

Ready to hibernate!

This time of year when the chestnuts start falling, we know Summer is officially over and Autumn is here. So it's back to slow roasts, home-baking, comforting soups and simple fare, made fresh, easily and as always, with the emphasis on spending quality time with friends and loved ones, in a warm kitchen while things get deliciously chillier outside!



gnocchi & roasted chestnuts with burnt sage butter

- 500g potatoes
- 2 egg yolks
- 15ml grated parmesan
- 115g flour
- 24 chestnuts
- 4 tbsp butter
- 12 sage leaves
- NoMU Just Salt**
- NoMU Just Pepper**
- Parmigiano Regiano

Preheat your oven to 220°C.

Peel the potatoes and boil in salted water until soft. Mash well and add the egg yolks, parmesan and flour. Combine until smooth.

Roll the potato mixture into a long tube, approximately 1cm thick and slice into 2cm long rectangles. Roll the rectangles over the tines of a fork and then slightly curl each one. Bring a pot of water to a gentle boil, add the gnocchi and cook until they rise to the surface.

Roast the chestnuts as per the Roasted Chestnut Soup recipe below. Melt the butter in a saucepan. Add the chestnuts, sage, Just Salt and Just Pepper and cook until golden brown. Add the gnocchi and toss to coat and heat through. Serve immediately in warm bowls with shavings of parmesan.

Serves: 4

WINE PAIRING: You need something with good acidity to cut through the rich flavours here - Muratie has a new white blend called Laurens Campher which should do the trick.



cheese & thyme pull-apart buns

2 tsp active dry yeast
 1 tsp sugar
 1 cup lukewarm milk
 2½ cups plain flour
 2 tsp **NoMU Just Salt**
 1 tbsp olive oil
 50g talleggio, grated or finely diced
 50g parmesan, grated
 1 tsp mustard powder
 1 tbsp chopped thyme
 extra flour for kneading
 milk for brushing

Preheat your oven to 160°C and grease an 18cm square or round tin. Place the yeast, sugar and lukewarm milk in a bowl and mix to combine. Set aside in a warm place for 5 minutes or until bubbles appear on the surface.

Place the flour, salt, olive oil and yeast mixture in a bowl and mix until a smooth dough forms. Knead on a lightly floured surface for 5 minutes or until smooth and elastic, adding a little extra flour to the dough if it becomes too sticky.

Add the cheese and thyme and knead into the dough. Divide into 8 equal portions and shape into buns. Arrange in a baking tin, leaving a little space between them for rising. Cover with a clean towel and leave in a warm place for 45 minutes or until doubled in size.

Brush with milk and bake for 20 minutes or until golden brown.

roasted chestnut soup

1 tbsp olive oil
 2 tbsp butter
 1 brown onion, chopped
 2 garlic cloves, crushed
 800g chestnuts
 400g potatoes, boiled and peeled
 1½ litres hot water
 3 tbsp **NoMU Vegetable Fond**
 2 cups pouring cream
NoMU Just Salt
NoMU Just Pepper

Preheat your oven to 220°C.

To roast the chestnuts, using a sharp paring knife, cut a criss-cross into the flat side of each chestnut. Place them in a roasting pan, sprinkle lightly with water and roast for 20 minutes. Remove them from the oven and wrap in a tea towel until cool enough to handle. Remove the shells and as much of the brown skin as possible.

Place a large saucepan over high heat. Add the olive oil, butter, onion and garlic and cook for 2 minutes or until the onions are tender. Add the chestnuts, potatoes, water and Vegetable Fond. Bring to the boil and allow to simmer, stirring occasionally for 30 minutes or until the chestnuts are tender. Stir in the cream, heat through and season to taste.

Blend the soup in batches until smooth. Ladle into warmed bowls and drizzle with hot foaming butter infused with a few sprigs of thyme. Serve with cheese and thyme pull-apart buns.

