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Welcome



February is a busy time in the wine industry, as all around the Western Cape sun-ripened grapes are being harvested for this year's vintage. A hectic time for many, and many a nervous winemaker out there. It's also a sweltering hot time in the city, so we've been enjoying plenty of white wines at Caveau recently. Drinking some Sterhuis Sauvignon Blanc 2005 last week, we couldn't stop thinking how great the wine was after some time in the bottle. There are some superb vintage whites in the cellar that are overlooked daily by guests ordering the latest vintages. Next time you're at the restaurant and want something different, have a look on the list or ask one of us to recommend one of these - you won't regret it!

Keep swirling!

Brendon, Jean & Marc.

Caveau at the Mill

Sunday Brunch at The Mill

Live music on Sunday Brunches at Caveau at The Mill continues through February and March. We've got live music from talented local musicians, secure parking as well as a child-minder, so bring the kids and come enjoy what is possibly the best brunch in Cape Town. The menu includes our Caveau Lamb Burger, Eggs Benedict and the Sunday Roast is already a big favourite. It's a great vibe - see you there!

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.

Marc's Wine of the Month - Sterhuis Sauvignon Blanc 2005

Sterhuis gets its name from when early visitors mistook the farmhouse light (high on a hill) for Venus, the evening star. We're not sure what they'd been drinking, but we doubt it was as good as this wine, made by Johan Kruger. His Sterhuis Chardonnay is exemplary and his Sauvignon Blanc rated one of the best around.



When it comes to the ageing of these you'd probably think of the Chardonnay first, but the Sauvignon Blanc ages extraordinarily well. It has a strong mineral character that together with the acidity keeps it in good form. Some of the fresh tropical flavours are lost but in their place come richer, rounder fruits that give it more depth. We drank some 2005 last week and have several older vintages in the cellar, going back to 2003. There are just a few bottles of each, so ask the manager on your next visit to see what's available.

Brendon's thoughts;

It's great fun getting stuck into something older, and these Sterhuis wines are no exception. The 2005 is still fresh and clean, but with enhanced richness of flavour. A real beauty!

Jean's thoughts:

We have been stocking and ageing white wines since we opened Caveau and this Sauvignon Blanc is proof of how South African whites can age well. It is fruity and the acidity is still there - a fantastic wine.

Vintages going back to 2003 at different prices - please enquire.



Mike Ratcliffe at Warwick is a wine marketing guru, social media networker and all-around nice guy. Warwick has just released this Syrah, with a minimalist matte black label, it's a wine they call "extravagant" and something to "drink only with your inner circle." Mike's hand is clearly at play here, and this is certainly a wine destined for a few serious collectors' cellars.

Knowing the quality of wine the estate produces, we recommend you get your hands on some while you can. Available (in very limited quantities) from Caveau Deli at R190 per bottle.

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



(serves 4)

8 green asparagus spears, peeled and blanched
450ml chicken stock
60g whole unsalted butter, diced
50g shallots, finely chopped
1 garlic clove, crushed
200g Arborio rice
25ml cream
40g spring onion, sliced
½ lemon
10ml vegetable oil
16 medium-sized Tiger prawns, peeled and deveined
5g chives, sliced
5g sliced spring onion
10g rocket leaves
5ml extra virgin olive oil
salt
freshly ground pepper

Preparing the asparagus

Blanche the asparagus in boiling water for 1-2minutes
Drain and cut off tips, slice stalks at an angle and set aside

Preparing the prawns

Season prawns with salt and pepper
Fry in oil for 2mins on one side
Turn over, add butter and lemon juice and fry another 2mins

Preparing the risotto

Ensure chicken stock is simmering in its own saucepan
Fry shallots and garlic in butter in heavy based saucepan for 2mins
Add rice and cook, stirring, another 2mins
Add a ladle of chicken stock and stir into rice, reduce heat to simmer
Continue to add ladles of stock and cooking rice until rice is al dente, about 20mins
Once done, add the cream and 25g butter and stir through the rice.
Stir the prawns, sliced asparagus spears, spring onion and chives through the risotto and warm through gently.
Season to taste with salt, freshly ground pepper and a squeeze of fresh lemon juice.
Serve some freshly shaved parmesan cheese on the side.

Caveau Deli : Risotto

Risotto, the classic Northern Italian dish, has its origins back in 1574. One alleged story is that a young apprentice staining some Cathedral windows was teased for adding saffron to create brighter colour. He got tired of being teased and so added some saffron to the rice being served at his master's wedding. What started as a joke evolved into Risotto Milanese, the original risotto dish, that now has almost infinite variants. Risotto should be made with Arboria rice (pick some up at Caveau Deli) and always use a wooden spoon – a metal one breaks the rice grains.

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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