

Taste the Adventure!

South Africa



GOLD MEDAL WINE CLUB
The Best Wine Club on the Planet. Period.



Artisans of South Africa



■ Kishmish ~ Pietermaritzburg, South Africa

Kishmish is an exciting foodie brand founded by Amal and Sharon Ma'ani in 2010. They have created a fantastic range of delicious products made with no additives, colorants, or artificial preservatives. The Ma'ani family is the inspiration behind this creative company, melding Amal's rich Middle Eastern food heritage and Sharon's love for English fusion cuisine.



■ Sweet Temptations ~ Somerset West, South Africa

This unique, award-winning, family business specializes in fine, gourmet, homemade toffees. Their rich and creamy collection of soft toffees are made with only the freshest, high quality ingredients and are created in small batches to ensure the freshest product reaches your doorstep. Each toffee is then hand-wrapped in beautiful tissue paper.



■ Melissa's ~ Cape Town, South Africa

Mark and Melissa van Hoogstraten opened their first Melissa's store in 1996 and have since been totally committed to creating products and experiences for people who appreciate and value quality, honest, time-honored production principles. These principles are reflected in all of their products which can now be found in numerous Melissa's stores across South Africa.



■ Terbodore Coffee Roasters ~ KwaZulu-Natal Midlands, South Africa

Opening its doors in 2004, Terbodore Coffee has taken great care in producing only the finest green coffee beans. Inspiring the logo, their Great Dane has become symbolic of everything they strive for - heritage, courage, patience and dependability. In their words, "...life is long enough for a slowly percolated cup, even in dog years."



■ Hekpoort Heksie ~ Hekpoort, South Africa

Katy Van Wijk, founder of Hekpoort Heksie reveals her secret to success is pure passion and love for what she does. She loves creating and exploring new tastes that evolve into magical products she can share with the world. The soul of her creations comes from picking only the freshest produce and creating her range from scratch, ensuring full flavors that leave you wanting more.

International Gourmet Adventure Package

Taking your International Wine Club membership to a higher level of enjoyment with exclusively imported gourmet selections.



■ Cheeky Red Pepper Chutney

Kishmish

The Cheeky Red Pepper Chutney from Kishmish is a solid favorite in their line of chutneys. A spicy/savory blend, it will sure become yours too! Bursting with flavor it's the perfect compliment to muesli, platters of finger foods, and is wonderful with cheeses. As the Kishmish team says, "[it] creates magic cooked into a meal."

■ "Flavors of Africa" Soft Toffee Trio

Sweet Temptations Toffees

A stunning combination of three soft toffees with indigenous African flavors. Marula Fruit is a highly-prized, round, yellow fruit that brings a light and fresh flavor to the rich toffee. Milkart is a traditional South African dessert bursting with creamy cinnamon. Lastly, Rooibos (like the tea) has herbal, smoky and vanilla notes. Yum!

■ Cape Gooseberry Jam

Melissa's

Cape Gooseberries, also known as Goldenberries, are small, yellow-orange fruits with a juicy, seedy centers. Although not distinctly sweet on their own, Melissa's boils the local, sun-ripened fruits with just the right amount of sugar to create the perfect sweet and slightly tangy jam. Spread it on hot buttered toast, fresh scones and more.

■ Mango & Chili Balsamic Reduction

Melissa's

Sun dried mangoes and yellow chili peppers were steeped in aged balsamic vinegar to create this rich, dark, sweet, hot and tangy reduction sauce. Extremely versatile, drizzle it on salads or roasted vegetables, add it to salad dressings and marinades, or simply use it as a dipping sauce. The options are endless!

■ "This is Africa" Medium Roast

Terbodore Coffee Roasters

A high-grade blend of 100% Arabica beans are sourced from Uganda and Ethiopia. Roasted and blended together they create a deep, rich flavor with soft fruit undertones in the finish - a characteristic often found in Ethiopian beans. Get your coffee cups out and sip on this full-bodied roast with a fruit after taste.

■ Sunkissed Green Chilli

Hekpoort Heksie

Watch out, this amazing Sunkissed Green Chilli will be gone before you know it! It's a great addition to nearly anything, and as the owner, Katy says, "especially if you're a 'chilli head'". Try it in curries and stews or even in creamy pasta dishes and on top of roasted veggies for an extra kick. Don't be shy, dig in!

A taste of South Africa

South Africa has an interesting background in terms of cuisine. Before the region was colonized, the indigenous population existed on a diet primarily of fruits, nuts, wild plants, *Biltong* (similar to jerky), and other wild-grown, natural produce. However, after colonization, crops like maize and domesticated livestock such as cattle, became the new, normal diet.

Today the food culture of South Africa still stems from its indigenous roots, which can be seen in a majority of every-day recipes. However, throughout South Africa's history, foreigners brought their own cuisine influences, expanding the country's food culture. A style of food unique to the country coined, "Cape Dutch" goes back to when the Dutch East India Company was active in the area. The trade brought numerous spices such as nutmeg, and chili peppers, resulting in a wide variety of cooking styles. French immigrants added their own influence over the years, as did Indians with curries, chutneys, and more.

A typical day of eating in South Africa begins with a breakfast accompanied by a cup of coffee or tea. Next up may include *Putupap*, a common morning food that is similar to grits served with milk and sugar. Breakfasts usually include some *mealie* bread (corn bread) or scones as well, often accompanied by cheeses, meats and eggs. Lunch and dinner generally consists of hearty foods such as seafood medleys, pickled fish, stews, *Chakalaka* (spicy relish), *Boerewors roll* (similar to a hot dog), accompanied by an array of veggies and tropical fruits. Of course there are many more dishes worthy of mention that are enjoyed in South Africa, but try your hand at these 3 featured recipes from the winery's own FABER restaurant! Use items from your Adventure Package and make sure to pair them with your wines!



Pickled Fish FABER Style
Pairs well with Avondale "Anima"
2015 Chenin Blanc



Old-Fashioned Oxtail Stew
Pairs well with Avondale "La Luna"
2017 Red Blend



Chocolate Poached Pears with Blueberries, Chocolate Sorbet and Granola
Pairs well with Avondale "Samsara"
2009 Syrah

Gesondheid! (To your health!)

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Find these fine recipes and more at GoldMedalWineClub.com/Recipes