

In This Issue

Welcome!

Wine Review

Rainbow's End Cabernet Franc 2008

Recipe

Duck Confit

Friends of Caveau

Steve Jeffery, The Charcuterie

Caveau at The Mill

Sport at The Mill

Welcome



Soccer fever has gripped the nation, and we're getting in on the joys, the upsets and all the fun at Caveau. The Heritage Square courtyard has become home to some colourful supporters who've also been quite loud on the vuvuzela, particularly during Bafana games. We've got TV's at both Caveau restaurants screening all the action, so come enjoy the Caveau hospitality without missing any of the sports action. The World Cup still has plenty more excitement ahead and we look forward to sharing it with you.

Keep swirling!

Brendon, Jean & Marc.

Caveau at the Mill

SPORT AT THE MILL

Caveau at The Mill is going sports crazy for the next month. All the soccer games are being screened at the restaurant, where we have TV's both upstairs and downstairs now. As if the World Cup wasn't enough, come July 10th the 2010 Tri-Nations rugby kicks off with the Springboks playing the All Blacks in Auckland, New Zealand. A long way from Newlands, but the atmosphere is bound to be great at Caveau, so come join in the support. It's all happening at Caveau at The Mill.

For reservations, contact Ronel at Tel: 021 685 5140 or email management@caveau.co.za

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

Brendon's Wine of the Month - Rainbow's End Cabernet Franc 2008



Rainbow's End wines are made by the Malan family at their farm in the Banghoek valley of Stellenbosch. Born from the long-term vision of father, Jacques Malan, and made with the help of four other family members, Rainbow's End produces a small selection of quality single vineyard and blended reds. Their Cabernet Franc fast sells out upon release and for good reason – it's a real cracker of a wine.

Made in a delicate manner, each clone is fermented separately to allow individual flavour development. After maturation in French oak barrels, the wine is bottled without fining or filtering to preserve as much flavour as possible. Soft, spicy tannins and ripe red fruits share the palate with some delicious dark chocolate and mocha flavours.

Jean's thoughts:

For some reason people only remember Cab Franc as a heavy, rich wine. I'm afraid to say that not all of them are - especially not this Rainbow's End one. Lovely pure fruit, I love it.

Marc's thoughts:

Classic Cabernet Franc varietal flavours dominate in this delicate, refined and very much boutique wine. A superb find, worth seeking out.

Price at Caveau: R238 per bottle

Recipe: Duck Confit

A Lighter Moment

An excerpt from the Caveau Book...

Brendon recalls how they created their first signage above the front doors – on a serious budget. He printed the logo outline on tracing paper and stood on two wine barrels to paint it on to the wall above the front door, using a kitchen sponge as a brush! The results were satisfactory, until the landlord had the entire building repainted just a month later and covered over Brendon's handiwork. Today the signage is made from wood, slightly more permanent.



A French classic that makes a great winter dish when it's cold outside. If you can't get hold of duck, you're welcome to call us and we'll order some for you. This is a variation of the recipe, the original is featured in our Caveau book, available from the restaurants.

Ingredients (serves 4)

Marinade:

4 large duck hindquarters
80g rock salt
50g granulated white sugar
zest of half a lemon
zest of half an orange

Confit:

500ml reduced duck fat
1 piece star aniseed
1 bay leaf
5 juniper berries
6 black peppercorns
skin of half an orange
skin of half a lemon

Preparation

Mix the salt, sugar and citrus zests in a bowl. Rub this salt mix into the duck legs and place onto a perforated tray, with another tray beneath it to collect the moisture released from the meat. Leave for at least 24 hours.

Remove all the salt and sugar from the duck with a dry cloth. Heat duck fat in a heavy based pot over low heat. Add duck and remaining confit ingredients to the warm duck fat. Allow to stand for 30 minutes. Transfer duck fat and other ingredients into a deep baking tray. Make sure that the duck is completely covered with the fat. Cover tray with foil and bake at 100°C for 4.5 hours. When done, allow to cool in the fat. If you can leave it for another 24 hours that would improve the flavour.

To serve remove from fat, place on a baking tray and roast in the oven at 180°C for 10 minutes. Serve with mashed potatoes and sauteed wild mushrooms.

Friends of Caveau: Steve Jeffery, The Charcuterie

Since we opened, charcuterie has been a big part of Caveau. Cured meats are something we love, and something we love to share, so we endeavour to find the best suppliers for each meat. **Steve Jeffery** is one of those suppliers, a larger-than-life character who shows total passion for his product. You can purchase saucisson, chorizo, cured pork ham and plenty more meats from him. We're also big fans of the lamb ham that he's made, available at our new deli area in the front of Caveau Heritage Square. Otherwise swing past the Neighbourgoods Market at the Old Biscuit Mill on Saturday's where you can find Steve purveying his delicious goods himself.

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



swirling passions

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