New generation of wines

WINEMAKER'S BREAKTHROUGH: ROOIBOS-WOODED WINE IS LAUNCHED

**info**

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

**I**n a desperate attempt to stay afloat in the increasingly competitive wine-making industry, a small-time vintner discovered something that would revolutionise the future of winemaking: adding Rooibos wooden chips—high in antioxidants—to wine, there’d be no need for synthetic preservatives.


“Traditionally, the making of all Ouderberg-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 Stellenbrau Brewery. Bringing in KVV 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**

Pastéis de nata with red muscadel syrup

**KITCHEN CUTOUT**

Makes 12 tarts

MUSCADEL SYRUP
250ml Allesverloren Red Muscadel/red muscadel wine
100g caster sugar
CUSTARD
45ml (1 tbsp) cake flour
160g sugar
3 egg yolks
1 egg
300ml milk
pastry cases
1×400g 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 the egg yolks and whole egg using a whisk. Place the milk in a saucepan and bring to a boil. Pour half of the bailing 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. Roughly 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 dusted 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 furturas (pês de abóbora)**

1L (4 cups) water
20ml (4 tsp) sugar
20g butter
pinch salt
1 cinnamon stick
1 lemon rind
500g cake flour, sifted
Slices of banana as desired

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 furturas, sprinkle with cinnamon sugar and serve with a chunk of butter or a bit of lime and a sprinkle of zest.

**CD SOUNDS**

**A dance floor diamond**

**Bump – Volume 35 Dance compilation**

**Released by:** Universal
**Tracks:** 30

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 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 Jiggy Azaréa and Rita Orà’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 SFM 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 Horak 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 live shows, as they seem to be a busy lot. Expect songs about love, life and making a stand—all with some folksy twang.