

Taste the Adventure!

South Africa





Artisans of South Africa



■ 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. While her focus is on chili products, she also offers chutneys, mustards, jams, and pickled onions among many other specialty items.



■ Uncle Cam's Pickles ~ Johannesburg, South Africa

Uncle Cam's has always had a passion for pickled and tapas style foods, taking every opportunity to break out the cheese and biscuits, dish the olives and rustle up the jars of pickles and sauces. Hours are spent around a table with family and friends snacking on these heavenly delights, so Jam and Cam decided to put their own spin on these delightful treats. All of their raw materials are locally sourced from farmers and markets and each product is a small-batch artisanal creation bursting with flavor and made to please.



■ Peel's Honey ~ Howick, South Africa

Established in 1924 by Jack Peel who once operated a little apiary as a hobby, Peel's is the oldest honey brand in South Africa. Jack started by selling small quantities of his honey to friends and neighbors and, as demand increased from far and wide, so did the number of his beehives. Today, Peel's Honey continues its commitment to quality and offers a range of products including honeys, nut butters, brittles, sweets, nuts and beeswax.



■ LMC (Lize Mouton Collection) ~ Citrusdal, South Africa

LMC is a luxury, hand-crafted Rooibos Tea Collection created by founder Lize Mouton. Having grown up on a citrus and rooibos tea farm, her love for tea was inspired by a rich family heritage of fine tea making. Uniquely South African, Lize and rooibos represent good health, freshness, authentic style and quality living.

*Due to limited quantities, some products may be substituted for a different flavor or product of equal value and quality.

International Gourmet Adventure Package



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

■ White Nougat

Hekpoort Heksie

Made with farm fresh products including almonds, cranberries, honey, vanilla, and egg whites, this White Nougat is soft, sweet, and perfectly chewy - a delicious choice for a mid-afternoon snack or dessert.

■ Mustard Plain

Hekpoort Heksie

A simple blend of mustard seeds, lemon, vinegar and salt, the Hekpoort Heksie Mustard Plain offers a distinctive zingy taste to sandwiches, marinades and salad dressings. Also delicious as a dipping sauce for pretzels and hard boiled eggs, or blended with honey to create a honey-mustard glaze for roasts.

■ African Chutney

Hekpoort Heksie

Chutney is a national favorite in South Africa, and for good reason! This hearty fruit relish is incredibly versatile and can be served with everything from rices and breads to cheeses, roasted meats, curries and sandwiches.

■ Marinated Mushrooms

Uncle Cam's Pickles

Carefully prepared and bottled with Uncle Cam's top secret spices and a blend of

aromatic basil and oregano, perfectly mixed with a zippy garlic and onion infusion, the Marinated Mushrooms are the perfect addition to couscous, salads and pizzas, or even on their own as a healthy snack.

■ Red Pepper Sauce

Uncle Cam's Pickles

A stunning blend of peppers and chillis, slow-cooked for hours to infuse the flavors, plus a little vinegar for zip, lemon for zest, and fresh coriander, the Red Pepper Sauce promises to add big flavor to any dish.

■ Peanut Brittle

Peel's Honey

The most popular variety of Peel's famous honey-nut brittles, the Peanut Brittle is made with pure South African honey and select peanuts. A nostalgic taste of sweetness and indulgence!

■ Pure Rooibos Tea

LMC

Made with superior grade rooibos, LMC's Pure Rooibos Tea is well balanced with a full aroma and smooth, sweet taste. Rich in antioxidants, minerals and vitamins, Pure Rooibos tea is pure health in a cup. Enjoy hot or cold.

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, curries, pickled fish, stews, *Chakalaka* (spicy relish), or *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 three featured recipes that are among the most popular throughout the country. Use items from your Adventure Package and make sure to pair these recipes with your featured South African wines!

Gesondheid! (To your health!)



Bobotie

*Pairs well with the
Crastino 2015 Cape Red*



Sosaties (Lamb & Apricot Kebabs)

*Pairs well with the Crastino 2010
Syrah-Mourvedre-Grenache Red Blend*



Cape Malay Chicken Curry

*Pairs well with the
Crastino 2017 Cape White*

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

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