



LAMB & WINE PAIRING

#heritagemonth

by The Food Fox



Supported by the red meat industry of South Africa



CHUNKY LAMB RAGU

with mushroom and tagliolini

WINE: ANTHONIJ RUPERT
TERRA DEL CAPO SANGIOVESE



5 ml olive oil (plus extra, if needed)
800 g boneless lamb chunks (cut bulk chops into cubes, discarding bones)
salt & pepper, to taste
1 onion, chopped
1 carrot, finely chopped
1 stick celery, finely chopped
3 garlic cloves, finely chopped
a few sprigs rosemary and/or thyme, stalks discarded, finely chopped

30 ml tomato paste
250 ml dry red wine
250 ml mutton stock
2 cans chopped tomatoes
250 g portabellini mushrooms, halved
500 g tagliolini or tagliatelle pasta, freshly cooked & drained, to serve
a handful fresh basil leaves, to serve
½ cup finely grated parmesan cheese, to serve

In a large wide pot over stovetop, heat the oil and fry the lamb in two batches over high heat until slightly brown (but not fully cooked), seasoning with salt & pepper. Remove from the pot, then add the onion, carrot and celery. Turn down the heat to medium, and fry, stirring, until soft.

Add the garlic and herbs and fry for another minute, then add the tomato paste and stir. Add the wine, stock and canned tomatoes, stir and bring to a simmer.

Return the meat to the pot, add the mushrooms, stir, turn down the heat to low, cover with a lid and cook for about 2 - 2,5 hours or until the meat is very tender.

Add extra salt & pepper, if needed. Add the freshly cooked pasta to the pot and give it a gentle stir. Remove from the heat, then serve in bowls with lots of grated parmesan and some basil leaves.





GRILLED BUTTERFLIED LEG OF LAMB

with hummus, red pepper pesto drizzle & Za'atar pitas

WINE: BLAAUWKLIPPEN MALBEC



6 anchovy fillets, chopped
(preserved in oil)
4 garlic cloves, finely chopped
zest (finely grated) and juice
of 1 lemon
45-60 ml extra virgin olive oil
1-2 sprigs rosemary, stalks discarded,
finely chopped
salt & pepper
1,5 kg boneless leg of lamb, butterflied

NOTE:

Best cooked in a Weber, but can also be braised over medium coals or roasted in the oven.

Place the meat in a non-reactive dish (stainless steel or ceramic). In the bowl of a mortar with pestle, add the anchovies, garlic, lemon zest & juice, olive oil, rosemary and some salt & pepper. Grind to a runny paste, then rub it all over the butterflied leg. Cover with a lid or with wrap, and leave to marinate for at least an hour in a cool place, or for a few hours (or overnight) in the fridge. Get your Weber ready for grilling (direct heat), then grill the leg on both sides for about 3 minutes a side, until charred and brown. Rearrange the coals for indirect cooking (place the coals on the sides), then arrange the meat in the middle and cover with the lid, keeping the vents open. Cook for about 1h and 10min until an inserted meat thermometer reaches 165° C. Remove from the heat into a roaster, cover with foil and leave to rest for at least 10 - 15 minutes before carving.

Serve warm in thin slices, shawarma-style, with freshly warmed Za'atar pitas, hummus, fresh rocket leaves, and a drizzle of red pepper pesto.

NOTES, TO SERVE:

For the hummus: make your own, or buy a good quality store bought version.

For the pesto drizzle: buy a store-bought version and make it a little more runny by adding olive oil and lemon juice.

For the Za'atar pitas: brush store-bought pitas with olive oil, then sprinkle with Za'atar spice and bake in the oven at 180° C for about 8 minutes. Serve immediately.





MUTTON TOMATO BREDIE

with creamy polenta

WINE: DU TOITSKLOOF NEBBIOLO



FOR THE BREDIE:

45 ml olive oil
1 kg mutton stewing chunks
(we used bulk chops, cut into cubes)
2 onions, chopped
2 cloves garlic, finely chopped
10 ml ground coriander
10 ml ground cumin
10 ml ground cinnamon
5 ml ground ginger
10 whole cloves
2 bay leaves
30 ml tomato paste
1 kg fresh ripe tomatoes, cut into cubes

10 ml sugar
400 ml mutton stock
about 500 g baby potatoes, halved
a handful Italian parsley, finely chopped (to serve)

FOR THE POLENTA: (CAN BE DOUBLED)

500 ml milk
500 ml chicken stock
1 cup polenta
salt & pepper, to taste
½ cup grated parmesan cheese

FOR THE BREDIE: In a medium-large cast iron pot/potjie (over the fire) or heavy based pot (over stove top), heat the oil and fry the meat in batches until lightly brown on all sides (don't cook all the way through yet). Remove from the pot, then add the onions & garlic and fry until soft. Add the spices and bay leaves and continue to fry for a minute, then add the tomato paste and stir. Add the tomatoes, sugar & stock, stir and return the meat to the pot. Return to a simmer, then cover with a lid and simmer over low heat until the meat is almost tender (about 1,5 - 2 hours), then add the potatoes, stir, and cook until the potatoes are tender (another 30 - 40 minutes). Serve hot, scattered with chopped parsley, with creamy polenta.

FOR THE POLENTA: Add the milk and stock to a medium size pot and bring to a simmer. Add the polenta all at once and stir continuously until the polenta thickens (about 3-5 minutes). Season with salt & pepper, stir in half of the parmesan, and serve topped with the remaining parmesan.





