



BONNIEVALE

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Festive season dishes

with BONNIEVALE WINES

You've got a dinner party coming and need festive season ideas of dishes that pair with Bonnievale Wines. Panic no more, 'cause we've got you covered. Bonnievale Wines asked award-winning food blogger and cook Nina Timm of My-Easy-Cooking.com to create just such a list of food and wine pairings to make life easy.

Bonnievale The River Collection Sauvignon Blanc 2022 paired with BBQ whole trout with red salad and chipotle mayonnaise.

A tropical fruit salad distinguishes this invigorating wine recently named an FNB Sauvignon Blanc SA Top 10. It is characterised by flintiness and herbiness. For this, bold flavours are required.

Smokey BBQ Trout

WITH SUMMER SALAD & CHIPOTLE DRESSING

Trout

Ingredients

- 1 whole trout - gutted and trimmed
- 2 T olive oil
- 1 T salt
- 10 ml pepper
- Juice of 1 or 2 limes
- 100 g butter
- 2 sprigs fresh thyme
- 1 t smoked paprika
- 2 - 3 drops liquid smoke

Method

Preheat your grill or fire up the kettle braai with briquettes. What you need is medium heat. If the fire or grill is too hot it will burn the skin of the trout which will result in a bitter taste. In the meantime, wipe the trout with a clean paper towel and rub with the olive oil. Season with salt and pepper on the inside and outside. In a small pot melt together the lime juice, butter, paprika, liquid smoke and thyme. Once the fire is ready, lay the trout on the grill and close the grill or kettle braai and open the vents. Cook for 10 minutes and then open the grill. With a sharp knife, try and remove the skin on the top half of the trout in one piece. Place the skin back on the grill to crisp up. Brush the fish with the melted butter mix and close the grill for 5 more minutes. Once the trout is cooked, gently remove from the grill and rest.

Chipotle dressing

Make the chipotle mayonnaise in advance.

Ingredients

- 250 ml/ 1 cup mayonnaise
- ½ t smoked paprika
- 2 drops liquid smoke
- Zest and juice of 1 or 2 limes
- 1 jalapeño - finely chopped

Method

Mix all the ingredients together and keep until needed.

Summer salad

- 1 pillow bag salad - I used the beetroot, red cabbage, kale and radish from **Woolworths**
- 1 ripe avocado - cut in thin slices or fine cubes
- 2 mealies - cook them on the grill while you do the trout or on the stove - cut mealies of the husk.
- 1 small red onion cut in fine strips
- 2 t olive oil
- Juice of 1 lime

Method

Toss all the ingredients in a bowl and dress with the olive oil and lime juice. Serve with the grilled trout, the crispy skin and the chipotle mayonnaise



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Bonnievale The Vale Cinsault Brut Rosé paired with rice crackers, cold-smoked trout and trout caviar.

Seductive bubbles accompany luscious notes strawberries and cherries in this bubbly from Bonnievale. Crisp and delicious, it's the perfect partner to a light and tasty fish dish.

Deluxe Trout Crackers

Ingredients

- 6 x 22 cm sheets rice paper sheets - cut 3 circles from each rice paper sheet
- 100 ml canola oil
- 3 x 80 g Three Streams Smokehouse Cold smoked trout
- 5ml sesame oil
- 5 ml light soy
- 60 - 80 ml kewpie mayonnaise
- 50g Woolworths Trout Caviar
- Micro herbs for decorating



Method

In a small bowl, cut the trout in very small cubes. Mix cubed trout, sesame oil, soy and kewpie mayo lightly with a fork. Keep refrigerated until needed.

Preheat the oil to very hot in a small pot. Place 1 rice paper circle in the pot at a time. Use a potato masher to keep the circles flat, otherwise they curl up and you cannot use them. Fry all the circles and keep in a dry space until needed.

When ready to serve, spoon some of the trout filling on each cracker and top with some caviar and micro herbs. Serve immediately, otherwise the crackers become soft.

This is a delightful starter for the festive summer months. Serve with ice cold Bonnievale The Vale Cinsault Brut Rosé.



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Bonnievale The River Collection Merlot 2021 paired with Greek lamb meatball and yogurt bowls

This wine is smooth and supple, redolent of red and blackberry fruit and notes of vanilla cream that echo on the palate. It's a sit-back-relax kind of wine that will just love a dish of lamb.

Greek Lamb

MEATBALL BOWLS (Serve 4)

Meatballs

Ingredients

- 500 g lamb mince
- 1 medium onion - finely grated
- 125 ml ground almonds
- 80 ml finely grated Parmesan
- Zest and juice of 1 lemon
- 5 ml salt
- 5 ml pepper
- 5 ml cumin
- 15 ml Worcestershire Sauce
- 5 ml oregano
- 30 ml BBQ sauce of your choice

Method

Place all the ingredients in a mixing bowl and mix thoroughly. Shape the mixture into 16 meatballs. I cooked the meatballs in the airfryer at 180 C for 15 minutes. Brush the meatballs with the BBQ sauce after ten minutes and then cook for another 5 minutes. Keep warm until needed. You can also do them in the oven at 180 C for 30 minutes or in a pan. The meatballs are quite soft, so try not to handle them too much.