Serves: 6



WINE PAIRING: I think a nice, earthy **Pinot Noir** would go well with this rich and savoury soup. I loved the **Groote Post Reserve** when I had it the other day - not the cheapest but very delish!

oven roasted coq au vin

8-12 chicken pieces
 1 tsp **NoMU Poultry or Roast Rub**
 150g diced bacon
 6 shallots, peeled and halved
 3 garlic cloves, crushed
NoMU Just Salt
NoMU Just Pepper
 3 tbsp olive oil
 2 tbsp butter
 250ml hot water
 1 tsp **NoMU Chicken Fond**
 ½ cup white wine
 350g mixed mushrooms such as oyster and chestnut, sliced

Preheat your oven to 220°C.

Rub a generous teaspoon of NoMU Rub onto the chicken pieces and arrange them in a large roasting dish. Add the bacon, shallots and garlic. Season with Just Salt and Just Pepper and drizzle with a few glugs of olive oil. Toss well to coat everything then re-arrange the chicken skin-side up. Roast for 20 minutes.

Stir the Chicken Fond into the hot water and add to the pan along with the wine and a few blobs of butter and roast for another 20 minutes.

Heat the butter and remaining oil in a large frying pan and cook the mushrooms over high heat until golden brown but still firm. Add to the roasting dish and roast for a final 5-10 minutes before serving with roast potatoes, creamy polenta or home-made pasta.

Serves: 4-6

WINE PAIRING: They say you should cook with the same wine you'd drink with the food, but if you opened a bottle of **Warwick First Lady**, I think you'd find it too good to spare any for the casserole dish!





pot roast lamb with shallots & organic potatoes

- 1.2kg lamb leg
- NoMU Just Salt**
- NoMU Just Pepper**
- NoMU Roast or Lamb Rub**
- 1 tbsp olive oil plus extra for drizzling
- 1 tbsp **NoMU Lamb Fond**, stirred into 500ml hot water
- ½ cup red wine
- 2 tbsp honey
- 3 shallots, peeled and halved lengthways
- 1 tbsp chopped rosemary leaves
- juice of 1 lemon (optional)
- 1 tbsp seeded mustard
- 12 organic potatoes

Preheat your oven to 160°C.

Drizzle the lamb with olive oil and rub with Just Salt, Just Pepper and Roast or Lamb Rub.

Heat the oil in a casserole or ovenproof dish over a high heat. Add the lamb and seal on all sides until well browned. Add the Lamb stock, red wine, honey, shallots, rosemary, mustard and lemon juice. Cover and roast for 45 minutes.

Remove the lid, add the potatoes, basting them with the roasting juices and roast for a further 45 minutes.

Remove from the oven and allow to rest for 10 minutes before serving.

Serves: 6

WINE PAIRING: Gotta love winter lamb dishes! Try a **Cabernet Franc** such as the one from **Knorhoek** (or the **Oldenburg** if you're feeling rich) – both have lots of leafy black fruit and elegant tannins.

apple & almond foldovers

- 3 large apples, peeled, cored and cut into small cubes
- ½ cup caster sugar
- 1 tsp **NoMU Sweet Rub**
- Juice of 3 lemons
- NoMU Vanilla Paste**
- 3 tbsp unsalted butter
- 500g puff pastry (recipe below)
- egg wash (1 egg yolk beaten with 1 tsp water)
- 50g flaked almonds

Preheat your oven to 200°C.

Combine the apples, caster sugar, Sweet Rub, lemon juice and Just Salt in a large bowl.

Melt the butter in a large shallow saucepan. Add the apple mixture and cook over a medium heat for 10-15 minutes until the liquid reduces and thickens. Transfer the apple mixture to a bowl and set aside to cool.

Roll out the puff pastry till approximately 4mm thick. Cut into eight 10cm squares. Place 1-2 tbsp apple in the center of each square. Fold one corner over the apple and brush with egg wash. Cover with the opposite corner and press down to seal. (Tip. You can use a toothpick or small skewer to secure while baking. Remove before serving.) Repeat with the remaining pastry and apple filling.

Place the foldovers on a floured baking tray and refrigerate for 20 minutes. Brush the tops with the remaining egg wash and sprinkle with flaked almonds. Bake for 20-25 minutes or until well browned.

Remove the foldovers, dust with icing sugar and serve.

Makes: 8



homemade puff pastry

- 250g cake flour
- Pinch of **NoMU Just Salt**
- 200g cold salted butter
- 1 tsp lemon juice
- 120ml water

Tip: Can be wrapped in cling film and frozen for up to 3 months.

