the serious smile."
- *Homer*



swirling passions

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