

ATLAS SWIFT & EARTH TO PLATE | APRIL 2023  
FRAGRANT PUMPKIN + JACKFRUIT CURRY

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ATLAS SWIFT  
PREMIUM WINES

FRAGRANT PUMPKIN + JACKFRUIT  
CURRY

## Fragrant Pumpkin + Jackfruit Curry paired with Atlas Swift Wine. Franschoek Chardonnay

The French term Terroir refers to the holistic combination of soil, climate, and topography, as well as how these factors interact to affect the style and flavour profile of wine.

Terroir is the reason why wines made from the same grape variety and using the same winemaking techniques can taste significantly different than those from a different location, even if that location is only a short distance away. The location or origin of the vineyards has a profound effect on the aromas, flavours, and structure of the wine.

Our Franschoek Chardonnay's terroir consists of sandy soils with a Mediterranean climate, resulting in a wine with punchy aromatics, good structure and a weighted mouthfeel, all ably supported by a bright acidity to retain freshness in the wine.

Because our Chardonnays from cooler climates are too delicate to withstand the aromatic nuances of this curry, the significance of terroir is mentioned. This dish's fragrance will completely dominate their aromas. In contrast, our Chardonnays from warmer climates have more concentrated aromatics and are structured, textural, and flavorful enough to complement the dish.

The Franschoek Chardonnay matches the curry in both its body and intensity of flavour. The wine's earthy, floral qualities complement the curry's fresh ingredients and create a flavour bridge between the wine and the food. The soft acidity of the wine prevents the dish from being stripped of flavour on the palate, and is perfectly balanced with the other ingredients to create a harmonious union of tastes and textures.

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## FRAGRANT PUMPKIN + JACKFRUIT CURRY

### NOTES

This South Asian inspired curry is light, creamy and slightly spicy with a balance of sweet/sour. As Autumn approaches, sweet nutty root vegetables and medicinal spices, nurture and ground us in preparation for the change in season.

There are so many beautiful varieties of pumpkin to use. Each offering unique flavour and textural qualities. Alternatively, butternut squash can make a suitable substitute. When we refer to 'temper spices' it is a technique where spices are toasted in hot coconut oil. This process unlocks the nutritional and medicinal values of the spices as well as extracts the delicate aromas which adds distinct fragrance to the food.

When limes aren't in season, replace with this sour ingredient with tamarind puree.  
Leftovers are delicious the following day as the flavours develop even more over time.

Serve your curry with tasty accompaniments. Some ideas include:

Crispy Tofu | sauteed wild mushrooms | Steamed rice or noodles | Sautreed sesame greens | bean sprouts | chopped nuts | fried golden onions | fragrant chilli sambal for a little extra warmth

## INGREDIENTS

## METHOD

### For the Paste:

- > 1 tbsp coconut sugar
- > 1 or 2 chilli, seeded, chopped (depending on your preference)
- > 1 ripe juicy tomato, chopped
- > 2 large garlic cloves, chopped
- > 2 tsp of turmeric
- > 10 cashew nuts, chopped
- > 1 tbsp coriander seeds, toasted
- > 1 stalk of lemongrass, outer stem removed and chopped finely
- > 2 tbsp ginger, peeled and grated

### For the curry:

- > Coconut oil
- > ½ red onion, sliced thinly
- > 3 cardamom pods
- > 1 tsp black mustard seeds
- > 3 lime leaves
- > 1 tsp curry leaves
- > 2 stalks of lemongrass, sliced in half
- > 300g pumpkin, peeled and cubed
- > 1 jar or can of jackfruit, drained
- > 1 cup vegetable stock
- > 1 cup creamy coconut milk
- > 1 tbsp soy sauce/ tamarind
- > Zest and juice of one large lime (if the lime is small, use 2)

### For the paste:

Toast coriander seeds until fragrant. Remove and transfer to a blender with the rest of the ingredients. Blend until smooth. Remove and set aside.

### For the curry:

Place a pot on the stove, add a generous dollop of coconut oil, heat to melt. Once melted, temper the spices - Sprinkle the mustard seeds over the surface and fry until they start to pop. Once they are sizzling and popping, add cardamom pods, curry and lime leaves. Fry for a few seconds until fragrant, then add lemongrass, onions and a pinch of salt. Sauté until they soften then drop in the curry paste. Sauté the paste to concentrate the flavour for a few minutes, stirring so that it does not stick and burn.

Now, add the pumpkin and jackfruit, stir to combine so that the paste evenly coats all the veg.

Pour in the stock, coconut milk + soy / tamarind sauce, mix well with a wooden spoon. Make sure to scrape all the caramelised bits of the base of the pot.

Bring to the boil then turn down to simmer. Cover loosely with lid and simmer for about 10 - 15 minutes, remove the lid and cook for a further 10-15 minutes until the pumpkin is tender to the center and the curry sauce has thickened.

When ready, add the zest and juice of lime. Season with +- ¾ tsp salt. Taste the broth, adding more salt if needed, to create the perfect balance of sweet/salty/sour.

Serve the curry with lime, spring onion, fragrant herbs, chilli (if you desire more heat) and any extras you may desire.



Personalise your curry with sides that create variety within texture and flavour



The addition of acidity brightens and enhances the delicate flavours in this curry. It also balances sweetness and spiciness.



## Franschhoek Chardonnay

An aromatic wine with inviting aromas of ripe peach, apricot, roasted cashew nuts and subtle undertones of magnolia and frangipani flowers. The palate has a fleshy texture, ably supported by ripe nectarine and apricot fruit flavours, and a flinty edge. The length is satisfying, persistent, and rounded off with a slight oily texture on the finish.

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