

ATLAS SWIFT & EARTH TO PLATE | MARCH 2023
WHITE GAZPACHO WITH ROASTED GRAPES + ALMONDS



ATLAS SWIFT
PREMIUM WINES

White Gazpacho, roasted grapes, and almonds paired with Atlas Swift Wine.

Wine of Origin Cederberg Chardonnay

The pleasure derived from combining wine and food is highly dependent on one's background and culture. In the Mediterranean, wine is always consumed with a meal, but in the West and North America, wine is typically enjoyed on its own and outside of meals.

There are a number of aspects to consider when combining wine with food, including the aroma and features such as structure, texture, and density that contribute to the mouthfeel. As a starting point you can also match the colour of the wine with the colour of the food.

The delicate and subtle nature of our Atlas Swift Cederberg Chardonnay is a result of the high altitude influences of the majestic Cederberg Mountains. The wine displays delicate scents of white flowers and raw almonds and a somewhat grippy texture, and requires a food partner with equal subtle flavours and aromas to complement its taste profile without overpowering it.

The delicate fragrances of the soup are designed to lift and dance with the almonds and grilled grapes; the tofu's protein adds substance to the meal, while the wine's bright acidity will heighten the pairing.

This dish is a fantastic illustration of how some wines are meant to be paired with food, as opposed to being consumed in the typical Western manner, i.e., by themselves outside of meals.

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WHITE GAZPACHO WITH ROASTED GRAPES + ALMONDS

NOTES

This soup is creamy, light and refreshing. It makes a great aperitif or a light grounding meal. It can also be used as a creamy salad dressing or drizzled over roasted/ grilled vegetables. The subtle combination of almonds and tofu, provides a healthy dose of nourishing plant based protein.

Almonds - Soaking and skinning the almonds, not only makes them more digestible but it's a wonderful opportunity to connect with the slow process of creating nourishing food. However, if you do not have the time, replace the ½ cup of whole almonds with 1- full cup of flaked or slivered skinned almonds.

Silken Tofu - Be sure to use the soft, silken variety. If you prefer not to use tofu, replace it with double thick curd/yogurt.

The soup may be strained if you prefer, but if you do have a powerful blender, straining is not necessary. Leftovers can be stored in the fridge for up to 2 days.

INGREDIENTS

- > ½ cup whole almonds, soaked overnight (See notes)
 - > 150g silken tofu, drained
 - > 2 tbsp sherry vinegar
 - > ½ tsp lemon juice
 - > 2 tsp olive oil
 - > 1 clove of garlic, crushed
 - > 1 cup grape juice, freshly made
 - > 1 cup cucumber, peeled, deseeded, chopped
 - > ½ cup cold water + extra if needed
 - > ¼ tsp salt (+ more if needed)
 - > ¼ tsp ground white pepper
- Roasted Grapes**
- > 1 cup grapes
 - > Olive oil
 - > Sherry vinegar
 - > Salt + pep
- Garnish**
- > Sliced almonds, toasted + salted
 - > Cucumber, peeled + cubed
 - > Fresh Dill
 - > Olive oil + lemon zest

METHOD

For the soup

If you are using whole almonds - drain them the following morning. Rinse well and slip off the skins. If you are having trouble removing the skins, place them in boiled water for a few minutes.

Place two big handfuls of white grapes into a jug blender and blend until juiced. Strain into a bowl using a sieve, to remove seeds and skins.

Transfer 1 cup of the grape juice, the prepared almonds, cucumber, lemon, garlic, vinegar and tofu to the blender. Blend / puree until smooth. This may take a few minutes.

Once smooth, slowly drizzle in the olive oil, followed by the cold water, salt and pepper and continue to blend into a creamy pouring consistency. Add more or less water as desired. Taste and adjust seasoning if needed.

Transfer the soup into a sealed jar or container, in the fridge for at least 2 hours before serving. For best results, allow the soup to chill and infuse for a few more hours or overnight.

For the roasted grapes

Place grapes in a baking tray. Drizzle with olive oil, splash of vinegar and season with salt. Roast at 200 C for 15-20 minutes or until blistered and slightly caramelized. Remove and set aside to cool completely.

To serve

Remove the soup from the fridge, give it a good stir to combine any solids that may have separated while chilling. Pour into small bowls, garnish with cucumber, dill, roasted grapes + drizzles of olive oil. Finish with flaked almonds and lemon zest.



Natural, homemade grape juice adds brightness and subtle sweetness to this creamy almond soup.



Roasting grapes concentrates their flavor and fleshy texture. The juiciness and jammy quality adds the perfect contrast to this soup.



Wine of Origin Cederberg Chardonnay

Located 250km north of Franschoek in the Cederberg mountains, an area renowned for being South Africa's highest vineyard location, with plantings ranging between 950m - 1100m above sea level. The soils are made up of a mixture of sandstone and Ferricrete. The high altitude and constant aeration create a cool Mediterranean climate with zero influence from the ocean and result in wines with a high level of natural acidity, poise, and incredible length

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