Rub 1 tablespoon of the butter into the flour until the mixture resembles breadcrumbs. Cut the remaining butter into flat pieces of about 3g each. Add to the flour mixture and toss to coat. Add the lemon juice to 90ml of the water and mix quickly into the flour using a palette knife, only adding the rest of the water if necessary to bind everything together. Press together into a brick shape.

Dust the dough with flour and press down with a rolling pin into a long narrow rectangular shape. Fold the dough into 3 (see image on the left) and once again roll out into a narrow rectangle. Repeat the folding and rolling process 4 times. Place in the refrigerator for 20-30 minutes before using.



| salted caramel pots de crème

1½ cups cream
 5 tbsp demerara sugar
 ½ tsp **NoMU Just Salt**
 3 pumps **NoMU Vanilla Paste**
 6 tbsp water
 2 tbsp caster sugar
 4 egg yolks

Tuiles

2 large egg whites
 6½ tbsp caster sugar
 5 tbsp unsalted butter,
 melted and cooled
 ¼ tsp **NoMU Vanilla Extract**
 ½ cup plain flour

Tip: Can also be served in espresso cups instead of ramekins

Preheat your oven to 150°C.

Place the cream, demerara sugar, salt and vanilla paste in a saucepan over medium heat, stir to dissolve the sugar and bring to scalding point. Reduce the heat to the lowest setting to keep warm, but do not allow to boil.

Place the water and caster sugar in a heavy saucepan, over medium heat, and bring to a boil. Allow to bubble away and caramelize until quite dark in colour but not burnt as you do not want a bitter taste! Remove the caramel from the heat and carefully add the cream, stirring to combine. Take care as it will bubble and spit.

Very lightly whisk the egg yolks in a large bowl then slowly add the hot caramel cream mixture and stir to combine. Do not whisk as you do not want to create bubbles. Pour the mixture through a fine sieve into a jug. Allow to settle for a few minutes and then skim off any foam.

Divide the mixture amongst 4 ramekins and place them in a roasting dish. Fill the dish with water to cover ⅔ of the ramekins. Bake for 35-40 minutes or until the custards are just set but still a little wobbly in the centre. Remove from the oven and the roasting dish and allow to cool and set.

Serve with a teaspoon of double cream, a sprinkling of Maldon salt and a tuile on the side. Alternatively you can brûlée the top for added decadence and texture. Simply sprinkle with caster sugar and blow torch to caramelize.

Serves: 4-6

Method for tuiles:

Preheat your oven to 165°C and line a baking tray with a silicone mat or well greased foil.

Whisk the egg whites with the caster sugar until just combined. Stir in the cooled butter and vanilla extract. Add the flour and stir until just combined. Drop teaspoons of the mixture onto the tray. Using the back of the spoon smooth the mixture into thin, small circles, 9-10 cm in diameter. Bake the tuiles for 5-8 minutes or until the edges have browned slightly. Working quickly and carefully, remove the tuiles from the tray using a palette knife and curl around a rolling pin to give them a curved shape.

Makes about 15.

ice-cream scoop chocolate & hazelnut biscuits

125g softened unsalted butter
 ½ cup caster sugar
 ¼ cup brown sugar
 1 egg
 1¼ cups cake flour
 1 tsp baking powder
 1 tsp **NoMU Sweet Rub**
 ½ cup **NoMU Hot Chocolate Chunks**
 150g hazelnuts

Preheat your oven to 180°C and line a baking tray with baking paper.

Place the hazelnuts on a baking tray and roast until golden brown. Place between 2 tea towels and rub to remove the skins. Roughly chop.

Place the butter, caster sugar and brown sugar into a bowl and beat until light and creamy.

Add the egg and beat well. Add the flour, baking powder, Sweet Rub, Chocolate Chunks and hazelnuts and mix well to combine.

Using an ice-cream scoop, scoop the mixture onto the tray, allowing room for the biscuits to spread. Bake for 18-20 minutes or until golden. Place on a cooling rack and allow to cool.

Serve with a mug of **NoMU Hot Chocolate!**

Makes: 12

