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



ATLAS SWIFT

WHITE GAZPACHO & WINE

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.

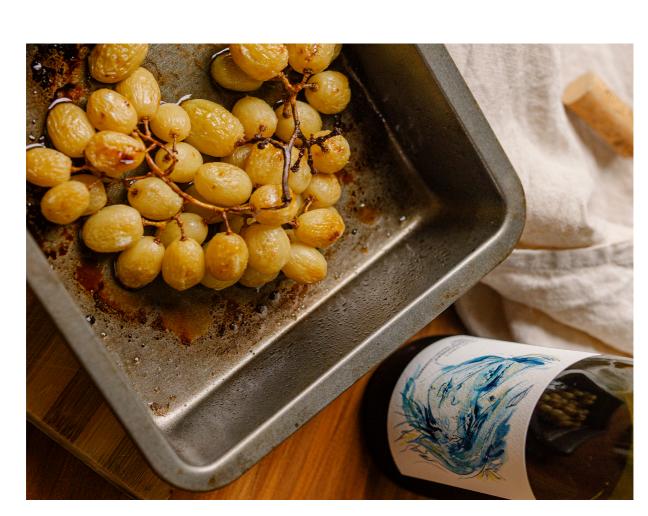
The delicate and subtle nature of our Atlas Swift Cederberg Chardonnay is a result of the high altitude influences of the majestic Cederberg Mountains. The wine displays delicate scents of white flowers and raw almonds and a somewhat grippy texture, and requires a food partner with equal subtle flavours 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 paring.

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.

Welma Smith

Artwork by Nic De Jesus @nicdejesusatelier



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WHITE GAZPACHO WITH ROASTED GRAPES + ALMONDS

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

if you do not have the time, replace the ½ cup of whole almonds with 1-full cup of flaked or slivered skinned almonds. 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,

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

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

INGREDIENTS

overnight (See notes) $> lac{1}{2}$ cup whole almonds, soaked

- 150g silken tofu, drained
- 2 tbsp sherry vinegar
- > ½ tbsp lemon juice
- > 2 tbsp olive oil
- > 1 cup grape juice, freshly > 1 clove of garlic, crushed
- deseeded, chopped 1 cup cucumber, peeled,
- ½ cup cold water + extra if
- ¾ tsp salt (+ more if needed)
- ½ tsp ground white pepper

Roasted Grapes

- > 1 cup grapes
- Olive oil
- Sherry vinegar
- Salt + pep

Garnish

- salted > Sliced almonds, toasted +
- Cucumber, peeled + cubed
- Fresh Dill
- Olive oil + lemon zest

For the soup

METHOD

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

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

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

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

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

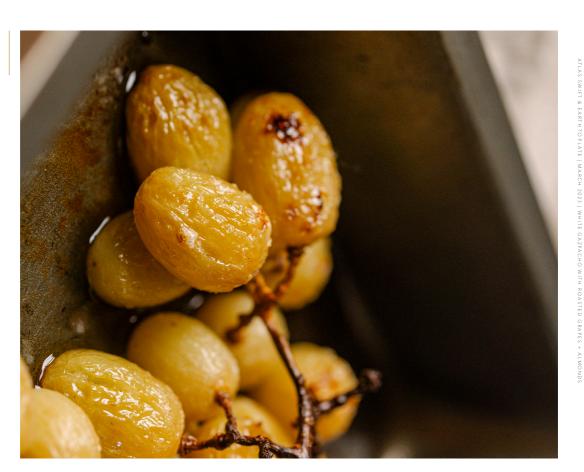
For the roasted grapes

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

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



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



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





Wine of Origin Cederberg Chardonnay

Located 250kmnorth of Franschhoek 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

ATLAS SWIFT

PREMIUM WINES