

New generation of wines

WINEMAKER'S BREAKTHROUGH: ROOIBOS-WOODS WINE IS LAUNCHED

» No sulphites or preservatives added to wine made using rooibos wood.

Genevieve Vieira

In a desperate attempt to stay afloat in the increasingly competitive winemaking industry, a small-time vintner discovered something that would revolutionise the future of winemaking. By adding rooibos wooded chips – high in antioxidants – to wine, there'd be no need for synthetic preservatives.

Trevor Strydom, proprietor of Audacia wines, explains: "In early 2010 I began studying wine legislation, seeking an alternative to oak-wooded wines. I started experimenting with different wood extracts but nothing



info

- Pick n Pay is the exclusive merchandiser of the first-ever wine made using indigenous Rooibos and Honeybush woods
- Stellebrau Brewery, responsible for the Governor's Red Lager made with rooibos and honeybush won an international award for their Craven Craft Lager in July

seemed to work. I was ready to give up when my daughter offered me a cup of tea. She put a box of rooibos down on the table and that's when it came to me: "What would it taste like if we put the rooibos into the wine?"

Adding one teabag after another, Strydom, together with his chief winemaker, Michael van Niekerk, knew they were onto something good. Sourcing the required fynbos extracts, it wasn't long before they realised the plant's unique benefits. Since the wood is essentially a waste



DRINK UP. The world's first rooibos-wooded wine with no sulphites or preservatives added. Pictures: Thinkstock

product from the manufacture of all Cederberg-grown rooibos tea, it was a win-win situation.

Strydom would later apply the process to other alcoholic beverages, such as beer and cider, currently being produced by Stellebrau Brewery.

Bringing in KWV as a partner, the Stellenbosch-based company Red Dawn IP Holdings is the proprietor of several pending patent applications (83 to date) worldwide. This would mean that no

other entity could use the indigenous plants, or their derivatives for alcoholic beverage production, unless it was done under licence from Red Dawn.

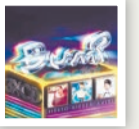
"Our patent covers the making of all wine, beer and cider products by adding rooibos and honeybush plant material during manufacturing," Strydom said in a statement.

For more information
visit audacia.co.za

CD SOUNDS
by Adriaan Roets

A dance floor diamond

Bump – Volume 35
Dance compilation



★★★★★

Released by: Universal
Tracks: 50

Bump CDs are as South African as a braai or beer. For the latest release, *Bump Volume 35*, fans of the Bump franchise can look forward to a three-disc set, neatly packaged into a single jewel CD case. The set features an entire disc with tracks remixed by DJ Costa, one of South Africa's premier party starters. With tracks like Afrojack's *Dynamite* and Iggy Azalea and Rita Ora's *Black Widow*, DJ Costa puts his usual Bump-spin on all the source tracks. He's a stalwart of the dance floor charts in South Africa, and has been a driving force in the release of Bump CDs since 1997. The second disc is more of a compilation album and features exclusive unmixed tracks from artists such as One Republic, Avicii and Tiësto. The third disc has been mixed by DJ Wags, a recognisable name to 5FM listeners.

All that they are

Gage – Break the Silence
Rock



★★★★★

Released by: Sony ATV
Tracks: 11

Under the banner of pop rock, Gage, a three-piece band from Kimberley, brings a little something to the South African music scene with their second album *Break the Silence*. Sure, kidlets won't start a mosh pit to the titular track *Break the Silence*, nor will it get somebody to the dance floor – however the album is happily paired with twirling a glass of wine in the hand at a get-together. Think the kind of music you'd hear at a laid-back pub while chatting to a few friends, and occasionally causing you to shut your jowls to listen to the music wafting from the sound system. What gives Gage a unique twist is the fact that lead singer and lyricist Jason Horseman is also the band's drummer, a role seldom taken on by the lead singer. A quick scan of their website and future gig guide also shows this must translate well in live shows, as they seem to be a busy lot. Expect songs about love, life and making a stand – all with some folksy twang.

KITCHEN CUTOUT

Pasteis de nata with red muscadel syrup

Makes 12 tarts

MUSCADEL SYRUP
250ml **Allesverloren Red Muscadel/red muscadel wine**
100g **castor sugar**
CUSTARD
45ml (3 tbsp) **cake flour**
160g **sugar**
3 **egg yolks**
1 **egg**
300ml **milk**
pastry cases
1 x 400g **roll puff pastry**

1. For the muscadel syrup, **combine** the ingredients in a saucepan over medium heat and cook until a syrupy consistency is achieved, about 15 minutes. Remove from heat and set aside to cool. Do not place in the fridge.
2. For the custard, **sift** the flour



and sugar together into a bowl. In a separate bowl, lightly beat together the egg yolks and whole egg using a whisk. Place the milk in a saucepan and bring to a boil. Pour half of the boiling milk over the flour and sugar and stir until the sugar has dissolved and the mixture is smooth. Add this mixture to the remaining milk. Pour a few spoonfuls of the hot mixture

onto the beaten egg and stir well. Then pour the egg into the flour and sugar mixture, stirring constantly until completely mixed. Refrigerate to cool, about 1 hour and 30 minutes. Preheat the oven to 250°C.

3. For the pastry cases, remove the puff pastry from the fridge and, using a sharp knife, **cut** 10 discs from the log, about 1cm thick. Press the discs into the cups of a greased muffin tin, starting in the middle of the base and working outwards up the sides. Chill the muffin tin briefly if the pastry has become too warm then blind bake in the oven, 5 minutes. Remove from the oven and allow to cool slightly. Pour the custard into the pastry cases, leaving about a centimetre

between the custard and the rim of the pastry. Return to the oven and bake until the pastry edges are browning, 8-12 minutes. (Darker spots on the custard are normal once baked.) Once you've removed the tarts from the oven, let them cool for a few minutes, then remove from the tin and place on a wire rack to cool further.

4. **Serve** the tarts drizzled with the syrup.

Info

Recipes from Food & Home Entertaining magazine

Find them on Facebook (Food&Home Entertaining) and follow them on Twitter @FHEMag. The November issue is on sale now.

Pumpkin stem farturas (pés de abóbora)

1L (4 cups) **water**
20ml (4 tsp) **sugar**
20g **butter**
pinch **salt**
1 **cinnamon stick**
strip **lemon rind**
500g **cake flour**, sifted
6–8 **eggs**
oil, to deep-fry
cinnamon sugar, to serve

chunks and **zest of 1 lime**, to garnish

1. **Place** the water, sugar, butter, salt, cinnamon stick and lemon rind in a saucepan and bring to a boil, 10 minutes. Remove the cinnamon stick and lemon rind. Add the sifted flour, mix it in very quickly

and cook over medium heat, 1–2 minutes. Remove from heat and set aside to cool, 10–15 minutes.

2. Once cooled, **mix** in the eggs one at a time using an electric mixer, beating well until the mixture is of a soft consistency.

3. **Heat** the cooking oil in a pan over medium-high heat. Place the mixture in a piping

bag fitted with a nozzle and, starting in the centre of the saucepan, pipe the dough in a spiral shape. Fry until golden on both sides, being very careful when you turn it over. Remove from the oil and drain on paper towel. Cut into farturas, sprinkle with cinnamon sugar and serve with a chunk or two of lime and a sprinkle of zest.