Other ingredients

- 100 g fine asparagus - I grilled mine in the airfryer, you can use a conventional pan or a griddle pan. Drizzle lightly with olive oil.
- 90 g sugar snap peas - halved
- Fresh rocket
- 1 red onion - finely sliced
- 500 g full fat plain yogurt
- Lemon juice

To assemble the bowls

Divide the yogurt amongst bowl flat bowls. Place 4 meatballs in each bowl. Add all the other ingredients and serve. I prefer the meatballs quite warm, because the contrast with the cold yogurt is heavenly. You can change the lamb with beef and you can also add canned chickpeas to each bowl.

Of course the fatty lamb pairs beautifully with the Bonnievale The River Collection Merlot 2021.



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Bonnievale The River Collection Cinsault Rosé 2022 paired with mosbolletjies.

Bracing and dry, the wine reflects style typical of Southern France. It's light, aromatic and sumptuously fruity. What could be better with it than the fresh, soft, semi-sweet bun that is a mosbolletjie?

Mosbolletjies

(Makes 2 loaves)



Ingredients

- 15 g instant yeast
- 1 kg flour
- 10 g salt
- 80 g sugar
- 220 g butter
- 30 ml whole aniseed
- 300 ml Bonnievale The River Collection Cinsault Rosé 2022 (I had leftovers)
- 200 ml lukewarm milk
- 250ml+ lukewarm water
- Apricot jam for brushing afterwards



Method

Place the flour, yeast, aniseed and salt in the mixing bowl of your mixer. With the dough hook attachment, mix the dry ingredients. In the meantime, melt the milk and butter in the microwave until the butter has melted. Add the water and wine and mix. While the machine is running, slowly add the water, wine, milk and butter mixture and let the machine run slowly to mix the ingredients to a workable dough. If the mixture is too dry, add more lukewarm water.

Let the machine run for another 10-15 minutes until it becomes elastic and smooth. Cover with plastic and allow it to rise to double its size.

Knock down the dough and knead for 5 minutes. Place back in the bowl, cover with plastic and keep in the fridge overnight. The cold fermentation makes a huge difference in the texture of the Mosbolletjies.

Next day, remove dough from the fridge and place in a warm place and allow the dough to slowly rise to double in size. Knock back and knead, then roll into balls the size of small naartjies. Spray two bread loaf tins with Spray 'n Cook and place the dough balls in the pans. Cover with a dry, clean cloth and allow the dough to rise until the tins are $\frac{3}{4}$ full. When the tins are $\frac{1}{2}$ full, switch the oven on 180 C. When ready, bake the Mosbolletjies until golden brown, about 45 - 50 minutes.

Remove the Mosbolletjies from the pans onto a drying rack and brush the tops with apricot jam.



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Spice and earthiness meet dark fruit and butterscotch with a whisper of coffee in the complex and well-structured wine. Pasta and a great sauce will make it shine!

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Soft Shin Ragou

WITH PARPADELLE

(Serve 4)

Ragou

Ingredients

- 500g beef soft shin or shin with bones
- 1 medium onion - finely chopped
- 30 ml olive oil
- 1 whole garlic globe
- A few sprigs thyme
- 1 beef stock cube
- 10 ml freshly ground black pepper
- 10 ml smoked paprika
- 1125 ml canned chopped tomatoes
- 15 ml tomato paste
- 125 ml Bonnievale
- The River Collection Shiraz 2021
- 250 ml water

Method (I used my Instant Pot)

Switch the Instant pot on and choose the sauté option. Add the olive oil and brown the meat on both sides. Add the onion, garlic and spices and sauté until the onions have caramelised. Add the wine, water and stock cube and bring to the boil. Place the lid on and change to the “pressure cook” option. Set the timer for 30 min. After 30 min, quick release and open the lid. The meat should now be soft. Break up with a fork and add the tomato and tomato paste. Switch to “slow cook” and cook until the sauce has reduced and thickened naturally. Taste and season to taste. While the meat is in the pressure cooker, make your pasta. If it’s too much effort, use store-bought.

Ingredients

- 90 g 00 flour
- 25 g fine semolina
- 5 egg yolks
- 25-30 ml water

Egg Yolk Pasta

Method

Mix the flours together and form them into a well on a large flat surface, or in your mixer with a dough hook.

Separate your egg yolks from the whites. Keep the egg whites - they store well (and can be frozen). Add the yolks to the centre of the well or your mixer.

Use a fork or your hand and slowly mix the dry ingredients into the wet. I ran my machine on a slow setting. Keep going and slowly add the water while the machine is running. Keep working the dough until it becomes elastic, but doesn’t stick to your hands or work surface. If it’s too sticky, add flour in very small amounts.

Switch to a faster setting and allow the dough to become more elastic. Remove from the bowl and place in a plastic bag and allow to rest. After 30 min, cut the dough into two pieces, and roll it out with a rolling pin. Mine was about 1.5mm thick. Use a knife to cut the sheets into wide strips. Toss the strips with more semolina to prevent sticking.

Fill a pot with water, add 1 T salt and bring to the boil. Add the pappardelle in 2 batches and cook for about 4-5 minutes. Drain through a colander and add to the meat sauce. Mix through and serve immediately with lots of freshly grated Parmesan.

Best served with more Bonnievale The River Collection Shiraz 2021