

ATLAS SWIFT & EARTH TO PLATE | JANUARY 2023 | PASTA

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ATLAS SWIFT  
PREMIUM WINES

## PASTA &amp; WINE

Featuring two Atlas Swift wines paired with a creamy black pepper and mushroom pasta.

Robertson Chardonnay 2020  
Shelter Cabernet Sauvignon 2020

In a three-way pairing, not only do the wine and food shine, but they also create a magical element when combined.

Robertson Chardonnay 2020 is a great marriage.

In a harmonious pairing, the pasta and wine are both soft in texture, and medium in flavor intensity, while the creamy cashew nuts lift the cashew aromas, making the flavor linger.

Additionally, the combination provides a cleansing effect on the palate and highlights the wine's freshness.

Shelter Cabernet Sauvignon 2020 offers a complementary and slightly contrasting pairing with pasta.

Primary fruit aromas include black currant, plums, and cassis, with a black pepper back note.

A herbaceous note in the pasta enhances the black pepper and earthy flavors of the wine while the salty cashew cream softens the tannins, creating a more earthy taste and texture.

Welma Smith









## CREAMY BLACK PEPPER & MUSHROOM PASTA

SERVES 3

### » NOTES:

\* Cashew butter - make sure that it is smooth and runny, not thick and grainy.

If the consistency is not smooth, decant the contents of the jar into a high speed blender and blend until smooth and runny. Return to your jar and use as needed.

\* Mushroom powder can be made by blending dried mushrooms like shiitake or porcini, into a powdery-like texture. Store in a sealed jar. Alternatively, purchase ready made mushroom powder, but try to avoid overly salty powders mixed with additives.

\* Dried green peppercorns may be replaced with black peppercorns if none are available

\* Shiro miso is a sweet, white organic miso which is not as heavily salted or aged as the more mature versions. This light miso works well in creamy sauces, vinaigrettes + summer broths. It is a wonderful probiotic rich, umami ingredient to have on hand.

\* Nutritional yeast - lends a 'cheezy' like flavor. If you prefer not to use it, try using 2 tbsp organic vegetable stock powder. However, be sure to monitor the amount of salt used in the recipe.



## INGREDIENTS

### For the sauce:

- > 1/4 cup cashew butter  
(runny) \*
  - > 1/3 cup nutritional yeast \*
  - > 2 tbsp Shiro Miso \*
  - > 1 tsp black peppercorns,  
cracked
  - > 1 tsp dried green  
peppercorns, cracked \*
  - > 1 tbsp. mushroom powder \*
  - > 2 tbsp. fresh lemon juice
  - > 2 tsp garlic, crushed
  - > 2 tbsp olive oil
  - > 1/3 cup water
- Extras:
- > 250g Pasta of choice
  - > 200g Sautéed wild  
mushrooms (oyster/shiitake/  
shimeji)
  - > Crunchy Pangrattato \*

## METHOD

### » Prepare the sauce

Place the cashew butter, nutritional yeast (if using), miso, mushroom powder, salt + lemon juice in a bowl. Whisk to combine into a smooth thick paste.

Slowly add 1/3 cup water, bit by bit, whisking each time to incorporate evenly. Add more or less water to create a saucy-like consistency.

Set aside while you prepare the rest of your ingredients

### » Prepare the mushrooms

Slice or tear a selection of wild mushrooms.

Heat a pan without any oil. Arrange the mushrooms evenly onto the surface of the hot pan. Allow to cook, undisturbed for a few minutes. This will seal the mushrooms + encourage them to caramelize.

Once they start to brown, add a dollop of plant butter or a glug of olive oil, some thyme leaves and 1 smashed clove of garlic. Toss the mushrooms in the pan to coat evenly.

Season with salt and pepper + saute for a few minutes until nutty and golden. Remove the pan from the heat and set aside, to stay warm.

### » To finish

Cook pasta in salted boiling water, drain and reserve ±1 cup of the pasta water. Coat the pasta in olive oil and set aside

On medium heat, add 2 tbsp olive oil to a large pan, saute the garlic and cracked peppercorns for a few seconds until fragrant.

Reduce the heat, add the cashew sauce, whisking immediately so that it does not catch and burn. The sauce will thicken and clump quite quickly which is totally normal. Keep whisking and add the reserved pasta water, bit by bit, whisking continuously until smooth.

Simmer until the sauce transforms into a creamy, silky consistency. Add the cooked pasta and half the mushrooms to the pan and lightly toss to coat in the sauce. Taste and adjust seasoning with more salt, if needed.

Serve in bowls, scatter over reserved cooked mushrooms, pangrattato and a few more turns of cracked black pepper.





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A peppery tart salad of grilled asparagus, charred olives, wild rocket, mustard dressing, and freshly grated macadamia nuts accompanied our pasta.

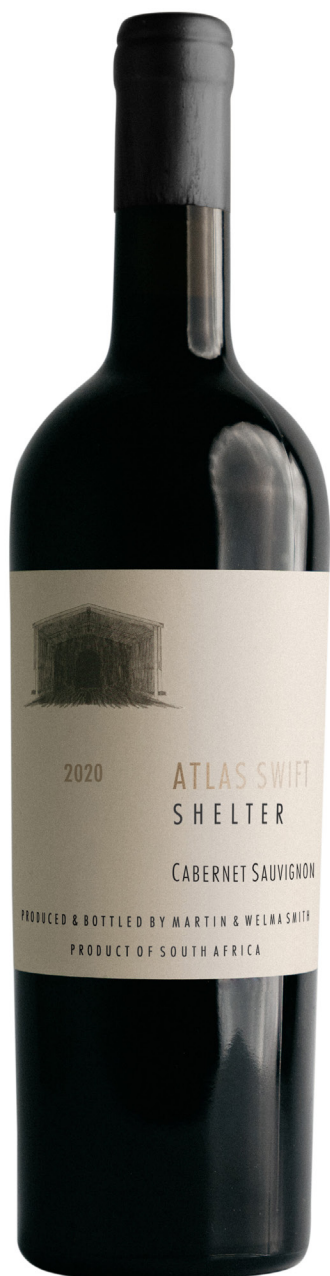




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Pangrattato is referred to as the 'poor man's parmesan'. It gives dishes like pasta, soup, vegetables, and salads a crunchy and savory bite. A garlicky olive oil is used to cook bread crumbs until they are crispy. Once golden, it is seasoned with lemon, parsley, and gratings of fresh horseradish if desired.





# Shelter

## Cabernet Sauvignon

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The wine shows bright red colour with a deep black core.

An opulent aroma of black fruit - cassis, black current and black cherries.

The wine is medium-bodied with soft and silky tannins, leading to a broad and coating mouthfeel.





## Robertson Chardonnay

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Situated 160km to the east of Cape Town in the Breede River Valley region. The dry, medium hot climate of the area is optimal to produce premium grapes.

The high diurnal temperature, i.e. the difference between the daily maximum and minimum temperature, aids in cooling the grapes down sufficiently at night and facilitates a homogenous dormancy period during the cold winter months.

Immersed in limestone-rich soils, the vineyards add a chalky minerality and a flinty finish to the wine, reminiscent of the great Chardonnays of Chablis in France.



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