

ATLAS SWIFT & EARTH TO PLATE | FEBRUARY 2023 | JAM ON TOAST



ATLAS SWIFT
PREMIUM WINES

JAM & WINE

Finding the ideal balance between sweet and sour featuring Atlas Swift wine and Apricot + Wild Honey Jam on Sourdough.

Atlas Swift Wellington Chardonnay 2021

Acidity in wine is a wonderful palate cleanser; it removes lipids (fatty compounds) and gives the impression that food and wine are lighter than they actually are.

Acidity also intensifies the flavours in wine by highlighting them more.

Nathalie's honey has a high amount of natural sugar, but the apricots' intense acidity helps to create that perfect sweet-sour balance in the jam.

Both the wine's and the jam's acidity are highlighted, and the flavours linger together.

Our Atlas Swift Wellington Chardonnay's tropical flavours, along with its herbaceous undertones, are beautifully enhanced when enjoyed with Nathalie's delicious jam on a slice of fresh sourdough bread!

Welma Smith





APRICOT, FYNBOS + WILD HONEY JAM ON SOURDOUGH

NOTES

Confetti bush is an indigenous fynbos that grows wildly in abundance. It has a sweet/ tart honey scent which I find pairs beautiful with apricots. If you do not have access to this wild herb, you can replace it with fresh garden thyme or rosemary.

Lemon seeds/pips will help create natural pectin which aids in the setting of the jam. There are no preservatives in this jam, thus the shelf life is shorter than store bought varieties. I suggest making smaller batches more frequently.

Honey may be replaced with agave nectar if preferred.

Alternative Uses:

Enjoy on toast with Chardonnay! or added to your favourite 'cheese' board. It also makes a delicious sweet + sour addition to glazes for roasted root veggies or curries. Or for something sweet, add to yogurt atop granola bowls, onto your favourite overnight oats recipe or swirled into ice cream to make summery popsicles.

INGREDIENTS

- > 12 apricots, ripe and plump
- > 1/2 cup Raw + wild honey
- > 1/4 cup orange juice + 1 tsp zest of orange
- > 1 tbsp. lemon juice
(reserve some of the seeds for cooking)
- > 1 or 2 twists of lemon rind
- > 4 sprigs of confetti bush fynbos, left whole or tripped from stems
- > 1/4 tsp salt

METHOD

Wash the apricots. Remove the pits and roughly chop the flesh

Add all ingredients in a wide based saucepan except the honey and stir to combine.

Don't forget to add those lemon seeds but you'll need to remove them once the jam has cooled. Alternatively, place the seeds into in a piece of cheesecloth and fasten into a bundle. Drop this into the pot along with the fruit.

Transfer the pan to the stove and bring to the boil, once boiling, reduce the heat and simmer for about 20-25 minutes, stirring frequently.

Thereafter, add the honey and simmer for another +- 15 minutes or until the jam has reduced and thickened.

You will know the jam is finished when you can run a wooden spoon through it and the space remains clear. At this point, remove from the heat and set aside to cool.

Meanwhile sterilize a glass jar big enough to store the jam.

Once jam is cooled to room temp, remove the lemon seeds or cloth parcel.

Transfer the jam into the prepared jar and store in the fridge for up to 2 weeks

I enjoyed the jam on warm sourdough toast which i generously spread with olive oil butter + seasoned with flaky salt, cracks of black pepper + drizzles of golden wild honey.



Cooking with wild herbs and edible fynbos add flavour and fragrance to dishes. They also provide antioxidants and promote digestive health.



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Wellington Chardonnay

Sourced from vineyards rooted in a combination of Glenrosa, and weathered schist and shale soils, some 70km east of Cape Town and overlooking the Swartland region.

All the vineyards are farmed "dry land", referring to the fact that they rely purely on precipitation from above, without the aid of supplemental irrigation.

These harsh conditions yield grapes with intense aroma and flavour profiles, akin to those of Burgundy despite Wellington's climate being warmer than France.

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