



FOOD PITES

Food editor Belinda dos Santos with hot new products, ideas and tips



How to...

...remove mielie kernels

- 1 Peel the mielie husk away and remove any stringy bits that are left.
- 2 Put the flat, thick end of the mielie facing down on a chopping board. Run a sharp knife down the length of the cob, as close to the base of the kernels as possible. Repeat all the way round.
- 3 Blanch the kernels in boiling water and serve, or cool and use in salads and tuna mix.

DRINK NEWS

It's Valentine's, so the bubbly has to be pink! Try...

- ♥ Allée Bleue Brut Rosé 2009, R89,50 – refreshing and crisp, it's good with salmon bruschetta, sushi or tempura.
- ♥ Kloovenburg White from Red, R74 – made from shiraz grapes, this blanc de noir is fresh and dry; sip it throughout your special meal.
- ♥ Arniston Bay Charmat Rosé, R38 – deliciously fruity, serve as an aperitif, with ripe fruit, seafood linguine or even spicy Thai curry.



Make it...

Mini teriyaki beef savouries

Ready in just 20 mins!

Mix together 900g lean beef mince, 120ml teriyaki sauce, 4tsp sesame oil, 4 garlic cloves, chopped, 2tsp peppercorns, crushed, and season well. Divide into 20 balls and shape into small sausage shapes on metal skewers. Chill for 20 mins. Heat the grill to medium. Grill the skewers for 12–15 mins, turning halfway, until cooked through.

...or cheat it!

Mix all your ingredients together (excluding the beef mince) and pour over shop-bought meatballs. Marinate until needed, then pop on skewers and cook as above.

essentials Tried it, loved it!

Ready-made caramel



So!Go Caramel Fudge Sauce, R59,99 for 335g jar
Sweet and fabulously fudgy – would be good with baked apples, ice cream or on pancakes!



Schwartau Caramel Sauce, R28,99 for 125ml bottle
Butter rich with a hint of vanilla – lovely! Use it to construct a caramel trifle in a glass with crushed biscuits, cream and a few berries.



Nestlé Treat Caramel, R16,99 for 360g tin
Thick and very moreish, with gorgeous butterscotch notes that demand you immediately make a banoffee pie.

WINE OF THE MONTH



As it works effortlessly across the sweet and savoury spectrum, Adora's new Natural Sweet Mourvèdre 2009, around R110, will save you buying red and white wine for your next dinner party. Although specifically created to pair with cheese – the berry and cherry flavours really complement Gouda and it's a lovely contrast to salty Gorgonzola – it's also delicious with spicy dishes like a summer curry.