GRILLED MUTTON CHOPS

with roasted aubergine, tomatoes and ricotta yoghurt

WINE: SPIER IDEOLOGY CINSAUT



FOR THE CHOPS:

8 mutton loin chops, thick cut
salt & pepper, to taste
1 lemon, halved

FOR THE ROASTED VEG:

2 medium aubergines,
quartered lengthways, scored
diagonally with a knife
250 g baby tomatoes, halved
45-60 ml extra virgin olive oil
(plus extra)
a few sprigs thyme, woody
stalks discarded
salt & pepper
10-15 ml red wine vinegar

FOR THE CREAMED CHEVIN:

100 g chevin log, plain (soft
goats cheese)
1 cup double cream yoghurt
½ teaspoon ground cumin
finely grated rind of a lemon
(you'll use the juice for the
chops, see below)
salt & pepper

TO SERVE:

lemon wedges
2-3 tablespoons pine nuts,
toasted (or almond flakes)
a handful fresh mint leaves
and/or fresh organum leaves
a drizzle of extra virgin olive oil

PREPARE THE VEG: Preheat the oven to 220° C. On a roasting tray lined with baking paper, arrange the scored aubergine quarters & tomato halves, then drizzle all over with olive oil, sprinkle with thyme and season with salt & pepper. Roast for 20 - 25 minutes or until the aubergines are soft and the edges are turning brown. Remove from the oven, then drizzle the tomatoes with vinegar, and the aubergines with a little more olive oil. Set aside.

PREPARE THE CREAMED CHEVIN: in a blender, add the chevin, yoghurt, cumin, lemon rind and season lightly with salt & pepper. Process until smooth, then cover and set aside until ready to serve.

FOR THE CHOPS: Season the chops with salt pepper on both sides and grill over hot coals until the fat edges are crispy and the meat is just cooked. Remove from the fire and leave to rest for 5 minutes. On a platter, swirl the chevin mixture on the bottom, then top with the roasted veg and chops. Finish with lemon wedges (focus on the chops), a drizzle of olive oil, and some fresh herbs. Serve at once.





SLOW ROASTED LAMB SHOULDER
with spiced pumpkin, wine soaked cranberries & herbed couscous

WINE: BOLAND CELLAR
ONE FORMATION GRENACHE NOIR



FOR THE SHOULDER:

2-3 red/brown onions, peeled and sliced into wedges
1 carrot, sliced into chunks
4-6 cloves garlic, peeled & sliced into long slivers (plus extra cloves, whole)
a few sprigs of rosemary
3-4 tablespoons of olive oil
salt & pepper, to taste
1,5 kg lamb shoulder on the bone (scoring of fat layer on top optional)
250 ml red wine

FOR THE PUMPKIN:

245-60 ml olive oil
10 ml ground cumin
5 ml smoked paprika

5 ml cinnamon
15 ml honey
salt & pepper
1 small pumpkin, sliced into wedges, seeds & pith scooped out
1 cup dried cranberries (**see note)
1/3 cup almond flakes, toasted (or pine nuts)

FOR THE COUSCOUS:

1 cup couscous
about 750 ml boiling water
salt & pepper, to taste
extra virgin olive oil
juice & grated rind of 1 medium lemon
2 rounds feta, crumbled (optional)
a handful mint parsley leaves, roughly chopped

FOR THE SHOULDER: Preheat the oven to 230° C and arrange a rack in the centre of the oven. In a roasting tray the same size as the shoulder, arrange the onions, carrots & a few cloves of garlic evenly, top with some rosemary, drizzle with olive oil and season with salt & pepper. Place the shoulder on top, fat side up. Make a few small incisions all over with a sharp paring knife, and insert a slivers of garlic into each incision. Drizzle all over with olive oil, season with salt & pepper, and scatter with some chopped rosemary. Pour the wine into the bottom of the pan, then cover with foil and place in the oven. Turn down the heat immediately to 170° C, then roast for about 3,5 hours or until the meat is tender enough to pull apart with a fork. In the meantime, prepare the pumpkin and couscous.

TIP: While the pumpkin is roasting (see below) and meat is resting, make an optional gravy by heating the pan sauces in a small saucepan, and thickening it with a slurry of a few tablespoons water mixed with a few teaspoons of corn starch. Add mutton stock to stretch it, if needed.



FOR THE PUMPKIN: Line a large roasting tray with baking paper. In a large wide mixing bowl, add the olive oil, cumin, paprika, cinnamon, honey and some salt & pepper. Add the sliced pumpkin and toss to coat all over, then tip the pumpkin out on the prepared roasting tray. When the meat (see above) is ready, remove it from the oven and turn the heat up to 220° C. While the meat is resting, roast the pumpkin for about 20 minutes until cooked and golden brown, then remove from the oven and scatter with toasted almonds & cranberries. Serve alongside the couscous & shoulder roast.

NOTE **Dried cranberries work beautifully, but if you want to go the extra mile, simmer the cranberries in 1/2 cup of red wine, with a cinnamon stick and a whole star anise until they are plumped up. Cool and store in the fridge until ready to use.

FOR THE COUSCOUS: Place the couscous and a pinch of salt in a large bowl, then cover with boiling water (it should just cover the couscous). Cover with a lid or a plate, then leave to stand and swell for about 5 - 10 minutes. Fluff up the couscous with a fork, then add the olive oil, lemon rind & juice, crumbled feta (optional) and chopped herbs. Stir well, then serve warm.

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