

ATLAS SWIFT & EARTH TO PLATE | OCTOBER 2023
| ASIAN BBQ OYSTER MUSHROOM KEBABS



ATLAS SWIFT
PREMIUM WINES

ASIAN BBQ OYSTER MUSHROOM KEBABS

Finding the ideal balance between flavour and texture featuring Atlas Swift wine and Asian barbeque mushroom kebabs

Atlas Swift Wellington Chardonnay 2021

The 2022 vintage was very warm, and there were numerous heat waves in the western Cape. This meant that we had to harvest the Wellington Chardonnay as soon as possible to preserve the acidity in the grapes.

Harvest occurred on February 1st, and the grapes developed with a thicker skin than usual, perfect sugars, and plenty of freshness.

The wine benefited from the berries' thicker skins, which added texture, tension, and tannins. The primary fruit notes are tropical due to the abundance of sunlight in the vineyards, and the oak adds depth of flavours.

Contrasting pairings occur when a flavour, texture, or structure in the wine highlights a distinct and contrasting or opposing flavour, texture, or structure in the dish.

The savoury taste of the barbecue sauce and the texture of the mushrooms bring out the flavours of the wine's fruit, letting the wine and dish stand out even more.

The salt in the sauce softens the grippy texture of the wine.

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NOTES

These kebabs are a burst of flavors, combining the perfect balance of salty, sour, sweet, and a touch of spice. Grey/Pearl Oyster mushrooms are the star here, though King Oyster mushrooms can be a great alternative.

Oyster mushrooms, known for their earthy and meaty quality, transform into a crispy, succulent texture when cooked. In this recipe, oven baking is suggested, but they can be prepared over hot coals for a weekend braai night or on a hot cast iron griddle pan, each method creating a deliciously caramelized crust.

Pre-cooking Tip - The recipe suggests a quick boil for the mushrooms before skewering. This adds a chewier texture and makes them more malleable. However, skewering them raw is also an option and would provide a juicy texture. Feel free to experiment with both methods to find your preference

Serving Suggestions - These kebabs pair wonderfully with sticky short-grain rice, quick-pickled cucumbers, sautéed Asian greens, chili sauce, and crunchy peanuts. Leftovers can be used as a filling in wraps or sandwiches or tossed in a crunchy stir-fry with noodles. However you choose to enjoy them, these kebabs are sure to bring joy to your palate!

INGREDIENTS

For the kebabs

- > 800g Oyster mushrooms
- > 8 wooden skewer sticks
- > Oil of choice

For the BBQ sauce

- > 4 heaped tbsp's miso
- > 2 tbsp tomato paste
- > 1 tsp garlic, crushed
- > 1 tbsp toasted sesame oil
- > 2 tbsp pure maple or raw honey
- > 2 tbsp mirin
- > 2 tbsp soy sauce or tamari
- > 3 tbsp apple cider vinegar
- > 5 - 6 tbsp water
- > 1 + ½ tsp smoked paprika
- > 1 tsp chinese five spice
- > ¼ tsp chili powder of choice

(or more if desired)

For the Peanut sauce

- > ½ cup peanut butter
 - > ½ cup water
 - > 2 tbsp Asian BBQ sauce
- (from above)
- > 2 tbsp fresh lime juice
 - > A generous pinch of salt

Garnish

- > Spring onion, lime + your favourite chilli oil/sauce

METHOD

Preheat the oven to 220 C. Line a tray with baking paper

Make the Asian BBQ sauce; Place the miso, tomato paste, garlic and spices in a bowl and mix to combine into a paste. Add the rest of the ingredients and whisk until smooth and glossy.

Make the peanut sauce; Place peanut butter, water, home made bbq sauce, salt and lime juice in a bowl. Whisk it all together until smooth.

Prepare the mushrooms; Tear any larger mushrooms in half, keeping the small ones whole. Place mushrooms in a bowl and drizzle with oil. Ensure they are thoroughly coated with the oil

Alternative Poaching Method: if poaching the mushrooms, follow these steps

> Bring a pot of water to a rolling boil.

> Line a board with paper towel.

> Quickly poach the mushrooms, in batches for about a minute. Carefully remove with a slotted spoon and place on the kitchen towel to drain.

> Tear larger pieces in half and put them in a bowl.

> Drizzle with oil and mix to coat evenly.

Skewering - Thread each piece of mushroom onto skewers, folding them over to create more texture. Transfer skewers to a lined baking tray, spacing them apart. Brush liberally with BBQ glaze on both sides. Ensure each skewer is evenly coated.

Cooking the Mushrooms - Roast the skewers in a very hot oven for 20-30 minutes, adjusting based on your oven. Baste and flip them over halfway through to ensure even cooking. Once the mushrooms are crisp and golden brown, remove them from the oven. Allow the skewers to rest on the tray for 10 minutes before serving.

To serve - Before serving, glaze each skewer with a little extra bbq sauce, garnish with sliced spring onions and serve with peanut sauce + the sides of your choice - refer to chefs notes for suggestions



Making your own BBQ sauce with wholesome ingredients is so easy and rewarding. The sauce lasts for about 2 weeks in the fridge and can be used in many other recipes that require an Asian twist



The deep golden color and crusty, caramelized edges are a delicious sign that they are ready to be enjoyed!



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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