

ATLAS SWIFT & EARTH TO PLATE | AUGUST 2023
WARM BEETROOT + SORGHUM SALAD



ATLAS SWIFT
PREMIUM WINES

WARM BEETROOT + SORGHUM
SALAD

Warm Beetroot sorghum salad paired with Atlas Swift Wine.

Shelter Red Blend

When it comes to salad preferences, matching The Shelter red blend in weight, texture, or structure might be difficult, but adding a common flavour and a fire makes things easy.

The fruit forwardness of the Merlot dominates this blend, with Cabernet Franc providing structural support as well as earthy and Fynbos aromas.

The wine's strong red fruit, umami, and earthy tones are balanced by round tannins, making it a great food pairing wine.

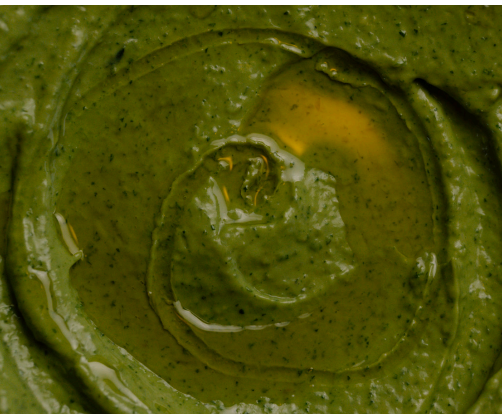
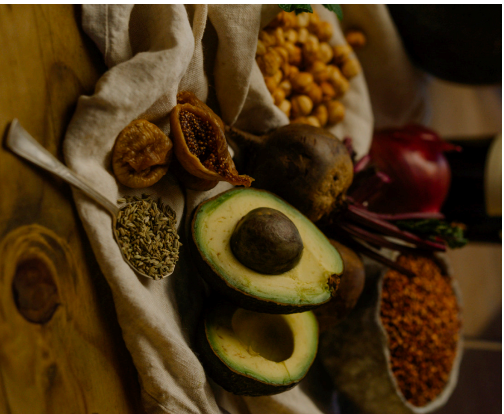
We get complementary aromas when we combine the red blend with the beetroot-sorghum salad. The sweetness of the beetroot elevates the wine's sweetness, while the earthy notes in the wine complements the earthiness of the beetroots.

This two-way pairing enhances both the dish and the wine.

Enjoy!

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NOTES

I love the earthiness and sweetness of roasted beets. The slow roasting process creates a velvety texture which makes this salad so moreishi! Paired with nutty hazelnuts, local sorghum, and creamy avocado, it is layered with a harmonious combination of texture and flavours. This salad can be served as a side to any main dish or enjoyed as a light meal with crust sourdough or rye toast.

The addition of Sorghum, also known as 'Mabele', is an African indigenous seeded grain.

Being Gluten-free, rich in antioxidants, and a good source of fibre and protein, sorghum not only enhances the nutritional value of the dish but also provides a chewy, nutty texture which is satisfying and grounding.

For best results, soak overnight for better digestibility and a softer texture when cooking.

Alternatively, skip the soaking and rinse well before cooking. Marinating the red onions in the vinaigrette is a great way to season this salad and add an extra layer of flavour. Double the onions and vinaigrette to store as a versatile accompaniment for other meals in the future.

The optional additions of Dukkah and edamame beans offer added protein and versatility. They can be replaced and customized to your personal desires.

Left overs can be stored in a container in the fridge and enjoyed for up to 3 days which makes it the perfect option for busy weekly schedules!

INGREDIENTS

METHOD

Serves 6

- 1 bunch beetroots
- 1 cup sorghum *see notes
- 5 sundried figs or 1/3 cup raisins, chopped
- 2 tsp fennel seeds, toasted + crushed
- 2 tbsp dill, chopped
- +/- ½ cup hazelnuts, toasted + chopped
- Salad greens of choice
- Edamame beans (optional)
- Dukkah spice (optional)

Marinade for onions:

- 1 red onion, sliced very thinly
- 30ml raspberry vinegar (or Balsamic / red wine vinegar)
- ¼ cup + 2 tbsp olive oil
- 1 tsp dijon mustard
- 1 tsp salt + ½ tsp black pepper
- 2 tbsp fresh lime juice
- 2 tsp pure maple or sweetener of choice

Avocado dressing:

- 1 large, creamy ripe avocado
- ½ cup coriander, chopped
- ¼ cup mint, chopped
- 1 tsp garlic, crushed
- ½ tsp pink salt
- 1 juicy lime (+/- 2 tsp juice)
- 1 tsp pure maple (sweetener of choice)
- 2 tbsp olive oil or avocado oil
- +/- 2 tbsp water to thin

Preheat the oven to 200°C. Scrub and trim the beetroots, wrap individually in foil with a splash of olive oil and sprinkle with salt. Bake for 1 hour or until tender when pierced with a fork.

While the beets are roasting, prepare the sorghum, marinated onions, and avocado dressing. Drain sorghum, rinse it, and transfer to a medium-sized pot. Cover with 3 cups of water, season with a generous pinch of salt, and bring to a boil. Reduce the heat slightly and cook for +/- 1 hour, or until tender. Taste and test along the way, adding more water as needed. Once cooked, drain and transfer to a bowl.

While the sorghum cooks, marinate the onions. In a bowl, whisk together all the marinade ingredients except the oil. Slowly drizzle in the oil while whisking until emulsified. Place the thinly sliced red onions in a bowl and cover with the marinade. Set aside to marinate for an hour.

Prepare avocado dressing by blending all the ingredients until smooth. Store in the fridge with a thin layer of lime juice or water to prevent discolouration

Remove the beetroots from the oven and allow them to cool. Once they are cool enough to handle, peel off the skins and set them aside, keeping them warm.

Cook sorghum with figs, crushed fennel seeds, half the hazelnuts, dill and edamame if using. Season with salt and pepper to taste. Add marinated onions, reserving some of the vinaigrette

Arrange the warm beetroot and sorghum mixture on a platter with salad greens. Garnish with the reserved hazelnuts and dukkah if using. Drizzle with reserved onion marinade and serve with creamy avocado dressing on the side.

Left overs can be stored in the fridge for up to 3 days and rewarmed slightly, if desired..



Roasting beetroots brings out its tender, salty-sweet flavor, creating delicious flavor bombs that'll have you hooked!



Layering the depth of flavors + textures in recipes can transform nutritious salads into mouth-watering experiences.



Atlas Swift Shelter Red Blend 2021

Aromatic scents of blueberries, red currants, cassis and balsamic vinegar, supported by undertones of purple basil, graphite and black pepper. The alcohol is in balance with a core of intense black fruits, while the tannins are grippy yet ripe and supple. Approachable in its youth due to the larger Merlot component. The acidity adds freshness to the fruit, and the black pepper adds depth to the long finish, akin to a classic Saint-Émilion red.

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